



March, 2019

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

Volume 23, Number 4

Interview

All eyes on Lakeview



"Lake View" artwork by Anthony Lewellen at Northwest corner of Ashland Avenue and Lincoln Avenues. photograph by George Rimel/Lakeview Newspaper.

by George Rimel and Joyce A. Rimel

20 Questions

This month's interview is with **Melissa Franda, Executive Director, Roscoe Village Chamber of Commerce**, Chicago located at 3201 West Wolcott Avenue, Chicago, Illinois 60657.

Q. Where were you born and raised?

A. I was born and raised in Peoria, Illinois.

Q. Are you married? Any children?

A. No, but I have one child-a boy.

Q. Where did you attend school?

A. DePaul University and I graduated from UIC.

Q. What was your first paying job?

A. I worked in the Housewares Department at Sears in Peoria.

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

A. My immediate family; my brother, mom and dad.

Q. Who do you most admire and why?

A. My parents. I can't imagine leaving their native country and starting over.

Q. If you could travel to any country in the world,

where would that place be and why?

A. I would take my son to the Philippines to show him where my parents grew up.

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

A. Complete a listography group that I got this past Christmas. It will take 3 years. It makes you very introspective.

Q. What did you do for a living before working as Executive Director of the Roscoe Chamber of Commerce?

A. I worked at the Chicago Parks Foundation for 6 months and before that the Edgewater Chamber of Commerce in Marketing and Events.

Q. What would you say is the toughest part of your job?

A. Managing a wide range of personalities and expectations.

Q. There are so many problems in the world. What concerns you the most and why?

A. The state of overall humanity. We have come to the point where we value lives differently. A life doesn't equal a life.

Q. What hobbies/ in-

Continued on page 2

In 2011, the Lakeview Area Master Plan or (LAMP) was created. The Group was comprised of community organizations, property owners, business owners, members of the neighborhood, the SSA27 Commission and representatives from the Lakeview Chamber. Its purpose was to come up with a plan for economic development and initiatives to continue to make Lakeview a place where people would want to live, raise families and start businesses.

A part of The Master Plan was to enhance the pedestrian environment by turning blank walls into murals and "living walls" and to encourage public art through competition, in street furniture, vacant storefronts, and advocate for physical improvements to the sidewalks, and encourage programming for vacant land and/or facilitate alternative uses until development occurs.

In January of this year, Friends of Lakeview established a new Lakeview Public

Art Committee. This committee will be responsible for identifying innovative artists and securing funding to support the display of public works of art in highly-visible locations through West Lakeview. The committee consists of volunteers who share diverse experience in the arts and fundraising and will help advance the mission of Friends of Lakeview. "We believe that the new Lakeview Public Art Committee will present tremendous opportunities to position Lakeview as

a public art destination, creating stronger connections between Chicagoans and our community through the display of art", said Dillon Goodson, community development director, Lakeview Chamber of Commerce and SSA27.

In 2019, residents will enjoy discovering more than a dozen new public art installations through out the Lakeview neighborhood. Friends of Lakeview and SSA27 have identified opportunities to create approximately

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What's on your Mind?



"March is my 10th Anniversary on St. Patrick's Day and I have to buy a gift for my wife."

Frank Catalano



"Getting money for Coachella (a music festival) for April."

Daequel Brown



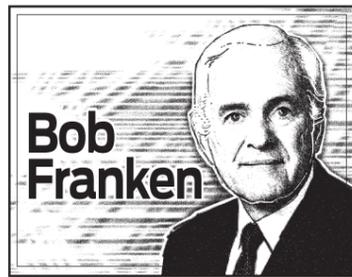
"Thinking about State and Federal Taxes."

Jeff Upchurch

Editorial & Opinions

Interview continued from front page.

terests do you have?
A. I go to the gym a lot to help with overall life stress, clarity and health and I like watching basketball.
Q. What is your favorite TV show, movie and book?
A. My favorite TV show is "NBA basketball"; my favorite movie is "Billy Elliot" and my favorite book is "Hyperbole And A Half" by Allie Brosch.
Q. What is your most prized possession?
A. Family and friends.
Q. What have been your three greatest achievements?
A. Raising my son; finishing four Chicago marathons as a charity runner; and I'm still here.
Q. What have been your three greatest disappointments?
A. Not doing a fifth marathon; not visiting the proper health specialists that I should have been seeing; and that it took me this long to be confident and assured of myself.
Q. What is your "pet peeve"?
A. People who aren't honest and genuine.
Q. What was the best advice you were ever given?
A. Change is the only thing that is constant.
Q. What was the worst advice you were ever given?
A. Accept what's around you.
Q. What improvements or suggestions would you make for the Lakeview and Roscoe Village neighborhoods?
A. Support small businesses.



BS Words

It's already begun. With the first serious discussion of "Medicare-for-all," meaning government-financed health care, and with the introduction of the so-called Green New Deal, those on the right, and even those who get away with describing themselves as moderates, are flinging around the S-word like it's the ultimate pejorative.

Oh F-word it, let's be clear: They're braying about — gasp — "SOCIALISM." To borrow from the "The Music Man," it starts with an "S" and that rhymes with "mess." So, what is this scourge? My online dictionary defines "socialism" as, "A theory or system of social organization that advocates the vesting of the ownership and control of the means of production and distribution, of capital, land, etc., in the community as a whole."

In the U.S. of A., socialism is routinely conflated by demagogues with the C-word, "communism," or the M-word, "Marxism." They are used as nouns or turned into adjectives like "commie plot" or "commie perverts" (sometimes pronounced "preverts"). So a departure from economic Darwinism is tarred as the road to ruin. Less government, in this rendering, is always better. It's the American way.

Any proposal to have the government participate in social services or economic regulation, such as would be the case in a "Medicare-for-all," the Green New Deal or raising taxes on the super-rich, is immediately attacked as "class warfare." It's also vilified as incredibly expensive, a cost that would be borne by we the taxpaying people, all of us. Never mind that we pay pri-

vate insurers exorbitant amounts for their unsatisfactory protections. Even if the charges are hidden as an employer benefit, part of our compensation in lieu of higher salaries.

Additionally, the opener proposals are just that: openers. There are a variety of revisions possible. For instance, the insurance companies could keep their hands in the pot in the same way that they do with Medicare for senior citizens. Another approach would be Medicare as an option, where the federal government would compete for coverage with private insurers. The customer could decide which choice to make.

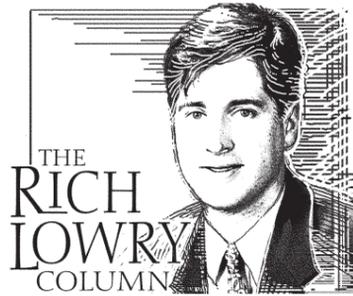
The defenders of the dismal status quo sniff something like, "Do you want a bureaucrat to come between you and your doctor?" Folks, they already do. The bureaucrats in this case work for the profit-driven insurance companies. They'll decide what they'll pay for ... or more often NOT pay for.

Getting to the fundamental question of government taking over private services, we already have such socialism. Law enforcement is handled by the government; highways and other transportation needs are too. Our public education system is paid for by taxes. Unfortunately, there are widespread problems with our public schools, partly because those who can afford to send their kids to private school, the ones who might have the most power due to their economic status, opt out.

So it is with the various climate and tax policies that are being proposed. The energy companies are quick to label any efforts to fix global warming "pie in the sky." They'll do so perhaps until our skies burn up. Same with higher taxes on the wealthy. "Ridiculous," say the wealthy; "socialism," say the politicians who get campaign contributions from them.

It's just a word, actually an S-word is. It's inaccurate, or worse, the BS-words, which stands for bovine-something.

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



Sherrod Brown Is Not an Idiot

The day has arrived in the Democratic Party when Sherrod Brown is a kind of moderate.

The impeccably progressive Ohio senator who has long occupied a spot on the left flank of the Democratic caucus is declining to sign up for the fashionable radical causes of the hour.

Brown has not endorsed the Bernie Sanders "Medicare-for-all" plan that contemplates the end of private insurance in America, nor for the outlandishly expensive and eminently mockable Alexandria Ocasio-Cortez "Green New Deal."

This marks Brown out from other Democratic senators running for president, who aren't letting practicality or future worries about a general election keep them from putting their names to legislation that will never pass and opens them up to obvious attacks.

A variety of forces tether Brown to reality more than his colleagues. He's been in elected politics his entire adult life, and although he's been willing to go his own way — he voted against the Defense of Marriage Act in the 1990s when that wasn't popular — he's pragmatic enough not to get carried away with wild enthusiasms.

He's managed to thrive in an increasingly red state. In 2016, Donald Trump handily won Ohio. The state is not Alabama, but it's not New York or California either, where a Democrat can discount any need to appeal to culturally conservative voters.

Finally, Brown's base is unions that

have no patience for pie-in-the-sky environmental schemes that threaten their jobs, or radical schemes to overturn current health care arrangements when many of them have gold-plated plans they want to protect.

All of this means that Brown has the sense to steer clear of proposals that will almost certainly diminish a Democrat's chances of beating Trump.

On paper, Brown looks like a strong general election candidate, and not just because he's avoiding ridiculous excesses.

The natural play for Democrats in 2020 would be to nominate someone, like Brown, who has a good chance of winning back the Blue Wall states and therefore putting away the election (barring some unforeseen event that opens up Hillary states to Trump).

There's little doubt that Brown would have won against Trump in 2016. He has a much stronger connection to working-class voters than Hillary Clinton, and never would have dismissed them or the Upper Midwest. He came up in politics hanging out in union halls, and warns against coastal condescension toward the Midwest.

Brown can claim some measure of vindication with the rise of Trump. It has moved the center of gravity of American politics in his direction. Brown's economic populism is no longer an outlier.

The question is whether the Democratic Party is leaving behind Brown's style of politics. The left's disdain for working-class whites has, if anything, grown over the first two years of the Trump presidency. And like Bernie Sanders, Brown will have the disadvantage of being a white male more interested in class rather than racial politics.

