



October, 2018

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

Volume 22, Number 9

**Interview**

**Labor pains**



photograph by George Rimel/Lakeview Newspaper

**20 Questions**

This month's interview is with **Jennifer Avila, Executive Director, Artis Senior Living-Lakeview, 3535 North Ashland Avenue.**

**Q.** Where were you born and raised?

**A.** I was born in Norfolk, Virginia and raised in Anderson, Indiana outside of Indianapolis.

**Q.** Are you married? Any children?

**A.** Yes, and I have one daughter.

**Q.** Where did you attend school?

**A.** Purdue University.

**Q.** What is your fondest childhood memory?

**A.** Camping on a remote area of Padre Island, right on the beach. It was great waking up to the sound of waves and it was like we owned the whole beach.

**Q.** What was the worst job you ever had?

**A.** Waitressing. I'm not very coordinated.

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

**A.** I'm taking a pottery class and it's very hard. I like reading, spending time with family and friends and enjoying Chicago doing cultural things.

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

**A.** My favorite TV show is "Check! Please" on WTTW. My favorite movie is "Alive Inside". It is a documentary on how music can reach people who have Alzheimer's disease. My favorite book is "Pride and Prejudice."

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

**A.** A former boss of mine who encouraged me to get in the line of work of senior living.

**Q.** Who would you like to meet in person and what one question would you ask?

**A.** Ruth Bader Ginsburg. I would ask her "How does she have the courage of her convictions?"

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

**A.** Learn how to speak

**Continued on page 2**

by **George Rimel**

If you've lived in Chicago for any length of time, you've heard it said that Chicago has two seasons – winter and under construction. Right now, we are in the season of 'under construction' and have been for quite a while. Getting around in your car has definitely been a challenge, whether it be the Kennedy or trying to get around the Lincoln/Belmont/Ashland intersection.

The Chicago Department of Transportation

(CDOT) has undertaken the implementation of new pavement markings and other traffic safety improvements for pedestrians, bicycle riders and drivers at the 6 corners of Lincoln, Belmont and Ashland.

The Lincoln Avenue Arterial Resurfacing project hopes to implement safety measures for pedestrians and bicycle riders. This work is in advance of the Lincoln, Ashland, Belmont Reconstruction project

which will reconstruct the large intersection. In the interim, dedicated bike lanes in the intersection and dashed bike lanes through the intersection will be implemented.

Reduction of select lane widths on Lincoln and Ashland (at the intersection only) and elimination of the left turn lane on Lincoln both north-bound and south-bound, to accommodate the bike lanes and bump outs at the intersection, and

elimination of left-turns onto both Belmont and Ashland and hairpin right-turns from Ashland onto Lincoln.

This intersection has been in the planning stage since the mid 1990's, even before the SSA 27 was approved.

There are currently a variety of plans for this intersection. The Chicago Department of Transportation will still gather more community input for the final

**Continued on page 2**

**What's on your Mind?**



"I am planning a surprise visit for my wife from her sister, and I am flying her out here from Arizona."

**Eric Hoffhines**



"Promoting art and culture in Chicago. Sometimes it gets left on the back burner."

**Ricki Harris**



"How I am going to arrange my life so that my TV pilot show on the internet can be my priority."

**Susan Gordan**

# Editorial & Opinions

Interview continued from front page.

Spanish fluently.  
**Q.** If you could travel to any country in the world, what country would it be and why?  
**A.** Peru to see Machu Picchu and because of the ancient civilization and culture. I find it fascinating.

**Q.** What have been your three greatest achievements?  
**A.** My family; Beating cancer (Hodgkins disease) and in my career, actually being able to help people.

**Q.** What have been your three greatest disappointments?  
**A.** I didn't go to grad school after college. I'd love to be able to sing and ice skate.

**Q.** What did you do for a living before becoming the Executive Director for Artis?  
**A.** I was Executive Director at Brookdale Lakeview (a senior facility) in Chicago.

**Q.** What would you say are the biggest challenges in creating an environment for seniors struggling with Alzheimer's?  
**A.** The goal is to ensure that we give them a sense of person, individuality and choice.

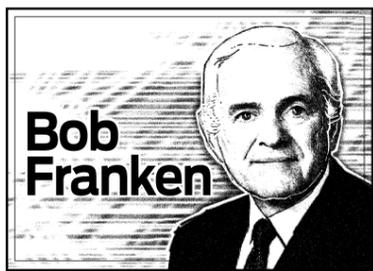
**Q.** With all the problems in the world today, what concerns you the most?  
**A.** Aging in America. We as a country are facing for the first time in history, that we will soon have more people over the age of 65 than children. Health care is not in place to support the aging of America.

**Q.** What is your most prized possession?  
**A.** I have a family genealogy photo album that I love.

**Q.** What is your "pet peeve"?  
**A.** People who still text and drive.

**Q.** What improvements or suggestions would you make for the Lakeview neighborhood?  
**A.** When we have projects like water mains, street paving, redoing curbs etc., it ties up traffic and it needs to be done faster.

**Q.** Do you have a motto for living your life?  
**A.** The Golden Rule. Treat others as you want to be treated.



## The Ballot Ballgame

It happens several times a game: I'll announce to the world, "The entire season rests on this pitch (shot/play/whatever)." My friends long ago learned simply to ignore my sarcasm, which makes it difficult when I'm being serious. Such as when I announce, "The fate of the nation might rest on the upcoming election."

For real. Even though Donald Trump is not on the ballot, the midterms will determine if Congress can take a role in restraining his worst impulses. It should be obvious to those horrified by his presidency that they must install an effective opposition, which is to say a Democratic majority not only in the House of Representatives, but also in the Senate. That can happen only if all those millions of people who claim to be part of a "resistance" show up at the polling places in massive numbers, turnout that will overwhelm those in Trump's so-called base who will show up inspired by his message of hate and ignorance, and his constant stream of outright lies.

That is a big "if." It's always a challenge to Democratic Party leadership to get those on the left to find common ground with those in the middle, particularly when that leadership is non-existent. Turnout for midterm elections is low anyway, but it will be high for those who are passionately pro-gun and anti-immigrant, meaning the pro-Trump millions. A large portion of the anti-Trump crowd is really just insipid about most everything, except maybe their anti-Donald feelings.

In addition, those who are center and left are afflicted by a sense of fair play. That has never concerned those on the right. The fact of the matter is, in politics, as legendary pro football coach Vince Lombardi said, "Winning isn't everything, it's the only thing." You can't deliver a knockout in a slugfest if you're wringing your hands at whatever the other side is doing. And the Trumpsters are always doing something abusive.

With all that, Democrats are in for a brawl. Every time they hear someone predict that victory for control of the House is assured, their leaders, whom-ever they are, should cringe. Such cockiness breeds lethargy, which becomes a feeling that it's not all that important to stand in line at the polling places.

Besides, taking back the House is not enough. The Democrats really need the Senate, too, and that's an uphill battle. Under Mitch McConnell and the Republicans, the United States Senate has merely enabled Donald Trump and pursued conservative goals that favor the wealthy at the expense of everyone else. Besides, it's only the Senate that can block the federal court system from being taken over by regressive hard-liners. They are ruthless when it comes to packing the judiciary.

If, perchance, the various charges of sexual assault against Brett Kavanaugh are enough to send his nomination down in flames, the Republicans in Trump's White House will simply name another reactionary. Only a Democratic Senate can advise and deny consent.

Trump is fully aware that a Democratic Congress, with its broad subpoena power, can make his life a living hell. Unless those who oppose Trump all get out and vote, they'll be forfeiting to this vital election to his team and forfeiting the country.

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

Labor pains lead story from front page.

reconstruction project. If you have an opinion on this corner, call them at 312-744-5900.

**COLUMBUS DAY**  
**OCTOBER 8<sup>TH</sup>**

**HAVE A SAFE AND HAPPY HALLOWEEN**



## Kavanaugh Assault Validates Trump

The attempted political assassination of Brett Kavanaugh is bad for the country, but good for a Trumpian attitude toward American politics.

The last-minute ambush validates key assumptions of Donald Trump's supporters that fueled his rise and buttress him in office, no matter how rocky the ride has been or will become. At least three premises have been underlined by tawdry events of the past weeks.

First, that good character is no defense. If you are John McCain, who genuinely tried to do the right thing and carefully cultivated a relationship with the media over decades, they will still call you a racist when you run against Barack Obama.

If you are Mitt Romney, an exceptionally earnest and decent man, they will make you into a heartless and despicable vulture capitalist, also for the offense of campaigning against Obama.

If you are Brett Kavanaugh, a respected member of the legal establishment who doesn't have a flyspeck on his record across decades of public service in Washington, they will come up with dubious accusations of wrongdoing from decades ago when you were a teenager.

Second, that the media is an unremitting political and cultural adversary. In the Kavanaugh controversy, the press has been wholly on the other side, presuming his guilt and valorizing his accusers and their supporters, including Hawaii Sen. Mazie Hirono,

whose most famous contribution to the debate was telling men to "shut up."

Third, that politics isn't just rough-and-tumble; it's red in tooth and claw. Process and norms are nice, but they go out the window as soon as something important is at stake, like a potential fifth vote on the Supreme Court to overturn Roe v. Wade.

Senate Democrats may delicately talk about the importance of norms and civility on Sunday shows, but watch how they act. They sat on an accusation throughout an extensive process of vetting and questioning a nominee, then declared it dispositive evidence against his confirmation when it leaked at the 11th hour. They delayed a hearing with Christine Blasey Ford long enough to allow time for the second accuser to be persuaded to come forward.

