



October, 2017

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

Volume 21, Number 11

Interview

It never gets old



20 Questions

This month's interview is with **Elizabeth Gomez**, Director of Business Assistance and Community Out-reach for Alderman Scott Waguespack's Office, 2657 N. Clybourn.

Q. Where were you born and raised?

A. Fort Dix, New Jersey, but I grew up in a variety of places. Chicago has been the longest.

Q. Are you married? Any children?

A. Yes, with 2 children.

Q. Where did you attend school?

A. The School of the Art Institute in Philadelphia.

Q. What was your first paying job?

A. Working in a 99 cent movie theater in Hopewell, Virginia.

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

A. I read some new age stuff and it said "Every decision is

based on love or fear. Either move forward in love or you have to conquer fear."

Q. What hobbies or special interests do you have?

A. I am a writer, storyteller and comedian. I like to distance bike ride. I have done 100 mile bike rides two weeks in a row. I also founded the first female roller derby league in Chicago—the Windy City Rollers.

Q. What is your favorite TV show, movie and book? What type of music do you like?

A. My favorite TV show is "Game of Thrones"; my favorite movie is "History of the World-Part 1". My favorite book is "Sidhartha" and my favorite type of music is R&B.

Q. What is your favorite childhood memory?

A. Watching my dad listening to music after leaving the field as a **soldier**.

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

Continued page 2

by Joyce Rimel

Cubs clinch NL Central title, beating the Cardinals, 5-1, to advance to the post season for a third straight year. Now, the challenge is trying to become the first NL team to repeat as World Series Champs since the Reds did so in 1975 and 1976, The last team to repeat as World Series Champs was the Yankees, who won three years in a

row, from 1998-2000.

The Cubs plan to have playoff road-game watch parties at The Park at Wrigley. Wrigley Field won't be open while the Cubs are playing games on the road during the playoffs. But, The Park at Wrigley will be.

Crane Kenney, Cubs president of business operations told the Tribune that the team is working with the City

of Chicago and the Chicago Police Department on the details. Tickets will be required for entry although it has not been determined whether there will be a charge. A team spokesperson said there would be a Cubs Charities attached to the ticket. Kenney said, "We want to host these". "We think it would be really fun for the neighbors, Kenney

said exact plans for how people would be admitted are still being worked out and should be finished before the Cubs open the NL division series against the Nationals.

The Nationals will have home-field advantage over the Cubs in the best of five division series, with the first two games at National Park in Washington, D.C.

Continued page 2

What's on your Mind?



"Everything Halloween!"

Erikka Blohm



"I'm in the real estate business and want to be able to help 3 to 5 buyers or sellers before the end of the year."

Priscilla Jaimes



"How the political climate is affecting the environment."

Corlin Rizzo

Editorial & Opinions

Interview continued from front page.

A. Camp in Utah.
Q. If you could travel to any place in the world, where would you go and why?

A. Tibet, because it won't exist much longer or the Maldives.

Q. Who do you most admire and why?

A. My mom. It had to be difficult to move to a new country for the first time and raise 2 American kids, especially with no husband or family to count on for support. Overcoming many obstacles, she started her own business.

Q. What have been your three greatest achievements?

A. Being with the Windy City Rollers for 18 years; Riding 100 miles on a bike at the age of 43 and keeping my family together financially and emotionally after a divorce.

Q. What have been your three greatest disappointments?

A. The election of Trump; not being able to reconnect with my father and not getting a certain flavor of Italian Ice at Miko's.

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

A. Eleanor Roosevelt. She was a strong woman, ahead of her time and balanced femininity and distinct rules about being a woman.

Q. What did you do for a living before working in your present job?

A. I was a personal assistant to a woman who ran a multi-million dollar company focusing on publishing.

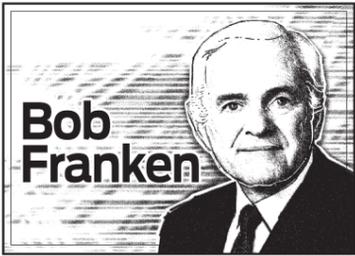
Q. What are some of the more pressing challenges you face on a daily basis?

A. Being able to problem solve things that I don't have direct control over.

Q. What are the responsibilities of the Director of Business Assistance and Community outreach?

A. The business wants are not necessarily what the community wants and visa versa.

Q. What improvements



Sick Nicknames

Quick! What does Kim Jong Un have in common with Hillary Clinton, Ted Cruz, Marco Rubio, most journalists and so many Americans who have somehow crossed President Donald Trump? You already know the answer: Kim is now a Donald Trump Trash Talk Target.

"Rocket Man" Kim now joins "Crooked Hillary," "Lynin' Ted," "Little Marco" and the "Fake News Media," along with a slew of others who have crossed Donald Trump and become nicknamed recipients of Donnie's Antagonistic Childish Attacks, better known as DACA. (You thought DACA stood for something else? You must be dreaming.)

Now, the North Koreans are no slouches when it comes to smack talk. Rocket Man fired his own ICBM (Insult Carrying Buffoonish Missile) aimed at Target Trump, calling him a "Mentally deranged U.S. dotard." What followed was a spike in people searching for the definition of "dotard," which means "senile old man." Maybe Pyongyang is onto something.

As one might expect, particularly one who has been around children, the Dotard Son of Queens hurled his own playground taunt, calling the Rocket Man "obviously a madman." Take THAT!

It would be huuuuugely entertaining to watch these juveniles, Rocket and Dotard, were it not for the fact that they're playing on a nuclear schoolyard. Still, it's just been a war of words. So far.

It's scary to believe that the safety of humanity is in the hands of such

hotheaded delinquents. Kim is finding out that Trump has been immature a lot longer than he has; Dotard Don has decades more experience at name-calling.

Isn't it high time though, that he got the same treatment? We need to agree on one Trump label that needs no explanation, but where do we begin? Is it possible to describe the total Donald? We can only try.

Where his presidency might have started is in Moscow, and that's where it might end, if special counsel Bob Mueller hits the jackpot and proves that Donald Trump personally colluded with his buddy Vladimir Putin to steal the election, or at least knew what was going on. With that in mind, the ideal tag for him would be "Comrade Donald" or "Traitor Trump." That last one is quite punchy. Like "Trader Joe's." Or "Tater Tots."

Or maybe we need to create a task force to choose one. The Inane Nickname Commission would have to be bipartisan, a group of our brightest citizens whose reputation for fairness is unimpeachable, unlike our current president. That would leave out Hillary, who would be lobbying for "Deplorable Donny," and Rubio, who would advocate calling him the "Small Handyman."

So forget them. It would have to be someone like Jeff Sessions. While true that's he's recently been on Trump's snit list, he could be fair — never has Sessions been accused of attacking anyone who's white. So put him on the roster of prospects.

Maybe Mitch McConnell would be another. How about Chuck Schumer or Nancy Pelosi to represent the Democrats. When McConnell ratchets up any emotion whatsoever, he secretly despises Donald Trump, but he's balanced by Trump's newest buds Schumer and Pelosi. They'd better act quickly, though. If Mueller's investigation results in President Trump being removed from office and put on trial, he'll have a nickname all right: "Docket Man."

It never gets old continued from front page.

or suggestions would you make for the Lakeview neighborhood?

A. I would like to see Lincoln Avenue have a more consistent business presence.

Q. What is your pet peeve?

A. Parents who don't correct their kids.

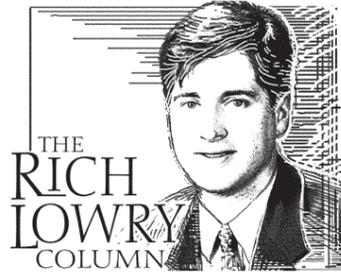
Q. What is your most prized possession?

A. I love my network and family.

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

A. Don't be a jerk!

This is baseball — the national pastime with traditions and it reminds us of how wonderful things used to be. Nothing better than blue sky, hot dogs and a great day at the ballpark. However, the game itself is not immune to the times we are now living. Baseball is the sport that's responsible for the national anthem being played before sporting events. The tradition started at a World Series game 99 years ago during World War I. At least, have respect for the traditions of baseball and keep politics out. FLY THE W!



'Sovereignty' Is Not a Dirty Word

To listen to the commentary, Donald Trump used an inappropriate term at the U.N. — not just "Rocket Man," but "sovereignty."

It wasn't surprising that liberal analysts freaked out over his nickname for Kim Jong Un and his warning that we'd "totally destroy" Kim's country should it become necessary. These lines were calculated to get a reaction, and they did. More interesting was the allergy to Trump's defense of sovereign nations.

Brian Williams of MSNBC wondered whether the repeated use of the word "sovereignty" was a "dog whistle." CNN's Jim Sciutto called it "a loaded term" and "a favorite expression of authoritarian leaders."

In an otherwise illuminating piece in The Atlantic, Peter Beinart concluded that Trump's address amounted to "imperialism." If so, couched in the rhetoric of the mutual respect of nations, it's the best-disguised imperialist manifesto in history.

Trump's critics misrepresent the speech and misunderstand the nationalist vision that Trump was setting out.

He didn't defend a valueless international relativism. Trump warned that "authoritarian powers seek to collapse the values, the systems, and alliances that prevented conflict and tilted the world toward freedom since World War II."

