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by Mike at Night

Winter in Chicago? Forget the polar vortex, gearheads (and even those who just appreciate shiny new toys) know what really matters: The Chicago Auto Show! It's not just for car fanatics!

This extravaganza at **McCormick Place**, is a spectacle for everyone!

Think movie-set displays, enough chrome to blind you (in a good way!), SUV test rides that'll make your inner child squeal, and strategically placed bars to quench your thirst after all that excitement. Seriously, you can sit in the driver seat of a \$90,000 luxury car, or hop in the back, and pretend it's your own personal love seat (wink, wink).



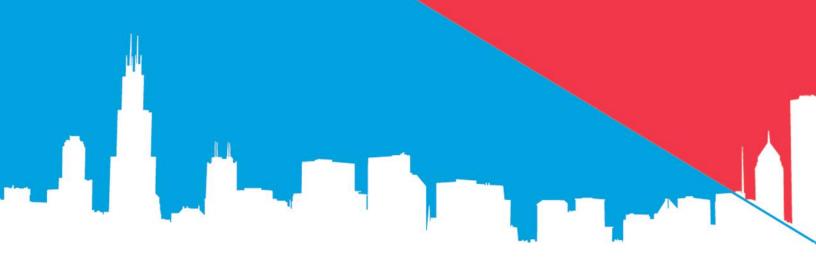
Overlanding Chicago is back, showcasing tricked-out off-road machines and enough accessories to make your head spin!

BUCKLE UP, CHICAGO! The 2025 Auto Show is Coming in Hot!

Want to test drive the latest electric vehicle indoors? Consider it done! Prefer to get your tires dirty on an offroad course? They've got that too. And for those who like the wind in their hair (or at least the idea of wind in their hair in February), outdoor test drives from Ford, Kia, and Subaru are waiting. Don't forget the Family Fun Zone, where kids from ages 2 to 16 can live out their automotive dreams. It's basically Disneyland for next-gen gearheads, intraining.

Speaking of McCormick Place, did you know it's the largest convention center in North America? That's a lot of car to see. We're talking nearly 1,000 vehicles from over two dozen manufacturers. Convertibles, crossovers, concepts, electric, luxury, pickups, sports cars, supercars, it's a vehicular alphabet soup! Alfa Romeo, BMW, Cadillac, Ford, Fiat, Jeep, Ram, Volkswagen... they're all bringing their A-game. Plus, you'll find accessories, auto-related exhibits, marketplace vendors, competition vehicles, and antique and collector cars. It's a car lover's dream and a history buff's happy place all rolled into one.

Concept cars? Oh yeah, they've got those too. Acura, Alfa Romeo, BMW, Cadillac, Chevrolet, Chrysler, Ford, and more are showing off their visions of the future. It's like stepping into a sci-fi movie, but with real cars!



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2025 Chicago Auto Show

So, you're in? Smart move!
Before you floor it to McCormick Place

HERE'S.THE.LOWDOWN

What is the Chicago Auto Show?

Only the nation's largest auto show! It's an annual February tradition that draws over 300,000 people. Think of it as the automotive **Super Bowl, World Series**, and **Lollapalooza** all rolled into one shiny, chrome-plated package.

Get out! For a few hours, get off Sniffies, get off Grinder.. and ya, alright, I suppose you can take Squirt.org along with you, and while getting over excited at the show, then you can continue the thrills afterwards!

When is it?

Mark your calendars! February 8th-17th, 2025. Check the website for specific daily hours, but generally, expect automotive awesomeness from morning till evening.

Don't miss special events like the Toyota Miles Per Hour Run, First Responders/Military Appreciation Day, Automotive Career Day, and the Friday Night Flights Craft Beer Tasting. Because what goes better with cars than... well, you know.

How much?

Tickets are reasonable: \$17 for adults, \$12 for seniors and kids (4-12), and free for the little ones (3 and under).

Get 'em online or at the box office. Pro tip: McCormick Place is cashless, so bring your plastic to swipe, tap or insert. And you might want to keep an eye out for discount days!

How do I get there?

McCormick Place is super accessible. Take the CTA Green Line, hop on a bus, or even ride the Metra Electric Line. Driving? Check their official parking website for details.

Lastly, a little trivia:

The Chicago Auto Show has been around since 1901! That's right, it's older than sliced bread, or probably our ex Mayor Lori Lightfoot. This year marks the 117th edition, making it the longest-running auto expo in North America.

