

**What it costs to  
sell a house**

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**June 2021**

**FREE** It's our 25th Anniversary  
Serving the communities of

Lakeview, Roscoe Village, North Center and Lincoln Square



June, 2021

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

Volume 25, Number 7

# Two faces of Chicago

## Stop the bleeding



Mayor Lori Lightfoot announced that she will refuse to grant interviews to reporters who are not minorities, in an effort to confront the issue of what was described as a mostly white City Hall press corps. She claimed that there is an "overwhelming whiteness and maleness of Chicago media outlets, editorial boards, the political press corps and, yes, the City Hall press corps specifically". The Chicago media and others have questions as to whether or not this is a discriminatory act or choosing a racial issue as a means of distraction from the recent violence in the City of Chicago.

Steve Boulton, Chicago Republican Party Chairman called this new policy toward the press as "curing racism with racism". The Board of the National Association of Black Journalists agreed with her call for diversity in the City Hall press corps ranks but said it cannot support the mayor's method of achieving that.

The mayor is facing

mounting problems over crime, policing, turnover in her office and continuing battles with the Chicago Teachers' Union. Crime in Chicago is escalating. 2020 marked one of the worst years of violence in the past two decades. In the first quarter of 2021, Chicago had the most murders since 2017 with 131 slayings. Children are being shot while playing outside their home and killed by gun fire from the street while in their homes. Most recently, a child was shot in his car seat. The Mayor needs to stop the bleeding. This should be her number one priority and although the issue of racism in the press corps is important, this city needs to get this river of violence damned up. Families are forever changed, and people are afraid. No one wants to be a statistic. People want to have peace and go about living their lives without worrying about carjackings, murder, robbery and more. We

Continued on page 2

## REOPENING CHICAGO



Memorial Day weekend marked the re-opening of more than two-dozen Chicago beaches along the Lake Michigan shoreline and they will remain open through Labor Day weekend.

It also marks a new stage in the re-opening plan like welcoming back fans to the United Center, reopening Navy Pier, the Auto Show, and music lovers will get a chance to experience "Chicago In Tune", August 19-September 19, a new festival celebrating Chicago's diverse and legendary music scene and the 2021 Year of Chicago Music, as well as concerts at the Jay Pritzker Pavilion featuring the 2021 season of Grant Park Music Festival (Wednesdays, Fridays, and

Saturdays) July 2 – August 21 at 6:30-8:00PM. Seating in the Pritzker Pavilion requires reservations as do spots on the lawn, where social distancing will be marked by squares painted on the grass. Windy City Smoke-out, the annual outdoor festival (July 8-11) with dozens of BBQ pitmasters and restaurants, will take place in the parking lot of the United Center. It will be the first post-pandemic street festival starting a string of summer events.

The City will open State Street on Sundays from Madison to Lake beginning July 11th. A portion of State Street will be closed to vehicle traffic to give pedestrians a chance to experience arts and culture, retail, restau-

rants and bars. The street closures will be in place from 7am to 11pm with the event itself scheduled from 11am to 8pm.

And, the grand daddy of them all, Lollapalooza will be held July 29-August 1, 2021. Featured are more than 170 performances across 8 stages from 11am – 10pm. local time.

We are still in the midst of a pandemic, so to attend Lollapalooza 2021, full Covid-19 vaccination or negative Covid-19 test results will be required to attend Lollapalooza 2021. For patrons who are not fully vaccinated, a negative Covid-19 test result must be obtained within 24 hours of attending each day. More details on the entry process will be available in early July, but

getting vaccinated weeks prior to the festival is encouraged.

So, as we emerge from our cocoons, we look forward to getting our lives back. However, our normal may not exist as things we took for granted are no longer there.

For instance, handshakes, and finding out that your favorite restaurant, or hair salon went out of business. Getting called back to work after being at home will be awkward for a while. Reuniting with family and friends and dealing with who's vaccinated and who's not. It's a whole new set of rules but as a society, we move forward. Summer is here, so let's enjoy it and stay safe while doing so.

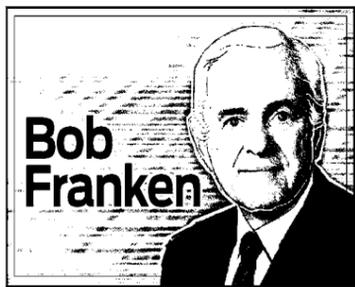
# Editorial & Opinions

**Stop the bleeding**  
Continued from front page

all want to feel safe. Gang wars are killing innocent people. Violence against police officers has also increased. Police officers have been shot at 21 times compared with nine officers in the same period last year. Four officers were shot in the line of duty and two officer suicides in March.

The mayor has introduced a Proposal for Civilian Oversight of the Chicago Police Department. The 7-member commission will be made up of Chicago residents, but will not have any citizenship requirements or restrictions. The commission will begin work on January 1, 2022. This independent civilian body will oversee community input on the Chicago Police Department, the Civilian Office of Police Accountability and the Police Board.

In the meantime, summer is here and the people of this city don't want to see and hear on the 10 o'clock news that another tragedy has struck another family. And, as a reminder, the 4th of July is just around the corner and that means fireworks.



## Human Cicadas

Think of us as cicadas, the insects you've heard about ad nauseam, that live underground for 17 years and then surface to get it on. Well, we humans in the U.S. have sheltered in place for 17 months, give or take, tucked away from the ravages of COVID. And now we are about to find out how bawdy our bodies have become.

Now millions of hibernating Americans will emerge, courtesy of the vaccine, to discover how the world has changed. The absence of masks — prima facie evidence of a return to "normal" — might reveal a metamorphosed society.

True, the millions of workers who got used to upper-half masquerades during Zoom meetings, or those who were forced into babysitting the kiddies at home as the family urchins struggled with school, will now come trickling back to the office — if they have an office to which they can return. Many desperate employers discovered the financial advantages of having less real estate, and some have turned to machines to make their employees flat out obsolete. Fewer jobs mean fewer restaurants or food trucks, fewer hotel rooms, fewer shopping opportunities, fewer entertainment venues and, most importantly, fewer workers downtown to staff those facilities.

And what about those precious little delicate flower kiddies, who are going back to in-person school, or will return this fall? Will they be like the cicadas and have forgotten all they had learned, or will at least some of the virtual instruction have actually taken? Probably a bit of both. Chances are they will have some catching up to do. Will colleges and universities have to lower their admission standards,

or will higher education change now that we've discovered that you don't have to go to a boring lecture from a pompous junior instructor in a decrepit building at exorbitant tuition prices when you can get that same pomposity from your Zoom room at home?

How will the politicians respond to all these changes? The easy answer is poorly or not at all. They're dinosaurs anyway, mired in extinct issues, ready for some meteor to obliterate them before they even deal with reality — as opposed to the cliched issues of yesterday. They are most preoccupied with keeping their jobs, which makes them vulnerable to the demagogues and influence peddlers who will pay good — or should I say bad? — money to keep things the way they were. That is to say unfairly distributed. We never learn or, if we do learn, it's the wrong lesson.

The pandemic provided proof. Since the beginning of the United States, we have been stained as a nation by our oppressive treatment of people of color. Even today, as we undeservedly gloat about each tidbit of progress we've made, we are faced with statistics that minorities have been disproportionately felled by the coronavirus. Why? Because of crippling discrimination, that's why. We are still badly burdened by inequality. The poor are stuck in menial jobs that require face-to-face contact with the infectious general public, forced to live far from health care as well as nutrition.

It's not hard to understand that. The reaction has been divided. Liberals talk a good game. They pretend they want to take meaningful steps to force police to stop killing minorities, going through the motions of making schools better for all, giving lip service to the ways they'll achieve equal opportunity. Conservatives challenge what they call a "critical race" curriculum, attacking the way the history of prejudice in the United States is taught. All that frustration and futility begs the question that cicadas ask even if they succeed in making the big score after 17 years of anticipation: Was it really worth it?

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

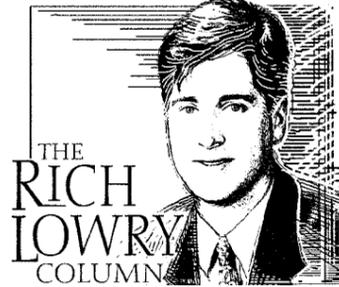
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## Americanisms



"Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them."  
— Franklin D. Roosevelt

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## The GOP Future Is Bright

Republicans have had a brutal news cycle over the past month, between the ouster of Liz Cheney from leadership and the intraparty jousting over a January 6 commission.

The overwhelming sense of the coverage is that the party is descending into madness and civil war and is a husk of its former self.

There's no denying that much of the party has been too willing to indulge or look away from wild theories about the 2020 election and the Capitol riot, but this shouldn't obscure the fact that the Republicans are well-positioned to take the House next year.

All indications are that GOP voters are united and energized and the party is doing what's necessary to make Kevin McCarthy the next speaker, which would instantly squash the never-very-plausible talk of Joe Biden being the next FDR.

The foundation of the GOP's unity, of course, is that Donald Trump effortlessly maintained his control of the GOP. The anticipated civil war came and went with barely a shot fired.

Cheney is certainly a casualty, although she is now less a leader of a significant faction of the party and more a voice crying in the wilderness. That is an honorable role, and she may well be vindicated in the fullness of time.

But the party will pay no electoral price for the drama over her leadership role or, likely, for its continued loyalty to Trump.

Despite Trump's grip, he's not front and center for average voters. He isn't president and he isn't on the ballot. The focus inevitably will be on Biden and his agenda, which will loom larger than anything the former president can do from Mar-a-Lago.

The Democratic polling outfit Democracy Corps just did a battleground survey that confirmed this pic-

ture. As Stanley Greenberg writes in a memo about the poll, among Republicans: "the percent scoring 10, the highest level of interest in the election, has fallen from 84-68%. But Democrats' engagement fell from 85-57%."

Greenberg calls the GOP base "uniquely unified and engaged."

More evidence is the boffo fundraising by the National Republican Campaign Committee so far. Meanwhile, GOP candidate recruitment is ahead of the pace of prior midterm cycles, whereas Democrats are seeing worrisome retirements.

It's not as though there's a high bar for the GOP. Republicans will need to flip about half-a-dozen seats in the House, when in the post-World War II era the president's party has lost on average 27 seats in midterms.

On top of this, the playing field is tilting the GOP's way. Reapportionment gave more seats to Republican states and based on its strength in state legislatures, the GOP also has the upper hand in redistricting.

The Biden theory is that \$6 trillion in spending will deliver a roaring economy that diminishes any midterm losses. But the latest jobs and inflation numbers show that it might not be so simple, and there is considerable doubt whether Biden can get his spending.

Greenberg derives some comfort from his belief that, in contrast to 2020, "this time, Democrats cannot fail to see how early Trump's party is fully engaged with its ongoing culture war, focused on crime, open borders, and defunding the police."

Yet, there is no indication of any effort to seriously defuse these issues. Biden's policies have needlessly created a crisis at the border, and murder rates continue to climb in major cities, even as much of the left still talks of the police as if it's a racist occupying force.

There are miles to go before November 2022. Biden might find a way to thread the needle of cooperating with Republicans on infrastructure and police reform without alienating his own base, and unforeseen events always take a hand.

But the story of 2021 is not a Republican meltdown. Despite what you read, the party stands a good chance to end its bout in the wilderness after two short years.

*Rich Lowry is editor of the National Review.*

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## Lakeview Newspaper

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

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# SENIOR NEWS LINE

by Matilda Charles

## Help With COVID Funeral Expenses

No one wants to think about it, but it's a fact of life. People are dying of COVID. They're leaving behind families that, in many cases, are already struggling with financial worries. Add in the cost of a funeral, and many will need help.

The Federal Emergency Management Agency is stepping in with funding. Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is offering financial assistance for funeral expenses incurred after Jan. 20, 2020.

