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Issue: THANKS26



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[1] "Medicare & You," Centers for Medicare & Medicaid Services, 2025. [2] "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. [3] FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

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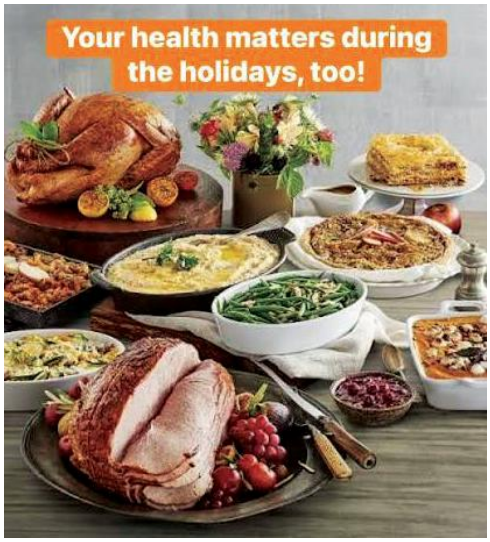


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HAPPY AND HEALTHY

~ by: Nate Daniels

MASTERING THE THANKSGIVING FEAST WITHOUT LOSING FAT LOSS MOMENTUM

Thanksgiving is one single meal, not a referendum on your fitness progress. It is a massive misconception that a single day of indulgence can erase weeks or months of consistent work. True fat gain requires a sustained caloric surplus; any sudden spike you see on the scale the next morning is almost entirely temporary water retention from elevated carbohydrates and sodium.

By shifting your focus from perfection to consistency, you can fully enjoy the holiday traditions while keeping your metabolic momentum intact.

Pre-Meal, Setting the Stage: What you do before sitting down at the dinner table establishes your physiological baseline for the day. Avoid the temptation to starve yourself all morning, as extreme restriction alters your blood sugar levels and sets you up for automatic overeating later.

Eat a high-protein breakfast: Center your morning meal around lean protein and fiber (like an egg white omelet with spinach) to anchor your satiety signals and slow down digestion early on.

Move your body early: Go for a morning walk or arrange a family "turkey trot". Expending energy ahead of time helps deplete glycogen stores, providing your body with a metabolic sink to safely store the incoming carbohydrates.

Hydrate heavily: Consume 16–24 ounces of water beforehand. Dehydration can easily mask itself as hunger, causing you to eat past your actual fullness limits.

At the Table: You don't need to restrict yourself to plain turkey and raw vegetables to stay on track. Instead, treat your plate like an engineering puzzle where structure allows for freedom.

Prioritize the protein foundation: Dedicate a full quarter to a third of your plate to lean protein like roasted turkey breast. Protein has the highest thermic effect of food and stimulates the release of fullness hormones.

Fill half your plate with color: Load up on fiber-packed options like green beans or roasted vegetables. They add physical volume to your stomach, which triggers mechanical fullness signals without a heavy caloric load.

Be a carb sniper: Use the remaining quarter of your plate for the foods you genuinely love, whether that is stuffing, sweet potato casserole, or a roll. Skip the filler items you do not care about just because they are there.

Behavioral Tactics: Your environment dictates your eating habits far more than pure willpower. Implement these structural guardrails to manage your intake naturally:

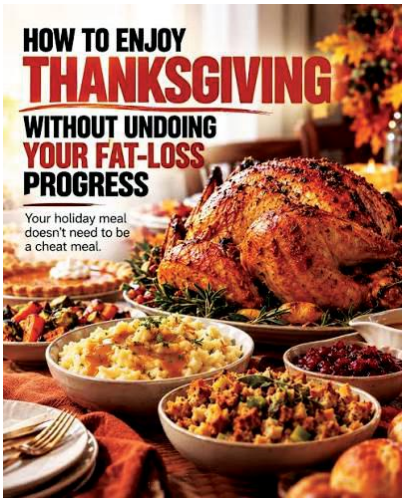
Slow your eating speed: It takes roughly 20 minutes for your stomach to communicate fullness to your brain. Eating too quickly can bypass these signals completely, leading to physical discomfort before you even realize you are full. Put your fork down between bites and savor the food.

Control the liquid calories: Alcohol drops your inhibitions and temporarily halts fat oxidation as your liver scrambles to clear the ethanol. If you choose to drink, alternate every alcoholic beverage with a glass of water.

Manage the leftovers immediate exit: The primary risk to fat loss is rarely Thanksgiving Thursday; it is the "might as well" mentality that transforms a single meal into a four-day eating loop. Package up rich foods and send them home with your guests, leaving only clean options like lean leftover turkey behind.

Friday Strategy: The Instant Reset. If you happen to overindulge, never punish yourself by skipping meals on Friday. Restrictive patterns trigger blood sugar crashes that inevitably lead to secondary overeating cycles.

Simply return directly to your standard nutritional protocol with your very next meal. Focus on hitting your protein targets, tracking your baseline water intake, and getting back to your standard step count. Your body is incredibly resilient, consistency over time will always triumph over any single day of celebration.



~ by: Mike Macharello

To host a healthy Thanksgiving dinner that feels abundant rather than restrictive, the key is making smart ingredient swaps that lower calories and fat while preserving traditional textures and rich flavors.

