

Enjoy October

YOUR COMPLETE GUIDE TO ENJOYING AMERICA: OCTOBER 2013 Vol 2 ISSUE: 5

HAPPENINGS • FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • MUSIC • LIFESTYLE • MOVIES

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**NATIONAL
DENIM
DAY**

... AND MORE!



OCTOBER 1
WORLD VEGETARIAN DAY



OCTOBER 4
NATIONAL
DENIM DAY

WHAT'S HAPPENING IN



OCTOBER 7
WORLD HABITAT DAY



OCTOBER 12
FARMER'S DAY

OCTOBER



OCTOBER 14
COLUMBUS DAY



OCTOBER 22
NATIONAL NUT DAY



OCTOBER 31
HALLOWEEN

MUSIC HAUNTED HALLOWEEN PLAYLIST

1 Monster Mash
**BOBBY "BORIS" PICKETT &
THE CRYPT-KICKERS**

2 Love Potion #9
**THE CLOVERS/THE
SEARCHERS**

3 She Wolf
SHAKIRA

4 Time Warp
**FROM *THE ROCKY HORROR
PICTURE SHOW***

5 This is Halloween
**FROM TIM BURTON'S
*THE NIGHTMARE BEFORE
CHRISTMAS***

6 Thriller
MICHAEL JACKSON

7 Werewolf
FRANTICS

8 Jump in the Line
**HARRY BELAFONTE,
FROM TIM BURTON'S
*BEETLEJUICE***

9 Superstition
STEVIE WONDER

10 Headless Horseman
BING CROSBY

11 Psycho Killer
TALKING HEADS

12 Rock Lobster
THE B-52's

13 Howlin' for My Baby
HOWLIN' WOLD

14 I Put a Spell On You
SCREAMIN' JAY HAWKINS

15 Ghostbusters
RAY PARKER, JR.

NUTRITION GET NUTTY

October 22nd is National Nut Day! Let our festive guide to these delicious and nutritious little morsels show you some of the health benefits you may be missing out on.



ALMONDS:

Just a small handful of almonds provides almost 25% of your daily magnesium needs, as well as more calcium than a glass of milk. Almonds are also high in vitamin E, which is good for the skin, and they can even help lower cholesterol in the bloodstream.



BRAZIL NUTS:

If you are suffering from low thyroid function, Brazil nuts are a great source of the mineral selenium, which can help support immunity and speed up the body's healing process. They are high in copper, niacin, vitamin E, fiber and magnesium, and may even aid in the prevention of breast cancer.

MACADEMIAS:

Macademia nuts are a great source of fiber, and contain vital minerals such as calcium, magnesium and potassium. They are more perishable than most other nuts, so buy in small quantities and store carefully.



WALNUTS:

Brain food. Studies have shown that eating walnuts can contribute to heart, skin and bone health, and are also high in omega-3, which can improve cognitive function. In addition, walnuts have superior antioxidant content, which means they can help prevent cancer.

CASHEWS:

An excellent choice for vegetarians, cashews are high in protein and a good source of minerals like iron and zinc. Cashews also contain high levels of the mineral magnesium, which has been proven to delay and improve age-related memory loss.

PISTACHIOS:

Eye health. The only nut containing sufficient levels of the two antioxidants lutein and zeaxanthin, pistachios can help protect your peepers. They are also rich in vitamin B6 and potassium, and have more than three times the amount of fiber as plums.

PECANS:

Heart-friendly pecans are rich in plant sterols, which can significantly lower your cholesterol. They contain oleic acid, the same healthy fats found in olives and avocados, and they are rich in antioxidants, which prevent plaque from forming in your arteries. They are also a good source of vitamin B3, which can help you access the energy in other foods.

HAZELNUTS:

If you're concerned about high levels of homocysteine—which has been tied to general heart problems as well as conditions such as Parkinson's—hazelnuts may be a good option. They provide a sufficient amount of folate, which helps to regulate homocysteine levels.



