



September, 2018

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

Volume 22, Number 9

Interview

Sign of the times



20 Questions

This month's interview is with **Chad Jensen**, owner of DSPA (grooming, dog walking, day care and pet sitting) **2211 W. Roscoe** and President of the Roscoe Village Chamber of Commerce.

Q. Where were you born and raised?
A. Dixon, Illinois the birthplace of President Ronald Reagan

Q. Are you married? Any children?
A. No, not yet, but one day.

Q. Where did you attend school?
A. Dixon High School and I took classes in Business Management at a community college and also went to barber school.

Q. What is your fondest childhood memory?
A. My dad was a member of the Elks lodge. My family would go boating and camping in the summer together.

Q. How and why did you decide to go into your present business rather

than something else?
A. I love animals and am a people person. I don't like sitting around and I enjoy the creativity and artistry of grooming dogs.

Q. Do you have a pet?
A. Yes. I have a cat named Josie that was my Mom's before she passed away. I have a dog named Leo who is a Havapoo (cross between a Havanese and the Mini Poodle) that was given to me by a client and a dog named Coco, a Pekingese that a client gave me to dog sit and never came back to pick up the dog. So, I guess the cat and dogs rescued me.

Q. Who had/has the most influence in your life?
A. My mother had. She was strong willed, hard working and fiercely independent to a fault until she passed away.

Q. Who do you most admire and why?
A. My cousin, Jacob. Against all odds, he has become a great provider, and source of wisdom at a young age.

Q. With all the prob-

Continued on page 2



photograph by George Rimel/Lakeview Newspaper

by **George Rimel**

A fairly recent crime wave has prompted the Roscoe Village neighborhood to take action and raise \$40,000.00 to fund a network of cameras in the Roscoe Village community. Alert Protective Services Partners along with the Roscoe Village Neighbors plan to install security cameras to assist law enforcement in its efforts to solve and prevent crime by identifying and prosecuting criminals in the Roscoe Village area.

Roscoe Village Neighbors as well as the Roscoe Village Chamber of Commerce have both continued to work on this project. Both organizations have been in continuous communication with the Alderman and leadership at the 19th District Police station and for over a year have had a representative interfacing with the local Police Commander, his officers and other community leaders on the District Advisory Council regarding crime

incidents and prevention strategies. On the heels of a string of robberies in May, 2018 Roscoe Village Neighbors has partnered with Alert Protective Services on the launch of the "Neighborhood on Watch" (NOW) video camera program that will install high definition security cameras in key undisclosed neighborhood locations to enhance security and deter crime. "As crime continues to rise throughout Chi-

cago, neighborhoods are forced to come together to create solutions for the safety of their residents" said David Silberstein, President and CEO of Alert Protective Services. "This integrated security system is the first of its kind to be installed in Roscoe Village and will give the neighborhood's 10,000 residents peace of mind that steps are being taken to solve this issue in the local community."

Continued on page 2

What's on your Mind?



"It's our anniversary of our first year of marriage and we're going to Hawaii."

Matthew Del Barrio



"The start of a new school year for my boys and also birthdays and the holidays coming."

Rebecca Roberts



"I am doing an exhibit at a surgical museum of mastectomy tattoos. I am a tattoo artist."

David Allen

Editorial & Opinions

Interview continued from front page.

lems in the world, what concerns you the most and why?

A. Inequality. People not being treated like they want to be.

Q. What hobbies/special interests do you have?

A. Gardening, furniture restoration and carpentry.

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

A. My favorite TV show is "Mountain Men", my favorite movie is "To Kill a Mockingbird" with Gregory Peck from 1963 and my favorite book is "Devil in the White City."

Q. Who would you most like to meet in person and why?

A. George VI, because his family trouble (abdication) and personal afflictions made it almost the most successful monarchy in English history and got them through the war.

Q. If you could travel to any country in the world, what country would that be and why?

A. Ireland. My ancestors are from there and I feel they have seen the greatest political changes in the 19th and 20th centuries.

Q. What have been your three greatest achievements?

A. Starting my business at such a young age and watching it grow; Becoming the youngest President of the Roscoe Village Chamber of Commerce and cultivating and maintaining amazing relationships with friends, family and staff.

Q. What have been your three greatest disappointments?

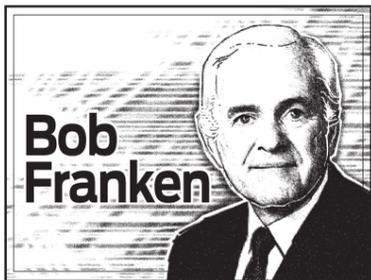
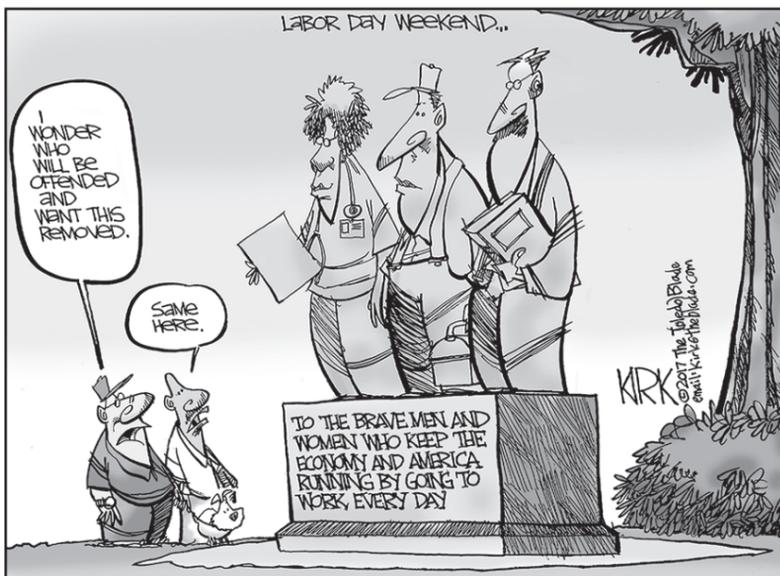
A. Personally not paying attention to the important people in my life; Not taking advantage of an amazing opportunity when it presented itself and not being there holding my mother's hand when she passed away.

Q. What is your pet peeve?

A. People who don't realize their potential.

Q. What is your most prized possession?

A. My grandfather's sword he brought back from World War II.



Raining on Trump's Parade

President Donald Trump was bitterly disappointed that he was forced to cancel his ego trip down Washington, D.C., streets. The parade of U.S. military units was to be his biggest display yet of people marching in lockstep, bigger even than any gathering of Republicans.

He really wanted to stand on a reviewing stand as the troops and hardware did their thing below — just like they do for Kim Jong Un, Vladimir Putin and the others he wants to emulate — but the disclosed cost of \$92 million for this Defense Department dog and pony show is indefensible. So, of course, he did what all spoiled children do when they don't get their way: He threw a tantrum — a Twitter tantrum.

"The local politicians who run Washington, D.C. (poorly) know a windfall when they see it," he pecked on his dumbphone. "When asked to give us a price for holding a great celebratory military parade, they wanted a number so ridiculously high that I cancelled it. Never let someone hold you up!"

The D.C. mayor jumped all over this with a tweet of her own: "Yup, I'm Muriel Bowser, mayor of Washington D.C., the local politician who finally got thru to the reality star in the White House with the realities (\$21.6M) of parades/events/demonstrations in Trump America (sad)."

Did I mention that Mayor Bowser is

running for re-election? Or that Donald Trump is wildly unpopular in the District of Columbia? According to her people, \$21.6 million would be the local share of the \$92 million total cost. Inflated or not, the expenditure would be a chunk of money that could go to more useful purposes.

President Trump wants a parade? Let's give him a parade. How about a marching band of all those veterans of the spy game who are raising such a ruckus over the president spitefully taking away national security clearances of those who dared cross him.

Notably absent would be Robert Mueller, the special counsel investigating the Russia connection. He's too busy raining on Trump's parade. Don't look for some of our other luminaries. Omarosa will be a no-show, for sure. She'll be there, but secretly taping conversations. She obviously took pointers from Michael Cohen, who is currently sharing his recordings as he spills his guts to all those involved in probing Donald Trump.

I wouldn't look for Stormy Daniels either, not even on a float. It's a shame that she didn't record her alleged encounter with Trump. We'll just have to take her word that he was quite boring in bed. We can only guess how much that bothers him, probably as much as the ridicule for his small hands.

The problem really is that we have a small person who has got huge toys, like an armed force that numbers more than 2 million. He's the commander in chief, so they have to humor him.

This time, the cost for his folly was so prohibitive that he did something he almost never does: He listened to his advisers, who gently suggested to him that paying \$92 million would be bad for his image. Nothing is more important to him than his image, not even a parade.

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

Interview continued.

Q. What do you hope to accomplish during your tenure as President of the Roscoe Village Chamber of Commerce?

A. To build a more solid relationship between residents and businesses and our sister organizations.

Q. What do you see as your most challenging endeavors going forward?

A. Navigating the changing and challenging regulations with all the online businesses and how it will affect the brick and mortar businesses.

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

A. Try to leave this earth a little better than you found it.

Sign of the Times continued from front page.

All footage will be uploaded to a uniquely designed and encrypted cloud portal. When a crime occurs within Roscoe Village, the footage can be instantly retrieved and viewed by Administrators of Roscoe Village Neighbors, Roscoe Village Chamber and Chicago police detectives.

On August 8th one of the first cameras installed captured footage at Commonwealth Tavern at 2000 Roscoe Street of two suspects that helped police connect with the same offenders to that theft and another in the area.

The NOW program will feature cameras and signage at strategic locations throughout Roscoe Village Residents and business owners can enroll to have additional cameras installed



How to Lose to Trump in One Easy Step

John Brennan may not know it, but he is acting in a drama scripted and produced by Donald J. Trump.

As Eli Lake of Bloomberg perceptively observed, President Trump isn't trying to silence Brennan by revoking his security clearance, as the former CIA director's defenders insist, but elevate him as a foil.

Trump couldn't hope for a better poster boy for the so-called deep state than a former CIA director who immediately began to sound like a commentator for MSNBC upon leaving government — and, indeed, signed up as a commentator for MSNBC.

