



## Interview

# There's something in the air



### 20 Questions

This month's interview is with **Edyta Sacilowska of Feel-Relaxed a spa** located at 1449 West Irving Park Road.

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

**A.** In Grajewo, Poland.

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

**A.** I'm a widow and have one son.

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

**A.** I attended Trident College and also beauty school

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

**A.** I worked at an appliance and warehouse store.

**Q.** What would you say is the most challenging part of your business?

**A.** As a new salon, getting more clients..

**Q.** What did you do for a living before you started your business?

**A.** I worked at another salon for 18 years in Schaumburg.

**Q.** What do you do for

yourself to feel relaxed?

**A.** I listen to music and read.

**Q.** If you could meet anyone, living or dead, who would that person be and why?

**A.** I would like to meet Pope John Paul II. He was a great Pope and Polish.

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

**A.** Lleba, Poland. It is a Polish city on the water and is a tourist destination, it is a beautiful city.

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

**A.** My father. He was a hard working man, very loving and did everything he could for our family.

**Q.** What hobbies or special interests do you have?

**A.** Music and my dog. I have a yellow Lab.

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

**A.** My favorite TV show is "Ellen"; my

**Continued on page 2**

by **Joyce A. Rimel**

Illinois Governor JB Pritzker signed the Cannabis Regulation and Taxation Act (CRTA) into law on Tuesday, June 25 2019, Illinois becomes the 11th state to allow legislation legalizing small amounts of marijuana for recreational use, taking effect January 1, 2020, for Illinois residents and visitors who are 21 years old and over.

Consuming pot in public, which includes streets, parks and school grounds as well as in a car, behind the wheel of a boat, near someone who isn't 21 or

around any public safety official. Violators would be ticketed for smoking at home, if there are people outside who can see, but consuming in private will be allowed if the property owner permits it and it's out of sight from the neighbors. Young men remain the heaviest users of pot with women, baby boomers and the elderly the fastest-growing segment of users. Research has shown that heavy use can cause lung problems and cycles of nausea and vomiting and has been associated with higher rates

of mental illness and addiction is also a risk for some heavy users.

Social behavior will certainly be new ground. Two-thirds of users want to relax, while many use it only to enhance their social experience at parties, concerts, etc. One trend to expect is infused beverages. It will take only approximately 10 minutes to take effect whereas edibles take a longer time to kick in. Some bars in Chicago are already serving cannabis infused cocktails.

In addition to standard state and local taxes,

the state would impose a 10% tax on all marijuana products with up to 35% THC, the chemical that gets marijuana users high. Marijuana products with THC concentrations of more than 35% would be taxed at 25%. Cannabis-infused products like edibles would be taxed at 20%. Counties can add up to 3.75% for unincorporated areas and municipalities can add special taxes up to 3%.

The governor will pardon all misdemeanor marijuana convictions involving less than **Continued on page 2**

### What's on your Mind?



"Warm weather, less rain. Golf and housework."

**Kevin Dang**



"Fixing my car. I worry about my cars health and my health. I look forward to social dancing."

**Mariko Sato**



"Packing, moving, and staying organized."

**Lauren Cardo**

# Editorial & Opinions

Interview continued from front page.

favorite movie is "Iron Man" and my favorite books are any books about skin care.

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

**A.** Go on trips to the ocean and travel around the world.

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

**A.** Having my son; graduating from cosmetic beauty school as an esthetician and opening a new business.

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

**A.** Losing my husband, losing my father and leaving my friends and family in Poland.

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

**A.** People that aren't honest.

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

**A.** Selling a home I had.

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

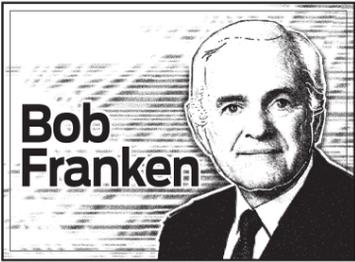
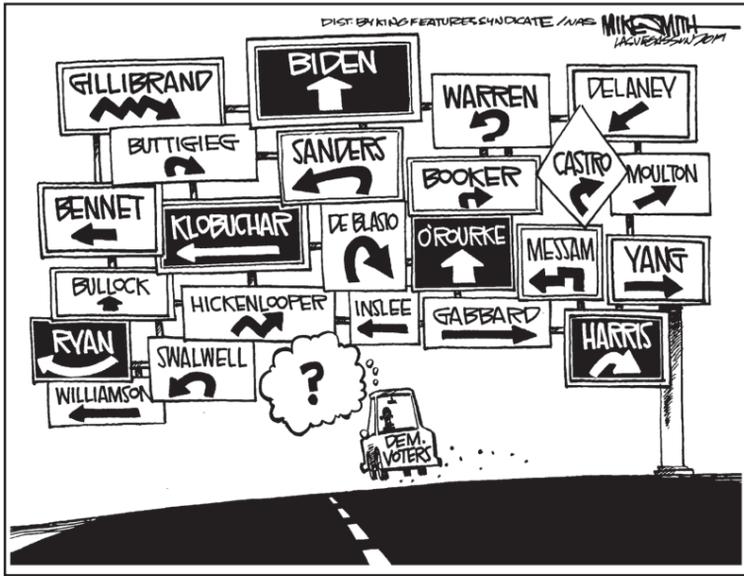
**A.** My family.

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

**A.** They need more reasonable parking.

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

**A.** Be the best you can be.



**Bob Franken**

**MIGA**

He actually said it! While talking to reporters on his way to Camp David, he used the phrase "Make Iran Great Again"! Does this mean that President Donald Trump has ordered that Iran will join America in the Greatness Club? "MIGA" as opposed to "MAGA"? Of course, Trump insists that since he's taken over, he's already accomplished that for America. Could it be he's branching out and that it's Iran's turn? Will there be new baseball caps with the slogan embroidered in Farsi? What will we do about the fact that Iranians call the United States "The Great Satan"?

But Trump said it, so he obviously meant it. Perhaps it's just another step in the wake of his decision not to respond with an attack against Iran after that country's military shot down a U.S. drone. His decision, said Trump, was made just moments before a retaliation was launched and just after he had learned that the missiles would kill up to 150 Iranians, which Trump decided on the spur of the moment wasn't "proportionate."

Instead, we are now told that our armed forces dweeb battalion responded with a crippling cyberattack on Iranian military computers. That was followed up with more severe economic sanctions leveled against an Iranian society that was already devastated by the ones in place. Still better than a fiery, deadly escalation.

But since when was such nuanced thinking the way Trump operated? Had sanity snuck into the White House asylum for one brief moment? Will that sanity be quickly sanitized once

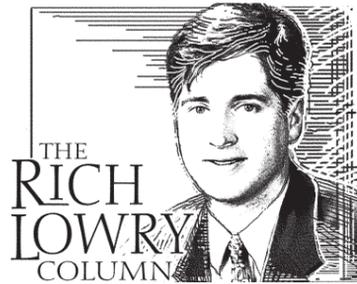
the warmongers in the administration contrive another crisis? All Donald Trump would really like to do is talk with the Iranian leadership and create a new nuclear deal with them after the United States pulled out of the last agreement following years of bargaining involving this country, Iran, the European Union, China, France, Russia, the United Kingdom and Germany. When Trump opted out, it left the other parties in the lurch — certainly Iran, which has now pledged to start enriching uranium back on the way to creating a nuclear weapon. Avoiding that was the entire point of years' worth of tedious talks.

The Trump administration has tightened the vise on Iran's economy with increased sanctions, which has so infuriated Tehran's leaders that they rebuffed any idea of sitting down with Trump. They also deny that there are any sort of back-channel, secret discussions underway. That is certainly not true.

The Trumpsters are not the only ones who lie through their teeth. There are always back-channel discussions, even though the two countries have no diplomatic relations, not since militant students, loyal to the new government of mullahs, overran the U.S. Embassy and took hostages in 1979. Still, each side takes care of business through so-called interest sections. In Tehran, the Swiss government maintains a U.S. presence; in Washington, Pakistan oversees Iran's office. Certainly, officials there can serve as conduits — not even "back-channeling," more like "front-channeling."

Both sides agree that they don't want a full-blown war, although they also agree that no option is off the dreaded "table." All this means that the situation is volatile. Remarkably, it was Donald Trump, or his peeps, who seemed to have lowered the temperature. But don't order up any "Make Iran Great Again" hats yet. Too much can go wrong.

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



**THE RICH LOWRY COLUMN**

**The Madcap Caution of Donald Trump**

The worry was that the Trump administration was ginning up fake intelligence about Iran blowing up oil tankers in the Strait of Hormuz to justify a war against Iran. Then the next week President Donald Trump said the Iranian attacks weren't a big deal.

The episode is another indication of the underlying modesty — not a very Trumpian word — of the administration.

Subtract Trump's taste for nonstop controversy and rhetorical brinkmanship, and you're left with an incrementalist center-right government that has pursued an expansionary fiscal policy and avoided foreign war, for a period of peace and prosperity that — in any other universe — would be at the core of a stay-the-course re-election message.

For a while, the Obama doctrine was, "Don't do stupid stuff." The Trump team has built out the doctrine to "Privately consider and sometimes openly threaten stupid stuff, but at the end of the day, don't do it (usually)."

The Mexico tariff threat was typical. If Trump had gone through with the steadily escalating tariffs, it would have been a blow to our own economy and that of an ally. Instead, he got what might prove to be meaningful concessions from Mexico.

The thing about a Trump threat is that he always controls whether he's going to go through with it or not. He's going to pull out of the North American Free Trade Agreement, actually no, he's not. He's going to impose

auto tariffs on Canada, well, not really. What he's going to do is sign a new trade deal with Mexico and Canada that's a somewhat altered version of NAFTA and urge Congress to pass it.

Allies might be understandably appalled (or at times alarmed) by his habit of berating them and squeezing them for concessions, but the alliance system, a product of deeper forces than the persona of any one president, remains intact.

In the Middle East, Trump accelerated an anti-ISIS campaign that he inherited, announced a withdrawal from Syria that he didn't fully follow through on and kept troops in Afghanistan. Steady as she goes.