All of this plays into Trump's support. Surely, a reason that the president appealed to many Republicans in the first place, despite his extravagant personal failings, was that they had decided that virtuous men would get smeared and chewed up by the opposition's meat grinder, so why be a stickler for standards?

If Trump's attacks against the media are over-the-top and sometimes disgraceful, at least he understands the score.

He may not be a constitutionalist, but he will be faithful to his own side, and fiercely battle it out with his political opponents.

The logic of this dynamic is risky. It can be self-defeating, and lead down the road of supporting, say, a Roy Moore, a kooky candidate doomed even in red Alabama. It can be corrupting, if character and standards are no longer considered important. But the dark view of our politics that has driven the Trump phenomenon for three years now is impossible to gainsay. Who can watch the frenzied assault on Brett Kavanaugh and say that it's wrong?

*Rich Lowry is editor of the National Review.*

**Americanisms**

**"Marriage is like college; as great as it is, it ain't for everybody."**  
**—Ray Charles**

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# SENIOR NEWS LINE

by Matilda Charles

## Helping Seniors Stay at Home

Across the U.S. there are 296 communities in the AARP Network Age-Friendly Communities. They represent 75 million people who live in areas that work to provide all that is necessary to create livable communities for everyone, especially seniors.

AARP gives grants to these communities for specific efforts, such as to improve the walkability of downtown areas, build raised planters in community gardens, create age-friendly trails, bike paths, and install key-code boxes outside the homes of elderly so they can gain quick access.

To find out if you're in an area that has senior services like these, go online to [aarp.org](http://aarp.org) and search for Age-Friendly Network. Scroll down to see if your community has joined the AARP network. If it isn't listed, you can let us know how to get started in your area.

Other organizations also help seniors. Aging in Place, for example, has information on how many options can allow seniors to stay in their homes. Whether it's in-home stair lifts or transportation to appointments, Aging in Place has information on its website at [aginginplace.org](http://aginginplace.org).

Depending on the level of support from individual states, some local Aging at Home groups adapt their help according to what is needed by the community. Some show support providing services such as yard work, food delivery, snow shoveling, handyman chores. Social opportunities are big, with exercise classes, game nights, nutrition programs and lectures. Transportation, especially rural areas, helps to get seniors to their appointments with doctors and friends.

To find senior services in your area go online to search for "at home services" and your state. The organizations have names like Home Instead At Home, Aging in Place and other.

# VETERANS POST

by Freddy Groves

## Getting Your Medals

Maybe all you wanted at the time was to get out, to leave the service and not look back. But now, with the passage of years, perhaps you want the medals you earned and never received.

If that's you, there are steps you can take to get what you earned. The more time that's passed, the more difficult it might be, but it can still be done, especially if you have your original paperwork.

Go online to [vetrecs.archives.gov](http://vetrecs.archives.gov) and click on Replacement Medals. You'll be taken to eVetRec or you can click Mail or Fax to get the Standard Form 180 (SF-180). Both veterans and next of kin can use this form.

If you're going to apply by mail, you'll need to be service specific in your request. Not only are there different mailing addresses, but depending on the service and whether you're a veteran or next of kin, the request for replacement medals will either be free or not. To learn the details about who can request replacement medals, go online to [archives.gov](http://archives.gov) and search for Military Awards and Decorations.

Your best bet, however, is to use the eVetRec link. Have all your information in hand when you start answering the questions. You'll need your DD-214, and some of the information on it, including your service number, Social Security number, place of birth and date you left the service. If you don't have your separation papers, apply for them at the eVetRec link.

It gets complicated if you were in more than one service or if you were both enlisted and officer. The drop-down menus only allow one choice.

If you need help, call the National Records Center in St. Louis at 314-801-0800. They don't issue the medals but can help you with the paperwork.

# Strange BUT TRUE

By Samantha Weaver

• It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."

• Statistics show that for every 71,000 skydiving jumps made, there is only one fatality. That might not seem surprising until you put it in context: You have a one in 20,000 chance of dying from a regular fall right here on solid ground.

• A.A. Milne, the British author best known for his children's books about Winnie the Pooh, had a teacher and mentor you might not expect: H.G. Wells, one of the acknowledged fathers of science fiction and author of such novels as "The War of the Worlds," "The Invisible Man" and "The Island of Dr. Moreau."

• Here's a smart idea: Some fitness centers are now using the energy clients expend on their exercise bikes to help power the building's lighting.

• Arctic biologists say that polar bears can go weeks without eating — which is certainly handy in an environment where food isn't always easy to get. Evidently, if a polar bear goes a week to 10 days without eating, its metabolism will slow down and the animal will live off its fat reserves until it finds its next meal.

• According to not one, but two studies conducted on the subject, those who have a ring finger that is longer than their index finger tend to be better athletes.

• If you drive a white automobile, you have a lot of company. There are more white cars in the United States than any other color.

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**Thought for the Day:** "The significant problems we face cannot be solved at the same level of thinking we were at when we created them." — Albert Einstein

# Moments in time

THE HISTORY CHANNEL

• On Oct. 13, 1792, the cornerstone is laid for a presidential residence in the newly designated capital city of Washington. It was called the "White House" because its white-gray Virginia freestone contrasted strikingly with the red brick of nearby buildings.

• On Oct. 10, 1845, The United States Naval Academy opens in Annapolis, Maryland, with 50 midshipmen students and seven professors.

• On Oct. 8, 1871, flames spark in the Chicago barn of Patrick and Catherine O'Leary, igniting a two-day blaze that kills up to 300 people and destroys 17,450 buildings. Legend has it that a cow kicked over a lantern and started the fire, but in 1997, the Chicago City Council exonerated Mrs. O'Leary and her cow.

• On Oct. 14, 1913, over 400 workers die in a massive coal-mine explosion near Cardiff, Wales. Nearly 500 miners were brought up safely, but with no further signs of life, mine officials decided to seal the mine, entombing the bodies.

• On Oct. 9, 1940, during the Battle of Britain, the German Luftwaffe conducts a heavy nighttime air raid on London. The dome of St. Paul's Cathedral was pierced by a Nazi bomb, leaving the high altar in ruin. Otherwise, the cathedral survived the Blitz largely intact.

• On Oct. 11, 1975, the single "Born to Run" became Bruce Springsteen's first-ever Top 40 hit. In 1974, a Rolling Stone editor had bestowed this now-famous praise upon the Boss: "I saw rock and roll's future and its name is Bruce Springsteen."

• On Oct. 12, 1997, songwriter and performer John Denver dies when his experimental amateur aircraft crashes into Monterey Bay on the California coast. Known for hits like "Rocky Mountain High" and "Take Me Home, Country Roads," Denver sold more than 32 million albums in the U.S. alone.

# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Sample Plates

Ever wonder how the rich American families in the 18th century bought their dishes, glassware and other necessities from foreign countries? Many of the best sets of dishes came by ship from China. If you lived in a major city like Boston, a shopkeeper would show you samples. The shopkeeper also might draw a picture of your family crest or initials, or designs of flowers, leaves and geometric border patterns. Some shops had actual sample plates made with multiple borders. The sample plates were sent from the Chinese factory to be used for special-order dishes. It could take up to two years to send the order, have the dishes made and ship them to the customer in Boston.

A joke among antiques collectors is the story about one set of special-order dishes. A black-and-white design drawing and color directions for a set of dishes were sent on a ship to China. The set came back and it was an exact copy of the directions. The blue-and-white design showed the borders and initials, and each had the blue words added that read "paint this red," "paint this green," etc. Of course, the Chinese workman couldn't read English, and he thought the letters were part of the design. We are told a plate from this set does exist in a museum.

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**Q. Is my G.I. Joe doll worth anything?**

**A.** In 1963, Hasbro marketed a new doll for boys. They realized a boy wouldn't ask for a doll, so they sold the G.I. Joe doll as an "action figure." The toy was a huge success, and it was followed by comic books, video games and more. G.I. Joe was discontinued in 1978, but it was soon put back into production. Today the high-priced G.I. Joes are early or rare. A figure with painted hair or Vietnam camouflage clothing is best. Also collected are 1960s and 1970s figures in very good condition or, better yet, in the package. The G.I. Jane Nurse in her box, made only in 1967, sells for



Sample design plates are very rare. They were made for store displays. A c. 1795 Chinese export plate showing four sample borders, one with a monogram, sold for \$8,125 last year at a Christie's auction in New York.

\$3,000 to \$5,000. Some talking action figures sell for more than \$1,000. There are others that are special enough to sell over \$1,000, but most figures that have been played with are in poor condition and have very low, if any, value.

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### CURRENT PRICES

Egg carton, cardboard, cobalt-blue lettering and images of chickens, 12 cardboard inner egg dividers, Bloomer Bros., 1930s, 5 1/2 x 7 inches, \$25.

Rug beater, primitive, metal looped heart beater, turned wood handle with metal hanging loop, 1920s, 35 x 9 inches, \$160.

Piano Scarf, black silk with embroidered pink flowers, green leaves and long fringe, Spain, 1930s, 49 x 49 inches, \$515.

Plant stand, carved cherrywood with mother-of-pearl inlay, three tiers and stepped cornice, arched feet, Morocco, c. 1890, 40 x 16 inches, \$1,100.

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TIP: Don't wear rubber gloves when polishing silver. Vinyl gloves are OK.

