



# Lakeview

August, 2016

"We don't make the news, we just report it."

Volume 20, Number 9

## Interview



## 20 Questions

This month's interview is with Bob Issel, Web Site Manager for Army Navy Sales, 3100 North Lincoln Avenue.

**Q.**Where were you born and raised?

**A.**Chicago.

**Q.**Are you married? Any children?

**A.**No and I don't have any children.

**Q.**Where did you attend school?

**A.**Taft High School.

**Q.**What was your first paying job?

**A.**Delivery the Lerner Newspaper Times as a kid.

**Q.**What was the worst job you ever had?

**A.** Working in a fish market. I smelled like fish every day.

**Q.**What is your fondest childhood memory?

**A.**Going on vacation with my family to

Wisconsin to visit my cousin who owned a farm.

**Q.**Who has/had the most influence in your life?

**A.**My grandmother. She is 97.

**Q.**What did you do for a living before working at the Army/Navy store?

**A.**I owned and ran a painting Contracting Company with 16 employees.

**Q.**Who do you most admire and why?

**A.** My mother and father. They raised 3 children and have been married for over 60 years.

**Q.**If you could meet anyone in the world, who would that person be and why?

**A.**Clint Eastwood. He's cool. He is a great actor, director, and his achievements, including being a past Mayor of Carmel, California are impressive.

**Q.**What is your favorite TV show, movie and

Continued on page 2

## Luxury comes with a price



by George Rimel

The corner of Lincoln and Roscoe have been under construction for months and the "Luxury" apartments next to the Paulina El Station will have 35 apartments including studios, 1 and 2 bedroom apartments. The 542 square foot studio apartments with one bath, will rent for \$1,822 to \$1,905 per month. The 635 square foot to 835 square foot one bedroom, one bath

apartments will rent for \$2,165 to \$2,765 per month. The 1013 square foot to 1031 square foot two bedroom, 2 bath apartments, will rent for \$3,076 to \$3,225 per month. Cats and dogs will be allowed for an additional one time fee of \$200 for cats and a one time fee of \$500 for dogs plus a monthly fee of \$20 per cat and a \$25 per month fee per dog. An attached parking garage will cost \$250 per month.

A move-in fee will cost the tenants an additional \$450. We attempted to take a tour of the facilities; however the door was open on Roscoe and we rang the office bell by the elevator but no one answered or saw anyone on the premises. The first floor commercial space has been leased to Bow Truss Coffee Roasters. Although the commercial space is still under construction. Bow Truss Coffee currently has

locations in Lakeview, River North, Pilson, Logan Square, Downtown Chicago, the Loop, Roscoe Village, Near West Side, the Gold Coast and Beverly Hills. Expansion plans include Old Irving Park, Bucktown, Evanston, Wicker Park, Uptown, Hyde Park and Lincoln Park.

The floor to ceiling windows in the residential space have been acoustically treated to cut down on the noise, of not

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### What's on your mind?



"Enjoying our vacation with my daughter and the food scene on Lincoln Avenue."

Reid Oberer



"Politics and security for our country."

Rebecca Yablinsky



"I'm looking forward to fall and Bar-B-Q."

Mikey Kay

# Editorials & Opinions

Interview continued  
from front page  
music/song?

**A.** My favorite TV show is "Combat"; my favorite movie is "Apocalypse Now"; my favorite music is "Rock and Roll".

**Q.** What would you like to do in your life that you haven't done so far?

**A.** Fly an airplane.

**Q.** What is your most prized possession?

**A.** My 27 foot boat in Montrose Harbor.

**Q.** If you could trade places with someone for a day, who would that person be and why?

**A.** The President of the United States to see what it's like to run the country.

**Q.** What have been your three greatest achievements?

**A.** Running my own business; staying healthy and I like to learn new things. I'm not stuck in my old ways.

**Q.** What have been your three greatest disappointments?

**A.** Not having any children; not spending more time with my family and not traveling to Europe.

**Q.** What is your "pet peeve"?

**A.** Cigarettes. I don't like people smoking around me.

**Q.** What has been the worst advice you were ever given?

**A.** Do you want a cigarette?

**Q.** What improvements or suggestions would you make for the Lakeview neighborhood?

**A.** We need more police officers presence in the neighborhood. The crime seems to be getting out of control.

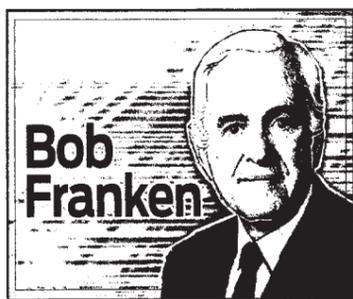
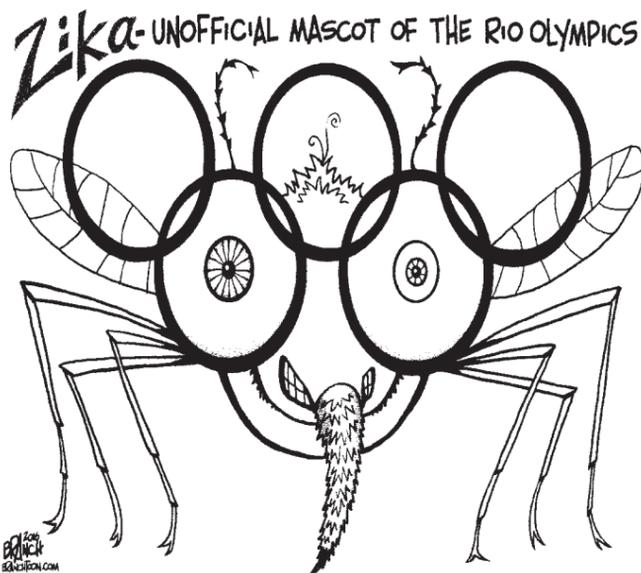
**Q.** Do you have a motto for living your life?

**A.** Do unto others as you would have them do unto you.

Luxury comes at a cost  
from front page

only from the el but also from the commuter traffic.

The Lakeview Chamber of Commerce attempted to get the parcel for a park years ago to no avail. The construction company and Centrum Properties had trouble with the unions when the



## Witness to Nice

We were on vacation. Nice is a favorite destination of ours. That night, we decided to watch the Bastille Day fireworks from our rental-apartment balcony, overlooking the beautiful Mediterranean. It's a good thing we did. As the last Roman candles sputtered and the thousands of spectators started to depart, a truck driven by a madman ran some flimsy barricades, jumped onto the crowded walkway just below our window and slammed into the pedestrians. Witnesses say he deliberately ran down men, women, children.

My wife and I had turned away and were in another room when we heard the screaming below. Thousands were stampeding, running literally for their lives. Both of us are journalists, so we did what reporters do: We raced down the stairs and stepped into the dark uncertainty, trying to understand what had happened.

I emphasize that we did not see the truck slaughter the innocents. It was already more than a mile away, its murderous driver killed in a hail of bullets during a gunfight with police.

What we did see was gruesome. Dozens of bodies were scattered around, the injured were pleading for help. Worst of all were the screams of family members who had seen their loved ones suddenly mowed down after a night of celebration at one of the planet's loveliest spots. The images will inhabit my nightmares forever.

As my wife and I headed to dinner

unions set up a giant one story "rat" on Lincoln Avenue on several occasions protesting the use of non-union labor for the project.

Lincoln Avenue retail space south of Roscoe has been under construction for months. Also, the corner of Roscoe and Ashland Avenue has been under construction and Roscoe has been closed traveling west during the past month.

several hours before the fireworks show, we barely noticed that there were police everywhere, carrying their automatic weapons. Sadly, that has become commonplace. France, the rest of Europe, everywhere else and certainly the United States have become security-armed camps. And yet, somehow, this fanatic — if that was what he was — had been able to come up with a surprise, a decidedly low-tech surprise, using a truck as a homicidal projectile.

So now, we have to add trucks to the growing list of mass-murder weapons. I've always been amused by the saying promoted by officials: "If you see something, say something." Will we now need to say something about every truck? The answer is that we are now forced to be suspicious, make that frightened, of everything. We always need to be at least a little bit afraid as we move about our ordinary lives. For good reason.

In that regard, the terrorists have succeeded, as they have every time demagogic politicians stoke our fears and scapegoat those who are only trying to be normal citizens.

To a lesser degree — certainly less than the immediate victims, whose lives are shredded by the psychopaths — we all suffer.

It has become all too monstrously routine. We react with horror, but then soon everything goes from mournful to normal, until still another bloody attack. Law-enforcement leaders will assure us they are improving their tactics, but inevitably they will encounter some other surprise. There seems to be little we can do short of becoming a police state.

As a reporter, I've covered wars and have witnessed the tragedy of battlefields. These days, the entire world is a battlefield, where lethal brutality can also be inflicted at any moment. In Nice, my wife and I witnessed that firsthand.

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## Moments in time

• On Aug. 8, 1974, with impeachment proceedings underway, President Richard Nixon announces he will resign as president of the United States.

• On Aug. 9, 1985, Arthur Walker, a retired U.S. Navy officer, is found guilty of espionage for passing top-secret documents to his brother John, who then passed them to Soviet agents. John Walker, also a Navy veteran, had been involved in spying for the Soviets since 1968.

• On Aug. 14, 1784, a Russian fur trader founds Three Saints Bay, the first permanent Russian settlement in Alaska. In 1867, Secretary of State William H. Seward signed a treaty with Russia for the purchase of Alaska for \$7.2 million, a bargain at 2 cents an acre.



## The Fire This Time

In the past two weeks, the "war on police" has gone from a metaphor to a reality, with eight officers killed in targeted attacks in Dallas and Baton Rouge.

The country hasn't seen anything like it since the early 1970s, when a lunatic fringe of the left undertook a violent campaign against law enforcement. Today's spate of anti-police violence isn't remotely as organizationally or ideologically coherent, but it is much more lethal.

Vanity Fair writer Bryan Burroughs recounts the history in his exceptional book "Days of Rage." As a radical lawyer told Burroughs, "Everything started with the Black Panthers. The whole thrill of being with them."

Stokely Carmichael of the Student Nonviolent Coordinating Committee gave black militancy a jump-start with his famous speech in Mississippi in 1966 declaring, "The only way we gonna stop them white men from whuppin' us is to take over. We been saying freedom for six years and we ain't got nothin'. What we gonna start sayin' now is Black Power!"

Carmichael's activities in Mississippi spawned various Black Panther groups, the most important in Oakland, California, led by Huey Newton and Bobby Seale. They became a sensation with their gun-toting antics and bristling confrontations with police, although they would be outflanked by their "information minister," Eldridge Cleaver, a convicted rapist, who called for "A black liberation army! An army

of angry niggas!"

Killing cops quickly moved from a rhetorical pose — the Black Panther newspaper gave us the phrase "Off the Pig" — to an actual imperative. The Black Liberation Army, an underground force spawned in the poisonous split between Newton and Cleaver, took up the mission with a deadly seriousness.

