



CREATE A FAMILY PLAN FOR CORONAVIRUS CRISIS

We are all trying to process the information about the coronavirus outbreak and stay in good health. Here are some guidelines and information to help your family through these tumultuous times:

Creating A Household Plan:

Practice everyday preventive action that can help prevent the spread of respiratory illnesses.

Avoid close contact with people who are sick.

Stay home when you are sick, except to get medical care.

Cover your coughs and sneezes with a tissue.

Clean frequently touched surfaces and objects using a regular household detergent and water.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

Choose a room in your home that can be used to separate sick household members from those who are healthy if at all possible.

Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable face masks to wear at home.

Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person. Learn more about caring for someone with COVID-19 at home at the CDC's coronavirus



an original by Theo Moudakis

website.

Plan ways to care for those who might be at greater risk for serious complications.

Data suggests older people are more likely to have serious COVID-19 illness.

If you or your household members are at increased risk for coronavirus complications, consult with your health care provider for more information about monitoring for symptoms suggestive of COVID-19. The CDC will recommend actions to help keep people at high risk for complications healthy if a coronavirus outbreak occurs in your community.

Take care of the emotional health of your household members. Outbreaks can be stressful for adults and children. Children respond differently than adults to stressful situations. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Create an emergency contact list:

Ensure your household has a current list of emergency contacts for family, friends, neighbors and teachers. Create a list of local organizations that you and your household can contact in the event you need help, including mental

health or counseling services, food and other supplies.

PREP YOUR PANTRY FOR UNCERTAIN TIMES:

Whether you've been hit with lockdowns and quarantines, work and school closures, bad weather or power outages, or you just need to stock your pantry for the times you're unable to shop, here are some ways to create an emergency pantry using canned goods as staples.

A typical emergency pantry:

Dried and/or evaporated milk
Pasta, rice, cereals, crackers
Jars of processed

cheese spread
Granola bars, Pop Tarts
Canned fruits and vegetables
Canned meats and fish (chicken, ham, tuna)
Canned fruit, vegetable juices
Peanut butter
Canned bean, potato salad
Unsalted nuts
Canned baked beans
Canned chili, hash, spaghetti, soup
Dried fruits
Instant beverages
Baby food and formula (if needed)
Additional supplies:
Non-electric can opener
Paper towels
Foil
Medications (prescription)

and nonprescription) that family uses on a regular basis
Paper goods (toilet paper and tissues), napkins, plates, bowls, cups

Plastic cutlery
Bar soap (if sanitizers or liquid soaps are unavailable).

Food and water for pets

Many people have questions about selecting and storing canned goods. First, start with a quality product. Choose cans that are not rusted, dented, scratched or bulging. Home-canned foods should only be made using research-tested procedures, equipment and recipes from sources such as the U.S. Department of Agriculture website. Here are some tips for creating and stocking an emergency pantry.

Choose foods your family enjoys. Good options include low-sodium canned beans, vegetables, fruit (packed in fruit juice), breakfast cereal, peanut butter, pouches of fully cooked whole grains, nuts, whole-wheat crackers and shelf-stable milk or plant milk (the kind sold in aseptic boxes in the grocery aisle).

When buying canned foods, choose low-sodium or no-salt-added products and choose fruits packed in their own juice or water instead of syrup.

Store canned goods in a cool, dark, dry area away from furnaces, pipes and other places where temperature

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Editorial & Opinions

Create a Family Plan for Coronavirus Crisis continued from front page.

changes occur. Store metal cans off the floor because moisture may lead to rust.

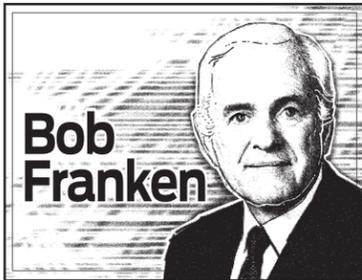
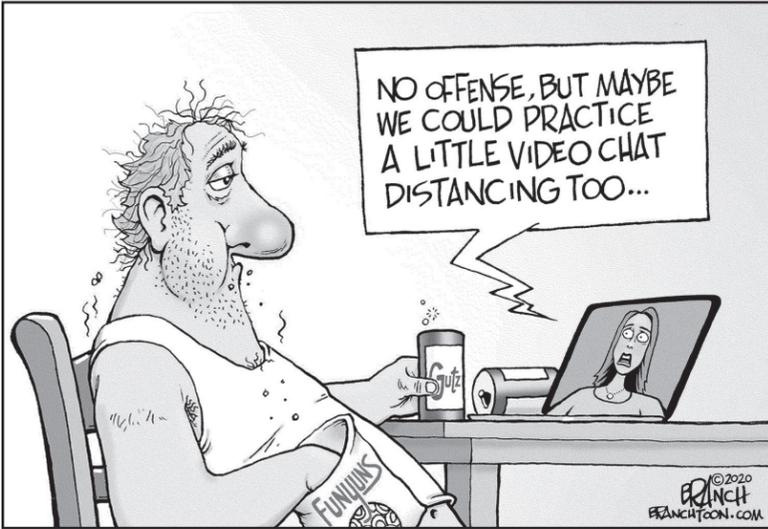
Keep at least six gallons of water per family member to be prepared for one week. Store water in airtight, food-grade storage containers. Replace water every six months.

Always use the first-in, first out method when it comes to taking foods from storage so that you are sure to use your oldest cans first. If you see that a can or jar has a broken seal or is rusting, bulging or dented, discard it. If any food does not look or smell right, throw it out.

Angela Shelf Medearis
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Pedestrians complain runners are passing too close on Chicago sidewalks during pandemic

It's recommended that runners use cloth face coverings when they step outside, as an extra precaution and especially important, runners should wear cloth masks if they stop at a grocery store or another business, where air-flow is more constricted, just after finishing a workout. Doctors say they don't see any evidence that runners are more likely to spread the coronavirus than anyone else, however, the Chicago Area Runners Assoc. has released a guide on what it considers best practices during the pandemic. They are recommending that runners begin their routes from home instead of driving to a park to start their workouts because that could lead to overcrowding at popular spots and to wear a cloth face covering or bandana.



American Disaster

Breaking news — as they say to open every newscast — Breaking news: America is breaking. Its public health establishment certainly is. We have the most confirmed COVID cases per capita of any country, because at the very top of government, leadership has been replaced by hucksterism.

But let's not just focus on President Donald Trump, which we do far too much. Let's also talk about how his screw-up top appointees' astounding ineptitude has taken a public health crisis that might have been managed and turned it into a full-blown national tragedy.

Breaking news! The federal government has started a program to examine the blood of those who have survived the coronavirus for antibodies. Smart, until we learn that one of the testing programs will be run by the Centers for Disease Control and Prevention, better known as the bonehead CDC. If this was television, we'd accompany that information onscreen with Edvard Munch's "The Scream," backed up by appropriate shrieking sound effects. That's because the CDC's actions thus far, designing and distributing the test for coronavirus, have made the once vaunted agency a worldwide laughingstock, except that it's no laughing matter.

The actions — or, should I say, the inactions — of those in charge of the logistics necessary to supply medical centers with the basic tools they require have left hospitals in desperate need of basics like enough beds and ventilators, and their brave physicians, nurses, all their practitioners and support staff in mortal danger because of a lack of PPEs.

We've sadly all learned that PPE stands for "personal protection equipment." Unfortunately, the manufacture and distribution of PPEs is a chaotic mess. More breaking news: The president has given that portfolio to his always unqualified son-in-law Jared Kushner.

It's just a matter of time before he'll take over the distribution of the trillions of dollars in federal aid that was supposed to provide a floor to soften the country's economic collapse. It's even too mundane for the breaking news hoo-ha to learn that the distribution of those funds to Americans facing hard times with their livelihoods pulled out from under them is stuck in an incompetence logjam. Between the patchwork of states who run their overwhelmed unemployment programs to the loans designed to encourage small businesses to hire back workers and stay afloat, it's becoming another rat flock.

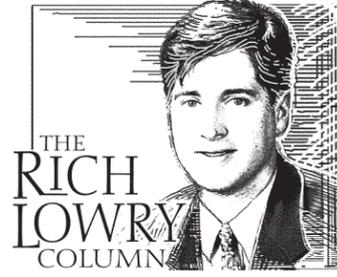
Speaking of the state hodgepodge, it's up to each governor to order remedial defensive action. And most of them have acted decisively to shut down society and try to keep the organism from spreading. But some gubernatorial nincompoops are doing too little too late, like Florida's Republican Ron DeSantis, or they're even doing even less. Some are pandering to politically powerful churches and have excluded them from the social distancing rules that are the only hope against the microscopic invader.

When this is over, IF it is over, our dishonor roll will have to include the private profiteers, the sleazes who have raised prices out of sight on vital supplies, scam artists selling bogus products and those corporations that have dragged their feet on retrofitting to manufacture lifesaving medical supplies.

America's federal government is supposed to govern, and in far too many cases has failed miserably.

Breaking news then: Our country is not only shuttered but shattered. Whether it can fix itself is an open question.

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



Blaming China, WHO Isn't Scapegoating

President Donald Trump slammed the World Health Organization at a recent news briefing and was immediately accused of scapegoating.

There's no doubt that Trump is inclined to shift blame when possible (and even when it isn't). He'll never take ownership of the testing debacle at the outset of our coronavirus response or admit it was wrong initially to minimize the virus.

Yet none of this detracts from the force of his critiques of China (although he blows hot and cold on that) and the WHO, which are at the center of this international catastrophe and must be held to account.

Without China's deceit and WHO's solicitude for Beijing, the outbreak might have been more limited, and the world at the very least would have had more time to react. China committed unforgivable sins of commission, affirmatively lying about the outbreak and punishing doctors and disappearing journalists who told the truth, whereas the WHO committed sins of omission — it lacked independence and courage at a moment of great consequence.

In effect, China and the WHO worked together to expose the rest of the world to the virus, at the same time they downplayed its dangers.

China acted as you'd expect. Countries that run gulags aren't typically noted for their good governance and transparency. The WHO is supposed to be different. According to its constitution, "The health of all peoples is fundamental to the attainment of peace and security and is dependent on the fullest

co-operation of individuals and States."

But it's hard to see how the WHO would have acted any differently if its constitution contained a proviso stipulating that it should validate Chinese propaganda as much as possible, especially in the midst of a world-threatening outbreak of a novel virus.

On Jan. 14, WHO tweeted that "preliminary investigations" by Chinese authorities had found no evidence of human-to-human transmission. Several days later, it reported "limited" human-to-human transmission, although it downplayed the finding as typical of respiratory illnesses.

Then, the WHO declined to call the outbreak in China a public health emergency of international concern on Jan. 22, at the same time there were confirmed cases in Taiwan, Australia, Japan, Thailand and South Korea. After the WHO finally declared the emergency, it proceeded to drag its feet on declaring a pandemic, waiting until March 12.

One of the worst things China did was seal off Hubei province from the rest of the country while flights continued around the world. Was the WHO concerned about that? No, it was fully on board. As a headline in Reuters put it in early February, "WHO chief says widespread travel bans not needed to beat China virus."

Incredibly enough, in late January, WHO Director-General Tedros Adhanom Ghebreyesus was praising Chinese officials for "the transparency they have demonstrated." Despite the emerging consensus that China has lied about its number of cases and deaths, WHO hasn't yet said a discouraging word about China's actions. It's been resolute, though, in excluding Taiwan from its workings, just as Beijing dictates.

Trump takes more than his share of potshots, but that doesn't mean he's always off the mark. China and the WHO are genuine malefactors who deserve all the obloquy the president, and anyone else, can heap on them.

