This month's interview is with Elizabeth Gomez, Director of Business Assistance and Community Outreach for Alderman Scott Waguespack's Office. 2657 N. Clybourn.

Q. Where were you born and raised?
A. Fort Dix, New Jersey, but I grew up in a variety of places. Chicago has been the longest.

Q. Are you married? Any children?
A. Yes, with 2 children.

Q. Where did you attend school?
A. The School of the Art Institute in Philadelphia.

Q. What was your first paying job?
A. Working in a 99 cent movie theater in Hopewell, Virginia.

Q. What was the best advice you were ever given?
A. I read some new age stuff and it said “Every decision is based on love or fear. Either move forward in love or you have to conquer fear.”

Q. What hobbies or special interests do you have?
A. I am a writer, storyteller and comedian. I like to distance bike ride. I have done 100 mile bike rides two weeks in a row. I also founded the first female roller derby league in Chicago—the Windy City Rollers.

Q. What is your favorite TV show, movie and book? What type of music do you like?
A. My favorite TV show is “Game of Thrones”; my favorite movie is “History of the World- Part 1”. My favorite book is “Sidhartha” and my favorite type of music is R&B.

Q. What is your favorite childhood memory?
A. Watching my dad listening to music after leaving the field as a soldier.

Q. What would you like to do in your life that you haven’t done so far?
A. It never gets old.

Continued page 2

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Q. What would you like to do in your life that you haven’t done so far?
A. It never gets old.
A. Camp in Utah.
Q. If you could travel to any place in the world, where would you go and why?
A. Tibet, because it would most likely be the Baltics or the Maldives.
Q. Who do you most admire and why?
A. My mom. It had to be difficult to move to a new country without the first time and raise 2 American kids, especially with no husband or family to count on for support. Overcoming many obstacles, she started her own business.
Q. What have been your three greatest achievements?
A. Being with the windy City Rollers for 18 years; Riding 100 miles on a bike at the age of 43 and keeping my family together.
Q. What have been your three greatest dis-appointments?
A. The election of Trump, not being able to reconnect with my father and not getting a certain flavor of Italian ice at Miko’s.
Q. If you could meet anyone in the world, who would that individual be and why?
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It’s that time again … flu season is on the way. Vaccines are already available and it’s never too early to get your shot. Don’t delay, get your flu shot today.

Some of you may be thinking, “Why get it now?” You might be thinking, “I’ll just wait until the shot is covered, as well as the reason or another. Don’t delay; it takes some time for the immune system to respond.”

Some of us under 65 shouldn’t have to wonder if they should get the flu shot. We need to have a strong immune response we need to avoid the flu. The Merit Systems Protection Board pump in on one too, Long ago the VA tried twice to remove an employee, because he was being investigated for a fraud.

This is the same place where a veteran getting his care had his unique schedule altered, basically he was being punished. The veteran had to turn over all his personal info to the VA. Some of us under 65 shouldn’t have to wonder if they should get the flu shot. We need to have a strong immune response we need to avoid the flu.

The Department of Veterans Affairs’ new authority to get rid of an employee is a good thing. An employee at the Memphis VA Medical Center was arrested for an aggravated assault with a deadly weapon and criminal impersonation of an office. He was trying to check out a woman who was done with the police.

According to the VA, the employee had been receiving mail and had been suspended. What, exactly, does that mean. Taking steps to termini the employee? Barred from the VA facility. Told he had to stay home with Inquiring minds want to know. Will the Merit Systems Protection Board pump in on one too, Long ago the VA tried twice to remove an employee, because he was being investigated. The Department of Veterans Affairs’ new authority to get rid of an employee is a good thing. An employee at the Memphis VA Medical Center was arrested for an aggravated assault with a deadly weapon and criminal impersonation of an office. He was trying to check out a woman who was done with the police.

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Modern Thoughts on the Paleo Diet

Dr. Menard Johnson

Despite all the talk about a few months of stress eating, I have gained a lot of weight. People swear that the Paleo diet would help me lose weight and feel better. Do you recommend it?

ANSWER: Most diets good points and bad points, and work better or worse for different people. The Paleo diet is no exception. The theory behind Paleo is that humans are best adapted to the diet that Paleolithic man ate 10,000 or more years ago, which was high in meat, with relatively large amounts of fruits and vegetables, and very little grain. I disagree with the theory on several points, especially that it is a fundamental misunderstanding of adaptation, in that there’s no guarantee that evolution produces a “best” adaptation, merely one that’s good enough. Paleoolithic man ate what he had to survive, not necessarily what was optimum for his health.

The part about the Paleo diet that I do like is its recommendation against highly refined grains and other processed food, which is a good piece of usual recommendation to eat as much real food. It’s important to remember that the healthiest diet isn’t the healthiest diet before eating beans, was busily running away from him and did not have remotely the fat content of today’s supermarket meat. The nuts and vegetables are in fact highly nutritious, but are vastly different from those available to Paleolithic man, according to a great talk from Christina Warriner. Finally, there is abundant evidence that pre-agricultural man, from many different societies, had attherosclerosis in the unlikely event he lived into his 40s.

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DEAR DR. ROACH: In my late teens and early 20s, I suffered acne that resulted in scarring that is still visible now, even though I am in my 40s. I assume it will be visible for the rest of my life. My acne was cured when I took isotretinoin. Now I also suffer from ulcerative colitis. Even though my colitis has been under remission after I completed my treatments for acne.

