VI'S CORNER: "BUSTER"

BEVERLY HILLS—My name is "Buster", and I've been at the Friends of Animals Foundation for guite a while. My life was saved by some very kind people that found me abandoned in the desert. I will be forever grateful to them. I'm very well cared for here, so, I certainly have no complaints about that, but I sure would love to have a home of my own.

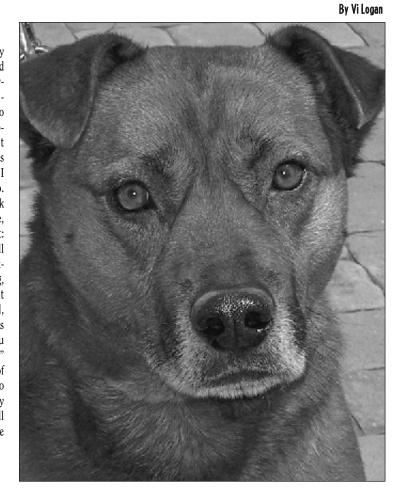
I'm a little shy at first, but if you give me a chance, once I get to know you, you'll see how affectionate and cuddly - yes, cuddly! - I can be. I love women, so if there is a single woman that would like a very loving four-footed companion, I'm available! There would be no need to worry when taking me for a walk, no matter what the time, as I can look pretty intimidating, and no one would dare to bother you.

All of the volunteers love to take me for walks, as I have excellent leash manners. I walk right beside them and never pull, which is a big plus for a big guy like me! Another plus, although it has nothing to do with my manners, is the fact that everyone seems to comment on my reddish-brown coat that they call "beautiful". That sure makes me feel good. Everyone likes a compliment, don't they?

One more thing, it's best if I'm the only dog. As I said in the beginning, I would prefer to be a woman's one and only. However, I don't want to rule out a couple, altogether, as I do have enough love to go around! So, why don't you call for an appointment to see me, and we'll take it from there. You can take me for a walk, as I'd love to show off my leash manners. I think that you'll be impressed, really I do.

I know, there are those of you that think that I'm too big for you. Well, in that case, why don't you check the FOAF website at: foafla.petfinder.com. There you will see all sizes of my friends that are here just waiting for the same thing that I am. A loving, forever home. You say that you don't want to be bothered going for walks? Well, shame on you. Don't you know that it's good for your health? You say that you still don't care? Well, I have the "purrfect" solution for you. How about one or two of the kitty cats that are here. I have to admit that I've heard that they're pretty cute! So, why don't you take a look at all of them on the website, too. We'll all be waiting for that call to see us. Please!!

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WEST NILE VIRUS DETECTED IN WOODLAND HILLS

WOODLAND HILLS—The Greater Los Angeles County Vector Control District recently found dead birds testing positive for the West Nile Virus in the Woodland Hills area. According to the North Hollywood-Toluca Lake Patch, a rash of dead birds containing the virus was also found in Norwalk. Pico Rivera, along with Studio City and Val-

lev Village.

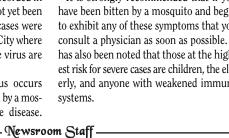
Last week, two new human cases were found in Fresno and Los Angeles. Three of the state's thirteen cases were recorded in Los Angeles County, but it has not yet been reported whether or not these cases were within the "hot spots" of Studio City where potentially epidemic rates of the virus are located.

The transmission of the virus occurs when a person or animal is bitten by a mosquito that is infected with the disease.

There is presently no cure or vaccine for the West Nile Virus, and one in five people infected with the virus will exhibit symptoms and can include fever, headache, body aches, nausea or a skin rash and can last several weeks, possibly months.

Severe symptoms of the virus can include a high fever, muscle weakness, stiffness in the neck, coma, paralysis, and possibly death, according to the California Department of Health.

It is strongly recommended that if you have been bitten by a mosquito and begin to exhibit any of these symptoms that you consult a physician as soon as possible. It has also been noted that those at the highest risk for severe cases are children, the elderly, and anyone with weakened immune





Protect yourself from West Nile virus.

Ashley	Mario
Daniel	Mike
Darshan	Rosan
Deanna	Ruta
Glenn	Smith
Grady	Susar
Heidy	Susie
Joann	Tomm
Kristin	Vi
LaDale	Warre
Leanne	Winte
Lily	

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- 3.) Provide members of the community (rich or poor) with the truth and a place to voice their concerns.
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AUGUST 28, 2011

SUSPECTED MARKET KILLER

ALBERTSON'S ATTACK SUSPECT GOES TO JAIL

SANTA MONICA—On Wednesday, August 24, a 52-year-old man suspected of murdering his estranged wife on August 22 at a local supermarket was booked into Santa Monica Jail after receiving treatment at a hospital for a medical illness, booking details indicate.

Kelvin Melvin Green, a 52-vear-old Los Angeles man, was taken into police custody on August 24 at 3 p.m. and booked into the aforementioned jail on a felony murder charge at 4:20 p.m. He is being held on \$1 million bail and was scheduled to appear at the LAX Municipal Courthouse on August 26 at 8:30 a.m. for a preliminary hearing.

Initially considered to be a person of interest, Green was arrested after being detained and questioned on August 22 at 7:30 a.m. by the Santa Monica Police Department after officials determined that he was connected to the crime. He was then taken to an undisclosed hospital for treatment.

On August 22, Santa Monica police announced that a 46-year-old woman who was in critical condition on August 21 after she was stabbed to death while working at the Albertson's Market located at 3105 Wilshire Blvd., between Berkelev and in which-Franklin streets, died from her injuries at about 2:30 a.m. Her name was withheld until family could be notified.

One day prior, police responded to the supermarket where they found the still-conscious woman with more than 20 stab wounds to the head, neck and torso.

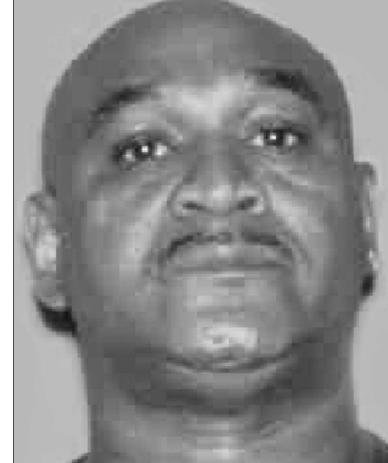
An earlier police press release and call log stated this was between 3:24 p.m. and 3:25 p.m. Adrian Rodriguez tweeted that the incident took place between 3 p.m. and 4 p.m. He received a text message from his friend Christine D., who was there when it hap-

Police requested traffic control assistance at 3:35 p.m. The woman was ultimately taken to a local hospital.

