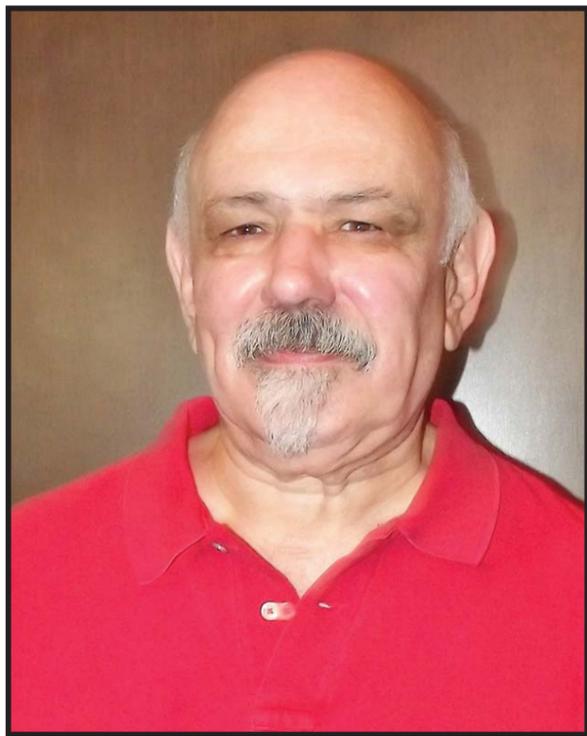




Interview

Power and Money



20 Questions

This month's interview is with **Frank Maniscalco** of Grein Funeral Directors at 2114 West Irving Park Road.

Q. Where were you born and raised?

A. I was born in Chicago and raised in Old Town.

Q. Are you married? Any children?

A. No and no children.

Q. Where did you attend school?

A. DePaul Academy High School and Loyola in Chicago.

Q. What was your first paying job?

A. Working at gift redemption for Gulf and Western and a mens' clothing salesman for Lyttons.

Q. Who do you most admire and why?

A. My mother's brother who was killed in World War II and was a true hero. He won the Dis-

tinguished Flying Cross and died in action as a Navy pilot.

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

A. My father.

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

A. Abraham Lincoln because he had a very amazing mind and the ability to communicate effectively.

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

A. Salzburg, Austria. It is charming and so beautiful.

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

A. Pursue my career in the arts. Do more painting.

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

A. My favorite TV show is "The American Experience" on PBS; my

Continued page 2

by Joyce Rimel

On Wednesday, July 26th, Mayor Rahm Emanuel said NO to the Chicago Cubs request to play more night games. The Cubs wanted to host 11 more games at night bringing them to a total of 54. The combination of night games and concerts totals 46.

Cubs President of Business Operations, Crane Kenney, told the Chicago Sun Times, "We're one of the few teams that not only has to beat everyone in our

division, we also have to beat the city that we play in to try and win games." "At some point, we'd love to not be handicapped, as no other team in baseball is by the number of night games you play," Kenney said.

Alderman Tom Tunney in a statement said, "The ordinance governing evening activities inside Wrigley Field was negotiated by the Cubs, the community, myself and the Mayor's office and has another

seven years before it expires." "The Cubs have chosen to schedule concerts instead of night games."

Mayor Emanuel told the Chicago Sun Times, "They could have used it for night games, but then, they would have to share it with Major League Baseball." "The concerts they keep all for themselves like they do the beer on the plaza." "You make those choices, you live with the consequences of the choices." "That's

how this works." Julian Green, Cubs spokesman, responded to the Mayor's statement that the Cubs should be a good neighbor and to have a "good neighbor attitude." Green said that millions of dollars has been invested in the community, including a recent \$1 million contribution to security cameras and a \$1 billion dollar stadium renovation that created "thousands" of jobs and will generate \$30 million in annual tax

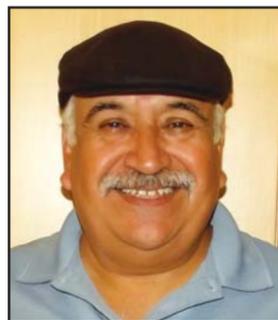
Continued page 2

What's on your Mind?



"Buying a new condo in the Lakeview neighborhood."

Eli Turnbough



"When driving, they should ban all the right turns on red and almost nobody uses their turn signal."

German Martinez



"Am I ever going to be able to retire because of all these ridiculous taxes?"

William Rodriguez

Editorial & Opinions

Interview continued from front page.

favorite movie is "West Side Story" and favorite book is "20,000 Leagues Under the Sea".

Q. What are your three biggest successes?

A. Playing a guitar in a working band and being able to benefit from a good education and being able to travel a great deal.

Q. What are your three biggest disappointments?

A. Not having traveled enough. Being more involved in Holography and not doing enough in my art studies.

Q. Why/how did you decide to be a funeral director?

A. It was a family business. I did many things before I joined the business.

Q. What would you say are the greatest challenges today in being a funeral director?

A. Staying attentive to all the changes in cultures and rituals.

Q. What hobbies or special interests do you have?

A. Holography, playing music, studying history and watching history shows.

Q. What is your most prized possession?

A. My guitar

Q. What is your pet peeve?

A. Tardiness.

Q. What improvements would you make in the Lakeview and North-center communities?

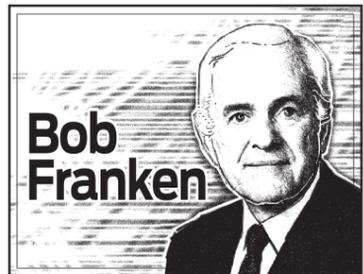
A. The communities to historically recognize the significance of the history of the film industry. The first Wizard of Oz movie was made here back in 1910.

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

A. Stay single.

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

A. Family, friends and respect.



Trump's Russian Comedy

I can tell you what the cast members of "Saturday Night Live" are doing during their off-season: They are practicing their Russian accents.

It would take pretty much the entire "SNL" group to do a bit on the meeting between Don Trump Jr., Jared Kushner, Paul Manafort and the gang from the Kremlin. There were altogether at least eight people at that infamous get-together that we now know was called to dish some dirt on Hillary Clinton. "SNL" already has been feasting on the Trumpsters to the point that this season it gathered a 22 Emmy nominations, the largest number ever in the show's four-plus decades of existence. The problem the writers always have with the Trump bunch is coming up with a farce that is more slapstick than the real thing.

Take that meeting with the Trumpets and the Soviets — oh, excuse me, Russians. That, by the way, was the first mistake of Junior and the rest: agreeing to take that meeting. First, they had to find an office big enough to accommodate the crowd. Presumably the ostentatious building has conference rooms, because this gathering featured a cast of characters that could fill one of those TV reality shows. We might call it "The Real Colluders of Trump Tower" or, given young Donald's role, maybe "The Apprentice"? (Nah. Who would call a program "The Apprentice"?)

The others crammed into their meeting room were Natalia Veselnitskaya,

a Russian lawyer with close ties to the Kremlin, and with oligarchs and mobsters for clients. Also there was Rinat Akhmetshin, a Russian-American lobbyist who began his adult life working in Soviet intelligence. Then there was Rob Goldstone, public-relations person to another oligarch's family (Russian, not American), the one who had enticed young Donald with his email promising damaging information about Hillary Clinton as "part of Russia and its government's support for Mr. Trump." There were a couple of others on the Russian side, along with Junior, Jared and Manafort. It's not clear whether they, too, were on the Russian side.

We can assume that neither Vladimir Putin nor Trump Sr. were listening in on speakerphone, and right now the story from both is that they weren't aware of the meeting. Putin claims to not know any of the participants, which is a little bit more difficult for President Trump to claim.

After all, Paul Manafort is the political fixer who was Trump's campaign leader at the time, until he was shoved aside because of disclosures that he had made millions of dollars from a Ukrainian party with close ties to the Kremlin. Jared, of course, is the Trump son-in-law and presidential adviser who has massive influence on anything that happens in this White House. Don Jr. is the son who enjoys himself by slaughtering unsuspecting big game.

As dramatic as the charges are that Trump's campaign and the Russians conspired to steal the U.S. election, this also is comedy. And it's not just "Saturday Night Live." These players could inhabit a Hanna-Barbera cartoon. Veselnitskaya and Akhmetshin might easily be mistaken for Boris and Natasha. And as much as Jared's name swirls around unsavory developments, he's starting to look like Snidely Whiplash. Yes, it's funny burlesque. At the same time, it's deadly serious.



THE RICH LOWRY COLUMN

No, China Isn't Going to Lead

The world has had its delusions about China over the years, but none quite as fantastical as the notion of Beijing assuming the mantle of global leadership.

Ever since Donald Trump's election, it has been a journalistic trope to speculate that China is about to take the lead on globalization, climate change and international diplomacy.

Knowing his audience, President Xi Jinping has stoked this tripe by mouthing all the right cliches in front of the right audiences. He gave a speech at Davos heavy on the theme of openness and promised to help lead globalization. "Any attempt to cut off the flow of capital, technologies, products, industries and people between economies," Xi said, summoning his best Thomas Friedman, "is simply not possible."