Now that my children are entering their teens, is it possible for them to avoid my fate? Are acne problems like mine hereditary, or do they avoid the problems I experienced with proper hygiene?

ANSWER: Acne, familiar to almost all teenagers, is caused mostly by the bacteria P. acne, but also by hormonal changes that affect the skin oils and cells, predisposing the skin to bacterial growth. Hygiene has a limited effect on acne, with overwashing and only occasional skin irritation may exacerbate the acne. Acne does tend to run in families, so your children are more likely to have acne than average. The association of ulcerative colitis with acne is a type of inflammatory bowel disease, with isotretinoin (Acitretin) is a common cause of acne. With the success and the availability of other treatments in the most recent data and the opinion of professional groups generally that isotretinoin probably does not cause IBD. While I can understand why you might want to avoid your fate as a parent, most effective treatment, and is still worth considering if other options fail.

***

Does Flushing Toilet Really Spread Germs?

DEAR DR. ROACH: I have seen articles in several publications over the years that talk about the dangers of flushing a toilet with the seat up, and all the nasty, germ things that come floating up on droplets of water. While it’s enough to scare one, when you think about it and all the public restrooms with toilets that don’t have the last person who used it, it’s still enough to worry me. I hope this is just misinformation or overblown facts. Can you address this issue? — J.N.

ANSWER: Mostly overblown facts, I think. A study did show that bacteria and viruses can be spread by water droplets around the area of a toilet, but not (and presumably with the lid up). However, these germs don’t go through intact skin and it’s why we aren’t all sick to the key not to get infected is handwashing after using the restroom. However, I think keeping your toothbrush a way away from the toilet also might be a good idea, having read through the research.

***

DEAR DR. ROACH: Please tell me where I can find more information about the Mediterranean diet.

ANSWER: The Mediterranean diet is not a single diet, it’s a collection of several cultures that share some important elements and which have been shown to reduce rates of heart disease and diabetes. Some common features are: mostly plant-based foods, including a high consumption of fruits, vegetables, legumes, nuts, and whole grains; low to moderate intake of red and processed meats; Mediterranean diet in low to moderate amounts and moderate amounts of alcohol. This and other health benefits and a change in the Mediterranean and the Mayo Clinic websites have more information about this diet, that your dietitian will help you and there have been multiple studies on the Mediterranean diet and found that people who regularly drank 373 calories on this topic also have been shown to reduce heart disease and diabetes. There are many ways to eat healthy. It’s a Mediterranean diet a great choice, but recommend a diet for heart and healthy eating.

DEAR DR. ROACH: My prima- care doctor hasn’t been able to answer this. What are the pros and cons of having shingles vaccine if one has genital herpes and being treated with acyclovir? I’m in my 60s. — A.A.

ANSWER: The potentially con- fusing element is how herpes is caused by herpesviruses simple IL, which is so in the same family of viruses as varicella-zoster virus, the cause of shingles. However, the vaccine will not affect the herpes or its treatment, so you have the same recom- menda- tion for this person, which is to get the vaccine. Anyone who could have taken the vaccine unless there is a reason he or she can’t get it, such as having a serious immune system disease, like advanced HIV, being on medications that suppress the immune system or having recently had cancer chemotherapy.

***

Mixed Signals on Heart Rhythms

DEAR DR. ROACH: I am a 75-year-old man who recently experienced three episodes of lighthead- edness. After testing, my cardiol- ogy determined that these were not likely to be cardiac in origin. My doctors recommended that I have a Holter monitor for 24 hour Holter monitor, which showed a little more than 1,000 PVCs (premature ventricular contractions). It has been told that this is either “dire” or not a concern. I would appreci- ate your comments on this and any discussion of treatment for frequent PVCs.

ANSWER: Normally in the heart, the electrical impulse starts at the sinus node, often called the pacemaker of the heart. The impulse prop- agates down clearly defined pathways (think of them as wires) to the atrio- venricular node, where it waits for the next wave of the heart to catch up with the electrical system. The electrical impulses that then move down the bundle of His to the Purkinje fibers, which stimulate the ventricles. Occasionally, in everybody, an elec- trical impulse will come from a differ- ent part of the heart before the normal sinus impulse. If it comes from the atria, it is called a premature atrial contrac- tion; and if it’s from the much larger ventricles, a premature ventricular contraction. These are clearly distin- guishable on an EKG. A PAC is early and narrow (since the impulse will go through the AV node), while a PVC is early and wide (since it does not, and must travel cell to cell).

I’m opinion that frequent PVCs at your level is somewhere between not an issue and “dire.” One study showed that people who had no known heart disease but more than 30 PVCs an hour (720 in 24 hours) have an increased risk of death. Another study looked at people with fewer than 30 per hour. The overall increase in risk is not large in absolute terms, however. Although there is treatment that can make these PVCs go away, it’s not clear that this reduces the risk of heart disease, and some treatments increase severe mortality risk. I recommend treatment for frequent PVCs only if there are very bothersome symptoms that are clearly related to the PVCs, or in the very infrequent event of someone with so many PVCs that the fast heart rate damages the heart.

***

DEAR DR. ROACH: What is Demodex of the eyelashes? Can it affect other parts of the body? Is it dangerous?

