



Mayor Brandon Johnson outlined his proposal for the 2027 Chicago Budget



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The Mayor is proposing \$25 a month per worker for companies with more than 125 full-time employees. Businesses on the South and West side, in disadvantaged areas, would get rebates. The plan also nearly doubles the sports betting tax and raises the tax on leased property and cloud computing from 15 to 20 per cent. The Mayor also wants big tech companies like Amazon to pay more through the lease tax, bringing in an extra \$234 million. And there's a new

a new 15 cent tax on delivery packages. "My 2027 budget ensures ever Chicagoan receives their fair share of the investments, service, and opportunities that define our city, funded by responsible spending cuts that protect essential services." In his remarks the mayor asks the media not to focus on the head tax saying it's just one-and-a-half percent of the budget and that "this fight is about so much more than one tax." The proposal will not include a property tax increase.

RED-LIGHT, RED-LIGHT



Late Fees Almost Half of Chicago's Red-Light camera revenue in 2025

The city collected \$47.1 million from those camera violations last year, with \$22.5 million coming from late fees. Almost half of Chicago's revenue from red-light cameras last year came from late penalties for unpaid tickets. Late fees double the cost to a

driver: The initial ticket is \$100 and failing to pay on time [within 21 days] adds another \$100. Revenue from red-light camera tickets has fallen in the past decade, but late fees have remained a substantial part of the amount. From 2016 to 2025, revenue from initial tickets fell 29% while revenue from late penalties fell much less - only 1.5%.

From January 1, 2016, through July 31, 2026, Chicago collected \$573.5 million from red-light cameras issuing 6,357,916 tickets. Drivers were issued the most tickets at Cicero Avenue and Interstate 55 on the Southwest Side and DuSable Lake Shore Drive and Belmont on the North Side, with those two intersections accounting for 8% of total tickets is-

sued. There are red-light cameras at 149 intersections and have not added one since February 2018. But the city expanded its other automated enforcement program, adding 50 speed cameras in 2025 after three consecutive years of declining speed-camera revenue.

Editorial & Opinions



*** On Nov. 2, 1986,** Norwegian distance runner Grete Waitz won her eighth New York City marathon, finishing the 26-mile, 385-yard course more than a mile ahead of the second- and third-place women in the race. In 1988, she won it for the ninth time, something no other marathon runner had accomplished.

*** On Nov. 9, 1870,** the U.S. Supreme Court refused to hear a challenge from the state of Massachusetts on the constitutionality of the Vietnam War. In a 6-3 vote, justices rejected the state's effort to bring a suit in federal court defending Massachusetts residents who claimed protection under a state law allowing them to refuse military service in an undeclared war.



*** On Nov. 10, 1928,** the first installment of Erich Maria Remarque's novel of World War I, "All Quiet on the Western Front," debuted in the German magazine Vossische Zeitung. Released in book form in 1929, it sold a million and a half copies that year and was also adapted into an acclaimed American film in 1930.

*** On Nov. 11, 1988,** authorities in Sacramento, California, excavated a corpse in the lawn of 59-year-old Dorothea Puente, who had operated a residential home for elderly people. An investigation led to the discovery of six more bodies buried on her property. Puente -- who was mentally ill, already had a criminal record and was suspected of additional deaths -- died in prison in 2011.

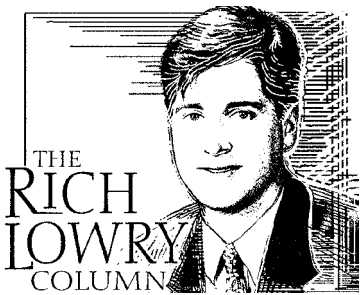
*** On Nov. 12, 1969,** investigative journalist Seymour Hersh, in a cable picked up by more than 30 newspapers, revealed the extent of the U.S. Army's charges against 1st Lt. William L. Calley at My Lai, writing,

"The Army says he [Calley] deliberately murdered at least 109 Vietnamese civilians during a search-and-destroy mission in March 1968, in a Viet Cong stronghold known as 'Pinkville.'"

*** On Nov. 13, 2020,** Kim Ng was named general manager of the Miami Marlins, becoming not only the first woman and first person of East Asian descent to lead a Major League Baseball front office, but also the first female general manager in North American professional men's sports history.

*** On Nov. 14, 1910,** U.S. Navy Lieutenant Eugene Ely became the first person to successfully take off in an airplane from the deck of a ship, lifting off the cruiser Birmingham in Virginia.

*** On Nov. 15, 1806,** explorer Zebulon Pike discovered the Colorado Peak that now bears his name, despite the fact he didn't climb it himself.



The Anti-French revolt in France

"All my life," Charles de Gaulle famously said, "I have had a certain idea of France." This, though, was presumably not what he had in mind. France has been wracked by riots targeting public buildings and symbols of the nation, as well as ordinary commercial concerns.

Of course, France has a long tradition of unrest on the streets. If someone isn't setting a car alight somewhere in the country in protest, you almost wonder what's gone wrong. In 1968, President de Gaulle himself briefly fled Paris for fear that student protesters were going to topple the government, before finding his nerve.

So, it's not unusual that things are getting wrecked and burned, but the disorder is portentous all the same. It started as demonstrations against underfunded schools and has morphed into a red-green campaign of mayhem ranging much more widely.

