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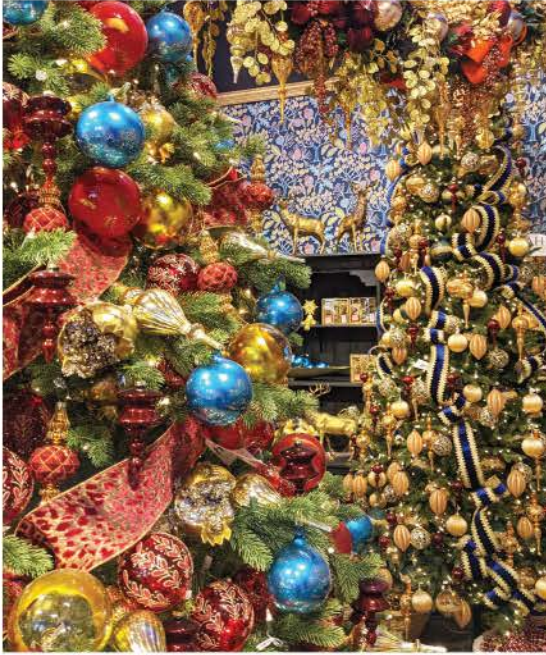
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LA ZOO LIGHTS ANIMALS AGLOW

NOV 18 - JAN 22

By Contributing Writer

The Los Angeles Zoo transforms its winter tradition by bringing breathtaking new lights display to Los Angeles.

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Animals Aglow is the Los Angeles Zoo's all-new nighttime winter attraction that will transform its grounds into an immersive landscape filled with spectacular lantern sculptures of animals among blooming flowers, towering trees, and more.



This reimagined, wildlife-centric LED-lights play will feature over 30 of the Zoo's most beloved animals including giraffes, elephants, orangutans, lemurs, koalas, and condors, along with other charismatic inhabitants. The 90-minute stroll will take you on a journey through the animal kingdom filled with desert, garden, and jungle landscapes complete with larger-than-life glowing sculptures, magical lights, and immersive exhibits in a dazzling display of light and color.

Guests can enjoy several animated and interactive displays and numerous photo opportunities. These include drums that change tree lights; a beautiful kaleidoscope of lights; glowing ring swings; a wisteria tunnel that leads to a light fountain; a cherry blossom-lined path; and a giant alligator, peacock, and bird wings for a unique photo opportunity; and so much more.

Enjoy delicious treats available for purchase to warm up your experience like hot cocoa and churros as you take in the winter lights. The L.A. Zoo will transform into a feast for the eyes



from Nov. 18, 2022 through Jan. 22, 2023. Tickets start at \$27 for children and \$34 for adults. Special VIP experiences include themed Happy Hours, Family New Year's Eve, and, for the first time, a sensory-inclusive evening on Wednesday, Nov. 30.

To learn more, visit www.lazoo.org/zoolights
Greater Los Angeles Zoo Association (GLAZA)

Founded in 1963, the Greater Los Angeles Zoo Association (GLAZA) is a private, non-prof-

it organization whose mission is to preserve and protect wildlife and enrich the human experience.

GLAZA's primary role is to seek and provide financial support for animal welfare, animal species conservation, capital projects, learning and engagement, community outreach programs, and marketing at the Los Angeles Zoo, and GLAZA's operations. GLAZA's additional functions include membership sales and relationship management, special events, site rentals, customer



service, publications, and volunteer training and management. There are currently over 44,000 GLAZA member households and a volunteer corps of over 700.

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HOLIDAY GETAWAYS

BY BARBARA BECKLEY

Beach? Desert? Valleys? Mountains? Whatever your family loves or wants to explore the gift of holiday fun is just a drive away. Here are our picks and festive family friendly accommodations for holiday memories to last a lifetime.

By the Sea, By the Sea

One of the world's most beautiful harbors – Greater San Diego (<https://www.sandiego.org/>) – brims with family cheer. SeaWorld (<https://seaworld.com/san-diego/>), the world famous San Diego Zoo (<https://zoo.sandiegozoo.org/>), Balboa Park's museums (<https://balboapark.org/>), The Old Globe theater (<https://www.theoldglobe.org/>) featuring Dr. Seuss' "How the Grinch Stole Christmas," November 9 to December 31, \$72 - \$96; Seaport Village (<https://seaportvillage.com/>), and the Star of India, 1863 sailing ship, go all out for the holidays. New this season, celebrate with your favorite Sesame Street characters at Sesame Place San Diego (www.sesameplace.com/sandiego) in Chula Vista. It's the West Coast's only theme park based entirely on the award-winning Sesame Street TV series! Holiday fun kicks off with "A Very Furry Christmas," November 12 to January 8, on select dates. Thrill to Sesame Street Christmas shows, the Sesame Street Christmas Parade, and the Furry Friends Christmas Dance Party. Watch the kids enjoy the seven dry rides, interactive musical play area, 11 water attractions including one of

SoCal's largest wave pools, and the interactive Sesame Street Neighborhood. From \$64. Play in the sand on Mission Bay. Cruise the harbor with City Experiences by Horn Blower (<https://www.cityexperiences.com/san-diego/city-cruises/>). Treat the kids – and maybe yourself – to surf lessons! The Del Mar Surf School (<http://www.delmar-surfschool.com/>) in Del Mar specializes in kids and beginners. For accommodations, splurge! It's the holidays!

situated between San Diego and the holiday high jinx at Legoland (www.legoland.com/california) in Carlsbad.

Desert Delights

Pair holiday dazzle with sunny days and starry nights in Greater Palm Springs (www.visitgreaterpalmsprings.com). From Palm Springs to Palm Desert, Joshua Tree to Indio, the magic of the season is everywhere. "WildLights," 6 – 9 p.m., November 23, 25-26; December 2-3, 9-10, 16-24 and 26-30, at the Living Desert Zoo & Gardens (<https://www.livingdesert.org/>) in Palm Desert, is ranked among the nation's Top 5 Best Zoo Lights by USA Today. The illuminated animals and holiday scenes are truly amazing and nearly endless, plus take a spin on the carousel, make s'mores, pose for pics with Santa and cheer the G-scale model trains decked out in holiday finery. \$16, adults; \$12, ages 3-12; ages 3 and under, free.

Soar nearly two miles up to San Jacinto Peak on the rotating Palm Springs Aerial Tramway (www.pstramway.com) for sky high holiday fun at the mountain top. On Thanksgiving Day, enjoy the Tram's special Thanksgiving "Ride 'n' Dine" ticket including the tram ride with spectacular views and a Thanksgiving Day meal at the Pines Café. \$38, adults; \$24.50, ages 3-10. Throughout

December enjoy Christmas carolers on select Thursdays, Fridays, and Sundays. The Christmas Tree Lighting ceremony is spectacular! December 4th, starring a yet-to-be-named Hollywood celebrity tree lighter, carolers and music. Of course, if there's enough snow, hightail it across the terrane with rental snowshoes, cross-country skis and sleds. Back down on the desert floor, treat the family to a Red Jeep Tour (www.red-jeep.com), perhaps the naturalist-guided Joshua Tree National Park Tour with lunch; rent or take a bicycle tour with Big Wheel Tours (www.bwbttours.com) and horseback ride with Smoke Tree Stables (www.smoketreestables.com).



The Hotel del Coronado (www.hoteldel.com) is magical at Christmastime. Featuring an ice skating rink by the sea, and historic "At First Light" Lightshow Spectacular, November 17 to January 1. Also, the Lodge at Torrey Pines (www.lodgetorrey.com) in La Jolla is a joyous choice with a towering lobby Christmas tree and ornate Hanukkah menorah display, plus festive activities November 24 to January 1 including carolers and a sing-a-long with Santa and Mrs. Claus, cookie decorating, arts and crafts, hot apple cider and fruitcake, December 8-10 and 15-17; and fresh baked cookies, December 22-24. Plus, it's perfectly

Where to stay? The Omni Rancho Las Palmas Resort & Spa (<https://www.omnihotels.com/hotels/palm-springs-rancho-las-palmas>) in Rancho Mirage is tops for families. Complete with its own – resort guests only – “Splashtopia” waterpark boasting a 425-foot lazy river, two 100-foot waterslides, a cliff-side hot tub, sandy beach and unique kids’ water play zones with fountains and sprinklers. Holiday fun



includes Santa and Mrs. Claus, creating holiday arts and crafts, toasting s’mores and the beautiful lobby Christmas tree and decor. Also the JW Marriott Desert Springs Resort and Spa (www.desertspringsresort.com) in Palm Desert is newly family focused. The

new JW Entertainment Zone is the largest arcade in the valley! Featuring new and retro games. New JW Family Programs include flamingo feeding, nature walks, movie nights, and arts and crafts. Reserve a boat ride from the lobby and sail past swans by day and twinkling lights on the special Holiday Night Ride along the resort’s unique waterways.

