



October, 2019

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

Volume 23, Number 11

Interview

Reefer Madness



20 Questions

This month's interview is with **Rich Kubarek, Controller, Central Savings**, 1601 W. Belmont, Chicago, IL 60657

Q. Where were you born and raised?

A. On the southwest side of Chicago.

Q. Are you married? Any children?

A. Yes and we have one girl.

Q. Where did you attend school?

A. St. Xavier University.

Q. Growing up as a child, what did you want to become as an adult?

A. A baseball player.

Q. What was your first paying job?

A. I worked as a doorman and elevator operator in Hyde Park.

Q. What hobbies/ special interests do you have?

A. I am an avid bowler and have bowled seven 300 games in (2) leagues.

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

A. My favorite TV shows

are Big Bang Theory, Seinfeld and The Office. My favorite movie is Goodfellows and my favorite book is "The Bob Probert Life Story".

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

A. My grandfathers on both sides of the family and hear what they would say about my parents.

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

A. I would like to travel to South Africa and cage dive with the great white sharks.

Q. What have been your three greatest achievements?

A. My marriage and my beautiful wife and daughter; Becoming a CPA; Bowling my first 300 game. It took 15 years.

Q. What have been your three greatest disappointments?

A. Being conservative in nature, not taking risks; Wishing I had a sibling growing up; not giving a try at becoming

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by Joyce A. Rimel

It's the California gold rush only this time it's not gold but something close - marijuana.

Retailers are already making their claims on retail storefronts to sell recreational pot starting January 1, 2020, when the new Illinois law takes effect.

One such venture will combine a wellness center, restaurant and a dispensary/retail store on the West Side, exact location unknown.

Former 47th Ward Alderman, Ameya Pawar and his partners, Hannah Jubeh, Founder & CEO of P2 Consulting, whose company has managed several political campaigns, Dr. George Chiampas, who has served as Bank of America Chicago Marathon Medical Director since 2007, Nikki Hayes, head of Laborers International Union of North America, and Scott Weiner,

co-owner of the Fifty/50 Restaurant Group and who operates more than a dozen Chicago restaurants, are hoping to win one of the 75 new retail cannabis licenses to dispense recreational marijuana when it becomes legal on New Year's Day 2020. North Siders can expect pot retailers in Boystown, Andersonville, Bucktown, Wicker Park, Weed Street and along Milwaukee Ave-

nue in Logan Square. Verano Holdings has agreements to open two dispensaries, one at 444 N. LaSalle and at 23 W. Maple Street. Cresco Labs will move its dispensary from 3812 N. Clark Street to a building that currently is home to John Barleycorn Restaurant. The prize, however, is the MagMile but the Mayor has proposed restrictions excluding

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What's on your Mind?



"Starting artistic projects and scheduling for the rest of the year."

Wyatt Kent



"Traveling to Japan, but worry about leaving my business for 12 days."

Mariam Ethezaz



"I want to be a better listener. I'm an actor."

Jacob Barnes

Editorial & Opinions

Interview continued from front page.

ing a doctor.
Q. What is your "pet peeve"?

A. Bad drivers without common courtesy.

Q. If you could change places with someone for one day, who would that person be and why?

A. Mike Trout, baseball player. What it would be like to be in his shoes as the best baseball player.

Q. What did you do for a living before joining Central Savings?

A. I was an auditor auditing saving institutions in the Chicago area.

Q. What are your primary responsibilities as a Controller?

A. Making sure the financials are in order, payroll, HR responsibilities, and BSA officer.

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

A. The deficits run by Chicago, the State of Illinois and the Federal Government.

Q. What improvements or suggestions would you make for the Lakeview neighborhood?

A. More accessibility of parking in the area.

Q. What is your most prized possession?

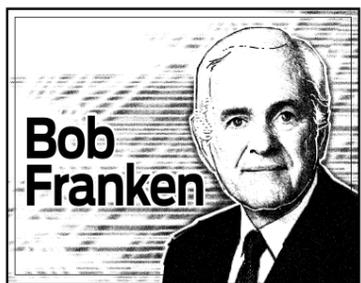
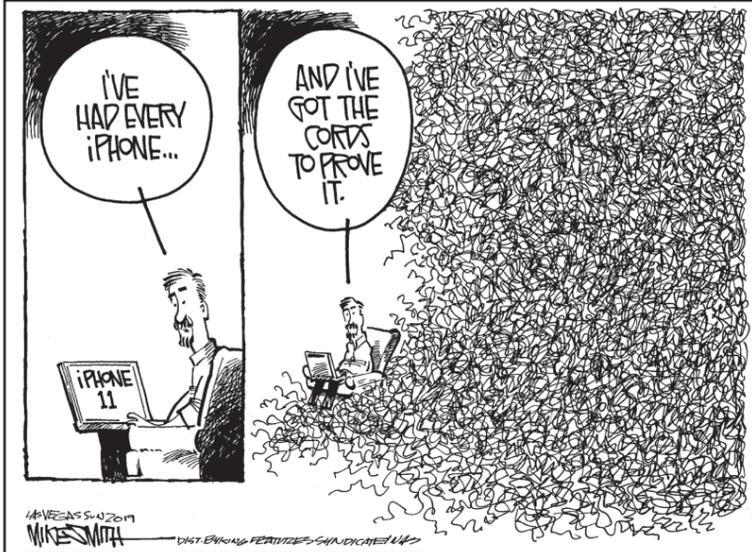
A. My health.

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

A. Seeing a tornado, live in person, in an open field.

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

A. Tomorrow's another day. It's a quote from "Gone with the wind."



The Shining Example of Cokie Roberts

Let's take a break from our society's normal crudeness for a brief moment to honor civility. Cokie Roberts epitomized civility.

She was no pushover — far from it. When it was required, she was as hard as nails. In today's nasty society, she sometimes needed to be. But somehow, she maneuvered through all of our disagreements in ways that were entirely agreeable.

Yes, I know: By now, you might be tired of hearing about Cokie from her colleagues and buddies. But Cokie's life is a symbol of what it will take to prevent the toxic atmosphere from poisoning our environment. For good.

First of all, although she was far too down to earth to realize it, Cokie was a pioneer. The tributes following her death from breast cancer highlight her trailblazing for women in journalism. She did do that, smoothly knocking down so many of the obstacles that males had put up to block females from invading our cozy bastions in the media. She didn't appear to be a hard-nose, but she was one. She and her talented "founding mothers" led a revolution by simply outreporting her competitors, day by day getting the facts straight, and providing the proper context. In that regard, she was a role model for the women who dominate our craft today.

But she hasn't been simply a female role model; she was an equal-opportunity one. She demonstrated the ideals that all of us should follow. She

avoided shortcuts and followed all the tedious standards that are necessary to get the story right. And she did it without antagonizing the fragile egos that permeate Washington.

"If you want a friend in Washington," Harry Truman famously said, "get a dog." Obviously, he didn't know Cokie Roberts. She was a friend to everyone she encountered, and not only those who could benefit her, but anyone fortunate enough to meet her. What's so amazing is that she grew up in a world of D.C. privilege, in a family that was a part of Washington's wheeler-dealer power structure. Somehow, that same family imparted commonsense values in her. She was considerate to everyone. And that laugh! She had a lusty laugh. If you heard it from a distance, you would have thought she'd just been told a very funny dirty joke. But that wasn't necessary to have a stimulating conversation. She was really smart, but didn't flog you with her awesome intelligence. She was simply fun, except when it came to her work ethic and persistence.

She and her husband, Steve, who is also a media giant, were particularly rough on Donald Trump, who has been criticized for his response to her death. "I never met her. She never treated me nicely. But I would like to wish her family well. She was a professional, and I respect professionals," Trump told reporters.

Actually, they met several times. In fact, she interviewed him.

Those of us who were privileged to know her benefited from her inherent decency. Those of the millions who admired her work can take from her life well-lived the lesson of that same decency, which will be required to save us from ourselves. Whatever your beliefs about where she is after her death, the traditions Cokie Roberts embodied should continue to live on.

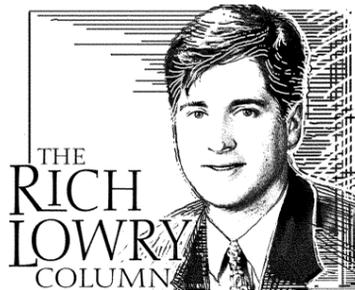
Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.

Reefer Madness continued from front page.

retail sales of cannabis along Michigan Avenue. Governor Pritzker signed a law calling for \$12 million to be set aside from the Cannabis Business Development Fund to assist people of color in the industry and is creating a \$30 million low-interest loan program to defray start-up costs and offering "social equity applicant" status for those living in areas impacted by the "war on drugs" or have been convicted of minor cannabis offenses. 770,000 marijuana conviction records are eligible for expungement. Activists want to level the playing field for those shut out of the cannabis industry due to past criminal convictions. New dispensaries are being planned in En-

glewood.

In the rush to legalize recreational drug use in Illinois, people forget or don't care about the risks involved in marijuana consumption. Stats show that 9% of adult users, who started using cannabis in adulthood will become addicted to cannabis and it's estimated that 17% of adults who started using cannabis in their teens will become addicted. Mental health has been and still is an issue in this country, and yet the data is ignored. With chronic use, cannabis can lead to a number of undesirable social consequences and can reveal a predisposition to serious mental illness. Alcohol and drugs can worsen the symptoms of mental illness. Not everyone who



No, Don't Listen to Greta Thunberg

Greta Thunberg needs to get a grip. The celebrity teen climate activist addressed the United Nations and excoriated the assembled worthies for coming "to us young people for hope. How dare you! You have stolen my dreams and my childhood with your empty words."

Someone may have stolen her childhood, but the guilty parties can't be found at Turtle Bay. A 16-year-old from Sweden, Thunberg thundered, "I should be back at school on the other side of the ocean," which would have been easy enough to achieve, beginning with not taking two weeks to sail across the Atlantic last month in a jet-travel-eschewing publicity stunt.

Greta Thunberg is the leading edge of a youth movement against climate change that is being promoted and celebrated by adults who find it useful for their own purposes.

Kids are powerful pawns. The catchphrase "for the children" has a seductive political appeal, while kids offer their adult supporters a handy two-step. The same people who say, "The world must heed this 16-year-old girl" will turn around and say to anyone who pushes back, "How dare you criticize a 16-year-old girl!"

There's a reason that we don't look to teenagers for guidance on fraught issues of public policy: Kids have nothing interesting to say to us. They just repeat back what they've been told by

adults, with less nuance and maturity.

Much of their climate advocacy boils down to the plaint that all parents know well: "I want it, and I want it now." As a National Geographic headline put it, "Kids' world climate strikes demand that warming stop, fast."