TRICK-Y-TREATS: A GUIDE TO HALLOWEEN CANDY & HEALTHY ALTERNATIVES

Halloween is almost here and we all know what that means: eating any and every delicious candy you can get your hands on. Here's our guide to choosing the lesser of two evils...or even opting for something better.

Reese's Peanut Butter Cups vs. Snickers

Winner: Snickers

Although Reese's have more protein, they also have more fat, saturated fat and 10 more calories in their two pieces than a Snickers bar.

Healthier Alternative:

Figamajigs have all the same symptoms as a candy bar, but are made with figs and covered in antioxidant-rich dark chocolate. They even have 5 grams of fiber.

Tootsie Roll vs. Candy Corn

Winner: Tie

There's no real winner in this matchup. Although it takes about 26 pieces of candy corn to equal the calories in 6 Tootsie Rolls (140), both candies contain artificial flavors and virtually no nutritional value. If you are vegetarian, opt for the Tootsies as candy corn contains gelatin, an animal by-product.

Healthier Alternative:

With a fraction more calories per serving, something that might satisfy your small, chocolaty, chewy craving is **Dark Chocolate Raisinets**; both main ingredients—grapes and dark chocolate—are a good source of antioxidants.

Skittles vs. Peanut M&M's

Winner: Peanut M&M's

At first glance, you might think that Skittles, having about 30 less calories per serving than M&M's, would take the win, but there's more to this bout than that. M&M's have a lower glycemic index, which means they will release their sugar more slowly, leaving you satisfied longer. Skittles will give you a quick rush and leave you craving more.

Healthier Alternative:

Although slightly higher in calories, chocolate **Sun Drops** contain no artificial colors or flavors and no preservatives.

Twix vs. Kit Kat

Winner: Kit Kat

Kit Kat prevails on three fronts: calories (20 less per serving), saturated fat, and sodium (one-third the amount of sodium). If you're looking for a cookie crunch, opt for a Kit Kat.

Healthier Alternative:

Covered in high-antioxidant dark chocolate and rich with iron, **Obel Double Dark Chocolate Wafer Bars** have 40 fewer calories and 80mg less sodium than Twix.

Bubble Yum vs. Tootsie Pop

Winner: Bubble Yum

One piece of Bubble Yum has less than half the calories and half the sugar as a Tootsie Pop. The size comparison might be unfair, but with a single piece of gum to chew on, you could satisfy your sweet tooth in one fell swoop.

Healthier Alternative:

Less creatively, **Sugarless Bubble Yum** has all of the flavor, none of the sugar, and only 10 calories per piece.

Starburst vs. Jolly Rancher

Winner: Jolly Rancher

Although Starburst edges out Jolly Rancher in the calorie count (43 to 70 in three pieces of each), the answer lies in the way you eat each candy. Since Jolly Ranchers take much longer to consume, and Starbursts are easy to keep popping, Jolly Ranchers come out on top. Not to mention the fact that Starbursts get stuck in your teeth, which can add to the risk of cavities.

Healthier Alternative:

Try natural, gelatin-free **Seitenbacher** gummy candy treats. They even have a "Vampire's Lunch" pack.