Part of Brown's calculation has to be that he can leave the crowded left-most lane in the primary to others. And, so, yes, it has come to this: In the inflamed, #resistance-driven contemporary Democratic Party, Sherrod Brown is a voice of relative moderation.

Rich Lowry is editor of the National Review.

Americanisms

"One of the tragedies of real life is that there is no background music."
 — Annie Proulx, "The Shipping News"

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HAPPY ST. PATRICK'S DAY
MAR. 17TH

Art murals story from front page

15 small-and-large-scale murals through West Lakeview in 2019, a number that is unprecedented in its scope.

One of the planned murals will be installed in a highly-visible location along the Southport Corridor at 3637 N. Southport Ave., just blocks from Wrigley Field. The mural, titled "Urbs in Horto" or "City in a Garden" after the City of Chicago's official motto, will be painted by Detroit-based artist Louise Jones, who goes by the name Ouizi. Known for beautiful work with vibrant flowers and colors, Ouizi's art has graced murals in New York, Detroit, North Carolina and across the states. The artist says writing Chicago's motto in plain view and using specific blooms will honor the city's close relationship with nature.

"Each bloom can be easily found in the city, and each serves a purpose in the bouquet," said Ouizi. "Chrysanthemums are Chicago's official flower, so they are featured most prominently in the mural. Roses are universally recognizable and loved. The wife of famous architect and futurist Buckminster Fuller loved this flower the most, and supposedly he had his studio less than two miles away from where the mural will be installed.

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SENIOR NEWS LINE

by Matilda Charles

Hard Truths About Retirement

If you're planning for retirement, it's easy to assume that you've covered all the financial details. Based on my own experiences, however, here are a few things you might have overlooked in your budget:

— Incidental spending might need to come to an immediate halt. When I retired, out of the half-dozen charities I routinely supported, I had to settle on two of them, at a fraction of the previous amount.

— Buying in bulk on sale to stock up on canned goods or paper products was no longer automatic. Even bargains had to be considered in the overall total of the monthly grocery bill.

— The thermostat has been lowered a bit to cut back on the fuel bill. (See Energy.gov for calculations on just how much you can save and whether a programmable thermostat will help you conserve energy.)

— When it came to an emergency home repair, I could no longer afford to just call someone and have it fixed. I knew there were senior service organizations in town, but I'd never applied for help. Finally I had to, and the work was done for free, but it was quite a jolt to actually need to ask for help.

When you do your retirement planning, consider everything. Ideally you'll spend a full year in advance living only on the amount you'll have during retirement, writing down every dime you spend. Where you spend more (such as with charities or stocking up), be sure to note those expenses. Consider home repair, vehicle maintenance, new clothing ... don't leave anything out.

First on your to-do list, however, is to pay off credit-card debt before you retire, and then pay off any balance each month.

VETERANS POST

by Freddy Groves

Vacations for Vets

If you're still digging out from all the snow last month, chances are you're thinking about taking a vacation when the weather warms up. Here are a few ideas:

— Purple Heart recipients from Iraq and Afghanistan: Vacations for Veterans [www.vacationsforveterans.org] has sent over 500 veterans and their families on vacation since 2007. It's a non-profit, which means it relies solely on donations, including vacation homes and timeshare weeks. Visit the website for more information.

— Veterans Holidays [www.veteransholidays.com], a sister site to the Armed Forces Vacation Club, has low-cost vacation packages (starting at \$349 for a week) in 100 countries.

— Expedia.com [www.expedia.com] has vacation deals with airfare and hotel. Put in your location and destination, and then select a hotel, your room and your flight. At this writing, there is a bundle saving of \$583 for the trip.

— Cheap Caribbean [www.cheapcaribbean.com] offers a discount to military, reservists and veterans, as well as police and fire personnel. Call 800-869-2710 to redeem your discount for its all-inclusive vacation packages.

— Sandals [www.sandals.com] is another all-inclusive site with locations in Jamaica, Lucia, Antigua, the Bahamas, Grenada and Barbados. If you can leave without much notice, click on Specials By Resort and Last Minute Deals.

— One of the sites owned by the Department of Defense is Shades of Green [www.shadesofgreen.org], an Armed Forces Recreation Center next to Disney World in Florida. It has 600 rooms, golf, tennis, reduced rates to Disney World ... and site security, since it's owned by the military. Click on the Special Offers button for extra benefits at different times of the year.

On all of these, do your homework and read reviews and ratings. Check them out before you commit. If you need to submit paperwork to verify your veteran status, don't wait until the last minute.

Strange BUT TRUE

By Samantha Weaver

• It was British Prime Minister Winston Churchill who made the following sage observation: "All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

• In Washington state it once was illegal to carry a concealed weapon that was more than 6 feet in length.

• Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to — or I am going to — die; either expression is used."

• You might be surprised to learn that Italians spend more time on social media than people of any other nationality.

• England's virgin queen, Elizabeth I, went bald at the age of 29. Smallpox was the culprit.

• According to a survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked at a convenience store or gas station. For 3 percent of adults, that was their first job.

• Those who study such things claim that to get a truly random mix in a deck of playing cards, the deck must be shuffled seven times.

• Chocolate lovers like myself may not believe it, but the most popular flavor of ice cream in the United States is actually vanilla. Chocolate comes in second place.

• In 1875, a locust plague of epic proportions descended upon the Great Plains. Observers say it was 110 miles wide, and at 1,800 miles long, stretched from Canada all the way down to Texas.

Thought for the Day: "We may not imagine how our lives could be more frustrating and complex — but Congress can." — *Cullen Hightower*

Moments in time

THE HISTORY CHANNEL

• On **March 6, 1475**, Michelangelo Buonarroti, the greatest of the Italian Renaissance artists, is born in Caprese. His most important early work was the Pieta (1498), a traditional type of devotional sculpture that showed the body of Christ in the lap of the Virgin Mary.

• On **March 5, 1815**, Franz Anton Mesmer, a German physician who pioneered the medical field of hypnotic therapy, dies in obscurity in Meersburg, Swabia (now Germany). His process of mesmerism, as it came to be known, produced hypnotic states that had an extraordinary influence on his patients' physical illnesses.

• On **March 4, 1888**, Knute Rockne is born in Voss, Norway. He would go on to become one of the most successful coaches in the history of college football, coaching Notre Dame during their golden era in the 1920s. Rockne won three national championships with the Fighting Irish.

• On **March 10, 1945**, 300 American bombers continue to drop almost 2,000 tons of incendiaries on Tokyo for a second day. The attack destroyed large portions of the Japanese capital and killed 100,000 civilians.

• On **March 8, 1950**, Volkswagen, maker of the Beetle automobile, expands its product offerings to include a microbus. The bus was a favorite mode of transportation for hippies in the U.S. during the 1960s and became an icon of the American counterculture movement.

• On **March 7, 1972**, in the biggest air battle in Southeast Asia in three years, U.S. jets battle five North Vietnamese MiGs and shoot one down 170 miles north of the Demilitarized Zone.

• On **March 9, 1985**, the first-ever Adopt-a-Highway sign is erected in Texas. Highway 69 was adopted by the Tyler Civitan Club, which committed to picking up trash along a 2-mile stretch of the road. The program eventually spread across the U.S.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Figural Bottles

Figural bottles were being made by the ancient Egyptians by 1546 B.C. That's more than 5,000 years ago. But collectors couldn't find many to

reproductions were made in amethyst and other colors. Many were made in the 1930s, probably because of renewed interest caused by the bicentennial celebration of Washington's birthday. A recent auction of a clear example standing 9 7/8 inches tall brought \$748.

Q. I bought two Mexican Feathercraft pictures of birds in Mexico City in 1952 and am wondering if you can give me an idea of their worth. The bodies and tails of the birds are made from brightly colored feathers and their beaks and legs are painted. The trees in the background are also painted.

A. Featherwork pictures, jewelry and items of clothing were made in Mexico as early as the 1500s. Spanish conquerors took Mexican featherwork back to Europe, where it was popular until the 17th century. Early indigenous artists used the brightly colored feathers of tropical birds. Some more recent featherwork pictures are made from feathers that have been dyed to achieve the bright colors. Twentieth-century featherwork pictures, which are about 13 by 28 inches, have sold for \$100-\$150.

CURRENT PRICES

Carnival gambling wheel, wooden framed bicycle tire, pinned-on playing cards, mounted to plank, hanging, 1930s, 31-inch diameter, \$1,300.

Weather vane, dog, long haired setter, walking, 32 x 15 inches, \$3,510.

Brass gong, quarter circle, hole near arc, Harry Bertoia, c. 1950, 6 1/2 x 9 inches, \$5,310.

Cut glass, punch bowl, stand, Arabian, Eggington, 12 1/8 x 14 1/2 inches, \$10,200.

TIP: An auction staff member examined a blanket chest that might be in a coming sale. He found a hidden compartment filled with valuable historical documents. That's another reminder to search for secret compartments in antiques.

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



This bottle, shaped like a bust of George Washington in his uniform, held Simon's Centennial Bitters. It sold recently at a Glass Works auction for \$748.

collect until the early 1800s, when manufacturers started using them to sell whiskey or bitters medicine to an individual customer. Before that, most whiskey was laded out of a barrel into your pottery container during a visit to the distillery. When bitters medicine was created from herbs, roots, bark, alcohol, drugs and other ingredients, it was sold in bottles to encourage sales to individuals. (There were few stores.) It made people feel better, but it was mainly because of the alcohol and drugs. Traveling medicine shows sold the bitters, which often was the only "medicine" available in a town with no doctor.

Many likenesses of George Washington, the "Father of our Country," were made to sell in 1876 because of bicentennial celebrations of the founding of the U.S. Simon's Centennial Bitters was sold in a bottle shaped like a bust of General George Washington on a pedestal. His name was molded on the bottle around the bottom of the bust. It was made by Bernard Simon of Scranton, Pennsylvania, and created using clear, aqua or amber glass. Later

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Health



Can Abdominal Migraine Cause Cyclic Vomiting?

