



November, 2025

"We don't make the news, we just report it."

Volume 29, Number 11

NBA Coach, Player Charged In Sports Betting



Chauncey Billups, Trail Blazers coach, was charged with participating in a conspiracy to fix high-stakes card games that were backed by organized-crime families. Heat guard Terry Rozier is accused in a separate scheme to concoct fraudulent bets by exploiting insider information about NBA athletes, and former Cavaliers player/assistant coach Damon Jones was also charged. The three were among 34 people arrested in operations that had been going on for years and involved "tens of millions of dollars."

The report alleges Billups used his fame and standing in the league to lure unsuspecting players and coaches into rigged poker games. "Terry Rozier and Chauncey Billups are being placed on immediate leave from their teams, and we will continue to cooperate with the relevant authorities. We take these

allegations with the utmost seriousness, and the integrity of our game remains our top priority."

Adam Silver better take this seriously. Gambling scandals are nothing new for the NBA. The Raptors' Jontay Porter was banned from the league last season for his alleged involvement in prop bets involving himself, as well as for giving out inside information.

No matter how this all ends, the public perception is that what fans and ticket holders are watching and investing in is staged, nothing more than a crooked shell game. Silver better drop the hammer and reiterates that any players or coaches involved in any sort of gambling, specifically within their own sport, will face a lifetime ban. That message is reinforced every pre-season to every team. However, not everyone is listening.

GAMING AT AIRPORTS



Michelle Durpetti, owner of the iconic steakhouse Gene & Georgetti, with a location at Midway Airport, has been told her airport licensing agreement is being abruptly terminated, a move she believes was done to make way for slot machines at Midway.

Chicago is actively pursuing the possibility of installing slot machines at O'Hare and Midway airports – and Bally's has identified a site for those machines at Midway. We've had a conversation with Bally's about going forward. They have expressed interest. "There are some technical chal-

lenges that we must deal with ensuring that we're complying with all the airports. But those conversations have been ongoing. They have identified a site at Midway, and we continue to work to move that forward", said Jill Jaworski, Chief Financial Officer.

Ald. Gilbert Villegas (36th) was delighted to hear that the airport slot machine idea he had championed was finally moving forward. Senior mayor adviser Jason Lee tried to ground the idea saying that it would turn the aerial gateways to Chicago into a chintzy Las Vegas replica. "They're finally start-

ing to realize that any form of revenue, especially given the deficit we're facing, should be on the table. And this would generate anywhere between \$30 million to \$40 million," Villegas said.

Villegas has a pending ordinance that would authorize the installation of hundreds of video games beyond security checkpoints at O'Hare and Midway.

Airport slot machines would somehow diminish Chicago's reputation as a classy city. "Absolutely not. This would give passengers an opportunity to kill time while they're waiting to fly out or

they're delayed or they're being rerouted. You're supposed to get to the airport two to three hours ahead of time. This would allow adults 21 and over to kill some time, said Villegas. He said that slot machines should be confined to lounges beyond the security checkpoint. They would essentially serve as 'mini casinos' where food and drinks could be purchased. "It would not be chintzy. If a lounge was available, I'd go spend 10 or 20 bucks to kill more time, maybe get lucky and get some additional spending money for my trip".

Editorial & Opinions



• On Nov. 10, 1885, German inventor Gottlieb Daimler's teenage son made the first long-distance test run of the world's first motorcycle, the Reitwagen, which featured a wooden frame and wheels, no suspension system and a leather drive belt.

• On Nov. 11, 1984, the bronze "Three Soldiers" statue (also known as the "Three Servicemen") was unveiled near the Vietnam War Memorial. Designed by Frederick Hart to honor the diversity of those who served in that conflict, it also marked the first time an African American was depicted in a sculpture on the National Mall.

• On Nov. 12, 1996, teens Amy Grossberg and Brian Peterson checked into a Delaware motel, where Amy gave birth to their child. The baby was later found dead in a trash container behind the motel, and the couple confessed to the crime after



having previously claimed the child was stillborn.

• On Nov. 13, 1953, Mrs. Thomas J. White of the Indiana Textbook Commission called for the removal of references to the book "Robin Hood" from textbooks used by the state's schools, claiming that there was "a communist directive in education now to stress the story of Robin Hood because he robbed the rich and gave it to the poor." Her campaign, unlike Robin's, was unsuccessful.

• On Nov. 14, 1941, "Suspicion," a romantic thriller starring Cary Grant and Joan Fontaine and directed by Alfred Hitchcock, made its debut on the silver screen. It would go on to win an Academy Award nomination for Best Picture and a Best Actress Oscar for Fontaine, and marked the first time that Grant and Hitchcock worked together. They would collaborate again on "Notorious," "To Catch a Thief" and "North by Northwest."

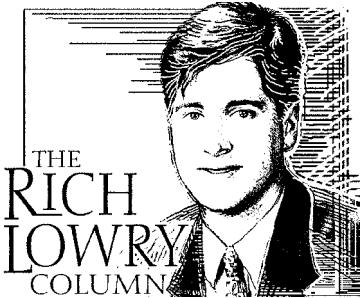
• On Nov. 15, 1783, John Hanson, the first president of the Continental Congress under

the Articles of Confederation, died in Maryland. Though he's sometimes referred to as America's first president, the role didn't exist as an executive position separate from Congress until 1789.

• On Nov. 16, 2012, Hostess Brands sparked a panicked hoarding of snack cakes when the company announced it was shutting down, and a 31,000% jump in Twinkie sales on Amazon in only a week.

On Nov. 17, 1827, the Delta Phi fraternity, America's oldest continuous social fraternity, was founded at Union College in Schenectady, New York. With just 10 active chapters today, it has resisted expansion in order to create an "intimate, personal experience" for its members.

• On Nov. 18, 1872, American civil rights activist Susan B. Anthony and 14 of her brave female cohorts were arrested for voting illegally in the United States presidential election of 1872. Though she was fined \$100, she refused to pay a cent of it.



New Jersey's wind debacle

In one of his classic New Jersey ballads, Bruce Springsteen sings of the sun "rising over them refinery towers." If New Jersey Gov. Phil Murphy had gotten his way, the Boss would need to update the lyric to rhapsodize about enormous wind turbines looming on the horizon instead.

Murphy's obsession with wind power is one of the reasons that the state's gubernatorial race is competitive and Republican Jack Ciattarelli has a chance to upset Murphy's potential Democratic successor Mikie Sherrill in a much-watched off-year election.

Gov. Murphy brought a European-style energy strategy to New Jersey, and got European-style results. Wind has been as much a debacle for the Garden State as it has been for Germany, where Murphy was the ambassador prior to becoming governor of New Jersey.

Murphy's idea was to decommission fossil fuel and nuclear plants and build up wind. It was a rainbow-and-ponies energy strategy, and sure enough, the decommissioning happened, while the wind did not.

If you constrain the supply of something, while demand for it goes up, prices will inevitably increase. New Jerseyans understandably haven't appreciated this lesson in Econ 101, which has come out of their pocketbooks.

Rates increased by about 20% beginning in June of this year, on top of what were already some of the highest rates in the country. There is yet more where that came from projected for next year.

When Murphy took office, the prevailing winds of fashionable opinion said that wind power was the future.

So, New Jersey set out to become the wind capital of the United States. It was going to get 3,500 megawatts from offshore wind. No, 7,000. Come to think of it, why not make it 11,000? The higher the number, the greater the climate virtue.

At first, New Jersey set a goal of achieving 100% clean energy by 2050, then goosed it up to 2035.

It's all come a cropper, as wind has been a no-show. The pandemic and Trump administration regulatory hostility to wind didn't help, but the basic problem is that wind is uneconomical, even with the feds and the state showering wind companies with lavish subsidies and credits.

Meanwhile, New Jersey took out coal, natural gas and nuclear plants without replacing them, and the governor fought pipelines with the resolve of Winston Churchill vowing to resist the Nazis on the beaches and landing grounds. The governor fought the PennEast natural-gas pipeline project — which would have connected Luzerne County, Pennsylvania, to Mercer County, New Jersey, along a 116-mile route — all the way to the Supreme Court. The governor lost, yet PennEast gave up in frustration anyway.

Neighboring Pennsylvania, also with a Democratic governor, is a notable contrast. It actually decommissioned more coal-fired plants than New Jersey did, but didn't suffer shortfalls in capacity because it readily embraced natural gas as an alternative rather than chasing an energy will-o'-the-wisp.

Murphy's make-believe plan was that by 2050, New Jersey's power mix would be 34% wind, 23% solar, 16% nuclear and 6% biogas, with another 21% from out-of-state wind and solar.

Here, back in reality, after eight years of stupendous clean-energy exertions, New Jersey still gets 90% of its energy from natural gas and nuclear. Only about 8% comes from renewables, largely solar.

New Jersey was a small net exporter of energy when Murphy took office, and now it is a large net importer. It contributes less to the regional grid than when Murphy started.

Energy is a dominant issue in the gubernatorial race and deserves to be. Murphy is the author of an asinine, entirely predictable policy failure that directly affects the welfare of residents of his state. If Murphy is capable of introspection, he might want to contemplate the question asked in another Springsteen song long ago: "Is a dream a lie if it don't come true, or is it something worse?"

Rich Lowry is editor of the National Review.

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Americanisms

"A man says a lot of things in summer he doesn't mean in winter."
— Patricia Briggs

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VETERANS ★ POST ★

by Freddy Groves

Claims error rate: 61%

It's one thing to have a medical condition that neatly slots into the VA's presumptive chart of toxic exposure-related illnesses. If you served at a location at a certain time, your illness is presumed to have been caused by that service under TERA, a toxic exposure risk activity. As the list of presumptives grows (courtesy of the PACT Act), so do the number of veterans who qualify automatically. Disability benefits soon follow — if all goes well.

