Enjoy October

YOUR COMPLETE GUIDE TO ENJOYING AMERICA : OCTOBER 2012 ISSUE :5

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... AND MORE!

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WHAT'S HAPPENING IN OCTOBER

OCT. 5:
WORLD
TEACHERS
DAY

OCT. 9:
FIRE
PREVENTION
DAY

WHAT'S HAPPENING IN OCTOBER

OCT. 16:
BOSS'S DAY

OCT. 31:
HALLOWEEN

OCTOBER:
BREAST CANCER
AWARENESS MONTH

FITNESS SUSAN G. KOMEN RACE FOR THE CURE®

OCTOBER IS KNOWN AS NATIONAL BREAST CANCER MONTH, AND IT'S A TIME WHEN PEOPLE AROUND THE GLOBE TAKE THE TIME TO PAUSE AND RECOGNIZE THE COURAGEOUS PEOPLE WHO HAVE BATTLED WITH, AND ARE BATTLING, BREAST CANCER. IF YOU'RE LOOKING TO GET INVOLVED THIS OCTOBER, THE SUSAN G. KOMEN RACE FOR THE CURE® IS ONE ORGANIZATION THAT HAS EVENTS THROUGHOUT THE UNITED STATES. HERE ARE JUST A FEW RACE EVENTS TAKING PLACE IN OCTOBER:

Albany, NY
10/6/2012
Komen Northeastern New York Race for the Cure®

Charlotte, NC
10/6/2012
Komen Charlotte Race for the Cure®

Denver, CO
10/7/2012
Komen Denver Race for the Cure®

Albuquerque, NM
10/14/2012
Komen Central New Mexico Race for the Cure®

Alexandria, LA
10/20/2012
Susan G. Komen CENLA Race for the Cure®

Birmingham, AL
10/20/2012
Komen North Central Alabama Race for the Cure®

Boston, MA
10/20/2012
Komen Massachusetts Race for the Cure®

Fresno, CA
10/20/2012
Komen Central Valley Race for the Cure®

Dallas, TX
10/20/2012
Komen Dallas Race for the Cure®

Danie Island, SC
10/20/2012
Komen Lowcountry Race for the Cure®

Eugene, OR
10/21/2012
Komen Eugene Race for the Cure®

Coeur D'Alene, ID
10/21/2012
Komen Coeur D'Alene Race for the Cure®

Des Moines, IA
10/27/2012
Komen Iowa Race for the Cure®

Brentwood, TN
10/27/2012
Komen Greater Nashville Race for the Cure®

See all the races at http://apps.komen.org/raceforthecure/

FITNESS

WORKOUTS TO MATCH THE REAL YOU

What kind of workout is best for your personality? While it may be fun to change it up, it's best to do what fits you and your body. If you're having a hard time finding exactly what type of workout you need to be at your very best, read on to learn what category fits you best!

THE THRILL SEEKER

YOU WORKOUT FOR THE RUSH.

The workout key for you: Risky Challenge

Your stress release is in the danger! Stop doing the same old reps over and over. Into running? Forget the sidewalk or the track. Find some local steps like a stadium or office building on top of a hill and take your run vertical to add some adventure and a new level of intensity to your run. If you make a missstep and a nasty fall is in the mix, this could actually amp up your adrenaline and stress release.

THE ALWAYS ON THE GO

YOU HIT THE GYM TO RELEASE ENERGY.

The work out key for you: Be Spontaneous

Most people know working out relieves stress and tension. So why not be ready to workout at the drop of a hat? Leave workout clothes wherever you need them - at your desk at work, car, and second car - allowing you to hit the pavement at any time. Try to fit a workout into your workday. If you can hit the gym just after lunch, it will be less crowded and you can finish your workout faster.

THE AESTHETE

YOU THRIVE ON THE ARTISTRY OF SPORTS AND EXERCISE.

The workout key for you: Master a Skill

Get involved in any sport that you think is well executed. You enjoy the look, feel and sound of sports. Melt your stress away by taking up a sport that requires precise skill like racquetball, rowing or even diving.

THE SOCIAL ACTIVIST

YOU LIKE THE CAMARADERIE OF EXERCISING WITH OTHERS.

The workout key for you: Disguise Your Exercise

Not into being on your own when it comes to working out? Check our local running and biking sites for races in your area where you're sure to be surrounded by plenty of other enthusiasts. Most cities also have adult sports leagues, which offer a fun and relaxing atmosphere to play the sports of your yesteryears. And it may be the perfect opportunity to try out something new, like dodgeball or Ultimate Frisbee.

THE DEATHOPHOBE

YOU EXERCISE TO STAY HEALTHY, BUT WISH THERE WAS AN EASIER WAY.

