



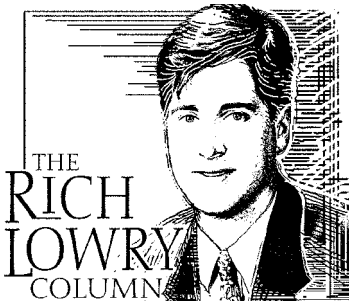
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Editorial & Opinions

'Not in my back yard'
Continued from front page

lines and tables and chairs for dining within the main facility, that provides the required meals for guests.” Each tent would house 500 to 1,000 people. (Sounds like a travel brochure)

Mayor Johnson has not responded to how the tent cities would be paid for, but estimated the projected cost of the migrant crisis will reach \$30 million by the end of this year. He is pushing for a real estate transfer tax devoting more resources to the un-housed and mental health services.



John Fetterman makes the U.S. Senate safe for disgraceful slobs

John Fetterman’s Senate legacy is now set — he’s the guy who made it possible to dress like a slob.

What the Missouri Compromise was to Henry Clay, what the Second Reply to Hayne was to Daniel Webster, what the Civil Rights Act of 1957 was to Lyndon Johnson, Carhartt sweatshirts and baggy shorts will be to John Fetterman.

The Pennsylvania senator is the poster boy — if self-indulgent sloppiness is your thing — for the Senate dropping a dress code that required senators to dress in business attire when appearing on the Senate floor.

Fetterman briefly complied with the rule by making the sacrifice of putting on a suit and tie after he was first elected. Then, he reverted to his standard uniform that makes it look like he just arrived after sitting on his couch, surrounded by empty pizza boxes, watching football games all weekend.

There’s business casual, then there’s Fetterman’s garb. It wouldn’t be acceptable at many fraternity events around the country. Philadelphia Eagles fans dress more carefully on game days. If he showed up at almost any service or working class job in America dressed this way, his supervisor would give him a stern talking to and insist that he have more respect for himself, his colleagues, and his customers.

But, as it happens, he’s only a United States senator, so he can wear whatever he damn pleases.

When the history of the decline of American institutions is written, the jettisoning of the Senate dress code may not be more than a footnote, yet it will deserve mention.

It has long been remarked that it matters how we dress. Mark Twain is sometimes said to have written (in what’s actually a paraphrase),

“Clothes make the man. Naked people have little or no influence on society.”

It turns out that slovenly people do, however.

The business suit as we know it had its origins in the court of British King Charles II. Then, the 19th-century British trendsetter Beau Brummell made an important contribution by simplifying the outfit. After various twists and turns, by the mid-20th century in the United States, the modern suit had arrived. As an article in The Atlantic notes, “It appeared on everyone from cab drivers to business executives, and made all appear polished and professional.”

The unraveling began several decades ago with the advent of Casual Friday, which eventually spread into Casual Everyday.

The Senate giving way to this ethos after a couple of centuries of a higher standard is a sign of the times.

We no longer reliably produce people willing to conform themselves to the norms and expectations of their institutions; personal brands are considered more important. And the leaders of institutions tend to lack the courage to insist on rules that may no longer fashionable, even if they still serve an important function.

It’s not that John Fetterman is going to be a better or worse senator depending on how he dresses — he’ll be a party-line vote regardless. But his dress speaks to how he regards his position.

This would be obvious in other contexts. If someone shows up at a funeral or a wedding in jeans and a T-shirt, it is taken, understandably, as a sign of disrespect, as an unwillingness to make the basic effort to acknowledge the solemnity of the occasion.

A session of the Senate isn’t as fraught and meaningful as a wedding or a funeral, but it should be considered an event of some consequence. The history of the body stretches back to the beginning of the republic, and it is invested with considerable power. Dressing appropriately acknowledges this; dressing as if it’s a bowling alley disregards it.

Would we take a judge as seriously without his or her robes? Or an officer of the law without his or her uniform?


Fetterman has won this battle, but at the price of beclowning himself and his institution — not that he cares.

Rich Lowry is editor of the National Review.

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MONDAY

Columbus Day



Oct. 9th



Lakeview Newspaper

would like to wish everyone a safe and happy HALLOWEEN



TRICK OR TREAT


Moments in time

THE HISTORY CHANNEL

- On Oct. 9, 2004, Afghan voters went to the polls for the first time in their nation’s history to vote for a president and elected Hamid Karzai, who had served as their interim president after the collapse of the Taliban regime three years earlier.
- On Oct. 10, 1845, George Bancroft — historian, educator and secretary of the Navy — founded the U.S. Naval Academy in Annapolis, Maryland, to improve the then-unsatisfactory methods of instructing the service’s midshipmen.
- On Oct. 11, 2000, at a ceremony in London, the International Women of the Year Association awarded the title “Greatest Woman Achiever of the Century” to Russian engineer and cosmonaut Valentina V. Tereshkova, who became the first woman in space when she flew a solo mission on the Vostok 6 on June 16, 1963.

- On Oct. 12, 1810, the first Oktoberfest was celebrated in Munich, Germany, in honor of the marriage of Ludwig, the crown prince of Bavaria (who later became King Louis I), to Princess Therese von Sachsen-Hildburghausen. The festivities lasted nearly a week and ended in a horse race. Today, the festival is the largest in the world, with more than 6 million participants around the globe.
- On Oct. 13, 1950, the movie “All About Eve,” starring Bette Davis and Anne Baxter, premiered in both Paris and New York City. Known for its acid wit, it won six Academy Awards, including Best Picture, but was roundly criticized for depicting a character smoking in bed by an Indiana man who was part of his local fire prevention committee.
- On Oct. 14, 1926, English humorist, poet and playwright A.A. Milne published “Winnie-the-Pooh,” a children’s book set in the fictional Hundred Acre Wood featuring the adventures of the eponymous honey-loving bear and his good friends, including Eeyore, Christopher Robin and Piglet.

Americanisms



“We do today what they won’t, so tomorrow we accomplish what they can’t.”

— Dwayne Johnson

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Lakeview Newspaper

“We don’t make the news. We just report it.”

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Health



Osteoporosis Screening for Men Remains Controversial

DEAR DR. ROACH: My husband and I are confused about the guidelines concerning when older men should be screened for osteoporosis. All the information seems to suggest that it is only needed for men over 70 who have had a fracture. In my husband's case, he was only told to get a DEXA (dual-energy X-ray absorptiometry) scan after he had back pain and several compression fractures of the thoracic spine (up to 70%), at the age of 72. His T-score was -2.8 for his spine.

I can't help feeling that because he is male, weighs 200 pounds, has an active lifestyle and was previously 6 feet, 2 inches tall, the issue of osteoporosis just never came up during his yearly primary care visits (even though his height had decreased since at least 2019, and he's now only 6 feet tall). This is a potentially life-threatening condition for older women and men, but the risks for women seem to get all the attention. What's the reluctance to order a simple, fast, painless, not-too-expensive test to screen men earlier? — B.W.

ANSWER: In general, screening tests (by definition, a test done on a person with no symptoms of the condition) are done when there is good evidence that the screening will lead to an improved outcome in the screened group compared to an unscreened group. The data in women is strong enough that all women over 65 and women younger than 65 with additional risks for osteoporosis should be screened with a DEXA scan, but there is not strong enough data to support screening in men.

Osteoporosis screening in men is con-

troversial. While one of the most influential groups does not recommend screening in all men over 70, some groups do, despite an absence of proven benefit. They base this recommendation on the fact that, as you say, it's not a particularly dangerous test (the radiation dose is small), nor is it expensive (the average cost is \$150, but can be higher in some states). One major downside of testing in general is that no screening test is perfect. As such, an unexpected finding of osteoporosis in a man requires that the screening test be repeated to be sure the test result is accurate.

Even though men are not always recommended for screening, there are some medical findings that should prompt a test. One is a loss of height — losing more than 1.5 inches of height should have prompted a DEXA scan. (Strictly speaking, this is no longer a screening; it's an evaluation of the cause of an unexpected medical finding.)

A low testosterone level (either by itself — hypogonadism — or as a result of medical treatment for prostate cancer); primary hyperparathyroidism; inflammatory bowel disease; and longterm use of prednisone and similar drugs are all known risk factors for osteoporosis that should at least trigger a discussion of a DEXA scan. Similarly, the finding of osteoporosis in a man should prompt consideration of the underlying reason behind it, which could include any of the risk factors listed above.

Spinal Cord Injury Misdiagnosed as Blood Pressure Stroke

DEAR DR. ROACH: Have you ever heard of a "low blood pressure stroke"? That was my husband's (incorrect) diagnosis several years back when he suddenly could not move his arms and legs. He was told that not enough oxygen was getting to his spine. (His blood pressure is historically low, usually around 90/60.)

That lasted about seven months, and he was bedridden the entire time. He then went to a neurosurgeon and was (correctly) diagnosed with a spinal cord injury. He had C1-C2 surgery and had use of his limbs the next day. After months of physical therapy, he regained a lot of function.

We've never heard of that diagnosis before or after his experience. Does it

really exist? — E.S.K.

ANSWER: The brain has tremendous ability to regulate its own blood flow under a very wide range of blood pressures, but there are some limits. When a person is used to very high blood pressure levels, such as 200/110 for months or years, a sudden drop to 90/60 (or even 120/80 sometimes) can cause a stroke. That's the main reason we don't lower blood pressure too quickly in people who have had very high blood pressure levels for a long time. It takes weeks or months for the brain to recover its ability to regulate blood flow.

