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June 2019

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Lakeview

June, 2019

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

Volume 23, Number 8

Interview

Progressives and Socialists



20 Questions

This month's interview is with **Patrick A. Houdek Supervisor, Central Savings** 1601 West Belmont, Chicago, Illinois.

Q. Where were you born and raised?

A. On the West side of Chicago.

Q. Are you married? Any children?

A. I'm not married and have no children.

Q. Where did you attend school?

A. Malcolm X College and I graduated in 2010.

Q. What was your first paying job?

A. I have worked weekends at a restaurant on Taylor Street called The Patio for the past 18 years.

Q. What was the worst job you ever had?

A. I worked for a promoter at a club for 5 months putting flyers on cars.

Q. How and why did you decide to enter the banking field rather than taking some other

career path?

A. I was recommended by a friend that previously worked at Central Savings. I had my Business Administration Degree and she thought it would be a good opportunity for me.

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

A. President Trump. He's doing a job that half the country likes and half don't.

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

A. Italy. I'd go to Naples and Sicily. I have family I've never met from there.

Q. Who do you most admire and why?

A. My parents. No matter how hard life is, they always are there for their kids, even if they have to do without.

Q. What hobbies or special interests do you have?

A. I'm a big movie buff.

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

Continued on page 2

by **Joyce A. Rimel**

Lori Lightfoot was sworn in as Chicago's first black woman mayor and first openly gay mayor. During her inauguration speech, she pointed out that the city clerk and treasurer were also women of color, a first for the city.

She will lead a City Council of 50 members that includes a large progressive caucus and six socialists. The council also includes 13 new aldermen. During her speech she said, "Get ready because reform is here."

In her first official act

as Chicago's mayor, Lori Lightfoot signed an executive order aimed at limiting aldermanic powers. Lightfoot said, it's about "ending the unilateral, unchecked power that aldermen have to control virtually every aspect of business and community life that interacts with the city."

What has changed in your ward?

Alderman Scott Waguespack, 32nd is now chairman of the Progressive Caucus and will take over as chairman of the Fi-

nance Committee. In an interview, he was asked to describe what kind of chairman he would be. He responded by saying, "As open, transparent, non-Rule 14-taking. (abstaining from a final vote). Just making sure that we're working in a timely manner to address a lot of the issues so that we're not rushing people to make decisions from either the administration standpoint or a chairman standpoint." Alderman Ed Burke held this position for decades but

was forced to resign after being charged on Jan. 3 with attempted extortion.

Wrigleyville Alderman Tom Tunney, 44th, will head the Zoning Committee formerly held by Ald. Daniel Solis, 25th. If you recall, earlier this year, it was discovered that Solis had worn a wire while cooperating with federal investigators. Lightfoot was quoted as saying "I think Zoning will play a much more prominent role, just because of

Continued on page 2

What's on your Mind?



"Travel for a concert and taking guests to a concert."

Sarah Tanner



"My daughter's graduating from college and also father's day."

Cora Collins



"When is summer ever going to be starting?"

Nicole Yankowski

Editorial & Opinions

Interview continued from front page.

A. My favorite TV show is "King of Queens". I watch it every day before I come to work; my favorite movie is "Green Book" and my favorite book is any book about Harry Potter by JK Rowling.

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

A. Travel and see more of the world.

Q. What have been your three greatest achievements?

A. Being the first in my family to graduate with an Associates Degree in Business Admin; coming out to my friends and family and losing 40 pounds.

Q. What have been your three greatest disappointments?

A. Not going back to school for Mortuary Science; not traveling more and giving up season tickets for the Chicago Blackhawks after 12 years.

Q. What is your "pet peeve"?

A. People that "crack" their gum.

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

A. Just go for it. It's not going to hurt.

Q. What is your most prized possession?

A. My niece and nephew.

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

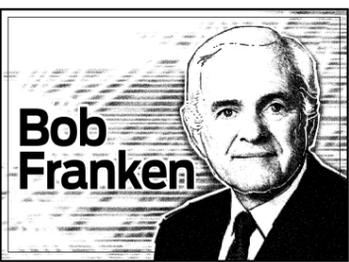
A. Tariffs and it's economic downfall.

Q. What would you change about the Lakeview community?

A. Pot holes. They are ridiculous.

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

A. Live every day like it's your last.



Too Late for Censorship

They say that even a broken clock is right twice a day. Like that broken clock, when President Donald Trump complained recently about social media censorship, he was onto something. We should be very concerned when Facebook executives decide to kick somebody off their social media site just because the offender is anti-social.

Actually, the term they use is "dangerous individuals," and arguably what these expelled guys regularly spew out is dangerously crazy. Alex Jones was given the boot, along with removal of links to his Infowars site, which constantly puts out extremist conspiracy theories. So was Louis Farrakhan, but most of those on the do-not-vie list were either on the far right, or even further right, out there in Goofyland.

The problem with censorship is in who decides who's dangerous. One guy's "dangerous" is another one's provocative, or perhaps someone who is just a worthwhile but annoying dissenter. Do you want Mark Zuckerberg, some other techie or businessman or, most ominously, a government official deciding who's "dangerous"? Obviously, the bozos who were kicked off Facebook (and Instagram, too) have a screw loose. Society would be a better place if their fantasies were not shared with anyone, much less everyone on the planet, but who draws the line?

Trump's millions of supporters consider themselves victims of anything and everything. The president knows that, and he speaks their aggrieved language. It's all a giant plot, he thunders, to discriminate against conserva-

tives by shutting down the ideas they'd express over Facebook, Twitter and all the other media that claim to be everyone's megaphone.

Now he and his accomplices have come up with another opportunistic scam to exploit that paranoia. The White House has released a form. If anyone out there believes he or she has been discriminated against by the sinister guys who run social media, he or she can fill out the form. It's not just another way to push the buttons of his frightened faithful; instead, Trump claims it's available to everybody, no matter what the political outlook.

It asks for contact information: name, address, email address, along with citizenship and residency status. Additionally, it seeks links and screenshots of any material posted that was allegedly censored. Danger! Danger! Your email addresses alone are gold. Anyone who provides that information can expect to be barraged with fundraising appeals. No word on whether the Russian trolls will have to list where they're from.

Much of the other information requested on this innocuous form has a potential to be scooped up and put in some database somewhere, just like the ones controlled by Facebook and all the others.

In the process of constructing this global mess, the social media brainiacs just may have created a problem that does not have a solution. In addition to the perils of censorship, we have on the other side the insidious potential of misinformation, gross distortions and hatred put out there for the gullible to lap right up. Maybe the technology has seized control.

Notwithstanding that broken clock, time doesn't stand still. Nor, as Trump suggests, can we return to the past. Thanks to technology, and our own unwillingness to responsibly filter what we read on the internet, the future may be splattered with even more ignorance and hate.

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

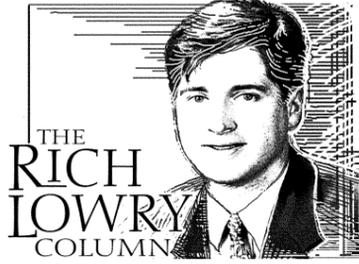
Progressives and Socialists story from front page

the amount of developments that we're going to have, including clearing out the detritus from Danny Solis."

In the 47th ward, Ameya Pawar, who served two terms, resigned to run for treasurer. Matt Martin, an attorney, won the seat after one of the most contested in Chicago facing off with candidate Michael Negron. His priorities include full funding schools, affordable housing, police reform LGBTQ rights, immigration and reproductive rights.

In other races for alderman, 6 democratic socialists won races. Socialism is alive and well in the City Council and a growing national trend. Chicago has experienced the biggest electoral victory for socialism

in modern American history. Members of the group now control one-tenth of the City Council's 50 seats. Some of the incoming class of councilmen have advocated for moving the council's progressive caucus to the left or calling for a socialist caucus within the progressives. Ramirez-Rosa, 33rd, said that she plans to work with Waguespack since they plan to be members of the Progressive Caucus. However, some tension could arise between the two caucuses as she stated that the socialists will continue to push for reform. Alderman Waguespack said that governing takes compromise.
TO BE CONTINUED!



Has Trump Driven Democrats Sane?

The Joe Biden polling surge has raised the frightful specter of Democratic rationality.

What if Donald Trump hasn't driven Democrats insane, sending them into a spiral of self-defeating radicalism, but instead made them shockingly pragmatic?

Biden's early strength suggests it may be the latter, that the reaction to Trump is so intense that it has crossed some sort of event horizon from fevered fantasy of his leaving office early via resignation or impeachment to a cold-eyed, win-at-any-cost practicality.

If this is true, one of the exogenous factors that could appreciably increase Trump's odds of reelection — a zany Democratic nomination contest leading to a nominee much too far left for the American electorate — may not materialize.

The commonsense play for the Democrats has always been to nominate a nonsocialist with appeal to Obama-to-Trump voters in former Blue Wall states — if not necessarily Biden, then someone with a similar, relatively moderate profile.

If hardly dispositive, Biden's robust numbers at least suggest that this play is more likely than it seemed in the very early going, when candidates were stumbling over one another apologizing for sundry alleged offenses in the Woke Olympics.

I'm as surprised as anyone. What's extraordinary, though, is that almost every Democratic candidate might have been misreading it as well, and chasing the wrong rabbit down the track.

Certainly, Bernie Sanders dominat-

ed the intellectual and policy debate in the wake of his 2016 run, driving other presidential candidates to embrace his signature proposals. And Alexandria Ocasio-Cortez is a genuine political star.