Palestinian flags and the slogan "Free Palestine" are ubiquitous. It's not clear what either of these things has to do with burning down the elegant, 19th-century town hall building in Limoges or looting a Louis Vuitton store. But the Palestinian banner has become the equivalent of the North Vietnamese flag in the 1970s — a symbol of resistance to the West, and in this case, fierce opposition to Zionism and so-called settler-colonialism.

The flag also speaks to the immigrant component of the riots. France has done a poor job of assimilating immigrants and their children, a large portion of whom are Muslims from North Africa, thanks to France's colonial history and, in particular, its incorporation of Algeria into France for a period of time (an insanely unrealistic project).

The problems that France has been creating for itself were foreseeable and, indeed, foreseen. As long ago as March 1959, de Gaulle is reported to have warned: "The Arabs are Arabs,

the French are French. Do you think that the French can absorb 10 million Muslims who will tomorrow be 20 million and after tomorrow 40?"

One way to look at these riots is as Frantz Fanon's revenge. What the great mid-20th century theorist of anti-colonial resistance called "the wretched of the earth" are living in the downtrodden suburbs of Paris and, in effect, seeking to colonize the colonizers.

Make no mistake, though — white radicals, too, have taken a large hand in the disorder. Jean-Luc Melenchon, the leader of an ascendant left-wing party, has participated in the protests and condemned police for their supposedly brutish tactics. He celebrates the "creolization" of France and views immigrants and their children as part of a potential "bloc de rupture" that can revolutionize French politics and shift it radically to the left.

What's ultimately in play is French identity. The country has traditionally had a universalizing mission (whether advancing Christianity or evangelizing for enlightenment values, depending on the regime) joined to a deep pride in the French nation. The rioters, who are illiberal and unpatriotic, aren't much interested in either. Melenchon has said French identity cannot be "a tradition," but is "a creation in permanent evolution." And here, as has often happened in France's history, it is evolving in the streets.

The unrest also serves as a warning that should the French public reject this left-wing vision and turn to the nationalist Marine Le Pen in next year's election, the country will be made ungovernable. With the disorder spreading elsewhere, other Western European countries will also have to take note.

A key element of de Gaulle's "certain idea of France" was its inherent greatness. His beloved France, though, is already a second-rank power. Its debt-to-GDP ratio is 120%, while much of the public apparently believes it is living under intolerable austerity and there is no political will to pull back on spending. An overmatched President Emmanuel Macron, presiding over a restive country, represents an exhausted center that has done much to bring the nation to this point.

Whatever France's immediate future, greatness is not going to be part of the picture.

Rich Lowry is editor of the National Review.

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Americanisms

"Everything you've ever wanted is on the other side of fear."

— George Adair

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VETERANS POST

by Freddy Groves

Adaptive sports programs

In a repeat of last year, the VA is set to give \$16 million in grants to 91 groups around the country that host the annual adaptive sports program. What has gone up is the number of veterans who will be able to participate. This year the VA has enrolled an additional 290,000 veterans in healthcare.

The adaptive sports program, as well as the therapeutic arts program, is run by community, regional and national grant recipients to provide opportunities for disabled veterans to participate.

If you're interested in competing or training in these events, whether you want to aim for skiing, the wheelchair games, golf, the Golden Age games or the arts, there is a place for you.

If you want to become a Paralympic athlete, there's even a training allowance, a monthly stipend for those who are selected to compete with the national Olympic team.

For the National Disabled Veterans Winter Sports Clinic, the adaptive ski program, see wintersportsclinic.org. Veterans with spinal cord injuries, visual impairment, traumatic brain injury and more are eligible. The clinic runs from March 27 to April 3 next year. Click "Participate" to see how to register and to review the participant requirements.

The Golden Age Games, for veterans age 55 and above, includes 20 medaled sports events broken into eight age categories. Whether you're into archery, track and field, bowling, horseshoes or any of the 19 sports, there is room for you. Competitions will be held June 23 to June 29, 2027.

The National Veterans Creative Arts Festival submission window will be Feb. 1 - March 15, 2027, and covers a wide range of artistic endeavors, from creative writing to dance to music to art, and more. See department.va.gov/veteran-sports/national-veterans-creative-arts-festival for more information.

Keep an eye on department.va.gov/veteran-sports for information on all the categories and events, and especially the registration dates.

As always, volunteers are needed. These events can't take place without the hundreds of volunteers who step up to ensure that disabled veterans have the opportunities to participate.

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Strange BUT TRUE

By Lucie Winborne

• Silver conducts electricity better than any other substance.

• The origin of the phrase "to put someone on hold" was Alexander Graham Bell handing his telephone to his partner, Mr. Watson, and saying, "Here, hold."

• There are 86 LEGO bricks for every person on earth.

• Barbie was co-designed by engineer and professional missile designer Jack Ryan, who was also the sixth husband of Zsa Zsa Gabor.

• The flute requires more air than any other instrument, including the tuba.

• One of Stan Laurel's favorite practical jokes was a trick toilet built into the bathroom of one of his homes. When flushed, it sank into the floor.

• An ounce of gold can be stretched more than 50 miles.

• The first prototype of cold cream was created around 150 C.E. by the Greek physician Galen.

• A dashboard was initially a piece of wood attached to a horse-drawn carriage to prevent mud from splattering up from the horses and onto the driver.