But what if you were there, at a certain time, and your toxic exposure illness isn't on the list?

In 2022 when the PACT Act added so many presumptives, veterans submitted their claims, the how-to claims manual increased in size and things became complicated. For one thing, those veterans without a presumptive (listed) illness were required to get a medical exam and a medical opinion. The claims people had to do extra work and request the specific exam as well as the opinion to verify that the veteran did have that illness, and that the exposure did indeed cause that illness.

And there the problems began with the denial of claims.

The VA's Office of Inspector General stepped in and conducted a very long review to investigate whether processors handled those denials correctly.

The results of that investigation showed that 61% of denials for non-presumptive TERA-related claims had processing errors. In some cases, there was no request for a medical exam and opinion. In other cases there was no research into whether the veteran participated in a toxic exposure activity.

It's not surprising so many mistakes were made. Besides the standard 82-page how-to manual, processors needed to wade through eight policy documents, nine general information documents and 94 webpages of frequently asked questions.

The OIG's recommendations, if followed by the VA, should ease the difficulties in accurately processing the exposure claims. We can only hope they're listening.

Veterans, if you believe your illness was caused by toxic exposure, insist on a TERA exam and medical opinion to bolster your claim.

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Strange BUT TRUE

By Lucie Winborne

• Assembling the International Space Station took more than 200 spacewalks.

• The average freediver can hold their breath for approximately 10 minutes, much longer than the average healthy, fit human but well short of the Guinness World Record time of 22 minutes.

• During the Middle Ages, the majority of western maps placed east rather than north at the top.

• Diamonds are the only gem made of a single element, at nearly 99.95% carbon, the most commonly found element on Earth.

• After the axle, the first wheels did not appear on any mode of transportation, but on a child's toy. Scholars estimate that it took another three centuries after wheels were used in pottery and toymaking for them to be applied to transportation.

• The Great Pyramid at Giza has over 2 million stone blocks, each with an average weight of more than 2 tons.

• Two days after Alexander Graham Bell died at his summer home in Nova Scotia on Aug. 2, 1922, all telephone service in the United States and Canada was suspended for a full minute at the precise moment when he was lowered into his grave.

• Just 10% of an incandescent light bulb's energy produces light. The remaining 90% produces heat.

• At the 2007 French Open, Venus Williams' serve sent the ball flying at 129 miles per hour, the second fastest serve by a woman ever recorded. It was also the fastest recorded in a main draw match at that time.

• Most people think you gain 5 to 10 pounds over Thanksgiving, but you'll be glad to know the average amount is really just a single pound.

Thought for the Day: "I'd rather attempt to do something great and fail than to attempt to do nothing and succeed." — Robert H. Schuller

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SENIOR NEWS LINE

by Matilda Charles

Robotic pets

Some of us have gotten to the age where we wonder if adopting a pet would be the right thing to do, even though we know that having a pet would help with feelings of loneliness. Or maybe we have a friend or relative with Alzheimer's or who is in long-term care and needs some company or stress reduction but can't have a pet.

With those very things in mind, a company has created animatronic robot cats — Joy For All Companion Pets for Seniors by Ageless Innovation.

While mostly marketed to seniors in long-term care facilities, there's no reason you can't have one at home!

Look for them on Amazon.com (Joy For All Companion Cats) to get all the details. The cats are the size of adult cats and come in three colors: black and white tuxedo, silver and white, and orange tabby.

They run on four C batteries and there are three settings: on, mute and off. The videos on the Amazon page show just what these robotic kitties do. They roll on their back, open and close their eyes, move their limbs, turn their head and even meow and purr when petted. And I can verify: When I played one of the cat videos and the robotic cat meowed, my own cat woke up from a nap and reacted to it!

These cats are expensive, ranging from \$125 to \$179, depending whether you find one on sale. They're also marketed to children, perhaps to get them used to a pet before getting a real one, but they're not toys.

Not a cat person? Rather have a puppy? You're not being left out. The Joy For All Companion Pet Golden Pup feels like a puppy, moves, barks, wags his tail and has a heartbeat. It even comes with a bandanna.

Early Christmas gifts maybe? One thing is certain: These little robots are very cute.

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KOVELS® Antiques By Terry and Kim Kovel & Collecting

Gloves and Glass

By this time of the year, most of us in cooler climates have started wearing gloves. But gloves weren't always relegated to wintry weather. In medieval Europe, they were a fashion accessory and status symbol. The fashion continued for hundreds of years.

The finest gloves were made of luxurious materials like silk or delicate leathers and often had decorations like embroidery. And such beautiful accessories needed equally beautiful storage.

This glove box, which sold for \$1,722 at Soulis Auctions, was made by Moser, one of the most famous Bohemian (Czechoslovakian) glasshouses. It was made in the late 19th century, when gloves were a crucial part of women's dress. Its elaborate enamel decorations, including colorful birds, intricate leafy vines and gilt trim, are characteristic of Moser's glass.

Q: I have a pen holder and clock that my father had in his office. They date from the early 1960s. Both items have an imprint of the earth, the clock has a Gemini capsule that goes around. The pen holder has a circular image of the earth with a Gemini capsule. When you push the pen down in its holder and release it, the capsule spins around. Is there any interest in items like these?

A: Desk accessories from the mid-20th century like pen holders and clocks usually sell for relatively low prices, but the connection to the Gemini program should increase the value and amount of interest in yours.

The first Gemini mission, an uncrewed flight, launched in 1964 and the final mission, Gemini XII, which was the first spaceflight for pilot Edwin "Buzz" Aldrin, took place in 1966. Plenty of merchandise celebrating the mission was produced at the time, and there is plenty of interest in it today. There are collectors who specialize in NASA and spaceflight memorabilia. Collectors of aviation memorabilia and space-themed toys



Gloves as formal wear and enameled Bohemian glass may be relics of the 1800s, but both are appreciated by collectors today.

are often interested as well.

Auction houses that deal in toys, popular culture, celebrity memorabilia and American history sell space memorabilia. The highest prices go to equipment from the programs, especially items flown in space, and items signed by or belonging to NASA staff or astronauts, but there is also interest in mass-produced souvenirs. Last year, a set of novelty salt and pepper shakers shaped like the Gemini and Apollo capsules sold for \$300 at Bid Again Auctions in support of the American Space Museum.

TIP: If there are raised applied decorations on your art glass, be careful when cleaning it. Gold or silver accents, painted enamel decoration, and beads must be kept in fine condition to maintain the value.

CURRENT PRICES

Stoneware, bed warmer, cream glaze, brown stopper and finial, relief leaves around stopper, A.C. & Co., England, 1 quart., 11 inches, \$50.

Perfume bottle, tall stopper, embossed figure, fan shape base, blue art glass, gilt metal filigree, inset blue stone, marked, Czechoslovakia, 8 x 5 inches, \$180.

Clock, advertising, Faultless Feeds, red and green, bubble glass, lights up, electric, 15 inches, \$660.

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

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by Ryan A. Berenz

1. The length of the original Olympic stadium in ancient Greece was based on the stadion, a unit of measurement said to equal 600 feet of which mythical hero?

2. What boxing tournament, organized by promoter Don King and airing on ABC TV in the 1970s, was canceled midway through after the discovery that fighters' records and rankings were falsified?

3. The Indianapolis Hoosiers (1913-14) and Chicago Whales (1915) were the only champions of what short-lived "third major league" baseball organization?

4. With a capacity of 45,000 spectators, a stadium in Lahore, Pakistan, is the largest facility in the world built for what sport?

5. Name the NFL cornerback who became the first Black sports analyst to work on national TV when he joined CBS in 1971.

6. What figure skater was the lone gold medal winner for the United States at the 1968 Grenoble Winter Olympics?

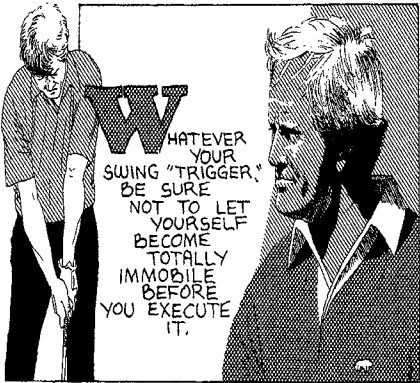
7. What Nacogdoches, Texas, university's athletic teams are nicknamed the Lumberjacks (men) and Ladyjacks (women)?

Answers

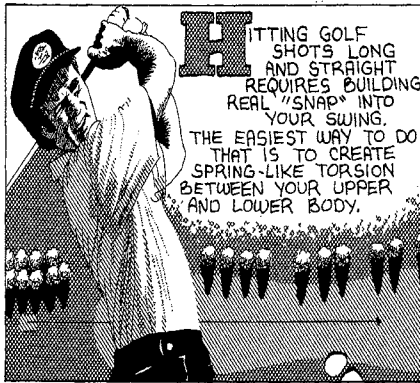
1. Hercules.
2. The 1977 United States Boxing Championship Series.
3. The Federal League of Base Ball Clubs.
4. Field hockey.
5. Irv Cross.
6. Peggy Fleming.
7. Stephen F. Austin State University.

