



Lakeview

February, 2019

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

Volume 23, Number 3

Interview Spin the wheel



photographs by George Rimel/Lakeview Newspaper

by George Rimel and Joyce A. Rimel

20 Questions

This month's interview is with **Claudia Orellana, Franchisee Manager, The UPS Store, 4044 N. Lincoln Avenue.**

Q. Where were you born and raised?

A. I was born in McAllen, Texas and raised in San Antonio, Texas.

Q. Are you married? Any children?

A. Yes. We don't have any children but do have 2 dogs and a cat.

Q. Where did you attend school?

A. Loyola University, Chicago.

Q. What was your first paying job?

A. Being a lifeguard at Fort Sam Houston in San Antonio.

Q. What hobbies/ special interests do you have?

A. I like painting in acrylics on canvas, pottery, photography, reading and exploring different neighborhoods. Plus, my husband and I enjoying going brewery hopping in different states across the country. So far we've been to 10 states.

Q. What is your favorite TV show, movie and

book?

A. My favorite TV show is "Impractical Jokers"; my favorite movie is "Remember the Titans" with Denzel Washington and my favorite book is "Como Aqua Para Chocolate (Like Water for Chocolate) by Laura Esquivel.

Q. If you could meet anyone in the world, who would that person be and why?

A. Rudolfo Anaya, an author. He has written fiction and nonfiction. He focuses on families and coming of age stories. I just enjoy the way he writes.

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

A. Bora Bora. It looks tranquil, scenic and to be with nature.

Q. Who do you most admire and why?

A. My grandparents. My grandfather had a 4th grade education and had 3 children. My mother got her PhD. My other grandparents had served in the Army had 2 children. My dad is a MD at the Texas Health Center. Both sets of grandparents and both my parents had a strong belief in education.

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On February 26, 2019, the voters of this city have major decisions to make. Depending on those decisions, Chicago will either move forward in a way that will benefit all of its citizens, or people will be voted in office who are all bark and no bite.

The city council is in a state of shock with two of its members being investigated by the Fed for alleged attempted extortion and alleged misuse of campaign funds. This election has to right the wrongs and that is why it is so important to be informed about the candidates.

Here is a list of the candidates for Mayor, aldermen and other government offices:

In the 47th Ward, we have Alderman Ameya Pawar, who started a campaign to be Governor of Illinois didn't get the steam it needed, so he dropped out. He is currently running for City Treasurer. Along with Pawar, Peter Gariepy, a CPA is also running as well as Melissa Conyears-Ervin a State Representative (D-Chicago). Anna M. Valencia (incumbent) is running for City Clerk.

The nine candidates from the 47th Ward is a varied lot:

The candidates Eileen Dordek, a social worker and LGBTQ activist; Jeff Jenkins, co founder of Midnight Circus in the Parks and a small business owner; Kimball Ladien, a physician; Angie Maloney, A CPS music teacher and organizer; Matt Martin, a civil rights attorney at the Illinois Attorney General's office; Thomas Schwartzers, a Chicago fire fighter and former police officer; Heather Way Kitzes, former Executive Director of

the Lakeview Chamber of Commerce and current manager of government and neighborhood relations for The Chicago Cubs; Gus Katsafaros, a restaurant owner, and Michael A. Negron, former aide to Rahm Emanuel.

The 44th ward has current Alderman Tom Tunney, (owner of Ann Sather Restaurant) and the first openly gay alderman on the city council being challenged by Elizabeth Shydrowski, a working mom who has resided in Chicago for the past 23 years and lived in

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What's on your Mind?



"How early can I get my kids to bed at night and how can I get my next workout."

Carrie Chilton



"Clean elections for the Mayor. People need to vote to make a difference to make neighborhoods better. It's serious."

Pedro Flores



"Life is too short. Do what you want to do in the moment. Just do it."

Arbela Baba

Editorial & Opinions

Interview continued from front page.

Q. What has been your three greatest achievements?

A. Graduating from Loyola; Meeting and marrying my husband; Adopting our pets.

Q. What has been your three greatest disappointments?

A. Not traveling more internationally; Not keeping up with my pottery; Not pursuing any sort of science (veterinary).

Q. We have entered into a new year. Did you make any new year resolutions?

A. To be more present; Not to stress out about the little things; To make the most out of travel and adventure.

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

A. How a lot of families and communities are being neglected by our local and state governments.

Q. Before working at the UPS Store, what did you do for a living?

A. I did dog day care and was a hostess at a restaurant.

Q. What are your responsibilities as a Franchisee Manager?

A. Keeping up with inventory and shipments moving in and out of the facility. Generally, making sure that operations run smoothly.

Q. What is your "pet peeve"?

A. When people are just rude.

Q. What improvements or suggestions would you make for the North Center and Lakeview neighborhood?

A. They need to have more events for families and the community. Also, Austin Baidas is running. He has worked for both the Obama administration and The State of Illinois and was instrumental in passing marriage equality in Illinois in 2013.

Q. What is your most prized possession?

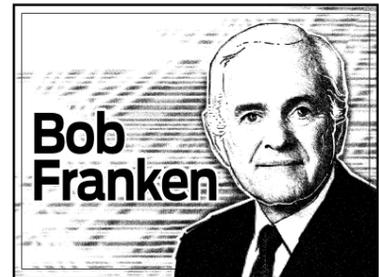
A. A rosary of my grandmother's made of rose petals.

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

A. Visit every continent and be able to scratch off most things from my bucket list that have travel as a theme.

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

A. "Love life," so it can love you back.



A Different Brexit

Maybe British Prime Minister Theresa May needs to change her country's Brexit focus. Instead of severing ties with the European Union, maybe she should address the relationship between the United Kingdom and the United States, and disunite them. It would be a Brexit from that so-called "special relationship" with the U.S.

Never mind that a majority of the Brits voting chose to leave the E.U. As predicted, it has proven uncommonly difficult, to the point that there is some talk of holding another referendum. The pro-Europe forces might have an easier time if they combined their proposal with a pledge to also disengage with their former American colonies. Since Donald Trump has become president, the overall approval of the USA in jolly old England is about 50-50. That's in spite of the fact that we speak the same language. Sort of.

True, the Brits are going through major turmoil, but then so are we over Trump's insistence on building a wall spanning our southern borders. No walls in the U.K., unless you count the white cliffs of Dover.

I mean, seriously, do we really have all that much in common. They have Queen Elizabeth II; we do not. "Queen Melania" won't cut it, even though the first lady is a much snazzier dresser. That is, when she doesn't have writing on her jackets.

The British royalty's ideal is that cultural "stiff upper lip," meaning mannered unflappability under all

circumstances. Compare that with the amazing loose lips of Trump that flap like crazy. Anything might spew out. Then there is the toxic drivel from The Donald's fingers, proving that one doesn't have to have large hands to expel hatred on one's smartphone.

Trump is trying to wriggle out of the mess he created, just like the Brexiters. So there are some similarities. Prime Minister May has run into a wall when she negotiates with the European Union for a deal that's politically acceptable back home. Trump's insistence on a wall between the United States and Mexico has run into — wait for it — a wall with Democrats who are unmoved by his threats, bluster and amateurish tactics, or what the Brits might call "codswallop."

Across the pond — a pretentious way of saying "over in England" — Theresa May barely survived a "no confidence" vote, and she gets to stay in 10 Downing Street, for now. We have no mechanism like that. So for now, pending the special prosecutor's findings, the president also gets to stay in the White House. Our Founders wanted to create a more stable government. How's that stability thingy working out for us?

At least their government is up and running, fully operational. Ours is partly shut down. The most optimistic takeaway from the latest paltry offer from the American president is that perhaps the Democrats will decide they've squeezed all the precious bodily fluids they can out of Trump and scratch out a deal with him.

On both sides of the Atlantic, government leaders are showing that they are unworthy of their positions, but the real onus is on the voters here and there, who have demonstrated we can be influenced by demagoguery and choose to make serious mistakes.

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

Spin the wheel from front page

Lakeview for the past four years. Also, Austin Baidas is running. He has worked for both the Obama administration and The State of Illinois and was instrumental in passing marriage equality in Illinois in 2013.

Alderman Scott Waguespack, 32nd ward incumbent is running unopposed.

The candidates running for Mayor include:

Gery Chico, former Chief of Staff to Richard M. Daley, former CPS board president, former Chicago Park District board president; William J. Daley, Richard M. Daley's brother, former chief of staff to Barack Obama, former U.S. Secretary of Commerce; Amara Enyia, attorney, Director of Austin Chamber of Commerce; Robert "Bob" Fioretti, former alderman; LaShawn K. Ford, State Representative (D-State Representative); Jerry Joyce, Former Assistant State's

Attorney; John Kozlar, two time aldermanic candidate; Lori Lightfoot, Former president of Chicago Police Board, former U.S. Attorney; Garry McCarthy, former Chicago Police superintendent; Susana A. Mendoza, elected Illinois Comptroller, former Chicago City Clerk; who now is running for Mayor. A fundraiser was to be held on January 29th in Washington, D.C., hosted by Patti Solis Doyle, former adviser to the presidential campaign of Barack Obama and Hillary Clinton, who also happens to be alderman Solis' sister. Mendoza has tried to distance herself from Burke, giving any donated money from Burke to the families of deceased Police officers. Note: She was married at alderman Burke's home and considered him a political mentor.; Toni Preckwinkle, Cook County Board President and chair of

Continued on column 4



THE RICH LOWRY COLUMN

Get Over It — Trump's Not Going Anywhere

The walls supposedly are always closing in on Donald Trump. The end is always beginning.

He's going to quit. He's going to be impeached and removed. He's going to decide not to run again. Somehow or other, he's going to relieve everyone of the responsibility of ever thinking of him again, and especially of the responsibility of defeating him in an election.

Such scenarios are a constant topic in private conversations. The allure is obvious. It is the promise of deliverance. After tormenting his enemies for so long, Trump's going to make it easy for them. He's just going to go away.

It is true that the odds of Trump somehow not serving out his term are, given his erratic personality and the wild card of the Mueller investigation, higher than those for a normal president serving in normal times. But they are still slim.