Evewitness accounts indicate that the man responsible fled from the crime scene, heading in a southeast direction toward Berkeley Street and Wilshire Boulevard. An individual who called police to report a "homicide" indicated that the suspect had earlier entered the store, put his arms around the victim, whispered something, then started hitting and stabbing her from behind while she was working at one of the supermarket's check-stands.

The suspect, eyewitnesses observed, was driving an old model gold Cadillac when he fled. Detectives deduced during the preliminary investigation that Green drives a vehicle with a similar description. Green drives a 1998 gold Cadillac with California a license plate reading, "4SUU331." For this reason, police initially identified Green as a person of interest, then as a suspect in the murder

Green's description differs slightly from that of evewitness's description of the man they observed during the incident. The suspect was described as a black male standing at more than 6 feet, weighing 220 pounds. wearing a light grey hooded sweatshirt. Green, however, is a described by police as black male with black hair, brown eyes, standing at 6 feet and 3 inches and weighing 270 pounds, which is about 50 pounds



Kelvin Green.

more than the suspect who was observed. Green's photo shows him without hair. Anyone who has information which may

assist the SMPD in conducting this ongoing investigation is asked to call 310-458-8495 anytime during the course of the day.

BOXING RETURNS TO WOODLAND HILLS

WOODLAND HILLS-Art of Boxing Promotions and Bash Boxing, Inc. will be returning with "War at Woodland Hills 5." which will be held September 9 at the Warner Center Marriott Grand Ballroom in Woodland Hills, according to fight blog fightnews.com. The decision was made to bring the "war" back after the promotion put on two sold out shows in San Fernando

The event showcases eight professional

bouts and will feature the homecomings of area fighters, Ray Beltran Jr. (24-5, 6 KOs) and Javier Gallo (17-4-1, 9 KOs), Beltran, who served as the sparring partner of boxing legend Manny Pacquiao, is coming off a brutal 10-round bout in May in Las Vegas, considered by some to be one the most violent in the history of Showtime, boxing versus Sharif Bogere, which ended in a decision for Bogere. In his previous appearance in Woodland Hills, Beltran, via a seventh round knockout of Carlos Vinan, captured the USBA lightweight title. Beltran is being trained by Freddie Roach and Pepe Reilly.

Javier Gallo's last appearance in Warner Center versus Jose Araiza saw both fighters hit the canvas in the final round of action and ended with a close split decision, Gallo earning the victory. This victory led to a bout in Las Vegas on the Manny Pacguiao vs. Shane Mosley undercard, with Gallo coming up on the losing side of the decision to WBC Flyweight Champion Rodel Mavol.

Photo courtesy of the SMPD

Tickets to "The War at Woodland Hills" can be purchased on the web by logging on to bashboxing.com, or by calling 626-388-8888. The "war" begins September 9. in the Grand Ballroom of the Warner Center Marriott in Woodland Hills. Doors open at 7 p.m. The first bout begins at 7:30

SANTA MONICA—Redmond O'Neal, the 26year-old son of Ryan O'Neal and the late Farrah Fawcett, has been sentenced to one year in a live-in rehabilitation program, as well as five years probation.

O'Neal was arrested on August 2 after running a red light while turning onto Olympic from northbound Lincoln Boulevard in his 2010 Nissan Altima. Santa Monica Police Department's Sgt. Richard Lewis explained that O'Neal admitted "to officers that he was on probation and a subsequent records check confirmed his probationary status. O'Neal consented to a search of his vehicle in which the officers found heroin and marijuana."

O'Neal was then booked for felony possession "of a controlled substance, possession of marijuana in a vehicle, red light (left turn arrow) violation and for the violation of his probation," stated Lewis in a press release.

Judge Keith Schwartz originally sen-

tenced O'Neal to a three-year state prison term after he pled no contest to the drug possession charges, as well as a charge for possession of a firearm by a felon. Schwartz decided to suspend the sentence with the agreement that O'Neal would complete the yearlong rehabilitation program and stay out of trouble.

Redmond O'Neal has a history of drug abuse. He was arrested in 2009 for a felony drug count, and completed a drug court program last year for dual drug possession cases involving heroin and methamphetamine. By pleading no contest, O'Neal decided to accept whatever sentence the court issued.

The location of the drug rehabilitation center has yet to be released. Judge Schwartz warned O'Neal that he could possibly serve his three-year sentence if he does not follow the court's set conditions for



Photo courtesy of the SMPD

SERVICE STATION OF STARS ROBBERY SUSPECT SOUGHT

BEVERLYWOOD—On Tuesday, August 23, LAPD West Los Angeles detectives asked the public to provide any information that may lead to the arrest of a suspect who recently robbed a Beverlywood service station located a mile south of Beverly Hills.

CCTV video shows the suspect entering the Service Station of the Stars located at 9448 W. Pico Boulevard on August 14 at 11:02 p.m. Once at the counter, the man reaches underneath his shirt with his right hand, pulls out a blue-steel semi automatic hand gun from his jeans, then aims it at the clerk.

The suspect keeps the gun lying on the counter as he reaches into his right jacket pocket and pulls out a black plastic bag in which he demands the clerk to put money from the register. Every now and then, the suspect keeps a watch of the door and covers his gun. After the clerk complies with the demand, the suspect struggles for a moment to put the gun into his right-side jeans

pocket. He then runs from the station toward an unknown direction.

This all took 58 seconds.

The suspect is described by police as a 25to-35-year-old black male standing at more than 6 feet and weighing about 160 pounds, the police press release states. He was last seen wearing a black sleeveless hoodie, limegreen shirt and black jeans.

In addition, the suspect is shown in the video wearing a black cap, what could instead be faded blue jeans, a black longsleeved shirt underneath the aforementioned untucked lime-green shirt, an earring on his left ear, gray open-toe shoes and white-rimmed sunglasses.

"The suspect is to be considered ARMED and DANGEROUS," the press release states. Anyone with information to relate to LAPD West L.A. regarding this crime can call 310-444-1520, 877-LAPD-24-7 or remain anonymous by calling 800-222-8477.



CCTV footage of a suspect robbing the service station. Photo ourtesy of the LAPD.

