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**May 2019**

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# Lakeview

May, 2019

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

Volume 23, Number 7

## Interview

## Mural Mural on the wall



photo by George Rimel Lakeview Newspaper

### 20 Questions

This month's interview is with **Dr. Clarence W. Brown Jr., MD, JD, Board Certified Dermatologist MOHS Micrographic Surgeon, Advanced Skin and MOHS Surgery Center, 2845 N. Sheridan Road, Suite 912, Chicago.**

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

**A.** Pittsburgh, Pennsylvania.

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

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

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

**A.** Carnegie Mellon as an undergraduate; The University of Pittsburgh Medical School; and John Marshall Law School.

**Q.** What was your first paying job?

**A.** I had a paper route for the daily newspaper and mowed lawns.

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

**A.** Being a fry cook at Red Lobster.

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

**A.** The Queen of Eng-

land. She embodies grace and power and adds a sense of stability to her subjects.

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

**A.** The Galapagos Islands because of the wildlife and fauna and Darwin wrote his thesis about it.

**Q.** With Summer on the horizon, people will again be out there working on their tan. Do you find that the rate of skin cancers are on the rise and what advice would you give to all those people out there looking forward to catching some rays?

**A.** It's definitely on the rise. 1 in 4 people will get skin cancer in their lifetime. There are no healthy tans. The ultraviolet is what you need to protect yourself from by wearing a 30 SPF sun screen and a broad brimmed hat when you go outdoors and reapply the SPF 30 every 2 hours.

**Q.** Who do you most admire and why?

**A.** My parents. They are very hard working, honest people and when life had disappointments, they didn't

**Continued on page 2**

by Joyce A. Rimel

### Chicago's Concrete Canvas

Street art murals have skyrocketed into a full on mural movement in Chicago's neighborhoods. They tell a story of faith, hope, struggle, race, family, immigration and success.

The Lakeview neighborhood has become home to a blossoming collection of public art, however, after several incidents last year, when street art was mistaken for vandalism

and removed, the city has launched its public mural registry.

Street artists now have the option of getting a city seal stamped on their artwork. The city emblems would, hopefully, prevent artwork from being erased. This registry would help city workers to differentiate between art and graffiti and also serve as a guide for tourists and local residents.

Registration is a choice but it would ensure that the work is protected. The registry is

maintained by the city's cultural affairs department. The database consists of artists, titles, locations, descriptions, and eventually, will include images of the art. There are certain guidelines for submitted art. The art cannot serve as product placement, no known gang signs, and in good condition. There is no charge to submit a piece of artwork to the registry. Once the artwork is approved, the mural will get an ID number and a city emblem that can be

placed on or near the artwork. Artists themselves have expressed their concern that the registry will protect the work of street artists but not graffiti artists.

So, what is the difference between "street artists" and "graffiti artists"? Street artists, who submit an application, need to be "approved", which some fear is another layer of bureaucracy, while graffiti, good or bad, has always been a part of the creative process,

**Continued on page 2**

### What's on your Mind?



"The smell of spring and flowers. Also, moving and doing spring cleaning."

Melissa Milger



"Hoping all the snow is gone for good."

Mishu Milmy



"Colleges and where I'm going to end up next year."

Jaslyne Perez

# Editorial & Opinions

Interview continued from front page.

deviate from that path.  
**Q.** What hobbies or special interests do you have?

**A.** My hobby is farming. I have a poultry organic lifestyle farm.

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

**A.** I like "Ancient Aliens" on the History channel; my favorite book is "A River runs through it."; and my favorite book is Fitzpatrick's Dermatology text.

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

**A.** Visit Egypt and the pyramids and take the Trans-Siberian Express from Moscow to Vladivostok.

**Q.** What have been your three greatest achievements?

**A.** My undergraduate degree, my medical degree and going to law school.

**Q.** What have been your three greatest disappointments?

**A.** Learning that people are their own worst enemies; How much more we could accomplish if we put our money in the right direction; and that we don't have hover cars.

**Q.** What is your "pet peeve"?

**A.** People complaining about the weather.

**Q.** What was the worst advice you were ever given?

**A.** Stick with it. It will get better.

**Q.** What is your most prized possession?

**A.** A small figurine from Austria that had been my great, great grandmother's prior to the 19th century-back in the 1800's.

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

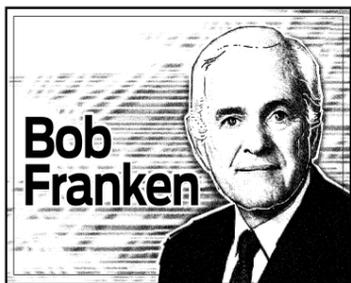
**A.** Climate change. Those that are elected leaders should show leadership by leading in a positive fashion.

**Q.** What would you change about the Lakeview community?

**A.** I can't believe that we don't have a subway that runs up the lake. We need more mass transit and need to get into the 21st century not the 19th century with transit in Chicago.

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

**A.** Work hard, no guilt and be honest.



### Impeach? Nah!

Impeach Donald Trump? What a bad idea for the Democrats, in spite of the pressure from the party's left flank, and in spite of various presidential candidates, like Elizabeth Warren, pandering to the ultra-progressives.

After all, the ultimate goal of a House of Representatives impeachment is to set up the Senate to remove him from office. In a rough form, it's kind of like an indictment and trial. Actually, in the Senate it's called a "trial," nothing rough about it. One would think that with the Democratic majority in the House, impeachment, at least, would be a lock.

That's not necessarily the case. A lot of the Democrats who are there hail from districts that are normally conservative. They benefited from the fact that their voters were turned off by the boorishness of the Trumpster — so much so that they ignored their normal Republican instincts and elected a Democrat. So that Democrat knows full well she or he is on shaky ground.

Those rookies might not be inclined to vote for impeachment if the pollsters tell them that the voters are sick and tired of the rough-and-tumble games of politics. There would be nothing rougher and tumbler ... or gamier ... than an impeachment fight with the Trump forces, led by a man who finds it impossible to hit above the belt.

So, it's plausible that even a Democratic-majority House would vote not to impeach. What an embarrassment

that would be. No wonder Nancy Pelosi and her long-experienced team of leaders range between caution about the whole idea and outright rejection.

Suppose that the House majority held and did vote to impeach President Trump. It would then be handed to the Senate, which would ultimately have to decide by a two-thirds supermajority, 67 votes, to actually get rid of him. Did everyone forget that the Senate is controlled by the Republicans, 53-47. So the chances of 67 of them tossing out Trump are virtually undetectable. Even if they did remove him from office, they would leave Mike Pence in charge at the White House, which is something else the Democrats might consider.

The point is it's a big waste of effort. Even if they did go through these contortions, there is not enough time between now and the 2020 elections to pull off this exercise in brinkmanship, which, by the way, would leave the country even more divided and paralyzed than we already are. It would only hand to Trump more fodder for his tweet cannon.

When all is said and done, his enemies despise him not so much for his noxious policies and hateful declarations, but for the reality that he is what he is ... loathsome. And by the way, that's what the millions of those in his base love about him. They are convinced, with some justification, that the system that favors a few entitled elites is even more loathsome.

There is time for the Democrats who run the House to investigate the day-lights out of Trump and discredit him, if they're successful. But it will be up to us voters on Tuesday, Nov. 3, 2020, to determine whether Donald Trump is removed from office.

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

### Mural Mural on the wall story from front page

but has gotten a bad rap. Graffiti is always thought of as destructive and unsightly, however, some of the street

artists were graffiti artists at one time. Who should judge? After all, "Art is in the eye of the beholder."

**DON'T FORGET TO WISH MOM**  
*Happy Mother's Day!*  
**SUNDAY, MAY 12<sup>TH</sup>**

**Memorial Day**  
  
**HONOR THE BRAVE MAY 27<sup>TH</sup>**



### Sorry, Democrats, Your Stars Are Socialists

There was Bernie Sanders at a Fox News Channel town hall, not giving an inch in a forum every Democratic presidential candidate has shunned.

His reward was a cataract of good reviews, and monster ratings. Sanders had a solid hour to try to reach people not favorably inclined to his worldview, at the very least demonstrating that he's willing to show up outside his political silo.

Why hadn't any of the other Democrats done it before? Because they lacked the verve and ideological self-confidence of Sanders, as well as the independent streak to buck the Democratic Party's attempt to hold the line against Fox. As a message candidate, Sanders is willing to take his anywhere.

Speaker Nancy Pelosi, miraculously transformed into a relatively moderate Democratic elder stateswoman, has been pushing back against the notion that she leads a socialist party defined by a few radicals in the House.

On "60 Minutes," she stalwartly declared: "I do reject socialism as an economic system. If people have that view, that's their view. That is not the view of the Democratic Party." She dismissed the left wing in her caucus as "like, five people."

In sheer numbers this is true, but it's the wrong way to count.

The fact is that the most compelling stars of the party are self-declared socialists with a knack for generating controversy and media attention, and with committed mass followings.

Pelosi might wish it weren't true, but poll numbers, fundraising and follower counts don't lie.

