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January 2018
FREE - Our 22nd Year
Lakeview, Roscoe Village, Lincoln Square & NorthCenter

Lakeview

January, 2018 | "We don't make the news, we just report it." | Volume 22, Number 2

Interview

20 Questions

This month's interview is with **William Rodriguez**, driver for Lakeview Funeral Home, 1458 West Belmont.

Q. Where were you born and raised?
A. I was born in Ponce, Puerto Rico and raised in Chicago.
Q. Are you married? Any children?
A. Yes and I have one son and 2 daughters.
Q. Where did you attend school?
A. Lakeview High School and Wright Junior College.
Q. What was your first paying job?
A. Fayva Shoe Store as a stock boy.
Q. What is your fondest childhood memory?
A. Playing sports with my buddies.
Q. Who do you most admire and why?
A. My wife. No matter what, she puts up with me and she is a great Mom to our kids.
Q. If you could travel to any country in the world, where would that place be and why?
A. Spain because of its history and culture.
Q. At what age would you say was the best time in your life and why?
A. My twenties. I could play basketball and go to college parties.
Q. What did you do for a living before working at Lakeview Funeral Home?
A. I worked at renting trucks. I have worked for Lakeview Funeral Home for 36 years.
Q. What would you say is the toughest part of your job?
A. Dealing with the death of children.
Q. There are so many problems in the world. What concerns you the most and why?
A. Politicians fighting with each other. What does our future look like?
Q. What hobbies/interests do you have?
A. Collecting model muscle cars.
Q. What is your favor-

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"What the hell is going on in Chicago?"

by George and Joyce A. Rimel

President Donald Trump, during his speech to graduates of the FBI Academy in Quantico, Virginia again turned toward the subject of gun violence in Chicago. "What the hell is going on in Chicago? What the hell is happening there?" the president said. "For the second year in a row, a person was shot in Chicago every three hours. You don't think these people in this room can stop that? They'd stop that. They'd stop it."

The president said that it is not just Chicago, citing similar statistics from Baltimore. "Police departments are over-stretched, under-funded, and they're totally under appreciated except by me," joked the president.

On December 11, 2017, Mayor Rahm Emanuel appeared on "The Late Show with Stephen Colbert," which airs at 10:35 p.m. weeknights on CBS. The Mayor discussed Chicago's sanctuary city status and police-community relations and why the city wants to be known as "the city Trump will never sleep in" and declared Chicago a Trump-free zone.

According to data compiled by the Chicago Tribune, there have been 3,456 shooting victims in Chicago near the end of 2017 , which means that a person is shot every two hours and 25 minutes, according to

Continued on page 2

What's on your Mind?

"How I'll make it to Australia next year to visit a friend."

Beth Positano

"Definitely what I have to do to plan my wedding."

Taylor Evers

"Staying in the moment and being grateful for everything I have."

Cindy Goodrich

Editorial & Opinions

Interview continued from front page.

ite TV show, movie and book?

A. My favorite TV show is "The Big Bang Theory"; my favorite movie is "Rocky" and my favorite book is "Nixon."

Q. What have been your three greatest achievements?

A. My family; my wife, son and daughter; buying my house and enjoying playing sports.

Q. What have been your three greatest disappointments?

A. I didn't finish college; I didn't get my dream job of being an airplane pilot and not having a better relationship with my parents.

Q. What is your "pet peeve"?

A. Politics.

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

A. Treat people wih respect.

Q. If you could trade places with someone for a day, who would that person be and why?

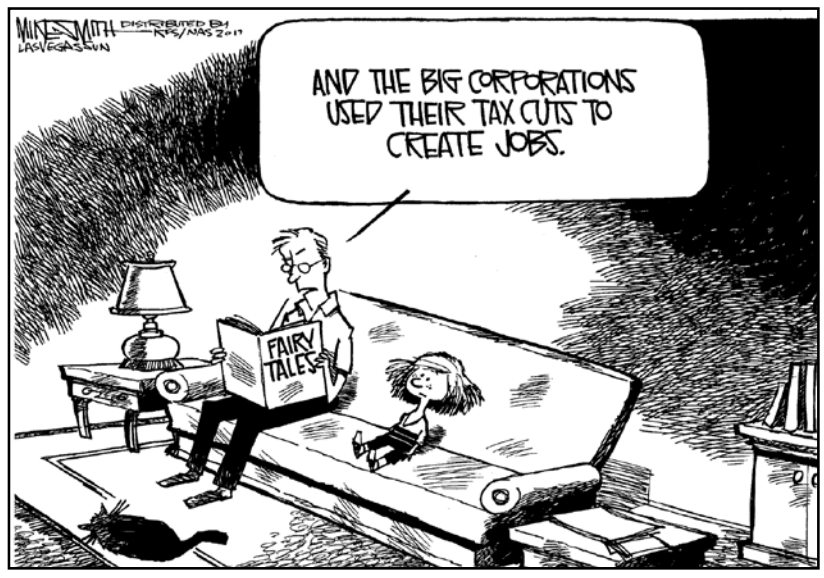
A. I'd like to be President for a day to help the less fortunate people in the United States.

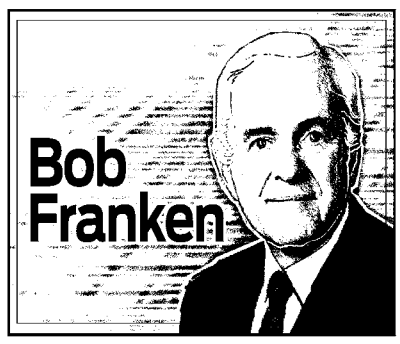
Q. What improvements or suggestions would you make for the Lakeview neighborhood?

A. We need more traffic control and to shut the bars down earlier that have late closings.

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

A. Stay healthy to have a long life for my family.





The 'Tinder Solution'

Why would we try solving society's most ancient problems with worn-out solutions? Sexual harassment and assault are as old as any issue can get. What do you think would have happened if the Garden of Eden had an HR department? Actually, nothing, just like today. These days, however, Eve would have decided that in the process of starting the human species, Adam acted inappropriately when he took a bite from the apple. Adam would be fired, and Genesis would have removed his blog.

The point is that nature requires that in the name of propagation, there's always been a huge amount of piggishness. Let's face it, most of us guys are boars. Actually, with our time-worn hit-on tactics, we're also bores. But women have always pretended that we're not and they have accepted their lot as mindless objects whose main purpose was to be breeding stock.

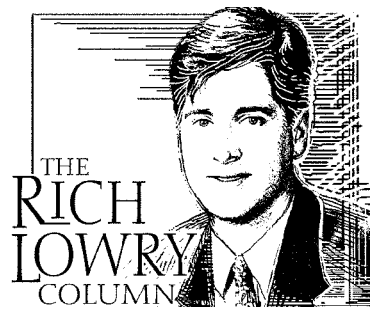
Finally, after eons, that's changing. Fitfully, but those of the female persuasion have decided that they're full-fledged people who think, create, the whole megillah. No longer are they going to tolerate the range of animal-like behavior. No more will they fear rape and sexual assault because they have no recourse. No more will they accept groping or inappropriate touching, and no more will they tolerate the barely camouflaged, gross come-ons that are ridiculously clumsy and inappropriate in the workplace, or anywhere else for that matter.

However, and this is a big however, we males don't know how else to act but boorishly. Committing assault and putting your hands on someone's private parts are no-nos that are relatively easy to understand, except maybe for a certain president of the United States. But what about the more subtle stuff, the awkward innuendo, the touching that we consider innocent fun that really isn't? It's too easy to say that we men have to change our way of thinking. That's too gradual, even at the place of employment.

So we need to come up with a new approach. And I'm your guy. Let's start in and around the workplace, because that's where so much of the problem happens. By "workplace," I mean where people hold jobs, civilians as well as the members of armed forces. Let's not exclude the campuses, since we've had so many problems there. We will have to include secondary schools, too, so we block the pervs who stalk any female who's reached puberty, including those who run for Senate. We change anywhere there's a hierarchy of supervisors taking advantage of their power over subordinates, and a lowerarchy of leches.

The only approach that will work is stark but simple: We need to separate the sexes at work. Nothing else will really do the job. It's probably a good idea to shut down all the bars, because some of the sleazes from the office might show up there to hassle colleagues.

The one place men and women can, uh, interact is online. If they can agree on ground rules in cyberspace, then they can get together and pursue keeping the species up and running or whatever their pursuit. Let's call it the "Tinder Solution." Oh wait. That's already happening? Well then, our problem is solved.



Give Trump Credit Where It's Due

Republicans have tried, on and off, to open the Arctic National Wildlife Refuge for oil drilling since the 1980s. The effort has always engendered intense opposition and always been abandoned. A provision for drilling in ANWR is included in the Republican tax bill almost as an afterthought.

Republicans took a constitutional fight against Obamacare's individual mandate to the Supreme Court in 2012, and lost. They targeted it in their Obamacare repeal-and-replace bill earlier this year, and lost. They tried again with a last-ditch "skinny repeal" bill, and lost yet again. Repeal of the individual mandate also is included in the Republican tax bill.

As the year ends, President Donald Trump is compiling a solid record of accomplishment. Much of it is unilateral, dependent on extensive executive actions rolling back President Barack Obama's regulations, impressive judicial appointments and the successful fight against ISIS overseas. The tax bill is the significant legislative achievement that heretofore had been missing.

For much of the year, Trump's presidency had seemed to be sound and fury signifying not much besides the welcome ascension of Neil Gorsuch to the Supreme Court; now, it is sound and fury signifying a discernible shift of American government to the right. It's hard to see how a conventional Republican president would have done much better, except if he had managed to get Obamacare repealed.

The tax cut is big — $1.5 trillion over 10 years, and even more if you account for the budgetary gimmicks — and has changes that conservative economists have sought for decades, particularly the lower corporate rate (from 35 to 21 percent), the move to a territorial tax system (companies would only be taxed on their earnings in the U.S.), and the business expensing (companies can write off the full cost of new buildings and equipment).

The administration's deregulatory apparatus has been in full gear. The Environmental Protection Agency is unspooling the Waters of the United States and the Clean Power Plan, major Obama-era regulations. The Federal Communications Commission reversed net neutrality. The Education Department rescinded an Obama administration Title IX letter that pushed colleges into abandoning due process in sexual-assault cases.

Obama administration rulings that occasioned fierce debates during his time in office have fallen by the wayside with barely a whimper. Obama blocked the Keystone pipeline. Trump greenlighted it without a fuss. Obama imposed a Health and Human Services mandate that feminists portrayed as the only obstacle between women and a "Handmaid's Tale" future. Trump reversed it, and contraception is still widely and easily available in America.

Three acts stand out — pulling out of the Paris accords, decertifying the Iran deal and declaring Jerusalem the capital of Israel. All three demonstrated an imperviousness to polite opinion that is one of Trump's signature qualities.

The president also began the process of ending DACA, the Obama amnesty for so-called DREAMers, and has re-established a baseline of immigration enforcement that has had an instant impact on illegal border crossings.

None of this is to deny Trump's failings. His toxic persona could drive a Democratic wave in the 2018 midterms. Whatever next year brings, though, Republicans aren't leaving this one empty-handed.

Rich Lowry is editor of the National Review.

Americanisms

"If you run from technology, it will chase you."
—*Robert M. Pirsig*

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What the hell is going on in Chicago? From front page

the paper. Chicago Police Superintendent Eddie Johnson said, "I don't like the fact that our cops are getting poked at and this city is getting poked at, because a lot of that narrative is incorrect," he said during a press conference.

The president also discussed what he called "anti-police sentiment," and called for the death penalty for those who kill a police officer.

Some of the deadliest neighborhoods in Chicago are Austin, Garfield Park,North Lawndale, Englewood, Humboldt Park, Little Village, Chicago Lawn, South Shore, Near West Side, Roseland, New City, Chatham, and others. While politicians are playing ping-pong with people's lives, mothers and fathers, sisters and brothers, wives and husbands are getting killed in the streets of Chicago and when a relative of a deceased person who was shot is interviewed, they always say, "This Has To Stop!." We all agree. Our leaders must come up with a solid plan to regain control of this city. Don't let 2018 go down as just more statistics.

Martin Luther King, Jr Day Jan 15

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How to get in touch with us:

Lakeview Newspaper

J2 Associates,Inc.

P.O.Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVWNEWS@aol.com

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

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VETERANS ★ POST ★

by Freddy Groves

Operation Gratitude Reaches a Milestone

By the time you read this, Operation Gratitude will have surpassed 2 million packages sent to deployed service personnel, veterans, wounded warriors in hospitals and their caregivers at home, emergency personnel and the children of deployed service members.

Two million since 2003!

