



August, 2019

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

Volume 23, Number 9

Interview

Lakeview on alert



Corner of Lincoln, Belmont and Ashland.

photo by George Rimel Lakeview Newspaper

20 Questions

This month's interview is with **Kevin Galligan, Butcher, Paulina Market**, located at 3501 N. Lincoln Avenue.

Q. Where were you born and raised?

A. Chicago.

Q. Are you married? Any children?

A. Yes, I am married with no children.

Q. Where did you attend school?

A. Gordon Tech and Wright College.

Q. What was your first paying job?

A. Delivering newspapers for The Daily News afternoons and weekends.

Q. Why did you decide to become a butcher rather than pursuing something else?

A. In 1996 an opening was created here at Paulina because a guy went out to be a firefighter. I got great training from the owners and employees and have been here ever since.

Q. How long have you been working at Pau-

lina Market and what would you say is the most difficult part of your job?

A. I have been working here since 1996. The most difficult part of my job is standing for 12 hours.

Q. When you go to a restaurant, what is your favorite meal?

A. Porterhouse steak with mashed potatoes and mushroom gravy with green beans.

Q. We've been told that you have the nickname "Mayor of Lakeview". How did that come about?

A. I grew up on the 3600 block of Paulina and for 50 years, I would walk my dogs and meet everyone in the neighborhood. I now live around Grace and Ravenswood and do the same thing. I am a people person.

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

A. Mike Ditka because of his personality and knowledge of football. He was a good player, coach, and bigger than life.

Q. If you could travel

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

Chicago has the worst crime in the nation. The most frequent crimes in the past year consisted of 1,571 counts of theft, 624 counts of assault, 268 counts of vandalism, 214 counts of burglary and 97 counts of robbery. As if that isn't enough problems to fill anyone's plate, Chicago now has a new threat - the electric scooter!

We don't have enough problems so we have to keep adding to our safety issues?

On Wednesday, July

24, 2019, a 45 year old man on an electric scooter hit a pedestrian and then was struck by a car in Lakeview. At approximately 5:42pm, the man was riding an electric scooter in the 2800 block of North Broadway, when he crashed into someone on the sidewalk. Police reported that they saw the man riding the scooter and turned on their sirens and lights to stop him. A 28 year old man in a Toyota Corolla, pulled over to the right side of the road in

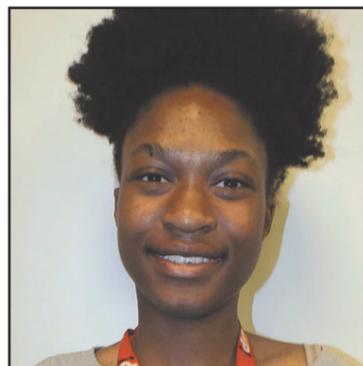
response to the police sirens and hit the man on the scooter. The 45 year old was taken to the hospital in critical condition and cited for riding an electric scooter on the sidewalk.

Electric scooters have become a popular way to get around but there are safety risks involved. Doctors have seen an increase in scooter-related injuries since the scooter program began. Scooters are not allowed to be ridden on sidewalks and police could is-

sue you a ticket if you are. Scooters are limited to 15 mph. Scooters cannot be ridden outside of the pilot test zone. If you try to leave the approved area the scooters will slow and then come to a stop. In some cases, the scooters aren't the problem, it's the public's lack of experience with them along with the potholes in city streets, which are not made for scooters. Another issue is people can drink a bit too much and get on a scooter

Continued on page 2

What's on your Mind?



"You never realize how much you're hurting the people around you, while you are trying to heal yourself."

Satin Poole



"Winter and travel plans. I am going to Scotland for Thanksgiving and Hawaii for Christmas."

Sherri Wilson



"Finding a teaching job where I can find my passion again in teaching."

Lauren Anand

Editorial & Opinions

Interview continued from front page.

to any country in the world, where would that place be and why?

A. Canada. Ads for the train rides to Canada look great.

Q. What hobbies or special interests do you have?

A. Golf, bowling and dog walking.

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

A. My favorite TV - The Sopranos, Deadwood, Boardwalk, Empire.

Movies - Robin Hood, Capt. Blood, and Godfather. Books - Anything by Clive Cussler.

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

A. Go to San Francisco with my wife to see my sister.

Q. What have been your three greatest achievements?

A. My wife and family, raising all my dogs and being here at Paulina for 24 years.

Q. What have been your three greatest disappointments?

A. Not being able to meet Bob Bell (aka Bozo the Clown) when I was a kid. I fainted in front of Ronald McDonald and he picked me up. Not being able to golf with my dad. He passed away at 63.

Q. What is your "pet peeve"?

A. Bike riders not obeying the law.

Q. What is your most prized possession?

A. A golf ball that I got an eagle with signed by 2 guys I was playing with in north Chicago.

Q. What would you change about the Lakeview community?

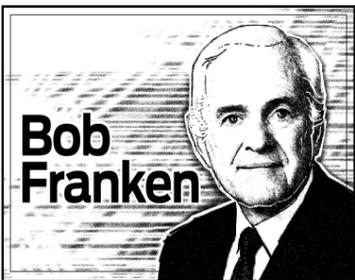
A. Making Grace a one way street because it is too narrow and people are always losing mirrors.

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

A. Global warming.

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

A. Family first. Everything else is secondary.



The Trump Dump

What a sad debate between those who contend that Donald Trump fires off his increasingly hateful comments because he's cleverly trying to distract and those who insist it's because he simply has no impulse control. Is his racism uncontrolled or is it calculated, the worst form of demagoguery?

In spite of his heartfelt claim — "I don't have a racist bone in my body" — he really makes no bones about the fact that he's an out-and-out bigot. And here's the scary part: It works. Look no further than his massive rallies, where thousands of his fans rattle the rooftops with rabid hatred.

There he was recently in Greenville, North Carolina, where he thrilled his hordes by wrapping himself in jingoism and prejudice once again, this time by attacking "The Squad." That's the group of four hard-left congresswomen who are inexperienced but loud enough to have become cable news and social media (same thing) supercelebrities. President Trump, who never misses an opportunity to cause his rabid base to collectively foam at the mouth, stooped to new lows with his ugly dog whistles. But this time he did not even bother to waste time with subtlety. He started off by tweeting an old slur that critics of the U.S. face, particularly those of color: "Why don't they go back and help fix the totally broken and crime infested places from which they came?"

Give him top marks for grammar. He didn't end a sentence with a preposition. But his proposition is fatally flawed. First of all, three of the four

were born in the United States, and the fourth, Rep. Ilhan Omar, came over from Somalia as an 8-year-old. He focused his attention on Omar, revving up the anti-Muslim hatred of his followers. Thousands of voices responded loudly and frighteningly, chanting "Send her back!" Trump paused for 13 seconds, but by the next day, when there was an uproar, and when even Melania and Ivanka had conducted their intervention, he was backpedaling: "I was not happy when I heard that chant."

Nevertheless, such mass zealotry has totally intimidated most every politician in the Republican Party. Only a few dare challenge him. The rest meekly acquiesce to the opportunistic extremist who has taken over the GOP. They always do, timid officeholders and candidates marching in lock step with him. Make that goose step.

Of course, the Democrats themselves were also screaming. They even considered impeachment, although their failed resolution was curiously timed. They might have been better able to gauge the national reaction after seeing how sensational Bob Mueller's comments prove to be.

So far, Democrats have been shackled by their inability to really get down and dirty and play Trump's game. Perhaps they are encumbered by a sense of shame. Donald Trump definitely is not. He has been able to convince his mobs that he's fighting the good fight against the Washington Swamp from down in the gutter.

He's wagering that if he offers them enough sewage, they will turn up on Election Day. He's also betting that if the Democrats and whatever candidate they choose are bound by the rules of common decency, their voters will politely fail to show up. Then they can spend the next four years debating how they blew another chance. Politely, of course.

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

Lakeview on alert story from front page.

and judgment is compromised. Another problem is that riders are abandoning scooters at intersections and in some cases, someone's front yard. Also, riders are not obligated to wear a helmet but are encouraged to do so but that seems to be falling by the wayside as well.

Riders, stick to the streets and be respectful of pedestrians. If you see a scooter parked improperly, move it out of the way, call the company directly via the toll free number on the scooter or report it to 311.

Here are the 5 commandments of riding a scooter or s.h.a.r.e tips:

Safe riding Navigate traffic

and bike lanes with care.

Heightened awareness. Anticipate what others might do. **Always alert.** Save the selfies and music for after the ride. **Respect for pedestrians.** Yield and keep walkways accessible. **Every voice matters.** Get involved to help your city reshape its streets.



Ilhan Omar Holds America in Contempt

Beto O'Rourke, the losing Texas senator candidate who bootstrapped his way into becoming a losing presidential candidate, had a message for refugees who had come to America: Your new country is a hellhole.

The former congressman told a roundtable of refugees and immigrants in Nashville, Tennessee: "This country was founded on white supremacy. And every single institution and structure that we have in this country still reflects the legacy of slavery and segregation and Jim Crow and suppression."

Just in case the newcomers were inclined to believe that they had escaped to the greatest country on Earth, an open, dynamic, generous society that, whatever their struggles now, will afford them opportunities unimaginable back home — Beto was there to tell them of all its sins.

He had made himself into an instrument of woke assimilation.

This is the backdrop of the controversy over Ilhan Omar, the Somali-born left-wing member of Congress whom Donald Trump urged, in particularly noxious tweets, to return to her native country and fix it before presuming to tell us what to do.

It's a mistake, though, to think that Omar is anything other than on her way to total assimilation, only on the terms set out by Beto O'Rourke.

American has two assimilation problems. One is immigrants feeling only a tenuous connection to America, and getting isolated in ethnic enclaves. The

other is immigrants like Omar — and some of her second-generation colleagues — assimilating into the America of identity politics and grievance.

They have learned to speak not just English, but the language of oppression. They understand our system (at least no less than the average officeholder), but hold it in low regard. They know our history, as taught by an instructor cribbing from Howard Zinn.

They may be citizens, but they are certainly outraged victims.

According to a profile in The Washington Post, Omar felt betrayal immediately upon getting to America.

"I arrived at the age of 12 and learned that I was the extreme other," she explained to The Post, noting bullying when she was in school in Arlington, Virginia, an affluent Washington, D.C. suburb. "I was black. I was Muslim. I also learned I was extremely poor and that the classless America that my father talked about didn't exist."

Somehow, despite all the deprivations, she gained a seat in Congress. Omar doesn't represent a majority-minority district. She started her elected career, as The Post puts it, by getting to know "older peace-and-justice hippies." She attended Black Lives Matter protests, and established relationships with all the left-wing groups in Minneapolis.

Omar's default is to blame America first. She explained that local Somali-Americans attempted to join the Islamic State as a function of "systemic alienation." She contends that she has met American veterans "who say the most horrendous things, who have complete disregard for life." And she accuses her congressional colleagues of singling her out for demonization.

Anyone who thinks these attitudes are alien to America has never been to a college campus or watched MSNBC. In short, whatever foolhardy things Trump may tweet, Ilhan Omar is not suited to return and fix Somalia, rather to join a segment of the American elite.