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



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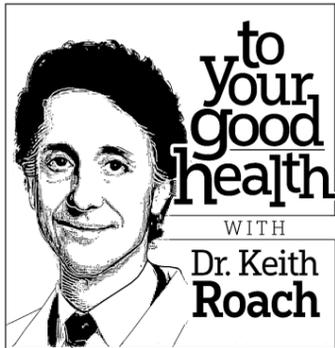
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# Health



## Try Baking Soda for Underarm Odor

**DEAR DR. ROACH:** I am a 77-year-old female. I had a left-breast lumpectomy (with some lymph nodes removed) about 15 years ago, leaving me with a much heavier right breast. I don't know whether this plays an important role with my problem.

Since the surgery, I have had a problem controlling underarm odor. I do not use any aluminum-based products. I have tried vinegar, milk of magnesia and a deodorant made from milk of magnesia. Within a matter of just a few hours, I notice quite an odor, particularly in my right armpit, which gets worse as the day goes on. I do not perspire profusely, but do develop some underarm moisture.

Can you think of any reason this is happening, or any remedy that might work for me? I would appreciate your comments. — *D.M.M.*

**ANSWER:** I would start by trying a non-antiperspirant deodorant. These are not aluminum-based and work well for most people.

If the deodorant doesn't work, you should consider another old-fashioned remedy that you haven't tried: baking soda. It changes the pH of the armpit and helps to keep it dry, and both of those things help get rid of odor.

Underarm odor is caused by bacteria that live on our skin; the sweat itself is odorless. Thus, if you get rid of the bacteria, you can get rid of the odor. I have prescribed topical antibiotics on occasion. Some people have told me

that an alcohol-based hand-sanitizing gel helps. It might be that it dries out the skin and also kills bacteria. I would be cautious about overusing this as a solution. The underarm is a sensitive area that can get irritated.

I'd be happy to hear from readers about other solutions for this common problem, and I will report back on the most successful methods.

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**DEAR DR. ROACH:** I have severe halitosis. I have had my sinuses, teeth and gums checked to see if they are the cause of the odor, but the dentist and ENT found nothing. I was referred by my primary doctor to a G.I. specialist, who found I had a sliding hiatal hernia, which was causing acid reflux. He recommended surgery to push the stomach back into its normal position below the diaphragm. I decided to pass on the surgery. He recommended taking over-the-counter medications such as Nexium, but after several days my lower back started to hurt, so I stopped taking them. I am reconsidering the surgery and was wondering if this is a good idea. Is it possible that the hernia has nothing to do with the halitosis? — *E.H.*

**ANSWER:** Experts believe that 90 percent of the time, halitosis comes from the mouth. What your gastroenterologist is suggesting as the cause of the halitosis is plausible. I found several anecdotal cases where surgery cured the halitosis. However, it's not only possible that the hiatal hernia has nothing to do with the halitosis, I think it is unlikely that it does. Since surgery would not otherwise be recommended for a sliding hiatal hernia, I can't recommend surgery.

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## Shingles Vaccine Can Prevent Complications

**DEAR DR. ROACH:** My boyfriend, who is in his 60s, got the recommended shingles shot a couple of years ago. Three weeks ago, he got a very bad case of shingles. It went from the front of his stomach, along the left side, to the middle of his spine. He has huge blisters, a

red rash, pain and no appetite, and he constantly sleeps. The doctor put him on a regimen of valacyclovir. He was told to keep the area moist to avoid cracking and pulling of the blisters and rash.

I thought that if you got the shingles shot, you wouldn't get the shingles, or at least you'd get only a mild case. His has not been a mild case. The doctor told him that the shot just gives a false sense of security. If so, why get the shot? — *D.H.*

**ANSWER:** I disagree with his doctor; it isn't a false sense of security so much as it's an incomplete sense of security. No medical treatment is 100 percent effective, and that includes vaccines. Even the best vaccines don't work on some people, or can't be used, which is why having a large proportion of the population vaccinated is so critical for a really infectious disease, like measles.

In the case of shingles, the vaccine prevents about 50 percent of shingles episodes from ever occurring, and it might keep others from being worse. (As an aside, it's possible that your boyfriend's case would have been even worse without the vaccine, but there's no way of ever knowing for sure.)

What might be the most important reason of all to get the vaccine is to prevent the dreaded complication of shingles — post-herpetic neuralgia. The rate of post-herpetic neuralgia in vaccinated people who still get shingles is 67 percent lower than in non-vaccinated people.

It's not a perfect vaccine, but it's a lot better than no vaccine. Its downside is seldom more than a redness at the injection site or a sore arm, and it has never been shown to transmit the virus. Post-herpetic neuralgia, on the other hand, can be exquisitely, disabblingly painful and can last for months.

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**DEAR DR. ROACH:** I have a twitching of my left eye. My face draws up when it happens. I went to a doctor and he gave me 15 Botox shots around my eye and said I will need them every three months. They help some. Can you tell me what it could be? — *F.G.*

**ANSWER:** This is a special type of dystonia, a movement disorder, called blepharospasm (blef-a-row-spasm). It's an involuntary contracture of the orbicularis oculi muscle, which goes around the eye. Other muscles may be involved, giving your face the "drawn up" appearance.

The botulinum toxin the doctor injects you with partially paralyzes the muscle, preventing the spasms, but the toxin wears off. The condition is common, but in most cases is mild enough or intermittent enough that such powerful treatments aren't needed. In a few cases, surgery is required.

You can get more information about blepharospasm and other dystonias at [www.dystonia-foundation.org](http://www.dystonia-foundation.org).

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## Common Pain Reliever Can Have Side Effects

**DEAR DR. ROACH:** I am a 44-year-old man with chronic headaches and migraines. Should I worry about the long-term effects of taking an NSAID (such as diclofenac) at least once a week? — *G.W.*

**ANSWER:** Nonsteroidal anti-inflammatory drugs such as aspirin, ibuprofen and naproxen are among the most commonly taken classes of drugs in the world, with 17 million Americans alone taking them daily. Although these drugs are generally safe, any medication has the potential for side effects. Typically, the higher the dose and the more frequently it is taken, the increased risk of side effects. So, a once-a-week dose would be expected to have a low side effect risk.

Adverse effects from this class are among the most frequently seen in clinical medicine. Although they can affect multiple systems, let me briefly go over the side effects of NSAIDs on the GI tract, kidneys and heart.

NSAIDs might affect the stomach, and although we think of ulcers, stomach pain without ulcers is more common. Ulcers happen most often in people who take higher doses for long periods of time. A history of ulcers, older age and use of other medications (steroids, warfarin, antiplatelet drugs like clopidogrel, or Plavix) increase

the risk of ulcers and bleeding. NSAIDs also might affect the small bowel and colon, causing bleeding and diarrhea, among other symptoms. Again, these are most common in high doses for extended periods.

NSAIDs can affect the kidneys, causing both acute and chronic kidney failure, but only in a few percent of people. Periodic blood and urine examination is appropriate for people who are on long-term NSAIDs.

The risk of heart disease among people who use NSAIDs regularly is increased, but in people without known heart disease, the risk is small — about one bad event, such as heart attack, stroke or episode of heart failure, per thousand people taking the medication for a year.

I would advise you that the risk of any of these side effects is unlikely in someone taking the drug only once a week, but people who take these drugs every day should know about the potential harms.

\*\*\*

**DEAR DR. ROACH:** When I was 64, a cyst was found in my bladder. When the cyst was removed, it was found to be cancerous. My urologist wants me to continue to have an annual cystoscopy, which I do.

I'm now 76 and in good health. Do you feel the annual cystoscopy is still necessary? — *C.K.*

**ANSWER:** Now that more people have had successful treatment of cancer, we are starting to learn about the risks they face in subsequent years. The risk of another cancer is generally higher, but it's the exact form of cancer that determines how much risk there is, and consequently, how aggressive follow-up must be.

In the case of bladder cancer, I have read some studies that the risk is quite small after five years. However, the American Urologic Association has clear guidelines: Because of the increased risk for recurrence, it recommends annual cystoscopy indefinitely. Cystoscopy is a pretty safe procedure, so I think your urologist's recommendation is reasonable.

# Financial Statement

## Leaving Debt after Death

Know What you Owe and What you Don't

Almost everyone dies owing some debt, but there can be some surprises for survivors such as unknown credit card balances, home equity loans, etc. What happens when he or she didn't leave enough to get everyone repaid? Can the creditors come after you?

With loans secured by property, such as mortgages, an heir has to keep up the monthly payments or else sell the property to cover the debt. Unsecured loans, such as credit card debt and student loans are another matter. Your liability depends very much on the nature of the bill, the type of property and your state's laws.

### Some money is protected

At death, unsecured cred-

itors cannot collect from life insurance payments, pay-on-death bank or brokerage accounts, jointly held property that passes directly to the surviving owner, or retirement plans such as 401(k)s and have named beneficiaries. They're safe if they were handled correctly, meaning, that the deceased filled out a beneficiary form for each account, naming the people who were to inherit. If this step was skipped, the funds

will be paid into the estate, where they can be used to satisfy the creditors.

### Your signature matters

Signing a joint application for a credit card means you owe the balance, even if you didn't know how high it had grown. If you were merely an "authorized user" most states don't require you to pay. Spouses are generally not liable for any separate debts their mate incurred before the wedding or in

most cases after.

Rules in community property states are different. Your community property can generally be tapped to pay a spouse's debts. In any state, you'll still owe any private debt you cosigned with the deceased, such as a student loan.