Pulling out of the Iran nuclear accord is a big deal and, given that it's not entirely clear how the administration imagines resolving the crisis, genuinely a shot in the dark (although Trump says he wants to talk).

Another gamble is the trade war with China, a truly significant departure from the old bipartisan consensus, yet even here, Trump presumably has the off-ramp of a fig-leaf deal should he decide that he wants to take it.

At home, in terms of the economy, everything (except for the tariffs) has been geared to preserving and boosting the recovery, from the tax cuts, to the deregulation, to the lack of interest in cutting spending, to Trump's jawboning of the Federal Reserve to keep rates low.

Given the choice, you'd prefer that people believed that your administration was cautious and incremental, while it undertook far-reaching changes, rather than believe it's on the verge of careening out of control, while pursuing a fairly reasonable path.

For now, he can plausibly make a re-election pitch that, despite what you might have gathered, he's been a steward of a country enjoying markedly good times.

*Rich Lowry is editor of the National Review.*

**There's something in the air story from page 2.**

that black and white people tend to use cannabis at the same rates, but black people are far more likely to be arrested for possession". "Criminalization offers nothing but pain, disruption, an injustice. The legislators and activists standing with me today have heard you" he said.

How is this going to affect our children? What is going to be the new normal? This legislation is not a free ride to act irresponsibly. Don't lose your job, your home, or abuse it along with other substances.

2020 will certainly be one of the happiest new year's we've seen in a long time.

**HAVE A HAPPY & SAFE 4TH OF JULY THURSDAY**

**There's something in the air story from front page.**

30 grams. Anyone with minor pending marijuana cases may petition the court to dismiss the charges and expunge the records. The state's new tax revenue would first be allocated for administrative needs and costs incurred from the expungement process.

Also, legalizing pot does not mean employers have to sign off on use off the clock. Companies can choose to maintain zero-tolerance policies and continue to drug test employees for pot. Colleges, businesses, and universities, can ban the use of marijuana.

Concerns have been raised by some law enforcement groups about the increased

risk of people driving while high. Pot affects reaction time and judgment and the question remains: How will law enforcement test for marijuana impairment while driving? There is no breathalyzer and walking a straight line when it comes to marijuana DUI's. There is a blood test and if five nanograms of THC is in the blood stream, it's considered illegal here. According to AAA, 14 million American drivers got behind the wheel within an hour of lighting up. The goal is to find a better roadside testing method.

Pritzker called the state's marijuana law a step in the right direction. "Studies have shown time and time again

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**Publisher and owner: George Rimel**  
**Executive Editor and owner: Joyce A. Rimel**  
**Graphic Design/Production: Kathleen O'Hara**  
**July 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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# SENIOR NEWS LINE

by Matilda Charles

## Our Biking Days Aren't Over

Remember when we were kids and summers were spent riding our bicycles around the neighborhood? We'd screech around corners, never worrying about balance or falls. Now, as seniors, most of us don't have that exercise option.

But that doesn't mean we have to stay off bikes altogether. We only need to add a wheel.

Three-wheel bicycles, known as trikes, are becoming more popular as the boomer generation ages. These bikes have one wheel in the front and two in the back, and most often come with a big basket between the back wheels to hold groceries or a small dog.

Most of the trikes are single speed, but some come with three or seven speeds to make starting and slight inclines easier. Some trikes come with an electric motor, and you'll need that if you live in a hilly area.

One warning about the trikes, however: If you rode a regular two-wheel bike when you were young, you no doubt learned about balance and leaning. Trikes don't work that way. To ride one of these safely, you need to sit upright.

If your doctor says yes to a bicycle of any kind, do lots of research before you buy. Especially look at YouTube videos. Check out trikes at a legitimate bicycle shop. Don't order one online unless you know exactly what you're getting.

For many of us, though, the idea of riding any kind of outdoor bicycle is out of the question, either because of health, or busy streets or lack of storage space. There's something to be said for indoor exercise cycles. They come in either upright (like a regular bicycle) or recumbent, which leans slightly back. Recumbents are closer to the floor, so the likelihood of falling is reduced.

The best thing about indoor cycles: It doesn't matter what the weather is.

# SENIOR NEWS LINE

by Matilda Charles

## What's Our No. 1 Reason for ER Visits?

A recent study revealed that the number of deaths from senior falls has tripled. This is not new. A 2015 study also concluded that the number of falls was increasing, even when America's growing senior population was taken into account.

For those over age 65, falls are the leading reason we go to the emergency room. Falls can start a vicious cycle: A simple fracture or brain injury can lead to hospitalization, which can bring its own problems, such as catching an infection or becoming weak from staying in bed. Being weak can lead to more falls ... and more decline. An older study concluded that one-fourth of seniors who had a hip fracture died within six months. Many of those who survived ended up in a nursing home and were still there a year later.

What can increase our risk of falls? Sometimes it's foot pain, lower body weakness or vision problems. Sometimes it's a sedentary lifestyle, or scatter rugs in the wrong places. Sometimes it's the drugs we take. When you get a new prescription, ask the doctor about side effects. Also check with the pharmacist, who knows what other drugs you might be taking.

Whatever the cause, we can avoid falls. The recent study divided participants into two groups: those in an exercise program and those not in one. Those who exercised fared better when it came to reducing falls.

Contact your senior center to ask about balance classes, either at the center or through the local hospital. Look for senior-oriented exercise classes to build muscle strength. Walking is your next best bet, aiming for a half-hour walk a few times a week. Explore tai chi for leg strength, flexibility and balance. Also look online for the free Tufts University booklet called Growing Stronger.

# VETERANS POST

by Freddy Groves

## Did You Pay Fees With VA Home Loan?

Did you take out a Department of Veterans Affairs loan to buy a home between 2012 and 2017? Are you on VA disability? Did you pay extra fees on your loan? Pull out your loan documents and take a look. You could be due a refund.

The VA Office of the Inspector General did a review to see if the Veterans Benefits Administration was allowing veterans to be charged loan guaranty fees. OIG dug deep and determined that between 2012 and 2017, the VA collected \$9.78 billion in fees. Of those, 72,900 fee-exempt veterans were hit for \$286 million. Additionally, says the OIG, if the Loan Guaranty Service doesn't get control of the situation, it could owe another \$164 million over the next five years to 43,400 veterans.

This failure to refund went on even after the loan program learned in 2014 that some veterans were exempt from the fees. In 2016 the Loan Guaranty Service acknowledged that \$150 million needed to be refunded. As of January 2019, nothing has been done.

The individual numbers are brutal. The amounts those 72,900 exempt veterans paid averaged \$4,400 and go as high as \$19,500. Some fees, the excuse was, happened when a veteran was not exempt at the time of the loan but became exempt later. Fair enough. But there were times where lenders claimed that refunds were applied to loan balances — but there was no documentation.

The OIG offered recommendations, but we know how that sometimes goes. The plan for action is to be finished by the end of July.

In short, there is a lot of fee money out there, and some of it might belong to you. Look at your loan docs. Sometimes the fee is paid up front; sometimes it's rolled into the loan. Read through the OIG report at [www.va.gov/oig/pubs/VAOIG-18-03250-130.pdf](http://www.va.gov/oig/pubs/VAOIG-18-03250-130.pdf).

# VETERANS POST

by Freddy Groves

## Agent Orange Benefits for Blue Water Navy?

The Blue Water Navy Vietnam Veterans Act of 2019, known as H.R. 299, seeks to give Agent Orange (dioxin) benefits to blue water veterans. The bill has passed the House (410-0) and went to the Senate in the mid-May.

Here, in part, is what it offers:

- Presumptions of service connection for veterans who served offshore of the Republic of Vietnam, from Jan. 9, 1962, and ending May 7, 1975. If you were there during that time, you are presumed to have been exposed.
- Presumption of herbicide exposure for certain veterans who served in Korea from Sept. 1, 1967, to Aug. 31, 1971, which is a change of dates.
- Benefits for children of certain Thailand service veterans born with spina bifida for veterans who served from Jan. 9, 1962, to May 7, 1975.

Remember that the 1991 Agent Orange Act covered anyone who'd been in the war theater. In 2002, however, blue water veterans were cut out with the rationale that their boots never touched the ground. Never mind that the ground sometimes came to them in the form of personnel and material that had been covered in dioxin. It was in the air, the water used to wash down planes and decks, and drinking and shower water because it was sucked up into the distillers. Remember, too, that the Institute of Medicine's 2012 update on Agent Orange said there was no reason to keep blue water veterans from getting benefits.

Educate yourself see if you think H.R. 299 goes far enough in covering blue water veterans. Go online to the Blue Water Navy Association ([www.bwnvva.org](http://www.bwnvva.org)). Look up Procopio v. Wilkie, which held that veterans who served within 12 miles of shore were entitled to presumption of exposure. Look up H.R. 299 and keep track of it.

# Strange BUT TRUE

By Samantha Weaver

- It was famed Irish author George Bernard Shaw who made the following sage observation: "A government which robs Peter to pay Paul can always depend on the support of Paul."

- Although we tend to think of the bikini as a modern fashion innovation, two-piece bathing suits can be seen in murals in the ancient city of Pompeii.

- If you're a fan of the "Star Trek" franchise, you might want to plan a trip to the capital of Sweden. It was in Stockholm last year that the world's first Klingon tourist center opened.

- There seems to be quite a rivalry between the towns of Rosehill, North Carolina, and Wilmington, Delaware. Both locales claim to be the home of the world's largest frying pan, with a diameter of 10 feet. This begs some questions, of course: How many eggs are being fried at once to require such a large piece of cookware? And what sort of stove is required to heat such a mammoth pan?

- If you're like most Americans, you've stolen from your employer — though probably not much. It seems that 58% of your fellow citizens admit to taking office supplies for personal use.

- The London-based 40FT Brewery has an unusual beer on its list of offerings: Odius Ale. Its claim to fame? It's brewed using yeast collected from writer Roald Dahl's chair.

- There was a time when cartoon character Fred Flintstone appeared in ads for Winston cigarettes.

- I don't know who studies such things, but those who do say that over the course of a lifetime, you'll probably spend about three years in the restroom.