THE MAIN EVENT

HERB-ROASTED TURKEY BREAST

The Swap: Skip the whole bird and roast bone-in turkey breasts instead. This drastically cuts down on cooking time and naturally focuses the meal on ultra-lean protein.

The Healthy Upgrade: Instead of slathering the skin in butter, separate the skin from the meat and rub an aromatic paste made of olive oil, fresh rosemary, thyme, sage, minced garlic, sea salt, and black pepper directly onto the meat.

The Result: Crispy skin on the outside, and incredibly juicy, deeply seasoned lean protein on the inside.

Traditional sides are usually hidden caloric traps loaded with heavy cream, excess butter, and refined sugars. These upgrades deliver the same comforting texture with a fraction of the caloric density.

COMFORT SIDES

CAULIFLOWER-POTATO MASH

How to do it: Blend boiled russet potatoes with steamed cauliflower florets in a 1:1 ratio. Whip them together using low-sodium chicken bone broth, a splash of unsweetened almond milk, garlic powder, and a touch of light cream cheese. Top with fresh chives.

The Benefit: Cuts the total carbohydrate calories in half while keeping the mash thick and creamy.

awsome food SWAPPORTUNITIES

CRISPY SHAVED BRUSSELS SPROUTS WITH POMEGRANATE

How to do it: Toss shredded Brussels sprouts in a light mist of olive oil, sea salt, and balsamic vinegar. Roast at 400°F (200°C) until the edges are charred and crispy. Toss with vibrant, fresh pomegranate seeds before serving.

The Benefit: Replaces heavy green bean casseroles (made with canned cream soups) with a high-fiber, antioxidant-rich dish that adds visual brightness to the table.

LOW-SUGAR SPICED CRANBERRY RELISH

How to do it: Simmer fresh cranberries with orange zest, a splash of 100% orange juice, a cinnamon stick, and a zero-calorie monk fruit or stevia sweetener instead of cups of white sugar.

The Benefit: Eliminates massive amounts of refined sugar while providing a tart, palate-cleansing contrast to the savory turkey.

STUFFING & GRAVY WITHOUT THE SURPLUS

WILD RICE & MUSHROOM STUFFING

The Upgrade: Swap out dense white bread cubes for a base of hearty wild rice or quinoa. Sauté celery, onions, garlic, and wild mushrooms in a small amount of olive oil, then fold them into the rice along with fresh sage and low-sodium vegetable broth.

The Benefit: Switches out refined wheat for complex, slow-digesting carbohydrates packed with micronutrients.

UMAMI BONE BROTH GRAVY

The Upgrade: Instead of making a traditional roux with white flour and turkey fat, simmer high-protein turkey or chicken bone broth with a splash of coconut aminos or soy sauce, garlic powder, and onion powder. Thicken it slightly using a slurry of water and a small tablespoon of cornstarch or arrowroot powder.

The Benefit: Provides a rich, savory pour over the turkey and mash with virtually zero fat.

HOSTING PRO-TIPS FOR SUCCESS

Serve buffet-style away from the table: Keep the serving platters on a kitchen counter or island rather than directly on the dining table. Forcing guests to physically get up for seconds creates a natural pause that helps prevent mindless overeating.

Provide smaller plates: If you have the option, opt for 9-inch salad or luncheon plates instead of massive 11-inch dinner plates. Smaller plates visually trick the brain into feeling more satisfied with standard portion sizes.

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– By: Dr. Charla Waxman

PETS AND MENTAL HEALTH

Holiday time is upon us. Many people find this time lonely, disconnecting, and even sad. Statistics tell us that those of us who have pets have a much stronger chance of reducing, or even avoiding, the holiday blues. The type of pet doesn't matter. Small or large, pets clearly impact mental health.
Pets are unconditional opportunities for emotional support. They minimize stress and can generally impact mental health and well-being in a number of positive ways.

Pets listen and although some are known to talk back, what they have to say is an amusing part of some great pet personalities. Pets and pet play is fun and funny and our pets can make us laugh even when things are dark and feelings are low. You aren't really alone when you have a pet and some say, being with their pet is when they feel less lonely and heard.

An increase in accepting emotional support animals has grown in many ways across the world. You may even see signs in restaurants indicating that support animals are welcome.



Just having a pet gives us routine and feelings of being needed. Pets give us purpose and comfort. Those of us with anxiety or depression may feel especially grateful for pets that make us feel secure and loved.

Biologically our pets can trigger real health benefits, like lowered blood pressure and heart rate. The stress hormone, cortisol, has been known to decrease with long term time with a pet, while oxytocin, the bonding hormone, increases. This causes a raise in calmness and feelings of security and trust. People report genuine feelings of happiness being around animals even if these animals are not pets.

Some pet owners indicate that because of their pet, they are more socially engaged. Children who have pets tend to have a better sense of themselves, and those around them. Pets develop in us a keen sense of compassion and caring for a pet helps us feel needed in ways that boost our self-worth. Pets often get us up and moving which helps overall health as well.