Sanders is reliably second — sometimes first — in national and state presidential polling. He's outraised everyone else in the field and, with his massive small-donor base, probably can continue to do so for the duration. More than anyone else, he has defined the Democratic Party's current agenda.

It'll be much harder to maintain that the Democratic Party isn't socialist if it nominates one as its presidential candidate, which everyone paying attention realizes is a real possibility.

If this happens, it won't be the work of conservatives hoping to negatively brand the Democrats, but of the party's faithful. The same goes for the prominence of Alexandria Ocasio-Cortez. She has been on the cover of Time magazine, Rolling Stone (with Nancy Pelosi), Hollywood Reporter and Bloomberg Businessweek. Annie Leibovitz photographed her for Vogue. She's been interviewed by "60 Minutes."

She was among the top 10 House Democrats in fundraising the first quarter, and had the highest percentage of small donors (her ally, Ilhan Omar, also excelled).

It's obviously vexing to Pelosi to see a House majority built by the careful avoidance of ideological extravagance and won in marginal districts hijacked, at least in terms of public attention, by a few freshmen and a 77-year-old Vermont socialist.

Yes, there are vast numbers of Democrats out there who aren't on Twitter or Instagram. Maybe there are enough of them to nominate Joe Biden, or a Pete Buttigieg can win on a progressive platform clothed in a moderate demeanor.

But the party's stars will have something to say about it. The great Zionist Theodor Herzl maintained, "It is the simple and fantastic which leads men." As Bernie Sanders showed, it's also willing to go on Fox News.

*Rich Lowry is editor of the National Review.*

## Americanisms



**"Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life"**  
— Eleanor Roosevelt

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### Lakeview Newspaper

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

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## SENIOR NEWS LINE

by Matilda Charles

### What Have Studies Learned About Us?

We seniors must be fascinating to researchers because it seems they're always studying us. Here are a few things they've learned through Pew Research Center studies:

- With all the drama nowadays about "fake news," and with our age-enhanced ability to sniff out lies, it would seem that we'd be excellent at discerning what's real and what isn't. Not so, according to a study. Five thousand participants of all ages were presented with five factual statements and five opinion statements. Turns out the younger age groups were much better at identifying both the factual and opinion news items than we were.

- Seniors are more likely to be religious, which researchers identified as meaning being part of a religious group, attending weekly services and praying daily. It's not just in here in America — they got the same results for most of the rest of the world.

- When it comes to politics — do we even want to go there? — both the baby boomers (born 1946 to 1964) and the Silent Generation (late 1920s to 1945) are more conservative, with the Silents more staunchly conservative than the boomers.

- Although more of us are becoming technologically savvy, seniors are still 42 percent behind other age groups in the percentage of us who have cell-phones or roam the Internet. Half of us say we need help setting up new devices, which is where more training classes at senior centers would come in handy.

- Those of us over the age of 50 are divorcing at a rate that has doubled during the past 30 years. For those over age 65, the rate has tripled.

If you want to read through more research results like these, go online to Pew Research Center ([www.pewresearch.org](http://www.pewresearch.org)) and search for seniors or elderly.

## VETERANS POST

by Freddy Groves

### Taking a Veteran's Name in Vain

Why is it some people have such a sense of entitlement that they think it's OK to steal from veterans? Worse, why is it that the crooks think they're not going to get caught?

A handful of government departments — notably the Department of Veterans Affairs Office of the Inspector General, the Defense Criminal Investigative Service's OIG and the FBI — banded together to nail yet another person who claimed that his small business was owned by a disabled veteran. In this case, the suspect took in nearly \$12 million in construction contracts from 2007 to 2015 while working on a few VA medical centers. The person he claimed was the disabled veteran didn't actually work for the company.

Per the Service-Disabled Veteran-Owned Small Businesses program, at least 51 percent of a company claiming disabled veteran status has to be owned by the veteran. Part of that program is to give at least 3 percent of all contracts to service-disabled veteran-owned small businesses. More specifically, per the program requirements, the small business must "have one or more service-disabled veterans manage day-to-day operations and also make long-term decisions." In other words, you can't just lend your name to a business.

Inquiring minds want to know, however, how something like this can go on for so long. The fast track to discovery of a scam like this seems so simple: Once a year send a form to the disabled veteran owner and ask that it be signed in front of a notary to verify that he/she is indeed still involved in the day-to-day operations of "X" business. Lying would put their benefits at risk.

At this point the guy has only been indicted. But he did plead guilty to one of the accessory charges.

## Strange BUT TRUE

By Samantha Weaver

- It was American actress, screenwriter and notorious sex symbol Mae West who made the following sage observation: "You only live once. But if you do it right, once is enough."

- The world's highest tides are found in the Bay of Fundy, located in Nova Scotia, Canada. There, the difference between high and low tides can be as much as 50 feet.

- If you're a blood donor, you're part of a significant minority. In the United States, less than 5 percent of the population donates blood every year.

- The first sound recording ever made was created in 1877 by Thomas Edison. It was a musical selection: "Mary Had a Little Lamb."

- Cars weren't allowed on the island of Bermuda until 1948.

- What's in a name? Well, a great deal, it would seem — at least according to those trying to make it big in Hollywood. Joan Crawford was born Lucille La Sœur, Roy Rogers was Leonard Slye and Dean Martin was Dino Crocetti. Issur Danielovitch (wisely) changed his name to Kirk Douglas, and Archibald Leach decided he preferred to become famous as Cary Grant.

- Are you a cacographer? You may not be, but if you spend any time at all online you've certainly run across a few. A cacographer is someone who can't quite grasp the rules of spelling.

- Nobel Prize-winning Russian author Boris Pasternak wrote the novel "Doctor Zhivago" (later famously adapted to film). When the book was first published in 1957, in Italy, it earned great acclaim. However, it was decades before Pasternak's countrymen could legally read it — the book wasn't allowed to be published in the Soviet Union until 1988.

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**Thought for the Day:** "The only way to get rid of a temptation is to yield to it." — *Oscar Wilde*

## Moments in time

THE HISTORY CHANNEL

- On **May 10, 1877**, President Rutherford B. Hayes has the White House's first telephone installed, although he rarely received phone calls. In fact, the Treasury Department possessed the only other direct phone line to the White House at that time. The White House phone number was "1."

- On **May 9, 1926**, according to their claims, American polar explorer Richard E. Byrd and pilot Floyd Bennett fly over the North Pole in a triple-engine Fokker monoplane. However, the discovery in 1996 of Byrd's diary suggests they may have turned back short of the pole because of an oil leak.

- On **May 12, 1949**, an early crisis of the Cold War comes to an end when the Soviet Union lifts its 11-month blockade of West Berlin. The blockade had been broken by a massive U.S.-British airlift of supplies to West Berlin's 2 million citizens.

- On **May 6, 1954**, in Oxford, England, 25-year-old medical student Roger Bannister cracks track and field's most notorious barrier: the four-minute mile. Bannister won the mile race with a time of 3:59.4.

- On **May 8, 1973**, in South Dakota, armed members of the American Indian Movement surrender to federal authorities, ending their 71-day siege of Wounded Knee, site of the infamous massacre of 300 Sioux by the U.S. 7th Cavalry in 1890.

- On **May 11, 1988**, Kim Philby, a former British intelligence officer and double agent for the Soviet Union, dies in Moscow. Philby was perhaps the most famous of a group of British government officials who spied for Russia from the 1930s to the 1950s.

- On **May 7, 1994**, Norway's most famous painting, "The Scream" by Edvard Munch, is recovered almost three months after it was stolen from a museum in Oslo. It was recovered undamaged from a hotel about 40 miles away.

## KOVELS® Antiques & Collecting

By Terry and Kim Kovel

### Tiffany Lamp

Mention Tiffany and collectors may think of the very different things made by Louis Comfort Tiffany. He was so talented that it is almost impossible to know everything he did. He was a popular designer and creator of glass, pottery, jewelry, windows, lamps and even houses, rooms and gardens for many years, then fell out of favor less than 10 years after he died. But today, everything he did is back in style.

Charles Lewis Tiffany, Louis Tiffany's father, started a jewelry store in 1837 that still is in business with the name Tiffany & Company. Louis Comfort Tiffany (1848-1933) started his own business in 1879 and named it Louis Comfort Tiffany and Associated American Artists (1879-1902). He also was a decorator for his father's company in the early 1900s. The name was changed to Tiffany Studios after his father died in 1902, and he became vice president. L.C. Tiffany usually signed his name on his famous iridescent glass instead of the Tiffany Studios company name. He also signed his name on his paintings and sketches.

The jewelry and clocks he designed were made by and signed Tiffany & Company. The Tiffany Glass Company made the glass for the windows and lamps, but many of the windows were never signed. And Tiffany couldn't sign the houses and gardens he designed or decorated, even major decorating jobs at the White House, the Presidential Palace in Cuba and his own homes. Many metal and glass desk sets, paperweights, candlesticks, bookends, glass scarabs and other small objects also were made. Today's collectors and art buyers want anything with any of the many Tiffany marks, and some — like the best lamps — sell for over \$100,000. The record price for a Tiffany lamp is \$2,807,500.