It's only because the center of gravity of the party has clearly moved left that Biden, always a standard liberal, now sounds like a centrist when he calls himself an Obama-Biden Democrat.

Electability is usually a wan, uninspiring rationale for lackluster establishment campaigns, but Trump may have transformed into something more urgent and exciting for Democrats in 2020.

In this scenario, fear and loathing of Trump doesn't drive Democrats into a politically risky dead end-like impeachment — although that's still possible — but a sensible appraisal of how to beat him at the ballot box.

In a recent CNN poll, about half of Democrats said it's "extremely important" that a candidate have a good chance of beating Trump, much higher than any other candidate quality. Journalists on the trail have reported hearing the same thing from Democratic voters.

Of course, if we learned anything from 2016, it's that pundits know much less about electability than we think. Biden's paper strength may dissipate.

How often in American politics has the old candidate promising a restoration won? History shows that Democrats have had better electoral luck when they fall in love with a youthful candidate promising a fresh start. Think Bill Clinton, not Walter Mondale; Barack Obama, not Hillary Clinton.

Biden's electability will have to be proven not just in general election polling matchups with Trump, but day-by-day campaigning during the primaries with more incoming than he's experienced to date.

All that said, Biden's level of support out of the gate has already changed the narrative of the race. It may be that he's understood how Trump is shaping the 2020 landscape better than his more with-it Democratic competitors.

Rich Lowry is editor of the National Review.



Lakeview Newspaper

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Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Kathleen O'Hara

June 2019

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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FATHER'S DAY
SUNDAY, JUNE 16

SENIOR NEWS LINE

by Matilda Charles

SeniorSafe Act Lets Banks Call the Cops

Congress took a big step last year to protect our financial interests. The SeniorSafe Act gives immunity to bank employees who call the authorities if they think a senior is being scammed.

It's not quite that simple, but that's the end result. Too often when seniors are being scammed, they go to the bank to ask about transferring or withdrawing large sums of money and wiring it to others. In scams, that can mean fake grandchildren or fake IRS employees who have scared us. It's estimated that seniors lose \$3 billion per year to financial exploitation.

Until now, the bank was unable to step in, even if it knew something was wrong, being told that privacy was more important than mere suspicions. Now certain bank employees, specially trained to identify questionable activities, will have immunity, or freedom from a lawsuit.

And it's not just banks. Other types of financial institutions also will be given this ability to help. Our investment advisers, brokers, insurance agents, credit unions and others also can train and designate certain employees to act. In return, the institution itself also gets immunity for the disclosure of private information to law enforcement.

That's not to say it's now required that banks and other institutions call the police if they suspect a senior is being financially exploited. Authors of the bill hope that by providing immunity it will encourage financial institutions to step up after they're trained.

A few states already have this protection against financial elder abuse, but now it's federal, and all states will need to follow the law. If enough financial institutions sign up for the program, it could go a long way toward helping seniors to avoid being victims.

VETERANS POST

by Freddy Groves

Women Veterans Get Expanded Call Center

The Department of Veterans Affairs has added another way for women veterans to get information about benefits and health care. Besides calling or chatting, those with questions can now text the Women Veterans Call Center. Since opening in 2013, the center has received 83,000 calls.

For the half million women veterans using VA health care, the call center can provide information on available resources and eligibility, and if a veteran is in crisis (homeless or at risk for suicide), she can get help there as well.

For women-centric information on health care and the services available at the VA, go online to www.womenhealth.va.gov. In the top right corner of the page is a Chat with the Call Center button. Or scroll down the right column and look at What's New information on reimbursement of certain adoption expenses if a service-related disability has resulted in infertility, women veteran athletes, breast cancer and more. On the left side of the screen, the Health Topics A to Z cover hundreds of medical conditions.

The number of women who are sexually assaulted in the military has either risen or the number who report it has increased. One in five who go to VA health facilities report that they were sexually assaulted in the military. The VA treats Military Sexual Trauma for free, and some veterans can receive treatment even if they don't qualify for other VA care. There is an MST Coordinator in every health care facility. To access help, call the nearest medical center and ask for that coordinator. For contact information, veterans can also call or text the center.

To reach the center, call or send a text to 855-829-6636. Put the call center number in your cellphone in case you need it.

Strange BUT TRUE

By Samantha Weaver

• "It is far better to grasp the Universe as it really is than to persist in delusion, however satisfying and reassuring." — *Carl Sagan*

• You might be surprised to learn that some fish can hibernate. During the long, dark winters, the Antarctic cod will burrow under the seabed and stay there for days at a time, cutting its metabolism by two-thirds.

• Despite the fact that famed magician Harry Houdini exposed a number of mediums and psychics as frauds, Sherlock Holmes novelist Sir Arthur Conan Doyle persisted in believing that Houdini himself was a medium.

• Wearing skinny jeans can cause varicose veins.

• In Germany, Rice Krispies don't say "Snap, Crackle, Pop"; they say "Knisper, Knasper, Knusper."

• Squid are well known for their uncanny ability to camouflage themselves by changing their color to match their background. What's really odd, though, is the fact that the creatures are color-blind.

• The word "conspire" means, literally, "to breathe together," meaning to be in harmony.

• Even though he was arrested and put on trial numerous times, famed 19th-century outlaw Frank James was never convicted of anything and never went to prison. He died in 1915, at the age of 72, of natural causes.

• Those who study such things say that not all your fingernails grow at the same rate. It seems the nail on your middle finger is a bit of an overachiever — it grows faster than the nails on your other fingers.

Thought for the Day: "Give all power to the many, and they will oppress the few. Give all power to the few, and they will oppress the many. Both therefore ought to have power, that each may defend itself against the other." — *Alexander Hamilton*

Moments in time

THE HISTORY CHANNEL

• On **June 9, 1772**, colonists, angered by the British Parliament's passing of the Townshend Acts restricting colonial trade, board and set ablaze the HMS Gaspee, an armed British customs schooner that had run aground. British officials found no one willing to identify those involved, and the inquiry closed without result.

• On **June 4, 1919**, the 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote, is passed by Congress and sent to the states for ratification. On Aug. 18, 1920, Tennessee became the 36th state to ratify the amendment, giving it the two-thirds majority necessary to make it the law of the land.

• On **June 3, 1937**, the duke of Windsor — formerly King Edward VIII — marries Wallis Warfield Simpson, the American divorcee for whom he abdicated the British throne in 1936.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Moorish Chair

The major furniture styles used in the United States have names, some for royalty, others for talented designers and cabinetmakers. But by the 1900s, furniture was named for styles of art. Starting in the 1600s, there was Pilgrim, William and Mary (English King and Queen); Queen Anne (also

style, a mixture of Turkish, Spanish and Arabian designs.

Decorators today like to have an "accent piece" in a plain contemporary room; something that is unique or at least very unfamiliar. Recently a pair of Moorish chairs were in an auction in New Orleans. They were made in the unfamiliar style and were carved, ebonized and had mother-of-pearl inlay. The backs were pierced with scrolled crests, and seat fronts that looked like small picket fences. The pair of unusual chairs were estimated at \$1,200 to \$1,800.



This unusual chair is one of a pair of Moorish chairs offered in a recent auction. The design was inspired by furniture from many countries and would make a good accent piece in a plain modern room.

Q. We inherited a Handel lamp with a painted glass shade and are interested in finding out its value so we can sell it. It has a small amount of damage, but the lamp itself works. What do you think it's worth?

A. Handel lamps in good condition can sell for over several thousand dollars. Reverse-painted shades sell for the highest prices, but even a bronze Handel lamp base without the shade can sell for a few hundred dollars or more. Most Handel lamps are marked. Look for marks on the base, rim and inside the bottom of the shade. If you find a four-digit number code on the shade, you may be able to find the value online. However, damaged shades are hard to sell. Reproduction Handel shades have been made and are of little value.

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To RSVP to this event, or to schedule a personal tour, please call 877-591-6722 or visit www.TurnToArtis.com/News



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Health



B-12 Shot Leaves Arm Paralyzed

DEAR DR. ROACH: Two years ago at my yearly physical, my doctor said I was low on vitamin B-12 and that the only way to increase it was through a shot in the arm. I received my first shot that day, and my arm was paralyzed for four days. I went in a week later for my second shot, only to have the same thing happen again. I didn't get any more shots. It still hurts to this day, even though an MRI shows nothing wrong. The specialist says it was just coincidence. I cannot hold my arm over my head or stretch it out. What's your take? — *D.R.*

ANSWER: Well, I don't believe it was just coincidence. Nerve damage following injection is extremely rare, but it sounds like what you are describing. This can be due to direct trauma to the nerve by the needle, or by an inflammatory reaction. The treatment is physical therapy, but unfortunately for you, it works best if begun right away. I still think it is worth your while, however.

Also, vitamin B-12 deficiency absolutely can be treated with oral vitamin B-12. Although pernicious anemia, the most common form of vitamin B-12 deficiency, is due to poor B-12 absorption, this can be overcome simply by giving much more B-12 than the body usually needs. A dose of 1 mg daily by mouth is a safe, inexpensive and effective treatment for vitamin B-12 deficiency. Many of my patients

still want the injection, however, even though it seems inexplicable to me.