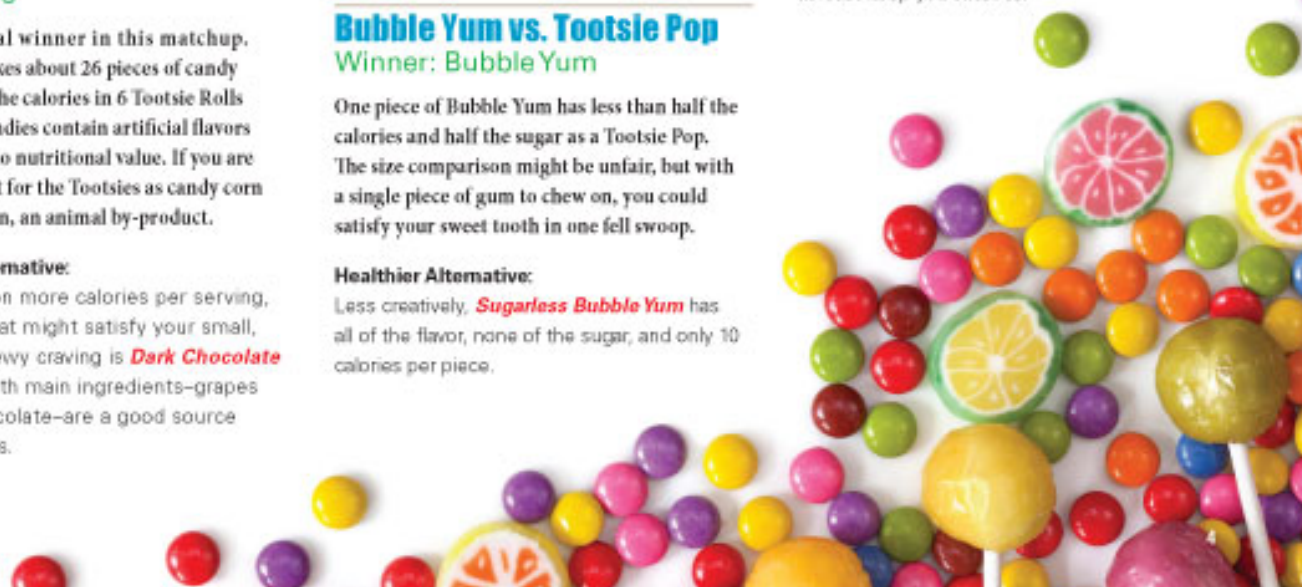
Payday vs. Milky Way

Winner: Milky Way

Either one will give you your caramel fix, but Milky Way is the clear winner with both half the fat and sodium as a Payday. Yes, Payday packs peanuts which have some heart benefits, but at the price of high levels of fat and sodium.

Healthier Alternative:

It won't save you much in the way of calories and fat content, but the heart-healthy, antioxidant rich, fair-trade chocolate of **Organic Dark Chocolate Bug Bites** will at least keep you virtuous.



LIFESTYLE HALLOWEEN PARTY: TURN YOUR HOME INTO A HAUNTED HOUSE

Whether you're throwing a Halloween party or you simply want to give the neighborhood trick-or-treaters a real scare, we've compiled some tips for making your haunted house a frightful success!

Lighting

Change your bright light bulbs to ones that are more ambient. Supernatural spirits and ghosts prefer candlelight, so turn the lights off and use light fixtures that simulate candles and candlelight (but don't involve actual flames). You can purchase some red or green light bulbs to illuminate areas that need more visibility and if you're going all out, a strobe light is an added bonus.

Furniture

Modern home furnishings just aren't scary so you'll need to cover them up using furniture covers made of canvas or white sheets. Consider pre-staining the sheets with red blood-like smatterings for extra effect. An added bonus: your furnishings will be protected from inevitable party spills.

Individual Rooms

If you've got the space, consider having themed rooms outside of the main party area. This creates a surprise factor for your guests, and will allow you to get creative. Some scary ideas for themes include a hospital operating room, a haunted coffin and grave area, a dinner spread with fake body parts and insects in place of food, or a toy room with dilapidated characters.

Costumes

If you're going to haunt your house, you'll also need to be dressed in a scary costume! Ensemble costumes can reinforce the theme of the haunted house, or you can dress up as a classic movie villain and jump out to scare your guests (see movie section on page 13 for ideas).

Props

For spooky décor throughout your home, fake cobwebs are a must. Yellow caution tape can also be used to mark off areas that are off limits to guests. To add drama, you can add fake body parts (coming out from the bottom of furniture), straw scattered on the floor, or skeletons hanging from the ceilings.