Rich Lowry is editor of the National Review.

Americanisms



"Never in our nation's history have we asked so much of our homes."

— Marni Jameson

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Lakeview Newspaper

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Don't Forget to wish mom



Sunday May 10th



MEMORIAL DAY

MONDAY MAY 25th

SENIOR NEWS LINE

by Matilda Charles

Trip to Supermarket Brings New Dangers

It occurred to me the other day that I haven't been eating right. It's been difficult to find food in my stores, and it's been difficult to work up the courage to go out, fearing I might get too close to someone who is sick.

It also occurred to me that not eating right was bad for my immune system, should I need to fight off an illness.

I began going out just before my nearest store closed at night, dashing in for one or two items, using the self-checkout, and fleeing out the door with my haul. That's assuming my two items were actually on the shelves.

The store began holding "senior hours" early in the morning. Theoretically that would allow seniors to shop more safely and be able to find items on the freshly stocked shelves. In reality, said the store manager, it was likely more dangerous. He'd watched the security tapes of a few early morning openings and had seen no less than 80 seniors pushing through the doors when they opened, with no sign of social distancing anywhere.

But now, in the nick of time, two stores have restarted pickup service, after having cancelled it for over a month. I place the pickup order online, select a time slot two days in advance, and drive there to have my groceries put in the car. It works, even if there are a lot of substitutions of items and a few items out of stock.

Here's a thought: Do you have a supplemental Medicare policy or Medicare Advantage? Does it cover meal delivery service, perhaps Meals on Wheels? Some do. Coverage might only apply at certain times (if you've just had surgery or have a medical condition), but a lot of rules are changing now. It wouldn't hurt to check your policy.

VETERANS POST

by Freddy Groves

VA Garners Awards

The Gears of Government Award is a program that recognizes individual federal employees and teams for performance and dedication to their agency mission. There are 29 agencies and councils in government, ranging from NASA to the Treasury Department.

The Department of Veterans Affairs won 16 Gears of Government Awards this year. Here are a few of them:

- Patient safety was high on the list. Procedures were put into practice to prevent in-hospital pneumonia and the prescribing of unnecessary drugs to veterans. VA police now carry opioid-reversing medication should there be an overdose emergency. These two steps lowered VA costs by \$24 million and improved care for 120,000 veterans.
- Technological advances allowed eyeglasses to be created in minutes rather than a whole day.
- Over 350,000 VA customer-service employees were trained on modernized and improved data systems, allowing real-time feedback.
- Processing times for disability compensation claims were reduced by automating 40% of those claims.
- A group of VA individuals analyzed criminal information and provided assistance to nab five criminals involved in identity theft and fraud schemes targeting VA employees and veterans. The schemes were stopped before veterans' personal and banking information was compromised.
- Changes in the way vocational rehab counselors exhibited proficiency in job skills eliminated inefficiency, leaving more time for direct service to veterans.
- The VET TEC group managed an educational program giving veterans more job opportunities through high-tech accelerated learning programs.
- A training and response team developed a safety program for patients receiving anesthesia, which prevented the risk of emergence delirium (panic when coming out from under anesthesia). This has reduced the risk of injury for both the veterans and staff across the country.
- Individuals were recognized, too, including one employee who worked with community, state and federal organizations across Illinois to benefit homeless veterans and those facing incarceration.

Wow! We knew there were some good people at the VA. Now we know where they are and what they've been doing.

Strange BUT TRUE

By Lucie Winborne

- The first real shampoo dates back to the 1500s. In India, "sapindus," aka soapberries or soapnuts, were boiled with dried Indian gooseberry and other herbs. The extract created a lather and resulted in soft, shiny hair.
- A single human hair can hold up to 100 grams in weight, while an entire head of hair could bear up to 12 tons — the equivalent of two African elephants.
- On April 1, 1974, black smoke was seen rising from Mount Edgecumbe, a volcano in Alaska. When a Coast Guard pilot came closer to investigate, he found 70 tires burning and the words "APRIL FOOL" spray painted into the snow.
- While it's hard to imagine that anyone would dare to steal an infant Jesus, especially during the most wonderful time of the year, BrickHouse Security's "Saving Jesus" program offers a free GPS tracker for the star of your nativity scene.
- U.S. park ranger Roy C. Sullivan had the flabbergasting distinction of being struck by lightning the most times and surviving: seven times between 1942 and 1977.
- Speaking of distinctions, Buzz Aldrin holds the curious title of being the first man to urinate on the moon, shortly after stepping onto its surface.
- At the end of the 19th century, American con artist, gangster and crime boss Jefferson Randolph Smith earned the nickname "Soapy" for his scheme of wrapping soap bars in notes of varying denominations and covering them with plain paper, then pretending to mix them in with bars devoid of money and selling the latter at an inflated price while maintaining the pretense that some of the packages contained cash.
- Ben & Jerry learned how to make ice cream by taking a \$5 correspondence course (which they split between them) offered by Penn State.

Thought for the Day: "Sometimes you put walls up not to keep people out, but to see who cares enough to break them down." — Anonymous

Moments in time

THE HISTORY CHANNEL

- On May 9, 1671, in London, Thomas Blood, an Irish adventurer better known as "Captain Blood," is captured attempting to steal the Crown Jewels from the Tower of London. King Charles II was so impressed with Blood's audacity that he made him a member of his court.
- On May 10, 1749, the 10th and final volume of Henry Fielding's novel "Tom Jones" is printed. The serialized novel told the humorous story of the attempts of the illegitimate but charming Tom Jones to win his neighbor's daughter.
- On May 7, 1902, Martinique's Mount Pele begins the deadliest volcanic eruption of the 20th century. The city of Saint Pierre was buried and virtually everyone died instantly when a cloud of superheated gas sent an avalanche of boiling ash down the mountain.
- On May 6, 1937, the airship Hindenburg, the largest dirigible ever built and the pride of Nazi Germany, bursts into flames upon touching its mooring mast in Lakehurst, New Jersey, killing 36 passengers and crewmembers.
- On May 4, 1965, San Francisco Giants outfielder Willie Mays hits his 512th career home run to break Mel Ott's National League record. Mays would finish with 660 career home runs, good for third on the all-time list at the time.
- May 8, 1988, Stella Nickell is convicted of murder by a Seattle jury. She was the first person to be found guilty of violating the Federal Anti-Tampering Act after putting cyanide in Excedrin capsules in an effort to kill her husband. She began planning his death after their 1976 honeymoon.
- On May 5, 2002, the comic book adaptation of "Spider-Man" becomes the fastest movie ever to earn more than \$100 million at the box office. Its \$39 million opening day bested the previous record of \$32 million, set by "Harry Potter and the Sorcerer's Stone" in 2001.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Rare Bird



This rare bird, a ceramic parrot, conceals the working parts of a radio loudspeaker made in 1927. It substituted for the large horn used to amplify the sound of the radio and sold for about \$900.

Collectibles were sometimes made to fool people. A tiny teddy bear could hide a perfume bottle. Pincushions hide beneath the fabric skirts of half-dolls, ceramic figures stitched to the skirt. Some collectible canes hid thin flasks that held forbidden whiskey to drink secretly while on a walk. And bronze statues sometimes could open to reveal a naughty scene. In the early days of television, a ceramic black panther was really a lamp lighting the room and the TV set.

But almost forgotten are the loudspeakers made for early radios that looked like statues of birds or kings, instead of the large horns usually used. Most famous were the Andia loudspeakers, their radio parts inside a metal base with a glazed pottery top. One that was auctioned recently looked like a bright red, blue and yellow 14-inch-tall parrot. It was made by Royal Doulton & Co. of England for Artandia Ltd. in 1927. Other designs include Miss Muffet, a Persian king, a Chinese scribe and other figures that would attract buyers. It sold at Auction Team Breker, a German auction of radios, music machines and other technical collectibles, for \$906.

CURRENT PRICES
Blown glass flask, amethyst, swirled pattern, spiral ribs, Stiegel type, sheared mouth, 5 inches, \$190.
Sterling silver stuffing spoon, Hester Bateman, Elk monogram, England, 11 3/4 inches, \$355.
Wooden box, pine, sliding lid, painted etylized tulips on all sides, 3 1/2 x 4 1/2 x 7 inches, \$585.
Coffee mill, Landers, Frary & Clark, No. 20, Crown, double wheel, cast iron, black paint, hinged lid, wooden handle, 12 1/4 inches, \$1,045.

TIP: When packing a piece of pottery for shipping, look at the shape. If it has a hollow space larger than 1 inch across, fill the space with sponge, foam or bubble wrap.
For more collecting news, tips and resources, visit www.Kovels.com

Q. My mother gave me the metal dentist chair from my father's office. It is not like today's dentist chairs; it's more like a lightweight skeleton chair with a round enameled metal seat, rectangular slotted metal back and spindles for the headrest, legs and mechanical parts. There are no arms. It looks small and very uncomfortable. Is it worth anything? How was it used? How old is it?

A. The 17th-century dentist held the patient on the floor to pull a tooth. By the early 18th century, a Windsor chair with a piece of wood added as a head rest was used. Then inventors made improvements to metal, mechanical and upholstered chairs. Your chair was made in about 1910, a time when enameled metal furniture was very popular due to worries about bacteria. Large, padded dentist chairs



by Ryan A. Berenz

1. "Sometimes I underestimate the magnitude of me" is a quote from what 1993 inductee into the National Baseball Hall of Fame?

2. In March, what NFL star announced the establishment of media company 199 Productions, named after his selection number in the 2000 NFL Draft?

3. What martial art was introduced as an official medal event at the 2000 Summer Olympic Games in Sydney, Australia?

4. The Indianapolis Colts selected Tennessee quarterback Peyton Manning with the No. 1 overall pick in the 1998 NFL Draft. What player was drafted at No. 2 by the San Diego Chargers?

5. True or false: On April 20, 1986, the Chicago Bulls' Michael Jordan scored an NBA record 63 points in a first-round playoff win over the Boston Celtics.

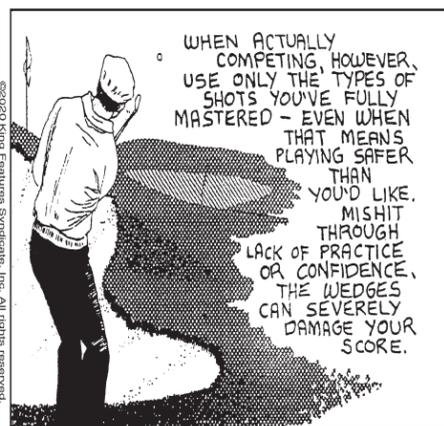
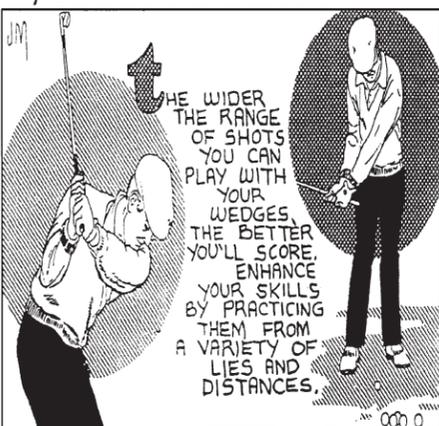
6. At what track did motorsports pioneer Danica Patrick win her first and only IndyCar race?

