

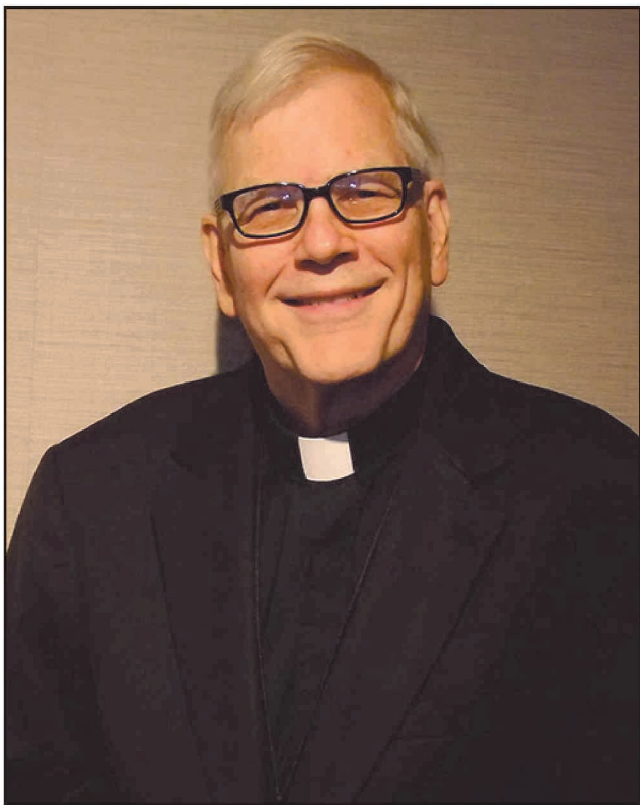


August, 2018

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

Volume 22, Number 9

Interview



20 Questions

This month's interview is with **Reverend David Abrahamson**, Pastor of Saint Luke Lutheran Church, 1500 West Belmont Avenue.

Q. Where were you born and raised?

A. Teaneck, New Jersey.

Q. Are you married? Any children?

A. Yes. I have two girls.

Q. Where did you attend school?

A. Valparaiso University and Christ Seminary Semine.

Q. What was your first paying job?

A. I was a page at the Teaneck Public Library and made 75 cents an hour.

Q. What is your fondest childhood memory?

A. My dad would take me fishing.

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

A. My parents, my home pastor and spouse and soul mate.

Q. If you could meet

anyone in the world, who would that person be and why?

A. Martin Luther because of his influence in the reformation to society in the world.

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

A. Open a restaurant.

Q. What are your three biggest successes?

A. My family; St. Luke ministries and my work in the community.

Q. What are your three biggest disappointments?

A. Lack of fidelity, loyalty and apathy; lack of civility and injustice.

Q. Why and when did you decide to become a minister?

A. I don't know. I do know that it was early on that I had a calling to do this. I didn't like church as a kid and as hard as I tried to get out of it, I felt called and still do.

Q. What would you say are the greatest challenges today for religious leaders?

A. Apathy. I have a

Continued on page 2

Bert Weinman site finally being developed



photograph by George Rimel/Lakeview Newspaper

by George Rimel

If you've been wondering what was going to be erected on the land at 3535 North Ashland Avenue, wonder no more.

Bert Weinman Ford occupied this location for decades and closed in April of 2006.

In its place the ARTIS Senior Living of Lakeview is under construction, and will be ready for occupancy in May, 2019 with 96 Memory Care (people diagnosed with Dementia)

and 40 assisted living suites.

The Bainum family, with the assistance of leading health care executives, formed ARTIS Senior Living in 2012. ARTIS Senior Living is a premier-developer-owner-operator of assisted living residences committed to providing the finest level of care through a compassionate dedication to each resident's comfort and needs. Most of its residen-

ces are dedicated to individuals with Alzheimer's disease and related memory disorders.

Today, ARTIS Senior Living benefits from the Bainum's long term focus and investment in the senior living industry, as well as the experience of a seasoned management team with over 25+ years of collaboration in the senior living market. Two generations of Bainum family members are active in

the oversight of ARTIS Senior Living, among the family businesses, including holding seats on boards of directors.

ARTIS Senior Living nationwide portfolio includes fifteen assisted living communities in operation or under construction, and over thirty communities in various stages of planning and development.

The commitment to compassionate, positive senior care stretches

Continued on page 2

What's on your Mind?



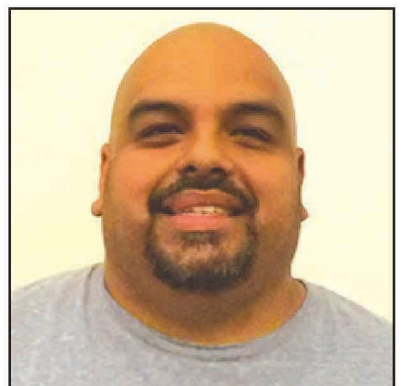
"Going back to work after maternity leave. I have a birthday in August and playing with my baby."

Kelly Maloney



"Taking my daughter to horse shows. She's showing her horse."

Joanne Sekulic



"Summertime and keeping my kids entertained."

Juan Alvarez

Editorial & Opinions

Interview continued from front page.

sense that the Church will still go on, but we have to care for it. I also worry that it takes so much money to keep the ministry going. The community needs to step up and help.

Q. How long have you been at St. Luke's?

A. It will be 45 years in June of next year.

Q. Have you thought about retirement? If so, what do you think you would do with your free time?

A. Writing with a less intense schedule. I still have a three year consulting agreement off-site to assist with contractual things that might come up with senior housing and technical matters. I plan to stay in Florida and Albuquerque.

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

A. Injustice and inequality. People need to know that justice is not just for the people that can afford it. We have a slow justice system.

Q. What do you do for relaxation? Any hobbies or special interests?

A. I used to repair antique clocks. I'll be volunteering. I am fortunate to serve organizations because I don't have a commuting problem and I will help the hospital, chamber and cancer society. I plan to watch more sports.

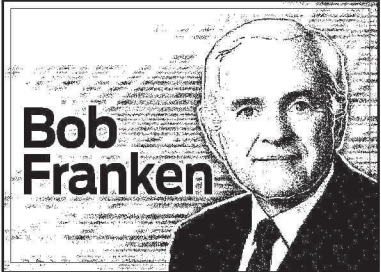
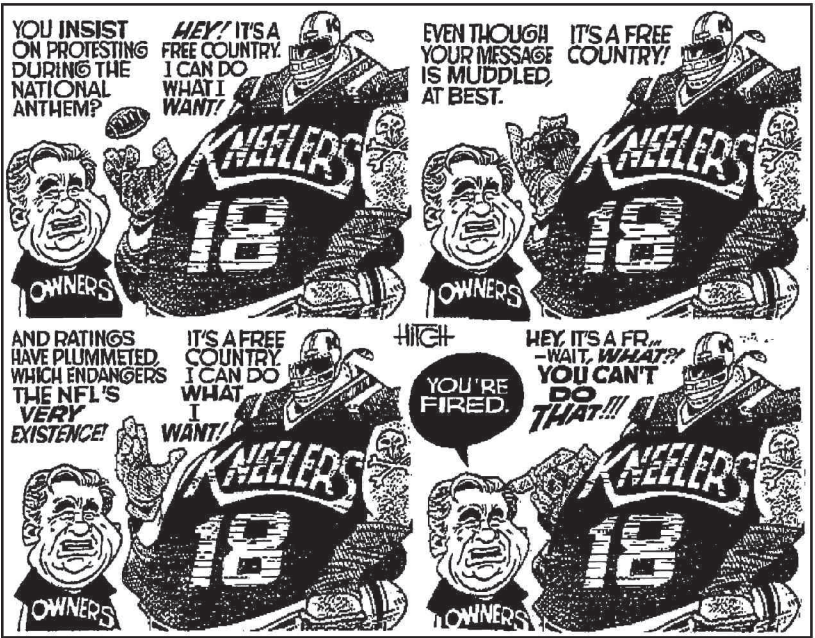
Q. What is your most prized possession?

A. A hand carved crucifix from Oberammergau (a small town in Bavaria, Germany known across the world for its 380 year tradition of mounting Passion Plays) given to me by my family.

Q. What is your pet peeve?

A. People who have no ideas tend to aggravate me.

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



Attack of the WIRMS

Parasitic worms — there are many of them — are among the worst health scourges on Earth. The same could be said about the species that frequently infest the world of American celebrity. They're called WIRMS, and in this case, the opportunistic organisms latch on to the parasites, particularly those in the political realm. WIRMS is shorthand for "What I Really Meant to Say," and we've had an outbreak recently in Washington.

It doesn't take an expert to conclude that these particular lice were brought back from Helsinki, where our president was contaminated by his handler, the Russian president. The early-onset symptoms manifested themselves immediately — in this case, it was his addled responses to the nagging headache question about Russian cyber-theft of the U.S. election that propelled the Moscovian candidate, Donald Trump, into the presidency.

With an apparently menacing Vladimir Putin standing right next to him, Trump managed to really step in it: "My people came to me, [Director of National Intelligence] Dan Coats came to me and some others, they said they think it's Russia. I have President Putin, he just said it's not Russia. I will say this: I don't see any reason why it would be."

We all witnessed what happened next: The spit hit the fan. Cries of "treason" and "disgraceful" filled the air, the accusations that the U.S. chief executive had declared that he believed the former USSR KGB operative over all the American intelligence agencies. The fever kept rising, and by the next

day, full-blown WIRMS had set in.

POTUS, his very own self, abandoned his usual efforts at self-medication and read off a prescription concocted by his staff. He misspoke, Trump sniffled to reporters. He meant to say "wouldn't," not "would."

The fury quickly turned to ridicule after that one. Before the laughter had even died down, he was taken over by his chronic illness, the terrifying (to his staff) ad lib disease. Once again, the patient went before cameras and, sure enough, was asked: "Is Russia still targeting the United States?" meaning, the next upcoming elections. His response: "No."

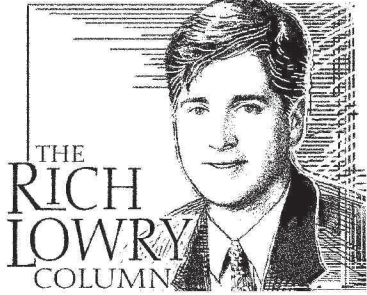
So which was it? This time he channeled his response through one of his favorite WIRMSters, Sarah Sanders. He wasn't replying to the reporter's question, Sanders explained, but simply saying "no" to any questions. As usual, Sanders delivered her translation with a straight face.