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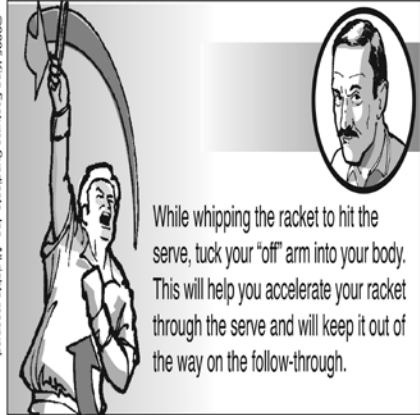
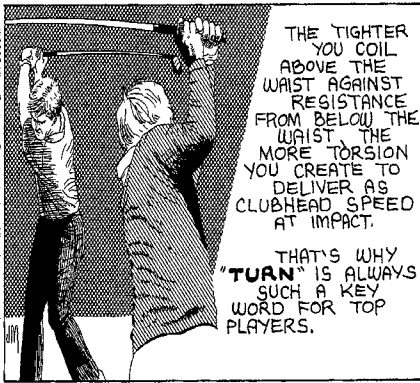
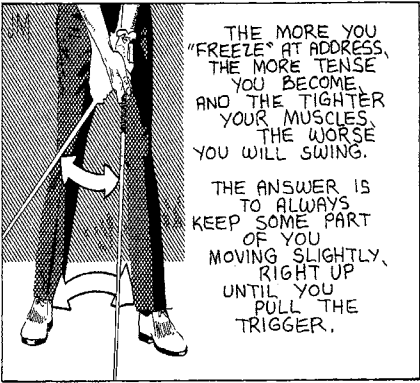
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS

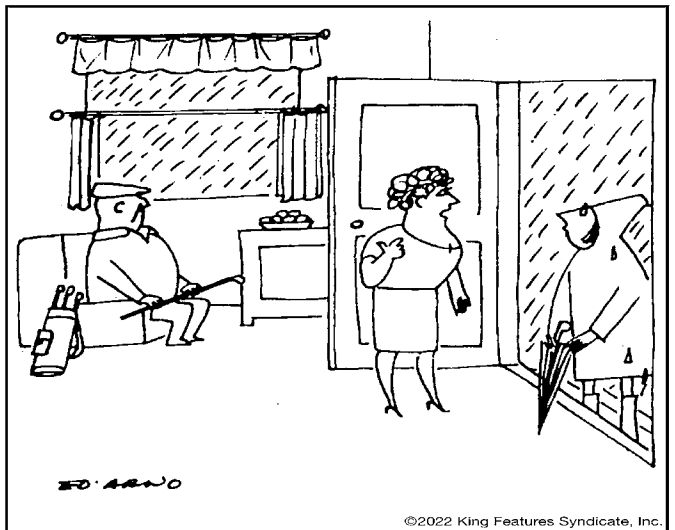


GRIN AND BEAR IT



"They can't stand the drapes!"

LAFF - A - DAY



"Don't even say hello to him, Evelyn—he's in no mood for it."

Health



Eligard Injections Cause Man To Develop Breast Tissue

DEAR DR. ROACH: I have been treated for prostate cancer and stopped my semiannual Eligard injections three years ago. I'm 75 years old and about 5 feet, 9 inches tall. Before treatment, I weighed 227 pounds; I currently weigh 209 pounds. My testosterone level is 49.6 ng/dL. My breasts have become somewhat feminine. My question is: Will they regain their normal appearance? I'm losing weight slowly, and I'm trying to build muscle with weights. — Anon.

ANSWER: Gynecomastia is the growth of male breast tissue, specifically when not due to breast cancer. It can happen during puberty in healthy males, but it is a common side effect of androgen deprivation therapy for prostate cancer. Up to 75% of men treated with antiandrogen therapy like leuprolide (Lupron or Eligard) will develop breast tissue. It isn't likely that the breast tissue will go away on its own. For men who want treatment due to the appearance or tenderness of the breast tissue, there are radiation, medication and surgical treatments available. Radiation therapy is the most effective for men who develop breast tissue with androgen-depletion treatment. Tamoxifen is the usual medical treatment, and you may ask the physician treating your prostate cancer about these choices. Men who can't take or choose not to take either of these treatments can be referred for surgical treatment, which can be liposuction or a mastectomy.

DEAR DR. ROACH: I am a 74-year-old active male currently taking a daily 81-mg aspirin due to a periodic heart arrhythmia. I have elective sinus surgery scheduled, requiring that I be

under a general anesthetic for 90 minutes and that I be off aspirin for the two weeks preceding the procedure. I'm beginning to have second thoughts about the surgery as I wonder if I'm risking a stroke. Would you please share your thoughts on this? Thank you. — R.B.

ANSWER: Aspirin is used in some people with atrial fibrillation (the likely heart arrhythmia you would be put on aspirin for) when they are at a low risk for a stroke.

There is a score called the CHA2DS2-VASc that is used to estimate risk. People at a higher risk are recommended anticoagulants such as apixaban (Eliquis). Since you are 74, you get at least one point for your age, and unless you have another risk factor that I don't know about, you have an estimated risk of stroke without treatment of approximately 0.6% per year.

While it is true that being off aspirin for a period of time around a surgery increases your stroke risk, your risk is already so low that the absolute risk of being off aspirin for two weeks is quite small. You should always consider the risks of any surgery against the benefits, but the risk of stroke in your case is small compared to the risks anyone has with sinus surgery (such as bleeding or an infection).

I am a little surprised about it being two weeks; normally when a person comes off aspirin before surgery, it's for five to seven days. Also, not all surgeons require aspirin to be stopped before sinus surgery.

Since your reason to be on aspirin is to prevent a stroke due to your arrhythmia, and this risk appears to be very small, it may be that the surgeon determined the risk of stopping aspirin was so small. So, it wouldn't be worth the possible increased risk of bleeding from the sinus surgery if you're still taking aspirin.

If you haven't talked to your regular doctor or cardiologist about this, I recommend doing so since I don't have your full medical history.

Chikungunya Disease Leaves Woman in Immense Pain for Years

DEAR DR. ROACH: I have a friend who lives in Paraguay and had been diagnosed with chikungunya. It has been extremely painful for her for several years. Her doctor prescribed 90

mg of etoricoxib daily and a shot of duodecadron once a month. I've never heard of chikungunya, and the medical care she is getting seems sketchy. I wish there was a solution for her immense pain. Do you have any knowledge of this virus and/or the medication for it? Are you aware of any new or trial drugs that might be worth trying? — J.

ANSWER: Chikungunya may not sound like a real medical condition, but it is a viral disease that was first found in West Africa. It has since spread to the Caribbean and the Americas with transmission occurring in the Dominican Republic, Puerto Rico, Hawaii, and a few cases in Florida.

It is spread mainly through mosquitoes. The word "chikungunya" is from an African language and roughly translates to "stooped walk" due to the joint pain caused by the disease. In addition to joint pain, people with chikungunya usually have a fever and a skin rash. Headache and even meningitis may occur. However, joint pain is the most common long-term complication.

While most people will clear their joint symptoms within six months, symptoms can go on for years in some people. Your friend is receiving a COX-2 inhibitor (etoricoxib), which has the potential for heart damage, so it is not approved in the United States.

She is also on a chronic steroid, dexamethasone, which is used in North America but may not be the best long-term treatment as it has numerous long-term side effects. In North America, people with chronic joint pain from chikungunya are treated similarly to those with rheumatoid arthritis. This often includes methotrexate or another disease-modifying antirheumatic drug. I urge your friend to see a rheumatologist.

DEAR DR. ROACH: In your column, I frequently read letters from people who have to get up during the night to urinate. My husband had this problem and got up hourly. We assumed it was as a prostate issue. After prostate surgery, he had a catheter for a few days, and we found that he was producing almost two liters of urine at night. The urologist immediately ordered a sleep study to determine if sleep apnea was present. He tested positive, was started on a CPAP machine, and only needed to get up once on the very first night. It changed his life. — D.S.

ANSWER: I thank D.S. for writing.

Obstructive sleep apnea is a well-known cause for urinating at night, but we often forget to think about it. A really useful tool for sleep apnea, the STOP-Bang questionnaire, doesn't include excessive urinating at night, but your letter is a good reminder that we should consider this diagnosis in people who are at risk for sleep apnea.

The risk factors in the STOP-Bang questionnaire are Snoring; Tired enough to fall asleep easily during the day; Observed stopped breathing or gasping for breath during the night; high blood Pressure; a Body mass index over 35; an Age older than 50; a Neck size larger than 16 inches (40 centimeters); and the Gender of male.

A person who answers positively to three or more of these risk factors should at least prompt a consideration of whether sleep apnea is likely enough to test the person for it.

Man With Pacemaker Must Be Careful Around Induction Stovetops

DEAR DR. ROACH: My husband has a pacemaker. We have an induction stove, and his cardiologist was uncertain if it was safe for him to use it. So, he does not cook on the stove-top and stays clear of it when I am cooking.

Is it safe for him to use at least the back burners? When I am out of town or just not home, he is afraid to use the cooktop. I feel like at least the back burners should be at a sufficient distance to be safe. Do you know if it would be safe for him to use? He is 5 feet, 5 inches tall. Thank you. — V.S.

ANSWER: Induction cooking stoves use powerful electromagnets to create a magnetic field. Inside the metal of your cookware, this creates electronic currents, which dissipate heat through electric resistance. However, this powerful magnetic field can also "tell" your pacemaker to turn itself off or change its mode of activity. This is why it's important to avoid strong magnetic fields when one has a pacemaker.

For an induction stovetop, the recommendation is to stay 60 centimeters (2 feet) away from the device while it's turned on. This doesn't mean that he can't use it

at all, just that he shouldn't be touching the pot continuously and should be using the back burners, which will likely keep him the requisite distance away.

DEAR DR. ROACH: My oncologist tries to type out his own notes from my office visit, but I think that he copies and pastes info from old notes. My history with him is very long and detailed (MRIs, CT scans, lab results, etc.). In addition, notes from all my hospital stays for chemo are there.