Valley Cozy

Gather together amid the rolling hills and pastoral charm of Ojai (<https://www.ojaivisitors.com/>), an hour north of LA in Ventura County. (After all, there’s a reason celeb families like Reese Witherspoon’s have homes in Ojai.) The Ojai Valley Land Conservancy offers dozens of miles of trails for hiking, mountain biking and horseback riding. The Sespe Wilderness and Matilija Wilderness trails about 12 miles from town are among the most beautiful. Trails by Potter (<https://hikingojai.com/>) has guided hikes, rock climbing and more. Horseback ride with the Ojai Valley Riding Company (www.ojaivalleytrailridingcompany.com), enjoy an open air jeep adventure with Cloud Climbers Jeep Tours (www.ccjeeps.com)



and rent bikes from The Mob Shop (<https://www.themobshop.com/>). Have an old fashioned picnic under the trees in Libbey Park (right downtown) featuring a kids’ playground, tennis courts, slides and swings. Go boating and fishing on nearby Lake Casitas. Best of all – stay at the Ojai Valley Inn (<https://www.ojaivalleyinn.com/>)! Its repertoire of holiday fun is Santa super!!! To name only a few: from December 1 on, arrange for an Elf Cookie Delivery to your room, with a costumed elf bringing warm cookies and cold milk, sending your kids to

bed with a hug, a wish for magical dreams and a personalized note from Santa. Beginning Thanksgiving Week to January 1 at the resort’s Artist Cottage, take holiday-making craft classes like wreath-making and ornament painting; make cookies with Mrs. Claus and meet Santa and his Reindeer. November 25 to January 1, surprise your kids with the “Kids Kit: Explorers Essentials,” including binoculars, a

sketch book, watercolor pens, walkie talkies, chocolate rocks and a BrainBox board game – their’s to keep! December 18 – 26 join the Nightly Menorah Lighting celebrating Hanukkah in the lobby. December 9 – 31st you can even order an elaborately decorated four-to-five-foot-tall Holiday Christmas Tree & Holiday Stockings filled with age appropriate gifts for your room or suite!! Or, if less is more for your family, the Oakridge Inn (www.oakridge-inn.com) is an excellent stay, offering kitchenettes, multi-room suites and adjoining rooms specifically designed for families.

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Mountain High

Make it an action-packed white Christmas in Big Bear (www.bigbear.com), (www.bigbearguide.com) a two hour drive high in the snowy San Bernardino Mountains. November 25 at 6:15 p.m. marks the Christmas Tree Lighting at Christmas Tree Corner in Big Bear Village, kicking off the season with live music and a Mr. & Mrs. Santa Claus meet-and-greet. Santa and his



(<https://actiontoursocalifornia.com/>), \$19. And nighttime “Glow Tubing” on Friday, Saturday and holiday nights. Adding to the fun, you can all hop aboard the bright red Big Bear Trolley (<https://www.mountaintransit.org/>) and travel for free, free, free to restaurants and attractions throughout the Village. If you’re here for New Year’s Eve, the 58th annual Torchlight Parade at Snow Summit is December 31, with more than 200 skiers and snowboarders lighting up the slopes. At midnight, watch the (snow) Ball Drop.

For a true mountain experience, rent a cozy or holiday spacious cabin in the forest and/or by the lake. Check Destination Big Bear (<https://www.destination-bigbear.com/>) for a good selection of cabins in all sizes and designs sleeping from two to 16 (or more) guests, with from two to seven (or more) bedrooms. For in-town convenience, the laid-back lodge-style Holiday Inn Resort & Lodge at Big Bear Lake, an IHG Hotel (<https://www.ihg.com/holidayinnresorts/hotels/us/en/big-bear/>) and the Best Western Big Bear Chateau (https://www.bestwestern.com/en_US/book/hotels-in-big-bear-lake/best-western-big-bear-chateau/) are smart choices.

long-standing German holiday tradition with beautiful Euro-style holiday arts and crafts. Share family thrills on the new Mineshaft Coaster (<https://alpinestridebigbear.com/>) – California’s first and only mountain coaster built right into the mountain side. Adults, \$20; children ages 3 year plus, \$10, with a drive 18 years or older. And the Big Bear Ropes Course

(<https://bigbearsnowplay.com/>) – Oh my! At 35 feet off the ground, you’ll overcome challenges across 6,400 square feet of daring do including 37 different obstacles, suspension bridges and an 80-foot zip-line. \$12 per person. Snow sports – the best! Snowboarding, skiing, snow tubing, snow shoeing for all ages and levels at Snow Summit and Bear Mountain ski resorts (www.bigbearmountainresort.com). Take a snow shoe tour with Action Tours



wife continue every weekend at Christmas Tree Corner (Village Drive and Pine Knot Avenue) for “Visit Santa & Mrs. Claus,” November 25 to December 31. Don’t miss the charming Christkindlmarkt – a

long-standing German holiday tradition with beautiful Euro-style holiday arts and crafts. Share family thrills on the new Mineshaft Coaster (<https://alpinestridebigbear.com/>) – California’s first and only mountain coaster built right into the mountain side. Adults, \$20; children ages 3 year plus, \$10, with a drive 18 years or older. And the Big Bear Ropes Course

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MINUTIA

Pilfering Pooches Amazed Alpacas Howling Huskies Are Up Next on World's Funniest Animals

By Contributing Writer

If you're looking for a good laugh, you won't want to miss **WORLD'S FUNNIEST ANIMALS** on The CW on Saturday night, October 29th at 9:00 p.m./8:00 p.m. Central on The CW Network, when two back-to-back 30 minute episodes of off the wall animal videos clips taken from the Internet will be airing for your amusement.

Show Host Elizabeth Stanton says, "I'm so happy to be returning to The CW for Season Three of **WORLD'S FUNNIEST**

ANIMALS to share with you video clips of the funniest, craziest and jaw dropping antics of animals of every variety. My own



dogs, Hank and Ruby, my sidekicks and show mascots, join me weekly to watch animal video clips, along with my celebrity guests and show panelists who make hilarious commentary."

In the first episode celebrity guest Lucas Grabeel ("High School Musical") and his pet dog, Penny Lane, join in on the cuteness featuring pilfering pooches, shaking shepherds, amazed alpacas, carefree cows,

howling huskies, and some cats who are really enjoying a day at the spa. Commentary on the animal antics is provided by Anna Maria Perez de Tagle, AJ Gibson, Emile Ennis Jr., Katherine Murray, and

Mikalah Gordon, Maiara Walsh and Neel Ghosh.

Every episode of **WORLD'S FUNNIEST ANIMALS** is available to stream on The CW App and www.CWTV.com the day after broadcast for free and without a subscription, log-in or authentication required.

Each week a celebrity guest introduces Elizabeth Stanton to their pets. **WORLD'S FUNNIEST ANIMALS** is produced by Associated Television International and executive producers David McKenzie, David Martin and Laura McKenzie.

Rotating weekly celebrity panelists on the series, who make commentary on the animal videos, include: Mikalah Gordon, Brian Cooper, Carmen Hodgson, Noah Matthews, Anna Maria Perez de Tagle, AJ Gibson, Emile Ennis Jr., Katherine Murray and Devon Werkheiser.

Elizabeth Stanton serves as Host of **WORLD'S FUNNIEST ANIMALS**. Other television credits include: Host of **POPSTAR! This Week**, a daily syndicated show, Co-Host of the annual Hollywood Christmas Parade on The CW, Host of Elizabeth Stanton's **Great Big World**, and appearing as an

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Brian Cooper. Segments in this episode include: Toy Time, Anticipating Animals, Down On The Farm, Opposites Attract, Just Too Cute, Stop What You're Doing, Simply Silly and Pampered Pets.

Then the second half hour celebrity guest Bob Morley ("The 100") appears in an episode featuring haywire huskies, gregarious goats, frowning felines, a daring kangaroo, charged chinchillas, as and very cute, but mischievous cat! Commentary is provided by Brian Cooper,

actress on This Just In and The Agency.

Learn more about **WORLD'S FUNNIEST ANIMALS** by visiting the official website for the show at:

www.cwtvpr.com/the-cw/-shows/worlds-funniest-animals/about
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BLACK ADAM

By Contributing Writer

Not long into “Black Adam,” a preteen boy looks up at the hulk of Dwayne Johnson and begs for his help: “We could use a superhero right now.” Speak for yourself, kid.

Do we need another superhero with another origin story that stretches back thousands of years? Do we really need another clutch of secondary level heroes?

“Black Adam” isn’t bad, it’s just predictable and color-by-numbers, stealing from other films. But Johnson is a natural in the title role, mixing might with humor and able to deliver those necessary wooden lines.

Like Marvel’s “Eternals,” “Black Adam” gets out of the blocks sluggishly with the tangled tale of our setting — Kahndaq, a fictional Middle Eastern kingdom in 2,600 B.C. that has wizards, a blood-thirsty king, a magical crown and Eternium, a rare metallic ore with energy-manipulating properties.

Flash-forward to present day, where Kahndaq is under the rule of the organized



crime syndicate Intergang and its citizens are ripe to rebel. They think they have a leader in Black Adam (Teth Adam, when he is introduced), who is released from his 5,000-year-long tomb and is naturally cranky. Is he a force for good or bad? The answer is yes.

Yet the other superheroes in the DC pantheon aren’t sure about the new guy and send the Plan B of muscle from leftover members of a knock-off organization called the Justice Society of America.

There’s Doctor Fate (a dollar-store Doctor Strange played by Pierce Brosnan), Atom Smasher (Noah Centineo), Aldis Hodge as a one-note Hawkman and

harness his own electricity. Mostly he does this weirdly passive thing of just floating.

Director Jaume Collet-Serra and the design team do a great job in every department but are let down by a derivative and baggy screenplay that goes from one violent scene to another like a video game. At one point, with the audience exhausted by the carnage, they introduce skeletons who rise up as a legion from hell.