The WIRMS quickly spread to Aspen, Colorado, where Trump's Director of National Intelligence Dan Coats was being questioned by Andrea Mitchell of NBC. Coats had strongly defended the nation's spy agencies.

Andrea broke the news to him onstage that Presidents Trump and Putin, his boss, were on another colusion course, planning a second summit at the White House in September. "Say that again," Coats sputtered. "Did I hear you right?" Assured that she wasn't kidding, Coats muttered to laughter, "That's going to be special."

It wasn't long before Coats himself got clobbered by the WIRMS: "My admittedly awkward response was in no way meant to be disrespectful or criticize the actions of the president." Coats quickly had been made aware that it's uncomfortable being on the Trumpian spit list, proving the adage that that the early WIRMS avoid the bird spit from on high.

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



The Real Conflict With Iran

It's Tehran's turn for the "fire and fury" treatment.

In response to Iranian President Hasan Rouhani telling Donald Trump not to "play with the lion's tail" because "war with Iran is the mother of all wars," the president fired back in an emphatically all-caps tweet warning of "CONSEQUENCES THE LIKES OF WHICH FEW THROUGHTOUT HISTORY HAVE EVER SUFFERED BEFORE."

Since the last time Trump theatrically threatened a regime with destruction he quickly turned around and had warm talks with Kim Jong Un in Singapore, his Twitter account has lost some of its deterrent force.

But the exchange of words has focused attention on a growing confrontation with Iran, in which the United States has the upper hand. When Trump pulled out of the Iran deal earlier this year, there were warnings that it would split the Western alliance, prompt an Iranian nuclear breakout or leave the U.S. isolated and unable to effectively sanction Iran on its own.

Instead, Iran is in the midst of an economic crisis before the U.S. has truly ratcheted up the pressure. In less than a year, the Iranian currency, the rial, has lost half its value. There have been broad-based demonstrations around the country. Major multinational companies are pulling back from doing business in Iran, including General Electric and Siemens.

Iran wasn't in position to take eco-

nomical advantage of the windfall of the nuclear deal. It was most interested in funding its terrorism and foreign adventurism, and even if it weren't, its economy is hopelessly corrupt.

U.S. sanctions begin to snap back on Aug. 6, and although the administration's goal of getting Iranian oil exports to zero by November is unrealistic, Iran could lose 1 million barrels a day in exports (in May, its exports had hit a record 2.7 million barrels a day).

This is nothing less than financial warfare against the regime, aimed at denying it hard currency to fund its foreign operations and ultimately at destabilizing it. The administration denies that it has a policy of regime change, but U.S. demands for a new deal are so sweeping and fundamental that Tehran couldn't comply short of a radical reorientation toward becoming a normal state.

The economic campaign is coupled with a strategy of backing our allies — Israel, Saudi Arabia and the United Arab Emirates — to the hilt in resisting Iranian aggression in Syria and Yemen.

With proxy forces across the region, Iran has cards to play, and the regime is inherently dangerous. At a time when it should be doing everything to curry favor with the Europeans, one of its diplomats was arrested in Germany for plotting a terror attack on an Iranian opposition group in France.

But Iran lacks several advantages enjoyed by North Korea. It doesn't have an overwhelming, powerful patron like China. It unites Israel and the Arab states, and none of our regional allies are pressuring us to negotiate with Tehran the way South Korea pushed us to talk with Pyongyang. Finally, Iran doesn't yet have nuclear weapons.

This gives the administration leverage. The mullahs shouldn't fear presidential tweets as much as the economic clampdown to come.

Rich Lowry is editor of the National Review.

ARTIS care center from column 3.

tors. As the owner operator of over thirty assisted living residences either in operation, or in development, ARTIS focus on memory care for people living with Alzheimer's and other forms of dementia. The mission of the company is a compassionate, individual care and associates, residents and their families join together to create a have of dignity, empowerment, well being and comfort.

Lower floors will be for Alzheimer's and dementia residences. Units start at \$5,500 per month.

They have a welcome center located at 1935 West Irving Park Road.

**Support
Your Local
Schools**

Interview Continued.

A. We will continue to need more affordable housing. We need to price the area better for all ages of people.

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

A. Follow Christ. Imitate Christ.

ARTIS care center from front page

es back to 1960 when Stewart Bainum, Sr. pioneered senior care with senior living residences. By the 1980's the Bainum family expanded their focus to include memory care and other essential services. From there, Bainum's original concept of senior care expanded and evolved into modern assisted living.

Today, three generations of the Bainum family, along with other leading senior living executives, bring their years of experience to the ARTIS board of direc-

ARTIS care center Continued column 4.



Lakeview Newspaper

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

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SENIOR NEWS LINE

by Matilda Charles

Secret Shopper Scams

Old scams don't go away, and one of the scams that has come around again is the secret shopper scam. Most people like shopping, and if someone offers payment for it, many of us will try it. After all, it sounds like fun.

Secret shoppers often are hired by legitimate companies to visit one of their stores and make a purchase. Afterward you make a report on things like cleanliness, pricing, employee attitude and more. In response you might get either a free gift or a cash payment.

When it comes to scams, however, you're given the payment first. You'll be sent a check and will be told to cash it, and then go shopping immediately. You'll likely be told to "test" the service at the Western Union desk, or whatever location will transfer money. You'll be instructed to test the system by sending the money you've just received when you cashed the check. What you won't find out for a long time is that the check you cashed is no good. You used your own money to send a wire transfer, and you'll never get that money back.

Or you might be told to use the cash to buy a handful of gift cards. Again the check will bounce and you'll end up out of pocket for all that money.

Warnings: If you're ever asked to cash a check and send someone else the money, it's a scam. Don't ever pay to sign up as a secret shopper, even to buy a so-called directory. And don't fall for the certification fraud — you don't need a certificate to do secret shopping.

If you're interested in having a legitimate part-time job as a secret shopper, go online to mysteryshop.org to search their database of legitimate companies. Read more at the www.consumer.ftc.gov website about secret shopping scams.

SENIOR NEWS LINE

by Matilda Charles

Clearing Out House

For most of us, the time eventually comes to move out of our homes into a smaller, more manageable place. Some of us have a whole house of belongings to consider. Some of us have not only our stuff, but much that belonged to our parents because we didn't deal with their belongings — we simply moved it all into our house.

Here are some ideas to get you started:

- Even if you're not ready to move, clearing out the extras and organizing the rest will make it easier when the time does come.
- If you have antiques, get an appraiser to come in and give you an estimate of their value.
- Ask for references to professional organizers. Check sites online, such as www.movingforseniors.com and www.nasmm.org, which is National Association of Senior Move Managers. Put in your ZIP code to see who's in your area.
- Consider selling your things online, with help. Check out www.ebth.com (aka Everything But the House) and read the How It Works section. They do nearly everything required to get your belongings sold, putting cash in your pocket.
- Ask your children, if you have any, which of your belongings they'd like to have. Be prepared for them to decline your offer. So many in the younger generations are themselves living in very small spaces, with no room for extra belongings.
- Whether you're preparing to move, or you're a child who has been tasked with closing down the house, check this book on Amazon.com: "Downsizing the Family Home: What to Save, What to Let Go," by columnist Marni Jameson. Read the lengthy introduction in the See Inside link.

By paring down your belongings now, you'll be a step ahead should you ever need to move in a hurry. It's not too early to start.

VETERANS POST

by Freddy Groves

ChooseVA Wants You

Coming to a billboard near you: ChooseVA. The Department of Veterans Affairs has just started a campaign to persuade veterans to make use of all the services and benefits it provides. It's also aimed at attracting employees.

The VA is using as the backbone of its message the results of a new RAND study that found the VA provides "some of the highest quality care and benefits available anywhere." The campaign will start on social and digital media before going over to traditional media like billboards and broadcast. Here's what the messages will include:

- VA benefits include home loans, women's health, PTSD help, rehab and mental-health services.
- Working for the VA will help give back to those who have served.
- They'll use best industry practices to attract exceptional employees (including veterans).

According to the RAND study, the VA is similar to or better than civilian care, but there's a wide variation across the country in individual facilities. Some of the variation might be because some facilities have older or sicker patients. Some facilities don't provide the same level of care as others. The VA needs improvement to be sure all veterans at all facilities receive high-quality care. The VA doesn't rank well for readmissions or for pain management.

To read the whole RAND study, go to www.rand.org and search for VA health system.

If you want to take a closer look at the ChoseVA program, go online to www.choose.va.gov. You'll find links to all the benefits, including health care and employment opportunities. If you want to see the status of your benefits application or apply for education benefits, you can do it there too.

You'll find a link to sign up at Vets.gov. You also can link to www.va.gov/jobs, where you can put in your ZIP code and see what VA positions are available near you.

VETERANS POST

by Freddy Groves

More Protections for Home Loans

One of our veterans benefits is help with buying a home. The Department of Veterans Affairs has a new policy that protects veterans from predatory lenders when we refinance loans.

The lending industry has some bad actors who pull scams on home buyers, adding extra interest, fees and multiple expenses, and more. The new policy calls a halt to all that, adding to the list of protections we already have when buying a home with a VA guaranteed loan.

For example, lenders must provide us with a comparison of what we already have and what we propose to get in a refinance. This needs to include, among other things, a comparison of the monthly payments so we can see what we actually will save.

If you have a fixed rate and are refinancing for another fixed rate, that rate must be at least 0.50 less. If you have a fixed rate and are refinancing for an adjustable rate, that rate must be at least 2.00 less.

Applications must be dated on or after May 25, 2018, for the new policy to apply. To read the rest of the changes, go online to www.benefits.va.gov.

Modifications to homes for disabled veterans are available for certain service-connected disabilities. The VA will help by giving up to \$81,000 for those modifications under Specially Adapted Housing (SAH) grants. To learn more, go online to www.va.gov and search for "adapted housing grants." Another type of grant, Special Housing Adaptation (SHA) grant, can help in other ways, with a \$16,217 cap. If a veteran needs a ramp or widened doorways, these grants can help.

