



**BACK TO SCHOOL
IN CHICAGO
FEWER THAN 1 IN 3
STUDENTS READ AT
GRADE LEVEL**



Students are returning to Chicago Public Schools and many will return to see empty seats around them. But for the hundreds of thousands of students enrolled in Chicago’s schools, there is a lot of room for improvement in the new school year. The most recent test scores for Chicago Public Schools show fewer than 1-in-3 students could read at grade level. Fewer than 1-5 could do math at grade level. Each year the district gets more money to educate fewer and proficiency is still far behind where it should be compared to spending. The newest data shows 41% of students were chronically absent in CPS. Absenteeism has continued to hover well above the pre-pandemic rate of 24% in 2019. Chicago schools continue to struggle to engage students, especially low-income and minority students. High absenteeism is a warning sign for students, as research suggests frequent absences from school put students at a high

risk of poor outcomes, such as dropping out of school and lower academic achievement. The data is worse for minority and low-income students in CPS. **Chicago Public Schools suffers high chronic absenteeism** Black, Hispanic and low-income students continue to record even higher rates of chronic absenteeism. In 2024, 46.2% of Black students, 42.5% of Hispanic students and 44.9% of low income students were chronically absent. That doesn’t go very well for the 2-in-5 students who were chronically absent during the school year, up from the 1-4 in the last full school year before the pandemic. The statistics are troubling for many Chicago students. The condition of the district should be a concern. District leaders must do more to address the low rates of academic proficiency, high rate of absenteeism and other critical issues facing the district’s public schools.

**CHICAGO ALDERMAN’S
\$120K PENSION SHOWS
WHY CITY FUND IS BROKEN**



After 30 years on the City Council, former Ald. Walter Burnett’s retirement pay will be \$120,608. If he gets the job as CEO of the Chicago Housing Authority, he can retire again in three years with a pension paying him \$209,976. All that from one of the nation’s worst-funded public pension systems. Historically, the Municipal Employees’ Annuity and Benefit Fund of Chicago has been the second worst locally funded pension in the nation, ranking just above Chicago Fire and just under Chicago Police. Experts warn public pension with

less than 60% of what they have promised beneficiaries are deeply troubled and less than 40% are beyond the point of no return. Chicago’s city worker pension at 25.7% funding is far past the point of no return and headed for insolvency. It’s not because taxpayers aren’t paying their fair share. Despite Illinoisans paying the highest effective property tax rates in the nation, and Cook County seeing some of the highest tax rates nationwide driven almost exclusively by pensions, a few high earning pensioners continue to drive up costs. Burnett retired July

31 with a city council pension of \$120,608 a year. He was paid \$145,974 in his last full year as an alderman and accepted a raise for 2025 that pushed his salary to \$152,016. His pension checks will grow each year with inflation. His case underscores the costly and unsustainable nature of Chicago’s municipal pensions. The whole system suffers for the sake of a few at the top. Compared to the \$120,000 to \$230,000 pension Burnett could receive, the average city retiree will receive \$47,532 annually from the system.

The average salary in the Chicago area is \$71,600. Retirement is also a lot less generous, with the average Social Security payout at \$22,344 a year. This difference is possible because aldermen receive a more generous pension formula than most city workers. They can collect up to 80% of their final salary after just 20 years, compared to the 30 years other employees need to reach their maximum benefit. Projections shows the fund will not reach 50% funding until 2048, and only hit 90% by 2058.

Editorial & Opinions

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Moments
in time

THE HISTORY CHANNEL

- On Sept. 8, 2012, a pair of Elvis Presley’s undershorts, which had been framed under glass, failed to sell at a British auction, though they’d been optimistically expected to go for more than \$10,000.
- On Sept. 9, 1942, a Japanese seaplane dropped incendiary bombs near

MONDAY SEPTEMBER 1ST

HAPPY
LABOR DAY

SUNDAY SEPTEMBER 7th

National
GRANDPARENTS
DAY



THURSDAY SEPTEMBER 11TH

PATRIOT DAY
WE WILL NEVER FORGET

WEDNESDAY SEPTEMBER 17th

CONSTITUTION
DAY 17 SEPTEMBER



Brookings, Oregon, in the first such attack on the U.S. mainland. The bombs were intended to start a forest fire, but fortunately caused little damage, due to wet conditions. Twenty years later, the pilot, Nobuo Fujita, visited Brookings in a gesture of reconciliation and friendship.

• On Sept. 10, 1920, F. Scott Fitzgerald published his first short story collection, “Flappers and Philosophers.” In a copy he sent to editor and critic H.L. Mencken, Fitzgerald labeled four of the stories “worth reading,” one “amusing” and the remaining three “trash.”

• On Sept. 11, 1841, American portrait painter John Goffe Rand received a patent for the first collapsible tin paint tube. Until then, artists had to mix their own oil paints, storing leftover supplies in animal bladders tied with string. French artist Pierre- Auguste Renoir later declared that “without paints in tubes there would have been no Cézanne, no


Monet, no Sisley or Pissarro, nothing of ... Impressionism.”

• On Sept. 12, 1972, cowboy actor William Boyd, best known for his role as Hopalong Cassidy, died at the age of 77. He was the first cowboy actor to make the transition from movies to television, after more than 50 successful B-grade Westerns in which he was accompanied by his faithful and exceptionally intelligent horse, Topper.

• On Sept. 13, 1940, Benito Mussolini’s forces crossed the Libyan border into Egypt, achieving what “Il Duce” described as the glory Italy had been seeking for 300 years.

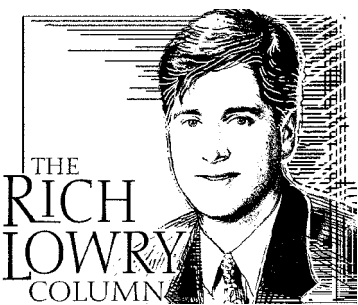
• On Sept. 14, 1975, Elizabeth Ann Seton (née Bayley), who was raised Episcopalian but later converted to Catholicism after being left a widow with five children, was canonized by Pope Paul VI at the Vatican in Rome, becoming one of the first Americanborn Catholic saints.

Americanisms



“The greatest moments in life are not concerned with selfish achievements, but rather in the things we do for people.”
— Walt Disney

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Trump is wrong about mail-in voting

President Trump is threatening to wage war on mail-in ballots, and the GOP has to hope he thinks again before the 2026 midterms.

In a Truth Social post, Trump said he is “going to lead a movement to get rid of MAIL-IN BALLOTS;” and he’ll start off with “an EXECUTIVE ORDER to help bring HONESTY to the 2026 midterm elections.”

Trump likes the idea of in-person, same-day voting, which has much to recommend it, but mail-in and early voting are so ingrained and widespread that they aren’t going anywhere.

Most Republicans have concluded that there’s no alternative to making use of these modes of voting, and, crucially, they managed — most of the time — to get Trump on board in 2024. This aided the Republican get-out-the-vote operation in a close election.

Clearly, though, Trump believes that mail-in voting is a Democratic plot, and he also hates contemporary voting machines.

Old-school paper ballots don’t guarantee honesty, however. In an infamous instance of voter fraud, allies of Lyndon Johnson stuffed Box 13 with enough ballots to put him over the top in the very narrow 1948 Democratic Senate primary in Texas. Today’s voting machines, moreover, were a reaction to the Florida fiasco in 2000, when punch-card ballots had to be painstakingly examined by hand with a presidential election at stake.