Perhaps special counsel Robert Mueller's report will send a torpedo into Trump's bow. It seems more likely that a report will contain damaging and embarrassing revelations that, whatever the initial shock, will be quickly absorbed by the political system and especially Trump's supporters.

The velocity of the news cycle, driven in part by the sheer volume and pace of Trump controversies, works in his favor.

The resignation of Jim Mattis rocked Trump's administration to the core — for all of about 36 hours. And does

the Cook County Democrats, allegedly received a \$10,000 campaign contribution from Burke but said she knew nothing about what prompted the donation. She returned the donation; Neal Sales-Griffin, Entrepreneur; Paul Vallas, former Chicago Public Schools CEO; and Willie L. Wilson, businessman.

On February 26th, Chicago voters will go to the polls to

anyone remember the revelation that talks over a Trump Tower project in Moscow went on longer than first realized? Probably not.

Why would Trump ever quit? This is a man who has fought and clawed for every ounce of public attention — good or bad — he can get throughout his adult life, and now, occupying the biggest bully pulpit on the planet, he's just going to walk away?

Despite media reports that Trump is perpetually furious and feeling besieged, he has never shown the slightest brittleness or sense of being overwhelmed in public. He's always his same ebullient, combative, outrageous self.

He's the least likely president to get worn down by an impeachment fight. What would discourage or deflate the normal human energizes him.

The same applies even more to his running for re-election. After enduring several years of having to govern, not his natural aptitude, why would he throw away the opportunity to campaign, which he clearly relishes?

Because he'd be convinced he'd lose? Short of a Mueller catastrophe, this doesn't seem very likely. Remember: All sorts of people tried to convince him he'd lose last time, and they were all wrong. Having won the presidency once polling at a little over 40 percent in the RealClearPolitics average, he'd surely figure that he could do it again.

For any president, winning a second term is the highest validation. Trump, so sensitive to status, must feel this imperative more than most.

Besides all this, no one should really hope for a premature end to the Trump presidency. Whatever the circumstances, it'd be a trauma to the republic and not accepted by a significant plurality of the electorate. The wish fulfillment of Trump's critics is better directed toward the less spectacular, yet difficult-enough task of beating him in 2020.

Rich Lowry is editor of the National Review.

elect a Mayor, Treasurer, City Clerk and aldermen. Ask yourself, who will be a friend of our city and its citizens? Who do you trust with the responsibility of office and to carry out those duties in good character, truthfulness, and the American way? We need a Superman or Superwoman or Batman to save this city. Turn on the light!

Lakeview Newspaper
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SENIOR NEWS LINE

by Matilda Charles

The Harsh Reality of Social Security

The start of the New Year means having to face just what our 2.8 percent Social Security increase really means. I had done the math: my 2018 Social Security plus the welcome 2.8 percent increase equals the benefit amount for 2019. There would be more money to spend, I assumed.

Here is where it actually stands: Groceries — Last January I saved all my grocery receipts for the month so I would have a list of what everything cost. It's only been a year, but everything has gone up. Not one single item has gone down in price.

Housing — Two months ago, the notice arrived about rents going up \$20 on Jan. 1.

TV/Internet — The monthly cost of cable TV and Internet service rose over \$30. I called and threatened to cut the cord, and they suddenly found a deal that brought the increase down \$20.

Electric — The power company just announced a 13 percent increase in kilowatt-hour costs.

Miscellaneous — On the occasional expense end of things, my favorite shirt, which I wear out and then replace every year, went up \$10. Oil changes are up \$15.

The sum of all this means that I'm actually worse off than I was last year. Many of us are in this same situation. Over 20 percent of married couples and over 40 percent of singles have Social Security for 90 percent of their income. We not only aren't adding to emergency savings, we're barely hanging on.

I'll include as many cost-saving tips in this column as I can this year. But if you haven't retired yet, spend 2019 practicing living on only the amount you'll get from Social Security. Use every extra dollar to pare down debt or add to your savings.

VETERANS POST

by Freddy Groves

VA Suspends Changes to Caregiver Program

The Department of Veterans Affairs recently asked for public comment about proposed changes to the Family Caregiver program, and many of you must have replied because it has now issued a press release.

Officials declared a moratorium on its practice of discharging or decreasing caregivers, citing the "inconsistent application of eligibility requirements by VA medical centers." Meanwhile, the VA will continue processing applications for caregivers based on current eligibility criteria.

Since 2011, the caregiver program has assisted more 38,000 family members, mostly wives and mothers, who receive a monthly stipend ranging from \$600 to \$2,600, depending on what assistance the veteran needs and where they live.

Are you eligible for caregiver services? You might qualify if you have a serious injury (for example, loss of limbs, psychological trauma, mental disorder, traumatic brain injury) suffered in the line of duty and you need personal care for one or more activities of daily living. Currently the eligibility date is injury on or after Sept. 11, 2001.

The proposed changes to the caregiver program would take place over two years. The clock starts when the VA proves to Congress that it has implemented the required information technology system upgrades. Changes also include expanding the caregiver program to include veterans from World War II, Korea and the Vietnam era.

A new addition to the program will include veterans who need regular or extensive instruction or supervision to be able to function in daily life. Another proposal would expand services for financial planning and legal services for injured veterans and their caregivers.

Go online to www.caregiver.va.gov and click around to find more information and to download an application. You also can learn about qualifying as a caregiver. Each veteran can have one primary and two secondary caregivers as backup.

Strange BUT TRUE

By Samantha Weaver

- It was Leroy "Satchel" Paige, arguably the best pitcher in baseball history, who made the following sage observation: "Never look back. Something might be gaining on you."

- The "Harley" in "Harley-Davidson" comes from William Harley, one of the motorcycle company's three founders. His is a common surname in England with roots in Old English, in which language it means, literally, "pile of rocks."

- A narwhal's horn isn't a horn; it's a tooth — the left front tooth, to be specific. As such, it's considered to be a tusk, making the narwhal the world's only animal with a tusk that's straight rather than curved. The tusk was highly prized in the Middle Ages, fetching as much as 10 times its weight in gold for those fortunate enough to have one to sell.

- Those who study such things say that millions of trees are planted accidentally when absent-minded squirrels forget where they buried their nuts.

- Charlie Chan, the fictional Honolulu detective, was created in 1919 by novelist Earl Derr Biggers. The books featuring Chan became so popular that the character made the leap to radio, movies and television. Even though more than a dozen actors have portrayed the detective over the years, not one of them has been of Chinese ancestry.

- A scorpion can live for an entire year without eating.

- In the 1830s you could give someone a "blizzard." Back then, of course, the word wasn't referring to a snowstorm; rather, that phrase meant to give someone a piece of one's mind.

- In the original calculations made by NASA experts, a landing on the moon was thought to have only a 5 percent chance of success.

Thought for the Day: "One dog barks at something, the rest bark at him." — Chinese proverb

Moments in time

THE HISTORY CHANNEL

- On Feb. 6, 1820, the first organized immigration of freed slaves to Africa from the United States departs New York on a journey to Sierra Leone, in West Africa. The expedition was partially funded by the U.S. Congress, which appropriated \$100,000.

- On Feb. 9, 1900, the silver trophy known today as the Davis Cup is first put up for competition when American collegian Dwight Filley Davis challenges British tennis players to come across the Atlantic and compete against his Harvard team. In 1904, Belgium and France entered the competition.

- On Feb. 8, 1924, America's first execution by lethal gas is carried out in Nevada. The executed man was Tong Lee, who was convicted of murdering a rival Chinese gang member. Lethal gas was seen as a more humane method of carrying out death sentences.

- On Feb. 4, 1938, Walt Disney releases "Snow White and the Seven Dwarfs," the first animated feature to be produced in English and in Technicolor. Naysayers warned him that audiences, especially adults, wouldn't sit through a feature-length cartoon fantasy about dwarfs. The film was a smash hit.

- On Feb. 10, 1962, downed American U-2 spy plane pilot Francis Gary Powers is exchanged by the USSR for Soviet Col. Rudolf Abel, a senior KGB spy captured in the U.S., on the Glienicke Bridge linking East and West Berlin. The event inspired the 2015 film "Bridge of Spies."

- On Feb. 7, 1964, Pan Am Yankee Clipper flight 101 from London Heathrow lands at New York's Kennedy Airport — and "Beatlemania" arrives. The Beatles were greeted by 3,000 screaming fans who caused a near riot.

- On Feb. 5, 1994, Byron de la Beckwith is convicted of the assassination of civil-rights leader Medger Evers 31 years earlier, ending the lengthiest murder case in American history. Two earlier juries refused to convict. The third sent Beckwith to jail for life.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Mickey Mouse

Mickey and Minnie Mouse and their cartoon friends have been popular since the first cartoon was shown in 1928. Walt Disney licensed the rights to use the image to hundreds of products, and collectors often specialize in one type like toys, dinnerware or textiles. During the 1930s, Paragon China in England made a dinnerware set and a baby feeding set that featured Mickey and Minnie playing the piano, riding Horace Horsecollar, and other scenes. They were marked "Paragon China." Another later series was marked "Royal Paragon China, Mickey Mouse Series, copyright & registered." Paragon still makes Mickey Mouse dishes, but the mice have the more recent shorter nose and larger eyes. A Paragon octagonal plate with a picture of Minnie playing the piano while Mickey dances was part of a sale of more than 20 pieces of the dinnerware and 13 sets.



Mickey Mouse is one of the best-known characters in the world. This 1930s dish, listed by Hake's as an olive plate, shows early pictures of Mickey and Minnie dancing and playing the piano. It sold for \$345.

reproductions can be found for \$50 to \$100. Your screen was made in the early 1900s and is valued at about \$700 to \$900.

CURRENT PRICES

Bank safety deposit box, double combination dial, ornate molding, Keyless Lock Co., 5 3/4 inches, \$90.

Royal Copenhagen, vase, trumpet, fluted, flowers, blue, 10 1/2 inches, pair, c. 1910, \$125.

Disney toy, Pinocchio, red overalls, hat, blue bow, tin lithograph, windup, 8 1/2 inches, \$180.