Behind the foot-stomping is the idea that a long-running global phenomenon can be quickly stopped, if only adults cared as much as the kids. This fails to account for such recalcitrant factors as costs and complexity, but when do children ever think of those? (And who can blame them? They're children.)

Instead, the youthful climate activists claim they've been sold out by their elders. Greta Thunberg put it with her usual accusatory starkness at the U.N.: "You are failing us, but young people are starting to understand your betrayal."

This is laughable. By no global measure of social and economic well-being have we failed kids. According to HumanProgress.org, the global poverty rate fell from 28% in 1999 to 11% in 2013. Life expectancy increased from 63.2 years to 71.9 years from 1981 to 2015. The same benign trends hold for hunger, child labor, literacy and so on.

If climate change proves a significant challenge, today's youth will have more resources and technology to grapple with it than any other generation in the history of mankind.

Of course, the adults they listen to don't tell them any of this. Instead, they feed the kids a diet of apocalyptic warnings that children repeat back as if they were urgent insights. One speaker at the youth climate rally said we have just 18 months — yes, only until the beginning of 2021 — to forestall irreversible environmental harms.

This is nuts, and it's the adult enablers who are ultimately responsible. As for the kids, they'll be all right. One day, they will grow up, even in a warming world.

Rich Lowry is editor of the National Review.

Reefer Madness continued from front page.

uses cannabis will develop a psychotic illness but they are vulnerable to mental health problems.

New Year's Day, 2020, will be one of the happiest for a lot of folks.



IN THE
 YEAR 1492
 COLUMBUS
 SAILED THE
 OCEAN BLUE

**Columbus Day
 October 14th**

Happy
 Halloween!

Thursday
 Oct 31st

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 Publisher and owner: George Rimel
 Executive Editor and owner: Joyce A. Rimel
 Graphic Design/Production: Kathleen O'Hara
 October 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

Medicare Open Enrollment

It's that time again. Every year we have the opportunity to make changes to our Medicare plans between Oct. 15 and Dec. 7. We have the option of changing from original Medicare to an Advantage plan, or vice versa, or changing to a different Advantage plan. We also can change our Medicare Part D drug plan. The decisions aren't easy. After all, we have to live with them for the next year.

We'll soon receive a new Medicare & You book in the mail, as well as notices about any changes to our current coverage. While we can usually stay with the plan we have if we don't want to make any changes, it's important to review everything we're sent, because there might be new information buried in the language. Sometimes a plan is discontinued! The premium can change. Coverage details might be different. Read the fine print and be certain that your coverage will be what you expect.

For Advantage plan changes, there is an additional open enrollment period: Jan. 1 to March 31. This was new for 2019 and gives three extra months to decide on an Advantage plan. Beware: You can change your mind about Advantage plans a few times during fall enrollment, but only once during the first three months of the year.

If you're signing up for Medicare Parts A and B for the first time, you have a seven-month period to do it: the three months before you turn 65, the month you turn 65 and the three months after you turn 65. If you don't sign up for Part B in time, you can be forced to pay a penalty for the whole time you have Part B. Keep an eye on the dates!

To review plans, go online to www.medicare.gov and look at the plan finder.

VETERANS POST

by Freddy Groves

Judge Orders Public Shaming for Fake Vets

Two not-too-bright Montana men tried to pretend they were veterans, one even claiming he'd served seven combat tours. They weren't trying to claim benefits. What they wanted was to have their criminal cases moved to the Veterans Treatment Court with the hope they'd get lighter sentences.

Once their scam was revealed, one of them was sentenced to 10 years in prison with three years suspended. The other was sentenced to five years with two years suspended. The district court judge, however, wasn't letting it go at that.

Before they can be eligible for parole, both men have to handwrite the names of all 6,700 American servicemembers killed in Iraq and Afghanistan. They have to write letters of apology to veterans' groups such as the American Legion and Disabled American Veterans. They also have to hand-copy the obituaries of the 40 Montanans killed in Iraq and Afghanistan. Once they get out, they need to do 441 hours of community service, one hour for every Montanan killed in combat since the Korean War.

Then there's the signs. Once they get out of prison, both men have to visit the Montana Veterans Memorial twice a year for the time their sentences were suspended, wearing a sign that says, "I am a liar. I am not a veteran. I stole valor. I have dishonored all veterans."

Both men objected to wearing the sign. Of course they did. They can write names and letters of apology in private in their prison cells. The signs, worn out in public, will show everyone just what kind of men they really are. The judge, however, held firm, citing case law that shows he could impose that sentence.

What they apparently didn't know was that the judge, this judge, had established the local Veterans Treatment Center five years ago, the very center they were trying to scam.

Strange BUT TRUE

By Samantha Weaver

- It was Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: "A free society is a place where it's safe to be unpopular."

- In proportion to its size, the strongest muscle in the human body is the tongue.

- Beloved children's author Dr. Seuss had a hobby that few people were aware of: He collected hats.

- If you're planning a trip to Kentucky anytime soon, you'd better keep a close rein on your interactions with strangers. It seems that flirting there is illegal and could get you 30 days in jail.

- It's well-known that Albert Einstein won the Nobel Prize, but most people are misinformed about what he won it for. He didn't receive the award for his theory of relativity, but for his explanation of the photoelectric effect.

- The name of one of the most popular early video games, Pac-Man, comes from the Japanese words for "to eat." "Isuzu" means "50 bells" in Japanese, and "Atari" means "prepare to be attacked."

- The lyrics to that favorite Irish ballad "O Danny Boy" were actually written by an Englishman.

- Hong Kong is not a city — it's an island. The name of the city commonly known as Hong Kong is actually Victoria.

- A study conducted by the Environmental Conservancy shows that Viagra is having a beneficial effect on the environment, especially in Asian countries. It seems that even though the drug costs \$10 a pill, it's still cheaper than bear's gall bladder and other supposed remedies.

- In ancient Rome, slaves with red hair commanded a higher price from buyers.

- Actress Meg Ryan's given name was Margaret Mary Emily Anne Hyra.

Thought for the Day: "The trouble ain't that people are ignorant; it's that they know so much that ain't so." — *Josh Billings*

Moments in time

THE HISTORY CHANNEL

- On Oct. 9, 1635, religious dissident Roger Williams is banished from the Massachusetts Bay Colony by the General Court of Massachusetts. Williams had spoken out against the right of civil authorities to punish religious dissension.

- On Oct. 13, 1775, the Continental Congress authorizes construction and administration of the first American naval force, the precursor to the United States Navy, which was established April 1798.

- On Oct. 12, 1786, widower Thomas Jefferson composes a romantic and introspective love letter to a married woman named Maria Cosway, who he'd met in Paris earlier that year. Eventually Jefferson's ardor cooled, and in 1789 he wrote more about his scientific studies than of his love and desire for her. The now-famous letter is known to historians as "A Dialogue between the Head and Heart."

- On Oct. 7, 1943, Rear Adm. Shigematsu Sakaibara, commander of the Japanese garrison on Wake Island, orders the execution of 96 Americans POWs, claiming they were trying to make radio contact with U.S. forces. The cold-blooded executions remain one of the more brutal episodes of the war in the Pacific.

- On Oct. 10, 1957, President Dwight Eisenhower offers his apologies to Ghana's finance minister, Komla Agbeli Gbedemah, who was refused service at a restaurant in Dover, Delaware. It was one of the first of many such incidents in which African diplomats were confronted with racial segregation in the U.S.

- On Oct. 11, 1962, Pope John XXIII convenes an ecumenical council of the Roman Catholic Church, the first in 92 years. The pope hoped to bring spiritual rebirth to Catholicism and cultivate greater unity with the other branches of Christianity.

- On Oct. 8, 1970, Aleksandr Solzhenitsyn, Russia's best-known writer, wins the Nobel Prize for literature. The Soviet government demonstrated its displeasure over Solzhenitsyn's writings by preventing him from personally accepting the prize.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Roman Brazier

During the late 18th century, the very rich made a long trip to Europe to admire the architecture and art of Europe, including the ruins of past civilizations. The town of Pompeii was a major attraction. It had been covered



Three men with animal feet hold this Roman brazier on their heads. It is a copy of an excavated piece from Pompeii that was buried in 78 A.D. Many pictures and artifacts showed life in the town, a place for entertainment and erotica.

with ash and lava in 78 A.D. and forgotten until 1748, when it blocked some construction. Historians have been studying the remains, and the art and culture, since then. The city was a summer home for wealthy Romans, and the eruption covered and saved the furnishings under the rock. Information about furniture and paintings inspired copies in the 18th century.

A brazier that was used to heat a Roman bath in the city and a similar one in a brothel were copied and sold in the late 1800s. The popular bronze brazier had a pieced rim and a three-part foot with men with paw feet holding the fire pit on their heads. These copies were made with a green patina. One sold at a Cakebread auction in

New Orleans for \$500. It is 10 inches high and almost 6 inches in diameter.

Q. I have heard that some antiques and vintage items are dangerous to own. Is this true? I am afraid to use my orange Fiesta dishes because friends say they were made with uranium and are radioactive.

A. Yes, some antique medicines, cosmetics and other objects can be dangerous or even fatal. Most vintage or antique things you buy at shops or shows have been cleaned or checked for dangerous things. Some are mercury (barometers), flammable materials (stove polish that explodes when heated), arsenic (cleanser for complexion), opium (medicine to relieve pain), morphine (to sooth teething babies), alcohol (a high percentage in bitters, medicines, etc.) and, of course, anything in a bumpy poison bottle or a bottle labeled poison.

Uranium was used in the clay or glaze of some items before the strict food and drug laws were passed in the U.S., but some countries still use glazes that are not safe. Your orange dishes are safe to use. If you find forgotten drugstore stock, clean it carefully in a well-ventilated area. Empty all medicine bottles; children may try to drink something.

CURRENT PRICES

Rocker, shaker, shawl, woven tape seat, mushroom caps, No. 7, 40 x 31 x 26 inches, \$105.

Chess set, lapis lazuli, white marble, white border, fitted case, Morita Gil, 10 3/4 x 10 3/4 inches, \$258.

Hermes scarf, silk, jacquard, horse, circles, multicolor, black, Michel-Duchene, 1987, 35 x 35 inches, \$375.

Brass, tray, inlay, scrolls, central medallion, Maitland Smith, 31 inches, \$410.

TIP: To date an antique chair, look under the seat frame. Eighteenth-century chairs were braced with a thin piece of wood across the front corners of the set. Later chairs were braced with a solid block of wood screwed into each corner.

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

Mom *promised* to teach me how to bake chocolate chip cookies just like Grandma's.

