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I GET MOST OF MY EXERCISE THESE DAYS BY SHAKING MY HEAD IN DISBELIEF



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Moments in time THE HISTORY CHANNEL

* On Nov. 11, 1831, Nat Turner, an American slave and educated minister who believed that he'd been chosen by God to lead his people into freedom, was hanged in Jerusalem, Virginia, for leading a revolt with 75 followers through Southampton County, killing about 60 white people.



* On Nov. 12, 1969, investigative journalist Seymour Hersh revealed the extent of

the U.S. Army's charges against 1st Lt. William L. Calley at My Lai, Vietnam, in a cable picked up by more than 30



, in a cable picked up by more than 30 newspapers, saying that "The Army says he [Calley] deliberately murdered at least 109 Vietnamese civilians during a searchand-destroy mission in March 1968, in a Viet Cong stronghold known as 'Pinkville.'"

* On Nov. 14, 1882, outlaw Frank "Buckskin" Leslie shot and killed Billy "The Kid" Claiborne, who had publicly challenged him, in Tombstone, Arizona.

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AS MUCH AS PEOPLE TRY TO REJECT TRUTH, THERE IS OVERWHELMING EVIDENCE OF IT INTHE LIFE OF CHRIST

* On Nov. 13, 1979, Philadelphia 76ers center Darryl Dawkins leaped over Kansas City Kings forward Bill Robinzine for a memorable slam dunk that shattered the fiberglass backboard. His equally memorable comment on the move, which was not his last and the sound of which spectators likened to a bomb going off: "It wasn't really a safe thing to do, but it was a Darryl Dawkins thing to do."



* On Nov. 15, 1984, Baby Fae, a month old infant who received the world's first baboon heart transplant, died at California's Loma Linda University 20 days after the operation. Three other people had received animal heart transplants, but none survived longer than a few days.

* On Nov. 16, 2001, British author J.K. Rowling's most famous and beloved creation, the bespectacled boy wizard Har-

ry Potter (played by Daniel Radcliffe in his first major role), made his silver-screen debut in "Harry Potter and the Sorcerer's Stone," which went on to become one of the highestgrossing movies in history.

* On Nov. 17, 1903, the Russian Social Democratic Labour Party split into two factions: the majority Bolsheviks and minority Mensheviks. The Bolsheviks went on to become the Communist Party of the Soviet Union.

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NEVER HAD A CHANCE

An applicant walked into the manager's office. The manager sighed and said, "Your right on time, just like Charlie."

The applicant asked, "Who?"



The manager responded, "Charlie. He's a guy who did everything right all the time."

> "Well," said the job seeker, "I don't know about that. Every-

body makes mistakes.'

'Not Charlie," continued the manager. "He had a memory like a computer and he could fix anything. Charlie could do everything right."

"Wow," said the applicant, "He was something special."

"Wait, there's more," the manager continued, "Charlie could sing and dance and play the piano. He was an professional athlete. Women adored him.

He never argued and his clothes were always neat and pressed. He knew all about wine, which

foods to order and which fork to eat them with. He was the perfect man!

"Amazing," replied the salesman. "Where did you meet him?"

"I never did!" replied the manager, "I married his ex-wife."

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Pâte à Choux Made Easy: Add Some Pastry Magic to Halloween and the Holidays

If you haven't discovered the joy of making pâte A choux yet, let me introduce you to your new holiday best friend. This pastry dough is not only simple to master but incredibly versatile. Whether you're planning to Add Parmesan, pepper and Italian seasoning to the whip up spooky cheese puff spiders to delight Halloween guests or elegant cream puffs for future holiday soirces, this dough has you covered.

Pâte à Choux (pronounced "paht a SHOO") is the airy, hollow pastry behind classics like profiteroles, cream puffs and eclairs. It puffs up golden and light, ready to be filled with whipped cream, custard or savory delights. You may not know it by its fancy French name, but you've probably tasted it before. Delicious, right?

But here's the fun part: Pâte à Choux isn't just for sweet treats. With the addition of cheese and herbs, it turns into something magical for savory snacks like gougà res (cheesy puffs). And with the holidays around the corner, this four-ingredient dough will quickly become your secret weapon in the kitchen. Savory or sweet, Pâte à Choux is perfect for impressing guests with minimal effort.

BASIC PÂTE À CHOUX RECIPE

Yield: 72 pieces Total Time: 90 minutes 1/2 cup (1 stick) butter, cut into small pieces 1/4 teaspoon salt *1 1/4 cups all-purpose flour* 4 large eggs

Preheat your oven to 425 F and lightly grease two baking sheets.

In a saucepan, bring 1 cup water, butter and salt to a boil. Remove from heat, add the flour all at once, and stir quickly. Return to medium heat and stir until the batter pulls away from the sides -- about 2-3 minutes.

