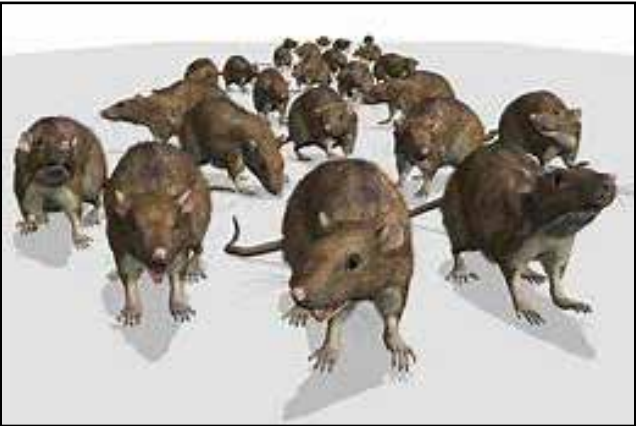




The rattiest city in the U.S.



We ran this story about the same time last year and it seems that nothing has changed, except having retained the title the “**rattiest**” city in the U.S., for the ninth consecutive year, according to Orkin. Los Angeles came in second with New York third, Washington, D.C. fourth and San Francisco fifth. Orkin ranks these cities by the number of new rodent treatments performed from Sept. 1, 2022, to Aug. 31, 2023. This ranking includes both residential and commercial treatments. As the cold weather approaches, rodents are looking for food, water and shelter from the cold. Not only are they a nuisance, but they spread a variety of dangerous diseases, including Salmonella and Hantavirus. They can also cause severe structural damage with their strong jaws and burrowing skills. Their teeth are adapted for chewing a variety of items including electrical wires, water pipes and gas lines. **Here are some**

things you can do inside and outside of your home: Popular food sources are dry goods such as grains and cereals. Keep them in sealed metal or glass containers to prevent contamination. **Avoid cluttered spaces.** Cardboard objects prove attractive to rodents, as they chew them up for use in their nests. **Don’t let the landscaping run wild.** Woodpiles next to the house are ideal habitats for rodents. Tree branches in contact with homes can also offer rodents easy access to the upper levels of your home. **Inspect both inside and outside your home** for rodent droppings, burrows and rub marks along baseboards and walls. Look for possible entry points outside your home and seal cracks and holes. Install weather strips around entryways, especially under doors, to help block rodents from sneaking inside. Being #1 is one list we don’t want to be on as a city.

The People’s Budget



Mayor Brandon Johnson presented his first budget (\$16.6 billion) otherwise known as the “**Peoples Budget**” for FY2024 in a speech before the Chicago City Council, City staff, labor and business leaders, and community partners. Let’s take a look and see what the “People’s Budget” includes: Mayor Johnson and nearly every alderman will see pay hikes next year. Even with a shortfall of an estimated \$538 million, a 2.24% raise is proposed across the board. Mayor Johnson’s salary will go from \$216,310 to \$221,052 in 2024. When asked if it was appropriate given the shortfall, Johnson said, “Well, look, the budget hasn’t been passed yet.” A total of 31 aldermen currently make nearly \$142,780, of which, 29 aldermen

opted to take the 2.24% raise next year with the new top pay rate being \$145,943 and the lowest being \$118,152. Two council members opted out of accepting a raise – Alderman Rossana Rodriguez-Sanchez, 33rd and Alderman Byron Sighe-Lopez, 25th. The City Clerk Ann Valencia and City Treasurer Melissa Conyears-Ervin will each see a salary boost to \$164, 628 next year from \$161,016. \$150 million is set aside for the care of migrants in 2024- less than half of 2023 costs. This \$150 million dollars is to cover the cost of housing, feeding and caring for the families sent to Chicago from the southern border, but this would only last about six months. Johnson asked for less to acknowledge that the burden should not fall entirely on Chicago tax-payers. The num-

ber of people living in police stations and at O’Hare has risen nearly 18%. Chicago officials are formalizing plans to build what they call “winterized base camps” to house the migrants. These tents could shelter, feed and care for as many as 1,000 migrants in a single location. A proposed site in Brighton Park has its residents protesting in the streets against it. Governor Pritzker is opposed to this plan and said it would be better to house the migrants in unused federal buildings. To shed more light on the problem, a 13-person Office of New Arrivals as part of the Department of Family and Support Services with a total budget of \$1.2 million will be created. Black citizens have sued Mayor Johnson over illegal immigration and its effect on

their community. Any cuts of police department funding? There will be a slight increase in the police budget to \$1.74 billion, from the corporate fund. Some vacant police positions will not be filled. Narcotics, gang intelligence, vice, SWAT, traffic and asset forfeiture also take hits. The Bureau of Patrol will drop by 294 officers to 9,402. We need to recruit and hire more police officers. “It’s very disturbing that we didn’t talk about filling the police vacancies. To totally ignore that sends the wrong signal to the people of Chicago who are afraid” said Alderman Anthony Beale (9th). **More Departments** Mayor Johnson signed an Executive Order establishing Chicago’s First Chief Homelessness Office who will be respon-

Editorial & Opinions

The People's Budget

Continued from front page

sible for addressing the complexities of homelessness and housing insecurity in Chicago. We will also have the first-ever Citywide composting initiative for Chicago residents. A new city-wide food scrap drop-off program diverting waste from landfills and helps reduce harmful greenhouse gas emission. "Investing in people is the new way. People of Chicago have been waiting for that. So those who are having a tough time with it – they are going to have to get used to it because I'm going to invest in people," said the mayor. Well, that sums it up.

SUNDAY



FRIDAY



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Moments in time

THE HISTORY CHANNEL

- On Nov. 13, 1985, the Nevada del Ruiz volcano in Colombia erupted in the late evening and caused volcanic mudflows that flooded the city of Armero, killing 25,000 residents. The tragedy is considered to be one of the deadliest volcano-related disasters in the 20th century.
- On Nov. 14, 1851, Herman Melville's epic novel "Moby-Dick," about peg-legged Captain Ahab's obsessive search for vengeance on the white whale that maimed him, made its debut in the U.S. Published to mixed reviews, it was a commercial failure and achieved its present standing as a Great American Novel only after the centennial of Melville's birth.
- On Nov. 15, 1956, the movie "Love Me Tender," a black-and-white musical Western starring the King of Rock and Roll, Elvis Presley, was released. Named after Presley's hit single, it was his only film that did not place him in

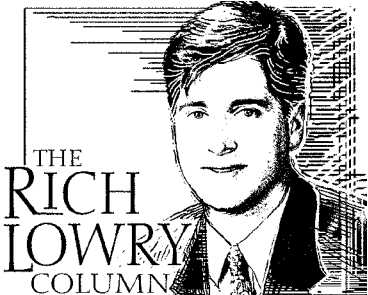
- top billing, as it was also his debut. The singer later regretted making the film, though he'd expressed a serious interest in acting,
- On Nov. 16, 2004, President George W. Bush nominated National Security Advisor Condoleezza Rice for Secretary of State, saying that for the previous four years he had "relied on her counsel, benefited from her great experience and appreciated her sound and steady judgment."
 - On Nov. 17, 1558, Elizabeth I, daughter of King Henry VIII and Anne Boleyn, ascended to the throne of England, the third of Henry's offspring to assume that position. A carpet was laid down for her to walk on to Westminster Abbey, and people cut out pieces as mementos of the day. Her reign, which lasted 45 years until her death at age 69 from what was likely pneumonia, is remembered as a "Golden Age" in British history.
 - On Nov. 18, 2015, New Zealand rugby union football player Jonah Lomu, who was perhaps rugby's first global icon, died of a heart attack at age 40 after a long battle with kidney disease.

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 RICH LOWRY COLUMN

The Trump Doctrine

Luck is the residue of design, they say. Might it also be the residue of frightening and confusing foreign adversaries? Donald Trump's relatively crisis-free presidency in foreign affairs has created a sense, perhaps an accurate one, that he cowed enemies into not challenging the U.S. As Sen. Tom Cotton has pointed out, Kabul didn't collapse on Trump's watch, Russia didn't invade Ukraine and Hamas didn't launch a historic terror attack on Israel. Now this may have just been good fortune. Four years isn't a large sample size. But the argument that adversaries feared him, and therefore acted with a measure of restraint, is quite intuitive. No one is going to mistake Trump for Cardinal Richelieu or Henry Kissinger. His view of the world was highly personal and reflected a few obsessions, especially the notion that we were getting ripped off by foreigners. His trade war with China was a waste of time, and his commitment to NATO was genuinely in doubt. Yet, despite the feeling of chaos created by his constant shoot-from-the-hip bombast, things basically stayed on the rails. The fact that Trump was erratic and took perceived slights so seriously made it difficult to know how he would react to any given provocation. It was personal unpredictability elevated to the level of game theory. Maybe he was just blustering. Maybe he was ready to take it further. But who would want to find out? In other words, Trump spoke loudly and carried a stick of indeterminate size, and this was perhaps as good as carrying a big stick. It's worth noting, though, that he followed through on his promise to bomb ISIS into near-oblivion, and when given the chance to hit a committed enemy of the United States, the notorious Iranian operative Qasem Soleimani, he targeted him for killing despite the

considerable risks. The New York Times reported at the time: "After initially rejecting the Suleimani option on Dec. 28 and authorizing airstrikes on an Iranian-backed Shiite militia group instead, a few days later Mr. Trump watched, fuming, as television reports showed Iranian-backed attacks on the American Embassy in Baghdad, according to Defense Department and administration officials. "By late Thursday, the president had gone for the extreme option. Top Pentagon officials were stunned." If U.S. officials were stunned, how must anyone around the world with American blood on his hands have felt? And wouldn't it have made adversaries think twice about doing anything to set the president to "fuming"? In an interview with Bret Baier back in June, Trump made vague reference to a threat he issued to Vladimir Putin about a prospective invasion of Ukraine that supposedly stayed Putin's hand. Who knows the accuracy of this? But Trump characterized Putin as believing his threat only about 10%, and that gets at what was probably a key element of the Trump deterrent effect — a nagging sense that he might not be bluffing, even if it seemed likely he was. We saw this dynamic out in public regarding immigration policy south of the border. Trump rattled the cage of the countries he needed cooperation from until he got it. He threatened to close the border with Mexico. "If they don't stop them," Trump said of illegal immigrants, "we are closing the border. We'll close it. And we'll keep it closed for a long time. I'm not playing games." Actually, he was playing games, but effective ones. He really did cut off aid to Northern Triangle countries, before restoring it once he had what he wanted. In short, when Trump says that Hamas wouldn't have done this on his watch, many Republicans, and perhaps independents in a general election, will tend to believe him. To his credit, Biden has said the appropriate things in the wake of the Hamas attack, but sentiments go only so far. A more important question is whether the right people fear President Biden as they appeared to be scared of his predecessor. Rich Lowry is editor of the National Review.

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VETERANS
★ POST ★

by Freddy Groves

A Pledge for Improved
Health Care

The Department of Veterans Affairs has hooked up with 13 civilian health care systems with the goal of improving veteran health care, whether those veterans are getting their care in or out of the VA.

The Veteran Interoperability Pledge has been made by those health care systems with agreements to exchange information and collaborate with the VA in several ways: Identify veterans when they go for civilian care, connect veterans with resources (especially ones that reduce the veteran's expenses) and coordinate care. The information will be shared both ways.