Toy, Flash Gordon, rocket fighter ship, red, yellow wings, clockwork, Marx, 12 inches, \$300.

TIP: Get a big mailbox so that when you are away, your mail will not be seen from the street.

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

Q. I'm 75 years old and have a fireplace screen from my grandmother's house. It is 28 inches high, shaped like a fan and folds up. I would love to know its value.

A. When real fires were burning in fireplaces, screens were used to control the heat and keep sparks and burning embers at bay. By the late 18th century, fire screens were available in wood, leather, wicker and papier-mache with silk, tapestry or embroidery. They were portable and often adjustable. By the 19th century, fire screens tended to be light with decorative panels.

The French "peacock"-style fan, like yours, was popular from the 1820s through the Victorian era. Made of bronze and brass, the intricate pierced filigree "feathers" could fold together and lock closed. The center supports often have decorations like medallions with cameos of mythological figures, a scrolling acanthus or a dragon handle. Early peacock fans can sell for a few thousand dollars.

Peacock screens of similar design but made in the 20th century are lighter in weight and worth less. Mid-cen-

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Health



Rare Cardiomyopathy Ends Football Season

DEAR DR. ROACH: My 18-year-old grandson has just been informed that he has left ventricular non-compaction cardiomyopathy. He has been VERY active his whole life, playing football, baseball, basketball and soccer all through high school. He had no symptoms. This was found when getting a physical for college, where he was supposed to play football, and he has been told that is now out of the question. The doctors are saying it's a very rare condition, and they want to put in a defibrillator ASAP. — *Anon.*

ANSWER: Left ventricular non-compaction is a cardiomyopathy (disease of the heart muscle) that is rarely diagnosed, but it probably has been under-recognized. It can run in families, so it's recommended to examine relatives for the condition. It is diagnosed by echocardiogram, and some cases can be identified through genetic analysis.

LVNC can lead to heart failure, arrhythmias and stroke. There is no specific treatment for LVNC, so people with the condition are treated for the manifestations of their disease. For people with heart failure, this means they are treated with the appropriate medications, which hopefully will prevent or at least slow down any damage to the heart. Management also can include an automated internal cardiac defibrillator (AICD) if the heart muscle is seriously weakened.

People with LVNC and a history of serious arrhythmias should get an AICD as well. Since arrhythmias are

very common in LVNC, AICDs may be used more frequently than with other causes of heart failure. Also, it is likely that your grandson's doctor has more expertise than I in managing this condition, and certainly has more knowledge about his heart, so I would take the recommendation for AICD very seriously.

It is strongly recommended he avoid competitive endurance sports and weightlifting.

DEAR DR. ROACH: I'm 40 and was diagnosed with sarcoidosis recently. It was found in my left eye when my eye doctor noticed inflammation. I also was having vertigo and face pain. It wasn't until I had a PET scan and they biopsied a lymph node that I got the diagnosis.

I am on steroids and recently started taking methotrexate. I'm having horrible side effects (mostly mouth sores and losing my hair), and my original symptoms are coming back. I feel like my doctors don't know how to treat this disease. I have been told that it is rare in my area. Where can I learn more about this disease and see if there are better and more current treatments? — *J.O.*

ANSWER: Sarcoidosis is a multisystem disease with an unknown cause. It most often affects younger people and women of African descent. The most commonly affected organs are the eyes and lungs, and lymph nodes are commonly enlarged. The severity can range from quite mild to life-threatening. The diagnosis is confirmed by biopsy.

Initial treatment usually consists of steroids, and methotrexate is often used. However, mouth sores and hair loss are both common complications.

To find an expert with special expertise in treating sarcoidosis, I would start with your closest teaching hospital. Even though you haven't told me about any lung disease, pulmonologists tend to have expertise in treatment of sarcoid, even when it affects organs other than the lungs. Most large hospitals have websites where you can search for doctors with expertise in a certain disease.

Vitamin E Unlikely to Cause Ill Effects

DEAR DR. ROACH: I'm a 47-year-old female in good overall health. About six months ago, I began to take several supplements, one of which was vitamin E (200 IU). I had no noticeable adverse reactions to any of the supplements. About 10 days ago, I started taking 400 IU of vitamin E. Right about the same time as this increase, I began having painful stomach cramps, diarrhea, nausea and tiredness. After a week of this, someone suggested that the vitamin E might be the cause. I have stopped taking it and have even avoided foods high in vitamin E. Three days later, I'm still having the diarrhea and other symptoms. If the vitamin E was the cause of the symptoms, shouldn't they have gone away by now? — *K.B.*

ANSWER: Vitamin E is a fat-soluble vitamin, so it is possible for levels to build up in the body if it's taken in high doses for long periods of time. However, toxic effects are unlikely at less than 1,500 IU daily, which is far higher than what you have been taking. Bleeding is one risk at high doses, as is a theoretical deficiency of vitamin A and D.

I think it is far more likely that you happened to get a case of gastroenteritis — inflammation of the stomach/intestines, often caused by a virus. It's unlikely to be due to the vitamin E. However, since vitamin E supplementation hasn't been shown to improve any of the many conditions it has been studied for, I don't recommend that you continue to take it.

Go easy on eating for a few days after gastroenteritis: The time-tested BRAT diet (bananas, white rice, peeled apples and dry toast) is effective. You can get enough fluid through water or apple juice, along with some salt, like chicken or vegetable broth.

DEAR DR. ROACH: I was told that due to the way our food is processed and grown, most people lack magnesium and should take a magnesium supplement. Should I? I

read that one symptom of low magnesium can be constipation or irregularity. — *C.B.*

ANSWER: The prevalence of low magnesium depends on the population. About 2 percent of the general population has low magnesium levels, but among people with diabetes, the rate is about 25 percent. In people who abuse alcohol, the prevalence may be as high as 30 to 80 percent. Some diuretics used for high blood pressure predispose a person to magnesium deficiency. High magnesium foods include leafy green vegetables, nuts, cereals and avocados.

The most common symptoms of severe low magnesium are loss of appetite and muscle tremors and weakness. Magnesium is necessary for potassium and calcium balance, so these can be deficient in cases of low magnesium. Since only a small amount of body magnesium is in the blood, magnesium deficiency should be considered in people with unexplained low calcium and potassium.

Low magnesium is rare in nondiabetic people who eat a good diet. I don't recommend magnesium supplementation for low-risk people with no symptoms. Symptoms of low magnesium should be evaluated by a physician and not self-treated. Only those with diagnosed low magnesium should take a magnesium supplement.

Is There Such a Thing as a Weather Allergy?

DEAR DR. ROACH: Is it possible to be allergic to the cold weather and temperature changes? My son is 23 years old, and when he goes out in the cold, he breaks out in hives. What can he do? — *K.R.*

ANSWER: This sounds exactly like cold urticaria, which isn't an allergy, but is similar in some ways. Doctors may test this by placing an ice cube (in a plastic bag with water) on the skin (usually the forearm) for five minutes, then watch the skin as it rewarms. If a hive develops (with raised skin and redness), that confirms the diagnosis. Cold urticaria can be associated with some infections (Lyme disease, hepa-

titis and HIV, among others) and with celiac disease.

People with cold urticaria need to worry about systemic reactions. Avoiding cold (especially swimming in cold water) is critical, but even cold beverages can cause a serious systemic reaction, including swelling of the mouth and throat. Even anaphylaxis, a life-threatening collapse of the circulatory system, can develop. Many people with severe cold urticaria carry an epinephrine auto-injector in case of emergency.

Antihistamines, such as loratadine (Claritin) and cetirizine (Zyrtec), are the best pharmacologic treatment. Experts in cold urticaria include allergists and dermatologists.

DEAR DR. ROACH: I have noticed that the medical profession uses a number of standard words in different ways. For example, "negative" is usually good, and "positive" often is bad news. — *N.M.G.*

ANSWER: It's true that we in medicine use words differently than they are used conversationally. "Negative" and "positive" are examples: We would like the biopsy to be negative for cancer, and if the HIV test is positive, that's not good. Doctors also use the word "complaint" to describe the patient's chief concern; it's not that we think people are being annoying.

DEAR DR. ROACH: Can skim milk or oat bran cause gas? — *J.R.*

ANSWER: Both certainly can cause gas. Skim milk contains the milk sugar lactose, to which many people are intolerant. In mild cases, it causes some gas; severe cases can cause diarrhea. Oat bran is a good fiber source, and all good sources of fiber can cause gas, especially if taken in amounts that are greater than the person is used to.



Financial Statement

REMARRYING? SHOULD YOU MERGE YOUR MONEY OR KEEP YOUR FINANCES SEPARATE?

If your remarrying or even marrying for the first time, there should be a conversation about money. There is much anxiety about merging finances. What was once yours will now perhaps be

ours. You both come into the marriage with different incomes and assets and most likely each of your obligations don't match. One might be putting children through college and the other might have debt that needs to be addressed.

A Prenup is no big deal

Not so! No one wants to think about splitting up when your making marriage plans, but it's a fact of life that could

happen. Sit down and discuss what would be a fair division of your assets should you split. Then, contact a lawyer to draft a prenuptial agreement. It should state what came into the relationship. Regarding insurance policies, if something should happen to either partner, the insurance money should be allocated to his/her children or a specific person or entity and so stat-

ed in the Prenup.

Systems Reduce Strife

Constant negotiating about who pays what bill or how household costs will be split is enough to stress any couple. Instead, find a systematic way to cover regular costs. Set up a household account into which each partner contributes an equal percentage of each monthly income. Also, get a joint credit card, funded from

that house account, mainly because you won't have to decide whose turn it is to pay for dinner. There are other ways to go and that is why you have to sit down together and talk it out.

Sometimes you need help

You need a joint strategy that takes both your ages and retirement dates into account. Consult a financial adviser to help sort it all out. He/she can also help to work with you on your various investments.

Keeping an open mind

If "protecting your money" is causing you a high degree of anxiety, a Prenup is certainly the way to go. However, a money conversation should take place before getting married so that there is no confusion or misunderstandings later on.