It has been the usual practice of former top intelligence professionals to keep their political opinions, and especially their wild-eyed rants, to themselves. They understand that, having been entrusted with some of the most sensitive powers of the United States government, they should show forbearance and restraint lest they undermine the reputations of their institutions.

Brennan has had no such compunction. Granted, he's acted under provocation. Trump has goaded him on Twitter and launched extraordinary broadsides against the work of U.S. intelligence agencies.

Trump often sounds like the guy popping off down at the end of the bar, and he's transformed Brennan into the guy down at the other end of the bar.

Advantage: Trump. The president always benefits from the fact that his brand depends on violating norms,

whereas if his opponents are baited into violating norms in return, they diminish themselves and their cause.

In a notorious tweet, Brennan accused the president of "nothing short of treason" for his craven performance at a joint press conference with Vladimir Putin in Helsinki.

This was the first time on record that a prominent elected official ever committed treason — which usually involves giving away the nation's secrets or compromising intelligence assets — at a public event extensively covered by the international media.

What did Brennan mean by his charge? He apparently doesn't know. Pressed by Rachel Maddow of MSNBC, Brennan explained, incoherently, that "I said it was nothing short of treasonous. I didn't mean that he committed treason." Oh. Asked point-blank if he thinks that the president is serving the Russian government, he said that "I scratch my head a lot," not the usual standard for alleging that someone committed a capital offense.

Brennan's conceit has made him the ideal target for Trump, since even some of the former intelligence officials who oppose the revocation of his security clearance are uncomfortable with how he has conducted himself.

The president's adversaries may consider this unfair, but the institutions Trump targets are best-served by not responding in kind. If the president says that the press can't be trusted because it's so biased, the press should react by being less biased rather than more. If he says that he's being undone by a deep state conspiracy, former intelligence officials should be more restrained rather than less.

Brennan either doesn't understand this dynamic or doesn't care. He has threatened a lawsuit, and Trump has welcomed one. The president is happy for a war with the most unhinged representative of the intelligence community at hand, and John O. Brennan is playing his role flawlessly.

Rich Lowry is editor of the National Review.

Sign of the Times continued from column 3.

on their properties that can be integrated into the cloud network regardless of their location.

Alert Protective Service will handle installation and maintenance of the network and will also donate the signage that will be posted alongside the cameras at each location. To learn more about the NOW Network please con-

tact nownetwork@alertprotective.com.

Businesses and residents can contact the Roscoe Village Neighbors at (630) 708-7244 and Roscoe Village Chamber of Commerce at (773) 327-5123 if you own a business or are a resident of Roscoe Village for additional information.

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 How to get in touch with us:
Lakeview Newspaper
J2 Associates, Inc.
P.O. Box 578757
Chicago, Illinois 60657
Telephone: 312.493.0955
Web site: www.LakeviewNewspaper.com
Email: LKVWNEWS@aol.com
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SENIOR NEWS LINE

by Matilda Charles

Goodbye Summer, Hello Winter

Those of us who live in cold climate want nothing more than to savor every minute of summer, putting off until the last minute those chores that have to be done before yet another winter arrives. For me that means making lists in the first half of September and accomplishing, in a rush, all those tasks in the second half of the month... unless the to-do list also involves others.

That's especially true in the trade who overload their schedules during summer because, after all, they can be up on a roof doing repairs when there's already a foot of snow up there.

That explains the recent afternoon spent on the phone making calls to find a roofer who wasn't already completely booked until the middle of October. It was only a half-dozen small shingles, I said to each one, a few shingles that had peeled off in the last big wind and, thankfully, landed in the yard. Otherwise I would have never seen them, would have never known that potential leaky place had been uncovered on my roof.

"I'll send my son," said one roofer. "He's a teen, and he climbs like a monkey. He'll get you all fixed up."

The teenager, who looked about 11, arrived today, ladder in hand, and went up to the roof to color match the shingles. By the time he was back on the ground, two other neighbors had arrived, both pointing to their roof which apparently also needed work. A fast phone call to his father netted the answer: Yes, the boy could do their roof repairs, but please don't tell anyone else because they really, truly were booked up through October.

The lesson: Don't put off exterior repairs. Start calling in the spring as soon as last winter's snow melts.

SENIOR NEWS LINE

by Matilda Charles

Medicare Advantage: Changes Loom in 2019

Every year from October to December, seniors need to sign up for the next year's Medicare Advantage plan... or stay with the same one. Sometimes the choices are difficult. This year it will be even harder, due to changes that have been made to the plans.

In the past, if you needed a wheelchair ramp to get in and out of your house, the expense for that was on you. Medicare would, of course, pay for surgery and a hospital stay if you fell down the stairs trying to get out of the house because you had no ramp, but they wouldn't pay for the ramp. What if a \$200 window air conditioner could help you stay out of the hospital on bad-air days? You would have to pay for it.

In other words, many kinds of makesense help haven't been allowed by Medicare. Now, in many cases, they will be.

But not for everyone. And not in all locations. And maybe only this year but not next year. That's where extra scrutiny will be required. When your Medicare plan information comes in the mail, don't assume you'll just stay with the same one. Compare and study the plans.

Look at the network you're in, and find whether there have been significant changes, especially in the number of specialists. Make sure Medicare Advantage plans are even available for your area. In more than 100 parts of the U.S., they're not.

If you have questions about how to choose an Advantage plan, or even switch to a Supplement plan, start with your State Health Insurance Assistance Programs (SHIP). Find that at the Seniors Resource Guide (seniorsresourceguide.com). Call early for an appointment, because there might be many more seniors this year looking for help.

VETERANS POST

by Freddy Groves

Education Benefits Expanded Yet Again

The Forever GI Bill has expanded again, this time by 15 provisions, adding to the 13 from last year. The bill, aka The Harry W. Colmery Veterans Educational Assistance Act of 2017, provides an increasing number of education benefits to veterans, active duty, their families and survivors.

Here are some of the provisions that have just taken effect:

- Veteran and military families who have lost a family member who was getting education benefits can reallocate those benefits.

- Additional Guard and Reserve service now counts toward eligibility.

- The Yellow Ribbon Program is expanded, making more funds available for more students.

- Housing allowance is available for days not on active duty.

- Purple Heart recipients after Sept. 11, 2001 are eligible for benefits for 36 months.

- The Department of Veterans Affairs is developing a pilot program for high-tech training and skills.

- The Survivors' and Dependents' program is expanding from 36 to 45 months, and the monthly allowance is going up, starting in October.

- In addition, there are changes to monthly housing based on ZIP code, and restoration of benefits when schools close or a course of study is canceled.

Found on the VA's benefits Twitter page (@VA_VetBenefits): "For VA benefits eligibility purposes, the Gulf War period is still in effect, which means that Gulf War Veterans may be eligible for a wide variety of VA benefits." If you have questions, call the Education Call Center at 888-442-4551. Also see the whole list of education benefits at www.benefits.va.gov/GIBILL/FGIB-Summaries.asp.

And in case you wondered, the Colmery in the bill's name was a national commander of the American Legion who drafted the original GI Bill of Rights in 1944. Legend says he wrote the draft on some hotel stationery. We have him to thank for a lot of things.

VETERANS POST

by Freddy Groves

Reducing Suicides with Firearm Security

The Department of Veterans Affairs recently held a Gun Safety Matters Challenge to explore new ways of securing firearms and reducing the number of veteran suicides. Of the 20 veterans who die each day by suicide, over 60 percent use a firearm. The goal of securing firearms is to build in a break between the temporary impulse and the access to a gun.

The device, per instructions for the Challenge, should allow firearms storage with voluntary prevention control, either by the veteran or a family member or friend. The device should be inexpensive, suitable for use in a home, and easy to implement. It also couldn't impede access to the weapon should it be needed for emergencies or recreational shooting.

The challenge winner is a device that requires two people present to gain access to the firearm. It's called the DuoBox. It was developed by a team of MIT grad students who'd also been in the Navy. The device physically requires two people to open, but also has a 30-minute delay feature that can be used by one person. It will be field tested late this year after they secure prototype funding. Read about it here: www.jamesdysonaward.org/2018/project/duobox/

Second place went to a holster safe that requires fingerprint authentication. It's called the VARA Firearm Security Response. The VARA corporation is currently seeking funding.

Third place went to a phone app called Sentinel. With the app, veterans can call a friend and use Bluetooth to unlock the firearm. It also has a time-lock feature.

If you're a veteran who's having suicidal thoughts, pick up the phone. Call the Veterans Crisis Line 24/7 at 1-800-273-8255 and press 1. Or you can talk online at VeteransCrisisLine.net/Chat, or send a text to 838255.

Strange BUT TRUE

By Samantha Weaver

• It was American author, journalist and psychoanalysis researcher Judith Viorst who made the following sage observation: "Infatuation is when you think that he's as sexy as Robert Redford, as smart as Henry Kissinger, as noble as Ralph Nader, as funny as Woody Allen, and as athletic as Jimmy Connors. Love is when you realize he's as sexy as Woody Allen, as smart as Jimmy Connors, as funny as Ralph Nader, as athletic as Henry Kissinger and nothing like Robert Redford — but you'll take him anyway."

• Records show that during the last seven months of Elvis Presley's life, he had 5,300 different medications prescribed for him.

• Those who study such things say that Labor Day is Americans' third most favorite holiday, ranking only after Christmas/Hanukkah and Memorial Day. Also, a quarter of Americans are expected to travel out of town over the holiday weekend, with the most popular destinations being New York City, Los Angeles, Las Vegas, Orlando and Chicago.

• In the TV show "Charlie's Angels," it was a requirement that each of the stars had eight different outfits for each episode.

• The country of South Africa has a grand total of 11 official languages.

• Now that fall is approaching, here are a couple of interesting tidbits for parents: In the United States, the average K-12 student has \$688 in back-to-school expenses. For the average college student, that goes up to \$970.

• You may be surprised to learn that the first Caesar salad was actually created in Tijuana, Mexico.

• For reasons that aren't quite clear, in Sweden, it's illegal to train a seal to balance a ball on the tip of its nose.

