

Income Tax Deadline
April 18th

Page 4

What's Hot
in Hollywood

Page 7

March 2017

FREE - Our 21st Year
Lakeview, Roscoe Village, Lincoln Square
& NorthCenter



Lakeview

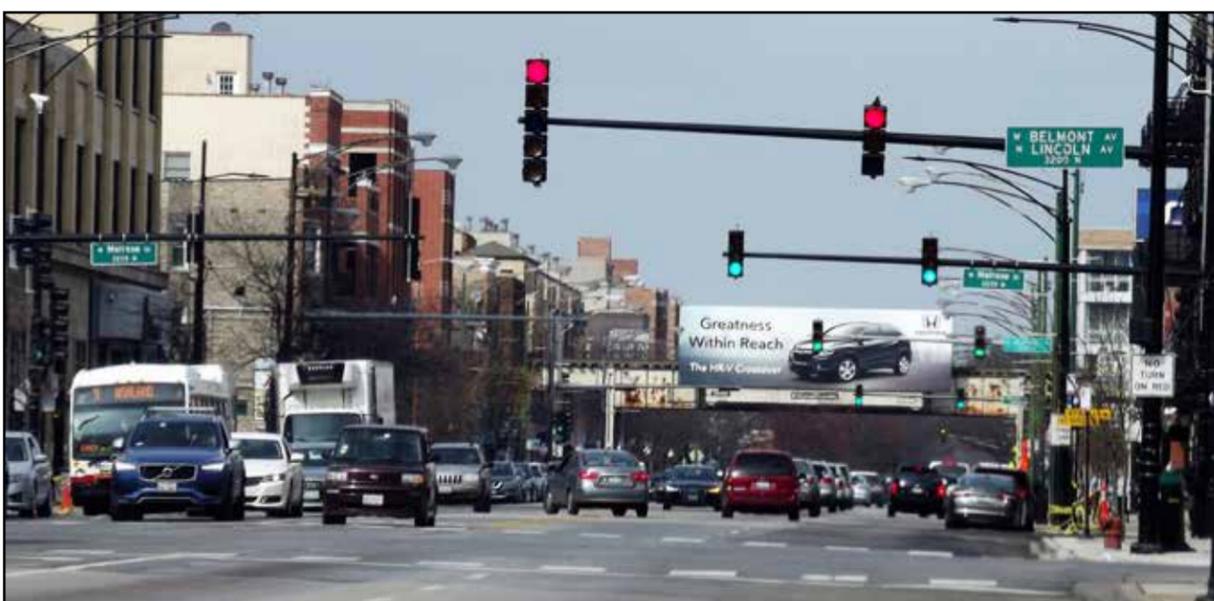
March, 2017

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

Volume 21, Number 4

Interview

Let there be Light



by George Rimel

20 Questions

This month's interview is with Jackie Panek, shopping and grocery manager at Paulina Market, 3501 N. Lincoln Avenue.

Q. Where were you born and raised?

A. Niles, Illinois.

Q. Are you married? Any children?

A. Yes and we have a boy 4 and 1 girl 2.

Q. Where did you attend school?

A. Resurrection High School in Chicago, Northern Michigan University for a year and the Northeastern Illinois University.

Q. What is your fondest childhood memory?

A. Going to the Indiana Dunes with my family. We'd stop and get a whole bunch of sub sandwiches and have lunch and run all over

the dunes.

Q. What was the worst job you ever had?

A. Working at a call center, my first year of college. We had to ask for money from former alumni at North Michigan.

Q. What hobbies/ special interests do you have?

A. I like to ride my bike with my kids.

Q. What is your favorite TV show, movie, book and music?

A. My favorite TV show is "Game of Thrones"; my favorite movie is "Home Alone" my favorite book is "The Picture of Dorian Grey" by Oscar Wilde and I love all kinds of music.

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

A. George Clooney, the actor. I think he's a great actor and handsome.

Q. If you could travel to any country in the world, where would that place

The Department of Transportation has added another traffic light on the corner of Melrose and Ashland Avenue for the new Whole Foods Market store located on the Northeast corner of Belmont and Ashland. When driving north to south, means that every block has a stop light. A light at Roscoe, School, Melrose, Belmont and Barry make this stretch of Ashland Avenue difficult to navigate. The addition of any more traffic lights plus the closing off of the Melrose entrance from Ash-

land Avenue, turns this area into a driving test. However, after numerous meetings with Alderman Tunney and the Melrose neighbors, the neighbors are still concerned how all this grid lock will work. Lakeview newspaper talked to neighbors on Melrose and they said they were concerned that people would bypass Melrose and cut through the parking lot by Pet Smart to enter the new Whole Foods. They also told us that Whole Foods wants to put an outdoor cafe next to the bus stop and can't understand why any-

one would want to have coffee while breathing in all the bus fumes. Although Whole Foods did make concessions to the Melrose neighbors, one second story light is on 24 hours a day and shines into some of the living rooms across the street and another neighbor told us that the sounds that come from Whole Foods at night sounds like a wind generator and runs all night long. The Transportation Department has also added left turn signals at the 6 corner on Ashland Avenue for vehicles moving north or south.

The Melrose neighbors predict that the weekends will be even worse because of the congestion from Cubs games and fests and will just be a "Horrible Mess"! There is talk about making Ashland Avenue a one lane street with a separate express bus lane and bicycle lane. Neighbors also said "There is talk that Kroeger is in talks with Whole Food to buy them. I wonder if the new Whole Food will remain a Whole Food or become a Kroeger if that happens?" The new Whole Foods is scheduled to

Continued page 2

What's on your Mind?



"I worry about the school system for my 6,7 and 8 year old children. I worry about the handicapped and disabled. School needs to be a safe haven for kids that might be illegal."

Rochelle Perpignan



"Health care. It's so expensive as a single mom with a daughter."

Wallene Blizzard



"2018 mid-term electoral Governors race."

Charlie MacIntyre

Continued page 2

Editorial & Opinions

Interview continued from Page 1

be and why?

A. Italy because of the food, culture and history.

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

A. My mom.

Q. Who do you most admire and why?

A. My grandma. She is the most selfless person I know. She would do anything for the people that she loves. She never puts herself first.

Q. What has been your three greatest achievements?

A. My family, my husband and children; Being able to help my family run the business and buying our first home.

Q. What has been your three greatest disappointments?

A. Not traveling more before I had kids; There not being a cure for cancer and better treatment options and not spending more time with my kids.

Q. Is there anything that you would like to change about yourself?

A. I would like to stop thinking so much and not worry so much about things that I can't control.

Q. What is your "pet peeve"?

A. People being late.

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

A. Buy a brand new car. It was too small for my needs.

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

A. Be honest and stay true to yourself.

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

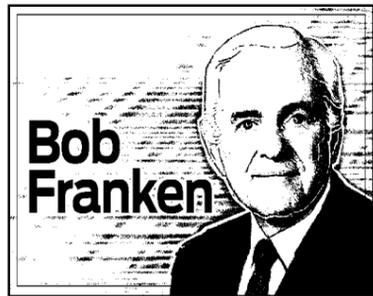
A. Make parking easier for customers and better snow removal on the side streets.

Q. What is your most prized possession?

A. My kids.

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

A. Live every day as if it's your last. Life is precious.



The Incomplete Enemies List

My feelings are hurt. I'm not on President Donald Trump's list of "enemies of the American people." Here is his exact tweet:

The FAKE NEWS media (failing @nytimes, @NBCNews, @ABC, @CBS, @CNN) is not my enemy, it is the enemy of the American People!

1:48 PM — Feb 17, 2017

I mean, what do I have to do to make the team? I've called him a know-nothing buffoon. I've condemned his actions on immigration. My comments on his reaction to judges have dripped with scorn. I've ridiculed the ineptitude of both him and the people around him. Yet I'm not on the list of "FAKE NEWS media." I am as big a "FAKE" as any of them.

Perhaps he simply forgot. I notice that The Washington Post is not in the rundown. And WashPo has poh-mouthed Donald Trump as much as any news organization. Is that it? Does he have a faulty memory? That's debatable. On the one hand, Trump remembers slights in his life that date back to childhood. But at the same time, he recalls events that never happened, like Muslims cheering right after 9/11.

It's difficult to know whether to dismiss this as amusing hyperbole or cheap-shot demagoguery, or to take it seriously. "I think you should take it seriously," said Reince Priebus, White

House chief of staff and chief sycophant, on CBS. Well, there's a clue. Another one comes from the Trumpster himself: "We have to talk about it. We have to find out what's going on because the press, honestly, is out of control. The level of dishonesty is out of control."

To many, it raises concerns about an authoritarian approach to news outlets that dare to report in ways other than adulation. Adam Schiff, a Democratic congressman who sits on the House Intelligence Committee, describes Trump's words as "something that you hear tin-pot dictators say when they want to control all of the information."

John McCain, Republican senator who constantly cultivates his image as an iconoclast, was not bothering with subtlety: "If you want to preserve — I'm very serious now — if you want to preserve democracy as we know it, you have to have a free and many times adversarial press, and without it, I am afraid that we would lose so much of our individual liberties over time. That's how dictators get started."

McCain recognizes that in order to have the informed electorate that makes a free society work, we require the aggressive media, even adversarial media, shining a harsh light on the propaganda that these same politicians use to get their way and to prosper. We need to accept that being unpopular goes with our job, because we're uncovering bitter reality instead of offering reassuring platitudes. Trump is not the first to label us "enemies."

I'm not on his list, but I'm a proud enemy — and not of America, as he charges. We are enemies of the lies and inappropriate actions of any leader who would damage our country. Those of us who care about what we do see that as a way to serve our nation, and protect against those in power here who often are the real enemies of America.



