



September, 2017

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

Volume 21, Number 10

# Interview

# Last look at the #11 Lincoln – again



## 20 Questions

This month's interview is with **Tom Gregory**, Vice President, Branch Manager, Wintrust Bank, North Center, 1946 W. Irving Park Road.

**Q.** Where were you born and raised?  
**A.** I was born in LaPorte, Indiana and raised in El Centro, California.

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

**Q.** Where did you attend school?  
**A.** Valparaiso and grad work at the University of South Carolina.

**Q.** What is your favorite childhood memory?  
**A.** Working on a farm at my cousin's house.

**Q.** Who do you most admire and why?  
**A.** My dad. He had an 8th grade education and ran his own business - a Ford dealership.

**Q.** Who had/has the greatest influence in your life?  
**A.** A German Professor

who was an amazing professor. He always said "There are no exceptions to the rule, only rules you don't know."

**Q.** What hobbies and special interests do you have?  
**A.** Traveling, languages, spending time with friends and family and bicycle riding.

**Q.** What is your favorite TV show, movie and book?  
**A.** My favorite TV show is Schitt's Creek. My favorite movie is Good-bye Lenin and my favorite book is Crow Lake by Mary Lawson.

**Q.** If you could travel to any place in the world, where would you go and why?  
**A.** South Africa. It is a beautiful country and multi cultural and a true melting pot and the wild life parks are outstanding

**Q.** What have been your three greatest achievements?  
**A.** Completing my MBA; traveling to 30 countries and being able to speak 3 languages.

Continued page 2

by George Rimel

The CTA # 11 Lincoln bus will stop operating after a second "test" run on September 1, 2017. The Northcenter Chamber of Commerce, and others put up a good fight in attempting to save the bus route even after the Chicago Transit Authority had ceased operations of the bus route back in 2012.

The "test" that was skewed ran from 10 a.m. to 7 p.m. on weekdays which was not

much help if you were working in downtown Chicago and had to be at work before 10 a.m. The CTA wanted the people that did use it to use the Brown line. The route ran from Fullerton to the Brown line on Western Avenue. The original line before 2012 ran all the way to the Loop and was used as a way to get to work from the north side to the Loop.

After nine months of testing and not pro-

moting the bus route, the CTA has pulled the plug on the route for the final time. It is the opinion of this newspaper that it was doomed to fail when the test started.

The CTA needed 1,500 passengers a day to use the bus and only a third of that amount (500 passengers) used the bus, costing the CTA \$932,000.

By structuring the hours of the bus, the

CTA set the community up to fail the "test."

The CTA did not promote the #11 line. Just when Lincoln Avenue, from Roscoe to Belmont, is having a resurgence in new stores opening and being upgraded, the # 11 bus line is canceled for transportation to this shopping area and more. Parking is at a premium and most stores are destination location stores or services.

Continued page 2

What's on your Mind?

"School starting and summer ending because kids will be going back to school."	"Buying a bunch of new plants."	"Too many taxes. They need to spend what you got. Not what you need."
<b>Dave Regnier</b>	<b>Ivana Stojicevic</b>	<b>Douglas Rogers</b>

# Editorial & Opinions

Interview continued from front page.

**Q.** What have been your three greatest disappointments?

**A.** Turning down a job in Europe because I had a girl friend; losing my dad in my twenties and buying a business in Mexico and then I moved.

**Q.** What is your "pet peeve"?

**A.** Rude people.

**Q.** Who would you like to meet in person and why?

**A.** Nelson Mandella. He was an amazing wise and great leader without any hate.

**Q.** How/why did you decide to make banking your career?

**A.** I went to apply for a position at a bank in Southern California and after a three hour interview I had to excuse myself and go feed the parking meter that was in front of the Bank of America. I got a ticket and returned to the interview. When I got finished with the first interview, I was already in the area so I went into the Bank of America and filled out a one sheet employment application and they called me the next day and hired me. So I guess you could call it fate.

**Q.** What would you say are some of the challenges facing the banking industry today?

**A.** A lot more customers bank from home electronically. People don't frequent branch banking like they used to. Automation is taking over the banking industry.

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

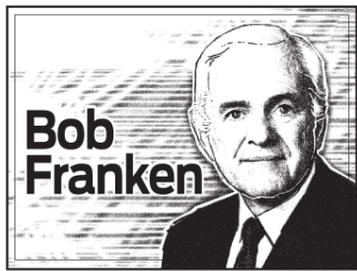
**A.** See all the United States. I have been to 47 states. I want to see the Northern Lights and travel more.

**Q.** What improvements would you like to see in the North Center and Lakeview area?

**A.** They need more restaurants in these areas and stores need to stay open with later hours in the evenings.

**Q.** What is your most prized possession?

**A.** An 18th century German Bible that was



## Alt-Universe

So, we have the "alt-right," the "alt-left" and a president who is clearly not "alt-there." What Donald Trump is fast becoming is alt-isolated, as the accumulated disgust for his constant degradation of the office has boiled over. After days of vacillating, his news conference tantrum — where he argued that there is a moral equivalence between Nazis, Klansmen and other violent white nationalist haters and those who fight them — revealed the depths of his immorality, amorality or just plain stupidity.

That was the last straw for many who had opportunistically cooperated with his administration. The list even included corporate CEOs who had allowed themselves to become members of his various White House task forces. I say "even" because many of these business titans value profits without honor, and they joined up with Trump because the proximity allowed them the chance to whisper in his ear and push their agendas to make their swollen treasuries even more bloated.

But then came that grotesque news conference following the deadly violence in Charlottesville, Virginia. Whether the CEOs were dismayed about his remarks or made their market research calculation that pandering to fringe extremists was bad PR, they made it clear they would bail on the task forces. Trump quickly disbanded the groups in order to save face.

Meanwhile, many of his fellow Republicans were trying to save their faces by talking out of both sides of

their mouths. Senate Majority Leader Mitch McConnell and House Speaker Paul Ryan have had plenty of practice. "White supremacy is repulsive. This bigotry is counter to all this country stands for," tweeted Ryan. McConnell declared that there "are no good neo-Nazis." Note that neither mentioned the president by name. Perhaps they realized that they have to work with this alt-boob.

They must engineer through Congress minimal legislation to keep the government operating and raise the debt ceiling to avoid a disastrous default by the United States of America on its sovereign financial obligations. Neither is a sure thing, no matter how obvious, because of the byzantine politics on Capitol Hill. It will require collaboration with a president who is on his game. Donald Trump definitely is not on his game, and many of his top aides, even the competent ones, have been knocked off theirs. If they aren't considering resignations, they should be.

If John Kelly, who just came on to restore order to a chaotic White House, apparently won't quit yet, it's because he's needed to prevent a national train wreck. And what about Ivanka and Jared, the nepots? Should they step in and conduct a family intervention? Maybe they already did, and that's what pushed Steve Bannon out of the White House, taking his loopy Donald Trump mind-lock with him.

As for getting rid of the big guy, we can forget about the 25th Amendment, which allows for the temporary removal of a president who is "unable to discharge the powers and duties of his office." That would require courageous action by the vice president, a majority of the Cabinet members and Congress. "Craven politician" is a classic oxymoron.

Impeachment is a nonstarter, too, for the same reason until he does something so crazy that the members of Congress must remove him because they have no alternative.

Interview continued from front page.

passed down to me in my family.

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

**A.** Work softly and drink cool water. Be calm

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

**A.** Life's too short.

#11 Bus ceased operation continued from front page.

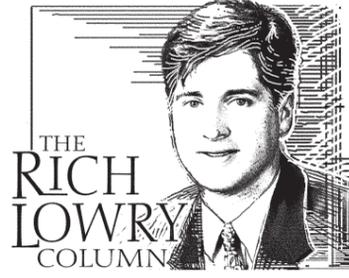
The #11 Lincoln will continue to run from the Western Brown line to Howard Street and McCormick Road, which weren't part of the test.

Lee Crandall, Executive Director of the Lakeview Chamber of Commerce, expressed disappointment that the bus service would be discontin-

ued. He wrote in an email that "Lincoln Avenue is experiencing a renaissance with a surge of new businesses from redevelopment of the former Children's Memorial Hospital site in Lincoln Park to transit oriented development projects in Lakeview and Lincoln Square.

"It's a shame that a lack of bus service may hinder the ability of many Chicagoans to access the economic opportunity in this corridor" Crandell wrote.

The Northcenter Chamber of Commerce Executive Director, Lindsay Eanet told us "I hope our residents and community will realize what an asset our local businesses are on Lincoln Avenue and continue to support them."



## Yes, Work for Trump

Treasury Secretary Steven Mnuchin took the highly unusual step over the weekend of publicly explaining why he won't resign.

He responded to Yale classmates who had written an impassioned open letter urging him to quit in protest over what they called (ridiculously overstating their case) President Donald Trump's "support of Nazism and white supremacy." There was no reason for Mnuchin — a busy man and one of the most important economic officials on the planet — to bother replying unless he feels a little defensive.

