



# Zoning Board rejects proposed pot shop



Chicago's Zoning Board of Appeals rejected a pot firm's plan to open a recreational cannabis store just outside the Gold Coast following a nearly 12-hour meeting.

PharmaCann's plan to open a Verilife dispensary at 12-14 W. Maple Street faced opposition from Alderman Brian Hopkins (2nd) and a coalition of neighbors and businesses who claimed the dispensary would have been out of character for the neighborhood. The 12 hour meeting included testimony from community

members and business owners. Stop Pot, a grassroots organization, praised the Zoning Board decision. The proposed Verilife store is the first dispensary location to be shot down by the Zoning Board, which previously approved five recreational pot shops. Those companies were all cleared to open in locations on the Near North and Near West sides that are close to the exclusion zone. Two stores have already opened in River North and another has start-

ed selling weed in Goose Island.

The operators of the state's existing medical cannabis dispensaries were given first crack at selling recreational weed when the drug was fully legalized at the start of this year. However, starting next month, state officials will begin doling out 75 new licenses that have long been delayed by the coronavirus pandemic. Those new permits will be prioritized for the so-called social equity applicants the law was written to benefit in

an effort to bolster minority ownership.

**Mayor Lightfoot fires key cannabis adviser**

Three days after the Zoning Board of Appeals rejected PharmaCann's proposal to open a dispensary near the Gold Coast, Paul Stewart, the mayor's key cannabis adviser and assistant deputy mayor was fired. A spokesman for the mayor said that this was a personnel matter and no further comments would be forthcoming.

Stewart took his position in the administration when the state's

prohibition on pot was lifted in January. Prior to that, he was already serving as a cannabis policy adviser, when the mayor's plan to ban all cannabis sales in much of the Central Business District came under heavy fire and the Black Caucus threatened to delay recreational pot sales over the lack of minority ownership. He also helped oversee the mayor's cannabis lottery in November, which broadly determined where the city's first recreational shops could open.

Alderman Brian Hop-

kins, who formally opposed the location in his 2nd Ward, stated that PharmaCann's application was "controversial and politically charged." That decision to reject the PharmaCann proposal had nothing to do with Stewart's dismissal according to some sources.

Stewart previously served as a consultant and later joined the Chicago Police Department in 2018 to help coordinate initiatives related to the implementation of the ongoing federal con-

**Continued on page 2**

# Editorial & Opinions

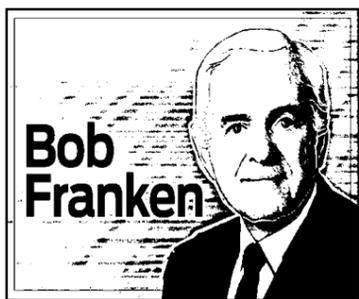
**Zoning Board rejects proposed pot shop continued from front page.**

sent decree that was put in place following the killing of Laquan McDonald.

## WORKS OF THE FLESH

Bea Sullivan-Knoff filed a federal lawsuit in 2016 because she said it was discriminatory that she couldn't appear topless without "pasties" as part of her performance art pieces.

In a move to settle this lawsuit, an ordinance approved by the City Council License Committee removes reference to gender from the liquor license statutes governing how much flesh can be shown by performers in various Chicago establishments. The change is meant to apply mainly to performance artists, not strippers. Topless-only restaurants would be allowed to apply for liquor licenses under the change and strip clubs with liquor licenses would be allowed to do away with "pasties" on their performers. Performers in establishments that aren't licensed for adult uses would need to prove that they aren't baring their flesh for "prurient interests" and would only be allowed to do so once every 30 days. Some aldermen expressed concern that the city would not be able to police the change and lead to more nudity in Chicago bars.



## Smear Campaign Begins

"Phony Kamala and Slow Joe." That was President Trump giving nicknames to the opposition after Joe Biden picked Kamala Harris to share the Democratic ticket with him. Of course, Trump threw in "extraordinarily nasty," but he always describes those who oppose him as "extraordinarily nasty." A couple of days later, he tried to hint that Kamala Harris was not eligible to be vice president, a sad reprise of the "birther" campaign he led against Barack Obama. How pathetic.

I have to ask: Is that the best Trump can do? Has he lost a step in attaching insulting nicknames and leveling racist dog whistles against anyone who riles him, which is just about everyone? "Phony" and "slow" are hardly devastating. "Nasty" seems puny. "Birther"? Been there done that. Is the Trumpster still feeling the after-effects of the hydroxychloroquine pills that he popped?

Trump had better get on his game, because in Harris, Biden has picked someone who might give him a bit of reflected pizzazz that's badly needed. Donald Trump just has Mike Pence, who is not a pizzazz kinda guy. Or we think Pence will be his choice.

And both Joe Biden and Kamala Harris made it clear at their first campaign appearance together they were intending to make the current incumbents their main issue, particularly the handling of the pandemic. They will describe him as a president who is really an empty suit, who generates lawsuits every time he pulls another of his con jobs. Quoth Harris: "This is what happens when we elect a guy

who just isn't up to the job." So it is with his power grab from Congress. His administration negotiators refused to budge from their lowball position when it came to extending the unemployment benefits lifeline to those devastated economically by the coronavirus. This time, he was conjuring up a bunch of phony executive orders and memoranda that pretended to solve many of the critical issues.

Take enhanced unemployment payments and eviction prohibitions. He announced that unemployment was \$400, down from \$600. It's actually \$300, much of it paid for by budgetary sleight of hand, which will be challenged in court. As for the stoppage of evictions, as he announced, it's really just a memo to federal agencies to "study" the issue.

Most of it is a mirage, but he is counting on some of the voters to be taken in by his subterfuge. Besides, Congress has the authority, according to the Constitution, to control spending. But Trump has never been a big fan of the Constitution and its limitations.

One of the most intriguing aspects of the Kamala Harris selection is that the opposition doesn't know what to make of her or how to attack her. Republican National Chair Ronna McDaniel, for instance, in one day went from saying Harris' politics "show that the left-wing mob is controlling Biden's candidacy," to sending out an email with the subject line "Liberals revolt against Biden, Harris ticket."

They will get their oppo acts together quickly, and so will the Democrats. This race promises to be one of the most dishonest, ugly campaigns ever, with the potential of the coronavirus to cause Election Day chaos. Add foreign misinformation to the mix, and you have a cauldron of trouble.

We've never had a mess like this one, but now the tickets are set. Let the games begin.

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



## Post Office Paranoia

At this rate, Postmaster General Louis DeJoy will be lucky if he isn't arrested and tried for treason before a people's tribunal.

According to House Speaker Nancy Pelosi, DeJoy is a "complicit crony" aiding Trump's efforts to sabotage American democracy. She believes the two have hatched a plot to delay mail-in voting and disenfranchise countless Americans prior to the election.

In tried-and-true fashion, President Trump has stoked suspicions by saying that he opposes a \$25 billion Postal Service bailout in the latest Democratic COVID-19 relief bill. According to Trump, blocking this measure — and \$3 billion in election aid to the states — will prevent universal mail-in voting. But the bailout doesn't have anything to do with mail-in voting, and given the billions of pieces of mail handled by the post office every week, it surely can handle the increased volume from mail-in voting.

It is true that Postmaster General DeJoy is a major Trump donor. He made his fortune in shipping and logistics, though, and he was selected by the Postal Service's board of governors.

Little did he know, when he took over the agency in June, that he'd soon have a starring role in the country's latest psychodrama. Every change at the Postal Service is now seen through the prism of a belief that the agency is a tool of creeping authoritarianism.

Letter collection boxes are being removed — never mind that this has been an ongoing process for years.

Underutilized boxes are decommissioned or moved to higher-traffic areas. In 2009, the Washington Post reported that 200,000 boxes had been shelved over the past two decades. In 2016, the inspector general noted that another 12,000 collection boxes had been cut over the previous five years.

Letter collection boxes all of a sudden have big, red locks on them — well, yeah, as an off-hours device to prevent the theft of mail, also something the Postal Service has done for years.

The Postal Service is deactivating mail-sorting machines — right, and there was a plan for this prior to DeJoy becoming postmaster general, and it has long been discussed in response to the declining volume of mail.

DeJoy is cutting back on overtime — indeed he is, because artificially swollen overtime is an enormous expense that he hopes to eliminate with a more rational delivery system.

Democrats and much of the media make it sound as though the post office was an efficient, smooth-running agency before DeJoy took charge. In reality, the post office has lost nearly \$80 billion since 2007, and it lost more than \$2 billion last quarter. Unless the service finds a way to innovate, it is headed for bankruptcy.

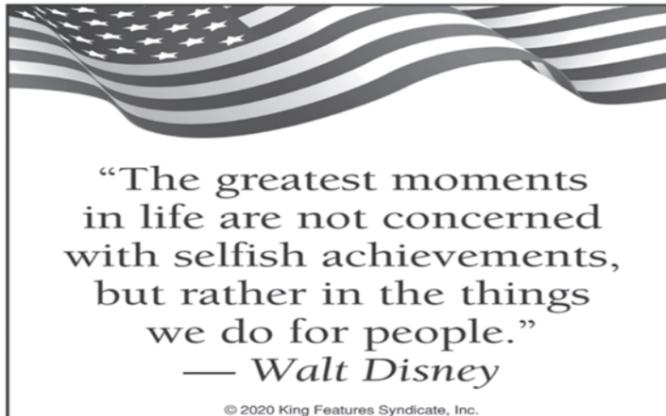
This is the impetus for DeJoy's reforms, which should be welcomed by all the people now caterwauling about how essential the post office is to the American way of life.

DeJoy has been adamant that the Postal Service will do its job regarding mail-in ballots. The post office's recent warnings to states that they should be mindful of how quickly ballots can be delivered were intended to avoid unrealistically late deadlines for mail-in voting that could create a train wreck in November.

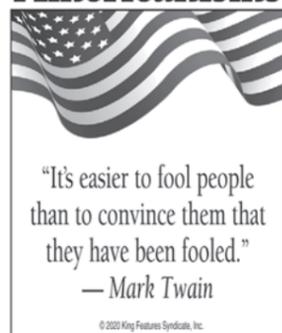
But in their inflamed state, Democrats want a villain. If not a foreign potentate, then the guy in charge of delivering the mail.

*Rich Lowry is editor of the National Review.*

## Americanisms



## Americanisms



## MONDAY



**Lakeview Newspaper**  
 "We don't make the news. We just report it."  
 How to get in touch with us:  
**Lakeview Newspaper**  
**J2 Associates, Inc.**  
**P.O. Box 578757**  
**Chicago, Illinois 60657**  
**Telephone: 312.493.0955**  
**Web site: www.LakeviewNewspaper.com**  
**Email: LKVWNEWS@aol.com**  
**Publisher and owner: George Rimel**  
**Executive Editor and owner: Joyce A. Rimel**  
**Graphic Design/Production: Kathleen O'Hara**  
**September 2020**

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

Contents are copyrighted, trademarked and service marked. Proud creator of Kid Safe Businesses in Lakeview, Roscoe Village, North Center and Lincoln Square communities. Any reproductions of articles, photographs, or artwork requires authority of the publisher. Publisher is not responsible for advertisements or advertorials contents or liability thereof. Copyright MMXX. Member of Lakeview Chamber of Commerce and North Center Chamber of Commerce and Roscoe Village Chamber of Commerce. Recipient of Community Service Award 2005 from Lakeview Chamber of Commerce. Proclaimed on March 31, 2004 by the City Council and Mayor Daley as Lakeview Newspaper Day and our benefit to the community as a community newspaper. Maria Pappas, Cook County Treasurer awarded Lakeview Newspaper a Commendation of Excellence in 2011 and 2013 for community journalism.