From its start as an idea at a kitchen table, OpGrat has grown to become one of the biggest support organizations in the history of donations to military personnel and veterans. It has never received a cent from the government, not even to help with postage. Do the math: Since each box costs approximately $15 to send out, that's $30 million in shipping costs alone.

Not to mention all the goodies that go in each box: candy, CDs and players, hygiene products, small stuffed animals, handmade items, batteries, books, gum, small puzzles and much more. And sometimes there's a special package containing the keys to a new vehicle that's waiting for the service member back home. The packages for kids always contain a Battalion Buddy, a bear in a military uniform to keep the kids company until mom or dad come home.

The best-loved item, it seems, are the handwritten letters from Americans across the country. Each box contains a minimum of two.

The corporate support and sponsorship is phenomenal, and they give in so many ways, from outright donations to letter writing campaigns to volunteer packing events.

To learn more, go online to www.operationgratitude.com/ and sign up for the newsletters. (No, there aren't too many. I promise.) While you're on the OpGrat site, look around, especially at the photos and Mail Call letters from those who've received packages.

And while you're looking around, consider whether you can make a donation, or even write a few letters for the packages.

Vietnam Parasite Is Killing Vets

A year ago, bile duct cancer seen in Vietnam veterans was a hot topic in the news, briefly. Now it's fallen out of the headlines — but it hasn't stopped affecting veterans, and a U.S. senator is calling for a federal study.

Bile duct cancer in veterans who served in Vietnam (or Korea, Thailand or Laos) no doubt comes from eating fish contaminated with a water-borne parasitic worm called a fluke, from being in or washing with fresh water, or from drinking river water. Decades later, the presence of the worm in the liver bile ducts causes cancer (cholangiocarcinoma) that has nearly no initial symptoms. It's only when the cancer is very advanced that symptoms appear.

The www.publichealth.va.gov website lists "jaundice (yellowing of the skin and the whites of the eyes), pain in the abdomen, dark urine, light or 'clay' colored stool, fever, itchy skin, nausea and vomiting, and unexplained weight loss" as symptoms of bile duct cancer. Additionally, the disease is rare in the United States. If you have any suspicions at all, tell your doctor, ideally a doctor with the Department of Veterans Affairs.

If you have cancer, file a claim. More claims for bile duct cancer have been approved:

www.va.gov/vetapp15/Files4/1528691.txt

www.va.gov/vetapp13/Files1/1301261.txt

www.va.gov/vetapp12/files1/1206119.txt

www.va.gov/vetapp11/files5/1144474.txt

The first veterans (or their spouses, after the veteran died) who applied for benefits were turned down. That is slowly changing. But it's going to be a long haul to have the disease classified as a presumptive — just like Agent Orange.

One step toward getting the cancer listed as a presumptive is to get the National Academies of Sciences, Engineering and Medicine to look at the correlation between the cancer and the flukes, as Sen. Chuck Schumer has requested. His number is (202) 224-6542.

SENIOR NEWS LINE

by Matilda Charles

Don't Pooh-Pooh Internet Dangers

Traveling around the internet can be dangerous, even if you know what you're doing. One way to be safer is to understand website addresses, called URLs.

A URL is the address of a webpage somewhere on the internet. It means Uniform Resource Locator, and it tells you the location of the webpage ... except when it doesn't because it's a fake. All it takes is one single letter to be out of place to change a safe site to a dangerous one. The thieves are hoping you don't notice.

When you put your cursor over an address, link or graphic in your email (called a mouseover), the real address will show up. That's a good way to determine whether the email or website might be a scam. For example, if the email appears to be from someone you know, a different email address might show up. Don't click it!

Some of the common URL extensions (the letters at the end of the address) are: .com, .net, .edu, .gov and .org. If you see any that say .ru, that's Russia. One ending in .cn is China. Unless you're certain of the email sender, don't open it.

The beginning of a safe URL (say, a website where you do business) might have https ... the S stands for a secure site. It's usually on websites that sell things and expect you to put in your credit-card number. The majority of these sites are safe ... except when they're not.

If your local senior center, library or recreation department offers internet safety classes, go! The more you know, the better the odds of staying safe as you cruise the internet. Here are some websites with good safety information: http://www.connectsafely.org/seniors/ and www.dhs.gov/cyber-safety, or do a search for these words: internet safety for seniors.

Appliances Not What They Used to Be

Long gone are the days when our 15-year-old coffee pot died and we could confidently run to the store and buy another just like it. Things are different now. That coffee pot (or any other older appliance) might not be manufactured anymore, or at least not in any recognizable format. The brand names we used to trust either don't exist or have been bought and sold so many times that they're the same in name only.

Today we have to hunt for simple machines that aren't programmable to do a dozen functions that we don't want. Where we used to get stainless steel, now we get plastic, which we have to research for BPA, a carcinogen.

The life expectancy of small appliances has been cut to a mere few years.

Large appliances are no different. Generally, your central air conditioners will last approximately 15 years, freezers 11 years, refrigerators 13 years and a washing machine 10 years. It used to be that you could add at least 10 years to those numbers.

Nowadays before you buy, there are questions you need to ask yourself, often having to do with size and function rather than expectation of value and how long it will last.

Do you really need a 12-cup coffee maker now, or will a small 4-cup model be enough?

Do you need an oversize washing machine, or will a smaller one be enough for the laundry you do now?

When it's clear that it's time to buy, do your research. If you're about to spend money on a major appliance, a subscription to Consumer Reports might be worthwhile.

If you're in the market for a small appliance, you're better off considering it a disposable that you'll need to replace in a few short years.

Strange BUT TRUE

By Samantha Weaver

• It was German-born theoretical physicist Albert Einstein who made the following sage observation: "The hardest thing to understand is why we can understand anything at all."

• If you're planning a trip to South Africa, you might want to keep in mind that there are 11 official languages there.

• It is customary in India for those who celebrate Christmas to decorate a banana or mango tree — evergreens being in rather short supply in most parts of south Asia.

• Those who study such things say that a normal cat has 230 bones in its body, but it doesn't have a collarbone.

• You've almost certainly heard people refer to the school they attended as their alma mater, but do you know where the term comes from? In Latin, "alma mater" means "bounteous mother," and it was in the early 1800s that people began using it to designate their beloved schools.

• Before horror author Stephen King became famous for novels such as "Carrie," "The Stand" and "The Shining," he wrote four novels and 60 short stories that failed to be accepted for publication.

• Most lizards are harmless reptiles, but there are some that are known to be venomous. Rather than avoiding these rare creatures, however, there are some who seek them out for the very venom that makes them dangerous. It seems that there's a component to the venom that causes blood pressure to drop in humans, which could save thousands of lives.

• It would seem that even powerful dictators can succumb to the pull of Hollywood. Il Duce, Benito Mussolini, was an extra in the film "The Eternal City," and Cuba's longtime dictator, Fidel Castro, had a bit part in a movie called "Holiday in Mexico."

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Thought for the Day: "If God created us in his own image, we have more than reciprocated." — *Voltaire*

A Sporting View by Mark Vasto

You've Got to Have a Team First

Legend has it that Herb Brooks, America's "Miracle" hockey coach, once said, "All-Star teams don't win."

It's hard to argue with Mr. Brooks, may he rest in peace. But of course, what he generally espoused isn't always the case. Plenty of teams, in all sports, have fielded a group of "all of them are stars," and of course, they've won. Somebody's got to win. A bunch of talented players will always have a good shot of overcoming any self-inflicted, ego-centric issues off the field through sheer talent on the field whether you like it or not.

What I've learned over a lifetime of dissecting sports is that conviction and chemistry are what matters most. When I say that, I don't mean the forward or fullback should be serving 25-to-life and playing with a bunch of Bunsen burners, I mean they have to be brought up through a process where the coach's wisdom is solid and correct, as well as easily translatable to the players. Seth Davis' tour-de-force about John Wooden, "A Coach's Life," brims with that sentiment. If you ever read the book, keep a pad and pen handy because almost every other page features a remark that is worth repeating.

I'm reminded of this because of the Giancarlo Stanton trade to the New York Yankees. The Yankees are, once again, an all-star team. I know it sometimes gets tiresome to talk about them, but you have to admit, the team does have a penchant for making headlines.

Stanton's statistics show that he should be more than enough to put the Yankees back at the top of the baseball world. This was a team that was only a few outs from being in the World Series last season. Now, in addition to Aaron Judge, a modern-day Mickey Mantle, they've added a guy that gets a hit 25 percent of the time he steps up to the plate, and more than 25 percent of those hits are out of the park ... waaaay out of the park.

But does that mean the Yankees will actually win? Not necessarily. For whatever reason, the Yankees decided to dump Joe Girardi for Aaron Boone, a Yankee legend, yes, but a rookie manager. Perhaps the brass of the Yankees saw something that couldn't be denied in Boone, but it should seem that the team might want to bring in a Joe Torre type ... someone like, say, Joe Torre ... to navigate this young club.

The reason for the season is to see how things shape up. We can tell how things will go pretty much from the start. Can these amassed talents congeal into a winner? Page 220 of "A Coaches Life" would seem to hold the answer.

When asked about the best team in the collegiate world in the early '60s, the national coach of Yugoslavia, Aleksander Nikolic, told writers that Wooden's UCLA team was the best. Writers scoffed at this. The team seemed in turmoil, fighting each other for the ball and lacking a big man. That didn't matter, said Nikolic.

"Is small team," he explained in broken English. "No big man, no big scorer ... but ziss is best I see. Because is team ... all five.

"Team."

"You understand?"

We know how it worked out for Wooden. How it works out for the Yankees or any other team you're interested in depends on that simple notion.

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

Moments in time

THE HISTORY CHANNEL

• On **Jan. 9, 1776,** writer Thomas Paine publishes his pamphlet "Common Sense," setting forth his arguments in favor of American independence. Pamphlets were an important medium for the spread of ideas in the 16th through 19th centuries.

• On **Jan. 12, 1926,** the two-man comedy series "Sam 'n' Henry" debuts on Chicago's WGN radio station. Two years later, after changing its name to "Amos 'n' Andy," it became one of the most popular radio programs in American history.

• On **Jan. 11, 1935,** American aviatrix Amelia Earhart departs Wheeler Field in Honolulu on a solo flight to North America. Hawaiian commercial interests had offered a $10,000 award to whoever first accomplished the flight. The next day, after traveling 2,400 miles in 18 hours, Earhart landed safely in Oakland, California.

• On **Jan. 10, 1941,** President Franklin Roosevelt introduces the lend-lease program to Congress to help Britain beat back Hitler's advance while keeping time in America.

• On **Jan. 14, 1973,** the Miami Dolphins defeat the Washington Redskins 14-7 at the Los Angeles Coliseum in Super Bowl VII, becoming the first team in NFL history to finish with an undefeated season.

• On **Jan. 13, 1982,** an Air Florida Boeing 727 plunges into the Potomac River in Washington, D.C., killing 78 people. The crash, caused by bad weather, took place only 2 miles from the White House. Investigators said the plane had to wait too long after being de-iced before it could take off, allowing new ice to accumulate on the wings.

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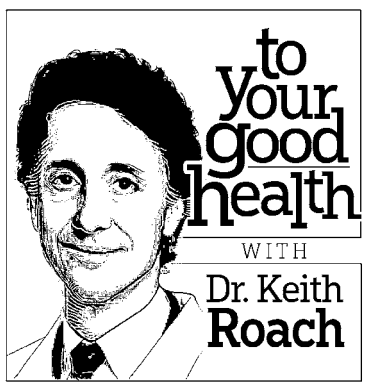

Waking Up With Racing Heart

DEAR DR. ROACH: Two separate days in the past month, I woke up in the middle of the night after being asleep for about four hours and realized that my heart was beating extremely fast. I waited a few minutes and, just as I was wondering if I should go to the emergency room, my pulse started to slow down. I had no other symptoms other than my heart racing. I am a 25-year-old female with no other health problems. My roommate said she thought it could have been caused by stress. I'm scared it will happen again. Should I go to the hospital if it does happen again? — *S.C.*

ANSWER: Waking up with your heart racing can be due to anxiety, but that isn't a common presentation for anxiety, which usually is in response to stressful situations (or anticipating one). Waking up with a racing heart is more likely to be due to a heart-rhythm disturbance, such as a reentrant AV nodal tachycardia. The most common reason for this is having two pathways from the top of the heart (the sinoatrial node) through the midpoint (the atrioventricular node), which then goes on to the ventricles. A circular pathway can get set up down the abnormal fast pathway and up the slow one (or vice versa) causing a very fast heart rate.

I would not wait for it to happen again but would go see a doctor and maybe get connected to a Holter monitor or event monitor. Both track your heart rhythm for extended periods of time. Once you have a diagnosis, you can be treated, with radio waves to destroy the abnormal fast pathway or with medication if it ends up being the condition I am concerned about.

