

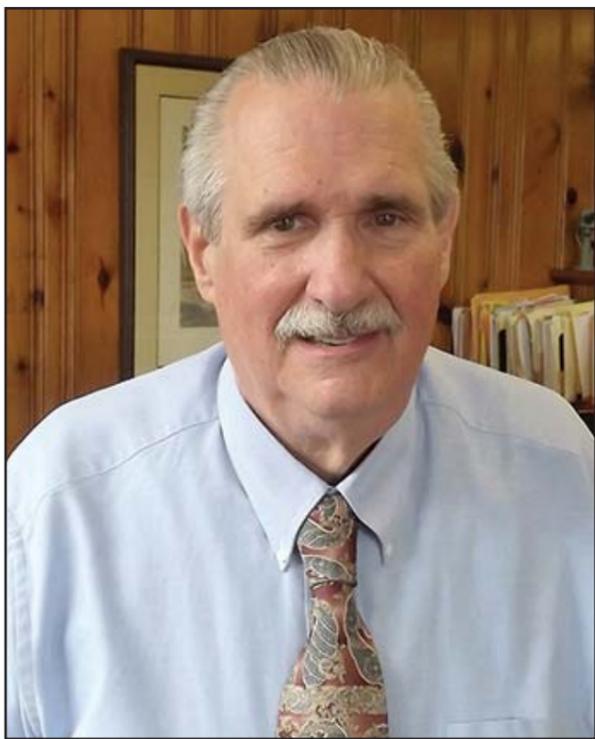


July, 2017

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

Volume 21, Number 8

Interview Death and Taxes



20 Questions

This month's interview is with **Frank Baumann**, Broker Associate, Haderlein & Company Realtors, 3413 North Paulina Street.

- Q.** Where were you born and raised?
A. Chicago.
- Q.** Are you married? Any children?
A. Yes and I have 3 sons.
- Q.** Where did you attend school?
A. Lake View High School and Washburn Trade School.
- Q.** What was your first paying job?
A. In high school, I worked at the Nickerbocker Hotel as a houseman at the age of 16.
- Q.** What is your fondest childhood memory?
A. Going to a Cubs game and I caught a baseball that hit a rafter and I put my hand up and the ball dropped right into my hand. I was 12 or 13 years old.
- Q.** Who do you most admire and why?

- A.** All the Presidents of the United States for the important job and effects they have made on this country.
- Q.** If you could meet anyone in the world, who would that person be and why?
A. George Washington, the first President. He made this country what it is.
- Q.** If you could travel to any country in the world, where would that place be and why?
A. England because of its history, culture and architecture.
- Q.** What would you like to do in your life that you haven't done so far?
A. Go to all the National Parks in the U.S. I have been to about ten.
- Q.** What is your favorite TV show, movie and book?
A. My favorite TV show is "Game of Thrones": my favorite movie is "Pulp Fiction" and my favorite book is the "Bible".
- Q.** When and why did you decide to make law enforcement your life's work?
A. I always wanted to

by Joyce Rimmel

The American dream of owning a home is fading with the sunset. Chicago home-owners will receive the second installment of their property tax bill, which will be mailed out at the end of this month with an August 1 due date, reflecting on average, a 10% increase. If you own a home in the city valued at \$224,500, you will pay almost \$4,000 in property taxes this year, an increase of approximately \$363. Business property owners in

Chicago will see increases of approximately 9.3% on a property valued at \$270,000 or \$1,150 more. To make us all feel better, data shows that we are paying less in property taxes than our suburban Cook counterparts for homes with the same market value and the tax rate in Chicago is lower than the majority of suburbs. Well, doesn't that make you all feel better? Taxes vary depending on what part of the city a homeowner lives.

Some neighborhoods have added property taxes due to local improvements, mosquito abatement, security, etc. In Cook County, homes are reassessed every three years based on geography. The Tribune did a three part series called "The Tax Divide,". It documented the flaws in Cook County's assessment system. It revealed that a new system designed to make assessments more fair was never fully implemented.

It also revealed that home values made by the assessor's office was riddled with errors that punished poor homeowners while wealthy ones got a break. Known as regressivity, the county's assessment system overvalued low-priced homes and under-valued high-priced ones causing property taxes to be in favor of the wealthy, who ended up paying less than those with modest homes.

Continued page 2

What's on your Mind?



"Survival. As a self-employed graphic artist, I look to get more steady work for that coveted paycheck."

Kathy O'Hara



"Being able to go to the beach"

Julia Sugden



"I'm super excited for music festival season."

Devin Morris

Continued page 2

Editorial & Opinions

Interview continued from Page 1

be a policeman, even as a little kid. I got on the Chicago Police Department when I was 21.

Q. How long were you on the force and what would you say were your greatest challenges?

A. I served for 28 years. The greatest challenge was staying positive.

Q. Can you give us a comparison of being a police officer during your tenure and being a police officer now in these most violent times?

A. It was more violent in the '60's than now. More police officers were killed then than now. We didn't have vests, radios or cell phones. You would have to get back to the squad car to talk to headquarters.

Q. What is your most prized possession?

A. An oil painting of the 1985 Chicago Bears.

Q. What have been your three greatest achievements?

A. My family and being married to my wife for 47 years; becoming a policeman and being President of the Norwood Park Basketball Association. We had 262 kids from ages 6 to 14.

Q. What have been your three greatest disappointments?

A. Not trying out for the baseball team in high school; sitting down more with my mother and listening to her; my dad passing away when I was 9 years old.

Q. What is your "pet peeve"?

A. People not being honest.

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

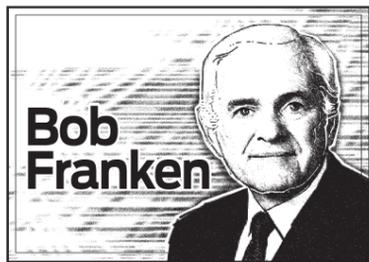
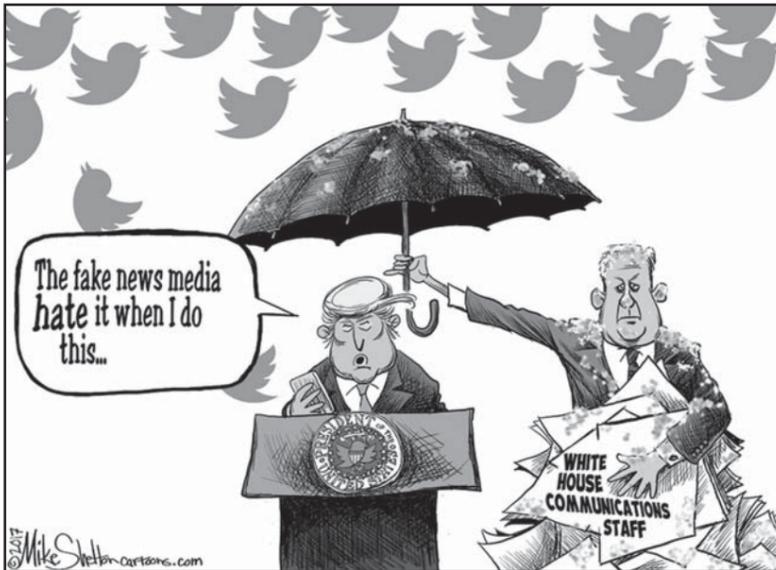
A. Keep your mouth shut. Don't say a bad word about anyone. You never know who you are talking to. If you can't say something good, don't say anything at all.

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

A. Businesses need to work together for the advancement of the neighborhood.

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

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



Unstable Fantasy Patriots

One can only guess that 66-year-old James T. Hodgkinson of Belleville, Illinois, had decided that he needed to be a hero and single-handedly rescue his country from the malevolent forces that had taken control. Instead, history will remember him as a pathetic man whose final act was the work not of a hero, but of a murderous coward. Yes, a coward, as is anyone who turns to a firearm to express his rage. And fear.

This is not another discussion about our passionate attachment to guns in this nation. That battle for sanity has been lost, which means that any person who is consumed by personal demons easily can obtain a weapon and wreak brutal havoc.

James Hodgkinson's personal demon was politics. Politics in the United States is supposed to be the alternative to violence. But we are becoming less and less united, more and more violent. Our system of politics — with all the increasingly hateful rhetoric — is in a downward spiral. It occasionally has been an inspiration for savagery. In Hodgkinson's case, he was an intense Bernie Sanders follower, who was consumed by hard feelings about the financial power structure that Sanders constantly attacked.

After Hodgkinson's shooting spree aimed at Republican members of the House and Senate practicing nearby for the congressional baseball game, Sanders took to the floor to declare: "Violence of any kind is unacceptable in our society ... Real change can only

come about through nonviolent action, and anything else runs against our most deeply held American values."

Unfortunately, the civilized political debate that is supposed to be an American value is becoming more and more violent. Both sides have escalated their arguments to irresponsible levels since the campaign that led to the election of Donald Trump. The meanness of Trump is matched by the nastiness from his opponents, fragmenting us and motivating a few of the deranged in our midst to attempt the unspeakable.

This did not erupt suddenly. The garbage in our system has piled up through decades of political manipulation. We are left with a set of rules that is largely unjust, protecting mainly the wealthy. Too many of our elected officials obviously are bought and paid for. The result has been a deep cynicism about the unfairness of our government and laws.

The bitterness of millions is amplified by social media. Now everybody has a forum with an audience of potentially millions more. Everyone chooses sides, and each displays increasing contempt for the other. Anything goes, uninhibited by context, facts or truth. Lies have become acceptable and spread like a plague. Sometimes, as we've seen, the effect can be violent.

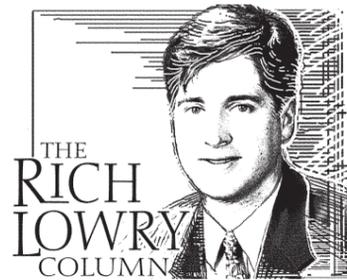
What inevitably follows from all sides is the lip-service call for unity. Unfortunately, it comes from people who normally try to destroy each other. In that environment, healing has become a fantasy. Unity is forgotten by the time the next atrocity occurs, whether the violence comes from internationally inspired terrorists or those whose lives at home cause them to snap and become domestic terrorists.