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Any New Treatments for Essential Tremor?

DEAR DR. ROACH: About five years ago, I came down with essential tremor. I have tried many medicines. Currently, I'm taking propranolol and primidone, but nothing seems to help. The only thing that stops the shaking is a glass of wine. I have inquired about a laser procedure, but I found out that it's risky. An MRI was normal. I am 82 and in excellent health. I would like to know if there is anything new to help me. — J.M.

ANSWER: A lot of people have essential tremor — 5 percent of people worldwide. It causes a noticeable tremor, usually of the hands and arms, but also may affect the head or other body parts. The severity is variable. Some people will be annoyed by symptoms, while others have real difficulty eating or writing. An expert sometimes is needed to confirm the diagnosis, as it can appear to be similar to Parkinson's disease or other neurological conditions. However, improvement with alcohol is suggestive of essential tremor. Unfortunately, alcohol is not a good long-term treatment, as people build tolerance.

Propranolol is a beta blocker, and primidone is an anti-epilepsy drug. They are the most common pharmacologic treatments for essential tremor. You probably have tried gabapentin and topiramate, two other anti-epilepsy drugs that work for some people but may have significant side effects.

My first patient to go through ultrasound treatment for essential tremor did so a few months ago. This uses many focused ultrasound beams to heat an area of the brain called the thal-

amus, destroying the cells responsible for the tremor. This procedure is effective for most people, but it can have side effects, including weakness, gait disturbance and numbness. It is not clear how long the relief will last. It is an option for people whose symptoms are significantly interfering with their quality of life and who have not gotten good relief from medications. Medicare is starting to approve payment for the procedure, but it is not yet covered by most insurances. You can read more about ultrasound treatment for essential tremor at <http://bit.ly/2FPF1f9>.

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.

DEAR DR. ROACH: A few years ago, Johns Hopkins produced an article stating that possibly being hard of hearing and doing nothing about it could lead to Alzheimer's disease. Is that study still valid? — S.S.

ANSWER: It's been almost 30 years

since a link between hearing loss and dementia was first published, and recent research has confirmed this link. It now seems clear that hearing loss increases the rate of decline in brain function by 30% to 40%, independent of other risk factors. Put another way, people with mild hearing loss had double the risk of dementia in 10 years; those with moderate hearing loss, triple the risk; those with severe hearing loss had five times the risk of dementia compared with people of normal hearing and the same age. The brains of people with hearing loss are more likely to atrophy as well. Of course, not everybody with hearing loss develops dementia, and people with normal hearing can.

There is some, but not conclusive, evidence that hearing aids protect the brain from dementia in people with hearing loss. However, it is clear that hearing aids can improve social functioning, well-being and some measures of memory. Despite this evidence, many older people with hearing loss do not get it treated.

Use Keto Diet Only in Short-Term

DEAR DR. ROACH: What is your opinion of the keto diet? I have been doing it for a few weeks now and lost a few pounds, but it goes against everything I usually eat — high quantities of red meat, lots of full-fat foods and dairy. Since I am losing some weight and actually feel better and am sleeping better, I like the short-term results, but I cannot see this as a long-term way of life. I am concerned about all that fat going into my body and clogging my arteries. I exercise every day with Zumba, jogging, etc. — J.P.

ANSWER: The ketosis diet favors very large amounts of fat — 60% to 80% of calories, with 15% to 20% of calories from protein and 5% or less from carbohydrates. The theory is to cause ketosis, a physiological condition of ketones in the blood as a result of high fat intake. It has been used since the 1920s as a treatment for sei-

zures, but now is used for weight loss.

Like every diet, it has both good and bad aspects. On the good side, it is effective at short-term weight loss. However, much of the apparent early weight loss is due to water weight, which is a universal finding on a high-fat diet. Weight gain is likely when stopping the diet.

It is highly restrictive. Further, many of the foods that you can't eat on this diet are those that have been shown to be associated with improved health, especially vegetables and most fruits. Most people will have a substantial increase in cholesterol levels (by as much as 50%). The red meat and saturated fat probably present an independent risk of heart disease and cancer (even apart from its effect on cholesterol), although this remains somewhat controversial.

I do not recommend the keto diet for long-term use, at all. It may have some benefit in helping with short-term weight loss, but I think there are much healthier alternatives for most people.

DEAR DR. ROACH: Your column about the 58-year-old woman who felt like she had oil in her eye reminded me of having a very similar situation.

I described it to my optometrist, and he also diagnosed ocular migraine. I wanted another opinion, because the only symptom I had was the oil, no headache or visual disturbances. The ophthalmologist diagnosed blepharitis, or clogged oil glands at the base of my eyelashes. She recommended placing a warm pack of rice in a sock over my eye and then washing the eye area with baby shampoo on a washcloth. I did this for a week or two, and on my visit with her to recheck the eyes, the problem was gone. — J.P.

ANSWER: Thank you for writing. Blepharitis is caused by changes in the meibomian glands, oil glands that are present in both eyelids, often associated with changes in bacteria. I usually see people with this condition noticing red eyes and a gritty sensation. However, you are quite right that it includes blurry vision, and the eye-care professional sometimes can see an oily or

foamy film over the eye.

The treatment the ophthalmologist recommended works for most people. Gentle lid massage may help get additional oily material out of the glands. However, antibiotics or other treatments are sometimes necessary, much as 50%). The red meat and saturated fat probably present an independent risk of heart disease and cancer (even apart from its effect on cholesterol), although this remains somewhat controversial.

I do not recommend the keto diet for long-term use, at all. It may have some benefit in helping with short-term weight loss, but I think there are much healthier alternatives for most people.

DEAR DR. ROACH: There is a lot of information about how much one should exercise that doesn't seem to apply to seniors. I am a 76-year-old man in acceptable health for my age. I have never fallen, but my balance has declined some. I walk about 30 leisurely minutes a day, but I wouldn't say any of the walk could be defined as "cardio." When walking on uneven ground, I use a walking stick. I am active in my yard; I mow my lawns and tend vegetable and flower beds. Is this enough of an exercise regimen? — L.S.

ANSWER: You are doing a lot better than most people who are 76. The optimal for you depends, because your exercise regimen has to work for your life. I can say that people who exercise a bit more than you do (including some work with weights and some more vigorous exercise to get the heart rate up — that's what defines "cardio") are likely to have a slightly lower risk of many diseases; however, it's very wise to be cautious when you have a balance issue, even if you have never fallen. Using a walking stick is great if it helps you (many people have written to say that they use one or two sticks to help maintain balance).

What you don't want is an exercise regimen that you won't like to do, because people quickly quit exercising if they aren't enjoying at least some aspect of it. So, keep doing what you are doing: It will help prevent loss of balance, strength and function.

Financial Statement

by Joyce A. Rimel

Central Savings again rated "Outstanding" for Community reinvestment

Central Savings is proud to report that it has once again received an "Outstanding" rating from the Office of the Comptroller of the Currency for the bank's Communi-

ty Reinvestment Act (CRA) performance. This is the highest rating of how a financial institution is involved in and meets the credit needs of the communities within its designated assessment area.

An "Outstanding" CRA rating is achieved by fewer than 10% of banks in the nation.

Central Savings has received this rating in every examination since 2002—the longest period of any Chicago bank.

How to read the fine print

Here's a list of common phrases in contracts and service agreements that should cause you to proceed with caution.

Before You Buy

FREE! Nothing is free. If you aren't paying for the product, then you are the product — your information is likely being sold to advertisers who will barrage you with online solicitations.

Free trial. It's often accompanied by phrases like "We will not charge your credit card until 30 days from now". This enters you into a game of "Will you remember to cancel on the 29th day?" That's a game corporations often win.

For 6 months. Along with the similar "introductory price," this is a variation of the free trial game. Maybe \$39 a month for cable TV sounds good to you in Jan-

uary, but if it's \$137 by August, is that really a good deal? Will you remember to cancel in July?

Automatically renews

Such clauses mean you keep paying even if you don't realize it or want the service anymore. If you want that convenience, sign up. But beware if such an arrangement is tucked in the fine print.

Fees. Consumers rarely compare late payment fees and other penalty charges when shopping, but you should.

Paying With Your Privacy

Opt out. This phrase means companies can use your data however they wish unless you take a step to stop it. Most people just accept the default "opt in" setting. If you go with the product or service, opt out if you don't want them to share or sell your informa-

tion

Third party. This can mean you and your data are being sold to other companies for marketing purposes and you'll ultimately receive unsolicited mail, email and other sales materials. Many free offers are just bait for third-party marketing tricks.

Learning more about your interests This phrase suggests the company is augmenting what you are telling it with outside data in order to know more about you. It might "onboard" real-world data like grocery store loyalty card purchases with your stated "likes" then target you with precise advertising.

I Wish I Hadn't

Restocking fee. Sales people will talk you into taking a product home to try it and promise that you can bring it back for a refund. However, restocking fees can be steep, 15% for electronics, for example.

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FLASH BACK

POP, ROCK & SOUL TRIVIA BY MICHAEL HARPER

1. What Donovan song caused an old school friend to leave the army?
2. Name the artist who released a rock album with the title "Success Hasn't Spoiled Me Yet."
3. Which duo wrote and released "Harlem Shuffle"?
4. Who released "I'm Not Gonna Let It Bother Me Tonight"?
5. Name the song that contains this lyric: "When the moon is in the Seventh House and Jupiter aligns with Mars, Then peace will guide the planets."

Answers

1. "Epistle to Dippy," 1967, was a pacifist message that Donovan's buddy heard loud and clear. After "looking through crystal spectacles," the real "Dippy" left the British Army.
2. Rick Springfield, in 1982. Among other songs, the album contained "Don't Talk to Strangers" and "Calling All Girls."
3. Bob & Earl, in 1963. The Rolling Stones followed up in 1986 with a music video and a cover that went to No. 5.
4. Atlanta Rhythm Section, in 1978.
5. "Aquarius/Let the Sunshine In," from the 1967 rock musical "Hair." The single by The 5th Dimension topped the Billboard's Hot 100 chart for six weeks in the spring of 1969. The counterculture musical "Hair" centered on a group of bohemian hippies trying to avoid the Vietnam War draft.



Strange BUT TRUE

By Samantha Weaver

• It was infamous French statesman and military leader Napoleon Bonaparte who made the following sage observation: "In politics, absurdity is not a handicap."

• It may be hard to believe, but there is an official competition to see who can sit in a sauna for the longest period of time. The World Sauna Championships have taken place in Heinola, Finland, annually since 1999. The starting temperature is 110 F, and a liter of water is poured on the stove every 30 seconds. The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required to sign a waiver agreeing not to take legal action against the event organizers.

