



April, 2018

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

Volume 22, Number 5

Interview

The Roller Coaster in the Sky



20 Questions

This month's interview is with **Johnny Begale**, Manager of the **Paulina Meat Market** sausage kitchen, 3501 N. Lincoln Avenue.

- Q.** Where were you born and raised?  
**A.** Niles, Illinois.  
**Q.** Are you married? Any children?  
**A.** No and I have no children.  
**Q.** Where did you attend school?  
**A.** Illinois Wesleyan University.  
**Q.** What was your first paying job?  
**A.** I worked for my uncle in a cheese manufacturing and distribution company in Elgin.  
**Q.** Who has/had the most influence in your life?  
**A.** My therapist.  
**Q.** Who do you most admire and why?  
**A.** My mom. She always made everyone feel special and would spend one on one time with all of us.  
**Q.** If you could meet

- anyone in the world, who would that person be and why?  
**A.** Mother Theresa, because of what she sacrificed in order to serve mankind.  
**Q.** If you could travel to any country in the world, where would that place be and why?  
**A.** Egypt, to see the pyramids, hieroglyphics, camels and culture.  
**Q.** What would you like to do in your life that you haven't done so far or would like to do in the future?  
**A.** Serve the community in some fashion, and to be able to get up every day and go to work for the people.  
**Q.** Do you see any "trends" in the choices people are making when purchasing food items, e.g., special cuts of meat, ethnic type items, etc.?  
**A.** Hot and spicy are the trends now. With a steak you need just salt and pepper but with sausage you need cheese and spices.  
**Q.** There are so many problems in the world. What concerns you the most and why?  
**Continued on page 2**



photograph by George Rimel/Lakeview Newspaper

by George Rimel and Joyce A. Rimel

It's called the Red and Purple Modernization Project (RPM), the Red and Purple Bypass Project and the Roller Coaster in the Sky. The \$320 million project is being built to reduce congestion on the section of track that services approximately 150,000 riders with 850 trains passing through the junction north of the Belmont Station each week-day. This bypass allows northbound Brown Line trains to pass over the top of the existing tracks, where the three train lines meet. Currently, the configuration of the tracks, dating back to 1907, requires trains on three of the four tracks to stop and wait for Brown Line trains to cross, resulting in more than 40% of the weekday trains being delayed up to three minutes. The flyover will add an additional six to nine trains an hour during rush periods and allows for a 30% increase in service. This improvement will reduce overcrowding and meet the growing demand for transit service. Up to 7,200 additional customers will be accommodated per hour during rush hour and customers are saved a half-million travel hours each year. However, if ridership continues to grow as quickly as it has since 2008, the CTA will need to double the number of trains it runs along these lines by 2030. To make way for the new two-block long bypass, a mix of condominiums, apartments and retail stores are being demolished, in the 44th Ward, between Belmont and Addison. The goal is to have the demolition complete by

Continued on page 2

What's on your Mind?



"I'm looking for it to be warm enough to go for walks along the lake front."

Gabby Rascati



"I'm looking forward to vacationing in New Orleans and listening to the blues, good weather and eating as much seafood as I can."

Meg Carrel



"What to do with my 4 year old at Spring break to keep him entertained."

Sara Krauss and daughter Madelene



# Editorial & Opinions

Interview continued from front page.

**A.** Mental health, because of the pressure on kids. We are not all alike, but individuals and we must relate to each other.

**Q.** What hobbies/ interests do you have?

**A.** Volleyball, understanding nutrition and health and international travel.

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

**A.** My favorite TV show is "Breaking Bad"; my favorite movie is "Happy Gilmore and my favorite book is "Born to Run".

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

**A.** My mom's water bottle with her name on it.

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

**A.** Passing the CPA exam; starting my own not-for-profit and coming out at the age of 22.

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

**A.** I went to school for accounting and not knowing myself well enough to get into micro-biology or health care; not playing a musical instrument and not taking acting classes, debate or public speaking classes.

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

**A.** When people leave the water on and aren't using it.

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

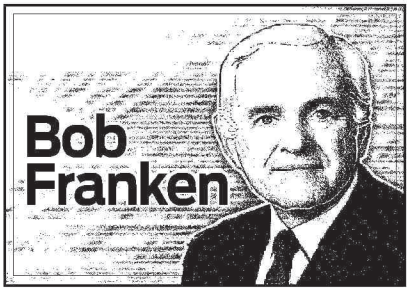
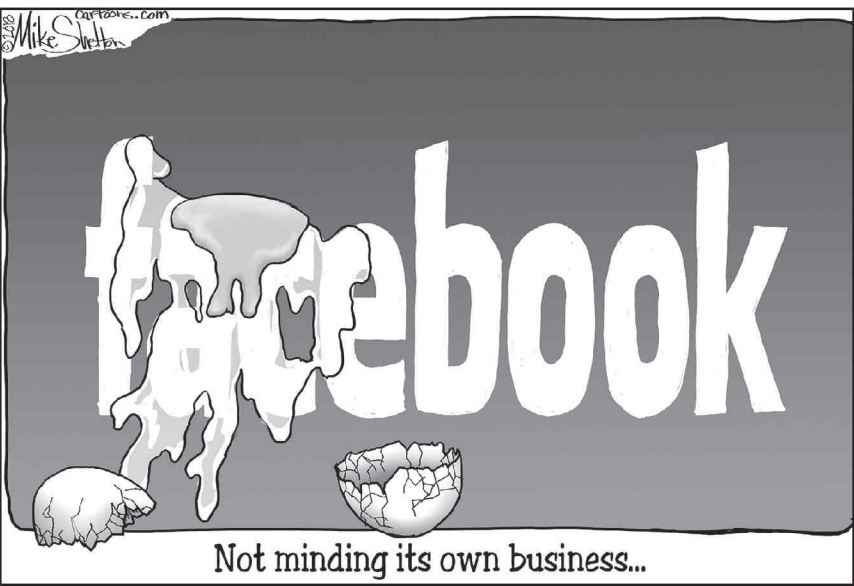
**A.** A native in the Philippines that didn't have any technology and went fishing. Just a more simpler life.

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

**A.** Trying to get people to shop locally.

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

**A.** Take massive action.



## If Hillary Had Won

The death of astrophysicist Stephen Hawking brings to mind Donald Trump and Hillary Clinton. How weird is that? But bear with me. Hawking credibly speculated about a parallel universe on the other side of a black hole. What if, in that alternative existence, Hillary Clinton had won the 2016 presidential election? How, in that black hole that is U.S. politics, would she be doing as president?

In a word, badly. She wouldn't be the disgrace that Donald Trump is — there's no way anyone can match his bigotry, hateful appeals to our worst instincts or his simple-minded impetuosity. In fact, "Hillary" and "impetuous" would make up a classic oxymoron. While President Trump is moronically careless, Hillary is methodically calculating, or at least appears that way, which is even worse.

As a result, she squanders her advantages, like her formidable brainpower, because she's missing the lobe that processes empathy impulses — the real ones, not the artificial contrivances concocted by her sycophantic consultants. By now, she would have frittered away much of her hugely historic significance as the nation's first woman chief executive. It would have dissipated, overridden by the personal flaws that have come to define Hillary Clinton. Her careful dissembling would be easy prey for Republicans, always ready to pounce. Her perceived sense of superiority and that of the people who flit around her soon would antagonize just about all us unworthies.

Hillary Clinton provides an object lesson for those trying to grasp what a candidate should not be. Her recent appearance in India is a case in point.

She offered the analysis that she had beaten Trump in places populated by those who are "optimistic, diverse, dynamic, moving forward" — as opposed to those who are "backward," riffraff in her mind, who were driven away by the elitist sense of entitlement that she exudes. Her arrogant, meritocratic view of the "deplorable" doesn't compare with Trump's vile demagogic manipulation of their fears and prejudices, but the condescension openly displayed by Hillary and so many of her supporters for all who don't share their phony values is almost as divisive.

Add to that Hillary's long coziness with the richest of the rich, and it would stoke the same resentments that Trump has been able to exploit to his advantage. He is a master at convincing the little people that he's on their side at the same time that he symbolizes the worst excesses of conspicuous consumption and an entirely selfish life.

Both are phonies, but also polar opposites. One huge difference: Trump is entertaining, grossly so. And his slapstick collection of supporting actors is a laugh a minute.

Clinton as president would bore us to death. Where The Donald mindlessly stomps through issues, Hillary takes carefully thought-out baby steps. It's preferable for policymaking but stifles any passion. We'd be desperate for excitement, even some misstep from that other President Clinton, whose time as POTUS was certainly, uh, interesting.

For now, we're stuck in our Trump black hole. Still, as Stephen Hawking argued, "Things can get out of a black hole, both to the outside, and possibly, to another universe." The problem is, that "other universe" is not all that appealing either. Or maybe this is the alternative universe.

Roller Coaster in the Sky continued from front page.

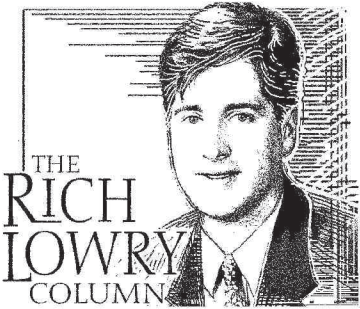
the Cubs opener.

The CTA has also implemented the Lawrence to Bryn Mawr Modernization Project. This project would completely rebuild the Lawrence, Argyle, Berwyn and Bryn Mawr stations, built between 1908 and 1922, and all the tracks and support structures for more than a mile adjacent to the stations, eliminating many deteriorated structures that have become neighborhood eyesores. These stations will be completely torn down and rebuilt from the ground up and be fully ADA accessible to customers with disabilities. Amenities at the stations will include, wider platforms for faster boarding and less crowding, better lighting and customer security features, longer can-

opies, more benches and wind screens, and real-time information boards.

These stations are estimated to cost \$1.13 billion in total. This project is not only intended to improve transit service to the 45,000 people that live within a ½ mile of these stations, but to support economic development initiatives and encourage redevelopment within Uptown and Edgewater.

The project time-line, subject to changes that may arise due to weather, unforeseen issues, etc., is that major construction will begin on both the Lawrence to Bryn Mawr Modernization and the Red-Purple Bypass in 2019. Construction is estimated to last 4 to 5 years into the mid-2020's.



## Don't Bork Gina Haspel

President Donald Trump's pick for CIA director is about to experience a good Borking.

No one doubts her professionalism, and she's been endorsed by Obama intelligence officials. Yet Gina Haspel's long career at the agency, including extensive work undercover in the field, is getting blotted out by her reported involvement in the CIA's black-site interrogation program, which has become a warrant to say anything about her.

Her critics assert she should be in jail, and The New York Times editorial page wrote about her nomination under the headline "Having a Torturer Lead the C.I.A."

Not to be outdone in demagogic attacks on anyone associated with our national security apparatus, Sen. Rand Paul calls Haspel "the head cheerleader for waterboarding," and claims she mocked a detainee for his drooling. The only problem is that this anecdote comes from a book by a contractor who worked with the CIA, James Mitchell, and it describes a man, not a woman, making the comment.

Factual accuracy aside, the attacks on Haspel are ahistorical in that they ignore the context of the CIA program, and unfair insofar as they portray her as a remorselessly cruel prime mover behind it.