DEAR DR. ROACH: My son started having gastrointestinal problems in high school. Approximately three years ago, they became so intense that he couldn't work. Last May, he finally had surgery for gastric reflux. This helped with the persistent vomiting, but he is still experiencing intractable nausea. After a year of tests and trials of every anti-nausea medication known, he finally was told that he has cyclic vomiting syndrome. He also was told, basically, "We don't know how to treat it."

He currently is on a trial of a tricyclic antidepressant, but wasn't given much hope that it would help. Could you suggest any possible treatment? He is only 28, and I can't imagine him living with this and not being able to work or participate in life forever after. — M.S.

ANSWER: Cyclic vomiting syndrome is best described in children, but is certainly described in adults. It is called "cyclic" because there are periods of multiple vomiting episodes (lasting from one day to a week) interspersed with periods of completely normal health. Children have 12 cycles per year on average, while adults have four. CVS has been associated with migraine headaches, and treatment for migraines is sometimes successful in treating CVS, so it's possible CVS represents a variant of abdominal migraine.

CVS is a difficult diagnosis to make, as it can be easily confused with other causes of recurrent vomiting. Both children and adults often go a long time with incorrect diagnoses, sometimes getting surgeries, like your son did.

Treatment should be administered by a clinician experienced in this con-

dition, and unfortunately, that doesn't seem to be the case with your son. In one series, 3 in 17 adults with CVS had a complete response to tricyclic antidepressants, but 13 had at least some response. So I would hold out more than just a little hope for some benefit. Other medications that have been tried include sumatriptan (normally used for migraine), ketorolac (a powerful anti-inflammatory medicine) and prochlorperazine (usually used for nausea, and I'm sure your son would have tried it).

I would strongly suggest you contact the Cyclic Vomiting Syndrome Association to get more information and suggestions for an expert in your area, at www.cvsaonline.org.

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.

Is Big and Tall Patient Getting Petite-Size Meds?

DEAR DR. ROACH: I am 71 years old, stand 6 feet, 5 inches tall and weigh 325 pounds. The "average" person is half my size, yet when I get medication for various ailments

(e.g., gout, pain, flu shots, etc.) I get the standard dose. I assume I have more physical mass as well as a larger blood supply, which leads me to the conclusion that I am receiving a smaller concentration of medicine than the typical patient. Am I correct? — M.K.

ANSWER: All medicines have concentrations at which they work optimally. Too low a dose and they aren't effective, and too high a dose increases risk of toxicity. Some drugs have a very small range that's both effective and nontoxic, and these are referred to as having a "narrow toxic to therapeutic ratio." Others have a very large range where they are effective and nontoxic, such as most over-the-counter pain medicines and flu shots.

Penicillin has a very wide toxic to therapeutic ratio, but I use that example precisely because some people will have an allergic reaction. There is no drug — prescribed, over-the-counter or supplement — that is either perfectly safe while being effective, or perfectly effective while being safe, for every person.

The concentration of the drug in the appropriate area of the body (sometimes blood, sometimes the affected organ, sometimes urine) may depend on the dose as well as your characteristics. Despite being much larger than average, your blood volume is probably only a little above the average, mass and, in most people your size, fat mass are disproportionate to the blood. Some medicines go to the blood, others to "lean body mass" and still others preferentially to fat.

So while you are correct that you are getting a smaller concentration of medicine, that's still OK most of the time. For medications that need to be dosed precisely, those with a narrow toxic to therapeutic ratio (such as some antibiotics, heart medication and chemotherapy), the dosing is based on height, weight, age and sometimes kidney and liver function.

DEAR DR. ROACH: I am 80 years old, in good health with no cancer in the family. Up to now, I have always had regular Pap smears and mammograms. Now I am aware that there are different thoughts as to whether those tests are needed at my

age. What is your advice? — J.G.

ANSWER: For Pap smears, there is very good evidence that women who have never had any problems with their Pap smears by age 65 are very unlikely to ever develop any, and I agree with the recommendation by the U.S. Preventive Services Task Force to stop them at age 65.

Mammograms are more controversial, but my personal practice is to continue to recommend them for most women until about age 75. I stop recommending mammograms to women when they have an underlying medical condition that makes it unlikely that they will receive benefit from continued screening. Deciding when that is takes some experience and a lot of discussion with the patient and sometimes her family. There is no absolute age cutoff for mammograms, and getting a mammogram on a healthy 80-year-old might make sense. Getting a mammogram on a woman with incurable lung cancer, for example, does not.

The Benefits of Aspirin

DEAR DR. ROACH: I recently read an article on the pros and cons of a daily aspirin for protection against both heart disease and colon cancer. This is not a new topic, I realize, and I know that the benefits of daily aspirin apply only to certain segments of the population.

Here's my question: If a person doesn't experience any stomach or bleeding issues, does a much higher dose of aspirin daily also convey the same possibly protective effects?

I don't believe that more is better, but I already take an average of nine 325 mg generic aspirin tablets daily for leg pain. I'm in that 50-59 age group, and there is heart disease on both sides of my family, so I'm hoping this dose confers some cardiac benefit.

I would love to find a cure for the deep ache I get in my legs — usually just the right calf. I've had these since I was a child, and I've reconciled myself to the fact that I will have them for the rest of my life, but the aspirin I take has never caused me stomach pain or excessive bleeding, and it works for the pain. — T.P.

ANSWER: The studies showing that taking aspirin protects the heart most-

ly have been done using 81 mg daily or 325 mg every other day. However, the mechanism of the action, preventing platelets from forming a clot, is even stronger at higher doses, so it would make sense that higher doses would be at least as effective. However, they are much more likely to cause bleeding, even if most people can take higher doses without problems. So it's recommended you take the minimum effective dose to get the benefit with the least harm. In your case, however, I think you are likely getting all the benefit there may be.

I say "may be" because recent studies have failed to replicate the protection seen in earlier studies. I still believe that aspirin is useful in people at higher-than-average risk for heart disease.

More and more evidence is coming out that the same low dose of aspirin helps protect against several forms of cancer, especially of the colon. However, I don't yet recommend it just to protect against cancer, but I will continue to pay careful attention to ongoing studies on aspirin and will revisit this topic when more research becomes available.

DEAR DR. ROACH: In a recent test, my blood vitamin D level was good, at 43, but my calcitriol level was low at 16. I do have hyperglycemia, but how do I increase my calcitriol level? I take no medications. — J.I.

ANSWER: If you don't have kidney or parathyroid hormone problems, then calcitriol isn't the right blood test to determine your bone health relative to vitamin D. Calcitriol is an activated form of vitamin D, and it best reflects calcium intake. I suspect low calcium intake when I see a high calcitriol. Since calcitriol removes calcium from the bones, it may worsen osteoporosis.

If you haven't had your kidneys and parathyroid hormone level (which also affects calcium movement in the kidney and bones) checked recently, then do so. If those are OK, then be sure to get enough calcium, especially from dietary sources like leafy green vegetables.



Financial Statement

Time to get financially fit. Ways to tone and tighten your money matters in 2019

Life Insurance

You should be evaluating your life insurance policy at least once a year. The key is to review it after any major life changes, like marriage,

having a baby, divorce or loss of a job.

Tone it up

Look at the year ahead. Are you planning to have a baby or a wedding? If so, take steps now to ensure your policy reflects those new circumstances.

Homeowners Coverage

To keep your home insurance policy up-to-date, first consider any major update you've made that increase the cost of your home. Then,

consider any expensive item you acquired during the holidays — fine art, jewelry or electronics — to help ensure you've accounted for them in the limits you select for your policy.

Tone it up

Consider bundling policies with the same insurance provider.

Auto Insurance

Life changes can alter the auto insurance premium you pay, from buying a new car or getting married to adding a new teen driver or changing the amount you drive. Even moving from one city to another can change your insurance rate because most take your location into account.

Tone it up

Again, shop around to see if you are getting the best rate and all the discounts you qualify for.

Credit Report

Checking your credit re-

port can alert you to identity theft and help you determine whether any information needs to be updated.

Tone it up

Use your credit report to manage other aspects of your finances like knowing when to close or open a new credit account (both can impact your credit rating) or which cards to pay off first (highest interest rate or lowest overall amount due?)

Debt Payments

Start by asking yourself whether your debt went up or down last year. If it increased, ask yourself why and review the reasons for the extra spending. Understanding fluctuations in your spending may help you pay debt off faster in the new year or avoid debt altogether.

Tone it up

What do you want from your credit card? Are you looking for a card with a competitive rate or do you want to build

rewards quickly?

Savings

If your current savings can't cover emergencies, it may be time to beef up your nest egg. Some experts suggest saving three to six months of your expenses. Be sure you're accounting for expenses like medical bills, school costs, etc.

Tone it up

Consider additional ways to save. It may hurt for a while, but the reward is great.

Hefty Expenses

We can't see into the future to know which big expenses to prepare for, but there are some you can anticipate like a new car, home renovations, etc. Establish a savings goal ahead of time and keep it separate from your normal savings.

Tone it up

Spend the time to look ahead so that you will be prepared.

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Photos courtesy of Getty Images

A Breath of Fresh Air

7 ways to refresh your small business

FAMILY FEATURES

Successful business models tend to hinge on delivering what consumers need, when they need it – a moving target that can be difficult to attain. As your consumers' wants and needs continue to evolve, consider these ways to refresh your business without overhauling core principles.

Reset short-term goals. Get to the root of the reasons you're looking to refresh in the first place. Focus on what you'd like to change in the not-so-distant future and how you can accomplish it. Also make sure your short-term goals keep you on track for the long-term goals already established for your business.

Refresh online materials. In today's digital world, consumers have high expectations. Maybe your website is outdated, can't keep up with traffic or, worse, is nonexistent. Freshen things up with a redesign or even just slight tweaks to make it easier for customers to navigate. For a simple solution, consider adding a blog section where new content can be posted weekly or monthly to give customers a reason to return and to help build your search engine ranking for specific keywords.

Rethink storefronts. To help consumers make the most of their time, small business owners are partnering with other businesses to include their services under the same roof. For example, The UPS Store has a re-engineered model that exists within other retailers, such as pharmacies, hardware stores or grocery stores, that still provides all the services consumers would find at a traditional store.

