



Lakeview

October, 2016

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

Volume 20, Number 11

Interview



20 Questions

This month's interview is with **Ex-Alderman Bernie Hansen** who served the 44th ward from 1983 to 2002.

Q. Where were you born and raised?
A. Chicago and I've lived within 1 3/4 miles of here all my life.

Q. Are you married? Any children?
A. Yes and I have two sons and two grandchildren.

Q. Where did you attend school?
A. LaMoyné, Hawthorn, Lane Tech, Wright Junior College, and the University of Chicago studying regional economics.

Q. What did your father do for a living?
A. He had a metal stamping company in the neighborhood.

Q. How did you meet your wife?

A. I met her at Waveland Bowl. We were on a bowling league.

Q. What was your first paying job?
A. When I was 7 years old, I sold the Sun Times for 5 cents and 6 cents if you wanted a scorecard and pencil in front of Wrigley Field. I also delivered groceries for A&P.

Q. What hobbies or special interests do you have?
A. I liked to bowl. Now I like golf (which I started to play at 43 years old) and The Chicago Cubs.

Q. What is your favorite TV show, movie and book? What type of music do you like?
A. My favorite TV show is baseball; my favorite movie is Ben Hur; my favorite book is Red October and my favorite music is music from the 1960's that you can slow dance to.

Q. What is your favorite childhood memory?

continued page 2

Waguespack says NO to Roscoe Village SSA



by George Rimel
The Roscoe Village Chamber of Commerce submitted the additional signatures needed to Alderman Scott Waguespack to have an SSA in Roscoe Village. They failed to submit enough signatures a year ago. Originally, the Roscoe Village Neighbors organization took a

neutral stance on the petition to obtain the SSA from the Chamber, but after meetings held in the community in the past year, both area businesses and residents were opposed to the SSA and started obtaining signatures against it. "With the dramatic increase in property taxes and water fee

increases, 911 and Chicago Public Schools, this is not the time to add an additional tax to our businesses or residents" said Waguespack. The infrastructure and paving of streets and crime are much more important at this point to all neighborhoods. Alderman Scott Waguespack told

Lakeview newspaper "I am not moving forward on the SSA as the local Roscoe Village Neighbors organization does an outstanding job for the entire neighborhood both residents and businesses." "I informed the Roscoe Village Chamber that I would not approve it at this time" said the alderman.

What's on your mind?



"All the construction that keeps popping up on Irving Park Road"
Nicole Smith



"I'm an opera singer going to Syracuse, New York to sing the lead in Cinderella."
Corrie Stallings



"I'm excited for the fall weather and cooling down."
Blair Weidig

Editorials & Opinions

Interview Hansen from front page

A. I caught one of Ernie Banks 5 home runs and gave him the ball back.

Q. What was the best advice you were ever given?

A. Stay calm and tell the truth.

Q. What have been your three greatest achievements?

A. My family, my wife, kids and grandchildren; Organizing the Great Lakes Fishing Commission which was a Canadian and US organization. I had two six year terms (and I never got reimbursed for any of it); and using my experience, work, contacts as a template for the community to get it back to where it is now. Turning it over to Tom Tunney who was the right guy.

Q. What have been your three greatest disappointments?

A. Not being able to fulfill the request to bring the neighborhood forward before being replaced; not being able to get community groups to agree (85% would be for something and 15% against) at the right time; and not running for Congress.

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

A. The Dalai Lama to advise me how to stay cool, calm and collected.

Q. What did you do before becoming an Alderman?

A. I had lots of jobs: Streets and Sanitation, The Cook County Sheriff's Department, the Department of Environment and the State of Illinois.

Q. Why did you want to go into politics?

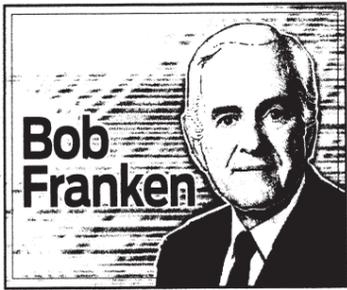
A. The good Lord saved my life to help other people and it was my dream.

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

A. That people would not abandon our local organizations and to help this neighborhood move ahead.



"HE NEEDS TO SHOW SOME APPRECIATION FOR THE EXTRAORDINARY PERSONAL FREEDOM HE HAS IN AMERICA...SO FORCE HIM TO STAND UP."



Aides Bumble Hillary Stumbles

What a terrible weekend Hillary Clinton had! First she stepped into needless controversy, calling half of Donald Trump's supporters "deplorables." The next day, she gave a mealy-mouthed statement of "regret" — not for using "deplorable," but for the "half" part. How dopey did that look? But it was the video of her stumbling or nearly fainting when she got overheated at the 9/11 ceremony in New York that looked nothing short of alarming.

Let's face it. The "overheated" explanation of her campaign and assurances that she was just fine simply didn't ring true. And they don't ring true for a candidate who has tried to wave off innuendo from Rudy Giuliani and the other Trump-supporter crazies that she is suffering serious health issues and concealing them. Her credibility issues haven't helped her, and her organization did her no favors by hiding her from her traveling reporters.

Then her representatives waited hours before releasing what I like to call an "Oh, By The Way" statement, as in "Oh, by the way, Hillary has been treated for pneumonia for the past couple of days." PNEUMONIA!?! That is not incidental. We Americans have a right to know when a candidate for the office that can determine the life or death of the planet is feeling even the slightest bit puny.

The weekend before, she had been

seized with a coughing fit during a Labor Day appearance in Ohio. Her allergy explanation seemed plausible. But this latest episode — when video shows her wobbling, at best, and lifted into her van by Secret Service — cannot be laughed off.

To put it bluntly, her campaign also is wobbling. She received a lot of flak for her "deplorables" remark about Trump supporters: "To just be grossly generalistic, you can put half of Trump supporters into what I call the 'basket of deplorables.' Right? Racist, sexist, homophobic, xenophobic, Islamophobic, you name it."

But after Trump and his partisans squealed in outrage, she had to weigh in with a kind of apology, saying she felt "regret" that she had specified "half" of the Trumpsters, even though she went to great pains to exclude those who are "people who feel that the government has let them down, the economy has let them down, nobody cares about them..."

While that may be true, Trump's supporters have embraced a candidate who certainly has earned all those labels. So they are deplorable by association.

Donald Trump is being smart this time, though. He is restraining himself when it comes to Hillary's health problems. All he said was: "So, something's going on, but I hope she gets well and gets back on the trail. And we'll be seeing her at the debate." That was tactical. While hinting at "something" hidden, he was pretend-gracious, standing out of the way as she presumably recovers from both the pneumonia and, all-importantly, from her aides' gross mishandling of it. She stumbled, and they did. Big time.

It is symptomatic of her long desire to enforce her self-described "zone of privacy" around her as she runs for the most public office there is. That's ridiculous. If she's not careful, come Election Day, she'll have all the "zone" she wants, as a private citizen.

© 2016 Bob Franken
Distributed by King Features Synd.

Q. What is your pet peeve?

A. Being late.

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

A. Help people when I can and when there is a difficult situation to get everyone to agree to work together for stronger communities.

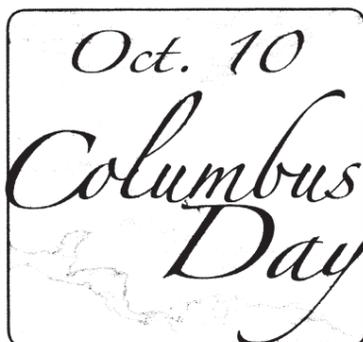
Q. What is your most prized possession?

A. My wife.

Q. What are your thoughts about the upcoming presidential election?

A. As Bloomberg says "I know a con man

when I see one, and Trump is a con man." I know Hillary and Bill Clinton and I would feel fine with Hillary watching my back in a fox hole with her. She is one tough lady.



A Big, Beautiful Black Swan

If you aren't seriously contemplating the biggest black swan event in American electoral history, you aren't paying attention.

Fifteen months ago, Donald Trump was a reality-TV star with a spotty business record and a weird penchant for proclaiming that he was on the verge of running for president. Now, he's perhaps a few big breaks and a couple of sterling debate performances away from being elected 45th president of the United States.

Trump has no experience in elected office and, unlike past nonpoliticians elected president, hasn't won a major war. He perhaps knows less about public affairs than the average congressman. He has repeatedly advertised his thin-skinned vindictiveness and is trampling on basic political norms. No major political party has ever nominated anyone like this.

Trump now has a legitimate shot at winning the general election because he got the lucky draw of at least the second-worst presidential nominee in recent memory and, pending how she fares over the next two months, perhaps the worst.

All it took for Trump to wipe away most of Hillary Clinton's lead was acting like a somewhat normal presidential candidate. Have a meeting with a foreign leader. Give some policy speeches. Read from a teleprompter at rallies. Use his NPR voice when appropriate.

None of this required strategic genius, only a decision not to throw

away the election with repeated episodes of self-indulgent stupidity. Democrats should be feeling a creeping sense of panic:

—They are trying to win with a candidate who is loathed and distrusted and has few redeeming qualities. As Yuval Levin, editor of the journal *National Affairs*, points out, corrupt and dishonest politicians are often entertaining, and dull politicians are usually earnest and honest. Hillary manages to be both boring and corrupt.

—No one can be certain that her health is what the campaign says it is. Even if nothing else ails her, if Clinton has another episode in public like the one on Sept. 11, the bottom might fall out.

—President Obama probably can't close Hillary's enthusiasm gap. Obama is an adept campaigner, but there is no evidence he ever successfully transferred enthusiasm for himself to another candidate.

—If the kitchen sink hasn't killed off Trump, what else is there? The Clinton campaign has already used his greatest hits of most offensive statements in countless TV ads. If none of this has sunk Trump, what's left?

—A compelling Trump debate performance could change perceptions of his suitability to be commander in chief. Hillary is trouncing Trump on this attribute by a 2-to-1 margin. If Trump shows up and seems plausible during the biggest moment of the campaign, he could vastly improve his standing on this basic question of readiness.

All this said, Hillary probably still has an advantage. She has a campaign and Trump doesn't, and that must count for something. Demographics favor her. But if Trump can hoist himself over the bar of acceptability, he might give the voting public enough permission to make this the change election it is naturally inclined to be.

A Trump victory may not be likely, but it isn't far-fetched. And no, stranger things haven't happened.

Rich Lowry is editor of the National Review.

© 2016 by King Features Synd., Inc.

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.

You can make a tremendous difference in your community by volunteering.

Lakeview Newspaper

We try to make a difference, you can also.

Lakeview Newspaper

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

How to get in touch with us:

Lakeview Newspaper

J2 Associates, Inc.

P.O. Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVWNEWS@aol.com

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

October, 2016

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

Contents are copyrighted, trademarked and service marked. Proud creator of Kid Safe Businesses in Lakeview, Roscoe Village and Northcenter communities. Any reproductions of articles, photographs, or artwork requires authority of the publisher. Publisher is not responsible for advertisements or advertorials contents or liability thereof. Copyright MMXVI. Member of Lakeview Chamber of Commerce and NorthCenter Chamber of Commerce. Recipient of Community Service Award 2005 from Lakeview Chamber of Commerce. Proclaimed on March 31, 2004 by the City Council and Mayor Daley as Lakeview Newspaper Day and our benefit to the community as a community newspaper. Maria Pappas, Cook County Treasurer awarded Lakeview Newspaper a Commendation of Excellence in 2011 and 2013 for community journalism.

VETERANS POST

by Freddy Groves

A Vet's Success Story

I'm always impressed by people who do things for themselves. Marine veteran Nick Baucom is one of those people. Not only has he created employment for himself, but he's built a growing company that provides solid jobs to other veterans.

In 2008 Baucom started building a moving company — Two Marines Moving — that now has so much business that he's booked three to four weeks out. He made it to Inc. magazine's list of fast-growing companies by the time he was 24 years old. A year later, the company hit its first \$1 million in revenue.

Why are his services so popular? It's the quality of work that veterans bring to the job, he says. Tenacity and perseverance and getting the job done. Decisiveness, gathering data and moving forward. Initiative, stepping up when you see something that needs to be done.

At this point, Two Marines Moving has completed over 20,000 moves and employs 90 veterans, half of whom are Marines.