ANSWER: Demodex folliculorum is an organism that lives on human skin in hair follicles. There is debate whether they cause increased eye irritation of the eyelids. Most opinions I read sug- gest the organism lives on the skin. I have reported eye symptoms in some peo- ple with more than usual amounts of Demodex, which can be treated with medication. In most people, Demodex folliculorum is part of the normal flora, like the bacteria and fungi we carry around as well.

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Premarital Prenuptial Agreement

There are many variables in working out a plan that is right for both spouses. One is to sign a prenuptial agree- ment which means that each person’s assets such as re- tirement, checking and sav- ings accounts, would be kept separately. If the marriage has proven to be successful, you or your spouse might need to change your minds, and convert accounts to being jointly held.

Two landlord either partners en- tered into a second marriage with sizable assets. These assets are held in individual trusts, which hold pre-mar- riage investment accounts and property. However, both trusts should be “revocable,” meaning that upon death, beneficiaries generally can get access to assets without going through the lengthy and costly process of probate court if you decide to keep those individual trusts, designate each other as the beneficiary. You may decide to create a joint trust which could contain a house pur- chased after marriage and a joint checking account. Both parties should sit down to- gether once a month to pay bills where the mon- ey is going. Ignorance is not bliss. The more money each spouse has before the mar- riage, the greater the need for multiple investment accounts and careful management of beneficiaries.

Age Differences

Money issues can get a little tricky when there is a signif- icant difference in age, with separate retirement projec- tions to manage your 401(k) and other individuals held separately. One factor that must be considered is elderly, especially if a child has a mental or physi- cal disability. There are so many vari- ables but don’t wait to get your finances in order.

WHAT’S MINE IS MINE AND WHAT’S YOURS IS MINE

Getting married is one of the most significant decisions you will make. Along with decisions about your joint fi- nances. Good planning and clear communication about finances in marriage is critical to stronger. If this subject was not addressed before the wedding, now is the time to sit down and work out a plan for your respective futures. Who owns what? There are two basic property systems in the U.S. covering assets brought into marriage or gained while together.

Community Property

Nine states have laws say- ing that generally everything obtained once a couple is married is considered jointly owned.

Common Law

Property acquired by one member of a married couple is owned completely by that person — even if obtained during marriage.

Prenuptial Agreement

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Second Marriages

Perhaps both partners en- tered into a second marriage with sizable assets. These assets are held in individual trusts, which hold pre-mar- riage investment accounts and property. However, both trusts should be “revocable,” meaning that upon death, beneficiaries generally can get access to assets without going through the lengthy and costly process of probate court if you decide to keep those individual trusts, designate each other as the beneficiary. You may decide to create a joint trust which could contain a house pur- chased after marriage and a joint checking account. Both parties should sit down to- gether once a month to pay bills where the mon- ey is going. Ignorance is not bliss. The more money each spouse has before the mar- riage, the greater the need for multiple investment accounts and careful management of beneficiaries.

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1. Touch and Go was released by what group?
2. Which band scored a Top 10 hit with “Wives and Lovers”?
3. Name the song that contains this lyric: “Remember when the days were long, And rolled beneath a deep blue sky, Didn’t have a care in the world.”

Answers:
1. The Cars, off their “Panorama” album in 1980. The song only went to No. 37 in the U.S., but soared to No. 2 in France. Go figure.
2. Sugarloaf, in 1970. The original single came in at almost six minutes, but had to be cut down to three minutes for airplay.
3. "This Guy’s in Love with You," in 1968. Known as a trumpet player, this was the rare occasion when his singing voice was recorded.

7. Which band scored a Top 10 hit with “The End of the Innocence”?
8. What group?

Answers:
6. The Eagles
7. Eagles
8. Eagles

Thought for the Day:
• You might be surprised to learn that the mouth of an anteater is only an inch wide.
• You might be surprised to learn that there is no such thing as a poisonous snake. Of course, there are venomous snakes. What’s the difference? You might be surprised to learn that a poisonous snake has detrimental effects when you ingest it — for example, poisonous mushrooms. As a general rule, eating snake meat won’t hurt you. Because snakes inject the toxin into your bloodstream, they’re venomous.

Your fireplace needs attention!

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Top 10 Movies On Demand
1. The Mummy (R) — Universal
2. Captain Underpants: The First Epic Movie (PG) — Paramount
5. The Lion King (G) — Disney
6. Baywatch (PG-13) — Paramount
7. The Boss Baby (PG) — Universal
8. Alien: Covenant (PG-13) — Fox
9. It Comes at Night (R) — Lionsgate
10. A Ghost Story (PG-13) — Focus Features

Top 10 Video Sales and Rentals
1. The Lego Ninjago Movie (PG) — Warner Bros.
2. Dwayne Johnson
3. Chris Pratt
4. Fast & Furious (PG-13) — Universal
5. Home Again
6. The Lego Ninjago Movie
7. Russian Roulette
8. Goosebumps
9. Wind River
10. It

Top 10 DVD, Blu-ray Sales
1. The Mummy
2. Captain Underpants
3. Guardians of the Galaxy Vol. 2
4. The Big Bang Theory: The Complete Season 11
5. The Lion King
6. Baywatch
7. The Boss Baby
8. Alien: Covenant
9. It Comes at Night
10. A Ghost Story