• Chefs traditionally wear white because the chef of the first prime minister of France believed it was the most hygienic of colors.

• Over 80% of patients on the U.S. national transplant waiting list need a kidney.

• Scientists believe that the nictitating membrane (the small pink tissue in the corner of a human eye) is the remnant of a third eyelid, similar to the semi-transparent eyelid used by birds, reptiles, fish and other mammals.

• The first movie fashion fad was Hollywood star Mary Pickford's long curls.

Thought for the Day: "Life begins now — right now — not tomorrow or the next day or the next. Every minute of every hour of every day, life begins anew. That means everything can change in an instant. It also means you can have a new beginning whenever you want." — *Neale Donald Walsch*

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top 10 movies

1. **Street Fighter** (PG-13) Noah Centineo, Andrew Koji
2. **You Can See Everything** (R) Amanda Seyfried, Christopher Abbott
3. **Other Mommy** (R) Jessica Chastain, Jay Duplass
4. **Whalefall** (PG-13) Austin Abrams, Josh Brolin
5. **Sense and Sensibility** (PG) Daisy Edgar-Jones, Esmé Creed-Miles
6. **Verity** (R) Anne Hathaway, Dakota Johnson
7. **Resident Evil** (R) Austin Abrams, Zach Cherry
8. **Heart of the Beast** (PG-13) Brad Pitt, J.K. Simmons
9. **Jailer 2** (NR) Rajinikanth, Vijay Sethupathi
10. **Forgotten Island** (PG) H.E.R., Liza Soberano

Fun Fact

From our earth, the moon and the sun appear to be virtually the same size in our sky. The sun is about 400 times wider than the moon, but it's also about 400 times farther away. This allows us to see spectacular displays and prominences during eclipses.

Sources: astronomy.com, fastforward.com.cy



"The Death of Robin Hood" (R) — Don't be misled by the name of this thriller film and sit the kids down to watch this one; this definitely isn't Disney's version of Robin Hood's story. Based on the 17th century ballad "Robin Hood's Death," this film is led by none other than Hugh Jackman ("The Sheep Detectives") with a supporting cast that includes Jodie Comer ("28 Years Later") and horror aficionado Bill Skarsgard ("Dead Man's Wire"). Jackman portrays the aged outlaw Robin, who is widely known as a folk hero across 1247 England but remains tormented by the crimes he's committed. After a few more treacherous duels leave him delirious, Robin finds himself on a remote island at the Priory of St. Clement, left only with the reminder of his sins as Sister Brigid (Comer) nurses him back to health. Out now. (HBO Max)

"Crystal Lake" (TV-MA) — Calling all slasher lovers! (Because I fear I am not one.) This new series starring Linda Cardellini ("DTF St. Louis") serves as a prequel to the 1980 film "Friday the 13th." Cardellini takes on the role of Pamela Voorhees (originally played by Betsy Palmer in the 1980 and 1981 films in the franchise), who has a young son with physical differences named Jason. (Hint, hint.) While Pamela's working as a lunch lady at Camp Crystal Lake, where her son's also a camper, Jason mysteriously drowns in the lake when the camp counselors aren't looking. Traumatized by grief, Pamela attempts to go back to work at the camp a year later but is unable to move on. Simultaneously, dead bodies begin appearing around town. All eight episodes are available to stream now! (Peacock)

SENIOR NEWS LINE

by Matilda Charles

A holiday gift to yourself

The best gift we can give ourselves during the coming holiday season is not becoming the victim of a scam. This year it's going to be tough to manage that. Thieves are constantly fine-tuning their skills. Your job is to know what form scams against you can take and to sharpen your intuition when things don't seem right.

The fact to keep in your mind at all times is that scammers want your money and you need to keep them from getting it.

If your senior center holds a seminar on avoiding scams, go. Take notes. If they don't have such seminars or classes, ask for one to be held. You won't be the only one to benefit from it.

If you buy online, don't click any links (including from search engines) to get to any store. Type in the name yourself. It's too easy for a scammer to create a false address that looks correct but will instead take you to their fake website.

If you get email that says your package has been delayed, don't click any link in the email. If you get a call demanding that you pay extra shipping fees, hang up and call the seller on a number you know to be correct.

Gift card scams are big now, and most requests you will get to pay for something with a gift card will be a scam.

If you get a phone call where you're told you owe a bill (or that your account is in jeopardy for some reason), don't let yourself be pressured into acting quickly. Hang up and call back on a number you know is correct. Ask if they've tried to reach you.

In fact, feel free to be suspicious of any phone call or email you weren't expecting if you're asked to give any information or money. Whether it's charity requests, tech support, your bank, be suspicious.

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What's Hot In Hollywood

HOLLYWOOD -- Oscar winners **Jessica Chastain** ("The Eyes Of Tammy Faye") and **Mikey Madison** ("Anora") -- as well as former Captain Kirk **Chris Pine**, former Captain America **Chris Evans**, and Oscar nominee **Don Cheadle** ("Hotel Rwanda") -- have signed on to star in "My Darling California," which is set in 1980 Los Angeles. It showcases ambition, greed and violence following a crime that weaves together the lives of a fallen news anchor, her cheating televangelist husband, two small-time crooks, an ex-con, and a rising country music idol. If it plays as well as it reads, it could be a lot of fun!

