



Lakeview

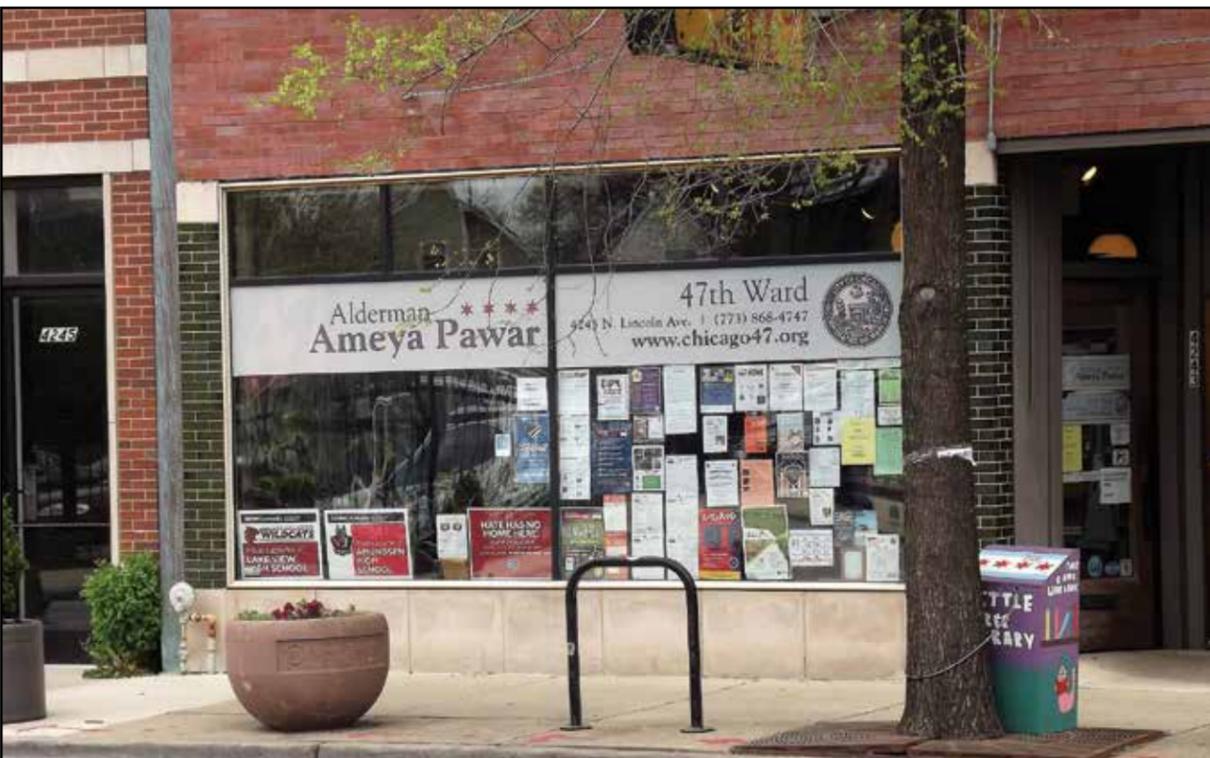
May, 2017

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

Volume 21, Number 6

Interview

Let's raise taxes



by George Rimel and Joyce Rimel

20 Questions

This month's interview is with Deidra Suber, Manager, Amazon Books, 3443 N. Southport.

Q. Where were you born and raised?

A. Memphis, Tennessee.

Q. Are you married? Any children?

A. Married last July. No children.

Q. Where did you attend school?

A. Georgetown University for Undergrad and currently the University of Chicago for an MBA in Business Administration.

Q. What is your fondest childhood memory?

A. Riding a cow during a visit to my grandparent's farm in Mississippi.

Q. What was the worst job you ever had?

A. Working at a summer camp teaching kids how to swim.

Q. What hobbies/special interests do you

have?

A. Walking dogs and going to the dog beach.

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

A. TV-Blackish; Movie: Pretty Woman; Book: I'm Judging You by Luvvie Ajayt.

Q. What did you do for a living before this?

A. Worked for Apple for 5 years.

Q. What would you say is/will be your greatest challenge right now in opening this new store?

A. Finding our place in the community and keeping that neighborhood store feeling.

Q. This is the only such store in Illinois. How is it that the Lakeview neighborhood was selected for this new venture?

A. This location is a test store. Our other stores are in enclosed malls or strip malls. This is the first street placed store. We want to know how we can fit in a neighborhood.

Q. What makes this store different from

other stores?

A. We have a lot of community events and classes.

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This newspaper called Alderman Pawar's (47th Ward), office three times and left messages and physically appeared at his office to speak with him and get his input for this article about him running for Governor in 2018. No attempt was made to return our calls, yet he states in his Newsletter that "If you have any questions or concerns, stop by our office, send us an email or give us a call. We are here to

serve you."

After winning the election in 2011 for a seat to the City Council, he promised that he would only serve two terms. He is now serving in his second term and has announced that he will run for Governor of the State of Illinois. He is running as a progressive Democrat. Mayor Rahm Emanuel has not endorsed him but gave him high points for his intellect and desire.

Why does he want to run? Alderman Pawar looks back in history to Franklin Roosevelt's New Deal during the Great Depression (1929-1939) Roosevelt started many programs with the most popular being the Social Security Act. His New Deal programs set a precedent for the federal government to play a key role in the economic and social affairs of the nation.

However, Alderman Pawar wants higher

property taxes, higher income taxes and will place a tax on drinking water and wants to legalize marijuana. This progressive platform puts a higher tax on millionaires and a graduated income tax to increase revenues for the state and expand education funding without disabling other social programs.

Pawar at age 37, is the first Asian/Indian American to sit on the Chicago City Council. He represents a predomi-

Continued page 2

What's on your Mind?



"I'm a yoga teacher. Teaching yoga outside to align with the seasons."

Denise D'Agostino



"Continuing to impact our local schools through our fund raising programs"

Joseph Armetta



"What do I want to do in Chicago over the summer. Movies, parks, concerts and going to the lake."

Melanie Keller

Editorial & Opinions

Interview continued from Page 1

your competition?

A. Books are highly rated at 4 stars and above. The book selection is smaller by design and you can choose from books you may not know existed. We are an extension of Amazon.com and can assist you in getting any book you want.

Q. What have been your three greatest achievements?

A. My marriage and family. Graduating from college and I have a foster child that I adopted when she was 15 and she is currently in college.

Q. What have been your three greatest disappointments?

A. Not saving more money earlier. Waiting so long to get married and I should have taken more risks by traveling abroad and taken harder classes in college.

Q. What is your "pet peeve"?

A. People who are consistently not happy.

Q. What would you like to do during your lifetime that you haven't done so far?

A. Take 6 months and travel all of Africa.

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

A. Coretta Scott King. She was a strong woman to support Dr. King and didn't get as much credit and she was happy not being in the spotlight.

Q. Who do you most admire and why?

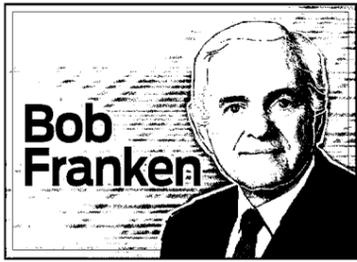
A. Father Raymond Kemp, Prof. at Georgetown. Before it was cool to fight for equal rights. He was integral in getting people to get closer to God to grow and was very dedicated. He married my husband and I.

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

A. The surge parking rates on game days for baseball.

Q. What is your most prized possession?

A. My first piece of jewelry my husband got me at 19. I wear it every day.



The First 100 Days

Those who worry that they are closed-minded because they can't conceive of agreeing with anything Donald Trump says or does can stop beating up on themselves. He's finally come up with something sensible, calling the intense focus on any president's first 100 days in office a "ridiculous standard." It is ridiculous, largely media hype, a contrived way to judge how a new administration is doing.

For the record, Trump is doing a miserable job. He's a reverse King Midas. Everything he touches is tarnished, and it's not even gold to begin with, except maybe fool's gold. Still, the hundred-day marker means very little. The first one that means anything politically comes 650-plus days in, on Nov. 6, 2018.

That would be the day of the midterm elections, when Americans choose a full House of Representatives, 435 seats, and a third of the Senate, 34 this time around. Right now, both are in GOP hands. But Democrats are hoping mightily that Trump will have made such a mess of things that they will overcome the odds and somehow take back Capitol Hill, or at least half of it.

There are several problems with that strategy, of course. First of all, Democrats have this bad habit of beating themselves — they are usually their own worst enemies. Exhibit A would be their most recent presidential campaign. Hillary Clinton should have scampered to victory, far outdistanc-

ing the buffoon running against her. Instead, she hung a "kick me" sign on herself and stood there while Donald Trump did just that. That was after Trump had done everything he could to divide his party.