After my last office visit, he scheduled me for an MRI but made no mention of any change in medication. I read his notes on the app and noticed there was an order for a new medication that was sent over to my pharmacy. It was for procarbazine, which I took as part of my chemotherapy in early 2024.

It was a mistake, but it was very upsetting. I had to make several phone calls to get it straightened out. So, if people have access to online notes, please make sure that you are looking at the most recent information. — M.D.

ANSWER: Having the ability to read your physician's notes is, in my opinion, a very good thing. Correcting mistakes is probably the most important reason why. One study found that 25% of doctors picked up an important mistake in their record based on patient feedback.

Procarbazine, by the way, is an extremely powerful chemotherapy drug and would never have been dispensed by the pharmacy without confirmation from your doctor. In the hospital, there are multiple layers of protection to make sure that the right person gets the right dose of the right medicine. It wouldn't be given out lightly.

Reading your doctor's note hopefully gives a person some insight into a doctor's thought process and may help people understand why their doctor made the recommendations that they did. Occasionally I have people who ask to change their medical records. This isn't allowed, but a note can be made about what the mistake was so that the information can be corrected.

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 does Medigap cover?

Medigap premium prices will differ, but the benefits offered by plans are standardized across insurers and across the country, which makes it easier to compare plans based on the premium alone.

All Medigap policies cover hospital coinsurance – the costs that you pay for longer stays after deductibles are met. Many cover all or part of the hospital deductible. Medigap plans also cover all or part of the 20 percent of fees for most physician ser-

vices after you meet the Part B deductible. Some cover the cost-sharing in skilled nursing facilities.

Like Medicare Advantage plans, some Medigap policies provide some amount of coverage for vision, dental and hearing benefit and gym memberships. Their premiums often are slightly higher.

The most robust plan types – lettered F, G and N – are the most popular.

F plans cannot be sold to new beneficiaries who turned 65 after Jan. 1, 2020, because of a change in federal law.

When should you buy Medigap?

The best time to buy a Medigap plan is when you first sign up for Part B, which covers doctor visits and outpatient care. That's when Medicare forbids Medigap plans from rejecting you, or charging a higher premium, if you have a pre-existing condition. This is referred to as "guaranteed issue" and the opportunity is available to you during your six-month Medigap Open Enrollment Period, which starts on the first day of the month in which you are 65 or old-

er and enrolled in Medicare Part B.

In Medicare Advantage, but want to switch?

If you're switching Advantage plans, be sure to check on any new plan's out-of-pocket costs. And before making a decision to move to traditional Medicare, make sure you can obtain a Medigap policy, and at what cost. If you're facing high health care costs this year, a Medigap plan purchased outside of your guaranteed issue window could be competitive or even less than the out-of-pocket costs in Medi-

care Advantage.

How do I find a plan?

You can shop the online federal Medicare plan finder for Medigap policies in your area by plan type: once you've identified a plan that interests you, contact the insurance company for details.

What will Medigap cost?

The premium will vary, depending on the plan that you select., but the average monthly price is \$217.



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1. Which group released “Best of My Love”? (Hint: It was on their “On the Border” album.)
2. Name the first artist to release “Misty Blue.”
3. Who was the first to release “Put Your Hand in the Hand”?
4. Which singer-songwriter released “Only the Lonely (Know the Way I Feel)”?
5. Name the song that contains this lyric: “All my life was a paper, once plain, pure and white.”

Answers

1. The Eagles, in 1974. In 1975, Billboard rated it at No. 12 of all the songs for the year.
2. Wilma Burgess, in 1966. Months later the song was covered by Eddy Arnold. It had been penned specifically for Brenda Lee, but she said no to recording it.
3. Anne Murray, in 1970. The following year the Canadian group Ocean released the song on their debut album. A dozen others followed over the years with their own covers, including Joan Baez, Elvis Presley and Tennessee Ernie Ford.
4. Roy Orbison, in 1960. The song was inducted into the Grammy Hall of Fame in 1999.
5. “You Decorated My Life,” by Kenny Rogers, in 1979. The next year it won the Grammy for Best Country Song.

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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

- In a remote area of Colombia called Los Pinos, some students have to get to school on a zipline up to 800 meters long.
- A teaspoon of a neutron star would weigh over a trillion tons.
- Chock Full o’ Nuts coffee does not contain nuts. It’s named for a chain of nut stores that the founder converted into coffee shops.
- During the Middle Iron Age, spears were placed into the graves of some young men. The reason isn’t clear, but some think it may have been a military send-off similar to the modern 21-gun salute.
- While worms make up the majority of their diet, robins won’t mind if you leave out a dessert tray. In fact, they’re partial to pastry dough, fruit cake and coconut cake.
- In 1998, a Georgia student was suspended for wearing a Pepsi shirt to “Coke in Education Day.”

- American cheese was invented in Switzerland in 1911 by Waltz Gerber and Fritz Stettler to lengthen the shelf life before being shipped overseas.
- According to Guinness World Records, Veronica Seider’s eyesight was so keen that she could recognize people from more than a mile away.
- In 2010, a man became stranded for days near Wollaston Lake, Saskatchewan. With no way to call for help, he cut down four wooden power poles with an ax, causing an outage to the nearby community, and SaskPower sent a helicopter crew to investigate. They found the man and escorted him back to safety.
- When Joel Burger married Ashley King in 2015, Burger King paid for the ceremony.
- In India, escalators in Delhi metro stations feature “sari guards” to prevent women’s long garments from getting trapped.

Thought for the Day: “It does not matter how slowly you go so long as you do not stop.” — *Confucius*

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1. **Black Phone 2**
(R) Mason Thames, Ethan Hawke
2. **Tron: Ares**
(PG-13) Jared Leto, Greta Lee
3. **Good Fortune**
(R) Keanu Reeves, Blanca Araceli
4. **One Battle After Another**
(R) Leonardo DiCaprio, Sean Penn
5. **Roofman**
(R) Channing Tatum, Tony Revolori
6. **Truth & Treason**
(PG-13) Ewan Horrocks, Rupert Evans
7. **Gabby’s Dollhouse: The Movie**
(G) Laila Lockhart Kraner, Kristen Wiig
8. **The Conjuring: Last Rites**
(R) Patrick Wilson, Vera Farmiga
9. **After the Hunt**
(R) Julia Roberts, Ayo Edebiri
10. **Soul on Fire**
(PG) Joel Courtney, John Corbett

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Fun Fact

Listening to your favorite music enhances sensory-motor processing, and eases access to cognitive, memory, and emotional components in the brain. Music training enhances social bonding, cognitive abilities, and language processing.

Source: pmc.ncbi.nlm.nih.gov

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“The Long Walk” (R) — Based on the 1979 novel written by Stephen King (“It”), this dystopian thriller is led by Cooper Hoffman (“Saturday Night”) and David Jonsson (“Industry”). Set during an alternate reality of the 1970s where a totalitarian regime reigns over the United States, the film follows an annual voluntary competition consisting of 50 boys who must walk nonstop at a pace of 3 miles per hour or face the consequences of death. “The Walk” only ends when there’s one boy left, who then receives a cash prize and a wish of his choice. Although they’re driven by an insatiable hunger to improve their families’ lives, the boys severely underestimate the trauma they’re about to put themselves through and whether their choice was ultimately worth the long walk. Judy Greer and Mark Hamill co-star in the film, which is available now to rent at home. (Apple TV+)

“Lazarus” (TV-MA) — “The Hunger Games” Sam Claflin stars in this new horror series alongside “Pirates of the Caribbean’s” Bill Nighy. Only six episodes long, this series picks up as forensic psychologist Laz receives news of his father’s (Nighy) death. Although his father’s death was ruled to be a suicide, Laz finds certain similarities between this case and the death of his sister 25 years ago. Simultaneously, Laz also begins to experience weird and paranormal instances where his father visits him and speaks to him. Left with no choice but to either succumb to insanity or solve the case, Laz is determined to find out whether his father was murdered. All six episodes premiere Oct. 22. (Amazon Prime Video)

“Chad Powers” (TV-MA) — Glen Powell’s (“Twisters”) latest

sports-comedy series not only stars the 36-year-old actor, but it was also created by Powell based on the “Eli’s Places” segment hosted by former quarterback Eli Manning. In the series, Powell plays Russ Holiday, a washed-up former football star whose career tanked after a championship game gone wrong. Russ has the bright idea to change up his identity so that he can continue to play football, so with the help of prosthetics, a wig, and some (bad?) acting, Russ transforms into Chad Powers. “Chad” then gets signed on to play for a small college that desperately needs some star power. With the whole football program relying on his success, the stakes are greater than ever for Russ/Chad to pull through — and not get caught while doing so. Four episodes of the six-episode season are out now to stream. (Hulu)



Courtesy of Netflix

Jay Lycurgo, left, and Cillian Murphy star in “Steve.”

“Steve” (R) — Since starring in the critical and box-office success of “Oppenheimer,” Cillian Murphy seems to be enjoying lead roles in smaller films like “Small Things Like These” and this new drama film, which co-stars Jay Lycurgo (“Titans”). Murphy plays the titular character, the headteacher at a reform college tailored to boys who are experiencing issues behaviorally and societally. One particular boy, Shy (Lycurgo), is having a hard time with acting out violently and is unsure as to where he’s headed in life. Even though headteacher Steve also has demons he’s working through, he refuses to let Shy continue to live his life alone without the proper help. Out now. (Netflix)

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FOOD DRIVE!