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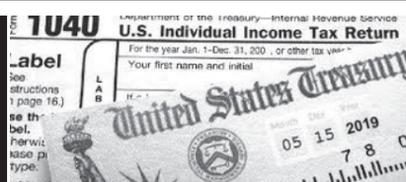
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Make a DIFFERENCE in Education

6 ways to contribute to schools in your community

FAMILY FEATURES

In communities across the country, many cities and towns revolve around their local school districts. As education is considered one of the backbones of society, it's common for community members to seek ways to assist students through school-related programs.

If you're interested in making a positive impact on your local schools, teachers and students, consider these tips from the America's Farmers Grow Rural Education program, sponsored by the Monsanto Fund, a philanthropic arm of Bayer:

Donate Supplies

From pens and pencils to computer monitors and other tech devices, schools are seemingly always in need of tools to help students thrive in a hands-on learning environment. Consider donating your gently used items for students to use in the classroom. For example, you may have binders, folders and writing utensils in your home office that could be used in a school setting, or you can even buy new materials at the store and contribute those to students you know personally or to a classroom in need.

Volunteer in the Classroom

If a more direct approach to giving is your preference, lending time and talent to a local school can be another charitable option. Try reading to younger children during your spare time, or to have an impact on older students, speak to classes about your job to provide real-world insight. While it requires more of a time commitment and likely certification in some form, applying to become a substitute teacher is a way to assist both students and teachers in your area.

Nominate Schools for Grants

To better understand the evolving world, some of the more pressing educational areas include science, technology, engineering and math (STEM). You can assist public schools in your area and help provide more STEM opportunities by nominating them for special grants, such as those offered by the America's Farmers Grow Rural Education program, which has awarded more than \$16 million in grants to more than 900 public schools since

2011. From Jan. 1-April 1, 2019, farmers can nominate local public school districts to apply for \$10,000 and \$25,000 grants.

Past winning programs used funds to improve internet connectivity, develop industrial arts labs and create life science and livestock learning laboratories. Find more information and nominate your local school at AmericasFarmers.com.

Think Outside the Classroom

It's entirely possible the hours of the school day and your work schedule simply don't align. Rather than helping inside the classroom, you can assist in after-school programs like sports and other extracurricular activities as a coach or sponsor. Additionally, school projects that require time spent job shadowing are common in middle school and high school, meaning you can volunteer to allow students to gain real-world experience by joining you at your workplace for a predetermined amount of time.

Attend Meetings

School board meetings in many areas occur weekly or monthly and are typically open to the public. If your local school district allows public attendance, consider making regular appearances. While you may not always share your opinion on school board matters, attending can, at the very least, allow you to stay up-to-date with the happenings of the community and keep informed on important topics and potential areas of need.

Encourage Participation

Finding ways to help schools, students and teachers can only go so far with limited assistance from community members. Reach out to others you think may be interested in lending their time and talents, and use social media and other avenues to spread awareness about upcoming events or information you believe need to be amplified.

Schools typically play a large role in community settings, but they're still almost always in need of help from those who are willing to give it. Giving your time and providing assistance where possible can make a positive impact where it's oftentimes needed most.



Photo courtesy of Getty Images

The Importance of STEM Education

One of the most important parts of the education process is preparing students to take on the "real world." As technology evolves and changes, STEM learning is increasingly becoming a foundation for future life skills.

There are a number of reasons STEM is truly valuable to today's students, including:

- STEM is where jobs are headed. According to the U.S. Bureau of Labor Statistics, the 10 fastest-growing occupations through 2026 are populated 100 percent by jobs that fall into STEM categories.
- STEM is innovative. Skilled employees in STEM fields are driving trends, which in turn creates additional jobs while boosting the economy.
- STEM is a stepping stone. The list of careers that fall under STEM categories

continues expanding. In addition to some of the more apparent careers and jobs, STEM learning can provide experience applicable to many other fields.

- STEM is making a difference. Driving social change through scientific research and technological advancements means STEM is at the forefront of making positive impacts in areas like medicine and engineering.

Funding for local schools is a key component in the STEM learning process. To help advance educational opportunities, consider nominating your local school district for grants like those available from the America's Farmers Grow Rural Education program, which includes \$10,000 and \$25,000 grants to fund improvements ranging from greenhouses to laboratory equipment to makerspaces.



1. Who released the original version of "You're No Good"?
2. Name the English rock group that had a breakthrough hit with "The Things We Do for Love."
3. Which artist wrote and released "The Way You Make Me Feel"?
4. Name the gravelly voiced singer who wrote "Downtown Trains"?
5. What song contains this lyric: "Come bring me your softness, Comfort me through all this madness."

Answers

1. Dee Dee Warwick, in 1963. Linda Ronstadt's cover version topped the charts in 1975, although she was never happy with the way the final cut turned out.
2. The band 10cc, in 1975. The song went international, topping the U.K. and Canadian singles charts and reaching No. 2 in the U.S. Amy Grant released a version in 1996.
3. Michael Jackson, in 1987. The song's length varies, from 4:25 to 9:33, depending whether it's heard on single, album or video.
4. Tom Waits, in 1985 on his "Rain Dogs" album. Rod Stewart followed with a cover in 1989, netting a Grammy nom for Best Male Pop Vocal.
5. "With You I'm Born Again," by Billy Preston and Syreeta Wright in 1979. The song was used in the film "Fast Break," but didn't get much attention until it was released as a single.



Strange BUT TRUE

By Samantha Weaver

• In this time of bitter partisan rivalries, it would be well to remember the following sage observation: "Do not trust to the cheering, for those persons would cheer just as much if you and I were going to be hanged." The man who first made that observation was Lord Protector of England Oliver Cromwell, considered by some to be a hero of liberty, by others to be a regicidal dictator. He died in 1658, probably from septicemia. He was so reviled that, three years later, his body was exhumed so that he could be posthumously executed, his body thrown into a pit and his head displayed on a pole outside Westminster Hall.

• Those who study such things say that if all the gold in the world were combined in one lump, it would result in a cube that measures 20 yards on each side.

• The acids in your digestive system are so corrosive that your stomach must produce an entirely new lining every three days.

• You might be surprised to learn that the mother of Sir Winston Churchill, that quintessential icon of Britishness, was actually born an American in Brooklyn, New York. Lady Randolph Spencer-Churchill, nee Jeanette Jerome, was a socialite, and it is through her that Winston Churchill is related to his wartime ally, Franklin Delano Roosevelt. The prime minister and the president were seventh cousins, once removed.

• If you're planning to travel to Washington state with nefarious plans, here's an interesting law to keep in mind: Any motorist with criminal intent is required to stop before entering a town and inform the chief of police of his or her presence.

Thought for the Day: "The difference between fiction and reality? Fiction has to make sense." —Tom Clancy



1. **Glass** (PG-13) James McAvoy, Bruce Willis
2. **The Upside** (PG-13) Kevin Hart, Bryan Cranston
3. **Aquaman** (PG-13) Jason Momoa, Amber Heard
4. **Dragon Ball Super: Broly** ..(PG) animated
5. **Spider-Man: Into the Spider-Verse**(PG) animated
6. **A Dog's Way Home**(PG) Kimi Alexander, Farrah Aviva
7. **Escape Room** (PG-13) Deborah Ann Woll, Taylor Russell
8. **Mary Poppins Returns**(PG) Emily Blunt, Lin-Manuel Miranda
9. **Bumblebee** (PG-13) Hailee Steinfeld, Jorge Lendeborg Jr.
10. **On the Basis of Sex** (PG-13) Felicity Jones, Armie Hammer



Most Anticipated Films for 2019

1. **Avengers 4: Endgame**
2. **Captain Marvel**
3. **Spider-Man: Far From Home**
4. **Toy Story 4**
5. **The Lion King**
6. **Star Wars: Episode IX**
7. **Aladdin**
8. **X-Men: Dark Phoenix**
9. **Glass**
10. **Jumanji sequel**

Source: Atom Tickets



The Nutcracker and the Four Realms (PG-13) — At Christmas, a spirited young woman named Clara (Mackenzie Foy) receives an enigmatic gift from her late mother. The key to this gift is presented by her godfather (Morgan Freeman), who sends her on a quest across a fantastic land where she must battle as queen for the Fourth Realm against the Mouse King and the plucky and terrifying Mother Ginger (Helen Mirren). Delightful and fanciful but moderately hard to follow, the whole thing is a little too over-the-top, including Keira Knightly as an aggressively flighty Sugar Plum Fairy. But we loved relative unknown Jayden Fowora-Knight as the steadfast Nutcracker soldier Phillip.

Boy Erased (R) — Nicole Kidman and Russell Crowe play small-town, religious parents whose world is rocked by the admission that their seemingly normal son (Lucas Hedges) is gay. The preacher and his wife send the boy to a Christian conversion camp, where he is to be reprogrammed out of his wayward feelings. It's tragically hard to be a loving parent whose values are at odds with your child's sexuality. It's tragically hard to be happy and well-adjusted at the expense of being yourself. This film recognizes those realities while exposing the shameful practices and futility of so-called conversion programs. Based on the autobiographical account of Garrard Conley.

Hunter Killer (R) — When a U.S. submarine goes missing in icy waters off Russia, intel determines that a coup d'etat is developing and a super-sinister rogue minister is looking to cause World War III. Sub commander Joe Glass (Gerard Butler) is called upon to check it out — because he's not like those other by-the-book captains, obviously — while the Navy Seals go

in to rescue the kidnapped Russian president. Glass brings his special brand of rule-breaking disaster management, enlisting the help of a salty Russian commander (the late Michael Nyqvist). "The Hunt for Red October," it's not. So batten down the hatches, because this cheese-action flick has no chill at all.



Laurie Sparham/Disney

Keira Knightley, Mackenzie Foy in "The Nutcracker and the Four Realms"

Suspiria (R) — Talented, ambitious American dancer Susie (Dakota Johnson) is accepted into a renowned German dance company, whose artistic director (Tilda Swinton) runs a decidedly immersive program. Another student, Patricia (Chloe Grace Moretz), goes missing after outing the dance company to her therapist as a coven of witches. Susie climbs the ranks, while violence and mayhem surround the ritualistic actions of the dance company. Swinton plays three parts in this film and one is an older German male psychotherapist. I still can't tell if it's supposed to be obvious that it's her under all that latex. That about sums up how I feel about this art-house horror.