The fact is that vote-by-mail has been steadily growing since the 1980s, and it needn’t favor one side or the other.

In Florida, Republicans long made it a priority to maximize mail voting.

A study by the academic Andrew Hall of pre-COVID-19 voting patterns in California, Utah and Washington found a negligible partisan effect as those states rolled out vote-by-mail systems. Overall, turnout went up

only very slightly, and “the Democratic share of turnout did not increase appreciably.”

Mail-in voting didn’t change who was voting but how they did it — encouraging, as you might expect, voting by mail rather than in-person. Vote by mail did have a strong partisan tilt in the COVID-19 election of 2020, in part because Trump inveighed against it.

Last year, Republicans made a concerted effort to make up ground and succeeded. They went from 24% of the mail-in vote in the must-win swing state of Pennsylvania in 2020 to 33% in 2024, and they outpaced Democrats in mail-in balloting in Arizona.

The advantage to a party of getting people to vote early — whether in person or by mail — is that it takes high-propensity voters off the table. Then, a turnout operation can focus on getting lower-propensity voters to the polls. If no one votes until Election Day, party operatives waste time and money right up to the cusp of the election, contacting people who are going to vote no matter what.

None of this is to say that all mail-in voting is equal. So-called universal mail-in voting, or automatically sending a ballot to every registered voter and scattering live ballots around a state, is a bad practice.

The rules should be more stringent. Georgia gets this right. You have to ask for an absentee ballot and provide your driver’s license number or a copy of another form of valid ID. Ballots have to be requested at least 11 days before the election and must be returned by Election Day. The outer “oath” envelope has to be properly completed or the ballot is subject to being rejected, although the county elections office will provide the voter a chance to “cure” the envelope.

It’s also important to count early and mail-in ballots quickly, something that too many states fail to do, with California — as usual — the worst offender.

States should be expected to abide by whatever rules have been set prior to an election, rather than changing them on the fly, and they should ensure that voter rolls are regularly cleaned up.

Regardless, the real question about vote-by-mail isn’t whether it is staying or going, but whether Republicans, too, will take advantage of it.

Rich Lowry is editor of the National Review.

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VETERANS
★ POST ★

by Freddy Groves

Avoiding foreclosure

Veterans who are in danger of losing their homes to foreclosure have just been given protection with the VA Home Loan Program Reform Act. Just passed, the act offers help just as the previous program, Veterans Affairs Servicing Purchase (VASP), expires.

The old VASP program helped veterans by purchasing their VA home loans and changing them to incorporate more manageable repayment terms. This typically meant stretching the repayment period out to 40 years and lowering the interest rate.

The new Partial Claim Program will involve the VA taking out a lien (a claim) on the home and paying off part of the overdue mortgage, thus canceling the foreclosure and bringing the loan current. The veteran doesn't have to pay back that money until either the home is refinanced or it's sold. In other words, the past due amount will be put at the end of the loan with no interest. The program will run for five years and any help given cannot exceed 25-30% of the unpaid principal, depending on when that default occurred. Victims of a declared disaster (and unable to make payments because of that) can qualify for assistance.

That's good stuff.

Not needing to pay the money back immediately, and not having it rolled into what they currently pay, will give veterans the breathing room they need to reduce their financial outgo over the long term — and keep their homes.

If you're a veteran in a bad situation (and have missed three mortgage payments) that could end with the foreclosure on your home, there are steps you can take now: Call either the VA regional office nearest you, or the VA home loan guaranty department (877-827-3702) or your lender to see if you qualify under the new Partial Claims Program.

If you're struggling right now and have fallen behind in making your mortgage payment, don't delay in finding out if you qualify for help. You won't be alone; they're expecting to assist 70,000 veterans to keep their homes.

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Strange
BUT TRUE

By Lucie Winborne

- Steve Jobs would eat the same fruit or vegetable for weeks on end, and believed that binging nothing but apples or carrots reduced his body odor to the extent that he would need to shower just once a week.
 - Earth is the only planet in the solar system with rainbows.
 - In 2020, researchers at Ohio State University found that smokers with better math skills were more likely to quit smoking, as they retained more of the risk statistics associated with the habit.
 - A heatwave can make train tracks bend.
 - “Mamihlapinatapai,” from the Yaghan language of Tierra del Fuego and defined as “a look shared by two people, each wishing that the other would initiate something that they both desire but which neither wants to begin,” was recognized in the 1994 Guinness Book of World Records as the world's most succinct word.
 - Until 1911, the MLB had a rule stating that if an umpire was “unable to see whether a catch has been fairly made or not,” he was free to appeal to the game's spectators for a judgment.
 - Silk is stronger than steel.
 - If you want to listen to a song called “Chosen Priest and the Apostle of Infinite Space” by Bull of Heaven, you'll need to reserve two months for the experience.
 - Coconuts, in different forms, are antiviral, antifungal, antibacterial and antiparasitic.
 - The eyes on Michelangelo's statue of David look in different directions. Why is debatable, but some scholars believe the artist wanted to ensure the shepherd's gaze was as impactful as possible from either side.
- ***

Thought for the Day: “There are three kinds of men. The one that learns by reading. The few who learn by observation. The rest of them have to pee on the electric fence for themselves.” — Will Rogers

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SENIOR
NEWS LINE

by Matilda Charles

Save money at the Habitat ReStore

It's that time of year again. Summer is fading and it's time to start thinking about what cold weather might bring. As well as revisiting the parts of the to-do list that didn't get completed during the summer.

In my house that incomplete portion of my list includes painting the stairs before management notices the peeling and issues a fine and having a new window installed in the living room.

The reasons for not having done those things yet are the price of a can of paint (\$42 for a gallon when I need less than a quart) and over \$500 for the window, installation not included.

Do you see a pattern here?

And yes, it's the price of nearly everything nowadays that keeps so many of us from taking care of things like we should.

However, I've just learned of a way to get at least a few things on my list: The Habitat for Humanity ReStore. They have 900 locations across the country, and one of those just happens to be near me.

Started in 1976, Habitat for Humanity is the group that will build homes around the world that are then sold for affordable amounts to low and moderate income families, improve and repair houses for seniors so they can stay in their homes, provide disaster response, and much more.

Their Habitat ReStores are loaded with good quality used merchandise that they take in with donations. It not only keeps household items out of the landfills, but it allows people to buy those items at very reduced prices. They carry used furniture, building materials, appliances, housewares and so much more, some of it donated by corporations.

To find locations near you, go online to www.habitat.org, click “Shop” and then click “Habitat ReStores.” Put in your ZIP code.

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KOVELS® Antiques
By Terry and Kim Kovel & Collecting

Writing Antiques

Every antique tells a story. It's often one of change, sometimes over a relatively small amount of time. Look at the simple act of writing. Most of us probably have several ballpoint pens scattered throughout a desk — and most of our writing, whether it's a professional project, a school paper or just filling out a form, is done on the computer anyway.

It's only about a century ago — not that much time, in the world of antiques — that you had to dip a nib pen into an inkwell to sign your name. Fountain pens, which use ink cartridges, were invented about 1880, but inkwells remained in use into the 20th century. They were often decorative and could be luxury items, made of precious metals, fine porcelain or cut glass. They could also be novelties, like this one, shaped like an early car and made of an inexpensive metal like pewter or spelter, which sold for \$82 at an auction by Morford's Antique Advertising Auctions at antiqueadvertising.com.

It would have been a useful and stylish item when it was made in the 1910s or 1920s, possibly a status symbol for the proud owner of a Model T. Now, it captures a moment in time when writing was done with a dip pen, instead of a cheap ballpoint or a computer screen, and cars were a new advance in technology instead of something in everyone's driveway.