WEHO'S ART ON THE OUTSIDE SPARKS ATTENTION

WEST HOLLYWOOD-The City of West Hollywood is hosting an art exhibition of seven abstract sculptures from various artists around the world. The opening reception took place on Santa Monica Boulevard between Doheny Drive and Almont Drive on Wednesday, July 20, and the event will run through June 2012

"Santa Monica Boulevard's median is an ideal location for larger works of public art as they can be seen by an extraordinary number of drivers and passengers who pass by on this popular stretch," said Paula Stoeke, Director and Curator of The Sculpture Foundation, in an interview with Canyon News.

The art exhibition is a result of a recent collaboration with the Arts & Cultural Affairs Commission of West Hollywood and The Sculpture Foundation, an international, educational and charitable organization that owns the sculptures. The Arts & Cultural Affairs Commission began as a way to bring arts to the community. The commission tries to make art more accessible to people through its Art on the Outside Program. Art is brought from the inside to an outside environment that enables people to encounter it on a regular ba-

"We really promote what we call in West Hollywood, 'Pedestrian Friendly Culture.' This

gives an experience for people who are walking in the city. It makes the city look nicer, helps beautify the city and an attractive destination," said, Andrew Campbell, Cultural Affairs Administration, in an interview with Canyon News

Many other opportunities are provided to experience art as well, free concerts and free Shakespeare programs. A new West Hollywood library will be opening soon and will offer variations of arts through music, spoken word, theatre as well as the art itself.

"I enjoyed working with Andrew Campbell and participating in West Hollywood's program Art on the Outside. Our organization seeks cre-

ative partnerships like this to enable the placement of public art in locations where it becomes part of everyday life," said Stoeke.

The Sculpture Foundation collection will include more than 150 artists with pieces being valued at over fifty million dollars. The Sculpture Foundation works with many nonprofit and private organizations around the world to display art in public places that have become captivating monuments of society.

Several sculptures are on view in urban cities, rural towns, parks and cultural institutions worldwide. To learn more about The Sculpture Foundation, visit www.thesculpturefoundation com

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NEW TWIST IN EMILY SHANE MURDER TRIAL

man who killed 13-year-old Emily Rose Shane on Pacific Coast Highway on April 3, 2010, is filing a motion to dismiss the second-degree murder charge. Khankhanian killed Shane while driving recklessly on PCH, spinning out of control at the intersection of Heathercliff Dr., now also renamed Emily Shane Way.

The community recently honored Emily's 15th birthday and unveiled the new street sign a few weeks prior. The Shane family had sued the state and county for negligence, as six 911 calls had been made on Khankhanian's erratic driving, starting at Topanga Canyon. Four of the calls were made before Shane was killed

The motion will be heard on September 8 at the Airport Courthouse in San-

MALIBU—Sina Khankhanian, 26, the ta Monica. Khankhanian's attorney, Bradlev Brunon, believes that Khankhanian was overcharged for the crime. "The basic argument is that there is no evidence that he intended to kill the young girl." Brunon told Canvon News. "He was not aware of her presence, lost control of the vehicle, slid 130 feet sideways and hit her."

> The Los Angeles County Sheriff's Department suspected Khankhanian had suicidal intentions, as investigators believe that Khankhanian intentionally swerved to hit a power pole, striking Shane and then crashing into the pole. Information released in the January 14,

2011 case shed light on Khankhanian's mental state before and during the time of the accident. Khankhanian had also left a suicide note, check and a letter stating he wished to leave all his funds to his girlfriend at the time.

The LASD Homicide Bureau did not immediately respond to a call for comment on Khankhanian's suicidal actions

"Normally for second-degree murder vou have to have an intentional act," Brunon explained. Brunon believes that the proper charge should be Gross Vehicular Manslaughter, which is an "act that is dangerous to the life of others, but not consciously aware." "The DA" is taking a particularly aggressive stance on this case," said Brunon. "It was grossly negligent driving, but there is not enough evidence for murder."

Canyon News reached out to Emily Rose Shane's family, but received no comment as of press time.



Photo courtesy of emilyroseshane.com

SINGER TEAIRRA MARÍ ARRESTED FOR DUI, ASSAULT

BEVERLY HILLS—On Tuesday, August 23. the Beverly Hills Police Department

released details about the DUI arrest of singer Teairra Mari during the early morning of August 19 at the intersection of North Santa Monica Boulevard and Camden Drive.

Twenty-three-year-old Teairra Marí, who was born Teairra Marquisha Thomas, became combative during the booking process at 9:44 a.m. following her being taken into custody at 3:34 a.m., resulting in one of the arresting officers sustaining a minor cut to the hand, a BHPD press release states. Thomas consequently faces an additional charge of felony assault on a police officer.

"I take full responsibility for my actions, but I absolutely did NOT 'attack' a Beverly Hills police officer and I'm very confused by those allegations," Thomas said in a statement following her release from police custody later that day at 1:10 n.m.

Police officers arrested Thomas after they responded to a "non-injury traffic collision" at the aforementioned Beverly Hills intersection involving two vehicles with no passengers. Thomas was driving her silver Infiniti when she crashed into the rear of another vehicle involved in the accident. Arresting officers observed that Thomas exhibited signs of intoxication. "I did have drinks and I misjudged the situation by driving myself home. I want to apologize to those that I endangered that night and also to the people that I've let down," Thomas said. "I hope that this situation can save someone from making the dumb decision to drink and drive!" Photos were posted online of Thomas

attending church on Sunday, August 21. Information about the case is preliminary and limited to what the BHPD related, as the vehicle collision continues to be investigated by traffic detectives, the press release states.

According to the booking details indicated that Thomas was scheduled to appear at the Beverly Hills Courthouse on August 23 at 8:30 a.m. for a preliminary hearing, the Los Angeles District Attornev's Office told Canvon News that no such hearing was on its calendar for the

As a singer/songwriter, Thomas released an album in 2005 under her alias. "Teairra Marí," which did not sell enough copies to satisfy Def Jam Recordings. Consequently, the record label dropped Thomas from her contract for her next album, "Second Round." A victim of crime herself, Thomas had to revamp her third album "At That Point" in 2008 after it was leaked on the Internet.

She is also an actress who starred opposite Ice Cube and Bow Wow in "Lottery Ticket" in 2010.