NEW TV RELEASES
1. 2 Broke Girls: The Complete Series (PG)
2. American Horror Story: Roanoke (NR) — In an opulent banners, post-apocalyptic future, a man (Martin McCann) lives alone in the desert farms of a small plot of land, ever vigilant for raids and thieves. The tension in the silence of the post-apocalyptic landscape, giving us an escalating study in need.
3. New Girl: The Complete 6th Season (G)
4. Arrow
5. Arrow
6. Arrow
7. Arrow
8. Arrow
9. Arrow
10. Arrow

PICKS OF THE WEEK

Pirates of the Caribbean: Dead Men Tell No Tales (PG-13) — Jerry Bruckheimer brings yet another installment of the franchise, in which the luckless Capt. Jack Sparrow (Johnny Depp) once again falls into the clutches of the nefarious Salazar (Javier Bardem), once a Spanish pirate hunter now cursed with the fate of the Silent Mary. Jack must track down the legendarry Trident of Poseidon, with help from Will Turner’s son Henry (Brenton Thwaites) and the lovely astronomer Carina (Kaya Scodelario). Geoffrey Rush returns as Capt. Barbossa. While repetitive in theme, it’s still packed with interesting visuals and plenty of love and action, at least enough for a satisfying romp after two years.

Goon: Last of the Enforcers (R) — A hockey lockdown brings a slew of new players to the Canadian minor league, just as Doug "The Thing" Glatt — the gold-hearted goon of the 2011 original film, again played by Seann William Scott — is sidelined with a shoulder injury. Now married to Eva (Alison Pill), and expecting a baby, he attempts to settle into a normal life and job, but is brought back onto the ice when his nemesis, the aggressive son of his former coach, grabs his shoulder. With help from Will Turner’s son Henry (Brenton Thwaites) and the lovely astronomer Carina (Kaya Scodelario). Geoffrey Rush returns as Capt. Barbossa. While repetitive in theme, it’s still packed with interesting visuals and plenty of love and action, at least enough for a satisfying romp after two years.

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HOLLYWOOD — Mark Wahlberg tops Forbes Magazine’s list of highest-paid actors for 2017 with $76 million (pretax), thanks to “Transformers: The Last Knight,” “Daddy’s Home 2,” arriving Nov. 10, with Will Ferrell and Mel Gibson, and the critically acclaimed “All the Money in the World,” with Michelle Williams and Kevin Spacey. Due Dec. 8. This doesn’t include the fortune he’s making from Spectrum commercial and “Wahlburgers” (the series and the hamburger joints). He also makes big bucks for producing.

No. 2 is “The Rock,” Dwayne Johnson, up $50 million this year with $55 million from “Baywatch,” “Jumanji: Welcome to the Jungle” (July 21 release) and “Skyscraper” (July 13 release) and “Fighting With My Family.” He added monies for successfully producing another actor producing for real big bucks is Vin Diesel, whose slice of the billion-dollar grosser “The Fate of the Furious,” made him No. 3 at $54 million, with help from “The Return of the Furious,” “Shanghai Knights” (2003), again “Shanghai Dawn,” the sequel to “The Bourne Identity,” “Iron Man” (2008), for a No. 3 spot in the billion-dollar club, and “Iron Man 3,” and it stacks up big. Another actor producing for really big bucks is Vin Diesel, whose slice of the billion-dollar grosser “The Fate of the Furious,” made him No. 3 at $54 million, with help from “The Return of the Furious,” “Shanghai Knights” (2003), again “Shanghai Dawn,” the sequel to “The Bourne Identity,” “Iron Man” (2008), for a No. 3 spot in the billion-dollar club, and “Iron Man 3,” and it stacks up big.

Two-time Oscar winner Hillary Swank, now onscreen with Chang-Tatum in the mediocre “Logan Lucky,” has completed “Steps,” with Helena Bonham Carter and Jeffrey Tambor. “What They Had,” with Michael Shannon, Robert Forster and Blythe Danner, and is executive producing and starring in “Inmates Survive.” No doubt it will be a “Swank Production.”

HOLLYWOOD — Kristen Wiig is headed for superstardom. The recent “Despicable Me 3,” which she voiced along with Steve Carell, grossed $975 million. The just-released psycho-horror film “Mother,” with Oscar-winners Jennifer Lawrence and Javier Bardem, will be followed by “Downsizing.”

Jennifer Hudson, Kevin James, Tom Cruise and Rob Schneider. “The Meyerowitz Stories,” with Michelle Williams, Ben Stiller and Laura Dern and Jason Sudeikis (Oct. 22). The Venice Film Festival screening brought unanimous praise from ALL the critics. It’s slated for release May 11 and also stars SNL alums Maya Rudolf, arrives in addition to “Modern Family’s” Julie Bowen. “The Happy Time Murders,” a co-production with The Jim Henson Company, co-starring Maya Rudolf, arrives Aug. 17, followed by “Maggie Claus,” a co-production with Warner Bros. and New Line aiming for 2019 release. McCary also is slated for two more films with Warner/New Line, two with 20th Century Fox, one with Universal and another with Paramount Pictures. She and Falcone also produced 12 episodes of the TV Land series “Nobodies.”

Wiig has “Where Do You Go, Bernadette,” with Cate Blanchett, in the can and is now working on “The Heyday of the Insensitive Bastards,” a film with seven vignettes that explore the difference between fantasy and reality, memory and history, and the joy and anger of the human condition. The film also stars Matthew Modine, Jodie Foster, Frances, Kate Mara, Amber Tamblyn and Natalie Portman. It also will mark the film debut of Oscar-and-talk-show host Jimmy Kimmel, as Mr. Chipmunk. Wiig wrote and stars on the American version of the German-Austrian comedy-drama “Toni Erdmann,” with Jack Nicholson as her father.