Specifically, the VA will:
— Let the civilian health care systems into the VA system to determine a veteran's status.

— Automate the process of determining eligibility and referrals.

— Let the health systems have access to health resources at the state and federal levels

— Let the health systems have access to clinical and admin data to assess and coordinate care

I scarcely know where to begin ...

If a veteran is seeking civilian care, why? Is it because the local VA just isn't close enough, or is it because he feels he'll get better care at a civilian provider?

Will the veteran have a say in whether his personal information is shared with the VA after seeing a civilian provider?

A recent VA news release states that the VA will "safeguard the privacy and security" of veteran information.

Is anyone concerned about hacking? This year one health care group (of the 13 systems that have made the pledge) had a data breach of 1,600 patients. Two years ago another had a data breach that affected over a million people. Two months ago another health care system suffered a breach that affected thousands. Two months ago one had a breach that affected tens of thousands in approximately 40 states. And on and on ...

The VA's news release added a tiny note, that they will strive to "provide proof-of-concept" in early 2024. Which means this is a trial to see if it works.

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Strange
BUT TRUE

By Lucie Winborne

• Like verbal language, sign language has tongue twisters, known as "finger fumlbers."

• In Japan, ramen noodles are a fuel source for more than just humans: The Amaterasu Railway's sightseeing train uses biodiesel made out of leftover ramen oil, which has the added benefits of curbing CO2 emissions and supporting local businesses.

• Physarum polycephalum, a type of slime mold, can solve complex mazes and other spatial problems even though it has neither a brain nor a nervous system.

• There are 293 ways to make change for a dollar.

• A bald eagle, upon catching a fish that may be too heavy for it to lift, will use a movement strikingly similar to the human breaststroke to maneuver its prey to the shore.

• The world's oldest known musical instrument, a flute made from a vulture's wing bone that was discovered in a German cave, dates back nearly 40,000 years.

• Minnie Mouse's first name isn't Minnie, but Minerva.

• Rapper Yung Gravy donated nearly 2,000 bras thrown at him during concerts to a women's charity.

• A candle's flame is blue in zero gravity.

• Janine Sugawara sued the makers of Cap'n Crunch cereal for falsely advertising its contents by not using real berries. Her complaint was quickly dismissed, however, when the judge pointed out that there's no such thing as Crunch Berry.

• And speaking of the good captain, his full name is Horatio Magellan Crunch, after explorer Ferdinand Magellan.

• You are more likely to have a weird or scary dream while sleeping on your stomach.

• During the 1980s, American Airlines found it could save an annual \$40,000 simply by removing a single olive from its first-class meals.

Thought for the Day: "You know you're in love when you can't fall asleep because reality is finally better than your dreams." — *Dr. Seuss*

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SENIOR
NEWS LINE

by Matilda Charles

Social Security Increase
for 2024

The 3.2% Social Security increase for 2024 is higher than it has averaged over the past two decades, but it certainly is nowhere near the 8.7% increase we received for 2023.

This 2024 increase will mean \$58 more per month for those receiving the average benefit in 2023. Out of that \$58, we'll pay an additional \$10 for Medicare Part B.

How do they get these increase numbers every year? They get these numbers by comparing this year's third quarter to that of the previous year and do a cost of living adjustment (COLA) based on that. They also use the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) to calculate what they call a "basket of goods and services."

Therein lies our problem. While that index is no doubt useful for those who have to set financial policy for the country, the CPI-W index they use to calculate our Social Security benefit isn't geared to seniors. Instead, that index is geared toward blue collar (hourly) wage earners for 200 items and is broken down into eight groups: medical care, housing, food and beverage, transportation, housing, apparel, education and communication, and other goods and services.

You can see immediately why that doesn't work for seniors. We have vastly different medical costs, approximately double. Our housing costs are not the same. Transportation isn't the same, and neither are apparel, education or any of the others.

Another price index, however, the Consumer Price Index for Americans 62 years of age and older (R-CPI-E), considers the differences between the two groups ... but they still don't use the "E" index to calculate our Social Security.

Why is that, we wonder? I bet our representatives and senators in Congress would know the answer if we call them.

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KOVELS® Antiques
By Terry and Kim Kovel & Collecting

Patriotic Decorations

American companies have used patriotic imagery in advertisements for more than a hundred years. It appeals to customers and shows pride in American industries. Current trademark law prohibits using the American flag in advertisements, but there are plenty of other patriotic symbols to use.

This tin lithographed tip tray, which sold for \$2,010 at an auction by AntiqueAdvertising.com, is red, white and blue and features stars, stripes and the eagle-and-shield seal. Trays with this design were made by 1917. They advertise "Deacon Brown," a soft drink made in Montgomery, Alabama, in the early 20th century.

The tray proclaims the drink "The King of Phosphates," suggesting another American icon — the soda fountain. Notice that the young woman draped in red and white stripes is drinking from a glass, not a bottle. Phosphates, popular from about 1870 to 1930, were soda fountain drinks made with acid phosphate, which gave the drink a slightly sour taste. Fruit flavors were popular, and cherry phosphate appears to have been the favorite. Raise your glass to history!

Q: I have an unusual cylindrical lamp that has a cast-iron base and vented cast-iron top. The sides of the cylinder are covered by a picture of a cabin in the woods. When the lightbulb inside is lit, the inside of the lamp rotates and orange and yellow "flames" appear. It still works but the cord is old, so I don't use it. What can you tell me about it?

A: This is called a "motion lamp." When the lamp is lit, rising hot air causes an interior cylinder to turn, making it look like parts of the picture are moving. Several companies made motion lamps from the 1920s to the early 1960s. The scene on your lamp is known as "Forest Fire." It was one of 11 motion lamps made by Scene-In-Action Corp. of Chicago, Illinois, from 1927 until about 1936. Econo-



A red, white and blue soda fountain tip tray might be the essence of Americana. It serves as both an advertising collectible and a patriotic decoration.

lite Corp. made a similar Forest Fire motion lamp after 1946. It's best to use a low wattage bulb in a motion lamp to avoid damage. The lamp should be rewired if you want to use it.

TIP: Clean the inside of a bottle with detergent powder and a Water Pik.

CURRENT PRICES

Furniture, cabinet, apothecary, wood, green paint, three over three paneled drawers with labels, turned knob pulls, single board sides with arched and squared feet, 1800s, 29 x 60 x 19 inches, \$245.

Basket, Nantucket, splint, trumpet shape, wrapped rim, painted, 4 1/2 x 4 1/2 inches, \$370.

Quilt, Friendship, embroidered and pieced, alternating red and white blocks, red blocks each with embroidered quilter's name, white blocks each with picture embroidered with red floss, red binding, 1920s, 86 x 74 inches, \$615.

Mechanical bank, Jonah and the Whale, cast iron, painted, Shepard Hardware, 10 1/2 x 5 inches, \$1,170.

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by Ryan A. Berenz

1. What Baseball Hall of Famer was known as "The Fordham Flash" for his speed on the basepaths?

2. What member of the Chicago Bulls was selected No. 1 overall by the Toronto Raptors in the 1995 NBA Expansion Draft?

3. Bramall Lane is the home stadium of what English Premier League football team?

4. Japanese pitcher Kazuhisa Ishii made his Major League Baseball debut with what team in 2002?

5. "The Battle for the Rag" was the name of a college football rivalry game between what two teams?

6. Tighthead prop, openside-flanker and fly-half are player positions in what sport?

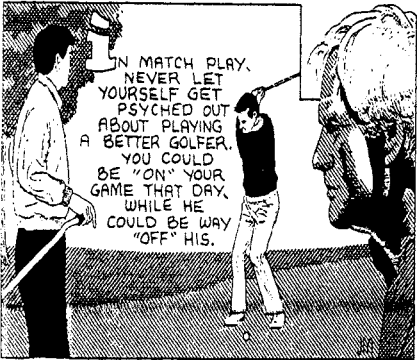
7. What annual ultramarathon race in Greece commemorates the 153-mile run of messenger Pheidippides before the Battle of Marathon in 490 B.C.?

Answers

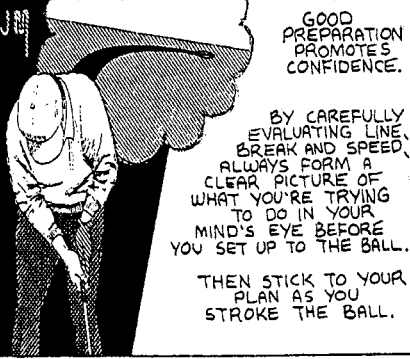
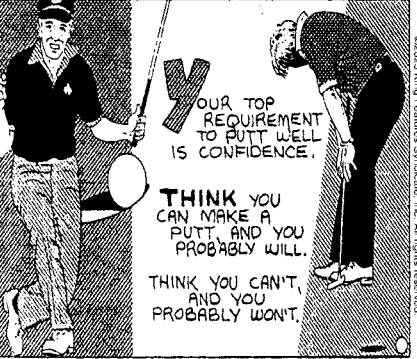
1. Frankie Frisch.
2. B.J. Armstrong.
3. Sheffield United F.C.
4. The Los Angeles Dodgers.
5. The LSU Tigers and Tulane Green Wave.
6. Rugby union.
7. The Spartathlon.

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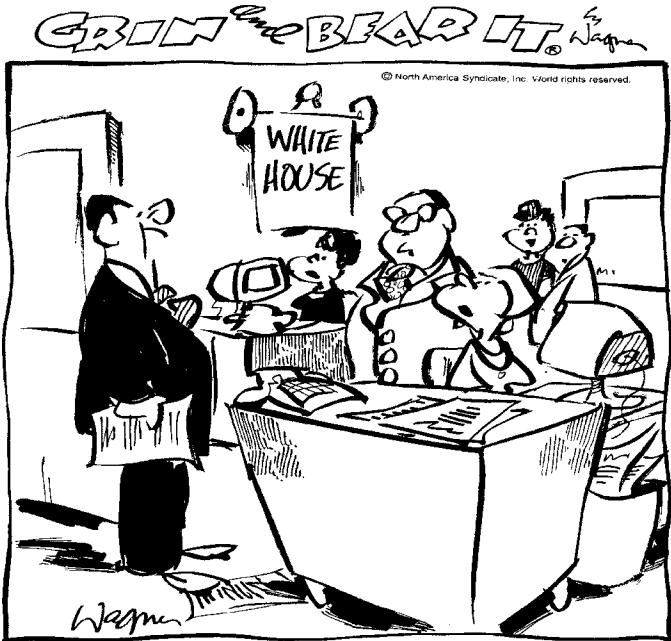
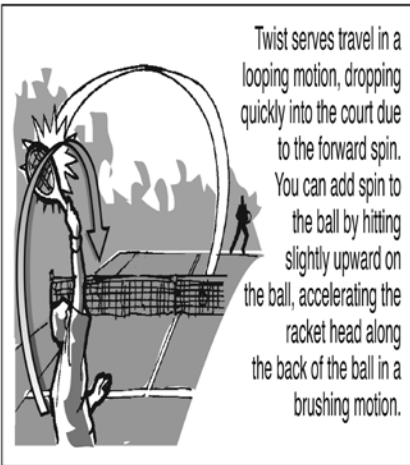
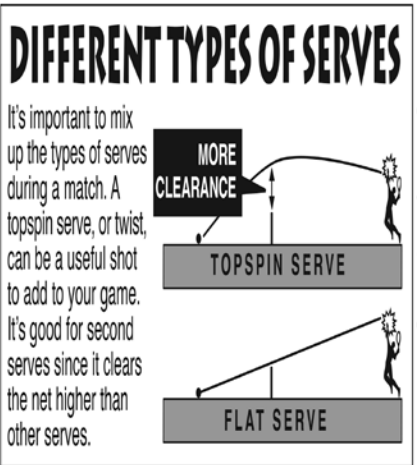
Play Better Golf with JACK NICKLAUS



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STAN SMITH'S TENNIS CLASS



"Does anyone remember where we hid the vice president?"

