

EMBRACE YOUR INNER

KHAMELEON

CRUEL(LA) INTENTIONS
POISON APPLE CIDER
SALEM

ISSUE NO. 03

EDITOR'S NOTE

TO BE A SINNER OR & SAINT

Break out the jack-o'-lanterns because spooky season is here. When October hits, there is always an eerie aura that comes with it. I feel everyone's dark side comes out to play. I tend to think during Halloween season people enjoy breaking the rules a bit and engage in more sinful activities. And nothing is more symbolically sinful than the apple. In a positive lens, we associate the apple as a classic Americana symbol of knowledge and warm apple pie. But in a darker lens, it's the fruit of temptation. Adam and Eve ate one, Snow White ate one, the list goes on of those whose minds were filled with curiosity on what an apple may bring them when one is eaten.

This month, I've have found inspiration through the **apple** – in beauty with a **poison apple** color palette, in an **apple-infused** cocktail recipe perfect for the fall, and as the customary symbol affiliated with this fall's **academia-inspired** fashion trend.

Along with themes of temptation and curiosity, October is the month I snuggle up on the couch and watch **horror films**, a genre I've always been fascinated with. And it's not just the fictional killers I'm interested in – I'm a fan of learning about real-life serial killers. I recently traveled to **Milwaukee**, home of cannibal serial killer Jeffrey Dahmer.

As **Halloween** opens our eyes to the ghoulish, bloody, sinful aspects of life we typically resonate it with in modern times, this holiday has religious and pagan traditions that date back thousands of years. And Halloween is not the only holiday that is celebrated around this time. **Día de los Muertos**, also known as the Day of the Dead, is a two-day Mexican holiday celebrated on November 1-2 honoring the deceased. The histories and traditions of both holidays are discussed in Arts & Culture.

October is a time to indulge into temptation, be curious and take a little risk and see what happens. As the saying goes, "curiosity killed the cat". Luckily it's also said that cats apparently have nine lives. This month, pick your poison on whether you want to be a sinner or a saint.



