



July, 2018

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

Volume 22, Number 8

Interview

Not the People's Court



photograph by George Rimel/Lakeview Newspaper

20 Questions

This month's interview is with **Robert T. Palmer**, Chairman of Central Savings, 1601 W. Belmont, Chicago.

Q. Where were you born and raised?

A. Chicago.

Q. Are you married? Any children?

A. Yes. I have two children and two grandchildren.

Q. Where did you attend school?

A. Colgate University with an economics major. I also attended law school at Notre Dame.

Q. What is your fondest childhood memory?

A. Going to Disneyland shortly after it opened.

Q. What was the worst job you ever had?

A. Digging ditches for the gas company during the summer.

Q. How long have you been with Central Savings and what is your vision for Central in the coming years?

A. I was an Independent Director in 1988 and be-

came a full time CEO in 2017 and then became Chairman. My vision for Central Savings is it can survive as a small community bank despite being dominated by larger banks because we are simple and efficient and a mutual. We have the ability to survive.

Q. What is the greatest challenge in the banking industry today?

A. Competition from non bank ("Fintech"), Financial Technology Companies on the internet. They are not regulated like banks.

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

A. My sons, in part, because they have taught me what I am and what I do.

Q. Who do you most admire and why?

A. Winston Churchill by not making peace with Hitler. He kept the door open for the U.S. to face off against the Axis of Power.

Q. With all the problems in the world, what concerns you the most

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by George Rimel

The Cook County Branch 29 Courthouse located at 2452 West Belmont Avenue (Belmont and Western) may close pursuant to a budget settlement between Cook County Board President Toni Preckwinkle and Chief Circuit Court Judge Timothy Evans. Under this settlement, all of the preliminary felony hearings and misdemeanor cases currently heard would shift to the

courthouse at Harrison and Kedzie. This would mean victims, defendants, witnesses, law enforcement and legal counsel would be forced to travel greater distances for each case, resulting in extra time and money for all involved. Closing this branch at Belmont and Western will also have a detrimental impact on the Cook County State's Attorney's Community Justice Center, lo-

cated at 5333 North Western Avenue in the 40th Ward. Their ability to prosecute these cases will drop dramatically because fewer witnesses will be able or willing to make the trip to testify at the Harrison and Kedzie location. In a "Memorandum of Settlement" Cook County will provide a credit for AOIC anticipated Supplemental payment to the Office of the Chief Judge for statu-

ary salary subsidies of the amount of \$3,000,000 in FY 2108. Cook County will provide a credit for closing both of the Belmont-Western Branch Courts in the amount of \$250,000.

The Office of the Chief Judge will close the branch Courts on or before September 1, 2018 but will engage in best efforts to close by July 1, 2018. Cook County will provide a credit in the

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What's on your Mind?



"Traveling to Denver and attending three weddings in July."

Geena Sondy



"Having fun, going to the beach and enjoying the weather."

Adolfo Moreno



"Hoping for Summer and looking forward to good weather."

Al Natola

Editorial & Opinions

Interview continued from front page.

and why?

A. Government debt. It is more than can be repaid and too much to allow us to spend monies on the things we'd like to.

Q. What hobbies/ special interests do you have?

A. I have an abiding interest in military history, with a library of books on the subject. I also collect fire-fighting and railroad models and memorabilia.

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

A. My favorite TV show is Frazier. My favorite movie is American Graffiti and Animal House, because it shows how the middle class Baby Boomers were coming of age with epilogue that have become prescient. My favorite book is anything by P.J. O'Rourke.

Q. What have been your three greatest achievements?

A. Being married 43 years; Being a father and being there for others.

Q. What have been your three greatest disappointments?

A. False friends; Not being accepted to Navy OCS after college and not buying Amazon stock when it was cheap.

Q. What is your "pet peeve"?

A. Rude people. Kindness is a weak delusion of strength.

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

A. Anything ending with the phrase "It's a no brainer."

Q. What is your most prized possession?

A. Autographed footballs from the last three Notre Dame Championship teams and Heisman Trophy winners.

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

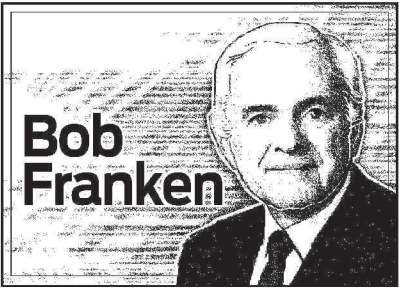
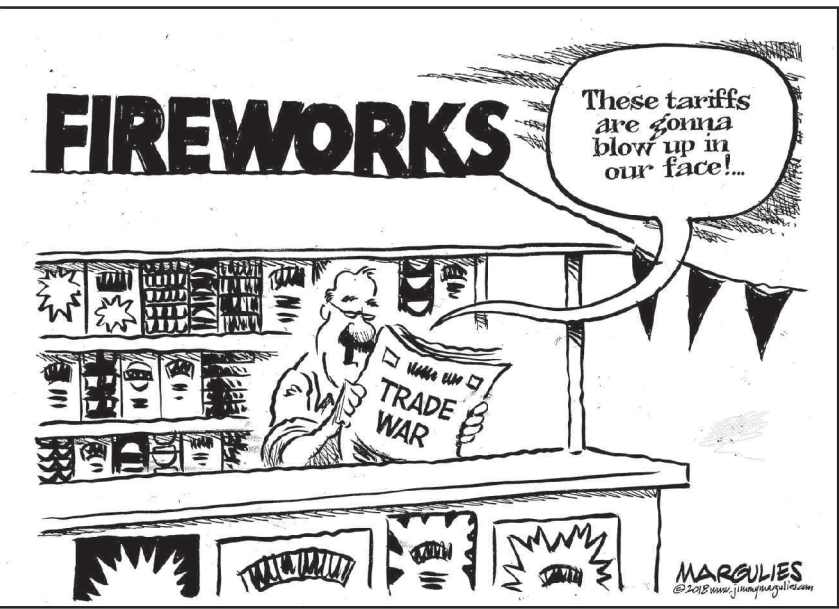
A. Hang gliding.

Q. What improvements would you like to see in the Lakeview community?

A. More cheap parking.

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

A. Be prepared.



A NAFTA World Cup?

I'm totally puzzled: How could the United States, Canada and Mexico have successfully convinced FIFA, the international soccer governing body, to award the 2026 World Cup competition to North America, the first time in history that the hosts will be three different countries?

But Mexico, Canada and the United States in a joint venue for a NAFTA World Cup? If President Donald Trump goes along as he has so far, the U.S. could be at war with one or both nations by 2026, or at least have built walls on both borders. Or maybe a wall of prohibitive tariffs once he blows NAFTA to smithereens. Will there be special dispensation for Mexican fans who want to watch a match in the U.S? What will prevent them from slipping off and taking up illegal residence?

I'm sure that has occurred to the hard-liners in the White House, along with the other anti-immigrant bigots. I'm just as certain that they've already come up with a solution: Perhaps they are making plans to seize the children of any soccer fan and hold them hostage, as the U.S. is doing now by wrenching kids away from parents who dare to cross into the U.S. The treatment of these children is the administration's latest way to discourage illegal immigration. If it doesn't do the job, will the administration then take harsher methods, perhaps waterboarding or using North Korea's way to discourage anyone who dares

cross their border? If anyone has forgotten, they shoot them.

President Trump is following his usual model in placing blame after an uproar has erupted over Americans snatching kids out of their parents' arms. He's claiming he has no choice because of a law that was passed by Democrats. There is no such law, Democrat or otherwise. It's a bald-faced lie.

And speaking of usual models, Donald Trump is taking most of the credit for the FIFA award, and perhaps this is a case where one of his tried-and-true tactics did help. In April he sent out this heavy-handed tweet (is that a redundancy?): "It would be a shame if countries that we always support were to lobby against the U.S. bid. Why should we be supporting these countries when they don't support us (including at the United Nations)?"

Whether that did the trick or not, the U.S. — excuse me, "North America" — prevailed, beating out Morocco, 134-65. The NAFTA proposal was reinforced by pledges from the sponsors of tremendous crowds and, most importantly, \$11 billion in profits. It would be remiss if we forgot that the bidding was slowed by the huge scandal in 2015 that nearly consumed FIFA.

The United States, between now and 2026, will have to up its game — its soccer game. This year's World Cup is being held in Russia. Among the countries not represented is the United States. The U.S. team failed to qualify. There was clearly no collusion there.

It did qualify when it came to using what's left of U.S. muscle (translated, dollars) to become the 2026 venue. The Trump administration representatives even were able to convince the other nations that its harsh anti-immigrant policies will not be an impediment. Nor will its anti-ally policies.

Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.

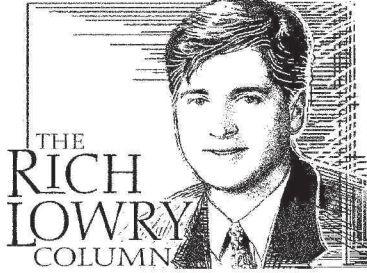
Continued Not the People's Court from front page.

amount of \$200,000. for the closure of the Branch Courts at 51st and Wentworth which the Office of the Chief Judge has agreed to close by September 1, 2018.

However, court personnel were asked by Lakeview Newspaper if they had been told about the proposed closing by July 1, 2018. They hadn't heard anything from anyone. Alderman Joe Moore, Alderman Scott Waguespack and Alderman Tom Tunney are against this closing of the court. Also, the 19th District police aren't in favor of the move because it will mean more man hours spent traveling back and forth to the Harrison and Kedzie location and ask any

resident of Roscoe Village who was a resident when the Police station moved from Belmont and Western to Addison east of Wrigley Field, if the crime in the neighborhood increased.

What will the impact mean if the court also moves? What can you do? Pressure can be put on on two Cook County Board Commissioners Bridget Gainer (312) 603-4210 (10th District) and John Fritchey (312) 603-6380 (12th District) as well as Cook County Board President Toni Preckwinkle (312) 603-6400 and also Chief Judge Timothy Evans (312) 603-6000. They need to hear from you if you think that this court closing would cost tax payers more



Harvard's Bias Against Asian-Americans

The Harvard University admissions process appears to be an ongoing micro-aggression against Asian-Americans.