Music

If you are looking to create a creepy walk-through haunted house, use a soundtrack of scary sounds (like creaking floors, chainsaws and screams). If you're looking to create more of a party scene where guests will be more social, consider playing a Halloween themed playlist with actual songs (see the music section on page 2 for suggestions).

NATIONAL DENIM DAY: A TRIBUTE TO AN AMERICAN CLASSIC

October 4th marks National Denim Day, where we celebrate the birthplace of our most iconic and classic fashion staple associated with the American Image.

Key Moments in Denim History

1872:

Levi Strauss and Jacob Davis commission the first pair of bespoke jeans for a woodcutter in Reno, Nevada, whose pockets kept ripping. The jeans incorporate the use of rivets for the first time (the copper pieces that reinforce pockets).

1934:

Levi Strauss & Co. introduce jeans for women, called Lady Levi's, that incorporate the iconic rivets, roomy hip area and tapered trouser legs.

1943:

As women join the work force, Wrangler and Lee introduce their first jeans fitted for women after the war.

1948:

Artists Jackson Pollock, Max Ernst and Joseph Beuys turn black jeans into the unofficial uniform for creative artists.

1954:

The longest advertising campaign in history "Marlboro Man" debuts and introduces "cowboy chic" fashion.

1955:

In *Rebel Without a Cause*, two opposing characters sport opposing jeans brands: James Dean in Lee jeans and Corey Allen in Levi's.

1970s:

The era of the status jean begins, where family and celebrity names are incorporated onto the back pockets.

1979:

Catherine Bach sports the short ripped jeans coined "Daisy Dukes" in the original *Dukes of Hazzard* series.

1991:

Andre Agassi wears denim shorts while playing his tennis matches at the French Open, prompting organizers to rethink the dress code.

2000:

The iconic style guide *Visionaire* releases their "Blue" issue, covered in a custom-made Levi Strauss denim jacket.

2001:

Britney Spears and Justin Timberlake arrive at the American Music Awards all decked out in denim, with Britney in a low cut denim dress and Justin sporting a denim "tuxedo" and fedora.

2007:

Hipsters start to wear raw and rough unwashed Japanese selvedge denim.

2013:

Jeans go through a '90s throwback wave, where denim jackets, cutoff jean shorts, patterned and pastel jeans come back into the fashion scene.

What Your Denim Style Says About You

What started as a straightforward and functional piece of clothing has evolved into a fashion staple with a slew of varieties and styles to choose from.

Five-Pocket Boot Cut Jeans:

You trend towards the classic and prefer clothes that wear well from season to season. You're not into trendy add-ons like glitter or studded pockets, and want your jeans to last longer so that you get your money's worth from your investment.

Trouser Jeans:

Your style trends towards the sophisticated side and you like a versatile jean that you can wear to work as well as a night out on the town.

Boyfriend Jeans:

Your look is casual chic because you like a lived-in fit. The faded and distressed look of boyfriend jeans, as well as the trendy crop and cuffed look, fit your more relaxed personality, because you're not into trying too hard.

Skinny Jeans:

You're a trend spotter who likes to be up on the latest, whether that means pairing elastic jeans with a plaid top for a hipster look, or a colorful loose top for more of a preppy look. You also like to stay up on the trends with music, pop culture, and fashion.

FITNESS TRICK OR TROT! HALLOWEEN FUN-RUNS ACROSS THE U.S.

**Dates subject to change*

Scream Scram 5K

Denver, CO

October 18

Monster Dash 5K/10K

Chicago, IL

October 20

Run Like Hell!