Jessica Chastain's supernatural psychological horror "Other Mommy" opened on Oct. 9, co-starring **Jay Duplass** and "Raiders of the Lost Ark" star **Karen Allen**. In addition, her mystery-thriller film "Heartland," with **Garret Hedlund**, is set to open on Nov. 13. But her still-unreleased film "Lear Rex," with **Al Pacino** and **Peter Dinklage**, doesn't have a premiere date yet.

Mikey Madison has the top billing for "The Social Network" sequel, "The Social Reckoning," which premiered on Oct. 9. She'll star alongside **Jeremy Allen White**, **Betty Gilpin**, **Billy Magnussen**, and **Jeremy Strong**. She then jumped into an adaptation of Edgar Allan Poe's classic short story "The Masque of the Red Death." (There's no release date as yet.)

Last year, **Chris Pine** completed the romantic drama "Carousel" (not the Rogers and Hammerstein musical) with **Jenny Slate**, **Sam Waterston** and **Katey Sagal**. It screened at the 2026 Sundance Film Festival in January. He also starred in the sci-fi comedy "Alpha Gang" with **Dave Bautista**, **Lily-Rose Depp**, **Cate Blanchett** and **Riley Keough**, which hit the Telluride Film Festival in September.

Now he's set to star in an upcoming survival thriller titled "Yeti" for Netflix. He'll play a father who protects his daughter, played by **Iona Bell**, from a deadly snow monster. **Sofia Boutella** is set to co-star alongside them.

In September, CBS unveiled its replacement to fill the void that was left by "Judge Judy." "Adam's Law" stars judge **Adam Levy**, who just happens to be Judge Judy's son. His courtroom mantra is: "Don't lie, don't cry, and use common sense."

"Wicked" director **Jon M. Chu**, who spent more than two years shooting the two-part epic, chose Dr. Seuss' book "Oh, the Places You'll Go!" as his next project, as well as "The Cat in the Hat." He also plans to make a spin-off featuring Thing One and Thing Two. **Ariana Grande** and **Josh Gad** are already on board for voice work.



Depositphotos

Director Jon M. Chu
("Wicked")

But the real news is that Chu's at work on a biopic based on **Britney Spears'** memoir "The Woman In Me." He calls the early screenplay for it "incredible, profound and beautiful." Spears lived under a conservatorship that was overseen by her father, **Jamie Spears**, from 2008-2021 -- allegedly because of mental health issues and frequent hospitalizations. Jamie controlled Britney's finances (her net worth of \$130-\$150 million). She called the situation a prison, and he was her warden. Every time she took him to court to break free, her father sang, "Baby, baby, one more time!"

HOLLYWOOD -- **Margot Robbie**, who was hot when she played "Barbie" (which grossed \$1.448 billion), now dreams of being 50 feet tall! In 1958, the film "Attack of the 50 Foot Woman" cost \$89,000 and grossed \$480,000, which surprised everyone. HBO then remade it in 1993 with **Daryl Hannah**, and now the brilliant director **Tim Burton** is set to direct a new remake! Robbie will produce and star in it. But poor Barbie is still in limbo while Robbie and director **Greta Gerwig** demand more upfront and backend money to make the sequel. Not to be left out, **Ryan Gosling** wants \$20 million to play Ken again. Meanwhile, Gosling has "Star Wars: Star Fighter" opening in May 28, 2027. Gerwig has since wrapped "Narnia: The Magician's Nephew" with **Meryl Streep**, **Carey Mulligan**, **Ciaran Hinds** and **Daniel Craig**, and it's set to premiere on Feb. 12, 2027. Robbie and **Bradley Cooper**

are also producing Cooper's script of the untitled "Ocean's Eleven" prequel, which is set to release on June 25, 2027.

Director **Guy Ritchie's** track record is hit-and-miss. In May, the \$70-million action-thriller film "In the Grey," with **Jake Gyllenhaal**, **Henry Cavill** and **Rosamund Pike**, failed to impress with grosses of \$27.8 million. Undaunted, he forged ahead with the action-thriller "Wife & Dog," starring **Benedict Cumberbatch**, **Rosamund Pike** and **Anthony Hopkins**; it's due on Feb. 19, 2027. Ritchie also directed the action-thriller "Viva La Madness," with **Jason Statham** and **Ben Foster**, and it wrapped this past April.

As Halloween nears, there aren't many films opening in theaters. The horror-thriller "Crawlers" opened on Oct. 16 with an unknown cast, and it follows the infestation of venomous spiders that get unleashed in an apartment complex. On Oct. 23, "Clayface" opens in theaters, which is about a disfigured rising movie star who volunteers to be a test subject to restore his original face; his body gets transformed into living clay. Then there's "Stiletto," starring **Colleen Camp**, which is about an exotic dancer named Lyric; it escapes in theaters on Oct. 30. In the film, Lyric searches for a masked serial killer who killed her sister and also has a foot fetish.



Depositphotos

Margot Robbie (Upcoming in an "Ocean's Eleven" prequel)

celebrity extra

by Dana Jackson



Depositphotos

Mandy Moore (Upcoming in "The Land")

this kind of exposure, it could become the highest-rated drama on network TV.

Q: How's Kelly Osbourne doing? She was really worrying me with her weight loss, but I know she said that it was a result of grieving her father, Ozzy. Did she ever get help? -- R.S.

