

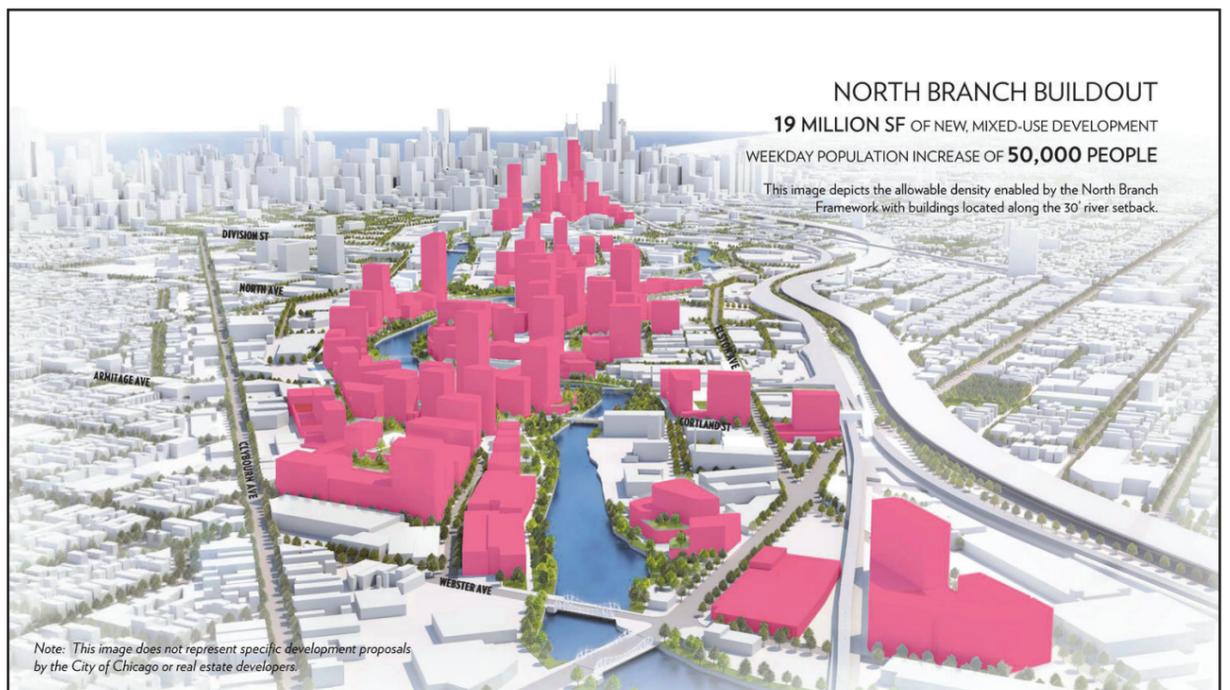


April, 2019

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

Volume 23, Number 5

# Interview The price of Sterling



## 20 Questions

This month's interview is with **Beth Hirsch, retail, online sales and customer service representative for Army Navy Surplus U.S.A., 3100 North Lincoln Avenue, Chicago.**

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

**A.** Chicago, Buffalo Grove and Minneapolis, Minnesota.

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

**A.** No and I don't have any children.

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

**A.** The University of Iowa and Columbia College.

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

**A.** Riding to school in a shopping cart pushed by my grandfather because his car broke down. I was 5 years old.

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

**A.** My mom and dad.

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

**A.** My dad's father (my grandfather and grandmother) because I don't

know a lot about them. I just know stories about my dad and uncles.

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

**A.** Poland to walk in my grandmother's footsteps.

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

**A.** Continue traveling the world and volunteering for dog rescue.

**Q.** What are your responsibilities at Army Navy and what would you say is the toughest part of your job?

**A.** Retail and online sales and learning where 73 years worth of inventory is located, and being of service to all our great customers.

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

**A.** Antisemitism. What comes out of peoples' mouths that was kept behind closed doors years ago and that people have been comfortable with bigotry and have become accepting of it.

**Continued on page 2**

by **George Rimel and Joyce A. Rimel**

The Chicago skyline is about to change if the developer Sterling Bay gets the two votes needed to develop 55 acres of formerly industrial land along Lincoln Park and Bucktown. These final votes need to come from the City Council's Finance Committee and the full Council. At this point, it looks like this is just a formality.

Sterling Bay has grown and earned quite a reputation since its inception in 1987, when Scott Goodman and Craig Golden started the firm. They each left the company to form their own individ-

ual businesses. But, since 1987 Sterling Bay has attracted investors with fat wallets. In past projects, Sterling Bay had backing from the Crown family, investors in companies in the aerospace industry and defense and the Pritzkers of Hyatt Hotel fame. Who now is at the helm of this \$6 billion project? Andy Gloor, the managing principal of developer Sterling Bay and Keating Crown, grandson of billionaire Lester Crown are leading the charge.

Alderman Scott Waguespack, 32nd Ward said "This is a \$6 billion proj-

ect. The \$1.2 billion will be used for marketing, architecture and legal fees with TIF dollars. The TIF will be for 23 years." The bottom line is that the developer will pay upfront for the new roads and bridges that will make Lincoln Yards accessible. Later, Chicago will reimburse them, with interest, using the added property tax revenue generated by the new construction.

Lincoln Yards is projected to create residential, office, hotel, retail, restaurant and entertainment space along with a Metra Train Station, and new water taxi stops filling out 14.5 million sq.ft

The tallest approved building at 595 feet would become the highest point in that part of the city.

Lincoln Yards has its critics. Alderman Michele Smith, 43rd Ward and Scott Waguespack, 32nd Ward, have voiced their complaints about city zoning approvals moving too fast when questions about the impact on traffic, schools and businesses still need to be addressed. The Sheffield Neighbors organization, as well as others have also voiced their concerns.

It's projected that Lin-

**Continued on page 2**

### What's on your Mind?



"Taxes and birthdays and finding time to get it all done."

**Shelly Hetner**



"Both my children are getting baptized."

**Katy Li**



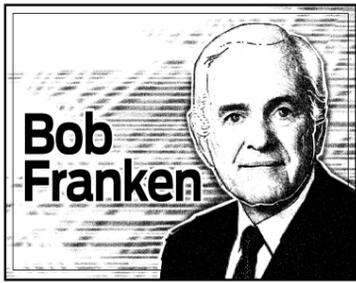
"Going on vacation with my son. We will be snorkeling in the Florida Keys."

**Monica Yearwood**

# Editorial & Opinions

Interview continued from front page.

**Q.** What hobbies and interests do you have?  
**A.** Dog rescue, travel and trying new adventurous things like sky diving.  
**Q.** What is your favorite TV show, movie and book?  
**A.** My favorite TV show is "Marvelous Mrs. Maisel"; my favorite movie is "Dead Poets Society" and my favorite book is "Little Women".  
**Q.** What is your most prized possession?  
**A.** My nephew.  
**Q.** What have been your three greatest achievements?  
**A.** Being friends, not just relatives with my family; being recognized for professional achievements by my peers; finishing college.  
**Q.** What have been your three greatest disappointments?  
**A.** Not going on to law school; allowing others to treat me poorly and not taking time to travel immediately after college.  
**Q.** What is your "pet peeve"?  
**A.** Dishonesty.  
**Q.** What has been the worst advice you were ever given?  
**A.** Take the offer because you'll make a lot of money.  
**Q.** If you could trade places with someone for a day, who would that person be and why?  
**A.** Michelle Obama to look at what she does behind the scenes.  
**Q.** What improvements or suggestions would you make for the Lakeview neighborhood?  
**A.** Fix the pot holes this year. They also need to develop small businesses in the area instead of chain stores.  
**Q.** Do you have a motto for living your life?  
**A.** Carpe Diem. Seize the day.



## Another Weekend Busted

One lesson the Washington reporter learns very quickly is that he or she should never EVER have unbreakable plans for the weekend. It's a major strain on the relationships that newsmen have with significant others who can accept only so many disappointments resulting from the Friday night news dump.

The unpredictable dump has become sadly predictable. For good reasons and bad, officials wait until most people have stopped paying attention because they're focusing on their Saturday and Sunday activities, errands and fun stuff, and not on the incessant scandals that define politics. That's why Friday evening becomes the preferred time to release the definitive reports, to minimize embarrassment when sane people aren't watching. But we are, and must scramble to cover the new developments.

To be fair, there are honorable reasons to delay the blockbusters; for instance, to reduce the jolt to the financial markets, which are always looking for some reason to crater but are closed until Monday, when the impact of overcoverage might have dulled. So it was with news that the final report from special counsel Robert Mueller had been delivered to Attorney General William Barr at about 5 p.m. Friday.

When that happens, the nightly newscasts and cable news channels go bonkers. They go into panic mode, scrambling to report everything they know, and bringing in every pundit and "expert" to tell the world what they know. This time, in both cases, they didn't know much.

## The price of Sterling story from front page

coln Yards will create 24,000 permanent jobs, thousands of construction jobs and pump up the tax base. The 19 million sq.ft. project will potentially bring in 50,000 people to the area every day.

Will this project entice people to come to Chicago to live and work? Millennials are leaving the city to find jobs elsewhere and with high taxes, people cannot afford to live here and are moving out. Will it keep out the gangs in low-income

housing and from infiltrating the area? Crime is everywhere but the North side is under siege with carjackings robberies, assaults, killings and more. What kind of security will this new "city" have that will help prevent crime? We don't have enough police officers now! How is the city going to protect the swell of 50,000 people each day and its permanent residents? What's the plan?

That's because all we really got was an announcement that Barr had received Mueller's report and that he would decide how much he'd publicly release of it once he'd read it. That's the legally required choreography. It didn't stop the endless parade of pontificating panelists and members of Congress from breathlessly expressing their uninformed opinions about what they didn't know.

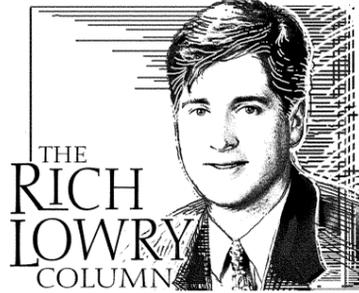
The only indication we got from the attorney general was that he was reading the report and he'd get back to us. All that does is goad us into more of a frenzy of reporting where there was little to report, in a tizzy about the possibility that the competition will have more information than we have. There is little more that is demeaning to a journalist than a call from the boss asking, "How come we didn't have that?" in reference to some scoop the other guys had.