Q: A friend of mine in England was telling me about this new show called “The Halcyon,” which she described as “Downton Abbey” in a hotel. Will that show ever come to the States? If not, do you know where or how I can see it? — Lottie F., via email

A: “The Halcyon,” which is produced by Chris Crouch, who also produced “Downton Abbey,” is similar to “Downton,” but it’s quite different in most regards. The acclaimed U.K. series, which tells the story of a bustling and glamorous five-star hotel at the center of London society during World War II, premiered Monday, Oct. 2, at 10 p.m. ET on Ovation with eight one-hour episodes. I spoke with series star Kara Tointon recently, and she gave me the inside scoop.

Kara revealed: “It’s such a compliment to have a comparison to anything that’s been so successful like ‘Downton Abbey.’ I can see the similarity because you’ve got it upstairs/downstairs element, but it’s a completely different backdrop of location and storyline-wise and character-wise. The best way to watch anything is just to go in completely fresh-eyed, and just take it for what it is; you’ll get the best outcome when you do that. It’s a really warm show with a great heart, and it’s fun to get carried up by the journey.”

Kate also told me about all her fond memories on the set: “I’m sure something about that time, as awful as it was, but it was electric and beautiful. You have the music and people just wanting to have fun, life was pretty tough, and people were just gathering together. There was a lot of love, and a lot of good things sometimes come from bad times. I just remember it being a lovely atmosphere. It was a great cast and crew, and everyone just enjoyed being at work. It was one of the most enjoyable things I’ve ever done.”

What’s Hot in Hollywood

Celebrity Extra by cindy elavsky

Q: What has Tom Welling been up to lately? I haven’t seen him much since “Smallville,” — Geery T., via Facebook

A: The handsome superhero has just landed a role on the Fox hit supernatural/crime/drama series “Lucifer.” In its upcoming third season, premiering Oct. 2 with 26 all-new episodes — Tom plays Marcus Pierce, a well-respected police lieutenant who develops a romantic connection with Chloe (played by Lauren German). I’m thinking that Lucifer, played by the handsome and charismatic Tom Ellis, will certainly have something to say about that.

READERS: In other “Smallville” news, Erica Duranci — who played opposite Tom Welling as Lois Lane — has been tapped to replace Laura Benanti as Kara’s mother, Alura, in season three of the CW’s “Supergirl.” Executive producer Andrew Kreisberg revealed a few months back, “Unfortunately, Laura was unable to continue in the role due to work commitments in [New York].”

Write to Cindy at King Features Weekly Service, 625 Virginia Drive, Orlando, FL 32803; or e-mail her at lettercindyelavsky.com.

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Italian Ham Fettuccine

This generous serving of pasta is sure to round out anyone’s dinner plate — and with all the zest of a good Italian dinner:

1½ cups diced 97 percent fat-free Italian dinner! 97 percent fat-free 1/2 cup chopped onion 1 (14½-ounce) can Italian sauce 1 (8-ounce) can Hunt’s Tomato stewed tomatoes, undrained ¾ cup shredded carrots 1 cup chopped zucchini ¼ cup Kraft Reduced Fat Exchanges: 2 Meat, 2 Vegetable, 1 1/2 17g protein, 36g carbs, 964mg sodium uncooked fettuccine cooks to about 8 ounces reduced fat turkey with apples, carrots and red potatoes. 1/2-inch-thick slices kielbasa, cut diagonally into 1-inch chunks 1 bag (16 ounces) sauerkraut, rinsed and drained 1/2-inch chunks 2 Golden Delicious apples, rinsed and drained 1 tablespoon cider vinegar 1 teaspoon spicy brown mustard 1/4 teaspoon celery salt Kielbasa Medley A hearty one-skillet dinner made with apples, carrots and red potatoes. 8 ounces reduced fat turkey kielbasa, cut diagonally into 1/2-inch-thick slices 12 ounces red potatoes, cut into 1-inch chunks 2 cups shredded carrots (about half 1/2-inch onions) 1/2 teaspoon dried parsley, rinsed and drained 2 Golden Delicious apples, unpeeled, cored and cut into 1/2-inch chunks. Good Housekeeping Grilled Sausage and Apple Slaw Subs Hearty braa and creamy, crunchy slaw are made for fall tailgating with the addition of crisp apples.

4 whole-wheat flour tortillas 2 large unpeeled Granny Smith apples 1/2 small red onion 1/3 cup mayonnaise 1 tablespoon cider vinegar 1 teaspoon spicy brown mustard 1/4 teaspoon celery salt 1 cup creamy mustard blend 3/4 teaspoon salt 1/3 cup pitted ripe olives (6-ounce) bag radishes 1 cup chopped zucchini 1 tablespoon cider vinegar 1 teaspoon spicy brown mustard 1/4 teaspoon celery salt 1 tablepoon creamy mustard blend 1 teaspoon salt. Good Housekeeping New Fried Chicken Our answer to high-fat fried chicken: skinless drumsticks brushed with creamy mustard, coated with crushed whole-wheat cereal and baked to a crispy golden brown.

