



The 9-to-5 commuter is going extinct



Chicago-area public transportation is facing a sweeping change. The Chicago Metropolitan Agency for Planning (CMAP) is developing a report for Illinois lawmakers on a way to keep the region's three transit agencies afloat and attracting more riders. Public transportation continues to face low ridership and will have a \$730 million budget gap in 2025 once pandemic federal relief comes to an end. Some of the final recommendations are **increasing fares**, offering more affordable fare options, reorganizing the three separate systems under one regional agency, **raising sales taxes**, making the bus system more frequent and reliable for riders, moving to a one fare system rather than the existing separate ones for each agency, adding "transit ambassadors" to improve safety and improving compliance with the Americans with Disabilities Act by expanding available options for riders with disabilities. Their report is due

to Gov. J.B. Pritzker and the General Assembly by Jan. 1, 2024. Fares make up a large part of operating revenue, but they don't keep up with cost increases. 70% of people worked in the central business district and took mass transit to work prior to COVID. Now, 4 times more Chicagoans work from home in 2023 than they did prior to COVID19. RTA Chairman Kirk Dillard, speaking to the City Club of Chicago, is calling for more **public funding** over the next several years as we are facing what he called a "funding cliff." He stated that relying on fares to keep the RTA's budget afloat is no longer realistic. Before asking elected officials for additional funding, the RTA will work with the CTA, PACE and Metra leaders to improve security protocols on buses and trains as well as to lower carbon emissions. "It's time for the Chicago area to catch up," said Dillard.

The new face of State Street



State Street dates to 1831 – six years before Chicago was incorporated as a city – when the state Legislature first authorized it as State Road. It was part of an Indian trail called Hubbard's Trail and connected Chicago with trading outposts. The corner of State Street and Wacker Drive was an outpost during the early 1800s for travelers passing through and heading west. The Chicago Loop Alliance along with the Urban Land Institute Chicago and the Dept. of Planning and Development want to see State Street transformed into three character zones. The 12 member panel has formed the idea of dividing a nine-block stretch through the Loop from Wacker to Ida B. Wells drives into three districts. The area north of

Washington street would be revamped as a new Chicago Downtown Arts District that will host events and festivals. Curbs along a portion of the street would need to be removed. The center, between Washington and Monroe streets, would serve as the retail anchor, with stretches of specific themes like culinary, youth or fashion. Planters along this section of State Street would be replaced with seating areas to encourage people to stay longer or dine while they shop. Another idea that the panel suggested is to redesign retail canopies and CTA stairwells, putting a bigger spotlight on storefronts to turn the corridor into a destination rather than a thoroughfare. The area south of Monroe, where vacancies are

especially high and two towers are at risk of demolition will likely be the most challenging part of State Street to revitalize. The panel aims to transform this southern portion into a "civic and educational district," with space inside the Harold Washington Library designated as a community center. The goal is to capitalize on the concentration of students attending nearby institutions, like DePaul and Roosevelt universities. They are also recommending building more affordable housing along State Street and elsewhere downtown, which would lead to more commercial spaces and events. Michael Edwards, president of the Chicago Loop Alliance said that State Street is "what many consider Chicago's front porch." "The

idea is to make that porch more welcoming to residents and visitors." The people of Chicago would agree that State Street needs to be revitalized into what was that great street, however, we have to stop the escalating crime in the area. In April of this year, mobs of teenagers descended on downtown Chicago, smashing car windows, violently assaulting a couple outside the Macy's entrance, two teens were shot and one person was injured as people jumped on his car. Brandon Johnson, then mayor-elect Johnson, is quoted as saying its "Not constructive to demonize youth starved of opportunities," and agreed that this behavior is "unacceptable."

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Editorial & Opinions

The New Face Of State Street

Continued from front page

able". Now that Chicago has a new Superintendent of Police, we would like to hear the plan to make State Street and Michigan Avenue a safe place for people to shop and not worry about getting robbed or shot. What are the plans to reduce retailers from becoming victims of snatch and grab mobs? It doesn't matter how nice the area would be if no one goes there because it's not safe. So, what's the plan?



- On Sept. 4, 1925, laws were enacted to ensure that farm wagons would be equipped with lights for traveling at night, due to an increase in the number of accidents the wagons were involved in during peak corn-packing season.
- On Sept. 5, 1969, U.S. Army platoon leader Lt. William Calley was charged with premeditated murder in the death of 109 Vietnamese civilians at My Lai, where Calley had led his men in a massacre that included women and children. Though hushed up at first, the event was made public a year later.
- On Sept. 11, 1885, British author, essayist and poet D.H. Lawrence made his debut on the world stage. Best known today for his novels "Sons and Lovers," "Women in Love," "The Rainbow" and "Lady Chatterly's Lover," Lawrence was also once notably accused of being a British spy, while "Lady Chatterly's Lover" stood trial with its publisher for obscenity (both were acquitted).



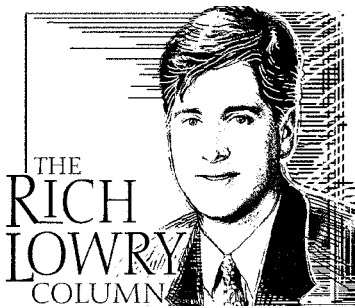
- On Sept. 12, 1953, in what was unquestionably "the wedding of the season," photographer Jacqueline Bouvier married Massachusetts senator John F. Kennedy in Newport, Rhode Island. The ceremony even included a personal blessing from Pope Pius XII.
- On Sept. 13, 1974, three members of the Japanese Red Army (JRA), a communist militant group formed in Lebanon, overtook the French Embassy in the Hague and took 10 hostages, including the French ambassador. The siege ended after the group's demands for the release of another JRA member, cash and a plane were met.
- On Sept. 14, 1985, "The Golden Girls," a popular American sitcom about the adventures of four single, older women sharing a home in Miami, premiered on NBC. The series ran for six seasons — with each of its titular characters earning an Emmy for their role — and Emmy Awards for Outstanding Comedy Series and three Golden Globe Awards for Best Television Series.
- On Sept. 15, 2008, the financial services firm Lehman Brothers Holdings filed for bankruptcy, marking the climax of the subprime mortgage crisis. After the company was notified of a pending credit downgrade, the Federal Reserve called on several banks to negotiate financing for its reorganization.
- On Sept. 16, 1893, history's largest land run was launched with a single pistol shot as more than 100,000 people, on horseback and in carriages, rushed into the Cherokee Strip of Oklahoma in their bids to claim valuable land that had once belonged to Native Americans.
- On Sept. 17, 1796, George Washington prepared the final draft of his presidential farewell address. Two days later, it was published in Claypoole's American Daily Advertiser in Philadelphia, officially notifying the American public that Washington would voluntarily step down as the nation's first president.

Americanisms

"It's useless to hold a person to anything he says while he's in love, drunk, or running for office."

— Shirley MacLaine

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The GOP race is not quite as over as it looks

If it "got late early" in the old majestic Yankee Stadium with its long shadows, as the famous Yogi Berra quote had it, it's gotten late before about the fourth inning in the Republican presidential race.

In 2016, Donald Trump loved to pump out the results of unreliable online polls that showed him trouncing his competitors by ridiculous margins.

Now, he doesn't need to bother with the shoddy polls; he can do the same thing with blue-chip media polls. The new national CBS poll has him leading second-place Ron DeSantis by 46 points, 62-16. The latest Fox News poll had a more modest 37-point Trump lead. (Vivek Ramaswamy is third in both surveys, at 7% and 11% respectively.)

It's sometimes said that Trump is the de facto incumbent in the race, and indeed these are the kind of numbers you'd expect of a sitting president who is sweeping marginal opponents to the side as he secures his party's renomination.

The top-line results aren't that different from the primacy race — such as it is — on the Democratic side. The Fox poll has Joe Biden beating Robert F. Kennedy, Jr. 64 to 17, with Marianne Williamson at 9.

Is there a mercy rule in presidential politics?

Trump could be forgiven for looking at his opponents and seeing: a highly touted governor whose campaign has steadily sunk in national polls as he's shed staff and fired a campaign manager; a young, smooth-talking entrepreneur who isn't a threat to him but is helpfully soaking up some share of the non-Trump vote; a sunny senator who has made some gains but certainly hasn't broken out; a former vice president who is hated by MAGA (for all

the wrong reasons); a former governor who is a gifted political pugilist but is unpopular in the party; and a bunch of others whose names he doesn't necessarily need to know.

What's not to like?

Even if one of the candidates surges and sweeps up all the current non-Trump vote, there's simply not enough of it to get to 50 right now. No wonder Trump is talking as if the race is over, the Trump super PAC is running spots hitting Biden, and Trump says there's no need for him to show up at the Republican debates.

The cockiness could well be justified, but a sense of inevitability can be a two-edged sword. On the one hand, it disheartens the opposition and communicates strength; on the other, it can fade into a high-handed sense of taking the voters for granted.

And Trump still has to win Iowa, where his support is a little softer. After all the talk of having the election stolen from him in 2020 and the chest-beating about his dominance now, a defeat there — in a clean process overseen by fellow Republicans — would be a stinging setback that might change the dynamic everywhere else.

The new NBC News/Des Moines Register poll has Trump at 42%, with DeSantis at 19% and South Carolina Sen. Tim Scott at 9%. That's a substantial lead, but both DeSantis and Scott have large portions of the electorate saying they are their second choice or that they are actively considering them. Both also have high favorable ratings comparable to Trump's.

In the portion of the survey conducted prior to the Georgia indictment, his lead was 38 — 20 over DeSantis — again, sizable, but not nearly enough to say he has this thing put away, not in the middle of August.

Iowa can break late. Former Pennsylvania Sen. Rick Santorum, who won Iowa in 2012, didn't really start moving until late December. Former Arkansas Gov. Mike Huckabee, who won four years earlier, started his upward march around November. If someone is going to replicate this kind of climb, the big upward move may still be months away.

So it looks late out there, no doubt, and has for some time, but it's not over.

Rich Lowry is editor of the National Review.

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VETERANS POST

by Freddy Groves

Stand Down Season Is Still Going

Stand Downs are going on across the country, and have been since early spring. The good news is that while summer will be wrapping up soon, the Stand Downs won't be. Depending on the state, some of the events will go on all the way through October and even into November.

Stand Downs are the one-, two- or three-day events for homeless veterans and those who are at risk for homelessness. Depending on the length of the event and where it's held, the services provided can be wide-ranging. Government agencies, veteran service groups and others come together to provide a long list of services, including: legal advice, mental health counseling referrals, clean clothes and showers, haircuts, medical screenings and dental care — all the way to employment search assistance, benefits counseling for VA and Social Security, referrals for drug abuse and more.