But the Democrats, who specialize in party division, came up with antagonisms of their own. Suddenly, it was Bernie Sanders and the Sandernistas fighting Hillary Clinton and the Clintonistas. The infighting overwhelmed the outfighting, sapping the strength and enthusiasm of Democrats. Instead of riding the Clinton coattails, Democratic candidates for Congress tripped on them. And they have an innate ability to do so again in the midterms.

The other problem with running against President Trump and his embarrassments is that they might be worse than embarrassments. His domestic policies are disgraceful. His immigration policy could be called borderline bigotry if it weren't for it being full-fledged bigotry. His approaches health care, taxes and trade, along with other economic and environmental policies, are designed to make the rich richer. Period. The nation can't be a world power much longer with such a divide between the wealthy and everyone else.

That's even more the case when it comes to Trump's geopolitics. By treating various crises like he's negotiating for a casino property, he's gambling with the planet. Just one miscalculation, just one enemy that doesn't back down in the face of his amateurish bluster, and he'll either fold or cause a deadly disaster. Either one will bring the United States serious harm.

A hundred days in, we are moving precariously close to such a scenario. So the Democrats can't wish too hard for a downtrodden President Trump, because he may take his country down too. Actually, short of impeachment, the next chance to replace him is more than 1,300 days away, Nov. 3, 2020. As the song goes, he's only just begun.

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

A. Slow down and enjoy it.

Let's raise taxes from front page.

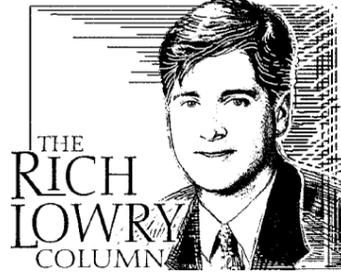
nately white North side ward. He's running for Governor because "it's kind of annoying to listen to all these crusty old white men making all the decisions." Rauner definitely has a target on his back. His Social service agencies are closing, jobs are fleeing the state. Public schools don't know if they will open in the Fall and almost 47,000 poor families are no longer eligible

for childcare. So, after receiving the blessing of his wife and a good friend, he decided to run for Governor in 2018.

Charma Epstein, wife, is his former chief of staff serving through February 2014. He has a daughter, Sigalit Koufax Epstein-Pawar (named after Sandy Koufax who played for the Brooklyn/Los Angeles Dodgers (1955-1966).

New Deal – Old Deal. It's going to be a bumpy ride going against J.R. Pritzker and Chris Kennedy.

Pawar said that he will be out there and talk about his progressive vision for Illinois.



A Trump Victory on the Border

Donald Trump's saber rattling may or may not deter Kim Jong Un, but it's had an effect south of the border.

In the first few months of this year, illegal border crossings have dropped precipitously. It is an early proof of concept that yes, it is possible to secure the border and a victory, even if a provisional and incomplete one, for President Trump's enforcement agenda.

Once you stripped away the impossibilities from Trump's rhetoric on immigration during the campaign — there wasn't going to be a wall along the entire border paid for by Mexico, nor were there going to be mass deportations and a Muslim ban — the core of his message was a commitment to crack down on illegal border crossings.

This is happening. It has been reported in the press, but it almost never makes it into the conversation about his first 100 days.

If Trump had promised to almost immediately reduce illegal border crossings from Mexico to a 17-year low, it would have been dismissed as bombast. But here we are. On the border, there is cause to be at least encouraged by all the winning.

According to the Department of Homeland Security, there were 17,000 arrests at the border in March, the lowest figure since 2000, and down significantly from the nearly 60,000 arrests in December. The message has been received that President Trump is, to coin a phrase, a bad hombre. His tough

rhetoric alone would be enough to make would-be migrants think twice. But the administration also has tightened up on enforcement; both immigration arrests and so-called detainees — requests to local law enforcement to turn over to the feds illegal immigrants in jail — have increased.

Enhanced enforcement, real and perceived, is clearly affecting the decision-making of would-be migrants. The fees charged by so-called coyotes to bring people across the border have risen, reflecting the higher risk. A jump from, say, \$3,500 to \$8,000 represents an enormous new expense for a mother in Honduras, especially if her chances of staying in the United States are diminishing.

Some caveats. First, the Trump administration will have to continue to strengthen enforcement. Otherwise, illegal immigration will bounce back to its normal trend. The experience after the 1986 amnesty confirms this. The law was supposed to include tougher enforcement, and this expectation initially suppressed immigrant flows. When it became clear that it was all talk, illegal immigration continued as before.

Second, visa overstays are a large and perhaps growing contributor to illegal immigration. This deserves as much attention as the border.

Finally, the administration will have to resist the urge to declare victory and go home. The moderates in the White House may be tempted to soften Trump's image via a grand bargain on immigration, arguing that it's "mission accomplished" on enforcement and time to pivot to a large-scale amnesty.

Despite the hostile press coverage, what Trump has done so far on immigration is hardly radical and basically represents a return to the pre-Barack Obama status quo, when the federal government didn't openly flout its own laws. For now, it has gotten results.

Rich Lowry is editor of the National Review.



Lakeview Newspaper

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VETERANS POST

by Freddy Groves

VA Regulations Let Bad Apples Linger

A recent press release details the Department of Veterans Affairs' difficulty in firing an employee for misconduct, saying it will take 30 days to get rid of him. The employee in question was removed from patient care, but he's still there, pulling in a paycheck.

The steps to dismiss an employee generally have taken 270 days. There has to be 30 days advance written notice ... after multiple other steps are first taken to gather evidence. Then there are replies, and appeals, and a long period during which the disciplinary board takes it all under advisement, and more replies and appeals, while the employee is still getting paid.

It could be worse ... and it is. Take the case of the surgical nurse who showed up for work drunk, and then operated on a veteran. It will take nine months to get him out of there, at a minimum. Extensions can increase that time. He was charged with reckless endangerment, being drunk in public and driving drunk after spending time at a casino, but the VA can't quickly fire him.

Now the VA is working with Congress to speed legislation that would cut the time needed to get wayward employees off the rolls. The VA Accountability First Act will give the VA secretary the power to expedite a firing. Still, there's the required advance notice, the response time, the appeal, a final ruling ... and those all add up.

Another bill, H.R. 27, signed off by the House and handed to the Senate, has a hope-inspiring title, "Ensuring VA Employee Accountability Act." The devil is in the details, though. All the act requires is that copies of reprimands and admonishments remain in the employee's permanent record, yet it's been sitting there since January.

VETERANS POST

by Freddy Groves

IG Uncovers Chaos at VA Medical Center

When the Department of Veterans Affairs issues a press release thanking the Office of Inspector General for a fast health care inspection on one of its medical facilities, you know it's big stuff. Sure enough, the OIG found so many things wrong at the Washington, D.C. facility that it quickly issued an interim report so problems could be addressed immediately.

Here are some of the horrors the OIG found as a result of an initial anonymous tip:

- There was no system to ensure that recalled supplies and equipment were not used on patients.
- It ran out of bloodlines for dialysis patients and had to borrow from a private hospital; 15 days later it ran out again.
- There was no oxygen on a hospital floor during a patient emergency.
- Nursing staff inventoried one store-room three times a day and continually sent requests for supplies ... that didn't arrive. Surgeries had to be postponed; others proceeded without required devices. In at least one case, surgical equipment was removed because the vendor hadn't been paid.
- Most of the sterile storage areas for supplies were dirty; \$150 million in equipment and supplies had not been inventoried in over a year.
- The lease on a 100,000-square foot storage warehouse was due to expire within weeks, and there was no plan for moving the \$15 million worth of

items, which haven't been inventoried.

• Four years ago, the facility got 50 handheld scanners to be used to track inventory. As of the OIG inspection, \$154,876,092 in materials was missing and not reported.

Throughout the inspection, it appears nurses were sending emails to the OIG detailing the problems of missing equipment and supplies. (Picture the nursing staff running from floor to floor and searching for emergency equipment.)

You can read the whole Interim Report at www.va.gov/oig/pubs/VAO-IG-17-02644-202.pdf

SENIOR NEWS LINE

by Matilda Charles

Retirement Study Is an Eye-Opener

Are you ready to retire? Do you have enough money? Have you given it much thought?

The Employee Benefit Research Institute just published the results of its 27th survey about financial readiness to retire.

Here are a few things its research revealed:

• Many of us are stressed out about retiring, but we're not taking steps to get ready. One third of participants worry about money. Half think they'd be more productive at work if they weren't stressed about the financial aspects of retiring.

• Only 60 percent say they've saved for retirement. Forty percent have tried to work out the numbers and even fewer have tried to calculate their expected Social Security benefit and likely monthly financial needs or expenses. Less than 23 percent have spoken to a financial adviser, and only 10 percent have a plan. The number of people who are confident about having a comfortable retirement is lower than last year.

