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OCTOBER 2024
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Lakeview

October, 2024 | "We don't make the news, we just report it." | Volume 28, Number 11

NEW ILLINOIS LAWS



New Illinois Laws
Here's what you should know about some of the 275 bills signed into law by Gov. J.B. Pritzker during August.

House Bill 3144 ends the statewide 1% grocery tax, joining the 37 states that do not impose a tax on groceries. However, municipalities will be able to impose a local grocery tax by ordinance without first asking voters. Some cities are already doing so.

Senate Bill 3362 expands the reach of local retail taxes by requiring businesses outside of Illinois that ship tangible personal property to customers in Illinois to collect the local sales tax in addition to the state tax.

Senate Bill 2936 would allow municipal governments to reduce property taxes for newly remodeled single-family residences up to the value of the alteration.

Senate Bill 3455 commissions the Illinois Department of Revenue to study the entire property tax system in the state, incllluding a comprehensive review of assessments, collections, exemptions and the tax levies themselves.

Senate Bill 2461 requires every in-network hospital for health insurance providers to have at least one radiologist, pathologist, anesthesiologist and emergency room physician as a preferred provider in a network plan. It gives the Department of Insurance the authority to require additional types of medical specialists to be included as preferred providers in similar plans.

House Bill 2960 bans hotels from offering single-use plastic bottles containing personal care products, such as shampoo, in their hotel rooms. Hotels may provide single-use bottles by request at a location other than guest rooms or public or shared restrooms, such as at the front desk or reception.

Out of 275 new laws there is no action to deal with the state's nation-leading public pension debt or the resulting second-highest property taxes.

CHARGE UP CHICAGO!



$15,000,000 in federal funding is coming to Chicago through the U.S. Department of Transportation for Charge Up Chicago! Chicago Community Resource and Charging Infrastructure Implementation (CUC) project.

"This Federal investment is a critical step toward making electric vehicles accessible to all Chicagoans, regardless of where they live. These funds will not only further our Climate Action Plan but also ensure that our communities – especially those underserved – have the infrastructure needed to participate in the clean energy transition," said Mayor Brandon Johnson. Nearly 70 percent of Chicago residents live in multifamily buildings without dedicated parking, making regular EV charging an extreme challenge. Furthermore, 70 percent of public charging stations are concentrated in just three Community Areas. These factors create barriers to EV ownership to low and moderate income residents, who would most benefit from the steady, lower operating costs EVs can provide. "These electric vehicle charging stations will play a crucial role in reducing carbon emissions," said Rep. Kelly. "We must expand access to charging stations throughout the city, including the South Side, to connect everyone to electric transportation. Electric transportation and charging stations will help combat the climate crisis, lower transportation costs for hardworking Americans and expand the workforce."

What does it cost to charge your EV?
It costs an average of $56 to charge an electric car monthly or $674 a year if you only charge at home.

Why don't electric cars charge as well in the cold?
EVs can take longer to charge when it's cold. That's partly because most EVs are designed to boost their battery temperature when the thermometer drops. This power to do so comes from the battery itself, reducing range. This also has an impact on charging speed. If the battery is too cold, it will charge slower and may need to heat itself up before the charging speed can increase. It's advised to keep the battery charge level above 20% during bitterly cold weather.

Replacing the battery
The odds of replacing the battery in an electric vehicle are rather low and are designed for a long life, however, they will wear out eventually. They will likely last between 12 and 15 years in moderate climates and between eight and 12 years in more extreme temperatures. Batteries can be damaged in an accident necessitating a replacemrent. The cost of an EV battery replacement can vary on the size of the battery and its chemical composition. Even with the drop in cost for an EV battery pack, the cost to replace a battery pack could range from around $7,000 to nearly $39,000. The cost of replacing it could well total the car for insurance purposes.

Know a good mechanic?
Not all mechanics are trained to work specifically on electric cars, which more or less forces an owner to rely on a dealership's service department, with

Continued on page 2

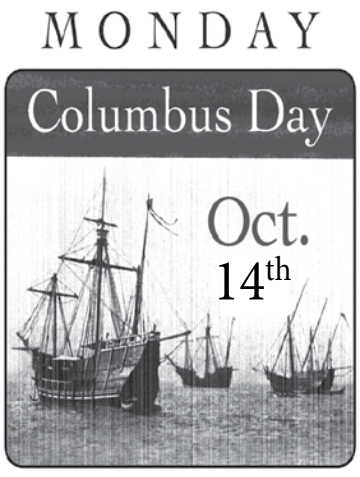
Editorial & Opinions

Charge Up Chicago!
Continued from front page

parts and labor typically costing more than a neighborhood garage.

By leveraging existing City-owned parking facilities, charging stations will be installed at the Midway International Airport cell phone lot, Chicago Public Library locations, and Community Based Organizations investing in community charging hubs.

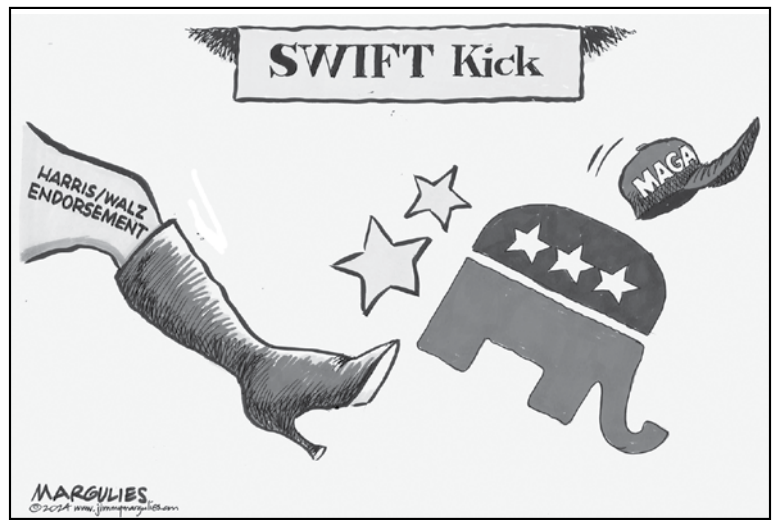
Drive safely!





Lakeview Newspaper would like to wish everyone a safe and happy HALLOWEEN





Moments in time
THE HISTORY CHANNEL

• **On Oct. 6, 1866**, the Reno gang carries out the first robbery of a moving train, making off with $13,000 from a train in Indiana. This new method of sticking up moving trains in remote locations that were low on law enforcement, instead of trains sitting in depots, soon became popular in the American West.

• **On Oct. 4, 1927,** sculpting begins on the granite images of presidents Washington, Jefferson, Lincoln and Roosevelt at Mount Rushmore. Jefferson's image was originally fashioned to the right of Washington. Within two years, the face was badly cracked, and workers blasted the sculpture off the mountain. Sculpting began again with Jefferson on the left side of Washington.

• **On Oct. 5, 1947,** President Harry Truman makes the first televised presidential address, asking Americans to cut back on food to help starving Europeans. He requested that the public voluntarily forgo meat on Tuesdays, eggs and poultry on Thursdays and to save a slice of bread each day.

• **On Oct. 8, 1956,** New York Yankees right-hander Don Larsen pitches the first no-hitter in the history of the World Series. It was a perfect game that no one matched until Philadelphia Phillies pitcher Roy Halladay in 2010.

• **On Oct. 9, 1967,** socialist revolutionary and guerrilla leader Che Guevara, age 39, is captured and executed by the Bolivian army. In 1997, Guevara's remains were found and sent back to Cuba, where they were reburied in a ceremony attended by President Fidel Castro and thousands of Cubans.

• **On Oct. 7, 1983,** Sean Connery stars in "Never Say Never Again" as the British secret service agent James Bond, a role he last played in 1971. The film's title referenced the fact that the Scottish-born actor had previously remarked that he would never play Agent 007 again.

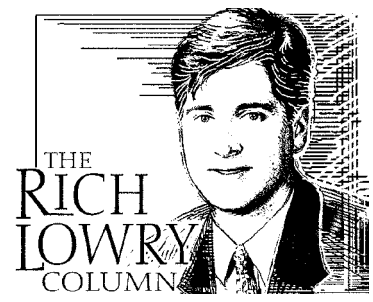
• **On Oct. 3, 1995,** Heisman Trophy winner O.J. Simpson is acquitted of the double murder of his estranged wife, Nicole Brown Simpson, and her friend, Ronald Goldman, despite a DNA match, a wound on Simpson's hand, the recent purchase of a Stiletto knife and matching shoeprints at the scene.

Americanisms



"I have learned over the years that when one's mind is made up, this diminshes fear."
— *Rosa Parks*

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The real scandal in Springfield, Ohio

In what ranks as one of the most memorable debate moments in recent history, Donald Trump said that Haitian immigrants are eating people's pets in Springfield, Ohio.

No one has yet turned up evidence that this is true, although there is an audio recording of a man reporting that he witnessed four Haitian immigrants absconding with geese from a local pond.

Since everyone is always happy to see geese go someplace else, this call hasn't made much of an impression on the debate over Trump's comments, which, true to form, were the most incendiary thing he could say about Springfield.

Even if Tabby and Fido aren't on the menu in the small Ohio town, the fact remains that a place with a population of 60,000 has seen an influx of 15,000 to 20,000 Haitian immigrants since 2020, making the new arrivals a wildly disproportionate share of the population in short order.

Prior to this point, Springfield had nothing to do with Haiti, and looking at the map, a town located between Columbus and Dayton would be one of the least likely places to have anything to do with Haiti. It is very far from Little Haiti in Miami, and it had no pre-existing Haitian population or an infrastructure to provide services to Haitian Creole speakers.

No matter. Under the Biden administration's open-handed immigration policies, every place in the country has become subject to sudden, disruptive demographic change. We've seen it in big cities, where Democratic mayors have complained of the associated burdens, and now we are seeing it in a small city. To match in relative terms what's happened in Springfield, more than 2 million migrants would have had to arrive in New York City in the past several years.

Numbers matter. No one would care if there were 150 new Haitian migrants in Springfield since 2020, or 1,500. But 15,000 is a different proposition. Quantity, as they say, has a quality all of its own.

To be clear, Haitian immigrants (many permitted here legally under Biden policy) didn't begin showing up in Springfield hoping to filch unsuspecting domestic short hairs. Rather, they were looking for work in a city that was seeing something of an economic revival. That's all well and good, but people are more than cogs to be plugged into warehouses or manufacturing operations.

They come with families and with needs for housing, health care and education. They have pre-existing cultural predilections different from ours (Haiti and the United States are very different places), and if they don't speak the language, that makes everything even more difficult. Nor are resources unlimited. Health care facilities, schools and the housing stock have all been strained in Springfield.

The New York Times reports that consultations began to take three times as long at the local community health center. The head of the clinic told the paper: "We lost productivity. We had huge burnout of staff." It hired six Haitian Creole speakers, and annual spending on translation services increased from $43,000 in 2020 to $436,000.

The school district, according to the Times, has had to hire two dozen new English-as-a-second-language instructors and several interpreters.

The city manager, Bryan Heck, wrote a letter to U.S. senators saying that the influx is "putting a significant strain on our resources and ability to provide ample housing for all of our residents." The Haitians also tend to be poor drivers. Ohio Governor Mike DeWine has pledged help from the state highway patrol.

News reports often dismiss the concerns of residents as ill-informed or xenophobic. Their complaints about the costs and disorder associated with the wave of immigration are legitimate, though, and the sense that the town has undergone a large-scale change that no one was consulted about is very real. Who signed up to become a laboratory for Biden's experiment in permitting Haitians to come to and stay in the United States?

The cats and dogs may be safe and sound, but all is not right in Springfield.

Rich Lowry is editor of the National Review.

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VETERANS ★ POST ★

by Freddy Groves

The new burn pit registry

The Airborne Hazards and Open Burn Pit Registry is launching again with a new design. Also known as the Burn Pit Registry and AHOBPR 2.0, the database will be open for study by epidemiologists and researchers with the goal of identifying the health problems veterans suffer after being exposed to airborne hazards and burn pits, and to improve treatment. It's expected that 4.7 million veterans will be included in the registry.

Being listed in the registry won't have any impact on your benefits and health care (no personal medical information will be included), but the information gleaned from veterans and their experiences will go a long way to creating new and better treatments. And you don't even have to sign up. All veterans who served in specific locations during specific time periods will automatically be entered into the registry.

The information about each veteran will include demographics such as race and gender, as well as dates and locations of deployments.

If for some reason you don't want to participate and want to opt out, go to vethome.va.gov/BurnPitRegistry OptOut. Or if you previously opted out and want back in, you can do that at vethome.va.gov/inquiry. Use this link as well if you discover that you're not in the new registry. You can request a manual eligibility review via that link.

To see the locations and dates for participation eligibility, or to read more in depth about the redesigned registry, go to www.publichealth.va.gov/exposures/burnpits/registry.asp.

A new VA program, as of June 2024, VET-HOME, uses free telehealth medical evaluations to help veterans who've had environmental exposures. Go online to vethome.va.gov and review the six registry programs to see if you're eligible, or call 833-633-8846 for more information. If you have a DS Logon, ID.me or Login.gov account, you can sign in and chat with someone or schedule your free telehealth evaluation. Remember that many veterans are eligible for more than one registry.

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Strange BUT TRUE

By Lucie Winborne

• After 10 minutes of looking at yourself in a mirror in a dimly lit room, your bored brain will distort your reflection, triggering the appearance of imaginary monsters such as "Bloody Mary."

• Sologamy is the act of marrying yourself.

• In 1895, there were only two cars in the entire state of Ohio … and they still ended up crashing into each other.