The interrogation program began when al-Qaida operative Abu Zubaydah was captured in March 2002. At the time, we believed another 9/11-style attack was imminent, and preventing it

had an urgency fueled by raw memories of an event that was literally yesterday's news.

The interrogation program wasn't a rogue operation. The CIA repeatedly briefed select congressional leaders, especially the top Republicans and Democrats on the intelligence committees. It was approved at the highest level of the U.S. government, and the CIA sought, and got, explicit legal approval from the Department of Justice.

Haspel is connected in the press to the interrogations of Abu Zubaydah, although the CIA hasn't confirmed her participation and insists much of the reporting about her work in this period is erroneous.

But let's consider Zubaydah's case. He was not a detainee who had nothing to tell us, as he is often portrayed by critics of the CIA. Shortly after his capture, he identified Khalid Sheikh Mohammed as the mastermind of 9/11.

The enhanced interrogations were brutal. Zubaydah was struck, placed in stress positions, confined in small boxes and repeatedly waterboarded. During one session, he became unresponsive. By any standard, this was extreme and right up to the legal line.

The CIA didn't learn of any planned attack in the U.S.; it did become confident that Zubaydah wasn't holding back anything. From his capture to his transfer to the Department of Defense on Sept. 5, 2006, information from him produced 766 intelligence reports.

In the cold light of day, we would have handled all of this differently. But this was a national failing, and at a time when we understandably believed we were in a race to prevent another atrocity on our shores. To punish Gina Haspel more than 15 years later for doing what her country asked her to do, and in response to what she was told were lawful orders, would be a travesty and a disgrace.

But so were the confirmation hearings of Robert Bork.

Rich Lowry is editor of the National Review.

## Americanisms

"Success isn't how far you got, but the distance you traveled from where you started."  
—Steve Prefontaine

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### Lakeview Newspaper

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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](http://www.LakeviewNewspaper.com)  
Email: [LKVWNEWS@aol.com](mailto:LKVWNEWS@aol.com)

Publisher and owner: George Rimel  
Executive Editor and owner: Joyce A. Rimel  
Graphic Design/Production: Kathleen O'Hara

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VETERANS  
★ POST ★

by Freddy Groves

Shulkin, Again

It's not looking good for Department of Veterans Affairs chief David Shulkin to continue in his job. He's come under the piercing gaze of the Office of the Inspector General again ... never a good sign.

First it was talking on the government dime to Denmark and taking his wife along, thanks to emails doctored by Shulkin's chief of staff that indicated that the wife's trip could be paid for. Next came the recent scathing OIG follow-up report on the Washington, D.C., VA Medical Center, which had a laundry list of scary tales. Then, White House chief of staff John Kelly had to tell Shulkin to zip his lip, stop talking to the press and to keep to the business at hand, which is to focus on veteran care.

Now, rumors say, it's using his security detail to run personal errands. Specifically, a member of his security staff was used for a Home Depot trip and then had to haul furniture into the Shulkin house.

Even at first glance, this is a very stupid thing to do. How, one wonders, is a member of the security staff supposed to protect the VA secretary, and maybe even be in a position to pull out a gun to protect him, if he's carrying furniture? Second, it's additionally stupid because maybe that highly trained member of the staff doesn't want to be used in that way.

In a short statement before a meeting of a Congressional subcommittee on the VA budget, Shulkin said he deeply regrets all the distraction. He said he's made it clear to his staff that he has no tolerance for anything other than the business they have to do for VA. He didn't mention the run to Home Depot or using his security staff to haul furniture.

VETERANS  
★ POST ★

by Freddy Groves

Debate at the VA

"It was difficult to pinpoint precisely how the conditions described in this report could have persisted at the Medical Center for so many years."

Thus begins the conclusion to the full report issued by the Department of Veterans Affairs' investigative office, the follow-up to a scathing interim report issued one year ago about deficiencies at the Washington, D.C. VA Medical Center.

The interim report — issued quickly because of the dire situation — detailed dirty clean/sterile storerooms, millions of dollars in supplies that hadn't been inventoried sitting in a dirty warehouse with a parade of people wandering through, missing equipment, having to borrow surgical equipment at the last minute from other hospitals or cancel the surgery (sometimes after the patient had already been put under), lack of safety recall procedures that left expired items on the shelves, and much more. Now the full investigation has been completed.

VA Secretary David Shulkin quickly issued a press release itemizing all the great improvements made on problems in the interim report. They include establishing a new process for identifying potential supply shortages and a 24-hour hotline to procure those items. A sterile processing center will be completed in March 2019. Access to equipment and supplies in a warehouse now is restricted.

How, one wonders, does a surgical unit run out of the staplers that close an incision? How does a hospital emergency room run out of the thin tubes that deliver oxygen to the nose? How could outages in crucial supplies continue, six months after the interim report came out? And how, as recently as four months ago, could rusted instruments still be on hand?

So, do I trust the press release issued by the VA on the heels of the complete Office of the Inspector General report? No.

The annual budget for the VA OIG should be doubled. To review the whole 158-page report, go to [www.va.gov/oig/pubs/VAOIG-17-02644-130.pdf](http://www.va.gov/oig/pubs/VAOIG-17-02644-130.pdf).

SENIOR  
NEWS LINE

by Matilda Charles

Cut Cable, Save Money

If your cable bill keeps climbing, you don't have to give up your television. There is a way to keep watching your shows and movies at a fraction of the cost. It's called cord cutting.

"Cord cutting" means that you can dump your cable company, replace it with a small indoor HDTV antenna and a streaming device, and sign up for individual services for much less than you're paying now.

There are new streaming devices every day: Roku, the Roku stick, Amazon Fire stick and more. Roku connects to your TV with an HDMI cable (\$10) and runs on Wi-Fi from your Internet. The stick plugs right into your TV. The little device will cost you from \$30 to \$100, depending on which one you select.

With Roku alone you can access thousands of channels, many of them free. Some will cost you a few dollars a month. Before you sign up for any channels, give yourself a month of sampling what you can get on your device for free.

If you're ready to venture out and add channels, consider Netflix for its thousands of movies, as well as full seasons of TV shows, although they're a year late. Hulu, on the other hand, airs many network shows the next day or week. If you're an Amazon Prime customer, look through its movie and TV offerings for no additional cost, or access premium channels (such as HBO and Showtime) at a discount.

That's where you need to beware. Make your choices carefully, or you run the risk of signing up for so many that it equals the cable bill you just got rid of. Take it one step at a time.

Your best bet to start: a Roku and Netflix.

SENIOR  
NEWS LINE

by Matilda Charles

AARP: Join or Not?

It can be a bit of a shock for many of us when we reach the half-century mark and start getting the invitations to join AARP. We wonder what AARP stands for, and are a bit annoyed to learn that it stands for American Association of Retired Persons. Retiring at age 50? We'd love that, but barring a large trust fund, how many of us get to retire at that age?

If we do sign up and pay the annual \$16 fee, we then get more mailings, many with stacks of discounts.

A show of hands, please. How many of us actually go through the stack of discount offers and immediately start using them at age 50? A poll of people down at the senior center says that age 60 is when we're more likely to actually flash the AARP card and ask for discounts. Once actual retirement arrives and budgets are tight, yes, then we want every extra benefit and saved dollar we can get. At the same time, many of those discounts are available just for asking at restaurants and other places we spend money.

Having said all this, is AARP worth joining? The answer is yes. While we often can get discounts on our own, we can't do all the lobbying in Washington, D.C. to help protect out interests. We can't access all the political offices it can, keeping our issues front and center. The AARP is, first and foremost, an advocacy group.

If you've tossed the latest mailings you've received about joining AARP and have changed your mind, here's the number: 1-888-687-2277. Or if you're still not sure, check the website [aarp.org](http://aarp.org) and see if anything of interest catches your eye.

Strange  
BUT TRUE

By Samantha Weaver

- It was the 32nd president of the United States, Franklin D. Roosevelt, who made the following sage observation: "Government by organized money is just as dangerous as government by organized mob."
  - You might be surprised to learn that Helen Keller, best known as the first blind and deaf person to earn a bachelor's degree, loved performing. She spent years on vaudeville tours, and in 1919 she starred in "Deliverance," a silent film about her life.
  - In the Canadian town of Churchill, Manitoba, most people don't lock their car doors. The primary motivation for this practice isn't trust (although, of course, trust is required), but public safety: A pedestrian who unexpectedly encounters a polar bear will be able to find refuge in any car along the street.
  - With warmer weather approaching, you might want to consider heading to Sault Ste. Marie, Michigan, to witness an annual rite of spring. Students at Lake Superior State University gather on (or near) the first day of spring for the annual Snowman Burning. Started in 1971 by a campus club known as the Unicorn Hunters, the tradition involves setting alight a 12-foot-tall "snowman" — usually built of recycled paper, wood and wire — to celebrate the end of winter.
  - If you haven't listened to any new music in a while, chances are you're over 33. Those who study such things say that's the age at which Americans would rather stick to what they know than try out new tunes.
  - If winter seems to be dragging on endlessly, be glad you don't live on Uranus; there, winter lasts 21 years.
- \*\*\*
- Thought for the Day:** "I myself have never been able to find out precisely what feminism is: I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat." — *Dame Rebecca West*



Moments  
in time

THE HISTORY CHANNEL

- On April 8, 563 B.C., Gautama Buddha, the founder of Buddhism, is thought to have been born in what is now Nepal. Buddhist tradition had placed his birth in the 11th century B.C., until modern scholars determined he was likely born in the 6th century.
- On April 3, 1776, lacking sufficient funds to build a strong navy, the Continental Congress gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.
- On April 6, 1830, Joseph Smith, founder of the Mormon religion, organizes the Church of Christ. Smith claimed in 1823 that he had been visited by an angel named Moroni who spoke to him of an ancient Hebrew text. Smith translated this text, and in 1830 The Book of Mormon was published.
- On April 7, 1945, the Japanese battleship Yamato, purportedly the greatest battleship in the world, is sunk in Japan's first major counteroffensive in the struggle for Okinawa. It sank after being struck by 19 American aerial torpedoes, drowning 2,498 of its crew.
- On April 5, 1969, some 100,000 antiwar demonstrators march in New York City to demand that the United States withdraw from Vietnam. The weekend of protests ended with demonstrations and parades in other cities.
- On April 2, 1979, the world's first anthrax epidemic begins in Ekaterinburg, Russia (now Sverdlosk), killing 62 people. The Soviet government blamed tainted meat, but in 1992 the real cause was found: Workers at the weapons plant had failed to replace a crucial filter.
- On April 4, 1982, hockey sensation Wayne Gretzky of the Edmonton Oilers finishes the NHL season with 212 points, the only player in NHL history to break the 200-point barrier. He went on to repeat the feat three more times.