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**Q.** How much is my Brownie .8 movie camera worth? It's marked "Kodak limited London." The camera has an F 2.7 lens. I also have the instruction booklet and leather shoulder carrying case.

**A.** Kodak introduced the Brownie .8mm movie camera in 1951. The camera was exported to England



This 15 1/2-inch-tall table lantern marked "Tiffany Studios New York" sold for \$6,655 at a James D. Julia auction in Maine. It has a shade with glass panels centered with a cabochon jewel. The stem is decorated bronze with a gold patina.

in 1955 and made in England beginning in 1956. It was a low-priced movie camera. It was advertised for \$44.50 in a 1951 pre-Christmas ad. Its value today is very low, often below \$30.

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#### CURRENT PRICES

*Bossons*, wall mask, man, smiling, green hat, split moustache, 6 x 5 inches, \$20.

*Inuit snow goggles*, caribou hoof, triangular, slits, leather straps, 1900s, 1 3/8 x 5 1/4 inches, \$125.

*Window*, leaded, transom, slag glass, beveled, green and red border, scroll, leaf, berries, 22 1/4 x 36 1/4 inches, pair, \$175.

*Pottery*, mid-century sculpture, red fire plug souvenir, Claes Oldenburg, 1968, 8 x 7 1/4 inches, \$8,750.

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**TIP:** A fresh ink stain on wood can be removed by washing with water and then applying lemon juice.

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

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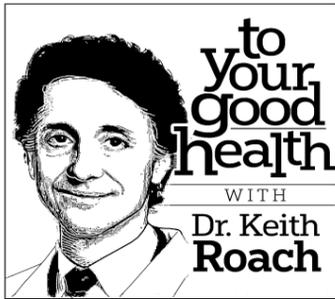
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# Health



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Roach

## 'Burning' Tattoo Forces Halt to MRI

**DEAR DR. ROACH:** Can you please explain how an MRI machine affects the pigment in a tattoo? My friend's MRI procedure was stopped because she was experiencing a burning sensation at her lower eyelids, which had previously been tattooed with black ink. Does this happen only with black ink? Which colors are safer? — *J.H.*

**ANSWER:** Reactions between the ink in tattoos and MRI scanners are well-documented in the literature. Some inks — mostly black, red and brown — are made with iron or titanium oxides. Only 1.5 percent of people with tattoos have reported bad experiences in MRI machines.

Iron and titanium oxides conduct electricity, and the strong magnetic field in an MRI scanner can cause a current to travel between different tattoos or different portions of a tattoo — especially those with loops in the pattern. The electric current causes heat, and even can cause minor burns. Cold packs or ice placed on the area during MRI can minimize damage, but some MRI facilities will not perform an MRI on tattooed individuals, especially if the tattoo covers a large area.

If a magnet draws up the skin with a tattoo, then that area is at risk.

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**DEAR DR. ROACH:** I recently was diagnosed with transient global amnesia. I had never heard of this. My primary care doctor sent me for further testing, which included an MRI and MRA with contrast, and a CT scan. All were normal. Can you elaborate on this condition? — *M.T.M.*

**ANSWER:** Transient global amnesia is a cause of retrograde amnesia ("retrograde" meaning you don't remember things from the past, usually the past day to a month, but sometimes longer; "anterograde" means memory loss forward from the time of the

event). Its cause is unknown, but it occurs more frequently in men and women over 50. Your doctor ordered the appropriate tests to make sure it wasn't a transient ischemic attack or stroke. Epilepsy sometimes can look similar to TGA, so sometimes an EEG is obtained.

As scary as it sounds, TGA usually doesn't happen again and doesn't predict a higher risk of developing memory troubles, stroke or epilepsy in the future.

\*\*\*

**DEAR DR. ROACH:** My wife has COPD. She is not coping very well. Her doctors are treating her with the standard medications. She has heard about an experimental treatment where they take her stem cells and make them into something that is inhaled. Have you heard about this treatment? Is it safe? Each treatment is \$7,000. — *J.W.*

**ANSWER:** Stem cells are cells that can develop into many kinds of mature cells. In theory, they can grow and replace cells that have been damaged or destroyed due to a disease process. Stem cells hold great promise for many diseases, but there isn't enough information for me to make a recommendation for stem cells in COPD, for either safety or effectiveness.

If you are going to look into it further, I would recommend doing so only as part of a clinical trial. You can find out about clinical trials at [www.clinicaltrials.gov](http://www.clinicaltrials.gov). I was able to find some trials on the site that are recruiting subjects. I also would recommend [www.closerlookatstemcells.org/](http://www.closerlookatstemcells.org/) to anyone considering stem cell treatment.

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## Medication Doesn't Stop Vertigo's Spinning

**DEAR DR. ROACH:** I have a terrible case of vertigo. I'm not sure what causes it or what I can do to prevent it from happening to me again. I was given two medications, promethazine for nausea and meclizine for vertigo, but still the problem persists. Can you offer some kind of help? — *J.G.*

**ANSWER:** Vertigo is the sensation of movement when not moving. Although it is classically described as a spinning sensation, some people feel as if they or the world is moving in other ways.

There are many causes of vertigo, but we generally break them down into two groups: peripheral causes, from the vestibular nerve, which

connects your brain with the organ of balance in the inner ear; and central causes, from the brain itself. Peripheral causes are much more common and generally are labeled "benign," even though they can be quite severe. Central causes are most commonly attributed to vestibular migraine and poor blood flow to the brainstem.

Only a careful exam and, occasionally, more sophisticated tests can reveal the underlying cause of the vertigo. The most common cause is benign paroxysmal positional vertigo, and I suspect that is what you were being treated for, having received a nonspecific treatment for vertigo. Although it is commonplace, I disagree with this treatment if it is used for more than a day or two, and then only in people whose symptoms are severe.

Most people get relief from an office treatment called the Epley maneuver. They can continue at home with other exercises. I would suggest that you ask your doctor about these procedures, and if he or she isn't familiar with them, it might be wise to consult with an expert. In any event, vertigo is a symptom that can arise from several distinct medical conditions. You should find out what your diagnosis is.

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**DEAR DR. ROACH:** I would like your opinion of taking a vitamin B complex capsule. A friend recommended it, but the dose of one to two capsules a day makes my urine turn bright-yellow. The daily values are from 3,000 to 8,000 percent, and that seems pretty high to me. I don't enjoy taking it, because it smells and tastes unpleasant, but I'm mostly concerned about getting too much of a "good" thing. — *R.W.*

**ANSWER:** Here's the good news: B vitamins are necessary, and your body is able to get rid of any excess. In fact, the yellow color of your urine is exactly that, your body spilling off the B vitamins you don't need. There are a few medical conditions that benefit from B vitamins.

Here's the not-so-good news: You almost certainly don't need so much, and most people don't benefit from taking vitamins at all. A healthy diet with lots of fruits and vegetables gives you most of the B vitamins your body needs. (Vitamin B-12, by contrast, is found only in animal products, which is why vegans require supplementary B-12.) If you choose to keep taking a vitamin just for general health, I would change to a brand that has lower doses and isn't unpleasant to take.

I don't recommend stopping megadose multivitamins suddenly. This is particularly important for vitamin C, where symptoms of deficiency can show up temporarily in people who suddenly stop high doses.

## Iron Overloads Body

**DEAR DR. ROACH:** I was hoping that you could answer a quick question. I am a 46-year-old female and have hemochromatosis. I can't get very good medical care where I live. It's a small town where I can't switch doctors, and mine is subpar. Anyway, I just had a blood test, and my ferritin is 39 and my saturation is 0.76. I don't know if I need a phlebotomy. The doc likes to have me do it when my ferritin is in the 50-75 range. He has NEVER mentioned saturation before. Can you shed some light on this? — *A.R.*

**ANSWER:** Hemochromatosis is iron overload caused by the body being unable to reduce iron absorption even when it doesn't need iron. The high iron saturation is a good test for diagnosing hemochromatosis. However, it's the ferritin that best approximates total body iron stores.

A large proportion of the body's iron is located in the red blood cells, so by removing these through phlebotomy (literally, "bloodletting" — usually the blood is donated), iron is taken out of the body. Most experts remove iron through phlebotomy until ferritin levels are below 50. Someone with a ferritin of 39 probably doesn't need treatment, since the total body iron is nearly normal.

Women who are still menstruating have some degree of protection against iron overload, although it certainly still is possible to develop problems if the iron intake is greater than iron output, in which case phlebotomy is necessary.

\*\*\*

**DEAR DR. ROACH:** My problem is that I am losing my hair. I am a 63-year-old gal in relatively good health who walks for exercise, eats a healthy, balanced diet and takes a pill each day to manage cholesterol and blood pressure. I do not have a thyroid problem, nor do I have diabetes. My dermatologist told me I do not have alopecia, as some of my siblings do. Instead, he suggested that my hair loss — and specifically the thinning of the hair on top of my scalp — is due to heredity; male pattern baldness runs through both sides of my family.