Thought for the Day: "The most dangerous strategy is to jump a chasm in two leaps." — Benjamin Disraeli

Moments in time

THE HISTORY CHANNEL

• On Sept. 7, 1776, during the Revolutionary War, the American submersible craft Turtle attempts to attach a time bomb to the hull of British Admiral Richard Howe's flagship Eagle in New York Harbor. The Turtle was an 8-foot-long wooden submersible with lead ballast for balance.

• On Sept. 3, 1783, the American Revolution officially comes to an end when representatives of the United States, Great Britain, Spain and France sign the Treaty of Paris. The signing established the boundaries of America from Florida to the Great Lakes and the Atlantic coast to the Mississippi River.

• On Sept. 4, 1957, the Ford Motor Company unveils the Edsel. The car had a distinctive look, but not in a good way to many people. The big impact ring in the middle of its front grille looked (one reporter said) like "a Pontiac pushing a toilet seat."

• On Sept. 9, 1967, Sgt. Duane D. Hackney is presented with the Air Force Cross for bravery in rescuing a USAF pilot in Vietnam. He was the first living Air Force enlisted man to receive the award.

• On Sept. 5, 1972, Arab terrorists known as Black September take Israeli athletes hostage at the Olympic village in Munich, Germany. Twenty hours later following a German ambush, 11 Israeli athletes, 5 Palestinian terrorists and a police official lay dead.

• On Sept. 6, 1995, Baltimore Orioles shortstop Cal Ripken Jr. plays in his 2,131st consecutive game. Ripken went on to play 2,632 games in a row before voluntarily removing himself from a game on Sept. 19, 1998.

• On Sept. 8, 2003, the Recording Industry Association of America begins suing individual sharers of copyrighted mp3 songs, some of whom are children. In the first 20 months, the RIAA sued over 11,000 people.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Folk-Art Cupboard

Most Americans in the 17th and early 18th centuries had very small houses with no clothes closets and little storage space. Storage consisted of built-in corners, shelf units and chests, often located under eaves or stairs. Odd-shaped cupboards were made to fit into the space. They did not use the wall as part of the cabinet. A piece was made so it could be moved. Folk-art cupboards of all kinds made before Victorian times are popular with collectors. The most efficient cupboard is made from square or rectangular sections. The simple panel door framed by four narrow boards is preferred. Even the sides are made from rectangular panels.

In 2016, Garth's Auctions of Ohio sold an "under-the-stairs" cupboard. It was made of pine and painted a mustard color finish. The three doors in the front are made with applied molding to match the panels on the side. The inside has a red wash. The color and condition made this cabinet a popular auction item. Even though there was no maker's identity, it sold for \$1,140, several times estimate. An oddly shaped piece like this often sells for a low price.



Folk-art furniture with the original paint sells for much more than a repainted, stripped or even unpainted piece. This cupboard with original yellow on the outside and red on the inside brought \$1,140 at auction, far more than the \$250 to \$400 estimate.

Moore Circus group about 1990. The juggling clown with polka-dot pants recently sold for \$976 at a New York auction. They have come down in price since 2000.

CURRENT PRICES

Needle threader, magnifier and spool holder, wooden base, magnifying glass on curved metal arm, 1916, 4 x 2 inches, \$50.

Compass, Girl Scout, silver plated nickel, round beveled glass top, fob, US Gaudet Co., c. 1935, 1 1/2 inches, \$95.

Saltshaker, Wemyss, Plump Porker, figurial pig, posie design, white with pink clover blooms, leaves, sleepy eyes, 3 x 5 inches, \$120.

Pin and clip-on earrings, cherries jubilee, dangling cherries, red bakelite, green celluloid leaves, red chain, 1940s, 5 x 3 inches, \$230.

TIP: Some types of fumes can damage paper. Don't store your collection near the kitchen, garage, barbecue pit or freshly painted areas.

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

Q. I have a 1969 Polaroid camera. Is it worth anything to a collector?

A. Polaroid was founded in 1937. The first Polaroid Land cameras were sold in 1948. They were named after Edwin Land, who invented the instant camera and demonstrated it in 1947. The name "Land" wasn't used on Polaroid cameras after Edwin Land retired in 1982. Film and batteries for old Polaroid cameras can be bought on Amazon and other sites. A Polaroid 350 model, which was made from 1969 to 1971, in perfect condition, sells online for about \$50 to \$75.

Q. Could my silver clown pin with enamel decoration really be made by Tiffany & Co.? That is what it says on the back, and I saw a similar pin in an auction ad recently.

A. Yes, Tiffany & Co. made a series of pins as part of the Gene

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Using clips from several videos, this presentation will compare how we used to think about Alzheimer's and other forms of dementia, to how we are learning to see them today—and the extreme difference this makes in the lives of those who are living with dementia, and in the lives of those who are their care-partners.

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Presented by Jim Vandenbosch

Jim is the Founder and Executive Director of Terra Nova Films. He has produced several award-winning films on a variety of aging-related issues, including several videos on successful ways to communicate and work with persons who are living with dementia. He is also an Associate Editor for the arts and humanities section of The Gerontologist, an academic journal of the Gerontological Society of America.

MEMORY CARE AND ASSISTED LIVING

Health



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good
health
WITH
Dr. Keith
Roach

The Great Vitamin Debate

DEAR DR. ROACH: Do you prescribe vitamins or treatments to enhance the immune system? — *C.N.*

ANSWER: I do not. In my opinion, a healthy diet makes a deficiency of a vitamin or mineral severe enough to weaken the immune system unlikely. Stress reduction (through many techniques) and good sleep are more important than supplements.

People think that a daily vitamin and mineral supplement is like an insurance policy against a good diet. However, many studies have shown that taking vitamins does not, in general, lead to improvements in prevention of disease, including heart disease, cancer or infections. So I would be much more likely to recommend a better diet (especially in the fresh fruits and vegetables) than I would a supplement.

Many adults have not gotten all the vaccines that are recommended, and these are a huge benefit to your immune system for those specific bacteria and viruses.

DEAR DR. ROACH: I am an 81-year-old male in generally good health. I am maybe 10 pounds overweight. I have had no heart attacks or cardiac symptoms. I walk on the treadmill for exercise.

I have controlled hypertension, and have been taking simvastatin, 10 mg. My LDL is 71, very favorable. My HDL is also good, at 73.

Several years back, when I started the statin, my doctor added Zetia, 10 mg. At the time, I wondered why this would be OK, and he said, "Well,

there is a certain synergy there." While I have continued taking the Zetia and suppose it might be helpful, I wonder if I need it. I say this because it is rather expensive (about \$500 a year with my part D coverage). It is the only thing I take that costs me this much.

My reading of the literature suggests that while Zetia might help the LDL level, there is no evidence that it improves longevity (i.e. cardiovascular). — *J.P.*

ANSWER: This is a confusing subject, because the theory (that lowering cholesterol protects your heart) and the evidence (that it actually works) don't exactly align. High cholesterol certainly is associated with a higher likelihood of heart blockages, which can lead to heart attack and death. However, not all treatments that lower cholesterol reduce risk of heart attack.

On the one hand, there are treatments that lower cholesterol that do help your heart. The Mediterranean diet clearly reduces risk of heart attack. Dr. Dean Ornish's plant-based diet of very little fat and little or no meat, in combination with stress reduction and smoking cessation, actually reverses blockages in arteries in some people. Statin drugs reduce cholesterol and help prevent heart attacks, at least in people at high risk for them.

On the other hand, ezetimibe (Zetia) reduces cholesterol, but like most non-statin drugs to treat high cholesterol, it has not been proven to reduce heart disease risk. It tends to have few side effects and probably is not harmful. But you are correct that it is expensive, and like all medications, it can possibly cause harm. Being conservative about medication, I very rarely prescribe it. Studies are ongoing, and I will readdress this topic when there is more evidence.

Is It OK to Crush Pills?

DEAR DR. ROACH: I would like to know your opinion about whether it is OK to crush up different psychiatric medications and put them in a small container of water to drink. This doesn't seem very safe to me, but I'd like an expert opinion. — *Anon.*

ANSWER: I'll give you my answer,

and also tell you where to find an expert opinion. My answer is that many people have trouble swallowing pills, and that most pills can be crushed and taken with water or mixed in with food. Your local pharmacy sells pill crushers, or you can get a mortar and pestle.

While you are at the pharmacy, ask your pharmacist. He or she can look at your medications and tell you whether it is safe for you to crush your particular medications. Slow-release medications, of which there are many, should not be crushed. Often, the bottle will tell you, but ask your pharmacist for the expert opinion.

DEAR DR. ROACH: What are your thoughts about the MiraDRY procedure to get rid of underarm sweat? Is it safe not to have sweat under the arms? — *S.J.*

ANSWER: MiraDRY is the brand name of a microwave device designed to treat hyperhidrosis (excessive sweating). This is not normal underarm sweating, but a rare condition of abnormal, drenching sweat that greatly interferes with social activities. It is currently used only for underarms — not hands, feet or face, the other most common places for localized hyperhidrosis.

According to several published papers, the microwaves heat up the water in the sweat glands, destroying them, while the skin itself is cooled. The published success rates (at reducing sweating to "never noticeable" or "tolerable") are very high, as are patient satisfaction results. Side effects included swelling, redness and temporary numbness.

This is a new procedure, but it appears to have promise in the treatment of excess sweating. I also found a very helpful website at www.sweathelp.org.

DEAR DR. ROACH: What causes foot drop? Is there any cure for it? — *B.H.*

ANSWER: Foot drop is most commonly caused by damage to the peroneal nerve, which wraps around the fibula, one of the two bones of the leg (anatomically, only the lower leg is called the leg, as opposed to the

thigh). The nerve can be damaged from trauma, such as during surgery or prolonged hospitalization. Leg casts and prolonged positioning with stress on the nerve, such as squatting, also can damage the nerve. Most people describe numbness but not pain, and the dropped foot can cause people to trip, so people with this condition learn to flex the hip to lift the thigh up higher. The diagnosis can be confirmed by electrical studies of the nerves.

Treatment usually is to prevent further damage, with a splint to keep the foot flexed upward. A physical therapist can prescribe helpful exercises.