Dogs have been trained to help veterans identify and support panic attack reduction and awareness. They help people with epilepsy and seizure disorders. They help smooth over feelings of anxiety and depression. As great as trained canines are, know that, loving and caring for any animal is good for us.

Some experts have referred to pets not just as companions, but as genuine therapeutic allies that support real meaning in our lives, friendships and improved skillsets.

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RUDY SPEAKS

First, let me say, that as editor of iMAGazine, Rudy is 100% a real dog! No AI has been used on the image or in this article.

Our graphic designer **Mike Macharello** snapped the photo on his iPhone 7, while visiting his owner, **Irene Michales**, one day, at their **Lake Point Tower** condo, on Navy Pier. Secondly, let me welcome **Rudy** and his *"translator"* **Irene** to iMAGazine!

Dogs have a personality, and what better person to "know" what's on their mind, is their intimate relationship with their owner, pet, and loving friend.

Irene is not only Rudy's loving and adorable pet, she is also on the board of PETA. So with their help, we bring you our new column, "**RUDY SPEAKS**."

Let's start off with what's utmost important to him, PETA, and his other K9 buddies, that's "creating", or keeping a pet dog locked in a cage all the time. Turning a home, literally into a prison, robbing a social pack animal of movement, community, and joy.

The ticking clock of the bladder: Rudy says, *"we do not like soiling the small space where we are forced to sleep, yet you lock us away past our limits and wonder why house-training fails or heartbreak happens."*

The ghost of a run: *Furthermore, Rudy goes on to convey, "my muscles remember how to stretch, trot, and chase. Confining us day and right causes physical stiffness, muscle atrophy, and restless anxiety."*

The confusion of the "pack": Dogs are built for family, scent-sharing, and touch. *"when you put us away like a toy or a tool, our brains do not understand, we only feel isolation and abandonment."*

The label of "bad behavior: *"when we finally get out and spin in circles, bark nonstop, or chew out of sheer terror, you call us aggressive or crazy. It is not malice, it is a scream for help from a trapped mind".*

HUMANE ALTERNATIVES

(From https://www.PETA.org/faq/whats-wrong-with-crating)

Doggie doors: Provide secure, fenced-yard access so we can stretch our legs and handle nature safely.

Midday help: Hire a neighbor, friend, or Pet Walking Service to break up long isolation hours.

Doggy daycare: Let social dogs interact, play, and burn energy while you are away.

Read more on the physical and psychological toll of confinement via PETA's Guide on Crating Dogs or expert analysis in The Washington Post. *(https://www.PETA.org/about-peta/why-peta/crating-dogs)*

SIDE NOTES *~by Editor and pet owner Nate Daniels*

No matter what a pet shop owner or dog trainer might say, a dog crate is just a box with holes in it, and putting dogs in crates is just a way to ignore and warehouse them until you get around to taking care of them properly.

Crating is a popular "convenience practice" that is often used on adult dogs. It deprives dogs of the opportunity to fulfill some of their most basic needs, such as the freedom to walk around, the opportunity to relieve themselves, and the ability to stretch out and relax. It also prevents them from interacting with their environment and learning how to behave in a human setting.

Crating began as a misguided way for people to house-train puppies. The theory was that a dog in a small cage will "hold it" rather than eliminating, and dog owners would thus not have to pay close attention to their puppies while they were confined to the crate. It wasn't long before dog trainers began recommending crating for adult dogs who had any type of behavior problem as a way of stopping the behavior. But this method does not teach dogs good behavior, and it certainly doesn't take into account their social, physical, and psychological requirements. Dogs are highly social pack animals who abhor isolation, and who crave and deserve companionship, praise, and exercise. Forcing dogs to spend extended periods of time confined and isolated simply to accommodate their guardians' schedules is unacceptable, and it exacerbates behavior problems, leading to even more crating.

iMAGazine

Out'n About Chicago

by Jorge Suarez

KEEPING VINYL ALIVE FOR OVER 40 YEARS!

Summer, in July, with Larry O'Connell at the Orland Park RECORD COLLECTORS SHOW

In today's world of digital downloads and music streaming, there's something special about flipping through crates of vinyl records, searching for that forgotten favorite or an elusive album missing from your collection.



On July 18, 2026, I visited the Orland Park Record Collectors Show, held at Georgios Banquets in Orland Park, Illinois.

The event brought together music enthusiasts, longtime collectors, and vinyl dealers for a day dedicated to preserving the tradition of collecting recorded music.

Behind the show is longtime promoter Larry O'Connell, whose involvement in organizing record collectors' events dates back more than four decades, and been a Chicago Tradition Since 1985



Larry organized his first show in 1985 at the **Unicorn Inn**, also known as the **Honey Bee**, near **65th Street** and **Pulaski Road** on Chicago's Southwest Side.



What began with just five dealers eventually grew into an established record collectors' event.

Over the years, his shows have appeared at several Chicagoland locations, including the **Midway Holiday Inn**, **Harvey Holiday Inn**, **Alsip Holiday Inn**, and **Orland Park Civic Center**.



This day, the Orland Park event features approximately 40 dealer tables offering vinyl LPs, 45 RPM singles, CDs, cassettes, and music memorabilia spanning classic rock, pop, soul, blues, jazz, country, and more.