Go online to www.va.gov/homeless/events.asp and find your state in the drop-down menu. If you're near a state line, check both states. If no events are listed yet, keep going back to look, as new events are still being added. When you find an event near you, give the contact person a call to verify time and place. If you need a ride to an event, tell them.

If you would like to volunteer to help, either by yourself or as a member of a veteran service group, let the Stand Down organizers know. Are you a restaurant cook and can take a day off to help? Retired barber who can give haircuts? Have a truck and can haul set-up gear? Let them know.

If you are a homeless veteran or are about to become homeless, or you know a veteran who needs help, don't wait until a Stand Down to reach out. Call the National Call Center for Homeless Veterans at 877-424-3838. They staff the phones 24/7 and will have people who can help. You can also call the nearest VA medical center and ask for the homeless coordinator.

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Strange BUT TRUE

By Lucie Winborne

- A microwaved baseball will fly much farther than a frozen one, as warmer balls weigh less and move faster due to less air resistance.
- Each strand of a human hair can contain traces of 14 elements, including gold.
- During a period in his artistic career, Pablo Picasso primarily used shades of blue in his paintings, reflecting his melancholic state at the time.
- It's not just humans who use "baby talk" with their offspring: Mother bottlenose dolphins have been observed altering their whistle pitch and range when communicating with their calves.
- Hawaii had no mosquitoes until the 19th century, when they were accidentally introduced by trading ships.
- A law student at Spain's University of Malaga once etched tiny notes into the sides of blue Bic pens before taking an exam. While points could perhaps be awarded for the learner's creativity, it also resulted in a repeat of their entire academic year.
- The world record for nonstop video gaming — 138 hours and 34 seconds — was set by Carrie Swidecki in 2015, when she beat her own previous world record.
- Hamburger University, established by McDonald's to train restaurant managers and owner-operators, has a lower acceptance rate than Harvard University and awards its graduates a Hamburgerology degree.
- A Eulachon's flesh is so oily that this fatty fish will burn like a candle when dried.
- From the "too much of a good thing" files: A 41-year-old man from the Netherlands referred to only as "Jonathan" was banned from donating sperm after fathering over 550 children.
- Cheetos were invented by USDA military scientists during World War II as a result of their being tasked with finding a way to utilize surplus cornmeal.

Thought for the Day: "The only way to have a life is to commit to it like crazy." — Angelina Jolie

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SENIOR NEWS LINE

by Matilda Charles

Getting Through the Drug Shortages

In the spring of this year, the U.S. saw a larger prescription drug shortage than we've seen in 10 years. And we haven't recovered yet.

Part of the problem is that 78% of our drugs (or at least a crucial ingredient in each one) are made in foreign countries. Chemotherapy drugs, antibiotics, mental health drugs ... so many are in short supply. As of this writing, cisplatin, a commonly used cancer drug, is on the shortages list, and has been since February.

It doesn't help that a drug manufacturer filed for bankruptcy and closed its doors. If this isn't bad enough, a major drug facility was recently hit by a tornado. Hospitals all over the country saw the writing on the wall and immediately tried to overbuy and get as much as they could. The manufacturer stepped in and put a stop to that.

If you can't get your drugs due to shortages:

Talk to your pharmacist. Ask whether they can ask your doctor about changing the dose. For example, can you have two half doses that would add up to the same amount? Ask your doctor if they have samples or can get them from the sales rep.

Call the drug manufacturer and ask when they expect pharmacies in your area to be resupplied. Give them the name and address of your pharmacy and ask specifically that the drugs you need be sent there.

What you should NOT do: Divide your drugs to make them last longer. Call your health care team and ask for help. Is there a different drug you can take?

One important thing you can do: Call your congressmen and let them know what it's like to be unable to get the drugs you need. Ask what they're doing about the shortages. Foreign countries should not be able to hold our drugs hostage.

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Waste bowls

I saw a beautiful antique Chinese porcelain bowl at an auction. It was blue and white with painted dragons, and it had an unusual shape — rounded with a flared rim. The description called it a "zhadou," but did not say what that meant.

A zhadou is a bowl for discarding used tea leaves and other table scraps. They usually have a globular body, shoulders, a flared rim and a short foot. The shape resembles a squat vase. They are often porcelain, but some are made from pottery or cloisonne. Some auctions may list them as spittoons. In the early 20th century, the word "zhadou" was translated into English as "leys jar" from a Dutch term. Now, it is usually translated as "waste bowl" or "slop jar," but these are not the same thing.

European and American waste bowls, often part of 19th century silver or porcelain tea sets, are shaped like conventional bowls with straight sides and a round base. Some may be more elaborate, with features like a pedestal base, flared rim or side handles. Slop jars are not part of a table setting. They usually have handles and often have lids. They are used in a bathroom.

Q:Advertising for beer and other alcoholic drinks is everywhere. I have a lighted (it still works) Budweiser King of Beers sign with pheasants eating corn on the cob. It has a curved plastic cover. Is it valuable?

A:Breweriana is very popular these days, especially signs. While neon signs are the most popular and getting very high prices, yours is a popular brand, Budweiser, and is in working condition. It is worth between \$190 and \$225.

TIP: Use an old nylon stocking bunched into a ball to clean a rough-surfaced mirror frame, carved wooden piece, or other irregular surface.



A zhadou is a bowl for discarding table scraps. This one sold for \$7,680 at Nadeau's Auction Gallery.

- CURRENT PRICES**
- Pottery, plate, Mashiko, stylized fruit tree, speckled ground, tan and brown triangles around rim, Sakuma Totaro, 10 inches, \$25.
- Toy, Road Grader, driver, orange paint, cast iron, nickel plated grader blade, white rubber tires, Kenton, 1920s, 7 1/2 inches, \$125.
- Trivet, horseshoe shape, three legs, shoe shaped feet, early 19th century, 2 x 5 x 6 inches, \$160.
- Majolica, urn, on pedestal, relief grapevine around rim, relief lion's masks on pedestal, four-lobed base, multicolor, 22 x 9 inches, \$190.
- Peking glass, vase, white, carved, high relief dragon scrolls, low relief leaves on neck, flared rim, round foot, engraved mark, Chinese, 10 1/2 inches, pair, \$340.
- Rug, Navajo, Storm pattern, two overlapping center diamonds, geometric border, tan, brown, black, Ella Henderson, 2001, 68 x 54 1/2 inches, \$2,585.
- Advertising, poster, Levi's, denim, two cowboys lighting cigarette, "Without A Match," multicolor, painted, stenciled, Velvetone Poster Co., 72 x 29 inches, \$4,305.
- Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2023 by Terry and Kim Kovel has the resources you're looking for.
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by Ryan A. Berenz

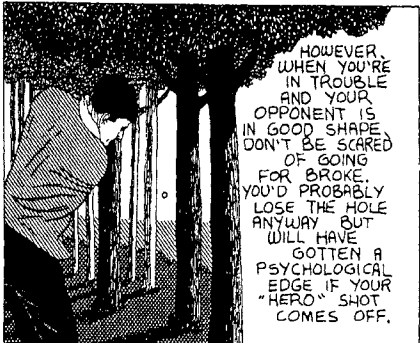
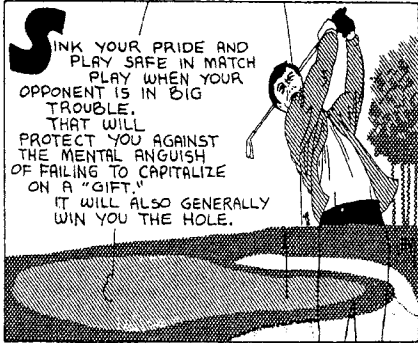
1. What Minnesota Twins first baseman hit a grand slam in Game 6 of the 1987 World Series to help the Twins tie the series with an 11-5 win over the St. Louis Cardinals?
2. What 5,000-year-old sport, brought to the United States by Hmong immigrants, has players using sticks and strings to hurl spinning tops?
3. Name the Basketball Hall of Famer who holds the NBA career record for most field goals missed.
4. A 1960 episode of what TV series centered on a robot named Casey who pitched for the fictional Hoboken Zephyrs?
5. What sports website and digital media company was founded as a print publication by David Portnoy in 2003?
6. In 1993, what apparel company became the exclusive supplier of caps for Major League Baseball?
7. The Connecticut Whale, Buffalo Beauts, Boston Pride and Metropolitan Riveters are teams in what women's pro hockey league?

Answers

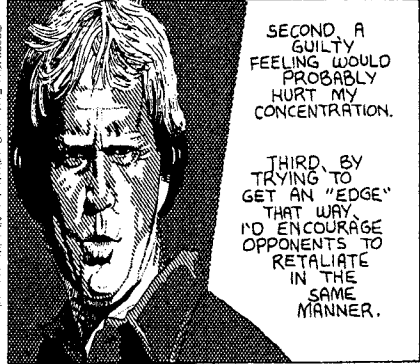
1. Kent Hrbek.
2. Tuj Lub (pronounced "too-loo").
3. Kobe Bryant, with 14,481.
4. "The Twilight Zone."
5. Barstool Sports.
6. New Era Cap Company.
7. The Premier Hockey Federation (formerly the National Women's Hockey League).

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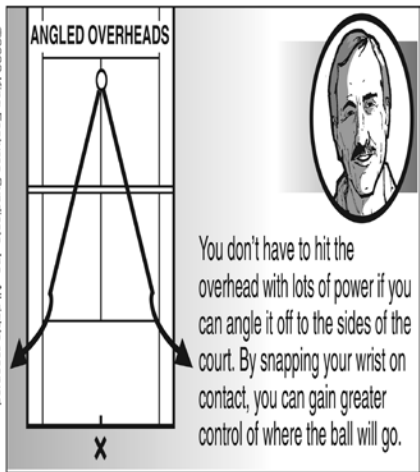
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STAN SMITH'S TENNIS CLASS



"And no more 'Hi, Moms' when the TV cameras come by, Bentley!"

LAFF - A - DAY



"Is this the same husband who was missing three times last year?"

Health



Learning the Signs That Lead to COPD

DEAR DR. ROACH: What signs and/or symptoms do you need for a doctor to determine whether you have chronic obstructive pulmonary disease (COPD)? — R.K.

ANSWER: The diagnosis of COPD is suspected in people who are at risk for the disease and note one of two cardinal symptoms: cough or dyspnea. (A “symptom” is what a patient identifies by history, while a “sign” is noted on a physical exam. A cough can be both a symptom and a sign.) Dyspnea is usually described as shortness of breath, a sensation that a person can’t get enough air, like they have just run very fast. Some people with COPD may have very subtle symptoms. Smoking is the biggest risk factor for COPD, but there are other causes, including other chemical exposures (industrial exposures and home cooking fires are less common now, but are historically important causes of COPD); scarring lung disease; and a genetic cause, a condition called alpha 1 antitrypsin deficiency. The diagnosis is confirmed most often by tests of lung function, which are breathing tests to look at the physiology of the lung and its ability to exchange oxygen and carbon dioxide. Sometimes the diagnosis can be supported by an X-ray or CT scan, but pulmonary function testing is the best way to determine the severity of COPD.