Somehow, China manages the impossible nonetheless. When it comes to information (which Xi omitted from his litany), China cuts itself off from the rest of the world quite adeptly. According to the pro-democracy group Freedom House, China ranks last in the world in internet freedom, behind Iran and Syria. It blocks Google, YouTube, Facebook and Twitter, and jails people for spreading rumors online, i.e., criticizing government officials.

How about the free flow of capital? China has tight rules against capital outflows. Technology? China is an expert at stealing it, especially from

foreign companies operating in China. Products? Despite its membership in the World Trade Organization, China is robustly mercantilist. Brad Setser of the Council on Foreign Relations points out that imported manufactures as a share of the Chinese economy peaked in 2003 and have been falling since. What Xi calls "win-win cooperation" is the rest of the world opening its markets to China while China refuses to reciprocate.

Xi also toes the Davos line on climate change, to the delight of credulous Westerners. China's leadership consists of making a pledge as part of the Paris accords to reach peak emissions in 2030 — a goal consistent with the trajectory of its economy anyway — and planning to make a mint by selling to the West green technology it has developed through its characteristic unscrupulous means.

There is no doubt that China, the world's second-largest economy, is much more assertive on the international stage than it used to be, but the idea of it as a global leader, or as a responsible power, or even as an admirable country is daft.

It props up the lunatic regime in North Korea because it fears the prospect of a unified, democratic Korea. It is pushing for control of the South China Sea, ignoring a sweeping ruling by an international tribunal against its claims of sovereignty. It is investing massively in its military — and not to support the cause of global openness.

Clearly, one motive for the dew-eyed press coverage of China's purported leadership is a distaste for Donald Trump, who wears his disregard for the global elite on his sleeve. The romance with Xi is a way to tweak him. But, whatever his views on trade or climate change, Trump doesn't run a repressive one-party state. It's perverse to be more comfortable with the president who bans Twitter over the president who uses it indiscriminately.

Rich Lowry is editor of the National Review.



Power and Money continued from front page.

revenue for the city, second thoughts at Residents in the area 3 a.m. when some say they wouldn't mind fans can get a little more night games, loud when leaving the neighborhood, however, they have neighborhood.

Americanisms

"Patience is something you admire in the driver behind you, but not in one ahead."
— diplomat Henry Kissinger

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Lakeview Newspaper

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2017 Lakeview Community Events

Retro on Roscoe
Aug 11-13th
 Roscoe Street
 at Damen.
Friday 5-10pm
Saturday /Sunday
12-10pm

Music, kids area, and an antique car show on Saturday and Sunday 1-6pm at Roscoe & Leavitt. Over \$2 million in antique cars.

Northcenter Farmers Market
August 5th
7am-1pm – Saturdays
October 28th.

Northcenter Town Square, 4100 N. Damen (Belle Plaine/Damen/ Lincoln, across from CVS.) The Northcenter Farmers Market is celebrating its 20th anniversary this year. The freshest fruits, vegetables, flowers, and home-made products for sale.

Northcenter Shop 'N' Stroll
August 26th
11am – 6pm

Neighborhood businesses offer one day of special discounts and promotions. Shop for back to school, enjoy lunch and much more.

Northcenter Summer Concert Series
Wednesdays,
7pm-9pm
until August 16th

Enjoy movies, music and activities for your children.

August 9th – Jonas Friddle
August 16th – Movie Night
 features Moana.

Lakeview Live Concert on the Curb Paulina from Henderson to Roscoe
Wednesday Evenings
thru August 30th 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.

Low Line Market
 At the Southport CTA Station.
Thursday Evenings,
until October 26th
from 3pm-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.

VETERANS POST

by Freddy Groves

'Taps': Do You Have What It Takes?

Since Memorial Day, Gettysburg National Cemetery has held the One Hundred Nights of Taps, which will end Sept. 4.

Every night at precisely 7 p.m., a bugler plays "Taps" at Soldier Monument. Buglers have ranged from 11 to 82 years of age and have come from all over the country. The one thing they have in common is a desire to play "Taps" to honor those who have served our country.

While it's great that 100 people are coming together for this months-long effort, every day there are military funerals across the country where no bugler is available. In those cases, they must resort to recorded "Taps." That's legal ... but far from ideal.

There is an answer: Bugles Across America is a volunteer effort begun in 2000 for the sole purpose of providing live buglers to play "Taps" at military funerals, instead of a recording.

Do you play trumpet? Do you have what it takes to be a bugler at a military funeral? Can you play the 24 notes of "Taps" in a dignified way, as it was written? Have others heard you play, and do they agree you can play it well? Are you willing to play for the state director in your area to verify your ability?

To review the requirements, go online to BuglesAcrossAmerica.org. Click on Volunteer/Audition. No computer? Call founder Tom Day at 708-484-9029. After you sign up, the state director for your area will call you for an audition.

BAA buglers do more than serve at funerals. They're called on for patriotic events of all kinds.

It's estimated we'll lose a half million of our most-senior veterans every year over the next seven years. If you doubt you're needed, click on the Bugler's Post tab and read the latest newsletter on the BAA website.

SENIOR NEWS LINE

by Matilda Charles

Social Security Benefit Increase?

Cross your fingers: We're likely to get a 2.2 percent increase in Social Security benefits for 2018. With the average monthly benefit of \$1,360 the increase would average \$29.9 per month.

This is quite a jump, considering the pitiful increases of the past few years: 1.7 percent in 2012, 1.5 percent in 2013, 1.7 percent in 2014, 0.0 percent in 2015 and 0.3 percent in 2016. While 2011 was a big 3.6 percent it followed two straight years of no increase whatsoever.

What shall we do with our extra \$29.92 each month? We could save our windfall for two months and buy a pair of walking shoes. We could pay for one month of a no-contract plan for a cellphone. Or, we could keep our expenses as they are and stash the extra away for emergencies.

An important change coming in 2018. The full retirement age for those born in 1956 is going up by two months, for a new age of 66 years and four months. If you file for benefits before then, you'll end up collecting reduced payments for the rest of your life.

If you're just signing up for Social Security, here is a fact you should know: The benefits don't necessarily arrive on the first day of the month. If you planned to pay your rent or mortgage payment that day, beware. The day the benefits arrive depend on your birthdate, and will arrive on either the 2nd, 3rd or 4th Wednesday in a month. Go online to www.ssa.gov to see where you fall in the month Search for Schedule of Social Security Benefit Payments 2018.

Keep an eye on the news in October when the official Social Security increase for 2018 will be announced.

Moments in time
 THE HISTORY CHANNEL

• On **Aug. 14, 1900**, during the Boxer Rebellion, an international force featuring British, Russian, American, Japanese, French and German troops relieves the Chinese capital of Peking. The Chinese nationalists besieging Peking's diplomatic quarter were crushed.

• On **Aug. 18, 1920**, the 19th Amendment to the Constitution, guaranteeing women the right to vote, is ratified by Tennessee, giving it the required two-thirds majority of states. The amendment culminated more than 70 years of struggle by woman suffragists.

• On **Aug. 20, 1932**, in Flanders, Belgium, German artist Kathe Kollwitz unveils the monument she created to memorialize her son, Peter, who was killed during World War I. Entitled "The Parents," the statue depicts an elderly couple kneeling before the grave of their son.

• On **Aug. 15, 1947**, The Indian Independence Bill, which carves the independent nations of India and Pakistan out of the former Mogul Empire, comes into force at the stroke of midnight. The long-awaited agreement ended 200 years of British rule.

• On **Aug. 17, 1969**, the grooviest event in music history — the Woodstock Music Festival — ends after three days of peace, love and rock 'n' roll in upstate New York. Some 186,000 tickets were sold, but half a million people showed up, forcing promoters allow concertgoers to enter for free.

A Sporting View
 by Mark Vasto

Boxing Must Fix Scoring System

When Conor McGregor and Floyd Mayweather square off the night of Aug. 26, it's already a foregone conclusion that they've both won. McGregor stands to make something north of \$60 million and Mayweather \$100 million. Mayweather, of course, has the most to lose — his legacy — but it'd be hard to shed too many tears for the guy if he were to lose.

Perhaps the biggest winner in all of the pre-fight spectacle is Paulie Malignaggi. Malignaggi, a former two-time world champion, has always been a curiosity for fight fans. He was knocked for having no power during his career, having only scored seven knockouts; however, his speed, toughness and ability to draw attention to his fights were relatively unmatched during his reign as champion and as a competitor.

His acumen inside the ring led him to effortlessly segue to the announcer's table for Showtime, but his take on boxing throughout his career has suddenly come into much sharper focus. Malignaggi, a New Yorker in every sense of the word, never backed down from a fight, and his vocal opinions about the business of boxing are even more relevant today.

When you don't knock many people out, you have to rely on the scorecards in boxing. How are the scorecards determined?

Nobody has a clue. Aside from the "10 point must system", nobody knows who the boxing judges are,

nobody knows how the fight will be judged. Imagine going to any other sporting event and never knowing the score? Imagine watching four quarters of a football game, seeing seven touchdowns but when your friend asks the score you say "not a clue" every time. Or check in on the baseball game and just let random people in the stands judge whether or not runs should count that day.