• The record for most passengers on an airplane was set in 1991 when 1,086 Ethiopian Jews were evacuated to Jerusalem on a Boeing 747. However, the plane landed with 1,088 passengers, as two babies made their earthly debut during the flight.

• Pineapples were a status symbol in 18th century England. In fact, they were so expensive that you could rent them by the night and take them to parties with you.

• In the first quarter after COVID lockdowns, lipstick sales shot up nearly 50%.

• The Apollo 11 astronauts had to go through customs upon their return to Earth and declare moon rocks, moon dust and other lunar samples, according to the form signed by all three and filed at the Honolulu Airport in Hawaii on July 24, 1969.

• Cymothoa exigua is a parasite that severs the blood vessels of a fish's tongue and becomes a new functional tongue.

• Bella and Edward's relationship in the "Twilight" book and film series meets all 15 criteria set by the National Domestic Violence Hotline for being in an abusive relationship.

• An estimated 10% of Europeans are immune to HIV infection because they have an ancestor who survived bubonic plague.

***

Thought for the Day: "It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about." — *Dale Carnegie*

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SENIOR NEWS LINE

by Matilda Charles

The shocking costs of … everything

I was recently asked to complete an anonymous survey about income. The survey would be used to collect information about how many seniors in our area fall into the low and moderate income ranges. Curious about what those dollar ranges are, I went on an internet hunt for incomes in our area. Color me shocked to discover how low "low income" really is.

I then went on a hunt of other websites to compare and contrast this area with others across the country.

MIT has developed what they're calling the Living Wage Calculator, and it's quite the eye-opener when it comes to what they claim are "livable" wages.

Another site has costs of living for towns and cities across the U.S. Mine is 5% higher than the national average.

I found yet another site that calculates the maximum I should be paying for rent plus utilities based on my income. It's a good thing I own my home and it's paid for, because there is no way I could afford to rent anything in my town. And never mind trying to buy — Best Places calculates the cost of buying a home in my town as being 130% of the national average.

My goodness.

There really are people here in town who are paying those sky-high prices. And it casts a new light on the sheer volume of people who line up at the food bank each week.

I've cut back this past year on donating to the food bank, but I need to start again. It might not be much, but I can help a little. When I buy something on sale at the grocery store, perhaps I can buy two. Or maybe three. Once I accumulate a full bag of canned and dry foods, I'll run it to the food bank.

How about you?

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Antique glass

Identifying antique glass isn't always easy. If you're lucky, a piece may be marked, like this Phanomen vase, which is signed "Loetz Austria" on its pontil (the spot on the base where the blown molten glass was attached to a pontil for shaping).

Proof of its maker, not to mention its complex shape and silvery iridescent sheen, brought its price to $4,940 at a Rago/Wright auction. But glass isn't always marked. While it can take an expert to authenticate glass, it's helpful to be able to recognize some of the characteristic shapes and colors made by particular glassmakers.

Loetz received patents for iridescent glass in 1895 and 1896, shortly after Tiffany launched the fashion with its famous Favrile glass. Loetz produced several lines of iridescent glass, and Phanomen was its triumph, winning a Grand Prix award at the Paris Universal Exposition in 1900. It combines the beauty of iridescence with the technical expertise required to create its organic shapes and silvery pulled threads.

* * *

Q: I inherited some ivory from my grandmother. I know there are lots of restrictions and regulations on selling or trading ivory. I was pointed to you to see if you can help. I'm not looking to keep it.

A: Federal laws concerning ivory have been amended over time, and state laws can vary. Check with the U.S. Fish and Wildlife Service (www.fws.gov) and your state's department of fish and wildlife for the current laws. If you want to sell your ivory, you may need proof of what type of animal the ivory came from. An appraiser, an auction house that sells ivory, or an art or natural history museum in your area may be able to help. You may also need to know and be able to prove the item's age, or have documentation, like a dated photo, that shows when it was originally acquired or how long you have had it.

* * *



Loetz is one of the most famous European glassmakers of the late 19th to early 20th centuries. This vase is from its popular Phanomen line.

TIP: Be sure that any restorer, refinisher or upholsterer working on your antique is insured.

* * *

CURRENT PRICES

Game, carnival, "Game of Fortune," bicycle wheel, red, yellow, blue, painted, 48 x 33 inches, $255.

Sampler, needlework, verse, red brick manor house, black feathered bird, plants, flowers, birds, animals, frame, Jane Adey, England, 1829, 20 x 17 inches, $295.

Medical, cabinet, optical, four drawers, caster feet, Optical Cabinet Co., Babylon, N.Y., contains 80 pairs eyeglasses, 32 x 23 1/2 x 17 inches, $360.

Pewter, bowl, lid, figural, fish, scale texture, three red stones, oval interior, oval stand with side bail handles and round foot, marked, Chinese Export, 6 x 15 1/2 x 8 inches, $375.

Lalique, perfume bottle, Papillon, allover molded butterflies, frosted, gourd shaped, triangular stopper, signed, R. Lalique, 4 1/2 x 3 1/2 inches, $610.

Rug, Persian, allover horseback riders, midnight blue field, brown and cream border, silk, hand tied, 7 feet x 4 feet 8 inches, $1,300.

For more collecting news, tips and resources, visit www.Kovels.com

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Sports QUIZ

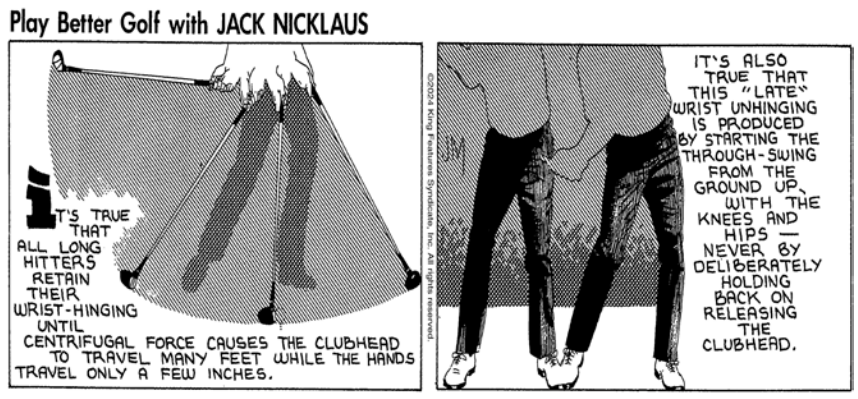
by Ryan A. Berenz

1. Teams from what East-Asian island country won the Little League World Series 17 times from 1969-96?
2. What two convicted murderers can be seen sitting courtside at a New York Knicks game in the photograph for Mark Jackson's 1990-91 NBA Hoops trading card?
3. In December 2007, what former U.S. Senator and diplomat released a 409-page report on performance-enhancing drug use in Major League Baseball?
4. Ed Marinaro, an NFL running back from 1972-77, went on to play the role of Officer Joe Coffey in what NBC police drama?
5. Name the Buffalo Sabres player who won both the Calder Memorial Trophy for the NHL's best rookie and the Vezina Trophy for best goaltender in 1984.
6. What female gymnast, nicknamed the "Sparrow from Minsk," won four gold medals competing for the Soviet Union at the 1972 Munich and 1976 Montreal Olympic Games?
7. What did the Professional Football Researchers Association create in 2002 to honor outstanding players and coaches who are not in the Pro Football Hall of Fame?

Answers

1. Taiwan.
2. Lyle and Erik Menendez.
3. George J. Mitchell.
4. "Hill Street Blues."
5. Tom Barrasso.
6. Olga Korbut.
7. The Hall of Very Good.

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"You'd like this slugger, Adele … he's batting clean-up."

LAFF-A-DAY



"Hey, you forgot to mail my letter!"

Health



Man's Restless Legs Raise up to a Foot in the Air at Night

DEAR DR. ROACH: Do you have any recommendations to stop restless legs at night? My husband has been to many doctors to find a cause or a solution to stop them. His legs have raised up as much as a foot in the air at night, constantly jumping and causing many sleepless nights. No one seems to have a solution for him. — J.O.

ANSWER: Restless legs syndrome (RLS) is a common condition where people have the urge to move their legs. It's usually worse at night and associated with an unpleasant sensation that is relieved by movement. People with RLS often have involuntary jerking movements of their legs during sleep, unimaginatively called "periodic limb movements of sleep."

Your husband may have these periodic limb movements without RLS, which is then considered periodic limb movement disorder. Treatment recommendations require an exact diagnosis. I often see his condition misdiagnosed or continue on for years without a diagnosis. The diagnosis is confirmed by a sleep study where the limb movements are recorded and characterized. Once the diagnosis is made, there are a few important considerations:

The first is that this condition often coincides with iron deficiency, which should be looked for and treated, if necessary. (The underlying cause for iron deficiency also needs to be found.) It may take weeks or even months after iron replacement for the leg movements to get better. Prior to medication treatment, a review of any medicines your husband takes is appropriate, as some can cause similar symptoms. Regular exercise, avoidance of caffeine and alcohol, and good sleep (ironically) can all improve symptoms in some people.

If medicine is needed, medications like pregabalin or pramipexole may be the first-line treatment, depending on the results of the sleep study and how intermittent the symptoms are. A new therapy called neurostimulation is a drug-free approach that has been shown to be effective. One device, the tonic motor activation, was approved by the Food and Drug Administration for RLS and will hopefully be available shortly.

But there are many experts in this condition. He should see a sleep medicine expert.

***

DEAR DR. ROACH: I was wondering if you could give me any information on idiopathic stabbing headaches. I have been having them for three months now. From what I have read, this is a long time to have this condition. I can have them anywhere from 3-50 times a day, and sometimes they go away for a day or two. They are extremely painful.

I was prescribed indomethacin, which gives some relief but doesn't fix the problem. This is a very strong NSAID, and I am tolerating it with minimal side effects. But I don't want to be on this long-term. Do you have any suggestions that might help me? — L.L.

ANSWER: A stabbing headache is an uncommon headache syndrome. It can be hard to distinguish it from a cluster headache, but a stabbing headache does not have the characteristic eye symptoms (tearing) or nose symptoms (runny nose). Cluster headaches are seldom greater than eight per day.

There isn't a lot published on the long-term prognosis of a stabbing headache. As you found, it goes away in many people after several weeks, but some people have intermittent symptoms that last for months or sometimes years.

One alternative to indomethacin is melatonin, which is much less likely to damage the stomach and kidneys. A neurologist with expertise in headaches may have other options for you.

Debilitating Menstrual Pain Might Be Due to Endometriosis

DEAR DR. ROACH: I'm a woman who has had terrible experiences with menstruation. I've probably seen two dozen different gynecologists, and I complained to every one of them about my painful periods. Not even a painkiller was prescribed.

Most of them seem to think that debilitating pain is part of being female. This pain is so bad that it is incapacitating. I've missed work and school because of it. I would throw up anything that I tried to eat or drink for a full day. It drives me nuts that everyone can empathize with a migraine headache, but no one has empathy for someone with menstrual cramps.

Once, I told the nurse practitioner that I had a really painful episode, and she asked, "Why didn't you come into the office? You might have ruptured something." Had I come into the office, it would have required an ambulance. By then, I had heard about endometriosis. I asked her if she thinks I have it, and she said, "Oooh, you probably do. You'd have to get laparoscopic surgery to know."

Well, that would have been great to know 40 years ago. I could have gotten the surgery and spared myself years of agonizing pain. Did I explain myself incorrectly all those times when talking to my doctors? It's too late for me (thankfully, I'm past all this), but please help us learn how to talk to our doctors in order to get through to them. These are not your garden-variety cramps that can be treated with Midol. — S.N.

ANSWER: I am very sorry to hear of your experiences, and I'm glad you have written to try to help others avoid this outcome. While it is true that most women have discomfort during menstruation, some women experience a lot more than discomfort, and what you had is not typical at all for dysmenorrhea.

When a woman has pain that doesn't respond to the first-line treatments, such as a heating pad and regular exercise, most primary care doctors, including gynecologists, consider pain medication as well as a trial of hormone treatment (such as combined oral contraceptives — "birth control pills"). I'm honestly surprised you weren't ever recommended these treatments, even though I have heard horrific stories of pelvic pain being ignored before.

If pain medication and hormone treatment are inadequate, it's time for a primary care doctor like me to refer the patient to a specialist. The specialists I choose are gynecologists who have special expertise and training in pelvic pain. They consider multiple reasons for this persistent pain, including adenomyosis, fibroids and endometriosis.

With endometriosis, there are lesions outside the uterus near the ovaries, pelvic ligaments, bladder, or the lining of the pelvic wall in the culdesac (an anatomical structure in the pelvis). Just like the endometrial tissue in the uterus, these lesions outside the uterus react to hormone levels, and at the time of menstruation, they can typically cause pain or pressure, bowel or bladder issues, painful sex, fatigue, and other symptoms.

While I can't be sure that you had endometriosis, it is the most likely diagnosis. The diagnosis is often supported by an ultrasound, not usually by surgery at first. Medical treatments for endometriosis (such as GnRH-analogue drugs or aromatase inhibitors) are generally preferred to surgery, but surgery is still necessary sometimes.

I am concerned about your having seen two dozen gynecologists. One should have been enough to treat you with increasing levels of aggressiveness. I'd advise women in your situation to seek out a gynecologist with expertise in pelvic pain.

Patient Needs Help Discussing High Blood Calcium With Doctor

DEAR DR. ROACH: A friend has been diagnosed with high blood calcium, and when I googled it, the results concerned me. Can you give information on this and how to discuss it with the doctor? I want to forward the column to my friend, and hopefully, the information encourages/helps with the medical discussions between my friend and their doctor. — Anon.