From 1971 to 1973, the BLA attacked police in San Francisco, North Carolina, Atlanta and New York. Over several days in May 1971, it shot four cops in New York, killing two. It carried out a particularly gruesome murder in the East Village in January 1972, ambushing two officers from behind and shooting them to bits when they fell to the ground. All told, the group killed roughly 10 police officers before it was hunted down and broken up.

Obviously, nothing like the BLA exists today. There isn't an anti-police underground with safe houses, mandatory readings in Mao and a funding apparatus built on armed robbery. The cop killers in Dallas and Baton Rouge were, to borrow a phrase from international terrorism, "lone wolves." But the logic of the Baton Rouge shooter as he explained it on YouTube — the police are a predatory, occupying force that must be resisted violently — is exactly the same as the BLA's.

The United States has experienced an extraordinary period of social peace dating from the Rodney King riot in 1992 to today. The recent unrest in Ferguson and Baltimore can't be compared with that five-day conflagration, or the urban riots of the 1960s. But order is always a fragile thing, dependent on the sense of the legitimacy of our institutions.

With the police under a withering moral and intellectual assault, politicized assassinations of cops, which a few weeks ago would have seemed a relic of the 1970s, are back.

Rich Lowry is editor of the National Review.

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## Dare to be great

Great neighborhoods and communities are made up of great people that will mentor, give of themselves, volunteer and be a role model.

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## Lakeview Newspaper

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### Lakeview Newspaper

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**Chester J. Majerowicz, 88** of the Lakeview community in Chicago died July 5<sup>th</sup>, 2016. The beloved husband of the late Rose Majerowicz (2012); loved father of John (Anita) and James; fond grandfather of Daniel (Whitney), Melissa, Madeline, Michael, Jason and Jamie; great grandfather of Baer. Veteran of the United States Army and retired member of Chicago Journeymen Plumbers' Local Union 130. He was a Lakeview Chamber of Commerce Board member for years and participated in Rock Around the Block, May Fest and Breakfast with Santa at St. Lukes church with the chamber cooking pancakes for the families who attended. He was a genuine asset to our community and truly will be missed by his family, friends and neighbors.



**A Rose by Ichiro's Name**

Pete Rose follows me on Twitter now, or at least he retweeted something I wrote about him, and that's good enough for me. I'm also friends on Facebook with Jenny Mollen and Willie Nelson, and depending on which generation you talk to, nobody knows anyone I just talked about. (You can follow me too @sportingview ... and unlike here, I am a man of few words there.)

In case you missed the past two or three decades, Pete Rose was a real son of a gun who hustled and played baseball with the sort of tenacity that only a few other players and marauding bands of Vikings could understand or match. He is Major League Baseball's undisputed hit king. He is not in the Hall of Fame because he was banned from baseball for betting on baseball games, something every single baseball player has known not to do since the Taft administration.

The guy completely blew it, yet the man persists to somehow remain in the news. How many other Hall of Fames can this guy be inducted to? It seems like every other week he is inducted into the Reds' Hall of Fame, Cincinnati's Hall of Fame, Ohio's Hall of Fame, the guy down the street's Hall of Fame ... Pokemon Go should make him one of their

monsters because he has a statue or plaque in just about every major park in the Buckeye State. He has to have several hundred Rotary Club coffee mugs.

Then along comes Ichiro Suzuki. By the time you read this, Ichiro will have reached the 3,000 hit mark in Major League Baseball. If you were to add up the hits he made in Japan with the hits he made here, mathematics show that he has more professional base hits than Pete Rose. On a slow news day, there are reputable news organizations that will make a case for Ichiro being the all-time hit king.

That is, of course, totally preposterous. I know guys who bet on Wiffleball games ... sure, it takes them out of the running for Cooperstown, but they get paid, and I know guys who throw perfect games every time I'm not in the opposing team's lineup. Does that make them pros, worthy of being compared to Koufax and Walter Johnson? Tony Lazzeri, the Hall of Fame second baseman for the Yankees (who completely disrespect him, by the way), once hit a kajillion home runs in the minor leagues. Is he the home run king?

Ichiro is all class and truly, I love watching him play. He is a Hall of Famer, but he is not the hit king. That man is Pete Rose. This is probably not the last time I say this, but it's good to forgive. It's time for Pete Rose to enter the Hall or be allowed to participate in Old Timer's or Cincinnati Wiffleball games. No offense to Ichiro, but it is well past time for our pastime to set the record straight once and for all.

*Mark Vasto is a veteran sportswriter who lives in New Jersey.*

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1. Cincinnati pitcher Aroldis Chapman set a major-league record in 2015 for fastest to reach 500 career strikeouts (292 innings). Who had held the mark?

2. The 1954 World Series featured the batting-average champions for each league. Name them.

3. Florida State set a record in 2015 for most NFL draft picks in a three-year period (29). What two schools had held the record of 28?

4. Name the last NBA rookie before Orlando's Elfrid Payton in 2015 to have back-to-back triple-doubles.

5. When was the last time before 2016 that the University of North Dakota won the Division I Men's Ice Hockey Championship?

6. Name the last person other than Lionel Messi or Cristiano Ronaldo to win the FIFA Ballon d'Or (top male soccer player in the world).

7. When was the last Kentucky Derby in which every horse entered had won a race as a 2-year-old?

**Answers**

1. San Diego's Craig Kimbrel (305 innings).

2. The New York Giants' Willie Mays (.345) and Cleveland's Bobby Avila (.341).

3. Miami, Fla. (2002-04) and Southern Cal (2008-10).

4. Boston's Antoine Walker, in 1997.

5. It was 2000.

6. Brazil's Kaka, in 2007.

7. It was 1993.

**SENIOR NEWS LINE**

by Matilda Charles

**Virtual Medical Care**

Seniors are clipping along at a fast rate when it comes to being involved in new technology. However, just because new things are available doesn't mean we should participate until we check them out.

Tele-visits for medical problems are one of those areas where the idea might be better than the actual execution. For someone who's ill, however, and can't get a same-day appointment with the doctor, the idea of going online for medical care might be appealing.

A recent study looked at the results of telephone, webchat and videoconference medical visits to test the level of care and the accuracy of diagnoses. The illnesses were limited to fairly simple complaints such as lower back pain, sore throat, sinus infection and strep throat. Nearly 600 "virtual" online medical visits were made to eight websites, and the results were checked.

Here's what researchers came up with:

- Doctors asked the correct medical history and did physical exams 69 percent of the time.

- Patients were given the correct diagnosis 76 percent of the time.

- Out of 101 complaints of ankle pain, only 17 recommended X-rays.

- Only 83 patients were referred to a health provider, and that was because follow-up care could not be provided on a website.

- Researchers found no big difference between the methods of communication, such as videoconference versus telephone.

While the jury is still out on the accuracy and safety of virtual medical care, it is becoming big business, with some services aligning with corporations as a way to get fast medical care to employees.

Before you decide to use an online site for medical care, determine whether your Medicare Advantage plan will pay for it. Some of them will. If you have an online medical visit, have your file and diagnosis forwarded to your regular doctor.

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**VETERANS POST**

by Freddy Groves

**Operation Gratitude**

Operation Gratitude needs our help. Carolyn Blashek, founder of OpGrat, recently sent out a request for funds to ship 3,272 more care packages to troops currently deployed in dangerous areas.

It costs \$15 to send one box, so you can do the math. It needs a lot of dollars.

Since its founding in 2003, Operation Gratitude has sent 1.5 million care packages to our active-duty men and women who are deployed overseas. Donations of items for the boxes are given by large corporations and small companies, individuals and groups.

The boxes always contain excellent treats valued at nearly \$100, and might include videos, flash drives, candy, books, toiletries, games and more. Each one contains letters from home. Sometimes there might be a key to a brand-new vehicle that will be waiting when the soldier, sailor, airman or Marine gets home. Additionally, OpGrat now sends packages to first responders, wounded heroes, new recruits and more.

But the postage ... that's the big problem. There are no government handouts, no discounts from the Post Office. It's all on us to help with that.

OpGrat always does a big push at the holidays, and the goal this year is to send out 250,000 packages as they close in on the 2 million mark.

If you can help out with the cost of mailing a couple of boxes, or even just a few dollars, send a check to:

Operation Gratitude  
PO Box 260257  
Encino, CA 91426-0257

Or visit [www.operationgratitude.com](http://www.operationgratitude.com) for ways to donate online. Your donation is tax deductible. If you like to check out things out in advance (good for you, if you do), go online to [CharityNavigator.com](http://CharityNavigator.com) and hunt for Operation Gratitude. You'll see it has a solid four-star rating with a 100-percent accountability and transparency score.



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**August 10 The Black Oil Brothers**  
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# Health



to  
Your  
good  
health  
WITH  
Dr. Keith  
Roach

## Caffeine Pills vs. Coffee

**DEAR DR. ROACH:** You advised an 81-year-old farmer who was drinking an energy drink several times a week to "stick with coffee" in order to avoid the added sugar in the energy drink. What is your opinion of getting an equivalent amount of caffeine through over-the-counter caffeine pills instead of coffee?

I am a 55-year-old woman, and except for being overweight, I am in excellent health. I exercise daily, sleep well at night and have no complaints whatsoever. I get about six or seven hours of sleep a night, and am a naturally early riser. I do not drink either tea or coffee (don't like the taste), but I have found that if I take one half of a 200-mg caffeine pill immediately on arising, it does wonders for my mood and productivity. On some days I take a second pill in the early afternoon, and rarely, a third in the evening, though never later than 6 p.m.

Is there anything wrong with this? I've found that many people who drink several cups of coffee a day seem to look askance at me because I get my caffeine a pill. —A.C.

**ANSWER:** Some people drink coffee for the caffeine; some people drink decaf to avoid the caffeine; most people like both the taste and the caffeine effect. You are unusual in only wanting the caffeine effect.

A 16-ounce cup of coffee at a large chain contains 330 mg of caffeine. I don't see anything wrong with taking caffeine pills the way you are. However, some people won't sleep well if

taking as much as you are.

\*\*\*

**DEAR DR. ROACH:** I read your column regarding the high cost of the shingles vaccine. I am an insurance agent who is often asked about coverage for the shingles vaccine. The Affordable Care Act does include this under preventive care for individuals 60 and over. Preventive care is covered at 100 percent for health plans that are not grandfathered. (Grandfathered health plans are plans that have been continued virtually unchanged since 2010. They are not required to comply with all aspects of ACA, so these plans might not provide this service.)

You also may be interested in knowing that, in our area, the Department of Health clinic does offer the shingles vaccine for a fee of \$5 for individuals over the age of 50 who do not have it covered under a health plan. I am not aware if this is unique to our area, or if it is a widespread provision.

**ANSWER:** Thank you for writing. Others wrote to me that their Department of Health paid for most or all of the cost. Some said they could get the vaccine covered at a pharmacy but not at physician's offices.

## Don't Let Summer Heat Curtail Cardio Workout

**DEAR DR. ROACH:** I usually walk 45 minutes daily for a cardio workout. However, the Florida summer heat can be brutal, so instead of walking, I swim and walk one hour in the pool. Is that as good a cardio workout as walking? —R.G.