The workout key for you: Distract Yourself

Want to workout, but kinda-sorta hate it? It's okay, there's still hope! Take some time to figure out what exercises you really don't dread and focus on those. Do something that makes you comfortable and power through it to make your workout time shorter. If you're having a hard time, combine exercise with something you already enjoy, like TV or a killer playlist!

THE FANATIC

YOU LIKE FEELING COMMITTED TO YOUR EXERCISE ROUTINE.

The workout key for you: Shock Your Body

Let's face it – your workout routine is like a marriage and you're very committed to it. Keep things moving and keep that motivation high by changing your routine. Just like in marriage, it spices things up and keeps things interesting. Try some different exercises that you wouldn't normally try. Choose your favorite health magazine and pick 3 workouts that sound interesting to you, then grab out of a hat for which one you'll do that day. This will mix up your routine and get you faster results!

GREAT WORKOUTS FOR THE FALL

Don't think the end of summer is an excuse to pack up and head inside! Fall is a great time to head outdoors and enjoy some nice weather before the winter kicks in. So grab some friends and head out in the lovely autumn weather to enjoy a few of these activities.

Rugby

Fall may be the time when the NFL heats up, but if you're looking for something with less pads (and more pain), why not try rugby? Toughen up and get ready to work your legs and upper body in this action-packed sport. You may see some more bruises, but you'll notice the difference in your improved overall full body strength the more you play!

Hit the Water Rowing

Rowing, while it may look calm and easy, will give your body a complete workout. You'll blast your abs and work your arms and legs, not to mention getting in some great cardio. Find a few friends looking to get in shape to complete your boat.

Yard Work (out)

Looking to save some time? How about combining your workout and your yard work? If you do things right, it will be just as good as a more traditional workout (and your yard will look great too). In the fall, there's leaves all over the place, so grab your rake and head outside. It's an even better excuse to be neighborly and help out the guy next door with his pile of leaves.

Run, Baby, Run

Fall is great time to get out and start running. Enjoy the foliage and the lower temperatures to build up some stamina heading into the winter months. You can also take advantage of some great fall races all around the country. So grab your running shoes and get ready to race in your local 5K or 10K events!

Always Classic, Fall Basketball

Grab your b-ball after work and head down to the local schoolyard to shoot some hoops. If you meet up with some friends for a game, you'll get a full body workout from running, shooting and hopefully getting down low by playing some good defense!

One, Two, Three – HIKE!

Hiking is another great fall activity to get out of the house and enjoy the cool weather. And don't let the word hiking scare you, it's actually just walking! Head to your local nature preserve or park, strap on your best hiking boots, pack a lunch and head out for the day. You'll work just about every part of your body depending on where you end up (hills, rocks, etc).

Not Your Average Frisbee

If you're looking for something a bit more exciting than just going outside and tossing a Frisbee around, why not try Ultimate Frisbee? Similar to soccer, you'll be running around and changing direction to chase the Frisbee around the field.

Flag Football

As you gear up for NFL season, nothing helps you live out your NFL dreams better than some good-spirited flag football. Just like Ultimate Frisbee, you'll get a great workout just by running around the field, using different parts of your body to run around other players and avoid being de-flagged.

Biking

There are loads of activities you can do in the fall to get out and see the season change, including biking. Whether you're mountain biking or heading to your local park on a simple trail, biking is easier on your joints than many other activities. Mountain biking may work some other parts of your body that regular biking wouldn't, but either type will get you outside and provide you with a great workout. Biking is also a fun family activity!

Anyone Need Some Firewood?

Just like yard work, chopping wood will kill two birds with one, well, chop! Get your fireplace ready for the winter with a big pile of wood and get an intense workout at the same time. You'll especially work your upper body with great movement throughout your arms and chest.

DRINKS COCKTAIL OF THE MONTH

This recipe is great with or without alcohol. No matter if it's for kids or adults, your guests will get a kick out of this creepy Witches Brew! Serves about 10 people (more if you add alcohol for the adults).

WITCHES BREW

WHAT YOU'LL NEED

1 (2 LITER) BOTTLE ORANGE-FLAVORED SODA

CHILLED 24 OZ. FRUIT PUNCH

1/4 GALLON VANILLA ICE CREAM (HALF OF A 1/2 GALLON CARTON)

