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→ SEPTEMBER 30 - OCTOBER 13, 2022 VOLUME 23 NO. 14



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ARTS/CULTURE



LUMINARIO BALLET IS BACK!

HEALTH/FITNESS



VENTURA COUNTY HEART WALK



WINTER

ENTERTAINMENT PREVIEW

BY BARBARA BECKLEY

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Luminario Ballet Is Back!

Ballet Phenoms Will Take Over Avalon Hollywood

By Pam Froman

Dance speaks in every language; dance inspires; dance moves people emotionally; dance brings us together. Luminario Ballet expresses that aesthetic as they present "A Masquerade Macabre" coming to the world-famous Avalon Hollywood for a

Luminario Ballet represents Los Angeles – from Stravinsky to Led Zeppelin, Vivaldi to Weezer, Schubert to Nina Simone! They continue to be unique, artistic, athletic, and gorgeous.

"A Macabre Masquerade" is a gothic Halloween-inspired ballet and aerial dance performance which takes place live on stage. Check out "Vampires and Ghosts" which is choreographed by Judith FLEX Helle from her highly lauded autobiographic dance film "L'Invalide".

Judith Helle has choreographed much ballet and aerial dance works for the company, as well as choreographed commissioned ballets and aerial dances for 5 symphony orchestras, including the LA Philharmonic.

There will also be excerpts from the Luminario Ballet favorite "LedZAerial", ballet and aerial to the music of Led Zeppelin; excerpts from the Baroque love story gone wrong Schubert's "Winterreise"; and, two world premieres "Wyrld Tango" an aerial dance work choreographed and performed by Bianca Sapetto of Cirque du Soleil with music played live by Morgan Some; and, "Tend" a Matrix-like sensual men's trio by emerging choreographer Adrian Hoffman. Special guest aerialist, international star Maya Kramer, will also perform.

Bianca Sapetto is an aerial acrobat who performed and was an assistant choreographer on tour for Cirque du Soleil. After touring, Debra Brown, head choreographer of CDS, invited her to join her dance company, Apogee, where she collaborated on merging circus and extreme modern

dance with a highly talented and cutting-edge group of artists.

Morgan Some is a multi-disciplinary, award-winning prolific visual artist, musician, actor, and filmmaker, boasting an unparalleled vocal range with perfect pitch. He brings listeners to tears with his hypnotic angelic falsetto and has churned crowds into a writhing frenzy with his bone-rattling dynamics and range.

Adrian Hoffman is the Artistic Facilitator and founder of Cantankerous Creatures, a dance project seeking to strengthen the dance community with kindness and active audience engagement.

Maya Kramer is a world-renowned Aerial artist, Dancer, Choreographer, and Teacher. She has been performing internationally for over a decade for numerous distinguished companies both locally and internationally.

The Gala includes hosted bar, hors d'oeuvres, seated dinner with wine, Silent Auction, Fund-A-Need live auction, and a pop-up gallery by ACCA of Beverly Hills. The Gala raises money for the upcoming

full-length program "Heroes, Sheroes, and Eros" shows at The Wallis Annenberg Performing Arts Center in Beverly Hills on February 17 - 18 2023.

Can't come? Donate! \$100 for a pair of pointe shoes, \$250 for aerial equipment, and \$500 for a plane ticket for the dancers! Or, be an Angel donor for \$1000-\$10,000

Details:

Luminario Ballet presents "A Masquerade Macabre"

When: October 16, gala 5:30 p.m. or show only 8 p.m.

Where: Avalon Hollywood, 1735 Vine St., Hollywood

Tickets: Gala \$350-\$550 (includes cocktails, canapes, seated three-course dinner, wine, and Silent Auction and show). Show only \$40/ \$60/ \$80/ VIP orchestra booth \$125; cash bar

Follow Luminario Ballet at <https://facebook.com/luminario.ballet>

<https://instagram.com/luminarioballet>

<https://twitter.com/luminarioballet>

Buy tickets and get more information at: <https://LuminarioBallet.eventbrite.com>



combined fundraising gala and general audience show on October 16, 2022.

Luminario Ballet was founded in 2008 to represent the vibrance, diversity, artistic creativity, and technical excellence unique to Los Angeles here in Southern CA, across the US; and abroad.

This contemporary ballet company performs at the highest level with ballerinas "en pointe"; Luminario is also a thrilling aerial dance company à la Cirque Du Soleil with exceptional aerialists and acrobats. Luminario Ballet can also provide dancers for music videos, TV, film, commercials, and commissioned collaborative works.



SWEAT
written by lynn nottage
directed by shanna beauchamp
OCT 7-16 LITTLE THEATRE

WINTER

ENTERTAINMENT PREVIEW

By Barbara Beckley

Get a jump on winter festivities! 'Tis the season... to gather with family and friends and share the glow of SoCal's winter wonderland.

From beloved holiday entertainment to snow skiing and ice skating, the East Coast has nothing on our frosty fun-in-the-sun.

Concerts! The Fabric of Winter Life

Look no farther than Thousand Oaks! Bank of America Performing Arts Center (<https://bapacthousandoaks.com/>) is headquarters for entertainment. "Winterfest 2022" opens December 3, 5 p.m., with a "Merry Merry" cocktail hour, international holiday foods, hot chocolate Elf bar, gingerbread dessert table, carolers, performers and Santa Claus, followed by the New West Symphony holiday concert featuring guest vocalist, recording sensation Sam Harris. \$75. Then join "The Sound of Christmas Sing Along," December 11, 2:30 p.m. Starring the Christmas Chamber Players and Choir, with full orchestra and Emmy-nominated conductor Charles Fernandez. All your favorites from Rudolph the Red-nosed Reindeer to I'll Be Home for Christmas. \$60 VIP, \$50, \$45, \$40. Next – the classic! "The Nutcracker," December 17 and 18, 2 p.m. and 7 p.m. It's the 27th season, performed by the resident Pacific Festival Ballet Company, with two stars of the New York City Ballet. \$35, \$40, \$50, \$57. High energy hits the stage in "An Irish Christmas," December 21 and 22, 7:30 p.m., featuring the Riverdance stars of the local Kerry Dance Troup, music played on uilleann pipes, Irish flutes, bodhran drums and Celtic fiddles; storytelling and laughter. \$50, \$55, \$75.

In DTLA – the Walt Disney Concert Hall (<https://www.musiccenter.org/>) is an epicenter of seasonal favorites. Beginning with the beloved "Holiday Sing-Along," December 3, 11:30 a.m. and 2 p.m. accompanied by the massive pipe organ, a jazz combo and choir. \$36 - \$94. Enjoy a new twist on an old favorite – "The Nutcracker with Dudamel: Tchaikovsky & Ellington" (<https://www.laphil.com/>) from sugar plum fairies to sugar rum cherries. Gustavo Dudamel and the LA Phil leading

selections from Tchaikovsky's original as well as Billy Strayhorn and Duke Ellington's swinging reimagination of the original. Featuring the LA Children's Chorus. December 3, 8 p.m.; December 4, 2 p.m.; December 14, 8 p.m.; December 18, 2 p.m. \$72 - \$232. Of course, the "Festival of Carols," bringing the LA Master Chorale's spin on folk songs from around the world, December 10 and 17, 2 p.m. \$58 - \$153.



For really out there – and joyously warm – see "A Drag Queen Christmas" (<https://acehotel.com/los-angeles/theatre/>), as RuPaul's Drag Race all-star queens of Logo TV save Christmas! Hosted by Nina West. December 1, 8 p.m., at the Ace Hotel Theatre in DTLA. The over-the-top 1,200-seat Gothic-style former movie palace is the perfect venue. \$35 - \$150. Escape to North Hollywood and the kinda weird, always funny "How the Grinch Cribbed Christmas," a new Solve It! Squad musical at the El Portal Theatre (<https://elportaltheatre.com/>). As the story goes...this Chrismahanukwanzakah Season, the Squad is competing to be the most charitable team at Mayberry's 1st Annual Holly Jolly Toy Drive and Nondenominational Winter Pageant Slash Variety Show. But the real life Grinch is wreaking havoc and our heroes have to save the holidays! November 18, 8 p.m.; November 19, 3 p.m. and

8 p.m., November 20, 3 p.m. \$35. Celebrate with the world's greatest variety show at "A Magical Cirque Christmas" (https://dolbytheatre.com/events/details/a_magical_cirque_christmas), narrated by the magical Lucy Darling, November 25 and 26, 3 p.m. and 8 p.m.; and November 27, 1 p.m. at the Dolby Theatre in Hollywood. \$39-\$194.

In Malibu, "Joy to the World: A Christmas Musical Journey" (<https://arts.pepperdine.edu/events/2022-2023-season/joytotheworld.htm>) stars Damien Sneed, composer-conductor-musician and vocalist, performing on keyboard and vocals. This holiday extravaganza of singers, musicians, carols, folk songs, spirituals, classics and original holiday tunes is December 4, 2 p.m. at Pepperdine University in Malibu. \$27.50 - \$60.

Totally worth the drive to Ontario! The over-the-top rock band Trans-Siberian Orchestra is blasting "The Ghosts of Christmas Eve!" (<https://www.toyota-arena.com/>) with giant video screens, lasers, pyrotechnics – and an entire string section – for a see-it-to-believe-it rendition of Christmas classics from Jungle Bells to The Nutcracker Suite. At Toyota Arena, December 3, 3 p.m. and 7:30 p.m. \$55 - \$186.

Hit the Slopes

Of course we have snow! SoCal has everything. For beginners to double-black diamond showoffs, snow boarders, and all snow lovers, our San Bernardino Mountains make it an easy peasy two-hour drive. Mountain High Resort (<https://www.mthigh.com/>) is the closest, 90 minutes from LA, with 290 skiable acres at 8,200 feet for a true alpine experience. Choose among 59 trails – the longest is 1.6 miles – (Mountain High boasts SoCal's longest runs). Three terrain areas welcome families, beginners, intermediate and advanced skiers. The West Resort is open nightly from 5 to 10 p.m. in peak season. Enjoy lunch at Grand View Lodge, 8,200 feet up. Also "Yeti's Snow Play" area for kids of all ages with tubing, sledding and snow play. There's also snow biking. Season passes: \$499, adults; \$449, ages 13-22; \$349, ages 12 and under. Estimated season is December 3 to April 16, 2023.

Snow Valley Mountain Resort (<https://snow-valley.com/>) is both family friendly and Double Black Diamond challenging, two hours from LA – and night skiing on Fridays and Saturdays in peak season. Some 240 skiable acres, served by 14 lifts, include lots of beginners' slopes like "Thunder Mountain," a favorite with Hollywood movie-makers, and the Children's Learning Center, with dedicated beginners' slopes and lifts. Intermediate skiers enjoy SoCal's longest intermediate runs up to 1.25 miles. Advanced skiers swoosh above the tree line in the "Slide Peak" area on Black Diamond and ultra-steep Double Black Diamond runs. Anytime Snow Pass: \$359, adults; \$299, ages 13-21; \$199, ages 6-12; \$299, ages 65-69, and well-deserved \$25 Super Senior, ages 70 and up! Estimated season is December 25 to April 9, 2023.