Sports  
QUIZ

by Chris Richcreek

1. In 2016, Miguel Montero of the Chicago Cubs became just the third player to have a pinch-hit grand slam in the postseason. Name either of the other two to do it.
  2. Which pitcher is the Milwaukee Brewers' franchise leader in career strikeouts?
  3. How many consecutive AFC East titles have the New England Patriots won entering 2018?
  4. Which of these two conferences, entering 2018, was the last to win an NCAA men's basketball championship: Big Ten or Pac-12?
  5. In 2017, Washington's Barry Trotz became the fifth NHL coach to reach 737 career regular-season victories. Name two of the four ahead of him on the list.
  6. Who was the first Asian boxer to hold a world heavyweight title in one of the four major sanctioning organizations?
  7. In 2017, Weston McKennie became the third youngest player (19) to score in his U.S. men's soccer debut. Name either of the two younger players.
- Answers
1. Cincinnati's Mark Lewis, in 1995, and Ricky Ledee of the New York Yankees, in 1999.
  2. Yovani Gallardo, with 1,226 strikeouts.
  3. Nine AFC East championships.
  4. The Big Ten won in 2000, while the Pac-12 last won in 1997.
  5. Scotty Bowman, Joel Quenneville, Ken Hitchcock and Al Arbour.
  6. Ruslan Chagaev, who won the WBA title in 2007.
  7. Juan Agudelo (age 17) in 2010, and Landon Donovan (18) in 2000.

KOVELS® Antiques  
By Terry and Kim Kovel & Collecting

Perfume Lamp

In the unsanitary world of the 18th and 19th century, bad smells were everywhere. There was no garbage pickup, no indoor flushing toilets and no refrigeration to keep food from spoiling. In the 1800s, a special lamp was used to remove the strong odors in hospitals and mortuaries. It was a catalytic lamp that burned an alcohol-based fuel. A cotton wick burned for a few minutes to heat a stone.



This chorus girl lamp in a top hat and red dress was made in the Art Deco style of the 1920s. It sold for over twice the estimate at \$1,968.

After the flame was out, the heated stone turned odors into carbon dioxide and water.

In 1897, a Frenchman improved the lamp by adding perfume to the fuel to make a scented room. Many lamps were made in figural shapes suitable for a living room or bedroom. Today, perfume lamps heat with electricity. The best 20th-century perfume lamps were made by French makers Robt. Aladin or Etling. A perfume lamp shaped like an Art Deco chorus girl sold at a Skinner auction in Boston several years ago for \$1,968. The 10-inch lamp was marked "Meu Bach Aladin."

**Q.** Vintage sofas are much lower priced than new ones. I like Victorian sofas with curved backs, but don't want to learn my bargain sofa has a problem I can't fix.

**A.** If you want a 19th-century sofa, you should buy from a knowledgeable dealer. So little of the frame shows that it is difficult to tell a 19th-century sofa from an early 20th-century one. We once told the boss at a house sale that we would pay the asking price for a sofa if we could slit the back upholstery to be sure the frame was old. The marks from old tools said it was old, and we bought it.

Smell any old upholstered furniture. Often, the smell will not leave. Decide if the upholstery is a color and condition you want to live with. Re-upholstering furniture is very expensive. Sit on the sofa to be sure it is comfortable. Some seats are low, bumpy, too narrow or much harder than most modern pieces. Some of that can be fixed with decorative pillows. Be sure you can get it in your van or car. If you want to use it in a basement or second-floor room, the stairs may have too low a ceiling or a turn that makes it impossible to take it inside. But if all looks OK, you will have a sturdy bargain.

\*\*\*

TIP: You can use an old iron cooking utensil. The finish on the iron will not be damaged if you wash the item properly after using it. Don't let it get rusty.

\*\*\*

**CURRENT PRICES**

*Jewelry box*, embossed flowers and leaves, silverplate, velvet lined, marked DS, 1960s, 5 x 3 1/2 inches, \$15.

*Game*, bingo cage, wire, round spinning ball dispenser, handle, ball slide, stand, 73 wooden bingo balls, 1960s, 12 x 14 inches, \$75.

*Chatty Cathy doll*, vinyl head, hard plastic body, blonde hair and blue eyes, c. 1962, 20 inches, \$200.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

**PAULINA MARKET**  
[WWW.PAULINAMEATMARKET.COM](http://WWW.PAULINAMEATMARKET.COM)  
3501 N. LINCOLN AVE.  
CHICAGO, IL 60657  
773.248.6272

*Charcuterie*  
**Charity**  
*Event!*

**Saturday April 28th - 7pm 'til 10 pm**

**Tickets: \$100.00 per person**  
**\$75.00 will be donated to American Cancer Society**  
(Maximum 100 tickets sold)

**Charcuterie Charity Night Consists of:**

- Tasting of Paulina Market's Charcuterie & Artisan Cheeses
- Beer, Wine and Spirits tasting
- Live music
- Silent Auction
- Butchering a Prime Fore Quarter of Beef (Will be cut and auctioned)
- Sausage making exhibition

**Gift bags for everyone!**

**A meaty night with the Paulina crew, and without question, a great cause...**

**A night you'll never forget!**



# Health



## Fact or Artifact?

**DEAR DR. ROACH: I recently had a nuclear stress test as a requirement for a kidney transplant. The results of my test indicated that I had sustained moderate damage to my heart as the result of a heart attack. No further testing could be done because of the possible effect of dye on my kidneys. Six months later in a follow-up nuclear test, my results were normal and I was told that the problem was an artifact. Would you explain what an artifact is? — M.J.N.**

ANSWER: An artifact, in this context, is anything that can keep the test from being interpreted correctly. People often think of medical tests as definitive — the stress test shows that either you have blockages in the arteries in your heart or you don't — but it usually is not so clear. Even a perfectly normal stress test is possible in people with blockages, but the bigger the blockage, the more likely we can see them.

In women, breasts can obscure the images from the radioactive dye used in a nuclear stress test, making it seem as though the inferior portion of the heart isn't getting enough blood, which is one of the most common artifacts leading to a false-positive diagnosis (when the test says there is an abnormality but there isn't). It may be that on the follow-up test, the technician did a better job of placing the camera.

Unfortunately, it also is possible that the second test was a false-negative test. In that case, the first stress test was correct that you had heart dam-

age, and the second stress test failed to identify blockages in the heart. This happens sometimes when there are multiple blockages diffusely in all the blood vessels, since the main thing the physician interpreting the test is looking for is more radiation (meaning more blood flow) in one part of the heart compared with another.

Stress tests normally are quite accurate at detecting health and disease. When there are conflicting results, as in your case, sometimes the answer is clear from other data (including common sense). Other times a more definitive test is needed, such as a cardiac catheterization (angiogram). Since these have risks, it's imperative that the patient discuss with an experienced clinician whether the test is worth those risks.

The booklet on heart attacks, America's No. 1 killer, explains what happens, how they are treated and how they are avoided. Readers can order a copy by writing: Dr. Roach — No. 102W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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## Unnecessary Procedure on Terminal Patient

**DEAR DR. ROACH: My mother has stage 4 cancer. She just went to a dermatologist, who performed Mohs surgery on her nose. I am beyond upset by this unethical behavior. The country is already deeply in debt, and Medicare is paying for this? Unconscionable! Not to mention the pain and suffering of my mother, who is now at risk of a secondary infection. I was sickened by the entire ordeal. — J.B.**

ANSWER: I agree with you completely that often patients with terminal diseases receive unnecessary care. There have been studies clearly documenting this. However, the studies don't answer why, in a particular case, a physician performed these treatments, which add only pain, anxiety and expense.

I suppose it is possible that the motivation is simple greed; however, I still have enough faith in my colleagues that I think that is a very unusual reason; I think it's far more likely that a specialist just doesn't see the big picture. There's an old expression that when all you have is a hammer, the whole world looks like a nail, and I think some specialists see a problem and fix it without realizing that the problem they are fixing isn't likely to ever cause symptoms.

For example, primary-care doctors order unnecessary tests, especially screening tests. I see mammograms ordered for women with advanced colon or ovarian cancer who are in palliative care, and this makes no sense. I have heard some physicians mention that insurance companies monitor the example of a well-meaning system motivating wrong behavior.

I should emphasize that not all care for terminal patients is useless. If the goal is to improve quality of life or reduce suffering, then I am all for it, after a consideration of the costs (pain and inconvenience as well as dollar costs).

\*\*\*

**DEAR DR. ROACH: I have heard of yeast infections, but I don't know what causes them. How do they affect the body, and what can be done to get rid of them? — C.R.**

ANSWER: Certain yeasts, but especially the *Candida* species, are found on our skin, mucus membranes and GI tract. They normally live in balance with the 100 trillion or so bacteria we carry around. However, yeast can cause disease that ranges from fairly mild, like thrush of the mouth or vagina, to life-threatening, like a blood-borne, widely disseminated invasive infection.

*Candida* infection of mucus membranes is usually caused by changes in our bacteria, especially after the use of antibiotics. The antibiotics kill the bacteria they are supposed to (hopefully), but they also may kill the healthy bacteria that assist us in digestion (leading to diarrhea or worse), and this allows the other bacteria and yeast to grow.

Some people with genetic faults in their immune system are predisposed to chronic *candida* infections. These

are uncommon but can be severe, and may require treatment by specialists, such as infectious disease doctors and immunologists.

The life-threatening yeast infections generally happen in people with severe illness and with poor immune system function.

\*\*\*

## Statins Are No Match for Cheeseburgers

**DEAR DR. ROACH: My son is 53, and three years ago he had three stents put in due to clogged arteries. His cardiologist put him on Lipitor at 80 mg. I don't know if this is necessary. I worry that it might do more harm than good. — J.K.**

ANSWER: In people with blockages in the arteries in their hearts, there is really no doubt that medications like atorvastatin (Lipitor), a statin drug, reduce the risk of heart attack. Although they can have side effects, for most people the benefit far outweighs the risks.

It's important to recall that even a powerful medication like a statin can't optimally treat people if they don't treat themselves right. Years ago, I had a patient who was doing well after his bypass surgery and was taking a statin with good results. Walking through the hospital cafeteria, I saw him eating a triple cheeseburger (why the cafeteria even sold such a thing is a separate question), and he sheepishly argued that he was taking his statin. A statin can't beat a triple cheeseburger.

Good cardiac health requires a good diet of mostly plants, with whole grains, nuts, fruits and fish included for people who choose to. Exercise is the other important part of the treatment, and just plain walking is nearly as good as any exercise. Medication, though of benefit, is just a small part of a healthy lifestyle and preventing heart disease, which, although rates are decreasing, is still the leading cause of death in industrialized countries.

READERS: Heart disease remains the No. 1 killer. The booklet on clogged heart arteries explains why they happen and what can be done to prevent

clogging. Readers can obtain a copy by writing: Dr. Roach — No. 101W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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**DEAR DR. ROACH: I am a 77-year-old male. I have really been shedding the hair on my arms and legs. Is this normal for a man of my age? I have been taking hydrocodone and simvastatin, along with the usual vitamin supplements. Could the medications or supplements that I am taking have anything to do with my hair loss? Could it be my diet, or is it just old age? — R.C.**

ANSWER: Hair loss on the arms and legs is less common than on the scalp. Hormonal changes (especially thyroid and testosterone) and medications can be the culprit. A myriad of skin diseases can do it, but these usually have visible skin changes associated. Chronic swelling (edema) of the extremities might be the cause.

Simvastatin has rarely been associated with hair loss. However, when I see hair loss on the lower extremities, I worry about peripheral artery disease, which is very common and underdiagnosed. Being on simvastatin suggests that you have had high cholesterol, which is a risk factor for PAD. Having hair loss on both arms and legs, however, makes me more concerned about a systemic cause.