The way it usually plays out is that the story will have worked its way out by the Sunday talk shows — "Meet the Press," "Face the Nation," "This Week," "Fox News Sunday." Many of us call them "The Game Shows." They are supposed to put an exclamation point on the big story du weekend, before we stop paying attention.

That was not the case this time around. William Barr hadn't gotten the memo about deadlines and announced he'd have no announcement in time for The Game Shows. He waited till Sunday afternoon to make his sensational written declaration: President Donald Trump, the man who put him in office, had been effectively let off the hook by Mueller.

Most Donald Trump stories evaporate, but this one will not. Trump will be taking a victory lap that will last until Election Day. Democrats will continue trying to trip him up with their investigations. And reporters will work many more weekends.

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



## On Russia, Trump Acted Innocent

The release of Robert Mueller's finding that Donald Trump didn't collude with Russia should settle a question his critics — and, quietly, some of his allies — have asked repeatedly over the past two years: Why was he acting so guilty?

It turns out that he was acting innocent, only in a typically combative, over-the-top Trump fashion.

The left and the media were never willing to credit the idea that Trump sincerely believed that he was being treated unfairly — because he was.

When Trump said in his infamous Lester Holt interview that the Trump-Russia thing "is a made-up story," he wasn't confessing to obstruction of justice; he was stating a fact that the Mueller probe would establish 2,800 subpoenas and nearly 500 search warrants later.

The prudent thing for Trump to do once the Mueller probe got going would have been to cooperate without complaint and bide his time awaiting his eventual vindication. Instead, Trump fought like a caged animal (while actually cooperating with the probe).

Trump is a creature of the media and cares a lot about what is said of him. So imagine him sitting in the White House and watching the media constantly suggest that a smoking-gun Russia-collusion revelation is just over the horizon, that the walls are closing in, that he might be guilty of one of the worst political crimes committed in the history of the republic — and all

while knowing that it wasn't true. It's very easy to be relaxed about someone else's reputation. We saw this during the Kavanaugh controversy when progressives were outraged that Brett Kavanaugh got emotional about being falsely accused of gang rape. Trump, apparently, was supposed to be cool and nonplussed about being accused of treason.

Of course, he wasn't, and got caught in an endless feedback loop with the press. He'd be presumed guilty in the coverage, he'd lash out, and then commentators would take his reaction as further evidence he was guilty. For two long years.

As recently as a couple of weekends ago, an epic Trump tweet-storm was taken as a sign that he was completely panicked over the impending Mueller report.

It didn't occur to anyone that he might be acting out of a sense of aggrieved (although often self-defeating) innocence. This is what got the Mueller probe rolling in the first place. Trump fired James Comey because the FBI director refused to state publicly what he told Trump privately — that the president himself wasn't under investigation.

The fallback position of Democrats now is that they can get Trump for obstruction for all his impure thoughts about a probe that reached its conclusion unimpeded, and that found no underlying Russian collusion to cover up.

This was Watergate without the break-in and the Lewinsky affair without, well, the Lewinsky affair.

A news industry that *should* have a healthy skepticism could never apply any skepticism to its own narrative and assumptions. And so, on the question of Russia collusion that put a cloud over the White House and dominated the past two years of our public life, Donald Trump was a more reliable narrator than the media that so self-righteously scorns him.

*Rich Lowry is editor of the National Review.*

**Americanisms**

"Give a girl the right shoes, and she can conquer the world."  
 — Marilyn Monroe

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**Lakeview Newspaper**  
**J2 Associates, Inc.**  
 P.O. Box 578757  
 Chicago, Illinois 60657  
 Telephone: 312.493.0955  
 Web site: [www.LakeviewNewspaper.com](http://www.LakeviewNewspaper.com)  
 Email: [LKVWNEWS@aol.com](mailto:LKVWNEWS@aol.com)  
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**PASSOVER**  
 starts at Sundown  
 Good Friday, April 19th

**Happy EASTER Sunday**

April 21st

## SENIOR NEWS LINE

by Matilda Charles

### Filing Your Taxes on a Cellphone

A recent newspaper story told of two senior women who were coaxed into an experiment e-filing their taxes on their cellphone and tablet.

E-filing apparently is becoming more and more popular, as 126 million people e-filed for the past tax year, and 85 million of those received faster direct deposit refunds because of it.

Would I do this, e-file on a handheld electronic device? No, I would not.

In all honesty, I did e-file once years ago, sending my information directly to the Internal Revenue Service with the push of a computer keyboard button. It was the only time in all these years that something went wrong, and the IRS didn't receive all the numbers. Some months later I received mail from them saying I owed additional taxes. Once I ran the numbers again and called them on the phone, it was clear that one entry never made it across the wires. After I sent the paper version of the tax return, all was well, but it caused grief and took time to sort out. Now I only send paper versions done on a computer where I'm more certain of the security software, hard-wired to the wall.

The specific reasons I won't use a handheld electronic device to file my taxes are these: 1) Handheld devices usually don't have adequate security software installed on them, and if installed, it's not familiar to the user. 2) If the device is hooked up via a home WiFi, the router connection might not be encrypted. If you don't know the difference between WEP and WPA/WPA2, ask someone for help with your router to make sure you're not on WEP, which can be cracked by someone walking by outside.

We seniors are targets in so many instances already. Beware giving identity thieves another way to access your personal information.

## VETERANS POST

by Freddy Groves

### Purple Heart Vets Will Get New Benefits

Purple Heart recipients will start receiving one additional benefit in April — priority processing for initial disability claims.

Department of Veteran Affairs Secretary Robert Wilkie announced at a Senate subcommittee meeting that beginning next month, Purple Heart recipients will get priority processing when it comes to getting their disability benefits on claims received on or after April 1.

This is in addition to existing medical benefits: No co-pays for medical care and priority treatment at VA hospitals, meaning that the veteran will go into at least Group 3 when it comes to medical care.

Outside the medical arena, Purple Heart recipients don't need to serve a certain length of time to get full education benefits. They'll be able to shop on base and use the recreation areas starting next year. In some states, their children will be eligible for free tuition at in-state colleges. When it comes to work, Purple Heart recipients are given a 10-point preference in hiring for government jobs.

Under certain circumstances a Purple Heart veteran can receive extra money (over the standard disability benefits). Call to inquire at 1-800-321-1080.

These benefits have been earned, and there's no big dispute about that. If you're wounded in combat, you get a medal. But when it comes to going to the head of the line for initial claims ... that's where opinions are running hot. It's possible to get a Purple Heart medal for a relatively minor combat wound that healed long ago, while some with much more serious non-combat injuries are still awaiting claims.

Some things to think about: If a serious injury happens in a non-combat area, does it deserve a Purple Heart? If a combat injury happens but it's mild enough that the service member can be patched up and go back into combat, does it deserve a Purple Heart?

## Strange BUT TRUE

By Samantha Weaver

• It was 20th-century French air force brigadier general and geopolitician — and bearer of the nickname “father of the French atom bomb” — Pierre Marie Gallois who made the following sage observation: “If you put tomfoolery into a computer, nothing comes out of it but tomfoolery. But this tomfoolery, having passed through a very expensive machine, is somehow ennobled and no one dares criticize it.”

• Fashion historians claim that England's Queen Elizabeth I owned 3,000 of the elaborate dresses popular during her time.

• The Great Pyramid of Cheops in Egypt is so large that its base would cover 10 football fields.

• Without a bottle opener, a drunk homeless man in Belgrade, Serbia, was at a loss as to how to open his beer. So he hit upon the bright idea of using a hand grenade to pop the top. A live hand grenade, as it turned out. He popped his own top as well, dying in the incident. It's not known how he got the grenade to begin with.

• Human skin is about 70 percent water, and the human brain is 80 percent water.

• At 140,000 square miles, the Papahānaumokuākea Marine National Monument, located (unsurprisingly) in Hawaii, is larger than all the other U.S. national parks put together.

• Those who study such things say that the European starling is one of the world's great mimics. They have the ability to imitate a surprisingly wide variety of sounds, including a dog's bark, a cat's meow, a cow's moo, the songs of 50 other bird species, the drumming of a woodpecker and a ringing telephone.

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**Thought for the Day:** “The reason why so few good books are written is that so few people who can write know anything.” — Walter Bagehot

## Moments in time

THE HISTORY CHANNEL

• On April 13, 1360, a hailstorm kills an estimated 1,000 of King Edward's III's English soldiers in France. The heavy losses were seen as a sign from God, convincing King Edward to negotiate peace with the French.

• On April 10, 1866, the American Society for the Prevention of Cruelty to Animals (ASPCA) is founded in New York by philanthropist and diplomat Henry Bergh after he witnessed and later wrote about work horses beaten by their peasant drivers in Russia.

• On April 12, 1914, the Mark Strand Theatre opens to the public in New York City, the first of the “dream palaces,” known for their impressive size and luxuriously appointed interiors. The Strand seated some 3,000 people.

• On April 11, 1945, the American Third Army liberates the Buchenwald concentration camp, near Weimar, Germany. Among those saved by the Americans was Elie Wiesel, who would go on to win the Nobel Peace Prize in 1986.

• On April 9, 1962, President John F. Kennedy throws out the ceremonial first pitch in Washington D.C.'s new stadium, called simply “D.C. Stadium.” He continued a tradition that began in 1910 when President William Taft threw out Major League Baseball's first opening-day pitch in old Griffith Stadium.

• On April 8, 1974, Hank Aaron of the Atlanta Braves hits his 715th career home run, breaking Babe Ruth's legendary record of 714 homers. Aaron would hit 40 more home runs for a career total of 755.

• On April 14, 1986, the U.S. launches airstrikes against Libya in retaliation for its sponsorship of terrorism against American troops and citizens. The attacks were mounted by Navy attack jets in the Mediterranean and Air Force bombers from bases in England. France refused to allow the bombers to fly over its territory, forcing them to make a 3,000-mile detour.