FEMA has started an assistance phone line (844-684-6333) that's open Monday-Friday, 9am-9pm ET. Its representatives will help get applications completed. The call will take about 20 minutes, so they can get all the details right. Have all your information in front of you before you call.

Once you're given an application number, you'll need to send supporting documentation to FEMA, typically by fax or mail.

To learn more, go to the FEMA website: www.fema.gov. Scroll down the front page to the item dated April 12, 2021, Funeral Assistance FAQ.

There are a number of criteria to see if you're qualified for help. You must be a U.S. citizen, noncitizen national or qualified alien. You must be the one who paid the funeral expenses. Funeral homes cannot call for you. If several of you contributed to the expenses, tell them at FEMA, but typically there needs to be one application.

There are a number of categories of funeral expense that might be covered, including headstone, casket, clergy services and more.

A warning: Scammers are always looking for the next way to con people out of money. Now they're calling people (possibly those who were listed in funeral notices) and offering to help fill out the applications for assistance. Don't fall for it. FEMA is not going to call you.

# VETERANS POST

by Freddy Groves

## Once-Homeless Vets Test Job Market

In the month since the homeless veterans had moved into the attic dormitory, three of them had gotten jobs of one kind or another. Sarge had gone banging on doors up and down the main street, looking for available work within walking distance.

The accountant-to-be, he of the formerly long hair and a face hidden by an immense beard, was keeping books and answering phones afternoons at a real estate office, wearing a clip-on tie and a collared shirt with the sleeves rolled down to cover the tattoos on his arm.

Another veteran was only working three nights a week washing dishes at a restaurant. "But he's trying," said Sarge. "He was out on the streets a long time, has PTSD, and a noisy restaurant kitchen is hard on him. He goes outside a couple times each shift and does breathing exercises with the stress app on his phone. He's really trying. Restaurant owner loves him."

The third dormitory veteran was working the building supplies pro desk at the hardware store, quietly mulling his options. "Store manager called me," said Sarge as we stood outside the coffee shop's back door. "Asked if I knew my veteran had once owned a construction company. I did not know that."

Sarge had looked the guy up online and found an old website full of what he said were the most beautiful, high-end kitchens he'd ever seen, along with additions and custom playhouses. "And our boy was the company owner. He never said a word. Never says much of anything."

"But here," he said, pulling some pages out of his pocket and handing them to me. "I found these drawings in the trash."

The sketches were floor plans for tiny homes with storage built-ins and loft bedroom space. At the top of the pages was the notation Veterans Village. The veteran's initials were penciled in the lower corner.

Sarge smiled. "At least we know what he's thinking about."

# Strange BUT TRUE

By Lucie Winborne

• Are you one of those folks who paces while talking on the phone? Psychologists believe this may be a kind of coping mechanism to make up for lack of body language and nonverbal cues that normally accompany conversation.

• A chef traditionally wears white because the chef of the first prime minister of France (1815) believed it was the most hygienic of all colors.

• The shape of the Coca-Cola bottle is patterned after a cacao seed pod.

• In 1995, Chris "Fenderman" Black got hitched to his Fender Stratocaster guitar that he'd purchased 35 years earlier, after his real wife quipped that he spent so much time with it, he should marry it.

• Early Hoover vacuum cleaners were hard to sell because potential customers refused to believe they could have that much dirt in their carpets.

• Plane exhaust kills more people than plane crashes. Approximately 10,000 people die annually from toxic airplane pollutants.

• Argentine goalkeeper Sergio Goycochea would crouch down and covertly urinate on the field before every penalty shootout for good luck. He started the ritual during the 1990 World Cup quarterfinals and continued it for the rest of his career.

• "Hurkle-durkle" is an old Scottish word meaning to lie in bed after it's time to get up and get going.

• A New Jersey man bought a \$5 bottle of orange juice, which his wife deemed too expensive and sent him back to return. He bought two Powerball lottery tickets with the refund and ended up winning the jackpot worth \$315.3 million.

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**Thought for the Day:** "I think that you have to believe in your destiny, that you will succeed; you will meet a lot of rejection and it is not always a straight path, there will be detours — so enjoy the view." —Michael York

# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## 'Teakettle' Inkwell

Many people would never guess what this strange bottle was used for. Although it is called a "teakettle" by bottle collectors because of its shape, it is an antique ink bottle. A quill pen made from a sharpened feather was used to write before a better pen was invented in the early 1800s. After the ink bottle's cap was removed, the pen point was dipped into the ink. Improved pens had a nib, a metal point with a small slit and a ball tip, and later, a reservoir with a feeding mechanism for the ink. When the pen was held in position to write, the ink flowed to the paper.



Kovels

*This green glass inkwell was made about 1880 in France. It is about 2 inches tall and has an unusual brass cap. It sold for \$2,691 at an online-only auction by Glass Works Auctions of Pennsylvania.*

The first ballpoint pen was invented in 1888, but because the ink was wrong, it didn't become a financial success until the 1950s, after many improvements were made. The ballpoint pen is cheaper, so fountain pens have become status symbols used to sign important documents and proclamations. But collectors buy old and new fountain pens, and many also collect inkwells, ink bottles and related antiques.

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She also has many paper folders with ads on the front and needles inside. Are there collectors for old sewing items?

**A.** Yes. If the thimble is 14-karat gold, not just gold-colored metal, it is worth more just because it is gold. The other items are wanted by collectors who sew to actually use or by advertising collectors who like the small ads or use them to display items with old quilts or clothing.

Before the sewing machine was invented in 1845, all clothing and linens were handmade using tools like yours. The needle trade cards were popular giveaways in the 1870s and '80s. A few years later, the needle cases were improved and became small folded envelopes with a piece of fabric pierced by a set of needles. The needles in all these advertising pieces are of top quality and often are taken out of the books to use. Sewing utensils are not expensive and are collected by many. Look for them at house sales, where they may be out of sight in sewing and knitting baskets.

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## CURRENT PRICES

Advertising sign, "You're Miles Ahead with Mobil," canvas, yellow & red letters, blue ground, rolls up, 150x50, 57 x 35 inches, \$60.

Marble lamp base, neoclassical, gilt bronze, putti, acanthus base, 1800s, 19 x 34 x 9 1/2 inches, \$220.

Danish modern chair, cherry frame, swooping arms, swivel backrest, woven back & seat, Selig, Denmark, 28 by 28 inches, \$345.

Travel alarm clock, bicolor gold, decorative screws, folding burgundy leather case, Cartier, box, 2 1/2 inches square, \$530.

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TIP: Keep Barbie barefoot. Don't store a Barbie doll with shoes on because the shoes may damage the feet. Store the shoes where they won't be lost.

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

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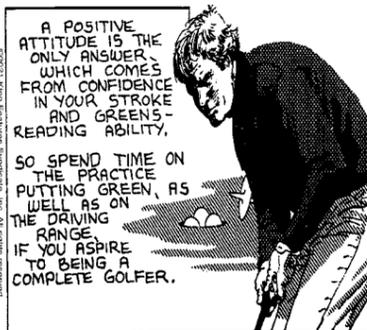
by Ryan A. Berenz

1. Nicknamed "Hefty Lefty," this quarterback tallied four completions for 28 yards for the Super Bowl champion New York Giants in 2007. Who is he?
2. Who holds the NBA record for technical fouls in a career?
3. Name the novelist who wrote "Beartown" and "Us Against You," which both take place in a small, hockey-obsessed community in Sweden.
4. The Tim Hortons Brier is the Canadian men's championship in what sport?
5. In 1930, Chicago Cubs catcher Gabby Hartnett caught a baseball dropped 800 feet from what?
6. What Yale football player and coach became known as the "Father of American Football" for creating many of the sport's rules?
7. Baseball historian and author Peter Nash (aka Prime Minister Pete Nice) was a member of what early 1990s rap music group?

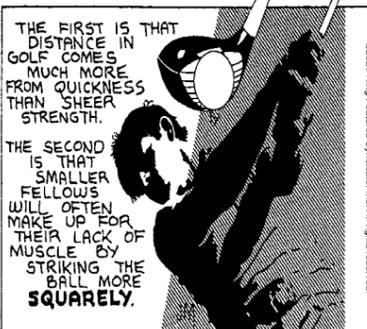
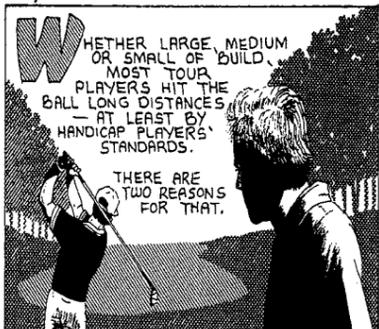
### Answers

1. Jared Lorenzen.
2. Rasheed Wallace, with 317.
3. Fredrik Backman.
4. Curling.
5. A Goodyear Blimp.
6. Walter Camp.
7. 3rd Bass.

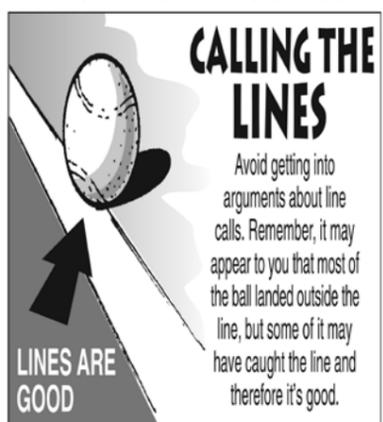
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## STAN SMITH'S TENNIS CLASS



## LAFF - A - DAY



## GRIN & BEAR IT



# Health



## Removal Is Best Option for Tumor Inside Kidney

**DEAR DR. ROACH:** I am 62 years of age and in excellent health. I run or hike 3 miles or more on most days, and road bike, swim and weight train. I eat sensibly, and I don't drink, smoke or take drugs. I don't drink coffee or even take aspirin for pain. My last physical exam showed no problems, and my blood and urine tests were fine.

Recently, I was diagnosed with a small tumor inside my right kidney. It's about a 2.5 cm solid mass with no rough edges at this time. The MRI showed "a 2.4 cm mildly enhancing solid mass concerning for a renal neoplasm." It also showed that the left kidney has a single 1.2 cm cortical cyst over its upper pole aspect. Please explain what this means.

The options for treatment are to completely remove the kidney and see if it is cancerous or just monitor the tumor and see if it continues to grow and remove later. The doctor said the whole kidney has to be removed, because of the central location of the tumor. The doctor also said a biopsy is not a good idea where the mass is located for fear of releasing cancerous cells within the kidney that could move quickly throughout the body. Removal is a drastic measure, no doubt, to test for kidney cancer. Should I just monitor and wait to see what the tumor does or operate and have the kidney removed. What medical action do you suggest that I do? — B.J.R.

**ANSWER:** I am sorry to hear about your kidney tumor. A solitary kidney mass in a man in his 60s is always suspicious for kidney cancer. A 2.4 cm tumor is large enough to provoke serious concern: In a recent study, in people who had their tumors removed, 83 percent of tumors that size were kidney cancer.

Because of the location, a partial removal of just the mass is impossible, so the choice between watching and waiting versus taking the whole tumor out should take into consideration the very high likelihood that this is cancer. Kidney cancer can spread to other organs. If you were my patient, I likely would advise surgery. If you were not a good risk for surgery (say, in your 80s with multiple medical problems), then I might consider watchful waiting. In your case, I think going for surgery is the wiser course. Being so healthy will make your treatment much less risky.

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**DEAR DR. ROACH:** Does BPH increase the possibility of prostate cancer? — A.L.

**ANSWER:** Benign prostatic hypertrophy is a common condition in men. About half of men in their 50s have an enlarged prostate, and the proportion gets even higher as men age. The major symptoms of enlarged prostate are difficulty with urine flow, a sensation of decreased emptying, difficulty initiating urination, and increased frequency of urinating, including at night. As symptoms worsen, incontinence can occur and even kidney damage may result due to the high pressure in the bladder.