They nicely include pockets of humor that DC has not always done well — a recurring bit with “Baby Come Back” and teaching Black Adam satire are fun; a Clint Eastwood gag fails.

Amidst the punching superheroes are two humans — a rebel leader and her skateboard-and-comics-loving pre-teen son, played by Sarah Shahi and Bodhi Sabongui. Comedian Mohammed Amer is a bolt of humor.

Most intriguing is the notion of hero itself. The Justice Society members are shocked to find that they aren’t seen as heroic. Black Adam has come to help, even if he’s a little violent.

“There are only heroes and villains. Heroes don’t kill people,” a confused Hawkman states. Black Adam replies: “Well, I do.”

The number of — ahem — call-backs to other films is pretty sad — “Tomb Raider,” “Back to the Future” and plenty of “Star Wars” (even, unforgivably, the line “You’re our only hope”.)

What the filmmakers probably had in mind was cash — selling those lunchboxes.

TICKET TO PARADISE

By Contributing Writer

It’s often said that the movies that were fun to make never turn out great. Well, George Clooney and Julia Roberts look like they had a grand time making the Bali-set “Ticket to Paradise.”

The film, directed and co-written by Ol Parker, isn’t the first movie to star Roberts and Clooney together. But their screen time together has been mostly limited to scenes in the “Ocean’s Eleven” movies and Jodie Foster’s thriller “Money Monster.”

Given their friendship and rapport, you imagine that there must have been half-a-dozen rom-coms in their past. Instead, it’s a reminder that Clooney has, when dipping into comedy, mostly stuck to an archer, Coen-brothers register. Clooney has less frequently found a perfect match. Vera Farmiga in “Up in the Air” and Meryl Streep in “Fantastic Mr. Fox” deserve mentioning. But, really, Clooney’s best chemistry was back in 1998’s “Out of Sight” with Jennifer Lopez.



“Ticket to Paradise” is a more old-fashioned proposition: a movie built strictly — and without apologies — on the charisma of its two stars.

Roberts and Clooney play Georgia and David Cotton, a bitterly divorced set of parents whose daughter, Lily (Kaitlyn Dever), is fresh out of law school. Just before she

takes a demanding job with a top firm, Lily and her best friend, Wren (Billie Lourd), set off on a trip to Bali. Lily immediately falls in

love with a local seaweed farmer named Gede (Maxime Bouttier) and they decide to marry.

For Georgia and David, such a wedding is a four-alarm fire. They fly out to sabotage it, a scheme that dredges up plenty of their own unresolved issues. They bicker, so much so that it’s clear that their feelings are still strong for one another. I know this comes as a shock. But, yes, the events of “Ticket to Paradise” will bring them closer again.

OK, so Parker’s film is not exactly out here to reinvent the wheel. Predictability is part of the appeal.

There are other traditions that fill “Ticket to Paradise” as the Cottons wrestle with and succumb to Balinese culture. But none so much as the customs of the rom-com. “Ticket to Paradise” could have greatly benefitted from a funny person taking a pass on the script. There’s not nearly as much to laugh at here as you might expect.

“Ticket to Paradise” goes down as a footnote to the many superior rom-coms Roberts has sparkled in. And if I wanted to watch Clooney in a tropical locale, I’d choose Alexander Payne’s “The Descendants.”

But if you just want to see Roberts and Clooney together, “Ticket to Paradise” clears that not-very-high bar with just enough charm.

NAVAJITA PLATEÁ' NOCHES DE BOHEMIA & FRIENDS

WORLD-RENOWNED GYPSY FLAMENCO BAND MAKE LA DEBUT

By Contributing Writer

Navajita Plateá, one of the most acclaimed and recognized gypsy flamenco bands on Spain's music scene make their Los Angeles debut on November 5 at the Wilshire Ebell Theatre, with their popular sound of Flamenco/Spanish Pop Rock incorporating blues, rock, Latin and hip hop. Ildfonso De Los Reyes (aka Pelé), vocals and Francisco Carrasco (aka Curro) on guitar, both hail from Jerez de la Frontera, Spain, from renowned gypsy family dynasties. Rounding out the band are Jorge Gomez on electric guitar, Ignacio Cintado on bass, and Juan Grande on Drums.

With more than 25 years in music, Navajita Plateá has participated in hundreds of national and international concerts. Their classic song Noches de Bohemia has been featured and sung by groups such as Maná and The Kelly Family, along with flamenco artists such as Concha Buika, Alba Molina, Moraito Chico, Diego Carrasco, Ana Belén, Manzanita, El Sorderita, and Jarabe de Palo. They have shared the stage with artists such as Chuck Berry, among others.



Their first of 10 albums, "Navajita Plateá" was the soundtrack for the film "Días Contados" by Imanol Uribe. The second album "Contratiempos" took them directly to the Billboard charts, obtaining their first Gold Record with their hit "Frio Sin Ti," their third album "Desde mi Azotea" received Triple Platinum Status, and their legendary "Noches de Bohemia" known and sung worldwide, was the best song of the year at Spain's Music Awards. Their fourth album, "Hablando en Plata" was nominated for a Latin Grammy in 2001, and their fifth album

recorded live "En Familia" was praised by critics and the public positioning Navajita Plateá as Top-Selling contemporary artists of present-day flamenco.

Special Los Angeles area-based guests performing with Navajita Plateá include dancer Maria Bermudez, a Gypsy Flamenco ambassador who resides in Los Angeles and Spain and tours the



world with her flamenco dance company, "Sonidos Gitanos," and is married to De Los Reyes. Her outstanding and critically acclaimed performances have graced the stages of prominent venues in Spain,

North America, and throughout the world, along with Flamenco dancer and choreographer Manuel Gutierrez, guitarist Andres Vadin, percussionist Diego Alvarez 'El Negro', and Joey Heredia on drums.

WHO: Ildfonso De Los Reyes (aka Pelé): Singer; Francisco Carrasco (aka Curro): Guitar; Jorge Gomez: Electric Guitar; Ignacio Cintado: Bass; Juan Grande: Drums

SPECIAL GUESTS: Maria Bermudez: Flamenco Dancer; Manuel Gutierrez: Flamenco Dancer; Andres Vadin: Guitar; Diego Alvarez 'El Negro': Percussion; Joey Heredia: Drums

WHEN: November 5, 2022; 8 p.m.

WHERE: Wilshire Ebell Theatre
4401 West 8th Street, Los Angeles

Free Parking

TICKETS: \$50 - \$90

HOW: Visit NavajitaPlatea.eventbrite.com or <https://navajitaplatea.com>

www.facebook.com/profile.php?id=100085879713485

US Tour Promo Video: www.youtube.com/watch?v=q_oQSlbowDE&t=1s

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INSTAGRAM SPY APP

How To Spy On Instagram

By Contributing Writer



Do Instagram Spy Apps Work?

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

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

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

AddSpy Best Instagram Spy App for Parents

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

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

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

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

What's An Instagram Spy App?

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

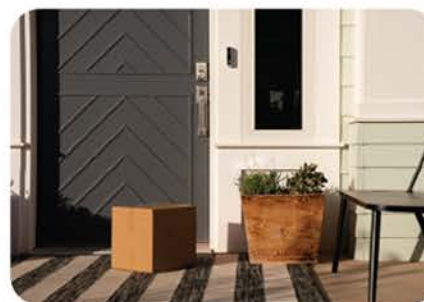
Remotely track Instagram private messages in invisible mode and see what other people are talking about and who their friends are in direct Instagram messages.

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with prevention



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WINE AND CHEESE 101

IMPRESS YOUR FRIENDS THIS HOLIDAY SEASON



By Contributing Writer

Wine tasting is a sophisticated practice. When you have a wine tasting party only invite the amount of people that you can fit comfortably. Always be sure to have bottled water on hand. This allows your guests to rinse their mouths between different wines. It is also important to provide food that will not change the way the wine tastes. Snacks include bread or unsalted crackers.

Decanting

Decanting is the process of letting wine breathe before you serve it. However, decanting is also when you pour your wine into a different container to allow the breathing. Some people even apply a special filter when decanting.

Younger bottles benefit more to an aeration process than older bottles. However, sediment is more common with older bottles. Airing out the bottle can relax the flavor, making the taste smoother. However, not all wines benefit. Some wines are meant to drink immediately after popping the cork. The best way to tell is to taste it first.

Blind Tasting

The best way to hold a wine tasting is by blindly serving the wine. This means you do not want the guests to know what you are serving. You might want to serve in a black wine glass. Guests should also not see the shape of the bottle or the label.

You never want a wine taster's judgment to be altered because they know details of a wine. Certain considerations that can alter a taster's judgment include price, reputation, color, and the geographic region.

People have expectations when they know these considerations. If a wine is very expensive or comes from a certain region some people tend to have expectations of the different varietals. Eliminating expectations allows a wine tasting to go smoother.

Vertical Tasting

When you have a vertical wine tasting you will have one varietal of wine from the same vintage. This means you might have the same wine from different years. The most common

purpose of tasting wines like this is to get a good idea of a certain wineries style and composition. You can also get an understanding how different weather patterns affect grapes.

Horizontal Tasting

When a horizontal tasting occurs you use the same wine from many different producers. This type of tasting allows you to determine which wineries you think produce the better wine. This wine will be from the same year and the same type of wine but from different wineries.