You can read about the company at www.twomarinesmoving.com. While you're roaming around the website, check out the video with a message from Nick Baucom, president of the company, and the testimonials.

Baucom served in the Marines from 2002 to 2008, including a tour in Iraq. He also is the author of "On the Move: A Marine's Guide to Entrepreneurial Success," available on Amazon.com.

If you're a veteran who is looking for motivation to start your own business, take a look at what Nick Baucom has accomplished since 2008. The book explores his experiences in the Marine Corps and how that has translated into success in business. The story he tells will inspire you to take what the military taught you and use it to create the life you want for yourself.

VETERANS POST

by Freddy Groves

Operation Gratitude's Shelves Nearly Empty

Operation Gratitude needs our help. It recently had 1,332 volunteers assemble 11,280 care kits for first responders, depleting their stock of items for the boxes. And no wonder ... since the first of the year, they have assembled 167,122 care packages for the military and first responders.

OpGrat started at Carolyn Blashek's dining-room table outside Los Angeles in 2003, assembling packages to be shipped to active military in harm's way. It's never faltered, never failed to deliver. Thus far it has sent out 1.67 million care packages.

Now the holidays are coming, always a big push for OpGrat. From now through the end of the year, volunteers will be asked to assemble and ship 20,000 packages per month.

And the shelves are nearly empty. There are a number of ways you can help. Go online to www.operationgratitude.com/wishlist and view the wish list for the packages. Dental kits, food, games, DVDs, socks, lip balm, gift cards and handmade items ... the list is long. If you plan to send items, look on the OpGrat site for the Donation Form.

Scroll down the wish list page and see how you can help via Amazon.com purchases. You won't even have to box up and ship your donations because Amazon does that for you. Do a search on Amazon for Operation Gratitude's Wish List, with items prioritized and quantity needed.

Do you work for a company that makes any of the listed products and will donate in bulk? Let OpGrat know at angel@operationgratitude.com

SENIOR NEWS LINE

by Matilda Charles

Why Hospitals Need Seniors-Only Wards

Supposedly we go to the hospital to get better. Too often, however, we come out in much worse condition than when we went in.

Kaiser Health News has written a series about the impact of hospitals on seniors, and one of the articles has a frightening headline: "Elderly Hospital Patients Arrive Sick, Often Leave Disabled." The article describes the chaos of being in the hospital, with noisy wards, interrupted sleep, strange food and germs that make patients sicker than they were.

Research shows that in seniors over age 70, one-third will end up disabled even after the original illness or condition is treated. It proposes a plan of focusing on daily living skills, mobility and cognition while the seniors is in the hospital, not letting skills deteriorate. The biggest of those is mobility.

Some hospitals around the country are setting up seniors-only wards, called Acute Care for Elders (ACE) wards, with staffers who are experts in taking care of the elderly. Again, mobility is the big thing, and seniors are encouraged to move around and eat in a communal dining area instead of staying in bed 24 hours a day. At this point there are only 200 such wards.

Go online to khn.org/topics/aging/ and click through the various articles about seniors and hospitals. If you're a caregiver for a senior, be sure to read through these as your senior might not come home in the same physical condition after hospitalization, and adjustments will need to be made.

Check your local hospitals in advance, should you or a family member ever need to be hospitalized. Is there a seniors wing? Determine, too, if your local hospital has a geriatric emergency room. The care will be targeted toward seniors, which means better patient screening.

Strange BUT TRUE

By Samantha Weaver

- It was 20th-century Florida politician Claude Pepper, member of the U.S. Senate and the U.S. House of Representatives, who made the following sage observation: "If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world."

- Those who study such things say that the letter "s" begins more words in the English language than any other letter. The letter "c" takes second place, followed by "p" in third.

- In 1958, a woman named Ella Petry, then residing in St. Leonardson-by-the-Sea, England, spent 21 days carrying an egg around in the bosom of her dress, successfully hatching a chick at the end of the three-week period.

- It's been claimed that English is the only language that capitalizes the pronoun "I."

- It may be difficult to picture a pope in anything other than the robes of office, but they certainly lead normal lives when they're young. Pope John Paul II reputedly was an excellent soccer goalkeeper, and he worked as a playwright — and even performed as an actor in some productions.

- When black sheep get old, their wool turns gray.

- The Gunfight at the O.K. Corral, which took place in Tombstone, Arizona, at about 3 p.m. on Oct. 26, 1881, is probably the most famous shootout in the history of the Old West. You might be surprised to learn, though, that the gunfight didn't actually happen at the O.K. Corral, or even next to it — the gunfight took place in an empty lot six doors down.



Photo by George Rimel

President and CEO Anthony A. Nichols of Central Savings has honorary street named after him.

Ben Castronovo (left) and Anthony A. Nichols (right) accepts sign.

On September 15th 2016 a celebration was held at Central Savings, 1601 West Belmont. CEO and President Anthony A. Nichols was honored with the naming of the southwest corner of Ashland and Belmont Avenues, named Anthony A. Nichols Way.

Emceeding the event was Pastor David Abrahamson from

Saint Luke Lutheran Church. He introduced Alderman Scott Waguespack 32nd ward, Alderman Tom Tunney 44th ward, President of the Illinois Senate John Cullerton, A representative from US Congressman Michael Quigley's office and also ex-alderman Bernie Hansen to speak.

Mr. Nichols has been

active in civic, religious, banking and community groups over his entire career. The City of Chicago, the State of Illinois and the US Senate also honored him for his outstanding achievements in making not only Lakeview but the surrounding neighborhoods a better place to live.



70 DAYS of deals

Celebrate the Northcenter Chamber of Commerce's 70th Anniversary!

To honor this special anniversary and promote our shop local initiative, the Chamber and our local businesses are bringing you 70 Days of Deals. That's 70 days worth of specials, discounts, promotions and events being offered by our neighborhood businesses now through November 4.

Visit the Chamber website and click on "Northcenter's 70 Days of Deals" on the scrolling event list for more info.

northcenterchamber.com

Don't miss out on any of our community events. Sign up for our shop northcenter news. Follow us on Twitter & Facebook.

Saturday, October 29

Northcenter Town Square 10 AM



Enjoy a morning of trick-or-treating along Lincoln Avenue and in Northcenter Town Square at 4100 N. Damen Ave.

Join us in in Town Square at noon for refreshments and our annual Halloween costume contest for kids 12 and under.

more info at northcenterchamber.com

Health



Can Treatment Delay 'Smoldering Myeloma'?

DEAR DR. ROACH: I have been diagnosed with multiple myeloma in the smoldering stage, based on a bone marrow biopsy and blood tests. Every three months, my hematologist checks my blood tests and tells me that when I feel bone pain, it will be time to begin chemo. While I am in the smoldering stage, is there anything I can do to prolong the shift to the full-blown stage? I am 79 and otherwise in good health. My only symptoms are some fatigue and lack of energy. — W.K.

ANSWER: Multiple myeloma is a type of cancer of blood cells — the plasma cells, which are responsible for making antibodies. Most, if not all, cases of myeloma have a precursor stage called MGUS, monoclonal gammopathy of uncertain significance. About 3 percent of all people over 50 have MGUS, and about 1 percent of people with MGUS will develop MM per year. "Smoldering" MM is the diagnosis when the bone marrow biopsy shows evidence of MM, but there are no other signs of MM. Signs of MM include myeloma in the bones (on X-ray or CT, called lytic lesions, since they cause holes in the bones), anemia, high calcium, poor kidney function and high viscosity of the blood, which predisposes a person to strokes.

In addition to looking for physical symptoms, your hematologist is searching for any of these findings. In addition, the amount of immunoglobulin in the blood predicts risk for developing overt MM (the higher the immunoglobulin, the higher the risk).

Taking the Next Step in Weight-Loss Journey

DEAR DR. ROACH: I have been trying to lose weight, with no results. I have cut back on carbs and sugar. In general, I watch what I eat. I also go to the YMCA and work out — in the water mostly, because my legs hurt so much. I weigh 286 pounds. I would love to lose 100 pounds, but I am not having any luck.

When I go to my primary-care doctor, he tells me that I need to lose weight. When I tell him what I have been doing to try to lose weight, he doesn't believe me. I think I need more help with my weight problem. I don't know if I should find a new doctor, or what! — J.S.

ANSWER: I have heard variations of this story so many times from my own patients that I am sure you are trying. However, losing weight is a very difficult thing to do. Once your body has reached a certain weight, it is incredibly hard to get things turned around. Fortunately, it is possible for everyone to lose weight. But you certainly do need some help. So does your primary-care doctor. As an alternative to getting a new one, I think it might be worthwhile to see an expert in weight loss, since this is a field requiring knowledge of new medications, as well as potentially using medications approved for other conditions in an "off label" way to help you lose weight.

One of the first things to look at is the medicines you already take. Most primary-care doctors don't know (and I mightn't have, if I didn't work at an institution where research and teaching about this goes on) how many medications for blood pressure, depression, epilepsy and diabetes (among others) can cause weight gain as a side effect. Sometimes switching medications can help a great deal. Most primary-care doctors are uncomfortable prescribing medications for weight loss, especially after the disaster caused by the combination of dexfenfluramine and phentermine (fen-phen). There are newer and safer medications now.

Metabolic conditions such as Cushing's disease and hypothyroidism need to be looked for.

Careful evaluation of the diet — using food diaries and often enlisting the expertise of a registered dietician nutritionist — is of paramount importance. Since there is so much misinformation, I almost always find people eating unhealthy foods and avoiding healthy ones, to their detriment.

You should be congratulated on finding an exercise that you can do, and be encouraged to do so every day.

Finally, since you are 100 pounds or so overweight, your doctor also should consider the risks and benefits of bariatric surgery, the most effective way (and only reliable one for most people) of losing that much weight.

DR. ROACH WRITES: After I wrote about essential tremor, several people who suffer from this condition, as well as several clinicians, wrote to tell me about a product called Liftware that helps many (but not all) people with hand tremor eat with less difficulty. It's a handle that you can attach a fork or spoon to, and it reduces the amount of shaking. It's available at liftlabsdesign.com.

DEAR DR. ROACH: I am 70 years old and have been dealing with a problem for about a month now that I've never read about in your column. The upper joint in my left thumb pops every time I bend it. The lower thumb joint is tender, and it is becoming increasingly difficult to grasp things. The thumb never gets stuck. My right thumb pops only occasionally, and there is no pain there. Can you please tell me the cause of such an anomaly, and the type of doctor that I should be seen by? I am very active, and this has become a bit bothersome. — C.G.

ANSWER: If it's not getting stuck, then the popping sound can be made by one of the tendons snapping over a bony protuberance, or it can be from nitrogen bubbles coming out of solution. Neither of these usually causes much trouble, but the fact that you are having pain suggests that you may have some arthritis in the thumb joint. A rheumatologist is the expert in all joint matters, but your regular doctor probably has a fair bit of experience with this as well.

Can Laser Zap Nail Fungus?

DEAR DR. ROACH: In discussing treatment of nail fungus, you did not mention newer laser treatments that I see advertised by podiatrists in my area. Are they effective? — J.F.

ANSWER: We don't really know if they are effective, since well-done studies haven't yet proven it; however, preliminary evidence is suggestive. This would be a great addition to treatment, since the only currently accepted highly effective treatments are oral medications, which have risk of liver damage. Even more exciting is the idea of combining a topical antifungal agent, amorolfine, with laser. This medication is not available in the U.S., but a study in Korea showed a 50 percent effectiveness rate (which is pretty good for this difficult-to-treat condition).

Since I last wrote about this condition, I heard from a lot of readers. Some mentioned cures from Vicks Vapo-Rub, but the only study I found on that showed a 22 percent cure rate. One person asked about surgery, but since the fungus gets into the nail bed, the infection often recurs after removing the nail. Listerine and white vinegar mixed half and half cured one couple, and several people had success with Dr. Paul's Piggy Paste, which also is vinegar-based. None of these has good data to support its use, but all likely are safe.

DEAR DR. ROACH: I am a 74-year-old male with a breast issue. When I press on the nipple or around it, I feel pain. It has been seven weeks, and no change. I can't say I feel a lump, but it does seem harder under the nipple compared with my other breast. I did not bump or bruise it, and I see no marks or discoloration. — R.F.C.