### Final medical expenses

A spouse is usually responsible for final medical bills. If your mate entered a hospital, the admission papers you signed probably included a payment agreement. If no money is available, and the survivor has very little or no income, health providers might write off the account.

### Don't pay for something you don't owe

Creditors may claim that you owe them money. Know your rights and don't get talked into making payments on bills you don't owe.

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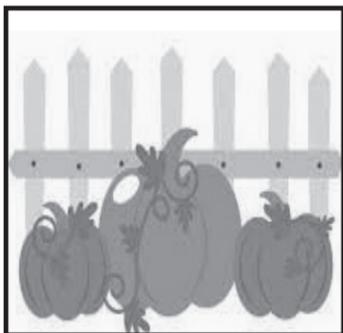




1. Name the first group to release "Bring a Little Lovin'."
2. What was the name of Mitch Ryder's band in the 1960s?
3. Which duo released "Mr. Turnkey"?
4. Emerson, Lake & Palmer later had a different name. What was it?
5. Name the country music song that contains this lyric: "We gotta all stick together or else I'll lose my mind, I've got a feeling she'll be gone a long long time."

**Answers**

1. Los Bravos, in 1968. The song was written for them by songwriters in the band The Easybeats. Ricky Martin came along with his Spanish version in 1992.
2. The Detroit Wheels. Ryder, born William S. Levis, Jr., started with Billy Lee & The Rivas. Producer Bob Crewe renamed them Mitch Ryder & The Detroit Wheels.
3. Zager and Evans, in 1969, shortly after they released their one and only hit, "In the Year 2525 (Exordium & Terminus)."
4. After the band broke up in 1979, they regrouped in 1980 with a replacement for Palmer and became Emerson, Lake & Powell.
5. "Hello Walls," by Faron Young in 1961. The song was a huge hit and helped launch songwriter Willie Nelson's career.



# Strange BUT TRUE

By Samantha Weaver

• It was 19th-century English naturalist and biologist Charles Darwin who made the following sage observation: "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

• In Nazi Germany it was illegal to name a horse Adolph.

• If you grew up with the Girl Scouts decades ago (as I did), you might be surprised to learn about a new badge they're offering: cybersecurity. Yep, that's right. The national organization worked with a security company to come up with a curriculum, and now Girl Scouts everywhere can earn a badge for learning about cyberattacks, online safety and computer networks.

• In 1950, 70 percent of all the cars, buses and trucks in the world could be found in the United States.

• Statisticians claim that the more money a man makes, the more likely he is to cheat on his spouse.

• On at least one early map of the New World you'll see the name "Codfish Country" on the area now known as the United States.

• Between 1960 and 2006, the average American's production of solid waste — including everything from paper packaging to lawn clippings — increased by 150 percent to 4.5 pounds every day.

• Those who study such things say that the tradition of a bride and groom exchanging wedding rings originated in the Middle East.

• Farmers in Turkey marched on both the American and Soviet embassies in 1967, demanding reparations for crops that they lost to floods. Why were the Americans and Soviets to blame for floods in Turkey? The farmers claimed that the flights of spacecraft created "holes in the sky."

\*\*\*

**Thought for the Day:** "The first symptom of love in a young man is timidity; in a girl, boldness." — Victor Hugo



1. **The House With a Clock in Its Walls** .....(PG)  
Jack Black, Cate Blanchett
2. **A Simple Favor** .....(R)  
Anna Kendrick, Blake Lively
3. **The Nun** .....(R)  
Demian Bichir, Taissa Farmiga
4. **The Predator** .....(R)  
Boyd Holbrook, Trevante Rhodes
5. **Crazy Rich Asians** .....(PG-13)  
Constance Wu, Henry Golding
6. **White Boy Rick** .....(R)  
Matthew McConaughey, Richie Merritt
7. **Peppermint** .....(R)  
Jennifer Garner, John Gallagher Jr.
8. **Fahrenheit 11/9** .....(R)  
Michael Moore
9. **The Meg** .....(PG-13)  
Jason Statham, Bingbing Li
10. **Searching** .....(PG-13)  
John Cho, Sara Sohn



## Foreigners' Favorite American Stores

1. Amazon (U.S.)
2. Ralph Lauren
3. Gap
4. Carter's
5. Nordstrom
6. OshKosh B'Gosh
7. 6PM
8. Forever 21
9. The Disney Store
10. Zulily

Source: MyUS.com



**The First Purge (R)** — As has been established in the first three films in this series, the Purge is a horrific (or hedonistic) annual set-aside of 12 hours during which all actions are decriminalized. This fourth installment, an origin story, might be the most gruesome or uncomfortable of the lot. The New Founding Fathers of America have overtaken the country post-revolution, and Dr. May Updale (Marisa Tomei) announces her experiment: allow the population to exorcise their demons this one night, so that the crime rate will stay low the rest of the year. Stay in your homes, and you get paid. Participate, and you get creepy contact lenses to broadcast your actions. Drug dealer Dmitri (Y'lan Noel), who stays behind to protect his stash, and his ex-girlfriend, Nya (Lex Scott Davis), an anti-Purge protestor, must battle for their very lives when goons are sent in to stir the pot.

**Leave No Trace (PG)** — Director Debra Granik delivers a stunningly touching study of what it means to be a functioning member of society. Will (Ben Foster) and 13-year-old daughter Tom (Thomasin McKenzie) live in a society of two, in a woodlands park in Portland, Oregon, venturing into town only for supplies. Will is a veteran who suffers from PTSD. When they are discovered and shunted into the social-services system, they each begin to explore their individual needs, both from the world around them and each other.

**Sicario: Day of the Soldado (R)** — Mexican drug cartels are trafficking in

terrorists, helping them gain entry to the United States, or so suspect American spies. They formulate a plan to refocus the cartels by encouraging a war between them. Agent Matt Graver (Josh Brolin) enlists the assistance of Alejandro Gillick (Benicio del Toro), an assassin who swoops in to take out one high-level target and blame it on the other side. But when a plan to kidnap the daughter (Isabela Moner) of a kingpin goes south, it puts Graver and Gillick on opposing sides. This sequel to "Sicario" deals in many of the same locales but is more bullets-and-gunsmoke action than psychological drama.



NEON

Scene from "Three Identical Strangers"

**Three Identical Strangers (PG-13)** — The true story of three boys, identical triplets separated at birth, who unbelievably reconnected at age 19 would be incredible enough. Fascinatingly, there's much more to the story. Director Tim Wardle takes us on a journey with these men — David Kellman, Eddy Galland and Bobby Shafran — who were unknowingly the subjects of a lifelong study in personality development and the debate over nature versus nurture, each being adopted at birth into similar family structures at deliberately different socio-economic strata. It's an informative, intriguing and very well-done documentary.

**NEW TV RELEASES**

- Good Witch Season 4
- Barry Season 1
- Vikings Season 5
- The Originals Season 5



**Top 10 Video On Demand**

1. **Ocean's 8** .....(PG-13)  
Sandra Bullock
2. **Gotti** .....(R)  
John Travolta
3. **Adrift** .....(PG-13)  
Shailene Woodley
4. **Book Club** .....(PG-13)  
Diane Keaton
5. **Deadpool 2** .....(R)  
Ryan Reynolds
6. **TAG** .....(R)  
Jeremy Renner
7. **SuperFly** .....(R)  
Trevor Jackson
8. **Avengers: Infinity War** .....(PG-13)  
Robert Downey Jr.
9. **Hereditary** .....(R)  
Toni Collette
10. **Life of the Party** .....(PG-13)  
Melissa McCarthy

**Top 10 DVD, Blu-ray Sales**

1. **Ocean's 8** .....(PG-13)  
Warner Bros.
2. **Deadpool 2** .....(R)  
FOX
3. **Avengers: Infinity War** .....(PG-13)  
Buena Vista
4. **The Big Bang Theory: The Complete Eleventh Season** (TV-14)  
Warner Bros.
5. **Hocus Pocus** .....(PG)  
Disney
6. **Deadpool: The Complete Collection (For Now)** .....(R)  
FOX
7. **The Walking Dead: The Complete Eighth Season** ..(TV-14)  
Anchor Bay
8. **Book Club** .....(PG-13)  
Paramount
9. **Hereditary** .....(R)  
Lionsgate
10. **TAG** .....(R)  
Warner Bros.



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# What's Hot in Hollywood

**HOLLYWOOD** — Three-time Oscar winner **Meryl Streep** (from 21 nominations), has been dabbling with small roles in “Mamma Mia! Here We Go Again,” the upcoming “Mary Poppins Returns” (opening Dec. 19) and playing **Martha Louise Wright** in season two of HBO’s “Big Little Lies.” Now it looks like she’ll take on playing the mother in the Louisa May Alcott classic “Little Women.”

Among the “Little Women” will be **Saoirse Ronan**, **Laura Dern** and **Emma Watson**, who replaces “La La Land’s” **Emma Stone**. Watson grossed \$1.2 million with “Beauty & The Beast” but just \$40 million with “The Circle,” which also starred **Tom Hanks**. Joining the women is last year’s “Call Me By Your Name” Oscar-nominee **Timothée Chalamet**, soon to be seen in **Woody Allen’s** new film “A Rainy Day in New York.”