## KOVELS Antiques & Collecting

By Terry and Kim Kovel

### French 'Vide Poche'

An auction catalog called this strange dish a *vide poche*. It's a French term, but the English translation — “trinket box,” “pin tray,” “empty pocket” or “glove compartment” — wasn't very helpful. It looks like a lopsided bowl made out of cloudy cameo glass with a bug, spiders and leaves molded on both inside and outside. The thick glass is brown, green and orange. It is 6 inches wide, 5 inches in diameter. The bottom has the signature “Daum Nancy” and a cross.



No, it is not a bowl that was overheated and melted. It is a *vide poche*, a French dresser storage dish, a vintage form that is no longer popular. It was made by Daum, a famous French glass company that is now called *Cristalleries de Nancy*.

But we know what, where and why it was made. Do you empty your purse or pockets each night? This is a sophisticated storage dish for money and keys used in about 1900, a sort of storage dish for things needed frequently. Daum is a glassmaker who worked in Nancy, France from 1875. The company used the Cross of Lorraine as a mark. This *vide poche* was estimated at a New England auction for \$4,000 to \$6,000.

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**Q.** How do you tell a reproduction from the original when it comes to a bank? I have a Jonah and the Whale cast iron bank. It reads “Shepard Hardware Co., 1890” on the bottom.

**A.** The Jonah and the Whale mechanical bank was made by Shepard Hardware Co. of Buffalo, New York. The patent for the design was issued in 1890. Reproduction banks usually are slightly smaller than the originals. Check any iron that has lost its paint. Old cast iron is darker than new cast iron. If you see any rust, it's new cast iron. Paint on an older bank should show some wear. If the paint on your bank is too bright to be old, it probably is a reproduction. An old, authentic Jonah and the Whale bank sold at auction for \$1,650 in 2016. Reproductions sell for \$50 to \$75.

\*\*\*

**Q.** How much is a book called “National Encyclopedia of Business and Social Forms” worth? It was published in Chicago by G.W. Borland & Co. in 1882. The book has a leather cover.

**A.** You can buy an 1880 edition of this book for \$30-\$85. The 1882 edition with hard cover, not leather, sells for \$15-\$37.

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#### CURRENT PRICES

*Mary Gregory*, bell, amber cut to cranberry glass, girl, hills, Fenton, 6 inches, \$20.

*Rug*, hooked, wide striped border, multicolor, grey center, black edge, c. 1900, 39 x 72 inches, \$70.

*Ceremonial hermit dance mask*, painted and carved wood, bearded man, Mexico, 1950s, 10 x 6 inches, \$200.

*Silver basket*, reticulated, pierced swing handle, repousse, garlands, baskets, swags, Germany, 13 3/4 x 10 1/2 inches, \$600.

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**TIP:** Most old majolica pieces have a colored bottom. The newer pieces have white bottoms.

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

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# Health



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Roach

## Confusion Over Women's Heart Attack Symptoms

**DEAR DR. ROACH:** My question is about symptoms for women's heart attacks. I have always heard that symptoms for women can be much different from men's. Instead of the chest-clutching, sharp pain that men can have, I have read that women's symptoms can be any of these: heartburn or indigestion; pain in the jaw, neck, shoulders, back, one or both arms; fatigue and troubled sleep; dizziness and nausea; or extreme anxiety.

Are you KIDDING me? I am a healthy, active 63-year-old woman. I have had all of these symptoms at one time or another. If I acted every time I had one of these symptoms, I would be at the doctor's office every day. How is one to know which symptoms to take seriously and act on immediately, and which to wait a few days to see if it is temporary? — J.

**ANSWER:** I have seen many letters similar to yours. The confusing problem is that it's true: In women, heart attack symptoms and the symptoms of angina before a heart attack can include all of those vague symptoms. The same is true of men as well, although it's more likely for women than for men to have symptoms other than the classic left-sided chest discomfort (people are much more likely to describe angina as "discomfort" or "pressure" than "pain").

So your question is entirely valid: How do you know when to take common symptoms seriously? The first thing I would say is that the greater your risk for heart disease, the more

seriously you should take any symptom. Age, family history of heart disease, high blood pressure and cholesterol, lack of regular physical exercise and diabetes are among the most important risk factors.

The second thing I would say is to take new symptoms seriously. If you never get heartburn, for example, then heartburn at age 63 should prompt concern.

Third, context matters. Symptoms such as nausea or jaw pain that occur with exercise — even carrying a bag of groceries or walking up stairs — is definitely a reason to talk to your doctor.

Most women don't know that heart disease remains their No. 1 killer, far outstripping breast cancer (or any cancer). Both women and men need to take even vague symptoms seriously, especially if the symptoms are new, exertional or if the person has several risk factors. As a primary-care doctor, I'd rather see my patient for her concerns that symptoms may be heart disease than see her in the ICU with a heart attack.

\*\*\*

**DEAR DR. ROACH:** I have diverticulosis. At one time I was told not to eat nuts. I have since read that eating nuts is OK. What is your take? Also, are chia seeds safe? — E.M.

**ANSWER:** There are two answers to this question. The first comes from clinical research, and a very large trial showed that nut and popcorn consumption tended to protect against diverticulitis and diverticular bleeding. This may be due to the high fiber content, recommended in people with diverticula. So most experts allow their patients with diverticulosis to eat nuts and seeds, including chia seeds.

The second is practical experience. If someone has had clinical diverticulitis after eating nuts and seeds, especially if it happens repeatedly, it makes sense not to do so.

\*\*\*

## In Hydration Game, Coffee Counts

**DEAR DR. ROACH:** I drink a lot of coffee, about 80 ounces per day. I feel no ill effects and have no stomach discomfort, but my wife says

water is better. A kidney specialist basically said, "fluid is fluid" and that as long as I am hydrated, coffee is fine. With studies showing that coffee has antioxidants and reduces certain cancers, what should I do? — M.K.

**ANSWER:** People with long memories may recall that in the early 1980s, coffee was linked to an increased risk of pancreatic cancer. However, the study has become a textbook example of poor design, and further studies have suggested that coffee drinking may be associated with lower risk of breast, prostate and oral cancers. I wouldn't recommend drinking coffee just for this reason, as the effect size, if it really exists, is pretty small.

As far as hydration goes, your kidney specialist is completely right. The caffeine in regular coffee is perceived as a diuretic (a substance that makes you urinate excessively), but that turns out to be myth as well, at least in regular coffee drinkers.

One potential ill effect of caffeine is that it minimally decreases calcium absorption. However, this amounts to the equivalent of calcium in a tablespoon or two of milk, so it is unlikely to affect overall calcium balance significantly.

Eighty ounces of coffee is a lot of caffeine, and some people will get jittery or have sleep disturbances. It also can have variable effects on gut motility (that's a delicate way of saying that it commonly causes diarrhea, but it also can cause constipation). All that said, if you aren't having any ill effects from drinking so much coffee, coffee is fine — though I still think that, as your wife says, water is better for many people.

\*\*\*

**DEAR DR. ROACH:** I am a 64-year-old male. I had a stroke and lost vision in my right eye in 2005. I am right-handed. I had very high blood pressure at the time, and it's now under control with drugs. Since then, I can no longer wear polarized sunglasses. I have light-sensitive eyes, but most over-the-counter sunglasses are polarized. My ophthalmologist and other eye

specialists tell me they've never heard of my problem occurring. With polarized glasses on, I see in 3-D. Blue lines in the roadway and sewer lids or any metal covering appear to be 3-D to me. I have to be careful stepping over the handicap space lines because they look like curbs.

Have you ever heard of this, or am I unique? If I can locate nonpolarized lenses, then I have no problem. Thank you. — J.O.

**ANSWER:** While everyone is unique, this is a condition I have heard of before. In fact, I know people who deliberately watch television with one eye in order to enhance the 3-D effects. Polarized light does tend to accentuate lines and edges, so it doesn't surprise me that with your one working eye you have an accentuated 3-D sensation — your brain has learned to use cues that people with two working eyes might miss. In your case, the brain has interpreted things so strongly that you are having some optical illusions.

Sadly, I don't have any practical advice beyond finding nonpolarized lenses.

\*\*\*

## Workout Supplements Are Sum of Their Parts

**DEAR DR. ROACH:** My son, in his mid-20s, uses a preworkout energy supplement to which I am opposed. Can you tell me if this is harmful so that I can show him scientific research and your educated and medically sound response?

The supplement he uses contains alanine 1 g, creatine 1 g, arginine 1 g, tyrosine and velvet bean seed extract. It also contains 150 mg caffeine. — B.G.

**ANSWER:** It's not always easy to tell what supplements are safe or effective for the condition they are marketed for, and the information available through a web search often is biased. One place I start to get information is Medline Plus ([www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)), which has reliable information about many supplements, but you often have to search individually.

In this case, alanine, arginine and

tyrosine all are amino acids. These are the building blocks for proteins, and are safe in reasonable amounts. Creatine is generally safe for adults, and has been shown modestly effective at helping improve strength in young male weightlifters. One gram is a fairly low dose and is generally considered safe. The 150 mg of caffeine is about the same as a cup of strong coffee.

Velvet bean seed extract I had to look up. It has been used both as a food crop and in traditional medicines. It has toxicity at high doses, but at the dose in the supplement, it should be safe.

In summary, I think this supplement is not likely to be harmful if taken in recommended doses, and it might have some small benefit. There is nothing in the supplement that cannot be obtained easily and cheaply from food, apart from the velvet bean, which I think has the least proof of benefit of all the components of the supplement.

\*\*\*

**DEAR DR. ROACH:** I'm a healthy 50-year-old woman, and I recently had my gallbladder removed. What are the effects of not having this organ? — I.T.

**ANSWER:** The gallbladder stores bile and release it when necessary after a meal. Bile is made by the liver and is needed for proper digestion, especially of fats. After gallbladder removal, usually because of gallstones, the liver takes over the job by storing bile in bile ducts, and releasing it at the right time, under the influence of hormones, such as cholecystokinin. After surgery, most people have no problems with digestion, as their body gets used to the new status quo after a few weeks.