So, there you have it. **The Chicago**

The Chicago Auto Show 2025.

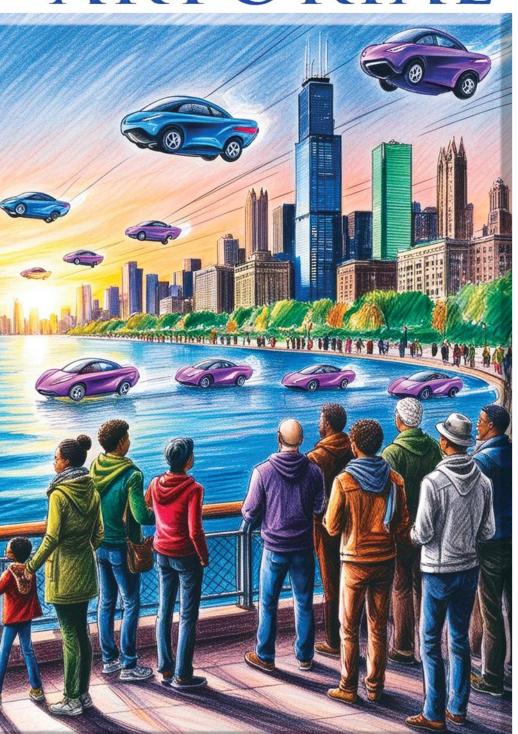
IT'S NOT JUST ABOUT CARS, IT'S AN EXPERIENCE!

It's a celebration of innovation, design, and the sheer joy of four wheels (or sometimes two, or even zero, if you're checking out the EVs).

Get your tickets, charge up your iPhone, and prepare to be amazed. There'll be plenty of photo opps. for envyous posting. Remember, it's ok to go out, have fun and savor the day!



ARTORIAL



Imagery by: Jorge Cruz Story by: boiBOT

The Chicago skyline shimmered under the afternoon sun, a backdrop to the aerial ballet unfolding above Lake Michigan.

A cluster of Gen Alphas, now in their late twenties and early thirties, lined the transformed lakefront, their faces tilted upwards. Sleek, aerodynamic vehicles, a hybrid of flying car and boat, zipped across the sky like metallic dragonflies. Some descended gracefully onto the water, transforming seamlessly into speedboats, carving playful wakes across the lake's surface. Others emerged from the depths, their wheels engaging as they transitioned into road-ready cars, ready to navigate the city streets.

"Remember when we used to dream of flying cars?" chuckled a young woman with vibrant purple hair, nudging her companion.
"Now, it's just Tuesday." A nearby holographic news screen flickered, showcasing an advertisement for the latest amphibious model, boasting "zero emissions and optional underwater karaoke and gaming system."

The spectacle was mesmerizing, a testament to human ingenuity and the seamless blend of technology and nature. "It's amazing how far we've come," mused a man with a neatly trimmed beard, "though I do miss the days of feeding the parking meters. At least that was a predictable expense." His friend snorted. "Predictable and infuriating. Now, we just have to worry about air traffic jams and rogue drones dropping pizza." The conversation lulled as another flying car, a vintage model retrofitted with modern tech, sputtered and coughed mid-air. "See?" the man said with a wry grin. "Some things never change. Just the vehicles get fancier when they break down." The crowd chuckled, their eyes still fixed on the sky, pondering the future, one flying car at a time. After all, who knew what tomorrow's commute might bring? Maybe they'd be teleporting by then. Or maybe they'd all be stuck in a massive aerial traffic jam, wishing for the good old days of parking tickets.

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This was a trip down memory lane as this group brought back high school memories. There are NO bad ELO songs, so this group performed hit after hit.

An impressive resume as she sings, acts, and dances. Rebecca hails from North Carolina and has a smile that lights up the stage. Very talented and energetic. Nigel Holland (musical director, keyboard, vocals). Nigel was the voice of the band. Great sense of humor and talented musician.

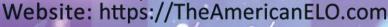


Members also include: Robert Smith (keyboards, vocals), Jimmy Agrios (bass), Ron Halsey (guitars, vocals), Michael Mosgrove (guitar, vocals), Stephen O'Leary (string arrangements), Nancy Crockford (orchestra leader, violinist), Edwin Camacho (cello, keyboards alternate). Finally, hats off to a talented violin section.



Thanks to the Genesee Theatre and Evil Woman for a group shot. Hope to see them again soon. Catch the expanded version of this article in my Out "n" About Facebook Group, with vids included.