• The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

• Evidently, it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

• Those who keep track of such things say that about 15 percent of all Google searches are new — that is, they have never been searched before on Google.

• You might be surprised to learn that Jane Austen's novel "Pride and Prejudice" was originally titled "First Impressions."

• In 2006, an Illinois police officer was arrested for driving under the influence of alcohol. This probably would not be noteworthy, except that it was the same police officer who received an award for making the most DUI arrests in his county.

Thought for the Day: "Be not too hasty to trust or admire the teachers of morality; they discourse like angels but they live like men." — Samuel Johnson

top 10 movies

1. **Downton Abbey**(PG) Michelle Dockery, Tuppence Middleton
2. **Ad Astra** (PG-13) Brad Pitt, Tommy Lee Jones
3. **Rambo: Last Blood** (R) Sylvester Stallone, Paz Vega
4. **It Chapter Two** (R) Jessica Chastain, James McAvoy
5. **Hustlers** (R) Constance Wu, Jennifer Lopez
6. **The Lion King**(PG) animated
7. **Good Boys** (R) Jacob Tremblay, Keith L. Williams
8. **Angel Has Fallen** (R) Gerard Butler, Frederick Schmidt
9. **Overcomer**(PG) Alex Kendrick, Shari Rigby
10. **Fast & Furious Presents: Hobbs & Shaw** (PG-13) Dwayne Johnson, Jason Statham

top ten Gambling-Addicted STATES

- | | |
|------------------|-------------------|
| 1. Nevada | 7. New Jersey |
| 2. South Dakota | 8. Oregon |
| 3. Montana | 9. Illinois |
| 4. Mississippi | 10. Louisiana |
| 5. Oklahoma | Source: WalletHub |
| 6. West Virginia | |



COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Yesterday (PG-13) — What would you do if suddenly you were the only person in the world who remembered the Beatles? Meet Jack (Himesh Patel), who is hit by a bus during a massive blackout and wakes up to find that in the new reality, he is the sole keeper of such hits as "The Long and Winding Road" and, of course, "Yesterday," which he sings to his friends, starting incredulously when they think it's original material. His rocket to stardom is swift, including some pretty cute back and forth with a souped-up version of Ed Sheeran, played by Ed Sheeran. But it forces Jack to question what he may be giving up to be falsely famous.

Lily James is at her wide-eyed best as Jack's friend and love interest, as is Kate McKinnon as a seedy manager. From director Danny Boyle.

Shaft (R) — JJ (Jessie Usher), a soft but smart MIT-educated cybersecurity expert with the FBI, goes to Harlem to investigate the death of his childhood friend. The criminal underbelly is hard to navigate for a man with no real-world experience, so he looks to his long-absent father (Samuel L. Jackson) for help. It's a good thing his initials stand for "John Jr." and his last name is "Shaft"! That's right, he's third in a line of legendary private investigators who excel at butt-kicking and looking good doing it. While Dad gives JJ a mean-streets education, they pursue bad guys aplenty — and even grandpa (Richard Roundtree) gets in on the action. There are some witty one-liners and an exciting action moment or two, and even though it mostly fell into cliches, I still found it watchable.



Jessie Usher, Samuel L. Jackson, Richard Roundtree in "Shaft."

Anna (R) — Director Luc Besson has a thing for icily beautiful women who are simultaneously vulnerable and fierce. The titular Anna, played by Russian model-turned-actress Sasha Luss, is — surprise, surprise — a Russian assassin turned model. Much like Besson's "Nikita," Anna is trained to kill in return for the promise of five years' service. But then the KGB reneges on the deal, trapping her in the role of killer. To get out of it, she'll need to hold onto her wits against a CIA agent (Cillian Murphy) and her guns against her Russian handlers (Luke Evans, Helen Mirren), with no shortage of crosses and double-crosses.

NEW TV RELEASES

- American Horror Story: Apocalypse**
- Billions** Season 4
- Good Witch** Season 5
- Madame Secretary** Season 5

Top 10 DVD, Blu-ray Sales

1. **Aladdin**(PG) Disney
2. **John Wick: Chapter 3 — Parabellum** (R) Lionsgate
3. **Avengers: Endgame** (PG-13) Disney/Marvel
4. **Aladdin: Signature Collection**(PG) Disney
5. **Men in Black: International** (PG-13) Sony Pictures
6. **Godzilla: King of the Monsters** (PG-13) Warner Bros.
7. **The Secret Life of Pets 2**(PG) Universal
8. **It** (R) Warner Bros.
9. **Rocketman** (R) Paramount
10. **Pokemon Detective Pikachu**(PG) Warner Bros.



TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **John Wick: Chapter 3 — Parabellum** (R) Keanu Reeves
2. **Aladdin**(PG) Will Smith
3. **Men in Black: International** (PG-13) Chris Hemsworth
4. **Ma** (R) Octavia Spencer
5. **Rocketman** (R) Taron Egerton
6. **The Secret Life of Pets 2**(PG) animated
7. **Booksmart** (R) Kaitlyn Dever
8. **Godzilla: King of the Monsters** (PG-13) Kyle Chandler
9. **It** (R) Bill Skarsgard
10. **Avengers: Endgame** (PG-13) Robert Downey Jr.

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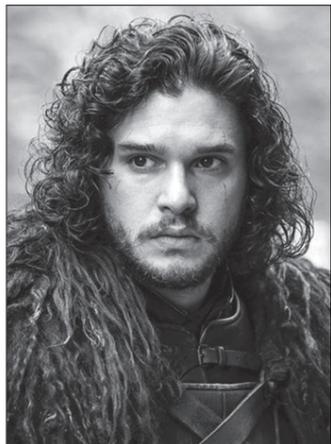
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What's Hot in Hollywood

HOLLYWOOD — When “Game of Thrones” ended, most of the stars immediately moved on to other projects, but **Kit Harington** (Jon Snow) took time off, it was rumored, to get his demons under control. It must have worked, because he’s before the camera again as Dane Whitman, aka the Black Knight, in the Marvel Comics-based “Eternals” (due November 2020). His co-stars are **Angelina Jolie**, **Salma Hayek**, **Richard Madden**, **Brian Tyree Henry** and **Kumail Nanjiani**, who all play immortal humanoids. Angelina Jolie has completed the fantasy drama “Come Away” (based on “Alice In Wonderland” and “Peter Pan”), with **David Oyelowo** and **Michael Caine**, and the thriller “Those Who Wish Me Dead,” with **Nicholas Hoult**.



Kit Harington in “Game of Thrones”

 What’s happened to movies? Once we had great books that were made into films. **Stephen King** has had 34 books made into movies, **Ernest Hemingway** 14, **Nicholas Sparks** 11, **John le Carre** 10 and **John Grisham** nine, to name a few. Today, probably because this modern generation doesn’t read anything except comic books, there have been more than 100 films made that were based on comic books and their characters.

You can add one more to that number — the sequel to “Suicide Squad,” which grossed \$747 million. **Margot Robbie**, **Viola Davis**, **Jai Courtney** and **Joel Kinnaman** are returning, joined by **Idris Elba** and **Nathan Fillion**, whose ABC series “The Rookie” begins its second season on Sunday, Sept. 29. “The Suicide Squad 2” opens in August 2021.

Peter Facinelli, who starred in “The Twilight Saga” and the TV series “Supergirl” and “Nurse Jackie,” is headed for the big screen in a unique project. When “RuPaul’s Drag Race” (which began in 2009) went mainstream, winning nine Emmys from 23 nominations, it was only a matter of time before his concept became a movie. Facinelli co-stars with “RuPaul’s Drag Race” judge **Michelle Visage** in “God Save the Queens.” Called a drag queen comedy, it’s an introspective look at three different drag queens in Los Angeles, New York and Texas, their careers and their struggles. Comic books and drag queens ... movies are better than ever?

 The annual Kennedy Center Honors will be presented Dec. 8 and aired on Sunday, Dec. 15, at 8 p.m. ET on CBS. It should be on your not-to-be-missed list. This year’s honorees are two-time Oscar- and three-time Emmy-winner **Sally Field** (who began her career on TV as “The Flying Nun”), legendary soul and rock group Earth, Wind and Fire, the incredible **Linda Ronstadt**, who gave up public singing because of Parkinson’s disease (though she’s written a memoir and often tours with her one-woman show), and everybody’s favorite, “Sesame Street.” All that and Big Bird, too!

HOLLYWOOD — Summer is over, and now it’s the season of the sequels. Currently on big screens are “It: Chapter Two,” with **James McAvoy**, **Jessica Chastain**, **Bill Hader** and “It” himself, **Bill Skarsgard**; and “Rambo: Last Blood,” with Rambo himself, **Sylvester Stallone**. Oct. 18 brings “Zombieland: Double Tap,” with **Woody Harrelson**, **Emma Stone**, **Bill Murray**, **Abigail Breslin** and **Jesse Eisenberg**, and “Maleficent: Mistress of Evil,” with **Angelina Jolie**, **Elle Fanning** and **Chiwetel Ejiofor**. “Terminator: Dark Fate,” with **Arnold Schwarzenegger** and **Linda Hamilton** returning to the franchise, drops Nov. 1, and Nov. 8 brings “Doc-

tor Sleep,” the sequel to the 1980 **Jack Nicholson** classic “The Shining,” with **Ewan McGregor** (as Danny Torrance) and **Rebecca Ferguson**.

Waiting in the wings are: “Top Gun: Maverick” (June 26), “Coming to America 2,” with **Eddie Murphy**, **Arsenio Hall**, **John Amos** and **James Earl Jones** (December 2020) and another “Tomb Raider,” with **Alicia Vikander** (March 2021). Then there’s “The Accountant 2” (**Ben Affleck** may return), “Gladiator 2,” “The Craft 2,” “The Labyrinth 2” (the **Jim Henson** fantasy starred **David Bowie** and **Jennifer Connelly**), “The Passion of the Christ: Resurrection” (the **Mel Gibson** top-grossing R-rated film of all time), “The Rocketeer 2,” “The Edge of Tomorrow 2,” with **Tom Cruise** and **Emily Blunt** returning, “Master and Commander 2,” again with **Russell Crowe**, “9 to 5: Part 2,” with new ladies (although **Jane Fonda**, **Dolly Parton** and **Lily Tomlin** say they’re intending to be in it), “Call Me by Your Name 2” and “RoboCop Returns,” to name just some. Whew!