Transfer the batter to a stand mixer with paddle attachment and let cool for 10 minutes. Add eggs one at a time, beating until fully incorporated. The batter will smooth out by the final egg.

Drop or pipe teaspoon-size mounds of dough onto baking sheets, spacing them apart. Smooth the tops with damp fingers or a spoon.

Bake at 425 F for 10 minutes, then reduce to 350 F and bake for another 10 minutes until golden brown. Do not open the oven door during baking!

Remove from the oven and make a small slit in each puff to release steam. Return to the oven for 5 more minutes to dry out. Let cool on a rack.

Return the temperature back to 425 F and repeat with remaining batter.

Turn your Pâte à Choux into spooky cheese puff spiders for Halloween fun!

CHEESE PUFF RECIPE

Yield: 72 pieces Total Time: 90 minutes One recipe Basic $P\tilde{A}$ ¢te \tilde{A} Choux 1/2 cup grated Parmesan *1/2 teaspoon black pepper 1 teaspoon Italian seasoning* Chow mein noodles Edible markers

dough. Bake according to previous recipe. After baking, press eight crispy chow mein noodles into each puff for legs. Add dots for eyes using an edible marker. Arrange on a platter and enjoy these edible spiders!

Make-Ahead & Storage Tips: Pâte à Choux freezes beautifully, making it a fantastic option for prepping ahead of holiday festivities. Cool the puffs completely, then freeze in an airtight container or bag for up to 2 months. When ready to serve, simply reheat in a 350 F oven for 5-10 minutes to restore their crispness.

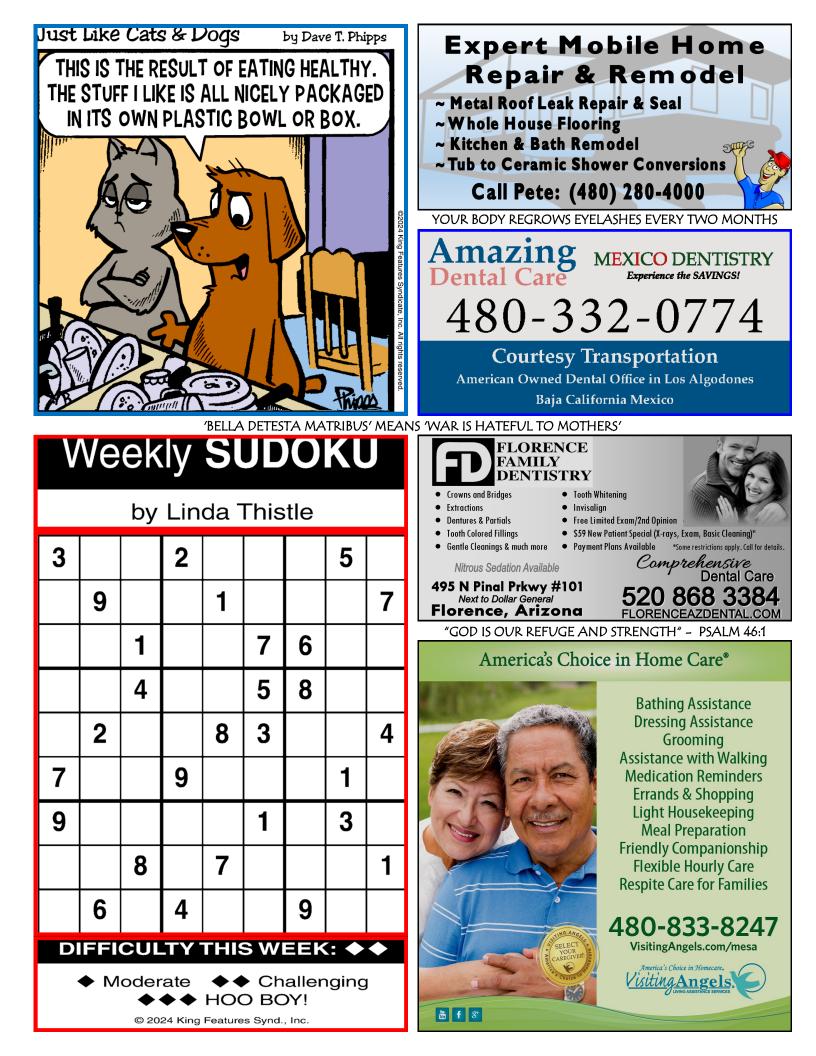
Whether you're baking up spooky cheese puff spiders or whipping out elegant holiday hors d'oeuvres, get creative, and let the choux-nanigans begin! (Sorry! I couldn't resist.)