***

DEAR DR. ROACH: A good friend of mine has an unusual problem. Every time he eats fresh tomatoes, he gets pimples. Is this an allergy? It never fails to cause pimples. — *E.D.*

ANSWER: Yes, I have heard that before. Fresh tomatoes, but not cooked ones, seem to cause some people to have an acne breakout, at any age. Other acidic foods, especially citrus, seem to cause that reaction, too. It's not a true allergy.

Acne is a complex condition, and it starts with a hair follicle being blocked by excessive skin cell growth, causing a plug in the follicle. This allows skin bacteria, Propionibacterium acnes, to grow in the oily substance normally used to lubricate the skin and hair follicle. It's called sebum. While there is some evidence that diet can worsen acne, it isn't exactly clear how that works. Most cases of adolescent acne are primarily due to the hormonal changes causing increased sebum production.

***

A Healthy Diet Isn't One Size Fits All

DEAR DR. ROACH: Most health professionals agree that one should follow a "healthy diet," yet no one ever says exactly what that is. I have low thyroid, high cholesterol, high blood pressure and diabetes. Some of my meds cause chronic constipation.

I and hundreds of others would be most appreciative if you could print a structured diet to follow for a week or two, and then we could repeat it. — *F.G.*

ANSWER: This is a question I get often, but I have been reluctant to answer it. I certainly could print a diet that I think is healthy, but depending on your medical conditions, it might not be precisely right for you. You have diabetes, so avoiding sweets is particularly important, and since you have high blood pressure, it's more important for you than it is for others to keep your sodium intake low.

However, the most important reason I can't publish a healthy diet that would work for everybody is that food choices are intensely personal and relate to your upbringing and locale. With my own patients, I don't try to give them a diet they should change to, but instead get a careful diet history and work with them to try to make their diet healthier.

For most people, that means reducing red meat and choosing other good protein sources, like legumes, fish, nuts or tofu. It usually means increasing vegetables and fruits, reducing sugars and substituting whole grains for processed ones. It often means removing unhealthy snacks and sugary drinks entirely.

What it emphatically does NOT mean is taking the joy out of eating. If I have a patient who really, really enjoys a less-than-healthy dish, I recommend that the patient eat it, without guilt, but infrequently, so that it becomes a special indulgence. For most people, it's easy to make some changes in the diet in order to feel better, get healthier and maybe live longer.

***

DEAR DR. ROACH: My daughter recently was operated on for a large tumor in her head. They called it a paranasal sinus cancer, and said that it is very rare, with only a few other known cases. Can you help me know what caused this? — *F.W.*

ANSWER: Paranasal sinus cancers are very rare. They usually have no symptoms until they get large enough to invade other structures, and so can be very advanced when diagnosed. They often present as pain in the teeth or face, bleeding or persistent nasal obstruction. They also can press up against the eye, causing double or blurry vision.

Treatment depends on the type of tumor cell, but it usually involves surgery and may include both radiation and chemotherapy.

As far as what caused it, there is no way for me to tell for your daughter. However, factors that increase risk for paranasal cancers include air pollution, tobacco smoke and occupational exposures, especially for leather, textile and wood workers. Human papillomavirus may be the cause in some people.

The prognosis also depends on the cell type. With rare cancers, it is very hard to make a general statement. I hope she has a good outcome.

***

At What Temperature Does a Fever Start?

DEAR DR. ROACH: I am a 77-year-old woman. For as long as I can remember, my body temperature has been between 97.7 and 98 degrees F. If my temperature were 99, would that be a fever to worry about? My doctor does not seem to worry about it, even when I'm not feeling well at all. — *B.C.*

ANSWER: The average temperature for most people is not the 98.6 that I, at least, was taught growing up. Body temperature varies during the day — it's a bit lower in the morning and higher in the evening, but it averages about 98.2 degrees. Your observations show that your body temperatures are well within the normal variation.

A temperature of 99 is not, strictly speaking, a fever. Fever normally is defined as greater than 101.5, but can be lower in people with severe disease of the immune system. Most cases of fever are temporary viral infections, but fever can be seen with autoimmune and inflammatory diseases without infection, and as a result of some medications. Equally important, it's possible — and even likely in some cases — to have serious infection with no fever.

***

DEAR DR. ROACH: Years ago, my husband took Lipitor, and after taking it for quite a while, his muscles and limbs developed a profound weakness; he could barely hold up a shovel and had no muscle tone. The doctor switched him to Vytorin, and it went away. Now he is experiencing similar problems after taking Vytorin for many years — his joints ache, he feels like his body is slow to follow "orders" to move and his feet hurt. Could Vytorin now be the culprit? — *J.H.*

ANSWER: Lipitor (atorvastatin) and simvastatin are cholesterol-lowering medications in the class called statins. Vytorin is a combination of simvastatin and another, nonstatin medication called ezetimibe. Muscle aches and even muscle breakdown are uncommon (but not rare) side effects of all statin drugs. The side effect usually happens in the first six months of taking the medicine, but still can happen even after years of taking the medicine. Given your husband's history, I would recommend talking with his doctor about stopping the medicine. Changing statins (as your husband did, from Lipitor to simvastatin) can relieve the problem sometimes.

There are other causes of joint and foot aches, and slowness in moving sounds like it might be a neurologic or rheumatologic issue rather than a side effect. But a trial off the medicine is still a good first step.

***

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

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

Financial Statement

FREE Can be Costly

FREE TRIALS

The ads for wrinkle-free skin and ads for making money from the comfort of your home are all over the place with endorsements from other customers or celebrities. Be wary of words like "miracle", "risk-free" and "guaranteed".

While free samples, bonus gifts and trial offers are proven marketing techniques, used by many legitimate companies, "free" is also a common lure in scams that can cost you plenty.Here's what to look for when offered things at no cost.

Some free trial offers start when you place the order, not when you receive it, Scam vendors may purposely delay the initial shipment so you can't cancel in time. The offers may have small-print disclosures or pre-checked boxes through which you agree to receive other products, often at outrageous costs and without free trials.

TRAVEL AND LEISURE

Have you ever received a phone call from a high-pressure sales person to sell you a time-share or a membership in a vacation club? The promise is huge discounts or luxury accommodations, but memberships can cost $10,000 followed by hard-to-cancel annual fees.

Sometimes, cruises or vacations offered in unsolicited calls require your credit card for a reservation. Expect to be billed immediately for port fees or security deposits. And there is likely to be a policy of no refunds in the small print. That all-inclusive package may produce lousy accommodations and require big fees for meals, lodging or the ship's fuel.

HEALTH AND MEDICAL

You've seen the ads for medical equipment or health supplies at "no cost to you" or "covered by Medicare". Back braces are promised for free in robocalls, postcards, etc., resembling $20 models available at retail stores. Scammers bill Medicare or your health insurer hundreds or thousands of dollars and pocket the money. And without a doctor's prescription, the equipment that was supposed to be covered by Medicare probably isn't. Leaving you with the bill.

Also, look out for scammers wanting your credit card information to allegedly cover shipping charges. Your account is then hit with overcharges or fees, or even sold to other scammers. Also, be aware of sound alike names of organizations. If the stuff were really free, such information wouldn't be needed.

Remember, Medicare doesn't call or visit to update your information.

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MEMBER FDIC

Flash Back Pop, Rock & Soul Trivia

By Mick Harper

1. The lyrics to "Did Everyone Pay Their Dues?" were changed to become what song?
2. Which soul group released "(You've Got Me) Dangling on a String"?
3. Who first released "Both Sides Now"?
4. Name the first song to make it to No. 1 on the Billboard Hot 100 chart.
5. Name the song that contains this lyric: "Your love is like a tidal wave spinning over my head, Drownin' me in your promises, better left unsaid."

Answers

1. "Street Fighting Man," by The Rolling Stones in 1968. Mick Jagger penned the new lyrics after attending an anti-war rally in London at the U.S. embassy.
2. Chairmen of the Board, in 1970. The song went to No. 19 on the R&B chart.
3. It wasn't songwriter Joni Mitchell. Judy Collins was the first and turned it into a Top 10 release in 1967. Mitchell included the song on her debut "Clouds" album in 1969.
4. "Poor Little Fool," by Ricky Nelson in 1958.
5. "Heartbreaker," by Pat Benatar on her 1979 debut album. The song had originally been released by an English singer, and Benatar had to change some of the lyrics for clarity.

Top Ten Favorite Holidays

1. Christmas
2. Thanksgiving
3. Halloween
4. Fourth of July
5. Easter
6. New Year's
7. Memorial Day
8. Birthdays
9. Labor Day
10. Valentine's Day

Source: The Harris Poll

Strange But True

By Samantha Weaver

• It was 20th-century French journalist, poet, aristocrat and aviator Antoine de Saint-Exupery — best known for his novella "The Little Prince" — who made the following sage observation: "A designer knows he has achieved perfection not when there is nothing left to add, but when there is nothing left to take away."

• Eggplants weren't always the deep purple color we know today; originally, the vegetables were white. The color, paired with the ovoid shape, is how the eggplant got its name.

• If you live in Rochester, New York, you're doubtless used to dealing with the hazards and inconveniences of snow and ice. It's America's snowiest city, after all, averaging 94 inches every winter.

• Those who study such things say that paternity leave can have significant domestic impacts. Research shows that men who take a few weeks of leave when they have an addition to their family spend more time on domestic chores and taking care of the kids than men who don't. They cook more, and they're even 50 percent more likely to do laundry. The most interesting finding, though, is the fact that these changes are long-term; the effect tends to last the rest of a man's life.

• Those who suffer from nescience are unlikely to know what "nescience" means – an absence of knowledge.

• The first wristwatch was made by an English clockmaker in 1571. Described as "a wristlet in which there was a clocke," the watch was presented as a gift to Queen Elizabeth I.

• If you're like the average human, you have about 615 hairs for every square centimeter of your skin.

***

Thought for the Day: "A man said to the universe: 'Sir I exist!' 'However,' replied the universe, 'The fact has not created in me a sense of obligation.'" — *Stephen Crane*

Top 10 Movies

1. **Star Wars: Episode VIII — The Last Jedi** ..... (PG-13)
Daisy Ridley, John Boyega
2. **Ferdinand** .....(PG)
animated
3. **Coco** .....(PG)
animated
4. **Wonder** .....(PG)
Jacob Tremblay, Owen Wilson
5. **Justice League** ..... (PG-13)
Ben Affleck, Gal Gadot
6. **Daddy's Home Two** ..... (PG-13)
Will Ferrell, Mark Wahlberg
7. **Thor: Ragnarok** ..... (PG-13)
Chris Hemsworth, Tom Hiddleston
8. **The Disaster Artist** ..... (R)
James Franco, Dave Franco
9. **Murder on the Orient Express** ..... (PG-13)
Kenneth Branagh, Penelope Cruz
10. **Lady Bird** ..... (R)
Saoirse Ronan, Odeya Rush

Trivia test

by Fifi Rodriguez

1. SCIENCE: What does the term Mohorovicic Discontinuity refer to?
2. GEOGRAPHY: How many provinces does Canada have?
3. MOVIES: Which Disney movie featured the "Siamese Cat Song"?
4. TELEVISION: In "The Simpsons" animated series, what are the names of Ned Flanders' two kids?
5. HISTORY: What is the date on the tablet held by the Statue of Liberty?
6. FAMOUS QUOTATIONS: Which author penned the words, "I will honor Christmas in my heart, and try to keep it all the year"?

Answers

1. The boundary between the earth's crust and the mantle
2. 10 provinces
3. "Lady and the Tramp"
4. Rod and Todd
5. July 4, 1776
6. Charles Dickens

Couch Theater DVD Previews

By Amy Anderson

The Mountain Between Us (PG-13) — Two strangers (Kate Winslet and Idris Elba) charter a private plane and are marooned when their pilot (Beau Bridges) suffers a stroke, crashing the plane. They are left alone in the snowy mountains with just the pilot's dog. The set-up is such that you'd be forgiven for thinking it's a survival story. It's not; it's a romance. Now, I love both these leads — I think we all know that Winslet can pull off a romance, and Idris Elba is quite attractive, but the story just doesn't work. Ain't nobody in the mood for sexy time when there are snow-covered mountains and cougars and bear traps between our principal players and civilization.

Brawl in Cell Block 99 (NR) — At the heart of this film by director S. Craig Zahler is sacrifice and murderous precision, but it's set inside a larger story of violence and gore, at times so heavy that it is bodily painful to watch. Vince Vaughn, in a heart-stopping performance, stars as Bradley, former boxer, former mechanic turned drug dealer in order to make ends meet for his pregnant girlfriend Lauren (Jennifer Carpenter). A drug deal turns bad, and he is sent off to prison only to be met with an ultimatum from his enemies — kill or his unborn baby will be killed — that sets off a path of carnage through the prison system to Cell Block 99, administered by tough Warden Tuggs (Don Johnson).