\*\*\*

**DEAR DR. ROACH: We are regular readers of your column. At 72, I have fasting labs done every six months (metabolic and lipid panels and yearly vitamin D check). Some doctors say that having coffee in the morning before a blood draw is OK if you don't use milk or sugar; other doctors say no coffee. What is the professional advice on this? — D.B.**

ANSWER: Coffee or tea without milk or sugar does not interfere with the blood testing.

# Financial Statement

## How to get the best deals online

Learn how to make the most of your online shopping and nab the best digital deals with these tips:

### Check in on daily deals

Many online retailers specialize in daily deals and site-wide offers, which you can explore by visiting the

individual sites or, in some cases, registering for notifications. Be aware that many of these deals are available for a limited time and in limited quantities. Some of the best ways to stay connected are by subscribing to the site's newsletter or following the site's social media channels.

### Seek out discount codes

Whether you subscribe to a site that aggregates codes,

rely on a browser extension or even do a manual search, wait to confirm an order until first checking to see if there are any discount codes available. Some retailers make it easier than others by having a code tool built into their checkout screens, but even if they don't, it can be worth the extra time to verify the current offers.

### Subscribe to email lists

In the past, most people

avoided email lists like the plague. However, email subscribers get some of the best deals that retailers offer, so if you can tolerate a few more messages in your inbox, it's a good way to stay in-the-know about sales and promotions.

### Use your shopping cart

Retailers have become quite sophisticated at monitoring shoppers' habits and behaviors, and while it may

feel a little invasive, it can pay off to your advantage. For example, if you place items in your shopping cart then close out of our browser, it's possible you'll receive an email within the next day or two with an offer to encourage you to complete your purchase.

### Take advantage of free shipping

If your purchase isn't time-sensitive or you have some flexibility, take advantage of free shipping offers. Look for sites that provide free shipping for shoppers, or those that don't offer free shipping every day but regularly run free shipping promotions. Check shipping thresholds to see when free shipping becomes available.

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1. Songwriter Bob Montgomery penned "Misty Blue" for which artist?
2. What '60s artist performed in a robe and turban, driving around in a hearse with velvet curtains?
3. Who released "Kiss an Angel Good Mornin'," and when?
4. "State of Shock" was a duet between which two artists?
5. Name the song that contains this lyric: "You took advantage of my trust in you when I was so far away, I saw you holding lots of other guys."

Answers

1. He wrote it for Brenda Lee, who said no thanks. Wilma Burgess cut the song instead, releasing it in 1966. It peaked at No. 4 on the country charts.
2. Sam the Sham, of the Pharaohs. The group had hits with "Li'l Red Riding Hood" (which begins with a wolf howl) and "Wooly Bully."
3. Charley Pride, in 1971. Within a year, the song was covered by two other country artists: George Jones and Conway Twitty.
4. Michael Jackson and Mick Jagger, in 1984. Jagger filled in for Freddie Mercury, who wasn't available.
5. "I Can See for Miles," by The Who in 1967. The song came together in pieces: Vocals were done in New York, backing tracks in London and mastering in Los Angeles.

top ten

Spring Fashion Trends

1. Sheer fabrics

2. Micro purses

3. Utility pants

4. Bold hues

5. Plaid prints

6. Kitten heels

7. Cat-eye sun glasses

8. Trench coats

9. Sequins

10. Scrunchies

Source: eBay.com/fashion

# Strange BUT TRUE

By Samantha Weaver

- The unknown soul who made the following sage observation must have been a keen observer of events: "A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground."
- Swedish chemist and engineer Alfred Nobel, famed inventor of dynamite and originator of the Nobel Prizes, could speak five languages fluently by the time he was 17 years old.
- Most languages change dramatically over time. If we in modern America were to try to read, say, "Beowulf" (which was written in Old English), only those who have spent time studying the language would be able to make out more than a word or two here and there. If you're from Iceland, however, this isn't the case; the written language there has remained virtually unchanged for more than 1,000 years. Modern Icelanders have no trouble reading sagas that were written in the 10th century.

• Those who study such things say that fully one-third of all your brainpower is used for vision.

• At some point in your life you've probably gotten your hands gooey with papier-mache, whether you were making crafts yourself or helping your kids. You may not have realized, though, that the term "papier-mache" means "chewed-up paper" in French.

• You might be surprised to learn that there are people who study how air quality, humidity, the hardness of the water and pollution affect people's hair. According to these researchers, the worst American cities for your tresses are Corpus Christi, Texas; Olympia, Washington; and Pittsburgh.

\*\*\*

**Thought for the Day:** "Jobs are like going to church: It's nice once or twice a year to sing along and eat something and all that, but unless you really believe there's something holy going on, it gets to be a drag going in every single week." — *Thomas Michael Disch*

# top 10 movies

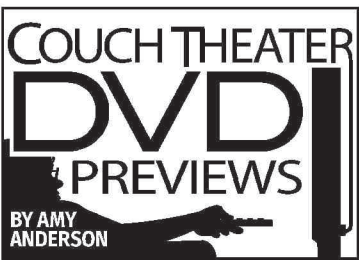
1. **Black Panther** ..... (PG-13)  
Chadwick Boseman, Michael B. Jordan
2. **Tomb Raider** ..... (PG-13)  
Alicia Vikander, Dominic West
3. **I Can Only Imagine** ..... (PG)  
J. Michael Finley, Brody Rose
4. **A Wrinkle in Time** ..... (PG)  
Storm Reid, Oprah Winfrey
5. **Love, Simon** ..... (PG-13)  
Nick Robinson, Jennifer Garner
6. **Game Night** ..... (R)  
Jason Bateman, Rachel McAdams
7. **Peter Rabbit** ..... (PG)  
animated
8. **The Strangers: Prey at Night** (R)  
Christina Hendricks, Bailee Madison
9. **Red Sparrow** ..... (R)  
Jennifer Lawrence, Joel Edgerton
10. **Death Wish** ..... (R)  
Bruce Willis, Vincent D'Onofrio

# Trivia test by Fifi Rodriguez

1. U.S. CITIES: Which U.S. city is popularly known as "Beantown"?
2. MUSIC: What was the best-selling music single of all time?
3. MYTHOLOGY: In Greek mythology, how many graces are there?
4. TRANSPORTATION: Which major airport is known by the three-letter code DCA?
5. TELEVISION: What are the names of the two Muppet characters that heckle the cast from their balcony seats?
6. LITERATURE: What is the first name of Agatha Christie's detective Miss Marple?
7. PSYCHOLOGY: What is triskaidekaphobia?
8. GEOGRAPHY: What is the largest freshwater body in Africa?
9. GENERAL KNOWLEDGE: What was the strongest earthquake recorded?
10. TOYS & GAMES: What is the main ingredient of Silly Putty?

Answers

1. Boston
2. "Candle in the Wind" (1997, Elton John)
3. Three: Aglaia, Euphrosyne and Thalia
4. Washington National Airport
5. Statler and Waldorf
6. Jane
7. Fear of the number 13
8. Lake Victoria
9. 9.5 magnitude, near Valdivia, Chile, in 1960
10. Silicone

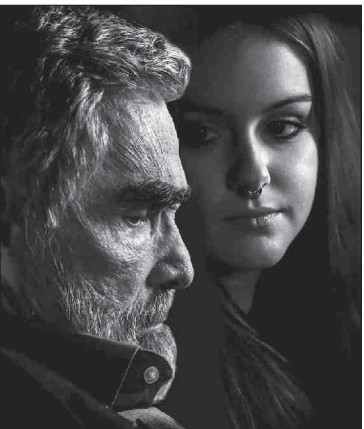


**Last Men in Aleppo** (NR) — Feras Fayyad's poignant documentary mixes devastation with the last vestiges of hope in a war-torn wasteland. The White Helmets are the men of the Syrian Civil Defense, unarmed volunteers who rush in when bombs reduce their cities to rubble. They're the difference between life and death for a staggering number of victims that they pull from the wreckage. The film follows three of these men — founders Khaled, Subhi and Mahmoud — through the dangerous landscape of Aleppo, the decisions that keep them there, and how the remaining citizens — families, children — manage the anxiety of living from moment to moment. It's a gripping look into a life of heroes and humans.

**The Last Movie Star** (R) — Burt Reynolds stars as Vic Edwards, a financially unstable, has-been legend who is minorly duped into accepting a Lifetime Achievement Award in person at what turns out to be, basically, a Nashville bar. In response, he diverts his young driver Lil (Ariel Winter) on a tour through Knoxville, where he was born and raised before the flood of celebrity and its aftermath. Chevy Chase guest stars briefly as Reynolds' ... I mean Edwards', Hollywood best bud. This movie is confusing. It mixes real-life Burt Reynolds references and the fantasy actor Vic Edwards. The relationship between Vic and Lil, which I am guessing is supposed to be significant, was uninteresting.

**Roxanne Roxanne** (NR) — The Duchess of Dis, Roxanne Shante, was the breakthrough female rapper who preceded today's Cardi B and Nicki Minaj by decades, clawing her way to the top of the New York rap battle scene in the early 1980s. She finally finds the respect she deserves in her

very own biopic, streaming exclusively on Netflix. Shante (played by amazing newcomer Chante Adams) was barely out of middle school when she was vaulted to notoriety. This film shows the personal adversity of Shante's life, the struggle alongside the swagger. Nia Long is raw as her alcoholic mother, and Mahershala Ali plays the much older, abusive boyfriend who would father her first child.



XYZ Films

## Burt Reynolds, Ariel Winter in "The Last Movie Star"

**Acts of Violence** (R) — Detective James Avery (Bruce Willis) has been trying to pin an unpinnable crime king whose goons snatch a pretty girl at her bachelorette party. When the police offer no real recourse, the girl's brothers — military trained Declan (Cole Hauser, notably), Brandon (Shawn Ashmore) and Roman (Ashton Holmes) — pick up where the detective is unable to move ahead. This is a case of truth in advertising: a lot of bullets, brooding and vengeance. Is it winning Academy Awards? No. Is it do-able for a pizza and movie night? Absolutely, especially because Bruce Willis plays a stymied, underdog cop.