A group called Students for Fair Admissions is suing the school for alleged racial discrimination and has filed documents in federal court making a persuasive case, based on data provided by the school.

Harvard denies it, but one of the imperatives of the affirmative action regime in college admissions is that schools never admit what they are doing.

The great and good at Harvard will insist that Asian-Americans all be called by their preferred pronouns, but they won't afford them equal treatment in the admissions process. They will upbraid anyone daring to ask an Asian-American where he is from, but will, in effect, hold his ethnic background against him.

And they will do it by relying on the stereotype of Asian-Americans as dull, unrelatable "model students."

According to the analysis of Duke University economist Peter Arcidiacono, an expert for the plaintiffs, an Asian-American applicant who is a male, is not economically disadvantaged and has, based on his other characteristics, a 25 percent chance of getting in would see his odds markedly increase if he belonged to another group. His chances of admission would be 36 percent if he were white; 77 percent if he were Hispanic; and 95 percent if he were black.

Why is this? Among Harvard applicants, Asian-Americans have the highest average SAT scores and the highest academic index, combining the SAT

and high-school performance. Somehow, though, they manage the lowest admission rates.

They supposedly fall down on their personal ratings, which includes the question of whether the applicants have a "positive personality."

It just so happens that, per Harvard, otherwise high-achieving Asian-Americans are beset by chronically negative personalities. It's amazing that they somehow manage to do well in school and extensively participate in extracurricular activities despite their glum outlook and downbeat personas. Alumni interviewers who actually meet them tend to rate them highly. No matter.

The Center for Equal Opportunity report notes the contrast between Caltech, which doesn't have affirmative action, and Harvard, which does. At Caltech, Asian-Americans make up more than 40 percent of undergraduates, a proportion that has grown robustly since 2000. At Harvard, Asian-American representation is now at 22 percent.

A 2013 internal Harvard analysis, according to the lawsuit, said that Asian-Americans would make up 43 percent of admissions if academics alone were the factor.

If Harvard applied its own standards to Harvard, it would be appalled by how it's disadvantaging members of a minority group. It would encourage protests. It would refer itself for racial bias training. It would apologize and grovel and hope it all could be a teaching moment. But none of this will happen because it could lead to the admission of "too many Asians," the scenario that its admissions policies and related subterfuge are designed to prevent.

The lawsuit includes an exchange with a teacher at exclusive Stuyvesant High School in New York City who breaks down and cries when she's shown data on how much less likely her Asian students are to make it into Harvard. She's upset by the unfairness of it — would that Harvard felt the same way.

Rich Lowry is editor of the National Review.

Continued Not the People's Court from front page 2.

money in travel time, fuel costs and not only County but city employee costs and a problem for those that would have to go to court.

I think we ALL remember the ridiculous soda tax that our elected officials finally heard the people. This may well be our last chance to make a difference in our communities on the north side of Chicago.

WEDNESDAY

JULY 4

INDEPENDENCE DAY

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SENIOR NEWS LINE

by Matilda Charles

New Studies Target Fruits, Eggs, Finances

Here is selection of studies about seniors from around the globe:

Norway: It seems that what we’ve been told about how many servings of fruits and vegetables to eat each day to stay healthy might not be accurate. All these years we’ve been told five. The correct number is eight. Finding: For every 200 gram (.84 cup) increase in fruits or vegetables we eat, we decrease our risk of stroke and premature death by 10.8 percent. Finding: Eating canned fruit, however, increases the risk.

Australia: For years we’ve been told to be wary of the cholesterol in eggs. A new study now claims that eggs aren’t linked to heart disease, even eating up to a dozen eggs per week, if you have pre-diabetes and Type 2 diabetes. Finding: The caveat is that you must switch from butter to monounsaturated and polyunsaturated fats like olive oil. Finding: The study was financed by an Australian egg website, but it’s claimed they didn’t have anything to do with the study itself.

United States: Seniors who have had serious financial shocks experience increased mortality from all causes. A study followed 8,700 seniors (some wealthy and some not) for 20 years after being assessed in 1994. “Negative wealth shock” was considered as losing more than 75 percent of net worth over a two-year period. Finding: Participants were 50 percent more likely to die if they suffered negative wealth shock during a two-year period. Finding: Those who only experienced low income during their lives were at an even greater risk of death.

Before you make changes to your diet based on studies, ask your doctor. After all, fruit contains sugar and eggs have cholesterol. While you’re there, if you’ve had a serious financial setback, let your doctor know.

SENIOR NEWS LINE

by Matilda Charles

Here’s How to Stay Cool This Summer

Summer isn’t officially here, but there is at least one location in the country where the temperature today reached 100 degrees F. Much of the Sunbelt already is seeing highs in the 90s. All of those numbers are going to rise in the coming weeks. It’s the time of year for seniors to beware the heat. Here are some tips:

- If you have window air conditioners that someone installs for you each year, schedule it earlier rather than later. Once the interior walls in your house get warm, it’s hard to bring those temperatures down.
- Consider sun-blocking drapes for windows on the south and west side of the house. Keep them closed during the heat of the day.
- Join afternoon activities at the library and senior center. That way you’ll be in air conditioning when the heat is at its worst. If you can get to the mall, go there. Sit in the food court and read a book, or walk some laps for exercise.
- Plan your errands for early or late in the day.
- Call your doctor’s office and ask about your water intake. Be sure to tell them all of your medications; some drugs can make it too easy to become dehydrated, especially if you take diuretics. Remember that sugary drinks don’t count as liquid intake.
- Keep an eye on your neighbors if they’re out in the yard. If you go out, use a wide-brim woven hat. Check the weather and keep an eye on the heat index. Wear loose cotton clothing.

Remember: We seniors don’t always know when we’re getting overheated. Heat exhaustion or heatstroke can creep up on us because our circulatory system doesn’t work like it used to. Know the symptoms of heat exhaustion: weakness, headaches, dizziness and muscle cramps. The more serious heatstroke can follow only 10-15 minutes later.

VETERANS POST

by Freddy Groves

VA Slashes Backlog of Claims Appeals

The Department of Veterans Affairs has announced a major reduction in the number of disability claim appeals that had piled up. This year it managed to clear 53,000 decisions, which is 86 percent more than the 28,000 the VA cleared during the same time last year. Its goal is to review 81,000 claims by the end of September.

How did the VA manage to finish so many claims when it couldn’t manage it before? Part of the answer lies in the \$42 million that was used to hire 200 lawyers to write decisions, as well as 24 law judges.

One wonders how many lawyers they originally had, before adding the 200. One also wonders, unfortunately, about the qualifications of the 200 lawyers they hired, and who reviewed their employment applications.

To avoid having your initial claim denied, get help with your first application. Start with a veterans’ service organization. Look at www.benefits.va.gov/vso/varo.asp and click on your state for a list of organizations at your local Regional Benefit Office. The list includes the organizations, their location at the benefit office and their phone number.

To avoid being denied again during an appeal, your best bet is to get a lawyer, but beware. Be sure your lawyer is up to the task. Ask other veterans for references if they’ve gone the appeal route. Then ask the potential lawyer a lot of questions, like: How long have they done veteran appeals? Are they VA accredited?

Since you’ll no doubt pay a hefty fee (a portion of your benefits after you win) to a lawyer, be sure you’re getting a good one. If you’re getting years of back pay, that could add up to a lot of money you’re handing over.

VETERANS POST

by Freddy Groves

Reducing Suicide Risk

The number is almost as bad as it used to be: 20 veterans commit suicide each day, down from a previous 22. That number still is much too high. True to his word, however, President Donald Trump has signed an Executive Order directing more supportive mental health care for service members who are now transitioning to veteran status.

Three agencies will work together on this: the Department of Veterans Affairs, the Department of Defense and the Department of Homeland Security.

The target time for support and intervention is in that first year, with the stress of separating from the service and moving into civilian life. Some of those stresses include finances, relationships, legal concerns and substance abuse. One big problem has been that signs and symptoms haven’t appeared until after the transition to civilian life.

Sixteen steps are planned, such as expanding community outreach from 18 facilities to all of them, and extending Be There Peer Support Call and Outreach Center services for a whole year after separation. Military One Source resources to active-duty members will be expanded and include services for one year after separation. In addition, all separating service members will receive a mental-health screening; those who need care and support will be enrolled in services. Peer Support will include phone calls at specified intervals during the first year, with an initial goal to reach 60 percent of veterans.

If you’re about to separate or recently did, and you get a phone call, heads up. Pay attention not only for yourself but to gather information for other veterans you might know. Listen to what they say about the Easy Button (a fast track for mental health appointments and care), the improved monitoring and resources, and the seamless access to treatment for mental health and suicide prevention.

To learn more, read the attachment to Executive Order 13822.

Strange BUT TRUE

By Samantha Weaver

- It was popular British romance author Jilly Cooper who made the following observation: “The male is a domestic animal which, if treated with firmness, can be trained to do most things.”
- If you’re like the average human, you blink about 17,000 times every day.
- Filmmaker George Lucas is arguably best known for his “Star Wars” franchise, but he also directed “American Graffiti.” During the making of that earlier film he designated each reel of film with an R before the reel’s number, and each instance of dialog was prefixed with a D. At one point during the sound mixing, the sound designer needed to use Reel 2, Dialog 2, and so asked for “R2D2.” Lucas liked the sound of it so much that he used it for the name of a robot character in his later work.
- At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.
- I’d be very surprised if you’d ever heard of Bokassa I, former emperor of the Central African Republic. It’s interesting to note, though, that while he was on trial for infanticide, cannibalism and torture, he commented, “Being head of state is an extremely thankless job.”
- If you suffer from ophidiophobia — and, sadly, many people do — you may find the following tidbit to be rather unsettling: There are more than 3,000 different species of snakes.
- Researchers have discovered that humans aren’t the only ones to imbibe alcohol on a regular basis. It seems that the tiny pen-tailed tree shrew makes a habit of consuming naturally fermented palm flower nectar, which has an alcohol content of 3.8 percent — comparable to that of most beers.