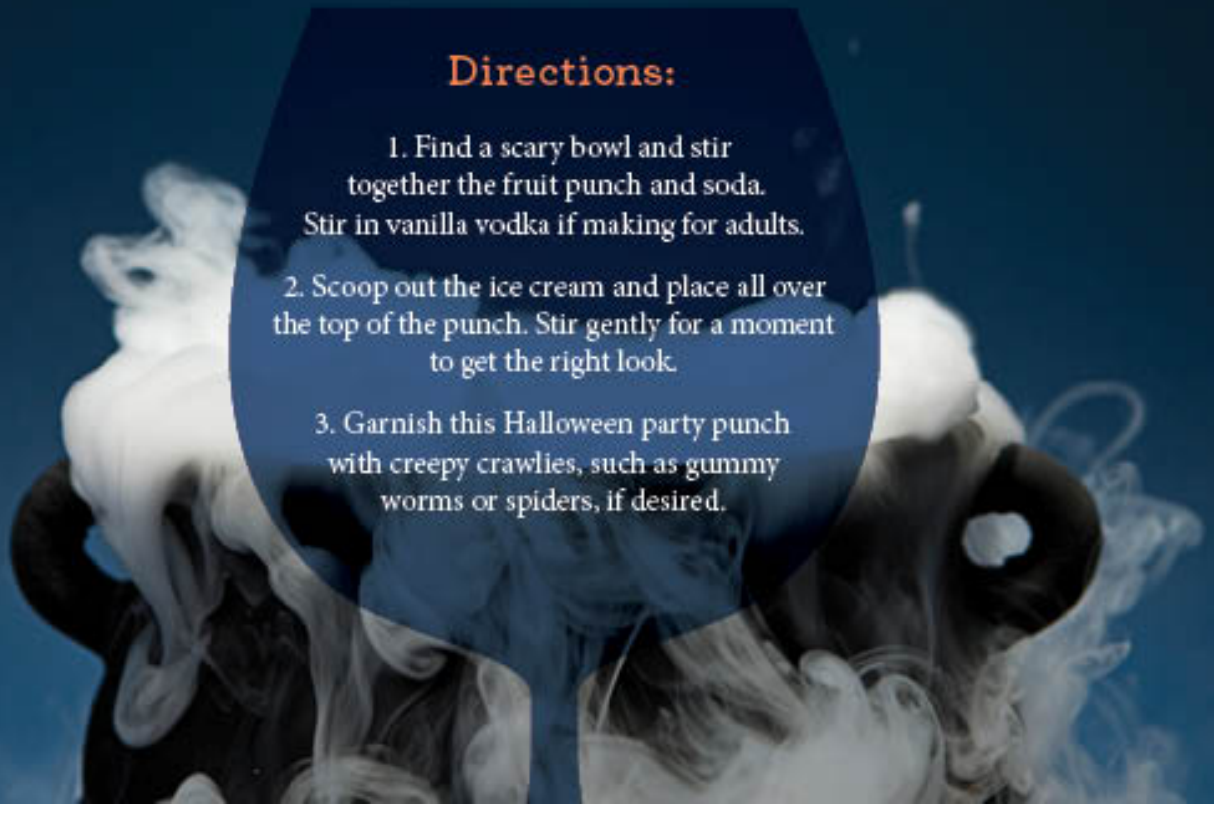
CHILLED 1/2 (700 ML) BOTTLE VANILLA VODKA (OPTIONAL)

Directions:

1. Find a scary bowl and stir together the fruit punch and soda. Stir in vanilla vodka if making for adults.

2. Scoop out the ice cream and place all over the top of the punch. Stir gently for a moment to get the right look.

3. Garnish this Halloween party punch with creepy crawlies, such as gummy worms or spiders, if desired.



GREAT U.S. MICROBREWERIES TO VISIT THIS FALL

Nothing says fall like putting on your favorite jeans and hoodie and settling down with good friends and good beer. This fall, take your crew to a microbrewery near you. More than likely, there's one near your town!

Samuel Adams
Boston, Massachusetts

Get into the spirit of Boston by visiting one of the Nation's most well-known breweries. It's only been in business since 1984, but with dozens of beers, you'd think they were around for centuries! If you make the trip you're likely to catch one of the tours, which run every 45 minutes, six days a week.

Stone Brewing Company
Escondido, California

In a unique park-like setting, Stone Brewing Company will transport you into an atmosphere of good food and great beer. You can take a tour and learn all about their brewing process, as it's something they've perfected over the years. Last year Stone made over 148,000 barrels!

Dogfish Head Craft Brewed Ales
Milton, Delaware

Best known for their ancient inspired brews, you won't find many typical beer ingredients here. With a molecular archeologist on staff to help with the creations, you'll need to make reservations before you take the tour and enjoy unique beer tastes like Punkin Ale and Midas Touch.

Deschutes Brewery
Bend, Oregon

With names like Black Butte Porter, you know this place has got to be good. Grab one of the daily tours to learn the secrets of this mountain-based brewery that makes bold brews like The Abyss, a dark stout.

Rogue Ales Brewery
Newport, Oregon

A unique brewery with plenty of beers to enjoy, you may see Rogue featured in one of the many meeting halls it has throughout the Northwest. But if you want to see where the magic happens, head to the Brewer's On the Bay Pub and take in one of the tours.

Live Oak Brewing Company
Austin, Texas

If you plan to visit Austin and stop by this brewery, you'll be able to see the old world way of brewing. Tours book up quickly, so make your reservations and take a look at the weather report before you head to this non-temperature controlled brewery. Even if it's hot, it's worth it to check out brews like Liberation Ale.