What's Happening in Sweden

As if on cue, riots broke out in a heavily immigrant suburb of Stockholm as soon as the media mocked President Donald Trump for a vague warning about immigration-related problems in Sweden.

At a campaign rally, Trump issued forth with a mystifyingly ominous statement. "You look," he declared, "at what's happening last night in Sweden." *What? Had the president invented a nonexistent terror attack?* As it turned out, the reference was to a segment on Sweden he had watched on Fox News the previous night rather than to any specific event in the Nordic country.

The ensuing discussion quickly took on the character of much of the debate in the early Trump years — a blunderbuss president matched against a snotty and hyperventilating press, with a legitimate issue lurking underneath.

By welcoming a historic number of asylum-seekers proportionate to its population, Sweden has indeed embarked on a vast social experiment that wasn't well thought out and isn't going very well. The unrest in the Stockholm suburb of Rinkeby after police made an arrest underscored the problems inherent in Sweden's immigration surge.

Sweden's admirable humanitarianism is outstripping its capacity to absorb newcomers. Nothing if not an earnest and well-meaning society, Sweden has always accepted more than its share of refugees. Immigration was already at elevated levels before the latest influx into Europe from the

Middle East, which prompted Sweden to try to see and raise the reckless open-borders policy of German Chancellor Angela Merkel.

Sweden welcomed more than 160,000 asylum-seekers in 2015, and nearly 40,000 in October of that year alone. For a country of fewer than 10 million, this was almost equal to 2 percent of the population — in one year.

Predictably, it isn't easy to integrate people who don't know the language, aren't highly skilled and come from a foreign culture. There is a stark gap in the labor-force-participation rate between the native born (82 percent) and the foreign born (57 percent). As the Migration Policy Institute points out, Sweden is an advanced economy with relatively few low-skills jobs to begin with. On top of this, high minimum wages and stringent labor protections make it harder for marginal workers to find employment, while social assistance discourages the unemployed from getting work.

None of this is a formula for assimilation or social tranquility. In a piece for The Spectator, Swedish journalist Tove Lifvendahl writes, "A parallel society is emerging where the state's monopoly on law and order is being challenged."

And the fiscal cost is high. According to Swedish economist Tino Sanandaji, the country spends 1.5 percent of its GDP on the asylum-seekers, more than on its defense budget. Sweden is spending twice of the entire budget of the United Nations High Commissioner responsible for refugees worldwide. Pressed for housing, Sweden has spent as much on sheltering 3,000 people in tents as it would cost to care for 100,000 Syrian refugees in Jordan.

It is little wonder that Sweden, where so recently it was forbidden to question the openhanded orthodoxy on immigration, has now clamped down on its borders. Sweden is a unique case, but clearly one of the lessons of its recent experience is, Don't try this at home.

Let there be Light continued from page 1.

open March 22nd and according to sources at Whole Foods, it will be totally stocked. The old store will not move any of the grocery items over to the new store and they weren't sure what would happen to the stock in

the store on Ashland and School Street. However, the new tenant for the old Whole Food location on Ashland and School Street will be Target. It will take revamping the store and facade and will take months before opening.

MAY YOUR TROUBLES
 BE LESS
 and your
 Blessings
 be MORE
 AND NOTHING BUT
 HAPPINESS
 come through your
 door
 IRISH BLESSING

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SENIOR NEWS LINE

by Matilda Charles

Yes, You Need a Hobby

Hobbies can help keep us physically and mentally fit, and there are plenty of them to choose from. If you've recently retired, you might not even know where to begin. Here are some ideas to get you started.

For the physically active, explore outdoor photography, yoga, wood-working, metal detecting, ballroom dance, golf or indoor swimming at the Y. While you're there, check out the Y's offering of fitness classes for seniors.

For those who'd rather sit at a table or computer, those boxes of memorabilia will give you plenty of items to begin your own scrapbook. (Add stories and poetry, or photos to pass down to the next family generations.) Try online chess or other games for brain stretching. Start a collection, or expand one you dabbled at before, such as coins or stamps. Consider ham radio, and talk to the world.

Even if you don't think you can paint or draw, taking a class will give you a start. (Remember that Georgia O'Keeffe painted into her 90s.) Writing a daily or weekly blog post on an online forum of your own can give you a voice to express your opinions. Stories, poetry or even a novel are at your fingertips. Take a computer class that will teach you how to create and save files, if that's where you need to begin.

Still don't know where to start? Make a list of things that interest you and expand from there. If you're good at sewing or painting, see if your skills are needed by the local theater group. If a line-dance class sounds good, try that. If you've going to travel, take a foreign-language class.

Bonus: You don't have to limit yourself to one hobby. For the most fun, combine active and sitting activities.

Retirement Community: Is One Right for You?

Many seniors get to a point in life where a big house is too much to manage. Maybe the weather is no longer tolerable. It's then that the idea of a retirement community begins to look inviting.

However, a new place to live might not be all you imagined. Before you pack up and move into a retirement community, consider the following:

- Will you have control of when and how you leave the community? If your health fails, does the fine print say that someone else gets to decide when you need a place with more care? Look carefully at the details of continuing-care communities and learn what they actually provide, versus independent-living communities. Find out what's available at the closest hospital, just in case.

- If you already have a helper who does your shopping or cleaning, will that person be allowed to continue?

- Will your new home have a kitchen? If it doesn't, you'll be stuck with adhering to the eating schedules already established in the dining room. Is there a fee to bring your meals to you?

- You won't automatically make new friends, or even be accepted by people. The groups have already formed before you arrive. Find out the ages, genders and single/couple ratios.

- What is the rate of staff turnover at any community you consider? High turnover can indicate unhappiness among the staff.

- Are your hobbies supported? If the slick brochures advertise pottery classes, do those actually take place?

- Are you allowed to sell your home to anyone, or does management have a say? What is the annual rate of increase of any monthly fees? If you make a large lump-sum payment when you move in, is the entrance fee refundable?

Have an attorney review any documents before you sign them.

VETERANS POST

by Freddy Groves

Special Resources for Women Vets

Women veterans, mark your calendars for April 21-22, when the 2017 National Women Veterans Summit is held in Dallas.

Women make up 10 percent of all veterans, and that number is expected to rise to 15 percent. The summit will focus on what women veterans need and will offer information, training and guidance in exploring resources both in the Department of Veterans Affairs and out in the community. It will bring together those in public-sector agencies, private government, nonprofits, corporations, researchers ... and of course, women veterans. They'll be panels, open forums, lectures and more.

Read about the event at www.va.gov/womenvet. Keep an eye on the site, as the exact location has not been confirmed as of this writing. Registration will be posted on the site.

While you're on the website, The Center for Women Veterans has a full list of resources and programs. Check out the Veteran Artist Program, which includes collaboration and mentorships in visual art, performing arts, film and video, and interactive media. Look at MusiCorp, a conservatory-level music rehab program, and Operation Encore, showcasing the singer-songwriter talents of veterans and military members. If there's nothing near you, click on Americans for the Arts for a state-by-state directory of art opportunities.

Did you know there's a call center just for women veterans? See www.womenshealth.va.gov. The WVCC staff is specially trained to help women veterans. You can either call them Monday through Friday 8 a.m. to 10 p.m. ET, and on Saturdays from 8 a.m. to 6:30 p.m. ET, or click the Chat but-

ton on the right side of the screen. The trained staff members are women as well, and so far, they've helped 33,000 veterans.

Rest in Peace? Not at These Cemeteries

The Department of Veterans Affairs National Cemetery Administration earned high marks in a recent survey of customer satisfaction, but on the state level, it's another story.

The VA cemetery in Exeter, Rhode Island, under the control of the Department of Human Services, incorrectly laid out a row of graves in 2010, and since then seven veterans were interred in the wrong place. Even when the permanent grave markers were installed, the problem wasn't noticed and markers were put in the wrong place on 21 graves. The mistake wasn't found until recently, when cemetery workers tried to make space for a veteran's wife, and there was no room in the grave.

Can you imagine? You visit the burial site of your loved one and later learn you were in the wrong place, year after year?

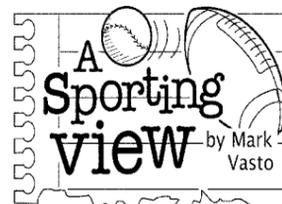
There apparently were no procedures in place to prevent this kind of mistake, but there will be now. A second person will need to verify that the remains are in the correct place.

It wasn't the first mistake of this kind at the Rhode Island cemetery. One woman inquired about why the ground at her mother's grave wasn't freshly turned. It was discovered that the woman, the wife of a former state senator, had been buried a few rows down and a few spaces over, instead of with her husband. Explanation: human error. This is the same cemetery where piles of U.S. flags were discovered last year dumped like so much garbage, found and photographed by a son who came to pay his respects at his father's grave.

It's hard to pick out which veterans cemetery is the worst, but this one is right up there: In Texas, a veteran's grave marker left off his middle name. The replacement marker had the word "united" misspelled, as in United States of America.



by Chris Richcreek



by Mark Vasto

NOPE

I have a friend who runs a high-end retail business. Every day, one of the things she does is check the rungs inside of the clothes racks. Occasionally, she will find an article of clothing stashed behind, say, a rack of dress shirts. The next time the sneaky person goes to check on the item, there's a post-it note with the word "NOPE" in its place.

Major League Baseball is sneaky, too. It's the only game where you're allowed to steal — the other manager's signals, the catcher's signals ... an actual base or two — not to mention all of the even sneakier stuff some guys try to pull. Vaseline under the cap, nail files in their back pocket, spit and rosin, to name a few. But nothing is more egregious than when baseball tries to sneak in a new rule.