Rarely, people who have had their gallbladder removed can develop postcholecystectomy syndrome, which manifests as upper abdominal pain. There are several possible causes. Discovering it requires expert evaluation, usually by the surgeon, and it often involves CT scans and a special kind of MRI (MRCP) to evaluate the biliary tract. Retained stones in the bile ducts, leakage of bile and strictures (narrowings) in the bile ducts are the most common causes of PCS.

# Financial Statement

by Joyce A. Rimel

## Proposed gas tax hikes

Bill 103, proposed by state Sen. Martin Sandoval, D-Chicago, would double the Illinois gas tax, from 19 cents a gallon to 38 cents per gallon. Gas tax hikes are also being looked at on a national level. The U.S. Chamber of Commerce has told Con-

gress that it wants a hike in the federal gas tax from 18.4 cents to 25 cents over the next five years. The Bill would increase the passenger vehicle registration fee to \$148 from \$98, and the electric vehicle fee to \$148 from \$17.50. Most driver's license fees would increase to \$60 from \$30, while truck registration fees would rise by \$100.

The argument is that

Illinois has not raised the gas tax since 1990 and there has not been a capital bill to fund the state's transportation infrastructure needs in 10 years. Gov. J.B. Pritzker has stated that he wants to prioritize a comprehensive infrastructure bill to raise as much federal money as possible. It will take \$4 billion a year for over 10 years for Illinois to be a state in good repair.

The people of Illinois are already paying high fuel taxes. By doubling the state gas tax, Illinois will become the second-highest overall gas tax burden in the country. Low-income and downstate drivers would be especially burdened.

Would it be possible to put some of that money aside to fix the potholes on my street?

## Dealing with Education Debt

Here are some guidelines to follow if you are struggling with education debt:

### Look for Options

People who have federal student and PLUS loans may be eligible for reduced monthly payments based on income. On the government website [studentaid.gov](http://studentaid.gov), click on How to Repay Your Loans to learn about different plans. Parent PLUS borrowers, might qualify for an income-contingent repayment plan. Some parents might also be eligible for the Public Service Loan Forgiveness program.

### Look out

### for scammers

Avoid services that, in exchange for a fee, promise to negotiate your debt

down, or arrange for it to be forgiven altogether. If you need help, turn to an established nonprofit financial counseling group like the National Foundation for Credit Counseling or the Institute of Student Loan Advisors.

### Beware of consolidating federal loans

Be careful of consolidating federal loans into a private loan. Those private loans do not offer income-based repayment plans and may lack certain consumer protections. Also, borrowers with a total and permanent disability may apply to have their federal student loans discharged, an option not always available with private loans.

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# FLASHBACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Which group released "Rock and Roll" and when?
2. Name the group that released "You're the Best Thing That Ever Happened to Me."
3. Who released "Vienna" as the b-side to "Just the Way You Are"?
4. Which Jefferson Airplane song rants about President Richard Nixon's attempts to stop marijuana from coming into the country?
5. Name the song that contains this lyric: "I hear your name whispered on the wind, It's a sound that makes me cry."

**Answers:**

1. Led Zeppelin, in 1972. The song was written in 15 minutes while the band was jamming and putting together pieces of different parts of songs, adding drums and guitar.
2. Gladys Knight & the Pips, in 1973, netting a No. 3 slot on the charts. Country artist Ray Price recorded it first, and it climbed to No. 1.
3. Billy Joel, in 1977.
4. "Mexico," in 1970. Soon after its release, Nixon asked that drug songs not be played on the air.
5. "Waiting For a Song to Fall," by Boy Meets Girl, in 1988. The song came about when the duo saw a falling star while at a Whitney Houston concert. The song climbed charts around the world.



# Strange BUT TRUE

By Samantha Weaver

- It was 20th-century American author and futurist Robert Anton Wilson who made the following sage observation: "Only the madman is absolutely sure."
- Lightning isn't solely a phenomenon of Earth: Astronomers have noted lightning bolts on Jupiter, Saturn, Uranus and Venus.
- Historians say that Russia's Peter the Great was nearly 7 feet tall.
- Athletes playing baseball on steroids have been in the news in recent years, but drugs are nothing new in America's national sport. During the late 1960s and '70s, Dock Ellis was a valued pitcher who played for several teams, including the Pittsburgh Pirates. On June 12, 1970, Ellis took LSD, thinking it was an off day for his team. By the time he realized that the Pirates were scheduled to play the San Diego Padres that evening, it was too late. The drug proved to have no ill effect on Ellis; in fact, he pitched a no-hitter. When he recounted the event to a reporter 12 years later, he said he remembered only bits and pieces of the game, though he felt euphoric. Many years later, after being treated for addiction, Ellis became a coordinator for an anti-drug program in California.
- A woman in Tennessee was once arrested for biking while intoxicated — and she was on a stationary bike at the gym at the time.
- A newspaper reporter once asked Gen. Charles de Gaulle, leader of the Free French Forces during World War II and later president of the French Fifth Republic, if he was happy. De Gaulle replied, "What do you take me for, an idiot?"

\*\*\*

**Thought for the Day:** "Before you become a writer, you must first become a reader. Every hour spent reading is an hour spent learning how to write." — Robert Macfarlane

# top 10 movies

1. Us .....(R)  
Lupita Nyong'o, Winston Duke
2. Captain Marvel .....(PG-13)  
Brie Larson, Samuel L. Jackson
3. Wonder Park .....(PG) animated
4. Five Feet Apart .....(PG-13)  
Haley Lu Richardson, Cole Sprouse
5. How to Train Your Dragon: The Hidden World .....(PG) animated
6. A Madea Family Funeral .....(PG-13)  
Tyler Perry, Cassi Davis
7. No Manches Frida 2 .....(R)  
Martha Higareda, Omar Chaparro
8. Gloria Bell .....(R)  
Julianne Moore, Alanna Ubach
9. The Lego Movie 2: The Second Part .....(PG) animated
10. Alita: Battle Angel .....(PG-13)  
Rosa Salazar, Christoph Waltz

## top ten

### Cat-Owning COUNTRIES

1. Russia
2. France
3. USA
4. Canada
5. Italy
6. Belgium
7. Argentina
- (tie) Poland
9. Australia
- (tie) Germany

Source: GfK

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

**The Mule (R)** — Clint Eastwood returns to both the director's chair and the spotlight as Earl Stone, an octogenarian drug mule for a Midwestern drug cartel. The film is loosely based on the Sam Dolnick/New York Times article about a man named Leo Sharp, who was, like Eastwood's character, a war veteran at the end of a long life who hit hard times and turned in desperation to running drugs. Stone is an old, superficially affable white man who drives the speed limit and looks like an upstanding citizen. He's also facing foreclosure and the collapse of his business, and is surrounded by strained personal relationships. As his payloads grow, so does interest from cartel members and the DEA. The all-star cast includes Bradley Cooper, Andy Garcia, Michael Pena and Dianne Weist.

**Vice (R)** — Vice President Dick Cheney is in the crosshairs in this dark comedy-drama by director Adam McKay. It chronicles Cheney's rise in politics through the Nixon, Ford and Bush I administrations and Congress, culminating as second in command to young George W. The political jabs at Cheney are real (and often deserved), but the real gold here is in the physical transformations. The hair and makeup department put in Oscar-level overtime turning Steve Carell into Donald Rumsfeld, Sam Rockwell into George W., and Amy Adams into Lynne Cheney. Christian Bale is incredible as Dick Cheney. For that alone, it's worth a rental. The story walks a strange line between real facts and surrealism that's sometimes too real to be funny. Ain't that politics, though?

**Bumblebee (PG-13)** — In a California beach town circa 1987, a young,

rebellious Charlie (Hailee Steinfeld) stumbles upon a cute but beat-up yellow VW bug in a junkyard. It's not just a car, though — it's a transforming anthropomorphic vehicle that's just as cute as a ... bumblebee. This is the sixth live-action Transformers movie, but it's more of an origin story/prequel. It's also sweet and endearing tale of friendship, even if between girl and robot. John Cena supports as a lieutenant in an off-the-books military project probing space, and Jorge Lendeborg Jr. plays Charlie's neighbor and friend Memo.



Hailee Steinfeld in "Bumblebee"

**Nancy Drew and the Hidden Staircase (PG)** — Sixteen-year-old sleuth Nancy Drew (Sophia Lillis) takes a small town by storm as she acclimates to her surroundings and makes friends, including some seniors who put her onto the case of a supernatural disturbance at the Twin Elms mansion. Plucky Nancy enlists her squad to solve the riddle of creaking doors and flying candlesticks, but is there something deeper going on? There's no clue too small, nor turn of logic too tough for Nancy Drew and company. It was cute but the story didn't need a large screen, in my opinion. It's no mystery that DVD is just where this film needs to be. Light and friendly TV fun for the kiddos.