It's About More Than Records! What makes these events special isn't simply the merchandise. It's the opportunity to meet fellow collectors, exchange stories, discover musical treasures, and reconnect with the records that provided the soundtrack to our lives.

A special "thank-you" to Larry O'Connell, Rocky, Jeremy, Bob, and the dedicated vinyl dealers who continue making these shows possible.

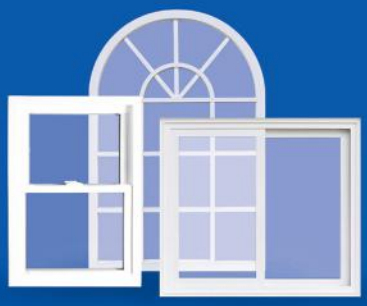


After more than 40 years, Larry's efforts remain an important part of Chicagoland's music-collecting community.

Here's to keeping vinyl alive for generations to come!







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By Guest Journalist: Jorge Cruz

Bridging the Gap: Who Gets Remembered in the History of Chicago House Music?

]At the 2026 **Latino in the Mix Dance Music Conference**, DJs, record-pool pioneers, and longtime insiders gathered to reconsider the communities behind a sound that changed the world.



Music history has a way of simplifying itself. A Chicago movement emerges, a handful of names become synonymous with it, and the people who helped build the infrastructure, the DJs, record pools, club operators, and communities, fade into the background. Chicago house, one of the city's most consequential cultural exports, is no exception.

On a sunny Saturday, early in October 2026, at **Fort Knox Studios**, the **Latino in the Mix Dance Music Conference** took up that imbalance. Under the theme "Bridging the Gap", the gathering explored the Latino and Filipino contributions to Chicago's dance-music history, making the case that the story of house cannot be told through its records alone. It must also account for the people who played them, circulated them, and built the scenes in which they mattered.

The conference's five panels approached that history from different angles. "Alternative Dance Talk" featured **Julius Oliver**, **Jesse De La Pena**, **Miguel Martin**, **Scary Lady Sarah**, **Luis Segura**, and **Pablo Punkout Gonzalez**. "Chicago House Through Filipino Eyes" brought together **CzBoogie**, **DJ Speed**, **DJ Flipside**, **Troy Guy**, **JayFunk**, and **DJ Erge**, centering Filipino perspectives within Chicago's house-music legacy.

Women DJs took the spotlight in "Divas on the Decks: Honoring Women," featuring **CzBoogie**, **Laura B**, **Psycho Bitch**, **DJ Castro**, **DJ Myra**, and **DJ Gloria**.



Meanwhile, "Chicago's Hip House: Hip Hop & House = HIP HOUSE" revisited the city's distinctive fusion of house rhythms and hip-hop, with **White Knight**, **SUNDANCE**, **Tyree Cooper**, **PAMP**, and **DINO LATINO**.

The fifth panel, "The Gatekeepers' of Music: Chicago Dance Record Pools," featured **Mike Marcharello**, **DJ Lil John**, **Rocky Jones**, **Angel Vargas**, and **Gus Redmond**.

>>> MORE >>>



Their subject was the often overlooked machinery of musical discovery.

Before streaming platforms and algorithmic recommendations, record pools helped connect new releases with the DJs who could turn them into dance-floor fixtures. These networks were not incidental to the culture; they helped determine how it moved.

That history intersects with DJ International Records, the Chicago label whose releases helped carry house and hip-house to wider audiences.

The label's legacy illustrates a larger point: a musical revolution requires more than artists and recordings.



It also depends on the people who recognize a sound's potential and create the pathways through which it travels.



The conference included a special guest appearance by **Coco Cortez**, former **B96** radio host, extending the conversation to the relationship between radio and dance music's wider reach.

But the work of preserving history does not end when a panel does. Between sessions, attendees exchanged memories of clubs, records, and the experiences that had drawn them into Chicago's dance-music culture.





Such conversations can offer something an official timeline cannot: the corrections, contradictions, and personal details through which a collective history becomes more complete. >>> MORE >>>



For Latino in the Mix, that work is about more than nostalgia. It is about asking whose contributions have been documented, whose have been overlooked, and who gets to tell the story of a culture that traveled far beyond the city where it began.

The organization plans to broaden its focus in future conferences, moving beyond house music to explore Latino contributions to reggaeton and other genres. The expansion reflects a recognition that musical histories rarely fit neatly within a single category. They cross borders, absorb influences, and carry the experiences of the communities that create them.

At **Fort Knox Studios**, "Bridging the Gap" was ultimately an invitation to listen more closely. Chicago house is heard around the world, but its history remains a living conversation, one sustained by the people who made the records, moved them through the city, and gave them a life on the dance floor.

The gap is between the music as the world celebrates it and the history as people lived it. Closing it requires more than a tribute. It requires recognizing that those who remember are not merely witnesses to history. They are among its authors.







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UNCENSORED



by: Screamin' Rachael
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boiMAGazine

CASTLES, CLOUDS & DANCING FARMERS. Halloween has always been one of my favorite times of year, and on October 30 I found myself performing & DJing at Memento Mori, a Halloween celebration at the Manresa Castle Hotel in Port Townsend, Washington.