Aaron Paul returns in “El Camino: A Breaking Bad Movie,” due to release Oct. 11 on Netflix, with plans to air on AMC at a later date. Also, Amazon is creating a TV series from “The Lord of the Rings” franchise starring **Will Poulter** (“Maze Runner,” “The Revenant”). All this brings new meaning to “everything old is new again” and the French phrase *deja vu!*



Ewan McGregor in “Doctor Sleep”

celebrity extra

by Dana Jackson

Q. I usually don’t watch “American Horror Story.” It’s way too dark and gory for me, but I have to admit I’m intrigued by the ad campaign for the new season. It looks like the horror movies I watched in the ‘80s, like “Friday the 13th” and “Halloween.” — *C.P.*

A. The ninth season of “American Horror Story” just premiered on the FX channel and is titled “AHS: 1984.” It is indeed set in the ‘80s and takes place at a summer camp. The trailer showed a masked, knife-wielding slasher hitching a ride on the undercarriage of a truck carrying teens on their way to camp. I’m pretty sure you can figure out what happens next.

This installment features “AHS” regulars **Emma Roberts**, **Leslie Grossman**, and **Billie Lourd**, but the most surprising bit of casting is Olympic silver medalist-turned-actor **Gus Kenworthy**. This is his sixth acting role since competing in the Winter Games in 2018.

Q. I heard that **Chris March** from “Project Runway” died. I lost interest in the show after a few seasons, but he was one of my favorite designers to compete. Did he achieve any success as a designer after the reality series ended? — *J.F.*

A. You might not have heard, but **Chris March** suffered a terrible fall in 2017 and wasn’t discovered for several days. He had sustained a head injury, was put into a medically induced coma and awoke to find he was paralyzed in several limbs. His death this year at the age of 56 was the result of a heart attack.

Before such a tragic ending, March found success as a designer. While he didn’t win his season of “Project Runway,” he went on to design for sever-



Emma Roberts in “American Horror Story”

al big stars like **Beyonce** and **Chrissy Teigen**. He even designed the gown that **Meryl Streep** wore to the Oscars in 2010. He will be greatly missed.

Q. Is it true they’re making another “Dark Shadows” movie? Will **Johnny Depp** be in it again? — *G.M.*

A. “Dark Shadows” was a daytime TV soap opera with a gothic theme that aired 50 years ago and starred **Jonathan Frid** as a vampire named **Barnabas Collins**. A prime-time version aired in 1991 starring **Ben Cross** in the same role, and then a motion picture version starring **Depp** was in theaters in 2012. While there are no plans for a sequel to the film, the CW network recently announced that a TV series is in the works titled “Dark Shadows: Reincarnation.”

Mark B. Perry (“Revenge”) is writing the pilot. According to *Deadline.com*, Perry used to race home from school each day to watch the original “Dark Shadows.” He’s also a huge “Star Trek” fan and plans to treat “Dark Shadows: Reincarnation” with “the same reverence given to ‘Star Trek,’ while making the show accessible for audiences who aren’t familiar with the macabre world of the *Collinses*.”

Partnership with Artis Senior Living and MemoryCare Corporation announced

Artis Senior Care Living of Lakeview announced its partnership with Memory-Care Corporation. A therapy company that specializes in providing Medicare reimbursement, personalized cognitive communication interventions for people with dementia. MemoryCare’s team of physical, occupational and speech language pathologists collaborates with Artis residents, their family members and staff members to provide tailored interventions that focus upon increased socialization and life participation. Artis Lakeview and MemoryCare’s share the vision that every individual with dementia, regardless of symptom severity, can continue to stay engaged in activities that are meaningful to them.

MemoryCare’s MIND (Meaningful, Individualized, Non-pharmacological approach for Dementia) Therapy Program incorporates the latest research in cognitive communication interventions into its treatment programs. Technology can be used to create personalized memory and communications aids that allow individuals with dementia to more easily communicate with those around them, and can also help reduce repetitive questions. Smart tablets can be used and narrated by family members. MemoryCare therapists are trained to work with individuals who have rarer forms of dementia syndromes such as Primary Progressive Aphasia and the behavioral variant of frontotemporal dementia.

Artis Senior Living Lakeview is located at 3535 N. Ashland Avenue in Chicago and offers both memory Care and Assisted Living Accommodations and services. For additional information or to schedule a visit, call 773-697-9003

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Family Meals Matter

FAMILY FEATURES

For busy families, finding time to eat together isn't always easy, but coming together around the dinner table regularly isn't just about keeping hungry bellies full. Family meals nourish the spirit, brain and overall health.

Children who grow up sharing family meals are also more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect. Research has also shown that with each additional family meal shared during the week, adolescents are less likely to show symptoms of violence, depression and suicide; less likely to use or abuse drugs or run away; and less likely to engage in risky behavior or delinquent acts.

In addition, adults and children who eat at home more regularly are less likely to suffer from obesity, and increased family meals are associated with greater intake of fruits and vegetables.

If you struggle to make family meal time happen, try these tips from the experts at the Food Marketing Institute Foundation, creators of the National Family Meals Movement, which aims to help families reap the benefits of enjoying more meals together at home. Or you can find inspiration to make one extra family meal happen each week with recipes like Barbecue St. Louis Ribs, Meatballs or Turkey Pot Pie from the family-focused cookbook "Family Table by Robert Irvine."

Plan ahead. Prepare staples or extras of your favorite recipes that you can refrigerate or freeze to use when you're rushed for time.

Mix and match. Challenge yourself to see how many different ways you can use a grocery item until it's gone.

Embrace convenience. Grocery stores have many time-saving solutions, and frozen and canned produce can be quick additions to many recipes.

Incorporate the kids. Involve your children in shopping, meal planning and meal preparation whenever possible.

Make nutritional balance easy. Plan your family's plates by making sure you are getting all the food groups over the course of the day.

"By quieting the noise and being truly present with the people around us, simple tasks you might normally take for granted – like putting a good meal on the table – take on a deeper meaning," Irvine writes in his book. "The meal ceases to be a time for physical nourishment and becomes something that feeds your family's soul. It's not possible to forge that kind of a connection if you've got one eye fixed on your smartphone at the dinner table."

Look for more tips and meal planning resources at your favorite grocery store.

Meatballs

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 6

- 1 Spanish white onion
- 3 cloves garlic, minced
- 3 cups diced bread (such as baguette) water
- 2 large eggs
- 1/2 cup ricotta cheese
- 1/2 cup Parmesan cheese
- 1 pound ground pork
- 1 pound ground veal
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh Italian parsley, chopped
- 1 tablespoon fresh oregano, chopped

- 2 tablespoons grapeseed oil
- 3 cups basic tomato sauce

In small saucepan over medium heat, sweat onion and garlic.

In large bowl, soak bread in water 1-2 minutes. Strain excess liquid.

In separate large bowl, add eggs, ricotta cheese, Parmesan cheese and onion-garlic mixture. Combine then add ground meat, soaked bread, extra-virgin olive oil, parsley and oregano. Mix thoroughly.

Divide mixture evenly to form 10-12 meatballs and use hands to roll into shape.

In large saute pan over high heat, brown meatballs in grapeseed oil on all sides.

Place browned meatballs in separate saucepot with basic tomato sauce. Bring to simmer and finish cooking, about 1 hour.



Family Table By Robert Irvine



Family Table By Robert Irvine

Barbecue St. Louis Ribs

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 12

Barbecue Sauce:

- 2 cups ketchup
- 2 cups apple cider vinegar
- 1 cup Dijon mustard
- 1 cup brown sugar
- 2 tablespoons cayenne pepper
- 2 tablespoons kosher salt
- 1 tablespoon black pepper

Spice Rub:

- 1/2 cup kosher salt
- 1/4 cup ground mustard
- 1/4 cup paprika
- 1/4 cup black pepper
- 1/4 cup cayenne pepper
- 1/4 cup ground white pepper
- 1/4 cup seafood seasoning
- 2 tablespoons ground cumin

- 4 full racks St. Louis-style ribs

To make Barbecue Sauce: In bowl, mix ketchup, vinegar, Dijon mustard, brown sugar, cayenne pepper, salt and black pepper. Transfer to thick-bottomed saucepot over medium-low heat. Allow sauce to warm and mix over heat 10-15 minutes, stirring continuously. Remove and cool.

To make Spice Rub: In bowl, mix salt, ground mustard, paprika, black pepper, cayenne pepper, white pepper, seafood seasoning and cumin. Keep dry and covered until ready to use.

Remove silver skin from bottom side of ribs. Evenly rub each rack with 1/4 cup Spice Rub on top and bottom. Wrap each in plastic wrap and keep overnight in refrigerator or cooler.

Heat smoker with pecan or other fruit wood to 165 F and maintain temperature. Remove plastic and place ribs in smoker 4 hours then check doneness. Ribs should be cooked but not falling off bone.

Remove ribs from smoker and glaze each rack with 1/2 cup Barbecue Sauce. Return to smoker 30-40 minutes. Remove and glaze again with 1/2 cup sauce for each rack and cook 20 minutes.

Remove ribs from smoker. Allow to rest 5 minutes then cut into single or double bone sections and serve.

Turkey Pot Pie

Recipe courtesy of "Family Table by Robert Irvine" on behalf of the Food Marketing Institute Foundation

Serves: 4

- 2 tablespoons butter
- 1 Spanish white onion, chopped
- 2 celery ribs, medium diced
- 3 carrots, small diced
- 3 cups cooked, shredded turkey (dark meat preferred)
- 2 tablespoons fresh tarragon, chopped
- 2 tablespoons fresh parsley, chopped
- 4 tablespoons all-purpose flour

- 4 cups turkey stock (or leftover gravy)
- 2 potatoes, peeled and medium diced
- 1 square prepared puff pastry
- 1 egg, beaten

Heat oven to 375 F.

In medium saucepot, melt butter; add onion and sweat 4 minutes. Add celery and carrots; cook 4-5 minutes.

Add turkey and cook 4 minutes. Add tarragon, parsley and all-purpose flour; cook 4 minutes. Add stock and bring to simmer. Add potatoes and simmer until fork tender.

Pour filling into pie pan and top with pastry. Brush pastry with egg.

Bake pie 20-30 minutes, or until crust is golden brown.



Family Table By Robert Irvine



Good Housekeeping

Walnut-Crusted Chicken Cutlets

This quick and easy chicken recipe is ready in less than 30 minutes.

Olive oil nonstick cooking spray

- 1/2 cup panko (Japanese-style breadcrumbs)
- 1/8 teaspoon ground red pepper (cayenne)
- Salt and pepper
- 1/2 cup walnuts, toasted and cooled
- 1/4 cup fresh parsley leaves, loosely packed
- 1 large egg white
- 1 teaspoon Dijon mustard
- 1/2 pound chicken-breast cutlets, thinly sliced

1. Heat oven to 450 F. Place rack in 15 1/2-by-10 1/2-inch jelly-roll pan; spray pan and rack with cooking spray.

2. On large dinner plate, combine panko, ground red pepper, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. In food processor with knife blade attached, blend walnuts and parsley until nuts are finely chopped; toss with panko mixture until well-blended. Set aside.

