

In Episode 57CC 1 Beat the high cost of eggs because it turns out helping consumers with grocery costs is not on the Presidential Agenda Beat the high cost of eggs and save your money for Heat Pumps in North Carolina where Heat Pump rebates are now available 2 United States Heat Pumps 3A to 3E California Wildfires 3F California Heat Pump Rebates 4 Colorado 5 Massachusetts 6 Michigan 7 Nevada affected by California wildfire smoke 8 New Hampshire 9 North Carolina Heat Pump Rebates 10 Ohio 11 Texas 12 Vermont wood fuel ordinance 13 Australia Outdoor Wood Boiler Ordinance 14 United Kingdom Clean Air Night is January 22 2025 14A United Kingdom Eastleigh Clean Air Night tackles pollution 14B United Kingdom Lincolnshire Clean Air Night 2025 learn about the dangers of wood burning 14C United Kingdom London Richmond on Thames Learn about heating your home safely at Clean Air Night pop up 15 China 16 Singapore and Indonesia 17 PM2.5 and Human Health Main Content

1 Beat the high cost of eggs because it turns out helping consumers with grocery costs is not on the Presidential Agenda Beat the high cost of eggs and save your money for Heat Pumps in North Carolina where Heat Pump rebates are now available To go eggless some egg substitutes follow Unsweetened applesauce Need a cake to rise or get light and fluffy? Add vinegar and baking soda for leavening Want to mimic the richness of eggs? Plain yogurt or silken tofu will lend creaminess Most quick breads and cookies are not overwhelmed by the bold tastes of flaxseed or banana Some commercial egg replacers work well in recipes that normally call for eggs

Home made Egg replacers

Unsweetened applesauce

Replace 1 egg with 1/4 cup applesauce

Bakes best in Muffins brownies cakes bars

Notes Avoid using more than 1 cup total in any recipe as it can create a rubbery texture

Vinegar & baking soda

Replace 1 egg with 1 teaspoon baking soda 1 tablespoon vinegar

Bakes best in Cakes brownies quick breads

Notes Combine vinegar and baking soda separately then add to recipe to add loft to fluffier baked goods

Plain or vanilla soy yogurt

Replace 1 egg with 1/4 cup yogurt

Bakes best in Muffins cakes bars

Notes Works best if beaten well before adding to other ingredients because it can be heavy

Silken tofu

Replace 1 egg with Whirl 1/4 cup silken tofu in blender adding water until smooth

Bakes best in Pies quick breads muffins dense cakes

Notes Can be very heavy Avoid using in recipes that call for multiple eggs Baked goods will not brown as deeply

Ripe banana

Replace 1 egg with 1/4 cup mashed banana

Bakes best in Quick breads muffins cakes

Notes Very ripe bananas will leave a hint of flavor and increase sweetness Can create a rubbery texture

Ground flaxseed

Replace 1 egg with Stir together 1 tablespoon ground flaxseed in 3 tablespoons water until thick and gelatinous

Bakes best in Brownies cookies breads

Notes Best with hearty baked goods Adds an earthy nutty taste and can create a firm or chewy texture |



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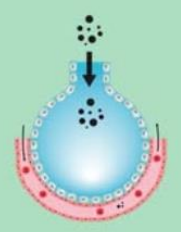
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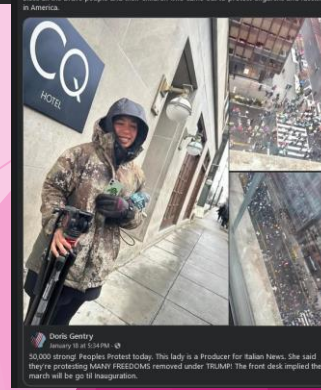


A DEEP DIVE INTO RESPIRATORY HEALTH

SEETHEAIR.ORG

Alveolar Sacs and Particulate Matter: A Deep Dive into Respiratory Health

The respiratory system is a complex network responsible for the vital exchange of oxygen (...)