**ANSWER:** I think that having several different ways to exercise is a good idea, since the muscles used will always be at least somewhat different and it can keep you from being bored when doing the same thing day after day. In your situation, I think that it makes a great deal of sense to avoid the heat by getting in the pool.

The intensity of a cardiovascular workout can be measured simply by your pulse rate. A rough but commonly used guide is that moderate cardiovascular exercise is 50 percent to 70 percent of your age-predicted maximum of 220 minus your age. So for age 50, your maximum is 170, and moderate exercise is a pulse of 85 to 119. You can check your pulse at the wrist with a clock, or wear a heart monitor.

Swimming almost always is a more-intense workout than walking (race walkers certainly can get a very fast pulse rate), and walking in the pool is a good exercise for your heart and many muscles.

If the pool is outdoors, as is usual in warm, sunny places, you need to wear and reapply plenty of sunscreen to protect your skin.

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**DEAR DR. ROACH:** In 1978, I was diagnosed with a benign brain tumor. It was on the pituitary gland and pushing on the optic nerve. I had surgery, but only half was removed because of the optic nerve. The other half was shrunk with chemo and radiation. I am concerned about the long-term effects of radiation, because I had a stroke in 2012 and the doctors said this stroke might have been a link to long-term effects of radiation. But 36 years later? Can you confirm or deny that the long-term effects of radiation cause stroke? —B.R.

**ANSWER:** I can't tell you whether your stroke was caused by the radiation you received; however, I can confirm that high-dose radiation (from radiation therapy for your tumor, not from a diagnostic CT scan) increases the overall risk of transient ischemic attack and stroke. A well-done study from Australia in 2011 showed that radiation treatment approximately doubles the risk of TIA and stroke.

This does not mean that the treatment you had in 1978 was inappropriate. Treatment of a brain tumor, even a noncancerous one, is critical, because there is very little room in your head for a tumor in that position. The med-

ical treatment we have now for these kinds of tumors was not available in 1978.

What this means for people with a history of radiation treatment to the head is that they should do everything to reduce their risk of stroke, which means no smoking, careful control of blood pressure and cholesterol, careful diet including low sodium and low sugar, and discussion with a doctor about aspirin therapy.

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**DEAR DR. ROACH:** I am 77, female and in great health except for being diagnosed with achalasia. I know it is rare, and I was happy to find out why my digestive system had discomfort. Do yoga twists or shoulder stands worsen this? It seems worse when I do these. —E.H.

**ANSWER:** Achalasia is a disease of abnormal movement in the esophagus, the muscular tube that carries food from the back of your throat to the stomach. It is caused by damage to the nerves in the esophagus, possibly from destruction by the body's immune system. Because of the nerve damage, the food gets stuck in the esophagus, leading to difficulty swallowing and vomiting of undigested food. Both solids and liquids are affected, as opposed to esophageal cancer, in which the problem is mostly solids.

Gravity helps us swallow, so being upside down will make gravity work against you, and I would expect the condition to worsen with yoga positions that turn the esophagus upside down. I wouldn't recommend those types of positions, especially since they may cause or worsen vomiting.

Treatment of achalasia should be done by an expert in the condition, and may include dilation of the esophagus, injection with Botox into the muscle or surgery.

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## SENIOR NEWS LINE

by Matilda Charles

### Summer Heat Safety

Parts of the country are seeing dangerous triple-digit temperatures, and seniors are the most at-risk for health problems because of the record-breaking heat. We just can't cool down as fast once we get overheated, and sometimes we're not aware of how hot it really is. Safety needs to be our biggest concern.

If you have central air conditioning, turn it on. If you have window units, turn them on. Block off rooms by shutting doors if necessary to keep a cool zone in your home.

Don't try to get by with just fans, especially when the temperature is over 90 degrees F. All they do is push the hot air around, which can dehydrate you faster than you can replenish with liquids. Keep an eye on the Heat Index (how hot it feels).

Drink plenty of water. Stay away from sugary drinks. Call your doctor's office to ask how many ounces of water you should drink in a day. Be sure to mention any medications you're taking, since some of those can cause dehydration. If you have a chronic medical condition, the heat can affect you more quickly and more severely. Stay away from alcohol. If you have to go out in the heat, drink water before you go and take some with you.

Remember your pets, and bring them indoors with you. Make sure they have plenty of water. They also can suffer physical problems from the heat, including heat stroke.

Stay indoors during the hottest part of the day. Check out places that are normally air conditioned (sometimes called Cool Zones), such as the library, malls, government buildings, senior centers and grocery stores. Try calling the information 2-1-1 number for a list of cooling centers near you.

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# Financial Statement

## Financial Order

**Get out of debt!!** Make a list of all your outstanding debt with the highest interest loan first. Include student loans. Chip away at the highest interest loan first and after you have gotten that one paid, move the money toward the next highest one, etc.

## Know your credit score

Before you try to borrow money to purchase a car or a house, you should know what's on your credit report and what your credit score is. If there is something on your report that is not right, take the time to correct it. Only about 46% of Americans checked out their credit score in the past year.

## Refinance your mortgage

House values have increased and mortgage rates are nearing a four-year low. If you, in the past, did not qualify to refinance your mortgage, try again as you may now qualify.

## Save on Insurance

If you are driving an old car, increase your deductible and get rid of collision and comprehensive coverage. Some com-

panies will give you a discount if you carry your home, auto and umbrella liability insurance with them. Take another look at your life insurance policy. Think about switching from an expensive policy to a less expensive term one.

## Retirement Planning

Have you calculated how much money you will need in your retirement to live in a comfortable fashion? Check out your retirement plan website and do it now. Time has a way of catching up to us.

## Update your Will

No one likes to talk about this subject, but it must be done in order to distribute your assets the way you want them to be distributed. You can do it yourself, but it's wiser to hire an

attorney to prepare your Will, power of attorney and health care instructions. Keep your will in a safe place and those of you with large estates or want control over the distribution of your assets, consider a revocable or changeable trust.

## Adult children living with their parents in record numbers

In 2014, 32.1% of adult children lived with their parents. Baby boomers are no longer downsizing but staying in their single-family homes. The trend for adult child-

ren living with parents can be attributed, in part, to the inability to find jobs and rising college enrollment. So, it's back to living with parents until a job comes along.

## Illinois Job Market

In the month of May, Illinois had the second-highest unemployment rate in the country. In June, there were 2,200 fewer jobs.

Trying to get people back to work, the Employment Security Department has started to require applicants for unemployment insurance to post a resume' on its job search site, www.Illinoisjoblink.com, before they can receive any benefits.

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PICKS OF THE WEEK

**A Hologram for the King (R)** — Tom Hanks stars as a likable but unlucky American businessman who is just trying to make it in the desert heat so he can sell the Saudi king on some top-of-the-line video technology. When Alan Clay (Hanks) arrives in Saudi Arabia, he finds his meeting with the monarch is delayed indefinitely, the local customs a bit baffling, and all he can do is kill time. He does so with the help of his affable driver Yousef (Alexander Black) and a sublimely beautiful Saudi doctor (Sarita Choudhury), with whom some romance may bloom.

Adapted from a Dave Eggers novel with much bigger ambitions, the movie makes it more of a fish-out-of-water story, floated by Hanks' friendliness. It's funny, but not in an overt or offensive way. If you really can't care whether or not the vanilla Alan can find some direction in his life, it's going to be about as interesting as waiting for a business meeting to start.

**Fathers and Daughters (R)** — Katie (Amanda Seyfried) had a complicated childhood that has all-too-obvious connections to her troubled adulthood. When she was a little girl (played by Kylie Rogers), Katie's mother died in a car accident that left her father (Russell Crowe), an acclaimed novelist, with a debilitating condition. Dad's institutionalization and a custody battle with Katie's aunt (Diane Kruger) gave the adult Katie some serious attachment issues — issues that she may get over through her relationship with a very dad-like suitor played by Aaron Paul.

The best thing about the movie is its cast, and the worst is its script. Tucked in different subplots you'll also find Octavia Spencer, Quvenzhané Wallis and Jane Fonda. The problem is that

each of these subplots is full of drippy, heavy-handed dialog suspended by a pop-psychology illustration of daddy issues.

**Addicted to Fresno (R)** — Rehab hasn't cured Shannon's (Judy Greer) sex addiction, but she's ready to try rebuilding her life working alongside her sister Martha (Natasha Lyonne) cleaning hotel rooms. Shannon slips off of the wagon, shags a hotel guest and winds up with a dead body for her and Martha to get rid of. That's the setup for this rather grimy comedy where funny performers struggle to find the right note. Fred Armisen, Aubrey Plaza and Molly Shannon all make appearances, but the cringes far outnumber the laughs.



Tom Hanks in "A Hologram for the King"

**Baskin (NR)** — Horror fans can rally around this Turkish directorial debut that draws on many classic influences and offers new twists — along with oodles of gore and a brutal third act. A band of cops are out on a night patrol on some back roads in Turkey, when they get a call for backup. Instead of crime scene, they walk into a nightmare world run by a cannibal cult. The rookie cop in the bunch has some bizarre childhood trauma that has a mysterious connection to their gruesome fate, and that thread adds an interesting layer to the more expected ultra-gore. Strictly for thrill-seekers with iron stomachs.

TV RELEASES

- 11.22.63
- Code Black: Season 1
- Halt and Catch Fire: Season 2
- NCIS: New Orleans: Season 2
- Supergirl: Season 1
- The Tunnel: Season 1

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TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. Whiskey Tango Foxtrot ..... (R) Tina Fey
2. My Big Fat Greek Wedding 2 ..... (PG-13) Nia Vardalos
3. Zootopia ..... (PG) animated
4. Kung Fu Panda 3 ..... (PG) animated
5. 10 Cloverfield Lane ..... (PG-13) John Goodman
6. Eye in the Sky ..... (R) Helen Mirren
7. London Has Fallen ..... (R) Aaron Eckhart
8. 13 Hours: The Secret Soldiers of Benghazi ..... (R) John Krasinski
9. Deadpool ..... (R) Ryan Reynolds
10. Dirty Grandpa ..... (R) Robert De Niro

Top 10 DVD, Blu-ray Sales

1. Kung Fu Panda 3 ..... (PG) FOX
2. Zootopia ..... (PG) Disney
3. Deadpool ..... (R) FOX
4. My Big Fat Greek Wedding 2 ..... (PG-13) Universal
5. London Has Fallen ..... (R) Universal
6. House of Cards: The Complete Fourth Season ..... (TV-MA) Sony
7. 13 Hours: The Secret Soldiers of Benghazi ..... (R) Paramount
8. Star Wars: The Force Awakens ..... (PG-13) Disney
9. Game of Thrones: Season 1 ..... (TV-MA) Warner Bros.
10. Gods of Egypt ..... (PG-13) Lionsgate

Source: comScore

\*\*\*

**Thought for the Day:** "If you don't turn your life into a story, you just become a part of someone else's story." — Terry Pratchett



1. The Secret Life of Pets ..... (PG) animated
2. Ghostbusters ..... (PG-13) Melissa McCarthy, Kristen Wiig
3. The Legend of Tarzan ..... (PG-13) Alexander Skarsgard, Rory J. Saper
4. Finding Dory ..... (PG) animated
5. Mike and Dave Need Wedding Dates ..... (R) Zac Efron, Adam Devine
6. The Purge: Election Year ..... (R) Frank Grillo, Elizabeth Mitchell
7. Central Intelligence ..... (PG-13) Dwayne Johnson, Kevin Hart
8. The Infiltrator ..... (R) Bryan Cranston, John Leguizamo
9. The BFG ..... (PG) Mark Rylance, Ruby Barnhill
10. Independence Day: Resurgence ..... (PG-13) Liam Hemsworth, Jeff Goldblum

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1. What group released "Hanky Panky" in 1966?
2. Who released "All Strung Out."
3. Name the group that released "Is This What I Get for Loving You?"
4. This artist wrote and recorded "Sunshine on My Shoulders"?
5. Name the song that contains this lyric: "Because it takes more than an effort to stay away from you, It'd take more than a lifetime to prove that I'll be true."