He praised the U.S. Constitution as "the foundation of peace, prosperity and freedom for the Americans and for countless millions around the globe."

"The Marshall Plan," he said, "was built on the noble idea that the whole world is safer when nations are strong, independent and free."

There's no doubt that there's a tension in Trump's emerging marriage between traditional Republican thinking and his instinctive nationalism. Yet he outlined a few key expectations.

He said, repeatedly, that we want nations committed to promoting "security, prosperity and peace." And we look for them "to respect the interests of their own people and the rights of every other sovereign nation."

Every country that Trump criticized fails one or both of these tests. So, by the way, do Russia and China.

Trump's core claim that "the nation-state remains the best vehicle for elevating the human condition" is indubitably correct; it is what makes self-government possible. If the alternative is being governed by an imperial center or transnational authorities, the people of almost every nation will want — and fight, if necessary — to govern themselves. (See the American Revolution.)

The U.N. is hardly an inappropriate forum for advancing these ideas. "The Organization," the U.N. charter itself says, "is based on the principle of the sovereign equality of all its Members." To the extent that the U.N. is now a gathering place for people hoping the nation-state will be eclipsed, it's useful to remind them that it's not going away.

All that said, there were indeed weaknesses in the speech. First, as usual, Trump's bellicose lines stepped on the finer points of his message. Second, sovereignty can't alone bear the weight of being the organizing principle of American foreign policy. Finally, Trump's foreign-policy vision is clearly a work in progress, as he accommodates himself to the American international role he so long considered a rip-off and waste of time.

Trump is adjusting to being the head of a sovereign nation — that happens to be the leader of the world.

Rich Lowry is editor of the *National Review*.

Americanisms

"You can't always be the most talented person in the room, but you can be the most competitive."
 —Pat Summitt

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Lakeview Newspaper

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

How to get in touch with us:
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 Publisher and owner: George Rimel
 Executive Editor and owner: Joyce A. Rimel
 Graphic Design/Production: Kathleen O'Hara
 October, 2017

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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SENIOR NEWS LINE

by Matilda Charles

Which Flu Shot Is Right for You?

It's that time again ... flu season is on the way. Vaccines already are available in most locations, so we have no excuse not to get a flu shot soon.

Sometimes the dilemma can be deciding which shot to get. Most flu vaccines contain protection from three strains of influenza, called trivalent vaccines. Those contain two A strains and one B strain of influenza.

Some of them add coverage for a fourth strain. Those shots are called quadrivalent and contain two A and two B strains. With two Bs, the Centers for Disease Control and Prevention doesn't have to flip a coin to decide between two equal B vaccines; it can just include both.

In addition, there are high-dose flu shots especially for seniors age 65 and older. As we age, our immune systems don't respond the same way, and a regular flu shot might not get us the strong immune response we need to avoid the flu.

The strains change every year, which is why most people need to "renew" their flu vaccine each year. The CDC tracks which influenza hits, and when, in making its calculations for the following year. For the 2016-2017 season, it calculated that those who received flu shots reduced their overall risk by 34 percent for A strains and 56 percent for B strains.

Your best (safest) bet: Ask your doctor which flu shot you should get. Some of us under 65 shouldn't have the high-dose shot for one medical reason or another. Don't delay; it takes about two weeks to have immune coverage after receiving a shot.

If you have Medicare Part B, the cost of the shot is covered, as well as the vaccine for pneumonia and hepatitis B.

SENIOR NEWS LINE

by Matilda Charles

New Scam Targets Your Social Security Check

Here we go again: yet another scam aimed at seniors. This one involves Social Security. It's almost believable so we need to be extra careful. What the scammers want is to steal your money.

This is how it works: Someone will call and pretend to be from the Social Security Administration. You'll be told that you're about to get an increase in your benefits. All they need to do, say the scammers, is to verify all your personal information. After all, they say, you do want to get your extra benefits, right?

You'll be asked for your date of birth, Social Security number, banking information and more.

Armed with all this personal data, it's easy for the thieves to have your money directed to them at a new address or bank account for direct deposit. Until your benefits don't show up, you'll never know that something has happened to your money.

Something to remember if you get a call that's supposedly from Social Security: It already has all your information. It's not likely that Social Security will ever call you anyway but if they do, there's no need to tell them anything.

If you ever have questions about whether a call is legitimate, be safe hang up immediately. Then call Social Security at 1-800-772-1213 and ask if someone there just called for any reason. If the answer is no, make a report with the Inspector General fraud office at 1-800-269-0271.

Remember that next year we'll start getting new Medicare cards that won't have our Social Security number as the identifier. The card will come in the mail; you don't have to do a thing. If you get calls saying you have to pay for your new card or give personal information, hang up.

VETERANS POST

by Freddy Groves

Will Bad Employees Still Linger at VA?

The Department of Veterans Affairs' new authority to get rid of bad employees is getting a test in Memphis.

An employee at the Memphis VA Medical Center was arrested for aggravated assault with a deadly weapon and criminal impersonation of a police officer. Specifically, she pulled a revolver on a grandmother and a toddler, waving the gun and saying she was the police.

According to the VA, the employee was being processed for removal and has been suspended. What, exactly, does that mean. Taking steps to terminate the employee? Barred from the facility? Told to stay home with pay?

Inquiring minds want to know: Will the Merit Systems Protection Board jump in on this one, too? Long ago the VA tried twice to remove an employee because the hospital kept running out of crucial surgical inventory. The Office of the Inspector General got involved and came up with yet one more reason to get rid of the guy: He'd been sending sensitive VA personal information to his personal email account and his wife. The guy was fired, but after the Board got involved, the VA had to rehire him. It took quite a while, but finally he is gone.

This is the same place where a veteran getting care had his vehicle stolen from the parking lot by a VA employee. The veteran had to turn over all his personal belongings when he was admitted ... including his car keys. Within hours, before his wife could retrieve the car, it was gone. Six months later, the veteran saw his car in the parking lot, called police, and they arrested a VA employee when he came out.

So now we watch and wait. Will pulling a handgun on a little girl and her grandmother be serious enough to get rid of the employee? Does the Accountability Act truly have enough teeth to get the job done?

Claims Decisions in Just 30 days

The Department of Veterans Affairs new Decision Ready Claims program promises to get your claim sorted out and decided in 30 days. The pilot program started in Minnesota in May. Since then, the VA has been training people to push claims through quickly. Now, everyone is set to go. All they need is the claims to start rolling in.

Here are your easy steps: Hook up with an accredited Veterans Service Organization, likely the American Legion or VFW. Collect all your documents. Be sure to go to your claim exam if required. Have the VSO send off your claim electronically. Start the 30-day countdown.

There are a few caveats, however. For those who qualify, this will be a great improvement over the previous 100-plus day wait, but that 30 days doesn't start until the claim is received at the VA. If you have to hunt down related paperwork and documents, the meter isn't running yet.

Another caveat: You need to go to your claim exam if one is required.

And yet another caveat: All types of claims aren't covered just yet. If you're asking for an upgrade to a disability claim you already have, yes, they're accepting those. But for other types of claims, have your VSO check to see if those are being worked on yet.

And still another caveat: In the past, the VA had to hunt down all your medical and service records for you. Now, with this new program, you're on your own.

To learn more about how to get your claim decided in under the 30 days, go online to www.benefits.va.gov/compensation/DRC.asp. The page is loaded with information, including how to find a VSO and whether your type of claim is eligible for the program.



Moments in time

THE HISTORY CHANNEL

• On Oct. 10, 1877, the U.S. Army holds a funeral with full military honors for Gen. George Armstrong Custer, who was killed the previous year at the Battle of Little Big Horn. Custer was buried at West Point, where he had graduated in 1861 at the bottom of his class.

• On Oct. 12, 1915, British nurse Edith Cavell is executed by a German firing squad in Brussels after being court martialed for helping Allied soldiers to escape from Belgium during World War I.

• On Oct. 9, 1936, harnessing the power of the mighty Colorado River, the Hoover Dam begins sending electricity over transmission lines spanning 266 miles of mountains and deserts to Los Angeles. At the time, the dam was the tallest in the world.

• On Oct. 13, 1967, the Anaheim Amigos lose to the Oakland Oaks, 134-129, in the inaugural game of the American Basketball Association. The ABA offered a looser atmosphere than the stodgy NBA. Its cheerleaders wore bikinis, and trash-talking and fights on the court were common.

• On Oct. 11, 1975, "Saturday Night Live," a comedy sketch show featuring Dan Aykroyd, John Belushi, Chevy Chase and Gilda Radner, makes its debut on NBC. "SNL" would go on to become the longest-running, highest-rated show on late-night television.

• On Oct. 14, 1994, writer-director Quentin Tarantino's crime drama "Pulp Fiction" opens in theaters. Made for less than \$10 million, "Pulp Fiction" earned more than \$100 million at the box office and received seven Academy Award nominations, including Best Picture.

• On Oct. 15, 2004, the National Highway Traffic Safety Administration rules that hears manufacturers no longer have to install anchors for child-safety seats in their vehicles. A "funeral coach" manufacturer had petitioned for an exemption, stating that, "Children do not ride in the front seat."



As the Gridiron Burns

This isn't the first time politics invaded the football world.