ANSWER: You should go and get it checked out right away. While breast cancer in men is uncommon, it does happen, and the sooner it is evaluated, the better. Odds are it's nothing to worry about, but get seen.

SENIOR NEWS LINE

by Matilda Charles

Too Many of Us Are Inactive

By now we know that exercise is good for us. It helps to postpone aging and keeps us healthier. Even knowing that, however, not all of us do what we should. Now there's research reported by the Centers for Disease Control and Prevention that points fingers at who isn't active.

The study collected information from more than 300,000 adults over the age of 50. For the sake of definition, "inactivity" was not doing any activity outside of daily-living tasks.

Here's what we now know from the research:

- More than one-fourth of adults over age 50 don't do any physical activity ... at all. By age 75, that number jumped up to one-third.
- More women were inactive than men. The lower the education, the lower the amount of activity. The higher the body mass index (BMI), the lower the rate of activity.
- Those living in the South were the most idle, while the West and Northeast were the most active.
- Having one of seven chronic diseases increased the numbers of inactive participants.
- Excuses for inactivity ranged from having a limited number of places to be active to not knowing how, given their own physical limitations.

These reasons for not being active have a ring of truth. If we live in an area with no sidewalks and we don't drive, we won't be doing much walking. In some areas, the sidewalks might not be safe anyway. However, we don't need to walk or run for our activity. We can do gardening, watch workout videos at home, ride a bike around the high-school track, dance around the living room, lift hand weights, take a low-impact fitness class and much more — as long as we do something.

© 2016 King Features Synd., Inc.

Financial Statement

Do you give your children an allowance?

Studies show that parents who are giving their kids allowances are on the decline. However, giving a child an allowance gives them an opportunity to learn about saving, spending, investing and giving to charity.

If you are going to begin giving your child an allowance, start early. At ages 4-5, they are beginning to understand how money works and that money can buy things. Before any money changes hands, have a talk with your child as to whether or not there will be strings attached such as chores or will they have the freedom to spend their allowance any way they want?

Also, depending on your child's age and expenses, you will have to decide what is a fair amount and don't bail them out of their mistakes by giving them advances if the money is gone before their next "pay day".

Credit Cards

Finance charges on credit cards are through the roof and if you only pay the minimum due, it will

take forever to pay your card off, so which card is best suited to your needs?

Do you like a card that gives cash back on purchases or one that charges low interest rates on balance transfers or awards hotel or airline points? Are you looking to minimize your costs or to maximize your rewards and are you going to pay off your card each month. If you carry a balance,

transferring that balance to a lower rate balance transfer card works best. However, many companies limit these transfers to people with a very good credit score. If you have a zero balance, then it's all about the rewards. Many cash back cards are cheaper and very few charge an annual fee. Travel awards cards may come with a high annual fee and the issuers can

change their formula for redeeming points as they desire. So, with the holiday shopping season on the horizon, try not to add to your card balances, but if you are going to charge your way through the holidays, make sure it's a card that is best suited to your personal needs.

Don't Let Down Your Guard

• Watch the small expenditures, because they add up. If you've gone back to buying morning coffee out, calculate what you spend in a year. Use the public library instead of buying books on Amazon. Decide whether you need all those cable channels. Put a filter on your faucet instead of buying bottled water.

• Consider whether service work on your vehicle will keep it running a bit longer, instead of buying a new one.

And being cautious about spending is still the way to go.

Staging-Sells.com

The top 3 reasons to stage your house to sell

1. Faster Sales.
2. Receive Better Offers
3. Online Appeal

Call Rachael C.
312-473-0271

Menard Johnson

The Real Estate Experts

KNOWLEDGEABLE • EXPERIENCE • TOTAL SERVICE

Looking to buy or sell?

Over 30 years experience

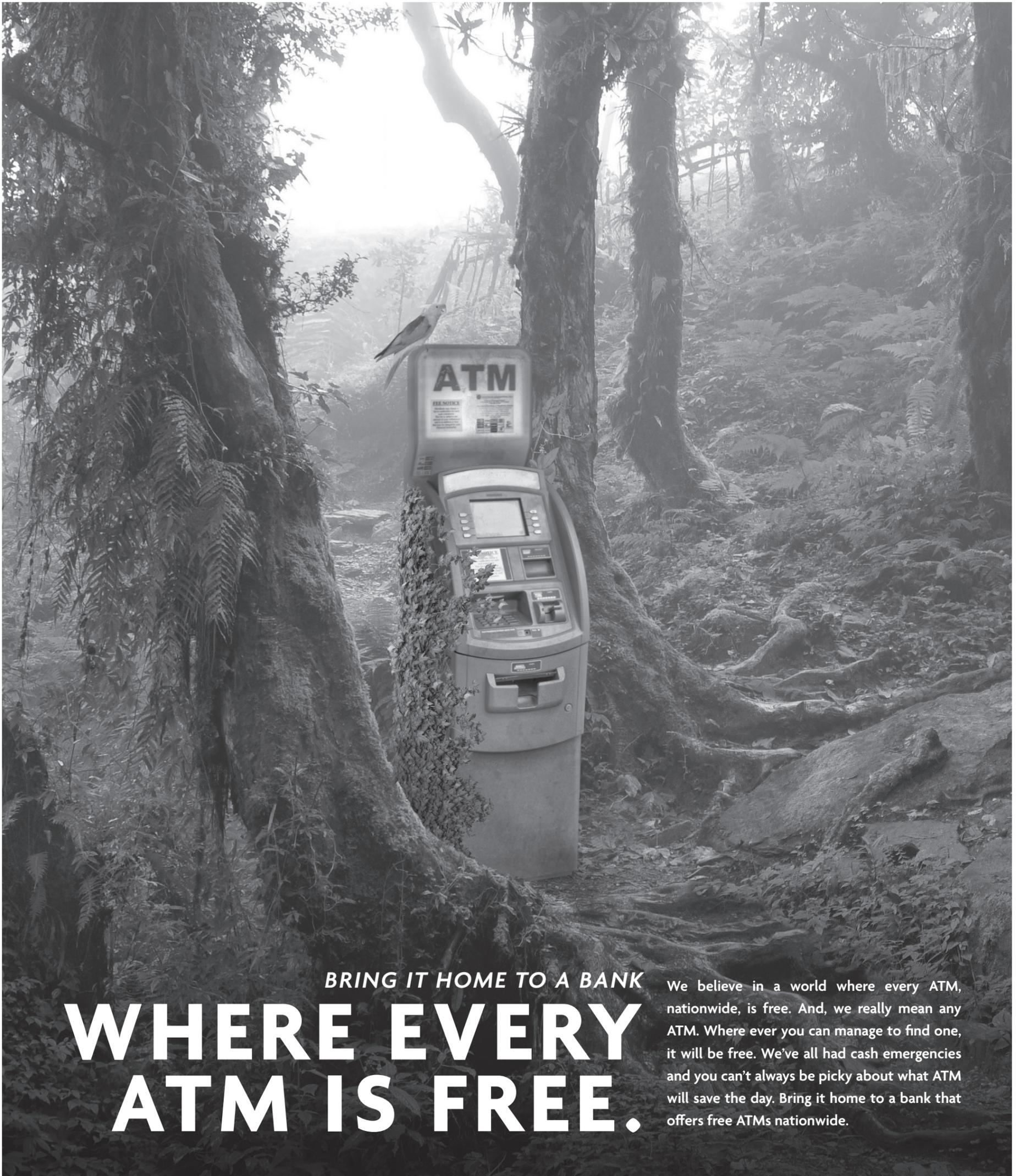
Al Johnson Charese David

Owner/Broker Senior Sales Associate

2200 West Roscoe

Phone (773) 472-6016

www.MenardJohnson.com



BRING IT HOME TO A BANK

WHERE EVERY ATM IS FREE.

We believe in a world where every ATM, nationwide, is free. And, we really mean any ATM. Where ever you can manage to find one, it will be free. We've all had cash emergencies and you can't always be picky about what ATM will save the day. Bring it home to a bank that offers free ATMs nationwide.

GET FREE ATMS WITH TOTAL ACCESS CHECKING!

Only \$100 required to open.

Use any ATM nationwide and we'll refund the fee!

FOR A LIMITED TIME
GET \$100

directly deposited into your new account when you open a new Total Access Checking Account by 12/31/16, enroll in e-statements, and we receive a direct deposit by 1/31/17.²

WINTRUST BANK

Chicago

CHICAGO'S NEIGHBORHOOD BANKS

Gladstone Park • Logan Square • Loop • Mayfair
Mont Clare • Norridge • North Center • Old Town • Pilsen • Ravenswood
River North • Rogers Park • Roscoe Village • Streeterville
312-291-2900 | www.wintrustbank.com

WINTRUST
COMMUNITY BANKS

CELEBRATING 25 YEARS
OF COMMUNITY
BANKING!

WE'RE PROUD TO BRING IT HOME. As a company made in this area, for this area, Wintrust and its family of true community banks is dedicated to the unique neighborhoods each serves. For 25 years, we've been banks that invest in, give back to, and get to really know our communities and the people living in them. When you bank with a Wintrust Community Bank, you can be confident your money is going back into the things that matter most to you.

1. The bank does not charge its customers a monthly card usage fee. No transaction charge at any ATM in the Allpoint, MoneyPass, or Sum surcharge-free networks. Other banks outside the network may impose ATM surcharges at their machines. Surcharge fees assessed by owners of other ATMs outside the network will be reimbursed. Reimbursement does not include the 1.10% International Service fee charged for certain foreign transactions conducted outside the continental United States. 2. Limit one per customer. \$100 deposit bonus is IRS 1099-INT reportable. \$100 deposit bonus applies only to new Total Access Checking customers. \$100 deposit bonus will be deposited into Total Access Checking account by 3/1/17. Employees of Wintrust Financial Corp. and its subsidiaries are ineligible.





PICKS OF THE WEEK

Ghostbusters (PG-13) — The one-liners flow like ectoplasm in this reboot of the supernatural comedy that spawned so many cherished childhood memories. The cast is all-female, but this franchise resurrection otherwise sticks to the hits: There are four busters; all played by improv-seasoned comedians, most of whom have a “Saturday Night Live” pedigree. Melissa McCarthy and Kristen Wiig play paranormal investigators who form the core of the group; Kate McKinnon (who wins every sketch she’s in on SNL) is the virile, gadget-gal, and Leslie Jones is an MTA worker who provides a much-needed nonscientific talent to the crew.

Director Paul Feig has been hacking away at the female-driven non-romantic comedy with mixed results. Despite the internet furor, thinly veiled misogyny and disappointing domestic box-office returns, this movie lands on the good side of the reboot spectrum. It doesn’t conjure a spirit as strong as the original, but it sure goes in with proton packs fully charged.

The Legend of Tarzan (PG-13) — Years after leaving the jungle and setting up in a British mansion as Lord Greystroke, the man once called Tarzan (Alexander Skarsgard) has to go back to Africa to rally the animal kingdom and thwart colonization. Greystroke/Tarzan hears from an American diplomat (Samuel L. Jackson) about a Belgian plot to enslave the people of the Congo. A sneering envoy (Christoph Waltz) is in charge of the scheme, and Jane (Margot Robbie) joins her husband on the adventure, because she’s no slouch.

Skarsgard’s performance never quite hits its stride, and so he’s just an abnormally pale hunk for much of the run time. The movie is aware that there’s racism in the roots of the source material, and takes some strides to counter that. Still, it’s another Tarzan movie that we won’t remember when the next

one comes out in a decade or so.

The Infiltrator (R) — During the height of the Pablo Escobar era in the War on Drugs, federal agent Bob Mazur (Bryan Cranston) must go undercover as a big shot Miami money-launderer, knowing that the slightest slip-up will make him another cartel victim. He’s got a livewire partner (John Leguizamo) and a fake wife who also is an agent (Diane Kruger). While there are plenty of notes from other drug-war films, this one dodges most of the cliches and steers clear of wanton Hollywood violence. Cranston’s anxiety and Leguizamo’s energy carry a film full of exposition all the way, without straining credibility for something based on a true story.