As usual, most everything I DJed came from the TRAX catalog. People sometimes forget just how extensive and eclectic that catalog really is. I performed plenty of my own music, too, moving from classics like "Acid Tracks" to brand-new cuts, including the acid mix of "Addicted" and "I Love Paris." That range is exactly what I love about TRAX. I can take an audience on a journey without ever leaving our musical universe.

But this evening gave me something unexpected in return: a new perspective on the DJs, the dancers, and the community surrounding this remarkable place.

Of course, a castle with this much history comes with ghost stories. Room 306 is associated in local legend with a heartbroken young woman named Kate, while room 302 supposedly has a resident Jesuit priest. Visitors have told tales of footsteps, mysterious noises, and even the scent of perfume. Some accounts suggest these stories were invented to entertain hotel guests, but that hardly makes them less irresistible on Halloween. The spirits I encountered that night, however, were very much alive!

First, there was the castle itself. Manresa began life in 1892 as the grand residence



of **Charles and Kate Eisenbeis.** Charles was **Port Townsend**'s first mayor, and their home reportedly had 30 rooms and substantial brick walls. It later served a religious community before becoming a hotel in 1968. With its imposing architecture and tales of hauntings, it was an appropriate place for a Halloween party!

Memento Mori was no little gathering tucked away in a corner. There were three different stages, and the entire hotel was occupied by guests of the event. Everywhere I turned, there was something to see, something to feel, and something to hear. The whole castle seemed to be participating.

And the costumes! They were every bit as extraordinary as the people wearing them. These weren't last-minute disguises. They were imaginative, beautifully thought-out creations. Vampires, mobsters, fairies, and just about everything else you could dream up were wandering through the castle. Everywhere I looked, there was someone wonderful to see.

For my part, I decided to be a glamorous good-witch, complete with a very special hat on which my black cat sat. I had so much fun with it!

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>>> *Continued* >>>

Halloween is an invitation to become whoever you want to be for a night, and this crowd embraced that invitation with style.

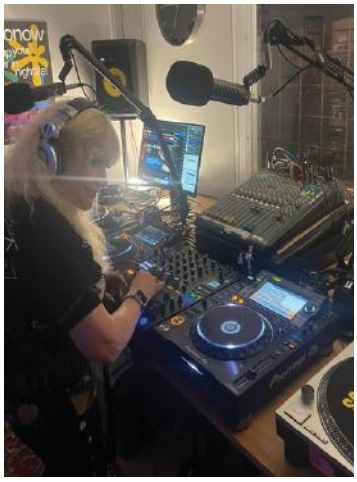
One of the DJs was dressed as a police officer, and she was fantastic! She even gave me a ticket for being too good, referring to my sets. Now that's the kind of run-in with the law I can appreciate! It was funny, affectionate, and completely in keeping with the spirit of the evening.

Yet the most memorable thing about Memento Mori wasn't anything supernatural. It was the people. They were actually dancing!

I mean really dancing, not spending the entire night watching themselves through their phones. So often today, people seem determined to capture a moment for social media instead of enjoying the moment itself. Here, the dance floor felt alive. People were listening, moving, and connecting with one another. As a performer, I appreciate that more than I can say.

The event was organized by Mark Hardy, an entrepreneur, DJ, and producer whose enthusiasm for the musical scene and community he is building in Port Townsend is infectious. Mark sees a parallel with what happened around TRAX in the early days: a small circle of people who believed in the music, supported each other, and helped turn a local scene into a worldwide phenomenon. I understand exactly what he means. And beyond his ambition and energy, Mark is genuinely talented.

And I was impressed by the other DJs. Their musical choices were wonderfully varied.