DEAR DR. ROACH: Yesterday, while walking barefoot in my back yard, I stepped on a bee. This has happened to me before, and it seems that each time the results are a little worse. After I removed the stinger from the underside of one of my toes, I put ice on the sting and took a Benadryl. Since this happened in the evening, I was able to elevate my leg for the rest of the night. In the morning, the area was swollen, red, hot and painful. Now, after my usual three-mile morning power walk, the swelling and soreness is spreading up my foot.

I am notorious for going barefoot and stepping on bees. I just know this will happen again. Do you have any suggestions for what might help prevent a bee sting from going "viral"?

ANSWER: Your best bet is not to get stung in the first place, which for you means not stepping barefoot where bees might be. It's particularly important for you, as local reactions to bee stings do tend to get worse over time. Fortunately, they do not usually predict the life-threatening anaphylactic reaction.

Once stung by a bee, remove the stinger, within seconds if possible, since the venom can continue to be released for several seconds. The local reaction usually lasts less than a day in most people, but it can last up to five days.

The reason the swelling and soreness spread after your walk is that the exercise and increased blood flow to the area allowed the venom to move to different areas, and the inflammatory response also progressed. I would recommend that you continue cold compresses and avoid your power walks for at least another day or two after a sting.

Blood Pressure Drops When He Stands Up

DEAR DR. ROACH: Will you write about orthostatic hypotension? I've been told I have this disorder. I'm a retired 86-year-old man in fairly good medical shape. I

want to regain my regular activities.

My regular doctor put me on labetalol. I think he is researching this a bit himself. This apparently is not a frequent problem. I have found articles about it on the internet, but the medical language is not easy to understand. — *R.T.F.*

ANSWER: "Orthostatic hypotension" literally means "low blood pressure on standing upright." It is a symptom, not a diagnosis. There are many medical conditions that can lead to the symptom of orthostatic hypotension, but many people, especially those over 65, have no discernable cause that can be found.

On standing, the blood pools in our veins, and the heart and blood vessels need to rapidly adjust to prevent blood pressure from falling too much. Even a brief drop in blood pressure can lead to a sensation of lightheadedness, and to fainting if it is more severe and prolonged. Normally, blood pressure drops about five points, but the body compensates by increasing heart rate and by constricting blood vessels.

As we get older, our body's ability to adapt to rapid changes in position can diminish. Medications, especially beta blockers and antidepressants, interfere with the body's coping mechanisms. So I am surprised that your doctor is trying labetalol, since it is both a beta and alpha blocker, and it is one of the

most notorious causes of orthostatic hypotension. But it can be difficult in older people with high blood pressure to find a medicine that doesn't make orthostatic hypotension worse.

Some general advice may be of benefit. First, don't try to get up too quickly. If lying down, sit up for a few minutes before trying to stand, to give your body time to adapt. If your doctor says it's OK, increase salt and water intake.

In your case, it might be worth finding someone, like a hypertension expert or a cardiologist, with more expertise in managing orthostatic hypotension. I assure you it is far more common than you might think.

DEAR DR. ROACH: I have been experiencing shortness of breath whenever I vacation and walk in the

mountains. I was a smoker, but I quit 31 years ago. My doctor sent me for the lung capacity breathing test, and I passed with flying colors. The technician said my number was one of the highest she has seen. This concerns me. Why is it happening? — *N.L.*

ANSWER: I have two concerns. The first is that lung capacity is a measure of just what it sounds like — how big the lungs are. When the technician says it's among the biggest she's seen, I worry that it's too big. An elevated lung capacity can go along with emphysema, which can be related to distant smoking or can be due to a condition called alpha-1 antitrypsin deficiency. Emphysema can be diagnosed by other components of pulmonary function tests, particularly a test called the DLCO, and confirmed by X-ray or CT.

However, breathing problems also might indicate heart problems and anemia, so you might need another visit. On the other hand, there is less oxygen in the thin mountain air, so some degree of shortness of breath might not be abnormal.

Looks Like Acne, But It's Not

DEAR DR. ROACH: I have never seen anything in your column about sebaceous hyperplasia. I read that it is quite similar to acne and that a person could use an acne treatment to keep the condition in check. Could you give your thoughts on this? — *R.G.*

ANSWER: Although sebaceous hyperplasia can be mistaken for acne, sebaceous hyperplasia happens mostly to middle-aged adults (or newborns).

These bumps appear most commonly on the forehead and cheeks, and have an umbilicus (a small hole) in the center. They are enlargements of the oil-producing sebaceous glands. They happen particularly in people with oily skin.

Treatment can be challenging. Reducing dietary fat and using a good-quality skin-care regimen for oily skin may help. Dermatologists can treat these when they are cosmetically important, not because they cause harm in themselves. Although

they can be mistaken for basal cell cancers of the skin, they are not cancerous or pre-cancerous. They are mostly treated mechanically, and by that I mean using a surgical technique like cauterization or excision. But these techniques can leave scars. Laser and phototherapy have good cosmetic results but are expensive. Isotretinoin, a systemic acne drug with significant side effects, also has been shown in a small study to be effective.

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

Drowning in Debt

Massive debt can feel paralyzing. However, inaction is a bad idea. The four main types of household debt are auto loans, mortgages, credit card balances and student loans. Medical debt is also an issue. Here are some effective moves you can make.

STOP THE BLEEDING

You can't lower debt if you keep adding to it. Put the brakes on using plastic for impulse buying. Do a lot of on-

line shopping? Visit your go-to sites and delete any credit card or other payment method on file. No more one-click ordering.

Don't commit to taking on a larger debt like a car payment, until you have remedied your situation. Next, look at your finances to see how much money is going out each month and how much is coming in. Sit down with a pad of paper to tally it all up or use a smartphone app like Mint to track your spending. If your cash outflow exceeds your inflow, you now see exactly how much spending you need to cut or how

much more income you need. Going out to eat or drink less often is an easy place to start.

CUT OFF THE KIDS

People jeopardize their own retirement by giving adult children money to cover cellphone bills, making their car payments or student loan payments. Show your children that you're in the red and you need to stick to a budget.

CULL YOUR CHARGES

Cancel subscriptions you can do without, the health club you rarely visit and the TV channels you never watch. Check out the costs of bundled and unbundled TV, internet and telephone services.

ASSESS INSURANCE PREMIUMS

Increasing the deductibles on your car and home insurance can reduce your premiums dramatically.

START A PAY-DOWN PLAN

Focus on credit cards, since they have the highest interest rates. There are two methods for reducing card debt. Line up your credit card bills from the one with the lowest interest rate to the highest. Make just the minimum monthly payment

on all the cards other than the one with the highest interest, then put as much as you can on the highest rate card. This strategy minimizes the interest that you pay.

The other method is to put the most you can toward the card with the smallest balance and make minimum payments on the rest. By attacking the smallest debt, you'll speed up the time it takes to get that first satisfying feeling of cutting one of your balances to zero. Whichever method you choose, automate your payments. When forgetting to pay a bill, the late payment is outrageous, plus you're paying extra interest.

WORK ON THE REST

Work hard to stay out of collection. It's much harder to get a bill reduced after it goes into collection.

Negotiate payment terms with medical providers, letting them know about the challenges you face. Make it clear that you want to make good on your debt, but you need time.

Next up is student loans. If yours are federally backed, you probably have a low interest rate. Investigate loan

consolidation, which can lower both your rate and your monthly payments.

Your mortgage is usually the last place to direct additional funds. Just make the payments and don't put in anything extra.

Consider taking on a "debt repayment" part time job.

GET

PROFESSIONAL HELP

If all your strategizing doesn't help you much, you may want to work with a credit counseling agency, which can consolidate and reduce your monthly card payments. Look for ones belonging to the National Foundation for Credit Counseling or the Financial Counseling Association of America.

Bankruptcy is a last resort. An attorney can help you explore the difference between Chapter 7 which can free you from many impossible debts and Chapter 13 which can help you set up a workable payment plan. A Chapter 13 bankruptcy stays on your credit records for seven years; a Chapter 7 filing, 10 years. Any loans you can get during that time will be expensive. But that might be the price you pay for a fresh start.

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1. Who co-wrote and released "Amoreena"?
2. Name the rock band that released "Lowdown."
3. Who had a hit with "I Will Always Think About You"?
4. Who wrote and released "1-2-3" in 1965?
5. Name the song that contains this lyric: "Dear darlin', surprised to hear from me? Bet you're sittin' drinkin' coffee, yawnin' sleepily, Just to let you know I'm gonna be home soon."

Answers

1. Elton John, in 1970. The song, off his "Tumbleweed Connection" album, can be heard in the opening of the film "Dog Day Afternoon."
2. Chicago, off their third album in 1971. It was written by band members Peter Cetera and Danny Seraphine.
3. New Colony Six, in 1968. Although it peaked at No. 22 on the U.S. Billboard charts, it was a No. 1 hit in the Chicago market.
4. Len Barry. He was sued by Motown writers for allegedly rewriting The Supremes' single "Ask Any Girl" and agreed to give them 15% of the song's royalties.
5. "How You Gonna See Me Now," by Alice Cooper (born Vincent Damon Furnier) in 1978. Legend says Cooper wrote the song after he had himself committed to a sanitarium for treatment of alcoholism. After his release, the band's road show was modeled on an asylum.



Strange BUT TRUE

By Samantha Weaver

• It was Russian-born composer Igor Stravinsky who made the following sage observation: "Silence will save me from being wrong (and foolish), but it will also deprive me of the possibility of being right."

• You might be surprised to learn that a male lion can mate up to 50 times in one day.

• Before the iconic reclining armchair was dubbed "La-Z-Boy," the names "Sit-N-Snooze," "Slack Back" and "Comfort Carrier" were considered.