ANSWER: There are many causes of high blood calcium levels, and some of them are quite scary to read about. Hopefully, your friend's doctor is already in the process of discovering the underlying cause. Some causes are pretty clear, as some medicines are well-known to cause high calcium, such as thiazide diuretics like HCTZ.

The first step is being sure that there really is high calcium by repeating the blood level. A tourniquet left on for more than a minute can cause acid buildup in the arm, which displaces calcium and causes a false elevation. This problem can also be avoided by being expeditious with blood draws or by measuring the "ionized calcium" for changes in the protein albumin, which also affects the calcium level. If the calcium level is repeatedly high, the next place to look at is the parathyroid hormone, which is one of the main regulators (along with vitamin D) of blood calcium levels. Most cases of high calcium in otherwise healthy people are caused by excess parathyroid hormone, most often from a benign tumor in the parathyroid gland. In the unusual case that this isn't the issue, less-common causes, including excess vitamin D and some cancers, should also be considered.

As far as an encouraging discussion, if your friend's doctor isn't bringing it up (which they should), being as open-ended as possible is best, with questions such as: "Why is my calcium high? Do I need to do anything about it?"

***

DEAR DR. ROACH: I had left knee-replacement surgery 10 years ago, and two days after surgery, I developed CRPS (complex regional pain syndrome). My shin, below my incision down in my left foot and toes, was burning and stinging for two years. It then receded to my toes for the past eight years.

Over the past three months, the pain has returned to my entire foot area, wrapping around my foot and ankle. It's very painful. I have taken 20 mg of prednisone to get rid of my CRPS, and it does help somewhat. (I was only given a 14-day supply.) Is there any cure yet, or at least a good pain medicine that won't wring me out? — G.D.C.

ANSWER: CRPS is a pain disorder that is not well-understood. It usually begins after trauma, including surgery, but this is a complication that can happen even after a surgery that was correctly done. Older women are most likely to get this condition.

Steroids like prednisone are sometimes used early on in CRPS, but they are not usually effective in chronic CRPS. Due to their long-term toxicity, they are not usually continued. It is, by no means, a cure.

The best treatment regimen includes physical and occupational therapy; medications such as anti-inflammatories; psychosocial support; and sometimes management by a pain-management specialist, who may use local injections, nerve blocks or nerve stimulators.

My experience is that CRPS follows a highly variable course, but I have never had a patient with a recurrence after such a long time, as you have had.

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

What you get from big retailers' pricey membership programs

Despite annual fees that can hit more than $100, many of us pay up. Retailer membership programs promise instant gratification - fast, free shipping of millions of products plus other freebies and special deals.

Here are some recent updates:

AMAZON PRIME

Price: $139 a year or $14.99 a month

It costs a lot, but you get a lot, starting with fast, free shipping, including one-day and same-day delivery. You also get Prime Day deals; Whole Foods Market discounts, free music, videos, books and games; and a half-price annual membership in the Amazon-owned One Medical service (appointments are extra.)

What's new?

Grocery delivery subscription

Pay $9.99 a month for unlimited deliveries of orders over $35 from Amazon Fresh and Whole Foods, and from certain grocery stores and specialty retailers.

Free restaurant delivery

A Grubhub-membership, previously lasting only one year, eliminates delivery fees on orders over $12 and gives you a 5% credit on pickup orders.

Drug discounts

Prime members on Medicare have unlimited access to 60 eligible prescription medications for a total of $5 a month through Prime's RxPass program.

Walmart

$98 a year or $8.17 a month

Walmart is good if you regularly order groceries online. You get free deliveries with a $35 minimum order, which pays for itself in just a few orders, since normal cost is $7.95 to $9.95. You also get free next-day, two-day and standard shipping on items shipped by Walmart. Other perks: home pickup of eligible returns,Paramount+Essential plan, which includes ads and excludes most live TV streaming; and 10 cents off per gallon at select gas stations.

Telehealth for pets

Free virtual access to veterinarians 24/7 via Pawp.

Target Circle 360

$99 a year ($49 for holders of a Target Circle credit or debit card)

What's new?

Unlimited free same-day delivery via Shipt Target's delivery service, within a selected one-hour window on eligible orders over $35. Free two-day shipping on qualifying orders that are not available for same-day delivery.

If you join these or other programs, stay on top of terms, since retailers can revise them quickly.

Tips to Be Prepared for Cooler Weather



Photos courtesy of Shutterstock

FAMILY FEATURES

Although cold weather isn't directly to blame when you get sick, it creates an environment that makes it easier for germs and illnesses to thrive. In fact, understanding how cooler temperatures affect your chances of getting sick may be your best approach for preventive care.

Despite the old adage that "you'll catch your death of cold," the cold itself doesn't cause illness. More accurately, the cold is more hospitable to viruses, making it easier for them to spread. While you can't control Mother Nature, you can take steps to protect your health when temperatures drop.

Protect Your Immune System

A weakened immune system makes it harder for your body to ward off intrusive germs. If you're otherwise healthy, protecting your immune system can be as simple as stepping up typical healthy habits, like eating plenty of nutrient-rich produce, getting enough sleep and exercising. Managing stress and limiting alcohol consumption are also helpful in managing your body's immune response.

If your immune system is compromised by an underlying condition, it's a good idea to talk with your doctor about what you can do to add an extra layer of protection during the cooler months, including any vaccines that may help boost immunity.

Combat Congestion

Cool, dry conditions can wreak havoc on your nasal passages, drying them out and reducing the protective layer of mucus that helps fight infection. Sinus pressure and congestion are often some of the first warning signs you're coming down with something.

To treat your congestion symptoms, you can use a non-medicated option like Mucinex Sinus Saline Nasal Spray. This is the first-ever saline product with a nozzle that lets you switch between two spray pressures. The "gentle mist" helps clear everyday congestion and soothes the nose while the "power jet" helps clear tough nasal congestion often associated with colds. An added benefit is that the product can be used for children 2 years of age and older on the gentle mist setting and children 6 years of age and older on the power jet mode.

Spend Time Outdoors

People naturally spend more time indoors when temperatures drop, but there are some benefits to getting outdoors. One is the natural exposure to vitamin D. Sunlight is a natural source of this important vitamin, which plays a pivotal role in immunity. Sunlight also triggers the body to produce serotonin, which boosts your mood, and multiple studies show a strong correlation between mental and physical health.

Fresh air and exercise are also good for your overall health, and exposure to daylight can help keep your circadian rhythms regulated, which in turn promotes better sleep. What's more, acute exposure to cold can trigger your body to produce infection-fighting cells, so you're less prone to illness.

Practice Good Hygiene

It may seem overly simple, but the everyday act of washing your hands can play a big role in preventing illness, especially after you spend time in public places. While out and about, you likely come in contact with many surfaces others may have touched, including door handles, shopping carts, touch screens and menus.

Washing your hands frequently can help prevent you from transferring germs to your body when you touch your eyes, mouth or nose. Also make a habit of wiping down surfaces you touch frequently, such as your keyboard and phone, with disinfectant wipes.

Stay Hydrated

Keeping your body well-hydrated throughout the day can help ensure all your body's systems are functioning as they should. If you're dehydrated, your body can't use the nutrients you consume properly, which affects your immunity. In addition, drinking plenty of water helps flush toxins out of the body before they can cause an infection.

Find more practical tips and products to help manage your health during the colder months at Mucinex.com.



How to Relieve Nasal Congestion

Normally your sinuses are empty except for a thin layer of mucus. When you're exposed to irritating triggers, like bacteria, a cold or flu virus, allergies or environmental triggers like tobacco smoke and dry air, your body responds by mounting an immune response.

The delicate tissues lining your sinuses start to swell, and this, in turn, puts pressure on the underlying tissues in your face, causing painful sinus pressure.

You can relieve sinus pressure symptoms in several different ways, including:

- Using a humidifier or vaporizer.
- Taking a long, hot shower; it may have the same effect as using a humidifier if one is not available.
- Drinking plenty of fluids.
- Using a warm compress on your face; resting a warm towel over your sinuses may provide relief.
- Irrigating your sinuses. Using a neti pot; saline nasal spray, such as Mucinex Sinus Saline Nasal Spray; or syringe with salt water may help flush debris from your sinuses to relieve sinus congestion.
- Sleeping with your head elevated.

If these steps don't work, the next approach is typically over-the-counter medicine. When trying to relieve sinus pressure and nasal congestion, look for a decongestant. A decongestant can help shrink mucus membranes that have swollen in your sinuses, allowing the trapped mucus to drain.



Here's what to watch and where to watch it for the week of Sept. 30, 2024.

ON NOW: "Apartment 7A" (R) — Paramount+

ON NOW: "Babes" (R) — Hulu

ON NOW: "Mr. McMahon" (Documentary) — Netflix

1-Oct: "Yellowjackets" (Season 1) — Netflix

2-Oct: "Love Is Blind" (Season 7) — Netflix

2-Oct: "Last Days of the Space Age" (Season 1) — Disney+

2-Oct: "Chef's Table: Noodles" (Season 1) — Netflix

2-Oct: "Unsolved Mysteries" (Volume 5) — Netflix

3-Oct: "Salem's Lot" (R) — Max

3-Oct: "The Legend of Vox Machina" (Season 3) — Prime Video

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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

• Guglielmo Marconi, whose invention of wireless telegraphy was credited for saving the lives of over 700 Titanic passengers after it sank in 1912, had turned down a free passage on the ship, choosing instead to go to America via the Lusitania three days earlier. He narrowly missed death at sea a second time in 1915, when he was again a passenger on the Lusitania, about a month before it was sunk by a German U-boat.

• The story of Cinderella first appears in a Chinese book written in the 850s.

• Margaret Dixon, a Scottish criminal, was hanged at Musselburgh in 1728. However, just a few hours later, she climbed out of her coffin, and was reprieved and pardoned. Still, as her husband was considered a widower because she was "officially" deceased, Scottish law dictated that they had to remarry.

• The country of Liechtenstein has twice as many registered corporations as citizens.

• On April Fools' Day 1957, the BBC television documentary "Panorama" broadcast a documentary about the so-called spaghetti orchards of Switzerland, with discussions of spaghetti plantations in Switzerland and Italy, the spaghetti weevil, and the reason for the pasta's being of such uniform lengths held against a background of Swiss "spaghetti trees." Many viewers, forgetting or failing to notice the date, believed the orchards were real!

• Groups of geese on the ground are called a gaggle, but in the air they're referred to as a skein.

• Honey has been used as a center for golf balls and in antifreeze mixtures.

• In 1974, the U.S. Army Materiel Command ran a contest to name its new headquarters building and received around 500 entries. The winner? "The AMC Building."

***

Thought for the Day: "I attribute my success to this: I never gave or took any excuse." — Florence Nightingale

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top 10 movies

1. **Beetlejuice Beetlejuice**
(PG-13) Michael Keaton, Winona Ryder
2. **Speak No Evil**
(R) James McAvoy, Mackenzie Davis
3. **Am I Racist?**
(PG-13) Matt Walsh, Robin DiAngelo
4. **Deadpool & Wolverine**
(R) Ryan Reynolds, Hugh Jackman
5. **Reagan**
(PG-13) Penelope Ann Miller, Dennis Quaid
6. **The Killer's Game**
(R) Dave Bautista, Sofia Boutella
7. **Alien: Romulus**
(R) Cailee Spaeny, David Jonsson
8. **It Ends with Us**
(PG-13) Blake Lively, Justin Baldoni
9. **The Forge**
(PG) Aspen Kennedy, Cameron Arnett
10. **God's Not Dead: In God We Trust**
(NR) Samaire Armstrong, Dean Cain

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top ten

Largest States in the U.S. BY AREA



1. Alaska	665,384 sq. mi.
2. Texas	268,596 sq. mi.
3. California	163,695 sq. mi.
4. Montana	147,040 sq. mi.
5. New Mexico	121,590 sq. mi.
6. Arizona	113,990 sq. mi.
7. Nevada	110,572 sq. mi.
8. Colorado	104,094 sq. mi.
9. Oregon	98,379 sq. mi.
10. Wyoming	97,813 sq. mi.

Source: Britannica

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"Wolfs" (R) — Following its premiere at the recent Venice International Film Festival (where its main actors were looking quite snazzy, if I do say so myself), this action-comedy film starring George Clooney and Brad Pitt hits our screens on Sept. 27! Whether you missed the Clooney-Pitt dynamic from the "Ocean's Eleven" trilogy or you're just a fan of the actors respectively, this film will definitely scratch your itch. The two Hollywood long-timers play two professional "fixers" who are separately called up to work on the same job. Although these lone wolves prefer to work alone, they actually find out that they make a pretty good (and entertaining) team. Amy Ryan ("The Office") and Austin Abrams ("Euphoria") co-star. (Apple TV+)

"Grotesquerie" (TV-MA) — The start of the spooky season has arrived, thanks to none other than Ryan Murphy (creator of "American Horror Story"). For his latest horror series, he's once again employed the talents of Niecy Nash, who seems to be finding her footing in the horror genre as of late, after snagging an Emmy for Murphy's series, "Dahmer — Monster." In this 10-episode series, Nash plays Lois Tryon, a detective battling alcoholism as a series of grotesque, seemingly connected crimes grip her town. After she gets put on the case, a local nun named Sister Megan (Courtney B. Vance) volunteers to work alongside Lois to uncover the perpetrator. If you're not yet exhausted by the media coverage of him and his special lady, keep a lookout for Travis Kelce, who makes his acting debut in the series. Premieres Sept. 25. (Hulu)

"Monsters: The Lyle and Erik Menendez Story" (TV-MA) — Speaking of Ryan Murphy and his "Monster" anthology series, the second season has just been released for viewers to binge. This season tells the true story of Lyle and Erik Menendez, two brothers who were convicted of murdering their parents, Jose and Kitty, back in 1989. While the basis of their conviction was rooted in the fact that the two brothers were trying to inherit their parents' wealth, there is so much more to their story, including a history of physical, emotional and sexual abuse from their parents. Last season, it was clear that Jeffrey Dahmer was a monster, but the monsters this time around appear to be Jose and Kitty. Javier Bardem ("Dune: Part Two") and Chloe Sevigny ("Feud: Capote vs. The Swans") play the cold-blooded couple, while Nicholas Chavez ("General Hospital") and Cooper Koch ("They/Them") portray the brothers. (Netflix)



Courtesy of MovieStillsDB

Brad Pitt, left, and George Clooney star in "Wolfs."