## TV NEW RELEASES

**The Outer Limits** Season 1  
**The Americans** Season 5  
**The Brokenwood Mysteries** Series 4  
**Mr. Rogers' Neighborhood: It's a Beautiful Day Collection**



## Top 10 Video On Demand

1. **Thor: Ragnarok** ..... (PG-13)  
Chris Hemsworth
2. **Three Billboards Outside Ebbing, Missouri** ..... (R)  
Francis McDormand
3. **Coco** ..... (PG)  
animated
4. **Darkest Hour** ..... (PG-13)  
Gary Oldman
5. **Murder on the Orient Express** ..... (PG-13)  
Kenneth Branagh
6. **Lady Bird** ..... (R)  
Saoirse Ronan
7. **Daddy's Home 2** ..... (PG-13)  
Will Ferrell
8. **Wonder** ..... (PG)  
Jacob Tremblay
9. **The Disaster Artist** ..... (R)  
James Franco
10. **Dunkirk** ..... (PG-13)  
Fionn Whitehead

## Top 10 DVD, Blu-ray Sales

1. **Thor: Ragnarok** ..... (PG-13)  
Disney
2. **Coco** ..... (PG)  
Disney
3. **Murder on the Orient Express** ..... (PG-13)  
FOX
4. **Wonder** ..... (PG)  
Lionsgate
5. **Lady and the Tramp** ..... (G)  
Disney
6. **Darkest Hour** ..... (PG-13)  
Universal
7. **Daddy's Home 2** ..... (PG-13)  
Paramount
8. **Blue Planet II** ..... (NR)  
BBC
9. **Three Billboards Outside Ebbing, Missouri** ..... (R)  
FOX
10. **Lady Bird** ..... (R)  
Lionsgate

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# What’s Hot in Hollywood

HOLLYWOOD — **Meryl Streep** is the epitome of the modern-day movie star. That was evident from the way so many people at the Oscars focused on her. She’s had 21 Oscar nominations and three wins. In the early days of television, movie stars didn’t do TV, but Meryl will not pass up a good role. She’ll play **Alexander Skarsgard’s** mother in season two of HBO’s “Big Little Lies,” which was conceived as a one-time, seven-episode series. The success of the show and the two Emmy wins, for **Nicole Kidman** and **Alexander Skarsgard**, prompted a second season, with seven episodes.

Skarsgard is on fire. His Netflix film “Mute,” with **Paul Rudd** and **Justin Theroux**, recently became available for streaming. His next Netflix film, “Hold the Dark,” with **Riley Keough** (**Elvis Presley’s** granddaughter), becomes available June 1. Also in the works are the thriller “The Hummingbird Project,” with **Jesse Eisenberg** and **Salma Hayek**, which began filming in Quebec in November for theatrical release; “The Aftermath,” with **Keira Knightly**, is awaiting distribution; and the comedy “Flarsky,” with **Seth Rogan** and **Charlize Theron**, is set for a February 2019 release.

\*\*\*

**Justin Theroux**, who recently split from wife **Jennifer Aniston** also is busy. His film “The Spy Who Dumped Me,” produced and directed by **Ron Howard** with partner **Brian Glazier**, stars Theroux with **Mila Kunis** and SNL’s **Kate McKinnon**, due Aug. 3. He’s currently making “On the Basis of Sex,” a biographical drama about **Ruth Bader Ginsburg**, with **Felicity Jones** (as Ginsburg), **Armie Hammer**, **Kathy Bates** and **Sam Waterston**, also opening Aug. 3. Meanwhile, his soon-to-be ex, **Jennifer Aniston**, is producing and starring in a new TV series with **Reese Witherspoon**.

“Three Billboards” best-actress Oscar winner **Frances McDormand** is represented in the **Wes Anderson** animated film “Isle of Dogs,” which opened March 23. You won’t see her, but you can’t mistake that voice.

\*\*\*

**Guillermo Del Toro**, a double-Oscar winner for best director and best picture for “The Shape of Water,” hasn’t announced his next project, but he’s one of the producers of the sequel to his 2013 hit “Pacific Rim,” which starred **Charlie Hunnam** and was produced, directed and co-written by Del Toro (at a cost of \$190 million with a \$411 million gross). The sequel, “Pacific Rim Uprising,” stars “Star



Alexander Skarsgard

Wars: The Force Awakens” and “The Last Jedi” alum **John Boyega** (who also is one of the producers) and **Scott Eastwood**, son of **Clint Eastwood**. It opened March 23 and is expected to bring in a bigger box office than the original, thanks to Boyega’s “star” power and Del Toro’s Oscars.

Del Toro is more concerned now with the shape of the box office than “The Shape of Water”!

\*\*\*

HOLLYWOOD — **Leonardo DiCaprio** and **Brad Pitt** are joining forces for **Quentin Tarantino’s** ninth film, “Once Upon a Time in Hollywood.” Tarantino spent five years writing the script about Hollywood in 1969, and since he is one of the ultimate film buffs, who better than Tarantino? The film has DiCaprio playing a former Western star and Pitt as his longtime stuntman. Leo’s cowboy lives next door to Sharon Tate, who was murdered, with her friends, by The Manson Family. **Margot Robbie**, Oscar nominated for “I, Tonya,” is set to play Sharon Tate. Tarantino worked with Pitt in “Inglorious Basterds” (2009) and with DiCaprio in “Django Unchained” (2012).

\*\*\*

**Chris Hemsworth** may put his “Thor” hammer down, for a while, to take on aliens in the spin-off of “Men in Black” (which won’t have either **Tommy Lee Jones** or **Will Smith**). It’s set for a June 2019 release.

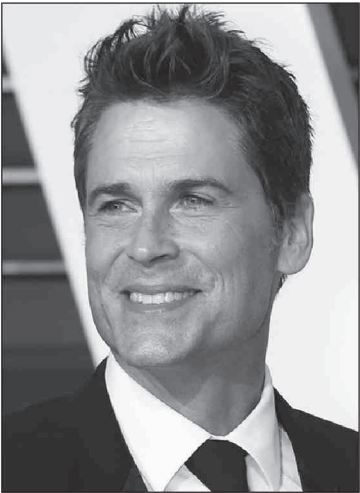
“Saturday Night Live” alum and “Bridesmaids” (2011) star **Kristen Wiig** will do battle with Diana Prince (aka “Wonder Woman”) in the sequel of the blockbuster 2017 film, which

grossed \$821 million. “Black Panther” is set to pass “Wonder Woman” at the box office any day now, and hit the \$1 billion mark shortly thereafter.

\*\*\*

When “The Bad Seed” hit movie theaters in 1956, it earned three Oscar acting nominations, for **Nancy Kelly**, **Eileen Heckart** and young **Patty McCormack**. It was remade as a TV film in 1985 with **Lynn Redgrave** and **David Carradine**, but wasn’t a critical or ratings hit. Lifetime planned to remake it in 2015, but it was postponed ... until now.

**Rob Lowe** will star, produce and direct for Lifetime and has cast **McKenna Grace** in the title role as the murderous child. McKenna has a recurring role in “Designated Survivor”



Rob Lowe

(as Kiefer Sutherland’s daughter), is in Netflix’s “Fuller House” and will star in its upcoming remake of “The Haunting of Hill House.” “Hill House” was filmed as “The Haunting” in 1963 with **Julie Harris** and **Claire Bloom**, and in 1999 with **Liam Neeson** and **Catherine Zeta-Jones**. Patty McCormack, long associated with the original “Bad Seed,” will play the psychiatrist who treats her in this one.

\*\*\*

Six-time Oscar-nominee **Shirley MacLaine**, who won an Oscar for “Terms of Endearment” (1983), is truly one of the last movie stars left on the planet. She’ll play an elf named Polly, the childhood nanny of Noelle, the daughter of Santa Claus, played by **Anna Kendrick**, in Disney’s “Noelle.” “SNL” alum **Bill Hader** plays her brother, and **Julie Hagerty** plays Mrs. Claus. **Michael Gross** of “Family Ties” will portray the Elder

Elf. It’s set to open in November 2019. MacLaine, who has written several books about past lives, probably never thought she’d be an elf in this one!

## celebrity extra

by cindy elavsky

**Q.**I’m a huge fan of the CW and all of its fun shows. Can you tell me what they have planned for the future? — *Ginger F., via email*

**A.**The CW has lots of stuff on the docket for the upcoming pilot season, including a Ben Stiller project called “In the Dark.” It centers on the story of a flawed and irreverent blind woman who is the only “witness” to the murder of her drug-dealing friend. After the police dismiss her story, she sets out with her dog, Pretzel, to find the killer.

Another series on the way is “Spencer,” about a rising high-school football player from South Central LA who’s recruited to play for Beverly Hills High. The story is inspired by the life of pro football player Spencer Paysinger. Another is “Skinny Dip,” based on the Carl Hiaasen novel of the same name, which follows a woman who, after her husband tries to kill her on their second wedding anniversary, teams up with an ex-cop to get revenge on her cheating spouse.

Still another new CW offering is “Playing Dead,” a dramedy about a dysfunctional father and son whose lives are turned upside down when the wife/mother who abandoned them 15 years earlier wants them to help her fake her own death. And finally, “The End of the World as We Know It” tells the tale of a prison spaceship, carrying the universe’s deadliest aliens, that crashes in Southern California, and the two women who are recruited to help hunt down the escaped criminals. The series is based on the Iva-Marie Palmer book of the same name.

\*\*\*

**Q.**I know you’ve been writing a lot lately about older TV series that are making a comeback, and I’d like to know if my favorite childhood show, “Clarissa Explains It All,” might make the list. — *Caty R. in Florida*

**A.**It was only a matter of time until “Clarissa” joined Team Reboot. Nickelodeon is in talks with series star



Depositphotos

Melissa Joan Hart

Melissa Joan Hart about reinventing the show for today’s youths (and quite a few nostalgic adults, I’m sure), and it looks like it’s going to happen. Melissa would return as Clarissa Darling, who would now be the mother of the family. “Clarissa” creator, executive producer and writer Mitchell Kriegman also has been contacted about returning to the series.

\*\*\*

**Q.**I love Connie Britton and her new series “9-1-1.” Can you tell me if it will be back for another season? — *Natalie D., via email*

**A.**The Fox drama about first responders has been renewed for a 13-episode season two, with high season-one ratings paving the way for more episodes of the exciting — if somewhat unrealistic — series. “9-1-1” also stars Peter Krause and the always-wonderful Angela Bassett, and I have to admit, the show is pretty addictive, in a high-adrenaline, fantastic sort of way.

Write to Cindy at King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803; or e-mail her at letters@cindyelavsky.com.



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# Flavor Infusion

FAMILY FEATURES

When your taste buds can't settle on just one flavor, a fusion dish may be just the answer. Fusion dishes combine some of the best ethnic culinary traditions from around the world, and Asian influences are among the most popular building blocks for fusion cuisine.

One secret to achieving great fusion dishes is the use of cooking wines. For many chefs and home cooks alike, cooking wine is a go-to cooking essential because it can be used in everyday meals. With its versatile array of uses, an option like Holland House®, a line of flavor-enhancing, premium cooking wines, can boost any dish with one of five flavors including Marsala, Sherry, White, Red and White with Lemon.

In addition to these featured dishes, you can find more quick tips for boosting the flavor of your everyday meals on the label of each bottle and explore more recipes at [HollandHouseFlavors.com](http://HollandHouseFlavors.com).

### Sizzling Asian Vegetable Fried Rice with Savory White Wine Glaze

Prep time: 10 minutes  
Cook time: 8 minutes  
Servings: 4-6, about 1 cup per portion

- 2 tablespoons vegetable oil
- 1 tablespoon minced fresh garlic
- 1/2 cup fresh chopped yellow onions
- 1 cup fresh small white mushrooms, quartered
- 1/2 cup chopped fresh carrots
- 1/2 cup chopped fresh zucchini
- 1/2 cup chopped fresh red bell peppers
- 1/2 cup chopped fresh yellow bell peppers
- 3 cups cold, cooked, long-grain white rice
- 1/2 cup Holland House White Cooking Wine
- 2 tablespoons oyster sauce
- 1/2 cup fresh green onions, sliced 1/4-inch thick
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon ground black pepper

Heat heavy-bottomed, nonstick skillet over high heat. Add vegetable oil, garlic and onions. Stir-fry 1-2 minutes, or until lightly browned. Add mushrooms, carrots, zucchini, red bell peppers and yellow bell peppers; stir-fry 3 minutes. Add rice; stir-fry 3 minutes.