7. NHL great Wayne Gretzky concluded his playing career on April 18, 1999, as a member of what team?

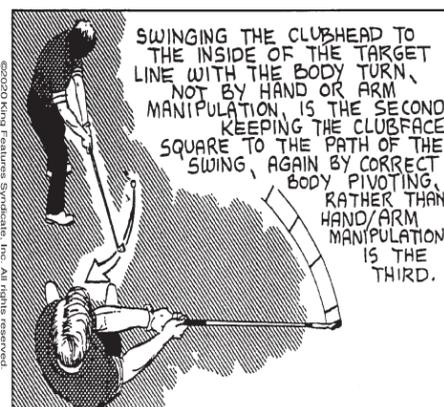
Answers

1. Reggie Jackson.
2. Tom Brady.
3. Taekwondo.
4. Ryan Leaf, Washington State quarterback.
5. False. Despite Jordan's playoff record 63 points, the Celtics defeated the Bulls 135-131 in Game 2 and went on to sweep the series 3-0.
6. Twin Ring Motegi. Patrick won the Indy Japan 300 in 2008.
7. The New York Rangers.

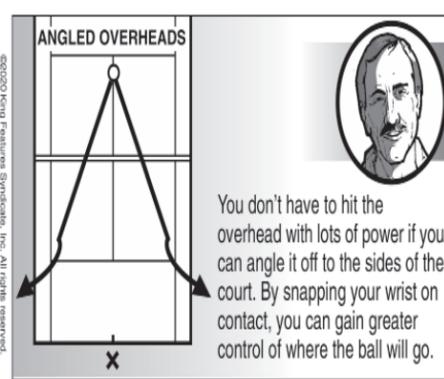
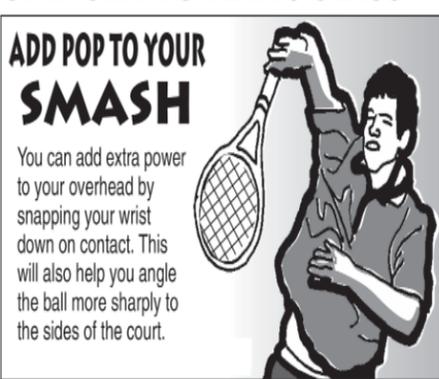
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



"...And another thing—she's never ready on time."



"History was first re-written on this spot."

Health



Just How Effective Are Essential Oils?

DEAR DR. ROACH: I have a relative who sells one of the popular brands of essential oil products and related equipment. She sends out many social network postings about the benefits of these products, including sharing postings from others who sell the products.

I do not purchase these for several reasons. I am sensitive to many airborne scents and have a scent-free home, but my primary concern is that she seems to be practicing medicine by claiming what I believe to be unproven health benefits. These are very costly and, at a minimum, harm is done by persuading people to spend a great deal of money for products that may not do what they are claimed to do. I am also concerned that families with young children seem to be using these products — my relative has even sent some to her children's school for use in the classroom.

Can you please comment on possible benefits/harm from these products? — J.R.

ANSWER: Essential oils from plants have been used to scent the air for millennia. There are certainly many claims about purported health benefits, but there is little evidence to support their use for those purposes. Health claims for aromatherapy should be taken with skepticism. One exception is that several reviews have found that some aromatherapies can reduce anxiety levels, and possibly some symptoms of depression.

As I frequently note, however, the placebo effect is powerful, and if you expect that a treatment, such as aro-

matherapy, will help your symptoms, it very well may. As such, I have no objection to people who want to use them for mild symptoms. I do object when people forgo potentially effective treatment for serious illness.

Your point about cost is a real issue, but essential oils do not have to be very expensive.

Harm from aromatherapy is generally limited to allergic or non-allergic irritation of the nose and skin. Essential oils are not to be taken internally, and even topical use can lead to problems, as they can be absorbed into the body directly through the skin.

DEAR DR. ROACH: Why are there two names for every drug? In a recent article, for example, you mention fluoxetine (Prozac) and bupropion (Wellbutrin). Clearly the name in parenthesis is the common name people use. Why does the other name exist, and why is it used at all? This adds unnecessary complexity and confusion. For example, a nurse asked me about Efudex, and I didn't know what she was referring to, as the label on the medication I had reads "fluorouracil." — C.P.

ANSWER: Every drug has at least three names: a chemical name, a generic name and a brand name. The chemical names are so complex that nobody (but chemists) uses them. I prefer using generic names, since they are the same regardless of country, and generic names often give a clue to the type of medication. Generic names are lowercase.

Brand names (capitalized) are the ones most often known (drug companies often try to find easy-to-remember brand names and hard-to-remember generic names), but not always. In the example you gave, Efudex is one brand name (Adrugil and Carac are others), and fluorouracil (or 5-fluorouracil, often abbreviated 5-FU) is the generic name.

What Are the Benefits of Medical ID Tags?

DEAR DR. ROACH: My question is about medical bracelets and necklaces. I've never seen any recommendations as to what conditions would warrant wearing one

nor what the inscription should say. When are they either necessary or beneficial? — D.A.M.

ANSWER: Medical ID tags can be useful. They serve to alert medical personnel of potentially important medical conditions when someone is not capable of providing that information, whether due to temporary incapacity (such as being unconscious in a motor vehicle accident) or permanent disability (such as intellectual disability). In my opinion, the most appropriate use of these tags is when there is a potentially life-threatening medical condition that would not be obvious to emergency medical personnel.

Some examples of these would include anaphylactic reaction to medications or latex; the presence of an illness that can cause temporary disability (epilepsy, diabetes, Addison's disease); and medical conditions that might affect use of some common treatments, such as bleeding disorders, organ transplant status and medical implants (such as implantable defibrillators). Personal and contact information is a natural set of complementary information to have on a medical tag.

Some newer tags include electronic information, but this is in its infancy. These include the use of near-field technology to let emergency personnel read the information (if they also have the technology); phone numbers the emergency personnel can call to get more information; and QR codes to allow emergency personnel with a

ANSWER: The body has two main organs with which to regulate pH, the acid/base status of the body based on food intake, exercise, medications and other causes that would perturb the body's pH, which is very tightly regulated and slightly alkaline at about 7.4.

The more important and faster-acting is the lung. By increasing the respiratory rate, we excrete more carbon dioxide, which is in equilibrium with carbonic acid. Breathing more deeply and quickly can move the blood pH toward the alkaline side. This usually happens without our being aware of it.

The kidneys are the other important organ for long-term regulation of pH. The kidneys can regulate reabsorption of carbonic acid in the tubule, increasing or reducing acid secretion. So, urine that is more acidic than normal may mean the body is ridding itself of

excess dietary acid and thus making blood pH more alkaline. Ammonia is another way the kidney can regulate pH balance. Blood pH does not vary more than a minute amount from its expected level except in cases of critical illness, disturbances in kidney function or diseases that affect control of breathing.

Husband Starting Radiation Treatment

DEAR DR. ROACH: My husband is about to start radiation treatment for stage one cancer on his vocal chord. Does radiation negatively affect the immune system the same way chemotherapy does? Should I be looking out for people who don't vaccinate? — H.T.

ANSWER: Radiation can affect the immune system when it is given to large areas of the body, since the immune system cells are largely sensitive to radiation. Whole-body radiation rarely is used now, except in people planning for bone-marrow transplant. By contrast, localized radiation does not adversely affect the immune system to anywhere near the degree that chemotherapy can, since the bone marrow, where the immune system cells live, is diffuse throughout the large bones of the body.

As far as avoiding unvaccinated individuals, people who are unvaccinated and who are healthy do not pose a risk. It is in an outbreak of vaccine-preventable disease (there have been localized outbreaks of measles and mumps in the past year, and there are seasonal outbreaks of influenza) that unvaccinated people are much more likely to be infectious. So anyone with immune system disease (such as chemotherapy or whole-body radiation) should avoid people with potentially infectious illness. Caregivers of people with severe immune disease certainly should be immunized according to current guidelines. Even elderly people whose caregivers are immunized for flu get flu less than those whose caregivers are not.

DEAR DR. ROACH: I know women who have had double mastectomies in order to reduce the risk of cancer. It

seems extreme, but I guess it depends on the evaluation of risk. Are prophylactic hysterectomies done for similar reasons? It used to be routinely done when a woman had passed her reproductive years. I'm interested in your take on this. Will health insurance cover these types of surgeries, and if not, how expensive are they? — S.B.

ANSWER: Prophylactic mastectomies — that is, surgery to remove the breasts in order to avert a breast cancer diagnosis — are a reasonable choice for some women at very high risk of breast cancer, especially those with a family history of breast cancer who have an identifiable genetic predisposition, such as one of the BRCA gene mutations. This decision should be made carefully and in consultation with her doctors, usually an oncologist and a genetic counselor. I have very little experience with this in my own patients, fortunately, but I understand that in the case of women with very high genetic risk, it usually is covered by insurance, if it is the consensus of the treating physicians and the patient that she should proceed.

Hysterectomy — the removal of a uterus — is not done routinely today, the way it was decades ago. They are removed for disease, either benign or malignant. However, the removal of both ovaries and Fallopian tubes, called a bilateral oophorectomy and salpingectomy, is performed in some women at high risk for ovarian cancer. In fact, women with the BRCA mutations may consider both a prophylactic double mastectomy and a prophylactic bilateral oophorectomy and salpingectomy, since BRCA mutations increase risk of breast cancer and ovarian cancer (as well as other cancers).

The cost of surgery in the United States varies dramatically depending on where it is done, but in general it is very expensive.



Financial Statement

by Joyce A. Rimel

SCAMS TO LOOK OUT FOR IN 2020 COVID-19 CONS

You get an email offering a coronavirus vaccine or access to critical medical equipment. Anxiety's high; you are urged to protect yourself. Some emails ask for credit card information, then bill you for products that never arrive. Others include a link that will install malware to steal your passwords. Visit government health agency websites for updates. Be wary of emails during a crisis. There is no COVID-19 vaccine.

MEDICARE CONS

A crook will tell you that you can get a free DNA swab test for cancer, or medical devices or services. To get the free health care, you just need to provide your Medicare number. This offer usually comes

via phone or email. Vans drive through neighborhoods, with people knocking on doors offering tests in return for Medicare numbers. Never give your Medicare number to anyone but a trusted medical professional.

PHISHING AMAZON

Scammers pretend to be Amazon representatives, taking advantage of the fact that the company sent more than 3.5 billion packages last year. You'll be told a package can't be delivered until you "confirm" your credit card number. Crooks send out millions of random emails. Within the emails is a link that, if opened, places malware on your computer to harvest data. Don't give information via a link. Go to Amazon's website directly.

JOB FRAUD

Crooks find potential victims using online search tools to look for resume's of job seekers. You're contacted about

what sounds like the job of a lifetime and even given a check to cover expenses—just wire money back or send gift cards to cover fees. Only later do you figure out the check is fake. Usually via emails or a professional networking site. Real jobs don't come at a cost (actual recruiters are paid by the business.)

ELECTION SCAMS

Scammers send out fake ads as political action committees or pose as pollsters or campaign volunteers. They pretend to be legitimate fundraisers to trick you into giving them your credit card number or sending a "donation" by gift card or wire transfer. Phone, email, social media posts—the same ways that candidates contact you. Don't donate to a candidate from an unsolicited pitch. Reach out directly to those you support.