# SENIOR NEWS LINE

by Matilda Charles

## Social Media Holds Hidden Dangers

Even before the lockdowns brought on by the coronavirus, too many seniors felt isolated. Now it's even worse for many of us with the lack of face-to-face interactions ... and we've turned to social media for connections to others.

There, on Facebook and Twitter, in chat rooms and email lists, we've found friends to talk to and pass the hours of this lockdown. We feel happy to have these people at the other end of the keyboard. It's good for us.

Or maybe not.

The big problem with social media is that we really don't know who is on the other end. The new friend who seems so interested in us might actually be a scammer, just waiting for the right moment to spring the trap and ask for money. How can you refuse, you'll wonder, if someone you've come to know so well asks for help?

Or maybe we've shared too much information, such as our location or our real name.

Or how about the new friend who sends funny cartoons, one of which might contain a virus that leaves our computer open to hackers?

Add in an election year, and it's all too easy to talk online with people who supposedly share our views. Quite commonly they ask for money or contact info.

Some things to think about: If you really want to connect with others on social media, create a fake name for it. Learn how to block people and don't add just anybody to your network or list. Don't give out your real name or location, no matter how friendly other people seem.

Focus on an area of social media with a narrow, safe focus such as pets, cooking or gardening.

Better yet, call up a few people you already know and ask if they'd like to meet for online games, such as chess, or just chatting. They might feel just as isolated as you do and welcome your overture.

# VETERANS POST

by Freddy Groves

## Failure of the VA

With all the fanfare about the suicide prevention programs created to help veterans who are suffering, it would seem that all a veteran would need to do is present himself at the closest Department of Veterans Affairs medical facility and help would immediately be there.

Not necessarily so. A veteran presented himself at a VA emergency room suffering from suicidal thoughts. He was in pain, suffered from withdrawal seizures and was on medication that had been tapered down until he had no more pills. Six days later he was dead.

At the ER the veteran asked to be admitted for inpatient detox. Instead they scheduled him for a same-day psych evaluation. A Veteran Experience Specialist took the veteran back to the ER and told them, again, that he'd asked for inpatient care. The veteran was handed off to an outpatient psychiatrist who recommended either inpatient detox or inpatient psychiatry care, inpatient in either case. The psychiatrist also escorted the veteran back to the ER.

After multiple hand-offs, the veteran was told to go home. He refused to leave. Another physician accused him of malingering and called the police, who hauled the veteran out of the building. The veteran asked to go back to the ER for specific knee pain.

Back in the ER, multiple individuals heard the second ER physician say that the veteran could go shoot himself, and "I do not care." (The VA did not get rid of this physician for nine more months, despite a long history of verbal abuse.)

In all, within 12 hours, the veteran saw a total of seven medical providers. Five days later the outpatient psychiatrist finally made an appointment for a substance-use program, but no one told the veteran. He missed the appointment, of course, but no one followed up.

The next day, six days after his ER visit, the veteran was dead from suicide.

# Strange BUT TRUE

By Lucie Winborne

• In 2015, Godzilla was made an official resident of the Shinjuku ward of Tokyo. The "King of Monsters" was not only given Japanese citizenship, but also appointed as the ward's tourism ambassador.

• When Henri IV of France wed Maria de Medici in 1600, he could not actually be present for the ceremony. Instead, he sent a life-sized sculpture of himself ... made entirely out of sugar.

• Knowing they might never return safely from the moon, Neil Armstrong and the Apollo 11 crew worried about the prospect of leaving their families without financial support, but couldn't take out life insurance policies due to the extreme risks of their mission. Instead, they signed hundreds of autographs to be sold if they didn't make it home. Thankfully, those weren't needed, but still show up in space memorabilia auctions today, going for as much as \$30,000.

• Only two sports have been played on the moon — golf and the javelin throw.

• At a NOAA conference in 1972, civil and women's rights activist Roxcy Bolton proposed naming hurricanes after senators instead of women. She also preferred the term "him-i-canes."

• Hot air balloons can't be used in the rain because the water would boil from the heat, destroying the fabric.

• A donkey will sink in quicksand, but a mule won't.

• Like to lie back and watch puffy clouds drift lazily by in the summer sky? Bet you'd never guess that a single one weighs about 1.1 million pounds! Researchers calculated that staggering amount by multiplying a cloud's water density by its volume. So how do they manage to float? Simple: The air below them is even heavier.

**Thought for the Day:** "Instead of letting anxieties and uncertainties fence off your life, they can become signposts showing you where to turn to do what really matters to you." — Mark Freeman

# Moments in time

THE HISTORY CHANNEL

• On Sept. 10, 1813, in the first unqualified defeat of a British naval squadron in history, U.S. Capt. Oliver Hazard Perry leads a fleet of nine American ships to victory over a squadron of six British warships. After the battle, Perry sent a famous dispatch to U.S. Gen. William Henry Harrison that read, "We have met the enemy, and they are ours."

• On Sept. 9, 1939, audiences at the Fox Theater in Riverside, California, get a surprise showing of "Gone with the Wind." The film became an instant hit, breaking all box office records. It was nominated for more than a dozen Oscars and won nine.

• On Sept. 8, 1945, U.S. troops land in Korea to begin their postwar occupation of the southern part of that nation, one month after Soviet troops had entered northern Korea to begin their own occupation. The division of Korea quickly became permanent.

• On Sept. 12, 1951, former middleweight champion Sugar Ray Robinson defeats Randy Turpin to win back the belt after losing to Turpin two months prior. Robinson knocked Turpin down with a right to the jaw in the 10th round.

• On Sept. 11, 1965, the 1st Cavalry Division begins to arrive in South Vietnam, bringing U.S. troop strength to more than 125,000. The unit was the first full U.S. Army division deployed to Vietnam.

• On Sept. 7, 1977, President Jimmy Carter signs a treaty that will give Panama control over the Panama Canal beginning in the year 2000. A 1904 agreement had given the U.S. the right to build the canal and a renewable lease.

• On Sept. 13, 1980, country music artist Willie Nelson and his band perform at the White House with President Jimmy Carter in attendance. Later that night, unbeknownst to the president, Nelson allegedly retired to the White House roof to smoke a marijuana cigarette.

# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Ceramic Dancers

Pairs of ceramic dancing figures in exotic costumes were favorites in the Art Deco period, starting about 1920. Many different pairs about 19 or 20 inches high have been selling with the mark "Cia Manna" and sometimes the added words "Turin, Italy." A search of old books and even new information online has offered little insight. The pairs of dancing figurines depict a bare-breasted woman and a shirtless man posing in exaggerated dance poses. Dozens of different pairs were made, most from 1925 to the 1950s. An artist and designer named Mrs. Manna, who worked for the Lenci doll company, decided to form her own company in 1930. She named it Ceramica Italiana Artistica. The dancing figurines were marked "C.I.A. Manna." Often the mark omitted the periods, so the first word looked like "Cia." The company worked into the 1950s. The Art Deco look is still popular, and most of the pairs have sold for \$800 to \$1,500.



*This pair of dancers titled "Cavaliere Indiano and Danzatrice Indiana" were made in the 1930s in Turin, Italy. They have the incised mark "Cia Manna." The pair was estimated at \$800 to \$1,200 but did not sell.*

dishes, may have glazes that leach. Don't use the dish if the glaze is damaged, cracked or painted silver decoration that has turned black. Acidic foods, hot liquids, microwaving and washing dishes in the intense heat of the dishwasher all may cause leaching.

### CURRENT PRICES

*Bride's basket*, silver plate, twist handle, ruffled cased cranberry glass insert, Forbes Silver Co., 12 x 10 inches, \$60.

*Still bank*, "State Bank," arched double doors, arched windows, three steps, pitched roof, cast iron, 6 inches, \$100.

*Edison phonograph*, horn, white roses, green leaves, burgundy, oak case, 13 x 9 1/2 inches, \$220.

*Linen press*, chestnut, 2 arched panel doors, shelves, 2 over 3 drawers, wooden knobs, French bun feet, Canada, 1800s, 83 x 51 inches, \$430.

TIP: Never wash a wooden doll if you can avoid it. If there is no other way to remove the dirt, be sure to wet a cloth and then clean. Don't wet the doll.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)



by Ryan A. Berenz

1. What caused Chicago Cubs slugger Sammy Sosa to spend time on the disabled list with a sprained lower back ligament in 2004?

2. What sports video game, published by Nintendo in 1987, included athletes named Glass Joe, Soda Popinski, Don Flamenco and King Hippo?

3. What sportscaster was "traded" from Disney's ESPN/ABC to NBC Sports in 2003 for intellectual property rights to cartoon character Oswald the Lucky Rabbit?

4. In 2004, businessman Bill Davidson became the first owner in American sports history to have two championship teams in the same calendar year. What were they?

5. The 1988 NFC Divisional Playoff game between the Philadelphia Eagles and the Chicago Bears at Soldier Field is popularly known by what moniker?

6. What Miami Hurricanes defensive back broke up a Nebraska Cornhuskers two-point conversion pass attempt to seal the 31-30 upset win for Miami in the 1984 Orange Bowl?

7. What dominant Russian wrestler did American Rulon Gardner beat to win the Greco-Roman gold medal at the 2000 Sydney Summer Olympics?

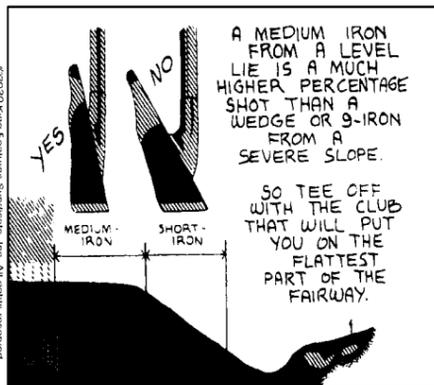
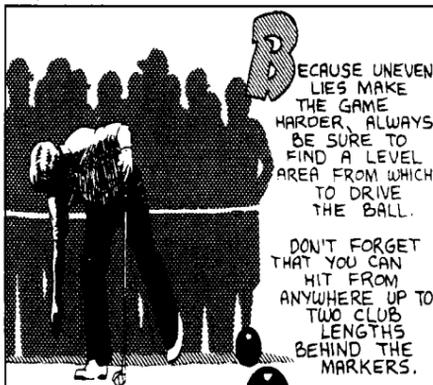
### ANSWERS

- Violent sneezing.
- "Mike Tyson's Punch-Out!!"
- Al Michaels.
- The Detroit Pistons and Tampa Bay Lightning.
- The Fog Bowl.
- Kenny Calhoun.
- Aleksandr Karelin.

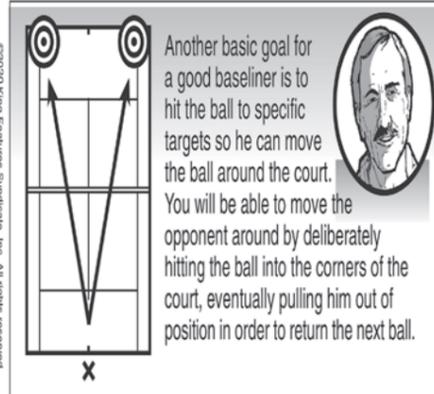
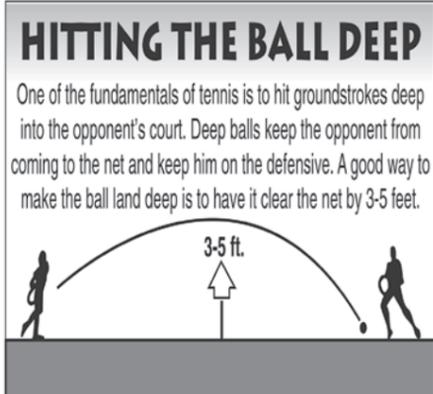
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



## LAFF - A - DAY



## GRIN & BEAR IT



# Health



## A Healthy Diet Includes Omega-3 and Omega-6

**DEAR DR. ROACH:** It seems that eating a healthy diet with an emphasis on nuts and seeds, fruits, vegetables and grains is the best choice for anyone. It's been well-documented that omega-6 is inflammatory, whereas foods containing omega-3 are not. It seems to me that we should be consuming foods that have more omega-3 in them. The only problem is that, from my research, all nuts and seeds with the exception of chia and flaxseeds have a much higher ratio of the omega-6 to the omega-3. This appears to be the case with most foods, no matter which food group they are in. How can any of the healthy foods be beneficial when so much more of the "bad fats" are being ingested? — *A.M.*

**ANSWER:** Dietary fats are categorized into four groups: monounsaturated, polyunsaturated, saturated and trans-saturated. It is accepted that monounsaturated fats have a healthy effect, reducing heart disease risk, while trans-saturated fats are clearly harmful.