Add cooking wine; stir-fry 2 minutes, or until dry. Add oyster sauce; stir-fry 2 minutes. Remove from heat. Stir in green onions, sesame oil and black pepper. Transfer to dish or bowl and serve.

**Tip:** To turn into a main course, add cooked beef, chicken or pork and serve topped with a fried egg.

### Sweet and Spicy Korean-Chinese Fusion Cauliflower Bites

Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4, about 1 1/2 cups per portion

- 6 cups fresh cauliflower florets
- 2 tablespoons toasted sesame oil
- 1 teaspoon kosher salt
- 1/4 cup Holland House Sherry Cooking Wine
- 1/4 cup honey
- 2 tablespoons soy sauce
- 1 tablespoon white vinegar
- 2 teaspoons cornstarch
- 2 tablespoons vegetable oil
- 1 small fresh yellow onion, finely chopped
- 1 tablespoon minced fresh garlic
- 1 tablespoon Korean-style chili flakes
- 1/4 cup chopped fresh green onions
- 1 tablespoon toasted sesame seeds

Heat oven to 400 F.

In large bowl, toss cauliflower, sesame oil and salt until well coated. Arrange on nonstick baking sheet. Bake 10-12 minutes, or until golden brown and tender.

In small bowl, whisk cooking wine, honey, soy sauce, vinegar and cornstarch until well blended; set aside.

In large, nonstick skillet, heat vegetable oil over medium-high heat. Add yellow onions and garlic; cook 2-3 minutes, or until golden brown, stirring frequently. Remove from heat. Stir in chili flakes and wine mixture.

Return pan to stove and adjust to medium heat. Bring to simmer, stirring constantly. Continue cooking and stirring 1-2 minutes, or until thickened. Add cooked cauliflower; stir gently to coat. Transfer cauliflower to serving dish. Top with green onions and sesame seeds.

**Tips:** The sauce mixture can also be used on chicken wings or grilled pork chops. In place of Korean-style chili flakes, use 1 teaspoon regular crushed red pepper flakes or 1 tablespoon Aleppo pepper.



### Lettuce-Wrapped Korean Short Ribs

Prep time: 10 minutes, plus marinating  
Cook time: 4 minutes  
Servings: 4, about 6 ounces (pre-cooked) per portion

- 3 tablespoons packed dark brown sugar, divided
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon crushed red pepper flakes
- 1 1/2 pounds thinly sliced, boneless beef short ribs
- 1 cup Holland House Marsala Cooking Wine
- 6 tablespoons toasted sesame oil
- 1/4 cup roasted garlic paste
- 2 tablespoons soy sauce
- 1/2 cup chopped green onions, divided
- 1 teaspoon cornstarch
- 1 head fresh romaine lettuce, separated into large leaves
- 1/2 cup sliced fresh red radishes
- 1/2 cup shredded fresh carrots dipping sauce

In small bowl, combine 2 tablespoons brown sugar, salt, black pepper and

red pepper flakes. Sprinkle evenly over short rib slices, gently rubbing into both sides. Place in re-sealable plastic bag.

In bowl, whisk cooking wine, sesame oil, garlic paste, soy sauce and remaining brown sugar. Pour half of mixture into bag with meat and add 1/4 cup green onions. To marinate, refrigerate at least 1 hour, or up to 12 hours.

In small saucepan, whisk remaining wine mixture and cornstarch until smooth. Bring to simmer over medium heat, whisking constantly. Cook 1 minute, or until thickened, stirring constantly. Set aside until cool. Stir in 2 tablespoons green onions.

Heat grill to medium-high. Remove ribs from marinade, allowing excess to drip off. Discard marinade. Grill 1-2 minutes on each side, or until golden brown and cooked through.

Cut ribs into 1-inch pieces. Serve with remaining green onions, lettuce, radishes, carrots and warm dipping sauce.

**Tips:** For fusion tacos, substitute corn or flour tortillas for lettuce leaves. In place of garlic paste, 2 tablespoons minced garlic can be substituted.



Comfort foods

Made fast and healthy



by Healthy Exchanges

**Asparagus Quiche**

With spring in the air and asparagus readily available, here's a great high-protein lunch dish that is sure to be a hit.

- 1 refrigerated unbaked 9-inch pie crust
- 1½ cups (9 ounces) diced 97 percent fat-free ham
- 3 cups finely chopped fresh or thawed frozen cut asparagus (¾-ounce) slices reduced-fat Swiss cheese, shredded
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 2 eggs, beaten, or equivalent in egg substitute
- 2 teaspoons dried onion flakes
- 1/4 teaspoon ground nutmeg

1. Heat oven to 350 F. Place pie crust in a deep-dish 9-inch pie plate and flute edges. Layer ham and asparagus in prepared pie crust. Evenly sprinkle Swiss cheese over top.

2. In a medium bowl, combine dry milk powder and water. Add eggs. Mix well to combine. Stir in onion flakes and nutmeg. Pour milk mixture evenly over top.

3. Bake for 50 to 55 minutes or until center tests done. Place pie plate on a wire rack and let set for 10 minutes. Cut into 8 wedges. Serves 8.

HINT: Thaw asparagus by placing in a colander and rinsing under hot water for one minute.

• Each serving equals: 230 calories, 10g fat, 15g protein, 20g carbs, 515mg sodium, 190mg calcium, 2g fiber; Diabetic Exchanges: 1 ½ Meat, 1 Starch, 1 Vegetable, 1 Fat; Carb Choices: 1.

Comfort foods

Made fast and healthy



by Healthy Exchanges

**Anytime Soup**

This soup is one you can start in the morning and leave on the stove all day long for lunch, afternoon snack or a quick dinner after coming in from a cold March day.

- 16 ounces skinned and boned uncooked chicken breast, cut into 36 pieces
- 3 cups shredded green cabbage
- 1/2 cups chopped celery
- 1 cup chopped carrots
- 5 cups diced fresh tomatoes
- 1 minced garlic clove
- 2 tablespoons chopped fresh parsley
- 2 (14-ounce) cans Swanson Lower Sodium Fat Free Chicken Broth
- 1 teaspoon dried thyme (optional)
- 1/4 teaspoon black pepper
- 2 tablespoons lemon juice or 2 tablespoons apple cider vinegar

In a large soup pot, combine uncooked chicken, cabbage, celery carrots, tomatoes, garlic, parsley chicken broth, thyme, black pepper and lemon juice or vinegar. Bring mixture to a boil. Lower heat and simmer for one hour. Makes 8 (1 ½ cup) servings.

TIP: Lean beef roast and beef broth can be used in place of chicken breast and chicken broth.

• Each serving equals: 114 calories, 2g fat, 15g protein, 9g carbs, 98mg sodium, 48mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable; Carb Choices: 1 ½.

Good Housekeeping

Yogurt-Marinated Leg of Lamb

This Easter favorite serves 12 and takes less than an hour to prepare.

- 2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground red pepper (cayenne)
- 1/4 teaspoon ground allspice
- 2 cup plain nonfat or low-fat yogurt
- 1 teaspoon freshly grated lemon peel
- 1/4 cup fresh lemon juice
- 4 teaspoon minced garlic
- 1 teaspoon salt
- 1 5 to 6 pound leg of lamb, boned, butterflied and trimmed of visible fat

1. Put cumin, coriander, red pepper and allspice in a small saucepan. Stir over low heat 1 to 2 minutes until fragrant (take care not to burn spices.) Scrape into a medium-size bowl and stir in remaining marinade ingredients until blended.

2. Put lamb in a large zipper-type food-storage bag. Add marinade, seal bag and turn to coat meat. Refrigerate at least 6 hours or overnight. Remove lamb from refrigerator 1 hour before cooking.

3. Heat broiler and broiler-pan or grill. Remove lamb from marinade. Discard marinade. Grill or broil lamb 15 minutes per side for medium-rare, 20 minutes per side for well-done.

4. Let stand 5 minutes, then slice thin across the grain.

TIP: Ask your butcher to bone and butterfly the lamb and remove as much fat as possible. This cut is great for a crowd because thin ends will be crisp and well-done, while the thicker parts will be pink and juicy.

Good Housekeeping

Herbed Potatoes Au Gratin

“This rich, creamy side is incredibly versatile. At Easter I add thyme and parsley, and at Christmas I use rosemary and serve it with prime rib. I like the chunky potatoes better than the traditional thinly sliced ones, plus they’re easier to prep.” — Ree Drummond

- 3 tablespoon unsalted butter
- 1 medium onion
- 1/2 cup heavy cream
- Kosher salt
- Pepper
- 8 ounces cream cheese
- 3 ounces Parmesan
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh thyme
- 3 pounds russet potatoes, sliced thin or cut into chunks
- Chopped fresh chives

1. Heat oven to 350 F. Butter a 3-quart shallow baking dish.

2. Melt the butter in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until beginning to soften, about 5 minutes.

3. Add the milk, cream, 1 teaspoon salt and ½ teaspoon pepper and bring to a bare simmer. Add the cream cheese and cook, stirring, until melted, about 3 minutes; stir in ½ cup Parmesan. Remove from the heat and stir in the parsley and thyme.

4. Place the potatoes in the prepared baking dish and pour the milk mixture over the top. Sprinkle with the remaining ¼ cup Parmesan and cover tightly with nonstick foil.

5. Place the baking dish on a large rimmed baking sheet and bake for

30 minutes. Uncover and bake until the potatoes are tender and the top is golden brown, 50 to 60 minutes more. Let rest for 15 minutes, then sprinkle with chives before serving, if desired. Makes 8 servings.

For thousands of triple-tested recipes, visit our Web site at [www.good-housekeeping.com/recipes/](http://www.good-housekeeping.com/recipes/).

Good Housekeeping

Sticky Toffee Pudding

In England, the term “pudding” refers to many kinds of desserts. This pudding is a moist cake with a sticky broiled-on brown-sugar topping.

- 1 cup dates, chopped and pitted
- 1 teaspoon baking soda
- 1 cup sugar
- 10 tablespoon (1 ¼ sticks) margarine, softened
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup packed brown sugar
- 1/4 cup heavy cream
- Whipped cream

1. Grease 13-inch by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 ½ cups boiling water; let stand 15 minutes.

2. Heat oven to 350 F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin).

3. Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.

4. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons margarine or butter to boiling over medium heat; boil 1 minute. Set aside.

5. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds.

6. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Makes 12 servings.

• Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g carb., 3g protein.

Good Housekeeping

Broiled Brown-Sugar Bananas

A sweet, satisfying dessert with just four basic ingredients. Ready to serve in just 10 minutes

- 4 ripe medium bananas, unpeeled
- 2 tablespoons brown sugar
- 1 tablespoon lower-fat margarine
- 1/8 teaspoon ground cinnamon

1. Heat broiler. Cut each unpeeled banana lengthwise almost in half, being careful not to cut all the way through and leaving 1 inch uncut at banana end.