**NEW TV RELEASES**

- Joni Mitchell 75: A Birthday Celebration**
- Archer: Danger Island Season 9**
- Double Dragon: The Animated Series**

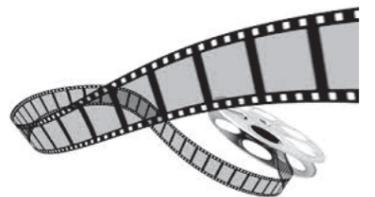
## TOP VIDEO RENTALS AND SALES

**Top 10 Video On Demand**

1. **The Green Book** .....(PG-13)  
Mahershala Ali
2. **Fantastic Beasts: The Crimes of Grindelwald** .....(PG-13)  
Eddie Redmayne
3. **Instant Family** .....(PG-13)  
Mark Wahlberg
4. **Creed II** .....(PG-13)  
Michael B. Jordan
5. **A Star Is Born** .....(R)  
Lady Gaga
6. **Bohemian Rhapsody** .....(PG-13)  
Rami Malek
7. **Ralph Breaks the Internet** .....(PG)  
Disney
8. **Mortal Engines** .....(PG-13)  
Hera Hilmar
9. **The Favourite** .....(R)  
Emma Stone
10. **Ben Is Back** .....(R)  
Julia Roberts

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

1. **Fantastic Beasts: The Crimes of Grindelwald** .....(PG-13)  
Warner
2. **Mortal Engines** .....(PG-13)  
Universal
3. **Ralph Breaks the Internet** .....(PG)  
Disney
4. **Creed II** .....(PG-13)  
MGM
5. **The Green Book** .....(PG-13)  
Universal
6. **Instant Family** .....(PG-13)  
Paramount
7. **Bohemian Rhapsody** .....(PG-13)  
FOX
8. **A Star Is Born** .....(R)  
Warner Bros.
9. **The Little Mermaid: Signature Collection** .....(G)  
Disney
10. **The Grinch** .....(PG)  
Universal



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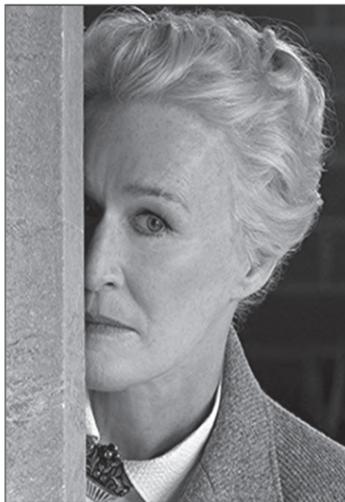
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# What's Hot in Hollywood

HOLLYWOOD — Glenn Close may have lost her seventh bid for an Oscar, for "The Wife," but she's about to pull out the big guns for next year. She'll finally re-create her Tony Award-winning performance as Norma Desmond in the Andrew Lloyd Webber big-screen musical "Sunset Boulevard." Close is finally the right age (72) to play the forgotten silent-film star, and after winning three Golden Globes, three Emmys (from 14 nominations) and three Tony Awards (one for Norma Desmond in 1994), and reviving "Sunset Boulevard" in 2016 to rave reviews, she's ready. Her 2017 film "The Crooked House," with **Max Irons**, **Terence Stamp** and **Gillian Anderson**, was released in England and Italy but had limited showings in the U.S. Now the **Agatha Christie** mystery is available on DVD and streaming services such as Amazon Prime.



Sony Pictures

Glenn Close in "The Crooked House"

\*\*\*

**Benedict Cumberbatch**, who lost his Oscar bid in 2014 for the "Imitation Game," then joined the Marvel Universe as "Doctor Strange," can next be seen in "Avengers: Endgame" (due April 26). He is currently filming "Ironbark," co-starring **Rachel Brosnahan**, who has won an Emmy and two Golden Globes for "The Marvelous Mrs. Maisel." It's the true story of the British businessman who aided the CIA in penetrating the Soviet nuclear program during the Cold War. He and his Russian source, code named Ironbark, provided intelligence that ended the Cuban Missile Crisis in 1962.

\*\*\*

Disney is so excited about "Maleficent: Mistress of Evil" that it has moved up its premiere date. The sequel to the \$760 million blockbuster was originally set to open May 29, 2020, but that's been changed to Oct. 18, 2019.

Speaking of sequels, "Suicide Squad 2," the follow-up to the \$746 million-grossing "Suicide Squad," will again star **Jared Leto**, **Margot Robbie** and **Viola Davis**, but **Will Smith**

had to bow out due to a conflict with his next project. Smith has completed a cameo in the Indian comedy "Student of The Year 2" (due May 10), "Aladdin" (out May 24), "Spies In Disguise" (set for Sept. 13), "Gemini Man" (coming Oct. 4) and "Bad Boys for Life" (in theaters Jan. 17, 2020). He'll be replaced by **Idris Elba** in the "Suicide Squad" sequel.

Leto also will star in the "Spider-Man" spin-off "Morbius" in the title role, with **Jared Harris** and his "The Crown" co-star, former "Doctor Who" **Matt Smith**. Elba also appears in "Fast & Furious Presents: Hobbs & Shaw," with **Dwayne Johnson**, **Eiza Gonzalez** and **Jason Statham**.

\*\*\*

Everyone wondered why **Pauley Perrette**, co-star in "NCIS" from 2003-18 would suddenly leave the hit show after 15 years. Now we know why. CBS has asked her to star in its new comedy show, "Broke," and having just turned 50 (March 27), it's time she makes her move. Pauley's fans are doing a pirouette over the news!

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HOLLYWOOD — J.J. Abrams has completed filming Episode IX in the Luke Skywalker "Star Wars" saga. **George Lucas** first conceived chapters 4-6 in 1977 and always intended they'd be followed by the prequels 1-3, and finally three sequels, episodes 7-9. But after the first six films from 20th Century Fox, Disney became the new owner, Lucas bowed out and Abrams took the reins. The final episode of George Lucas' "Star Wars" baby premieres Dec. 20, more than 42 years after the original.

\*\*\*

Also done and shedding his cowl is **Ben Affleck**, who has decided not to continue as Batman in the Marvel Universe after playing the caped crusader in "Batman v Superman," "Suicide Squad" and "The Justice League." Already mentioned in dream casting to replace him are **Jake Gyllenhaal**, **Jon Hamm**, **Robert Pattinson**, **Kit Harington**, **Ryan Gosling**, **Josh Brolin**, **Matthew Goode**, **Richard Armitage**, **Josh Harnett**, **Keanu Reeves** and **Armie Hammer**. To give themselves more time to nail down a new Batman, the next film will be a prequel with 18-year-old "Gotham" **Bruce Wayne**, **David Mazouz** (who has played Batman's alter ego since 2014), for a June 2021 opening.



Elen Nivrae

Ben Affleck

## celebrity extra

by cindy elavsky

**Q.** I heard that singer Kelly Clarkson is going to have a talk show. When will it begin airing? — D.A.

**A.** The multitasking "American Idol" winner turned Grammy winner is currently on a nationwide tour. However, she recently confirmed that she will, in fact, have her own daytime talk show on NBC. Clarkson said the one-hour format will include interviewing celebrity guests as well as remarkable everyday citizens, and that each program will start with a musical performance.

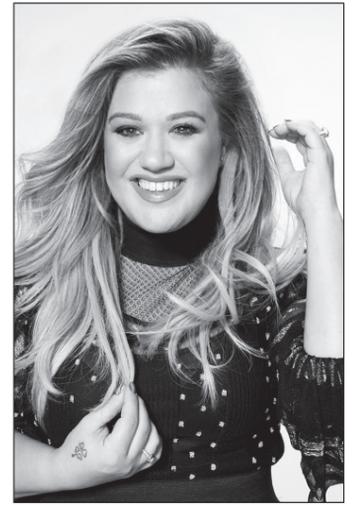
"The Kelly Clarkson Show" will premiere Monday, Sept. 9, and air weekdays at 2 p.m. ET, right before "Ellen." She recently told Ellen DeGeneres that she won't be singing her own songs but will cover other artists instead. She also admitted that she needs to work on listening better when she interviews her guests and not interjecting as much. That's an example of why so many of us love Kelly: She's genuine and honest about herself, faults and all.

\*\*\*

**Q.** I've been a devoted viewer of "Colony," the best TV science-fiction series since the prematurely discontinued "Space: Above and Beyond." Will "Colony" return for a fourth season? — J.J.C.

**A.** Sadly, after three seasons on the USA Network, "Colony" was canceled last July. Viewers seem to agree that the show should have been extended at least a few more episodes to wrap it up with a satisfying conclusion. "Colony" starred Josh Holloway ("Lost") and Sarah Wayne Callies ("Prison Break").

Keep an eye out, though, for future projects by "Colony" co-creators Ryan Condal and Carlton Cuse. Condal is writing and co-producing the upcoming



Art Streiber/NBC

Kelly Clarkson

fantasy series "Conan" for Amazon, but it's still early in development. The script is said to be based more on the books by Robert E. Howard than on the movies that starred Arnold Schwarzenegger. Condal also has written screenplays for remakes of the films "Logan's Run" and "Highlander." As for Cuse, he's the showrunner of the upcoming horror/fantasy series "Locke & Key" on Netflix.

**Q.** I'm wondering where "Lucifer" is? Netflix was supposed to pick up the fourth season to air after the beginning of the year, but it's March now and still no Lucifer. We even joined Netflix to be able to watch it. Any news? — Jane M.

**A.** You're not alone. Fans have been getting impatient about the release date of the new season ever since "Lucifer" was canceled by FOX last year. What we do know is that filming has been completed, and that there will be only 10 episodes as opposed to 22 when it aired on network TV. The show's lead, Tom Ellis, told "Entertainment Weekly" that the trimmer schedule is better because "we can get right down to the storytelling, and every episode will count."

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# Simple *Holiday* Hams

## Ideas for an easy Easter menu

### FAMILY FEATURES

Whether you're new to hosting or simply looking for ideas to make Easter entertaining easier than ever, there are plenty of ways to save time and stress in the kitchen.

**Go with what you know.** Trying out new recipes is fun, but it can also add stress when they don't turn out like you expected. Stick to tried and true dishes you can prepare and serve with confidence and save the experimenting for another time.

**Take shortcuts.** At the center of many Easter feasts is a ham that has been expertly cured and cooked to perfection. Even so, starting with a full-cooked ham is a shortcut that no one is likely to

notice, especially if you heat it properly. For exceptional quality and a variety of flavor profile options to choose from, turn to America's Original Butcher, Omaha Steaks. The meats are fully cooked then frozen before being delivered to your door for maximum convenience.

**Work ahead.** Plan your menu to incorporate items you can make ahead of time so you're under less pressure the day of your dinner. Even handling the prep work like slicing veggies the night before can buy back precious minutes, that way when guests begin arriving, you can step out of the kitchen and enjoy the day right along with them.

Find more ideas to make hosting this year's Easter meal easy at [OmahaSteaks.com/buy/meals/easter](http://OmahaSteaks.com/buy/meals/easter).

### How to Heat a Frozen Ham

Many frozen hams are fully cooked and can be served as soon as they're properly thawed, which is an ideal solution for a casual brunch with mini sandwiches on the menu. However, if you're serving an elegant holiday dinner, you're more likely to prefer a warm centerpiece dish. A fully cooked ham is still a time-saving option; you'll just need to allot time to heat it in the oven once it's thawed.