LAFF - A - DAY



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

Health



What Prompted the Discontinuation of Fen-Phen?

DEAR DR. ROACH: I'm a 71-year-old healthy female who has struggled with my weight all my life. In the '90s, I thought I had finally found the solution in fen-phen. It was like a miracle! It took all the nagging thoughts of food out of my brain.

My question is, with all the drug ads on TV every day blithely showing the many side effects leading up to — and including — death, why can't we use fen-phen? I worked in a hospital where a very large number of employees were taking it with great results. I never heard a hint about anything that could affect someone's health.

Also, I talked to many of the other patients at the doctor's office where I was receiving it. Everyone was overjoyed with the results. I had no temptations and no constant yammering in my brain to eat something. As I said, it was a miracle. I felt like a normal person. So, why are all of these drug companies allowed to advertise their products, but one drug that truly worked had to get snatched away from us? — M.H.

ANSWER: Fenphen was a combination of fenfluramine and phentermine, which was approved for use in 1986. Approximately 18 million prescriptions were written for this medicine until 1987, when an association was made between the use of fen-phen and valve diseases of the heart. These cases were reported with fenfluramine or with the related dexfenfluramine alone, but never with phentermine alone. (Phentermine remains on the market.) Approximately 150 cases were reported.

Subsequent studies estimated that seven out of 10,000 people who took fen-fluramine or fen-phen for less than four months developed valve disease, while 35 in 10,000 people who took fenflur-amine or fen-phen for more than four months developed valve disease. They were compared to people who either took phentermine alone or did not use a weight-loss medicine. The U.S. Food and Drug Administration

determined that the risk of valve disease (some being severe enough to prompt valve replacement surgery) was too high, so the FDA asked manufacturers to remove these drugs from the market.

I fully understand your perspective. Some people are willing to take the risk of a side effect because the benefit of the medicine is so great. In my opinion, people should have the option of making their own decision, but in this case, the FDA felt that the risk was too high.

I have not seen a medicine for weight loss as effective as fen-phen until recently, when semaglutide (Wegovy and Ozempic) and tirzepatide (Mounjaro, not yet approved for weight loss) became available. Just as you say, many of my patients report that they were able to easily control their eating while on these medicines, and as of the time I am writing, there have not been any serious adverse effects of taking these drugs, although there are plenty of milder effects.

However, these medicines only work when you continue to take them, and stopping them generally results in rapid regain of the weight that was lost. It's important to realize that if you take a weight-loss drug, you're making a commitment to a long-term treatment.

Seizure-Like Reactions Pose the Question of Epilepsy

DEAR DR. ROACH: My husband experienced seizure-like episodes without tonic/clonic body movements in high altitude. These episodes occurred while he was traveling, being physically active in Colorado and skiing in France. Both episodes happened at least 12 hours after physical activity. Our general physician back home felt that these were not true seizures, instead a reaction to possibly being dehydrated in high altitudes.

A vast amount of testing resulted in nothing unusual going on with his cardiovascular system or his brain. But just recently, he had another episode two days after being active, hydrating at sea level and banging his head — with more body movement this time.

I have been researching online, and seizure-like reactions seem to occur due to electrolyte imbalances. It is very hard to get to a neurologist without an excessive wait time. Do you think anti-seizure medications are warranted? — S.S.

ANSWER: It's important to separate a seizure (which anyone can get if there is enough stress to the brain) from epilepsy, a condition where the person is susceptible to recurring seizures. For it to be considered epilepsy, a person generally needs at least two unprovoked seizures (with no unusual stress to the brain) at least 24 hours apart. Only epilepsy is treated with long-term anti-seizure medicines.

There is indeed a risk of developing seizures while at a high altitude. In addition, there are many other conditions that can provoke a seizure. You mentioned electrolyte imbalance, but sodium (too much or too little) as well as too little amounts of magnesium and calcium are among the most common. Low blood sugar is a frequent cause.

Some recreational drugs cause seizures, but withdrawal from drugs, especially alcohol, is more common. Metabolic diseases of the kidney and thyroid are also common. Sleep deprivation, brain injury (especially stroke, but also trauma), brain tumors and brain infections are all common triggers that your husband probably received an evaluation for.

Had it only been the first seizure, my advice likely would have been the same as your physician's, although I probably would have suggested a consultation with an epileptologist (a neurologist with special expertise in seizures). Now that he has had a second — and unprovoked — seizure, my suspicion that he has epilepsy is much higher. (In hind-sight, it's clear that the first reaction really was a seizure.)

Most people experiencing their first seizure while at a high altitude were eventually found to have epilepsy after further testing, including an electroencephalogram (EEG). The high altitude doesn't cause the seizure; it just increases the risk of a seizure in a person who has an underlying propensity for it. This may also occur with many medicines, especially those used for depression.

Your husband should see an epileptologist as soon as possible. I strongly feel that it's unwise for nonexperts to prescribe anti-seizure drugs, except as a treatment until a patient can be seen by an expert. I have seen that done many times, and it is done improperly, at least according to the expert a patient eventually sees. Your husband needs a timely and comprehensive reevaluation. Epileptologists recognize that new onset seizures in an adult require a more timely appointment.

DEAR DR. ROACH: I am a 69-year-old who used to walk up 75 to 90 flights of steps several days a week as exercise. After a steering wheel airbag went off and damaged my heart, I am afraid my ability to do that stopped. After years of medication, I am now on a pacemaker, which definitely helps.

Could the exercise have weakened my heart to such a degree that it could be viewed as overdoing it, therefore exacerbating my condition? — Anon.

ANSWER: In general, exercise does not harm the heart. On the contrary, exercise is almost always good for the heart. However, there are exceptions. In healthy people, there is an optimal amount of exercise, and extreme levels of exercise (on the order of running more than 10 miles

a day every day) begin to decrease the benefit that a person gets from exercise. (This remains controversial, but I am convinced from the data.)

In people with severe heart disease (the kind with blockages in the arteries), overdoing exercise can lead to a heart attack, but this is an exception. For every person who gets harmed by overexercising, there must be a hundred who don't get adequate exercise.

The fact that you have improved a lot on the pacemaker suggests that at least part of your problem wasn't with the pump function of your heart, nor with the arteries leading to your heart. The problem lies with the electrical supply.

Once a pacemaker is in, that problem is immediately alleviated, but the heart may still be deconditioned ("out of shape"). Regular exercise will help the problem.

Your cardiologist can better answer the question for you and also give you advice on how to build up your exercise tolerance over time.

DEAR DR. ROACH: Colds and flus seem to linger in my lungs and nose for a week or more after all other symptoms have passed. If my phlegm and mucus are clear or white, and I feel healthy otherwise, am I still considered infectious? — S.C.

ANSWER: The color of sputum and mucus is not a reliable indicator of whether an infection is caused by bacteria or viruses, nor of whether you are still infectious. Colds and flus like COVID are caused by viruses. A person is most infectious starting from a day or two before they get symptoms up until a day or two after symptoms start. Most people are no longer infectious after five to seven days of having symptoms, but unfortunately, that's not always 100% certain.

Part of the body's response to infection is to make a great deal of mucus to wash the infection away. This can lead to us feeling very uncomfortable with copious sneezing, runny noses and productive cough. In some people, this tendency is more prolonged. It sounds like you might be one of those people in whom the body's response to infection causes more symptoms than the infection itself.

We can test pretty well for COVID infectiousness with at-home testing, but those home tests don't exist for the flu or other viruses. Following the same advice for COVID — staying home for at least 24 hours after a fever has gone, or remaining in isolation for at least five days without a fever — will minimize your infectiousness to others.

How to Best Utilize Compression Stockings

DEAR DR. ROACH: Would you please address how to use compression socks? I sit most of the day, so wearing the socks helps my legs to feel less

heavy and tired by the end of the day. Are there people who should not wear them? And what about wearing them during exercise? — C.S.

ANSWER: Compression stockings are most commonly used in people with chronic venous insufficiency, a common condition in middle-aged to older people. The major symptom is swelling in the feet and lower legs. The swelling is usually minimal or gone in the morning and gets worse during the day, especially with prolonged standing and even sitting.

The underlying problem is that the veins, which carry blood from the legs back to the heart, get leaky over decades, and the fluid accumulates in the legs under the force of gravity. Your doctor can prescribe the right size, length and strength of stocking based on your personal condition.

The fact that you feel better with compression stockings suggests that you might have venous insufficiency, but it's still a good idea to ask your doctor about them. Compression stockings are pretty safe, but should not be worn by people with serious reduction in arterial blood flow to the legs.

Arterial disease is completely different from venous insufficiency. It's caused by blockages in the arteries that carry blood from the heart to the legs. An expert, such as a vascular surgeon, is an appropriate consultant for a person with arterial insufficiency before they consider using compression stockings.

Unless you have moderate to severe arterial disease (in which case you should check with your doctor if you aren't sure), there is no harm from wearing compression stockings during exercise. There may even be some benefit.

Compression stockings should not be worn by those with an acute clot in a major leg vein (a deep venous thrombosis). Once the clot is stabilized for a few days with medication, compression stockings can help treat and even prevent swelling in the affected leg.

People with moderate to severe heart failure should exercise care before using compression stockings, which put the leaked-out fluid back into the circulation and can worsen heart failure. Again, this is an issue to discuss with your regular doctor or cardiologist prior to using compression stockings on your own.

Finally, severe venous insufficiency can cause breakdown in the skin. A person with ulcers or open wounds, or with any kind of acute infection, should be evaluated and treated prior to using compression stockings. A wound care nurse is an ideal consultant in this case.

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

The home of the future

More than 57.5 million homes had at least one smart home device at the end of last year. That's a 12% increase from 2021. Affordability has made technology more attainable for people to integrate it into their home lives. Many smart speakers on the market start at under \$50 while appliances and other devices can add up. A smart refrigerator costs anywhere from \$2,000 to \$10,000.

Some offer sensors to track temperature and cameras to allow people to see inside the appliance while at the grocery store.

In addition to price, four factors account for smart appliances becoming more common in homes: remote control, voice control, efficiency and security.

Smart everyday

While smart technology boasts many advantages, practicality is a top priority for many consumers. A

few of these applications include:

The ability to turn lights and devices on or off via a smartphone, or providing a view of the front of one's home.

Smart water valves that automatically sense if a water line breaks. This technology, which costs anywhere from \$300 and up, can save owners from steep repair costs down the road.

A smart garage door opener that allows a homeowner to close and open the door remotely, if they forget.

Cameras and motiondetection devices that can be viewed and controlled remotely. Many even offer facial recognition, which can help you determine who is at your door.

Artificial intelligence is helping devices learn our routines. AI is already used in some devices to inform users of break-ins and carbon monoxide alerts that can be picked up through cameras. As devices become increasingly intelligent and capable, they're able to really learn

and adapt to user habits, becoming more intuitive and accommodating with little human effort.