Rich Lowry is editor of the National Review.

Americanisms



"Does God have a sense of humor? He must have if He created us."
— Jackie Gleason

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SENIOR NEWS LINE

by Matilda Charles

Staying Safe Online

It's getting more and more difficult to stay safe on our phones, computers ... everything that involves communication that someone else can access.

If your local senior center holds classes, recommend that it conduct one on how to recognize scams in your email and on websites. Scammers are getting more sophisticated as they try to lure you in, making you feel that it's safe to click a link or give information. Once you learn how to identify (or at least be suspicious of) what you see online, you increase your safety because you know to stop and think.

Realize that phone apps are likely not very safe, especially for things like your bank, grocery store and buying things online.

I don't often suggest brand names in this column, but in a few cases it's worthwhile to let you know things I've personally tried.

If you need work on your computer, consider Geek Squad. They're part of Best Buy (BestBuy.com). If you have a store near you, you can go there to sign up and also leave your device for repair. Call ahead.

In many cases, depending on the problem, you don't have to take in your device. If you call Geek Squad, they can do a remote access. If the problem is something like a bug, in many instances they can fix it from their end while you sit at home and watch the screen. If you contact Geek Squad for any reason, ask if you need to consider getting Webroot (www.webroot.com) anti-virus.

I also can recommend Kim Komando, a woman with a tech website full of information you need (www.komando.com). She also has a weekly radio show. You can sign up for free weekly email newsletters that are worthwhile, full of safety and how-to information.

SENIOR NEWS LINE

by Matilda Charles

It's Not Too Late to Start Moving

If we've been inactive for many years, it's easy to just assume that there's nothing we can do at our age to increase our health and longevity. Not so, according to a new study.

A large University of Cambridge study of 14,000 participants over nearly 13 years assessed diet, alcohol consumption, body mass index, occupation — and physical activity levels — and compared those with mortality risk from any condition.

Here's what researchers discovered: Those who were sedentary and remained sedentary had a higher risk of mortality. However, those who started with low activity levels but increased them had additional longevity benefits. Specifically, the risk of death decreased 24% for a low increase in activity, 38% for a medium increase, and 42% for a high increase in activity.

In other words, even if we've been very sedentary, becoming more active now lowers our mortality risk.

Many researchers (and the World Health Organization) still say that 150 minutes per week of moderate-intensity exercise is what we all need. They even break it down into minutes of activities like dog walking or gardening, all the way up to running and playing tennis.

But that doesn't mean we should all do 150 minutes of cycling or jogging per week, especially without medical advice. Yes, we can gain longevity if we become more active, but it shouldn't be at the risk of our current health.

Get your doctor's opinion. Ask for a plan to gradually increase your activity level. How many minutes of which activity should you do each week? If you're going to walk, where will you do that? If you want at-home exercise equipment, what kind? If your doctor's office has a sports medicine department, ask about being assessed on its equipment.

Seriously consider upping your activity level, but do it safely.

VETERANS POST

by Freddy Groves

Thefts of ... Everything

We've seen these stories before: A Department of Veterans Affairs employee finally gets caught stealing drugs. Usually this happens in a VA hospital, but not always. Recently, a former chief pharmacist at a veterans care home admitted that he stole 12,000 doses of various opioids and tampered with the electronic and manual prescription logs to cover it up. And how long will he stay in the slammer? It's likely to be four years.

There are problems in veterans care homes, but it isn't always drugs that are taken. Sometimes it's cash. In one care home, the receptionist was charged with stealing \$8,000 in pre-purchased meal money and then fixing the books. Turns out this receptionist was a convicted felon and had stolen \$60,000 from a previous employer, a fact that never showed up in a background check.

At another VA nursing home, an assistant administrator got hold of a veteran's ATM card and checkbook and used it as his own personal piggy bank.

A fiduciary, responsible for managing a veteran's money, misdirected \$71,000 of a veteran's assets and kept collecting after the veteran had gone into a veterans' care home.

A registered nurse at another veterans' care home brazenly stole money. At yet another veteran home, two people were charged with stealing donated money that was to be used for an event for the residents.

Sometimes, though, it's not drugs or cash. Sometimes it's medals. That's when it gets personal. A 96-year-old veteran had his Legion d'Honneur medal, France's highest decoration (given to him by the French consul general for his efforts on D-Day) stolen from a bedside drawer. The veteran's job during the war in France was to mark minefields. I'm glad to report that the veteran's nephew managed to get him a replacement medal from France.

VETERANS POST

by Freddy Groves

Honor Flights Needs Our Help

The number of World War II veterans topped 16 million during the war. Now there are fewer than half a million still alive, all in their 80s and 90s. We're losing over 300 WWII veterans each day. Most of them have never seen the memorial in Washington, D.C., that was built in their honor.

Honor Flights Network, a nonprofit, works to change that. Since 2010, it has escorted 222,133 veterans to see the memorial, at no cost to the veteran. Last year HFN took 21,000 veterans to Washington. The one-day trips leave from a "hub" in most states and fly to Washington, where they visit the memorial dedicated to them, as well as the Vietnam and Korean memorials. These trips are scheduled multiple times a year.

But it takes money and volunteers (guardian escorts) to pull it off, and there are over 38,000 veterans on a wait list. We're running out of time to get all the vets to Washington who want to go.

There are programs to help more veterans get there. The Solo program is for those who have friends and family who can fund the air trip and hotel for one to three days. The Lone Eagle program is for veterans who are not near an airport hub. Once in Washington, the veteran and his escort will join the main group for all their activities. In addition, Honor Flights has expanded to include Korean War and Vietnam War veterans.

If you can send money, please do. The address is Honor Flight, Inc., 175 South Tuttle Road, Springfield, OH 45505, or donate at www.honorflight.org. (Don't miss the video on the website).

If you want information or can serve as an escort, call Honor Flight at 937-521-2400, or Jane Julian at 614-558-6220. If you have any medical experience, that's a bonus, but there are many roles you can fill.

Strange BUT TRUE

By Samantha Weaver

• It was noted 20th-century American poet Carl Sandberg who made the following sage observation: "Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."

• Those who study such things have determined that one out of every four alcoholic drinks consumed in the world has vodka in it.

• You weigh more at the North Pole than you do at the equator.

• In response to increased airport security, a company in Japan has created the "Frequent Flyer Bra." It has no metal wires or clasps to set off metal detectors.

• Every day more money is printed for Monopoly than for the U.S. Treasury.

• Karaoke and karate: Other than the fact that they are both from Japan, you wouldn't think they have much in common. However, they both have the same root word, "kara," which means empty. "Oke" means "voice" and "te" means "hand;" hence, "karaoke" is "empty voice," and "karate" is "empty hand."

• A researcher in Britain calculated that local farmland contains more than 2 million spiders per acre. Must be small ones, I'd say.

• There once was a law in Marshalltown, Iowa, stating that it was illegal for a horse to eat a fire hydrant. And in Oregon, it was at one time illegal for a dead person to serve on a jury.

• Do you want an excuse to use the number six sextillion, five hundred eighty-eight quintillion? Ask someone if he wants to know how much the Earth weighs.

• Half of all Americans live within 50 miles of their birthplace.

• The youngest pope was 11 years old.

Thought for the Day: "The trouble with some women is that they get all excited about nothing — and then marry him." — Cher

Moments in time

THE HISTORY CHANNEL

• On Aug. 11, 1806, explorer Meriwether Lewis is shot in the hip, probably by one of his own men. Private Cruzatte, who was blind in one eye and nearsighted in the other, insisted he had not shot his captain. Lewis, however, had the offending bullet: A .54 caliber slug from a modern U.S. Army rifle, identical to the one carried by Cruzatte.

• On Aug. 8, 1863, after his defeat at Gettysburg, Confederate Gen. Robert E. Lee sends a letter of resignation to Confederate President Jefferson Davis. Davis refused the request.

• On Aug. 10, 1937, the electric guitar is recognized by the United States Patent Office with the award of Patent No. 2,089,171 for the Rickenbacker Frying Pan. The guitar used a heavy electromagnet that surrounded the base of the steel strings like a bracelet.

• On Aug. 6, 1945, an American B-29 bomber, the Enola Gay, drops the world's first atom bomb over the city of Hiroshima, Japan.

• On Aug. 7, 1959, the American satellite Explorer 6 is launched into Earth orbit. The 142-pound spacecraft featured a photocell scanner that transmitted a crude picture of the Earth's surface from a distance of 17,000 miles. The photo, received in Hawaii, took nearly 40 minutes to transmit.

• On Aug. 9, 1974, Richard Nixon officially resigns as president of the United States, departing in a helicopter from the White House lawn. Minutes later, Vice President Gerald Ford was sworn in. Ford spoke in a television address, declaring, "My fellow Americans, our long national nightmare is over."

• On Aug. 5, 1981, President Ronald Reagan begins firing 11,359 air-traffic controllers striking in violation of his order to return to work. Two days earlier almost 13,000 air-traffic controllers went on strike over negotiations to raise their pay.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Tazza Celadon

There are many unfamiliar names for antiques and even vintage collectibles. What is a collectible "dumbwaiter," a "finger vase" or a "swift"? And what is a "tazza" and how was it used? The tazza originally was a large basin for bathing. But the meaning changed and by the 17th century — perhaps earlier — it became the name of a piece often used at a dinner party. It is a shallow bowl or platter that is on a stem or footed base. It was used to display or to serve small foods or even for drinking. In other words, it is a dish on a pedestal. The dish was decorated, and the pedestal was an elaborate and shapely piece of metal.



This tazza, 10 3/4 inches in diameter, is decorated with flowers and is marked with a late-19th or early 20th-century character mark. It sold for \$1,875.

Cakebread Auctions sold a tazza that was a celadon, a Chinese export porcelain dish, on a gilt-metal mount with scroll-shaped legs. The tazza sold for \$1,615. If you're wondering, the dumbwaiter is a wooden stand with round trays of graduated sizes held by a center pole. It has been in use since the 1720s. The finger vase is a Dutch Delft vase with five tube-like holders for flowers arranged like the fingers on a hand. And a swift is an adjustable reel for winding yarn made of wood or ivory.

Q. I bought a rectangular glass dish with a lid at a garage sale. The owner said it came in a refrigerator she bought years ago. The sides are ribbed, and there are pictures of corn and other vegetables embossed on the lid. The dish is about 8 inches long, 3 inches wide, and 3 inches deep. What can you tell me about it?

A. Refrigerator dishes are sometimes called "leftover" dishes and were made in glass and pottery by several companies beginning in the 1920s and '30s. Some were given away with the purchase of a new refrigerator. Your glass dish was made by Federal Glass Company, which was in business in Columbus, Ohio, from 1900 to 1980. Federal made refrigerator dishes in rectangular and square shapes, in different sizes and colors, and with different embossed decorations. Not all Federal glass was marked, and marks on glass can be hard to find. Look for the letter "F" in a shield on the bottom of dishes.

CURRENT PRICES

Toy airplane, propeller, silver, radio controlled, U.S. Air Force, gas engine, 8 1/4 x 25 inches, \$1,599.