Portland, OR

October 20

**The Haunted Half Marathon
5K & Kids Loop**

Salt Lake City, UT

October 26

**Halloween Hustle
5K Run/Walk & 10K Run**

Gainesville, TX

October 26

**Miami Beach Halloween Half
Marathon and Freaky 4-Miler**

Miami, FL

October 26

**Halloween Fearless
5K - Chase Away**

St. Paul, MN

October 26

HoBOOken Halloween 5K

Hoboken, NJ

October 26

**Flyers Charities Halloween
5K & 1-Mile Walk**

Philadelphia, PA

October 26

**New York City Zombie
5K - Run For Your Lives**

Brooklyn, NY

October 26

**Pumpkin 5K for Boston
Children's Hospital**

Rochester, NH

October 26

**Halloween Hustle
5K Run & Walk**

Palatine, IL

October 27

**The Pumpkin 5K Run/Walk &
1K Kids Spooky Fun Run**

Los Angeles, CA

October 27

**Spooktacular Half Marathon,
10K & 5K Run/Walk**

San Diego, CA

October 27

**Hallowed Half Marathon
and 10K Race**

Wake Forest, NC

October 27

RAISING THE BARRE: 6 REASONS THIS BALLET-BASED FITNESS CRAZE IS POISED TO STAY

Fad or rad? With so many fitness trends coming out of Hollywood, it's hard to know when to join in and when to stay on the sidelines. The newest breed of workouts are coined "barre" because they modernize moves and philosophies common to dance. Barre combines yoga, isometrics, strength training and Pilates, promising the sculpted physique of a dancer, with no dance experience required. Still skeptical? Check out the reasons below, and you may just change your stance!

1 Long, lean, muscle tone.

Bulk-averse? This workout could be for you! With the combination of stretching and strength-training characteristics of barre fitness, you will notice that the muscles in your arms, glutes, legs and abs become more toned. But, unlike a more conventional weight routine, the muscles are pulled as they are challenged, creating a more elongated, less bulky look.

2 A dancer's posture.

Similar to yoga, barre demands holding your body in challenging poses for several minutes. While in position, these poses encourage your shoulders to stay back and your spine to remain aligned. As you continue to practice, these types of movements will reinforce proper alignment, helping to improve your posture over time.

3 Improved flexibility.

After just a few workouts, newbies report noticeable improvements in flexibility. Not surprising, considering the method was modeled after the rigorous training that many professional dancers face. Whether you join a studio or practice from a video at home, each session is designed to stretch your limbs to their limits and gradually build flexibility throughout the body.

4 Did we mention fat burning?

Calling all efficiency junkies! Barre programs are structured in a way that imitates interval training, alternating between bursts of intense cardio and periods of deep stretch and strength-building. This means that a single workout provides both fat-burning physical activity and muscle toning exercises. That's a potent punch for anyone low on time, yet eager for maximum results.

5 A break from your old routine.

If you get bored of treadmills, bikes and swimming pools, a change of pace (and scene) could be the ticket. Barre challenges smaller muscle groups that are not typically worked in more common forms of exercise, and each movement requires focus, so you'll keep your mind busy while working your body. Plus, each class is different, so neither your head nor your muscles will fall into a lazy routine.

6 Low risk of injury = longevity.

Unlike many other exercise methods, there is no impact with barre fitness, so your precious joints are much less at risk. This means that if you add your name to its growing list of devotees, you could be a practitioner for life, stretching and posing your way into retirement!

Want to give it a try?

If you think you'd be better in a class setting: The Bar Method (barmethod.com), check out the site to find a location near you.

If you'd prefer to go it alone: PureBarre.com, Physique57.com, and TracyAndersonMethod.com all feature DVD fitness programs based on the barre fitness method that you can do at home.

Celebrity devotees of the barre workout include:

Kelly Ripa
Natalie Portman
Zooey Deschanel
Gweneth Paltrow
Drew Barrymore
Denise Richards

FOOD SPICY PUMPKIN SOUP AND TABBOULEH SALAD

Spicy Pumpkin Soup

Courtesy: simplyrecipes.com



What You'll Need:

- 4 tablespoons unsalted butter
- 2 medium yellow onions, chopped
- 2 teaspoons minced garlic
- 1/8 teaspoon crushed red pepper
- 2 teaspoons curry powder
- 1/2 teaspoon ground coriander
- Pinch ground cayenne pepper (optional)
- 3 (15 oz) cans 100 percent pumpkin or 6 cups of chopped roasted pumpkin
- 5 cups of chicken broth (can substitute vegetable broth as well)
- 2 cups of milk
- 1/2 cup brown sugar
- 1/2 cup heavy cream