A: Rock legend Ozzy Osbourne passed away at the age of 76 in July of this year. One of his daughters, Kelly Osbourne, had a noticeably thin frame around this time, and she didn't care for all the comments that she received on social media about her weight. Fortunately, Kelly has given her concerned fans an update, stating that she's now gained 28 pounds since her father's death. According to an article on Yahoo Entertainment, she wasn't aware of the extent of her weight loss until she saw photos of herself after she appeared at the 2026 BRIT Awards. Here's to Kelly staying healthy and happy!

28, 2027. Send me your questions at NewCelebrityExtra@gmail.com.

Health



Pneumonia Patient Most Likely Has a Legionella Infection

DEAR DR. ROACH: I was recently admitted to the hospital with pneumonia in both lungs. Given the recent outbreak of Legionella where I live, I was concerned whether I might’ve had this instead. They did do some tests in the hospital to try to find out. — R.C.

ANSWER: I looked at the labs you sent me, and several of them are consistent with Legionella. You had a very high Creactive protein level, a relatively low procalcitonin level, pneumonia in both lungs, low blood sodium, and a relatively low heart rate. All of these suggest Legionella rather than pneumococcal pneumonia (the most-common type). However, your doctors did two urine tests for Legionella, and they were both negative. The urine test for Legionella isn’t perfect. It detects 70% to 80% of only one of the several serogroups of Legionella (serogroup 1 — the most-common type and what’s implicated in the current outbreak in New York). It doesn’t detect the other serogroups at all. Physicians often need to reconcile conflicting clinical information, and sometimes there are formal mathematical models to help. In your case, you meet at least three of the four criteria for Legionella. In one study, people with three or more criteria points had a 98% to 100% likelihood of having Legionella. Busy clinicians who are taking care of sick patients usually don’t have the time to read research papers and calculate point scores to help determine the likelihood of a Legionella infection versus pneumococcal pneumonia. However, clinicians need to know that they shouldn’t exclusively rely on one test result against the results of many other tests. When there’s uncertainty,

clinicians should choose a treatment that will be effective against both possibilities. Many patients have a hard time understanding that our lab tests aren’t perfect.

Now that you’re out of the hospital and (presumably) mostly recovered, it still may be prudent to complete a course of an effective treatment for Legionella, such as azithromycin. I advise a consultation with an expert in pulmonology or infectious diseases.

DEAR DR. ROACH: Last week, I had some blood work done. Some tests for my liver didn’t come back well. My thinking is that it’s because I no longer have a gallbladder. My alkaline phosphatase level was 151 U/L. (Normal in my lab is up to 104 U/L.) My AST level was 31 U/L (normal being up to 35 U/L), and my total bilirubin level was 1.5 mg/dL (normal being up to 1.2 mg/dL). Is my thinking correct? — T.

ANSWER: Immediately after surgery, liver enzymes such as alkaline phosphatase and AST (aspartate aminotransferase) transiently increase. However, when a person is 10 or more years out from surgery, there’s still an increased risk of an elevated alkaline phosphatase level (but not AST or bilirubin). Your alkaline phosphatase level is mildly elevated, and your AST is normal. Your bilirubin level, however, is also mildly elevated. I can’t tell you definitively whether this is worrisome, but I don’t think that the gallbladder surgery explains everything. Some people have a benign condition called Gilbert’s syndrome that causes elevated bilirubin levels of no clinical significance. What’s important is why these tests were obtained. It’s not recommended to get them just for screening. If your doctor ordered them because they were worried about a medical issue, then the next step might be an ultrasound to look for a liver problem that blocks bile flow, such as a retained gallstone or primary biliary cholangitis.

If there wasn’t a particular reason for you to get these tests, then my suspicion of there being something wrong is small. There are simple reasons as to why the lab tests might be abnormal. (A fatty meal right before testing is one, but your normal levels simply being higher than others is another.)

Woman Weighs Peritoneal Dialysis Against Hemodialysis

DEAR DR. ROACH: My daughter, age 44, has had chronic kidney disease since she was 10 years old. She had a renal transplant at 23, then another at 32. The second graft started gradually failing a year back. In January, she was diagnosed with ovarian cancer. This past month, she had a total hysterectomy, along with the removal of malignant tumors and nodules. She’s since been on hemodialysis without any output of urine. What are the possibilities with peritoneal dialysis? Will this enable her to have a near-normal life? — R.S.

ANSWER: Peritoneal dialysis uses the immense lining of the abdominal wall (the peritoneum) to act as a kind of kidney. A special dialysis fluid is instilled into the peritoneal space through a catheter. Excess potassium and acid, along with metabolic toxins that are normally removed by the liver, get diffused into the peritoneum and the dialysis fluid. The fluid is then drained through a second catheter, which removes these unwanted chemicals from the body. This may be repeated multiple times at night through an automated machine (continuous cycler peritoneal dialysis, or CCPD). It can also be done manually throughout the day (continuous ambulatory peritoneal dialysis, or CAPD). I’ve asked many kidney experts which type of dialysis they’d want if they needed it, and most preferred peritoneal dialysis to hemodialysis. (The only ones who didn’t prefer peritoneal dialysis wanted home-based hemodialysis.)