Anna pottery, pitcher, frog, tree stump, oak branches, acorns, monkey handle, 1885, 13 5/8 inches, \$2,090.

Slot machine, Jennings, Chief, \$1, oak sides, chrome front, bonnet, c. 1940, 27 x 15 inches, \$2,460.

Garden statue, girl caught in storm, bracing herself, marble figure, 1900s, 45 x 20 inches, \$2,955.

TIP: Be sure copies of lists of valuables, photographs and other information can be found in case of an insurance loss. Give copies, make digital copies and tell a trusted friend how to find them. Do not keep them in the house.

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

Play Better Golf with JACK NICKLAUS



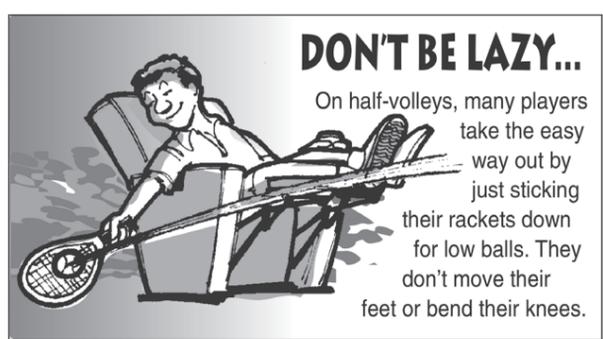
WHATEVER THEIR DEMEANOR, ALL GOLFEERS GET NERVOUS UNDER PRESSURE, INCLUDING ME. ONE OF MY ANTIDOTES IS TO GIVE MYSELF AN INTERNAL PEP TALK.

Play Better Golf with JACK NICKLAUS



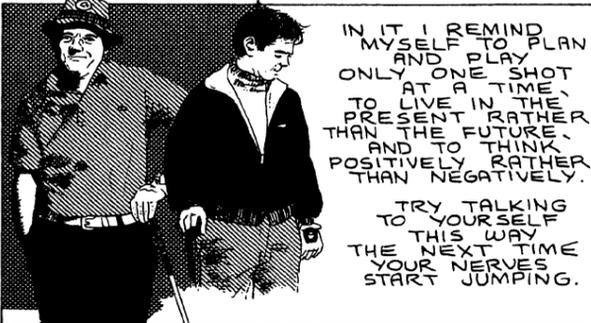
EVEN IN PRACTICE AND FUN ROUNDS, I NEVER HIT A SHOT WITHOUT KNOWING EXACTLY WHAT I WANT TO DO WITH THE BALL. FIRST I OBSERVE, THEN I PLAN, THEN I EXECUTE.

STAN SMITH'S TENNIS CLASS

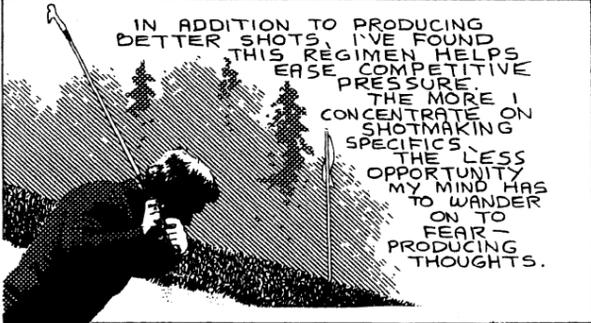


DON'T BE LAZY...

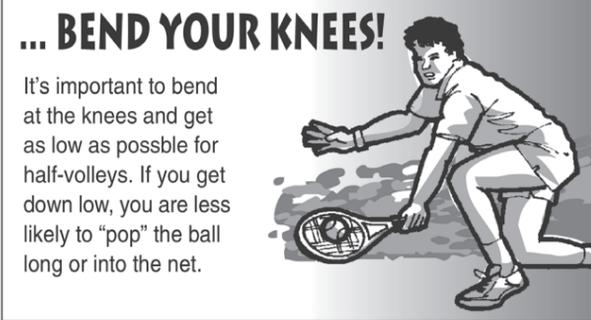
On half-volleys, many players take the easy way out by just sticking their rackets down for low balls. They don't move their feet or bend their knees.



IN IT I REMIND MYSELF TO PLAN AND PLAY ONLY ONE SHOT AT A TIME, TO LIVE IN THE PRESENT RATHER THAN THE FUTURE, AND TO THINK POSITIVELY RATHER THAN NEGATIVELY. TRY TALKING TO YOURSELF THIS WAY THE NEXT TIME YOUR NERVES START JUMPING.



IN ADDITION TO PRODUCING BETTER SHOTS, I'VE FOUND THIS REGIMEN HELPS EASE COMPETITIVE PRESSURE. THE MORE I CONCENTRATE ON SHOTMAKING SPECIFICS, THE LESS OPPORTUNITY MY MIND HAS TO WANDER ON TO FEAR-PRODUCING THOUGHTS.



... BEND YOUR KNEES!

It's important to bend at the knees and get as low as possible for half-volleys. If you get down low, you are less likely to "pop" the ball long or into the net.

Health



to
your
good
health
WITH
Dr. Keith
Roach

Persistent Underarm Odor Can be Minimized

DEAR DR. ROACH: I have underarm odor. I wash daily, use deodorant and change my shirts daily. I use mostly cotton shirts and undershirts. I launder my shirts with soap mixed with bicarbonate sodium (baking soda) to eliminate odor. In spite of all this, deodorants seem to work for few hours and then fade away.

What other solutions do you have for this problem, whether it's what to use for the underarm or what to wash the clothes with? Thanks. — N.I.

ANSWER: Body odor comes mainly from bacteria that grow in the moist areas, like axillae (armpits). Keeping them dry and minimizing bacteria are then the ways to minimize body odor.

Antiperspirant, rather than deodorant, is effective at keeping the axillae dryer. Applying at nighttime after shower or bath may be more effective. Occasional use of a topical antibiotic to the axillae can keep bacteria growth down as well.

Diet can have a role, too. Sulfur-containing foods like garlic, along with onions and many curries, can cause a strong odor.

As far as washing clothes, most detergents do a very good job of removing the odor-causing bacteria.

DEAR DR. ROACH: I went in for an annual examination with my primary-care doctor, and she took my blood tests in the laboratory. She told me that I have high potassium, 5.5, and had me retake it. I did, and the test came back with a much lower level of 4.3! What could have caused the level to go up so high? Was this due to eating a lot of avo-

cado and yogurt on a daily basis? I was eating a whole avocado in the a.m. for breakfast and a yogurt with apple and peach. Should I be seeing a specialist to recheck it? Please describe potassium and its job, and advise what I should do. — A.V.R.

ANSWER: Avocados and yogurt are high-potassium foods, and peaches and apples are medium-potassium foods. However, most people can take in high amounts of potassium without worry, since the kidney is very good at getting rid of potassium if the body doesn't need it. I more often see low potassium levels, from poor intake or from medications, such as diuretics, which can cause the body to lose potassium. However, some people with kidney disease (especially severe kidney disease) need to carefully watch and limit oral potassium intake.

By far the biggest reason for a potassium blood test to come out abnormally high relates to the lab itself. Samples that sit around a long time or that are shaken will have broken blood cells, which release high levels of potassium into the serum, causing false elevations in the lab. If you didn't change your diet between the two tests, there is no reason to worry at all. Your primary doctor is the right person to see.

DEAR DR. ROACH: Does sunlight make chickenpox blisters appear more quickly? — S.V.A.

ANSWER: I have heard that, too, but can't find any evidence that it's true. The rash of chickenpox certainly will come, even in darkness. Sunlight can worsen scarring from chickenpox, and the affected skin is more susceptible to burning, so those with chickenpox rash should be kept out of the sun. Chickenpox is also very contagious; restrict contact with anyone who hasn't had it or the vaccine.

Taking Antibiotics Before Dental Work

DEAR DR. ROACH: I have a stent, but also a knee replacement, for which I take four 500-mg capsules of amoxicillin each time I go to the dentist, including just for cleaning. This is per my surgeon's orders. Do you have any information that would question

the necessity of this? — M.W.

ANSWER: Bacteria can get into the bloodstream occasionally in healthy people. They often enter through the mouth, especially in people with poor oral hygiene or with inflammatory oral conditions, such as gingivitis (gums) or periodontitis (tooth lining). The reason to take antibiotics is to prevent the bacteria in the blood from getting into someplace they are likely to cause harm, such as prosthetic heart valves, joints or stents. For years, expert groups recommended taking antibiotics around the time of dental procedures.

The problem is that it's not clear whether antibiotics help prevent infection, and it is clear that antibiotics have the potential to cause harm, although the risk of serious problems with a single dose of amoxicillin is pretty small. No study has ever shown a reduction in the rate of serious infections from using antibiotics before a dental procedure.

Further, bacteria are just about as likely to get into the bloodstream after brushing (or even after a bowel movement). For this reason, antibiotics to be taken before dental procedures are reserved for people at the highest risk, those in whom an infection would be extremely dangerous. This includes people with artificial materials in the bloodstream, such as prosthetic heart valves, or with repaired congenital heart disease. People with any history of infection of the heart valves are at high risk and should receive antibiotics.

For people like you, with orthopedic hardware, infection after a dental procedure is rare. A joint statement by the American Dental Association and the American Academy of Orthopedic Surgeons instructed: "In general, for patients with prosthetic joint implants, prophylactic antibiotics are not recommended prior to dental procedures to prevent prosthetic joint infection." However, any given person may have underlying surgical or medical issues that may supersede these general recommendations.

What remains important is maintaining good oral hygiene and promptly treating any dental infections.

DEAR DR. ROACH: I am a healthy 79-year-old who takes the blood thinner Xarelto for occasional atrial fibrillation. I hear it can be dangerous. I have had rectal bleed-

ing in the past, which wasn't serious but was scary. I can't take aspirin, so when I accidentally took it in an over-the-counter cold medication, I threw up blood. Should I be worried about being on Xarelto? — E.H.

ANSWER: Xarelto has the same or somewhat lower risk of bleeding than warfarin (Coumadin), but it cannot be reversed in an emergency. Aspirin significantly increases bleeding risk when added to Xarelto (or warfarin, or any of the other newer anticoagulants).

Throwing up blood is potentially a medical emergency, and you should at least talk to, if not see, your doctor that same day. If you threw up more than just a little blood, you should be on your way to the emergency room.

The decision to take anticoagulation to prevent stroke in atrial fibrillation is based on your benefits weighed against your risks. Given a history of vomiting blood and rectal bleeding, I would have a long talk with your doctor before making a decision.

Is 'Beaver Fever' Cause of Digestive Trouble?

DEAR DR. ROACH: Last summer I went camping and ran out of clean water. I had to boil water and drink it without any treatment tablets. That evening, I had painful cramps in my stomach, and in my upper abdomen, under my ribcage. Since then, my digestion has been horrific. I have constant rank gas and bloating when eating foods I've never had a problem with before, even fruits and vegetables. I have been a big eater of probiotic foods, with no digestive disturbances. However, since this incident, any form of probiotic, whether from capsule or natural foods like sauerkraut or kimchi, gives me the worst gas and bloating I've ever had.