Tasting Flights

When you hold a tasting flight you will have many glasses of wine out. Next to each glass you will have a card including the specifics of the wine. Some flights include up to 50 glasses of wine.

This gives a taster an idea what types of wines come from certain parts of the world. You can also get a good idea of the different tastes of the different types of wines.

Old World Vs New World Tasting

Many people enjoy this wine tasting. Old World is considered to be countries like France, Italy, Austria, Spain, etc. New World is North America, South America, South Africa, New Zealand, and Australia.

The reason these countries are considered to be the New World is because they are new to the wine producing industry and late starters. However, these countries are significant in producing wines.

Many people like to feature the same types of wines from old and new worlds.

Wine and Cheese Tasting

There are many different palate influences that cheese has when you drink wine. When you taste specific wine combinations properly you will understand how well cheese and wine go together.

The best way to serve a Cabernet sauvignon is with blue cheese. You might serve the blue cheese with an unflavored

French bread also. The blue cheese acts by coating the mouth and laying a foundation which will soften the wine. Test this by taking a taste of the wine first. Wait a minute. Then take a bite of the cheese and take another drink. You will see a difference.

Wine and Chocolate Tasting

Chocolate and wine go together if you do it right. It is important to be sure the wine is as sweet as the chocolate. If you have a wine that

is not as sweet it will cause the wine to taste sour. If you want to serve lighter wines it is best to stick with chocolates that are lighter also.

Priceless Tasting

Priceless wine tasting is not telling the guests how much the wine costs. When guests know the price their judgment is tainted.

Price point Tasting

Price point tasting method is very similar to priceless tasting. However, you will use wines that are in the same price range when you serve the wines.

Big 8 Tasting

A Big 8 tasting includes the different varietals of the Big 8 wines in a tasting flight. Red wines included are Cabernet Sauvignon, Pinot Noir, Shiraz, and Merlot. White wines are Chardonnay, Riesling, Pinot, and the Sauvignon Blanc. This is great when your guests don't know the differences with varietals. They can work their way through and find out what each wine tastes like. This is a fun way to learn about the wines!

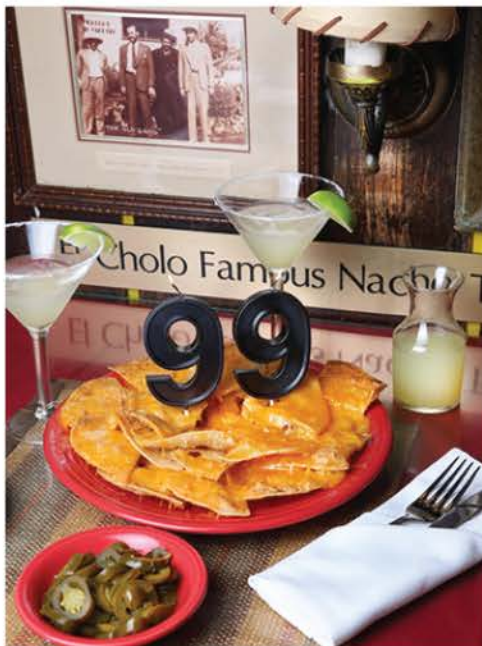




EL Cholo Announces Plans For Its 100th Anniversary!

By Contributing Writer

El Cholo, Los Angeles' most iconic, honored and beloved Mexican Restaurant – currently gearing up for its 100th Anniversary during 2023 - has unveiled its new Logo and Slogan: "Creating Memories for 100 Years!" El Cholo is actively planning a series of special events and promotions during 2023 for its longtime customers and Southern California guests. The announcements were made by the owner Ron Salisbury.



From October 24 - 27, between 4 p.m. to 9 p.m., El Cholo will be celebrating its 99th Anniversary by offering customers its legendary "Carmen's Original Nachos" for just 99-cents! The promotion will be available for dine in customers only – along with a dinner purchase.

Coming Up In 2023

El Cholo stands ready to mark a number of significant milestones in the coming year:

Longtime Owner Ron Salisbury will Celebrate His 90th Birthday. Mr. Salisbury has been working with the El Cholo restaurant for 68-years! Several of his descendants also currently work within his family's business, including fourth, fifth and even sixth generation family members!

Says Mr. Salisbury, "Many other restaurants, when they approach 100, start slowing down or taking their eye off the ball. But we still stand firmly at the top of our game. We continue to be aggressive in providing the best Mexican restaurant experience possible - one that only El Cholo can offer. Myself, my kids, my grandkids and even my great-grandkids are proudly committed to continuing the El Cholo tradition – one that my grandparents began way back in 1923 – well into the future!"

The company will open a brand new El Cholo location in Salt Lake City, Utah.

El Cholo on Western Avenue will enjoy a significant expansion, which will include construction of a beautiful, new patio.

Starting on Jan. 1, 2023, People who are 100 years old or older will be able to eat for free, throughout the 2023.

Also starting on Jan. 1, 2023, El Cholo will be serving a special, \$100 Margarita, served in a beautiful, hand-blown, collectible glass.

A series of special food items will be offered, including: "A Taste of History" plate, served on a commemorative place (available for purchase.) Also, classic old dishes will return as special features, including the Spanish Omelet; Enchiladas with Fried Egg; Tostada Compuesta; Sopa de Fideo, and others!

Chicken Mole Enchiladas will retain a permanent space on the menu. The dish will be accompanied with the year "2023" imprinted next to its name - in keeping with the tradition that many of the food served by the restaurant have long included their years of origin.

An Official "100th Anniversary Red Carpet Gala" celebration will take place during October 2023 at the Original El Cholo.

The Original El Cholo, 1121 S. Western Ave, Los Angeles.

(323) 734-2773

www.elcholo.com

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India Sweets and spices 22009 Sherman Way

india sweets and spices canoga park@fb

Cavaretta's since 1959 at 22045 Sherman Way

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Grandi Italiani (the great Italians) 21730 Sherman Way

grandi italiani@fb

The Pink Elephant Thai Cuisine - 22039 Sherman Way

<https://pinkelephantla.com/>

Jerry's Pizza 22035 Sherman Way

<https://www.jerrypizzamenu.com/>

Find A Medspa With The Treatments You Want

By Contributing Writer

A medspa is a great way to touch up your skin, remove unwanted hair, relax with a luxurious massage and even get minor surgical procedures done. If you'd like to take advantage of a clinic's services to achieve these goals, here are some things to help you choose the right one. Read on to learn more.

A medspa is a great way to touch up your skin, remove unwanted hair, relax with a luxurious massage and



even get minor surgical procedures done. If you'd like to take advantage of a clinic's services to achieve these goals, here are some things to help you choose the right one.

Check Out The Staff

There are two things you should look for in the staff of your medspa. First of all, they should be friendly.

When you meet them, you should instantly feel comfortable. Comfort level is really important because it helps you to communicate with them. If you feel uncomfortable with the staff, it can be hard to ask them the questions you want to ask.

However, that's not all there is to it. They should also be highly

qualified at performing the treatments that they offer. The professionals who work at medical spas are always certified and licensed, or else they would not be able to operate the spa. But what you really need to look at is whether they're qualified to perform the specific treatments you'd like. Any



practitioner with any qualifications is allowed to perform any treatment. Make sure they're specialized in giving the treatments they offer.

How Often Is The Doctor In?

At these types of spas there is a licensed physician on hand, but you should find out exactly how present they are. At some clinics, the physician is always on-hand and performs a majority of the treatments. At others, the doctor pops in once in a while to oversee things, and the treatments are completely administered by staff members. There is nothing wrong with this arrangement at all since most medical spa treatments are quite simple. However, you should decide yourself how much involvement you'd prefer by a physician.

Decide What You Want

Not every medspa offers the same treatments. Some focus more on laser treatments while some are geared toward facials. It helps a lot to decide exactly what you want before you start shopping for spas. Do you see yourself getting a massage? Do you want a non-invasive liposuction treatment? Some places offer a full-scale menu of treatments that include light surgery, while others specialize on skin care and stress reduction. Decide what you want and use this to help you shop for a place that offers exactly that.

Day Spa Or Medical Spa

Under the simple term "medspa" there is a complicated array of different styles of clinics. Some call themselves medical spas while others use the term "day spa." What are the differences? It's not always easy to say; sometimes it's a matter of marketing. In general, places that call themselves "medical" have a more involved physician and offer more complex treatments. When shopping for a good place, it's a good idea to check out all of them and not rule any out based on their name alone.

Once you find the right medspa, you'll be on your way to getting the treatments you're dreaming of. Let the qualified staff at your spa take care of you and you'll know that you're in good hands.

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AMERICAN HEROES Air Show Set to Land at Hansen Dam Recreation Center

By Contributing Writer

Holding out for a Hero ? ... your wait will be over when the nation's premier admission-free aviation experience devoted to helicopters returns to Southern California.

Born in Los Angeles in 1993, the AMERICAN HEROES Air Show has never wavered from it's mission to educate Southern California about the unique capabilities' rotary-wing aviation delivers to law enforcement, fire service, public safety, national defense and homeland security. With helicopters on display from local, regional, state and Federal / DOD agencies, this event provides families with a rare opportunity to meet the flight crews of these diversly capable aircraft and learn about careers in law enforcement, emergency preparedness, aviation, military and homeland security while getting a first-hand understanding about why helicopters are often the first tool out of the toolbox in times of natural disasters, search & rescue operations or national security threats.