Making your home smarter

What do you need, what do you want to spend? Also, your insurance company may offer a discount to homeowners who have safety features such as smoke alarms and security systems.

Sound Off!

I kid you not!

I called my cardiologist to make an appointment for my check-up and to get a refill on a prescription. After listening to some bad music for 10 minutes, a woman gets on the phone and I explain that I want to make an appointment with my doctor. OK, she says, let's see what we have for you. His first opening is February, 2025 on a Monday. After my initial shock, I said, you have to be kidding. He's a heart doctor and I'm expected to wait almost a year and a half to see him? What about my prescription? I can't do without them for a year and a half? She tells me that they can refill the prescription and maybe she can get me in to see a nurse practitioner. She comes up with a date in 2024 but the date with the doctor, in 2025, stands. How absurd!! So, I guess patients have to look for another doctor and maybe wait again. By the way, when I went to pick up my prescription, I found out that the cost had gone up, way up! A no win situation.

Ann B.



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

Fed Up!



I'm fed up with the telephone calls I get from these telemarketers (or should I say AI) Most of them are recordings that inform me I may be recorded for quality control. Quality control has nothing to do with it. They know it's illegal and I have gotten to the point that I tell them it's illegal and they don't have my permission to record the conversation and they still keep talking over you. They always ask, can you hear me? I've gotten terrified to say the word yes.. you tell them to put you on the do not call list , but the calls continue. They start around 8 a.m. And continue to past 6:30 p.m. Burial plots, insurance of all kinds, and "end of life" insurance are but a few that just keep calling.

Steve D.



6 Ways to Weatherize Your Home

FAMILY FEATURES

Changing of the seasons may mean adjustments to your routine and updates to your home decor, but it also brings maintenance and upgrade opportunities for homeowners. As temperatures shift and seasonal weather rolls in, weatherizing can help you conserve energy, save money and improve comfort all while protecting the exterior (and interior) of your home from the elements. This checklist from the door experts at Masonite, a global industry leader in interior and exterior doors and door systems, can help you keep the outdoors out.

Have Heating and Cooling Systems Inspected

Turn to the professionals to have your furnace and air conditioning inspected before temperatures change. They can make sure the system is working properly so you can have heat or cool air when you need it while conducting safety checks to keep your family safe from carbon monoxide leaks and other hazards. Plus, having your system inspected before any extreme weather means necessary repairs can be completed before you're relying on it for comfort.

Trim Trees

Your trees and shrubs might provide a beautiful aesthetic in spring and summer, but winter weather can turn them into hazards for your home. Heavy winds and snow and ice buildup can cause branches to break off and damage roofs, windows and more. Some experts recommend waiting until leaves fall to prune; be sure to research the types of trees on your property and understand the best maintenance methods to keep them healthy without putting your home at risk.

Replace Your Front Door

Living in a comfortable, energy-efficient home starts with keeping out rain, wind, cold and heat. For a protected and weather-proof home, consider replacing your front door with a premium alternative like the Masonite Performance Door System, designed to keep the outside out and the inside in. Available with a variety of exterior fiberglass doors in a multitude of styles, colors and finishes, including multiple glass options, the system's industry-leading 4-Point Performance Seal provides superior energy efficiency, performance and comfort. Plus, the system is backed by a 10-year limited full replacement warranty and available at home improvement retailers nationwide. Additional benefits include:

- A square edge door fits perfectly into its frame for a solid, energy efficient seal.
- A self-adjusting sill maintains its seal, adapting to imperfect or changing conditions.
- Adaptive weatherstripping made of high-end, low-wick memory foam snaps back into shape when bent or twisted, stopping air and water in its tracks.
- Enhanced corner pads stop upward water pressure and form a tight seal between sill, door panel and frame.

Clear Gutters

While it's a bit of a dirty job, clearing gutters of debris and buildup like leaves and twigs keeps the system running as it should. Gutters can't properly drain when they're blocked, which means water isn't being diverted properly. This leads to water spilling over and can cause problems ranging from mold or mildew to larger issues like foundation damage.



Secure Outdoor Furniture

It may cause a bit of sadness putting patio furniture away for the season, but it's an important step in protecting both the furniture itself and your home from high winds that can pick up during colder months or increased moisture during the rainy season. Some pieces may need stored away while others can simply be covered, but make sure to clean and carefully dry to avoid mold and mildew growth beforehand. Take advantage of the opportunity to thoroughly clean grease and grime off grill grates, repair damaged furniture items and clear the entire area of dirt and debris so everything's ready to be dusted off and enjoyed in the spring.

Hire a Roof Inspector

The roof is a critical component in keeping your home structurally sound. A professional can examine your roof for damage and assess anything that may need fixed or replaced ahead of winter weather or rain. This examination includes shingles, soffit, fascia, chimneys, gutters and more along with a check for signs of interior damage like water stains, mold, holes or wood rot.

Find more ways to weatherize your home and keep the outdoors out by visiting [Masonite.com/Masonite-Performance-Door-System](https://www.masonite.com/Masonite-Performance-Door-System).



Flash Back Trivia

POP, ROCK & SOUL
BY HARPER

1. Name the group that released an album titled “Band on the Run.”

2. Which song mentions not playing B-17 on the jukebox, as it would bring back memories?

3. Who released “Midnight Hour” in 1965?

4. Which duo wrote and released “One Toke Over the Line”?

5. Name the song that contains this lyric: “I’ve got my suitcase in my hand, Now, ain’t that a shame, I’m leavin’ here today, Yes, I’m goin’ back home to stay.”

Answers

1. Paul McCartney and Wings, in 1973. It was McCartney’s fifth album since leaving the Beatles. The group, recording in Nigeria, were robbed at knifepoint of demo tapes and lyrics.

2. “Please Mr. Please,” by Olivia Newton-John in 1975.

3. Wilson Pickett. It was later covered by The Young Rascals, country artist Razyzy Bailey and bands in Australia, England and Canada.

4. Brewer & Shipley, in 1970. Lawrence Welk considered the song a “spiritual” and had it performed on his show by two of his singers.

5. “Walking to New Orleans,” by Fats Domino in 1960. After the song was recorded, producer Dave Bartholomew added a strings section by the New Orleans Symphony, unusual for pop music of the era. The song went to No. 2 on the R&B charts.

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Strange BUT TRUE

By Lucie Winborne

- Like verbal language, sign language has tongue twisters, known as “finger fumlbers.”
- In Japan, ramen noodles are a fuel source for more than just humans: The Amaterasu Railway’s sightseeing train uses biodiesel made out of leftover ramen oil, which has the added benefits of curbing CO2 emissions and supporting local businesses.
- Physarum polycephalum, a type of slime mold, can solve complex mazes and other spatial problems even though it has neither a brain nor a nervous system.
- There are 293 ways to make change for a dollar.
- A bald eagle, upon catching a fish that may be too heavy for it to lift, will use a movement strikingly similar to the human breaststroke to maneuver its prey to the shore.
- The world’s oldest known musical instrument, a flute made from a vulture’s wing bone that was discovered in a German cave, dates back nearly 40,000 years.
- Minnie Mouse’s first name isn’t Minnie, but Minerva.
- Rapper Yung Gravy donated nearly 2,000 bras thrown at him during concerts to a women’s charity.
- A candle’s flame is blue in zero gravity.
- Janine Sugawara sued the makers of Cap’n Crunch cereal for falsely advertising its contents by not using real berries. Her complaint was quickly dismissed, however, when the judge pointed out that there’s no such thing as Crunch Berry.
- And speaking of the good captain, his full name is Horatio Magellan Crunch, after explorer Ferdinand Magellan.
- You are more likely to have a weird or scary dream while sleeping on your stomach.
- During the 1980s, American Airlines found it could save an annual \$40,000 simply by removing a single olive from its first-class meals.

Thought for the Day: “You know you’re in love when you can’t fall asleep because reality is finally better than your dreams.” — *Dr. Seuss*

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top 10 movies

1. **Taylor Swift: The Eras Tour** (PG-13) Taylor Swift, Amanda Balen
2. **The Exorcist: Believer** (R) Linda Blair, Ellen Burstyn
3. **PAW Patrol: The Mighty Movie** (PG) Mckenna Grace, Taraji P. Henson
4. **Saw X** (R) Tobin Bell, Shawnee Smith
5. **The Creator** (PG-13) John David Washington, Madeleine Yuna Voyles
6. **The Blind** (PG-13) Aron von Andrian, Amelia Eve
7. **A Haunting in Venice** (PG-13) Kenneth Branagh, Michelle Yeoh
8. **The Nun II** (R) Taissa Farmiga, Jonas Bloquet
9. **The Equalizer 3** (R) Denzel Washington, Dakota Fanning
10. **Dumb Money** (R) Paul Dano, Pete Davidson



Couch Theater

BY DEMI TAVERAS

“**Reptile**” (R) — In this crime thriller starring Benicio del Toro and Justin Timberlake, a detective (del Toro) with a past of uncovering crooked cops is put on the murder case of a young real estate agent. Her body was found by her boyfriend (Timberlake) in their home, painting him as a prime suspect. But with one trail leading back to her ex-husband (Karl Glusman), and another leading to a mentally unstable man seeking revenge for a corrupt real estate deal, solving the case won’t be an easy feat. Del Toro’s acting prowess is what easily carries the film, along with a refreshing performance from “Clueless” star Alicia Silverstone. Out now. (Netflix)



Courtesy of Netflix

Benicio Del Toro and Alicia Silverstone star in “Reptile.”

top ten

FASTEST PEOPLE IN THE WORLD

1. Usain Bolt
2. Tyson Gay
3. Yohan Blake
4. Asafa Powell
5. Justin Gatlin
6. Christian Coleman
7. Nesta Carter
8. Maurice Greene
9. Steve Mullings
10. Richard Thompson

Source: SportsBrief.com

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Now here's a tip!

by Jo Ann Derson

- “I love to can and pickle my garden bounty, but since I give most of them as gifts, supplies can get costly. I have found many jars at thrift stores. And I have seen seals and lids as well, on occasion. Don’t forget to check them out from time to time. The jars are going to get sterilized anyway!”
— E.D. in Georgia
- Looking for a way to replace eggs in a recipe? Here are some substitutes: powdered egg substitute (Ener-G brand, for example), 2 tablespoons of arrowroot powder or cornstarch; 1 banana, mashed; a tablespoon of milled flaxseed with 3 tablespoons of water.
- “To keep calendar entries straight, you can use a different color highlighter for types of events or for each family member — blue for appointments, or green for kids’ activities. A family calendar will help keep everyone in the loop.” — A reader

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 — Another movie legend **Michael Caine** announced that he’s “sort of” retired! He explained that when shooting his last movie “The Great Escaper” (with the late, great **Glenda Jackson**), he was provided a walking cane that was incorporated into his character, but could only give them one take of each shot. “I’m bloody 90 now,” he remarked.

Among his greatest films spanning his filmography of more than 100 movies were “Sleuth” (1972); “Educating Rita” (1983); “The Cider House Rules” (1999); “The Dark Knight” (2008); and the classic that started it all — “Alfie” (1966). When asked how he would like to be remembered, Caine replied, “For the fact that I remained an actor all my life, and I never went into anything else. I never left; I never wanted to leave.”