"Our store-in-store model offers a smaller footprint store that still provides all of the services people need," said Chris Adkins, vice president of franchise and business development with The UPS Store. "This is an opportunity for an existing business to set itself apart from the competition and offer added value to customers as a one-stop shop, where customers can conveniently take care of multiple tasks at once."

With customer convenience also in mind, the model also includes updates in traditional stores to incorporate technology and other contemporary elements, including features like smart lockers, digital signage, print consultation workstations and self-service options available 24 hours a day, seven days a week.

Replace outdated strategies. If your business has been in operation for a while, there's a chance your previously successful marketing strategies may be a bit out of touch.

Consider your target audience and the ways you're most likely to reach those consumers. For example, social media is a must to keep up with competition and there are ways you can amp up your strategy in the ever-evolving social space. Whether it's posting short factoids, long-form information, links to online content or simple images of your products, it can be a productive way to reach your audience.

Reconnect with consumers. If overhauling marketing strategies or diving headfirst into social media seems like a stretch for your small business, start small. Simply reconnecting with loyal customers may be just what's needed to rejuvenate the buzz surrounding your company. Try holding a contest for the best customer-submitted content to use online, or create a giveaway for a randomly chosen commenter on your latest social posts. These types of online conversations can attract consumers who may have been previously unaware of your goods or services.

Revive printed materials. Business cards, flyers, banners, posters, newsletters and any other type of printed materials may be the first impression potential customers have of your company. Using professional, well-designed printed items to let customers know what you do, like those available through The UPS Store, can convey the correct message to consumers that your products or services can meet their needs. Whether you think slight tweaks to your current materials will suffice or a more drastic redesign is necessary, it can help to ask friends, neighbors and even current clients and customers how they feel about the materials you're using. Pay attention to layout, headlines, colors, white space and even font choices.

Rebrand your business. It may sound like a lot of work, and it certainly can be, but rebranding your business doesn't have to mean changing the company name or rethinking product lines. Simply updating logos to appear more modern or rethinking an overused slogan can give your business a fresh vibe. Remember that enhancing the look of something seemingly as small as your logo can make a big difference, especially considering that image is likely the first thing a consumer sees when visiting your social pages or website.

Even companies experiencing success should often weigh the pros and cons of refreshing certain business elements to keep things impactful for current and potential customers. Find more tips and ways to improve your small business at theupsstore.com.

How Retailers Can Put Convenience First

In the race to nab consumers' attention (and dollars), retailers need to be increasingly creative. Some of the more successful efforts show that retailers must recognize the value shoppers place on convenience. Look for ways to boost convenience for your consumers, such as:

- Considering different methods of fulfillment. Retailers are looking for ways to get their goods to consumers as fast and easy as possible. Exploring technology like online scheduling for pickups, text messaging and other digital communications can make the buying and delivery process easier for customers.
- Multi-purpose business centers expanding services and operating in creative locations. One example is The UPS Store; the mainstay shipping services are still a major component but a host of other options are available, from printing and design services to mailboxes and office supplies. Providing consumers with a one-stop shopping experience means less time spent shopping and heightened convenience.
- Be accepting of honest feedback. As hard as you work to make your business successful, it's always possible there are blind spots. Listen to consumers' wants, needs, criticisms and comments to learn where your strengths lie and where weaknesses can be fixed.



FLASH BACK

POP, ROCK & SOUL TRIVIA
BY MICK HARPER

1. Who wrote and released the No. 1 hit "Fallin' in Love"?
2. Who originally released "Just Don't Want to Be Lonely"?
3. Which Beatle wrote and recorded "Teardrops"?
4. Who released the rock song "Pretending" in 1989?
5. Name the song that contains this lyric: "Jeremiah was a bullfrog."

Answers

1. Hamilton, Joe Frank & Reynolds, in 1975. In 2010 rapper Drake was sued for copyright infringement for sampling the song without permission in his "Best I Ever Had." Apparently, Drake has been sued a number of times for borrowing lyrics or, in one case, an artist's voice.
2. Ronnie Dyson, in 1973. His recording peaked at No. 60. The Main Ingredient followed with a cover version in 1974 that charted in the top 10.
3. George Harrison in 1981 on his "Somewhere in England" album. The record company initially rejected the album, insisting that four songs be rewritten due to lack of commercial potential.
4. Eric Clapton.
5. "Joy to the World," by Three Dog Night in 1971. Composer Hoyt Axton had his melody first and needed lyrics, any lyrics, to let his producer hear the music. He sang the first line as "Jeremiah was a prophet." That was ditched because no one liked it. With "bullfrog," the song went to No. 1.

Strange BUT TRUE

By Samantha Weaver

- It was French-German physician, philosopher and humanitarian Albert Schweitzer who made the following sage observation: "In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit."
 - You might be surprised to learn that famed lover and heartbreaker Casanova eventually became a librarian.
 - In parts of Illinois, it was once illegal to put a cake in a cookie jar.
 - If you've ever yelled out a warning in panic — "Stop!," "Run!," "Don't!" — you've used a monopic sentence; that is, one that is complete with just a single word. Of course, at the time you probably weren't concerned about the grammatical nature of your utterance.
 - If you're like the hypothetical average person, your mouth will create 10,000 gallons of saliva over the course of your lifetime.
 - It's been reported that the country's first pizza parlor was in New York City — naturally. It opened in 1885, but barely got by. In 1895, it was sold for a mere \$200 — small change even in those times.
 - The bearded vulture is the only known animal whose diet is made up almost exclusively of bone.
 - It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that just 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.
- ***
- Thought for the Day:** "It is no measure of health to be well adjusted to a profoundly sick society." — *Jiddu Krishnamurti*

top 10 movies

1. **Alita: Battle Angel** (PG-13) Rosa Salazar, Christoph Waltz
2. **The Lego Movie 2: The Second Part** (PG) animated
3. **Isn't It Romantic** (PG-13) Rebel Wilson, Liam Hemsworth
4. **What Men Want** (R) Taraji P. Henson, Kristen Ledlow
5. **Happy Death Day 2U** ... (PG-13) Jessica Rothe, Israel Broussard
6. **Cold Pursuit** (R) Liam Neeson, Laura Dern
7. **The Upside** (PG-13) Kevin Hart, Bryan Cranston
8. **Glass** (PG-13) James McAvoy, Bruce Willis
9. **The Prodigy** (R) Taylor Schilling, Brittany Allen
10. **Green Book** (PG-13) Viggo Mortensen, Mahershala Ali

top ten Consumer Electronics*

1. Apple
2. Samsung
3. Microsoft
4. Dell
5. Sony
6. Panasonic
7. LG
8. HP
9. Toshiba
10. Fujitsu

*sales revenue
Source: MBASkool

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Ralph Breaks the Internet (PG) — John C. Reilly and Sarah Silverman return as Wreck-It Ralph and Vanellope Van Schweetz in "Ralph Breaks the Internet," the Oscar-nominated animated sequel to the 2012 film about a bad guy with a heart of gold who showed a whole arcade that you don't have to be who people say you are. Flash-forward to now, the best friends must face an adventure through the Internet in order to find a part that will fix Vanellope's game "Sugar Rush." There are a crazy number of references in this movie, both overt and hidden. The DVD will keep you busy checking out the small stuff, while the story line, core players and cameos (original Disney princesses) are top-notch.

Mary Queen of Scots (R) — Saoirse Ronan takes a turn as the Scottish Queen Mary, detailing her tense power struggle with the English Queen Elizabeth, played deftly by Margot Robbie. As the two women manage their respective kingdoms, they are subject to the powerful influence of jealousy and competitiveness as well as the political machinations of the men at court. Guy Pearce also stars as royal adviser Sir William Cecil and David Tennant as the cleric John Knox. The (slightly inaccurate, highly dramatized) historical lesson starts off slowly, but builds to some action in the second half. The period styling — dress, location — is stunning.

The Possession of Hannah Grace (R) — Megan Reed (Shay Mitchell) takes a graveyard shift at the county hospital morgue as a part of her new life of sobriety. It's the perfect place for an ex-cop carrying a ton of guilt to get a little quiet time. Unfortunately for

her, one of her first intakes is a corpse of an unknowingly slightly undead young woman (Kirby Johnson) who was picked up mid-ritual in an exorcism gone awry. As it's explained, that demon has to go somewhere, so the possessed slowly awakens, each kill bringing her strength. Megan must fight both her inner demons and the literal creepy dead girl demon in a hospital that apparently cannot afford proper lighting.



Margot Robbie in "Mary Queen of Scots"

Between Worlds (R) — Nicolas Cage is at his B-movie best as Joe, a down and out big-rig driver who lost his family in a tragic accident. He forms a tenuous relationship with a psychic named Julie (Franka Potente), who is seeking the soul of her daughter Billie (Penelope Mitchell), near-drowned and lying comatose in a hospital bed. When her daughter wakes up, the result is not quite what she'd hoped — it's not Billie in the body. This supernatural thriller is for a very limited fan group — those who already have an established "crazy Nic Cage" drinking game. Everyone else can skip it.