New Belgium Brewing Company
Fort Collins, Colorado

Known as the first wind-powered brewery in the US, New Belgium Brewing is well known for its Fat Tire beer. The 90-minute tour will teach you all you need to know about making beer from a company that was started by a husband and wife duo in their basement. Not too shabby.

Road Dog's Brewery Tour
Seattle, Washington

If you can't decide where to go when you're in the Seattle area, where there's too many breweries to choose from, let Road Dog help you. You'll visit three local breweries on the tour, and with over 150 to pick from, you'll be glad you didn't have to decide.

Brooklyn Brewery
New York, New York

While you can join tours on Saturday with no reservations, you'll need to call ahead any other time if you want a sneak peak inside of this former matzo ball factory. It's worth the call to visit this unique brewery and enjoy some delicious beers like the Pennant Ale and East India Pale Ale.

Allagash Brewing Company
Portland, Maine

Take a tour here and you'll get a peak into the Allagash collection of beers that are brewed in a process used before refrigerators were available. Once just pushing out 15 barrels a year, Allagash now has six brews, all inspired by Belgian-style beers.

FOOD FIREMAN FAVORITE GRILLED PORK CHOPS

Serves 4

What you'll need:

4 thick cut pork chops

5 cups sliced mushrooms

1 tablespoon finely chopped fresh tarragon

3 cups heavy cream

Salt/pepper

Directions:

Salt and pepper pork chops prior to grilling.

Put chops on grill and cook until medium

As chops are cooking, begin making sauce.

Saute mushrooms in a large skillet, until they soften.

Add pinch of salt and pepper.

After mushrooms are softened, add cream and tarragon.

Bring sauce to boil and reduce until a thick consistency, and ladle over chops.

Started in 1925 by President Calvin Coolidge, Fire Prevention Week falls on the week of October 9th each year. If you're looking to honor some of your local fireman heroes, how about cooking them up a great meal and taking it down to the station? Or, take the time to cook these meals with your own family, and use the time to talk about fire safety in and around your house. It will be time well spent!

CHILI WITH CHOCOLATE

What you'll need:

Cooking spray
2 cups diced onion (about 1 large)
1 cup chopped red bell pepper
1 teaspoon minced garlic
1 1/4 pounds ground turkey breast
3 tablespoons brown sugar
2 tablespoons ancho chile powder
1 tablespoon unsweetened cocoa
1 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
2 (15-ounce) cans pinto beans, rinsed and drained
2 (14.5-ounce) cans diced tomatoes, undrained
1 (14-ounce) can fat-free, less-sodium chicken broth
2 chipotle chiles, canned in adobo sauce, minced
2 ounces unsweetened chocolate, chopped
1/2 cup light sour cream
Chopped green onions (optional)
Parsley (optional)

Directions:

- Heat a Dutch oven over medium-high heat.
- Coat pan with cooking spray. Add onion, bell pepper, garlic, and turkey to pan and sauté 8 minutes or until turkey is browned and vegetables are tender.
- Add sugar and next 9 ingredients (through chipotle) to pan, stirring to blend and bring to a boil.
- Reduce heat and simmer 15 minutes or until slightly thickened, stirring occasionally.
- Add chocolate, stirring to melt.
- Ladle 1 1/4 cups chili in each of 8 bowls and top each serving with 1 tablespoon sour cream.
- Garnish with green onions or parsley (optional)

TRAVEL BEST HAUNTED HOUSES IN THE U.S.

BATES MOTEL & HAUNTED HAYRIDE

Philadelphia, Pennsylvania

Think you can handle a hayride on a cool fall night? You better get your game face on for this Hollywood production inspired hayride that is consistently ranked one of the best in the nation. Hayriders will be taken into a painfully dark 200-year-old forest and frightened by almost 100 actors and intense pyrotechnics.

THE DARKNESS HAUNTED HOUSE

St. Louis, Missouri

We all know 3D is the new thing when it comes to movies, but think you could handle it in a haunted house? If you think that sounds cool, you'll have to make it through two stories of horror before getting to experience it. You'll be transported through this 100-year-old two-story warehouse that's decked out in amazing detail and gets scarier with each passing room.

HEADLESS HORSEMAN HAYRIDES AND HAUNTED HOUSES

Ulster Park, New York

You better buy your tickets in advance for this haunted adventure in New York before it sells out! The Headless Horseman features six haunted houses, a hayride, gift shops and a giant corn maze. If it sounds like a lot, it is. This haunted extravaganza is located on 45 acres of land and even features its very own Headless Horseman and really, how could it not?