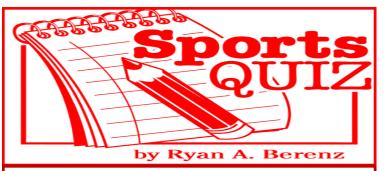


These cheesy Pâte à Choux spider puffs are deliciously festive for Halloween PHOTO CREDIT: www.JasonCoblentz.com

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website **Divas On A Dime -- Where Frugal, Meets Fabulous!** Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com







1. What is the nickname of the Australian women's national basketball team?

2. Name the cable TV channel that launched on December 31, 1995, and was dedicated primarily to auto racing and other motorsports.

3. What golfer, at age 59, lost a four-hole playoff to Stewart Cink and finished second at the 2009 Open Championship?

4. Brothers Matt and Tim Hasselbeck both played quarterback for what college team?

5. Before it became the Michael Jordan Trophy in 2022, the award for the NBA's Most Valuable Player was named after what sports administrator?

6. Austria's Gudrun Pfluger, four-time winner of the women's World Mountain Running Championships from 1992-96, dedicated her post-athletic career to the study and conservation of what animals?

7. What St. Louis Cardinals third baseman hit two grand slam home runs in one inning in an April 1999 game? (Hint: His son debuted with the San Diego Padres in 2019.)

Answers I. The Opals. 2. Speedvision (rebranded as Speed Channel in 2. Speedvision (rebranded as Speed Channel in 3. Tom Watson. 4. The Boston College Eagles. 5. Maurice Podoloff. 6. Wolves. 7. Fernando Tatis Sr. (c) 2024 King Features Syndicate, Inc. (c) 2024 King Features Syndicate, Inc.

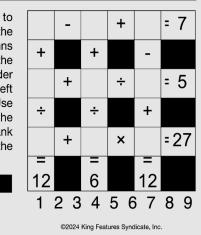
GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

★ Moderate ★★ Difficult

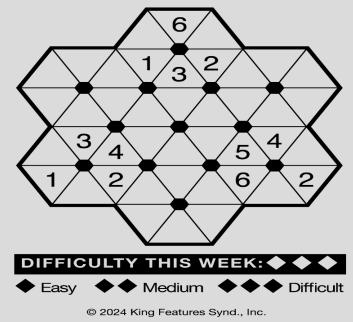
★★★ GO FIGURE!



WITH SUFFICIENT THRUST PIGS FLY JUST FINE

Showflakts by Japheth Light

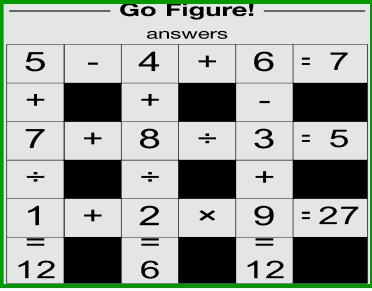
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



"WHEN I DO GOOD, I FEEL GOOD. WHEN I DO BAD, I FEEL BAD. THAT'S MY RELIGION" - ABE LINCOLN



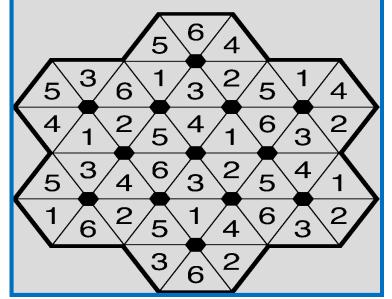
Stickelers Answer The scrambled word is: MICROORGANISM.



THE LORD STANDS AT MY SIDE AND GIVES ME STRENGTH

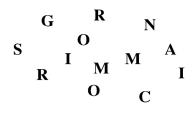
SNOMELUKE

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WHY DOESN'T TARZAN HAVE A BEARD?

Such a large word for such a small thing! Can you unscramble the letters below to form the word?



by Matilda Charles

BEWARE: LISTERIA AND SALMONELLA

The saga of listeria in sliced deli lunch meat continues, month after month. The list of affected items gets longer and longer as there is now an additional company subject to recalls due to listeria.

To stay current on the lunch meat recalls, go to CDC.gov and search for "lunch meat listeria recall." That will give you several articles with information you need.

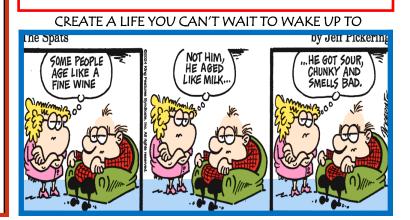
As if that's not enough, to be safe, do we need to change the way we prepare eggs? The Food and Drug Administration has now labeled the ongoing egg recall as a class 1, which means it's "reasonable" to assume that the eggs can cause serious health consequences or death.