Thought for the Day: “An intelligent man is sometimes forced to be drunk to spend time with his fools.” — Ernest Hemingway

Now here's a tip!

by Jo Ann Derson

- Moving tip: Put books into suitcases, which often have wheels and good handles, in order to transport them. Books placed in boxes can get unbalanced when they don’t fill the box efficiently. It makes them hard to carry and hard to stack, since you risk the corners crushing. But suitcases are easy to carry right to the shelf before unloading.
 - Finding a bandage to cover a skinned knee or elbow is almost impossible. These can be a large or irregular area that doesn’t fit under even the most generous of bandages, and adhesive bandages just don’t stick well over a joint. Here’s a tip for that: Apply antibacterial ointment generously, then cover the knee or elbow with a regular gauze pad. Then add a “sleeve” cut from a pair of tights. It moves with the joint without bunching up the way an ACE bandage does, and it stays in place.
 - “After the kids decorated cupcakes one day, I found that the counter and floor were covered with little spilled sprinkles. They were the ball kind, and they were hard to pick up. Rather than sweeping them up (which made them go flying), I used a lint roller, which worked perfectly.” — *S.I. in New York*
 - “To save money on electricity, hang jeans and other heavy clothing to dry first. When it’s mostly dry, pop it in the dryer to fluff. Do the same with towels. The dryer softens it, but the sunlight dries it well, and I think it smells better too.” — *U.F. in Ohio*
 - Some facts about cantaloupe, now in prime season: Choose fruit that is smooth and round, with a depressed, soft scar on the stem end. Look for netting on the skin that is even and yellow, not green. One cantaloupe will get you about 50 melon balls or 4 cups of fruit when diced.
- Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

Moments in time

THE HISTORY CHANNEL


- On **July 15, 1606**, Dutch master Rembrandt van Rijn is born in Leiden, the son of a miller. His humble origins may help account for the uncommon depth of compassion given to the human subjects of his art.
- On **July 11, 1916**, President Woodrow Wilson signs the Federal Aid Road Act. Since the mid-19th century, the building and maintenance of roads had been seen as a state and local responsibility.
- On **July 13, 1930**, France defeats Mexico 4-1 and the United States defeats Belgium 3-0 in the first-ever World Cup soccer matches, played simultaneously in host city Montevideo, Uruguay. The World Cup has since become the world’s most watched sporting event.
- On **July 9, 1947**, in a ceremony at the Pentagon, Gen. Dwight Eisenhower appoints Florence Blanchfield a lieutenant colonel in the U.S. Army, making her the first woman in U.S. history to hold permanent military rank.
- On **July 14, 1968**, Atlanta Braves slugger Henry “Hank” Aaron hits the 500th home run of his career. Aaron retired in 1976 as the all-time leader in runs batted in, extra base hits and total bases. He was named to the Baseball Hall of Fame in 1982.
- On **July 12, 1984**, Walter Mondale, Democratic presidential candidate, announces his choice of Rep. Geraldine Ferraro of New York as his running mate, the first woman nominated by a major party for the vice presidency.
- On **July 10, 1992**, the Alaska court of appeals overturns the conviction of Joseph Hazelwood, the former captain of the oil tanker Exxon Valdez. Hazelwood, who was found guilty of negligence for the massive oil spill in Prince William Sound in 1989, argued that he was entitled to immunity because he had reported the oil spill 20 minutes after the ship ran aground.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Wooden Uncle Sam

Uncle Sam wearing a blue tailcoat with stars, red striped pants, a red striped top hat and sporting a beard and goatee is not the first symbol for the United States, but probably is the best known today. Columbia was the first symbol, starting in 1738. She remained popular until the 1920s, but was not as favored as Brother Jonathan and Uncle



ated in 1916 for a recruiting poster by James Montgomery Flagg. The figure is pointing and saying “I Want You.” Hundreds of homemade wooden Uncle Sam mailboxes have been made since World War I ended. This Uncle Sam figure is made of flat-shaped boards, but he is missing the tray for mail. He was sold by James Julia Auctions for \$533.

Q. What can you tell me about these little seated figures online and would like to know who made them and how old they are.

A. Splashme dolls were designed in 1917 by Genevieve Pfeffer (1890-1985), who used “Gene George” as her business name. The doll’s shape, with head in hands and elbows on knees, is based on Rose O’Neill’s Kewpie doll “The Thinker.” Splashme dolls also have similar large, side-glancing eyes. The dolls were made of bisque, composition or plaster of paris, had painted features and wore painted bathing suits and bathing shoes. They were first sold at beaches and vacation spots. Splashme dolls with a mohair wig or a scarf tied around painted hair were first made in 1918. Pfeffer also wrote books about the Splashme dolls. Splashme doll items included baby talcum containers, soap, party favors and postcards. The dolls sell today for about \$35 to \$50.

CURRENT PRICES

Fred Astaire button, portrait, black-and-white photo, top hat, celluloid, pinback, Personality Buttons, 1960s, 2-inch diameter, \$15.

Card game, The Merry Game of Old Maid, color illustrations, 17 pairs of cards, cardboard box and instruction card, c. 1880, \$125.

Doorstop, Little Red Riding Hood, standing with wolf and holding basket, wearing cape, cast iron, painted, c. 1900, 8 x 6 inches, \$600.

Begging bowl, hammered copper, wood interior, pierced and brass repousse, Islamic calligraphy, boat shape, 1800s, 12 x 5 inches, \$1,280.

TIP: Old Burmese glass will fluoresce yellow-green under a black light. Recent reproductions will not.

For more collecting news, tips and resources, visit www.Kovels.com

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July 25	Alpine Subs Featured Restaurant: Zia’s Lago Vista
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August 8	Molehill
August 15	The Polkaholics
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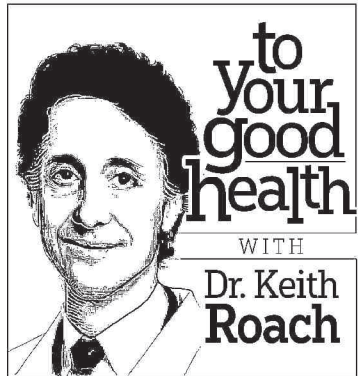
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Health



Vegan Does Not Need Fish to be Healthy

DEAR DR. ROACH: I have been vegan for 15 years. I avoid sugar, limit salt and have no caffeine. Recently, a pharmacist told me that I will not get proper protein unless I add fish to my diet. However, long ago, my doctor told me that my vegan diet was good and that I should take vitamin B-12 daily, which I have been doing. What are your thoughts on adding fish? — *S.N.*

ANSWER: I agree with your doctor. A vegan diet can be very healthy, and avoiding sugar in particular helps assure that it is. The issue of adequate protein is brought up frequently, but most Americans consume more than twice the recommended daily allowance of protein. Plant foods have plenty of protein, and you certainly do not need to eat fish in order to get adequate protein. I think fish can be a healthy part of a diet, but it is not necessary.

DEAR DR. ROACH: My husband was admitted to the hospital several months ago with poor heart function and only 10 percent kidney function. He has been on dialysis three times a week since then. We have been inquiring for several months about his current kidney function, and we cannot get an answer. We are just curious as to whether there has been any improvement. — *S.K.*

ANSWER: Dialysis is a way of replacing kidney function when the

kidneys can no longer remove enough of the body's waste materials. It sounds like your husband is on hemodialysis, where the blood is run through a machine that removes excess fluid and waste products, such as creatinine and potassium, which would otherwise increase in concentration in the blood. High potassium is life-threatening, and creatinine, though not dangerous, is the molecule we look at most commonly to estimate kidney function.

Very rarely, kidney function can return even after a prolonged time on dialysis. I have never seen a case, but one study showed two cases per thousand where dialysis could be stopped. The clue that kidney function was returning was that urine output, which normally is scant while on hemodialysis, had increased over time. Unfortunately, 99.8 percent of the time, the kidney failure is permanent.

DEAR DR. ROACH: I am a 62-year-old male, and I have been heavy for most of my life. Over the past 18 months, I have lost a great deal of weight and feel better than I have in years. My issue is where the excess has ended up: just below my belt-line. I know that so-called spot reducing doesn't work, so I'm at a loss as to how to go about getting rid of this paunch. It's not above my belt, and it is stubborn. Any ideas? — *T.C.*

ANSWER: If you keep losing weight, odds are that stubborn fat will gradually go away. High-intensity aerobic exercise did seem to help in one study. I have had patients undergo liposuction, but that helps your appearance, not your overall health.

The Case Against Hydrogen Peroxide

DEAR DR. ROACH: My dental hygienist recommends rinsing your mouth with hydrogen peroxide to kill germs after flossing. Lately I have heard the using too much hydrogen peroxide can be harmful. What are your thoughts? — *T.W.*

ANSWER: Hydrogen peroxide is a powerful antiseptic that has some usefulness for household objects; however, I don't recommend it as an oral rinse. It is too toxic to tissues. In a 1993 study, even hydrogen peroxide solutions diluted to half and quarter strengths caused damage to mucous membranes and caused "overwhelmingly negative subjective reactions." Thus they were not recommended for oral care. A regular mouthwash is a much better choice, and your dentist can prescribe a medicated mouthwash if needed.

Incidentally, I don't recommend hydrogen peroxide for cleaning cuts and abrasions, either. It isn't effective at inhibiting bacterial growth. I recommend careful cleaning with mild soap and water or saline and an antibiotic ointment like Bacitracin.

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.

DEAR DR. ROACH: I have been diagnosed with Fuchs' corneal dystrophy by an ophthalmologist, whom I saw for an eye exam recently. Would you please tell me more about this disease? Is there any treatment? What can I expect in the future? It is getting harder to read and do close work. — *N.O.*

ANSWER: Fuchs' dystrophy is a condition of older eyes, which happens when the cells in the innermost lining of the cornea (the translucent, colorless front part of the eye) degenerate, causing, initially, deposits in the cornea and later swelling of the cornea. The disease has a complex genetic pattern of inheritance, and tends to progress slowly. Treatments include soft contact lenses to "bandage" the cornea, and eyedrops. Transplant surgery of the affected lining of the cornea (called Descemet's membrane), or the whole cornea, is the definitive treatment.

Was Son Right to Ignore His Doctor's Advice?