After Charlottesville, the question of the propriety of serving in the Trump administration gained new salience. Rumors swirled that economic adviser Gary Cohn was on the verge of quitting in disgust, and liberal journalists called for all good men and women to jump ship. This is wrongheaded. It's much better for the country that as many responsible, talented people serve the Trump administration as possible.

Even if it isn't easy. Working for Trump means being willing to put up with the possibility of humiliation of the sort that loyalist Attorney General Jeff Sessions suffered at the president's hands. It means dancing around his outrageous statements and pretending to work for a more normal president. And it means courting social disapproval.

This can't be what a high-flying financier and movie producer like Steve Mnuchin signed up for. But any

Trump official who doesn't think he is being forced to violate his personal conscience should stick it out.

The presidency is an important institution, and whatever fantasies his enemies may have of a rapid ending to his tenure, Trump is president. He needs good advice and competent help. There are obviously limits to how much he can be controlled, but he is susceptible to advice. It's no accident that Trump hasn't withdrawn from NAFTA, pursued a trade war with China or kneecapped NATO.

Surely, many of those around Trump enjoy the thrill of notoriety and proximity to power, as is true in any White House, but a sense of duty weighs as well. "There are people inside the administration," Anthony Scaramucci said during his turn as White House communications director, "that think it is their job to save America from this president." This puts it starkly and derisively, but no doubt accurately — especially when it comes to the generals.

The portfolios of Secretary of Defense James Mattis and national security adviser H.R. McMaster include the most consequential matters of state, and John Kelly is now running the White House as chief of staff. The administration's credibility depends in large part on the service of these men. It's comparable to the moral power that David Petraeus assumed in 2007 when George W. Bush subcontracted making the public case for the Iraq War to him.

If any of the generals, particularly John Kelly, were to quit and lambaste Trump on the way out the door, it might have a debilitating effect on his presidency. That sounds alluring to Trump's critics. But crippled presidencies aren't good for the country, and Trump was duly elected. So the generals are right to stay and serve their country in this capacity. Someone has to do it.

*Rich Lowry is editor of the National Review.*

**Americanisms**

"I predict future happiness for Americans, if they can prevent the government from wasting the labors of the people under the pretense of taking care of them."  
—Thomas Jefferson

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## Lakeview Newspaper

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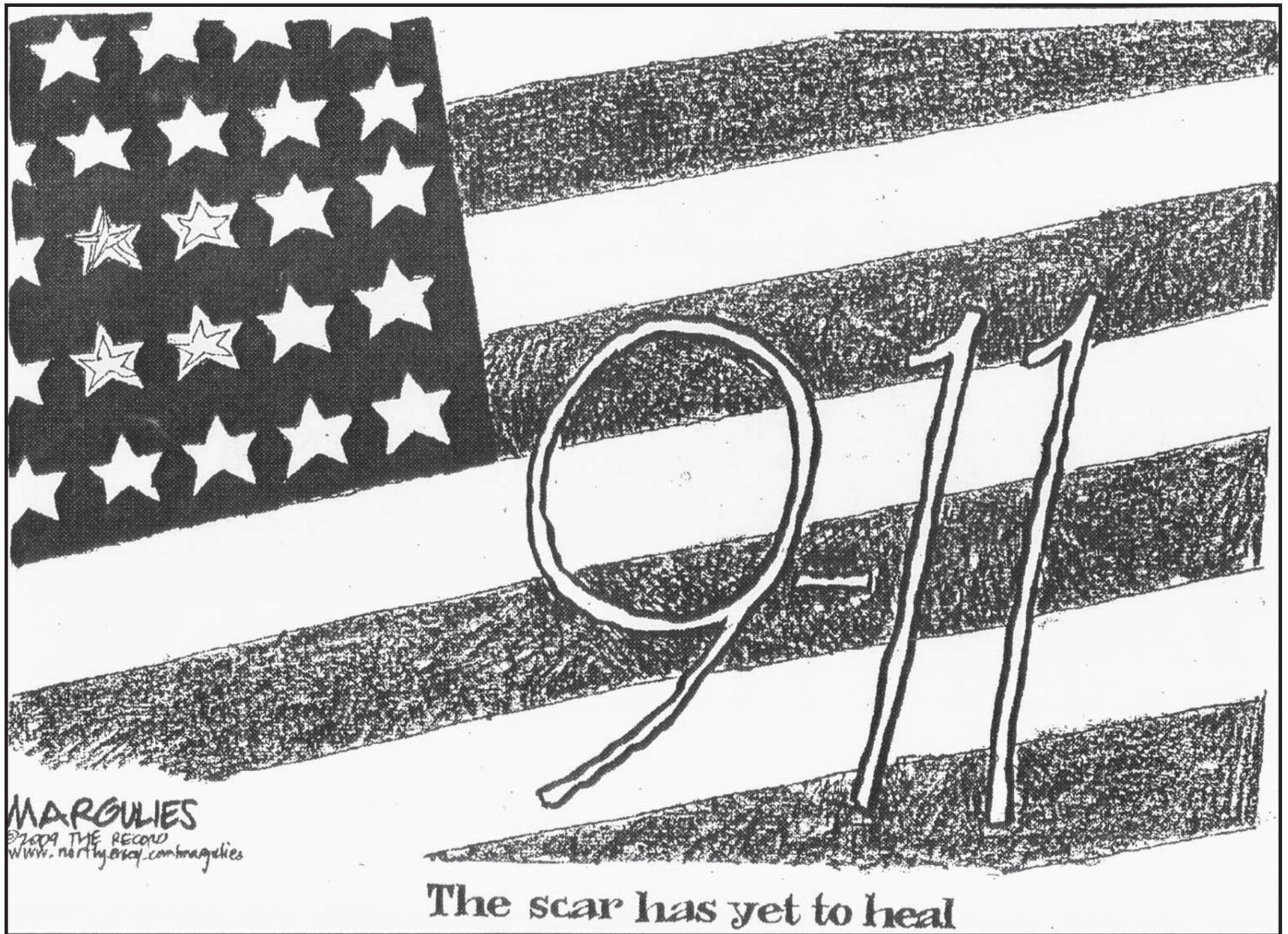
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Home is the place we go to after a long work day. A place to rest, spend time with family and friends and enjoy the fruits of our labor. It's a haven from the noise of the outside world and a place to recharge ourselves. On September 11, 2001, that peace was shattered and as Americans, our lives would never be the same again. We looked on in horror and disbelief at what was happening before our eyes. We watched as the Twin Towers in New York were brought down by terrorists. We watched as the Pentagon was attacked and we heard what those brave Americans did on another plane headed for destruction. They gave up their lives for their fellow Americans. More people were killed in the September 11<sup>th</sup> attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom. We have a scar and that scar is a constant reminder of what happened on September 11<sup>th</sup>, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

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# Health



## What Kind of Doctor Is a 'Hospitalist'?

**DEAR DR. ROACH: I recently spent four days in the hospital for a respiratory infection. I was not admitted to my primary-care doctor's service, but had three names on my wristband. When I inquired as to who they were, I was told that they were hospitalists. They would see me and communicate with my primary-care physician. I did not see the same doctor more than once in my four-day admission. When I saw my PCP after discharge, he did say he had been in contact with the hospitalists.**

**Is this common? Who is absorbing the cost? Does my PCP bill for consultation? — M.M.E.**

**ANSWER:** Hospitalists are specialists in inpatient medicine. Hospitalists typically have no outpatient responsibilities, and spend the entire day in the hospital taking care of admitted patients only. Because they are constantly in the hospital, they usually can see an admitted patient more expeditiously than a doctor with outpatient responsibilities, and they tend to become expert and efficient at managing serious illness requiring hospitalization. Most studies comparing hospitalists with doctors who do both outpatient and inpatient medicine have shown that hospitalists facilitate decreased lengths of stay in the hospital and at least as good medical outcomes. The theory is that by specializing in just inpatient medicine, one can become expert as well as very efficient at using the resources available at a

particular hospital.

The potential downside of hospitalists is that the personal knowledge about a particular patient isn't as high.

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Your PCP knows you — hopefully very well, if he or she has been taking care of you for a long time. Although your records may be available to the hospitalists, it isn't the same as personal knowledge. That being said, with good communication (both ways) between your doctor and the hospitalists, the quality of care can be excellent.

There is no doubt that the hospitalist model is increasing in prevalence in the U.S. and Canada.

In answer to your question, your insurance company (or the government) pays the hospitalist directly. The PCP does not bill for consultation.

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**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.

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## Tracking Osteoporosis Through Testing

**DEAR DR. ROACH: I have mild osteoporosis in one area. I was on Fosamax for seven years. I have been off for two years. My doctor is suggesting I go back on Fosamax. Your thoughts on treatment in my case? — A.B.**

**DEAR DR. ROACH: I have been advised that Medicare will cover the bone density test only every two years. If that's true, why? — A.L.**

**ANSWER:** Osteoporosis is loss of bone minerals and strength. There are at least two ways to measure changes in bones, whether as an age-related drop in bone density and strength or as an increase in response to treatment. One way is to measure the bone density via an X-ray (DEXA). The other is a urine test, N-telopeptide of collagen (abbreviated NTX), which looks at net bone loss.