High-tech helicopters and their crews from around the region will be on static display for families to inspect plus exciting demonstrations of airborne capabilities with hoist rescues, precision water drops and special operations. Plus, have your camera ready and meet many of the Southland's well-known celebrity / media pilots and news reporters that are often first on-scene for traffic updates and breaking news.

MORE THAN JUST ANOTHER AIR SHOW !

Along with the high-tech helicopters, the AMERICAN HEROES Air Show welcomes aboard the Los Angeles U.S. Citizenship & Immigration Services (USCIS) who will host a special Naturalization Ceremony where members of Southern California become our newest U.S. citizens.

" ... "It is our special privilege to partner with the USCIS on this special day when we recognize our Southern California neighbors



as they recite the Oath of Allegiance and spend their first day as U.S. citizens at the AMERICAN HEROES Air Show, ..."

Steve Goldsworthy, Volunteer – Event Director .

"Our friends with the Professional Cars International team arrive with their "Rollin' to the Rescue" presentation once again with a unique display of vintage police, fire and emergency vehicles as they roll into the event and set up for display throughout the day. These lovingly restored public safety vehicles arrive "CODE3" into the HEROES event site with full lights and sirens at 9:30 a.m. ... have your cameras ready !

"We welcome aboard the SoCal Rotors Association as our Legacy Sponsor for the CODE3 Career & Recruiting Expo where teams from law enforcement, Fire / EMS, government service, Homeland Security and military are on-scene to profile their application process, training programs and offer information on dynamic careers in public safety fields. Guests looking for the

on-ramp to dynamic careers in public safety can learn about Criminal Justice / Public Safety / Emergency Preparedness classes from a host of colleges and universities that are on-scene.."

The HEROES event team also welcomes the LAFD Historical Society who will roll out their restored BELL 47G helicopter. Not



AMERICAN HEROES Air Shows are produced at sites from coast to coast by volunteers with a passion for public service & aviation. Always admission-free, our events are dedicated to educating the community, media and public officials about the unique capability's rotary-wing aviation delivers every day to communities across our nation.

**** EDUCATE || COMMUNICATE || DEMONSTRATE ****

"We invite our guests to share what they learn at the AMERICAN HEROES Air Show via our social media hashtags #CAHEROES #SOUNDofSERVICE"

Mission Details

Date: 2022 Saturday, November 12
9 am to 4 pm FREE Admission & Parking

Location: Hansen Dam Recreation Center San Fernando Valley
11480 Foothill Blvd

Lake View Terrace, California 91342
Exit the Foothill (210) Freeway at Osborne & turn South

Review our website for event details, schedules and info on convenient remote parking / shuttle services.

flown in nearly 40 years, this iconic aircraft ushered in the era of airborne firefighting for many fire departments around the nation ... this aerial fire-fighting legend is on static display throughout the day !

American Heroes Aviation Network 2022.

Looking for a mission on the ground ? – this event brings together a diverse group of non-profit organizations who join us each year to profile their mission of support for active-duty military, Veterans, first-responders and animal care / rescue in the community.

It's a full day of educational excitement that includes static displays and tactical / Helo demonstrations by many of Southern California's legendary helicopter rescue / military and EMS crews along with mission briefings.

We invite families to join us to meet the local Heroes they can really look up to ... and learn about careers they can really rely on ... !



DESTINATION SEATTLE

EAT, DRINK, AND STAY

By Simone Kushner & Maxwell Valencia

Seattle Washington is one of those places that people know simultaneously everything and nothing about. Sure you probably know that Starbucks was invented there and that the Space Needle is there, or maybe you're more familiar with the bands/musicians that used to call Seattle their stomping grounds like Nirvana or Jimi Hendrix.

COVID finally settling down and travel opening up again we'd definitely recommend you put this at the top of your list for your next mini vacation!

Where Should I Stay?

While there are many lovely hotels to stay at in Seattle, both in the Economic and Luxury price range, we really enjoyed our stay at the W Hotel in Downtown Seattle. This hotel is right in the center of Downtown and within a short distance of the ORCA University Station and only a few blocks away from some of Seattle's most famous spots such as Pike Place Market. We appreciated the upscale Lobby and Lounge areas as well as the comfortable room accommodations with cozy beds that you can't beat, and if you walk as much as we did during our stay, you'll definitely appreciate having a nice fluffy bed to pass out on.

W Seattle by Marriott - 1112 4th Ave, Seattle, WA 98101

<https://www.marriott.com/en-us/hotels/-seawh-w-seattle/overview/>

What is there to do in Seattle?

First before you venture out, you really should check out Seattle's public transit system, honestly it doesn't compare to what we have in LA. You can take the ORCA straight from the airport all the way down through Seattle. It's cheap too! Only about \$3 each way, no need to spend the extra cash on Ubers.

During the day, you're definitely going to want to hit the regular tourist spots. If you're staying at the W or in Downtown Seattle you can take the monorail straight to Uptown where everything is conveniently next to each other, you could easily spend an entire day here. We recommend grabbing a CityPASS as most of the attractions are covered including the Space Needle, the Museum of Pop Culture (MoPOP), the Chihuly Garden, and much more.

To book your CityPASS, go to: <https://www.citypass.com/seattle>



Another tour that we found was really interesting and gave a whole new meaning to the history of Seattle was the Bill Speidels Underground Tour. Venture underground to learn about Seattle's mysterious history and how settlers were able to pull their heads together to pull off some amazing engineering feats to create the great town of Seattle as we know it today.

Bill Speidels Underground Tour <http://www.undergroundtour.com/>

Obviously if you're from the Valley, you must become the ultimate valley girl (regardless of your gender) and stop by the first Starbucks in Pike Place Market. They have special drinks that cannot be found at any other Starbucks location around the world! If you get there early in the day or late in the afternoon there will probably be a line out the door, but it goes by pretty quick.

While you're there, definitely take some time to walk around Pike Place, especially if you're fortunate enough to visit on a Saturday or Sunday. They host a farmers market every weekend for locals and tourists alike to check out some of the oddities and shops that Seattle has to offer.

At Night there's quite a few spots in Seattle with rooftop or oceanside bars but we had a really fun time in the Living Room Lounge at the W hotel. If you manage to get there in October, every Friday night they host local bands on stage while you sip cocktails as part of their Rocktober showcase.

Where Should I Eat?

So we know this can be tricky for first time visitors in any new place and Seattle is no exception. Make sure you bring a big appetite because there are so many places to dig in!

Starting with the W Hotel, you can start your day off right at TRACE Market. With a selection of breakfast items, pastries, and

sandwiches it's definitely where you want to stop to fill up before venturing out in Seattle.

We also really enjoyed Biscuit Bitch this coffeehouse & cafe is famous in Seattle for its southern style inspired dishes that are to literally die for, bitch! You really must try some of their dishes if you're ever in Seattle, it's definitely worth the stop. However, if you plan on eating there, get ready to wait or try to get up early and order ahead of time, wait times can go up to an hour!

Biscuit Bitch 1909 1st Ave, Seattle, WA 98101



For lunch you should check out this hidden gem Skalka, which is a Georgian Bakery where you can get a BOAT, okay not an actual boat but Khachapuri (Georgian Cheese Bread). Their food is so good, reasonably priced and will leave you delightfully full!

Skalka 77 Spring St, Seattle, WA 98104

For dinner there's a lot of places on the pier that are worth checking out, we really enjoyed the 67 Restaurant at the Edgewater Hotel. Their food is absolutely exquisite and worth the extra cash (that you saved from not using Ubers everywhere!). Definitely save this place for your fancy dinner night out on the town. If you're lucky you might be greeted by one of the four legged front desk agents (two adorable poodles!).

The 67 Restaurant 2411 Alaskan Way, Pier 67, Seattle, WA 98121

Seattle is truly a really cool and interesting spot to spend some time away from LA but not so far that you couldn't spend just a long weekend there to stretch your legs and learn something new. People come from all over and for just a 2 hour plane ride it's definitely worth the trip!



Maybe that's enough for you to make the trip, but for those on the fence - Seattle really has so much more to offer in terms of food, fun, history, that is akin to the Los Angeles area but in a completely new and much cooler setting (at least if you're trying to escape those 100F+ heat waves). With

VOCALIST GRACE GAUSTAD (@GRACEGAUSTAD) IS MAKING WORLDWIDE HEADLINES

By Staff Writer

Non-binary singer, songwriter, multi-instrumentalist, and producer Grace Gaustad (@GraceGaustad) is making worldwide headlines for their massive Gen Z audience and music that explores mental health, gender, sexual identity, and self-esteem. Grace is also known for a string of passionate covers including a heartfelt rendition of Hozier's 'Take Me to Church' which has garnered over 25 million views.



GRACE has already released five episodes in the video series, including the homage to their idol 'GAGA,' 'Everybody's Friend,' 'Beauty and the Beast,' 'Old Ways,' and now the latest release 'Monster,' in which the story revolves around a dramatic episode that happened in the past that GRACE revisits after visiting the trickster's store, where friendship, alcohol and a car accident are part of the plot. The story is connected to the previous ones and embedded in the

fascinating visual universe of PILLBX under the visual direction of 2021 MTV VMA Award-winning director Van Alpert.

Grace's sparkling discography has captivated fans worldwide thanks to an undeniable penchant for unflinching lyrics

"THERE AREN'T TOO MANY 19-YEAR-OLDS WITH THE VOCAL FIRMNESS OF GRACE GAUSTAD" - BILLBOARD

and a raw ability to convey the joy and pain of the human experience, solidifying Grace as the voice of Gen Z in the modern age.