3. In pie plate, whisk egg white and Dijon until well-mixed.

4. One at a time, dip 1 side of each cutlet in egg-white mixture, then into walnut mixture to coat side evenly; press firmly so mixture adheres. Arrange chicken on rack in jelly-roll pan, coated-side up; lightly spray with cooking spray.

5. Bake chicken 10 to 12 minutes or until topping is golden-brown and chicken is no longer pink throughout. Serves 6.

• Each serving: About 215 calories, 8g total fat (1g saturated), 66mg cholesterol, 280mg sodium, 5g total carbohydrate, 1g dietary fiber, 29g protein.

Good Housekeeping

Italian Sausage and Potatoes

The dynamic duo of pork sausage and peppers gets even heartier when earthy red potatoes are added. To cut out some of the fat, try this dish with turkey sausage instead.

- 1 pound sweet and/or hot Italian sausage, cut crosswise into thirds
- 1 pound small red potatoes, each cut in half
- 1 large (about 1 pound) onion, cut into 12 wedges
- 2 red and/or yellow peppers, cut lengthwise into 8 pieces
- 1 tablespoon olive oil

1. Heat oven to 450 F.

2. In 15 1/2-by-10 1/2-inch jelly-roll pan, combine sausages, potatoes, onion, peppers, olive oil, 1/2 teaspoon salt and 1/4 teaspoon black pepper; toss to coat.

3. Roast sausage mixture 30 to 35 minutes or until potatoes are fork-tender and sausages are lightly browned, stirring once halfway through roasting.

• Each serving: About 545 calories, 32g total fat (12g saturated), 80mg cholesterol, 925mg sodium, 37g total carbohydrate, 5g dietary fiber, 20g protein.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let's gather family and friends together for one last chance to have fun in the sun. We'll provide a tasty salad dish!

- 2 3/4 cups chopped fresh broccoli
- 1/4 cup raisins
- 1 cup unpeeled, cored and chopped Red Delicious apples
- 1/4 cup finely chopped red onion
- 1/4 cup bacon bits
- 1/3 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free mayonnaise
- 1 tablespoon white vinegar
- Sugar substitute to equal 2 teaspoons sugar

1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.

2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.

3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.

• Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

Good Housekeeping

Easy Pea Risotto

This no-fuss risotto recipe is made in the microwave — in 30 minutes!

- 1 can (14 to 14.5 oz) chicken broth
- 2 1/4 cups plus 2 tablespoons water
- 1 pound frozen peas
- 1 tablespoon olive oil
- 2 cups Arborio or Carnaroli rice
- 1/2 cup freshly grated Parmesan cheese, plus shaved Parmesan for garnish

1. In 2-quart covered saucepan, heat chicken broth and 2 1/4 cups water to boiling on high.

2. Meanwhile, in large microwave-safe bowl, place peas and 2 tablespoons water; cover with vented plastic wrap and microwave on High 4 minutes. In blender, combine 1 1/2 cups peas and 1/4 cup hot broth mixture. Remove center part of blender top; cover blender and blend peas and broth mixture until pureed. Set remaining peas aside.

3. In microwave-safe 3 1/2- to 4-quart bowl, combine olive oil and rice. Cook, uncovered, in microwave on High 1 minute. Stir in remaining hot broth mixture; cover bowl with vented plastic wrap and cook in microwave on Medium (50 percent power) 10 minutes, stirring once halfway through cooking.

4. Stir in pea puree; cover with vented plastic wrap and cook on Medium (50 percent power) 8 minutes longer or until most of liquid is absorbed. Stir in Parmesan, 1/4 teaspoon salt, 1/4 teaspoon freshly ground black pepper and remaining peas.

5. To serve, spoon risotto into 4 shallow serving bowls and garnish with shaved Parmesan cheese. Serves 4.

• Each serving: About 590 calories, 7g total fat (2g saturated), 8mg cholesterol, 735mg sodium, 106g total carbohydrate, 7g dietary fiber, 20g protein.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Baked Caramel-Apple-Pecan Pie

Autumn is here, and if you love fresh apples like I do, now is the time to savor desserts like this one!

- 1 purchased refrigerated unbaked 9-inch pie crust
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 cup water

- 1 teaspoon apple-pie spice or ground cinnamon
- 4 cups cored, peeled and sliced cooking apples
- 1/4 cup chopped pecans
- 1/4 cup fat-free caramel topping
- 1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.

2. In a medium saucepan, combine dry pudding mix, water and apple-pie

spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.

3. Spoon hot mixture into prepared pie crust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

• Each serving equals: 221 calories,

9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.



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Crime

Vandalism on state property on the 4800 block of North Francisco Avenue.

Simple battery on the 4700 block of North Washtenaw Avenue.

Retail theft and larceny from a grocery store on the 5200 block of North Lincoln Avenue.

Violating an order of protection at a hotel or motel on the 5200 block of North Lincoln Avenue.

Vandalism to a residential property on the 3500 block of North Bosworth Avenue.

Miscellaneous offense to land at a grocery food store on the 3800 block of North Southport Avenue.

Theft over \$500 from an apartment on the 1200 block of West Addison Street.

Assault at a parking lot or garage on the 1100 block of West Belmont Avenue.

Sex offense criminal sexual abuse for non consensual dissemination of private

sexual images on the 200 block of West Wellington Avenue.

Unlawful possession of a hand gun on the street on the 1100 block of West Eddy Street.

Domestic battery at an apartment on the 3700 block of North Wilton Avenue.

Armed robbery with a knife or cutting instrument at a small retail store on the 900 block of West Belmont Avenue.

Simple battery at a hospital building on the 800 block of West Irving Park Road.

Retail theft from a gas station on the 800 block of West Addison Street.

Pick pocketing at a restaurant on the 3700 block of North Wilton Avenue.

Aggravated assault with a dangerous weapon on the street on the 900 block of West Grace Street.

Credit card fraud at a residence on the 3200 block of North Clark Street.

Theft over \$500 at a residence on the 800 block of West Grace Street.

Simple battery at a hospital on the 800 block of West Irving Park Road.

Retail theft from a convenience store on the 3400 block of North Halsted Street.

Domestic battery on the sidewalk on the 3400 block of North Halsted Street.

Theft over \$500 at a garage on the 3100 block of North Clark Street.

Credit card fraud at a convenience store on the 3700 block of North Broadway.

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

Simple battery at an apartment on the 3900 block of North Lake Shore Drive.

Drug abuse violation of possible cannabis 30 grams or less on the 500 block of West Hawthorne Place.

Counterfeit check passed at a residence constituting forgery and counterfeiting on the 1700 block of West Melrose Street.

Vandalism to a vehicle on the 4000 block North Hermitage Avenue.

Retail theft from a small retail store on the 3600 block of North Southport Avenue.

Harassment by telephone at an apartment on the 3000 block of North Clifton Avenue.

Robbery by strong arm on the sidewalk on the 3300 block of North Kenmore Avenue.

Aggravated battery on the sidewalk using hands, feet causing serious injury on the 3500 block of North Clark Street.

Strong arm robbery-no weapon on the 1000 block of West Belmont Avenue.

Fraud and confidence game on the sidewalk on the 900 block of West Addison Street.

Simple battery at a CTA station on the 900 block of West Belmont Avenue.

Theft under \$500 on the 3800 block of North Fremont Street.

Retail theft from a small retail store on the 3200 block of North Clark Street.

Simple battery on the sidewalk on the 800 block of West Addison Street.

Simple battery at a gas station on the 800 block of West Irving Park Road.

Vandalism to a vehicle (a ride share vehicle) on the 3000 block of North Halsted Street.

Pick pocketing on the sidewalk on the 800 block of West Roscoe Street.

Theft from a bar or tavern on the 3000 block of North Clark Street.

Theft from a convenience store on the 3000 block of North Clark Street.

Aggravated battery with a dangerous weapon at a small retail store on the 3000 block of North Clark Street.

Fraud or confidence game at a residence on the 700 block of West Aldine Avenue.

Credit card fraud on the 2800 block of North Orchard Street.

Retail theft from a small retail store on the 3500 block of North Broadway.

Criminal sexual assault at an apartment on the 600 block of West Irving Park Road.

Theft under \$500 at an athletic club on the 3000 block of North Broadway.

Theft from a restaurant on the 3100 block of North Broadway.

Theft under \$500 on the street on the 2900 block of North Sheridan Road.

Burglary and unlawful entry at a residential garage on the 3500 block of North Hermitage Avenue.

Child abuse and battery at a residence on the 1500 block of West Melrose Street.

Burglary and forcible entry to a residence on the 1400 block of West Henderson Street.

Theft from a residential yard over \$500 on the 2900 block of North Lincoln Avenue.

Burglary and unlawful entry at an apartment on the 3800 block of North Lakewood Avenue.

Theft from an apartment building on the 1200 block of West Roscoe Street.

Credit card fraud at a restaurant on the 3800 block of North Clark Street.

Vandalism to property at an apartment on the 3300 block of North Racine Avenue.

Vandalism to a CTA bus on City of Chicago property on the 1000 block of West Addison Street.

Pick pocketing on a CTA bus on the 3200 block of North Sheffield Avenue.

Public indecency and criminal sex offense and sexual abuse at a residential front or backyard on the 3500 block of North Fremont Street.

Credit card fraud at a convenience store on the 3400 block of North Halsted Street.

License violation on the 3400 block of North Halsted Street.

Simple assault at a residence on the 3900 block of North Pine Grove Avenue.

Simple assault on a CTA bus on the 3500 block of North Broadway.

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

Retail theft from a grocery food store on the 3000 block of North Broadway.

Armed robbery with a dangerous weapon at a residence on the 3400 block of North Lake Shore Drive.

Simple battery at an apartment on the 400 block of West Oakdale Avenue.

Domestic battery on the sidewalk on the 3700 block of North Western Avenue.

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

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

Burglary and unlawful entry at a residence on the 4100 block of North Wolcott Avenue.

Theft over \$500 from a gas station on the 2800 block of North Damen Avenue.

Burglary and unlawful entry at a residence on the 3500 block of North Damen Avenue.

Predatory criminal sexual assault at an apartment on the 2000 block of West Cullom Avenue.

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Photo courtesy of Sara Ligorria-Tramp for EHD

MAKE YOUR HOUSE A HOME

Tips for adding personality to your leased living space

FAMILY FEATURES

Even if you don't own the house you lease, there's no reason you can't make it feel like home by taking a creative approach to designing and decorating your space.