But a heads up — SAH grants are limited to 30 veterans a year, and all the money is gone for fiscal 2018. For next year, check eligibility requirements and apply early.

Strange BUT TRUE

By Samantha Weaver

- It was French playwright Albert Guinon who made the following sage observation: "There are people who, instead of listening to what is being said to them, are already listening to what they are going to say themselves."
- You may not be surprised to learn that, according to a poll conducted by The Associated Press, Americans hate math twice as much as any other subject.
- A study published in 2008 showed that the price of a pain medication had an effect on its efficacy. In the study people were given placebo pills, some at the regular price and some at a discounted price. Those who paid full price for the medication reported more relief than those who paid less.
- During Elizabethan times, it was customary in England for a wife to wear her wedding ring on her thumb.
- It seems no one can adequately explain the reason why women tend to strike matches away from themselves, while men tend to strike them toward themselves.
- Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to — or I am going to — die; either expression is used."
- Those who study such things say that sea slugs have 25,000 teeth.
- The town of Waco, Texas, has an entire museum dedicated to the popular soda Dr Pepper. Even more surprising is the fact that it gets more than a hundred visitors a day, on average.

Thought for the Day: "It's hard to be religious when certain people are never incinerated by bolts of lightning." — *Bill Watterson*



- "For gorgeous biscuits, add a bit of sugar to your biscuit mix. They brown well and have lovely golden tops. To add depth to your sausage gravy, add a tablespoon of strong coffee just before serving. My granny did both of these, and her biscuits and gravy were famously good." — *J.R. in Alabama*
- "Tape pool noodles together to form a long line and secure across the width of your backyard pool to partition off an area just for the little kids. It's not about safety, since you should be watching your kids every minute. We do this so that the bigger kids — who like to splash and dive — don't run into the littler ones who are just floating or practicing swimming." — *W.L. in Florida*
- "When my children were little, they liked to do puzzles. We had quite a lot of them. So we wouldn't get them mixed up, as soon as we opened the box, I would put a color on the back of all the pieces. Each puzzle had a different color, of course. It saved a of time and energy." — *P.H. in Pennsylvania*
- "How to bring the squeak and shine to glassware: Put 1 tablespoon of white vinegar into the water and dish soap. Try it and you'll see it works!" — *T.G. in New York*
- Try a toilet brush from the dollar store to clean the gunk and dirt off your tires the next time you wash the car. It has stiff bristles that go in all directions, and a handy holder, to boot!
- Need to organize your ratchet wrenches? Use a tie rack or belt hanger and hang it off a nail on your shop wall.

Moments in time

• On **Aug. 10, 1793**, after more than two centuries as a royal palace, the Louvre is opened as a public museum in Paris by the French revolutionary government. Today the Louvre's collection is one of the richest in the world, with artwork and artifacts representative of 11,000 years of human civilization and culture.

• On **Aug. 6, 1862**, the C.S.S. Arkansas, the most feared Confederate ironclad on the Mississippi River, is blown up by her crew after suffering mechanical problems during a battle with the U.S.S. Essex near Baton Rouge, Louisiana. The ship was 165 feet long and 35 feet wide.

• On **Aug. 9, 1936**, at the 1936 Berlin Olympics, black American track star Jesse Owens wins his fourth gold medal of the Games in the 4x100-meter relay. His team's world record of 39.8 seconds stood for 20 years.

• On **Aug. 7, 1947**, Kon-Tiki, a balsa wood raft captained by Norwegian anthropologist Thor Heyerdahl, completes a 4,300-mile, 101-day journey from Peru to an archipelago near Tahiti. Heyerdahl wanted to prove his theory that prehistoric South Americans could have colonized Polynesia by drifting on ocean currents.

• On **Aug. 12, 1953**, less than one year after the United States tested its first hydrogen bomb, the Soviet Union detonates a 400-kiloton device in Kazakhstan. The explosive power was 30 times that of the U.S. atomic bomb dropped on Hiroshima.

• On **Aug. 8, 1968**, at the Republican National Convention in Miami, Richard Nixon and Spiro Agnew are chosen as the presidential and vice-presidential nominees for the upcoming election. In 1974 on this day, Nixon would announce his resignation as president.

• On **Aug. 11, 1973**, "American Graffiti," a nostalgic coming-of-age tale set in the car-centric culture of suburban California, is released in theaters across the U.S. The movie went on to become a sleeper hit.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Cutwork Picture

The very thin, graceful lines, the black-and-gilt frame, and the cutwork initials and date "JB/1760" added up to a bid (with premium) of \$2,460 at a Skinner auction in Massachusetts. Cutwork, or paper-cutting, has been an art form since the second century, after paper was invented in China. Most of the pictures were made by women as a hobby. Today, cutting is enjoyed in many countries. Each picture is a single sheet, not a collage. Scissor cuts are used with up to eight sheets of paper held together. Knife



It took a skilled person to cut the tiny branches of flowers in this 18th-century cutwork picture. It is only 12 by 16 inches and sold for \$2,460.

cutting is made with a few layers of paper on a soft waxy surface. It takes skill — there is no erasing errors. The auctioned picture has a vase made by folding the paper, so the finished piece is symmetrical with many branches of flowers cut as single images. The white cutwork paper is attached to a black paper background.

Q.My mom has two blue glass lightning rod balls from my great-grandfather's house. She was trying to find out how much they are worth. Any suggestions on where to take them or what to look for?

A.Lightning rods are used on barns and houses to divert lightning strikes. Lightning rod balls

fit onto the rod and are ornamental, designed to make the lightning rod more attractive. They come in many colors and different shapes. The most common are round and light blue or white. The colorful glass balls are collectible and often sell at bottle shows, Depression glass shows and auctions. Common balls sell for about \$35 or less, while those with rare shapes and colors can sell for more than \$100.

Q.Warwick Castle is pictured on my inherited Royal Doulton coffeepot. What can you tell me about it?

A.Warwick Castle is part of Royal Doulton's Castles & Churches series, which was made from about 1908 to the early 1950s. It is one of eight castles and five churches in the series. Retail price about \$80.

CURRENT PRICES

Charcoal grill, metal wire basket, portable, hamburger and steak hanger, two handles on top, scroll feet, 1940s, 12 x 13 inches, \$75.

String holder, Cheerful French Chef, figural, chef's head, hanging hook, hand painted, Chalkware, 1950s, \$150.

Glove box, papier-mache, kissing fairies, flowers and scrollwork, rectangle with rounded ends, lid, Art Nouveau, c. 1910, 11 x 4 inches, \$330.

Badge, Deputy Sheriff, State of Washington, metal, shield shape, spreading eagle, marked George F Cake Co., c. 1935, 3 x 3 inches, \$705.

TIP: "Liquid silver" jewelry can be cleaned with a soft cotton cloth or rubbed with dry baking powder. Do not use dips.

Need prices for your antiques and collectibles? Find them at Kovels.com, our website for collectors. You can find more than 1,000,000 prices and more than 11,000 color photographs that help you determine the value of your collectibles. The website also lists publications, clubs, appraisers, auction houses, people who sell parts or repair antiques, show lists and more.

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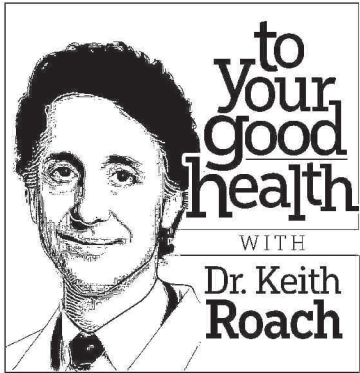
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August 22	Movie Night — Movie starts at dusk Featured Restaurant: Cookie Spin

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Health



Know the ABCDE's of Melanoma

DEAR DR. ROACH: In 1976, I had a mole on my right calf about the size of a pencil eraser. A biopsy showed it to be melanoma, and they thought they had removed all of the cancer, but they did another surgery to be sure that I was cancer-free. I am a natural redhead and never sunbathed or used a tanning bed. It has been 38 years, and I am still cancer-free. I get a skin check from my dermatologist every six months.

At the time of my diagnosis, my family doctor said that if the melanoma spreads inside the body, “the ball game is over.” Is that still true? I know melanoma can be deadly. — *W.K.*

ANSWER: Melanoma is the most commonly lethal skin cancer. Although there have been some exciting new developments in treating advanced melanoma, the survival rate for stage IV melanoma, where the cancer has spread to internal organs, is only 15 percent to 20 percent at five years.

Fortunately, the survival rate for melanoma caught early, at stage I, is greater than 90 percent, which is why it’s so important to know the ABCDE’s of melanoma recognition:

A: Asymmetry — one half looks different from the other half;

B: Border — the border in a melanoma is often irregular, not a near-circle;

C: Color — melanomas usually are not a uniform color, like most benign lesions. Some areas are light brown, others brown-black, others red or pale;

D: Diameter — greater than 6 millimeters, the eraser on a standard pencil; E: Enlargement or Evolution — any change in color, shape, size or symptoms (including bleeding).

Any of these should prompt a visit to your regular doctor or a dermatologist. As an internist, these are the features I look for, and I have a very low threshold for sending suspicious lesions to my colleagues in dermatology.

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.

Surgery to relieve the nerve compression is successful in some cases.

Does an Aspirin a Day Keep Heart Risk at Bay?

DEAR DR. ROACH: A column in a popular consumer magazine states that taking a baby aspirin daily does more harm than good, and it should not be taken unless you have heart disease. I have been taking a baby aspirin daily for 10 years, and now I’m concerned. Your thoughts, please. — *G.D.*

ANSWER: Experts disagree on the best advice. Some points, however, are not controversial: Aspirin is beneficial for reducing future heart risks in people with established heart disease, but it increases the risk of bleeding events. Some of these are minor, but a few are potentially life-threatening.

According to a recent review of published studies, in people at higher-than-average risk for heart disease, a daily aspirin reduces the risk of a non-fatal heart attack by about 20 percent, without significantly changing stroke risk or risk of dying from heart disease. Risk of bleeding is increased by 50 percent. Also, newer evidence suggests that aspirin may decrease the risk of some cancers, especially colon cancer.