DEXA correlates well to fracture risk, but it changes very slowly. In fact, it changes so slowly that a repeat test within two years usually reflects variability in the test itself rather than an actual change in the bone, which is why most insurance companies — and, yes, Medicare — will cover the test only every two years.

Some experts believe that measuring NTX is a useful way of measuring the effectiveness of treatment, such as with a medication like Fosamax. Further, although the optimum duration of treatment for osteoporosis isn't clear, five years is commonly used (as it sounds like is the case for A.B.).

NTX can guide whether restarting treatment is necessary. There just isn't name of a microwave device designed to treat hyperhidrosis (excessive sweating). This is a condition of abnormal, drenching sweat that greatly interferes with social activities, not normal underarm sweating. It is currently used only for underarms — not hands, feet or face, the other most common places for localized hyperhidrosis. According to several published papers, the microwaves heat up the water in the sweat glands, destroying them, while the skin itself is cooled. The published success rates (at reducing sweating to "never noticeable" or "tolerable") are very high, as are patient satisfaction results. Side effects included swelling, redness and temporary numbness.

This is a new procedure, but it appears to have promise in the treatment of excess sweating. I also found a very helpful website at [www.sweathelp.org](http://www.sweathelp.org).

## Healthy Diet Possible While Avoiding Oxalate

**DEAR DR. ROACH: I have had several kidney stones and was advised to avoid oxalate. I was told that green, leafy vegetables and grains are high in oxalate. How can my diet be healthy if I avoid these healthy foods? — D.F.**

**ANSWER:** Calcium oxalate is the most common type of kidney stone, so limiting dietary oxalate makes sense. However, increasing water intake, dietary calcium and potassium can help prevent kidney stones. It is paradoxical, but dietary calcium reduces kidney stone risk while calcium supplements increase kidney stone risk. Also, vitamin C increases kidney stone risk, so it's not recommended to take supplemental vitamin C.

There are many places to find the oxalate content of food, starting with your dietician, but websites like [www.lowoxalate.info](http://www.lowoxalate.info) and [www.ohf.org](http://www.ohf.org) have nice lists. There you can find many fruits and vegetables that have little or no oxalate, including broccoli, lettuce and cucumber. You do need to avoid spinach, beets and similar vegetables. As far as grains go, corn, rice and wild rice are good choices.

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**DEAR DR. ROACH: For a young couple wanting a baby, is there any help available for a man with a low sperm count? — N.N.**

**ANSWER:** Identifying the cause of a couple's infertility is often difficult. In one large study, 20 percent of cases were attributed to male factors, and 38 percent to female. In 27 percent, there were reasons for infertility in both partners, and in 15 percent of cases no cause could be found. Clearly, both partners need to be evaluated.

Low sperm count isn't a diagnosis; many separate systems can be affected, all leading to reduced sperm count. Abnormalities in hormonal function, mechanical obstruction and testicular disease all are possibilities. Although many causes of low sperm count are untreatable, not all are. For example, elevated prolactin levels from a tumor

or medication can be treated, leading to improved fertility. Low sex-hormone levels can be replaced. Many men are advised to wear boxer shorts, as high temperatures affect fertility, but it's not clear this is effective.

Assistive procedures, such as intrauterine insemination, in-vitro fertilization and intracytoplasmic sperm injection (a single spermatozoa injected into an egg) can be effective, but these procedures are always expensive, rarely covered by insurance, not 100 percent effective and have a small increased risk of birth defects.

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**DEAR DR. ROACH: Is second-hand vapor (from the electronic cigarettes) harmful? — B.S.B.**

**ANSWER:** While the evidence that secondhand smoke from regular cigarettes is harmful to people around smokers, causing increased risks of lung cancer and heart disease, the data just aren't clear about the vapor from electronic cigarettes. It is known that the vapor contains nicotine and potentially cancer-causing chemicals, but the amounts are much lower than with regular cigarettes. These chemicals can be inhaled by nonsmokers if close enough and possibly absorbed through the skin.

Electronic cigarettes, also called vaporizers, may help people quit smoking. That's the only use for them that I would recommend, after which they should be eliminated.



# Financial Statement

LIFE  
INSURANCE  
ARE  
YOUR AFFAIRS  
IN ORDER?

\*\*Help your loved ones by organizing the things that matter in your life. Losing someone you care about is difficult, and it can be even worse when that person's financial and legal information is in disarray.

That's why it's surprising that only 44%\* of Americans have a will. In addition to creating a will, you can make things easier for those you love by providing them with the following:

### SPECIAL INSTRUCTIONS

1. Directions for funeral arrangements.
2. Your wishes for the ongoing care of your pets.
3. Your plans for organ or body donation.

### PERSONAL INFORMATION

1. Names and phone numbers of your friends, relatives, religious organizations and doctors.
2. Instructions for handling your digital life.
3. Your Social Security number, if you receive benefits or if your survivors may qualify for benefits.

### FINANCIAL INFORMATION

1. Life insurance details — company and agent name, policy number, amount of coverage, and names of primary and contingent beneficiaries.
2. A list of assets, including checking, savings and retirement accounts.
3. Payment details for things like a home mortgage, car loan and credit card accounts.
4. Location of important documents and safety deposit box details. A good life insurance specialist can

assist you in choosing the products that will help protect your loved ones and will be there to help them through the claim process.

### KNOW YOUR LIMITS

Understand these points on your policy to avoid unwelcome surprises.

### DWELLING LIMIT

This is the maximum that will be paid when a damaged home is declared a total loss. It also covers structures that are attached to your home, such as a garage, front porch or deck. It's a good idea to work with your agent to determine the home's replacement cost, which is what it would take to rebuild the house.

### SUBLIMITS

These are the maximum amounts that will be paid on specific kinds of possessions, such as jewelry, business equipment and freestanding structures on your property. If you own property of this type that's

worth more than the sublimit that covers it, talk to your agent about adding an endorsement to your policy to increase the coverage.

### LIABILITY LIMIT

If you're held responsible for another person's property damage or bodily injury, such as when a limb from your tree falls on a neighbor's car or your dog bites someone, this is the maximum amount that your policy will pay. For additional coverage above the liability limit, consider buying a personal liability umbrella policy.

### TIME LIMITS

These are conditions listed in a policy that must be met in order to receive full coverage. They can, for example, specify the length of time you pay your insurance premium or report a loss.

\*Source:Gallup Poll, May 2016

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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 Al 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. **The Hitman's Bodyguard** .... (R) Ryan Reynolds, Samuel L. Jackson
2. **Annabelle: Creation** ..... (R) Stephanie Sigman, Talitha Bateman
3. **Logan Lucky** ..... (PG-13) Channing Tatum, Adam Driver
4. **Dunkirk** ..... (PG-13) Fionn Whitehead, Damien Bonnard
5. **The Nut Job 2: Nutty by Nature** ..... (PG) animated
6. **The Emoji Movie** ..... (PG) animated
7. **Spider-Man: Homecoming** ..... (PG-13) Tom Holland, Michael Keaton
8. **Girls Trip** ..... (R) Regina Hall, Queen Latifah
9. **The Dark Tower** ..... (PG-13) Idris Elba, Matthew McConaughey
10. **Wind River** ..... (R) Kelsey Asbille, Jeremy Renner

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

**PICKS OF THE WEEK**

**Baywatch** (R) — Beach legend Mitch Buchannon (Dwayne "The Rock" Johnson) heads an elite group of lifeguards protecting the beachgoers of Emerald Bay, Florida. Along with his second-in-command, C.J. Parker (Kelly Rohrbach), and a few new recruits — Matt Brody, a disgraced two-time Olympic swimmer (played by an extremely buffed-up Zac Efron) and Summer Quinn (Alexandra Daddario) — Mitch leads his squad's pursuit of a drug-trafficking new neighbor, Victoria Leeds (Priyanka Chopra), whose plans threaten their sandy paradise. While you certainly won't drown in the depths of the storyline, it is hilarious and ribald with plenty of shallow humor, all in good fun and teeming with slow-motion running sequences.

**Dean** (PG-13) — Dean is an artist whose pen and Bristol board drawings illustrate his life and relationships. His mother has recently passed away, and turbulence begins as his father, Robert (Kevin Kline), decides it's time to sell the family home. Demetri Martin writes, directs and stars in this story as simple as Dean's drawings. As Dean meanders through friendship, courtship and kinship, we discover that life is not always black and white, nor can love be expressed as freely as a felt-tip pen on paper. Gillian Jacobs and Mary Steenburgen also star.

**Born in China** (G) — The wilds of China come alive in the latest documentary venture by DisneyNature. Director Lu Chuan takes us up close and personal with animal families on this breathtaking and ancient continent. Meet Mei Mei, an outright adorable baby panda, and her mother, Ya

Ya. Spend some time getting to know Teo Tao, a golden snub nose monkey with joyful antics and killer jumping skills. Run alongside Dawa, a lovely snow leopard. And the chiru! This film was a collaboration between DisneyNature and Shanghai Media Group, and the scenery is inescapably beautiful. This is no dry and dusty nature film; the touching personalities of these animals shine through, assisted by the narration of John Krasinski (Jim, "The Office").