Flatliners (PG-13) — Five medical students, chief among them Courtney (Ellen Page), conspire to answer the question of what happens after death by inducing a near-death experience and then resurrecting the volunteer to tell their story. Great expectations give way to fascinating results with increasingly dire consequences. You don't mess with the power of life and death, I guess. I've seen this movie before, and Kiefer Sutherland, Julia Roberts, Kevin Bacon are rolling in their medically induced non-graves. Honestly, watch the original 1990 version. This remake falls flat.

Sony Pictures

Ellen Page in "Flatliners"

Killing Gunther (NR) — A group of would-be big-league assassins kidnap a documentary crew to chronicle their attempts to topple an elite assassin named Gunther (Arnold Schwarzenegger). So the movie is about killing Gunther, like the title says. And the whole thing is just that obvious. Written, directed by and starring Taran Killam (of "Saturday Night Live" fame), it could — and maybe should — have been a long(ish) skit and left at that. I'm done with the mockumentary style over substance; I just kept waiting for Jim Halpert to pop into the frame with That Look.

NEW TV RELEASES

Acceptable Risk Series 1
Manhunt: Unabomber (mini-series)

Top Video Rentals and Sales

Top 10 Movies On Demand

1. **Despicable Me 3** .....(PG)
animated
2. **American Assassin** ..... (R)
Dylan O'Brien
3. **The Hitman's Bodyguard** ..... (R)
Ryan Reynolds
4. **Logan Lucky** ..... (PG-13)
Channing Tatum
5. **Wind River** ..... (R)
Kelsey Asbille
6. **Atomic Blonde** ..... (R)
Charlize Theron
7. **Home Alone** (1990).....(PG)
Macaulay Culkin
8. **Girls Trip** ..... (R)
Regina Hall
9. **Valerian and the City of a Thousand Planets** ..... (PG-13)
Dane DeHaan
10. **Wonder Woman** ..... (PG-13)
Gal Gadot

Top 10 DVD, Blu-ray Sales

1. **Despicable Me 3** .....(PG)
Universal
2. **American Assassin** ..... (R)
Lionsgate
3. **Cars 3** .....(G)
Disney
4. **Spider-Man: Homecoming** ..... (PG-13)
Sony
5. **The Hitman's Bodyguard** ..... (R)
Lionsgate
6. **Wonder Woman** ..... (PG-13)
Warner Bros.
7. **Guardians of the Galaxy Vol. 2** ..... (PG-13)
Disney
8. **Valerian and the City of a Thousand Planets** ..... (PG-13)
Lionsgate
9. **The Emoji Movie** .....(PG)
Sony
10. **Elf** (2003).....(PG)
Warner Bros.

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What's Hot in Hollywood

HOLLYWOOD — **Jennifer Lawrence**, who joined with director **Darren Aronofsky** for the psychological horror film "Mother" released in September, had off-screen love scenes but ended their one-year romance. Now she's focused on the release of her next two films, the spy thriller "Red Sparrow," with **Joel Edgerton** and **Jeremy Irons**, due March 2; and "X-Men: Dark Phoenix," with **James McAvoy** and **Michael Fassbender**, opening Nov. 2, 2018.

Meanwhile, we'll finally get to see **John Travolta** as Mafia "Don" **John Gotti** come Dec. 15. Playing Gotti's wife is Travolta's wife, **Kelly Preston**, who hasn't made a movie since the disappointing "Casino Jack," with **Kevin Spacey**. Travolta already is shooting another film, "Trading Paint," with **Michael Madsen**, singer **Shania Twain** and "Gunsmoke" TV series alumnus **Buck Taylor**.

***

"The Night of the Living Dead," which gave birth to the zombie genre, was shot in black and white in Pittsburgh in 1968 for a mere $114,000. It grossed $30 million. The creator and father of the zombie genre was **George Romero**, who left us July n. 5, the last film he co-wrote based on his original characters, "Day of the Dead: Bloodline," will open. Romero directed five sequels to "Night" between 1978 and 2010, the most successful of which was "Dawn of the Dead" (1978). He also hit big with "Creepshow" in 1982 and the TV series "Tales from the Darkside" (1983-1988). When you watch "The Walking Dead" or see the upcoming "World War Z 2," remember ... it all started with George Romero.

***

Best-actor nominee **Peter Fonda** (for 1993's "Ulee's Gold"), son of Oscar-winner **Henry Fonda** and brother of two-time Oscar winner **Jane Fonda**, was last seen in the Netflix film "The Most Hated Woman in America," with Oscar-winner **Melissa Leo**. Now he has completed two films: "The Ballad of Lefty Brown," with **Bill Pullman, Jim Caviezel** and **Kathy Baker** (hitting theaters Dec. 15) and "Boundaries," with **Vera Farmiga, Christopher Plummer** and **Bobby Cannavale**.

Fonda has just been cast in Amazon's "Tom Clancy's Jack Ryan" reboot with **John Krasinski** in the title role (he's also producing). It's set for release in early 2018. Krasinski also will direct and star with his wife, **Emily Blunt** — who will be seen as Mary Poppins in "Mary Poppins Returns," landing Christmas Day 2018 — in the supernatural/horror thriller "A Quiet Place," due for an April 6 release. They say, "The couple that plays together ... stays together," but how do you direct your own wife?

Depositphotos

Jennifer Lawrence

HOLLYWOOD — **Jim Parsons** of "The Big Bang Theory" is moonlighting again. In addition to "Young Sheldon," which he co-created, executive produces and narrates, Parsons is starring with **Claire Danes** ("Homeland"), **Octavia Spencer** and **Priyanka Chopra** in "A Kid Like Jake." Parsons and Danes play the parents of a 4-year-old son who prefers Cinderella to G.I. Joe, causing a growing rift in their parenting. It's the third time that Spencer and Parsons have worked together.

***

In media news, prepare yourself for big changes after the $2.8 billion purchase of Time, Inc., last month by Meredith Corporation (publisher of female-friendly magazines like Better Homes & Gardens, Family Circle, Shape, Parents and Family Fun). Meredith is expected to sell off titles and other assets to slash $400 million. Those titles could include: Time, Sports Illustrated, People, Fortune, Entertainment Weekly, Martha Stewart Living, In Style and Real Simple. The Iowa-based company allegedly plans to "countrify" the titles it doesn't sell off.

For those who were shocked that NBC fired **Matt Lauer**, know that the network was tired of his objections to **Megyn Kelly** joining them and his threats to leave when his contract ended in 2018. It wasn't a secret that he allegedly displayed questionable behavior toward women, but before they had Kelly in place, NBC allegedly turned a blind eye to Lauer's improprieties.

***

Alexander Skarsgard, fresh off an Emmy Award win for "Big Little Lies" and "The Legend of Tarzan," has completed two Netflix projects: the thriller "Hold the Dark," with **Jeffrey Wright** and **Riley Keough**, and the sci-fi mystery "Mute," with **Paul Rudd** and **Justin Theroux**, as well as the Fox Searchlight film "The Aftermath," with **Keira Knightley**. Skarsgard just signed on for the comedy "Flarsky," with **Seth Rogan** and Oscar-winner **Charlize Theron**, opening in February 2019.

Nicolette Sheridan is assuming the **Joan Collins** role of Alexis Carrington Colby in the CW reboot of "Dynasty."

Depositphotos

Jim Parsons

"Dynasty" was already on its way to being a hit, but when Collins arrived she set fire to the ratings, which went through the roof. But don't expect Sheridan's arrival to help the low ratings of the remake. Sheridan starred in "Knot's Landing" (1986-93) and "Desperate Housewives" (2004-09) where she was killed off after 100 episodes, allegedly due to temperament display. Her last appearance was in the 2013 TV film "The Christmas Spirit."

The upcoming "Captain Marvel" will star **Jude Law, Brie Larson, Ben Mendelsohn** and **Samuel L. Jackson**. With the success of "Wonder Woman," Marvel is confident that the Oscar-winning Brie can pull off being "Captain Marvel"! If it grosses anywhere near the $822 million "Wonder Woman" has made, they will consider their decision Super "Marvel"-ous!

celebrity extra

by cindy elavsky

Q. Can you tell me what Joel Kinnaman is up to now? I loved him on "The Killing" and "House of Cards." — *Diana F., via email*

A. Next up for the talented and handsome actor is the Netflix original series "Altered Carbon," which drops Feb. 2 on the streaming network. The science-fiction drama is set 300 years in the future at a time when human consciousness (called "stacks") can be digitally stored, allowing people to change and upgrade their bodies (called "sleeves"), essentially living forever. The series also stars James Purefoy and Renee Elise Goldsberry, and is based on Richard K. Morgan's 2002 cyberpunk novel of the same name.

The story follows an elite soldier named Takeshi Kovacs (initially played by Will Yun Lee), a killer for hire. When Kovacs is imprisoned, his consciousness is stored away. When he is awakened centuries later in a different body (now played by Joel), wealthy Laurens Bancroft (James Purefoy) offers Kovacs a pardon for his crimes if he can solve a murder — Bancroft's own, when somebody killed his previous sleeve.

Originally intended to be a feature film, it proved too complicated to cover everything in a two-hour period. Netflix optioned the book for a 10-hour series, which I agree is the perfect venue for this expensive sci-fi epic.

***

Q. I heard that one of my favorite books, "Sharp Objects," is going to be turned into a movie. Is that true, and if so, can you give me any details? — *Paula C., via Facebook*

A. You heard it mostly right: Gillian Flynn's best-selling debut novel about a woman and her mother's toxic relationship will air on HBO as an eight-part series. Patricia Clarkson and Amy Adams star as mother and daughter, respectively, with the story centering on Camille's (played by Amy) return to her hometown to investigate the murder of two girls. The murder-mystery in the town of Wind Gap is unsettling, and sure to dig up secrets that some had hoped would stay hidden, as well as toy with the fragile sanity of Camille. Look for "Sharp Objects" to debut this summer on HBO.

Fox Searchlight Pictures

Joel Kinnaman

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Simple Sheet Pan Suppers

FAMILY FEATURES

At times, spending hours in the kitchen can be a relaxing, enjoyable experience. However, even for avid home cooks, a busy weeknight isn't one of those times. Fortunately, solutions like sheet pan suppers make it easy to create dishes with exceptional flavor depth that come together quickly and clean up just as fast.

Keeping a variety of vegetables on hand makes it simple to pull together a family meal. Onions, for example, are versatile, flavorful, easy to store, have a long shelf-life and are available year-round from U.S. growers. An added benefit when cooking with onions is that you're serving up a good source of fiber.

For more tasty recipes to make supper a cinch, visit onions-usa.org and usaonions.com.

Spicy Sheet Pan Roasted Jambalaya

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee
Servings: 4-6

- **1 large yellow onion, diced**
- **1/2 large green bell pepper, diced**
- **1/2 large yellow bell pepper, diced**
- **1/2 large red bell pepper, diced**
- **3 stalks celery, sliced or diced**
- **2 garlic cloves, minced**
- **1-2 jalapenos, seeded and diced**
- **1 pint cherry tomatoes**
- **3 tablespoons olive oil, divided**
- **1/2 teaspoon salt**
- **1/2 teaspoon black pepper**
- **1 link (13.5 ounces) Andouille sausage, sliced**
- **1 pound large shrimp, peeled and deveined**
- **1 tablespoon Cajun seasoning blend**
- **linguine noodles, cooked according to package directions**
- **1-2 lemons, sliced in thin wedges**
- **2 green onions, sliced**
- **fresh chopped parsley**

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

In large bowl, combine onion, bell peppers, celery, garlic, jalapenos, tomatoes, 2 tablespoons olive oil, salt and pepper until evenly combined. Spread out evenly on pan in single layer. Add slices of Andouille sausage. Roast 15-20 minutes, or until vegetables are tender and start to brown.

Toss shrimp with Cajun seasoning and prepare linguine noodles.

When ready, remove baking sheet from oven. Place shrimp on top of vegetable and sausage mixture in single layer. Top with half the lemon wedges. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.

Serve over linguine garnished with green onions and parsley with remaining fresh lemon wedges on side.

Easy Drumstick-Quinoa Sheet Pan Supper

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee
Servings: 4-6

- **8-10 chicken legs**
- **1 fennel bulb**
- **1 large yellow onion, sliced**
- **1 large red onion, sliced**
- **2 garlic cloves, sliced**
- **3 medium-sized potatoes, cubed**
- **1 orange (1/4 cup juice and zest)**
- **1/4 teaspoon thyme, dried**
- **2 tablespoons olive oil**
- **1 teaspoon sea salt**
- **1/2 teaspoon black pepper**
- **2 tablespoons fresh chopped parsley**
- **orange rind curls**
- **brown rice, cooked according to package directions**
- **quinoa, cooked according to package directions**

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

Place chicken legs on pan. Spread fennel, yellow onion, red onion, garlic and potatoes around and in between legs.