The first word in "BPH" is "benign": It is not a cancerous condition. It does not protect against developing cancer, but there does not appear to be an increased risk for cancer among men with symptoms of BPH, according to the most recent studies.

## There's No Such Thing as 'Cure' for Autism

**DEAR DR. ROACH:** A friend took her autistic son to a clinic in Mexico where he was fed a bleach solution that was supposed to cure his autism, but instead it made him very sick. He was deeply distressed and regressed in his behavior, and there was nothing my friend could do because in Mexico these kinds of clinics are allowed to operate with impunity. Isn't there some way to stop this kind of thing? — P.P.L.

**ANSWER:** Before I get into why this story makes me both sad and angry, I want to address autism. Autism is an increasingly diagnosed condition that includes difficulty with social interactions, stereotyped repetitive movements and delayed language skills, although there is a subset of people with autism with no language delay. It's absolutely critical to recognize that autism is a spectrum condition, ranging from people with profound disabilities to those who are so mildly affected that the diagnosis is very subtle. Correct diagnosis is complicated,

even for an expert. Intellectual abilities in autism range from severe cognitive impairment to far above-normal intelligence. As such, the proper medical care of a person with autism depends on his or her unique situation.

Although most people on the autism spectrum need some extra empathy and understanding in order to have the best possible life, people with autism do not need to be "cured." There is no "cure" for autism, so when you hear a professed "cure," you should be deeply suspicious.

In the case of the bleach solution, it is sadly not just in Mexico where this happens. The Food and Drug Administration had to warn consumers against the use of a product called "miracle mineral solution," "chlorine dioxide" and other names. It is hard for me to believe the FDA has to warn people not to drink (or make your child drink) a powerful bleaching agent, but there are increasing reports of its use. It causes damage to the intestines, as you correctly note, but may also cause liver failure, nausea and vomiting, and dehydration. There is no evidence that this "treatment" is effective for any condition, even though it is marketed for cancer and HIV as well as autism. This is what makes me angry: I cannot imagine a crime much worse than profiting off of a treatment known to be both dangerous and ineffective.

What makes me sad is that I can empathize with parents who have a child with autism who want their child to be more like other children, more "normal." It takes time to come to grips with the fact that your child is not like others, but that he or she is a unique person who should be loved and accepted for who he or she is. That means finding creative ways to really help your child. There is a wide range of appropriate treatments for people with autism, preferably considered as early as possible, which is why it is so important to make the correct diagnosis quickly in a child with autism.

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**DR. ROACH WRITES:** After my recent column on mercury, a toxicologist wrote to remind me that metallic mercury can be absorbed through the skin and thus mercury, such as from a broken thermometer, should never be played with and should be properly disposed of.

## Myasthenia Gravis Hits Nerve/Muscle Juncture

**DEAR DR. ROACH:** What can you tell me about myasthenia gravis? My dear friend was diagnosed with it and hospitalized for eight days. She is able to walk and move about, but now, six weeks later, she is still on a liquid diet and unable to

move any of her facial muscles. — I.M.

**ANSWER:** Myasthenia gravis, from the Latin and Greek for "serious muscle weakness," is an autoimmune disease that attacks the connection of nerves to muscles. Specifically, the body attacks the acetylcholine receptor or its associated proteins, where nerves connect to skeletal muscles. This causes weakness of the muscles and increased susceptibility to fatigue.

The diagnosis of MG is suggested by typical symptoms, the most common of which are eye symptoms like double vision or droopy eyelid (ptosis). A smaller number of people will have symptoms that involve eating and chewing — this sounds like your friend's primary problem — and a few will have weakness in the limbs, neck or face, or of the breathing muscles. The diagnosis is usually confirmed by blood testing, but a few people will need more sophisticated testing, such as an electrical muscle stimulation test.

MG commonly affects women under 40 and men over 60, but it can occur in any age group. The thymus, an immune organ that is located in the upper chest behind the sternum (breastbone), is an important origination point for MG, and 10% to 15% of people with MG have tumors of the thymus. Surgical removal of the thymus is often performed to improve symptoms.

In addition to removal of the thymus, there are three other types of treatment for MG. The first is medicines that help the nerve-muscle receptor work better, such as pyridostigmine. This starts working within minutes. The second is treatments to get rid of the antibodies attacking the receptor. Plasmapheresis, the physical removal of antibodies, takes a few days to start working; intravenous immune globulin takes a week or two to work. It's not clear exactly how these work in MG. The third type, anti-immune system drugs, take much longer: a few weeks for prednisone but several months at least for others, such as cyclosporine and mycophenolate.

Your friend is in a period where many of the treatments have not had time to work yet, and I expect that she will get better as the treatments take hold. Her doctors may be talking to her about removing the thymus, but she needs to be well controlled before surgery. Some experts use plasmapheresis or immune globulin to get good control quickly before surgery, especially in people whose symptoms involve eating and facial functions. You can read more at [www.tinyurl.com/NIHmyasthenia](http://www.tinyurl.com/NIHmyasthenia).

\*\*\*

**DEAR DR. ROACH:** I read that people are not being paid for donating blood anymore. Is this true? — R.F.T.

**ANSWER:** Yes. Blood donation is not compensated. Plasma donation, on the other hand, often is compensated. Plasma, which contains the proteins in the blood, can be highly purified so that there is no risk of infection, as opposed to blood — every precaution is taken to reduce infection, but it can never be brought to zero.

\*\*\*

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*



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# Financial

## Selling a home costs a lot of money

When it comes time to move on, be prepared for sticker shock. Selling a home costs a lot of money, often as much as 10 percent of the sales price. You can reduce that with a little negotiating, planning and do-it-yourself task-force.

## AGENT FEES

The seller is typically responsible for paying commissions to both the listing agent and the buyer's agent. These will total 5 to 6 percent of a home's selling price, usually split equally between the agents. On a \$300,000 home, for example, that means \$15,000 to \$18,000.

## HOW TO SAVE

You can often get a listing agent to lower their commission, for example, if you agree to use them as your buyer's agent when purchasing your next home.

## PRESALE REPAIRS

You'll want to fix up your home before you put it on the market. A common rule of thumb is to budget at least 1 percent of your home's value annually for maintenance.

## HOW TO SAVE

Focus on the flaws that would be most noticeable during showings, like filling in small hairline cracks, which costs only about \$50 to \$330 for professional

caulking. Don't hide significant flaws, and disclose issues in writing. You could be liable for not disclosing defects if you misrepresent the health of your house.

## PRESALE HOME IMPROVEMENTS

Three out of 4 home sellers make at least one home improvement before selling spending on average \$36,300 on renovations.

## HOW TO SAVE

Unless aspects of your house are certain to scare away buyers, skip the interior makeover. Instead, put money toward sprucing up your home's exterior. Homes with high curb appeal sell for an average of 7 percent more than homes

with less inviting views from the street.

## CLOSING FEES

While buyers cover most closing fees, which amount to about 3 to 4 percent of a home's selling price, sellers typically pay closing fees of 1 to 3 percent, in addition to agents fees. That's \$3,000 to \$9,000 on a \$300,000 home; They cover expenses like attorney fees outstanding property taxes and transfer taxes.

## HOW TO SAVE

Although it's customary for sellers to pay a portion of the closing costs, you may have room to negotiate a lower contribution right now because it's a seller's market in most cities around the coun-

try. Sellers often pay for the buyer's title insurance policy (called "owner's title insurance"). That item, usually a one time expense averaging \$850, is something you could ask the buyer to pay for.

## MOVING OUT

In general, the average cost of a basic move ranges from \$550 to \$2,000 for distances up to 100 miles, with an additional cost of up to \$60 per hour for labor and another charge for insurance.

## HOW TO SAVE

You can cut out a professional mover altogether by renting a mobile storage container. Most local moves cost between \$535 and \$1,975.

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# FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Where was Jackie Wilson when he suffered a heart attack?
2. Name the Simon and Garfunkel song that was used in the soundtrack for the 1967 film "The Graduate"?
3. In which Hollies song does the name of the girl rhyme with "freckles"?
4. Which group released "Natural High" and "Outside Woman"?
5. Name the song that contains this lyric: "Come right back I just can't bear it, I've got this love and I long to share it."

**Answers**

1. He was on "Dick Clark's Good Ol' Rock and Roll Revue," singing "Lonely Teardrops." Wilson had a habit of taking lots of salt pills and water to create sweating, which he thought looked great onstage. Unfortunately, that combination also causes very high blood pressure. He never sang again.
2. "Mrs. Robinson." The following year it won a Grammy for Record of the Year.
3. "Jennifer Eccles." The name came from the wife of one of the writers and the maiden name of the other writer's wife.
4. Bloodstone, in 1973 and 1974.
5. "Have I the Right?" by The Honeycombs in 1964. The pounding drums were enhanced in the recording by the group stomping their feet on the wooden stairs at the studio, recorded by five microphones.

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

# Strange BUT TRUE

By Lucie Winborne

- The rarest shape for a human nose is the bulbous type, exemplified by former U.S. President Bill Clinton.
  - Smuggling a cat out of ancient Egypt was punishable by death.
  - A variety of corn grown in Peru has kernels so large that they're eaten individually.
  - After impressionist painter Claude Monet developed cataracts, he agreed to have surgery on his right eye only. It is believed that afterwards he could see and paint a wide spectrum of colors usually not seen by the human eye.
  - Dinosaurs often swallowed large rocks, which stayed in their stomachs and helped them grind up food.
  - One in 23 million people have an allergy to water.
  - In 1631, royal printers Robert Barker and Martin Lucas published a Bible containing the typo "Thou Shalt Commit Adultery." As if that weren't embarrassing enough, another misprint, in Deuteronomy, substituted the word "greatnesse" with "great-asse." Barker and Lucas were fined 300 pounds and lost their printing license. Less than a dozen copies of what came to be known as the "Wicked," "Sinful" and "Adulterous" Bible are known to exist today and are highly prized by collectors.
  - On average, a person's eyes make 15 to 30 gallons of tears a year.
  - A rainbow's arc is relative to the position of the person observing it, so it is impossible for two people to actually see the exact same one.
  - The air around a lightning bolt is five times hotter than the surface of the sun.
  - While rare, there have been enough reported cases of strokes triggered by spa massage treatments that the medical community has nicknamed the phenomenon "beauty parlor stroke syndrome."
  - Altocalciphilia is a fetish for high heels.
- \*\*\*
- Thought for the Day:** "Ambition is the path to success. Persistence is the vehicle you arrive in." — Bill Bradley

# top 10 movies

1. **Spiral: From the Book of Saw** ..... (R)  
Chris Rock, Samuel L. Jackson
  2. **Wrath of Man** ..... (R)  
Jason Statham, Holt McCallany
  3. **Those Who Wish Me Dead** ... (R)  
Angelina Jolie, Nicholas Hoult
  4. **Demon Slayer the Movie: Mugen Train** ..... (R)  
animated
  5. **Raya and the Last Dragon** .(PG)  
animated
  6. **Godzilla vs. Kong** ..... (PG-13)  
Alexander Skarsgard, Millie Bobby Brown
  7. **Mortal Kombat** ..... (R)  
Lewis Tan, Jessica McNamee
  8. **Finding You** ..... (PG)  
Katherine McNamara, Jedidiah Goodacre
  9. **Profile** ..... (R)  
Valene Kane, Shazad Latif
  10. **Here Today** ..... (PG-13)  
Billy Crystal, Tiffany Haddish
- Source: Box Office Mojo

# top ten

**STATES LOSING POPULATION\***

1. New York
2. New Jersey
3. West Virginia
4. Louisiana
5. Hawaii
6. Illinois
7. Connecticut
8. Alaska
9. Wyoming
10. Rhode Island

\*per capita  
Source: Zippia

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

The last Monday in May might mark the unofficial beginning of summer, but Memorial Day is not about barbecues or furniture sales; it's a very special day set aside to honor those truest of Americans who gave their lives in wartime service. Its roots are in Decoration Day, a time when people would set aside their day-to-day lives, visit cemeteries and decorate the gravesites of soldiers and seamen who died in the Civil War. After the tragic losses of World War I, and the conflicts that followed, Decoration Day slowly evolved to Memorial Day, cemented as a national holiday in 1971 by an act of Congress. Here are eight movies that honor the bravery and sacrifice of our fallen military heroes.