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**Thought for the Day:** "Eminent posts make great men greater, and little men less." — Jean de La Bruyere

# Moments in time

THE HISTORY CHANNEL

- On July 4, 1826, the 50th anniversary of the adoption of the Declaration of Independence, both John Adams and Thomas Jefferson, the second and third presidents of the United States, respectively, die. Both men had been central in the drafting of the historic document.

- On July 2, 1900, in the sky over Germany's Lake Constance, Count Ferdinand Graf von Zeppelin successfully demonstrates the world's first rigid airship. The 420-foot, cigar-shaped craft was lifted by hydrogen gas and powered by a 16-horsepower engine.

- On July 7, 1912, Jim Thorpe wins the pentathlon at the fifth modern Olympics in Stockholm, Sweden. He would later medal in the decathlon. In 1913, though, he was stripped of his Olympic medals because he had played minor league baseball. The medals were restored posthumously in 1982, 30 years after his death.

- On July 1, 1951, Cleveland Indians ace Bob Feller pitches the third no-hit game of his career to lead the Indians over the Detroit Tigers 2-1, making him the first modern pitcher ever to throw three no-hitters.

- On July 6, 1976, in Annapolis, Maryland, the United States Naval Academy admits women for the first time with the induction of 81 female midshipmen. In May 1980, Elizabeth Anne Rowe became the first woman member of the class to graduate.

- On July 3, 1985, the blockbuster action-comedy "Back to the Future" — in which John DeLorean's iconic concept car is transformed into a time-travel device — is released in theaters. The DeLorean featured gull-wing doors and a brushed stainless-steel body.

- On July 5, 1996, Dolly the sheep — the first mammal to have been successfully cloned from an adult cell — is born at the Roslin Institute in Scotland. Over the course of her short six-year life, Dolly gave birth to four lambs.

# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Fourth of July Inspires Chinese Punch Bowl



The signing of the Declaration of Independence is shown on this Chinese Export punch bowl. The pattern must have been inspired by an 1817 American painting, even though the men on the bowl look Chinese. It sold for \$5,228 at auction.

Be careful when using old reference books. Modern research methods, excavations and old documents that were unknown for years have led to changed histories. The Chinese Export porcelain dishes that picture the signers of the Declaration of Independence originally were thought to be made about 1820 when they copied an 1817 painting by John Trumbull. The men posed while signing the document had Chinese faces, because the decorators probably had never seen a Caucasian man. Full sets were made in this pattern. Collectors and museums paid high prices for examples in the 1950s to 1970s.

When the existing examples were studied, slight differences in the decoration led to the belief that this design was made for much of the 19th century. It probably was available during the 1876 Philadelphia celebration of the Centennial of the Declaration of Independence. This led to lower prices, but large or unique pieces remain popular and high priced. A punch bowl with a diameter of 11 1/2 inches sold several years ago at a Skinner auction in Boston for \$5,228. It pictured 13 blue stars, the men in groups, and a spread-winged eagle with a body that looks like the Union Shield.

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**Q. I heard a story that the first "Star Wars" toys were offered for sale before they were made, so the company sold an IOU letter for the first toy characters and more. Is that true? How long was it after the movie was shown before the toys were for sale?**

**A.** The first "Star Wars" movie was released May 25, 1977. Kenner Products, a Cincinnati toy company, had bought the rights to make toys based on the film. But there was not enough time to make small plastic figures, just board games. The popularity of the movie signaled that the toys would be best-sellers, so they sold an IOU for \$11.99 that could be redeemed at Christmas for

an early-bird box of puzzles, stickers, membership in the Star Wars Club, Luke Skywalker's autograph and future delivery of the four figures. The toys were delivered in March 1978.

Of course the early-bird box, the contents, and the first toys are the Star Wars collectors "holy grails." It is said that a package in great condition would sell for \$7,500 or more. There have been eight movies and more, and another movie due later this year. Their popularity adds to the fame and price of the memorabilia.

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### CURRENT PRICES

Advertising card, Washburn-Crosby Flour, cow and calf, food bags, 6 x 4 inches, \$10.

Bank, Swiss cottage, tin lithograph, Stollwerck's Chocolate, key lock, roof, 3 1/4 inches, \$90.

Doll, A.M., black pottery head, sleep eyes, open mouth, curly wig, grass skirt, 14 inches, \$120.

Swimsuit, woman's, magenta and green geometric design, Gottex, 1960s, size 6, \$325.

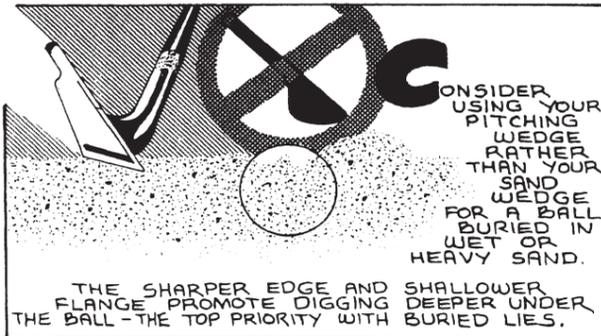
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TIP: Use a credit card to scrape hardened candle wax from a table.

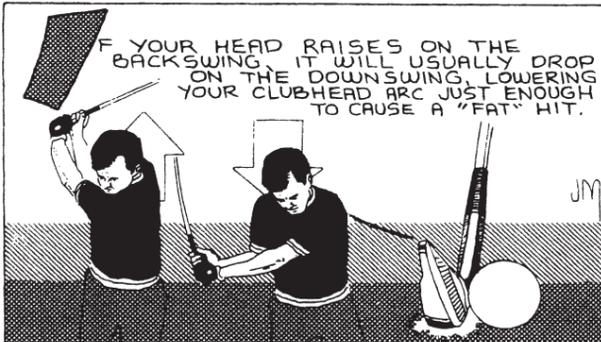
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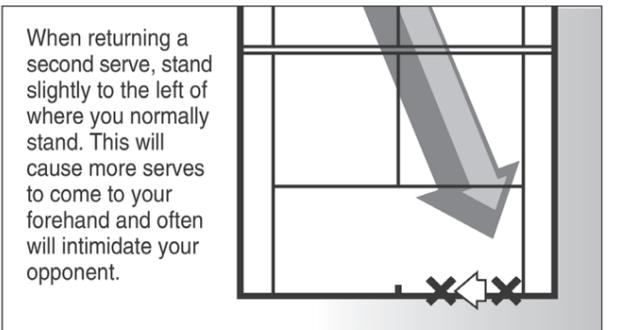
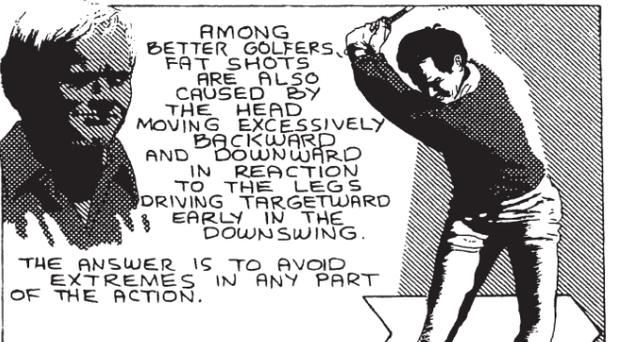
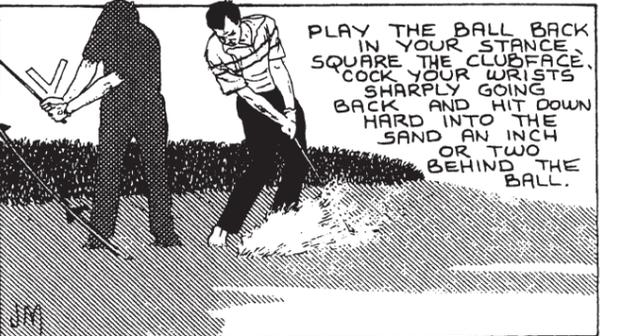
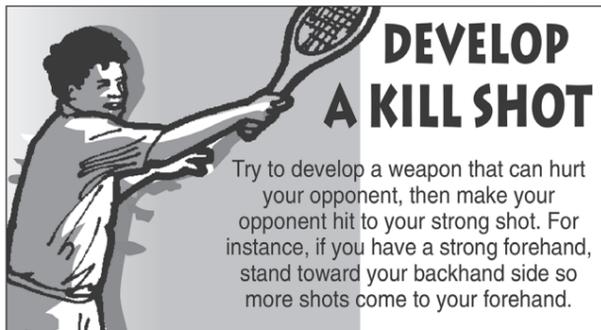
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



# Health



## Flesh-Eating Bacteria Is a Rare Condition

**DEAR DR. ROACH:** What do you know about flesh-eating bacteria? After going to a hospital to get a mole checked, I developed an itchy rash that won't go away. I am worried. — *H.W.*

**ANSWER:** Let me reassure you that this isn't flesh-eating bacteria. Itchy rash around a mole can be due to eczema, or it might be a fungal infection or one of several other benign skin conditions. A dermatologist can help figure out which. But, since you asked ...

The term "flesh-eating bacteria" is misleading since it's a disease, not a particular bacteria species. The term refers to a condition called "necrotizing fasciitis" ("necrotizing" means that the infection kills cells, and "fasciitis" references the connective tissue in the body that the infection proceeds along).

However terrifying, it is fortunately a rare condition. There are only about 1-3 cases per 100,000 people. It may occur in people who are otherwise healthy and who happen to get an injury that penetrates the skin. But it is more common in people who have a diminished immune system due to chronic illness (diabetes, kidney or liver disease, cancer, heavy alcohol use).

In most cases, in people with chronic disease, it is a combination of bacteria that cause the infection. In previously healthy people, the bacteria most associated are group A streptococcus. This bacteria strain has enzymes that damage the body and has the ability to evade the immune system. It can grow very rapidly, and early treatment is paramount to stopping the infection before permanent damage is done. In some cases, amputation is necessary; in others, no treatment is effective. The

disease has a high mortality rate. The particular bacteria in a person with this diagnosis are very dangerous, and there are cases of person-to-person transmission of the bacteria, leading to additional cases, so caregivers and family need personal protective equipment.