Please drop off any non perishable food items through November

All items collected will be distributed to the local food pantries.



by Jo Ann Derson

- Save the peel on oranges and grapefruits. You can toss them on a fire for a nice smell.
- “Hard water stains in the toilet are no match for denture tablets. Simply drop one in the toilet and let sit overnight. A quick scrub and a flush in the morning should do it.” — P.S. in Washington
- Keep your hard-boiled egg yolks from crumbling by wetting your knife between slices.
- “To soften the butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It’s nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much.” — T.G. in Indiana

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What’s Hot In Hollywood & Gardening

HOLLYWOOD — **Aaron Sorkin**’s sequel to “The Social Network” (for which he won an Oscar — Best Adapted Screenplay) will be “The Social Reckoning,” due in October 2026. **Jeremy Strong** will play **Mark Zuckerberg**, while **Jeremy Allen White** will play Wall Street Journal reporter **Jeff Horwitz**.

Multiple sources say that Universal TV desperately wants to reboot the 1984-89 NBC series “Miami Vice.” They want **Glen Powell** and **Michael B. Jordan** to respectively play **Crockett** (originally portrayed by **Don Johnson**) and **Tubbs** (originally portrayed by **Philip Michael Thomas**). A film reboot with **Colin Farrell** as **Crockett** and **Jamie Foxx** as **Tubbs** bombed in 2006, grossing \$164 million against a \$150 million cost. It would be a counterproductive career move for Powell or Jordan (who are both major film stars) to do a TV series now, unless they wrote and/or produced it as Powell did with his six-episode Hulu series “Chad Powers.”

After seven-and-a-half years of self-imposed retirement, three-time Best Actor Oscar winner **Daniel Day-Lewis** has returned to acting in films. His last film, “Phantom Thread,” bombed in theaters, only grossing \$52.2 million against a \$35 million cost. His comeback is in the psychological drama “Anemone,” which he wrote with his son, **Ronan Day-Lewis**, who also directed the film. Did Daniel really think that after working on a script for seven years with his son, he could resist playing the lead?

I met **Terence Stamp** when he created the role of Alfie on Broadway in 1964, and he was dynamic and charismatic. Stamp, who died on Aug. 17 at 87, had one last dream to fulfill before he left this mortal coil. He wanted to star in the sequel of one of his favorite films “The Adventures of Priscilla, Queen of the Desert” (1994).

Stephan Elliott, who wrote and directed the original film, wanted to grant Stamp his final dream. The film wasn’t even in production yet, but Stamp spent his final months shooting scenes for the sequel. He stated that he didn’t want a digital clone of himself playing Bernadette, just in case he didn’t make “the start line.”

Guy Pearce and **Hugo Weaving**, who respectively played **Adam Whitely**/**Felicia Jollygoodfellow** and **Anthony “Tick” Belrose**/**Mitzi Del Bra**, are reviving their roles for the film, which will be integrated with Stamp’s footage. Pearce’s Netflix psychological thriller “The Woman in Cabin 10,” co-starring **Keira Knightley** and **Hannah Waddingham**, recently dropped on Oct. 10. He will also star in director **Ridley Scott**’s postapocalyptic sci-fi flick “The Dog Stars,” with **Jacob Elordi**, **Margaret Qualley** and **Josh Brolin**. It’ll release in March 2026. Meanwhile, Weaving’s last



Depositphotos
Jeremy Strong (Upcoming in “The Social Reckoning”)

film was the Australian drama “How to Make Gravy.” **James Dean** may have had two films that were released posthumously — “Rebel Without a Cause” (1955) and “Giant” (1956) — but Stamp did him one better. He shot a film before it was even in production, proving that he knew how to leave his indelible Stamp on a film!

HOLLYWOOD — Spider-Man **Tom Holland** suffered a concussion doing a stunt-gone-wrong on the set of “Spider-Man: Brand New Day,” which caused filming to shut down for a week. His lady, **Zendaya**, rushed to his side. “Spider-Man: No Way Home” (2021) was Sony’s highest-grossing film of all time — a \$1.92 billion take at the box office.

Have you ever wanted to own an actual Muppet? The Jim Henson Company’s having a historic auction where puppets from “Fraggle Rock,” “Labyrinth,” and “The Dark Crystal” will be on the auction block (along with over 400 items). The Jim Henson Company’s 70th Anniversary Auction is timed for Nov. 25 and will be held at their Hollywood headquarters, which was once the studio where **Charlie Chaplin** made movies and **Herb Alpert** made records.

There’s also a new Muppet show in the works that is being produced by **Seth Rogen**. However, before you get excited, you should know that some of the items (such as Naia, the Drenchen Gelfling full-body puppet used in “The Dark Crystal”) are estimated to be at \$15,000-\$25,000. You can preorder the auction catalog that features hundreds of color illustrations and behind-the-scene stories online at JuliensAuctions.com. Good luck!

The task of finding the next 007 has fallen to **Denis Villeneuve**, who’ll start his search for James Bond next year after he completes production of “Dune: Part Three.” They’re seeking a “fresh face” to take on “Bond 26.” He’ll definitely be male, and he must hail from the British Isles. Their plan is to go back to the original **Ian Fleming** novels, which means they’re looking for a young **Sean Connery**!

Ever wondered what happened to **Emma Watson**, who starred as **Hermione Granger** in eight “Harry Potter” films from 2001-2011 — as well as major films such as “Noah” (2014), “Beauty and the Beast” (2017), and “Little Women” (2019) — then disappeared for six years?

She’s offered that “having the weight of a public persona” is burdensome, which is why she wasn’t in a rush to return to filmmaking. She admitted that she is “the happiest and healthiest I’ve ever been.” She explained further, “The bigger component than the actual job itself is the promotion and selling of that piece of work. ... I do not miss selling things. I found that to be quite soul-destroying. But I do very much miss using my skillset, and I very much miss the art. ... The most important thing ... is your home, friends and family. ... I needed to go and do some construction work.” She also stated that she “felt a bit caged in by it.” Sounds like “Noah” star Watson, at 35, needs another long ocean voyage during this arc in her career!



Depositphotos
Emma Watson (of “Harry Potter” fame)

celebrity extra

by Dana Jackson

Q: Who is the actress who plays Callie on “The Hunting Wives”? Was she ever on a daytime soap? I know I’ve seen her somewhere. — A.K.

A: That’s Jaime Ray Newman playing the sheriff’s wife, Callie, in the hit Netflix series “The Hunting Wives,” which is about a group of East Texas socialites with deadly secrets. She’s known to daytime soap audiences for her role as Kristina Cassadine, whom she played from 2001-2003 on “General Hospital.” She’s gone on to land one primetime role after another whether it’s in a recurring capacity or a contract player; she starred in “Veronica Mars” in 2006, followed by short-lived series like “Eastwick” and “Eureka.” She played Vanessa Hemmings, one of Grayson’s love interests, for two seasons on “Drop Dead Diva,” one of the Sacklers in “Dopesick,” and widow Sarah Lieberman in “The Punisher.” And this is just a small sample of her credits, but if “The Hunting Wives” remains a hit, it’ll be the series that makes Jaime Ray Newman a household name.



Courtesy of NBC
Jaime Ray Newman (“The Hunting Wives”)

Q: I saw a commercial for a new “9-1-1” show that is set in Nashville. It looked like singer LeAnn Rimes is in it. Is she part of the permanent cast? — B.I.

A: “9-1-1: Nashville” is the third series in the “9-1-1” franchise of shows, and it premiered on Oct. 9 on ABC. Just like its predecessors “9-1-1” and “9-1-1: Lone Star,” it follows a team of firefighters, paramedics and police officers who respond to emergency calls while also navigating the drama of their personal lives. The newest chapter stars a very familiar face to network TV audiences, Chris O’Donnell, who starred in the huge hit “NCIS: Los Angeles” for 14 seasons. Joining O’Donnell on location in Nashville and the surrounding areas is Jessica Capshaw (“Grey’s Anatomy”) and Grammy-Award-winning artist LeAnn Rimes. Both are full-time cast members. While she’s known more for her beautiful singing voice, Rimes has several acting credits. In fact, Rimes met her husband, actor Eddie Cibrian, on the set of their Lifetime movie “Northern Lights” about 15 years ago. “9-1-1: Nashville” could be the hit Rimes needs to catapult herself into a full-time acting career. It’s not a sure bet, however. “9-1-1: Lone Star” with Rob Lowe was canceled after just five

seasons because of budget reasons, but the original “9-1-1” starring Angela Bassett is still going strong with its ninth season, which premiered on Oct. 9.

Q: When do the Winter Olympics start, and which networks will it be on? I don’t want to miss it. — D.E.

A: The 2026 Olympic Winter Games will be held from Feb. 6-22, 2026, in Milan and Cortina D’Ampezzo, Italy. NBC will be the main network to once again host the games and its numerous events, which are also streaming on Peacock. The “Today” show’s Savannah Guthrie and NBC Sports’ commentator Terry Gannon will host the Opening Ceremony on Feb. 6. They’ll also be joined by three-time Gold-Medal-winning snowboarder Shaun White in the booth. Be sure to visit NBC.com for further details as it gets closer to February.

Send me your questions at NewCelebrityExtra@gmail.com.

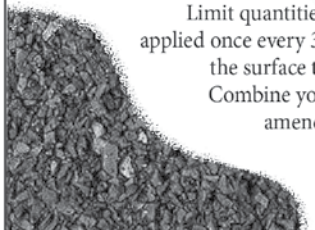


Dry used grounds thoroughly before using in the garden; this prevents mold development and unpleasant odors. Spread them on newspaper or screens for 24-48 hours until completely moisture-free.