Answers

1. Tommy James and the Shondells. The song started out as a b-side for a 1963 Raindrops single. James had heard it just once and had to piece together what he remembered of it. The song shot to No. 1.
2. Nino Tempo and April Stevens, a brother and sister duo, in 1966. However, it was their "Deep Purple" that won the 1964 Grammy Award for Best Rock 'n' Roll song.
3. The Ronettes, a Phil Spector girl group, in 1965.
4. John Denver, in 1973.
5. "Baby (You've Got What It Takes)," a duet by Brook Benton and Dinah Washington, 1960. The spoken words in the song were genuine errors when Washington told Benton he was singing her part. They released this version because it was so spontaneous.

top ten

MOST DEPENDABLE NEW CARS

- |            |              |
|------------|--------------|
| 1. Lexus   | 6. Chevrolet |
| 2. Porsche | 7. Honda     |
| 3. Buick   | 8. Acura     |
| 4. Toyota  | 9. Ram       |
| 5. GMC     | 10. Lincoln  |

Source: J.D. Power 2016



Strange BUT TRUE

By Samantha Weaver

• According to a study conducted by researchers at Emory University, heterosexual couples who spend more than \$20,000 on their wedding were three and a half times as likely to have shorter marriages than those who were more frugal. This principle extends to the ring, too; men who spent more than \$2,000 on an engagement ring were more likely to end up divorced.

• It takes about 70 hours to read the entire Bible aloud — even longer if you take breaks to sleep and eat (and shower, one would hope).

• Aside from being plant products, what do pinecones and pineapples have in common? You might be surprised. Not only do both have scales (which are obvious to see), but the scales share the same pattern: 13 rows spiraling one way, and eight rows spiraling the other way.

• Over the past 100 years, the life expectancy of the average American has risen from 47 to 78.

• Those who study such things say that, on a per-capita basis, Canadians consume more macaroni and cheese than citizens of any other country in the world.

• Railroads in Japan have a persistent problem: turtles. It seems the reptiles have a habit of wandering onto the tracks, and many of them get stuck between the switching rails. This prevents the switches from closing properly, causing train accidents. To address the problem, the West Japan Railway Company consulted with the Suma Aqualife Park in Kobe; together, they created tunnels under the tracks to allow the turtles to pass freely without endangering railway passengers — or themselves.



1. LITERATURE: Which conservationist wrote the book "The Sea Around Us" in 1951?
2. FOOD & DRINK: What are the food items mentioned in the song "Take Me Out to the Ball Game"?
3. GEOGRAPHY: What is the capital of the Bahamas?
4. BIRTHSTONES: What is another name for a ruby, July's birthstone?
5. CARTOONS: What kind of creatures are Disney characters Chip and Dale?
6. GENERAL KNOWLEDGE: What is the nickname of the University of Idaho sports teams?
7. EARTH SCIENCE: What is magma?
8. GAMES: What word refers to a draw in the game of chess?
9. BIBLE: In which two books of the Bible do the Ten Commandments appear?
10. TELEVISION: In this 1970s-80s TV drama of the same name, what does the acronym "ChiPs" refer to?

Answers

1. Rachel Carson
2. Peanuts and Cracker Jack
3. Nassau
4. Red corundum
5. Chipmunks
6. Vandals
7. Molten rock
8. Stalemate
9. Exodus and Deuteronomy
10. California Highway Patrol

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# What's Hot in Hollywood

**HOLLYWOOD** — **Hugh Jackman**, last seen in "X-Men: Apocalypse" (which cost \$178 million and grossed \$529 million), will follow the "Wolverine" sequel, co-starring **Patrick Stewart**, with "The Greatest Showman on Earth" (opening Dec. 25), in which he plays **P.T. Barnum**. Barnum is famous for saying, "There's a sucker born every minute," and created the Barnum & Bailey Circus (now known as Ringling Brothers/Barnum & Bailey Circus). **Zac Efron** will co-star. Then he'll become the "Apostle Paul" (being produced by **Ben Affleck** and **Matt Damon**), and then **Billy Bigelow** in a remake of the Rodgers and Hammerstein musical "Carousel," which starred **Gordon McCrae** and **Shirley Jones** in 1956. It was a PBS production of Rodgers and Hammerstein's "Oklahoma" that launched Jackman's career.

Speaking of Zac Efron, currently starring in "Mike and Dave Need Wedding Dates," he hits screens May 19 in "Baywatch," with **Dwayne Johnson** and series originals **David Hasselhoff** and **Pamela Anderson**. "The Rock" is playing Mitch, the role Hasselhoff played in the series. Efron is still awaiting a release date for the **James Franco** film, "The Masterpiece," with James and **Dave Franco**, **Seth Rogan** and **Josh Hutcherson**.

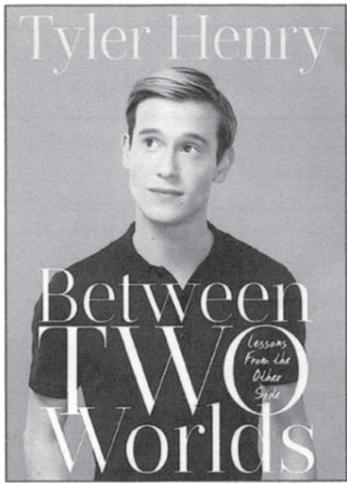
\*\*\*

Sad to hear my friend **Noel Neill**, who played **Lois Lane** in the original "Superman" series, has left us at 95. I got to know her through publicist **Esme Chandlee**, because Noel was handling the fan mail of Esme's client **Tom Selleck**. We had many lunches together, and she was always a delight. Noel also appeared in the 1978 "Superman" film with **Christopher Reeve** (as Lois Lane's mother) and then again in 1991 series "Superboy." In 2010, the real-life city of Metropolis, Illinois, where she once lived, unveiled a life-size bronze statue of Lois Lane modeled after her.

\*\*\*

**Tyler Henry**, a smash hit with "Hollywood Medium" on the E! network (which airs "Tyler Henry — Hollywood Medium's Top Ten" Aug. 10 and premieres season 2 on Aug. 17), is the real deal. On a recent trip to New York City to finalize his book deal with Simon & Schuster, "Between Two Worlds, Lesson from the Other Side" (now available for pre-order at Amazon, Kindle and Nook), he encountered a problem. Apparently, he had difficulty sleeping because he "heard so many voices from the other side," which kept him awake. In a city the size of New York, with so many peo-

ple, that problem was intensified, and Tyler had to be moved to a corner room on the top floor of The London Hotel. Tyler, only 20 years of age and under 6 feet tall, was truly a small medium at large in the Big Apple!



Simon & Schuster

Tyler Henry

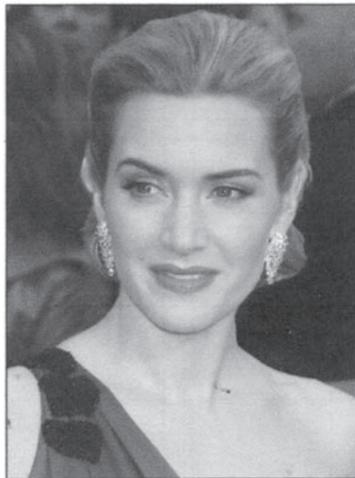
Hollywood — **Tom Cruise** has a one-two-three punch for us: the \$96 million "Jack Reacher: Never Go Back" with "How I Met Your Mother" star **Cobie Smulders**, will hit theaters Oct. 21, followed by the \$80 million "Mena," with **Domhnall Gleeson**, coming January 2017, and "The Mummy," with **Courtney B. Vance**. (**Johnnie Cochran** in the recent "People vs. O.J. Simpson" miniseries) and **Jake Johnson** (of "21 Jump Street," "Jurassic World," and "Let's Be Cops,"), who must be along for comic relief, coming in June 2017. According to the tabloids, in his spare time, Tom's got a new romance that may lure him away from his religion, and he supposedly approves of the new romance of his ex-wife **Katie Holmes**, who is allegedly partnered with **Jamie Foxx**. We'll keep an eye on this!

**Michael Douglas** will produce and star in the German dramedy "Head Full of Honey," about a man suffering from Alzheimer's disease who takes one final road trip to Venice with his granddaughter. His last film "Ant Man," cost \$130 million and grossed \$520 million. His next release will be "Unlocked" with **Orlando Bloom**, **John Malkovich** and **Toni Collette** (no release date yet).

"Star Wars: The Force Awakens" star **John Boyega** will star in director **Kathryn Bigelow's** follow-up to her "Zero Dark Thirty," centering on the 1967 Detroit riots, which she plans to release in 2017 for the 50th anniversary of those riots. Bigelow was the first woman to win a directing Oscar, for "The Hurt Locker" (2009). Boyega

has wrapped "The Circle" with **Tom Hanks** and **Emma Watson**, is filming "Star Wars: Episode VIII," and jumps right into "Pacific Rim: Maelstrom," with original stars **Charlie Hunnam**, **Max Martini** and **Ron Perleman** returning for the sequel.

**Kate Winslet** will star in a **Woody**



Depositphotos.com

Kate Winslet

**Allen** (as yet untitled again) film, following the July 15 release of his \$30 million "Café Society" (which already has grossed \$7 million in France), with **Jesse Eisenberg**, **Kristen Stewart**, **Steve Carell** and **Blake Lively**. Winslet won an Oscar for "The Reader" (2008), an Emmy for the "Mildred Pierce" mini-series and a Grammy for the children's album "Listen to the Storyteller." Now all she has to do is win a Tony Award and she's in the EGOT (Emmy/Grammy/Oscar/Tony) club!

Are the producers of "Supergirl" predicting **Hillary Clinton** will win the election? They've cast former "Wonder Woman" **Lynda Carter** to play the president of the United States and "Teen Wolf's" **Tyler Hoechlin** to play Superman in two episodes. The show returns October 10 and the election is a month later. If Hillary pulls off the election, she'll not only be president, she'll also be "Wonder Woman"!