• Only 37 percent are confident that Social Security will continue to provide benefits, and the same number have low confidence that Medicare's current levels will continue.

According to the survey, 80 percent of those who have already retired are more confident about having a comfortable retirement. Per a government pamphlet ("Top 10 Ways to Prepare for Retirement"), you'll need between 70 percent and 90 percent of your pre-retirement income to maintain your current lifestyle.

If you're stressed about the financial aspects of retirement, knowing is better than guessing about how you might fare. A financial planner can look at the figures and tell you the facts. If nothing else, call Social Security to ask about your likely future benefits (1-800-772-1213).

To view the study, go online to eбри.org and look for the 2017 Retirement Confidence Survey. It's an eye-opener.

top ten
Best Airports

1. Atlanta
2. Orlando
3. Denver
4. Minneapolis
5. Charlotte
6. San Francisco
7. Seattle
8. Tampa
9. Detroit
10. Baltimore/Washington

Source: TravelPulse

THE WORST:
New York LaGuardia

SENIOR NEWS LINE

by Matilda Charles

New Medicare Cards Coming ... Eventually

You've no doubt noticed that part of your Medicare card number is your Social Security number. That's finally going to change.

The push to get Social Security numbers off Medicare cards started in 2002 with the Government Accountability Office saying it was seeing a pattern of identity theft from stolen Medicare cards. In 2006, after an audit by the Office of Inspector General for the Social Security Administration, Medicare fought back and claimed it would take up to 13 years and lots of money to get the number off Medicare cards.

The "Medicare Identity Theft Prevention Act of 2008" was passed in Congress by the House, but was ignored by the Senate. Finally, in 2015, Congress passed the Medicare Access and CHIP Reauthorization Act. It's now a public law. That act gives Medicare until April 2019 to get Social Security numbers off Medicare cards and generate a new beneficiary ID number.

That Social Security number is a gold mine to thieves if you should lose your wallet. (Or if they break into a medical office and steal files.)

Instead, until the new cards get here, do this: Leave the card at home. Make a photocopy of the card and black out the last four digits of your Social Security number. Only carry the paper copy with you if you have a medical appointment.

Now that the word is out about the new Medicare cards coming, scammers are sure to take advantage of that. If you get a call from anyone saying they need personal info from you so you can get your new card, hang up. Or if someone tries to get you to pay for the new card and they need your bank information, it's a scam.

If you have questions, call Medicare at 1-800-633-4227.

Moments in time
THE HISTORY CHANNEL

• On **May 11, 1864**, at the Battle of Yellow Tavern near Richmond, Virginia, a Union trooper fatally wounds Confederate Gen. J.E.B. Stuart, who dies the next day. Stuart's leadership helped the Confederates maintain a superior cavalry force in Virginia for most of the war.

• On **May 14, 1913**, in Sportsman Park, Illinois, Washington Senators pitcher Walter Johnson throws his 54th consecutive scoreless inning. Johnson's record stood for 55 years until Don Drysdale of the Los Angeles Dodgers pitched 58 and 2/3 innings without allowing a run.

• On **May 12, 1932**, more than two months after he was kidnapped, the body of aviation hero Charles Lindbergh's baby is found less than a mile from his family's home in Hopewell, New Jersey. Although Lindbergh received two ransom notes, his son had been killed the night of the kidnapping.

• On **May 8, 1945**, both Great Britain and the United States celebrate Victory in Europe Day. Both nations, as well as formerly occupied countries in Western Europe, rejoiced in the defeat of the Nazi war machine, when German troops throughout Europe laid down their arms.

• On **May 9, 1960**, the Food and Drug Administration approves Enovid-10, the world's first commercially produced birth-control pill. Development of "the pill" was first commissioned by birth-control pioneer Margaret Sanger and funded by heiress Katherine McCormick.

• On **May 13, 1972**, a fire at the Playtown Cabaret in Osaka, Japan, kills 118 people. An electrician three floors below in a department store inadvertently set off a fire that reached some oil-soaked rags in a nearby storage room and climbed the elevator shafts.

• On **May 10, 1980**, the U.S. Treasury announces the approval of \$1.5 billion in federal loan guarantees for the nearly bankrupt Chrysler Corporation. At the time, it was the largest rescue package ever granted by the U.S. government to an American corporation.

Strange BUT TRUE

By Samantha Weaver

• It was French novelist — and, more significantly, journalist — Emile Zola who made the following sage observation: "One forges one's style on the terrible anvil of daily deadlines."

• You might be surprised to learn that, among readers from families with incomes of at least \$100,000, The Reader's Digest reaches more people than The Wall Street Journal, Fortune, Inc. and Business Week combined.

• Have you ever heard of the Clarke-Asimov Treaty of Park Avenue? Unless you're a fan of science fiction, you probably haven't. Legend has it that two of science fiction's Big Three, Isaac Asimov and Arthur C. Clarke (poor Robert A. Heinlein missed out, it seems), were sharing a cab in New York City when they reached an agreement: Each author would publicly refer to the other as the world's greatest in his specialty. This meant that Asimov touted Clarke as the world's best science-fiction writer — reserving second place for himself — while Clarke acknowledged Asimov as the world's best science writer — also putting himself in second place. Evidence of the agreement is found Clarke's 1972 novel "Report on Planet Three"; the dedication reads, "In accordance with the terms of the Clarke-Asimov treaty, the second-best science writer dedicates this book to the second-best science-fiction writer."

• Those who study such things say that cannabis has been used to ease childbirth pains in a variety of cultures, ranging from the Middle East to Northern Africa to East Asia — and the evidence dates as far back as 2000 B.C.

• It was the seventh president of the United States, Andrew Jackson, who first allowed the public to enter the White House. He also made sure the presidential abode was well-provided with spittoons — at least a dozen of them.

Thought for the Day: "It's surprising how much memory is built around things unnoticed at the time." — *Barbara Kingsolver*

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Health



Botox Can Ease Blepharospasm

DEAR DR. ROACH: I have been contending with blepharospasm for years. I got some relief from Botox for around four years, but then it stopped working and my doctor moved me to Dysport, which was horrible. It did not relax my symptoms, and it made me constantly very uncomfortable (with a feeling that my eyes were swollen all the time).

I stopped the treatments and have been able to cope, until the past six months. I am almost unable to read, look at a computer screen or drive. Do you have any suggestions? I use Ativan to try to relax the stress of the blinking, but even that has lost its effect. I have been discouraged from getting a limited myectomy because of the risks. My ophthalmologist said that a neurologist would be a waste of time. I am desperate for another opinion. — *B.B.*

ANSWER: Blepharospasm is an uncontrollable muscle spasm around the eyes, often causing blinking and twitching. It ranges from occasional and mild to the much more severe and disabling condition you report.

Treatment with botulinum toxin is effective for most people. Botulinum toxin, directly injected into muscle, weakens or paralyzes the muscle. There are three types of botulinum toxin A currently available in the United States: Botox, Dysport and Xeomin, as well as botulinum toxin B (Myobloc). I suspect your ophthalmologist changed brands because of the concern of antibodies your body may have developed to the Botox.

I would never say that a neurologist would be a waste of time. Blepharospasm is a limited form of dystonia, and

neurologists are the experts in dystonia. The neurologist will have an opinion on trying a different form of botulinum toxin, as well as other treatments.

DEAR DR. ROACH: I'm a 61-year-old woman who was diagnosed with notalgia paresthetica about five years ago. Several years later, my general practitioner told me to use capsaicin, which helps with the tingling feeling, but sometimes it feels like someone is pinching my spine and the skin tingles, bringing on a very uncomfortable feeling. Can you tell me any more about this skin condition? I am beginning to believe that it is getting worse. — *Anon.*

ANSWER: Notalgia paresthetica is common, but often not diagnosed, and usually causes an itching under one shoulder blade. It sometimes is associated with curvature of the spine (scoliosis). It isn't curable, and often gets better and worse. Capsaicin, lidocaine patch and other creams usually provide some relief. Botulinum toxin and nerve block occasionally are used for people with more severe symptoms who don't respond.

DEAR DR. ROACH: I am a 79-year-old male with mild Parkinson's disease and Type 2 diabetes. I can walk about 10 feet before becoming terribly short of breath and weak. I have been this way for several years, and it has become increasingly worse. Can you help me? — *K.C.*

ANSWER: Neither Parkinson's disease nor Type 2 diabetes explains terrible shortness of breath on mild exertion. Severe shortness of breath can come from serious heart or lung problems (many types) or severe anemia. I can't help: Get to your doctor right away.