**Glory** — Matthew Broderick stars alongside Morgan Freeman and Denzel Washington in this Civil War story of the first all-African-American regiment, the 54th Massachusetts Volunteer Infantry. Under the command of Col. Robert Gould Shaw (Broderick), the unit is formed, trained and fights for equality, both in the broader context of the Civil War and within the Union Army itself.

**1917** (R) — A riveting first-person war story by celebrated director Sam Mendes, "1917" centers around two British lance corporals who are sent across enemy territory to stop a division of British soldiers from advancing into a German ambush.

**The Longest Day** (1962) — With a legendary cast — John Wayne, Robert Mitchum, Henry Fonda, Rod Steiger and more — the story of the Allied landing at Normandy Beach plays out, from early reports of bad weather to the tremendous loss of life and eventually the tide-turning influence of the largest seaborne invasion in history.

**Flags of Our Fathers** — From

director Clint Eastwood, an iconic moment — the raising of the American flag on Mount Suribachi on Iwo Jima — is reflected on in flashback by three servicemen involved.

**Saving Private Ryan** — From the opening sequence on Omaha Beach, to the sniper fire faced at every turn, Capt. Miller (Tom Hanks) leads a squad across France through questionable territory looking for the last survivor of four brothers to bring him home. The first 24 minutes are gut-wrenching and visceral.



Tom Hanks in "Saving Private Ryan"

**Apocalypse Now** — A Special Forces colonel gone mad (Marlon Brando), a burned-out captain brought in to seek out and reckon with him (Martin Sheen), a squadron commander who uses napalm to clear the way for surfing, this dark tale by Francis Coppola is on most major top-film lists.

**Platoon** — Written and directed by Oliver Stone — a Vietnam veteran himself — this film follows a volunteer soldier (Charlie Sheen) as he moves through his experience of combat and the jading of his idealism.

**American Sniper** — A biographical drama centered around the life of Chris Kyle, whose service in the Iraq War led to him being the deadliest marksman in U.S. military history.

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# TOP VIDEO RENTALS AND SALES

**Video on Demand**

1. **Little Things** ..... (R)  
Denzel Washington
2. **Nomadland** ..... (R)  
Frances McDormand
3. **Above Suspicion** ..... (R)  
Emilia Clarke
4. **Promising Young Woman** .... (R)  
Carey Mulligan
5. **News of the World** ..... (PG-13)  
Tom Hanks
6. **The Virtuoso** ..... (R)  
Anson Mount
7. **The Mauritanian** ..... (R)  
Tahar Rahim
8. **Wonder Woman 1984** ... (PG-13)  
Gal Gadot
9. **The Croods: A New Age** .... (PG)  
animated
10. **Percy Vs Goliath** ..... (PG-13)  
Christopher Walken

# DVD, Blu-ray Sales

1. **The Little Things** ..... (R)  
Warner Bros.
2. **Wonder Woman 1984** ... (PG-13)  
Warner Bros
3. **Judas and the Black Messiah** ..... (R)  
Warner Bros.
4. **News of the World** ..... (PG-13)  
Universal
5. **Rush Hour Trilogy** ..... (PG-13)  
Warner Bros.
6. **Friday 3-Movie Collection** ... (R)  
Warner Bros.
7. **Blade Trilogy** ..... (R)  
Warner Bros.
8. **The Virtuoso** ..... (R)  
Lionsgate
9. **Soul** ..... (PG)  
Pixar
10. **Speed** ..... (R)  
20th Century

Source: Comscore/Media Play News



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# What's Hot In Hollywood

HOLLYWOOD — **Leonardo DiCaprio** is already working on the remake of the Danish film "Another Round," this year's Academy Awards Best International film. The Danish original starred **Mads Mikkelsen**, who we've seen in "King Arthur" (2004), with **Clive Owen**; "Casino Royale" (2006), with **Daniel Craig**; "Doctor Strange" (2016), with **Benedict Cumberbatch**, among others. Mikkelsen also is in the untitled third "Fantastic Beasts" film.



Marvel/Walt Disney

### Mads Mikkelsen in

HOLLYWOOD — **Julian Fellowes**, creator/writer/executive producer of "Downton Abbey" (series and film), has a Christmas present for us ... "Downton Abbey 2," which opens Dec. 22. In addition to the original cast returning, Fellowes has added **Hugh Dancy** ("Hannibal," "Late Night," "The Good Fight" and "Homeland"), with his real-life wife, **Claire Danes** ("Homeland"). Also, **Laura Haddock** ("Guardians of the Galaxy 1&2" and "Transformers: The Last Knight"), as well as **Dominic West** (Showtime's "The Affair," HBO's "The Wire," "Les Misérables" and the "Tomb Raider" remake, with Oscar-winner **Alicia Vikander**). West has already filmed his portrayal of **Prince Charles** in seasons 3&4 of "The Crown," which won't drop until 2022-23. The first "Downton" movie grossed \$230 million.

Fans of the Disney film "Enchanted" (a \$340 million grosser in 2007) can celebrate a sequel that's on its way with the original cast. **Amy Adams**, **James Marsden** and **Patrick Dempsey** are returning, along with "Frozen's" **Idina Menzel**, **Maya Rudolph**, **Yvette Nicole Brown** and **Snow White's Seven Dwarfs**. Word is that Dempsey, who recently returned to "Grey's Anatomy," will be singing in this sequel.

Barring unexpected setbacks from the pandemic, studios are planning to unleash the biggest and best films they have to attract moviegoers. "A Quiet Place, Part 2," one of the first casualties of COVID 19, is set to open May 28, along with **Emma Stone's** "Cruella," co-starring **Emma Thompson**. June 25 will bring "F9" ("Fast & Furious 9"); July 9 brings **Josh Lucas** and **Will Patton** in "The Forever Purge," for the "Purge" franchise fans. Sports fans will be dazzled by **LeBron James**, playing himself, in "Space Jam: A New Legacy," opening July 16.

"The Green Knight," with Oscar-nominee **Dav Patel** as Sir Gawain (King Arthur's nephew), **Alicia Vikander**, **Sean Harris** and **Joel Edgerton**, promises ghosts, giants, thieves and swash-buckling come July 30. Also that day, **Dwayne Johnson** and **Emily Blunt** travel on a small riverboat through a supernatural jungle in "Jungle Cruise."

"The Suicide Squad" swings back into action Aug. 6, with **Margot Robbie**, **Viola Davis**, **Taika Waititi**, **Sylvester Stallone**, **Idris Elba** and **Pete Davidson**. The remake of the science-fiction epic "Dune," starring **Timothée Chalamet**, **Zendaya**, **Rebecca Ferguson**, **Jason Momoa**, **Dave Bautista**, **Oscar Isaac**, **Javier Bardem**, **Josh Brolin**, **Charlotte Rampling** and **Stellan Skarsgard**, is unleashed Oct. 1 into theaters and on HBO Max. James Bond spies again Oct. 8 in "No Time to Die," and yet another sequel, "Halloween Kills," with **Jamie Lee Curtis**, arrives Oct. 15 to stalk Halloween. The new "Ghostbusters: Afterlife," with **Bill Murray**, **Dan Aykroyd**, **Ernie Hudson**, **Sigourney Weaver** and **Annie Potts**, returns Nov. 11.

**Tom Cruise's** "Top Gun Maverick" finally lands Nov. 19, and the long-awaited (filmed more than a year ago) remake of "West Side Story" hits the streets Dec. 10.

Still awaiting an opening date is "The Tragedy of Macbeth," with **Denzel Washington** in the title role, along with this year's best actress Oscar winner, **Frances McDormand**, as Lady Macbeth and **Brendan Gleeson** as King Duncan. How can Lady Macbeth resist rubbing her hands together demanding ... "Out damn pandemic, out?"

the door opened for this one. Now the search is on for a star to play Henson.

Here's one suggestion: How about **Jeff Dunham**? Dunham began doing ventriloquism in 1970 at age 8, made his TV debut in 1976 in a Datsun car ad while still in high school. By 1983, he was making \$70,000 a year with his "dummies" and opened for superstars **Bob Hope** and **George Burns**. He finally broke through with a 1990 appearance on "The Tonight Show" with **Johnny Carson**. In 2003, his first Comedy Central special scored well, but execs wouldn't pony up for another special. So in 2005, Dunham paid to tape his own special, "Arguing With Myself," then sold it to Comedy Central, pulling in 2 million viewers and selling 2 million DVDs.

Today, Dunham is the highest paid stand-up comedian and is so popular that he plays amphitheatres and stadiums, because theaters are too small. His net worth is estimated at \$140 million, but he'll have to work harder to catch **Jerry Seinfeld**, whose net worth is \$950 million. Still, \$140 million for playing with dolls is something to laugh at!



Showtime

### Dominic West

Kermit the Frog's father (and original voice) is getting the full biopic treatment from Disney. The **Jim Henson Company** has joined forces with Disney to tell the story of the creator of "The Muppets," "Fraggle Rock," many of the characters of "Sesame Street," as well as the films "The Labyrinth" and "The Dark Crystal," and of course, that superstar herself, **Miss Piggy!** Henson developed his Muppets while in high school, founded The Jim Henson Company in 1958 and developed many of the "Sesame Street" characters in 1969, which led to "The Muppet Show" in 1976.

The film will follow him as he tries to convince unimaginative network executives that adults, as well as children, would flock to see Muppets come to life. Henson left us in 1990 at 53 due to bacterial pneumonia, leaving behind a huge legacy and five children. After the success of the Mr. Rogers biopic, "A Beautiful Day in the Neighborhood," starring **Tom Hanks** as **Fred Rogers**,



by Dana Jackson

**Q.** Why wasn't **Anna Faris** on the series finale of "Mom"? I know she left the show, but I really thought they would bring her back for the last episode. Other than that disappointment, the finale was great, and I'll really miss "Mom." — *O.B.*



Robert Ascroft/CBS

### Anna Faris

**A.** When "Mom" began in 2013, stars **Allison Janney** and **Anna Faris** appeared to have equal billing, and the plot mainly focused on repairing their mother-daughter relationship. However, the CBS sitcom also had a hilarious supporting cast played by **Mimi Kennedy**, **Jaime Pressly** and **Beth Hall**. **Kristen Johnston** joined their AA group in 2018, and **William Fichtner** became the perfect partner to mom **Bonnie (Janney)**. The show was blessed with an abundantly talented cast, so when Faris decided to depart the show a season early, "Mom" didn't suffer too much without her.

As for Faris's absence in the finale, series co-creator **Gemma Baker** told TVLine.com that her character had "traveled a great distance over seven seasons and overcame so many obstacles in order to follow her dream of becoming a lawyer, it felt like that story had been addressed in a satisfying way, so we didn't revisit it for the finale."

**Q.** I saw that **Lady Gaga** was filming a movie in Italy when her dog walker was attacked back in the states. What project was she working on? — *E.M.*

**A.** Singer/actress **Lady Gaga** just finished filming the "House of Gucci," with **Adam Driver** and **Al Pacino**. She plays **Patrizia Reggiani**, an Italian socialite who went to prison for her husband's murder. The film is directed by **Ridley Scott** and is based on the book "House of Gucci: A Sensational Story of Murder, Madness, Glamour and Greed" by **Sara Gay Forden**.

**Lady Gaga** was on location filming when her beloved French bulldogs were stolen. Her dog walker was shot, but thankfully survived, during the dognapping, and her fur babies were later returned safe. "House of Gucci" has a planned release date of Nov. 24.