So here's the question: Is it safe and/or effective to take 5,000 mcg of over-the-counter biotin supplements to lessen the effect of hair loss, or is this product ineffective and just being pushed on women by pharmaceutical and vitamin manufacturers to increase sales and profits, and

to manipulate the consumer into believing that this expensive vitamin product is essential to our well-being? Thank you. — *C.W.R.*

**ANSWER:** Biotin has been studied for both male pattern and female pattern baldness, and has had limited success, especially when combined with other vitamins and nutritional supplements (60 percent effectiveness versus 11 percent in one placebo-controlled trial). It might be worth a try, since it is very safe.

As far as expense goes, I found biotin tablets for 6 cents each at an online retailer. It certainly isn't essential to well-being; in fact, with a healthy diet, I believe no supplement is essential. Vitamin and supplement manufacturers may try to make you think supplements are essential, but there is no good evidence for this. Taking it to try to improve a problem like male-pattern baldness is reasonable, but if it doesn't help significantly, save your money.

\*\*\*

**DEAR DR. ROACH:** Last year, I started getting Raynaud's. I can remember from my youth that my father had it, so it didn't seem too terrible. It's not just the fingertips that turn white, but also some of my toes are affected.

I asked people who know of it or have it how one gets this. What is the cause? No one knows. So I asked my doctor. Even he said he did not know.

How do I get these episodes, and what can I do to prevent them? — *R.S.*

**ANSWER:** Raynaud phenomenon is an exaggerated response to cold or stress, causing color changes in the skin of the fingers and toes. There is a long list of causes of Raynaud phenomenon. Often, no cause is ever found (in which case it is called primary Raynaud, which just means we don't know what's causing it). The most common known causes are the autoimmune rheumatic diseases, especially scleroderma, lupus and Sjogren's syndrome. Hypothyroidism is an unusual cause, and some drugs can cause it as well.

The current thinking is that primary RP is caused by abnormalities in the alpha receptors in blood vessels (alpha receptors respond to adrenaline and similar molecules).

Keeping the whole body — and especially the hands — warm is the first step. Sudden temperature changes can trigger the effect. Warming the hands in warm water at the onset of an attack can stop it. Anxiety makes it worse, so a positive attitude can really affect this condition. Medications, such as amlodipine, may be necessary for prevention in more severe cases.

# Financial Statement

by Joyce A. Rimel

## The Era of Passwords will soon end

Technology companies are developing tools that use fingerprints, voice recognition, eye scans and facial recognition, and even a quick analysis of your physical behavior — the way you tap the

keyboard or move your mouse — to serve as a gate to your accounts or an alert that an unauthorized user has gained access. Here are some of the technologies soon to replace or augment your passwords. It's all part of a science called biometric authentication.

### Facial Recognition

The popularity of this tech can be attributed to

a simple factor: Nearly all devices today phones, tablets, computers, have cameras. An image can be sent to our servers and then encoded into an array of numbers to verify and do recognition on a face. The downside is that not all companies are scrupulous about who they'll share or sell your data to. Amazon pitched its facial ID tech to the U.S. Immigration and Customs Enforcement, raising concerns about security. As companies make deals with the government, cops can run facial identification scans on people driving down the road or walking by on the street.

### Voice Authentication

You ring up a call center. On the other end of the line, there's an operator, but there's also a computer analyzing your voice as you ask to access

your account; the sound of someone else's voice would trigger a warning to the system. This technology is being used by banks, medical groups and telecommunications companies.

### Body Movements

The way you use your devices is unique to you. This technology is particularly sophisticated on smart-phones, which have gyroscopes that can measure how you hold your phone, screens that respond to varying pressure from your fingers and accelerometers that can measure whether you tend to walk or sit while interacting with particular sites.

### The Extreme Solution

The day of having a microchip implanted in your body has arrived. In Sweden, citizens have implanted this tiny tech

that can exchange data using signals, eliminating the need to carry keys and credit cards. The chips are no bigger than a grain of rice and are inserted with a needle into the hand. The chip can also store data like your contact details and blood type. However, chips can be hacked by someone who has a near-field communication reader on a cellphone. They place it against another person's chip and read the information off it.

What can be more secure than a password? It's you!



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# FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. In the Dean Friedman song, who is standing by the waterfall at Paramus Park?
2. Who wrote and released "Daisy a Day"?
3. Which group released "You Know What I Mean"?
4. What 1960s British beat group released "Somebody Help Me"?
5. Name the song that contains this lyric: "I've always been the kind of man who doesn't believe in strings, Long-term obligations are just unnecessary things."

**Answers**

1. Ariel, the girl in the song "Paramus Park" from his 1977 debut album. She was collecting change in a paper cup and he fell in love on the spot.
2. Jud Strunk in 1972. It was about the love of a young couple, growing old together, with the boy promising the girl a daisy a day.
3. The Turtles, in 1967. The song climbed the Hot 100 chart and stayed there for 11 weeks.
4. The Spencer Davis Group, in 1966. The band included 17-year-old Steve Winwood.
5. "Every Which Way but Loose," by Eddie Rabbit in 1978. The song was on the soundtrack of the 1978 film by the same name, starring Clint Eastwood, a trucker/fighter looking for a lost love. Critics didn't like the film, but it was very successful.



**Sunday, May 5**

# Strange BUT TRUE

By Samantha Weaver

• It was 19th-century French novelist Gustave Flaubert who made the following sage observation: "Our ignorance of history makes us libel our own times. People have always been like this."

• Visitors to Chicago might want to keep in mind that in that city, it's against the law to dine in any establishment that is on fire.

• In 1856, a soldier of fortune (who was also a journalist, doctor and lawyer) by the name of William Walker and his hand-picked group of mercenaries took over Nicaragua. Walker appointed himself dictator, thus securing for himself the distinction of being the only native-born American citizen to become head of state of a foreign nation.

• If you're like the average American, you consumed more than 250 eggs last year.

• You might be surprised to learn that the giant bullfrogs of South Africa have sometimes been known to attack lions.

• If you like to go out and hit the greens on a nice summer day, you might want to consider this fact the next time you're thinking about breaking out the irons and putters: More people are struck by lightning on golf courses than anywhere else.

• Mike Edwards, one of the founding members of the British band Electric Light Orchestra, met with an untimely death decades after he left the group. In 2010, as Edwards was driving in the rural southwest of England, a farmer lost control of a 1,300-pound bale of hay. This wheel-shaped bale rolled down a hill and over a hedge, and just happened to smash into the van Edwards was driving.

\*\*\*

**Thought for the Day:** "I am prepared to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter." — Sir Winston Churchill

# top 10 movies

1. **The Curse of La Llorona** ..... (R) Linda Cardellini, Raymond Cruz
2. **Shazam!** ..... (PG-13) Zachary Levi, Mark Strong
3. **Breakthrough** ..... (PG) Chrissy Metz, Topher Grace
4. **Captain Marvel** ..... (PG-13) Brie Larson, Samuel L. Jackson
5. **Little** ..... (PG-13) Regina Hall, Issa Rae
6. **Dumbo** ..... (PG) Colin Farrell, Michael Keaton
7. **Pet Sematary** ..... (R) Jason Clarke, Amy Steimetz
8. **Us** ..... (R) Lupita Nyong'o, Winston Duke
9. **Missing Link** ..... (PG) animated
10. **Hellboy** ..... (R) David Harbour, Milla Jovovich

# top ten

## World's Biggest MEAT EATERS\*

1. Australia
2. United States
3. Israel
4. Argentina
5. Uruguay
6. Brazil
7. New Zealand
8. Chile
9. Canada
10. Malaysia

Source: OECD

\*per capita consumption

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

**Dragged Across Concrete** (R) — Officers Ridgeman (Mel Gibson) and Lurasetti (Vince Vaughn) are suspended for excessive tactics that are caught on camera, but both have compelling reasons to stay in the game: Ridgeman's wife is sick, and Lurasetti is on the cusp of proposing to his long-time girlfriend. They need money. The pair dig deep in their dirty contacts to find an enterprising little side job — robbing a group of bank robbers. Standing in their way is a pair of moralist criminals (Tory Kittles, Michael Jai White) with their own compelling reasons for cash.

Much like the title says, it's a violent, slow lurch toward a grisly end that leaves a trail of destruction in its wake.

**Miss Bala** (PG-13) — Gina Rodriguez stars as Gloria, a young, pretty LA makeup artist in Mexico to visit her best friend. At a nightclub, the women are witness to some cartel violence. Her friend is kidnapped, but instead of being helped by the police, Gloria is handed over to the cartel. To find her friend, she must embrace her inner baddie and journey through a world of double-dealing drug lords, police, government agents and more. It's an English-language remake of the 2011 version by Mexican director Gerardo Naranjo, and it's a little lighter and a little less gritty.

**Level 16** (NR) — Canadian director Danishka Esterhazy offers a dystopian and very gray look into a secluded (read that windowless, color-drained, possibly underground) boarding school for girls, who are taught the "virtues" of femininity: cleanliness,

obedience, silence, etc. They practice in hopes that being a "clean girl" will lead to adoption by a loving family. The whole thing is headed by a serious bottle blonde with neither a speck of lint on her sharp black suit nor trace of a soul. Suspicious yet? So is Vivian (Katie Douglas), who has just leveled up and joins previous classmate Sophia (Celina Martin) on Level 16, the presumably final level, where new and dangerous rules apply.