Skiing in Palm Springs? You bet! Ride the Palm Springs Aerial Tramway (<https://p-stramway.com/cross-country-skiing/>) two-and-a-half miles up 8,516 feet to Mt.

San Jacinto State Park. Rent skis, boots and poles (\$21, adults; \$14, children) at the Activity Center, and off you go! Cross country skiing on some 50 miles of snowy terrain. Estimated season is January and February.



If you've got the time – Mammoth Mountain Ski Area (<https://www.mammothmountain.com/>) is a straight-shot, five-hour drive to the largest ski resort in the Western U.S.! All the accommodations, bars, restaurants, shops – and ski and snowboard

runs – you need. More than 3,500 skiable acres, with 175 ski runs – the longest is three miles! Seven snowboarder parks with three halfpipes, 100-plus jibs and some 50 jumps; 28 lifts and three gondolas. From the beginner bunny slopes to Double Black Diamond runs like "Climax" atop California's highest lift-served summit. Cross country skiing, of course. Pass options include \$269, 2-day adult; \$369, 3-day adult, and \$499, 4-day adult. Estimated season is November 11 to May 29, 2023.

Make Mine Ice!

It's back!! Glide into winter at the Holiday Ice Rink Pershing Square (<https://holidayicerinkdowntown-la.com/>) in DTLA. Festivities kick off with "Ice Breaker: The Opening Celebration," featuring special performances and live entertainment on opening day, November 23 continuing to January 1, 2023. Open daily including Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Hours vary, but generally run from 11:30 a.m. – to 9:30 p.m. Skating sessions are 60 minutes. \$20

including skates. Better yet, make it a party!!! You can reserve the entire rink on select Mondays and Tuesdays at 5:30 and 7:30 p.m. for \$5,000.

Ice skate by the sea! "Ice at Santa Monica" (<https://downtownsm.com/iceAtSantaMonica>) is also set to return November through January (stay tuned for details), with 8,000 square feet of skating excitement on Fifth Street. Down the coast, oceanfront skating continues with the 4th Annual "Ice Rink at Pasea" at the Pasea Hotel & Spa (<https://www.paseahotel.com/event/ice-rink-at-pasea>) in Huntington Beach. Check the site for updates. Best yet, go all out and spend a frosty weekend in San Diego, at the Hotel Del Coronado's (<https://hoteldel.com/>) famed "Skating by the Sea" ice rink, November 17 through January 1, 2023. Open daily, generally weekdays 4 – 10 p.m. and weekends 11 a.m. – 10 p.m. \$40 general admission. \$35 hotel guests. Reserve the rink-side Frostbite Lounge, with plush seating, fire pits and holiday drinks and bites. Book the "Skating by the Sea" package including overnight accommodations and two daily rink passes.

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VENTURA HARBOR VILLAGE

From the sea to the mountains! The Silver Bells Arena in Santa's Village, Lake Arrowhead (<https://skyparksantasvillage.com/silver-bells-arena-santas-village/>), transforms into an alpine skating pond (dates pending). Open daily, weekdays, 10 a.m. – 7 p.m.; weekends, 10 a.m. – 9 p.m. Santa's Village admission is \$59, adults; \$49, children. Skates are extra.

Here on the Westside, holiday ice rinks like Topanga Plaza's seem to continue their

1 p.m.; with varying afternoon times. Nighttime skating – yes!! Tuesday, 7:30 – 9 p.m., and Saturday, 7:45 – 9:15 p.m. \$17 including skates. Party prices vary. For example, the 10-guest Birthday Party package is \$350 including one hour of skating, pizza, cake, beverages, goodie bags, décor and balloons. Good value, we say.

Who hasn't skated at legendary Pickwick?! Now L.A. Kings Ice at Pickwick Gardens in Burbank (<https://www.laking-sicepickwick.com/>), it's as wonderful now – as then. \$20 including skates to enjoy this NHL-size, state-of-the-art ice arena. Daily 90-minute public skating sessions including Saturday, 6 – 7:30 p.m. and Sunday, 3:45 – 5:15 p.m. In Panorama City, the LA Kings Valley Ice Center (<https://www.lakingsvalleyicecenter.com/>) offers public skating and parties on two rinks. \$17 including skates. Groups of 15 or more, \$14 including skates. And the Pasadena Ice Skating Center (<https://www.skatepasadena.com/>) has



Covid meltdown. Not to worry! Head to the permanent rinks – and throw an ice skating party! In Van Nuys, retro-style Iceland Ice Skating Center (<https://valleyskating.com/>) has three party rooms for 10 to 25 or more guests. Group rates are \$25 per person including admission, skate rental and party room. Or rent the entire rink for \$1,800 for two hours. It offers two public sessions daily at 12:30 p.m. and 4:30 p.m. Admission is \$15; skate rental is \$5, helmet rental is \$5. Also Simi Valley's Iceoplex Ice Skating Experience (<http://www.iceoplexsimivalley.com/>), the training center for CSUN's college hockey. Skate, see shows and party. "Ice Skating Extravaganza," featuring Disney's skating characters throughout the years, headlines December 17, 12:30 and 4:30 p.m. Daily public skating, 10:15 a.m. –



daily skating including Saturday, 1-3 p.m. and 8-10 p.m.; Sunday, 2-4 p.m., and "Cheap Skate" Thursday Night, 7:30-9 p.m. General admission, \$14, skate rental, \$4. Groups of 10 or more, \$17 including skates, up to 75 or more guests, \$16.50 each.

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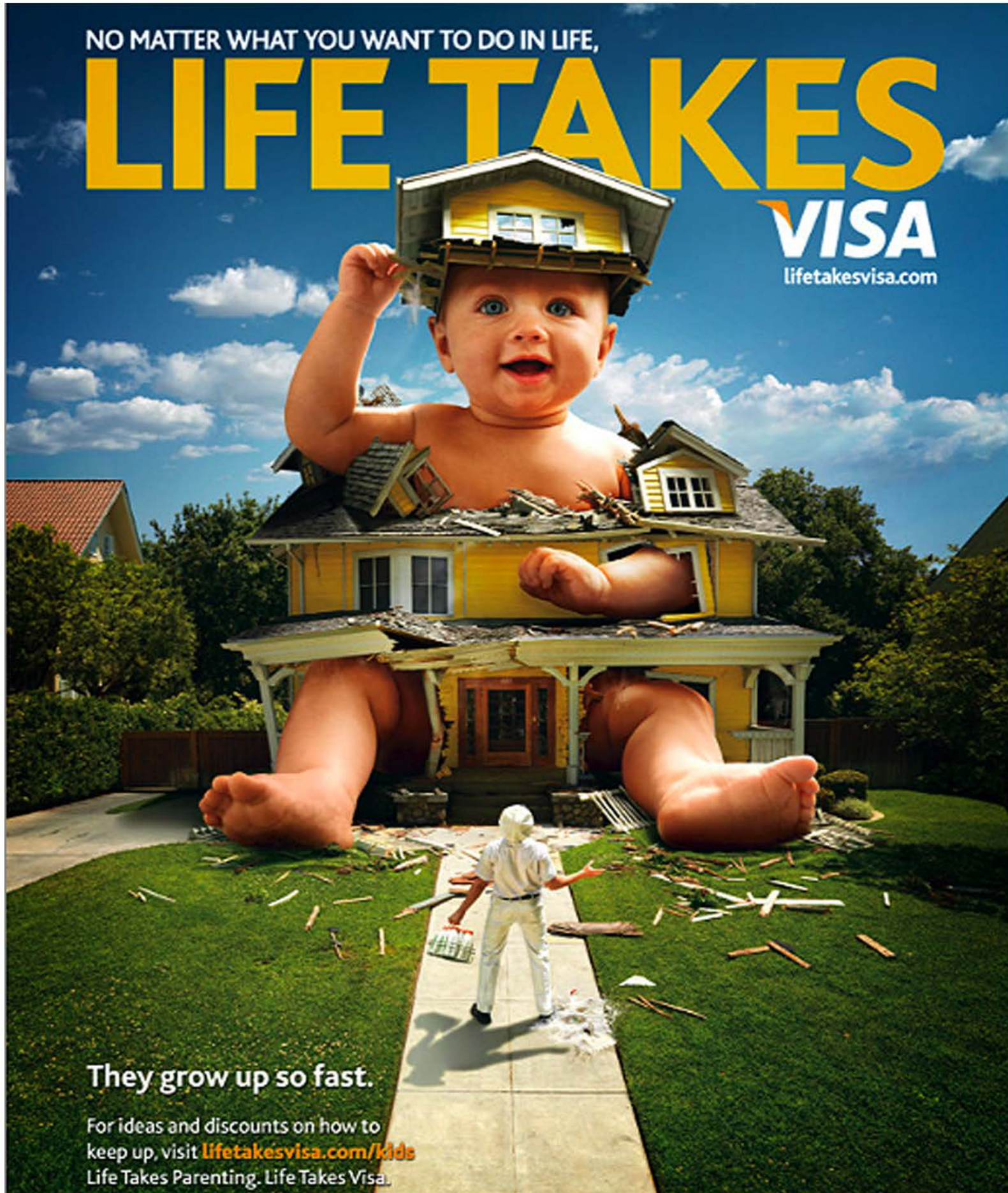
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Valley Scene Magazine every
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By Contributing Writer

THE 5TH ANNUAL 'NIGHTS OF THE JACK' IMMERSIVE HALLOWEEN EXPERIENCE



fun amongst the big multi-sensory scenes. Adults will appreciate the artistry and craftsmanship of the elaborate sets and be able to enjoy alcohol from two full bars. Everyone can enjoy picking out Halloween gifts and light-up items from the souvenir shop.

Nights Of The Jack offers premium food and beverage experience, including LA's best food trucks. The Spookeasy is a full bar and will have ample Halloween treats for adults, including top shelf spirits, cocktails, craft beer and wine. There will also be sweet treats, coffee, hot cider and cocoa nightly with special additional dessert trucks on Wednesdays.

This year, the immersive walking trail is back, and guests are encouraged to follow the nearly a mile long trail at King Gillette Ranch, glimmering at every turn with blazing gourds. The Nights of the Jack creative team has summoned jack o' lanterns from every mystical sphere and devised a spook-tacular illuminated light show.

"We are thrilled to be celebrating our 5th annual Nights Of The Jack this year in Calabasas," in a joint statement said by Nights of the Jack co-founders, Ben Biscotti and Tony Schubert. "We look forward to entertaining everyone again with an immersive Halloween event that appeals to adults, families and children of all ages!"

Main Attractions Include: Immersive Walking Trail - nearly 1 mile of bright Halloween lights and festival jack o' lanterns; Pumpkin Carver - watch live pumpkin carvings from experts; Face Painting; Trick or Treating - October 28 - 31 with live costume characters; Souvenir Shop - purchase fun light-up items and Halloween gifts; The Spookeasy - enjoy craft beer, wine and cocktails.