Sony Pictures Entertainment

Scene from “Ghostbusters”

Bloodfather (R) — Mel Gibson stars as an unsavory ex-con whose path to clean-living is shot to hell in the name of fatherly love. John (Gibson) lives in a sketchy, Southwestern trailer park and inks tattoos in a room full of missing-person posters for his runaway teen daughter, Lydia (Erin Moriarty). Lydia comes back to her father for protection when she’s finally scared away by her drug-running boyfriend’s (Diego Luna) brutal tactics. Father and daughter are then locked in a white-knuckle fight for survival. Gibson is in full-on grizzled anti-hero territory. His guy has a temper, and he locks his eyes on you at the end of a sentence in a way that makes you wince in anticipation of a haymaker.

TV RELEASES

- Feed the Beast: Season 1**
- Good Witch: Season 2**
- Mike & Molly: The Complete Sixth Season**
- Scott & Bailey: Season 5**
- The Musketeers: Season 3**

© 2016 King Features Synd., Inc.



1. **Sully**(PG-13)
Tom Hanks, Aaron Eckhart
2. **Blair Witch**(R)
James Allen McCune, Callie Hernandez
3. **Bridget Jones’s Baby**(R)
Renee Zellweger, Gemma Jones
4. **Snowden**(R)
Joseph Gordon-Levitt, Shailene Woodley
5. **Don’t Breathe**(R)
Stephen Lang, Jane Levy
6. **When the Bough Breaks** (PG-13)
Morris Chestnut, Regina Hall
7. **Suicide Squad**(PG-13)
Will Smith, Jared Leto
8. **Robinson Crusoe**(PG) animated
9. **Kubo and the Two Strings** (PG) animated
10. **Pete’s Dragon**(PG)
Bryce Dallas Howard, Robert Redford

© 2016 King Features Synd., Inc.

top ten

Best Fast-Food Customer Service

1. Chick-fil-A
2. Subway
3. IHOP
4. Little Caesar’s
5. Arby’s
6. Taco Bell
7. Hardees
8. Dunkin’ Donuts
9. Pizza Hut
10. Dairy Queen

Source: Temkin



Top 10 Video On Demand

1. **The Jungle Book**(PG)
Neel Sethi
2. **Money Monster**(R)
George Clooney
3. **Now You See Me 2**(PG-13)
Jesse Eisenberg
4. **Me Before You**(PG-13)
Emilia Clarke
5. **The Nice Guys**(R)
Russell Crowe
6. **The Huntsman: Winter’s War**(PG-13)
Chris Hemsworth
7. **Blood Father**(R)
Mel Gibson
8. **Angry Birds Movie**(PG) animated
9. **The Darkness**(PG-13)
Kevin Bacon
10. **The Meddler**(PG-13)
Susan Sarandon

Top 10 DVD, Blu-ray Sales

1. **The Jungle Book**(PG)
Disney
2. **Now You See Me 2**(PG-13)
Lionsgate
3. **Supernatural: The Complete Eleventh Season**(TV-14)
Warner Bros.
4. **Money Monster**(R)
Sony
5. **The Flash: The Complete Second Season**(TV-PG)
Warner Bros.
6. **Me Before You**(PG-13)
Warner Bros.
7. **The Angry Birds Movie**(PG)
Sony
8. **Batman v Superman: Dawn of Justice**(PG-13)
Warner Bros.
9. **The Huntsman: Winter’s War**(PG-13)
Universal
10. **The Walking Dead: The Complete Sixth Season** ... (TV-MA)
Anchor Bay

Source: comScore

© 2016 King Features Synd., Inc.



1. What is the alternate name for the song “634-5789”?
2. Who wrote and released “Darkness, Darkness”?
3. Name the group that put “Paradise City” on their debut album.
4. Which singer released “Woman in Love”?
5. Name the song that contains this lyric: “If I had a day that I could give you, I’d give to you the day just like today.”

Answers

1. “Soulsville, U.S.A.,” a soul classic recorded by Wilson Pickett in 1966. Tina Turner followed with her cover in 1986. The song is a favorite of Carolina shag dancers.
2. Jesse Colin Young. It was released by his group The Youngbloods in 1969. The song was used in the films “Purple Haze” (1983) and “Jack the Bear” (1993).
3. Guns n’ Roses, in 1987, on their “Appetite for Destruction” album. The song is often played at sporting events, and VH1 calls it one of the greatest metal songs of all time.
4. Barbra Streisand, in 1980. The song was written by two of the Bee Gees.
5. “Sunshine on My Shoulders,” by John Denver in 1973. The song has been widely used, including on “The Simpsons” and “Cold Case” episodes.

© 2016 King Features Synd., Inc.



1. GEOLOGY: What is pumice made of, and what is its most unusual characteristic?
2. ANATOMY: How much blood does the human body contain, on average?
3. MONEY: How many ridges does a dime have?
4. GEOGRAPHY: What is the current name of the country once known as British Honduras?
5. LANGUAGE: What is unusual about the sentence, “Pack my box with five dozen liquor jugs”?
6. HISTORY: When was the euro introduced as legal currency?
7. U.S. PRESIDENTS: Which two presidents had sons who also became presidents of the United States?
8. MUSIC: What was Elvis Presley’s first No. 1 hit on a national chart?
9. MOVIES: What actor played the character of Charlie Allnut in “The African Queen”?
10. ANIMAL KINGDOM: What is a group of coyotes called?

Answers

1. It is formed by magma, and it’s the only rock that floats.
2. 10 pints
3. 118
4. Belize
5. It contains all the letters of the alphabet.
6. Jan. 1, 1999
7. John Adams and George Bush
8. “I Forgot to Remember to Forget”
9. Humphrey Bogart
10. Band

© 2016 King Features Synd., Inc.



By Samantha Weaver

• Most people prefer to kiss with their eyes closed; however, of those who do prefer to keep their eyes open, the vast majority are men.

• Worried about snooping? You may be surprised by the results of a recent survey: It seems that 82 percent of men claim that they have never peeped into a date’s medicine cabinet.

• If you watch TV or movies at all, you’ve probably seen some variation of the Humane Society disclaimer “No animals were harmed in the making of this program.” You may not have considered that it’s also applicable to insects, but those who make the programs certainly do. In fact, if you see a bug being destroyed in a contemporary movie, it’s a safe bet that the bug was dead before the scene was shot. There are even people who stuff dead bugs with a sort of cream to fill it out — and to ensure a satisfying squish for the camera.

WWW.COM

www.stlukechicago.org

stluke@ais.net

Saint Luke Church

1500 W. Belmont

Chicago, Illinois 60657

Sunday Services

8:30 a.m. Morning Prayer

9:15 a.m. Sunday School & Bible Class

10:30 a.m. The Holy Eucharist

Church 773- 472-3383

School 773-472-3837



Chicago Pet Funeral Home and Crematory
1445 W. Belmont Ave.

www.ChicagoPetFuneralHome.com

Honoring the Life of your Best Friend

It’s always difficult when it’s time for a member of your family to go. When that time does come, Chicago Pet Funeral Home believes that it’s best to honor the life that was lived by fondly remembering the good times and gently laying your friend to rest. Chicago Pet Funeral Home offers a wide range of services, including cremation, burial ceremonies, burial plots and online memorials and tributes.

Call us at (773) 327-1800 for more information

My fireplace needs attention!

Make sure your fireplace is serviced for the upcoming winter season. We specialize in making sure you are safe for the upcoming Chicago winter and that you’ll feel warm and toasty knowing that our heating professionals can assist you. Make sure to call us today to schedule an appointment.

Greenforest Fireplace and Patio Co.

www.Greenforestfireplaceandpatio.com

3105 N. Ashland Ave. Free Parking in lot NE corner of Ashland and Barry
Stop by and see us for Great Pricing. (773)348-9111

CHICAGO’S NEIGHBORHOOD THAT HAS IT ALL.



GET THE APP.
GET GOING.
GOLAKEVIEW.COM

A collaboration of the Lakeview & Lakeview East Chambers of Commerce.

What's Hot in Hollywood



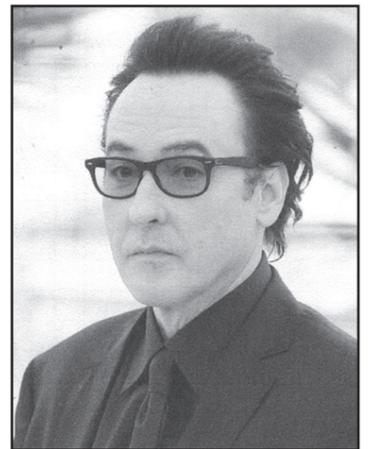
by cindy elavsky

Q. Can you tell me what John Cusack is up to? His movies are so varied and his roles so eclectic; I can't wait to see what he has planned next. — Janet R., via email

A. Over the summer, John held a panel at Megacon in Orlando where he addressed that question. Currently, his Edgar Cayce project is still in development and is getting closer to fruition. He's dreamed of making this biopic for at least a decade, and I can't wait to see the fruits of his labor. He also is slated to star in "Southern Fury" with Nicolas Cage, and "Misfortune" with Willa Fitzgerald.

Another project he'd like to explore is a remake of John Huston's 1972 boxing movie "Fat City," which starred Stacy Keach and Jeff Bridges. He told us: "I don't think it's good to do a remake of a movie unless you think you can do it differently or can add something to it. I've been a boxing fan for a long time, and I thought, 'Man, I'm 49, so I'd like to do one while I can still do it.' So I thought, 'If I could do "Fat City," that would be really cool.' It was done in that sort of Technicolor '70s era when they started to make everything super-bright. At the time it was thought to be cool, but it actually looks dated now. But I thought that might be a cool remake to do."

How does John feel about sequels (and no, he's not keen on a "Say Anything" sequel)? "When it comes to sequels, you have to get all the people back together and do it the right way. So, if I was offered the chance to do a sequel to one of my own movies, I'd do it, but I'd want to do it right."



John Cusack

HOLLYWOOD — **Bradley Cooper** is prepping a reboot of the **Janet Gaynor** (1937), **Judy Garland** (1954) and **Barbra Streisand** (1976) starrer "A Star Is Born," this time with **Lady GaGa**. **Clint Eastwood** was trying to get **Beyonce** to step into the role, but her schedule didn't work for the film. Cooper executive-produced his films "Limitless" (2011), which cost \$27 million and grossed \$162 million; "The Words" (2012), \$6 million cost/\$13 million gross; "Silver Linings Playbook" (2012), \$21 million cost/\$234 million gross; "American Sniper," (\$59 million cost/\$547 million gross) and the recent "War Dogs," with **Jonah Hill** and **Miles Teller**.

In addition to starring as the fading rock star opposite GaGa, Cooper also intends to make this his directorial debut. All three versions of "A Star Is Born" made a profit, especially Streisand's, which cost \$6 million and made \$80 million. Given Cooper's track record as an executive producer and actor, this is a slam dunk for him.

If you're planning a trip to Hollywood, be careful of the sightseeing tour you choose. Hollywood's local NBC news conducted a sting operation of tour groups and found that most of the homes they pointed out as belonging to celebrities were a lie. When the busiest tour owner was confronted about lying to tourists, his answer was, "It doesn't matter, it's not about reality, it's about perception!" One of the homes pointed out allegedly belonged to **Julia Roberts**. Julia Roberts lives in New York, not Hollywood. The real owner is fed up with 25 tour stops a day and home invasions, and is suing the tour company.

Another tourist attraction, the Playboy Mansion, sold for a mere \$110 million (\$80 million less than the asking price). The new owner wanted to occupy a portion of the estate, but



Lady GaGa

Hugh Hefner, founder of Playboy Magazine and 90 years old, wants to be able to live out his days in peace and privacy. The new owner had to back off or lose the deal. I was once invited to a press party there and snuck into the famed "Grotto," where I witnessed several celebrities making love. What a show that was!

Dwayne "The Rock" Johnson didn't want to engage **Vin Diesel** while they were working together in "Furious 8" (he's one of the producers and a formidable opponent). Allegedly, Vin often was late to the set, not because he hadn't arrived — he just wouldn't come out of his trailer. So Johnson took to Facebook: "Some of my male co-stars are chickens* and candy asses." He was confronted by Vin the next day, but they didn't come to blows because they still have "Furious 9 and 10" upcoming. Talk about being between a "Rock" and a hard place (Vin)!