NEW LIBRARY PLANNED FOR PICO

SANTA MONICA—A new branch of the Santa Monica Public Library (SMPL) will make its way into the Pico neighborhood in fall 2012. The new library will be located at 2200 Virginia Avenue, adjacent to the Virginia Avenue Park, and will measure approximately 8,300 square

The city and SMPL felt it necessary to add the fifth branch, as the Pico area is one of the only neighborhoods without a public library. The idea of the new library was originally conceived in 1983, but lacked support and funding. The idea was revisited in September 2008, with a focus group, community workshop, and presentation to city boards and commissions. The city council then designated Redevelopment Agency (RDA) funds on

June 10, 2009 to support the library. A design team—the Koning Eizenberg Architecture group—was selected in November 2009, with thee city council approving their contract in 2010. Public engagement, and design, documentation and approvals carried on throughout 2011, with construction slated to begin fall 2012.

However, the Pico library project soon struggled with funding as the California budget crises steadily worsened. Governor Jerry Brown warned local municipalities that he might have to cut RDA funds to stabilize California's failing budget. Brown signed a bill preserving RDA funds on August 9, but also instigated a new piece of legislation. "The city has to pay a total amount of about \$27 million in ransom payments to the state," said Gigi Decavalles, administrative services officer of Housing and Economic Development. "We pay half on January 15, and the rest on May 15."

The ransom allows municipalities to maintain their RDA's \$10.5 million, out of a large \$60 million loan from Wells Fargo, had been allocated for the new library, Decavalles explained. "We are not allowed to use these loan proceeds to pay the 'ransom.' We plan that this will not affect the development of the library" said Decavalles. "Everything is still in court. If the court upholds the statute that we have to make the payment, then the legislation holds,

The one story Pico Branch Library will include an amphitheater, a commu-

nity room to display public art, new seating areas, study areas, a children's patio, technical center, and multiple browsing sections. Planners stressed the importance of having natural daylight, and a visual connection to the park. A sculpted roof and "green" features "continue the park weaving theme," states the schematic design presentation.

Sustainable aspects, such as living plant walls, solar panels and shade trellises highlight the natural theme of the library, organically integrating it into the park.

The exterior landscape design allocates space for picnics, as well as basketball courts and a farmer's market plaza. Those behind the library hope it will be a welcome community addition.

BEVERLY HILLS—After I read "Enlightenment of Evil: Murder, Abuse, Transcendence" by the compelling and magnetic author Don English, I found myself caught up in the idea of hope and clinging to faith in mankind. After all, if English could survive such hellish torture at the hands of a young man, who was placed on earth to offer him love and protection, and then Don could forgive his brother for such demon-like treatment toward him, then there is truly hope for human beings, and the planet just may survive its current state of affairs. "Enlightenment of Evil" is a book that transports you into the deep dark mind of a child psychopath, who cannot break the will of a good person (Don English), and the unconditional love this young man felt from his father, and then later his mother would be the reason why he would come out of the tunnel of darkness and is not only shining the light of good upon the planet, but is that light itself.

Rarely have I read a book that moved me to tears by the utter complexity of evil being done to the storyteller, and yet, that storyteller emerges from the dark hatred, abuse and almost death even more heroic than any superhero movie character that Hollywood could ever create and produce. Jaycee Dugard was the first such story that made such an impression on me, and then only two weeks later I received the advance copy of "Enlightenment of Evil: Murder, Abuse, Transcendence," which hopefully will become a bestseller and also be put on the screen as well. English is a positive and caring force in a world that often let him down as a child. His engrossing storytelling style of writing is both enchanting and mesmerizing, but it is not for the faint of heart. If you are not prepared to change your own life, stop complaining about your plight; whatever it is, then I do not suggest you read this book until you are ready for such change in your own life. That being said, it's a book that I hope will be in every American home and will be read by at least one person in every family across these 50 states.

Why am I so moved by this story? It is both overwhelming in its depth of depravity that was done to Don English as a child, but it is also proof of pure goodness and inner beauty existing in the universe we now realize is filled with more life than anything else. When I recently spoke with the famed author, he told me, "I appreciate you taking the time to read and review my book. Like me, you find the positive things in life to talk about, to enjoy and to embrace. I hope that anyone reading my book, who may know someone going through any type of abuse will reach out to that person and do what my father did with me, offer unconditional love. It's that love that gives people like Jaycee and me such hope and the desire to persevere and to survive torture as a child," said the author.

"I have been asked since your initial interview ran, how I was able to keep so much of this to myself. I didn't really share it with a lot of people when I was blessed enough to finally be away from my brother and his psychosis. I realize now after therapy and talking with a dear friend, who is a psychologist, that some kind of brain trauma is the cause of what we know as the making of a psychopath," said English. "However, that doesn't make the pain a child is going through any better. In fact, you can't even grasp that when you are going through it. It's when you come out of the other side of the pain that you realize all of this. At least some of us do."

In many descriptions of being buried alive. which English endured countless times over his youth at the hands of his brother, it's almost as if like Jaycee Dugard stated that the person has an outer-body experience and is able to survive the emotional and physical pain by being able to disassociate oneself



Author and inspiring gentleman Don English.

Photo by CharlesBush.com

from the actual experience. "Yes, I do know what you mean, Tommy. I had this happen many times. You don't realize it at the time, but the mind is very powerful, and it will find a way to protect you oftentimes when you are incapable of protecting yourself. When I finally was able to watch Jaycee's [Dugard] interview, I understood her better than I ever thought possible. She and I went through similar torture, sexual abuse and ultimately the path to genuine survival. I hope that my book will touch the lives of half the people that her story has done for many of us," concluded Don English. Unlike Dugard, English's torture did not come at the hands and mind of a stranger. It came through the body of his biological brother, who obviously was a very damaged individual. He remains in jail for life today for an unspeakable murderous crime too chilling to describe. What can be described, however, is the love and commitment to survival, which English himself is a endure plenty, but it will also return love and devotion tenfold.

CANYON NEWS 90210 AUGUST 28, 2011

Like Don English, I decided long ago to use my words, my ability to write and any power that I have been given to help, to honor, to support and to uplift others. Many use what clout they have to try to destroy and diminish others. That's the sign of a weak and injured person, of a jealous heart and mind. But those people are to be forgiven and written off. Remember, Oprah Winfrey said it best, "Hurt people, hurt people." If you are looking for a book that will offer hope, strength and a guide through the maze of turmoil and abuse and one that will ultimately build the soul up, not further injure it, then please order "Enlightenment of Evil: Murder, Abuse. Transcendence." today http://amazon.com/Enlightenment-Evilurder-AbuseTranscendence/dp/0615493009/ref=sr_ 1 1?ie=UTF8&qid=1313525101&sr=8-1.