Dates: Sept.30 - Oct. 31. 6 p.m. - 10 p.m.

Location: King Gillette Ranch: 26800 Mulholland Hwy, Calabasas

Price: Weekdays: \$29.99-34.99; Fridays: \$39.99-44.99; Saturdays: \$44.99; Sundays: \$39.99; 2 years and under are free. Each ticket will grant you access to the event at the day and time of selected slot.

Guests can also celebrate Calabasas' history. Dating back to 1824, a rancher from Oxnard spilled a wagonload of pumpkins in Calabasas while on the way to Los Angeles and, hundreds of pumpkins sprouted alongside the road.

About Nights Of The Jack

Nights Of The Jack is a Halloween Jack O' Lantern event tailored for all ages. The immersive experience showcases thousands of hand-carved, illuminated pumpkins.

To learn more and join the conversation, use the hashtag #NightsOfTheJack and follow Nights of the Jack on social media: Facebook: @NightsOfTheJack; Instagram: @NightsOfTheJack; TikTok: @NightsOfTheJack or log onto: www.nightsofthejack.com

Nights Of The Jack, the ultimate Halloween experience is back this year and promises to be bigger and brighter than ever. Welcoming over 100,000 people every year, LA area residents and celebrity fans alike are expected to visit Calabasas for the annual event, that includes thousands of hand-carved pumpkins, immersive scenes and walking trail, premium food, beverages, cocktails and much more. Today, the ultimate immersive Halloween experience is announcing the food truck lineup as well as new features for this year, including live trick or treating with costume characters, face painters and brand-new immersive scenes. Tickets are on sale at NightsOfTheJack.com, and opening night is Friday, September 30, 2022.

2022 Nights Of The Jack Food Truck Lineup:
Cousins Maine Lobster; Baby's Badass Burgers; Tropic Truck; Vivace Pizza; Wise BBQ; 8E8 Thai; Cerda Vega; Rice Balls Of Fire; Dina's Dumplings; Lovebird; Dreamy Creations; Chai Truck; LA Donut; Richeeze; Mama Musubi / Amazebowls; Tokyo Style; Flaming Hot Chicken; Ohana Hibachi; Flaming Grain; Heritage LA; Thai Mex Cocina; Poutine Bros ; Pinch Of Flavor; 30 South Brazilian

New for the 2022 season, Nights Of The Jack is adding 4 nights of trick or treating with live costume characters, October 28-31. Also new for this year, there will be live face painters and a brand-new jungle animal scene added to the immersive walking trail.

Adults, families and children are welcome and won't want to miss this hair-raising feast for the senses. Spooky but never scary, kids will love the enchanted renditions of their favorite characters in pumpkin-form and have



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group programs for kids ages 8 through 17. Prices range from \$48 to \$90 per month for classes on everything from Minecraft to game design to Esports. Kids can even hang out with friends in a free Minecraft server where moderators help to keep them engaged. connected-camps.com

Kol Tikvah Youth Groups and Teen Programs

Temple Kol Tikvah provides numerous extraordinary youth programs for our students in Kindergarten through 12th grades. Creating friendships, strengthening Jewish identity, developing leadership, and communication skills, while also having fun. Now enrolling for Sunday Hebrew School Call 818.348.0670 x209

Cali Camp

Cali Camp is a day camp for ages 3 to 15 that offers something for everyone! From outdoor sports and games to creative arts and an equestrian "Wrangler" camp, from Aerial Arts camp to action and adventure activities, all of our activities allow our campers to connect to nature. *All activities are pre-assigned and rotate on a daily basis. Cali Campers enjoy swimming every day. Due to Covid-19 regulations, Cali Camp will offer 9, 1 -week sessions for the 2021 Summer. Open House March 28 & April 25 www.calicamp.com

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 activi-

ties. 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

Teenage Drama Workshop (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 HAMMERED: A THOR AND LOKI PLAY & Disney's FROZEN, JR! Enroll at CSUN.EDU/TADW

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Learning tech is cool. But experimenting with the hottest tech alongside friends? That's game-changing. Want to code and monetize your own game with Roblox? Make mods for Minecraft? Start a YouTube channel? Your Squad, your goals! Book now for Squads running September through December. Space is limited www.idtech.com/after-school

Code REV Kids - Encino provides the ultimate Coding, STEAM, Game Design, Engineering, and Digital Design class experience for students and campers in its live, virtual format, led by expert instructors with extensive virtual teaching experience. CodeREV virtual learning is backed by: Premier Curriculum created by Top Ed Tech Specialists & Engineers Only the most elite instructors with at least 5 years' teaching CodeREV tech courses and real world tech work experience A diverse set of unique courses to meet different age groups and interests Thousands of students educated online Options for both virtual learning and hands-on project learning from home. We are truly uniquely positioned to help your family push forward right now and through camp season. www.coderevkids.com

Camp Woodland Hills

Located on the Oxnard Campus of Woodland Hills Private School. 2022 Program includes NATURE CENTER With Live Animals GAME ROOMS – The game rooms include Wii systems, Xbox 360s, computers, iPads, pool tables, air hockey, Foosball, board games, puzzles, and more. OUTDOOR PLAYGROUNDS – For Adventure Camp, there are basketball, gaga, and handball courts and playing fields for soccer and volleyball. Junior and Explorer Camps enjoy a tree-shaded playground. POOLS – The two in-ground pools and much more. for details: camp.woodlandhillprivateschool.com



DON'T WORRY DARLING

By Contributing Writer

Somewhere around when TikTok videos were analyzing, with the intensity of the Zapruder film, whether spit flew at the Venice Film Festival premiere of Olivia Wilde's "Don't Worry Darling," it became clear that the melodrama of the movie's promotional tour had easily eclipsed the movie, itself.

The tabloid frenzy that engulfed "Don't Worry Darling" was so public, so out in the open that it quickly passed into something kind of exhausting. I would definitely rather re-watch "Don't Worry Darling" the movie than replay that media storm. But in some ways, the on-screen and off-screen dramas go hand-in-hand.

Like that fraught Venice debut, Wilde's movie, set in a Palm Springs fantasy world, brings together beautiful faces in a sunny, fashionable locale with the possibility of sinister doings afoot.

"Don't Worry Darling," which opens in theaters Friday, takes a kind of "Stepford Wives" or "Truman Show" concept and reorients it with a potent #MeToo lens. All the ingredients are here for a powerful dystopic drama: Wilde, an ascendant filmmaker coming

off her terrific debut, the 2019 teen comedy "Booksmart"; Florence Pugh, one of the most electric young actors working in film today; Harry Style's pop presence; and some sensational mid-century modern production design thanks to Richard Neutra's Kaufmann Desert House.

Yet for all its promise, "Don't Worry Darling" at every twist and turn lacks the right balance of suspense. Wilde, working from a script by Katie Silberman, conjures a kind of '50s-style utopia in which the young married couple Alice (Pugh) and Jack Kramden (Styles) live on a picturesque cul-de-sac. Every morning the devoted housewives kiss their suit-clad husbands goodbye before they drive off to a mysterious dirt mountain in the desert to do whatever keeps this strange male fantasy humming.

At least since Shirley Jackson's "The Lottery," marrying routine and ritual with ominous cracks in a social facade has been a fine foundation for conspiratorial thrillers of all kinds, from "The Twilight Zone" to "Get Out." And though it's a compelling starting framework for "Don't Worry Darling," every little revelation is bluntly



over-the-top, sapping the movie of any mystery. The town is named Victory and its only Black resident is a traumatized woman (KiKi Layne) who shouts "Why are we here?" before quickly being disappeared. No more subtle is the town's cult-like leader, Frank (Chris Pine, smoothly devious), preaching about keeping "chaos" at bay.

But it's still easy enough to go along with the film because, well, Pugh. If her devotion to the film has been uncertain during its release, Pugh's commitment to the role is far harder to question. It's often riveting following her increasingly paranoid psychology as Alice's growing suspicions cause her to doubt everything, maybe even her own seemingly perfect husband.

For a while, "Don't Worry Darling" seems to be an almost perfect Hollywood embodiment

of the King Princess song, "1950." ("I like it when we play 1950.") Pugh and Styles have a glamorous chemistry together, even if their codified gender roles — Alice greets him at the end of the day at the front door with a cocktail in hand — are increasingly dubious. Style's performance, along with his in the upcoming "My Policeman," hint at real possibility for him as a movie star of cryptic allure.

"Don't Worry Darling" is ultimately neither worthy of all the off-screen fuss nor quite the on-screen disappointment it's been made out to be. It's a promising but clunky thriller that feels to me like it's mistaken two acts for three, overly drawing out the portentous set-up and leaving off the story, after its big twist ending, just as it's getting interesting.

CATHERINE CALLED BIRDY

By Contributing Writer

Passion projects can go all sorts of wrong ways, but Lena Dunham has made something of a triumph in "Catherine Called Birdy," a medieval coming-of-age story.

The film is based on a book she discovered at age 10. She found a kind of comfort and coziness in Karen Cushman's Newbery Honor-winning novel about a spirited 14-year-old living in the year 1290 in the English countryside. There is nothing quite like historical fiction to light up the imagination of a young girl. As Dunham got older, she found herself relating to more than just Lady Catherine — she empathized with the mother, the nurse, the friend and the older widow. Her adaptation, which she wrote and directed, manages to encompass all of that.

Catherine, or Birdy, is a classic heroine brought beautifully to life by Bella Ramsey, a talented young actor. We're introduced to Birdy in the waning days of her privileged adolescence, living with her family, her mother Lady Aislinn (Billie Piper), her father Lord Rollo (Andrew Scott), her brother Robert (Dean-Charles Chapman) and her

nurse Morwenna (Lesley Sharp) at Stonebridge Manor where the only riches this once great family seems to have left is the value of their titles. She longs to fight in the crusades like her Uncle George (Joe Alwyn) or be a monk like her other brother — basically anything but being a wife and mother.

Much to her horror, she'll discover that her father's plan to save them from financial ruin is to marry her off, leading to some amusing montages of the ways she attempts to sabotage the matches. The film lures you into this anachronistic world with a soundtrack of 1990s cover songs. Dunham's script, and her actors, are up to the task of melding the old and the new without resorting to inserting Instagram-speak.

There's nothing new in a story about a young lady, be it in the 13th or 21st century, being asked by society to live a life that she doesn't want, but Dunham is wise enough to not make the looming marriage be the only thing. This is a film that is much more concerned with family, friendship and the heartbreak of growing up. The emotion of it all sneaks up on you. It lures you



in with comedy, wit and irreverence and before you know it, you're reaching for the tissues.

It is maybe the best thing that Dunham has done and makes me excited for what's to come.

That Dunham held on to the dream of making "Catherine Called Birdy" for so long

is equally incredible. And I suspect that quite a few precocious young girls will find similar comfort in Dunham's movie. Don't get the wrong idea, though: "Catherine Called Birdy" is an unabashed delight for everyone. It just might run a little deeper for a certain age group.