In small bowl, whisk together orange juice and zest, thyme and olive oil. Pour mixture over chicken and vegetables. Season with salt and pepper.

Roast 45 minutes, or until chicken is cooked through and vegetables are tender. Cook rice and quinoa.

Garnish chicken with parsley and orange curls. Serve over brown rice and quinoa.

Sheet Pan-Style Buddha Bowls

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee
Servings: 4-6

- **2 yellow onions, peeled and cut into 1/2-inch wedges**
- **1/2 head of red or purple cabbage, cut into wedges**
- **2 red potatoes, cut into 1/2-inch wedges**
- **1 small butternut squash, peeled and 1/2-inch diced**
- **1 pound Brussels sprouts, halved**
- **extra-virgin olive oil**
- **salt, to taste**
- **black pepper, to taste**
- **1 1/2 cups quinoa, cooked according to package directions**

Tahini sauce:

- **1 tablespoon tahini**
- **1/2 lemon, juiced**
- **1 teaspoon Dijon mustard**
- **1/2-1 teaspoon maple syrup**
- **2 avocados, peeled and sliced**
- **fresh parsley**

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

Place onion, cabbage, potatoes, squash and Brussels sprouts in single layer on pan. Drizzle with olive oil and season with salt and pepper. Roast vegetables 40 minutes, or until tender. Add more salt and pepper if needed.

While vegetables roast, cook quinoa.

To make tahini sauce: In small bowl, whisk tahini, lemon juice, mustard and syrup until smooth.

To assemble Buddha bowls: Spoon quinoa into bowls. Add roasted veggies and garnish with avocado and parsley. Drizzle tahini sauce over each bowl and serve.

ALL ABOUT ONIONS

Knowing how to buy and store onions can make them true superstars in your kitchen. Growers and shippers of the National Onion Association and Idaho-Eastern Oregon Onion Committee offer these tips:

Buying

When shopping, buy onions with dry outer skins, free of spots or blemishes. The onion should be firm and have no scent. Avoid bulbs that have begun to sprout.

Yellow, red and white onions are available year-round from producers in the United States.

Seasonal differences like flavor and texture are noticeable and highlighted during these time frames:

Fall and winter onions (available August-April) have multiple layers of thick, paper-like layers of skin. Known for their mild to pungent flavor profile, these varieties can be eaten raw, and are ideal for roasting, caramelizing, grilling and frying because they have less water content.

Spring and summer onions (available March-August) have thin, often transparent skins and are typically sweeter and milder than fall and winter varieties. Due to their high water content and mild flavor, they are best used for raw, pickled, lightly cooked or grilled dishes.

Storing

Store onions in a cool, dry, well-ventilated place, not the refrigerator. Do not store whole, unpeeled onions in plastic bags. Lack of air movement reduces storage life. Peeled or cut onions may be stored in a sealed container in the refrigerator for up to 7 days.

The Kitchen Diva!

by Angela Shelf Medearis

Add Dash to Your Diet

With the New Year come new promises to eat better, lose weight, exercise and improve our health and well-being. The gluttony of the holidays combined with our good intentions for a new year have us redoing our grocery lists, our pantries and our diets. Some people are disciplined enough to eat modest amounts of whole foods. Others, however, appreciate more guidance, and that is when a structured meal plan can be of great value.

The DASH Diet (which stands for "Dietary Approaches to Stop Hypertension") was developed through research funded by the U.S. National Institutes of Health as a way to lower blood pressure and reduce the use of medications. Studies dating back to its start in 1993 show that it's an effective way to lose weight and reduce the risk of many diseases.

My recipe for The Kitchen Diva's Detox Soup is a nutrition-packed bowlful of goodness that's based on a DASH diet recipe. This soup has a high amount of potassium, iron and calcium, and is wonderful for cleansing your digestive system and flushing out toxins to kick start a healthier new year. It contains plant-based proteins, antioxidants and healthy fats, and best of all, you can eat it several times throughout the day, if desired.

KITCHEN DIVA'S DETOX SOUP

Soaking the chia seeds in water makes them easier to digest, and their nutrients are better absorbed and assimilated in your body as they "sweep" through your intestinal system to eliminate the buildup of waste.

- *1/2 cup water*
- *2 tablespoons chia seeds*
- *2 teaspoons extra-virgin olive oil or coconut oil*
- *1/2 medium onion, peeled and diced*
- *2 tablespoons poultry seasoning*
- *1 teaspoon cumin*
- *1/4 teaspoon cayenne pepper*
- *2 cloves of garlic, chopped*
- *3 cups broccoli (fresh or frozen and thawed)*
- *1/4 pound spinach leaves (fresh or frozen and thawed)*
- *1 bell pepper, chopped*
- *2 carrots, trimmed and chopped*
- *2 ribs of celery, trimmed, chopped*
- *1 handful fresh flat leaf parsley, roughly chopped*
- *1 tablespoon lemon or lime juice or organic apple cider vinegar*
- *Spiced Roasted Chickpeas for topping, optional, see recipe below*

1. Pour the water into a jar with a tight-fitting lid or a drinking glass. Add the chia seeds and shake the jar or stir the seeds with a spoon around in the glass for about 5 minutes. Set the seeds aside to soak and proceed with the recipe.

Depositphotos.com

2. Using a large pot, add the oil and heat over medium high heat. Add the onions, poultry seasoning, cumin and cayenne pepper to the stockpot and stir to combine. Cook the onions for 1 to 2 minutes, and add the garlic, broccoli, spinach, bell pepper, carrots and celery. Cook for 3 minutes, stirring occasionally.

3. Stir in the chia seeds and water, and turn the heat to high. Bring the soup to a boil and then turn the heat down to a simmer, stirring occasionally, for 8 to 12 minutes, until the vegetables are soft. Stir in the parsley and the lemon, lime or apple cider vinegar.

4. To puree the soup, remove the lid completely from the blender. Start the blender on low with nothing in it. Slowly add the soup, one ladleful at a time to the uncovered, running blender on the lowest setting, until the blender jar is half full and that batch of the soup is smooth.

5. Pour the pureed soup into a large bowl and repeat the pureeing steps until all of the soup is a smooth consistency. Pour the soup back into the pot to re-heat, if needed. Top with Spice Roasted Chickpeas, if desired.

SPICE ROASTED CHICKPEAS

Chickpeas are high in protein and seasoning, and roasting them adds a spicy, crunchy texture for this soup or as snack.

- *2 (15-ounce) cans chickpeas*
- *2 tablespoons olive oil*
- *1 teaspoon Spanish smoked paprika*
- *1 teaspoon ground cumin*
- *1/4 teaspoon cayenne pepper*
- *1/4 teaspoon Kosher salt*

1. Heat oven to 400 degrees F.
2. Rinse and drain the chickpeas, and dry by rolling them around in a kitchen towel. Combine the paprika, cumin, cayenne and salt in a large bowl. Add chickpeas and the oil; toss or stir to coat evenly.
3. Transfer chickpeas to a parchment-lined baking sheet and spread them out in a single layer. Bake 15 minutes, and then shake the tray so chickpeas will bake evenly.
4. Continue to bake chickpeas for another 10 to 12 minutes or until crunchy. Sprinkle some of the chickpeas on each bowl of soup. Allow any remaining chickpeas to cool on the pan and transfer them to a resealable plastic bag.

***

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

Good Housekeeping

Easy Baked Snapper

This fast fish recipe is both ultra low-fat and low-cal without missing out on flavor. It's a diet dish that you'll crave.

- *1 tablespoon olive oil*
- *2 medium orange and/or yellow peppers*
- *1 medium onion*
- *1 package sliced mushrooms*
- *1/2 cup dry white wine*
- *1 teaspoon fresh thyme leaves*
- *6 skinless, boneless snapper, sole, or flounder fillets*
- *2 tablespoons fresh lemon juice*
- *Salt and pepper*

1. Heat oven to 450 F. In 12-inch skillet, heat oil on medium until hot. Add peppers and onion, and cook 10 minutes or until tender, stirring often. Add mushrooms, wine and thyme; cook on medium-high 3 minutes, stirring frequently.
2. Meanwhile, spray 13-by-9-inch glass or ceramic baking dish with nonstick cooking spray. Arrange fillets in baking dish, folding under narrow ends. Sprinkle with lemon juice, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
3. Spoon hot vegetable mixture from skillet on top of fish in baking dish. Bake fish 15 to 18 minutes or until opaque throughout. Garnish with thyme leaves if you like. Serves 6.

Good Housekeeping

Spicy Shrimp Fajitas

Chili powder is the magic ingredient that gives these shrimp fajitas their spice. For lovers of heat, sprinkle in a dash more for an extra kick.

- *2 tablespoon olive oil*
- *1 large onion*
- *2 large red peppers*
- *1 pound shrimp*
- *1 tablespoon olive oil*
- *1 tablespoon lime juice*
- *2 clove garlic*
- *1/2 teaspoon chili powder*
- *1/4 teaspoon salt*
- *8 flour tortillas*
- *1 cup salsa*
- *2/3 cup reduced-fat sour cream*

1. Preheat oven to 400 F.
2. Heat 2 tablespoons olive oil in 12-inch skillet on medium-high. Add onion and red peppers; cook, covered, 10 minutes or until softened, stirring.
3. Meanwhile, in large jelly-roll pan, toss 1 pound shrimp; 1 tablespoon each olive oil and lime juice; 2 cloves garlic, pressed; 1/2 teaspoon chili powder; and 1/4 teaspoon salt. Spread in single layer; bake 8 minutes or until shrimp turn opaque.
4. Wrap 8 flour tortillas in damp kitchen towel, then in foil, and warm in oven 5 minutes while shrimp cook. Serve tortillas, shrimp and onion mixture with 1 cup salsa, 2/3 cup reduced-fat sour cream and lime wedges. Serves 4.

TIP: All shrimp should be thawed, shelled and deveined prior to use.

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

Good Housekeeping

Slow-Cooker Chunky Chili With Beans

- *4 slices bacon, cut crosswise into 1/2-inch pieces*
- *1½ pounds boneless pork shoulder, trimmed and cut into 1-inch chunks*
- *1½ pounds boneless beef chuck, trimmed and cut into 1-inch chunks*
- *1 jumbo onion (about 1 pound), coarsely chopped*
- *1/4 cup chili powder*
- *4 large garlic cloves, crushed with press*
- *1 tablespoon ground cumin*
- *1½ teaspoons dried oregano*
- *Salt*
- *1 can (28 ounces) diced tomatoes*
- *1 cup water*
- *3 cans (15 to 19 ounces each) pinto beans, rinsed and drained*
- *Sour cream (optional)*

1. In 12-inch skillet, cook bacon over medium heat until browned and crisp, stirring occasionally. With slotted spoon, transfer bacon to plate; cover and refrigerate until ready to use. Pour bacon fat into cup and reserve.
2. Increase heat to medium-high; add pork and beef in 3 batches to skillet and cook until well-browned. With slotted spoon, remove meat to 5- to 6-quart slow-cooker pot as it browns.
3. Return 1 tablespoon bacon fat to skillet; reduce heat to medium. Add onion to skillet and cook 8 to 10 minutes or until tender, stirring occasionally. Stir in chili powder, garlic, cumin, oregano and 1/2 teaspoon salt; cook 30 seconds to toast spices. Add tomatoes and water, stirring to scrape up browned bits from bottom of skillet. Remove skillet from heat.
4. To meat in slow cooker, add onion mixture and beans; stir well to combine. Cover cooker and cook chili on low setting as manufacturer directs, 8 to 10 hours (or on high setting 4 to 5 hours) or until meat is fork-tender. Skim and discard any fat. Stir in bacon. Serve with sour cream if you like. Makes about 12 cups or 10 main-dish servings.

• Each serving: About 400 calories, 13g total fat (4g saturated), 39g protein, 31g carbohydrate, 13g total fat (4g saturated), 10g fiber, 101mg cholesterol, 875mg sodium.

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Theft over $300 on the street on the 1700 block of West Roscoe Street.

Theft under $300 at a residence porch on the 1900 block of West School Street.

Theft of $300 and under from a residence on the1900 block of West Addison Street.

Burglary and unlawful entry to a residence on the 3600 block of North Ravenswood Avenue.

Armed robbery with a handgun on the the 3300 block of North Bell Avenue.

Credit card fraud at a residence on the 1700 block of West Melrose Street.

Illegal use of a cash card at a gas station on the 3300 block of North Damen Avenue.

Harassment by telephone on the 1900 block of West Melrose Street.