Teddy Roosevelt loved the game and helped start the NCAA while he urged rule makers to ban the controversial "flying wedge" (controversial because it KILLED players). Dwight Eisenhower played football for Army, and Richard Nixon played on the practice squad for Whittier College (more on that later). JFK made the JV squad at Harvard, Gerald Ford was an All-American center for Michigan and Ronald Reagan played on scholarship at Eureka College. Also, he played the "the Gipper" in a Hollywood movie.

With the notable exception of Nixon (of course), nobody has meddled more with football than our current dear leader.

Donald Trump never played the game, but he used to own the coolest USFL team — the New Jersey Generals — in the early '80s. There he was famous for threatening to fire the coach if he ever used fullback Maurice Carthon on a goal-line play, before suing the NFL for being a monopoly a case he won, receiving \$3 in damages — before taking his ball and going home.

Now, he has opened up a new front: affront over players who kneel during "The Star Spangled Banner." (Incidentally, nobody complained when Tim Tebow took a knee, but I guess that's because he wasn't protesting anything, he was merely professing his faith.) Trump says it's disrespectful to the flag and the veterans who served this nation, and while I agree with that sentiment, it

isn't making me tune out.

Players and veterans alike seem to agree on one thing: They should be allowed to take the knee if they want to. Veterans fought for our constitution and way of life. They didn't expressly go to war to defend Francis Scott Key's signature work. "The Star Spangled Banner" was written by Key while he was in prison, and as our president will surely tell you, that means he's a loser.

Our president doesn't like anthem writers who get captured. And while he seems to think that his message will somehow unite us, it actually has been one of the most divisive stances any president has ever taken.

Football never liked it when Nixon got involved with football, either. He was known to draw up "tricky Dick" plays for the local pro team that were never used. In 1969, he declared that he would decide who the No. 1 college team was, to the delight of nobody. But it was his speech, delivered on a football field to Whittier College grads, that contains a credo that resonates even more today than back then.

"When I speak of firmness ... we must have firmness without belligerence," Nixon said. "It's very easy, I can assure you, and sometimes very tempting when you are insulted to strike back with the same words. But we must avoid engaging in a war of words which would heat up the international atmosphere to the point that we would have a nuclear disaster. And a nation that is strong, a nation that is confident that it is right, does not have to resort to returning insult with insult. We can be confident of ourselves."

I'm confident that this impasse will pass soon, and we'll just go back to watching adults play games again where they're meant to be: on the field. When that happens, America will be truly blessed.

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

Saturday, October 28 Northcenter Town Square 10 AM

Join us for a fun morning of Trick-or-Treating in Northcenter!



9:30 AM Pre-event Pet Costume Contest!

10 AM Pick up your map in Town Square at 4100 N. Damen Ave. Trick-or-Treat in the square and at nearby businesses until 1 PM.

NOON Return to Town Square for light refreshments and our annual Halloween Costume Contest with prizes for kids 12 and under, and best family group costume.

more info at northcenterchamber.com



Don't miss out on any of our community events.

Sign up for our shop northcenter news. Follow us on Twitter & Facebook.

SAVE THE DATE FOR OUR ANNUAL



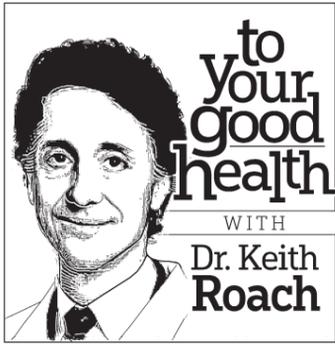
VETERANS DAY



COMMEMORATIVE CEREMONY

Saturday, November 11 @ 9 AM
North Center Senior Satellite Center
4040 N. Oakley Ave.

Health



Modern Thoughts on the Paleo Diet

DEAR DR. ROACH: After a few months of stress eating, I have gained a lot of weight. People swear that the Paleo diet would help me lose weight and feel better. Do you recommend it? —*H.C.*

ANSWER: Most diets have good points and bad points, and work better or worse for different people. The Paleo diet is no exception. The theory behind Paleo is that humans are best adapted to the diet that Paleolithic man ate 10,000 or more years ago, which was high in meat, with relatively large amounts of fruits and vegetables, and no grains or dairy.

I disagree with the theory on several points, especially that I think it is a fundamental misunderstanding of adaptation, in that there's no guarantee that evolution produces a "best" adaptation, merely one that's good enough. Paleolithic man ate what he had to survive, not necessarily what was optimal for his health.

The part about the Paleo diet that I do like is its recommendation against highly refined grains and other processed foods. I don't agree with the usual recommendation to eat so much meat. It's important to remember that the meat Paleolithic man ate, until just before being eaten, was busily running away from him and did not have remotely the fat content of today's supermarket meat. The nuts and vegetables available to modern man are vastly different from those available to Paleolithic man, according to a great talk from Christina Warriner. Finally, there is abundant evidence that prea-

gricultural man, from many different societies, had atherosclerosis in the unlikely event he lived into his 40s.

DEAR DR. ROACH: In my late teens and early 20s, I suffered bad acne that resulted in scarring that is still visible now, even though I am in my 40s. I assume it will be visible for the rest of my life. My acne was cured when I took Accutane. Now I also suffer from ulcerative colitis. Even though I can't make a direct connection as a side effect of Accutane, the symptoms of UC first showed shortly after I completed my treatments for acne.

Now that my children are entering their teens, is it possible for them to avoid my fate? Are acne problems like mine hereditary, or can they avoid the problems I experienced with proper hygiene? —*B.B.*

ANSWER: Acne, familiar to almost all teenagers, is caused mostly by the bacteria *P. acnes*, but also by hormonal changes that affect the skin oils and cells, predisposing the skin to bacterial growth. Hygiene has a limited effect on acne, with overwashing and oily cosmetics causing the most problems. Acne does tend to run in families, so your children are more likely to have worse acne than usual.

The association of ulcerative colitis, a type of inflammatory bowel disease, with isotretinoin (Accutane) is intensely debated, with the most recent data and the opinion of professional groups generally that isotretinoin probably does not cause IBD. While I can understand why you might wish to avoid it, it remains the most effective treatment, and is still worth considering if other options fail.

Does Flushing Toilet Really Spread Germs?

DEAR DR. ROACH: I have seen articles in several publications over the years that talk about the dangers of flushing a toilet with the seat up, and all the nasty, germ-y things that come floating up on droplets of water. While it's enough to scare

one, when you think about it and all the public restrooms with toilets that have no seats (let alone not knowing the last person who used it), it's a wonder we're not all sick! I hope this is just misinformation or overblown facts. Can you address this issue? —*J.N.*

ANSWER: Mostly overblown facts, I think. A study did show that bacteria and viruses can be spread by water droplets around the area of a toilet with no lid (and presumably with the lid up). However, these germs don't go through intact skin, which is why we aren't all sick. The key to not getting infected is handwashing after using the restroom. However, I think keeping your toothbrush a ways away from the toilet also might be a good idea, having read through the research.

DEAR DR. ROACH: Please tell me where I can find more information about the Mediterranean diet. —*V.P.*

ANSWER: The Mediterranean diet is not a single diet; it's a collection of several cuisines that share some important elements and which have been shown to reduce rates of heart disease and obesity. Some common features are: mostly plant-based, with small amounts of meat; high consumption of fruits, vegetables and whole grains; low to moderate amounts of dairy products; relatively high amounts of olive oil, nuts and fish. Wine is an optional part of the diet in low to moderate amounts and with food. The American Heart Association and the Mayo Clinic websites have more information about this diet, and your local bookstore will doubtless have some recipe books and cookbooks. If you don't have a local bookstore, one large online site had 237 titles on this topic available when I looked.

There are many ways to eat healthy. I find the Mediterranean diet a great choice, but recommend a diverse diet for health and enjoyment.

DEAR DR. ROACH: My primary-care doctor hasn't been able to answer this. What are the pros and

cons of having shingles vaccine if one has genital herpes and is being treated with acyclovir? I'm in my 60s. —*A.A.*

ANSWER: The potentially confusing issue is that genital herpes is caused by herpes simplex virus II, which is in the same family of viruses as varicella-zoster virus, the cause of shingles. However, the vaccine will have no effect on the herpes or its treatment, so you have the same recommendation as the average person, which is to get the vaccine. Anyone over 60 should have the vaccine unless there is a reason he or she can't get it, such as having a serious immune system disease (like advanced HIV), being on medications that suppress the immune system or having recently had cancer chemotherapy.

Mixed Signals on Heart Rhythms

DEAR DR. ROACH: I am a 75-year-old man who recently experienced three episodes of lightheadedness. After testing, my cardiologist determined that these were not likely to be cardiac in origin. My concern is with the result of my 24-hour Holter monitor, which showed a little more than 1,000 isolated PVCs in 24 hours. I have been told that this is either "dire" or "not an issue." I would appreciate your comments on this and any discussion of treatment for frequent PVCs. —*J.G.*

ANSWER: Normally in the heart, the electrical impulse starts at the sinoatrial node, often called the pacemaker of the heart. The impulse proceeds down clearly defined pathways (think of them as wires) to the atrioventricular node, where it waits for the mechanics of the heart to catch up with the electrical system. The electrical impulse then travels down the bundle of His to the Purkinje fibers, which stimulate the ventricle.