I had parasite and bacterial stool testing done with my doctor, and I came up clear. I feel like I need antibiotics or something to clear whatever is going on with my digestive system, but I'm hesitant because I have had four rounds of antibiotics in 2017 from surgeries. I am wor-

ried about "beaver fever." What do you recommend? — A.L.

ANSWER: There are several infections one can get from drinking unprocessed water while camping. "Beaver fever" is a name for infection from the parasite *Giardia lamblia*, which is found in water where animals (especially beavers) are found. It's a reasonable thought — it's one of the few waterborne infections that can persist for months. However, I think *Giardia* is unlikely. Symptoms from *Giardia* normally begin one to two weeks after exposure, and the parasites are killed very rapidly by boiling water.

Your symptoms are very much like irritable bowel syndrome, and I do wonder if it might have been triggered by some event that day you were camping. Usually, three sets of cultures for parasites are done to make sure there isn't an unwelcome guest in your intestine causing symptoms. A gastroenterologist would be a good choice to help you track down an identifiable cause and to get some symptomatic relief. Antibiotics are not recommended without knowing what you are treating.

DEAR DR. ROACH: On three separate occasions, I experienced a very audible high-pitched sound in my left ear, and immediately, without other warning, fell to the floor. One time I injured myself enough to require treatment from the emergency room. These happen without warning. Do you have any insight on the sounds and the falls that follow? — R.C.

ANSWER: Two concerns come immediately to mind; one is serious, the other not. The first is a simple faint, also called "vasovagal syncope." Occasionally a faint is preceded by a loud rushing sound, although it usually is experienced in both ears. It's a warning sign to sit down immediately — that often can prevent the faint from happening. However, nearly everybody with a faint has some lightheadedness, so I am not 100 percent sure of this possibility.

The second possibility is both rarer and more concerning. The blood vessels in the back of the skull can be compressed or made abnormal due to tumors, abnormalities in the bone and aneurysms. Some of these can be associated with sudden loss of consciousness, often with no warning. This deserves an immediate evaluation from your regular doctor or a neurologist, perhaps even an MRI scan.

Financial Statement

by Joyce A. Rimel

Money Saving Tips

We all want to save money. Here are some ways that might help.

Saving, Investing & Borrowing Free Credit Reports

Visit AnnualCreditReport.com once a year to request your score from each of the three credit reporting companies, Equifax, TransUnion and Experian.

401(K)s

One-quarter of the workers employed at companies offering 401(K) plans don't take advantage of the full company match of the first few percent invested in the plans. That means they are missing out on an average of \$1,336 in free money annually.

Mortgages

A 30-year \$300,000 mortgage at 4% costs \$1,432 a month. But if you pay \$716 every two

weeks, you can cut interest payments by \$34,000 over the life of the loan.

Reimbursed ATM Fees

Check this out! Most online banks and some traditional banks will reimburse you for fees incurred when you use another bank's ATM. That can save you an average of \$4.68 per transaction.

Insurance

Combine and Save

Companies charge up to 20 percent less if you get home and auto insurance policies from them.

Raise Your Deductible

An increase from \$500 to \$1,000 can save you up to 25% on a homeowner's premium.

Stop Smoking

Nonsmokers, exercisers and people who maintain a healthy weight can get as much as a 50% savings on life insurance. Buy more and spend less on life insurance.

Life insurers have price breaks at certain amounts, called price bands. When you move up a band, the cost per thousand dollars of coverage goes down. If you're looking at a \$450,000 policy, get a price quote for \$500,000 — it might be cheaper for more coverage.

Home Improvement Occupancy Sensors

Put these in every part of your home. Walk in the room, the light comes on. Walk out, it goes off. Never pay for accidentally leaving the light on for a week.

Smart Thermostats

Power your electronics on and off automatically with a voice command. Up to 20% of your electric bill comes from home electronics that are plugged in but not in use.

Lower your Water bills

Update every sink and tub with a new faucet or aerator marked with the WaterSense label. Aerators, which mix air

into the water, can cut water consumption by 700 gallons per year, an annual savings of up to \$350.00

Upgrade your fridge

A new model may reduce your electric bill by about \$350 over five years. Also, your electric company may offer a rebate to its customers for buying an energy efficient appliance. Also, ComEd will purchase that old fridge of yours for \$50.00 and will take it away for you. That goes for old window air conditioners as well.

Doing the Dishes

With modern dishwashers, it's not necessary to prewash dishes. Just scrape them off thoroughly into the garbage and load them. You'll save about 55,000 gallons of water over the lifetime of the dishwasher. That could save about \$280, plus it will be good for the environment and will avoid lots of unnecessary work.

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6pm Motown Nation

SATURDAY

8pm 16 CANDLES
6pm Run Forrest Run
4pm To the 9's
2pm In Roads
Noon UpBeat Music & Arts

SUNDAY

8pm THE BOY BAND NIGHT
6pm The Hair Band Night
4pm 7th Heaven
2:30pm The Jersey Girls
1:30pm Extensions
Dance Company
Noon Justin Roberts

Center Stage

SATURDAY

8pm HAIRBANGERS BALL
6pm Stache
4pm South of 80
2pm The Hat Guys
Noon The Robby Celestin Band

SUNDAY

8pm CATFIGHT
6pm American English
4pm Libido Funk Circus
2pm Black Diamond
Noon The Daniel Cronson Band

West Stage

SATURDAY

8pm WEDDING BANNED
6pm Mr. Blotto
4pm The Ready Freddie
2pm The Country Night
Noon Diver

SUNDAY

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6pm Blooze Brothers
4pm Fletcher Rockwell
2pm Brown Sugar
Noon Typhanie Monique

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FLASH BACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. What is Bachman-Turner Overdrive's 1974 song "Let It Ride" about?
2. Name the album that bounced Michael Jackson's "Thriller" off the top of the charts after 17 straight weeks.
3. Who sang "Love Won't Let Me Wait" in 1975?
4. Which group released "Everybody Wants to Rule the World" in 1985?
5. Name the song that contains the lyric: "I realize the way your eye deceived me, With tender looks that mistook for love."

Answers

1. Getting stuck in traffic. TI band was in a tour bus when they got hemmed in by trucks on the highway. They faced off with the truckers at rest stop and were told to "let it ride."
2. "Flashdance," the soundtrack from the 1983 film. It won a Grammy for Best Album of Original Score.
3. Major Harris. Other hits followed but never reached the No. 1 chart slot.
4. Tears for Fears. The video shows their bass player cruising in a vintage Austin Healy.
5. "Paper Roses," by Anita Bryant 1960 and Marie Osmond in 1973. TI song was Bryant's biggest hit, but Osmond, it was the launch of a career. It topped the country chart when she was just 14.



Strange BUT TRUE

By Samantha Weaver

• It was 19th-century British Prime Minister Benjamin Disraeli who made the following observation: "My idea of an agreeable person is a person who agrees with me."

• When the movie "Grizzly Adams" was filmed, the grizzly bear that played the title role was paid \$9,000 a day, plus an extra \$15,000 for performing its own stunts. I wonder if it went out on a shopping spree after payday?

• Medical experts say that coconut water has the same pH and electrolyte balance as human blood. In fact, during World War II, doctors who were running low on supplies used coconut water in plasma transfusions.

• The next time you're eating an Oreo cookie, consider this: It takes 90 minutes to make each cookie, and each one has precisely 90 ridges on the rim.

• From the Yes, There Is a Word for It file: A crith is a unit of measure denoting the weight of a liter of hydrogen.

• Hunters, take note: The largest deer that ever lived was the Irish elk, which became extinct more than 7,000 years ago. Though it stood a remarkable 7 feet tall at the shoulders, the creature's most amazing characteristic was its antlers, which could stretch 12 feet from tip to tip and weigh up to 90 pounds. Imagine that rack hanging on your living room wall!

• If you're like the average American, you will eat approximately 22 pounds of tomatoes this year. And half of that amount will come in the form of ketchup and tomato sauce.

Thought for the Day: "The only really good place to buy lumber is at a store where the lumber has already been cut and attached together in the form of furniture, finished, and put inside boxes." — Dave Barry

top 10 movies

1. **The Lion King**(PG) animated
2. **Spider-Man: Far From Home**(PG-13) Tom Holland, Samuel L. Jackson
3. **Toy Story 4**(G) animated
4. **Crawl**(R) Kaya Scodelario, Barry Pepper
5. **Yesterday**(PG-13) Himesh Patel, Lily James
6. **Stuber**(R) Dave Bautista, Kumail Nanjiani
7. **Aladdin**(PG) Will Smith, Mena Massoud
8. **Anabelle Comes Home**(R) Vera Farmiga, Patrick Wilson
9. **Midsommar**(R) Florence Pugh, Jack Reynor
10. **The Secret Life of Pets 2** ..(PG) animated

top ten SAFEST COUNTRIES for TRAVEL

1. Hong Kong SAR
2. Singapore
3. Japan
4. Spain
5. United Kingdom
6. France
7. Germany
8. Canada
9. Norway
10. Australia

Source: BackgroundChecks.org

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Missing Link (PG) — If you are looking for an animated adventure film full of whimsy and heart for the whole family to enjoy, cue up "Missing Link." Zach Galifianakis stars as the voice of Mr. Link, just your average reading and writing Sasquatch living in the Pacific Northwest. He recruits adventurer and would-be discoverer of all things mythical Sir Lionel Frost (Hugh Jackman) to assist him in tracking down distant relatives the Yetis. They are joined by Frost's ex-girlfriend and colleague Adelina Fortnight (Zoe Saldana), with unfriendly rivals hot on their trail. It's fun and message-filled with some interesting twists. The pairing of Jackman and Galifianakis is lovely. Emma Thompson, Stephen Fry and Timothy Olyphant are cute in their supporting roles.



Scene from "Missing Link"

Alita: Battle Angel (PG-13) — The sci-fi vision of James Cameron meets the intense action of director Robert Rodriguez, and the result is a future world where the line between humans and machines is blurred and sometimes nonexistent. Enter into this Alita, a bit of cyborg wreckage who is dumped without much of a body nor scrap of memory and rebuilt by Dyson Ido (Christoph Waltz), a robot surgeon. With the help of Ido and a street-wise tough named Hugo (Keanu Reeves), Alita learns to navigate the rough back alleys of Iron City and the elevating but brutal sport of motorball while attempting to find the key to her past.

Master Z: Ip Man Legacy (R) — Max Zhang plays Cheung Tin Chi, a former Wing Chun master who,

after being defeated by Ip Man, lives a low-key depressed life as a sometimes grocer, sometimes mercenary. In protecting a vulnerable woman, he ignites a feud with gang leader Tso Sai Kit (Kevin Cheng), eventually pulling in Kit's sister and partner Kwan (Michelle Yeoh), a drug-dealing restaurateur Davidson (Dave Bautista) and even Tony Jaa, playing a hired assassin. The fight scenes are exquisitely choreographed, as you'd expect from legendary Hong Kong action director Yuen Woo-ping, and expertly executed by a bang-up cast.