You can friend Evil Woman: The American ELO at: Facebook: https://www.facebook.com/TheAmericanELO









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HEALTH & WELLNESS

ATTENTION DEFICIT HYPERACTIVITY DISORDER



by: Dr. Charla Waxman BS, MBA, EdD
Director of Business Development at Lake Behavioral Hospital

Attention Deficit Hyperactivity Disorder, (ADHD), affects millions of adults. Some of us were saddled with the label and the stigma as kids and found that it followed us right into adulthood.

Others of us never got the label, but we certainly had some suspicion about what seemed to be holding us back in so many aspects of our lives. Let's take a look at ADHD and some ways manage it. Some resources will be provided, as well, that might provide support and information. Be reassured. There is help, hope, and recovery.

Do any of these sound familiar to you?

I am never on time. Things that have to do with deadlines and time are like torture to me. For some reason, I just cannot seem to manage time like other people I know. It seems like the harder I try, the more jumbled things get.

I have trouble focusing. People who depend on me are often disappointed because things just don't get done.

I may seem like I am confident, but that is just this weird energy I have. I don't really feel like I fit in anywhere. I remember being told as a kid that I tried too hard to fit in and that I just needed to be myself. To this day, I don't even know who "myself" is.

I have a thousand projects I've started and a lot less that got finished.

I find myself taking unnecessary risks; like driving fast or without a seat belt.

Now, only a professional can give you the diagnosis of ADHD, but having the frustrations listed above may mean that something more than just a few bad days, is amiss.



In addition to taking a look at the above, note whether this is long term or whether what has been going on can be linked to a current crisis and the stresses that go with it. Also note, as indicated above, that if you had this diagnosis as a child, you are probably struggling with the concurrent symptoms as an adult.

If an honest self-assessment and a good professional assessment determine that you have adult ADHD, there are still some things you can do to help make sure that you are getting all you need to relieve symptoms and move toward recovery. Ask yourself (and be truthful):

Am I willing to consider medication? Am I aware of other co-existing mental health or medical conditions that may be exacerbating my ADHD symptoms? Have I considered that alcohol and other substances, used as a coping tool, may cause an addiction (a mental health disorder) that can only make things worse?

Why not consider therapy or support group help? Remember, people can and do recover from mental health conditions.

Here's a few places to check out.

National Institute of Mental Health @ www.nimh.nih.gov

National Alliance for Mental Illness @ www.nami.org

Attention Deficit
Disorder Association @
www.add.org

Check out Wellness Home 4 Chicago Locations @ https://BehavioralHealth. WellnessHome.org

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Sure vinyl maybe on the rise, but it will never have the impact as did decades back, due to price and lack of pressing plants.



Older music genres in my opinion, continue to surpass overall sales, though Taylor Swift might disagree. Classic Rock continues to turn out by the hudreds, due to original bands who are keeping the vibe alive, and the tribute, while tribute and cover bands are sparking a new generation of rockers.

These are topics I discussed with Oak Park Record Store owner Alan Heffelfinger located at 179 South Oak Park Avenue. Though I read a review which referred to Oak Park Avenue as "indie", I'd say the contrary. The store stocks the top lists of inde groups, new hip hop/rap, and rock. Hard to find 12" dance and alternative crates lie below

the countless racks of music as well as hard to find 12" imports and disco classics. Any music enthusiast and memorabilia collector, would appreciate this location.

As usual, I sorted thru various bins of albums and glanced at their memorabilia section. Check our Out "n" About

Facebook group for extended coverage as well as vids and some of the music



and memorabilia I purchased.

Many collectibles, cassettes, box sets, cd's, posters, and music of all genres can be found here. This location was originally home to 2nd Hand Tunes as it was prior to the closing of 2nd hand Tunes that Allan purcahsed this location. Allan's dedication and knowledge of the business, along with his past employment at Sam Goody's, has kept this business afloat, considering Covid took a hit on all of us. Oak Park Record Store is open 6 days a week and I walk thru this store took me back to the original

Gramaphone Record Store of the 1980's. Allan originally hails from Wisconsin as I reminissed my record store visits and guest club dj in Milwaukee, Wisconin.

Oak Park Records is a stockup store. The prices are more than fair. as I peeked thru their discount bins/12" dance bins, etc. You are bound to find some obscure music reasonably priced as well as unpriced memorabilia. Hope to drop by again.

Thanks to Allan for his hospitality and a trip down memory lane. You can visit the website or friend them on Facebook.