Home-field advantage being decided by the winner of the All-Star Game? Stupid, when it's a game based upon mutual participation and can theoretically end in a tie. The new one-game play-in playoff games? The worst. The designated hitter — good idea in theory, kind of worked out for guys like David Ortiz, Reggie Jackson, Jim Thome and Edgar Martinez, but really hasn't made watching games any more enjoyable. The most exciting plays in baseball are the defensive ones anyway.

But now they've come up with

1. Who are the only three major-league third basemen to have a season in which they hit 40-plus home runs and led the A.L. in runs scored?
2. Two major-league players are tied for the most Gold Gloves for an outfielder (12). Name them.
3. Tampa Bay's Jameis Winston tied a record in 2015 for most touchdown passes by a rookie in a game (five). Who else did it?
4. Name the last ACC men's basketball team before Boston College in 2015-16 to go winless in conference play for a season.
5. How many times have the Florida Panthers registered at least 100 points in the standings for an NHL season?
6. Who was the first African-American woman to win an Olympic gold medal in swimming?
7. When was the last time before 2016 that the U.S. team swept the first session of golf's Ryder Cup?

Answers

1. Al Rosen (1953), Alex Rodriguez (2005, 2007) and Josh Donaldson (2015).
2. Roberto Clemente and Willie Mays.
3. Ray Buivid (Chicago Bears, 1937) and Matthew Stafford (Detroit Lions, 2009).
4. Maryland, in 1986-87.
5. Once, in the 2015-16 season.
6. Simone Manuel of the U.S. in 2016.
7. It was 1975.

STAN SMITH'S TENNIS CLASS

NO FLICK ON THE REACH

It's a common mistake at the net to use too much swing on your volley. This can be a particular problem when you are reaching for a wide volley. Don't take a big swing, but instead just stretch out and keep a firm wrist.



You need to be willing to really stretch out in order to reach wide volleys. Many players don't give the extra effort that often makes the difference in reaching the ball.



top ten

Coziest Cities

1. Boston
2. San Francisco
3. Seattle
4. Albany, N.Y.
5. Portland, Ore.
6. Rochester, N.Y.
7. Minneapolis
8. Sacramento
9. Denver
10. Salt Lake City

Source: Honeywell Heaters

top ten

Quietest Dogs

1. Akbash Dog
2. Basenji
3. Borzoi
4. Bulldog
5. Cane Corso
6. Chesapeake Bay Retriever
7. Greater Swiss Mountain Dog
8. Irish Wolfhound
9. Italian Greyhound
10. Whippet

Source: "Planet Dog: A Doglopedia"

victorious, eternal, light

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Health



Back Surgery Comes With No Guarantees

DEAR DR. ROACH: An MRI showed that I have severe stenosis of my C6 vertebrae. I have pins-and-needles sensations that often go down my right arm and in the neck area of my left shoulder.

I saw an orthopedic surgeon, who stated that he could "cure" my stenosis with a laminectomy surgery. Based on his recommendation, I have completed a six-day pack of prednisone and four weeks of physical therapy, with little diminishment of my symptoms. I am now taking Celebrex daily.

I have spent hours going through the various medical journals online, but could not locate any journal article that summarizes the prognosis of this surgery. Do you know of any research that discusses the post-surgery results, including the degree to which symptoms are reduced and what percent of patients require further surgical interventions? It would be informative to know if there are any other options if PT has provided little benefit. — J.N.U.

ANSWER: As physicians, we like to practice evidence-based medicine, but the sad fact is that evidence to help guide us often is lacking, so we are left with our own education, training and clinical experience to make those decisions.

In this situation, we have a few studies to help us. The most-cited one, an analysis of two randomized, controlled trials, showed a faster improvement from surgery, but no difference

in symptoms one or three years after surgery in the operation group, compared with the medication and physical therapy group. Several more-recent observational trials have shown significant improvement in pain and movement after surgery.

The real problem is that a population doesn't go to see a doctor about neck pain — an individual does, and studies that examine population outcomes can't give precise information about outcomes. Further, these studies don't even apply to some people. For example, progressive weakness is a clear indication for surgery, and people with that complaint wouldn't be considered for the trials. You still require an experienced surgeon to give you the best information he or she can about your condition.

It stands to reason that the more severe the pain and restrictions on activity, the more likely surgery is to help. Back surgery really should be contemplated only by people with moderate to severe symptoms, and those who recognize that, despite the best care, sometimes surgery does not help and, rarely, can make things worse.

DEAR DR. ROACH: I have heard of a number of different things to help acid reflux. Does raising the head of your bed fit into that category, and if so, by how much? — T.E.D.

ANSWER: Yes, raising the head of the bed can reduce symptoms of acid reflux. The traditional method is a brick or two under the head of the bed, but a wedge-shaped pillow works too. Using lots of regular pillows usually does not.

When we sleep, any acid that gets passed backward (refluxed) from the stomach into the esophagus stays there for a long time, since neither gravity nor the swallow reflex helps it down. With the head elevated, there is some gravity acting against reflux and getting it back into the stomach.

'I Took an Aspirin!'

DEAR DR. ROACH: I took an aspirin for a seeming heart attack and went to the hospital, where I was asked if I had taken any meds. I answered "no," and was medicated; the result was panic for the doctors, as my heart rate slowed to a dangerous rate. With care and an extra day in the hospital, I was released. My ignorance about medicines was scary. I think that it should be emphasized that "meds" does not mean only prescriptions. Tell the doctor, "I took an aspirin!" — R.G.

ANSWER: Indeed, your doctors should know about all medications you are taking, including over-the-counter, vitamins and other supplements. Sometimes women forget to mention their oral contraceptives.

Aspirin is a powerful medicine, not to be taken lightly. That being said, I am not sure why your heart rate slowed to a dangerous rate. Beta blockers usually are given for suspected heart attack, and some people do have dramatic responses to beta blockers, and their heart rates slow way down. I can't explain why aspirin could have made that more likely, since aspirin shouldn't slow down the heart rate. I also couldn't find any interaction between beta blockers and aspirin.

DEAR DR. ROACH: I am a 78-year-old female who has had three orthopedic surgeries (hip repair, hip replacement and knee replacement) with spinal anesthesia in two years. Each time, the anesthesia has left me with severe orthostatic hypotension requiring medication for months. If I should ever need surgery again, is there any other anesthetic that would be just as effective and not make me ill? — A.P.

ANSWER: This actually is a very common problem, with at least half of people undergoing orthopedic surgery having some orthostatic hypotension (a lowering of blood pressure upon sitting or standing) immediately after surgery. You have had a very prolonged reaction. I spoke with an anesthesiologist at the Cleveland Clinic, who told

me that the issue could have been any of the anesthetic and adjuvant agents that were used. He recommended more salt and water before any operation and longer time in progressively upright positions before trying to get up post-operatively.

Finally, your next anesthesiologist could look at your preoperative and anesthesia records and try to figure out what agent you had that was most likely to have been causing this, so to avoid its use next time.

DEAR DR. ROACH: Two lab tests done in the past two years show that my kidneys are not functioning at 100 percent. Is there any action I can take (such as diet or medication) to keep these figures from worsening? — L.M.

ANSWER: Kidney function tends to decrease with age, but kidneys also can be damaged from high blood pressure, diabetes, some medications and many other causes. If kidney function is low, your doctor should look at your prescription medication and carefully evaluate their dosing. Also, anti-inflammatory medicines like ibuprofen or naproxen should be minimized. Even Tylenol can cause long-term kidney damage in high doses for long periods of time. Managing any chronic illnesses and avoiding toxic drugs are the most important actions.

Can Spleen Rupture Without Any Trauma?

DEAR DR. ROACH: My husband was admitted to the hospital with a ruptured spleen that bled into his belly. His surgeon repaired it with a coil. He was not in an accident and had no injuries or any bruising anywhere on his body. His doctor had never seen this; he says a ruptured spleen usually is sustained from some sort of accident. My husband is almost 59, and in good health otherwise. How could this happen, and could this happen again? — J.C.

ANSWER: The spleen removes defective red blood cells from the circulation, and it also destroys bacteria and infected cells. In fact, it is in many ways like a big lymph node, responding to infections by activating and enlarging.

Although a ruptured spleen is well-described in the literature, I've never seen a case like your husband's either. The last ruptured spleen I saw was a college football player who was simultaneously hit by two opposing players, one on either side, both much larger than he was.

Most people with spleen rupture had an enlarged spleen to begin with, from cancer such as leukemia or lymphoma, infection such as EBV (the virus that causes mononucleosis), inflammatory conditions such as pancreatitis or mechanical causes such as pregnancy. A few cases are related to medications, and a few have no identifiable cause for rupture.

As far as risk of it happening again, there you have me. I found one paper that says the prognosis is "excellent." I would have to refer you back to his surgeon. People who have had their spleens removed are at risk for certain infections, and should have a vaccine for pneumococcus, a major cause of pneumonia. The vaccine is normally given at age 65. Your husband should speak with his doctor about getting it now (since I don't know if his spleen is now considered normal).

*Happy St. Patrick's Day
March 17th*



Financial Statement

Why is Tax Day April 18?

The regular tax return filing deadline is April 15. However, due to April 15 being on a Saturday and the Washington D.C. Emancipation Day holiday being observed on April 17 instead of April 16, 2017, Tax Day is on the following Tuesday.

After April 18, 2017, you can still prepare and efile a 2016 tax return on efile.com until October 16, 2017 (after that date, the IRS will no longer accept 2016 returns electronically, and you will need to paper file your 2016 return.)

If you owe taxes and you file or efile later without getting a tax

extension, the IRS will generally charge penalties based on the amount you owe. There are also penalties for paying your taxes late, even if you got an extension. However, the late filing penalties are more severe, so you should try to file on time even if you owe taxes and can't pay.