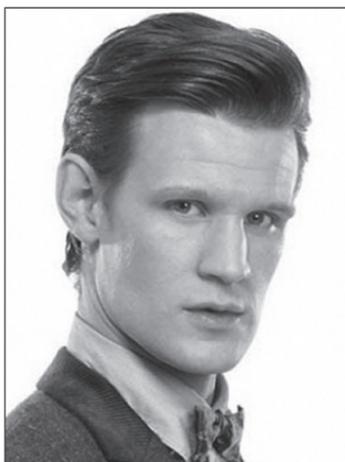
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**Ryan Reynolds**, whose “Deadpool” grossed \$783 million and its sequel \$734 million, is currently on big screens in the Gothic horror film “The Little Stranger,” with **Domhnall Gleeson**, **Ruth Wilson**, **Will Poulter** and **Charlotte Rampling**. Next he’ll play the title role in the live-action “Pokémon: Detective Pikachu,” with **Ken Watanabe**, due May 10.

\*\*\*

**Matt Smith**, who shot to fame as the 11th incarnation of the Doctor (2010-2014) in the “Doctor Who” BBC sci-fi series, then successfully moved into playing **Prince Phillip** in “The Crown” for two seasons, now will be joining “Star Wars” regulars **Daisy Ridley**, **John Boyega**, **Oscar Isaac** and **Adam Driver** in “Star Wars: Episode IX.” They’ll be joined by original cast members **Mark Hamill**, **Billy Dee Williams** and **Anthony Daniels** for a December 2019 opening.

Smith is currently on theater screens in the action/horror film “Patient Zero,” with **Natalie Dormer** and **Stanley Tucci**, and recently played famed controversial photographer **Robert Mapplethorpe** in “Mapplethorpe,”



Matt Smith in “Dr. Who”

BBC America

which screened in April at the Tribeca Film Festival. But the shocker is that he will play mass-murder mastermind **Charles Manson** in “Charlie Says,” with **Suki Waterhouse**, which premiered Sept. 2 at the Venice Film Festival. Smith just completed shooting the political thriller “Official Secrets,” with **Keira Knightley** and **Ralph Fiennes**.

\*\*\*

Did anyone really believe they would make a sequel to “Top Gun,” 32 years after the original was released? Well, believe it, and believe that **Tom Cruise** will reprise his original role of Lt. Pete “Maverick” Mitchell (then 24, now 56). **Val Kilmer** returns as Lt. Tom “Iceman” Kazansky (then 27, now 58). Now add to the mix Oscar-nominee **Miles Teller**, Oscar-winner **Jennifer Connelly**, “Mad Men” Emmy-winner **Jon Hamm**, four-time Oscar nominee **Ed Harris** and **Lewis Pullman**, the 25-year-old son of actor **Bill Pullman**.

Coming off his \$540 million grosses for “Mission Impossible: Fallout,” if anyone can pull this off it is Tom Cruise, ‘cause he’s always been a “Top Gun” at the box office.

The latest James “007” Bond film, “Bond 25,” probably will be delayed because “Slum Dog Millionaire” Oscar-winning director **Danny Boyle** (who replaced **Sam Mendes**) has bowed out, and they’re searching for a new director, trying to hold onto the October 2019 release date. **Daniel Craig** has seized the opportunity to start filming “Knives Out” in November for “Star Wars: The Last Jedi” director **Rian Johnson** before “Bond 25” begins in December.

\*\*\*

To end on a happy note, we’d like to say **Constance Wu**, who stars in ABC’s “Fresh Off the Boat,” is a great actress. She literally carries her all-Asian cast to great heights in “Crazy Rich Asians” (which already has announced plans for a sequel). The film is an old-fashioned comedy, like the studios used to make, that pokes fun at old traditions that died in our country years ago but still prevail in Asian cities such as Singapore. Constance will “Wu” you into singing her praises just as she has us!



Constance Wu

ABC/Bob D’Amico



by cindy elavsky

**Q.** Can you tell me what’s up with the next season of “Stranger Things”? I thought it was going to be back around Halloween. — *Nancy T., via email*

**A.** That was the original plan, and what we last reported on. However, Netflix recently announced that production is taking a little longer than anticipated, so we’ll have to wait until summer 2019 for season three.

In the meantime — and if you live near or will be traveling to either Orlando, Florida, or Singapore — you can experience the Upside Down firsthand ... if you dare.

Universal Studios premiered its all-new “Stranger Things” maze (their term for haunted house) at this year’s Halloween Horror Nights 28. Made in concert with Netflix and the Duffer Brothers (the network even gave the creators the blueprints of set drawings to work from), the Universal creative team has beautifully replicated Hawkins, Indiana — complete with a tour through the Byers’ house (yes, the Christmas-light alphabet wall is there), the forest and, of course, the Upside Down.

There are Demogorgons around almost every corner, and the lookalike actors who play the “Stranger Things” characters are spot-on, especially the actress who played Joyce Byers (Winona Ryder’s character) the night we went to experience the haunted maze. Halloween Horror Nights runs on select nights through Nov. 3. This definitely is an experience die-hard fans shouldn’t miss.



Depositphotos

Winona Ryder

**Q.** Is it true that “Veronica Mars” is coming back as a TV series and not just a movie? Will **Kristen Bell** be in it? — *Jeffrey G., via email*

**A.** Yes, thanks to Hulu, “Veronica Mars” is being resuscitated 11 years after it ended its run on The CW network. **Kristen Bell** recently confirmed the news via social media, so it appears she’s all in to reprise the title role. The reboot will consist of eight new episodes available in 2019 through the Hulu streaming service. Fans also will be able to watch all the original episodes as well as the 2014 movie on Hulu beginning the summer of 2019.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com)!



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## Good Housekeeping

### Citrusy Shrimp-Stuffed Avocados

This South American fare fuses Chinese, Japanese and Latin cuisine.

- 1 small shallot, finely chopped
- 1/4 cup mayonnaise
- 3 tablespoons sour cream
- 3 tablespoons lime juice
- 2 tablespoons orange juice
- 1 pound cooked shelled shrimp, chopped
- 1 cup grape tomatoes, halved
- 1 serrano chile, thinly sliced
- 2 ripe avocados, halved, pits removed
- Cilantro, for garnish
- Sweet potato chips, for serving

1. In small bowl, whisk shallot, mayonnaise, sour cream, lime juice, orange juice and 3/4 teaspoon salt.
2. In large bowl, toss shrimp, tomatoes, chile and half of dressing. Refrigerate 20 minutes or up to 2 hours.
3. To serve, spoon into avocado halves and drizzle with remaining dressing. Garnish with cilantro and serve with sweet potato chips. Makes four servings.

• Each serving: About 420 calories, 29g fat (5g saturated), 31g protein, 13g carbs, 7g fiber, 430mg sodium.



## Good Housekeeping

### Touchdown Teriyaki Chicken Wings

- 1/2 cup sesame seeds
- 1 cup soy sauce
- 1 cup grapefruit juice
- 1/4 cup hoisin sauce
- 1/4 cup ketchup
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar
- 5 cloves garlic
- 3 tablespoons ginger
- 4 pounds chicken wings

1. Whisk together all ingredients except chicken. Place chicken wings in a large zip-top food storage bag. Pour marinade over wings, seal bag and turn to coat evenly. Refrigerate at least 2 hours, or up to overnight.

2. Heat grill to medium-high. Remove chicken wings and discard marinade. Grill 8 to 10 minutes per side, turning occasionally, until golden brown and cooked through.

## Good Housekeeping

### Grilled Sausage Subs With Apple Slaw

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

- 4 bratwurst links
- 2 large unpeeled Granny Smith apples
- 1/2 small red onion

- 1/3 cup mayonnaise
- 1 tablespoon cider vinegar
- 1 teaspoon spicy brown mustard
- 1/4 teaspoon celery salt
- 4 hoagie rolls

1. Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.

2. Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

## Good Housekeeping

### Vegetarian Chili Macaroni

This comforting mac makes the perfect Meatless Monday meal.

- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can black beans, rinsed and drained
- 1 pound macaroni, cooked
- 1 cup shredded sharp cheddar
- Cilantro, for garnish

1. In large pot, cook onion, chili powder, canola oil and salt on medium for 8 minutes, stirring often. Add crushed tomatoes and black beans.

2. Heat to simmering on high, simmer 5 minutes. Toss with macaroni and cheddar. Top with cilantro. Makes 6 servings.

• Each serving: About 500 calories, 11g total fat (4g saturated), 22g protein, 82g carbohydrate, 11g fiber, 770mg sodium.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Fiesta Corn Salad

The last of your garden is coming in, and, oh, what to do with all of those fresh veggies?!

- 1/2 cup fat-free Italian dressing
- 1 tablespoon Splenda Granular
- 2 cups frozen whole-kernel corn, thawed
- 1 cup chopped fresh tomato
- 1 cup chopped unpeeled cucumber
- 3/4 cup chopped celery
- 1/4 cup chopped green onion

1. In a medium bowl, combine Italian dressing and Splenda. Add corn, tomato, cucumber, celery and green onion. Mix well to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (2/3 cup) servings.

• Each serving equals: 72 calories, 0g fat, 2g protein, 16g carbs, 302mg sodium, 26mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Starch; Carb Choices: 1.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Dutch Apple Pie

An old-fashioned dessert Grandma would serve, and even if you're diabetic, you can enjoy it!