Start by thawing a fully cooked ham in the refrigerator for 24-48 hours. To keep your ham extra moist, always put the cut-side down. You might also consider placing a baking rack in the pan and adding a quarter-inch of water before placing the ham on the rack.

For a spiral-cut, bone-in ham, heat the oven to 325 F. Remove ham from film and foil. Place ham cut-side down on a raised edge baking pan lined with foil. Heat uncovered 60-75 minutes for the entire ham or 10 minutes per pound for smaller portions.

For a boneless ham, heat the oven to 350 F. Place the ham, cut-side down, on a raised edge baking pan lined with foil. Cover the ham tightly with foil and heat 35-40 minutes.

Another option for adding extra juicy flavor is a glaze, which can be as simple as dissolving three parts brown sugar into one part honey in a small saucepan. Or for a more elegant affair, consider a fruit-infused glaze to complement the savory pork.

## A Host of Hams

If you always thought a ham is a ham is a ham, it's time to think again. From the type of meat to the smoking preparation to specialized slicing that makes serving easy, there are plenty of options to consider from a supplier like Omaha Steaks when choosing the right ham.



### Savory

For an elegant gathering that demands premium ingredients, an all-natural Duroc Boneless Country Ham may be the answer. These hams tend to feature more marbling for an exceptionally rich flavor and texture, making for a tender, savory and juicy main course with no basting or injection needed.



### Smoky

Put a little flair in your Easter meal with a uniquely flavored ham like the Pecanwood Smoked Flank Ham, smoked with real pecan wood for 8 hours to add a rich yet mellow smoky flavor. This tender, juicy uncured whole-muscle ham earns its place of distinction on your holiday table. Complementary sides with subtle nutty notes, such as a sweet potato casserole, can enhance the menu even more.



### Sweet

Each Spiral-Sliced Ham is slowly smoked with real wood up to 24 hours to infuse flavor and maximize juiciness then generously brushed with a sweet and sticky brown-sugar crust that is torch-glazed to create a flavorful, crunchy crust. It's spiral-sliced before delivery, so once it's thawed and heated, it's ready for quick service to your guests.

### EASY FRUIT-INFUSED GLAZES

#### Apricot Glaze

- 1/2 cup brown sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground ginger
- 1 cup apricot nectar, canned

In saucepan, mix brown sugar, cornstarch and ginger. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

#### Cranberry Orange Glaze

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon allspice

In small saucepan over low heat, combine cranberry sauce, brown sugar, orange juice, cloves, cinnamon and allspice; simmer 5 minutes, before serving.



by Healthy Exchanges

### Italian Carrots and Celery Au Gratin

You won't have to force yourself to eat enough vegetables when this easy dish is on the menu.

- 3 cups sliced fresh or frozen carrots
- 1 1/2 cups sliced celery
- 2 cups water
- 1 (10 3/4-ounce) can reduced-fat cream of celery soup
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1 teaspoon dried parsley flakes
- 1 cup shredded reduced-fat mozzarella cheese
- 6 tablespoons dried fine breadcrumbs
- 2 tablespoons fat-free Italian dressing

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with olive oil-flavored cooking spray. In medium saucepan, combine carrots, celery and water. Cook over medium heat for 20 minutes or until vegetables are just tender. Drain vegetables, then return vegetables to saucepan.

2. Add celery soup, mushrooms, parsley flakes and mozzarella cheese. Mix well to combine. Pour mixture into prepared baking dish. In a small bowl, combine breadcrumbs and Italian dressing. Sprinkle crumb mixture evenly over top.

3. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving equals: 138 calories, 6g fat, 7g protein, 14g carb., 725mg sodium, 2gm fiber; Diabetic Exchanges: 1 Meat, 1 Vegetable, 1/2 Starch/Carb.



by Healthy Exchanges

### Oriental Chicken Express

Today, Chinese dishes are almost as American as apple pie! This filling main dish is no exception.

- 1/4 cups diagonally sliced celery
- 1/2 cup chopped green bell pepper
- 1/4 cup diced green onion
- 1 (16-ounce) can fat-free chicken broth
- 3 tablespoons all-purpose flour
- 1 tablespoon reduced-sodium soy sauce
- 1/2 cups diced cooked chicken breast
- 1 (8-ounce) can sliced water chestnuts, drained
- 1 (8-ounce) can pineapple chunks, packed in fruit juice, drained
- 3 cups hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, sauté celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.

2. Continue cooking over medium heat until mixture starts to thicken, stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.

• Each serving equals: 214 calories, 2g fat, 16g protein, 33g carb., 298mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

## Good Housekeeping

### Double Cornbread

Frozen corn enhances the texture and flavor of hearty cornbread without a lot of extra expense. Bake and freeze the cornbread, tightly wrapped, up to one month. Thaw; then, when ready to serve, reheat, covered, at 450 F for 15 minutes. Cut into 24 serving pieces.

- 1/2 cups all-purpose flour
- 1/2 cups yellow cornmeal
- 1/4 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 cups buttermilk
- 3 large eggs
- 1 package frozen corn
- 6 tablespoons butter or margarine, melted
- 2 jalapeno chiles

1. Heat oven to 450 F. Grease 13-by-9-inch metal baking pan.

2. In large bowl, combine flour, cornmeal, sugar, baking powder, baking soda and salt. In medium bowl, with wire whisk or fork, beat buttermilk and eggs until blended.

3. Add corn, melted butter and jala-

penos to buttermilk mixture; then add to flour mixture. Stir until ingredients are just mixed.

4. Pour batter into prepared pan. Bake 22 to 25 minutes, or until golden at edges and toothpick inserted in center comes out clean. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Serve warm.

## Good Housekeeping

### Lite Mac and Cheese

They'll never know we took out 10 grams of fat per serving because this macaroni and cheese is as good as — maybe even better than — the old-fashioned recipe.

- 8 ounces elbow macaroni twists (whole or multigrain)
- 1 container low-fat cottage cheese (1 percent)
- 2 tablespoons all-purpose flour
- 2 cup fat-free milk
- 4 ounces sharp Cheddar cheese
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

- 1/4 teaspoon ground black pepper
- 1 pinch ground nutmeg
- 1/4 cup freshly grated Pecorino

1. Heat oven to 375 F. Grease broiler-safe, shallow 2 1/2-quart casserole. In medium saucepot, cook macaroni as label directs, but do not add salt to water. Drain.

2. In food processor with knife blade attached, puree cottage cheese until smooth. (Or, in blender, puree cottage cheese with 1/4 cup of milk in recipe until smooth.)

3. In 2-quart saucepan, blend flour with 1/4 cup milk until smooth. With wire whisk, slowly stir in remaining milk until blended. Cook over medium heat, whisking, until mixture has thickened slightly and boils. Remove from heat; stir in cottage cheese, Cheddar, salt, pepper and nutmeg.

4. Spoon macaroni into prepared casserole and cover with cheese sauce. Bake 20 minutes. Remove from oven; sprinkle with Pecorino. Turn oven control to broil.

5. Place casserole into broiler at closest position to heat source; broil until top is golden brown, 2 to 3 minutes. Makes 8 (251 calorie) servings.



by Healthy Exchanges

### Ranchero Shepherd's Pie

- 8 ounces extra-lean ground turkey or beef
- 1/2 cup chunky salsa
- 1 cup (one 8-ounce can) tomato sauce
- Brown sugar substitute to equal 1 tablespoon brown sugar
- 2 cups (one 16-ounce can) French-cut green beans, rinsed and drained
- 3/4 cup shredded reduced-fat cheddar cheese
- 2 cups water
- 2 cups instant potato flakes
- 1/3 cup nonfat dry milk powder
- 3/4 cup plain fat-free yogurt
- 1 teaspoon dried parsley flakes
- 1 teaspoon chili seasoning
- 1/4 teaspoon black pepper

1. Heat oven to 375 F. Spray an 8-by-8-inch baking dish with olive oil-flavored cooking spray.

2. In a large skillet sprayed with olive oil-flavored cooking spray, brown meat. Stir in salsa, tomato sauce and brown sugar substitute. Add green beans and half of cheddar cheese. Mix well to combine. Spread mixture evenly into prepared baking dish.

3. In a medium saucepan, bring water to boil. Remove from heat. Stir in potato flakes and dry milk powder. Add yogurt, parsley flakes, chili seasoning, black pepper and remaining cheddar cheese. Mix gently to combine. Spread potato mixture evenly over meat mixture.

4. Bake for 25 to 30 minutes. Place baking dish on wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving equals: 209 calories, 5g fat, 16g protein, 25g carb., 358mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

## Good Housekeeping

### Healthy Fried Chicken

The crunchy coating is what seals in the juices, giving this Southern standard its finger-licking flavor. Too bad it also absorbs so much fat. By stripping the bird of its skin, baking instead of frying, and ditching the batter for panko crumbs, our crispy cheat carves off 240 calories and 22 grams of fat per serving.

- 1/2 cup buttermilk
- 1/2 teaspoon ground red pepper (cayenne)
- 3/4 teaspoon salt
- 1 cut-up chicken
- 1/2 up panko (Japanese-style) breadcrumbs
- 1 teaspoon grated fresh lemon peel

1. In large self-sealing plastic bag, place buttermilk, ground red pepper and 3/4 teaspoon salt; add chicken pieces, turning to coat. Seal bag, pressing out excess air. Refrigerate chicken at least 1 hour or preferably overnight, turning bag over once.

2. Heat oven to 425 F. Spray 15 1/2-by-10 1/2-inch jelly-roll pan with nonstick spray. In large bowl, combine panko and lemon peel.

3. Remove chicken from marinade, shaking off excess. Discard marinade. Add chicken pieces, a few at a time, to panko mixture, turning to coat. Place chicken in prepared pan.

4. Bake 30 to 35 minutes or until coating is crisp and juices run clear when thickest part of chicken is pierced with tip of knife.

TIP: For browner coating, after chicken is cooked, turn oven to broil. Broil chicken 5 to 6 inches from source of heat 1 to 2 minutes or until golden.