If you owe taxes and are already late, you should file a tax return immediately and explore your options to pay tax. If you expect a tax refund and you file late, there is no real penalty other than the effective delay of your refund.

IRS Threats

According to the Treasury Department,

phone calls from fake IRS agents are now targeting people with college loans. They are threatened with arrest and other penalties unless a nonexistent "federal student tax" is immediately paid.

A request for payment by wire transfer and prepaid cash cards is usually a signal that it's a

scam. It's also illegal for telemarketers to ask for payment that way. Many scammers have turned to iTunes gift cards as their preferred payment. You may be asked to purchase a card, load money on it and then provide the 16-digit code. It's a quick and almost untraceable way to steal your money.

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Trivia test

by Fifi Rodriguez

FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

top 10 movies

TOP VIDEO RENTALS AND SALES

top ten

REAL WORDS FROM Harry Potter

1. FOOD & DRINK: Which plant sometimes is known as "pieplant" because its edible stalks often are used in desserts?
2. LITERATURE: Which of Shakespeare's plays features a character named Viola?
3. MOVIES: Which movie featured the theme song "You've Got a Friend in Me"?
4. U.S. PRESIDENTS: Who served as vice president of the U.S. for 82 days before becoming president?
5. GEOGRAPHY: What two countries are connected by the Khyber Pass?
6. MUSIC: What bridge did Billie Joe jump off in Bobbie Gentry's song "Ode to Billie Joe"?
7. ANATOMY: Where would the parietal bones be found in the human body?
8. RELIGION: What is the second book of the Old Testament?
9. GEOLOGY: What kind of natural stone is known as Carrara?
10. GENERAL KNOWLEDGE: What is the official language of Brazil?

1. Who released "Tiny Dancer," and when?
2. What group released "I Wanna Be Sedated"?
3. Who was the lead singer for Simply Red?
4. Where did Flo and Eddie get their start?
5. Name the song that contains this lyric: "I always will treasure them so close to my heart, They always will haunt me although we're apart."

1. The LEGO Batman Movie(PG) animated
2. Fifty Shades Darker(R) Dakota Johnson, Jamie Dornan
3. The Great Wall(PG-13) Matt Damon, Tian Jing
4. John Wick: Chapter 2(R) Keanu Reeves, Riccardo Scamarcio
5. Fist Fight(R) Ice Cube, Charlie Day
6. Hidden Figures(PG) Taraji P. Henson, Octavia Spencer
7. Split(PG-13) James McAvoy, Anya Taylor-Joy
8. A Dog's Purpose(PG) Josh Gad, Dennis Quaid
9. La La Land(PG-13) Ryan Gosling, Emma Stone
10. Lion(PG-13) Dev Patel, Nicole Kidman

- ### Top 10 Movies On Demand
1. Trolls(PG) animated
 2. Jack Reacher: Never Go Back(PG-13) Tom Cruise
 3. The Accountant(R) Ben Affleck
 4. The Girl on the Train(R) Emily Blunt
 5. Boo! A Madea Halloween(PG-13) Tyler Perry
 6. Almost Christmas(PG-13) Kimberly Elise
 7. Loving(PG-13) Ruth Negga
 8. Masterminds(PG-13) Kate McKinnon
 9. Inferno(PG-13) Tom Hanks
 10. Deepwater Horizon(PG-13) Mark Wahlberg

- ### Top 10 DVD, Blu-ray Sales
1. Trolls(PG) FOX
 2. Justice League Dark(R) Warner Bros.
 3. Jack Reacher: Never Go Back(PG-13) Paramount
 4. Boo! A Madea Halloween(PG-13) Lionsgate
 5. Pinocchio(Approved) Disney
 6. Almost Christmas(PG-13) Universal
 7. The Accountant(R) Warner Bros.
 8. Deepwater Horizon(PG-13) Lionsgate
 9. Inferno(PG-13) Sony
 10. The Secret Life of Pets(PG) Universal
- Source: ComScore

1. Dumbledore
 2. Muggle
 3. Squib
 4. Basilisk
 5. Hippogriff
 6. Nagini
 7. Grindylows /Boggarts
 8. Mandrake
 9. Draco
 10. Arithmancy
- Source: Merriam-Webster

Answers

1. Rhubarb
2. "Twelfth Night"
3. "Toy Story"
4. Harry Truman
5. Afghanistan and Pakistan
6. The Tallahatchie bridge
7. The skull
8. Exodus
9. Marble
10. Portuguese

1. Elton John, in 1972. The song didn't do well in the U.S., only hitting No. 41, but that hasn't stopped it from being widely covered. Mangled versions on the TV sitcoms "Friends" and "Will and Grace" changed the lyrics to "Hold me closer, Tony Danza."
2. The Ramones, in 1979. The song was written in a London motel room at Christmas, with nothing to do as everything was closed. Hence the name.
3. Mick Hucknall, who spent 25 years with the group.
4. As lead singers (Mark Volman and Howard Kaylan) for the Turtles, back in 1965.
5. "Those Oldies But Goodies," by Little Caesar & the Romans, in 1961. The group was originally called the Upfronts, but change to the Romans once they hooked up with Little Caesar, sometimes wearing togas on stage.

Strange BUT TRUE

By Samantha Weaver

• It was beloved 20th-century English novelist, journalist and critic Eric Arthur Blair — better known as George Orwell — who made the following sage observation: "Journalism is printing what someone else does not want printed; everything else is public relations."

• In August of last year, Charles City, Iowa, saw an over-the-top display of irony when a local bar named DeRailed was struck by — you guessed it — a derailed train car.

COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

PICKS OF THE WEEK

Passengers (PG-13) — On a luxurious spaceship traveling to a distant planet, scores of passengers rest in a 120-year-long hibernation. Then something makes Jim (Chris Pratt) wake up 90 years too early. With the certainty of dying alone, he selfishly wakes up another passenger, a beautiful writer named Aurora (Jennifer Lawrence). A complex dynamic forms, or starts to form, but then an outside threat takes priority and that other stuff gets smoothed over. It's an interesting concept for a sci-fi drama, and the ship seems on course for a while. However, like 2007's sci-fi thriller "Sunshine" and the more recent "Interstellar," there is a great building of steam, and then a rogue wave in the third act nearly sinks the whole vessel.



Chris Pratt, Jennifer Lawrence in "Passengers"

Fences (PG-13) — Denzel Washington stars in and directs this adaptation of the play by August Wilson about a family's struggle with bitterness and dreams cut short in 1950s Pittsburgh. Troy Maxson (Washington) is a sanitation worker who builds a fence in his backyard as he continues to build a barrier separating himself from his wife (Viola Davis) and two sons (Russell Hornsby and Jovan Adepoo). Washington and Davis received fantastic reviews for their part in the Broadway revival of the play, and that experience translates really well to the screen. As a director, it seems that Washington did everything to put the play onto the screen without jostling any of the pieces too much. It's a working film that doesn't try to re-envision the play for a new a new medium, just to do right by it.

Elle (R) — Michelle (Isabelle Huppert) is a mysterious woman. She's running a video-game company, she still has feelings for her tormented ex-husband, she has a married lover, and she was assaulted in her home but never told the police and continues about her business. Michelle winds up searching for the identity of her attacker, crossing into murkier and shadier tactics as she goes, her intentions never fully clear along the way.

TV RELEASES
Z Nation: Season 3
CHiPs: The Complete Fifth Season
Newhart: The Final Season
Mrs. Bradley Mysteries: The Complete Series
LEGO Ninjago: Masters of Spinjitzu: The Complete Sixth Season



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What's Hot in Hollywood

HOLLYWOOD — **Hugh Jackman** said “Logan” would be his last “Wolverine” film. In “Logan,” which opens March 3, Professor X (**Patrick Stewart**) introduces Logan to Laura, a young girl with powers like his (who may be the future of the “Wolverine” franchise). Jackman admitted, “I was having a chat with **Jerry Seinfeld**, and he was talking about why he finished ‘Seinfeld.’ He said he’s always had this belief you never know when either your energy or the audience’s energy is going to dip into people saying, ‘Oh please, go.’”



Twentieth Century Fox

Hugh Jackman in “Logan”

However, in December, **Ryan Reynolds** revealed that he’s been trying to convince Jackman to re-sign for a “Wolverine/Deadpool” crossover film. Reynolds appealed to fans, “I want ‘Deadpool’ and Wolverine in a movie together. What we’re gonna have to do is convince Hugh.” Jackman recently said, “I’m hesitating, because I could totally see how that’s the perfect fit.” Reynolds is determined and Jackman is persuadable. Let’s hope.

Judy Garland died in 1969 at 47. Her last husband, **Mickey Deems**, shut her children — **Liza Minnelli**, **Lorna Luft** and **Joey Luft** — out of funeral arrangements and her burial. When he died in 2003, he was cremated, not buried with her. Now, 48 years later, they’ve moved her remains from New York City to Hollywood, where they all live, to the Judy Garland Pavilion at The Hollywood Forever Cemetery, which will be the family crypt for Liza, Lorna, Joey, as well as Judy’s grandchildren.

Judy has finally come home to Hollywood, where she loved living and working for so many years. She might not be thrilled about being buried next to Paramount Pictures, however, where she never worked, instead of MGM in Culver City.

Elton John and **Paul Rudnick** are preparing a musical based on the 2003 **Meryl Streep** film “The Devil Wears Prada,” which grossed \$326 million.