Occasionally, in everybody, an electrical impulse will come from a different part of the heart before the normal SA impulse. If it comes from the atria, it is called a premature atrial contrac-

tion; and if it's from the much larger ventricles, a premature ventricular contraction. These are clearly distinguishable on an EKG. A PAC is early and narrow (since the impulse will go through the AV node), while a PVC is early and wide (since it does not, and must travel cell to cell).

My opinion is that frequent PVCs at your level is somewhere between "not an issue" and "dire." One study showed that people who had no known heart disease but more than 30 PVCs an hour (720 in 24 hours) have an increased risk of heart disease over people with fewer than 30 per hour. The overall increase in risk is not large in absolute terms, however.

Although there is treatment that can reduce PVCs, it's not clear that this reduces the risk of heart disease, and some treatments actually increase mortality risk. I recommend treatment for frequent PVCs only if there are very bothersome symptoms that are clearly related to the PVCs, or in the very infrequent event of someone with so many PVCs that the fast heart rate damages the heart.

DEAR DR. ROACH: What is Demodex of the eyelashes? Can it affect other parts of the body? Is it deadly? —*Anon.*

ANSWER: Demodex folliculorum is a mite, a small (0.1 mm) arthropod that lives on human skin in hair follicles. There is debate whether they cause disease, specifically inflammation of the eyelids. Most opinions I read suggest they do not. However, there are reports of eye symptoms in some people with more than usual amounts of Demodex, which can be treated with medication. In most people, Demodex is considered part of the normal flora, like the bacteria and fungi we carry around as well.



Financial Statement

WHAT'S MINE IS MINE AND WHAT'S YOURS IS MINE

Getting married is one of the most significant decisions you will make in life, along with decisions about your joint finances. Good planning and clear communication about finances will make a marriage stronger. If this subject was not addressed before the wedding, now is the time to sit down and work out a plan for

your respective futures.

Who owns what?

There are two basic property systems in the U.S. covering assets brought into marriage or gained while together.

Community Property

Nine states have laws saying that generally everything obtained once a couple is married is considered jointly owned.

Common Law

Property acquired by one member of a married couple is owned completely by that person — even if obtained

during marriage

Prenuptial Agreement

There are many variables in working out a plan that is right for both spouses. One is to sign a prenuptial agreement which means that each person's assets such as retirement, checking and savings accounts, would be kept separately. If the marriage has proven to be successful, you may change your minds and convert accounts to being jointly held.

Second Marriages

Perhaps both partners en-

tered into a second marriage with sizable assets. These assets are held in individual trusts, which hold pre-marriage investment accounts and property. However, both trusts should be "revocable," meaning that upon death, beneficiaries generally can get access to assets without going through the lengthy and costly process of probate court. If you decide to keep those individual trusts, designate each other as the beneficiary. You may decide to create a joint trust which

could contain a house purchased after marriage and a joint checking account. Both parties should sit down together once a month to pay bills to see where the money is going. Ignorance is not bliss. The more money each spouse has before the marriage, the greater the need for multiple investment accounts and careful management of beneficiaries.

Age Differences

Money issues can get a little tricky when there is a significant age difference. Create separate retirement projections to manage your 401(k)s and other individually held funds earmarked for retirement ensuring that each partner will have plenty to live on. Another factor that must be addressed is one of children/adult children, especially if a child has a mental or physical disability.

There are so many variables but don't wait to get your finances in order.

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1. "Touch and Go" was released by what group?
2. Which band scored a Top 10 hit with "Green-Eyed Lady"?
3. Name the only song Herb Alpert sang and recorded.
4. What is the message in the 1963 "Wives and Lovers"?
5. Name the song that contains this lyric: "Remember when the days were long, And rolled beneath a deep blue sky, Didn't have a care in the world."

Answers

1. The Cars, off their "Panorama" album in 1980. The song only went to No. 37 in the U.S., but soared to No. 2 in France. Go figure.
2. Sugarloaf, in 1970. The original single came in at almost six minutes, but had to be cut to three minutes for airplay.
3. "This Guy's in Love with You," in 1968. Known as a trumpet player, this was the rare occasion when his singing voice was recorded.
4. Wives should stay attractive for their husbands, say the lyrics, so he doesn't stray.
5. "The End of the Innocence," by Don Henley, in 1989. For its relatively simple lost-innocence lyrics, the song buries complicated meaning between the lines: baby boomers, consumerism, corruption and politics.

Strange BUT TRUE

By Samantha Weaver

• It was anti-apartheid activist, Nobel Peace Prize winner and South African president Nelson Mandela who made the following sage observation: "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner."

• In 1946, there were only 10,000 privately owned television sets in the United States. By 1952, that number had grown to 12 million.

• Those who study such things say that the mouth of an anteater is only an inch wide.

• Alexander III of Macedon earned the moniker Alexander the Great by embarking on an unprecedented military campaign in Asia and north Africa after he became king at the age of 20. By the time he was 30, his empire stretched from Greece to present-day India. One of the things that made his army different is that he required his soldiers to be clean-shaven. He felt that during battle, beards made a convenient handhold and could be grabbed by their enemies.

• You might be surprised to learn that there is no such thing as a poisonous snake. Of course, there are venomous snakes. What's the difference, you may ask. Well, something that is poisonous has detrimental effects when you ingest it — for example, poisonous mushrooms. As a general rule, eating snake meat won't hurt you. Because snakes inject the toxin into your bloodstream, they're venomous.

Thought for the Day: "A writer — and I believe, generally all persons — must think that whatever happens to him or her is a resource. All things have been given to us for a purpose, and an artist must feel this more intensely. All that happens to us, including our humiliations, our misfortunes, our embarrassments, all is given to us as raw material, as clay, so that we may shape our art." —*Jorge Luis Borges*

top 10 movies

1. **Kingsman: The Golden Circle** (R) Taron Egerton, Colin Firth
2. **It** (R) Bill Skarsgard, Jaeden Lieberher
3. **The Lego Ninjago Movie** (PG) animated
4. **American Assassin** (R) Dylan O'Brien, Michael Keaton
5. **Mother!** (R) Jennifer Lawrence, Javier Bardem
6. **Home Again** (PG-13) Reese Witherspoon, Nat Wolff
7. **Friend Request** (R) Alycia Debnam-Carey, William Moseley
8. **Stronger** (R) Jake Gyllenhaal, Tatiana Maslany
9. **The Hitman's Bodyguard** (R) Ryan Reynolds, Samuel L. Jackson
10. **Wind River** (R) Kelsey Asbille, Jeremy Renner

top ten Highest-Paid Comedians

1. Jerry Seinfeld
2. Chris Rock
3. Louis C.K.
4. Dave Chapelle
5. Amy Schumer
6. Kevin Hart
7. Jim Gaffigan
8. Terry Fator
9. Jeff Dunham
10. Sebastian Maniscalco

Source: Forbes

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

PICKS OF THE WEEK

Pirates of the Caribbean: Dead Men Tell No Tales (PG-13) — Jerry Bruckheimer Films and Disney bring yet another installment of the "Pirates of the Caribbean" franchise, in which the luckless Capt. Jack Sparrow (Johnny Depp) once again pits his vexatious charms against an undead seafarer — Javier Bardem as Capt. Salazar, once a Spanish pirate hunter now cursed captain of the *Silent Mary*. Jack must track down the legendary Trident of Poseidon to defend himself, with help from Will Turner's son Henry (Brenton Thwaites) and the lovely astronomer Carina (Kaya Scodelario). Geoffrey Rush returns as Capt. Barbossa. While repetitive in theme, it's still packed with interesting visuals and plenty of love and action, at least enough for a satisfying rainy afternoon.

Goon: Last of the Enforcers (R) — A hockey lockout brings a slew of new players to the Canadian minor league, just as Doug "The Thug" Glatt — the gold-hearted goon of the 2011 original film, again played by Seann William Scott — is sidelined with a shoulder injury. Now married to Eva (Alison Pill), and expecting a baby, he attempts to settle into a normal life and job, but is brought back onto the ice when his nemesis, the aggressive son of the Highlanders owner, tanks the team's record with his recklessness. With some help from his old friends and colleagues — Liev Schreiber, Jay Baruchel, Marc-Andre Grondin and all the favorites — can he reclaim his place as protector of players in time to win a championship? This reincarnation is delightfully raunchy, although it doesn't quite live up to its predecessor.

A Ghost Story (R) — In a film where the lead actor, known for his

nuanced expression, spends a significant portion of the film covered in a white sheet, you'd be forgiven for thinking it hokey or trite, but you'd be wrong. It's sentimental and sweeping, both in its presentation of a passionate, timeless attachment, but also in exploring the deepness of eternal human emotion. Casey Affleck stars as a struggling musician who occupies an unassuming home with his wife, played by Rooney Mara. After his unexpected death, we witness his ghost's emotional journey through the expanse of time, and the result is the exaltation of infinite love.



Caramel Film & No Trace Camping

Seann William Scott in "Goon: Last of the Enforcers"

The Survivalist (NR) — In an oppressively bereft, post-apocalypse future, a man (Martin McCann) lives alone in the forest, farming a small plot of land, ever vigilant for raids and thieves. The tension in the silence is palpable, and it is into this that two women (Mia Goth and Olwen Fouere) intrude, seeking food and shelter. Fidelity and trust are hard to come by in a world where existence hangs by a thread, but the presence of others forces these three to examine what exactly is necessary for survival. First-time feature director Stephen Fingleton manages a rich tapestry in this isolated landscape, giving us an escalating study in need.