DEAR DR. ROACH: My 23-year-old son is a bodybuilder, and much to my dismay, he takes steroids. I know he takes testosterone, and I don't know what else. How will this affect him? — *Anon.*

ANSWER: Testosterone has many bad long-term effects, and he really should stop it. As a resident, I took care of a seemingly very healthy, very muscular 30-year-old man with terrible heart failure due to a heart attack. Many similar reports have led to suspicion that steroids taken for bodybuilding increase risk of heart attack and even sudden death. There appear to be many other long-term effects, including neuropsychiatric effects of anger and aggressive behavior. They also may reduce sperm count and affect fertility.

I don't know what else he may be taking, but I would strongly urge him to evaluate all supplements carefully.

DEAR DR. ROACH: I was a healthy female until I had an injury to my back. I experience pain and tingling in my right side, going down the back of my right leg. Sitting is especially painful, as is standing in one place for too long.

Now the pain has started in my left side also. I have tried chiropractors, acupuncture, physical therapy, epidural shots and pain pills. I also had two laminectomies (decompression surgery on the spinal canal) on L4/L5 last year, with no relief from the pain. Upon seeing another neurosurgeon, I have been told that I have

some large Tarlov cysts (1 cm).

There does not seem to be a great amount of information about these on the internet, plus I am not sure what information out there is accurate. One doctor on the internet is all about having surgery on them. The neurosurgeon I am seeing does not want to do surgery just yet. He says that surgery does not always bring about pain relief.

Can you share some information about these Tarlov cysts and what can be done for the continued back and leg pain? Dealing with this for several years has caused me much emotional distress and depression. — *F.H.*

ANSWER: Tarlov cysts, also called perineurial cysts, occur along the lining of the spinal cord and nerve roots. In one study, in 500 people with MRI scans, 23 had Tarlov cysts, but only five had any symptoms from them. In this study, the cysts were drained by a needle, which relieved the pain, although the pain usually came back as the cysts refilled with fluid.

I agree with your neurosurgeon that surgery on these does not guarantee success. Since you have had two surgeries and multiple types of therapies that haven't worked, I can understand your frustration. It might be worth talking to the neurosurgeon about a trial of draining the cysts to see if that helps the symptoms.

The booklet on back problems gives an overview of the causes and treatments for the most-common back maladies. Readers can order a copy by writing: Dr. Roach — No. 303W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.



Financial Statement

Prepare these documents now for a less stressful life later

Preparing the following documents will help you live a less stressful life and make navigating tomorrow run as smooth as possible.

Advance directive

A living will — a type of advance directive — tells loved ones and medical personnel the treatment you want or

don't want should you ever be unable to speak for yourself.

Durable power of attorney for health care

Often included in an advance directive, this designates your choice of who can make medical decisions for you when you can't.

Revocable living trust

Set up correctly, it provides an easy way to keep control of your finances today, lets

someone you've appointed step in if necessary, and minimizes problems for your heirs.

Will

When you have a will, you can head off potential family squabbles (or worse) by clearly spelling out whom you want to inherit items, whether valuable or sentimental, that might not be in your trust.

Durable financial power of attorney

Not all your financial assets

can or should be in a living trust. If you're alive yet incapacitated, the only way a person chosen by you can access an IRA, pension or other financial account on your behalf is through this document. (Many brokerages and other financial institutions have customized forms. So check to see if you'll need those, too.)

Preparing these documents is one of the most profound acts of love you can bestow on your family.

Women's empowerment requires financial security

So many women don't have a clue what to do about their money. Divorce or widowhood is not the time to realize you know nothing about your finances.

Social Security

You, or whoever is the highest earner in the household, ought to delay starting Social Security until age 70.

Pension benefits

If you are married and your spouse has a pension, strongly consider the 100% joint-and-survivor benefit. This way you'll receive the same pension payment if your spouse dies first.

Investments

Your long-term retirement funds should include stocks or stock mutual funds. You need stocks' growth so your money has a chance to keep pace with inflation over the years.

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FLASH BACK

POP ROCK & SOUL TRIVIA
BY MICK HARPER

1. What group wrote and released the 1979 song "Tragedy"?
2. Which duo released "Rainy Days and Mondays"?
3. Name the artist who co-wrote and released "You Ought to Be with Me."
4. Who released "Runaway Child, Running Wild"?
5. Name the song that contains this lyric: "Some people go around the world for love, But they may never find what they dream of."

Answers

1. The Bee Gees. The song went to No. 1 in the U.K. and then did the same a month later in the U.S.
2. The Carpenters, in 1971. The song was penned by then unknowns Paul Williams and Roger Nichols, who went on to write hits for many artists.
3. Al Green, in 1972, from his "Call Me" album. The song topped the R&B chart and sold over a million copies.
4. The Temptations, in 1969. The song describes a young boy, alone and frightened on the streets, and tells the boy to go home.
5. "What You Won't Do for Love," by Bobby Caldwell, in 1978. Caldwell's record company went out of its way to hide the fact that he was a blue-eyed soul singer and released the record to R&B stations. The secret came out, however, when Caldwell started performing in public.



Strange BUT TRUE

By Samantha Weaver

• It was British Prime Minister Winston Churchill who made the following sage observation: "A lie gets half-way around the world before the truth has a chance to get its pants on."

• There are lots of sports fans out there, and a lot of sports to enjoy: football, basketball, soccer, baseball, hockey ... olive oil wrestling? OK, maybe there aren't a lot of oiled wrestling events here in America, but in Turkey it's the national sport. Kirkpinar, as it's known there, has been popular since the Ottoman Empire. The Turkish town of Edirne has been hosting the annual tournament since 1361.

• If you do much printing, you might not be surprised to learn that if you figure out the cost by volume, printer ink costs far more than Dom Perignon champagne or Chanel No. 5 perfume.

• The name of Alcatraz Island — famed location of a high-security prison that's now a tourist attraction — comes from the Spanish "Isla de los Alcatrazes," or "Island of Pelicans."

• The murre, a bird found in the Arctic, actually dives into the water and swims to catch the small fish that comprise its diet. Interestingly, its eggs aren't like those of any other bird in the world: The whites are blue, not white, and the yolks are bright red.

• Those who study such things claim that the oceans eventually will dry up — in about a billion years or so.

• The Transportation Security Administration banned cigarette lighters on carry-on luggage between 2005 and 2007. During that time, TSA screeners confiscated 22,978 lighters every day. Safe disposal of those lighters cost the taxpayers approximately \$4 million every year.

Thought for the Day: "In this world there are only two tragedies. One is not getting what one wants, and the other is getting it. The last is much the worst." — Oscar Wilde

top 10 movies

1. **Crazy Rich Asians** (PG-13) Constance Wu, Henry Golding
2. **The Meg** (PG-13) Jason Statham, Bingbing Li
3. **Mile 22** (R) Mark Wahlberg, Lauren Cohan
4. **Mission: Impossible — Fallout** (PG-13) Tom Cruise, Henry Cavill
5. **Alpha** (PG-13) Kodi Smit-McPhee, Natassia Malthe
6. **Christopher Robin** (PG) Ewan McGregor, Hayley Atwell
7. **BlacKkKlansman** (R) John David Washington, Adam Driver
8. **Slender Man** (PG-13) Joey King, Julia Goldani Telles
9. **Hotel Transylvania 3: Summer Vacation** (PG) animated
10. **Mamma Mia! Here We Go Again** (PG-13) Lily James, Amanda Seyfried

HIGHEST TAXES ON Beer

1. Tennessee
2. Alaska
3. Alabama
4. Georgia
5. Hawaii
6. Kentucky
7. South Carolina
8. North Carolina
9. Maryland
10. Florida

Source: Brewers Association

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Book Club (PG-13) — Four women — played by Diane Keaton, Jane Fonda, Mary Steenburgen and Candice Bergen — are lifelong friends, book club members and classy ladies, each with her own particular romantic peculiarity: one recently widowed, one a dedicated independent woman, one in a stagnant marriage and one just plain out of luck. They choose the "Fifty Shades" series of books to discuss, and in doing so manage to reignite their sex drives, compelling them to pursue passions that had long remained dormant. It's always impressive to see these ladies on-screen. So the plot's a little ho-hum; it's still good to see that rom-com doesn't die at 30. Andy Garcia, Craig T. Nelson and Don Johnson support.

TAG (R) — Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds. And by couriers, I mean a group of five man-child fools who have maintained a decades-long game of TAG, played one month of the year since they were kids, every year without fail. The last man tagged the previous year, Hoagie (Ed Helms) is on a mission to tag the game legend, Jerry (Jeremy Renner) — who has NEVER been tagged, and who is retiring because he is getting married. How far will a grown man go to tag another grown man? Pretty far, it seems. Also stars Jon Hamm, Jake Johnson and Hannibal Buress as more of the group that is based on a real-life pack of dudes from Spokane, Washington.

RBG (NR) — Ruth Bader Ginsberg: Tiny but mighty, and tough as nails, it's no surprise this diminutive but dominating Supreme Court justice has been nicknamed "The Notorious RBG," as her legal gangster reputation precedes her. This documentary is a delightful-

ly informative life story, lovingly told by filmmakers Julie Cohen and Betsy West. Covering the justice's humble Brooklyn beginnings, her years at Harvard where she broke ground as a female student and member of the Law Review, and following career as a brilliant legal mind and shrewd jurist. She may be over 80, but she's tenacious and does all that she does with dignity — it's hard not to love her.



Paramount Pictures

Candice Bergen stars in "Book Club."

A Kid Like Jake (NR) — Claire Danes and Jim Parsons play a married New York couple with a 4-year-old son who likes Disney princesses and dress-up. In their journey to enroll him in a suitable primary school, one where he will be given the most opportunity to thrive, they are perhaps pressured to play up his "gender expansive" play. This film is more about competing influences in parenting — the preschool director (Octavia Spencer), the grandmother (Ann Dowd), the friend (Priyanka Chopra) — than it is about the boy himself, visible for all of five minutes.