It was Malignaggi's take on Conor McGregor that got the boxing world laughing along with him. His analogy was that golfers don't suddenly become hockey players because a driver looks similar to a hockey stick. While that knock earned him an invite to spar with McGregor leading up to the fight, the analogy doesn't quite work.

People like to talk about the "death of boxing" and always compare the "sweet science" to mixed martial arts, but it doesn't have to be so. They can co-exist, and to say that McGregor isn't a fighter is absolutely absurd. But as we saw from watching Ronda Rousey try to outbox a boxer and lose badly, and knowing enough about Floyd Mayweather's world-class defense, McGregor is still a massive underdog with a puncher's chance. Even if he wins, it doesn't mean that boxing is a lesser sport; it just means that Mayweather lost a fight.

We're getting closer to finding out the answers, but boxing will, no matter the outcome, still have plenty to answer for.

It's time to fix the scoring system or else these pay-per-view spectacles are going to be a thing of the past, and that's something we'd all regret. As McGregor said, "We're all getting fed here." At the end of the day it's a job, and boxing still has more work to do.

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

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

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 Northcenter Town Square 4100 N. Damen @ Belle Plaine

August 2 3AM
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August 9 TBD

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community & chamber event info: northcenterchamber.com

Shop N Stroll

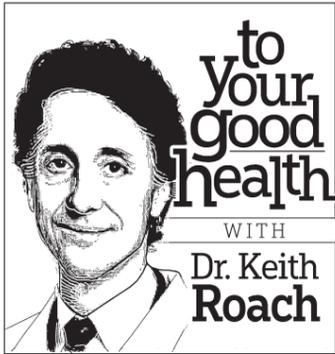
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Health



Sense of Smell, Taste Likely Gone for Good

DEAR DR. ROACH: I am an 86-year-old male who unfortunately lost my sense of smell and, to a large degree, my sense of taste as a result of taking fluticasone propionate nasal spray (50 mcg, one spray in each nostril once a day). This drug was prescribed by my doctor. After finding out that I could not smell fresh coffee even when I put my face over the open container and sniffed, I knew I had a problem.

I mentioned this to another doctor (the prescribing doctor had transferred), and he casually mentioned that that happens and that it could take a year to come back. Well, the year has come and gone, and I haven't regained my sense of smell. The literature that accompanies this drug does mention that a possible side effect is the loss of the senses of smell and taste. But this comes only after reading through more than five columns of small print.

It may not seem like a big deal to be unable to smell the coffee, but I am also unable to smell natural gas, and living in a house with a furnace, hot water heater, clothes dryer and cooktop stove all powered by natural gas, it becomes a serious problem. I am hoping that you can give me some advice as to how I can restore my senses of smell and taste. — T.K.

ANSWER: I certainly found the warning that fluticasone, like other nasal steroids, can cause alterations in taste and smell. However, I couldn't

find in the published literature a case of someone losing his or her sense of smell entirely from nasal steroids. Some blood pressure medicines have been known to do it, as can nutritional deficiencies, tumors and Sjogren's syndrome. Exposure to some chemicals can cause temporary loss of smell. Alzheimer's and Parkinson's diseases sometimes cause loss of sense of smell.

Anytime the sense of smell is lost, most people notice a dramatic loss of taste as well: This may be because the aromas of food are the most important contributor to flavor.

Unfortunately, after a year it is likely the loss will be permanent, and I don't know of any way to bring it back. When researching your question, I found many references to studies that looked at fluticasone as a treatment for loss of sense of smell, which gives further evidence to the unfortunate and unusual apparent cause in your case. It worries me that your new doctor was so casual about this loss: It IS a big issue, and it sounds like he may not have evaluated you for other possible causes.

Too Old for Back Surgery?

DEAR DR. ROACH: An MRI shows that I have spinal stenosis. I have not improved with chiropractic care, electrical stimulation, medication (including hydrocodone, tramadol and a pain patch), physical therapy or three spinal injections. After the third injection did not help, I told the surgeon I would need back surgery, but he said I am too old. I am 76. Am I too old? — H.S.

ANSWER: Spinal stenosis is a back condition in which the spinal cord or nerve roots are compressed due to bony abnormalities. The pressure on the nerves can cause pain, loss of reflexes and numbness. Spinal stenosis is most common in the lower back, but it can happen in the neck and mid-back as well. It is seen more often in people over 60 and is the most prevalent reason for back surgery in people over 65.

The MRI usually shows the compression on the spinal cord or nerve roots; however, the decision for treatment is made based on the symptoms, not necessarily how the back looks by MRI. You have had the recommended nonsurgical treatments, including several medications, physical therapy and injections. Consideration of surgical treatment is reasonable.

When considering any therapy, the physician must consider the potential benefits and risks. The benefit of surgery is that it is more likely to relieve pain and improve function. There is a small risk of a serious bad outcome (death, worsening of pain or weakness). In general, the older a person is, the more risky the procedure. However, there is no absolute age cutoff of who can and can't get the surgery. The overall health of the person is more important than age. Younger people may be a bit more likely to see better improvements in walking after surgery.

Back surgery shouldn't be undertaken lightly at any age. Get a surgical opinion — and probably a second opinion — before making a decision. Only the surgeon, with access to your MRI results and having completed a careful history and exam, can make an informed recommendation about your personal situation.

DEAR DR. ROACH: Has the use of white powder, monatomic gold nutritional supplement been verified by the medical profession? Are the claims of mental clarity, long life span, disease cures, etc., accurate? — D.S.C.

ANSWER: I thought I knew supplements pretty well, but hadn't heard of monatomic gold. Monatomic gold is supposed to be an "orbitally rearranged monoatomic element." In fact, these don't exist chemically, and anyone selling a product like this and claiming health benefits is deliberately scamming you or is confused. Metallic gold is inert and has no effect in the body, as opposed to gold salts, which are powerful and potentially dangerous medications, now seldom used for rheumatic diseases. Avoid "monatomic gold" supplements.

Strange Dreams? Check Medications

DEAR DR. ROACH: I am 90 years old and take many medications. I am having many different dreams at night. Can medications cause this? — A.C.

ANSWER: Pretty much whenever I get the question, "Can medications cause this?" the answer is "yes." In your case, it's very clear that some medications cause unusual dreams in many people who take them. Antibiotics, antidepressants, blood pressure medications and even sleeping medications can cause remarkable dreams. Some people hate this side effect; others enjoy it. Knowing that medications could be causing them often is a source of relief.

I would caution you not to stop your medications suddenly or without talking to your doctor. You should go over your list of medicines and try to discover which are the most likely to be the source. Sometimes, a medicine can be stopped if the dreams are very bothersome.

DEAR DR. ROACH: I am a 62-year-old man who likes to ride his bicycle for exercise. I ride on paved trails and streets, approximately 10 miles at a time with an eye on extending the length of my rides. I own a road bike, but currently I ride a bike that provides a more upright seating position. In either case, the seat is narrow and firm. My body is in a forward-leaning position while riding.

Should I be concerned with my prostate gland or any other body parts in that general area? I wear padded bicycle shorts when riding. I have annual physicals, and I am not aware of any problems. I do have an older brother who is going through radiation treatment for prostate cancer, and he used to ride to and from his work. His rides were not extreme.

I have read cautionary reports from the bike community about such things, but they seem to focus on the more exposed body parts. Lance Armstrong comes to mind in

this regard. — Anon.

ANSWER: There is research looking at three areas of men's health with regard to cycling: prostate, sexual dysfunction and testicular cancer. The results suggest no or very small increased risk in prostate cancer or sexual dysfunction. However, some bike saddles and riding positions do put pressure on the nerves and arteries that supply the penis. Finding a comfortable saddle that doesn't cause numbness, avoiding very long rides and standing up periodically on the pedals can prevent problems. Biking shorts help most people.

Although some early studies did link cycling with testicular cancer, most authorities now believe there is no such link. In fact, regular exercise reduces risk of both testicular and prostate cancer.

DEAR DR. ROACH: My husband has Meniere's disease. We cannot find anyone who can help him. Is there any medication for this? — L.M.

ANSWER: Meniere's disease causes episodes of vertigo, tinnitus and eventually hearing loss. It is caused by swelling in the organ of balance in the inner ear, but the reason for the swelling isn't clear.

Before being seen by a doctor, your husband can try to identify triggers for the attacks. Common triggers include a high-salt diet, tobacco, alcohol and stress. A low-salt diet can dramatically reduce episodes.

ENT doctors are usually expert in treating Meniere's disease. A diuretic such as hydrochlorothiazide often is used if diet alone doesn't help.

The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach — No. 801W, 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 and address. Please allow four weeks for delivery.

Financial Statement

MONEY-SAVING IDEAS THAT ADD UP

Food Savings

1. Cut out 2 two-liter bottles of soda from your shopping list and drink water instead. You'll save about \$120 a year.
2. In a comparison of purchasing brand-name grocery items vs. store brand, on 16

items normally purchased on your weekly shopping trip, the brand-name versions added up to \$56.24 and the store brands totaled \$41.51, a savings of \$14.73.

3. If you like iced tea, buy tea in bags, not bottles. 12 bottles of iced tea can cost \$36 if bought individually. Tea bags are about 10 cents apiece. Add 2 teaspoons of sugar and make an equivalent amount of iced tea for \$1.48. Your savings total

more than \$34.