Directions:

- 1 Melt butter into a 4-quart saucepan over medium-high heat. Add onions and garlic then cook, stirring often until softened, about 4 minutes. Add spices and stir for 1 more minute.
- 2 Add pumpkin and 5 cups of chicken broth; blend well. Bring to a boil and reduce heat, then simmer for 10 to 15 minutes.
- 3 Transfer soup, in batches, to a blender or food processor. Cover tightly and blend until smooth. Return soup to saucepan.
- 4 With the soup on low heat, stir in brown sugar. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings to taste and serve in individual bowls.

Tabbouleh Salad

Courtesy: allrecipes.com



What You'll Need:

- 1 cup bulgur
- 3 tomatoes, seeded and chopped
- 2 cucumbers, peeled and chopped
- 3 green onions, chopped
- 3 cloves garlic, minced
- 1 cup chopped fresh parsley
- 1/3 cup fresh mint leaves
- 2 teaspoons salt
- 1/2 cup lemon juice
- 2/3 cup olive oil

Directions:

- 1 Pour the bulgur in bowl and cover with 2 cups boiling water.
- 2 Set aside and soak for 30 minutes, then drain out excess water.
- 3 In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice and olive oil.
- 4 Toss and refrigerate for at least 4 hours before serving. Toss again before serving.

DRINK CIDERHOUSE WHISKEY

YIELDS: 1 DRINK

WHAT YOU'LL NEED:



2 OZ.
BOURBON



1 OZ.
BOILED CIDER OR
CIDER SYRUP*



A STRIP OF
LEMON ZEST

DIRECTIONS:

COMBINE BOURBON AND CIDER SYRUP* OVER ICE AND STIR GENTLY. TWIST LEMON ZEST AND ADD INTO DRINK. STIR AND SERVE.

*TO MAKE HOMEMADE CIDER SYRUP, GENTLY BOIL A GALLON OF APPLE CIDER IN A HEAVY-BOTTOMED POT, STIRRING OCCASIONALLY, UNTIL IT HAS REDUCED TO ABOUT 2 CUPS OF SYRUP FOR ABOUT 2 HOURS. LET COOL TO ROOM TEMPERATURE AND REFRIGERATE, STORING IN AN AIRTIGHT CONTAINER.

TRAVEL TOP B&BS FOR AUTUMN R&R

Fall is a fantastic time to get away. Whether your kids are back in school, you're stressed at work, or you just need a weekend escape, October is a great month to avoid the crowds and indulge in a small adventure. Unlike their bigger, chain-hotel counterparts, bed & breakfasts provide a charming, romantic and uniquely personal getaway, often at a fraction of the cost and with a home-cooked meal to boot! Here are a few great destinations located across the country.

BELTANE RANCH

Glen Ellen, CA

This two-story working ranch overlooks 1,200 acres of protected land. With a wraparound porch and a private cottage with its own garden, you're sure to find a peaceful spot at this inn. For breakfast, they serve eggs from their own hens, and they even produce their own olive oil and grass-fed beef!

Rooms from \$150

beltaneranch.com

VROOMAN MANSION BED AND BREAKFAST INN

Bloomington, IL

Just a short drive from Chicago, the Vrooman Mansion is a five-room period piece. It is the former mansion of Carl Vrooman, who served as secretary of agriculture under President Woodrow Wilson. Seasonal breakfasts include fresh cheeses, summer berry crepes and autumn pecan-pumpkin waffles!