Q: I bought an old king-size canopy bed, but I don't know which era it is from. Can you please assist me?

A: Canopy beds were popular from the late 1700s to the early 1800s (often called the Federal period in American furniture), and again in the Colonial Revival of the 1930s. The easiest way to determine the era of an antique bed is to measure it. American bed sizes were standardized by the 1920s. A king-size bed is 76 inches wide by 80 inches long. If that is your bed's size, it was probably made in the 20th century. Beds made before 1900



When's the last time you saw a car like this on the road or needed an inkwell to write? Antiques can remind us of how much and how quickly styles and technology change.

are usually shorter and narrower than standard sizes, so it can be difficult to find a mattress that fits an antique bed. Before the mid-1800s, mattresses were held in place with ropes, which had to be tightened periodically. A bed from this period will have holes, sometimes pegs, in the side rails for the ropes. Wooden slats to support the mattress were introduced by the mid-1800s.

TIP: Clean a glass inkwell carefully. The old ink may cover a crack. Wash in warm water with mild dishwashing liquid or soap, never dishwasher detergent. Don't use ammonia if the glass is decorated or iridescent.

CURRENT PRICES

Advertising, figurine, Ward's Riverside, owl, with tire, wearing cap and goggles, gold tone, round base, Buy Wise, chalkware, 5 inches, \$60.

Toy, truck, dump, red bed, battery-operated headlights, side decals, pressed steel, hard rubber tires, Buddy L, c. 1930, 21 inches, \$295.

Pottery, midcentury, pot, San Ildefonso Pueblo, blackware, Avanyu water serpent, signed, Maria + Santana, Maria Martinez, c. 1950, 6 1/2 inches, \$1,145.

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

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by Jo Ann Derson

- “Beautiful umbrella stands don't have to be limited to umbrellas. We keep sports equipment (bats, a lacrosse stick, yoga mat) in ours and it works just as well.” — T.J. in Kansas
- Make your own camping lamp: Strap a head lamp to a full gallon jug of water. It fills the tent with a soft light, and you can still drink the water!
- Use rubbing alcohol to clean window frames and trays. It evaporates quickly with no residue left behind.

- “If you have a retractable cord on your vacuum, try this trick. Clip a clothespin at the optimum length, and the cord will not retract past that point. So, no more snapping right out of the outlet, which used to happen to me.” — P.L. in Tennessee
- Coffee filters make wonderful glass cleaners. They leave behind no streaks and no residual lint.
- Old socks can be fit around the head of an old mop or Swiffer base. Spray with cleaner and clean away. When you are done, remove the sock and launder.

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info@stlukechicago.org

On Sunday, September 28 at 9:30 a.m. Saint Luke Church will celebrate a special service for the **blessing of animals.**

You are cordially invited to attend with your pet on a leash or in a traveling kennel for a special blessing

Health



Getting a COVID Booster Before a Cruise Is Prudent for Couple

DEAR DR. ROACH: My husband and I will be traveling to the United Kingdom in July and will be on a ship with about 700 passengers. We are wondering whether it would be smart (or unnecessary) to get a COVID booster before the trip. We are both in our late 60s and have had all the available COVID shots. (The last one we received was on Oct. 10, 2024.) I have mild asthma, and we both have BMIs of about 30 with no other health issues. There is so much information and misinformation on these vaccinations, so I would appreciate your educated opinion. — O.W.I.

ANSWER: In my opinion, it would be very smart to get a COVID shot before you go, ideally at least two weeks ahead but no more than three months ahead. The vaccine takes about two weeks to work and gives its best protection for about three months.

At the time of this writing, a new strain (NB.1.8.1) is rapidly spreading in other countries and in North America. It would be very prudent for you both to get the vaccine, especially given your risk factors of being over 65, being a little overweight, and (in your case) having mild asthma. You may very well be exposed on a cruise ship, which is where some of the earliest COVID cases came from.

In the United States, the Food and Drug Administration has recently set new requirements on who can get the vaccine, and they have done so without the input of experts — the basic scientists, clinicians and epidemiologists who should all be giving input on vaccine policies. In short, administrators have removed your doctor’s ability to decide whether you are appropriate for the vaccine.

Since you are over 65, you and your husband should still be able to get the

vaccine unless the FDA further restricts the ability to get vaccines. For others in similar situations, I recommend getting the vaccine while you still have this choice.

DR. ROACH WRITES: Quite a few readers asked me about a recent high-profile case of advanced prostate cancer — President Joe Biden — and how this could have happened.

I first answer with humility. I don’t know what the screening was like for President Biden. Although I have read reports that he was not being screened, I am not confident that I know enough to have an opinion on the appropriateness of the screening strategy used in his case.

Second, I answer from my knowledge on the biology of prostate cancer, which is that not all prostate cancers can be caught through screening. A PSA level can be low even with advanced cancer. Also, some prostate cancers can grow very quickly in between screenings. Both of these would be uncommon, however.

Screening does reduce the risk of death from prostate cancer but does not eliminate it. Prostate cancer death rates have decreased by about half in the U.S., partly from screening and partly due to improvements in medical, radiological and surgical treatment.

Third and most importantly, I answer with compassion. Looking backward is not helpful to the person who is facing a difficult diagnosis. I wish the best for President Biden and his family, and I am confident that he will get the best care available.

Examining the Common and Available Treatments for Gallstones

DEAR DR. ROACH: What advice do you have for the treatment of gallstones? — N.W

ANSWER: Gallstones are common (6% of men and 9% of women will get one over a lifetime) and are mostly composed of bile salts and cholesterol. The goal of treatment is to reduce symptoms and the risk of complications. Depending on the size and composition of a person’s gallstones, there are different therapies available.

The most common treatment for symptomatic gallstones is surgery. Surgery is highly effective, although there are complications such as bleeding, infection and leaks. About 10% of people will develop

diarrhea after surgery, which tends to get better over weeks to months but sometimes requires treatment with a bile-acid-binding drug like cholestyramine. Surgery is performed laparoscopically, which means faster healing times.

For people who are not good candidates for surgery (such as those with significant medical illnesses) or people who do not want surgery, there are other options. Medications given by mouth, such as ursodiol (Actigall), can dissolve gallstones, but this can take a long time, usually several years. People with smaller stones that are mostly made of cholesterol can be good candidates for this treatment. However, it is not 100% effective.

Another option is a tube placed into the gallbladder through the abdominal wall to drain bile, which is also sometimes done to remove stones, but I have seldom seen it done. Similarly, shock-wave treatment, which is commonly used for kidney stones, is rarely used but can be a reasonable option in people with only one or two stones.

DEAR DR. ROACH: I am a soon-to-be 84-year-old woman with a question about excessive hair shedding. I’ve always had very thick, good hair, and in fact, I get a lot of compliments on my beautiful hair. I get my hair cut every four to five weeks, and my hairdresser always thins my hair at each visit.

On my last visit, she asked me if I had been ill. While my hair was not coming out in clumps, she said it was shedding more than she has ever seen before with my hair. I, too, have noticed during the past month that there is more hair on my brush, shower drain and clothes. With my hair being so thick, I’ve always had some shedding that appears on my clothes, but nothing to this extent.

I’m not on any new medicines. What could be causing my hair to shed so much? This is the last thing I thought I would be a problem for me. Is it something serious? Can it be treated and reversed? I hate to think that I am about to lose the only good asset I have. — J.M.W.