In a person who has a heart attack, prolonged low blood pressure (or no blood pressure) will also cause brain damage. That's why starting CPR as quickly as possible is so critical in order to preserve brain function.

In both of these cases, not enough blood is getting to the central nervous system (the brain, the spinal cord and the retina), which can lead to cell death — the hallmark of a stroke. But these are extreme cases.

A healthy person whose normal blood pressure is around 90/60 is at risk for fainting when suddenly standing; however, they are at a lower-than-average risk for heart disease and stroke. The diagnosis of "a low blood pressure stroke" for your husband doesn't make any sense at all to me, and advanced imaging of the brain should have made it abundantly clear that it was not the right diagnosis.

I'm shocked that he wasn't treated correctly for that long. But I'm very happy to hear that his neurosurgeon did not assume the diagnosis of a stroke, instead making the correct diagnosis and performing the procedure to help him recover. Your husband is fortunate that he still had neurological function to recover after such a long time, since spinal cord injuries generally heal better when treated promptly.

DEAR DR. ROACH: My primary care physician and blood specialist claim there is nothing that will increase white blood cell count. Are there any supplements that I can take or foods I can eat to improve the low count? — R.J.L.

ANSWER: The question is, why is your white blood cell count low? Some people have low white blood cell counts for no reason; it runs in families, so there

aren't any health concerns there. However, there are a large variety of blood diseases that cause low white cell counts. Some affect the lymphocytes, while others affect the granulocytes (the two main types of white cells).

Nutritional deficiencies are extremely rare in North America (vitamin B12, folic acid and copper are the exceptions that should be looked for), so neither diet nor supplements are usually helpful. If there's an absence of blood disease or symptoms, low white blood cell counts usually do not need treatment.

Suspecting and Diagnosing Hereditary Hemochromatosis

DEAR DR. ROACH: My husband was diagnosed with hemochromatosis 13 months before he died. I recommended that his blood relatives get tested so they can get treatment early, if necessary. Some doctors don't know to check ferritin levels to make a diagnosis in a person with a family history of hemochromatosis. — C.G.

ANSWER: Hereditary hemochromatosis (HHC) is a genetic disease of iron overload. In a person with HHC, the intestines absorb as much iron as they can all the time, even if the body doesn't need it, whereas a person without HHC will simply stop absorbing iron if it isn't necessary. The iron can go into and damage many organs, especially the liver, heart, bone marrow, hormone-producing glands and skin.

The diagnosis should be suspected in close relatives of an affected person. Although checking ferritin levels is useful in making the diagnosis, iron tests, total iron-binding capacity tests and hemoglobin tests should also be ordered. If the family member has a recognized genetic mutation, such as C282Y homozygote or C282Y/H63D compound heterozygote, those genetic tests may also be useful in making the diagnosis.

The diagnosis should even be suspected in people with vague symptoms, such as weakness and fatigue. I teach my students and residents to consider the possibility of iron over-load, as it is common, easily tested for, and easily treated with phlebotomy (blood removal). Symptomatic HHC is more common at an earlier age in men than women, but it still should be considered in younger women.

A clinician should also consider iron

overload in people with enlarged livers or abnormal liver enzymes, diabetes, changes in skin tone (bronze or gray), heart failure and some kinds of arthritis. Most people with these conditions do not have HHC, but initial testing is cheap and easy.

Treatment can be done by donating blood. My first patient with HHC donated over 100 units of blood before his blood levels came down to the target range.

DEAR DR. ROACH: I am one of the people who cannot take statins because of muscle pain. My cardiologist suggested Praluent, and it works fine — no muscle pain as well as very low HDL and LDL cholesterol levels for over two years now.

However, I keep seeing articles about muscle pain and statins and never see Praluent referred to as an alternative. Why? — T.G.

ANSWER: Alirocumab (Praluent) is an antibody to a compound called PCSK9. This causes the liver to remove LDL cholesterol from the blood and lower the levels of this "bad" kind of cholesterol. In turn, this leads to a reduction in heart disease risk among those taking the medication. It does not cause muscle damage. PCSK9 inhibitors may be used alone or in combination with statins.

Unfortunately, the medication is expensive, about \$500 per month. It is most often used in people with known blockages in their heart, but some experts prescribe alirocumab in high-risk patients who do not have known blockages. Insurance coverage is not assured. Furthermore, it is given only as an injection, usually every two or four weeks.

PCSK9 inhibitors are an important tool in the fight against heart disease and are of special value in those at the highest risk or those who cannot tolerate a statin.

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

Streaming Services

Ways to save Sort through the mix

A Forbes survey showed that more than half of streamers signed up for a service simply to watch one show. Consider a free account-tracking app such as Rocket Money (rocketmoney.com) or Hiatus (hiatusapp.com) to see your subscriptions, and pick which to keep.

Play to your interests

If you enjoy live TV, you can use MyBundle.TV to figure out the most cost effective

way to get channels you like. The Reelgood app can help you find the least expensive way to stream.

Purchase one annual plan

Most streaming services offer a discount if you pay for a year's service up front.

Credit card combos

Many credit card issuers offer rewards for money spent on streaming media. The American Express Blue Cash Preferred Card, for example, pays 6 percent cash back on select streaming subscriptions. Capital One's Savor Rewards card gives 4 percent cash back on eligible streaming services.

Get a bundle from your cellphone provider

Most T-Mobile Subscribers get a free basic Netflix account with their cellphone plan, and multi-line subscribers get a standard plan. Some T-Mobil plans also come with free Apple TV+. Some Verizon mobile customers can get free access to the Disney Bundle.

Move down a tier

Several platforms have levels, letting you pay less for an ad-supported plan or one that supports fewer devices. The ad-supported Netflix plan costs \$6.99 per month, while the premium plan costs

\$19.99 per month. And Hulu offers an ad-supported plan for \$7.99 per month (\$79.99 per year) or you can pay \$14.99 for ad-free.

How to beat fast changing prices Price trackers and alerts

The best way to beat fast-changing prices, you need price trackers and alerts, which help you follow changing prices whether you shop online or in stores.

PayPalHoney: If you download this browser extension on your computer, it will pop up when you're viewing an item on Amazon, Walmart Macy's and many

other shopping sites. Hover your cursor over the Honey icon and click on View Price History to bring up a chart showing the product's price over time. Add it to PayPal Honey's Drop list to receive price drop alerts by email. (joinhoney.com)

Pricepulse:

This smart-phone app also provides detailed price histories and price alerts solely for Amazon products. It uses artificial intelligence to assess whether it's a good time to buy, rating prices in a range from Amazing (good) to High (bad). (pricepulse.app)

Sound Off!

BIKE LANES

I was born and raised in Chicago and have worked here all my life, and I need to know what the city politicians are thinking. They are installing bike lanes all over the place without letting the bikers know what the rules of the road are. I have encountered many bikers blowing through a stop sign and giving me the finger because I stopped and started to proceed only to have a biker zip through the stop sign. The lanes are not going to protect bikers but rules will. Besides, the city has discouraged anyone who wants to come to the city by making traffic a worse than ever nightmare. They put bump outs at side street corners which look nice but they take away parking spots for all four corners. This is all plain stupid. Wake up Chicago.

Bill W.

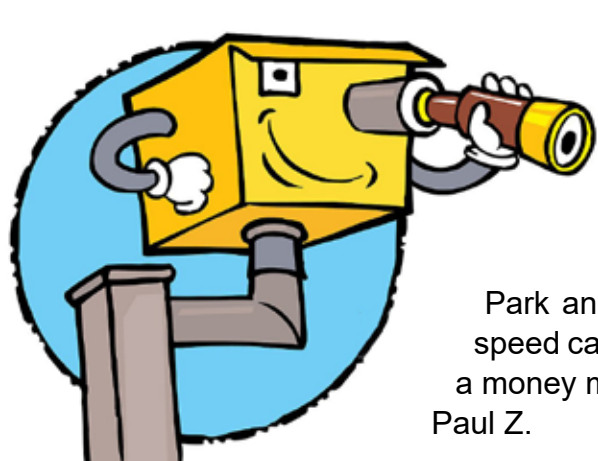


HAVE SOMETHING ON YOUR MIND YOU WANT TO SOUND OFF ABOUT?

Submit your beef & we'll print it!

Email LKVWNEWS@aol.com
Subject Line Sound Off

All entries must be submitted by the 20th of every month
Lakeview Newspaper reserves the right to edit all submissions



SPEED CAMERAS

We have too many speed cameras on Irving Park Road. They recently put up a new speed camera at Western and Campbell. They also have one by the dog park. One on California, Portage Park and on Miramac. We have a total of 5 speed cameras. How many are too many. What a money maker for the city. This is ridiculous.

Paul Z.



Demystifying Insurance to Ensure Proper Coverage

FAMILY FEATURES

Home and auto insurance are among the things many people buy but hope to never use. Proper coverage provides peace of mind that an accident, weather event, natural disaster or unexpected injury or illness won't cause financial ruin. However, many Americans are uninsured, underinsured or paying too much for coverage.

Data from the Insurance Research Council cited by the National Association of Insurance Commissioners shows 12.6% of U.S. motorists are uninsured – approximately 1 in 8 cars on the road. For uninsured drivers, plus those involved in accidents with them, fender benders or worse can result in out-of-pocket costs.