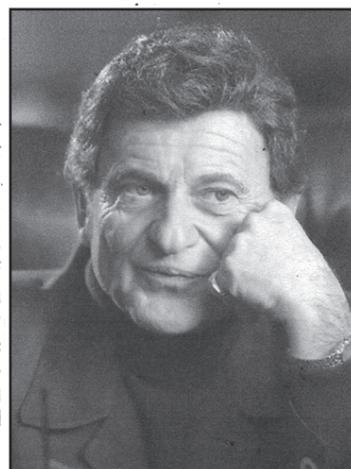
HOLLYWOOD — Forbes Magazine named **Jennifer Lawrence** as the top-earning female in films for the second year in a row, with \$46 million. Next up for Lawrence is "Passengers," with **Chris Pratt**, **Michael Sheehan** and **Laurence Fishburne**, due Dec. 21, followed by **Darren Aronofsky's** untitled film, opposite **Javier Bardem**, due out Dec. 29, 2017. Her last film, "X-Men: Apocalypse," cost \$178 to make and grossed \$543 million. She's followed on the earnings chart by **Melissa McCarthy** (\$33 million), **Scarlett Johansson** (\$25 million) and **Jennifer Aniston** (\$21 million).

Ryan Murphy's anthology series, "Feud," which opens with the hatefest between **Bette Davis** (**Susan Sarandon**) and **Joan Crawford** (**Jessica Lange**), has added **Catherine Zeta-Jones** as **Olivia de Havilland** (who turned 100 in July!) and **Sarah Paulson** as **Geraldine Page**. I once talked with Bette Davis about that famous feud, and she intimated it was because "Crawford conned **Jack Warner** into a four-picture deal when she was dropped by MGM. Jack gave her 'Mildred Pierce,' which he bought for me, and she won the Oscar for it!"

Recently **Joy Behar** revealed on "The View" that she has nothing to do with an alleged miracle cream being marketed under her name, and that the claim she's leaving "The View" to concentrate on the product is a lie. "If I authorized them to use my name I'd be getting money for it," she said, "and I haven't received a dime. They're a fly-by-night company we can't find to shut down. Don't buy this product on

my dime or name!" That same company used **Ellen DeGeneres'** name six months earlier until she shut them down. **DON'T BUY THIS PRODUCT.**

Also, a company is using **Sylvester Stallone's** name, claiming he retired at 70 and stays fit with their two prod-



Aramid Entertainment Fund
Joe Pesci

ucts called "T-90 XPL0DE" and "NO2 BLAST." They offer to let you try it for free, and you pay \$5 for postage and handling of each bottle. What they **DON'T** say is that you have to cancel within 14 days or get charged \$90 for each bottle. Health experts say there's no proof these products work, and people have complained of headaches and side effects. **DON'T BUY THESE PRODUCTS!**

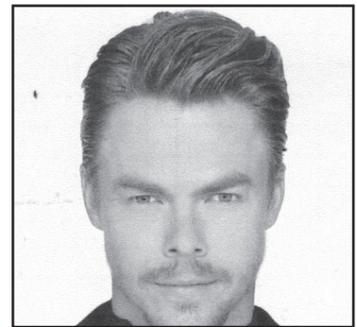
Robert De Niro's last film, "Dirty Grandpa," with **Zac Efron**, cost \$20 million to make and grossed \$100 million. He currently has "Hands of Stone," with **Usher**, **Rubin Blades** and **Ellen Barkin**, in theaters and is plotting with **Martin Scorsese** to reunite his 1990 "Goodfellas" co-stars **Al Pacino** and **Joe Pesci** in "The Irishman." Pacino is up for it, but Pesci is saying, "No way!" His last film, "Love Ranch" (2010), with **Helen Mirren**, cost \$25 million and made only \$137,885. Wikipedia lists "The Irishman" as Pesci's next film. What up, Joe. Are you being a "Badfella" for money?

HOLLYWOOD — Recently, we told you that theater owners were disappointed with the low grosses of this summer's big movies. The studios say they have to gross double a film's cost to break even. "Ghostbusters" cost \$144 million and so far has grossed only \$217 million. "The Legend of Tarzan" cost \$180 million and made \$354 million. "Star Trek: Beyond" cost \$185 million and has so far earned \$300 million. On the plus side, "Sui-

cide Squad" cost \$175 million and pulled in \$650 million, while "Finding Dory" is approaching the \$1 billion mark. The big question: Why aren't studios keeping production costs down, so they can recoup their costs and make a profit?

The Monkees — **Mickey Dolenz**, **Davy Jones**, **Michael Nesmith** and **Peter Tork** — were put together as a fictional rock group for their TV series, "The Monkees," which aired from 1966-68. For years they've toured the country, mostly at Indian casinos, and sold out. Their Sept. 16 "homecoming gig" at the Pantages Theatre in Los Angeles sold out as soon as tickets went on sale. Mickey Dolenz, Michael Nesmith and Peter Tork are now minus Davy Jones, due to his passing in 2012. A few dates remain on the Monkees 50th Anniversary Tour: Seattle on Sept 25; Biloxi, Mississippi (Oct. 1); Paso Robles, California (Oct. 22); and Shippensburg, Pennsylvania (Oct. 29). The Monkees have survived because of their off-the-wall Beatles-like antics and their music, which happened to be so good, many of their songs became standards.

Bill Nye, "The Science Guy" (for five seasons), has signed a big deal with Netflix. His new talk show, "Bill Nye Saves the World," will be available this spring. The show will focus on how science impacts politics, soci-



Derek Hough

ety and pop culture. This deal was made possible because of his popularity from "Dancing With the Stars." Meanwhile, when news broke that **Derek Hough**, six-time "Mirror Ball" winner on "Dancing With the Stars," was returning for this season, everyone wondered what happened to his Broadway-bound show "Singin' in the Rain"? Hough claims they couldn't find a theater to open the show in, but Broadway insiders are saying the production was plagued with problems from the start. Even more suspicious is the fact that several big musicals have closed unexpectedly, freeing up those theaters. Conveniently, Derek has signed to play **Cory Collins** in NBC's live production of "Hairspray" on Dec. 8.

Read Lakeview newspaper and get smarter. Subscribe to Lakeview Newspaper and get a FREE classified ad.

Subscribe to Lakeview newspaper for \$24.00 for 12 issues and get \$26.00 worth of Classified advertising for free!

Mail check or Money order only to J2 Associates, Inc.
 Check should be made out to: J2 Associates, Inc.
 Mail to : J2 Associates, Inc., c/o Lakeview Newspaper P.O. Box 578757,
 Chicago, Illinois 60657
 Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Telephone Number (Optional) _____
 Email (Optional) _____

Subscription will begin with the November, 2016 edition. **FREE classified ad** must be used by October, 2017. A form will be furnished to subscribers for this Free classified offer. Only one offer per household. Publisher reserves the right to cancel this promotion without prior notice. Lakeview Newspaper is published monthly. Must be postmarked by October 20, 2016 to begin subscription for November, 2016.

Central Savings

Alderman Scott Waguespack
The Lakeview Chamber of Commerce
State Representative Ann Williams
Lakeview Newspaper

Sponsors

The 17th Annual Paulina Station Merchants

Trick or Treat - October 29th

It's the 17th annual Halloween Walk for kids from 2 pm to 5 pm on Saturday, October 29th.
Join us on the 3300 block and 3400 block of North Lincoln Avenue and Paulina for a Safe Trick or Treat for Kids.
Treats for the kids furnished by the local area merchants.

Making Spooky Delicious
Cupcakes & Cookies
for 90 years!



Dinkel's Bakery
3329 N. Lincoln Ave. Ph: 773-281-7300
www.dinkels.com Fax: 773-281-6169



30 Crafts on Draught!

3328 N. Lincoln Ave.
Chicago, IL 60657
773-525-5571

Proud Sponsor of Paulina Station Merchants Halloween Trick or Treat

Central Savings
Established 1893
Serving the community for over 123 years

1601 W. Belmont 2827 N. Clark 3800 N. Lincoln 2601 W. Division
773-528-0200 773-528-2800 773-528-0010 773-342-2711

Equal Housing Lender



Bazar
Bazar Apparel

3350 N. Paulina St. Chicago, IL 60657
Tel: (773) 388.9851
web: bazar-online.com



REXX RUG

3312 N. Lincoln Ave. Chicago, Illinois 60657
773.281.8800 PH
773.281.8144 FX
www.rexxrug.com

M,TH:9:30-8:00 T,W,F: 9:30-5:30 SAT:9:30-5:00,SUN:11:00-4:00



CHICAGO MUSIC EXCHANGE

Come check out our brand new Drum Shop!

Buy, Sell and Trade
Vintage and New Guitars
Amplifiers and Effects



3316 N Lincoln Ave | cme6.com | 773.525.7773

Proud to sponsor the Paulina Merchants Halloween Trick or Treat Walk.
Have a great Halloween.
Lakeview Chamber of Commerce and SSA 27
1409 West Addison Chicago, IL 60613
LakeviewChamber.com
773-472-7171

Have a Happy and Safe Halloween
State Representative
Ann Williams
11th District
1726 West Belmont Chicago 60657
773-880-9082 Fax: 773-880-9083
www.repannwilliams.com

Proud to sponsor the Paulina Station Merchants Halloween Celebration

Alderman Scott Waguespack
32nd Ward
2657 N. Clybourn Chicago, Illinois 60614
(773) 248-1330

BRING YOUR KIDS
Saturday, October 29th 2-5 PM

Good Housekeeping

Chinese Five-Spice Grilled Chicken

Lots of flavor from just a few ingredients makes this a cinch for outdoor or indoor grilling.

- 1/4 cup dry sherry
- 1 tablespoon Asian sesame oil
- 1 teaspoon Chinese five-spice powder
- 1/4 teaspoon ground red pepper (cayenne)
- 1 cut-up (8 pieces) chicken (about 3 1/2 pounds), skin removed from all but wings if you like
- 1/3 cup hoisin sauce
- 1 tablespoon soy sauce
- 1 teaspoon sesame seeds

1. In large bowl, stir sherry, sesame oil, five-spice powder and ground red pepper.
2. Add chicken to spice mixture and toss until evenly coated. Cover bowl and let stand 15 minutes at room temperature, turning chicken occasionally.
3. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.
4. Place chicken on hot grill rack. Cover grill and cook chicken 20 to 25 minutes or until juices run clear when thickest part of chicken is pierced with tip of knife, turning pieces over once and removing pieces to platter as they are done.
5. In small bowl, mix hoisin sauce and soy sauce. Brush hoisin-sauce mixture all over chicken and return to grill. Cook 4 to 5 minutes longer or until glazed, turning once. Place chicken on same platter; sprinkle with sesame seeds. Serves 4.

• Based on individual serving: 350 calories, 15g total fat (4g saturated), 41g protein, 10g carbohydrates, 121mg cholesterol, 595mg sodium, 0g fiber.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Peach Melba Muffins

Here is a quick and easy breakfast.

- 2 tablespoons raspberry spreadable fruit
- 1/2 cup (1 medium) peeled and sliced fresh peach
- 1 English muffin, split and toasted

In a microwave-safe bowl, combine spreadable fruit and sliced peaches. Cover with waxed paper and cook on HIGH (100 percent power) for 60 seconds. Let set for 1 minute. Evenly spread mixture over toasted muffins. Serves 2.

• Each serving equals: 121 calories, 1g fat, 2g protein, 26g carb., 140mg sodium, 34mg calcium, 1g fiber. Diabetic Exchanges: 1 Starch, 1 Fruit. Carb Choices: 2.

Good Housekeeping

Sizzling Sesame Beef

In 30 minutes this simple but flavorful beef stir-fry will be on the dinner table and ready for the family to enjoy.

- 1 pound beef sirloin or rib-eye steak, cut 1-inch thick
- 1 cup short-grain or jasmine rice
- 2 green onions, white portions cut into 2-inch chunks, green portions thinly sliced
- 4 cloves garlic, crushed with press
- 4 teaspoons Asian sesame oil
- 1/4 teaspoon salt
- 2 teaspoons sugar
- 2 tablespoons lower-sodium soy sauce
- 1 pound broccoli florets

1. Place steak in freezer. Prepare rice as label directs. Meanwhile, in large bowl, combine 1 tablespoon sliced green onions, 1 teaspoon garlic, 2 teaspoons oil and 1/4 teaspoon salt; set aside.