We do have ways of slowing down lung decline in COPD, one way being smoking cessation for current smokers, but some of the medications we use also help reduce ongoing damage.

DEAR DR. ROACH: Please help! Is it true that Trulicity may cause serious side effects, including thyroid tumors

and cancer, as well as pancreatitis? — J.R.

ANSWER: Dulaglutide (Trulicity), like semaglutide (Ozembic) and liraglutide (Victoza), are in a class of drugs called GLP-1 receptor agonists, which have several actions, such as increasing insulin release by the pancreas in response to meals. Initial studies on laboratory rats did show an increase in an unusual type of thyroid cancer, but studies have not yet shown an increased rate in humans. Still, people at an increased risk for this type of thyroid cancer (having a family history of medullary thyroid cancer or of multiple endocrine neoplasia, type 2A or 2B) are not recommended to take this medication. Similarly, there are reports of pancreatitis in people taking this medication, but it isn’t clear whether the medicine is responsible for the pancreatitis. It’s unwise to use this class of medication in people with a history of pancreatitis.

DEAR DR. ROACH: I am 93 and in excellent health. I am taking atorvastatin daily. My cholesterol results are excellent. I am wondering if I should continue the statin. — B.F.

ANSWER: If you were started on a statin because of blockages in the arteries, especially if you had a heart attack or stroke, I recommend continuing it. If you have been on the medication to prevent a heart attack or stroke, I say it is up to you. If the medication is causing side effects, or if it really bothers you to take it, you can certainly stop. However, I believe the atorvastatin continues to reduce your risk of heart attack and still gives you some benefit. There is no need to stop it simply because of your age. Remember, your cholesterol results are excellent on the medicine and aren’t going to be as good if you stop it.

Patient With Osteoarthritis Develops Hives After Taking Ibuprofen

DEAR DR. ROACH: I took ibuprofen for my osteoarthritis, but developed hives. Does this mean I’m allergic to all NSAIDs? What other therapeutic options do I have? — J.B.

ANSWER: Antiinflammatory drugs can have many allergic and allergic-type reactions, and ibuprofen is probably the most likely of all to do so. For people with mild reactions (such as hives that go away) without swelling or shortness of breath, I recommend avoiding ibuprofen and similar medicines, such as naproxen (Aleve and Naprosyn, among others), as well as any other medication ending in “profen,” such as ketoprofen or flur-biprofen. Aspirin is safe for most people as far as allergies go, although it is a little more likely to cause side effects at higher doses. The prescription medicines meloxicam (Mobic), nabumetone (Relafen) and celecoxib (Celebrex) are among the least likely to have any cross reaction with ibuprofen. Anti-inflammatory gels like diclofenac cream (Voltaren) should also be safe for topical use. People with more serious reactions need a referral to an allergist, who may consider desensitization.

DEAR DR. ROACH: We had to get a router attached to our computer to get Wi-Fi for our house. Is there any health risk by sitting or sleeping near the router from the radio waves it puts out? — B.R.

ANSWER: The energy output from a typical Wi-Fi router is about 10 watts, and the energy is the low-frequency, non-ionizing type. Very powerful radio sources, such as AM radio towers, can actually cause injury by heating tissues, but these have a power output in the thousands, or even tens of thousands, of watts. There has never been evidence of health effects on humans by low output radio waves, such as the waves from Wi-Fi or cell-phones.

DEAR DR. ROACH: One time, I drove a friend to the airport for an international flight. We were running late, and she feared missing the flight. My friend did not yell or even say much, but she got so stressed that her lips turned blue. And I mean both lips turned a deep, dark blue — nearly black. That scared me then and still does now. I don’t think that’s normal. What could that have been, and could she possibly be in danger if she gets stressed like that again? — A.F.

ANSWER: Blue discoloration of skin or mucous membranes is called cyanosis. When the lips are affected, it’s con-

sidered “central” cyanosis. The leading cause of this is low oxygen levels. Why a person would get low oxygen levels due to stress, without any physical activity, is a tough question — and not normal or common.

The first thing that comes to mind is congenital heart disease, the type that allows unoxygenated blood to mix with oxygenated blood. However, having an adult with undiagnosed congenital heart disease is almost unheard of, and it would be likely that she would have many more symptoms. So, it’s hard for me to believe it. Many of the other causes are potential emergencies, such as a blood clot in the lung.

Some people, when they get very nervous, breathe very shallowly. It is possible to have oxygen levels drop from this. If she had some mild heart, lung or hemoglobin disease, it could cause the oxygen level to go very low. That’s probably my best guess, but I would be happy to hear from readers with other explanations.

Most Common Cause Behind Teary Eyes Are Dry Eyes

DEAR DR. ROACH: I am a 74-year-old woman who loves to read the newspaper every morning. I have a problem that’s not serious, just annoying. My eyes tear up frequently while I read, causing me to wipe them. After I’m done reading, the problem stops. I see my ophthalmologist every year and have my vision glasses updated as needed. I am not yet a candidate for cataract surgery. Could you enlighten me about a probable cause for this irritating problem? — A.H.G.

ANSWER: By all means, ask your ophthalmologist at your next visit, but the most common cause I see for watery, tearing eyes are ... dry eyes! This apparent paradox is caused by the fact that your eyes have three different fluids. One of them, called meibum, is a long-lasting, oily material secreted by the meibomian glands, found around the edges of the eyelids near the eye-lashes. This covers the eye and prevents fluid from evaporating quickly. Without this fluid, the lacrimal gland (near the temple above each eye) then has to make a lot of its watery secretions, which cause symptoms of tearing. Most commonly, the meibomian glands

get clogged up by secretions becoming dry. Gently cleansing the eyelash area with warm water and baby shampoo helps many people unclog these glands. Artificial tears lubricate the eye and will reduce the symptoms of watery eyes (and maybe some eye irritation, too, which you might not have mentioned).

DEAR DR. ROACH: I am about to undergo gallbladder removal due to recurring pain from gallbladder sludge. Should I be taking replacements for the bile salts that I will no longer be able to produce, and if so, what is the best type of replacement? — S.C.

ANSWER: Your liver makes bile salts, which are necessary for fat absorption. The gallbladder doesn’t make them at all; it just stores the bile until you eat a meal, at which point the gallbladder contracts and the bile salts are released into the small intestine to help you digest fat. Most bile salts will be reabsorbed later at the end of the small intestine, recirculating them for reuse.

In people without a gallbladder, the liver itself will continuously release bile salts into the small intestine, rather than on an as-needed basis by the gallbladder. Sometimes, the ability of the terminal ileum (the part of the intestine where bile salts are reabsorbed) gets overwhelmed, and bile acids enter the colon, causing diarrhea.

This is very common in the first few weeks after gallbladder surgery, but the small intestine usually “learns” to absorb more bile salts. The colon also learns to live with bile salts, and the diarrhea mostly goes away. However, some people continue to have diarrhea after surgery, and medication to restrain bile salts (such as cholestyramine) can make a huge difference.

After surgery, avoiding a high-fat diet is prudent for a month or so to minimize the amount of bile needed.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Financial

Understanding your credit score

FICO or Fair Isaac Corporation is a company that generates scores based on information in credit reports to help banks and lenders predict whether you’ll make good on your debt. Essentially, they look at reports from the three nationwide credit bureaus (Equifax, TransUnion, and Experian) and analyze your total debt, the length of time you’ve had credit, the type of debts you have, your payment history,

and newly acquired credit. The results are delivered in a numerical grade on a scale of 300 to 850, with a higher score indicating you’re a safer bet when it comes to repaying debt.

Try to stay under your credit limit.

Though total debt contributes to your score, not all debt is weighted equally. Secured installment debt is a mortgage or car loan and people try to make payments on time rather than default-

ing when it means losing that home or car. Banks prefer this kind of debt. Maxed-out credit cards are a score crusher. Ideally, you’ll use no more than 30 percent of your total available credit. Say you have three credit cards with a combined \$45,000 limit, try to owe less than \$13,500 on them at any given time. The lower the amount the better.