2. In cup, with fork, blend together remaining ingredients. Place bananas, cut side up, on rack in broiling pan. Spoon brown-sugar mixture into split bananas.

3. Place pan in broiler at closest position to source of heat; broil bananas 5 minutes or until browned. Serve bananas in skins, and use spoon to scoop out fruit. Makes 4 servings.

• Each serving: About 150 calories, 2g total fat (1g saturated), 20mg sodium, 34g total carbohydrate.

Comfort foods

Made fast and healthy



by Healthy Exchanges

**Jello Sherbet**

This dessert will give you an A-plus with your kids as a refreshing after-school snack.

- 1 (4-serving) package Jell-O sugar-free gelatin (any flavor)
- 1 cup Splenda Granular
- 2/4 cups boiling water
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 2/4 cups cold water
- 1 (6-ounce) can frozen lemonade concentrate, thawed
- 1/8 teaspoon almond extract

1. In a large bowl, combine dry gelatin, Splenda and boiling water. Mix well to dissolve gelatin. In a medium bowl, combine dry milk powder and cold water. Stir in lemonade concentrate and almond extract. Add milk mixture to gelatin mixture. Mix well to combine.

2. Cover and freeze to a heavy mush stage, about 4 hours. Whip on HIGH with an electric mixer until fluffy. Recover and refreeze for about 1 hour. Makes 8 (1 cup) servings.

• Each serving equals: 72 calories, 0g fat, 2g protein, 16g carbs, 32mg sodium, 77mg calcium, 0g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

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# Crime

**Roscoe Village Spa worker charged with prostitution.** Following complaints from neighbors, a massage parlor worker was arrested when she offered sexual favors in exchange for \$30 according to an undercover cop who visited the salon in a covert role. The officer paid \$45 in marked bills upfront for a full body massage at Lily Spa, 2050 West Belmont.

**Theft** under \$300 on the street on the 4500 block of North Western Avenue.

**Domestic Battery** on the 4400 block of North Western Avenue.

**Theft** over \$300 from a vehicle on the 4900 block of North Lincoln Avenue.

**Theft** under \$300 from a school or public building on the 4500 block of North Lincoln Avenue.

**Endangering the life or health of a child** on the street on the 4900 block of North Damen Avenue.

**Assault** at the library on the 4400 block of North Lincoln Avenue.

**Burglary** forcible entry at a residence on the 2200 block of West

Wilson Avenue.

**Interference with a public officer** resisting, obstructing and disarming officer in a parking lot or garage on the 2400 block of North Lawrence Avenue.

**Pick pocketing** on a CTA platform on the 1800 block of West Addison Street.

**Deceptive practice** Fraud or confidence game at a residence on the 1700 block of West Melrose Street.

**Criminal damage** to property in a bar or tavern on the 3200 block of North Western Avenue.

**Simple assault** at a gas station on the 3200 block of North Damen Avenue.

**Simple assault** at an apartment on the 2000 block of West Belle Plaine Avenue.

**Burglary** with forcible entry to an apartment on the 2100 block of West Byron Street.

**Burglary** with forcible entry to a restaurant on the 1800 block of West Irving Park Road.

**Burglary** with forcible entry to a small retail store on the 1800 block of West Irving Park Road.

**Motor vehicle theft** of an automobile off the

street on the 3600 block of North Oakley Avenue.

**Criminal trespass** to a vehicle on the 4300 block of North Winchester Avenue.

**Simple battery** at a school on the 3300 block of North Clifton Avenue.

**Simple battery** at a CTA bus stop on the 2400 block of West Addison Street.

**Simple battery** at a school or public building on the 2500 block of West Addison Street.

**Simple battery** on a CTA train on the 3800 block of North Sheffield Avenue.

**Violation an order of protection** at a residence on the 3600 block of North Halsted Street.

**Criminal sexual abuse** Attempted aggravated criminal sexual Abuse at a restaurant on the 2600 block of West Addison Street.

**Theft** from a residence on the 600 block of West Roscoe Street.

**Theft** from a small retail store on the 3000 block of West Clark Street.

**Theft** from a department store on the 1000 block of West Belmont Avenue.

**Theft** from a small retail

store on the 3200 block of North Broadway.

**Theft** of under \$300 from a vehicle on the 900 block of West Sheridan Road.

**Simple battery** at a hospital building on the 600 block of West Wellington Avenue.

**Burglary** with forcible entry at a residential garage on the 1700 block of West Diversey Parkway.

**Burglary** with forcible entry to an apartment on the 900 block of West Dakin Street.

**Criminal damage** to property to a bar or liquor store on the 3400 block of North Halsted Street.

**Criminal trespass** to a vehicle on the street on the 1300 block of West School Street.

**Theft** under \$300 on the sidewalk on the 3500 block of North Fremont Street.

**Retail theft** from a department store on the 3400 block of North Southport Avenue.

**Retail theft** from a convenience store on the 3700 block of North Broadway.

**Theft** from a vehicle under \$300 on the 2800 block of North Clark Street.

**Simple assault** on the

3600 block of North Halsted Street.

**Simple battery** at a residence on the 3000 block of North Waterloo Court.

**Simple battery** at a restaurant on the 3400 block of North Ashland Avenue.

**Criminal damage** to a vehicle on the street on the 3100 block of North Cambridge Avenue.

**Criminal damage** to property at a residence on the 3100 block of North Wolcott Avenue.

**Vandalism** to a vehicle on the 400 block of North Briar Place.

**Deceptive practice** theft of labor service to a taxicab on the 800 block of West Addison Street.

**Deceptive practice** to a credit card at a small retail store on the 3300 block of North Ashland Avenue.

**Theft** under \$300 to a vehicle on the 1300 block of West Roscoe Street.

**Theft** at a CTA bus stop on the 900 block of West Belmont Avenue.

**Weapons violation** Unlawful possession of a handgun in an apartment on the

3100 block of North Leavitt Street.

**Robbery armed** with a handgun at a department store on the 2900 block of North Clark Street.

**Simple battery** at a school or public building on the 2900 block of North Hoyne Avenue.

**Robbery** armed with a dangerous weapon in an alley on the 1200 block of West Belmont Avenue.

**Attempted robbery** of a bank, strong arm with no weapon on the 3600 block of North Broadway.

**Financial identity theft** over \$300 from a residence on the 1200 block of West George Street.

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

**Aggravated assault** on the sidewalk with a dangerous weapon on the 3700 block of North Halsted Street.

**Simple battery** at a Day care center on the 2600 block of West Addison Street.

**Aggravated assault** with a knife at a bar or tavern on the 3400 block of North Clark Street.

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# Fresh Home Upgrades for Spring

FAMILY FEATURES

After a long winter cooped up indoors, spring is the perfect time to start re-imagining your home and making upgrades that create a fresh, welcoming vibe. These project ideas – some big, some small – can help breathe new life into your home so you’re ready to enjoy your favorite rooms to the fullest.

Air it out

Months of closed windows and doors can make any room feel dusty and stale. As soon as temperatures allow, throw open the windows and skylights to let the fresh air chase away the remnants of winter. It’s a perfect time to launder window treatments and clean area rugs. After a few passes with a carpet cleaner, allow rugs to air-dry outdoors. If you’re considering an update to the overall decor, changing out these textiles is an easy and affordable way to create a new look. Just donate the used drapes and rugs after cleaning instead of bringing them back into the room.

Shift your outlook

When contemplating changes to a room’s aesthetic, most people focus on the floor, walls and elements like furniture and accessories. As some homeowners are discovering, there’s a whole other space waiting to be discovered. The ceiling, a fifth wall of sorts, opens up endless creative design opportunities. Whether you’re seeking more natural light, access to fresh air, a sense of spaciousness or a way to bring sophistication to a room, a skylight may be just the solution. For example, Velux room-darkening and light-filtering blinds can add a splash of color just where you least expect it, and they’re efficient in shielding your space from the sun, meaning the

blinds and installation are eligible for a 30 percent tax credit. Learn more at [whyskylights.com](http://whyskylights.com).

Paint to perfection

Over time, once cheerful walls can grow dull. Create a livelier ambiance with a fresh coat of paint, either in the same shade or something completely new. If you’re not sure exactly where to start, tackle the project room by room. To choose the right hue, select a favorite item in the room, such as an heirloom throw blanket or a piece of wall art, and consider color shades that complement the item well.

Make what’s old new again

Sometimes a fresh perspective is as simple as rearranging a room to better fit your needs. Over time, the furnishings can become almost an afterthought because they’ve been in place so long. Try moving things around to create new conversation groupings or to highlight a piece that has been tucked away in the shadows. An updated arrangement may inspire to you add and embellish with some simple new accessories or accent pieces for a room that only looks brand new.

Get earth smart

With all of the new growth and hues of green that abound during spring, it’s natural to be more mindful of the environment. Earth-friendly upgrades like switching out inefficient lighting or installing low-flow toilets and shower heads can make a sizable difference. Another option for energy conservation: Look for ways to maximize natural light for heat and to brighten rooms. Well-placed windows and skylights can harness energy naturally, so you can minimize your reliance on electricity for comfort and convenience.



## 5 Ways to Make the Most of Your 5th Wall

1. **Start with a smooth canvas.** This means eliminating any details like popcorn ceilings or other texturing that may appear dated and dingy.

2. **Add some color.** Bring character to the room by adding color to the ceiling that complements the traditional walls for a cohesive look. If you have eaves, dormers or other architectural elements, consider painting some and leaving others white for variety and added dimension.

3. **Introduce natural light.** When it comes from above, natural light brightens a room in a whole new way. An option like a Velux skylight is a sensible solution because it offers plenty of ways to customize the skylight to your specific space and functional needs.
4. **Enhance with accessories.** Both practical and attractive, blinds are a good idea for a skylight. They let you control the light, such as blocking out harsh rays during the heat of the day but letting the gentle evening light illuminate the room. In addition to choosing a style and color that complements the room decor, also look for features such as remote-control operation and room-darkening textiles.

5. **Get creative.** Treating your ceiling like a wall opens virtually endless possibilities. Especially if you have some unique architectural features, you can highlight them by adding special touches such as built-in shelves for extra storage or new place to nurture lush house plants.





### Tool prep



Get your tools ready for the coming year's work. Clean rust and stubborn dirt off all metal surfaces with a wire brush or steel wool. Wash items with warm soapy water, then rinse and dry completely. Recondition wooden handles by smoothing nicks and splinters with medium-grit sandpaper, and coat handles with boiled linseed oil to help prevent future splintering. -Brenda Weaver

Source: www.hgtv.com




### Spring garden prep

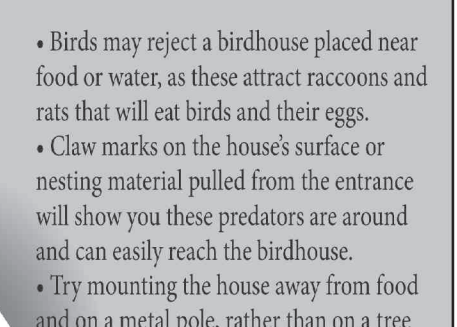


As day lengths increase, plants begin new growth. Repot rootbound plants, moving them to containers 2 inches larger in diameter than their current pot. Check for insect activity and apply controls as needed. Leggy plants may be pruned now. Summer and fall blooming perennials should be divided in spring. -Brenda Weaver

Source: www.missouribotanicalgarden.org



### Safer spots for birdhouses



- Birds may reject a birdhouse placed near food or water, as these attract raccoons and rats that will eat birds and their eggs.
- Claw marks on the house's surface or nesting material pulled from the entrance will show you these predators are around and can easily reach the birdhouse.
- Try mounting the house away from food and on a metal pole, rather than on a tree trunk or hanging it on a branch. Smear the pole with a petroleum jelly/hot pepper mixture and spread sharp gravel around the base to discourage intruders.