PARAMOUNT RANCH SONIC BOOM OCT. 15

By Staff Writer

For the first time, Tiny Porch Concerts, with support from Santa Monica Mountains Fund, presents THE PARAMOUNT RANCH SONIC BOOM, a one-of-a-kind music festival hosted and curated by LA's own Dustbowl Revival.

Nestled in the majestic Santa Monica Mountains at the historic Paramount Ranch in Agoura Hills, CA, THE PARAMOUNT RANCH SONIC BOOM will feature live performances by Rebirth Brass Band, Dustbowl Revival, Dom Flemons, as well as Yosmel Montejo y La Caliente, Eagle Rock Gospel Singers and Water Tower.

Enjoy local craft vendors, food trucks, craft beer, wine, kids' activities and unique jamming experiences throughout the festival grounds.

Music starts at High Noon! Doors Open at 11 A.M.

General admission \$45 -- includes parking and admission to the ranch. Tiny Porch Club \$85 -- includes parking, admission to the ranch, as well as access to the beer and wine corral and lounge. Complimentary craft beer and wine tasting by Ladyface Brewery and Cornell Winery between 3pm and 5pm. Tickets are limited for the Beer and Wine



Corral so please do not wait until the day of the show to purchase these tickets.

To name a few artists...

Rebirth Brass Band - Grammy-winning Rebirth Brass Band is a true New Orleans institution. Formed in 1983 by the Frazier brothers, the band has evolved from playing the streets of the French Quarter to playing festivals and stages all over the world. While committed to upholding the tradition of brass bands, they've also extended themselves into the realms of funk and hip-hop to create their signature sound. "Rebirth can be precise whenever it wants to," says The New York Times, "but it's more like a party than a machine. It's a working model of the New Orleans musical ethos: as long as everybody knows what they're doing, anyone can cut loose." In the wake of the sometimes-stringent competition amongst New Orleans brass bands,

Rebirth is the undisputed leader of the pack, and they show no signs of slowing down.

Dustbowl Revival

Dustbowl Revival has always been about pushing the boundaries of what American roots music can be. After spending years on the road, selling out hometown shows at LA's famed Troubadour, headlining festivals and wowing crowds from Denmark to China, Dustbowl Revival never stopped making their joyful, booty-shaking soul songs and cut-to-heart folk-rock ballads that lift up their transcendent live shows. www.dustbowlrevival.com

Eagle Rock Gospel Singers

The Eagle Rock Gospel Singers began as a collective of friends getting together in the summer of 2010. A choir of up to 15 revived the old Gospel spirit with songs like "I Shall Not Be Moved", "12 Gates", and "In My Time of Dying". Slowly they evolved into a band of 6, committed to embracing the richness found in early 20th century recordings. Influenced by past Gospel musicians such as The Dixie Hummingbirds, Washington Phillips and Sister Rosetta Tharpe as well as current bands like The Black Keys, Wilco, and Calexico, the band creates a unique style drawing from rhythm and blues, alt-country, indie rock and folk.

www.eaglerockgospelsingers.org

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OLD VIDEO GAMING CONSOLES WE STILL LOVE TODAY

By Contributing Writer

Sega Genesis

Want to reminisce all those battles with the mad scientist and Doctor Eggman? Well, you're in luck, because you can, thanks to the Sega Genesis Mini. It's an emulation of the original Genesis, which means that it comes with 16-bit hardware. There are 42 games for you to enjoy.

Game Boy

Having celebrated its 30th birthday in 2019, Game Boy still lives up to its name. It's thanks to this console that we have a strong market of portable video games today. Nintendo has sold over 100 million of the classic and Color versions. Tetris, Pokemon, Super Mario, Zelda, and Donkey Kong are just to name a few titles playable on Game Boy.

Retro-Bit

Retro-Bit is one of the classic game systems that allow you to bring home retro arcade games. It has licensed games from big names like Capcom and Nintendo, with titles like Mega Man (2 and 3) and Super Dodge Ball. Other favorites included are Double Dragon, Strider, Final Fight, and BurgerTime.

titles like Mega Man (2 and 3) and Super Dodge Ball. Other favorites included are Double Dragon, Strider, Final Fight, and BurgerTime.

Atari Flashback 8

The Atari Flashback 8 lets you

take a trip back to the future, in HDMI style. You may think that its 720p feature defeats the purpose, but it's only there to make the graphics look a bit cleaner. It comes with a couple of 2.4G wireless controllers, so it's another way to go multiplayer.

C64 Mini

Vividly red joystick — check. Beige keyboard — also check. Waves of nostalgia — definitely. All these, you get to enjoy with the C64 Mini from Retro Games Ltd. It's the company's way of updating and upgrading the Commodore 64 home computer. Although it's slightly flawed (stiff joystick), it's still retro-packed. Speaking of which, there are 64 games that come included with the console.

“Brown Box” — that's the name of the first-ever multiplayer video game console. It's the “Father” of all video games, having existed in 1967. Its creation is all thanks to the genius and efforts of Ralph Baer, Bill Harrison, and Bill Rusch.

Brown Box became officially-known as “Magnavox Odyssey” in 1972. It's this system that spawned today's 200 million videogamers.

Some of the old gaming consoles are still entertaining videogamers and making them shriek in delight, and yes, annoyance.

Ready to learn what old school gaming systems are that you can still button-mash?

Nintendo Entertainment System (NES)

This one came out in 1983. The main reason you should pick up an NES is because of Super Mario Bros, Zelda, and Pac-Man. It's also the console that gave rise to Donkey Kong, Kirby's Adventure, and a long list of other retro games.

Super Nintendo Entertainment System (SNES)

SNES, the improved version of NES, is also one of the top classic game consoles. It came out in 1991 and we should be glad, as it came out with titles like Super Mario World and SimCity.



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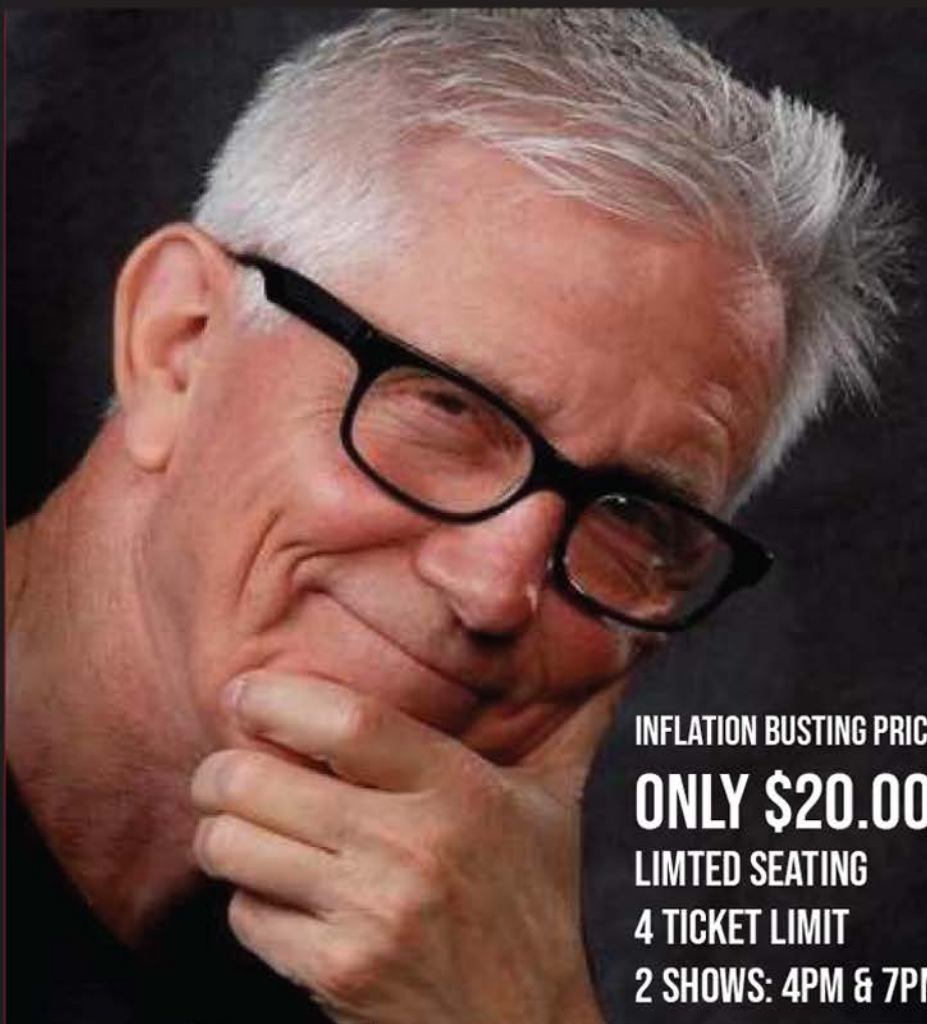
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NOT SO SPOOKY SPIRITS IN SAN DIEGO

By Contributing Writer

Spooky season is just around the corner, so what better way to celebrate than with some spirits? And for those scared of ghosts and ghouls, there's no need to fret because there's nothing scary about these spirits. San Diego's nickname "Capital of Craft" extends far past beer and cocktail programs to an array of liquors, including whiskey, gin, vodka, rum, agave spirits and more, brewed right here in San Diego. Whether curious travelers prefer a traditional tippie — dark or clear — or fancy an experimental liquor brewed with pomegranate or pumpkin, there's a place to punch up everyone's drinking agenda.

Dancing with the Devil's Share American Whiskey

From the head brewer at one of San Diego's famous breweries, Ballast Point Brewing, comes Cutwater Spirits with an



award-winning portfolio of spirits that include whiskey, vodka, gin, rum, tequila and liqueurs that are incorporated into canned cocktails available nationwide. Visitors can get their drink on at Ballast Point's 50,000-square-foot distillery, tasting room and restaurant combo in San Diego's Miramar neighborhood. Whiskey lovers should be sure to try the distillery's Devil's Share American Whiskey, rich in woody

caramel and vanilla notes backed by hints of cinnamon, cardamom and licorice.

A Cauldron of California Coastal Gin
Founded by two veterans of the microbrew and distilling scenes out of Salt Lake City, Storyhouse Spirits celebrates friendship, fun and the big taste of small-batch spirits in Downtown's East Village neighborhood. The distillery offers an alluring lineup of locally crafted vodkas, gins and whiskeys, and their restaurant/tasting room boasts a range of creative cocktails and food, as well as periodic tours of the works. Those who aren't ready to trade California's summer vibes for witches and werewolves just yet can revel in memories of shining sun, lemon trees and ocean breezes with Storyhouse's California Coastal Gin. The beverage encourages flavor profiles infused with local floral notes, ripe citrus and refreshingly crisp cucumber.