Using coffee grounds

Limit quantities to 1-2 tablespoons per plant, applied once every 3 months. Sprinkle evenly over the surface to avoid thick clumps forming. Combine your grounds with other organic amendments for balanced nutrition.

- Brenda Weaver
Source: blog.bostonorganics.com



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This low-maintenance succulent from Mexico gets its name from its thick, whitish-green leaves, which can become pink-tinged in hot, dry weather, and blueish when in shade. In spring it forms clusters of small star-shaped flowers that are white with small red dots. It likes full sun to partial shade, and well-drained soil is a must. Once it is established, it is drought tolerant. It does well in rock gardens, containers, as a ground cover or on the patio. It is easily propagated by rooting leaves, division or stem cuttings. - Brenda Weaver

Ghost Plant



Sources: plants.ces.ncsu.edu, www.smgrowers.com

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The Osage tribes used witch hazel bark to treat skin ulcers and sores. The Potawatomi steamed twigs of the plant to soothe sore muscles. The Iroquoi brewed a tea from it to treat dysentery, colds, and coughs. The early European settlers observed native American tribes using sticks from the witch hazel shrub to find underground sources of water: the “dowsing” end of the forked branch would bend when underground water was detected. - Brenda Weaver

Witch hazel



Sources: theatlantic.com, www.fs.usda.gov

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FAMILY FEATURES

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

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

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

From the appetizers to the main dish to dessert, flavorful seasonings can make a good recipe great. Find more ideas for spicing up your holiday menu at SpiceIslands.com.

Traditional Turkey Rub

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

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

In small bowl, combine rosemary, thyme, onion powder, garlic powder and cinnamon. Generously add salt and pepper. Lightly coat turkey with oil, if desired.

Rub all surfaces of turkey with seasoning. Roast according to package directions.



Photo courtesy of Getty Images

Spice Up the Season

Flavorful holiday dishes for every course



Mini Pumpkin Cheesecakes

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

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

Heat oven to 325 F. Line muffin tin with paper baking cups. Place 1 cookie in each cup.

With electric mixer, beat cream cheese, sugar, corn starch and pumpkin pie spice. Add eggs and mix well. Add pumpkin and corn syrup; beat 1 minute.

Pour filling into liners, dividing evenly. Bake 30-35 minutes until just set. Chill 1 hour.

Cranberry Apple Chutney

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

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

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

Serve with roast turkey, pork roast or baked ham.



Butternut Squash Soup with Thyme Butter

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

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

Heat oven to 425 F.

In large bowl, combine oil, ginger and cayenne pepper. Add squash, apples and onions; toss to coat. Transfer to 15-by-10-inch baking pan. Roast in single layer 35-45 minutes, or until tender. Remove from oven.

Working in batches, combine squash mixture and one can chicken broth in blender or food processor; blend until smooth. Transfer pureed mixture to large saucepan. Stir in remaining chicken broth and water. Bring soup to boil; reduce heat and simmer, uncovered, 10 minutes.

To make thyme butter: Combine butter, thyme and garlic powder until well blended. Spoon onto wax paper and roll into 3-inch log; wrap tightly and refrigerate until firm.

To serve, cut butter into thin slices. Ladle hot soup into individual bowls; top each with slice of butter.

Tip: Puree can be made in advance, covered and refrigerated up to 2 days.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Pork Tenderloins With Corn Stuffing

A real he-man dish for a cool November dinner

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

1. Heat oven to 375 F. Spray 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large skillet also sprayed with cooking spray, saute celery and onion to 8 minutes. In medium bowl, combine bread cubes, corn, sage, parsley flakes and black pepper. Add sauted vegetables, mushroom soup and water. Mix well to combine. Evenly spoon half of mixture into prepared baking dish.

3. Lightly re-spray skillet with cooking spray. Evenly arrange pork tenderloins in skillet and brown 3-4 minutes on each side. Arrange browned meat evenly over stuffing mixture. Lightly spray top with butter-flavored cooking spray. Spread remaining stuffing mixture over meat.

4. Cover with foil and bake 20 to 25 minutes. Remove foil and continue baking for 10 minutes or until stuffing hot and meat is cooked through. Place baking dish on wire rack and let set for 5 minutes. Divide into 4 servings.

• Each serving equals: 277 calories, 5g fat, 23g protein, 35g carb., 40mg sodium, 84mg calcium, 3g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1/2 Vegetable; Carb choices: 2.

Comfort foods

Made fast and healthy

by Healthy Exchanges

A Chicken in Every Pot!

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

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

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti. Lower heat and simmer for 10 minutes, stirring occasionally.

2. When serving, top each dish with 1 tablespoon Parmesan cheese. Serves 4 (1 1/2 cups each).

• Each serving equals: 264 Calories, 4g Fat, 20g Protein, 37g Carb., 816mg Sodium, 4g Fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

Good Housekeeping

Seafood Bake

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

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

1. Heat oven to 425 degrees F. In a large bowl, whisk together the sour cream, cornstarch, mustard, lemon zest, and 1/2 teaspoon each salt and pepper.

2. Add the seafood to the sour cream mixture and toss to coat. Squeeze the spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

3. Sprinkle the hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

TIP: To use up the potatoes, make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side. Serve with a green salad. Serves 5.

Good Housekeeping

Lemon-Parsley Rice

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

1. In 3-quart saucepan, heat broth and water to boiling over high heat. Stir in rice and 1/4 teaspoon salt; heat to boiling. Reduce heat to low; cover and simmer, until rice is tender and all liquid has been absorbed, 40 to 45 minutes.

2. Remove pan from heat and let stand 5 minutes.

3. To serve, fluff rice with fork. Stir in parsley and lemon peel. Makes 4 servings.

Good Housekeeping

Double-Chocolate Bread Pudding

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

1. Heat oven to 300 F. In 2-quart saucepan, heat cream, sugar and milk over medium heat until sugar dissolves, stirring occasionally. Remove from heat.

2. Add chopped chocolate, stirring with wire whisk until mixture is smooth and chocolate melts completely. Gradually whisk in eggs and vanilla until well-combined.

3. Place bread in shallow 1 1/2-quart or 8-by-8-inch glass or ceramic baking dish. Pour chocolate mixture over bread. Cover and refrigerate 30 minutes, stirring occasionally.

4. Sprinkle chocolate chips on top of bread mixture. Bake, uncovered, 40 to 45 minutes or until set. Cool 10 minutes to serve warm, or cover and refrigerate to serve cold later. Serve with whipped cream if you like. Makes about 8 servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Thanksgiving Pumpkin Torte

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

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

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine pumpkin, dry pudding mix, dry milk powder, pumpkin pie spice and water. Mix well using a wire whisk. Blend in 1/4 cup whipped topping. Spread half of pumpkin mixture evenly over graham crackers.

2. Top with remaining 9 graham crackers. Spread remaining pumpkin mixture over top. Evenly spread remaining 3/4 cup whipped topping over pumpkin mixture. Sprinkle pecans evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.

Good Housekeeping

Sausage and Pumpkin Pasta

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

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

1. Cook rigatoni as label directs, reserving 1 cup cooking water.

2. In 12-inch nonstick skillet, cook sausage on medium 6 minutes, breaking up sausage. Add fresh sage leaves; cook 1 minute, stirring. Add pumpkin and reserved pasta water; mix well.

3. Drain pasta; return to pot. Add sausage mixture; heat through. Stir in Parmesan. Serves 4.

Good Housekeeping

Pear Crisp

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

1. Preheat oven to 375 F. In large bowl, stir granulated sugar and cornstarch until blended.

2. Peel, core and slice pears into 1/2-inch-thick slices. Add pears and lemon juice; toss to coat. Pour pear mixture into shallow 2 1/2-quart glass or ceramic baking dish; spread evenly.

3. In same bowl, combine oats, brown sugar, flour and cinnamon. With fingertips, work in butter until coarse crumbs form. Press crumb mixture together and sprinkle on top of pear mixture.

4. Bake crisp 35 to 40 minutes or until top is browned and fruit is bubbling at edge. Cool on wire rack 1 hour to serve warm, or cool completely to serve later. Serves 8.

• Each serving: About 270 calories, 7g total fat (4g saturated), 16mg cholesterol, 75mg sodium, 52g total carbs, 5g dietary fiber, 3g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Cranberry Graham Squares

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

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

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine dry instant pudding mix, dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture evenly over graham crackers. Refrigerate while preparing cranberry sauce.

2. In a medium saucepan, combine dry cook-and-serve pudding mix, cranberry juice cocktail, remaining 1/2 cup water and cranberries. Cook over medium heat for about 5 minutes or until cranberries soften, stirring often.

3. Remove from heat, place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally. Evenly spoon cooled mixture over set filling.

4. Spread whipped topping evenly over cranberry mixture. Crush remaining 3 graham crackers into fine crumbs. Evenly sprinkle crumbs over top. Refrigerate for at least 1 hour. Serves 8.

• Each serving equals: 93 calories, 1g fat, 2g protein, 19g carb., 297mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch.

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Assault on the 800 block of West Lawrence Avenue.

Assault on the 4800 block of North Sheridan Road.

Burglary on the 1600 block of West Eascher Avenue.

Arrest on the 1400 block of West Foster Avenue.

Theft on the 3100 block of West Giddings Street.

Theft on the 3100 block of North Western Avenue.

Assault on the 100 block of East Walten Place.

Theft on the 5199 block of North Kenmore Avenue.

Theft at State and Division Street.

Theft on the 300 block of West North Avenue.

Robbery on the 800 block of West North Avenue.

Theft on the 1700 block of North Clark Street.

Theft on the 500 block of North Cotnelia Avenue.

Assault on the 3300 block of North Halsted Street.