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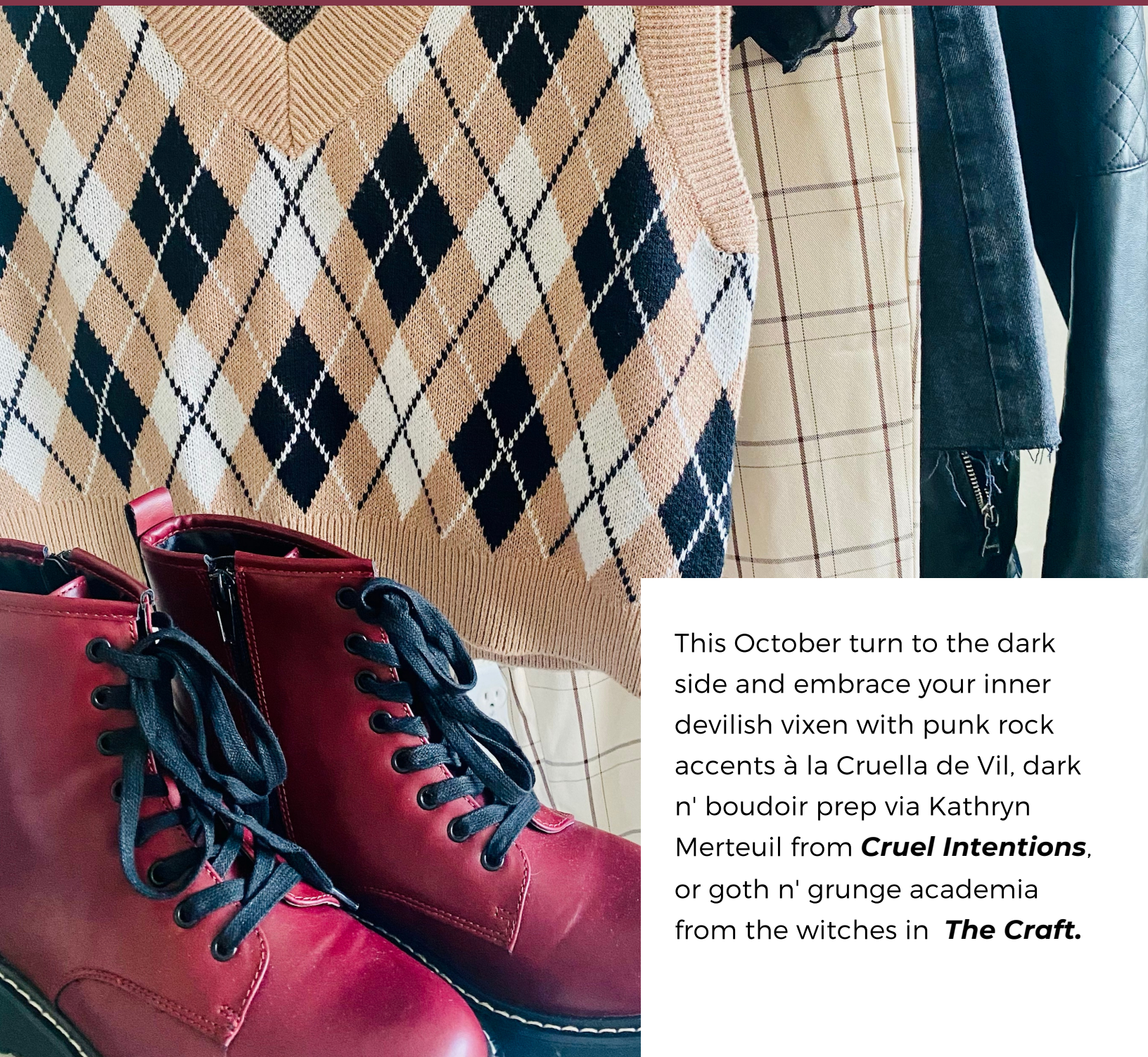
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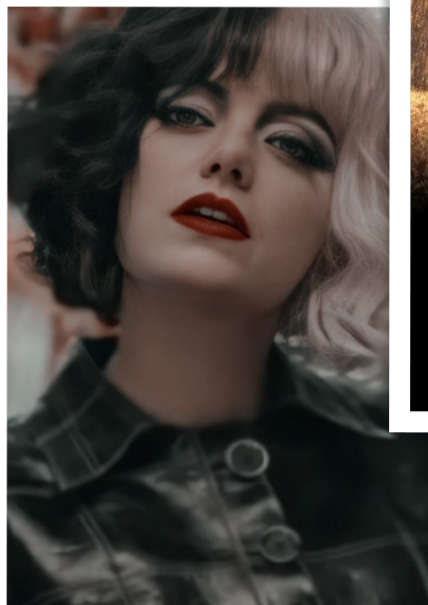
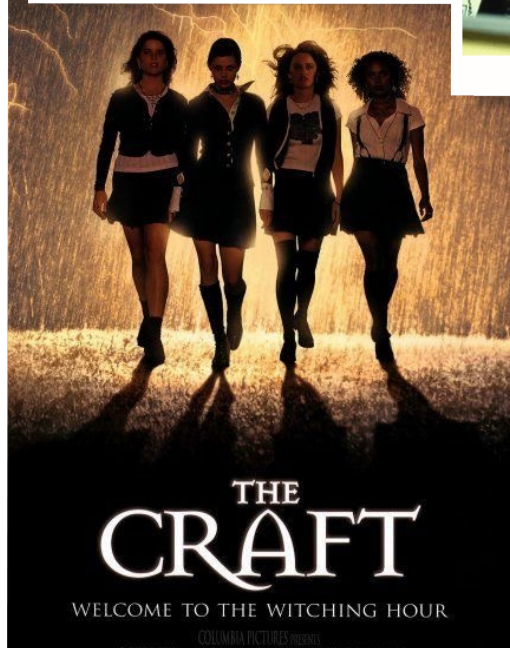
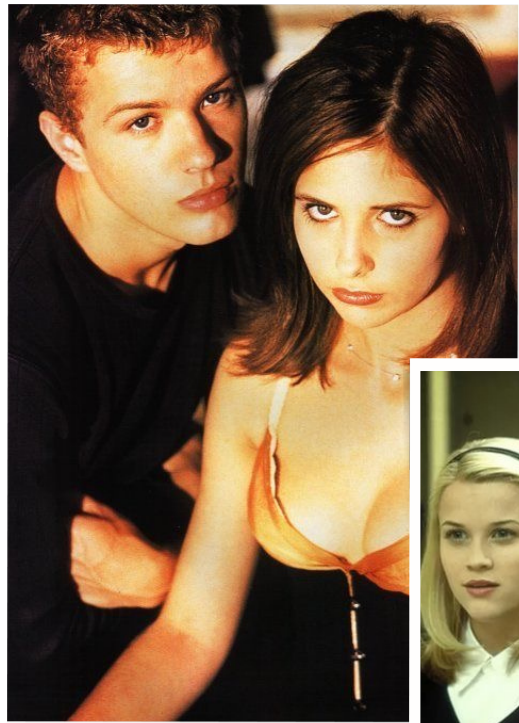


FALL FASHION



This October turn to the dark side and embrace your inner devilish vixen with punk rock accents à la Cruella de Vil, dark n' boudoir prep via Kathryn Merteuil from ***Cruel Intentions***, or goth n' grunge academia from the witches in ***The Craft***.