Car Savings

1. If your car is driven under 5,000 miles a year, ask your insurer for a low-mileage discount. Average annual savings: \$92
2. Buy gas on Monday. It's the cheapest gas day, according to GasBuddy. Thursday is the most expensive day. Stick to Mondays and save \$325 a year.
3. Get the good student discount. If your teen gets good grades, you could get an average annual auto insurance discount of \$263
4. Try a parking app. ParkWhiz, SpotHerb, Parking Panda and similar apps show you the rates at parking lots near your destination and then let you reserve a space.

Household Savings

1. Upgrade your dish-washer. A new dishwasher that

is Energy Star certified will use on average \$323 in energy and water over its lifetime, versus \$754 for hand washing saving \$431.

2. Wash clothes in cold water. Change your settings to cold water and save \$63 in energy costs per year.
3. Become a YouTube handyman and save on home repairs by doing it yourself.

Smart-Phone Apps

- 1 Tap into your local library from home. OverDrive is a free app that makes it a snap to borrow and read your library's e-book collection on your phone, tablet or computer. Savings: \$8.35 (the typical cost of an E-book for Kindle).
2. Shop through an online cash-back portal. Earn cash back by visiting retail websites through a shopping portal or via the app instead

of your search bar. There are many, including Ebates, iBotta and BeFrugal. The average annual cash back through Ebates is about \$100.

3. Don't pay for Microsoft Office. Download LibreOffice or Apache OpenOffice. Their free programs are usually compatible with Microsoft Word, Excel and PowerPoint. Savings \$150.

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FLASH BACK

POP ROCK & SOUL TRIVIA
BY MICK HARPER

1. What do the African lyrics mean in the 1983 "All Night Long"?
2. Who released the most popular cover of "Girl of My Best Friend"?
3. Which group released "Let Her Dance," and when?
4. Name the group that had a hit with "Can't Get Enough."
5. Name the song that contains this lyric: "Once I believed that when love came to me, It would come with rockets, bells and poetry, But with me and you it just started quietly and grew."

Answers

1. Singer-songwriter Lionel Richie once said that he didn't have time to get the lyrics translated, so he made up the sounds in the song, like "Jambo jumbo."
2. Elvis Presley, in 1960, followed by Ral Donner, Johnny Burnett and Bryan Ferry.
3. The Bobby Fuller Four, in 1965. Songwriter Fuller later used the song's melody for a shoe store ad.
4. Bad Company, in 1974. Rather than standard guitar tuning, this song uses Open C tuning, C-C-G-C-E-C.
5. "It's Getting Better," by Mama Cass Elliot in 1969. With far too many songs describing the sadness of broken hearts and love gone wrong, this refreshing song describes what is right about an easy love that takes its time to grow.



Strange BUT TRUE

By Samantha Weaver

• It was 19th-century English writer Sir Arthur Helps who made the following sage observation: "Reading is sometimes an ingenious device for avoiding thought."

• In the state of Texas, it's against the law to milk a cow that's not your own.

• You might be surprised to learn that when Walt Disney first released the animated film "Sleeping Beauty," in 1959, it was a box-office flop. However, the success of the various re-releases — in 1970, 1979, 1986, 1995 — have made it one of the most successful films released in 1959, second only to "Ben-Hur." The domestic total gross amounts to \$623 million (when adjusted for the inflation of ticket prices), which puts "Sleeping Beauty" in the top-40 films of all time.

• You might be surprised to learn that hyenas are more closely related to cats than to dogs.

• Those who study such things say that men who tuck in their shirts on a regular basis — and 49 percent of American men do tuck — tend to be happier than non-tuckers. For starters, they earn, on average, 19 percent more. They're also 22 percent more likely to have an optimistic outlook, are 10 percent more likely to feel that they're outgoing, and are more likely to report that they date often.

• Marsupials and platypuses are the only mammals that don't have belly buttons. A marsupial loses its umbilical cord before emerging its mother's pouch, so a scar never forms. Platypuses are hatched and never have an umbilical cord to begin with.

Thought for the Day: "The great secret of success is to go through life as a man who never gets used up. That is possible for him who never argues and strives with men and facts, but in all experience relies upon himself, and looks for the ultimate cause of things in himself." — *Albert Schweitzer*

top 10 movies

1. **War for the Planet of the Apes** (PG-13) Andy Serkis, Woody Harrelson
2. **Spider-Man: Homecoming** (PG-13) Tom Holland, Michael Keaton
3. **Despicable Me 3** (PG) animated
4. **Baby Driver** (R) Ansel Elgort, Jon Bernthal
5. **The Big Sick** (R) Kumail Nanjiani, Zoe Kazan
6. **Wonder Woman** (PG-13) Gal Gadot, Chris Pine
7. **Wish Upon** (PG-13) Joey King, Ryan Phillippe
8. **Cars 3** (G) animated
9. **Transformers: The Last Knight** (PG-13) Mark Wahlberg, Anthony Hopkins
10. **The House** (R) Will Ferrell, Amy Poehler

top ten summer music tours

1. U2
2. Ed Sheeran
3. Bruno Mars
4. Tom Petty & The Heartbreakers
5. Lady Gaga
6. Metallica
7. Kendrick Lamar
8. Tool
9. Justin Bieber
10. Roger Waters

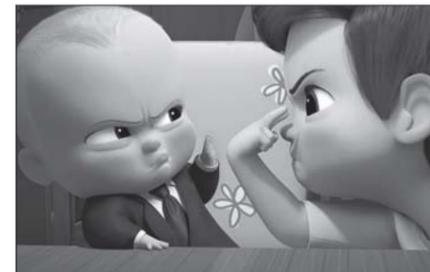
*based on total sales Source: StubHub

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

PICKS OF THE WEEK

The Boss Baby (PG) — Little Timmy (voiced by Miles Bakshi) is the center of his parents' world. Then one day a baby brother shows up — in a taxi, wearing a business suit, carrying a briefcase — leaving Timmy with a strong case of second thoughts and sibling rivalry. His mission? Get rid of the interloper. But the obnoxious Boss Baby has a mission of his own: Using their parents' connections at Puppy Co., he must rid the world of new "forever" puppies to restore babies' rightful place at the top of the adorability matrix and secure his legacy in the executive order of Baby Corp. Alex Baldwin owns it all in the role of Boss Baby, and the giggle-and-guffaw-filled storyline will delight children of all ages.



DreamWorks Animation

Scene from "The Boss Baby"

Ghost in the Shell (PG-13) — In the near-future world of "Ghost in the Shell," cyberenhancements are the norm, but this experimentation is taken to the ultimate in Major (Scarlett Johansson), a recovered human brain given a new lease on life by being paired with a uniquely designed super-human body. Feelings of disconnection and troubling half-memories are written off by her creator as "glitches." Enter Kuze (Michael Carmen), a terrorist and threat who enlightens Major about their shared past. Existential exploration puts Major on the outside of her network, and she must fight to answer whether her life was saved or stolen. Director Rupert Sanders' breathtaking fight sequences and sleek, ultramodern cityscapes make this film a treat to watch, but there will be some debate over how deeply he glosses over the morality of its manga inspiration.

Gifted (PG-13) — Young orphan

Unforgettable (R) — Tessa Conover (Katherine Heigl) is an ex-wife with a jealousy problem. Her marriage fell apart, and her relationship with ex-husband and co-parent David is carefully controlled. Then she finds out he is newly engaged to pretty Julia (Rosario Dawson), and Julia is moving into her former home and her rightful place. Rage overtakes rationality, and there is no limit to the depths of destruction she will go to for love.

TV NEW RELEASES

- Diff'rent Strokes The Complete 6th Season
- Emerald City Season 1
- Girls: The Complete 6th and Final Season
- Pretty Little Liars The Complete Series
- Duck Dynasty Season 11: The Final Season

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TOP VIDEO RENTALS AND SALES

- Top 10 Movies On Demand**
1. **CHiPS** (R) Michael Pena
 2. **The Zookeeper's Wife** ... (PG-13) Jessica Chastain
 3. **John Wick: Chapter 2** (R) Keanu Reeves
 4. **Beauty and the Beast** (PG) Emma Watson
 5. **Power Rangers** (PG-13) Dacre Montgomery
 6. **Life** (R) Jake Gyllenhaal
 7. **The LEGO Batman Movie** .(PG) animated
 8. **Get Out** (R) Daniel Kaluuya
 9. **The Bilko Experiment** (R) John Gallagher Jr.
 10. **Fist Fight** (R) Ice Cube

- Top 10 DVD, Blu-ray Sales**
1. **Beauty and the Beast** (PG) Disney
 2. **Power Rangers** (PG-13) Lionsgate
 3. **The LEGO Batman Movie** .(PG) Warner Bros.
 4. **John Wick: Chapter 2** (R) Lionsgate
 5. **Logan** (R) FOX
 6. **The Zookeeper's Wife** ... (PG-13) Universal
 7. **CHiPS** (R) Warner Bros.
 8. **The Shack** (PG-13) Lionsgate
 9. **Moana** (PG) Disney
 10. **Life** (R) Sony Pictures
- Source: ComScore

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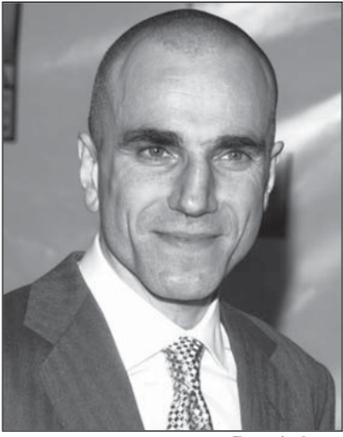
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What's Hot in Hollywood



Depositphotos

Daniel Day Lewis

HOLLYWOOD — Daniel Day Lewis, the only actor to win three best actor Oscars — for “My Left Foot” (1989), “There Will Be Blood” (2007) and “Lincoln” (2012) — has decided to quit acting and retire. He is 60.