NEW TV RELEASES

- Brooklyn Nine-Nine** Season 5
- Scandal** Seasons 6 and 7
- Lucifer** Third and Final Season
- Criminal Minds** Season 13

Top 10 DVD, Blu-ray Sales

1. **Ready Player One** (PG-13) Warner Bros.
2. **Life of the Party** (PG-13) Warner Bros.
3. **The Death of Superman** (PG-13) Warner Bros.
4. **Breaking In** (PG-13) Universal
5. **Rampage** (PG-13) Warner Bros.
6. **Overboard** (PG-13) Lionsgate
7. **Black Panther** (PG-13) Disney
8. **The Greatest Showman** (PG) FOX
9. **Super Troopers 2** (R) FOX
10. **A Quiet Place** (PG-13) Paramount



TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Life of the Party** (PG-13) Melissa McCarthy
2. **Breaking In** (PG-13) Gabrielle Union
3. **Overboard** (PG-13) Anna Faris
4. **Rampage** (PG-13) Dwayne Johnson
5. **Ready Player One** (PG-13) Tye Sheridan
6. **I Feel Pretty** (PG-13) Amy Schumer
7. **A Quiet Place** (PG-13) Emily Blunt
8. **Blockers** (R) Leslie Mann
9. **Tully** (R) Charlize Theron
10. **Black Panther** (PG-13) Chadwick Boseman

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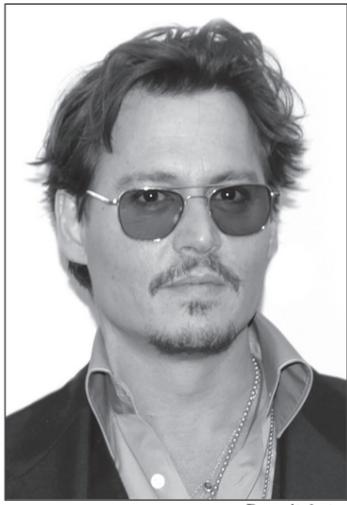
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What's Hot in Hollywood

HOLLYWOOD — **Johnny Depp's** behavior on the set of "City of Lies" (with Oscar-winner **Forest Whitaker**), about the investigation of the murder of rap star **Notorious B.I.G.**, has caused the Sept. 7 release of the film to be scrapped. A lawsuit filed by location manager **Gregg "Rocky" Brooks** for assault and battery alleges Depp hit him repeatedly when he informed him that the downtown L.A. location shooting would go well into the night and wrap late. Brooks is seeking damages for Depp creating a hostile work environment, retaliation and wrongful termination.



Depositphotos

Johnny Depp

Depp has a small role in "London Fields," with **Billy Bob Thornton**, **Amber Heard** (his ex-wife), **Tim Sturges** and **Theo James**, which originally was set for release in August but has been delayed because Lionsgate is suing both the director, **Matthew Cullen**, and **Amber Heard** over alleged hanky-panky with the editing and looping of the film.

Depp plays a dark wizard in "Fantastic Beasts: The Crimes of Grindelwald," starring **Eddie Redmayne** (in theaters Nov. 6) and the lead role in the comedy "Richard Says Goodbye," with **Zoey Deutch**. Also upcoming for Depp is "Waiting for Barbarians," with "Bridge of Spies" Oscar-winner **Mark Rylance** and **Robert Pattinson**, and a romp as "The Invisible Man" in a remake of the classic 1933 film.

Jennifer Lopez, whose "Shades of Blue" ended after its third season, continues as a judge in "World of Dance" and has turned her attention to "Hustlers," about a group of former strip-club employees servicing Wall Street men who scheme to get their fair share. "Second Act," also starring **Vanessa Hudgens**, **Leah Remini**, **Dan Bucatinsky**, **Milo Ventimiglia** and **Treat Williams**, will be in theaters Nov. 21. Lopez also will take on the role of "Rosie" in the NBC production of "Bye, Bye, Birdie" (created by **Chita Rivera** on Broadway and **Janet Leigh** in the film), which has been delayed until later in 2019 because of her busy schedule.

It's amazing that it took BBC Films to immortalize the great comedy duo **Laurel and Hardy** in the upcoming film "Stan & Ollie," which will have its world premiere Oct. 21 at the London Film Festival. It stars Oscar-nominee **John C. Reilly** as **Oliver Hardy** and **Steve Coogan** as **Stan Laurel**.

Ben Affleck (director) and **Matt Damon** (star) are teaming up again for the true-crime story about the ex-cop who rigged the McDonald's Monopo-

ly Game and stole \$24 million in prize money, which he allegedly shared with his co-conspirators who offered kickbacks to the mastermind of the scheme. As with their Oscar-winning script "Goodwill Hunting," many studios were in a bidding war for them and the property. Playing "Monopoly" as kids is really going to pay off for them as adults!

HOLLYWOOD — August 16 marks the 41st anniversary of the passing of "The King of Rock & Roll," **Elvis Presley**. I remember early radio reports saying Elvis was suffering from colon cancer, but they were quickly eliminated from future coverage, which might explain the laundry list of drugs, as later reported, he used in relieving the pain of his worsening colon problems. He reportedly spent the last night of his life in his room, with daughter, **Lisa Marie**, then took a large amount of drugs and went into his bathroom to die. He was just 42.

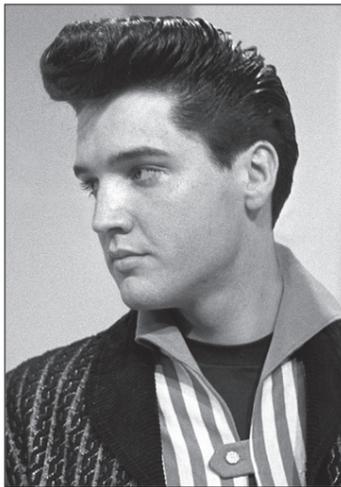
Now, more than 40 years later, his wife, **Priscilla Presley**, has revealed in interviews, including in the HBO documentary, "Elvis Presley: The Searcher," that she believes he planned his demise. Two years after the death of his longtime friend and road manager, **Joe Esposito**, new details surfaced. Allegedly, when Elvis died, his longtime manager, **Colonel Tom Parker**, sent Esposito to Graceland to clean up all remaining drug bottles and instructed him to take away a suicide note written by Elvis, which emerged last December. It said, "I'm sick and tired of my life, I need a long rest." Elvis' stepbrother, **Rick Stanley**, pub-

licly admitted: "The handwritten note appears to be genuine to me. It's a clear indication suicide was on his mind."

If you wait long enough, when the people who suppress the truth pass on, the truth comes out, as it has with **Marilyn Monroe** and **JFK's** deaths. The Colonel preferred to have us believe Elvis was a drug addict rather than lose the insurance money for the gigs he couldn't play. From the times I met Elvis, I don't believe he was sick of his life, but could no longer endure the pain and suffering from chronic constipation

Winning an Oscar for "Three Billboards" has made **Sam Rockwell** as hot as a bonfire. In addition to the upcoming "Blaze," for actor/director **Ethan Hawke**, with **Steve Zahn** (out Sept. 7), and "Backseat," with **Christian Bale**, **Amy Adams** and **Steve Carell** (Dec. 14), he also has "The Best of Enemies," with **Taraji P. Henson**; "Blue Iguana," with **Ben Schwartz**; animated comedy "The One and Only Ivan," with **Helen Mirren**, **Angelina Jolie**, **Bryan Cranston** and **Danny Devito**; and "JoJo Rabbit," with **Scarlett Johansson**, awaiting release dates.

Rockwell also will play **Bob Fosse**, who won an Oscar, a Tony and an Emmy in the same year (for "Cabaret," "Pippin" and "Liza With a Z") to **Michelle Williams'** **Gwen Verdon** — **Lola** in "Damn Yankees" (1958) and "Cocoon" 1985 — in an as-yet-untitled eight episode FX limited series produced by **Lin-Manuel Miranda**. Fosse wrote and directed his autobiography, "All That Jazz" (1979), and as **Robin Williams** referenced in "The Birdcage," "Fosse, Fosse, Fosse!"



HBO

Elvis Presley



by cindy elavsky

Q. When will this Draughtlander be over? I need my "Outlander"! — *Haylie T., via email*

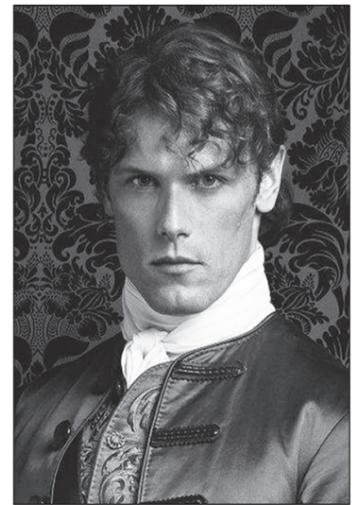
A. It won't be too much longer until we get to see **Claire** (**Caitriona Balfe**) and **Jamie** (**Sam Heughan**) as they make their new life in North Carolina. "Outlander" returns to Starz on Nov. 4 with 13 new episodes. Season four promises to be just as adventurous, dramatic and romantic as the first three. (This season is based on "Drums of Autumn.") **Jamie** won't stay out of trouble for long, and a few characters (hint: another strong-willed redhead) will show up in unexpected places. Also, the series has already been renewed for a fifth and sixth season, so we'll have many more years of our favorite time-traveling fantasy.

Q. I have been watching this beautiful series on Ovation called "Versailles," which takes place in France during the reign of **Louis XIV**. Will it be back for another season? — *Ginnie F., Norfolk, Virginia*

A. The gorgeous period drama will return to Ovation for its third and final season on Oct. 6, with 10 all-new episodes exploring the art and culture, greed and deception, sex and politics, and duplicity and murder that all collided in the court of **Louis XIV**. In this final season, **Louis XIV** (**George Blagden**) resolves to regain control of his own life, his precious Versailles, and France itself. But rebellion is in the air and new challenges are brewing inside Versailles, as well as outside.

Emboldened by his new favorite mistress, **Madame de Maintenon** (**Catherine Walker**), he won't relent in his quest for absolute power, convinced of his own divine powers. Meanwhile, **Queen Marie-Therese** (**Elisa Lasowski**) becomes intimate with her cousin, **Louis' archenemy Leopold** (**Rory Keenan**), and **Prince Philippe** (**Alexander Vlahos**) suspects his brother is hiding a dark secret that only a mys-

terious prisoner in an iron mask can corroborate.