Back in 1984, I was once hired by disaster film producer **Irwin Allen** (“The Poseidon Adventure” and “The Towering Inferno”) to photograph the comic greats he brought together — **Milton Berle, Bob Newhart, Red Buttons, George Burns, Danny Thomas, Dan Rowan, Dick Martin, Steve Allen and Sid Caesar** — who gave Caine a crash course in comedy before he filmed “Blame It on Rio.” It was an unforgettable, sidesplitting night with all the greats. (P.S. The film flopped!)

Seth Macfarlane has put his money where his mouth is. “The Orville” star and writer recently donated \$1 million for striking writers, as well as another \$5 million to kick off a campaign to raise at least \$10 million for ECF (formally the Actors Fund) to attract more donors during the strikes. So far, he’s donated \$7.4 million to more than 3,515 to film and TV workers, assistants, grips, gaffers, lighting and sound designers, script supervisors, craft service workers, hair and make-up professionals and wardrobe people. What a family guy!

It was a close call on Sept. 24 for 89-year-old Oscar-winning legend **Sophia Loren** (“Two Women”), who had to have emergency surgery after falling in her bathroom. Loren had several fractures and a busted femur, necessitating the cancellation of the opening of her fourth restaurant named for her in Bari, Italy. Loren won Best Actress at the David di Donatello Awards (the Italian equivalent of the Oscars) in 2021 for “The Life Ahead.”

Recently, it was revealed that **Chris Rock** sought counseling after the famous **Will Smith** slap heard around the world at the 94th Oscars. Rock claimed to be humiliated in front of his daughters, parents and one of the largest audiences in TV history. It was no consolation for Rock that Smith resigned from the Academy and was banned from their events for 10 years. But Rock did have the last laugh when a year later (after not speaking of the incident initially), he was paid \$40 million by Netflix for his special “Chris Rock: Selective Outrage,” with a second special to follow. Somebody slap me ... please!



Michael Caine
 (“The Dark Knight”)

Depositphotos

HOLLYWOOD — **Glenn Close** has become a Netflix darling. Her first and most recent film for the streaming service was “Heart of Stone,” co-starring **Gal Gadot** and **Jamie Dornan**, which dropped Aug. 11. Then comes the horror thriller “The Deliverance,” with **Mo’Nique** and **Omar Epps**, followed by the comedy “Back in Action,” with **Jamie Foxx, Cameron Diaz** and **Kyle Chandler**. In addition, she also co-stars in “Brothers,” a comedy with **Josh Brolin, Peter Dinklage** and Oscar winner **Brendan Fraser**, which will be released in theaters.

We’ve had biopics on “**Elvis**” (the **Priscilla Presley** biopic drops Nov. 3) and we’ve seen one on **Whitney Houston**, but a **Michael Jackson** biopic is long overdue. So, Lionsgate is taking on the task. Simply called “Michael,” it’ll star **Jaafar Jackson**, son of Michael’s brother **Jermaine**. The film will cover Michael’s life, minus anything relating to the alleged sexual abuse of children, since the film’s being made with the blessing of Jackson’s estate.

Jaafar is 27 and was raised in Encino, California. His debut song, “Got Me Singing,” was released in 2019. The edge he brings may be that he grew up with Michael’s children and knew his uncle well.

Richard Gere is back at work with the comedy “Longing,” co-starring **Diane Kruger**. He’s then set to star in **Paul Schrader**’s drama “Oh, Canada” with **Uma Thurman** and up-and-coming superstar **Jacob Elordi**.

In addition to playing **Elvis Presley** in “Priscilla,” Elordi will star in the drama “On Swift Horses,” with **Daisy Ed-**

gar-Jones and **Will Poulter**. He has completed two steamy seasons of “Euphoria” and is prepping for season three, which won’t be released until 2025.

Have the powers that be in the black tower of Universal Studios completely lost their minds? What could have possessed them to shell out \$400 mil lion to acquire the rights to “The Exorcist” franchise? Their plan is to create a new trilogy of “Exorcist” films after the first one — “The Exorcist: Believer” (costing \$30 million and grossing \$85.2 million so far) — was released on Oct. 6. The film afforded critics a field day that may not make it a big box-office bonanza.

It stars **Leslie Odom Jr.** (of “Hamilton” fame and currently on Broadway in “Purlie Victorious”), **Ann Dowd** and **Jennifer Nettles**. It also features a cameo from **Ellen Burstyn**, star of the original “Exorcist” (1973). The second installment, “The Exorcist: Deceiver,” isn’t due until sometime in 2025.

Universal’s only hope to recoup their investment may be waiting after November 2024 when their big-screen version of the Broadway megahit “Wicked” opens. However, there’s no telling how audiences will feel about waiting a year for part two (like with “Dune”). It stars **Ariana Grande, Cynthia Erivo**, Oscar winner **Michelle Yeoh** and **Jeff Goldblum** as the Wizard of Oz. Universal’s going to have a “Wicked” time trying to recoup their “Exorcist” money.



Glenn Close
in “Heart of Stone”

Robert Viglasky/Netflix



Q: I saw a commercial with **Julianne Margulies** in a new series. Did “The Good Wife” end? What is her new show? — J.K.

A: “The Good Wife” was a smash hit series for CBS, but it’s been long gone, having ended its run in 2016 after seven seasons. It spawned a successful spin-off series called “The Good Fight,” starring **Christine Baranski**, and has another spin-off in the works called “Elsbeth.” It will star **Carrie Preston** as “the astute but unconventional attorney” who fans will recall from the same role she played on “The Good Fight.”

As for Margulies, she is one of television’s most acclaimed and employable actresses, having turned a one-episode guest role on NBC’s “ER” into an Emmy award-winning one that lasted six seasons. In recent years, she’s accepted parts that have allowed her to stretch her already impressive range. She played an abrasive fashion magazine editor in the AMC series “Dietland,” followed by a doctor racing against time to stop an Ebola virus outbreak in “The Hot Zone.”

Most recently, she returned as **Reese Witherspoon**’s ex-girlfriend and co-anchor in the Apple TV+ drama series “The Morning Show.” Margulies once said that the character is a cross between **Diane Sawyer** and **Rachel Maddow**. As for any other upcoming projects, it surely won’t be long before Margulies is asked to headline a new series, but for now, she seems content making a big impact in smaller roles.

Q: How is **Priscilla Presley** been doing since the unexpected death of her daughter, **Lisa Marie**? — G.G.

A: Priscilla and Lisa Marie Presley attended the Golden Globe Awards together this past January to support **Austin Butler** in his nominated role (he won!) in the feature film “Elvis.” Just two days later, Lisa Marie was rushed to the hospital with a bowel obstruction that would claim her life. Her mother, Priscilla, issued a statement shortly thereafter and asked for privacy for her “profound loss.”

Now, almost a year later, Priscilla herself will be the subject of a film directed by **Sofia Coppola**, daughter of **Francis Ford Coppola** (“The Godfather”) and Oscar winner for her screenplay of the 2003 film “Lost in Translation.”

“Priscilla,” which will premiere in theaters on Nov. 3, stars **Cailee Spaeny** (“Mare of Easttown”) as



Apple TV+

Julianne Margulies
in “The Morning Show”

the titular character. Coppola says that she really connected with the young **Priscilla** who was thrust into stardom seemingly overnight and how impressed she was when Priscilla later left her marriage with **Elvis**.

As for how Priscilla is doing, she’ll likely speak more about it in upcoming interviews for her biographical film, which she helped co-write.

Q: My mother’s favorite talk show is “The Talk,” but she is worried it won’t be back with new episodes because of the strikes. Is there anything definitive I can tell her about it? — L.L.

A: By the time you read this, the syndicated multi-host show “The Talk” will be back with new episodes. Season 14 took off on Oct. 9 with the same five hosts and a new executive producer, **Rob Crabbe**, who served the same role on the fun-filled “The Late Late Show with James Corden.”

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

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FAMILY FEATURES

Whether this holiday marks your culinary debut or you're a seasoned chef looking for a fresh take on seasonal favorites, you can take some notes from the pros. Every good chef has an arsenal of tricks and techniques to create amazing dishes every time, and the perfect blend of spices is one of those winning secrets.

In a properly seasoned dish, the spice accents the natural flavors without overpowering them. That's why it's a good idea to build your menu around spices and herbs of the highest quality, such as Spice Islands, which crafts and packages spices and herbs from around the world to deliver the most authentic and intense flavor possible.

Add flavor-rich, seasonal spices to your holiday table with these flavorful recipes for a Traditional Turkey Rub, Cranberry Apple Chutney, Butternut Squash Soup with Thyme Butter and Mini Pumpkin Cheesecakes.

From the appetizers to the main dish to dessert, flavorful seasonings can make a good recipe great. Find more ideas for spicing up your holiday menu at [SpiceIslands.com](https://www.spiceislands.com).

Traditional Turkey Rub

Prep time: 5 minutes
Yield: rub for 1 turkey (about 15 pounds)

- 2 teaspoons Spice Islands Crushed Rosemary
- 1 teaspoon Spice Islands Thyme
- 1 teaspoon Spice Islands Onion Powder
- 1/2 teaspoon Spice Islands Garlic Powder
- 1/8 teaspoon Spice Islands Ground Saigon Cinnamon
- sea salt
- Spice Islands Ground Black Pepper
- pure olive oil (optional)
- 1 turkey

In small bowl, combine rosemary, thyme, onion powder, garlic powder and cinnamon. Generously add salt and pepper. Lightly coat turkey with oil, if desired.
Rub all surfaces of turkey with seasoning. Roast according to package directions.



Photo courtesy of Getty Images

Spice Up the Season

Flavorful holiday dishes for every course



Mini Pumpkin Cheesecakes

Prep time: 15 minutes
Total time: 1 hour, 50 minutes
Yield: 18 mini cheesecakes

- 18 paper baking cups (2 1/2 inch diameter)
- 18 gingersnap cookies
- 12 ounces cream cheese, softened
- 3/4 cup sugar
- 1 tablespoon corn starch
- 1 teaspoon Spice Islands Pumpkin Pie Spice
- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup light corn syrup

Heat oven to 325 F. Line muffin tin with paper baking cups. Place 1 cookie in each cup. With electric mixer, beat cream cheese, sugar, corn starch and pumpkin pie spice. Add eggs and mix well. Add pumpkin and corn syrup; beat 1 minute. Pour filling into liners, dividing evenly. Bake 30-35 minutes until just set. Chill 1 hour.

Cranberry Apple Chutney

Prep time: 15 minutes
Total time: 45 minutes
Yield: 2 cups

- 1 bag (12 ounces) fresh or frozen cranberries
- 1/4 cup water
- 2 large apples, cored and chopped
- 1 1/2 cups sugar
- 2/3 cup finely chopped onion
- 2/3 cup golden raisins
- 2 teaspoons minced fresh ginger
- 1 teaspoon Spice Islands Minced Garlic
- 1 teaspoon salt
- 3/4 teaspoon Spice Islands Ground Allspice
- 1/4 teaspoon Spice Islands Ground Saigon Cinnamon
- 1/8 teaspoon Spice Islands Ground Cloves
- 2/3 cup dark corn syrup
- 1/3 cup cider vinegar
- 2/3 cup chopped pecans

In large saucepan, combine cranberries, water, apples, sugar, onion, raisins, ginger, garlic, salt, allspice, cinnamon and cloves. Bring to boil over medium-high heat. Reduce heat; cover, stirring occasionally, 15 minutes. Add corn syrup, vinegar and pecans. Cook uncovered 15 minutes, stirring frequently.
Serve with roast turkey, pork roast or baked ham.