Jack Nicholson won three Oscars, though one was as supporting actor for “Terms of Endearment” (1983).

Lewis has always been a private person and gave no reason for this momentous decision, but the fact he’s now living in Ireland could signal he feels his greatest role will be raising his sons. Lewis has three boys: Gabriel was born in 1995 while he was partnered with actress Isabelle Adjani (1989-1995), and Ron and Cashel are from his marriage to the daughter of American playwright Arthur Miller, Rebecca, whom he married in 1996.

If he stays true to his word, his last film will be “Phantom Thread” (about the London couture fashion world of 1950s) with his “There Will Be Blood” director Paul Thomas Anderson at the helm. The film will be released Christmas Day.

Meryl Streep, who also has won three Oscars — though one was for supporting actress in “Kramer vs Kramer” (1979) — still has to win two more best actress Oscars just to tie Katherine Hepburn’s four best actress Oscars. Before we see her in “Mary Poppins Returns” (out Christmas 2018), she’ll appear in the historical drama “The Papers,” being produced and directed by Steven Spielberg.

It’s about a cover-up spanning four presidents that forces Kay Graham, the first female publisher of The Washington Post, to work with its hard-driving editor, Ben Bradlee (being played by Tom Hanks) as a battle ensues

between journalists and the government (sound familiar and topical?) causing them to publish “The Pentagon Papers.” The cast also includes Bruce Greenwood, Matthew Ryskind and Bradley Whitford. “The Papers” opens Dec. 22.

George Clooney lost money producing “Our Brand is Crisis” (2015), with Sandra Bullock (\$28 million cost/\$8.6 million gross) but scored with “Money Monster” (2016), with Julia Roberts (\$27 million cost/\$93 million gross). Now he has really shined, selling his four-year-old tequila company, Casamigos (which means house of friends), along with partners Rande Gerber and Mike Meldman, the London-based spirits giant Diageo for \$1 billion. Diageo is giving him \$700 million now and \$300 million over the next 10 years.

Clooney has completed producing “Suburbicon,” with Matt Damon and Julianne Moore, due Nov. 3, and “Ocean’s Eight,” with Sandra Bullock, Cate Blanchett, Anne Hathaway and Rihanna, due June 2018. Now that Clooney won’t have to act anymore, he can devote himself to tending all that money and watching quila sunrises!

HOLLYWOOD — Hugh Jackman will play P.T. Barnum in “The Greatest Showman,” out Christmas Day, with Zack Efron, Michelle Williams, Zendaya and Diahann Carroll. Jackman will then take on playing former Senator Gary Hart during the early stages of the 1988 Democratic presidential nomination.

If the name Diahann Carroll sounds familiar, it may be because she was the first woman of color to star in her own series, “Julia” (1968-71), and she also starred in “Dynasty” (1984-87) and “The Colby’s” (1985-86). She has an Oscar nomination, for “Claudine,” has five Emmy nominations and was even up for a Grammy. Carroll returned to TV for “Grey’s Anatomy” (2006-07) and “White Collar” (2009-14). No stranger to musicals, she starred on Broadway in Richard Rodgers’ “No Strings” (1962), winning a Tony award. She’s even written a book, her memoir “The Legs Are the Last to Go.” Carroll next stars in the live-action film “The Little Mermaid,” with Shirley MaLaine, Gina Gershon and William Moseley (of the “Narnia” franchise), due out later this year.

Meanwhile, Ryan Reynolds has begun shooting “Deadpool 2” with

Leslie Uggams, T.J. Miller and Josh Brolin. It will open June 1, 2018.

The 1990 film “Tremors” was such a hit that it spawned five sequels, two TV series and a video game. Michael Gross, who played Michael J. Fox’s father in “Family Ties” (1982-1989), starred in all six films and both TV series. Now Kevin Bacon, the star of the original film, is set to headline a new “Tremors” series for SYFY, which picks up 25 years later. Bacon says, “This is the only character I’ve ever thought about revisiting. I just got to thinking, where would this guy end up after 25 years? We hope to create a show that will be fun and scary for fans of the movie? Ironically enough, while this reboot is great news, there’s no mention if Michael Gross, now 70, will be in the series. Stay tuned.



diahanncarroll.net

Diahann Carroll

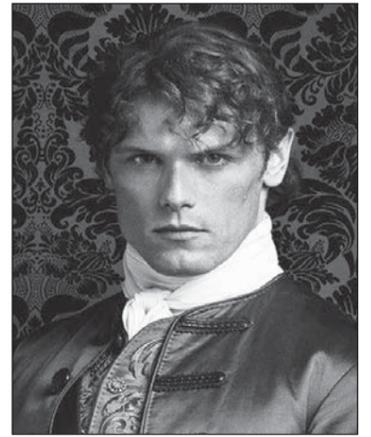
A Facebook post on June 18 announced that William H. Macy had died the night before. I knew he’d just re-signed for Showtime’s “Shameless,” in which he’d played Frank Gallagher since 2011 and 84 episodes. I was saddened for his wife, Felicity Huffman, an Oscar-nominee and “Desperate Housewives” star. I thought it very odd that no major news outlets had reported this, until I found out it was a HORRIBLE HOAX. William H. Macy was not only very much alive, but busy directing and starring in the film “Krystal,” with Rosario Dawson, Grant Gustin, William Fichtner, John Leguizamo and wife Felicity Huffman.

Macy, who won two Emmys in 2003 for writing and starring in “Door to Door,” has directed two other films, “Rudderless,” with Billy Crud-

up, Selena Gomez and Laurence Fishburne, as well as the upcoming sex-comedy “The Layover,” with Alexandria Daddario, Kate Upton, Molly Shannon and himself. For an alleged dead guy, he’s sure been busy!



by cindy elavsky



Starz

Sam Heughan in “Outlander”

Q. Do you know when “Outlander” will be back? — Kelly J., via email

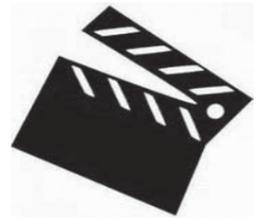
A. Finally, Droughtlander is almost over. The ridiculously popular fantasy/time-travel/historical-fiction drama will return to Starz for 13 all-new episodes starting Sunday, Sept. 10. This third season will follow the events of the third book in Diana Gabaldon’s “Outlander” series, “Voyager.” As we closed out season two, Claire (Caitriona Balfe) had returned to the 1940s in order to save the life of her and Jamie’s (Sam Heughan) unborn baby. With the help of her daughter, Brianna, and family friend Roger Wakefield, she learns that Jamie did indeed survive the Battle of Culloden, and she vows to return to him. What’s even better is that while the book kind of glossed over the Battle of Culloden, we get to see the war spectacle in all its muddy and bloody glory.

Q. One of my favorite shows was “The L Word,” and now I hear it’s being resurrected. Is that true? — Violet G., via email

A. The hit Showtime drama that centered on the lives and loves of modern-day gay women is indeed in development for another season. Details are sketchy, but sources say that Jennifer Beals, Katherine Moenig and Leisha Hailey will be involved, as well as some other series regulars, with some new faces joining the ensemble. Back in May, co-creator Ilene Chaiken told “Entertainment Weekly”: “When we went off the air in 2009, I think a lot of people thought, ‘OK, the baton is passed now, and there will be lots of shows that portray lesbian life.’ There’s really nothing. It feels like maybe it should come back.”

READERS: It’s that time of year again! The 69th Annual Prime Time Emmy Awards are coming Sept. 17 on CBS, hosted by Stephen Colbert, and I have the list of the nominees: Best Drama Series: “Better Call Saul,” “The Crown,” “The Handmaid’s Tale,” “House of Cards,” “Stranger Things,” “This Is Us” and “Westworld.” Best Comedy Series: “Atlanta,” “black-ish,” “Master of None,” “Modern Family,” “Silicon Valley,” “Unbreakable Kimmy Schmidt” and “Veep.” Lead Actor in a Drama Series: Sterling K. Brown, Anthony Hopkins, Bob Odenkirk, Matthew Rhys, Liev Schreiber, Kevin Spacey and Milo Ventimiglia. Lead Actress in a Drama Series: Viola Davis, Claire Foy, Elisabeth Moss, Keri Russell, Evan Rachel Wood and Robin Wright.