NEW TV RELEASES

- Mystery Road Series 1**
- Disney's The Little Mermaid 30th Anniv. Edition**
- Animal Kingdom Season 3**
- Andromeda The Complete Series**
- The Dead Zone The Complete Series**
- Damages The Complete Series**

TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Widows** (R) Viola Davis
2. **The Grinch** (PG) animated
3. **Girl in the Spider's Web** (R) Claire Foy
4. **Hunter Killer** (R) Gerard Butler
5. **The Wife** (R) Glenn Close
6. **First Man** (PG-13) Ryan Gosling
7. **Boy Erased** (R) Lucas Hedges
8. **The Sisters Brothers** (R) John C. Reilly
9. **The Hate U Give** (PG-13) Amandla Stenberg
10. **Night School** (PG-13) Kevin Hart

Top 10 DVD, Blu-ray Sales

1. **The Grinch** (PG) Universal
 2. **Widows** (R) FOX
 3. **Girl in the Spider's Web** (R) Sony Pictures
 4. **The Nutcracker and the Four Realms** (PG) Disney
 5. **Hunter Killer** (R) Lionsgate
 6. **Gosnell: The Trial of America's Biggest Serial Killer** (PG-13) Alliance/GVN
 7. **Halloween** (R) Universal
 8. **Creed** (PG-13) Warner/MGM
 9. **Venom** (PG-13) Sony
 10. **Reign of Superman** (PG-13) Warner Bros.
- Source: comScore/MediaPlayNews



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What's Hot in Hollywood

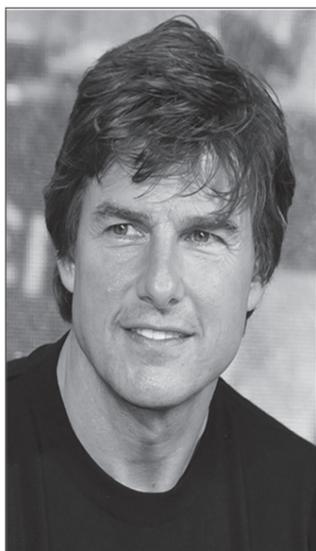
HOLLYWOOD — The success of **Tom Cruise's** "Mission Impossible: Fallout," which grossed nearly \$800 million, has prompted Paramount Pictures to announce there will be a seventh and eighth film in the series. As soon as Cruise finishes "Top Gun Maverick," due for a July 2020 release, he'll film both "Mission Impossible" films at age 58 and 59. They'll be released in July 2021 and August 2022, respectively.

And before you think that Tom Cruise must be the oldest action superstar, take a look at 66-year-old **Liam Neeson's** slate of upcoming films, beyond his recently released "Cold Pursuit." He's joining **Chris Hemsworth** in "Men In Black: International," arriving June 14; the crime thriller "Honest Thief," with **Kate Walsh**; and the romance drama, "Normal People."

Hemsworth jumps from "Men In Black: International" right into the Netflix drama "Dhaka," in which he plays a mercenary hired to rescue the kidnapped son of an Indian businessman.

If you thought the alleged child molesting controversy over **Michael Jackson** ended when he died, guess again. A new four-hour, three-part documentary called "Leaving Neverland" may blow the lid off the scandal. Two boys, who were 7 and 11 at the time and later sued his estate (the case was dismissed), claim, "We felt close to Michael with a kind of love for him and wanted to do whatever it took to please him." They also admit they never thought what they were being asked to do was wrong.

John Travolta is making a film comeback. His last outing as crime boss (John) "Gotti" cost \$10 million and only grossed \$4.3 million. Travolta, now 64, hits screens in the heist thriller "Finding Steve McQueen," with Oscar-winner **Forest Whitaker**, **Travis Fimmel** and "Mom's" **William Fichtner**, about a gang planning to steal millions from President **Richard Nixon's** illegal political slush



Eva Rinaldi/Wikipedia

Tom Cruise

fund (due March 15). That's quickly followed by "Trading Paint," in which he plays a race driver, with **Shania Twain** and **Michael Madsen** (out March 22); the crime thriller "The Poison Rose," with Oscar-winner **Morgan Freeman** and **Brendan Fraser**; and the thriller "Moose," in which he's a deranged fan who stalks an action hero and destroys his life. It's based on the true-life experiences of **Fred Durst**, lead vocalist for rock band Limp Bizkit, who wrote and directs the film.

Charlie Sheen, who had that famous public meltdown, saw his last film, "9/11," with **Gina Gershon**, gross just \$192,318. His last TV appearances, in "The Goldbergs" (2017) and the Comedy Central series "Typical Rick" (two episodes in 2017), were hardly memorable either. His misfortune is a top topic at Hollywood parties with the revelation, "Hey, they figured out how much drugs Charlie Sheen did when he flipped out ... enough to kill 'Two and a Half Men'!!!!"

HOLLYWOOD — **Angelina Jolie** is not afraid of "Those Who Wish Me Dead," because she's just signed for the chase thriller, which takes place during a wildfire in Montana. She's currently shooting the fantasy drama "Come Away," based on the classic novels "Alice in Wonderland" and "Peter Pan." Neither she nor co-star **David Oyelowo** play Alice or Peter Pan. The story is about siblings trying to help their parents overcome the death of their eldest son. Angelina has completed "Maleficent 2" (the original "Maleficent" took in \$758 million), but the sequel won't be released until May 2020 because of the special effects needed to complete the film.

"Saturday Night Live's" **Pete Davidson** may have ended his relationship with singer **Ariana Grande**, but the spotlight it put on him supercharged his film career. He's second billed after **Jon Cryer** in the comedy "Big Time Adolescence," which screened last month at Sundance, and he appears in "What Men Want," with **Taraji P. Henson** (which opened Feb 8). Now **Judd Apatow** has announced he's building a comedy around Pete, due in June 2020. The last film Apatow built was a "Trainwreck" for **Amy Schumer**, grossing \$140 million.



Will Heath/NBC

Pete Davidson



by cindy elavsky

Q. I'm a follower of "Doc Martin" and miss not seeing any new episodes on PBS. Can you please advise me if this will be renewed? It was a very well-performed series, and the characters were interesting and well-portrayed. PBS is the only station that represents good television with the finest actors. — *E.R.*

A. I have some good news for you: Season eight episodes of this critically acclaimed British TV series are now airing on public television stations. Why the delay? Apparently, the Acorn TV network had acquired exclusive rights to air "Doc Martin," which meant that PBS couldn't any longer. However, the two entities have reached an agreement. New episodes will air first on Acorn, a subscription service that streams primarily British content, and later will be available on PBS stations.

While the upcoming ninth — and final — season of "Doc Martin" won't be filmed until this summer, it will air on Acorn later in 2019 and then subsequently on PBS. For more information on how to view all the shows and mini-series available on Acorn, visit its website at <https://Acorn.tv>.

Q. Has **Meghan Markle** announced yet whether she and **Prince Harry** are having a boy or a girl? Also, when is she due? — *G.P.*

A. The former actress ("Suits") turned Duchess of Sussex recently had a baby shower with friends in California, but she has not revealed her baby's gender. Back in England, she told one little girl who asked that it was a surprise and that even she and Harry don't know. Their baby is due in late April.



Northern Ireland Office

Meghan Markle

Q. Why did they kill off **Erinn Hayes'** character on "Kevin Can Wait"? I thought she was a great counterpart to **Kevin James**. — *Jeri T., via email*

A. After **Leah Remini** guest-starred last season, the powers that be must have felt she was the boost the show needed. The first season of "Kevin Can Wait" didn't really take off in the way "King of Queens" did, so they must be trying to recapture the "magic" of the previous series. After bad ratings and dismal reviews, I guess it was time to shake things up. The producers insist that Erinn's ouster was "not a reflection" of her performance.

For those of you startled by the abrupt change, you're not alone. Even Erinn was taken aback by her character being killed off. But she took the news like a pro, proclaiming on Twitter: "True, I've been let go from the show. Very sad, I had a great experience season 1. Thank you for all the support from our wonderful fans."

Not all of the show's fans are on board with this casting shuffle: Numerous petitions have shown up online, and fans are taking to message boards, Twitter and Facebook to share their confusion and anger. And, of course, there are the trolls who are viciously blaming Leah for the change, but here's to hoping they grow up and direct their energy toward more important things in life.

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THROW A SHAMROCKIN' St. Patrick's Day Party

FAMILY FEATURES

It doesn't take the Luck o' the Irish to throw a great St. Patrick's Day party. These tips and recipes will help you throw a festive celebration you'll enjoy as much as your guests — including make-ahead corned beef and a minty-green cookie recipe both adults and little leprechauns will love.

"We've developed recipes that make the tastes of Ireland easy to create — from a simple Irish Soda Bread to a classic corned beef and cabbage recipe that can be made in a slow cooker," said Mary Beth Harrington of the McCormick Kitchens. "And don't forget the treats! Our Mint Chocolate Chip Cookies are the perfect ending to a perfectly green party."

For more St. Patrick's Day recipes, check out www.McCormick.com and visit McCormick Spice on Facebook and Pinterest.



WITH IRISH CLASSICS AND GREEN-TINTED TREATS

Savory Irish Cheese Soda Bread

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 12

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons McCormick Caraway Seed
- 1 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Red Pepper, Ground
- 1/2 cup shredded Irish Cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Preheat oven to 350°F. Mix flour, sugar, baking powder, baking soda, salt and seasonings in large bowl. Stir in cheese. Set aside. Mix eggs and buttermilk in medium bowl. Add to dry ingredients; stir until well blended. Spread in lightly grease 9-inch round cake pan.

Bake 30–40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Tip: Make muffins instead of bread. Prepare dough as directed and divide among 12 greased muffin cups. Bake 20–25 minutes or until toothpick inserted in center comes out clean.

Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes
Cook time: 8 hours
Servings: 12

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker.

Mint Chocolate Chip Cookies

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 3 dozen, or 36 (1 cookie) servings

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 1/4 cups sugar
- 2 eggs
- 1–1 1/2 teaspoons McCormick Green Food Color
- 1 teaspoon McCormick Pure Peppermint Extract
- 1 1/2 cups semi-sweet chocolate chips

Preheat oven to 375°F. Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, food color and peppermint extract; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips.

Drop by heaping tablespoons about 2 inches apart onto ungreased baking sheets.

Bake 10–12 minutes or until edges are lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.





Sensational Chicken Soup

There is nothing more comforting than a great bowl of soup on a cold winter's night.

- 2 (16-ounce) cans fat-free chicken broth
- 1/4 cup water
- 1 cup thinly sliced carrots
- 1 cup thinly sliced celery
- 1 scant cup uncooked noodles
- 1 1/2 cups (8 ounces) diced cooked chicken breast
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large saucepan, combine chicken broth, water, carrots and celery. Bring mixture to a boil.