DEAR DR. ROACH: My son is 40 years old. After a recent stress test, he ended up with five stents in his arteries, and also was diagnosed with diabetes. His doctor ordered him not to go back to work for three or four weeks, but he went back after three days. He told the doctor that he would be more stressed if he stayed home. His job is mostly sitting down. Since he didn't follow the advice, how will this affect his health? — *V.B.*

ANSWER: We don't normally have people stay home for long periods of time after placement of stents, so I was surprised to hear that he was "ordered" (I almost never "order," only recommend, more or less strongly) to stay home.

My experience is that after receiving life-changing diagnoses, such as diabetes or coronary artery disease, it's best to keep some habits, such as work,

the same and change others. For your son, I am sure he will be recommended a proper diet for diabetes and exercise appropriate for a person with a new diagnosis of heart disease.

DEAR DR. ROACH: I've suffered from essential tremor for 16 years. I take 500 mg of primidone and 40 mg of propranolol twice daily. I've gradually increased the dose over the years, and the combination works quite well. What is the highest dose of these medications that I can take? Also, are there any new drugs on the market that have been proven to help? — *S.S.*

ANSWER: Primidone, a medication indicated for seizures, often is used off-label for essential tremor. The normal dose for essential tremor is 250-500 mg at night, but doses up to 750 mg sometimes are used. For seizures, the highest recommended dose is 2,000 mg, so although yours is at the high end of normal for essential tremor ("essential," by the way, simply means we don't know what is causing it; it isn't essential for anything), you still are at a dose that's well below the safe limit. I suspect that because you have been on it for so long, your body is used to this dose. The usual starting dose is 25 mg.

Propranolol is used for many conditions, including high blood pressure and preventing migraines, but its use in essential tremor also is off-label, meaning that the Food and Drug Administration has not approved the drug for use for this condition. "Off-label" doesn't necessarily mean your prescription is wrong or dangerous, only that it hasn't been approved by the FDA. In your case, the combination of primidone and propranolol frequently is used and recommended in the medical literature. For essential tremor, experts have recommended doses up to 320 mg per day, but the dose can be limited by slow heart rate or low blood pressure.

If you are doing well, there is no reason to change. Other medications frequently used for essential tremor include gabapentin and topiramate. There also are surgical treatments, deep brain stimulation, gamma knife radiation and ultrasound for resistant cases.

Financial Statement

by Joyce Rimel

Smart Money Be a better steward of your money

Remember, there is no free lunch. The next time someone invites you to lunch so that you can learn about a new way to protect or increase your wealth, decline. The fancier the restaurant the worse the "opportunity"

on the table, since expensive marketing can be justified only by selling products with juicy profits. Whether it's an investment, a time-share or a multilevel marketing program, that free lunch could cost you.

Avoid emotional buying

Beware of salespeople who stoke fear to sell security systems or identity protection or to sell you a car that's just out of your price range. Wait until your emotions have settled be-

fore signing anything.

Always get it in writing

Trust but verify. A seller might take some creative license with the facts and it's up to you to verify what he/she is saying. Sometimes the answers to your questions will be in some million page disclosure document (which most of us don't read), but should to verify what the salesperson is telling you is true. Also, get an email promise from the salesperson which can give you a chance for recourse.

Avoid limited-time offers

If someone says buy now, don't. The ticking clock is a powerful sales tool. You must act now or forever lose out. We don't make our best decisions when rushed. This limited-time offer is dangled before you and is designed to trigger your instincts before you

logic can kick in.

Don't be too smart to fall for bad investments

Geniuses throughout history have made foolish choices. Intelligence can take a holiday. Embracing your own fallibility is a good start. We don't always know all the answers. Remember to ask plenty of questions until you fully understand the proposed transaction.

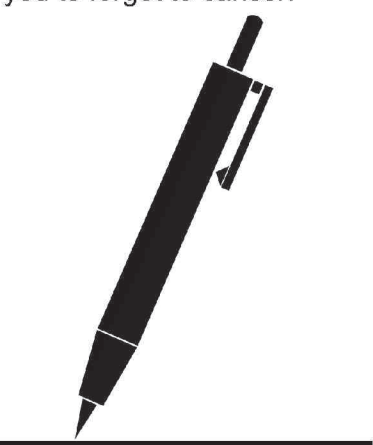
Don't fall for anything that is too good to be true

Common sense dictates that if it looks too good to be true, it probably is. You must always weigh the facts against your emotional response, e.g. free cruises, free cellphones, etc. There is always a catch. The cruise comes with a book fee which is more than the retail cost of the cruise and the free phone may have locked you into a contract.

Put yourself in the seller's shoes

Before making a major purchase, ask yourself two key questions.

1. What's in it for the person selling you this product?
2. How does the company behind the product make money? Is that printer really a deal or is someone counting on you to spend \$500 a year on ink cartridges? Why does that free 30-day trial subscription require a credit card if the seller isn't counting on you to forget to cancel?



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MEMBER

FDIC

NEWSPAPER
LENDER

FLASHBACK

POP, ROCK & SOUL TRIVIA

1. Which band released “Kicks”?
2. Who released “Why Do Lovers Break Each Other’s Heart,” and when?
3. Which group recorded “Will You Be Staying After Sunday”?
4. Who released “I’d Do Anything for Love”?
5. Name the song that contains this lyric: “Another sleepless night I can’t explain, Somebody said they heard me call your name, The radio won’t let you leave my mind, I know it’s over but I don’t know why.”

Answers

1. Paul Revere & the Raiders, in 1966. “Kicks” was one of the first anti-drug songs. It was written for The Animals, but Eric Burdon didn’t want to record it.
2. Bob B. Soxx and the Blue Jeans, in 1963. It was one of many hits written by Ellie Greenwich, including “Be My Baby” and “Then He Kissed Me.”
3. The Peppermint Rainbow, in 1969. During one televised clip it was obvious that the group was syncing ... the instruments weren’t even plugged in.
4. Meat Loaf, in 1993. It was his first No. 1 single and netted a Grammy for Best Rock Vocal Performance.
5. “Should’ve Known Better,” by Richard Marx, in 1987. Singer-songwriter Marx released the song on his debut album; it peaked at No. 3 on the Billboard 100.

Have a

Safe

4th

of JULY

Strange BUT TRUE

By Samantha Weaver

- It was popular British romance author Jilly Cooper who made the following observation: “The male is a domestic animal which, if treated with firmness, can be trained to do most things.”
- If you’re like the average human, you blink about 17,000 times every day.
- Filmmaker George Lucas is arguably best known for his “Star Wars” franchise, but he also directed “American Graffiti.” During the making of that earlier film he designated each reel of film with an R before the reel’s number, and each instance of dialog was prefixed with a D. At one point during the sound mixing, the sound designer needed to use Reel 2, Dialog 2, and so asked for “R2D2.” Lucas liked the sound of it so much that he used it for the name of a robot character in his later work.
- At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.
- I’d be very surprised if you’d ever heard of Bokassa I, former emperor of the Central African Republic. It’s interesting to note, though, that while he was on trial for infanticide, cannibalism and torture, he commented, “Being head of state is an extremely thankless job.”
- If you suffer from ophidiophobia — and, sadly, many people do — you may find the following tidbit to be rather unsettling: There are more than 3,000 different species of snakes.
- Researchers have discovered that humans aren’t the only ones to imbibe alcohol on a regular basis. It seems that the tiny pen-tailed tree shrew makes a habit of consuming naturally fermented palm flower nectar, which has an alcohol content of 3.8 percent — comparable to that of most beers.

Thought for the Day: “An intelligent man is sometimes forced to be drunk to spend time with his fools.” — Ernest Hemingway

top 10 movies

1. **Incredibles 2**(PG) animated
2. **Ocean’s 8** (PG-13) Sandra Bullock, Cate Blanchett
3. **Tag** (R) Jeremy Renner, Ed Helms
4. **Solo: A Star Wars Story** (PG-13) Alden Ehrenreich, Woody Harrelson
5. **Deadpool 2** (R) Josh Brolin, Ryan Reynolds
6. **Superfly** (R) Trevor Jackson, Jason Mitchell
7. **Hereditary** (R) Toni Collette, Milly Shapiro
8. **Avengers: Infinity War** . (PG-13) Robert Downey Jr., Chris Hemsworth
9. **Adrift** (PG-13) Shailene Woodley, Sam Claflin
10. **Book Club** (PG-13) Diane Keaton, Jane Fonda

Trivia test

by Fifi Rodriguez

1. GENERAL KNOWLEDGE: How many missions did the space shuttles fly during the history of the space program?
2. LITERATURE: Who wrote the sci-fi novel “The Moon Is a Harsh Mistress”?
3. SCIENCE: What is an example of sublimation?
4. GEOGRAPHY: What is the capital of Belgium?
5. ANIMAL KINGDOM: What does the word “hippopotamus” mean?
6. HISTORY: Which country was the last to abolish slavery?
7. MUSIC: How many valves does a trumpet have?
8. MYTHOLOGY: What is the name of the Greek goddess of agriculture?
9. FIRSTS: Who was the first African-American woman to travel in space?
10. MOVIES: In which “Star Wars” film did the Ewoks first appear?

Answers

1. 135
2. Robert Heinlein
3. Dry ice (sublimation is the transition of a solid to a gas without going through the liquid stage)
4. Brussels
5. River horse
6. Mauritania, in 1981
7. Three
8. Demeter
9. Mae Jemison
10. “Return of the Jedi”

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Gemini (R) — A lush and moody neo-noir crime thriller, “Gemini” stars Lola Kirke as Jill, the personal assistant to impetuous Hollywood starlet Heather (Zoe Kravitz). Troubled relationships and poor decision-making put Heather in the crosshairs of lovers, business partners and admirers alike — and it’s Jill’s job to sort it all out. But then Heather is found dead by Jill’s borrowed gun, and a detective in charge of the case (John Cho) is following as she crisscrosses Los Angeles to solve the mystery and save her own neck, along the way exploring the blurred lines of employment and friendship, and the nature of masked ambitions.