Starz

Sam Heughan in "Outlander"

Q. Earlier this year I was hooked on a show called "The Alienist," so I decided to read the books it was based on as well. There is so much more left to be told; please tell me it'll be back for more seasons. — *Henry T., via email*

A. TNT has indeed ordered more of this series, which focuses on **Dr. Laszlo Kreizler** (**Daniel Bruhl**), a brilliant and obsessive "alienist" in the controversial new field of treating mental pathologies. This limited series will be called "The Angel of Darkness," and it's based on **Caleb Carr's** second book in the "Alienist" series. **Luke Evans** and **Dakota Fanning** also will return for this all-new storyline.



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FAMILY FEATURES

Family gatherings like reunions, picnics and potlucks can bring fun, the chance to reunite with family and, of course, food and celebration.

While catching up with family is most important for many, food typically comes in a close second. Tried-and-true favorites are welcome, but so are new additions.

This starter duo of Baked Onion, Goat Cheese and Sun-Dried Tomato Dip along with Orange Galette with Beet Gorgonzola Salad can get the celebration going.

To help mix things up, take a break from sandwiches. Chipotle Chicken and Bean Quinoa Salad Cups are a contemporary meal or snack alternative which kids and adults alike can enjoy. For a salad that feeds a crowd, try this Tex-Mex Layered Bean Salad, a tasty accompaniment for entrees from burgers to fried chicken.

For more recipes for family gatherings, visit READsalads.com and AuntNellies.com.

Chipotle Chicken and Bean Quinoa Salad Cups with Cilantro Lime Vinaigrette

Prep time: 25 minutes

Servings: 4

- 1 can (15 ounces) READ 3 or 4 Bean Salad

Dressing:

- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon adobo sauce
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 3 tablespoons olive oil
- 1/4 cup finely chopped fresh cilantro

- 1 1/2 cups cooked quinoa
- 1 cup diced chicken, cooked
- 1/4 cup finely sliced green onions
- 1 chipotle pepper, minced
- 4 leaves Bibb lettuce

Drain bean salad; reserve 2 tablespoons liquid.

To make dressing: In small bowl, whisk reserved liquid, lime juice, adobo sauce, mustard, salt and pepper. Whisk in oil until completely combined. Stir in cilantro; set aside.

In medium bowl, combine bean salad, quinoa, chicken, onions and chipotle pepper. Add dressing; toss gently.

Divide bean salad mixture equally among lettuce cups.



Chipotle Chicken and Bean Quinoa Salad Cups with Cilantro Lime Vinaigrette

Food for Family Gatherings



Orange Galette with Beet Gorgonzola Salad

Orange Galette with Beet Gorgonzola Salad

Recipe courtesy of Momma Cuisine

Prep time: 30 minutes

Cook time: 15-20 minutes

Servings: 12

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- nonstick cooking spray
- 1 sheet frozen puff pastry, approximately 16-by-11 inches
- 1 tablespoon olive oil, divided
- 4 navel oranges, segmented
- 4 ounces crumbled Gorgonzola or other blue cheese, divided
- 1/4 teaspoon kosher salt (optional)
- 1/4 teaspoon dried basil
- 2 cups mixed baby salad greens
- 1/4 cup chopped pecans, toasted if desired

Heat oven to 400 F.

Drain beets well; set aside on paper towels to absorb remaining liquid. Discard liquid or save for another use.

Spray large sheet pan with nonstick cooking spray. Gently place puff pastry sheet on pan. With pastry brush, gently spread 1/2 tablespoon olive oil on pastry sheet. Place about half the orange segments in two rows on top of pastry sheet, leaving 1-inch margins on all sides.

Fold edges of pastry sheet to create border. Sprinkle 2 ounces crumbled Gorgonzola over oranges. Sprinkle with salt, if desired, and basil.

Bake until golden brown, about 15-20 minutes. Remove from oven; cool on wire rack.

Coarsely chop beets. In large bowl, toss together remaining orange segments, salad greens and chopped beets. Drizzle with remaining olive oil; toss gently to combine.

Cut cooked galette into 12 pieces. Top with beet salad. Sprinkle with remaining cheese and pecans.



Baked Onion, Goat Cheese and Sun-Dried Tomato Dip

Baked Onion, Goat Cheese and Sun-Dried Tomato Dip

Prep time: 20 minutes

Cook time: 20 minutes

Servings: 6

- 1 jar (16 ounces) Aunt Nellie's Holland-Style Onions
- nonstick cooking spray
- 2 tablespoons chopped oil-packed, sun-dried tomatoes, divided
- 1 large clove garlic, minced
- 4 tablespoons sliced fresh basil, divided
- coarse ground black pepper, to taste
- 1 tablespoon oil from sun-dried tomatoes or olive oil, divided
- 1 log (8 ounces) goat cheese
- 1/2 teaspoon Mediterranean herb seasoning (optional)

crackers (optional)
flatbread (optional)
pita chips (optional)

Heat oven to 350 F.

Drain onions well; pat dry. Spray shallow, oven-proof dish (3-4-cup size) with nonstick cooking spray. Place onions in dish. Press with spatula to flatten and crush.

Sprinkle with 1 tablespoon tomatoes, garlic, 2 tablespoons basil and black pepper, to taste. Drizzle with 1/2 tablespoon oil.

Cut goat cheese into 6-8 rounds. Arrange over onion mixture. Sprinkle with remaining tomatoes; drizzle with remaining oil. Sprinkle with herb seasoning, if desired.

Bake uncovered 20-30 minutes, or until cheese is soft and mixture is bubbly. Sprinkle with remaining basil. Serve warm with crackers, flatbread or pita chips, if desired.

Tex-Mex Layered Bean Salad

Prep time: 20 minutes

Servings: 8-10

- 1 large red or yellow bell pepper, seeded and chopped
- 1/3 cup chopped red onion
- 1 bag (16 ounces) iceberg lettuce, carrot and cabbage salad mix
- 1 cup shredded Mexican cheese blend
- 2 cans (15 ounces each) READ 3 or 4 Bean Salad, drained
- 1/2 cup low-fat mayonnaise
- 1/2 cup low-fat sour cream
- 2 tablespoons finely chopped chipotle peppers in adobo sauce
- 1/2 cup crumbled tortilla chips (optional)
- 1 small avocado, sliced (optional)

In 3 1/2-quart salad bowl or soufflé dish, layer bell pepper, onion, lettuce, cheese and bean salad.

Mix mayonnaise, sour cream and chipotle peppers. Spread over top of salad. Cover and refrigerate up to 8 hours.

Just before serving, sprinkle top with chips and sliced avocado, if desired. Toss to serve.



Tex-Mex Layered Bean Salad

Comfort foods

Made fast and healthy



by Healthy Exchanges

Chicken and Cheddar Quiche

A delightful early-supper dish. It's great either warm or cold.

- 1 Pillsbury refrigerated unbaked 9-inch pie crust
- 1 full cup (6 ounces) diced, cooked chicken breast
- 1 (8-ounce) can cut peas and carrots, rinsed and drained
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 3/4 cup (3 ounces) shredded Kraft reduced-fat Cheddar cheese
- 2 eggs or equivalent in egg substitute
- 1/4 cup Land O Lakes Fat Free Half & Half
- 1 (10 3/4-ounce) can Healthy Request Cream of Chicken Soup

1. Heat oven to 350 F. Place pie crust in a 9-inch pie plate and flute edges. Evenly sprinkle chicken, peas and carrots, mushrooms and Cheddar cheese into prepared pie crust.

2. In a large bowl, beat eggs with a wire whisk until foamy. Stir in half and half, and chicken soup. Pour egg mixture evenly over all.

3. Bake for 50 to 55 minutes or until center is set. Place pie plate on a wire rack and let set for 5 minutes. Cut into 8 wedges.

HINT: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

• Each serving equals: 236 calories, 12g fat, 13g protein, 19g carbs, 409mg sodium, 115mg calcium, 1g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Carb, 1 Fat; Carb Choices: 1.

Good Housekeeping

Grilled Lobster Tails

A simply prepared dish that's sure to impress, perfectly grilled lobster with a sweet, spicy, citrusy sauce makes a complexly flavored and delicious main dish.

- 2 nectarines
 - 1 scallion
- Juice of 3 limes

- 1 lime
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon finely minced, seeded habanero pepper
- 4 lobster tails

1. In a food processor, puree nectarines, scallion, 2 tablespoons lime juice, 1 tablespoon olive oil, 1/4 teaspoon salt and habanero pepper. Transfer to a medium bowl and set aside.

2. Heat grill to medium-high. In a small bowl, whisk remaining lime juice, olive oil and salt together.

3. Split lobster tails lengthwise, remove membrane if desired, and brush meat with the lime-oil glaze. Place lobsters on grill, meat side down, and roast for 4 minutes; turn over to shell side and grill until meat is opaque and cooked through, 4 to 5 minutes more.

4. Transfer to a platter, garnish with lime wedges, and serve with reserved nectarine sauce. Serves 4.

Good Housekeeping

Sausage-Style Pork Chops

- 1 tablespoon fennel seeds
- 1 garlic clove, crushed with press
- 1 tablespoon olive oil
- Salt and coarsely ground black pepper
- 4 bone-in pork rib or loin chops, 3/4-inch thick (about 6 ounces each)
- 2 red and/or yellow peppers, each cut into quarters
- 4 plum tomatoes, each cut lengthwise in half

1. Prepare outdoor grill for covered direct grilling over medium heat.

2. In mortar with pestle or in plastic bag, with rolling pin, crush fennel seeds. In cup, mix fennel with garlic, oil and 1/2 teaspoon each salt and black pepper; use to rub both sides of chops. Sprinkle cut sides of vegetables with 1/4 teaspoon each salt and black pepper.

3. Arrange chops and peppers on hot grill rack; cover and cook 5 minutes. Turn chops and peppers over; add tomatoes, cut sides down. Cover and cook 5 to 6 minutes or until chops are browned on the outside and still slightly pink in the center and vegetables are tender. Makes 4 servings.

• Each serving: About 315 calories, 19g total fat (6g saturated), 25g protein, 10g carbohydrate, 3g fiber, 70mg cholesterol, 490mg sodium.

Good Housekeeping

Charred Corn Salsa

The grilled corn in this salsa gives it an intensely savory, smoky depth of flavor.