Dark Sky Films

**Katie Douglas in "Level 16"**

**Serenity** (R) — Baker Dill (Matthew McConaughey) is a fishing boat captain in search of a great big fish. His ex-wife Karen (Anne Hathaway, strangely blonde) tracks him down for help: take her new, abusive husband (Jason Clarke) fishing, and drop him in the ocean for the sharks to eat, thereby saving her and their son from any more abuse. There are big, impressive twists — at least that is how the producers would like you to see them, and I'm not going to ruin them for you. It's a hard combo to pull off, but this movie managed to be both overly complicated and as transparent as a shallow lagoon.

**NEW TV RELEASES**

- Adventure Time** The Complete Series
- Wedding March 3: Here Comes the Bride**
- WWE: Andre the Giant**
- The Pink Panther Cartoon Collection** Vol. 5

# TOP VIDEO RENTALS AND SALES

**Top 10 Video On Demand**

1. **The Mule** ..... (R) Clint Eastwood
2. **Aquaman** ..... (PG-13) Jason Momoa
3. **A Dog's Way Home** ..... (PG) Ashley Judd
4. **Bumblebee** ..... (PG-13) Hailee Steinfeld
5. **Holmes & Watson** ..... (PG-13) Will Ferrell
6. **Vice** ..... (R) Christian Bale
7. **On the Basis of Sex** ..... (PG-13) Felicity Jones
8. **The Green Book** ..... (PG-13) Mahershala Ali
9. **Spider-Man: Into the Spider-Verse** ..... (PG) Shameik Moore
10. **Second Act** ..... (PG-13) Jennifer Lopez

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

1. **Bumblebee** ..... (PG-13) Paramount
2. **Aquaman** ..... (PG-13) Warner Bros.
3. **The Mule** ..... (R) Warner Bros.
4. **A Dog's Way Home** ..... (PG) Sony
5. **Spider-Man: Into the Spider-Verse** ..... (PG) Sony Pictures
6. **Mary Poppins Returns** ..... (PG) Disney
7. **Fantastic Beasts: The Crimes of Grindelwald** ..... (PG-13) Warner Bros.
8. **Holmes & Watson** ..... (PG-13) Sony
9. **Ralph Breaks the Internet** ..... (PG) Disney
10. **A Star Is Born** ..... (R) Warner Bros.



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# What's Hot in Hollywood

**HOLLYWOOD** — **Matt Damon** has completed "Ford v. Ferrari," with **Christian Bale** (for Nov. 15 release) and has turned his attention to being executive producer for the Netflix six-episode comedy-anthology series "Green Beret's Guide to Surviving the Apocalypse," starring **Daril Fannin** and **Shawn Vance**, and the Showtime psychological horror film "City on a Hill," starring **Kevin Bacon**. Bacon has just completed filming "You Should Have Left," with **Amanda Seyfried**.

\*\*\*

With "Cats" and "Wicked" headed for the big screen, Tristar Pictures has announced its remake of the 1950 MGM musical "Guys & Dolls," which starred **Marlon Brando**, **Frank Sinatra**, **Jean Simmons** (of "Spartacus" not "Kiss") and **Vivian Blaine**. The original 1950 Broadway show won five Tony Awards and the 1992 revival, with **Nathan Lane**, was a big hit. Trouble is, the plotline was already dated when they made the 1955 film, and where will they ever find stars of the caliber of the original?

Also getting a reboot is "Fantasy Island," with **Michael Pena** assuming the **Ricardo Montalban** role of "Mr. Rourke." Also on board are "Designated Survivor's" **Maggie Q**, "Pretty Little Liars'" **Lucy Hall** and "Reign's" Prince **Henri**, **Nick Slater**.

\*\*\*

TV legend **Carol Burnett** is joining forces with **Tina Fey**, **Eric Guri-an** and **Steven Rogers** to co-produce a film of her 2013 bestselling book, "Carrie And Me: A Mother-Daughter Love Story." Carol once introduced me to Carrie, and she was sweet, bright and very talented. She overcame an addiction to drugs only to succumb to cancer in 2002 at age 38.

**Zac Efron**, fresh from playing serial killer **Jeffrey Dahmer** in Netflix's "Extremely Wicked, Shockingly Evil and Vile," is getting a change of pace in the animated reboot of the Scooby-Doo feature film, "Scoob," with Efron as the voice of Fred, **Amanda Seyfried** as Daphne, **Will Forte** as Shaggy and **Gina Rodriguez** as Velma, due May 2020. Veteran voice actor **Frank Welker** will be Scooby-Doo.

\*\*\*

Former series stars making pilots to return to series on ABC TV are "Parenthood's" **Dax Shepard** and "Boston Legal's" **Lake Bell** in "Bless the Mess"; "Veeps'" **Matt Walsh**, "Reba's" **JoAnna Garcia** and "Ugly Betty's" **Vanessa Williams** in "Happy Accident"; and "Married With Children's" **Katey Sagal** in "Nana." "Dr.



Photo courtesy Carol Burnett

### Carol Burnett

**Ken" Ken Jeong** will become "The Emperor of Malibu," while "Grey's Anatomy's" **Katherine Heigl** takes on "Our House."

Meanwhile, now that **Rami Malek** is a best-actor Oscar winner for "Bohemian Rhapsody," the USA Network has given his "Mr. Robot" the pink slip.

\*\*\*

Another series becoming a feature film is "Deadwood," which ran on HBO from 2004-06 and was nominated for 28 Emmy awards, winning eight. The story reunites **Ian McShane**, **Timothy Olyphant**, **Brad Dourif** and **Gerald McRaney** 10 years after the series ended. Guess it wasn't such "Deadwood" after all!

\*\*\*

**HOLLYWOOD** — **Tom Hanks** has a couple of big roles coming up, starting as Mr. Rogers in "A Beautiful Day in the Neighborhood," with **Wendy Makkena**, **Matthew Rhys** and **Chris Cooper** (out Nov. 22), then transforming himself into **Colonel Parker**, the manager of "The King of Rock and Roll" **Elvis Presley**, for director **Baz Luhrmann**. Among Luhrmann's hit films are "Moulin Rouge" (2001), "Australia" (2008) and "The Great Gatsby" (2013). He recently completed the Netflix series "The Get Down," about the birth of hip-hop, and you can be sure this Elvis film will be like no other. Meanwhile, the release of Hanks' war film "Greyhound," with **Elisabeth Shue**, has been pushed back to May 2020.

\*\*\*

You knew after the \$20 million low-budget film "A Quiet Place"

pulled in \$340 million at the box office that there would be "A Quiet Place 2." **John Krasinsky** again writes, directs and stars with wife **Emily Blunt**, plus **Millicent Simmonds** and **Noah Jupe** (as their children). But it's likely the film will zero in more on other survivors, including **Cillian Murphy**, for a May 2020 opening.

\*\*\*

**Denzel Washington** will next take on the title role of a Scottish lord in William Shakespeare's "Macbeth," aided and abetted by "Three Billboards" Oscar-winning best actress **Frances McDormand** as Lady MacBeth.

**Chris Hemsworth** has landed another franchise with the reboot of "Men In Black: International," co-starring **Rebecca Ferguson**, **Liam Neeson** and **Emma Thompson**, dropping June 14, and "Dhaka," about a mercenary hired to rescue a Bangladeshi businessman's kidnapped son.

\*\*\*

**Meryl Streep** has completed the reboot of "Little Women," as Aunt March, with **Saoirse Ronan**, **Timothée Chalamet**, **Laura Dern** and **Emma Watson** (due Christmas Day), and Netflix's "The Laundromat," which **Steven Soderbergh** is directing, with **Gary Oldman**, **Antonio Banderas**, **Alex Pettyfer**, **Will Forte** and **David Schwimmer**. It's about a group of journalists who unearth 11.5 million files linking the world most powerful figures to secret bank accounts as they attempt to avoid paying taxes. From "Little Women" to big tax dodgers. Sounds like D.C. today!



Depositphotos

### Tom Hanks



by cindy elavsky

**Q.** I saw that the actress who played Georgette on "The Mary Tyler Moore Show" passed away recently. I just loved her character on that show. Did she ever act in anything else? — *M.R.*

**A.** Why yes, actress **Georgia Engel** had a long career in television after playing the flighty, hilarious Georgette on the classic sitcom. She was a regular on the short-lived "The Betty White Show," and she appeared many times on "The Love Boat" and "Fantasy Island." She had a regular role on the hit show "Coach" in the 1990s. In more recent years, Engel was a semi-regular on "Everybody Loves Raymond" and again co-starred with Betty White on the sitcom "Hot in Cleveland."

Engel never married and didn't have any children. In an interview with "People" magazine several years ago, Engel credited the late **Mary Tyler Moore**, and her iconic character **Mary Richards**, for "letting it be known that it was alright to be a certain age and not be married, to be a certain age and not have a date on Saturday night. She made it OK to have the joy of throwing yourself into your work." Engel's chosen work definitely brought her audiences a lot of joy and laughter. She will be missed.