In their hallucinations they are justified, because they are righting some wrong. The scenario is familiar to us all. We almost certainly will witness it tragically unfolding again, when reason will once again be overtaken by insanity.

Death and taxes continued from front page.

Why are we having another property tax increase in the first place? The Chicago Teachers' Pension Fund along with police and fire pensions, all on shaky financial ground, are pushing up taxes. Appeals have grown significantly, however, higher-income people are more able to challenge their assessments as fees for tax attorneys and appraisers go up as well.

People are moving out of Illinois at a significant rate. Why? Because we are being taxed to death.



THE RICH LOWRY COLUMN

Yes, Hate Speech Is Free Speech

With the left feverishly attempting to squash unwelcome speech on college campuses, with the president of the United States musing about tightening libel laws, with prominent liberals asserting that so-called hate speech is not protected by the First Amendment, free speech in America at least has one reliable friend — the Supreme Court of the United States.

In a firm 8-0 decision, the court slapped down the Patent and Trademark Office for denying federal trademark registration to a band named "The Slants," a derogatory term for Asian-Americans. As it happens, The Slants is an Asian-American band that seeks to "reclaim" and "take ownership" of anti-Asian stereotypes (it has released albums called "The Yellow Album" and "Slanted Eyes, Slanted Hearts"). This didn't matter to the trademark office any more than it presumably would to the dean of students at the average liberal-arts college.

The litigation hinged on a provision of federal trademark law referred to as the "disparagement clause." This clause forbids registration for any trademark "which may disparage ... persons, living or dead, institutions, beliefs, or national symbols, or bring them into contempt or disrepute." Taken literally, this provision would forbid the disparagement of the KKK, an institution; or Benito Mussolini, a person who is dead; or Vladimir Putin, a person who is living.

The trademark office interprets the

clause with all the wisdom you'd expect of a federal bureaucracy. As its manual puts it, an examiner determines whether or not the mark would be found disparaging by a "substantial composite, although not necessarily a majority, of the referenced group." So, merely a plurality of the offended will do, and common sense is no defense.

This is classic safe-space reasoning — the harm that would allegedly befall some portion of a group from encountering an offending trademark should trump the free-speech rights of the likes of "The Slants." The court utterly rejected this posture, deeming it inimical to a free society and untenable under the U.S. Constitution.

In a passage that should be pasted into the student handbook of every college and read aloud by progressives who have convinced themselves that hate speech is not free speech, the court held, "Speech that demeans on the basis of race, ethnicity, gender, religion, age, disability, or any other similar ground is hateful; but the proudest boast of our free speech jurisprudence is that we protect the freedom to express 'the thought that we hate.'"

As the court's concurring opinion noted, basing the trademark prohibition on the presumed reactions of an offended group doesn't help — "a speech burden based on audience reactions is simply government hostility and intervention in a different guise."

The disparagement clause was the wedge that activists were trying to use to force the Washington Redskins to change the NFL team's name (the team has been fighting the cancellation of its trademark in court). And every effort by the speech police to spread their operations from college campuses to the wider society must be resisted.

In this case, they came for a self-described "Chinatown Dance Rock" band with a cheeky name, and the Supreme Court said, Sorry, not in America.



top ten

Best Presidents Since WWII

1. Ronald Reagan
2. Franklin Roosevelt
3. John Kennedy
4. Barack Obama
5. Bill Clinton
6. Harry Truman
7. Dwight Eisenhower
8. George W. Bush
9. George H.W. Bush
10. Jimmy Carter

Source: 2017 Harris Poll

Lakeview Newspaper

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

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Cook County will stop prosecuting some traffic offenses, citing lack of manpower

Due to a lack of manpower, the Cook County State's Attorney's office plans to stop prosecuting certain traffic offenses. Under a policy expected to take effect later this year, the state's attorney's office will not prosecute people accused of driving on licenses that have been suspended or revoked for financial reasons such as failure to pay child support, tolls or parking tickets.

2017 Lakeview Community Events Low-Line Market At the Southport CTA Station

Thursday Evenings, until October 26th from 3:00pm – 7:30pm.

The Low-Line Market is a carefully curated market bringing high-quality produce, proteins, flowers and artisanal foods from local farms and vendors to a convenient location for CTA commuters and Southport Corridor shoppers. Produced by the Lakeview Chamber of Commerce.

Southport Art & Music Fest

Southport from Waveland to Grace July 15 & 16, 2017

Saturday 10:00AM – 7:00PM
Sunday 10:00AM – 5:00PM

Hosted by Southport Neighbors Association, produced by StarEvents in partnership with Amdur Productions. The Southport Art Festival is a juried art event that takes place in Chicago's north side and features work showcasing a massive range of styles. The two-day street festival highlights some of the city's most innovative and revered artists in a family-friendly setting. Additional attractions include a children's game area, live music performances and various food vendors.

Lakeview Live: Concert on the Curb

Paulina from Henderson to Roscoe Wednesday Evenings, July 5 thru August 30 from 5:30pm – 8:30pm

This event series showcases the sounds of Chicago's talented musicians. Free and open to the public. Produced by the Lakeview Chamber of Commerce.

SENIOR NEWS LINE

by Matilda Charles

Before It's Time for In-Home Care

If you can see the signs and know that in-home care is becoming an inevitability, for either you or a loved one, start planning now. There's a lot to consider.

- Home health-care aides and nurses provide a wide variety of services, so your first step will be to determine which ones you're going to need. Make a written list.

- Picking an agency to work with can be fraught with hidden dangers if you don't know just who you're getting. After all, these people are coming into your home.

- A few questions to ask as you interview home care companies: How long have they been in business? Is everyone bonded and insured? (Ask for a copy of the insurance.) Do they do background checks before hiring, and more checks periodically? How about drug testing? How often do they make surprise visits to check on employees? Will they work with your doctors to develop and stick to a care plan? Will you get the same worker every time? Is a daily written summary of care provided?

- Check references and any online rating system your state has. Call the state and ask whether licenses are required and if complaints have been made about any agency you consider.

- Be sure to review "Choosing a Caregiver: Expect the Best and Know How to Ask for It," by Haley Lynn Gray. You can find the book on Amazon.com.

- Go online to the National Association for Home Care and Hospice [www.nahc.org] and click on Consumer. Read about selecting the right home care provider and a list of more questions to ask. It also has a database of agencies.

- Ask for local referrals at the senior center, your doctor's office and your church.

The more you know before you take this step, the more confident you'll be.

VETERANS POST

by Freddy Groves

Go Online to Explore PTSD Options

The Department of Veterans Affairs has come up with an online resource that will help those with PTSD decide which type of treatment might be best for them.

Treatment Decision Aid, found at www.ptsd.va.gov, is a question/answer program to help you decide how you want to approach getting better. At each step are videos of other veterans talking about their experiences, and more information as you learn, compare treatments and act to get help.

This is one treatment exploration that might actually work.

Under the Learn section, you'll find out about PTSD and what this decision helper can do.

The Compare section, however, is likely where the best help begins, as you answer questions about what you want in a treatment. Both the Psychotherapies and Medications on-screen bubbles contain sub-bubbles with more information. Mouse over everything. On the Medication side you'll see antidepressants and sub-bubbles of those. Don't miss the areas at the bottom showing which therapies have significant, some or no benefits.

Next come six questions: Choose between psychotherapy and medication, and see the explanation chart at the bottom. Are you open to talking about trauma? How about individual versus group treatment? How often do you want treatment? Are you up for doing homework between sessions? Do you care what the studies say? At the end, you'll be given recommendations about which treatment might be what you're looking for.

In the Act section you'll get a summary you can print and take to your doctor. That's where the rubber meets the road, and you step up and take responsibility for your treatment.

After answering the questions multiple ways, I think you'll get the most options if you indicate that you're willing to try different things if they might help you. You can narrow down the options later, if necessary.



Sorry, Cousin Mike, Jordan's Not Greatest

So my cousin Mike comes up to me at a funeral and says to me, "Yo, cousin Mark ... am I right about this? Tell me Jordan wasn't the greatest of all-time? That the NBA is boring now."

Now, he asked in a New Jersey dialect, you must understand. He wasn't asking me to tell him Michael Jordan wasn't the greatest. He was seeking vindication for an argument and telling me in a passive-aggressive way to confirm the fact that Jordan was the greatest. I chose to go the opposite route. "Jordan wasn't the greatest of all-time." I took him at his word.

That player, to me, will always be Kareem Abdul-Jabbar. But it wasn't easy being Kareem; even he was swept out of the finals twice. The Jordan argument is always a valid one, and he is always on my first team, NBA Mount Rushmore.

But this year's Golden State Warriors team made me rethink the NBA. The '80s and '90s era was a glorious time for the NBA. Every single team had a poster-ready superstar, and the NBC games of the week — punctuated by Marv Albert's "Yes!" — were must-see TV. But the game was played differently. Basically, Jordan got the ball, wagged his tongue, broke somebody's ankles, jumped in the air, flew about 20 feet and simply put the ball in the basket because he was right there. Then came the Kobe and hack-a-Shaq era, and people started to tune out. The NCAA became king.

Well, this season has had people

talking about the Golden State Warriors. They're a superteam of superstars, and they play in a way that boggles the mind. I just don't understand why people are complaining. These guys don't do the Jordan thing ... they just sink the ball from anywhere on the court. It's truly amazing to see.

Steph Curry isn't the greatest of all time ... but he's one of the greatest shooters of all time. Yeah, he pinned a clown suit on LeBron James and acted like a real villain lying on the side of the court, but there was no denying that he was fantastic, as was Kevin Durant. They went 16-1 in the playoffs —sparing LeBron the shame of sharing Kareem's sweep record — and established themselves as being one of the greatest teams to ever take the court.