**Q.** One of my favorite shows of the 1960s was "The Invaders." Why hasn't there been a climax to this series? Did they ever try to rectify this situation? Also, will there ever be a remake? — *S.L.*

**A.** "The Invaders" was a cult TV series that lasted two seasons from 1967 to 1968. It starred **Roy Thinnes** as architect **David Vincent**, who witnessed an alien invasion and desperately tried to warn others, including the government, of the imposters among them. The show was produced by **Quinn Martin**, who was behind the hit series "The Fugitive" and many classic series in the 1970s.

According to Wikipedia.org, fans were not happy when "The Invaders" ended abruptly after two seasons with the aliens' plans only temporarily thwarted. There was a miniseries remake in 1995, also starring **Thinnes**. "The Invaders" airs on MeTV on Sundays at 5 a.m. ET. Check your local listings or MeTV.com.

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

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# Sizzling Meals Made for Summer

## FAMILY FEATURES

Summertime, for many, represents an opportunity to enjoy freshly cooked meals while enjoying time outdoors. Taking your dishes from ordinary to extraordinary starts with chef-inspired recipes that call to mind the flavors of the season.

Whether you're a steak enthusiast who enjoys nothing more than a tender cut or a summer burger connoisseur looking for a fresh twist on tradition, these recipes call for high-quality beef from Omaha Steaks. Created by Omaha Steaks Executive Chef David Rose, the New York Strips Oscar-Style complement the thick, juicy, marbled flavor of the steaks with sauteed asparagus, bearnaise sauce and jumbo lump crab meat. Or turn your attention to Fried Lobster Po Boy Burgers with pimento remoulade sauce for a tempting way to combine two summertime favorites – seafood and burgers.

Visit OmahaSteaks.com for more summer meal inspiration.



Fried Lobster Po Boy Burgers

## Fried Lobster Po Boy Burgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: about 20 minutes

Cook time: about 20 minutes

Servings: 2

### Pimento Remoulade:

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos
- 1 tablespoon Dijon mustard
- 1 tablespoon minced bread and butter pickles
- 1 pepperoncino (seeded and minced)
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon freshly squeezed lemon juice
- 3 dashes hot sauce
- kosher salt, to taste

### Fried Lobster Tails:

- Vegetable oil, for frying
- 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika

- 1 large egg
- 1 tablespoon water
- 2 dashes hot sauce
- 1/4 cup potato chips, finely blended in food processor
- 1/3 cup panko breadcrumbs
- 1 tablespoon minced flat leaf Italian parsley
- 2 Omaha Steaks lobster tails (5 ounces each)

### Cheeseburgers:

- 1 pound Omaha Steaks premium ground beef salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons unsalted butter, at room temperature
- 2 brioche buns
- 2 slices yellow cheddar cheese
- 3 leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well incorporated. Set aside.

In separate medium bowl, whisk egg, water and hot sauce. Set aside.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second then potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form ground beef into two 1/2 pound patties, each about 1/2-inch thick.

Using thumb, make dimple in center of each patty to help cook evenly.

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut side of buns.

Grill burgers 4-5 minutes per side for medium doneness.

Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate.

Place buns cut sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

## New York Strips Oscar-Style

Recipe courtesy of Omaha Steaks

Executive Chef David Rose

Prep time: about 30 minutes

Cook time: about 3 1/2 hours

Servings: 4

### Sauteed Asparagus:

- 1/2 pound jumbo asparagus (about 1 bunch), blanched in salted boiling water
- 3 tablespoons olive oil
- 2 garlic cloves, minced
- 2 tablespoons minced shallots salt, to taste
- freshly ground black pepper, to taste

### Bearnaise Sauce:

- 1/4 cup white wine vinegar
- 2 tablespoons minced shallots
- 1 tablespoon chopped tarragon
- 3 egg yolks
- 2 tablespoons water, plus additional for boiling, divided
- 2 dashes hot sauce
- 12 tablespoons unsalted butter, melted
- salt, to taste
- freshly ground black pepper, to taste

### Jumbo Lump Crab Meat:

- 1 pound jumbo lump crab meat
- 2 tablespoons kosher salt

### New York Strip Steaks:

- 4 Omaha Steaks Private Reserve or Butcher's Cut New York Strips (10 ounces each)
- salt, to taste
- freshly ground black pepper, to taste
- water
- 4 tablespoons grapeseed oil
- 4 tablespoons unsalted butter
- 3 garlic cloves
- 2 fresh thyme sprigs

To make asparagus: Cut asparagus stalks into 1/4-inch pieces. Heat large pan over medium-high heat and add olive oil.

Add garlic and shallots to pan; lightly saute about 20 seconds, or until fragrant.

Add asparagus to pan; saute about 2 minutes until lightly browned. Add salt and pepper, to taste.

To make bearnaise sauce: In small saucepan, bring vinegar, shallots and tarragon to boil then reduce to simmer 3-4 minutes until reduced by about half. Cool to room temperature.

Bring medium pot half full of water to slow boil.

In small bowl, whisk egg yolks, vinegar reduction, water and hot sauce until well incorporated.

Place bowl over pot of boiling water and continue whisking ingredients until it starts to emulsify and becomes

sauce-like. Alternate whisking on and off heat every 30 seconds to prevent eggs from scrambling.

Gradually add melted butter, continuously whisking until sauce becomes rich with ribbony consistency and sets up. Season with salt and pepper, to taste. If too thick, add 1 tablespoon water at a time and whisk to desired consistency.

To make crab meat: In medium bowl, lightly toss crab meat with salt until well coated.

To make steaks: Pat steaks dry with paper towels and season heavily with salt and pepper, to taste. Bring steaks to room temperature.

Place sous vide immersion circulator in pot of water and set to 5 F below target doneness.

Place seasoned steaks in sous vide bag or zip-top bag and cook 2 hours. Remove bag and remove steaks from bag. Pat steaks dry with paper towels.

Warm large cast-iron pan over high heat and add oil. Add steaks, butter, garlic cloves and thyme leaves. After about 1 minute, steaks should start to brown.

Flip steaks and baste with butter until caramelized. Remove steaks from pan and rest 7-8 minutes.

To assemble: Place asparagus on bottom of plate. Top with steaks (whole or sliced), crab meat and bearnaise sauce.



New York Strips Oscar-Style

## Good Housekeeping

### Cherry Pork Chops

Boneless pork loin chops cook quickly, and since they have no bones, it's easy to cut off all the excess fat. Fruit always goes nicely with pork — and here we used some of the season's early cherries to make our special sauce.

- 3/4 pound green beans
- Salad oil
- Salt
- 1/2 pound dark sweet cherries
- 1/2 teaspoon coarsely ground black pepper
- 1/2 teaspoon dried thyme leaves
- 4 (about 4 ounces each) 1-inch-thick boneless pork loin chops
- 1/4 cup cherry-juice cocktail, or cranberry-raspberry juice
- 1 tablespoon brown sugar
- 1 tablespoon red-wine vinegar
- 1 teaspoon cornstarch
- 1/2 teaspoon beef-flavor instant bouillon

1. Trim ends from green beans. In 3-quart saucepan over high heat, in 1 tablespoon very hot salad oil, cook green beans and 1/2 teaspoon salt until green beans begin to brown, stirring frequently. Add 1/2 cup water and heat to boiling. Reduce heat to low; cook, covered, until beans are tender, about 3 minutes. Drain; remove green beans to warm large platter; keep warm.

2. Meanwhile, remove pits from cherries; cut each cherry in half. In cup, combine pepper, thyme and 1 teaspoon salt; rub pork loin chops with herb mixture.

3. In nonstick 12-inch skillet over medium-high heat, in 1 tablespoon hot salad oil, cook pork chops 10 minutes or until still slightly pink in the center but juices run clear when pierced with a knife, turning chops once halfway through. Remove to platter with green beans.

4. In measuring cup, combine cherry juice, brown sugar, vinegar, cornstarch, bouillon and 1/4 cup water. Add cherry-juice mixture and cherries to drippings in skillet; over high heat, heat to boiling. Reduce heat to low; simmer 3 minutes to blend flavors. Serve sauce over pork. Serves 4.

• Each serving: About 455 calories, 32g total fat, 79mg cholesterol, 975mg sodium.

## Good Housekeeping

### Thai Cucumber Salad

Fresh herbs abound in this peanut-laced Thai Cucumber Salad.

- 2 tablespoons fresh lime juice
- 2 tablespoons sugar
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 seedless cucumber, unpeeled and thinly sliced crosswise
- 1 tablespoon snipped fresh chives
- 1 tablespoon sliced basil leaves
- 1 tablespoon minced cilantro leaves
- 1 tablespoon chopped peanuts

1. In serving bowl, whisk together lime juice, sugar, crushed red pepper and salt.

2. Just before serving, add cucumber, chives, basil and cilantro, and stir to combine. Sprinkle with peanuts to serve. Makes 8 (1/2 cup) servings.

• Each serving: About 25 calories, 1g total fat (0g saturated), 0mg cholesterol, 75mg sodium, 5g total carbs, 1g dietary fiber, 1g protein.

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## Good Housekeeping

### Gingered Pear and Dried Fruit Crisp

Dessert doesn't get much easier than this! Canned pears are mixed with chunks of dried fruit and a sprinkling of cinnamon, then topped with crumbled gingersnap cookies.

- 2 cans (28 to 29 ounces each) pear halves in light syrup
- 1 tablespoon cornstarch
- 1 cup mixed dried fruit, cut into large pieces
- 1/4 teaspoon ground cinnamon
- 1/2 cups gingersnap cookies (about 20 cookies)
- 3 tablespoons butter or margarine
- 2 tablespoons brown sugar
- Fresh mint sprigs for garnish

1. Preheat oven to 400 F. Drain pears, reserving 1 cup syrup. With wire whisk, mix cornstarch into reserved pear syrup until blended. In shallow 2 1/2-quart glass or ceramic baking dish, toss pears with reserved syrup mixture, dried fruit and cinnamon until evenly mixed. Bake filling, covered, 15 minutes.

2. Meanwhile, in food processor with knife blade attached, blend gingersnap cookies, butter and sugar until finely ground and evenly mixed. With fingertips, press cookie mixture into small chunks and scatter over pear filling.

3. Bake crisp, uncovered, 10 to 12 minutes longer or until filling is hot and bubbling and cookie topping is crisp. Spoon into dessert bowls; garnish with mint sprigs. Serves 8.

• Each serving: About 270 calories, 6g total fat (1g saturated), 2g protein, 54g carbohydrate, 4g fiber, 0mg cholesterol, 185mg sodium.

## Good Housekeeping

### Macarons

- 1 bag (7-ounce, 2-2/3 cups) shredded coconut
- 1 cup sliced natural almonds
- 1/2 cup sugar
- 1/4 teaspoon salt
- 4 large egg whites
- 1 teaspoon almond extract

1. Preheat oven to 325 F. Grease 2 large cookie sheets. Into large bowl, measure coconut, almonds, sugar and salt. With spoon, mix until combined. Stir in egg whites and almond extract until well-blended.

2. Drop mixture by heaping tablespoons, about 2 inches apart, on cookie sheets. Place cookie sheets on 2 oven racks. Bake cookies 20 to 25 minutes until golden, rotating cookie sheets between upper and lower racks halfway through baking time.

3. With pancake turner, remove cookies to wire racks to cool completely. Store cookies in tightly covered container. Makes 18 cookies.

• Each serving: About 105 calories, 6g total fat (3g saturated), 0mg cholesterol, 75mg sodium, 11g total carbs, 0g dietary fiber, 2g protein.

## Good Housekeeping

### Rye-Crusted Pork Chops and Apple Slaw

Use leftover rye bread to create an incredibly flavorful coating for these tasty pork chops.