Rooms from \$100

vroomanmansion.com

AMELIA ISLAND WILLIAMS HOUSE

Amelia Island, FL

Off the northeast coast of Florida near Jacksonville, Amelia Island's Williams House is a beautiful vintage home decorated with crystal chandeliers, stained glass windows and antiques galore. This ten-room home will take you back to a time of ornate decadence. In the morning, feast your eyes on their specialty: blueberry strata, a creamy bread pudding laced with blueberries and topped with warm maple syrup.

Rooms from \$175

williamshouse.com

SHINN ESTATE FARMHOUSE

Mattituck, NY

Towards the end of Long Island sits this beautifully remodeled farmhouse on its own vineyard. Hosted by former New York City restaurateurs David Page and Barbara Shinn, Shinn—who cooked at Manhattan's Home restaurant—prepares decadent, homestyle breakfasts each morning, such as slow-cooked eggs with savory biscuits.

Room rates vary by month

shinnfarmhouse.com



THE INN AT BEDFORD POST

Bedford, NY

Northwest of Manhattan, this eight-room luxury inn boasts two restaurants—the Barn and the Farmhouse—a yoga studio, and Frette linen-topped beds, not to mention actor Richard Gere is partial owner. Signature breakfasts include poached eggs over polenta with maitake mushrooms and brioche French toast with whipped cream ricotta and candied orange zest.

Rooms from \$395

bedfordpostinn.com

INN AT CEDAR CROSSING

Sturgeon Bay, WI

About a three hour drive from Madison, this comforting nine-room home is a perfect home base for your romantic adventure in famed Door County. Each of the rooms has an oversized canopy bed, fireplace and whirlpool tub. Breakfast options include homemade brioche French toast and fluffy buttermilk pancakes.

Rooms from \$115

innatcedarcrossing.com

INN AT DOS BRISAS

Washington, TX

About an hour and a half outside Houston sits this series of four, Spanish style casitas and several haciendas on a 300-acre working farm. Award-winning chef Craig Shelton prepares breakfast from the farm's organic gardens and orchards, creating an array of delectable, fresh fruit-inspired dishes. Each casita has its own fireplace and patio, and if you decide to go for a walk to one of the creeks and ponds on the property, the inn can prepare and serve you a private picnic lunch to-go!

Rooms from \$747

dosbrisas.com

THE INN AT WEATHERSFIELD

Perkinsville, VT

Situated on a private acreage with a pond about 2.5 hours outside of Boston, this inn and restaurant was constructed in 1792. Working on the philosophy of farm-to-table, the restaurant procures all ingredients from within 20 miles of the property. Fresh meats, cheeses, buttermilk pancakes and farm-egg omelets with crispy bacon, sausage and hash can be enjoyed here.

Rooms from \$149

weathersfieldinn.com

MOVIES 8 ICONIC SCARY MOVIE VILLAINS

Mirror, mirror on the wall, who is the scariest of them all? Here are a few villains from movie history that have made us scream, gasp and hide under the covers!

FREDDY KRUEGER

Played by Robert Englund, Freddy Krueger entered the scene in 1984 in the movie *A Nightmare on Elm Street*. With a burned face, razor-shears for fingers, a tattered sweater and a fedora, he tormented innocent people in their dreams and kept many up at night!

JASON VOORHEES

The original hockey-masked villain from the *Friday the 13th* series, Jason emerged from the grave to continue his murdering mother's legacy. Played by Kane Hodder, Jason's thirst for blood ended the lives of many ditzy teenagers.

LEATHERFACE

The rattle and hum of his chainsaw weapon evokes fear in anyone who saw the 1974 film *The Texas Chainsaw Massacre*. This cannibal, played by Gunnar Hansen, was the first of the iconic band of slasher movie villains. Leatherface wore a leather mask made of human skin and a blood soaked apron, and murdered those who came too close to his wilderness home.

MICHAEL MYERS

Unlike other slasher movie villains, Michael Myers (played by Tyler Mane) has no personality or emotion, he is simply a cold remorseless killer. In the 1978 film *Halloween*, he comes back from the dead in pure evil form to torment his older sister Laurie Strode.

