Interview

“A city that encourages political bullying”

Two million people in Illinois voted for President Trump. Alexander Duvel and Suzzanne Monk were among them. This husband and wife team own Worlds of Music, located in the North Center community at 4161 North Damen Avenue. The business specializes in new and used musical instruments, lessons, workshops and music events. The attacks on their personal and business facebook pages began after supporting Trump. Suzzanne Monk alleges that she was harassed and bullied when she dressed in red, white and blue and went to the Trump rally, here in Chicago. However, the Chicago Police Department shut the rally down because they were concerned about the President elect’s security. They have had about 30 different people threaten them and the store and have made police reports and had threats against them personally. In a letter to the editor that appeared in Crain’s Chicago Business, the letter read in part: “Chicago, you have always been a Democratic town, but this year you have become a one party town city terrorizing anyone not in your party for their beliefs...” We will close at the end of April, because we are no longer willing to subject our staff, customers, our neighbors and ourselves to the daily risk...we have to leave. In the end, it wasn’t the high taxes, constant road construction or high crime. It wasn’t the unchecked gang violence or political cronyism. In the end, we have to leave because of the hate you are willing to tolerate...You have a Trump size chip on that big shoulder, and it has turned you into a city of fear, hate and division. A city that encourag-

by George Rimel

20 Questions

This month’s interview is with Carter Harms, Chief of Staff, Office of State Representative Ann M. Williams, 1726 W. Belmont, Chicago.

Q. Where were you born and raised?
A. I was born in Dallas, Texas and raised in Southlake, Texas.

Q. Are you married? Any children?
A. No and I have no children.

Q. Where did you attend school?
A. Wheaton College.

Q. What is your fondest childhood memory?
A. Going to my grandparents lake house in the summer and playing on the dock with my brothers and cousins and watching the stars at night.

Q. What was the worst job you ever had?
A. Working as a server when I was in high school. Our boss scheduled my twin brother and I on the same shift at the same time at two different restaurants and we only had one car.

Q. What hobbies/special interests do you have?
A. I like going to Chicago’s free events.

Q. What is your favorite TV show, movie and book?
A. My favorite TV show is Broad City; my favorite movie is “Big Fish” and my favorite book is “Gilead” by Marilynne Robinson.

Q. If you could travel to any place in the world, where would you go and why?
A. Macau Island, which was taken over from Portugal by China. It seems like an interesting place to visit.

Q. Who would you like to meet in person and what question would you ask?
A. President Obama. I would ask him “What is his vision for the future?”

What’s on your Mind?

“Spring Break. I need a break from teaching.”
Jasmin Andrews

“I am a college student and am applying for internships and trying to be productive and not waste my time.”
Jack Richardson

“Our President. I am looking for a way to get me and my kids out of the country.”
Mary Berry

Continued page 3
The National Illness

Many Republican leaders are leery about having their name attached to the GOP’s replacement for Obamacare, a healthcare overhaul they have demonized since it was passed seven years ago. But they're having a devilish time coming up with one of their own that doesn’t make things worse.

It's hard to blame them for preferring not to be identified with their American Health Care Act, which is the official title of their slapped-together replacement. They have to come up with something now that they have a lock on our government. After all, they promised incessantly to repeal the Affordable Care Act. In fact, they are actually repealing overall about a century’s worth of progress, but let’s focus on how they are getting health care.

This concoction was prepared under the guidance of House Speaker Paul Ryan, who is really into arcane policy. He’s also into maintaining the myth that there are ways to deliver health care in the United States, given our bought-and-paid-for politicians, that are more effective and less expensive than Obamacare. So he’s come up with his own 2017 political plan. Apparently, he doesn’t want it to be called “Ryan care.”

But it is a baby, so how about something like the Speaker’s Contra-corner for Access to Medical care: SCAM? It is a scam. While it is presented as a more effective approach, it really provides health care coverage to fewer people and will be more expensive with most of the financial benefits going to the wealthy.

But that seems to be the direction they are heading government-wide. Washington is now a conservative’s paradise. Plans are being developed to cripple nearly all domestic programs, the ones that have been fought for over decades, the ones that provide food and shelter for those who need such things. Meanwhile, the regulations that often are the only barrier to stop the greedy from stealing even more are being shredded.

Much is being made about the Trump administration’s coyness with Ryancare. The new secretary is boasting that the new administration talking point, White House press secretary Sean Spicer recently told reporters, “When we get asked the question, ‘How many people are going to get covered?’ that’s not the question that should be asked.” Pressed on the merits of the bill by George Stephanopoulos on ABC’s “This Week,” Office of Management and Budget Director Mick Mulvaney shot back, “You’re worried about getting people covered.” As if that is a worthwhile measure.

This is a strange rhetorical trick for officials in an administration led by a president who told that “cover everyone.” Nor is it substantively or politically coherent. Repealing and replacing Obamacare will require every single form of persuasiveness that Republicans can muster, especially with the Congressional Budget Office now estimating that Trumpcare, 14 million fewer people will be insured in 2018. The early signs aren’t encouraging.

It is true that health insurance isn’t a panacea. There is an academic debate about whether having health care leads to longer life. All sorts of factors besides insurance affect health and the quality of medical care. Are they in rabbi, for instance, can have more of an impact on care than whether someone is insured.