- 1 tablespoon olive oil
- 3 slices rye bread
- 6 bone-in pork chops
- Salt
- Pepper
- 6 teaspoon Dijon mustard
- 2 tablespoons butter
- 1/2 head red cabbage
- 1 Granny Smith apple
- 1/4 cup water
- 1/4 cup red wine vinegar

1. In processor, pulse olive oil and torn rye bread into fine crumbs. Season pork chops with 1/2 teaspoon each salt and pepper; arrange on oiled rimmed baking sheet. Top each with 1 teaspoon Dijon mustard; press on rye crumbs.

2. Roast at 425 degrees F for 14 to 16 minutes or until cooked through (145 F). Meanwhile, in large skillet, heat butter on medium-high until melted. Add red cabbage, apple, water, red wine vinegar and 1/4 teaspoon salt.

3. Heat to simmering. Cook 10 minutes, covered, or until wilted and soft. Makes 6 servings.

## Good Housekeeping

### Weeknight BBQ Beans

These delicious stovetop "baked beans" are a perfect partner for a rotisserie chicken.

- 2 slices bacon, cut crosswise into 1/2-inch pieces
- 1 medium onion, chopped
- 1 can (15 to 19 ounces) black beans, drained and rinsed
- 1 can (15 to 19 ounces) red kidney beans, drained and rinsed
- 1/4 cup bottled barbecue sauce
- 2 tablespoons ketchup

1. In 2-quart saucepan, cook bacon pieces over medium heat about 6 minutes or until bacon is browned. With slotted spoon, transfer bacon to paper towels to drain. Discard all but 1 tablespoon bacon fat from pan. Add onion and cook 6 to 8 minutes or until tender and golden, stirring occasionally.

2. Return bacon to saucepan. Stir in beans, barbecue sauce, ketchup and 1/4 cup water; heat to boiling over medium-high heat. Reduce heat to medium; cover and cook 5 minutes longer to blend flavors, stirring often.

• Each serving: About 175 calories, 4g total fat (1g saturated), 4mg cholesterol, 485mg sodium, 30g total carbohydrate, 10g dietary fiber, 10g protein.

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Comfort foods

Made fast and healthy

by Healthy Exchanges

### New Orleans Bread Pudding

- 2 (4-serving) packages sugar-free vanilla cook-and-serve pudding mix
- 4 cups skim milk
- 1 teaspoon coconut extract
- 1/2 teaspoon ground nutmeg
- 8 slices reduced-calorie French or white bread, torn into pieces
- 1/2 cup raisins
- 2 tablespoons flaked coconut
- 2 tablespoons chopped pecans
- 1 teaspoon rum extract
- 2 teaspoons reduced-calorie margarine

1. Preheat oven to 360 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large skillet, combine 1 package dry pudding mix and 2 1/2 cups skim milk. Cook over medium heat until mixture starts to boil, stirring constantly with a wire whisk. Remove from heat. Stir in coconut extract and nutmeg. Add bread pieces, raisins, coconut and pecans. Mix gently to combine.

3. Pour mixture into prepared baking dish. Bake for 30 to 35 minutes. Place baking dish on a wire rack while preparing sauce.

4. In a medium saucepan, combine remaining package of dry pudding mix and remaining 1 1/2 cups skim milk. Cook over medium heat until mixture thickens and starts to boil, stirring constantly with a wire whisk. Remove from heat. Stir in rum extract and margarine.

5. Cut bread pudding into 6 pieces. For each serving, place a serving of bread pudding on a dessert plate and spoon about 1/4 cup warm rum sauce over top.

• Each serving equals: 211 calories, 3g fat, 10g protein, 36g carb., 652mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Skim Milk, 1 Fruit, 1/2 Fat.

## Good Housekeeping

### Creamy Cucumber-Dill Salad

- 8 large (about 5 pounds) cucumbers
- 1 teaspoon salt
- 6 large radishes
- 1 container (8 ounces) plain low-fat yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fresh dill, loosely packed, chopped
- 2 tablespoons fresh lime juice
- 1/4 teaspoons ground black pepper
- 1 small garlic clove, crushed with press

1. With vegetable peeler, remove several strips of peel from each cucumber. Cut each cucumber lengthwise in half; with teaspoon, scoop out seeds. With knife or in food processor fitted with slicing blade, thinly slice cucumber halves crosswise. In large bowl, toss cucumbers with salt; let stand 30 minutes.

2. Meanwhile, thinly slice radishes; transfer to serving bowl. Add yogurt, sour cream, dill, lime juice, pepper and garlic. Stir until well-combined.

3. With hand, press sliced cucumbers over sink to remove as much liquid as possible. Pat cucumbers dry with paper towels.

4. Add cucumbers to bowl with yogurt mixture. Toss until evenly coated. Cover and refrigerate at least 1 hour or overnight to blend flavors. Yields 10 (1/2 cup) servings.

• Each serving: About 60 calories, 2g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 9g total carbohydrate, 2g dietary fiber, 3g protein.

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## Good Housekeeping

### Sunshine Trifle

A light, no-bake dessert, this citrus-infused (from thrifty orange juice concentrate) trifle recipe is a perfect treat after a heavy dinner or whenever your sweet tooth kicks in.

- 1/2 cups prepared vanilla pudding
- 1/3 cup thawed orange juice concentrate
- 1/2 cup heavy cream
- 1 teaspoon sugar
- 1 (3/4-ounce) frozen pound cake

1. In a bowl, combine vanilla pudding and thawed concentrate. In another bowl, whip heavy cream and sugar until soft peaks form.

2. Cut half of frozen pound cake into 1/2-inch cubes. In four 8-ounce parfait glasses, layer cake, pudding and cream; repeat. Chill 2 hours. Serves 4.

Comfort foods

Made fast and healthy

by Healthy Exchanges

### Cute Zucchini Meatloaf Muffins

Even if the men in your family aren't wild about zucchini, they'll go wild over these cute muffin meatloaves.

- 16 ounces extra-lean ground turkey or beef
- 1/2 cup plus 1 tablespoon dried fine breadcrumbs
- 1/4 cup finely chopped onion
- 3/4 cup shredded unpeeled zucchini
- 2 teaspoons Italian seasoning
- 1 cup (one 8-ounce can) tomato sauce
- Sugar substitute suitable for baking to equal 1 tablespoon sugar
- 1/3 cup shredded reduced-fat mozzarella cheese

1. Preheat oven to 375 F. Spray a 6-well muffin pan with olive oil-flavored cooking spray.

2. In a large bowl, combine meat, breadcrumbs, onion, zucchini, 1 teaspoon Italian seasoning and 1/2 cup tomato sauce. Mix well to combine. Evenly divide meat mixture between prepared muffin cups and make indentation in the center of each.

3. In a small bowl, combine remaining 1/2 cup tomato sauce, sugar substitute and remaining 1 teaspoon Italian seasoning. Stir in mozzarella cheese. Evenly spoon about 1 tablespoon sauce mixture over top of each "muffin."

4. Bake for 30 to 35 minutes. Place muffin pan on wire rack and let set for 5 minutes. Remove "muffins" from pan and serve at once. Freezes well. Serves 6.

• Each serving equals: 188 calories, 8g fat, 17g protein, 12g carb., 457mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1/2 Starch.

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# Crime

**Woman's car stolen in armed carjacking**

A 23 year old woman was getting into her 2014 Audi on the 3800 block of Pine Grove Avenue when she was approached by two armed males that demanded her keys and personal belongings according to police. Although the woman was not injured the males fled in the woman's Audi. Area Three detectives are investigating.

**Assault** on the 3100 block of North Halsted Street.

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

**Vandalism** on the 1500 block of West Montrose Avenue

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

**Assault** on the 1400 block of North Ashland Avenue.

**Assault** on the 1900 block of North Damen Avenue.

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

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

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

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

**Theft** on the 4900 block of North Magnolia Avenue.

**Assault** on the 5700 block of North Sheridan Road.

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

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

**Theft** on the 4400 block of North Sheridan Road.

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

**Burglary** on the 2500 block of West Fullerton Avenue.

**Robbery** on the 2800 block of West Irving Park Road.

**Robbery** on North Pine Grove Avenue and West Sheridan Road.

**A shooting** on the 3500 block of West Shakespeare Avenue.

**Assault** on the 4400 block of North Kimball Avenue.

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

**Theft** on the 5600 block of North Lincoln Avenue.

**Assault** on the 3100 block of North Halsted Street.

**Burglary** on the 2700 block of North Albany Avenue.

**Vandalism** on the 2700 block of North Western Avenue.

**Theft** on the 2000 block of West Milwaukee Avenue.

**Theft** on the 3400 block of West Belmont Avenue.

**Assault** on the 3100 block of North Hamlin Avenue.

**Assault** on the 3200 block of West Wrightwood Avenue.

**Assault** on the 3300 block of North Lawn-dale Avenue.

**Burglary** on the 2000 block of North Kedzie Avenue.

**Vandalism** on the 5300 block of North Spaulding Avenue.

**Assault** on the 2700 block of North Lawn-dale Avenue.

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

**Vandalism** on the 1900 block of North Whipple Street.

**Theft** on the 900 block of West Gunnison Street.

**Vandalism** on the 1500 block of West Montrose Avenue.

**Assault** on the 3300 block of West Hutchinson Street.

**Burglary** on the 5500 block of North Sawyer Avenue.

**Theft** on the 1400 block of North Milwaukee Avenue.

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

**Vandalism** on the 2000 block West Norwood Street.

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

**Assault** on the 5900 block of North Broadway.

**A shooting** on the 200 block of Custer Avenue.

**Arrest** made on the 900 block of Dobson Street.

**Assault** on the 300 block of Ridge Avenue.

**Robbery** on the 2800 block of West Irving Park Road.

**Assault** on the 4400 block of North Kimball Avenue.

**Theft** on the 5600 block of North Lincoln Avenue.

**Assault** on the 3100 block of North hamlin Avenue.

**Assault** on the 3200 block of West Wrightwood Avenue.

## These registered sex offenders may live in your neighborhood

The following is a list of blocks where registered sex offenders live. They may be on your block. This list has been published by Lakeview Newspaper in the June issue for the past 25 years as a public service. Be vigilant with your child's safety.

Block	Gender	Race	Age	Height	Weight	Victim Minor
5XX W. Briar Pl.	M	W	57	5'8"	160	Y
7XX W. Cornelia	M	B	39	5'9"	140	N
36XX N. LakeShore Drive	M	W/H	56	5'6"	165	Y
19XX W. Eddy St.	M	W/H	44	5'6"	171	Y
12XX W. Eddy	M	W	43	5'11"	195	Y
7XX W. Oakdale	M	W	47	6'	180	Y
35XX N. Racine	M	W	33	6'	220	N
700 W. Cornelia	M	W	64	5'7"	165	Y
8XX W. Wolfram	M	W/H	47	6'	175	Y
35XX N. Racine	M	W	34	6'	220	N
6XX W. Barry	M	W	66	5'9"	200	Y
4XX W. Barry	M	As/Pac	75	5'4"	125	Y
19XX W.School St.	M	W	27	6'	209	N
19XX W.School St.	M	W	32	5'6"	120	Y
35XX N. Bell	M	W	41	6'2"	220	Y
18XX W. Melrose	M	W	39	5'11"	230	Y
39XX N. Seeley	M	W	61	6'5"	220	Y
16XX W. Barry	M	W	35	5'10"	195	N
19XX W. Barry	M	W	78	6'	180	Y
31XX N. Western	M	W	50	5'9"	190	Y
23XX W. Belmont	M	W	44	5'9"	120	Y
18XX W. Melrose	M	W	39	5'11"	230	N
31XX N. Western	M	W	51	5'9"	190	Y
41XX N. Western	M	W	60	6'1"	215	Y
33XX N.Greenview	M	W	61	6'5"	210	Y
32XX N.Leavitt	M	W	53	5'11"	175	Y
24XX W.Irving Pk. Rd.	M	W	52	5'7"	160	N
4XX W. Oakdale	M	B	49	6'1"	185	Y

These are the Lakeview and North Center registered sex offenders as of May 2021 in Chicago. Pay attention and talk to your children about these individuals. You can go to the Chicago Police Department registered sex offenders web site and see the names and photographs of these individuals and how close they may live to you.