Vodka Perfect for Vampires or Humans
Founded in 2017 by entrepreneur and distiller Laura Johnson, San Diego's You & Yours Distilling Co. bills itself as California's first destination distillery. It's one of the first female-owned and operated distilleries in the United States. The distillery produces all of its small-batch canned and bottled

vodka and gin in Downtown's East Village, where visitors can sip on some aperitifs, too. Created to bring people together over elevated cocktail experiences, it does just that. Vampires with a sweet tooth who enjoy a creamy, vanilla-like sweetness with subtle hints of apple and pear should go for the Y&Y Vodka. The grape-based vodka has a satisfying texture, capped off by an elegant floral finish.

Not Very Frightening Fruitcraft
Fruitcraft in San Diego's lively Hillcrest neighborhood is an employee-owned business launched by two brothers to experiment beyond the grapes, apples, potatoes and starchy grains that are the basis for the vast majority of fermented and distilled alcoholic drinks. The establishment is an all-in-one kombuchery, cidery, meadery and distillery, making suds from pineapples, pomegranates, cranberries, mangos, pumpkins and blends thereof. While spooky season brings all things afterlife, Fruitcraft puts forth quite the opposite: Eau de Vie, French for "Water of Life," gives visitors a taste of clear spirits distilled from fermented fruits. For attractions, restaurants and more, visit the San Diego Tourism Authority's website at www.sandiego.org.

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America's Most Influential Vegan Food Star Pinky Cole Announces the Release of Her New Book "Eat Plants B*tch"

By Contributing Writer

Pinky Cole who is one of the world's most prominent and outspoken celebrities in food and philanthropy as Founder, CEO, and Visionary behind Slutty Vegan, Bar Vegan, and The Pinky Cole Foundation announced today the launch of the star-studded "Pinky Cole Experience Tour" to celebrate the release of her game changing all vegan recipe book, "Eat Plants, B*tch" (Out November 15, 13A). Pinky's first-ever North American headlining tour, produced by the Whittley Agency. The tour will take Pinky and friends to venues in 5 cities, with stops in New York City, Atlanta, Los Angeles, Dallas, and Baltimore. The hottest ticket in food and entertainment will go on pre-sale starting November 26, 2022 at ticketmaster.com. The "Pinky Cole Experience Tour"

literally reinvents what a book tour can be and brings Pinky to meet fans across America. She is bringing with her celebrity moderators, DJ's, executive chefs, Slutty Vegan food trucks serving mouthwatering dishes from "Eat Plants, B*tch" and refreshing Stubborn Soda, an exclusive book signing, special surprise guests in each city and more.

"This has been the most memorable year of my life. From store openings, to becoming a household brand, I am in my moment. Bringing my book tour to the masses is just one more opportunity to help people reimagine food! And it's so exciting to be at the helm of it all!" said Pinky Cole.

Pinky is known for changing the world with her vegan comfort food, philanthropy & activism. As founder of The Pinky Cole



journey has just begun," said Shawn Gee, President of Live Nation Urban.

With mouth-watering photographs and easy-to-follow instructions, Pinky's first recipe book Eat Plants, B*tch celebrates her belief that it's fun and accessible to cook and enjoy irresistible vegan comfort food. From Avocado Egg Rolls to her Black Pea Cauliflower Po'Boy or Oyster Mushroom Parm and everything in between, it won't be long before the world will also be declaring Pinky's timeless mantra: Eat Plants, B*tch!

Robin McBride, Co-Founder and President of the McBride Sisters Wine Company. said, "Our Black Girl Magic Wine & Book Club with Simon & Schuster was the first of its kind and it's always been about pairing bold wines with bold authors and their books. Pinky Cole embodies what it means to be bold and unapologetic. She's certainly one of the most tenacious game changers out there and we're excited to team up with her and level up this holiday season with our wines and her latest cookbook."

Foundation, she works to provide a roadmap for black economic progress achieved by creatively leveraging economic opportunities, successful risk-taking, and innovation.

"It's exciting for Live Nation Urban to work with Pinky Cole on her book tour. What Pinky has done with her Slutty Vegan brand is inspiring, a true entrepreneurial success story, and it's amazing to think her

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Bizarre Things You Should Know About Your Skin

By Contributing Writer

What is the largest organ of the human body? The skin, and it weighs approximately 15% of our total body weight. Learning more about your skin's particularities is highly important.

The skin is an organ because it consists of tissues and cells of different and specific functions. It is an organ of protection, and it changes depending on age, internal health, and external factors. The skin is a sensitive, ever-changing organ. Since the skin around the eyes is made of a thinner layer, it needs different care than the skin on your legs, for example.

The Structure of the Skin

There are three types of layers of the skin: epidermis, dermis, and subcutaneous layer. The epidermis, the outer layer, contains cells that produce pigment, and they protect the immune system.

The dermis, the middle layer, contains connective tissue, capillaries, nerve tissue, and hair follicles. It also contains the sweat glands, and the body oil glands. The subcutaneous layer is the innermost layer of the skin and contains large blood vessels, nerves, fat and connective tissues. It regulates body temperature and protects the internal organs and muscles. It also produces the hormone called leptin which stabilizes the metabolism. Now that we understand how important the skin is, let's see what are the negative factors that affect the health of the skin.

Internal Negative Factors

The internal factors that can influence the health and aspect of your skin are genetics, hormones, and disease. Genes determine our skin type and aging process, so we cannot

do much about it, except reduce the factors that would worsen our genes' predisposition. Genes can influence our cell regeneration and biological aging; they can also determine how our sebum and sweat glands function.



Change of hormones can cause acne, especially during teenage years, or during menstruation. Female



estrogen decreases after menopause, so the natural moisturizing function of the skin also decreases.

Some grave internal diseases can manifest at the skin level such as diabetes, cancer, and liver issues - intoxication, or bile malfunctioning. Liver issues manifest either as skin rashes or yellowish skin. Hence, in many cultures, there is an old mentality

that glowing, smooth skin indicates a healthy body. What you eat is what you are, and shown on the skin, so healthy, and vitamin-rich diets are a must. Other internal factors are severe medical treatments such as chemotherapy. There are also viruses that affect the skin.

External Negative Factors

External negative factors are the most known. The most common negative external factors for the skin are:

- Sunburn/UV radiation
- Excessive spray or artificial tan
- Drastic change in temperature
- Chemical products
- Excessive washing
- Smoking
- Common skin conditions

Depressed because of acne, or depigmentation? Acne and depigmentation are one of the most common skin conditions. Acne affects more than 50 million Americans annually. Atopic dermatitis will affect 1 in 10 people during their lifetime. 50 million men and 30 million women are affected by hair loss. Rosacea or redness of facial skin affects up to 16 million Americans, mostly over the age of 30. Vitiligo, another very common disease, manifesting as depigmentation or white patches on the skin surface, affects over 70 million people globally. All these skin conditions are related to external negative factors and improper nutritional care.

The skin is a sensitive and complex organ that requires intensive care.

Bizarre Things You Should Know About Your Skin

It renews itself every 28 days; Approximately 50% of the dust in your home is dead skin; Body hair growth rate is 2 to 6 years; The thickest skin is on the sole of your feet; The thinnest skin is on the eyelids; We lose around 20 - 100 hairs daily; Scars don't have hair and sweat glands; Sweat doesn't smell, but the bacteria in it does. The skin has its own 1000 species of bacteria; Babies develop their skin tone in 6 months.

The human body deserves care and respect. We need to be careful about what we eat and what we expose ourselves to, from a stressful environment to weather conditions. Don't forget that health care is a modus vivendi.



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FATHER AND SON WALK TO RAISE AWARENESS AND FUNDS TO END HEART DISEASE AND STROKE

By Contributing Writer



Seventy two hours after he was born, Michael Sokenu was wheeled to the operating room for surgery, the first of many that he would have during the first few years of his life.

Michael was born with hypoplastic left heart syndrome, one of the most severe congenital heart defects (CHD) in which the left side of the heart is underdeveloped.

The procedures were a temporary fix and, at 16, he had a successful heart transplant. Michael is now 20 years old, in college, and thriving.

Michael's father, Julius Sokenu, Ed.D, president of Moorpark College, said had his son been born 25 years earlier, the outcome might have been different. "Without the work of the American Heart Association supporting research and advancing innovative practices in surgery, someone like my son would not be here today," he said.

Julius and Michael are participating in this year's Ventura County Heart Walk to bring attention to CHD and raise funds to help propel more lifesaving research advancements.

The Heart Walk, which takes place on Oct. 8 at the California Lutheran University in Thousand Oaks, is expected to draw hundreds of people. The event, sponsored by UCLA Health, Amgen and Dignity Health, includes a 2-mile walk, drum circle performances, Zumba demonstrations, live music and a gathering spot for heart disease and stroke survivors and more. People can register to join at VenturaHeartWalk.org.

Heart disease, stroke and other cardiovascular diseases claim the lives of more than 870,000 men, women and children every year. Funds raised at the Heart Walk support efforts to improve care and outcomes for heart disease and stroke patients, advocate for stronger public health policies and fund innovative scientific research to improve survival and find

cures. The American Heart Association has invested more than \$5 billion in research, resulting in breakthroughs that save and improve countless lives every day, including CPR, the artificial heart valve, cholesterol lowering drugs, stents and microsurgery. The Association is also committed to improving health equity by changing structures, laws and systems that make it difficult for many people to achieve a full, healthy life.

"One of the fascinating things when you get into that community of CHD families is that it becomes a community of support, a community of hope where dreams come true. And these are only possible because others made a choice to support those hopes and dreams," Julius said as he encouraged the Ventura County community to join the Heart Walk and support the mission of the American Heart Association.

For information and to register, go to VenturaHeartWalk.org.

About the American Heart Association
The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share lifesaving resources. The Dallas-based organization has been a leading source of health information for nearly a century. Connect with us via Facebook, Instagram

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BAHIA RESORT SAN DIEGO

By Barbara Beckley

If ever you need proof it pays to be first – treat yourself to the Bahia Resort Hotel (<https://www.bahiahotel.com/>) on Mission Bay in San

Diego! The brainchild of San Diego entrepreneurs William and Anne Evans, the Bahia is the first hotel built on Mission Bay. Opened in 1953, no one knew for sure those

Mid-Century Modern architecture. Continuous property-wide renovations insure the newest in comforts and amenities everywhere, including all 314 guestrooms and suites, many with full kitchens and separate bedrooms.

Hotel with a Heart – Close by, the Harbor Seal Rescue Sanctuary is a testament to the owners’ kindness. Years ago, the Evans took in two blind harbor seals unable to survive in the wild. Now Gracie and Billy live happily ever after in their sizeable pond. Posing for pics at feeding time: 9 a.m. and 2 p.m. daily.

Life is good in the First Lane – Opening the sliding glass doors of my newly renovated first-floor, one-bedroom Marina Suite, I took a few steps to the sand and sank into a cushy cabana (free, no reservations needed). Sun on the water. Yachts in Mission Bay Marina. My “private” beach curving nearly a quarter mile with lawns, trees and Bahia bungalows. The ideal locale for relaxation. And action. My gosh! The Bahia’s activities go on and on. Rental watercraft. Cruiser bikes. A Junior Olympic size pool and gigantic whirlpool for 30 people! Tennis courts. Fitness center. Even shuffleboard. And custom-built beach fire pits, which guests can reserve. Also kids activities like rock climbing and a Classic Games Arcade. Plus – harbor cruises aboard the “Bahia Belle” sternwheeler and “William D. Evans” Mississippi river boat.