Still, there is abundant evidence of the benefits of insurance. Research has found that Romneycare in Massachusetts improved measures of physical and mental health. A Rice University study of the Houston area found that people with insurance report being in better health than those who lack it. If nothing else, insurance is protection against catastrophic health expenses and provides a sense of security.

Republicans obviously shouldn’t accept the premises of their detractors. By all means, they should hit the dubious math of the CBO, which vastly overestimated how many people would be covered on the Obamacare exchanges to the first place and they should point out ObamaCare’s manifest failings, including that dependence on the deeply flawed Medicaid program and insurance exchanges that are shaky at best. Many Democrats, who have recently said they are in a “death spiral”.

But the best response to criticisms that Trumpcare doesn’t cover enough people is simple and more fundament— if you get the coverage numbers up. If the headline-grabbing numbers from the CBO don’t prompt the GOP to realize this, nothing will. Making the tax credit in the Republican plan more generous further the income scale would be a start. Presi- dent-elect Trump’s promises about univers-

al coverage aren’t achievable, but to lurch in the other direction and dismiss the significance of health insurance is politically poisonous.

At the very least, this phenomenon pointed to a GOP more grounded in the economic realities of working-class life. It is remarkable, then, that the first major legislative priority out of the White House, and in so many ways, in stereotypically Republican terms, and by Trump’s own team.

Before moving further down this road, they should think about why Trump, who never was much of a low level politician, instead, never told audiences or interviewers that he’d be fine if he didn’t get people being covered. It is frustrating. And that’s why they’re setting their rhetoric and their plan accordingly.

Rich Lowry is editor of the National Review.

Lakeview Newspaper

“Lakeview Newspaper

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

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Drug Thieves at the VA

The Government Accountability Office has found serious problems with the way the Department of Veteran Affairs handles controlled substances and guards against having those drugs diverted. Out of four facilities the GAO was asked to review, one had missed its required drug inspection at the pharmacy where patients care areas. Three facilities failed to follow three of the nine requirements for handling controlled substances, including verifying that shipments were complete and doing a physical inventory two or three times per week.

One facility only completed one of the nine steps, that of verifying that a substance was dispensed. Two of them could not even verify that controlled substances actually made it from the pharmacy to patient-care areas. If there was no control of the stock held in the system, this is it.

Consider what happens when an addled patient or worker enters takes or changes the drugs he or she is to deliver or to a hospital ward or surgical care. There was a case where an employee had been confiscating Finis- tan’s (an anesthetic) destined for sur- gery patients and was using it him- self — while still selling the raised saline solution. He apparently was on staff in numerous hospitals in the area the same thing. Not only that, he was infected with hepatitis C, which he passed on to at least one patient. Another junker, an emergen- cy-room nurse, gave herself injections of polyamine and then stole all the records that he had been given treatment.

The GAO report concluded in part that the VA’s “ability to detect diversion and prevent veterans from harm — such as depriving them of needed pain medication or even exposing them to serious outcomes” is unclear.

Severance Pay

Several hospital systems in Califor- nia are aiming to try food instead of drugs in a bid to reduce the number of people who don’t get their pain medication or are taking the wrong dose. One of them is Bay Area hospitals, which instituted a program where patients can use a special smartphone to check for their medications. The patients can then cancel the request if they don’t want the medication.

However, there are sad tales every- where about people who don’t understand the scale of the problem. For example, a patient who was told to take a medication for surgery asked to take it as a pain reliever. The patient died after taking the medication, which was intended for surgery.

For more information, please visit the website of the hospital system or contact the hospital directly.

Amazon Stores Open

Amazon opened its first brick and mortar store on March 22. The store is located at 3441 North Southport Avenue in Chicago, Illinois. The store is 4,000 square feet and offers a wide selection of books, electronics, clothing, and other products.

The store is also the first to offer the Amazon Go shopping experience, which allows customers to walk in, scan their phone, and leave with their purchases without having to checkout. The store uses a combination of computer vision and machine learning to track what customers take and charge them accordingly.

Charcuterie Charity Event!

Saturday April 22nd - 7pm ‘til 10 pm

Tickets: $100.00 per person
$75.00 will be donated to American Cancer Society (Maximum 100 tickets sold)

Charcuterie Charity Night Consists of:
- Tasting of Paulina Market’s Charcuterie & Artisan Cheeses
- Beer, Wine and tasting parties
- Live music
- Silent Auction
- Butchering a Whole Lamb (2 x half lamb cut and auctioned)

A meaty night with the Paulina crew, and without question, a great cause we’re enthusiastic to be serving the Lakeview and adjoining communities.

Spaces under the CTA tracks will cost $75 a month for area resi- dents to park their cars. The CTA has had a law on the books since the 1890’s that allowed resi- dents to park under the elevated tracks for free. The CTA will now start charging $75.00 a month to park under the el tracks to local residents.

Severance Pay

The program provides immediate financial help to those who have lost their jobs. It is available for everyone, including those who have lost their jobs due to illness, accident, or injury. It is also available to those who have been laid off from their jobs.

Reverse Mortgages: Be Wary, Do Homework

Reverse mortgage workshops are a good resource for those who are considering a reverse mortgage. However, it is important to do your homework and choose a reputable lender.