KEEPING YOUR CAREER DURING A PERSONAL CRISIS

LOS ANGELES-Break-ups are among the most painful experiences a human being can endure in life. It is not a secret that a break-up can easily "break you up" and leave you feeling like nothing has any meaning in life anymore. Believe me, I know what I am talking about because I have been there before, and the experience I had almost destroyed not only my career but also my life.

Being in love is an amazing feeling but the more in love you are, the harder it is when it is time to say goodbye, especially, if you are the one left behind. As adolescents, we are taught by our parents that love is the cure for everything and that with love, we can get whatever we want in life. As adults, even when we know that there are other important things in life that require our attention, we still believe that love is the answer for all our problems, and we go through life looking for that perfect love; the one that brings joy, happiness, and a sense of protection into our lives.

It is not a secret that once that special person in our lives decides that he/she doesn't want to

be in a relationship with us anymore, a great deal of pain will arise making our hearts hurt like it just broke into tiny little pieces and at the same time, making us feel like our lives will never be the same.

If you are going through a break-up at this time, and you are hurting a lot and feeling like your life has zero meaning, let me tell you something my dear friend, yes, I know it hurts and probably it will hurt for many days (not to say weeks) to come. The important part here is to know that there is light at the end of the tunnel and that one day, you will feel in control of your life again.

Below are six (6) tips to help you navigate through the break-up experience without putting your life and your career in jeopardy.

1) Cry your heart out, but after you finish crying, make a point not to cry again: This will help you to release all that pain that you are carrying around. But like I said, put a deadline to the crying and after you reach that deadline, stop crying and move on.

2) Find a hobby or a new challenge in your

life/career: Take this experience as a great opportunity to re-intent yourself. Start practicing a sport or volunteer to complete a task at work that nobody else wants to do. You will be surprised how much you can accomplish, and this will help you get your mind off of the break-up.

testament to, and proof that a good soul may

3) Stay away from your ex: Yes, that includes calling, texting, facebooking, or stalking him/her at work. Unless you have children in common, there is no reason for you to stay in touch with your ex. At least, not until you can look at him without crying or feeling like begging him/her to take you back.

4) Get a makeover or do something nice for yourself: Another excellent opportunity to get yourself re-invented. Get a new haircut, try that new hair color you always wanted to try, or treat yourself to a trip to the Bahamas. Bottomline; give yourself the queen/king treatment. Believe me, this will make you feel better.

5) Say "no" to post-break-up sex: Let's face it guys, having sex with your ex will not make him/her want to come back to you. After sex, if the ex doesn't want to have a relationship with

you anymore, he/she will get dressed and will keep on walking leaving you feeling used and betraved once again.

6) Get rid of the excess baggage (aka: breakup feelings) and move on, it's as simple as that. Time cures everything, but a little help from you won't hurt. Stop tormenting yourself over what happened and look at the future. You are the only one who can get yourself out of that dark hole you are in, so stop crying and move on. Your future boyfriend/girlfriend will thank you for that.

Bottom-line; experiencing a break-up may feel like the worst nightmare you have ever experienced in your lives. As a matter of fact, it is. But, if instead of throwing yourself on the couch for days feeling sorry for yourself, you take it as a learning experience and try to actually learn from it, the recovery process will be a less painful one.

Remember, the pain you feel after a break up is inevitable; letting it control your life and destroy it is optional.

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LOS ANGELES—Summer's heat is here, and it has made itself known. Cool off with homemade ice cream. This one just happens to be vegan, which may appeal to the specialty eaters in your life. Creamy coconut milk and coconut cream combine with sweet brown sugar to create a thick frozen treat. The slight tang of lemon juice and spice of ginger add a tiny spark to each spoonful. This is an eggless ice cream recipe. If the coconut milk and coconut cream are very cold prior to mixing everything together, you can reduce the chill time to less than an hour before churning. - Brown Sugar Coconut Ice Cream – Serves

- 15 ounces coconut milk
- 20 ounces coconut cream
- 3/4 cup brown sugar
- 1 tablespoon vanilla
- 1/4 teaspoon kosher salt
- 1/2 teaspoon fresh lemon juice
- 1 1/2 tablespoons fresh ginger, finely minced

1. In a medium bowl, whisk together the coconut milk, coconut cream, brown sugar, vanilla, salt and lemon juice until well combined. Cover the bowl with plastic wrap and place in the freezer for 30 minutes.

2. Remove the bowl from the freezer, uncover and, using an electric mixer, beat the liquid mixture for 2-3 minutes. Cover the

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Cool off with homemade ice cream. Photo courtesy of DuoDishes.com

bowl again and place in the coldest part of the fridge to chill for at least two hours or up to overnight.

3. Pour the chilled liquid into your frozen ice cream maker and churn according to the appliance's instructions. Scrape the mixture into a freezer-safe container and slide into the freezer to set for at least 1-2 hours should vou desire a thicker consistency.

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LOS ANGELES—Newspapers recently reported that Prozac can help women who suffer from PMS, mood swings, and maybe even the desire to eat lots of chocolate. Obviously, if women are fighting severe symptoms every month, they should seek a physician's help.

But after hearing women complain for the last 40 years, I have my doubts.

When I was a young girl dealing with adolescent changes, my mother and grandmother taught me that a woman's cycle is natural. They said being snippy, Mom's favorite word for teenage volatility, was not to be blamed on our body. Perhaps as result, I've never exhibited a single symptom of anything that would require Prozac.

No matter what my husband thinks.

I can also remember girlfriends in junior high, whining each month to get out of school, work, and other responsibilities. I was jealous of them, so I tried it.

"You're not feeling cramps," Mom said. I moaned, groaned, and blinked up at her a few times as if trying to focus through all the pain.

"What?" I asked.

"Your uterine wall is breaking down and moving through your body. Reproductive organs cleanse themselves every twentyeight days. Exercise, eat right, and drink plenty of water so you won't feel so bloated and bad. This isn't anything mysterious. You're feeling your body working proper-I thought about that for a moment,

weighing the deep desire to stay home and watch soap operas with an algebra test scheduled that day. I wasn't going to give up so easily.



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"Tammy gets to stay home two days every month," I said. "Her mother makes her keep her feet elevated."

Mom made a familiar face. She'd crinkled her nose in the exact same way three weeks earlier when I'd asked to pierce my

"Walk up and down our street for five minutes," she said. "If it really hurts, you probably need to do something besides sit in front of the television."

She was good. I'd give her that.