DEAR DR. ROACH: My wife suffered from spinal stenosis. She had a cortisone shot, which helped for 90 days. She had regular physical therapy meetings. She was in constant pain, but insisted on playing tennis (against her doctor's wishes).

Then, we happened to vacation for a month in Florida, and one of

the offered activities was a "stretch" workout. She insisted that she wanted to try it. After the very first time she thought she felt a little better. She went to several more sessions, and finally asked the trainer what she could buy to keep it up at home.

The trainer suggested a stretching DVD. It takes about an hour to complete it, and she now does it three times a week. She plays hard tennis five days a week, hasn't complained about pain since 2010, and hasn't needed any physical therapy, either. I continue to be amazed.

Certainly this kind of therapy can't hurt anyone, since you do it only to your personal comfort levels. Perhaps you might mention this type of therapy in your column sometime. It worked miracles for us at virtually no cost. — *R.M.*

ANSWER: Spinal stenosis is caused by pressure on the nerves at the level of the spinal column. Physical therapy is one effective treatment, and one I always recommend prior to considering surgery. I thank you for taking the time to point out that gentle stretching can help, probably by opening up the spaces in between the vertebrae to allow the nerve more room.

DEAR DR. ROACH: We recently lost a dear relative to cholangiocarcinoma. He had served in the Navy in Vietnam. The probable cause of his cancer was from a parasite, a river fluke, which is common to that region. The diagnosis came way too late to save his life. How can veterans be tested or diagnosed early enough for a possible successful cure? Are there any current tests available? — *J.A.E.*

ANSWER: I am sorry to hear about your relative. Cholangiocarcinoma is cancer of the bile duct, a rare cancer. Liver flukes are a risk factor, and so is a condition called primary sclerosing cholangitis, a condition associated with ulcerative colitis. The cancer is rare but highly lethal, because by the time symptoms show up, the cancer usually is advanced.

Also because of its rarity, screening for the cancer in a general population won't be effective. However, for people at high risk, such as those with PSC or a history of liver parasites, at least one study has shown that screen-

ing with a blood test (CA 19-9, CEA) or by endoscopy can be effective. It would be reasonable to speak with the expert taking care of this problem, usually a gastroenterologist, about screening.

DEAR DR. ROACH: I have peripheral neuropathy symptoms in my feet. I am borderline diabetic and keep it under control by eating right. Also, my legs are weak, and I am doing exercises. I was taking the drug Reglan for a couple of months. During the time I was taking it was when I started to have these leg problems. Could this be a side effect of the Reglan? — *G.D.*

ANSWER: Diabetic neuropathy is a complication of longstanding diabetes, especially if it has been poorly controlled. Occasionally, it can show up seemingly early in the course of Type 2 diabetes, but this is thought to represent a delay in diagnosis in otherwise asymptomatic disease or in those who have ignored symptoms. The symptoms of diabetic neuropathy usually begin with numbness, and later on pain and tingling of the feet. Weakness, when it happens, generally comes later on.

Metoclopramide (Reglan) is used for nausea and vomiting, especially after chemotherapy, and is used to stimulate the stomach emptying in people with diabetic gastroparesis, which is a type of neuropathy of the nerves to the stomach and intestines. Many or most diabetics with gastroparesis also have diabetic neuropathy. However, metoclopramide should not be given for more than eight weeks due to the risk of tardive dyskinesia, a serious disease of motor control, especially in the facial muscles. Although tardive dyskinesia can cause symptoms in the limbs, weakness would be unusual, and tardive dyskinesia would be very unusual if you took the Reglan only for two months and have stopped.

I think it is unlikely that either diabetic neuropathy or the Reglan are causing the muscle weakness. There are many kinds of neuropathies, and all (or nearly all) are more common in people with diabetes. I would revisit your doctor to try to find out more about why you are having leg weakness.

DEAR DR. ROACH: We always hear about "superfoods" and their antioxidant power. Is there any truth to the hype? — *H.C.*

ANSWER: I know what you are saying: blueberries, kale and acai berries often are called "superfoods." I don't really know what "superfood" means. These foods are generally healthy, as part of a balanced diet, but it doesn't mean that eating them can make you live forever — or even erase bad food choices.

To me, a healthy diet is one with lots of diversity — many different fruits, vegetables, nuts, whole grains and fish and limited amounts (or none) of red meat, saturated fat and processed foods. Health isn't found by sticking to a fad diet, but by a lifetime of healthy eating, regular exercise, stress reduction, good social interactions and being fortunate enough to avoid injury and disease. Making good choices dramatically improves your odds of a healthy life.

top ten
'POWERHOUSE' FOODS

1. Watercress
2. Chinese cabbage
3. Chard
4. Beet green
5. Spinach
6. Chicory
7. Leaf lettuce
8. Parsley
9. Romaine lettuce
10. Collard green

Source: CDC

Financial Statement

SENIOR NEWS LINE

by Matilda Charles

Just Who Are Victims of Financial Fraud?

AARP conducted a study to look at financial fraud victims based on psychological mindset, and behavioral and demographic characteristics. One notable result was that victims tend to look at the accumulation of wealth as an important life achievement, more so than average investors who had not become victims.

Some results of the study: Most vic-

tims are over age 70, male, conservative, very religious, married, with a college degree and with income over \$50,000 per year. They keep their eyes open for investments. One-third had not checked out a broker before making an investment, and victims are likely to make investments with people they don't know, such as in response to an email, phone call or TV ad, with telephone being the most frequent.

One-third of victims are not on the Do Not Call list, which can limit sales calls. More than half receive at least one call a month about investment sales. Over 40 percent of victims are considered "active traders," those who make five or more investment decisions in a year. Nearly half have invested two or three times in something that turned out to be worthless.

To view the study, go to the AARP website (aarp.org) and put "AARP Investment Fraud Vulnerability Study" in the search box.

The best way to protect yourself against any type of fraud is knowing what to look for. For lots of information on all types of fraud, go online to AARP.org/FraudWatchNetwork. On that webpage you can sign up for Watchdog Alerts. It's free, and you'll get email warnings about the latest scams and tricks.

AARP also has a fraud watch hotline: 877-908-3360. If you've been a victim of fraud, be sure to call and tell them. The more they know about the types of scams out there, the more information they can pass along.

SHOP SAFER PROTECT YOUR IDENTITY

Do not give your personal information to strangers, and use secure websites when shopping online.

USE A CREDIT CARD

Use a credit card whenever possible. This way you can cancel the purchase if you don't

get what you paid for.

AVOID WIRE TRANSFERS

Avoid wire transfers or cashier's checks when dealing with unfamiliar businesses. Money can be hard to recover.

KNOW A BUSINESSES' REFUND POLICIES

Always check a stores refund policies before making a purchase. This will eliminate any mis-understandings

later. Also, be careful when you take a purchase back to the store and be especially careful when you cancel an order online. Some merchants will charge a large fee when making a return. This is a return fee rip-off. You may not notice this transaction right away until you check your account to make sure the money was returned from your credit or debit card.

KEEP A PAPER TRAIL

Always keep any receipts, invoices and confirmations.