Purse snatching on the sidewalk on the 3400 block of North Leavitt Street.

Theft over $300 on the street on the 3200 block of North Hoyne Avenue.

Deceptive practice: Aggravated Computer tampering at a drug store on the 1600 block of West Belmont Avenue.

Theft at a Grocery food store under $300 on the 3300 block of North Western Avenue.

Aggravated robbery in a parking lot on the 3200 block of North Lincoln Avenue.

Criminal damage to a vehicle on the 2100 block of West Roscoe Street.

Armed robbery with a handgun at a small retail store on the 2100 block of West Roscoe Street.

Theft over $300 on the street on the1800 block of West Melrose Street.

Theft from a building on the 2200 block of West Roscoe Street.

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

Theft from an apartment building on the 3200 block of North Leavitt Street.

Theft from a restaurant on the 1900 block of West Belmont Avenue.

Theft under $300 from a residence on the 3200 block of North Ravenswood Avenue.

Theft of under $300 from a sports arena stadium on the 2100 block of West Addison Avenue.

Arson at a residence on the 2200 block of West Addison Street.

Criminal defacement at a restaurant on the 3300 block of North Paulina Street.

Unlawful entry to two residential garages on the 1800 block of West Byron Street.

Criminal trespass to a restaurant on the 4000 block of North Lincoln Avenue.

Financial identity theft of over $300 on the 2300 block of West Irving Park Road.

Theft from an apartment building on the 2300 block of West Irving Park Road.

Theft from a residence on the 1800 block of West Larchmont Avenue.

Theft $300 and under from a residence on the 2000 block of West Warner Avenue.

Criminal damage to a vehicle on the 4400 block of North Wolcott Avenue.

Armed robbery on the sidewalk with a hand gun on the 2000 block of West Grace Street.

Criminal sexual abuse .Public indecency on a CTA train on the 1800 block of West Irving Park Road.

Theft over $300 on the 4200 block of North Lincoln Avenue.

Theft under $300 on the 2100 block of West Belle Plaine Avenue.

Motor vehicle theft of an automobile from a parking lot or garage on the 3700 block of North Western Avenue.

Forcible entry and burglary to a residence on the 1800 block of West Byron Street.

Vandalism and criminal damage to a vehicle on the 2100 block of West Warner Avenue.

Theft over $300 on the street on the 4300 block of North Damen Avenue.

Aggravated assault with a hand gun on the 1800 block of West Irving Park Road.

Simple battery on the 3600 block of North Broadway.

Burglary and unlawful entry to an apartment on the 3200 block of North Clark Street.

Criminal damage and vandalism to residential property on the 2300 block of West Barry Avenue.

Deceptive practice counterfeiting document at a small retail store on the 1000 block of West Belmont Avenue.

Harassment by telephone at a residence on the 3500 block of North Pine Grove Avenue.

Retail theft at a small retail store on the 3700 block of North Halsted Street.

Burglary and unlawful entry to a residence on the 3600 block of North Ravenswood Avenue.

Burglary and forcible entry to a medical dental office on the 3800 block of North Broadway.

Criminal damage and vandalism to a hotel or motel on the 500 block of West Surf Street.

Deceptive practice unauthorized video taping at an apartment on the 700 block of West Irving Park Road.

Domestic battery in a vehicle on the 3900 block of North Lake Shore Drive.

Altering and forging a narcotic prescription at a residence on the 3300 block of North Kenmore Avenue.

Narcotics of altering a prescription at a drug store on the 3200 block on North Broadway.

Simple assault at a convenience store on the 3200 block of North Broadway.

Unlawful entry at a construction site on the 2500 block of West Addison Street.

Simple domestic battery at a residence on the 3100 block of North Southport Avenue.

Criminal trespass to a grocery store on the1100 block of West Belmont Avenue.

Aggravated Vehicle carjacking on the 3200 block on North Hoyne Avenue.

Armed robbery with a hand gun on the 3300 block of North Bell Avenue.

Theft from an apartment building on the 2900 block of North Clybourn Avenue.

Public Peace violation of a bomb threat at a police facility parking lot on the 2400 block of West Belmont Avenue.

Criminal damage and criminal defacement of a church or synagogue/place of worship on the 3000 block of North Lincoln Avenue.

Domestic battery on the sidewalk on the 3500 block of North Sheffield Avenue.

Simple battery at a small retail store on the 3400 block of North Halsted Street.

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

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FAMILY FEATURES

As much as half of the average homeowner's monthly utility expenses go toward cooling and heating, according to the U.S. Department of Energy (DOE). For many households, that makes energy the largest home-related expense each month, next to a mortgage payment.

Fortunately, numerous technological advances are making it easier than ever to manage home energy use. In fact, the DOE estimates you can save as much as 10 percent a year on energy costs by simply adjusting the temperature up or down when you're away during the day. Installing a programmable thermostat that never forgets to adjust on a busy morning and kicks back on before you arrive home can help you earn these savings and reduce energy consumption.

Home Automation

Newer smart, programmable thermostats can be controlled remotely by internet-connected devices, such as tablets and smartphones. Some models can also monitor your energy usage and system efficiency, providing data to help you make further adjustments to how you operate your HVAC system.

Lighting is another major energy challenge. However, smart light bulbs let you adjust your home's ambiance (and energy usage) with just a couple of quick taps. Paired with motion sensors that detect movement (or a lack thereof) and adjust lighting accordingly, smart bulbs can help reduce the waste of energy caused by lighting unused rooms.

Similarly, smartphone applications that connect to other appliances, utilities and home features offer the best of personalized comfort and convenience while providing tools to help minimize your home's energy consumption.

Zoned Climate Control

If you're like most homeowners, there are parts of your house that simply don't get much use or only get used during certain times of the day. Maintaining the temperature in those uninhabited areas can be costly and wasteful. As an alternative, an option such as zoned climate control allows you to stay comfortable in the rooms you use without spending a fortune on energy bills.

Photos © 2017 Scripps Networks, LLC. Used with permission; all rights reserved.

While a zoned system is generally considered a premium home feature, it isn't unattainable and actually offers long-term savings, due to its energy-efficient operation. The home is divided into zones, designated by floors, rooms or areas – however the homeowner chooses – which eliminates the "all on" feature of traditional air conditioners.

A system like Mitsubishi Electric Cooling & Heating's Zoned Comfort Solutions offers a true zoning-system with convenient controls and automation, along with whisper-quiet operation. Both ducted and non-ducted units are available depending on the space and occupant needs. Additionally, some models have advanced filtration features to help eliminate allergens, contributing to improved air quality.

For a new build, installing a zoned system from the outset is relatively simple. However, zoned systems are also a possible solution for replacing your home's HVAC system or rectifying a problem with a single uncomfortable room. Pairing the system with sensors or remote app controls can bring operating costs even lower through computerized automation.

Renewable Energy

Another option to offset some of your home's energy and utility costs is generating your own renewable energy through solar or wind power systems. Installation depends on many variables, such as how much energy you use, local codes and standards, and whether the house and surrounding terrain are situated to allow you to capture adequate natural power. For a home under construction, your builder should be able to offer guidance; for an existing home, contacting a local renewable energy organization or state office is a smart first step.

Find more ways to save money on your energy bill at mitsubishicomfort.com.

COST CONTROL

A state-of-the-art zoned climate control system can be configured to your specific needs, but all the customization options can make it tricky to predict how much your installation might cost. Taking into account these variables can give you a better sense of how much you'll be spending.

New equipment. Each system includes an outdoor unit, indoor unit(s), controls and parts including the refrigerant line-set, wiring and electrical accessories. Conditioning one room or zone comes at a significantly different price than cooling and heating a home with eight or more zones. Generally, new equipment comes in between $3,000-$15,000, depending on the number of zones and size of the home.

Labor. This is what you will pay a licensed HVAC contractor to install the system (and remove your old one, if necessary). Contractors' labor prices vary widely, but expect to spend an amount roughly equal to your equipment cost, depending on your geographic location and the complexity of the installation.

Additional costs. Depending on your existing system, you may incur costs for items such as electrical work to install a new 240V outlet ($200-$1,000, or more if your electrical panel requires a new circuit); an equipment pad, stand or brackets for the outdoor unit ($50-$300); ductwork (prices vary greatly depending on the home); and controller options (approximately $200-$300 each).

Unique situations. Some homes, such as older homes, high-performance homes and homes in extreme cold-weather regions, often require auxiliary heat or specialized designs or equipment, all of which can impact the cost of the system. However, with Mitsubishi Electric's Zoned Comfort Solutions, 100 percent heating down to a 5 F outdoor temperature can be attained.

Rebates. Some states offer rebates for the installation of more energy-efficient appliances, including HVAC systems. These rebates can help offset some of the upfront costs associated with installing zoned systems. Consider speaking with a professional or researching available rebates in your region before purchasing a new system.

The Garden Bug

Soil in winter

Biological activity continues within soil throughout winter, even below freezing. Up to 70% of gases from the breakdown of plant material, fertilizers, manure and microorganisms occurs in winter. The amount of gas released is affected by the soil temperature, which depends on how much snow is on the ground. This also affects phosphorus and carbon levels available in the soil for spring growth. — *Brenda Weaver*

Source: www.agr.gc.ca

The Garden Bug

A fun website to explore is Wild Flowers of Israel found at **www.wildflowers.co.il/english**

Within categories such as medicinal, herbal and Biblical, information is given on individual plants found in Israel, such as their common names, Hebrew names (with a pronunciation feature), scientific designations, physical attributes, along with flowering times, habitat, geographic distribution and color photographs.

Almond tree flower

- Brenda Weaver

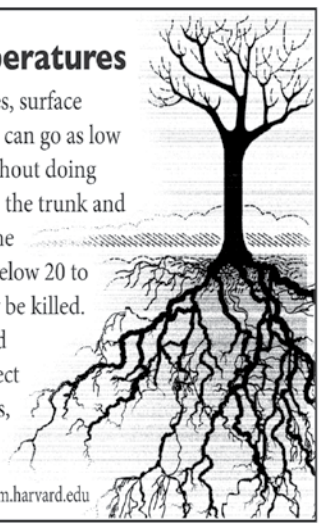
Source: http://www.wildflowers.co.il/english

The Garden Bug

Soil temperatures

For most trees, surface temperatures can go as low as -40 to -60 F without doing serious damage to the trunk and crown; but the temperature of the surrounding soil must not dip below 20 to 25 F or the roots of the tree may be killed. Maintaining a layer of leaves and mulch around the tree will protect the soil from freezing conditions, as will a layer of snow.

– Brenda Weaver



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Quotes worth your time

"If you are depressed, you live in the past... If you are anxious, you live in the future... But if you live in peace... you live in the present."
—Lao Tzu

"Common looking people are the best in the world; that is the reason the Lord makes so many of them."
—Abraham Lincoln

"Be so good they can't ignore you."
—Steve Martin

"The world suffers a lot. Not because of the violence of bad people. But because of the silence of good people."
—Napoleon

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Business Spotlight

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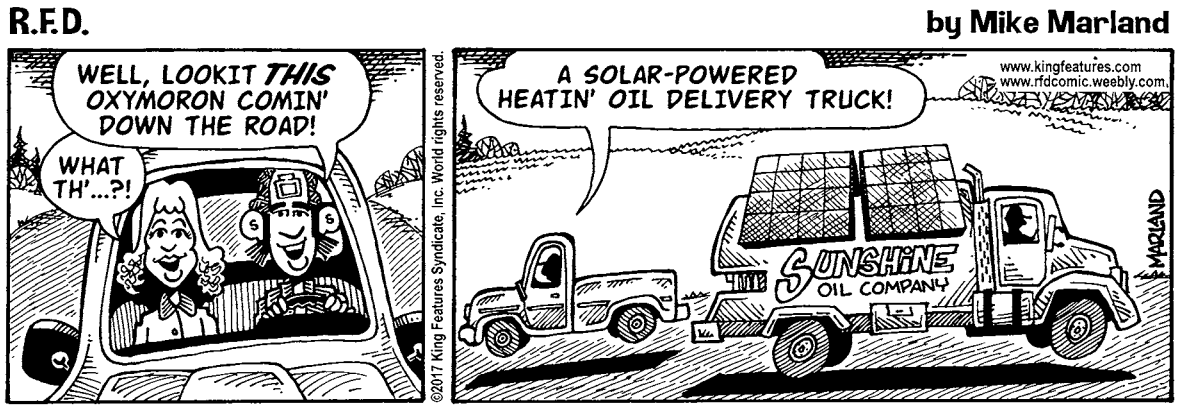
by Mike Marland



Out on a Limb

by Gary Kopervas

Amber Waves

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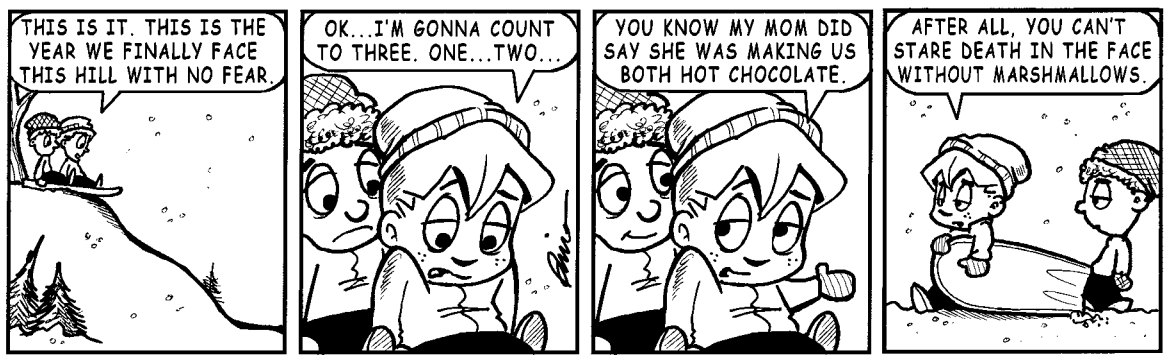


The Spats

by Jeff Pickering

THE CASHIER

BY RICARDO GALVÃO

THEY'LL DO IT EVERY TIME

BY AL SCADUTO

Junior Whirl

by Charles Barry Townsend

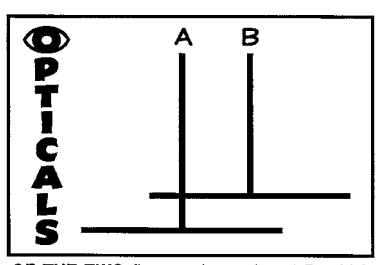
PUZZLE CARD

Place five small pieces of paper close together on the back of someone's hand.