The main issue for your daughter is the surgical scarring from her ovarian cancer surgery. Scars greatly reduce the amount of peritoneal tissue for fluid to diffuse across and limit the effectiveness of peritoneal dialysis. Furthermore, some women with ovarian cancer have cancer disease within the peritoneum itself, which would make peritoneal dialysis a bad option due to concerns with the cancer treatment and the risk of infection. Experts recommend a peritoneal catheter via laparoscopic surgery, which would allow the surgeon to see if she’s a good candidate for peritoneal dialysis. Her cancer surgeon and kidney specialist

need to discuss this.

DEAR DR. ROACH: My grand daughter, who’s only 18, experiences crashes with her blood pressure. She has to put on compression hose before she even gets out of bed, and she also requires a very strict diet. I know she gets these IV drinks that have something to do with salt. I also know she had a lot of tests done, and a tilt table test showed postural orthostatic tachycardia syndrome (POTS). I’m not sure which medicine they’re giving her; is this something that you can look into? — R.W.

ANSWER: POTS has been more frequently diagnosed within the past five years, and experts believe that it’s a frequent result of COVID infections, especially in younger women. Different people may have different major symptoms with POTS. For people who have low blood pressure, like your granddaughter, compression stockings as well as plenty of salt and water are the first-line treatments.

A graded exercise program helps many people but can be a problem for some. Medication isn’t always needed, but midodrine and fludrocortisone are sometimes used symptomatically. However, these need to be used with caution. Most people will gradually improve, but there’s a subset of people who may continue to have symptoms for even longer than a year.

Frequent MRIs and Cancer Surveillance Cause Patient Anxiety

DEAR DR. ROACH: I’m writing to seek your perspective on a diagnosis that has caused me significant anxiety. A recent incidental finding on an MRI, followed by an endoscopic ultrasound, revealed a cluster of several small cysts (3-7 mm) in my pancreas. They’re suspected to be branch-duct intraductal papillary mucinous neoplasms (IPMNs). My main pancreatic duct is mildly enlarged. My doctors have recommended an MRI/MRCP with and without contrast in six months, followed by on-

going monitoring every six months to two years. I’ve been told that IPMNs are precancerous but usually don’t progress to cancer. The thought of frequent, lengthy MRIs and long-term cancer surveillance is overwhelming. Is this intense level of monitoring truly necessary for cysts that are this small, or is it overly aggressive? Are there any safe alternatives such as shorter, non-contrast scans to help me manage the burden of testing? I’d deeply appreciate any guidance you can provide on how to balance medical safety with peace of mind. — J.D.

ANSWER: As you say, IPMNs can progress to pancreatic cancer, which is why your doctors want to keep a careful eye on them. There are several guidelines on the management of these cysts. The main risk factor in a person developing cancer is the size of the cyst; however, a dilated main pancreatic duct is also a worrisome feature, according to the guidelines.

Because of the dilated duct, the risk for developing cancer in the next five years is about 10%. Even though this means that 90% of the time you won’t develop cancer, doctors can find and potentially cure one person for every 10 people who agree to a careful follow-up. CT scans aren’t as accurate and have the downside of ionizing radiation. I do understand that MRIs do take a long time (and can be very noisy), but your risk is high enough that I’d add my recommendation to your doctors’ to get the follow-up scans.

You should also get CA19-9 blood testing. If the main pancreatic duct enlarges over time (by more than 2 mm per year), then it’s time to consult a surgeon. It’s your body and your choice; however, an MRI is a time-consuming but safe way of checking the stability of these cysts.

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](mailto:ToYourGoodHealth@med.cornell.edu).

Financial

NEW ‘GREEN’ BURIALS OPTIONS ARE ALLOWING MORE PEOPLE TO CHOOSE A FINAL RESTING PLACE IN NATURE

It’s a subject we don’t like talking about, but there comes a time when we have to , and that is, how do we want to be buried? Do you want to be buried in the traditional way, [which

can cost upwards of \$8,300] or do you want to be cremated or composted? Human composting, or natural organic reduction, takes place within a reusable closed vessel where the body is placed with organic materials, such as alfalfa and up to a few hundred pounds of wood chips. The body’s microbes and those in the soil, along with a steady flow of air, allow

the body to naturally break down. Partway through the process, inorganic materials are removed, and similar to the cremation process, bones are broken down into smaller pieces so that it can be more easily transformed. The process, which typically takes between eight and twelve weeks, is legal in 14 states. Several other states are considering it as well.

In 2025, 61.4% percent of people were interested in exploring ‘green’ options because of their potential environmental benefits, cost savings or other reasons. That’s up from 55.7% in 2021. For some people, green options might look like a simple burial on private land or being laid to rest in unmanicured lands set aside for conservation. Water cremation is an option that requires

less energy than flame based cremation and uses a mixture containing water and potassium hydroxide, along with heat and some-time pressure. One of the newer options is to transform the deceased into life sustaining soil that could be either placed in a family plot or scattered in the garden.



HAPPY THANKSGIVING

"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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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

Thyme Butter:

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

- 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 to 4 minutes on each side. Arrange browned meat evenly over stuffing mixture. Lightly spray top with butter-flavored cooking spray. Spread remaining stuffing mixture over meat.