Effective treatment starts with recognition of the diagnosis. That can be hard; initial signs, such as redness, swelling and fever, can be nonspecific. Skin lesions, like blisters or bruising, can be misleading. However, a very high fever and more pain than expected are big clues to the diagnosis. Treatment is primarily surgical. Antibiotics alone are ineffective.

\*\*\*

**DEAR DR. ROACH:** A recent column on sinusitis argued against routine antibiotics. Your advice, while sound, does not apply to all of us. I am an MDS patient with compromised immunity. When I get sick, it takes three times as long to recover. I feel the rules may apply to "normal" people, but not all of us. What would you recommend for someone like me? — *B.F.*

**ANSWER:** My answers certainly do not apply to all situations, and immunocompromised individuals are an excellent example. In the case of sinus infections, it depends on the person's exact type of immune problem. Immunocompromised individuals certainly are more likely to be prescribed antibiotics, and are more likely to be subject to diagnostic testing when things don't go as expected. Some kinds of immune system disease predispose people to unusual infections, which require specific treatments.

Taking care of anyone requires judgment and experience, and physicians who have known their patients a long time are in a better position to judge who needs antibiotic treatment for sinus infection and who does well with supportive treatment. In the case of someone with immune system disease, that is even more important.

\*\*\*

## Meningioma Is Tumor of Brain's Lining

**DEAR DR. ROACH:** In January 2014, I was diagnosed with a benign neoplasm of my cerebral meninges (meningioma). I am a healthy

64-year-old Caucasian woman. I do not take any medications. The finding was incidental. I have no symptoms from the meningioma. I sometimes feel as if my mental capacity has declined somewhat (such as memory), but I attribute this to the normal aging process. I have been getting an MRI every year since the diagnosis.

The last test showed that the tumor was 2.9 cm by 1.6 cm by 2.7 cm. The mass measured 2.3 cm by 1.3 cm by 2.1 cm when I had the first MRI in 2014. It seems to be slowly growing. What are your thoughts on this? Do you advise surgery at this time? — *C.C.*

**ANSWER:** A meningioma is a type of brain tumor that arises from the meninges, the lining of the brain. Most of these are benign, although they do range from benign to cancerous. Even the cancerous tumors very rarely spread.

The main problem with this type of tumor is that they grow, and there is not a lot of room inside the skull to spare. An enlarging tumor can compress the brain, and that can lead to symptoms. Depending on the exact location of the tumor, it can cause weakness, loss of vision or loss of hearing or smell. Another common symptom is a seizure. Changes in mental function are less common, but I am very cautious about ascribing symptoms to aging.

Although the change in size seems likely keep growing and cause symptoms. Surgery is a treatment option, as is radiation, but only an expert can make the assessment of what is best in your situation. If the tumor is in a favorable location, most authorities would recommend surgical removal of the tumor.

\*\*\*

**DEAR DR. ROACH:** My 59-year-old son has cirrhosis, probably from a blood transfusion he had as a teenager. His gastroenterologist tells him he is two years away from going on the transplant list for a new liver. Do you know if someone with compatible blood could donate a piece of his or her liver? Would that provide him with enough healthy liver? Also, he heard that you live only about five years with a new liver. Is that true? — *B.M.*

**ANSWER:** Cirrhosis after a blood transfusion makes me suspect that

your son's liver disease is due to hepatitis C. If that's the case, his gastroenterologist has had or will have a discussion with him about new treatments for hepatitis C that will hopefully keep him from needing a transplant.

However, if he does need a transplant, it can be done from a family member or even from a nonrelated person. There are risks to the donor, but major complications happen in only 1 to 3 percent of cases. The transplanted lobe of the liver does rapidly regenerate. The results for the recipient are comparable to that of deceased organ donors. Only the transplant surgeons can recommend whether a living donor is possible.

For adults in your son's age group, the likelihood of surviving five years after liver transplantation is about 70 percent.

\*\*\*

## 'Blue Cloud' Mars Vision

**DEAR DR. ROACH:** I was diagnosed last year with a Hollenhorst plaque. I have a "blue cloud" in the corner of my left eye at all times. My doctors' only instructions were to notify them of any changes. I am scared. Am I going to have a stroke in the near future? When I asked one of my doctors, he said to "just keep an eye on it." — *D.D.M.*

**ANSWER:** A Hollenhorst plaque is a cholesterol crystal that is seen in the blood vessels of the retina. In most cases, the cholesterol plaque had broken off from the carotid artery, the main blood vessel providing blood to the brain. While I understand your concern about its effect on your stroke risk, it seems to be fairly small — in one study of 130 patients with Hollenhorst plaques, none of them had a stroke in the two years or so that they were followed in the study.

However, all of the patients studied had some degree of blockages in the carotid artery, and your doctor should consider looking for blockages in yours if he hasn't already. In most cases, carotid blockages are treated with medication, especially a statin medication. Aspirin might be appropriate for some people, but that is a discussion you should be having with an expert, such as your internist or cardiologist.

Warfarin should not be used to treat cholesterol plaques. The manufacturers of warfarin recommend stopping warfarin if a cholesterol plaque is found, as warfarin can increase the risk of further events. However, there might be some situations in which anticoagulants must be used, such as in the case of a pulmonary embolism.

\*\*\*

## Don't Drink Wine for Health Reasons

**DEAR DR. ROACH:** As a wine-maker, I get my daily (small) dose of resveratrol through red wine. I drink about a half bottle daily. But I also take resveratrol supplements. What is the latest evidence as to the health benefits of this natural polyphenol? Am I ingesting too much? — *G.G.*

**ANSWER:** Resveratrol is a substance found in red wine, coming from grape skins. One study in rats showed that it improved lifespan, and many people were interested in it. However, the dose of red wine needed to duplicate the study would be about 1,000 liters daily for a human; worse, a trial of resveratrol (in people with multiple myeloma) showed no benefit, and five of the 24 subjects developed kidney failure (it was not clear whether the myeloma or the resveratrol was responsible for the kidney damage). Also, the dose used was 5 grams, which is 10 to 20 times the size of the usual supplement.

A trial in Alzheimer's disease patients was too short to prove benefit but did seem to show increased brain volume. A 2016 review shows that at high doses, it lowers blood pressure (which often is raised by alcohol) and cholesterol. For that reason, resveratrol still holds promise, but it's too early to recommend as a supplement.

It's not the resveratrol I'm worried about your getting too much of; it's alcohol. A half a bottle of wine (assuming average alcohol content, which varies a little) for an average-size man is two and a half glasses, which contains alcohol that is over the level of most recommendations (one glass for women, two for men, with food).

For some people, wine enhances pleasure in life when taken moderately, and that's the only reason it should be consumed. Alcohol should not be taken for health reasons.

# Financial Statement

by Joyce A. Rimel

**Are you getting closer to retirement? See how prepared or unprepared you really are**

Assuming your retirement is about 10 years away, you will want to have approximately seven times your current salary in savings. That puts you on the road to

having about 10 times your final salary saved by retirement and maintaining your present standard of living. Retire before hitting 67 and you'll need more saved; after, you'll need less.

Estimate your retirement income such as earnings, savings and future pensions. Experts say you'll need 75 to 80 percent of preretirement income to live well. That might be debatable but it's a good starting point.

You have 10 years to act by earning more, trimming expenses or delaying retirement. Also, save the easy way. 82 percent of workers paid via direct deposit, save more by splitting their pay across accounts. Have your payroll department put part of each check into an online savings account, where it's out of sight and out of mind. The direct deposit users who split their deposits saved up to \$90 more per month than those who used another method to save, according to a recent study.

If you have healthy savings in a 401(K), 403(b) or IRA, open a Roth IRA (in 2019 you can contribute up to \$7,000 if you're 50 or older), or put money into a regular taxable account. You're laying the groundwork for lower taxes later. If something comes up, and you take money from a 401(K) or tra-

ditional IRA, it is taxable as ordinary income, and you may end up in a higher tax bracket. You can pull your contributions from a Roth IRA tax free (earnings, too, if you're at least 59 1/2 and have had the Roth at least 5 years.)

## PAY DOWN THAT MORTGAGE

In place of your monthly payments, make half payments every two weeks. Those 26 payments per year are the equivalent of 13 monthly payments, resulting in a faster payoff and lower total interest costs. Avoid refinancing your mortgage, since a new loan with a later payoff date means more of your monthly payment goes to interest expense, not an increase in your home equity. Don't use a home equity loan or line of credit for purchases. The new tax law makes that

less attractive and this is the wrong time to be growing your mortgage debt. Any extra funds like a tax refund, a bonus, a side job should be applied to your principal.

If you're not sure where to invest additional money, aim for growth. Seek a mix of stocks and bonds; a 50/50 or 60/40 ration of stocks to bonds is reasonable. Target-date mutual funds. These balanced funds automatically adjust investments to lower risk as you age.



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# Strange BUT TRUE

By Samantha Weaver

1. Name the John Denver song that was inadvertently written to the tune of Tchaikovsky's Fifth Symphony.
2. Which international festival in 1979 featured Stephen Stills, Bonnie Bramlett, the Trio of Doom, Pacho Alonso, Fania All-Stars, Billy Joel, Weather Report and Mike Finnegan?
3. Name the debut song by The Foundations, a group made up of a Brit, a Sri Lankan and West Indian members.
4. In the 1988 song "Buffalo Stance," by Neneh Cherry, what is Buffalo?
5. Name the song that contains this lyric: "When no one else can understand me, When everything I do is wrong, You give me hope and consolation, You give me strength to carry on."

**Answers**

1. "Annie's Song," in 1974. Once it was pointed out, Denver spent an hour writing a new melody.
2. The three-day Havana Jam.
3. "Baby, Now That I've Found You," in 1967.
4. Buffalo was the group of models, makeup artists and photographers brought together for the Buffalo fashion house.
5. "The Wonder of You," by Elvis Presley in 1970. Oddly enough, the slow, romantic song has been picked up by the Port Vale Football Club in England. The stadium of fans sing it at the start of every home game. (See YouTube videos.)

• It was Academy Award-nominated actress and comedian Lily Tomlin who made the following observation: "Ninety-eight percent of the adults in this country are decent, hard-working, honest Americans. It's the other lousy 2 percent that get all the publicity. But then — we elected them."