NETHERWORLD HAUNTED HOUSE

Atlanta, Georgia

Featured on *The Today Show* and the Travel Channel, this walk-through haunted attraction keeps getting better every year with more special effects and monsters. With some of the most unique monsters on the haunted circuit, professionals right out of the television and movie biz craft these beasts so you know you're seeing the some of the scariest creations around.

CUTTING EDGE HAUNTED HOUSE

Dallas Fort Worth, Texas

Actors, a live set and animations will greet you in this former meat packing plant. What could be a more perfect (and creepy) setting for a haunted house? Once recognized by *Guinness Book of World Records* as the longest haunted house in the world, you'll get the full meat packing experience as most of the equipment is still in place and ready to scare anyone who dares to enter.

13TH GATE HAUNTED HOUSE AND NECROPOLIS 13

Baton Rouge, Louisiana

How does climbing into a tomb in order to find your way out of a haunted house sound? If you think you can handle this type of fright (and attention to detail), then head to the 13th Gate and Necropolis 13 in Baton Rouge. There are, you guessed it, 13 "zones" that include everything from a swamp complete with snakes, to an ice cave. This is a unique experience put on by the talented team at Midnight Production.

HOUSE OF TORMENT HAUNTED HOUSES

Austin, Texas

This is a true experience that will amaze you through stunts, animatronic monsters and a war between intergalactic armies. You'll walk through a series of two haunted events titled The Reckoning and Cursed. This is a complete journey to a haunted island with pirate zombies, caves and jungles. It won't take long to see why House of Torment is often considered one of the most innovative in the country.

ASYLUM HAUNTED HOUSE / 13TH FLOOR

Denver, Colorado

An asylum, a haunted elevator to the creepy 13th floor and a mind-blowing maze of mirrors – this place has the works! You'll start your adventure in Gordon Cottinham's Hospital for the Insane. Then, you'll work your way onto the elevator to the always-missing 13th floor. Throughout your time at the asylum and 13th floor, you'll be taken aback by the amazing special effects and recently redesigned layout with new sets that are sure to make your experience even more frightening than before.

THE DENT HAUNTED SCHOOLHOUSE

Cincinnati, Ohio

Based on the true story of a janitor who murdered children attending school on this spot, you're sure to be spooked by this officially classified haunted location. You will be transported throughout this 1994 schoolhouse, including a visit to the basement, that showcases the janitor's bedroom, boiler room and holding cell for students.

13TH FLOOR HAUNTED HOUSE

Phoenix, Arizona

The 13th Floor is the ultimate haunted experience with two tours. The first is a series of graveyards, asylums and mansions. You'll follow that terrifying experience by entering a full-blown zombie land. Complete with a city filled with terror, you'll walk your way through a ravaged city filled by carnage and loads of special effects and actors (or are they real zombies?).

MUSIC: ROLLING STONE: THE BEST HAIR METAL SONGS OF ALL TIME

VIA ROLLINGSTONE.COM

Guns N' Roses
"SWEET CHILD O' MINE"

Featured on the bands' debut album, *Appetite for Destruction*, this song was born from the lead guitarist, Slash, playing around on his guitar. Guitarist Izzy Stradlin started playing along, Axl Rose heard the music from a floor away, and one of the ultimate metal songs of all time was created.

Whitesnake
"HERE I GO AGAIN"

While this song originally showed up on their 1982 record *Saints and Sinners*, another version of the song was recorded for the 1987 self-titled album. This became the radio version and what is most well-known today for the iconic video featuring lead vocalist David Coverdale's girlfriend, Tawny Kitaen, on top of two Jaguars (the cars, not the animals)!

Poison
"NOTHIN' BUT A GOOD TIME"

The first single from the band's second album *Open Up and Say...Ahhh!*, "Nothin' but a Good Time" is just that, nothing but a good time. All this from a band who wasn't out to impress anyone and just have fun (and rake millions doing it).

Motley Crue
"GIRLS, GIRLS, GIRLS"

This song pretty much sums up exactly what Motley Crue was into – girls. From the 1986 album entitled *Girls, Girls, Girls*, this song made several infamous strip clubs around the U.S. forever donned in history, as this song quickly rose to the top of The Billboard Hot 100.

Warrant
"CHERRY PIE"

For a song that was written at the last moment and not even planned to be included on the album, Warrant struck gold with this single. Even though band members don't consider it to be one of the better songs on the album with the same name, "Cherry Pie" is one of the most well-known and classic metal songs from 1990.

Motley Crue
"HOME SWEET HOME"

From the 1985 album *Theatre of Pain*, "Home Sweet Home" is a prime example of one of the first true power ballads. Covered by many other artists including Linkin Park and most recently Carrie Underwood, this song's lasting relevance and popularity is still seen today, over 25 years after its original release.

Guns N' Roses
"WELCOME TO THE JUNGLE"

Guns N' Roses may just be the ultimate hair band with several songs to pick from, and "Welcome to the Jungle" is just another great hair metal example. The song was written by Axl Rose to exemplify what it was like moving to Los Angeles.