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Freestockphotos

### Tiger Woods

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\*\*\*

**Q.** Who is the woman Tiger Woods kissed after he won the Masters? I thought he was still with that Olympic skier. — *W.P.*

**A.** The special woman in Tiger's life is **Erica Herman**. She's in her early 30s, and they apparently met when she was managing his restaurant in Florida. His children, daughter **Sam** and son **Charlie**, also were in attendance when he won the elite tournament, along with his mother, **Kultida**.

Tiger and his former girlfriend, Olympic skier **Lindsey Vonn**, still remain friends. His professional comeback occurred after years of scandal and injuries. He missed two seasons of pro golf before returning to the green. He finally got relief by undergoing another back surgery, this time by Dr. **Richard Guyer** of the Texas Back Institute.

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## Good Housekeeping

### Corkscrews With Spring Veggies

Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!

- 1 bunch (about 1 pound) leeks
- 1 package (16 ounce) corkscrew or bow-tie pasta
- 1 tablespoon margarine or butter
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 package (4 ounces) soft goat cheese, cut into small pieces

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

2. In large saucepot, prepare pasta in boiling salted water as label directs.

3. Meanwhile, in nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.

• Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

## Good Housekeeping

### Mini Corn Dogs

It was some 80 years ago at the Texas State Fair that Neil Fletcher invented the "corny dog," a sausage on a stick, dipped in cornbread batter and fried. This oven-baked version is a treat for kids of all ages.

- 1 1/2 cups all-purpose flour
  - 1/3 cup yellow cornmeal
  - 1 tablespoon baking powder
  - 1 teaspoon salt
  - 3 tablespoons cold margarine or butter, cut up
  - 1 tablespoon shortening
  - 3/4 cup whole milk
  - 1 package (16 ounces, about 48) miniature frankfurters, drained and patted dry
- Ketchup and prepared mustard (optional)

1. In large bowl, stir together flour, cornmeal, baking powder and salt. With pastry blender or 2 knives used scissors-fashion, cut in margarine and shortening until mixture resembles coarse crumbs. With spoon, stir in milk until mixture forms soft dough that leaves side of bowl.

2. Turn dough onto lightly floured surface; knead gently 4 to 5 times just until smooth. With floured rolling pin, roll dough into 14-inch round (about 1/8 inch thick).

3. Heat oven to 450 F. With floured 2 1/4-inch round biscuit cutter, cut out as many rounds as possible. Press trimmings together; wrap with plastic wrap and set aside.

4. Place 1 frankfurter on each dough round. Bring sides of dough up around frankfurter; pinch in center to seal. Place wrapped frankfurters, seam sides up, 1 1/2 inches apart, on ungreased large cookie sheet. Bake corn dogs 12 to 15 minutes or until biscuits are golden.

5. Reroll trimmings 1/8 inch thick, and cut out additional rounds. Repeat step 4 with remaining frankfurters and dough rounds.

6. Serve warm with ketchup and mustard if you like.

• Each serving: About 60 calories, 4g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 5g total carbohydrate, 2g protein.

## Good Housekeeping

### Peanut Butter and Jam Bars

Kids and adults will gobble up these peanutty shortbread bars. Just remember to serve them with milk!

- 1 cup butter (no substitutions), softened
- 1 cup sugar
- 1/2 cup creamy peanut butter
- 1 large egg
- 3 cups all-purpose flour
- 1 cup salted dry roasted peanuts, coarsely chopped
- 1 cup grape or strawberry jam

1. Heat oven to 350 F. Grease 13-by-9-inch metal baking pan. Line pan with foil; grease foil.

2. In large bowl, with mixer at low speed, beat butter and sugar until mixed, occasionally scraping bowl with rubber spatula. Increase speed to high; beat until light and fluffy. Reduce speed to low; beat in peanut butter then egg until well-combined. occa-

sionally scraping bowl. Beat in flour just until evenly moistened (dough will be crumbly). Beat in peanuts.

3. Reserve 2 cups dough. Press remaining dough evenly onto bottom of pan. Spread jam over dough in pan. With hand, press reserved dough into large chunks (about 3/4-inch) and sprinkle over jam, leaving spaces between chunks; do not pat down.

4. Bake 45 to 50 minutes, until golden. Cool completely in pan on wire rack.

5. When cool, transfer with foil to cutting board. Cut lengthwise into three strips, then cut each strip crosswise into eight bars. Yields 12 (2 bar) servings.

• Each serving: 260 calories, 14g total fat (6g saturated), 31mg cholesterol, 165mg sodium, 31g total carbohydrate, 1g dietary fiber, 5g protein.

## Good Housekeeping

### Cookies 'n' Cream Shake

Kids will love their favorite combination mixed up in a glass.

- 4 scoops vanilla ice cream
- 4 cream-filled chocolate sandwich cookies, coarsely chopped
- 1 cup milk

In blender, combine ice cream, cookies and milk and blend until mixture is smooth and frothy. Pour into 2 tall glasses.

• Each serving: About 332 calories, 19g total fat (10g saturated), 52mg cholesterol, 326mg sodium, 35g total carbohydrate, 7g protein.



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## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Sneaky Meatloaf

Sneak some veggies past the kids with this easy meatloaf.

- 1 cup fresh shredded spinach leaves, stems removed and discarded
- 1 cup shredded carrots
- 6 tablespoons dried fine bread crumbs
- 1/4 cup grated reduced-fat Parmesan cheese
- 1 egg beaten, or equivalent in egg substitute
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon black pepper
- 1 pound extra-lean ground turkey or beef

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

2. In a large bowl, combine spinach, carrots, breadcrumbs, Parmesan cheese, egg, 1/4 cup tomato soup, Worcestershire sauce and black pepper. Add meat. Mix well to combine.

3. Pat mixture into prepared loaf pan. Spoon remaining tomato soup over top. Bake for 55 to 60 minutes.

4. Place loaf pan on a wire rack and let set for 5 minutes. Divide into 6 servings. Freezes well.

• Each serving equals: 196 calories, 8g fat, 16g protein, 15g carb., 374mg sodium, 2g fiber; diabetic exchanges: 2 1/2 meat, 1 starch, 1/2 vegetable.

## Good Housekeeping

### Chocolate Pretzels

Making these pretzel-shaped treats is a perfect project for kids and parents.

- 3/4 cup margarine or butter (1 1/2 sticks), softened
  - 3/4 cup sugar
  - 1 large egg
  - 1 teaspoon vanilla extract
  - 2 cups all-purpose flour
  - 1/3 cup unsweetened cocoa
  - 2 teaspoons baking powder
  - 1/2 teaspoon salt
- Assorted sprinkles for garnish

1. Heat oven to 350 F. In large bowl, with mixer at medium speed, beat margarine or butter with sugar until creamy. Beat in egg and vanilla. At low speed, beat in flour, cocoa, baking powder and salt just until blended, occasionally scraping bowl with rubber spatula.

2. Divide dough in half. Wrap 1 piece of dough with plastic wrap; set aside. Place sprinkles in pie plate.

3. Working with half of dough on an unfloured work surface, shape 1 tablespoon dough with hands into a 9-inch-long rope. Shape rope into a loop-shaped pretzel; press ends lightly to seal. Gently press pretzel, top side down, into sprinkles. Place pretzels, decorated side up, about 1/2 inch apart on ungreased large cookie sheet.

4. Bake pretzels 15 minutes or until bottoms are lightly browned. Transfer pretzels to wire rack to cool completely. Repeat with other half of dough. Store pretzels in tightly covered container up to 3 weeks.

• Each serving: 120 calories, 4g total fat (1g saturated), 6mg cholesterol, 95mg sodium, 10g total carbohydrate, 1g protein.

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# Crime

**Larceny and theft** over \$500 on the 1700 block of West Henderson.

**Larceny and theft** from building on the 3600 block of North Ashland Avenue.

**Simple battery** at an apartment on the 1500 block of West Henderson Street.

**Vandalism** to a vehicle on the 3500 block of North Janssen Avenue.

**Vandalism** to a vehicle on the 3600 block of North Janssen Avenue.

**Vandalism** to a vehicle on the 3900 block of North Janssen Avenue.

**Simple battery** on the street with minimum injury from an employee on the 3400 block of North Southport Avenue.

**Intimidation and simple assault** at a government building or property on the 1300 block of West Irving Park Road.

**Simple assault** on a CTA platform on the

900 block of West Addison Street.

**Burglary and unlawful entry** to an apartment on the 3000 block of North Fremont Street.

**Larceny and theft** of under \$500 from a restaurant on the 3500 block of North Halsted Street.

**Domestic battery** at an apartment on the 800 block of West Bradley Place.

**Pick pocketing** at a bar or tavern on the 3400 block of North Halsted Street.

**Motor vehicle theft** of an automobile on the street on the 700 block of West Cornelia Avenue.

**Larceny and theft** from a grocery store on the 3800 block of North Broadway.

**Financial identity theft** over \$300 and fraud on the 3700 block of North Pinne Grove Avenue.

**Retail theft** from a

drug store on the 3000 block of North Broadway.