Oakland drops the ball with this team. I get that you have to call them Golden State to appease the San Francisco market, but to me you have a city desperate to improve its reputation, and probably half the kids in America watching haven't a clue where Golden State is. Even the Kings admit to being from Sacramento. Then again, they might want to tamp down on the riots before making a name change.

Can people in America stop rioting over sports? In other countries, people riot over things like not getting enough food off the back of a U.N. truck. Here, some guy sinks 39 points, holds up a trophy and people go berserk all night. Why does a championship mean you have to destroy cars and light couches on fire? Enough with the couch fires, America.

So sorry, Mike ... Jordan may not be the best ever, but the lack of parity in the NBA shouldn't overwhelm the fact that there's great basketball being played. So enjoy. Just don't riot.

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



Moments in time

THE HISTORY CHANNEL

- On July 8, 1776, in Philadelphia, the Liberty Bell rings out, summoning citizens to the first public reading of the Declaration of Independence. Although the historic document was adopted on July 4, the bell was not rung until it returned from the printer.

- On July 5, 1946, French designer Louis Reard unveils a daring two-piece swimsuit at a popular swimming pool in Paris. Reard dubbed the swimsuit the "bikini," inspired by a news-making U.S. atomic test off Bikini Atoll.

- On July 4, 1957, Italian automaker Fiat debuts the "Nuova Cinquecento," a redesigned version of a model it debuted in 1936. Fiat's first 500-cc car, the "Il Topolino," had space for two people and a top speed of 53 mph.

- On July 3, 1969, Rolling Stones guitarist Brian Jones is found dead in the swimming pool at his home in England. Two years later to the day, in 1971, Jim Morrison dies of heart failure in a Paris bathtub. Both were 27 years old.

- On July 6, 1971, Louis "Satchmo" Armstrong, one of the most influential musicians of the 20th century, dies in New York City at age 69. A world-renowned jazz trumpeter and vocalist, he pioneered jazz improvisation and the style known as swing.

- On July 7, 1981, President Ronald Reagan nominates Sandra Day O'Connor, an Arizona court of appeals judge, to be the first woman Supreme Court justice. After the Senate unanimously approved her appointment, she was sworn in by Chief Justice Warren Burger on Sept. 25.

- On July 9, 1993, British forensic scientists announce they have positively identified the remains of Russia's last czar, Nicholas II; his wife, Czarina Alexandra; and three of their daughters. The scientists used mitochondria DNA fingerprinting to identify the bones, which had been excavated from a mass grave two years earlier.

The Northcenter Chamber of Commerce, CHIRP Radio and Da Sorce present

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July 5	Bremer & The No Goods Featured Restaurant: Nazka Wok
July 12	The Polkaholics Featured Restaurant: Celtic Crown
July 19	The Hacky Turtles Featured Restaurant: Tuscan Hen Market
July 26	LYRIQ Music School Showcasing LRYIQ teachers performing rock to Opera
August 2	3AM Featured Restaurant: Dos Riccos
August 9	Derek Fawcett
August 16	Movie Night Featuring Moana Featured Restaurant: Cookie Spin

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Health



Watch Out For This Common Skin Cancer

DEAR DR. ROACH: I am fair-skinned and have had sunburns in the past, so I have been diligent about looking for rough, scaly skin patches that might turn into cancer and dark irregular patches that might be melanoma. But I had not read anything about watching for a pore that bleeds, heals and bleeds again. I have a place like that on my nose and just thought it was thin skin. There was no bump, no redness, no scaling; just occasional bleeding. Then it would heal and everything seemed fine.

Now I find out from my dermatologist that it is basal skin cancer, it grows down into the skin, and I will have to have Mohs surgery to remove the cancer and plastic surgery to repair it. I want everyone to know to watch for this kind of symptom and get to a doctor immediately if they have it. — W.R.

ANSWER: A basal cell carcinoma is a skin cancer, probably the most common cancer in the U.S., and is most common among light-skinned people. It's unusual in people with very dark skin. It is more common in men, and increases in frequency with age. As you note, sunlight is the major risk factor, although sunburns aren't necessary to develop BCC. Use of tanning beds also greatly increase the risk for skin cancer, and I strongly discourage their use.

BCCs can appear in several different forms. They often appear as a nodule

on the face, with dilated blood vessels that can bleed and ulcerate (causing a shallow pit). On the trunk, they can appear as a superficial red patch. They also can appear as firm, deeper, scar-like lesions.

Because they can appear in such a varied manner, ANY new skin lesion, especially in a light-skinned person with sun exposure, should be evaluated by a professional. Any nonhealing sore or one that periodically bleeds is particularly at risk.

Although BCCs rarely, if ever, spread outside the skin, they can grow locally and be disfiguring. Once one has occurred, additional skin cancers are much more likely, so a periodic total skin exam by a dermatologist is essential.

DEAR DR. ROACH: I developed a ganglion cyst in the palm of my hand virtually overnight. Where did it come from, and how do I get rid of it? It's very annoying. — V.L.

ANSWER: A ganglion is a cystic structure that is associated with a tendon sheath or joint. They most commonly occur in the wrist. It's not clear why they occur: One theory is that they are from the tissue around a joint that makes joint fluid, the synovium.

They often go away by themselves, but a surgeon can remove fluid from them with a syringe, and sometimes inject medication to keep them from recurring. Surgery is occasionally necessary for painful ganglia that keep recurring.

I urge you to resist the advice you will get to whack it with a book (traditionally, a Bible). That can cause many small ones.

Time to Replace Heart Valve Again?

DEAR DR. ROACH: I had mitral valve prolapse for many years. In 2005, I got an infection, and it ended up as endocarditis. My mitral valve was not able to be repaired. I got a porcine valve. I am starting to have a little problem with my heart. Have

you heard of a doctor doing a second replacement? My cardiologist says it is a really big deal. — J.L.F.

ANSWER: Endocarditis is an exceedingly serious infection of the heart valves. It is much more likely in people who have damaged heart valves, such as from rheumatic fever, but it also can happen in people with normal heart valves. Endocarditis is treated with antibiotics, almost always intravenously to begin with, but complications such as an abscess or heart failure may require surgery, either repair or a valve replacement.

I have seen many cases of replacement of a damaged prosthetic valve. As your cardiologist suggests, the risk of the operation is high. However, if the valve is very damaged, you don't really have any other options. It is clear that the decision to replace a prosthetic valve is difficult and should be undertaken only if other treatments have failed. An experienced cardiac surgeon, hospital and entire team is critical.

You didn't say what the new problem with your heart is. A recurrence of infection is fairly common, since artificial valves, both bioprosthetic (like your porcine valve) and mechanical, are at higher risk of becoming infected. Consultation with an infectious disease expert certainly would be appropriate, if that were the case.

DEAR DR. ROACH: At age 45, I was diagnosed with bipolar II disorder. I am now 60 and have diligently taken medication, and I have never experienced the manic/depression swings associated with bipolar disease. I rarely hear anything about bipolar II. Can you tell me something about it? — D.T.

ANSWER: Bipolar disorder is a complex spectrum of diseases that have in common drastic changes in mood and behavior. Depression is the most common initial mood disorder in bipolar disorder. Bipolar I disorder is diagnosed when there are manic episodes. A manic episode is defined medically as an abnormal, persistently elevated mood with increased activity or energy, lasting at least a week.

Feelings of increased self-esteem, decreased need for sleep, being unusually talkative, having racing ideas and distractibility are common. Spending sprees, sexual indiscretions and foolish investments sometimes happen during these episodes.

In bipolar II, true manic episodes are not present. Depression always is, as is at least one episode of hypomania, which is similar to manic episodes but less severe or long-lasting. Bipolar II is probably underdiagnosed, partly because hypomania can be hard to recognize. It is important to make the diagnosis, since treatment is different, and it is worth reconsidering the diagnosis if treatment is ineffective.

Neck Deformation Appeared Suddenly

DEAR DR. ROACH: One day, I woke up and my neck was bent forward. Now my chin almost touches my chest. How much worse can this get? One doctor said he may have to break my neck and reset it. I can't look people in the face anymore; I'm looking at their belt buckle. — R.W.

ANSWER: I can think of several reasons why your neck may be bent forward. One is a muscle problem. A severe muscle spasm in the neck can force the neck into an unnatural position, often very painful to move. This can go on for weeks. However, most people can force their neck into a normal position.

The second is a nerve problem. Cervical dystonia is the most important of these. Dystonia can present itself with the neck pointing to the side, forward or backward. It typically gets better and then worse, and is associated with sustained muscle contractions.

What the doctor said about "breaking your neck" doesn't make sense to me. However, since your doctor has suggested a possible spine surgery, the third, and most likely cause, is a skeletal problem. Kyphosis is the term for an abnormal forward deformity of the spine (as opposed to scoliosis, which is to the side). There are numerous causes, but in older men, the most likely is osteoporosis, which can cause

very severe kyphosis, especially when in conjunction with vertebral fractures. I wonder if you had a vertebral compression fracture that made things suddenly worse.

Unfortunately, surgery for kyphosis has a very high complication rate and shouldn't be considered unless you are facing serious impediments, such as difficulty breathing or intractable pain. The best treatment is an exercise program. An orthopedic surgeon or physiatrist could make precise recommendations for your physical therapist.

DEAR DR. ROACH: I am a 75-year-old male on Coumadin who recently took a fall. I badly bruised my shin. Initially, it swelled up the size of half a grapefruit but now, two weeks later, it's still very tender and the size of half an orange. I first iced and elevated it. Lately I have tried heat, an elastic wrap and even my TENS unit, but nothing seems to reduce the swelling and sensitivity. Any suggestions? — B.N.

ANSWER: A bone bruise, called a periosteal hematoma, happens when small blood vessels are broken in the lining of the bone, called the periosteum. The blood collects and forms a tender lump at the site of injury. It can happen at any bone, but the shin is very common due to its being very superficial.

Warfarin (Coumadin) works by preventing the liver from making blood-clotting proteins, making for a larger blood collection, which takes longer to heal. As long as your INR is in range, though, it will eventually heal.