Hellboy (R) — In a deep season of reboots and resurrections, here's one we didn't need. David Harbour (of "Stranger Things" fame) steps into the big red knobbed-off horns of Hellboy, the lovable demonic good guy, on a mission to stop Nimue the Blood Queen (Milla Jovovich). Ian McShane also stars as Hellboy's adopted dad. Unless you are a unique fan of overly complicated but surprisingly underwritten plotlines, garish violence, absurd creature-monsters and "witty" (it's in quotes for a reason, folks) dialogue, you might be better skipping this one.

NEW TV RELEASES

- Manifest** Season 1
- Dr. Who: Colony in Space**
- What I Like About You** The Complete First Season
- Beverly Hills 90210** Season 4

Top 10 DVD, Blu-ray Sales

1. **Pet Sematary**(R) Paramount
2. **Dumbo**(PG) Disney
3. **Captain Marvel**(PG-13) Disney/Marvel
4. **Little**(PG-13) Universal
5. **Escape Plan: The Extractors** (R) Lionsgate
6. **After**(PG-13) Universal
7. **Aquaman**(PG-13) Warner
8. **San Andreas**(PG-13) Warner
9. **How to Train Your Dragon: The Hidden World**(PG) Universal/DreamWorks
10. **Matilda**(PG) Sony Pictures



TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Little**(PG-13) Regina Hall
2. **Pet Sematary**(R) Jason Clarke
3. **Dumbo**(PG) Colin Farrell
4. **Us**(R) Lupita Nyong'o
5. **Captain Marvel**(PG-13) Brie Larson
6. **After**(PG-13) Josephine Langford
7. **Escape Plan: The Extractors** (R) Sylvester Stallone
8. **The Upside**(PG-13) Kevin Hart
9. **The Best of Enemies**(PG-13) Taraji P. Henson
10. **Cold Blood**(NR) Jean Reno

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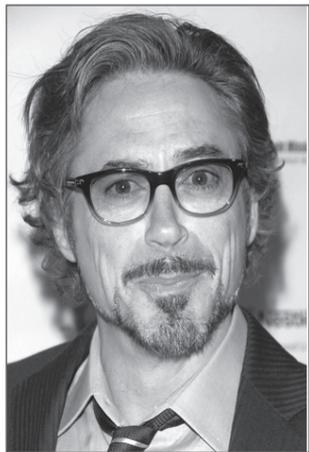
What's Hot in Hollywood

HOLLYWOOD — Now that Disney has remade “Aladdin,” “The Lion King” and sequels of “Toy Story 4” and “Frozen 2,” it has turned to “Cruella,” a live-action sequel to “101 Dalmatians,” and a sequel to “The Little Mermaid.” Originally **Lindsey Lohan** was cast as Ariel, but was replaced by **Halle Bailey**, and “This Is Us” star **Chrissy Metz** was replaced by **Melissa McCarthy** as Ursula. The role of her father, Triton, was to be played by **Jeff Bridges** and Prince Eric by **Zac Efron**, but they are not in the current plan.

While “The Star Wars” sequels have been big winners for Disney, others have not. Take “Mary Poppins” (1965), which cost only \$6 million to make and earned \$103 million, five Oscar wins (including **Julie Andrews**) and a best-picture nomination, while “Mary Poppins Returns” cost \$30 million and grossed \$345 million. It didn’t win any Oscars and didn’t get a best-picture nomination. One of reasons may have been no hit songs. The original had at least four hits: “A Spoonful of Sugar,” “Chim Chim Cher-ee,” “Jolly Holiday” and “Supercalifragilisticexpialidocious.” No hummable tunes, no repeat business.

“Ghostbusters 3” is set for July 2020, and will reunite most of the original cast — **Bill Murray**, **Sigourney Weaver**, **Dan Aykroyd**, **Ernie Hudson** and **Annie Potts** — and add **Paul Rudd**, with **Jason Reitman**, the son of original director **Ivan Reitman**, at the helm. Dan Aykroyd promises, “This flick will connect to the first movie better than any other sequel and in a way that hasn’t been done before.” The 2016 film with an all-female cast earned \$229 million against a \$144 million cost.

Is “Man of Steel” **Henry Cavill** turning in his cape for a pipe when he becomes Sherlock Holmes in “Enola Holmes”? He’ll play Sherlock to **Milie Bobby Brown**’s Enola Holmes (his much younger sister), which is based on a book by **Nancy Springer**. Is this the end of Superman as we know him? The 36-year-old Cavill has not been linked romantically to anyone since **Ellen Whitaker**, and he ended it in 2012.



Depositphotos

Robert Downey Jr.

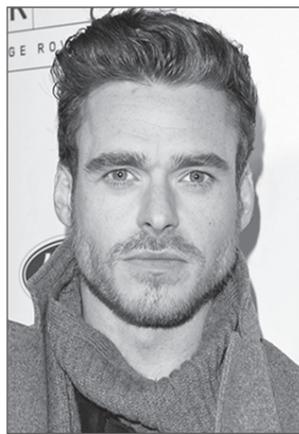
Now that **Robert Downey Jr.**’s “Iron Man” was killed off in “The Avengers: Endgame,” what’s next? Downey played “Iron Man,” aka Tony Stark, in 11 films in the Marvel Universe. Archival footage in “Spider-Man: Far From Home” paid tribute to him. Beyond the remake of “Doctor Dolittle,” due Jan. 17, Downey Jr. is in the sports comedy “All-Star Weekend,” which **Jamie Foxx** wrote, produced, directed and stars in, with **Gerald Butler**, **Eva Longoria** and **Benicio Del Toro**. We know Downey Jr. had superpowers, but can he and Foxx dribble competitively against NBA stars **LeBron James** and **Steph Curry**?

HOLLYWOOD — “Game of Thrones” stars have moved on. **Richard Madden**, who scored big as **Elton John**’s lover in “Rocketman,” is up next in **Sam Mendes**’ “1917,” with **Benedict Cumberbatch** and **Colin Firth**. Though the 33-year-old Scotsman played a gay man in “Rocketman,” he prefers not to discuss his private life and has been dogged by the press, who think his relationship with his “out” gay actor roommate and constant companion, 25-year-old **Brandon Flynn** (who recurred in HBO’s “True Detective” and the Netflix series “13 Reasons Why”), are more than “just friends.”

Emilia Clarke stars with **Henry Golding** and **Emma Thompson** in “Last Christmas” (in theaters Nov. 8) and “Above Suspicion,” with **Jack Huston**. **Sophie Turner**, late of “Dark Phoenix,” who recently became Mrs. **Joe Jonas** (of the Jonas Brothers), stars in “Broken Soldier,” with **Ray Liotta** and **Mark Kassen**. **Nikolaj Coster-Waldau** has made two films in his native Scandinavia: “Suicide Tourist” and “Notat.” **Peter Dinklage** is next in the animated feature “The Croods 2” (out Sept. 8, 2020).

Kit Harington, who came away from “Thrones” as the biggest star, must have had the greatest pressure, because he used his break to enter a treatment center to work on personal issues. Could those “issues” be because of his “Game of Thrones” co-star **Rose Leslie**, whom he wed in June 2018, or overmedicating?

“Slumdog Millionaire” Oscar-winning director **Danny Boyle**, who also directed the current Beatles songfest “Yesterday,” is touting **Robert Pattinson** to become 007 after **Daniel Craig** completes his second of the two current Bond films. Problem is that Pattinson just signed to play Batman, and Boyle quit directing the current Bond films due to creative differences.



Dave Benett/Creative Commons

Richard Madden

celebrity extra

by Dana Jackson

Q. Whatever happened to the actress who played Xena on TV? Is she still acting? — *D.Z.*

A. Actress **Lucy Lawless** has actually had a busy career since her days as the raven-haired “Xena: Warrior Princess” in the hit syndicated series in the late 1990s. Her credits are too numerous to list here, but in addition to guest-starring on numerous prime-time shows, she played D’Anna Biers on TV’s “Battlestar Galactica,” Lucretia on “Spartacus” and Ron Swanson’s girlfriend Diane on “Parks and Recreation.”

Now, the New Zealand native is set to star in the new mystery series “My Life Is Murder” on the streaming service Acorn TV. The Aussie series, which is set in Melbourne, will be available to American viewers beginning Monday, Aug. 5. Lawless plays Alexa Crowe, “a fearless private investigator and ex-homicide detective who solves the most baffling crimes as well as coping with the frustrations of everyday life.”

To learn more about this and other programs on Acorn, visit <https://acorn.tv>.

Q. Who is **Halle Bailey**, the actress who will star in “The Little Mermaid”? I had never heard of her before, and to be honest, when I first read her name I misread it as **Halle Berry**. — *C.D.*

A. Halle Bailey is a young actress and singer originally from Atlanta. She stars on the Freeform channel series “Grown-ish” along with her real-life sister **Chloe**. The siblings also make up the singing duo of **Chloe x Halle**.

Halle just landed the role of Ariel in the live-action plus CGI feature film remake of “The Little Mermaid,” which is being directed by **Rob Marshall**, who recently directed “Mary Poppins



Depositphotos

Lucy Lawless

Returns.” **Alan Menken**, the animated film’s original composer, will be writing new music for this installment, with producer **Lin-Manuel Miranda** (“Hamilton”) providing the lyrics.

As for Oscar-winner **Halle Berry**, she congratulated the 19-year-old Halle via social media on landing the role of Ariel. **Melissa McCarthy** (“Bridesmaids”) is in talks to play villainess Ursula, and **Awkwafina** (“Crazy Rich Asians”) has just been cast as Scuttle the seagull.

Q. When is the movie about **Judy Garland** coming out, and will it be in theaters or on TV? — *G.P.*

A. “Judy” will arrive in theaters Sept. 27. **Renee Zellweger** plays Judy Garland and does her own singing for the film. It has “Oscar” written all over it, so hopefully the quality will live up to the hype. “Judy” also stars **Finn Wittrock** as her last husband, **Mickey Deans**, and **Gemma-Leah Devereux** as daughter **Liza Minnelli**.

The film takes place in 1968, when Garland was performing shows in London amid her deteriorating health. She died the next year of an accidental overdose at age 47. Reportedly, daughter **Liza** does not approve of the making of the film, but perhaps she’ll change her mind after she sees it ... if she sees it.

Send me your questions at NewCelebrityExtra@gmail.com!