- 2 ears fresh corn
- 1 medium red onion
- Kosher salt
- Pepper
- 2 jalapenos (seeded for less heat, if desired)
- 1 clove garlic
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1/2 cup chopped fresh cilantro

1. Heat grill to medium-high. Brush corn and onion with olive oil and season with 1/4 teaspoon each salt and pepper. Grill, turning occasionally, until tender and slightly charred, 8 to 10 minutes total. Transfer to a cutting board. Cut the corn off the cob and chop the onion.

2. In a large bowl, combine the jalapenos, garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper.

3. Add the corn, onion, lime juice and olive oil, and toss to combine. Fold in the cilantro. Makes 6 servings.

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 a 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 accompaniment servings.

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

Good Housekeeping

Buying Vegetables

Expert Tip: When it comes to picking out vegetables, a good rule of thumb is that they feel heavy for their size and are moist (but not wet or sticky). Because vegetables are largely composed of water, this applies to all vegetables — even those as little and light as mushrooms. As their moisture evaporates, vegetables become lighter and drier, losing flavor, weight and succulence. If you're surprised at how light something is when you pick it up, you may well be holding a vegetable with a hollow center or dryish flesh. — Deborah Madison, cookbook author

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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 4000 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 West 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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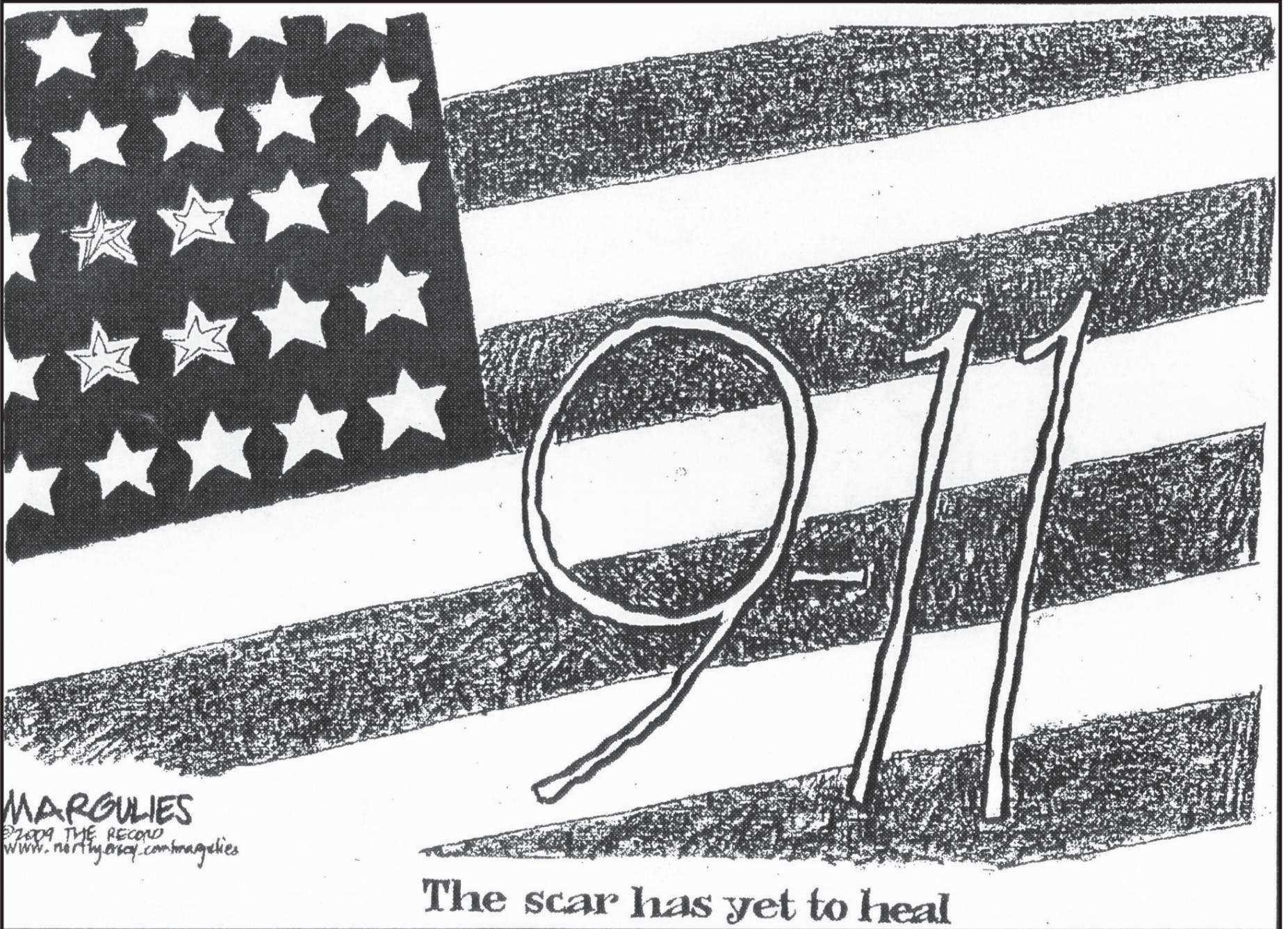
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More people were killed in the September 11th attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom.

We have a scar and that scar is a constant reminder of what happened on September 11th, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

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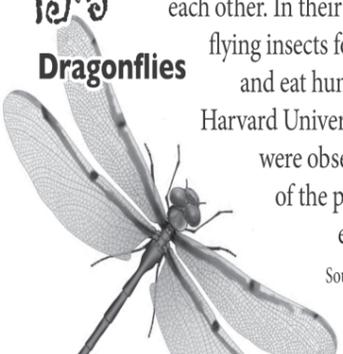
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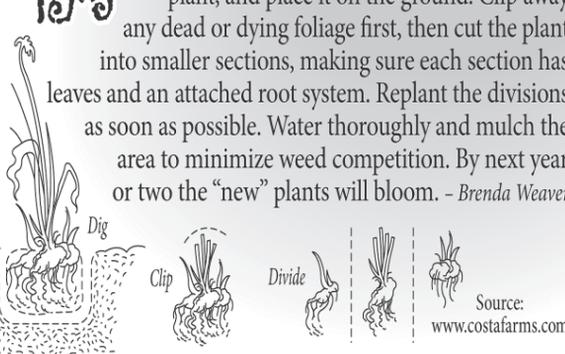
The Garden Bug
Dragonflies

In their larval stage dragonflies are aquatic. They eat tadpoles, mosquitoes, tiny fish, other insect larvae and even each other. In their adult form, they hunt flying insects for food, and can catch and eat hundreds in a day. In one Harvard University study, dragonflies were observed to catch 90-95% of the prey released into their enclosure. - Brenda Weaver
 Source: www.smithsonianmag.com



The Garden Bug
Dividing perennials

Dig around the plant, leaving some soil around the roots. Gently lift out the entire plant, and place it on the ground. Clip away any dead or dying foliage first, then cut the plant into smaller sections, making sure each section has leaves and an attached root system. Replant the divisions as soon as possible. Water thoroughly and mulch the area to minimize weed competition. By next year or two the "new" plants will bloom. - Brenda Weaver



Source: www.costafarms.com

The Garden Bug
People names used for plants

Creeping Jenny (*Lysimachia nummularia*)
 Sweet William (*Dianthus barbatus*)
 Jack-in-the-Pulpit (*Arisaema triphyllum*)
 Johnny Jump-Up (*Viola tricolor*)
 Queen Anne's Lace (*Daucus carota*)
 Black-eyed Susan (*Rudbeckia hirta*)
 Saint John's Wort (*Hypericum perforatum*)
 Golden Alexander (*Zizia aurea*)
 - Brenda Weaver
 Source: www.birdsandblooms.com



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Quotes worth your time

“You are what you do Not what you say You'll do.”

“Don't call it a dream Call it a goal.”

“You are Your only LIMIT.”

“The same boiling water that softens the potato hardens the egg. It's about what you are made of, not the circumstances.”

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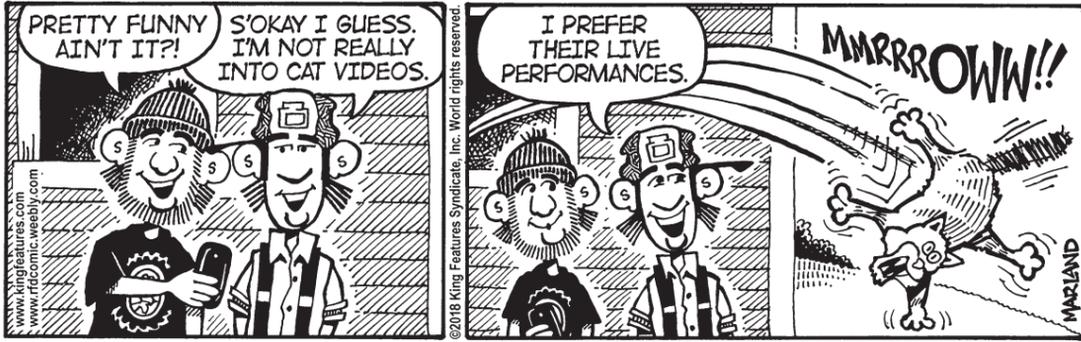




Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



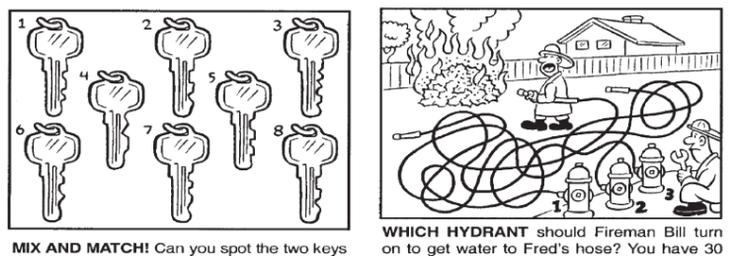
THEY'LL DO IT EVERY TIME

BY AL SCADUTO

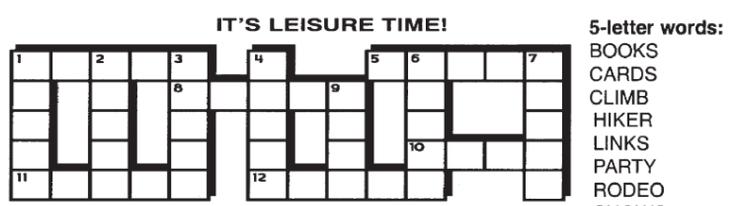


Junior Whirl

by Charles Barry Townsend



Answers: Hydrant No. 3.