Guns N' Roses
"PARADISE CITY"

Again, inspired by the city of Los Angeles, Guns N' Roses wrote this song on a trip from San Francisco to L.A. "Paradise City" was released on the bands 1987 album, *Appetite for Destruction*, and was the band's third song to reach the Top 10.

Def Leppard
"PHOTOGRAPH"

While they may not consider themselves to be a classic hair band, Def Leppard has several classic anthems including the 1983 single "Photograph" from the album *Pyromania*. It was the band's first big hit in the United States and is still frequently played on the radio.

Def Leppard
"POUR SOME SUGAR ON ME"

Just four years after the release of *Pyromania*, the 1987 album *Hysteria* included one of the most iconic songs of the 80's, "Pour Some Sugar on Me." Rerecorded recently for the movie, *Rock of Ages*, this classic song quickly reached number two on The Billboard Hot 100.

OCTOBER 16TH IS BOSS'S DAY!

Ok, so maybe your boss is not as entertaining as a boss on TV. In fact, many people probably wish their boss was inside of a TV (with a mute button). Here are a few bosses from TV history that have made you laugh, cry and everything in between!

Mr. Burns

Mr. Burns runs the Springfield Power Plant on *The Simpsons* and also happens to be the town's wealthiest person. While he cuts back on safety, can't remember anyone's name (among other horrible things), Mr. Burns makes us laugh. Maybe because in some way, we have all had a boss just like him that we can relate to in one way or another!

Tony Soprano

The boss of all bosses, Tony Soprano from *The Sopranos* runs the DiMeo crime family. He's got a lot on his plate but runs a successful, albeit illegal, crime ring that must murder, cover up information and rake in tons of money. Talk about wanting to stay on the good side of your boss!

Captain Kirk

Were you leading a Starfleet of intergalactic vehicles when you were 34? *Star Trek*'s Captain Kirk was doing just that. We can look up to him for being so successful at a young age! We like him because he stays cool under pressure and can think on his feet, all while traveling through space on a five year mission.

William Adama

What makes a good leader? Well, when you're battling enemies and handling covert surveillance missions, you want someone like William Adama at the helm! As the Commanding Officer of the *Battlestar Galactica*, he had plenty on his plate.

Michael Scott

While he may not be the boss you'd like to have in real life (or maybe you would) you don't know whether to love or hate the guy. Michael Scott from *The Office* is supportive and kind, which are great attributes for any boss to have. But he can also be awkward and embarrassing in social situations or meetings. Overall he's a good guy who's just trying to have a little fun at work (sometimes too much fun)!

Professor Hubert J. Farnsworth

Professor Farnsworth is the main man on *Futurama*, and his delivery company motto is "Our crew is replaceable, but your package isn't." So yeah, maybe he's not the most supportive guy. He spends most of his time in his favorite "mad scientist" role, sending his crew on ridiculous suicide missions. This guy may make your boss not seem so bad after all, huh?

Jack Donaghy

The sometimes snobby boss of Liz Lemon and crew on *30 Rock* also happens to be the inventor of the Trivection Oven, which has propelled him to success with NBC as the VP of East Coast Television and Microwave Oven Programming. Always "inspiring" his team to be better through one-off comments and criticisms, he can be relatable at times which in and of itself is a nice quality to have in a boss, even if you can't *always* relate!

Ari Gold

Let's face it, Ari will make his employees' lives a living you-know-what if it means making the customer happy. As the leading guy on *Entourage*, don't put it past Mr. Gold to throw the occasional temper tantrum to get what he wants!

Gordon Ramsey

Think you're ready to become a chef in a high-pressure kitchen? If you're working for someone like Gordon Ramsey in *Hell's Kitchen*, you'll soon find out if you're tough enough to handle that kind of job. You may even find it hard to escape his insults even when you're not in the kitchen! There's no doubt, you've got to have tough skin to handle a boss like this!

Miranda Bailey

Employees will get it all with Miranda Bailey – a sensitive side mixed with just the right amount toughness and demand! As the leading boss lady on *Grey's Anatomy*, you may hear her employees joking that she's a dictator, but in Dr. Bailey's case, she's in charge of the doctors and interns at a leading hospital in Seattle, a very important position. As an employee you may not appreciate her management style, but if you're a patient, you'll be glad she is tough as nails!

MOVIES BEST SCARY MOVIES

FRIDAY THE 13TH

Following the story of a young boy, Jason Voorhees, who drowns at a summer camp lake, *Friday the 13th* is now an epic series of horror films that have been captivating audiences since 1980. With some never before seen creativity and special effects, *Friday the 13th* is a classic horror movie to entertain and scare the heck out of you and your pals around Halloween. It may have some cheesy 80's flair, but it still can get you hiding behind a pillow in no time.