"Wise Guy: David Chase and the Sopranos" (TV-MA) — This two-part documentary series explores the making of the legendary HBO series "The Sopranos," which originally ran from 1999 until its sixth and final season in 2007. Viewers get an in-depth look at the show's creator, David Chase, and how his own relationship with his mother ultimately kickstarted the creation of the show. Several of the show's cast members chime in to provide their points of view of what it was like to work on the show, including Lorraine Bracco, who played Dr. Melfi; Edie Falco, who played Carmela Soprano; Michael Imperioli, who played Christopher Moltisanti; and Drea de Matteo, who played Adriana La Cerva. Out now! (Max)

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by Jo Ann Derson

• To fix a hole in drywall that requires a healthy helping of joint compound, you can cut a piece of screen slightly bigger than the hole and tack it to the inside of the drywall. You also can wad up a piece of aluminum foil and shove it in the hole, pressing it in a bit to create a recess for the compound. The foil will keep the compound at the site of the hole, allowing it to set up instead of fall down.

• "I recently did a little work on my car, and afterward I washed and waxed it. My tools got pretty grimy, so I cleaned them too. Since I had the wax out, I used it on several of them to keep them from rusting in storage." — via email

• Add a softener sheet to your vacuum bag or canister when you change it. While you clean, you will distribute the good smell throughout your home. You also can use a cotton ball scented with your favorite essential oil or even perfume.

• If you have trouble threading needles, try spritzing some hairspray on your finger, and twist the end of the thread. It will keep the fibers together and stiffen it enough to be easily threaded.

• It is possible to save a bit of money on car maintenance if you can't change your own oil. Learn common add-ons you will be offered at oil and lube places. Air filters are surprisingly easy to replace on your own, and so are windshield wipers. Very often, the staff of auto-supply chains will lend you tools or even assist you right in the parking lot.

• Got bug bites? Try these for some relief from the itching of insect bites: apple cider vinegar; a paste of baking soda and water, allowed to dry on the bite; a similar paste of meat tenderizer and water; or antiperspirant.

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What's Hot In Hollywood

HOLLYWOOD — **Austin Butler** couldn't carry "The Bikeriders" (which grossed $35.8 million against a $40-million cost), but he was saved by "Dune: Part Two" (which he didn't have to carry and grossed $711.8 million). Now he's leading director **Darren Aronofsky's** crime thriller "Caught Stealing." Butler plays a former baseball player plunged into a fight for survival in the 1990s criminal underworld of New York. He'll star opposite **Zoë Kravitz, Regina King, Matt Smith, Liev Schreiber** and Latin pop singer **Bad Bunny**.

***

C. Thomas Howell, 57, was just a teenager when he made "E.T. the Extra-Terrestrial," "The Outsiders" and "Red Dawn." Now he's set to star opposite **Ryan Phillippe** in "One Mile" and its sequel "One More Mile," which are being shot together. Howell has made over 75 films, including "Reagan," which opened in theaters on Aug. 30.

Phillippe made daytime history as Billy Douglas, one of the first openly gay characters in soaps, on "One Life to Live." Sadly, his action-thriller film "Prey," with **Mena Suvari** and **Emile Hirsch**, only grossed $5,336. Hopefully, Phillippe's comedy/horror/thriller "Saint Claire," with **Rebecca De Mornay**, will do better. He's the father of two children with **Reese Witherspoon**.

***

I don't know if Capt. James T. Kirk spoke Italian, but **Chris Pine** can and will in "The Kidnapping of Arabella," which co-stars Italian actress **Benedetta Porcaroli** (of Netflix's "Baby"). Pine already spoke Spanish, but learned Italian for the role. His last film "Poolman," which he produced, wrote, directed and starred in, was a disaster and only grossed $153,325.

***

"Super/Man: The Christopher Reeve Story" hits select theaters on Sept. 21. I met Christopher when he starred on the New York soap "Love of Life" while also playing **Katharine Hepburn's** grandson in Broadway's "A Matter of Gravity." I landed the only interview and photo shoot he gave that year. We became friends, and I offered him my spare room if he ever came to Hollywood.

Six months later, Christopher called to use my spare room and became my house guest for two days. He was planning on doing off-off-Broadway, but I suggested that he do commercials while waiting for Broadway to call. We shot his headshots as the sun went down. Two of these photos prompted the "Superman" producers to fly him to London and screen-test him for the role of "the Man of Steel," which led to four "Superman" films.

When Christopher spotted me at the "Superman" premiere at Grauman's Chinese Theater, he insisted that I sit with him and his lady to watch the film with them. He also phoned when "Fifth of July" opened on Broadway (in 1978) to thank me for insisting that he wait for a Broadway play instead of doing off-off-Broadway as he'd planned.

My favorite memory of him is that this 6-feet-4-inch, drop-dead-gorgeous lady killer had bunk



Photo by Tony Rizzo

Christopher Reeve ("Superman")

beds in his NYC apartment, obviously a fore-runner to his two future identities — Clark Kent and Superman!

HOLLYWOOD — After being eclipsed by **Margot Robbie** in "Barbie" and **Emily Blunt** in "The Fall Guy" (which had disappointing grosses of $180.5 million against a $125-million cost), **Ryan Gosling** flies solo in the sci-fi film "Project Hail Mary." In the film, he wakes up in space as the sole survivor of a crew who is searching for a way to save Earth. It's due on March 2026.

***

Here come remakes, sequels, and explicit film titles! Sony plans to remake the 1987 classic "La Bamba," which is about rock legend **Ritchie Valens**. In 1959, Valens died at 17 in a plane crash with **Buddy Holly** and "The Big Bopper." The original film starred **Lou Diamond Phillips** and **Esai Morales**, and it grossed $54.2 million gross against a $6.5-million cost.

***

"The Lord of the Rings" trilogy grossed $2.988 billion, while the three "Hobbit" films grossed nearly $2.938 billion, proving that these franchises have a huge audience. But former director of the trilogies, **Peter Jackson**, will only produce the new film coming in 2026, titled "The Lord of the Rings: The Hunt for Gollum." It will be shot in two parts back-to-back. **Andy Serkis** will direct and star, along with **Sir Ian McKellen** who will be returning as Gandalf.

Serkis has done voice and motion capture for "The Lord of the Rings" films, "King Kong" (2005), "Dawn of the Planet of the Apes" (2014), and "Star Wars: The Rise of Skywalker" (2019). He's also starred on screen as Alfred in "The Batman" (2022).

***

Danial Craig's new film "Queer" got a 9-minute standing ovation at the Venice Film Festival. After all, it's not everyday James Bond goes gay! In "Queer," Craig plays a gay American expatriate in 1940s Mexico City, who has explicit love scenes with **Drew Starkey's** character. Based on the 1985 novel by **William S. Burroughs** ("Naked Lunch"), Craig establishes an intimate connection with a young male student (Starkey), which eventually becomes psychedelic

Director **Luca Guadagnino** ("Call Me by Your Name") earned the trust of his two stars, and Craig admitted, "We all know there's nothing intimate about filming a sex scene on a movie set ... so we just wanted to make it as touching, real and natural as we possibly could. Drew is just a wonderful, fantastic, beautiful actor to work with. .... we tried to make it fun."

Craig and his actress wife, **Rachel Weisz**, were totally at ease with the love scenes. It's called acting, and he's one of our best!

***

Amy Adams, who played Lois Lane in "Man of Steel" and Princess Giselle in "Enchanted" (to name two roles), now finds herself in a comedy-horror film called "Nightbitch." She portrays a mother who sometimes transforms into a dog.

"I'm never going to be smart, happy or thin ever again," Adams says, in character, in the trailer. "Oh, and I'm pretty sure I'm turning into a dog!" Not since "The Shaggy Dog" (1959), when **Tommy Kirk** turned into a dog, have we seen this kind of canine caper. But, after all, Adams has always been known as an actress with dogged determination! The film barks into theaters on Dec. 6.



Depositphotos

Amy Adams (Upcoming in "Nightbitch")

celebrity extra

by Dana Jackson

Q: I can't believe that the scam artist from "Inventing Anna" is competing on "Dancing with the Stars." How is she able to film in Los Angeles if she's on house arrest in New York? — S.C.

A: Anna Delvey (previously known as Anna Sorokin) served just a small portion of her sentence in federal prison before being released in 2021. She then served 18 months in an immigration detention facility and is now on house arrest, while her deportation back to Germany remains a possibility. Delvey, who impersonated an heiress and was later convicted of larceny, says that she was given permission by ICE to travel to California to compete in "Dancing with the Stars," but she has to wear an ankle monitor.

Delvey and her partner, dance pro Ezra Sosa, face a formidable list of competitors on Tuesday nights this fall on ABC and Disney+ (the next day on Hulu), including Olympians Ilona Maher (rugby) and Stephen Nedoroscik (gymnastics); reality TV stars Jenn Tran ("The Bachelorette"), Joey Graziadei ("The Bachelor") and Phaedra Parks ("The Traitors"); actors Eric Roberts, Tori Spelling, Reginald VelJohnson and Chandler Kinney; athletes Danny Amendola and Dwight Howard; and model Brooks Nader.

Hosts Alfonso Ribeiro and Julianne Hough are also back, as well as judges Carrie Ann Inaba, Bruno Tonioli and Derek Hough. A date for the season finale hasn't been announced yet, but expect it to run for 10 episodes and conclude at the end of the November

***

Q: When does the new season of "Saturday Night Live" start? It's always so funny during an election year. — K.C.

A: The 50th(!) season premiere of "Saturday Night Live" is Sept. 28, but as of this writing, the host and musical guest haven't been named. The iconic sketch-comedy show welcomes three new cast members — Ashley Padilla, Emil Wakim and Jane Wickline — while bidding farewell to three others — Punkie Johnson, Molly Kearney and Chloe Troast.

What we do know is that former "SNL" star Maya Rudolph will return as Vice President Kamala Harris, and there will also be a special three-hour, live 50th anniversary show on Sunday, Feb. 16, 2025.



Depositphotos

Anna Delvey (Upcoming on "Dancing with the Stars")

Soon in theaters, you can also see the new scripted movie about the very first "SNL" live episode in 1974. Directed by Jason Reitman, the film "Saturday Night" earned rave reviews at its premiere at the Telluride Film Festival this past August. It will be available to see in wide release beginning Oct. 11.

***

Q: I saw that Kaitlin Olson is on another new TV show. Does this mean "It's Always Sunny in Philadelphia" isn't coming back? — L.V.

A: "No, the long-running ensemble comedy series will return to FX for its 17th season … at some point. Kaitlin Olson, who stars in the new crime procedural series "High Potential" on ABC, is expected to start filming the new season of "Sunny" this October. Hopefully, this means new episodes of the hilarious comedy will air by January 2025 at the latest. Olson also plays a supporting role on the award-winning HBO series "Hacks."

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

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Spooky Season SNACKS



Pop up scary sweet Halloween treats

FAMILY FEATURES

Scaring up a good time this Halloween starts with spooky costumes, ghoulish decor and treats you can share with your favorite ghosts and goblins. For an extra haunting twist, skip the store-bought candies and break out your cauldron for tempting homemade sweets.

You can celebrate the seed-to-snack simplicity of one of fall's favorite snacks – popcorn – with crunchy desserts that pair perfectly with your favorite spooky traditions. Popcorn's smell, taste and versatility help it enhance Halloween as a budget-friendly solution for ghostly gatherings.

Embrace the taste of autumn – pumpkin spice – with a snack that allows you to indulge throughout the season. These White Chocolate and Pumpkin Pie Spice Popcorn Bites offer warm flavor without the scare. Simply pour melted pumpkin pie spice-seasoned chocolate over popped popcorn, toss with toffee bits and sea salt then break into bite-sized chunks for a seasonal sweet that's perfect for celebrating National Popcorn Poppin' Month.

Visit Popcorn.org to find more Halloween-inspired snacks.

White Chocolate and Pumpkin Pie Spice Popcorn Bites

Servings: 12

- **12 cups unsalted, unbuttered popped popcorn**
- **3 cups chopped white chocolate or white chocolate chips**
- **1 tablespoon light olive oil**
- **2 teaspoons pumpkin pie spice**
- **1/2 cup toffee bits**
- **1 teaspoon flaked sea salt, crushed**

Line large, rimmed baking sheet with parchment paper or wax paper. Place popcorn in large mixing bowl.

In microwave-safe bowl, combine white chocolate, olive oil and pumpkin pie spice; microwave on medium 2-3 minutes, or until melted and smooth, stirring after each minute.

Pour melted white chocolate mixture over popcorn; add toffee bits and toss to combine. Transfer to prepared baking sheet, spreading to edges of pan; sprinkle sea salt over top.

Let cool; refrigerate 1-2 hours, or until set. Break into chunks for serving.