PENNYWISE

This demonic, sewer-dwelling clown is likely a reason why so many people are afraid of clowns today. Played by Tim Curry in the 1990 film *It*, Pennywise takes his form based on the minds of the victims he torments.

SAMARA MORAN

The poster child for the 2002 *Ring* series, Samara Morgan (and her Japanese counterpart Sadako Yamamura) appears to her victims several days after they watch a cursed videotape by crawling out of the TV screen. Played by Daveigh Chase, this demonic villainess leaves no one in her path.

HANNIBAL LECTER

This intelligent and charming serial killer takes pleasure in cooking and eating victims deserving his wrath. Played by Anthony Hopkins in the 1986 film *The Silence of The Lambs*, Hannibal terrified viewers with his human skins and by getting in the head of FBI cadet Clarice Starling.

CANDYMAN

This vengeful killer is summoned by anyone that chants "Bloody Mary" into a mirror. Played by Tony Todd in the 1992 movie *Candyman*, this smasher villain wears a tattered cloak and kills with his hooked hand.

NEW FLICKS IN OCTOBER

Release dates subject to change.

RUNNER RUNNER

Genre(s): Crime, Drama, Thriller

Release Date: October 4

Starring: Justin Timberlake, Ben Affleck, Gemma Arterton

Richie, a poor college student at Princeton, thinks he has been swindled by an online poker scam. Taking matters into his own hands, he travels to Costa Rica to confront the ringleader Ivan Block and ultimately must decide whether the promise of wealth outweighs helping the FBI close down on the gambling tycoon.

GRAVITY

Genre(s): Suspense, Drama, 3D

Release Date: October 4

Starring: Sandra Bullock, George Clooney, Basher Savage

Things go awry when a routine spacewalk turns into an explosive disaster, leaving a medical engineer and veteran astronaut completely alone and without a shuttle. Tethered to each other amongst the black abyss, they must stay calm and find a way home while floating into the unknown.

THE FIFTH ESTATE

Genre(s): Drama

Release Date: October 11

Starring: Benedict Cumberbatch, Daniel Brühl

Based on the true story of WikiLeaks founder Julian Assange and his colleague Daniel Domscheit-Berg, the film follows the development of their relationship, as well as how they teamed up to become underground watchdogs and how they ultimately changed the way that information flows to the news media and the world at large.

ROMEO AND JULIET

Genre(s): Drama, Romance

Release Date: October 11

Starring: Hailee Steinfeld, Douglass Booth, Holly Hunter, Ed Westwick

William Shakespeare's epic and tragic tale of love and loss is brought back to the silver screen and adapted for the 21st Century so that a new generation can experience the timeless tale of star-crossed love.

CAPTAIN PHILLIPS

Genre(s): Drama

Release Date: October 11

Starring: Tom Hanks, Catherine Keener, Max Martini

Based on the true story of Captain Richard Phillips and the 2009 hijacking of the US-flagged MV Maersk Alabama, the film follows how pirates hijack an American cargo ship for the first time in 200 years.

GAMBIT

Genre(s): Crime, Comedy

Release Date: October 12

Starring: Colin Firth, Cameron Diaz, Alan Rickman, Stanley Tucci

A British art curator recruits a Texas rodeo queen to help him con England's wealthiest man and art collector into buying a fake Monet painting.

ESCAPE PLAN

Genre(s): Thriller, Drama, Action

Release Date: October 18

Starring: Arnold Schwarzenegger, Sylvester Stallone, Vincent D'Onofrio

A wrongly imprisoned man devises a daring and seemingly impossible plan to escape out of "The Tomb," the most fortified and protected prison ever built.

THE COUNSELOR

Genre(s): Drama, Thriller

Release Date: October 25

Starring: Brad Pitt, Javier Bardem, Michael Fassbender, Penelope Cruz

A respected Southwest lawyer mistakenly thinks he can dip in and out of the drug business, but he quickly finds himself in a desperate situation and unable to get out.



Enjoy October

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