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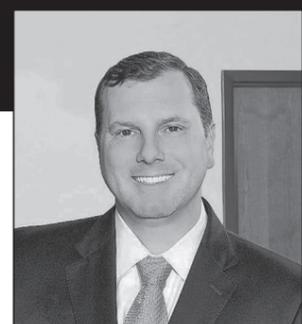
- Acne Treatment
- Eczema Treatment
- Hair and Nail Treatment
- Botox Injections
- Dermabrasion
- MOHS Surgery
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- Mole Removal
- Sclerotherapy
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- Wart Treatment

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- We accept Medicare assignment



Clarence W. Brown Jr., MD, JD
Board Certified Dermatologist
MOHS Micrographic Surgeon

Sustainable EATING Made Easy

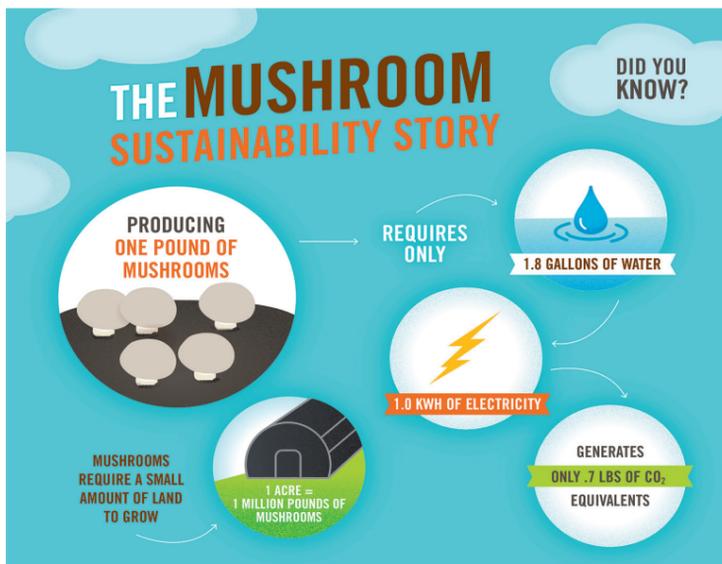
FAMILY FEATURES

The needs of grocery shoppers are seemingly always evolving, and now more than ever, they want to know where and how their food is produced and what impact it has on the environment. This is commonly referred to as “sustainable eating,” and its popularity is growing among shoppers.

Plant-based diets are a tenet of sustainable eating and mushrooms are often included as part of the movement. Known for their inherent umami flavor and nutrition properties, mushrooms are recognized for their unique growing process and need for minimal natural resources used during production, which makes mushrooms both healthy on the plate and gentle on the planet.

In addition, mushrooms are a versatile ingredient, and with so many fresh varieties to choose from, it's simple to incorporate them into most meals. Three Mushroom and Garlic Grilled Pizza can satisfy the entire family, while favorites like Sautéed Mushroom and Sun-Dried Tomato Avocado Toast may hit the spot morning, noon and night, and quick sides such as Roasted Mushroom and Wheat Berry Salad can be an easy addition to dinner plates.

For more information on mushroom sustainability as well as additional recipes, visit mushroomcouncil.com.



The Mushroom Sustainability Story: Water, Energy and Climate Environmental Metrics

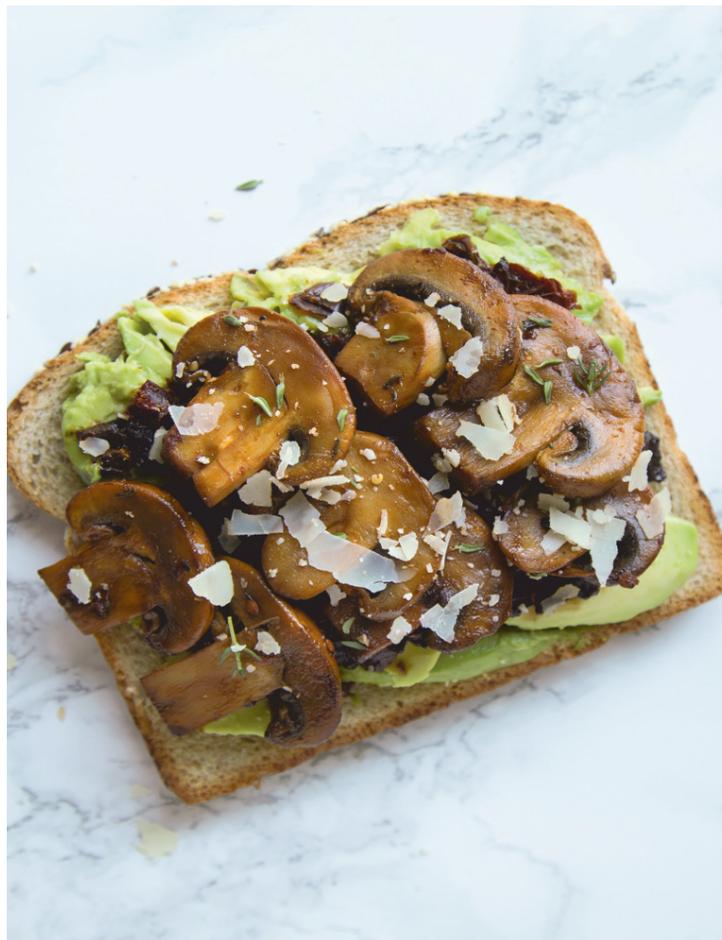
Sautéed Mushroom and Sun-Dried Tomato Avocado Toast

Recipe courtesy of the Mushroom Council
Servings: 4

- 1 tablespoon extra-virgin olive oil, plus additional, for drizzling
- 1/4 cup chopped sun-dried tomatoes
- 8 ounces sliced button mushrooms
- 1/4 cup water
- 1/2 teaspoon fresh thyme leaves kosher salt, to taste
- 2 ripe avocados, pitted, peeled and sliced
- 4 slices toasted bread
- shaved Parmesan cheese

In skillet, heat 1 tablespoon oil over medium heat. Add tomatoes and cook 1 minute. Add mushrooms and gently incorporate with tomatoes. Add water and stir well until water evaporates and mushrooms darken and become tender, about 4 minutes. Add thyme and salt, to taste. Set aside to cool.

To assemble, gently smash half of each avocado over one slice of toast. Top each slice of toast with mushroom mixture. Top each with Parmesan cheese and drizzle with olive oil before serving.



Roasted Mushroom and Wheat Berry Salad

Recipe courtesy of the Mushroom Council
Servings: 4

- 8 ounces white button mushrooms, halved
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 cups cooked wheat berries, warm
- 2 green onions, sliced
- 2 tablespoons dried cranberries, chopped

Dressing:

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh orange juice
- 1 teaspoon curry powder
- 1/4 teaspoon kosher salt

Heat oven to 400 F.

Place mushrooms on baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat. Bake 10 minutes.

Carefully stir mushrooms and bake 5 minutes until tender. Transfer mushrooms to medium bowl. Add wheat berries, green onions and cranberries.

To make dressing: In small bowl, whisk olive oil, orange juice, curry powder and salt; pour over salad. Toss to mix. Serve warm.



Three Mushroom and Garlic Grilled Pizza

Recipe courtesy of the Mushroom Council
Servings: 4

Sauce:

- 1 tablespoon unsalted butter
- 4 garlic cloves, minced
- 5 basil leaves, minced
- 2 tablespoons all-purpose flour
- 3/4 cup half-and-half
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper

- 2 tablespoons extra-virgin olive oil
- 3 ounces crimini mushrooms, sliced
- 3 ounces shiitake mushrooms, stemmed and sliced
- 3 ounces white button mushrooms, sliced
- 1 ounce dry white wine or chicken stock
- 1/4 teaspoon fine sea salt
- 1 pizza dough (14 inches)
- olive oil
- nonstick cooking spray
- 4 ounces whole milk mozzarella cheese, chopped
- shaved Parmesan, for garnish
- basil leaves, for garnish

Heat grill to medium-high heat, about 425 F.

To make sauce: In medium skillet over medium-high heat, melt butter. Whisk in garlic and basil; cook 1 minute. Sprinkle in flour while quickly whisking to form paste.

Reduce heat to medium. Slowly pour in half-and-half while continuing to whisk until there are no clumps. Increase heat slightly to bring to simmer. Stir as mixture thickens into sauce, about 1 minute. Remove from heat. Stir in Parmesan cheese, salt and pepper; set aside.

In large skillet over medium-high heat, heat olive oil. Add mushrooms and cook until they begin to turn tender, about 2 minutes. Carefully pour in wine or stock and continue cooking until liquid evaporates, about 1 minute. Sprinkle with salt.

Stretch dough to make 14-inch pizza. Brush grill grates generously with olive oil. Place dough on grill and let cook about 3 minutes, until underside is browned and dough removes easily from grill. While removing dough from grill, flip it onto baking sheet sprayed with nonstick cooking spray so cooked side is up.

Spread sauce over pizza and evenly cover in mushrooms. Add mozzarella cheese.

Return pizza to grill, topping-side up. Close lid and let cook 3-5 minutes. Once top crust browns and cheese melts and bubbles, remove from grill. Let rest 2-3 minutes.

Garnish with Parmesan and basil leaves; slice to serve.

Good Housekeeping

Grilled Rosemary Lamb Meatballs

Change up typical spaghetti and meatballs with this simple recipe.

- 1 pound ground lamb
- 1/4 cup seasoned breadcrumbs
- 2 cloves garlic, finely chopped
- 2 teaspoons finely chopped fresh rosemary
- Kosher salt
- Freshly ground black pepper
- 4 medium tomatoes, chopped
- 8 ounces penne, cooked
- Chopped parsley, for garnish

1. Combine ground lamb, breadcrumbs, garlic, rosemary and 1/2 teaspoon each salt and pepper. Divide mixture into 16 mounds; gently shape into balls.

2. Grill, covered, on medium for 10 minutes, turning occasionally. Toss tomatoes with penne and 1/4 teaspoon salt. Serve meatballs over penne, garnished with parsley. Serves 4.

• Each serving: About 480 calories, 17g total fat (7g saturated), 29g protein, 53g carbohydrate, 4g dietary fiber, 540mg sodium.

Good Housekeeping

Shrimp, Watermelon and Feta Salad

Get this fresh, protein-rich summer salad on the table in just 20 minutes.

- 4 tablespoons lemon-chive dressing
- 1 pound large shelled and deveined shrimp
- 1 bag (5 to 6 ounces) mixed baby greens
- 3 cups (from about 1 1/2 pounds with rind) diced (1 1/2-inch chunks) seedless watermelon
- 2 ounces (1/3 cup) crumbled feta cheese

1. In 12-inch nonstick skillet, heat 1 tablespoon dressing on medium 1 minute. Add shrimp and cook 6 to 8 minutes or until shrimp are opaque throughout, stirring occasionally.

2. Meanwhile, in large bowl, toss mixed greens, diced watermelon and remaining 3 tablespoons dressing until evenly coated. To serve, divide salad among 4 serving plates and top with shrimp and crumbled feta.

• Each serving: About 280 calories, 14g total fat (3g saturated), 185mg cholesterol, 415mg sodium, 12g total carbohydrate, 1g dietary fiber, 27g protein.

Good Housekeeping

Caribbean Cobb Salad

Mango and shredded rotisserie chicken take center stage in this lime-infused Caribbean Cobb Salad.

- 1 small (2 to 2 1/2 pounds) rotisserie chicken
- 1/3 cup mango chutney
- 1/3 cup fresh lime juice
- 1 bag (10 ounces) romaine salad mix
- 1 large red pepper, cut into strips
- 2 (ripe) mangoes, peeled, pitted and cut into thin strips
- 2 cups packaged shredded carrots

1. Remove skin and bones from chicken; coarsely shred meat.

2. Make mango dressing: In small bowl, stir chutney and lime juice until blended, breaking up any large pieces of fruit with side of spoon. Set aside.