Tip: Homemade pumpkin pie spice can be made by combining 3 parts ground cinnamon with 1 part ground nutmeg, 1 part allspice and 1 part ginger.



White Chocolate and Pumpkin Pie Spice Popcorn Bites

Go for a Ghoulish Snack Bar

Encourage a little devious creativity this Halloween with a popcorn bar (char-boo-terie board) that features everyone's favorites. Start with enough freshly popped popcorn to feed all your little zombies and vampires then add seasonal favorites like candy corn, chocolate candies, individually wrapped treats, dried fruit, nuts and beyond.

To pop popcorn on a stovetop, cover the bottom of a 3- to 4-quart pan with a thin layer of vegetable oil (don't use butter, it will burn). Place 3 kernels of popcorn in the pan, cover with a loose lid that allows steam to escape and heat. When the kernels pop, pour in enough popcorn to cover the bottom of the pan, one kernel deep, then cover the pan and shake to evenly spread the oil. When the popping begins to slow to a few seconds apart, remove the pan from the stovetop. The heated oil will still pop the remaining kernels.

Tasty Recipes to Combat the Hustle and Bustle

Family-friendly meals ready in 30 minutes or less

FAMILY FEATURES

Jam-packed calendars and little spare time at home can make heads spin. When those hectic weeknights are giving your family fits, turn to delicious recipes you can have ready in 30 minutes or less.

Start with kitchen staples like chicken and rice – they're easy to prepare and versatile enough to let you cook a variety of meals without feeling like you're stuck in a dinner rut. For example, these Air-Fryer Bang Bang Chicken Tenders with Rice offer a kid-friendly take on bang bang chicken that's both sweet and spicy.

This air-fryer favorite requires just half an hour in the kitchen and calls on the quality and convenience of Success Boil-in-Bag Jasmine Rice to make busy weeknights a breeze. In just 10 minutes, the aromatic rice cooks up soft and fluffy with a uniquely delicious flavor that's naturally gluten free, Non-GMO Project Verified and free of MSG and preservatives.

For a real escape from the everyday hustle and bustle, invite island flavors to dinner with this simple yet satisfying Grilled Hawaiian Chicken and Coconut Rice. Remember, high quality doesn't have to be high maintenance.

Ready in 10 minutes, Success Boil-in-Bag Basmati Rice is a quick, easy and mess-free option that is guaranteed to always cook right. It's an appetizing addition to this tropic-inspired meal that can help you tackle hectic schedules without sacrificing flavor.

Find more ways to solve dinnertime dilemmas at SuccessRice.com.



Grilled Hawaiian Chicken and Coconut Rice

Prep time: 5 minutes, plus 4 hours for marinating
Cook time: 15 minutes
Servings: 4

- **4 chicken breasts, skinless and boneless**
- **1/2 cup soy sauce**
- **1/2 cup water**
- **1/2 teaspoon sesame oil**
- **1/2 cup brown sugar**
- **1 garlic clove, minced**
- **1/4 cup white onion, chopped**
- **1 bag Success Basmati Rice**
- **2 cups coconut milk**
- **4 pineapple rings**
- **1/4 cup unsweetened coconut, shredded**

In 1-gallon bag, combine chicken with soy sauce, water, sesame oil, brown sugar, garlic and onion. Marinate in refrigerator about 4 hours.

Heat grill to medium heat.

Prepare rice according to package directions, replacing 2 cups water with coconut milk.

Once finished marinating, remove chicken and pat dry. Grill about 7 minutes per side, or until internal temperature reaches 165 F.

Pat pineapple rings dry and grill about 1 minute per side.

Mix shredded coconut with rice. Place pineapples on top of chicken and serve with rice.



Air-Fryer Bang Bang Chicken Tenders with Rice

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4

- **1 pound chicken tenders**
- **1/2 cup sweet chili sauce, divided**
- **1/4 cup sriracha hot sauce, divided**
- **2 tablespoons sesame oil**
- **1 bag Success Jasmine Rice**
- **1/2 cup mayonnaise**
- **1 bag (12 ounces) coleslaw mix**
- **1/2 English cucumber, thinly sliced**
- **toasted sesame seeds, for garnish (optional)**
- **green onions, for garnish (optional)**

Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame oil.

Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.

Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.

Garnish with toasted sesame seeds and green onions, if desired.

Good Housekeeping

Eyeball Mash

This quick and easy dip is a tasty appetizer for an adults-only Halloween bash, or for a group of grown-ups in charge of entertaining younger trick-or-treaters. Serve Eyeball Mash dip with our "Pumpkin" Tortilla Chips.

- *12 ounces shredded Cheddar cheese*
- *1 can (4 1/2-ounce) chopped mild green chiles*
- *1/3 cup light mayonnaise*
- *1 tablespoon vinegar*
- *1 teaspoon mustard*
- *1/2 cup sliced ripe olives*

In food processor with knife blade, blend Cheddar cheese, green chiles, mayonnaise, vinegar and mustard. Transfer to bowl; stir in olives. Makes 2 3/4 cups.

• Each serving: About 40 calories, 3g total fat (2g saturated), 0mg cholesterol, 85mg sodium, 9g carbohydrate, 0g dietary fiber, 2g protein.

Good Housekeeping

"Pumpkin" Tortilla Chips

It takes only seconds to cut tortillas into festive pumpkin shapes, sprucing up your Halloween party spread times 10. Serve "Pumpkin" Tortilla Chips with our spooky Eyeball Mash dip.

- *2 burrito-size roasted red pepper and/or jalapeno-cilantro flour tortillas*

1. Preheat oven to 400 F. From tortillas, with 2 1/2-inch pumpkin-shaped cookie cutter, cut out pumpkins. Bake on ungreased cookie sheet 5 minutes, until crisp. Cool on rack. Makes 20 chips.

• Each serving: About 15 calories, 0g total fat, 0mg cholesterol, 40mg sodium, 3g total carbs, 0g dietary fiber, 0g protein.

Comfort foods
Made fast and healthy
by Healthy Exchanges

Tomato and Basil Onion Soup

Homegrown tomatoes soon will be nothing but a pleasant memory. But before they are, why not stir up a pot of this wonderful soup. It's perfect for all of us tomato and basil fans!

- *1 cup finely chopped onion*
- *1 (10 3/4-ounce) can reduced-fat tomato soup*
- *1 cup water*
- *3 cups peeled and chopped fresh tomatoes*
- *2 tablespoons minced fresh basil or 2 teaspoons dried basil*

In a large saucepan sprayed with butter-flavored cooking spray, saute onion for 6-8 minutes. Stir in tomato soup and water. Bring mixture to a boil. Stir in tomatoes and basil. Lower heat and simmer for 10 to 12 minutes, stirring occasionally. Makes 4 (1 1/4 cup) servings.

HINT: 1 (15-ounce) can diced tomatoes can be used in place of fresh tomatoes.

• Each serving equals: 109 calories, 1g fat, 2g protein, 23g carb., 300mg sodium, 3g fiber; Diabetic Exchanges: 2 Vegetable, 1/2 Starch.

Comfort foods
Made fast and healthy
by Healthy Exchanges

Luau Ambrosia Salad

If you have the apples, I have the recipe! I love autumn for many reasons, but one of my "first loves" of the season has to be apples! One bite of this salad, and you'll taste why!

- *2 cups cored, unpeeled and chopped Red Delicious apples*
- *1 (8-ounce) can pineapple tidbits, packed in fruit juice, drained and 2 tablespoons liquid reserved*
- *3 tablespoons chopped pecans*
- *1/2 cup miniature marshmallows*
- *3/4 cup reduced-calorie whipped topping*
- *2 tablespoons no-fat sour cream*
- *1 teaspoon coconut extract*
- *2 tablespoons flaked coconut*

1. In a large bowl, combine apples, pineapple and reserved pineapple liquid. Stir in pecans and marshmallows. In a small bowl, combine whipped topping, sour cream and coconut extract. Add mixture to apple mixture. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. When serving, sprinkle 1 teaspoon coconut over each serving. Makes 6 (1/2 cup) servings.

• Each serving equals: 87 calories, 3g fat, 1g protein, 14g carb., 18g sodium, 1g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch, 1/2 Fat

Good Housekeeping

Spiced Pork Tenderloins with Mango Salsa

Pair this tangy mango salsa with spicy grilled pork.

Mango Salsa:
- *2 medium ripe mangos, peeled and coarsely chopped*
- *2 medium kiwifruit, peeled and coarsely chopped*
- *2 tablespoons seasoned rice vinegar*
- *1 tablespoon grated, peeled fresh ginger*
- *1 tablespoon minced fresh cilantro leaves*

Spiced Pork Tenderloins:
- *2 (about 1 pound each) whole pork tenderloins*
- *3 tablespoons all-purpose flour*
- *1 teaspoon salt*
- *1 teaspoon ground cumin*
- *1 teaspoon ground coriander*
- *1/2 teaspoon ground cinnamon*
- *1/2 teaspoon(s) ground ginger*

Prepare Mango Salsa: In medium bowl, combine mangoes, kiwifruit, vinegar, fresh ginger, and cilantro. If not serving right away, cover and refrigerate up to 4 hours. Makes about 4 cups.

Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.

Meanwhile, cut each pork tenderloin lengthwise almost in half, being careful not to cut all the way through. Open and spread flat. Place each tenderloin between 2 sheets of plastic wrap; with meat mallet or rolling pin, pound to 1/4-inch thickness. Cut each tenderloin into 4 pieces.

On waxed paper, mix flour, salt, cumin, coriander, cinnamon and ground ginger. Add pork to spice mixture and turn to coat evenly.

Place pork on hot grill rack. Cover grill and cook pork 5 to 6 minutes or until lightly browned on both sides and pork just loses its pink color throughout, turning pork over once. Spoon Mango Salsa over pork to serve.

• Each serving: About 215 calories, 6g total fat (2g saturated), 71mg cholesterol, 455 mg sodium, 15g carbohydrate, 23g protein.

Good Housekeeping

Lime Chicken with Honeydew-Peach Salsa

This five-ingredient chicken dish showcases the bright flavors of fresh basil, juicy ripe peaches and honeydew melon. Serve with brown rice for a heart-healthy meal.

- *1 lime*
- *2 cups (1/4-inch dice) honeydew melon*
- *1 large, ripe peach, pitted and cut into 1/4-inch dice*
- *1/2 cup loosely packed fresh basil leaves, coarsely chopped*
- *3/4 teaspoon salt*
- *1/2 teaspoon pepper*
- *4 medium skinless, boneless chicken-breast halves*

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

2. From lime, grate 1 1/2 teaspoons peel and squeeze 2 tablespoons juice. In medium bowl, stir together lime juice, diced melon, diced peach, chopped basil and 1/4 teaspoon salt. Makes 4 cups salsa.

3. Place chicken on plate. Sprinkle chicken on both sides with lime peel, 1/2 teaspoon salt and 1/2 teaspoon pepper.

4. Place chicken on hot grill rack. Cover grill and cook chicken 10 to 12 minutes or until juices run clear when thickest part of breast is pierced with tip of knife, turning over once. Arrange chicken on platter and serve with salsa. Serves 4.

• Each serving: About 285 calories, 4g total fat (1g saturated), 90mg cholesterol, 525mg sodium, 28g carbohydrate, 4g dietary fiber, 35g protein.

Good Housekeeping

Tropical Mango Smoothie

Paradise in a glass. Make it with a firm, ripe banana for best flavor.

- *1/2 cup pineapple juice, chilled*
- *1 cup diced mango*
- *1 banana, sliced*
- *2 teaspoons fresh lime juice*
- *1/2 teaspoon grated, peeled fresh ginger*
- *3 ice cubes*

In blender, combine pineapple juice, mango, banana, lime juice, ginger and ice and blend until mixture is smooth. Pour into a tall glass.

• Each serving: About 289 calories, 1g total fat (0g saturated), 0mg cholesterol, 6mg sodium, 74g carbohydrate, 3g protein.