Homeowners need to be properly insured, as well. According to the National Centers for Environmental Information, the U.S. has experienced more than 350 weather events or natural disasters since 1980 that have caused more than \$1 billion in damage. Even small thunderstorms can send tree branches into homes, causing thousands of dollars in damage. For home and auto insurance, consumers should be sure their policies cover replacement and repair costs at today's market rates in addition to liability coverage for personal injury and other damages.

Insurance helps bridge these gaps, but it's common for people to renew policies without checking them. Because insurance policies are often seen as complex and confusing, that may prevent people from purchasing proper coverage.

A 2022 survey from realtor.com found only 56% of homeowners knew what to look for in their homeowners insurance policy when they bought their homes, and 15% didn't have any idea what to check. In addition, Forbes Advisor reported 40% of drivers believe they had coverage that doesn't even exist.



Photos courtesy of Getty Images



Consider these challenges consumers face when shopping for and comparing insurance policies and providers:

- 1. Industry Jargon and Lingo** – When you visit a website or talk to an insurance agent, you may feel like you're speaking a different language with terms like "deductible," "premium," "co-pay," "additional insured," "aggregate limit" and "co-insurance."
- 2. Bait and Switch** – Insurance carriers sometimes advertise low rates, but your rate may be higher than expected when you apply, often with no explanation.
- 3. Fine Print** – "Sorry, that's not covered." These can be chilling words to hear when you're hoping your insurance policy comes through for you in a time of need. An explanation may be deep within the policy, but you may need a magnifying glass to find it.
- 4. Transparency** – Many decisions that affect rates and coverage may seem to be done behind a curtain, such as rates in comparison to neighbors, remodeling impacts on rates, rate changes based on age and more.
- 5. Apples to Oranges** – With many moving parts within the average policy, it can be difficult to compare rates and coverage.

Improved technology is helping solve some of these issues and deliver an improved experience. A decade ago, the only way to compare insurance rates was to make phone calls, meet with agents and read brochures. Even with the internet, you still need to visit multiple websites and take notes, often entering the same personal information time and time again.

Today, insurance marketplaces, like the flagship platform from Guaranteed Rate Insurance, make it easy to compare multiple carriers, all at once, with a single application. Customers enter basic information to receive quotes for home and auto insurance coverage from more than 50 top-rated carriers, allowing for a quick, side-by-side comparison of coverage options.

"The primary benefit insurance delivers is peace of mind," said Jeff Wingate, executive vice president and head of insurance for Guaranteed Rate. "If the relationship between an insurance provider and customer begins with stress, confusion and frustration, the provider isn't delivering the desired service. That's why we made it easy for consumers to make informed decisions about rates and coverage from trusted and reliable providers."

Life insurance, umbrella, jewelry, flood, pet, landlord and earthquake policies are among the other coverage options available for comparison. Coverage benefits are easy to read with clearly explained terminology and experienced agents standing by to answer questions or assist with purchasing a policy.

To find more information and explore the insurance marketplace, visit rate.com/insurance.



1. Who wrote and released “I Can See Clearly Now”?
2. What was Billy Paul’s only No. 1 single?
3. What are the names of the Bee Gees brothers? Which one was never part of the musical group?
4. Who released “Do You Really Want to Hurt Me”?
5. Name the song that contains this lyric: “Lonely rivers flow to the sea, to the sea, To the open arms of the sea, yeah, Lonely rivers sigh wait for me, wait for me.”

Answers

1. Johnny Nash, in 1972. The reggae sounds are likely due to Nash having worked with reggae master Bob Marley.
2. “Me and Mrs. Jones,” in 1972. Legend says that when Paul served in the Army, he was stationed with Elvis Presley. He tried to get Presley to join a music group he was forming, and Presley turned him down, preferring to be a chauffeur.
3. The brothers were Barry, Robin, Maurice and Andy. Baby Andy was born after the group was already active.
4. Culture Club, in 1982.
5. “Unchained Melody,” by The Righteous Brothers, in 1965. It was released as the B-side to “Hung On You” but DJs preferred to play “Unchained Melody.”

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

Strange BUT TRUE

By Lucie Winborne

- More people from nudist colonies play volleyball than any other sport.
- New York’s Girl Scout Troop 6000, whose entire membership is homeless or living in shelters, has sold more than \$1.6 million worth of Girl Scout cookies since 2017, earning not just national recognition, but money to benefit about 2,500 women and girls in more than 20 shelters throughout the greater New York area.
- Competitive trash collecting is a sport in Japan.
- Just in time for global warming, scientists have developed a paint that reflects the sun’s rays, potentially reducing the need for air conditioning by up to 40%.
- The oldest known photograph, taken by French photographer Nicéphore Niepce in 1826, took eight hours to expose.
- In 5th-century Greece, handshakes were done to make sure that the other person wasn’t carrying a hidden weapon. The hand clasp proved that your hand was empty, and shaking it was meant to “shake out” any weapons hiding in the sleeve.
- Farm-raised salmon are fed carotenoids to give their flesh its trademark pink color.
- If a woodpecker goes too long without food, it will pin down other birds and peck at their heads until it can eat their brains.
- Holy flipping flapjacks! In 2012, Brad Jolly of Australia set the Guinness World Record for the most tosses of a pancake, with an astonishing 140 flips a minute.

Thought for the Day: “Did I offer peace today? Did I bring a smile to someone’s face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.” — *Henri Nouwen*

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top 10 movies

1. **The Equalizer 3** (R) Denzel Washington, Dakota Fanning
2. **Barbie** (PG-13) Margot Robbie, Ryan Gosling
3. **Blue Beetle** (PG-13) Xolo Maridueña, Bruna Marquezine
4. **Gran Turismo** (PG-13) David Harbour, Orlando Bloom
5. **Oppenheimer** (R) Cillian Murphy, Emily Blunt
6. **Teenage Mutant Ninja Turtles: Mutant Mayhem** (PG) Micah Abbey, Shamon Brown Jr.
7. **Bottoms** (R) Rachel Sennott, Ayo Edebiri
8. **Meg 2: The Trench** (PG-13) Jason Statham, Jing Wu
9. **Strays** (R) Will Ferrell, Jamie Foxx
10. **Talk to Me** (R) Ari McCarthy, Hamish Phillips

top ten

HOTTEST PLACES ON EARTH

1. Lut Desert, Iran	(159.3°)
2. Flaming Mountains, China	(150°)
3. Death Valley, California	(134°)
4. Kebili, Tunisia	(131°)
5. Mitribah, Kuwait	(129°)
6. Tirat Tsvi, Israel	(129°)
7. Turbat, Pakistan	(128.7°)
8. Oodnadatta, Australia	(123°)
9. Rivadavia, Argentina	(120°)
10. Athens, Greece	(118.4°)

Source: Travel + Leisure

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“Spy Kids: Armageddon” (PG) — The original “Spy Kids” film starring Alexa PenaVega and Daryl Sabara as Carmen and Juni Cortez was released over 22 years ago, and it became a franchise that Millennials and Generation Z grew up loving. Now creator Robert Rodriguez is rebooting the franchise for the next generation. The Tango-Torrezes, Nora (Gina Rodriguez) and Terrence (Zachary Levi), are the world’s greatest secret agents. Their young kids, Patty and Tony, unknowingly release a virus from an evil game developer through a glitch in the game, which gives the developer control over all the world’s technology. With their parents now held hostage, Patty and Tony must jump into their own spy suits to help save Nora and Terrence ... oh, and just the fate of the entire world. Premieres Sept. 22. (Netflix)

“A Thousand and One” (R) — This emotional drama set in the concrete jungle of New York during the ‘90s and early 2000s follows hairdresser Inez de la Paz. After getting convicted of stealing and passing time in Rikers Island, Inez returns to Harlem to find her son, Terry, in a foster home. Terry attempts to escape from the foster home only to be hospitalized, which prompts Inez to take him from the hospital and raise him on her own. With Inez, Terry finds the foundation he needs amid plenty of chaos and struggles. Teyana Taylor (“White Men Can’t Jump,” “Coming 2 America”) is an incredible standout in the leading role of Inez. Premieres Sept. 19. (Amazon Prime Video)

“Robots” (R) — In this sci-fi rom-com that jumps to the year 2032, robot versions of humans are now

being used for all those mundane tasks, like shaving your legs or taking out the garbage or going out on that date you’ve been dreading. New couple Elaine and Charles know about that last one better than anyone; they send in their androids — E2 and C2 — whenever they can’t be bothered to spend time with each other. But when E2 and C2 suddenly catch feelings for each other, they decide to steal their owners’ identities and run away together. Elaine and Charles are forced to team up to stop the robots and get their lives back. Shailene Woodley and Jack Whitehall lead “Robots,” out now. (Hulu)



Courtesy of Netflix

From left, Gina Rodriguez, Everly Carganilla, Connor Esterson and Zachary Levi star in “Spy Kids: Armageddon.”