I stomped outside and walked around the block. I did feel better and hated that my mom was always right. I walked back into the house, pouting.

"I feel the same." I lied, rubbing my tum-

She stopped making breakfast and stared

at me. I sensed a novena coming on. "Do you believe men and women are

equal?" she asked.

I thought of my favorite T-shirt: Anything boys can do, girls can do better.

I immediately stood up straight, threw back my shoulders, and said, "Of course I do. I am a feminist and I believe -"

"Then don't ask to be treated differently," Mom said. "Either we're equal or we're not. Gloria Steinem doesn't ask for sick days every month. Erma Bombeck doesn't beg for an extension and keep her feet elevated. They work hard every day, just like their male colleagues. You shouldn't ask for special treatment. Don't simply tell me what you believe about equal rights; show me. Now get to school."

I never complained about cramps again. It's amazing what a walk around the block can cure.



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2011 MTV VIDEO MUSIC AWARD PREDICTIONS

HOLLYWOOD—It's the awards show where almost anything can happen and surprises are bound to shock audiences watching at home. That's right, the annual MTV Video Music Awards arrive on Sunday, August 28. It has been a great year in music for several of the night's big nominees including Katy Perry and Adele. The wonderful thing about the Video Music Awards is predicting who will reign supreme in some of the most competitive categories of the night.

Best Female Video is the toughest category in my prediction. The nominees include Katy Perry's "Firework." Adele's "Rolling in the Deep," Beyoncé's "Run the World (Girls)," Lady Gaga's "Born this Way" and Nicki Minaj's "Super Bass." First and foremost, all of the nominees have an equal chance of winning, but if we're discussing the concept of the art of each video, it's a battle between Adele and Lady Gaga. Adele has dominated the billboard charts all year with her ubiquitous song, and the subtle approach in the video only makes it that much more of a contender. What can't be said about Lady Gaga? Her creativity is beyond light-years and the video sets the bar high, but this

category will come down to a three-way race between Adele, Gaga and Katy Perry. While I'm inclined to argue Gaga will take home the prize, I give a slight edge to Perry because she's had an amazing year in music, but Adele could be the dark horse in this category.

Bruno Mars's "Grenade," Cee Lo Green's "F*** You," Eminem featuring Rihanna's "Love the Wav You Lie." Justin Bieber's "U Smile" and Kanye West featuring Rihanna and Kid Cudi's "All the Lights." While many are thinking Bieber will be victorious in this category, I beg to differ. Last year, it was Bieber mania, but since then that mania has slowly faltered away. West always proves to have incredibly vivid videos, but his stunt at the 2009 awards show left many with a sour distaste for the artist. The winner in this category is a toss-up between Eminem and Cee Lo Green. While Green has an edge with his hilarious video and unforgettable song, Eminem ruled the charts last summer with that wildly violent video that stuns the viewer upon first glimpse, so he should take home the prize.

Best Pop Video sees a mixture of hip-

hop and pop going for the top prize with nominee Adele's "Rolling in the Deep," Bruno Mars's "Grenade." Britney Spears's "Til the World Ends," Katy Perry's "Last Friday Night (T.G.I.F.)" and Pitbull featuring Neyo, Nayer and Afrojack's "Give Me Everything." This race will come down Nominees for Best Male Video include to the ladies. While I adore Adele, she's facing stiff competition from both Britney and Perry. While Perry recently celebrated her fifth number one hit with "Last Friday Night (T.G.I.F.)," she is the obvious choice, but Britney fans are hardcore.

> The Best New Artist category is an interesting one, as there are no clear cut front-runners. Nominees include Big Sean, Tyler the Creator, Kreayshawn, Wiz Khalifa and Foster the People. The winner will be crowned based on how much fans choose to vote. If I were to take a wild guess at who could come out on top, I'd give the award to Wiz Khalifa as his hit song "Black and Yellow" was so catchy and became a pop culture phenomenon.

> They will vote in packs to make sure the

pop princess takes home the prize in this

category, so Britney will reign supreme.

Now its time for the big award of the night, Video of the Year, and it's an eclectic category, to say the least. Nominees include Adele's "Rolling in the Deep," Beastie Boys's "Make Some Noise." Bruno Mars's "Grenade," Katy Perry's "Firework" and Tyler, The Creator's "Yonkers."

Congratulations go out to each of the nominees for their artistic expression in each video, but I think it's a two-person race between the night's biggest nominees, Katy Perry and Adele. Everyone is hoping Katy Perry will finally capture that limelight that she so deserves after having a monstrous year on the charts, but the edge goes to Adele. It's her year to shine and the video for "Rolling in the Deep" is amazing. Nothing can compare to the power of that song. The song is about heartbreak, and who can't connect

So those are my predictions for the MTV Video Music Awards this Sunday. Performers for the night include Chris Brown, Lil Wayne, Adele, Lady Gaga and a tribute to pop starlet Britney Spears. Would anyone like to take a guess at who they think will be victorious at the ceremony or what will be the highlight of the night? Tune in on Sunday at 9 p.m. for the

CHRIS ROBINSON RETURNS TO HOLLYWOOD

HOLLYWOOD—HELLO AMERICA! The big surprise of the week was the return of "General Hospital" and "The Bold and the Beautiful" star Chris Robinson! If you remember, he played the very dark, yet compelling character of Dr. Rick Webber

Spices for Health

quick return to Tinseltown for meetings from his mega ranch in Arizona.

Not only that, but he introduced his new wife and singer Jacquie Shane, who will no doubt add a lot of punch and energy to our industry. Chris's sons, Coby ("GH"). He recently decided to make a and Christopher-Paul, and daughter

Jill Janger actor/writers joined us for dinner and it turned out being like old times with a ton of Hollywood stories, jokes, a few lies and absolute, utter madness.

Since we were roommates for a while in the old days. I got a front row view of Chris' wild days as an actor, playboy and fast-paced lover. In my recent book "Hollywood Through the Back Door," I recalled waking up in bed, rolling over to discover one of Universal Studios's top ranking starlets snoring and releasing gas as if she had declared war!

When he was starring in "Twelve O' Clock High." a wonderful series by the way; it was as though our place was a brothel. Of course, all during our dinner together, he in defiance, rolled his eyes, giving me one of his infamous warninglooks when possible. However, the get-together was a rollicking success, my old buddy and roommate has returned, and I have to admit, I was thrilled to death.