Now bet them that they can't blow them away, one by one. They will almost always blow two or more away at a time.

Solution: Place the papers on the back of your hand and hold down four of them with the fingers of your other hand. Blow the first paper away, left a finger and blow the next away, and continue in this manner until all are gone.

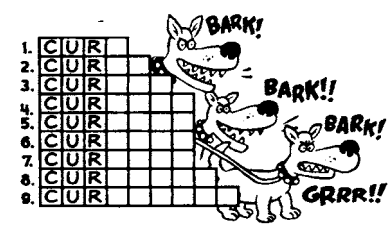
OPTICALS



OF THE TWO figures above, A and B, which one's height and width are equal?

Answers: Figure A.

A PACK OF "CURS"!



Don't "bark" up the wrong tree looking for these words. The grid to the left has room for nine words, and they all contain the word "cur." We also give you plenty of hints to help you fill in the missing letters.

1. Rudely, brief in speech.
2. To swear at.
3. Specific time to be home by.
4. A museum director.
5. To cut short; abbreviate.
6. Spoiled milk.
7. A hasty performance.
8. A fancy flourish made with a pen.
9. Part of a paved road.

Answers: 1. Curt. 2. Curse. 3. Curfew. 4. Curator. 5. Curtail. 6. Curdled. 7. Cursory. 8. Cursive. 9. Curbstone.

Answer: CIVIL. In Roman numerals, 101 = CI; 6 = VI; 50 = L

HOLD THE LETTUCE AND TOMATO! Can you find the four five-letter words for the Word Square that match the definitions below? All words must read the same both across and down.

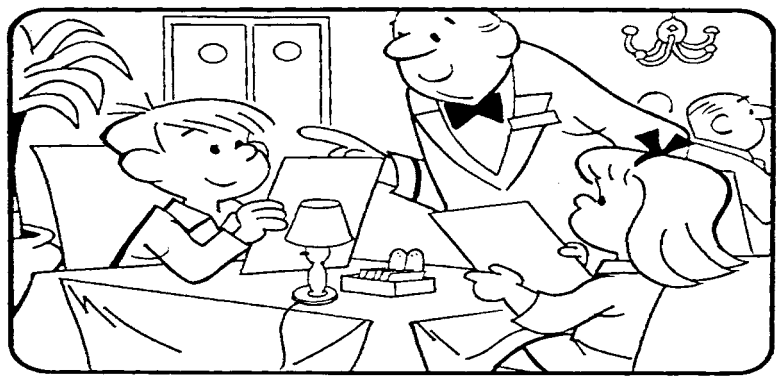
1. He runs a monastery.
2. A destructive fire.
3. Part of a BLT (given).
4. Found high above Earth.
5. A true principle.

1	2	3 B	4	5
2		A		
3 B	A	C	O	N
4		O		
5		N		

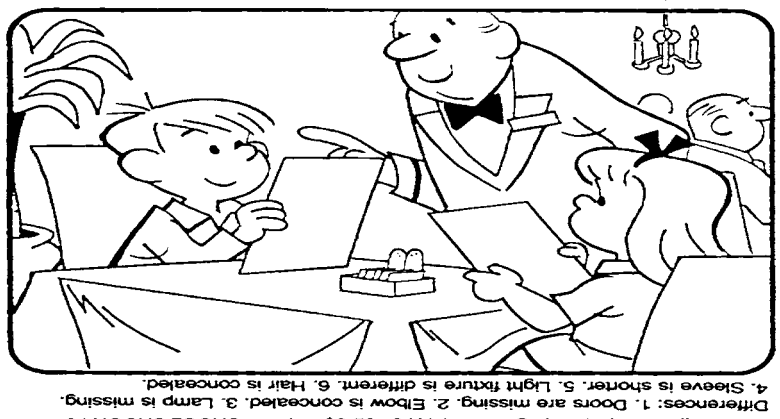
Answers: 1. Abbot. 2. Blaze. 3. Bacon. 4. Ozone. 5. Tenet.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Doors are missing. 2. Elbow is concealed. 3. Lamp is missing. 4. Sleeve is shorter. 5. Light fixture is different. 6. Hair is concealed.

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Just Like Cats & Dogs

by Dave T. Phipps

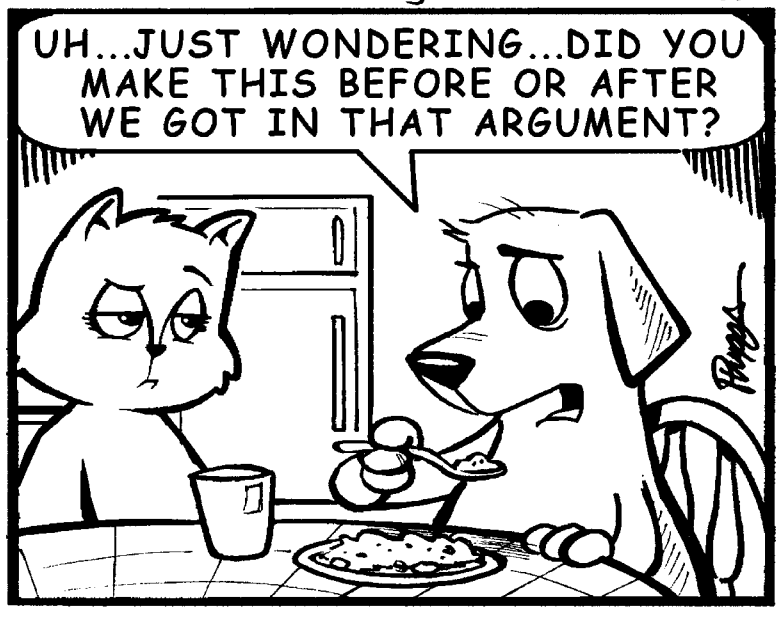


Photo courtesy of Getty Images

Focus on NUTRITION

5 ways to add more nutrients to your lifestyle

FAMILY FEATURES

A nutritious diet is crucial for overall health and well-being. While it's OK to indulge from time to time, it's important to make sure you're providing your body with appropriate nourishment.

There are many ways to help you add more of the essential nutrients you need into everyday meals, including these nutritious ideas from CocoaVia.

Sneak in More Fruits and Vegetables.

You can bulk up the nutritional value of nearly any meal by incorporating fruits or vegetables directly into your recipes. Pureeing veggies is a good way to disguise textures or flavors you might typically avoid. For example, celery is a natural flavor enhancer for many types of broth soup. Adding finely pureed celery to the stock will add the flavor without the crunchy bits. You can also slip vegetables like spinach or carrots into smoothies, and depending on the base and fruit, you may never even taste them. Fresh, canned or frozen, fruit can give a boost of nutrition to dishes like oatmeal or pudding. You can also use purees (think applesauce) as a low-fat substitute for eggs and oil in baked goods like cake.

Go Frozen.

Fresh fruits and vegetables provide a wealth of essential vitamins and nutrients, but you may be surprised that their frozen counterparts do the same. Frozen foods are often perceived as less nutritious, but they can contain just as many nutrients as fresh produce. In fact, since freezing often involves picking the food at its peak and then quickly freezing it, freezing can actually help retain vitamins more efficiently than refrigeration or canning; frozen vegetables can actually hold on to nutrients longer than fresh produce and are a great alternative when seasonal fruits and vegetables are unavailable. In many cases, frozen veggies also make it easy to experiment with better-for-you meals because the cleaning and prep work is already done. You can try adding them to soups, stir-fries, casseroles and even pasta dishes.

Cook Quickly.

If you've historically shied away from cooked vegetables, you may find that proper preparation is the secret ingredient. Not only does overcooking veggies deplete their flavor, in most cases it also diminishes their nutritional value. Cook veggies lightly and quickly using methods like stir-frying or steaming to help retain water-soluble nutrients like vitamins B and C.

Get Saucy.

You may think of dishes covered in rich gravy or sauce as unhealthy, and in some cases, you would be right. However, it's actually quite possible to create saucy dishes that taste terrific. Both tomato sauce and pesto add nutrients and can top pretty much anything, from pastas to grilled chicken. Tomato sauce contains lycopene, a bright plant pigment known as a carotenoid that has been linked to a range of health benefits. Pesto is traditionally made with healthy pine nuts and basil, but you can also get creative and prepare this light sauce alternative with options such as arugula, spinach and heart-healthy walnuts or pecans.

Consider Cocoa Flavanols.

Another option to consider adding to your diet is cocoa flavanols. These plant-based phytonutrients are found naturally in cocoa, and research supports that these flavanols work within your body to help maintain healthy blood flow. While chocolate, including dark chocolate and natural (non-alkalized) cocoa powder, can be sources of cocoa flavanols, they are often not a reliable source of cocoa flavanols. The way cocoa is handled matters in the retention of these phytonutrients. However, one easy way to add cocoa flavanols to your routine is by incorporating a daily cocoa extract supplement, such as CocoaVia, which contains the highest concentration available in a cocoa extract supplement today. The supplement can be added to the food or beverage of your choice, like a Chocolate-Chai Smoothie or coffee. Visit CocoaVia.com for more information about cocoa flavanols and ideas for adding them to your diet.

Chocolate-Chai Smoothie

Makes: 1 smoothie

- **1/2 cup boiling water**
- **1 chai-flavored tea bag**
- **1/2 cup fat-free milk**
- **1 tablespoon honey**
- **ice cubes**
- **1 packet CocoaVia Unsweetened Dark Chocolate (or Sweetened Dark Chocolate) supplement**

In measuring cup with pour spout, pour boiling water over tea bag. Let steep 5 minutes; remove tea bag.

Pour milk and tea into blender; add honey, a handful of ice and cocoa extract supplement. Cover and blend until smooth.

Nutritional information per serving: 130 calories; 1 g total fat; 50 mg sodium; 27 g carbohydrates; 1 g dietary fiber; 24 g sugar; 5 g protein; 375 mg cocoa flavanols.

The Truth About Chocolate

While there are many misconceptions about chocolate, especially when it comes to its health benefits, these facts from the experts at CocoaVia set the record straight on some of the most common chocolate myths.

1. Chocolate contains powerful antioxidants.

Chocolate, particularly dark chocolate, does contain cocoa flavanols, phytonutrients which numerous scientific studies have demonstrated have a positive impact on health. However, cocoa flavanols are not antioxidants. While not antioxidants, cocoa flavanols have been shown to have positive effects on health that are linked to their ability to support the health and function of your blood vessels.

2. Chocolate is good for your heart.

Chocolate can be part of a healthy diet, but it is not a health food. Even if chocolate is high in cocoa flavanols, the calories, fat and sugar leave it best-suited as an occasional indulgence.

3. Chocolate containing 70 percent cacao or greater is good for you.

The percentage of cacao is not a reliable indicator of a product's cocoa flavanol content. Unfortunately, there is also no way of knowing exactly how many cocoa flavanols are in a conventional chocolate product because traditional cocoa processing, which includes fermenting, drying and roasting of beans, destroys many of the flavanols naturally present in the cocoa bean.