4. Cover with foil and bake 20 to 25 minutes. Remove foil and continue baking for 10 minutes or until stuffing, hot and meat is cooked through. Place baking dish on wire rack and 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, 1/2 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 3/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained
 - 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
 - 2 cups hot cooked spaghetti, rinsed and drained
 - 1/4 cup grated reduced-fat Parmesan cheese
1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti. Lower heat and simmer for 10 minutes, stirring occasionally.
2. When serving, top each dish with 1 tablespoon Parmesan cheese. Serves 4 (1 1/2 cups each).
- Each serving equals: 264 Calories, 4g Fat, 20g Protein, 37g Carb., 816mg Sodium, 4g Fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

Good Housekeeping

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 3/4 cups water
 - 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
 - 1 cup reduced-calorie cranberry juice cocktail
 - 1 cup fresh or frozen cranberries
 - 1 cup reduced-calorie whipped topping

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

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

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

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

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

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GUN SHOTS OR FIRE WORKS FACING CITY COUNCIL



The Johnson administration suddenly announced a gunshot detection ‘pilot’, more than two years after Mayor Brandon Johnson deactivated Spot-Shotter.

Despite opposition from a handpicked police superintendent, two-thirds of the City Council, and 70% of city residents, his chief procurement officer announced that the administration is “preparing to launch a pilot program to evaluate a range of violence interruption and public safety technologies, including gunshot detection systems.”

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by Jo Ann Derson

- * "To remove paint or stain from hands (even oil-based), use an old dry washcloth with liquid hand soap -- no water. After the paint is loose, rinse with warm water." -- H.P. in Washington
 - * "I found a terrific metal magnet strip that is for use in the kitchen. It was a great price at a local resale shop. I have used it in my mini workshop to hold jewelry-making tools by my craft desk. It is especially handy now that I am making many ornaments for gifts." -- E.L. in New Jersey
 - * Use baking soda as a dry cleaning agent for fabric items such as suitcases, backpacks, boots, canvas items, etc.
 - * "Try this baking tip from my mother: When you have a recipe that calls for dry spices (cinnamon, ginger, ground clove, etc.), cream them with the butter instead of sifting them with the dry ingredients. I do feel like they become infused in the recipe better." -- A. in Illinois
 - * Fresh ginger can be frozen. Simply grate as needed. Flavor remains and it will stay fresh much longer.
 - * "An oldie but a goodie, and certainly considerate of dear old Mom: In my family, you come to Thanksgiving dinner with your own plastic containers for leftovers. If you don't bring your own, you don't go home with tomorrow's lunch. Mom instituted this rule after the first Thanksgiving when all the kids had moved out. We practically cleaned her out of Tupperware!" -- E.Y. in New Mexico
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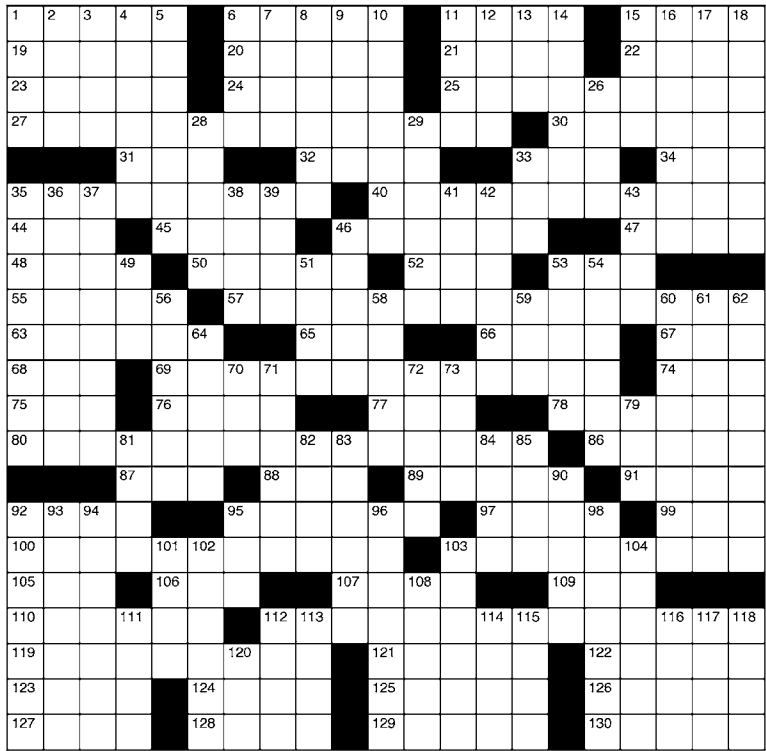
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FOOD DRIVE!