The effect of saturated fats on health is mixed, but those that come from processed meat increase heart disease and diabetes risk. Saturated fat overall has little effect on heart disease risk, but swapping saturated fat with unsaturated fats (both polyunsaturated and monounsaturated) appears to reduce heart disease risk.

Polyunsaturated fats are categorized into the omega-3 family and the omega-6 family. I also have read in many places that omega-6 fats are "bad fats," causing inflammation. The best evi-

dence, a 2014 review of all controlled trials published, showed that omega-6 fats are NOT inflammatory and that they DECREASE risk of heart disease compared with meat-based saturated fats.

We should be consuming both omega-3 and omega-6 polyunsaturated fats, mostly from plant sources. The data support that nuts and seeds are foods we should be eating more of, but we also should be eating good sources of omega-3, including fatty fish, the chia and flaxseeds you mentioned, as well as walnuts and canola oil. Most people have to work harder to get omega-3 oils but get plenty of omega-6.

\*\*\*

**DEAR DR. ROACH:** I have recently started transitioning to a plant-based diet for preventative health reasons. While discussing the benefits of nuts and seeds with a dietitian, they had a disclaimer that flax seed can interfere with medications and to eat them two hours before or one hour after taking medications. I would not sit down and eat a handful of flax seeds, but now I am afraid to use them in the meals I prepare at all. Can you help me make a good decision in using them? — *J.E.*

**ANSWER:** For people eating reasonable amounts (like a handful or two) of flax seeds as part of a meal, it is unlikely that they would interfere with medications enough to cause any significant problem, for most medications.

There are two situations that might merit concern: In powerful anti-clotting agents, such as clopidogrel, flax seeds might prompt increased activity. Secondly, flax seeds may lower blood sugar a small amount. In combination with insulin or oral diabetes drugs, the blood sugar could possibly dip lower than expected. I doubt either of these interactions is likely to cause harm, but it is reasonable to discuss with your doctor if you are on one of the classes of medications mentioned.

\*\*\*

## Husband Makes Frequent Nighttime Bathroom Visits

**DEAR DR. ROACH:** My husband, 79 years old, is getting up five or six times at night to urinate. The urgent care doctor said he doesn't have an infection but doesn't know what's

going on. He is taking Flomax, but that doesn't seem to be helping. Who should he see? — *E.L.O.*

**ANSWER:** Urinating at nighttime ("nocturia") is a common problem for men, but if this is a new or suddenly worsened problem, it requires evaluation.

The first question is whether he is urinating a lot or a little. A male bladder typically holds about 500 cc (almost a quart), so if his bladder were full every time, he might be making as much as 2.5 liters a night. Nighttime urination is considered high-volume when it constitutes a third or more of total urine output for 24 hours.

High-volume nocturia can happen when there is too much of something to get rid of: sugar, in people with melittus ("sugar diabetes"); salt, in people who eat too much salt at dinner; water, in people who drink a whole lot of water, especially at night; and occasionally in people with congestive heart failure. In heart failure, there is not enough blood flow to the kidneys during the day, so when the person is at rest, the kidneys have enough blood flow to get rid of the fluid that has accumulated during the day (often in the legs and feet).

Another cause of high-volume nocturia is diabetes insipidus, a problem with either the kidney or the control center in the brain, causing the kidney to excrete too much water. That control center uses a hormone called anti-diuretic hormone to regulate water excretion. Normally, it is high at night, so there is less urine output at night. Sometimes this normal variation is reversed, leading to excess urine output at night, even without diabetes insipidus.

High-volume nocturia is most commonly evaluated by doctors in internal medicine, including kidney and heart specialists.

Low-volume nocturia is caused by a problem with the bladder or, in men, the prostate. Urologists are the experts in figuring out where the problem is and the best course of treatment. Many men get treated for prostate problems when the real issue is an overactive bladder.

\*\*\*

**DEAR DR. ROACH:** My blood pressure drug, losartan, was recalled because of contamination issues with NDEA and NDMA; one is used to make liquid rocket fuel and the other is a byproduct in the manufacture of pesticides. How does this happen? Does the drug company share manufacturing facilities with companies that make these other products? — *EG*

**ANSWER:** I read some speculation by chemists on how the contamination could have happened, and it seems to me that one company made a new process for making losartan (and the related drugs irbesartan and valsartan) that, although cheaper and more efficient, allowed contaminants to form unrecognized. Although not recognized until 2018, it could have been happening since 2012. Other companies changed their manufacturing as well, unaware of these toxic impurities.

This is a real problem, not so much because of this current recall (where the contamination levels are very low), but because it shows the industry lacks enough oversight to quickly identify contamination in generic pharmaceuticals coming from multiple countries.

\*\*\*

## Vitamin D Deficit After Gastric Bypass

**DEAR DR. ROACH:** I am a 72-year-old woman in fair health. I had strong bones until I had gastric bypass surgery. Within two years, I developed osteoporosis. In 2016 my parathyroid hormone level was found to be elevated. However, it has come down over the past year or two from 97.76 to 68.95 pg/mL. The endocrinologist now has me on 8,000 IU of vitamin D-3 per day. My calcium was 9.3 and ionized calcium was 5.0.

Meanwhile, the rheumatologist treating my osteoporosis has prescribed Reclast infusions once per year. I just received my second one this month.

This summer I broke a toe on my right foot with no known trauma. In October I sustained a stress fracture of my left heel bone, again without any known trauma. I am very worried about what all this means to my future bone health. — *L.M.J.*

**ANSWER:** I suspect you had vitamin D deficiency due to the gastric bypass surgery, which prevents your body from absorbing it efficiently. Without vitamin D, your bones cannot take up calcium as effectively. The parathyroid hormone often will increase in this situation, and this is called "secondary hyperparathyroidism."

It's important to note that both your total and ionized calcium levels are normal. Ionized calcium is the active form — some calcium binds to albumin, a major protein in blood. In secondary hyperparathyroidism, the calcium is

never high. A high calcium and high parathyroid level always means primary hyperparathyroidism, which almost always comes from a tumor of the parathyroid gland. Unfortunately, I have seen people whose doctors have confused this point and missed the diagnosis.

With replacement of your vitamin D (at a high-enough dose, you can absorb enough), the PTH level is settling back down to normal, and it would be expected that your bone strength would start going up as well. I would expect your endocrinologist or rheumatologist to follow your bone density through a DEXA scan.

The Reclast (zoledronic acid) is an intravenous bisphosphonate, and it slows down reabsorption of your bone. Between the higher vitamin D and the Reclast, your bones should get better and your risk of fracture will decrease, but it will take time.

\*\*\*

**DEAR DR. ROACH:** In a recent column, you discussed the effect of ibuprofen on men with an enlarged prostate. I am a 78-year-old who runs 15-20 miles per week, with benign prostatic hyperplasia and who also has reduced urinary frequency with occasional use of Advil. As a runner, I have been reluctant to make it a daily regimen because I have read that inflammation is part of the body's response to tissue damage, which is crucial to the healing process and is important for muscle growth. When ibuprofen's anti-inflammatory effect reduces symptoms, does it affect the healing process also? Can you comment on the pros and cons for runners? — *B.M.*

**ANSWER:** High-dose ibuprofen was shown to inhibit muscle protein synthesis following weightlifting exercise. This led to a suspicion that it might impair the gains in muscle strength that are made with exercise. However, a Canadian study showed that moderate doses of ibuprofen (400 mg after exercise) did not impair muscle growth or gains in strength. Using ibuprofen for occasional muscle soreness or for the purpose of reducing prostate inflammation should not adversely affect your performance in running.



# Financial Statement

by Joyce A. Rimel

## COLLECTING ON AN INSURANCE POLICY

Take these steps to collect your benefits more easily

It's one of life's ironies that only in your hardest moments, perhaps after a lawsuit, a house fire or a death, that you have to face yet another challenging task: collecting on an insurance policy.

In 2019 half of consumer complaints related to diminished, delayed or denied claims. While insurers have a duty to pay legitimate claims, they also need to verify that payouts, which can be substantial, are justified and rightly sized. So when it's time to make a claim and even before then you need to be as businesslike as your insurer.

### Be Ready

Keep your policy in a place where you can find it quickly. Make sure that your files includes all the information you would need to file a claim, including phone numbers account numbers and insurance agent details. Make sure someone you know and trust knows where your policy is as well. Since your claims may need to be filed when you are injured hospitalized or unable to act for yourself, that trusted person may need a durable power of attorney so that he or she can act on your behalf if you are incapacitated.

### Don't Wait

Timeliness is important, so contact your agent or your insurer as soon as possible. Claims have deadlines for filing, and you'll need to know yours. A renter's policy, for example, typically gives you

between 48 and 72 hours after an incident to file, unless circumstances prevent you from doing so.

Long-term care and disability insurance have elimination periods. Any delay in documenting your condition could delay your benefits, too. Follow your insurer's claims instructions to the letter: Dot your i's and cross your t's and don't skip any steps.

### Document, Document

For property claims, an inventory of all your possessions, including receipts, can be a godsend. A guided video tour of your household, one that you store online or on a USB drive, you keep someplace other than your home, is a great way to do this. Keep documenting once the claims process begins. Photograph relevant property damage, take notes

of conversations with insurers and adjusters and keep a file of all correspondence.

### Don't Give Up at NO

Be a squeaky wheel but also be polite and businesslike. An insurer must give you a clear explanation of its decision on any claim.

### Don't Give Up, Round 2

If you still disagree with an insurer's findings, contact the adjuster with facts and documentation supporting your claims, sending a copy to his or her supervisor. Include a request for a response within a specified amount of time, say, 10 days. Follow up with a phone call. Then work your way up the insurer's chain of command. Still not getting satisfaction? You can file a formal complaint with your state's insurance commissioner.

### Seek Help

If you are still getting nowhere, you may need a lawyer. Get one with experience in insurance coverage and claim litigation representing policy holder clients. Insurers know how to litigate. Start your search by looking online for an attorney who specializes in the type of insurance at issue. If your claim involves a policy you got through work, such as long-term disability insurance look for an ERI-SA (Employee Retirement Income Security Act) lawyer. Attorneys can be hired by the hour or on a contingency basis, in which their pay is a percentage of any award. Each has pros and cons but, depending on the circumstances, contingency payments may help eliminate upfront costs.