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ASK CHAR

The views and/or advice expressed here are my personal opinions, based on my life experience, and don't necessarily reflect the opinions of any other individual or organization. Have a question? eMail me at **AskChar@boiMAG.com**

Dear Char,

"I'm single and finding it hard to meet potential partners. Should I just give up or keep trying different approaches?"

Dear Single in the Suburbs,

If you are feeling frustrated because love seems elusive, you are not alone. Although we are all different and no two situations are alike, there may be real reasons for what might be keeping that potential partner away. Good for you for considering a new strategy! It means you haven't given up hope that love is somewhere nearby. Here are some things to consider, what barriers may be in your way, and some ways to move forward toward a potential love interest:

Be reflective. What is really happening? Have you been hurt before and that it is holding you back?

Is there something about you that is causing you to feel bad about yourself and causing self-doubt?

Do you know have made toxic choices before, but are unable to pinpoint what was wrong?

These three are often the standard for not being able to find the right partner and make things work. Examining these and sharing the answers with a trusted friend is a good way to begin a process of getting things going and out in the open.

Looking further, consider these common issues:

Are you picking people who really are not available?

Are you looking for perfection in a dating experience?

Are you really trying, are you finding yourself in the same places with the same old people?

Has something happened to you in the past that causes you to push people away when they get too close?

Do you fall in love too fast and scare off the good ones?

Are you missing out on someone who is interested in you because you are "just friends"?

Are you giving up hope by refusing to keep dating?

Has your single-ness caused you to quit trying to enjoy life as a single?

Is your dating poise low because you don't work at it?

Here's a biggie, are you too difficult to be with? Do you put your needs ahead of another? What are you doing to that keeps gets the same response?

Each of these answers should give you some real information about your style and willingness to be in the market for a partner. Sometimes we think we want something we really don't, or are not ready for.



So, what do you do?

Go to places that you would not usually go to. Don't go out with preconceived expectations. Be yourself and just have a good time being you.

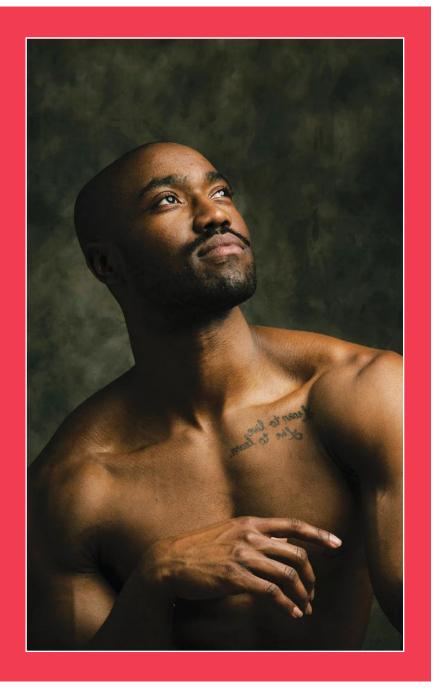
Go to places that are of interest to you. You'll find new people to create a connection with, even if it's friendship.

Know that you are not the only one looking for a partner. Sometimes the harder you look, the harder it is to find. So just be open to whatever comes your way. Stay the course.

The right person is out there. Pay attention to what might be holding you back. Be willing to be vulnerable. Over all, never give up.

HAUS LOVE

by Terence Steward II



Enough with the over thinking and love me. Harmonize with me as the sun rises, and the moon sings a cappella lullabies.

I choose myself; you choose yourself. You choose me and I choose you. The late night visions of our chambers are all these eyes can see and under these eyes, I am your fantasy come to life. Gifting each other over and over again with fresh ideas of lust, affliction, and courage.

Warming the bones of your soul, this experience will make your teeth sweat. Lick me lollipop and let's multiply our jellybeans. The reality of love means to submit.

Love; a verb, an adjective, an adverb - alas a phrase of affection, frequency and warmth.

Love is a bird's eye view of stealing the very best diamonds to give away to a thief - perplexing yet necessary.

Love is a unique concept, infinite and faceless. Remember each living organism was crafted by love. Especially designed and personally crafted to stand convicted in its masterpiece. Everything about the presence of love screams legend. Be it. Own it. Leave it. I love you forever and ever.