“Cocaine Bear” (R) — For her fourth directorial feature film, Elizabeth Banks (“Charlie’s Angels,” “Movie 43”) tries her hand at the horror genre, but with a campy comedic flair. Ray Liotta plays agitated cocaine kingpin Syd White, who sends two of his cronies into the forest to find duffels of cocaine that have gone missing. Meanwhile, a bear in the forest has long since discovered and ingested the cocaine, running rampant around the forest and attempting to kill everyone in sight. Keri Russell gives an admirable performance as concerned mom Sari, while Margo Martindale plays a hilarious park ranger named Liz. The film is dedicated to Liotta, who passed away almost a year before its theatrical release. Out now. (Peacock)

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by Jo Ann Derson

fortlessly; and lastly, soak a shrunken sweater in a conditioner/water solution to soften the fibers, then gently try stretching the sweater back to size.

• You can plant deciduous trees (trees that lose their leaves in the fall) strategically in order to reduce your heating and cooling costs. Their leaves grow in the spring, blocking summer’s heating rays, but when winter comes, they fall off to let the sun in, warming things up a bit.

• Keep nail-polish bottles easy to open by rubbing a little bit of petroleum jelly inside the cap of the bottle.

• M.C. in Arizona would like to know some alternative uses for hair conditioner. Here goes: use as a shaving lotion for legs or face; a makeup remover; ouch-free bandage removal; soften makeup brushes or paintbrushes before storage; get knots out of doll hair or costume wigs; wash delicates (think silks and pantyhose); rub on a shower rod to help curtain glide ef-

• “Clean an egg carton very well. Flip it over and make slits in each egg cup. This works wonders as a child’s card holder for card games.” — L.P. in Maryland

• Use an empty paper towel roll to store plastic grocery bags. Just stuff to capacity. These “bag sticks” are easy to store in a drawer or even mounted on the side of a trash can with double-stick tape.

• When cleaning glass tabletops or chrome fixtures, try using newspaper instead of paper towels or rags. There is no lint left behind, and newspaper gives a better shine.

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 — Can you believe the stink made over **Bradley Cooper** wearing a prosthetic nose to play musical genius **Leonard Bernstein**? Critics went as far as to say it was antisemitic. Actually, the record has been set straight by Bernstein’s children who said, “Dad used to wear his gigantic prosthetic nose practically 24/7; he had his day nose and his night nose that he would sleep in.” Bernstein even told his children, “If anyone is ever to portray me, they absolutely must wear a fat honkin’ fake schnoz.”

The corker is Cooper wore one of Bernstein’s actual “honkers” while filming “Maestro,” which had its world premiere at the Venice Film Festival on Sept. 2 and will be shown in theaters starting Nov. 22 before dropping via Netflix on Dec. 20.

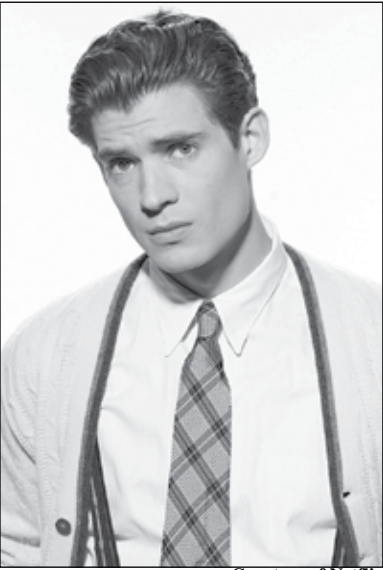
Has ageism struck Superman? **Henry Cavill** (40) began playing Superman/Clark Kent in “Man of Steel” (2013), then “Batman v Superman: Dawn of Justice” (2016), “Justice League” (2017) and “Black Adam” (2022). But the new powers that be, led by **James Gunn**, have decided to go with a younger Superman/Clark Kent.

They’ve cast **David Corenswet** (30), best known for several Netflix series, including “House of Cards,” “The Politician” and “Hollywood.” Corenswet also has an upcoming role in Apple TV+’s “Lady in the Lake,” with **Natalie Portman**. Gunn offered, “Our story will be focusing on an earlier part of Superman’s life.” Lois Lane, formerly played by six-time Oscar nominee **Amy Adams** (49), will now be played by **Rachel Brosnahan** (33), “The Marvelous Mrs. Maisel” herself (for five seasons).

Many think they’ve made a big mistake by cutting Cavill, who is still the star of the Netflix series “The Witcher” (for three seasons). He is also the first-billed star of “Argylle,” starring **Sam Rockwell**, **Bryce Dallas Howard**, **John Cena**, **Dua Lipa**, **Ariana DeBose**, **Bryan Cranston**, **Catherine O’Hara** and **Samuel L. Jackson**. The film is scheduled to release in theaters on Feb. 2, 2024, and then on Apple TV+ at a later date. Finally, Cavill has one more action film coming up — “The Ministry of Ungentlemanly Warfare,” directed by **Guy Ritchie**.

Do we really need a reboot of “Frasier”? Paramount+ is resurrecting the series, which ran for 11 seasons from 1993-2004 and won 37 out of its 108 Emmy nominations. Dr. Frasier Crane (**Kelsey Grammer**) returns to Boston with new challenges, new relationships to forge and an old dream or two to finally fulfill. So far, **Bebe Neuwirth** (Lilith Sternin) and **Peri Gilpin** (Roz Doyle) are the only cast members returning. **David Hyde Pierce** (Niles Crane) and **Jane Leavess** (Daphne Moon) are not returning. However, **Jack Cutmore-Scott** (“Deception”) has been cast to play Frasier’s son.

Paramount+ begins airing the new show on Oct. 12, with episodes dropping every Thursday. But has too much time passed since “Frasier” ended? Most



Courtesy of Netflix
David Corenswet
 (“Hollywood”)

resurrection reboots don’t last more than one season. We’ve got just two words to offer them: “Murphy Brown!”

HOLLYWOOD — Oscar winner **Jamie Foxx** (55) was on a fast-moving career train starring in four films this year when his train disappeared from the tracks. The speculation is that Foxx disappeared, too? Rumors floated that he was in a hospital, but no one was talking. Finally, sources claimed he’d suffered a stroke. Then reports surfaced from Foxx himself saying he was on the mend, but he never actually revealed what he was at the hospital for.

Foxx had already completed “The Burial” for Amazon Prime Video, co-starring **Tommy Lee Jones** (release date was Sept. 11), and “Tin Soldier,” co-starring **Robert De Niro** and **Scott Eastwood** (no release date yet). And, recently, news came that he’ll play God (did his near-death hospital experience connect him to God?) alongside **Mickey Rourke’s** Devil in the comedy “Not Another Church Movie,” with **Vivica A. Fox**, **Tisha Campbell** and **Jasmine Guy**.

The big question around Hollywood today is, how will CBS, NBC and ABC have their normal September premiere season with the actors’ and writers’ strikes still unresolved and the fact that they haven’t even had meetings to resolve the issues? CBS will kick off this strike-impacted season with the premiere of “Yellowstone,” starring **Kevin Costner**, **Kelly Reilly** and **Cole Hauser**. “Yellowstone” has already had a five-year run on their parent company, Paramount+.

Also hailing from the streaming service is “Star Trek: Picard;” “Star Trek: Short Treks;” “Star Trek: Strange New Worlds;” the reboot of “Twilight Zone;” “Mayor of Kingstown;” “1883” starring **Isabel May**, **Tim McGraw** and **Sam Elliott**; “1923” starring **Helén Mirren** and **Harrison Ford**; and **Joshua Jackson’s** series “Fatal Attraction.”

ABC’s parent company is Disney, with Disney+ to give us all things “Star Wars,” such as “The Mandalorian,” “The Book of Boba Fett,” “ObiWan Kenobi” — plus shows like “Willow,” “The Right Stuff,” “Hawkeye” and “The Mysterious Benedict Society.”

NBC has Peacock, so expect series like “Brave New World,” “Dr. Death,” “Days of Our Lives: Beyond Salem,” “The Lost Symbol,” “One of Us Is Lying,” “The Girl in the Woods,” “BelAir,” “Queer as Folk,” “Vampire Academy,” “The Calling” and “Irreverent.” If you resisted paying for streaming services, you’ll have a lot to watch.

If you’re an old-movie fan, the best cruise ever was announced by Turner Classic Movies. It sails from San Diego on Nov. 6, stops in Cabo San Lucas, Mexico, on Nov. 8 and then stops in Ensenada, Mexico, on Nov. 10 before heading back to San Diego on Nov. 11. So far, the stars promised aboard are **Kim Novak**; **Elliott Gould**; Oscar winner **George Chakiris**; **Judy Garland’s** daughter, **Lorna Luft**; and more.

Cabin prices started from \$3,600 per person for a single guest to \$1,900 per person for two guests, \$1,300 for three, and \$1,000 for four. Although it’s sold out, there is a waiting list, and cancellations may become available ... which only proves nostalgia ain’t cheap!



Depositphotos
Jamie Foxx (Upcoming in
 “The Burial” and “Tin Soldier”)

celebrity extra

by Dana Jackson



Courtesy of Netflix
Alba Baptista
 in “Warrior Nun”

Q: I just saw that “Captain America” star **Chris Evans** got married. Is his wife an actress? The last serious relationship I remember him having was with **Jenny Slate**. I was hoping that would work out. (I loved her in “Parks and Recreation.”) — **K.K.**

A: The last of the Hollywood Chrises has joined the other two (**Chris Hemsworth** and **Chris Pratt**) in wedded bliss by marrying his girlfriend, **Alba Baptista**, of almost two years during a ceremony in Cape Cod, Massachusetts. Baptista is a Portuguese actress whose most recent English-language films are the charming film “Mrs. Harris Goes to Paris” and the Netflix action series “Warrior Nun.”