2845 N. Sheridan Road Suite 912  
Chicago, IL 60657

**STATE OF THE ART MEDICINE AND COMPASSIONATE CARE**



Clarence W. Brown Jr. MD,  
JD, FAAD, FACMS

*Dermatology*

- Skin Cancer Screening
- Mole Evaluation
- Acne
- Eczema
- Psoriasis
- Rosacea
- Mohs Surgery
- Hair Loss
- Warts
- Excisions
- Biopsies
- Keloids



Sreya Talasila MD, FAAD



Stephanie Bayers MD

*Cosmetic Dermatology*

- Botox / Fillers
- Kybella Fat Removal
- Platelet Rich Plasma
- Laser Hair Removal
- Intense Pulsed Light Therapy
- Vein Treatment
- Morpheus 8
- Skin Rejuvenation



Yazan Alghalith MD



Jonathan Nathan MD, MBA

*Plastic Surgery Services*

- Breast Cosmetic Procedures
- Reconstruction
- Scar Revision
- Migraine Treatment
- Body Cosmetic Procedures
- Facial Cosmetic Procedures
- Mohs Reconstruction
- Eyelid Procedures



Megan Niemiec NP



Advanced Skin and Mohs Surgery Clinic is comprised of seven board-certified and licensed dermatologists, two MOHS Micrographic Surgeons, and two physician assistants trained extensively in dermatology!

**Call to make an appointment today: 773-281-0046**  
 SAME DAY and WALK IN appointments are available  
 We Participate in most major insurance plans  
 We accept Medicare Assignment  
[www.ASMSC.doctor](http://www.ASMSC.doctor)



1. Name the song with the same title as a brand of deodorant.
2. Who was Daryl Dragon?
3. What is the name of the Irish singer with the shaved head?
4. Which singer had a Top 10 hit with "Dim All the Lights"?
5. Name the song that contains this lyric: "Her name was Magill and she called herself Lil, but everyone knew her as Nancy."

**ANSWERS**

1. Nirvana's "Smells Like Teen Spirit," 1991. Songwriter Kurt Cobain said he didn't know that Teen Spirit was the name of a deodorant. Obviously, sales of the deodorant soared.
2. Dragon, aka The Captain, was half of the husband and wife duo Captain & Tennille. And yes, that was his real name. His father, Carmen Dragon, was a famous composer and conductor.
3. That depends on the year, it seems. She was born Sinead O'Connor, but changed her name to Magda Davitt in 2017. In 2018, she changed it to Shuhada' Sadaqat when she converted to Islam.
4. Donna Summer, in 1979.
5. "Rocky Raccoon," by the Beatles, in 1968. The song was written in India while the Beatles were studying Transcendental Meditation. The honky-tonk song describes a love triangle between Lil, Rocky and Dan.

**What's better?  
A great story  
OR  
A great idea?  
Lakeview Newspaper  
Thoughts to think about.**

**Strange BUT TRUE**

By Lucie Winborne

- A tarantula discovered in 2015 near Folsom Prison, California, was given the scientific name "Aphonopelma johnny-cashi" after Johnny Cash, in honor of his song "Folsom Prison Blues."
  - For that matter, "The Crocodile Hunter" Steve Irwin had a snail named after him, the "Crikey steveirwini," a rare species of tree snail with a khaki-colored shell discovered in 2009.
  - Some 60% of human DNA is identical to that of a banana.
  - The maddening but addictive Rubik's Cube was created by accident. Professor of architecture Erno Rubik built a twistable box with colorful rows of labels on each side in an attempt to design blocks that could move without collapsing the entire structure. After rotating a few rows and mixing up the colors, the real challenge began: realigning the hues! It took Rubik about a month to restore his cube to its original condition.
  - "Slaughterhouse-Five" author Kurt Vonnegut was such a big fan of the TV series "Cheers" that he once told reporters he would rather have written scripts for the show than all his best-selling novels.
  - Peppermint oil does a better job of promoting hair growth than hair-growth medication.
  - Speaking of hair, following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut locks to absorb it.
  - Looking for a possible reason to like Monday? It's the least rainy day of the week. While the exact science behind this is unclear, researchers believe it's likely due to the decrease in man-made pollution over the weekend.
  - The tradition of knocking on wood for good luck originated with primitive pagans who tapped on trees to summon the protective spirits residing in them.
- \*\*\*
- Thought for the Day:** "There are years that ask questions, and years that answer." — Zora Neale Hurston



Due to the closing of the movie theaters because of COVID 19 virus these are the streaming movies.

**Video On Demand**

1. **The Tax Collector** .....(NR) Bobby Soto, Cinthya Carmona
2. **Secret: Dare to Dream** .....(PG) Katie Holmes, Josh Lucas
3. **You Should Have Left** .....(R) Kevin Bacon, Amanda Seyfried
4. **Made in Italy** .....(R) Yolanda Kettle, Micheal Richardson
5. **Trolls World Tour** .....(PG) animated
6. **The Rental** .....(R) Dan Stevens, Alison Brie
7. **The Outpost** .....(R) Caleb Landry Jones, Scott Eastwood
8. **The High Note** .....(PG-13) Dakota Johnson, Tracee Ellis Ross
9. **Sonic the Hedgehog** .....(PG) James Marsden, Jim Carrey
10. **The Invisible Man** .....(R) Elisabeth Moss, Oliver Jackson-Cohen

Source: Comscore

**top ten**

**Hydrating Beverages**

1. Skim milk
2. ORS (Pedialyte, Liquid I.V., etc.)
3. Full-fat milk
4. Orange juice
5. Cola
6. Diet cola
7. Cold tea
8. Tea
9. Sports drink
10. Still water

Source: St. Andrews University



**You Should Have Left** — a psychological horror film at the top of the streaming charts — features Kevin Bacon as a middle-age producer in a rocky marriage to a young actress. The pair set off on a vacation with their young daughter to a remote Welsh villa penetrated by a sinister force that threatens to tear them apart.

This got me thinking about a game that film buffs used to play — Six Degrees of Kevin Bacon. Bacon once claimed that he'd worked with everyone in Hollywood, or if not with them, then with someone who did. Out of that one statement, a phenomenon was born, one that occupied thousands of hours of film nerd discussion and spawned a board game, a book and even a charitable organization (sixdegrees.org).

It has been described as a parlor game, the object of which is to connect any random actor to Kevin Bacon through a series of no more than six shared connections. It requires absolutely no equipment. And it's easier than you think.

For example, I am a normal, ordinary person. I once ran into actor River Phoenix at a music club in Florida, where he was playing with his family's band. River Phoenix was in the movie "Stand By Me" with Kiefer Sutherland (what a bad guy!). Kiefer Sutherland was in "Flatliners" with Kevin Bacon. So, that's three degrees. Choose your own starting place and challenge your friends. To aid you, here are some great Kevin Bacon movies, along with a list of his co-stars.

**National Lampoon's Animal House** (1978) — In director John Landis' crack college comedy, Bacon played Omega pledge Chip Diller. It also starred John Belushi, Tim Matheon, Tom Hulce, Karen Allen and

Donald Sutherland.  
**Diner** (1982) — Director Barry Levinson's autobiographical story set in late 1950s Baltimore includes Steve Guttenberg, Daniel Stern, Mickey Rourke, Tim Daly, Ellen Barkin and Paul Reiser.

**Footloose** (1984) — This '80s superclassic about a big-city kid who changes small-town hearts with his love of dance also starred Lori Singer, John Lithgow, Dianne Wiest, Chris Penn and Sarah Jessica Parker.

**She's Having a Baby** (1988) — Bacon plays half of a young couple struggling to conceive in a cast that includes Elizabeth McGovern, Alec Baldwin, Holland Taylor, Paul Gleason and Edie McClurg.



Universal Pictures

**Kevin Bacon in "You Should Have Left"**

**A Few Good Men** (1992) — The quotable military legal drama features heavy hitters Tom Cruise, Jack Nicholson, Demi Moore and Kiefer Sutherland with Noah Wyle, Cuba Gooding Jr. and a cameo by writer Aaron Sorkin.

**Apollo 13** (1995) — Houston, we have a fantastic cast, including Tom Hanks, Bill Paxton, Gary Sinise and Ed Harris.

**Black Mass** (2015) — Irish mobster Whitey Bulger is the focus of an investigation in this crime drama with a cast that includes Johnny Depp, Benedict Cumberbatch, Joel Edgerton, Dakota Johnson, W. Earl Brown and Juno Temple.

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

1. **Scoob!** .....(PG) Warner Bros.
2. **Trolls World Tour** .....(PG) Universal/DreamWorks
3. **Jaws** .....(PG) Universal
4. **Paw Patrol: Dino Rescue ...** (NR) Paramount/Nickelodeon
5. **Sonic the Hedgehog** .....(PG) Paramount
6. **The Mule** .....(R) Warner Bros.
7. **Ride Along 2-Movie Collection** .....(PG-13) Universal
8. **Top Gun** .....(PG) Paramount
9. **Jurassic World** .....(PG-13) Universal
10. **Yellowstone: Season 2** (TV-MA) Paramount

Sources: comScore/Media Play News



**Top 10 Video On Demand**

1. **The Tax Collector** .....(NR) Bobby Soto
2. **Secret: Dare to Dream** .....(PG) Katie Holmes
3. **You Should Have Left** .....(R) Kevin Bacon
4. **Made in Italy** .....(R) Yolanda Kettle
5. **Trolls World Tour** .....(PG) animated
6. **The Rental** .....(R) Dan Stevens
7. **The Outpost** .....(R) Caleb Landry Jones
8. **The High Note** .....(PG-13) Dakota Johnson
9. **Sonic the Hedgehog** .....(PG) James Marsden
10. **The Invisible Man** .....(R) Elisabeth Moss

**WWW.COM**

www.stlukechicago.org  
stluke@ais.net

**Saint Luke Church**  
1500 W. Belmont  
Chicago, Illinois 60657

Sunday Services  
8:30 a.m. Morning Prayer  
9:15 a.m. Sunday School & Bible Class  
10:30 a.m. The Holy Eucharist  
Church 773- 472-3383  
School 773-472-3837

**Lakeview Newspaper**

P.O. Box 578757 Chicago, IL 60657  
Phone: (312) 493-0955  
WWW.Lakeviewnewspaper.com  
Email: LKVWNEWS@aol.com

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

See our newspaper online and click through to our advertisers web sites.

**Get Your Fireplace Tuned Up For Fall and Winter Regularly \$149 NOW \$129**

Call 773-348-9111 to reserve your appointment.  
Offer good through September 30, 2020 only.

www.Greenforestfireplaceandpatio.com

3105 N. Ashland Ave. • FREE Parking in lot • NE corner of Ashland and Barry  
Stop by and see us for Great Pricing (773) 348-9111

**To advertise here call (312) 493-0955 for more information.**

**This is Lakeview**

Vibrant. Eclectic.

The Quintessential Chicago Neighborhood.

**ThisIsLakeview.com**

# What's Hot in Hollywood

**HOLLYWOOD** — Once upon a time, long before the advent of television, people drove cars to a place that had 400 parking spaces and a big white screen that stood 100 feet high and 50 feet wide. The year was 1933, the place was Camden, New Jersey, and they called it a drive-in theater. The first film shown there was the MGM release of a British comedy starring **Adolphe Menjou**, of the original "A Star Is Born" (1937), "Stage Door" (1937) and his last film, "Pollyanna" (1960). Admission was 25 cents.

Today 300 drive-in theaters still exist nationwide and because of COVID-19, drive-in theaters are being revived. The largest in the world is The Wilderness Outdoor Movie Theater in Trenton, Georgia. It has two screens, one for G-rated and the other for R-rated films, that show movies such as "Aladdin," "Dumbo" and "John Wick 3" for \$7 per person. The snack bar serves burgers, BBQ sandwiches, hot dogs, nachos, chili, etc., and nothing costs more than \$5.50.

Drive-ins have been featured in classic films such as "Grease," "Pee Wee's Great Adventure" and recently in "Once Upon a Time in Hollywood." In July, the Tribeca Film Festival launched "Tribeca Drive-in" in California, Florida, New York and Texas, showing 30 films including "Goldfinger," "Back to the Future" and "Bill & Ted's Excellent Adventure."