2. Stir in uncooked noodles, chicken, parsley flakes and black pepper. Lower heat, cover and simmer for 10 to 12 minutes or until vegetables and noodles are tender, stirring occasionally. Serves 4.

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

• Each serving equals: 179 calories, 3g fat, 23g protein, 15g carbs, 498mg sodium, 34mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1 Starch; Carb Choices: 1.

Good Housekeeping

Corned Beef and Cabbage

- 1 8-inch square cheesecloth
- 12 parsley stems
- 2 garlic cloves, crushed with side of chef's knife
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 corned beef brisket, flat (thin) cut (3 1/2 to 4 pounds)
- 1 1/2 pounds small red potatoes, unpeeled and each cut into 1 1/2-inch chunks
- 1 pound carrots, cut into 2-inch pieces
- 1 small head green cabbage (about 1 1/2 pounds), cut into 8 wedges

1. In cheesecloth, wrap parsley, garlic, bay leaves and peppercorns; tie with string and place in bottom of 5 1/2- to 6-quart slow cooker. Add corned beef; top with potatoes and carrots. Pour in enough water to cover meat. Place cabbage on top. Cover slow cooker with lid and cook on low setting 10 to 12 hours or until beef is very tender.

2. To serve, thinly slice corned beef across the grain; transfer to warm large platter with vegetables. Makes 8 main-dish servings.

• Based on individual serving: 440 calories, 25g total fat (8g saturated), 27g protein, 28g carbohydrates, 6g fiber, 125 mg cholesterol, 1,480 mg sodium.

Good Housekeeping

Irish Soda Bread

A rich and tender rustic Irish quick bread — the ideal dinner companion for corned beef.

- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 cups plus 1/2 teaspoon all-purpose flour
- 6 tablespoons cold margarine or butter
- 1 cup golden or dark seedless raisins
- 1/2 cups buttermilk

1. Heat oven to 350 F. Grease large cookie sheet.

2. In large bowl, combine sugar, baking powder, salt, baking soda and 4 cups flour. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs. With spoon, stir in raisins, then buttermilk just until evenly moistened.

3. With floured hand, gently knead dough in bowl a few times until dough forms a ball (do not overmix, or bread will be tough). Place dough on cookie sheet; shape into a 7-inch round loaf (dough will not be smooth).

4. Sprinkle loaf with remaining 1/2 teaspoon flour. With sharp knife, cut 4-inch-long cross, about 1/4-inch deep, on top of loaf. Bake loaf 1 hour or until toothpick inserted in center comes out clean. Cool on wire rack. Makes 12 servings.

• Each serving: About 275 calories, 6g total fat (1g saturated), 6g protein, 49g carbohydrates, 2g fiber, 1mg cholesterol, 485 mg sodium.

Good Housekeeping

Sweet and Spicy Salmon Burgers

Grated lime adds zing to the robust flavors in these salmon patties, which are made with red bell pepper, cilantro, fresh ginger, garlic and red curry paste, and served with a lime-flavored soy sauce.

Sauce:

- 1/4 cup lime juice (grate zest first)
- 1 tablespoon less-sodium soy sauce
- 1 tablespoon sugar
- 1/4 tablespoon crushed red pepper

Burgers:

- 1/2 red bell pepper
- 1/3 cup packed fresh cilantro
- 1 slice peeled ginger
- 1 clove garlic
- 2 teaspoons red curry paste (see Tip)
- 1 teaspoon grated lemon zest
- 1 teaspoon sugar
- 1 1/2 pound skinless salmon
- 1 tablespoon vegetable oil

1. Sauce: Mix ingredients in a small bowl. (You can do this first, or while fish is cooking.)

2. Burgers: Put bell pepper, cilantro, ginger, garlic, curry paste, lime zest and sugar in a food processor and pulse until blended. Add fish and pulse until just blended.

3. Shape level 1/4-cupfuls fish mixture into twelve 3-inch patties. (At this point, the fish burgers may be loosely covered and refrigerated for up to 4 hours.)

4. Heat oil in large nonstick skillet over medium-high heat. Add half the fish burgers and cook about 1 minute on each side, until just cooked through. Drain on paper towels. Cook remaining fish burgers. Serve with sauce. Serves 4.

TIP: You can find red curry paste in the Asian foods or spice section of your market. Occasionally it contains shrimp paste, so be sure to check ingredients if you have a shellfish allergy. Refrigerate jar after opening.

Good Housekeeping

Golden Butter Cupcakes

- 2 cups all-purpose flour
 - 1 1/2 cups sugar
 - 2 1/2 teaspoons baking powder
 - 1 teaspoon salt
 - 3/4 cup butter or margarine (1 1/2 sticks), softened
 - 3/4 cup whole milk
 - 1 1/2 teaspoons vanilla extract
 - 3 large eggs
- Frosting

1. Heat oven to 350 F. Line twenty-four 2 1/2-inch muffin-pan cups with fluted paper liners.

2. In large bowl, with mixer at low speed (with heavy-duty mixer, use whisk attachment or cupcakes will not rise properly), mix flour, sugar, baking powder and salt until combined. Add butter, milk, vanilla and

1. Heat oven to 350 F. Line twenty-four 2 1/2-inch muffin-pan cups with fluted paper liners.

2. In large bowl, with mixer at low speed (with heavy-duty mixer, use whisk attachment or cupcakes will not rise properly), mix flour, sugar, baking powder and salt until combined. Add butter, milk, vanilla and eggs, and beat just until blended. Increase speed to high; beat 1 to 2 minutes or until creamy, occasionally scraping bowl with rubber spatula.

3. Spoon batter into muffin-pan cups. Bake 20 to 25 minutes or until cupcakes are golden brown and toothpick inserted in center comes out clean. Immediately remove cupcakes from pans and cool completely on wire rack.

4. When cupcakes are cool, prepare choice of frosting and frost cupcakes. Makes about 2 dozen cupcakes.

• Each cupcake: About 155 calories, 7g total fat (4g saturated), 2g protein, 21g carbohydrate, 0g fiber, 4mg cholesterol, 210 mg sodium.



by Healthy Exchanges

Chocolate Mayo Snack Cake

After one bite, this will be a mainstay on your dessert list!

- 1/2 cups cake flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 cup fat-free mayonnaise
- 1/2 cup unsweetened applesauce

- 1/2 cup water
- 1 1/2 teaspoons vanilla extract
- 1 cup fat-free whipped topping
- 2 tablespoons mini chocolate chips

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

2. In a large bowl, combine flour, sugar substitute, cocoa, baking powder and baking soda. Add mayonnaise, applesauce, water and vanilla extract. Mix well to combine. Spread batter into prepared cake pan. Bake for 20 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and allow to cool completely.

3. Evenly spread whipped topping over cooled cake and sprinkle chocolate chips evenly over top. Freezes well. Serves 8.

• Each serving equals: 163 calories, 3g fat, 3g protein, 31g carb., 394mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

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Crime

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Vandalism to a small retail store on the 4700 block of North Lincoln Avenue.

Sex Offense - Criminal sexual assault and abuse on the 5400 block of North Lincoln Avenue.

Endangering the life and health of a child at a residence on the 2600 block of West Farragut Avenue.

Larceny and theft \$500 and under on the 4100 block of North Maplewood Avenue.

Simple aggravated assault at a residence on the 4300 block of North Western Avenue.

Simple domestic battery at an apartment on the 2200 block of West Wellington Avenue.

Theft and larceny on the \$500 and under on the 4200 block of North Lincoln Avenue.

Theft and larceny on under \$500 on the street on the 3600

block of North Seeley Avenue.

Theft and larceny over \$500 on the street on the 3500 block of North Oakley Avenue.

Theft and larceny over \$500 on the street on the 4200 block of North Lincoln Avenue.

Criminal sexual assault in an alley on the 2300 block of West Cornelia Avenue.

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

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

Fraud and financial identity theft over \$500 on the 4300 block of North Bell Avenue.

Financial identity theft at a residence over \$300 on the 3900 block of North Hoyne Avenue.

Burglary and forcible entry to a residential garage on the 2100 block of West School Street.

Fraud and a bogus check given at a resi-

dence on 3100 block of North Oakley Avenue.

Simple battery at a government building on the 3600 block of North Lincoln Avenue.

Motor vehicle theft of an automobile on the street on the 2800 block of North Damen Avenue.

Vandalism to a vehicle on government property on the 2400 block of West Belmont Avenue.

Simple assault at a grocery food store on the 3400 block of North Western Avenue.

Domestic battery at a CHA apartment on the 2800 block of North Leavitt Street.

Vandalism to a convenience store on the 3400 block of North Halsted Street.

Theft and larceny at a bar or tavern over \$500 on the 3700 block of North Broadway.

Theft and larceny from an apartment building on the 700 block of West Barry Avenue.

Simple assault at a

drug store on the 2800 block of North Clark Street.

Criminal sexual assault on the hospital building grounds on the 2900 block of North Lake Shore Drive.

Vandalism to a vehicle on the street on the 4000 block of North Hermitage Avenue.

Theft and larceny on the porch at a residence on the 1700 block of West Fletcher Street.

Theft and larceny on the porch of a residence on the 1700 block of West Henderson Street.

Burglary and unlawful entry to an apartment on the 1500 block of West Henderson Street.

Theft and larceny on a CTA bus over \$500 on the block of 900 West Addison Street.

Strong arm robbery on the street on the 800 block of West Cornelia Avenue.

Burglary and forcible entry on the 3300 block

of North Lincoln Avenue.

Credit card fraud to a small retail store on the 3200 block of North Lincoln Avenue.

Pick pocketing at a bar or tavern on the on the 3300 block of North Halsted Street.

Simple battery at a hospital building on the 800 block of West Nelson Street.

Retail theft from a small retail store on the 3100 block of North Clark Street.

Theft and larceny over \$500 from a restaurant on the 3100 block of North Broadway.

Simple assault on the street on the 500 block of West Irving Park Drive.

Pick pocketing at a restaurant on the 3100 block of North Broadway.

Domestic battery on the street on the 800 block of West Buckingham Place.

Motor vehicle theft of an automobile off the street on the 3700 block of North Lake Shore Drive.