Lead Actor in a Comedy Series: Anthony Anderson, Aziz Ansari, Zach Galifianakis, Donald Glover, William H. Macy and Jeffrey Tambor. Lead Actress in a Comedy Series: Pamela Adlon, Jane Fonda, Allison Janney, Ellie Kemper, Julia Louis-Dreyfus, Tracee Ellis Ross and Lily Tomlin. Lead Actor in a Limited Series or Movie: Riz Ahmed, Benedict Cumberbatch, Robert De Niro, Ewan McGregor, Geoffrey Rush and John Turturro. Lead Actress in a Limited Series or Movie: Carrie Coon, Felicity Huffman, Nicole Kidman, Jessica Lange, Susan Sarandon and Reese Witherspoon. To see the complete list, go to emmys.com.



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6PM CATFIGHT
4PM 97 NINE
2PM ROBBY CELESTIN BAND
NOON ONE HOT MESS

SUNDAY

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6PM THE GOLD COAST ALL-STARS
4PM 7TH HEAVEN
2PM SOUL TO THE BONE
1PM EXTENSIONS DANCE COMPANY
NOON BONES JUGS

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8PM MR. BLOTTO
6PM THE HAIR BAND NIGHT
4PM COSMO featuring Sara "Pop Tart" Kreyer
2PM BLACK DIAMOND
1PM THE MILLENNIALS
NOON SECOND CITY KIDS

SUNDAY

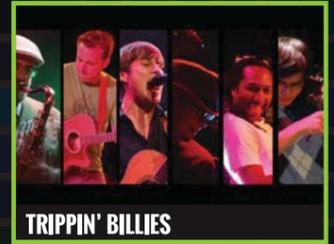
8PM AMERICAN ENGLISH
6PM STACHE
4PM THE HAT GUYS
2PM SEALED WITH A KISS
NOON THE GINGERS

WEST STAGE SATURDAY

8PM TRIPPIN' BILLIES
6PM KASHMIR
5:45PM GALLY HUYNH ON UKELELE
4PM SOUTH OF 80
2PM EAR CANDY
1:30PM MUSICAL MAGIC
NOON NICHOLAS BARRON TRIO

SUNDAY

8PM THE BOY BAND NIGHT
6PM BLOOZE BROTHERS
4PM LIBIDO FUNK CIRCUS
2PM HELLO WEEKEND
NOON BEAR & JAKE



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Good Housekeeping

Irresistible Peach Smoothie

This frosty, fruity sipper really hits the spot on a steamy summer afternoon, and it takes just 5 minutes to make.

- 2 cups diced peaches
- 1/2 cup milk
- 1 cup ice cream
- 1 tablespoon lemon juice
- Peach slices

Combine diced peaches, milk, ice cream and lemon juice in a blender; puree until nearly smooth. Pour into glasses and serve immediately garnished with peach slices, if you like. Makes 3 servings.

Good Housekeeping

Cantaloupe Boats

Drizzle honey and toasted almonds over raspberries, frozen yogurt and sweet melon for a simple summer treat.

- 1/4 cup sliced almonds
- 1/4 cup honey
- 1 ripe medium cantaloupe, cut into quarters, with seeds removed
- 1 pint vanilla frozen yogurt
- 1/2 pint raspberries

1. In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.
2. To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries and warm almond mixture. Makes 4 servings.
• Each serving: About 330 calories, 8g total fat (3g saturated), 8g protein, 64g carb., 1g fiber, 2mg cholesterol, 125mg sodium.



Good Housekeeping

Grilled Pork Chops With Zesty Apricots

This tangy and simple recipe livens up pork chops and is perfect for summer dinners.

- 4 teaspoons olive oil
- 1 tablespoon olive oil
- 1/4 cup dark-brown sugar
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1/2 teaspoon salt
- 1 tablespoon freshly ground pepper
- 1 teaspoon dried sage
- 4 double-cut, bone-in pork loin chops
- 1 small red onion
- 6 apricots
- 1 tablespoon honey
- 1 tablespoon fresh lime juice
- 1/2 teaspoon lime zest
- 1/4 cup chopped fresh cilantro

1. In a small bowl, stir together 4 teaspoons oil, brown sugar, garlic powder, 1 tablespoon salt, pepper and sage. Rub mixture onto both sides of each chop. Place chops in a 2-gallon resealable plastic bag, and refrigerate for at least 3 hours or up to overnight.

2. In a medium pan over medium heat, heat remaining oil. Add onion and saute for 2 minutes. Add apricots, honey and lime juice; reduce heat to medium-low and saute 1 more minute. Remove from heat and stir in lime zest, cilantro and remaining salt. Set aside.

3. Preheat grill to medium-high heat. Grill chops until an instant-read thermometer registers 150 degrees F when inserted into the thickest part of a chop, 12 to 16 minutes per side. Transfer chops to a clean plate; cover with foil and let rest for 5 minutes. Top with reserved apricots before serving. Serves 4.

Good Housekeeping

Zucchini and Sugar Snap Peas

- 1 tablespoon vegetable oil
- 3 small (about 8 ounces each) zucchini, cut into 1/2-inch chunks
- 1/2 pounds sugar snap peas, stem and strings removed along both edges of each pea pod
- 2 green onions, cut into 1/2-inch pieces
- 1 tablespoon fresh oregano, chopped, or 1/2 teaspoon dried oregano leaves
- 3/4 teaspoons salt
- 1/4 teaspoons coarsely ground black pepper

In a nonstick 12-inch skillet over medium-high heat, in hot vegetable oil, cook zucchini, snap peas, green onions, oregano, salt and pepper, 8 to 10 minutes, stirring frequently until vegetables are golden and tender-crisp. Makes 6 servings.

• Each serving: About 275 calories, 4g total fat (1g saturated), 0mg cholesterol, 295mg sodium, 47g total carbs, 17g protein.

Good Housekeeping

Macaroni Salad

A classic macaroni salad is always a hit at any potluck party. This version is studded with an array of colorful veggies for a pleasing presentation.

- 8 ounces elbow macaroni
- 1/4 cup mayonnaise
- 1/4 cup lowfat sour cream
- 2 tablespoons fresh lime juice
- Kosher salt
- Pepper
- 3 peppers (1 each red, orange and green)
- 2 stalks celery
- 1 cup fresh corn kernels
- 2 scallions
- 1/4 cup finely chopped pickled sweet red cherry peppers (such as Peppadews)
- 1/2 cup roughly chopped fresh cilantro
- 1 jalapeno

1. Cook pasta according to package directions. Drain and run under cold water to cool.

2. In a large bowl, whisk together the mayonnaise, sour cream, lime juice and 1/2 teaspoon each salt and pepper.

3. Add the cooled macaroni and toss to coat. Fold in the peppers, celery, corn, scallions, cherry peppers, cilantro and jalapeño. Serves 8.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Italian Tuna Salad

I can just picture the "two of you" on a picnic with this salad and a bottle of bubbly. Life can't get any better than that!

- 3 cups purchased mixed salad greens
- 1/2 cup finely chopped unpeeled cucumber
- 1 cup shredded carrots
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1/4 cup Kraft Fat Free Italian Dressing
- 2 tablespoons Kraft fat-free mayonnaise
- 1 tablespoon Splenda Granular

In a medium bowl, combine salad greens, cucumber, carrots and tuna. In a small bowl, combine Italian dressing, mayonnaise and Splenda. Drizzle dressing mixture evenly over salad mixture. Toss gently to coat. Serve at once. Serves 2 (2 cups).

Comfort foods

Made fast and healthy



by Healthy Exchanges

Superb Banana Split

Looking for a great dessert to serve at your next picnic? Everyone will think this is fattening and bad for you, but it's just the opposite: low in calories and fat.

- 12 (2 1/2-inch) chocolate graham cracker squares
- 2 cups (2 medium) sliced bananas
- 2 cups sliced fresh strawberries
- 1 (4-serving) package Jell-O sugar-free instant vanilla pudding mix
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1 cup water
- 1 cup Cool Whip Lite
- 1/4 cup chopped pecans

1. Evenly arrange 9 graham cracker squares in a 9-by-9-inch cake pan. In a medium bowl, combine bananas and strawberries. Arrange fruit mixture evenly over chocolate "crust."

2. In same bowl, combine dry pudding mix, dry milk powder, undrained pineapple and water. Mix well using a wire whisk. Spread pudding mixture evenly over fruit. Refrigerate for 5 minutes.

3. Evenly spread Cool Whip Lite over set filling. Crush remaining 3 graham crackers into fine crumbs and along with pecans sprinkle evenly over top. Cover and refrigerate for at least 1 hour. Cut into 8 servings.

• Each serving equals: 152 calories, 4g fat, 3g protein, 26g carbs, 231mg sodium, 88mg calcium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Starch/Carbs; Carb Choices: 2.

top ten

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Source: Int'l Ice Cream Assoc.

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Crime

Simple Battery on the sidewalk on the 700 block of West Cornelia Avenue.

Burglary and unlawful entry in an apartment on the 800 block of West Roscoe Street.

Burglary and forcible entry to a residence on the 800 block of West Fletcher Street.

Criminal Damage to a vehicle on the 2900 block of North Halsted Street.

Motor vehicle theft of an automobile on the 3300 block of North Clark Street.