• A researcher calculated that across the country of Great Britain, the weight of all the insects that are eaten by spiders in a year would be more than the combined weight of all the people who live there.

• A 22-year-old man who was trying to board a flight in Cairo, Egypt, bound for Saudi Arabia was stopped by security officers when the X-ray of his hand luggage showed some strange results. It seems that the man was attempting to transport 250 baby crocodiles and — wait for it — a live cobra. (Animal lovers will be pleased to learn that the creatures were not harmed; they were turned over to the Cairo zoo.)

• Those who study such things say that automatic teller machines are three times more likely to be robbed between 6 and 9 p.m. than at any other time of day.

• According to horse-racing regulations, no racehorse's name can have more than 18 characters — anything longer would be cumbersome on racing sheets.

• In some parts of Europe, red roses are considered to be omens of evil. Seeing the petals fall from a red rose is a portent of death.

Thought for the Day: "The moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life — the sick, the needy and the handicapped." —Hubert Horatio Humphrey



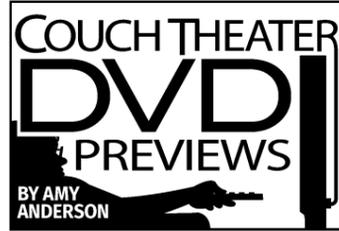
1. **John Wick: Chapter 3 — Parabellum** (R) Keanu Reeves, Halle Berry
2. **Avengers: Endgame** (PG-13) Robert Downey Jr., Chris Evans
3. **Pokemon Detective Pikachu** (PG) Ryan Reynolds, Justice Smith
4. **A Dog's Journey** (PG) Josh Gad, Dennis Quaid
5. **The Hustle** (PG-13) Anne Hathaway, Rebel Wilson
6. **The Intruder** (PG-13) Dennis Quaid, Meagan Good
7. **Long Shot** (R) Charlize Theron, Seth Rogen
8. **The Sun Is Also a Star** .. (PG-13) Yara Shahidi, Charles Melton
9. **Poms** (PG-13) Diane Keaton, Jacki Weaver
10. **UglyDolls** (PG) animated



DOG BREEDS in America

1. Chihuahua
2. Labrador Retriever
3. Pit bull
4. German Shepherd
5. Yorkshire Terrier
6. Shih Tzu
7. French Bulldog
8. Golden Retriever
9. Dachshund
10. Siberian Husky

Source: Ollie



Greta (R) — A handbag that's been left on a subway is returned by a good Samaritan to Greta (Isabella Huppert), a grateful but lonely piano teacher. The do-gooder, Frances (Chloe Grace Moretz), has recently lost her mother, and Greta strikes up a friendship with the young woman. But it turns out Greta is a crazy stalker, and Frances fights to break up with her ... then things get weird. This is a psychological thriller with moments of demented levity, but it also contains gaping, level-9 plot holes that had me rolling my eyes and adding my own commentary. It sure was fun to watch Huppert's crazy lady antics, though. And I enjoyed Maika Monroe in the role of Frances' roommate Erika.



Focus Features

Isabella Huppert, Chloe Grace Moretz in "Greta"

A Vigilante (R) — Sadie (Olivia Wilde) is a domestic abuse survivor whose preferred method of therapy is revenge, a service she does out for the similarly situated women and children she meets. Her abuser remains free, and as she consolidates her resolve, she tracks him down for her own kill-shot of closure. It would be easy to have made this strictly a revenge fantasy — Sadie is broken, but also strong and real. The vengeance she exacts is satisfying. While Wilde balances her vigilante with glimpses into the battered victim beneath, director Sarah Daggar-Nickson shares a holistic focus that goes beyond the rage.

Lords of Chaos (R) — In a story that's as dark as the music it chronicles, Rory Culkin stars as Euronymous, self-appointed founder of True Norwegian Black Metal and spawner of the band Mayhem in mid-1980s Oslo. The film follows the black metal doctrine and its adherents that form a loose group based out of Euronymous'

The evening sees a successful rehearsal and filming, so they celebrate with copious libations, including an unbeknownst-to-the-partakers LSD-laced sangria. As the night wears on, the hallucinogenic performers degenerate into dramatics, hedonism and criminal destruction. I'd say it "stars" Sofia Boutella, but that's simply because she is the only actress among a troupe of professional dancers, and unfortunately it shows. Although if you're a fan of modern dance, hysteria, violent orgy scenes and trippy cinematography, you are in the very select target audience.

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Top 10 Video On Demand

1. **What Men Want** (R) Taraji P. Henson
2. **The LEGO Movie 2: The Second Part** (PG) animated
3. **Serenity** (R) Matthew McConaughey
4. **The Mule** (R) Clint Eastwood
5. **Glass** (PG-13) James McAvoy
6. **Aquaman** (PG-13) Jason Momoa
7. **They Shall Not Grow Old** (R) documentary
8. **The Prodigy** (R) Taylor Schilling
9. **Artic** (PG-13) Mads Mikkelsen
10. **A Star Is Born** (R) Lady Gaga

Top 10 DVD, Blu-ray Sales

1. **The LEGO Movie 2: The Second Part** (PG) Warner
2. **What Men Want** (R) Paramount
3. **Aquaman** (PG-13) Warner Bros.
4. **Glass** (PG-13) Universal
5. **Bumblebee** (PG-13) Paramount
6. **The Mule** (R) Warner Bros.
7. **Dragon Ball Super: Broly — The Movie** (PG) Funimation
8. **Spider-Man: Into the Spider-Verse** (PG) Sony Pictures
9. **A Star Is Born** (R) Warner
10. **Mary Poppins Returns** (PG) Disney

Sources: comScore/Media Play News



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What's Hot in Hollywood

HOLLYWOOD — Best-actor Oscar winner **Rami Malek**, for “Bohemian Rhapsody,” has left “Mr. Robot” behind to be 007 **Daniel Craig’s** nemesis in “Bond 25.” **Ralph Fiennes** (M) and **Naomie Harris** (Eve Moneypenny) are returning to assist Bond. Prior to the April 2020 release of “Bond 25,” we’ll see Daniel Craig’s mystery/crime drama “Knives Out,” with **Chris Evans**, **Michael Shannon**, **Jamie Lee Curtis**, **Don Johnson**, **Toni Collette** and **Christopher Plummer** (due Nov. 27).

Leonardo DiCaprio, who’s completed playing fictional cowboy star **Rick Dalton** in **Quentin Tarantino’s** “Once Upon a Time in Hollywood” (due July 26), will next star in “Nightmare Alley” from Oscar-winning director **Guillermo Del Toro**. It’s a remake of the 1947 film noir drama that starred screen heartthrob **Tyrone Power**. Leo plays a corrupt con man who teams up with a female psychiatrist to scam people.

Clint Eastwood currently is directing “The Ballad of Richard Jewell,” about the security guard whose life is turned upside down after it’s leaked, by law enforcement, that he’s a suspect in the Olympic Park bombing in 1996, turning him from a hero to a criminal.

Steven Spielberg has lost round one of his fight with Netflix to have the Academy change its rules for films to qualify for Oscar nominations. Films must be shown in a Los Angeles theater for a week to qualify, and even though the multiple Oscar-winner “Roma” did that, Spielberg felt “Roma” was made for streaming and wants the rules changed so films must have a theatrical run before being available for TV or downloading. Times they are a changing.

Speaking of Netflix, **Ben Affleck** has signed to star in the World War II drama “Ghost Army,” based on a Netflix documentary about soldiers who fool the enemy by using inflatable tanks, sound effects and other trickery.

Back in the 1950s, movie studios utilized widescreen CinemaScope and 3-D to get people back into theatres after the advent of television. Today studios are using IMAX and 3-D to



United Artists

Daniel Craig as 007

make The Marvel Universe of comic-book heroes larger than life. “Avengers: Infinity War” grossed over \$2 billion, making it the fourth all-time box office earner (behind “Avatar,” “Titanic” and “Star Wars: The Force Awakens”). “Captain Marvel” earned more than a \$1 billion, while “Shazam,” from DC Comics, easily grossed more than \$500 million.

But the story here is about “Avengers: Endgame” which grossed \$107 million its opening day in Japan (before opening in the U.S.) and amassed a \$200 million advance ticket sale. That could challenge “Avatar” for first place ... that is until “Avatar” 2, 3 and 4 are released three years in a row starting Dec. 18, 2020, which could be the beginning of “The Endgame”!

HOLLYWOOD — **Will Smith** is reportedly being paid a whopping \$35 million by Netflix for “Bright 2” (the original “Bright,” with **Joel Edgerton**, cost \$90 million to make). That’s more than the busiest guy in movies, **Dwayne Johnson**, who makes \$20 million per film. Will has a cameo in “Student of the Year 2” (now in theaters), but goes big and wide as the Genie in the live-action “Aladdin” (out May 24), and the animated spy comedy “Spies in Disguise,” with **Tom Holland** (due

Sept. 13). Next he’ll star in three-time Oscar-winning director **Ang Lee’s** sci-fi film “Gemini Man,” in which Smith plays the dual role of a man and his own clone (coming Oct. 11), followed by the action comedy “Bad Boys for Life,” with **Martin Lawrence** and **Vanessa Hudgens** (Jan. 17).