2A United States Idiot Corner War on your wood burner amid new calls to ban them MSN Families face the threat of a crackdown on wood burning stoves after doctors claimed emissions from wealthier households are polluting deprived United States Idiot Corner The Art of Building a Homemade Wood Burning Stove Watch MSN Explore the step by step process of crafting an impressive wood burning stove at home From gathering materials to shaping and assembling 2B United States Heat Pumps The Cool Down HVAC expert gives honest breakdown of hidden heat pump costs The Cool Down Heat pumps work by moving hot and cold air around making them an effective all in one system versus having separate heating and cooling systems Confused homeowner seeks answers after HVAC techs repeatedly offer questionable advice The Cool Down Heat pumps are an extremely affordable and efficient way to heat homes without damaging the environment One homeowner found this out after HVAC expert gives honest breakdown of hidden heat pump costs The Cool Down Heat pumps generally require an upfront investment of \$4000 to \$8000 before tax credits and rebates from the Inflation Reduction Act but consumers 2C United States Heat Pumps Are Heat Pumps Worth It? Expert Insights with Brent Watson YouTube Brent shared that just five years ago he might have hesitated to recommend heat pumps but with advances in technology and government rebates 2D United States Heat Pumps Design of Ejectors for High Temperature Heat Pumps Using Numerical Simulations MDPI Full Coverage Carrier launches new air to water heat pumps for residential commercial applications pv magazine USA Carrier a heating solutions provider introduced a new 4 14 kW line of heat pumps with a coefficient of performance of up to 490 2E United States Heat Pumps Industrial Heat Pumps Ready to Scale Up Cleantech Group Industrial heat pumps are emerging as a viable solution to electrify industrial heat alongside electrical boilers resistance heating and biomass 2F United States Heat Pumps US scientists building magnetocaloric heat pump with high system power density PV Magazine Developed at the U S Ames National Laboratory the novel magnetocaloric heat pump utilizes gadolinium as the working medium and reportedly 2G United States Heat Pumps WEB Jan Rosenow X heat pump to extract heat from sea water & feed into district heating system 1 2 additional large heat pumps planned to achieve climate California Los Angeles The hidden dangers of urban wildfire smoke IQAir Measures air pollution from cooking cleaning wood burning interior decoration smoking and wildfire smoke and traffic pollution entering the 3A California Los Angeles LA Fires Death Toll Grows to 24 as Investigators Say They're Looking at Whether Electricity Yahoo News Canada 14 and a wood burning ban has been set as a result of the fires until Monday Jan 13 Investigators from the California Department of Forestry 3B California Los Angeles Small airborne embers play a big role in the spread of wildfires Midland Daily News wood or other types of vegetation that are burning he said But when you have a fire that's burning through an urban area it can be vegetation 3C California Los Angeles Wildfires Smother Region In 'Hazardous' Smoke Health Policy Watch Fine particulate matter that is 2.5 microns or less in diameter PM 2.5 is the most concerning aspect of wildfire smoke PM 2.5 from burning 3D California Sacramento Breaking Wood 2 Fire reported in Riverside County on Jan 15 Sacramento Bee Wood 2 Fire has been burning on private land Currently there is no information on the containment of the fire and the cause of it remains 3E California Ventura County Fire response canceled to "smoldering" wood chip pile in Santa Rosa Valley County Ojai Valley News Fire response crews were canceled at 130 pm after Ventura County Fire Department crews responded to reports of smoke and found a smoldering 3F California Santa Barbara Rebates Fast and Free Permitting Offered for Heat Pump Water Heaters Local News Noozhawk A man is washing his face in front of a sink and a mirror Replacing gas water heaters with Heat Pump Water Heaters may qualify for



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"Free Tribune: Stop burning wood
Sun Jan 19, 13:22 Bostel
by Jan Juffermans

Wood burning has played an important role in the heating of homes in the past and is still seen by many as a source of warmth and cosiness. However, we must face the downside: wood burning causes serious nuisance and health problems, especially in residential areas with multiple heating points.

The impact is greatest in vulnerable groups such as people with COPD, asthma or heart problems, and in (small) children, whose bodies are still developing. In addition, long-term exposure to wood smoke harms everyone. Studies show that wood burning cumulatively contributes to a shorter lifespan and causes at least 800 premature deaths in the Netherlands each year.

It is therefore essential that we think together about whether we want to continue this way of heating and cosiness, given the consequences for our health and the environment. Freedom to act is important, but should not be separated from our responsibility for each other.

Fortunately, there are alternatives that offer the same atmosphere and warmth without the harmful effects of wood burning. Think of electric and gas heaters with the appearance of a classic wood stove.

Although there are so-called cleaner wood stoves, such as the ecodesign models, these also continue to emit carcinogenic substances and especially spread ultrafine particles, with proven negative effects on health. Moreover, wood burning is even more harmful to the climate per unit of heat than gas and coal.

In this context, I would also like to point to the example of the municipality of Utrecht, where work is now underway on a general ban on wood burning. This approach offers a clear and effective solution to structurally improve air quality and reduce health problems. This approach also deserves to be followed in Bostel.

Therefore this appeal to all who can do something about it: work on a plan that reduces wood burning in residential areas. Create awareness about the risks of wood burning. Stimulate the clean alternatives. Support a general ban on wood burning, as Utrecht is already doing.

With a joint effort we can create a future in which warmth and cosiness go hand in hand again, with healthy air and a better living environment."