GET HELP

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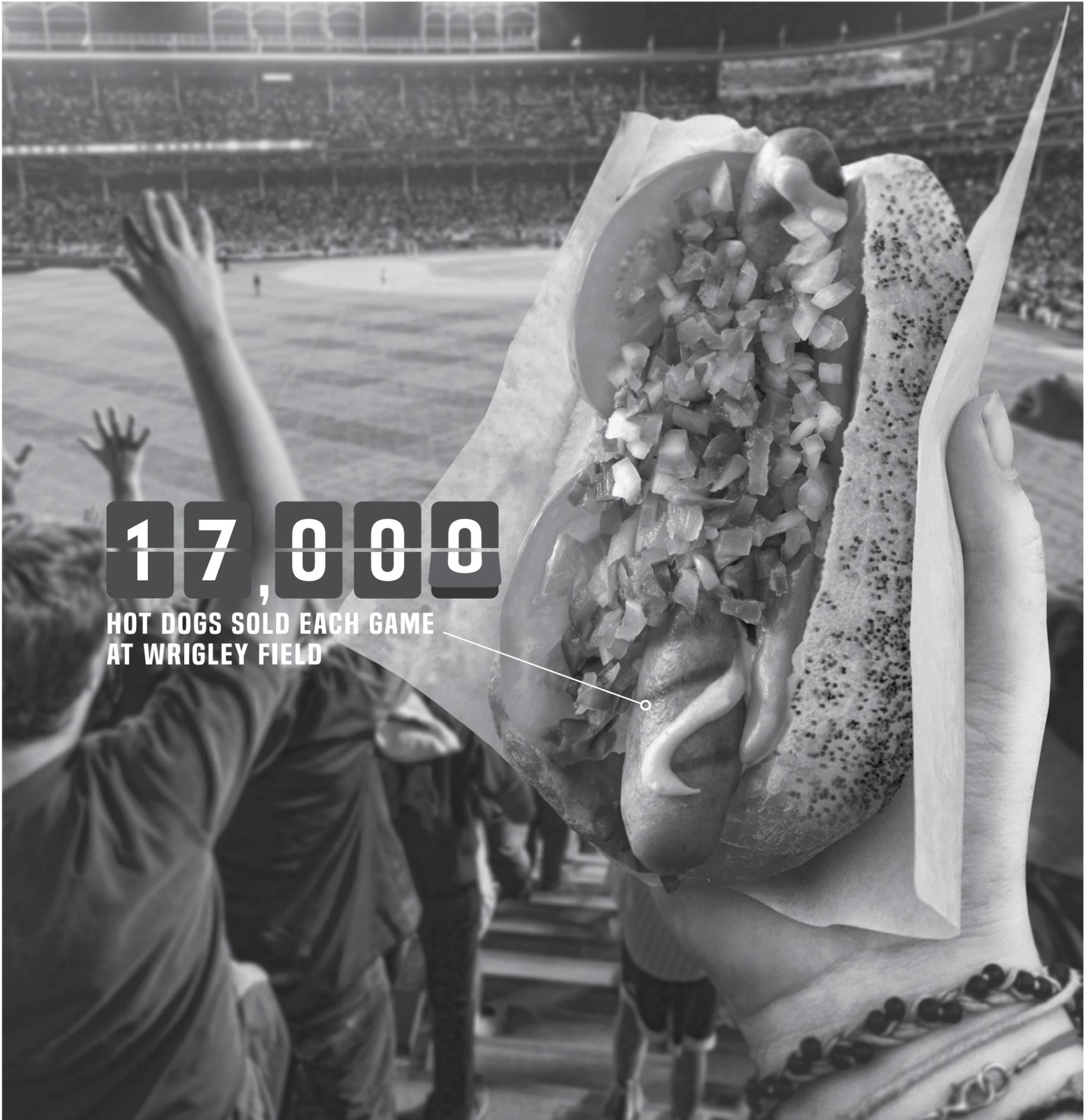
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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: Where are the ruins of the ancient city of Carthage?
2. MEASUREMENTS: How many tablespoons are in one-fourth of a cup?
3. RELIGION: How many plagues of Egypt were mentioned in the Book of Exodus?
4. GOVERNMENT: Who is next in the line of succession after the U.S. president and vice president?
5. MUSIC: Who had a 1977 hit with the song "Moondance"?
6. U.S. PRESIDENTS: Which American president's image is on the \$50 bill?
7. LANGUAGE: What is a sybarite?
8. MOVIE: Who played the character Austin Powers ("International Man of Mystery") in the movie series?
9. ART: Who created the bronze sculpture called "The Thinker"?
10. ANIMAL KINGDOM: What is a group of elk called?

Answers

1. Tunisia
2. Four
3. Ten
4. Speaker of the House
5. Van Morrison
6. Ulysses S. Grant
7. A person who is self-indulgent
8. Mike Myers
9. Auguste Rodin
10. A gang

FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Where did The Honeys get their name?
2. Who sang "Hey There Lonely Boy" and then later the companion song, "Hey There Lonely Girl"?
3. Name the 1972 King Harvest song that was used as a wakeup call for an astronaut on the space shuttle Discovery headed for the International Space Station in 2007.
4. Who released "Hot Blooded"? Hint: The album was "Double Vision."
5. Name the song that contains this lyric: "I can build a castle from a single grain of sand. I can make a ship sail on dry land. But my life is incomplete and I'm so blue."

Answers

1. A "honey" is a female surfing fan. The Los Angeles girl group often appeared with the Beach Boys, and they also sang backup for Jan and Dean.
2. Ruby and the Romantics in 1963, and then Eddie Holman in 1969.
3. "Dancing in the Moonlight."
4. Foreigner, in 1978.
5. "I Can't Get Next to You," by the Temptations, in 1969. The song was at No. 1 on the pop charts for two weeks, supplanting "Sugar, Sugar" by The Archies, and spent five weeks atop the R&B chart.

Strange BUT TRUE

By Samantha Weaver

- It was Miguel de Cervantes Saavedra — widely regarded as the best writer in the Spanish language and one of the best novelists in any language — who made the following sage observation: "No fathers or mothers think their own children ugly; and this self-deceit is yet stronger with respect to the offspring of the mind."
- You might be surprised to learn that Princess Di was also a tap-dancer.
- In the newly egalitarian society that emerged after the French Revolution in the 18th century, the color known as "royal blue" experienced a precipitous decline in popularity. Royalty may have been out of power, but practicality still ruled. For the most part, people didn't throw out their old clothes, or even re-dye them; to get rid of any monarchist overtones, they simply started calling the color "national blue."
- In New Zealand, speed bumps are commonly known as "judder bars."
- The court system in the Central African Republic is having difficulty dealing with the caseloads. One of the primary problems is witchcraft. It seems that 40 percent of all prosecutions in the nation involve some form of witchcraft, including 5 percent of all juvenile cases.
- Those who study such things say that the koala bear has two opposable thumbs on each hand.
- The jobs website Glassdoor has issued a report ranking the best jobs in America, with scoring determined by combining the number of job openings, salary and overall job satisfaction rating. Unsurprisingly, the list is top-heavy with engineers and analysts. At No. 4, though, is Tax Manager, with a job satisfaction score of 4 out of a possible 5.

Thought for the Day: "An expert is a man who has made all the mistakes which can be made in a very narrow field." — Niels Bohr

COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

PICKS OF THE WEEK

Fifty Shades Darker (R) — This second installment in the movie franchise based on the obscenely well-sold erotica books offers more less-wild-than-you'd-think sex scenes packaged in a degradingly dumb romantic plot. In the last movie, Ana (Dakota Johnson) ditched chiseled billionaire bedroom badboy Christian (Jamie Dornan) after things got a little rough. Now he really wants her back, and Ana can barely say no before giving in to whatever Stubble-face McMoneybags wants. To try to develop the plot this time around, producers deftly avoided giving Ana or Christian any kind of depth or meaningful shift in their relationship. Instead, there's a plot with Ana's aggressive lawsuit-liability of a boss. Ana says she wants independence, before handing control of her life and career to Chris in exchange for lavish wealth and sexy times in a really nice shower.

Things to Come (R) — After 25 years of marriage, Nathalie (Isabelle Huppert) learns that her husband (Andre Marcon) is moving in with his much-younger lover. Nathalie still has "intellectual fulfillment" as a professor of philosophy, with strong bonds to her adult children and former students. As she explores the newfound freedom she didn't ask for, a former student (Roman Kolinka) appears as a potential romance. Nathalie also must care for her ailing mother (Edith Scob) grappling with dementia.

Huppert's performance already has award rumors popping up, as she handles a strong and complicated character. There's a fine balance between coping with loss while embracing new beginnings and facing life's ongoing struggles. All the while, Huppert gives a performance of stern intellect mixed with human vulnerability.

Void (R) — This low-budget love letter to 1980s horror traps a small-town cop (Aaron Poole) and a bunch of Canadian locals in a hospital surrounded by robed knife-wielding cultists. The night really takes a turn when people in the hospital start turning into twisted shape-shifting gore monsters, a la 1982's "The Thing." As a true fan of that cinematic classic, this reviewer was impressed by the dedication to practical effects, and the confirmation that using good ol' rubber parts and fake blood makes better horror than any CGI. Too bad the plot's a bit top-heavy and the characters aren't as fleshed-out as the fleshy monsters.



Universal

Dakota Johnson, Jamie Dornan in "Fifty Shades Darker"

A Street Cat Named Bob (Not Rated) — James Bowen (James Treadaway) lived on the streets, strumming his guitar for money between methadone treatments and meetings with his addiction counselor (Joanne Froggatt). As James starts to piece a life together in a new apartment, a rambunctious orange cat breaks into his kitchen — and into his heart. Dubbing him Bob, the cat and human help each other through their respective recoveries. Based on the best-selling memoir by the real-life Bowen, it's predictability puts up barriers around many of the sentimental moments in the uplifting drama checklist. Cats are good at getting around barriers though, and Bob defies you not to be charmed by him.