Aspirin is more likely to have a net benefit in people with higher risk of heart disease, even if it isn’t diagnosed. The decision of taking aspirin should be made after a thorough review of all your individual risk factors, including heart disease risk and history of bleeding, and possibly colon cancer risk. When I discuss aspirin with patients, I very seldom recommend it to anyone with no known coronary disease who has had a significant side effect (such as bleeding) with aspirin in the past. As your risk of developing lung disease, but there may be others. Avoid other airborne pollutants, especially other smokers, but also dusts and fumes.

Some preliminary evidence suggests that statin drugs might slow down COPD, but there are conflicting studies, and I don’t recommend them just for COPD. Regular exercise may help, and it certainly helps your heart and many other systems.

The booklet on COPD explains in detail both emphysema and chronic bronchitis, the two elements of COPD. Readers can obtain a copy by writing: Dr. Roach — No. 601W, 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 4-6 weeks for delivery.

Hearing Loss Indeed Possible After Surgery

DEAR DR. ROACH: I recently

had a hip replacement. I am 84, with hearing loss. My family says my hearing is worse after the operation. My daughter talked with several seniors who experienced the same thing. They think it has to do with the anesthesia. Fact or fiction? — *D.W.*

ANSWER: Possibly fact. Hearing loss is a known and rare occurrence after surgery, and there are several ways in which it can happen. You mentioned anesthesia: Several anesthetic agents, especially nitrous oxide, can cause temporary hearing loss, but nitrous oxide is not used as often during surgery as it once was. Changes in the fluid pressure in the ear also can cause both temporary and permanent hearing loss. Finally, antibiotics given around the time of an operation can cause hearing loss.

DEAR DR. ROACH: I recently attended a free introductory visit at my local health spa. It’s an interesting process. There is a circuit with 12 machines and 12 mats for doing cardio. Each exercise is done for 30 seconds, then you move to the next station. The circuit is supposed to be done twice at each session, three times per week. Can this really work to help you lose weight and get fit? Need I say again, 30 seconds ... really? Your opinion please. — *E.Y.M.*

ANSWER: There are two questions, and the first is on fitness. There, the answer is a resounding yes. High-intensity interval training has been clearly helpful to lose a few pounds.

Losing weight shouldn’t be the goal, in my opinion. Losing weight and keeping it off is tough to do, but by exercising regularly and eating well, you can dramatically improve overall health and well-being even without weight loss.

DEAR DR. ROACH: I have an itchy-ear problem. It even wakes me up at night. I’ve tried Cortizone-10, hydrogen peroxide solution, ear baths and cotton swabs. Nothing seems to work for long. Can you help me? — *G.P.*

ANSWER: Stop the hydrogen peroxide — it is very drying and can damage the sensitive skin in the ear. The hydrocortisone should work for many common conditions, but if it hasn’t, then your regular doctor, a dermatologist or ENT doctor should take a look in your ear and see what is going on. Seborrheic dermatitis and eczema are common conditions that can affect the skin in the ear.

DEAR DR. ROACH: Since turmeric is said to be a powerful anti-inflammatory, would it be beneficial to drink a cup of tea made with it? Especially for something like ulcerative colitis? — *J.B.*

ANSWER: Curcumin, an active ingredient in turmeric, releases two compounds (TNF-alpha and nitric oxide) that can reduce inflammation. In ulcerative colitis, one study showed that there were fewer exacerbations in people who took curcumin along with their usual medications for U.C., compared with those taking a placebo. It holds some promise but is by no means a cure.

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Financial Statement

“Death Cleaning”

In the Scandanavian culture, “death cleaning” is a way of life or end-of-life practice. It’s a decluttering practice that’s more about relieving a burden on family and friends.

The problems of keeping too much stuff causes your loved ones, who have jobs, families of their own and everything else they have to

deal with, to take the much time-consuming effort to take care of your things.

How do you decide what to keep or discard? If at all possible, talk about it with your family. Go through things to see if an item has any real meaning to be passed on to a member of the family and to see if an item has any worth. If the answer is no, discard it or donate the item.

If you have very personal items such as diaries or letters and you think they will

cause your loved ones harm or unhappiness, destroy such items.

Americans have taken note of this ritual and are starting to declutter as early as their 50s.

Discarding your possessions is not an easy task but know that you have taken that burden off of your family members.

Young adults are taking longer to become financially independent

Ask for a professional plan. Maybe that recent college graduate in your family just landed an entry-level job that just won’t cover living expenses or maybe they are living at home with you. Whatever their employment status and ambition is, they need to come up with a road map for their professional goals.

Sit down with them and go over their efforts in their job search, the types of jobs

they are looking for and the amount of time they will spend daily on the job search.

Get real about budgets

Since incomes and situations change, go over the budget every few months.

Setting your limits

Helping your child shouldn’t get in the way of your own financial well-being. You’re probably at an age when your earnings are peaking and you could be saving for retirement. The best gift you can give your child is your own financial independence. Spouses often disagree about the help they should give to their child. It’s difficult to decide when and how to draw the line when it comes to financial help for their children after college. Sit down with your spouse and find some common ground and promise never to give money to an adult child in secret.

Stuff happens

Perhaps a job didn’t work

out or some unexpected expenses occur. Some situations call for more flexibility.

Will you be lending money to your child perhaps to buy a car or house? Insist that your child make payments as agreed. Don’t dole out cash every time your child is short on money. However, emergencies particularly health-related ones are exceptions. Just guard against pleas for help that go from being emergencies to habits.

Pulling the plug

No matter how little help you’re giving your adult child, reassess your support if you see no forward motion. Danger signs: Your child continues to hold out for the perfect job, cycling through a series of jobs where “my boss doesn’t appreciate me”, or they collect master’s degrees like merit badges.

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1. Who released "I've Got to Use My Imagination," and when?
2. Name the artist who was first to release "It Might as Well Rain Until September."
3. Who's got electric boots and a mohair suit?
4. What band had a debut single titled "Walkin' on the Sun"?
5. Name the song that contains this lyric: "I've been in love so many times, Thought I knew the score, But now you've treated me so wrong, I can't take anymore."

Answers

1. Gladys Knight & the Pips, in 1973. It's been covered by others, including Joe Cocker and Bobby Bland.
2. Songwriter Carole King, in 1962. She'd written the song for Bobby Vee, but released it herself instead — it was her first success. Vee recorded it the following year.
3. Bennie, the leader of the band Bennie and the Jets, the song by Elton John. He didn't want the song to be released as a single — he considered the song "odd."
4. Smash Mouth, in 1997.
5. "I'll Never Fall in Love Again." The song was written for the musical "Promises, Promises" in 1968. A number of artists covered the song, including Dionne Warwick, Bobby Gentry and Johnny Mathis.



Strange BUT TRUE

By Samantha Weaver

- You probably won't be surprised to learn that it was Albert Einstein who made the following sage observation: "A clever person solves a problem. A wise person avoids it."

• Ever wonder why blue jeans are blue? When they were first designed by Levi Strauss, the people most likely to wear them were those who did a great deal of manual labor. Strauss rightly assumed the work was likely to be dirty, so he dyed his new trousers indigo to help hide stains.

• Statistics on sporting events show that 17 of the 20 sporting events with the most attendees every year are NASCAR races.

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

• Historians report that Napoleon Bonaparte, when he wasn't busy conquering, enjoyed ice skating.

• Do animals grieve their own? Perhaps so — at least, some animals. When an elephant dies, other elephants in the herd will cover the body with leaves and branches and often will stay with it for days.

• You may be surprised to learn that a Boeing 747 jet is longer from wingtip to wingtip than the distance of the Wright Brothers' first airplane flight.

• If you're enjoying summer picnics, you might want to keep in mind the fact that there are 1,500 known species of fleas and 9,500 known species of ants. Then again, that might be a factoid you'd rather forget.

Thought for the Day: "Strike an average between what a woman thinks of her husband a month before she marries him and what she thinks of him a year afterward, and you will have the truth about him." — *H.L. Mencken*

top 10 movies

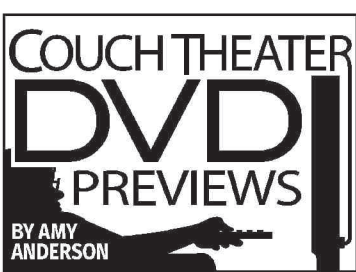
1. **The Equalizer 2** (R)
Denzel Washington, Pedro Pascal
2. **Mamma Mia! Here We Go Again** (PG-13)
Lily James, Amanda Seyfried
3. **Hotel Transylvania 3: Summer Vacation** (PG)
animated
4. **Ant-Man and the Wasp** (PG-13)
Paul Rudd, Evangeline Lilly
5. **Incredibles 2** (PG)
animated
6. **Jurassic World: Fallen Kingdom** (PG-13)
Chris Pratt, Bryce Dallas Howard
7. **Skyscraper** (PG-13)
Dwayne Johnson, Neve Campbell
8. **The First Purge** (R)
Y'lan Noel, Lex Scott Davis
9. **Unfriended: Dark Web** (R)
Rebecca Rittenhouse, Betty Gabriel
10. **Sorry to Bother You** (R)
Lakeith Stanfield, Tessa Thompson



1. GEOGRAPHY: Which is the shallowest of the Great Lakes?
2. HISTORY: Which Old West gunslinger was born with the name Henry McCarty?
3. TELEVISION: What was the name of the family car on "The Munsters"?
4. LITERATURE: How long did it take Tolstoy to write his epic novel "War and Peace"?
5. GENERAL KNOWLEDGE: Where were the first modern Olympic Winter Games held in 1924?
6. SCIENCE: What colors are mosquitos attracted to?
7. GAMES: How many pieces are in a double-six set of dominoes?
8. U.S. STATES: What is the nickname of the state of Maryland?
9. MOVIES: Which 1978 movie is associated with the cry "to-gal!"?
10. MEDICAL: What is the common name for the disease varicella?

Answers

1. Erie
2. Billy the Kid
3. The Munster Koach
4. Six years
5. Chamonix, France
6. Dark colors
7. 28
8. Old Line State
9. "Animal House"
10. Chickenpox



Tully (R) — A searing and earnest portrait of post-partum maternal deprivation, "Tully" stars Charlize Theron as Marlo, a mother stretched to her physical and psychological limits. With her third child on the way and a son who has an undiagnosed condition with special needs, Marlo is overwhelmed, but she rebuffs her brother's (Marc Duplass) offer to spring for a night nanny. Then the baby comes, and so does a desperate need for Tully (Mackenzie Davis). Mother and young nanny form a tender bond and explore what sometimes gets left behind when a woman becomes a mother. It is the fourth collaboration between director Jason Reitman and writer Diablo Cody and the second joint project including Theron ("Young Adult"). Ron Livingston also stars as Marlo's husband, Drew.