8 large chicken drumsticks (about 1 1/2 pounds) 1/2 cups whole-wheat-flake cereal, coarsely crushed 2 tablespoons dry parsley flakes 1/3 cup creamy mustard blend 3/4 teaspoon salt 1 cup pitted ripe olives 1 bunch watercress 2 tablespoons bottled light Italian salad dressing. Good Housekeeping Custard Apple Pie October is National Apple Month. This one is quick and easy, and with the right cooking apple you will have created the great ending to a wonderful meal.

1  Pillsbury refrigerated unbaked 9-inch pie crust 6 cups (12 small) corn, peeled and thinly sliced cooking apples 1 cup Splenda Granular 2 tablespoons all-purpose flour 2 tablespoons plus 2 teaspoons 1 Can’t Believe It’s Not Butter! Light Margarine 1 teaspoon apple pie spice 1/3 cup Land O Lakes Fat-Free Half and Half 1. Heat oven to 350 F. Place pie crust in a 9-inch pie plate. Flute edges. Evenly arrange apple slices in prepared pie crust.

2. In a medium bowl, combine Splenda, flour, margarine and apple pie spice. Mix with a fork to make a crumbly mixture. Spoon half the mixture over apples. Stir gently to blend into apples. Carefully pour half and half over apple mixture. Sprinkle remaining crumb mixture over top. 3. Bake for 1 hour. Place pie plate on wire rack and allow to cool completely. Cut into 8 servings.

4. Each serving equals: 205 calories; 9g fat, 1g protein, 30g carbs, 145mg sodium, 19mg calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Fruit, 1 Starch, 1 Carb Choices: 2.
Crime

Simple assault at a convenience store on the 3400 block of North Halsted Avenue.

Simple battery in a parking lot on the 3400 block of North Halsted Street.

Aggravated battery causing serious injury at a grocery food store on the 2900 block of North Ashland Avenue.

Burglary and unlawful entry of a residence on the 1000 block of West Roscoe Street.

Burglary with forcible entry to a residence on the 900 block of West Oakdale Avenue.

Burglary and unlawful entry to a residence on the 100 block of West Roscoe Street.

Vandalism and criminal damage to a vehicle on the 3200 block of North Halsted Street.

Criminal sexual assault not aggravated on the 800 block of West Wellington Avenue.

Deceptive practice and credit card fraud on the 500 block of North Paulina Avenue.

Deceptive practice using a counterfeit document at a restaurant on the 800 block of West Roscoe Street.

Criminal damage to property at a bar on the 1000 block of West Addison Street.

Motor vehicle theft of an automobile off the street on the 1500 block of West Wellington Avenue.

Violating an order of protection at a bar on the 3300 block of North Halsted Street.

Strongarm robbery with a weapon on the sidewalk on the 3900 block of West Belmont Avenue.

Theft from a residence on the 3300 block of North Paulina Avenue.

Theft by pick pocketing on a CTA bus on the 500 block of West Roscoe Street.

Theft over $300 from a residence on the 800 block of West Buckingham Place.

Theft from a restaurant on the 2900 block of North Clark Street.

Theft from a restaurant on the 900 block of North Belmont Avenue.

Domestic battery on the sidewalk on the 3400 block of North Halsted Street.

Burglary on the 1000 block of West Addison Street.

Simple assault on the 3200 block of North Sheffield Avenue.

Simple battery on the 3200 block of North Wilton Avenue.

Simple battery at a parking lot on the 2900 block of West North Avenue.

Criminal trespass to a bar or tavern on the 3000 block of North Halsted Street.

Deceptive practice of theft of labor/services at a restaurant on the 900 block of West Belmont Avenue.

Motor vehicle theft of an automobile off the street on the 3100 block of North Cambridge Avenue.

Theft over $300 from an apartment on the 800 block of West Buckingham Place.

Retail theft from a convenience store on the 3000 block of North Halsted Street.

Theft of under $300 on the street on the 3200 block of North Halsted Street.

Theft from an apartment building on the 3500 block of North Wilton Avenue.

Theft from a small retail store on the 2900 block of North Clark Street.

Possession of more than 30 grams of marijuana.

Endangering the life or health of a child on the sidewalk on the 3000 block of North Elston Avenue.

Financial identity theft over $300 at a residence on the 600 block of North Cornelia Avenue.

Harassed by electronic means at a residence on the 1200 block of West Nelson Street.

Possession of more than 30 grams of cannabis in a police facility parking lot on the 2400 block of West Belmont Avenue.

Simple battery in an alley on the 1100 block of West Addison Street.

Simple battery at a bar on the 900 block of West Belmont Avenue.

Simple battery to a professional employer minimum injury at a hospital building grounds on the 800 block of West Wellington Avenue.

Simple battery on the street on the 3300 block of North Halsted Street.

Burglary and forcible entry to an apartment on the 1000 block of West Surf Street.

Burglary and forcible entry to an apartment on the 2900 block of North Clark Street.

Financial identity theft over $300 from a bank on the 800 block of West Wilmette Avenue.

Deceptive practice of counterfeiting documents counterfeit money trying to be passed on the 3300 block of North Lincoln Avenue.

Financial identity theft over $300 at an apartment on the 600 block of North Cornelia Avenue.

Harassment by telephone at a medical dental office on the 3000 block of North Halsted Street.

Strongarm robbery on the sidewalk on the 1000 block of West Belmont Avenue.

Theft over $300 at a parking lot or garage on the 3000 block of North Broadway.

Pick pocketing on the sidewalk on the 3000 block of North Clark Street.