Dwayne Johnson in "Baywatch"

**A Family Man** (R) — Dane Jensen (Gerard Butler) is a self-proclaimed headhunter, certain of his importance and full of confidence. His recruitment firm is a hard-driving boiler room, the kind in which a boss (here, played by Willem Dafoe) deliberately creates a competitive atmosphere by pitting rival against rival (Alison Brie) for a promotion to general manager. Just when his success seems a lock, his personal life comes crashing down. His young son is diagnosed with a terrifying illness, causing him to re-evaluate what once seemed important and re-define what the parameters of success truly are.

**NEW TV RELEASES**

- Black Sails** The Complete 4th Season
- Chicago Med** Season 2
- Elementary** The 5th Season
- Gotham:** The Complete 3rd Season
- Happy Spook-day, Scooby-Doo!**
- Will & Grace** Season 1 (Universal)



## top ten

### Weird Japanese Ice Cream Flavors

1. Wasabi
2. Wakame seaweed
3. Kamatama udon noodles
4. Soy sauce
5. Jellyfish
6. Whitebait
7. Mozuka seaweed
8. Squid ink
9. Fried oysters
10. Natto (fermented soy beans)

Source: RocketNews24

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## TOP VIDEO RENTALS AND SALES

**Top 10 Movies On Demand**

1. **Snatched** ..... (R) Amy Schumer
2. **King Arthur: Legend of the Sword** ..... (PG-13) Charlie Hunnam
3. **The Boss Baby** ..... (PG) animated
4. **Going in Style** ..... (PG-13) Michael Caine
5. **Diary of a Wimpy Kid: The Long Haul** ..... (PG) Jason Drucker
6. **Kong: Skull Island** ..... (PG-13) Tom Hiddleston
7. **The Circle** ..... (PG-13) Emma Watson
8. **Gifted** ..... (PG-13) Chris Evans
9. **The Fate of the Furious** (PG-13) Vin Diesel
10. **Ghost in the Shell** ..... (PG-13) Scarlett Johansson

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

1. **King Arthur: Legend of the Sword** ..... (PG-13) Warner Bros.
2. **The Boss Baby** ..... (PG) FOX
3. **Snatched** ..... (R) FOX
4. **The Fate of the Furious** (PG-13) Universal
5. **Kong: Skull Island** ..... (PG-13) Warner Bros.
6. **Going in Style** ..... (PG-13) Warner Bros.
7. **Ghost in the Shell** ..... (PG-13) Paramount
8. **Diary of a Wimpy Kid: The Long Haul** ..... (PG) FOX
9. **Beauty and the Beast** ..... (PG) Disney
10. **Moana** ..... (PG) animated

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# What's Hot in Hollywood

**HOLLYWOOD** — Lady Gaga's name won't be on the screen when the reboot of "A Star Is Born" opens. The film, directed and starring **Bradley Cooper**, has a leading lady named **Stefani Germanotta**! If you're a die-hard Gaga fan, you already know that Stefani Germanotta is her real name. Even though she proved she's an excellent actress in "American Horror Story: Hotel," she was billed as Lady Gaga, but this film will make her a legitimate actress and an even bigger star. Produced by Cooper, **Clint Eastwood** and **Jon Peters**, among others, the film opens September 2018. **Sam Elliott**, **Andrew Dice Clay** and **Dave Chappelle** also have been cast.

\*\*\*

**Dwayne Johnson** is still the busiest star in Hollywood. His HBO show "Ballers" has been renewed for a third and fourth season. "Baywatch," which he also co-produced, cost \$69 million to make and earned \$175 million, paving the way for him to produce three more films: "Jumanji: Welcome to the Jungle," due Dec. 20; the action/thriller monster film "Rampage," with **Joe Manganiello** and **Jeffrey Dean Morgan**, arriving April 20; and the action/adventure film "Skyscraper" (in 3D), with **Neve Campbell**, which has "The Rock" rescuing his family, trapped in a building in China.

\*\*\*

**Tyler Henry**, The E Channel's "Hollywood Medium," has received more than 200,000 requests for readings since his show went on the air. During his downtime, he does as many readings as possible, but he'd have to spend every waking minute to give 200,000 readings!

Fox TV is following last year's "Grease Live" with the musical version of the perennial holiday film "The Christmas Story" (1983), which starred **Darren McGavin** and **Peter Billingsley**. The first star signed is "SNL" alum **Maya Rudolph**, who will play the **Melinda Dillon** role as Ralphie Parker's mother. It airs Dec. 17.

**Judge Judy (Sheindlin)**, 74, who already earns \$47 million a year, will add another \$200 million to her \$290 million net worth after selling her vast "Judge Judy" library to CBS, thus guaranteeing her immortality as they rerun her shows forever.

\*\*\*

Two-time Oscar winner **Dustin Hoffman**, who took time off from acting in 2012 to direct "Quartet," with **Maggie Smith** and **Tom Courtney**, will join **Adam Sandler**, **Ben Still-**



Warner Bros. Pictures

Lady GaGa in "A Star Is Born"

**er, Emma Thompson** and **Candice Bergen** in "The Meyerowitz Stories," distributed by Netflix. Since it was well-received at the Cannes Film Festival in May, Netflix probably will show it in theaters before releasing the film to its online streaming service. When Netflix went public in 2002 it sold for \$9 a share; today it sells for \$500 a share. Where is that time machine when I need it most?

\*\*\*

**HOLLYWOOD** — CBS canceled "The Great Indoors," "The Odd Couple" and "2 Broke Girls." It should have canceled "Kevin Can Wait" due to low ratings, but allegedly, **Kevin James** had a guarantee for three seasons and they had to either renew it or pay him anyway. So they hatched a plan; they brought **Leah Remini**, his co-star in "King of Queens" for nine seasons (1998-2006), to play retired undercover cop Vanessa Cellucci, his former partner, in the last show of season one. But in order to get them together, they had to fire James' TV wife, played by **Errin Hayes**, who was wonderful in the role, telling her it wasn't because of her, but the situation. While we're happy to see James and Remini together again, because they have great chemistry, did it have to come at the expense of a really good actress?

\*\*\*

**Woody Allen** is returning to his childhood with his next film, "Wonder Wheel," starring **Kate Winslet**, **Justin Timberlake** and **Jim Belushi**. The film takes place at a Coney Island amusement park of the 1950s. Ever

authentic, **Woody** has been shooting in Brighton Beach, Vinegar Hill, Brooklyn and Coney Island for a Dec. 1 release.

Between takes, **Justin Timberlake** is already working on the score for "Trolls 2," which he voiced with **Anna Kendrick**. "Trolls" earned \$345 million and a best song Oscar nomination for "Can't Stop the Feeling." "Trolls 2" won't open until April 2020.

His co-star **Kate Winslet** also has completed the romance/disaster film, "The Mountain Between Us," opening Oct. 6, with **Idris Elba**. Elba, currently with **Matthew McConaughey** in "The Dark Tower," also stars in "Thor: Ragnarok" (in theaters Nov. 3) and **Aaron Sorkin's** "Molly's Game," with **Kevin Costner**, **Jessica Chastain** and **Michael Cera** (out Nov. 22).

**Cate Blanchett**, who won an Oscar for **Woody Allen's** "Blue Jasmine" (2013), also lends her talent to "Thor: Ragnarok," then "Where'd You Go Bernadette," with **Billy Crudup**, **Kristen Wiig**, **Judy Greer** and **Laurence Fishburne** (coming May 11); "Ocean's Eight," the all-girl reboot of "Ocean's Eleven," directed by **George Clooney** (due June 8); and "The Jungle Book: Origins" (October 2018).

Oscar-winner **Matthew McConaughey** completed "White Boy Rick," with **Bruce Dern**, coming Jan. 12, and is currently shooting the noir-thriller "Serenity," with Oscar-winner **Anne Hathaway** and **Diane Lane**.

\*\*\*

"La La Land" Oscar-winner **Emma Stone** has completed "The Battle of the Sexes," as **Billy Jean King** to



Depositphotos

Leah Remini

**Steve Carell's Bobby Riggs**, due Sept. 22, and is currently shooting "The Favourite," with **Rachel Weisz** and **Nicholas Hoult**. They used to joke that **Billy Jean King** should be spokesperson for Snap-On Tools; let's see the very feminine **Emma** pull that one off, a real challenge.



by cindy elavsky

**Q:** Whatever happened to the TV series "Doubt" with **Elliot Gould**? It appeared on CBS several months ago. I watched a few episodes and it just disappeared. —**Valerie M., via email**

**A:** CBS pulled the legal/suspense drama — which also starred **Katherine Heigl**, **Steven Pasquale** and **Laverne Cox** — after just two episodes due to low ratings. There are 13 episodes in the can for the series, but as of this writing there has been no word as to if/when CBS will air the remaining 11 episodes.