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# WAVES OF FUN

## Swimming safety tips for summer

**FAMILY FEATURES**

**P**laying in or around water is one of the joys of summer, but this treasured seasonal pastime comes with some serious risks. Drowning is the second-leading cause of accidental death for children under the age of 14 in the United States, according to the Centers for Disease Control and Prevention.

As COVID-19 restrictions ease, many families will have more informal gatherings and take trips to the beach, increasing the potential for children to have unsupervised access to water sources. Because of this, it's important for children to take swimming lessons to learn water safety skills and create safer habits in and around water. As swimming lessons begin across the country, many are being conducted safely with COVID-19 precautions in place.

Protect your family's safety around water this summer with these tips from the Make a Splash Tour, presented by Phillips 66 and the USA Swimming Foundation.

**Designate a Water Watcher and Closely Monitor Children.** Designate a water watcher when you are in, on or around water. Watch all children and adolescents swimming or playing in or around water, even if they know how to swim. Keeping young children or inexperienced swimmers within arm's length at all times can help ensure you're able to provide assistance if and when it's needed.

**Wear a Life Jacket.** Anyone participating in any boating, paddling or towed water sports, regardless of swimming ability in pool or open water situations, should wear a Coast Guard-approved life jacket. Preschool-aged children (5 years old and younger), who are not protected by touch supervision, in particular, should always wear a life jacket. Swimming aids and water toys – such as water wings, inflatable water wings and rings – are not intended to be life-saving devices. They may provide some buoyancy in the water but do not prevent drowning.

**Swim with a Buddy.** When possible, choose swimming locations where a trained lifeguard is watching for dangerous conditions and helping keep an eye on swimmers. Also make it a practice to always have at least two people swimming together. That way, if someone has a problem, the other can get help.

**Learn to Swim.** Research has shown formal swimming lessons reduce the risk of childhood drowning by 88%. Through the annual Make a Splash Tour, the USA Swimming Foundation, with the support of Phillips 66, encourages children's swim lessons. By equipping your child with the skill of swimming, you'll open doors to a lifetime of safety, fun, fitness and even employment opportunities.

While lessons progressively teach a variety of swimming strokes, some of the most important things swimmers learn – even in beginner classes – are breath control and how to float. These basic skills are essential for staying above water should someone find himself or herself unable to touch or too tired to swim to safety. Children can participate in swimming lessons before they can walk, and parent-child swim lessons provide bonding opportunities along with water safety education.

**Enter Water Feet First.** Diving in a pool that is too shallow or into water where you're not certain what's below the surface, like a lake, can have dire consequences. Teach children to dive only in designated diving areas and to always enter water of unknown or non-visible depth feet first.

**Swim in Designated Areas and Obey Posted Signs and Flags.** Ropes, buoys and flags in larger bodies of water like lakes or oceans are commonly used to mark off safe swimming areas and provide visual cues about changes in depth, underwater surfaces and currents. Teach children what these signs and markers mean and that they're in place as safety tools, not toys to play with or float on.

**Learn CPR.** If the unthinkable does happen, knowing how to perform CPR allows you to take immediate action, which has been shown to significantly better the outcome for children with submersion injuries. In the time it takes for paramedics to arrive, you could save someone's life. Seconds count; the more quickly lifesaving CPR is started, the better the chances of recovery. There are many places that offer CPR training, including community organizations and nonprofit groups. Remember to keep your certification current once you have completed the initial requirements.

Make safety a priority for your summer water fun. Find more information, including swim lesson providers in your area, by visiting [usaswimming.org/makeasplash](https://usaswimming.org/makeasplash).



### FINDING A SWIM LESSON PROVIDER

If you're unsure where to take your child for swim lessons in your community, these tips can help:

- Ask other parents in your area where they take their children. You can ask people you know and use social media and neighborhood boards to get tips. If your school has a swimming team, the coach may also be able to give you some ideas.
- Another resource is online search tools, such as [usaswimming.org/makeasplash](https://usaswimming.org/makeasplash), which allows you to search for swim lesson providers near you. Many of these programs also offer options for free or reduced-cost swim lessons.

- Once you identify a program, visit the facility with your child to see how swim lessons are run.
- Find out who your child's teacher will be and whether it's possible to meet him or her in advance.
- Learn the program expectations for you as a parent or guardian.
- Inquire about the provider's approach and learn-to-swim philosophy.

While researching programs, some industry best practices to look for include:

- Ask about the facility's COVID-19 mitigation protocols. Swim lessons can be safely administered with proper protective equipment and procedures.
- A nationally recognized learn-to-swim curriculum or an independently developed learn-to-swim curriculum that follows a similar model.

- Trained and certified instructors, with on-deck lifeguards holding current CPR and first aid certifications.
- A maximum 6-to-1 student-to-instructor ratio for group lessons.
- Minimum of 30 minutes per week of in-water instruction with a minimum total in-water instruction time of four hours.
- Written and practiced emergency action plans.
- Regulation of the facility and water by the Department of Health or similar governing agency.
- Established and practiced child-protection policies.
- Screening and background checks on all staff members.

**The Garden Bug**

All parts of the dandelion are edible and healthful. Its roots contain inulin and levulin (which balance blood sugar) and taraxacin (which helps digestion) and can be eaten raw or cooked. Its leaves are rich in potassium, antioxidants, and vitamins A and C, and can be eaten raw, steamed, boiled, sautéed or braised. The flowers can be added to salads, made into jellies or used to make wine.

**Dandelion** - Brenda Weaver  
Source: www.motherearthnews.com



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**The Garden Bug**

This is a source from which a grower gets new planting material that is identical to its "mother" plant. In choosing a plant for this purpose, pick one you like, that also has strong roots, a strong stem, a strong stem, is resistant to pests and fungi and matures steadily and easily. Pruning the branches of mother plants regularly encourages new branches to grow that you might replant in your garden, sell or give as gifts. Pruning the top keeps the mother plant from growing too large. Keep in mind that for some types, cutting a stem near its end may cause two new stems to grow! Some types grow their own "babies." - Brenda Weaver

**Mother plant**



Source: www.advancednutrients.com

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**The Garden Bug**

Having toads on your property is very beneficial. They prey on insects, slugs and snails. While not as closely tied to the water as frogs, they still need a moist place to live, often making their homes under boards, porches, loose rocks, and tree roots. You can provide a "toad cave" in your garden by laying a clay pot on the ground on its side, and burying the lower half in the soil, or setting a clay pot upside down on the ground, and dig the earth away from its edge in one spot, forming a small tunnel for the toad to access the inside of his new home.

**Toad homes**



- Brenda Weaver  
Source: gardeningknowhow.com

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\*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. 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 ups.com for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

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**Quotes worth your time**

“As I do more laundry, nudists seem less crazy.”  
Unknown

“If you want breakfast in bed, sleep in the kitchen.”  
Unknown

“Organized people are just too lazy to look for things.”  
Unknown

“A quiet man is a thinking man. A quiet woman is usually mad.”  
Unknown

**Reading Lakeview Newspaper will make you smarter.**

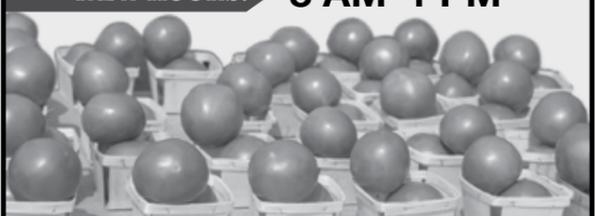
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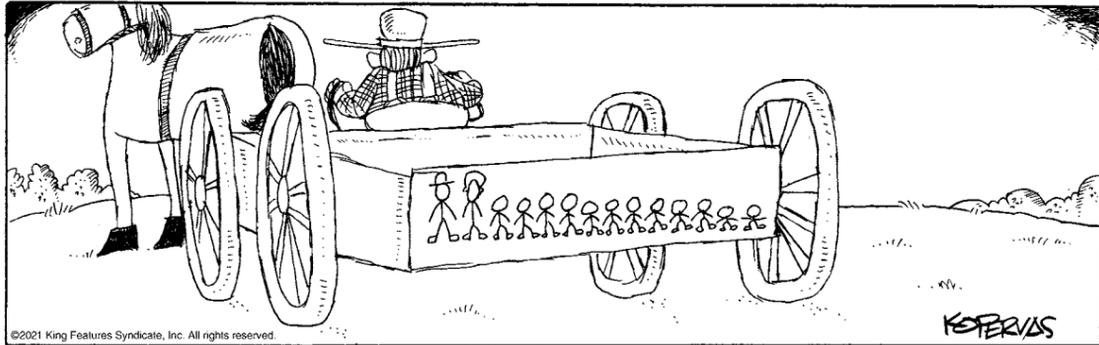
# Comics

## R.F.D.



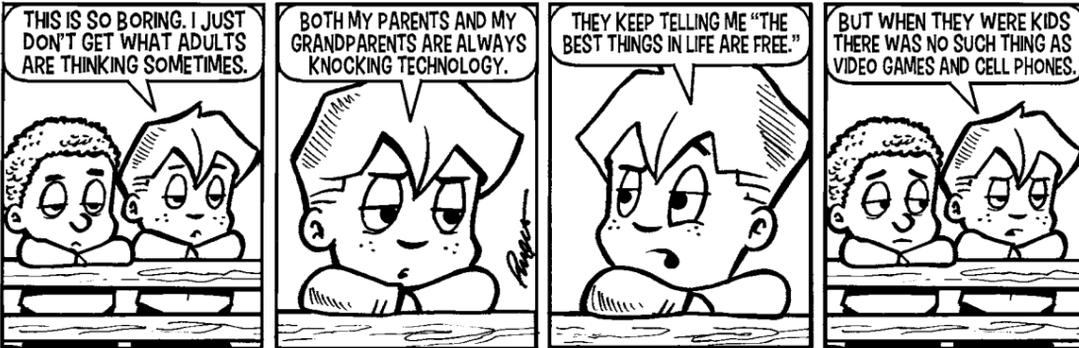
## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