Within three years, Eustis, Florida, will see the "Lighthouse 5" with five drive-in theaters, camp and RV grounds, restaurants and shops. It will cost \$1 million to build.

Not to be outdone, the Australian company "Beyond Cinema" plans to invade America in September and October with a floating cinema, which can accommodate 12-14 mini-boats that hold up to eight people. It's booked 16 cities in the U.S., including Chicago, Denver, Los Angeles, Miami, New York, San Diego and San Francisco, and Vancouver, Toronto and Calgary in Canada.

Recently drive-ins have been used by superstars such as **Blake Shelton**, **Keith Urban** and **Garth Brooks**. Urban staged a free private concert at The Stardust Drive-in Watertown, Tennessee, where cameras broadcast his show with lights and sound streamed into vehicles from FM transmitters and with a full con-



Blake Shelton

cert PA system onto the big screen. The audience applauded by flashing headlights and honking horns. Garth Brooks gave a one-night-only concert that was simulcast to 300 different drive-ins across America.

Shelton predicts, "When this virus is through, I see drive-in theaters having an even bigger resurgence. You can watch a movie and be entertained with your family. It's a new way to do concerts too!"

After months of streaming, families who talk during movies will not get shushed in their own cars!

\*\*\*

With the passing of **Olivia de Havilland** on July 26 at age 104, we lost the last living cast member of the greatest film ever made, "Gone With the Wind" (1939).

On June 30, 2017, at 101, Dame Olivia sued the FX Network and producer **Ryan Murphy** for inaccurately portraying her and using her likeness without permission in their mini-series "Feud: Bette and Joan." The motion was denied in September 2017 and she appealed to the Supreme Court, which also struck down her lawsuit. Dame Olivia was trying to protect her good name and image from being used adversely by writers inventing dialogue that she never spoke, which was delivered by **Catherine Zeta-Jones**, who portrayed her.

She was a very special lady. I had two

encounters with her. The first when I was 17. A friend and I went to The Plaza Hotel to see her as she checked out to go back to Los Angeles. We stood near the elevators, and in due time she appeared holding a dozen roses and a five-pound box of Russell Stover chocolates. We asked for and were granted an autograph, and after posing for photos, she handed the dozen roses to my lady friend, saying "I'd like you to have these." She then turned to me and asked, "Do you have a mother?" I said I did, and she handed me the box of chocolates and said, "Please give this to your mother as a gift from me." My mother didn't believe the chocolates were from Olivia de Havilland until I showed her the pictures of Olivia holding it.

In 2008, when The Academy of Motion Picture Arts and Sciences celebrated what would have been **Bette Davis'** 100 birthday, I attended with **Gena Rowlands**, who was speaking that night about working with Bette Davis. **Robert Osborne**, one of the hosts, said, "The next person to appear was to be Olivia de Havilland, but she lives in Paris and it's difficult for her to travel." A man walked out, whispered in his ear and he said, "She's here, Olivia's here," just like in the famous scene at the end of **Judy Garland's** "A Star Is Born." Needless to say, the crowd went wild. At the reception I reminded her about the chocolates, and she loved it when I told her my mother never let me have even one piece!



commons.wikimedia.org

Olivia de Havilland



by Dana Jackson

**Q.** I know that on "The Crown," each season follows the British royal family closer to current times. Which era will the next season cover, and when does it begin airing? — *R.B.*

**A.** Season four of "The Crown" will take place during the late 1970s to early 1980s. Olivia Colman will continue as Queen Elizabeth, and Gillian Anderson will play Prime Minister Margaret Thatcher in this installment. Emma Corrin has been cast as Princess Diana, but only for the upcoming season, as Australian actress Elizabeth Debicki will play the tragic figure in seasons five and six.

If you haven't heard of Debicki, she has some impressive credits. She was in the British series "The Night Manager," with Tom Hiddleston, and in the Marvel movie "Guardians of the Galaxy Vol. 2." She can be seen in the highly anticipated movie "Tenet" once it's finally released in theaters.

Look for the new season of "The Crown" sometime later this year, with season five not being released until 2022.

\*\*\*

**Q.** I've followed Tom Pelphrey's career ever since he played Jonathan on the daytime soap "Guiding Light," and I'm thrilled that he's finally getting bigger roles. However, I can't believe he didn't get an Emmy nomination for "Ozark." I bet he wins an Oscar someday though. — *E.E.*



Depositphotos

Elizabeth Debicki

**A.** Pelphrey burst on the soap opera scene back in 2003 when he made his professional acting debut as the troubled Jonathan on "Guiding Light." While he didn't get nominated for playing Ben on the critically acclaimed series "Ozark," he did win two Daytime Emmy Awards in 2006 and 2008. It probably won't be long before he adds a primetime statuette to his mantle or even, perhaps, an Oscar.

Next up for him is the biographical film "Mank," starring Gary Oldman and Amanda Seyfried. Pelphrey will play Hollywood screenwriter and director Joseph Mankiewicz alongside Oldman's Herman Mankiewicz.

As for Pelphrey's slight by the Television Academy for his role in "Ozark," you're not alone. Director Alik Sakharov stated that Pelphrey's "superb" performance was a "compendium on acting, on the ability to inhabit the character so, so well — so deeply, you just don't feel like the person is acting. You feel like he's living the role and you feel like he is that person."

With praise like that, who needs a trophy?

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at *KFWS*, 628 Virginia Drive, Orlando, FL 32803.

## Read Lakeview Newspaper and get smarter. Subscribe to Lakeview Newspaper and get a FREE classified ad.

Subscribe to Lakeview Newspaper for \$24.00 for 12 Issues and get \$26.00 worth of Classified advertising for FREE!

Mail check or Money Order to J2 Associates Inc.

Check should be made to J2 Associates, Inc.

Mail to: J2 Associates Inc., c/o Lakeview Newspaper

P.O. Box 578757,

Chicago, Illinois 60657

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address (Optional) \_\_\_\_\_

Your free classified ad form will be mailed to you once we receive your check. Check must be received before the 20<sup>th</sup> of the month for subscription to start the following month.

Classified ad can only be used once during the year. Expiration on this offer will expire at the end of the year. We do appreciate your reading our newspaper and your subscription.

We are a monthly newspaper.

# Cookout Cravings

## Appease summer appetites with grilled fare

FAMILY FEATURES

The first thought that comes to mind when picturing grilling in the summer sun might be a perfectly cooked steak or a juicy burger, but no backyard barbecue is complete without the all-important sides and beverages that complete the meal.

Whether you're pairing a main protein with separate side dishes or going all-in-one by combining tender chicken with veggies on skewers, the opportunities are endless for a crave-worthy cookout.

Find more summer grilling recipes at [Culinary.net](http://Culinary.net).

### 5 Steps for Sizzling Steak

A sizzling steak is a surefire sound of summer, and the flavors achieved from one that's perfectly grilled are hard to match.

Before you fire up your grill, consider these five basics for cooking a chef-worthy steak:

#### Prepare Your Cut

Taste preferences (and prices) may differ among sirloins, ribeyes, T-bones and more, but the way you prepare steaks likely won't change much from cut to cut. You'll want to trim the thickness down to 1/2-1 inch for proper cooking, and setting the meat out ahead of time allows it to warm to room temperature before hitting the grill.

#### Add Some Salt

Feel free to add any spices you prefer, but remember a good steak typically doesn't require fancy seasoning – a pinch of salt works just fine. Add your salt anywhere between 30 minutes to a few hours before grilling time to help retain moisture and improve flavor.

#### Aim for High Heat

A two-zone fire is usually the way to go – one side of the grill should be hot (using direct heat) with the other side not quite as warm (indirect heat). This allows you to create a sear over direct heat before finishing cooking through – without burning – over indirect heat.

#### Sear and Slide

Cooking your steak over direct heat 1-2 minutes on each side is normally about right for creating a proper sear. At this point, depending on the thickness of your steak, you'll want to check for doneness. If it's not quite to the temperature you're looking to achieve, simply slide it over to the indirect heat for a finishing touch. Keep in mind these general guidelines for doneness: 120-125 F is rare, 130-135 F is medium-rare, 140-145 F is medium, 150-155 F is medium-well and 160-175 F is well done.

#### Let Rest

Finally, as hungry as you may be at this point, resting steaks is an important last step before diving in. Giving your steaks 5-10 minutes (foil or no foil) allows flavors to redistribute and moisture to be retained in the meat.



Photo courtesy of Getty Images



Grilled Greek Kebabs from The Little Potato Company

### Less Prep, More Summer with a Skewered Solution

Make summer grilling easy and delicious by cooking your side dish and main dish together so you can spend more time outdoors and less time meal planning. These Grilled Greek Kebabs pair cubed chicken thighs with little potatoes on skewers, making for a classic cookout combo.

With no washing or peeling required, Creamer potatoes from The Little Potato Company require little prep, which helps make this recipe a breeze, and they cook quickly on the grill. Just marinate your chicken and potatoes with this zesty dressing and prepare for a taste bud-tingling backyard barbecue.

Visit [littlepotatoes.com/summertime](http://littlepotatoes.com/summertime) for more summer grilling recipes.

#### Grilled Greek Kebabs

##### Dressing/Marinade:

- 3/4 cup olive oil
- 2 lemons, zest and juice only
- 1 teaspoon dried oregano
- 2 teaspoons Dijon mustard
- 1 garlic clove, finely chopped
- 1 teaspoon sugar
- salt, to taste
- pepper, to taste
- 3 teaspoons mayonnaise

##### Skewers:

- 2 cups The Little Potato Company Dynamic Duo bagged Creamer Potatoes, cut in half
- 4-6 boneless, skinless chicken thighs, cut into 1-inch cubes
- 8 wooden skewers dipped in water pita bread (optional)

##### Salad:

- 2 cups cherry tomatoes, halved
- 4 sliced Lebanese cucumbers
- 1/4 cup red onion, finely sliced
- 1 cup feta cheese
- 1 cup pitted kalamata olives

To make dressing/marinade: In measuring cup, mix olive oil, lemon juice, lemon zest, oregano, Dijon mustard, garlic and sugar. Season generously with salt and pepper, to taste. Pour 1/3 cup marinade into large bowl. Refrigerate remaining.

To prepare skewers: Add potatoes and chicken pieces to bowl with marinade. Mix well to coat and marinate 30 minutes, or as long as overnight in refrigerator. Preheat grill to medium heat.

Skewer potatoes and chicken cubes alternately on wooden skewers. Grill 6-8 minutes on both sides. Grill pita bread, if desired.

Finish dressing by adding mayonnaise. To make salad: In large serving dish, mix tomatoes, cucumber, onions, feta cheese and olives. Place kebabs on top and drizzle with dressing. Serve with grilled pita bread, if desired.

### Sipping on Sweetness

When it's summertime, many people crave something cold and fruity. Simply combine frozen strawberries with frozen pink lemonade concentrate to create a cool concoction perfect for a sizzling day. This fizzy summertime treat can delight your taste buds and keep you quenched while enjoying the sun's rays.

Find more summer drink recipes at [Culinary.net](http://Culinary.net).

#### Strawberry Spritzer

Recipe adapted from Taste of Home

- 1 package (10 ounces) frozen sliced strawberries, sweetened and thawed
- 2 liters lemon-lime soda, chilled
- 1 can (12 ounces) frozen pink lemonade concentrate, thawed

In blender, process strawberries until blended thoroughly.

Pour strawberries into large pitcher; stir in soda and pink lemonade.