\*\*\*

**Q:** Is "Nashville" off the air permanently now that **Connie Britton's** character has died? If not, where can it be found? —**Barbara E., Knoxville, Illinois**

**A:** "Nashville" will return to CMT after its hiatus with the back half of season five. And exact mid-season premiere date has not yet been announced. Joining the cast are **Rachel Bilson** ("The O.C.") and **Kaitlin Doubleday** ("Empire"); however, what roles they will play in the ensemble piece is still a mystery.

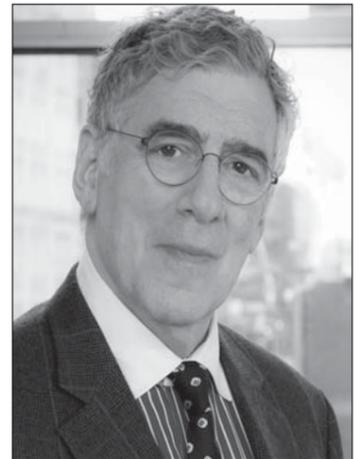
While we are all sad about **Rayna James'** death, the show has a slew of other talented actors and singers with interesting storylines, and I can't wait to see how they'll be resolved. How will **Juliette's** new career in gospel music go? And who is the father of **Scarlett's** baby, **Gunnar** or **Damien**? In more "Nashville" news, CMT also announced that it has been picked up for a 16-episode sixth season.

\*\*\*

**Q:** I have been enthralled by ABC's "Time After Time" and can't wait to see what will hap-

pen next, but I haven't seen it on the schedule these past few weeks. Will it be back? —**Gina R., via email**

**A:** I also love this show and was heartbroken to read that ABC decided to pull the series (for the dreaded "low ratings") after only five episodes. So many unanswered questions. Will **H.G. Wells** (Fred Stroma) ever capture **Jack the Ripper** (**Josh Bowman**)? Will **H.G.** and **Jane** (Gene-



Timothy Kuratek/CBS

Elliot Gould

**sis Rodriguez** live happily ever after? Will **Griffin** (**Will Chase**) and **Brooke** (**Jennifer Ferrin**) successfully get revenge on **Vanessa** (**Nicole Ari Parker**)? We'll just have to imagine our own endings, I suppose.

\*\*\*

**Q:** Will "The Night Manager" be back for another season, or is this a one-and-done kind of series? —**Lee F. in Georgia**

**A:** Although intended as a one-off series, there has been talk of a possible season two. The BBC (which originally produced and aired the series in the U.K.; AMC is the network for us Americans) told "The Hollywood Reporter": "The Ink Factory, BBC and AMC are in the early stages of developing a potential second series of 'The Night Manager,' but nothing is definite yet, and we have nothing to announce." Director **Susanne Bier** also confirmed that a script for a possible season two was "slowly being adapted." So there is a ray of hope in those statements, and you can bet I'll have my fingers crossed for more of the spy drama.

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## FAMILY FEATURES

**B**usy school days demand meals that can match the pace of life. A Mexican-themed meal is a sure way to keep things festive and lively around the family dinner table.

Not only does a meal centered on Mexican-style foods let you spice up your menu, it also allows for plenty of personalization so even the pickiest of palates can be satisfied. That means less time for preparation and more time spent together.

Put a fresh twist on your next school-night fiesta with these ideas:

- An ethnically-inspired meal is a great opportunity to encourage kids to try out new flavors and experiment with foods they wouldn't normally eat. Sample variations of classic salsas, incorporate seasonal ingredients like jicama and diced sweet peppers to freshen up your dishes or put a spicy spin on a classic Italian favorite by creating Mexican-inspired stuffed shells.
- Get creative with proteins. Chicken and beef are common options, but heart-healthy fish and shrimp are also great candidates for a Mexican-style meal. Pork is another good choice for many Mexican dishes, and beans provide an excellent source of added protein, along with some flavor variety.
- Mex-up your taco night. Try an alternative to the traditional corn shell with an option like Ortega Good Grains Taco Shells, crafted with artisanal blends of real corn, unique grains and ingredients baked into each shell. They're made with whole kernel corn, giving them an authentic taste and a distinctive flavor, aroma and texture.
- Keep things kid-friendly and fun by focusing on finger foods. A large taco can be difficult for little hands to handle, but a street taco portion, a chimichanga or even nachos are more hands-on.
- Look for fun toppings that add an extra crunch. For example, new Ortega Crispy Taco Toppers, lightly breaded slices of real jalapeno or onion, provide a bold kick and are the perfect finishing touch for tacos, salads and even Mexican-style burgers.
- Don't forget dessert. No meal is complete without a sweet treat, such as a churro, flan, empanada or sopapilla. Many of these favorites can be prepared ahead of time so you can simply cook and serve for a perfect ending to your family fiesta.

Find more mealtime inspiration like these recipes, perfect for the busy back-to-school season, at [ortega.com](http://ortega.com), or find Ortega on Facebook, Instagram and Pinterest.

**Slow Cooked "Pulled" Chicken Tacos**

Prep time: 5 minutes

Cook time: 2 hours

Servings: 5

- 1 1/2 pounds** boneless, skinless chicken thighs
- 1 bottle (8 ounces)** Ortega Chipotle Taco Sauce
- 1/2 cup** chicken stock
- 1/2 teaspoon** salt
- 1/2 teaspoon** pepper
- 1 package (10 shells)** Ortega Good Grains White Corn with Chia Taco Shells, warmed

In medium pan, combine chicken, taco sauce, chicken stock, salt and pepper, and cook on low, covered, approximately 2 hours, or until internal temperature of chicken reaches 165 F. Remove chicken from pan and shred using two forks.

Turn heat to medium-high and reduce cooking liquid into thick sauce, cooking 3-5 minutes and stirring occasionally.

Remove from heat and combine sauce with shredded chicken.

Serve in taco shells with desired taco toppings.

# Spice Up School Days

**Baja Chicken Pizza**

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 5

- 4** boneless, skinless chicken breasts, about **1 pound**
- 1 bottle (8 ounces)** Ortega Green Taco Sauce
- 1 can** Ortega Vegetarian Refried Beans
- 3/4 cup** Ortega Homestyle Salsa (any variety)
- 1** Mama Mary's prepared pizza crust
- 1** red bell pepper, diced
- 1 can (4 ounces)** Ortega Diced Green Chiles
- 1 bag (8 ounces)** Mexican-style shredded cheese
- 1 bottle (8 ounces)** Ortega Original Taco Sauce (any variety)
- 1 bag** Ortega Crispy Onion Taco Toppers

In large bowl or re-sealable plastic bag, combine chicken breasts with green taco sauce. Stir or shake to coat. Marinate at least 30 minutes or up to 2 hours.

Heat oven to 350 F.

Bake chicken 15-20 minutes, or until internal temperature reaches 165 F.

Let chicken cool 10 minutes then cut into small cubes.

In medium bowl, combine refried beans and salsa.

Transfer prepared pizza crust to baking sheet.

Spread bean mixture over dough, leaving 1/4 inch at edges for crust.

Top with peppers, green chiles, chicken and cheese. Bake 10-15 minutes, or until crust is golden brown and cheese is melted.

Top with taco sauce and crispy onion toppers then serve.

**Mexican Style "Totchos"**

Prep time: 15 minutes

Cook time: 25 minutes

Servings: 5

- 1 package (32 ounces)** tater tots
- 1 1/2 pounds** ground beef
- 1 packet** Ortega Taco Seasoning
- 1 cup** water
- 16 ounces** shredded cheddar cheese
- 2 medium** tomatoes, diced
- 1 container (16 ounces)** sour cream
- 1 bag** Ortega Crispy Jalapeno Taco Toppers

Prepare tater tots according to package directions.

Heat medium skillet over medium heat. Cook ground beef 4-5 minutes until browned, using wooden spoon to break into small pieces. Add taco seasoning and water. Cook until water evaporates and sauce is thickened.

Top hot tater tots with cooked ground beef and cheese, and broil in oven 5 minutes.

Top with tomatoes, sour cream and crispy jalapeno toppers, and serve immediately.

## Comfort foods

Made fast and healthy



by Healthy Exchanges

### Greek Tomato Salad

Are you picking tomatoes and cucumbers by the bucket? Do you love the taste of feta cheese? Then you have the makings for this great quick and easy salad.

- 1/2 cup Kraft fat-free mayonnaise
- 2 tablespoons reduced-sodium ketchup
- 3/4 cup finely chopped cucumber
- 1/4 cup finely chopped red onion
- 3 tablespoons crumbled feta cheese
- 1/4 cup sliced ripe olives
- 1 teaspoon dried basil
- 3 cups coarsely chopped fresh tomatoes

1. In a medium bowl, combine mayonnaise and ketchup. Stir in cucumber, onion, feta cheese, olives and basil. Add tomatoes. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes before serving. Makes 4 (1 cup) servings.