CRUEL(LA) INTENTIONS



CRUEL(LA) INTENTIONS

WHAT TO WEAR:

- Sweater Vests
- Cardigans
- Plaid Pants
- Lug Sole Boots
- Faux Leather
- Lingerie-inspired Pieces
- Sheer & Silk Pieces
- Socks with Loafers
- Side Clips
- Pearl Accents
- Grommets
- Dark Nails

1



2



3



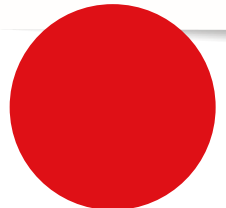
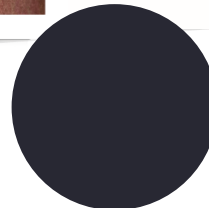
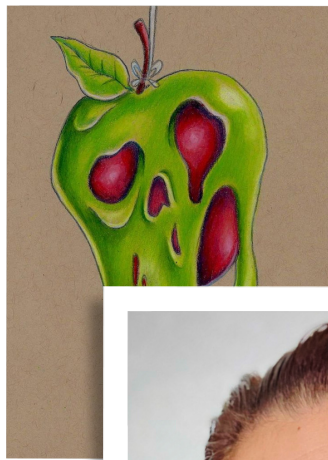
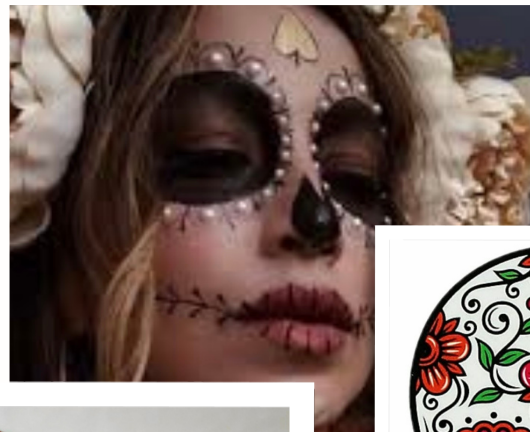
Outfit 1: School girl vibes are prominent with a trendy sweater vest. Mix in feminine touches with a pearl side clip, yet keep the look 90's casual cool with a denim skirt and lug sole boots.

Outfit 2: Update your black top with sheer fabric and swap your go-to blue denim with acid gray 80's straight jeans.

Outfit 3: Plaid always screams academia, grunge or punk-rock; these plaid pants can evoke it all. Plaid pants are best in neutral colors so they can be paired with various colors and other neutrals.

POISON APPLES & SUGAR SKULLS

Look for inspo this spooky season with Snow White's poison apple and the bold, vibrant hues of the Día de los Muertos sugar skulls.



LOCAL

**PLACES
EVENTS
PEOPLE**



During Hispanic Heritage Month, which was September 15-October 15, Mike and I dined at Panka. Panka is a Peruvian restaurant located on Ingersoll Avenue in Des Moines. It was our first time dining there and we weren't disappointed.

As you walk in, you are greeted with a cluster of intimate tables with pops of gray and mustard mid-century modern chairs. Along the walls are cozy benches accompanied with maroon, creamy yellows and white accents pillows. Pendant lighting with paillette details hang from the ceiling with numerous canvases of Peruvian culture on the backwall.

According to [Panka's](#) website, Peruvian cuisine has many different cultural influences as supported by its rich historical background. Peru's first inhabitants were believed to have migrated from Asia in 6000 BC. This is what gives Peruvian food that touch of oriental influence.

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PANKA

In the 1400s, the Incas came to power, but their empire was short lived when in 1528 Spanish conquistadors came to Peru. The Spanish introduced chicken, pork, and lamb to the Incas and in return, were introduced to potatoes and aji.

At Panka we ordered the **Chicarron de Cerdo**, which was crunchy pork belly served with Peruvian Sarsa Criolla and homemade sauces as an appetizer.