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Amazon Store Opens

Amazon opened its first brick and mortar store on Southport corridor. The number 1 retailer in America has opened the first brick and mortar store and coffee shop at 3441 North Southport Avenue on March 22nd. This is the first store of its kind by the chain. They have plans to open 7 more stores like this. The manager, Eidra Sanders and staff were enthusiastic to be serving the Lakeview and adjoining communities.

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Health

Financial Statement

RISING INTEREST RATES — HOW WILL THIS AFFECT YOU
SAVINGS and CDS
Moving forward, the rates on savings accounts and certificates of deposit will more than likely rise if the Fed continues to hike rates. People are using a strategy called 'laddering' that is when people purchase CDs of different maturities so all their savings aren't locked in at the same rate for years. If you’re doing that now, stay current with CDs maturing in a year or less so you can reinvest at rates rise.

CREDIT CARDS
Rates on most cards are variable so expect your rate to increase within the normal range. Her doctor does not believe in B-12 injections. Do you think she might be right? — J.L.

ANSWER: Vitamin B-12 is necessary for proper cellular function in the body, but it is critical for blood cell production and neurologic function. B-12 deficiency causes an unmistakable anemia (called megaloblastic anemia) and can cause transverse and parieto-occipital ataxia disturbances even in some people with no anemia. The blood test for B-12 is quite reliable. The major cause of B-12 deficiency is an autoimmune disease that prevents the stomach from making intrinsic factor, which is necessary for efficient absorption of B-12. B-12 can be absorbed orally by people with pernicious anemia by taking very high doses, such as 1 mg. This gives as good a replacement as injection. It was common 50 years ago to give B-12 injections as a ‘tonic.’ However, it offers no advantages for people with normal levels of red blood cells. As I have noted many times, the placebo response can be very powerful, and 1 mg of B-12 orally usually is very effective.

***

DEAR DR. ROACH: I have heard that drinking water with your meal is bad for your health. Is this true? And if so, why? I have a dry mouth due to cancer treatment and must gargle and swish with everything I eat. Is something bad going to happen to me? I am otherwise healthy. — R.G.

ANSWER: It’s not true at all. Water is, generally speaking, the healthiest thing you can drink. It is possible to drink too much water, but it’s very hard to do so. But if you are taking medications that affect your kidneys or you have excess anti-diuretic hormone, an unusual condition which keeps your body from excreting water, your body will build up water. Keep drinking your water.

***

BAD HIP ISN’T ALWAYS PAINFUL
DEAR DR. ROACH: It would be helpful if you could answer some of the warning signs/symptoms of a hip problem that I have. I now know that such a condition does not necessarily announce itself with chronic severe pain in the hip. Indeed, when I first went to the emergency room, I was a recurrent pain in my groin. My hip was relatively pain-free, and even though I had surgery I thought that was simply some arthritis.

What I failed to appreciate over the past few years was the very gradual loss of my range of motion leading to difficulty with simple activities, such as tying my right shoe or cutting my toenails. In retrospect, I feel rather foolish that I did not realize sooner that I was having hip problems. But hip problems can appear rather subtle. Other signs might include:

1. The need to use your hands to get in and out of bed or car, or to carry things.
2. When lying on your side, you have to roll over with your arms crossed over your chest.
3. The need to bend at the waist to tie your shoe.
4. Difficulty getting in and out of a chair.

ANSWER: You have done a lot of the work for me. The groin is the most common location for pain from hip disease. Any other locations — particularly pelvis or knee — can all be coming from the hip. We suspect arthritis when pain is worse after activity and improves with rest. It is the range of motion and pain with movement that we as internists look for on exam to help us decide whether the complaint is likely from the hip or joint from another location.

The resident’s printed name and address. Please allow four weeks for delivery.

***

DEAR DR. ROACH: I always have nitroglycerin with me, as I have heart disease. IF I see someone having a heart attack, can I give them the aspirin? — A.P.

ANSWER: Lopland your civic-mindedness, but you should not give out nitroglycerin. It is an extremely powerful medication that should be used only when sure of the diagnosis. I recall the resident during my training warn- ing a fellow intern that he needed to do a careful exam before giving nitroglyc- erine, because it can be fatal in people with severe aortic stenosis, a blockage in one of the heart’s valves. It made quite an impression on me.

Treadmill test orders carry aspir- in, nitroglycerin and oxygen for heart attack victims. The key is to get the person to definitive medical care as soon as possible. I do recommend that everyone who is physically capable of doing CPRA should do so. You can save the life of a loved one or a total stranger.

***

Irritable Bowel Syndrome
Vanishes After 35 Years
DEAR DR. ROACH: I am a 77-year-old man in good health except for irritable bowel syndrome for 35 years. Nix months ago, I started taking two 1-g aspirins dai- ly as a preventive, and that has also been a benefit. I have no other serious medical problems and do not use any intense cramp- ing, gas, or urgency, which I had for all these years. Frankly, I am pleas- antly shocked, since I thought IBS had no cure. I take no other medi- cations or supplements, so it seems likely that the aspirin has alleviated IBS symptoms. I have read of others who have the same response you seem to have, however. Aspirin is controversial as a preventive in people without heart disease. I am not a heart surgeon, I thought that the risks in people at high risk for heart disease, even if they are unili- quetin. Always speak with your doctor before beginning a course of aspirin, even if it’s low-dose.