NEW TV RELEASES

- 2 **Broke Girls** The Complete Series
- American Horror Story: Roanoke** The Complete 6th Season
- House of Cards** Season 5
- My Little Pony: Friendship is Magic** (Holiday Hearts)

TOP VIDEO RENTALS AND SALES

Top 10 Movies On Demand

1. **The Mummy** (PG-13) Tom Cruise
2. **Captain Underpants: The First Epic Movie** (PG) animated
3. **Baywatch** (R) Dwayne Johnson
4. **Guardians of the Galaxy Vol. 2** (PG-13) Chris Pratt
5. **Rough Night** (R) Scarlett Johansson
6. **Megan Leavey** (PG-13) Kate Mara
7. **It Comes at Night** (R) Joel Edgerton
8. **The Boss Baby** (PG) animated
9. **All Eyez on Me** (R) Demetrius Shipp Jr.
10. **Snatched** (R) Amy Schumer

Top 10 DVD, Blu-ray Sales

1. **The Mummy** (PG-13) Universal
2. **Captain Underpants: The First Epic Movie** (PG) Paramount
3. **Guardians of the Galaxy Vol. 2** (PG-13) Disney
4. **The Big Bang Theory: The Tenth Season** (TV-14) Warner Bros.
5. **The Lion King** (G) Disney
6. **Baywatch** (R) Paramount
7. **Megan Leavey** (PG-13) Universal
8. **The Boss Baby** (PG) FOX
9. **Alien: Covenant** (R) FOX
10. **It Comes at Night** (R) Liongate

Source: ComScore

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What's Hot in Hollywood

HOLLYWOOD — **Mark Wahlberg** tops Forbes Magazine's list of highest-paid actors for 2017 with \$68 million (pretax), thanks to "Transformers: The Last Knight"; "Daddy's Home 2," arriving Nov. 10, with **Will Ferrell** and **Mel Gibson**; and the ironically titled "All the Money In the World," with **Michelle Williams** and **Kevin Spacey**, due Dec. 8. This doesn't include the fortune he's making from Spectrum commercials and "Wahlburgers" (the series and the hamburger joints). He also makes big bucks for producing.

No. 2 is "The Rock," **Dwayne Johnson**, up \$50 million this year with \$65 million from "Baywatch," "Jumanji" (out Dec. 20), "Rampage" (coming April 20), "Skyscraper" (July 13 release) and "Fighting With My Family." He also added coin for successfully producing.

Another actor producing for really big bucks is **Vin Diesel**, whose slice of the billion-dollar grosser "The Fate of the Furious," made him No. 3 at \$54 million, with help from "The Return of Xander Cage" and "Guardians of the Galaxy, Vol. 2."

Coming in at No. 4 is **Adam Sandler**, who went to Netflix this year in a big way and raked in \$50 million for "Sandy Wexler," with Oscar-winner **Jennifer Hudson**, **Kevin James**, **Terry Crews** and **Rob Schneider**; "The Meyerowitz Stories," with **Ben Stiller**, **Emma Thompson** and **Dustin Hoffman**; and "The Week Of" with **Chris Rock** and **Rachel Dratch**. Add monies for writing, producing and lending his voice to the animated "Hotel Transylvania 3," and it stacks up big.

No. 5 **Jackie Chan** still is the top grosser in China, where he made seven films this year, as well as "Shanghai Dawn," the sequel to "Shanghai Knights" (2003), again with **Owen Wilson**; and "The Foreigner," with **Pierce Brosnan**, for a total of \$49 million.

Remember **Steve Howey** of "Reba"? He's gone to the dogs! His just-released film, shot in 2015, is "Unleashed," in which a cosmic storm turns him (a dog) and the family cat into two perfect men who vie for dates with their mistress. When you watch the film, see if you can spot **Kathy Garver**, who played older sister Cissy in the 1960s sitcom "Family Affair."

Brad Pitt is returning to acting in the sci-fi epic "Ad Astra," with **Tommy Lee Jones**, **Donald Sutherland**, **Jamie Kennedy** and **Ruth Negga**,



Depositphotos

Brad Pitt

in which he searches the solar system for his missing father. Pitt has 35 projects optioned to produce and/or star in. That's one way to get over a divorce!

Two-time Oscar winner **Hillary Swank**, now onscreen with **Channing Tatum** in the mediocre "Logan Lucky," has completed "55 Steps," with **Helena Bonham Carter** and **Jeffrey Tambor**; "What They Had," with **Michael Shannon**, **Robert Forster** and **Blythe Danner**; and is executive producing and starring in "Intimate Strangers." No doubt it will be a "Swank Production."

HOLLYWOOD — **Kristen Wiig** is headed for superstardom. The recent "Despicable Me 3," which she voiced along with **Steve Carrell**, grossed \$975 million. The just-released psycho-horror film "Mother," with Oscar-winners **Jennifer Lawrence** and **Javier Bardem**, will be followed by "Downsizing," with **Matt Damon**, **Christoph Waltz**, **Neil Patrick Harris**, **Alec Baldwin**, **Laura Dern** and **Jason Sudeikis** (out Dec. 22). The Venice Film Festival screening brought unanimous praise from ALL the critics and received a 100 percent favorable rating from Rotten Tomatoes.

It's about villages constructed in Norway to house downsized human beings (a la "Honey, We Shrunk Ourselves"). "Downsizing" means your assets are worth a hundred times more, and your consumption and waste are so little that you're part of saving natural resources and the environment. The drawback is that the process is irreversible and poses the question: Would you want to be tiny in a world where others are giants?

Wiig has "Where'd You Go, Bernadette," with **Cate Blanchett**, in the can and is now working on "The Heyday of the Insensitive Bastards," a film with seven vignettes that explore the difference between fantasy and reality, memory and history, and the joy and anger of the human condition. The film also stars **Matthew Modine**, **James Franco**, **Kate Mara**, **Amber Tamblyn** and **Natalie Portman**. It also will mark the film debut of Oscar- and talk-show host **Jimmy Kimmel**, as Mr. Chipmunk. Wiig next takes on the American version of the German-Austrian comedy-drama "Toni Erdman," with **Jack Nicholson** as her father.



Depositphotos

Kristen Wiig

Melissa McCarthy was No. 4 on Forbes list of top earning actress at \$18 million. We now know why she didn't flinch when CBS canceled "Mike and Molly." McCarthy and husband **Ben Falcone's** production company has entered into co-production deals with several studios. Already completed is "Life of the Party," a co-production with Warner Bros./New Line, written and produced with her husband (who also directed). It's slated for release May 11, and also stars SNL alums **Maya Rudolf** and **Chris Parnell**, in addition to "Modern Family's" **Julie Bowen**.

"The Happy Time Murders," a co-production with The **Jim Henson Company** co-starring **Maya Rudolf**, arrives Aug. 17, followed by "Margie Clause," a co-production with Warner Bros. and New Line aiming for 2019 release. McCarty also is slated for two more films with Warners/New Line, two with 20th Century Fox, one with Universal and another with Paramount Pictures. She and Falcone also produced 12 episodes of the TVLand series "Nobodies"

and has her own fashion line. She's making so much money she could buy CBS and fire the people who canceled "Mike and Molly"!



by cindy elavsky

Q. A friend of mine in England was telling me about this new series called "The Halcyon," which she described as "Downton Abbey" in a hotel. Will that show ever come to the States? If not, do you know where or how I can see it? — *Lottie F., via email*

A. "The Halcyon," which is produced by Chris Croucher, who also produced "Downton Abbey," is similar to "Downton," but it's quite different in most regards. The acclaimed U.K. series, which tells the story of a bustling and glamorous five-star hotel at the center of London society during World War II — premieres Monday, Oct. 2, at 10 p.m. ET on Ovation with eight one-hour episodes. I spoke with series star **Kara Tointon** recently, and she gave me the inside scoop.

Kara revealed: "It's such a compliment to have a comparison to anything that's been so successful like 'Downton Abbey.' I can see the similarity because you've got the upstairs/downstairs element, but it's a completely different backdrop of the hotel and storyline-wise and character-wise. The best way to watch anything is just to go in completely fresh-eyed, and just take it for what it is; you'll get the best outcome when you do that. It's a really warm show with a great heart, and it's fun to get carried up by the journey."

Kara also told me about her fond memories on the set, saying: "I remember the atmosphere — there's something about that time, as awful as it was, but it was electric and beautiful. You have the music and people just wanting to have fun; life was pretty tough, and people were just gathering together. There was a lot of love, and a lot of good things sometimes come from bad times. I just remember it being a lovely atmosphere. It was a great cast and crew, and everyone just enjoyed being at work. It was one of

enjoyed being at work. It was one of the most enjoyable things I've ever done."



ITV

Kara Tointon

Q. What has **Tom Welling** been up to lately? I haven't seen him much since "Smallville." — *Gerry T., via Facebook*

A. The handsome superhero has just landed a role on the Fox hit supernatural/crime/dramedy series "Lucifer." In its upcoming third season — which premieres Oct. 2 with 26 all-new episodes — **Tom** plays **Marcus Pierce**, a well-respected police lieutenant who develops a romantic connection with **Chloe** (played by **Lauren German**). I'm thinking that **Lucifer**, played by the handsome and charismatic **Tom Ellis**, will certainly have something to say about that.