• You might be surprised to learn that it requires a whopping 30 tons of ore from a gold mine to produce a single gold ring.

• You are almost certainly aware of the fact that the Impressionist painter Claude Monet is famous for his paintings of water lilies. However, you may not be aware of the fact that he painted more than 300 pictures of water lilies. The same water lilies, in fact — and they can be seen today in a pond behind his house.

• Those who study such things say that people during the Stone Age used shells and even shark teeth to shave.

• If you think about it, you'll realize that an old-fashioned hourglass has more moving parts than the most expensive luxury watch on the market today.

• Researchers conducting a study at the University of California have found that men are more likely than women to use shortcuts.

• During the 19th century, first lady Lucy Hayes, wife of Rutherford B. Hayes, the 19th president of the United States, was widely known as "Lemonade Lucy." It seems she was an ardent supporter of temperance and therefore didn't allow alcohol to be served in the White House during her husband's four years in office.

• For reasons that are still not clear, in the 15th century in Florence, Italy, women were banned from wearing buttons.

\*\*\*

**Thought for the Day:** "You wouldn't worry so much about what others think of you if you realized how seldom they do." — *Eleanor Roosevelt*



1. **Toy Story 4** .....(G) animated
2. **Child's Play** .....(R) Aubrey Plaza, Mark Hamill
3. **Aladdin** .....(PG) Will Smith, Mena Massoud
4. **Men in Black: International** .....(PG-13) Chris Hemsworth, Tessa Thompson
5. **The Secret Life of Pets 2** ....(PG) animated
6. **Rocketman** .....(R) Taron Egerton, James Bell
7. **John Wick: Chapter 3 — Parabellum** .....(R) Keanu Reeves, Halle Berry
8. **Godzilla: King of the Monsters** .....(PG-13) Kyle Chandler, Vera Farmiga
9. **Dark Phoenix** .....(PG-13) James McAvoy, Michael Fassbender
10. **Shaft** .....(R) Samuel L. Jackson, Jessie T. Usher



**Worst Drivers by Zodiac Sign\***



- |           |                 |
|-----------|-----------------|
| 1. Gemini | 6. Aquarius     |
| 2. Taurus | 7. Aries        |
| 3. Pisces | 8. Leo          |
| 4. Virgo  | 9. Libra        |
| 5. Cancer | 10. Sagittarius |

\*based on auto accident claims  
Source: Suncorp-Metway Ltd.



**Dumbo** (PG) — The owner of a small circus (Danny DeVito) takes a gamble on a pregnant elephant, and when the baby is born with giant ears and debuts with a flop, he asks the children of his trick rider Holt Farrier (Colin Farrell) to raise it. They accidentally discover that the precocious pachyderm can fly, and a genuine circus act is born. When a bigtime showman (Michael Keaton) recruits the act — and Mom is trucked off — Farrier and the children team up with a trapeze artist and mount a rescue to reunite mother and baby. There's no getting around the eruption of feelings when Mom is taken away. The lullaby will make you cry. But beyond heartstrings-pulling moments here and there, I couldn't shake the feeling that, despite it being visually pleasing and well-performed, it didn't match the enchantment and captivation of the original.



Barry Ward and Tom Vaughan-Lawlor in "Maze"

**The Hummingbird Project** (R) — Jesse Eisenberg and Alexander Skarsgard head this business caper as cousins Vincent and Anton Zaleski, who work together to achieve their dream: run a beeline fiber optic cable from the New York Stock Exchange direct to Kansas so that they can have trade information milliseconds ahead of the competition and effectively make beaucoup buckaroos by high frequency trading. It's complicated, but they are very passionate about it, and so is their ex-boss, a cutthroat woman named Eva Torres (Salma Hayek) who plots to thwart and beat them at their own game — at any price. It comes from director/writer Kim Nguyen, and is as much dark dramedy as social commentary on greed.

**Maze** (NR) — Irish Republican Army prisoner Larry Marley (Tom

Vaughan-Lawlor) is indefatigable in pursuit of freedom, even in a high-security breakout-proof prison such as the HMP Maze. For this challenge, all resources must be pursued, including fellow prisoners with a diverse array of talents and even, or most especially, the guards themselves. Marley establishes a rapport and eventual friendship with a warden, Gordon Close (Barry Ward), that leads to the largest prison escape in Europe since World War II. It's based on the real-life 1983 mass breakout at the prison. Although it's about a prison break, it's not an action movie. It's a psychological drama, slowly building and unfolding, that is well worth watching.

**The Aftermath** (R) — Keira Knightly and Jason Clark are Rachael and Col. Lewis Morgan, an English couple brought to Germany post-World War II during rebuilding. They take over the house of German architect Stefan Lubert (Alexander Skarsgard), but instead of sending him and his daughter off, Col. Morgan allows them to stay. With so many lives lost, it's inevitable that grief catches up. Given time and access, Rachel and Stefan have an affair. It's terribly cliched, but of course, beautifully done. If you're into gloomy period romances, this is your cup of tea.

**NEW TV RELEASES**

- Manhunt** Season 1
- Poldark** The Complete Collection
- CSI: New York** Season 2
- Hanna Barbera: Wally Gator** The Complete Series



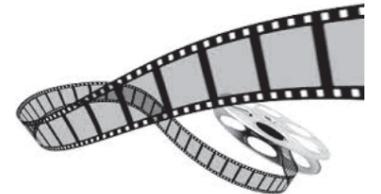
**Top 10 Video On Demand**

1. **Captain Marvel** .....(PG-13) Brie Larson
2. **Tyler Perry's A Madea Family Funeral** .....(PG-13) Tyler Perry
3. **The Upside** .....(PG-13) Kevin Hart
4. **Five Feet Apart** .....(PG-13) Haley Lu Richardson
5. **The Mustang** .....(R) Matthias Schoenaerts
6. **Captive State** .....(PG-13) John Goodman
7. **How to Train Your Dragon: The Hidden World** .....(PG) animated
8. **Isn't It Romantic** .....(PG-13) Rebel Wilson
9. **Cold Pursuit** .....(R) Liam Neeson
10. **Spider-Man: Into the Spider-Verse** .....(PG) animated

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

1. **Captain Marvel** .....(PG-13) Disney/Marvel
2. **Tyler Perry's A Madea Family Funeral** .....(PG-13) Lionsgate
3. **Aquaman** .....(PG-13) Warner Bros.
4. **How to Train Your Dragon: The Hidden World** .....(PG) Universal/DreamWorks
5. **Five Feet Apart** .....(PG-13) Lionsgate
6. **Spider-Man: Into the Spider-Verse** .....(PG) Sony Pictures
7. **The LEGO Movie 2: The Second Part** .....(PG) Warner Bros.
8. **Fantastic Beasts: The Crimes of Grindelwald** ....(PG-13) Warner Bros.
9. **Bumblebee** .....(PG-13) Paramount
10. **The Mule** .....(R) Warner Bros.

Sources: comScore/Media Play News



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# What's Hot in Hollywood

**HOLLYWOOD** — Steven Spielberg terrorized us in 1975 with his \$471 million epic "Jaws." The three subsequent sequels couldn't touch the original grosses, but when last year's "The Meg" grossed \$520 million, lo and behold, a remake of "Jaws" was born, to be co-produced with "Titanic" producer/director James Cameron. Already considered to star are Harrison Ford, Chris Pratt, Jesse Eisenberg and Gwyneth Paltrow.

Spielberg, now working on the remake of "West Side Story," has cast 17-year-old New Jersey native Rachel Zegler as "Maria." Zegler was discovered after posting a 30-second clip on social media of her singing "Shallow," the Lady Gaga/Bradley Cooper Oscar-winning song from "A Star Is Born," which had 83,000 retweets and 335,000 likes. Her Tony will 25-year-old Ansel Elgort, who starred in "The Fault in Our Stars," "The Divergent Trilogy" and "Baby Driver." Both Natalie Wood (original Maria) and Richard Beymer (original Tony), were 23 when they played the star-crossed lovers.

\*\*\*

Talk about the old switcheroo! When "Beauty and the Beast" was released last year, people were talking about how enamored Gaston's (Luke Evans) sidekick, played by Josh Gad, was, fawning all over him. Of course, Gaston only had eyes for Belle (Emma Watson). A funny fact, Josh Gad has been married to Ida Darvish since 2008, and they have two children, while Luke Evans is actually an "out" gay man since 2002.

Evans can now be seen in the scary "Ma," with Octavia Spencer, and Netflix's "Murder Mystery," with Adam Sandler and Jennifer Aniston. He's just completed "Midway" (opening Nov. 8) and is currently working in "Dreamland," with Armie Hammer, Gary Oldman and Evangeline Lilly, for a 2020 release.

Josh Gad has "A Dog's Journey," with Dennis Quaid (now in theaters), and "Angry Birds 2" (Aug. 19). Next up is the sequel "Frozen 2" (out Nov. 22); "Little Monsters," with Lupita Nyong'o; "Artemis Fowl," with Judi Dench (May 2020); as well as the HBO sci-fi series "Avenue 5," with Hugh Laurie.



Depositphotos

Josh Gad

Clint Eastwood had planned to direct "A Star Is Born" with Beyonce, but she couldn't clear her schedule, so Bradley Cooper had to take the helm. Clint then began working on "The Ballad of Richard Jewell," to star Leonardo Di Caprio and Jonah Hill, at 20th Century Fox, but when Fox was bought by Disney, Clint and Warner Brothers wrangled it away from them. Leo and Jonah no longer star but are co-producing. Richard Jewell was the security guard who was accused of the bombing in the 1996 Atlanta Olympics but was cleared three months later. He died of a heart attack in 2007 at 44. Eastwood's last film, "The Mule," cost \$50 million to make and grossed \$172 million, so what Clint wants ... Clint gets!

\*\*\*

**HOLLYWOOD** — Ben Affleck quit playing Batman after only two films, but producers are confident they've found their new "Caped Crusader" in Robert Pattinson. Pattinson recently filmed director Christopher Nolan's "Tenet," with Michael Caine (who played Alfred in Nolan's trilogy, including "The Dark Knight"). Pattinson also will be seen in five other films — "The Lighthouse," "The King" (for Netflix), "The Devil All the Time," "Waiting for the Barbarians" and "The Stars at Noon" — before we see him as Batman in a trilogy of films, starting June 25, 2021.