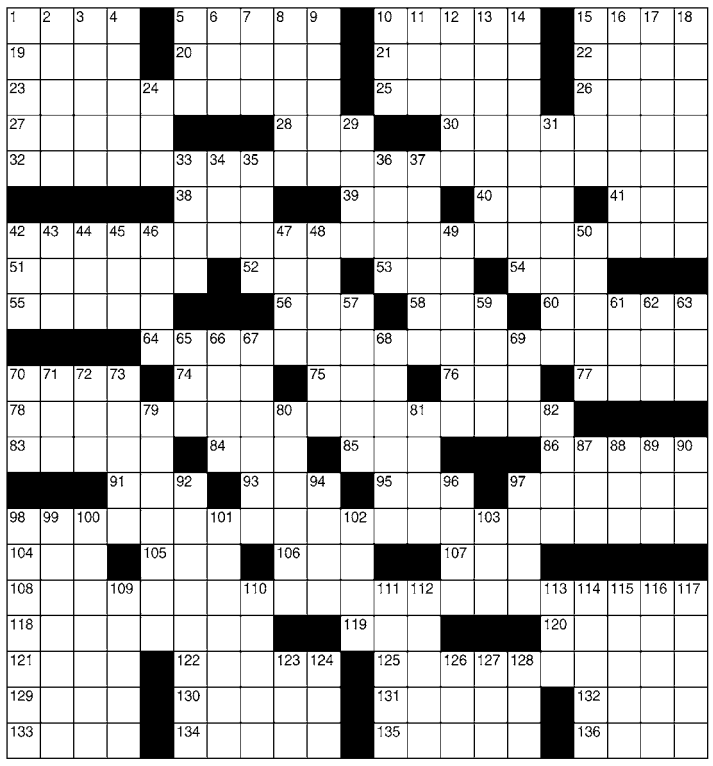
4. Chocolate is high in caffeine.

Chocolate does contain caffeine, but an average 1-ounce serving of dark chocolate contains less than half the amount of caffeine found in an average cup of black tea. The amount of caffeine in chocolate is in proportion to the percentage of cacao in the product, meaning milk chocolate contains less caffeine than semi-sweet or dark chocolate.

Content courtesy of CocoaVia

Crossword

Super Crossword



Super Crossword

ACROSS
1 Santa — (desert winds)
5 Heroic tales
10 "iZombie" network
15 Marathoner's statistic
19 Promote
20 Horror, e.g.
21 Prefix with gram or liter
22 Strong — ox
23 Start of a riddle
25 "That is to say ..."
26 Piper's garb
27 AWOL part
28 Pat lightly
30 Short literary sketch
32 Riddle, part 2
38 Jailbird
39 Poet's "always"
40 German's "one"
41 Suffix with sucr- or lact-
42 Riddle, part 3
51 Starting point
52 Ike's inits.
53 Cell stuff
54 Government loan agcy.
55 Runway user
56 Clumsy sort
58 Dollar pts.
60 He beat Romney
64 Riddle, part 4
70 "Look, I did it!"
74 Ostrich kin
75 Bohea, e.g.
76 That, in Chile
77 Oil gp.
78 Riddle, part 5
83 '90s-'00s boy band
84 Thrice-spun-off TV show
85 Wimbledon unit
86 Swimming (in)
91 Sue Grafton's "— for Evidence"
93 Mind-reading ability
95 Lilted syllable
97 "Hägar the Horrible" creator Dik
98 Riddle, part 6
104 Pitching whiz
105 Ballpark fig.
106 Prefix meaning "equal"
107 Syllable after "Mao"
108 End of the riddle
118 Merit the best score, maybe
119 Half of hexa-
120 See 45-Down
121 Lacking width and depth, for short
122 Els of golf
125 Riddle's answer
129 Baseball team count
130 Actress Tierney
131 Plants used in first aid
132 Borscht vegetable
133 Anti-DUI org.
134 More sneaky
135 Flirty laugh
136 Probability

DOWN
1 Slanting
2 Like free banking
3 Acoustic
4 Rock's Perry
5 "I" problem
6 Chapel seat
7 Hotel's kin
8 Set of beliefs
9 Roomy car
10 "No need to share all that," in texts
11 That bloke
12 School pupil, in France
13 Actresses Bloom and Danes
14 Fancy shoes
15 George of "Star Trek"
16 "... true statement, correct?"
17 Dog or cat breed
18 Went inside
24 Ida. borderer
29 British TV network, with "the"
31 Tiny self-propelled machine
33 Clicked-on graphic
34 Bart Simpson, to Marge
35 With a sharp image, briefly
36 — -do-well
37 Long ditch
42 Marge Simpson, to Bart
43 — -Magnon
44 Prefix with day or week
45 With 120-Across, 65 and older, e.g.
46 Sledding site
47 Work like —
48 Cherished by
49 Ramble on
50 Verboten act
57 Feudal lands
59 Cubs hero Sammy
61 Galaxy buy
62 Pal of Larry and Curly
63 Jets' gp.
65 Conifer with toxic seeds
66 Apple choice
67 Sipped on
68 Sex cell
69 Down vote
70 Earthy color
71 Muscles below pecs
72 Handyman's initialism
73 Nixon's veep
79 Actress Annabella
80 Not make the event in time, say
81 Other, in Chile
82 Delhi wear
87 Concave pan
88 Stupefy
89 NBC skit show since '75
90 Kin of "Psst!"
92 Secondary details
94 Elegant
96 Voting 69-Down
97 Cordon — (chicken dish)
98 Particles composed of quarks
99 South Pacific region
100 Soho locale
101 Left-leaning
102 Ring around a castle
103 Pa. hours
109 Surrendered
110 Listless feeling
111 Yummy morsel
112 Edge shyly
113 Abbr. at LAX
114 1990s fitness fad
115 "— a drink!"
116 Looked at provocatively
117 Swift homes
123 Wrath
124 Acoustic organ
126 "So fancy!"
127 Peace gesture
128 Nationality suffix

Horoscope

Salome's Stars

ARIES (March 21 to April 19) Shutting people out to avoid distractions, even under a deadline, can cause hurt feelings. Instead, return calls and emails, and explain why you need a zone of privacy for now.

TAURUS (April 20 to May 20) Although your keen Bull's eyes usually can discern what's fact from what's faux, that upcoming decision will need really solid data before you can risk a commitment.

GEMINI (May 21 to June 20) As your confidence grows, you should be able to work toward your goals with more enthusiasm. Open your mind to suggestions. Some of them might even work for you.

CANCER (June 21 to July 22) Reconnecting with someone from your past stirs up that old sense of adventure. But before you do anything else, be sure to get answers to those still-lingering questions.

LEO (July 23 to August 22) Some people might resent the way you plan to resolve a difficult situation. But your commitment to making tough but fair decisions soon wins you their respect and support.

VIRGO (August 23 to September 22) Mixed signals could be causing that vexing workplace problem. Before you choose to leave the project, ask for a meeting so you can get things out in the open.

LIBRA (September 23 to October 22) Your good intentions could backfire if you're not careful with other people's feelings. Try using persuasion, not pressure, to get others to see your side of the situation.

SCORPIO (October 23 to November 21) Your dedication to finishing the task at hand is laudable. But be careful not to overdo the midnight oil bit. Take time for relaxation with someone very special.

SAGITTARIUS (November 22 to December 21) Although your intuition will help you make some tough choices in the first half of the month, you'll need more facts to back up your actions later on.

CAPRICORN (December 22 to January 19) All that hard work and research in the workplace finally pays off as you hoped it would. Ignore comments from jealous types who are out to get the Goat riled up.

AQUARIUS (January 20 to February 18) An unfair decision creates unnecessary problems. But avoid anger and move carefully as you work this out. Expect to get support from an unlikely source.

PISCES (February 19 to March 20) A fuzzy financial vista persists until midmonth, when things begin to clear up. You'll also gain a better perspective on how to handle those pesky personal problems.

BORN THIS WEEK: You have a wonderful way of being there for those who need your help in difficult times.

Paw's corner by Sam Mazzotta

Puppy Is No Gift for Baby Boy

DEAR PAW'S CORNER: This is our baby's first Christmas, and we want it to be really special. I'd like to get him a puppy that can grow along with him. Any suggestions? — ***Ted L., Tennessee***

DEAR TED: How about a stuffed animal? Seriously, while your son might love the puppy, and you'll probably get some wonderful, cute pictures with them playing beside the tree, when the Christmas decorations come down and life resumes its daily course, that cute puppy may become a rambunctious nuisance.

Think about it: You've got your hands full keeping your new baby happy. Bringing a puppy into the house would mean taking care of two babies, both of whom need lots of attention. Just training a puppy can be time-consuming — try doing it with a 1-year-old underfoot!

Wait a few years until your son is old enough to both appreciate and care for a dog. He'll still have a friend to grow up with, and he'll learn responsibility. And even then, make sure to ask your son's opinion first. He may want a fish instead.

For now, give your baby a cuddly, low-maintenance stuffed animal for Christmas. If you'd like a picture of him with a cute puppy, ask a friend who's adopted one if you can bring your son by for a photo, or contact a professional photographer. Your relatives will still coo over the darling photograph, and your wife won't have a nervous breakdown!

Send your questions, comments and tips to ask@pawscorner.com.

Weekly SUDOKU

by Linda Thistle

		3			7			8
	7		2	4			9	
9			1			4		
4	1		8					9
	5			3		7		
		6			1		5	
		2		8		6		1
1	8		7				3	
5					4	2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ◆◆◆ HOO BOY!

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Classified

Web Site promotion

Now you can promote your web site in our print edition of Lakeview Newspaper with an ad for $60.00 per month. Having a web site and hoping that new customers discover you on line is a bad way to promote your business. Now you can reach the comm.-unities of Lakeview, North-Center,Lincoln Square and Roscoe Village at a reasonable cost per month. See page 6 of this edition for an example of how your ad could look. Mail your check with your ad to J2 Associates, Inc. P.O. Box 578757, Chicago, IL 60657. Must be dated by the 20th of this month for the following months edition.

Door to Door Distribution

You pick the neighborhood and furnish the sales pieces and we do the rest. Let our professional supervised adults distribute your sales piece, menu or flyer door to door. Minimum order is 2,000 pieces. Additional thousands available for quote.Cheaper than the U.S. mail even with a bulk permit. Free quote. Call George at (312) 493-0955.

We also offer your flyer inserted in the Lakeview Newspaper on a monthly basis. You furnish the flyer. We require 3,100 copies furnished. Deadline is the 20th of the month before the next edition. Call (312) 493-0955 for quote.

Classified ad rates

Classified advertising rates. First 2 lines are $15 then $3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by January 20th to be included in the following month's newspaper. 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to: J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657. Please run the ad_____ times.

Here's my classified ad:

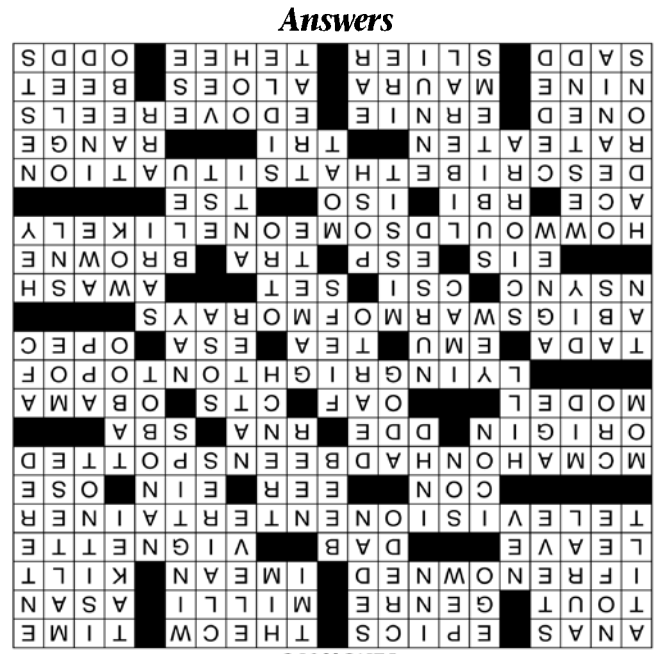
Weekly SUDOKU

Answer

7	8	2	4	1	3	9	6	5
5	3	9	6	2	7	4	8	1
1	4	6	5	8	9	2	3	7
2	5	8	1	7	4	6	9	3
4	1	7	9	3	6	8	5	2
9	6	3	2	5	8	7	1	4
3	7	4	8	6	1	5	2	9
6	9	5	3	4	2	1	7	8
8	2	1	7	9	5	3	4	6

Super Crossword

Answers



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