Butternut Squash Soup with Thyme Butter

Prep time: 35 minutes
Total time: 1 hour, 30 minutes
Yield: 6-8 servings

- 1 tablespoon vegetable oil
- 1 teaspoon Spice Islands Ground Ginger
- 1/4 teaspoon Spice Islands Cayenne Pepper
- 3 pounds (about 7 cups) butternut squash, peeled and cut into 1-inch pieces
- 2 medium cooking apples, peeled, cored and coarsely chopped
- 2 small onions, coarsely chopped
- 2 cans (14 1/2 ounces each) chicken broth, divided
- 1/2 cup water
- 1/2 teaspoon Spice Islands Garlic Powder

Thyme Butter:
1/4 cup butter, softened
1/2 teaspoon Spice Islands Thyme

Heat oven to 425 F.
In large bowl, combine oil, ginger and cayenne pepper. Add squash, apples and onions; toss to coat. Transfer to 15-by-10-inch baking pan. Roast in single layer 35-45 minutes, or until tender. Remove from oven.
Working in batches, combine squash mixture and one can chicken broth in blender or food processor; blend until smooth. Transfer pureed mixture to large saucepan. Stir in remaining chicken broth and water. Bring soup to boil; reduce heat and simmer, uncovered, 10 minutes.
To make thyme butter: Combine butter, thyme and garlic powder until well blended. Spoon onto wax paper and roll into 3-inch log; wrap tightly and refrigerate until firm.
To serve, cut butter into thin slices. Ladle hot soup into individual bowls; top each with slice of butter.
Tip: Puree can be made in advance, covered and refrigerated up to 2 days.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Pork Tenderloins With Corn Stuffing

A real he-man dish for a cool November dinner

1 cup finely chopped celery
1/2 cup finely chopped onion
2/4 cups unseasoned dried bread cubes
3/4 cup frozen whole-kernel corn, thawed
1 teaspoon dried sage
1 1/2 teaspoons dried parsley flakes
1/4 teaspoon black pepper
1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup
1/2 cup water
4 (4-ounce) lean tenderized pork tenderloins or cutlets

1. Heat oven to 375 F. Spray 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large skillet also sprayed with cooking spray, saute celery and onion to 8 minutes. In medium bowl, combine bread cubes, corn, sage, parsley flakes and black pepper. Add sauted vegetables, mushroom soup and water. Mix well to combine. Evenly spoon half of mixture into prepared baking dish.
3. Lightly re-spray skillet with cooking spray. Evenly arrange pork tenderloins in skillet and brown 3 to 4 minutes on each side. Arrange browned meat evenly over stuffing mixture. Lightly spray top with butter-flavored cooking spray. Spread remaining stuffing mixture over meat.
4. Cover with foil and bake 20 to 25 minutes. Remove foil and continue baking for 10 minutes or until stuffing hot and meat is cooked through. Place baking dish on wire rack and set for 5 minutes. Divide into 4 servings.
• Each serving equals: 277 calories, 5g fat, 23g protein, 35g carb., 40mg sodium, 84mg calcium, 3g fiber; Diabetic Exchanges: 3 Meat, 1/2 Starch, 1/2 Vegetable; Carb choices: 2.

Good Housekeeping

Seafood Bake

In this recipe from our sister publication Woman's Day, succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

1 cup lowfat sour cream
1 tablespoon cornstarch
1 tablespoon Dijon mustard
2 teaspoons lemon zest
Kosher salt
Pepper
1 1/2 pounds mixed seafood (such as salmon and shrimp)
1 package frozen leaf spinach
2 cups frozen shredded hash browns

1. Heat oven to 425 degrees F. In a large bowl, whisk together the sour cream, cornstarch, mustard, lemon zest, and 1/2 teaspoon each salt and pepper.
2. Add the seafood to the sour cream mixture and toss to coat. Squeeze the spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.
3. Sprinkle the hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)
TIP: To use up the potatoes, make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side. Serve with a green salad. Serves 5.

Good Housekeeping

Lemon-Parsley Rice

1 cup low-sodium chicken broth
1 cup water
1 cup brown rice
Salt
2 tablespoons chopped parsley
1 teaspoon grated fresh lemon peel

1. In 3-quart saucepan, heat broth and water to boiling over high heat. Stir in rice and 1/4 teaspoon salt; heat to boiling. Reduce heat to low; cover and simmer, until rice is tender and all liquid has been absorbed, 40 to 45 minutes.
2. Remove pan from heat and let stand 5 minutes.
3. To serve, fluff rice with fork. Stir in parsley and lemon peel. Makes 4 servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Thanksgiving Pumpkin Torte

You take care of the rest of the meal, and I'll take care of dessert. Now if we could just find someone else to take care of the dishes, we'd have something else to be thankful for!

18 (2 1/2-inch) graham cracker squares
1 (15-ounce) can solid packed pumpkin
1 (4-serving) package sugar-free instant butterscotch pudding mix
2/3 cup nonfat dry milk powder
1 1/2 teaspoons pumpkin pie spice
3/4 cup water
1 cup reduced-calorie whipped topping
2 tablespoons chopped pecans

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine pumpkin, dry pudding mix, dry milk powder, pumpkin pie spice and water. Mix well using a wire whisk. Blend in 1/4 cup whipped topping. Spread half of pumpkin mixture evenly over graham crackers.
2. Top with remaining 9 graham crackers. Spread remaining pumpkin mixture over top. Evenly spread remaining 3/4 cup whipped topping over pumpkin mixture. Sprinkle pecans evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.

Good Housekeeping

Sausage and Pumpkin Pasta

There's no getting around pumpkins this fall! Paired with spicy sausage, convenient canned pumpkin livens up the usual dinner pasta.

1 pound rigatoni
8 ounces spicy Italian sausage, casings removed
5 fresh sage leaves, finely chopped
1 can (15-ounce) pure pumpkin
1/2 cup grated Parmesan cheese

1. Cook rigatoni as label directs, reserving 1 cup cooking water.
2. In 12-inch nonstick skillet, cook sausage on medium 6 minutes, breaking up sausage. Add fresh sage leaves; cook 1 minute, stirring. Add pumpkin and reserved pasta water; mix well.
3. Drain pasta; return to pot. Add sausage mixture; heat through. Stir in Parmesan. Serves 4.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Cranberry Graham Squares

While cranberry sauce is always appropriate, why not share this cranberry-studded recipe this season? After all, it won't be long before these ruby delights won't be anywhere to be found.

12 (2 1/2-inch) graham crackers
1 (4-serving) package sugar-free vanilla instant pudding mix
2/3 cup nonfat dry milk powder
1 3/4 cups water
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
1 cup reduced-calorie cranberry juice cocktail
1 cup fresh or frozen cranberries
1 cup reduced-calorie whipped topping

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine dry instant pudding mix, dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture evenly over graham crackers. Refrigerate while preparing cranberry sauce.
2. In a medium saucepan, combine dry cook-and-serve pudding mix, cranberry juice cocktail, remaining 1/2 cup water and cranberries. Cook over medium heat for about 5 minutes or until cranberries soften, stirring often.
3. Remove from heat, place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally. Evenly spoon cooled mixture over set filling.
4. Spread whipped topping evenly over cranberry mixture. Crush remaining 3 graham crackers into fine crumbs. Evenly sprinkle crumbs over top. Refrigerate for at least 1 hour. Serves 8.
• Each serving equals: 93 calories, 1g fat, 2g protein, 19g carb., 297mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch.

Good Housekeeping

Pear Crisp

1/3 cup granulated sugar
1/4 cup cornstarch
3 pounds pears
1 tablespoons fresh lemon juice
3/4 cup old-fashioned or quick-cooking oats
1/2 cup (packed) brown sugar
1/3 cup all-purpose flour
1/2 teaspoon ground cinnamon
1/2 tablespoon butter or margarine, cut up

1. Preheat oven to 375 F. In large bowl, stir granulated sugar and cornstarch until blended.
2. Peel, core and slice pears into 1/2-inch-thick slices. Add pears and lemon juice; toss to coat. Pour pear mixture into shallow 2 1/2-quart glass or ceramic baking dish; spread evenly.
3. In same bowl, combine oats, brown sugar, flour and cinnamon. With fingertips, work in butter until coarse crumbs form. Press crumb mixture together and sprinkle on top of pear mixture.
4. Bake crisp 35 to 40 minutes or until top is browned and fruit is bubbling at edge. Cool on wire rack 1 hour to serve warm, or cool completely to serve later. Serves 8.
• Each serving: About 270 calories, 7g total fat (4g saturated), 16mg cholesterol, 75mg sodium, 52g total carbs, 5g dietary fiber, 3g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

A Chicken in Every Pot!

I'm not running for elected office — but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me for sure!

CHICKEN SPAGHETTI

1/4 cup finely chopped onion
1 full cup diced cooked chicken breast
1/2 cup (one 2.5-ounce jar) sliced mushrooms, drained
1/4 cup sliced ripe olives
1 3/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained
1 (10 3/4-ounce) can reduced-fat cream of chicken soup
2 cups hot cooked spaghetti, rinsed and drained
1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti. Lower heat and simmer for 10 minutes, stirring occasionally.
2. When serving, top each dish with 1 tablespoon Parmesan cheese. Serves 4 (1 1/2 cups each).
• Each serving equals: 264 Calories, 4g Fat, 20g Protein, 37g Carb., 816mg Sodium, 4g Fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

Good Housekeeping

Double-Chocolate Bread Pudding

2 cups heavy or whipping cream
1/3 cup sugar
1/4 cup whole milk
6 ounces semisweet chocolate, chopped
2 large eggs, lightly beaten
1 teaspoon vanilla extract
6 ounces day-old French bread, cut into 3/4-inch cubes (about 4 cups)
1/4 cup semisweet chocolate chips
Whipped cream (optional)

1. Heat oven to 300 F. In 2-quart saucepan, heat cream, sugar and milk over medium heat until sugar dissolves, stirring occasionally. Remove from heat.
2. Add chopped chocolate, stirring with wire whisk until mixture is smooth and chocolate melts completely. Gradually whisk in eggs and vanilla until well-combined.
3. Place bread in shallow 1 1/2-quart or 8-by-8-inch glass or ceramic baking dish. Pour chocolate mixture over bread. Cover and refrigerate 30 minutes, stirring occasionally.
4. Sprinkle chocolate chips on top of bread mixture. Bake, uncovered, 40 to 45 minutes or until set. Cool 10 minutes to serve warm, or cover and refrigerate to serve cold later. Serve with whipped cream if you like. Makes about 8 servings.