Ryan Reynolds, who starred in and co-produced “Deadpool” (which grossed \$783 million) and its sequel (\$785 million gross), has upped his price and star status. He is reportedly getting \$27 million from Netflix to star in “6 Underground,” about a billionaire-financed vigilante squad. Meanwhile, Reynolds’ “The Hitman’s Bodyguard,” which earned \$176 million, has spawned a sequel, “The Hitman’s Wife’s Bodyguard,” with **Samuel L. Jackson** and **Salma Hayek** (due in 2020). His latest film, the just-released “Pokémon Detective Pikachu,” is a big hit.



Depositphotos

Will Smith

Hollywood is well-represented in nominations for this year’s Tony Awards (June 9 at Radio City Music Hall), with the musicals “Beetlejuice” (eight nominations) and “Tootsie” (11 nominations). Among acting nominations are **Bryan Cranston** (“Network”), **Jeff Daniels** (“To Kill a Mockingbird”), “Star Wars” **Adam Driver** (“Burn This”), **Annette Bening** (“All My Sons”) and **Laurie Metcalf** (“Hillary and Clinton”). As they say, “Everything old is new again” ... again!



by cindy elavsky

Q. “Mom” is my favorite comedy, but did I miss something? Early in season six, they explained why Christy’s daughter Violet was no longer on the show, but what about her son, Roscoe? He just disappeared and isn’t even mentioned. — *B.H.*

A. When “Mom” premiered on CBS in 2013, Anna Faris’ character, Christy, had two children and the focus of the sitcom was on her and co-star Allison Janney’s funny but dysfunctional relationship. After a few years, Chuck Lorre, co-creator of the show, decided that in order to keep the show fresh, the writers had to expand Christy’s life outside of the home. Mimi Kennedy and Jaime Pressly joined the cast as fellow AA group members, and son Roscoe (Blake Garrett Rosenthal) was never seen again. We’re just supposed to assume he’s alive — somewhere.

“Mom” has been renewed for two more seasons. Perhaps on the series finale, Roscoe will come down from the attic, sporting a long beard, and explain that he’s been playing Fortnite for the past several years. Joking aside, I believe the show will address his absence one way or another because plenty of viewers are irritated by the lack of explanation.

Q. Where is actress **Monica Raymund**? What is she doing now, and why did she leave “Chicago Fire”? — *R.L.*

A. After six seasons of playing first responder **Gabriela Dawson** on the hit NBC shows “Chicago Fire” and “Chicago P.D.,” **Monica Raymund** decided it was time for a change. In an interview last September with the Chicago Tribune, she said that even though she would miss her work family terribly, she was ready to make her home in Los Angeles and seek out grittier projects.

Next up for Raymund is a new series



Mathieu Young/WB

Blake Garrett Rosenthal

on the Starz network titled “Hightown,” which is set in coastal Massachusetts and is about the drug trade. She stars as a NOAA Fisheries officer who rebels against other law enforcement by investigating a murder that appears to be connected to the opiate trade.

“Hightown” is listed as being in pre-production, so if you have Starz, keep an eye out for its debut. The drama also stars **James Badge Dale** (“Rubicon”) and **Riley Voelkel** (“Roswell, New Mexico”).

Q. We enjoy reading your fun, informative articles in “Tidbits.” We’re wondering where the TV series “Manifest” went and if you know when it will return? Also, when will “Schitt’s Creek” begin airing season six? — *C.C.*

A. “Manifest” has a lot of fans anticipating its return. In a recent column, I announced the good news that it’s been renewed by NBC for a second season. I would anticipate its return this fall.

As for “Schitt’s Creek,” creators and stars of the show, **Eugene and Dan Levy**, recently announced that the next season will be its last. The comedy has grown in popularity since it debuted on the Pop network, but the Levys wanted it to go out on a high note. The final 14-episode season won’t air until sometime in 2020. In the meantime, past episodes are airing on Pop as well as Netflix’s streaming service.

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Grilled Buttermilk Chicken

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More
 Prep time: 10 minutes
 Cook time: 16 minutes
 Servings: 4

- 1 1/2 cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- vegetable oil, for grill
- 1/4 cup chopped fresh parsley

1 lemon, cut into wedges (optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.
 Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.
 Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.
 Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.

Keep Cool on the Grill

Refreshing, dairy-infused dishes for warm days

FAMILY FEATURES

Keep your kitchen cool and comfortable with grilled meals that banish the heat to the outdoors. Crisp, fresh greens and a perfect blend of spices and savory ingredients make each of these refreshing dishes perfect solutions for toasty days. Featuring ingredients across the food groups, these dairy-fueled recipes from Milk Means More are ideal for well-rounded meals filled with nutritious

flavor. Zesty mustard, spicy Sriracha and rich buttermilk lend a marinated flavor upgrade to traditional grilled chicken, while homemade pesto, fresh corn and ham create a perfect harmony for a cheesy grilled pizza. Or make a salad the star of your dinner table with a simply seasoned sirloin steak, plenty of veggies and a tart twist on a creamy dressing made with yogurt and milk. Find more refreshing meal solutions at milkmeansmore.org.

Grilled Pizza with Arugula Pesto, Corn and Ham

Recipe courtesy of Rachel Gurk of Rachel Cooks on behalf of Milk Means More
 Prep time: 20 minutes
 Cook time: 10 minutes
 Servings: 6

Arugula Pesto:

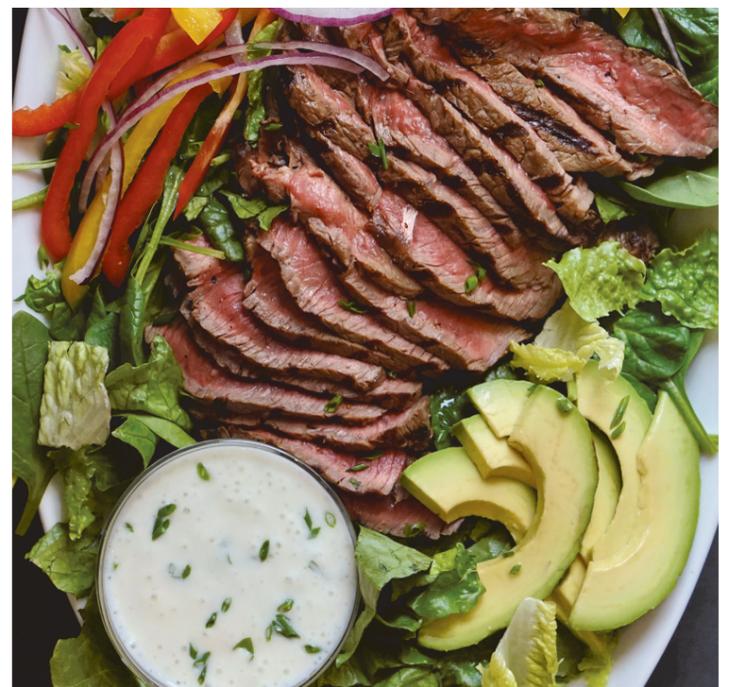
- 2 cups fresh arugula, tightly packed
- 1 clove garlic
- 1 tablespoon lemon juice
- pinch red pepper flakes, (optional)
- 1/3 cup shredded Parmesan cheese
- 1/2 cup extra-virgin olive oil
- salt, to taste
- pepper, to taste

Grilled Pizza:

- 2 tablespoons flour, divided
- 1 pound pizza crust dough (at room temperature if using refrigerated dough)
- vegetable oil, for grill
- 1/2 cup Arugula Pesto
- 1/2 cup part-skim ricotta cheese

- 1/2 cup diced deli ham
- 1/2-3/4 cup fresh corn kernels (about 1 cob)
- 1/4 cup thinly sliced red onion
- 1/4 cup shredded Parmesan cheese

Heat grill to medium heat (350-400 F).
 To make Arugula Pesto: In food processor, combine arugula, garlic, lemon juice, red pepper flakes and Parmesan. Pulse until combined then, with food processor on, drizzle in olive oil until pesto forms, scraping down sides as needed. Taste and season with salt and pepper, to taste.
 To make Grilled Pizza: Flour pizza dough lightly and stretch or roll to about 1/2-inch thickness (14-16-inch diameter).
 Sprinkle remaining flour on large rimless baking sheet, pizza peel or pizza stone. Transfer dough to baking surface. Clean grill grate and grease with oil-soaked paper towel and tongs. Slide dough off baking surface onto grill. Cover and cook until dough is bubbling on top and golden brown on bottom, 2-3 minutes.
 Carefully flip dough over using peel or tongs. Remove crust from grill to add toppings. Spread Arugula Pesto over dough. Top with ricotta, ham, corn kernels, onion and Parmesan. Return pizza to grill, cover and cook until toppings are heated through and bottom of crust is crispy, 5-7 minutes. Remove from grill, slice and serve.