Credit Scores fluctuate

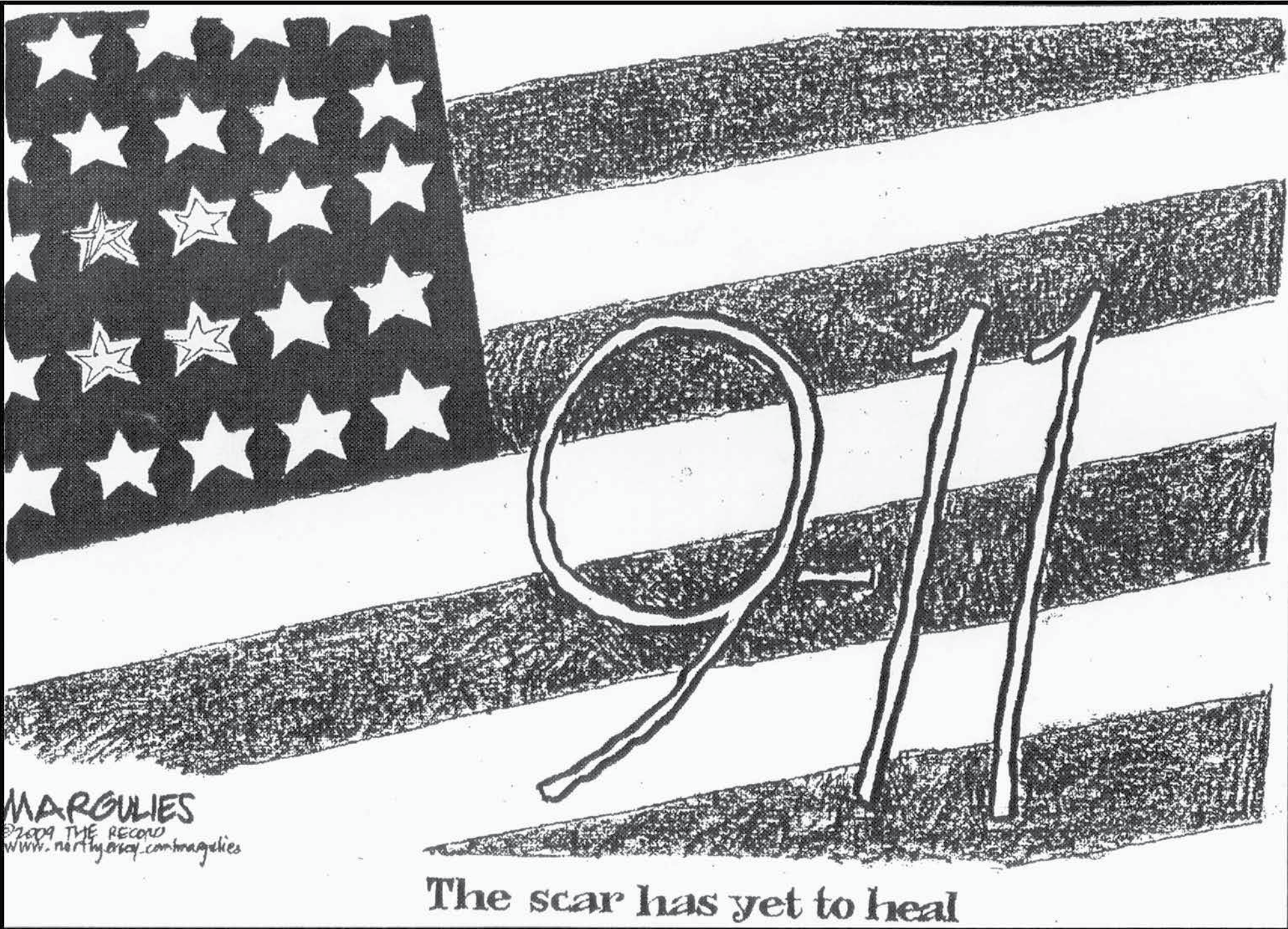
Your lenders are constant-

ly adding information, like account balances and late payments, to your credit report. Your score may drop if you fill out a loan application and it may rise after a stream of on-time payments. Unless you default on a loan or incur massive credit card debt, your scores are generally going to go up and down 20-25 points.

A perfect score isn’t necessary

According to FICO data, you just need to hit 760 to get the

best average interest rates on mortgage loans. With autos, a person with 720 will typically get the same average rate as someone with an 800, so focus on making timely payments, and minimize credit card debt. Through December 2023, you can get a free credit report weekly (up from once a year, due to pandemic-related concerns) from each of the three bureaus.



Home is the place we go to after a long work day. A place to rest, spend time with family and friends and enjoy the fruits of our labor. It's a haven from the noise of the outside world and a place to recharge ourselves.

On September 11, 2001, that peace was shattered and as Americans, our lives would never be the same again. We looked on in horror and disbelief at what was happening before our eyes. We watched as the Twin Towers in New York were brought down by terrorists. We watched as the Pentagon was attacked and we heard what those brave Americans did on another plane headed for destruction. They gave up their lives for their fellow Americans.

More people were killed in the September 11th attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom.

We have a scar and that scar is a constant reminder of what happened on September 11th, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

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1. What is “Big Yellow Taxi” about?
2. Name the group that released “Gimme Three Steps.”
3. Who released “Secret Lovers”?
4. Where and when did the Stray Cats get their first and only No. 1 song?
5. Name the song that contains these lyrics: “You want to trust her, Then somebody hangs up when you answer the phone.”

Answers

1. The song, written and released by Joni Mitchell in 1970, addresses environmental problems. It was written while on a Hawaiian vacation when she looked out the room window and expected to see tropical sights, and instead she saw a paved parking lot.
2. Lynyrd Skynyrd, in 1973. The song is about a guy asking for a head start in escaping out of a bar after he’s caught dancing with another man’s girlfriend.
3. Atlantic Starr, in 1985. The Barbara Weathers and David Lewis duet topped the Billboard chart in 1986. A cover version was done in 2008 by Alexander O’Neal and Mica Paris.
4. In Finland in 1980 with “Run-away Boys.”
5. “When You’re in Love With a Beautiful Woman,” by Dr. Hook, in 1979. The group was called Dr. Hook & the Medicine Show until 1975. Their first hit was “Sylvia’s Mother” in 1972.

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What’s better?
A great story
or
A great idea?
Lakeview Newspaper
Thoughts to think about.



By Lucie Winborne

- In 2018, Nataraj Karate set a new Guinness World Record by stuffing 650 drinking straws in his mouth at once. He had to keep them there for at least 10 seconds to break the previous record.
- Human blood cells have different lifespans.
- Dollar bills weren’t always green. Colonial money, for example, was tan with black or red ink. The Civil War government began using green ink to print paper money because it didn’t fade or easily decompose, which protected against counterfeiting.
- Auto manufacturer Volkswagen makes not just vehicles, but currywurst sausages.
- Following his successful bladder stone surgery, the relieved English diarist Samuel Pepys celebrated the anniversary of the event every year after.
- The first hot-air balloon flight, in 1783, took off with a sheep, a duck and a rooster on board, as it was unknown how the human body would react to flying at high altitudes. (They landed safely.)
- A company in Poland makes dinnerware out of wheat bran.
- Queen Elizabeth II visited the set of the TV series “Game of Thrones” but couldn’t be seated on the throne due to an old rule that “the ruling monarch can’t sit on a foreign throne.”
- While it’s not the longest word in the English language, a study of 1.7 million samples of everyday English found that the longest word you’re likely to encounter on a daily basis is “uncharacteristically.”
- Ants leave pheromone trails when they walk that serve as maps for other ants.
- Although Saturn is the second-largest planet in our solar system, it’s also the lightest, and could float in water because it’s basically a giant gas ball — if we had a bathtub big enough to hold it.

Thought for the Day: “Laws control the lesser man. Right conduct controls the greater one.” — Chinese proverb

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1. **Blue Beetle** (PG-13) Xolo Maridueña, Bruna Marquezine
2. **Barbie** (PG-13) Margot Robbie, Ryan Gosling
3. **Oppenheimer** (R) Cillian Murphy, Emily Blunt
4. **Teenage Mutant Ninja Turtles: Mutant Mayhem** (PG) Micah Abbey, Shamon Brown Jr.
5. **Strays** (R) Will Ferrell, Jamie Foxx
6. **Meg 2: The Trench** (PG-13) Jason Statham, Jing Wu
7. **Talk to Me** (R) Ari McCarthy, Hamish Phillips
8. **Haunted Mansion** (PG13) LaKeith Stanfield, Rosario Dawson
9. **Mission: Impossible — Dead Reckoning Part One** (PG-13) Tom Cruise, Hayley Atwell
10. **Sound of Freedom** (PG13) Jim Caviezel, Mira Sorvino

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top ten

MOST POISONOUS PLANTS

1. Castor Bean Plant
2. Deadly Nightshade
3. Rosary Pea
4. Suicide Tree
5. White Snakeroot
6. Oleander
7. Water Hemlock
8. Devil’s Helmet
9. Hemlock
10. Jimson Weed

Source: Dengarden

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“Dungeons & Dragons: Honor Among Thieves” (PG-13) — Chris Pine leads this fantasy-action film based on the role-playing board game Dungeons & Dragons. Pine plays a widower named Edgin, who’s also the leader of a band of thieves, including a barbarian (Michelle Rodriguez), a sorcerer (Justice Smith) and a con artist (Hugh Grant). Edgin is so desperate to bring his wife back from the dead by stealing a “Tablet of Reawakening” that he’s ultimately imprisoned and loses his daughter. After he escapes prison with the help of his barbarian bestie, the pair stop at nothing until they can find the tablet and get Edgin’s daughter back. The film hits streaming on Aug. 25, after a slight underperformance at the box office. (Amazon Prime Video)

“You Are So Not Invited to My Bat Mitzvah” (PG-13) — It’s a Sandler family affair for this new comedy film premiering Aug. 25! While Adam Sandler’s daughters, Sadie and Sunny, have made appearances throughout his many movies, Sunny takes center stage here in the lead role of Stacy Friedman. Stacy is a preteen girl who does everything with her best friend, Lydia, and they’re obsessed with planning their upcoming bat mitzvahs. However, when Lydia accidentally steals the boy Stacy’s been crushing on, Stacy reaches her first true test before her rite of passage, as her world feels like it’s come crashing down on her. Adam, Jackie and Sadie Sandler also star in this wholesome coming-of-age film, along with Idina Menzel and “Saturday Night Live’s” Sarah Sherman. (Netflix)

“BS High” (NR) — On Aug. 29, 2021, a high school football game between Bishop Sycamore High School and IMG Academy was televised on ESPN that ended with a final score of 58-0. After such a blowout occurred and certain conditions of the game were called into question, an investigation was launched into Bishop Sycamore, where the Ohio Department of Education ruled that the school actually didn’t exist! The team operated under the guise of representing a “school” without a real campus, teachers or trainers, incurring thousands of dollars in debt from housing the players in hotels. How Bishop Sycamore had even begun to pull this stunt off gets explored in this documentary film premiering Aug. 23. (Max)



Courtesy of Netflix

Zaara Kuttamperoor, left, and Sadie Sandler star in “You Are So Not Invited to My Bat Mitzvah.”

“Transfusion” (R) — In this Australian crime film premiering Aug. 24, Sam Worthington — from the “Avatar” films — lays down all his token grittiness for the role of ex-special forces operative Ryan Logan. After losing his wife in a car accident, Ryan was left to raise his son, Billy, by himself, but Billy increasingly gets into trouble with the law. When the question of Billy remaining in his custody is brought up, Ryan takes rash action to join his former superior officer, now turned criminal, for a quick cash grab that spins out of control. While “Transfusion” is promoted as a thriller, the title of “crime drama” would be better suited, as the characters’ narratives remain the true focal point of the film. (Hulu)

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by Jo Ann Derson

- R.L. in Utah writes: “Do onions make you cry? Tip: Cut off root first. Cut off top second. Remove outer skin and discard the first outer layer of the onion. Slice/dice/rings. Works great.” How do you cut your onions, and what helps to keep your eyes from watering? Write to us with your onion tips!
- You may not think to do this often, but you should: Clean your laptop! Not just the screen or keys, but the exterior as well. Get a microfiber cloth, spritz the cloth (never the machine itself) with a bit of isopropyl alcohol and rub away dirt and grime.
- “Grass stains can be removed from kids’ clothing by rubbing the stains with a bar of Ivory soap. (I keep one just for stains.)” — M.F. in Washington
- Special for S.P. in California. To remove ball point ink from leather, your best weapon is a cotton swab and some rubbing alcohol. Be sure to test

first in an inconspicuous spot, as not all leathers are equal. Certain synthetic leathers that are dyed may experience color loss in a spot cleaning with alcohol. Work slowly and don’t rub too hard. Condition afterward to protect the leather.

• It’s important to include only approved materials when recycling curbside, but conserving space allows the trucks to fit more per load, which is another great way to help the environment. A reader in North Carolina had something to say about this! They sent a great tip about nesting steel cans inside one another to compact space. You should also cut cardboard to smaller sizes and break down boxes, as well as crush plastic bottles and replace the caps.