READERS: Worried about the strength of your bones? The osteoporosis pamphlet explains how to prevent this universal condition. Readers can obtain a copy by writing: Dr. Roach — No. 1104W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name address. Please allow four weeks for delivery.



Financial Statement

Retirement Changes Everything

We work and work all those years, aiming for a good retirement when we can kick back and relax. For too many of us, though, retirement turns out to be one stress after the other.

Studies have come up with some alarming results: Our risk of clinical depression goes up 40 percent after retirement. The chance of being diagnosed with a medical condition rises 60 percent.

It makes sense that retirement is high on the list of life's worst stresses. Retirement changes everything.

We no longer go to the same place every day and have a routine to follow. Boredom can set in, and anxiety can climb as we leave our work identity behind. Finances might not go the way we planned, especially if retirement isn't voluntary and is brought on by downsizing. We can end up with too many hours in the day, or maybe not enough hours if we try to cram too many things into our schedule. If our social life was tied to work, leaving the workplace can leave us isolated.

Before you retire, try it out to prepare yourself for the inevitable stresses. For six months, only spend the amount you'll have in retirement, so you can see what it will be like. Join a group or two so those social connections will be in place with new acquaintances and friends. Stay physically and mentally

active. Volunteer somewhere if you can fit it in while you're still working. Aim for a healthier lifestyle with diet and exercise. Make a plan for everyday things you'll do in retirement, even though you're still working. Imagine what your days will actually be like.

For another view and some good advice, look on Amazon.com for the book "You Only Retire Once" by Tom Sightings.

Auto Repair Rip-Offs

Unnecessary and over priced services are a major complaint among consumers. Here are some warning signs that you may be taken for a ride.

Most consumers don't know what's under the hood and mercenary mechanics take advantage of that. Protect yourself from diagnostic dialect. Ask the mechanic to explain the problem in simple terms and how they

came to that conclusion. Ask for a computer diagnosis. This removes a lot of the guesswork.

Repair shops don't make much money on routine services like an oil change so the mechanic will look for other possible jobs. They will recommend changing the radiator coolant and the fluids for your power steering, automatic transmission and brakes when your car doesn't need it. Many newer cars have extended life coolant that lasts up to 100,000 miles. If you haven't noticed any handling problems, be suspicious if a mechanic says your car needs front-end work like an alignment or new ball joints. Get a second opinion. Talk to friends and neighbors for recommendations to a good body shop in your area. Local businesses are looking for long-term, full-service relationships.

Check out the repair shop. Go elsewhere if the shop's parking lot is full of older vehicles (indicating a lack of computerized technology) or if you notice that cars sit for days before being serviced. The cars you see awaiting repairs should be similar to yours - in age and, ideally, make and model.

Compare prices. Expect to pay 20% more at a dealership. Remember that reputable full-service independent and franchise shops can handle most anything except recalls, warranty repairs, post-warranty fixes offered under a good-will program and repairs to high-tech electrical and AC systems.

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FLASH BACK

POP ROCK & SOUL TRIVIA
BY MICK HARPER

1. Name the group that released "Here Come the Nice."
2. Who released "Cruel Summer" in 1983? What's it about?
3. Which singer-songwriter had a hit with "I Love a Rainy Night"?
4. Name the singer-songwriter whose debut album won five Grammys.
5. Name the song that contains this lyric: "I got your picture hangin' on the wall, It can't see or come to me when I call your name, I realize it's just a picture in a frame."

Answers

1. The Small Faces, in 1967. The song is often known as "Here Comes the Nice" due to a record sleeve misprint adding the "s" in the title.
2. Bananarama. The song is about wanting to be with someone in the summer, but being alone. The song didn't catch on until it was used in "Karate Kid."
3. Eddie Rabbit, in 1980. The song went to the top of country, Billboard and adult contemporary charts.
4. Christopher Cross, with his self-titled "Christopher Cross" album in 1979.
5. "Ain't Nothing Like the Real Thing," by Marvin Gaye and Tammi Terrell, a No. 1 hit in 1968. It's since been covered by many, including Aretha Franklin (who unfortunately turned it into a too-slow ballad).



Strange BUT TRUE

By Samantha Weaver

• It was 19th-century journalist and women's rights advocate Margaret Fuller who made the following sage observation: "A house is no home unless it contains food and fire for the mind as well as the body."

• There is a patron saint for everything, it seems. You've probably never heard of Saint Drogo of Sebourg, but this 12th-century Flemish noble became the patron saint of those whom others find unattractive. After he turned 18, he got rid of all his wealth, became a shepherd and made several pilgrimages to Rome. On one of these pilgrimages, he was "stricken with an unsightly bodily affliction" and became hideously deformed. In order to spare others the sight of his deformity, he was confined to a small cell attached to his village church. Until the end of his life, 40 years later, he remained there, subsisting only on barley, water and the bread and wine of communion.

• The longest beard ever recorded belonged to a man named Hans N. Langseth. Upon his death in 1927, it was 17.5 feet long. In 1967, the beard was donated to the Smithsonian Institution.

• Those who study such things say that your ears secrete more wax when you're afraid.

• A recent survey by Baskin-Robbins revealed some interesting trends in parenting. It seems that when trying to get kids to do an unpleasant task, dads are 75 percent more likely to use ice cream as a bribe. Also, dads are twice as likely as moms to use ice cream to resolve an argument, and 90 percent of dads give ice cream to kids who need some cheering up.

Thought for the Day: "The first method for estimating the intelligence of a ruler is to look at the men he has around him." — *Niccolo Machiavelli*

top 10 movies

1. **Cars 3**(G) animated
2. **Wonder Woman** (PG-13) Gal Gadot, Chris Pine
3. **All Eyez on Me**(R) Demetrius Shipp Jr., Danai Gurira
4. **The Mummy** (PG-13) Tom Cruise, Sofia Boutella
5. **47 Meters Down** (PG-13) Mandy Moore, Claire Holt
6. **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) Johnny Depp, Geoffrey Rush
7. **Rough Night**(R) Scarlett Johansson, Kate McKinnon
8. **Captain Underpants: The First Epic Movie**(PG) animated
9. **Guardians of the Galaxy Vol. 2** (PG-13) Chris Pratt, Zoe Saldana
10. **It Comes at Night**(R) Joel Edgerton, Christopher Abbot

top ten

Best Regarded "Made In" Labels

1. **MADE IN GERMANY**
2. Switzerland
3. European Union
4. United Kingdom
5. Sweden
6. Canada
7. Italy
8. Japan
9. France
10. USA

Source: Statista

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

PICKS OF THE WEEK

T2 Trainspotting (R) — After 20 years, Mark Renton (Ewan McGregor) has come home to Edinburgh. He reconnects with his old pals: Spud (Ewan Bremner) is still an addict, and Sick Boy (Jonny Lee Miller) is a petty dealer, hustler and part-time barman. Begbie (Robert Carlyle) breaks loose from prison to take revenge on Renton for absconding with the drug money from the first film. Their interactions are filled with self-destruction and attempted redemption; once again, the ride is wild and unforgettable. Director Danny Boyle delves deep into a world of choices that is full of grit and color, bringing home a film just as fascinating and addicting as its predecessor.



Ewan McGregor, Ewan Bremner in "T2 Trainspotting"

CHIPS (R) — "CHiPs" is shorthand for "California Highway Patrol." I have fond TV memories of the friendly, vanilla Jon Baker and the always obliging beefcake Frank "Ponch" Poncherella patrolling on their motorcycles, solving problems and cracking crimes. Not so with the 2017 reboot, starring Michael Pena as Ponch, with Dax Shepard as Baker, as well as writer/director. Ponch is a seasoned federal officer rooting out what might be an inside crime in the department; he's teamed with Baker, a rookie ex-motocross daredevil. The plot points never accelerate into anything more than a vehicle for toilet humor and puerile gags.

The Belko Experiment (R) — The scene is an office building in Bogota. Eighty white-collar workers show up ready for a day of hard-core paper pushing, but before the coffee is even cooled, the building is sealed and a voice over the PA announces the day's real objective: kill or be killed. Each employee has been implanted

with what they thought was a tracking device, but turns out to be a bomb. If they do not do as they are told, they will be fired, literally. While the film does have some elements of the psychological thriller, it's mainly a gore fest. Spoiler: A lot of people blow up, and those who don't die from an exploding head aren't spared a gruesome death. Personalities run the gamut, from the good-guy office manager (John Gallagher, Jr.) to the cutthroat executive (Tony Goldwyn).

Absolutely Anything (R) — A group of intergalactic meddlers issue a destruction order for Earth. Our one chance at a reprieve comes in the form of teacher Neil Clarke (Simon Pegg), who is given extraordinary powers to make Absolutely Anything happen. Use the powers for good, Earth is spared. If not, well, you get the idea. This film is positively stuffed with talent: Robin Williams as Neil's dog, newly graced with speaking powers; aliens voiced by the cast of "Monty Python"; Kate Beckinsale as Neil's downstairs neighbor and love interest; and cameos from Rob Riggle, Eddie Izzard, Joanna Lumley and more. Despite direction by Terry Jones, and the powerhouse cast, this movie is a dud that devolves into a series of silly skits and not enough cohesive story.