\*\*\*  
With the success of "Bohemian Rhapsody" (about Queen's Freddie Mercury) and "Rocketman" (about Elton John), MGM plans to make a bio-pic about George Alan O'Dowd, aka Boy George. At age 21, Boy George and Culture Club hit it big in 1982 with "Do You Really Want to Hurt Me," which sold 100 million singles and 20 million albums. By 1986, touring and performing pressures allegedly drove him to severe drug usage and the group disbanded. In 1988, they regrouped to minor success until 1999, when they again broke up. In 2013, Boy George went solo to great success and was again backed by Culture Club. There's a lot of drama in this story, but whether Boy George (now 57) was ever popular enough or can appeal to young people today is the question.

\*\*\*



Wikimedia Commons

Cloris Leachman

Lin-Manuel Miranda, who took Broadway by storm with "Hamilton" and movie theaters with "Mary Poppins Returns," has come back to his roots to film his 2007 Tony Award-winning musical, "In the Heights." It starts shooting June 26 with Susan Pourfar, Anthony Ramos, Melissa Barrera and Jimmy Smits.

Cloris Leachman, 93, who won an Oscar for "The Last Picture Show" (1971), seven Emmys (including for "The Mary Tyler Moore Show") and a Golden Globe (for "Phyllis"), not to mention a dynamic turn on "Dancing With the Stars," has begun shooting her 82nd film, "Jump, Darling," in which she plays the grandmother of a drag queen. No joke needed here!

## celebrity extra

by cindy elavsky

**Q.** Will Pauley Perrette from "NCIS" ever find work again in Hollywood after she accused star Mark Harmon of physically assaulting her? — L.A.

**A.** Perrette, who played the quirky forensic scientist Abby on "NCIS," has said that she didn't want co-star Harmon's dog on the set after it allegedly attacked a crewmember. She said after that incident, Harmon would bring the dog around only when she was on set and that Harmon "body checked" her.

As for her future in Hollywood, her outspokenness doesn't seem to have harmed her career. CBS, the same network that employed her on "NCIS" for 15 years, has hired her for a new comedy this fall titled "Broke." So, whether or not her accusations against Harmon are true, she obviously still has a good relationship with CBS.

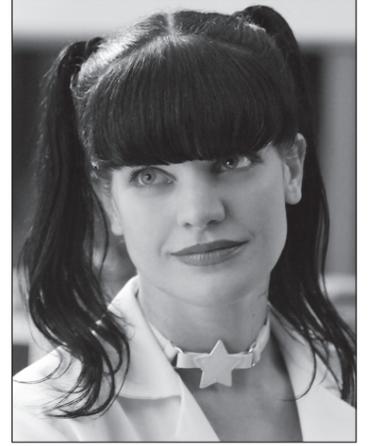
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**Q.** Are Miranda Lambert and her police officer husband still married? I read that they were having problems. — C.Y.

**A.** There was gossip circulating last month that their marriage was in trouble, which wasn't entirely unexpected since they married so quickly.

For those who don't know, last November, Lambert was singing onstage during "Good Morning America" on ABC when she spotted NYPD officer Brendan McLoughlin providing security near the stage. They married three months later. Time will tell whether it will last, but for now Lambert has said nothing but positive things about it to the press, saying that they split their time between Nashville and NYC, where he still works on the force.

Lambert says that she is finishing up her new solo album, and she's set to start touring in the Roadside Bars & Pink Guitars Tour, which starts in



Richard Foreman/CBS

Pauley Perrette in "NCIS"

Connecticut in September and ends in November in North Carolina. Joining her will be stars Maren Morris and Elle King, along with Miranda's band, the Pistol Annies. For tour dates, visit www.mirandalambert.com.

\*\*\*

**Q.** Is "Mad About You" really coming back to television like "Roseanne" did? If so, when will it begin airing? — J.J.

**A.** Yes, it appears that "Mad About You" is becoming a reality 20 years later. Paul Reiser and Helen Hunt will be reprising their roles of married couple Paul and Jamie as they deal with getting older and parenting their rebellious daughter Mabel. It was picked up by the Charter Spectrum cable/internet/streaming company, which will air the new episodes once they finish production. An official first air date for "Mad About You" hasn't been announced yet.

This is one of several shows coming on Spectrum Originals, the first being "L.A.'s Finest," starring Gabrielle Union and Jessica Alba. Another series by Spectrum that looks compelling is "Manhunt: Unabomber." The first season was a drama based on the infamous Ted Kaczynski case, and the second season will be about the Atlanta Summer Olympics bombing.

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Servings: 8

- 1 pound ground beef
- 1 pound Bob Evans Original Roll Sausage
- 1 package (20 ounces) Bob Evans Macaroni and Cheese
- 8 hamburger buns
- 1 package crumbled blue cheese (optional)
- 4 teaspoons Buffalo sauce

In large mixing bowl, blend ground beef and sausage; divide into eight patties.

On grill over medium heat, cook burgers on each side until no longer pink in center and internal temperature reaches 160 F, about 15 minutes.

Heat macaroni and cheese according to package instructions.

Place patties on buns and top each with 1/4 cup macaroni and cheese, 1/2 teaspoon Buffalo sauce and sprinkle with blue cheese, if desired.

# Simplify Summer ON THE GRILL

#### FAMILY FEATURES

Summer is typically a busy time for families, making those moments you spend together all the more precious. The hustle and bustle of the season doesn't have to mean sacrificing wholesome meals, however.

Take advantage of the warm weather and step outside the kitchen to focus on enjoying the outdoors with family around

grilled favorites, such as burgers. You can even make meals on the grill your own by putting twists on a classic, such as Barbecue Macaroni and Cheese Burgers or Buffalo Macaroni and Cheese Burgers.

Another time-saving tip: Consider refrigerated side dish options like mashed potatoes and macaroni and cheese from Bob Evans Farms, which are ready in just six minutes and provide

homemade taste. In addition to topping burgers, these sides can be used as an ingredient in appetizers like Crunchy Jalapeno Potato Poppers and Pulled Pork Mac and Cheese Sliders, which are perfect for snacking on while catching up on the events of the day.

Find more recipes and time-saving ideas to make the most of grilling season at BobEvansGrocery.com.

### Barbecue Macaroni and Cheese Burger

Prep time: 5 minutes  
Cook time: 25 minutes  
Servings: 8

- 1 pound ground beef
- 1 pound Bob Evans Original Roll Sausage
- 1 package (20 ounces) Bob Evans Macaroni and Cheese
- 8 hamburger buns

- 4 tablespoons barbecue sauce
- 1/2 cup French fried onion straws

In large mixing bowl, blend ground beef and sausage; divide into eight patties.

On grill over medium heat, cook burgers on each side until no longer pink in center and internal temperature reaches 160 F, about 15 minutes.

Heat macaroni and cheese according to package instructions.

Place patties on buns and top each with 1/4 cup macaroni and cheese, 2 teaspoons barbecue sauce and fried onion straws.



### Pulled Pork Mac and Cheese Sliders

Recipe courtesy of Karly Campbell of Buns in My Oven  
Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 12

- 1 pound pre-packaged, fully cooked pulled pork in sauce
- 12 slider rolls
- 1 package (20 ounces) Bob Evans Macaroni and Cheese
- 2-3 tablespoons barbecue sauce
- 6 slices cheddar cheese
- 1 tablespoon barbecue dry rub
- 1/4 cup butter, melted

- 1 teaspoon dried parsley

Heat oven to 350 F.

In microwave, warm pulled pork according to package instructions.

Slice rolls in half. Place bottom halves of slider rolls in 9-by-13-inch baking dish and top each with pulled pork.

Microwave macaroni and cheese according to package directions and spoon evenly over pork on each sandwich roll.

Drizzle barbecue sauce over sandwiches. Lay cheese in two rows of three over sliders.

Top with top halves of slider rolls. Stir dry rub into butter. Spoon evenly over tops of sandwiches. Sprinkle with parsley.

Bake, uncovered, 10 minutes.



### Crunchy Jalapeno Potato Poppers

Prep time: 25 minutes  
Cook time: 15 minutes  
Servings: 48

- 1 package (24 ounces) Bob Evans Original Mashed Potatoes
- 1 cup Monterey Jack cheese, shredded
- 1 cup sharp cheddar cheese, shredded
- 4 ounces diced jalapeno peppers, drained
- 8 ounces taco flavored tortilla chips
- 2 large eggs
- 6-8 tablespoons vegetable oil
- 1/3 cup all-purpose flour
- sour cream (optional)

Stir together cold mashed potatoes with Monterey Jack and cheddar cheeses and diced jalapenos.

Scoop 48 tablespoonfuls of potato mixture and place on parchment- or wax paper-lined baking sheet. Refrigerate 15-20 minutes.

In bowl of food processor, pulse tortilla chips to fine crumbs or place chips in large, zip-top bag and smash using rolling pin. Pour crumbs into shallow bowl.

Beat eggs and pour into separate shallow bowl. Set aside.

In fryer or Dutch oven, heat oil to 350 F. Remove mashed potato scoops from refrigerator and roll into balls. Roll each mashed potato ball in flour, tapping off excess. Once potato balls are coated in flour, dip each into egg, allowing excess to drip off, then into tortilla chip crumbs, making sure to coat evenly. Set on clean baking sheet. Discard excess flour, egg and tortilla chip crumbs.

In hot oil, fry small batches of mashed potato poppers until golden brown, 30-40 seconds. Remove from fryer and place on paper towel to drain excess oil. Repeat until all poppers are cooked. Serve hot with sour cream, if desired.

**Note:** To reheat poppers, bake 6-8 minutes at 350 F.



## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Layered BLT Salad

We took most men's much-loved sandwich, the BLT, and transformed it into something that tastes great but doesn't come between two or three slices of bread. We can still hear the rave reviews.