Grilled Steak Salad with Chive Yogurt Dressing

Recipe courtesy of Kirsten Kubert of Comfortably Domestic on behalf of Milk Means More
 Prep time: 15 minutes
 Cook time: 10 minutes
 Servings: 6

Dressing:

- 1 cup plain yogurt
- 3 tablespoons freshly squeezed lime juice (3 small limes)
- 2 tablespoons milk
- 2 tablespoons chopped fresh chives
- 1 clove garlic, peeled and minced
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

Steak:

- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon granulated garlic
- 20 ounces boneless petite sirloin steak

Salad:

- 3 cups baby spinach
- 3 cups chopped romaine lettuce hearts

- 1/2 cup sweet red pepper rings
- 1/2 cup sweet yellow pepper rings
- 1 cup avocado chunks
- 1/4 cup thinly shaved red onion

To make dressing: In blender, combine yogurt, lime juice, milk, chives, garlic, salt and pepper. Blend on low until smooth consistency forms and chives are completely incorporated. Transfer dressing to jar with tight-fitting lid and refrigerate until serving.
 Heat grill to medium.
 To prepare steak: Combine kosher salt, black pepper and granulated garlic to create rub. Sprinkle half of seasoning mix over one side of steak, pressing it into meat. Repeat with remaining seasoning on opposite side of steak.
 Grill steak over direct medium heat to desired level of doneness, approximately 4-5 minutes per side for medium pink center. Remove steak from grill and let rest 7-10 minutes on cutting board.
 To make salad: Toss spinach and romaine on large platter. Scatter red and yellow peppers, avocado and onion over greens. Slice grilled sirloin thinly against grain. Arrange meat slices along center of salad. Drizzle dressing over salad just prior to serving.

Good Housekeeping

Red Snapper, Collards and Black-Eyed Peas

This delicious Southern fish dish is accompanied by collard greens and vitamin-rich black-eyed peas, a combination which is said to bring good luck and financial enrichment. Serve with fresh, hot cornbread on the side.

- 1 bunch (large, about 1 1/4 pounds) collard greens
- 1 medium onion
- Salad oil
- Salt
- 1 can (16-ounce) black-eyed peas, drained
- 1 tablespoon all-purpose flour
- 1 teaspoon paprika
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon ground red pepper
- 4 (4-ounce) red-snapper fillets
- 1 tablespoon lemon juice
- Lemon slices and parsley sprigs, garnish

1. Coarsely chop collard greens and onion. In 3-quart saucepan over medium-high heat, in 1 tablespoon hot salad oil, cook onion until tender; add collard greens and 1/2 teaspoon salt; continue cooking until vegetables begin to brown. Add 1/4 cup water. Reduce heat to low; cover and simmer 5 minutes or until collard greens are tender, stirring occasionally. Stir in black-eyed peas; heat through. Keep warm.

2. On sheet of waxed paper, combine flour, paprika, thyme, ground red pepper and 3/4 teaspoon salt. Press flesh-side of snapper fillets into flour mixture to coat.

3. In nonstick 12-inch skillet over medium-high heat, in 1 tablespoon hot salad oil, cook snapper fillets 5 to 7 minutes until fish flakes easily when tested with a fork, turning fillets halfway through cooking time. Remove fillets to warm platter. To same skillet, add lemon juice and 1 tablespoon water; heat to boiling; pour over snapper.

4. To serve, arrange collard greens on platter with snapper. Garnish with lemon slices and parsley sprigs. Serves 4.

• Each serving: About 320 calories, 9g total fat, 42mg cholesterol, 1,000mg sodium.

Good Housekeeping

Quinoa Bowl With Sausage and Broccoli

Skip chicken tonight and try roasted Italian sausage instead.

- 4 large Italian sausages
- 1 teaspoon olive oil, plus 1 tablespoon oil
- 1 large broccoli crown (about 1 pound, cut into florets)
- Kosher salt
- Pepper
- 1 cup red quinoa
- 1 cup plain yogurt
- 1 scallion, finely chopped
- 1/2 cup fresh mint, finely chopped
- 1 teaspoon finely grated lemon zest
- 2 tablespoons lemon juice

1. Place large rimmed baking sheet in oven; heat oven to 425 F.

2. Prick sausages all over with knife. Toss with 1 teaspoon olive oil, place on heated baking sheet and roast for 5 minutes.

3. Add broccoli tossed with 1 tablespoon oil, salt and pepper. Roast, turning occasionally until sausages are golden brown and cooked through and broccoli is lightly charred, 20 to 25 minutes. Transfer sausages to board and slice.

4. Meanwhile, cook quinoa per package directions.

5. In small bowl, combine yogurt with scallion, mint, lemon zest and juice. Spoon quinoa into bowls, top with sausages and broccoli and dollop with yogurt sauce. Makes 4 servings.

• Each serving: About 495 calories, 27g fat (8g saturated), 24g protein, 670mg sodium, 41g carb, 7g fiber.

Good Housekeeping

Mandarin Orange Salad

Almond Brittle

- 3 tablespoons sugar
- 1/2 cup sliced almonds

Raspberry Vinaigrette

- 1/4 cup raspberry vinegar
- 1 tablespoon sugar
- 1 tablespoon chopped fresh parsley leaves
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 1/4 teaspoon hot pepper sauce
- 1/4 cup vegetable oil

Salad

- 1/2 medium head iceberg lettuce, cut into 1-inch pieces
- 1 romaine heart, cut crosswise into 1/2-inch pieces
- 2 large stalks celery, cut crosswise into 1/4-inch slices
- 3 green onions, chopped
- 1 can (11 ounces) Mandarin orange segments, drained

1. Prepare almond brittle: Line cookie sheet or jelly-roll pan with parchment paper. In 1-quart saucepan, heat sugar over medium heat 3 to 5 minutes or until melted and light amber in color, swirling pan occasionally. Remove saucepan from heat; add almonds and stir until coated. Spread almond mixture on parchment-lined cookie sheet; cool completely. When cool, break into 1/2-inch pieces.

2. Meanwhile, prepare raspberry vinaigrette: In small bowl, with wire whisk, mix vinegar, sugar, parsley, salt, pepper and hot pepper sauce. In thin, steady stream, whisk in oil until blended.

3. Prepare salad: In large salad bowl, combine iceberg, romaine, celery, green onions and Mandarin orange segments.

4. To serve, gently toss lettuce mixture with vinaigrette. Sprinkle with brittle pieces.

• Each serving: About 105 calories, 7g total fat (1g saturated), 110mg sodium, 10g total carbohydrate, 1g dietary fiber, 2g protein.

Good Housekeeping

Quick Yogurt Spumoni

- 2 pints vanilla frozen yogurt
- 1/3 cup maraschino cherries
- 1/3 cup slivered blanched almonds
- 1/2 teaspoon almond extract
- 3 tablespoons diced candied citron

1. Remove frozen yogurt from containers to large bowl. Let stand at room temperature to soften slightly.

2. Meanwhile, coarsely chop maraschino cherries.

3. Into yogurt in bowl, stir maraschino cherries, almonds, almond extract and 2 tablespoons candied citron.

4. Spoon yogurt mixture into 6 dessert dishes. Garnish with remaining citron. Freeze until ready to serve. Serves 6.

• Each serving: About 470 calories, 10g total fat, 13mg cholesterol, 100mg sodium.

Good Housekeeping

Trattoria-Style Shrimp Fettuccine

Classic and quite simple to prepare, this shrimp and pasta dish can be served on its own thanks to the bag of fresh spinach that gets incorporated at the last minute.

- 12 ounces fettuccine or spaghetti
- 2 tablespoons olive oil
- 1 medium (6- to 8-ounce) onion, chopped
- 2 cloves garlic, thinly sliced
- 1/2 cup dry white wine
- 1 bottle (8-ounce) clam juice
- Salt
- 1 pound shelled and deveined large shrimp, with tail part of shell left on if you like
- 1 bag (5- to 6-ounce) baby spinach
- 1/3 cup (loosely packed) fresh parsley leaves, chopped

1. Heat large covered saucepot of salted water to boiling on high. Add pasta and cook as label directs.

2. Meanwhile, in 12-inch skillet, heat oil on medium until hot. Add onion and garlic, and cook 10 minutes or until golden and tender, stirring often. Add wine; increase heat to medium-high and cook 1 minute. Stir in clam juice and 1/2 teaspoon salt; heat to boiling. Stir in shrimp, and cook 2 to 3 minutes or until shrimp turn opaque throughout.

3. Drain pasta and add to skillet with spinach and parsley; toss to coat. Serves 6.

• Each serving: About 350 calories, 7g total fat (1g saturated), 115mg cholesterol, 515mg sodium, 46g total carbohydrate, 4g dietary fiber, 24g protein.

Good Housekeeping

Skillet Cornbread

This delicious homemade cornbread is baked in an oven-safe skillet — preferably one that's heavyweight, such as cast iron.

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 tablespoons sugar
- 2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 4 tablespoons margarine or butter, cold
- 1 can (8 1/2 ounces) cream-style corn
- 1 large egg, beaten
- 2 ounces Monterey Jack cheese with jalapeno chiles, shredded

1. Heat oven to 400 F. Grease 10-inch skillet with oven-safe handle.

2. In large bowl, mix flour, cornmeal, sugar, baking powder, salt and black pepper. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles fine crumbs. With fork, stir corn, egg and cheese into flour mixture just until blended (batter will be very stiff).

3. Place greased skillet in oven; preheat pan 5 minutes (to help brown bottom of corn bread). Remove pan from oven; spoon batter into skillet and spread evenly with small metal spatula.

4. Bake cornbread 15 to 20 minutes, until toothpick inserted in center comes out clean and cornbread is just firm to the touch. Cut into 8 wedges and serve warm.

• Each serving: About 290 calories, 9g total fat (3g saturated), 34mg cholesterol, 375mg sodium, 44g carbohydrate, 1g dietary fiber, 7g protein.



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Crime

Criminal Sexual Abuse at a residence on the 800 block of West Addison Street.

Liquor license violation at a convenience store on the 3400 block of North Halsted Street.

Burglary and unlawful entry at a residence on the 3200 block of North Southport Avenue.

Domestic battery at a residence on the 1000 block of West Oakdale Avenue.