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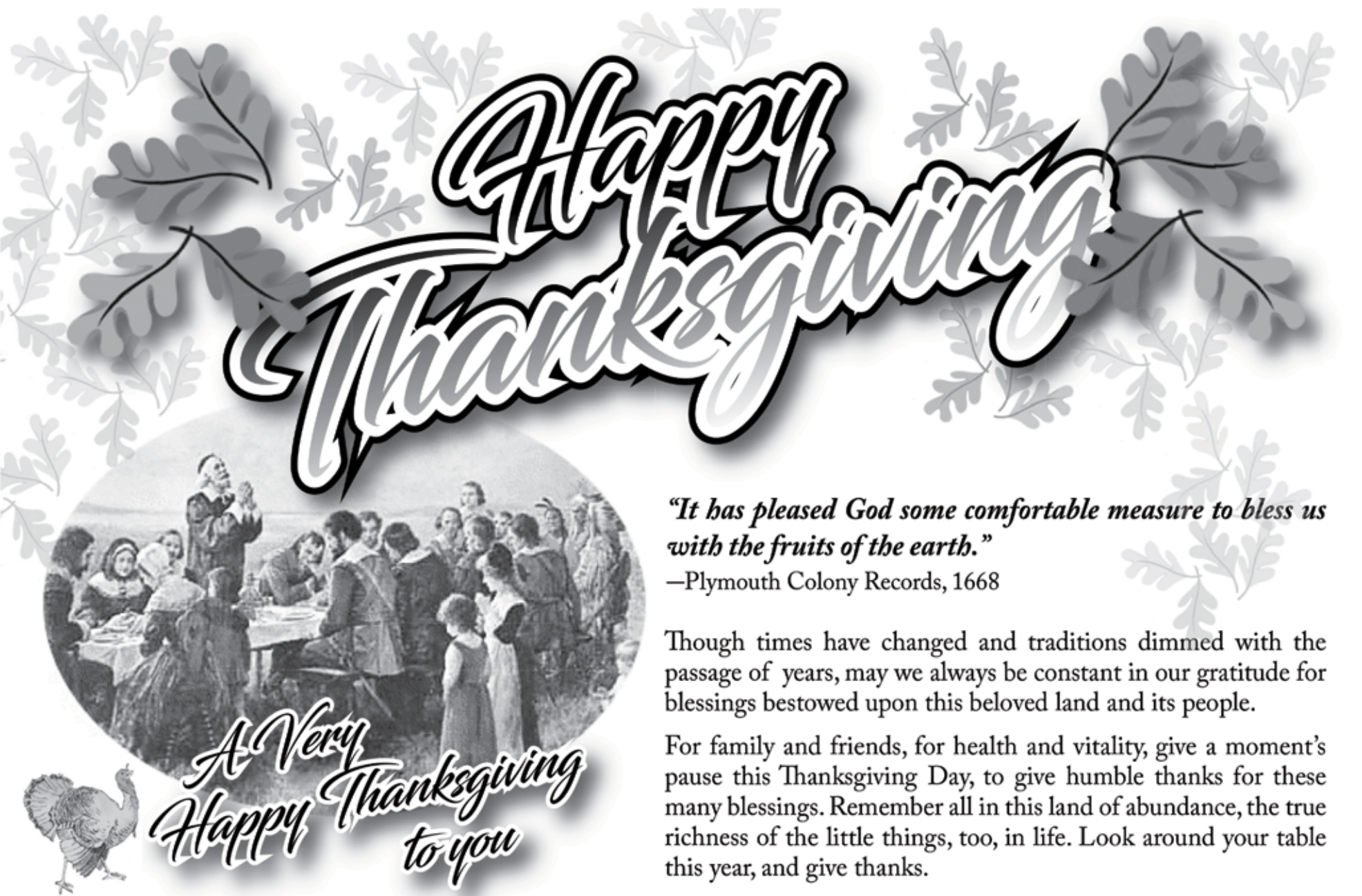
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—Plymouth Colony Records, 1668

Though times have changed and traditions dimmed with the passage of years, may we always be constant in our gratitude for blessings bestowed upon this beloved land and its people.

For family and friends, for health and vitality, give a moment's pause this Thanksgiving Day, to give humble thanks for these many blessings. Remember all in this land of abundance, the true richness of the little things, too, in life. Look around your table this year, and give thanks.

Happy Thanksgiving

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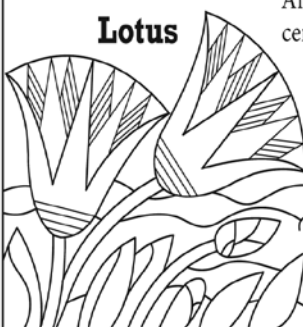
In North Carolina, there are areas where some local honeybees have been known to produce honey that has a purple or bluish hue. No one is sure what makes this happen exactly or how many conditions affect this process.

Some researchers theorize that some hives collecting nectar from sourwood tree blossoms in summer are the reason; others say hydrangea flowers, titi plants, kudzu blossoms or elderberry flowers cause the unusual coloration. Beekeepers who find their hives producing this rare honey say it tastes fruity.

Sources: newsobserver.com, honeybeesuite.com - Brenda Weaver




Lotus



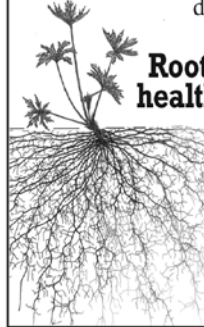
One of the first flowers represented in the arts may be the lotus flower. It is sacred in many ancient cultures, including in ancient Egypt as a symbol of death and rebirth to the afterlife.

Ancient Egyptians adorned amulets, ceramics, papyrus paintings, jewelry and household items with it. In King Tutankhamun's tomb, collar necklaces made of cut blossoms that included blue lotuses were found among his many trinkets and treasures.

- Brenda Weaver
Source: www.segmation.com



Root health



If a potted plant looks poorly, gently remove the plant from the pot and examine the root system. Healthy roots should be white or tan in color, sturdy, very numerous and reaching deeply into the soil. If any roots are discolored, limp, crumbly or have a bad smell to them, the plant may have "root rot" and will need your intervention. Hold its roots under running water, and remove any rotten sections with scissors or nips. Then place into a new pot with fresh soil.

- Brenda Weaver
Sources: www.greenwaybiotech.com, humboldtsecretssupplies.com

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Thanksgiving Quotes worth your time

“I come from a family where gravy is considered a beverage.”
- Erma Bombeck

“The turkey. The sweet potatoes. The stuffing. The pumpkin pie. Is there anything else we all can agree so vehemently about? I don’t think so.”
- Nora Ephron


“An optimist is a person who starts a new diet on Thanksgiving Day.”
- Irv Kupcinet

“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often.”
- Johnny Carson

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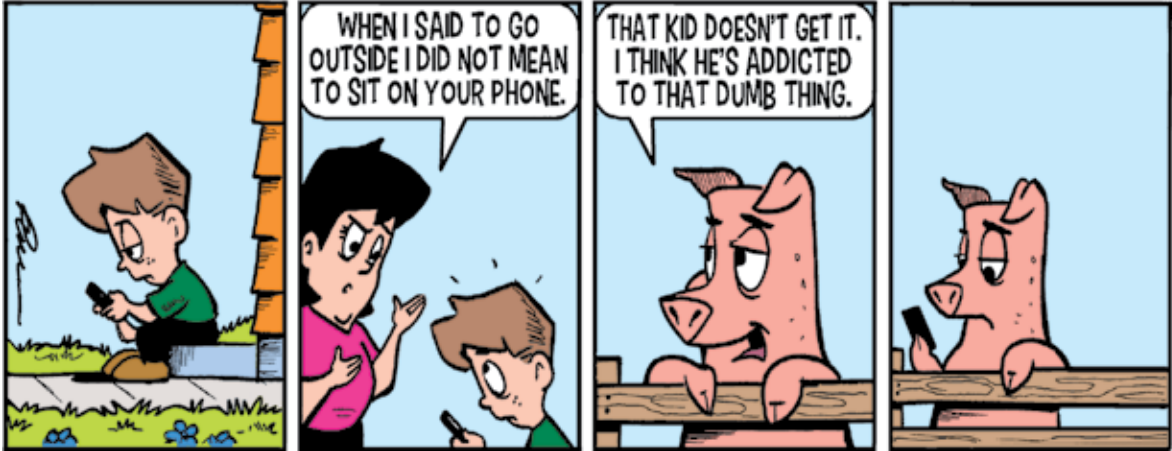
Out on a Limb