- 4 cups finely shredded lettuce
- 1 1/2 cups chopped fresh tomatoes
- 1/4 cup purchased bacon bits
- 4 slices reduced-calorie white bread, toasted and cubed
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free Thousand Island dressing
- 1/4 cup fat-free mayonnaise
- 1 teaspoon dried parsley flakes

In an 8-by-8-inch dish, layer lettuce, tomatoes, bacon bits, toast cubes and Cheddar cheese. In a small bowl, combine Thousand Island dressing, mayonnaise and parsley flakes. Spread dressing mixture evenly over top. Cover and refrigerate for at least 30 minutes. Divide into 4 servings.

• Each serving equals: 175 calories, 3g fat, 10g protein, 27g carb., 684mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 1/2 Vegetable, 1/2 Meat.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Crunchy Deviled Eggs

- 4 hard-boiled eggs
- 2 tablespoons fat-free mayonnaise
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon celery seed
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. Cut eggs in half lengthwise and remove yolks. Place yolks in a medium bowl and mash well using a fork. Add mayonnaise, Worcestershire sauce, celery seed, onion flakes and parsley flakes. Mix well to combine.

2. Refill egg white halves by spooning a full tablespoon of yolk mixture into each. Cover and refrigerate for at least 30 minutes.

• Each serving equals: 73 calories, 5g fat, 5g protein, 2g carb., 142mg sodium, 0g fiber; Diabetic Exchanges: 1 Meat

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Macho Burritos

The name says it all — meaty and spicy, hearty and hot as you like it. Real he-man food!

- 8 ounces ground extra-lean sirloin or turkey breast
- 1/2 cup chopped onion
- 2 teaspoons chili seasoning
- 1 (8-ounce) can tomato sauce
- 4 (6-inch) flour tortillas
- 1/2 cup chunky salsa (mild, medium or hot)
- 1 (8-ounce) can tomatoes, finely chopped and undrained
- 1 teaspoon dried parsley flakes
- 1/3 cup shredded reduced-fat Cheddar cheese

1. Heat oven to 350 F. In a large skillet sprayed with olive oil-flavored cooking spray, brown meat and onion. Add chili seasoning and tomato sauce. Bring mixture to boil. Cover and simmer for 5 minutes.

2. Spoon about 3 tablespoons of the mixture on each tortilla. Roll up tortillas and place on a cookie sheet, seam side down. Lightly spray tops with olive oil-flavored cooking spray.

3. In a medium bowl, combine salsa, undrained tomatoes and parsley flakes. Evenly spoon mixture over tortillas. Bake 10 minutes. Sprinkle 2 teaspoons Cheddar cheese over top of each. Continue baking for 3 minutes or until cheese starts to melt. Serves 4.

• Each serving equals: 232 calories, 8g fat, 17g protein, 23g carb., 944mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1 Starch.

## Good Housekeeping

### Grilled Shrimp With Black Beans

- 1 lime
- 2 cans (15 to 19 ounces each) black beans, rinsed and drained
- 2 ripe plum tomatoes (about 8 ounces), chopped
- 2 green onions, thinly sliced
- 1 small yellow pepper, seeded and chopped
- 1 jalapeno chile, seeded and finely chopped
- 1/2 cup loosely packed fresh cilantro leaves, chopped
- 1 tablespoon olive oil
- 3/4 teaspoon salt
- 1 pound large shrimp, shelled and deveined
- Lime wedges

1. Prepare charcoal fire or preheat gas grill for direct grilling over medium-high heat.

2. Meanwhile, from lime, grate 1/2 teaspoon peel and squeeze 2 tablespoons juice. In large bowl, stir lime juice and 1/4 teaspoon lime peel with beans, tomatoes, green onions, pepper, jalapeno, cilantro, oil and 1/2 teaspoon salt. Set aside at room temperature. Makes about 5 cups.

3. In medium bowl, toss shrimp with remaining 1/4 teaspoon lime peel and 1/4 teaspoon salt. Place shrimp on hot grill rack (or hot flat grill topper) and cook 3 to 4 minutes or just until shrimp turn opaque throughout, turning shrimp over once.

4. Stir about half of shrimp into bean salad; top with remaining shrimp. Serve with lime wedges.

• Each serving: About 290 calories, 5g total fat (1g saturated), 180mg cholesterol, 890mg sodium, 41g carbs, 14g dietary fiber, 31g protein.

## Good Housekeeping

### Sausage and Pepper Grill

Serve this no-fuss main course with crusty peasant bread.

- 1/3 cup balsamic vinegar
- 1 teaspoon brown sugar
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 2 medium red peppers
- 2 medium green peppers
- 2 large red onions
- 1 tablespoon olive oil
- 3/4 pound sweet Italian sausage links
- 3/4 pound hot Italian sausage links

1. In cup, mix balsamic vinegar, brown sugar, salt and black pepper. In large bowl, toss sliced red and green peppers and onions with olive oil to coat.

2. Place sausages and vegetables on grill over medium heat. Cook sausages 15 to 20 minutes, turning occasionally, until golden brown and cooked through. Cook vegetables, about 15 minutes or until tender, turning occasionally and brushing with some balsamic mixture during last 3 minutes of cooking. Transfer vegetables and sausages to platter as they finish cooking.

3. To serve, cut sausages into 2-inch diagonal slices. Drizzle any remaining balsamic mixture over vegetables. Serves 4.

## Good Housekeeping

### Bold Berry Granita

Frosty, fruity and fat-free, this heat-beating Italian ice doesn't require any special equipment — just a metal baking pan. Fill with a mix of pureed raspberries and strawberries and sugar syrup, then freeze. Scrape with a fork into prechilled dishes to serve.

- 1 cup water
- 1/2 cup sugar
- 1 lemon (up to 2)
- 1 pound strawberries
- 1 1/2 cups raspberries

1. Make sugar syrup: In 2-quart saucepan, heat water and sugar to boiling on high, stirring until sugar dissolves. Reduce heat to low and simmer, uncovered, 5 minutes. Set aside to cool slightly, about 5 minutes.

2. Meanwhile, from lemon(s), grate 2 teaspoons peel and squeeze 1/4 cup juice. In food processor with knife blade attached, blend strawberries and raspberries until pureed. With back of spoon, press puree through sieve into medium bowl; discard seeds.

3. Stir sugar syrup and lemon juice and peel into berry puree. Pour into 9-by-9-inch metal baking pan.

4. Cover and freeze mixture 2 hours or until frozen around edges. With fork, scrape ice at edges into center. Cover and freeze until completely frozen, at least 3 hours or overnight.

5. To serve, let granita stand at room temperature 15 minutes or until slightly softened. With fork, scrape across surface of granita to form ice shards and spoon into chilled wine goblets or dessert bowls. Serve immediately. Makes about 5 cups.

- 1 pint vanilla frozen yogurt
- 1/2 pint raspberries

1. In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.

2. To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries and warm almond mixture.

• Each serving: About 330 calories, 8g total fat (3g saturated), 64g carbohydrate, 8g protein, 2mg cholesterol, 125mg sodium.

## Good Housekeeping

### Cantaloupe Boats

Drizzle honey and toasted almonds over raspberries, frozen yogurt and sweet melon for a quick and simple summer treat.

- 1/4 cup sliced almonds
- 1/4 cup honey
- 1 medium ripe cantaloupe, cut into quarters, with seeds removed



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# Crime

**Shooting** on the 600 block of West Surf Street.

**Assault** on the 3400 block of North Broadway.

**Assault** on the 800 block of West Wellington Avenue.

**Assault** on the 700 block of West Roscoe Street.

**Assault** on the 3600 block of North Magnolia Avenue.

**Vandalism** on the 3100 block of North Kenmore Avenue.

**Theft** on the 1100 block of West Patterson Avenue.

**Theft** on the 3400 block of North Southport Avenue.

**Assault** on the 800 block of West Surf Street.

**Shooting** on the corner of Surf Street and North Clark Street.

**Burglary** on the 1000 West Cornelia Avenue.

**Vandalism** on the 2800 block of North Orchard Street.

**Theft** on the 3500 block of North Clark Street.

**Theft** on the 3600 block of North Sheffield Avenue.

**Arrest** made on the 3500 block of North Clark Street.

**Assault** on the 3000 block of North Clark Street.

**Assault** on the 400 block of West Wellington Avenue.

**Assault** on the 3400 block of North Halsted Street.

**Assault** on the 3500 block of North Clark Street.

**Theft** on the 1100 block of West Belmont Avenue.

**Robbery** on the 1900 block of North Lake Shore Drive.

**Robbery** on the 4000 block of North Southport Avenue.

**Shooting** on the corner of West Belmont Avenue and Broadway.

**Burglary** on the 2900 block of North Lincoln

Avenue.

**Assault** on the 1400 block of West Montrose Avenue.

**Arrest** on the 800 block of West Roscoe Street.

**Theft** on the 3000 block of North Ashland Avenue.

**Robbery** on the 3400 block of North Clark Street.

**Arrest** on the 1300 block of West Addison Street.

**Robbery** on the 3400 block of West Wellington Avenue.

**Assault** on the 1700 block of West Nelson Street.

**Burglary** on the 2900 block of North Racine Avenue.

**Burglary** on the 4300 block of North Paulina Street.

**Theft** on the 3600 block of North Racine Avenue.

**Theft** on the 900 block of West Belmont Avenue.

**Theft** on the 3400

block of North Broadway.

**Theft** on the 3500 block of North Clark Street.

**Theft** on the 900 block of West Addison.

**Robbery** on the 3600 block of North Clark Street.

**Robbery** on the 900 block of West Belmont Avenue.

**Robbery** on the 3600 block of North Broadway.

**Assault** on the 3300 block of North Lincoln Avenue.

**Theft** on the 1700 block of West Nelson Street.

**Theft** on the 700 block of West Waveland Avenue.

**Assault** on the 700 block of West Waveland Avenue.

**Assault** on the 1100 block of West Wolfram Street.

**Arrest** on the 1300 block of West Addison Street.

**Burglary** on the 500 block of West Belmont Avenue.

**Assault** on the 2300 block of West Barry Avenue.

**Theft** on the 2400 block of West Cullom Avenue.

**Theft** on the 2100 block of West Belmont Avenue.

**Robbery** on the 1900 block of Irving Park Road.

**Assault** on the 2300 block of West Addison Street.

**Vandalism** on the 3100 block of North Western Avenue.

**Burglary** on the 1800 block of West Warner Avenue.

**Theft** on the 3900 block of North Western Avenue.

**Theft** on the 2100 block of West Pensacola Avenue.

**Assault** on the 2800 block of North Wolcott Avenue.

**Vandalism** on the 2200 block of West Belmont Avenue.

**Assault** on the 2000 block of West Diversey Parkway.

**Theft** on the 3500 block of North Oakley

Avenue.