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DEAR DR. ROACH: I have taken the same dosage of Synthroid for several years. Since this dose suc- cessfully maintains my thyroid lev- els, it is still necessary for me to have my bloodwork done once a year, or could I stop having bloodwork done or have the test per- formed every other year? — R.M.

ANSWER: In general, the dose of replacement thyroid remains roughly constant over the long term. Howev- er, the dose may need to be adjusted for several reasons, including weight change, other medication use, change in absorption due to gastrointestinal development or pregnancy. Also, even normal aging alters the metabo- lism of thyroid hormone, so I recom- mend continuing to check levels once a year at minimum.

***

DEAR DR. ROACH: Several weeks ago, I contracted a bad cold with much congestion. I have received an antibiotic plus nasal spray, and most of the congestion is gone. I have no pain. My con- cern is that my ears are still partially blocked. I can clear them by pinch- ing my nose and blowing, such as one does in an aircraft, but I must do this frequently. I am worried about hearing damage; I don’t know what else to do. — R.F.

ANSWER: The Eustachian tube con- nects your middle ear with the back of the throat and equalizes the pressure in your ear. It is common for congestion to linger. Fortunately, it does not per- manently damage hearing, and sound- ing goes away by itself. Decongestants can help, but do not use a decongestant spray such as Afrin (oxymetazoline) for more than three days.

***

DEAR DR. ROACH: I am writing to you regarding your recent col- umn on food poisoning. My husband spent most of his month life suffering from severe food pois- ining, until he was told of an all-nat- ural solution: cactus. In a matter of a few months he was completely symptom-free, and remains so after more than a year. He simply adds a few sprigs of cactus to a garden salad once a day. — J.L.

ANSWER: I also have read that eating fresh cactus helps poison. I couldn’t find any study that looked at this, and people responding to online support groups reported mixed results. However, it very safe and might be worth a try:

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1. Faster Sales
2. Higher Offer
3. Online Appeal
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Financial Statement

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Happy Easter

May the spirit of the holiday be with you and your family.
1. **FOOD & DRINK: What is meringue made of?**
2. **MOVIES: What were the names of the tunnels in the movie “The Great Escape”?**
3. **GENERAL KNOWLEDGE: Pure gold consists of how many karats?**
4. **LITERATURE: In which of Charles Dickens’ novels does the character of Fagin appear?**
5. **GEOGRAPHY: What Pacific island nation is known by the initials FSM?**
6. **ANATOMY: How many chambers of the heart?**
7. **MUSIC: How many keys are on a piano?**
8. **COOKING: How many remains of latitude is the Equator?**
9. **STORY: When did he die?**

**Answers**

1. **Pink Floyd.**
2. **Bristol Stomp.**
3. **The Hollies song with the freckles angle was perpetuated by...**
4. **Tony Goldwyn.**
5. **Tara F. Brinson, Octavia Spencer.**
6. **Strange But True continued.**

**By Samantha Weaver**

It was vice president Adlai Stevenson who made the following sage observation: "All progress has resulted from people who took unpopular positions." This struggle is powerfully put forward in the story of Katherine Johnson, Dorothy Vaughan, and Mary Jackson (Taraji P. Henson, Octavia Spencer and Janelle Mone) in "Hidden Figures." They were three such women whose work was vital to America’s earliest triumphs at the stars.

The movie handles historical topics in a way that is uplifting, but not superficially satisfying with easy solutions and platitudes. Math can be hard, but doing the hardest math while surrounded by bitter racism and backhanded sexism is herculean. This struggle is powerfully shown while the story manages to stay grounded.

**Lions (PG-13)** — Saroo (Dev Patel) is a grown man in Australia. His can’t-miss memories of being a lost little boy in India. He was 5 years old when he got stuck on an empty train and found himself in India and was taken thousands of miles away from his family. An Australian couple (Nicole Kidman and David Wenham) adopted him in Calcutta and raised him with love, but Saroo’s vivid memories of his birth mother and brother had both been burned in the search. His girlfriend (Rooney Mara) and supportive parents support him, but fear the search could consume him — the trial is 25 years old, and the territory is vast.

It’s something that could tug on so many heartstrings that you’d be incredulous — but it’s based on a true story, you will recall. The filmography does an amazing job of manipulating perspective to put you on the journey, both with lost little Saroo, and the determined, memory-driven adult Saroo.

**Toni Erdmann (R)** — Tightwad (Sandra Huller) has a high-pressure consulting job at an oil company in Romania where condescending co-workers make sexist remarks to her face as she fights to be taken seriously without rocking the boat. He’s dad to the (good-intentioned but unwanted) embarrassing partner. He’s bored and fumbling father. Winifred (Peter Simonischek), shows up as a unsolicited family bonding after Air. Winifred’s attempts in a ridiculous disguise as “Toni Erdmann” to Romania coach to the corporate elite. It’s charming and cringe-inducing and sweet without suffocating. The main cavares are that it’s nearly three hours long and subdued, but neither should be a deal breaker for fans of original official comedy.