Tyler Perry’s Acrimony (R) — Can a woman who is misused at every turn find solace in a bitter and venomous revenge? Taraji P. Henson plays Melinda, one such woman. We watch as she details to a court-mandated therapist her relationship, then marriage and ultimately divorce from former husband Robert (Lyrq Bent), a gold-digging, two-timing inventor. After Robert is done spending Melinda’s inheritance, the relationship falls apart, and she is left in the dust for the other woman (Crystle Stewart). Adding insult to injury, he suddenly becomes successful, and flush with cash and condescension. It’s enough to drive a woman crazy. Henson is brilliantly sympathetic as a raving lunatic. She manages to keep the film above water for the most part, despite the overly moralistic tones and too-clever “chapter” plot devices.

The Endless (NR) — Two brothers who escaped the clutches of a cult wilderness society end up back at the



Lionsgate

Taraji P. Henson in “Acrimony”

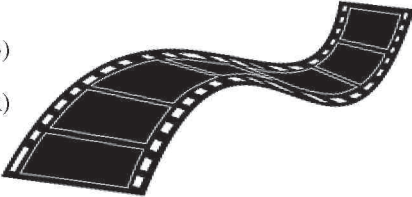
In Darkness (NR) — Natalie Dormer plays blind pianist Sofia, resident of an apartment building with beautiful and mysterious upstairs neighbor Veronique (Emily Ratajkowski). Veronique takes a tumble off her balcony, and a tight-lipped Sofia is questioned: Does the lack of sight heighten her other senses, and could she have been an aural witness to murder? Jan Bijvoet supports as Veronique’s father, Milos Radic, a Serbian businessman and war criminal whose fate is entwined with Sofia’s. Does the “darkness” of the title refer to Sofia’s lack of sight, or the murkiness of her situation?

NEW TV RELEASES

- Black Lightning** Season 1
- The Mick** Complete Second Season
- Last Man Standing** Seasons 5 and 6

Top 10 DVD, Blu-ray Sales

1. **A Wrinkle in Time**(PG) Disney
2. **Black Panther** (PG-13) Disney
3. **Death Wish** (R) MGM Studios
4. **The Hurricane Heist** (PG-13) Lionsgate
5. **Annihilation** (R) Paramount
6. **Peter Pan** (G) Disney
7. **The Greatest Showman** (PG) FOX
8. **Red Sparrow** (R) FOX
9. **Avatar: The Last Airbender — The Complete Series** (NR) Paramount
10. **Star Wars: The Last Jedi** (PG-13) Disney



TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Death Wish** (R) Bruce Willis
2. **A Wrinkle in Time** (PG) Storm Reid
3. **Game Night** (R) Jason Bateman
4. **Black Panther** (PG-13) Chadwick Boseman
5. **Annihilation** (R) Natalie Portman
6. **Red Sparrow** (R) Jennifer Lawrence
7. **The 15:17 to Paris** (PG-13) Alek Skarlatos
8. **The Hurricane Heist** (PG-13) Toby Kebbell
9. **Jumanji: Welcome to the Jungle** (PG-13) Dwayne Johnson
10. **Fifty Shades Freed** (R) Dakota Johnson

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What’s Hot in Hollywood

HOLLYWOOD — **Jared Leto** won an Oscar for playing a transsexual in “The Dallas Buyer’s Club” (2013) and scored big with “Suicide Squad,” playing the Joker. The film raked in \$747 million at the box office. He next took on “Blade Runner 2049,” which barely recouped its cost with a \$259 million gross. His most recent film was “The Outsider,” which he also produced for Netflix, with **Emile Hirsch**. Warners currently is expanding his “Joker” character from “Suicide Squad” into a major film. You may remember that **Heath Ledger** won an Oscar, posthumously, for playing the Joker in “The Dark Knight” (2008).

Saoirse Ronan, who received Oscar nominations for “Atonement” (2007) at age 13, “Brooklyn” (2015) at 21 and last year, at 23, for “Lady Bird,” next will take on the title role in “Mary Queen of Scots,” with **Margot Robbie** (her last year’s Oscar competition) and former “Doctor Who” **David Tennant**. It will open Dec. 7.

“Call Me by Your Name” Oscar nominee **Timothee Chalamet** is awaiting the release of **Woody Allen**’s “A Rainy Day in New York,” with **Selena Gomez** and **Jude Law**, and currently is filming the American/Australian co-production of “The King,” with **Lily-Rose Depp** (daughter of **Johnny Depp**) and **Robert Pattinson**. The film is an adaption of the Shakespearean plays “Henry IV” and “Henry V.” It will be interesting to see if that will translate for modern filmgoers. **Brad Pitt** is one of the producers.

Oscar winner **Reese Witherspoon** will revisit being “Legally Blonde” for the third time. The original 2001 film earned \$141 million, while the sequel netted \$124 million. In addition, a musical based on the film is still touring the U.S., proving its popularity. No cast or release date has been announced for “Legally Blonde 3.”

Julia Roberts presented two-time Oscar winner **George Clooney** with the American Film Award in a June 7 ceremony, which aired June 8 on TNT. If you missed it, it will re-air in September on TCM.

“The Addams Family” will never die. First it was a TV series with **John Aston** and **Carolyn Jones** (1962-1964), then several films with **Raul Julia** and **Angelica Huston**, as Gomez and Morticia, in 1991 (cost \$30 million/gross \$191 million) and 1993 (\$47 million cost, \$49 million U.S. gross). This time out it will be an animated film with the voices of **Oscar Isaac** (as Gomez), **Charlize Theron** (as Morticia), **Bette Mid-**



Depositphotos

Saoirse Ronan

ler (as Grandma), **Chloe Grace Moretz** (as Wednesday), **Nick Kroll** (as Uncle Fester) and Oscar winner **Allison Janney** as their arch-enemy Margaux Needler. It’s set for an October 2019 premiere. No mention of Thing or Cousin Itt. It just wouldn’t be the same without Itt or ... uhh, them!

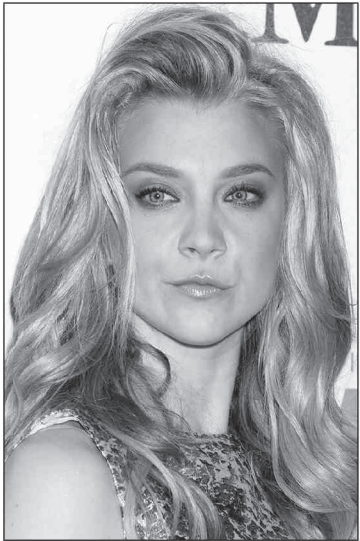
HOLLYWOOD — Can it really be that Sesame Street is suing The Muppets? Has the world gone crazy? Sesame Street is suing STX films because of “The Happy Time Murders,” which stars **Melissa McCarthy**, **Maya Rudolf** and **Joel McHale** and was directed by Muppets owner **Brian Henson**, son of **Jim Henson** (creator of The Muppets). The film follows the murders of 1980s Muppet Show characters being bumped off one by one.

STX says, “We loved the idea of working closely with Brian Henson and the Jim Henson Company to tell the story of the active lives of Henson puppets when they’re not performing in front of children!” (WHAT?!) They further added, “While we’re disappointed Sesame Street doesn’t share in the fun, we’re confident in our legal position.”

Need further proof that the world’s gone mad? **Roseanne Barr**’s big mouth has put hundreds of people out of work because of her unnecessary remarks that caused ABC to cancel “Roseanne.” **Mario Batali**’s charges of sexual misconduct got him axed from “The Chew,” which has been canceled in turn. Batali also was removed from his many eateries in NYC, Los Angeles, Chicago and Boston, including Babbo, Del Posto, Eataly, Esca,

Lupa and Osteria Mozza, and all his products have been removed from their shelves. We’re talking a small fortune. Now his three restaurants in Las Vegas (two in The Venetian Hotel and one in The Palazzo Hotel) are being closed July 27. This means hundreds of more people have lost their jobs because of celebrity misconduct.

Producers **Craig Zadan** and **Neil Meron**, who gave us “The Sound of Music Live” (2013), “Peter Pan Live” (2014), “The Wiz Live” (2015), “Hair-spray Live” (2016) and “Jesus Christ Superstar Live in Concert” (2018), are preparing three shows for 2019,



Depositphotos

Natalie Dormer

“A Few Good Men Live,” “Bye, Bye Birdie Live” and the 1968 avant-garde groundbreaking musical “Hair” (Live). The film version of “Hair” (1979) failed because the nude scene, which caused the Broadway show to be raided several times, was omitted. Is TV ready for a nude scene?

“Game of Thrones” star **Natalie Dormer** will produce and star in a mini-series as Oscar-winner **Vivian Leigh**, who won for “Gone with the Wind” (1939) and “A Streetcar Named Desire” (1951). Each episode revolves around her films and marriage to legendary actor **Laurence Olivier**. Dormer soon will be seen in “Patient Zero,” with “Doctor Who” star **Matt Smith**, and in “The Professor and the Madman,” with **Mel Gibson** and **Sean Penn**.

Finally, Disney is disappointed in the early grosses for “Solo,” which proves even if you’re in “Star Wars,” you may not be able to fly “Solo”!



by cindy elavsky

Q.I’m still obsessed with “The Vampire Diaries” and watch it whenever I just want to chill at home. The actress who plays the mayor looks so familiar. Can you tell me where else I might have seen her?
— **Hillary W., Fort Myers, Florida**

A. Susan Walters portrayed Mayor Carol Lockwood on the cult-hit vampire drama. She came into the public eye in a big way when she starred as Priscilla Presley in the TV miniseries “Elvis and Me” back in 1988, and her acting resume has since filled with dozens of stints on major TV shows and in movies.

I spoke with her recently about her new Lifetime movie “Murdered at 17” (which premieres July 8 at 8/7c), and we had a lively conversation about many of the highs of her career so far. For instance, did you know she played Jerry Seinfeld’s girlfriend in that infamous episode where he couldn’t remember her name and knew only that it rhymed with a female body part (her name was Dolores, by the way)?

With “The Vampire Diaries,” Susan and her daughter would watch and text each other about it. “I totally loved watching the longing and the romance. I mean, I loved it. Even though I was there, I bought it all hook, line and sinker! So, obviously I was a little bummed when my character was killed off.”