2. Cut cold steak across grain into very thin slices; in shallow bowl, toss with sugar, 1 tablespoon soy sauce, green-onion chunks and remaining garlic.

3. In 12-inch skillet, heat 1-inch water to boiling on high. Add broccoli; cook 3 minutes or until just tender. Drain well; place in same bowl as onion-garlic mixture. Toss well.

4. Heat remaining oil in same skillet on high until hot. Add beef in single layer; cook 1 minute. Stir in remaining sliced green onions and salt and pepper (to taste); cook 1 minute longer. Stir in remaining soy sauce. Serve with rice and broccoli. Serves 4.

• Each serving: About 510 calories, 21g total fat (7g saturated), 30g protein, 50g carbohydrate, 5g fiber, 75mg cholesterol, 585mg sodium.

Good Housekeeping

Spicy Thai Noodles

- 1 package (16 ounces) linguine
- 1/4 cup soy sauce
- 1 tablespoon sugar
- 2 tablespoons chili sauce
- 1 tablespoon vegetable oil
- 1 small red pepper, thinly sliced
- 1 tablespoon grated peeled fresh ginger
- 1 garlic clove, minced
- 1 bunch green onions, chopped
- 2 large eggs, lightly beaten
- 8 ounces fresh bean sprouts (about 2 cups), drained
- 1 small tomato, cut into thin wedges
- 2 tablespoons salted peanuts, chopped
- 2 tablespoons chopped fresh cilantro leaves
- 1/4 teaspoon crushed red pepper

1. In large saucepot, prepare linguine in boiling water as label directs but do not add salt.

2. Meanwhile, in cup, stir soy sauce, sugar, chili sauce and 1/2 cup water; set aside.

3. In nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add sliced red pepper, ginger, garlic and all but 1/4 cup chopped green onions, and cook until tender and

lightly browned, about 5 minutes, stirring occasionally. Push vegetables to one side of skillet.

4. To other side of skillet, add eggs and cook until set but still moist, stirring. Stir bean sprouts and soy sauce mixture into vegetables and eggs; heat to boiling.

5. Drain linguine. Toss linguine and tomato wedges with mixture in skillet.

6. Spoon linguine mixture onto warm platter. Sprinkle with peanuts, cilantro, crushed red pepper and reserved green onions. Makes 5 main-dish servings.

Farmers' Market Salad

There is nothing better than fresh veggies straight from the garden!

- 1/3 cup nonfat sour cream
- 2 tablespoons fat-free mayonnaise
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 1 cup diced unpeeled cucumber
- 1/2 cup sliced red radishes
- 1/2 cups diced fresh tomatoes
- 1/4 cup chopped green onion

In a large bowl, combine sour cream, mayonnaise, parsley and black pepper. Add cucumber, radishes, tomatoes and onion. Mix well to combine. Serve at once. Makes 4 (1/2 cup) servings.

Good Housekeeping

Key Lime Pie

Crumb Crust

- 3/4 cup gingersnap crumbs
- 3/4 cup graham cracker crumbs
- 4 tablespoons butter, melted

Lime Filling

- 12-16 Key limes or 3 to 4 regular (Persian) limes
- 1 can (14 ounces) sweetened condensed milk
- 5 large egg yolks
- 3 lime slices, each cut in half, for garnish

1. Prepare crumb crust: In 9-inch glass pie plate, with fork, mix crumbs and butter until crumbs are evenly moistened. Press mixture firmly onto bottom and up side of pie plate. Preheat oven to 375 F.

2. Prepare lime filling: From limes, grate 2 teaspoons peel and squeeze 1/2 cup juice. In medium bowl, with wire whisk or fork, mix condensed milk with lime peel and juice, and egg yolks until combined.

3. Pour filling into prepared crust; smooth top. Bake pie 15 to 20 minutes or just until filling is firm. Cool pie on wire rack 45 minutes, then cover and refrigerate 3 hours or until well-chilled. Garnish with lime slices. Makes about 10 servings.

Oktoberfest

"headquarters"

WE HAVE ALL YOU NEED TO HOST A PERFECT PARTY! OUR HOMEMADE BRATWURST, LEBERKASE, KNACKWURST, KASSLER RIBS, LANDJAGER, AND SMOKED THURINGER

ALSO, BARREL SAUERKRAUT, JUMBO PICKLES & 90 DIFFERENT TYPES OF MUSTARD!

PAULINA MARKET

3501 N. LINCOLN AVE.
CHICAGO, IL 60657
773 248 6272



BEST OF THE WURST

TURDUCKEN VEAL
SHEBOYGAN CURRY
ANDOUILLE GYROS
AND MORE...

WWW.PAULINAMEATMARKET.COM

The Four Treys Tavern



Daily Specials

"Every Day Specials"

\$2.50 Pabst Blue Ribbon, \$3.50 16 oz. Old-Style Cans, \$4.00 Jameson Shots

Monday \$4.00 Revolution Products
\$3.00 Jameson Shots

Tuesday & Thursday "Chalk Board Specials"

Wednesday Domestic Buckets \$15.00

Friday \$5.50 Bombs \$3.75 Well Drinks

Join us for Saturday Night Karaoke starts at 10:00

Sunday \$5.00 Bloody Mary Pints

Domestic Bottles \$3.50 Imported Bottles \$4.00-\$4.50

We also have carry out cans

Private Party Rooms available Call (773) 348-1148

We sponsor all teams

Come in and watch all your favorite ball games

We Carry All Bells - Revolution-Half Acre-Stiegl-Radler -

Lagunitas Products Ciders: VanderMills-Stella-Masners

Give us a call (773) 348-1148 "We're dog friendly"

3333 N. Damen

(773) 549-8845

Crime

Simple battery: Simple / Bar or tavern
3500 block N. Clark St.

Criminal damage
Vandalism: Criminal damage to city of Chicago property / Street
3100 block N. Orchard St.

Vandalism: Criminal damage to vehicle / Street
300 block W. Diversey Pkwy.

Vandalism: Criminal damage to vehicle / Street
2900 block N. Lake Shore Dr.

Vandalism: Criminal damage to vehicle / Residence (garage)
500 block W. Aldine Ave.

Vandalism: Criminal damage to city of Chicago property / Street
500 block W. Aldine Ave.

Obscene telephone calls / Residence
2800 block N. Pine Grove Ave.

Robbery: Strongarm: no weapon / Bank
3300 block N. Ashland Ave.

Theft: \$300 and under / Street
400 block W. Aldine Ave.

Theft: \$300 and under / Residential yard (front / back)
1600 block W. Wolfram St.

Theft: From building / Other
3100 block N. Racine Ave.

Theft: Retail theft / Grocery food store
3500 block N. Broadway

Theft: Pocket-picking / CTA train
900 block W. Belmont Ave.

Theft: Retail theft / Drug store
3500 block N. Broadway

Theft: \$300 and under / Street
300 block W. Oakdale Ave.

Theft: \$300 and under / Parking lot / garage (non-residential)
500 block W. Aldine Ave.

Theft: Retail theft / Other
3000 block N. Clark St.

Theft: \$300 and under / Street
2900 block N. Lake Shore Dr.

Aggravated assault: Other dangerous weapon / Hospital building / grounds
800 block W. Wellington Ave.

Simple assault: Simple assault / Small retail store
1000 block W. Belmont Ave.

Burglary: Forcible entry / Residence
3000 block N. Clifton Ave.

Burglary: Unlawful entry / Apartment
1000 block W. George St.

Criminal damage
Vandalism: Criminal damage to property / Apartment
3500 block N. Halsted

Vandalism: Criminal damage to vehicle / Street
300 block W. Diversey Pkwy.

Criminal trespass: To land / Other
3500 block N. Sheffield Ave.

Deceptive practice ATTEMPT - FINANCIAL IDENTITY THEFT / Residence
3400 block N. Lake Shore Dr.

Deceptive practice: Credit card fraud / ATM (automated teller machine)
600 block W. Diversey Pkwy.

Deceptive practice: Illegal use of cash card / Athletic club
3300 block N. Ashland Ave.

Theft: Retail theft / Small retail store
3100 block N. Broadway

Theft: From building / Athletic club
3200 block N. Ashland Ave.

Theft: From building / Residence
400 block W. Briar Pl.

Theft: \$300 and under / Residence (porch/hallway)
600 block W. Barry Ave.

Aggravated battery: Handgun / Sidewalk
1000 block W. Belmont

Simple battery: Domestic battery: simple / Apartment
900 block W. Wolfram St.

Burglary: Unlawful entry / Residence

1300 block W. Eddy St.

Burglary: Unlawful entry / Residence
1000 block W. Belmont Ave.

Burglary: Attempted forcible entry / Residence (garage)
3200 block N. Kenmore Ave

Robbery: Armed: handgun / Sidewalk
1100 block W. George St.

Robbery: Strongarm: no weapon / Sidewalk
800 block W. Buckingham Pl.

Theft: Over \$300 / Bank
900 block W. Belmont Ave.

Theft: \$300 and under / Apartment
3200 block N. Halsted St.

Theft: Over \$300 / Other
1900 block W. Belmont Ave.

Theft: \$300 and under / Grocery food store
3000 block N. Broadway

Theft: Retail theft / Grocery food store
2900 block N. Ashland Ave.

Theft: \$300 and under / Residential yard (front / back)
1100 block W. Barry Ave.

Theft: \$300 and under / Apartment
1200 block W. Addison St.

Theft: \$300 and under / Street
2900 block N. Lake Shore Dr.

Aggravated battery: Domestic battery: other dangerous weapon / Convenience store
3400 block N. Halsted St.

Aggravated battery: Handgun / Sidewalk
3400 block N. Clark St.

Burglary: Forcible entry / Residence
3100 block N. Honore St.

Criminal damage
Vandalism: Criminal damage to vehicle / Parking lot / garage (non-residential)
500 block W. Melrose St.

Vandalism: Criminal damage to vehicle / Residence (garage)
500 block W. Surf St.

Vandalism: Criminal damage to vehicle / Parking lot / garage (non-residential)
500 block W. Melrose St.

Vandalism: Criminal damage to vehicle / Parking lot / garage (non-residential)
500 block W. Melrose St.

Vandalism: Criminal damage to vehicle / Parking lot / garage (non-residential)
500 block W. Melrose St.

Vandalism: Criminal damage to vehicle / Street
3400 block N. Greenview Ave.

Criminal damage: Criminal defacement / Residence
400 block W. Oakdale Ave.

Criminal trespass: To vehicle / Street
3300 block N. Paulina St.

Motor vehicle theft: Automobile / Street
3100 block N. Seminary Ave.

Other offense: Telephone threat / Residence
800 block W. Buckingham Pl.

Robbery: Strongarm: no weapon / Sidewalk
700 block W. Brompton Ave.

Theft: Over \$300 / Residential yard (front / back)
3500 block N. Bosworth Ave.

Theft: \$300 and under / Residence (garage)
400 block W. Aldine Ave.

Theft: \$300 and under / Residence (garage)
400 block W. Melrose St.

Theft: \$300 and under / Residence (garage)
400 block W. Aldine Ave.



Lakeview Funeral Home

Honoring the life.

For every moment of peace.

For every day of grace and greatness.

For every liberty we enjoy.

We owe a person in the service of our country our heartfelt thanks.

Thanks to the brave United States Military personnel and their families, Law Enforcement personnel and their families, Fire Fighters and their families, EMT personnel and their families and the First Responders personnel and their families for the self sacrifice on a daily basis you all make and know that we appreciate each and everyone of you.

Please call for assistance

773-472-6300

1458 W. Belmont Ave. Chicago, IL. 60657

www.LakeviewFuneralHome.com

Ray Hallowell, P.C.

Expanded Facilities and Handicapped Accessible

Be a Hero for Halloween!

Halloween Costumes for Kids and Adults

Flight suits-choose to be

Tom Cruise or Jack Nicholson.