TV RELEASES

- Divorce: Season 1**
- Inside Amy Schumer: Season 4**
- Orange is the New Black: Season 4**
- Unleashing Mr. Darcy**

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TOP VIDEO RENTALS AND SALES

- Top 10 Movies On Demand**
1. **Hidden Figures**(PG)
Taraji P. Henson
 2. **Rogue One: A Star Wars Story** (PG-13)
Felicity Jones
 3. **Lion** (PG-13)
Dev Patel
 4. **Monster Trucks**(PG)
Lucas Till
 5. **Sing**(PG)
animated
 6. **Office Christmas Party** (R)
Jason Bateman
 7. **Patriots Day** (R)
Mark Wahlberg
 8. **Why Him?** (R)
Zoey Deutch
 9. **Fantastic Beasts and Where to Find Them** (PG-13)
Eddie Redmayne
 10. **Moana**(PG)
animated

- Top 10 DVD, Blu-ray Sales**
1. **Rogue One: A Star Wars Story** (PG-13)
Disney
 2. **Moana**(PG)
Disney
 3. **Hidden Figures**(PG)
FOX
 4. **Sing**(PG)
Universal
 5. **Fantastic Beasts and Where to Find Them** (PG-13)
Warner Bros.
 6. **Monster Trucks**(PG)
Paramount
 7. **Doctor Strange** (PG-13)
Disney
 8. **Beauty and the Beast**(1991)
(G) Disney
 9. **Lion** (PG-13)
Anchor Bay
 10. **The Secret Life of Pets**(PG)
Universal

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What's Hot in Hollywood

HOLLYWOOD — Media outlets are confused about “Feud: Bette and Joan.” They seem to think there will be a second season of “Bette and Joan.” Ratings for the first episode of “Bette and Joan” far surpassed the next six, and only the final episode matched it. The next season of “Feud” will be about **Prince Charles and Lady Diana**.

Susan Sarandon (Bette Davis) has been retelling how Davis chose her to play her in an earlier project, based on the 1985 “tell-all” book, “My Mother’s Keeper, by Davis’ daughter, **B.D. Hyman** (her married name). But Sarandon admits, “I was young and inexperienced, and my agents were too lame to act on her request.”

Sarandon has completed two new films: The first is the crime-comedy spin-off “Going Places,” written, produced, directed and starring **John Turturro** (based on his character in the 1998 cult classic “The Big Lebowski”). **Bobby Cannavale** also stars. The second film is “The Death and Life of John F. Donovan,” with “Game of Thrones” star **Kit Harrington**, Oscar-winners **Natalie Portman** and **Kathy Bates**, and Oscar-nominee **Jessica Chastain**. **Jessica Lange** (Joan Crawford) so far has only the upcoming film “The Lonely Doll,” based on the children’s book by **Dare Wright** and slated for 2018 release.

In less than a month, “Beauty and the Beast” joined the \$1 billion club (already making it the 25th top-grossing film). **Dan Stevens**, who plays the Beast, is so hot he has three films awaiting release: the thriller “Marshall,” with **Chadwick Boseman**, **Josh Gad** and **Kate Hudson**, due Oct. 13; the romantic comedy “Permission,” with **Rebecca Hall** and **Jason Sudeikis**; and “The Man Who Invented Christmas,” in which he plays **Charles Dickens**, co-starring **Christopher Plummer** (Ebenezer Scrooge) and **Jonathan Pryce** (as Dickens’ father). Somehow he also found time to have three kids with his wife of seven years, jazz singer **Susan Harriet**.

Charlie Hunnam, who captured hearts playing Jax in “Sons of Anarchy” (2008-2014), but turned down the “Fifty Shades of Grey” three-film franchise because he didn’t count on his series being canceled, is consoled with three big films: “The Lost City of Z,” with **Robert Pattinson**, **Sierra Miller**, **Tom Holland** and **Franco Nero**, out now; the title role in the \$100 million “King Arthur: Legend of the Sword” (in 3D), directed by



Depositphotos

Susan Sarandon

Guy Ritchie and co-starring **Djimon Hounsou**, **Jude Law** and **Eric Bana**, out May 12; and “Papillon,” in the **Steve McQueen** role, with **Rami Malek**, of “Mr. Robot,” in the **Dustin Hoffman** role), coming Dec. 17. Insiders claim the real reason he passed on “Fifty Shades of Grey” was because his wife didn’t want him to do it, but ironically, they have since parted. “50 Shades of Divorce,” that could be the fourth film in the franchise!

HOLLYWOOD — Will **Dwayne Johnson** and **Vin Diesel**’s ongoing feud derail the “Fast & Furious” franchise? The bad blood began when “The Rock” complained, on social media, about Diesel’s unprofessional habit of constantly being late for shooting. Considering that Diesel has been with the franchise from day one and is now one of the producers, he wields a lot of power.

But Johnson’s star power has boosted the franchise. “Furious 4” (before Johnson) cost \$85 million and grossed \$363 million. He joined in “5,” and it cost \$125 million and grossed \$626 million. “Furious 6” cost \$160 million and grossed \$789 million. “Furious 7” crashed the stratosphere at a cost of \$190 and a gross of \$1.516 billion.

Naturally, Universal Studios doesn’t want to endanger its grosses, and has kept Dwayne and Vin apart while doing promotion for the just released “The Fate of the Furious.” Johnson has “Baywatch” (May 26), “Jumanji” (Dec. 22), “Rampage” (April 2018) and “Fighting With My Family” (2018) awaiting release; while Diesel has “Guardians of the Galaxy 2” (out May 5), “Avengers: Infinity War” (May 4, 2018) and the untitled “Avengers” sequel (May 3, 2019).

We told you when Fox canceled “American Idol” that it would be back. The cost to produce the show — because of the salaries of **Jennifer Lopez**, **Keith Urban** and **Harry Connick Jr.** — and slipping ratings necessitated a reboot. Now that Fremantle, owners of the show, are ready to restart, NBC has joined the mix to steal the music show from Fox. Ironically, it was the heat from “The Voice” that hurt “Idol’s” ratings, and now NBC wants to use the show to alternate with “The Voice.” NBC would bring **Ryan Seacrest** back with a new star-studded judging panel. Our bet is that NBC will win!



Depositphotos

Dwayne Johnson

Tom Hanks is never idle. His last film, “Inferno” (released in October), cost \$75 million and grossed \$220 million. He’ll next be seen in “The Circle,” with **Emma Watson** and the late **Bill Paxton** (out April 28), and he’s also producing “Felt,” with **Liam Neeson**, **Diane Ladd** and **Tony Goldwyn**.

Meanwhile, **Nicole Kidman**, wife of **Keith Urban**, currently has the HBO mini-series “Big Little Lies” and stars in **Sofia Coppola**’s film “The Beguiled,” with **Colin Farrell**, **Kirsten Dunst** and **Elle Fanning**. Awaiting release she has “How To Talk to Girls at Parties,” with Elle Fanning; “Killing of a Sacred Deer,” with Colin Farrell; and “Untouchable,” with **Bryan Cranston** and **Kevin Hart**. Viewers of “Big Little Lies” were shocked during a scene between Nicole and **Alexander Skarsgard** (“The Legend of Tarzan”) in which he damages his penis and they actually saw it, not once but twice. Viewers responded by saying that it was a “big” breakthrough in TV viewing!



by cindy elavsky

Q. I am so taken with the new series “This Is Us.” It’s such a wonderful ensemble piece; I care about the lives of every single character! Do you know yet if it has been renewed for another season? — *Layla C., via email*

A. NBC’s freshman family dramedy has indeed been renewed for a second season. And I can do you one better: NBC has so much faith in its new series — judging by fan response, it’s with good reason — that the network has gone ahead and renewed it for a third season as well. This is almost unprecedented, usually it’s the long-established series that get multiple-season renewals, not new series. That really says something about the network’s confidence in “This Is Us.”

Q. Is it true that “Charmed” is being revived? — *Valerie F., via Twitter*

A. The CW recently confirmed rumors that it is developing a revival of the network’s popular supernatural series, which aired from 1998-2006. The catch with the reimagining of the series is that it will be set BEFORE the original one — 1976, to be exact. The new version will be written by **Jessica O’Toole**, **Amy Rardin** and **Jennie Snyder**, who all work on the CW’s “Jane the Virgin.” Since they are in the very early stages of development, no characters, storyline or cast has been announced yet, but I’ll keep you posted.

Q. The surrealness of the current presidential election got me to thinking about my favorite fictional president: Frank Underwood. Can you tell me when “House of Cards” will be back? — *Niall T. in Nevada*

A. Season five of the high-stakes political drama will drop May 30 on Netflix. As with every season, all episodes will be available at once, but try to pace yourself. If you’re like me, you’ll watch them all in one weekend and then be sad that you have to wait another whole year to see what Kevin



Netflix

Robin Wright

Spacey, Robin Wright and the rest of the gang have up their sleeves. Also returning are **Michael Kelly**, **Jayne Atkinson**, **Neve Campbell**, **Derek Cecil**, **Paul Sparks** and **Joel Kinnaman**. I’m really looking forward to this season. With the tagline: “We make the terror,” and with **Frank and Claire** running as president and vice president, respectively, it’s just opened up a whole new world of dastardly deeds done under the guise of patriotism.