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**Lakeview Newspaper, Volume 30, Issue 10, 2017**

**Lakeview News**

By Samantha Weaver

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**TV RELEASES**

March Season 1

Silicon Valley: The Complete Third Season

Top Gear 23

Vego Season 5

Tangled: Before Ever After

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**Top 10 Movies On Demand**

1. Moana (PG) — (Disney)
2. Doctor Strange (PG-13) — (Disney)
3. Trolls (PG) — (DreamWorks Animation)
4. Hacksaw Ridge (PG-13) — (Lionsgate)
5. Beauty and the Beast (PG) — (Disney)
6. Arrival (PG) — (Paramount)
7. Allied (PG) — (Paramount)
8. Jackie (PG-13) — (Fox)
9. PAW Patrol: Pups Save the (TV-E)
10. Incarnate (PG-13) — (Universal)

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**Top 10 DVD, Blu-ray Sales**

1. Moana (PG) — (Disney)
2. Doctor Strange (PG-13) — (Disney)
3. Trolls (PG) — (DreamWorks Animation)
4. Hacksaw Ridge (PG-13) — (Lionsgate)
5. Beauty and the Beast (PG) — (Disney)
6. Arrival (PG) — (Paramount)
7. Allied (PG) — (Paramount)
8. Jackie (PG-13) — (Fox)
9. PAW Patrol: Pups Save the Bunnies (TV-E)
10. Incarnate (PG-13) — (Universal)
**What's Hot in Hollywood**

HOLLYWOOD — Now that the Oscars are over, nominees can get back to work. Best actor winner Casey Affleck (“Manchester By the Sea”) has “A History of My Ghosts,” while敬畏 the Sundance (“La La Land”) is slated for “The Batдержан "thriller "Under the Silver Lake," the "first man" to walk on the moon. 

Susan Sarandon, Jessica Chastain, Kathy Bates, and Emma Stone have amassed 22 acting credits with Lin-Manuel Miranda’s “Hamilton” and Hugh Jackman’s “The Greatest Showman,” I was granted an interview with Hugh Jackman on August 10, 2018._ioined the NEA (The National Endowments for the Arts) because allegedly he’s angry that so many Hollywood actors are speaking out against him.**

Angela Lansbury will be a Balloon Lady. The film arrives Christmas Day 2018. Is Netflix, expanding into theatrical releases? Netflix acquired the rights to Martin Scorsese’s upcoming film “The Irishman,” that he believes. Donald Trump is a Hollywood elitist who continues with “How to Get Away with Murder” on ABC. Best-actor winner Ryan Gosling (“La La Land”) is being buried under the “Silver Lake,” with role of Topsy in “Mary Poppins Returns.”

Along with “Song to Song,” Emma Stone, “Captain Fantastic” and “Fences”), “A Hundred and One Dalmatians” and “The Irishman,” with role of Topsy in “Mary Poppins Returns.”

**Did you know that as of 1951, if you’ve won an Oscar you can’t sell it, you have to offer it first to the Academy of Motion Pictures Arts and Sciences for $100,000? Still, in 1999, the best-picture Oscar, presented to David O. Russell for Gone with the Wind was bought for $1.54 million. How was it done? They couldn’t advertise it anywhere, so the owners pawned the award with the intention to repay the loan. When they failed to retrieve it, they used the property of the pins which in turn sold it to a private collector — Michael Jackson. You might say “Oscar” was worth a lot more than his weight in gold!**

HOLLYWOOD — Ryan Gosling, Ryan Gosling, Ryan Gosling! His publicist insisted on blindfolding me before she took me to there. I told Cassidy that all he needs to be a happy balance. If you’re constantly on the go and don’t ever sit back and enjoy what’s happening, then what’s all it worth?**

O: I read that Lacey Chabert recently had a baby. How is she doing, and will she be taking a break from acting? — Janet R., via email

A: The "Party of Five" and "Mean Girls," alum did indeed just become a new mom. She and husband David Nehdar welcomed Julia Mimi Bella in September. However, earlier this year, Lacey was back at work — filming the Hallmark Channel’s "Moonlight in Vermont" — with 4-month-old Julia in tow. I spoke with her recently about the being on set with her daughter.

This was my first project back as a new mom, and my baby was only 4 months old when we filmed it. We are so attached, she was with me when we were in Vancouver and then on set most days, and it was a whole new experience. Being a mom and carrying the movie and still not sleeping at night. It was definitely a challenge, but so worth it. It’s like I have a whole new energy now with her. And my work has become even more important to me. I want to do stuff that she can watch later and be proud of. She brings so much joy to our lives. I’m just madly in love with her.**

Regarding the movie, which premiered April 8 at 9 p.m. ET/PT on Hallmark, Lacey could relate to the boy, career-driven woman that she played: “I’ve been working since I was 7 years old. I am very driven and very ambitious, but especially since having a baby. The baby has really taught me to take a step back, slow down a little bit-sometimes and really just enjoy the moment. It’s great to be ambitious and it’s great to be driven, but I think there needs to be a happy balance. If you’re constantly on the go and don’t ever sit back and enjoy what’s happening, then what’s all it worth?" **

**Q:** I am addicted to Tom Hardy’s new series "Taboo." Please tell me there will be another season. — Nick R., Port St. Lucie, Florida

A: Tom Hardy himself has confirmed that there will be an "explosive" new season of "Taboo," which just completed its run on FX. Season two will pick up with Delaney (played by Tom) and his ragtag group of criminals as they head over to America. For those of you who haven’t had the chance to watch it, you can stream it for free through your cable provider or you can purchase individual episodes or the entire season to stream from Amazon.
Focus on quality ingredients for a simply delicious meal

**Spicy Tater Tot Breakfast Muffins**

Recipe courtesy of Chef George Duran

*Servings: 6*

**Pie Dough:**

Heat oven to 400 F. To make pie dough: Heat oven to 400 F. Unroll dough on floured surface and gently stretch dough and fit into 10-inch pie pan. With fork, make holes in bottom of pan. Roll dough and bake 15 minutes.