Chris signing up with a new agent and management marks his return; this is something I've urged him to do for several years. Yes, he is a bit older, with a definite, different persona, so rich with talent and wisdom, that without a doubt. his input will add more luster to an industry that has lost so much of what made Hollywood a place where creative people the world over dreamed of becoming a part.

During the evening, his sons and daughter begged me to enlighten them with stories about their dad. My only response was, if you want to discover your real dad, read my book "Hollywood through the Back Door," and all of your questions will be answered. Hummm, clever of me, wasn't it? After all, I didn't work for Richard Zanuck, (20th Century Fox) for nothing!



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Features_ CANYON NEWS 90210 AUGUST 28, 2011

NIGHT SCHOOL 35: MORE LOVE

SUN VALLEY—The tow truck driver's flashlight wrapped on the windshield of Suzanne's Prius, making a hard brittle cracking sound. The door opened in the turtle-shaped car and expelled puffs of warm vapor. Suzanne and Jason's steamy scene had played out on jig time as they awaited arrival of the Auto Club to jumpstart Jason's Nissan.

"Can I see your membership card?" the unshaven tow driver said.

Suzanne, ever organized, had the card at the ready. After giving it to the tow driver, she straightened her ruffled, semi-transparent blouse over her amber shoulders.

She had been taking a bit of sun now that she played a rich, spoiled Southern Californian high schooler. Thanks to the Greek side of her family, her shoulders were turning a golden brown. Jason roused from his innocent slumber and luxuriated in a vawn.

The tow driver stamped back, "Hey, I seen you on that show. Can I get your autograph?"

"Wow!" Suzanne exclaimed. "I didn't

know it had aired yet. We've been so busy filming, I never watch TV now. This is my

The starstruck tow driver gawked and moved his tongue against the inside of his

"Personally, I don't watch that crap. My kids do. But I couldn't help but notice you," he said.

She handed him a signed piece of paper, and he kept staring, transfixed.

"Hello," she said, snapping her fingers. "We still need the jump start."

The spell was broken. The driver woke up and set about the task of hooking up the red and black cables to Jason's car.

"You need a new battery," the man said. "The charge won't last long."

Jason looked aggrieved: a new battery and payday was two weeks away.

Jason's engine started. He revved the motor. The man from the auto club lowered his hood with a thunk. As he drove off, Suzanne pulled over to the side of Jason's car and said, "Why don't you stay at my apartment tonight?"

It was an offer he couldn't refuse. And he came prepared: his razor, floss, toothbrush and condoms were housed in a monogrammed toilet kit, kept in his trunk. So what if his name wasn't in pixels like Suzanne's, his initials were stitched on a

Ever since starting the morning class at San Anselmo Church, his car had become just the sort of mess he mocked other loser teachers for having. His Nissan's trunk was stuffed by a chaotic selection of text books, binders and papers. A gargantuan jumble of boxes, manila folders and accordion files filled his back seat. There was in fact nowhere to sit but the driver's seat. And he had started to live out of his car, it seemed, more than his apartment.

He followed Suzanne's Prius to Coldwater Canyon Boulevard and over the twisty road to Beverly Hills. At the apartment, Kit, their daughter, was relegated to the couch, a place Jason remembered well, too well, from the terminal phase of his marriage. He and Suzanne made love on silk sheets and they muted their cries

so the precious sleep of Candy, the invisible roommate, would remain undis-

They held each other in their arms as dawn threatened. Then with cruel brevity, Suzanne took away her hands and Jason felt cold.

Jason opened his eyes to the wrinkled pampas of silken sheets and an empty plump down pillow next to his head. Aluminum-colored sky broke over the apartment building next door, where someone was frying bacon. Barefoot, he tramped into the kitchen. In the penumbra, he saw a blond wave of hair as she leaned over the kitchen sink in a thick terry cloth robe. He reached his long arms around her waist and felt the soft smooth skin underneath her breasts.

A shriek pierced his ears, eyes of fire singed his soul.

Jason's feet suddenly left the linoleum and he flew backward three feet. For a long while, he rubbed his cheek and jaw still sore from Candy's unforgiving slap.

(To be continued...)

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WASHINGTON, D.C.-Recently, after being laughed at for writing a news article on a reality star, I realized that Americans are so used to biased news that they no longer recognize unbiased writing anymore. Most of us were taught by jaded college professors in journalism school and every other college, university or continuing education class, so many of us never learned the art of journalism, which is to tell the facts of a story, then allow the reader to make their own opinions about the people or subject the story is about.

Many Americans are fixated hour after

hour watching Fox News, CNN, HLN or MSNBC. Network news still remains the top draw for TV viewers, and newspapers are finding their circulation has gone down as well. However, now people depend on bloggers and just the regular person who gets their news from Facebook, Yes, Facebook, Twitter and other social networking sites are now considered the place you go in order to find the facts. Even though with the exception of a few people online, most people only post stories or read articles about subjects and/or individuals they like. If you like a certain TV show, you post about actors from that show and news about them. While this is great networking, it makes one very narrow-minded and only interested in hearing about things they like to hear about, while being highly dismissive and even rude about subjects or individuals they do not either know or relate to.

Whatever happened to the days when newspapers were filled with subjects from every walk of life; politics, weather-related issues and even the occasional crossword puzzle to solve? Now people have become so near-sighted in their thinking and unaware of anyone or anything outside of their level of interest, while chastising those of us who find it not only fascinating but intriguing to write and read about many subjects. Why not read it, go on to the next story and engage your imagination and possibly learn something for the day? We are now incapable of being anything but biased robots.

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President Obama and Speaker Boehner.

Fox News. The hosts and anchors on that network refer to Republican Speaker John Boehner as "Speaker Boehner" and to Democratic President Obama as "Obama." The liberals love MSNBC. Chris Matthews and others refer to Democratic Senator Harry Reid as "Majority Leader Reid" or even as "Sir," while referring to former Republican President George Bush as "Bush" or former Vice President Dick Cheney just as "Cheney." The subliminal messages we receive from only watching what we like and agree with is the disrespect disregard and dislike we have for people we disagree with politically, that it is acceptable behavior and that the people we agree with are smarter than the other side, more professional and therefore more respectable.