To be safe from salmonella, they say, gone are poached and sunny side up eggs. Instead, to kill any possible salmonella, we need to scramble or hard boil our eggs and cook them thoroughly, with both the yolk and the egg firm. To learn more, go to the FDA website (fda.gov) and search for "egg safety salmonella."

The latest food recalls cover a wide variety of products. There's dip that's being recalled because it potentially has mold contamination. And lactose-free milk that has tree nuts. There's dog food recalled for salmonella and listeria. And whole cantaloupes with salmonella.

But it's not all food. There's the drug remdesivir that has glass particles in it. And the dietary supplement tainted with dexamethasone (a corticosteroid) and chlorpheniramine (an antihistamine). And the baby powder with metal or chemicals in it. On recalls.gov -- a site that covers recalls from the FDA, U.S. Consumer Product Safety Commission and FoodSafety.gov -- there are recalls for consumer products, boats, medicine, cosmetics, food and more. At this writing, there are recalls of bicycle helmets, bathroom mirrors, yard tractors, playpens and so much more.

> If there are certain products that concern you, sign up for email notifications on Recalls.gov. (c) 2024 King Features Synd., Inc.



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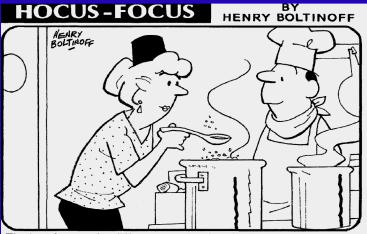
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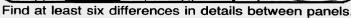






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J. Neckline is different. 4. Handle on pot is lower. 3. Neckline is different. 4. Har bun is smaller. 5. Window in



TAKING PREVENTATIVE MEASURES AGAINST SUN EXPOSURE IS ESSENTIAL



DEAR DR. ROACH: I have a question about suntanning. First off, I want to say that I get yearly skin cancer checks, love the sun, and hardly ever use suntan lotion. I monitor my time outside, so as not to get a sunburn. I see warnings about certain days being high ultraviolet (UV) days. Are they talking about UVA or UVB, and which one gives you a tan? -- S.K. ANSWER: You're not going to like my answer, because all types of UV light exposure, whether they lead to a sunburn or suntan, cause damage to the skin and lead to an increased risk of skin cancer. A tan from sunlight leads to a small degree of protection against further UV light damage, but there is still ongoing skin damage with UV light exposure. Even people with very dark skin are susceptible to skin cancer, although their risk is a lot less than others. UVA light is more constant throughout the year and penetrates deeper into the skin. UVB light is stronger near the equator, at higher altitudes,

and closer to the summer solstice. The UV index reported by the National Weather Service considers both UVA and UVB light in its calculations, as well as the time of year, altitude, and cloud cover. Both UVA and UVB light cause the skin to tan, but tanning from UVA light alone (for example, in a tanning machine) doesn't provide any protection from the sun. So, while I am at least glad that you aren't exposing yourself enough to get burned, I don't agree with being out in the sun to get tanned. I do recommend the liberal use of a sunscreen with protection against both UVA and UVB. It needs to be used in a large-enough quantity to provide protection -- approximately an ounce for an average-sized body, plus another teaspoon for the face and neck. I recommend a high-SPF sunscreen (30 or more). I buy mineral sunscreens such as zinc oxide or titanium dioxide for myself and my family. Finally, sunscreen needs to be reapplied regularly, especially when exercising or swimming. Staying out of the sun, wearing sun-protective clothing, and wearing sunscreen will not only help you avoid cancer, but also help you avoid problems that I see in my older patients, who did what you did when they were young. Now they have thinned skin that bleeds easily, as well as "age spots" and other signs of skin damage from the sun, including wrinkles. DEAR DR. ROACH: I read your recent column on blood pressure. I want to know what the recommended blood pressure is for a completely calm person. In other words, what if my blood pressure is always higher during the day and only stays at the recommended pressure when I'm totally relaxed at night? I read some comments from a longtime cardiologist, stating that you need to take many blood pressure readings during the day and get the average of these read-ANSWER: Normal blood pressure is considered to be less than 120 mm Hg systolic and less than 80 mm Hg diastolings. -- J.J. ic. It is certainly recommended to be as relaxed as possible when you get your blood pressure taken at the doctor's office, since many people have "reactive" or "white coat" hypertension and will be treated unnecessarily based on office readings. However, a minority of people have "masked" hypertension, meaning that the office readings are normal when they actually have high blood pressure at home and at work. What your cardiologist said about getting many readings is correct. The more readings, the better. Best of all is a 24-hour blood pressure monitor, which has been proven to be the most accurate. I recommend a certified blood pressure monitor for all my patients and consider their home readings to be more important than office readings.

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. (c) 2024 North America Synd., Inc. All Rights Reserved