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# Crime

**Vandalism** to vehicle on the 1700 block of West Addison Street.

**Burglary and unlawful entry** to a residence on the 3400 block of North Ashland Avenue.

**Larceny and theft** from a small retail store on the 3700 block of North Southport Avenue.

**Larceny and theft** under \$500 from a residence on the 1300 block of West School Street.

**Forgery and counterfeiting** at a residence on the 2900 block of North Lakewood Avenue.

**Strongarm robbery** without using a weapon on the sidewalk on the 3500 block of North Clark Street.

**Theft and larceny** from a bar or tavern on the 3500 block of North Clark Street.

**Simple battery** on the sidewalk on the 3500 block of North Clark Street.

**Simple assault** on the sidewalk on the 900

block of West Belmont Avenue.

**Larceny and theft** by pick pocketing at a bar or tavern on the 900 block of West Belmont Avenue.

**Larceny and theft** over \$500 at a bar or tavern on the 900 block of West Belmont Avenue.

**Fraud and financial identity theft** over \$300 at a residence on the 800 block of West Nelson Street.

**Larceny and theft** under \$500 on the street on the 900 block of West Belmont Avenue.

**Simple battery** at an apartment on the 800 block of West Aldine Avenue.

**Motor vehicle theft** of an automobile off the street on the 3600 block of North Lake Shore Drive.

**Larceny and theft** from an apartment over \$500 on the 500 block of West Surf Street.

**Larceny and theft** over \$500 from a vehicle other ride share service

(e.g. Uber, Lyft) on the 3100 block of North Sheridan Road.

**Vandalism** to property on the 3200 block of North Southport Avenue.

**Unlawful entry and burglary** to a residential garage on the 1300 block of West Belmont Avenue.

**Larceny and theft** on the street over \$500 on the 1200 block of West Wellington Avenue.

**Simple assault** on the sidewalk on the 1100 block of West Addison Street.

**Simple battery** at a bar or tavern on the 1000 block of West Addison Street.

**Sex Offense-Criminal sexual abuse** on the 3300 block of North Sheffield Avenue.

**Simple battery** at an apartment on the 800 block of West Oakdale Avenue.

**Larceny and theft** under \$500 at a parking lot or garage on the 1100 block of West

Wellington Avenue.

**Larceny and theft** over \$500 on the street on the 3200 block of North Seminary Avenue.

**Simple battery** on the sidewalk on the 3500 block of North Clark Street.

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

**Simple assault** in an alley on the 3500 block of North Clark Street.

**Larceny and theft** over \$500 at a Sports Arena Stadium on the 1000 block of West Addison Street.

**Larceny and theft** over \$500 at a restaurant on the 2900 block of North Sheffield Avenue.

**Credit card fraud** at an apartment on the 3000 block of North Sheffield Avenue.

**Pick pocketing** at a CTA station on the 900 block of West Oakdale Avenue.

**Financial identity theft** over \$300 at a residence on the 900 West Oakdale Avenue.

**Prostitution** at a commercial or business office on the 2200 block of West Belmont Avenue.

**Aggravated assault** with other than a firearm on the street on the 3800 block of North Damen Avenue.

**Simple battery** at a residential garage on the 1900 block of West Melrose Street.

**Larceny and theft** from a residential front or back yard on the 1900 block of West Eddy Street.

**Simple domestic battery** at an apartment on the 4300 block of North Wolcott Avenue.

**Fraud or confidence game** on the 1800 block of Irving Park Road.

**Theft of labor or service** on the 4200 block of North Western Avenue.

**Larceny** over \$500 on the street on the 1900 block of West Grace.

**Simple battery** on the sidewalk on the 3200 block of North Leavitt

Street.

**Vandalism** to a residential property on the 2900 block of North Clybourn Avenue.

**Drug abuse violation** of possession of 30 grams or less of cannabis on the street on the 2900 block of North Clybourn Avenue.

**Fraud and financial identity theft** over \$300 on the 1800 block of West Addison Street.

**Robbery** at a convenience store on the 3400 block of North Western Avenue.

**Vandalism** on the street to a vehicle on the 2200 block of West Byron Street.

**Larceny and theft** over \$500 on the street on the 4200 block of North Lincoln Avenue.

**Vandalism** to a vehicle on the street on the 2300 block of West Belmont Avenue.

**Drug abuse violation** with possession of 30 grams or less on the street on the 3900 block of North Lincoln Avenue.

**Larceny and theft** from a restaurant on the 1900 block of West Irving Park Road.

**Larceny and theft** over \$500 on the 4300 block of North Lincoln Avenue.

**Larceny and theft** over \$500 on the street on the 4200 block of North Lincoln Avenue.

**Theft** at a retail drug store on the 3900 block of North Western Avenue.

**Domestic battery** at a residence on the 2300 block of West Montrose Avenue.

**Retail theft** at a small retail store on the 3900 block of North Western Avenue.

**Vandalism** to property at a residence on the 4000 block of North Oakley Avenue.

**Criminal defacement** at a construction site to include vandalism on the 3500 block of North Rockwell Street.

**Unlawful possession of firearms** on the street on

the 2900 block of North Clybourn Avenue.

**Child abuse** at a residence on the 3300 block of North Claremont Avenue.

**Burglary and home invasion** on a residence on the 1900 block of West Eddy Street.

**Drug abuse violation possession** of cocaine on the street on the 1800 block of West Belmont Avenue.

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

**Criminal sexual assault** at an apartment on the 900 block of West Newport Avenue.

**Simple battery** on a CTA platform on the 900 block of West Addison Street.

**Larceny and theft** of under \$500 from an apartment on the 900 block of West Sheridan Road.

**Motor vehicle theft** of an automobile on the 3200 block of North Clark Street.

**Vandalism** to a vehicle on the street on the 3500 block of North Halsted Street.

**Domestic battery** in a vehicle on the 3700 block of North Halsted Street.

**Retail theft** from a department store on the 3000 block of North Clark Street.

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

**Domestic battery** at an apartment on the 1300 block of West Addison Street.

**Simple assault** at a restaurant on the 3900 block of North Sheridan Road.

**Strongarm robbery** without a weapon on the 2900 block of North Sheffield Avenue.

**Aggravated battery** with a dangerous weapon at a bar or tavern on the 3600 block of North Halsted Street.

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**The Garden Bug**

**Rosemary** has been used for many purposes since ancient times. Greek scholars often wore a garland of it on their heads to help their memory during examinations. Charlemagne grew it in his royal gardens. The cologne that Napoleon Bonaparte used contained it. Shakespeare mentioned it in five of his plays. A sprig of the herb was often placed with the dead at funerals, and brides often wore it at their weddings.

Source: www.herbsociety.org - Brenda Weaver



**The Garden Bug**

**Attract pollinators**

Pollinators like hummingbirds, butterflies and ladybugs spread pollen from one plant to another, which helps flowers to bloom and trees and bushes to bear fruit. Offering flowers rich with nectar and pollen like **beebalm**, **butterfly bushes** and **cornflower** plants will bring these delightful creatures around your home. - Brenda Weaver

Source: homeguides.sfgate.com



**The Garden Bug**

**Common Horsetail**

Horsetail herb is often treated as a weed and destroyed. But it has been around since ancient times, and has been prepared as a juice, tea or tincture for many maladies such as ulcers, wounds, and kidney problems. It grows in wetlands in the temperate climate zones of the Northern Hemisphere, including Asia, North America, and Europe. Its ancestors grew as tall as trees in prehistoric times. - Brenda Weaver

Source: liveandlovetofruit.com, bio-botanica.com



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**Quotes worth your time**

**“Only I can change my Life. No one can change it for me.”**  
 Carol Burnett

**“Life is 10% of what happens to you and 90% how you react to it.”**  
 Charles R. Swindoll

**“There are two great days in our life-the day we are born and the day we discover why.”**  
 William Barclay

**“Luck is great, but most of life is hard work.”**  
 Iain Duncan Smith

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# Comics

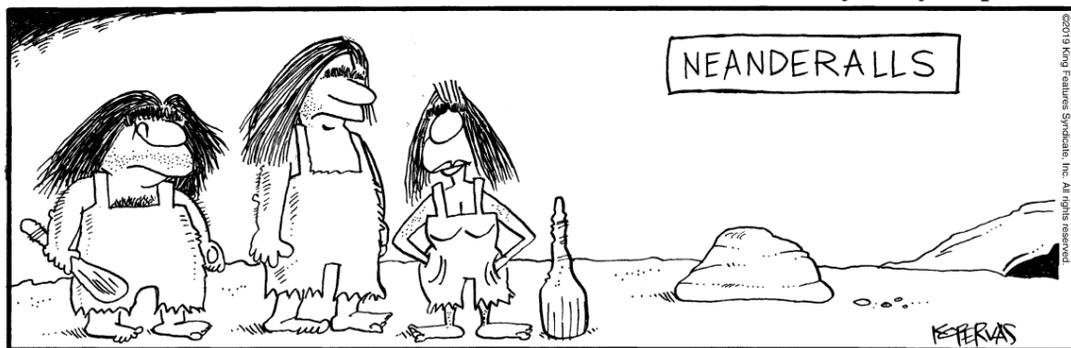
## R.F.D.

by Mike Marland



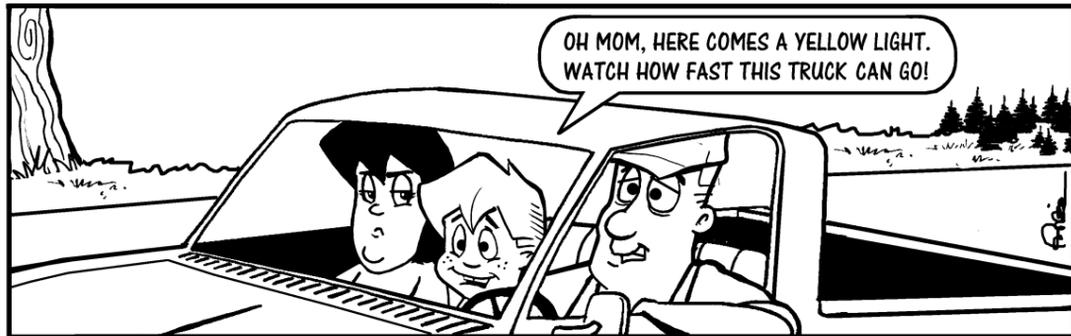
## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## SAY WHAT?