Insiders say **Johnny Depp** is broke because he owns too many homes and cars. He might have to liquidate his assets because of his divorce from **Amber Heard**. Depp currently is filming “Labyrinth” (not to be confused with the 1968 film by **Jim Henson** and **George Lucas** starring **David Bowie**), with **Forest Whitaker**. It’s about the murders of **Tupac Shakur** and **The Notorious B.I.G.**

Jane Fonda and record producer **Richard Perry** have called their seven-year relationship quits. Perry says their romance has “Temporarily been put on hold because of Jane’s dedication to activism. We remain extremely good friends.” The tip-off to their ending came recently when they put their 7,102 square foot, four-bedroom, 6.5-bathroom Trousdale Estate up for sale for \$13 million. They split because of activism? Methinks one of them was Fonda someone else!

HOLLYWOOD — The first of Oscar-winner **Leonardo DiCaprio**’s next two films will be a remake of the **Al Pacino** film “Scarface,” with **Sofia Vergara** co-starring. Pacino’s “Scarface” cost \$25 million back in 1983 and grossed \$66 million. Hopefully, moviegoers haven’t lost their appetite for gangster movies because of **Ben Affleck**’s “Live by Night,” which cost \$65 million and grossed only \$19 million.

DiCaprio’s second film, “The Black Hand,” is based on **Stephan Talty**’s upcoming novel of the same name about an epic war in the early 1900s between a brilliant detective and the Cosa Nostra, the deadliest Sicilian secret society in history. As a preteen, living on the Lower East Side of New York, it was nothing to see a body under a stairwell with its ears cut off, the calling card of the Cosa Nostra. **Stephan Talty** also wrote “Captain Phillips.” “The Black Hand” is due in theaters in 2018.

I was thrilled to have an online communication with **Robert Redford**. The day **Mary Tyler Moore** died, he posted on his Facebook page, “When I was casting ‘Ordinary People,’ Mary was the only person I thought of to play the mother. When she came to the set to shoot, she was very nervous because she said she had a crush on me. I was also nervous because I had a crush on her. So we crushed on each and became very good friends.”

I wrote back to him, “That must be why when I interviewed Mary and asked her who her favorite director was, she said, ‘Robert Redford.’ After all, what other director was good enough to direct her to an Oscar nomination.” He wrote back to me, “**Tony Rizzo** nice to know ... thank you so much.”

I replied to him, “I took pictures of you when you were in (the play) ‘Sunday in New York’ on Broadway and ‘Barefoot in the Park,’ both the play and the film (in Central Park), and we reacquainted at **Natalie Wood**’s wedding to **Richard Gregson**. You were so kind to my mother on the set of ‘All the President’s Men,’ which she treasured and I am eternally grateful for. You have always been so kind to everyone, and Sundance is the greatest gift to the world of cinema. Thank you for that.”

He concluded with, “**Tony Rizzo**, life is too damn short not to be kind. This business can change you — as you well know. I have tried to be true to myself; your kind words make me smile. My best to you my friend —



NASA/Goddard/Rebecca Roth

Leonardo DiCaprio

nice to reconnect — you have been in my corner for a long while.” I wouldn’t have any objections to that last part being on my tombstone when I leave this mortal coil. LOL!



Q. My mom told me that they are making a sequel to “Love Actually.” Is that true? I really hope so! — *Lydia F., via email*

A. There will be a sequel of sorts — in the form of a short film that will air May 25 for the Red Nose Day special, in support of the children’s charity that helps provide meals to feed hungry kids in America, safe places to live for homeless children, essential medical services for children and much more. (Go to rednoseday.org for all the details.)

“Red Nose Actually” revisits the characters of **Richard Curtis**’ beloved 2003 romantic comedy to see what they are up to in 2017. **Curtis**’ original script will reunite **Hugh Grant**, **Keira Knightley**, **Colin Firth**, **Liam Neeson**, **Bill Nighy**, **Thomas Brodie-Sangster**, **Martine McCutcheon**, **Andrew Lincoln**, **Lucia Moniz**, **Olivia Olson**, **Marcus Brigstocke** and **Rowan Atkinson**. Unfortunately, because of last year’s passing of the great **Alan Rickman**, fans won’t get to see the 2017 version of **Harry and Karen**, played by **Rickman** and on-screen wife **Emma Thompson**.

Q. How long is “Outlander” going to be on hiatus? Please don’t tell me it’s been canceled. — *Tej M., via email*

A. The “Outlander” drought — or “Droughtlander,” as fans affectionately call it — is going to last a bit longer. **Starz** recently announced that the 13-episode season three won’t premiere until September (nooooo!). Cast and crew recently finished production in Scotland and are set to start filming in South Africa. But good things come to those who wait: The powers that be don’t want to skimp when it comes to filming the series adaptation of **Diana Gabaldon**’s third book in the “Outlander” series, “Voyager.”

Starz’s president of programming, **Carmi Zlotnik**, said in a statement: “While Droughtlander will last just a

little longer, we feel it is important to allow the production the time and number of episodes needed to tell the story of the **Voyager** book in its entirety. The



Universal Pictures

Martine McCutcheon in “Love Actually”

scale of this book is immense, and we owe the fans the very best show.”

Steve Kent, executive vice president of **Sony Pictures TV** continued: “With the scope of the production and all of the intricate details that go into the Emmy-nominated sets and costumes, we had to make sure everything is kept to the high standard of the previous seasons and **Diana Gabaldon**’s beautiful story.”

Q. Will “Unbreakable Kimmy Schmidt” be back for another season? — *Scott H., Port St. Lucie, Florida*

A. The 13-episode third season of this hilarious series — my favorite comedy series by far these days — will drop May 19 on **Netflix**. While we don’t have many details as of this writing of what to expect next season, there is a hilarious promo video that you can watch online of series star **Tituss Burgess** doing his own version of **Beyonce**’s “Hold Up” video.

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Photo courtesy of Getty Images

Main Course

Once the dinner bell rings and it's time to focus on the night's main course without overshooting a calorie count, aim for a tasty yet healthy main dish like this recipe for Chicken and Vegetables. Combining skinless chicken thighs with frozen vegetables is a simple way to keep nutrition at the forefront while still enjoying a comforting dinner. Find more health-conscious recipes at health.gov.

Chicken and Vegetables

Recipe courtesy of the USDA
Servings: 4

- 1 1/2 tablespoons margarine
- 1 teaspoon garlic powder
- 1/2 cup onions, chopped
- 1 pound chicken thighs (4 ounces each), boneless and skinless
- 1 package (10 ounces) cut green beans, frozen
- 1/4 teaspoon pepper

In heavy skillet, melt margarine. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.

Place chicken in skillet. Cook over medium heat until chicken is thoroughly done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm.

Place green beans, pepper and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.

Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Note: To remove bone from bone-in chicken thighs: Place chicken on cutting board. Remove skin from thighs. Turn chicken thighs over. Cut around bone and remove.

HEALTHY FLAVORS *Worth Savoring*

FAMILY FEATURES

Adopting healthier eating habits doesn't have to mean resorting to tasteless food. In fact, you may surprise yourself by enjoying your new lineup of healthy, wholesome meals even more than the calorie-laden dishes you covet.

These recipes are just as big on flavor as they are good for you, so you can savor every last bite all day long. Take time to start off the day with a unique twist on a nutritious smoothie by enjoying it in a bowl. Then at lunch, rely on unexpected ingredients like ripe, juicy berries and beans to transform a ho-hum salad into a true culinary delight. Round out the day with a sensible dinner that gives you a healthy serving of protein and veggies seasoned to simple perfection.

Find more nutritious recipes that make it easy to enjoy eating right at culinary.net.

A Smooth Way to Start Your Day

A wealth of research shows that starting each morning with a nutritious breakfast delivers benefits throughout the day. If you're pressed for time or simply need to mix up your morning routine, put a fresh spin on a time-saving favorite by making a smoothie bowl.

According to registered dietitian and nutritionist Carolyn Brown, people love to eat with a spoon and find it more mentally and physically satisfying. The same goes for adding texture, such as a crunchy topping like goodnessknows snack squares. These satisfying, gluten free snacks are crafted with the goodness of whole nuts, real fruits and toasted oats, with no artificial colors, flavors or sweeteners. Divided into four snackable squares per serving and nestled in a layer made with dark chocolate, one individual, two-bite square contains only about 40 calories.

Find out more about how doing a little good for yourself can go a long way at goodnessknows.com.

Oatmeal Banana Smoothie Bowl

Recipe courtesy of Alison Ray of So Chic Life

- 2/3 cup rolled oats
- 1/2 cup full fat coconut milk
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- sea salt
- 1/2 cup almond milk, 2 percent milk or soy milk
- 1 small banana (or 1/2 cup unsweetened applesauce)
- goodnessknows snack squares (any flavor)
- grated coconut, to taste

In small bowl, mix together oats, coconut milk, chia seeds, vanilla and pinch of salt. Cover and place in refrigerator at least 30 minutes, or overnight to help flavors soak in.

In blender or food processor, combine oat mixture with remaining milk and half of the banana (or applesauce). Blend until smooth and creamy.

Pour creamy oats into bowl, and top with snack squares, coconut and slices of remaining banana half.

Tip: To thin consistency, use additional milk.



Salad Sweetness

The sharpness of pecorino cheese, combined with peppery arugula, complements the velvety texture of fava beans in this salad. With nutrition on your mind, a salad is always a go-to choice for a lunch that will please your taste buds without forcing you to sacrifice health goals. Find more nutritional recipes including tasty strawberries at californiastrawberries.com.

Strawberry and Fava Bean Salad with Pecorino

Recipe courtesy of California Strawberry Commission
Servings: 6

- 2 quarts water
- kosher or sea salt
- 2 cups shelled fresh fava beans (about 2 pounds in pods)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 tablespoons lemon juice

- 2 cups fresh California strawberries, stemmed and quartered
- coarsely ground black pepper
- 3 cups rucola (wild arugula)
- pecorino cheese

In large pot over high heat, bring water to boil. Add pinch of salt and fava beans. Boil 1 minute; drain and cool fava beans in ice water.