While working on “Murdered at 17,” one of the things Susan most enjoyed was the comradery with the rest of the cast and crew. She also loves that she gets to expand on the kinds of roles she plays as she gets older. “I will always love being an actor. But I think when I was younger, I was more worried about how I looked and a thousand other things. There is one good thing about getting older: You don’t have the pressure of being that pretty girl anymore. Now I get to be the young, pretty girl’s mom. And that’s so much fun.”

Q.I’ve been reading your coverage of the cancelation of “Lucifer.” Please tell me you have good news for us Lucifans! — **Kellie D., via Twitter**

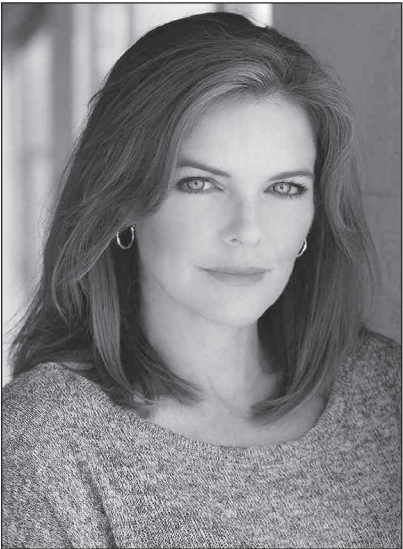


Photo courtesy Susan Walters

Susan Walters

A. I do, Kellie. Netflix has resurrected Fox’s “Lucifer” from the bowels of cancelation hell! Season four will contain 10 brand-new episodes, and I couldn’t be happier. After the season three finale (spoiler alert) where Lucifer finally showed his true self to Chloe, I can’t wait to see how she reacts. I’m thinking this might put a crimp in their burgeoning romance. As details emerge, I’ll be sure to let y’all know.

Q.When will “Orange Is the New Black” be back? I’m getting antsy over here! — **Linda R., via Twitter**

A. The sixth season of Netflix’s hit prison dramedy will drop July 27, and the tagline for this season is: “Bye-bye, Litchfield — it’s a whole new world!” I’m interested to see what will come of our favorite ladies in orange, especially now that a lot of them have been separated because of the prison fire. What will happen to Piper, Suzanne, Red, Alex, Taystee, Nicky, Black Cindy, Frieda, Blanca and Gloria now that they are in a standoff with CERT officers? What fallout will there be after the accidental death of Piscatella by a newbie officer? How will Flaca and Maritza survive without each other (we saw them being ushered off to separate prisons at the end of last season)?

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FAMILY FEATURES

When the weather is warm and it's time for a sweet treat, look for seasonal goodies that complement summertime fun. For example, reach for an option like whole-grain, fluffy and crisp popcorn which can be an easy, DIY snack.

Combine sweet and salty flavors to create something delicious to devour like Coconut Popcorn Crunch Pie or delightful Down Home Apple Pie Popcorn.

To better serve a crowd, try these Perfect Picnic Popcorn Squares, Popcorn S'mores or Key Lime Popcorn Clusters at your next family pool party or summertime barbecue with friends.

For more creative, DIY popcorn recipe ideas, visit popcorn.org.

Down Home Apple Pie Popcorn

Yield: 10 cups

- 3 tablespoons melted butter
- 1 teaspoon vanilla extract
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 8 cups popped popcorn
- 1 cup dried apple chips, broken into large pieces
- 1/4 cup toffee bits

Heat oven to 300 F. Whisk melted butter with vanilla. Toss brown sugar with cinnamon, allspice and nutmeg.

Toss popcorn with butter mixture. Sprinkle evenly with brown sugar mixture. Stir. Transfer to baking sheet lined with parchment paper.

Sprinkle apple chips and toffee bits over top. Bake 15 minutes, or until toffee bits start to melt. Cool before serving.

Tip: Add chopped pecans for extra crunch.



Down Home Apple Pie Popcorn

Pop Up Sweet Treats



Key Lime Popcorn Clusters

Key Lime Popcorn Clusters

Yield: about 32 clusters

- 8 cups popped popcorn
- 4 whole graham crackers, finely chopped, divided
- 1 jar (7 1/2 ounces) marshmallow creme
- 1/4 cup butter or margarine
- 2 tablespoons grated lime peel
- 1 tablespoon key lime juice

Line 9-inch square pan with foil.

In large bowl, combine popcorn and all but 2 tablespoons graham cracker pieces.

In large glass bowl, microwave marshmallow creme and butter on high 1 minute. Stir until butter is melted. Stir in lime peel and lime juice.

Pour marshmallow mixture over popcorn, mixing thoroughly.

Using damp hand, firmly press mixture into prepared pan. Sprinkle with reserved graham cracker pieces. Refrigerate 2 hours until firm.

Lift foil from pan. Break popcorn mixture into clusters.

Coconut-Popcorn Crunch Pie

Yield: 12 servings

- 2 quarts popped popcorn, unsalted
- 1 can (4 ounces) flaked coconut, toasted
- 1 cup sugar
- 1 cup light corn syrup
- 1/2 cup butter or margarine
- 1/4 cup water
- 2 teaspoons salt
- 1 teaspoon vanilla
- 1 quart vanilla, spumoni or butter pecan ice cream
- fresh fruit, for topping (optional)
- chocolate sauce, for topping (optional)

In large, buttered bowl, mix popcorn and coconut. In

saucepan, combine sugar, syrup, butter, water and salt. Bring to boil over low heat, stirring until sugar dissolves. Continue cooking until syrup reaches hard crack stage (290-295 F).

Stir in vanilla. Pour syrup in fine stream over popcorn mixture; stir until particles are evenly coated with syrup.

On buttered, 12-inch pizza pan, spread half of popcorn mixture in thin layer, covering bottom of pan. Mark off into wedge-shaped servings; set aside. Repeat using remaining popcorn mixture; cool.

Cover one layer with ice cream; top with second popcorn layer. Store in freezer. To serve, cut in wedges. Serve with fruit or chocolate sauce, if desired.



Coconut-Popcorn Crunch Pie



Perfect Picnic Popcorn Squares

Perfect Picnic Popcorn Squares

Yield: 12 squares

- 1 cup light corn syrup
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 cup reduced-fat peanut butter
- 3/4 cup raisins
- 8 cups air-popped popcorn
- nonstick cooking spray

In large saucepan, combine corn syrup, sugar, brown sugar and peanut butter. Bring to boil over low heat, stirring constantly; boil 2-3 minutes. Remove saucepan from heat.

In large bowl, combine raisins and popcorn; pour hot mixture over popcorn and toss carefully with wooden spoons until well-coated. Spray 9-by-13-inch baking dish with cooking spray; press popcorn mixture into pan and cool completely. Cut into squares and serve.



Popcorn S'mores

Popcorn S'mores

Yield: 20 pieces

- 1 cup firmly packed light brown sugar
- 1/2 cup (1 stick) butter or margarine
- 1/2 cup corn syrup
- 1/2 teaspoon baking soda
- 10 cups freshly popped popcorn
- 1 package (10 1/2 ounces) miniature marshmallows
- 2 cups mini graham cookies
- 1 cup chocolate chips

In medium saucepan, combine brown sugar, butter and corn syrup.

Cook over high heat 5 minutes; remove from heat and stir in baking soda.

In large bowl, combine popcorn and marshmallows.

Pour sugar mixture over popcorn to coat.

Gently stir in graham cookies and chocolate chips.

Spread mixture evenly into greased 15-by-10-inch pan.

Let cool completely. Break into pieces.

Good Housekeeping

Grilled Pork Chops With Mango Sauce

A smoky, but still sweet, mango sauce adds brilliant, sunny color and a kick of flavor to these simply grilled pork chops.

1 *tablespoon vegetable oil*
1 *small (4- to 6-ounce) onion, finely chopped*
1 *chipotle chile in adobo, seeded, finely chopped*
1/4 *teaspoon dried oregano*
2 *large ripe mangoes, peeled and chopped*
2 *tablespoons water*
1 *tablespoon packed brown sugar*
4 *(6 ounces each) bone-in pork loin or rib chops, 3/4-inch thick*
Salt
Pepper
1 *green onion, thinly sliced, for garnish*
1/4 *cup fresh cilantro leaves, for garnish*

1. Prepare outdoor grill for covered direct grilling on medium.
2. Prepare mango sauce: In 12-inch skillet, heat oil on medium-high. Add onion and cook 2 to 3 minutes or until browned, stirring occasionally. Add chipotle and oregano; cook 1 minute, stirring. Add mangoes, water, and sugar; cook 10 minutes or until mangoes are soft, stirring occasionally.
3. Meanwhile, sprinkle pork with 1/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper to season both sides. Grill, covered, 8 to 9 minutes or until browned outside and still slightly pink inside, turning over once.
4. Transfer pork chops to cutting board; let rest 5 minutes.
5. Spoon mango sauce over pork. Garnish with green onion and cilantro. Serves 4.
• Each serving: About 385 calories, 15g total fat (4g saturated), 80mg cholesterol, 4g dietary fiber, 27g protein.

Good Housekeeping

Grilled Buffalo Chicken Sandwiches

Satisfy your wing craving with this buffalo chicken sandwich.

Sandwiches
1/2 *cup hot sauce*

1/4 *cup unsalted butter*
3 *tablespoon ketchup*
4 *boneless, skinless chicken breasts*
Hamburger buns
1/2 *cup ranch dressing*

Blue Cheese-Apple Slaw
1 *cup packed shredded savoy cabbage*
1 *small apple*
2 *celery ribs*
1 1/2 *ounces blue cheese*
1/4 *cup coarsely chopped fresh flat-leaf parsley*
1 *shallot*
3 *tablespoons olive oil*
1 1/2 *tablespoons apple cider vinegar*
1/2 *teaspoon sugar*
Salt
Pepper

1. Heat grill to medium-high.
2. Combine hot sauce, butter and ketchup in a bowl; reserve 1/4 cup mixture. Add chicken to remaining mixture and toss to coat. Marinate 20 minutes. Remove chicken from marinade; discard marinade.
3. Grill chicken, covered, until the internal temperature reaches 165 F, 5 to 7 minutes per side. Grill buns until lightly toasted, 1 to 2 minutes. Spread dressing on buns.
4. Serve chicken topped with Blue Cheese-Apple Slaw (directions below) and drizzled with reserved sauce between buns.
5. To make the slaw: Combine all ingredients in a large bowl.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Nutri-Burgers

BBQ season has started, and what's better than a burger cooked over an open flame?