• Making a smoothie with banana in it? When you’re done with that peel, chop it up (you can use a rinsed-out blender bottle) and chuck the pieces in your garden to provide food to plants and beneficial bugs.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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What’s Hot In Hollywood

HOLLYWOOD — While publicity- hungry politicians condemn the film “Barbie,” she’s cleaning up at the box office. “Barbie” recouped more than twice of its cost in the first three days of its release. “Barbie” definitely has legs!

Created in 1959 by **Ruth Handler**, Barbie thrived for 50 years as many little girls’ favorite doll. In 2009, her parent company, Mattel, signed a deal with Universal Pictures to produce a film, but they failed to come up with a screenplay. In 2014, Sony Pictures tried and also failed to come up with a script. In 2016, comedienne **Amy Schumer** was cast as Barbie, but dropped out a year later because what she described as “scheduling conflicts.” (Or was it no workable script?)

Two years later, **Margot Robbie** persuaded Warner Brothers to bring Barbie to big screens. Finally, in 2021, Oscar-nominated screenwriter **Greta Gerwig**, who wrote and directed “Lady Bird” (2017) and “Little Women” (2019), wrote a script for “Barbie” (along with her partner, **Noah Baumbach**) and signed on to direct.

When Robbie first read Gerwig’s script, she thought, “This is so good. What a shame it will never see the light of day because they are never going to let us make this movie.” Thankfully, she was wrong, and shooting started in early 2022. Ironically, even though Ken is anatomically incorrect, **Ryan Gosling** is receiving the Oscar buzz. The politicians were wrong ... “Barbie” is now Billionaire Barbie!

Greta Gerwig wrote the screen-play (with **Erin Cressida Wilson**) for Disney’s upcoming live-action film “Snow White,” due March 22, 2024. Twenty-two-year-old **Rachel Zegler** will star as “Snow White,” and **Gal Gadot** as her Evil Queen. The prince has been replaced with a character named Jonathan, being played by 32-year-old **Andrew Burnap**, who is a Tony Award winner for “The Inheritance.” Burnap recently played King Arthur in “Camelot” on Broadway as well.

Zegler, who was Maria in **Steven Spielberg’s** “West Side Story,” is Hispanic and native to New Jersey, and she will be the first-ever Latino actress to play Snow White. Zegler also took on playing Lucy Gray Baird in “The Hunger Games: The Ballad of Songbirds & Snakes,” which is due for release this Nov. 17.

“America’s Got Talent” judge **Sofia Vergara** (51) and “True Blood” star **Joe Manganiello** (46) have ended their marriage after seven years. Friends speculate some of the reasons for their divorce were because Manganiello has been practicing sobriety for 17 years, while Vergara still continued to be a social drinker. He wanted to start a family, but Vergara already has a 32-year-old son from her first marriage. Then, there was that lawsuit with ex-boyfriend **Nick Loeb** over their two fertilized embryos produced through invitro fertilization. But, after a long, drawn-



Depositphotos
Director Greta Gerwig (“Barbie,” “Little Women” and “Lady Bird”)

out eggs-hausting trial, things came out sunny-side up for Vergara.

HOLLYWOOD — **Seth MacFarlane**, who created “Family Guy” over 24 years ago and makes \$1 million an episode, donated \$1 million to assist striking SAG actors and WGA writers. The fund has raised \$6.3 million from more than 7,500 donors. Thanks to “Family Guy,” “Ted” (\$50 million cost and \$550 million gross) and “Ted 2” (\$68 million cost and \$216 million gross), MacFarlane’s net worth is \$300 million.

While “Barbie” has surpassed the \$1 billion mark and “Oppenheimer” slinks past \$600 million, “Sound of Freedom” starring **Jim Caviezel** and **Mira Sorvino** has quietly amassed \$172.8 million and received great reviews with a budget of \$14.5 million. Caviezel plays a former U.S. government agent who works for an underground railroad that operates as an anti-sex-trafficking organization and rescues children. It’s really connecting with audiences.

“Beetlejuice 2,” directed once again by **Tim Burton**, started shooting in May with **Michael Keaton**, **Catherine O’Hara**, **Winona Ryder**, **Jenna Ortega**, **Justin Theroux** and **Willem Dafoe**, but their film set was recently robbed. It was no easy task — the thieves stole a 150-pound statue created by Delia Deetz (O’Hara) and a lamppost topped with a pumpkin from their set in Corinth, Vermont.

Back in February 2022, thieves swiped \$500,000 worth of props and equipment from the sets of Netflix’s “Lupin”

and “The Crown,” based in Paris and Northern England respectively. Over 350 items were stolen from vehicles for “The Crown” specifically. Where were their security people?

In 1963, I saw the Broadway musical “The Rainmaker” (based on the 1956 movie starring **Burt Lancaster** and **Katharine Hepburn**). **Robert Horton** of “Wagon Train” and **Inga Swenson** of “Benson” took over Burt and Kate’s respective roles. I waited at the stage door and met them as they came out. Years later, I got to know Inga because her publicity was handled by the legendary Metro-Goldwyn-Mayer publicist **Esme Chandlee**. I escorted Inga to events, visited her on the set of “Benson,” spent time in her home and was thrilled to know such a legendary actress. I was saddened when we lost her recently, but she was 90 and lived a wonderful life.

I’m sure you heard we lost the great **Paul Reubens**, who I met when we were both contestants on “The Gong Show.” I ran into him many times at The Groundlings, a comedy improv group in Hollywood where he created Pee-wee Herman. Eventually, he financed a version of “Pee-wee’s Play-house,” which he performed for five sold-out months at “The Roxy” during midnight shows.

Then, CBS picked it up, and “Pee-wee’s Playhouse” became a hit TV show. In 1984, “Pee-wee’s Playhouse” sold out Carnegie Hall in New York. Paul was 70 when he passed, and I can still hear him saying, “I know you are, but what am I?”



Depositphotos
Seth MacFarlane (“Family Guy”)

celebrity extra

by Dana Jackson

Q: Is it true they’re doing a new “Snow White” movie like they did with “The Little Mermaid”? When will it be released? — A.J.

A: Yes, Disney is planning a live action remake of the 1937 animated classic “Snow White.” It’ll be a musical, starring Rachel Zegler as the title character and Gal Gadot (“Wonder Woman”) as the Evil Queen.

For those unfamiliar with the name Rachel Zegler, she was a high school student who auditioned for the lead role of Maria in Steven Spielberg’s adaptation of another classic “West Side Story.” She’s since moved to Hollywood and starred opposite Zachary Levi in “Shazam! Fury of the Gods.” She’s also featured in the upcoming film “The Hunger Games: The Ballad of Songbirds & Snakes.”

The “Snow White” screenplay was written by Greta Gerwig, director of the billion-dollar blockbuster film “Barbie,” and Erin Cressida Wilson (“The Girl on the Train”). Barring any delays, the film is set to hit theaters in March 2024.

Q: Is “Virgin River” returning anytime soon with new episodes? I hope it didn’t get canceled. — K.F.

A: Season five of the beloved Netflix series “Virgin River” will premiere on Sept. 7. According to TVLine.com, Mel’s (Alexandra Breckenridge) high-risk pregnancy causes her to “rethink her future at the clinic, while Jack’s [Martin Henderson] new glamping venture is sure to suffer as a dangerous wildfire hits the town.” Also, don’t forget — they still have a wedding to plan.

Joining the cast this season as a “mystery woman” is Kandyse McClure (“Battlestar Galactica”). Returning cast members include Annette O’Toole as Hope and Tim

Matheson as Doc, the latter of whom has been facing health challenges due to his degenerative condition. Expect bigger stories from Preacher (Colin Lawrence), Brie (Zibby Allen) and Brady (Benjamin Hollingsworth), as all three of their portrayers have been moved up to series regulars. Lexa Doig, who plays Paige, and Barbara Polard, who plays Melissa, have both been bumped down to a recurring status.

Even though Ricky (Grayson Gurnsey) is off at basic training, he will be back at some point, hopefully before the end of the upcoming season. Showrunner Patrick Sean Smith told TVLine in 2022 that the character is a “fan favorite” and “everybody loves him.”

Q: What is the latest regarding the tragedy on the set of Alec Baldwin’s movie “Rust”? Is anybody going to prison for what happened to the poor woman who died? — N.B.

A: Alec Baldwin, who was both the producer and star of the movie “Rust,” learned in January that the charges of involuntary manslaughter against him had been dropped. Prosecutors, however, have stated that Baldwin could still face charges pending further investigation. The film set’s armorer,

Hannah Gutierrez-Reed, is set to go on trial in December for the same charges Baldwin faced, as well as a charge of tampering with evidence. She has pleaded not guilty. Cinematographer Halyna Hutchins was killed when a prop gun carrying live rounds was fired by Baldwin on set. “Rust” director, Joel Souza, was injured in the shooting, but survived.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegate is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes. Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes
Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil.

In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, hall-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors – beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives – and adds a twist with the Fresh Express Butter Supreme Salad kit. This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Good Housekeeping

Grilled Corn With Barbecue Butter

A spicy barbecue twist on classic grilled corn from chef Bobby Flay!

- 1 teaspoon cumin seeds
- 2 tablespoons canola oil
- 1/2 small red onion
- 2 cloves garlic
- 1 tablespoon ancho chile powder
- 2 teaspoons Spanish smoked paprika
- 1/2 teaspoon cayenne pepper
- 2 teaspoons molasses
- 1/2 cup water
- 12 tablespoons unsalted butter
- 1 teaspoon Worcestershire sauce
- Kosher salt
- Pepper
- 8 ears corn

1. Prepare outdoor grill for covered direct grilling on medium.

2. In 10-inch skillet, toast cumin seeds on medium-low 3 to 5 minutes or until fragrant. Transfer seeds to small bowl. Wipe out skillet.

3. In same skillet, heat oil on medium-high until hot, but not smoking. Add onion; cook 2 to 3 minutes or until softened, stirring occasionally. Add garlic; cook 30 seconds, stirring. Add ancho chile powder, paprika, cayenne and toasted cumin seeds; cook 1 minute, stirring frequently. Stir in molasses and water. Cook 3 to 5 minutes or until mixture thickens and water has evaporated, stirring occasionally. Remove from heat and let cool slightly.

4. In food processor, pulse butter, Worcestershire sauce and spice mixture until smooth. Add 1 teaspoon salt and 1/8 teaspoon freshly ground black pepper; pulse until combined. Transfer mixture to small bowl. Cover and refrigerate for at least 30 minutes or up to 2 days. To serve, allow to come to room temperature.

5. Meanwhile, pull husks of corn to stalk end without removing them. Strip away silk from each ear. Fold husks back into place and tie with kitchen twine. Place ears of corn in large bowl or pot and cover with cold water; add 1 tablespoon salt. Let stand 10 minutes.