Source: www.all-birds.com

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## Business Spotlight



**Dan Scott**, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

## The UPS Store



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

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## Quotes worth your time

“When spring came, even the false spring, there were no problems except where to be happiest. The only thing that could spoil a day was people and if you could keep from making engagements, each day had no limits. People were always the limiters of happiness except for the very few that were as good as the spring itself.”

Ernest Hemingway, A Moveable Feast

“April's air stirs in Willow-leaves...a butterfly Floats and balances.”

Matsuo Basho, Japanese Haiku

“To plant a garden is to believe in tomorrow.”

An inspirational quote

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Comics

R.F.D.

by Mike Marland





by Charles Barry Townsend

M	L	O	H	K	C	O	T	S	A	F	L	E	B
A	M	S	T	E	R	D	A	M	F	T	D	S	E
K	C	U	R	B	S	N	N	I	D	I	R	P	R
B	U	C	H	A	R	E	S	T	N	U	G	A	N
S	E	V	I	L	L	E	L	B	O	N	E	R	G
S	A	P	L	Y	M	O	U	T	H	E	C	I	N
N	I	L	R	E	B	R	U	S	S	E	L	S	R
D	I	J	O	N	G	F	L	O	R	E	N	C	E

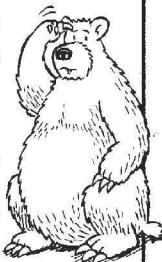


Out on a Limb

by Gary Kopervas



RIDDLE CARD



- When are boys like bears?
- What is history's favorite fruit?
- What hobby do broken bones take up?
- What nut has a hole in the middle?
- Why is a crossword puzzle like a quarrel?

A EUROPEAN TOUR!

Hidden in the diagram above are the names of 16 European cities. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the cities you're looking for.

Amsterdam	Grenoble
Belfast	Innsbruck
Berlin	Nice
Bern	Paris
Brussels	Plymouth
Bucharest	Seville
Dijon	Stockholm
Florence	Tours

Answers: 1. When bare-footed. 2. Dates. 3. They knit. 4. A doughnut. 5. Because one word leads to another.

Amber Waves

by Dave T. Phipps




SEE IF YOU CAN make this math expression correct by adding five minus signs and one plus sign between certain numbers on the left side.

1 2 3 4 5 6 7 8 9 = 100

Answer: 123 - 4 - 5 - 6 - 7 + 8 - 9 = 100

A STEEPLE STUMPER! If it takes six seconds for the town hall clock to strike four, how long does it take to strike twelve o'clock midnight?



Answer: Twenty-two seconds. After the first initial strike, there is a two-second interval between each succeeding strike.

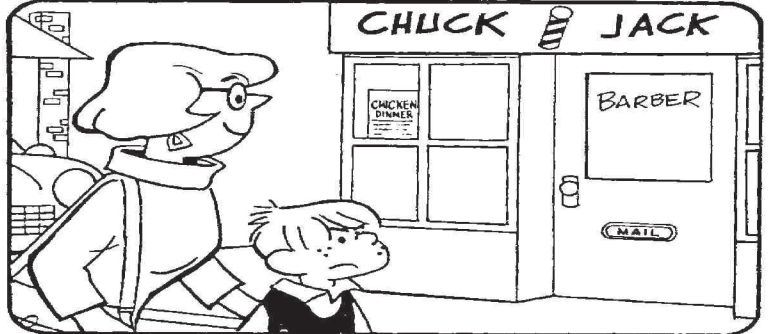
The Spats

by Jeff Pickering




HOCUS-FOCUS

BY HENRY BOLTIHOFF



THEY'LL DO IT EVERY TIME

BY AL SCADUTO

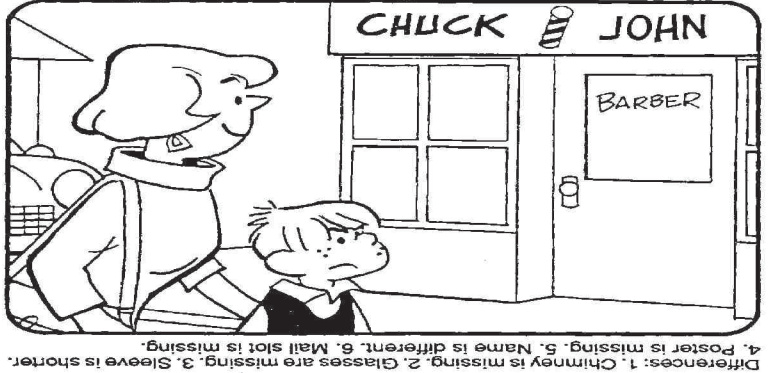


CHUCK JOHN

BARBER

MAIL

Find at least six differences in details between panels.



BIG MEN AT HOME DEPOT- AS RAGMOP LEAVES FOR WORK IN THE MORN, WIFE ANGINA ASKS...

WHAT WOULD YOU LIKE FOR DINNER TONIGHT?

ANYTHING, SWEET-HEART- ANYTHING THAT'S THE LEAST WORK TO FIX...

SO-COMES EVENING AND THE DINNER HOUR...

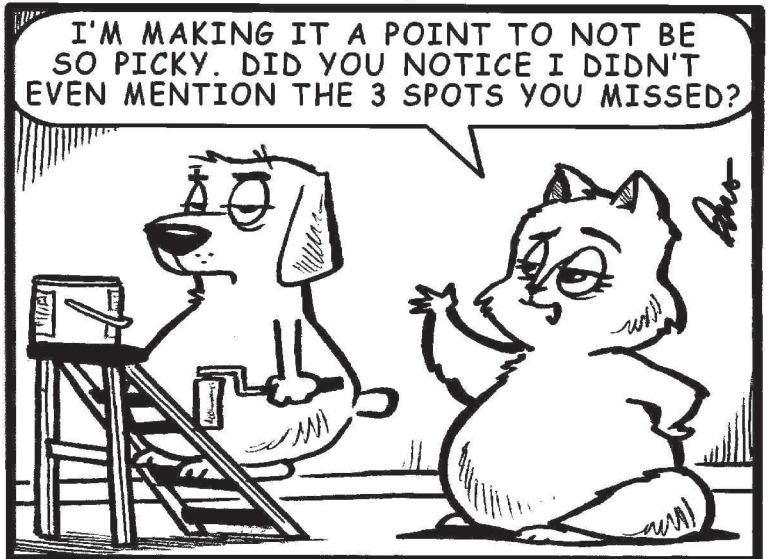
SOUP AND A SANDWICH- OKAY DEARIE?

WHAT? HOW DO YOU EXPECT ME TO DO A HARD DAYS WORK AND THEN COME HOME TO THIS TRIBE? OF ALL THE...



Just Like Cats & Dogs

by Dave T. Phipps







# DECK DESIGN 101

## Tips for planning a perfect outdoor oasis

FAMILY FEATURES

Timing can be everything, especially when it comes to planning an outdoor living space. By getting a jump-start on planning, you can afford yourself time to complete the process with maximum creativity and minimal stress.

Try these expert tips and tricks of the trade to help make your dream deck a reality.

### Lay a Solid Foundation

Don't skimp on the substructure. Often overlooked, the substructure can have tremendous impact on performance and appearance. For maximum strength and stability, opt for steel framing over wood in order to achieve a consistently flat decking surface. Wooden substructures can split, warp and shift over time, leading to an uneven surface in the deck boards. Dimensionally stable steel offers durability benefits over wood, plus greater design flexibility, sustainability, safety and fire resistance.



### Get the Right Tools

In addition to magazines, TV shows and social platforms offer outdoor living ideas and inspiration. There are also a number of online tools designed to help guide you through the planning process, such as the Trex Deck Starter, which can help anyone at the outset of their deck building adventures. It provides a user-friendly way to experiment with various deck configurations and design combinations. In three simple steps, the tool can help you choose the right materials for your project and design a customized outdoor living space before ever raising a hammer.

### Choose the Right Materials

When selecting materials, invest in decking that can hold up against the harshest weather and messiest cookouts. High-performance, low-maintenance composite decking offers superior durability and long-lasting looks. It can also outperform both wood and PVC alternatives over time. With a wood deck, the cost of regular sanding, staining and painting compound considerably over time. Over the life of a composite deck, the reduced maintenance costs of simple soap and water cleanings can add up to a greater return on investment – not to mention the value of all the time spent enjoying your deck rather than maintaining it.

### Add Safety and Style with Railings

Railings can be one of the most visible parts of any deck so it should be considered at the same time as the deck boards. A good rule of thumb is to use the “three C’s,” which are: coordinate, contrast, customize. For example, crisp white posts and black aluminum balusters coordinate beautifully with gray deck boards, delivering an elegant look and feel. For a beachy vibe, opt for a contrasting look with all-white railings. Or go completely custom with sleek, black aluminum railings to create a space that’s both modern and inviting.

### Incorporate Personal Touches with Accessories

Have fun exploring the many design elements that are available for customizing your deck. Things like built-in seating, planters and storage, as well as add-ons such as a pergola or outdoor furniture, which can add comfort, character and convenience to your outdoor living space. Further personalize your space with a variety of deck and landscape lighting fixtures. Set up path lights to brighten walkways and use spotlights to showcase trees and architectural features. Easy to install and energy efficient, an option like Trex Landscape Lighting can help keep your outdoor enjoyment going long after the sun goes down.

For more inspiration and tips for designing your dream deck, visit [Trex.com](http://Trex.com).



## DESIGNING YOUR OUTDOOR SPACE

Before any work can get done on the deck of your dreams, designing comes first. It's important to have a plan in mind before diving in so that you have a vision of what you want your deck to become.

For example, you might envision your deck as a spacious place to host family and friends with room to mingle, while others may prefer a small, quiet space for reading a book or enjoying the peace of the outdoors. Different sizes, shapes, colors and other factors can all have an outsized impact on the final look of your deck, so take all factors into account before getting started.

Try these starting points for the ultimate deck design:

### Choose a Deck Plan

From classic rectangle to beveled-edge to scenic overlook, an online tool like the Trex Deck Starter features a library of proven, ready-to-build deck designs. For a space that defies pre-made plans, you can also opt to create a custom deck plan to fit the layout of your home.

### Choose Your Color

The right decking color can enhance your yard's scenery, complement your home or make your deck stand out. Match your surroundings with natural tones, blend in with your home's exterior by matching the trim or consider bold colors like a spicy red for a deck color that pops.

### Frame Your Space

The right railings can pair with your decking to safely frame your space, enhance your view and open even more design possibilities. Based on your decking color, the experts at Trex can help make it easier by offering designer-curated decking and railing duos. You can also customize your railing, making the design your own from start to finish.







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