Fun for Everyone! “Local and out-of-state families come year after year; generations of them,” said Robert Arends, community outreach manager for Evans Hotels. “Families continue to return because of the people who work here and the great service they provide. And because of our wonderful waterfront location right on the bay.” Friends and couples love it, too. “Oopsy.” Checking my phone it’s happy hour! I stroll to the new Dockside 1953 restaurant (open to the public), pairing fresh California fare for breakfast, lunch and dinner with wide open views of Mission Bay. Sitting on the patio, I order the signa-



ture “Bahia Mia Tai,” Jamaican rum, locally-made Seven Caves Spirits orange rum, apricot liquor, lime juice and orgeat syrup – topped with house-made pineapple foam – Wow! Next time, I’ll order the other signature “Butterfly Champagne Cocktail,” with vodka, lemon juice, house-made butterfly pea tea simple syrup and cucumber, topped with sparkling rose! Equal Wow!

Live music adds to the fun on Tuesdays and Thursdays; and rocks the Pool Bar & Grill on Saturdays.

Insider Tip! Book the “Extend Your Stay” special directly through www.BahiaHotel.com and save up to 25 percent when you stay three or more nights.

Enjoy!



mudflats would become the sun-kissed playground that is Mission Bay today. But the Evans took a chance.

Lucky for us. As the first resort, they got the prime beachfront location. An island-like secluded beach – so secluded it’s really like a private beach, since resort guests are the only ones on it! Still owned and managed by the Evans family, the gardens have matured into a tropical wonderland, with ponds and steams inhabited by ducks and ducklings. Homage is paid to its 1950s beginnings with the tricked-out 1968 Airstream Tradewind Grab ‘n’ Go Café. So shiny, I snapped a selfie on it. And by the original, now trendy,

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TikTok Mental Health Activist Uses Voice to Help Others During Suicide Prevention Month

By Staff Writer

Social media influencer and mental health activist Nick Pfeifer is using his voice because of his experience to help others during Suicide Prevention Month. Pfeifer, who knows how hard life can be, is opening up about his personal experience and background with ADHD, mental health struggles, and anxiety to use his platform to help others, spread aware-

Many teens and young adults spend all day on their phones, only to find negative news and hateful comments. While turning off our phones can help temporarily, it is not a permanent solution. That's why mental health activists like Pfeifer share advice and their experience to help others seeking resources or validation that they are not alone.



ness, and combat stigma.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicide can often be the result of an untreated mental health condition. September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. Depression and anxiety rose during the pandemic.

Pfeifer is an advocate for therapy and has friends and family who have experienced mental health issues and bipolar disorder. He knows how to recognize the signs of someone who may be suffering. Pfeifer can discuss how mental health has impacted his life, how to navigate the healthcare system when seeking a therapist, and how he hopes his vulnerability and experience will help others.

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BUSY BODY

Human Motivation

Discover The Power of Hypnotherapy

By Contributing Writer

Are you interested in formulating an exercise plan? There are two types of exercise that are both efficient and successful. Of course, you must be motivated in the first place, and that is why therapeutic hypnosis can help.

If you're like most people, you are interested in creating an exercise system that will assist you to remain healthy. Research studies usually demonstrate that only two core kinds of exercise are useful.

Performing the most efficient kinds of exercise is imperative, since the less time you spend exercising the more likely you will persist in your exercise routine.

Our first type of exercise is progressive resistance. Progressive resistance is one type of strength training. It functions

by progressively ramping up the pounds lifted, the number of sets, and number of repetitions performed. As a result, your muscles are never strained or subjected to damage - instead, they slowly and steadily strengthen without any setbacks.

Our second type of exercise that has been scientifically studied is cardiovascular training. This is any type of exercise that gets the heart rate up to 60 - 85 percent of its maximum rate. Some kinds of cardio training may involve jogging, jumping rope, aerobics, or treadmill, among other types of exercise, but it is your choice.

Although progressive resistance and cardio training by themselves have been found to be very efficient forms of exercise, scientists now know that performing both of these types



of exercise is the best bet for success. If you combine both progressive resistance and cardio training, you will increase the strength of your muscle groups and increase overall endurance. According to a recent scientific study, exercisers who used both cardio and progressive resistance during a two month time period lost 45 percent more weight than exercisers who did cardio training or progressive resistance alone.

Just as important as the type of exercise you perform is, the way in which you exercise is also important. It probably will be unsurprising that being consistent is the name of the game. Exercising inconsistently may strain your muscles and will probably

not aid you to build strength and endurance. In addition, it is unlikely to improve your whole-body health. According to most scientists, the best regime is to exercise for forty minutes to an hour three to five times per week.

Unfortunately, it turns out that for a significantly sized subset of the population, getting sufficient exercise is not as easy as attending the health club a few times every week or listening to what scientists claim. For this group of people, the motivation to exercise is the primary issue - this group of people simply doesn't have the motivation to go to the gym. Actually, they might resist any and all exercise, to the point of severe anxiety.

www.valleyscenemagazine.com

Nobody knows what percentage of the population suffers from problems with the motivation to exercise, but scientists say that up to 20 to 40 percent of people claim that they "hate" or "dread" exercise. An even larger percentage of people might have more mild problems with the motivation to exercise, finding that even though it is simple enough to commit themselves to an exercise regime for a week or two, motivation eventually degrades, leaving them where they were initially - unhealthy and heavy.

If you are one of these people who struggles with the motivation to exercise, the good news is that there are some easy strategies to deal with the struggle. In a recent research study, volunteers who needed to start an exercise program were provided with a brief learning program that aided them to decide on the right kinds of exercise, were provided with a therapist who specialized in exercise motivation, and were given a brief course in hypnosis. After six months, they were asked to evaluate their progress. It turns out that over 85 percent of the participants had adhered to an exercise program throughout the whole six months. Even better, they generally lost an average of fifteen more pounds than the control group.

If you have an interest in this study, it might make sense to look into locating a motivational therapist, habit control therapist, or therapist who deals with hypnotherapy. These therapists are provided with special training in helping people to transcend anxieties, build the motivation to exercise, and reinforce the creation of good habits. One more choice for exercise motivation is self-hypnosis - which is a simple and inexpensive process that often helps people take control of their own inborn abilities to be motivated.

Hypnotherapy and self-hypnosis are risk-free ways of increasing motivation that have been proven to provide success in the case of exercise motivation. Hypnosis works by using hypnotic relaxation to enhance the powers of the unconscious mind to influence the modification of behavior and habit development. Hypnotherapy is a good choice for the exercise adverse because it can help increase the drive to get trim and lose weight easily and effectively.

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"I'm Not Single, I Have a Dog: Dating Tales from the Bark Side"

Valley Author Shares Insight...

By Contributing Writer

Born in North Hollywood and raised in a sun-kissed neighborhood of the San Fernando Valley, Susan Hartzler says her roots made her who she is today. Growing up in a ranch-style home in Northridge, Susan's love of nature and dogs began in the huge backyard where she spent hours with the family dog, Siesta. A chihuahua, terrier mix, that wired-haired, goofy-looking dog meant everything to her. She pushed Siesta around in a toy baby carriage, secretly fed her scraps from the dinner table, and was lulled to sleep to the sounds of her soft snores.

Today Susan's a published author, an award-winning writer, and a public relations pro who shares her life with two active Australian Shepherds, both therapy dogs who bring smiles to the faces of special needs children. And she's happily single.

"I'm here to tell you that it is possible to be single and live a fulfilling, and happy life," Susan explains. "It took me years to create my own happily ever after. But now I see my single status as a blessing...as long as I have a dog (or two) by my side."

Her memoir "I'm Not Single, I Have a Dog: Dating Tales from the Bark Side," takes a look at the single life. During the writing process, Susan came to the realization that her childhood dog, Siesta, had a lot to do with her successful single status. According to her, "that ugly, grey mutt taught me everything I needed to know about love." Published by McFarland Publishers, the story takes place in and around the San Fernando Valley.

In the book, Susan shares her own personal journey to find Mr. Right inviting readers to follow her through life's many ups and downs on her way to finding unconditional love. It begins on a

"Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems."

purposeful trip to the East Valley Animal Shelter to find a dog to sniff out the bad guys. Susan might not have found a man, but

she finds her dog, giving her a sense of purpose and helping her discover meaning in her crazy world. By saving a dog, she rescues herself, loving herself as much as her dog loves her. After all, as Susan says, "there is no love like dog love. It can change your life forever, completing you with unconditional love."

And speaking of unconditional love, over the years Susan has trained her canine companions to work as therapy dogs. Seeing the faces of the special needs children

she and her current pack visit is her way of giving back to the community. Susan says seeing the kids light up at the sight of Seven



and Paige Turner melts her heart.

According to the Mayo Clinic, "Animal-assisted therapy can significantly reduce pain, anxiety, depression and fatigue in people with a range of health problems. And it's not only people with health problems who reap the benefits. Family members and friends who sit in on animal visits say they feel better, too."

Susan knows that to be a fact and shares some of her touching

therapy dog stories in her book, which is available on the McFarland Website, as well as on Amazon, Barnes & Noble and other fine booksellers. Susan is also the author of the "HowExpert Guide to the San Fernando Valley: 101 Tips to Learn about the History, Celebrities, Entertainment, Dining, and Places to Visit and Explore in San Fernando Valley, California," which is available on Amazon.

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IMPROVE YOUR HOME'S AIR QUALITY

By Contributing Writer

The COVID-19 pandemic changed the way people spent time in their homes. From work to working out, more out-of-the-house activities have moved to the home.

In fact, according to the American Time Use Survey, 38% of employed people did some or all of their work from home. That means better indoor air quality is important.

According to the Environmental Protection Agency, indoor air quality can be up to five times worse than outdoor air quality. With the average person taking about 22,000 breaths per day, installing smarter indoor air quality technology is key to healthier living.

Improving your home's air quality begins with recognizing what contributes to poor indoor air quality.

Off-Gassing

Off-gassing from construction materials, carpeting, adhesives and synthetic materials, as well as solvents from common household cleaners, can accumulate. Continuous ventilation solutions can help reduce the harmful effects, such as headaches, nausea and irritation in your eyes, nose and throat.

Simple smart ventilation fans and good ventilation can help control off-gassing. Other options include shopping for products designed for low or no volatile organic compound emission and adding houseplants that naturally help filter and purify the air.

Moisture

Moisture that is not properly ventilated can cause mildew and mold, which can lead to structural problems and health issues. For most homes, the optimal humidity balance is 40-60%, but those levels can be hard to maintain.