More U.S. households are renting now than at any point in the last 50 years. That's why Invitation Homes, the premier home leasing company in the United States, put together a team of design experts to create the "Make It Home" design forecast with lease-friendly, affordable design and decor ideas created with renters in mind.

Before starting any design, you need a plan. Here are a few tips to reimagine your rental home:

Embrace Color and Pattern

Emily Henderson, author of "Styled," a "New York Times" bestseller, believes color gives a room life, but it doesn't have to be on the walls. With rugs, textiles and furniture, you can have a lively, fun, lease-friendly room by choosing colors that are on the opposite sides of the color wheel to ensure balance.

Personalize Gallery Walls

The gallery wall is still having a moment, and this decorative element is all about customization. All you need is a little wall space and some creativity to infuse your space with a heavy dose of you. Henderson suggests displaying your favorite photos, prints and unique items like personal mementos to give them the eye-catching showcase they deserve.

Temporary Wall Coverings

A permanent wall texture or design may be a no-no in a rental, but removable wallpaper is a yes-yes and an instant way to add personality to your space. Brittany Hayes, author of the "Addison's Wonderland" blog, believes that bold and daring geometric patterns are perfect for creating an accent wall. Or simply incorporate your favorite colors to embrace a custom feel while you lease.

Unconventional Storage

Staying organized is key when living a leasing lifestyle. "Live Pretty on a Penny" blog writer Erin Marshall recommends using space-saving and unconventional items that are beautiful and functional to effectively store and organize items. Look for furnishings that are both attractive and practical so you can achieve the look you want with the benefit of added storage. Options like nesting chairs or storage boxes that double as benches can add seating options with a modest footprint.

Live Outdoors

Maximize your living space by creating usable outdoor settings. With the right combination of outdoor seating, pillows, shade and colorful planters, you can turn any patio into an outdoor oasis, said Rhoda Vickers, author of the "Southern Hospitality" blog. Whether you treat the space as a garden retreat or an extension of your entertaining area where guests can spill out during a party, the right decorative elements can allow you to add livable square footage without any construction.

Reimagine Lighting

Set the tone of each room by incorporating LED bulbs to brighten up the space or smart home bulbs that allow you to change the ambience as you wish. Kevin O'Gara, the "Thou Swell" blog writer, approaches design with the idea that every room should have a mix of lighting, including overhead, accent and task lights, so it's the perfect opportunity to get creative with setting the mood. Take your design beyond basic by installing your own fixtures that enhance the room's lighting and add a decorative element that complements the overall aesthetic.

Give Space a Dual Purpose

It's all about maximizing your space when leasing, according to Brittini Mehlhoff, author of the "Paper and Stitch" blog. Make the most of a space that can pull double-duty. For example, in a space such as your guest room, create a bookshelf that doubles as a desk and serves as your home office, as well.

Make it a Smart Home

Smart homes aren't just for homeowners. Options like thermostats, doorbell cameras, smart locks, light bulbs and smart plugs all can be easily integrated into a rented property, said Meghan Giddens, design expert at Invitation Homes. In fact, nearly everything in your home can be connected to the internet and controlled by your smart device. Just keep any originals stored safely, and when it comes time to move out, swap out your devices.

Light and Bright Paint

Cooler paint tones and white trim can brighten a room and offer a timeless color scheme. Plus, they welcome of-the-moment decor. If your lease allows it, Giddens recommends creating a light and airy ambience with paint to bring a rental space to life. If you're unsure about your lease guidelines, talk to your property manager before painting.

Visit InvitationHomes.com for more tips on how to make a rented house a home.

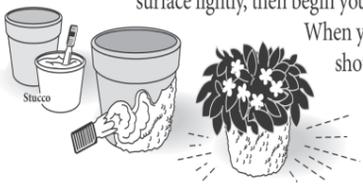


Photo courtesy of Luis Noble for Invitation Homes

The Garden Bug 

Old pots made new

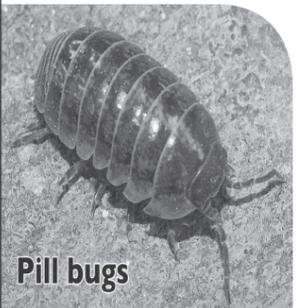
Try freshening up old clay pots with paint, mosaics, stucco, gluing items like shells or buttons, etc. It can make mismatched pots look more uniform and give your garden or patio fresh color, without the cost of replacing all your pots. First, inspect the pots you intend to refinish for any cracks, damage, mold and mildew. Then you will need to clean and repair them. Sand the surface lightly, then begin your refinishing process. When you have finished, you should seal it with a clear water-proof finish.



— B. Weaver

The Garden Bug

These fascinating little garden crustaceans are absolutely harmless to people. They don't carry diseases and don't sting or bite. They consume garden waste such as leaf litter, grass clippings, dead insects or animals, decaying plant material, insect eggs and larvae, fallen fruit and any other organic matter. By breaking down all these materials and returning the nutrients to the soil, these creatures are part of a balanced, healthy garden.



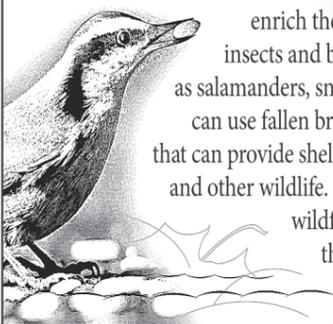
Pill bugs

— B. Weaver
Source: plantcaretoday.com

The Garden Bug

Leave your lawn messy

Your well-tended yard might please you, but messy is better for garden bugs and feathered friends. As leaves fall and decay, they enrich the soil and provide places for insects and birds to forage for food such as salamanders, snails, worms, and toads. You can use fallen branches to build a brush pile that can provide shelter for birds, rabbits, snakes and other wildlife. Let the seed heads of native wildflowers remain to feed birds through the winter.



— B. Weaver
Source: www.audubon.org

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Quotes worth your time

“Change your thoughts and change your world.”
Norman Vincent Peale

“Life is too important to be taken seriously.”
Oscar Wilde

“It always seems impossible until it's done.”
Nelson Mandela

“Keep looking up... that's the secret of life.”
Snoopy

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9:30 AM Pre-event Pet Costume Contest in the Wintrust Lot, 4017 N. Damen

10 AM Pick up your map at Event Headquarters in the Wintrust Lot, 4017 N. Damen Ave. Trick-or-Treat at Event Headquarters and nearby neighborhood businesses.

NOON Return to Event Headquarters in the Wintrust Lot, 4017 N. Damen, for light refreshments and our annual Costume Contest with prizes for kids 12 and under, and best costumed family.

TRICK-OR-TREAT

more info at **northcenterchamber.com**



Comics

R.F.D.

by Mike Marland



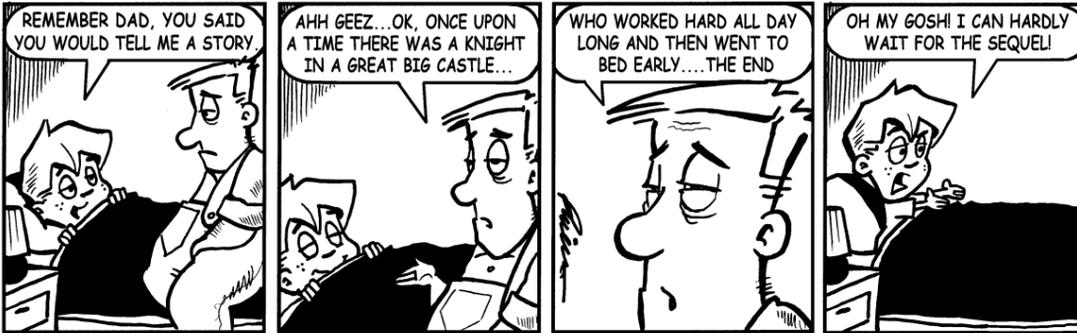
Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



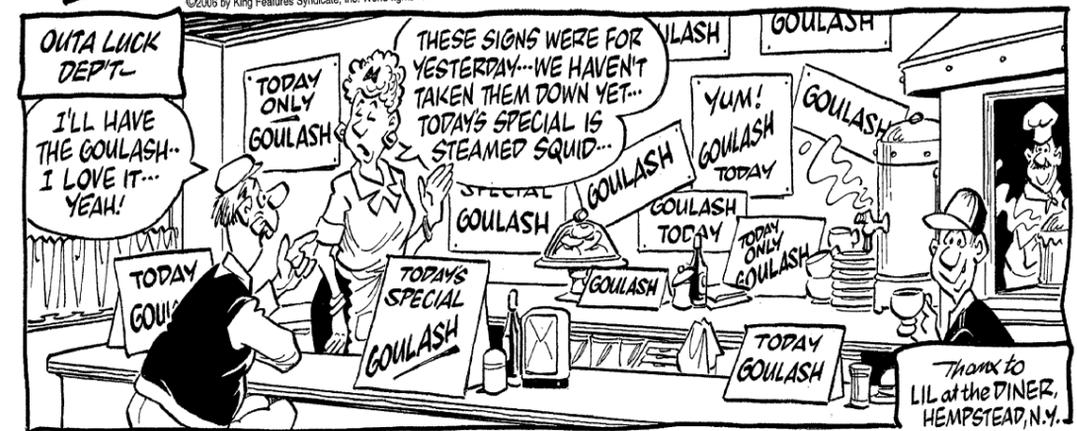
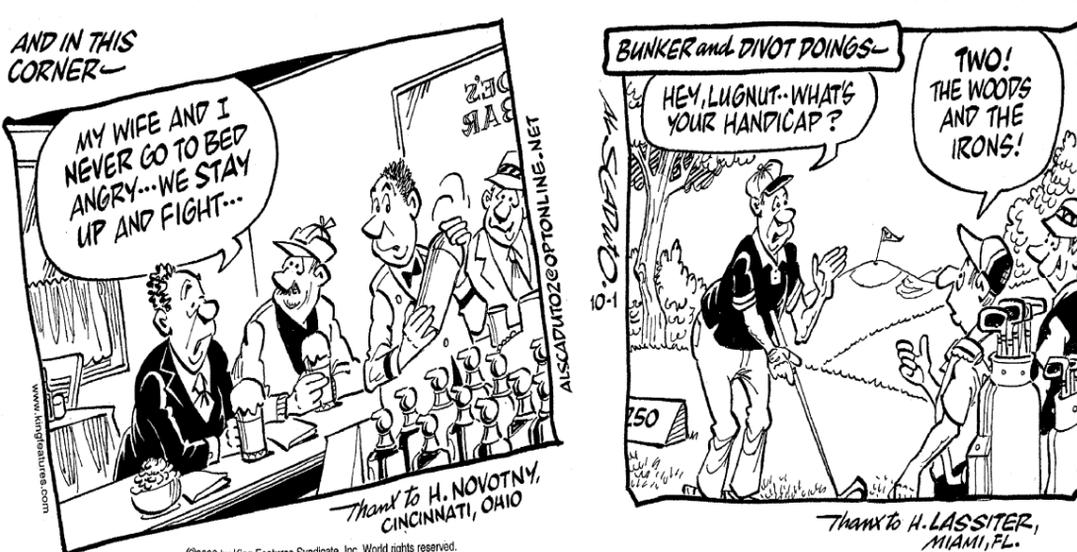
The Spats

by Jeff Pickering



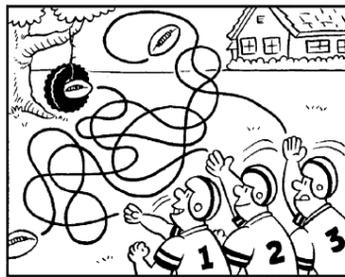
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend



THE STARTING QUARTERBACK was decided by the player who first threw a pass through the practice tire. Who was it?