6. Drain corn. Shake off excess water. Grill, covered, 15 to 20 minutes or until kernels are tender when pierced with paring knife, turning occasionally. To serve, remove husks and spread with spiced butter. Serves 8.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Festive Tossed Salad

Salads are often taken for granted and are usually a last-minute, "pour the dressing over the lettuce" sort of thing. Bring this one to the table, and you'll put a smile on everyone's face!

- 4 cups torn mixed salad greens
- 3/4 cup thinly sliced celery
- 1 cup shredded carrots
- 1/4 cup finely chopped green onion
- 1 (11-ounce) can mandarin oranges, rinsed and drained
- 1/4 cup slivered almonds
- 1/2 cup fat-free Catalina dressing
- 2 tablespoons orange marmalade spreadable fruit
- 1 tablespoon finely chopped fresh parsley or 1 teaspoon dried parsley flakes

1. In a large bowl, combine salad greens, celery, carrots and green onion. Stir in mandarin oranges and almonds.

2. In a small bowl, combine Catalina dressing, orange marmalade and parsley. Drizzle dressing mixture over salad mixture. Toss gently to combine. Serve at once. Makes 4 (1 1/2 cups each) servings.

Good Housekeeping

Lemon-Soy Steak

An Asian-influenced marinade adds a new dimension to beef. We call for sirloin, which needs only 30 minutes of marinating time. But you can use economical chuck too; just marinate 4 hours or overnight to tenderize it.

- 2 medium lemons
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 clove garlic, crushed with garlic press
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground red pepper (cayenne)
- 1 boneless beef top sirloin steak (about 1 1/2 pounds, 1 1/4-inches thick)

1. Prepare outdoor grill for covered direct grilling over medium heat.

2. Prepare salsa: From lime, grate 1 teaspoon peel and squeeze 1 tablespoon juice. In serving bowl, toss lime peel and juice with watermelon, mint, green onions and jalapeno. Makes about 3 2/3 cups.

3. Prepare salmon: In cup, stir hoisin sauce and five-spice powder.

4. Place salmon on hot grill rack over medium heat. Brush salmon with half of hoisin mixture. Cover grill and cook salmon 3 minutes. Turn salmon over and brush with remaining hoisin mixture. Cover grill and cook 3 minutes. Turn salmon over again and cook until just opaque throughout, about 3 more minutes. Serve salmon with Watermelon Salsa. Serves 4.

Good Housekeeping

Southern Peach Pork Chops

Juicy peaches hot off the grill are perfect with tender seared meat.

- 1 tablespoon curry powder
- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 pinch black pepper
- 1 clove garlic, crushed with garlic press
- 4 (about 5 ounces each) pork loin chops, 3/4-inch thick
- 4 large peaches, each cut in half
- 1/2 cup peach jam, substitute apricot jam or preserves
- Arugula, for garnish

1. In cup, stir curry powder, brown sugar, olive oil, salt, cinnamon, pepper and garlic.

2. With hands, rub both sides of pork chops with curry mixture.

3. Brush cut side of peach halves and 1 side of chops with some jam. Place peaches, brushed side down, and chops, brushed side up, on grill over medium heat; cook 5 minutes.

4. Turn chops and peaches over and brush grilled side of chops with some jam; cook 5 minutes longer. Remove peaches from grill when browned and place on platter. Turn chops and brush with remaining jam; cook 2 to 3 minutes longer, until chops are browned on the outside and still slightly pink on the inside. Place chops on platter with peaches; garnish with arugula. Serves 4.

Good Housekeeping

Glazed Salmon With Watermelon Salsa

We love the combination of sweet and spicy flavors, so we added a jalapeno chile to the fruit salsa — with delicious results.

Watermelon Salsa:

- 1 lime
- 4 cups seedless watermelon, 1/2-inch cubes
- 1/4 cup (loosely packed) chopped fresh mint leaves
- 2 tablespoons chopped green onion
- 1 small jalapeno chile, seeded and finely chopped

Glazed Salmon:

- 1/4 cup hoisin sauce
- 1/2 teaspoon Chinese five-spice powder
- 4 (6 ounces each) salmon steaks, each 1 inch thick

1. Prepare outdoor grill for covered direct grilling over medium heat.

2. Prepare salsa: From lime, grate 1 teaspoon peel and squeeze 1 tablespoon juice. In serving bowl, toss lime peel and juice with watermelon, mint, green onions and jalapeno. Makes about 3 2/3 cups.

3. Prepare salmon: In cup, stir hoisin sauce and five-spice powder.

4. Place salmon on hot grill rack over medium heat. Brush salmon with half of hoisin mixture. Cover grill and cook salmon 3 minutes. Turn salmon over and brush with remaining hoisin mixture. Cover grill and cook 3 minutes. Turn salmon over again and cook until just opaque throughout, about 3 more minutes. Serve salmon with Watermelon Salsa. Serves 4.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Blueberry-Raspberry Summer Pie

When you combine fresh blueberries and raspberries, you combine much more than berries. You combine magic!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free raspberry gelatin
- 1/4 cups diet lemon-lime soda
- 1/4 teaspoon ground cinnamon
- 2/4 cups fresh blueberries
- 3/4 cup fresh red raspberries
- 1 (6-ounce) purchased graham cracker pie crust
- 2 (2 1/2-inch) graham cracker squares, made into crumbs
- 1/2 cup reduced-calorie whipped topping

1. In a large saucepan, combine dry pudding mix, dry gelatin and soda. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Stir in cinnamon. Add blueberries and raspberries. Mix gently just to combine.

2. Spoon hot mixture into pie crust. Evenly sprinkle graham cracker crumbs over top. Refrigerate for at least 1 hour. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.

Good Housekeeping

Strawberry Ice Cream

Making your own ice cream is easier than you think — especially when it doesn't require a fancy machine. This delectable four-ingredient treat whips up in 10 minutes flat and freezes into scoopable sweetness in an hour. With a mere 70 calories per serving and less than 1/2 gram of saturated fat, go ahead: Spoon up some more.

- 1 pound frozen strawberries
- 1 cup (2%) plain Greek yogurt
- 1/4 cup sugar
- 1/2 teaspoon vanilla extract
- Strawberries, for garnish

1. In food processor with knife blade attached, pulse 1 cup strawberries until finely chopped. Transfer chopped berries to large metal bowl.

2. In food processor, puree yogurt, sugar, vanilla and remaining strawberries until smooth. Transfer to bowl with strawberries; stir until well-combined.

3. Cover and freeze about 1 hour, until firm but not hard. Garnish with strawberries. Yields 7 (1/2-cup) servings.

TIP: You can substitute plain low-fat yogurt for the Greek yogurt. We found both worked well, but we preferred Greek yogurt's creamier texture. Freezing time may vary depending on freezer make and model. Begin checking your ice cream at 1 hour, and continue freezing if you prefer a firmer texture.

Good Housekeeping

Watermelon Slushie

A refreshing, colorful drink for those dog days of summer. If you have extra watermelon, you can freeze it for more slushies.

- 3 cups seedless watermelon, cubed
- 1 cup frozen strawberries
- 2 scoops lemon sorbet
- 1/4 cup pineapple juice, chilled
- 2 tablespoons fresh lime juice

In blender, combine watermelon, strawberries, sorbet, pineapple juice and lime juice and blend until mixture is smooth. Pour into 4 glasses. Makes 3 1/2 cups.

• Each serving: About 87 calories, 7mg sodium, 22g total carbohydrate, 1g protein.

Recipe excerpted from "Good Housekeeping Blend It!: 150 Sensational Recipes to Make in Your Blender — Frappes, Smoothies, Soups, Pancakes, Frozen Cocktails and More." (Hearst Books)

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Crime

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Robbery on North Orleans Street and West Chicago Avenue.

Assault on the 2300 block of Wesr Giddings Street

Shooting on the 1500 block of North Milwaukee Avenue.

Robbery on the 900 block of North Rush Street.

Vandalism on the 2400 block of North Lakeview Venue.

Theft pn the 1800 block of West Haddon Avenue.

Theft on the 1900 block of North Hoyne Avenue.

Assault on the 2700 block of North Ashland Avenue.

Assault on the 900 block of North Crosby Street.

Theft on the 1500 block of North Clybourn Avenue.

Theft on the 5200 block of North Broadway.

Theft on the 3400 block of North Halsted Street.

Theft on the 1400 block of West Fullerton Avenue.

Theft on the 1600 block of North Wells Street.

Theft on the 2400 block of North Campbell Avenue.

Arrest on the 2200 blockof North Carmen Avenue.

Theft on the 3400 block of North Broadway.

Robbery on the 3500 block of North Clark Street.

Theft on the 1200 block of West North Avenue.

Theft on the 2500 block of North Elston Avenue.

Assault on the 3600 block of North Western Avenue.

Theft on the 4500 block of North Winchester Avenue.

Assault on the 4500 bock of North Simonds Drive.

Assault on the 3400 block of North Bell Avenue.

Assault on the 2200 block of North Stockton Drive.

Theft on the 500 block of North Barry Avenue/

Theft on the 2300 block of West Irving Park Road.

Assault on the 2000 block of West Diversey Parkway.

Theft on the 3100 block of North Clark Street.

Theft on the 5700 block of North Sheridan Road.

Theft on the 1399 block of North Paulina Street.

Theft on the 1700 block of North Honore Street.

Theft on the 5500 block of North Kenmore Avenue.

Burglary on the 1800 block of North Orchard Street.

Theft on the 1000 block of West Dakin Street.

Arrest on the corner of State Street and Chicago Avenue.

Assault on the 200 block of West Chicago Avenue.

Theft on the 2700 block of North Wilton Avenue..

Theft on the 3800 block of North Loncoln Avenue.

Theft on the 1`400 block of North dearborn Street.

Theft on the 1900 block of Qwest Wave-land Avenue.

Theft on the 2800 block of North Southport Avenue.

Robbery on the 3500 block of West Lawrence Avenue.

Shooting on the 1600 block of West Augusta Boulevard.

Robbery on the #200 block of West Armitage Avenue.

Shooting on the 1500 block of North Milwaukee Avenue.

Assault on the 4100 block of North Pulaski Road.

Theft on the 3500 block of West Ainslie Street.

Assault on the 2300 block of West Giddings Street.

Arrest on the 2400 block of North Lawn- dale Avenue.

Assault on the 3500 block of West Le Moyne Street.

Robbery on the 4600 block of North Kedzie Avenue.

Vandalism on the 2400 block of Lakeview Avenue.

Theft o the 1900 block of North Hoyne Avenue.

Assault on the 3200 block of West North Avenue.

Assault on the 2700 block of North Ashland Avenue.