Theft on the 1000 block of West Sunnyside Avenue.

Burglary on the 5400 block of North Paulina Street.

Theft on the 1200 block of North Branch Street.

Assault on the 2800 block of North Leavitt Street.

Vandalism on the 3600 block of North Lincoln Avenue.

Robbery on the 300 block of West Chicago Avenue.

Theft on State Street and East Walton Street.

Theft on the 2900 block of North Clybourn Avenue.

Vandalism on the 4400 block of North Broadway.

Vandalism on the 5200 block of North Kenmore Avenue.

Theft on the 2200 block of North Clybourn Avenue.

Theft on the 1000 block of North State Street.

Theft on the 4500 block of North Dover Street.

Assault on the 1000 block of West Leland Avenue.

Burglary on the 600 block of West Wellinton Avenue.

Theft on the 1600 block of West Altgeld Street.

Theft on State Street and Maple Street.

Robbery on the 2000 block of West North Avenue.

Assault on the 600 block of West Scott Street.

Theft on the 2100 block of West Giddings Street.

Theft on the 2100 block of North Western Avenue.

Theft on the 4100 block of North Western Avenue.

Theft on the 5300 block of North Kenmore Avenue.

Theft on tthe 3600 block of West Schurbery Avenue.

Assault on the 3300 block of North Halsted Street.

Theft on the 500 block of West Cornelia Avenue.

Assault on the 2800 block of North Leavitt Street.

Assault on the 2400 block of West Balmoral Street.

Vandalism on the 7300 block of North Wastenaus Avenue.

Theft on the 2700 block of North Clybourn.

Theft on the 3599 block of West Montrose Avenue.

Vandalism on the 2500 block of West Touhy Avenue.

Theft on the 7100 block of North Glenwood Avenue.

Theft on the 2900 block of North Clybourn Avenue.

Vandalism on the 5200 block of North Kenmore Avenue.

Assault on tha 2800 block of North Leavitt Street.

Assault on the 7500 block of North Paulina Street.

Burglary on the 5400 block of North Paulina Street.

Vandalism on the 1200 block of West Lunt Avenue.

Theft on the 2900 block of North Clybourn Avenue.

Vandalism on the 5200 block of North Kenmore Avenue.

Burglary on the 7100 block of North Kenmore Avenue.

Theft on the 2800 block of West Touhy Avenue.

Assault on the 2100 block of West Lunt Avenue.

Burglary on the 3100 block of West Wellington Avenue.

Burglary on the 4300 block of North Dayton Street.

Burglary on the 3300 block of West Foster Avenue.

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CHICAGO CRIME STATS AT A GLANCE

Crime in Chicago has seen a significant decline in 2025. While overall crime rates have fallen, violent crime, particularly homicides, remains a serious issue, with certain neighborhoods experiencing disproportionately high rates of violence.

According to the latest data from the Chicago Police Department, homicides are down 32% year to date, with 240 recorded through July – the lowest in six years. Shooting incidents have decreased by 37% with 865 reported through July. Robberies are down 31.9%, and vehicular hijackings have gone down by 49%.

Mayor Johnson's administration attributes these improvements to a holistic approach to public safety, including expanded youth employment, increased mental health crisis response teams, and stronger partnerships with community violence

intervention groups.

Despite improvements, President Trump has doubled down on his portrayal of Chicago as a lawless zone. Gov. Pritzker and Mayor Johnson have both opposed the National Guard, citing legal limitation and the city's improving crime metrics.

While the overall trends are encouraging, disparities remain. Black residents are still 22 times more likely to be homicide victims than white residents, and certain neighborhoods experience homicides rates 68 times higher than others.

We are no longer the 'murder capital'. According to data, as of 2025, St. Louis, Missouri holds the unfortunate title of the most dangerous city in the United States in terms of homicides.

"It has pleased God some comfortable measure to bless us with the fruits of the Earth."
Plymouth Colony Records,
1668

Though times have changed and traditions dimmed with the passage of the years, may we always be constant in our gratitude for blessings bestowed upon this beloved land and its people. For family and friends, for health and vitality, give a moment's pause this Thanksgiving Day, to give humble thanks for these many blessings. Remember all in this land of abundance, the true richness of the little things, too, in life. Look around your table this year, and give thanks. A very happy Thanksgiving to you!

Happy Thanksgiving

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

Here's a copy of the alphabet to guide you:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

XIBU EP HIPTUT VTF UP

LFFQ UIFJS IBJS JO QMBDF?

TDBSF TQSBZ.

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Even Exchange

by Donna Pettman

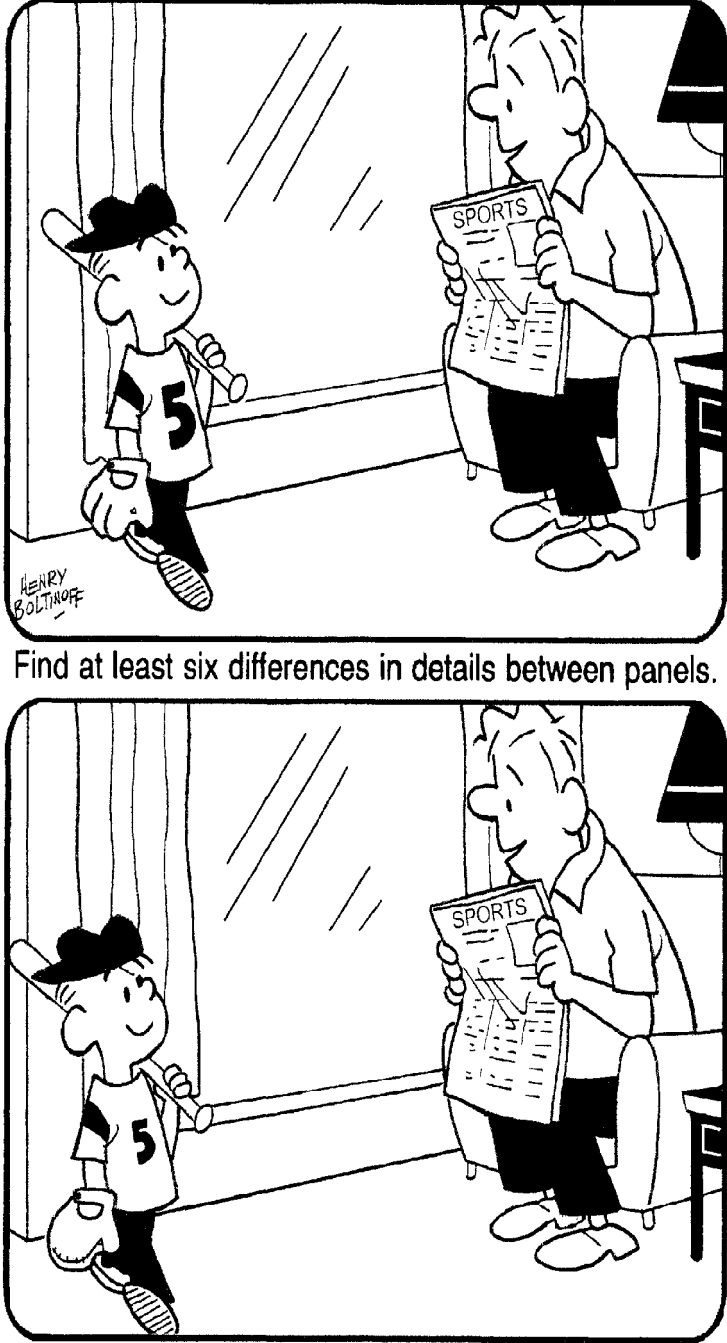
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. More than enough	__ M __ __ __	Granny Smith, e.g.	__ P __ __ __
2. Veranda	__ __ R __ __	Kangaroo's pocket	__ __ U __ __
3. Lag behind	__ I __ __ __	Extended	__ O __ __ __
4. Hay measure	__ __ __ __ L	Completely worn out	__ __ __ __ D
5. Model Crawford	__ I __ __ __	Gum drop or licorice	__ A __ __ __
6. Span	__ __ __ H	Respond	__ __ __ T
7. Realm	E __ __ __	Baseball referee	U __ __ __
8. Coldplay singer	__ __ T __ __	Singer Gaye	__ __ V __ __
9. Theme	__ __ P __ __	Gin and ____	__ __ N __ __
10. Brag	__ O __ __ __	Explosion	__ L __ __ __

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Boy is moved. 2. Table is smaller. 3. Newspaper is longer. 4. Glove is a catcher's mitt. 5. Number on shirt is smaller. 6. Curtain is wider on left side.