ANSWER: The most common cause of hair loss I see in older women is female pattern hair loss, but your story sounds more like acute telogen effluvium, which means the loss of hair during the resting phase. This condition is sometimes but not always associated with a stressful event. There are other medical causes, but in a third of cases, no underlying cause can be identified.

The good news about telogen effluvi-um

is that the hair usually comes back, often around 6-12 months. However, I know how important hair can be to both men and women, so I always recommend a visit with a dermatologist, especially one who has expertise in hair disorders as they have additional tools to evaluate patients for other causes.

Understanding What Hyperbaric Oxygen Can Do for Hearing Loss

DEAR DR. ROACH: I was just diagnosed with sudden sensorineural hearing loss. They gave me a steroid injection into the ear and more steroids by mouth, but they say it’s up to me whether I want to try hyperbaric oxygen.

Do you have any opinion on it? How does breathing pure oxygen at 2 atmospheres help anything? Is there some underlying theory to explain why people do this? It seems to me all this accomplishes is that it raises my blood oxygen level from 97% to 100%. How can this help anything? — D.J.L.

ANSWER: Sudden sensorineural hearing loss is an uncommon condition. It can often be misdiagnosed, and since some people get better on their own, it is sometimes never diagnosed at all.

I suspect there isn’t one single cause in all cases as several causes have been proposed, including infections (especially viral), medications and recreational drugs, brain tumors, autoimmune diseases, head trauma, and associations with other diseases. But most cases have no clear underlying cause.

In addition to a careful exam, hearing tests and an MRI of the brain are generally recommended. Early treatment with steroids (either by injection, orally, or both) has been shown to enhance recovery.

In people with more severe hearing loss, hyperbaric oxygen has been shown to improve outcomes compared to steroids alone. It is thought that the high amount of oxygen delivered via the hyperbaric chamber may be able to deliver oxygen to areas of the cochlea that were damaged, but the mechanism of action isn’t completely clear.

The benefit of hyperbaric oxygen isn’t that it gets your red blood cells more oxygenated. You can’t do better than 100%,

and 97% is very close to 100%. With hyperbaric oxygen, the fluid of the blood itself carries much more oxygen, which is then dissolved in the plasma — not in the red blood cells. The oxygen in the fluid is 60 times higher with 3 atmospheres of oxygen compared to room air, which is enough to deliver oxygen to your tissues without red blood cells.

Carefully done, the risks of hyperbaric oxygen are small. The high pressure can cause pain and pressure in the ear and sinuses, which can be relieved by equalizing pressure through maneuvers that open the Eustachian tube (such as yawning or swallowing).

While I understand why physicians want to get your opinion on your treatment, it doesn’t sound like they gave you enough information to make an informed choice. In my opinion, they should have gone over the risks and benefits, then given you a clear recommendation.

DEAR DR. ROACH: In a recent column, you stated that the body works to keep blood pH levels steady. My urologist has recommended that I drink baking soda in water to alkalize my urine. Is it true that urine pH levels can be changed even though blood pH levels cannot? — C.T.

ANSWER: This is true. Your urologist is taking advantage of the fact that your kidneys will excrete the bicarbonate ion into your urine very quickly after you take it in by mouth. (Baking soda is sodium bicarbonate. We sometimes use potassium bicarbonate for this purpose, too.) Your blood pH will stay normal, but the urine pH will go up into the alkaline range.

Kidney stone specialists use this to reduce formation of uric acid stones. Potassium citrate also has the same effect on urine pH levels. With a higher urine pH (even just to 6.5 or 7), uric acid cannot form stones. Long-term treatment with urinary alkalization dramatically decreases stone formation.

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

Transferring Credit Card Debt

The share of credit card holders making just the minimum monthly payment is at a 12-year high. People are spending more on their cards but paying off less, increasing the amount of debt carried month to month and paying more in interest. And more people are late in paying their monthly card bill. The average rate was more than 21 percent compared with about 15 percent in 2019.

What’s the best way to pay down credit card debt?

There are two suggested self-help methods: First, sometimes called the “avalanche” method, saves the most on interest. It involves identifying the card with the highest interest and putting as much as you can toward paying off that balance first, while continuing to make minimum payment on your other cards. When the balance is paid off, move on to the card with the next highest balance, and so on. The

second method is called the “snowball” method, but starts with the card with the smallest balance. You pay that off, then move to the next largest balance. The idea is that paying off one account relatively quickly can encourage you to keep going.

If you have good credit, looking for a credit card offering a zero percent balance transfer may be an option if you think you can pay off the debt during the promotional period. Some available offers give consumers up to 21 months to

pay off the transferred balance with no interest. Typically, the offers require a fee of 3 to 5 percent of the balance transferred.

Another option, if you are a homeowner, is to borrow against the equity of your house — the difference between the home’s value and your mortgage. Many Americans have high home equity because housing values have risen. Rates on home equity loans and line of credit are typically far lower than rates on credit cards because they are secured by your house.

That means, however, that if you cannot pay back the debt, you may risk losing your home through foreclosure. So tapping home equity is advisable only if you’re confident you can repay the loan.

If you are struggling with repaying card debt, talk to a nonprofit credit counseling agency, which can help negotiate much lower rates on card debt in exchange for an agreement to pay if off over a period of several years.



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

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

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

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

<p>Lakeview Newspaper</p> <p>P.O. Box 388143 Chicago, IL 60638 Phone: (312) 493-0955 WWW.Lakeviewnewspaper.com Email: LKVVNEWS@aol.com "We don't make the news. We just report it. See our newspaper online and click through to our advertisers web sites.</p>	<p>Alderman Scott Waguespack 32nd Ward Office 2657 N. Clybourn Chicago, Illinois 773-248-1330 info@ward32.org www.ward32.org</p>	<p>PAULINA MARKET CUSTOMER APPRECIATION DAY SEPT. 6TH ESTABLISHED 1949 3501 N. LINCOLN AVENUE CHICAGO, IL 60657 (773) 248-6272 WWW.PAULINAMEATMARKET.COM</p>	<p>Army Navy Surplus U.S.A. 3100 N. Lincoln Ave • Chicago 773-348-8930 We Support Our Troops At Home And Abroad!</p>	<p>GREIN FUNERAL DIRECTORS 2114 West Irving Park Road Chicago, Illinois 60618 773-588-6336 Nicole S. Smith Funeral Director Complete range of funeral and cremation services. Independently owned and operated Established 1889</p>
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FAMILY FEATURES

From packing lunchboxes to after-school snacking and evening meals, school days can get hectic in the kitchen – in a hurry. Saving valuable time is of the essence for busy families looking to stave off hunger without sacrificing nutrition or flavor.

To help make delicious yet nutritious meals a reality all day long, consider these recipes for Shrimp Spaghetti at the family dinner table, Potato Pizza Puffs for fuel after school and Celery and Whipped Ricotta with Drizzled Honey and Dried Apricots, perfect for sending in a lunchbox or enjoying while finishing homework.

For recipes that fuel families throughout the school year and beyond, visit Culinary.net.

Save School Night Dinners

Don't sacrifice flavor on those hectic weeknights. Instead, turn to this Shrimp Spaghetti recipe that keeps dinnertime simple and delicious while saving precious time for homework and special moments as a family.

Find more quick dinner solutions at Culinary.net.