CENSUS SCAMS

Impostors could pretend to

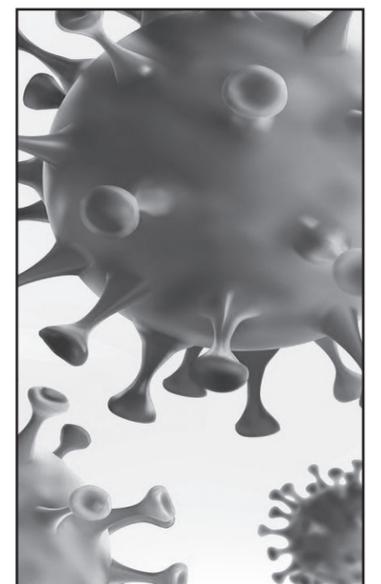
be census takers. You could be asked for your Social Security number or credit card information. A fake census worker shows up at your door. Or you're contacted by phone, mail or email. The Census Bureau will never ask for your Social Security number, solicit donations or threaten you with arrest if you don't cooperate. Census takers carry government IDs. For more information, visit 2020census.gov.

PROTECTING YOURSELF

If you respond to that robocall and get connected to a real person, you have initiated a struggle between you and the scammers. They are armed and expert at winning you over, using whatever psychological means necessary to get your money. Don't answer calls from numbers you don't know. If you do, be sure to hang up the moment that you realize it's a robocall. Don't say anything. Be skept-

tical of any offer that sounds too good to be true. Never agree to a proposition involving your money without doing research. If you do happen to fall for a scam, report it to authorities immediately.

The FTC gets about 500,000 complaints a month about unwanted calls, and 70 percent of those are robocalls.



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1. Which Rolling Stones song did Keith Richards partially write in his sleep?
2. Who wrote and sang the theme song to the television show "Welcome Back, Kotter"?
3. Who was "KC" in KC & the Sunshine Band?
4. Which band released "Be-Bop-A-Lula"?
5. Name the song that contains this lyric: "People always told me be careful of what you do, And don't go around breaking young girls' hearts."

Answers

1. "(I Can't Get No) Satisfaction" in 1965. Richards recorded a few minutes of the riff on a cassette tape player while he was asleep. Next morning the tape contained the music, followed by 40 minutes of snoring.
2. John Sebastian, formerly of the Lovin' Spoonful, wrote "Welcome Back." The show's name had to be changed from just "Kotter" because Sebastian couldn't find a rhyme for the name.
3. The "KC" was taken from the last name of Harry Wayne Casey, who formed the group in Florida in 1973.
4. Gene Vincent and His Blue Caps, in 1956.
5. "Billie Jean," by Michael Jackson, in 1983. Although producer Quincy Jones felt the song was "weak" and wanted to leave it off the "Thriller" album, "Billie Jean" became one of the best-selling songs of all time.



Strange BUT TRUE

By Lucie Winborne

- Artist Salvador Dali had a unique way of occasionally avoiding the bill for drinks and meals — he would draw on the checks, making them priceless works of art and, therefore, uncashable.
 - The governor of China's Hunan Province banned Lewis Carroll's "Alice in Wonderland" because he believed that animals should not be given the power to use the language of humans, and to put animals and humans on the same level would be "disastrous."
 - When the ancient Greeks staged plays, their costumes enabled audiences to identify characters. Tragic actors wore raised platform shoes called buskins to symbolize their superiority over comic actors, who would wear plain socks.
 - A researcher in Madagascar was so interested in sand flea development that she let one of the bugs live inside her foot for two months.
 - George Washington died after his doctors removed 40% of his blood (80 ounces) over a 12-hour period to cure a throat infection. While critics have claimed for decades that he was bled to death, the exact cause of his demise is still debated among scholars.
 - The longest time between the births of twin siblings is 87 days. Amy Ann Elliot debuted prematurely on June 1, 2012, and Kate Marie Elliot followed on Aug. 27, at Waterford Regional Hospital in County Waterford, Ireland.
 - When the mummy of Ramses II was sent to France in the mid-1970s, it was issued a passport. Ramses' occupation? "King (deceased)"!
 - In the early stage version of "The Wizard of Oz," Dorothy's faithful companion, Toto, was replaced by a cow named Imogene.
 - Enjoy looking after kids? Consider attending Kentucky's Sullivan University, where you can major in nannying.
- ***
- Thought for the Day:** "Love is much like a wild rose, beautiful and calm, but willing to draw blood in its defense." — *Mark Overby*



1. **Star Wars: Episode IX: The Rise of Skywalker** (PG-13) Carrie Fisher
2. **1917** (R) Dean-Charles Chapman
3. **Jumanji: The Next Level** (PG-13) Dwayne Johnson
4. **Just Mercy** (PG-13) Jamie Foxx
5. **Knives Out** (PG-13) Daniel Craig
6. **Contagion** (PG-13) Matt Damon
7. **Ford v Ferrari** (PG-13) Matt Damon
8. **Bombshell** (R) Charlize Theron
9. **Frozen 2** (PG) animated
10. **Spies in Disguise** (PG) animated



Just Mercy (PG-13) — Michael B. Jordan plays a young, morally ambitious Harvard law graduate who goes to Alabama to seek justice on behalf of poverty- and racism-stricken death row inmates. He starts with Walter McMillian (Jamie Foxx), wrongfully convicted of murder and overcome by hopelessness. I love a legal drama. It's even better when it's uplifting and tugs at your heart-strings, but when it's filled with top-notch actors and based on a true story — well, pass me the popcorn and the tissue box. Also stars Brie Larson, Tim Blake Nelson and O'Shea Jackson Jr.

the hotel and observes the human interactions within — with an eye to improving his own communication skills. One of these interactions involves a murder. The balance of the plot involves a passel of underused but talented actors: Helen Hunt, John Leguizamo, Ana de Armas. It's not a bad movie, just terribly slow ... too slow.

DOG OF THE WEEK

Final Kill (NR) — I won't overburden you with too many plot points — since it's not like the writer or director went to



Warner Bros.

Michael B. Jordan in "Just Mercy"

Underwater (PG-13) — At the bottom of the Mariana Trench, a group of researchers must suit up and cross a stretch of ocean floor to get from their damaged satellite station to the mother ship or risk a permanent vacation in Davy Jones' locker. Research engineer Norah Price (Kristin Stewart, who shaved her head for the role) is chief among them, joined by Vincent Cassel as the captain and TJ Miller for comic relief. Director/writer William Eubank must have decided that ocean disaster and claustrophobic deep-sea thrills weren't enough, so for good measure, the crew is stalked by killer creatures as they venture out into the deep in what look very much like spacesuits.

the trouble. A protection specialist takes one last job guarding a couple who stole a bunch of money from a crime syndicate and plan to spend it on an operation for a family member. Then it descends into terrible action sequence after terrible dialogue sequence with a couple of terrible flashbacks in there too. The film "stars" Ed Marrone — and we're using our quotation marks for irony here — along with Billy Zane, Dr. Drew Pinsky, Randy Couture and Danny Trejo for like 45 seconds. It feels very much like this group made a bet and everyone lost.

NEW TV RELEASES

- Criminal Minds** Final Season
- The Righteous Gemstones** Season 1
- Police Squad** The Complete Series
- Bugs Bunny: Golden Carrot Collection**

The Night Clerk (R) — Tye Sheridan plays a highly intelligent young man on the Autism spectrum whose voyeur habits put him on the edge of a murder investigation in this neo-noir attempt by director Michael Cristofer. Bart (Sheridan) is a hotel clerk with a peeping problem, as he plants cameras in rooms of



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- Top 10 Video On Demand**
1. **Star Wars: Episode IX: The Rise of Skywalker** (PG-13) Carrie Fisher
 2. **1917** (R) Dean-Charles Chapman
 3. **Jumanji: The Next Level** (PG-13) Dwayne Johnson
 4. **Just Mercy** (PG-13) Jamie Foxx
 5. **Knives Out** (PG-13) Daniel Craig
 6. **Contagion** (PG-13) Matt Damon
 7. **Ford v Ferrari** (PG-13) Matt Damon
 8. **Bombshell** (R) Charlize Theron
 9. **Frozen 2** (PG) animated
 10. **Spies in Disguise** (PG) animated

Top 10 DVD, Blu-ray Sales

1. **Star Wars: Episode IX: The Rise of Skywalker** (PG-13) Disney/Lucasfilm
2. **Jumanji: The Next Level** (PG-13) Sony Pictures
3. **1917** (R) Universal
4. **Frozen 2** (PG) Disney
5. **Spies in Disguise** (PG) FOX
6. **Midway** (PG-13) Lionsgate
7. **Star Wars: The Skywalker Saga — 9-Movie Collection** . (PG/PG-13) Disney/Lucasfilm
8. **Knives Out** (PG-13) Lionsgate
9. **Maleficent: Mistress of Evil** (PG) Disney
10. **Joker** (R) Warner Bros.



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What's Hot in Hollywood

HOLLYWOOD — The decline of the major Hollywood studios began in 1948, when a Supreme Court ruling sought to cut their power by separating production from distribution. But the studios found ways to continue making great films with their rosters of big stars under contract until 1954, when free television came along to steal a large segment of their paying audience.

It was actually multimillionaire **Howard Hughes** who triggered the charge to destroy the studio system. Hughes bought RKO Pictures, but it was not able to compete with the bigger studios. He hit upon a plan to divide and conquer by splitting RKO into two companies, RKO Pictures Corp. and RKO Theater Corp. He also assisted the federal government in breaking up the big studios' stronghold on films. Eventually the major studios went back to business as usual, finding ways to stay in power for two more decades. When faced with the challenge of television, the studios simply started producing shows and series for television. If you can't beat 'em ... join 'em.

In 1954, RKO was no more, and Howard Hughes' karma caught up with him for his shady dealing, as he sold off RKO and its library of films part and parcel. Little by little the studios whittled down their contract players to a precious few. Actors were tired of seven-year studio contracts that gave them no control and allowed the studios an option to drop or keep every six months. At first, movie stars wouldn't do television, but TV producers made the casting of a big star an event, and the actors soon changed their minds.

In the '70s, businessman **Kirk Kerkorian** bought MGM. Like Hughes, he began by first selling off the backlot, which became a housing development, then the studio itself to Sony pictures in 1989. He then sold the entire MGM library of classic films to **Ted Turner**, who used it to create the cable movie channel TCM. He eventually sold the library to Warner Brothers, who now own, among other classics, "Gone With the Wind" and "The Wizard of Oz."

Kerkorian then built and opened the MGM Grand in Las Vegas and considered MGM a hotel from then on. The moviemaking arm of MGM made



Warner Bros.

Scene from "Gone With the Wind"

films from an office building across the street from the original studio, but today it exists only in a Century City skyscraper.

system of The Golden Age of Hollywood gone, with it went the seven-year contracts, the studios controlling the lives of their actors, the fictitious biographies they created to sell them to the public and the cheesy dates they used to arrange for their young stars to spoon feed them to the public. During the heyday of the major studios, stars under contract worked every day of the week, sometimes on several films at a time.

When the studios gave up their contract rosters it was the end of an era. No more would major studio talent scouts scour the country looking for the next **Garbo, Gable, Bogart** or **Bette Davis**. No more would hopefuls arrive on buses and trains to begin their pursuit of being signed to a major studio and being on the receiving end of a major Hollywood buildup.

When a studio signed a new talent to a seven-year contract, they were sent to the publicity department, which, with the assistance of a seasoned studio publicist, "reshaped" the biographical facts of the hopefuls' lives to make them appear more interesting to movie fans. The stars appeared on huge screens and were larger than life, so their life stories had to be larger than life too.

licist, "reshaped" the biographical facts of the hopefuls' lives to make them appear more interesting to movie fans. The stars appeared on huge screens and were larger than life, so their life stories had to be larger than life too.

In the 1940s and '50s, before gossip magazines such as "Confidential" were created, the studios supplied the movie magazines with layouts of their contract players on "dates" and arranged for them to go to premieres and events together to be photographed as part of their star makeover. When contract players got into trouble, they didn't call the police, they called their publicist at the studio. Once when **Clark Gable** was drunk and involved in a hit and run accident, he called Howard Strickland, the head of MGM publicity, who made it all go away, and no one ever knew it happened.