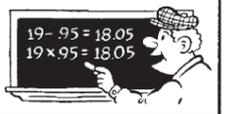
The 13 words below are associated with things you can do during summer vacation. Use the trial-and-error method to complete the puzzle grid above; erasers are permitted.

5-letter words:
BOOKS
CARDS
CLIMB
HIKER
LINKS
PARTY
RODEO
SHOWS
SKEET
SLEEP
TREKS

4-letter words:
KNIT
RIDE

Answers: (Across) 1. Cards, 5. Sleep, 8. Hiker, 10. Knit, 11. Books, 12. Treks. (Down) 1. Climb, 2. Rodeo, 3. Shows, 4. Skeet, 6. Links, 7. Party, 9. Ride.

CHALKY'S SUREFIRE BET! Bet your friends that they can't find two numbers that will give the same results whether multiplied or subtracted together. Chalky has one answer to this problem.

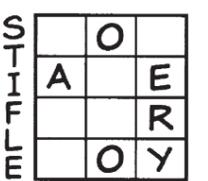


ODD WORD OUT!
To the right is a list of five words. Can you figure out which word doesn't belong on the list?

Answers: Raining. The other words all contain the name of a cereal grain. (1. Corn, 3. Oats, 4. Rye, 5. Wheat.)



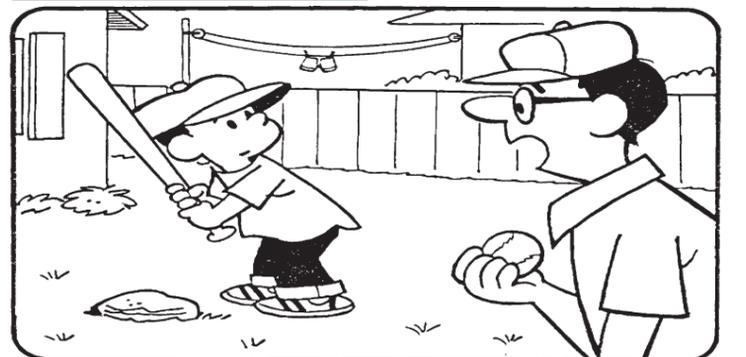
FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "STIFLE." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. The time limit is 60 seconds.



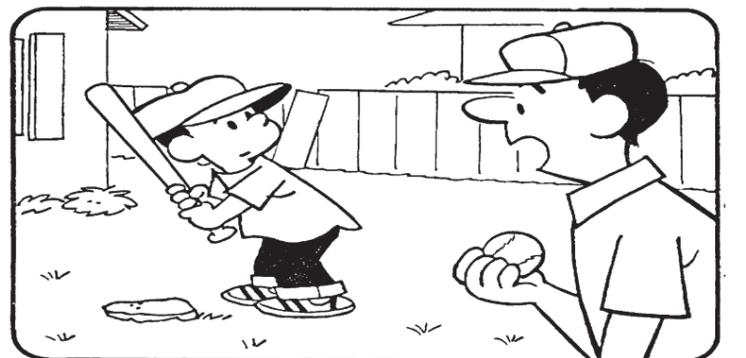
Answers: (Across) Foo, ale, sir, toy, Fast, olio, eery.

HOCUS-FOCUS

BY HENRY BOLTIFF



Find at least six differences in details between panels.



Differences: 1. Bat is shorter, 2. Home plate is different, 3. Fence board is moved, 4. Clothesline is missing, 5. Glasses are missing, 6. Collar is smaller.

Just Like Cats & Dogs

by Dave T. Phipps

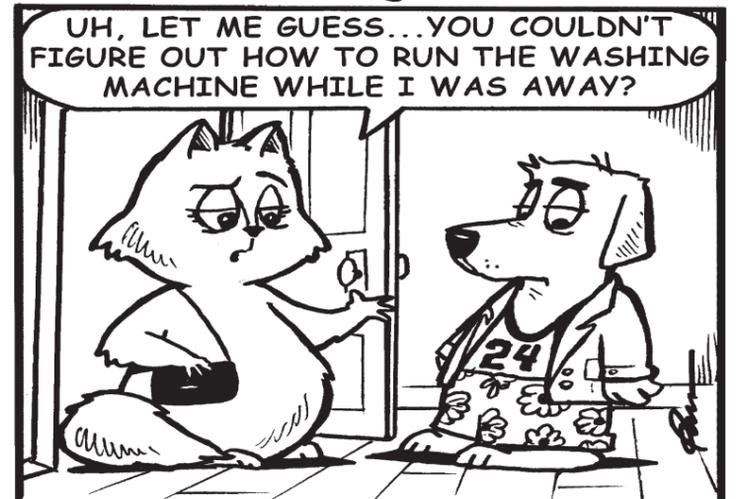




Photo courtesy of Getty Images

SCHOOL BUS SAFETY 101

FAMILY FEATURES

For millions of school-age children in the United States, each day begins – and ends – with a bus ride. While the school bus is the safest way to travel to and from school, according to the National Association of Pupil Transportation (NAPT), it's important for parents to teach their children how to stay safe in and around the school bus as obstructed views, distracted drivers and more can put kids at risk.

These tips from the experts at NAPT and the Propane Education & Research Council (PERC) provide parents with some additional measures to take and lessons to teach to increase safety going to and from the bus, and even during the ride.

Before the Bus Arrives

- Ensure backpacks are packed securely so papers and other items don't scatter as the bus approaches.
- Create a morning routine that puts kids at the bus stop five minutes before the scheduled pickup time. This helps avoid a last-minute rush, when safety lessons are easily forgotten, and ensures kids are safely in place for boarding.
- Encourage children to wear bright, contrasting colors so they can be seen easier by drivers.
- Walk young children to the bus stop or encourage kids to walk in groups. There is safety in numbers; groups are easier for drivers to see.
- If kids must cross a street, driveway or alley, remind them to stop and look both ways before crossing.
- Verify the bus stop location offers good visibility for the bus driver; if changes are needed, talk with nearby homeowners or school district officials to implement changes. Never let kids wait in a house or car, where the driver may miss seeing them approach the bus.

- Remind children that the bus stop is not a playground. Balls or other toys could roll into the street and horseplay can result in someone falling into the path of oncoming traffic.
- Instruct children to stay at least three steps away from the road and allow the bus to come to a complete stop before approaching it.

On the Bus Ride

- When boarding the bus, items can get bumped and dropped. Caution children that before picking anything up, they should talk to the driver and follow instructions to safely retrieve their possessions.
- Teach safe riding habits: stay seated with head, hands and feet inside at all times; keep bags and books out of the aisle and remain seated until the bus stops moving.
- Instruct children to never throw things on the bus or out the windows and to never play with or block emergency exits.
- Remind kids that just like when riding in a car, loud noises are off limits so they don't distract the driver. That includes cellphones and other electronic devices; instruct children to put them on mute or use headphones.

Leaving the Bus

- Remind children to look before stepping off the bus. If they must cross the street, teach them to do so in front of the bus by taking five big steps (approximately 10 feet) away from the front of the bus, looking up and waiting for the driver to signal that it is safe.
- For parents who meet their kids at the bus, remember that in their excitement kids may dart across the street. Eliminate the risk by waiting on the side of the street where kids exit the bus.



Photo courtesy of Getty Images

- Make the bus ride part of your daily "how was school?" discussion. Encourage kids to talk about the things they see and hear on the bus so you can discuss appropriate behaviors and, if necessary, report any concerns to school administrators. As bullying is prevalent and buses are no exception, ask your child to tell you about any bullying they observe, whether against another child or themselves, and talk about how to shut down bully behaviors.

For more information and additional school bus safety tips, visit BetterOurBuses.com.

AN ALTERNATE FORM OF TRANSPORTATION



Many school districts are moving away from diesel buses in favor of buses powered by an alternate fuel, like propane, which offers numerous benefits for school districts and their students.

In fact, school buses powered by propane transport approximately 928,000 students to and from school every day at more than 840 public and private school districts in 48 states, according to a vehicle registration report compiled by PERC using IHS Polk new vehicle registration data.

"There's a lot to like about propane school buses for community stakeholders and school officials, and school districts across the nation continue to take notice," said Michael Taylor, PERC director of autogas business development. "Compared to other fuels, propane school buses are quieter and offer reduced emissions. Plus, they cost less for the district to operate, so schools can put more money back into the classroom where it helps students most."

Safety

Among the numerous safety advantages propane school buses provide, engines powered by propane are noticeably quieter than diesel engines, which can help ensure a safe ride. Plus, just like all buses, propane buses are crash tested to ensure they meet U.S. Federal Motor Vehicle Safety Standards for side and rear impact. In addition, an automatic shut-off valve prevents the flow of fuel to the engine when it's not running, even if the ignition is turned on.

Cleanliness

The World Health Organization and the Environmental Protection Agency have identified diesel engine exhaust as a carcinogen, which can cause short- and long-term health effects. With the emergence of alternative fuels like propane, which provides a clean emissions profile compared with diesel and gasoline buses, there is decreased risk of exposing young passengers to harmful particulate matter that can

be found in the exhaust in older diesel buses, which can escalate breathing-related issues and aggravate asthma.

Cost-Effectiveness

Financially, propane buses provide school districts with the lowest total cost-of-ownership compared to other fuel types, according to PERC. Even as gas prices continue to fluctuate across the country, propane consistently costs less per gallon than diesel and gasoline, by as much as 50 percent, which saves districts significant money on fuel costs. They also require less maintenance over the lifetime of the vehicle, saving additional money on upkeep. Savings on transportation can help keep more money in the classroom helping students learn.

Start a discussion with your children's school district about exploring a switch from diesel buses to cleaner alternatives by first downloading resources including fact sheets, videos, a toolkit and more at BetterOurBuses.com.

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