**To make filling:**

Heat oven to 350 F. Mix butter and flour in food processor or by hand until mixture has granular consistency. Add water and knead into dough. Let chill 10 minutes. Roll dough and fit into 10-inch pie pan. With fork, make holes in dough and bake 10 minutes.

To make filling: Heat oven to 350 F. In a large pan, sauté onions and peppers with butter. Add garlic and let simmer until soft. Add flour and whisk until smooth. Add milk and bring to a boil. Add cheddar cheese and stir until melted. Add spinach, sundried tomatoes, and cream. Cook until thickened.

**Cheesy, Crispy Smashed Potatoes**

Recipe courtesy of Chef George Duran

Servings: 4

Preheat oven to 450 F and cook potatoes by steaming, boiling or microwaving. Set aside.

Slice red potatoes. Drizzle reserved garlic olive oil on top of potatoes. Cook on medium-low heat until garlic browns and turns crispy, about 5 minutes. Strain garlic, reserving olive oil and crispy garlic. Once potatoes cool, use back of pan to gently smash them down to about 1/2-inch thickness. Drizzle olive oil throughout roasting pan then add smashed potatoes. Drizzle reserved garlic olive oil on top of each potato and season with salt and pepper. Roast 20 minutes. Remove from oven and evenly divide cheese and parsley on top of each potato. Cook another 10 minutes until cheese begins to brown. Top each potato with reserved crispy garlic and allow to cool before serving.

**Brown Sugar Ham and Cheese Sticky Buns**

Recipe courtesy of Chef George Duran

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**Spinach and Sundried Tomato Quiche**

Recipe courtesy of Jarlsberg Cheese

*Servings: 6*

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Asparagus and Gruyere Omelet

Fresh asparagus and nutty Gruyere cheese come together in this elegant omelet.

1/2 teaspoon olive oil
8 ounces asparagus, trimmed and cut diagonally into 1-inch pieces
2 tablespoons water
4 ounces Gruyere cheese
8 large eggs
1/2 cup water
1/2 teaspoon salt
1/2 tablespoon apple-margarine or butter
Coated round-country-style bread (optional)

1. In 2-quart saucepan, heat olive oil on medium. Add asparagus and 2 tablespoons water. Cook 5 minutes or until tender-crisp; remove from heat. Shred Gruyere cheese.

2. Heat oven to 200 F. Place 4 dinner plates on oven to warm. In medium bowl, place eggs, water, salt and black pepper. With fork, beat 25 to 30 quick strokes to blend mixture without making it fluffy. (Overbeating toughens the proteins in the whites.)

3. In 8-inch nonstick skillet, melt 1 1/2 tablespoons margarine or butter in medium. When margarine stops sizzling, pour or ladle 1/2 cup egg mixture into skillet. Melt remaining margarine. Pour or ladle 1/2 cup egg mixture into skillet. Repeat with heat-safe spatula, carefully push cooked edges of egg mixture to center of skillet. Repeat 8 to 10 times or until mixed.

4. Add asparagus to the sauce cream mixture and toss to coat. Squeeze spinach of excess moisture, roughly chop, then fold into the sauce. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

5. Heat oven to 425 F. In a large bowl, whisk together sour cream, creme fraiche, lemon zest and pepper. With fork, beat 25 to 30 quick strokes until mixed.

6. In another bowl, combine 4 eggs (beaten), 2 tablespoons spicy brown mustard, 1/2 teaspoon each salt and pepper. With fork, beat 25 to 30 quick strokes to blend mixture without making it fluffy. (Overbeating toughens the proteins in the whites.)

7. In a large skillet, melt 1 1/2 tablespoons margarine or butter in medium. When margarine stops sizzling, pour or ladle 1/2 cup egg mixture into skillet. Melt remaining margarine. Pour or ladle 1/2 cup egg mixture into skillet. Repeat with heat-safe spatula, carefully push cooked edges of egg mixture to center of skillet. Repeat 8 to 10 times or until mixed.

8. Add asparagus to the sauce cream mixture and toss to coat. Squeeze spinach of excess moisture, roughly chop, then fold into the sauce. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

9. Sprinkle hash browns over the top and sides with soy ketchup. Bake 20 to 25 minutes or until golden brown, 3 to 4 servings.

10. TIP: Use leftover potatoes to make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (diced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side.
Crime

Theft over $300 from a residence on the 2100 block of West Cuyler Ave.

Deceptive practice of credit card fraud at an apartment on the 1900 block of West Berenice Ave.

Retail Theft from a small retail store on the 1900 block of West Irving Park Road.