- 1 Pillsbury refrigerated unbaked 9-inch piecrust
- 2 cups (2 medium) cored, peeled and chopped cooking apples
- 1/4 cup seedless raisins
- 2 teaspoons apple pie spice
- 1 cup unsweetened applesauce
- 6 tablespoons Splenda Granular
- 6 tablespoons Bisquick Heart Smart Baking Mix
- 1 tablespoon plus 1 teaspoon I Can't Believe It's Not Butter! Light Margarine

1. Heat oven to 350 F. Place piecrust in a 9-inch pie plate and flute edges.

2. In a medium bowl, combine apples, raisins, apple pie spice, applesauce and 1/4 cup Splenda. Spread mixture evenly into piecrust. Bake for 25 to 30 minutes.

3. In a small bowl, combine baking mix, remaining 2 tablespoons Splenda and margarine. Mix with a fork until crumbly. Sprinkle topping mixture evenly over partially baked pie. Continue to bake for 15 to 20 minutes.

4. Place pie plate on a wire rack and allow to cool. Cut into 8 servings.  
• Each serving equals: 192 calories, 8g fat, 1g protein, 29g carbs, 189mg sodium, 11mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat; Carb Choices: 2.

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# Crime

**Retail theft** at a small retail store on the 3200 block of Broadway.

**Simple battery** on the 500 block of West Briar Place.

**Burglary and unlawful entry** at a construction site on the 3200 block of North Lake Shore Drive.

**Simple assault** on the street on the 1700 block of West Montrose Avenue.

**Larceny and theft of under \$500** from a drug store on the 1600 block of West Belmont Avenue.

**Motor vehicle theft** of an automobile on the street on the 3300 block of West Sheffield Avenue.

**Larceny and theft** from a taxi cab driver over \$500 on the 3800 block of North Greenview Avenue.

**Larceny and theft** under \$500 on the street on the 1400 block of West Belle Plaine Avenue.

**Vandalism** to a vehicle on the street on the 2800 block of North Greenview Avenue.

**Burglary and unlawful entry** to an apartment on the 3200 block of North Clifton Avenue.

**Larceny and theft** from a building on

the 1100 block of West Wellington Avenue.

**Motor vehicle theft** of an automobile off the street on the 1100 block of West Roscoe Street.

**Fraud or confidence game** on the sidewalk on the 3500 block of North Clark Street.

**Larceny and theft** from a bar or tavern over \$500 on the 3500 block of North Clark Street.

**Aggravated battery** with a weapon in an alley on the 2900 block of North Sheffield Avenue.

**Simple battery** in a drug store on the 1000 block of West Belmont Avenue.

**Disorderly conduct** and reckless conduct on the sidewalk on the 3800 block of North Sheffield Avenue.

**Larceny and theft** under \$300 at a CTA station on the 900 block of West Belmont Avenue.

**Larceny** on the sidewalk over \$500 on the 3200 block of North Wilton Avenue.

**Simple assault** on the street on the 3500 block of North Wilton Avenue.

**Burglary and unlawful entry** in to an apartment on the 800 block of West Fletcher Street.

**Simple assault** in a restaurant on the 3600 block of North Halsted Street.

**Armed robbery** with a hand gun on the 1700 block of West School Street.

**Larceny and theft** on the sidewalk on the 3200 block of North Ashland Avenue.

**Larceny and theft** under \$500 at a residence on the 1500 block of West School Street.

**Larceny and theft** under \$500 from a residence on the 3500 block of North Janssen Avenue.

**Larceny and theft** under \$500 from an apartment on the 3900 block of North Janssen Avenue.

**Robbery** armed with a knife or cutting instrument on the street on the 1200 block of West Addison Street.

**Miscellaneous offense** to land at a sporting arena on the 3700 block of North Clark Street.

**Harassment by telephone** at a restaurant on the 3600 block of North Clark Street.

**Burglary and unlawful entry** to a residential garage on the 3300 block of North Seminary Avenue.

**Burglary and unlawful entry** to an apartment on the 3300 block of North Kenmore Avenue.

**Simple battery** at a bar or tavern on the 3500 block of North Clark Street.

**Larceny and attempted theft** on a CTA bus on the 3900 block of North Sheridan Road.

**Retail theft** from a small retail store on the 100 block of West Belmont Avenue.

**Simple assault** on the street on the 3300 block of North Rockwell Street.

**Burglary and unlawful entry** at a small retail store on the 2500 block of West Addison Street.

**Criminal sexual abuse** of child pornography on the 3000 block of North Oakley Avenue.

**Fraud of using an illegal cash card** at a bank on the 4200 block of North Lincoln Avenue.

**Simple battery** on the 2000 block of West Roscoe Street.

**Aggravated vehicle hijacking and robbery** on the 2300 block of West Belmont Avenue.

**Pick pocketing** at a bar or tavern on the 3100 block of North Wolcott Avenue.

**Drug abuse violations** for possession of hallucinogens in a vehicle on the 3800 block of North Campbell Avenue.

**Domestic battery** at an

apartment on the 1800 block of West Irving Park Road.

**Criminal sexual assault** non aggravated in an alley on the 3300 block of North Halsted Street.

**Forgery and counterfeiting** and passing a counterfeit document at a restaurant on the 900 block of West Belmont Avenue.

**Breaking liquor license laws** at a bar or tavern on the 3500 block of North Clark Street.

**Vandalism to property** at a convenience store on the 1400 block of West Montrose Avenue.

**Simple assault** on the 1400 block of West Irving Park Road.

**Retail theft** from a grocery food store on the 3600 block of North Southport Avenue.

**Disorderly conduct** and obstructing service on the 3000 block of North Southport Avenue.

**Larceny and theft** over \$500 on the sidewalk on the 1100 block of West Addison Street.

**Larceny and theft** over \$500 on the street on the 3300 block of North Seminary Avenue.

**Motor vehicle theft** of a vehicle off the street on

the 3700 block of North Kenmore Avenue.

**Simple battery** at a bar or tavern on the 3500 block North Clark Street.

**Larceny and theft** from a building at a sports arena or stadium on the 1000 block of West Addison Street.

**Credit card fraud** from a sports arena or stadium on the 1000 block of West Addison Street.

**Larceny and theft** from a drug store on the 1000 block of West Belmont Avenue.

**Credit card fraud** from a gas station on the 3800 block of North Sheffield Avenue.

**Larceny and theft** from an athletic club over \$500 on the 3200 block of North Broadway.

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

**Harassment by electronic means** at a small retail store on the 2900 block of North Lincoln Avenue.

**Credit card fraud** at a gas station on the 3800 block of North Sheffield Avenue.

**Larceny and theft** of under \$500 from a non commercial vehicle on the 800 block of West Buckingham Place.

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# Create an Accessible Lifestyle

## Enhance independence with mobility in mind

### FAMILY FEATURES

If you're like the majority of the population, mobility is something you take for granted. However, once you or a loved one encounters an illness or disability that results in dependence on a wheelchair, your perspective is likely to change dramatically.

Mobility is a major factor in a person's independence, but when illness or injury hinders free movement, even a simple task like running to the store becomes a challenge. Fortunately, there are numerous options you can explore to improve mobility and accessibility if you or a loved one becomes reliant on a wheelchair or other assisted mobility.

### Ramps in Place of Stairs

Safety is a primary concern for someone whose mobility is limited. Even minor falls can cause significant injuries, particularly for seniors whose bones tend to be more fragile. When a loved one begins experiencing trouble with the steps, a ramp is a good solution. In fact, ramps aren't just for those who are reliant on a wheelchair or other motorized device like a scooter. They are also a good solution for someone who uses a cane or walker, or someone who experiences pain or difficulty maintaining balance on the stairs.

### Accessible Vehicles and Parking

Getting out of the house is an important way to help someone whose mobility is compromised continue to feel connected to the larger world, and practically speaking, even if they're not physically up to social engagements, chances are that doctor's appointments will still be a necessity. However, parking limitations cause major challenges for wheelchair users.

Not only is getting in and out of the vehicle a chore, 74 percent of people have personally seen a handicap accessible parking space being improperly used, according to a survey by BraunAbility. As a leading manufacturer of wheelchair accessible vehicles and wheelchair lifts, its Save My Spot campaign works to educate the public about the meaning and importance of handicap accessible parking. In addition to understanding and educating others about the proper usage of handicap

accessible parking, chair users may benefit from wheelchair accessible vehicles that provide maximum maneuverability, such as the BraunAbility Pacifica, which delivers the most interior cabin space and widest doorway and ramp for ease of entry and exit.

### Hand Rails and Grab Bars

Hand rails add another measure of safety in the home. They can add stability and support on staircases, ramps and other walkways, but they're also beneficial in areas like the bathroom. A rail or grab bar near the toilet can help steady someone raising or lowering to use the facilities. Similarly, rails in or adjacent to the shower can assist with safe transitions into and out of the stall. Remember to follow all manufacturer instructions for installing rails to ensure they provide adequate support and can bear the weight of the user.

### Bathroom Modifications

Proper hygiene goes a long way toward promoting overall wellness and independence, but a person with limited mobility may struggle using the features of a standard bathroom. In addition to safety rails and grab bars, devices such as shower stools and raised toilet seats can provide needed support. Depending on your circumstances, it may be necessary to consider renovations to include a roll-in tub or seated shower and a vanity with a counter at an accessible height.