While many people will pick up their Sunday paper late Saturday night or Sunday morning, they go directly to the newsstand and reach for the paper they most agree with politically. If you are conservative, you probably read the Wall Street Journal. If you happen to be liberal, you most likely will purchase the New York Times. Washington D.C. residents have the same battle, Washington Post or Washington Times? Decisions, de-

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When I was attacked for my unbiased article on a reality star last week. I realized that the problem with my story was that the person who didn't even bother to read it did not like the headline or the subject of the story. The truth is, I do not give readers my personal opinions on people that I interview, cover or write about. It frankly is no one's business whether or not I like anyone I am writing about. Because when it comes to writing a story, I am able, thankfully, to put my own opinions aside and write a story based on the facts that are available. That does not mean that every reader has to or should even agree with my decision to write an unbiased story. We live in America, and you can choose to like whoever

However, just think how unproductive America would have been in its fight against the Nazis in Germany and the Japanese on the Asian continent during WWII if everyone only listened to one media outlet with a biased opinion. Wasn't that what we were actually fighting against during the war? The Nazis killed every person in Germany and throughout Europe that refused to print in the news-

Photo courtesy of the White House

CANYON NEWS 90210 AUGUST 28, 2011

papers and air on radio their propaganda; their opinions of who is acceptable and righteous. Think of the power the media could have had in Germany had it been able to be free and unbiased in its coverage. Tens of millions of people died during WWII because our enemies hated anyone who did not agree with them, and they dismissed everyone who was not filled with hatred for a certain group or

It is amazing and very chilling to me that in modern times we are now headed back in the direction of intolerance and hatred of anyone we disagree with or do not understand, all because we refuse to respect those in the media who offer unbiased truth and unapologetic facts to our readers and listeners. Canyon News will remain a voice for carrying the message of unbiased news, facts and the respect for our readers to make up their own minds about a story.

Please pray for our brave troops in Iraq and Afghanistan who continue to fight in the war on terror against people who want to destroy us and destroy our rights. including freedom of speech and expres-

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GOLD REALITY!

By Rose Quintiliano and Kelly Olszuk

HOLLYWOOD—Celebrities and just about everyone turned to Twitter and Facebook to talk about the earthquake that took place on August 23 down the East Coast. The earthquake with its epicenter in Virginia experienced a rare 5.9 magnitude earthquake that left millions shaken from Virginia to as far as Canada. Chris Brown turned to Twitter and stated, "Please pray for Virginia! Just had an earthquake!" From cast members of the "Jersey Shore" to cast members of "Real Housewives of New York City," everyone was adding their two cents. Even Mayor Cory Booker added, "Appreciate Newark's calm response 2 earthquake. No reports of injuries or significant damage. Our Emergency management team continues 2 follow up."

now in roughly two weeks school will start; so Hollywood moms are not alone, everyone is shopping for laptops, flash drives and backpacks for the big day. While some kids might be in denial, it is imminent that September is just around the corner. Most parents have delayed their shopping this year to take advantage of discounts. The pressure will be on the parents, since most kids feel the tension if they don't dress in designer clothes. Don't worry if you delayed the inevitable shopping: You are not alone.

These tough economic times are forcing many parents to cash in on their gold to pay for their kids' clothes. The price of gold has risen from \$1,460 since April to \$1,900 per ounce in August. In these trying times we live in, people are looking to sell just about anything with With that said, besides earthquakes, gold. They are looking through their jewelry boxes and picking out old jewelry that they haven't worn in years-just to get some extra cash. It's no wonder that TV producers are doing well with shows like "Pawn Stars," "Auction Kings" and "Gold Rush Alaska."

The reality series "Pawn Stars" is filmed in Las Vegas, and it chronicles the daily routine at the Gold & Silver Pawn Shop, a 24-hour family business owned by Richard Harrison, his son Rick and Rick's son Corey, along with Corey's friend Austin. The show airs on the History Channel, and it debuted back in July of 2009.

On the Discovery Channel, the show "Auction Kings" brings us Gallery 63 auction house in Atlanta, Ga. and its owner Paul Brown. The show is currently filming its second season, which will air through the end of the year. The

series, which premiered last October, is doing well.

The Discovery Channel also brings us "Gold Rush Alaska," which follows six unemployed men from Oregon who risk just about everything to strike it rich mining for gold in Alaska. Two of the goldmines featured in the hit show were shut down temporarily this month after federal inspections turned up numerous alleged safety and training violations, according to the Chilkat Valley News. The Jim Nail Placer Mine and Big Nugget Mine, according to the paper, were cited for 13 violations.

Rose's Scoop: Joe Jonas, who performed live on the "Late Show With David Letterman" for a half-hour on August 22, will be a presenter at the VMAs on August 28.

'DON'T BE AFRAID OF THE DARK' OPENS FRIDAY

HOLLYWOOD—Opening opposite several highly anticipated films this weekend, "Don't Be Afraid of the Dark" is a film that will literally scare you out of vour own skin. The fresh-faced leading lady Katie Holmes doesn't offer the strongest performance in this role, but she is still very good as the heroine, and the film has a lot of shockers and suspenseful scenes that will keep your interest throughout the entire movie. Troy Nixey directs the film with the help of Academy Award-nominated director and

mentor Guillermo del Toro, who does a lot to make the film a little more than just your typical horror film.

This film is not really a remake, but an update of the 1973 TV movie, which received a lot of acclaim at the time. The storvline follows a young girl (Bailee Madison), who is sent to live with her father (Guy Pearce) and his beautiful girlfriend (Katie Holmes) while they are in the midst of renovating an old mansion that has some very frightening and terrifying basement inhabitants.

In 1998, Del Toro planned on directing the script for Miramax Studios, but when 2008 came around, and the film was to be made. Del Toro felt the film paralleled his 2008 classic "Pan's Labyrinth," which is perhaps the best film made that year. So the famed filmmaker proposed that young Nixey be brought in to direct the project, who was ecstatic, while Del Toro served as producer and co-writer with Matthew Robbins. However, due to the pace and enigmatic style of the film, I'm sure Del Toro offered a lot of advice to the novice Nixey, and he was wise to listen.

"Don't Be Afraid of the Dark" offers a pitch black storyline that both Holmes

and installation

of security, fire

and video systems

and Madison are able to lighten up a bit with their angelic and innocent, expressive eyes. Holmes still has the ability to be very likeable on screen and leading man Guy Pearce proved in HBO's "Mildred Pierce" that he is undeniably one of the best actors of this generation. In "Don't Be Afraid," he is even better.

The writing is superb in the film, and it really does get upgraded by Del Toro and Robbins, who understood the story as it was in the 1970s would not work as well today with moviegoers. However, it's still chilling and scary, while being a story that makes you root for the underdog, and at times, you are not sure you even know who that is. It's one of those





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