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

Theft over \$500 on the street on the 3300 block of North Halsted Street.

Pick pocketing at a bar or tavern on the 3700 block of North Broadway.

Larceny and theft from an apartment under \$500 on the 700 block of West California Terrace.

Fraud and illegal use of a cash card on the 3700 block of North Pine Grove Avenue.

Simple battery at an apartment on the 800 block of West Irving Park Road.

Motor vehicle theft of a cycle, scooter or bike with VIN number off the street on the 3600 block of North Pine Grove Avenue.

Vandalism to property at a department store on the 2800 block of North Clark Street.

Pick pocketing at a grocery store on the 2800 block of West Broadway.

Larceny and theft from an apartment building on the 400 block of West Barry Avenue.

Larceny and theft on the sidewalk over \$500 on the 3100 block of North Sheridan Road.

Larceny and theft from a small department store on the 3400 block of North South-

port Avenue.

Vandalism to a vehicle on the street on the 3200 block of North Clifton Avenue.

Motor vehicle theft of an automobile in a garage or parking lot on the 3300 block of North Clark Street.

Fraud using a credit card at a residence on the 800 block of West Buckingham Place.

Larceny and theft from a taxicab under \$500 on the 800 block of West Dakin Street.

Simple battery on the street on the 800 block of West Waveland Avenue.

Burglary at an apartment on the 2800 block of North Halsted Street.

Aggravated Battery with a dangerous weapon on the street on the 3900 block of North Sheridan Road.

Domestic battery at a residence on the 600 block of West Waveland Avenue.

Strongarm robbery on a CTA train on the 3400 block of North Paulina Street.

Aggravated assault with a knife at a residence on the 3100 block of North Lake Shore Drive.

Vandalism to a residential yard on the 1700 block of West Cornelia Avenue.

Burglary and forcible entry to an apartment on the 1700 block of West Grace Street.

Burglary and forcible entry to a small retail store on the 3300 block of North Clark Street.

Theft from a retail convenience store on the 900 block of West Irving Park Road.

Pick pocketing on a CTA platform on the 900 block of West Belmont Avenue.

Unlawful possession of a handgun on the street on the 1500 block of West Montrose Avenue.

Vandalism at a small retail store on the 3000 block of North Broadway.

Larceny and theft on the street on the 3000 block of North Lincoln Avenue.

Drug abuse and possession of cannabis more than 30 grams on the street on the 3400 block of North Southport Avenue.

Vandalism to property at a tavern or liquor store on the 3100 block of North Southport Avenue.

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

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

Vandalism to a City of Chicago School Public Building on the 3300 block of North Clifton Avenue.

Simple assault at a small retail store on

the 2100 block of West Belmont Avenue.

Simple assault at a residence on the 4200 block of North Lincoln Avenue.

Strongarm robbery on the sidewalk without a weapon on the 3500 block of Hoyne Avenue.

Attempted Financial Identity fraud on the 1800 block of West Bernice Avenue.

Drug abuse violation. Possible methamphetamines on the sidewalk on the 2900 block of North Hoyne Avenue.

Unlawful possession of a handgun in a vehicle on the 3400 block of North Western Avenue.

Financial identity theft under \$300 at a bank on the 4200 block of North Lincoln Avenue.

Suspect narcotics found on the 2400 block of North Grace Street.

Simple battery at a school on the 3100 block of North Wolcott Avenue.



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These registered sex offenders may live in your neighborhood

The following is a list of blocks where registered sex offenders live. They may be on your block. This list has been published by Lakeview Newspaper in the June issue for the past 23 years as a public service. Be vigilant with your child's safety.

Block	Gender	Race	Age	Height	Weight	Victim Minor
5XX W. Briar Pl.	M	W	56	5'8"	160	Y
7XX W. Cornelia	M	B	37	5'9"	140	N
36XX N. LakeShore Dr	M	W/H	54	5'6"	165	Y
19XX W. Eddy St.	M	W/H	42	5'6"	171	Y
12XX W. Eddy	M	W	42	5'11"	195	Y
7XX W. Oakdale	M	W	45	6'	180	Y
35XX N. Racine	M	W	31	6'	220	N
700 W. Cornelia	M	W	62	5'7"	165	Y
8XX W. Wolfram	M	W/H	44	6'	175	Y
35XX N. Racine	M	W	32	6'	220	N
6XX W. Barry	M	W	63	5'9"	200	Y
4XX W. Barry	M	As/Pac	73	5'4"	125	Y
19XX W. School St.	M	W	25	6'	209	N
19XX W. School St.	M	W	30	5'6"	120	Y
35XX N. Bell	M	W	39	6'2"	220	Y
18XX W. Melrose	M	W	36	5'11"	230	Y
39XX N. Seeley	M	W	59	6'5"	220	Y
16XX W. Barry	M	W	33	5'10"	195	N
19XX W. Barry	M	W	76	6'	180	Y
31XX N. Western	M	W	48	5'9"	190	Y
23XX W. Belmont	M	W	42	5'9"	120	Y
18XX W. Melrose	M	W	37	5'11"	230	N
31XX N. Western	M	W	49	5'9"	190	Y
41XX N. Western	M	W	58	6'1"	215	Y
33XX N. Greenview	M	W	59	6'5"	210	Y

There are 2,912 registered sex offenders as of May 22, 2019 in Chicago. 385 are homeless.

Pay attention and talk to your children about these individuals. You can go to the Chicago Police Department registered sex offenders web site and see the names and photographs of these individuals and how close they may live to you.

DAD, BE THAT #1 Super Hero IN YOUR CHILD'S LIFE



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The Garden Bug **Helping monarch caterpillars** Monarch populations have declined in the past 30 years, affected by mass reductions of milkweed, the plants that host and feed these butterflies and their young. By planting more milkweed and avoiding the use of pesticides near them, more monarchs can feed and lay eggs. Once hatched, though, their caterpillars need protection from predators such as lizards, wasps, frogs and spiders as they feed, grow and form their cocoons. Some monarch enthusiasts maintain screened enclosures to house and feed them safely through their growth cycles. - B. Weaver
Source: WFSU, www.inverse.com, www.monarch-butterfly.com

The Garden Bug **Bigleaf Magnolia** This tree was named by French naturalist and explorer Andre Michaux, who discovered it in North Carolina in 1789. Its huge leaves can get up to a foot wide and 3 feet long! It also has very large flowers, up to 14 inches across, that bloom in May and June. It grows well in areas that have some shade and rich, acid soil. - Brenda Weaver
Source: www.wildflower.org

The Garden Bug **California poppies** Poppies give your gardens eye-catching color, and provide strong accents to darker shades. Fan-like petals of orange, red and yellow flowers, atop 12-inch stems with wispy, fern-like foliage, begin their vibrant show in May and continue through summer. They are drought-tolerant and do well in full sun. Gardeners can enjoy them in containers, mixed beds, rock gardens and xeriscapes, and they are easy to maintain. - Brenda Weaver
Source: homeguides.sfgate.com, www.planetnatural.com

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Quotes worth your time

“If you haven't got anything nice to say about anybody, come sit next to me.”
Alice Longworth
(daughter of Theodore Roosevelt)

“In Italy for thirty years under the Borgias they had warfare, terror, murder and bloodshed but they produced Michelangelo, Leonardo da Vinci and the Renaissance. In Switzerland, they had brotherly love, they had five hundred years of democracy and peace and what did they produce? The cuckoo clock.”
Orson Welles

“I am extraordinarily patient, provided I get my way in the end.”
Margaret Thatcher

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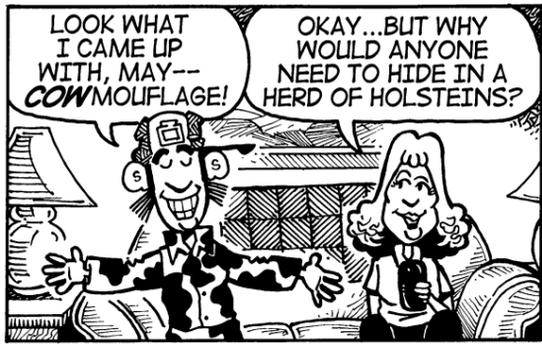
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Comics

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by Mike Marland



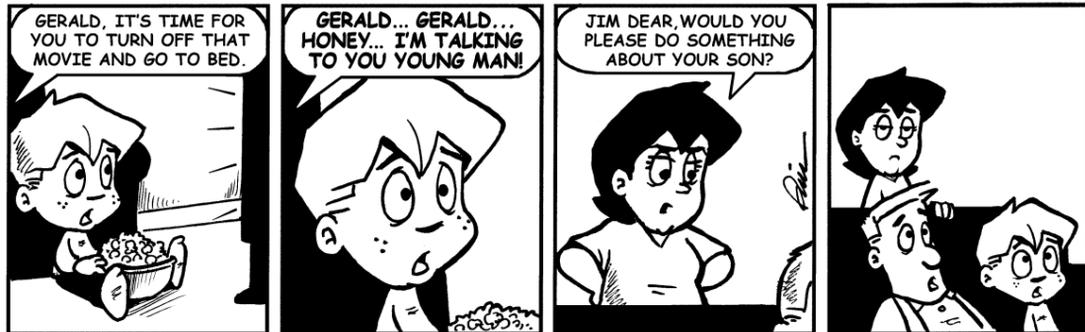
Out on a Limb

by Gary Kopervas



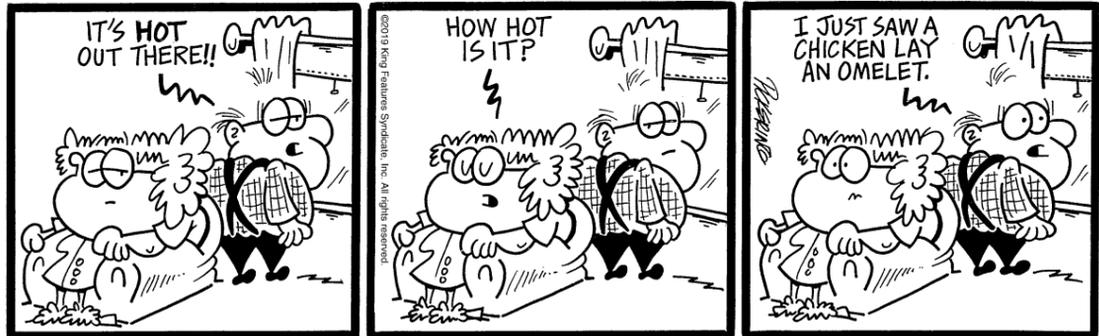
Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