As for Evans and Jenny Slate, their relationship has been over since early 2018. They first started dating in 2016 after filming the movie “Gifted.” He raved about her in interviews, saying “Sometimes you just meet the same animal, and that’s just [what it’s like] with Jenny.”

Slate, who has been married before, found love again with writer and art curator **Ben Shattuck**. The couple wed last year and also have a little girl named **Ida**. While Evans and Slate made a cute couple, it appears they ultimately found happiness with others the way it was meant to be.

Q: When is the “Frasier” reboot debuting? Also, I’ve heard conflicting information about where it will air. Will it be on Peacock or Paramount? — **E.J.**

A: Kelsey Grammer returns to television as his iconic character **Frasier Crane** this fall on Paramount+. We first met the hilariously uptight psychiatrist on “Cheers.” He was then given his own equally successful spin-off in the former show of “Frasier,” a sitcom that won 37 Primetime Emmy Awards and continues to run in syndication and streaming to this day. Now Frasier returns to his roots in Boston for a new sitcom filmed before a live studio audience. Alas, the late **John Mahoney** is gone as Frasier’s cranky father, **Martin**, and **David Hyde Pierce** is reportedly not returning as Frasier’s brother, **Niles**.

A two-episode premiere of the new “Frasier” will debut on Paramount+ on Oct. 12 with weekly episodes to follow. It’s reported

that the same episodes will also air on CBS on Oct. 17 as a special event, but viewers will have to subscribe to Paramount+ to watch the rest of the season.

Q: What was the name of the funny show **Ted Knight** did where he had two beautiful daughters? There was also a hilarious guy who lived in the home, too, or at least nearby. — **L.D.**

A: You’re thinking of “Too Close for Comfort,” which starred Knight as a cartoonist who worked out of his home in San Francisco. **Nancy Dussault** played his wife, and **Lydia Cornell** and **Deborah Van Valkenburgh** played his two grown daughters who rented the apartment below. **Jim J. Bullock** was a hoot as **Monroe**.

The show changed its name and concept to “The Ted Knight Show” during its final season. Sadly, the sitcom ended in 1987 after Knight lost his battle with cancer at the age of 62.

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

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FAMILY FUN

with a POP

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FAMILY FEATURES

When hunger strikes and family fun calls for a snack to keep the excitement going, take your kiddos to the kitchen to whip up a tasty treat for all to enjoy. Whether you're celebrating a special occasion or watching favorite movies, turn to an ingredient like popcorn that encourages creativity. Plus, it's a delicious way for adults to turn back the clock and recreate childhood memories while making new ones with the family.

Consider these popcorn-inspired snacks to serve during your next adventure:

- Take yourself back in time to your own childhood with a classic pairing that never goes out of style: Peanut Butter and Jelly Popcorn. This version offers a fun way to jazz up popcorn for kids and adults alike with a sprinkling of strawberries and dried cranberries on top for added nutrition.
- When it's time for a little fun in the sun or a trip to the park, sweeten up the celebration with this Graham Cracker Picnic Mix that's a flavorful, kid-favorite combination of popcorn, bear-shaped graham crackers, marshmallows, fudge-covered pretzels and miniature cookies.
- Pizza is hard to beat as a snacking solution the whole family can enjoy, and this Grab and Go Pizza Popcorn is no exception. Ready in just minutes by mixing popcorn, Parmesan cheese and seasonings, little ones can help prepare a batch quickly before heading out the door.
- Colorful and fun, these Minty Green Popcorn Clusters are simple to make and a perfect treat to share. Just melt together marshmallows, butter, salt, green food coloring and peppermint extract before tossing with popcorn and green candy-coated chocolates

To find more family-friendly snack time favorites, visit Popcorn.org.



Graham Cracker Picnic Mix

Yield: About 12 cups

- 1/4 cup vegetable oil
- 1/4 cup sugar
- 5-6 drops pink neon liquid food color or desired color
- 1/2 cup unpopped popcorn kernels
- 1 package mini pastel marshmallows
- 1 cup bear-shaped graham crackers
- 1 package white fudge-covered pretzels
- 1 cup mini cookies

In large pot over medium heat, stir oil, sugar and food coloring. Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot over heat until popping slows. Remove pan from heat and pour popcorn into large bowl. Add marshmallows, graham crackers, pretzels and cookies then toss lightly



Peanut Butter and Jelly Popcorn

Servings: 4-6

- 8 cups popcorn
- 2 tablespoons raspberry jam
- 1/2 cup white chocolate chips
- 3 tablespoons smooth natural peanut butter
- 1/4 cup freeze-dried strawberries
- 1/4 cup dried cranberries

In large bowl, stir popcorn and jam until evenly coated. Transfer to parchment paper-lined baking sheet. In small heatproof bowl over small saucepan of barely simmering water, add white chocolate chips and peanut butter. Cook, stirring occasionally, 3-5 minutes, or until smooth and melted. Drizzle peanut butter mixture over popcorn mixture. Sprinkle with strawberries and cranberries. Refrigerate 10 minutes, or until peanut butter mixture is set; break into pieces to serve. Store in airtight container in refrigerator up to 1 week.



Grab and Go Pizza Popcorn

Yield: 6 quarts

- 6 quarts popped popcorn
- olive oil cooking spray
- 1 cup grated Parmesan cheese
- 2 teaspoons garlic salt
- 2 teaspoons paprika
- 1 tablespoon Italian seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon plastic sealable bag. Spray popcorn lightly with cooking spray. Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly. To serve, scoop popcorn into reusable plastic cups.



Minty Green Popcorn Clusters

Yield: 32 clusters

- 12 cups unsalted, unbuttered, popped popcorn
- 4 cups mini marshmallows
- 2 tablespoons butter or light olive oil
- 1/2 teaspoon salt
- 1 tablespoon green food coloring
- 1/4 teaspoon peppermint extract
- 1 cup green candy-coated chocolate candies

Place popcorn in large mixing bowl. In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth. Remove from heat; stir in food coloring and peppermint extract. Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies. Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely.

Good Housekeeping

Walnut-Crusted Chicken Cutlets

This quick and easy chicken recipe is ready in less than 30 minutes.

Olive oil nonstick cooking spray

1/2 cup panko (Japanese-style breadcrumbs)

1/8 teaspoon ground red pepper (cayenne)

Salt and pepper

1/2 cup walnuts, toasted and cooled

1/4 cup fresh parsley leaves, loosely packed

1 large egg white

1 teaspoon Dijon mustard

1 1/2 pound chicken-breast cutlets, thinly sliced

1. Heat oven to 450 F. Place rack in 15 1/2-by-10 1/2-inch jelly-roll pan; spray pan and rack with cooking spray.

2. On large dinner plate, combine panko, ground red pepper, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. In food processor with knife blade attached, blend walnuts and parsley until nuts are finely chopped; toss with panko mixture until well-blended. Set aside.

3. In pie plate, whisk egg white and Dijon until well-mixed.

4. One at a time, dip 1 side of each cutlet in egg-white mixture, then into walnut mixture to coat side evenly; press firmly so mixture adheres. Arrange chicken on rack in jelly-roll pan, coated-side up; lightly spray with cooking spray.

5. Bake chicken 10 to 12 minutes or until topping is golden-brown and chicken is no longer pink throughout. Serves 6.

• Each serving: About 215 calories, 8g total fat (1g saturated), 66mg cholesterol, 280mg sodium, 5g total carbohydrate, 1g dietary fiber, 29g protein.

Good Housekeeping

Italian Sausage and Potatoes

The dynamic duo of pork sausage and peppers gets even heartier when earthy red potatoes are added. To cut out some of the fat, try this dish with turkey sausage instead.

1 pound sweet and/or hot Italian sausage, cut crosswise into thirds

1 pound small red potatoes, each cut in half

1 large (about 1 pound) onion, cut into 12 wedges

2 red and/or yellow peppers, cut lengthwise into 8 pieces

1 tablespoon olive oil

1. Heat oven to 450 F.

2. In 15 1/2-by-10 1/2-inch jelly-roll pan, combine sausages, potatoes, onion, peppers, olive oil, 1/2 teaspoon salt and 1/4 teaspoon black pepper; toss to coat.

3. Roast sausage mixture 30 to 35 minutes or until potatoes are fork-tender and sausages are lightly browned, stirring once halfway through roasting.

• Each serving: About 545 calories, 32g total fat (12g saturated), 80mg cholesterol, 925mg sodium, 37g total carbohydrate, 5g dietary fiber, 20g protein.

2 3/4 cups chopped fresh broccoli

1/4 cup raisins

1 cup unpeeled, cored and chopped Red Delicious apples

1/4 cup finely chopped red onion

1/4 cup bacon bits

1/3 cup shredded reduced-fat Cheddar cheese

1/2 cup fat-free mayonnaise

1 tablespoon white vinegar

Sugar substitute to equal 2 teaspoons sugar

1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.

2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.

3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.

• Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

Good Housekeeping

Easy Pea Risotto

This no-fuss risotto recipe is made in the microwave — in 30 minutes!