\*\*\*

In TV news, **Whoopi Goldberg** has re-signed for the 20th season of "The View," but **Michelle Collins** probably will be replaced by "Good Morning America" weekend reporter **Sara Haines**. Without Whoopi, it would be an iceberg, not a Goldberg!

\*\*\*



by cindy elavsky

**Q.** I was lucky enough to get to see "Hamilton" on Broadway this year, and I recall talk of a "Hamilton" special for television. Is that still happening? — *Ginger C., via email*

**A.** The groundbreaking Tony award-winning musical has received an airdate for "Hamilton: America," which will be a part of PBS's Great Performances Series. On Oct. 21 at 9 p.m. ET you can watch the documentary, which will feature interviews with the Obamas, former President George W. Bush, Jimmy Fallon and Questlove. "Hamilton" star Lin-Manuel Miranda (who also wrote the book, music and lyrics) revealed a press conference in June that the film is "more of a how-this-thing-came-together," rather than a straight-up airing of the musical. Aside from seeing show-stopping numbers, we'll also get the behind-the-scenes scoop about the origins of the show, how it made its way to Broadway, and all the accolades and hullabaloo that has surrounded it since theatergoers first embraced it.

\*\*\*

**Q.** I have been so drawn in by "Animal Kingdom," but it's always just my luck that when I really like a new show, it gets canceled. Please give me some good news and tell me that this isn't the case here! — *Jonathan T. in Texas*

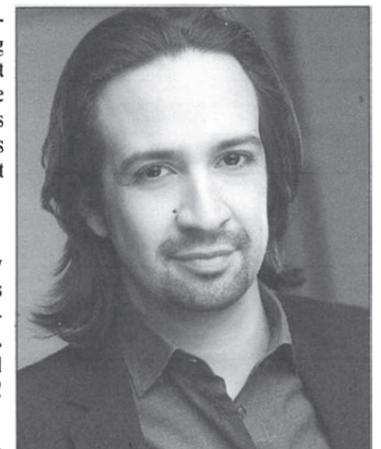
**A.** With so many new shows never making it to their sophomore season, I am glad to report that this is not the case with TNT's freshman drama, "Animal Kingdom." The crime drama starring **Ellen Barkin**, **Scott Speedman** and **Shawn Hatosy** has been picked up for a 10-episode second season, with **Sarah Aubrey**, executive vice president of original programming for TNT, revealing: "'Animal Kingdom' has signaled the new tone for TNT dramas and is moving the network in the direction we hoped it would. I'm confident that our strategy of working with high-caliber talent and then getting out of their way will continue to pay off."

\*\*\*

**Q.** As usual, this season of "Games of Thrones" is over and already I miss it. Do you have any news about future seasons? Surely there will be many more, because, dang, this is getting good! — *Daniel N., via email*

**A.** The megahit fantasy drama has been renewed by HBO for a seventh and an eighth season, which will be the final two seasons. These seasons will be shorter as well, with season seven comprising seven episodes and season eight being six episodes long. "Thrones" showrunner **David Benioff** told "Deadline": "It's two more seasons we're talking about. From pretty close to the beginning, we talked about doing this in 70 to 75 hours, and that's what we'll end up with. Call it 73 for now."

While fans would love for the show to go on for years and years, **David** explained: "It's not just (about) trying not to outstay your welcome; we're trying to tell one cohesive story with a beginning, middle and end. ... The pieces are on the board now. Some of the pieces have been removed from the board, and we are heading toward the endgame."



Matthew Murphy/upenn.edu

Lin-Manuel Miranda

\*\*\*

**Q.** When will the "Gilmore Girls" revival air on Netflix? — *Gina T., via email*

**A.** While as of this writing there is still not an exact premiere date, we do know it will be later this year. In the meantime, you can now stream all seven seasons of the series from Netflix in order to refresh your memory, or to catch up on what you missed the first time around (me: guilty).



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# on roscoe

## AUG 12-14

### roscoe & damen

fri 5-10pm | sat & sun 12-10pm



### EAST STAGE FRIDAY

8PM **TOO WHITE CREW**  
6PM FRISKY TAYLOR

### SATURDAY

8PM **16 CANDLES**  
6PM THE BOY BAND NIGHT  
4PM COWBOY JUKEBOX  
2PM BLUE AURA  
NOON ROBBIE GOLD

### SUNDAY

8PM **7TH HEAVEN**  
6PM TRIPPIN BILLIES  
4PM PLANETA AZUL  
2PM RUN FORREST RUN  
1PM LIVE ART BY  
COONEY ARTWERKS  
NOON EXTENSIONS  
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8PM **WEDDING BANNED**  
6PM MR. BLOTTO  
4PM LITTLE QUEENS  
2PM MER  
NOON LIVEWIRE

### SUNDAY

8PM **AMERICAN ENGLISH**  
6PM WINDBREAKERS  
4PM KASHMIR  
2PM STEREO HEART  
NOON NICHOLAS BARRON

### WEST STAGE SATURDAY

8PM **ROD TUFFCURLS & THE BENCH PRESS**  
6PM THE HAT GUYS  
4PM SOUTH OF 80  
2PM NORTHSIDE  
NOON SARAH MARIE YOUNG

### SUNDAY

8:00 **WHO'S BAD**  
6:00 ONE OF THESE NIGHTS  
4:00 FLETCHER ROCKWELL  
2:00 COYOTE RIOT  
NOON ARYK CROWDER



TOO WHITE CREW



16 CANDLES



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WHO'S BAD



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# Comfort foods



by Healthy Exchanges

## Magnificent Swiss Steak

How wonderful to come home to the aroma of this steak dinner that has been simmering all day.

- 1 (15-ounce) can diced tomatoes, undrained
- 1 (10<sup>3/4</sup>-ounce) can Healthy Request Tomato Soup
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoons dried parsley flakes
- 1/8 teaspoon black pepper
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 4 (4-ounce) lean tenderized minute or cube steaks

1. Spray a slow-cooker container with butter-flavored cooking spray. In a large bowl, combine undrained tomatoes, tomato soup, Worcestershire sauce, parsley flakes and black pepper. Add onion and green pepper. Mix well to combine.

2. Spoon about 1/2 cup of tomato mixture in bottom of prepared container. Evenly arrange minute steaks over tomato mixture. Spoon remaining tomato mixture evenly over meat. Cover and cook on LOW for 6 to 8 hours. When serving, evenly spoon tomato mixture over steak pieces. Serves 4.

## Asian Coleslaw

A crisp low-calorie side dish. To cut prep time, use a food processor to slice the cabbage and shred the carrots.

- 1/3 cup seasoned rice vinegar
- 2 tablespoons vegetable oil
- 2 teaspoons Asian sesame oil
- 3/4 teaspoon salt
- 1 large head Savoy cabbage
- 1 bag carrots, whole or shredded
- 4 green onions
- 1/2 cup fresh cilantro leaves

1. In large bowl, with a wire whisk or fork, mix rice vinegar, vegetable oil, sesame oil and salt.

2. Add cabbage, carrots, green onions and cilantro; toss well. If not serving right away, cover and refrigerate. Makes 16 servings.

## Good Housekeeping

### Apple-Brie Pizza

You're gonna love this easy French-style pizza packed with brie, caramelized onions and apple slices.

- 1 tablespoon olive oil
- 2 large sweet onions, thinly sliced
- 1 recipe Easy Homemade Dough, or 1 1/2-pound ball pizzeria dough
- 1 small Gala or Empire apple, thinly sliced
- 4 ounces Brie, thinly sliced
- 1 tablespoon balsamic vinegar
- Fresh basil leaves, for garnish

1. In a 12-inch skillet, heat oil on medium. Add onion and 1/4 teaspoon salt. Cover and cook 15 minutes or until golden brown and almost tender, stirring occasionally.

2. Heat oven to 475 F. Spread onions on pizza dough. Bake 15 minutes. Top with apple and Brie. Bake 20 minutes or until crust is golden brown. Sprinkle with 1/2 teaspoon pepper and drizzle with vinegar. Garnish with basil.

### Chicken and Spinach Salad

A refreshing main-dish salad for hot summer days!

- 6 cups torn fresh spinach leaves, stems removed and discarded
- 2 cups torn radicchio or shredded red cabbage
- 2 cups (10 ounces) diced cooked chicken breast
- 1/2 cup chopped green onion
- 1/3 cup Kraft Fat Free French Dressing
- 2 teaspoons canola oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon Splenda Granular
- 1 teaspoon dried parsley flakes
- 1/4 cup Oscar Mayer or Hormel Real Bacon Bits
- 2 hard-boiled eggs, chopped

1. In a large bowl, combine spinach, radicchio, chicken and onion. In a small bowl, combine French dressing, canola oil, vinegar, Splenda and parsley flakes. Drizzle dressing mixture evenly over spinach mixture. Toss gently to coat.

2. For each serving, spoon about 2 cups salad mixture on a plate, sprinkle 1 tablespoon bacon bits and half of a chopped egg over top. Serve at once. Serves 4.

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

## Good Housekeeping

### Easy Homemade Dough

This dough recipe is the perfect base for any kind of pizza.

- 3/2 cup all-purpose flour
- 3 tablespoons plus 1/4 cup olive oil
- 1 1/2 teaspoons salt
- 1 1/4 teaspoons instant yeast
- 1 1/2 cup lukewarm water

1. In stand mixer with paddle attachment, mix flour, 3 tablespoons oil, salt and yeast on low speed until combined. Add water. Mix on medium 1 minute. Increase speed to medium-high. Mix 5 minutes.

2. Meanwhile, brush bottom and sides of large light-colored rimmed baking sheet (approximately 12 by 18 inches) with remaining 1/4 cup oil. Pour dough (it will be very soft) onto oiled sheet, and rub all over with excess oil. Gently stretch dough to fill most of baking sheet. Cover with plastic wrap; let stand in warm spot 2 hours.

3. Remove plastic. With hands, stretch and push dough until it covers bottom of pan. Top as desired.

Pizzeria dough hack: Buy a 1 1/2-pound ball of dough from your local pizzeria. Brush your rimmed baking sheet with 1/4 cup olive oil before placing dough on pan and stretching it to fit. Top right away (no need to let dough rise), but if it springs back on you, let sit at room temperature for 15 minutes, then try again.

### Polynesian Drumsticks

A quick marinade adds a sweet and tangy glaze to grilled skinless drumsticks — a favorite with everyone in the family.

- 1 can (8 ounces) crushed pineapple in unsweetened pineapple juice
- 1/4 cup packed brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon grated, peeled fresh ginger
- 1 garlic clove, crushed with garlic press
- 12 chicken drumsticks (about 4 pounds), skin removed

1. In blender, puree pineapple with its juice and remaining ingredients except drumsticks. Spoon 1/2 cup

pineapple mixture into large self-sealing plastic bag; reserve remaining pineapple mixture for grilling. Add drumsticks to bag, turning to coat. Let stand at room temperature 15 minutes.