Overboard (PG-13) — In a modern reboot of the 1987 classic, "Overboard" stars Anna Faris (eerily reminiscent of Goldie Hawn, star of the original) as Kate, a hardworking single mom who gets stiffed on a carpet cleaning job by a snobby playboy named Leonardo (Eugenio Derbez) whose yacht is in port. When Leonardo takes a tumble off the bow and the yacht keeps going, he's left behind with a case of amnesia, which Kate fully takes advantage of by convincing him that he's her working-stiff, chore-completing husband. Stereotypes are broken down and sparks fly, but this ship has sailed — it'd take more than a gender swap for this to be anything but a poor copy of the original.

The Miracle Season (PG) — Based

on the story of a real life high-school volleyball player, Caroline "Line" Found is the heart and soul of her West High volleyball team, until a tragic moped accident takes her life and leaves her teammates shattered. The following season, coach Kathy Bresnahan (Helen Hunt) browbeats Line's best friend Kelly (Erin Moriarty) into rebuilding the team with her, and taking it all the way for Line. After much hemming and hawing, Kelly agrees. They rally, they have a big rivalry, they overcome the loss in more ways than one, but it was too heavily mawkish for me. The tagline is truth in advertising: "Every point, every game, every match, was for her" is pretty much literal here.



Focus Features

Mackenzie Davis, Charlize Theron in "Tully"

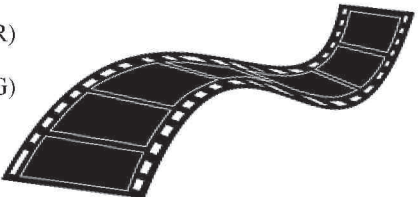
Final Portrait (R) — Who might have suspected that a film about painting a portrait would be entertaining and an instructive look into the creative mind of a genius sculptor and artist, as well as a view to the unfathomable creative process? Stanley Tucci is the writer and director of this quirky little gem. Geoffrey Rush stars as Swiss artist Alberto Giacometti. It's Paris, 1964, and Giacometti runs into American writer and critic James Lord (Armie Hammer), a friend, whom he asks to sit for a portrait. Hours turn to days, which turn to weeks, as the painter and subject interact to our delight.

TV NEW RELEASES

- Counterpart Season 1
- Star Wars Rebels Complete Season 4
- Murdoch Mysteries Series 11

Top 10 DVD, Blu-ray Sales

1. **A Quiet Place** (PG-13)
Paramount
2. **Blockers** (R)
Universal
3. **Black Panther** (PG-13)
Disney
4. **I Can Only Imagine** (PG)
Lionsgate
5. **The Greatest Showman** (PG)
FOX
6. **Pacific Rim: Uprising** ... (PG-13)
Universal
7. **Tyler Perry's Acrimony** (R)
Lionsgate
8. **Chappaquiddick** (PG-13)
9. **Escape Plan 2: Hades** (R)
Lionsgate
10. **211** (R)
Sony



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What's Hot in Hollywood

HOLLYWOOD — **George Clooney** took time away from preparing to direct the sci-fi thriller “Echo” to set up a \$100,000 donation, with his wife, **Amal**, and The Clooney Foundation, for the Young Center for Immigrant Children’s Rights. The organization helps protect and promote the best interests of immigrant children in the United States who’ve been separated from their families.

Meanwhile, Fox series star and creator of “The Orville,” **Seth McFarland**, has donated \$2.5 million to National Public Radio and its Los Angeles station, KPCC, after Fox News host **Tucker Carlson**’s suggestion that viewers not watch any media besides Fox News. McFarland said it’s like they’re saying, “Don’t think critically, don’t consult multiple news sources and in general don’t use your brain!” Fox TV isn’t thrilled with his opinion or generosity.

“Saturday Night Live” alum **Kristen Wiig** had to bow out of the proposed half-hour Apple comedy series based on the book “You Think it, I’ll Say It” because of a conflict with the “Wonder Woman 1984” sequel. **Reese Witherspoon**’s company Hello Sunshine, which is producing the Apple series, will have to find a replacement for Wiig. Hello Sunshine is currently preparing “Are You Sleeping,” with Oscar-winner **Octavia Spencer**, and a morning-show drama starring Reese and **Jennifer Aniston**.

Paramount Pictures is preparing a biography film about **Sammy Davis, Jr.** based on his 1965 memoir, “Yes, I Can.” Davis was a member of **Frank Sinatra**’s Rat Pack along with **Dean Martin**, **Peter Lawford** and **Joey Bishop**, who all starred in the original “Ocean’s 11” and several other films.

It’s a good thing **Jennifer Lopez** has her hit Las Vegas show and the successful NBC show “World of Dance” to fall back on, given that the second season of her series “Shades of Blue” is being killed in the ratings by ABC’s game shows. If ratings don’t improve it will be headed for the chopping block.

Because of the initial success of “Roseanne” (before Roseanne screwed it up), **Fran Drescher** is planning a reboot of “The Nanny” (1993-1999). The show has proven to be pure gold in syndication with a loyal following.

Chris Hardwick, host of NBC’s high-rated game show “The Wall,” is the latest male celebrity caught in the “Me Too” web. Allegations by **Chloe Dykstra**, who claims Hardwick sexually abused her during their three-year



Trae Patton/NBC

Jennifer Lopez

relationship, has caused AMC to pull his talk show, and he’ll no longer be moderating the panel at the San Diego Comic-Con in July. NBC is currently “assessing” his position as host of “The Wall,” which goes back into production in September. Even though Hardwick denies all charges, his protestations of innocence also have hit a “WALL!”

HOLLYWOOD — **Scarlett Johansson** received so much backlash for her decision to play transgender massage-parlor owner Dante “Tex” Gill in the mob thriller “Rub and Tug” that she has withdrawn from the project. Scarlett is no stranger to controversy, after playing a white-washed Asian character in “Ghost in the Shell” (2017), which didn’t do well at the box office. Ironically, it would’ve been for the same director of “Ghost in the Shell,” **Rupert Sanders**.

John Krasinski, fresh off his success producing, directing and starring in “A Quiet Place,” will co-produce (and probably direct and star) with **Matt Damon** in “The King of Oil,” based on the bestselling book “The King of Oil: The Secret Life of **Mark Rich**.” Rich was pardoned by President **Bill Clinton** on Clinton’s final day in office. Rich died in 2013 at 78.

“Sopranos” fans rejoice! The prequel has found a director in **Alan Taylor**, who helmed multiple episodes of the original series as well as “Game of Thrones,” “Thor: The Dark World” and “Terminator: Genisys.”

“It: Chapter Two” is in the works with **Bill Hader** playing the grown-up **Richie Tozier** (played by **Finn**

Wolfhard) and **James MacAvoy** (as a grown-up **Bill Denbrough** (played by **Jaeden Lieberher**). **Bill Skarsgard** returns as “It.”

Tim Allen’s series “Last Man Standing” (which he produced and starred in) ran for six seasons on ABC. Now it’s returning, but to Fox, not ABC. Coincidentally, 20th Century Fox produces the show. However, they’ve lost two cast members: **Molly Ephraim**, who played middle daughter Mandy, and **Flynn Morrison**, who played grandson Boyd. When the show was canceled, they were released from their contracts and opted not to return. Their roles will be recast.

Jeff Goldblum is having no trouble finding film roles at age 65. In 2017 he appeared in “Guardians of the Galaxy Vol. 2” and “Thor: Ragnarok,” and in 2018 was busy with a plum voice role in **Wes Anderson**’s animated film “Isle of Dogs,” with **Bryan Cranston**, **Edward Norton** and **Bill Murray**. He also has starring roles in “Hotel Artemis,” with **Jodie Foster**, **Sterling K. Brown** and **Zachary Quinto**, who plays Spock in the new “Star Trek” movies. Jeff played opposite the original Mr. Spock, **Leonard Nimoy**, in “Invasion of the Body Snatchers” (1978). He currently can be seen in the \$1 billion wonder “Jurassic World: Fallen Kingdom.”

Goldblum was Oscar nominated in 1996 for “Little Surprises,” a short live action film he directed, with **Julie Harris** and **Rod Steiger**. He’s been married three times, once to Oscar-winner **Geena Davis** (1987-1990), but it’s his current marriage to **Emilie Livingston** that has produced a son (in 2015 at 62) and a daughter (at 64). Fatherhood at 62 is pure Gold(blum).



Depositphotos

Jeff Goldblum



by cindy elavsky

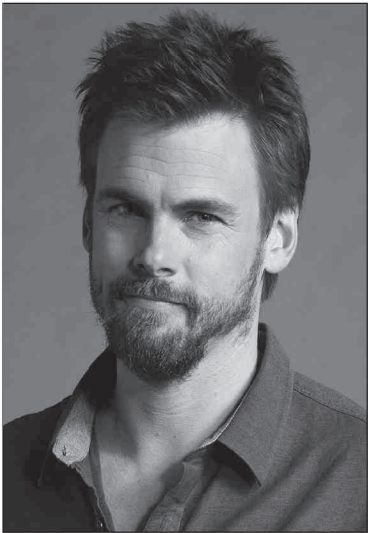
Q. Can you tell me what’s going on with my favorite show, “Unreal”? I heard it has just one more season left. — *Greta Y., via email*

A. Everyone’s favorite reality-dating-show drama is back — already! While season three just finished its run on Lifetime at the end of April, the show’s fourth and final season is now streaming in its entirety on Hulu. In a move that took a lot fans by surprise, the show moved to Hulu and is streaming every episode of every season as I type this, including the eight brand-new episodes of its last season. While fans had held out hope that Hulu might renew the series for additional seasons, the streaming giant confirmed in mid-July that this would be curtains for “Unreal,” and “Everlasting” — the dating show within the drama — with a true-to-the-show wrap-up that is sure to bring out the crazy that we all know and love.