Theft on the 3400 block of North Halsted Street.

Theft on the 1400 block of West Fullerton Avenue.

Theft on the 2400 block of North Campbell Avenue.

Theft on the 3200 block of North Broadway.

Theft on the 3000 block of North Monticello Avenue.

Arrest on the 2200 block of West Carmen Avenue.

Theft on the 3400 block of North Broadway.

Robbery on the 3500 block of North Clark Street.

Theft on the 1200 block of West North Avenue.

Theft on the2500 block of North Elston Avenue.

Assault on the 3800 block of North Crystal Street.

Assault on the 3600 block of North Western Avenue.

Assault on the 4500 block of North Simonds Drive.

Vandalism on the 1000 block of North Washtenaw Avenue.

Assault on the 3400 block of North Bell Avenue.

Theft on the 500 block of West Barry Avenue.

Theft on the 2300 block of West Irving Park Road.

Theft on the 3100 block of North Pulaski Road.

Burglary on the 1700 block of West Catapla Avenue.

Catalytic Converter Theft Prevention

Numerous Catalytic converter thefts have been appearing throughout Chicago. After a catalytic converter has been removed a car will sound loud and “gravelly” when started..

Most thefts are in the middle of the night or early morning. They can be cut off your vehicle in a couple minutes. If you hear cutting on your block that doesn’t sound right call 911 immediately and try to get the plate number and ID the vehicle.

WHAT YOU CAN DO:

- Always park in well lit areas.
- Purchase a security system that will go off with the slightest motion.
- Go to a local muffler shop and have the converter secured to the vehicle’s frame with hardened steel welded to the frame.
- Check out local car auto parts stores with catalytic converter theft deterrent systems.
- Do not confront offenders call 911 immediately.
- If a suspicious vehicle is left running in the middle of the street and looks suspicious call 911.

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CALMING COLOR

Design inspiration for a comforting, relaxing home



FAMILY FEATURES

Updating your home can provide the perfect opportunity to explore new design styles or refresh living spaces with a new color scheme. In fact, a coat of paint can help set the mood for entire rooms in your home.

By turning to nature-inspired designs, you can create a sense of comfort and relaxation. A hybrid color, like Valspar’s 2024 Color of the Year, Renew Blue, is gentle and airy with a touch of blue to set a restful and meditative mood. The grayed sea green – inspired by fleeting things such as fog, mist, clouds and glacier lakes – is a seasonless and versatile hue that features a mid-tone blue with warm undertones and can be used in outdoor living spaces and four-season rooms alike.

“This mid-tone shade has become popular for wellness environments over the years due to its low saturation level, which evokes a sense of rest and calm,” said Sue Kim, Valspar’s director of color marketing. “The harmonious green and blue open the possibility for out-door applications, blurring the boundary between interior and exterior.”

Exploring Color Pairings

If a concept like color drenching – using one color from the baseboards to the ceiling and decor – isn’t what you’re envisioning, pairing a gentle and airy color like Renew Blue with other hues may be just the trick to create the space of your dreams. Consider these popular Valspar pairing options:

- **Perfect Backdrop:** The familiar, natural tone of beige has returned strong, balancing warm and cool shades to create comforting spaces that harmonize well with various design styles.
- **Dusk in the Valley:** A barely-there, grayed pastel that is soothing to the senses, even amid constant changes. Layering pale tints in various materials can create a sense of calm and relaxation.



Personalized Advice for Your Space

If you’re unsure where to begin your color search – or need advice on color matching, building your painting confidence or troubleshooting complicated projects – the experts at Valspar offer free virtual advice. Simply provide details about your space, lighting and style preferences using the questionnaire at valspar.com/en/color-consultation and by uploading photos of your space and any inspiration to receive personalized recommendations directly to your account.

To help elevate the mood in your home, consider implementing Renew Blue into one of these popular design trends that can update the look of nearly any of your indoor or outdoor spaces.

Coastal

Coastal looks are timeless designs that have remained relevant for years because of their positive correlation to calming beach locations. Perfect for outdoor spaces like the backyard, you can implement a more curated and personal take on the trend by shifting from “typical” coastal design that pairs beachy hues with natural textures like rope, driftwood and wicker to something more classic and natural like the Cape Cod variation by working in some nautical touches like anchors, oars or seashells.

Modern Farmhouse

In the entryway, using beautiful and functional decor, such as unique ceramics and handwoven textiles, helps usher in a modern rustic style. By using timeless tones and accents, as well as layering heritage art, you can create visual mystery while elevating the ordinary to make your home feel warm and welcoming to guests from the moment they walk through the door.

Nordic Comfort

Modern Traditional is a style that came together over time, and the Hygge look is a refined take. It pulls elementary cues from traditional farmhouse style but has shaker-inspired elements mixed in and is done with a slightly modern twist. It can make a larger space like the kitchen feel welcoming, open, carefully curated and warm.

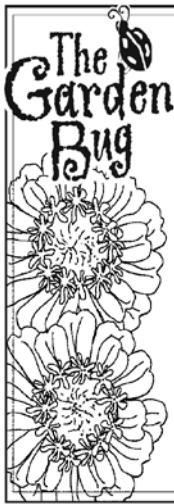
Modern Boho

Boho is a nature-loving and free-spirited style connected to earthy and botanical elements. From handmade decor to vintage metallic finishes, this style reimagines the past and elevates everyday spaces like bathrooms into personal retreats designed with wellness in mind.

Pastel Wabi-Sabi

Leaning into the modern sentiment of “less is more,” this style reflects a naturally minimalist design aesthetic and showcases color coordination with mood-boosting hues and joyful color. Perfect for nurseries and other spaces that should be bright and welcoming, pieces with pared-back, welcoming shapes and silhouettes that allow quality natural materials to shine are perfect for decorating the room.

Visit [Valspar.com](https://valspar.com) to find more on-trend home design inspiration and order up to 10 free paint chips to be delivered to your home to see how your favorite colors will fit your space.



Zinnias

Zinnias can be planted in late summer. They like hot weather, and will germinate easily. Plant your zinnia seeds 9" to 12" apart in well-drained soil located in full sun; after they sprout and grow taller, pinch off the new growth after the 2nd or 3rd true leaf set, as this promotes more branching and flowering. Watering at the base of the plants helps prevent diseases such as "leaf spot" from flourishing. The "Peter Pan" variety of zinnias is one of the fastest to start blooming, often in only six weeks from seed. - Brenda Weaver

Source: www.lsuagcenter.com

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Garden craft ideas for kids

- Light-catching bead hangers
- Twig star ornaments
- Painted clay pots
- Jar made into hanging vase or lantern using wire, string or ribbon
- Twigs glued to can or jar, tied with raffia bow
- Paint stepping stones with chalkboard paint
- Decorate bird, frog or bee houses - Brenda Weaver

Source: mothernatured.com

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Plants with "people" names

Creeping Jenny (*Lysimachia nummularia*)
Sweet William (*Dianthus barbatus*)
Jack-in-the-Pulpit (*Arisaema triphyllum*)
Johnny Jump-Up (*Viola tricolor*)
Queen Anne's Lace (*Daucus carota*)
Black-eyed Susan (*Rudbeckia hirta*)
Saint John's Wort (*Hypericum perforatum*)
Golden Alexander (*Zizia aurea*)

- Brenda Weaver
Source: birdsandblooms.com

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Quotes worth your time

“Every saint has a past and every sinner has a future.”
- Oscar Wilde

“Time is a created thing. To say “I don’t have time” is like saying, “I don’t want to.”
- Lao Tzu

“Never to suffer would never to have been blessed.”
- Edgar Allan Poe

“Judge a man by his questions rather than his answers.”
- Voltaire

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Business Spotlight



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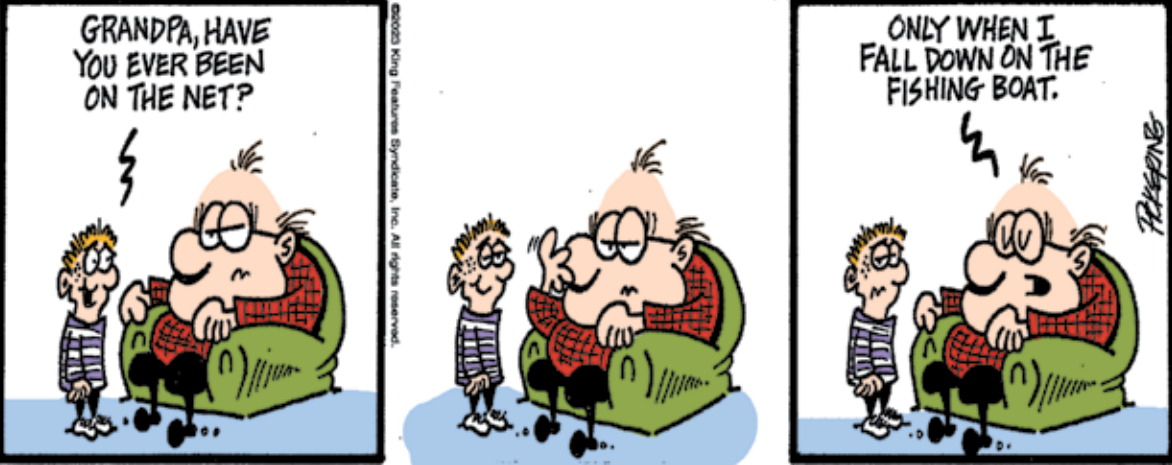
Amber Waves