Shrimp Spaghetti

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6

- 1 pound spaghetti noodles
- 2 tablespoons butter
- 1/4 cup avocado oil
- 1 package (12 ounces) raw shrimp
- 2 tablespoons garlic powder, divided

- 1 teaspoon smoked paprika
- 1 cup chicken broth
- 1/2 cup grated Parmesan cheese
- 1/4 cup heavy cream
- 1 teaspoon onion powder
- 1 cup frozen or fresh spinach bread, for serving

Cook spaghetti noodles according to package instructions.
In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.



A Savory, Satisfying After-School Snack

When the school day ends, quick and nutritious snacks can help keep your kids fueled and focused to tackle homework and after-school activities. These Potato Pizza Puffs – a fusion of classic pizza flavors in a convenient, flaky vessel – are baked to golden perfection and served alongside a tangy marinara sauce that easily elevates the snacking experience to new heights.
Powered by energy-packed potatoes, which are an excellent source of vitamin C and have more potassium than a banana, these puffs are a surefire hit for pizza lovers everywhere. Plus, potatoes are naturally fat-free, cholesterol-free and sodium-free with only 110 calories per 5.3-ounce serving, meaning you can feel good about serving them to your kids as part of every meal of the day.
Find more recipes for the school year ahead at EatWisconsinPotatoes.com.

Potato Pizza Puffs

Recipe courtesy of Potatoes USA
Prep time: 10 minutes
Cook time: 8 minutes
Servings: 12

- 1 medium (5.3 ounces) Wisconsin russet potato
- 2 cups cold water
- 3 whole garlic cloves, crushed (optional)
- 1 sheet frozen puff pastry dough
- nonstick cooking spray
- 1/2 cup Parmesan cheese, grated
- 1 1/2 cups mozzarella cheese
- 1/2 cup pepperoni
- 1 tablespoon Italian seasoning
- 1 cup marinara sauce

Wash and scrub potato thoroughly. Pat dry and thinly slice into 1/8-inch rounds.
Place sliced potatoes in saucepan and cover with cold water. Add crushed garlic cloves to the water, if desired.
Parboil potatoes 5 minutes until slightly tender.
Thaw puff pastry and roll out slightly with rolling pin. Cut into 12 equal strips.
On foil-lined tray generously sprayed with nonstick cooking spray, sprinkle with Parmesan and Italian seasoning then shingle 3-4 par-cooked potato slices with 3-4 pepperoni slices. Top slices with mozzarella followed by puff pastry strip. Push edges of pastry down onto foil to slightly "seal" puffs, keeping contents within pastry.
In air fryer set at 400 F, bake 7-8 minutes.
Wait for cheese to cool before removing puffs from tray. Gently peel potato pizza puffs off foil. Serve with marinara sauce.

Add This Nutritious Snack to Lunchboxes and After-School Menus

All that homework and those draining school sports practices sometimes require a little boost of energy from a fresh, delicious snack. To keep your little ones (or big ones) going, try Celery and Whipped Ricotta with Drizzled Honey and Dried Apricots for a quick bite that's equal parts filling and nutritious.

Packed with flavor and low in calories, celery is a smart choice for snacking in the afternoon or taking to school in a lunchbox. It's made up of 95% water and is naturally hydrating and high in fiber to keep students feeling full and refreshed.

Available year-round, Dandy Celery from Duda Farm Fresh Foods is a perfect solution as it redefines what celery can be – crispier, sweeter and less stringy – through a legacy of quality, innovation and consistency in celery cultivation since 1926.

Visit DudaFresh.com to find more quick and easy solutions for after-school snacking and meals throughout busy school days.

Celery and Whipped Ricotta with Drizzled Honey and Dried Apricots

Prep time: 5 minutes
Servings: 1

- Dandy Celery sticks (4-5 inches)
- 2 tablespoons whipped ricotta cheese
- 6-7 dried apricot slices
- 1 tablespoon honey

Using piping bag or freezer bag with one corner removed, fill celery sticks with ricotta cheese.
Place dried apricot slices evenly across top of spread. Drizzle honey on top.
Chill until ready to serve.



Comfort foods

Made fast and healthy



by Healthy Exchanges

Creole Shrimp Gumbo

Tomatoes are at their all-time peak in late summer. Don't let this "love apple season" pass by without trying this succulent gumbo, especially created with that juicy red tomato in mind!

1 cup chopped onion
2 cups peeled and chopped fresh tomatoes
2 teaspoons chili seasoning
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
1/8 teaspoon black pepper
1/2 cups reduced-sodium tomato juice
3 tablespoons all-purpose flour
1 (6-ounce) package frozen cleaned shrimp, thawed
1 cup chopped fresh okra or frozen cut green beans
1/2 cups cooked spaghetti, rinsed and drained

1. In a medium saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes. Stir in tomatoes, chili seasoning, parsley flakes and black pepper. In a covered jar, combine tomato juice and flour. Shake well to blend.
2. Pour tomato-juice mixture into tomato mixture. Add shrimp and okra. Mix well to combine. Bring mixture to a boil, stirring often. Stir in spaghetti. Lower heat and simmer for 6 to 8 minutes or until mixture is heated through, stirring often. Makes 4 (1 cup) servings.
• Each serving equals: 205 calories, 1g fat, 15g protein, 32g carb., 281mg sodium, 5g fiber; Diabetic Exchanges: 3 Vegetable, 1 1/2 Meat, 1 Starch.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Grilled Southwestern Chicken Bundles

You don't have to sleep in a tent in the woods to enjoy a campfire cook-out. Just gather everyone in the backyard with plenty of blankets to sit on, a telescope to watch the falling stars and a table filled with tasty "outdoor" foods. This main dish just might be the "star" of the menu!

16 ounces skinned and boned chicken breast, cut into 4 pieces
1 cup chopped green bell pepper
1 cup chopped red bell pepper
1 cup chopped onion
2 cups frozen whole-kernel corn, thawed
1/2 cup fat-free Catalina dressing
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
1/2 teaspoons chili seasoning

1. Cut 4 (24-inch) pieces of heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Arrange 1 chicken piece in center of each. In a medium bowl, combine green pepper, red pepper and onion. Spoon 3/4 cup vegetable mixture over each chicken piece. Sprinkle 1/2 cup corn over top of each.
2. In small bowl, combine dressing, parsley and chili seasoning. Drizzle about 2 tablespoons dressing mixture over top of each bundle. Wrap and double seal each. Place packets over grill at medium heat. Grill for 18 to 20 minutes, turning occasionally. Makes 4 servings.
• Each serving equals: 270 calories, 3g fat, 26g protein, 35g carb., 431mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

Good Housekeeping

Chili Steak With Hawaiian Rice

This 20-minute meal is full of flavor, but low on effort. Save leftover cooked white rice for quick week-night meals like this.

1/2 pounds skirt steak
2 teaspoons chili powder
1/2 teaspoons grated lime peel
1/2 teaspoon salt
2 cups fresh pineapple, chopped
1 cup packed fresh cilantro leaves, finely chopped
3 cups cooked white rice

1. Heat outdoor grill on medium-high.
2. Rub skirt steak with chili powder, lime peel and salt. Grill 3 to 4 minutes per side or until desired doneness.
3. Transfer to a cutting board and let stand 5 minutes. Meanwhile, toss pineapple with the cilantro leaves and white rice.
4. Thinly slice the steak and serve with rice. Garnish with lime wedges. Serves 4.
• Each serving: About 500 calories, 19g fat (7g saturated), 42g protein, 45g carbohydrate, 2g fiber, 430mg sodium.