For our entrees, I ordered **Arroz con Mariscos** which was Peruvian style rice with seafood and yellow pepper accompanied with leche de tigre and their famous spicy sauce. Mike ordered **Aji de Gallina**, which was a creole dish made with chicken and aji pepper that is popular among Lima families as a comfort food.

In all honesty, there was not one bad thing to say about these dishes. They all had such a robust amount of Peruvian flavors with each bite that it just melts in your mouth.

If you haven't been, please check out Panka as soon as possible.



Right (Top): Chicarron de Cerdo,
Right (Middle): Arroz con Mariscos
Right (Bottom): Aji de Gallina

TRAVEL

**STATE
REGIONAL
COUNTRY
INTERNATIONAL**

MILWAUKEE

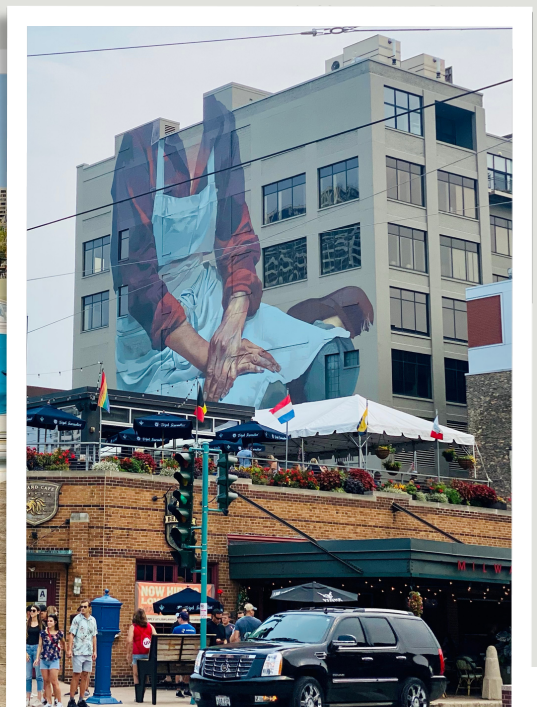
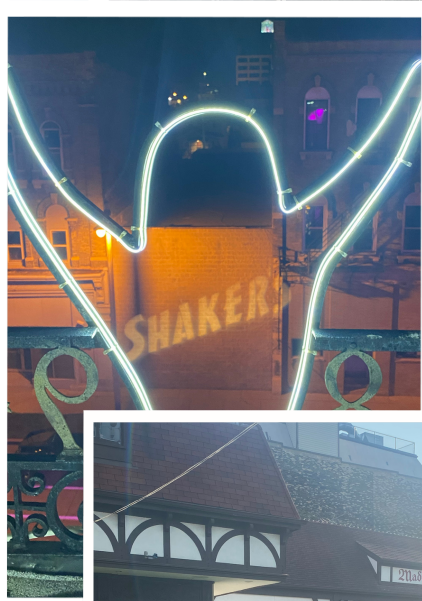
DAIRYLAND'S LARGEST CITY

Located on Lake Michigan's southwestern shore, Milwaukee is the largest city in the state of Wisconsin. The Algonquians, Potawatomis, and Ojibwe named the area "Millioke," "Ominowakiing," and "Manwaking," all variations of "good land" and "gathering place by the water."

Milwaukee was incorporated in 1846 by Solomon Juneau, Byron Kilbourn, and George Walker. Milwaukee became a mecca for German, English, Irish, Italian, and Polish immigrants, with Germans making up one-third of its population by the mid-1800s. Today Milwaukee is known mainly for its many breweries. It is also home to **Summerfest** and the infamous cannibal serial killer Jeffrey Dahmer.

Mike and I traveled to Milwaukee for a weekend to attend Summerfest, but if you aren't there during that time, there are still plenty of things to explore.

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MILWAUKEE

WHAT TO DO:

- Head to the historic [Third Ward](#) neighborhood which is bustling with shops, restaurants, and the Milwaukee Public Market.
- Visit the North Point Light Station and learn the history about Milwaukee's water travel and commerce on Lake Michigan.
- Walk the Milwaukee Riverwalk for views of the city.
- Attend a sports game. Milwaukee is home to the Brewers (baseball) and Bucks (Basketball)

WHERE TO EAT/DRINK:

- Visit or tour one of their many breweries; we visited [Lakefront Brewery](#), which has great views of the Milwaukee River
- Have a drink at [Shaker's Cigar Bar](#), which was once owned by Al Capone and operated as a speakeasy and brothel during Prohibition. While visiting there join a Jeffrey Dahmer tour of places where the serial killer frequented.
- For Milwaukee's German cuisine, eat at [Mader's](#) located in the historic Kilbourntown area, which was one of the three original Milwaukee settlements.