• Each serving equals: 91 calories, 3gm fat, 3gm protein, 13gm carbs, 389mg sodium, 68mg calcium, 3gm fiber; Diabetic Exchanges: 2 Vegetables, 1/2 Carb; Carb Choices: 1.

brown sugar and paprika. On waxed paper, sprinkle spice mixture over steaks, patting to coat both sides. Let stand 5 minutes.

3. Place steaks on hot grill rack; cook 1 minute on each side to sear. Cover grill and cook 10 to 12 minutes longer for medium rare or until desired doneness, turning over once.

4. Transfer steaks to platter; let stand 10 minutes. Slice steaks on cutting board to serve. Makes 6 main-dish servings

• Each serving: About 275 calories, 15g total fat (6g saturated), 29g protein, 4g carbohydrates, 86mg cholesterol, 1,045mg sodium.

## Good Housekeeping

### Steak Secrets

Steaks that are at least 3/4-inch to 1-inch thick won't dry out easily during grilling. Trim off excess fat and slash the fat edges at 1-inch intervals to prevent curling.

Turn your steak with tongs once, halfway through cooking. (Don't use a fork — it will pierce the meat and let the natural juices escape.) Many factors can influence cooking time — including the weather, especially wind, when you're using charcoal — so test for doneness by cutting into the thickest part of the steak and checking its color.

1 teaspoon Chinese five-spice powder

1. Prepare outdoor grill for covered direct grilling over medium heat.

2. Meanwhile, alternately thread kielbasa, apricots and plums onto 4 to 6 long metal skewers. In cup, combine marmalade and five-spice powder.

3. Place skewers on hot grill rack. Cover grill and cook 5 minutes or until kielbasa browns and fruit chars slightly, turning skewers occasionally. Uncover grill. Brush marmalade mixture all over kielbasa and fruit. Cook 1 to 2 minutes longer, turning occasionally. Makes 4 main-dish servings

• Each individual serving: About 340 calories, 22g total fat (8g saturated), 17g protein, 22g carb., 2g fiber, 76mg cholesterol, 1,032mg sodium.

## Good Housekeeping

### Light Sesame Noodles

For an even easier version of this Chinese-style summer favorite, substitute 2 cups thinly sliced leftover grilled chicken or pork for the chicken tenders — no need to reheat.

- 1 package (9 ounces) fresh angel-hair pasta
- 2 cups packaged shredded carrots
- 2 teaspoons vegetable oil
- 12 ounces chicken breast tenders, thinly sliced

2 garlic cloves, crushed with press

1 medium orange

3 tablespoons seasoned rice vinegar

3 tablespoons soy sauce

2 teaspoons Asian sesame oil

1 teaspoon grated peeled fresh ginger

1 teaspoon sugar

1/8 teaspoon ground red pepper (cayenne)

4 large radishes, each cut in half and thinly sliced

2 green onions, thinly sliced diagonally

2 tablespoons sesame seeds, toasted

1. Heat large saucepot of water (do not add salt) to boiling over high heat. Add pasta and cook as label directs. Place shredded carrots in colander; drain pasta over carrots to soften them slightly. Transfer mixture to large bowl and set aside.

2. In nonstick 12-inch skillet, heat vegetable oil over medium-high heat until hot. Add chicken and garlic; cook 4 to 5 minutes, stirring constantly, until chicken loses its pink color throughout. Transfer chicken to bowl with pasta.

3. To prepare vinaigrette, from orange, grate 1 teaspoon peel and squeeze 1/4 cup juice. In small bowl, with wire whisk or fork, mix orange peel, orange juice, vinegar, soy sauce, sesame oil, ginger, sugar and ground red pepper until combined.

## Comfort foods

Made fast and healthy



by Healthy Exchanges

### No-Bake Lemon Dessert

If you're a lemon lover, you'll certainly love this one.

- 12 (2 1/2-inch) graham cracker squares
- 2 (8-ounce) packages Philadelphia fat-free cream cheese
- 2 (4-serving) packages Jell-O sugar-free instant lemon pudding mix
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 3 cups Diet Mountain Dew
- 1 cup Cool Whip Lite

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, stir cream cheese with a sturdy spoon until soft. Add dry pudding mix, dry milk powder and Diet Mountain Dew. Mix well using a wire whisk. Fold in Cool Whip Lite.

2. Evenly spread filling mixture over graham crackers. Crush remaining 3 graham crackers. Evenly sprinkle graham cracker crumbs over top. Cover and refrigerate for at least 2 hours. Cut into 8 servings.

TIPS: 1) A self-seal sandwich bag works great for crushing graham crackers. 2) Good as is, or with fresh fruit spooned over top (don't forget to count the additional calories).

• Each serving equals: 198 calories, 2g fat, 11g protein, 34g carbs, 1,260mg sodium, 162mg calcium, 0g fiber; Diabetic Exchanges: 2 Starch/Carbs, 1 Meat; Carb Choices: 2.

## Good Housekeeping

### Crusted Rib Steaks Monte Carlo

- 4 teaspoons coarsely ground black pepper
- 1 tablespoon coarse salt (kosher)
- 1 tablespoon garlic powder
- 1 tablespoon brown paprika
- 1 teaspoon hot paprika
- 3 bone-in beef rib steaks, 1 1/4 inches thick (1 pound each)

1. Prepare outdoor grill for covered direct grilling over medium-high heat. 2. Meanwhile, in small bowl, combine pepper, salt, garlic powder,

## Good Housekeeping

### Spiced Kielbasa and Fruit Kabobs

Break the barbecue mold with this fast and fabulous summer weeknight dinner.

- 1 package (16 ounces) light kielbasa or other smoked sausage, cut into 1-inch chunks
- 3 apricots, pitted and each cut into quarters
- 2 ripe plums or peaches, pitted and cut into 1-inch chunks
- 3 tablespoons sweet orange marmalade

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# Crime

**Aggravated Assault** with a knife on the sidewalk on the 3500 block of North Halsted Street.

**Simple assault** at a bar or tavern on the 800 block of West Belmont Avenue.

**Aggravated battery** with a dangerous weapon on the sidewalk on the 3500 block of North Clark Street.

**Simple battery** on a CTA train on the 900 block of West Addison Street.

**Simple battery** on the street of the 3400 block of North Clark Street.

**Burglary and forcible entry** to a residence on the 3300 block of North Kenmore Avenue.

**Criminal damage** and defacement on the street on the 3100 block of North Cambridge Avenue.

**Criminal sexual assault** non aggravated in a non commercial vehicle on the 2800 block of North Sheffield Avenue.

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

**Domestic battery** at a residence on the 1800 block of West Eddy Street.

**Simple assault** in an alley on the 2800 block of North Clark Street.

**Simple assault** at a small retail store on the 900 block of West Belmont Avenue.

**Simple battery** on the sidewalk on the 800 block of West Buckingham Place.

**Burglary**, attempted forcible entry of an apartment on the 800 block of West Briar Place.

**Burglary** and forcible entry to a residence on the 1300 block of West Barry Avenue.

**Pick pocketing** at a bar or tavern on the 3300 block of North Halsted Street.

**Aggravated assault** with a handgun on the street on the 3400 block of North Halsted Street.

**Motor vehicle theft** of an automobile from a

parking lot or garage non residential on the 3400 block of North Ashland Avenue.

**Strongarm robbery** with no weapon from an apartment on the 1600 block of West Belmont Avenue.

**Armed robbery** with a handgun on the street on the 3200 block of North Halsted Street.

**Retail theft** from a grocery store on the 2900 block of North Ashland Avenue.

**Armed robbery** with a handgun on the 3200 block of North Lincoln Avenue.

**Simple battery** at the Library on the 600 block of West Belmont Avenue.

**Armed robbery** with a handgun on the sidewalk on the 3000 block of North Racine Avenue.

**Theft** from a restaurant on the 600 block of West Diversey Parkway.

**Aggravated battery** with a knife at a small retail store on the 800 block of West Belmont

Avenue.

**Simple battery** at a grocery food store on the 3500 block of North Broadway.

**Deceptive practice-Credit card fraud** at a restaurant on the 3400 block of North Southport Avenue.

**Simple battery** at a restaurant on the 1100 block of West Addison Street.

**Armed robbery** with a handgun on the sidewalk on the 1300 block of West Roscoe Street.

**Pick pocketing** at a grocery store on the 3300 block of West Belmont Avenue.

**Robbery** Armed with a handgun at a residence on the 2100 block of West Bradley Place.

**Arson** of a non commercial vehicle on the 2800 block of North Gresham Avenue.

**Domestic battery** in an apartment on the 4000 block of North Mozart Street.

**Burglary** and unlawful entry to a restaurant on the 4100 block of North Kedzie Avenue.

**Public peace violation** of reckless conduct on the sidewalk on the 3800 block of North Albany Avenue.

**Counterfeit check**

**passed** on the 3900 block of West Irving Park Road.

**Theft** from a bowling alley on the 3700 block of North Western Avenue.

**Pick pocketing** on a CTA train on the 3600 block of West Addison Street.

**Criminal sexual assault** attempted non aggravated on the sidewalk on the 2900 block of West George Street.

**Simple battery** at a nursing or retirement home on the 2800 block of West Montrose Avenue.

**Burglary** and forcible entry to a car wash on the 2400 block of West Irving Park Road.

**Violating an order of protection** at an apartment on the 3900 block of West Roscoe Street.

**Deceptive practice** of stolen property buying, receiving and possessing at a restaurant on the 3300 block of West Addison Street.