Antimicrobial light technology combined with powerful ventilation offers effective protection against bacteria, mold and fungi growth. An

option like the Broan SurfaceShield LED Exhaust Fan kills viruses and prevents mold, bacteria and fungi growth on surfaces in your bathroom or other humidity-prone environments. Featuring two lighting modes, an everyday white light perfect for task lighting and a continuous antimicrobial mode,

the cover is also designed to stay cleaner longer.

Cooking Effluents

Cooking effluents from food preparation can infiltrate the whole house. Grease, oils and aromas settle permanently into carpet, furniture, clothing and other surfaces. Kitchen ventilation solutions can help eliminate cooking effluents for a cleaner, more comfortable and healthier environment.

For example, the Broan Elite 21-Inch Custom Range Hood Power Pack offers a custom appearance while protecting cabinetry with

stainless steel liners. Bright LED lighting enhances your cooking experience while the four-speed, back-lit, soft touch control and WiFi connectivity enabling voice control makes operating the hood easy. Automatic infrared sensing allows your range hood to adjust the speed of your fan.

Pollutants

Stemming from sources like space heaters, gas stoves, woodstoves, indoor furnaces, dryers and fireplaces, combustion pollutants are gases or particles that come from burning materials. Examples include carbon monoxide – causing headaches, dizziness, disorientation, nausea and fatigue – and nitrogen dioxide – causing eye, nose and throat irritation; impaired lung function; and increased respiratory infections.

When possible use appliances that vent to the outside, ventilate rooms where fuel-burning appliances are in use and ensure these appliances are properly installed, used, adjusted and maintained.

Explore more ideas for improving air quality at www.broan-nutone.com



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By Andrews McMeel Syndication **Top Stories**

Ranjita Kundu of Kodameta, India, has accused her husband of stealing and selling one of her kidneys four years ago, *Oddity Central* reported. Kundu recently discovered after visiting the doctor that she has only one kidney; she believes that when she was treated for kidney stones four years ago, her husband secretly arranged for one of her kidneys to be removed and sold on the black market. "I was unaware of the whole incident," she said. She even knows who he sold it to: Asim Haldar, who also lives in her district. Kundu and her husband were married for 12 years before he took off with another woman eight months ago. Kundu said with help from his sister, he sold the organ to make up for dowry money he believed he was owed. Police have taken him into custody and are investigating.

The recently renamed Washington Commanders are, understandably, trying to drum up excitement for their new brand, but one effort went disappointingly wrong, *Yahoo! Sports* reported. In Week 1 of the NFL season, an official gear truck just outside the stadium, which is located in Maryland, featured a mug with a big "W" on it and a silhouette of Washington state in the background. Of course, the Commanders' Washington is the District of Columbia variety. The mugs were quickly removed from the inventory.

Pennsylvania State Police were called to a home in Monroe Township on Aug. 24 where a fight had taken place, *WTAJ-TV* reported. One of the combatants told officers that 35-year-old Brandon Shoop of Berkeley Springs, West Virginia, had punched him after a disagreement about food. Next, he said, Shoop picked up a half of a cinder block and swung it at the victim's head; he was able to partially duck, but the hit left a contusion behind his ear. Shoop then tried to strangle the victim but was pulled off by a female witness; he was later charged with, among other crimes, aggravated assault.

Al Pacino, admittedly, has committed a whole lifetime of crimes on the screen. Now, Alpatchino Jeune, 25, is following in his footsteps in real life, *The Smoking Gun* reported. Jeune was arrested in early June for beating up his pregnant girlfriend, who was driving him to work. She told police she asked him to "think of his unborn child," but he went on hitting her -- so she jumped out of the car and ran to an

emergency room across the street. When Jeune didn't show up for his Sept. 1 court date, he was arrested again in Orlando, Florida, and his bond was revoked. [

-- In a "my bad" for the ages, the City of Philadelphia erroneously chopped down 60 pounds of hops that belonged to the Philadelphia Brewing Co., *Fox29-TV* reported. "Despite our clear signage and fenced-off area," the company wrote on its Instagram page, "the city ... took it upon themselves to completely destroy our hop garden," which they claim will cost them tens of thousands of dollars. A spokesperson for the city said the incident was the result of "miscommunication and staff error" and "it appeared the lot was overgrown."

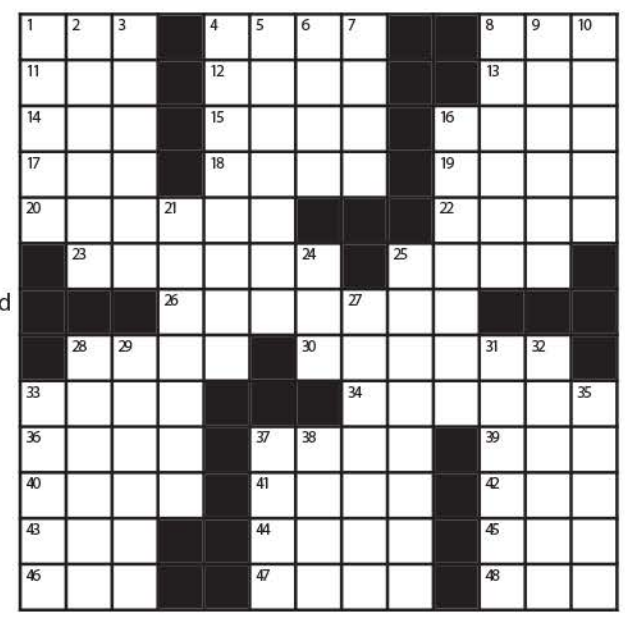
-- The Summit County (Colorado) Rescue Group was in a helicopter on Sept. 7 looking for a lost hunter, *KCNC-TV* reported, when they spotted a man waving slowly and casually. The crew radioed that they "had a subject that partially matched the description ... but his backpack was upside down so it was the wrong color," explained the group's Anna Debattiste. "The pilot said, 'He's saying hi, he doesn't seem to be in distress,' so they left," she added. In fact, it was the missing hunter, and in a classic case of blame-the-victim, Debattiste said he "should have" waved aggressively with both arms overhead, or waved "a brightly colored piece of clothing." Thankfully, the crew went back and retrieved the man, who was cold and dehydrated but otherwise unharmed.

-- Toby Cohen and Jonathan Neman booked a rental home in the Hamptons for two weeks beginning on Aug. 22, to the tune of \$10,000. On Sept. 15, they filed a lawsuit, saying the home, owned by Agnese Melbarde and Edouard Gass, was "uninhabitable." Why? Because the thermostat had been set to "a minimum temperature of 70 degrees Fahrenheit and then locked," *The Daily Beast* reported. The plaintiffs and their families, who wanted the A/C set at 68 degrees, were "forced to endure continuous discomfort for the duration" of their holiday, which ruined it for them. When they complained to the owners, they said, they were told to "suck it up and deal." Neman and Cohen also allege that workers showed up to spray "toxic chemicals" in the backyard during their stay, which forced them to stay inside for several hours. The suit asks for a full refund.

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

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

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

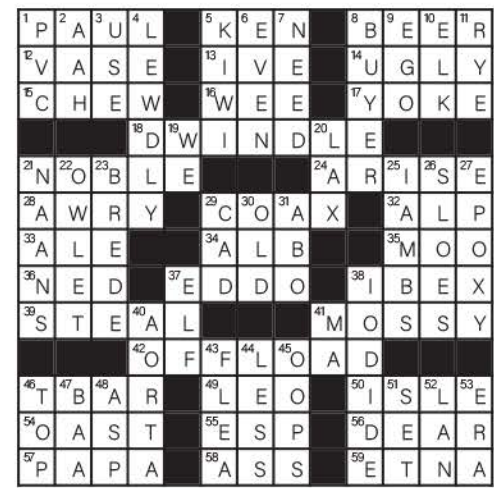


DAD JOKES

"How do you follow Will Smith in the snow?"

"You follow the fresh prints."

From September 16



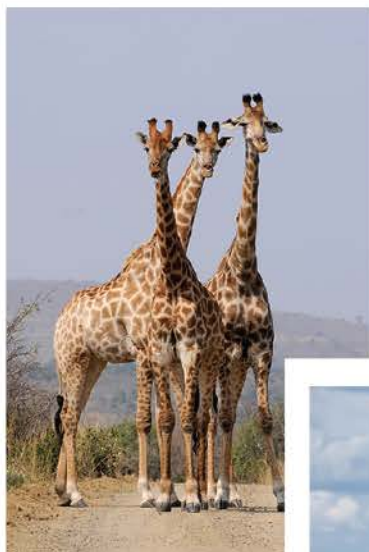


THE LUXURY SAFARI

By Contributing Writer

We have all heard the old adage, "you get what you pay for", and when you plan a luxury safari that has probably never been more true! The wonderful thing about Africa is that it has something for everyone!

There is a safari priced for just about everybody, but there are major differences in accommodations, services, transportation and food. Some people want to get down and dirty and experience life in the raw while for other "roughing it" is not an option that they would choose, wanting nothing to



detract from their magical luxury safari experience.

Whether you are part of an organized tour or want a custom tour for you and your family we Africa is sure to provide a holiday for everyone that no-one will ever forget. Compared to a budget safari on a luxury safari you can stay in small, remote, five-star lodges

and luxury camps and travel more by plane (less tiring and with breathtaking and spectacular views!) Other aspects of a luxury safari are exotic modes of travel, such as by elephant or hot air balloon and special cultural experiences, such as visiting an authentic bush home or village.

For nights spent under star studded African skies, sipping the



finest wine and sampling the best food prepared by experienced chefs, the luxury safari camp will pamper you, rest and relax you and return you good as new for another day of game spotting the next day.

For most people, holidays mean control of their time and what better than a luxury safari, combining supreme comfort and real adventure in untamed wilderness, to give even the most jaded holiday maker this freedom?

But this is not come and go as you please situation. But here, rather than having your day dictated by your mobile phone and computer, you will find your daily routine dictated by the workings of the bush and the logistics of running a safe and successful remote operation. Dawn alarm-calls, set mealtimes and a ban on solo wandering may make the luxury safari sound more like boot camp than an African idyll, but nature is in charge here, and daily routines in the bush are designed to maximize game-viewing as well as ensuring guests' safety and comfort.

Throughout Africa there are variations to the luxury safari. In southern Africa, for example, some luxury lodges may operate a system of longer game activities

Routines vary depending on your location and the scenery and activities available. Seasonal changes also need to be considered. Luxury safaris may be more structured than most luxury 'chill out and do nothing by the pool' holidays. Camp staff are as accommodating and flexible as possible and make sure that the food you eat and the facilities that you enjoy are the best that Africa has to offer. You are still in charge of your luxury holiday and it will be fine if you're tired and want to skip a game drive or a meal. If the heavens open at dawn, that planned game drive can take place later, when the rain has stopped but before it gets too hot again. Luxury means choice, and being treated as an individual with every need anticipated and catered for.

