



By Minal Gandhi



Point Mugu Air Show

Oct. 22-23—Six years since their last show here, the Blue Angels return to perform their aerial acrobatics. The public can grab some food before checking out vintage and modern military aircraft, including a few planes used in Operation Iraqi Freedom. *Naval Base Ventura County, Point Mugu. (805) 989-8786; www.nbvcc.navy.mil/airshow05.*



Taste of Newport

Sept. 16-18—Surely a paradise for salivating palates, this convergence of food, wine, and music attracts 75,000 visitors yearly. About 30 of the area's finest restaurants offer delectable fare while big-name bands take the stage to get Newport's "party of the year" started. *Newport Center Drive at Fashion Island, Newport Beach. (949) 729-4400; www.tasteofnewport.com.*

Haute Dog Howloween Parade and Canine Costume Contest

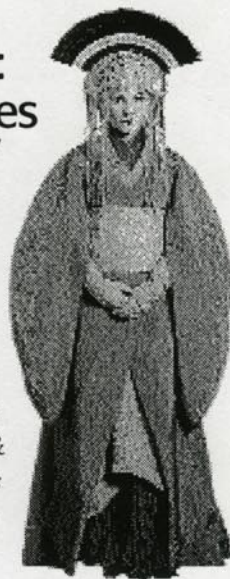
Oct. 30—Trick or doggie treats! It's a bone-afide good time when 450 of man's best friends come out in character. Festivities include a tail-wagging contest, a Bulldog Kissing Booth, and a costume competition in

which the winning pooch nabs a year's supply of dog food. *Livingston Park, E. Livingston Drive at Park Avenue, Long Beach. (562) 439-3316; www.hautedogs.org/howloween.html.*



"Dressing a Galaxy: The Costumes of Star Wars"

Sept. 12-Dec. 10—The force was certainly with them, but the garb also helped to power the *Star Wars* films. This exhibit showcases more than 100 original costumes and collectibles from the blockbusters, including Queen Amidala's regal robe. *Fashion Institute of Design & Merchandising Museum & Galleries, 919 S. Grand Avenue, Los Angeles. (800) 443-FIDM [3436]; http://starwars.fidm.edu.*



The Scottish Play

Sept. 20-Oct. 16—In this world premiere comedy, a director learns firsthand about the dirty seven-letter word thespians dare not utter: *Macbeth*. Audiences can expect sidesplitting mayhem when Shakespeare's centuries-old curse takes center stage. *Sheila and Hughes Potiker Theatre, La Jolla Playhouse, UCSD campus, San Diego. (858) 550-1010; www.lajollaplayhouse.com.*

Please note: Events and times are subject to change. Call the numbers listed for information.

Clockwise from top right: Justin Rudd; © 2005 Lucasfilm Ltd. & TM. All rights reserved; John L. Blom Photography; U.S. Navy



Procrastinators, Beware!

Gene Kano, owner of Best Magic Gags and Costumes, in Anaheim, offers these tips to revelers seeking Halloween costumes:

Shop early. The best time to buy or rent your disguise is at least three weeks before the holiday.

Consider renting. You'll probably find a better fit, and the material used is usually of higher quality than that found in packaged costumes.

Use your imagination.

Accessorizing can make a good costume great.

—Minal Gandhi

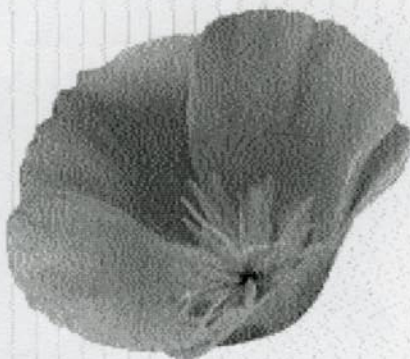


90% of parents admit to **sneaking goodies** from their kids' Halloween trick-or-treat bags.

(Source: National Confectioners Association poll; www.candyusa.org)

What Do Women Want?

Freud pondered that puzzler for more than 30 years, but participants at the 2005 California Governor and First Lady's Conference on Women and Families have some answers—leadership, activism, and family—all of which they'll discuss at this year's gathering on October 27 at the Long Beach Convention Center. The Auto Club is a cosponsor of the event. Speakers include Pulitzer Prize–finalist poet Maya Angelou and personal-finance expert Suze Orman. Tickets are expected to sell out. (800) 431-2021; www.californiagovernorsconference.org. —Annette Winter



On the Money

That's Life

Regardless of your age or marital status, purchasing life insurance can be a good idea. An insurance agent can walk you through specific types of policies. Also consult your financial advisor, tax consultant, or attorney to make sure your choice suits your overall financial goals.

New graduate

Life insurance may be a good investment. You can lock in a rate, and, under current law, taxes are deferred on contributions to certain policies—such as a universal life insurance policy—until you withdraw the money.

Married

In the unfortunate event of your death, your spouse could use the death benefits toward car payments, a mortgage, and other expenses.

Parent

Death benefits can help provide for your kids, too. When determining coverage, consider their current needs, as well as future education and even weddings.

Empty-nester

If you've fully funded an IRA or 401k, you might consider investing in a tax-deferred annuity.

Retiree

Annuities can offer a fixed return for a specified period of time.

—Brenda Tabor



Blister-Free Hiking

Summer's a great time to explore San Diego's 300-plus miles of hiking trails. Take these steps to avoid blisters.

- Trim toenails.
- Protect problem areas with an adhesive bandage or moleskin.
- Wear socks made of a moisture-wicking fabric, such as polypropylene. Cotton retains moisture, making blisters more likely.
- On long walks, carry a kit containing scissors, 2nd Skin (a gel-like dressing available in drugstores), moleskin, and medical tape.
- Don't be a tough guy. Stop at the first sign of irritation, before a blister forms, and apply a dressing. —Karen Berger



See-Worthy

Movie night is smooth sailing at the Maritime Museum of San Diego, where you can enjoy cinema aboard the *Star of India* (pictured) on select summer nights. The Movies Before the Mast series features nautical-themed films, such as *Peter Pan*.

Admission to *Master and Commander: The Far Side of the World*, starring Russell Crowe, includes a tour of the H.M.S. *Surprise*, the 179-foot full-rigged vessel used in the movie.

Reservations: www.sdmaritime.org.

—Minal Gandhi

On the Money

Activity Central

Looking for great deals on summertime activities, classes, and entertainment? Browse the activity catalogs for city parks and recreation departments. —B.T.

Summer Escape

Travel far and wide this summer at Mysterious Galaxy, a specialty bookstore where mysteries and science fiction rule. The store carries new books only and highlights recent arrivals. Young people have their own reading nook. Online and mailed newsletters deliver news of author signings and reviews, and a reading group meets every three weeks. 7051 Clairemont Mesa Boulevard, #302, San Diego; (858) 268-4747; www.mystgalaxy.com.

—S.L.