Good Housekeeping

Polynesian Drumsticks

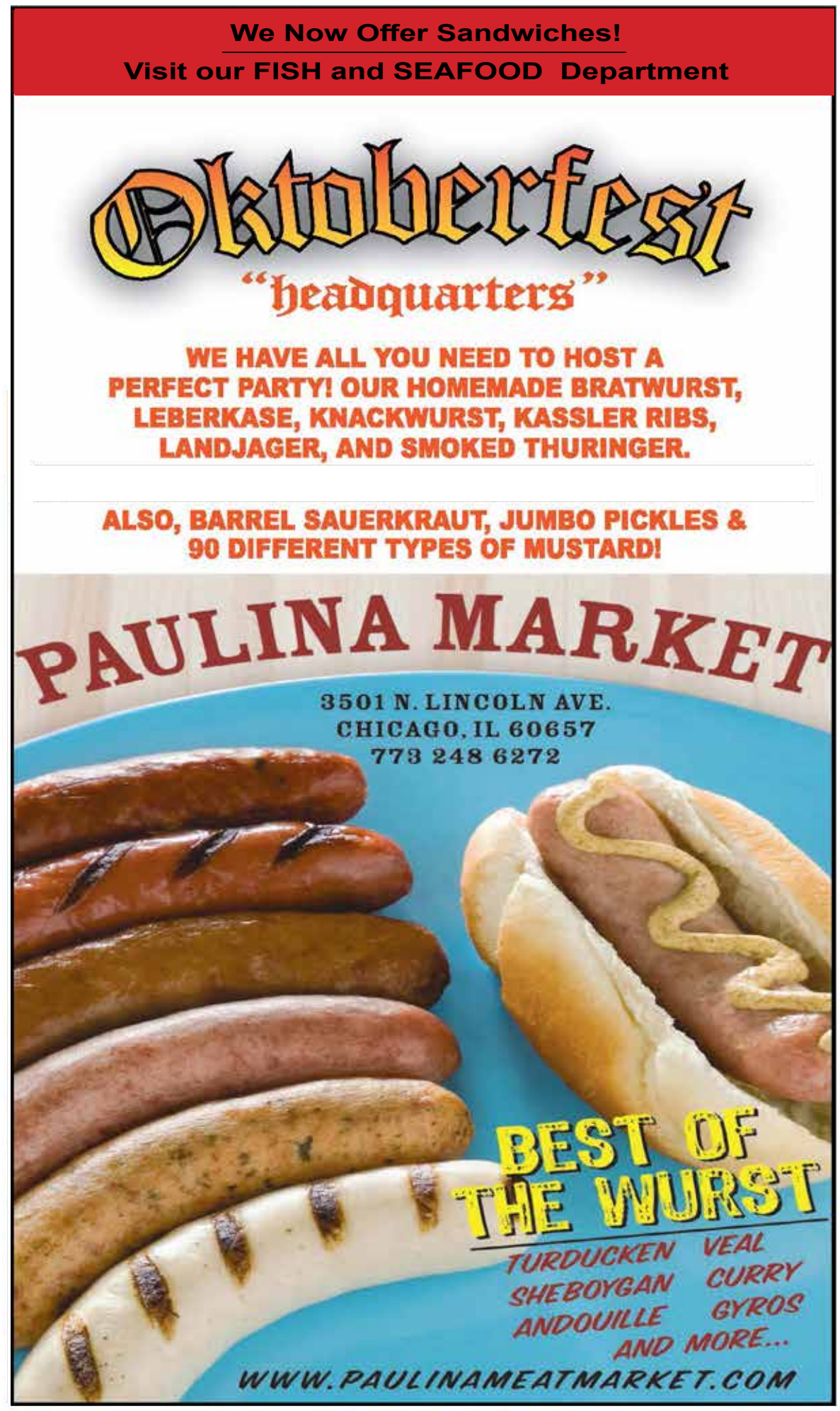
A quick marinade adds a sweet and tangy glaze to grilled skinless drumsticks — a favorite with everyone in the family.

- *1 can (8 ounces) crushed pineapple in unsweetened juice*
- *1/4 cup (packed) brown sugar*
- *3 tablespoons soy sauce*
- *1 tablespoon (grated) fresh ginger, peeled*
- *1 clove garlic, crushed with press*
- *12 (about 4 pounds) chicken drumsticks, skin removed*

1. In blender, puree pineapple with its juice and remaining ingredients except drumsticks. Spoon 1/2 cup pineapple mixture into large self-sealing plastic bag; reserve remaining pineapple mixture for grilling. Add drumsticks to bag, turning to coat. Let stand at room temperature 15 minutes.

2. Remove drumsticks from bag; discard bag with marinade. Place drumsticks on grill over medium heat and cook 15 minutes, turning over once. Cook drumsticks 10 to 15 minutes longer, or until drumsticks are golden and juices run clear when thickest part is pierced with tip of knife, brushing twice with reserved pineapple mixture and turning occasionally. Serves 4.

• Each serving: About 260 calories, 8g total fat (2g saturated), 123mg cholesterol, 385mg sodium, 8g carbohydrate, 0g dietary fiber, 38g protein.



Crime

Robbery on the 3900 block of North Sheridan Road.

Burglary on the 2200 block of West North Avenue.

Robbery on the 1200 block of North Clark Street.

Robbery on West Catalpa Avenue and North Broadway.

Shooting on the 4100 block of North Marine Drive.

Shooting on the 1000 block of West Belmont Avenue.

Shooting on the 5200 block of North Winthrop Avenue.

Vandalism on the 300 block of West Locust Street.

Theft on the 4600 block of North Recreation Drive.

Assault on the 2000 block of North Campbell Avenue.

Assault on the 5900 block of North Winthrop Avenue.

Assault on the 4900 block of North Wintrop Avenue.

Theft on the 1700 block of North Marcy Street.

Assault on the 1100 block of West Thorndale Avenue.

Theft on the 1300 block of North Bosworth Avenue.

Theft on the 1400 block of North Dayton Street.

Assault on the 3400 block of North Southport Avenue.

Theft on the 1800 block of West Fullerton Avenue.

Theft on the 4800 block of Simonds Drive.

Vandalism on the 400 block of West Montrose Harbor Drive.

Assault on the 4800 block of North Kenmore Avenue.

Assault on the 1600 block of North Halsted Street.

Theft on the 2100 block of North Stockton Drive.

Theft on the 3200 block of North Lincoln Avenue.

Theft on the 4500 block of North Clarendon Avenue.

Theft on the 100 block of West Division Street.

Assault on the 1200 block of Leland Avenue.

Assault on the 2300 block of North Clybourn Avenue.

Assault on the 1600 block of West Belmont Avenue.

Assault on the 900 block of West Lawrence Avenue.

Theft on the 2200 block of West North Avenue.

Theft on the 1800 block of West North Avenue.

Assault on the 900 block of Orleans Street.

Theft on the 800 block of West Buena Avenue.

Assault on the 2900 block of North Western Avenue.

Theft on the 1400 block of North Kingsbury Street.

Assault on the 900 block of West Chicago Avenue.

Vandalism on the 700 block of West Larabee Street.

Theft on the 1000 block of West Lawrence Avenue.

Theft on the 1600 block of North Damen Avenue.

Theft on the 4800 block of North Claremont Avenue.

Robbery on North Marine Drive and Lawrence Avenue.

Burglary on the 2200 block of West North Avenue.

Robbery on West Catapala Avenue and Broadway.

Robbery on the 4800 block of North Harding Avenue.

Shooting on the 4100 block of North Marine Drive.

Shooting on West Berteau Avenue and St. Louis Avenue.

Shooting on North Albany Avenue and North Avenue.

Shooting on the 1000 block of West Belmont Avenue.

Shooting on the 3500 block of West Lyndale Street.

Shooting on the 4400 block of North Sawyer Avenue.

Shooting on the 5200 block of North Winthrop Avenue.

Theft om the 2000 block of Haddon Avenue.

Assault on the 3000 of West Gunnison Street.

Assault on the 3000 block of West Gunnison Street.

Assault on the 2700 block of West Foster Avenue.

Theft on the 3600 block of North Recreation Drive.

Assault on the 2000 of North Campbell Avenue.

Assault on the 4900 block of North Windthrop Avenue.

Vandalism on the 4700 block of North Kedzie Avenue.

Vandalism on 3200 block of North Montrose Avenue.

Theft on the 1700 block of North Marcy Street.

Arrest on the 1600 block of West Touhy Avenue.

Robbery on the 400 block of Howard Street.

Assault on the 2700 block of West Foster Avenue.

Assault on the 5300 block of North Western Avenue.

Vandalism on the 2700 block of North California Avenue.

Assault on thr 3300 block of West Le Moyne Street.

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Violent crime up 18%, arrests down 45% in Chicago over 10 years

In 2023, violent crime was 11.5% higher than in 2022. Two of the largest factors contributing to the rise in crime came from a decade-high 30,501 instance of vehicle thefts and carjackings, and 22, 569 cases of assault in 2023.

Homicides were down 14% compared with 2022 levels, but with 625 homicides, the city still experienced 45% more murders than a decade earllier.

Neighborhoods such as Museum Campus, Logan Square and Hermosa have seen the largest increases in violent crime from 2022 to 2023. Since 2013, the West Side and South Side neighborhoods have continued to see high rates of violent crime; and Fuller Park and Garfield Park were home to the highest rates in 2023.

“All crime is bad. Violent crime is worse. The city’s well-being isn’t just measured in the total number of crime – the arrest rate also matters. Chicago’s dropping arrest rate signals to residents that the city is’nt equipped to handle this crime surge. City leaders need to make meaningful imvesment in public safety to quickly ensure Chicagoans feel safe and confident,” said Hilary Gowins, senior vice president at the Illinois Policy Institute.

“It’s important Chicagoans have the data to understand the scope of the crime problem in the city. Since 2020, Chicago has seen an alarming uptick in criminal activity that goes against decade-long decreasing trends. Without fail, Chicagoans continue to list public safety as their overall top priority, which makes sense as the number of violent crimes increases, reaching more and more neighborhoods across the city,” Gowin said.

Mayor Johnson’s latest budget eliminated 833 street-cop vacancies, which goes against polling from the institute’s Lincoln Poll that shows 3 in 4 Chicago voters want a larger police force. Also, the Chicago Board of Education voted to remove all police officers from Chicago Public Schools, including schools that asked to keep officers.

5 Things to Consider Before Buying a Heat Pump

FAMILY FEATURES

If you're like many homeowners who are considering ways to achieve greater energy efficiency, cut costs long term and reduce use of fossil fuels, replacing your gas furnace with an electric-powered heat pump may be part of the solution.

Like an air conditioner, a heat pump is installed outside the home and can cool it, but heat pumps are also capable of providing heat. In fact, many homeowners can't tell the difference between a traditional heat pump and an air conditioner because they look alike and have similar hook-ups. However, in cooler months, a heat pump pulls heat from the cold outdoor air and transfers it indoors, and similarly, in warmer months, it pulls heat out of indoor air to cool your home.

When considering purchasing a heat pump for your home, it's important to evaluate several factors to ensure you make an informed decision. Here are five key things to consider from the experts at Carrier, a leader in high-technology heating, air-conditioning and refrigeration solutions:



1. Energy Efficiency

Heat pumps are rated by their Heating Seasonal Factor, which is a measure of a heat pump's overall energy efficiency during the heating season; their Seasonal Energy Efficiency Ratio (SEER2); and their Energy Efficiency Ratio. These ratings are like miles per gallon for a car: the higher the rating, the more energy-efficient the system is, which can lead to lower utility bills. For example, standard SEER2 ratings today are around 14.3 (and some older units are as low as 8), but units with a SEER2 rating above 16 have lower energy costs, which translates into higher energy savings.

2. Climate Suitability

Heat pumps are most efficient in areas with moderate temperate ranges. If you live in an area with extreme cold, you may need a heat pump designed for low temperatures such as Carrier's Infinity Heat Pump with Greenspeed Intelligence, which operates at temperatures as low as minus 15 degrees. Or you can combine a heat pump with a gas furnace in colder climates for energy-efficient heating on all but the coldest days.

3. Cost and Incentives

While heat pumps can be more expensive initially, their efficiency can lead to long-term savings. Research available incentives, rebates and tax credits that can help offset some of the upfront cost. Many governments, manufacturers and utility companies also offer financial incentives for installing energy-efficient systems. For example, the Inflation Reduction Act of 2022 provides several tax credits, up to $2,000 for qualified heat pumps, and is available through 2032.

4. Size and Capacity

It's essential to ensure the heat pump is the appropriate size for your home. An undersized unit may run virtually nonstop to try and maintain a comfortable temperature inside your home while an oversized unit will cycle on and off frequently, reducing efficiency and lifespan. A professional Carrier dealer can help you determine the correct size based on your home's heating and cooling needs.



5. Installation and Maintenance

Professional and proper installation are crucial for optimal performance. Choose a reputable, experienced HVAC contractor to install your heat pump. The average lifespan of a well-maintained heat pump is 15 years. However, with varying conditions and homeowner habits, it could live well beyond that.

Understand the heat pump's maintenance needs, including regular filter changes, coil cleaning and annual inspections to ensure longevity and efficiency. Without regular cleaning and maintenance, dirty coils can cause your system to work harder to keep up with demand, decreasing efficiency and increasing stress on the fans, motors and system components. Dirty, clogged air filters can restrict airflow, resulting in reduced comfort, higher utility bills and, in extreme cases, a total shutdown of the system.

By carefully considering these factors, you can choose a heat pump that best meets your home's needs and provides efficient, reliable heating and cooling. Learn more at Carrier.com.

What to Know Before Hiring an HVAC Contractor

FAMILY FEATURES

For many homeowners, the heating, ventilation, and air-conditioning (HVAC) system is among the home's most important, and most costly, features. This system ensures the home remains at a comfortable temperature, and it also plays a significant role in the home's energy usage.

If you're in the market for a new HVAC solution, you probably know there's no shortage of installers. Before you hire a contractor, there are some important factors you should consider, according to the experts at Mitsubishi Electric Trane HVAC US (METUS), a leader in heating and cooling innovation.



Scan for More Information

Product Options

A qualified technician will have the knowledge and flexibility to install a wide range of products and solutions. As the country moves toward electrification, your contractor should be well-versed in conventional HVAC systems and more sustainable options such as energy-efficient, mini-split ductless and ducted heat pumps.

It's also important to know about a prospective contractor's experience with the equipment, including installation, maintenance, and repair. Accreditation, licensing, and training will give you a good idea, but you should also explore the contractor's reputation and reliability through references and reviews.

Price

When exploring your options, get a written quote that details the proposed equipment and labor costs. Ask about incentives available at the time of service, including discounts, rebates, or other pricing specials. If you are installing an energy-efficient heat pump, you might also be eligible for incentives through the Inflation Reduction Act, such as tax credits and state rebate programs.

Financing

Replacing or repairing your HVAC system can be an unexpected expense. More HVAC contractors are beginning to offer financing options to help customers with upfront costs. Ask about financing options – preferably low-interest options – early on in your conversations with contractors. If any are offered, ensure the contractor is working with a trusted, reputable lending provider. If you are investing in an energy-efficient system, your heating and cooling savings may even allow you to recoup your loan over time.