by Gary Kopervas



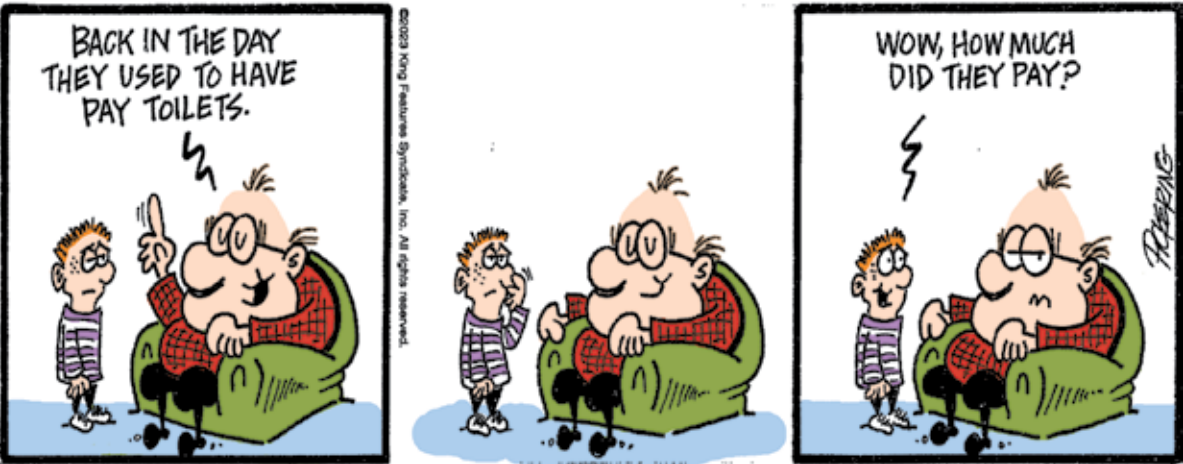
Amber Waves

by Dave T. Phipps



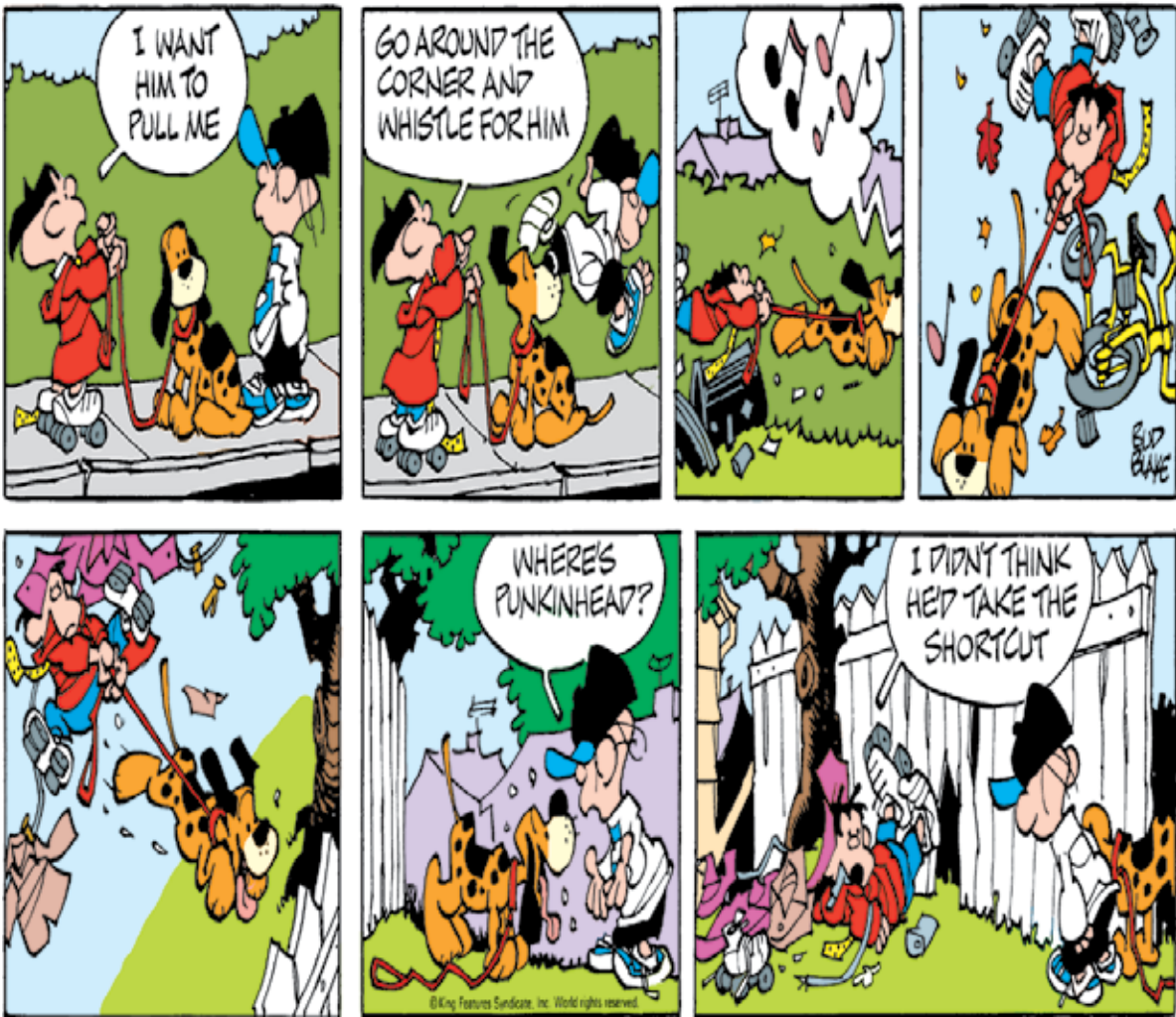
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – THINGS TO DO ON VACATION
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: **Where do ghosts go on vacation?**

CAMP	D	I	N	E	O	U	T	S	E	R
CANOE	V	I	N	U	R	E	L	A	X	I
CLIMB	I	K	S	T	E	J	O	G	P	D
CRUISE	S	L	F	C	P	A	D	D	L	E
DINE OUT	I	B	A	A	O	A	I	K	O	F
DISCOVER	T	M	O	N	D	V	V	L	R	L
DIVE	P	I	L	O	A	E	E	U	E	O
EXPLORE	L	L	E	E	E	A	S	R	R	A
FLOAT	A	C	I	C	R	U	I	S	E	T
JET SKI	Y	S	U	N	B	A	T	H	E	E
JOG										
LEARN										
LOAF										
PADDLE										
PLAY										
READ										
RELAX										
REST										
RIDE										
RUN										
SUNBATHE										
SURF										
VISIT										

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



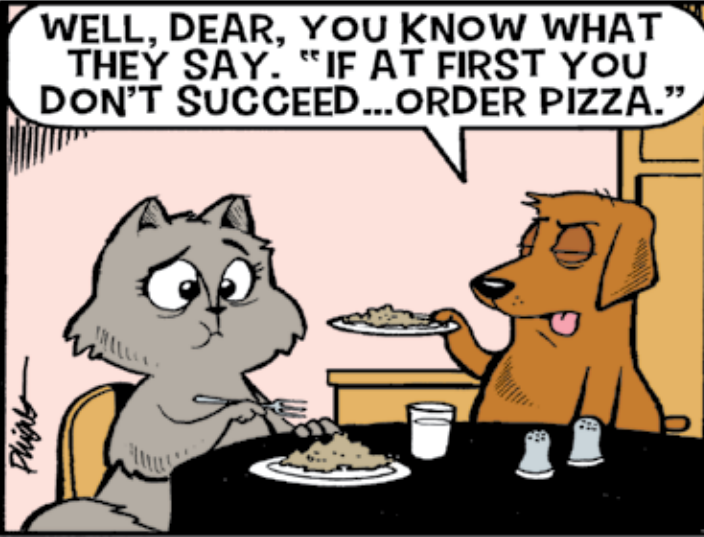
Find at least six differences in details between panels.



Differences: 1. Shutters are missing. 2. Swing is missing. 3. Dog's tongue is hidden. 4. Cap is missing. 5. Bug sprayer is missing. 6. Flap is smaller.

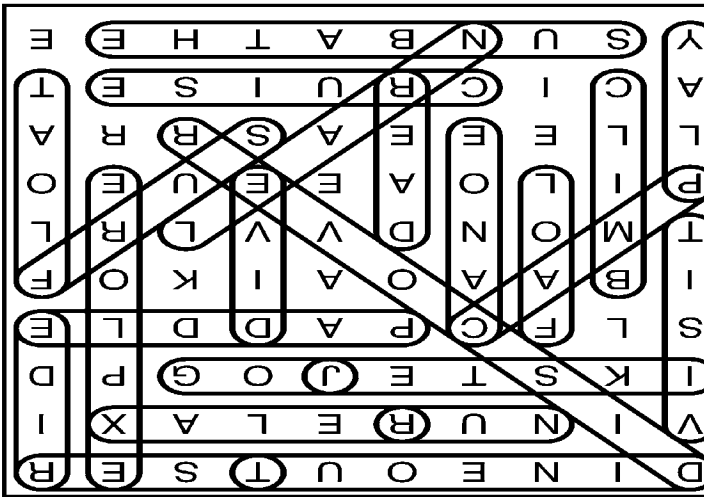
Just Like Cats & Dogs

by Dave T. Phipps



Lake Erie.

Riddle Answer: _____



6 Tips to Prepare for a Cold, Stormy Winter

FAMILY FEATURES

Weather fluctuations are the norm these days, and cold winter weather is on the horizon. This winter, don't get caught out in the cold when it comes to heating costs. There are things you can do now to help save money by reducing your energy consumption. Consider these tips from the experts at Carrier to help you reduce usage and home heating costs this season.

1. One of the easiest ways to save on your heating bill is turning the heat down to the lowest setting you are comfortable with. According to the U.S. Department of Energy, turning the temperature down an additional 10-15 F while you are sleeping or away can help save about 10% a year on energy costs.
2. Installing a programmable thermostat can make turning down the heat automatic. Depending on the model, you can set different temperatures for when you are home, away or asleep. Better yet, a WiFi-connected smart thermostat can make automatic adjustments and is controllable remotely using a smartphone.
3. Keep up with regular maintenance of your home heating system so it runs efficiently. Change your filter as recommended by the manufacturer and have a professional conduct an inspection and tune-up before the weather gets cold and appointments become harder to get. A dirty or clogged furnace filter can cause your furnace to work harder than needed and waste energy in the process. According to the experts at Carrier, regular, routine maintenance and cleaning can help your furnace run more efficiently and potentially extend its life.
4. The average life of a furnace is 15-20 years, so be prepared when it comes time to replace. Oftentimes, people wait to buy a new furnace until their current system breaks down and have to resort to buying what's in stock. Planning ahead lets you shop for a system that's right for your home and preferences. Right now may be a good time to consider replacing your aging furnace with available manufacturer promotions, energy company incentives and tax credits associated with the Inflation Reduction Act.
5. If you replace your furnace, consider switching to a high efficiency model. They offer a higher level of comfort and energy cost savings. Many homeowners are opting for higher efficiency heat pumps, units that handle both heating and cooling. They are powered by electricity and a growing choice for consumers who



want to use less fossil fuels. For example, Carrier's award-winning Infinity line is among the most energy efficient on the market and operates down to -15 F.

6. Check for drafts around doors, windows and other openings. Seal with caulk or weatherstripping. Also ensure your home is insulated properly. Some utility companies offer to check your home's insulation for free. Having less cold air to heat can yield considerable cost savings.

Being prepared for cold weather can help save money in the long run. Find more tips at Carrier.com/Residential.



5 Ways to Support Dogs' Health as They Age

FAMILY FEATURES

While you may look at your dogs and see the same little puppies you brought home years ago, the reality is they age the same way people do, and if you count in "dog years," sometimes even faster. The aging process for dogs can mean graying whiskers and less ball chasing, but it may also mean adjusting to changing health needs.

As dogs approach their late adult and senior years, it's important to adapt the ways they're cared for so they can enjoy happy and healthy lives. To fully support your dog's lives as they age, consider this advice from the pet experts at Zesty Paws.

Enjoy Enrichment and Exercise

Whether your furry friends prefer a friendly game of fetch or a long walk around the neighborhood, exercise is key for dogs of all ages. As dogs mature, some of the high-energy bursts may fade, but continuing with low-impact exercises can help them stay in shape both physically and mentally.



Photo courtesy of Getty Images

heart, skeletal and muscle health. This innovative system of supplementation offers pet parents a fun and unique way to support their dog's golden years.

Adapt Your Dogs' Diets to Match Life Stages

A healthy and balanced diet is important for dogs of all ages. With that in mind, there are subtle nuances at different life stages that call for ingredients and food blends to match dietary needs. For example, puppies typically require foods with more protein and fats to help fuel their growth.

Adult dogs may need food that is more focused on addressing issues like gut health, weight control, dental hygiene and other needs. Then, as pets mature into their senior years, you may need to consider foods with added support for their hips and joints or a lower-calorie diet to help alleviate weight concerns due to decreased activity.

Be Diligent About Regular Vet Appointments

While pet parents already know the importance of keeping up with routine veterinary visits, these check-ins with a health professional can take on increased significance for aging pets.

It's recommended to schedule regular appointments with your vet so he or she can conduct physical examinations to monitor your pet's well-being, and this time also provides an opportunity for you to discuss any changes you've noticed in your pet's routines. Just like you, your adult dogs should have a complete examination at least once a year.



Stay active by walking to support joint health and mobility and keep regular grooming appointments to support healthy skin and coat. Don't forget enrichment activities to help stimulate their minds, too. Try hiding food or treats in puzzles or toys, or schedule play dates with other dogs so they can get active and socialize.

Explore the Benefits of Functional Pet Supplements

Dogs, just like humans, have a molecule in their bodies called nicotinamide adenine dinucleotide (NAD+), which supports cellular function, energy and repair mechanisms. NAD+ levels naturally decline throughout the aging process, but to help negate these effects and support cellular health regeneration in dogs, Zesty Paws created a supplement to support healthy aging for dogs.

Powered by Niagen to help reinvigorate cellular energy, the Healthy Aging NAD+ Precursor system brings a little of their puppyhood back through support of normal cellular, metabolic, brain and

Just as you have certain things you do each day, like brushing your teeth and making your morning coffee, dogs can also benefit from having their own routines. Whether it's a morning walk or weekly bathing, having a routine can reinforce previous training for adult dogs and help them continue to learn new behaviors.

Routines based on exercise, enrichment, training and grooming can help ease the tension of other life changes such as travel, moving or new house guests and allow dogs to feel more confident and comfortable. For these aging pets, having and maintaining a routine can also be helpful for consistency and reducing nervousness.

To learn more ways to support your pet's health and well-being, visit ZestyPaws.com.

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