1 can (14 to 14.5 oz) chicken broth

2 1/4 cups plus 2 tablespoons water

1 pound frozen peas

1 tablespoon olive oil

2 cups Arborio or Carnaroli rice

1/2 cup freshly grated Parmesan cheese, plus shaved Parmesan for garnish

1. In 2-quart covered saucepan, heat chicken broth and 2 1/4 cups water to boiling on high.

2. Meanwhile, in large microwave-safe bowl, place peas and 2 tablespoons water; cover with vented plastic wrap and microwave on High 4 minutes. In blender, combine 1 1/2 cups peas and 1/4 cup hot broth mixture. Remove center part of blender top; cover blender and blend peas and broth mixture until pureed. Set remaining peas aside.

3. In microwave-safe 3 1/2- to 4-quart bowl, combine olive oil and rice. Cook, uncovered, in microwave on High 1 minute. Stir in remaining hot broth mixture; cover bowl with vented plastic wrap and cook in microwave on Medium (50 percent power) 10 minutes, stirring once halfway through cooking.

4. Stir in pea puree; cover with vented plastic wrap and cook on Medium (50 percent power) 8 minutes longer or until most of liquid is absorbed. Stir in Parmesan, 1/4 teaspoon salt, 1/4 teaspoon freshly ground black pepper and remaining peas.

5. To serve, spoon risotto into 4 shallow serving bowls and garnish with shaved Parmesan cheese. Serves 4.

• Each serving: About 590 calories, 7g total fat (2g saturated), 8mg cholesterol, 735mg sodium, 106g total carbohydrate, 7g dietary fiber, 20g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Baked Caramel-Apple-Pecan Pie

Autumn is here, and if you love fresh apples like I do, now is the time to savor desserts like this one!

1 purchased refrigerated unbaked 9-inch pie crust

1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix

1 cup water

1 teaspoon apple-pie spice or ground cinnamon

4 cups cored, peeled and sliced cooking apples

1/4 cup chopped pecans

1/4 cup fat-free caramel topping

1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple-pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.

3. Spoon hot mixture into prepared pie crust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

• Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

Good Housekeeping

Touchdown Teriyaki Chicken Wings

1/2 cup sesame seeds

1 cup soy sauce

1 cup grapefruit juice

1/4 cup hoisin sauce

1/4 cup ketchup

1/4 cup rice wine vinegar

1/4 cup brown sugar

5 cloves garlic

3 tablespoons ginger

4 pounds chicken wings

1. Whisk together all ingredients except chicken. Place chicken wings in a large zip-top food storage bag; pour marinade over wings, seal bag and turn to coat evenly. Refrigerate at least 2 hours, or up to overnight.

2. Heat grill to medium-high. Remove chicken wings and discard marinade. Grill 8 to 10 minutes per side, turning occasionally, until golden brown and cooked through.

Good Housekeeping

Grilled Sausage Subs With Apple Slaw

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

4 bratwurst links

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

4 hoagie rolls

1. Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.

2. Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

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Theft on the 3600 block of North Broadway.

Assault on the 6200 block of North Hoyne Avenue.

Theft on the 800 block of West Wellington Avenue.

Vandalism on the 1500 block of North Western Avenue.

Theft on the 1900 block of West Addison Street.

Assault on the 5800 block of North Ridge Avenue.

Vandalism on the 1400 block of North Campbell Avenue.

Theft on the 2800 block of West Belmont Avenue.

Assault on the 2600 block of West Crystal Street.

Assault on the 3000 block of North Elston Avenue.

Shooting on the 4600 block of North Central Park Avenue.

Shooting on the 2100 block of West Jarvis Avenue.

Assault on the 3000 block of North Elston Avenue.

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COMMUNITY ALERT

18th district • Strong Armed Robberies

ABOUT THE CRIME:

This alert gives notice to citizens of Strong Armed Robberies on beats 1811 and 1812. Offenders approach female victims and demand property. If victims refuse, offenders punch victims about the head and body to gain control of victim’s property.

INCIDENT TIMES AND LOCATIONS:

2200 block of North Sheffield, September 09, 2023 at 1:00am.
900 block of West Fullerton, September 09, 2023 at 1:20am

1200 block of West Fullerton, September 09, 2023 at 1:30am

OFFENDER DESCRIPTIONS:

3-4 male African Americans, 5’6-5’8 in height, 20-26 years old, wearing black face masks and black hooded sweatshirts. Offenders demand property stating “Give me everything” or “Give me all you got.”

WHAT YOU CAN DO?

Be aware of your surroundings.
Do not walk with your cellphone in hand.

Do not keep ID’s, credit cards and money in cell phone case.

Walk in groups of people.

Stay on lighted streets.

Call 911 for suspicious autos and persons.

Pay special attention to suspicious individuals in the area and alert the Police.

Establish a relationship with neighbors.

If you have any information, Contact the Bureau of Detectives – Area 3 (312)744-8263

Amplify Autumn Curb Appeal

5 home renovation projects to tackle this fall

FAMILY FEATURES

With lower temperatures and milder conditions, fall provides a perfect opportunity to tackle that home renovation to-do list. Whether you plan on making minor improvements or wholesale changes are on the horizon, taking on a few DIY projects can help you boost your home's curb appeal (and its value) while also prepping for colder weather in the days ahead.

Making investments now – like putting time and money toward long-term energy efficiency – can pay off down the road, whether you're planning for a potential sale or simply looking to get more enjoyment out of your home. Plus, many exterior upgrades can be completed by homeowners, meaning there's no need to hire a professional when it's time to give your home a refresh.

Beautify those dull areas, boost resale value and add comfort with these ideas from the experts at Westlake Royal Building

Products, a manufacturer of high-quality, low-maintenance products designed to meet the specifications and needs of building professionals, homeowners, architects, engineers and distributors.

Add or Replace Shutters

As a classic exterior design element, shutters can add instant charm to your home. With a variety of materials and colors to choose from, you can add shutters that suit your style and budget to give your home a more polished look. If it's already adorned with shutters, consider updating them with newer styles for a fresh appearance.

Upgrade with Stone Veneer

Natural and textured home trends continue to rise, leading many building pros and homeowners to gravitate toward stone veneer, or manufactured stone, as it can replicate the look of real stone. The wide



range of exterior and interior applications means you can add comfort, character and beauty while complementing your existing style. Consider an option like Versetta Stone from Westlake Royal Building Products, which offers homeowners an authentic, hand-crafted look in a panelized format that's easy to install with nails and screws. There's no need to paint, coat or seal once installed for a low-maintenance solution for accent walls, fireplaces, siding, entryways and walkways.

Refresh Porch Columns

Routine cleaning is one way to maintain porch columns, but if they're rotting or splitting, consider PVC porch column wraps for a visual transformation. Easy and often affordable, they're durable and decorative to fit existing columns or poles and can be painted to match your exterior color palette. They're resistant to pests, moisture and weather damage for long-lasting and nearly maintenance-free upgrades.

Invest in Insulated Siding

Good insulation is key to keeping your home warm, cozy and weather-proof during colder months. While

there are many ways to upgrade the insulation of your house, some homeowners are turning to insulated siding for a long-term solution. Long-lasting, weather-proof, durable and aesthetically pleasing, CraneBoard Solid Core Siding from Westlake Royal Building Products offers a cost-efficient way to beat the cold. It's low maintenance, built to last and withstands temperature fluctuations and hurricane force winds for a highly functional option to keep cold out for years to come.

Update the Driveway

Whether you're looking to make some simple updates or it's time for a complete renovation, showing your driveway some love can significantly improve your home's curb appeal. Adding an address post with a hanging basket or planting trees, shrubbery or flowers along the sides lends immediate aesthetic improvement. For added low-light visibility and visual appeal, install lights along the perimeter to help the greenery stand out in the evening. If you're ready for a major overhaul, consider upgrading the driveway using cobblestone, pavers or stamped concrete.

To find more ways to boost curb appeal this fall, visit WestlakeRoyalBuildingProducts.com.

AGING GRACEFULLY AT HOME

3 stylish safety and mobility products

FAMILY FEATURES

While aging is inevitable, it doesn't mean you can't do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options, from the clothing they wear to products they use every day. Choosing more 'stylish' safety accessories is one way to go.

To improve quality of life and inspire confidence, Medline, a leading provider of consumer medical products, teamed up with Martha Stewart to introduce the Martha Stewart Home Comfort Care Collection. The line of design-inspired safety and mobility products combines sophisticated design and dependability to help those who use them look and feel their best.

"We are excited to enter into this unique partnership," said Dawn Freitag, Medline senior marketing manager. "Martha Stewart's signature style has always set the standard for better, more enjoyable living and this line of mobility and bath safety products is no exception. We believe these fashionable, modern designs along with our top-rated quality and value pricing will help seniors live their happiest, healthiest lives with exceptional safety, security and style."

Consider these supportive care products to maximize style and safety, and find the full collection by visiting athome.medline.com.



For the Bathroom


The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Beyond securely-attached bath mats and grab bars, the Martha Stewart Euro-Style Shower Chair allows you to sit while showering for extra peace of mind. With built-in handgrips and a backrest for comfort, the rust-resistant chair also features adjustable, push-button height settings to improve stability and built-in Microban protection to resist mold and mildew.

In the Bedroom

There are numerous products designed to maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an Adjustable Bed Assist Bar slides around the side of the mattress – without floor legs that may pose a tripping hazard – to offer support. With a stylish faux woodgrain bag design and neutral color, the bar seamlessly blends in with bedding and linens to provide both function and flair.