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Crossword

Super Crossword



- ACROSS**
1 Perp's excuse
6 Bee-related
11 Lipids
15 In addition
19 "Cheers!" in Spain
20 Cousin of largo
21 Concept
22 Geometry, e.g.
23 Photo-sharing app, casually
24 Be finished by
25 "Shakespeare in Love"
27 A Pocket Full of Rye
30 Device connecting to a computer port
31 "Alley —!"
32 High mountain peaks, in Italy
33 "I to — L-O!" (2002 album)
34 Put on
35 Portrayer of Emma Peel on "The Avengers"
40 Longtime editor-in-chief of Vogue
44 Purported psychic gift
45 Reebok rival
- DOWN**
1 China's home
2 Singer k.d. —
3 "Casablanca" woman
4 Part of a blouse or a mouse
5 Boise native
6 A Baldwin brother
7 Phnom —, Cambodia
8 How RuPaul performs
9 "Garfield: — of Two Kitties" (2006 film)
10 "Move to inbox" email phrase
11 Pacific island nation
12 In unison, in music
13 TV coach Lasso
14 Voiced a quick greeting
15 "That's for sure!"
16 "Arnie" actress Sue Ane —
17 City NW of Minneapolis
18 Classic chocolate candy bar
- ACROSS**
46 One-celled swimmer
47 — 500 (auto race)
48 Ren or Stimp, e.g.
50 "Peanuts" blanket toter
52 Cherry-hued
53 "Dr." of rap
55 Gazes at creepily
57 "Rebecca" novelist
63 Fee-free, as a mutual fund
65 Come — halt
66 Succotash ingredient
67 Kung — chicken
68 12-month period, in Rio
69 Longtime Royal Ballet luminary
74 Sick-dog link
75 Levy
76 Conical-bore woodwind
77 Wed.-Fri. link
78 Kind of gas that's banned for autos
80 Best Actress winner for
81 Mann of pop
82 Apple drink
83 Pernicious
84 British trolley
85 Atlantic, e.g.
89 Presley called "The King"
- DOWN**
91 Morning TV's
92 Trotsky of Russia
95 Copier clogs
97 Free-for- — (melees)
99 Eggy drink
100 "The Good Apprentice"
103 1986 Grammy winner for Best Jazz Vocal Performance
105 La Paz's country; Abbr.
106 Tee preceder
107 See 53-Down
109 Cut the lawn
110 Old Jewish ascetic
112 With
119-Across, "South Pacific" song ... or a declaration about the nine women featured in this puzzle?
121 Mann of pop
122 Apple drink
123 Pernicious
124 British trolley
125 Atlantic, e.g.
126 Siri's cousin?
127 Bears' lairs
- DOWN**
128 1980s Dodge
129 Quickness
130 Catnaps, e.g.
26 — about-face (flip-flop)
28 May preceder
29 Unrefined source of element #50
33 Pan Am rival
35 Explode, as a bomb
36 Having equal angles
37 Moon-landing mission
38 "Just jokin' with you"
39 Actress Rowlands
41 Must-have
42 Carry off illegally
43 Arena level
46 Take — at (try)
49 Prefix with colonial
51 As many as
53 With
107-Across, he had many hit songs with John Oates
54 Small stream
56 Apia native
58 Three-nation pact of '94
59 Skier Tommy
60 Small tablet from Apple
61 De-intensify
62 Driver's fit of anger
64 "Yabba — dool!"
- DOWN**
70 Fish eggs
71 Become irate
72 "That's for sure!"
73 — and void
79 — Lingus
81 California wines, in brief
82 — sapiens
83 "Ooh, good comeback!"
84 Circle relative
85 Irritate
90 Replay mode, for short
92 Defamed in print
93 Causing to wear down
94 Raincoat fabric
95 Srs., last year
96 Ancient Egyptian king
98 Toy racer
101 Actress Suvari
102 In the habit of
103 Regions, weatherwise
104 For a bit
108 Camera brand
111 Morays, e.g.
112 IRS guy, e.g.
113 Half: Prefix
114 Chair part
115 Hawaiian goose
116 — of March
117 Following
118 Mardi —
120 Chair part



Fall leaves hide ticks and fleas, new danger

DEAR PAW'S CORNER: I wanted to share a scary event that happened a few days ago. My chocolate Lab "Terry" was romping around in the leaf piles that my son had raked together when she suddenly yelped and limped back toward me. Her front paw was cut and bleeding.

Because it looked significant, I took her to the veterinarian to get checked out, where she got stitches and an inflatable collar to prevent her from licking the injured area while it heals. We looked through the leaf pile later and found a garden tool that had been forgotten during cleanup!

The vet also found three ticks on Terry, but fortunately they weren't attached. I hope you'll publish my story so your readers will know to put safety first before letting their dog play in the fall leaf piles! — Karen G., Lebanon, New Hampshire

DEAR KAREN: Thank you for sharing your story. Most dogs absolutely love romping in leaf piles, and if a few precautions are taken, they can play safely and have a great time.

Before raking leaves into piles, walk through the area and pick up any trash or sharp debris. Keep your garden tools together, and when putting them away, check whether any are missing.

Make sure your pet is adequately protected against flea and tick infestation before letting them play in the leaves. Ticks especially love to hide out under leaves in the grass, waiting to hitch a ride on the first warm-blooded creature that passes by. Use a tick repellent on yourself if you plan to hang out in the yard with your dog.

And, of course, do a thorough check of your dog's coat for ticks after play-time and before they come into the house.

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

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Horoscope



ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

TAURUS (April 20 to May 20) The marriage 'twixt the arts and practicality, which Taureans excel at, once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

GEMINI (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure that you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who've helped you accomplish so much along the way.

VIRGO (August 23 to September 22) Before investing time or money (or both) into a questionable matter, you might want to get advice from someone who has been there and knows these situations better than you

do.
LIBRA (September 23 to October 22) Be careful with how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

SAGITTARIUS (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include them in your plans.

CAPRICORN (December 22 to January 19) If you're stuck in one of those "the Goat knows best" moods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) A new challenge is getting closer, so you should now be out there showing facts and figures to potential allies to help persuade them to rally to your support. Good luck!

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later for you to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

BORN THIS WEEK: You're always there for others, but sometimes you need to be reminded that you need to be there for yourself as well.

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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Weekly SUDOKU

Answer

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

Super Crossword

Answers

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

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