Good Housekeeping

Jazzed-Up Grilled Chicken

Succulent grilled chicken gets amped-up with an array of summer produce, like juicy nectarines, crisp cucumber and sweet fresh corn.

1 tablespoon white wine vinegar
3 tablespoons olive oil
Kosher salt
Pepper
2 ripe nectarines or peaches
1/2 small red onion
4 boneless, skinless chicken breasts
1 small Kirby cucumber
1/2 cup fresh corn kernels
1/2 cup roughly chopped fresh basil

1. Heat grill to medium-high. Clean and lightly oil the grill.
2. In a medium bowl, whisk together the vinegar, 2 tablespoons oil, and 1/4 teaspoon each salt and pepper. Add the nectarines and onion and toss to combine; set aside.
3. Rub the chicken with the remaining tablespoon oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper, and grill until cooked through or the internal temperature reaches 165 F, 4 to 6 minutes per side. Transfer to a platter.
4. Using a vegetable peeler, cut the cucumber into long, thin strips. Fold the cucumber, corn and basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Caramelized Onion and Goat Cheese Panini

Don't reserve the grill just for dinner. Assemble these delicious appetizer paninis and make them hot and crunchy on the grill.

2 tablespoons olive oil
2 (1 pound each) sweet onions, thinly sliced
Salt and pepper
1/2 teaspoon chopped fresh thyme leaves
8 (1/2-inch thick) center slices country-style bread
4 ounces soft, fresh goat cheese

1. In nonstick 12-inch skillet, heat oil on medium for one minute. Stir in onions, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper; cover and cook 15 minutes or until very soft, stirring occasionally. Uncover and cook 15 to 25 minutes longer or until onions are golden brown, stirring frequently. Stir in thyme; remove pan from heat.
2. Prepare outdoor grill for direct grilling on medium.
3. Meanwhile, assemble panini: Place 4 slices bread on work surface. Spread one-fourth of goat cheese on each slice and top with one-fourth of onion mixture. Top with remaining bread slices.
4. Place 2 panini on hot grill grate. Place heavy skillet (preferably cast iron) on top of panini, press down, and cook 7 to 8 minutes or until bread is toasted and browned on both sides, turning over once. Repeat with remaining two panini. Cut in halves or quarters to serve. Makes 8 appetizer servings.
• Each serving: About 190 calories, 8g total fat (3g saturated), 7mg cholesterol, 375mg sodium, 24g total carbohydrate, 3g dietary fiber, 7g protein.

Good Housekeeping

Grilled Chicken With Nectarines

Sweet stone fruit and fresh basil make for a light and summery main when spooned over simple grilled chicken.

2 tablespoons white wine vinegar
1/4 cup olive oil
2 teaspoons olive oil
Kosher salt
Pepper
2 ripe nectarines or peaches
1/2 small red onion
1/2 cup chopped fresh basil
4 boneless, skinless chicken breasts

1. Heat grill to medium-high. Clean the grill and lightly oil. In a medium bowl, whisk together the white wine vinegar, 1/4 cup olive oil and 1/4 teaspoon each salt and pepper. Add the nectarines and red onion and toss to combine; set aside.
2. Rub the chicken with the remaining 2 teaspoons oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper and grill until cooked through or an instant-read thermometer inserted into the thickest part of the breast registers 165 F, 4 to 6 minutes per side.
3. Fold the basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Mock Lemon Meringue Pie

3 large lemons
3/4 cup sugar
6 tablespoons (3/4 stick) margarine or butter
2 teaspoons cornstarch
4 large egg yolks
1 (6-ounce) ready-to-use butter-flavor piecrust
1 package vanilla instant pudding and pie filling for 4 servings
1/2 cup milk
1 container (8-ounce) frozen whipped topping, thawed

1. Grate peel from 1 lemon. Squeeze enough juice from lemons to equal 1/2 cup.
2. In 1-quart saucepan over medium-low heat, heat sugar, margarine or butter, cornstarch, lemon peel and lemon juice until smooth and margarine or butter melts.
3. In small bowl, with wire whisk or fork, beat egg yolks slightly. Into yolks, beat small amount of warm lemon mixture; stir egg mixture back into lemon mixture in saucepan. Reduce heat to low; cook, stirring constantly, until mixture thickens, 5 to 10 minutes.

4. Pour lemon mixture into bowl; cover surface with plastic wrap and refrigerate 3 hours or until well-chilled.
5. Spread 1/2 cup chilled lemon mixture in piecrust. In medium bowl, with wire whisk, beat pudding, milk and remaining lemon mixture until blended. Fold half of whipped topping into lemon filling; spoon into crust.
6. Spoon remaining whipped topping over pie, swirling with back of spoon to make attractive top. Chill pie at least 1 hour. Serves 10.
• Each serving: About 350 calories, 19g total fat, 87mg cholesterol, 355mg sodium.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Banana-Raspberry Custard Treats

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Shooting on Lawrence Avenue and Kedzie Avenue.

Shooting on the 2900 block of North Lawn-dale Avenue.

Shooting on the 2900 block of North Sawyer Avenue.

Burglary on the 4100 block of North Clare-mont Avenue.

Shooting on West School Street and North Whipple Street.

Burglary on the 4600 block of North Paulina Street.

Theft on the 3600 block of Touhy Avenue.

Robbery on the 1500 block of West Rose-mont Avenue.

Robbery of the 4300 block of West Hazel Street.

Theft on the on the 3400 block of North Clark Street.

Theft on the 1600 block of North Jarvis Avenue.

Theft on the 5400 block of North Ken-more Avenue.

Burglary on the 2600 block of North Western Avenue.

Assault on the 7300 block of North Damen Avenue.

Theft on the 1700 block of West Howard Street.

Theft on the 5900 block of North Washt-enaw Avenue.

Theft on the 6700 block of North Bosworth Avenue.

Shooting on the 2200 block of West Division Street.

Shooting on Lawrence Avenue and Kedzie Avenue.

Shooting on the 2300 block of West Le Moyne Street.

Shooting on the 2200 block of West Division Street.

Shooting on West Crystal Street and North Wolcott Avenue.

Shooting on the 2200 block of West Division Street.

Burglary on the 3400 block of West Potomac Avenue.

Shooting on the 2900 block of North Lawn-dale Avenue.

Vandalism on the 3400 block of North Southport Avenue.

Theft on the 2600 block of North Elston Avenue.

Theft on the 800 block of Irving Park Road.

Assault on the 3900 block of North Ashland Avenue.

Burglary on the 3500 of West George Street.

Theft on the 5400 block of North Sheri-dan Road.

Theft on the 1600 block of West Division Street.

Theft on the 700 block of West Cornelia Ave-nue.

Theft on the 3800 block of North Lincoln Avenue.

Theft on the 5100 block of North Simonds Drive.

Theft on the 5200 block of North Clark Street.

Theft on the 800 block of West Addison Street.

Assault on the 5100 block of North Ken-more Avenue.

Theft on the 1100 block of West Wilson Avenue.

Assault on the 4300 block of North Sheri-dan Road.

Theft on the 3100 block of North Clark Street.

Theft on the 800 block of Irving Park Road.

Burglary on the 1100 block of North Lake Shore Drive.

Robbery on the 800 block of North Milwau-kee Avenue.

Burglary on the 700 block of West Belmont Avenue.

Theft on the 2600 block of North Cannon Drive.

Theft on the 2800 block of North Ashland Avenue.

Vandalism on the 4300 block of North Kedvale Avenue.

Assault on the 1000 block of North Thorn-dale Avenue.

Theft on the 3700 block of North Broadway.