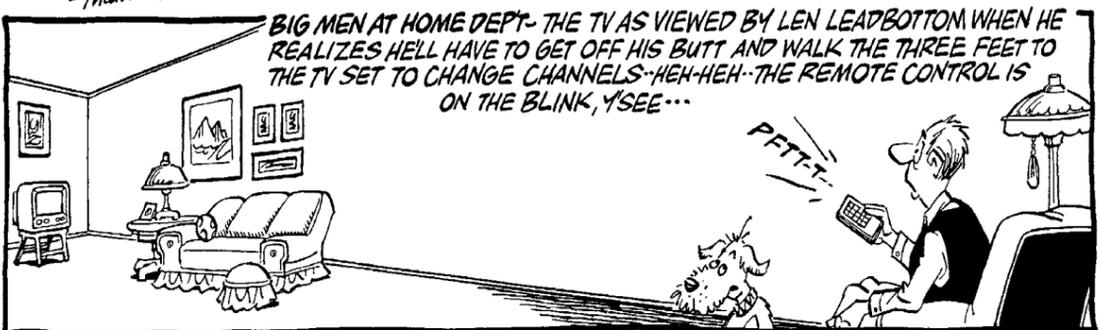
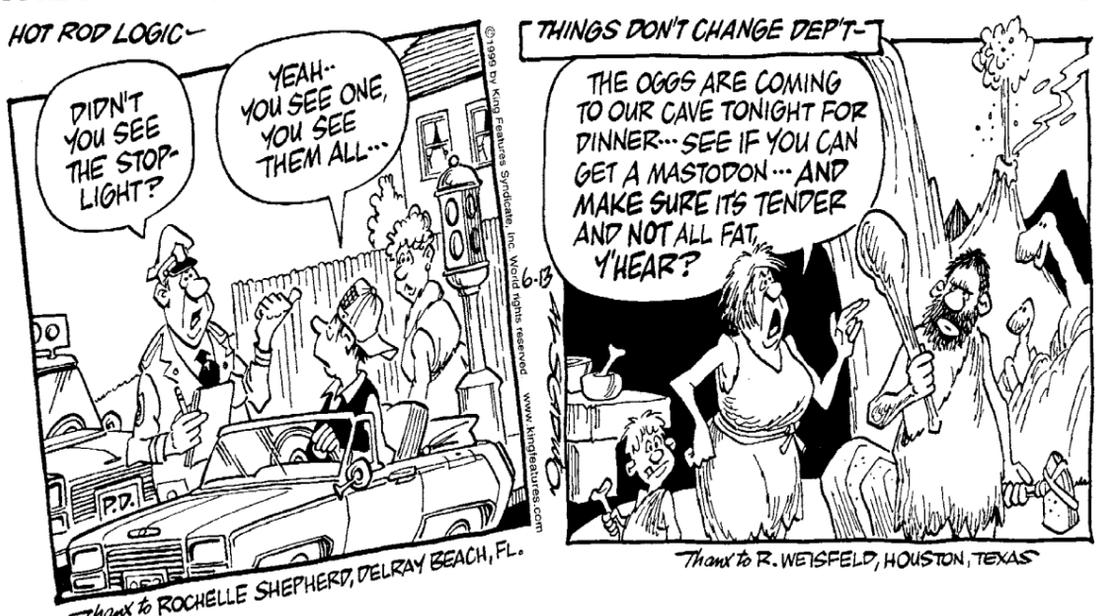
## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## PUZZLE CARD

## Junior Whirl

**PUZZLE CARD**

Your problem is to remove only two straws from the 12 shown and have two squares left. Answer: If you remove straws 4 and 5, you will be left with two squares, one small and one large.

**SEE SAW!** Charlie "Crosscut" Callaway has a 1-by-12-inch board, 18 feet long, that he wants to cut into 18 equal pieces. If it takes him one minute to saw through the board, how long will it take him to cut all 18 pieces? Answer: 17 minutes. He doesn't have to saw off the last piece.

**HEAVENLY WORDS!** In the grid at right there are 25 letters that spell out all the planets in our solar system. Can you find them? Go from one adjoining box to another - horizontally, vertically or diagonally. For example, you can spell SUN by starting at the letter S, moving up diagonally to U, and finish by moving vertically to the N above. You can enter the same letter box more than once. Also, the letters can appear in more than one name. Adjust your telescope and start spelling!

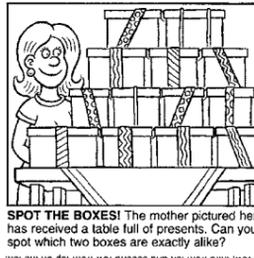
C	U	Y	T	V
E	R	N	E	I
M	A	U	P	R
R	S	T	J	L
T	H	O	U	B

**DOUBLE TROUBLE!** When the local baseball team, the Lodi Leopards, played at Abbot Field, a puzzler in the stands noticed an interesting thing. When two Lodi cheerleaders stood in front of the field sign, the name was changed to ALLOT. He puzzled over how many other words had double letters in them that could be changed to another word by substituting a different pair of letters. Here's what he came up with:

1. Accord --- A\_\_ord
2. Fiddle --- F\_\_le
3. Cheese --- Ch\_\_se
4. Offer --- O\_\_er
5. Haggie --- Ha\_\_le
6. Balloon --- Ba\_\_oon
7. Slimmer --- Sil\_\_er
8. Connect --- Co\_\_ect

Which double letters would be needed to turn each of the above words into different words? Other answers are possible.

Answers: 1. Accord --- Accord; 2. Fiddle --- Fiddle; 3. Cheese --- Cheese; 4. Offer --- Offer; 5. Haggie --- Haggie; 6. Balloon --- Balloon; 7. Slimmer --- Slimmer; 8. Connect --- Connect.



**SWITCH IN TIME!** Place two pennies on circles 1 and 2 and two dimes on circles 9 and 10. Your job is to make them change places in no more than 18 moves. The coins can be moved, one at a time, along the lines that connect the circles. As an example, you could move the penny on circle 1 to circle 3, 6 or 8 during one move. At no time can a penny and a dime be on the same line at the same time. For instance, after a move you could not have a penny on circle 1 and a dime on circle 8.

**SPOT THE BOXES!** The mother pictured here has received a table full of presents. Can you spot which two boxes are exactly alike? Bottom row, third from left and second row from top to the left.

**RHYMING RIDDLE!** What am I? Try to figure out the answer to this classic stumper: The beginning of eternity, The end of time and space, The beginning of every end, The end of every place.

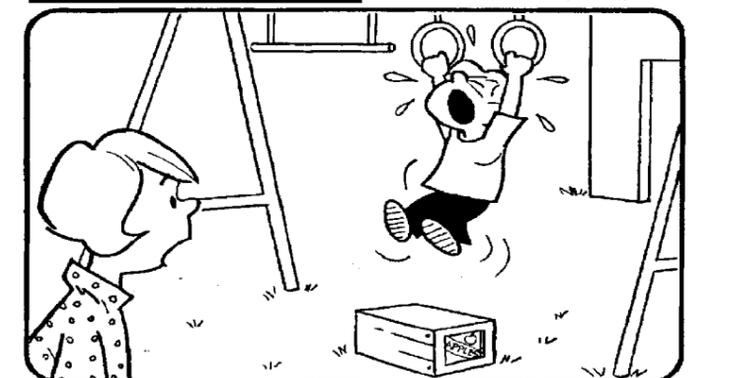
**A BLOCK PARTY FOR MOM!** The stack of blocks pictured here spells out eight words. Seven of the words have letters missing. These letters are either "M" or "O." Below are hints to help you complete the spelling of these words.

M	O	M
A	I	G
C	E	B
B	E	S
B	A	B
C	A	S
C	O	N
N	S	N

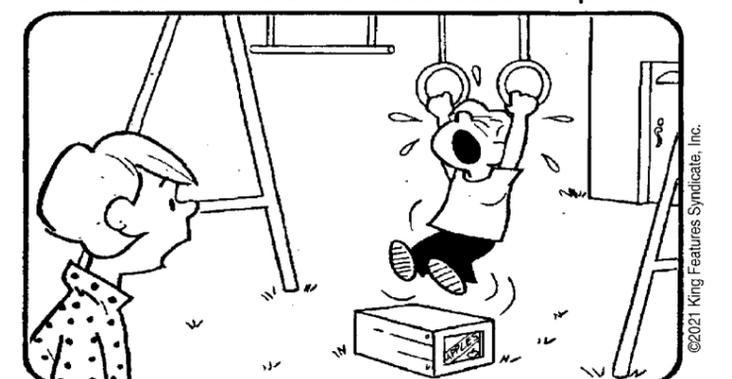
1. Today's her day.
2. A Spanish friend.
3. A jazz band.
4. Short notes.
5. Tall grass.
6. Separators.
7. Not rare.
8. Rainy season.

## HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Rings are lower. 2. Shirt is different. 3. Crate is different. 4. Door is shorter. 5. Sleeve is shorter. 6. Hair is different.

## Just Like Cats & Dogs

by Dave T. Phipps



# Creative Summer Moments

## Family-friendly ideas for summer fun



Photo courtesy of Shutterstock

**FAMILY FEATURES**

**W**arm, sunny days are the perfect setting for making family memories, but they're also ideal opportunities to encourage kids to get creative and let their imaginations soar. These ideas for summertime activities encourage family interaction, and the more kids get to help plan and organize the details, the more engaged you can expect them to be.

**Visit Your Local Park**

Pack all the kids' favorite snacks and beverages to keep cool and hydrated. Choose your spot under a big shady tree and spread out for an impromptu picnic. Be sure to bring along outdoor toys for a game of catch or lighten the load and create a nature scavenger hunt with different types of leaves, rocks and flowers for kids to discover. If they come across an unfamiliar plant or animal, snap a picture with your phone so you can do some research on it when you get home. Encourage the kids to draw or design a piece of art reflecting the things they saw.

**Create Watercolor Paintings**

Away from the school setting, kids sometimes have fewer opportunities to practice expressing their ideas and getting creative. Fun tools can make an artistic session more exciting, so look for unique methods like blending Zebra Pen Mildliner Brush Pens with water and a paint brush to create fun, pastel watercolor paintings with minimal mess. The pens are conveniently double-ended with a paint brush-like tip on one end and fine marker tip on the other so you can precisely draw a design then create softer swirls of color using water and a brush.

**Water Sponge Challenge**

Cool off with a fun and refreshing water fight with a few creative twists. First grab sponges, or water sponge balls, and a full bucket of water. The sponges are reusable so you can use them all summer long. Make it extra fun by organizing teams with kids against adults or everyone fending for themselves. Encourage kids to devise their own blockades and targets or adapt a classic game like baseball or dodgeball using water sponges in place of the usual balls. You could also do a sponge scavenger hunt to load up everyone's buckets before the dousing begins.

**Find the Animals**

Visit your local Association of Zoos and Aquariums accredited zoo or aquarium and have your kids find as many animals as they can from the AZA SAFE: Saving Animals From Extinction species list. It's a good opportunity to talk about the concept of extinction and why these animals are on the list. Follow up the visit with an activity that reinforces how everyone has a role in conservation and look for ways to help protect each family member's favorite animal.

**Make Oven S'mores**

On a rainy night (or any night) make a s'more by putting it in the oven. They turn out just as melty and gooey as the campfire version but with easier prep and cleanup. This is a tasty way to get those creative juices flowing. Experiment with different candies, such as peanut butter cups in place of chocolate bars. Or add different ingredients and have other family members guess the flavors.

**Recycled Animal Crafts**

Combining a creative activity with an important message such as conservation can help kids grasp big concepts about keeping animals and the earth safe and happy. Use recycled materials such as cardstock and "junk" from the recycling bin as well as hot glue and colored pens or pencils to have your kids create an art project featuring a favorite animal or one they've seen at a park or zoo. Simply piece items together to look like the animal as well as its habitat like trees, grass or the dessert. Then hot glue the items to the cardboard base and use pens or pencils to add details.

Find more ideas for creative inspiration this summer at ZebraPen.com.

### Mess-Free Watercolor Art

Learn how to make a faux watercolor masterpiece using Zebra Pen Mildliner Brush Pens.

1. Sketch your design using a pencil.
2. Trace over your pencil design with a bleed-proof technical drawing pen. Be sure to erase any pencil lines still showing.
3. Use brush pens to add blocks of color to each area, but don't worry about thoroughly covering each line. Use more colors to add more visual interest and depth.
4. Focus on one section of the design at a time.
5. Dip a clean paint brush into a cup of water. The brush should be well saturated but not so wet that it's dripping.
6. Move the wet paint brush over the color blocks, spreading color to cover white spaces and blend.
7. Once the design is dry, use brush pens to add details and accent colors then trace over original design lines to add bolder borders.



Photo courtesy of Getty Images

### Homemade Cards

Keeping in touch with loved ones is fun any time of the year. Pick an overcast or way-too-hot day to spend creating homemade cards to send to family and friends.

- Materials:
- Cardstock or construction paper
  - Zebra Pen Zensations Colored Pencils
  - Stickers
  - Scissors
  - Ribbon
  - Hot glue sticks and guns

Encourage kids to think about their intended recipients to create a card that is unique to an experience or memory they have shared together using favorite colors or recreating the memory. On a cardstock or construction paper base, use colored pencils to write a message and draw pictures. Add stickers or use scissors and additional construction paper or ribbon to add decorations and details. With a grown-up's help, hot glue items to the base card, if necessary.



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