Photo: Visit Milwaukee, Milwaukee Journal Sentinel

WHAT TO WEAR:

While traveling to Milwaukee, I chose a color combination of yellows, blues, and whites to represent Wisconsin being nicknamed "America's Dairyland" and since Milwaukee is located by one of the Great Lakes.



SALEM

CITY OF WITCHES

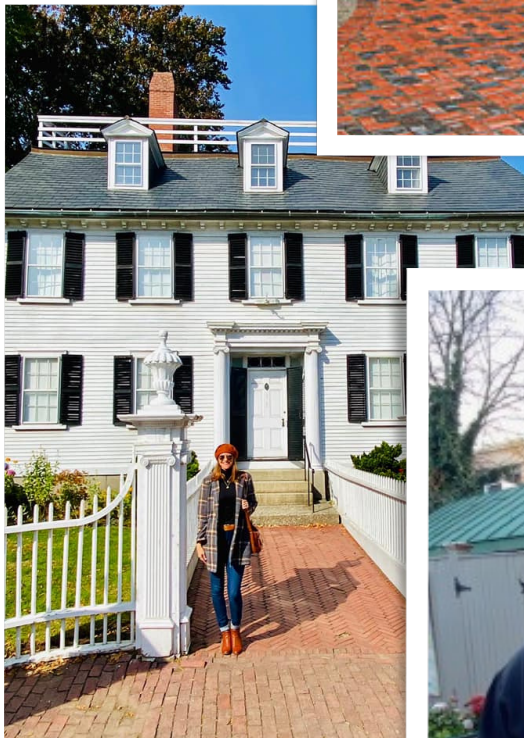
Last year in October 2020, Mike and I took a 5-year wedding anniversary trip to the Northeast. One of the stops on our trip was Salem – known as the City of Witches and home of the infamous Salem Witch Trails.

Ever since I saw Hocus Pocus as a little girl, I always wanted to visit Salem, and I was blessed I was able to last year. Salem is notorious for attracting thousands of tourists for their extravagant Halloween celebrations; think what Mardi Gras is to New Orleans, Halloween is for Salem.

However, Salem was different last year due to Covid restrictions. Even though we didn't get the full Salem Halloween experience I originally wanted, I'm glad Mike and I visited during a pandemic when tourism was lower than usual. We actually got to absorb what the city had to offer; and not from a Halloween tourist destination where we may have felt bombarded by all the numerous partygoers in costumes.

It felt more like a romantic fall weekend getaway to a seaside historic town.

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SALEM

WHAT TO DO:

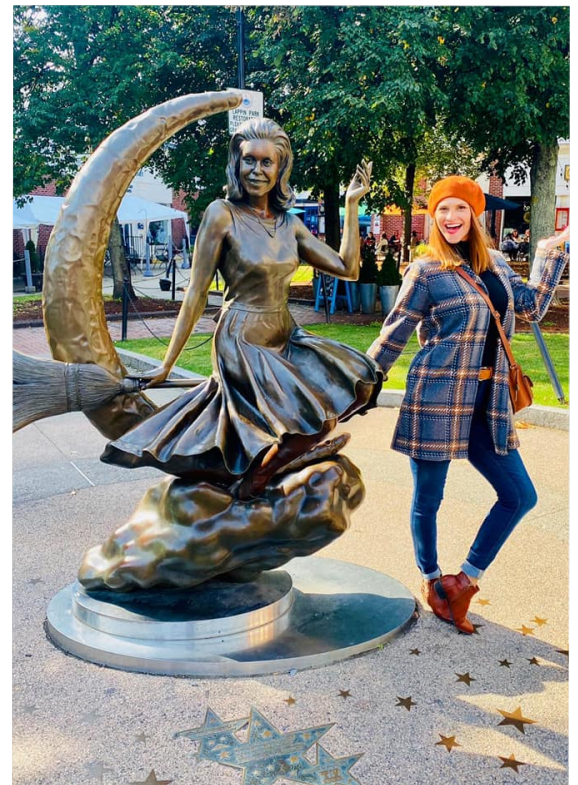
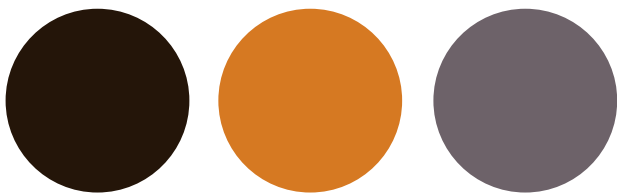
- Visit The Witches House, The Ropes Mansion, and other houses that were used in the film Hocus Pocus
- Stroll down Essex Street and stop in a magical shop or see the Bewitched Statue
- Go to the Salem Witch Trials Memorial
- Tour the Salem Witch Trials Museum
- Visit Nathaniel Hawthorne's birthplace and [The House of Seven Gables](#)
- Walk out to the Derby Lighthouse on Salem Harbor
- Walk around Salem Common at night and be amused by the Georgian-style houses lit up in Halloween décor; or join a ghost tour.