by Dave T. Phipps



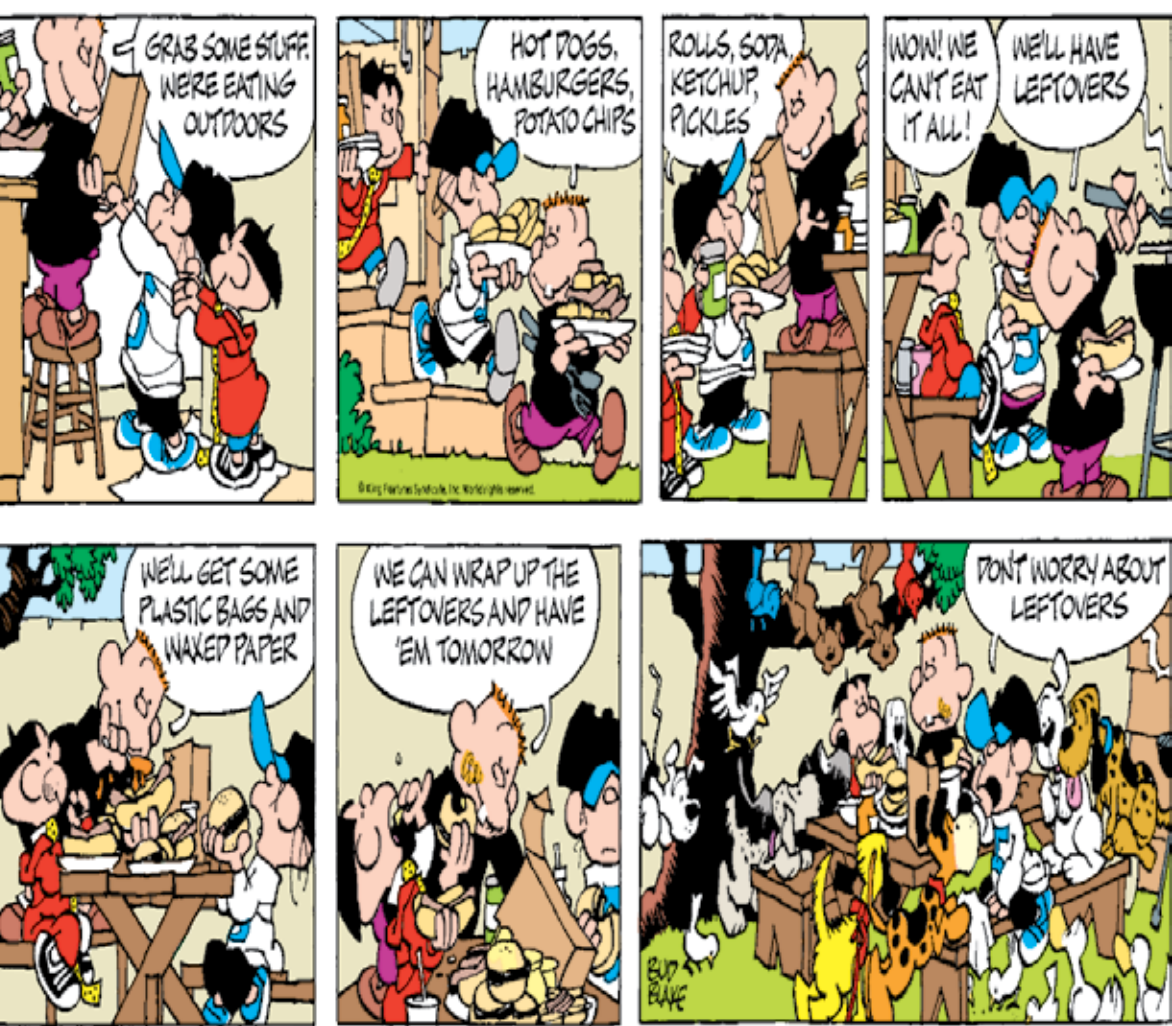
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by Jeff Pickering



TIGER

by BUD BLAKE



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X V T R R P L N R E L U D N E
J H E P C D N A L U A M Y E L
W V T R P N E L U L S E D U I
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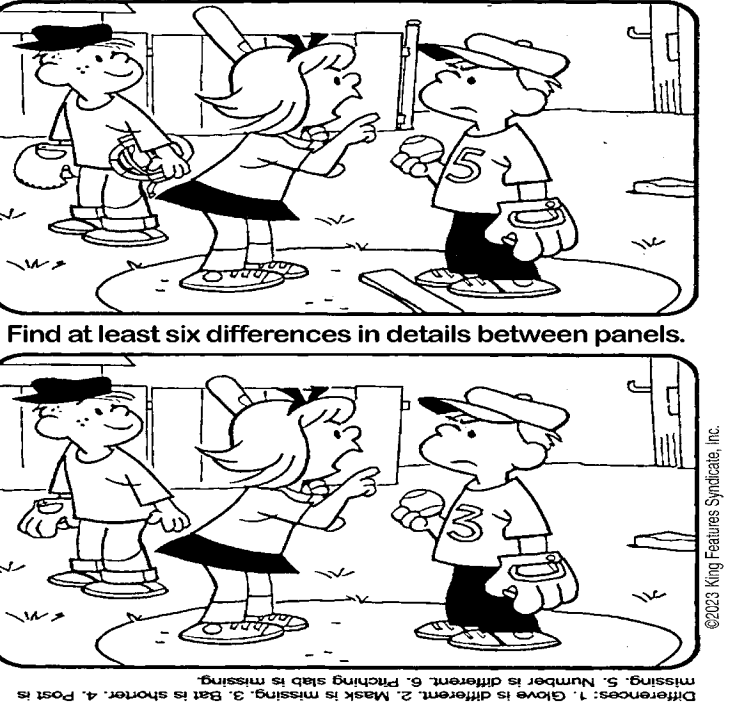
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Rise and Fall of the Sea Level**

Ball	Gear	Price	Speed
Calorie	Land	Profile	Technology
End	Level	Quality	Volume
Frequency	Pressure	Score	

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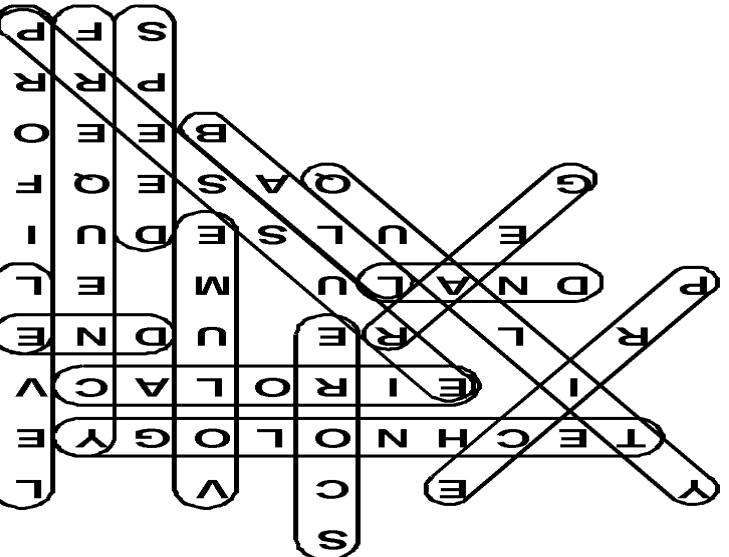
HOCUS-FOCUS

BY HENRY BOLTIKOFF



Just Like Cats & Dogs

by Dave T. Phipps



— HIGH — OR LOW —

BUS SAFETY TIPS

for Back-to-School Season



Photo courtesy of Getty Images

FAMILY FEATURES

Another school year means millions of children across the United States will begin and end each day with a bus ride. The way many kids ride to school today, however, is the same as it was 25 years ago – in diesel school buses, which have been shown to be harmful to children’s health, the community and the climate. Investments are being made to clean up the nation’s school bus fleet, like the Environmental Protection Agency’s (EPA) Clean School Bus Program, which will provide \$5 billion over five years to help replace existing buses with low- and zero-emission models. One alternative energy source, propane, is an environmentally friendly and affordable option that can be implemented today to provide a better tomorrow for more students. The low-carbon emissions energy source is abundantly available and can work in tandem with other energy sources, including electric, to move the nation’s school bus fleet further down the path to zero emissions and ensure every child has a safe, clean, healthy ride to school. In addition to speaking to your children’s school district officials about alternative school bus solutions, there are lessons parents can teach their

children about how to remain safe before, during and after their daily trips on school buses. Consider these tips from the experts at the National Association of Pupil Transportation.

Before the Bus Arrives

- Ensure backpacks are packed securely so papers and other items don’t scatter as the bus approaches.
- Create a morning routine that puts kids at the bus stop five minutes before the scheduled pickup time. This helps avoid a last-minute rush, when safety lessons are easily forgotten, and ensures kids are safely in place for boarding.
- Encourage children to wear bright, contrasting colors so they can be seen easier by drivers.
- Instruct children to walk on the sidewalk. If there is no sidewalk, advise them to stay out of the street, walk single-file, face traffic and stay as close to the edge of the road as possible.
- Walk young children to the bus stop or encourage kids to walk in groups. There is safety in numbers; groups are easier for drivers to see.
- If kids must cross a street, driveway or alley, remind them to stop and look both ways before crossing.

- Verify the bus stop location offers good visibility for the bus driver; if changes are needed, talk with nearby homeowners or school district officials to implement changes. Never let kids wait in a house or car, where the driver may miss seeing them approach the bus.
- Remind children the bus stop is not a playground. Balls or other toys can roll into the street and horseplay could result in someone falling into the path of oncoming traffic.
- Instruct children to stay at least three steps away from the road and allow the bus to come to a complete stop before approaching it.

On the Bus Ride

- When boarding the bus, items can get bumped and dropped. Caution children that before picking anything up, they should talk to the driver and follow instructions to safely retrieve their possessions.
- Teach safe riding habits: Stay seated with head, hands and feet inside at all times; keep bags and books out of the aisle and remain seated until the bus stops moving.

- Instruct children to never throw things on the bus or out the windows and to never play with or block emergency exits.
- Remind kids that loud noises are off limits so they don’t distract the driver. That includes cellphones and other electronic devices; instruct children to put them on mute or use headphones.

Leaving the Bus

- Remind children to look before stepping off the bus. If they must cross the street, teach them to do so in front of the bus by taking five big steps (approximately 10 feet) away from the front of the bus, looking up and waiting for the driver to signal it’s safe.
- For parents who meet their kids at the bus, eliminate the risk of your children darting across the street by waiting on the side of the street where they exit the bus.
- Make the bus ride part of your daily “how was school?” discussion. Encourage kids to talk about the things they see and hear on the bus so you can discuss appropriate behaviors and, if necessary, report any concerns to school administrators.

Benefits of Propane Buses

Every day, 1.3 million children in the United States ride to school in 22,000 propane-powered school buses, which are currently in use by more than 1,000 school districts across 48 states. Alternative fuels, such as propane, offer multiple benefits for school districts and students alike because propane buses reduce harmful emissions, save money and provide a safer ride for students.

Student Health

Propane reduces harmful nitrogen oxide emissions by up to 94% compared to diesel and emits near-zero particulate matter emissions. Both emissions, which can be found in the cloud of smoke emitted from the tailpipes of diesel buses, are known triggers for asthma, bronchitis and other respiratory problems, according to the EPA.

Reliability

Propane has a range of 400 miles and the performance needed to drive long distances without stopping to recharge or refuel.

Cost Savings

While propane and electric are both options for clean student transportation that also reduce the harm to air quality, the cost is not equal. On average, an electric school bus costs \$375,000, meaning districts can purchase three propane-powered buses (which are only \$6,000 more expensive than diesel buses) for the price of one electric bus. In fact, a study from the World LP Gas Association found the cost savings of getting rid of all diesel buses and replacing them with propane would save enough money to hire 23,000 teachers due to lower long-term fuel and maintenance costs.

Find more information and learn how to talk to school district officials about adopting clean school buses at BetterOurBuses.com.



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