Grace began singing and writing at the age of five, steadily refining their craft with eloquence as they battled a tumultuous youth, ultimately yielding a rich point-of-view that continues to influence Grace's artistic output into adulthood. The result is a vulnerable and raw catalogue that includes songs focusing on topics ranging from anxiety to trauma, sexuality and depression. One standout is the LGBTQIA+ anthem "Red", a romantic rumination on coming to terms with one's identity. Emphasizing Grace's commitment to the cause, Gaustad's complimentary venture BLKBX Project offers free mental health services to fans.

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Pickleball Los Angeles

By Contributing Writer

What is Pickleball? Fun, social and friendly, the rules are simple and the game is easy for beginners to learn.

The Basics

Pickleball combines elements of tennis, badminton and ping-pong. It is played indoors or outdoors on a badminton-sized court and a slightly modified tennis net. You play with a paddle and a plastic ball with holes. You can play as doubles or singles and the sport is enjoyed by all ages and skills.

Brief History

Pickleball was invented in 1965 on Bainbridge Island. Three dads – Joel Pritchard, Bill Bell, and Barney McCallum — whose kids

were bored with usual summertime activities — are credited for creating the game. Pickleball has evolved from original handmade equipment and simple rules into a popular sport.

Today, the sport of pickleball is governed by the USA Pickleball Association, founded in 2005. There are over 3.3 million pickleball players and over 8,500 pickleball courts across the country.

Where to Play Pickleball

Looking for a place to play pickleball in Los Angeles?

Ventura County Pickleball Club is organized for the purpose of encouraging interest in the fun, healthy, recreational and competi-



tive sport of pickleball. The club provides guidance to those new to the sport, assist in organized play options, and advocate for creation of more places to play. www.venturacountypickleballclub.com

Estella Park, 300 Erbes Rd., Thousand Oaks.

Rancho Tapo Community Park, 3700 Avenida Simi, Simi Valley.

Deerhill Park, 6700 Doubletree Rd., Oak Park.

Walter B. Moranda Park, 200 Moranda Pkwy., Port Hueneme.

Agoura Hills / Calabasas Community Center, 27040 Malibu Hills Rd., Calabasas.

Tierra Rejada Park, 11900 Mountain Trail St., Moorpark.

Miller Park, 4530 Miller Parkway, Moorpark.

Rancho Conejo Playfield, 950 Ventu Park Rd., Newbury Park.

Petit Park, 16730 Chatsworth St, Granada Hills.

Encino Recreation Center, 16953 Ventura Blvd, Encino.

Chatsworth Recreation Center, 22360 Devonshire St., Chatsworth.

Balboa Sports Complex/Tennis, 17015 Burbank Blvd, Encino.

Tarzana Recreation Center, 5655 Vanalden Ave, Tarzana.

Woodland Hills Recreation Center, 5858 Shoup Ave, Woodland Hills.

Camino Real Park Tennis Center, Dean Dr. and Varsity St. Ventura.

Juanamaria Park, N Kimball Rd. and Loma Vista Rd., Ventura.

Harry A. Lyon Park, 150 De Anza Dr., Ventura.

Pickleball Necessities

If you're just getting into pickleball, you'll need some equipment. The basics are a paddle and a ball, but you'll also want some shoes that can handle serious playing.

The Gamma Jester Pickleball Paddle is a top-of-the-line paddle at a mid-level price. This paddle is built with a graphite face and an aluminum core. This makes the paddle lightweight and durable. The Jester also has a comfortable grip.

The Wilson All Gear Pickleball Bag is a great option for a durable and spacious bag. The bag features a large main compartment as well as several smaller pockets. Additionally, the bag comes with a built-in racquet holder.

The Wilson Men's Rush Pro Shoes have support and comfort. The shoes are made with a combination of synthetic and leather materials that provide durability and stability. They also have a cushioned insole for comfort.

The Fila Women's Volley Zone Pickleball Shoes are perfect for beginners. They're affordable and durable, so you won't have to worry about them wearing out quickly.

If you're looking to play on a court, you'll also need boundary markers. Temporary markers can be as simple as tape or chalk, while permanent markers can be anything from paint to plastic fencing.

You can buy equipment online at www.totalpickleball.com or www.pickleballcentral.com

To learn more about pickleball log onto www.usapa.org.

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CAT TRAINING

How to Stop Your Cat From Scratching Your Furniture

By Contributing Writer

If you have a cat then you will probably come up against a problem that has been faced by many a cat owner before you and that is: your cat is scratching your furniture and in the process, making a really good job of defacing it and destroying it.

If you are having this problem then I imagine your nerves are shredded just like your sofa! And it seems no matter what you do to your cat or how much you tell off your cat that it doesn't make any difference. And why should it as don't forget this is a cat you are dealing with.

Remember first though that scratching is an entirely natural behaviour for cats and is done for four main reasons:

Territory marking: this is a way for your cat to use scratching as a way of marking their province by visible marking i.e. the scratches, but also through scent which is deposited through scent glands on the cats paws

To keep their nails clean and healthy
Exercise: Scratching allows your cat to stretch, pull and work its front quarter muscles

Pleasure: It's an emotional release and your cat just likes to do it!

So if you think you can get your cat to stop scratching then think again and get used to it.

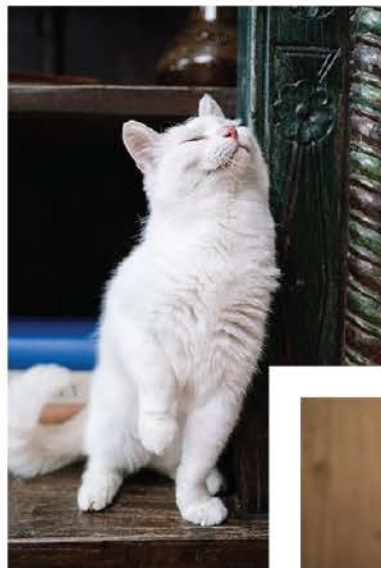
To handle the issue of your cat scratching your furniture, your strategy will have to exclude the option of stopping your cat scratching and instead focus on training your cat to scratch elsewhere. We can do this by a mixture of making the furniture undesirable to scratch and providing more desirable places to scratch.

Before I go any further though I need to say this one thing. Don't ever punish your cat for scratching your furniture. The reason is that your cat is doing what comes naturally and won't understand why you are punishing it. It will only know that sometimes, for some reason, you will treat it badly and this can lead to insecurity in the cat which may lead the cat to scratch more or develop other unwanted behaviors.

Let's look at providing more desirable places to scratch.

The best option is scratching posts. These need to be at least 28 inches tall for your cat to fully stretch its body and be very stable with a large base. If the post is not stable then the risk is that it will topple over when the cat first tries to use it and if that happens then the cat will not use it again. The post needs to be covered in a rough material that the cat can shred to bits. A post covered with sisal textile material is a good example. The post themselves are best placed where the cat spends most of its time, not hidden away in a corner somewhere. It would also be a good idea to have an additional post near where the cat sleeps as cats like to scratch when they awaken.

When you first put the post in position then follow it up by playing with your



cat near the post. You may find that rubbing the post with material with catnip will entice your cat but this may not work for every cat. Try scratching your own nails along the post surface to attract your cat and teach it where to scratch. When the cat does start scratching then praise it and give it a food treat.



If your cat has been scratching an area of carpet then try covering the area with another, smaller piece of carpet but turn it over to show the reverse side so that a satisfactory resistant texture is provided for scratching. The smaller carpet must be stationary so secure it in place with duct tape.

Try covering the furniture with double sided tape or aluminium foil. These materials don't provide a texture that feels good to scratch so are good for discouraging scratching. As I mentioned earlier, scratching is a way for your cat to mark its territory with scent so you will need to remove the cats scent from the affected furniture. Try pet odor removers available from pet shops and supermarkets. Cats have an aversion to citrus odors so try lemon scented spray to make the furniture less desirable.

If the scratching persists then try squirting the cat with a small water spray/pistol or using a loud whistle. With these options you need to be present when the scratching occurs to establish an aversion to the area you don't want the cat to scratch.

I wish you the best of luck with your cat relationships and training and hope you manage to speedily resolve the scratching issue.

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COMMON MYTHS ABOUT SOLAR POWER BUSTED

By Contributing Writer

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

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

Heat and Heat

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



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

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

Maintenance

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

What happens at night?

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

Roof damage

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

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If you or a loved one were diagnosed with cancer after exposure to firefighting foam, you may be entitled to receive **compensation**.

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By Andrews McMeel Syndication **Top Stories**

A second grader in Jacksonville, Florida, has been expelled from Victory Christian Academy after their parents objected to a homework assignment suggesting students "send a picture of you doing reading homework in the bathtub," Action News Jax reported on Sept. 22. Misty Dunham emailed the teacher: "Hey, you might want to explain that. Send something out to the parents. Let them know what the intentions are." Dunham also reached out to school administrators and the Jacksonville Sheriff's Office. School officials responded by suggesting that the Dunhams "should do a parental withdrawal for the child." When Dunham refused, the school expelled the 8-year-old. Pastor Jesse Latta issued a statement about the assignment but did not address the child's removal from the school.