Theft of $300 and under at a residence on the 3200 block of North Clark Street.

Simple assault on the street on the 3000 block of North Clark Street.

Simple assault on the street on the 3200 block of North Wilton Avenue.

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A Guide to Outfit Your Home

Kitchen
- High-quality knives and a sharpener for even, precise slicing and dicing
- A collection (although not necessarily a matched set) of pots and pans in varying sizes with lids
- Wooden spoons and plastic spatulas and scrapers that allow you to prep meals without damaging pots and pans
- Sturdy mixing bowls that will stand up to heavy blending and mixing
- A hand or stand mixer with variable speed settings
- Baking essentials, including heavy-duty cookie sheets, cake pans and muffin tin
- Measuring cups and spoons (consider adding an extra set if you cook often so there’s always some clean and ready)
- At least a couple of cutting boards so you can prepare potential contaminants, like raw chicken, separate from other ingredients
- Thick mats for handling dishes fresh out of the oven and trays to prevent hot items from damaging counters and other surfaces
- Complete place settings (dishes, glasses and silverware) for accuracy as 12 guests

Living Area
- Comfortable seating for every member of the household
- Occasional seating such as benches or ottomans that can serve dual duty for visitors
- Side tables and a coffee table to keep drinks, magazines and other necessities within reach
- Soft, cozy touch-ups such as rugs, pillows and throw blankets
- Artwork and other decor that add character and personality
- Lamps that create a more inviting ambience than stark overhead lighting (adding a dimmer switch can give you ultimate ambiance control)
- Entertainment features, such as a television or music system
- Windows coverings to block harsh daylight suns and give added privacy at night

Office
- A comfortable chair with adequate lumbar support
- One or more flat, sturdy work surfaces
- Supply of pens and pencils in varying weights and colors
- Standard supplies, including stapler, paper clips, ruler, etc.
- Printer, paper and extra ink, so you don’t get caught mid-project with no way to finish
- Quality reading lighting

Guest Room
- At least two sets of linens to accommodate bed, plus extra for inflatable mattresses or sleeper sofas for guests
- Blankets in a variety of seasonal weights so guests can layer up or down to their comfort level
- A complete set of towels and washcloths per guest
- Toiletry essentials that are easy to transport, such as toothbrush, toothpaste, shampoo and conditioner
- Remedies for common maladies, such as headaches and allergies
- A supply of extra hangers
- Reading material, such as a couple of classic novels or current magazines

Laundry Room
- A drying rack for air-dry-only garments
- Baskets to help keep small items (socks, panties, etc.) in order
- Built in a cabinet or closet
- A stackable washer and dryer
- A water-decal or heating band
- Hangers for items fresh out of the dryer and a rack or rod to hold them
- A secure shelf or basket to safely hold detergent, other laundry essentials and items that do not fit in the pantry

Find more helpful tips for your home and lifestyle at eLIVINGToday.com.
Northcenter Shops and Services

These businesses are true professionals dedicated to you and believe in personal service.

Business Spotlight

Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

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* Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office™. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on ups.com/rates. For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of $2.65, which provides up to $100 indemnity coverage for a lost, stolen or damaged article. See usps.com for more information. All rates subject to change. UPS is a registered trademark of United Parcel Service, Inc.

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Quotes worth your time

“Two things are infinite: the universe and human stupidity; and I’m not sure about the universe.”
— Albert Einstein

“The road to success is always under construction.”
— Author unknown

“Never go to a doctor whose office plants have died.”
— Erma Bombeck

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In 18th-century England, Scotland and Ireland, wealthy landowners hired persons to grow their hair, not wash, and live as “hermits” on their estates. This symbolized awareness of rotundity and mortality amongst the nobility. Towards the end of the century, erecting statues of such figures replaced the actual hiring of persons to live on one’s property, and it is supposed that the placing of smaller statues commonly called “gnomes” in one’s garden evolved from this practice. - Brenda Waier

Succulents prefer the bright light of a south-facing window, but the leaves will turn brown or white if the light is too intense.

Ideal temperatures would be from 70–85°F during the day as low as 50–55°F at night. Water regularly but lightly, as keeping the moist watering will kill the plant. Succulents should be pot in a fast-draining soil mixture that’s designed for cacti, or make your own, using regular potting soil mixed with perlite to increase aeration and drainage. - Brenda Waier

Dentil from The Garden Bug Monarch migration
Unlike other butterflies that can overwinter as larvae, pupae, or even as adults in some species, monarchs cannot survive the cold northern winters. In autumn they migrate, using a combination of air currents and thermal air to travel about 50 to 100 miles a day – some have been recorded traveling over 200 miles in one day! It can take up to two months to complete their journey to their winter homes in Mexico and California. - Brenda Waier

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Comics

R.F.D. by Mike Marland
TIME FOR OUR FAVORITE SHOW. MAYBE POPCORN’S READY!

HOW MANY MORE EPISODES DO YA THINK WE’VE GOT TIL THE SEASON FINALE?

ANYONE’S GUESS.

Out on a Limb by Gary Kopervas
TALL GRANGE VENTI YETI

Amber Waves by Dave T. Phipps
RAISING THE RIGHT DECISIONS WHEN YOU’RE A KID IS TOUGH.

JUH ONE WRONG STEP AND YOU’RE IN REAL TROUBLE.

LUCKILY I HAVE A GOOD SENSE OF DIRECTION AND ORIENTATION.