Even Exchange

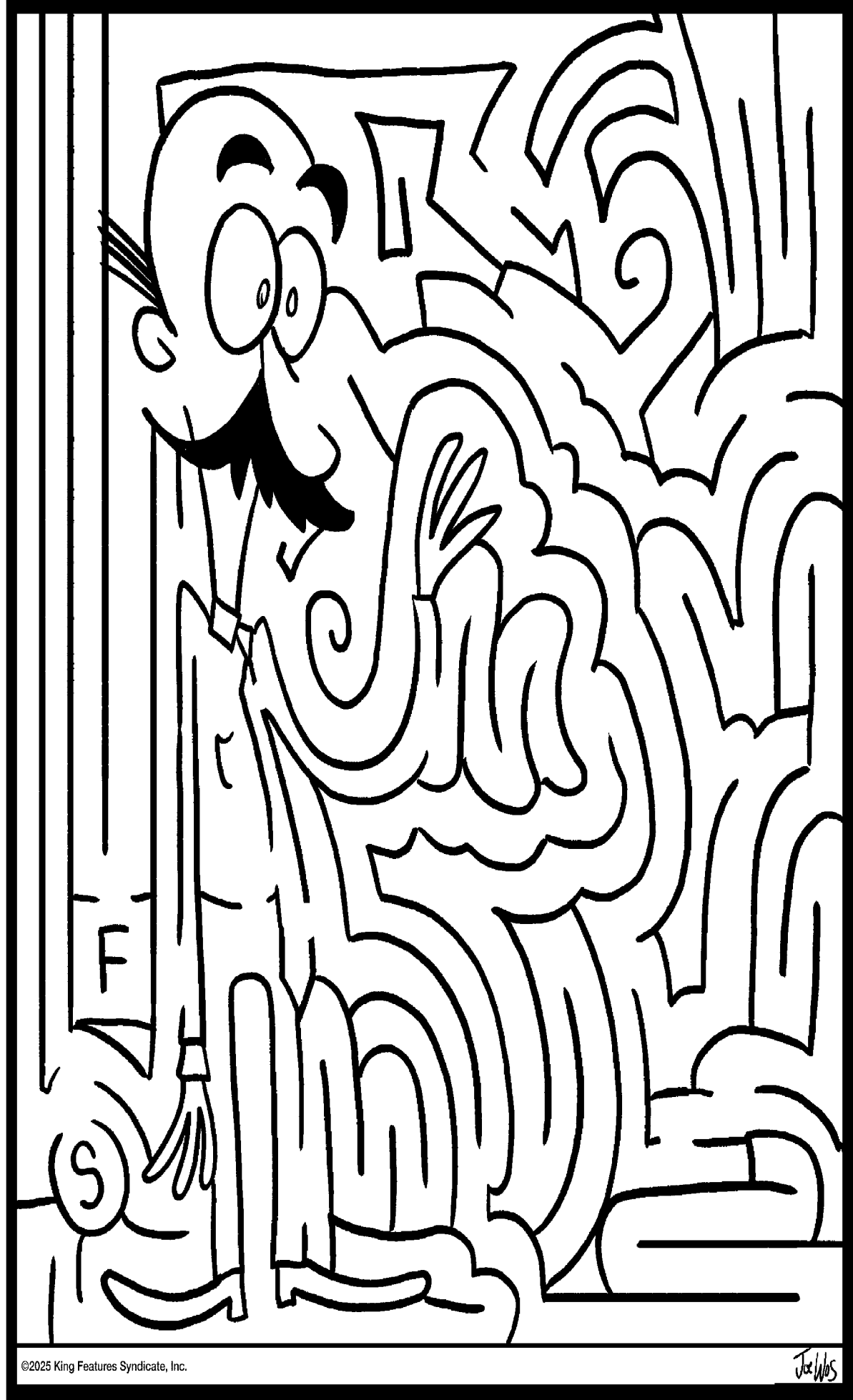
answers

Puzzles4Kids

Answer

What do ghosts use to keep their hair in place? Scare spray.

1. Ample, Apple	6. Reach, React
2. Porch, Pouch	7. Empire, Umpire
3. Linger, Longer	8. Martin, Marvin
4. Bushel, Bushed	9. Topic, Tonic
5. Cindy, Candy	10. Boast, Blast



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5 Ways to Age-Proof Your Home

Easy upgrades to improve the lives of older adults

FAMILY FEATURES

A home is more than four walls – it’s where birthdays are celebrated, holiday dinners shared, illnesses weathered and losses mourned. Home is, as the saying goes, where the heart is.

It’s little wonder then most people want to remain in their homes as they age, based on AARP research. Yet, according to the U.S. Census Bureau, less than half of U.S. houses are equipped with accessibility features for older adults.

It doesn’t take a full remodel to make a home safer. Updates like installing handrails or improving hallway lighting can go a long way.

For those who need support in making these changes, programs like Helping Homebound Heroes, a partnership between Meals on Wheels America and The Home Depot Foundation, provide senior veterans with essential home modifications and

repairs. This year, the initiative marked a milestone: 4,000 homes modified for seniors’ safety.

“By improving safety and accessibility, we’re helping senior veterans stay in the places they love,” said Ellie Hollander, president and CEO of Meals on Wheels America. “Our work is about preserving independence and dignity – helping older adults live safely, confidently and with connection to their communities.”

These practical tips show how small fixes can add up to big peace of mind:

- 1. Create a safer entryway.**
For older adults, steps to the front door can be an obstacle. A ramp or zero-step entry allows for easier coming and going, and a covered porch or awning keeps walkways dry.
- Path lights improve visibility at night, and a sturdy bench by the door provides a place to rest or put groceries.



Photo courtesy of Shutterstock



A MILESTONE MAKEOVER

Juan Lopez, a 63-year-old U.S. Army and Air Force veteran, has always been a do-it-yourselfer. When an ice storm sent a tree limb crashing through his roof, the damage was more than he could handle. Water seeped inside and mold quickly affected his wife’s health.

Through Helping Homebound Heroes, Lopez received critical support. Crews completed nearly \$40,000 in upgrades, from replacing his roof to installing new windows, a furnace and walk-in showers with grab bars.

“I don’t know what I would’ve done if they had not stepped in,” Lopez said. “It’s been such a blessing in our lives.”

Since 2015, The Home Depot Foundation has contributed more than \$21 million to Meals on Wheels programs, helping veterans like Lopez remain safely and comfortably in their homes as they age.

- 2. Upgrade the bathroom.**
According to multiple studies, falls in the bathroom are more likely to cause injury than in other parts of the home.
- If you’re planning a bathroom project, start with small changes like raised toilet seats or toilet and shower grab bars. For a more extensive remodel, install non-slip flooring, replace traditional tubs with walk-in showers and add handheld showerheads.
- 3. Improve flooring.**
The flooring in your home can have a big impact on safety. If you have thick or loose carpet, consider replacing it with a low-pile option.
- Slip-resistant flooring, such as vinyl or cork, also provides good traction and can be more forgiving than hardwood or tile. Simple visual cues can help, too. Transition strips between rooms or on stair edges make changes in floor level easier to see.
- 4. Brighten up rooms.**
Brighter overhead fixtures improve visibility, making it easier to spot steps, furniture and

other obstacles. At night, motion-sensor lights brighten bathrooms and hallways so it’s easier to move around safely.

Lighting can also support overall well-being. Bulbs mimicking natural daylight help regulate the body’s circadian rhythm, boosting energy during the day. In the evening, switching to softer, warmer light signals the body to wind down.

5. Keep essentials within reach.
Storing everyday items at waist or shoulder height reduces the need for stretching, bending and climbing, all of which can increase the likelihood of falls. Sometimes a simple cabinet reorganization is enough but features like pull-down shelving can make storage more accessible.

Extender rods or remote controls let you adjust ceiling fans and lights from the ground, while motorized window shades can be raised or lowered with the push of a button.

For more resources and support for seniors, visit mealsonwheelsamerica.org.

Upgrade Your Home This Fall

Why now is the time to replace an aging HVAC system

FAMILY FEATURES

As cooler weather sets in, households across the country face a tough question: keep repairing their old heating and cooling systems or finally replace them with new ones.

While squeezing every penny out of an old unit might seem like a way to save money, experts caution that waiting can lead to higher costs, less comfort and missed opportunities for major savings.

The Hidden Cost of ‘Just One More Repair’
Older HVAC systems often need frequent service and those repair bills can add up. Bandage-type repairs on current units could lead to more surprise bills from repair people who usually do not offer financing plans. With contractor schedules filling up



during peak seasons, a breakdown at the wrong time could mean long delays for repairs or replacements – leaving your home uncomfortable when you need it most.

Beyond the financial drain, there is the stress of dealing with an unexpected breakdown during extreme weather. Having to replace an HVAC system in the middle of a breakdown denies you the opportunity to shop around and purchase a system that best fits your home and needs. Similarly, replacing an unreliable system with a newer model can provide consistent comfort, improved efficiency and financial predictability.

Fall is the Ideal Time for Replacement
Fall is considered the “shoulder season” in the HVAC industry. Contractors generally have more availability than during the busy summer and winter months, which makes scheduling easier. With the more moderate weather conditions during fall, you may be more comfortable without heating or cooling while the new system is being installed. Acting in fall also avoids the risk of facing a system failure in the middle of a cold snap when demand is high and options may be limited.

Incentives Can Make Upgrading More Affordable
For a limited time, programs are available to help homeowners manage the cost of replacement. This fall, certain high-efficiency systems from Carrier qualify for rebates of up to \$2,100 and financing plans with 0% APR for 60 months,

giving families the ability to spread out payments without extra interest.

In addition, federal incentives under the Inflation Reduction Act offer homeowners tax credits – such as up to \$2,000 back for installing a qualifying high-efficiency heat pump – further lowering the net cost. These IRA incentives are set to expire at the end of the year, making this fall the perfect time to upgrade.

Ensure Comfort and Efficiency During the Holidays
The holiday season is a busy time and usually includes hosting loved ones. Guarantee your celebrations go off without a hitch and your guests stay warm and comfortable by replacing your old unit during the fall months.

Modern HVAC systems do more than heat and cool; they can help maintain balanced humidity, reduce drafts, improve air quality and eliminate uneven hot or cold spots throughout your home. Plus, the energy efficiency of your new heating and cooling system may help you save on monthly utility bills; savings you can put toward holiday shopping.

While it may be tempting to prolong the life of an old HVAC system, delaying replacement can end up being more expensive and stressful. With incentives, financing and tax credits available this fall, planning ahead can help you save money and enjoy year-round comfort.

Learn more about rebates and financing plans by contacting your local, trusted expert at carrier.com/residential/en/us/find-a-dealer.

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