READERS: In other "Smallville" news, **Erica Durance** — who played opposite **Tom Welling** as **Lois Lane** — has been tapped to replace **Laura Benanti** as **Kara's** mother, **Alura**, in season three of the CW's "Supergirl." Executive producer **Andrew Kreisberg** revealed a few months back: "Unfortunately, **Laura ...** was unable to continue in the role due to work commitments in [New York]."

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- 1/2 cup chopped onion
- 1 (14 1/2-ounce) can Italian stewed tomatoes, undrained
- 1 (8-ounce) can Hunt's Tomato Sauce
- 1 teaspoon Italian seasoning
- 3/4 cup shredded carrots
- 1 cup chopped zucchini
- 1 teaspoon dried parsley flakes
- 1 1/2 cups hot cooked fettuccine
- 1/4 cup Kraft Reduced Fat Parmesan Style Grated Topping

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute ham and onion for 5 minutes. Add undrained stewed tomatoes, tomato sauce, Italian seasoning and carrots. Cook, uncovered, for 7 to 8 minutes, stirring occasionally. Add zucchini and parsley flakes. Mix well to combine.

2. Cover and cook for 5 to 6 minutes or until zucchini is tender, stirring occasionally. Stir in fettuccine. Continue cooking for 1 to 2 minutes. Serve at once. Garnish each serving with 1 tablespoon Parmesan cheese. Makes 4 (1 1/4 cup) servings.

HINT: Usually 1 cup broken uncooked fettuccine cooks to about 1 1/2 cups.

• Each serving: 248 calories, 4g fat, 17g protein, 36g carbs, 964mg sodium, 109mg calcium, 4g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable, 1 1/2 Starch; Carb Choices: 2 1/2.

Good Housekeeping

Grilled Sausage and Apple Slaw Subs

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

- 4 wedge bratwurst links
- 2 large unpeeled Granny Smith apples
- 1/2 small red onion
- 1/3 cup mayonnaise
- 1 tablespoon cider vinegar
- 1 teaspoon spicy brown mustard
- 1/4 teaspoon celery salt
- 4 hoagie rolls

1. Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.

2. Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

Good Housekeeping

New Fried Chicken

Our answer to high-fat fried chicken: skinless drumsticks brushed with creamy mustard, coated with crushed whole-wheat cereal and baked to a crispy golden brown.

- 8 large chicken drumsticks (about 1 1/2 pounds)
- 1 1/2 cups whole-wheat-flake cereal, coarsely crushed
- 2 tablespoons dried parsley flakes
- 1/3 cup creamy mustard blend teaspoon salt
- 3/4 bunch radishes or 1 (6-ounce) bag radishes
- 1/3 cup pitted ripe olives
- 1 bunch watercress
- 3 tablespoons bottled light Italian salad dressing

1. Heat oven to 400 F. Spray 15 1/2-by-10 1/2-inch jelly-roll pan with nonstick cooking spray.

2. Remove skin from chicken drumsticks. On waxed paper, mix cereal and parsley flakes. In small bowl, mix creamy mustard blend and salt.

3. Brush each drumstick with mustard mixture; coat with cereal mixture, then place in jelly-roll pan.

4. Bake drumsticks 30 minutes or until coating is crisp and juices run clear when chicken is pierced with tip of knife.

5. While chicken is cooking, thinly slice radishes and olives. In large bowl, toss radishes, olives, watercress and dressing.

6. To serve, arrange salad and drumsticks on platter. Makes 4 servings.

• Each serving: About 310 calories, 12g fat, 102mg cholesterol, 1,125mg sodium.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/recipes/.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Custard Apple Pie

October is National Apple Month. This one is quick and easy, and with the right cooking apple you will have created the great ending to a wonderful meal.

- 1 Pillsbury refrigerated unbaked 9-inch pie crust
- 6 cups (12 small) cored, peeled and thinly sliced cooking apples
- 1 cup Splenda Granular
- 3 tablespoons all-purpose flour
- 2 tablespoons plus 2 teaspoons I Can't Believe It's Not Butter! Light Margarine
- 1 teaspoon apple pie spice
- 1/3 cup Land O Lakes Fat-Free Half and Half

1. Heat oven to 350 F. Place pie crust in a 9-inch pie plate. Flute edges. Evenly arrange apple slices in prepared pie crust.

2. In a medium bowl, combine Splenda, flour, margarine and apple pie spice. Mix with a fork to make a crumbly mixture. Spoon half the mixture over apples. Stir gently to blend into apples. Carefully pour half and half over apple mixture. Sprinkle remaining crumb mixture over top.

3. Bake for 1 hour. Place pie plate on a wire rack and allow to cool completely. Cut into 8 servings.

• Each serving equals: 205 calories, 9g fat, 1g protein, 30g carbs, 145mg sodium, 19mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Fruit, 1 Starch/Carb, 1 Fat; Carb Choices: 2.

Good Housekeeping

Kielbasa Medley

A hearty one-skillet dinner made with apples, carrots and red potatoes.

- 8 ounces reduced-fat turkey kielbasa, cut diagonally into 1/2-inch-thick slices
- 12 ounces red potatoes, cut into 1-inch chunks
- 2 cups shredded carrots (about half 10-ounce bag)
- 1 bag (16 ounces) sauerkraut, rinsed and drained
- 2 Golden Delicious apples, unpeeled, cored and cut into 1/2-inch chunks

1. Heat nonstick 12-inch skillet over medium-high heat until hot. Add kielbasa and cook 3 to 4 minutes or until golden, stirring occasionally.

2. Add potatoes, carrots, sauerkraut, apples and 1/3 cup water; heat to boiling. Reduce heat to medium-low; cover and simmer 18 to 20 minutes or until potatoes are fork-tender. Makes 4 main-dish servings.

• Each serving: 230 calories, 5g total fat (2g saturated), 11g protein, 40g carbohydrates, 5g total fat (2g saturated), 9g fiber, 35mg cholesterol, 935 mg sodium.

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Crime

Simple assault at a convenience store on the 3400 block of North Halsted

Simple battery in a parking lot on the 3400 block of North Halsted

Aggravated battery causing serious injury at a grocery food store on the 2900 block of North Ashland Avenue

Burglary and unlawful entry of a residence on the 1000 block of West Roscoe Street

Burglary with forcible entry to a residence on the 1900 block of West Oakdale Avenue

Burglary and unlawful entry to a residence on the 100 block of West Roscoe Street

Vandalism and criminal damage to a vehicle on the street on the 3200 block of North Halsted Street

Criminal sexual assault non aggravated on the 800 block of West Wellington Avenue

Deceptive practice and credit card fraud on the 3200 block of North Kenmore Avenue

Deceptive practice using a counterfeit document at a restaurant on the 800 block of West Belmont Avenue

Counterfeit money being passed at a restaurant on the 2900 block of North Ashland Avenue

Motor vehicle theft of an automobile off the street on the 1500 block of West Wellington Avenue

Violating an order of protection at a bar or tavern on the 3300 block of North Halsted Street

Strongarm robbery with no weapon on the sidewalk on the 800 block of West Belmont Avenue

Theft from a residence on the 3300 block of North Paulina Avenue

Theft by pick pocketing on a CTA bus on the 500 block of West Roscoe Street

Theft over \$300 from a residence on the 800 block of West Buckingham Place

Theft from a restaurant on the 2900 block of North Clark Street

Theft from a restaurant on the 900 block of North Belmont Avenue

Domestic battery on the sidewalk on the 3400 block of North Clark Street

Battery on the sidewalk on the 1000 block of West Addison Street

Burglary and forcible entry to an apartment on the 3500 block of North Sheffield Avenue

Criminal damage to property at a bar on the 1000 block of West Addison Street

Motor vehicle theft of an automobile off the street on the 3100 block of North Cambridge Avenue

Motor vehicle theft of an automobile off the street on the 3100 block of North Clark Street

Theft over \$300 from an apartment on the 800 block of West Buckingham Place

Retail theft from a convenience store on the 3000 block of North Halsted Street

Retail theft from a drug store on the 3000 block of North Halsted Street

Theft over \$300 on the sidewalk on the 3300 block of North Halsted Street

Weapons violation unlawful use of a dangerous weapon on the sidewalk on the 3400 block of North Halsted

Simple assault at an apartment on the 1900 block of West Belmont Avenue

Robbery strongarm no weapon on the sidewalk on the 1000 block of West Belmont Avenue

Simple assault on the 3200 block of North Sheffield Avenue

Simple battery on the sidewalk on the 3200

block of North Wilton Avenue

Domestic battery at an apartment on the 500 block of West Cornelia Avenue

Criminal trespass to a bar or tavern on the 3300 block of North Halsted Street

Deceptive practice of theft of labor/services at a restaurant on the 900 block of West Belmont Avenue

Motor vehicle theft of cycle, scooter or bike with VIN number off the street on the 1900 block of West Roscoe Street

Theft of under \$300 on the street on the 3200 block of North Halsted Street

Theft from an apartment building on the 3500 block of North Wilton Avenue

Theft from a small retail store on the 2800 block of North Clark Street

Simple assault on the sidewalk on the 600 block of West Diversey Parkway

Domestic battery at an apartment on the 600 block of West Cornelia Avenue

Simple battery on the sidewalk on the 3500 block of North Southport Avenue

Burglary and unlawful

entry to an apartment on the 400 block of West Surf Street

Burglary and forcible entry to an apartment on the 2900 block of North Clark Street