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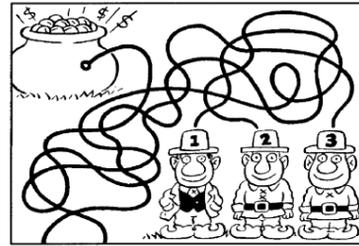


# Junior Whirl

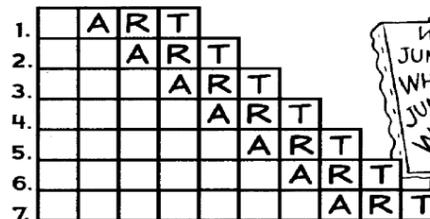
by Charles Barry Townsend



AN ITEM YOU CAN'T GET RID OF! Can you spot two boomerangs that are exactly alike? Answer: Two and eight.



GET RICH QUICK! You have one chance to catch the leprechaun that will lead you to the gold. Answer: The third leprechaun.

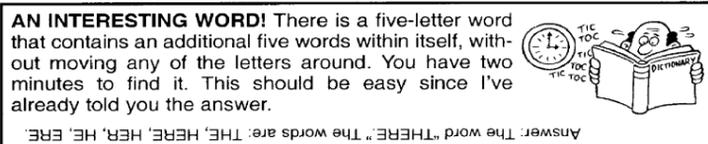


## WORD ART, NOT OP ART!

Can you paint a perfect word picture by correctly identifying the seven words listed? Each contains the word "ART." Add the following hints to your word palette:

1. To move suddenly.
2. Columbus could have used one.
3. To go away from.
4. A self-important newcomer.
5. Used to sell vegetables years ago.
6. One who is needlessly troubled.
7. A term of endearment.

Answers: 1. Dart, 2. Chart, 3. Depart, 4. Upstart, 5. Pushcart, 6. Worrywart, 7. Sweetheart.

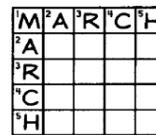


AN INTERESTING WORD! There is a five-letter word that contains an additional five words within itself, without moving any of the letters around. You have two minutes to find it. This should be easy since I've already told you the answer.

Answer: The word "THERE." The words are: THE, HERE, HER, HE, ERE.

LET'S 'MARCH' OUT OF WINTER WITH THIS PUZZLE! In the word square below, find the four five-letter words that match the following definitions. All words used must read the same, both across and down.

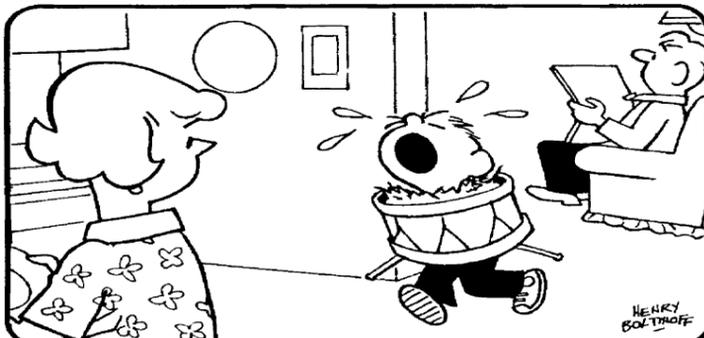
1. Comes in like a lion (MARCH, in place).
2. Hello and goodbye.
3. Something grand, or stately.
4. Monks, not the Monkeys, do it.
5. Stops forward motion.



Answers: 1. March, 2. Aloha, 3. Royal, 4. Chant, 5. Halts.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Window has been added. 2. Drum design is different. 3. Chair ruffle is missing. 4. Picture has been moved. 5. Mom's earring is missing. 6. Mom's hand is not seen.

## Just Like Cats & Dogs

by Dave T. Phipps





Photo courtesy of Getty Images

# Give Your Space a Spring Refresh

## Start with upgrades to your home's design features

### FAMILY FEATURES

The spring season is typically a time when people are motivated to start fresh. With reorganization often top of mind, it is also a time when many homeowners look for ways to update their homes with improvements that can increase aesthetics and functionality.

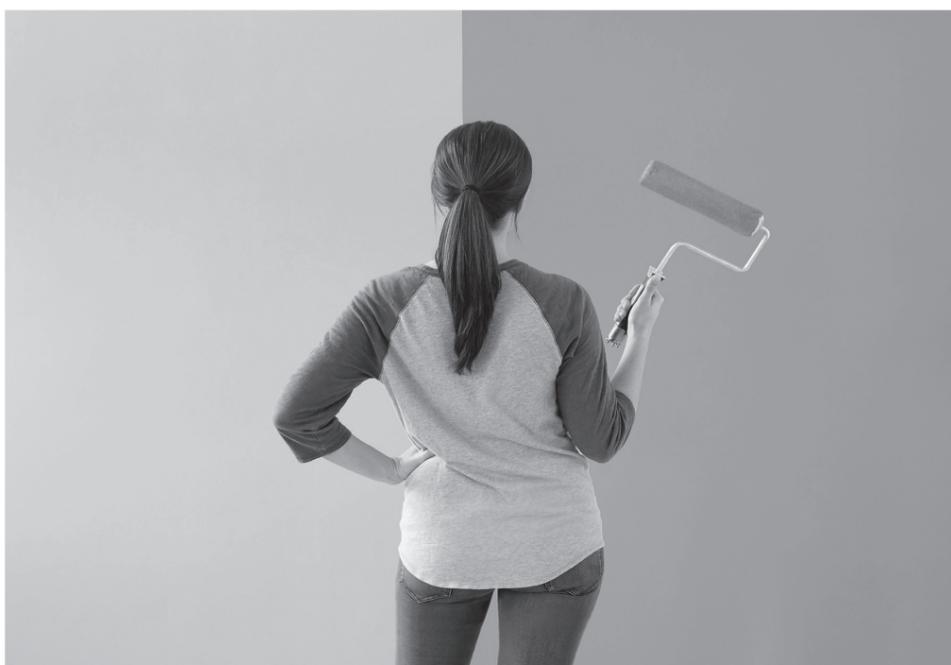
From small changes to large-scale projects, these home design ideas from the experts at Dutch Boy paints are all about adding fresh appeal to your living space.

### Reorganize and reimagine

Sometimes a space doesn't require much investment at all, you just need a change of perspective. Reorganizing a room for better flow and eliminating unnecessary clutter can give it a brand-new, updated feel. Consider how adjusting the furniture placement might improve the space, whether it opens up a better walkway or lets in more light. Upgrades are often about adding, but don't be afraid to take away unnecessary furniture that crowds the space. Also give attention to organization and stash away items that make the room appear untidy or uninviting.

### Artwork overhaul

Furniture and architectural elements may factor heavily into a room's ambiance, but it's often the decorative details that tell a space's true story. If you like the major features of a room but have grown bored with its overall look and feel, swapping out the artwork may be just the solution. One notable benefit of this approach is that artwork is available at virtually every price point, making it easy to stay within your budget. From DIY pieces to gallery-quality hangings, there are nearly countless ways to achieve the look you desire.



### Color correction and odor protection

Changing the wall color is often a style-driven decision. However, when it comes to eliminating stains and odors, paint can also be a functional solution that saves on heavy-duty renovating. For example, Dutch Boy Forever Paint and Primer, available exclusively at Menards, covers old stains, prevents new ones and helps knock back the odors that are particularly pungent during the winter months when everyone is cooped up indoors. The paint features Arm & Hammer Odor Eliminating technology, making it ideal for high-traffic areas and homeowners with pets and kids. Sold in easy-to-use plastic twist-and-pour containers, it offers an easy-to-use alternative to traditional metal cans. Learn more at DutchBoy.com.

### Abstract accents

Visually interesting pieces can help breathe new life into a ho-hum space, and making this kind of improvement can be as quick and low-budget as a trip to the garage or attic. Repurposing items in unexpected ways can bring vibrant character to a

room. For example, a beloved but discarded old drum makes for a whimsical occasional table filled with memories and nostalgia. Ladders make for attractive bookshelves, or you can use brackets to mount old hardcover books on the wall as quirky, floating shelving. You can even take an obscure item like a bike wheel and convert it into a wall clock.

### Open spaces

Although it should never be done without careful consideration of the impact on your home's value, knocking out a wall can substantially improve your home's function and appeal. For example, if you have a home with separate dining and kitchen areas, removing the separating wall can create a welcoming space the whole family can enjoy. Opening up a high-use area like the kitchen is a popular renovation choice for all types of homeowners, from those who need to supervise homework while making dinner to others who regularly entertain at home. If knocking out an entire wall isn't an option, try simply making your home "feel" like it flows better from room to room with complementary color palettes that help visually open the space.

## STONE-ON-TONE STENCILING

Stencils can be a simple way to create a visually rich pattern on an accent wall. Try using a downloadable stencil and two soft shades of the same color for a subtle statement.

### Supplies:

- Clean, damp cloth
- Drop cloth
- Painter's tape
- Dutch Boy paint (3 colors)
- Paint tray
- Linens
- Angled paintbrush
- Woven roller covers
- Roller frame
- Tape measure
- Pencil Level
- Stencil (visit DutchBoy.com to download and print)
- Mini foam roller cover and roller frame

Wipe wall with clean, damp cloth to prepare painting surface.

Lay down drop cloth to protect floors; use painter's tape to cover trim, molding, ceiling and any adjacent walls. Prepare paint by adding base color to lined paint tray.

Using angled brush, apply base color just inside taped areas then paint remaining area with woven roller; remove painter's tape while paint is still damp; allow paint to dry 24 hours.

Use tape measure to find center of wall and lightly mark with pencil; center stencil over pencil mark; use level to ensure stencil is straight; secure stencil in place with painter's tape.

Using clean liner, add second color to paint tray. Using mini foam roller, apply second color over stencil; carefully lift stencil after paint application; wipe down stencil after each use.

Line up stencil with previously painted design; repeat until adjacent walls, ceiling and baseboard have been reached.

Allow paint to dry, following suggested drying time on can label.



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