TV NEW RELEASES

- Bunnica Season 1, Part 1: Night of the Vegetable**
- Home Movies" The Complete Series**
- It's About Time" The Complete Series**
- The Jamie Foxx Show" Season 3**

Top 10 DVD, Blu-ray Sales

1. **Logan**(R) FOX
2. **The Shack** (PG-13) Lionsgate
3. **Fist Fight**(R) Warner Bros.
4. **The Great Wall** (PG-13) Universal
5. **Get Out**(R) Universal
6. **Moana**(PG) Disney
7. **Fifty Shades Darker**(R) Universal
8. **Resident Evil: The Final Chapter**(R) Sony
9. **Rogue One: A Star Wars Story** (PG-13) Disney
10. **xXx: Return of Xander**

TOP VIDEO RENTALS AND SALES

Top 10 Movies On Demand

1. **Logan**(R) Hugh Jackman
2. **Get Out**(R) Daniel Kaluuya
3. **Fist Fight**(R) Ice Cube
4. **The Shack** (PG-13) Sam Worthington
5. **The Great Wall** (PG-13) Matt Damon
6. **A Dog's Purpose**(PG) Josh Gad
7. **Fifty Shades Darker**(R) Dakota Johnson
8. **Before I Fall** (PG 13) Zoey Deutch
9. **Moana**(PG) animated
10. **Hidden Figures**(PG) Taraji P. Henson

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What's Hot in Hollywood

HOLLYWOOD — “Wonder Woman” has been banned in Lebanon, where the film was pulled from theaters just hours before it was due to open. The Lebanese felt they couldn't let Israeli Gal Gadot's “Wonder Woman” be seen because, after all, they're at war with Israel. This came as a shock to Warner Brothers because Gadot was one of the stars of “Batman vs Superman,” which was a big hit in Lebanon. The added fact is that Gadot is not only Israeli, but a woman, and women still are second-class citizens in that part of the world. It created a double-whammy that couldn't be allowed! A strong Israeli woman who can overpower men is obviously unacceptable.



Warner Bros. Pictures

Gal Gadot as Wonder Woman

Kristen Wiig, who will play Jack Nicholson's daughter in the upcoming “Toni Erdmann,” is currently filming “Mother,” with Oscar winners Jennifer Lawrence and Javier Bardem, as well as Michele Pfeiffer and Ed Harris, for director Darren Aronofsky. Jennifer Lawrence also is shooting the spy thriller “Red Sparrow,” with Joel Edgerton, Jeremy Irons and Charlotte Rampling for a March release. She has been dating “Felicity” star Scott Speedman.

Apparently, moviegoers did not want to see a fat and bald Matthew McConaughey, in “Gold,” judging from its \$20 million cost and \$10 million gross. His next two films are Stephen King's sci-fi/Western/horror film “The Dark Tower,” with Idris Elba, due Aug. 4, and “White Boy Rick,” with Oscar nominees Jennifer Jason Leigh, Bruce Dern and Piper Laurie, due in theaters Jan. 12, 2018.

Could it be just a coincidence that

both Johnny Depp (who has an estimated worth of \$200 million) and Lisa Marie Presley (who has an estimated worth of \$100 million) have both had stories in the tabloids claiming they are broke? Could that be because they



Omega Watches

Daniel Craig

HOLLYWOOD — Will Daniel Craig play 007 for a fifth time? He made 21 films prior to “Casino Royale” (2006), but none of them could touch the success of his Bond debut. “Casino Royale” gave him a \$3.4 million paycheck, cost \$150 million and grossed \$600 million. “Quantum of Solace” (2008) earned him \$8.9 million, cost \$200 million and grossed \$586 million. “Skyfall” (2012) made him \$17 million and earned \$1.1 billion, and “Spectre,” which paid him \$39 million and grossed \$880 million. Craig's net worth has been estimated at \$95 million, and producers are offering a hefty increase for him to do his fifth “Bond” film. Can he really walk away from that kind of money and prestige?

His next two films (which we're sure won't have a quarter of the windfall of “Skyfall”) are “Lucky Logan,” due Aug. 18, with Channing Tatum, Riley Keough (Elvis' granddaughter), two-time Oscar winner Hillary Swank, Seth MacFarlane and Katie Holmes; and the romantic “Kings,” opposite Oscar-winner Halle Berry.

Roger Moore, who passed away May 23, starred in seven Bond films from 1973-85, once told me, “I kept telling them I was too old to keep playing 007, but they kept saying, ‘We'll be the judge of that.’ Finally, at 60, I said it's time for a new 007!” Moore was an amazing Bond, but his own personality was suave and charming because of

his sense of humor. Prediction: Craig will not only do a fifth “Bond” film, but probably a sixth or seventh, just to tie Moore's record.

Now that “The Mummy” is hitting screens, Tom Cruise has announced that the next film on his list will be “Top Gun 2,” the sequel to “Top Gun,” which cost just \$15 million to make in 1986 and grossed \$357 million. Val Kilmer (Iceman) is the only original cast member returning. The screenplay is in the hands of Peter Craig (“Hunger Games: Mockingjay Part 1 & 2”), Justin Marks (the upcoming “Jungle Book 2”), and Ashley Miller and Zack Stentz (they wrote the sequel to “Big Trouble in Little China” for Dwayne Johnson). Maverick and Iceman 31 years later; they have their work cut out for them!

Two-time Oscar-winning actress Glenda Jackson served more than 20 years in the British parliament before hitting London's West End last year playing the title role in “Macbeth.” Now she's headed to Broadway in Edward Albee's play “Three Tall Women,” with “Roseanne” and “Big Bang Theory” cast member Laurie Metcalf.

While you're in New York seeing Glenda Jackson, you might be able to catch the musical “King Kong,” in which King Kong sings! What will they try next?

Many of your favorite shows will not return next season. CBS has canceled “Two Broke Girls” (after six seasons), “The Odd Couple,” “Criminal Minds: Beyond Borders,” “The Great Indoors,” “Doubt” and “Pure Genius.” NBC has axed “Emerald City” (dark and confusing) and “The Blacklist Redemption” (which couldn't work without James Spader). ABC has canceled “Last Man Standing” (after six seasons), “American Crime,” “Dr. Ken,” “The Real O'Neals,” “The Catch” and “Imaginary Mary” (loved Rachel Dratch but found her voice an intrusion).

Next season, CBS will have the “Big Bang Theory” spin-off, “Sheldon,” narrated by Jim Parsons as Sheldon, with Iain Armitage (of “Big Little Lies”) playing Sheldon at age 9; “Criminal Minds”; Shemar Moore in “Seal Team”; and Jeremy Piven top-lining “Wisdom of the Crowd.”



by cindy elavsky

Q. I just got done watching season three of “Unbreakable Kimmy Schmidt,” and of course, I watched it too quickly because now I'm going through some serious withdrawals. Please tell me that it will be back for another season! — Janet Y., Thunder Bay, Toronto, Canada

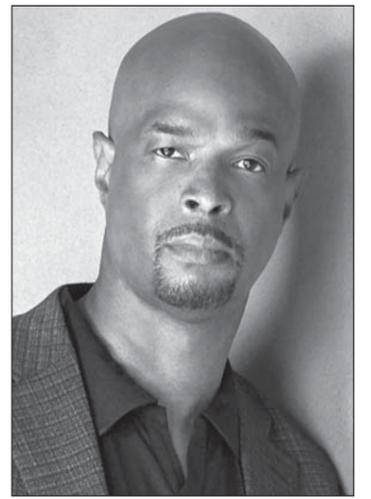
A. Well I have good news for both of us, because I too adore this Netflix original series. The Tina Fey-produced comedy (Tina also plays the recurring character of Kimmy's hilarious alcoholic ex-therapist) will return for a fourth season. I can't wait to see whom they'll get to guest-star next season, with stellar guest performances this season by Ray Liotta, Laura Dern, Peter Riegert, Jon Hamm, Josh Charles and Anna Camp.

Q. I was reading that the “Lethal Weapon” TV series is coming back for season two. Is it my imagination, or did they never finish season one? I don't remember seeing an episode since just after Christmas. — Don H., Venice, Florida

A. The buddy-cop comedy, which stars Damon Wayans (“New Girl”) and Clayne Crawford (“Rectify”), will indeed be back for another season on FOX. Season one had a full-season 18-episode order, culminating in the March 15 season finale. When the show does return this fall, it will move from Wednesday to Tuesday night. You can watch full episodes of what you may have missed at fox.com.

Q. How many seasons of “Longmire” are there, and will there be any new ones? — Patricia R., via email

A. There will be a total of six seasons of the crime thriller, which is set in Wyoming and centers on Sheriff Walt Longmire (Robert Taylor), who is trying to rebuild his life after the death of his wife. The current five seasons of the series — which originally aired on A&E until it was canceled and brought back to life on Netflix — are available for streaming on the popular online plat-



Brian Bowen Smith/FOX

Damon Wayans

form. The 10-episode sixth and final season will air later this year, although Netflix, as of this writing, has yet to set a release date. Since season four, when Netflix picked up the series, “Longmire” has premiered each new season in September, so odds are that season six will be a September baby as well.

Q. Will “Pure Genius” return for another season? I really liked the message of hope it gave me that one day medical science will advance to that degree. — Sharon N., via email

Q. Are they going to bring back the Thursday-night show on CBS at 10 p.m. called “Pure Genius”? It was a very good and interesting show, but it wasn't on for very long. — Pauline D., via email

A. The medical drama starring Augustus Prew and Dermot Mulroney was given a 13-episode order for the 2016-17 season. The series focused on a billionaire (Prew) who dreams of building a hospital with ultimate cutting-edge technology to treat rare and incurable diseases. He partners with maverick surgeon Dr. Walter Wallace (Mulroney), who leads the effort in clearing out the bureaucracy of medicine to focus on forward thinking, advancing technology and saving lives — at no cost to the patient.

While this sounds like a wonderful premise for a medical series — and for exploring in real life — after airing all 13 commissioned episodes, CBS decided not to renew the order in the wake of mixed reviews and low ratings.

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FIRE UP the FOURTH

with Tasty Backyard Recipes

FAMILY FEATURES

Fireworks, family and food are what the Fourth of July is all about. This year, add some spark to backyard staples like grilled chicken and potato salad with a little help from tangy condiments, smoky rubs and your cast-iron skillet.

For a main dish that's sure to be a crowd pleaser, smother grilled chicken with a white barbecue sauce – the South's tangy little secret. It's made with simple pantry ingredients like mayonnaise, cider vinegar and mustard.

Make a one-pan side dish next to the cooking chicken by placing your cast-iron skillet directly on the grates. Smash whole potatoes in the pan then top with bacon, cheese and a chipotle seasoning. Let it all melt together and then top with sour cream for a smoking side.