UNFORTUNATELY NOT AT THE SAME TIME.

The Spats by Jeff Pickering
YOU’VE BEEN SITTING IN THAT CHAIR DOING NOTHING ALL DAY.

SOME PEOPLE LIVE THEIR LIVES IN THE FAST LANE.

I PREFER TO LIVE MINE IN THE PARKING LOT.

THE CASHIER by Ricardo Gauñó
“MAN INVESTIGATING HIGH WATER BILL DISCOVERS CAT PUSHING THE TOILET.”

YOU COULD LEARN SOMETHING FROM HIM.

THEY’LL DO IT EVERY TIME by Al Scaduto
HOW MANY MORE STOCKINGS USUALLY COME IN PAIRS?

WELL, YES AND NO. SANTA HAS TWO STOCKING.

RIGHT QUESTION-WRONG ANSWER.

WE ALL SIT WITHOUT A DOUGH, QUITE THE VARIETY.

APPETITE TO IT EMERGENCY.

OH HOW NICE, BREAKFAST IN BED! I WOULDN’T WANT TO WAKE IT!

“I WANT TO SEE YOUR FULL NIGHTS’ WORK!”

Just Like Cats & Dogs by Dave T. Phipps
YOU SAY THE SHOWS I WATCH ARE SILLY? FISH HOUSE RESCUE FOLLOWED BY COMPETITIVE WOOD CHOPPING?
Add to your autumn wardrobe

With fall coming on quick and bringing cool weather with it, you can’t afford to be caught with an inappropriate wardrobe. With every season change, there comes an opportunity to make sure your closet reflects your unique style.

With crisp air settling in and beautiful leaves scattered on the ground, it’s about more than just a long-sleeve shirt or a fall jacket – stay warm from head to toe without sacrificing a soft, stylish look. Here are a few winter essentials you can pair with comfortable clothing that holds up against chilly weather with these stylish options.

There are countless choices for assembling the perfect outfit for this season, and the experts at Wrangler can prepare you for whatever each day may hold. Find more cool-weather clothing options at wrangler.com.

Be Ready
Stay ready for whatever weather fall brings with an added layer of warmth: Boot Wrangler Fleece-Lined Jeans. Paired perfectly with a shirt and coat, these jeans are a no-fuss choice for Wrangler Enthusiasts black Waterproof Boots that not only look good but feel good, too. With their treated water-resistant leather, these boots promise a smooth all-day ride. For more boot options, visit timberland.com.

Be Strong
An outfit that starts with Wrangler Advanced Comfort Jeans is an outfit designed to tackle whatever the day may hold. Made from a unique cotton blend and available in multiple styles, including regular and relaxed fit, these jeans are designed to move with you.

Be Adventurous
Stay warm when it cools down with this Vans 6th Parallel Mountain Edition Jacket, an all-weather, 100-percent nylon horizontal-slip-resistant jacket made for the elements. It features cold-weather function with Vans’ iconic California style. Find more styles for autumn adventures at vans.com.

Be Comfortable
Wrangler Cool Vintage Jeans for women keep you cool, dry, and comfortable so you’re less bound, no matter where your active lifestyle takes you. With technology that can help keep away sweat quicker than normal denim, you can stay as cool as you look.

BE YOURSELF
With unlimited fall fashion options at your disposal, don’t limit yourself. Instead, be true to your personal style, unafraid to live comfortably in your own skin – fashion included. Authentic options, such as iconic American clothing from Wrangler, are the ideal way to show off your personal flair. Follow your own style instincts, try new things and never look back when you find the perfect look for the occasion.
Horoscope

Libra (September 23 to October 22) You might surprise everyone by doing something unusual this week. But even level-headed Libras need to do the unexpected now and then.

Scorpio (October 23 to November 21) A period of turmoil gives way to a calmer, more settled environment. Use this quieter time to patch up neglected personal and/or professional relationships.

Sagittarius (November 22 to December 21) A new relationship could create resentment among family and friends who feel left out of your life. Show them you care by taking them on a trip from time to time.

Capricorn (December 22 to January 19) Concentrate on completing all your unfinished tasks before deadline. You’ll be able to use this freed-up time to research new career opportunities.

Aquarius (January 20 to February 18) You’re right to try to help colleagues resolve their heated differences. But keep your objectivity and avoid showing any favoritism to the two sides.

Pisces (February 19 to March 20) Your personal life continues to show positive changes. Enjoy this happy turn of events, by all means. But be careful not to neglect your workplace obligations.

April 21 to May 20: "Cancer" continues to be your watchword this week, as a former colleague tries to reconnect old links. There are still some dark places that need to be illuminated.

May 21 to June 20: Making a good first impression is important. Revealing your often hidden sense of humor can help you get through some of the more awkward situations.

June 21 to July 22: Taking that Cancer Crab image too seriously? Lighten up. Instead of complaining about your problems, start solving them. A friend would be happy to help.

July 23 to August 22: A widening distance between you and that special person needs to be handled with honesty and sensitivity. Don’t let jealousy create an even greater gap between you.

August 23 to September 22: Congratulations. Your handling of your problems turns creative. But no matter on your launch just yet. You still have to resolve that one-job problem.

September 23 to October 22: People of this sign will dazzle you with unexpected acts of kindness.

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March 21 to April 19: It’s your birthday. Keep your energy flowing freely. You’ll accomplish more if you follow your instincts.

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