**Aggravated battery** of a senior citizen on the sidewalk on the 3800 block of West Oakley.

**Narcotics** and the possession of crack cocaine on the sidewalk on the 2900 block of Milwaukee Avenue.

**Criminal sexual abuse**

and aggravated criminal sexual abuse at a residence on the 2800 block of West Belmont Avenue.

**Simple battery** at a restaurant on the 4300 block of North Western Avenue.

**Domestic battery** at an apartment on the 2900 block of North Harding Avenue.

**Burglary** and forcible entry to a garage on the 4200 block of North Harding Avenue.

**Vandalism** and criminal damage to property at a small retail store on the 3600 block of West Irving Park Road.

**Criminal sexual assault** non aggravated at an apartment on the 3000 block of North Haussen Court.

**Violating an order of protection** on the street on the 3900 block of West Roscoe Street.

**Public Peace violation** and reckless conduct on a CTA bus on the 3200 block of North Western Avenue.

**Armed robbery** with a handgun on the street on the 4300 block of North Oakley Avenue.

**Theft** from a restaurant on the 3300 block of North Western Avenue.



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Photo courtesy of Getty Images

# BUDGET BOOSTERS

## 5 smart ways to manage your money



## 4 Keys to a Successful Side Hustle

**D**eciding to join the leagues of entrepreneurs launching a part-time small business can be a major personal and professional step. It's also a significant investment of your time and talents, which is why it's important to choose the right "side hustle."

Most part-time small business owners get started because they want extra income, low-risk wages, flexibility and the opportunity to contribute to the common good. Learn to ask smarter questions about these highly sought-after benefits to make sure you find the right fit for you and your family:

**1. Extra income:** Many people seek a side job with a specific, money-oriented goal in mind. That can be increasing the monthly household income, saving toward a down payment for a new home or going on a vacation. Look for a side gig that solves daily problems around necessities like cooking or eating to ensure your services are in-demand year-round.

**2. Low-risk wages:** The ideal side job is easy to start without heavy investment or training. An independent consultant business, for example, can provide low start-up costs, easy ways to join and the built-in appeal of an already established brand, so you can get to earning extra income faster. Before

jumping on board, take time to learn the start-up costs associated with any part-time gig and how long it will take you to learn the necessary skills to recoup your investment.

"Starting a business can be a very expensive thing," Pampered Chef consultant Rachel Hanson said. "I was looking for something that was affordable and gave me everything I needed to get started."

**3. Flexibility and family time:** Being your own boss allows you to decide when you will work and when you won't. Be sure to pick a side hustle that fits your schedule and can be done at any time or even from the comfort of your own home.

**4. Work with purpose:** If you get your drive from a powerful sense of purpose, like improving people's health or bringing families together, a side job that makes an impact is likely to give you the job satisfaction you need to succeed long-term. There are many franchise and direct-sales businesses that have strong charitable partnerships, offer the ability to teach important skills or solve common problems for customers.

Learn more about opportunities for creating your own part-time business at [pamperedchef.com/be-a-consultant](http://pamperedchef.com/be-a-consultant).

### FAMILY FEATURES

**E**ven for families with a moderate household income, keeping expenses down and managing a budget can feel like a job all on its own. Ensuring monthly obligations are met, creating an emergency fund or planning for a major purchase can make the task even harder.

If you're working to get your family's finances under tighter control, consider these ideas to help curb spending and create new cash flow.

**Set a budget.** It may seem like an over-simplification, but taking time to sit down and map out your income and expenses can be an eye-opening experience. If you've been keeping track of everything in your mind, writing it all down may help uncover areas where you're over-extending resources. Creating a budget is also a good way to establish a plan for paying down debts and making regular contributions to a savings account.

**Get grocery smart.** For most families, food accounts for a substantial share of the monthly bills. In fact, although they're spread out over time and it may not be as apparent, groceries can cost as much or more than the average family's mortgage payment. Fortunately, there are several ways to cut grocery costs, starting with clipping coupons and shopping store ads. Also take time to compare prices at local stores to ensure you're getting the best prices, and don't be afraid to explore discount stores, especially for the basics. Another smart grocery tip: plan your meals and make a list so you can avoid over-buying and wasting food.

**Add incremental income.** If your schedule allows, taking on a side job can make a big difference. Income from a part-time job can offset numerous smaller bills, or it could provide some extra money for family activities and entertainment. Before committing, be sure you understand the expectations of the job and how it will fit with your current family and work demands. An independent business may be just the solution to provide extra money with plenty of flexibility.

**Invest in quality.** Though it may seem counter-intuitive when you're trying to save, spending a little more up front can pay off in the long run. For example, buying a cheap couch to save a few bucks now may end up costing twice as much in a year or two when it needs to be replaced. Choosing the less expensive route isn't always a bad idea, but failing to factor in considerations like quality can be a pricey mistake.

**Trim the fat.** It's no secret that fat adds flavor, but it also adds a lot of unnecessary calories. Chances are good that there are many things you spend on that fit in the same category, running up your monthly expenses. Entertainment and eating out are common culprits, but the solutions can be quite simple. Treat those activities as a line item in your budget, and when that money is gone so are the extras for the month. You can also look to save on entertainment by making minor changes, such as hosting a movie night at home instead of going to the theater or looking for restaurants that offer free kids' nights.

Find more tips for your budget-conscious lifestyle at [eLivingToday.com](http://eLivingToday.com).



**The Garden Bug Beebalm**

Native Americans used beebalm to treat a wide range of ailments, such as soothing bee stings by crushing the leaves of the plant and rubbing them on the skin. The Blackfeet used the plant in poultices applied directly to infections and minor wounds, the Cherokee and Teton Dakota used it to treat stomach ailments, and the Winnebago made a stimulating tea from it. - Brenda Weaver

Sources: plants.usda.gov, getbusygardening.com



**The Garden Bug Night-blooming plants**

Trees and shrubs such as lindens, basswood, summersweet, French lilacs and mockoranges give out their fragrances at night. Some night-blooming perennials are Honeybells, hosta and daffodils. Annuals like heliotrope, night-scented stocks and jasmine-scented tobacco also provide wonderful scents in the evening. - Brenda Weaver

Sources: www.northscaping.com, forums.gardenweb.com/forums/moon/



**The Garden Bug Yerba Mansa**

The **yerba mansa** plant is an herb. Its roots are used to treat the common cold, mucus production, cough, throat problems and tuberculosis; it is also used for digestive problems, sexually transmitted diseases, skin problems and cancer. It can also be used as a disinfectant, and to cause sweating or induce vomiting. The plants are found in damp salty or alkaline soil. - Brenda Weaver

Source: www.webmd.com, plants.usda.gov

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\*Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office™. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on ups.com/rates. For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of \$2.65, which provides up to \$100 indemnity coverage for a lost, rifled or damaged article. See ups.com for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

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## Quotes worth your time

**"Quality is not an act, it is a habit."**  
— Aristotle

**"Accept the challenges so that you can feel the exhilaration of victory."**  
— George S. Patton

**"Aim for the moon. If you miss you may hit a star."**  
— W. Clement Stone

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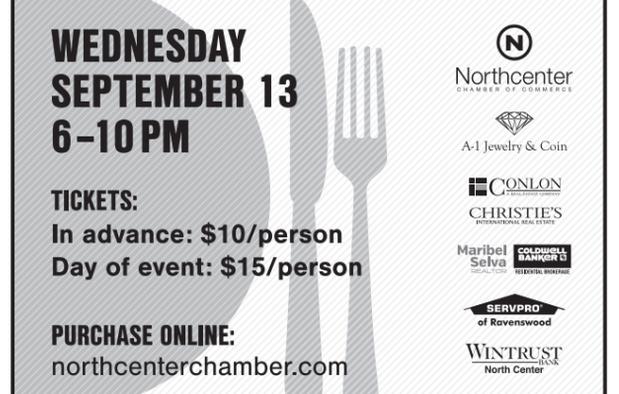
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# Comics

## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



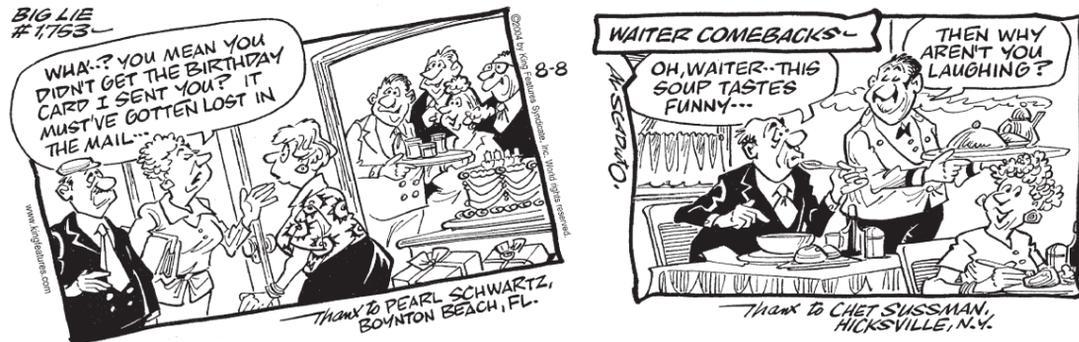
## THE CASHIER

BY RICARDO GALVÃO



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



# Junior Whirl

by Charles Barry Townsend



1. How you keep a secret.
2. A burglar's tool.
3. An educational building.
4. A good place to nap.
5. A deception or swindle.
6. One who steers a ship.
7. A large, stately tomb.
8. A board game.
9. A large, deadly fish.