Strawberry Spritzer



Stuffed Cherry Tomatoes

### A Simple Stuffed Side

Whether you need a quick appetizer or something to snack on, these Stuffed Cherry Tomatoes make for an appealing bite.

Find more snack recipes at [Culinary.net](http://Culinary.net).

#### Stuffed Cherry Tomatoes

Recipe courtesy of [Culinary.net](http://Culinary.net)

- 24-48 cherry tomatoes
- 1 package (8 ounces) cream cheese, softened
- 2 tablespoons mayonnaise
- 1 medium cucumber, peeled and diced
- 3 green onion stalks, diced
- 2 teaspoons minced dill
- fresh dill, for garnish

Cut thin slice off top of each tomato. Scoop out pulp. Invert tomatoes on paper towel to drain.

In medium bowl, combine cream cheese and mayonnaise until smooth. Stir in cucumber, green onion and dill. Spoon mixture into tomatoes. Top with fresh dill. Refrigerate until ready to serve.

## Good Housekeeping

### Grilled Corn With Barbecue Butter

A spicy barbecue twist on classic grilled corn from chef Bobby Flay!

- 1 teaspoon cumin seeds
- 2 tablespoons canola oil
- 1/2 small red onion
- 2 cloves garlic
- 1 tablespoon ancho chile powder
- 2 teaspoons Spanish smoked paprika
- 1/2 teaspoon cayenne pepper
- 2 teaspoons molasses
- 1/2 cup water
- 1/2 tablespoons unsalted butter
- 1 teaspoon Worcestershire sauce
- 1/2 cup kosher salt
- 8 ears corn

1. Prepare outdoor grill for covered direct grilling on medium.
2. In 10-inch skillet, toast cumin seeds on medium-low 3 to 5 minutes or until fragrant. Transfer seeds to small bowl. Wipe out skillet.
3. In same skillet, heat oil on medium-high until hot, but not smoking. Add onion; cook 2 to 3 minutes or until softened, stirring occasionally. Add garlic; cook 30 seconds, stirring. Add ancho chile powder, paprika, cayenne and toasted cumin seeds; cook 1 minute, stirring frequently. Stir in molasses and water. Cook 3 to 5 minutes or until mixture thickens and water has evaporated, stirring occasionally. Remove from heat and let cool slightly.
4. In food processor, pulse butter, Worcestershire sauce and spice mixture until smooth. Add 1 teaspoon salt and 1/8 teaspoon freshly ground black pepper; pulse until combined. Transfer mixture to small bowl. Cover and refrigerate for at least 30 minutes or up to 2 days. To serve, allow to come to room temperature.
5. Meanwhile, pull husks of corn to stalk end without removing them. Strip away silk from each ear. Fold husks back into place and tie with kitchen twine. Place ears of corn in large bowl or pot and cover with cold water; add 1 tablespoon salt. Let stand 10 minutes.
6. Drain corn. Shake off excess water. Grill, covered, 15 to 20 minutes or until kernels are tender when pierced with paring knife, turning occasionally. To serve, remove husks and spread with spiced butter. Serves 8.

**Comfort foods**

Made fast and healthy

by Healthy Exchanges

### Festive Tossed Salad

Salads are often taken for granted and are usually a last-minute, "pour the dressing over the lettuce" sort of thing. Bring this one to the table, and you'll put a smile on everyone's face!

- 4 cups torn mixed salad greens
- 3/4 cup thinly sliced celery
- 1 cup shredded carrots
- 1/4 cup finely chopped green onion
- 1 (11-ounce) can mandarin oranges, rinsed and drained
- 1/4 cup slivered almonds
- 1/2 cup fat-free Catalina dressing
- 2 tablespoons orange marmalade spreadable fruit
- 1 tablespoon finely chopped fresh parsley or 1 teaspoon dried parsley flakes

1. In a large bowl, combine salad greens, celery, carrots and green onion. Stir in mandarin oranges and almonds.
2. In a small bowl, combine Catalina dressing, orange marmalade and parsley. Drizzle dressing mixture over salad mixture. Toss gently to combine. Serve at once. Makes 4 (1 1/2 cups each) servings.

## Good Housekeeping

### Lemon-Soy Steak

An Asian-influenced marinade adds a new dimension to beef. We call for sirloin, which needs only 30 minutes of marinating time. But you can use economical chuck too; just marinate 4 hours or overnight to tenderize it.

- 2 medium lemons
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 clove garlic, crushed with garlic press
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground red pepper (cayenne)
- 1 boneless beef top sirloin steak (about 1 1/2 pounds, 1 1/4-inches thick)

1. From 1 lemon, remove 3 strips peel (3 inches by 1 inch each). From both lemons, squeeze 1/3 cup juice.
2. In bowl, mix lemon peel, lemon juice, soy sauce, oil, garlic, black pepper and ground red pepper.
3. Pour marinade into large self-sealing plastic bag; add steak, turning to coat. Seal bag, pressing out excess air. Place bag on plate; refrigerate 30 minutes.
4. Remove steak from bag. Pour marinade into 1-quart saucepan and reserve.
5. Place steak on grill over medium heat and cook 12 to 15 minutes for medium-rare or until of desired doneness, turning once.
6. Transfer steak to cutting board. Let steak stand 10 minutes to allow juices to set for easier slicing.
7. Meanwhile, heat reserved marinade and 2 tablespoons water to boiling over high heat; boil 2 minutes.
8. To serve, thinly slice steak and serve with cooked marinade. Serves 6.

## Good Housekeeping

### Southern Peach Pork Chops

Juicy peaches hot off the grill are perfect with tender seared meat.

- 1 tablespoon curry powder
- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 pinch black pepper
- 1 clove garlic, crushed with garlic press
- 4 (about 5 ounces each) pork loin chops, 3/4-inch thick
- 4 large peaches, each cut in half
- 1/2 cup peach jam, substitute apricot jam or preserves
- Arugula, for garnish

1. In cup, stir curry powder, brown sugar, olive oil, salt, cinnamon, pepper and garlic.
2. With hands, rub both sides of pork chops with curry mixture.
3. Brush cut side of peach halves and 1 side of chops with some jam. Place peaches, brushed side down, and chops, brushed side up, on grill over medium heat; cook 5 minutes.
4. Turn chops and peaches over and brush grilled side of chops with some jam; cook 5 minutes longer. Remove peaches from grill when browned and place on platter. Turn chops and brush with remaining jam; cook 2 to 3 minutes longer, until chops are browned on the outside and still slightly pink on the inside. Place chops on platter with peaches; garnish with arugula. Serves 4.

## Good Housekeeping

### Glazed Salmon With Watermelon Salsa

We love the combination of sweet and spicy flavors, so we added a jalapeno chile to the fruit salsa — with delicious results.

- Watermelon Salsa:**
- 1 lime
  - 4 cups seedless watermelon, 1/2-inch cubes
  - 1/4 cup (loosely packed) chopped fresh mint leaves
  - 2 tablespoons chopped green onion
  - 1 small jalapeno chile, seeded and finely chopped

- Glazed Salmon:**
- 1/4 cup hoisin sauce
  - 1/2 teaspoon Chinese five-spice powder
  - 4 (6 ounces each) salmon steaks, each 1 inch thick

1. Prepare outdoor grill for covered direct grilling over medium heat.
2. Prepare salsa: From lime, grate 1 teaspoon peel and squeeze 1 tablespoon juice. In serving bowl, toss lime peel and juice with watermelon, mint, green onions and jalapeno. Makes about 3 2/3 cups.
3. Prepare salmon: In cup, stir hoisin sauce and five-spice powder.
4. Place salmon on hot grill rack over medium heat. Brush salmon with half of hoisin mixture. Cover grill and cook salmon 3 minutes. Turn salmon over and brush with remaining hoisin mixture. Cover grill and cook 3 minutes. Turn salmon over again and cook until just opaque throughout, about 3 more minutes. Serve salmon with Watermelon Salsa. Serves 4.

**Comfort foods**

Made fast and healthy

by Healthy Exchanges

### Blueberry-Raspberry Summer Pie

When you combine fresh blueberries and raspberries, you combine much more than berries. You combine magic!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free raspberry gelatin
- 1/4 cups diet lemon-lime soda
- 1/4 teaspoon ground cinnamon
- 2/4 cups fresh blueberries
- 3/4 cup fresh red raspberries
- 1 (6-ounce) purchased graham cracker pie crust
- 2 (2 1/2-inch) graham cracker squares, made into crumbs
- 1/2 cup reduced-calorie whipped topping

1. In a large saucepan, combine dry pudding mix, dry gelatin and soda. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Stir in cinnamon. Add blueberries and raspberries. Mix gently just to combine.
2. Spoon hot mixture into pie crust. Evenly sprinkle graham cracker crumbs over top. Refrigerate for at least 1 hour. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.

## Good Housekeeping

### Strawberry Ice Cream

Making your own ice cream is easier than you think — especially when it doesn't require a fancy machine. This delectable four-ingredient treat whips up in 10 minutes flat and freezes into scoopable sweetness in an hour. With a mere 70 calories per serving and less than 1/2 gram of saturated fat, go ahead: Spoon up some more.

- 1 pound frozen strawberries
- 1 cup (2%) plain Greek yogurt
- 1/4 cup sugar
- 1/2 teaspoon vanilla extract
- Strawberries, for garnish

1. In food processor with knife blade attached, pulse 1 cup strawberries until finely chopped. Transfer chopped berries to large metal bowl.
2. In food processor, puree yogurt, sugar, vanilla and remaining strawberries until smooth. Transfer to bowl with strawberries; stir until well-combined.

3. Cover and freeze about 1 hour, until firm but not hard. Garnish with strawberries. Yields 7 (1/2-cup) servings.

TIP: You can substitute plain low-fat yogurt for the Greek yogurt. We found both worked well, but we preferred Greek yogurt's creamier texture. Freezing time may vary depending on freezer make and model. Begin checking your ice cream at 1 hour, and continue freezing if you prefer a firmer texture.

## Good Housekeeping

### Watermelon Slushie

A refreshing, colorful drink for those dog days of summer. If you have extra watermelon, you can freeze it for more slushies.

- 3 cups seedless watermelon, cubed
- 1 cup frozen strawberries
- 2 scoops lemon sorbet
- 1/4 cup pineapple juice, chilled
- 2 tablespoons fresh lime juice

In blender, combine watermelon, strawberries, sorbet, pineapple juice and lime juice and blend until mixture is smooth. Pour into 4 glasses. Makes 3 1/2 cups.

• Each serving: About 87 calories, 7mg sodium, 22g total carbohydrate, 1g protein.

Recipe excerpted from "Good Housekeeping Blend It!: 150 Sensational Recipes to Make in Your Blender — Frappes, Smoothies, Soups, Pancakes, Frozen Cocktails and More." (Hearst Books)



**We Now Offer Sandwiches!**

**We Just Added A New Fish/Seafood Department!**

# Oktoberfest

## "headquarters"

WE HAVE ALL YOU NEED TO HOST A PERFECT PARTY! OUR HOMEMADE BRATWURST, LEBERKASE, KNACKWURST, KASSLER RIBS, LANDJAGER, AND SMOKED THURINGER.

**Customer Appreciation Day September 12<sup>th</sup>, Call 773.248.6272**

ALSO, BARREL SAUERKRAUT, JUMBO PICKLES & 90 DIFFERENT TYPES OF MUSTARD!

# PAULINA MARKET

**3501 N. LINCOLN AVE.  
CHICAGO, IL 60657  
773 248 6272**

BEST OF THE WURST

TURDUCKEN VEAL  
SHEBOYGAN CURRY  
ANDOUILLE GYROS  
AND MORE...