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a rebate up to New Rebates with Fast & Free Permitting for Heat Pump Water Heaters Edhat Because heat pump water heaters use less energy they help reduce greenhouse gas emissions compared to traditional electric or gas water heaters 4A Colorado Denver Heat Pump Rebates The Follow Up Checking in on Denver's heat pump rebates during Arctic blast Denver7 The funding for the heat pump rebates comes from the Climate Protection Fund which provides roughly \$40 million a year to Denver communities in order YouTube Over the last two years the heat pump rebate program has used approximately \$8 million The funding for the heat pump rebates comes from the 4B Colorado Estes Park Winter Pile Burning To Continue RMNP News estesparknews.com Estes Park News Wood Smoke and Health Safety factors weather conditions air quality personnel availability and environmental regulations are continually We do see an increase especially this time of year in fires inside the home How to keep KKTV Anyone that is using a 5 Massachusetts WEB UMass Amherst on X Some people might think that wood smoke should be harmless X Some people might think that wood smoke should be harmless because it comes from a natural resource in trees but this couldn't be further from 6 Michigan Detroit Idiot Corner Find out where your firewood comes from to prevent the spread of invasive pests The Detroit New firewood burn it soon If you've already transported firewood dispose of it safely by burning it completely and thoroughly Clean up the area 7 Nevada Nevadans find themselves near California fires Nevada Daily Mail The fragrance of wood smoke is certainly not uncommon either even inside Nevada city limits as many use it as natural fuel to heat their homes 8 New Hampshire Do heat pumps change the turn down the thermostat at night to save energy equation? Concord Monitor But that was before heat pumps started becoming a big part of New England heating so I thought 9 North Carolina Launches Federal Home Energy Rebate Programs to Lower Families' Utility Bills Energygov The rebates make it more affordable for households to install cost saving measures such as heat pumps electrical panels and insulation North Carolina Heat pumps A climate solution with new state rebates YouTube North Carolina's \$208 million Energy Saver NC program launches Thursday offering rebates up to \$8000 for heat pumps to cut energy costs NC announces program to help homeowners electrify their homes saving energy and money Blue Ridge Public Radio The rebates are itemized for example HEAR offers up to \$8000 back on heat pumps for heating and cooling Homeowners may apply online over the North Carolina Department of Environmental Quality Launches State Home Energy Rebate Program NC DEQ Nc.gov rebates The rebates are designed to make it more affordable for households to install cost saving measures such as heat pumps electrical panels New state program to help households save money energy Coastal Review rebate program earlier this week Photo NCDEQ With the launch \$8000 for a whole home heat pump for space heating and cooling \$4000 10 Ohio Do You Smell Something Burning? News Sports Jobs The Intelligencer It's not just wood smoke wafting from their uniforms There are chemicals plastics and other hazards they now face as we have become a techno 11 Texas Idiot Corner What firewood is safe for your home? Here's what experts say KETK.com Payne explains that for a long burning fire red oak is the best wood to purchase Payne recommends to not wait till the last minute to purchase 12 Vermont Warren works to empower fire department to issue fines The Valley Reporter Campbell said that the three ordinances that need more enforcement teeth are the town's wood fuel ordinance the E911 ordinance and the fire alarm 13 Australia New South Wales Sydney Chester Hill Outdoor Wood Burning Furnace Ordinance Chester Hill council puts off vote on outdoor furnace ordinance News Clearfield Progress Councilman Aaron Bailey said he did not believe council had jurisdiction in the matter Burning wood in an outdoor furnace could be what they can afford smoke stack heights and fuel



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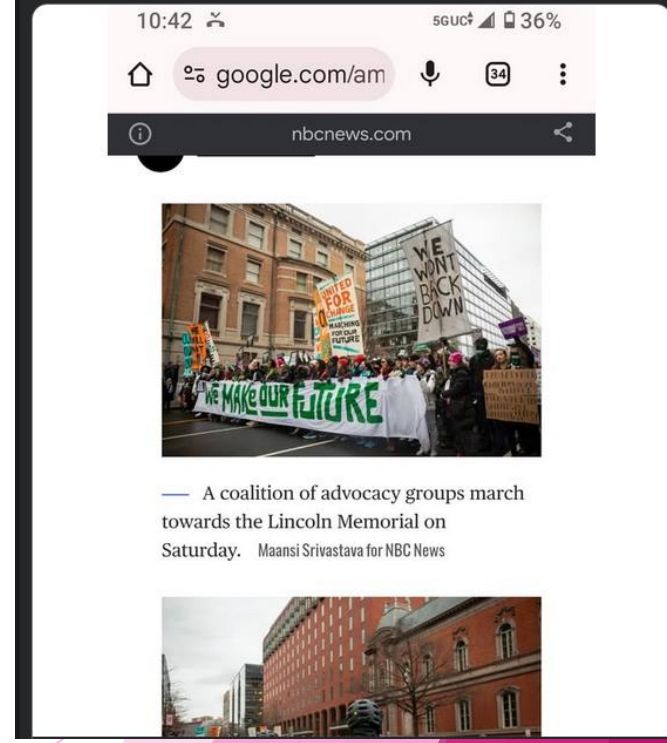