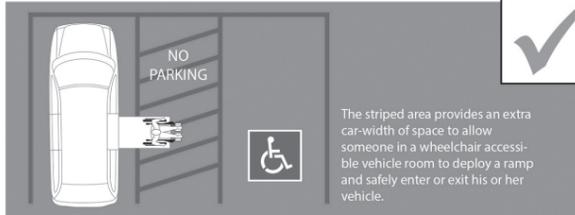
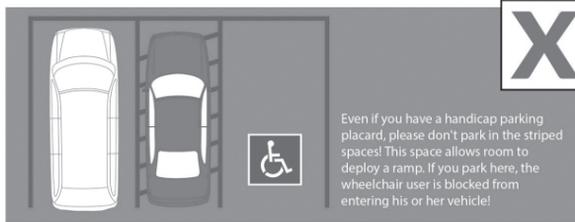
### Wider Doors and Hallways

While it's not always possible to widen doors and hallways, this is an important consideration for someone who is heavily reliant on a wheelchair or other motorized device. If the chair can't clear hallways and maneuver around corners, a person's access to the home is severely limited, sometimes to the point of needing to find new housing accommodations. When considering whether the doors and hallways will meet your needs, remember to take into account any accessories or equipment, such as an oxygen tank, that may affect the chair's turn radius.

Find more ideas to promote independence and mobility at [braunability.com/savemyspot](http://braunability.com/savemyspot).

## SPREAD THE WORD ABOUT RESPONSIBLE PARKING

around wheelchair accessible vehicle spaces!



Join the conversation!  
 f t i  
 #savemyspot

### FACTS\*

- 74% of people have seen a handicap accessible parking space improperly used.
- 42% of people do not know the stripes represent space to deploy a wheelchair ramp.
- 75% of able-bodied people said if a car parked too close to them, they would use another door or window to climb in. Chair users do not have that option.

\* Statistics from 2018 Save My Spot Survey



## 5 Facts About Handicap-Accessible Parking

1. The striped lines next to a handicap-accessible parking space indicate it is reserved for a wheelchair-accessible vehicle. These spaces are wider than regular handicap accessible parking spaces, offering room for people to safely lower a ramp and enter and exit their vehicles.
2. There is a difference between handicap accessible parking for cars and wheelchair-accessible vans. When the parking sign says, "Accessible Vans," it is reserved for wheelchair-accessible vehicles only. Van accessible spaces are easily identified by a striped access aisle on the passenger side.
3. Some people have hidden disabilities, and it may not be visibly apparent that they need a handicap-accessible spot. Not all people who require handicap parking access are reliant on wheelchairs. These spots are also intended for use by people with disabilities such as deafness or a recent injury.
4. Businesses are required to meet a quota for handicap accessible spots. The number of handicap accessible parking spaces required depends on the total number of parking spaces in the lot, but at least one in every six handicap accessible spaces must be designated for a wheelchair accessible vehicle, according to the American Disabilities Act.
5. Wheelchairs continue to increase in size, requiring more room to maneuver in and out of vehicles, and therefore need extra space in a parking spot for the wheelchair user to safely access a fully deployed ramp.

**The Garden Bug**

**Wormwood**

This perennial herb has been valued since ancient times as a remedy for getting rid of worms and other parasites, as an antiseptic, an antidiarrhetic and to help regulate the menstrual cycle. It is also used to treat stomach, intestinal, liver and kidney problems. The plant is rich in oils such as absinthium, absinthol and thujone. It will grow in full sun to partial shade.

- Brenda Weaver  
Source: www.seed-bank.ca



**The Garden Bug**

**The swamp sunflower** grows throughout North America near bogs, ponds, lakes and rivers. Its flowers, which feature bright yellow petals and dark centers, appear in early autumn and draw butterflies, bees, and other nectar feeders. Caterpillars, cutworms and other pests feed on the plant as well.

- Brenda Weaver  
Sources: www.easywildflowers.com, www.finegardening.com



**The Garden Bug**

The roots of the **dandelion** reach deep into the soil, making its tooth-shaped leaves rich in magnesium, copper, folate, calcium, potassium, manganese, iron and vitamins A, E, K, B6, B2, B1 and C. The leaves taste somewhat bitter, which helps curb sugar cravings. Use them in salads, or whenever a recipe calls for greens. Dandelion tea can help detox the liver and improve your skin and stomach health.

- Brenda Weaver  
Sources: www.bonappetit.com, draxe.com



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**Quotes worth your time**

“All our dreams can come true, if we have the courage to pursue them.”  
Walt Disney

“Beware the barrenness of a busy life.”  
Socrates

“Here is the test to find whether your mission on Earth is finished: if you're alive, it isn't.”  
Richard Bach

“If you try, you risk failure. If you don't, you ensure it.”  
Anonymous

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# Comics

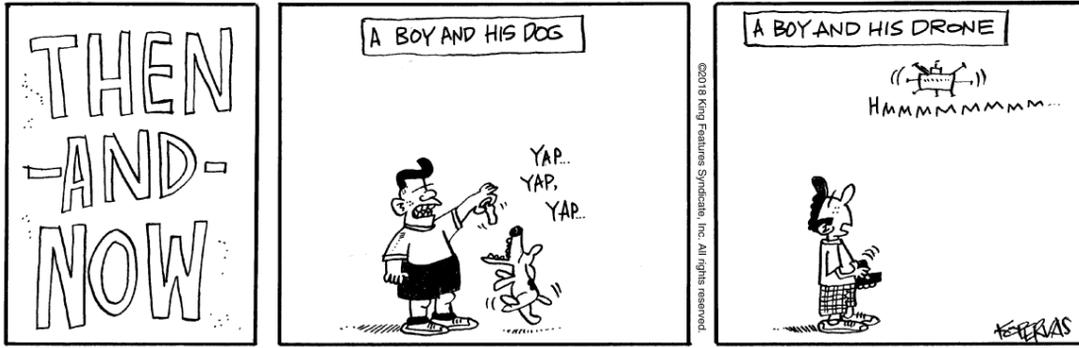
## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



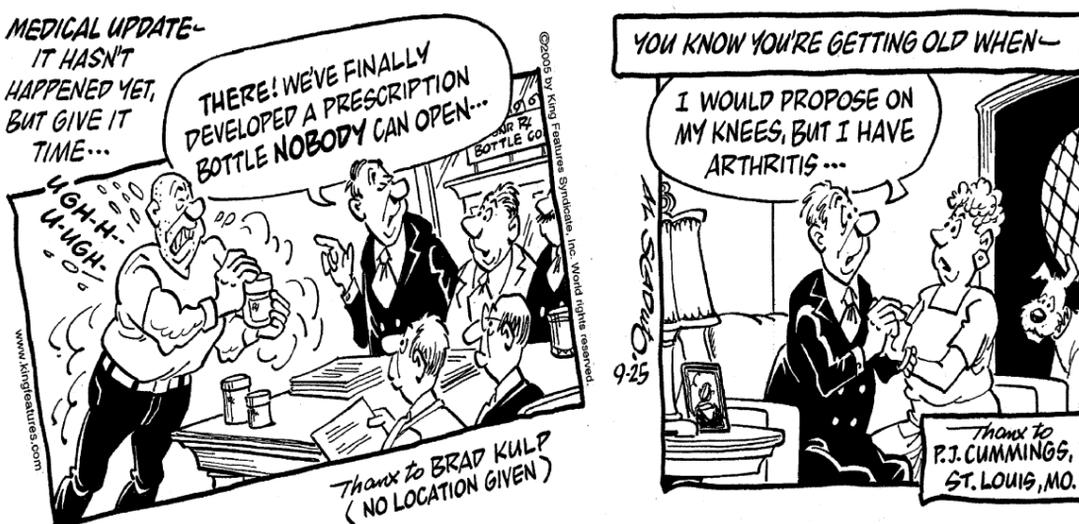
## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



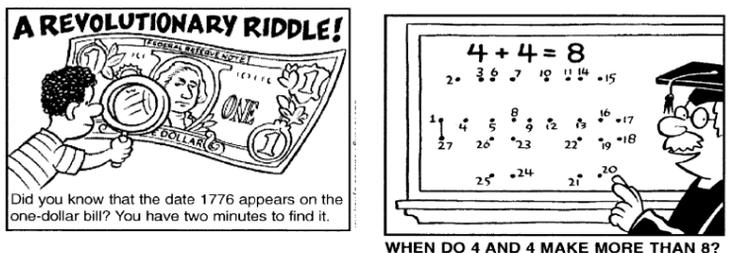
OFFICE PESTS WE CAN DO WITHOUT- THE NERD WHO COULD NEVER GET INTERESTED IN FOOTBALL TAKES A CHANCE IN THE OFFICE FOOTBALL POOL... and LOOK AT HIM NOW...

Thank to E.PRODY, BRONX, N.Y.



## Junior Whirl

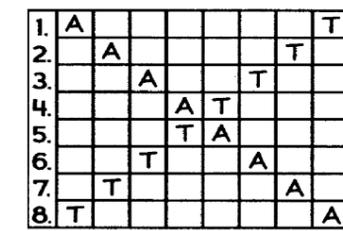
by Charles Barry Townsend



Did you know that the date 1776 appears on the one-dollar bill? You have two minutes to find it.

Answer: You'll find it on the back of the bill, printed in Roman numerals (MDCCLXXVI), at the base of the pyramid. (M = 1000, D = 500, C = 100, L = 50, X = 10, V = 5, I = 1.)

Answer: When they make 44.

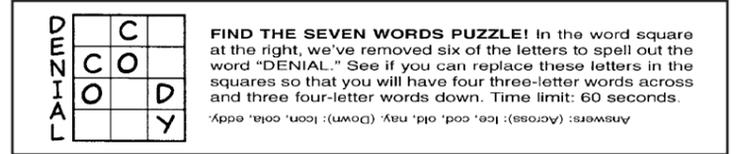


DEFINITIONS:  
1. Difficult to understand.  
2. A boom box necessity.  
3. A type of road.  
4. Extreme, unreasoning people.