**UNINVITED GUESTS!** See if you can correctly count the number of party crashers at the above picnic. Your time limit is 30 seconds.

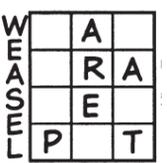
Answer: We counted 35. Did you get the same?

**IT'S SINK OR SWIM** with this AlphaMath puzzle. You must replace the letters on the boat with the digits 0 through 9 so that you will have a correct addition problem. Try to get the highest possible total.



Our Answer: B=5, O=7, A=3, T=0, L=4, E=1, K=2, D=9, U=8, N=6, (5730 + 4132 = 9862.)

**FIND THE SEVEN WORDS PUZZLE!** In the word square at the right, we've removed six of the letters to spell out the word "WEASEL." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. The time limit is 60 seconds.



Answers: (Across) Was, era, eel, pat. (Down) Weep, area, salt.



**DOODLE PICS!** The two pictures shown here are graphic representations of familiar words, phrases or names. You have one minute to identify both.



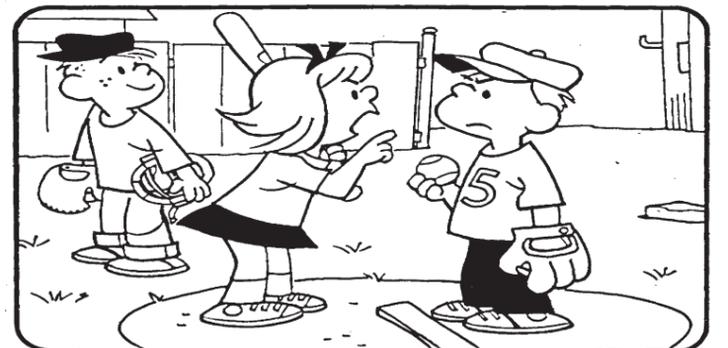
**LINK-UPS!** Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

- |         |      |
|---------|------|
| 1. PRIM | RED  |
| 2. SAP  | TIES |
| 3. CAPE | ATE  |
| 4. IMP  | PIER |
| 5. BEET | ROVE |
| 6. JET  | LED  |

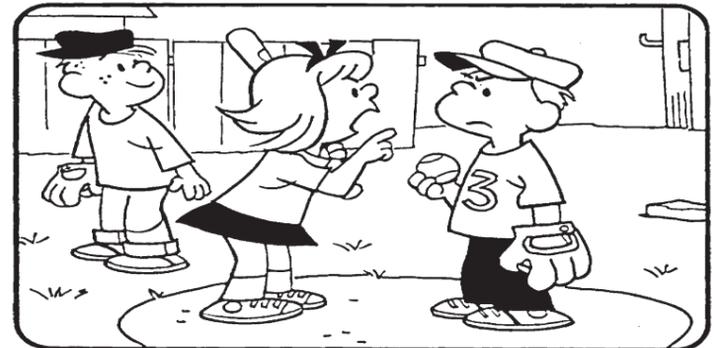
Answers: Primate, sapper, capered, improve, beeted, jetted.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Glove is different. 2. Mask is missing. 3. Bat is shorter. 4. Post is missing. 5. Number is different. 6. Pitching slab is missing.

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## Just Like Cats & Dogs

by Dave T. Phipps





Photo courtesy of Getty Images

# Ride Safe

## Bus safety tips for back-to-school

FAMILY FEATURES

While school safety is of the utmost importance to parents, millions of school-age children begin and end their days with a bus ride. To provide some measures for parents to help increase safety going to and from the bus and during the ride, the National Association for Pupil Transportation offers these tips.

### Before the Bus Arrives

- Ensure backpacks are packed securely so papers and other items don't scatter as the bus approaches.
- Create a morning routine that puts kids at the bus stop five minutes before the scheduled pickup time. This helps avoid a last-minute rush, when safety lessons are easily forgotten, and ensures kids are safely in place for boarding.
- Encourage children to wear bright, contrasting colors so they can be seen easier by drivers.
- Walk young children to the bus stop or encourage kids to walk in groups. There is safety in numbers; groups are easier for drivers to see.
- Instruct children to walk on the sidewalk. If there is no sidewalk, advise them to stay out of the street, walk single-file, face traffic and stay as close to the edge of the road as possible.
- If kids must cross a street, driveway or alley, remind them to stop and look both ways before crossing.
- Verify that the bus stop location offers good visibility for the bus driver; if

changes are needed, talk with nearby homeowners or school district officials to implement changes. Never let kids wait in a house or car, where the driver may miss seeing them approach the bus.

- Remind children that the bus stop is not a playground. Balls or other toys can roll into the street and horseplay could result in falling into the path of oncoming traffic.
- Instruct children to stay at least three steps away from the road and allow the bus to come to a complete stop before approaching it.

### On the Bus Ride

- When boarding the bus, items can get bumped and dropped. Caution children that before picking anything up, they should talk to the driver and follow instructions to safely retrieve their possessions.
- Teach safe riding habits: stay seated with head, hands and feet inside at all times; use a seatbelt (if available); keep bags and books out of the aisle and remain seated until the bus stops moving. Also instruct children to never throw things on the bus or out the windows and to never play with or block the emergency exits.

- Remind kids that yelling and other loud noises are off limits as they could distract the driver.
- If cell phones and other electronic devices are permitted, instruct children to mute the sound or use headphones so as not to create a distraction for the driver or other riders.

### Leaving the Bus

- Remind children to look before stepping off the bus. If they must cross the street, teach them to do so in front of the bus by taking five big steps from the front of the bus, making eye contact with the driver and waiting for the signal that it is safe to begin crossing.
- For parents who meet their kids at the bus stop, remember that in their excitement kids may dart across the street. Eliminate the risk by waiting on the side of the street where kids exit the bus.
- Make the bus ride part of your daily "how was school?" discussion. Encourage kids to talk about the things they see and hear on the bus so you can discuss appropriate behaviors and, if necessary, report any concerns to school administrators.



Photo courtesy of Getty Images

### Discuss the Bus

Join the discussion (or start one) on school districts exploring a switch from diesel buses to cleaner alternatives by downloading resources including fact sheets, videos and more at [BetterOurBuses.com](http://BetterOurBuses.com).



Jenna Bush Hager

### A Safe Transportation Option

Beyond teaching safety precautions around the bus, there is another option to ensure kids are transported safely to and from school each day. Many school districts are moving away from noisy, pollution-inducing and expensive diesel buses in favor of buses powered by an alternate fuel, like propane, which offers numerous benefits for school districts and their students.

**Safety:** Jenna Bush Hager, a teacher, author, journalist and parent of two, has partnered with the Propane Education & Research Council to educate parents and school districts about the benefits of propane school buses.

School buses powered by propane offer numerous safety advantages. Propane school buses are quieter than diesel buses when operating, making it easier for drivers to hear both inside and outside the bus. This can have a direct impact on student behavior, and many districts have reported fewer disciplinary issues as a result. An interactive audio quiz detailing the difference between the types of buses can be found at [QuieterSchoolBuses.com](http://QuieterSchoolBuses.com).

"As a former teacher, I know parents often overlook how the ride to and from school can impact a child's performance in the classroom," Hager said. "A child's attitude or behavior before they arrive at school can set the tone for the whole day."

In addition, these buses meet rigorous U.S. Federal Motor Vehicle Safety Standards and each is equipped with an automatic shut-off feature that prevents fuel flow to the engine when not running.

Another safety consideration is the health implications of older diesel buses. The shorter height of younger students can put them face-to-face with a black cloud of diesel smoke every school day. With propane buses, however, students aren't exposed to the harmful particulate matter in diesel exhaust, which is known to aggravate asthma and has been identified by the World Health Organization as a carcinogen. However, "low-NOx" propane engines are 75 percent cleaner than current federal emissions standards require.

**Savings:** Not only is propane consistently less expensive than diesel fuel, the buses themselves don't require the same expensive repairs and replacement parts that today's modern diesel buses demand. Saving money on transportation costs puts schools in a better position to appropriate budget toward meeting students' needs in the classroom and other areas, such as fine arts and athletic programs.



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