Warranty

Many HVAC manufacturers offer equipment warranties that can help offset future repair costs, but it's important to understand what's covered. For example, Diamond Contractors, specially trained in installing Mitsubishi Electric equipment, allow for a 12-year warranty on parts and a 12-year warranty on compressors after equipment has been registered.

Equipment Issues

A qualified technician can help you understand the various options and explain terms you don't know. You should feel comfortable asking questions and requesting the information in writing.

Learn what else you need to know before making a big investment in a new HVAC system at mitsubishicomfort.com.

Asking the Right Questions Matters

You've done research, budgeted for upfront costs, and compared units, but can't make sense of the different HVAC systems. Hiring the right contractor can help alleviate these concerns.

Asking the right questions is especially important if you have specific energy goals in mind. Consider these questions:

1. Are you certified in HVAC installation, repair and maintenance?
2. Do you have insurance?
3. Do you have references I can speak with?
4. What are the indoor unit options for my home's design and square footage? How many units do I need? How many of these systems has your company installed in the last few years?
5. Does my home's design support ductwork, or are ductless systems the best option for me? What are the pros and cons of each?
6. What's the temperature range this system can manage?
7. How does this system handle partial loads? ("Load" is the amount of heating or cooling needed to bring a space to a comfortable temperature.)
8. How frequently does the system need to be serviced? What kind of maintenance does the system need? What kind of maintenance program do you offer?
9. What kind of utility cost savings can I expect comparing a split-ductless heat pump system to a conventional HVAC system?
10. Will I need any supplemental equipment to achieve my energy usage goals?

Essential Skills for Children to Develop in Preschool

FAMILY FEATURES

The skills young children need for success in elementary school and beyond are developed during the first five years of life. For families, it's critical to select the right preschool – one with thoroughly trained faculty and a curriculum designed to nurture foundational academic, social, emotional and physical skills – then extend learning to home.

Experts from The Goddard School's education team – Dr. Lauren Loquasto, senior vice president and chief academic officer; Dr. Maria Shaheen, director of early childhood research and innovation; and Karie Ann Middleton, director of early childhood education programs – share this guidance to help families prepare their children for success in, and beyond, elementary school.



Core Skills to Prioritize in Preschool

Most families, when thinking about their child's preschool education, naturally default to focusing on academic skills, and those are certainly important. Children should develop a well-rounded foundation of literacy and mathematics skills. This includes building vocabulary, pairing sounds and letters and sounding out new words, as well as learning to count and connecting a number of objects (e.g., three blocks) to the corresponding numeral (3).

Just as important as the academic skills, however, are social and emotional skills. For example:

- Identifying feelings and emotions in themselves and others, and responding appropriately
- Entering a new social situation, making friends and navigating conflict
- Basic self-help skills, such as knowing how to independently eat, use the bathroom and zip up their jackets

Lastly is the development of early physical skills, such as balance and learning to use a pencil and scissors.

Inquiry-Based Learning: The Optimal Approach

The best educational approach supports all skill development – academic, social, emotional and physical – while children are engaged in play and exploration. In these supportive environments, teachers can actively observe children and listen carefully to understand their interests and curiosities then guide the instruction accordingly.



This is the basis of inquiry-based learning, a framework that embraces the natural curiosity and sense of wonder children bring into the classroom. Researchers from leading universities found when children are interested in what they are learning, attention spans are maximized, and when they feel in control of their learning, engagement is higher.

At The Goddard School, inquiry-based learning is brought to life via its exclusive education program, Wonder of Learning. With teacher-guided inquiry topics, children learn about themselves and the world around them by exploring their interests, investigating concepts and asking questions. This ensures learning is not only relevant to skill-building but also timely, contextual and meaningful, helping children master the foundational skills before entering elementary school.

Taking Inquiry-Based Learning Home

Inquiry-based learning is not limited to the classroom. In fact, to best support young children, families should practice the approach at home, too.

Families can start by narrating what they and their children are doing and verbalizing the emotions that correspond with their experiences. For example, "I can see by your face you aren't sure if you like that new vegetable. I wonder if it's the flavor or the texture?" Beyond listening to their responses, watch their faces for cues and respond accordingly. Through narration, children's vocabularies are expanded and they learn to apply words to their emotions and experiences.

Give children choices, when possible and safe, such as choosing their outfits or snacks. Making choices helps them develop critical thinking skills and builds confidence and motivation.

Infuse open-ended questions throughout daily life. For example, ask "What makes you curious?" Going further, have children draw what they are curious about.

To help families practice inquiry-based learning, The Goddard School published a children's book, "Curious Blueberry the Carousel Horse," written by Steve Metzger and illustrated by Bruno Robert. The story follows Blueberry and her colorful carousel animal friends as they learn to find joy through curiosity and questions. Cues throughout the story prompt the reader to ask open-ended questions, creating an engaging and individualized experience for children.

To watch a webinar featuring Loquasto, Shaheen and Middleton sharing additional information and guidance, and to access a wealth of parenting insights and resources, visit the Parent Resource Center at GoddardSchool.com.

6 Natural Ways to Protect Your Health

FAMILY FEATURES

Natural and plant-based remedies have been around for centuries, and for everyday treatments like minor cuts, scrapes and rashes, they can have real benefits. In fact, the global herbal medicine market is expected to reach $342 billion by 2030, according to a forecast by Research and Markets.

In North America, a green movement is spurring a large share of this growth, with consumers more inclined toward natural and plant-based medicines. Concerns about side effects, long-term impact and safety also affect the choices people are making when it comes to treating their medical concerns.

"Natural and plant-based remedies have been around for centuries, treating everything from common cold symptoms to dressing wounds and caring for injuries," said Dr. Billy Goldberg, a New York Times' bestselling author and emergency room physician. "As people increasingly turn to more natural tried-and-true ingredients, some companies are taking note and beginning to incorporate them into products that provide the healing power of nature."

Goldberg and the first-aid experts at CURAD, which have made adhesive bandages since 1951, offer these suggestions for natural common ingredients that can help protect your health:



Photos courtesy of Getty Images

Vitamin E – Studies by the National Institute on Health have shown that vitamin E helps soothe and support skin during the healing process. Vitamin E may also help promote immunity and prevent arterial blood clots.

Aloe Vera – Few things soothe sunburn like aloe vera. With analgesic, anti-inflammatory and soothing properties, aloe vera gel helps reduce pain and inflammation. Also helpful in the healing process of cuts and scrapes, the CURAD Naturals line of adhesive bandages are infused with aloe vera in the wound pad and surface of the bandage, which is enriched with the antioxidant vitamin E to help soothe and moisturize skin.



Garlic – Used for centuries for wound healing, garlic extract has been found to improve healing time and decrease rate of infection. Ingesting garlic may also head off symptoms of the common cold and help reduce blood pressure.

Baking Soda – Bicarbonate of soda, commonly known as baking soda, can be used for more than baking. From removing stains to cleaning teeth and more, it can also be used to help treat a variety of wounds. In addition to being an odor absorber, it can be applied to insect stings and bites, such as those from bees or mosquitoes.

Whether making a paste using baking soda and water then applying to the bite or using an option like CURAD Naturals adhesive bandages featuring baking soda, the chemical compound can help soothe skin. In addition to absorbing wound odor, the bandages provide skin-friendly comfort and stretch with a four-sided seal to keep dirt and germs out.

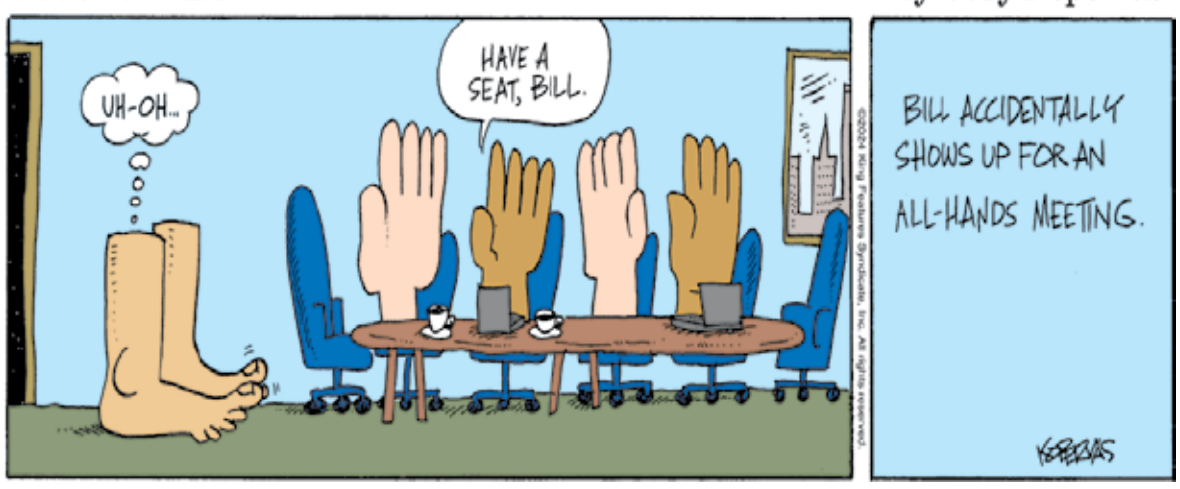
Honey – Sweet and highly acidic, honey's antioxidant, antibacterial and anti-inflammatory properties make it a good choice for dressing wounds since it encourages healing and prevents infections. Honey may also help soothe coughs.

Charcoal – Activated charcoal may have an antibacterial effect by absorbing harmful microbes from wounds. Similarly, it can be used to treat poisoning or drug overdose and may help with digestive problems. It's also thought to play a role in lowering cholesterol and improving kidney function, and some dental care products use it as a whitening agent.

Learn more about natural health care and first-aid products at CURAD.com.

Comics

Out on a Limb by Gary Kopervas



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – TYPES OF WOOD

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: **What do lumberjacks like to eat?**

ACACIA
ALDER
BEECH
CEDAR
CHERRY
CYPRESS
EBONY
ELM
MAPLE
OAK
PALM
PINE
POPLAR
RED GUM
ROSEWOOD
SPRUCE
SUMAC
SWEETBAY
SYCAMORE
TEAK

S	Y	C	A	M	O	R	E	E	Y
W	P	O	P	L	A	R	M	N	R
E	A	R	E	D	L	A	O	I	R
E	L	A	U	M	B	B	C	P	E
T	M	T	L	C	E	A	N	D	H
B	A	E	S	S	E	R	P	Y	C
A	P	A	C	A	C	I	A	A	E
Y	L	K	A	O	H	T	M	R	D
E	E	R	E	D	G	U	M	E	A
D	O	O	W	E	S	O	R	S	R

Riddle answer: _ _ _



Going GREEN in Your Community

FAMILY FEATURES

Preserving your community for future generations can take many forms. It might mean volunteering with local organizations and participating in community improvement initiatives. Taking steps to protect the environment is another critical way to ensure your community remains safe and livable for generations to come.

These ideas show that going green can be as simple as making small modifications to everyday actions you already take.

Donating Unwanted Goods

Landfills are overflowing with items that still have plenty of useful life. Often, those discarded items could be repurposed to provide an affordable option to those who can't afford new, full-price versions. Before loading up your trash can, consider donating things like household goods and clothing that could still serve a purpose. Numerous organizations accept gently used goods that they either distribute directly to those in need or sell to the general public, with proceeds benefiting a specific cause or population. Look into the options in your area to find the best fit for items you have that can be donated.

Rethinking Transportation

Pollution from transportation accounts for 29% of the United States' emissions, according to the Environmental Protection Agency (EPA). That's a higher percentage than any other category measured by the EPA. Carpooling, public transportation and even carefully planning your route are ways you can take personal accountability to help reduce the problem.

Another way to improve transportation emissions is by talking to your school district about its school bus choices. Diesel school buses are not only expensive to operate, but they are harmful to children's health, the community and the climate, according to data compiled by the Propane Education & Research Council. Conversely, propane reduces harmful emissions that impact student health and air quality in the community. By advocating for your district to convert to a more environmentally friendly transportation option, such as propane, you can help further reduce harmful emissions in your community.

Find more information about propane-powered buses at BetterOurBuses.com.

Recycling and Composting

Another way to reduce landfill waste is recycling and composting. Many of the items you throw away can be recycled into all-new materials. For example, recycled plastic can be used in a wide range of products, from sleeping bags and backpacks to dishes and reusable water bottles. Food waste represents a large share of landfills, too. Eventually it will biodegrade, but composting what you can at home gives you nutrient-rich material you can use to support your garden or lawn with healthier soil and less need for pesticides.

Cleaning with Natural Products

Keeping your home clean takes more than a little elbow grease, but the harsh chemicals found in many household cleaners are actually quite damaging. The chemicals can be poisonous or contain allergens that negatively impact your home's air quality. Natural cleaners are often more cost-efficient, so you can enjoy cleaner air and minimize your impact on the environment.

Taking Advantage of Natural Light

If you're in the habit of flipping on a light switch as you walk in a room, next time pause and consider whether you really need additional light. During daylight hours, many rooms offer more than enough natural light. Sunlight can also help warm spaces naturally when it's cool outdoors, so throw open the curtains and let those warm, bright rays shine. If you do need additional light, consider relying on task lighting to illuminate your project rather than an overhead light that consumes more electricity.





Benefits of Propane School Buses

Over the last several decades, there have been many advances in student transportation. However, one area that could still use improvement is the number of students who ride to school on diesel buses that pollute the air. Today, there are two meaningful energy choices for clean student transportation: propane and electric. While both can achieve clean transportation, propane buses cost one-third the price of electric, allowing districts to replace their aging diesel fleet faster.