Season four of “Unreal” follows Rachel (Shiri Appleby) and Quinn (Constance Zimmer) as they return to the set of “Everlasting” for an All Stars-themed season. With former contestants and a new format, this season is poised to be even more dramatic than ever. Co-creator Sarah Gertrude Shapiro and showrunner Stacy Rukeyser both returned for season four, and new cast members include François Arnaud, Natalie Hall, Meagan Holder and Alejandro Munoz. Constance Zimmer returns as director for one episode, and Shiri Appleby directs two episodes, including the series finale. So buckle up, buttercups, and get your guilty-pleasure binge on!

Q. My roommate told me that “Casual” has been canceled! Please tell me that’s not true. — *Vivian I., Seattle*

A. While it’s true that the fan favorite and critical darling of Hulu is ending, don’t get out your tissues just yet. The half-hour streaming dramedy that stars Tommy Dewey and Michaela Watkins has one more season up its sleeve. And breaking from Hulu’s normal tradition of airing one episode a week, all eight episodes of season four will drop on July 31 for your bingeing

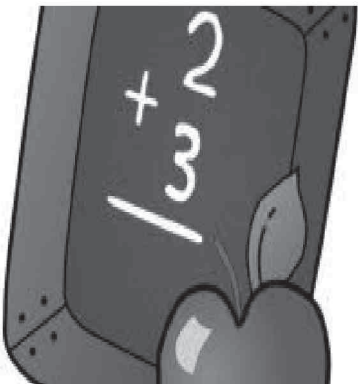


Hulu

Tommy Dewey

pleasure. To recap where we left off last season: Alex (played by Tommy) found out his roommate, Rae, is pregnant with his baby after their drunken one-night stand. And Val (Michaela) discovered that her daughter, Laura (Tara Lynne Barr), had decided to move to Sacramento to live with her grandmother, played by the fabulous Frances Conroy in an always wonderful and always uncomfortable recurring guest role.

READERS: I am thrilled to report that it’s finally official: “Downton Abbey” is definitely heading to the big screen for a feature film! After reporting on the rumors, stirrings and speculations for what seems like years, it’s finally coming to fruition. The film will be written by series creator Julian Fellowes, and as of this writing, Hugh Bonneville, Michelle Dockery, Dame Maggie Smith, Elizabeth McGovern, Laura Carmichael, Joanne Froggatt and many more familiar faces are set to return. Production begins later this summer.



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2PM KARMA COMMITTEE
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2PM TO THE 9'S
NOON WES JOHN CICHOSZ

Sunday

8PM AMERICAN ENGLISH
6:30PM THE FOUR C NOTES
6PM JOHN MICHAEL COPPOLA'S A JERSEY VOICE
4PM LIBIDO FUNK CIRCUS
2PM BROWN SUGAR
NOON INROADS

West Stage

Saturday

8PM TOO WHITE CREW
6PM MR. BLOTTO
4PM ABBA SALUTE
2PM MOTOWN NATION
NOON NO TURN ON RED

Sunday

8PM THE BOY BAND NIGHT
6PM THE RON BURGUNDY'S
4PM KASHMIR
2PM THE COUNTRY NIGHT
NOON SPACE FACE



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Good Housekeeping

Shrimp and Scallop Kabobs

One word of advice: Don't soak the shellfish in the soy and rice vinegar mixture. The vinegar will firm and "cook" the flesh.

1

pound large shrimp, shelled and deveined, leaving tail part of shell on, if you like

12

ounces large sea scallops

3

tablespoons soy sauce

3

tablespoons seasoned rice vinegar

1

tablespoon Asian sesame oil

2

tablespoons grated, peeled fresh ginger

2

cloves garlic, crushed with garlic press

1

tablespoon brown sugar

1

bunch green onions, cut on diagonal into 3-inch pieces

12

cherry tomatoes

6

long metal skewers

1. Prepare grill. Pull off and discard tough crescent-shaped muscle from each scallop. Pat shrimp and scallops dry with paper towels.

2. In large bowl, combine soy sauce, vinegar, sesame oil, ginger, garlic and brown sugar. Add shrimp and scallops, tossing to coat.

3. Alternately thread shrimp, scallops, green-onion pieces and cherry tomatoes onto skewers.

4. Grill over medium heat, turning skewers occasionally and brushing shrimp and scallops with any remaining soy-sauce mixture during first half of cooking, until shrimp and scallops are just opaque throughout, 6 to 8 minutes. Serves 6.

• Each serving: 168 calories, 4g total fat (1g saturated), 9g total carbohydrate, 23g protein, 112mg cholesterol, 851mg sodium.

Good Housekeeping

Mixed Grill

1/2

cup orange marmalade

2

tablespoon lemon juice

1

tablespoon fresh rosemary, or 1 teaspoon dried rosemary leaves, chopped, crushed

3/4

teaspoon salt

6

fully cooked bratwurst, knockwurst or frankfurters

1

(3½-pound) chicken, cut into quarters

Tomato wedges, for garnish

1. In small bowl, mix orange marmalade, lemon juice, rosemary and salt.

2. Cut a few slashes in each bratwurst to prevent them from bursting while cooking.

3. Place chicken quarters on grill over medium heat; cook until golden on both sides, about 10 minutes. Then to avoid charring, stand chicken pieces upright, leaning one against the other. Rearrange pieces from time to time and cook until fork-tender and juices run clear when pierced with knife, about 25 minutes longer. During last 10 minutes of cooking, place bratwurst on same grill. Brush chicken quarters and bratwurst frequently with orange-marmalade mixture.

4. Garnish with tomato wedges to serve. Makes 6 servings.

• Each serving without tomatoes: About 613 calories, 39g total fat (13g saturated), 41g protein, 30g carbohydrate, 162mg cholesterol, 875mg sodium.

Good Housekeeping

Hot Fruit Salad

A few turns on the grill transform fresh fruit into a sumptuous finale.

1/2

cup honey

1

tablespoon fresh lemon juice

1/4

cup loosely packed fresh mint leaves, thinly sliced

1

medium pineapple, cut lengthwise into 6 wedges, with leaves attached

2

large bananas, each cut diagonally into thirds

3

medium plums, each cut in half

2

medium nectarines or peaches, each cut into quarters

1. In cup, stir together honey, lemon juice and 1 tablespoon mint leaves.

2. With tongs, place all fruit pieces on grill over medium heat. Grill fruit 10 to 15 minutes, until browned and tender, turning fruit occasionally. Brush fruit with some honey mixture during last 3 minutes of cooking.

3. To serve, arrange grilled fruit on large platter; drizzle with any remaining honey mixture. Sprinkle grilled fruit with remaining mint. Makes 6 servings.

• Each serving: 215 calories, 1g total fat, 5mg sodium, 55g carbohydrates, 2g protein.

Good Housekeeping

Summer Squash With Herbs

Fresh mint, oregano and lemon accent tender summer squash.

2

tablespoons olive oil

1

small onion, finely chopped

3

small zucchini (about 6 ounces each), cut lengthwise in half, then crosswise into 1/2-inch-thick pieces

3

small yellow summer squashes (about 6 ounces each), cut lengthwise in half, then crosswise into 1/2-inch-thick pieces

1

garlic clove, crushed with garlic press

1

teaspoon chopped fresh oregano

1/2

teaspoon salt

1/4

teaspoon coarsely ground black pepper

2

tablespoons chopped fresh mint

1

teaspoon grated fresh lemon peel

Fresh oregano sprigs for garnish

1. In nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion and cook 5 to 7 minutes or until onion is golden, stirring frequently.

2. Increase heat to medium-high. Add zucchini, yellow squash, garlic, chopped oregano, salt, pepper and 1 tablespoon mint; cook 10 minutes or until vegetables are tender and golden, stirring often.

3. Transfer vegetables to bowl and toss with lemon peel and remaining 1 tablespoon mint. Garnish with oregano sprigs. Makes 6 servings.

• Each serving: About 75 calories, 5g total fat (1g saturated), 2g protein, 7g carbohydrate, 3g fiber, 0mg cholesterol, 200mg sodium.

Good Housekeeping

Comfort foods

Made fast and healthy

by Healthy Exchanges

Peach Pecan Crumble

Peaches make one of the best tasting "crisp" desserts. Give this one a try, it is simple and easy to put together.

4½

cups peeled and chopped fresh peaches

3/4

cup Splenda Granular

3/4

cup Bisquick Heart Smart Baking Mix

6

tablespoons purchased graham cracker crumbs

2

tablespoons I Can't Believe It's Not Butter Light Margarine

3

tablespoons chopped pecans

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine peaches, 1/2 cup Splenda and 1/4 cup baking mix. Spread mixture evenly into prepared baking dish.

3. In a medium bowl, combine remaining 1/2 cup baking mix, graham cracker crumbs, remaining 1/4 cup Splenda and margarine. Using a pastry blender or 2 forks, mix until mixture is crumbly. Stir in pecans. Evenly sprinkle crumb mixture over top.

4. Bake for 35 to 45 minutes or until top is golden and filling is bubbly. Place baking dish on a wire rack and let set for at least 5 minutes. Divide into 6 servings.

TIP: A self-seal sandwich bag works great for crushing graham crackers.

• Each serving equals: 186 calories, 6g fat, 3g protein, 30g carbs, 251mg sodium, 27g calcium, 3g fiber; Diabetic Exchanges: 1 1/2 Fruit, 1 Starch, 1 Fat; Carb Choices: 2.

Good Housekeeping

Grilling Tip: Kabobs

Foods that are cooked together on the same skewer should heat quickly and take the same amount of time to cook. Foods with different cooking times, like vegetables and meat, should be grilled on separate skewers. Also, be sure to leave a little space between pieces on the skewer so the food cooks evenly.

Good Housekeeping

Corn and Zucchini Saute

Sweet sun-dried tomatoes and their packing oil give zucchini a tangy bite in this fast and healthful side dish.

2

tablespoons sun-dried tomatoes in oil

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Crime

Burglary Forced entry at a park property on the 2300 block of West Sunnyside Avenue.

Financial identity theft over \$300 from an apartment on the 2500 block of West Lealand Avenue.

Simple battery on the street on the 2400 block of West Lawrence Avenue.

Theft over \$300 on the street on the 4700 block of West Lincoln Avenue.

Theft under \$300 on the street on the 2100 block of West Argyle Street.

Theft from a building that is a bar or tavern on the 2200 block of West Lawrence Avenue.