Burglary on the 1900 block of North Loyola Avenue.

Vandalism on the 2700 block of West Giddings Street.

Vandalism on the 5200 block of North Sheridan Road.

Assault on the 2900 block of North Milwau-kee Avenue.

Burglary on the 4600 block of North Paulina Street.

Assault on the 4300 block of North Sheri-dan Road.

Assault on the 2700 block of West Foster Avenue.

Theft on the 800 block of Irving Park Road.

Theft on the 3199 block of North Clark Street.

Theft on the 1000 block of West Belden Avenue.

Vandalism on the 3400 block of North Southport Avenue..

Theft on the 2100 block of west Peterson Avenue.

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GOV. J.B. PRITZKER TOOK 12 OUT-OF-STATE TRIPS IN 12 MONTHS

Pritzker has announced his re-election bid for a third term as governor, but he’s also opened up about his interest in a White House run. From May 2024 to May 2025, Pritzker traveled out-of-state 12 times. He made 12 trips out of Illinois, four were inter-national visits to Cana-da, Mexico, France and Japan. In Pritzker’s re-elec-tion video he says, “We don’t just talk about problems. In Illinois, we solve them” But how has he been solving Illinois’ problems, and how would he continue to do so if national ambi-tions take center state in a third term? While Pritzker has

been globetrotting, Il-linois has seen slug-gish economic growth, rising unemployment and a heavy reliance on government hiring while private sector jobs decline. His poll numbers are in the negative for the

first time, and Illinois-voters said their big-gest dissatisfaction is high taxes. Pritzker is responsible for 49 tax and fee hikes that have taken nearly \$5,000 more from each family of four.



What’s Hot In Hollywood & Gardening

HOLLYWOOD — America’s sweetheart **Julia Roberts**, 57, wife of cinematographer **Daniel Moder** and mother of 21-year-old twins as well as an 18-year-old son, can still find time to make a movie or two. In July 2024, she began shooting the thriller “After the Hunt” with **Ayo Edebri**, **Andrew Garfield** and **Chloe Sevigny**. Roberts plays a college professor grappling with her past amidst another professor’s scandal. It opens on Oct. 10.

Her second film, also a thriller called “Panic Carefully,” is with **Eddie Redmayne**, **Elizabeth Olsen**, **Brian Tyree Henry**, and **Ben Chaplin**. It began shooting in January but is still waiting on a release date.

Tom Cruise’s “Mission: Impossible — The Final Reckoning” was a disappointing finish for his “Mission: Impossible” franchise, with only \$592 million grosses after a \$400 million cost. The most successful film of the franchise was the fifth installment, “Mission: Impossible — Rogue Nation” (2015), which cost \$150 million and grossed \$710.9 million.

With “Mission” now completed, Cruise’s new mission is starring in four-time Oscar-winning director **Alejandro Gonzalez Inarritu’s** black comedy, which is tentatively titled “Judy.” It was shot from November 2024 up to this past April and co-stars **Jesse Plemons**, **Riz Ahmed** and **John Goodman**. It hits theaters sometime in October 2026.

Leonardo DiCaprio and **Martin Scorsese’s** “Killers of the Flower Moon” looked like a box-office disappointment (\$158.8 million gross after a \$215 million cost), but it scored big from on-demand sales with fans preferring to see it at home instead of in theaters. It received 10 Oscar nominations, including Best Picture, Best Actress (**Lily Gladstone**), and Best Supporting Actor (**Robert De Niro**).

DiCaprio’s next film is the action thriller “One Battle After Another” with **Sean Penn**, **Benicio del Toro**, and **Regina Hall**. It’s about revolutionaries who reunite to rescue one of their own daughters from their evil enemy. After it was completed in June 2024, they had multiple test screenings, and as a result, director **Paul Thomas Anderson** cut 8-10 minutes based on feedback from audiences. Now its ready for release on Sept. 26!

The film had a \$140 million budget and will need to gross \$300 million to turn a profit. But if anyone can pull audiences in, DiCaprio can!

Kevin Hart, who turned 46 on July 6, is the father of four, has won the Mark Twain Prize for American Humor, received two Grammy and four Emmy nominations, released four hit comedy albums, had roles in 20 films, and has an estimated net worth of \$450 million ... but he failed at flipping burgers?

In 2022, he opened Hart House, a vegan beef fast food restaurant. The first location was near LAX, then



Julia Roberts (Upcoming in “After the Hunt”)

in Monrovia, California, on Sunset Boulevard in Hollywood, and a fourth near the University of Southern California. However, all these locations closed down in September 2024, and it gave Kevin such a plant-based Hart-ache!

HOLLYWOOD — **Steve McQueen** and **Faye Dunaway** starred in “The Thomas Crown Affair” in 1968. It cost \$4.3 million and grossed \$14 million. In 1999, **Pierce Brosnan** remade it with **Rene Russo**, and it cost \$48 million and grossed \$124.3 million. Now **Michael B. Jordan** will star in and direct a “reimagining,” co-starring **Adria Arjona** (who is best known for playing Dorothy Gale in the 10-episode NBC series “Emerald City” in 2017). Let’s hope that the third time’s the charm like it was for “Creed III,” which cost \$75 million and grossed \$276.1 million.

“Pee-wee’s Big Adventure” (directed by Tim Burton in 1985) was the little film that could as Pee-wee searched for his stolen bike (which he was certain was hidden in the basement of the Alamo in San Antonio). The Alamo may not have had a basement, but it now has Pee-wee’s bike, which was bought at an auction for \$125,000 and will be displayed there. “Pee-wee’s Big Adventure” grossed \$40.9 million and was followed by “Big Top Pee-wee” (1988), which only grossed \$15.1 million despite 80% of critics loving it.

In 2016, **Judd Apatow**, a big Pee-wee Herman fan, produced “Pee Wee’s Big Holiday” with **Paul Reubens** (Pee-wee himself). It was written by Reubens and **Paul Rust** for Netflix with a \$30 million budget,

and it co-starred **Joe Manganiello**. Guess it really was the little bike that could!

Former “Glee” star **Chris Colfer’s** No. 1 New York Times bestselling children’s book “The Land of Stories” is getting the big-screen treatment by Warner Studios. It’s about twins Alex and Conner Bailey who are fresh from the tragic loss of their father and find themselves transported into a magic book of classic fairy tales. They come face-to-face with characters they’ve only read about in stories.

Side note: **Jane Lynch**, Colfer’s “Glee” co-star, is returning this fall with “Weakest Link,” only it has now been moved to Glee’s network Fox and is called “Celebrity Weakest Link!”

Is anti-American sentiment keeping audiences away from “Superman” internationally? DC Studios co-CEO and “Superman” director **James Gunn** is blaming the drop-off of international business, which is way below our domestic box office, on current politics. Or is it that American audiences just identify with Superman more?

If the song in a recent Target ad sounded familiar, it’s because it’s the 1960 Oscar-winning song “Never on Sunday,” from the film of the same name. “Oh, you can kiss me on a Monday ... you can kiss me on a Tuesday ... you can kiss me on a Wednesday, a Thursday, a Friday, and Saturday is best, but never ever on a Sunday ... ‘cause that’s my day of rest!” **Melina Mercouri**, the star of the hit Greek film, played a hooker. Target, are you trying to “hook” our business?



Michael B. Jordan (“Creed III”)

celebrity extra

by Dana Jackson

Q: Is Macaulay Culkin going to do any more movies or television in the near future? He started making a comeback a few years ago, but I haven’t seen him in anything. Also, does he still speak to his dad? — M.W.