Drain fava beans; pinch one end and slip off tough skins of larger beans (Note: skin on small beans is not usually tough). Discard skins.

Whisk together olive oil, vinegar and lemon juice.

In large bowl, season fava beans and strawberries with salt and pepper. Add rucola and enough dressing mixture to coat salad lightly. Mix gently and spoon onto platter or six salad plates.

With vegetable peeler, shave cheese generously over salad. Grind more pepper on top.

Good Housekeeping

Chunky Sweet Potato Soup

Sweet potatoes, loaded with vitamin A in the form of beta-carotene, form the base of this hearty, vivid-orange soup. Avocado adds fresh green color along with healthy, skin-softening fats, which also aid the body's absorption of beta-carotene.

- 2 tablespoon olive oil
- 1 medium onion
- 1 medium red pepper
- 3 clove garlic
- 1 1/2 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground cinnamon
- Salt and pepper
- 1 quart lower-sodium vegetable broth
- 2 pound sweet potatoes
- 2 can lower-sodium black beans
- 2 cup water
- 1 Hass avocado
- 1/4 cup packed fresh cilantro leaves
- 1 lime

1. In 5- to 6-quart saucepot, heat oil on medium. Add onion and red pepper; cook 5 minutes, stirring. Stir in garlic, cumin, paprika, cinnamon and 1/2 teaspoon salt. Cook 2 minutes, stirring.

2. Add broth, potatoes, beans, water and 1/4 teaspoon black pepper. Heat to boiling on high. Reduce heat to medium, simmer 15 minutes.

3. Transfer 3 cups of soup to blender. Puree until smooth; return to pot. Stir in 1/2 teaspoon salt. Serve, garnished with avocado and cilantro, with lime. Makes 6 main-dish servings.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.



Good Housekeeping

Pork Chops With Onions and Peppers

Boneless chops are smothered in green onions and red peppers for this fast and easy skillet dinner.

- 4 boneless pork loin chops
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 teaspoon olive oil
- 1 bunch green onions
- 2 medium red peppers
- 1 clove garlic
- 1/8 teaspoon crushed red pepper
- 1/2 cup chicken broth

1. Heat nonstick 12-inch skillet over medium-high heat until hot but not smoking. Add pork chops to skillet and sprinkle with salt and pepper. Cook chops about 8 minutes or until lightly browned on the outside and still slightly pink on the inside, turning chops over once (reduce heat to medium if chops are browning too quickly). Transfer chops to plate; keep warm.

2. To skillet, add oil and green-onion tops, and cook 4 minutes. With slotted spoon, transfer green-onion tops to small bowl. In same skillet, cook red peppers and green-onion bottoms 8 minutes, stirring occasionally. Add garlic and crushed red pepper, and cook 1 minute, stirring. Stir in broth and half of green-onion tops; heat through. Spoon pepper mixture onto platter; top with chops and remaining green-onion tops. Serves 4.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.



Good Housekeeping

Easy Baked Snapper

This fast fish recipe is both ultra low-fat and low-cal without missing out on flavor. It's a diet dish that you'll crave.

- 1 tablespoon olive oil
- 2 medium orange and/or yellow peppers
- 1 medium onion
- 1 package sliced mushrooms
- 1/2 cup dry white wine
- 1 teaspoon fresh thyme leaves
- 6 skinless, boneless snapper, sole, or flounder fillets
- 2 tablespoons fresh lemon juice
- Salt and pepper

1. Heat oven to 450 F. In 12-inch skillet, heat oil on medium until hot. Add peppers and onion, and cook 10 minutes or until tender, stirring often. Add mushrooms, wine and thyme; cook on medium-high 3 minutes, stirring frequently.

2. Meanwhile, spray 13-by-9-inch glass or ceramic baking dish with nonstick cooking spray. Arrange fillets in baking dish, folding under narrow ends. Sprinkle with lemon juice, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.

3. Spoon hot vegetable mixture from skillet on top of fish in baking dish. Bake fish 15 to 18 minutes or until opaque throughout. Garnish with thyme leaves if you like. Serves 6.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.



Good Housekeeping

Muffuletta

This sandwich is a classic in the French Quarter of New Orleans, but with our recipe you won't have to travel to get it. It tastes even better made a day ahead.

- 4 medium celery stalks, finely chopped (about 1 1/4 cups)
- 1 cup drained giardiniera (Italian mixed pickled vegetables), finely chopped
- 1 cup loosely packed fresh parsley leaves, chopped
- 3/4 cup pitted green olives, finely chopped
- 1/4 cup olive oil
- 1/4 teaspoon coarsely ground black pepper
- 1 clove garlic, minced
- 1 round (10-inch diameter) loaf soft French or Italian bread (1 pound), cut horizontally in half
- 6 ounces thinly sliced smoked ham
- 6 ounces thinly sliced provolone cheese
- 6 ounces thinly sliced Genoa salami

1. In a medium bowl, combine celery, giardiniera, parsley, olives, oil, pepper and garlic; set aside.

2. Remove a 1-inch layer of soft center of bread from both halves to make room for filling. On bottom half of bread, spread half of olive mixture; top with ham, cheese, salami and remaining olive mixture. Replace top half of bread; press halves together.

3. Wrap sandwich tightly in plastic wrap, then foil, and refrigerate at least 2 hours or up to 24 hours. Cut into 8 wedges to serve.

• Each serving: About 390 calories, 24g total fat (8g saturated), 19g protein, 26g carbohydrate, 24g total fat (8g saturated), 1g fiber, 44mg cholesterol, 1,515mg sodium.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.

Comfort foods



by Healthy Exchanges

Chocolate Pudding Cake

Roses are red, violets are blue. On this Valentine's Day, my hugs and kisses are just for you. Stir up this luscious dessert for your valentine and see if you don't get those hugs and kisses big-time.

- 1/2 cup reduced-fat biscuit baking mix
- Sugar substitute to equal 5 tablespoons sugar, suitable for baking
- 2 tablespoons unsweetened cocoa
- 1/4 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 1/2 cup boiling water
- 1/2 cup sugar and fat-free ice cream

1. Heat oven to 350 F. Spray 2 (12-ounce) custard cups with butter-flavored cooking spray. In a small bowl, combine baking mix, sugar substitute to equal 2 tablespoons sugar and 1 tablespoon cocoa. Stir in milk and vanilla extract. Evenly spoon batter into prepared custard cups.

2. In another small bowl, combine remaining sugar substitute to equal 3 tablespoons sugar and remaining 1 tablespoon cocoa. Stir in boiling water. Evenly spoon hot mixture over top of each batter. Bake for 25 minutes or until a toothpick inserted near center comes out clean. When serving, top each with 1/4 cup ice cream. Makes 2 servings.

• Each serving equals: 186 calories, 2gm fat, 6gm protein, 36gm carbs, 386mg sodium, 1gm fiber; Diabetic Exchanges: 2 Starch/Carb.

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Crime

Domestic battery at an apartment on the 1100 block of West Barry Avenue.

Simple battery at a restaurant on the 3100 block of North Clark Street.

Domestic battery at a residence on the on the 500 block of West Wellington Avenue.

Burglary and unlawful entry at an apartment on the 600 block of West Wellington Avenue.

Vandalism and criminal damage to property at a residence on the 3000 block of North Damen Avenue.

Criminal sexual assault: non aggravated at a hospital building / grounds on the 2900 block of North Lake Shore Drive.

Deceptive practice: Illegal use of a cash card at a bar or tavern on the 3000 block of North Halsted Street.

Financial Identity theft \$300 and over at a residence on the 3300 block of North Halsted Street

Attempted financial identity theft at a savings and loan

on the 3100 block of North Lincoln Avenue.

Financial identity theft \$300 and over at an apartment on the 2900 block of North Hermitage Ave.

Theft from a building residence porch or hallway on the 700 block of West Wellington Avenue.

Theft of \$300 and under from a bar or tavern on the 3300 block of North Halsted Street.

Theft from a residence on the 800 block of West Aldine Avenue.

Theft from a building of a medical dental office on the 2800 block of North Sheffield Avenue.

Retail theft from a small retail store on the 3000 block of North Broadway

Simple battery at a church, synagogue or place of worship on the 3400 block of North Lake Shore Drive.

Vandalism: Criminal damage to a vehicle on the street on the 800 block of West Wolfram Street.

Criminal sexual as-

sault: non aggravated at a residence on the 800 block of West Newport Avenue.

Deceptive practice: Counterfeiting document at a small retail store on the 3400 block of North Halsted Street.

Attempted strongarm robbery with no weapon on the sidewalk on the 3000 block of North Kenmore Avenue.

Theft from a hospital building on the 800 block of West Wellington Avenue.

Theft from a construction site on the 1300 block of West Cornelia Avenue.

Theft over \$300 on the 180 block of West Belmont Avenue.

Theft from a building on the 3100 block of North Clark Street.

Aggravated battery with a dangerous weapon on the 1900 block of West Melrose Street.

Criminal damage to property at an apartment on the 500 block of West Briar Place.

Criminal damage

to a vehicle (vandalism) on the street on the 3300 block of North Halsted Street.

Criminal trespassing on a parking lot or garage (non-residential) on the 2800 block of North Broadway.

Financial identity theft from an ATM of over \$300 on the 2800 block of North Clark Street.

Deceptive practice: Theft of labor or service on the street on the 700 block of West Brompton Avenue.

Offense involving children: Contributing to the delinquency of a child on the 1500 block of West Oakdale Avenue.