WHERE TO EAT/DRINK:

- Stop by the [Lobster Shanty](#) and order a lobster-tini that's garnished with a lobster claw.
- Grab a bag of goodies at the [Ye Olde Pepper Candy Companie](#), which is America's oldest candy shop.
- Dine at Tavern on the Green inside of historic [Hawthorne Hotel](#) and try the fig risotto, a Salem staple.

WHAT TO WEAR:

We were only in Salem for one day and night, but my wardrobe consisted of black, burnt oranges, and plaid to signify the classic Halloween colors and fall prints.



AT HOME

**ENTERTAINING
RECIPES
DECOR**



HOW TO:

HOST A HALLOWEEN PARTY

Want to host a spooktacular party for guests? Check out the tips and tricks on how to make the scariest night of the year a fun celebration.





1 PICK A THEME

There are various Halloween-inspired themes you can choose from. Once you decide a theme, it will be easier for you to create what food and drinks you want to offer that coordinates with that theme. Some themes include a gruesome bloody theme, a magical cottage witch theme, a pumpkins and spice harvest theme, a ghostly ghouls theme, or a gothic romance theme just to name a few.

2 FOOD & DRINK

Deciding on what food and drink to provide can be intimidating at first. But once a theme is in place, you can start creating a list of Halloween-inspired food and drink that can pair well with your theme.

For example, if it is a graveyard inspired theme, you can serve food and drinks that represent a skeleton or bone motif. If the theme is a magical cottage, then you can serve a cauldron of witches brew or potion looking cocktails.

Pro Tip: Provide at least one beverage in a large batch, such as punch or a cider, and always provide water.

3 MUSIC & GAMES

You can't have a Halloween party without some spooky music and games where your guests can win some candy. Music can be a dark and moody soundtrack or even fun dance tunes, such as Michael Jackson's Thriller.

For games, you can play the classic musical chairs paired with Halloween-inspired songs. You can play pumpkin bowling where you roll a pumpkin towards pins that look like skeleton bones. Or you can have a mummy-inspired toilet paper toss into buckets. How do you make these games, adult approved? Just add alcohol into the mix.

4 ATMOSPHERE

With any party, the vibe that you want to create is inclusive and welcoming. As a host(ess), make sure to invite your guests in with a smile and take their coats if they have one. Show them where the bathroom facilities are and where they can store their food or drink if they brought something. Then give them a tour if they have never been to your residence and then show them where the food and drinks are being served if it is a self-serving party. Once guests feel more welcomed in, introduce them to other guests, especially if they don't know anyone else.

As the party continues, make sure the food and beverage stands, dinnerware and utensils are always being restocked and filled. Last but not least, as a host(ess) make sure you talk to each guest throughout the evening, especially if its a larger party – ask if they are enjoying themselves and if there is anything you can do for them.



POISON APPLE CIDER

Take a sip of this apple cider and apple brandy infused sinister concoction



Ingredients

1/2 cup Apple Cider
1.5 jiggers Apple Brandy
.5 jigger Caramel Vodka
Cinnamon
Nutmeg

Instructions

1. In cocktail shaker filled with ice, pour in apple cider, apple brandy, caramel vodka, and dash of cinnamon and nutmeg
2. Shake and pour into coupe martini glass.

HEALTH & WELLNESS

MIND
BODY
SOUL

SUNDAY SCARIES: HOW TO COPE

Sunday Scaries are real. The "Sunday scaries" is a form of anxiety that involves nervousness and dread about the upcoming week that hasn't even happened yet. I'll be honest, my anxiety this October has been on an all-time high. If my week ahead isn't planned out in some form, then my anxiety kicks in. Or if the week doesn't go to plan as I hoped for then my anxiety again takes over.

Need help coping with the Sunday scaries? Check out the list of things I do to help mitigate my anxiety.