NEW TV RELEASES

- Ballers** Season 4
- Crashing** Season 2
- Dr. Who** Complete Eleventh Series
- Humans** 3.0
- Kidding** Season 1



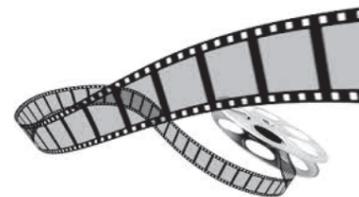
Top 10 Video On Demand

1. **Night School** (PG-13) Kevin Hart
2. **Crazy Rich Asians** (PG-13) Constance Wu
3. **Venom** (PG-13) Tom Hardy
4. **Bad Times at The El Royale** (R) Jeff Bridges
5. **A Simple Favor**(R) Anna Kendrick
6. **The Equalizer 2**(R) Denzel Washington
7. **White Boy Rick**(R) Matthew McConaughey
8. **Peppermint**(R) Jennifer Garner
9. **The House With a Clock in Its Walls**(PG) Jack Black
10. **Mission: Impossible — Fallout** (PG-13) Tom Cruise

Top 10 DVD, Blu-ray Sales

1. **Venom** (PG-13) Sony
2. **Night School** (PG-13) Universal
3. **The House With a Clock in Its Walls**(PG) Universal
4. **Bad Times at The El Royale** (R) FOX
5. **The Predator**(R) FOX
6. **Incredibles 2**(PG) Disney
7. **Hell Fest**(R) Lionsgate
8. **The Equalizer 2**(R) Sony
9. **Smallfoot**(PG) Warner Bros.
10. **Mission: Impossible — Fallout** (PG-13) Paramount

Source: comScore



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What's Hot in Hollywood

HOLLYWOOD — “Aquaman” has passed the \$1 billion mark, while **Steve Carell’s** “Welcome to Marwen” will be lucky to gross \$20 million. Just as Broadway has become a haven for movies made into musicals, blockbusting theatrical films are based on comic book super heroes and fantasies.

Of the all-time 10 top-grossing films, only No. 2 “Titanic” and No. 7 “Furious 7” are realistic. “Avatar” (No. 1), “Star Wars: The Force Awakens” (No. 3), “Jurassic World” (No. 5) and “Harry Potter and the Deathly Hallows” (No. 10) are pure fantasy, while “Avengers: Infinity War” (No. 4), “Avengers: Age of Ultron” (No. 8) and “Black Panther” (No. 9) were comic-book born.

Young people go to theaters, while the rest of us download our films. Even Oscar-winning actors such as **Nicole Kidman** have been lured to these films, as per her Queen Atlanna in “Aquaman.” But she returns to reality with “The Goldfinch,” starring **Ansel Elgort** and **Jeffrey Wright** (due Oct. 11), and “Fair and Balanced,” with Oscar-winners **Charlize Theron** and **Allison Janney** and nominees **Margot Robbie** and **John Lithgow**. Also ahead is HBO’s “The Undoing,” with **Hugh Grant** and **Donald Sutherland**.

Charlize Theron, currently filming the comedy “Flarsky,” with **Seth Rogan** and **Alexander Skarsgard**, is lending her voice to **Morticia Adams** in “The Addams Family” reboot (Oct. 18 release).

Tom Hanks may be 62, but he’s not slowing down. You’d think being worth \$500 million would allow him more time with his wife and four children, but he didn’t win two consecutive best-actor Oscars, four Golden Globes, eight Emmys and a Kennedy Center Honors Award (in 2014) by taking time off. He’s completed “Greyhound,” with **Elizabeth Shue**, which he wrote, produced and stars in; “Toy Story 4” (out July 21); playing **Mr. Rogers** in “A Beautiful Day in the Neighborhood”; and is shooting “Bios,” in which he plays the last man on earth (coming October 2020).



Depositphotos

Nicole Kidman

There’s nothing like a dame, especially when it’s **Dame Judi Dench**. At 84 she’s going full-steam ahead with films such as “All Is True,” in which she plays Shakespeare’s wife, **Anne Hathaway**, to **Sir Kenneth Branagh’s** aging bard (due Dec. 21); the World War II film “Six Minutes to Midnight,” with **Eddie Izzard** and **Jim Broadbent**; the fantasy/adventure “Artemis Fowl,” also directed and starring Branagh, with **Josh Gad** (coming Aug. 9); and of course “Cats,” as Old Deuteronomy (out Dec. 20).

Then there’s **Dame Maggie Smith**, also 84, who is shooting the “Downton Abbey” film (Sept. 20 release). And we can’t forget **Dame Joan Collins** (85), who starred in “The Royals” (the 2015-2018 TV series) and four episodes of “American Horror Story: Apocalypse,” as two different characters. Which only proves that you can’t keep a dame down!

HOLLYWOOD — No sooner had “I, Tonya” Oscar-nominee **Margot Robbie** agreed to play Barbie for the live-action bigscreen movie coming from Warner Bros. and Mattel, than the internet began screaming that Margot as Barbie would perpetuate the iconic doll’s unrealistic stereotype to

young girls. Of course, it’s an unfair assumption since the movie hasn’t even started shooting, and in the hands of an accomplished actress such as Robbie it’ll be anything BUT shallow.

In addition to **Quentin Tarantino’s** “Once Upon a Time in Hollywood,” with **Leonardo DiCaprio** and **Brad Pitt**, in which she plays **Sharon Tate**, and “Fair and Balanced,” with Oscar winners **Charlize Theron**, **Nicole Kidman** and **Allison Janney**, Robbie also has signed up for the thriller “Dreamland” with **Travis Fimmel** and **Garret Hedlund**. It’s unlikely that “stereotype” is in her vocabulary.



Robert Sullivan photo

Margot Robbie

Sam Elliott, who just received an Oscar nomination for his role in “A Star Is Born,” has leant his golden voice to “The Gettysburg Address” documentary with **Dermot Mulroney**, **Matthew Broderick**, **Cary Elwes**, **Aiden Quinn** and **Ed Asner**. The success of Broadway’s “Hamilton” has amped up demand for other projects re-creating American history. Sam’s currently shooting “The Man Who Killed Hitler and Then The Bigfoot” (in theaters Feb. 8), with **Aiden Turner** (of all three “Hobbit” films). Based on the 40 years I’ve known Sam, as selective as he is, you can be sure it’s a serious, important film.



by cindy elavsky

Q. Is Sean Murray, who plays Tim McGee on “NCIS,” leaving the show as others have recently? The reason I’m asking is, in the Jan. 7 episode, he mentioned to Kasie that he was being approached by a “headhunter,” and he seemed to be thrilled by it. — *Richard W.*

A. Murray, who has been with the cast of “NCIS” since its first season in 2003, has not announced any official departure plans, but with so many cast changes on the hit show in recent years, it wouldn’t be a shock if he did. Murray did, however, sign a two-year contract extension in 2016, so perhaps the headhunter mention was put there by the writers just in case Murray or CBS decides not to renew his contract.

Q. When is the live version of “West Side Story” going to be on TV, and which network will air it? I’ve loved all the Broadway shows they’ve redone, especially “Sound of Music” and “Jesus Christ Superstar.” — *G.P.*

A. The remake of “West Side Story” isn’t going to be a live TV musical. Instead it will be a feature film, much like how “Chicago” and “Les Miserables” were reimaged for the big screen.

One reason why the new “West Side Story” is highly anticipated is because Academy Award-winning director **Steven Spielberg** will direct and produce the film. He and screenwriter **Tony Kushner** have taken a lot of time to ensure the musical does justice to the original 1961 film, and that it also earns the approval of the Puerto Rican community. According to “Deadline,” Spielberg and his team have been meeting with Hispanic heritage and advocacy groups, and also met with students and professors from the



Kevin Lynch/CBS

Sean Murray

University of Puerto Rico.

They’ve also found their Maria. After auditioning more than 30,000 applicants, 17-year-old high school student **Rachel Zegler** from New Jersey will play the lead. Her world is about to change as she joins **Ansel Elgort** (“Baby Driver”) as **Tony**, and Broadway actors **David Alvarez**, **Ariana DeBose** and **Josh Andre Rivera** as **Bernardo**, **Anita** and **Chino**, respectively. Filming is set to begin this year.

Q. I saw that the show “Temptation Island” is coming back on TV. Wasn’t that canceled a long time ago? — *C.J.*

A. It’s hard to believe but it’s been 16 years since FOX’s reality show “Temptation Island” has been on the air. It was a big hit at first but was canceled after three seasons due to declining ratings.

Now the USA Network has revived it, likely due to the success of ABC’s “Bachelor in Paradise” and anticipation over the upcoming American version of the British hit “Love Island.”

“Temptation Island” puts four couples on an island surrounded by men and women who look good in swim trunks and bikinis. The couples are then put to the test to see whether they are meant to be together. Like any reality show, take it with a grain of salt — or turn the channel. It’s up to you.

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Pulled Pork Sandwiches with Peach-Olive Jam

- 1 teaspoon olive oil
- 3 pounds pork shoulder roast
- kosher salt, to taste
- ground black pepper, to taste
- 4 cloves garlic, quartered
- 4 cups low-sodium chicken broth
- 8 ounces dried peaches
- 1 tablespoon chili powder
- 1 cup California Black Ripe Olives, wedged
- 2 teaspoons country mustard
- 1 ounce arugula
- 8 onion rolls, split and toasted

Heat oven to 375 F.

In large, high-sided saute pan, heat oil over medium-high heat. Season pork with salt and pepper, to taste, and cook in pan 3-4 minutes on each side until browned. Stir in garlic and continue cooking 3-5 minutes. Pour in chicken broth, peaches and chili powder; bring to boil. Cover loosely with foil and bake in oven 2 hours. With slotted spoon, carefully remove peaches and transfer to small mixing bowl. Mix olives and mustard with peaches; set aside. Continue to cook pork in oven 30-60 minutes until fork tender. Allow to cool slightly then shred by pulling apart with fork. Assemble sandwiches by spooning pork onto toasted rolls. Top with arugula and peach-olive mixture.