- ◆ Top Gun ◆ Call of Duty ◆ G.I. Joe
- ◆ G.I. Jane ◆ Jar Head
- ◆ Army ◆ Navy ◆ Air Force ◆ Marines
- ◆ Police ◆ Camo ◆ Pins
- ◆ Patches ◆ Medals ◆ Toy Guns
- ◆ Sun glasses ◆ Hats ◆ Caps

Army Navy Surplus U.S.A.
3100 N. Lincoln Ave. 773.348.8930

Mon-Fri 8-5, Sat 10-5

www.ArmyNavySales.com open 24 hours





By Samantha Mazzotta

Flushing Out Rodents

Q. My mother-in-law was visiting over the holidays and kept saying she could smell a mouse. I looked all over but couldn't see or smell anything. Was she just being paranoid? — *Jim in Worcester, Mass.*

A. Believe it or not, it is possible to smell that a mouse is present in your home. Field mice, for example, build nests in the walls near an entry point. The nests give off a unique musty smell, caused in part by bits of fur padding the nest and urine (mice dribble urine constantly).

Mice also are small and sneaky, usually coming out only at night when the family is asleep and the sound level in the house is low. They travel under cover as much as possible, either along the inside of the walls or the back of cabinets and behind countertop items.

How do they get into the house in the first place? According to Terminix, mice can squeeze through a crack that a pencil will fit through (slightly larger than 1/4 inch in diameter). Rats can get through a quarter-sized opening. So small openings in the foundation of a house are common entry points. Openings around pipes or cables are prime spots as well. Mice also might climb in through the attic, exploiting openings around soffit vents or damaged sections of the roof or eaves.

To find out if you have a rodent infestation, head for the kitchen and food-storage areas (like the basement and pantry). Pick a lower-level shelf and remove all the items, then inspect the back of the shelf, with a flashlight if need be. Look for telltale mouse droppings (they look like black rice grains). You also might see an unusual amount of spilled grains (rice, oatmeal, etc.) or crumbs, and you might detect a faint musty odor.

Inspect the food containers you just took out. Cardboard boxes with gnawed corners indicate mice have attempted to get into them (they often will be chewed through, with their contents spilling out). Plastic bags also will be compromised, and mice can even gnaw through the plastic tops of metal coffee cans.

Next, check the attic and crawlspace areas. Use a flashlight to look for droppings along the support beams, and inspect insulation for damage caused by burrowing rodents.

If you don't find evidence of mice or other rodents in the house, don't assume there is no infestation, particularly if you notice a musty smell. Schedule an inspection by a pest-control service to confirm whether or not you have an infestation.

Firewood Tips

Q. Last year, we ordered a cord of firewood, but the weather was so warm that we barely used half of it in our fireplace. Is the remaining half still good to use this winter? — *Frank in Marlborough, Mass.*

A. Stored correctly, firewood can last for several seasons if need be, so your remaining half-cord should be fine for use this winter. It has continued to season and is probably much drier than it was last year, meaning it will likely catch and burn faster.

Large amounts of firewood that will be stored through the winter and into the next cold season generally should be kept several feet from the house at minimum. The wood should be kept off the ground — loaded on a pallet or a storage rack — and stacked evenly. This creates good airflow between the logs, allows it to dry quickly after a rain storm, and reduces the number of insects that take up

residence in the stack, as well as discourages rodents from creating nests in it.

How much firewood you should purchase and store each year is entirely up to you. I've often passed homes in the Northeastern countryside that have several cords of neatly cut wood stacked underneath the crawlspace of outlying barns, sheds, or sometimes even the houses themselves. In suburban and urban areas, this is probably not acceptable to the neighbors or may violate local ordinances.

Plan to have no more than two winters' worth of firewood stacked near your house. The amount depends on how much you use your fireplace, and whether it is a necessity to warm the home or just a decorative element.

Electrical Safety

Q. What is a GFCI? A contractor we're considering to renovate our kitchen and bathroom keeps mentioning them. — *Gayle S., Wheeling, W.Va.*

A. The letters GFCI stand for "Ground Fault Circuit Interrupter," a safety feature found in power receptacles (outlets). GFCI receptacles are required in bathrooms and kitchens by law.

GFCI receptacles detect when electricity is "leaking" and immediately interrupt the electrical circuit (e.g., shut off the power). This is an extremely important safety feature when operating electrical appliances like hairdryers or toasters near water. Even a tiny amount of excess electrical current will trip the circuit.

The receptacles are reset by pressing a button, usually set between the two outlets.

Painting Tips

Q. I'm painting my apartment next week, the first time I've ever done this. Do you have any painting tips? — *Lana, Columbus, Ga.*

A. Tons of tips, but limited space to list them all, unfortunately! First-timers often are daunted by the amount of paint and paint products to choose from, conflicting instructions from various sources, and sometimes a lack of helpful information from home-improvement store paint sections. Others feel it's simple enough to just buy a bunch of paint and brushes and just go for it. The reality falls somewhere in between.

Preparation is the most important rule to follow, however. You'll want to prepare the walls (and presumably trim) in the apartment for painting. You'll need to figure out not just what color paint to use, but how much of it to buy, and if the colors even work the way you think they will. Here are a few tips to get you started:

- Buy sample sizes of paint colors you're interested in, and paint a stripe of each in an inconspicuous section of the wall. Paint looks different when wet and when dry.
- How much paint should you buy? A gallon of latex paint covers 350 square feet. Measure the length of each wall and add the figures together. Measure the height of the room from

- Wash all surfaces to be painted with a damp sponge soaked in a soap and water solution and then squeezed to remove most of the water. Let the surfaces dry for about a half-day, longer if it's rainy or humid.

- Remove protruding nails and patch nail holes and small (less than 1/2 inch) dents and holes with spackling compound. Once it's dry, sand the compound lightly and wipe with a damp sponge to remove dust.

- Mask off areas you don't want to paint using blue painter's tape, which comes off more easily than masking tape.

- Covering a dark wall with a lighter paint? Prime the wall first with a primer that is close to or matches the color of the new paint.

- Ditto for covering one type of paint, such as an oil-based paint, with a different type, such as latex paint. A primer coat will keep your new paint from bubbling, cracking or peeling.

- Make sure the area being painted is well ventilated; additionally, wear a filter mask (not a dust mask) to reduce inhalation of paint fumes.

Q. How can I know for sure that a circuit has been turned off to a room or larger area? — *Jay S., via email*

A. Plug a lamp or a radio into an outlet in the room, or turn the overhead light or fan on. Have a helper stay in the area and tell you when the light or radio turns off. If you aren't sure or are unable to check for power for any reason, turn off power to the entire home by flipping the main switch or circuit breaker. If you're unsure the power is completely off (for example, power supplied from a source outside the home) or not confident you can make the repair, contact a licensed electrician.

Collecting

by Larry Cox

Baseball Yearbooks

Q. I have some Chicago Cubs yearbooks from the 1950s. How and where can I sell them? — *Janet, Oswego, Illinois*

A. I checked eBay and found dozens of Chicago Cubs yearbooks being offered for sale, including editions from 1948 (\$35), 1949 (\$26), 1950 (\$20), 1955 (\$27) and 1956 (\$40). I suggest you sell your yearbooks there in order to get — in my opinion — the best possible price.

Q. I have a pair of sunglasses with "Reagan '84" on them, obviously a campaign item. Do these glasses have any value, and are they collectible? — *Levetta, Albuquerque, New Mexico*

A. I suspect your sunglasses would retail for about \$20. Most political items are collectible.

Q. I have a pair of plastic salt and pepper shakers that look like Phillips 66 gasoline pumps. Are they worth keeping? — *Betty, Buffalo, New York*

A. Your salt and pepper shakers were manufactured during the 1950s and were given away as premiums by Phillips 66 stations. They are valued in the \$25 to \$35 range by the "Salt and Pepper Price Guide," by Mark Moran and published by Krause Books.

Make room for
restful retreats

THE BOLD LOOK OF KOHLER

Tailored Vanity Collection

It's your home.
When you re-imagine your space, it's your life that gets a redesign. Transform yours with all the details that make home a happy place.

Our showroom product experts share your passion for getting it right, helping you select the perfect bath, kitchen and lighting products for your building or remodeling project.

FERGUSON[®]
Bath, Kitchen & Lighting Gallery

<p>Chicago 3914 N Western Ave (773) 478-4100</p>	<p>Mundelein 1424 Armour Blvd (847) 362-8510</p>
<p>Downers Grove 1410 Butterfield Rd (630) 916-8560</p>	<p>Loves Park 4250 McFarland Rd (815) 282-3100</p>

FERGUSON.COM

©2014 Ferguson Enterprises, Inc.



The Garden Bug
The sap of the **giant hogweed** plant can cause severe skin and eye irritation, painful blistering, permanent scarring and blindness when combined with sunlight exposure. It is contacted by brushing against the bristles on the stem or breaking the stem or leaves. If you come in contact with the sap, wash it off as soon as possible with soap and water, and keep the affected skin hidden from sunlight for 48 hours. Giant hogweed is listed as a "noxious weed" by the US government.
- Brenda Weaver
Source: www.dec.ny.gov, wikipedia.org

Birding BITS BY Cindy Brook
Hatching Monarchs
I like to watch monarch caterpillars grow from the size of an eyelash to the size of my finger. I happened to find a chrysalis hanging off a birdbath ring, so I brought it onto my porch to watch. It's truly miraculous that butterflies emerge from cocoons. Do you watch them?
E-mail: birdingbits@cfl.rr.com
© 2016 King Features Syndicate, Inc.

Birding BITS BY Cindy Brook
Monarch Protection
A chemical in milkweed causes monarch caterpillars to be poisonous to birds. While these caterpillars will not kill a bird if eaten, they taste pretty bad and birds will spit it out. This offers great protection for caterpillars, since birds will not try to eat them again.
E-mail: birdingbits@cfl.rr.com
© 2016 King Features Syndicate, Inc.

The Garden Bug
Saving "dry" seeds
Harvest your seed pods or husks when they no longer look green but brown and dry on the plant. Let them thoroughly dry, then crumble the pods or husks until the inner seeds are released. Lay out some newspaper on a table-top or a shelf, and spread the seeds on it, keeping each kind separate, and record the plant name. Dry the seeds for one week. Then pack the seeds in small paper packets or envelopes, labeling each one with its name, the date and any other information you might need. Store your seed packets in a cool, dry, dark place.
Source: rodaleorganiclife.com, howtosaveseds.com, www.motherearthnews.com

Northcenter Shops and Services

These businesses are dedicated to you and believe in personal service and are true professionals.

Happy Kidds Group
Daycare Home
♦ Open year round
♦ Fenced in play yard
♦ City and State licensed for 15 years
♦ Insured
♦ Ages 6 weeks to 6 years old
♦ Federal Food Program
2148 W. Montrose 773-728-KIDS
773-728-5437
Hours: 7am-6pm Mon. thru Fri.
(The Big Blue House-Go Cubs)

Business Spotlight



Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

He is dedicated to giving each and every customer the personal attention required to ensure that your experience will be a positive one.

If you need to rent a mail box, ship a parcel, have copies made, need something faxed or have a presentation or direct mail piece put together he can assist you.

3D Printing is now available at this UPS Store.

Call The UPS Store at (773) 871-1400



Your print projects are our priority.

The next time you have a printing project, bring it in or submit it online at theupsstore.com/print. We can handle the logistics of getting your project done the way you imagined it. We can print just about anything—from business cards and newsletters to flyers and training manuals. And The UPS Store® offers a range of finishing options including laminating, binding and more.

Let The UPS Store print your next project.

The UPS Store

WE ♥ LOGISTICS™

Mail Boxes Etc., Inc. is a UPS® company. The UPS Store® locations are independently owned and operated by franchisees of Mail Boxes Etc., Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2011 Mail Boxes Etc., Inc.

4044 N LINCOLN AVE
CHICAGO, IL 60618

store4569@theupsstore.com

Quotes worth your time
Patriotism means to stand by the country. It does not mean to stand by the president or any other public official.

Theodore Roosevelt

Football is to Texas what religion is to a priest.

Tom Landry

Great minds discuss ideas; Average minds discuss events; Small minds discuss events.

Eleanor Roosevelt

Reading Lakeview newspaper will make you smarter.

Lakeview Newspaper
www.Lakeviewnewspaper.com



SHOP

Shop Local

Shop Northcenter

From appliances to baby clothing, shop Northcenter first. You keep our community vibrant when you shop local. For shops, restaurants and services available in Northcenter, visit:

northcenterchamber.com

Shop Northcenter is an initiative of the Northcenter Chamber of Commerce to support our community and its businesses.