Aggravated Assault with a dangerous weapon on park property on the 2300 block of West Sunnyside Avenue.

Burglary with forcible entry to a commercial business or office on the 4600

block of North Western Avenue.

Vandalism and criminal damage to a vehicle on the street on the 2500 block fo West Gunnison Street.

Theft and attempted theft from a drug store on the 400 block of North Lincoln Avenue.

Domestic battery on the sidewalk on the 4400 block of North Western Avenue.

Robbery armed with a knife or other cutting instrument at a small retail store on the 2100 block of West Irving Park Road.

Simple domestic battery at a school or private building on the 4200 block of North Lincoln Avenue.

Simple battery at a nursing home or retirement home on the 4000 block of West Oakley Avenue.

Weapons violation on park property on the 4000 block of North Leavitt Street.

Simple assault at a gas station on the 3300

block of North Damen Avenue.

Simple battery on a sidewalk on the 1900 block of West Melrose Street.

Simple battery at a restaurant on the 3500 block of North Lincoln Avenue.

Attempted theft at a bar or tavern on the 2000 block of West Roscoe Street.

Simple assault on the street on the 2800 block of North Sheridan Road.

Simple battery on the 3300 block of North Halsted Street.

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

Domestic battery at an apartment on the 400 block of West Melrose Street.

Criminal trespass to a restaurant on the 3300 block of North Southport Avenue.

Attempted strong arm robbery on the street on the 3400 block of North Halsted

Avenue.

Theft from a retail store on the 3200 block of North Clark Street.

Simple assault at a grocery store on the 1000 block of West Belmont Avenue.

Interference with a public officer and obstructing identification in a parking lot or non residential garage.

Pick pocketing at a CTA platform on the 900 block of West Addison Street.

Burglary and forcible entry to a residence on the 500 block of West Hawthorne Place.

Aggravated assault with a dangerous weapon on the sidewalk on the 800 block of West Cornelia Avenue.

Domestic battery at an apartment on the 2800 block of West Greenview Avenue.

Burglary and unlawful entry to a residential garage on the 2900 block of West Greenview Avenue.

Motor vehicle theft and theft recover on the street on the 3200 block of North Greenview Avenue.

Aggravated assault with a dangerous weapon at a convenience store on the 1100 block of West Belmont Avenue.

Narcotic manufacturing and delivery of cannabis 10 grams or less on the sidewalk on the 3300 block of North Halsted Street.

Criminal sexual abuse in an apartment on the 900 block of West Addison Street.

Domestic battery at an apartment on the 600 block of West Roscoe Street.

Violating a bail bond and domestic violence at an apartment on the 600 block of West Roscoe Street.

Public peace violation. Bomb threat at a hospital building or grounds on the 800 block of West Wellington Avenue.

Robbery armed and other dangerous weapon on the street on the 3200 block of North Broadway.

Found suspect narcotics on the sidewalk on the 3200 block of North Halsted Street.

Public peace violation Reckless conduct in an alley on the 900 block of West Belmont Avenue.

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

Criminal trespass to vehicle on the 1200 block of West Roscoe Street.

Theft under \$300 from an apartment on the 600 block of West Cornelia Avenue.

Theft over \$300 from a parking lot garage non residential on the 3100 block of North Cambridge Avenue.

Theft over \$300 from a restaurant on the 3100 block of North Broadway.

Theft from a building from a coin operated machine on the 3400 block of North Broadway.

Theft from a non commercial vehicle on the 3400 block of North Marshfield Avenue.

Deceptive practice of credit card fraud of a small retail store on the 2900 block of North Sheridan Road.

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CARING FOR CAREGIVERS

How to prevent caregiver burnout

FAMILY FEATURES

While caring for an older family member – whether it be a spouse, parent or grandparent – can be a rewarding experience, it can also be a difficult and overwhelming task. This is especially true if your loved one lives with Alzheimer’s disease or other dementia-related illnesses.

Whether it’s out of love or obligation, caring for a chronically ill or disabled family member (and potentially his or her financial and legal interests) can come at the expense of the caregiver’s quality of life. In addition to maintaining a healthy, active lifestyle outside of caregiving responsibilities, it is important for those caring for a loved one to learn ways to avoid health hazards and stay well-informed of any changes in their loved one’s condition. Add work and children to care for to the equation and it’s a formula that can lead to stress, exhaustion and even potential health issues.

The additional duties often required to provide care for a loved one can lead to physical or emotional fatigue, often referred to as “caregiver burnout.” If you’re caring for an older adult, the Alzheimer’s Foundation of America recommends these tips to help manage stress before caregiving leads to burnout.

Know the signs of burnout. By the time many caregivers suspect signs of burnout, they’re likely already suffering symptoms related to their responsibilities. Being aware of some of the warning signs can help caregivers properly manage stress and protect themselves. Warning signs include:

- Overwhelming fatigue or lack of energy
- Experiencing sleep issues
- Significant changes in eating habits or weight
- Losing interest in activities you once enjoyed
- Neglecting personal physical and emotional needs
- Becoming unusually impatient, irritable or argumentative
- Having anxiety about the future or a feeling of hopelessness
- Suffering from headaches, stomachaches or other physical ailments

- Experiencing depression or mood swings
 - Having difficulty coping with everyday tasks
 - Lower resistance to illnesses
- Educate yourself about the disease.** It’s likely the loved one you care for has several health problems, takes multiple medications and sees multiple health care providers to manage his or her conditions. As a first step in learning more about Alzheimer’s disease and other dementia-related illnesses, visit alzfdn.org or nia.nih.gov/alzheimers for information. Support groups, educational workshops, community resources and professionals can also help increase your understanding of the disease and what to expect so you can be a better-informed and prepared caregiver.
- Be prepared for important decisions.** Take care of financial, legal and long-term care planning issues early on to help reduce stress later. Try to involve the individual in decision-making if he or she is capable, and consider personal wishes regarding future care and end-of-life issues.
- Build your care skills.** Key skills for any caregiver include communication, understanding safety considerations and behaviors, and managing activities of daily living such as bathing, toileting and dressing. Some organizations and local hospitals may even offer classes specific to your loved one’s disease that can aid you in the process.
- Develop empathy.** Try to understand what it is like to be a person living with Alzheimer’s or dementia. Put yourself in the affected person’s shoes while also recognizing your own losses. Manage your expectations of your loved one and remain patient.
- Ask for help when you need it.** Reach out to medical and mental health professionals as well as family and friends. They can assist you when things get tough. In addition, there are typically programs, agencies and organizations in your community that



can help manage the challenges of caring for older parents, grandparents, spouses and other older adults.

Advocate for and connect with your loved one. Take an active role in the individual’s medical care. Get to know the care team, ask questions, express concerns and discuss treatment options. Also remember to connect on a personal level through kindness, humor and creativity, which are essential parts of caregiving and can help reduce stress.

Think positive. Focus on the capabilities and strengths that are still intact and enjoy your relationship with your loved one while you are still together. Look for ways to include him or her in your daily routines and gatherings to make as many memories as possible.

Find more caregiver resources and tips at alzfdn.org.

Tips for Managing Caregiver Stress

Stress can affect anyone and caregivers may find themselves faced with additional stressors. To help manage stress and avoid caregiver burnout, keep these tips from the Alzheimer’s Foundation of America in mind:

- Maintain a positive attitude
- Be flexible and accept the circumstances
- Be honest and open about your feelings
- Take it one day at a time
- Get a good night’s sleep
- Incorporate stress management techniques, such as meditation or deep breathing, as well as exercise into your daily routine
- Drink plenty of water and eat a healthful diet full of fruits and vegetables
- Set realistic goals and go slow

GETTING HELP WITH CAREGIVING

Everyone needs a break from time to time, even caregivers. Look into respite programs for a chance to care for yourself. Types of respite include:

Home Care

- Home care is often initiated by a doctor’s order or hospital stay and administered by medical professionals who come into the home and help with personal care and housekeeping functions.
- Medicare covers some home health services.

Adult Day Programs

- Social-model programs offer stimulation, socialization and therapeutic activities in a community-based group setting and often include meals.
- Medical-model programs (adult day health care programs), offer health-based services as well as social activities in a group setting.
- Some programs include assistance with activities of daily living and transportation.

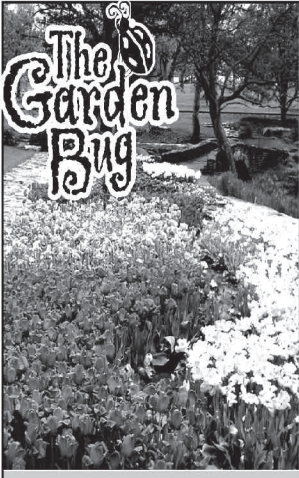
- Adult day services charge per hour and may be covered under some long-term care insurance policies.
 - Medicaid covers some adult day health programs.
- Facility-Based Respite**
- Provide a short stay for your loved one in a nursing home or another facility.
 - Facilities typically charge for each day your loved one is in their care.
 - Medicare or Medicaid may cover some costs of an inpatient facility.
- Family and Friends**
- Identify responsible family members and friends who can lend a hand in providing supervision for your loved one and create a rotating care schedule, if possible.
 - Enlist the help of family members living in different states by assigning them tasks such as legal or financial paperwork.



This showy wildflower (also known as moccasin flower) belongs to the orchid family. A preparation of its root has been used to treat nervousness, tooth pain, and muscle spasms. To reproduce, a fungus in the soil must break open the lady slipper's seeds, and pass nutrients to them that they cannot store on their own. Later, when the plant is older, this same fungus will then extract nutrients from the plant's roots.