American Airlines appears to have an unexplained noise issue on its planes, The Washington Post reported. On a Sept. 6 flight from Los Angeles to Dallas, passengers were subjected to groans and moaning that sounded human and vaguely sexual. Passenger and film producer Emerson Collins recorded the noises and posted them to TikTok; his guess was that someone was pranking the public address system on the plane. Collins walked up and down the aisle looking for a possible culprit, but "I didn't see anything," he said. Passengers on different American flights have reported hearing a hearty "oh yeah" when the plane landed and the "moans and groans of someone in extreme pain," but spokesperson Sarah Jantz said the noises are "caused by a mechanical issue with the PA amplifier." Maybe. Or maybe the ghosts of passengers past?

In January, Reebok introduced a new sneaker in collaboration with the French luxury brand Maison Margiela. The Classic Leather Decortique Tabi Low is distinctive for its "toe cleavage" design -- and now, Indy100 reported, for being identified as a sign of the devil. A Facebook page called Prophecy News warned followers on Sept. 19 that the shoes resemble the feet of Baphomet, a goat deity associated with the occult. Reebok's Instagram account has drawn similar reactions: "This is so satanic!! My family will never buy another shoe from you," one follower wrote. Another said, "Satanic, no way will I ever wear those." Reebok counters that the shoes are

based on a traditional Japanese shoe design called tabi.

Food Fuss

The Kitchen at London House, a popular restaurant on the Isle of Wight in the United Kingdom, put their foot down in August when they rolled out their new menu with no vegan items, the Daily Mail reported. The eatery used to feature some vegan selections, but owner Sally Cooper said they stopped because of a "militant minority. ... (W)e got fed up with the arrogant, 'holier-than-thou' attitude. ... If you want vegan food, go to a vegan restaurant.

Armed and Clumsy

On Oct. 6, Burlington (North Carolina) police officers responded to a call around 7 a.m., the News & Record reported. A homeowner told them that as he walked from his car to his front door, an armed man approached him and tried to force his way inside the house. The two struggled, and a gunshot grazed the victim's chest, but he wasn't seriously injured. The victim was able to slam the door on the suspect -- or, more precisely, on the suspect's hand. As investigators processed the scene, they found a glove with a severed finger inside, which they used to identify Vernon Forest Wilson, 67. He was booked on multiple charges in Alamance County and held on \$250,000 bond.

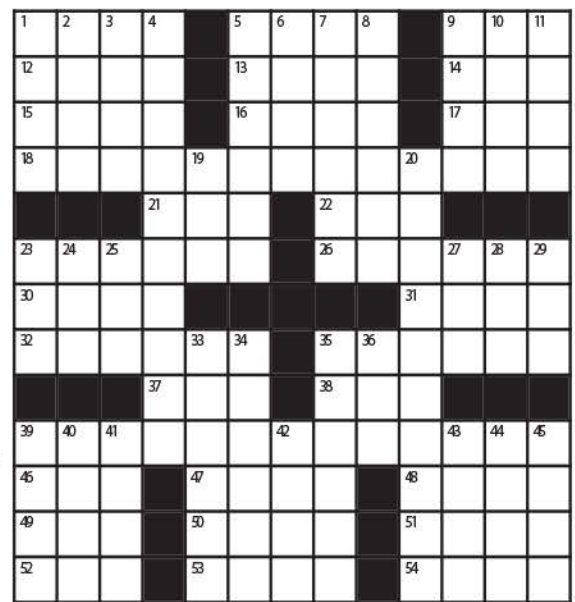
Ray Ruschel may not be the fastest or strongest defensive lineman on the North Dakota State College of Science football team, but he brings his best game and more to the team, the Associated Press reported. Ruschel, 49, works as a night-shift mechanic at a sugar beet factory. He decided to enroll at the college to study business management, and he learned he was eligible to try out for the football team -- reviving his high school career of more than 30 years earlier. Ruschel's coach gives him high marks: "His personality ... he's just a really likable guy with an ambition not to leave any stone unturned," said Eric Issendorf, who's one year younger than Ruschel. With about a dozen plays per game, Ruschel has helped his team secure a 4-1 record for the season, and they're hoping for a national championship.

Across

1. Imagining
5. Male deer
9. Look after a baby
12. Asian desert
13. Sub
14. "You ___ my sunshine"
15. Gulf V.I.P.(var.)
16. Others
17. Word on a dollar bill
18. Ways to make something mean something different
21. Wych ___
22. Fishing equipment
23. Really enjoys
26. White coating
30. Harmony
31. Buddhist priest
32. Firecracker
35. Gymexercise
37. Stroke goal
38. Resin
39. Women docs
46. Green papaya salad
47. Swollen heads
48. Type of lens
49. Decorative vase
50. Smuggler
51. Light brown color
52. WSW's opposite
53. Finless fishes
54. Humorous piece

Down

1. Thickener
2. Unspecified amount
3. Footnote note
4. Stairway outside a building
5. Bubba Gump's forte
6. Rebel without a cause
7. Chemical warfare gas
8. III - ___ gains



9. Palm starch
10. Strong and unyielding
11. Kennedy and Turner
19. Kind of shot
20. Uses a special font to emphasize something
23. "Medium" like perception
24. Yes, Captain!
25. Blast material
27. Earthling
28. Down Under avian
29. Baby seat
33. Cluster
34. Sea anchor
35. Seals
36. Shrew
39. Stick together
40. Synthetic thread
41. Not any
42. Hang around
43. Punch
44. Actress, Spelling
45. It's not clean

Bad Dad Jokes
 What do you call a fake noodle?
 An impasta



Previous



Why A Luxury Yacht Vacation Is A Great Alternative To A Hotel

By Contributing Writer

A yachting trip is more realistic than you would think. Many people believe renting a yacht is out of their price range but this isn't true.

Let's Do The Math

Yachts vary in price just like hotels. The yacht's design, age, and size affect the price. The location could also affect the price.

It is possible to rent a luxury yacht for as little as \$5,000 for a week-long vacation in the Bahamas, Greece, or Thailand. Other popular



locations include the Pacific Northwest, the San Juan Islands, and Mediterranean hot spots like Antalya, Turkey. A yacht can accommodate up to 12 guests.

Luxuries Included

You can expect luxurious cabins, a stately sitting area, a

formal dining area, and plenty of areas to catch some sun.

Some yachts come with a spa tub, water toys, or other equipment you can use on your vacation. You'll also have the option of having a dedicated crew.

Non-alcoholic drinks, food, and entertainment are included. You'll sail past beautiful sites and watch beautiful sunsets or sunrises over the water.

You'll Have the Place to Yourself

With a luxury yacht charter, you will have the entire yacht.



On a yacht, there will be plenty of room to sprawl out. Privacy is one of the best parts of renting a luxury yacht.



FINER THINGS

You'll Have a Private Staff

You will have your very own private staff. They exist entirely to help you and make your vacation spectacular.

And you won't have to worry about making dinner reservations when you have your very own private chef.

Your stewardess will provide drink service, turn down service, and keep the yacht clean and orderly. She will serve your meals, snack, and plan your itinerary.

Yachts Are a Great Way to Travel

A luxury yacht is always sailing to and around its destination. That means there will be vistas and sites for you to take in.

The crew will pick a perfect view to anchor the yacht while you enjoy a sunset dinner. Or take you to a nearby island for a beach picnic. This might even be a beach that can only be accessed by boat.

The crew knows the great spots to go snorkeling and fishing. They also know where to see whales or dolphins. All you have to do is lie back and enjoy the ride.

You'll Have Beautiful Views

Wake up for breakfast near a tranquil cove. Swim in the water or enjoy water sports during the day. Snorkel or scuba dive at a nearby reef. The captain will anchor near a glamorous marina so you can enjoy a view with your dinner. Cruise along the coast by day and stop to get off for a little shopping or drinks.

If you don't feel like cruising, you can always ask your captain to drop the anchor.

Entertainment is Provided

Your stewardess will plan your entertainment. This comes at no additional cost. Invite your friends, family, or colleagues for a cocktail party or special dinner. If you meet some friends onshore, invite them back to your yacht for a nightcap.

Yachts Are Greater Than Hotels

If you want an exciting experience that is more luxurious choose a luxury yacht as an alternative to a hotel. You'll see why once you travel on a luxury yacht you'll never want to travel any other way.

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Age of Atheria

How far would you go to save the world?

By Contributing Writer

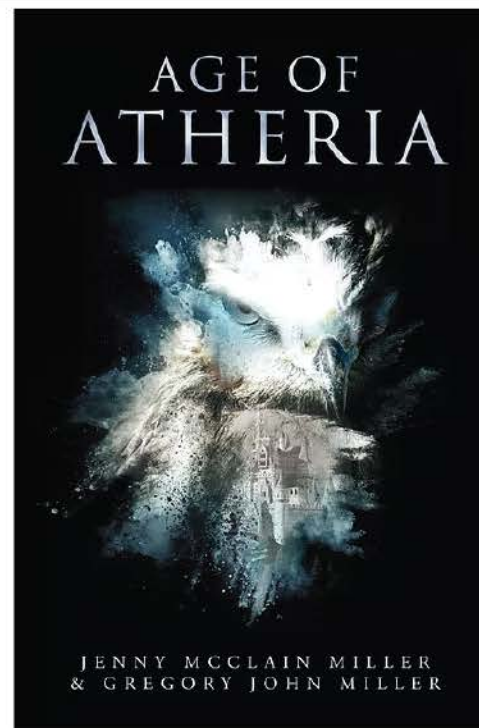
After the fallout of a Great War, Ady must escape her tyrannical Rpublic and travel to a hidden realm, where ancient beings and a divine council have been preparing for her arrival and the ultimate war to come--a battle against the Republic and the dark forces that guide them. When Ady Icarns she is an anointed one, called to Icad and rise against the oppressive Rpublic, she finds herself stripped from everything she knows and loves. But on the Edenic floating islands of Atheria, she learns to harness her powers and the mystical gifts she didnt know she possessed. But time is not on their side: the dark forces that have corrupted humanity are almost free from their ethereal

prison. Can she unite the Resistance in time?