THE "YOLK'S" ON YOU if you miss this one. Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around it clockwise. The trick is finding the right first letter.

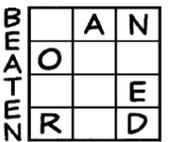
Answer: Player number 2.



SOME 'QUICK CHANGE' WORD PUZZLES!

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed CAPE to HERO in four moves. See if you can change the following five words in four moves.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "BEATEN." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. The time limit is 60 seconds.



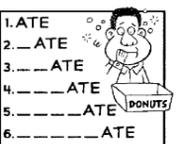
Answers: (Across) Ban, one, ale, red; (Down) Boat, ante, need

A SINGULAR WORD! Can you help Professor Flunkum find the only four-letter word in the English language that, when printed in capital letters, reads the same when turned upside down as it does right side up?



Answer: The word is NOON.

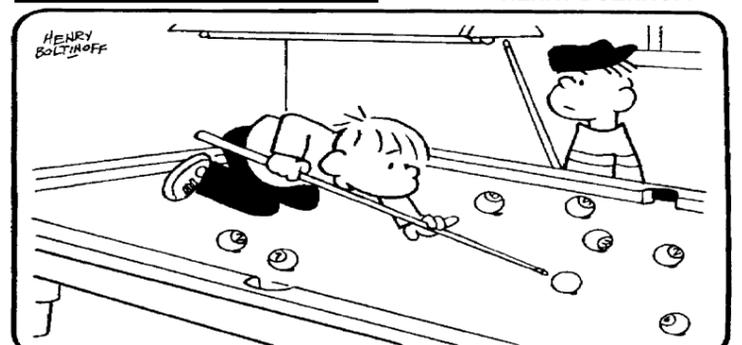
"FEAST" YOUR EYES ON THIS PUZZLE! In this puzzle all of the words get progressively longer, and they all end in ATE. The following hints should help: 1. What he did (in place). 2. Most gardens have one. 3. A shipping container. 4. A formal argument. 5. To put in logical order. 6. To stretch out.



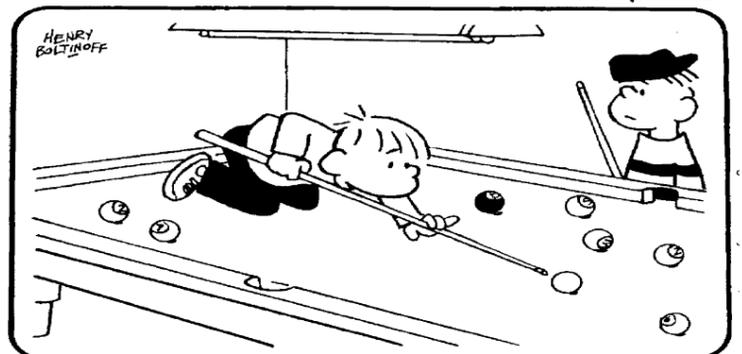
Answers: 1. Ate 2. Gate 3. Gate 4. Debate 5. Collate 6. Elongate

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Eight ball is black. 2. Boy's shirt stripe is moved. 5. Window is missing. 6. Boy standing has moved. 3. Boy's cue stick is shorter. 4. Balls #2 and #7 have black. 7. Cue ball is black.

Just Like Cats & Dogs

by Dave T. Phipps





Photo courtesy of Getty Images

Your TV Stations May Change Frequencies

FAMILY FEATURES

If you rely on an antenna for your TV viewing, changes may affect the reception of some of your local channels. As part of the Federal Communications Commission's (FCC) effort to make more airwaves available for new, high-speed wireless services, some TV stations in cities across the United States are changing their over-the-air broadcast frequencies. While the channel numbers you see on the TV are not changing, if you watch

TV using an antenna, you will need to rescan your television to update to the new frequencies so you can continue receiving the affected channels. You will not need to buy a new TV or purchase a converter box. Only people who use an antenna to watch local channels need to rescan their TVs. Cable and satellite subscribers are not affected by these changes. Not all local channels are changing, and frequency changes are happening on a rolling basis through July 2020, meaning

that not all channels will change at the same time. You should be on the lookout for announcements on your local TV channels and rescan whenever the stations alert you to any changes taking place or you notice a channel you can normally see is missing. TV stations will give you at least 30 days' notice their channels are changing frequencies. For more information and tips on how to rescan, visit fcc.gov/TVrescan or call 1-888-CALLFCC (1-888-225-5322).

How to Rescan Your TV

Rescanning your TV to pick up the new frequencies is the same process you used to find your local channels when you first set up your TV. To rescan, on your TV remote control, press "menu" then look for "channel scan," "program," "rescan," "auto tune" or "auto search" in the "setup" or "channel" function. Even without these frequency changes, it is typically a good idea to periodically rescan your TV to update the channels you receive. While some TVs do this automatically, you may need to select "scan" or "auto-tune" from the TV's menu to start the scanning process. If you have difficulty, consult the TV owner's manual or the manufacturer's customer service line for more detailed instructions on how to run a channel scan to find local TV channels. If you need to contact customer service, you can find that information in your TV instruction manual or on the manufacturer's website. Once the rescan is complete, you should receive all available digital TV channels through your antenna. Except in rare circumstances, no new equipment or services are required.

Common Transition Questions

How will I know it's time to rescan?
Some local TV channels will change frequencies at various times through mid-2020. Your local TV stations will announce their specific "rescan days" on which you will need to rescan. You should be on the lookout for public service announcements and "crawls" running across your TV screen. Broadcasters will provide at least 30 days' notice that their channel is changing frequency. A good rule of thumb is to rescan your TV anytime you notice that a channel is missing. If you haven't rescanned in a while, you may be surprised by how many other channels are now available.

Who will be affected by the transition?
People who watch television for free with an antenna will be affected. Millions of consumers across the

country watch free, over-the-air TV using an antenna.

Will the TV stations change channel numbers?
No, the channel numbers you see on your TV are not changing, but you will need to rescan your television to update to the new frequencies so you can continue receiving those same channels.

How can I find out which TV stations are changing frequencies?
The FCC website has an interactive map where you can insert your address to see which of your local TV channels will be changing and the dates you should be watching for the station to announce its "rescan day." To access the map, visit fcc.gov/media/engineering/dtvmaps. Once you enter your location information, you will see a list of TV stations in your area. Stations that are

changing frequencies will have an "R" in the last column (marked "LA"). Click on each station with an "R" to see the time period during which a particular station will make the change. To find out the specific "rescan day" for a particular station, watch for on-air announcements and notices or check the local TV channel website for information.

What is the advantage of making the frequency changes?
The benefit is that more airwaves will be available to meet consumer demand for increased mobile broadband capacity, new 5G wireless and other advanced high-speed mobile services currently being developed.

How can I find more information?
For more information and tips on how to rescan, visit fcc.gov/TVrescan or call 1-888-CALLFCC (1-888-225-5322).

MISSING TV CHANNELS?



Many TV channels across America are changing frequencies to help open up airwaves for new high-speed wireless services. If you're missing a channel that you normally see, rescan your TV to find it again.



Stations that are changing frequencies will provide notice at least 30 days in advance.



If you use an antenna to watch free over-the-air TV, you might find that one or more of your channels is missing.

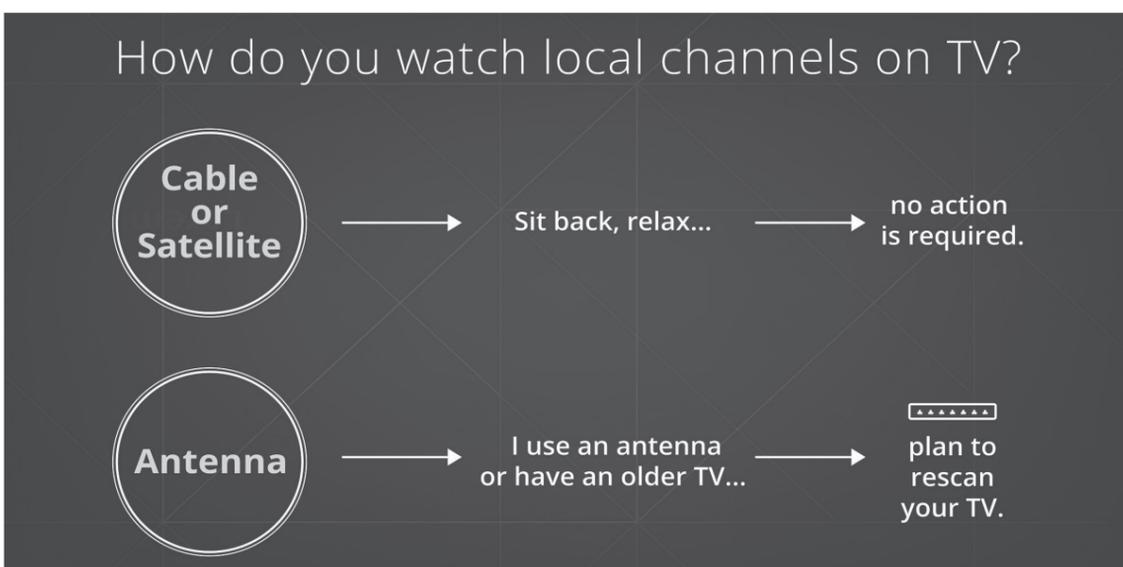


- 1 Press "set-up" or "menu."
- 2 Select "channels."
- 3 Click "scan," "auto tune," or "auto-program."
- 4 Your TV will do the rest.

But no need to worry. You can fix it by rescanning for channels using your TV's remote control.

Learn More Today

www.fcc.gov/TVrescan
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