2. Remove drumsticks from bag; discard bag with marinade. Place drumsticks on grill over medium heat and cook 15 minutes, turning over once. Cook drumsticks 10 to 15 minutes longer, or until drumsticks are golden and juices run clear when thickest part is pierced with reserved knife, brushing twice with reserved pineapple mixture and turning occasionally. Makes 4 servings.

• Each serving: About 260 calories, 38g protein, 8g carbohydrate, 8g total fat (2g saturated), 0g fiber, 123mg cholesterol, 385mg sodium.

### Apricot-Pistachio Salad

The mix of pistachio, apricot and snow peas give salad a new spin.

- 1/3 cup extra-virgin olive oil
- 1 lemon
- 2 tablespoons white balsamic vinegar
- Salt
- Pepper
- 8 ounces stringless sugar snap peas
- 2 heads butter lettuce
- 1/2 cup packed fresh flat-leaf parsley leaves
- 1/4 cup packed fresh mint leaves
- 1 tablespoon snipped chives
- 1 tablespoon chopped fresh dill leaves
- 1/4 cup thinly sliced dried apricots (preferably California)
- 1 cup roasted, salted, shelled pistachios

1. Pour oil into jar with tight-fitting lid. From lemon, finely grate all peel and squeeze 2 tablespoons juice; add to jar, along with vinegar, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Cover; shake well. Let stand up to 2 hours or refrigerate up to 3 days. Bring to room temperature before serving.

2. Fill large bowl with ice and water. Heat 4-quart saucepan of water to boiling on high. Add snap peas; cook 2 minutes or just until bright green. Drain and immediately transfer to ice water. When cool, drain again. Peas can be covered and refrigerated overnight.

3. On serving platter, with hands, gently toss lettuce, herbs, apricots, pistachios and snap peas. Shake dressing and drizzle over salad or serve alongside. Serves 12.

## No-Bake Lemon Dessert

If you're a lemon lover, you'll certainly love this one.

- 12 (2 1/2-inch) graham cracker squares
- 2 (8-ounce) packages Philadelphia fat-free cream cheese
- 2 (4-serving) packages Jell-O sugar-free instant lemon pudding mix
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 3 cups Diet Mountain Dew
- 1 cup Cool Whip Lite

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, stir cream cheese with a sturdy spoon until soft. Add dry pudding mix, dry milk powder and Diet Mountain Dew. Mix well using a wire whisk. Fold in Cool Whip Lite.

2. Evenly spread filling mixture over graham crackers. Crush remaining 3 graham crackers. Evenly sprinkle graham cracker crumbs over top. Cover and refrigerate for at least 2 hours. Cut into 8 servings.

HINTS: 1) A self-seal sandwich bag works great for crushing graham crackers. 2) Good as is, or with fresh fruit spooned over top (don't forget to count the additional calories).

## Top Ten

### Wine-Drinking States\*

1. District of Columbia
2. New Hampshire
3. Vermont
4. Massachusetts
5. New Jersey
6. Nevada
7. Connecticut
8. California
9. Rhode Island
10. Delaware

\*per capita

Source: Total Wine Handbook

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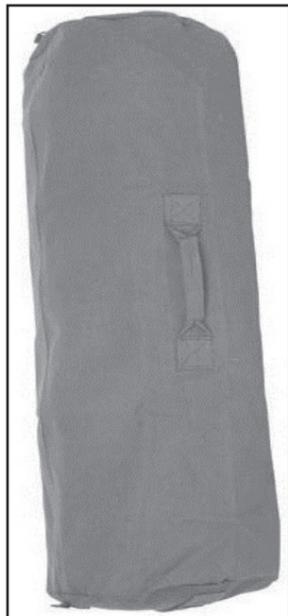
Simple battery: Simple / Sidewalk 1900 block W. Belmont Ave.	1100 block W. Belmont Ave. Motor vehicle theft: Automobile / Construction site 400 block W. Aldine Ave.	Criminal trespass: To land / Residence (porch/hallway) 3200 block N. Kenmore Ave.	Simple battery: Domestic battery: simple / Apartment 400 block W. Briar Pl.	Simple assault / Other 1900 block W. Melrose St.	2300 block W. Melrose St. Theft: From building / Restaurant 3400 block N. Lincoln Ave.
Burglary: Forcible entry / Restaurant 2900 block N. Ashland Ave.	Robbery: Strongarm: no weapon / Street 3300 block N. Clark St.	Criminal trespass: To land / Residence (porch/hallway) 3100 block N. Kenmore Ave.	Burglary: Unlawful entry / Residence 3500 block N. Seminary Ave.	Violating order of protection / Apartment 2300 block W. Belmont Ave.	Motor vehicle theft: Automobile / Street 3400 block N. Leavitt St.
Sex offense Criminal sexual abuse: Public indecenty / Street 3500 block N. Lincoln Ave.	Theft: From building / Residence (garage) 300 block W. Barry Ave.	Motor vehicle theft: Automobile / Street 500 block W. Aldine Ave.	Criminal damage Vandalism: Criminal damage to vehicle / Residence (garage) 1200 block W. Cornelia Ave.	Theft: Retail theft / Other 3300 block N. Western Ave.	Theft: \$300 and under / Street 2300 block W. Belmont Ave.
Theft: Retail theft / Small retail store 900 block W. Belmont Ave.	Simple Assault 900 block W. Belmont Ave.	Theft: Over \$300 / Residence 3000 block N. Seminary Ave.	Deceptive practice FINANCIAL IDENTITY THEFT \$300 AND OVER / Apartment 600 block W. Surf St.	Simple battery: Simple / Sidewalk 1700 block W. Melrose St.	Weapons violation: Unlawful use of handgun / Street 2500 block W. Wilson Ave.
Theft: Retail theft / Small retail store 1000 block W. Belmont Ave.	Simple assault / Other 1900 block W. Melrose St.	Theft: \$300 and under / Apartment 3100 block N. Racine Ave.	Theft: Over \$300 / Apartment 3500 block N. Racine Ave.	Simple assault / Sidewalk 3400 block N. Damen Ave.	Burglary: Unlawful entry / Residence (garage) 2500 block W. Gunnison St.
Theft: Retail theft / Grocery food store 2900 block N. Ashland Ave.	Simple battery: Simple / Sidewalk 3300 block N. Halsted St.	Theft: Retail theft / Department store 3200 block N. Broadway	Theft: Over \$300 / Sidewalk 500 block W. Oakdale Ave.	Deceptive practice FINANCIAL IDENTITY THEFT OVER \$ 300 / Unavailable 1900 block W. Melrose St.	Simple battery: Simple / Residence 2100 block W. Giddings St.
Weapons violation: Unlawful use of other dangerous weapon / Street 900 block W. Belmont Ave.	Simple battery: Simple / Sidewalk 3500 block N. Broadway	Aggravated assault: Other dangerous weapon / CTA train 900 block W. Addison St.	Simple Assault 2800 block N. Broadway	Motor vehicle theft: Automobile / Street 3500 block N. Oakley Ave.	Domestic battery: simple / Residence 2200 block W. Atmslie St.
Simple battery: Simple / Convenience store	Criminal trespass: To land / Restaurant 3100 block N. Clark St.	Simple battery: Simple / Street 3300 block N. Halsted St.	Simple battery: Domestic battery: simple / Apartment 300 block W. Barry Ave.	Vandalism: Criminal damage to property / Residence 2300 block W. School St.	Criminal damage Vandalism: Criminal damage to vehicle / Street 2500 block W. Wilson Ave.
			Burglary: Unlawful entry / Residence 3400 block N. Seminary Ave.	Motor vehicle theft: Attempted: automobile / Street 3500 block N. Oakley Ave.	Deceptive practice: Counterfeiting document / Small retail store 4900 block N. Western Ave.
			Theft: Retail theft / Grocery food store 3400 block N. Western Ave.	Motor vehicle theft: Theft/recovery: automobile / Street	

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By Samantha Mazzotta

Summer Energy Savings

**Q.** Can CFL light bulbs really save money? I'm not convinced. But my electric bill is high enough that I need all the help I can get. — *Carey T., Boone, N.C.*

**A.** Depending on the wattage they offset (of old-fashioned light bulbs), compact fluorescent light bulbs can save you some money. Of course, that savings builds up over time — months and years. They're best used as part of an overall energy savings plan for your home.

You don't have to outfit your house with a complete solar panel array, wind turbines or other top-line (and top-dollar) gadgets to start cutting your energy bills. Savings can start as easily as turning off unnecessary lights and unplugging electrical or electronic items that don't see much use: for example, a clock radio in the guest room.

Set your summertime thermostat no lower than 68 degrees F. If you have a programmable thermostat, have it shift to a slightly higher temperature, say, 74 F, when no one is at home. And here's a thermostat fact that not everyone knows: It's better to simply set the temperature higher, rather than turn off the air conditioner, during the hottest months. When you get home and want to lower the temperature to a more comfortable level, the air conditioner has much less work to do and will cool the house much more quickly.

Another enemy of energy efficiency is dust. Keep the air-conditioning vent covers free of dust, and vacuum the registers monthly. Likewise, change the air conditioner's filter screen once a month during the cooling season. And, because dust can gunk up a refrigerator's cooling coils and reduce its efficiency — as well as its lifespan — clean the coils and vacuum under and behind the fridge every couple of months throughout the year.

Weatherstripping around window and door frames, usually a fall-season chore, can reduce the amount of cool air escaping the house. If you really want to tackle the problem, get a home-energy audit — offered at low or no cost by many utilities — to locate the areas of greatest air leakage.

Deodorizing Musty Closets

**Q.** The closets throughout our home are extremely musty-smelling, to the point that our clothes don't stay fresh when hung up in them for over a day. I bought air fresheners for each of them, but they don't work. Any suggestions? — *Jay P., White Plains, N.Y.*

**A.** Dampness is the primary cause of mustiness and odors in closets, but how that dampness gets into the closets and how you can get rid of it takes a few steps.

First, the way closets are configured often contributes to the problem. They generally are recessed back into the wall, and are closed off by doors. Both of these things impede airflow and allow for stagnant, humid air in these spaces.

Standard air fresheners don't help if there's very little airflow in the closet.

What you can do immediately to improve the situation is to open the closet doors and remove everything: clothes, boxes, baskets, toys ... all of it. Set up a fan on a side table so that it blows air directly into the closet. Let the closet air this way for 24 hours.

Then refill the closet — but with half as much clothing and other stuff as before. Cluttered, overstuffed closets can cause that musty odor to come back in no time, because all that junk is blocking any airflow.

While the fans are running, hunt for possible moisture problems in the house. Go into the attic with a flashlight and look for any possible leaks, while smelling for mustiness or mold. If your home has a basement, inspect it as well.

Check all the ceilings: Are there any light brown, circular areas visible? These are water stains, caused by either a leak in the roof or a leaking pipe.

If you smell mustiness and mold but can't find what's causing it, or if you see water stains on the ceiling or walls but can't locate a source, call a contractor who specializes in moisture problems.

Be sure to mention mustiness in the closets to the contractor, if he or she doesn't ask first. Eliminating sources of humidity or leaks will be most important, but if the closets' problem continues even after you declutter them, talk with the contractor about ways to improve airflow in these spaces.