WWW.PAULINAMEATMARKET.COM

# Crime

**Robbery** on the 3800 block of North Broadway.

**Burglary** on the 600 block of West Hutchinson Street.

**Assault** on the corner of Chicago Avenue and Clark Street.

**Shooting** on the 4300 block of Rockwell.

**Robbery** on the 1500 block of North Bosworth Avenue.

**Robbery** on the 900 block of North Clark Street.

**Robbery** on the 1300 block of North Paulina Street.

**Theft** on the 1600 block of West Division.

**Assault** on the 100 block of West Elm Street.

**Assault** on the 3500 block of North Broadway.

**Assault** on the 700 block of West Sheridan Road.

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

**Theft** on the 1600 block of North Bell Avenue.

**Assault** on the 900 block of West Lawrence Avenue.

**Theft** on the 1300 block of North Sedgwick Street.

**Theft** on the 3700 block of North Lincoln Avenue.

**Theft** on the 5400 block of North Clark Street.

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

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

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

**Theft** on the 2700 block of North Elston Avenue.

**Assault** on the 4300 block of North Sheridan Road.

**Theft** on the 5500 block of North Clark Street.

**Assault** on the 400 block of West Diversey parkway.

**Robbery** on the 2800 block of North Ashland Avenue.

**Theft** on the 1500 block of North Fullerton Avenue.

**Theft** on the 4600 block of North Broadway.

**Theft** on the corner of State and Division Street.

**Theft** on the 3900 block of North Pine Grove Avenue.

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

**Vandalism** on the 2000 block of North Clark Street.

**Theft** on the 1000 block of North Dearborn Street.

**Theft** on the 500 block of West Addison Street.

**Theft** on the 1300 block of North Fullerton Avenue.

**Theft** on the 1800 block of West Haddon Avenue.

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

**Theft** on the 6000 block of North Kenmore Avenue.

**Vandalism** on the 2400 block of North Racine Avenue.

**Assault** on the 4400 block of North Broadway.

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

**Assault** on the 900 block of West Gordon Terrace.

**Assault** on the 3200 block of North Broadway.

**Theft** on the 4100 block of North Oakley Avenue.

**Vandalism** on the 3500 block of North Pine Grove Avenue.

**Robbery** on the 3800 block of North Broadway.

**Burglary** on the 4700 block of North Troy Street.

**Burglary** on the 600 block of West Hutchinson Street.

**Robbery** on the 3600 block of West Irving Park Road.

**Shooting** on North Rockwell Street and West Thomas Street.

**Burglary** on the 2900 block of North Pulaski Road.

**Assault** on the 2300 block of North Milwaukee Avenue.

**Shooting** on the 1300 block of North Western Avenue.

**Shooting** on North Drake Avenue and West Courtland Street.

**Shooting** on the 2800 block of North Drake Avenue.

**Robbery** on the 4000 block of West Lawrence Avenue.

Shooting at 43rd and Rockwell.

**Robbery** on the 1500 block of North Bosworth Avenue.

**Robbery** on the 1300 block of North Paulina Street.

**Theft** on the 3800 block of North Spaulding Avenue.

**Theft** on the 1600 block of West Division Street.

**Assault** on the 3500 block of North Broadway.

**Theft** on the 3700 block of North Lawndale Avenue.

**Assault** on the 2600 block of West Crystal Street.

**Robbery** on the 900 block of North Hermitage Avenue.

Assault on the 700 block of West Sheridan Road.

**Assault** on the 56500 block of North Talman Avenue.

**Theft** on the 1600 block of North Bell Avenue.

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

**Assault** on the 3200 block of North Milwaukee Avenue.

**Robbery** on the 1400 block of North Kedzie Avenue.

**Assault** on the 900 block of West Lawrence Avenue.

**Theft** on the 3500 block of North Kildare Avenue.

**Vandalism** on the 900 block of North Western Avenue.

**Theft** on the 3700 block of North Lincoln Avenue.

**Assault** on the 5200 block of North Lincoln Avenue.

**Theft** on the 5400 block of North Clark Street.

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

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

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

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

**Theft** on the 2700 block of North Elston Avenue.

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

**Theft** on the 1500 block of West Fullerton Avenue.

**Theft** on the 2500 block of West Gunnison Street.

**Theft** on the 2400 block of West Cortez Street.

**Assault** on the 6100 block of North Oakley Avenue.

**Robbery** on the 2800 block of North Ashland Avenue.

**Assault** on the 400 block of West Diversey Parkway.

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

**Theft** on the 5500 block of North Clark Street.

**Assault** on the 4300 block of North Sheridan Road.

**Vandalism** on the 5000 block of North Central Park Avenue.

**SEE OUR WEBSITE FOR LATEST INSTRUCTIONS .WE ARE OPEN AGAIN IN LAKEVIEW!**

# Protect yourself. Pepper Spray

**Starting at \$12.99  
or 2 for \$20**

**Army Navy Surplus U.S.A.**

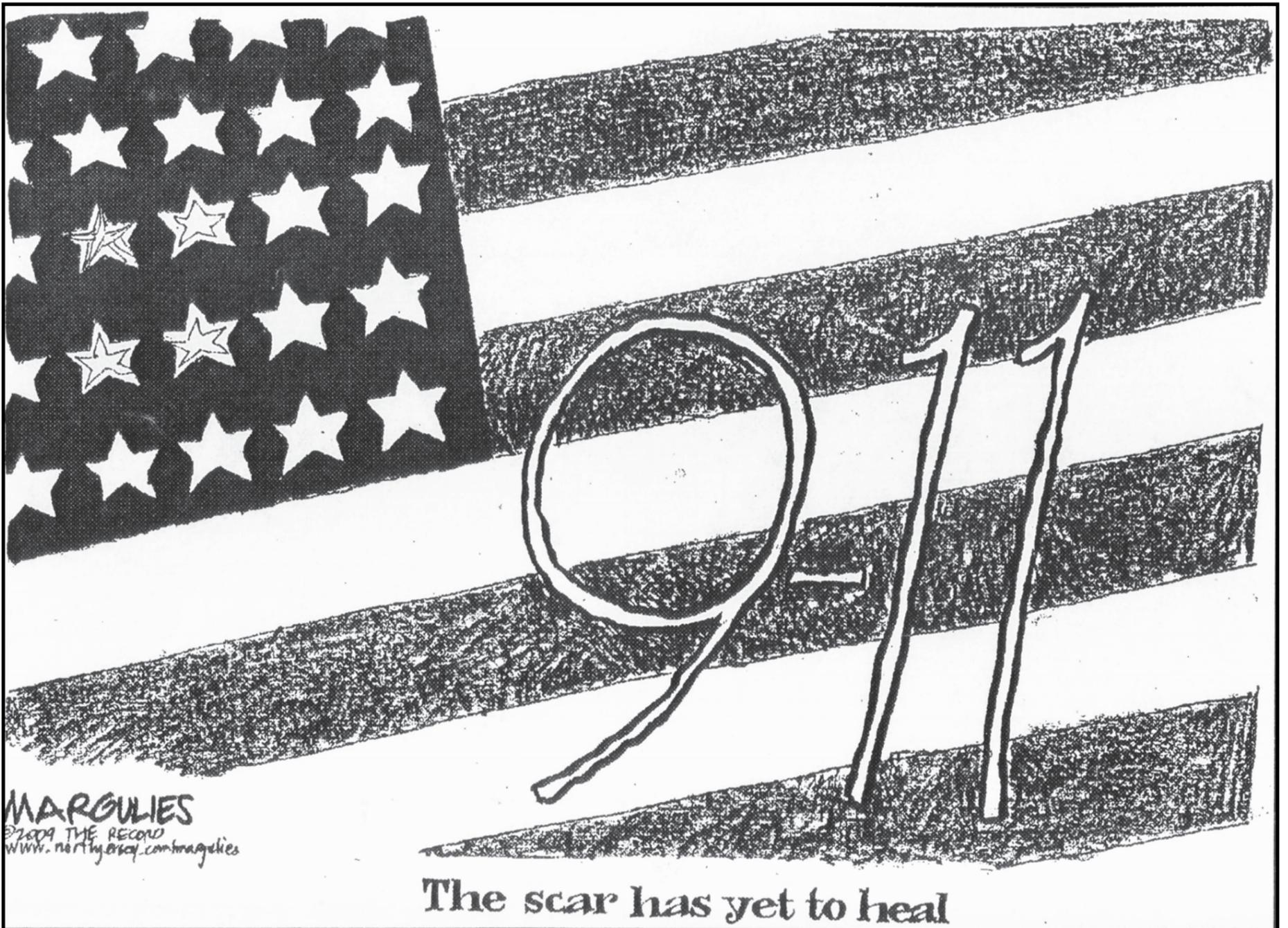
3100 N. Lincoln Ave • Chicago  
(773) 348-8930

Store Hours: Mon. thru Fri: 8-5, Sat. 10-5  
Shop 24 hours a day, 7 days a week on the web

[www.ArmyNavySales.com](http://www.ArmyNavySales.com)

## URGENT!

The Chicago Police Department needs your help and assistance in finding the looters that burned and destroyed our downtown businesses and local business. Please go to their web site: <https://home.chicagopolice.org> for photos of the people responsible. If you recognize them get in touch with the police department.



Home is the place we go to after a long work day. A place to rest, spend time with family and friends and enjoy the fruits of our labor. It's a haven from the noise of the outside world and a place to recharge ourselves. On September 11, 2001, that peace was shattered and as Americans, our lives would never be the same again. We looked on in horror and disbelief at what was happening before our eyes. We watched as the Twin Towers in New York were brought down by terrorists. We watched as the Pentagon was attacked and we heard what those brave Americans did on another plane headed for destruction. They gave up their lives for their fellow Americans. More people were killed in the September 11<sup>th</sup> attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom. We have a scar and that scar is a constant reminder of what happened on September 11<sup>th</sup>, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

**ArmyNavySales.com**  
 Shop 24 hours a day  
 7 days a week  
 We are proud to support our troops  
 Visit our store  
**Army Navy Surplus**  
 3100 N. Lincoln Ave.  
 773-348-8930

**Lakeview Newspaper**  
 Post Office Box 578757 Chicago, Illinois 60657 (312) 493-0955  
**www.Lakeviewnewspaper.com**

**Alderman Scott Waguespack**  
 32<sup>nd</sup> Ward Office  
 2657 N. Clybourn  
 Chicago, Illinois  
 773-248-1330  
 info@ward32.org  
 www.ward32.org

**Northcenter Chamber of Commerce**  
 4054 N. Lincoln Ave.  
 Chicago, IL 60618  
 p/773-525-3609  
 f/773.525.1539  
 74 years of serving our neighborhood.