SCREAM

Scream proved to be the ultimate suspense story from the very beginning. And something we can all relate to, which makes it even more frightening. It begins with a high school teen home alone who begins to get phone calls that continue to intensify throughout the night. Until, wait for it, the man with the ghost-face mask pays her a visit. If you're looking for a scary movie that has got the suspense thing down, you don't have to look too much further than *Scream*.

SILENCE OF THE LAMBS

Looking for some classic creepy movies to scare your partygoers? *Silence of the Lambs* is best watched with a group (with all of the lights on). When FBI agent Clarice Anderson reaches out to Hannibal Lecter to help her get in the mind of another serial killer, a psychological thriller ensues that will keep you hiding your eyes and ears, but will keep you totally captivated.

DRACULA

With vampire movies being all the rage right now, *Dracula* was extremely ahead of its time! While it may not be as horrifying as some other scary movies, *Dracula* will always be a classic. Based on the novel, the movie starts as Mr. Renfield arrives in Transylvania then heads to London with Dracula so that he can feast on the city (and everyone who lives there). Played by a handsome-looking Dracula, Bela Lugosi, this classic film should be watched by anyone obsessed with modern day vampire stories to see where it all began!

BLAIR WITCH PROJECT

When this thriller was released in 1999, the idea that it just may have been real is part of the captivating story and what will keep you tied to your chair. Three student filmmakers set out to find the real story behind Blair Witch, a local legend, and are never seen again (besides the horrifying footage that was left behind and later found). With its potentially real-life story and the way it was filmed by the actors holding the camera in a documentary style fashion, you won't be able to turn the lights off for a restful night's sleep after watching this film!

THE HAUNTING OF HILL HOUSE

Based on a novel, this movie has been made twice, in 1999 and 1963. The 1963 film is the original and a good place to start. While there may not be any blood in this film, it deals with paranormal activity, as Dr. John Markway takes several people to a scary old mansion infested with evil spirits. Viewers will be captivated by the sounds of this film, as you'll never get a glimpse of the spirits, but you'll still keep watching to see the end and what the house has in store for its visitors.

AMERICAN WEREWOLF IN LONDON

This movie follows two backpackers traveling across the English countryside. When a wolf attacks them and only one survives, you guessed it, he becomes a werewolf himself and he'll transform at the next full moon. Three other werewolf movies were also released the same year as *American Werewolf* (1981), but this is by far the most popular. It was followed by a sequel six years later called *American Werewolf in Paris*. How romantic!

DAWN OF THE DEAD

Dawn of the Dead opens with a large city falling to pieces because of a chaotic zombie outbreak. The main characters escape the city and find refuge in a local mall that is still coming under attack by the undead. Hey, who says zombies don't need to shop? This film has four sequels and has been the center of several parodies since its original release in the late 70's.

A NIGHTMARE ON ELM STREET

Freddy Krueger makes his entrance onto the horror film scene in this 1984 classic. Think you want to go to bed? Think again. If you do, Freddy will be there to kill you in your dreams. There's nothing scary about that right? Wrong. This movie is still scaring people today, and was even remade in 2010, but nothing beats the original. Grab your popcorn and LOTS of caffeine so you don't fall asleep during this one!

NEW FLICKS IN OCTOBER

FRANKENWEENIE

Starring: Charlie Tahan, Winona Ryder, Martin Landau, Catherine O'Hara, Martin Short

Release Date: October 5
Genres: Animation,Comedy

Frankenweenie tells the heartwarming story about a boy and his dog. After the dog unexpectedly dies, Victor harnesses the power of science to bring his best friend back to life - with just a few minor adjustments. He tries to hide his creation, but when Sparky gets out, Victor's fellow students, teachers and the entire town all learn that getting a new "leash on life" can be monstrous.

SINISTER

Starring: Ethan Hawke, Vincent D'Onofrio, James Ransone

Release Date: October 5
Genre: Horror

A crime novelist, played by Ethan Hawke, is struggling to find his next big story. He decides to move his family into a house where the murder of an entire family took place. After finding a box of home videos where other families are also brutally murdered, his investigation leads him to a supernatural entity that may be placing his own family in harm's way.

BUTTER

Starring: Jennifer Garner, Olivia Wilde, Ashley Greene, Hugh Jackman, Alicia Silverstone

Release Date: October 5
Genre: Drama

In this film, Laura Pickler is the wife of the longtime winner of a local butter-carving contest. When he decides to back out of this year's competition, she can't imagine the family not having the title and begins to train herself. Her biggest rival turns out have a natural gift for sculpture. As the competition gets more and more fierce, Laura resorts to drastic measures, convincing an old flame to perform some dirty tricks in order to get the upper hand.