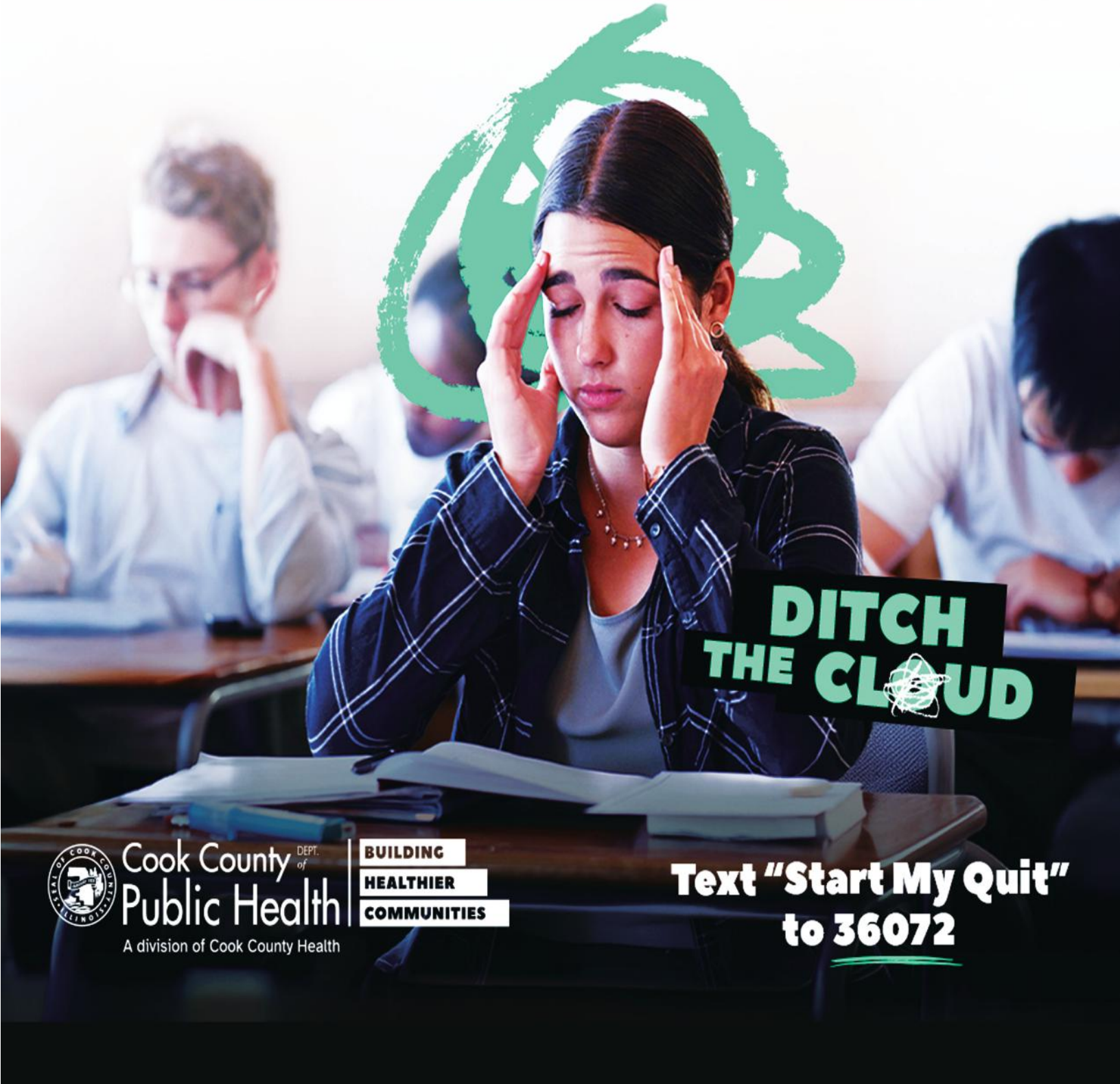




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They weren't afraid to combine sounds in unexpected ways, and I found myself listening closely, even learning a thing or two from some of their combinations.

I've always believed that house is the mother of electronic dance music as we know it today. After the explosion and deconstruction of disco, house became a creative force that influenced and intersected with so many sounds: hip-hop, garage, juke, bass music, and eventually the enormous umbrella of EDM. To me, the point was never to lock music into a single formula. It was to open doors.

Sometimes at gigs, I feel rather alone in wanting to play the music I actually love. Too many sets seem to settle into one endless drone. The beat goes on, but where's the surprise? Where's the personality? At Memento Mori, I heard DJs taking chances. Their sets weren't boring. They were adventurous, and the audience was right there with them.

What intrigues me is the possibility of a movement taking shape in a town this size. Why not? There is a famous line often attributed to anthropologist Margaret Mead: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." The precise origin of the quotation is debated, but the idea rings true to me. Chicago house began with people gathering around music they believed in. There is no reason a new musical community cannot grow somewhere unexpected.

Then came another surprise. Many of the people at this party, I learned, were young farmers!

I actually spoke with some of them, and our conversations were fascinating. We talked about organic fruits and vegetables and about special varieties of produce they told me were grown in their region, some of which they said weren't grown elsewhere. I hadn't expected to come to a Halloween dance party and end up discussing agriculture, but I loved it. It reminded me how much there is to learn when you talk to people whose daily lives are different from your own.

We also talked about nearby Seattle and its reputation for gray skies. That subject carries a sad memory for me: a musician friend moved there and later died by suicide. I don't pretend to know what led to that tragedy, but it has made me wonder about the city and the way people describe its atmosphere.

The people I spoke with mentioned low-hanging clouds and long stretches of gray weather, but they also described how the Port Townsend area can feel different. I was struck by the beauty of the waterfront and the surrounding scenery. There was so much more to this corner of Washington than the image I had carried in my mind.

And I have to tell you about the gratitude. So many people came up to thank me for being there. They seemed genuinely surprised that I had come to their town to perform, and they spoke as though my presence were a tremendous honor. Yet the party was anything but small! Their warmth was heartfelt, and I felt honored in return. That kind of welcome cannot be manufactured. It has to come from a community that cares.

And perhaps that's the real story of my Halloween at Manresa Castle. We make assumptions about small towns, about farmers, about what kinds of music people will understand or enjoy. Then you walk into a room, hear DJs playing fearless combinations of sounds, meet people with unexpected stories, and watch an entire dance floor come alive.