ORGANIZE

1. Take some time to write down your schedule of the week for each day and the goals you want to achieve.
2. Still have a long to-do list? Break up responsibilities into categories: ones that are harder and take up a lot of time and ones that don't.
3. For each day, start the harder tasks that take longer first that way you will feel more relief when they are done.

Pro Tip: If you still feel overwhelmed with a long list of goals and responsibilities for each day, then set a goal to try to just complete at least one task on your list per day.

THOUGHTS

1. If you feel overwhelmed with even organizing and making a list, take deep breaths and try to think of one responsibility at a time to write down.
2. Stay positive. I know I can get flustered if I feel I can't get all the things done because there is too many of them. Say to yourself that you are doing great and take one thing at a time and focus on that one thing and nothing else.
3. If you're in a slump and your thoughts turn negative, turn on some music for 15 minutes and come back refreshed or go on a 15 minute walk to calm your negative thoughts down.

RELAXATION & SLEEP

Once you feel confident and done organizing, do a relaxing activity to get your mind off of the upcoming week, such as take a bath, read a book, or cook a recipe. Also sleep is one of the most important things so hit the pillow earlier than usual to be refreshed for the week.

ARTS & CULTURE

TV/FILM

BOOKS

POETRY

MUSIC

VISUAL ART

PERFORMANCE ART

HISTORY & ORIGIN

HALLOWEEN

FROM THE CELTIC FESTIVAL OF SAMHAIN TO ALL HALLOW'S EVE

Halloween originated from the ancient Celtic pagan festival of Samhain. Samhain has been interpreted as marking the "end of summer" with a harvest festival taking place at the midpoint between the fall equinox and the winter solstice. During Samhain, celebrants believed that the barriers between the physical world and the spirit world break down, allowing interaction between humans and wandering spirits, known as *sídhe* or faeries.

People traveled throughout the community collecting firewood and food for the feast wearing primitive masks, face paint, and disguises to trick the dark spirits that may be roaming around into leaving them be. Samhain was a celebration of the beloved dead and it was also the beginning of the Celt's New Year.

Meanwhile in Rome, pagans there were honoring the dead during a different time of year: May 9, 11, and 13, known as Lemuria. Lemuria was a festival of the dead when dark spirits called *lemures* roamed the earth. Lemures were considered angry spirits of the deceased who hadn't had proper Roman burials.

In 609, Pope Boniface IV was trying to convert all the Roman Pagans to Christianity. In doing so, the Catholic Church thought it was easier for pagans to keep their traditions and adjust those practices and make them more "Christian" than for pagans to stop celebrating their traditions all together. Just think of this method as a huge marketing strategy for the Catholic Church in how they would convert others to Christianity and spread it throughout the world. The pope reconsecrated the pagan temple known as the Pantheon in Rome to the Virgin Mary and the Christian martyrs with a dedication date of May 13, which was the last day of Lumeria. Soon Lumeria was changed to All Saints' Day.

Over in the British Isles during the Middle Ages, trying to convert rural people to Christianity was more difficult so Pope Gregory III decided to move All Saints' Day from May to November 1. The traditions of both Lumeria and Samhain were now to be assimilated into the Christian celebration of All Saints' Day. Another name for All Saints' Day was All Hallows' Day because hallow meant holy and it was the day of the holies. Thus, the day before All Hallows' Day, October 31, became known as All Hallows' Eve, eventually being shortened to Halloween.

Eventually All Souls' Day was added as a day to honor the departed Christian souls on November 2.

DÍA DE LOS MUERTOS

Photo: Day of the Dead



Día de los Muertos, also known as Day of the Dead, is a two-day holiday that reunites the living and dead celebrated on November 1-2. It is mostly observed across Mexico, but it's also celebrated in other Latin American countries and in the United States typically among families with Mexican heritage.

Families create ofrendas, or offerings, to honor their departed family members that have passed. These altars are decorated with candles, sugar skulls, yellow marigold flowers, photos of the departed, and the favorite foods, drinks, and even personal belongings of the one being honored.

During Día de los Muertos, it's believed that the border between the spirit world and the real-world dissolve.

The souls of the dead awaken and return to the living world to feast, drink, dance and play music with their loved ones.

During the public celebration, people adorned with calavera, or skull, painted faces come together and have parades in the streets. Día de los Muertos originated from a blend of the Aztec festival that celebrated the dead and paid homage to Mictecacihuatl, the lady of death; and the traditions of the Catholic holidays of All Saints' Day and All Souls' Day that was brought over to Mesoamerica from Spanish conquistadors in the 16th century.