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

**Vandalism to a vehicle** on the street on the 1700 block of West Nelson Street.

**Forgery and counterfeiting** a check on the 3300 block of North Lincoln Avenue.

**Retail theft** from a grocery store on the 2900 block of North Ashland Avenue.

**Motor vehicle theft** of an automobile off the street on the 1400 block of West Cullom Avenue.

**Motor vehicle theft** off the street on the 3500 block of North Janssen Avenue.

**Vandalism** to a residential garage on the 3000 block of North Kenmore Avenue.

**Liquor license violation** at a restaurant on the 3500 block of North Clark Street.

**Pick pocketing** at a park on the 1000 block of West Addison Street.

**Miscellaneous non index offense** to land at a sports arena/stadium on the 1000 block of West Addison Street.

**Theft** over \$500 at a sports arena/stadium on the 1000 block of West Addison Street.

**Simple battery** on the sidewalk on the 800 block of West Belmont Avenue.

**Forgery and counterfeiting** a document at a restaurant on the 800 block of West Belmont Avenue.

**Larceny and theft** under \$500 on the street on the 800 block of West Dakin Street.

**Larceny and theft** on the street on the 3100 block of North Clark Street.

**Simple assault** at a residence on the 800 block of West Newport Avenue.

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

**Simple battery** at a bar or tavern on the 3600 block of North Halsted Street.

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

**Retail theft** at a grocery store on the 3500 block of North Broadway.

**Miscellaneous non index offense** to land at a restaurant on the 3100 block of North Broadway.

**Attempted strong arm robbery** without a weapon on the street on the 2800 block of North Sheridan Road.

**Fraud and bogus check** at an apartment on the 2900 block of North Racine Avenue.

**Burglary and forcible**

**entry** at a restaurant on the 1000 block of West Irving Park Road.

**Simple assault** on the street on the 4200 block of North Bell Avenue.

**Larceny and theft** under \$500 on the street on the 3100 block of North Oakley Avenue.

**Drug abuse violation** with possession of heroin (white) on the street on the 4100 block of North Oakley Avenue.

**Motor vehicle theft** on the street on the 4200 block of North Claremont Avenue.

**Vandalism** to a vehicle on the street on the 4000 block of North Rockwell Street.

**Aggravated battery** with a dangerous weapon on a school or public grounds on the 3500 block of North Hoyne Avenue.

**Criminal sexual assault** in an alley on the 2700 block of West Lawrence Avenue.

**Telephone threat** and simple assault on the 4400 block of North Ravenswood Avenue.

**Drug abuse violation** possibility of Methamphetamines in a parking lot on the 5200 block of North Lincoln Avenue.

**Drug abuse violation** of possible cocaine on the 5500 block of North Virginia Avenue.

**Forgery and counterfeiting** a check at a bank on the 1900 block of West Summerdale Avenue.

**Simple battery** at a parking lot on the 3300 block of North Western Avenue.

**Forgery and counterfeiting** a check at a bank on the 3300 block of North Western Avenue.

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

**Larceny and theft** from a restaurant on the 2100 block of West

Belmont Avenue.

**Aggravated assault** with a knife at an apartment on the 1800 block of West Addison Street.

**Theft** from a small retail store on the 3900 block of North Western Avenue.

**Domestic battery** at a CHA apartment on the 2900 block of North Clybourn Avenue.

**Retail theft** from a small retail store on the 4000 block of North Lincoln Avenue.

**Retail theft** from a drug store on the 4000 block of North Lincoln Avenue.

**Vandalism** to a vehicle on the street on the 1900 block of West Barry Avenue.

**Motor vehicle theft** off the street on the 3000 block of North Hamilton Avenue.

**Harassment by electronic means** to a resident on the 400 block of West Belmont Avenue.

**Fraud and confidence game** reported on the 1700 block of West Newport Avenue.

**Simple battery** on the street on the 500 block of West Surf Street.

**Assault** at a small retail store on the 3200 block of North Broadway.

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

**Vandalism to property** at an apartment on the 3100 block of North Cambridge Avenue.

**Simple battery** on a CTA bus on the 3200 block of North Clark Street.

**Vandalism** to an apartment on the 900 block of West Belmont Avenue.

**Domestic battery** at an apartment on the 3300 block of North Clark Street.

**Motor vehicle theft** of a cycle, scooter, or bike with a VIN number off the street on the 500 block of West Surf Avenue.

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**The Garden Bug** Home-made bug spray

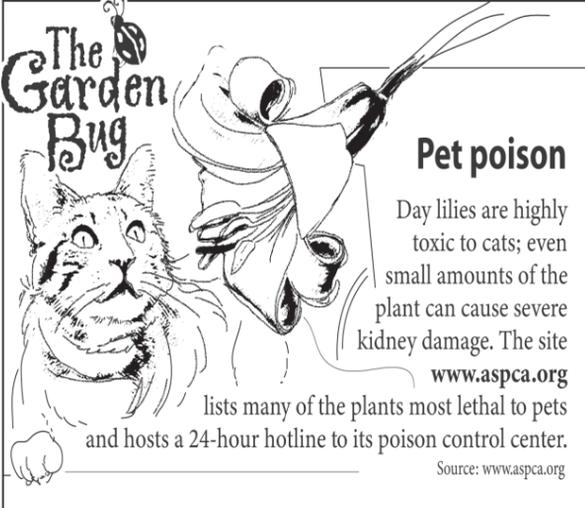
- ½ cup witch hazel
- ½ cup apple cider vinegar
- 40 drops of an essential oil (eucalyptus, lemongrass, citronella, tea tree or rosemary)
- one 8-ounce glass spray bottle

Mix all ingredients well and pour into the glass spray bottle. Spray directly on any area of your skin EXCEPT eyes and mouth. - Brenda Weaver  
Source: draxe.com



**The Garden Bug** Pet poison

Day lilies are highly toxic to cats; even small amounts of the plant can cause severe kidney damage. The site [www.asPCA.org](http://www.asPCA.org) lists many of the plants most lethal to pets and hosts a 24-hour hotline to its poison control center.  
Source: www.asPCA.org



**The Garden Bug** Candytuft

This showy beauty usually has white flowers, but sometimes pink or lilac varieties are available. It can grow up to 18 inches tall. The candytuft likes very well-drained, alkaline soil, lots of sun and does well in most zones in the U.S. It likes stony or gravelly areas, making it a great plant for a rock garden or along a rock wall. Its blooms early spring through summer, and sometimes will bloom again in autumn. - Brenda Weaver  
Source: www.gardeningknowhow.com



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## Quotes worth your time

“Don't poets know it better than others?  
God can't always be everywhere:  
and, so, invented mothers.”  
Sir Edwin Arnold

“Successful mothers are not the ones that have never struggled. They are the ones that never give up, despite the struggles.”  
Sharon Jaynes

“All that I am or ever hope to be, I owe to my mother.”  
Abraham Lincoln

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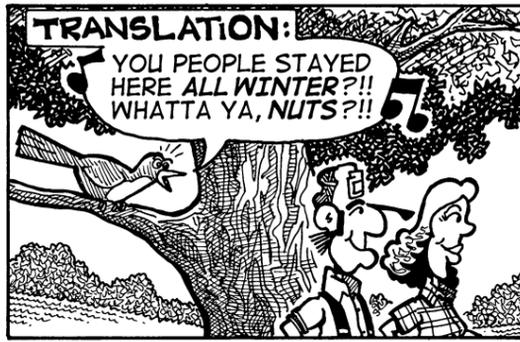
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# Comics

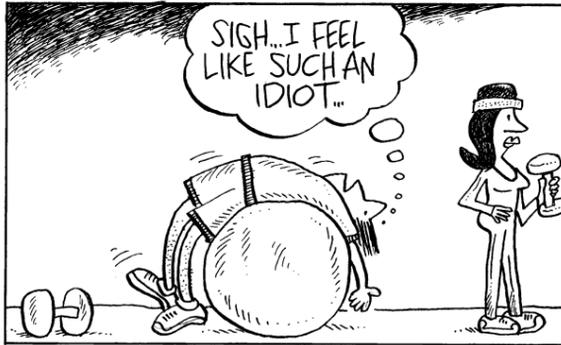
## R.F.D.

by Mike Marland



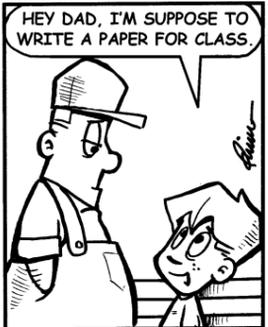
## Out on a Limb

by Gary Kopervas



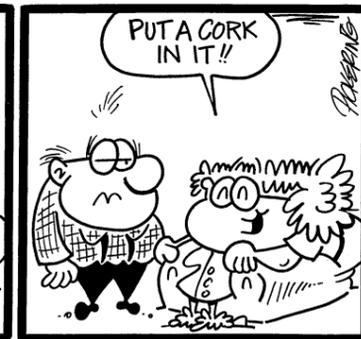
## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

THE NOT-SO-GOOD OL' TV DAYS



## BY AL SCADUTO



EVER HAPPEN TO YOU? TRY TO SLIP OUT ON A DULL SPEECH... AND JUST AS THE SPEAKER PAUSES... THE DOOR STICKS...