Financial identity theft over \$300 from a bank on the 800 block of West Wellington Avenue

Deceptive practice Counterfeiting document counterfeit money trying to be passed on the 3300 block of North Lincoln Avenue

Financial identity theft over \$300 at a residence on the 600 block of North Cornelia Avenue

Harassment by telephone at a medical dental office on the 3000 block of North Halsted Street

Strongarm robbery on the sidewalk on the 1000 block of West Belmont Avenue

Theft over \$300 at a parking lot or garage on the 3000 block of North Broadway

Pick pocketing on the sidewalk on the 3000 block of North Clark Street

Theft of \$300 and under at a residence on the 3200 block of North Clark Street

Simple assault on the street on the 3500 block of North Clark Street

Simple battery in an alley on the 1100 block of West Addison Street

Simple battery at a bar on the 900 block of West Belmont Avenue

Simple battery to a professional employee minimum injury at a hospital building grounds on the 800 block of West Wellington Avenue

Simple battery on the street on the 3300 block of North Halsted Street

Burglary and unlawful entry to a residential garage on the 1800 block of West Henderson Street

Deceptive practice and credit card fraud from a residence on the 3500 block of North Pine Grove Avenue

Violating an order of protection on the street on the 3100 block of North Ashland Avenue

Harassed by electronic means at a residence on the 1200 block of West Nelson Street

Endangering the life or health of a child on the sidewalk on the 3000 block of North Elston Avenue

Possession of more than 30 grams of cannabis in a police facility parking lot on the 2400 block of West Belmont Avenue

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Photos courtesy of Getty Images

A Guide to Outfit Your Home

FAMILY FEATURES

Whether you're just starting out and filling your first home or looking to round out the missing pieces of a household you've lived in for years, this handy list can help give you a rundown of some must-have items for every room.

Kitchen

- High-quality knives and a sharpener for even, precise slicing and dicing
- A collection (although not necessarily a matched set) of pots and pans in varying sizes with lids
- Wooden spoons and plastic spatulas and scrapers that allow you to prep meals without damaging pots and pans
- Sturdy mixing bowls that will stand up to heavy blending and beating
- A hand or stand mixer with variable speed settings
- Baking essentials, including heavy cookie sheets, cake pans and muffin tins
- Measuring cups and spoons (consider adding an extra set if you cook often so there's always some clean and ready)
- At least a couple of cutting boards so you can prepare potential contaminants, like raw chicken, separate from other ingredients
- Thick mitts for handling dishes fresh out of the oven and trivets to prevent hot items from damaging counters and other surfaces
- Complete place settings (plates, glasses and silverware) for as many as 12 guests

Living Area

- Comfortable seating for every member of the household
- Occasional seating such as benches or ottomans that can serve dual duty for visitors
- Side tables and a coffee table to keep drinks, magazines and other necessities within reach
- Soft, cozy touches such as rugs, pillows and throw blankets
- Artwork and other decor that can add character and personality
- Lamps that create a more inviting ambiance than stark overhead lighting (adding a dimmer switch can give you ultimate ambiance control)
- Entertainment features, such as a television or music system
- Window coverings to block harsh daylight sun and give added privacy at night

Office

- A comfortable chair with adequate lumbar support
- One or more flat, sturdy work surfaces
- Supply of pens and pencils in varying weights and colors
- Standard supplies, including stapler, paper clips, ruler, etc.
- Printer, paper and extra ink, so you don't get caught mid-project with no way to finish
- Quality task lighting

Guest Room

- At least two sets of linens to accommodate beds, plus extra for inflatable mattresses or sleeper sofas for guests
- Blankets in a variety of seasonal weights so guests can layer up or down to their comfort level
- A complete set of towels and washcloths per guest
- Toiletry essentials that are easily forgotten, like toothpaste, toothbrushes, shampoo and conditioner
- Remedies for current maladies, such as headaches and allergies
- A supply of extra hangers
- Reading material, such as a couple of classic novels or current magazines

Laundry Room

- A drying rack for air-dry-only garments
- Baby powder to help lift greasy stains (just sprinkle, let sit to absorb then apply stain remover before washing)
- Stain remover
- An iron and ironing board
- Hangers for items fresh out of the dryer and a rack or rod to hold them
- A secure shelf or basket to safely hold detergent, other laundry essentials and items that do not fit in the pantry

Find more helpful tips for your home and lifestyle at eLivingToday.com.

5 Ways to Save Money While Shopping

There's shopping for pleasure, then there's shopping for purpose. The latter is never quite as fun, but taking a practical approach to buying household necessities can help save money so there's more to spend on the shopping you enjoy most.

Tackle your household shopping with these cost-conscious tips from the experts at Scott Brand:

Keep a list. Knowing which groceries and supplies you have on-hand before heading to the store makes it easier to avoid overspending. Look for a shopping list app that includes sharing features so others in the household can let you know when they use the last of something that needs replaced.

Pull in price-cutting resources. Start by looking at store ads before heading out to shop so you know where to find the best deals. Be sure to clip coupons from the local paper and print more coupons online. Also remember to do price comparisons at online shopping sites.

Shop for value. Instead of simply purchasing the cheapest product, do your research to know which product offers the best value. Look for household items like Scott 1000 toilet paper, America's longest-lasting toilet paper, which comes with 1,000 sheets in every roll to help your family keep on going. Determining which products will meet your family's needs in terms of performance and long-lasting value at the lowest price can help you save in the long run.

Know when bulk spending is better. While it will likely make a larger dent on your wallet at the store, buying in bulk can provide long-term financial gain. Because you're buying in quantity, you'll likely be purchasing products that will last longer to help delay a return trip to the store. One way to minimize the "ouch" of the upfront expense: stagger your bulk buying so you're restocking items over time.

Avoid impulses. Especially when you're shopping with family members, it's easy to watch the shopping cart grow full with each "bargain" item at the end of the aisle. Unfortunately, these impulse buys can add up quickly. Instead, invite the whole family to help build a reasonable list and then help keep each other accountable to it. If you make it all the way to the register, reward yourselves with a small snack or treat from the check-out aisle.

Find more information and ways to save on household necessities at ScottBrand.com.



The Garden Bug
Hermits

In 18th-century England, Scotland and Ireland, wealthy landowners hired persons to grow their hair, not wash, and live as "hermits" on their estates. This symbolized elite awareness of melancholia and mortality amongst the nobility. Towards the end of the century, erecting statues of such figures replaced the actual hiring of persons to live the part on one's property, and it is supposed that the placing of smaller statues commonly called "gnomes" in one's garden evolved from this practice. - Brenda Weaver

Detail from *The Hermit in the Garden: From Imperial Rome to Ornamental Gnome*, by Gordon Campbell, Oxford University Press
 Source: www.atlasobscura.com

The Garden Bug
Succulents

Succulents prefer the bright light of a south-facing window, but the leaves will turn brown or white if the light is too intense. Ideal temperatures would be from 70-85° F during the day to as low as 50-55° F at night. Water regularly but lightly, as keeping the roots soaking wet will kill the plant. Succulents should be potted in a fast-draining soil mixture that's designed for cacti; or make your own, using regular potting soil mixed with perlite to increase aeration and drainage. - Brenda Weaver

Source: www.thespruce.com

The Garden Bug
Monarch migration



Unlike other butterflies that can overwinter as larvae, pupae, or even as adults in some species, monarchs cannot survive the cold northern winters. In autumn they migrate, using a combination of air currents and thermals to travel about 50 to 100 miles a day - some have been recorded traveling over 200 miles in one day! It can take up to two months to complete their journey to their winter homes in Mexico and California. - Brenda Weaver

Source: www.fs.fed.us, www.monarchwatch.org

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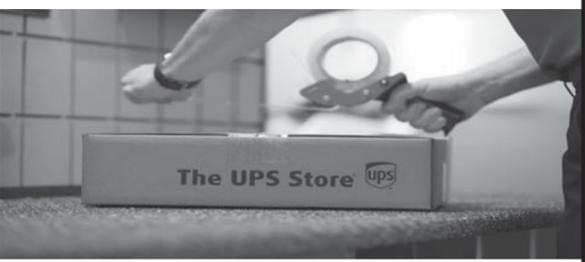
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Quotes worth your time

"Two things are infinite: the universe and human stupidity; and I'm not sure about the universe."
 — Albert Einstein

"The road to success is always under construction."
 — Author unknown

"Never go to a doctor whose office plants have died."
 — Erma Bombeck

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Comics

R.F.D. by Mike Marland

TIME FOR OUR FAVORITE SHOW, MAY!

POPCORN'S READY!

HOW MANY MORE EPISODES DO YA THINK WE'VE GOT 'TIL THE SEASON FINALE?

ANYONE'S GUESS.

MARLAND

Out on a Limb by Gary Kopervas

TALL GRANDE VENTI YETI

Amber Waves by Dave T. Phipps

MAKING THE RIGHT DECISIONS WHEN YOU'RE A KID IS TOUGH.

JUST ONE WRONG STEP AND YOU'RE IN REAL TROUBLE.

LUCKILY I HAVE A GOOD SENSE OF JUDGMENT AND DIRECTION.