Although it is associated with these minor Catholic holidays, Día de los Muertos takes on a less somber tone and is portrayed as a joyful celebration.

TELEVISION & FILM

Succession has returned! The Emmy and Golden Globe winning drama is back for its third season.

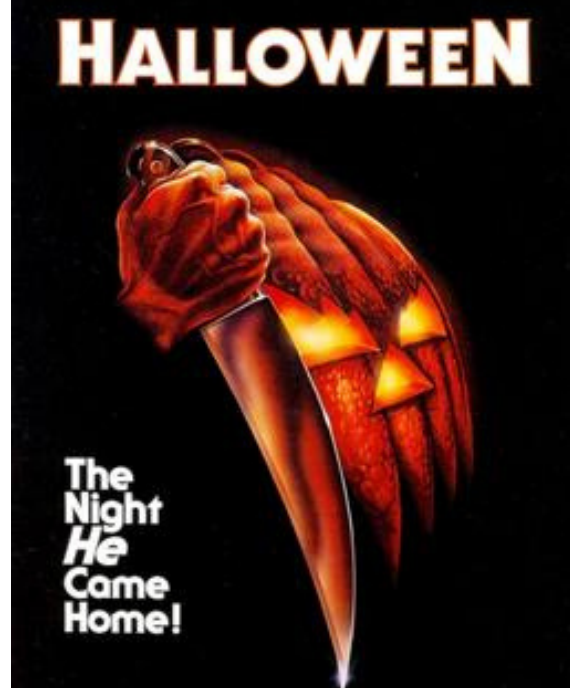
Succession centers on the Roy family, the dysfunctional owners of Waystar Royco, a global media and entertainment conglomerate, who are fighting for control of the company amid the uncertainty about the health of the family's patriarch, Logan Roy. Brian Cox stars as Logan Roy who clashes with his second eldest son Kendall Roy, portrayed by Jeremy Strong, who believes he's the most worthy child to take over the family business. This father-son battle is remarkable in how these two characters are written and the chemistry they have on screen – no wonder they both have won accolades for their performances.

The rest of the family consists of: smart-witted Siobhan "Shiv" Roy, the only female child who has a stylish sleek and polished wardrobe and goes from political strategist to having her own ambitions in wanting to take over Waystar Royco; Roman Roy, played brilliantly by Kieran Culkin, whose pompous and arrogant personality gives him some of the best dry comedic lines in the script; and eldest son Connor Roy, whose prone to delusions of grandeur thinking he can become President of the United States. And don't forget Shiv's husband – Tom, and cousin Greg who provide sarcastic and brash banter between their work relationship as boss and assistant.

Succession won the 2020 Emmy for Outstanding Drama series and it shows through its writing and character development of unlikable characters that you hate to love.



New episodes of Succession airs on Sunday nights on HBO Max.



With Halloween coming up and **Halloween Kills** out in theaters, I thought I discuss John Carpenter's classic 1978 horror film **Halloween**.

Anyone who has watched any scary movie knows who Michael Myers is. If not, you're in for a treat because guess what spoiler alert, HE NEVER DIES!! Michael Myers is the ultimate boogeyman, which is insane how a slow-moving man wearing a white mask carrying a butcher knife can freak people out.

Halloween has become one of the biggest horror film franchises with numerous sequels, remakes, and reboots, but the original 1978 film is still my favorite.

Halloween stars Jamie Lee Curtis as Laurie Strode, who ultimately gets stalked by her brother, a murderous psychopath who escapes a psychiatric hospital and returns home to fictional Haddonfield on Halloween night. Now if you see this film today, you may not think it is scary due to the lack of blood and gore typically used in horror films. But that's what makes Halloween in itself a masterpiece. It's the lack of blood, along with the cinematography and memorable score and theme song that puts this film on the top of the horror genre.

I watch Halloween every year in October and I think you should to. Halloween can be bought or rented on Amazon Prime.

A close-up photograph of a woman with long, reddish-brown hair. She is wearing a black, sheer, high-necked top and large, ornate silver earrings. Her makeup is dramatic, featuring bright yellow eyeshadow on her upper eyelids and pinkish-red eyeshadow on her lower eyelids. She is holding a bright red apple in her right hand, with her fingers wrapped around it. The background is a plain, light-colored wall.

**YOU WILL ALWAYS BE
FOND OF ME.**

**I REPRESENT TO YOU
ALL THE SINS YOU
NEVER HAD THE
COURAGE TO COMMIT.**

Oscar Wilde, *The Picture of Dorian Gray*