Round out the meal with a festive cake that looks as impressive as it tastes. Dye white cake mix batter red and blue using food color then assemble in a flag shape with whipped cream and berries.

Find more recipes and ideas to fire up your Fourth of July at McCormick.com.



Red, White and Blue Cake

Prep time: 25 minutes
Cook time: 30 minutes
Servings: 12

- 1 package (2-layer size) white cake mix
- 2 teaspoons McCormick Pure Vanilla Extract
- 1/2 teaspoon Blue McCormick Assorted Neon Food Colors & Egg Dye
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons McCormick Red Food Color nonstick spray

- 1 container (16 ounces) white frosting
- 1 cup raspberries
- 1/2 cup blueberries

Heat oven to 350 F.

Prepare cake mix as directed on package, adding vanilla. Transfer 1 1/2 cups batter to small bowl and tint with neon blue food color. Tint remaining batter red by adding cocoa powder and red food color. Pour each color batter into separate 9-by-5-inch loaf pans sprayed with nonstick cooking spray.

Bake blue-tinted cake 20-25 minutes; red-tinted cake 30-35 minutes. Cool

cakes in pans 10 minutes. Remove from pans; cool completely.

Trim cakes to remove rounded tops and edges. Slice red cake in half horizontally to form two thin layers. Place one layer on platter. Slice remaining red cake layer in half lengthwise. Slice blue cake in half lengthwise. (Blue and red cakes should be same dimensions.)

Frost red cake layer on platter with 1/3 frosting. Top with lengthwise slices of red and blue cake side-by-side. Frost with 1/3 frosting. Repeat cake layer and frosting. Garnish with raspberries and blueberries to resemble flag.

Grilled and Loaded Smashed Potatoes

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12

- 1 1/2 pounds medium Yukon gold potatoes
- 1 tablespoon vegetable oil
- 5 teaspoons McCormick Grill Mates Bacon Chipotle Seasoning, divided
- 6 slices Applewood smoked bacon, cut into 1/4-inch pieces
- 1 cup chopped yellow onion
- 1/2 cup chopped red bell pepper
- 1/2 cup shredded cheddar cheese
- 2 tablespoons finely chopped green onions
- 1/4 cup sour cream

Heat grill to medium.

Place potatoes on microwavable plate. Pierce potatoes with fork several times. Microwave on high 5-6 minutes, or until fork-tender but still firm. Let stand until cool enough to handle. In large bowl, toss potatoes, oil and 3 teaspoons seasoning until well coated.

Place potatoes on grill and cook, turning frequently, 4-5 minutes or until skin is crispy. In large cast-iron skillet on grill, cook and stir bacon 8-10 minutes, or until crisp. Add yellow onion and bell pepper; cook and stir 2-3 minutes, or until tender-crisp.

Push bacon mixture to one side of skillet. Add potatoes to other side of skillet. Smash each potato with heavy spatula, bottom of small sturdy bowl or meat pounder. Sprinkle potatoes with remaining seasoning. Spoon bacon mixture over potatoes. Sprinkle with cheese.

Cover pan or close grill. Cook 3-5 minutes, or until cheese is melted. To serve, sprinkle with green onions and dollops of sour cream.

Test Kitchen Tip: Cooking potatoes before grilling reduces overall grill time.

White Barbecue Sauce with Smoky Chicken

Prep time: 15 minutes
Cook time: 45 minutes
Servings: 6

- White Barbecue Sauce:**
- 1 cup mayonnaise
- 1/2 cup cider vinegar
- 2 tablespoons Zatarain's Creole Mustard
- 1 teaspoon prepared horseradish
- 1/2 teaspoon McCormick Coarse Ground Black Pepper
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon salt

Smoky Chicken:

- 1 cup hickory wood chips
- 2 pounds bone-in chicken parts
- 2 tablespoons McCormick Grill Mates Applewood Rub

To make sauce: In medium bowl, mix mayonnaise, vinegar, creole mustard, horseradish, black pepper, garlic and salt until well blended. Cover. Refrigerate at least 2 hours before serving to blend flavors.

To make chicken: Cover wood chips in water and soak 30 minutes. Season chicken with rub. Drain wood chips. Fill smoker box with wet wood chips. Place smoker box under grill rack on one side of grill before lighting. Close grill.

Prepare grill for indirect medium heat (350-375 F). Heat grill by turning all burners to medium. Once cooking temperature is reached, turn off burner(s) on one side. Place chicken on unlit side of grill. Close grill cover.

Grill, turning occasionally, 30-40 minutes, or until internal temperature of thickest part of chicken is 165 F. Move chicken to lit side of grill with skin side down. Turn lit side of grill to high.

Grill, uncovered, 3-5 minutes longer, or until chicken is charred. Serve chicken with White Barbecue Sauce.

Test Kitchen Tip: Refrigerate any leftover sauce and use as salad dressing, condiment for burgers or dipping sauce for pretzels and vegetables.





by Healthy Exchanges

Lisa's Chilled Strawberry Soup

It's strawberry season, and time to try something new. So why not a soup that is cool, refreshing and different?

- 1/3 cup cold diet ginger ale
- 4 cups sliced fresh strawberries
- 1/4 cup fat-free half and half
- 1/3 cup Splenda
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 3/4 cup plain fat-free yogurt
- 1/4 cup no-fat sour cream

1. In a blender container, combine diet ginger ale and strawberries. Cover and process on blend for 30 seconds or until mixture is smooth. Add half and half, Splenda, lemon juice and vanilla extract. Re-cover and process on blend for 15 seconds or until smooth.

2. Pour mixture into a large bowl. Add yogurt and sour cream. Mix well using wire whisk. Cover and refrigerate at least 1 hour. Makes 4 (1 cup) servings.

• Each serving equals: 100 calories, 0g fat, 4g protein, 21g carbs, 64mg sodium, 124mg calcium, 4gm fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch/Carb; Carb Choices: 1 1/2.

Good Housekeeping

Shrimp Sweet Corn Grits

Adding sweet corn puts a fresh summer spin on classic shrimp and grits.

- 6 cups fresh corn kernels
- 4 slices thick-cut bacon
- 1 leek (white and light green part only)
- 1 tablespoon unsalted butter
- 3 tablespoons olive oil
- Kosher salt
- Pepper
- 1/4 cup fresh basil
- 20 large peeled and deveined shrimp
- 1 pinch smoked paprika

1. In a food processor, pulse 3 cups corn until almost smooth, about 1 minute. Add the remaining 3 cups and pulse twice just to combine.

2. Cook bacon in a large skillet over medium heat, stirring occasionally, until crisp, 3 to 5 minutes. Add the leek and cook, stirring occasionally, until beginning to soften, about 3 minutes; transfer the leek-bacon mixture to a bowl.

3. Wipe out skillet and melt butter with 1 tablespoon oil over medium heat. Add corn mixture, 1/2 teaspoon each salt and pepper; cook, stirring occasionally, just until heated through, about 3 minutes. Stir in leek-bacon mixture and basil.

4. In a second large skillet, heat remaining 2 tablespoons oil over medium-high heat. Season the shrimp with paprika (if using) and 1/2 teaspoon each salt and pepper; cook, in a single layer, until golden brown and opaque throughout, 1 to 2 minutes per side. Serve with the corn grits. Serves 4.

Good Housekeeping

Hawaiian Grilled-Shrimp Salad

Get a taste of island life with this refreshing salad that features grilled shrimp, pineapple, cashews and cucumber dressed in a unique blend of Asian flavors.

- Metal or bamboo skewers
- 1/4 pounds large shrimp
- 1/2 teaspoon ground ginger
- 4 teaspoons toasted sesame oil
- 2 cups pineapple
- 3 tablespoons rice vinegar
- 2 tablespoons canola oil
- 1 tablespoon soy sauce
- 2 teaspoons wasabi paste
- 1 head Boston lettuce
- 1 seedless (English) cucumber
- 1/2 small red onion
- 1/3 cup chopped salted cashews

1. Prepare grill for direct grilling on medium-high. If using bamboo skewers, soak in water at least 15 minutes.

2. In medium bowl, toss shrimp with ginger and 2 teaspoons sesame oil until well-coated. Let stand 10 minutes.

3. Meanwhile, thread pineapple onto skewers; grill 6 minutes or until lightly charred, turning occasionally. Thread shrimp onto skewers; grill 2 to 4 minutes or until opaque throughout, turning over once. Transfer skewers to cutting board; remove pineapple and shrimp. Coarsely chop pineapple.

4. In large bowl, whisk together vinegar, canola oil, soy sauce, wasabi and remaining 2 teaspoons sesame oil. Add lettuce, cucumber, red onion, pineapple, and shrimp; toss until well-combined. Divide among 4 serving plates. Top with cashews. Makes 4 main-dish servings.

TIP: Sweeten onions with a 10-minute soak in ice water.

Good Housekeeping

Three-C Slaw

This refreshing slaw has the unexpected zip of celeriac along with cabbage and just enough carrot to add a hint of sweetness.

- 1 cup low-fat mayonnaise dressing
- 1/2 cup Dijon mustard with seeds
- 1/2 cup lemon juice
- 2 tablespoons sugar
- 2 tablespoons rice vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1 medium-size head green cabbage (3 pounds), thinly sliced
- 3 medium-size bulbs celeriac (celery root), about 10 ounces each, peeled and finely shredded*
- 1 16-ounce bag carrots, peeled and finely shredded

1. In a small bowl, with wire whisk or fork, mix mayonnaise dressing, mustard, lemon juice, sugar, vinegar, salt and pepper.

2. Place cabbage, celeriac and carrots in a large bowl. Add dressing and toss to coat well. Cover bowl with plastic wrap and refrigerate at least 1 1/2 hours to allow flavors to blend. Makes 20 servings.

*NOTE: If you can't find celeriac, substitute an additional pound of carrots and 1/2 teaspoon celery seeds.