Drug abuse violations found with suspect narcotics on hospital building grounds on the 2900 block of North Lake Shore Drive.

Simple assault on the street on the 500 block of West Stratford Place.

Domestic battery at an apartment on the 500 block of West Briar Place.

Criminal sexual assault on hospital grounds on the 2900 block of Lake Shore Drive.

Theft and larceny at a small retail store on the 3500 block of North Southport Avenue.

Domestic battery at a residence on the 1200 block of West Barry Avenue.

Simple battery at a drug store on the 2800 block of North Clark Street.

Vandalism to a vehicle non commercial on the 700 block of West Barry Avenue.

Simple Battery on the street on the 3600 block of North Halsted Street.

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CLEVER KITCHEN UPGRADES

Fresh colors and textures for a functional kitchen style

FAMILY FEATURES

For avid cooks, seasoned hosts and busy families, the kitchen is likely the center of daily life and a place where both form and function are of the utmost importance.

This high-traffic space generally influences the design of the rest of the house, especially if the home has more of an open-concept layout. The colors and materials used in the kitchen normally set the tone for the rest of the home.

When it comes to considerations like finish and materials, kitchen cabinetry trends are shifting toward colored cabinetry and a mixture of exposed textures and materials.

Colorful allure

White kitchen cabinets have dominated the market for years; white is constant, safe and classic. While white kitchens are likely to remain a popular option for homeowners, buying trends are showing a shift in painted cabinetry design from classic white to eye-catching colors.

Natural colors, burnt orange, shades of gray, blue hues and green tones are likely to be the leaders in painted cabinetry colors in 2019, and all are offered through an option like Wellborn's ColorInspire program.

For those with a visionary and creative approach to design, the blue tones for cabinetry reach atmospheric wisps of colors and capture the unique space between technology and spirituality. The unbridled adventurer may use burnt orange to soak in the blue of endless horizon and the subtle earthy colors of the high plains and desert.

For the naturalist, green earthy tones can bring the wonder of the world into your kitchen. For the cozy home-body, dark warm

tones of gray on cabinetry add a rich and modern scope that spans space and time.

Trends in texture

From classic to modern and from farmhouse to high-tech modernistic styling, designers work to make surfaces make a statement. With cabinetry, there's no shortage of options: matte and glossy, dark and light, with and without handles.

Technology has played a major role in the improved quality of laminates in the kitchen; many of today's laminate options have a more realistic appearance and texture than their ancestors. For a more authentic wood look, an option like Wellborn Cabinet's Decorative Laminate Veneer Door Collection is filled with color choices in a range of materials spanning embossed and textured melamine, acrylic, laminates, metal and more.

Another option is cabinetry featuring timber with exposed grain for a balance between embracing nature and exuding sophistication. This trend celebrates imperfections and allows you to bring nature into your home. Defined or rustic woods are made from materials such as walnut, oak and cherry. For nature enthusiasts or those seeking the rustic farmhouse style, you can find beautiful organic finishes in Wellborn's Aspire Full Access Frameless line. The standout feature is heavy graining. Hand sanding, along with hand-rubbed finishes, provide a quality product with varied textures that minimizes the need for a lot of color.

Explore more trendy looks for your new kitchen at Wellborn.com.

Focus on Function



A beautiful kitchen may please the eye, but when it comes down to it, a kitchen's function is its greatest value. Integrate these ideas for a kitchen that offers maximum function for one of your home's most-used spaces.

Declutter the countertops. Consider incorporating pull-out and roll-out trays into your cabinetry to maximize your storage space, as well as dressing your cabinets with appropriate inserts and organizational kits. Eliminate wasted space by adding corner cabinets to utilize all your available space.

In addition, an option like Wellborn Cabinet's Aspire Full Access Frameless cabinetry makes it simple to create diverse design styles with better storage options than traditional cabinet framing allows. Without a face frame on the front of the cabinet box, this style provides more room for storage and easier accessibility. You can create a modernistic kitchen, a rustic farmhouse kitchen or a nature-styled kitchen.

Determine the island's function. The island is often the visual centerpiece of the kitchen, but determining its function can maximize its benefit. Fully functional cabinetry around the island can provide added storage space. For example, custom cabinetry appliance panels let you not only conceal bulky appliances, they also give your wall cabinets more space and functionality.

Make recycling easy. Place the recycle and garbage bins in a drawer near the sink to allow for easier accessibility and keep them out of sight.



The Garden Bug

Mix one part borax with 3 parts powdered sugar. Fill tiny containers (such as bottle caps) with the bait, and place them where you suspect ants are entering your house. If you see trails of ants, place small containers of the mixture directly in their path. They will carry the bait back to the nest, unable to differentiate between the borax and sugar, and the borax particles will eventually kill the entire colony. Keep leaving out bait until no more ants are seen wandering. - Brenda Weaver
Source: www.diynatural.com

Making your own ant bait



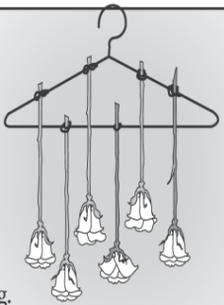
The Garden Bug Top U.S. Botanical Gardens

- ABQ BioPark Botanic Garden, Albuquerque, NM
- Atlanta Botanical Garden, Atlanta, GA
- Bellevue Botanical Garden, Bellevue, WA
- Tower Hill Botanic Garden, Boylestown, MA
- Brooklyn Botanic Garden, Brooklyn, NY
- Daniel Stowe Botanical Garden, Charlotte, NC
- Minnesota Landscape Arboretum, Chaska, MN
- Chicago Botanic Garden, Chicago, IL

- Brenda Weaver Source: www.theactivetimes.com



The Garden Bug How to air-dry your roses



1. Strip leaves from the stem, leaving the flower. Cut stems no shorter than six inches. Remove from sunlight after cutting.
2. Secure the bottom of the stems to a hanger so that they hang upside down to dry. Find a dark, dry area with good circulation, such as an attic or unused closet, and leave flowers to hang there for two to three weeks until completely dry.
3. When dry, spray with unscented hairspray for protection.

- Brenda Weaver Source: www.proflowers.com

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Quotes worth your time

“Life isn't about finding yourself. Life is about creating yourself.”
George Bernard Shaw

“To live is the rarest thing in the world. Most people exist. That is all.”
Oscar Wilde

“Strive not to be a success, but rather to be of value.”
Albert Einstein

“Anger is one letter short of danger.”
Eleanor Roosevelt

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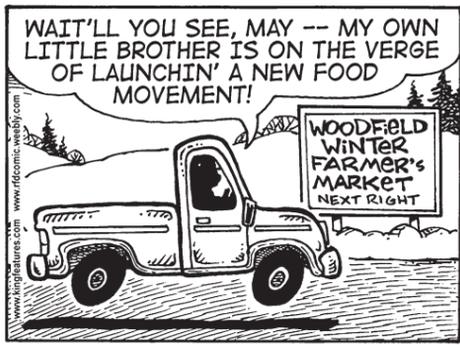
Thursday, March 28 • 12 PM
Monthly Business Luncheon
Mi Fogata, 4322 N. Western Ave.

details & registration:
northcenterchamber.com 

Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



THERE ARE TWO GAMES THAT AL COULDN'T SEEM TO UNDERSTAND. THE GAME OF THRONES AND THE GAME OF LACROSSE

KOPERVAS

Amber Waves

by Dave T. Phipps



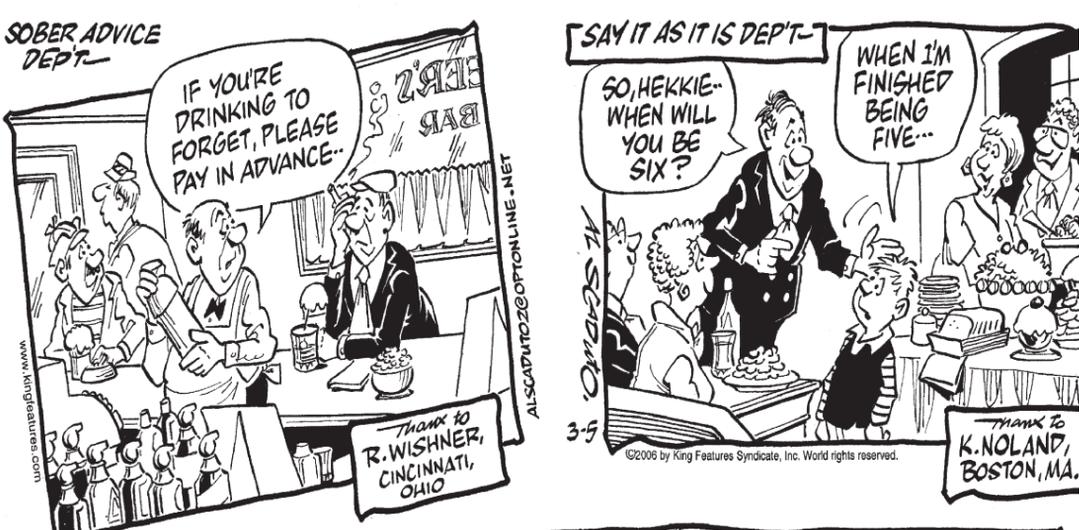
The Spats

by Jeff Pickering



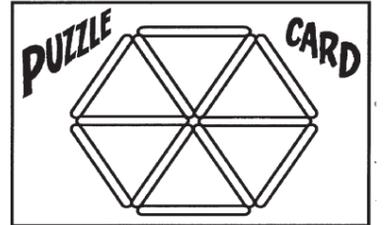
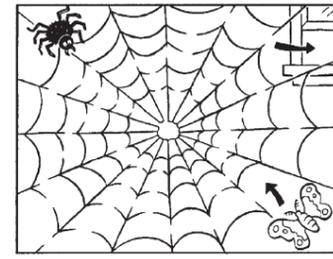
THEY'LL DO IT EVERY TIME

BY AL SCADUTI



Junior Whirl

by Charles Barry Townsend



THE SILKEN MAZE! See if you can help this fly get through the silken maze, and out the window, before Spidey pounces on him.