**Assault** on the 3500 block of North Damen Avenue.

**Theft** on the 3400 block of North Damen Avenue.

**Theft** on the 3900 block of North Western Avenue.

**Robbery** on the 3000 block of North Hamilton Avenue.

**Assault** on the 1800 block of West Montrose Avenue.

**Theft** on the 4000 block of North Lincoln Avenue.

**Theft** on the 3900 block of North Western Avenue.

**Theft** on the 3600 block of North Oakley Avenue.

**Vandalism** on the 2400 block of West Warner Avenue.

**Theft** on the 1800 block of West Melrose Street.

**Theft** on the 4300 block of North Winchester Avenue.

**Theft** on the 3300 block of North Western Avenue.

**Theft** on the 2900 block of North Damen Avenue.

**Theft** on the 1900 block of West Waveland Avenue.

**Assault** on the 3300 block of North Western Avenue.

**Theft** on the 1900 block of West Eddy Street.

**Theft** on the 4000 block of North Damen Avenue.

**Assault** on the 2200 block of West Roscoe Street.

**Theft** on the 3100 block of North Wolcott Avenue.

**Theft** on the 3000 block of North Broadway.

**Theft** on the 1100 block of West Diversey Parkway.

**Theft** on the 3600 block of North Southport Avenue.

**Theft** on the 3300 block of North Lincoln Avenue.

**Theft** on the 3000 block of North Greenview Avenue.

**Theft** on the 3000 block of North Broad-

way.

**Theft** on the 1000 block of West Diversey Parkway.

**Theft** on the 3700 block of North Broadway.

**Theft** on the 600 block of West Irving Park Road.

**Theft** on the 3100 block of North Sheffield Avenue.

**Assault** on the 2800 block of North Clark Street.

**Theft** on the 900 block of West Belmont Avenue.

**Vandalism** on the 3700 block of North Wilton Avenue.

**Theft** on the 3000 block of North Broadway.

**Theft** on the 3600 block of North Halsted Street.

**Theft** on the 2800 block of North Broadway.

**Assault** on the 2900 block of North Lake Shore Drive.

**Assault** on the 2800 block of North Broadway.

**Burglary** on the 3400 block of North Halsted Street.

**Theft** on the 1000 block of West Belmont Avenue.

**Theft** on the 3200 block of North Clark Street.

**Assault** on the 3900 block of North Sheridan Road.

**Robbery** on the 3800 block of North Fremont Street.

**Theft** on the 2800 block of North Sheridan Road.

**Theft** on the 1100 block of West Newport Avenue.

**Assault** on the 1000 block of West Addison Street.

**Assault** on the 4000 block of North Ashland Avenue.

**Vandalism** on the 3400 block of North Halsted Street.

**Theft** on the 3700 block of North Fremont Street.

**Assault** on the 3800 block of North Pine Grove Avenue.

**Theft** on the 3400 block of North Halsted Street.

**Assault** on the 3400 block of North Halsted Street.

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**The Garden Bug**

### Recycling food containers

Instead of throwing out all your used food containers, clean and re-purpose them for your garden. Plastic tubs can hold cuttings or young plants. Plastic lids can protect surface damage by clay pots. Glass jars can hold candles, seed pods or flowers in water. Egg trays can be seed starters. Cardboard can be used to block weed growth in flower beds. Make a funky garden art/birdhouse/collectables display by nailing cans to a board, using buttons, beads, rocks or shells to decorate it.

- B. Weaver

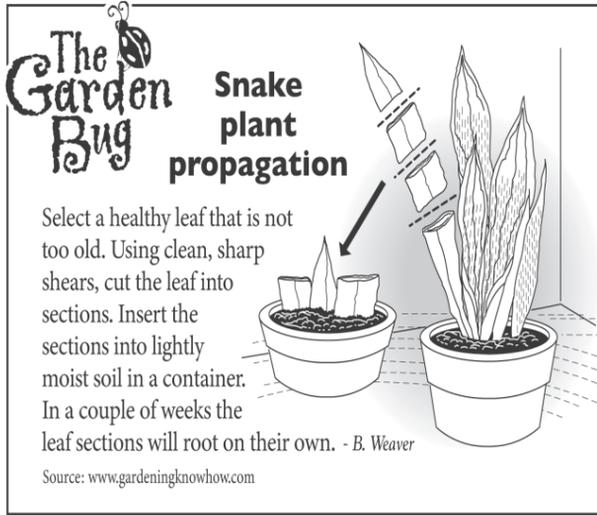


**The Garden Bug**

### Snake plant propagation

Select a healthy leaf that is not too old. Using clean, sharp shears, cut the leaf into sections. Insert the sections into lightly moist soil in a container. In a couple of weeks the leaf sections will root on their own. - B. Weaver

Source: www.gardeningknowhow.com



**The Garden Bug**

The **rose** plant itself is said to be around 35 million years old; it has a very long history as a symbol for love and beauty *and* for politics and war. Cultivation of roses began some 5,000 years ago, probably in China. During the Roman period, they were used as confetti at celebrations, for medicinal purposes, and as a source of perfume. Roman nobility established large public rose gardens in their cities.

- B. Weaver

Sources: www.adirondackalmanack.com, onlinelibrary.wiley.com



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## Quotes worth your time

“Freedom is one of the deepest and noblest aspirations of the human spirit.”  
 Ronald Reagan

“This nation will remain the land of the free only so long as it is the home of the brave.”  
 Elmer Davis

“America was built on courage, on imagination and an unbeatable determination.”  
 Harry S. Truman

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## HOT IDEAS FOR OUTDOOR LIVING

# Create the backyard retreat of your dreams

### FAMILY FEATURES

Living space may be traditionally confined to a home's interior, but the growing popularity of outdoor living design suggests that homeowners are broadening the definition to make the most of a home's total footprint.

An outdoor patio is a natural extension of the home, offering additional seating and, with the right amenities, a way to enjoy meals and entertainment al fresco. After the sunlight fades, features powered by propane – like full outdoor kitchens, patio heaters, fire pits, flame lighting and more – can keep the fun going well into the night.

What constitutes the perfect outdoor living space is as varied as homeowners' personal tastes. A simple seating arrangement with a fire pit or water feature may be ideal for one, while expansive hardscaping and a fully equipped outdoor kitchen can best meet the needs of another.

Stop dreaming and start planning with these ideas for the features that can transform your plain backyard into the envy of the neighborhood.

### Lighting

There's dim mood lighting and there's darkness. Ensure adequate light for activities like meal preparation and safe travel from one area of the yard to another with well-placed lighting. Strings of twinkling lights set a festive tone, but you'll also want to consider lighting walkways and other high-activity areas. An option with a gas-powered flame creates an unforgettable effect and works anywhere from walkways to patios. An added bonus, real flame lights are totally odorless and function even during power outages for added security and safety.



Photo courtesy of Getty Images

### Patio Heaters

If you're itching to get outside before the season has fully arrived, or if you find yourself not wanting to head indoors even after the warm sun is gone, you can extend hours of enjoyment by heating the patio. A propane patio heater is a clean, safe and reliable way to raise the temperature by up to 30 degrees, so a chill won't stop you from enjoying your backyard retreat.

### Fireplaces and Fire Pits

There's something soothing about the crackle and pop of flames dancing in the night sky, no matter what time of year it is. On a chilly evening, they add the functional benefit of delivering warmth, but year-round, there's an ambiance that almost can't be beat. If you prefer to skip the messy soot or ash and fuss of burning logs, instead opt for a gas-powered setup that lends the flicker of real flames with no cleanup and no firewood to store. It may feel a little like cheating to have instant fire at the flip of

a switch, but you'll quickly discover the flame and heat are very real.

### Outdoor Kitchens

The ultimate entertaining experience centers around the kitchen, so when the party is outside, a kitchen must be, as well. With all the resources of a typical indoor kitchen, a fully equipped outdoor kitchen makes it possible to prepare a meal while enjoying the ambiance of the outdoors. A basic kitchen may include a preparation surface and grill. A propane powered grill is a popular choice because it heats up fast, so you spend less time preparing food and more time enjoying it. Just like an indoor gas range, propane grills give you instant on-off convenience and precision temperature control for perfectly done meals.

More elaborate kitchen designs incorporate features like an outdoor rotisserie, refrigerator, sink, ice trough and weather-proof cabinetry for storage. Don't forget comfort and convenience by adding fans, lighting and a sound system. Home chefs may even delight in planting a garden adjacent to the kitchen, where they can pluck ingredients and herbs for a garden-fresh culinary masterpiece.

### Pool and Spa Heaters

A cold dip may be refreshing for a moment, but most homeowners enjoy the ability to control the water temperature in their hot tubs and pools. A gas-powered heater can keep water at the desired temperature more efficiently and effectively compared with electric heaters.

Learn more about better outdoor living at [Propane.com/Outdoor-Living](http://Propane.com/Outdoor-Living).

## STAY SAFE

When it comes to gas amenities, safety is a top priority. If you smell gas in or near your home, follow these tips from the experts at the Propane Education & Research Council:

- 1. No flames or sparks.** Immediately put out all smoking materials and other open flames. Do not operate lights, appliances, telephones or cellphones. Flames or sparks from these sources can trigger an explosion or fire.
- 2. Leave the area immediately.** Get everyone out of the area where you suspect gas is leaking.
- 3. 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). It's

typically a good idea to turn off the gas supply valves located near individual indoor appliances.

- 4. Report the leak.** From a neighbor's home or other nearby location away from the gas leak, call 911 or your local fire department.
- 5. Get your system checked.** Before you attempt to use any of your propane appliances, a propane supplier or qualified service technician should check for leaks or other damage.
- 6. Do not return to the area** until a propane supplier, emergency responder or qualified service technician determines that it is safe to do so.



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