I came to Memento Mori to share my music, from the TRAX classics to the acid mix of "Addicted" and "I Love Paris." I left with new ideas, new conversations, and an appreciation for Mark Hardy and the community he is bringing together. The three stages, the dancing, the musical surprises, and the extraordinary warmth of the people made this a night I won't forget.

Sometimes the most magical thing about a castle isn't the ghost story. It's the people you meet inside. And these people knew how to dance!

– Rachael Cain

Screamin' Rachael | Co-Founder of TRAX Records | "Uncensored"



In CONCERT

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Article & Photos by DJ Bill Hallquist

ROB ZOMBIE
Rock's Still Alive and Kicking!

AT ITHINK FINANCIAL AMPHITHEATRE, IN WEST PALM BEACH, FL AUGUST 20, 2026

From the Midwest to the Sunshine State, iMagazine continues to bring readers closer to the live music scene.

This time, we head to **West Palm Beach, Florida**, where our Florida-based correspondent, DJ **Bill Hallquist,** was on hand at the iTHINK Financial Amphitheatre, to capture the sights and sounds of an electrifying evening featuring **Rob Zombie** and **Marilyn Manson**.

Through his concert photography and coverage, Bill brings us a front-row look at the action!

Few performers have mastered the combination of heavy metal, horror imagery, and theatrical showmanship quite like Rob Zombie. From his early days fronting White Zombie to his successful solo career, Zombie has spent decades creating a musical experience that goes far beyond the songs themselves. With his unmistakable voice, industrial-influenced rhythms, and fascination with classic horror films, he has built a loyal following that continues to embrace his larger-than-life performances.

Before launching his solo career, Zombie gained widespread recognition with **White Zombie**, particularly through the success of the albums La Sexorcisto: Devil Music Volume One and Astro-Creep: 2000. His transition to a solo artist in 1998 brought even greater commercial success



with Hellbilly Deluxe, featuring fan favorites such as "Dragula" and "Living Dead Girl." Along the way, Zombie also established himself as a filmmaker, directing horror productions including House of 1000 Corpses and The Devil's Rejects.

On August 20, 2026, Rob Zombie brought his unmistakable brand of shock rock to the iTHINK Financial Amphitheatre in West Palm Beach, Florida, sharing the concert bill with fellow theatrical rocker **Marilyn Manson**.

>>> MORE In Concert >>>

Zombie's performances have long been known for their elaborate stage productions, monstrous imagery, pounding guitars, and relentless energy. The combination of aggressive music and horror-inspired visuals creates an atmosphere that feels part rock concert, part theatrical spectacle.



More than three decades after first attracting national attention, Rob Zombie remains a distinctive figure in hard rock and heavy metal.

While musical trends have changed considerably over the years, his commitment to theatrical entertainment has remained remarkably consistent.

For longtime followers and newer generations of fans alike, a Rob Zombie concert is more than an evening of music, at it's an experience designed to be seen, heard, and remembered.

Visit Out N About FaceBook Group for additional pics and videos, or go to iMAG.health for a direct link.



Ask Char Q & A

Q Dear Char, I'm considering starting my own business. What are the ethical implications of entrepreneurship, and how can I ensure my business benefits society as a whole?

From: Startup in Skokie

A *Dear Startup in Skokie,*

I had to read this one twice! Many who are developing their own spotlight business are only thinking about profit and doing things their own way. Many businesses have been started because someone was tired of being underpaid or under-appreciated. Look at you! You want to start a new venture, but you care about you and others. Impressed, I am! It is a great question. Let's look at the first part.

Of course there are ethical implications in a new endeavor. Here are some important questions to consider: Are you emotionally, mentally and physically prepared to take on the task of start-up? Have you taken a good look at the market and know that such a business choice is going to be valued by the community? Have you looked at needed licensure and permit needs? Do you have a working budget ready to implement? If those things are in place and you are feeling healthy and excited about the new prospects of all of this, you should be ready to get going.

Now let's consider staff. Are you doing this alone or are you expecting hire for start-up? If you are hiring immediately, who is this person (s)? Is this really someone you can work with when things get tense and deadlines are a must? You also need to consider their health as well. Are they healthy enough to put in the time and deal with the stress of opening a new business? In addition, if this is a friend, stay away from handshake deals. This person is your employee, and paperwork should drive this relationship. Agree on money, any bonuses, start time and end times, overtime, and task order, and the confines of their position and title. There should be no unspoken agreements, as that could mean big trouble later. Better safe here; get stuff in writing.



Also make sure you have, at least, a first round of brochures available that have a brand, tag line, or logo, so you can begin marketing right away. You can change some ideas on these in the future but getting your brand off the ground now is important.

Is this a business where the safety of your work activities could impact others (like construction)? Are you appropriately insured?

Ethical considerations of equality in pay and environmental awareness should be considered. Two different issues, obviously, but pay attention. You can't pay people you know more than new hires of people unfamiliar to you. Create a scale of pay and know what the market pays employees. As far as the environment goes; whatever this business is, are you running it safely and with products that don't hurt the environment? If you are doing these kinds of things right, make sure your brochures and paper collateral tell your story and reflect the level of responsibility you are taking to care for where you live and the people in it. This is a great selling point.