Safe Edging Using a String Trimmer

**Q.** I don't have a lot of experience with yard work, but I'm trying to save money by doing much of it myself. I've figured out lawn mowing, but how can I get the edges trimmed? I don't want to buy an expensive edger. — *Sarah in Mobile, Ala.*

**A.** A string trimmer (also known as a Weed Whacker, Weed Eater or weed trimmer) doubles as a good edger, and is really affordable: You can purchase an electric trimmer for as little as \$40. For a little more (about \$100 on average) you can get a cordless electric trimmer, which

eliminates the hassle of dragging around extension cords and the worries about accidentally striking one.

To use the trimmer on lawn edges, angle it slightly downward toward the edge you're targeting, engage the motor by pressing the control trigger, and ease the whirring string toward the grass until just the tip of the string touches it. Move it along the edge of the grass, trimming it to the same height as the rest of the freshly mowed lawn.

A Naturally Clean Home

**Q.** I'm making a move away from using unnecessary chemicals in my home, including cleaning products. Are there alternatives that I can use? — *Janelle W., Fort Worth, Texas*

**A.** While you might not be able to replace every cleaning product in your home, there are alternatives to commercial products ... and they're probably in your cupboard right now. Here are five you should have on hand at all times:

- **Lemon:** A natural disinfectant that also imparts a pleasant scent. It's no coincidence that many commercial products are lemon-scented.
- **Vinegar:** More than just a good disinfectant, vinegar is effective against mold. It breaks up grease, and can be effective against some stains.
- **Baking soda:** In addition to being a good deodorant for the fridge, baking soda can be used to gently scour surfaces without scratching.
- **Cornstarch:** A gentle cleaning product that can be used to polish some furniture, clean windows, and even shampoo carpets.
- **Salt:** When you need more scrubbing power than soda or starch, and surface scratches aren't a concern, salt is an excellent substitute for scouring powders.

In addition to these fairly benign cleaners, there are a few products that you should have that boost cleaning options while having a limited impact on the environment. These should be stored out of the reach

of children and pets, and you should follow package instructions:

- **Soap:** Look for unscented soap that doesn't contain petroleum distillates. Soap also demolishes grease, and creates a slick surface that makes it easier to wash food particles and bacteria from dishes.

- **Borax:** The commercial name for sodium borate, this chemical cleans and disinfects surfaces, including wallpaper and painted walls. It's even used to attract and poison pests like roaches.

- **Washing soda:** Also known as SAL soda, this is a mineral called sodium carbonate. It's used for household cleaning and is often an ingredient in laundry detergents and coffee pot descaling formulas.

- **Citrus solvent:** A more powerful cleaning solution, it can clean paintbrushes and help dissolve oil and grease.

- **Isopropyl alcohol:** Another common and affordable disinfectant straight out of your first-aid kit.

Additionally, you can find a trove of information on the Web. Eartheasy has a page dedicated to nontoxic cleaning along with ways to use the above ingredients.



Pontiac Sign

**Q.** I spotted a vintage Pontiac service sign in a shop in Wyoming. It reads "Pontiac Authorized Service" and is about 42 inches in diameter. I paid \$150 for it. — *Ken, Salt Lake City, Utah*

**A.** If your sign is authentic, the circular design was used during the 1930s and '40s. According to "Picker's Pocket-Guide to Signs" by Ed Bradley and published by Krause

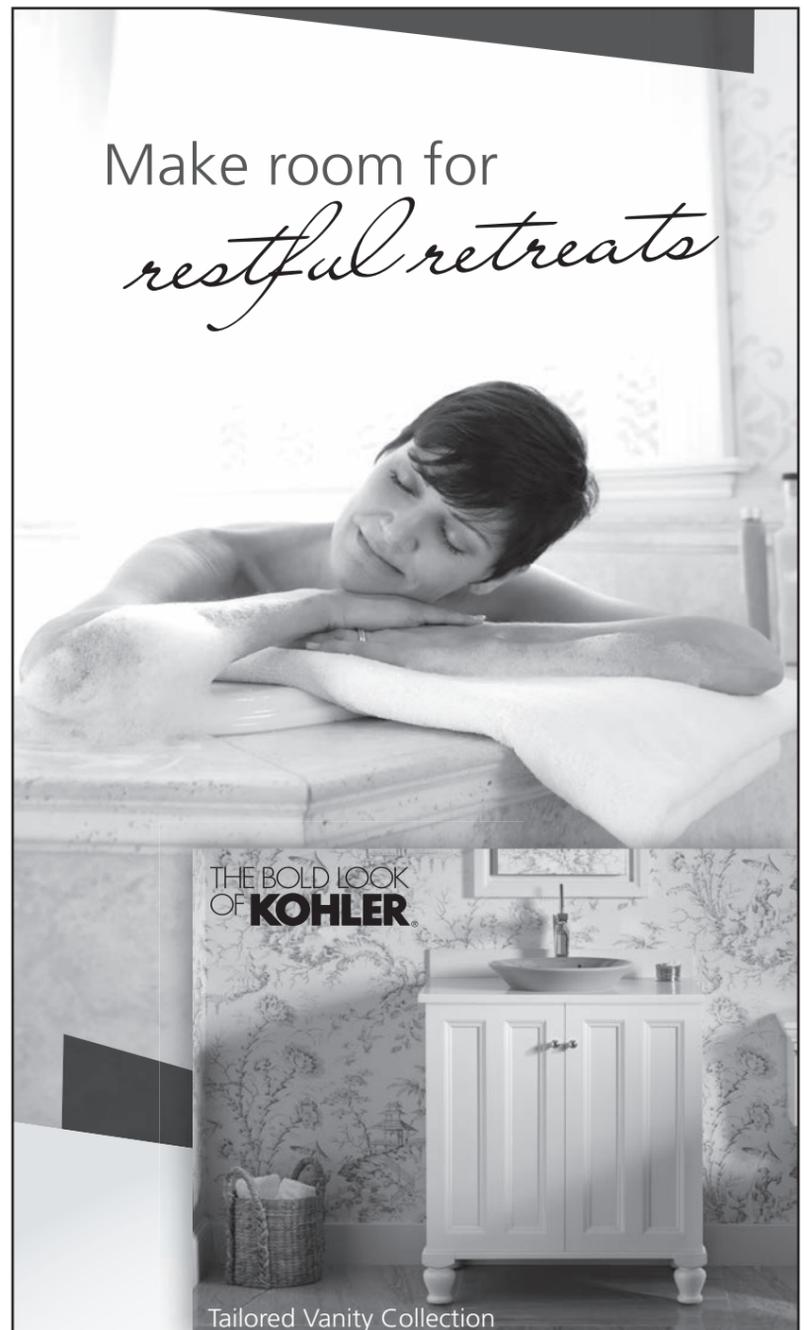
Books, if authentic, the sign often sells for about \$3,300. If it is the real deal and you bought it for \$150, you got an incredible bargain. Be aware, however, this sign has been reproduced.

\*\*\*

Jayne Mansfield Hot Water Bottle

**Q.** I have a 1957 Jayne Mansfield hot water bottle. Does it have any value? — *Tim, Taylor, Michigan*

**A.** Your Jayne Mansfield container doubled as both a hot water bottle and cocktail shaker. It was made by Poynter Products in 1957 and featured a storage stand. With the original cap and stand, and in good condition, your item is probably worth in the \$75 to \$150 range, according to several I found on eBay.



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**Birding BITS** BY Cindy Brook

**Water Cooler**  
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E-mail: [birdingbits@cfl.rr.com](mailto:birdingbits@cfl.rr.com)  
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**The Garden Bug**

**Summer gardening**

- Remove dead flowers from your plants to encourage more blooming. If your plants have died off, trim down and add trimmings to your compost pile.
- Fertilize container gardens regularly with all-purpose plant food.
- Pull weeds before they mature.
- Keep adding organic matter to your compost pile and "turn" it to aerate it.
- Support tall-growing plants and climbing vines.

Source: [www.horticultureguy.com](http://www.horticultureguy.com), [www.thegardenhelper.com](http://www.thegardenhelper.com), [www.canadiangardening.com](http://www.canadiangardening.com)

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**The Garden Bug**

Also known as a "milk bush," this plant is a native to tropical Africa and India, but it requires little water and is often sold in pots as a kind of "cactus." The toxicity of its milky sap is so intense that even a small drop of it can cause severe irritation, redness and burning sensations, and contact with or near the eyes can cause profound pain and temporary blindness. Use gloves and goggles when handling, and be very careful!

— Brenda Weaver  
Source: [www.gardeningcentral.org](http://www.gardeningcentral.org), [wikipedia.org](http://wikipedia.org)

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**Birding BITS** BY Cindy Brook

**Stretch Your Dollar**  
I like to buy a basic blend that has black oil sunflower, safflower and white stripe sunflower seed. I mix in some sunflower chips and a little bit of white proso millet to stretch it out so it lasts longer. I buy seed less often, and every bird is happy!

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- AUG 10 The Black Oil Brothers with bites from Tortorice's Pizza
- AUG 17 Polkaholics



Quotes worth your time

If you are tired of starting over, stop giving up. — unknown

Be a good listener. Your ears will never get you in trouble. — Frank Tyger

Behind every young child who believes in himself is a parent who believed first — Matthew L. Jacobson

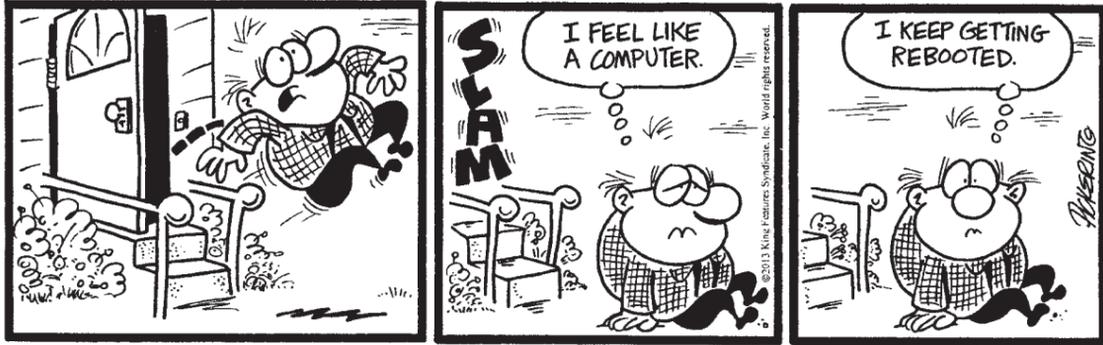
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# Comics