Q. I believe the true-crime movie that is going to air on ID is called “Fatal Vision,” not “Final Vision,” as you stated in a previous column. “Fatal Vision” is the title of the book that **Joe McGinniss** wrote concerning the **Jeffrey MacDonald** case. Don’t know where you got “Final” from, but it is incorrect. — *Janice A., via email*

A. Oops, Janice, you caught me being human! Yes, you are correct in that the movie is called “Fatal Vision.” I apologize for my slip of the finger.



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4PM HAIRBANGERS BALL

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Good Housekeeping

Sweet 'N' Tangy Pasta Salad

Amp up your BBQ with this next-level pasta salad.

For the Creamy Balsamic Dressing:

- 1 cup mayo
- 1/2 cup balsamic vinegar
- 1/4 cup olive oil
- 2 cloves garlic, pressed
- Kosher salt
- Black pepper

For the Salad:

- Rotini, cooked, slightly cooled
- Celery, thinly sliced
- Carrots, shredded
- Red pepper, chopped
- Arugula
- Cannellini beans, rinsed and drained

1. Make the Creamy Balsamic Dressing: Shake mayo, balsamic vinegar, olive oil, garlic, salt and pepper.

2. Make the Salad: Toss balsamic dressing with rotini, celery, red pepper, arugula and cannellini beans.

• Each 1 tablespoon serving (dressing only): About 90 calories, 10g total fat (1g saturated), 1g carbohydrate, 85mg sodium.

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Good Housekeeping

Chesapeake Bay Mac 'n' Cheese

Shake up the classic mac 'n' cheese with this easy gourmet crabmeat- and chive-stuffed version.

- 3/4 cup lump crabmeat
- 1/4 cup snipped chives
- 1 teaspoon Old Bay seasoning
- 4 cup prepared macaroni and cheese
- Crushed oyster crackers

Stir the lump crabmeat, snipped chives and Old Bay Seasoning into the prepared macaroni and cheese. Top with crushed oyster crackers. Serves 4.

Good Housekeeping

Best BBQ Chicken

This sauce has just the right balance of tangy sweetness and heat. Try it on ribs as well as chicken.

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cans (15 ounces each) tomato sauce
- 1 cup red wine vinegar
- 1/2 cup light molasses
- 1/4 cup Worcestershire sauce
- 1/3 cup packed brown sugar
- 3/4 teaspoon ground red pepper (cayenne)
- 2 chickens (3 1/2 pounds each), cut into quarters, skin removed if you like

1. In 10-inch skillet, heat oil over medium heat until hot. Add onion and cook about 10 minutes or until tender and golden, stirring occasionally. Stir in tomato sauce, vinegar, molasses, Worcestershire, sugar and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook, uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate for up to 2 weeks.

2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning over once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently, until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce. Makes 8 servings.

• Each serving with skin: About 500 calories, 23g total fat (6g saturated), 42g protein, 34g carbohydrate, 2g fiber, 158mg cholesterol, 755mg sodium.

• Each serving without skin: About 395 calories, 13g total fat (3g saturated), 39g protein, 34g carbohydrate, 2g fiber, 114mg cholesterol, 750mg sodium.

Good Housekeeping

Almond Biscotti

This delicious traditional Italian dessert will keep in the freezer up to six months.

- 3/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 cup butter or margarine
- 1/4 cups sugar
- 3 large eggs
- 2 tablespoons amaretto (almond-flavor liqueur)
- 1/2 cups sliced almonds

1. Heat oven to 350 F. On waxed paper, combine flour, baking powder and salt.

2. In large microwave-safe bowl, heat butter in microwave oven on High 1 minute or until butter melts, stirring once. With wire whisk, stir in sugar, eggs and amaretto until smooth. With spoon, stir flour mixture and almonds into egg mixture until dough forms.

3. Divide dough in half. On ungreased large cookie sheet, with floured hands, shape 1 piece dough into 14-by-4-inch log (dough will be sticky). Repeat with remaining dough on another cookie sheet.

4. Place cookie sheets on 2 oven racks. Bake logs 25 to 30 minutes or until golden and toothpick inserted in center comes out clean, rotating cookie sheets between upper and lower racks halfway through baking. Cool logs on cookie sheets on wire racks 20 minutes. Reset oven control to 325 F.

5. Transfer logs to cutting board. With serrated knife, cut each log crosswise into 1/2-inch-thick diagonal slices. Place slices, cut side down, on same ungreased cookie sheets.

6. Bake slices 25 to 30 minutes or until golden on bottom, rotating sheets between upper and lower racks halfway through baking. With spatula, transfer biscotti to wire racks to cool completely. Store biscotti in tightly covered container at room temperature up to 2 weeks, or in freezer up to 6 months.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Layered Mexican Casserole

A grande Mexican dish!

- 2 cups (3 ounces) Frito-Lay Baked Tostitos Tortilla Chips
- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1 (8-ounce) can whole-kernel corn, rinsed and drained
- 1/2 cups chunky salsa (mild, medium or hot)
- 6 tablespoons sliced ripe olives
- 1 cup fat-free cottage cheese
- 3/4 cup Land O Lakes no-fat sour cream
- 1/2 cups shredded Kraft reduced-fat Cheddar cheese

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. Layer half of tortilla chips in prepared baking dish.

2. In a large skillet sprayed with cooking spray, brown meat. Add corn salsa and olives. Mix well to combine. Continue cooking for 5 minutes or until mixture is heated through, stirring occasionally. Spoon half of meat mixture over tortilla chips in baking dish.

3. In a small bowl, combine cottage cheese, sour cream and 3/4 cup Cheddar cheese. Drop half of cheese mixture by spoonfuls over meat mixture. Repeat layers. Bake for 30 minutes. Sprinkle remaining 3/4 cup Cheddar cheese over top.

4. Continue baking for 10 minutes or until cheese is melted and mixture is bubbly. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving: 290 calories, 10g fat, 21g protein, 29g carbs, 878mg sodium, 307mg calcium, 3g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 1/2 Starch/Carbs, 1/2 Vegetable; Carb Choices: 2.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Pineapple Pecan Yeast Bread

If you're planning a brunch for Mother's Day, put this recipe in the bread machine and forget about it until it is done. What a treat you will have!

- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1/4 cup water
- 1 tablespoon plus 1 teaspoon I Can't Believe It's Not Butter Light Margarine
- 1/2 teaspoons table salt
- 3 cups bread flour
- 1/4 cup Splenda Granular
- 1/2 teaspoons active dry yeast
- 1/4 cup chopped pecans

In a bread baking-pan container, combine undrained pineapple, water, margarine and salt. Add flour and Splenda. Make an indentation on top of dry ingredients, and pour in yeast. Follow bread machine instructions for 1 1/2 pound loaf. Add pecans when "add ingredient" signal beeps. Continue following machine instructions. Remove loaf from machine and place on a wire rack to cool. Cut into 12 slices. Makes one (1 1/2 pound) loaf.

• Each serving equals: 130 calories, 2g fat, 4g protein, 24g carbs, 306mg sodium, 5mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat; Carb Choices: 1 1/2.

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Crime

Motor vehicle theft on the 2100 block of West Roscoe Street.

Theft from building on the 1700 block of West Roscoe Street.

Retail theft from a small retail store on the 3300 block of North Western Avenue.

Retail theft from drug store on the 1600 block of West Belmont Avenue.

Aggravated theft from a senior citizen on the sidewalk on the 3400 block of North Damen.

Retail theft from a grocery store on the 3300 block of North Western Avenue.

Criminal trespass to a restaurant on the 2000 block of West Roscoe Street.

Theft of under \$300 in an alley on the 3300 block of North Seeley Avenue.

Criminal trespass to a vehicle on the 3300 block of North Hoyne Avenue.

Narcotics: Manufacturing and delivery of cannabis over 10 grams at a grocery food store on the

3300 block of North Western Avenue.

Attempted armed robbery with a handgun on the 1800 block of West Roscoe Street.

Theft of under \$300 at an apartment on the 1900 block of West Henderson Street.

Robbery: Attempted strongarm with no weapon on the 1700 block of West Henderson Street.

Burglary: Attempted forcible entry to a residence on the 1700 block of West Melrose Street.

Simple domestic battery at a residence on the 3500 block of North Hoyne Avenue.

Child abuse at a residence on the 2100 block of West Roscoe Street.

Deceptive practice: Financial exploit of elderly or disabled at a currency exchange on the 1800 block of West Addison Street.

Simple battery at a restaurant on the 3600 block of North Western Avenue.

Criminal damage to a vehicle on the street on the 3700 block of North Damen Avenue.

Motor vehicle theft of an automobile on the street on the 1900 block of West Bernice Avenue.

Theft from a residence on the 2200 block of West Addison Street.