One way you can do the right thing for yourself, and your community, is to connect to the businesses of that community by joining your local Chamber of Commerce. There, you will meet many of your competitors, those who can use your business and you can begin finding ways to participate and give back. You may learn of other meetings in your community that are important to attend by connecting to the Chamber. The Chamber of Commerce is also a good place and an easy place to get your business cards and brochures distributed; getting your name out to people without buying a mailing list.

Plan on being an honest business owner. Market well, price fairly, and treat those who do what you do as partners, not enemies.

I'm sorry I can't remember where this came from to credit the source, but in order to do the right thing for your community is to consider the three P's: Price (fairly), People (even competitors need to be considered equitably), and Planet (environmental compliance and care). Find ways to make sure that those who supply you are also ethical in their practices and product. In your involvement with the Chamber of Commerce or other meetings in your community, look for ways to donate in time or money. Volunteering as a community member pays off in many big ways.

Above all, if you hire others to work with you, keep communications line open, never let any disagreements fester and show that you care about them. Learn about your employees and manage their skill-sets. Become a teacher and don't be afraid if they become better at you in what they do, this is the best kind of experience to have in your company. Let the surrounding community know why you're there, the engagement will be invaluable.

– Dr. Charla Waxman



SCHEDULE

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SALSA 6PM-7PM

TUESDAY

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WEDNESDAY

WEIGHT TRAINING 9AM-10AM

QI GONG 5PM-6PM

XCO LATIN DANCE 6PM-7PM

THURSDAY

SR. GOLDEN MOVES 9AM-10AM

YOGA 6PM-7PM

HIIT 7PM-8PM



FRIDAY

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WEIGHT AEROBICS 5PM-6PM

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TODAY'S MARATHON TECH TRENDS

by Jack Sontos

TECHNOLOGY FACILITATES REAL TIME DATA AND MORE!

HEART, EXERCISE, RUNNERS
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Before we get into the Tech-Trends of the modern-day marathon runner, it's good to know that these trends will apply to the here, and now!

Considering that thousands of runners will take to the streets of Chicago for upcoming 2027 events, like the annual **Shamrock Shuffle.** Every year the March tradition brings Chicagoans together to celebrate one of the Windy City's favorite holidays, with runners even preparing now for a 8K run, or 2-mile walk through downtown.

Ready, set, go for today's marathon technology trends, that can enhance races through advanced wearable sensors (GPS, heart rate), and AI-driven performance tracking, and specialized, energy returning footwear.

For an example, wide-scale LED ribbon boards and kiosks at various mile markers provide continuous, real-time updates on leaders and individual runners for the millions of fans on the course.

Technology facilitates real-time data analysis for both runners and spectators, improves safety through digital tracking, and enables virtual racing, making marathons more accessible, data-driven, and interactive.

Key ways technology plays a part in marathons includes advancements like Performance Tracking and Training. Where smartwatches and apps monitor real-time pace, distance, and heart rate.

Adaptive training plans adjust workouts based on recovery data and fatigue levels, optimizing preparation. Also, **Advanced Footwear** brings us modern, lightweight shoes with specialized cushioning and carbon fiber plates improve running efficiency by, leading to faster times, particularly among elites.

There's Race Day Safety and Tracking behind the scenes, that can use RFID chips and GPS tracking enable organizers to monitor participant locations, ensuring safety and providing live, real-time results for spectators, along with AI and Data Analytics. Whereas AI optimizes race day logistics, such as predicting crowd flows and managing smart corrals. It is also used to analyze runner data for personalized performance insights and to automate photo tagging using facial recognition.

Carbon-fiber plate (CFP) shoes, such as the **Nike Vaporfly** and **Adidas Adizero**, have become standard. These use responsive foams and plates to reduce energy expenditure by roughly 4%, effectively "shaving minutes" off finish times.

For those watching, technology now brings us **Enhanced Spectator Experience**, with Apps that offer live tracking of runners, interactive maps, and AR (Augmented Reality) features to view athlete statistics. If that's not enough, how about Virtual Racing? Digital platforms now allow participants to run remotely, using GPS to track their progress and share results, fostering global participation.

In 2026, technology is no longer just a luxury in marathons; it is the "brain" behind race-day logistics, athlete safety, and personalized performance. Modern races have shifted from reactive data collection to AI-driven predictive systems that adjust to a runner's needs in real time.

Organizers now use AI to assign start corrals dynamically based on real-time biometric and crowd density data, reducing early-race congestion and preventing "mismatched" pacing groups.

Cities like Chicago and London use "digital twins", virtual 3D models of the course, to simulate weather, crowd flows, and emergency responses before the race even begins.

Wearable "bio-twin" patches can now stream a runner's vitals to medical teams. AI monitors these streams to identify signs of heat exhaustion or cardiac distress before a runner collapses, allowing for proactive intervention.

Behind the scenes, drones are increasingly used to shuttle emergency supplies to aid stations or help medical staff locate runners in distress in high-density areas.

At major marathons like NYC and Berlin, spectators can use AR glasses to view "heads-up" displays of their favorite runner's stats, current pace, and health markers as they pass by. Keep that in mind when viewing the runners at next years **Shamrock Shuffle!**

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