16 *ounces extra-lean ground sirloin beef or turkey breast*
1/3 *cup grated carrots*
1/3 *cup grated zucchini*
1/2 *cup chopped green bell pepper*
1/3 *cup chopped onion*
1 *tablespoon smoke-flavored barbecue sauce*
1 *tablespoon low-sodium soy sauce*
1 *tablespoon taco seasoning*
6 *wheat hamburger buns*

1. In a large bowl, combine meat, carrots, zucchini, green pepper and

Comfort foods

Made fast and healthy

by Healthy Exchange

Fiesta Pasta Salad

One bite of this salad and your tas buds will be doing the happy dance

1/4 *cup Kraft fat-free mayonnaise*
2 *tablespoons Land O Lakes non-fat sour cream*
1/4 *cup chunky salsa (mild, medium or hot)*
1/2 *teaspoon chili seasoning*
1 1/2 *cups cooked rotini pasta, rinsed and drained*
1/4 *cup chopped ripe olives*
1 *(2-ounce) jar chopped pimiento, drained*
3/4 *cup shredded Kraft 2 percent milk Cheddar cheese*

In a large bowl, combine mayonnaise, sour cream, salsa and chili seasoning. Stir in rotini pasta. Add olive, pimiento and Cheddar cheese. Mix well to combine. Cover and refrigerate at least 15 minutes. Mix well before serving. Makes 4 (1/2 servings).

HINT: Usually 1 full cup uncooked rotini pasta cooks to about 1 1/2 cups

• Each serving equals: About 141 calories, 5g fat, 9g protein, 21g carbs, 519mg sodium, 176mg calcium, 1g fiber; Diabetic Exchanges: 1 Meat, Starch; Carb Choices: 1 1/2.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Snicker Bars

After trying this recipe you'll wish you had found it sooner. Be sure to post it to the refrigerator; you'll want to enjoy it all summer long.

1/4 *cup Peter Pan or Skippy reduced-fat peanut butter*
3/4 *cup (3 ounces) Grape Nuts*
1 *cup Cool Whip Lite*
1 *(4-serving) package Jell-O sugar-free instant chocolate pudding mix*
2 *cups sugar-free and fat-free vanilla ice cream, slightly thawed*

In a large bowl, combine peanut butter, Grape Nuts, Cool Whip Lite and dry pudding mix. Add ice cream. Mix well to combine. Pour mixture into a 9-by-5-inch loaf pan and freeze. Cut into 8 servings.
• Each serving equals: 156 calories, 4g fat, 5g protein, 25g carbs, 233mg sodium, 63mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch; Carb Choices: 1 1/2.

Good Housekeeping

Raspberry-Lemonade Granita

Here's a cool way to celebrate the start of raspberry season.

2-3 *lemons*
3/4 *cup sugar*
3 *cups water*
1 *pint raspberries*

1. From lemons, grate 1 teaspoon peel and squeeze 1/4 cup juice.
2. In 1-quart saucepan, heat sugar, lemon peel and 1 1/2 cups water to boiling over high heat, stirring to dissolve sugar. Remove saucepan from heat; stir in raspberries. Cool sugar syrup to room temperature.
3. In food processor with knife blade attached, blend mixture until pureed. With back of spoon, press puree through sieve into bowl; discard seeds. Stir in lemon juice and remaining 1 1/2 cups water. Pour into 13-by-9-inch metal baking pan.
4. Cover and freeze mixture about 1 1/2 hours or until frozen around the edges. With fork, scrape ice, mixing it from the edge to the center. Repeat process about every 30 minutes or until mixture turns into ice shards, about 1 1/2 hours.
5. Serve granita right away, spooning shards into chilled dessert dishes or wine goblets. Or, cover and freeze up to 1 month. To serve, let stand about 5 minutes at room temperature to soften slightly. Makes about 8 cups, or 16 servings.
• Each serving: About 45 calories, 0g protein, 11g carbohydrate, 0mg cholesterol, 0mg sodium, 1g fiber.

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Crime

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Theft under \$300 from a restaurant on the 4700 block of North Damen Avenue.

Theft over \$300 on the street on the 4500 block of North Hamilton Avenue.

Vandalism and Criminal damage to property on the 4700 block of North Lincoln Avenue.

Theft from building on the 2400 block of West Eastwood Avenue.

Vandalism and criminal damage to city of Chicago property in a park on the 4400 block of North Lincoln Avenue.

Simple Assault on the sidewalk on the 4800 block of North Lincoln Avenue.

Financial Identity Theft of over \$300 at a residence on the 4700 block of North Artesian Avenue...

Harassment by telephone on the 2200 block of West Montrose Avenue.

Retail theft from a small retail store on the 4900 block of North Western Avenue...

Armed Robbery with a handgun on the sidewalk on the 4400 block of North Campbell Avenue.

Narcotics arrest for possession of methamphetamines on a CTA bus on the 2800 block of West Montrose Avenue.

Battery on the sidewalk on the 4500 block of North Lincoln Avenue.

Criminal trespass to a vehicle on the street on the 1900 block of West Warner Avenue..

Theft from a small retail store on the 4000 block of North Lincoln Avenue.

Assault on the street on the 2200 block of West Irving Park Road.

Criminal sexual abuse and public indecency on the sidewalk on the 3800 block of North Claremont Avenue.

Domestic battery at an apartment on the 3400 block of North Seeley Avenue.

Theft from an apartment building on the 3400 block of North Wolcott Avenue.

Illegal use of a cash card at a CTA station on the 3400 block of North Lincoln Avenue.

Retail theft from a grocery store on the 3400 block of North Western Avenue.

Aggravated assault with a knife on the sidewalk on the 3300 block of North Halsted Street.

Kidnapping Child abduction by a stranger on the 2800 block of North Ashland Avenue.

Pick pocketing on the 3000 block of North Broadway.

Domestic battery at an apartment on the 2900 block of North Pine Grove Avenue.

Simple battery on a CTA train on the 900 block of West Belmont Avenue.

Narcotics: Found suspect narcotics on the street on the 1600

block of West Roscoe Street.

Robbery armed with a handgun at a pawn shop on the 3900 block of North Broadway.

Intimidation and extortion at a residence on the 3700 block of North Sheffield Avenue.

Criminal sexual abuse at a hotel or motel on the 3500 block of North Sheffield Avenue.

Vandalism and criminal damage to property at a church, synagogue or place of worship on the 3700 block of North Broadway.

Criminal sexual assault Non aggravated at a hospital building or grounds on the 800 block of West Wellington Avenue.

Liquor law violation at a convenience store on the 3400 block of North Halsted Street.

Violating an order of protection at a residence on the 900 block of West Addison Street.

Strong arm robbery in an alley on the 3600 block of North Bosworth Avenue.

Public Peace violation: Arson threat to a school or public building on the 3300 block of North Clifton Avenue.

Credit card fraud at an apartment on the 3300 block of North Lake Shore Drive.

Criminal sexual assault aggravated at an apartment on the 800 block of West Sheridan Road.

Theft from a building that is park property on the 800 block of West Sheridan Road.

Theft over \$300 in an alley on the 3400 block of North Sheffield.

Simple assault at a grocery store on the 3600 block of North Southport Avenue.

Aggravated Assault with a dangerous weapon on the street on the 3200 block of North Lake Shore Drive.

Simple assault on the street on the 3000 block of North Clark Street.

Domestic battery at an apartment with a dangerous weapon on the 900 block of North Addison Street.

Domestic battery at an apartment on the 400 block of North Aldine Avenue.

Deceptive practice Credit card fraud at a restaurant on the 2800 block of North Ashland Avenue.

Motor vehicle theft Cycle, scooter, bike with VIN number on the street on the 1400 block of West Diversey Parkway..

Violating an order of protection at a residents porch or hallway on the 1200 block of West Belmont Avenue.

Armed robbery with a dangerous weapon on the 1000 block of West Addison Street.

Theft from an apartment building on the 500 block of West Hawthorne Place.

Simple battery aggravated with the hands, fist, feet, no minor injury on a CTA platform on the 900 block of West Belmont Avenue.

Forcible entry to a residence on the 3600 block of North Wilton Avenue..

Motor vehicle theft of an automobile on the street on the 3000 block of North Southport Avenue.

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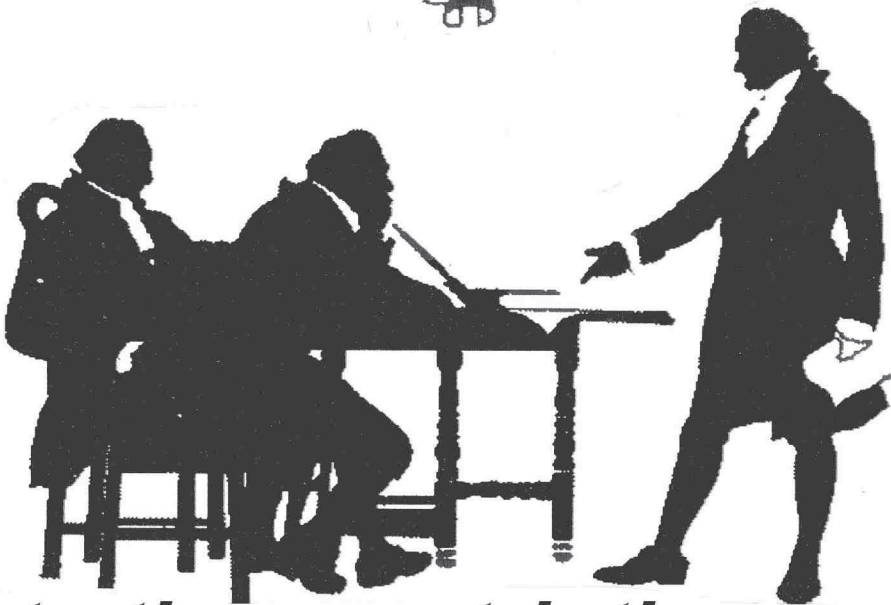
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The **rose** plant itself is said to be around 35 million years old; it has a very long history as a symbol for love and beauty *and* for politics and war. Cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, they were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Roman nobility established large public rose gardens in the south of Rome. – Brenda Weaver

Source: urbanext.illinois.edu/roses/history




Summer storms

Tender, young plants are very vulnerable to damage from heavy rain, strong winds and hailstorms. Monitor local weather reports daily throughout the growing season. Keep plenty of buckets, plastic jugs or pots on hand to place over each young plant for the duration of the storm, placing a brick or a heavy rock on top to secure it. Remove promptly when danger is past.