GAME DAY EATS AND TREATS

SCORE MAJOR POINTS WITH DELICIOUS DISHES

FAMILY FEATURES

If the crew is coming over to root for your favorite team, it may be time to spice up the menu. Whether you're hosting the weekend get-together or watching the game after work, switch up your typical spread and serve something new to leave your guests cheering for more. When it comes to choosing an ingredient that can lend a winning assist to nearly any dish and score you some major points, look no further than California Ripe Olives.

Variety is key when mapping out food for a crowd, regardless of the event. Plan

on serving one main course and two sides, and consider no-fuss options like chips and dips. If there are kids in attendance, make sure there is something neutral for even the pickiest eaters to snack on. However, try your best to avoid anything that needs a knife and fork to eat – finger foods typically work best when the game is on and conversation is flowing.

The mild and unique taste of California Ripe Olives lends itself well to many different flavor pairings, such as these recipes for Pulled Pork Sandwiches with Peach-Olive Jam, Easy Olive Bread and Sun-Dried Tomato and Olive Tapenade.

Whether your guests are fans of spicy, mild, sweet or savory, the only limit is your imagination when you pull a can of olives from the pantry.

Family farms across California grow 95 percent of the ripe olives consumed in the United States. Each can is a labor of love. Multi-generational family farms work with family-owned canneries in California to produce each can and ensure only the highest quality olives make it from the farm to your game-day table. For more creative ways to use olives, including family recipes from growers across California, visit CalOlive.org.



Photo courtesy of The Wicked Noodle

Easy Olive Bread

Recipe courtesy of The Wicked Noodle

- 8 ounces cream cheese, softened
- 1/4 cup unsalted butter, softened
- 1/2 cup mayonnaise
- 1 clove garlic, minced
- 2 cups shredded cheddar cheese
- 10 ounces California Green Ripe Olives, chopped
- 2 green onions, chopped
- 1 loaf French bread, sliced in half lengthwise

Heat oven to 350 F.

In bowl, mix cream cheese, butter and mayonnaise until thoroughly combined. Add garlic; stir well to distribute. Add cheddar cheese, green olives and green onions; stir to combine.

Spread mixture on cut sides of bread. Bake 20-30 minutes, until cheese is hot, bubbly and starting to brown.



Sun-Dried Tomato and Olive Tapenade

- 1/2 cup shallots, chopped
- 1/4 cup chopped smoked sun-dried tomatoes
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white balsamic vinegar
- 2 cloves garlic, minced
- 1 can (6 ounces) California Green Ripe Olives, drained
- 1 can (6 ounces) California Black Ripe Olives, drained

- 1/4 cup lightly packed fresh basil
- sea salt, to taste
- freshly ground pepper, to taste
- crackers or toasted baguette slices

In food processor, pulse shallots, sun-dried tomatoes, olive oil, vinegar and garlic until finely chopped. Add olives, basil, salt and pepper; pulse again until chopped. Cover and chill 1 hour.

Serve with crackers or toasted baguette slices.

Note: Recipe can be prepared one day in advance.

Simple Entertaining Tips to Take Your Table to the Next Level

- 1. A colorful platter is an easy way to spice up a spread.
- 2. Pair something salty with something sweet for a juxtaposition of flavors.
- 3. If you're serving food on neutral plates, add some colorful linens.
- 4. Plan the menu around a central theme or ingredient.
- 5. Guests love choices – making more options available can make for better spreads.
- 6. Use versatile ingredients, like California Ripe Olives, to keep picky eaters happy.

Good Housekeeping

Meal-in-a-Bowl Minestrone

The ideal antidote to a dreary day, this protein-packed soup is as tasty as it is nutritious, with broccoli, carrots, zucchini, green beans, tomatoes, cannellini beans and macaroni simmered in light chicken broth.

- 2 tablespoons olive oil
- 1½ cup chopped onion
- 1 tablespoon minced garlic
- 4 cup water
- ¼ cup water
- 1 can reduced-sodium fat-free chicken broth (1¾ cups)
- 1 cup small whole-wheat pasta (such as elbow macaroni)
- 1 medium carrot, cut in 4 pieces lengthwise and diced
- 1 can no-salt-added cannellini beans
- 8 ounces broccoli rabe, cut bite-size
- 1 medium zucchini, cut in half lengthwise and diced
- 4 ounces green beans
- 1 cup packed parsley leaves
- 2 tablespoons grated Parmesan
- 1 pound plum (Roma) tomatoes

1. Heat 1 teaspoon oil in a heavy 5- to 6-quart pot or Dutch oven over medium-high heat. Stir in onion; cover and cook 5 minutes or until golden, stirring occasionally. Add 2 teaspoons garlic; cook 30 seconds until fragrant.

2. Add 4 cups water and the broth; bring to a boil. Add pasta and carrot; boil 5 minutes. Reserve ¾ cup of the cannellini beans; stir rest into pot along with broccoli rabe, zucchini and green beans. Return to a boil and boil 5 minutes or until pasta and vegetables are tender.

3. Meanwhile puree remaining beans, 5 teaspoons oil, 1 teaspoons garlic, ¼ cup water, parsley and the cheese in a food processor or blender.

4. Remove from heat; stir tomatoes into soup. Stir in the parsley mixture or serve it alongside. Serves 4.

TIP: Broccoli rabe stems cook tender, meaning that unlike collards and kale, you don't need to pull the leaves off the stems. Cut off (and discard) the stems just below the string or wire tie binding them. Remove the tie, and hold on to the bunch as long as you can while you slice the stalks and leaves. Wash well before cooking. A bunch of broccoli rabe usually weighs around 1 pound.

Good Housekeeping

Fettuccine With Lemony Shrimp

Light and aromatic with the scent of fresh lemon, this pasta dish looks and tastes as good as any restaurant meal, but can be created at home in just 30 minutes. It serves six, so invite some friends over.

- Salt and pepper
- 2 large leeks
- 1 tablespoon plus 2 teaspoons olive oil
- ½ pounds shrimp
- 2 cloves garlic
- ¼ teaspoon crushed red pepper
- 1 cup dry white wine
- 1 pound fettuccine
- 1 tablespoon margarine or butter
- 2 tablespoons finely chopped fresh basil leaves
- 2 tablespoons finely chopped fresh flat-leaf parsley leaves
- 1 lemon

1. Heat large covered saucepot of water to boiling on high. Add 2 teaspoons salt.

2. Trim and discard root and dark green top from leeks. Discard any tough outer leaves. Cut leeks lengthwise in half, then crosswise into ¼-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish to remove any sand. Remove leeks to colander. Repeat process with fresh water, changing water several times until sand is removed. Drain leeks well.

Good Housekeeping

Chicken and Mushrooms with Brown Rice

Earthy mushrooms and satisfying whole grains make this chicken-and-rice dish an ideal dinner option for losing weight in the new year.

- 2 tablespoons olive oil
- ¼ pounds skinless, boneless chicken thighs
- 1 package (10-ounce) sliced cremini mushrooms
- 2 medium stalks celery, thinly sliced
- 1 teaspoon chopped fresh thyme leaves
- 1 can (14- to 14-1/2-ounce) chicken broth
- 1 cup instant brown rice
- ½ cup dry white wine
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 8 baby summer squash, halved and steamed

1. In 12-inch skillet, heat oil or medium-high until hot. Add chicken and cook, covered, 5 minutes. Reduce heat to medium; turn chicken and cook, covered, 5 more minutes. Transfer to plate.

2. To same skillet, add mushrooms celery and thyme; cook 5 minutes or until vegetables are softened, stirring occasionally. Add broth, rice, wine salt and black pepper; heat to boiling.

3. Return chicken to skillet. Reduce heat to low; cover and simmer about 12 minutes or until juices run clear when thickest part of chicken is pierced with knife, and rice is cooked. Serve with squash. Serves 4.

• Each serving (without squash) 340 calories, 13g total fat (2g saturated), 118g cholesterol, 595mg sodium, 21g total carbohydrate, 3g dietary fiber, 35g protein.

Good Housekeeping

Portobello Parmesan

Stuff mushrooms with marinara, mozzarella and breadcrumbs for an easy, delicious dinner that will satisfy meat lovers and vegetarians, alike.

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- 1 cup marinara
- 4 slices fresh salted mozzarella
- ¼ cup panko

Freshly grated Parmesan, sauteed kale and sliced baguette, for serving

1. On foil-lined, rimmed baking sheet, place portobello mushroom caps smooth sides down; spray with non-stick cooking spray and sprinkle with salt. Bake in 450 F oven 10 minutes.

2. Spoon ¼ cup marinara sauce into each cap; top each with mozzarella slice, then 1 tablespoon panko. Spray all over with nonstick spray.

3. Bake 15 minutes longer or until cheese has melted and mushrooms are tender. Garnish with freshly grated Parmesan. Serve with sauteed kale and sliced baguette. Serves 4.

• Each serving: About 395 calories, 24g fat (11g saturated fat), 22g protein, 30g carbs, 6g fiber, 690mg sodium.

Good Housekeeping

Easy Cappuccino Dessert

- 1 package chocolate flavor, sugar-free instant pudding and pie filling for 4 servings
- ½ cups milk
- 1 tablespoon instant espresso-coffee powder
- Whipped cream in aerosol can
- Ground cinnamon

1. Prepare pudding as label directs, but use only 1 ½ cups milk and instant espresso powder.

2. Pour into 4 dessert dishes. Garnish with whipped cream and sprinkle with ground cinnamon. Serves 4.

• Each serving: About 105 calories, 5g total fat, 15mg cholesterol, 360mg sodium.

Comfort foods

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and
healthy

by Healthy Exchanges

Super Bowl Snack

With the Super Bowl just around the corner, it's time to think about your game day spread. Place a bowl of this snack in the middle of the table, and it's sure to be a hit.

- 1 (6-ounce) box Rice Chex
- ½ cup Kraft Fat-Free Italian Dressing
- ½ cup Kraft Reduced Fat Parmesan Style Grated Topping

1. Place Rice Chex in a large mixing bowl. In a small saucepan, heat Italian dressing over LOW heat. Stir

in Parmesan cheese. Pour mixture over Rice Chex, being sure to coat cereal well.