UNFORTUNATELY NOT AT THE SAME TIME.

The Spats by Jeff Pickering

YOU'VE BEEN SITTING IN THAT CHAIR DOING NOTHING ALL DAY.

SOME PEOPLE LIVE THEIR LIVES IN THE FAST LANE

...I PREFER TO LIVE MINE IN THE PARKING LOT

THE CASHIER BY RICARDO GALVÃO

"MAN INVESTIGATING HIGH WATER BILL DISCOVERS CAT FLUSHING THE TOILET."

YOU COULD LEARN SOMETHING FROM HIM...

THEY'LL DO IT EVERY TIME BY AL SCADUTO

UNSOLVED HOUSEHOLD MYSTERIES NO. 1753-- EVEN SHERLOCK HOLMES CAN'T SOLVE THE CASE OF THE ONE MISSING STOCKING AFTER A MACHINE WASH...

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WELL, YES-- STOCKINGS USUALLY COME IN TWOS--

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I APP TO IT REGULARLY, DOC-- HAR-HAR--

OH! HOW NICE-- BREAKFAST IN BED-- I WON'T HAVE TO MAKE IT--

YEAH-- ENJOY-- I WANTED TO SAVE YOU SOME WORK-- 'BYE! GOTTA CATCH THE 8:15--

OH YEAH-- LOOKA-- ALL THE WORK HE SAVED HER

Junior Whirl

by Charles Barry Townsend

DO YOU KNOW YOUR ABC'S?

1.	A	B	C
2.	A	B	C
3.	A	B	C
4.	A	B	C
5.	A	B	C
6.	A	B	C
7.	A	B	C
8.	A	B	C
9.	A	B	C

CONNECT THE DOTS and find out the best way to raise strawberries.

Illustrated by David Coulson

Don't let this quiz make you nervous. The grid to our left has room for nine words, each of which contains at least three of the letters that we are looking for. We also give you plenty of hints to help you fill in the missing letters.

Answers: 1. Dabacus. 2. Barbecue. 3. Drawback. 4. Aerobics. 5. Cable car. 6. Fabricate. 7. Hunchback. 8. Roadblock. 9. Tablecloth.

Answer: Spot No. 4.

A GEOMETRY WAGER! Place eight straws on the table (Fig. 1) and bet your friends that they can't arrange them in a figure that will contain one polygon and eight triangles. Figure 2 shows you how it's done.

FIG. 1 FIG. 2

IT'S MAGIC! Use the numbers 12 through 27 to fill in our Magic Square. The numbers in each horizontal row and vertical column should total 78. We've filled in six of the squares. The rest is up to you.

		25	
	13		
14			17
21		15	

Our answer: First row: 19, 22, 25, 12. Second row: 24, 13, 18, 23. Third row: 14, 27, 20, 17. Fourth row: 21, 16, 19, 28.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Find at least six differences in details between panels.

Differences: 1. Purse is missing. 2. Cap is different. 3. Sweater words are missing. 4. Book is moved. 5. Car is moved. 6. School name is different.

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Just Like Cats & Dogs by Dave T. Phipps

YOU SAY THE SHOWS I WATCH ARE SILLY? FISH HOUSE RESCUE FOLLOWED BY COMPETITIVE WOOD CHOPPING?

FASHIONABLY FALL

Add to your autumn wardrobe

FAMILY FEATURES

When fall comes on quick and brings cool weather with it, you can't afford to be caught with an unprepared wardrobe. With every season change, there comes an opportunity to make sure your closet reflects your unique style.

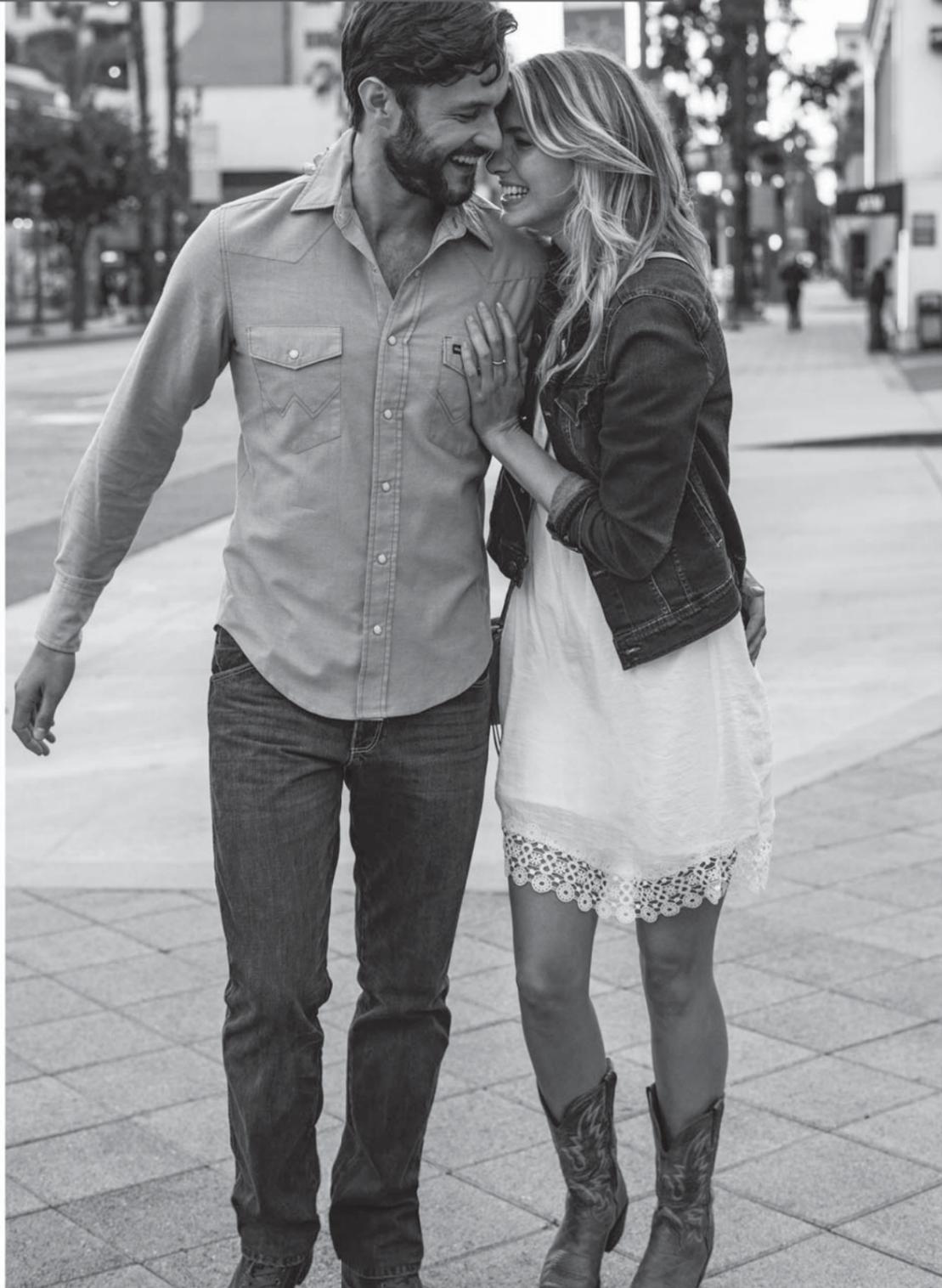
With crisp air settling in and beautiful leaves scattered on the ground, it's about more than just a long-sleeve shirt or a football jersey – stay warm from head to toe without sacrificing a look worthy of showing off. For this fall's fashion must-haves, turn to comfortable clothing that holds up against chilly weather with these stylish options.

There are countless choices for assembling the perfect outfit for this season, and the experts at Wrangler can prepare you for whatever each day may hold. Find more cool-weather clothing options at wrangler.com.



Be Ready

Stay ready for whatever weather fall brings with an added layer of warmth from Wrangler Fleece-Lined Jeans. Paired perfectly with denim, cool air is no match for Timberland Willoughby 6-Inch Waterproof Boots that not only look good but feel good, too. With their treated waterbuck leather, these boots promise a smooth all-day ride. For more fall boot options, visit timberland.com.



Be Strong

An outfit that starts with Wrangler Advanced Comfort Jeans is an outfit designed to tackle whatever the day may hold. Made from a unique cotton blend and available in multiple styles, including regular and relaxed fit, these jeans are designed to move with you.



Be Adventurous

Stay warm when it cools down with this Vans 66th Parallel Mountain Edition Jacket, an all-weather, 100-percent nylon horizontal quilt puffer jacket made for the elements. It fuses cold-weather function with Vans' classic California style. Find more styles for autumn adventures at vans.com.



Be Comfortable

Wrangler Cool Vantage Jeans for women keep you cool, dry and comfortable so you're less restricted, no matter where your active lifestyle takes you. With technology that can help wick away sweat quicker than normal denim, you can stay as cool as you look.



BE YOURSELF

With unlimited fall fashion options at your disposal, don't limit yourself. Instead, be true to your personal style, unafraid to live comfortably in your own skin – fashion included. Authentic options, such as iconic Americana clothing from Wrangler, are the ideal way to show off your personal flair. Follow your own style instincts, try new things and never back away from what you feel is the perfect look for the occasion.

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Reasonable Closing Costs

Low Income Loan Program

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