• Each serving: About 200 calories, 2g total fat (0g saturated), 5g protein, 44g carb., 0mg cholesterol, 475 mg sodium.



by Healthy Exchanges

Saucy Chicken Stir Fry

Stir-fry is the easiest way to get your veggies and to have something that is quick and easy. If you need to serve an extra body, just throw in a few more veggies.

- 3 cups purchased raw stir-fry vegetables
- 8 ounces skinned and boned uncooked chicken breast, cut into 1/2-inch pieces
- 1/2 cup Kraft fat-free mayonnaise
- 1 teaspoon dried minced garlic
- 1 tablespoon reduced-sodium soy sauce
- 1/2 teaspoon ground ginger
- 2 cups cooked rice

1. In a large skillet or wok sprayed with butter-flavored cooking oil, cook vegetables for about 5 minutes or until just tender, stirring often. Remove from skillet.

2. Add chicken pieces to skillet and cook for about 4 minutes or until tender. Add cooked vegetables. Mix well to combine. Stir in mayonnaise, garlic, soy sauce and ginger. Remove from heat.

3. For each serving, place 1/2 cup rice on a plate and spoon about 1 cup chicken mixture over top. Serves 4.

TIPS: 1) 1 cup raw broccoli, 1 cup raw cauliflower, 3/4 cup carrots and 1/4 cup green onion may be used in place of purchased stir-fry vegetables. 2) Usually 1 1/3 cups uncooked instant or 1 cup regular rice cooks to about 2 cups.

• Each serving equals: 215 calories, 3g fat, 17g protein, 30g carbs, 419mg sodium, 31mg calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 1/2 Vegetable, 2 Starch/Carb; Carb Choices: 2.



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Crime

Chicago records over 300 Homicides

Killings down slightly from 2016. The 300th shooting was on Father's Day weekend this year just like it was last year.

Crime has reached every single community in Chicago and the shootings have taken to the local expressways.

Chicago police do not include killings on area expressways, police involved shootings or on homicides where someone was killed in self defense in the reported numbers.

Over 1,625 people have been shot this year in Chicago ranging in age from toddlers to senior citizens. With violence happening every weekend, a woman told this newspaper that her and her husband used to go out in the evening and on week-ends but now they stay home in fear of something

happening. No way to live in this city or anywhere else. With the 4th of July on the horizon, let's be careful and vigilant.

Aggravated battery with a dangerous weapon on a sidewalk on the 3400 block of North Halsted.

Aggravated assault with a hand gun on the sidewalk on the 3300 block of North Southport.

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

Simple assault in a small retail store on the 1000 block of West Belmont.

Simple battery at an apartment on the 900 block of West George Street.

Burglary and forcible entry to a small retail store on the 3000 block of North Sheffield Avenue.

Motor vehicle theft of an

automobile off the street on the 900 block of West Belmont Avenue.

Strong arm robbery in an alley on the 3200 block of North Kenmore Avenue.

Attempted armed robbery with a handgun from a drug store in the 3000 block of North Halsted Street.

Theft pick pocketing from a bar or tavern in the 3300 block of North Halsted Street.

Theft from a residence under \$300 on the 1900 block of West Cornelia Avenue.

Theft from a building on the 3100 block of North Lincoln Avenue.

Simple assault on the 3500 block of North Southport Avenue.

Harassment by electronic means to a residence on the 2800 block of North Cambridge Avenue.

Domestic battery using hands, fist and feet

resulting in serious injury on the sidewalk on the 3500 block of North Halsted.

Telephone threat to an individual in an apartment on the 3000 block of North Honore Street.

Criminal damage to city of Chicago property on a CTA bus on the 3200 block of North Halsted.

Aggravated Criminal sexual assault at a residence on the 3500 block of North Fremont Street.

Robbery with a handgun in an alley on the 900 block of West Addison Street.

Domestic battery on the 1100 block of West George Street.

Narcotics found on an individual on the 3400 block of North Clark Street.

Armed robbery using a knife in a grocery food store on the 3000 block of North Broadway.

Violating an order of protection at an apartment on the 300 block of West Barry Avenue.

Domestic battery at an apartment on the 3500 block of North

Ashland Avenue.

Criminal sexual abuse on the sidewalk on the 1800 block of West Irving Park Road.

Theft under \$300 from a residence on the 1900 block of West Cornelia Avenue.

Burglary to a residential garage on the 1800 block of West Henderson Street.

Theft from a restaurant on the 3400 block of North Lincoln Avenue.

Burglary and forcible entry to a tavern/liquor store on the 3400 block of North Lincoln Avenue.

Narcotics found in a residence on the 3300 block of North Leavitt Street.

Retail theft from a small store on the 3300 block of West Belmont Avenue.

Aggravated Assault with a hand gun on the street on the 2900 block of West Belmont Avenue.

Aggravated battery with a knife on the sidewalk on the 4200 block of North Lincoln Avenue.

Theft over \$300 on the street on the 1900 block of West Berteau

Avenue.

Aggravated assault with a dangerous weapon in a residential garage on the 4100 block of North Western Avenue.

Burglary and unlawful entry to an apartment on the 4300 block of North Western Avenue.

Criminal sexual abuse on a sidewalk on the 1800 block of West Irving Park Road. 3300 block of North Western Avenue.

Criminal damage to a vehicle on the street on the 3400 block of North Claremont Avenue.

Criminal trespass to a front or back yard of the 3300 block of North Hoyne Avenue.

Burglary forcible entry on the 1900 block of West Belmont Avenue.

Theft from a residence on the 1600 block of West Newport Avenue.

Theft over \$300 on the 2300 block of West School Street.

Theft under \$300 from a residential yard on the 1800 block of West School Street.

Theft from a grocery store on the 3400 block of North Western Avenue.

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Photo courtesy of Getty Images

Banish Biting Season

Tips for eliminating backyard pests

FAMILY FEATURES

As the weather gets warmer, mosquitoes can prevent homeowners from reaping the benefits of living life outside. According to a Harris Poll conducted on behalf of TruGreen, 85 percent of Americans say that mosquitoes limit their family's outdoor activities during the months they're most active. The same survey also found that nearly two-thirds of Americans are concerned about protecting themselves and their family from Zika or other mosquito-borne illnesses.

A majority of respondents reported using bug spray on themselves and their family members to combat mosquitoes outdoors at home. Although it's the leading preventative measure, still only half say it is most effective at preventing mosquitoes from biting.

Depending on where you live, the mosquito biting season lasts 5-7 months. If spray isn't adequate to combat the mosquitoes at your home, it may be necessary to take additional measures.

These tips from the Centers for Disease Control and Prevention and the pest control experts at TruGreen can help combat mosquitoes outside of the home:

Remove standing water. Mosquitoes generally lay eggs near water, so once a week take time to dump anything that may hold water in the yard. This includes buckets, kiddie pools and birdbaths. Don't overlook items like toys, planters and flowerpot saucers. For containers intended to hold water, like cisterns or rain barrels, regularly check that the lid is secure so mosquitoes can't gain access. A finely woven mesh is a good alternative if there is no lid. If you can't cover the container and won't be drinking from it, use a larvicide to treat the water.

Be wary of unexpected reservoirs. Natural features such as shrubbery and tree stumps can also collect water, and they may be more difficult to remedy. Keep dense shrubs thinned and pruned. Increasing the air flow can make these areas less attractive. If removing a tree stump is impractical, a professional can guide you in proper treatment.

Apply a broad-application pest eliminator. Use an outdoor insect spray or professional service to kill mosquitoes in areas where they rest all over the yard. A professionally applied treatment such as TruGreen Mosquito Defense targets pests where they live, and the company's professionally trained specialists use an innovative mosquito control formula to treat all areas of the yard where mosquitoes hide, including trees, shrubs, mulched areas and all types of ground cover.

"Mosquitoes are a nuisance for many of our customers, inhibiting the time they can spend enjoying outdoor activities," said John

Bell, board certified entomologist and TruGreen regional technical manager. "Most people protect against mosquitoes by using a repellent or citronella candles, but these methods do not target the places mosquitoes hide including low-hanging limbs, ornamental foliage, potted plants and ground cover. The TruGreen Mosquito Defense treatment program targets these places, eradicating the mosquito population in homeowners' yards and allowing people to spend more time living life outside."

Make regular rounds to spot trouble. Humans are creatures of habit, and that can mean certain areas of the yard receive much less traffic than other spots. Take time each week to tour the entire yard and keep an eye out for potential pest problems, including standing water in containers or low spots in the ground.

For more year-round lawn care tips, visit TruGreen.com/mosquito.

The Sworn Enemy of Summer

Protect your fun in the sun from mosquitoes



MOSQUITOES' FAVORITE HABITATS

Because mosquitoes typically lay their eggs near water, places in the yard where water can pool up are often desired breeding grounds. These areas of stagnating water allow the mosquitoes a favorite spot, but there are some other areas around the house to be wary of as potential habitats:

- **Ornamental foliage.** Keeping foliage like bushes and brush trimmed properly can help them maintain shape while also exposing them to more sunlight, helping to keep them dry.
- **Low-hanging limbs.** Trim limbs to a proper height so that they aren't so close to the ground, which is more welcoming for mosquitoes.
- **Ground covers.** Certain plants, especially those with wide leaves, can sometimes hold water either on the leaf itself or in the axil, which is where the leaf meets the stem.
- **Wood piles.** Consider covering your wood pile tightly with a tarp to help block mosquitoes and other pests from invading.
- **Mulched areas.** Frequently disturbing mulch with a rake or other garden tool, especially when it's wet after a rain, can deter mosquitoes from moving in by helping to dry out the underlying mulch.
- **Hanging and potted plants.** Just like other objects that can hold standing water, be sure to empty saucers underneath plants that could provide a water source.

65 percent of Americans use bug spray, although only 51 percent believe it works.

The CDC recommends **removing standing water** where mosquitoes could lay eggs.

Nearly two-thirds of Americans are concerned about mosquito-borne illnesses, including the Zika virus.

Mosquitoes hang like bats as they rest during the day under the **leaves of trees and shrubs.** Consider hiring a professional to spray those areas.