ICE CREAM STICK PUZZLE! Place 12 ice-cream sticks on the table and challenge your friends to arrange them in the form of six equilateral triangles, all the same size. The solution is pictured above.



G	R	U	B	S	Y	T	T	E	G	I	V	L	D
D	N	A	M	M	O	C	S	H	D	F	E	E	B
O	U	V	W	V	O	Z	L	L	E	L	B	A	L
U	U	H	O	L	I	D	A	Y	E	A	K	D	A
G	P	R	E	S	I	D	E	N	T	N	T	E	W
L	B	O	O	T	H	V	D	E	W	M	D	R	Y
A	J	M	E	M	O	R	I	A	L	L	R	E	E
S	C	A	B	I	N	L	O	C	N	I	L	Y	R

LOOKING FOR LINCOLN! Hidden in the diagram above are 17 words associated with the 16th president of the United States, Abraham Lincoln. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the words you're looking for:

Able	Douglas	Lincoln
Booth	Gettysburg	Memorial
Cabin	Holiday	President
Civil War	Ideals	Slender
Command	Lawyer	Theatre
Debate	Leader	

LUNCH BREAK TROUBLE! Henry was supposed to buy 4 hamburgers and 3 sodas for \$14.50. Instead, he bought 3 hamburgers and 4 sodas for \$13.50. What was the price of a single hamburger? A single soda?

Answer: One hamburger cost \$2.50. One soda, \$1.50.

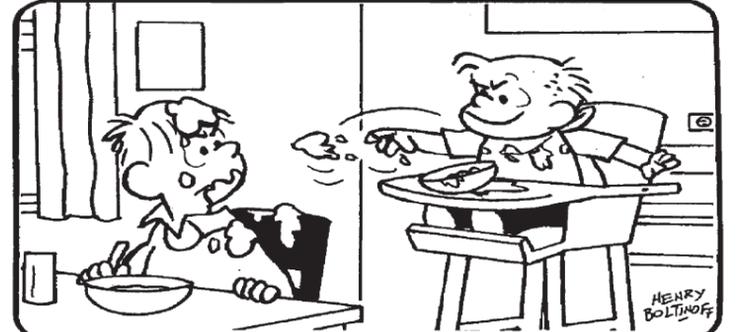
A HAT OF MANY SIZES! In this puzzle, all of the words we are searching for contain the word "HAT." The following hints should help "crown" you with success:

- HAT (given).
- To greatly dislike.
- A ship opening.
- Old type of roofing.
- A French castle.
- Casual conversation.
- Broken into many pieces.

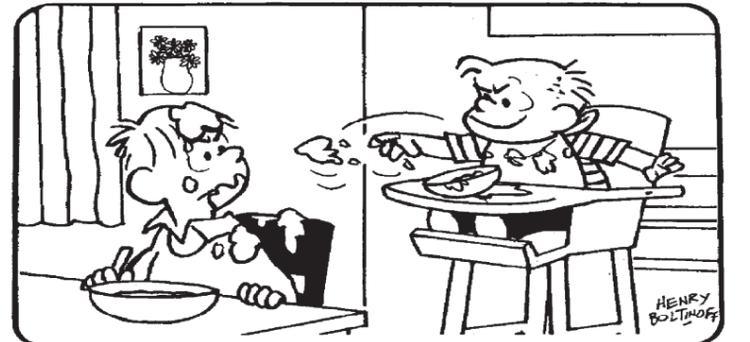
Answers: 1. Hat 2. Hat 3. Hat 4. Hat 5. Hat 6. Hat 7. Hat

HOCUS-FOCUS

BY HENRY BOLTIHOFF



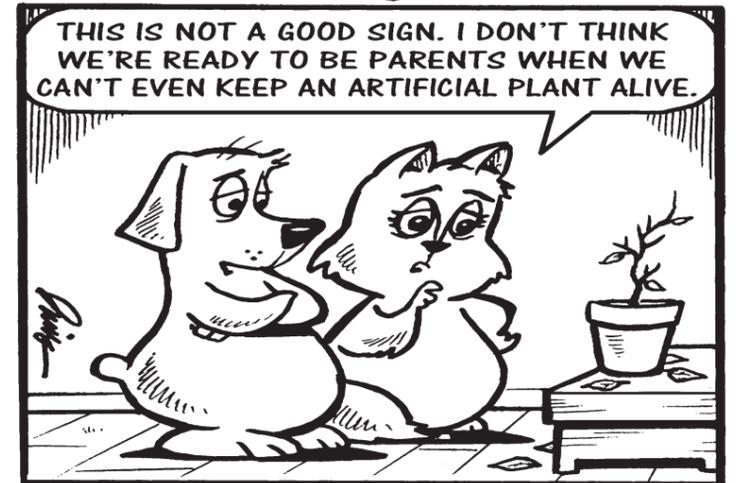
Find at least six differences in details between panels.



Differences: 1. Baby's shirt has stripes. 2. Picture is different. 3. Curtain covers window. 4. Boy's bowl is larger. 5. Wall outlet is missing. 6. Boy's glass is missing.

Just Like Cats & Dogs

by Dave T. Phipps





Good Friends, Good Food

Dog owners dish on how food factors into pet bonding

Feeding Time

Between playing fetch, going on walks and loving you unconditionally, your dog really knows how to work up an appetite – but what does mealtime look like in your home? Just Right® by Purina® asked more than 1,000 dog owners about their pup's feeding rituals and revealed some surprising habits.

OF THOSE SURVEYED:



All statistics and findings included in this infographic were pulled from a survey conducted online by Research Now SSI on behalf of Just Right by Purina among adults ages 18+ who are dog owners and have some responsibility over the well-being of their pet. A total of 1,010 responses were collected between March 26 and March 29, 2018. These online surveys are not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated.

FAMILY FEATURES

Ask most dog owners and they'll tell you that they count the bonds they share with their pets among their most treasured relationships. However, that boundless affection and loyalty isn't a one-sided effort; dog owners are demonstrating their puppy love in numerous ways, especially when it comes to chow time.

There's much to be said for the unique relationship people share with their dogs, according to the 2018 Pets and People Survey by Just Right by Purina. Nearly unanimously (95 percent), respondents said they view their dogs as part of their families, and more than half reported that their pet pals help them de-stress after a long workday and have comforted them after receiving bad news.

Just like any relationship, the bond with a dog requires nurturing. As it turns out, most dog owners are working to keep the love alive with a familiar approach: the notion that the fastest path to the heart is through the stomach. After all, when you view pets as family, you may as well feed them like it.

Encouraging dinner dialogue

A helpful aspect of pet bonding is developing communication patterns that your dog can recognize and understand. In part, this involves commands to help manage behavior, but it often includes other forms of engagement, as well.

Mealtime is an ideal opportunity to enjoy some extra interaction, from asking if your dog is hungry to talking your way through filling his or her bowl with a personalized dog food blend. In fact, 64 percent of dog owners surveyed reported asking their dog if it likes its food after serving it. There may not be a verbal response, but dogs give off plenty of signals to let you know whether or not they're enjoying the meal.

Personalizing the experience

Humans agree that eating or drinking out of a favorite vessel just makes mealtime more special. That may be the motivation for the 65 percent of dog owners who reported taking time to personalize their dogs' bowls.

Making dog nutrition matter

The majority of dog owners surveyed agreed the type of food their dog eats has an impact on its health and mood. For 43 percent of Millennial dog owners surveyed, they reported spending more money on their dog's food than their own

groceries. Fortunately, not all nutritionally sound options will break the bank, but it is a good idea to do some research to understand the nutritional value and quality of the food you provide.

Serving up security

Dogs thrive on rituals and dinnertime is an opportunity to create some consistent patterns that help your pup feel safe and secure. A routine with meals in the same place at approximately the same time every day helps strengthen the pet bond because your dog knows he can rely on you to satisfy one of his most basic needs.

If you extend some human courtesies as part of your feeding ritual, you certainly aren't alone. For example, 73 percent of dog owners in the Just Right by Purina survey feed their dogs before they serve themselves. Not only is it a smart strategy to prevent begging at the table, it keeps your pooch from wondering when his own hunger cravings will be sated.

Celebrating special occasions

If your dog is part of the family, it only makes sense to celebrate special events like birthdays. It's a good excuse for a little extra attention and maybe a new toy or two. Forty percent of dog owners, including 56 percent of Millennials, have upped their pet parenting game by buying their dog its own birthday cake. Make your own using a pet-friendly recipe or visit a pet bakery for a special birthday treat.

Learn more about feeding the bond with your pet at justrightpetfood.com.

All statistics and findings included in this release were pulled from a survey conducted online by Research Now SSI on behalf of Just Right by Purina among adults ages 18+ who are dog owners and have some responsibility over the well-being of their pet. A total of 1,010 responses were collected between March 26 and March 29, 2018. These online surveys are not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated.

DOG FOOD INGREDIENTS FOR UNIQUE NUTRITIONAL NEEDS

Your dog is unique, not only in his relationship with you, but his preferences, tastes, quirks and habits. It's no wonder that his nutritional needs are unique to match. When you're evaluating food options, give careful attention to the ingredients to find the right blend of nutrients for your dog:

Vitamins are responsible for a vast range of functions, including aiding in DNA synthesis, energy release from nutrients, bone development, eye function, maintenance of cell structure, blood clotting, nerve signal transmission and everything in-between.

Minerals contribute to your dog's healthy bones and teeth, blood clotting, muscle

function, nerve transmission, nutrient metabolism, cell function and more.

Fat is a source of energy that helps with absorption of fat-soluble vitamins and fatty acids, as well as promoting healthy skin and coat, immune system, joints, brain and vision.

Protein is essential for building organs and tissues like tendons, muscles, skin, hair and blood; it also functions as enzymes, hormones and antibodies.

Carbohydrates are efficient sources of glucose for energy, a source of heat and can be stored as glycogen. Fiber is a type of carbohydrate that aids in colon health, as well as managing weight and obesity.

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