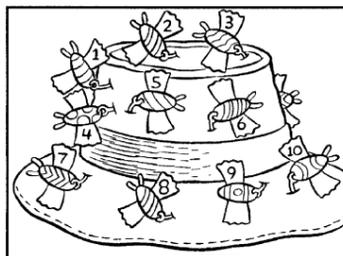
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

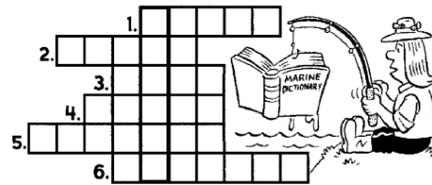
by Charles Barry Townsend



Answer: 2 and 8

Answer: The fourth plane

A LUCKY CATCH!



In the grid to the left, there is room to enter six words pertaining to creatures of the sea. The hints below should help.

- The favorite fish of lucky people.
- The favorite fish of gamblers.
- The favorite fish of shoemakers.
- The favorite shell fish of barbers.
- The favorite shell fish of jewelers.
- The favorite fish of photographers.

Answers: 1. Fluke, 2. (card) Shark, 3. Sole, 4. Razor (clams), 5. Oysters (pearl), 6. Snapper. The dark frame column spells "Frozen."

EVEN STEVEN!

Can you make an "odd" 7 "even"?



Answer: Drop the "S" from the word "SEVEN" and you have the word "EVEN."

LET THE GAMES BEGIN! At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

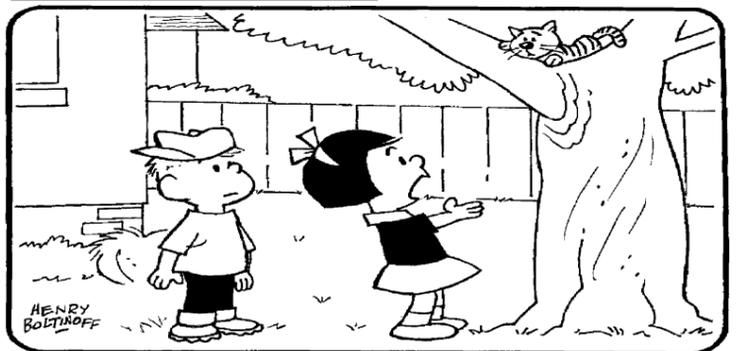
- Track and Field (Games, in place).
- To put up with.
- To imitate closely
- A formal command.
- Small, religious groups.

G	A	M	E	S
A				
M				
E				
S				

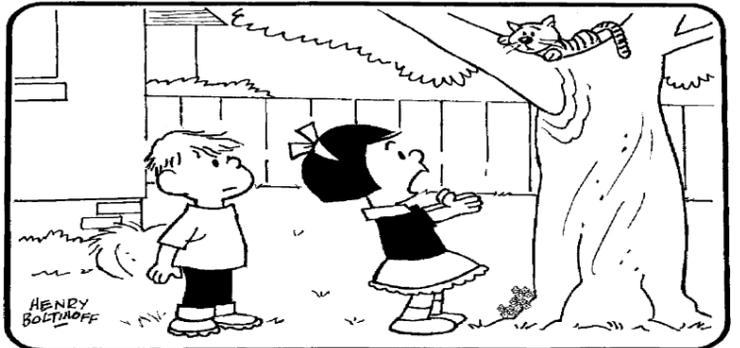
Answers: 1. Games, 2. Abide, 3. Mimic, 4. Edict, 5. Sects.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy's hat is missing. 2. Girl's skirt has ruffle. 3. Boy's left arm is hidden. 4. Flowers added near tree. 5. Cat's tail is longer. 6. Girl is extending both arms.

Just Like Cats & Dogs

by Dave T. Phipps





Photos courtesy of Getty Images

Reduce Your Residential Risk

Advice to make your home storm-ready

FAMILY FEATURES

In the United States, more than 100,000 thunderstorms occur each year. These storms, which can be accompanied by high winds, hail and tornadoes, can cause power outages, fires and flooding, all of which pose serious threats to people and property across the country.

When these storms hit, many of the features that make your home more comfortable and enjoyable can also pose serious risks. Learn how to prevent damage and protect your family's safety from these common hazards.

Landscaping

Lush, well-developed trees provide valuable curb appeal, but they can also be dangerous in storm conditions. Although it's virtually impossible to fully prevent damage from falling branches or even entire trees, you can minimize the risk. Prune trees regularly to maintain a safe distance from the house and power lines, and eliminate dead trees or damaged branches that are more susceptible to high winds. Take a similar approach with any large shrubs, bushes or other vegetation that could cause damage to your home or vehicles.

Decorative Features

The strong winds that accompany many storms can turn everyday items in your yard into airborne hazards. If items like decorations and patio furniture aren't secured, bring them in or safely secure them before the storm hits. Also check for decorative features like shutters, which can shake loose in a strong wind and cause significant damage to your home's exterior.

Propane Tanks

Numerous variations of severe weather, including floods and strong winds, can cause falling tree limbs or other debris to impair or even destroy a propane tank. More important than the property damage are the potential safety risks, such as gas leaks. In addition to trimming back landscaping that could fall onto a tank, also have a service technician survey your tank for possible risk factors, such as rust, loose fittings or faulty valves.

Doors and Windows

Poorly fitted or sealed doors and windows are especially vulnerable in a storm. They can invite leaks or, even worse, blow in completely when weakened by blustery force. It's a good idea to give all openings to your home a careful review at least a couple of times a year and again after any major weather event.

For additional information on preparing for severe weather conditions, visit Propane.com/Safety.



10 Storm Safety Tips

If your home uses propane, consider these tips from the Propane Education & Research Council to help keep your family safe.

1. Create an emergency contact list with information for your propane supplier and emergency services, along with instructions for turning off propane, electricity and water. If you do need to turn off your propane, contact a service technician to inspect your propane system prior to turning it back on.
2. Consider installing UL-listed propane gas detectors and carbon monoxide detectors, which provide you with an additional measure of security. Be sure to follow the manufacturer's instructions regarding installation, location and maintenance.
3. If you can hear thunder, you are close enough to the storm to be struck by lightning. Metal objects such as propane tanks and equipment, tractors and telephone lines can conduct electricity. Do not go near them. If you are caught outside and cannot get to a safe dwelling, find a low-lying, open place away from trees, poles or metal objects. Make sure the place you choose is not subject to flooding.
4. In the event of a flood, shut off the gas. Turn off the main gas supply valve on your propane tank if it is safe to do so. To close the valve, turn it to the right (clockwise). Also, it's typically a good idea to turn off the gas supply valves located near individual indoor appliances. Before you attempt to use any of your propane appliances again, have a propane retailer or qualified service technician check the entire system to ensure it is leak-free.
5. If a tornado is approaching, immediately take action. If you are inside your home or a building, go to the lowest level possible such as a basement or a storm cellar. If there is no basement, go to the center of an interior room on the lowest level. If you are in a mobile home, trailer or vehicle, get out immediately and seek shelter in a sturdy building or storm shelter.
6. After the storm passes and it is safe to do so, check the entire area for damaged gas lines or damage to your propane tank. High winds and hail can move, shift or damage gas lines and tanks. If it is dark, use flashlights, not candles. Immediately call your local utility company or propane retailer if any of these hazards exist. Do not attempt repairs yourself.
7. Never use outdoor propane appliances like portable heaters, barbecue grills or generators indoors or in enclosed areas, particularly during a power outage. This can result in carbon monoxide poisoning or potentially death. Never store, place or use a propane cylinder indoors or in enclosed areas such as a basement, garage, shed or tent.
8. Inspect propane appliances for water or other damage, if it is safe to do so. If the appliances have electric components and have been exposed to water, they can create a fire hazard. Do not turn on a light switch, use any power source or inspect your household appliances while standing in water. This can result in electrocution.
9. Schedule a time for a qualified service technician to perform a complete inspection of your propane system if you suspect any of your propane appliances, equipment or vehicles have been underwater or damaged, or you have turned off your gas supply. Never use or operate appliances, equipment or vehicles, or turn on the gas supply, until your system has been inspected by a qualified service technician.
10. Exercise sound judgment. Stay calm and use radios, television and telephones to stay informed and connected. If any questions arise, contact your propane retailer or local fire department.

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10 Year Loans
Low Income Loan Program**

**Contact: Bonnie Carney, Vice-President
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