On a luxury safari you will be spoilt and left with memories of your luxury safari. Try these luxury safari trips:
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Boost Your Children's Self-Esteem This School Year

By Contributing Writer

While packing bags and backpacks for school, there's one essential that may be overlooked: Children's self-esteem. Although many children may feel confident and self-assured at home, they can feel differently in the classroom. When children have high self-esteem, they're less likely to reflect negative feelings toward others.

Give Children Space to Safely Express Their Emotions

While it's important to intentionally connect with your children one-on-one, it's equally important to give them space to come to you for help. Let them know you notice when they don't seem like themselves but try not to push them to share before they're ready.

You can talk with your children about the ways they can communicate with you, aside from one-on-one conversations. If they find it easier to communicate their feelings through writing, you can go to the store together to pick out a journal. Children who are not yet proficient writers may prefer to draw pictures about their feelings. No matter the method, be sure to make time to check in with your children.



"If children can treat themselves kindly, they'll treat others that way," said Carter Peters from KinderCare Learning Centers' education team. "When children feel encouraged, supported and loved, they are able to give those feelings to others."

Consider these three tips to boost your children's self-esteem.

Be Your Children's Cheerleader

When praising or complimenting children for their achievements, be specific and include affirmation for positive character traits, such as "You were so kind to help Ms. Delmar take her recycling out" or "I'm proud of you for seeing she needed help and offering it." Being specific with your compliments reinforces the idea that your children are kind and helpful. Eventually, they'll offer others the same positive affirmations and be less likely to look to outside influences to define their sense of self.

"When children have high self-esteem and self-worth, they know when someone's opinion of them is untrue," Peters said. "Children with high self-esteem become adults capable of believing in themselves."



Teach Emotional Literacy and Replacement Skill Behavior

You can help your children move beyond comprehension of basic emotions—happy, sad, mad—and toward an understanding of more nuanced emotions. When children can identify their feelings, they're closer to developing healthy responses.

Commonly labeled "bad behaviors" are often young children's way of communicating something is wrong, so they may need help identifying the emotion driving their actions. It's important for children to understand that while their feelings are acceptable, their behavior may not be. That's where replacement skills—acceptable ways to express emotions—come in. For example, try saying "It's OK to be mad. It's not OK to hit other people. When you're mad, you can hit a pillow."

For more tips to help boost children's self-esteem, visit kindercare.com

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HOW TO TEACH YOUR CHILD EARTHQUAKE SAFETY

By Contributing Writer

Earthquakes are an ever-present danger. At times predictable and at times unexpected, earthquakes can cause massive damage and pose safety risks. It's essential to know the proper protocol to maximize your safety. This is especially true if you are a parent, as you are in charge of teaching children what to do when an earthquake strikes.

Familiarizing Yourself With Earthquake Safety

Perhaps the most important step in teaching your children earthquake safety is first becoming proficient yourself.

An earthquake is a natural disaster caused by the movement of earth's tectonic plates at areas called faults. The center of an earthquake is called the epicenter. Earthquakes can range in severity.

Staying safe during an earthquake involves understanding the risks that earthquakes present. If you are indoors during an earthquake, it's important to drop to the ground, cover yourself by getting under a table or desk, put your arms over your head, and hold on to a secured object until the earthquake is over. This is called "drop, cover, and hold on." If you are outdoors, seek open area away from buildings. It's also important to assemble an emergency kit, create a building evacuation plan, and stay informed via regional apps or websites.

Prepare Properly
Before teaching children what to do, make sure to establish safe places in your home to go to should an earthquake strike, such as large, heavy tables or interior walls away from windows and bookshelves. It's also important to create an evacuation plan to facilitate fast and organized evacuation through the nearest exit. You'll also want to assemble an emergency preparedness kit with first aid materials such as bandages, antiseptic, a flashlight, a small supply of food and water, and an emergency cell phone. Consider taking a

basic first aid or CPR & AED course to learn the ins and outs of administering emergency aid ahead of time.

You'll want to make sure to have avenues of communication open. This starts by finding a place to get the most up-to-date earthquake alerts. We recommend getting the USGS's Earthquake Notification Service on your phone for by-the-minute earthquake updates. You'll also want to keep your local contact information current so you can notify neighbors, associates, and family of your location.

What To Do When An Earthquake Strikes

Find an open area. Move to find an open area free of anything that could fall on top of you.

If you're in a vehicle, stop driving. Driving during an earthquake is a recipe for disaster — especially if you are in heavy traffic. Slow down as quickly as possible, make sure your seatbelt is fastened, and stop until the earthquake is over. Be sure to stop in an area with open sky above you. Once the earthquake has concluded, proceed cautiously and avoid streets, bridges, and ramps that show damage.

Drop, Cover, and Hold On. First, drop to the ground; next, take cover by getting under a table, desk, or alternate piece of furniture and putting your arms over your head; finally, hold on to the table, desk, or piece of furniture until the earthquake stops. If you cannot find any furniture, crouch in an inside corner of the room and cover your head with your arms. Move away from buildings, utility wires, glass, or anything that could fall.

If you happen to get stuck under debris, cover your mouth with your arms or your shirt to avoid contaminating your airways. Tap on a nearby pipe or wall to alert rescuers to your location.

Talk To Your Children

Take the time to sit down with your kids and explain what earthquakes are. Use visual aids and simple slogans like "drop, cover, and hold on" to convey safety tips clearly. Once you've done the educating, it's time to start practicing.

Practice Drills

Routinely practicing earthquake drills will familiarize children with what do in the event of an earthquake and will help reduce panic should one strike. Important concepts to cover include where to go (under desks, or near inside wall corners), what to do and where to move in the event of an evacuation. Practice each of these steps by running through them as though an earthquake were actually occurring. Cover each of the steps



discussed in the sections above, and be sure to answer any questions your kids might have. If you are a parent, make sure your child's school is routinely practicing earthquake drills with official evacuation plans to ensure that your child and his or her peers are safe.

Learn More About Earthquake Safety and Enroll in Safety Classes

Want to learn more about earthquake safety? The experts at SureFire CPR have you covered. Enroll in safety classes and online certification courses at www.surefirecpr.com



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CHAMPAGNE DIAMONDS MAKE FASHION TRANSITIONS POP THIS FALL

By Contributing Writer

Are you still trying to find the perfect accessory to your summer-to-fall-transition fashion staples? The answer may be as simple as adding the color of one gemstone: champagne diamonds



from Rio Tinto's Argyle Mine in Australia.

"What we are seeing from the latest fall fashion trends is a match fit perfectly for champagne diamonds," says jewelry and style expert Michael O'Connor. "The light champagne to rich cognac natural shades are neutral, making them a perfect combination for all the neutrals that we're seeing in fashion as well as all of the rich brighter gemstone colors, popular at holiday time."

Since the diamond's color is natural, it's categorized as a "fancy colored" diamond. Yet, this word really doesn't do it justice considering its rarity — for every 10,000 white diamonds, there is only one natural-color diamond. Despite its rarity, however, the champagne diamond remains price accessible, making it attainable for nearly

anyone.

So which colors will fashionistas be coupling with Argyle champagne diamonds this season?

* Jewel tones. Metallic fabrics in shades ranging from cranberry and hot pink to deep emerald, teal, orchid, honey mustard, wine and crimson highlight this category.

* Bright tones. Orange, tangerine, cherry, fuchsia, caution yellow, lime and cobalt will surely "pop" this fall.

* Neutral tones. Fitting



perfectly with the champagne diamond color spectrum, tones like loden, pea green, camel, cocoa, toffee, ivory, dove grey, grey, charcoal and ink were showcased in the 2014 spring shows as fall and winter must-haves.

* Soft tones. If pastel-style color is more your thing, consider tones like carnation, dusty rose, nude, peachy nude, ice blue, lilac and lavender.

No matter what colors you decide to sport during the transition to cooler seasons, be assured that Argyle

champagne diamonds are a formidable fashion must-have with every style, including rocker chic, athletic wear, casual elegance and red carpet drama.

"The good news for those looking to maximize their fashion purchases is that champagne diamonds go with nearly any clothing category," says O'Connor. "The warm, neutral tones of champagne diamonds easily

lend themselves to summer, fall and winter wear, making the transition from lightweight summer styles to winter's layered looks effortless."

This fall, nearly anybody can pick out their favorite outfit — whether it be silk, neoprene or denim — and feel comfortable knowing that their champagne diamond accessories will always match.

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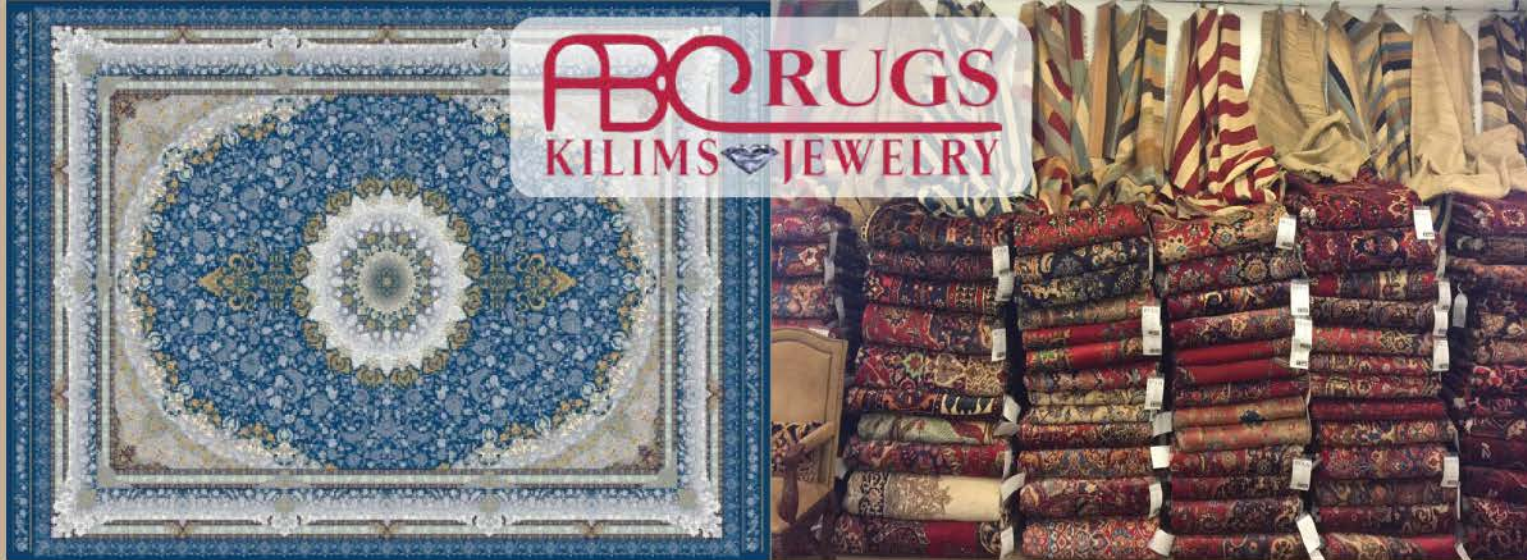
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