Strongarm robbery without a weapon on the sidewalk on the 3300 block of North Sheffield Avenue.

Strongarm robbery - no weapon at a small retail store on the 2800 block of North Lincoln Avenue.

Armed robbery with a handgun on the 3300 block on North Seminary Avenue.

Theft from a building on the 2800 block of

North Halsted Street.

Retail theft from a small retail store on the 1100 block of West Belmont Avenue.

Unlawful entry at a residential garage on the 2900 block of North Ashland Avenue.

Burglary and forcible entry at a small retail store on the 3200 block of North Clark Street.

Vandalism, criminal damage to a vehicle on the street on the 1200 block of West Newport Avenue.

Criminal trespass to a hotel or motel on the 3400 block of North Broadway.

Deceptive practice: a credit card fraud at a grocery food store on the 3000 block of North Broadway.

Deceptive practice passing a counterfeit check at a bank on the 3300 block of North Ashland Avenue.

Motor vehicle theft: theft and recovery of an automobile on the street on the 600 block of West Aldine Avenue.

Harassment by electronic means at a res-

idence on the 2800 block of North Lake Shore Drive.

Simple assault: stalking at a barber-shop on the 3400 block of North Broadway.

Theft from a retail convenience store on the 2800 block of North Ashland Avenue.

Burglary and attempted forcible entry to a residence on the 3500 block of North Wolcott Avenue.

Armed robbery with a handgun on the sidewalk on the 1000 block of West School Street.

Armed robbery with a handgun at a residence garage on the 3200 block of North Southport Avenue.

Bomb threat at a school or private building on the 1700 block of West Addison Street.

Aggravated assault with a handgun on the sidewalk of the 1700 block of West Grace Street.

Armed robbery with a handgun on the 900 block of West Montrose Avenue.

Possession of Methamphetamines on the street on the 4300 block of North Ashland Avenue.

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Nurturing Selflessness in a Selfie Culture

How to develop character in young children

FAMILY FEATURES

In a typical day, it's possible for children to spend more time engaging with technology than interacting with their peers face-to-face. As a result, the "selfie culture" is on the minds of today's parents, who worry about how they can make sure their children grow into kind and selfless adults.

However, a national survey revealed that parents don't fully realize the power they have when it comes to developing good character in their children. The online survey, commissioned by national high-quality preschool provider Primrose Schools®, profiled hundreds of U.S. parents whose children attend, will attend or have previously attended an early education program between the ages of 3-5.

In today's social media-focused world, 92 percent of parents agree that nurturing positive character traits in children is more important than it used to be. Yet nearly 50 percent of parents are unaware of just how early they can and should start helping their children develop these traits.

When Character-Building Should Begin

The foundational skills for good character start emerging in the first year of life. Children as young as 6 months old can demonstrate outward signs of budding empathy skills. Character and emotional intelligence continue to develop throughout the early years and are significantly influenced by young children's interactions with their parents and caregivers. Yet almost 50 percent of parents believe preschool is too early for children to start learning social-emotional skills, and could be missing critical opportunities to support their child's development.

Why Nurturing Good Character Early is Important

Intentionally nurturing social-emotional skills starting at birth is an important and often overlooked opportunity as these skills have been shown to be key predictors of future health, academic and life success. Early brain and child development research now shows more clearly that the first five years of life are critical for building the foundation for traits such as honesty, generosity, compassion and kindness, which will impact children for a lifetime.

"We now know that IQ no longer represents an accurate predictor of school readiness, much less future life success," said Dr. Laura Jana, a pediatrician and nationally acclaimed parenting and children's book author. "It's not just about learning the '3 Rs' of reading, 'riting and 'rithmetic anymore. It's the addition of a fourth 'R' that represents relationships and the importance of reading other people, which sets children up for success in today's world."

Finding Child Care that Nurtures Good Character

In addition to parents, child care providers play a key role in helping children develop a strong foundation. However, more than half of parents surveyed feel their child did not or will not acquire honesty, generosity and compassion (54, 54 and 62 percent, respectively) during their early education experience.

Parents seeking early education and care for their children should look for providers that emphasize character development. In these nurturing environments, children have opportunities to learn and practice social-emotional skills every day through games, puppet play, books, music, art projects and more. At Primrose Schools, their Balanced

Learning® approach also includes hands-on experiences to help children apply concepts like generosity in real-life situations.

For example, each year thousands of children at more than 325 Primrose schools across the country take part in the annual Caring and Giving Food Drive. The preschoolers earn money to purchase canned goods through chores at home. They practice perspective taking, learning about the importance of giving through stories, songs, art projects and more. They even take field trips to grocery stores to shop for food items, which are then donated to local charities. At the end of the experience, the children feel a sense of accomplishment and have practiced skills like empathy, generosity and compassion.

"We believe who children become is as important as what they know," said Gloria Julius, Ed.D., vice president of education and professional development for Primrose Schools. "That's why nurturing children's social-emotional development and building character has been an integral part of our approach for more than 30 years."

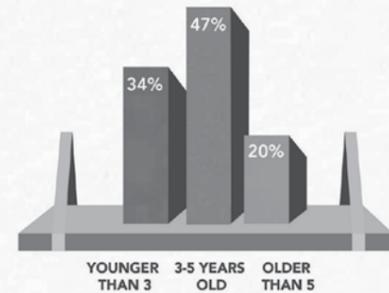
For additional information, tips and resources on how to nurture good character in children, visit PrimroseSchools.com/character-resources.



START YOUR CHILD'S STORY THE RIGHT WAY

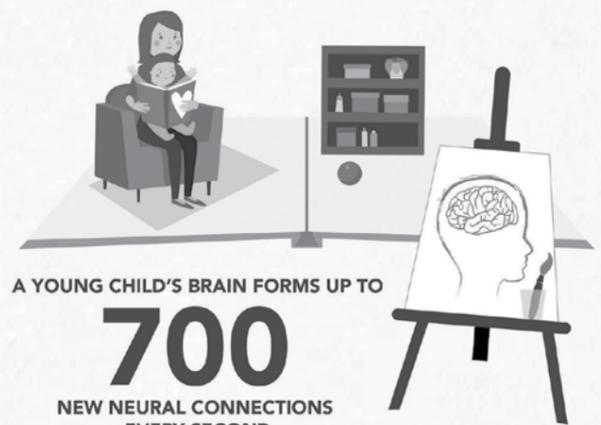


WHEN DO PARENTS THINK CHILDREN ARE ABLE TO LEARN CHARACTER DEVELOPMENT SKILLS



THE EXPERTS SAY START EARLY

CHILDREN CAN DEMONSTRATE SIGNS OF EMPATHY AS YOUNG AS 6 MONTHS OLD



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WHAT SKILLS CAN YOU HELP DEVELOP?

1. Honesty
2. Creativity
3. Generosity
4. Compassion
5. Cooperation

PARENTS RANK THEIR TOP 5

THINK YOUR CHILD COULD IMPROVE IN ONE OF THESE TRAITS? YOU'RE NOT ALONE 8 OUT OF 10 PARENTS AGREE



LEARN MORE ABOUT NURTURING GOOD CHARACTER AT PRIMROSESCHOOLS.COM/CHARACTER

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DEVELOPING CHARACTER AT HOME

Take an active approach to helping children develop a solid foundation in good character with these tips:

- **Help children recognize their feelings.** Help little ones recognize and understand their feelings by giving them vocabulary words to express themselves.
- **Lead by example.** Children learn a lot by watching the interactions of adults. Model social-emotional skills by listening to others, apologizing when you hurt someone's feelings, being respectful of others, etc.
- **Help children identify other perspectives.** Point out differences in other people's thoughts and feelings. When reading with children, ask what they think the characters are feeling or narrate the emotions and exaggerate facial expressions for young children.
- **Talk about your own decisions in terms of right and wrong.** As children's abilities and understanding grows, discuss your values and take advantage of everyday situations to describe and demonstrate good citizenship and desirable behavior.
- **Let kindness and respect rule the day.** Set household guidelines grounded in showing kindness and respect, and help children learn to follow them. When they break the rules, calmly explain how or why their behavior was unkind and how they could have better handled the situation.

The Garden Bug **Hardiness Zones**



The USDA Plant Hardiness Zone Map is based on average minimum winter temperatures which are divided into zones. Gardeners and growers rely on the map to select suitable plants for specific locations. It is available as an interactive map and also as state, regional, and national images that can be downloaded and printed.

planthardiness.ars.usda.gov
Source: USDA

- Brenda Weaver

Birding BITS BY Cindy Brook

Calling All Songbirds

By placing orange halves on a platform feeder you are sure to attract many songbirds into your yard such as Gray Catbirds, American Robins, Baltimore Orioles, Brown Thrashers, Rose-breasted Grosbeaks, Northern Mockingbirds and Scarlet Tanagers.

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Birding BITS BY Cindy Brook

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- Fence posts, rooftops, brush piles.
- Early-morning hours.

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The Garden Bug **Our national flower**



In 1985, the United States Senate passed a resolution asking the president to declare the rose as the national floral emblem. On Nov. 20, 1986 President Ronald Reagan signed a proclamation certifying the rose as the U.S. national flower in a ceremony at the White House Rose Garden.

— Brenda Weaver
Source: nationalrosegarden.com

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Business Spotlight



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Quotes worth your time

“I’ve always found that anything worth achieving will always have obstacles in the way and you’ve got to have that drive and determination to overcome those obstacles on route to whatever it is that you want to accomplish.”