Comics

The Spats

by Jeff Pickering



R.F.D.

by Mike Marland



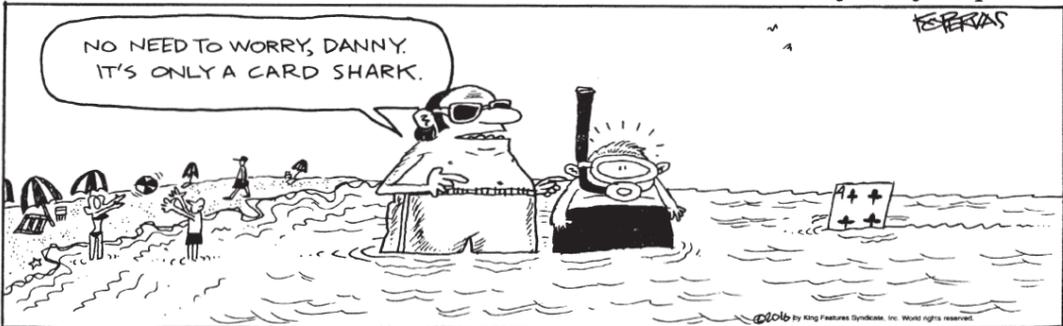
Amber Waves

by Dave T. Phipps



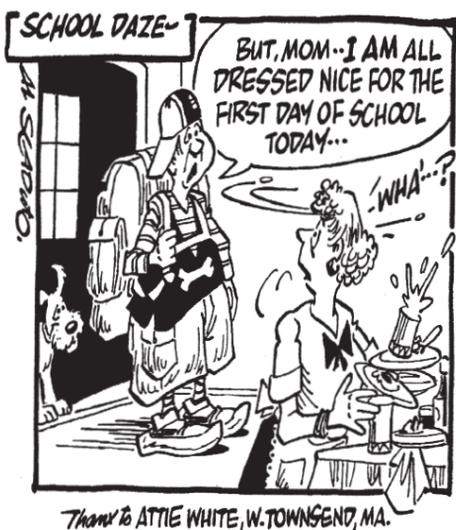
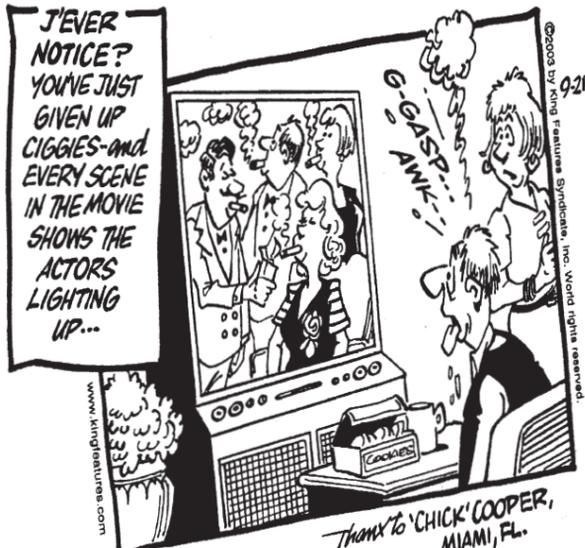
Out on a Limb

by Gary Kopervas



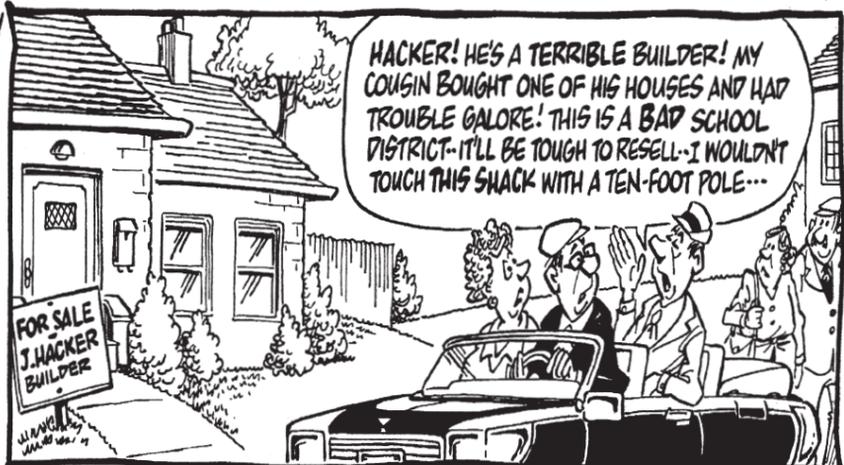
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



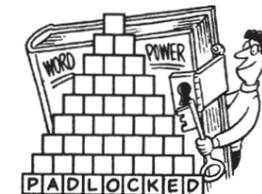
PEOPLE WE CAN DO WITHOUT-- YOU BRING A FRIEND TO SEE THE HOUSE YOU LOVE AND HAVE PUT A DOWN PAYMENT ON-- and...

Thank to GEO. BALABAN, JERICHO, N.Y.



Junior Whirl

by Charles Barry Townsend



PYRAMID OF WORD POWER!
You have three minutes to unlock the secrets of Word Power! Starting with the given word PADLOCKED, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters, at each level, spell out a new word. The following helpful hints are in ascending order.

1. A secured gate.
2. To bring negotiations to a standstill.
3. A well-dressed superhero.
4. Needed something.
5. A car window decoration.
6. Covered with a metal skin.
7. An ungentlemanly individual.
8. A public notice.
9. Lowest passing grade.

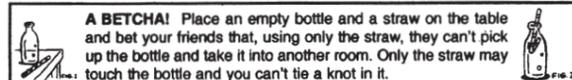
Riddle Card

1. Who goes to bed with his shoes on?
2. What gates are like church bells?
3. What old weapon is like an angry lover?
4. How can you make a tall man short?
5. What is the hardest key to turn?



Illustrated by David Coulson

Answers: 1. A horse. 2. Toll gates. 3. A cross-bow. 4. Borrow a hundred dollars from him. 5. A donkey.



A BETCHA! Place an empty bottle and a straw on the table and bet your friends that, using only the straw, they can't pick up the bottle and take it into another room. Only the straw may touch the bottle and you can't tie a knot in it.

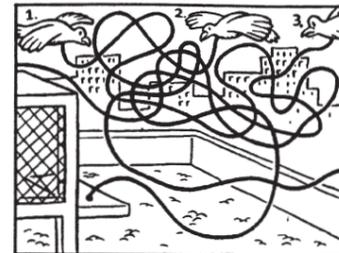
Solution: Bend the straw and insert it into the bottle, where it will wedge itself in, as shown in fig. 2. You will then be able to lift the bottle and win your wager.

IMPROVE YOUR AURA WITH A QUICK SOLUTION! Using the definitions below, can you find the four five-letter words missing in the grid shown? All words must read the same across and down.

1. A haunted house sound.
2. A Cuban dance.
3. A glowing piece of coal.
4. At right angles to.
5. Fate or destiny (jean) (jean).



Answers: 1. Creak. 2. Rumba. 3. Ember. 4. Abeam. 5. Karma.



TRY HOMING IN ON THIS ONE! Can you guess which of the three pigeons found its way back to the coop?

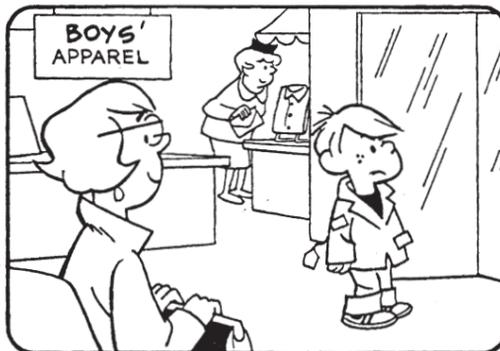
Answer: Pigeon number 3.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sign is different. 2. Warming is shorter. 3. Arm is missing. 4. Tag is smaller. 5. Sale sign is missing. 6. Stool is missing.

New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmall.com

Just Like Cats & Dogs

by Dave T. Phipps



FASHIONABLY FALL

Add to your autumn wardrobe

FAMILY FEATURES

When fall comes on quick and brings cool weather with it, you can't afford to be caught with an unprepared wardrobe. With every season change, there comes an opportunity to make sure your closet reflects your unique style.

With crisp air settling in and beautiful leaves scattered on the ground, it's about more than just a long-sleeve shirt or a football jersey – stay warm from head to toe without sacrificing a look worthy of showing off. For this fall's fashion must-haves, turn to comfortable clothing that holds up against chilly weather with these stylish options.

There are countless choices for assembling the perfect outfit for this season, and the experts at Wrangler can prepare you for whatever each day may hold. Find more cool-weather clothing options at wrangler.com.



Be Ready

Stay ready for whatever weather fall brings with an added layer of warmth from Wrangler Fleece-Lined Jeans. Paired perfectly with denim, cool air is no match for Timberland Willoughby 6-Inch Waterproof Boots that not only look good but feel good, too. With their treated waterbuck leather, these boots promise a smooth all-day ride. For more fall boot options, visit timberland.com.



Be Strong

An outfit that starts with Wrangler Advanced Comfort Jeans is an outfit designed to tackle whatever the day may hold. Made from a unique cotton blend and available in multiple styles, including regular and relaxed fit, these jeans are designed to move with you.



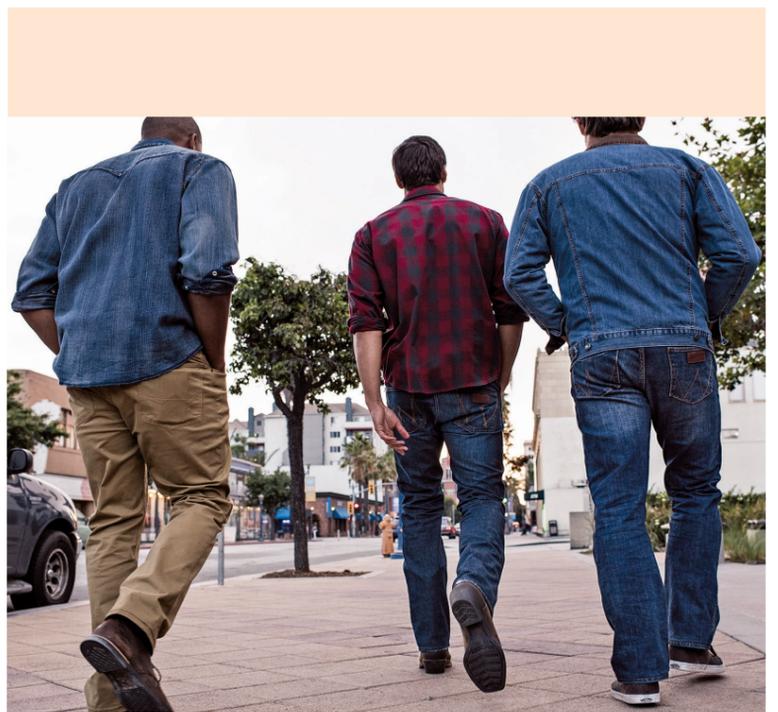
Be Adventurous

Stay warm when it cools down with this Vans 66th Parallel Mountain Edition Jacket, an all-weather, 100-percent nylon horizontal quilt puffer jacket made for the elements. It fuses cold-weather function with Vans' classic California style. Find more styles for autumn adventures at vans.com.



Be Comfortable

Wrangler Cool Vantage Jeans for women keep you cool, dry and comfortable so you're less restricted, no matter where your active lifestyle takes you. With technology that can help wick away sweat quicker than normal denim, you can stay as cool as you look.



BE YOURSELF

With unlimited fall fashion options at your disposal, don't limit yourself. Instead, be true to your personal style, unafraid to live comfortably in your own skin – fashion included. Authentic options, such as iconic Americana clothing from Wrangler, are the ideal way to show off your personal flair. Follow your own style instincts, try new things and never back away from what you feel is the perfect look for the occasion.

founded 1893

Central Savings

Serving the Community for over 123 Years

Need a Loan?

Home and Commercial Loans

Income Property Loans

Up to \$3.1 Million

Quick Commitments

Reasonable Closing Costs

Low Income Loan Program

**Contact: Bonnie Carney, Vice-President
NMLS#459256**

Chicago Locations

**1601 W. Belmont
(773) 528-0200**

**2827 N. Clark
(773) 528-2800**

**3800 N. Lincoln
(773) 528-0010**

**2601 W. Division
(773) 342-2711**