– Brenda Weaver

Source: www.reelgardening.co.za



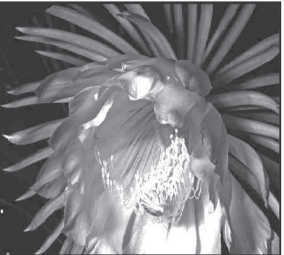


Night-blooming cereus

These plants are members of the cactus family. Only if you live in the frost-free southern states can you grow them in the ground; they like to be potted. Use a well-draining soil mixture and water sparingly, keeping the pot in a sunny area. They may take a few years to begin blooming, and then each flower only lasts one night, but they are very striking.

Sources: www.southernliving.com, www.worleys.com

– Brenda Weaver



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Mae West

“The mind is everything. What you think you become.”
Buddha

“Success is how high you bounce when you hit bottom.”
George S. Patton

“Keep calm and carry on.”
Winston Churchill

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Comics

R.F.D.

by Mike Marland

WELL, TECHNICALLY IT'S FARM TO CAR TO HOUSE TO FRIDGE TO STOVE TO TABLE, BUT HEY, WHO WANTS TO SAY ALL THAT EVERY TIME, RIGHT?

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Out on a Limb

by Gary Kopervas

WOULD ANYONE CARE FOR A BOTTLE OF SELTZER?

BLOOPER

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Amber Waves

by Dave T. Phipps

OK, LOOK OUT BELOW! PREPARE TO BE AMAZED!

NOTHING TO WORRY ABOUT. I SPIT IN THE FACE OF FEAR!

AHHH! TOO HIGH! TOO HIGH! CAN'T LET GO!

OUCH! UGH...OK, FEAR DECIDED TO SPIT BACK.

The Spats

by Jeff Pickering

YOU CAN'T TAKE IT WITH YOU

ESPECIALLY WHEN IT'S ALREADY GONE.

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THEY'LL DO IT EVERY TIME

BY AL SCADUTO

HEKKIE..WHY ARE YOU STARING AT THE ORANGE JUICE CONTAINER?

IT SAYS "CONCENTRATE"..

Thank to "DANNY W." LOS ANGELES, CA.

MEDICAL QUESTIONS DEPT.-

ARE YOU A SPECIALIST, OR WILL YOU TAKE ALL OF ME?

Thank to S. WYCOFF, ST. LOUIS, MO.

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YOU READ IT RIGHT... NO VISITORS.. BUT EVERYBODY ELSE EXCEPT THE MARINE MARCHING BAND SASHAYS IN and OUT...

NO VISITORS

Thank to C. HANSON, CINCINNATI, OHIO

Junior Whirl

by Charles Barry Townsend

A DICTIONARY SHAKEOUT!

1. BEBOP, 2. BABEL, 3. EGOS, 4. EMIT, 5. BARGE, 6. LATHES, 7. IDEAL, 8. VERBS, 9. CABIN, 10. PLANE, 11. NAME, 12. PIECE

4-Letter Words: ATOM, EGOS, EMIT

5-Letter Words: BABEL, BARGE, BERET, BEBOP, CABIN, IDEAL

LATHE, NAMES, PAINT, PLANE, PIECE, VERBS

THE EYES HAVE IT! Can you spot two balloons that are looking in the same direction?

Answers: Balloons 1 and 6.

THESE PIGS HAVE A LOT OF (S)CENTS! The cents in bank 1 equal one-third of banks 2 and 4. The cents in bank 4 is one-fifth of bank 2. The total cents in banks 3 and 4 is three-fifths of bank 1. Each bank has one coin. What are they?

Answer: 1 = dime, 2 = quarter, 3 = penny, 4 = nickel.

IT'S FAST FOOD TIME! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

1. Bus charge. 2. A fast food. 3. Stockings, socks. 4. Result of fender-bender.

Grid A: F, A, S, T. Grid B: F, O, D, T.

1. In dread of. 2. Layer of paint. 3. What a blacksmith does. 4. To take care of.

Answers: 1. Fears-fear, 2. Taco-coat, 3. Hose-shoe, 4. Dent-tend.

HOCUS-FOCUS

BY HENRY BOLTINOFF

FIND AT LEAST SIX DIFFERENCES IN DETAILS BETWEEN PANELS.

Find at least six differences in details between panels.

Just Like Cats & Dogs

by Dave T. Phipps

HI THERE, WE HAVE A RESERVATION FOR WHICHEVER TABLE HAPPENS TO BE CLOSEST TO YOUR BUFFET.



Photo courtesy of Getty Images

FIGHT THE BEG

Proper feeding habits
can help with pet obesity

FAMILY FEATURES

When it comes to keeping pets at a healthy weight, humans can contribute to both the problem and the solution. Just as people need to control the temptation to overindulge, pet owners need to control the temptation to overindulge their pets. A survey of pet owners by Royal Canin in 2018 revealed that more than half of cat and dog owners always or often give their pets food if they beg for it, and almost a quarter of cat and dog owners sometimes overfeed their pets to keep them happy¹.

“When sad eyes plead for one more treat or constant meowing reminds you the treats are in easy reach, it’s common for pet owners to give in to the temptation and play into that begging behavior,” said Dr. Eric Mueller, veterinarian and Royal Canin spokesperson. “Unfortunately, in the long run, those quick responses can have some damaging results for a pet’s overall health.”

Estimates suggest that as many as 59 percent of dogs and 52 percent of cats worldwide are overweight¹. Yet according to the survey, only a quarter of cat and dog owners describe their pets as overweight. The survey also revealed owners may not understand how much food cats and dogs need or what they should or should not eat.

The strong emotional bond between owners and their pets may be part of the issue. Many owners express affection for their pets through feeding, which can easily lead to the pet consuming more calories than it needs. In the survey, 59 percent of cat and dog owners said they feel rewarded when feeding their pets and 77 percent said their animals get excited about being fed.

However, many owners are not fully aware of the consequences of overfeeding their pets. More than 60 percent of survey respondents were unaware that overweight pets may be susceptible to diabetes and orthopedic disease. Pet owners also reported a lack of awareness in the relationship between their pets’ excessive weight and reduced quality of life, increased risk of heart disease and shorter z.

Armed with the knowledge that extra treats and table scraps can have a negative impact on a pet’s health, Mueller says it’s never too late to make some changes for the better:

Talk to a veterinarian. Obesity is a medical concern. Pet owners should feel comfortable seeing their veterinarian to start

a conversation about their pet’s weight. If a veterinarian identifies that there is an issue, he or she can develop a weight loss plan to help a pet reach its ideal weight and body condition, as well as discuss solutions to help control begging during the weight loss process.

Practice smart nutrition. Not surprisingly, proper nutrition is often one of the first solutions a veterinarian is likely to recommend to address a pet’s weight problem. One option your veterinarian may recommend is ROYAL CANIN VETERINARY DIET® SATIETY® SUPPORT cat and dog formulas, which provide great taste and are clinically proven to support weight loss and help reduce begging. The formulas use the highest industry standards and quality ingredients and are designed to help keep pets feeling full and satisfied between meals.

Focus on portion control. Although many varieties of pet food include recommended serving sizes on the packaging, those servings are general guidelines and don’t take into account a pet’s unique circumstances and dietary needs. A better approach when working to bring a pet’s weight down is to measure out the recommended feeding amount directed by a veterinarian.

Encourage exercise. Encourage regular physical activity. This can be anything from brief periods of play

to long walks. Remember to adjust the intensity based on the individual abilities of your pet.

Maintain consistency. Changing behaviors can be challenging. Your personal motivation and commitment are critical to the success of your pet’s weight loss program. Remember that a pet is not likely to immediately understand why the treats have ceased or why mealtime looks different.

Attention-seeking behaviors may even amplify for a time. Hold firm and be consistent in resisting those begging eyes and you can find the process becomes easier for both of you.







Learn more about managing your pet’s nutritional and dietary needs at [RoyalCanin.com](https://www.royalcanin.com).

¹Royal Canin 2018 Online Survey of Pet Owners


Are you overfeeding your pet?

Treats should be limited to no more than 10% of the recommended total daily calorie intake. Seemingly small treats that you give to your dog at the table can in fact turn out to be the equivalent of a sizable meal. If these are not included in your calculations of your dog’s daily food ration, there is a serious risk of causing obesity. **Remember to adjust the daily food intake accordingly; no more than 10% of calories should be from treats.** Nutrition information is based on popular name brands.

DOGS

Food	Quantity	Calories	Excess Caloric Intake (%) ¹	Equivalent in Doughnuts for Humans ³
 Ham	2 oz (2 Slices)	70	11%	2 DOUGHNUTS 
 Bacon Strip Treats	3 oz	297	45%	4 DOUGHNUTS 
 Rawhide Bone	6.7 oz	664	100%	10 DOUGHNUTS 

CATS

Food	Quantity	Calories	Excess Caloric Intake (%) ²	Equivalent in Doughnuts for Humans ³
 Feline Mixed Treats	10 Pieces	7.9	6%	1 DOUGHNUT 
 Salmon	2.2 oz	70	49%	5 DOUGHNUTS 
 Tuna	2 oz	80	56%	6 DOUGHNUTS 

1. % of daily energy intake recommended for a 20 kg (44 lb) dog. 2. % of daily energy intake recommended for a 4 kg (8.8 lb) cat. 3. Equivalent number of 200-calorie doughnuts for a person on a 2,000-calorie diet. Treats' caloric values derived from commonly searched internet resources. For exact caloric calculation, please consult your veterinarian.



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