ANAGRAMS:  
cast + brat  
sect + seat  
plot + back  
cats + naif

5. Hardwood rhythm instrument.  
6. Educated, well-informed.  
7. A flat fish.  
8. Unleavened bread.

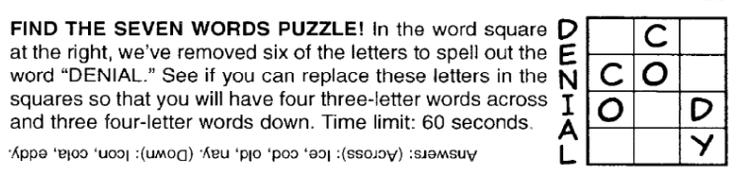
tact + saxe  
tale + tire  
rags + tiny  
riot + tall  
8. Tortilla.  
4. Fanatics.  
5. Cassette.  
3. Blacktop.  
6. Literate.  
7. Stingray.



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

1. BEFIT  
2. DEMOS  
3. CAGEY  
4. ABHOR  
5. FILMS

Answer: Cagey. In all of the other words the letters read, left to right, in alphabetical order, "A" to "Z".



Answer: (Across): Ice, cod, old, may, (Down): Icon, cola, eddy.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Cap is reversed. 3. Car door is missing. 4. House is missing. 5. License plate is missing. 6. Shirt is different.

## Just Like Cats & Dogs

by Dave T. Phipps

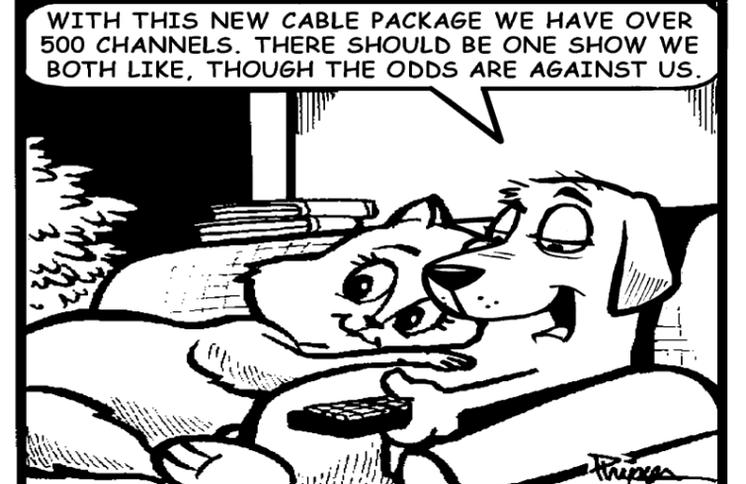




Photo courtesy of Getty Images

# Keep Up with Your Cat's Health

**FAMILY FEATURES**

Despite the fact that cats are more prevalent as pets than dogs, only about one cat per every five dogs receives regular veterinary care. In fact, some research suggests that as many as 50 percent of cat owners don't take their cats to the vet.

There are a number of factors that contribute to limited veterinary visits for cats. According to a survey by Royal Canin, two-thirds of cat owners simply believe cats have fewer health issues than dogs. However, according to the American Association of Feline Practitioners (AAFP), routine check-ups are vital for giving cats long, happy and healthy lives.

Cats age more rapidly than humans, and they are quite adept at hiding sickness and pain, making it difficult to know if there is something wrong that requires veterinary attention. Hidden diseases commonly go untreated for this

reason, which is why the Take Your Cat to the Vet initiative was created to spread awareness about the importance of preventative feline veterinary care.

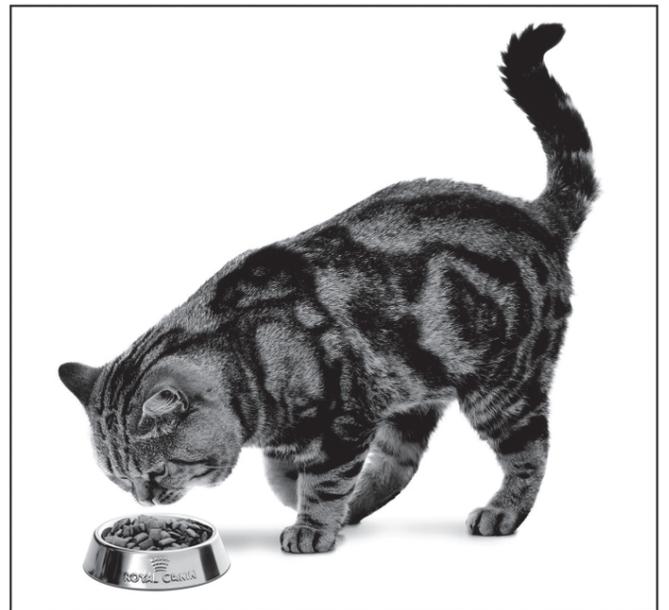
For example, up to one-third of cats over the age of 12 have some form of kidney disease. Managing the progression of the disease, if caught early, can be accomplished with a proper diagnosis and reduced-phosphorous diet. Your veterinarian may recommend an option like one of the Royal Canin Veterinary Diet® Renal Support formulas as part of a treatment program.

Obesity is also a common problem for cats that can lead to more severe health issues down the road. In fact, multiple studies indicate that more than half of the nation's domestic cats are carrying more weight than they should. A veterinarian can help with dietary recommendations and other suggestions to help trim your cat's waistline, along with screening for the onset of secondary complications.

Another common cat ailment is urinary stones, which can be extremely painful and cannot normally be detected without professional evaluation. Regular visits to the vet can help assess your cat's risk for developing stones and determine nutritional changes that may help prevent a problem.

Vet visits are also an opportunity to let your veterinarian know about any behavior changes and implement preventive care measures, which can be more effective than reactive care once a problem is revealed.

However, the very act of getting to the vet can be traumatic for cat owners and cats alike. Repetition is likely to help alleviate those concerns as your cat becomes more accustomed to the process, helping to put you at ease as well. In honor of the Take Your Cat to the Vet initiative, consider these tips and tricks from the experts at Royal Canin and the AAFP to make your cat's visits to the veterinarian easier:



1. Get your cat familiar with a carrier. Getting your cat into the carrier is often the most difficult part of getting him or her to the vet. Start by leaving the carrier out at all times and make it a safe place by placing food or a cozy towel inside. Using a secure, stable, hard-sided carrier that opens from the top and the front that can also be taken apart in the

middle is best. When traveling, it's also a good idea to place your cat in the carrier rear-first, cover the carrier with a blanket and avoid bumping into things while carrying it.

2. Make the vet visit a positive experience. It's easy to imagine that vet visits can seem scary to a cat. Feeding your cat veterinary-approved treats from carrier to clinic can help create a positive connection with the trip and distract your pet from the busy waiting room or examination.

3. Take advantage of slow times at the clinic. The waiting room of an animal hospital can be loud and full of unfamiliar animals and smells, making it a chaotic and overwhelming environment. Ask if certain days or times are slower than others. Scheduling appointments at those times may help your cat feel less overwhelmed by a new environment.

4. Give your cat practice exams. In the examination room, your vet will give your cat a full examination. To make your cat comfortable with being touched in such a manner, consider giving him or her practice examinations at home and positively reward your pet for letting you look at and touch his or her stomach, feet, face and ears.

5. Talk to your vet. Your veterinarian is your best partner to help your cat feel comfortable inside and outside the clinic. Discuss with him or her other ideas to help make visits less stressful.

To learn more about the importance of taking your cat the vet, visit [royalcanin.com/cat2vetday](http://royalcanin.com/cat2vetday).



## TAKE YOUR CAT TO THE VET DAY

#Cat2VetDay | [www.royalcanin.com/cat2vetday](http://www.royalcanin.com/cat2vetday)

CATS NEED ANNUAL VETERINARY CARE AND OFTEN DO NOT GET IT UNTIL IT'S TOO LATE

**85.8 million cats** owned in U.S. households  
Source: Pet Statistics, ASPCA, aspca.org

**50%** do not receive annual check-ups from the Veterinarian  
Source: 2018 Atomik Research Survey Data

**53%** of cat owners feel that annual visits are not necessary  
Source: 2018 Atomik Research Survey Data

When cats go to the veterinarian, two of the most common diagnoses are:



**Dental Tartar** can result in:

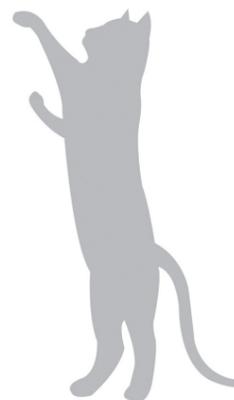
- gum disease
- broken or lost teeth
- appetite loss



**Obesity** is linked to multiple issues:

- skin diseases
- joint problems
- metabolic disorders
- tumors
- urinary diseases
- diabetes mellitus
- respiratory dysfunction
- inflammation

Source: Banfield State of the Health Report, 2016  
Source: Dunn, Steve K-I-S-S Guide to Cat Care, New York: Dorling Kindersley, 2001  
Source: Banfield 2017 State of Pet Health™ Report



## Make Your Appointment Today

Find a Veterinarian by visiting [www.royalcanin.com/cat2vetday](http://www.royalcanin.com/cat2vetday)



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