This sweeping and enchanting fantasy novel, complete with love and heartbreak, danger and mystery, is the first in the series and is a young adult fantasy novel set in the future destruction of our present-day world. This is a book for the hopeful--for those who dream of a different world.

It showcases an opportunity for societies to rebuild after a Great War. Age of Atheria highlights societal, political, and environmental impacts that are happening today and how pertinent it is to make advances and changes to be the best versions of ourselves to take care of each other and our planet.

About The Authors



Jenny McClain Miller holds four degrees in Marketing, Product Development, International Manufacturing, and Business Management. She

works as an author, screenwriter, and producer. Gregory John Miller is a former professional baseball player. He was drafted out of Seton Hall University as a pitcher in the 10th round of the 2008 MLB draft. While documenting his journey after baseball, he discovered a passion for writing.

Jenny and Greg are married and have two



Greg and Jenny Miller



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TEACH KIDS EARTH FRIENDLY HABITS

By Contributing Writer

For many parents, their interest in sustainability and earth-friendly living is driven by a desire to create a better world for their children. Taking personal action and responsibility are part of the solution but teaching the next generation to be environmentally conscious is an important part of the equation, too.

Connecting lessons about sustainability to familiar aspects of your child's daily life, like school, can make it easy for him or her to understand and establish earth-friendly habits from a young age. Here are some ideas for promoting sustainable behaviors this school year:

Be smart about supplies. Before restocking your student's supplies, take inventory of what you have left over from last year. Your student probably had several items with plenty of life left, or things that were bought as backups, so you can avoid waste and save a little money while reducing your consumption of unnecessary goods.

Model good habits. Kids learn by example, so know they're watching and internalizing your behaviors. If you're not already practicing these habits, make an intentional effort to turn lights off before you leave the house each morning, turn off the water while brushing teeth, use alternate energy sources around the house and encourage your school district to adopt sustainable practices, such as propane-powered buses.

Reduce food-based waste. Convenient, single-serve packaging makes assembling school lunches a breeze, but all that extra wrapping is waste that ends up in the landfill. Other options, like buying in bulk and sending treats in reusable plastic bags, is a more earth-friendly approach. Bento-style boxes with compartments for different foods are another option to help make lunchtime more sustainable. Similarly, encourage your child to carry a water bottle at school each day, which reduces water fountain waste (and cuts back on his or her exposure to germs).

Enjoy nature together. As temperatures cool, it's a terrific opportunity to spend

quality time outdoors as a family. Showing your child reasons to appreciate nature can make it easier for him or her to understand and provide motivation to make choices that protect the earth.

Reinforce with reading. Multiple studies reinforce the benefits of reading



with and to young students. Selecting books with earth-positive messaging helps them explore new ideas for sustainable living and see how beloved characters embrace values similar to those your family shares.

The way kids ride to school today is very much the way children traveled to school 25 years ago: in aging diesel school buses. However, diesel school buses are not only expensive to operate, but they pose risks to children's health, the community and the climate.

Today, there are two main options for clean student transportation: propane and electric. While both reduce emissions, propane can do it at a fraction of the cost.

Every day, 1.3 million American children ride to school in 22,000 propane-powered school buses. Propane buses are currently in 1,000 school districts in 48 states. That's only about 5% of the nation's total buses, but the number is growing. These are the reasons more districts are moving to propane powered transportation: **Student Health and the Environment**

The cloud of black smoke that comes from the tailpipe of a diesel bus contains harmful emissions that are classified as a carcinogen and are known triggers for issues like asthma, bronchitis and other respiratory problems, according to the Environmental Protection Agency. Propane school buses lower those emissions to near-zero levels, which improves air quality and eliminates concerns about breathing-related issues. In fact, according to a study by

Georgia State University, students who ride to school on a low-emissions bus, like propane, had higher test scores than those who rode on diesel buses.

Compared to electric, propane buses provide a lower lifetime carbon option. That includes emissions that take place before the

wheels start turning on the road, like charging a bus using the electric grid versus refueling it with propane. Coal and natural gas are still America's primary sources of energy for electricity generation and drive up emissions. **Cost Savings**

Three times less expensive than electric buses, the cost of a propane school bus and its refueling infrastructure is one of the most affordable options for school districts.

School districts can save money throughout the lifetime of propane buses, which cost 30-50% less per mile to operate than diesel, according to the Propane Education & Research Council. What's more, a World LP Gas Association study found replacing diesel buses with propane buses would save enough money to hire 23,000 new teachers. **Reliability**

While electric vehicles make sense for several uses, propane has the fuel range and performance needed for large vehicles that drive long distances without stopping to recharge or refuel. A typical propane school bus can drive more than 2.5 times farther on a full tank than a comparable electric school bus can drive on a full charge.

Find more information about clean school bus operation at BetterOurBuses.com.

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FASHION

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All of Morph Clothing's items are handmade in the U.S. by seamstresses who are paid a fair wage. The fabrics are sourced from ethical, environmentally friendly fabric companies. The majority of Morph's sustainable clothing line is modal fabric, which is made from trees such as bamboo and birch, and other unlimited natural resources that can be used in making sustainable textiles (which are less environmentally impactful than cotton).

Women's sizing in the fashion industry is very broad. Shopping online is close to impossible unless you've tried items on in the store. Some companies run large, some run small, and consumers likely never know what they're going to be ordering.

Unlike typical fashion, Morph Clothing's solution is sizing based on breast size and not on weight or other typical "measurements," because everyone is built differently. All of the measurements for Morph Clothing derive from chest size so sizes range from XXS to XL (00-25). The sizing of Morph Clothing garments is so unique the pieces can even be worn through all stages of pregnancy. "Inclusivity is very important to us," said Pratt. "Our clothing is meant to accentuate not just women, but people of all shapes and sizes to help them look and feel their best. That's why it was important to create something that could be styled to accentuate and fit EVERY body."

For more information and to shop the Morph Clothing capsule dress and other apparel, visit: www.morphclothing.com

By Contributing Writer

Fast fashion and clothing waste is a major problem. According to the EPA, Americans generate 16 million tons of textile waste per year. Approximately 80 lbs for each person that ends up in landfills and negatively impacts the environment. But most apparel isn't made to last or have multiple purposes. Consumers find themselves tossing clothes that are no longer in style, buying a special piece that they only wear for one event, or discarding items that didn't make it past their first washing cycle. Instead of creating another garment that would become part of the endless buy-wear-discard cycle, Morph Clothing has developed a solution.

"Finding and keeping clothes can be tough. Styles, trends, and our bodies are constantly changing," said Morph Clothing Founder and designer Cristy Pratt. "The mission of Morph Clothing is to encourage creativity and inspire confidence in everyone to express themselves through their fashion, while also reducing textile waste and consumerism. Unlike fast fashion giants, Morph creates timeless pieces for every occasion: from a beach trip with friends to a night out at a fancy restaurant while wearing the same piece. You will never be caught underdressed or overdressed again."

Morph Clothing's flagship piece, the now US Utility Patented Capsule Dress, is available in staple closet colors like black, ivory, and red, but also some fun patterns and colors like python, mint, Met Gala gold, and more. But it doesn't just stop at being a dress, this one garment can be worn 60 different ways. The modal capsule dress can easily transform from a red-carpet sleeveless gown to a cocktail dress, to a maxi or mini skirt, tank top, halter top, and more. Add accessories such as: jewelry, pants, a belt, jacket, casual flats, boots, or high heels. The number of outfits that can be achieved with one garment becomes endless.



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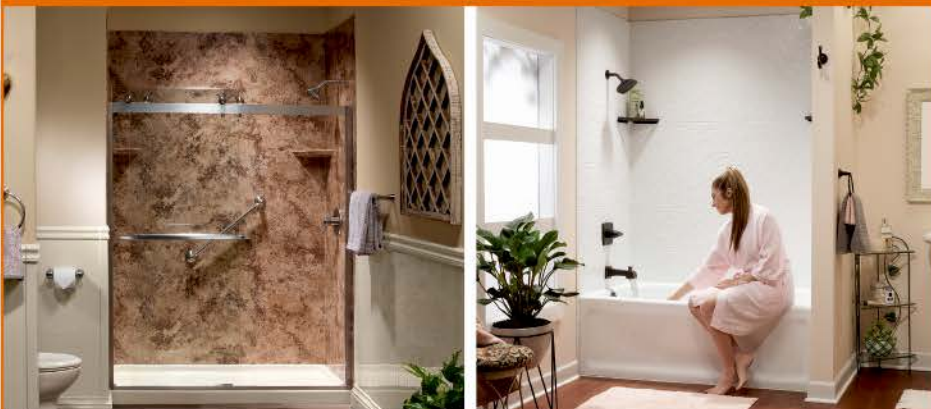
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