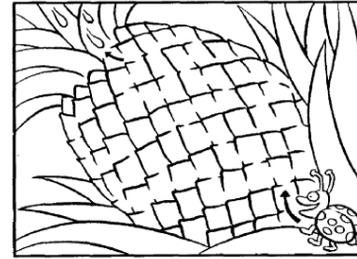
Thank to E. SUSSMAN, OYSTER BAY, N.Y.



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# Junior Whirl

by Charles Barry Townsend



A JUICY JOURNEY! Can you help this little bug find his way across the mazy surface of this sticky pineapple to the nectar oozing from the stem?

### RIDDLE CARD

- Who was the greatest actor in the Bible?
- What key is the hardest to turn?
- What goes up and never goes down?
- What has 18 legs and catches flies?
- What must one do to have soft hands?

Answers: 1. Samson. He brought down the house. 2. A. A baseball team. 3. Your age. 4. A baseball team. 5. Nothing. 6. A baseball team.

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

THE OFFICE OF THE FUTURE ... TODAY! Hidden in the above diagram are 21 words associated with things you might find in a "home office" today. They can be found by reading up or down, side to side, or diagonally. Letters can be used more than once. Listed below are the words you're looking for:

Bookcase	Files	Papers
Cabinet	Floor mat	Pens
Cables	Keyboard	Printer
Calendar	Maps	Scale
Chairs	Markers	Scanner
Computer	Modem	Software
Desk	Monitor	Speakers

CHEMICAL CONFUSION! That young genius Jimmy A. Chiever is shown here creating a new chemical compound he calls "HIJKLMNO." Can you guess what he's really mixing up?



Answer: "HIJKLMNO" is really WATER (H to O, or H<sub>2</sub>O).

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

- STONE
- STENO
- FREIGHTER
- ABRASIVE
- DRIFTWOOD

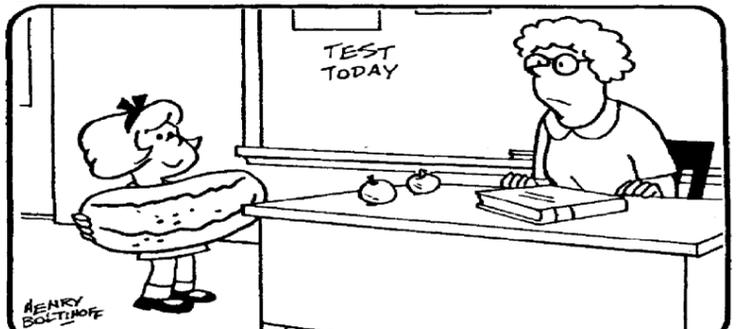
Answer: Abrasive. The other words all contain a "number" within themselves. (1. One, 2. Ten, 3. Eight, 5. Two.)

LINK-UPS! Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word in the right.

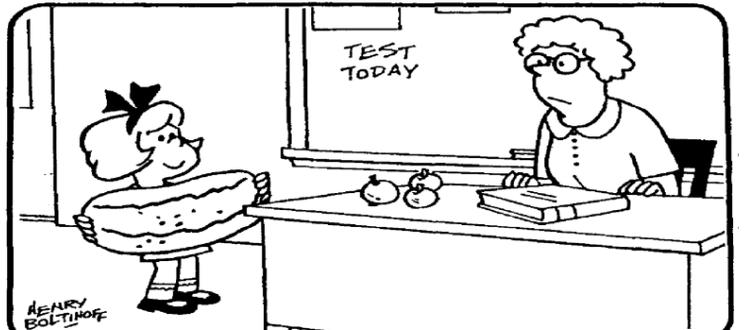
- |         |      |
|---------|------|
| 1. BET  | ICE  |
| 2. TAPE | GET  |
| 3. COW  | RAYS |
| 4. CORN | RED  |
| 5. MID  | EARS |
| 6. END  | LED  |

## HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Girl's bow is bigger. 2. Socks are different. 3. Teacher's dress has buttons. 4. Extra apple is on desk. 5. Blackboard is smaller. 6. Girl's left hand is shown.

## Just Like Cats & Dogs

by Dave T. Phipps





# ON-TREND HOME DESIGN

## 6 design approaches to explore in 2019

**FAMILY FEATURES**

The influence of global cultures is increasingly visible in home decor as technology expands homeowners' worldviews. Acting on the inspiration of global trends can be as simple as shifting your outlook to bringing eye-catching features and everyday functions into your home.

For example, playing with color, replacing doors and incorporating unique accents can help contribute to an on-trend style that flows seamlessly from room to room. Colors offer the opportunity to create a mood and update a space. Doors provide an average of 800 square feet of previously untapped design potential that can add visual interest and enhance the functionality of a room. Unique accents invite whimsy and individuality.

As you make plans to redesign spaces within your home, watch for these trends in 2019 to support your lifestyle needs and design aspirations.

**Nordic Noir**

If you crave simplicity and cleanliness, embrace the Scandinavian approach to design that's all about moderation. Nordic Noir upholds values of minimalism and timeless devotion to well-made elements that are beautiful in their own simplicity. Muted colors like blue-gray and pale rose come to life on walls and in fabrics. Doors made of dark metal and wood paired with glass panels bring natural light and warmth into the home.

**Urban Country**

This trend brings the look and feel of rural living to urban spaces by pairing crisp white and warm neutrals with ornate fixtures. Elements like a craftsman-style front door with sidelights help to accentuate the home's original detailing, while well-crafted, handmade pieces bring the heart and soul of country living into the space.



Urban Country is perfect for the fast-paced urbanite looking to live a more balanced, slow-paced lifestyle. "These macro-trends influence our home design choices, down to the style of a front door," said Lorena Morales, creative director for Masonite International, a leading designer and manufacturer of interior and exterior doors. "With about 800 square feet of design space to work with, doors should play a pivotal role in the design of any home. A homeowner can begin to transform a room's entryway from Urban Country to Nordic Noir simply by choosing a door with glass that's clear over glass with iron caming. Materials, textures and colors are incredibly impactful elements in these trends."

"Trends like Pretty and Calm lean on neutrals that are more compelling than beige to create beautiful and calm interiors," said Kate Rumson, interior designer and founder of The Real Houses of Instagram. "When these pale hues are layered with dark, smoky colors like blacks and grays, this trend can appeal to nearly everyone. To complete the room, pair an ornate door featuring glass or polished nickel hardware with a soft finish to create a design element that's timeless."

**Live and Work**

If you're one of more than 3.4 million Americans working from home at least half of the time, you may require transitional spaces that accommodate both productivity and downtime. To adopt this design trend, consider the use of furniture and products that can serve multiple purposes. For example, modern barn doors in bold tones of vibrant orange or cool blue can provide privacy during work hours and serve as an industrial design accent off-hours.

**Mediterranean Escape**

If you classify yourself as a traveler, you may favor the style of Mediterranean Escape. People who travel tend to bring blended influences from various cultures home. This trend helps homeowners showcase the intricate detail and culture in those treasured pieces. Paired with wrought iron accents, warm colors and arched doorways, Mediterranean Escape adds sophistication and story to nearly any space.

Trends don't have to impede individual design. Global influences like sustainability, craftsmanship and simplicity can be the foundation for creating an environment tailored to meet unique lifestyles and needs. Find more information and 2019 design inspiration at [MasoniteTrends.com](http://MasoniteTrends.com).

**Rustic Luxury**

Geared toward those who need a personal space where they can restore energy and find balance, Rustic Luxury design helps homeowners disconnect from the demands of everyday life. With this trend, the focus is on creating harmony between natural and architectural design elements. Try mixing sculptural design pieces and greenery with natural wood doors and concrete benches for a calming counterbalance to frenetic, fast-paced living.

**Pretty and Calm**

As female buying-power continues to increase, spaces are being redesigned to fit the lifestyles of modern women who often appreciate both contemporary and traditional design. Biophilic elements mixed with pale-hued colors, luxurious touches and textured glass doors are all key features for Pretty and Calm design. To achieve this style, play with textures that feature warm yet bold colors like pale blue, sunshine yellow and sage. Don't be afraid to experiment with dissimilar materials to find the right combination of interest and comfort.



### DECODING DOOR STYLES

**Swinging Door:** This is a hinged door that swings into or out of a room and is the most standard interior door application.

**Bifold Door:** A folding door that has several sections that fold in pairs. Bifolds are most commonly made for closets but may also be used between rooms.

**Bypass Door:** A bypass door consists of two or more sections that can slide in either direction along one axis on parallel overhead

tracks so that they slide past each other. They are most commonly used as closet doors to access one side of the closet at a time. The doors in a bypass unit will overlap slightly when viewed from the front to eliminate any visible gap between them.

**Barn Door:** An on-trend interior door option that uses externally mounted hardware to allow the door to slide over an opening without taking the space needed for a swinging door.



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