Source: www.fs.fed.us/wildflowers

- Brenda Weaver



Reinisch Rose Garden and Doran Rock Garden, Topeka, Kansas

Gardens and arboretums

A botanical garden is a live exhibit of collected plants, sometimes designed with a special theme. Arboretums are similar but specifically devoted to trees. Wikipedia provides a list of all such places found in each state, district or territory of the United States, and many of those listed are linked to their websites. - Brenda Weaver

Source: wikipedia.org



Mix together:

- 1 tablespoon of baking soda
- ½ teaspoon mild detergent
- 2½ tablespoons of olive oil
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This mixture can be put into pump bottles, and sprayed onto tomato plants as a natural insect repellent or as a fungicide for blight and mildew. Be sure to shake the mixture sufficiently before each spraying. - Brenda Weaver

Source: www.hunker.com

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Dr. Suess

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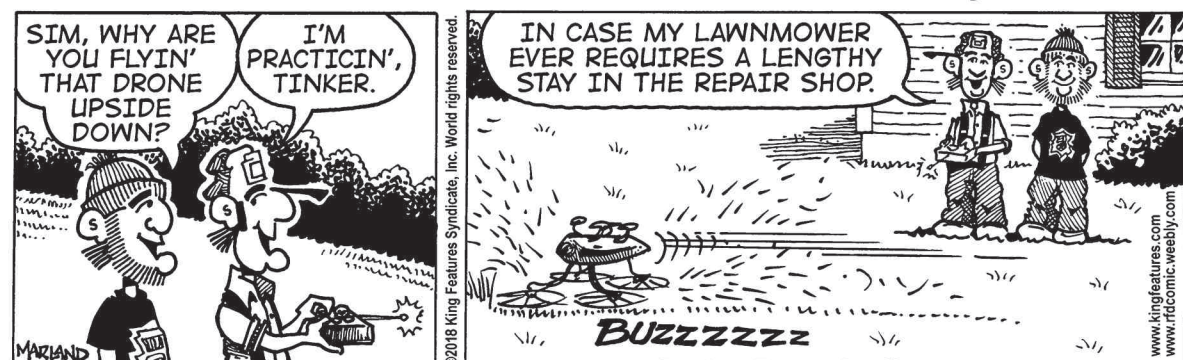
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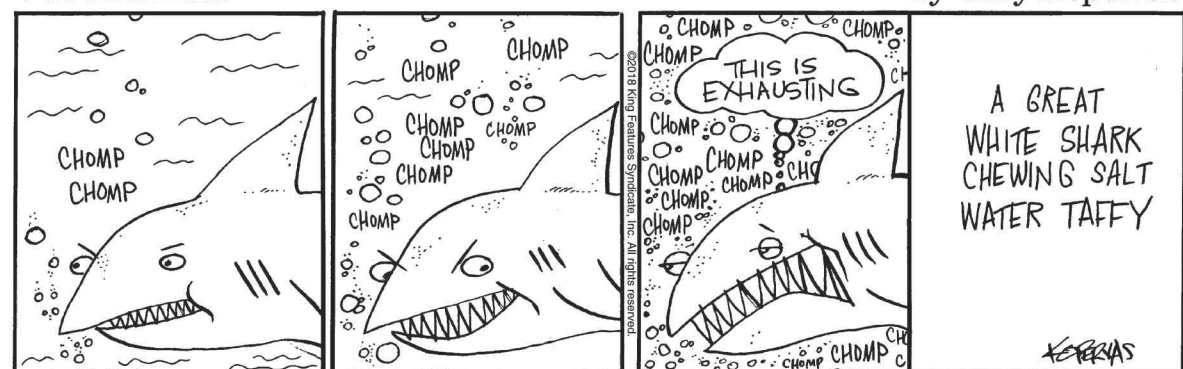
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



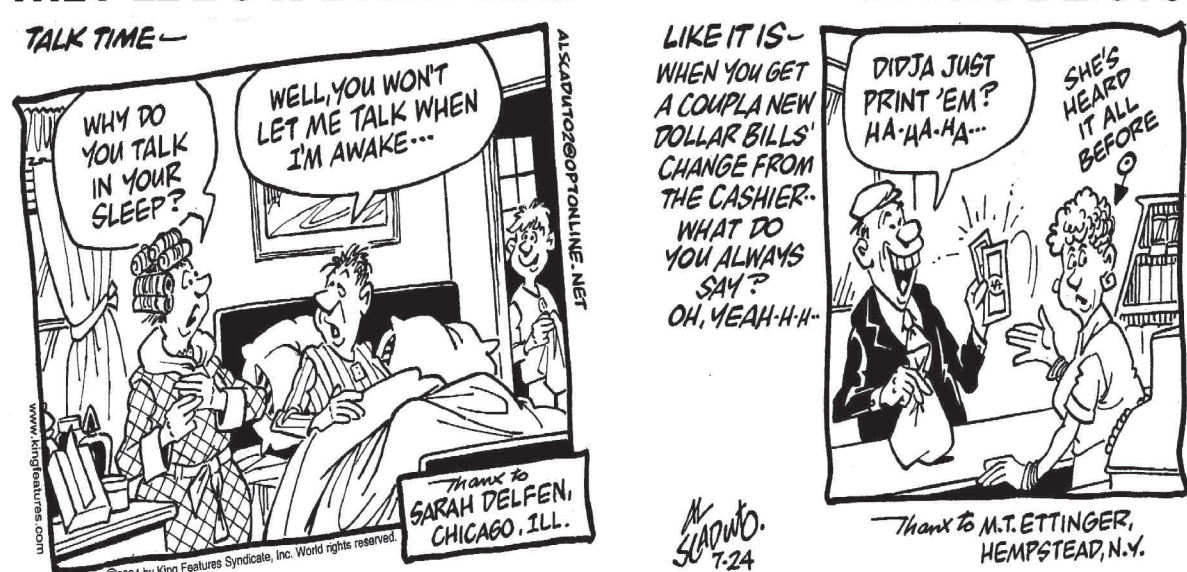
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



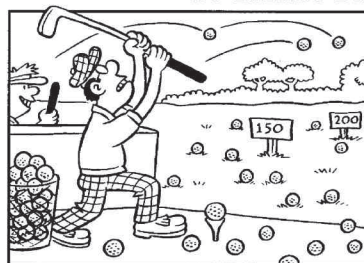
EVER
HAPPEN TO
YOU?
SLAVE ALL DAY
PREPARING A
BUFFET MEAL
FOR YOUR
SENIOR FRIENDS...
and —

—Thank to
W.STRUMINGAL,
BOSTON,MA.



by Charles Barry Townsend

AN AVIARY ASSIGNMENT!



HORACE MACDIVOT had better learn to keep his head down or he's going to be here all day. How many golf balls can you find in the above picture?



I know that this quiz is for the birds, but try it anyway. Using the following hints, can you tell us:

WHAT BIRD...

1. loves to sing?
2. is very religious?
3. eats the most?
4. is the best ocean hunter?
5. could work in an office?
6. would make a good tailor?
7. can carry a tune?
8. can lift heavy weights?
9. likes a good time?
10. shrinks from danger?

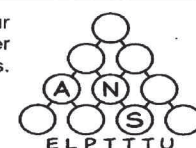
Answers: 1. The warbler, 2. The cardinal, 3. A (turkey) gobbler, 4. The kingfisher, 5. A secretary bird, 6. The weaverbird, 7. A hummingbird, 8. A crane, 9. The lark, 10. The quail.

FIDGETY DIGITY! The Professor wants you to find a three-digit number that, when multiplied by four, will give you five. You have one minute!



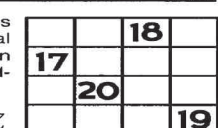
ANSWER: $1.25 \times 4 = 5$

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.



AT A LOSS FOR WORDS!
How could Nervous Ned, using only eight letters, tell this young lady that he thinks she is delightful?

IT'S MAGIC! Use the numbers 2 through 13 to fill in this Magic Number Square. The numbers in each horizontal row, and vertical column, should total 41. We've filled in four of the squares. The rest is up to you. Use trial-and-error — and a good eraser.



HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Headset is missing. 2. Soda can is missing. 3. Hat is shorter. 4. Collar is missing. 5. House is missing. 6. Thermos is smaller.

Just Like Cats & Dogs

by Dave T. Phipps

WITH A SMALLER BOUQUET I WOULD BE THRILLED, BUT THIS SIZE LEAVES ME WONDERING WHAT YOU DID WRONG.





Photo courtesy of Getty Images

SET FOR SUCCESS

Back-to-school shopping essentials

FAMILY FEATURES

Whether your children are entering kindergarten, starting up their high school careers or heading off to college, back-to-school season often means running from store to store in search of the necessities for a successful year. Help your student make the grade this year with some of these top picks for everything from classroom tools like calculators and planners to lunchtime solutions like lunchboxes, water filtration systems and on-the-go snacks.

Find more tips and back-to-school essentials to ensure your kids have everything they need before class is back in session at [eLivingToday.com](#).



On-Trend Tech

Send students back to school in style with a dedicated math and science machine in one of the year's trendiest tones. "Rose Curve Gold" is now an available color option for Texas Instruments' TI-84 Plus Color Edition (CE) line of graphing calculators. Now thinner and lighter with six times the memory, the calculator can take students from middle school through high school and into advanced college courses. For more information, visit [education.ti.com](#).

Savory School-Day Snacks

Whether it's for lunch or snacking on-the-go, an option like these convenient packs of Sabra Singles can satisfy midday cravings. Bursting with great taste and wholesome nutrition, these 2-ounce servings of Sabra hummus are packed with plant-based ingredients you can feel good about. Pair with veggies or pita chips for a nutritious lunchtime snack, and find more at [sabra.com](#).



Packing Perfection

Back-to-school season requires plenty of packing and preparing. Be ready with an option like this Freezable Hampton Lunch Bag from PackIt, built to hold containers and bottles of various sizes for easy on-the-go access. The large, redesigned shoulder tote has built-in freezable gel to keep items cool, and the interior wipes clean with its food-safe lining. The kids can have everything they need all packed in one collapsible bag made from non-toxic poly canvas. For more information and packing gear, visit [PackIt.com](#).



Drink Smarter

America's drinking water infrastructure received a "D" grade from the American Society of Civil Engineers in its 2017 report card. However, you can still send your preschool- through college-aged students back to school with cleaner, great-tasting water. The PUR Advanced Faucet Filtration System is an on-demand filtered water solution certified to reduce more than 70 contaminants, including 99 percent of lead – more than any other brand, according to NSF. Learn more at [PUR.com](#).



Photo courtesy of Getty Images

Fashionably Warm

The school year typically brings with it cooler temperatures. Ensure your student is prepared for the elements whether he or she has to walk across campus or wait at the bus stop with the proper outerwear, including a light jacket for fall. With a variety of styles, lengths and materials available, the right jacket can be both functional and fashionable.



Photo courtesy of Getty Images

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