In the 1954 film "A Star Is Born," **Judy Garland**, as Esther Blodgett, is signed by a major studio — which could have been MGM but was actually Warner Brothers — and is taken to the publicity department, where she has a new life history written by a publicist. Then when she goes to get her first weekly paycheck, she is told her name has been changed from Esther Blodgett to **Vicki Lester**.

When the studios became heavily involved in television and took hold of the TV industry by creating a slew of hit series, the big movie-theater screens were shrunk down to TV screens. Now the publicity of their stars under contract no longer had to be larger than life, and the biographies written for them were basically their real stories.



Warner Bros

Judy Garland in "A Star Is Born"



by Dana Jackson

Q. Is it true that there will be another "Law & Order" series with Christopher Meloni? I hope so. I really miss his character. — *M.R.*

A. It was recently announced that Meloni will be bringing his "Law & Order" character, Elliot Stabler, to a new series produced by "L&O" creator Dick Wolf, but the details haven't been sorted out yet. Meloni left "Law & Order: SVU" in 2011, so this is certainly exciting news. Hopefully Stabler is still a detective or it just wouldn't be the same, but since his character retired at the end of "SVU," it's possible his career aspirations have taken a new turn. Perhaps he'll be a lawyer or private detective. Either way, fans are thrilled to have him back.

Matt Olmstead of "Chicago P.D." will be behind the scenes of the new show, with 13 episodes already ordered for filming. No other cast members besides Meloni have been announced.

Q. Why did they decide to end "Hawaii Five-0" after this season? I thought it always got good ratings. — *E.D.*

A. It's hard to believe, but "H50" has been on CBS for 10 seasons. According to TVline.com, showrunner Peter M. Lenkov stated he always tried to plan out his season finales so that they could wrap up the series should it be canceled abruptly, and this season was no different. Even though the decision to end "H50" for good was ultimately made by the network, it appears that its star, Alex O'Loughlin, gave them his blessing.

"I believe Alex wanted this to be his last year," Lenkov acknowledges. "He didn't have a contract ... but he didn't have one last year either, and a deal was made to extend one year at the last minute. If the studio had wanted to bring back the show for Season 11, I have to believe they would have tried to get



Justin Stephens/CBS

Alex O'Loughlin

Alex to stay. But it's now moot."

Lenkov is extremely pleased with how the show concluded, stating the finale "checks every box with regards to what this show has always been about, which is family, which is about a connection between these people. It's got big action, it's got some big surprises and twists, but most of all the thing is really rooted in heart, which has been a big ingredient since the beginning."

Q. Where have I seen the actor who plays Dr. Glassman on "The Good Doctor"? I'm guessing he's one of those character actors who's been in everything, but it's bugging me because I can't place him. — *J.F.*

A. Richard Schiff is the actor you find so familiar, and if you watched the hit NBC series "West Wing" (1999-2006) then you'll remember him as Toby Ziegler, the communications director. After that show ended, Schiff guest-starred on numerous prime-time shows, including "NCIS" and "Murder in the First," and before "The Good Doctor" he was a regular on Showtime's "The Affair" and HBO's "Baller."

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FAMILY FEATURES

If spending additional time in the comfort of your home has you rethinking the family menu and looking for new ways to enjoy nutritional meals, rest assured you can make better-for-you food choices without losing mouthwatering taste.

Easy, efficient at-home recipes like Thai Coconut Lime Freezer Chicken, Burrito Beef and Cauli Mac and Cheese can all be made in less than an hour while reducing the intake of carbs and unnecessary sugars. All are part of a balanced Atkins low-carb lifestyle, a long-term, healthy eating approach focused on high-fiber carbohydrates, optimal protein and healthy fats.

The eating approach, which is a more flexible version of the popular ketogenic diet, offers a balanced mix of foods containing fiber-rich and nutrient-dense carbohydrates while focusing on reduced levels of refined carbohydrates, added sugars and the “hidden sugar effect” – when carbohydrates convert to sugar when digested. You don’t see the sugar, but your body does.

Introducing your family to smarter food choices can also support your immunity. According to research published in “The American Journal of Clinical Nutrition,” simply substituting whole grains for refined grains has a modest effect on gut microbiota and immunity. Refined grains have had most of the fiber milled out of them, leaving a refined carbohydrate that impacts your body the way sugar would. Opt for whole grains to get the fiber you need, along with protein and healthy fats.

To learn more and find additional ways to focus family meals on nutritious recipes, visit Atkins.com.



Thai Coconut Lime Freezer Chicken

Photo courtesy of Getty Images

Thai Coconut Lime Freezer Chicken

Prep time: 8 minutes
Cook time: 22 minutes
Servings: 4

- 1 3/4 cups coconut milk
- 2 tablespoons basil
- 1 tablespoon xylitol (sugar substitute)
- 1 ounce cilantro
- 1 ounce fresh lime juice
- 1/2 teaspoon salt
- 1/2 teaspoon garlic
- 1 teaspoon lime zest (optional)

- 20 ounces boneless, cooked chicken breast
- 20 ounces broccoli flower clusters

In bowl, mix coconut milk, basil, xylitol, cilantro, lime juice, salt and garlic. For more citrus flavor, add lime zest, if desired. Add chicken, broccoli and sauce to 1-gallon zip-top freezer bag. Squeeze out any air and seal bag. Freeze bag flat up to 1 month.

To cook: Thaw in refrigerator overnight. Heat oven to 350 F. Place in glass 8-by-8-inch pan and bake 20-25 minutes.



Burrito Beef

Photo courtesy of Getty Images

Burrito Beef

Prep time: 15 minutes
Cook time: 8 hours
Servings: 6

- 2 pounds beef arm chuck roast
- 4 tablespoons green taco sauce
- 1 teaspoon minced garlic
- 2 large scallions or spring onions, chopped
- 1 jalapeno pepper, diced
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt

Trim fat from beef. In slow cooker on low heat, cook beef, taco sauce, garlic, onions, jalapeno, chili powder, cumin and salt 8 hours, or until beef is tender.

Using two forks, remove beef and shred. Mix beef with 1/2 cup cooking juices before serving.

A Low-Sugar Swap to Satisfy Cravings

While spending more time at home than normal, those snack cravings can be hard to shake. Rather than relying on easy-to-grab eats from the pantry or freezer, focus on more nutritious choices that don't sacrifice flavor.

Turn to a creamy solution to satisfy your hunger such as the Atkins Milk Chocolate Delight Shake, a filling option for chocolate lovers. The drinks are packed with 15 grams of protein, 5 grams of fiber, 20% of the daily recommended amount of vitamin D and 1 gram of sugar to keep you going throughout the day.



Cauli Mac and Cheese

Photo courtesy of Getty Images

Cauli Mac and Cheese

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 6

- Nonstick cooking spray
- 1 teaspoon salt, divided
- 1 head large (6-7-inch diameter) cauliflower
- 1 cup heavy cream
- 2 ounces cream cheese
- 1 1/2 teaspoons ground mustard
- 1 1/2 cups shredded cheddar cheese, divided
- 1 clove garlic, minced
- 1/4 teaspoon white pepper
- 1/4 teaspoon pepper sauce

Heat oven to 375 F and prepare 9-by-9-inch baking dish with nonstick cooking spray. Heat large pot of water to boiling and add 1/2 teaspoon salt.

Remove stem and leaves from cauliflower. Cut into small pieces and place in boiling water; cook until crisp-tender; about 5 minutes. Drain well then pat between paper towels to remove moisture.

In medium saucepan over medium heat, bring cream to simmer. Whisk cream cheese and powdered mustard into simmering cream until smooth. Add 1 cup cheddar cheese, garlic, remaining salt, white pepper and pepper sauce, whisking until cheese melts; about 1-2 minutes. Remove from heat and stir in cauliflower.

Pour into baking dish and top with remaining cheese. Bake 15 minutes until browned and bubbly.

Good Housekeeping

Campanelle With Chicken and Pea-Mint Pesto

Pureed peas add body and flavor to this verdant, spring pesto. Perfect for a picnic or porch meal, our Campanelle with Chicken and Pea-Mint Pesto can be served warm or at room temperature.

- 1 package (16 ounces) campanelle or corkscrew pasta
- 1/2 cups packed fresh mint leaves
- 1 package (10 ounces) frozen peas, thawed
- 1/2 cup freshly grated Parmesan cheese
- Salt
- 2 tablespoons olive oil
- 2 tablespoons water
- 3 cups coarsely shredded skinless rotisserie chicken meat (about 15 ounces)
- Toasted pine nuts (optional)

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

2. Meanwhile, in food processor with knife blade attached, combine mint leaves, peas, Parmesan and 1/4 teaspoon salt; pulse until finely chopped. With processor running, pour in oil and water in a slow, steady stream until mixture is pureed and pesto is thick.

3. Drain pasta, reserving 1/2 cup cooking water. Return pasta to saucepot; add pesto and chicken to pasta in saucepot. Pour reserved pasta cooking water into food processor and swirl to loosen any remaining pesto; add to pasta mixture and toss to combine. Transfer pasta mixture to serving bowl. Sprinkle with toasted pine nuts, if you like. Makes about 6 (2 cup) servings.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

Good Housekeeping

Spaghetti Pie With Prosciutto and Peas

- 8 ounces thick spaghetti
- 4 large eggs
- 2 large egg whites
- 1 container (15 ounces) part-skim ricotta cheese
- 3/4 cup reduced-fat (2 percent) milk
- 1/8 teaspoon ground nutmeg
- Salt and ground black pepper
- 1 tablespoon margarine or butter
- 1 bunch green onions cut into 1/4-inch pieces (about 1 cup)
- 1 cup frozen peas
- 6 slices thinly sliced prosciutto (about 3 ounces)

1. Heat oven to 350 F. Heat large covered saucepot of water to boiling over high heat. Add spaghetti and cook 2 minutes less than label directs.

2. Meanwhile, in medium bowl, whisk eggs, egg whites, ricotta, milk, nutmeg, 1/4 teaspoon salt and 1/4 teaspoon pepper until blended. Set aside. In oven-safe nonstick 12-inch skillet, melt margarine over medium heat. Add green onions and cook about 5 minutes or until softened. Remove skillet from heat.

3. Drain spaghetti. To green onions in skillet, add spaghetti and frozen peas; toss to combine. Pour egg mixture over pasta and arrange Prosciutto slices on top.

4. Place skillet over medium-high heat and cook 3 to 5 minutes or until edges just begin to set. Place skillet in oven and bake 15 minutes or until center is set. Slide pie onto large plate to serve. Serves 6.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

Good Housekeeping

Spring Garden Saute

With its bright colors and flavors, this warm dish of spring vegetables tastes even better than it looks.

- 2 pounds asparagus, trimmed and cut into 1 1/2-inch pieces
- 8 ounces sugar snap peas, strings removed
- 1 tablespoon margarine or butter
- 1 pound radishes, each cut into quarters
- Salt and pepper
- 4 tablespoons snipped fresh chives

1. Heat large covered saucepot of salted water to boiling on high. Fill large bowl with ice water; set aside. To saucepot, add asparagus and snap peas; cook 4 minutes. Drain vegetables; cool in bowl of ice water. Drain vegetables well.