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-Cheryl (Trustpilot review)

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Generation Alpha. The name itself evokes images of a brave new world, a generation born into the digital age, seamlessly navigating a landscape of screens and instant connectivity. But behind the veneer of technological prowess lies a growing concern: are we sacrificing the well-being of our children at the altar of digital progress? The statistics paint a stark picture, one that demands our attention and action.

TECHNOLOGY IS RESHAPING GEN- ALPHA aka The "iPAD KIDS"

Gen Alpha is immersed in a digital world like no generation before. They've never known a life without screens, a reality that shapes their perceptions and experiences in profound ways. While technology offers undeniable benefits, the sheer volume of screen time consumed by Gen Alpha – upwards of nine hours a day for some – is raising serious alarms. This isn't just a COVID-era phenomenon; the trend was escalating long before the pandemic, and the enforced isolation only exacerbated the issue.

The consequences of this digital saturation are manifesting in a myriad of concerning ways. Gen Alpha is experiencing mental health challenges distinct from previous generations. They exhibit a 30% reduction in physical activity compared to Millennials, a 20% increase in problems with social comparison, and are grappling with the unique pressures of cyberbullying. Sleep disturbances, increased suicidal ideation (with studies

showing one in ten seriously considering suicide), heightened anxiety, and rising rates of addiction, particularly screen and video game addiction, are all part of this troubling trend. While it's positive that this generation is more likely to seek mental health support, the underlying issues driving this need cannot be ignored.

Two primary culprits stand out: excessive screen time and social media. The correlation between excessive passive screen time (over two hours daily) and a host of problems is undeniable. Obesity, fueled by both sedentary behavior and screeninfluenced poor dietary choices (less fiber, fruits, and vegetables), is a major concern.



Doctors are increasingly prioritizing fundamental health needs – proper nutrition, sufficient sleep (8-12 hours), and adequate exercise – before even considering therapies or medication for anxiety.

Sleep, crucial for developing brains, is consistently disrupted by screen use. StimulatiThe constant notifications and alerts from devices further fragment sleep, with 37% of adolescents reporting their phones wake them multiple times a night.



The constant notifications and alerts from devices further fragment sleep, with 37% of adolescents reporting their phones wake them multiple times a night.

This disrupts the natural cortisol cycle, impacting energy levels and contributing to a perpetual state of hyperarousal that hinders true rest. The result? Children who report "sleeping well" but fail to achieve the deep, restorative sleep essential for healthy functioning.

Beyond the physical ramifications, excessive screen time leads to nature deprivation. Gen Alpha is losing out on unstructured outdoor play, the kind of "risky play" and "discovery mode learning" that fosters creativity, problem-solving, and resilience. They are also experiencing a deficit in "transcendence" – those moments of awe and wonder that ignite a specific area of the brain and enrich our lives.

The impact on the developing brain, particularly the frontal lobe responsible for executive functions, is profound.
Attention spans are shrinking dramatically, a fact confirmed by a 2022 National Institute of Health meta-analysis of 498 studies. The ability to delay gratification is also compromised, with Gen Alpha exhibiting an expectation of

immediate responses in all digital interactions. Mindwandering, the ability to let the mind explore and then refocus, is also impaired, impacting academic performance. Studies have shown a direct correlation between early childhood TV exposure and decreased class participation and math proficiency. Even the once-lauded "Baby Einstein" effect has been debunked. with research showing passive language viewing actually hindering language development.

Gen Z, those slightly older, are even sounding the alarm, coining the term "iPad kids" to describe the Gen Alpha children seemingly glued to screens. They express concerns about these children's inability to read, lack of imagination,

and behavioral issues stemming from excessive screen time. The anecdotal evidence of tantrums when devices are taken away underscores the potential for addiction and dependence.

While some screen time can be beneficial, particularly for educational purposes, the key lies in moderation and mindful engagement. Experts recommend strict limitations for younger children, emphasizing co-viewing and ageappropriate content. For older children, the focus shifts to ensuring screen time doesn't displace other vital activities. Excessive screen time, particularly over 10 hours a day, consistently correlates with negative outcomes.

The ubiquity of autoplay features and the constant stream of notifications create a highly addictive environment. It's not just about *how much* time is spent, but *how* it's spent. Passive consumption of endless videos can be far more detrimental than interactive, educational content.

Gen Alpha's relationship with technology is complex. They are the most digitally savvy generation, comfortable navigating a world of apps and platforms. However, this familiarity comes at a cost. Their attention spans are shorter, their trust in influencers rivals their trust in family, and their reliance on social media for information raises concerns about critical thinking and misinformation.