A: The little “Home Alone” cutie will turn 45 at the end of this month, and while his career isn’t as celebrated as his younger brother’s, Oscar winner Kieran Culkin, Macaulay certainly seems happier than ever. He has overcome allegations of drug abuse, is now a doting father to two boys with wife/actress Brenda Song (“Running Point”), and hasn’t given up on acting.

He’s been steadily growing his resume since 2016 with recurring roles on “The Jim Gaffigan Show,” “American Horror Story,” and “The Righteous Gemstones.” He’s also set to appear in the upcoming season of “Fallout,” but it’s uncertain for how many episodes.

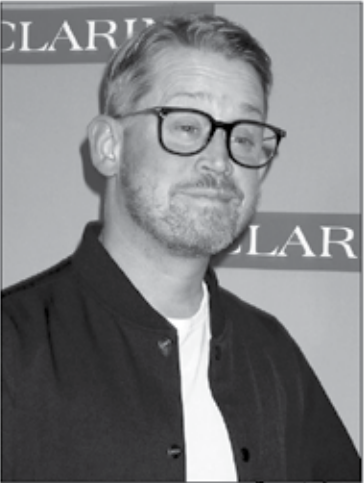
As for his relationship with his parents, according to People magazine, Macaulay has been estranged from his dad since he was a teen, but he denies that he ever emancipated from his parents (as rumors had it).

Q: When are they going to announce the contestants for the new season of “Dancing with the Stars”? Doesn’t the show start soon? — M.C.

A: Season 34 of “Dancing with the Stars” will premiere on ABC on Tuesday, Sept. 16. They typically announce all the contestants about two weeks before the premiere date, typically first on “Good Morning America” before it gets spread all over the internet. A few names have already trickled out, though.

Australian Zookeeper Robert Irwin will follow in the footsteps of his big sister, Bindi, who won the mirrorball trophy in season 21. Joining him will be two cast members from Hulu’s “Secret Lives of Mormon Wives” Jen Affleck and Whitney Leavitt, as well as TikTok star Alix Earle.

Q: When is the spin-off of “The Office” coming out? I know it’s called “The Paper.” Is it also set in the same industry as “The Office”? — K.S.



Macaulay Culkin (Upcoming in “Fallout”)

A: “The Paper,” a spin-off of “The Midwestern newspaper called the Toledo Truth-Teller. Although many are skeptical that it could ever be as good as the British or American versions of “The Office,” it has the same mockumentary style and the name Greg Daniels behind it.


When Daniels recreated Ricky Gervais’ highly touted British original in 2005 for NBC, it was practically universally panned. Once it found its footing, it became a modest hit and eventually a huge pop-culture sensation on Netflix.

The only returning character from “The Office” so far is Oscar Nunez as accountant Oscar Martinez. Like the American “Office,” the cast of “The Paper” aren’t well-known — yet. The biggest star besides Martinez is Domhnall Gleeson, who is best known as General Hux in Episodes VII, VIII and IX of the “Star Wars” franchise.

Look for Peacock to drop four episodes of “The Paper” on Sept. 4, followed by two new episodes every Thursday through Sept. 25.

Send me your questions at NewCelebrityExtra@gmail.com.

The Garden Bug



Tips for marigolds

- Removing the fading blooms will prompt the marigold to produce more flowers rather than go into making seeds. Pinch or cut off the wilted flowers every few days.
- Sprinkle bone meal, which is rich in phosphorus, amongst your marigolds. Avoid fertilizers rich in nitrogen, as they promote more leaf growth.
- Getting the leaves and blooms wet can cause mildew or leaf spot, so water marigolds at the base and not from overhead. The best times to water marigolds in the summer are early morning or evening. — Brenda Weaver

Source: www.thespruce.com

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The Garden Bug

Rain gardens



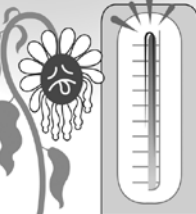
Rain gardens are shallow depressions in your property that give rainfall a chance to collect and filter through your landscape instead of being funneled quickly away from the property into local waterways via storm drains. By catching direct runoff from homes and buildings, rain gardens store and filter water, resulting in less flooding, water contamination, and strain on septic systems. — Brenda Weaver

Sources: guides.library.illinois.edu, www.mywatersheds.org, www.gba.org

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The Garden Bug

Heat exhaustion




Plants have different ways to deal with high temperatures. Some plants reduce the leaf area exposed to the sun by curling their leaves. Other plants let their leaves wilt, but as soon as the sun goes behind a cloud or sets in the evening, the leaves quickly recover. Many plants, especially trees, cannot do this, so they move water to as much of the leaf as possible, and let the outer edge fend for itself. These edges dry into brown sections known as “summer scorch.” Flowering annuals may react to the heat by producing fewer flowers. — Brenda Weaver

Sources: extension.usu.edu, eos.com

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Comics

Out on a Limb

by Gary Kopervas

YOUR PARROT POOPED IN MY LEG AGAIN...

THE MOMENT A PIRATE RECONSIDERS HIS CAREER CHOICE

Amber Waves

by Dave T. Phipps

OWEN, I'M HAVING A BIRTHDAY PARTY ON SATURDAY AND I HOPE YOU CAN COME.

MY MOM SAYS I CAN INVITE JUST MY BEST FRIENDS.

HEY RONALD, WANNA COME TO MY PARTY?

SURE!

SINCE HIS MOM STARTED MANAGING TOY BARN WE'VE BECOME VERY CLOSE.

The Spats

by Jeff Pickering

TOMORROW IS SUPPOSED TO BE MUGGY.

MUGGY??

YES, FOLLOWED BY TUEGGY WEGGY AND THURGGY.

TIGER

by BUD BLAKE

HELLO IS YOUR MOM IN?

NO WILL YOU TAKE A MESSAGE?

SURE OKAY. GET A PENCIL

GOT IT! OKAY. GET A PIECE OF PAPER

GOT IT! OKAY. WRITE THIS DOWN

I CAN'T WRITE

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – PLACES TO LIVE

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 is the name of the detective who sells houses?**

APARTMENT

CABIN

CHALET

COTTAGE

DORMITORY

DUPLEX

HOSTEL

HOTEL

HOUSE

HUT

LODGE

MANSION

MOTEL

SHACK

STUDIO

TENEMENT

TENT

VILLA

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

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF

SPORTS

8-17

HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Bat is missing. 2. Tie is missing. 3. Nose is smaller. 4. Column is moved. 5. Ball is different. 6. Face mask is different.

Just Like Cats & Dogs

by Dave T. Phipps

LET ME GET THIS STRAIGHT. ALL THIS TIME YOU'VE BEEN TALKING ABOUT "THE VOTES WERE RIGGED" AND "YOU WANT A RECOUNT," YOU WERE TALKING ABOUT "AMERICAN IDOL"??

Riddle Answer:

Sherlock Homes.

T	E	N	E	M	E	N	T	S	E
M	A	N	A	I	S	N	A	L	G
O	H	O	L	E	T	O	H	E	A
T	E	I	O	M	G	E	I	T	A
E	H	D	X	K	D	H	E	S	T
L	C	O	X	C	E	O	U	O	R
L	A	L	E	T	E	N	T	C	H
T	H	U	(H)	S	U	O	H	L	P
R	V	L	I	V	H	E	R	S	U
S	A	L	L	I	V	H	E	R	D
S	Y	O	R	I	T	O	R	Y	S

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