2. Evenly spread mixture on a rimmed baking pan. Bake in 250 F oven for 60 minutes, stirring every 15 minutes. Cool completely. Store in airtight container. Makes 8 (¾ cup) servings.

• Each serving equals: 104 calories, 0g fat, 2g protein, 24g carbs, 470mg sodium, 75mg calcium, 1g fiber; Diabetic Exchanges: 1 ½ Starch; Carb Choices: 1 ½.



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Crime

Financial identity theft over \$300 on the 1400 block of West Melrose Street.

Domestic battery at a residence on the 3900 block of North Paulina Street.

Simple battery at a restaurant on the 1400 block of West Irving Park Road.

Burglary and unlawful entry in an apartment on the 1200 block of West Nelson Street.

Financial identity theft and fraud over \$300 at a bank on the 3700 block of North Clark Street.

Fraud or confidence game committed at a residence on the 2800 block of North Racine Avenue.

Burglary and forcible entry into an apartment on the 1000 block of West Daykin Street.

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

Larceny-theft under \$500 on the 2800 block of North Halsted Street.

Burglary and unlawful entry to a residence on the 700 block of West Briar Place.

Vandalism to a vehicle in an alley on the 600 block of West Grace Street.

Pick pocketing on the street on the 3100 block of North Halsted Street.

Criminal sexual assault in a ride sharing vehicle service (e.g., Uber, Lyft) non aggravated on the 1000 block of West School Street.

Aggravated assault with a knife or cutting instrument at a grocery food store on the 3500 block of North Broadway.

Larceny and retail theft from a grocery store on the 2900 block of North Ashland Avenue.

Domestic battery at a bar or tavern on the 3400 block of North Halsted Street.

Fraud and financial identity theft over \$300 on the 3800 block of North Western Avenue.

Simple assault at a grocery store on the 3900 block of North Western Avenue.

Vandalism to a commercial vehicle on the 2300 block of West Waveland Avenue.

Vandalism to a residential property on the 2200 block of West Cullom

Avenue.

Simple battery in a restaurant on the 4200 block of North Lincoln Avenue.

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

Theft from a bar or tavern on the 2000 block of West Roscoe Street.

Vandalism to a residential property on the 2000 block of West Montrose Avenue.

Domestic battery on park property on the 3000 block of North Hoyne Avenue.

Burglary and unlawful entry in a CHA apartment on the 2800 block of North Clybourn Avenue.

Vandalism to property on the 1900 block of West Irving Park Road.

Vandalism to a vehicle in a parking lot on the 3700 block of North Western Avenue.

Vandalism to a vehicle on the street on the 3800 block of North Damen Avenue.

Drug abuse violations found suspect narcotics on the 2400 block of West Grace Street.

Aggravated battery with a dangerous weapon in a bar or tavern in the 3200 block of North Western Avenue.

Larceny and theft of over \$500 on the street on the 2800 block of North Clark Street.

Larceny and theft from a small retail store on the 3000 block of North Broadway.

Simple battery on the street on the 500 block of West Aldine Avenue.

Motor vehicle theft of an automobile off the street on the 2800 block of North Paulina Street.

Vandalism to a vehicle on the street on the 4200 block of North Greenview Avenue.

Simple battery at a bar or tavern on the 3700 block of North Clark Street.

Larceny and theft from a building on the 3300 block of North Seminary Avenue.

Fraud and credit card fraud at a bar or tavern on the 3200 block of North Sheffield Avenue.

Simple assault at a CTA station on the 3900 block of North Sheridan Road.

Domestic battery on the 3700 block of North Wilton Avenue.

Burglary and unlawful entry to an apartment on the 900 block of West Fletcher Street.

Simple battery at a restaurant on the 4200 block of North Lincoln Avenue.

Simple battery at an apartment on the 2100 block of West Berteau Avenue.

Vandalism and criminal defacement of a commercial property on the 2400 block of West Barry Avenue.

Vandalism to property at a grocery store on the 3700 block of North Lincoln Avenue.

Forgery and having a counterfeiting document at a restaurant on the 2000 block of West Montrose Avenue.

Motor vehicle theft of an automobile off the street on the 2100 block of West Roscoe Street.

Simple battery at a public library on the 4300 block of North Lincoln Avenue.

Harassment by electronic means at a residence on the 4300 block of North Wolcott Avenue.

Aggravated assault at a grocery food store on

the 33 block of North Western Avenue.

Aggravated assault with a dangerous weapon in a ride sharing service (Uber, Lyft) on the 3300 block of North Western Avenue.

Retail theft from a drug store on the 3900 block of North Western Avenue.

Vandalism and criminal defacement on a public school on the 2600 block of West Addison Street.

Pick pocketing and theft at a liquor store or tavern on the 3700 block of North Broadway.

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

Illegal use of a cash card in a bar or tavern on the 3700 block of North Broadway.

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

Burglary and forcible entry on the 3000 block of North Sheffield Avenue.

Motor vehicle theft off the street on the 3700 block of North Fremont Street.

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A HEALTHY WAY TO WORK

Improve health and performance at the office

FAMILY FEATURES

Between the hours staring at a computer screen and the nearly constant temptation of treats in the breakroom, most offices are not known for fitness and health. However, work is where most Americans spend at least one-third of their days, and it's a place where simple changes can make a big difference.

Hunger is an important factor in managing workday wellness, from maintaining focus to making smart snacking choices. A survey on workplace snacking, conducted by Focus Vision and supported by the American Pistachio Growers, found that 92 percent of workers report becoming distracted from their tasks at work due to hunger before lunch. Eighty percent said they get hungry in the mornings before lunch and think about food often or every day.

Watching your eating habits and being more aware of your body's physical needs can help promote a better office lifestyle. Take steps to improve your workday wellbeing with these tips from Dr. Mike Roussell, nutrition expert and adviser to "Men's Health" and "SELF" magazines:

Keep healthy snacks on-hand. Sugary snacks can send you on a roller coaster ride of energy and focus. The right kind of healthy snacks can satiate your appetite as well as improve your health and performance at work. For example, the survey on workplace snacking showed a midmorning snack of pistachios can help improve concentration, and the right kind of snack at the right time can help give you a competitive edge at work.

Find time for activity. Being physically active can help control stress, recharge your brain and promote overall wellness. Being at work doesn't mean that you must be sedentary. Break up lunchtime with a short walk or jump on board with a growing trend and conduct walking meetings. Next time you have a brainstorming or check-in meeting, take it to the



Dr. Mike Roussell

streets and hold your meeting while walking around.

Feed your brain. A healthy body doesn't just mean strong muscles and maintaining a healthy heart, but also nurturing a healthy brain. It is important to fuel your brain with the nutrients it needs to function at its best. Research from Loma Linda University shows that eating pistachios stimulates brain waves associated with cognition, memory and learning. Lutein, an antioxidant found in pistachios, is also associated with improvements in executive brain function.

Stay hydrated. Staying hydrated is not only important for athletic performance, but is also important for peak mental performance at work. Several research studies show that small levels of dehydration can decrease mental performance and negatively impact mood. To avoid becoming dehydrated, have a large glass of water with each meal or snack and at least one more glass between meals.

Take breaks to recharge. Engineers of one productivity app analyzed time logs from more than 5 million days of tracking to determine the behaviors of the most productive people. They found that when people worked for 52 minutes then took a 17-minute break they had the highest productivity levels. Setting periods of intense focus and then time off during your workday can help you be more productive and reduce stress.

Skip mindless eating. The office can be a nutritional landmine. Bowls full of candy and breakrooms with boxes of donuts make it all too easy to nibble without fully realizing all the calories you are accumulating. Taking a more proactive and conscious approach to snacking can help cut out unwanted extra calories while also curbing your appetite.

Explore more ideas for smart snacking at the office and at home at americanpistachios.org.

A Handful of Health Benefits

Increasingly, people with desk jobs are looking for healthier snack alternatives to typical choices like donuts and vending machine fare. A solution may be a simple handful away.

In a survey commissioned by the American Pistachio Growers, 1,000 American office workers who skipped breakfast consumed a snack of pistachios (about 1 1/2 servings) between 9 a.m. and 11 a.m. The midmorning snack proved to be just what they needed to power through the morning. Ninety-two percent of the participants reported the pistachio snack helped eliminate hunger and improved their concentration.

Reinforcing their role in mental acuity, in a separate study, pistachios produced strong gamma waves, which are critical for enhancing cognitive processing, information retention, learning, perception and rapid eye movement during sleep.

"Pistachios are an ideal midmorning or midafternoon snack because of their unique nutrient package that not only promotes feelings of fullness and satiation, but newer studies show that it can promote an optimal mental state and more focus at work," Roussell said. "Pistachios are a healthy snack that you can look forward to eating day in and day out."

Indeed, an option like pistachios is a healthier choice than many go-to snacks. They do not contribute to weight gain or body fat changes and can significantly improve dietary nutrient intake. Survey participants increased their consumption of nutrients such as thiamin, vitamin B6, copper and potassium after snacking on pistachios for four weeks.



The Garden Bug

Flowers can relieve stress

Our modern lives are busy, and some people feel stressed every day. A study from the University of North Florida shows that living with flowers lessens societal pressure and feelings of anxiety. Participants in the study who received flowers overwhelmingly reported an improved mood, and that they felt happier. Flowers can strengthen feelings of compassion, foster creativity and even provide a boost of energy.