Around the Home


The right mobility aid can help you navigate your home. One option, the Adjustable Rolling Walker, combines a chic, sporty checked pattern with renowned functional features to help you easily stand and walk safely and independently. Its smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home while push-down, locking brakes are ready for a rest stop at any time. Plus, it easily folds for travel and storage, and features under-seat storage and adjustable easy-grip handles for a custom fit and fashionable function.



Oriental Lilies

In autumn, cut off any spent flowers and stalks, but allow the leaves to stay until they yellow and die; this fuels the bulb for next year's blooming. Trim away any growth left, leaving the bulb in the ground, and mulch over it with organic bark mulch. In spring, pull away the mulch when you see green sprouts. - Brenda Weaver

Source: gardeningknowhow.com




Tasks for Autumn

- Planting new trees and shrubs in early fall will give them about two months to establish root systems before the ground freezes.
- Keeping all your plants, shrubs and trees well-watered throughout the fall keeps them unstressed as they approach dormancy.
- Walk around your garden, taking notes as you go. What worked well this year's growing season, and what didn't? Take photos, write in a journal or perhaps use a phone app to record your observations. Are there bare areas? Enough privacy from neighbors or roadways? Are your goals being met?

- Brenda Weaver

Source: naturopath.com



Autumn garden tasks

- If frost is forecast, cover tender plants, such as tomatoes, cucumbers and squash. It doesn't take much to damage or kill them.
- Finish harvesting, and dry, freeze and/or can your fruits and vegetables.
- Start saving your seeds of vegetables, flowers, and herbs.
- Divide perennials, replant and/or share with friends.
- Bring houseplants in from outdoors; check for bugs and diseases, and apply controls.
- Stop fertilizing roses, and remove dead blooms and foliage. - Brenda Weaver

Source: naturopath.com

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Quotes worth your time

“The secret to creativity is knowing how to hide your sources.”
- Albert Einstein

“Always forgive your enemies; nothing annoys them so much.”
- Oscar Wilde

“Light travels faster than sound. This is why some people appear bright until they speak.”
- Steven Wright

“Responsible, who wants to be responsible? Whenever something bad happens, it’s always who’s responsible for this?”
- Jerry Seinfeld

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Comics

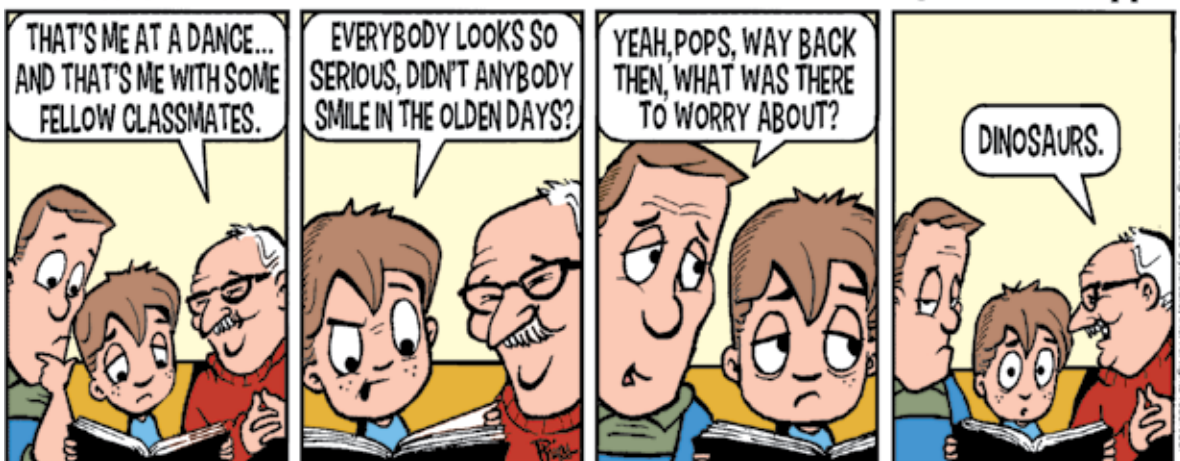
Out on a Limb

by Gary Kopervas



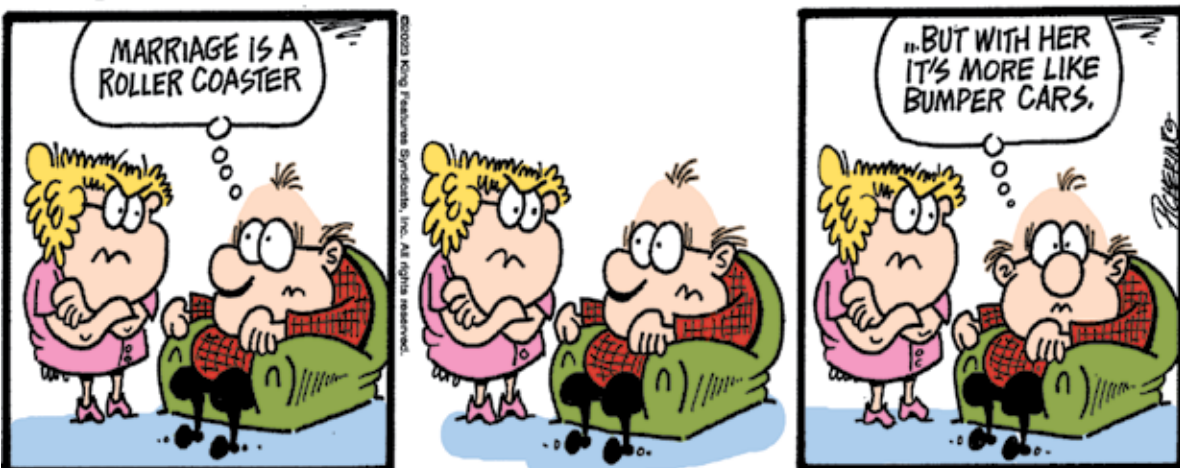
Amber Waves

by Dave T. Phipps



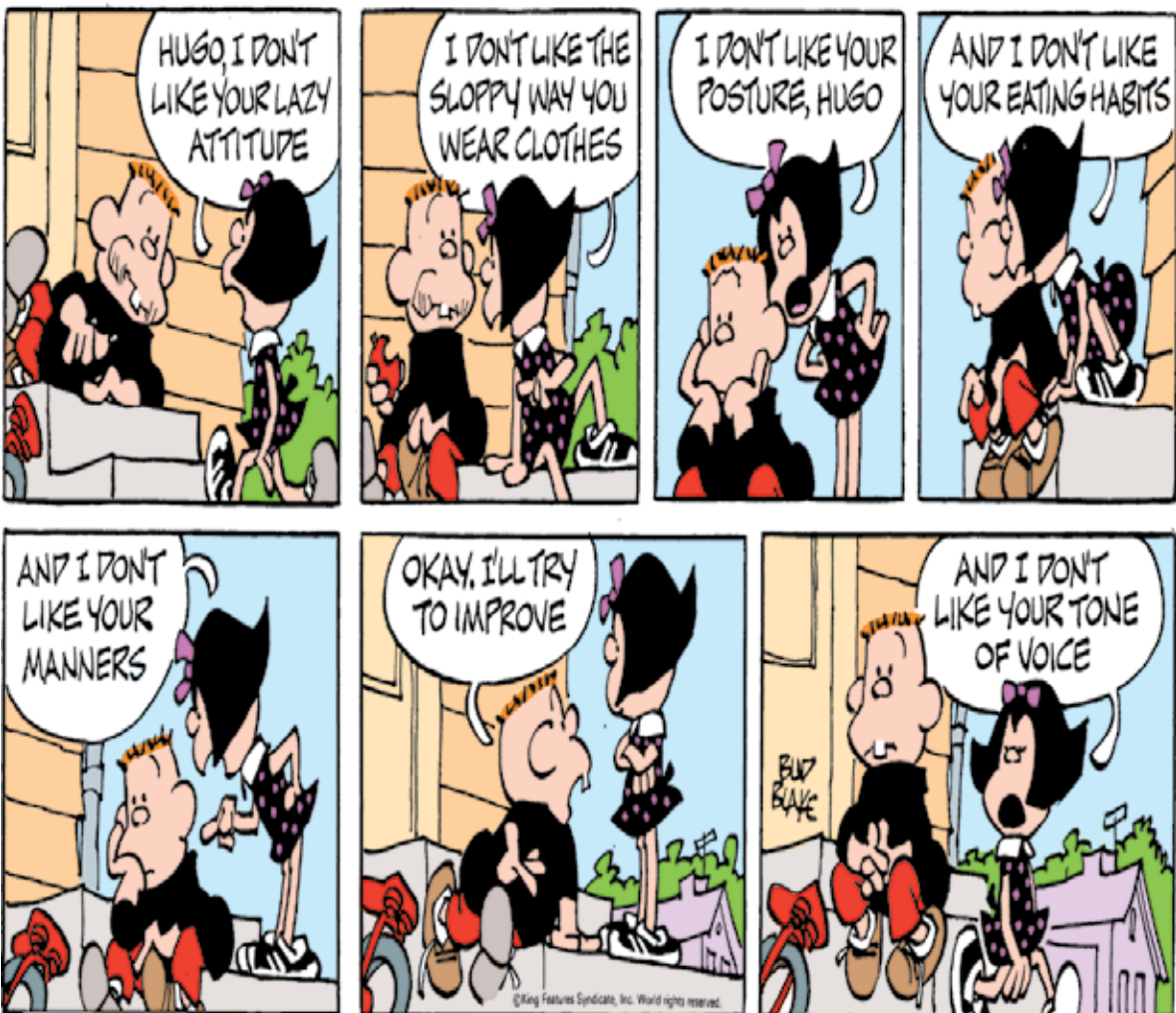
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