2. Meanwhile, in 12-inch skillet, heat margarine on medium until melted. Add radishes, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper; cook 10 minutes or until tender-crisp. Transfer to bowl; keep warm. To same skillet, add asparagus, snap peas, 1/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper; cook 5 minutes or until tender-crisp, stirring occasionally. Stir in 2 tablespoons chives. Transfer to serving bowl; arrange radishes around edge. Sprinkle with remaining chives. Makes 10 side-dish servings.

Tip: Asparagus and snap peas can be cooked through Step 1 up to one day ahead. Place in plastic storage bag and refrigerate until ready to use.

• Each serving: About 45 calories, 2g total fat, 185mg sodium, 5g total carbohydrate, 2g dietary fiber, 3g protein.

Good Housekeeping

Prosciutto-Wrapped Asparagus

Delicate, succulent asparagus is the perfect foil for salty prosciutto. You can assemble these early in the day and bake them at the very last minute.

- 24 spears thick asparagus, trimmed and peeled
- 12 slices (5 ounces) thin prosciutto
- 1/2 cup freshly grated Parmesan cheese
- 1/4 teaspoon coarsely ground black pepper

1. In 5-quart Dutch oven, heat 3 quarts water to boiling over high heat. Add asparagus; cook 3 minutes to blanch. Drain; rinse with cold running water. Pat dry with paper towels.

2. Preheat oven to 450 F. Working in batches, spread prosciutto on cutting board; cut each slice lengthwise in half and separate slightly. Evenly sprinkle 1 teaspoon Parmesan on each prosciutto strip. Place 1 asparagus spear at end of 1 strip; wrap prosciutto in spiral along length of asparagus (don't cover asparagus tip). Transfer to jelly-roll pan. Repeat with remaining prosciutto, Parmesan and asparagus. Sprinkle with pepper. If not serving right away, cover and refrigerate up to 6 hours.

3. Bake prosciutto-wrapped asparagus 10 minutes. Transfer to paper towels to drain. Arrange on platter and serve warm. Makes 24 appetizers.

• Each appetizer: About 28 calories, 2g total fat (1g saturated), 6mg sodium, 148mg sodium, 1g total carbohydrate, 3g protein.

Good Housekeeping

Sesame-Ginger Asparagus

Thin asparagus always makes an elegant side dish. Sprinkle it with a hint of red pepper flakes for an impressive presentation. This dish is lovely served with a fish main course.

- 1 1/2 pounds thin asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 tablespoon canola oil
- 1 tablespoon fresh ginger, peeled and chopped
- 1 tablespoon reduced-sodium soy sauce
- 1/4 teaspoon crushed red pepper
- 1 teaspoon sesame seeds
- 1 teaspoon Asian sesame oil

1. In 12-inch skillet, heat 1 cup water to boiling over high heat. Add asparagus; heat to boiling. Reduce heat to medium. Cover and cook 4 to 5 minutes or until asparagus is tender-crisp. Drain asparagus in colander, then immediately plunge into large bowl of ice water to stop cooking; drain thoroughly.

2. Carefully wipe skillet dry with paper towels. Add canola oil; heat oil over high heat until hot. Add asparagus, ginger, soy sauce and crushed red pepper, and cook 1 to 2 minutes or just until asparagus is heated through. Remove skillet from heat; stir in sesame seeds and sesame oil. Serves 4.

• Each serving: About 90 calories, 5g total fat (0.5g saturated), 160mg sodium, 8g total carbohydrate, 4g dietary fiber, 4g protein.



by Healthy Exchanges

Dillied Tuna-Macaroni Salad

Who said that tuna at lunchtime has to be served as a sandwich? Surely, not anyone who tastes this!

- 2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup finely chopped onion
- 1 cup sliced celery
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/4 cup dill pickle relish
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1/2 cup fat-free mayonnaise
- 1 teaspoon lemon juice
- 1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and Cheddar cheese. In a small bowl, combine dill pickle relish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine. Fold in chopped egg.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 4 (1 cup each).

• Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

Good Housekeeping

Peanut Butter and Jam Bars

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

- 1 cup butter (no substitutions), softened

- 1 cup sugar
- 1/2 cup creamy peanut butter
- 1 large egg
- 3 cups all-purpose flour
- 1 cup salted dry roasted peanuts, coarsely chopped
- 1 cup grape or strawberry jam

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

2. In large bowl, with mixer at low speed, beat butter and sugar until mixed, occasionally scraping bowl with rubber spatula. Increase speed to high; beat until light and fluffy. Reduce speed to low; beat in peanut butter, then egg until well-combined, occasionally scraping bowl. Beat in flour just until evenly moistened (dough will be crumbly). Beat in peanuts.

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

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

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

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

Good Housekeeping

Cookies 'n' Cream Shake

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

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

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

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

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Crime

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fice on the 5500 block Of
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**Burglary and forcible
entry** to a bar or tavern
on the 4500 block of
North Lincoln Avenue.

Retail theft from a drug
store on the 5100 block of
North Western Avenue.

Aggravated battery
with a knife or cutting in-
strument on the street
on the 2100 block of
West Giddings Street.

Domestic battery at an
apartment on the 2000
block of West Eastwood
Avenue.

Simple assault from
a telephone threat at a
residence on the 4800
block of North Wolcott
Avenue.

Simple assault at a
convenience store on
the 4600 block of North
Western Avenue.

Domestic battery at a
residence on the 4900
block of North Leavitt
Street.

Vandalism to a bar
or tavern on the 4600
block of North Western

Avenue.

Domestic battery at an
apartment on the 5300
block of North Wolcott
Avenue.

Domestic battery at a
cemetary on the 2100
block of West Peterson
Avenue.

**Fraud and financial
identity theft** over \$300
from a residence on
the 4500 block of North
Leavitt Street.

Larceny and theft
from a residential drive-
way under \$500 on the
4400 block of North
Wolcott Avenue.

**Fraud and financial
identity theft** under
\$300 on the 4400 block
of North Damen Avenue.

Battery at a nursing
home or retirement home
on the 2000 block of
West Balmoral Avenue.

Larceny and theft un-
der \$500 on the street
on the 4900 block of
North Bell Avenue.

Assault on the street on
the 2400 block of West
Lawrence Avenue.

Battery on the sidewalk
on the 2800 block of West

Lawrence Avenue.

Assault at a gas sta-
tion on the 2800 block
of West Law-rence
Avenue.

Retail theft at a small
retail store on the
5100 block of North
Lincoln Avenue.

Domestic battery at
an apartment on the
4500 block of North
Damen Avenue.

Motor vehicle theft
off the street of a
scooter, cycle or bicy-
cle with a vin number
on the 4900 block of
North Talman Avenue.

**Criminal sexual ass-
ault** and aggravated
sexual assault of a
child by a family mem-
ber at an apart-ment
on the 1900 block of
West Berteau Avenue.

Larceny theft under
\$500 on the street on
the 2800 block of North
Clybourn Ave-nue.

Larceny theft over
\$500 on the street
on the 3900 block of
North Hoyne Avenue.

**Burglary and unlaw-
ful entry** to a resi-

dential garage on the
2200 block of West
Irving Park Road.

Larceny and theft
from a residence
porch or hallway from
a building on the 2500
block of West Irving
Park Road.

Larceny and theft
of under \$500 on the
street on the 3900
block of North Wolcott
Avenue.

Larceny and theft
from a non commer-
cial vehicle over \$500
from the 1900 block of
West Melrose Street.

Simple assault on
the street on the 4000
block of north West-
ern Avenue.

Domestic battery at
an apartment on the
2000 block of West
Montrose Avenue.

Domestic battery at
a residence on the
1900 block of West
Berteau Avenue.

Theft from a grocery
food store on the
3300 block of North
Western Avenue.

Vandalism to prop-
erty of a grocery food
store on the 2800
block of North Cly-
bourn Avenue.

Retail theft from a gro-
cery food store on the
3400 block of North
Western Ave-nue.

Domestic battery at
an apartment on the
2300 block of West
Addison Street.

Assault in a parking
lot or garage non res-
idential on the 3700
block of North West-
ern Avenue.

Motor vehicle theft
of an automobile off
the street on the 4000
block of North Damen
Avenue.

Vandalism to a vehi-
cle in a parking lot or
garage non residen-
tial on the 2400 block
of West Montrose Av-
enue.

Aggravated battery
with a hand gun on
the street on the 4300
block of North West-
ern Avenue.

Larceny theft under
\$500 from a residen-

tial porch or hallway on
the 3800 block of North
Hoyne Avenue.

Larceny theft from a
building on the 1400
block of West Irving
Park Road.

Retail theft from a
small retail store on
the 1400 block of West
Montrose Avenue.

Larceny theft from
a residential porch or
hallway on the 3200
block of North Sheffield
Avenue.

**Endangering the life
and health of a child**
and offenses against
family and children in-
volving children in a
parking lot or garage
that is non residential on
the 800 block of West
Wellington Avenue.

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

**Fraud or confidence
game** at a residence
on the 700 block of
West Grace Street.

**Fraud and financial
identity theft** from a
bank over \$300 on
the 600 block of West
Grace Street.

Retail theft from a de-
partment store on the
3000 block of North
Broadway.

Larceny theft under
\$500 from an apart-
ment on the 400 block
of West Barry Avenue.

Retail theft from a
convenience store on
the 3200 block North
Ashland Avenue.

Retail theft from a
convenience store on
the 3500 block of North
Clark Street.

Motor vehicle theft of
an automobile from the
900 block of West Ros-
coe Street.

Simple assault on a
residential porch or
hallway on the 400
block of West Aldine
Avenue.

Domestic battery at
an apartment on the
400 block of West Bar-
ry Avenue.

**Fraud and financial
identity theft** over
\$300 from a bank on
the 3200 block of North

Lincoln Avenue.

Larceny theft over
\$500 on the street on
the 3400 block of North
Southport Ave-nue.

Motor vehicle theft off
the street on the 1200
block of West Grace
Street.

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

Larceny theft over
\$500 on a CTA train on
the 900 block of West
Belmont Avenue.

Assault on hospital
building grounds from
a protected employee
with hands, fists, fee5t
/no minor injury on the
800 block of West Irving
Park Road.

Retail theft from a gro-
cery food store on the
3500 block of North
Broadway.

**Fraud and financial
identity theft** under
\$300 at an apartment
on the 3900 block of
North Lake Shore Drive.

Battery at a grocery food
store on the 2800 block
of North Broadway.

Domestic battery at an
apartment on the 3100
block of North Lake
Shore Drive.

Larceny theft under \$500
at a grocery food store on
the 3200 block of North
Ashland Avenue.

Larceny theft over \$500
at a residential garage on
the 1400 block of West
Pensacola Avenue.

Retail theft from a de-
partment store on the
1800 block of West Bel-
mont Avenue.

**Burglary with forcible
entry** at a residence on
the 800 block of West
Cornelia Avenue.

**Robbery armed with
a dangerous weapon**
in an alley on the 500
block of West Addison
Street.

Retail theft from a gro-
cery food store on the
3200 block of North
Ashland Avenue.

Vandalism to property
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of North Reta Avenue.

Theft under \$500 on the
street on the 3000 block
of North Seminary Ave-
nue.

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SAFETY IN THE SKY

What to know about emergency air ambulance transportation



FAMILY FEATURES

For many types of medical emergencies, time is a critical factor. The faster a patient receives critical care, the greater the chances for a positive outcome, including a full recovery. However, for people living in remote areas and those who enjoy spending leisure time off the beaten path, time and help aren't always readily available.

Emergency air medical services can play a vital role in transporting patients who have experienced a medical episode such as a stroke, heart attack, burn- or trauma-related accident including motor vehicle accidents or workplace injuries. In these severe circumstances, patients can benefit from emergency air medical services' significantly reduced transport times, specialized medical training and advanced equipment.