ARGO

Starring: Ben Affleck, Alan Arkin, John Goodman, Bryan Cranston, Taylor Schilling

Release Date: October 12
Genres: Drama, Thriller

This film is based on actual events. When militants seize control of the U.S. Embassy in Tehran during the height of the Iranian Revolution, CIA agent Tony Mendez creates a fake Hollywood production in order to fool the terrorists into releasing a group of diplomats.

MIDDLE OF NOWHERE

Starring: Omari Hardwick, Emayatzy Corinealdi, David Oyelowo, Lorraine Toussaint, Edwina Findley

Release Date: October 12
Genre: Drama

Middle of Nowhere follows a young woman caught between two worlds and two men in the search to find herself. Ruby, a bright medical student, sets aside her dreams when her husband is incarcerated. This new life challenges her as the turbulent path propels her in new, often frightening, directions of self-discovery.

ALEX CROSS

Starring: Tyler Perry, Matthew Fox, Edward Burns, Jean Reno, Giancarlo Esposito

Release Date: October 19
Genres: Action, Thriller

Alex Cross follows the young homicide detective/psychologist from the worldwide bestselling novels by James Patterson, as he meets his match in a serial killer. The two face off in a high stakes game of cat and mouse, but when the mission gets personal, Cross is pushed to the edge of his moral and psychological limits in this taut and exciting action thriller.

THE LONELIEST PLANET

Starring: Gael García Bernal, Hani Furstenberg, Bidzina Gujabidze

Release Date: October 26
Genre: Drama

It's the summer Alex and Nica get married and they are backpacking in the Caucasus Mountains in Georgia. The couple hires a local guide to lead them on a camping trek. Walking for hours, they share stories, anecdotes and play games to pass the time of moving through space. And then, a momentary misstep occurs, a gesture that takes only two or three seconds, a gesture that's over almost as soon as it begins.

HOME TIPS TO HAVING THE COOLEST PUMPKIN ON THE BLOCK

It's that time of year when the neighborhood glows with spooky decorations and loads of pumpkins. Are you sick and tired of having the same old pumpkin year after year? Here are a few tips to make sure you stand out from the rest this Halloween season!

1

Skip those wimpy pumpkins at your local supermarket. While it may be more convenient to just pick one up on your way home, take the time to find some real pumpkin patches in your area. You may pay a bit more, but are likely to find bigger and better pumpkins!

2

IF YOU CARVE YOUR MASTERPIECE BEFORE HALLOWEEN, SPRAY IT WITH LEMON JUICE TO PRESERVE YOUR DESIGN.

3

Find the perfect display location and you'll be all set to impress your neighbors and candy-grabbers this year!

4

Once you find that perfect design, hold off on stabbing at your pumpkin with a knife you find in your kitchen. Head to a local art supply or craft store to find different sized clay loop and ribbon tools. You can carve, curve and shape your pumpkin instead of just cutting a design!

5

While there's nothing wrong with the traditional candle in the pumpkin, there are tons of cool lighting options available. What about trying flameless candles to give your pumpkin that perfect look and feel? Or how about a mini-strobe light tossed inside? If you have electricity near your display site, consider buying a cool colored nightlight or light bulb to stick inside.

6

Instead of carving the same old Jack-O-Lantern face, jump online and search out the most unique design you can find. Not all pumpkins have to be scary! Find something unexpected to really WOW your trick-or-treaters this year.

LIFESTYLE 10 GREAT COUPLES COSTUMES

Heading to a party with your better half or just your best friend? No matter who you're heading out with this Halloween, couples costumes are a great way to enter a party and are always entertaining! Here are just a few ideas for your Halloween duo this year.

Greg & Marcia Brady

Always classic and so very 1970s, what could be more fun?

Homer & Marge Simpson

A perfect match for you and your Hallowed-sweetheart this year! Don't fight over who gets to wear the giant blue beehive.

Night & Day

Think you're the opposite of the person you're hanging with for the night? Nothing will say that better than a night and day costume!

Lindsay Lohan & Her Probation Officer

What's Halloween without poking just a bit of fun at celebrities?

Pauly D & Snookie

Get out the bronzer for this one! You'll have fun getting dolled up for your night on the town as two high-profile *Jersey Shore* stars.

Don Draper & well, just about any girl!

Smarten your dress up for this 60's power couple look and impress your friends with your knowledge of the advertising business!

Peanut Butter & Jelly

Who doesn't love a little PB&J?

An Artist and a Painting

Slap on a piece of cardboard and carry around some marker and paint for a truly interactive costume!

Bacon & Eggs

You may have to get a little creative with this one, but it makes a delicious costume!

Celebrity & Paparazzi

One of you dress up like a celeb and the other grab a camera and put it around your neck. You'll not only have an easy time putting this costume together, but you'll become the official photographer for the evening!

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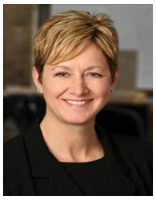

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