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Protest criminals being allowed into the White House, Trump instigated a January 6 riot that left 174 Capitol Police injured, 5 citizens dead, 4 police suicide deaths, and \$2.7 million in damages paid by taxpayers. He said "fight, fight, fight, because his ego couldn't take an election loss. Him being back there is an affront to those who died fighting for the White House. It's blasphemy and criminal.



standards as outlined in the ordinance 14A United Kingdom Eastleigh Clean Air Night tackles pollution Eastleigh Borough Council Raising awareness of the myths around wood burning and harm to public health 16 January 2025 Clean Air Night A campaign to reduce pollution is 14B United Kingdom Lincolnshire Clean Air Night 2025 learn about the dangers of wood burning NELC North East Lincolnshire Council Wood burning smoke contains fine particle air pollution PM2.5 which enters your bloodstream when inhaled and causes heart and lung disease 14C United Kingdom London Richmond on Thames Learn about heating your home safely at Clean Air Night pop up London Borough of Richmond upon Thames Wood burning smoke is a significant source of air pollutant PM2.5 These are tiny particles that once inhaled can increase the risk of serious 15 China PM2.5 and emission reduction Fast optimization of the emission reduction pathways of major air pollutants in China ScienceDirectcom To address the concern of optimization problem of China's PM2.5 control and the limitation of computational efficiencies for traditional air 16 Singapore and Indonesia Money alone may not be enough to reduce PM 2.5 Lessons learned from Singapore and Indonesia moneyandbankingcoth Singapore has been suffering from toxic haze from forest fires in neighboring countries resulting in PM 2.5 levels reaching as high as 471 17A PM2.5 and brain damage Air pollution and brain damage what the science says Nature particulate matter that have diameters smaller than 10 micrometres PM10 or 2.5 micrometres PM2.5 But airborne particles carry a range of PM2.5 and thinking Effects of acute PM 2.5 purification on cognitive function and underlying mechanisms ScienceDirectcom Multi omics provided novel molecular mechanisms underlying PM2.5 induced cognition Abstract The relationship between fine particulate matter PM2.5 17B PM2.5 and fertility Study shows exposure to PM 2.5 may affect success of IVF cycles The Tribune Study shows exposure to PM 2.5 may affect success of IVF cycles Of all the air pollutants examined ambient exposure to organic carbon prominent in 17C PM 2.5 and Health Care with Food Money & Banking Magazine moneyandbankingcoth PM 2.5 let me give you a basic idea PM2.5 or its full name Particulate Matter 2.5 is dust particles smaller than 2.5 microns 17D PM2.5 and Lung Cancer How The Changing Climate Is Impacting Your Lungs And What You Can Do About It Forbes Particulate matter PM particularly PM 2.5 fine particles 2.5 millimeters or less in diameter poses another major threat 17E PM2.5 and Sarcoidosis Foundation for Sarcoidosis Research Warns of Increased Risk GlobeNewswire burning wood and smoke Drawing from the documented rise in sarcoidosis cases amongst 9 11 first responders and others directly exposed to Ground Zero Sarcoidosis is a disease characterized by the growth of tiny collections of inflammatory cells granulomas in any part of your body most commonly the lungs and lymph nodes. But it can also affect the eyes, skin, heart and other organs The cause of sarcoidosis is unknown, but experts think it results from the body's immune system responding to an unknown substance 17F PM2.5 and weather caused by climate change More Extreme Weather Leads to More Public Health Emergencies Federation of American Scientists Exposure to the primary component of wildfire smoke known as fine particulate matter PM2.5 contributes to an additional estimated 16000 American



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 Chris Davis
8h · 

Today is the inauguration of Donald Trump.
Today is Martin Luther King, Jr. Day.

I am reflecting on the similarities of these leaders—their appeal to workers forgotten by elites, their rhetoric about freedom, the multiple attempts on their lives, and their personal moral failings.

And I am reflecting on the differences between these leaders—one stirred up violence at a time of peaceful transfer of power while the other led peaceful protest in a time of violence; one plays on the basest of human fears while the other called out the highest of human virtues; one makes everything about himself while the other made everything about the oppressed; one cozies up to the rich while the other stood with the poor.

To be clear, the only man I want to be like is Jesus Christ.

Today I will remember Martin Luther King, Jr. as a man who imperfectly but sincerely and admirably promoted the way of Jesus.

And I will pray for our president, a man who has co-opted the name of Jesus for personal gain — that God might humble him, turn his rhetoric from tearing down to building up, and use him over the next four years to create a more perfect union.