Motor vehicle theft of an automobile on the 1200 block of West Wellington Avenue.

Theft over \$300 on the street on the 2800 block of North Sheffield Avenue.

Theft from an apartment building on the 500 block West

Melrose St
Strongarm robbery no weapon in an alley on the 600 block of West Oakdale Avenue.

Retail theft from a drug store on the 3100 block of North Clark Street.

Retail theft from a grocery store on the 3000 block of North Broadway.

Simple assault on the 2200 block of North Clark Street.

Simple battery at a bar or tavern on the 3300 block of North Broadway.

Domestic battery in an apartment on the 800 block of West Cornelia Avenue.

Domestic battery on the street on the 1200 block of West Oakdale Avenue.

Unlawful entry to an apartment on the 3000 block of North Kenmore Avenue.

Vandalism and criminal damage to property on the 3300 block of North

Southport Avenue.
Theft under \$300 on the street on the 1400 block of West Roscoe Street.

Retail theft at a grocery store on the 3000 block of North Broadway.

Theft of under \$300 on the street on the 1400 block of West School Street.

Simple battery at a bar or tavern on the 1000 block of West Belmont Avenue.

Criminal damage and criminal defacement to a residence on the 1800 block of West Oakdale Avenue.

Liquor license violation at tavern or liquor store on the 1000 block of West Belmont Avenue.

Theft over \$300 on the 900 block of West Roscoe Street.

Theft over \$300 on a CTA train on the 900 block of West Belmont Avenue.

Interference with a

public officer. Resisting, obstructing and disarming officer on the sidewalk on the 3400 block of North Clark Street.

Criminal Damage and defacement on the 3200 block of North Lincoln Avenue.

Motor vehicle theft of an automobile on the 2800 block of West Pine Grove Avenue.

Financial Identity theft over \$300 on the 3000 block of North Sheridan Road.

Domestic battery in an apartment on the 2800 block of North Cambridge Avenue.

Retail theft in a convenience store on the 3200 block of North Broadway.

Theft under \$300 from a sports arena on the 2800 block of North Lincoln Avenue.

Harassment by electronic means in a restaurant on the 900 block of West Belmont Avenue.

Strongarm robbery without a weapon on the sidewalk on the 500 block of West Bri-

ar Place.

Criminal sexual abuse and public indecency on the street on the 2900 block of North Clark Street.

Theft over \$300 in an alley on the 1400 block of West Fletcher Street.

Theft under \$300 on the street on the 2900 block of North Clark Street.

Aggravated assault with a handgun on the street on the 3400 block of North Lake Shore Drive.

Deceptive practice passing a counterfeit document at a restaurant on the 2900 block of North Ashland Avenue.

Credit card fraud at a department store on the 2800 block of North Broadway.

Unlawful entry to an apartment on the 2900 block of North Burling Street.

Simple assault and battery on a police officer with hands minimum injury on the street on the 3600 block of North Clark Street.

Simple battery in an alley on the 700 block of West Roscoe Street.

Criminal sexual abuse at a restaurant on the 900 block of West Belmont Avenue.

Narcotics possession of cannabis, 30 grams or less in an alley on the 3200 block of North Halsted Street.

Telephone threat to a hospital on the 2800 block of North Sheridan Road.

Weapons violation unlawful use of a other dangerous weapon in a non commercial vehicle on the 800 block of West Newport Avenue.

Simple aggravated battery with the hands, fists and feet with minor injury on the 3500 block of North Clark Street.

Illegal use of cash card at an ATM on the 4000 block of North Lincoln Avenue.

Burglary to a residential garage on the 1900 block of West Grace Street.

Criminal trespass to a vehicle on the 3600 block of North Hoyne Avenue.

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Building a Successful Budget

FAMILY FEATURES

Whether you're trying to pay off bills, save for a dream vacation or create a nest egg for retirement, having a sound budget is often the first step toward bringing your financial goals to fruition. While budgeting is often associated with finding places to curb your spending, creating and sticking to a budget can be a fairly painless process with the right plan in place.

These guidelines can help you build, manage and maintain a realistic budget that will set you on the path toward reaching your financial aspirations.

Set Goals

When setting your budget, you should also set goals you want to achieve by a certain deadline, even if that's simply having your income and expenses balance out each month. Goals can be short-term, like saving for a weekend getaway within a month; medium-term, such as saving for a down payment on a house in a year or two; or long-term, like paying off your mortgage in 15 years.

Calculate Earnings

Your monthly budget should be based on your take-home pay, so make sure to know exactly how much income you bring in after taxes and other expenses that are automatically deducted from your check, such as health insurance and your retirement plan contribution.

Track Expenses

Once you know exactly how much money you bring in each month, track your spending – every purchase, no matter how small – for at least one month to clearly see where your money goes and what expenses are required and which ones are optional.

Categorize Spending

After a month of tracking your spending, you've probably learned something about your habits, but you also have enough data to begin categorizing your expenses based on what is required each month and what is extra. Required expenses can include rent, insurance, student loan payments, utilities, gasoline and food. While some of these bills may change month-to-month, you can use bank statements to find an average. Extra expenses are ones you can live without, such as cable, internet, dining out, movies and more.

Write It Down

Start with pen and paper if you have to, but writing out your monthly budget and being able to track spending month-to-month is often key to sticking to your plan. Include columns for income, each required expense, every extra expense and savings, and analyze monthly where you fell short or where you could improve in the coming months. There are also computer programs and smartphone apps available to help make budgeting easier.

Stick to It

Once you've set your budget, be wary of temptation that could drive you off-track. Always remind yourself of your goal and know that small sacrifices will pay dividends in the future. Make decisions before you make a purchase by asking yourself if you'll use it often or if you can do without. If you're afraid you might be tempted, use cash or leave your credit card at home.

Make Necessary Adjustments

There may come a point when your budget no longer meets your financial needs or expectations. Rather than scrap the budget altogether, revisit it and adjust accordingly to meet your needs. Know that along the way, new expenses may arise or problems may occur that require a shift in how you reach your goals.

Find more tips for reaching your financial goals at eLivingToday.com.



Photo courtesy of Getty Images

Take a Holistic Approach to Retirement Planning

Although retirement is a milestone for all working adults, decades of hard work may not pay off if you haven't planned for your financial needs once a regular paycheck stops coming.

According to research by the Insured Retirement Institute (IRI), millions of Baby Boomers stepping into their retirement years have unrealistic expectations and lack a full understanding of the danger of running out of money during retirement. However, the challenges do not stop with Baby Boomers. A recent study indicated 47 percent of Gen-Xers and more than half of Millennials believe a secure retirement is beyond their reach.

Experts generally concur that it's never too early to begin planning for retirement, but depending on your stage of life, your approach may vary. Consider this advice from the experts at IRI to get on a path toward financially secure retirement.

Building a career

Once you have a solid budget, stick to it and set aside some money to save. Compound interest adds up over time and the earlier you start compounding, the better. Credit will also start to play more of a factor in your life, as major expenses like buying a house or car, or starting a business rely greatly on your credit.

Mid-career

This mid-career life stage is a good time to set a retirement savings goal, and now is also the time to consider hiring a financial advisor. A professional can help you explore less understood but worthwhile approaches to holistic retirement planning such as annuities. Annuities are essentially insurance contracts that come in different types and offer several options to meet a variety of financial objectives. They are a guarantee of income as you age.

Late career

At this stage, you probably have a better idea as to when you will be able to retire, but it's important to review your savings on an annual basis and make adjustments, if needed, to stay on track.

Ready for retirement

This is the time to start making some choices, such as whether you will downsize your home and how to eliminate as much debt as possible. One of the more complex aspects surrounding retirement can be determining which of your accounts to tap and in what order, and a professional can help guide you. Explore more resources and tools to aid your retirement planning at retireonyourterms.org.

The Garden Bug

Excessive rain on plants promotes stunting, spots on foliage, decay on leaves, stems or fruit, wilting and sometimes death of the entire plant. Remove any diseased leaves or fruit from plants and from the surrounding ground as well. Disease spreads easily when leaves are wet, so avoid pruning or harvesting until the foliage dries. Stake plants to improve aeration, and improve soil drainage if it is lacking. Apply fungicide if needed.

Too much rain

Sources: www.gardeningknowhow.com - Brenda Weaver

The Garden Bug

Adjusting soil pH

To make your soil more alkaline:

- Add 4 oz. of hydrated lime per square yard in sandy soils
- Add 8 oz. of hydrated lime per square yard in loamy soils
- Add 12 oz. of hydrated lime per square yard in clay soils
- Add 25 oz. of hydrated lime per square yard in peaty soils

Sources: www.thegardenhelper.com/acidsoil

The Garden Bug

All varieties of **thyme** come from the lands surrounding the Mediterranean Sea. The Egyptians and ancient Greeks appreciated its antiseptic properties; Dioscorides mentioned its value as an expectorant and Pliny recommended it for fumigating. The ancient Romans flavored alcoholic beverages with it. The famous Hymettus honey of Greece is specially flavored through bees gathering pollen from the wild thyme flowering on Mount Hymettus near Athens.