— Chuck Norris

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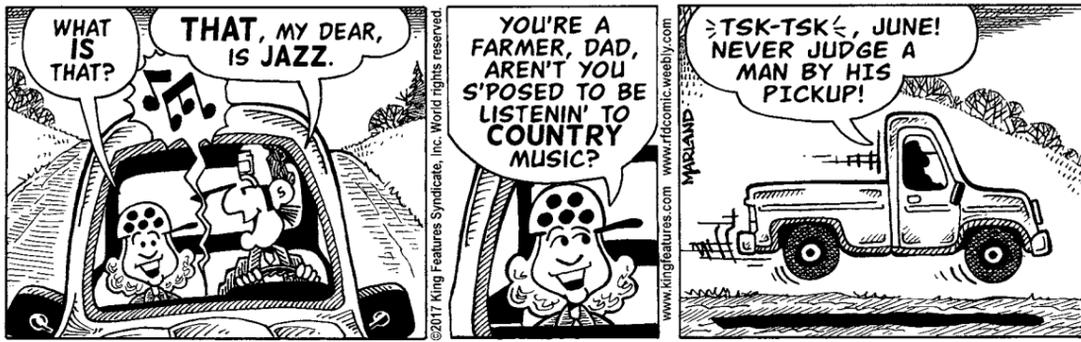
♥ **Help our Neighbors in Need** The Common Pantry will be in Town Square to collect canned and packaged, non-perishable food items.

More info at northcenterchamber.com

Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



THE CASHIER

BY RICARDO GALVÃO



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



SCHOOL DAZE- AND NOW A WORD FROM THE HIGH-SCHOOL COACH, AL FRESCO....



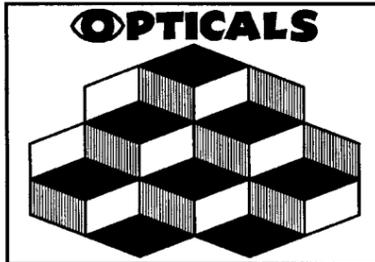
Junior Whirl

by Charles Barry Townsend



A BOVINE BAFFLER!
 Try to solve these five Ladder Puzzles before Bossy finishes her evening meal. You are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word, so as to form a new word. In our example, we changed BARN to DOOR in four moves. See if you can change the following words in four moves each:

1. COOK to WARE
2. HAND to SOME
3. LAME to DUCK
4. MENU to FOOD
5. PARE to DOWN

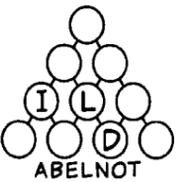


AN EYE TEST! Look at the above drawing and count the number of cubes. Are there six, or seven?

Answers: 1. COOK, CORK, WORK, WORE, WARE
 2. HAND, SAND, SANE, SAME, SOME
 3. LAME, LACE, LACK, LUCK, DUCK
 4. MENU, MENU, FEND, FOND, FOOD
 5. PARE, DARE, DARN, DAWN, DOWN



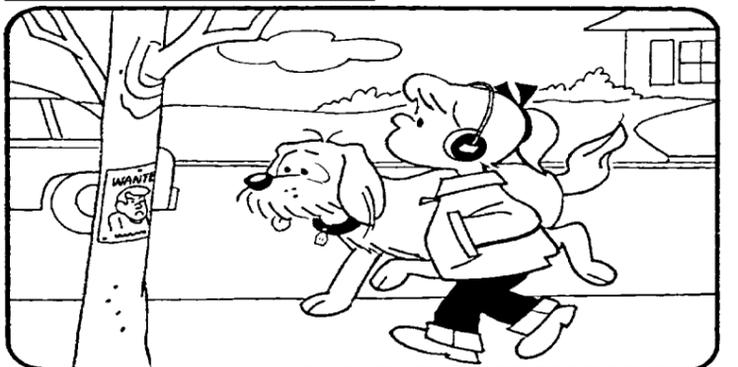
CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



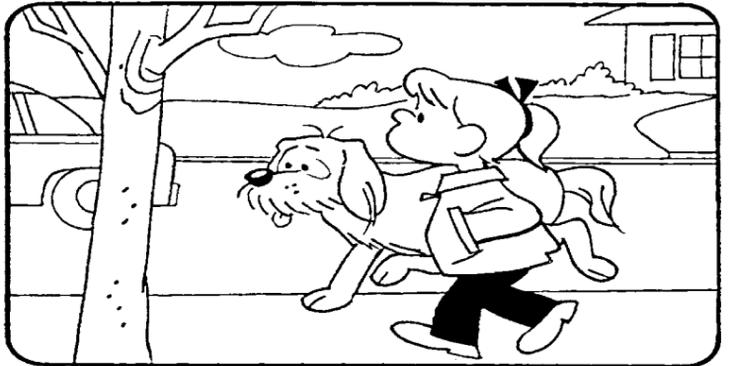
Answers: Top to bottom, left to right: Bait, ball, bald, bold, bond, bone.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Car is different. 2. Poster is missing. 3. Collar is missing. 4. Headset is missing. 5. Tail is different. 6. Cuffs are missing.
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Just Like Cats & Dogs

by Dave T. Phipps





Photos courtesy of Getty Images

Get Picky About Pet Food

GOOD NUTRITION PUTS PETS ON TRACK FOR BETTER HEALTH

Understand the Ingredients

Quality pet food isn't necessarily the most expensive option. The right choice for your pet is the food that delivers the right combination of ingredients and nutrition for your pet's special needs. The experts at Diamond CARE suggest looking for these preferred ingredients when you have a pet with unique dietary needs.

■ **Limited ingredient** products contain a narrow selection of high-quality ingredients and provide an alternative feeding option that still delivers complete nutrition.

■ **Easily digestible protein** refers to carefully selected, easily digestible, high-quality protein sources, such as egg protein, potato protein, lamb meal, chicken meal or salmon. In foods made for sensitive skin, you may see "hydrolyzed protein," which refers to a protein source broken down into tiny pieces that is less likely to cause an allergic reaction.

■ **Grain-free** formulas contain ingredients such as potatoes and peas to provide high-quality carbohydrates as an alternative to grains.

■ **Antioxidant** formulas contain guaranteed levels of zinc, selenium and vitamin E to help support a healthy immune system.

■ **Fatty acid blends** combine omega-6 and omega-3 fatty acids from sources such as sunflower oil, chicken fat, eggs or flaxseed, which help support a pet's healthy skin and coat. Omega-3 fatty acids from marine sources are often added to dog food formulas.

■ **Probiotic strains** are beneficial bacteria that help support digestion and a healthy immune system. Look for probiotics developed specifically for dogs and cats that are processed under strict human-grade standards to ensure purity.

■ **Fiber blends** in weight management formulas help dogs and cats feel full, while blends of soluble and insoluble fibers in other formulas help support optimal digestion.

■ **L-Carnitine** is often added to weight management formulas because it helps the body metabolize fat.

■ **Glucosamine and chondroitin**, which promote joint health, may be added to senior formulas or weight management formulas to help support joints that may be working a little harder due to excess weight.

■ **Superfoods** aren't just for humans. Ingredients like kale, chia seed, pumpkin, blueberries and quinoa are particularly high in nutritional value and help provide more complete nutrition for your pet.

FAMILY FEATURES

When a beloved family pet experiences health problems, it can take a toll on the whole family.

In some cases, it can take weeks or even months to identify the problem, and more importantly, where the solution lies. In some cases, the answer is as simple as changing what your pet eats.

If you've always thought all pet foods were equal, think again. Veterinarian-developed formulas, such as those offered by Diamond CARE, are created for pets with unique dietary needs but also provide affordable complete nutrition, without sacrificing quality or taste, so you can feed your pets the special diet they need for as long as they need it.

Learn more about these common ailments that may be corrected with a new high-quality feeding regimen, and talk with your veterinarian about a treatment plan to get your pet back to better health.

Sensitive Skin

While a rash or other skin irritation can be an obvious sign that your pet has sensitive skin, other behaviors such as excessive scratching, biting and licking

can also signal a problem. Identifying the cause is essential to bringing your pet comfort. Skin irritation among pets is generally caused by something in their environment, such as an allergy, a parasitic infection or in more extreme cases, a neurogenic or infectious condition. Skin problems can also arise from poor nutrition.

If your dog has skin sensitivities that might be related to diet or allergic skin disease, try a diet with hydrolyzed salmon as the single animal protein source. Ingredients such as omega-6 and omega-3 fatty acids have also been shown to be beneficial to skin and coat health. Some sensitive skin formulas not only contain hydrolyzed salmon but are grain-free and made with peas to enhance the flavor and provide high-quality carbohydrates.

Weight Management

A few extra pounds on your dog or cat may not seem like a cause for concern, but too much weight can cause a long list of health problems. Just like humans, one of the best ways to counter a weight problem in pets is to adjust what they're eating. An option such as Diamond CARE Weight Management Formula for Adult Dogs or Adult Cats can help address your

pet's weight issue without leaving it feeling hungry. Powdered cellulose, a source of insoluble fiber, helps your pet feel full, while L-Carnitine aids the body in metabolizing fat. To make sure your pet gets all the nutrients needed, this formula is rounded out with omega fatty acids, guaranteed antioxidants and probiotics developed specially for canine and feline digestive health.

Talking with your veterinarian can help identify other ways to help your pet lose weight and also help you rule out any underlying medical concerns that may be causing weight gain or preventing your pet from being as active as it should be.

Sensitive Stomach

Though it may seem like it at times, not all dogs have cast-iron stomachs. A limited-ingredient formula that combines potatoes and egg protein is a good, easy-to-digest option for sensitive dogs. Other beneficial ingredients may include psyllium seed husk, a source of beneficial fiber, which helps support proper digestion, and probiotic strains that are native to the canine gastrointestinal tract.

Learn more about healthy meal solutions for your pets at DiamondCarePetFood.com/PetHealth.



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