With the increased closure of rural hospitals, these transports can help patients receive the care they need. Understanding how emergency air medical services work can provide an advantage if a crisis requiring specialized transportation is experienced.

The Decision to Use an Emergency Air Ambulance

Emergency air ambulances are resources typically reserved for times when a patient is facing a life-, limb- or eyesight-threatening emergency and it is in the person's best interest to receive expedited medical care. A qualified situation typically involves the risk of serious or permanent damage to a patient's (or unborn child's) health or bodily function.

If the medical situation meets any of these criteria and the 911 dispatcher determines the patient would benefit from emergency ground or air medical transport, he or she may proactively dispatch an air ambulance along with a ground ambulance. Similarly, when assessing a patient who is critically ill or injured, a first responder or other authorized care professional on the scene will determine the closest and fastest options for getting to advanced medical care. If the condition is particularly serious, air transportation may be the most viable option.

In other situations, physicians or authorized health care professionals operating under strict protocols may make the decision to request an emergency air transport. An example would be when a patient urgently needs a higher level of care and is transported from a community hospital to a larger, better equipped facility such as a trauma center. In fact, these types of interfacility transfers of some of the sickest or most gravely ill patients make up the majority of emergency air ambulance transports.

Payment Options and Insurance Denials

Emergency air medical service payments can vary a great deal. In severe situations, patients

cannot be denied access to air transport based on ability to pay. In fact, under the Emergency Medical Treatment and Labor Act, air ambulances are required to deploy (barring severe weather, maintenance issues or actively transporting another patient) and agree to take flights without any knowledge of the patient's ability to pay. Any type of insurance that may cover emergency air medical transport services, including health, auto, medical and liability, may be a source of payment. Additionally, for those covered through Medicare Part B, a co-pay and deductible may be all a patient is responsible for paying.

However, insurance companies deny payment for roughly 60% of these emergency transports, claiming they are medically unnecessary. Some air medical service providers, like Global Medical Response, employ a staff of highly trained Patient Advocates that work with patients to appeal these denials on their behalf. They work tirelessly to make sure insurance companies fulfill their responsibility to pay so patients are not left with unexpected bills because of surprise insurance denials, even if it takes months or years to resolve a denied claim. Ultimately, 90% of those denials are overturned after numerous appeals.

In the event insurance still will not pay the claim in full or the patient doesn't have insurance of any kind, the air medical service provider will work with the patient to find a solution that meets his or her unique financial needs to resolve any remaining balance.

Emergency Air Ambulance Memberships

A membership with an emergency air ambulance provider or group of providers, like AirMedCare Network, guarantees no out-of-pocket costs if transported by the provider covered under a membership program. Memberships typically require a minimal monthly or annual fee. In some instances, corporations purchase memberships to cover employees who work in remote areas or drive through large swaths of rural America.

Other benefits are often unique to the individual providers and can include memberships that are valid across a provider's full network, allowing for coverage while traveling. In addition, household memberships are available to cover people under one roof as well as undergraduate students. Becoming a member is also a way to support the health care needs of local communities since it helps providers operate in rural areas where having a quick response time to critical medical situations can save lives.

Find more information about emergency air and ground transportation services and membership programs at globalmedicalresponse.com.



UNDERSTANDING HOW AIR MEDICAL SERVICES ARE USED

WHY ARE AIR AMBULANCES NECESSARY?

According to the Association of Air Medical Services (AAMS), **90%** of air medical transports are for patients who have suffered:

- STROKE
- HEART ATTACK
- BURN
- HIGH-RISK NEONATAL/PEDIATRIC CASES
- TRAUMA

THE SEVERITY OF THE PATIENT'S CONDITION NECESSITATES:

- Reduced transport time
- Advanced crew training
- Advanced equipment

WHO MAKES THE CALL?

*following strict protocols developed by regional oversight boards

- PHYSICIANS
- FIRST RESPONDERS
- AUTHORIZED CARE PROFESSIONALS*

Air medical services are not allowed to discriminate based on a patient's ability to pay.

WHAT TYPE OF CALL IS IT?

70% of all air medical calls are for interfacility transports from one hospital to another with higher levels of care

INTERFACILITY

There is nothing routine about these calls. Often, a patient will arrive at a local hospital and the staff realizes they are unable to care for them because of the severity of the illness or trauma. The medical team calls air transport when it determines the patient's severity and/or condition requires a therapy that must be received in the 60-90 minute window for the patient's best outcome or to save their life.

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COMMUNITY HOSPITAL

OR

SCENE-BASED TRANSPORTS

When an air ambulance needs to land at an accident site, such as a highway or road, to pick up a patient. These also include transports of patients suffering acute medical incidents like stroke or heart attack. In these cases, air ambulances will meet first responders at pre-established landing areas.

WHICH COMPANY GETS CALLED?

IF MORE THAN ONE AIR MEDICAL SERVICES PROVIDER IS AVAILABLE:

Determination 1

PROXIMITY

THE CLOSEST AIRCRAFT SHOULD BE CALLED

Determination 2

RELIABILITY

Are their estimated flight times accurate? Do the personnel work efficiently with the agency in the transition of patient care?

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VISIT GLOBALMEDICALRESPONSE.COM FOR MORE INFORMATION.



The Garden Bug

Ferns generally prefer soil that is more acidic than alkaline, with lots of decaying organic matter and filtered light. Ferns prefer a highly moist environment, such as in a wetlands or along a water source, so if rain is infrequent in your area, try to induce wet conditions in your garden by watering enough to keep the top 6 inches of soil moist but not soggy.

Source: gardenerspath.com

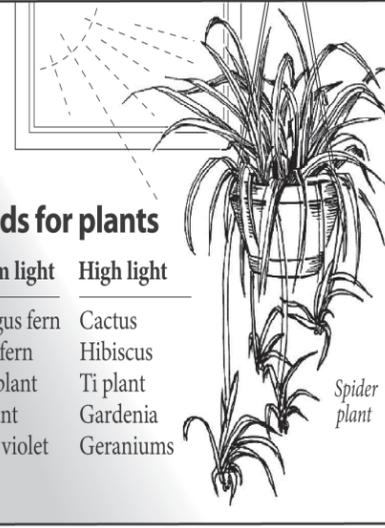


The Garden Bug

Light needs for plants

Low light	Medium light	High light
Peace lily	Asparagus fern	Cactus
Snake plant	Boston fern	Hibiscus
Philodendron	Spider plant	Ti plant
English ivy	Jade plant	Gardenia
Diffenbachia	African violet	Geraniums

Source: extension.umn.edu



The Garden Bug

Groundcover plants provide dense soil cover, retard weed growth and prevent soil erosion. They can be woody or herbaceous, clumping or running, evergreen or deciduous. With many colors and textures to choose, they can define and unify a landscape, or soften hardscapes such as walks, steps and driveways. - Brenda Weaver

When selecting a ground cover, consider these choices:

- Tall or low in height
- Moist conditions or dry
- Sun or shade-loving
- Showy flowers or less showy
- Clay or sandy soil
- Seasonal or evergreen

Sources: urbanext.illinois.edu www.greenwoodnursery.com



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Quotes worth your time

“Quality is not an act, it is a habit.”
 Aristotle

“It does not matter how slowly you go as long as you do not stop.”
 Confucius

“If you can dream it, you can do it.”
 Walt Disney

“Things do not happen. Things are made to happen.”
 John F. Kennedy

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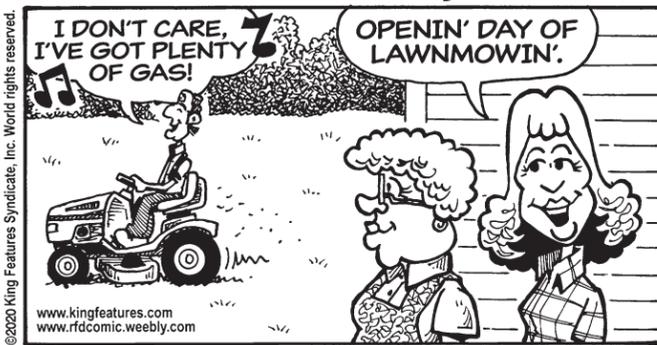
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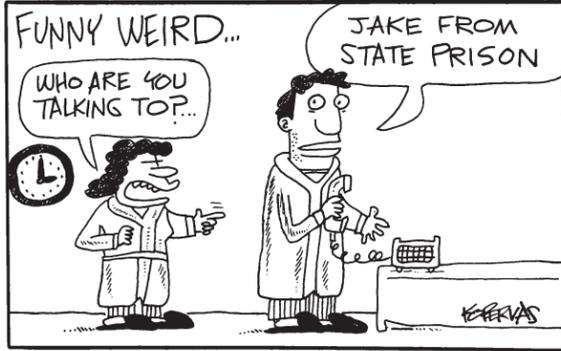
R.F.D.

by Mike Marland



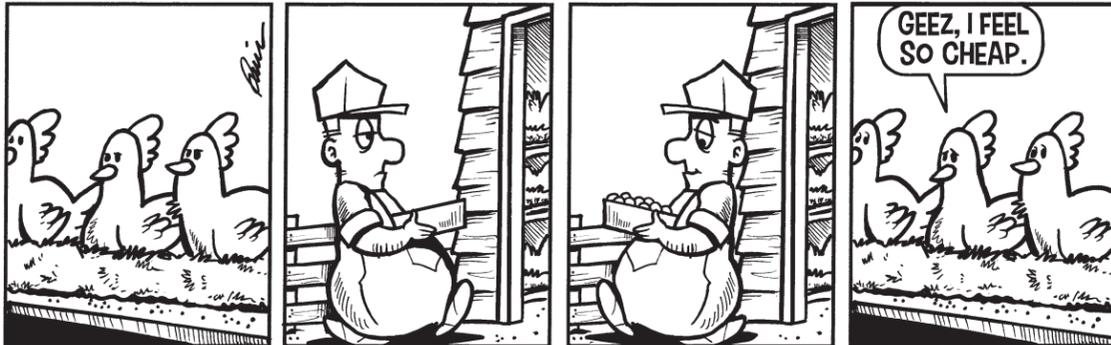
Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