As an affordable, available and clean energy source, propane buses make practical sense. The buses reduce harmful emissions by 96% compared to diesel. They can also meet school districts' needs with a range of up to 400 miles and the resiliency to continue operating across all terrains and in any weather. In fact, more than 1,000 school districts have already made the switch. Every day, 1.3 million children ride to school in 22,000 propane school buses across the country.

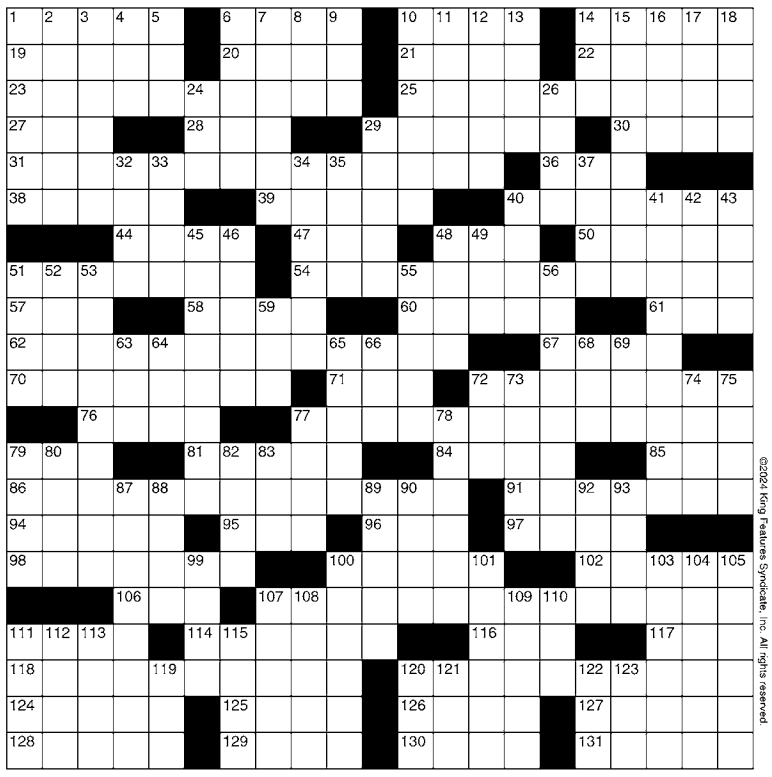
In 2022, the EPA introduced the Clean School Bus Program, which provides $5 billion over five years (2022-26) to replace existing diesel school buses with zero-emission and low-emission models.

Through three rounds of funding, the EPA program has allocated more than $2.8 billion for 8,427 electric school buses and 440 low-emissions propane buses. However, for the same amount of money that was distributed for the electric buses (about $2.77 billion), the program could have helped fund as many as 92,635 propane buses, assuming each propane bus received the $30,000 incentive.

When considering full lifecycle emissions, replacing 92,635 diesel buses with propane buses would have reduced harmful nitrogen oxide (NOx) emissions by 24,664 metric tons over the three years the program has funded buses. By comparison, replacing just 8,427 diesel buses with electric buses will reduce NOx emissions by just 2,379 metric tons over the three years.

Crossword

Super Crossword



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ACROSS

1 Big name in health insurance
6 2010 Apple debut
10 Love to excess, with "on"
14 "Get lost!"
19 Park for mobile campers
20 Reuben offerer
21 "Bejabbers!"
22 Sycophant
23 Welcome words to a job applicant
25 House badly in need of repairs
27 Bake-off dish
28 Yoko of art
29 Floor layers
30 Active Sicilian volcano
31 Tampa Bay Rays' stadium
36 Org. for some ex-GIs
38 Tijuana Mr.
39 Makeup of Hawaii
40 Yellow-orange fruit
44 Bed for sushi
47 —'wester
48 Fish feature
50 Prefix with botany
51 Dean of Truman's Cabinet
54 Agreed-upon time
57 Hitter Gehrig
58 African land
60 Phonies
61 Pre-U queue
62 Liberalism
67 Low-key "Hey!"
70 Ram hard
71 Winter hrs. in D.C.
72 Haifa citizens
76 "Doggone it!"
77 Additional plateful
79 Lupino of "High Sierra"
81 Trifled (with)
84 Purposes
85 D.C. ballplayer
86 Certain role-playing game organizer
91 Gives, as duties
94 Spanish national hero
95 Part of ENT
96 Ar-tee linkup
97 Dandy dudes
98 Dismissive facial reaction
100 One — (long odds)
102 Delta rival, once
106 Gallic pal
107 Spread on "Bonanza"
111 End-of-workweek cry
114 Formulas of belief
116 LA-to-IL dir.
117 "Kitchy-kitchy- —!"
118 Appliance that cooks batter
120 In advance ... or where nine key words in this puzzle might appear
124 Whether by land —
125 With 112-Down, she had a "Tootsie" role
126 Sheik, e.g.
127 One of the Osmonds
128 Smelting waste
129 Deputy: Abbr.
130 "Doggone it!"
131 1998 Apple debuts

DOWN

1 Underground vaults
2 Afrique's Côte d'—
3 Attach using paste
4 Fish-fowl link
5 Devoured
6 "Let It Go" singer Menzel
7 Italian beer brand
8 British beer
9 Pulled off
10 Disobeys
11 "Darby — and the Little People"
12 Levied
13 Broadway singer Linda
14 "Disco" cartoon guy
15 Manage, as a problem
16 Engrossed
17 City in Yemen
18 Gore Vidal's Breckinridge
24 Ad —
26 Reply to an invite
29 Traffic snarl
32 Skin opening
33 Pupil locale
34 Really rail at
35 Dud
37 Mr. Flintstone
40 Feed the kitty
41 Chuckling with glee
42 Big burden
43 Civil wrong
45 Attending
46 Ratify
48 Royal decree
49 Writing fluid
51 Swiss peaks
52 "Neat!"
53 Luau entertainment
55 Departing for
56 Potent coffee
59 Language akin to Thai
63 "— bad boy!"
64 Bronze metal
65 West Yorkshire city
66 Key near F1
68 Mineo of film
69 Month no. 9
72 SSNs, e.g.
73 Paper bundle
74 — instant (very quickly)
75 Some NCOs
77 Scorch
78 Baby's bottle
79 Notion, to Luc
80 "— noted"
82 "The — lama, he's a priest"
83 Sumac of song
87 World's tallest creatures
88 Ancient Dead Sea region
89 Takes care of
90 Punta del —
92 San Antonio hoopster
93 "Insecure" co-star Rae
99 Dog pests
100 Part of the conspiracy
101 Diet-friendly, maybe
103 Turkey's capital
104 Like sacred images
105 — Scholar
107 French for "fathers"
108 Bad smells
109 Uppity types
110 — Lingus
111 Having length and width but not depth, for short
112 See 125-Across
113 "In case it's true ..."
115 Poet Dove
119 Part of UNLV
120 Watering hole
121 Notable period of time
122 Former big record co.
123 Easter entree

Paw's corner by Sam Mazzotta

Fight back against fleas

DEAR PAW'S CORNER: My apartment has been infested with fleas all summer! I'm so frustrated. My two cats are suffering from hot spots and patchy fur because of the flea bites, and I've constantly got bites all over my legs. I don't want to give my cats flea medicine because I heard it is dangerous to their health. What can I do to get rid of these fleas? — Cara J. in Macon, Georgia

DEAR CARA: You're going to have to plan an all-out assault on the flea infestation, and do it as soon as possible.

Talk to your veterinarian about the health risks and benefits of various flea and tick treatments. Ticks can give your cats heartworm and tapeworm. Your cats' health is at greater risk right now from not doing anything than they would be from an effective treatment.

Next, get rid of the fleas and their eggs in your house with a complete cleaning and treatment. Take down the curtains and wash and dry them. Wash all your bedding and clothes. Dust from ceiling to floor. Vacuum the carpets thoroughly. Wash all mats and put out in the sun to dry. Clean every corner of the apartment. Clean fabric furniture with a steam cleaner. Flip the sofa and vacuum up all the dust bunnies and dirt.

Finally, with the cats sequestered in a safe room, treat the carpet to kill remaining fleas and their eggs. You can use a direct spray or an insecticide that is sprinkled into the carpet and vacuumed up.

This all-out assault will nearly wipe out the fleas in your home. But they can (and will) come back. To keep them on the retreat, vacuum twice a week, wash your cats' bedding weekly, and make sure the cats get their flea/tick/heartworm medication on schedule.

Send your tips, comments or questions to ask@pawscorner.com.

Classified

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See page 7 for details

Happy Birthday
to my Granddaughter
SOFIA!
Have a wondefrful day
Grandpa George &
Grandma Joyce

To my Granddaughter Audrey thank you for bringing a beautiful little girl into the world. What a gift to have a Great Granddaughter!
Love,
Great Grandpa George and Great Grandma Joyce

Think nobody reads small ads?
You Are!

Please use the form below to send us your classified ad

Classified ad rates

Classified advertising rates. First 2 lines are $15 then $3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by October 15th. There are 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to:
J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657.
Please run the ad_____ times.
Here's my classified ad:

Weekly SUDOKU

Answer

9	8	3	4	6	2	7	1	5
1	6	7	9	3	5	4	8	2
5	4	2	1	7	8	6	3	9
7	1	5	8	9	4	2	6	3
2	9	4	3	1	6	5	7	8
6	3	8	2	5	7	9	4	1
4	5	9	6	8	3	1	2	7
3	7	6	5	2	1	8	9	4
8	2	1	7	4	9	3	5	6

Horoscope

Salome's Stars

ARIES (March 21 to April 19) A relationship with a family member needs attention. Try to be less demanding and more accommodating. A kind approach encourages openness and honesty.

TAURUS (April 20 to May 20) Sometimes Cupid doesn't score a perfect bull's-eye for romantic Bovines. But don't give up; he's got another arrow pointed in your direction, and this time, he won't miss.

GEMINI (May 21 to June 20) Being cool is still the right way to handle a heated situation. Deal with things as they occur. Agitating over problems that might not happen just drains your energy. Be positive!

CANCER (June 21 to July 22) This is a good time to restart those workplace projects that you've put off for too long. Then make plans to spark up your love life with a romantic weekend getaway.

LEO (July 23 to August 22) A jealous co-worker might try to goad you into losing your temper. But instead of reacting with an angry roar, just purr happily away as if nothing is bothering you.

VIRGO (August 23 to September 22) Resist the impulse to confide in people you don't know too well. What you said in confidence could soon come back to haunt you. Be very careful.

LIBRA (September 23 to October 22) A family member calls from a far-off place to give you some startling information. What you do with this news could lead to some changes in your life.

SCORPIO (October 23 to November 21) You're beginning to feel more confident about making decisions than you have for some time. But you still need to know the facts before making a move.

SAGITTARIUS (November 22 to December 21) Some surprises this week are fun, while some are upsetting. Enjoy the fun and handle the rest by getting all the facts before deciding how to react.

CAPRICORN (December 22 to January 19) Your belief in traditional values might be tested by a loved one's startling revelation. Expect to do some deep soul-searching before finding your answer.

AQUARIUS (January 20 to February 18) You usually prefer to let unpleasant things work themselves out, but this time, you might want to confront the situation and take action to deal with it.

PISCES (February 19 to March 20) You will soon mark an important milestone in your life. The event will reunite you with people from your past, including someone you thought you'd never see again.

BORN THIS WEEK: You have a natural gift for inspiring people to come together and create wonderful, loving friendships.

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Weekly SUDOKU

by Linda Thistle

	5		9			1		
		8		2			7	
7			3		6			4
	4			5		8		
		5	6				9	
3					8			7
		6	8					5
2				3			6	
	1				4	3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

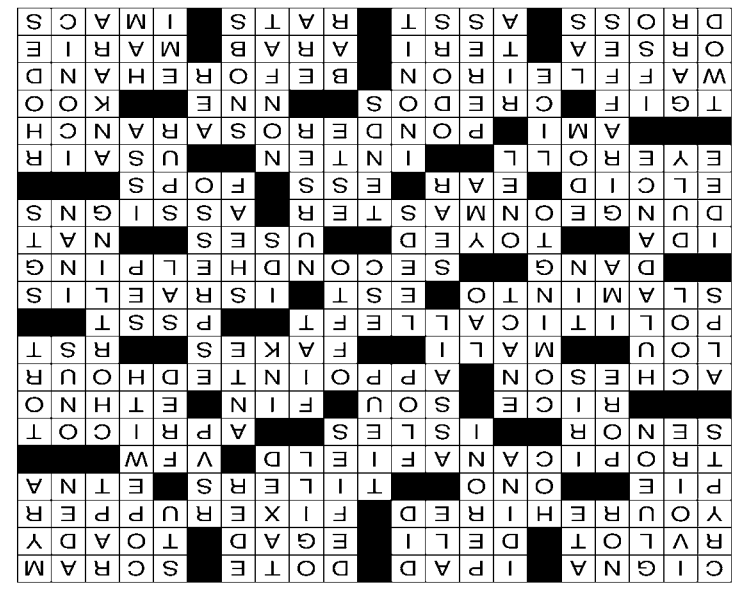
DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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Super Crossword

Answers



founded 1893

Central Savings

Serving the Community for over 131 Years

Central Savings Rated
"Outstanding" for Community Reinvestment!

An "Outstanding" CRA rating is achieved by fewer than 10% of banks in the nation.

1 Year Jumbo CD
4.50% *APY

$100,000 Minimum Balance

***Annual Percentage Yield (APY) is effective as of 9/25/2024 and may change at any time.
There may be a substantial penalty for early withdrawal, which may also reduce earnings.
$100,000 minimum deposit required to open account.**

Multi-Family (Apartment) Loans
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Up to $4 Million
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