**Looking to buy or sell real estate?**  
**Menard Johnson**  
 The Real Estate Experts  
 Over 40 years experience  
**Knowledge Experience Total Service**  
 2200 West Roscoe  
 773-472-6016

**PAULINA MARKET**  
 CUSTOMER APPRECIATION  
 DAY SEPT. 12  
 Established 1949  
 3501 N. Lincoln Avenue  
 Chicago, IL 60657  
 (773) 248-6272  
 WWW.PAULINAMEATMARKET.COM

**Now is the time to get your fireplace tuned up!**  
  
 3105 N. Ashland • 773-348-9111  
**Free Parking**  
 www.Greenforestfireplaceandpatio.com

**GREIN FUNERAL DIRECTORS**  
 2114 West Irving Park Road  
 Chicago, Illinois 60618  
 773-588-6336  
 Nicole S. Smith  
 Funeral Director  
 Complete range of funeral and cremation services.  
 Independently owned and operated  
 Established 1889

**Central Savings**  
 Serving the community for over 126 years  
 2827 N. Clark • 773-528-2800

1601 W. Belmont at Lincoln and Ashland 773-528-0200

2601 W. Division 773-342-2711

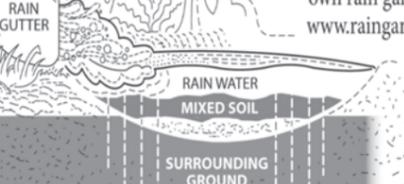





**Rain gardens** are shallow depressions in the landscape that give rainfall a chance to collect and filter through the surrounding ground, instead of being funneled directly away from the property into local waterways via storm drains. Pollutants can be filtered out of rainwater during this process. For instructions on how to build your own rain garden, go online to [www.raingardennetwork.com](http://www.raingardennetwork.com)

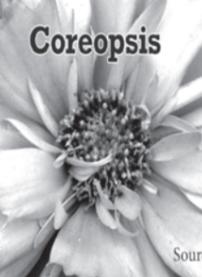
- Brenda Weaver

Sources: [uconn.edu](http://uconn.edu), [www.raingardennetwork.com](http://www.raingardennetwork.com)




Also known as "tickseed" or "tickweed," this perennial herb is native to almost all of North America. It does very well against drought and diseases, and fertilizing is not needed. It grows to about 12 inches tall, with bright yellow flowers that attract bees and butterflies all summer long. After the first hard frost, cut the plants down to soil level and cover with a 1-inch layer of mulch to protect the plant over the winter. - Brenda Weaver

Sources: [www.gardenguides.com](http://www.gardenguides.com), [www.gardeningknowhow.com](http://www.gardeningknowhow.com)




**Planting carrots**  
Prep your soil with rock phosphate or bonemeal in late July to early August. Plant the carrot seeds approximately three to four inches apart; they require 14 to 21 days to sprout. Remember to weed and water the carrots regularly. Fertilize again when the foliage tops have reached about 3 inches tall.

- Brenda Weaver

Sources: [phtomeandgarden.com](http://phtomeandgarden.com), [www.hobbyfarms.com](http://www.hobbyfarms.com), [www.backyard-vegetable-gardening.com](http://www.backyard-vegetable-gardening.com)



# Northcenter Shops and Services

These businesses are true professionals dedicated to you and believe in personal service



**Happy Kids Group**  
Daycare Home

- ◆ Open year round
- ◆ Fenced in play yard
- ◆ City and State licensed for over 15 years
- ◆ Insured
- ◆ Ages 6 weeks to 6 years old
- ◆ Federal Food Program

**2148 W. Montrose 773-728-KIDS**  
**773-728-5437**

Hours: 7am-6pm Mon. thru Fri.  
(The Big Blue House-Go Cubs)

## Business Spotlight



**Dan Scott**, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

He is dedicated to giving each and every customer the personal attention required to ensure that your experience will be a positive one.

If you need to rent a mail box, ship a parcel, have copies made, need something faxed or have a presentation or direct mail piece put together he can assist you.

Call The UPS Store at (773) 871-1400



**The UPS Store**

Heading to the Post Office?  
See us first.



**New, more competitive rates.\***  
**Same great service.**  
**Shorter lines.**

**Just One Block North Of Irving Park!**  
4044 N Lincoln Ave  
Chicago, IL 60618  
(773) 871-1400  
[store4569@theupsstore.com](mailto:store4569@theupsstore.com)  
[theupsstorelocal.com/4569](http://theupsstorelocal.com/4569)

**Hours:**  
**Mon-Fri** 09:00 AM-07:00 PM  
**Sat** 09:00 AM-05:00 PM  
**Sun** Closed

\*Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office™. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on [ups.com/rates](http://ups.com/rates). For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of \$2.65, which provides up to \$100 indemnity coverage for a lost, rifled or damaged article. See [usps.com](http://usps.com) for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

The UPS Store® locations are independently owned and operated by franchisees of The UPS Store, Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2016 The UPS Store, Inc.

## Quotes worth your time

“If you think you are too small to make a difference, try sleeping with a mosquito.”  
Dalai Lama

“As I hurtled through space, one thought kept crossing my mind- every part of this rocket was supplied by the lowest bidder.”  
John Glenn

“When a man opens a car door for his wife, it's either a new car or a new wife.”  
Prince Philip

“The only mystery in life is why the kamikaze pilots wore helmets.”  
Al McGuire

Reading Lakeview Newspaper will make you smarter.

**Lakeview Newspaper**  
PO Box 578757 • Chicago, Illinois 60657  
[www.Lakeviewnewspaper.com](http://www.Lakeviewnewspaper.com)

**Northcenter is**



**OPEN FOR BUSINESS**

**Saturdays, 7 AM-1 PM**  
**thru Oct. 31**

**Northcenter Town Square**  
4100 N Damen Ave.

Thank you to our sponsors.



Supporting our local businesses keeps our community vibrant and strong.

**Shop Local. Shop Northcenter.**

For more information on businesses located in Northcenter, visit:  
[northcenterchamber.com](http://northcenterchamber.com)

more info: [northcenterchamber.com](http://northcenterchamber.com)

# Comics

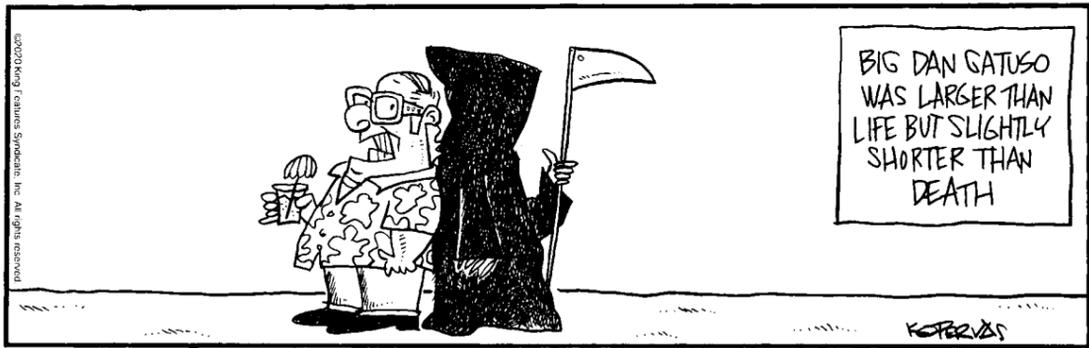
## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



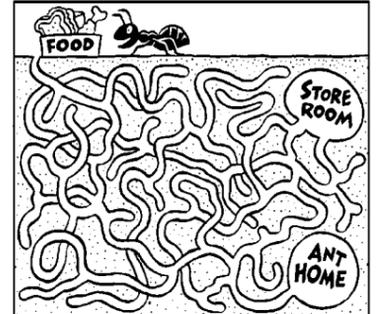
## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## Junior Whirl

by Charles Barry Townsend



WHILE TIMMY IS COOLING OFF with a Clam Spritzer, see if you can count how many shells are in the picture. We found more than 30.

DON'T GET ANTSY trying to solve this ant maze. See if you can find the route from the food to the ant home in one minute.

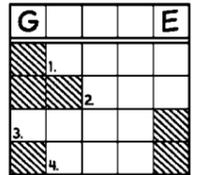
SEE IF YOU CAN make this math expression correct by adding four plus signs between certain numbers:

1 2 3 4 5 6 7 = 100

Answer: 1 + 2 + 3 + 4 + 56 + 7 = 100.

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 the letter-by-letter order within the mystery word) are defined below.

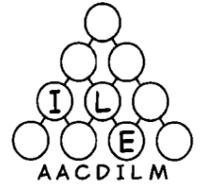
- 1. To load up.
- 2. A drink ending.
- 3. Very willing.
- 4. A young man.



THE MYSTERIOUS OBJECT! Under the napkin is an object that has 8 corners, 6 sides and 12 edges when it's dry, but has none of these when it's wet. What do you think it is?



CHAIN REACTION! Take the seven letters printed below the diagram and place them in the circles so that eight 4-letter words can be read top to bottom along the connecting lines. All the words will begin with the letter in the top circle



## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cloud has moved. 2. Sunglasses have been added. 3. License plate is missing. 4. Dog's leash is longer. 5. Birds have been added. 6. Cactus is closer.

## Just Like Cats & Dogs

by Dave T. Phipps





Photo courtesy of Getty Imag

# Smart Start

## Savvy tips to kick off a new school year

### FAMILY FEATURES

**R**eturning to learning may bring more new experiences this fall than anyone ever imagined. Regardless of the learning environment, there are some tips and supplies that can make it easier on the whole family to restart curriculum.

Whether your kids will be at home or in the classroom, making education easy is likely a top priority as you plan for the weeks and months ahead. These supplies and ideas can help you get organized and ready to tackle a new school year with confidence.

Find more back-to-school tips and solutions at [eLivingtoday.com](http://eLivingtoday.com).



### Calculate Your Way to School Success

Whether learning from home or the classroom, Texas Instruments has students covered with new additions to its colorful collection of TI-84 Plus CE graphing calculators. Available in colors like “Rose Curve Gold” and “Measure Mint,” these math and science machines help students grasp important STEM concepts and succeed on exams. The super-sleek graphing calculator can take students from middle school through graduate school, and can even help them learn to code. Find more school solutions at [education.ti.com](http://education.ti.com).



### Don't Overlook Organization

Staying organized during school season is a goal for many families, and one of the best ways to do so is with an option like ClosetMaid Mini 6 Cube Organizers, which are refreshed versions of old favorites. Use these organizers, also available in matching offset designs, on flat surfaces or mounted on the wall to store, organize and display any number of small items. Find more solutions for the school year at [closetmaid.com](http://closetmaid.com).



### Make Lunchtime Easy

You can make lunchtime fun, flavorful and easy for your little learner with Sabra Singles, a plant-based snack perfect for kids. Pair with classics like carrots, cucumbers, tortilla chips or pretzels. They're available in varieties like Classic and Roasted Red Pepper Hummus and allow kids to help themselves to make lunchtime a cinch. Find more inspiration at [sabra.com](http://sabra.com).



### Better Organization with a Bookshelf

A new school year and the learning it entails calls for plenty of books, which means organization is paramount. Store your student's books and more, like picture frames, with an option such as the Wide 3-Shelf Ladder Bookshelf from ClosetMaid. These sleek and modern units, available in multiple finish colors and sizes, can be easily assembled and quickly ready for use anywhere in your home. Visit [closetmaid.com](http://closetmaid.com) to find additional organization solutions for this school year.



### Enjoy a Delectable, Better-For-You Dessert

A long day of reading, math and more deserves a treat to end the school day on a high note. For a delicious option you can feel good about enjoying and serving to your kids, consider fairlife's Light Ice Cream, expertly crafted with ultra-filtered milk and natural flavors to deliver a lactose-free treat with a rich, creamy texture and 40% less sugar than traditional ice cream. Find more information at [fairlife.com](http://fairlife.com).



**founded 1893**

# Central Savings

Serving the Community for over 127 Years

## Central Savings Rated

### “Outstanding” for Community Reinvestment!

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

## 18 Month Jumbo CD

**.80% \*APY**

**\$100,000 Minimum Balance**

\*Annual Percentage Yield (APY) is effective as of 8/1/20 and may change at any time.  
There may be substantial penalty for early withdrawal, which may also reduce earnings.  
\$100,000 minimum deposit required to open account.

## Multi-Family (Apartment) Loans

## Commercial Real Estate Loans

**Up to \$4 Million**

**Quick Commitments**

**Credit Scores Not Considered**

**10 Year Loans**

**Low Income Loan Program**

Contact: **Bonnie Carney, Vice-President**  
NMLS#459256

### Chicago Locations

**1601 W. Belmont**  
**(773) 528-0200**

**2827 N. Clark**  
**(773) 528-2800**

**2601 W. Division**  
**(773) 342-2711**