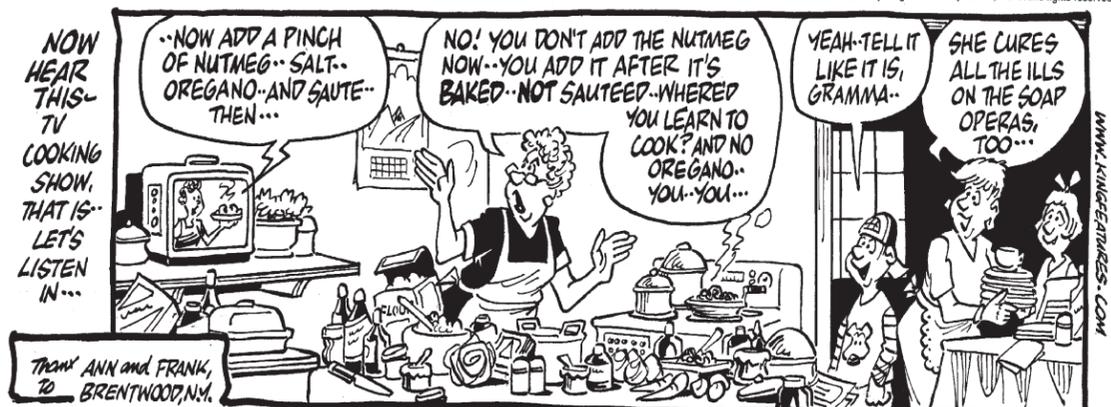
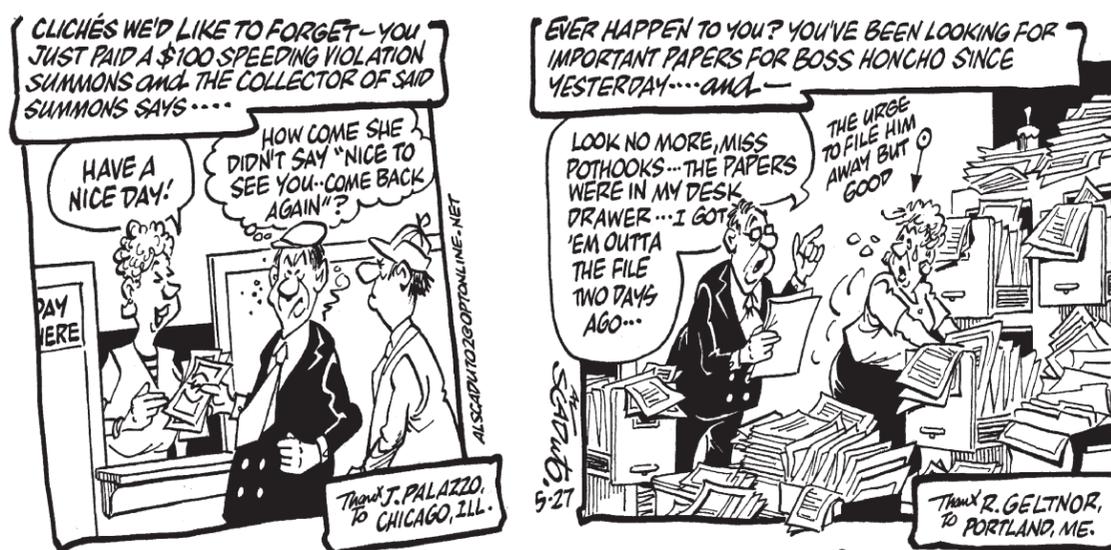
The Spats

by Jeff Pickering



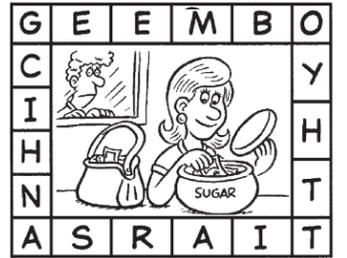
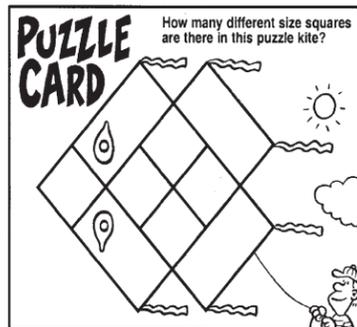
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



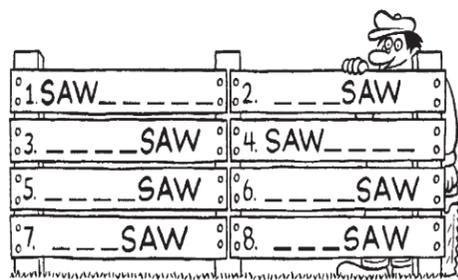
Junior Whirl

by Charles Barry Townsend



HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around it counterclockwise. The trick is finding the right first letter.

Answer: Starting with the "C" on the left, "Charity begins at home." Answer: 11 squares.



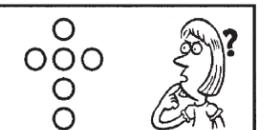
SAWMILL SHENANIGANS!

The mill foreman, "Bucksaw" Williams, has painted eight partially spelled words on the fence. Each word contains a "saw" in it. Use the hints below to complete each word.

- Used to hold things up.
- Has a lot of ups and downs.
- Scrutinized with care.
- A \$10 bill.
- Long, two-handled saw.
- Knew beforehand.
- Used to cut sharp curves.
- Used to cut along the grain.

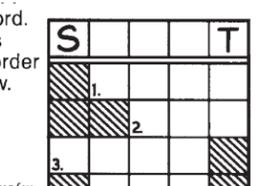
Answers: 1. Sawhorse, 2. Seasaw, 3. Sawsaw, 4. Sawdust, 5. Whipsaw, 6. Foresaw, 7. Jigsaw, 8. Rip saw.

LOOSE CHANGE! Challenge your friends to move one of these coins to a new position so that there will be four coins along each arm of the cross. SECRET: Pick up the bottom coin of the cross and place it ON TOP of the middle coin.



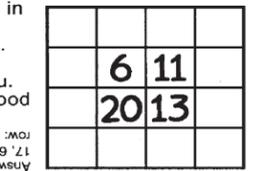
FIND-A-WORD! On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

- Lean to one side
- A social insect.
- To look over quickly.
- An airtight container.



Answers: 1. Cant, 2. Ant, 3. Scan, 4. Can. Mystery word: Scant.

IT'S MAGIC! Use the numbers 5 through 20 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column should total 50.

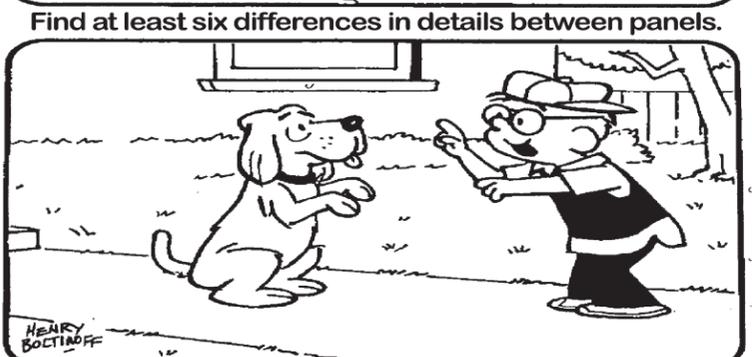
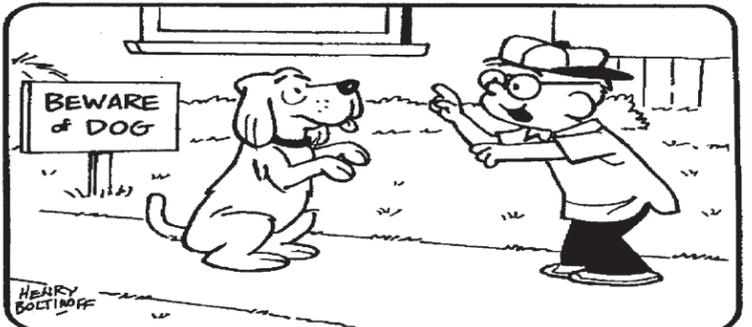


We've filled in the four center squares. The rest is up to you. Use trial and error — and a good eraser!

Answers: First row: 12, 15, 18, 5. Second row: 17, 6, 11, 16. Third row: 7, 20, 13, 10. Fourth row: 14, 9, 8, 19.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sign is missing, 2. Step is added, 3. Window is smaller, 4. Tree is added, 5. Vest is added, 6. Hat is different.

Just Like Cats & Dogs

by Dave T. Phipps



SUPER SNACKING

Let kids get hands-on with healthy, easy treats



Red, White and Blue Greek Yogurt Bark

Prep time: 5 minutes
Servings: 12

- 3 cups plain non-fat Greek yogurt
- 1/3 cup honey, plus additional for drizzling (optional)
- 1 teaspoon vanilla
- 1/2 cup strawberries, sliced into rounds
- 1/2 cup blueberries
- 1/2 cup raspberries, halved

In medium mixing bowl combine Greek yogurt, 1/3 cup honey and vanilla.

On parchment paper-lined baking sheet, spread Greek yogurt mixture to 1/4-inch thickness. Press strawberries, blueberries and raspberries into yogurt. Freeze at least 3 hours. Break into pieces upon removing from freezer.

Red, White and Blue Greek Yogurt Bark

FAMILY FEATURES

Snacks are a way of life for people of all ages, but especially children, who consume about 25% of their daily calories from snacks, according to research published in the "Journal of Nutrition Education and Behavior." Providing nutritionally balanced snacks for your children at home can make for a happy and healthy day.

Planning snacks that are as delicious as they are healthy is a winning solution, and snacks are a simple way to add more nutrition to your child's diet.

For example, low-fat and fat-free dairy foods are essential to children's growth and overall wellness. They provide calcium and vitamin D, two nutrients kids don't get enough of, according to the 2015 Dietary Guidelines for Americans. The guidelines recommend 2-3 servings of low-fat and fat-free dairy foods every day, depending on the child's age.

Giving kids a role in the preparation can give them added incentive to enjoy healthy treats, and these recipes are all easy enough that kids can make them on their own (or with minimal assistance). Giving your kids the ability to play a role in the kitchen and create is a gift that can last a lifetime. The culinary skills they develop early in life can give them the confidence and know-how to cook nutritious meals for themselves as teens and adults.

Get more ideas to get kids cooking and snacking smart at milkmeansmore.org.

Dairy: Did You Know?

Dairy foods can add taste and versatility to your plate, but they also deliver a unique package of essential nutrients important for good health.

- Milk has a unique combination of nine essential nutrients: protein; calcium; potassium; phosphorus; vitamins A, D and B12; riboflavin and niacin. Each of these nutrients is a key ingredient of milk and they all work together to help keep bodies healthy.

- Milk, cheese and yogurt are good sources of high-quality protein, which is essential for growth and maintenance of muscle and other proteins within the body.
- Enjoying dairy foods like milk, cheese and yogurt as part of a healthy diet is associated with many health bonuses, including reduced risk of heart disease, Type 2 diabetes and high blood pressure.

Peanut Butter Yogurt Dip

Prep time: 5 minutes
Servings: 4

- 3/4 cup vanilla Greek yogurt
- 1/4 cup peanut butter
- 1 dash cinnamon
- apples, graham crackers or other dipper of choice

In bowl, mix Greek yogurt, peanut butter and cinnamon until smooth. Serve with apples, graham crackers or another dipper of choice.

Good Morning Yogurt Parfait

Prep time: 5 minutes
Servings: 1

- 1/2 cup sliced or diced fruit, any variety
- 6 ounces low-fat or fat-free vanilla yogurt
- 1/4 cup granola or other cereal (optional)

In small bowl or cup, layer fruit and yogurt, starting with fruit on bottom. Top with cereal or granola, if desired.

Note: This recipe can be made using low-fat or non-fat cottage cheese sweetened with honey and cinnamon.



Good Morning Yogurt Parfait



Peanut Butter Yogurt Dip



Frozen Banana Pops

Frozen Banana Pops

Prep time: 2 hours
Servings: 8

- 4 large bananas, peeled
- 8 wooden ice pop sticks
- 2 cups vanilla non-fat Greek yogurt
- 1/2 cup creamy natural peanut butter

Cut each banana in half and carefully insert wooden ice pop stick in bottom of each, about one-third into banana. Place bananas on large baking sheet lined with parchment paper. Freeze bananas until partially frozen, about 30 minutes.

Carefully dip each banana in tall pint glass of vanilla yogurt to coat, leaving 1/2-inch at bottom of banana uncoated. Return yogurt-coated bananas to parchment paper-lined baking sheet and freeze until completely firm, about 1 hour.

Microwave peanut butter until smooth and creamy, about 30-45 seconds. Drizzle peanut butter evenly over bananas then place on baking sheet to freeze until peanut butter is firm, about 30 minutes.

Serve immediately or wrap each banana in plastic wrap and store in freezer up to 3 months.

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