Simple assault on the sidewalk on the 4000 block of North Damen Avenue.

Criminal trespass to land on the 3900 block of North Lincoln Avenue.

Motor vehicle theft of an automobile in an alley on the 4300 block of North Bell Avenue.

Theft over \$300 from a small retail store on the 4000 block of North Lincoln Avenue.

Theft from a building at a residence on the porch or hallway on the 3700 block of North Damen Avenue.

Criminal sexual assault: Non aggravated at a residence on the 1900 block of

West Grace Street.

Offense involving children: Child pornography at a school public building on the 3700 block of North Oakley Avenue.

Illegal use of cash card at a bar or tavern on the 4200 block of North Lincoln Avenue.

Child abuse at an apartment on the 4300 block of North Western Avenue.

Arson by explosive at a restaurant on the 3000 block of North Sheffield Avenue.

Narcotics found in suspects apartment on the 3400 block of North Elaine Place.

Public peace violation: Peeping Tom at a residence on the 2900 block of North Seminary Avenue.

Simple Battery: Domestic battery at a residence on the 2100 block of West Warner Avenue.

Motor vehicle theft of an automobile at a bowling alley on the 3700 block of North Western Avenue.

Domestic Battery at

a residence on the 4000 block of North Bell Avenue.

Criminal damage to a vehicle on the street on the 2000 block of West Waveland Avenue.

Aggravated battery of a senior citizen on the sidewalk on the 3400 block of North Damen Avenue.

Pick pocketing on a CTA train on the 900 block of West Belmont Avenue.

Harassment by **electronic means** of a small retail store on the 3500 block of North Clark Street.

Theft of under \$300 in a park on the 600 block of West Surf Street.

Simple battery at a bar or tavern on the 3400 block of North Halsted Street.

Burglary and forcible entry to an apartment on the 3000 block of North Clifton Avenue.

Theft from an athletic club on the 3200 block of North Ashland Avenue.

Retail theft from a grocery food store

on the 3200 block of North Ashland Avenue.

Theft pick pocketing on the sidewalk on the 700 block of West Roscoe Street.

Simple assault at a restaurant on the 2800 block of North Ashland Avenue.

Deceptive practice: Fraud or confidence game at a residence on the 1400 block of West George Street.

Robbery: strongarm no weapon at a bank on the 3500 block of North Broadway.

Theft pocket picking on the sidewalk on the 1000 block of West Addison Street.

Burglary unlawful entry to a residential garage on the 1400 block of West Henderson Street.

Weapons violation in a parking lot on the 3100 block of North Sheffield Avenue.

Theft of labor/services from a day care center on the 2800 block of North Lincoln Avenue.

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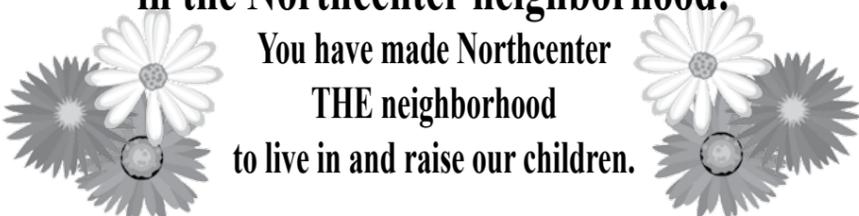
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The Garden Bug

The dogwood is known to us for its graceful blossoms and distinctive bark, but it also attracts wildlife. Silk moths and several species of butterflies favor dogwoods as hosts. The flowers provide nectar to bees and other pollinating insects, including spring azure butterflies. American robins, northern mockingbirds and sparrows will build nests on its horizontal branches. Many birds eat its berries, including cardinals, titmice, bluebirds, juncos and waxwings. - Brenda Weaver

Source: www.birdsandblooms.com



The Garden Bug

Easy summer bloomers

After the danger of frost is past, sow these seeds outdoors in the area you've planned for them that will accommodate their eventual height, width, soil requirements and hours of sunlight needed. - Brenda Weaver

Source: www.gardeners.com

- Sunflower
- Marigold
- Morning glory
- Bachelor button
- Calendula
- Castor bean
- Cosmos
- Nasturtium
- Sweet pea
- Sweet alyssum
- Larkspur
- Zinnia
- Hyacinth bean

The Garden Bug

Gardening safety

- Warm up before gardening by walking or stretching.
- Pad the handles of tools with grip tape or foam rubber; they'll be easier to handle, and it prevents blisters.
- Don't do the same task in the same position for too long; it can lead to muscle and joint pain, or repetitive-motion injuries. Set a timer so you can switch tasks often.
- If you're outside in hot weather, drink more fluids. Avoid alcohol or large amounts of sugar, especially in the heat.

Source: www.health.com, cdc.gov



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Quotes worth your time

“Freedom is not a gift bestowed upon us by other men, but a right that belongs to us by the laws of God and nature.”
— Benjamin Franklin

“Always, always believe in yourself, because if you don't, then who will, sweetie?”
— Marilyn Monroe

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Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



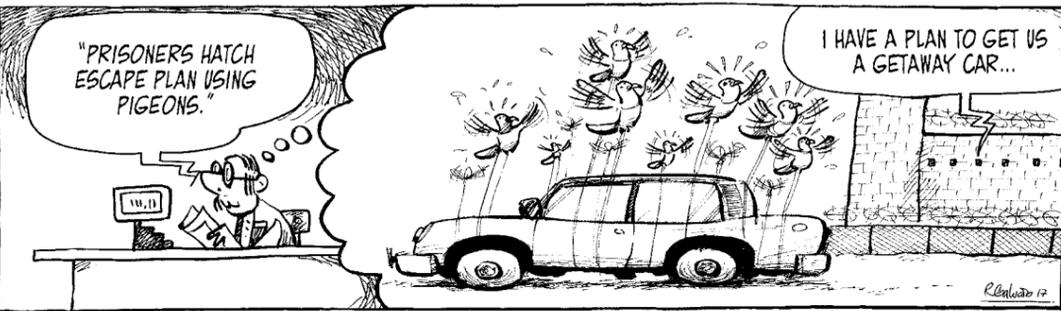
The Spats

by Jeff Pickering



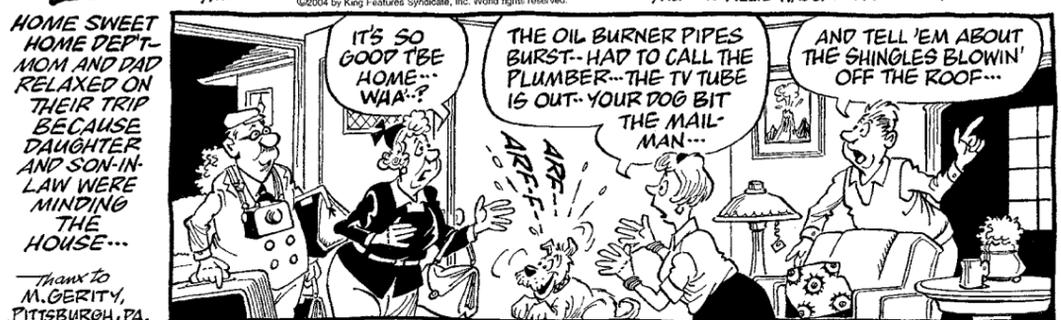
THE CASHIER

BY RICARDO GALVÃO



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend

A "KEY" WORD TEST!

The grid to the left has room for nine words, and they all contain a "key." Try to find them before the "turnkey" wakes up! The following hints should help.

1.	KEY								
2.									
3.	KEY	-	KEY						
4.									
5.	KEY	-	KEY						
6.	KEY								
7.									
8.									
9.									

Riddle Card

1. What insect lives on nothing?
 2. What land do babies like best?
 3. Why is "O" the noisiest of vowels?
 4. How is a balloon like a vagabond?
 5. Which travels faster — heat or cold?

Answers: 1. A moth, because it eats holes. 2. Lapland. 3. Because the rest are "in audible." 4. Because it has no visible means of support. 5. Heat, because you can catch cold.

A ROMAN WAGER! Lay out seven toothpicks as shown in fig. 1, making an incorrect equation (2 equals 6). Challenge your friends to make it correct by moving one toothpick to a new position. Fig. 2 shows the answer (1 equals the square root of 1).

Fig. 1: $II = VI$
 Fig. 2: $I = \sqrt{1}$

WORD POWER IS A "GOOD DEAL"! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

Grid A:

G			
O			
	O		

 Grid B:

D			
E			
	A		

Answers: 1. Grad-dual. 2. Dome-demo. 3. Alarm-meat. 4. Land-dual.

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Sign is smaller. 2. Club head is different. 3. Sleeves are shorter. 4. Cloud is smaller. 5. Letter C is missing. 6. Strap is missing.

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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