- Brenda Weaver
Source: Society of American Florists



The Garden Bug

The Three Friends of Winter

Pine and bamboo are evergreen through winter, and plum tree blossoms signal the approach of spring. Together these plants form a motif in Chinese art and culture called "The Three Friends of Winter" that represents steadfastness, perseverance, and resilience. This imagery has been used in Chinese literature, painting, poetry, and calligraphy since the thirteenth century. - Brenda Weaver

Source: artmuseum.princeton.edu, chinaonlinemuseum.com



The Garden Bug

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- Brenda Weaver



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Quotes worth your time

"At the touch of love, everyone becomes a poet."
Plato

"A baby is born with a need to be loved-and never outgrows it."
Frank A. Clark

"Love is the greatest refreshment in life."
Pablo Picasso

"For it was not in my ear you whispered, but into my heart, It was not my lips you kissed, but my soul."
Judy Garland

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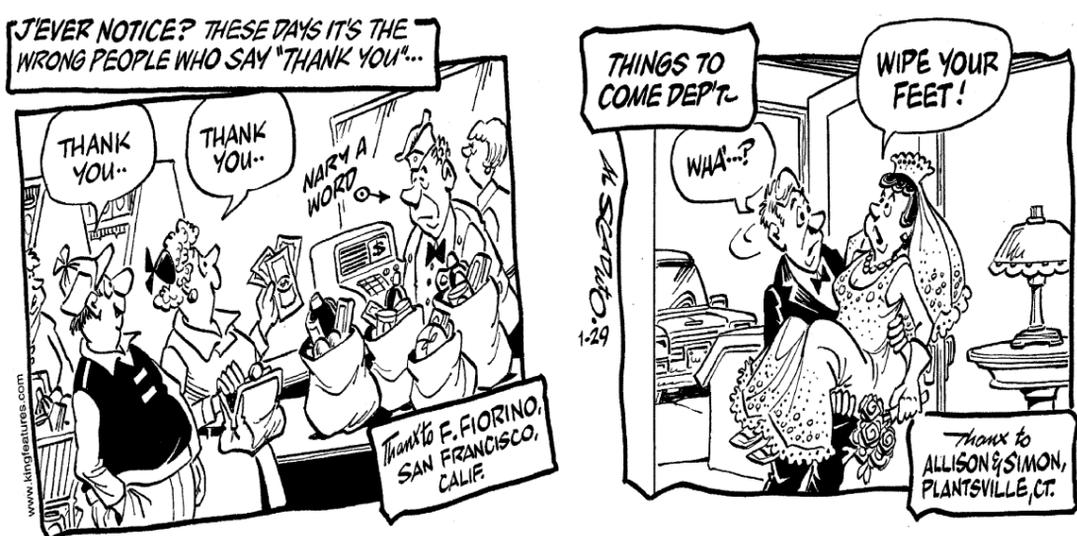
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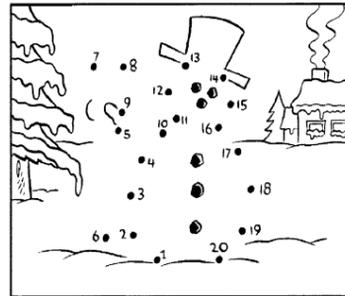


THEY'LL DO IT EVERY TIME



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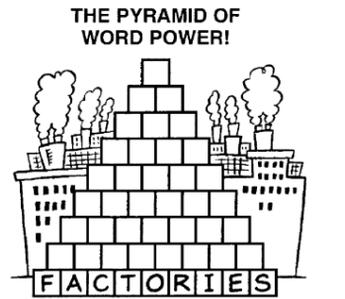
by Charles Barry Townsend



A SNOWY SECRET! What grows down in the winter? Connect the dots and find out.



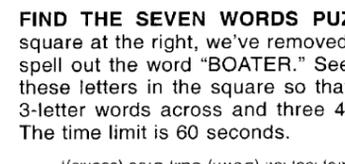
A CRUSTY PROBLEM! Hidden in the above frame is a famous proverb. You can find it by reading every other letter as you go around counter-clockwise. The trick is finding the right first letter.



Answers: (from the bottom up): Factories, forecast, coaster, crates, stare, tear, era, Ra, r (rook).

Starting with the given word FACTORIES at the bottom of our word pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with FACTORIES:

- Where goods are made (given).
- What weathermen do.
- Found under a drinking glass.
- Wooden containers.
- A wide-eyed gaze.
- Clear, salty liquid.
- A long period of time.
- Egyptian sun god.
- Abbr. for chess piece.



Answers: (Across) Cob, are, lee, lot. (Down) Call, Oreo (cookie).

Answer: If you drop the "T," you have the first letters of the months of the year, January through December.

FOR 25¢, WHAT LETTER DOESN'T BELONG IN THIS SERIES? JTFMAMJJASOND

The Cheap Show

HOCUS-FOCUS



Find at least six differences in details between panels.



Differences: 1. Boy's hat is different. 2. Bear is wearing mittens. 3. Boy's glove is black. 4. Mountains are snow-capped. 5. Boy's freckles are missing. 6. Bear has three toes.

Just Like Cats & Dogs

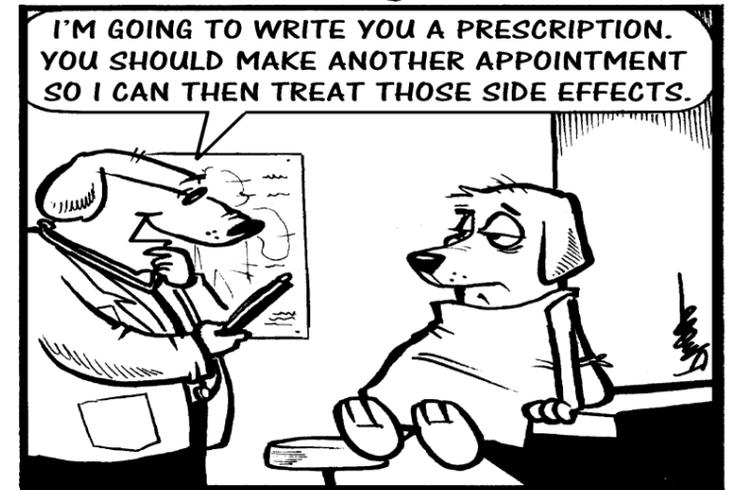




Photo courtesy of Getty Images

Bringing Baby Home

5 tips to prepare for a newborn's arrival

FAMILY FEATURES

Bringing your baby home with you for the first time is typically one of the most exciting moments for a parent. However, preparing for baby's arrival can be a little overwhelming at times.

While there's no one-size-fits-all manual for becoming a parent, these tips can help ensure you're ready to bring your little one home.

Prepare the Nursery

Setting up the nursery can be the first real "I'm going to be a parent" moment, but it's also an important step to take before bringing your little one home. Pick a room in your home, clear it out and thoroughly clean every surface. Set up all necessary furniture, such as the crib, changing table, dresser and rocking chair or glider, then decorate the room as you see fit. Also, organize any other baby essentials you already have on-hand.

Baby-Proof the House

Before your baby arrives, it's easy to dismiss potential safety hazards around your home. Bringing a child into the space, however, exposes not only common safety pitfalls like stairs, electrical outlets, candles and cords but also easily accessible cabinets, heavy items not anchored to walls and sharp edges on tables, fireplaces and the like. Do a once over to install cabinet locks, foam edge coverings, outlet and door handle covers, safety gates and anchors. Once your child is mobile, it's a safe bet to re-walk your house for new potential dangers.

Pack a Hospital Bag

Your baby may arrive earlier than expected, so packing your baby hospital bag about a month before his or her expected arrival can help ensure you're ready to go at a moment's notice, just in case. Be sure to include copies of any necessary medical paperwork, clothing for both mom and baby – usually a few days' worth unless the hospital is in close proximity to your home – essential toiletries, electronics chargers and books or games to help pass the time in the hospital.

Ready the Car

To bring your baby home, you are required by law to have a properly installed car seat. Whether you opt for an infant-only seat or travel system or a convertible car seat that can be used as your child grows, setting the seat up in your vehicle ahead of time gives you the opportunity to understand how to safely and securely install it. While the hospital will check your seat before sending you on your way, many local fire and police departments offer free car seat safety inspections, as well.

Set Some Boundaries

While a new baby can cause quite the stir with family and friends vying for time to come visit, it's important to set some ground rules in advance of your arrival at home. Decide whether you are OK with visitors just dropping by or if you would prefer to create a schedule with specific dates and times for accommodating guests. Don't be afraid to limit the number of guests at first or to ask those who are sick to hold off on stopping by since newborns are more susceptible to illness.

Find more tips to prepare for your child's arrival at eLivingToday.com.



3 TIPS FOR A HEALTHY BABY

When you're a new parent, once you've successfully navigated the first car ride home from the hospital and the euphoria of this new little life begins to fade, you're left with one resounding question: now what?

Over the years, you'll have many responsibilities as a parent, but your most important focus in those early days, weeks and months is your child's health and development, including his or her brain, gut and senses.

Brain

Numerous studies offer evidence that a child's learning abilities are developed during early childhood, meaning before even heading off to school. That doesn't mean you need to reach for the flash cards right away, though. Instead, focus on simply talking, singing and playing together. These activities can help develop vocabulary and other important cognitive functions.

Gut

When it comes to a baby's gut health, the first six months are critical because the immune system and metabolism are developing and being programmed for the future. Research published in "Cell" shows good gut bacteria during infancy, specifically *Bifidobacterium*, plays a critical role in establishing a healthy gut.

It's estimated, however, that nine out of 10 babies have

low levels of *Bifidobacterium*, according to a study published in "mSphere." There is a way for parents to identify if their baby has low levels of *Bifidobacterium*, though, by asking three simple questions. If the answer is "yes," chances are your baby's *Bifidobacterium* levels are low.

- Were you or your baby given antibiotics during pregnancy, childbirth or in the first six months after childbirth?
- Were you or your baby born via C-section?
- Does your baby have diaper rash or 5-plus loose, watery poops per day?

If you're concerned about your baby's gut health, talk with your pediatrician about an option like Evivo, the first and only baby probiotic clinically proven to restore the levels of *B. infantis*, a specific strain of *Bifidobacterium*, in a baby's gut and reduce bad gut bacteria linked to colic, eczema, allergies, diabetes and obesity by 80 percent.

Senses

Sensory cues are what allow your baby to take in information about surroundings. Exposing your baby to various sensory experiences funnels a wealth of information to help develop skills and better understand the visual, audible, olfactory and textural stimulants that he or she encounters.

Find more information and ideas for ways to improve your baby's health at evivo.com.

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