Human skin produces more than **340 chemical odors**, some of which attract mosquitoes.

Mosquitoes limit the outdoor activities of **85 percent** of Americans.

The mosquito biting season in the U.S. lasts **5-7 months.**



This survey was conducted online within the United States by Harris Poll on behalf of TruGreen from March 17-21, 2017 among 2,173 U.S. adults ages 18 and older. Illustration courtesy of Getty Images.



The Garden Bug

Gardening is good for you!
 Burning the same amount of calories you take in helps maintain current weight; burning more than you take in helps lose weight. Yardwork can help you with fitness goals! Below are the average calories burned per hour in gardening:

Watering plants	120
Planting flowers	200-400
Pulling weeds	200-400
Mowing grass	250-350
Raking leaves	350-450
Clearing heavy brush	400
Paving, planting large foliage	400-600

- Brenda Weaver Source: www.treehugger.com

The Garden Bug

It is easy to grow **coreopsis**, also known as tickseed or pot of gold. Sprinkle seeds over a prepared area of un-amended soil in spring in a full-sun location. Seeds of coreopsis plants need light to germinate, so cover lightly with soil, or simply press seeds into moist soil. Keep the seeds of coreopsis plants watered until germination, usually within 21 days. Once flowers are established, cut off spent blooms so the plant produces new flowers.

- Brenda Weaver
 Source: www.gardeningknowhow.com

The Garden Bug

Located in Louisiana, this tree is the largest certified southern live oak tree. Measuring almost 39 feet around the trunk, it may be as old as 1,500 years. It survived a nearly direct hit from Hurricane Katrina in 2005. It is the National Champion on the National Register of Big Trees and the Champion Oak of Louisiana, according to the Louisiana Forestry Association. It also has its own Facebook page.

- Brenda Weaver
 Source: wikipedia

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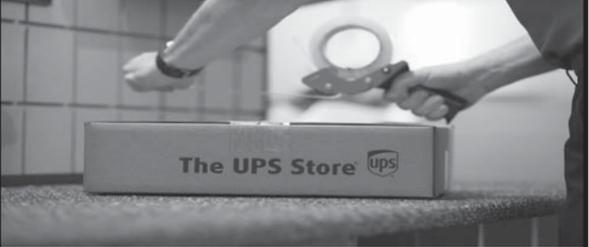
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Quotes worth your time

“If you don't like where you are, move. You are not a tree.”

“Listen and silent are spelled with the same letters. Think about it.”

“Drink Coffee... Do stupid things faster with more energy.”

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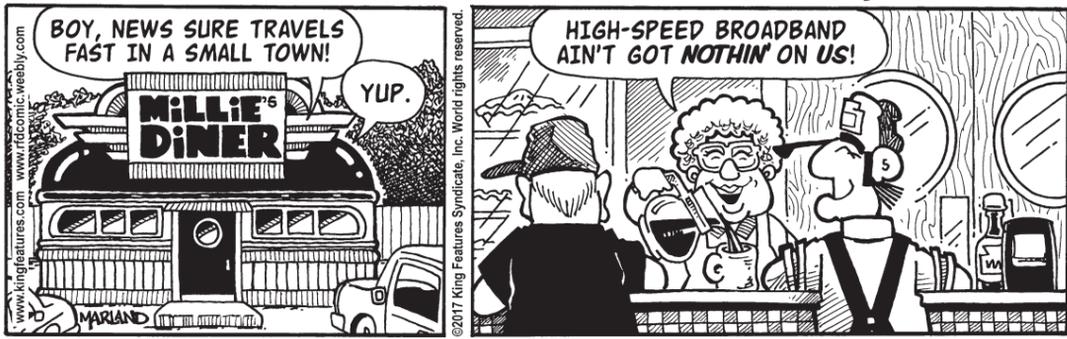
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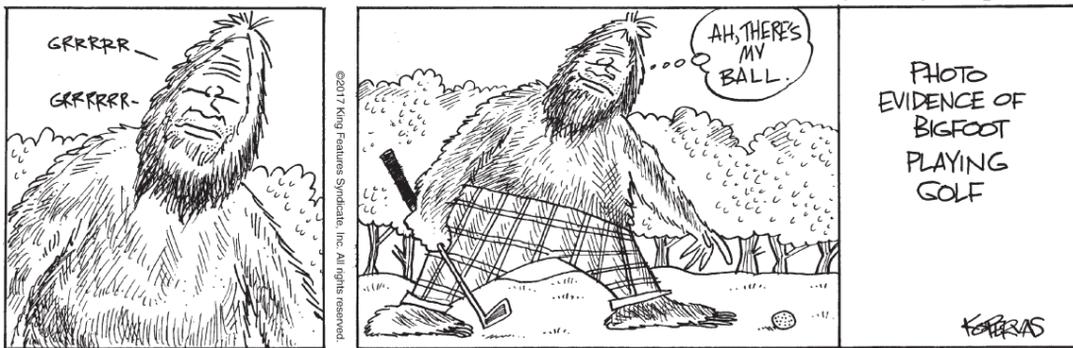
R.F.D.

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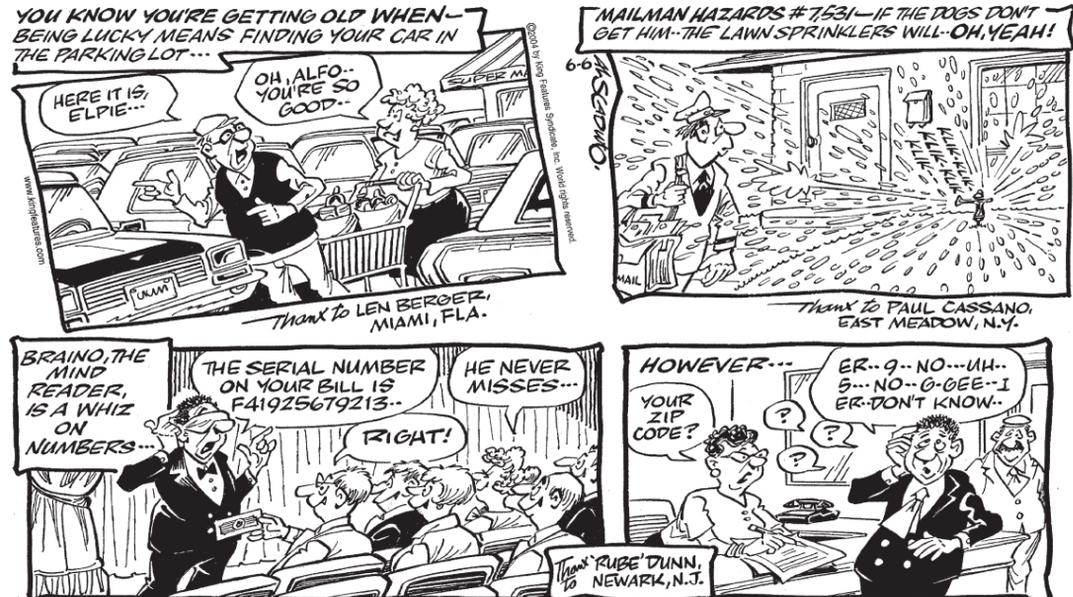
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BY RICARDO GALVÃO



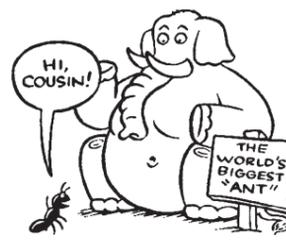
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend



DON'T GET ANTSY TRYING TO SOLVE THIS ONE!

You'll find all kinds of ants in the dictionary. We have 14 words in mind that end with "ant." The "elephant" in our picture should give you an idea of what to look for. Try to find them using the following hints.

1. What ant helps to put out fires?
2. What ant is found in car engines?
3. What ant reminds you of puff pastries?
4. What ant smells nice?
5. What ant pours wine?
6. What ant buys and sells?
7. What ant is worn on a chain?
8. What ant makes the air dirty?
9. What ant provides all kinds of food?
10. What ant is dull and never goes anywhere?
11. What ant hates school?
12. What ant is good with numbers?
13. What ant is the smartest?
14. What ant never changes?

Illustrated by David Coulson

Riddle Card

1. Why did the fly fly?
2. Why is my cup of tea stronger than yours?
3. Why is the letter "E" like London?
4. If a chicken could talk, what kind of language would it speak?
5. Why is a loaf of bread four weeks old like a mouse running into a hole?

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Answers: 1. Because the spider spied her; 2. Because it is all tea (time); 3. Because it is the capital of England; 4. Four (low) language; 5. Because you can see it's state (air).

Answers: 1. Hydrant; 2. Coolant; 3. Croissant; 4. Deodorant; 5. Decant; 6. Merchant; 7. Pendant; 8. Pollutant; 9. Restaurant; 10. Stagnant; 11. Truant; 12. Accountant; 13. Brilliant; 14. Constant.

IT'S ALPHABET SOUP TIME! To solve this problem you must replace the letters in our AlphaMath puzzle with the digits 0, 2, 3, 4, 5, 6, 7, 8 and 9, so that you have a correct addition expression. The same letters get the same digits. See if you can get a higher total than we did.

Our answer: C=6, H=5, E=8, F=3, O=2, D=4, M=9, A=0, L=7, (65883 + 3224 = 9807.)

DON'T WORK OVERTIME SOLVING THIS ONE! 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			GRID B		
O	V		T		
	E			M	
		R			E

1. Found out about.
2. Keen interest; greedy.
3. Heard in church.
4. To listen to.

Answers: 1. Onto-noon; 2. Avid-diva; 3. Amen-name; 4. Hear-here.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Squirrel is missing; 2. Hair is different; 3. Purse is missing; 4. Cap is missing; 5. Shirttail is different; 6. Carving is missing.

Just Like Cats & Dogs

by Dave T. Phipps



Happy Fourth of July



Let's always remember that courage, dedication, and effort made this country what it is today and what it will become in the future. You can and do make a difference in your community.



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