Sources: www.history.com, theepicentre.com - Brenda Weaver

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Quotes worth your time

"Success is not a place at which one arrives but rather the spirit with which one undertakes and continues the journey."
 — Alex Noble

"You can never cross the ocean until you have the courage to lose sight of the shore."
 — Christopher Columbus

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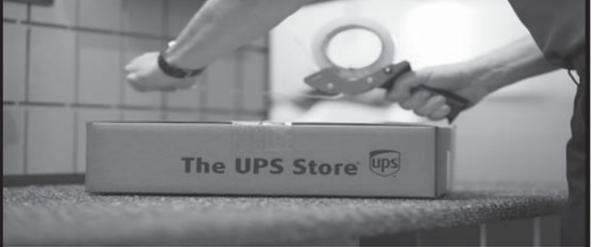
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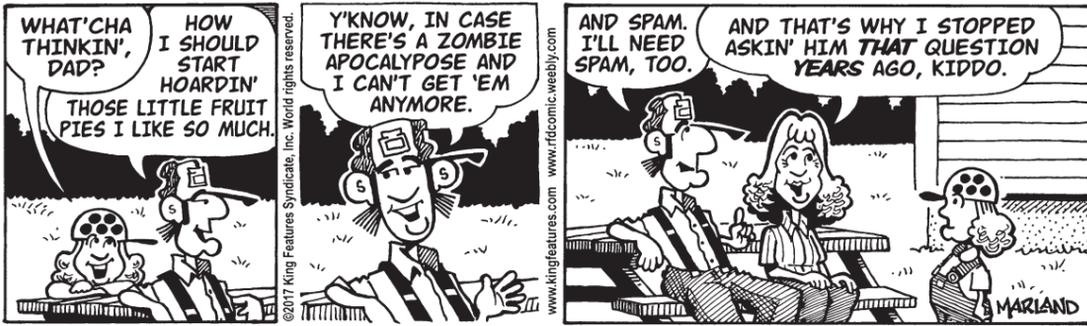
August 16 Movie Night Featuring Moana
 Featured Restaurant: Cookie Spin



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



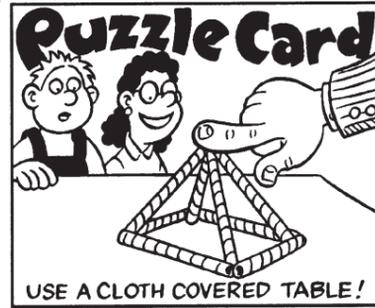
J'EVER NOTICE? THE DOC'S EXAMINING ROOM IS EQUIPPED WITH EVERYTHING--

THANK TO M. HANDLER, LITTLE NECK, N.Y.



Junior Whirl

by Charles Barry Townsend



FIND THE BIG WORDS!

1.	T			P
2.		T		P
3.			T	P
4.			T	P
5.			P	T
6.		P		T
7.	P			T
8.	P			T

CHALLENGE YOUR FRIENDS to arrange eight soda straws so that they will form four equilateral triangles and one square. Our Puzzle Card shows how it's done.



Using the definitions and anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

- DEFINITION:**
1. An earring shape.
 2. Temporary substitutes.
 3. Efforts to achieve.
 4. To delay or put off.
 5. Sequence of bookish events.
 6. A colorful wall hanging.
 7. A light musical.
 8. Fair and comfortable.
- ANAGRAM:**
- dart + rope
 - pops + tags
 - tamp + test
 - open + stop
 - reps + chat
 - tray + step
 - poet + tear
 - lean + past

DON'T RUN OUT OF GAS solving this AlphaMath puzzle! You must replace the letters in the signs with the digits 0, 1, 3, 4, 7, 8 and 9, so that you have a correct addition problem. Try to get the highest possible total.



Our answer: C=7, A=4, F=0, M=3, P=9, T=1, I=8, (740 + 349 = 1089)

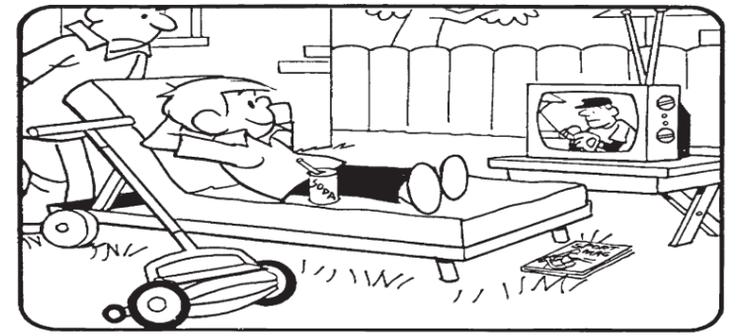
LINK-UPS! Here's a list of 12 short words divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

- | | |
|---------|------|
| 1. BEST | ION |
| 2. COB | TENS |
| 3. FACT | OWED |
| 4. GALL | bled |
| 5. DEB | EON |
| 6. HEAR | ATE |

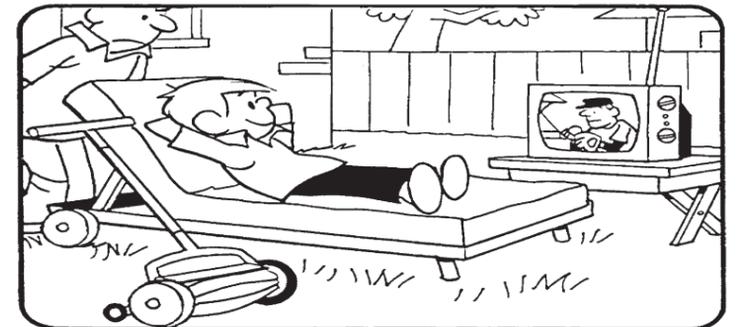
Answers: Bestowed, cobbled, cobbled.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Arm is moved. 2. Wheel is different. 3. Can is missing. 4. Fence is different. 5. Antenna pole is missing. 6. Magazine is missing.

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Just Like Cats & Dogs

by Dave T. Phipps





Photo courtesy of Getty Images

Best Bets for Back to School

FAMILY FEATURES

Every family needs the right items on hand to ensure students are geared up to succeed in the classroom and on the playing field. These supplies and handy tools are designed to make back-to-school season easy as 1-2-3 for kids and parents alike.



A sticky solution

Art projects abound when a new school year begins and the perfect paper crafts require a secure bond that withstands transportation from school to home. An Elmer's Re-Stick Glue Stick lets little hands fine-tune placement of different pieces for up to five minutes before a permanent bond forms. The sticks apply smoothly and dry clear for a mess-free appearance that is ideal for younger learners, as well as making poster presentations, crafts and more. See what ideas will stick for you at elmers.com.



Smart sipping

Good hydration is important for overall health and keeping a water bottle by your side is one way to help ensure you're keeping your intake steady throughout the day. The Contigo AUTOSPOUT Chug Water Bottle enables simple sipping on the go with its patented technology and high flow for quick, one-handed drinking. The vacuum-insulated stainless steel keeps beverages refreshingly cold for up to 24 hours, and a protective spout prevents leaks and helps keep out dirt and germs. Find more information at gocontigo.com.

A cool way to refuel

A rigorous morning of academics calls for an energizing and nutritious lunch to power through the end of the school day. Rubbermaid BRILLIANCE Lunch containers are leak-proof with airtight latches and adjustable insert trays and dividers to create custom compartments inside. The ultra-durable material keeps the container stain-free and odor-free. They're also BPA-free and safe for the dishwasher, microwave and freezer. Find this and other lunch solutions at rubbermaid.com.



Word-wise

From creating spaces at home that help organize school paperwork to identifying personal items like laptops or calculators, an electric labeler makes short work of the job. The DYMO MobileLabeler offers Bluetooth connectivity for fast and easy setup, along with a voice-to-text feature and spellcheck to help save time. A free app lets you create the label via a smartphone using a wide variety of colors and font libraries then print the size you need from 1/4 inch-1 inch wide. Learn more at dymo.com.



Artwork for the senses

Nothing sparks creativity like engaging all the senses, and an array of bold scents and vivid colors is the perfect combination for some inspired artwork. Mr. Sketch Scented Crayons come in a package of 12 and feature a twist design that means they never need sharpening. A hard plastic body reduces crayon breakage, making these instruments ideal for children as young as 3 years of age. Explore more crayons and tools to encourage creativity this school year at mrsketch.com.



Organize with color

Keeping track of schedules, homework and other activities can be an exhausting chore, but a color-coded dry-erase board is one way to keep everything straight. A highly visible, low-odor ink like the one used in the EXPO Dry Erase Markers with Ink Indicator makes getting organized fun, plus the easy-to-see ink levels ensures you'll never unknowingly run dry. The versatile chisel tip marks broad, medium and fine lines, and six bold and bright colors let you add a little creative flair to your efforts to bring order to the chaos. Check out these and other dry-erase tools at expomarkers.com.



A bright idea

Defining important text or keeping track of key calendar dates is easier with Sharpie Clear View Highlighters that feature a see-through tip that allows for precise highlighting. The versatile blade-style tip draws thick lines for highlighting or thin, defined lines for underlining, while specially formulated ink technology resists smudging of many pen and marker inks. Choose among four bright colors to make your mark and find additional answers to your highlighting needs at sharpie.com.

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