3. Place romaine on platter; arrange pepper strips, mangoes, chicken and carrots on top. Serve with dressing. Serves 6.

• Each serving: About 305 calories, 7g total fat (2g saturated), 84mg cholesterol, 450mg sodium, 30g total carbohydrate, 4g dietary fiber, 29g protein.

Good Housekeeping

Pork, Pineapple and Red Onion Kebabs

A little brown sugar brings out the natural sweetness of the pineapple and the pork, and the bite of red onion gives these grilled skewers a lively kick.

- 1 tablespoon brown sugar
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- Kosher salt
- Pepper
- 1 1/2 pound pork loin, cut into pieces
- 1 medium red onion
- 1/2 small pineapple

1. Heat grill to medium-high. In a large bowl, combine the brown sugar, chili powder, cumin, 2 teaspoons oil and 1/2 teaspoon each salt and pepper. Add the pork and toss to combine.

2. Cut the onion into 8 wedges, then cut each wedge in half. In a medium bowl, combine the onion, pineapple and the remaining tablespoon oil.

3. Thread the pork, onion and pineapple onto the skewers and grill, turning occasionally, until the pork is cooked through, 8 to 10 minutes. Makes 4 servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Special Peach Pie

Love fresh peaches? You'll enjoy this recipe.

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
 - 2/3 cup nonfat dry milk powder
 - 1 cup unsweetened orange juice
 - 1/2 cup water
 - 2 cups fresh peeled and sliced peaches
 - 1 (6-ounce) purchased graham-cracker pie crust
 - 1 (8-ounce) package fat-free cream cheese
- Sugar substitute to equal 2 tablespoons sugar

Comfort foods

Made fast and healthy

by Healthy Exchanges

Sangria Spritzer

Even if you never leave home, you can "travel" to Spain with your taste buds to savor the flavors of a traditional drink in an untraditional way. A glass of this is guaranteed to cool you off, even during the hottest heat wave of the summer!

- 1 3/4 cups unsweetened grape juice
- 1/4 cup unsweetened orange juice
- 3 tablespoons lemon juice
- 3 tablespoons lime juice
- 1 3/4 cups diet ginger ale

1. In a large pitcher, combine grape juice, orange juice, lemon juice and lime juice. Refrigerate for at least 1 hour. Just before serving, stir in diet ginger ale. Pour into tall glasses with ice. Serves 4 (full cup each).

• Each serving equals: 84 calories, 0g fat, 1g protein, 20g carb., 23mg sodium, 0g fiber; Diabetic Exchanges: 1 Fruit

Good Housekeeping

Honey-Vanilla Ice Cream Sandwiches

Cold, creamy honey-vanilla ice cream becomes an easy-to-eat treat when sandwiched between store-bought butter cookies.

- 1 pint honey-vanilla ice cream, softened
- 12 very thin oval (4-by-2-inches each) butter wafer cookies
- 1 pound fresh cherries

1. Working quickly, spread ice cream on 6 cookies, using 1/3 cup for each; top with remaining 6 cookies. Place ice cream sandwiches on cookie sheet in freezer to harden ice cream. Serve with bowl of cherries. Serves 6.

TIP: When assembling the sandwiches, some ice cream will likely drip down and freeze onto the cookie sheet. If you line the pan with parchment, removing the sandwiches should be a cinch.

• Each serving: About 380 calories, 20g total fat (13g saturated), 98mg cholesterol, 145mg sodium, 45g total carbohydrate, 2g dietary fiber, 6g protein.

top ten
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3. Store brand
4. Grey Poupon
5. Gulden's
6. Kraft
7. Best Foods
8. Plochman's
9. Hellmann's Dijonnaise
10. Other Hellmann's

Source: Statista

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Crime

Larceny theft under \$500 on the 1700 block of West Fletcher Street.

Harassment by telephone at a residence on the 3000 block of North Ashland Avenue.

Sex Offense criminal sexual abuse and public indecency at a bank on the 3300 block of North Ashland Avenue.

Larceny theft over \$500 on the 3700 block of North Southport Avenue.

Larceny theft from an apartment building on the 1300 block of North Addison Street.

Domestic battery at a residence on the 1300 block of West Roscoe Street.

Vandalism to property at a residence on the 1200 block of West Roscoe Street.

Domestic battery at a residence on the 3500 block of North Racine Avenue.

Credit card fraud on

the 1100 block of West Newport Avenue.

Larceny theft over \$500 at an ATM on the 1100 block of West Addison Street.

Larceny theft under \$500 at a bar or tavern on the 3500 block of North Clark Street.

Aggravated miscellaneous non index offense on the 3500 block of North Clark Street.

Miscellaneous non index offense at a sports arena on the 1000 block of West Addison Street.

Retail theft from a small retail store on the 1000 block of West Belmont Avenue.

Aggravated battery on the street with a dangerous weapon on the 900 block of West Belmont Avenue.

Sex offense criminal sexual abuse of an obscene telephone call at a small retail store on the 800 block of West Belmont Avenue.

Retail theft at a de-

partment store on the 3100 block of North Clark Street.

Larceny theft under \$500 on the street on the 3200 block of North Halsted Street.

Drug abuse violation found suspect narcotics on the sidewalk on the 3300 block of North Halsted Street.

Simple assault at a residence on the 3700 block of North Halsted Street.

Strongarm robbery at an Auto/Boat/RV dealership on the 3000 block of North Clark Street.

Burglary and unlawful entry to an apartment on the 700 block of West Irving Park Road.

Fraud or confidence game on the 3100 block of North Broadway.

Vandalism to property at an apartment on the 3200 block of North Broadway.

Forgery and counterfeiting on park

property on the 3600 block of North Recreation Drive.

Larceny theft from a hospital building on the 2900 block of North Lake Shore Drive.

Larceny theft under \$500 from a residential garage on the 3400 block of North Lincoln Avenue.

Larceny theft under \$500 from a residential yard on the 1500 block of School Street.

Larceny theft under \$500 on the street on the 4200 block of North Greenview Avenue.

Larceny theft from a restaurant on the 3400 block of North Southport Avenue.

Vandalism to property at an apartment on the 3400 block of North Southport Avenue.

Vandalism to a vehicle on the street on the 3000 block of North Racine Avenue.

Larceny theft under \$500 on the sidewalk on the 3700 block of North Clark Street.

Child abuse and simple battery at an apartment on the 1100 block of West Grace Street.

Burglary and attempted forcible entry at an apartment on the 1100 block of West Newport Avenue.

Larceny theft over \$500 at an apartment on the 2900 block of North Seminary Avenue.

Aggravated Assault with use of a handgun on the sidewalk on the 3500 block of North Halsted Street.

Domestic battery on the sidewalk on the 3300 block of North Halsted Street.

Aggravated robbery on the street on the 3500 block of North Clark Street.

Aggravated assault with a handgun at a gas station on the 3900 block of North Broadway.

on the 3900 block of North Clark Street.

Criminal sexual assault on the street on the 3600 block of North Racine Avenue.

Disorderly conduct and resisting arrest obstructing and trying to disarm an officer on the 3500 block of North Paulina Street.

Credit card fraud on the 900 block of West Addison Street.

Simple assault at a residence on the 700 block of West Waveland Avenue.

Vandalism to property on the 3100 block of North Lincoln Avenue.

Burglary and forcible entry on the 3100 block of North Lincoln Avenue.

Credit card fraud at a commercial business office on the 3200 block of North Lincoln Avenue.

Vandalism to a vehicle in the alley on the 3000 block of North Ashland Avenue.

Theft from a grocery food store on the 2900 block of North Ashland Avenue.

Larceny theft on park property on the 3200 block of North Lake Shore Drive.

Theft under \$500 on the street on the 2800 block of North Cambridge Avenue.

Financial identity theft over \$300 at a residence on the 1400 block of North Melrose Street.

Theft on the 3000 block of North Broadway.

Pick pocketing on the street on the 3700 block of North Broadway.

Simple battery on the sidewalk on the 3300 block of North Western Avenue.

Fraud and financial identity theft over \$300 at a residence on the 2300 block of Irving Park Road.

Theft from an Athletic club on the 4300 block of North Lincoln Avenue.

cle at a residential garage on the 3300 block of North Hoyne Avenue.

Simple battery on the sidewalk on the 1900 block of West Montrose Avenue.

Burglary and unlawful entry to a residential garage on the 3000 block of North Damen Avenue.

Simple assault at a small retail store on the 2800 block of North Clybourn Avenue.

Theft under \$500 on the street on the 2800 block of North Leavitt Street.

Simple battery on the sidewalk on the 4100 block of North Lincoln Avenue.

Vandalism to a vehicle on the 4200 block of North Lincoln Avenue.

Theft from a residents yard over \$500 on the 2100 block of West Warner Avenue.

Simple battery at an apartment on the 4300 block of North Western Avenue.

Domestic battery at a residence on the 2000 block of West Addison Street.

Burglary at a residence on the 3600 block of West Belle Plaine Avenue.

Vandalism to a residential property on the 3600 block of North Wolcott Avenue.

Telephone threat on the 4100 block of North Ravenswood Avenue.

Motor Vehicle theft of an automobile on the street on the 1900 block of West Berteau Avenue.

Simple assault on the sidewalk on the 4100 block of North Lincoln Avenue.

Credit card fraud at a residence on the 1800 block of West Irving Park Road.

Retail theft from a grocery food store on the 3400 block of North Western Avenue.

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SIMPLE STEPS FOR BACK-TO-SCHOOL SUCCESS

FAMILY FEATURES

Finding new clothes and gathering pens, pencils, notebooks and other supplies are always part of the back-to-school fun, but there are other needs and wants to consider when another school year rolls around.

This year, make sure you send your student to the classroom with everything he or she requires for a successful transition at any age. From providing cleaner water and better at-home or dorm room organization to nutritious snacks and the latest tech, consider these all-important ideas for enhancing the schooltime experience.

Find more tips for a smoother, simpler back-to-school season at eLivingtoday.com.



Drink Smarter

Ensure your kids drink smarter this school year by providing cleaner, healthier, great-tasting water from an option like the PUR Advanced Faucet Filtration System. It's certified to reduce more than 70 contaminants, including 99 percent of lead – more than any other brand, according to NSF. Filling up a reusable water bottle with filtered water is also an economical, environmentally friendly way to help your kids stay hydrated all day long. Learn more at PUR.com.



Seating and Storage

During school season, odds and ends can tend to clutter living spaces. Clean up your child's shoes, toys, books, school supplies and more with an option like ClosetMaid's Cubeicals 3-Cube Bench, perfect for adding extra storage for home organization, especially in areas like entryways, playrooms and bedrooms. With a multi-functional storage space featuring three cubbies, the bench is available in multiple colors and can act as both a seating area and organizer. Find more information at ClosetMaid.com.



A Desirable Lunchtime Dip

Packing an everyday lunch is part of the back-to-school routine, and you can make it a fun and flavorful one for your little learner with options like Sabra Hummus Singles, a plant-based snack perfect for kids. Ideal for pairing with lunchbox classics like carrots, cucumbers, tortilla chips or pretzels, they're available in Classic and Roasted Red Pepper flavors to make lunchtime a cinch or simplify after-school snacking. Find more lunchbox inspiration at sabra.com.