Puzzles4Kids

by Helene
Hovanec

RIDDLE SEARCH – FRIENDLY

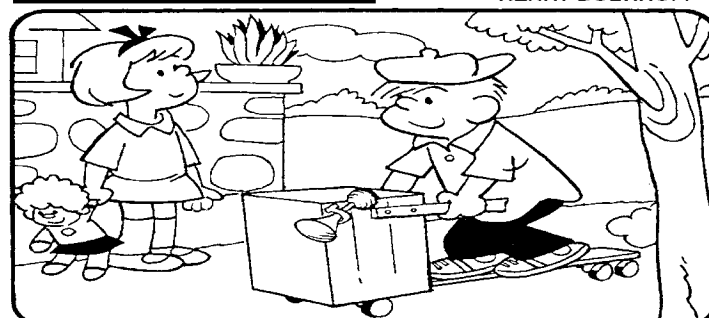
Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **When is the ocean friendliest?**

BUBBLY	B	H	E	L	B	A	K	I	L	M
BUDDY-BUDDY										
CHUMMY	U	U	F	A	M	I	L	I	A	R
COOL										
FAMILIAR	B	M	D	G	N	I	V	O	L	A
FINE										
GIVING	B	A	E	D	W	H	Y	E	O	W
GOOD										
HUMANE	L	N	N	N	Y	I	N	T	Y	C
KIND										
LIKABLE	Y	E	I	W	A	B	N	V	A	H
LOVING										
LOYAL	L	U	F	E	S	U	U	E	L	U
NEIGHBORLY										
NICE	S	O	C	I	A	L	S	D	S	M
SOCIAL										
SUNNY	G	I	V	I	N	G	O	O	D	M
USEFUL										
WARM	N	E	I	G	H	B	O	R	L	Y

Biddle answer:

HOCUS-FOCUS

BY
HENRY BOLTINGER



1. Plant is missing; 2. Doll's hair is shorter; 3. Socks are shorter; 4. Horn is missing; 5. Shirttail is different; 6. Wheel is missing.

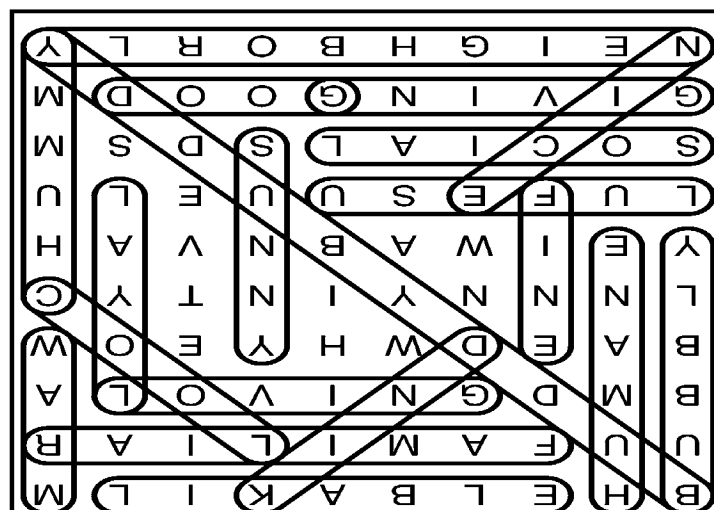
Just Like Cats & Dogs

by Dave T. Phipps



When it waves.

Riddle Answer:



Set Children Up for

DAY CARE SUCCESS



Photos courtesy of Getty Images

FAMILY FEATURES

Long days of school, first trips to day care or even a return from a period of at-home care can be difficult or downright nerve-wracking for parents and children alike. This new adventure can bring challenges from keeping children healthy to supporting their nutrition and more. Sending a little one to day care can even result in maternal separation anxiety.

To help alleviate some of the anxiety and parental concerns, the childhood nutrition experts at Gerber teamed up with Dr. Whitney Casares – a board-certified practicing pediatrician and creator of “Modern Mommy Doc” – to share these tips for families preparing their little ones for child care.

Keep Important Factors Top of Mind

As part of appreciating the milestone of the first time at day care, Casares encourages parents to remember that, while daunting, day care means new experiences, new friends and opportunities for growth, fun and healthy development. As part of the transition, she suggests paying attention to critical factors like sleep, nutrition, illness prevention and emotional development.

Support Their Immune Systems

Offer little ones a diverse array of nutritious foods during the transition to day care. A diet rich in fruits, vegetables and whole grains is essential for building immune systems. Additionally, iron-rich foods like iron-fortified baby cereals, eggs, beans and meat are critical for a strong body. Caregivers should frequently wash hands and focus on good sleep hygiene.

Put Nutrition on the Menu

When packing lunch boxes for a day of care, it’s important to keep nutrition in mind. Once children transition to finger foods, Casares recommends snacks from Gerber like Peach Puffs, Fruit and Veggie Melts and Wonderfoods Superfood Hearts, which come in a variety of flavors and include vital nutrients to optimize health.

Be Prepared for Separation Anxiety

Not all infants and toddlers experience separation anxiety, but many can, so it’s good to be prepared. Casares encourages parents to pack a familiar swaddle blanket in infants’ diaper bags to help ease those anxieties. Some toddlers benefit from having a beloved stuffed animal or blanket with them. Try introducing these transitional objects to little ones early so they smell and feel familiar when drop-off comes around.

Pack the Essentials

While nutritious foods, like Gerber Fruit and Veggie Pouch Blends, are certainly near the top of the list, there are plenty of other essentials to pack for each day. Don’t forget to add breast milk or formula, bottles and extra nipples alongside snacks and meals. Also remember to pack extra sets of clothes, diapers, wipes and those anxiety-soothing must-haves like blankets and stuffed animals.

Prepare for Appetite Changes

It’s common for children’s appetites to decrease during their first few days of child care as they may eat a little less while growing accustomed to their new environment and surroundings. There’s no need to worry – parents can adapt to these changes by understanding they’re often a natural part of the transition. While you may find little ones are hungrier before and after day care, this behavior should ease over time. If it doesn’t, schedule an appointment with your pediatrician to be sure babies stay on track.

To find more childhood nutrition advice, visit [Gerber.com](https://www.gerber.com).



Strengthen the Family Connection with Nostalgic Activities

FAMILY FEATURES

In spite of returning to busy school-day schedules and never-ending to-do lists, most families want to maintain a sense of connectedness all year round. Special moments with your family start by leaving behind that checklist, setting smartphones aside and saving responsibilities for tomorrow.

If you catch yourself reminiscing about the goodness you grew up on, turning back the clock and showing your kiddos what childhood was like for you is one way to foster a better connection with your kids. Throw it back to your childhood with these family-favorite activities to enjoy at the breakfast table, after school or over a weekend.

Read Favorite Books

Take it a more educational route and hook your children on a favorite novel, short story or book series. You can introduce them to favorite genres, popular characters or specific authors then head to the library to search the shelves. In fact, you could be giving them a leg up on English class; literature from your days in the classroom might still be read in schools today.



Share the Goodness You Grew Up On

Childhood in the '80s and '90s meant school-day mornings with cartoons and delicious breakfasts. Classics like Cinnamon Toast Crunch, Lucky Charms and Cheerios were good then and are even better now with 20% the daily recommended value of Vitamin D – twice the previous amount. Vitamin D is essential for building and maintaining strong bones but is often under-consumed, according to the National Health and Nutrition Examination Survey, with 96% of all Americans ages 2 years and older falling short on this key nutrient.

“Cereal has the same great taste as when parents were kids and now even better nutrition,” said Amy Cohn, registered dietitian and senior nutrition manager at General Mills. “Affordable, accessible nutrition doesn’t have to be complicated or break the bank – and it can be as easy as a bowl of cereal beloved by multiple generations.”

Get Outside and Explore

Tech devices from tablets to video game consoles often dominate kids’ free time, but you can open their minds to a whole new world with a little outdoor exploration. Climb aboard bicycles (and strap on those helmets) for a cruise around the neighborhood or enjoy bird watching from the comfort of the backyard. If you’re on the adventurous side, gather a tent and s’mores supplies for a night or weekend in the great outdoors.

Watch Classic Movies

No VCR, no problem. A range of streaming services available at your fingertips means you can watch remastered classics just using a smart TV or casting device. Whether it’s a Spielberg favorite, original superhero flick or comedy classic, an abundance of kid-friendly movies from the video rental days are ready to watch online.

5 ways to share childhood classics with your kids



Photo courtesy of Getty Images

Play Board Games

Another way to turn kids’ attention from screens to the physical world is to dust off those old board games for some fun at the dining room table. Start with the basics like

checkers or, with older children, jump straight into strategy-based brain games like chess for a dose of friendly competition.

For more ways to share your childhood with the next generation, visit [GeneralMills.com](https://www.GeneralMills.com).

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