Theft over $300 on the street on the 4200 block of North Damen Ave.

Child Abuse at an apartment on the 4300 block of North Western Ave.

Criminal vandalism to property on the 3700 block of North Damen Ave.

Domestic battery at a bar or tavern on the 2100 block of West Cullom Avenue.

Domestic battery from a residence on the 2000 block of North Western Ave.

Domestic battery from a building or grounds at a hospital.

Criminal trespass to property on the 3900 block of North Halsted St.

Credit card fraud at an ATM machine on the 3400 block of North Lake Shore Drive.

Credit card fraud at an apartment on the 2100 block of West Melrose St.

Domestic battery at a residence on the 3500 block of North Halsted St.

Deceptive practice of credit card fraud at a residence on the 2000 block of West Melrose St.

Deceptive practice of credit card fraud on the 1900 block of West Elgin St.

Theft from a residence on the 3200 block of North Damen Ave.

Battery on the 1800 block of West Cuyler Ave.

Theft from a grocery store on the 3300 block of North Western Ave.

Theft from a drug store on the 1600 block of West Belmont Ave.

Simple assault at a residence on the 3200 block of North Wolcott Ave.

Deceptive practice of credit card fraud on the street on the 1600 block of North Western Ave.

Deceptive practice of credit card fraud on the 1900 block of West Berteau Ave.

Theft from a residence on the 1900 block of West Dearborn St.

Theft from a residence on the 1500 block of South Halsted St.

Theft from a residence on the 1700 block of West Roscoe St.

Burglary with forcible entry on the 2100 block of West Melrose St.

Burglary with forcible entry on the 1700 block of West Belmont St.

Counterfeit money being passed at a convenience store on the 3600 block of North Broadway.

Aggravated assault with a dangerous weapon at an apartment on the 3700 block of North Halsted St.

Simple battery at an apartment on the 4200 block of North Broadway.

Simple battery and aggravated assault on a police officer with the persons hands on a CTA train on the 3900 block on North Sheridan Rd.

Pick Pocketing on the street on the 3700 block of North Racing Ave.

Burglary and unlawful entry to an apartment on the 3700 block of North Magnolia Ave.

Motor vehicle theft of an automobile at a sporting event or stadium on the 4100 block of North Clark St.

Theft of over $300 on the street on the 800 block of West Belle Plaine Ave.

Simple battery at a residence on the 4100 block of North Sheridan Rd.

Vandalism and criminal damage to property at a restaurant on the 800 block of North Halsted St.

Battery on the 900 block of West Beltimore Ave.

Criminal sexual assault at a hospital building or grounds on the 2900 block of North Lake Shore Drive.

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VERSATILE STORAGE

Turning your home into the living space of your dreams takes effort and commitment, but while the weather is warm and motivation is on your side, it’s time to put your focus to the task. Whether you choose to start your renovation project on the inside or outside, for big or little fixes, the important part is committing to getting it done and doing it right. That includes finding the right materials and products to suit your specific needs and style, whether it’s the closet organization, a beautiful kitchen upgrade, adding features like skylights or anything in between.

Your dreams and desires for your home are attainable and within your reach, so long as you’re devoted and willing to get in the time. Find more home upgrade tips and tricks at livingtoday.com.

VERSATILE STORAGE

It’s time to get organized. Turn any closet or area in your home into a designer-inspired storage showcase with ClosetMaid’s Stylisophy line. This flexible, DIY system is available in multiple finishes and styles, and offers accessories such as doors, dividers, shelf shelves and expandable hang rods for total customization. Find free design, inspiration and organization solutions at closetmaid.com/stylisophy.

FUNCTIONAL FURNITURE

Ideal for enjoying a serene cup of coffee or welcoming guests for some outdoor fun, you can even up your backyard space with a patio furniture set to help both aesthetically and functionally. The right set for your deck, patio or yard can lead a pleasing element to the eye and a comfortable spot to sit and enjoy time outdoors. Available in myriad colors and combinations, look for patio furniture that matches your style and personal preferences.

NATURAL LIGHT AND FRESH AIR FROM ABOVE

You can brighten your space in an eco-friendly way with Energy Star qualified, solar-powered fresh air skylights from Velux America, which provide natural light and ventilation to reduce energy costs. Adding solar-powered skylights can further increase energy efficiency. The skylights carry a 10-year, no-leak installation warranty and, along with the blinds, operate by remote control, closing automatically when it rains. Both products, along with installation costs, qualify for a 30 percent federal tax credit. To find certified installers, visit veluxskylights.com.

BACKYARD GETAWAY

Find a comfortable temperature and enter your most relaxing state at any time with your own backyard hot tub. The gateway to aincredible opportunity, a hot tub gives you a chance to close your eyes and unwind whether it’s the end of a long day or starting out your Saturday morning. With varying options like in-ground or above and a multitude of sizes, plus the ability to turn individual jets to your liking, a backyard hot tub can be the perfect personal oasis.