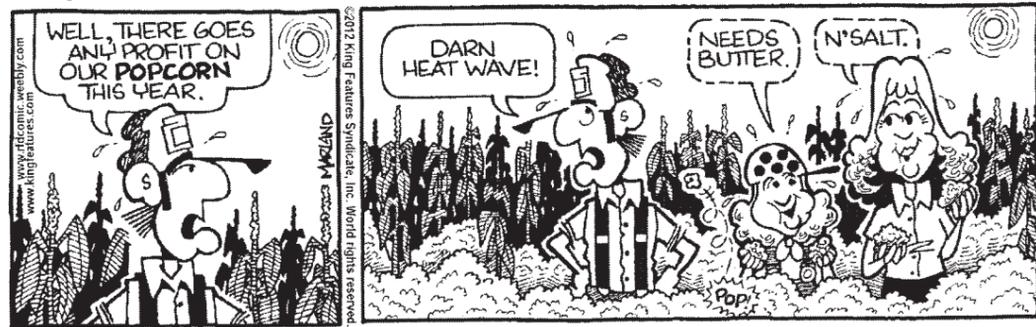
## The Spats

by Jeff Pickering



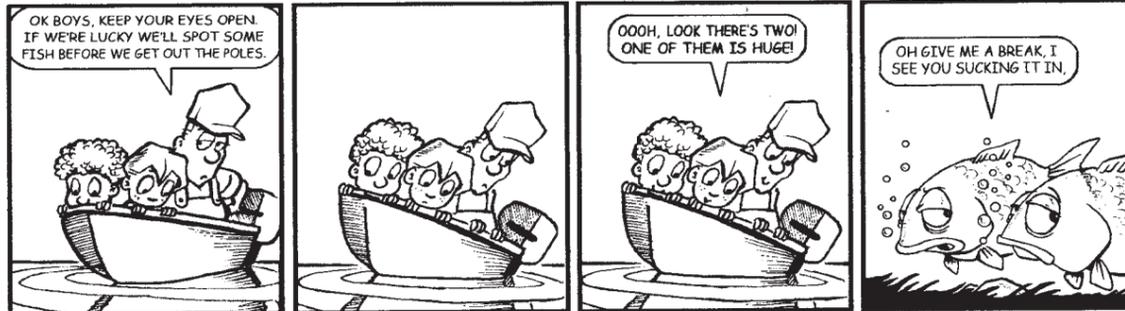
## R.F.D.

by Mike Marland



## Amber Waves

by Dave T. Phipps



## Out on a Limb

by Gary Kopervas



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BY AL SCADUTO



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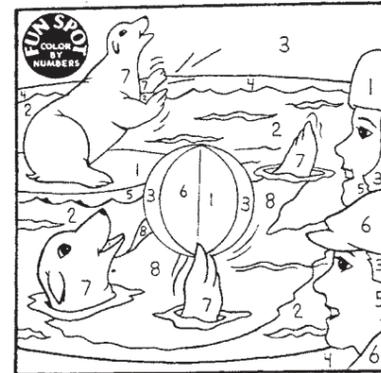
# Junior Whirl

by Hal Kaufman

1	V	O	T	E	S
2	O				
3	T				
4	E				
5	S				

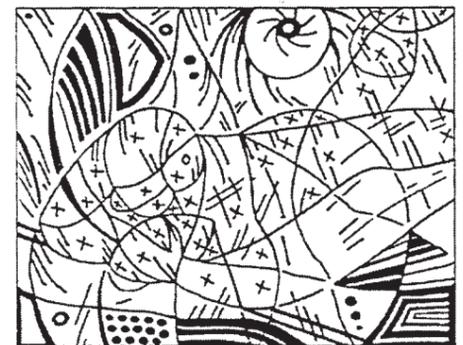
FAIR & SQUARE VOTES TO CAST

TWO VOTES carry the day in this word square challenge. VOTES appear both across and down. You are asked to find four additional words that will also read alike in these two directions. Definitions are as follows:



1. What it takes to win an election (VOTES, already in place).
  2. Mother Nature's sky-high sun blocker.
  3. Viennese dessert cake.
  4. Enroll in a contest or race.
  5. Persons who claim to peer into the future.
- Remember, word square words read the same both down and across.  
 Time limit: Two minutes.

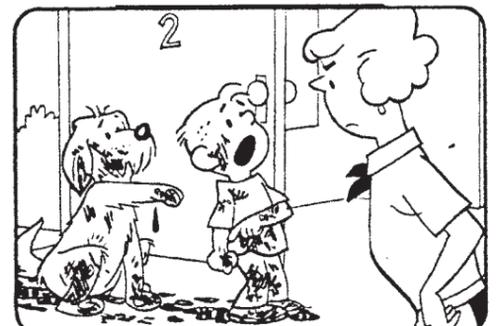
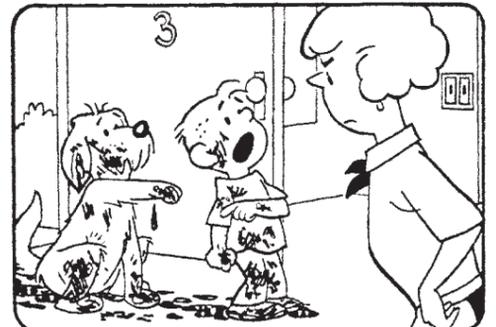
WATER SHOW! Playful seals like to put on a show. Apply the following colors: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh tones, 6—Lt. green, 7—Lt. gray, 8—Dk. blue.



HELD OVER! Zero in on the big play above by shading areas marked with an X. Use an ordinary pencil or dark crayon.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.  
 DIFFERENCES: 1. Tail is shorter, 2. Number is different, 3. Arm is moved, 4. Hair is different, 5. Sleeve is shorter, 6. Light switch is missing.

## Just Like Cats & Dogs

by Dave T. Phipps



# NEW (SCHOOL) YEAR, NEW YOU



Photo courtesy of Getty Images

## Make family resolutions that stick

FAMILY FEATURES

Forget Jan. 1. Parents know the real new year begins when you can smell the fresh pink erasers and hear the clatter of brand new pencils on still-smooth notebook covers.

Even if you don't have kids in school, the end of summer and the beginning of fall is a great time to reassess, realign, hit the restart button and make resolutions that will help carry your family smoothly through until next summer – or at least until the holidays.

Here are some tips from parents about resolutions they've made for the coming school year:

### Learn to love mornings

My Life and Kids blogger Anna Luther said she used to hate mornings.

"It was a disaster," she said. "There was a lot of yelling, a lot of missing socks, a lot of arguments about eating a good breakfast – it was just not the way to start a productive, happy day."

Luther decided to turn the first – and worst – hour of her day into one of the best by waking up earlier, exercising and turning on music.

Luther also changed the way she looked at breakfast. "It doesn't have to be from scratch," she said, "but it does have to have protein – and be fast. We love frozen breakfast burritos, for example."

### Empower the kids

Luther said that another thing that made mornings exhausting was that she tried to do everything herself, from finding socks and brushing hair to heating up healthy breakfasts.

But kids are eager to help, she said. Just like adults, they feel empowered when they can do things for themselves.

Luther decided to empower her kids and simplify her life at the same time by creating "Get Ready Buckets," which hold everything they need to get moving in the morning, from hairbrushes to socks.

That same message of empowerment can simplify and improve other stressful times of day. Do the kids walk in the door hungry and cranky and leave you feeling the same way? Stock the freezer with hearty snacks, such as El Monterey Taquitos, that kids can heat up on their own.

### Appreciate others

Blogger Kristyn Merkley of Lil' Luna, has resolved to show the teachers in her life how much she and her family appreciate them.

"Our teachers put so much time and effort into their jobs," Merkley said, "and we're so grateful for that."

While she usually gives teachers a gift card at the end of the year, she doesn't wait until then to send notes and emails with a simple, "Thank you." She also makes sure to say thanks in person – and in front of her kids.

### Make fun a priority

There are plenty of must-dos on your list every day, but is fun one of them? Merkley said it should be, and she's making family fun a resolution this school year. She collects activities on her blog that kids and adults can do together and plans family fun nights around them.

"When we laugh and make things and learn things together," she said, "we're making memories. I want

my kids to remember their childhoods as more than just getting to school on time and cleaning their rooms."

### Be a team

Kristy Denney, of the Boys Ahoy blog, is raising three wild boys, as she calls them. But even the wildest of kids wants to know that you're on their team – and they're on yours. Denney and her husband, Brett, chose a family motto for the school year so that everyone on their family team knows what they're working toward.

As their motto, the Denneys chose, "Work hard and be nice." It's simple, succinct and sums up what they want for their family.

### Fuel up with real food

Kids have to eat, and most insist on eating three or more times a day. Denney said she loves to cook from scratch, but she doesn't want time in the kitchen to keep her away from her family. So, this year, she's resolving to focus on what's important: real ingredients.

"Sometimes I'll buy the ingredients myself to cook from scratch and sometimes I'll look for foods I recognize on the label," she said. "When I pick up El Monterey Signature Burritos, I see ingredients like fresh-baked tortillas, real cheddar cheese – foods I would buy anyway for my family, so I feel great about that."

### Make snacks work hard

Jess Kielman, who writes the blog Mom 4 Real, said that snacking can sometimes be a problem in her house. Kids (and adults) sometimes snack because they're bored – or just out of habit, so she's reining in snack time and making snacks work just as hard as meals.

"Protein and real food – that's what I'm going to look for in afternoon snacks," she said. "Something that fills the kids up and gets them ready to get back out the door and play, or buckle down and do their homework."

### Cheer on #momwins

Kielman said that this year her resolution is to start giving herself a little more credit for her "mom wins," big or small.

"Checking off every last thing on my spring cleaning checklist is a win, for sure," she said, "but so is a good, smooth morning with my family. So is a sit-down dinner that didn't stress me out. So is feeling good about what we're eating. So is every little hug. Those are all #momwins, and I'm going to give myself a little pat on the back for every one."

For more breakfast, snack and dinner ideas to help you keep your family resolutions, visit ElMonterey.com.

## REAL FOOD IS BRAIN FOOD

Good grades, a good attitude and a good day at school all start with breakfast.

Kids lose two hours of learning on days they skip breakfast.<sup>1</sup>

A good breakfast leads to above-average grades.<sup>1</sup>

— But lots of kids still skip the most important meal of the day. —

Less than half of kids eat breakfast at home every day.<sup>2</sup>

Running late is a top reason for skipping breakfast.

FUELING UP FOR THE SCHOOL DAY IS EASIER THAN YOU THINK.

Avoid the inevitable carb crash and sugar cravings.<sup>3</sup>

Pick tasty, whole foods high in nutrients.

EXPLORE UNEXPECTED AISLES

FROZEN FOODS

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Breakfast leads to better mental health and attitudes in school.<sup>5</sup>

Your final grade? Better behavior, happier kids.

SOURCES:  
<sup>1</sup> Brookings.org "Hunger in the Classroom" (Sept. 2015)  
<sup>2</sup> Parents.com (Aug. 2015) "Resolutions for better breakfasts and school success in 4-11 grade students."  
<sup>3</sup> Parents.com "School Breakfast" (March 2015)  
<sup>4</sup> El Monterey (Aug. 2015)  
<sup>5</sup> Parents.com "Using a Recipe From Dad"  
<sup>6</sup> Parents.com (Aug. 2014) "6 great quality benefits to breakfast and better mental health in classrooms."

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