Customizable Dorm Room Storage

If you're looking for extra storage space in your dorm room, consider an option like the ClosetMaximizer from ClosetMaid. Featuring four shelves and an adjustable, double-hang rod, the system takes about 30 minutes to install and requires no tools. You can further customize the system to fit your needs with accessories like decorative fabric bins and wire baskets, plus it's portable enough to be reused in another room if you move. Find more information at ClosetMaid.com.



Photo courtesy of Getty Images

Today's Tech Necessity

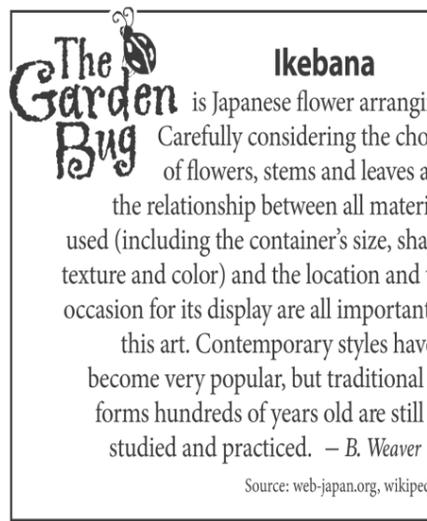
While schools and universities across the country become more advanced and reliant on technology in the classroom, make sure your child is up-to-date with a laptop that fulfills his or her educational needs. Available in multiple sizes with varying capabilities, there's almost certainly a laptop that fits your student's specific requirements. Between internet research, completing coursework, notetaking and far more, the right laptop can aid in the educational experience while making you an A-plus parent.



Maria Merian was born in Frankfurt, Germany in 1647. From a young age she studied plants and insects and created highly detailed illustrations of their appearance and life cycles. She documented the nature of metamorphosis which contradicted contemporary ideas about how insects developed. She went on scientific expeditions to pursue her work at a time when these were normally undertaken only by men. - B. Weaver
Source: www.botanicalartandartists.com



Indian shot is an other name for *canna indica*, a wildflower of the Caribbean and tropical Americas. Hummingbirds like feeding from its flowers. Parts of the plant are known for their uses in traditional foods and medicines.
- B. Weaver
Sources: usf.edu, waynesword.palomar.edu, www.naturalmedicinalherbs.net



Ikebana is Japanese flower arranging. Carefully considering the choice of flowers, stems and leaves and the relationship between all materials used (including the container's size, shape, texture and color) and the location and the occasion for its display are all important to this art. Contemporary styles have become very popular, but traditional forms hundreds of years old are still studied and practiced. - B. Weaver
Source: web-japan.org, wikipedia.org

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Quotes worth your time

“I finally realized that people are prisoners of their phones...that's why it's called a "cell" phone.”
Anonymous

“Common sense is so rare these days that it should be considered a superpower.”
Anonymous

“Me watching the Olympics: Woah! That was outstanding!”
Announcer: Another devastating mistake.”
Anonymous

“I bought a calming tea but the smell and taste is making me nervous.”
Anonymous

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More info: facebook.com/Northcenter/



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More info: facebook.com/NorthcenterFarmersMarket

Comics

R.F.D.



Out on a Limb



Amber Waves



The Spats



THEY'LL DO IT EVERY TIME



BY AL SCADUTO



IT DOESN'T MAKE SENSE-- THE DEPARTMENT STORE ISSUES YOU A SENIOR CITIZEN CARD FOR DISCOUNTED PRICES... HOWEVER...

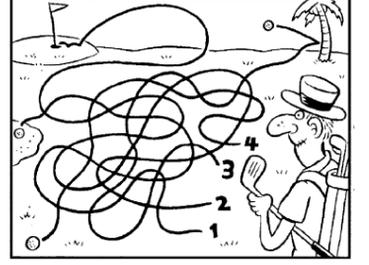


Junior Whirl

by Charles Barry Townsend

RIDDLE CARD

1. When is a boat like a pile of snow?
2. What's the difference between a jeweler and a jailer?
3. What word of three syllables specifies the time at which we should dance?
4. What is it that never uses its teeth for eating purposes?
5. Why are money and a secret alike?



CAN YOU GUESS what iron — a 1, 2, 3 or 4 — Jock MacDivot should use to get a hole in one? Answer: His trusty 2-iron will do the trick!

1.	T					N
2.		T				N
3.			T		N	
4.				T	N	
5.			N	T		
6.		N			T	
7.	N					T
8.	N					T

DEFINITION:

1. A cooking measurer.
2. Foul water.
3. A vine around a post.
4. Owners of a business.
5. Sailors working songs.
6. What you do at the beach.
7. How they protect young chickens.
8. One who writes.

ANAGRAM:

soon + tape
ants + tang
need + twin
spar + tern
aces + hint
hunt + base
nice + tuba
tins + love

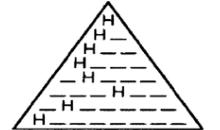
A VACATION PUZZLE! See if you can substitute the digits 1, 2, 3, 4, 5, 6, 8 and 9 for the letters on the board so you will have a correct addition problem. The same digit is used for the same letter.



Answers: F=2, U=8, N=9, I=4, T=3, H=5, E=1, S=6, (289 + 49 + 351 = 689)

THE "H" PYRAMID! As you move down the word pyramid shown here, each word contains the same letters as the word above it, plus a new letter. We give you all the H's. Here are some hints from the top down:

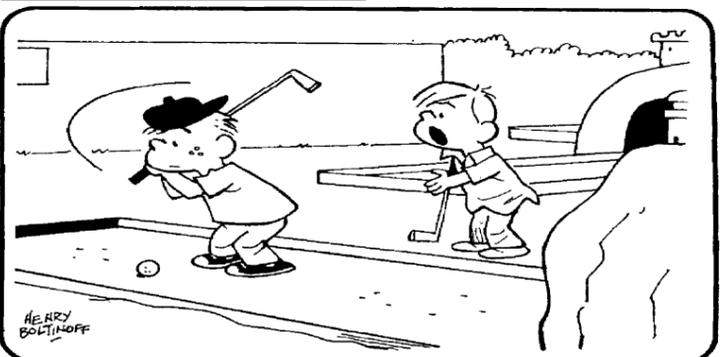
1. Symbol for hydrogen.
2. An expression of greeting.
3. Put out of sight.
4. Tough animal skin.
5. To scold mildly.
6. Moved very slowly.
7. A type of lightning.
8. A large Spanish estate.



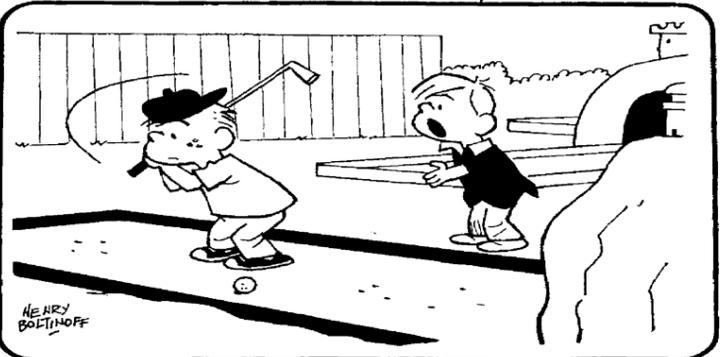
Answers: 1. H (given), 2. Hi, 3. Hd, 4. Hide, 5. Chide, 6. Inched, 7. Chained (zig-zag), 8. Hacienda.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence has been added. 2. Boy's shirt is black. 3. Bushes are lower. 4. Golf ball has moved. 5. Boy's club is missing. 6. Border around putting green is black.

Just Like Cats & Dogs

by Dave T. Phipps





HOME DECOR 101

Decorating with bold colors

FAMILY FEATURES

From dark and moody to vibrant and bold, colorful design is gaining favor among homeowners ditching safe, neutral palettes to create more daring, dramatic spaces. Decorating with deeply saturated colors can be intimidating. Explore these ideas to welcome more bold colors into your home and create inviting spaces for living and entertaining.



Walls of color

Say goodbye to beige and embrace the bold color trend by enhancing walls with hues that make a statement. The trick is to avoid making colors so loud that the space loses its stylish appeal. Bold doesn't necessarily mean bright, so look for muted variations of the shades you prefer. Also remember that when it comes to design, there is such a thing as too much. If painting all the walls in a space will close it in or make it feel lost in the dark, try adding color in more subtle ways, such as an accent wall (or two), or painting the ceiling as your accent. Another option for implementing vibrant wall color: stick to smaller rooms, where the bold look is less likely to be overwhelming.

Illuminate color with natural light

When decorating with statement colors, remember that lighting can make a significant difference in the overall aesthetic. In addition to lighting fixtures, be sure to incorporate plenty of natural light to bring out the best in those bold hues.

To bring natural light deeper into the space, consider skylights as an option with a solution such as Velux No Leak Solar Powered Fresh Air Skylights, which can bathe the space in natural light and open to bring in fresh air. Another smart way to capture natural light is by installing an option like Sun Tunnel skylights. With their low-profile design, they create a sleek appearance, and installation is also quick and easy. Learn more at whyskylights.com.

Bold furnishings

An often overlooked but essential component of design is the furniture. Creating a colorful, inviting room doesn't stop with the walls and floors; what's in the room can bring the colors to life. Think of the space and all its contents, not just the architectural components, as your canvas for creating the space you envision. If you're hesitant to invest in a pricy couch in a trendy hue, a compromise might come in the form of a richly colored accent table or chair.

Creative cabinetry

Traditional wood grain cabinetry sometimes gives way to far more creative color schemes in kitchens and bathrooms. While white is still a



UNEXPECTED POPS OF COLOR

Designers often talk about adding pops of color to bring together a palette, but there are no real rules about where those color enhancements can or should be. Introducing vibrant color in unexpected places can be an especially impactful way to stylize a room. One example is with a skylight blind, which provides a decorative element while also allowing for light control. If you prefer a trendy option like combining dark colors with metallic accents, consider options such as a metallic gold skylight blind from Velux to connect to the room decor below. More than 80 color and pattern choices heighten the drama of a skylight blind, and you can choose from features like room darkening, light filtering and Venetian-style blinds to add function as well.

popular choice, and can even be considered bold in the right setting, true color on cabinets is also gaining traction among homeowners. With the right backsplash, countertops and flooring, you can safely install cabinets in a uniform color throughout the kitchen, but another on-trend option is to reserve the color for an island base or just one wall of cabinets. You could even mix and match colors on the tops and bottoms. Detail elements like the hardware provide another opportunity for a bold look. You can enhance the room's design with standout pulls that lend extra vibrance to the space.

Fabric with flair

Textiles provide nearly unlimited options to balance a bold design. Using lighter fabrics for elements such as draperies, upholstery, rugs and decorative pillows can soften the feel of a room with bold tones. Look for subtle patterns that pull in hints of the deeper hue to bring the look together, or simply coordinate shades from complementary color families.

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