A FINISHING TOUCH

Bring everything together in a kitchen or bathroom with the subtle finish that can sometimes be forgotten – the faucet. Embracing one simple, modern or classic, the faucet can serve multiple aesthetic purposes like catching attention upon entering the room or simply complementing the design elements around it. Adding the final touch with the right faucet can be a beautiful way to wrap up a room.
Apiculture (from the Latin apis, “bee”) is the maintenance of bee colonies by man to collect honey and bee wax, to pollinate crops or to produce bees for sale. Hives have been kept by man since ancient times. Workers blowing smoke into hives to remove honeycombs and inscriptions detailing honey production are depicted on temple walls in Egypt. Sealed pots of honey were found in the tombs of Tutankhamun and other pharaohs.

— Brooke Water
Source: shoesdictionary.com

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“Adversity is a great lesson which makes us fighters. If we don’t let down and make a pledge to move forward, nothing can stop. If you withstand adversity, it culminates in developing greater qualities of persistence, patience, positivity, creativity and inculcates virtue of confidence. Build your confidence by building your strengths.”
— Dr. Anil Kumar Sinha

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Make Spring Cleaning a Cinch

Spring is a time of renewal and revitalization, but it’s hard to appreciate all the invigorating aspects of spring when your home still bears marks of winter dust and dirt. Tackle your living space month-by-month for a spring clean that will leave you and your home refreshed and ready for a new season.

Kitchen

Although the kitchen is likely the room that gets the most cleaning attention, there are probably still areas for spring improvements. Cabinets and countertops make the biggest impression in your kitchen, so give them a thorough wipe-down, adding polish in the touchwork and natural stone, and repair any chips or damaged spots. Make your appliances look new again by wiping down and scrubbing hard-to-reach and heavy-use areas like the top of the refrigerator and the stove. They may not be immediately visible, but don’t overlook the inside of your dishwashers. Discard expired food, damaged items and wear-pasted pieces, such as lids with no matching container and vice versa. Finish off the kitchen with sweeping and mopping for squeaky clean floors.

Living Areas

Throughout the house, your biggest chore may be removing clutter. Finding storage solutions or new homes for accumulated items can make rooms seem instantly brighter and more welcoming. Dusting the blinds, lighting fixtures and fans can add a fresh touch, and clean baseboards make for a top-to-bottom clean. Vacuum cushions as well as under and behind all furniture, and if necessary, corollar shampooing the carpets. Dust all the nooks and crannies, including any decorative items and accessories.

Bedrooms

The closet is a good starting point in the bedroom. Sort your clothes and discard any you haven’t worn in the past year; these can be donated. Also check for any items that need repair and set them aside to mend when you take a cleaning break. This is also a good time to put away winter clothing and bring out your spring and summer attire. Additionally, you may find it helpful to add organization and storage containers to help control items like shoes, handbags and other accessories. As temperatures rise, your bedding needs will change, as well. Wash and put away blankets you won’t need until the weather turns cool again. Flip and rotate your mattresses for longer wear before you add fresh, lightweight sheets. While the mattress is raised, you can take advantage of access under the bed to run the vacuum. A fresh new pillow will add the final refreshing touch to your spring-ready bed. Before you leave the bedroom, don’t forget to put drawers and other furniture away from the walls to vacuum, dust them thoroughly and wipe down headboards and blinds or shutters.

Don’t Lose Your Natural Stone’s Luster

Dirt and debris on your natural stone can make your countertops and surfaces look dull and uninviting. There are different methods and products you can use to clean and polish your natural stone. A good place to start is with a mixture of warm water and a mild dishwashing detergent. Use a soft cloth or sponge to clean the surface, rinsing off the soap and water with a damp cloth. For tougher stains, try using a stone cleaner or polish. Always follow the instructions on the product label to avoid damaging the stone.

Once your cleaning is complete, take a few extra steps to keep your home feel extra fresh and clean. On a warm day, throw open the windows to let the fresh breeze chase away stale winter air and add lightly scented candles throughout the house for a home that smells as inviting as it looks. Find more advice to make spring tasks simple at clivingtoday.com.
Horoscope

How to Bathe a Cat in 6 Fun-Filled Steps

DEAR PAW’S CORNER: My 3-year-old cat “Zazu” loves to go outside and roll around in everything. She comes back covered in burrs, mud, or whatever funk she happens upon. I’m not sure why she rolls in these things, but they are definitely known for! Thankfully, she rarely has fleas, so I give her a monthly flea treatment. But she hates baths. How can I keep Zazu clean? — Wlt’s End in St. Paul, Minnesota

DEAR WLT’S END: Before we get into the science of cat bathing, I have to ask: Has Zuzu been spayed? If not, that could be playing a role in her, um, adventurousness. Otherwise, try to limit her exploration to the yard if possible.

Now, to the dreaded cat bath. This is rarely fun for cats or owners. Fortunately, most cats rarely need a bath; too-frequent baths can dry their skin, which can lead to bigger problems.

How to:

1) Use a sink or a large container, rather than a bathtub. Fill it with just a couple of inches of lukewarm or cool water.

2) Place a harness and leash on the cat if controlling her will be a problem. Then carry the cat to the sink, giving it lots of praise.

3) Carefully wet the cat up to its neck. A small amount of perfume-free pet shampoo. Use a damp cloth to wipe its head and neck.

4) Dry the cat with a clean towel, then spritz with a small amount of water.

5) Let the cat be mad at you for a while, but let them off the hook after a minute or so.

6) Clean and bandage the scratches she’s likely to get. Give her a treat, and remove the leash and harness when it’s safe to do so.

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