



Let There Be Light



Those of you who have reached a certain age might remember your father saying something like this – ‘Turn off those lights. You think I’m made out of money?’ Well, today ComEd thinks you are. ComEd is asking state regulators to approve a record-high \$1.5 billion rate increase. ComEd’s four-year proposal would increase the average Chicago-area residential energy bill by about \$6.72 next year and raise it by a cumulative \$17 by 2027. That’s about an 18% jump from today’s average \$93 bill. The utility maintains they need the money to roll out a million electric vehicles by 2030 and phase out carbon emissions from power plants by 2050 and needs to better equip its system for severe weather. CUB and other groups determined ComEd’s shareholder profit rate would increase from 7.85% to 10.65% over the

next four years. ComEd is owned by publicly traded Exelon Corp. CUB Executive Director David Kolata said in a written statement, “ComEd has to maintain its system, but it never deserves a blank check.” Exelon has netted more than \$5 billion in profits since 2020, when ComEd admitted to taking part in a bribery scheme to influence former Illinois House Speaker Mike Madigan to help pass legislation to be favorable to the utility in return for jobs, contracts and money for Madigan associates. The five-person state commerce commission has until December to decide whether the hike is justified. In addition, Peoples Gas is seeking it’s own rate hike. Chicago customers could be paying out an average of \$18.55 more per month on energy bills next year if the People’s Gas and ComEd increases are approved. **Turn off those lights!**

A Whole Lot Of Shaking Going On



And now, here’s Brandon! Brandon Johnson, 47 and a former organizer for the Chicago Teachers Union, was little known when he entered the mayoral race in 2022 and had no experience within city government. But, here he is presiding over his first council meeting. Mayor Johnson has reshaped the city council into his own progressive image by shrinking the number of committees from 28 to 20 and replacing Finance Committee Chairman Scott Waguespack (32nd) with Alderman Pat Dowell (3rd), whose decision to abandon Mayor Lori Lightfoot and endorse Johnson was a turning point in Johnson’s winning campaign. The vote was 41-9. After the meeting, Johnson told reporters, “I mean

– I don’t know what a brother got to do to get a high-five around here, but we made history today.” Waguespack delivered a gracious speech congratulating Dowell, who replaced him as Finance chair, and wished her luck as she confronts its many challenges. Ald. Pat Dowell has become the first woman to lead the City Council’s most powerful committee. Dowell had her eye on the Finance chair from the beginning, and Johnson chose to reward her. Dowell endorsed Johnson on Feb. 3, giving his campaign a much-needed endorsement from a moderate member of the City Council’s Black Caucus. Waguespack said he’s proud of the good government reforms he ushered in and the fiscal stabil-

ty he helped Lightfoot build and looks forward to establishing a “working relationship with the new administration.” He joined eight of his colleagues in voting against the reorganization. Eleven of the 20 committees are set to be led by City Council members who endorsed Johnson. The new City Council includes 13 rookie members, who have shifted the balance of power at City Hall to the left and represent a generational shift of political power in Chicago. Six Black, Latina and Asian American women replaced veteran City Council members all of them men. Eighteen members of the City Council are women, tying a record. Nine alder people identify as lesbian, gay or bisexual, the most in

Chicago’s history. The City Council also has 14 Latino alderpeople, an all-time high. There will also be 14 White alderpeople, the fewest in Chicago history. Twenty members of the City Council are Black, a tally that is unchanged since 2019. For the first time, two Asian American City Council members will take their seats. Ald. Nicole Lee (11th Ward) is the first Chinese American to serve on the City Council and Ald. Leni Manna-Hoppenworth (48th Ward), is the City Council’s first Filipina member. Now, the real work begins on making good on all those campaign promises. He proposed increased mental health treatment, hiring more detectives, expanding youth jobs program and increasing

Continued on page 2

Editorial & Opinions

A Whole Lot Of Shaking Going On

Continued from front page

ing taxes on the sale of properties over \$1 million to support more affordable housing. Johnson will also have the final say on naming the city’s next police superintendent, though for the first time an appointed citizen commission will select three finalists. Paying for his campaign promises hinges on a number of tax increases aimed at high earners and large companies. He also is taking on a growing migrant crises. City officials expect to spend \$112 million to care for migrants through the end of June. Chicago is already struggling to provide shelter and other help to those arriving from the southern border, with adults and young children sleeping in police station lobbies.

Dan Gibbons, CEO of the City Club of Chicago said it best. “There’s no honeymoon in mayoral politics or city government” “Everyone has your phone number, you get the blame and you don’t get the credit.”

It certainly is Trial by Fire.




Happy
FLAG DAY

WEDNESDAY JUNE 14TH



HAPPY
father's
DAY

SUNDAY JUNE 18TH



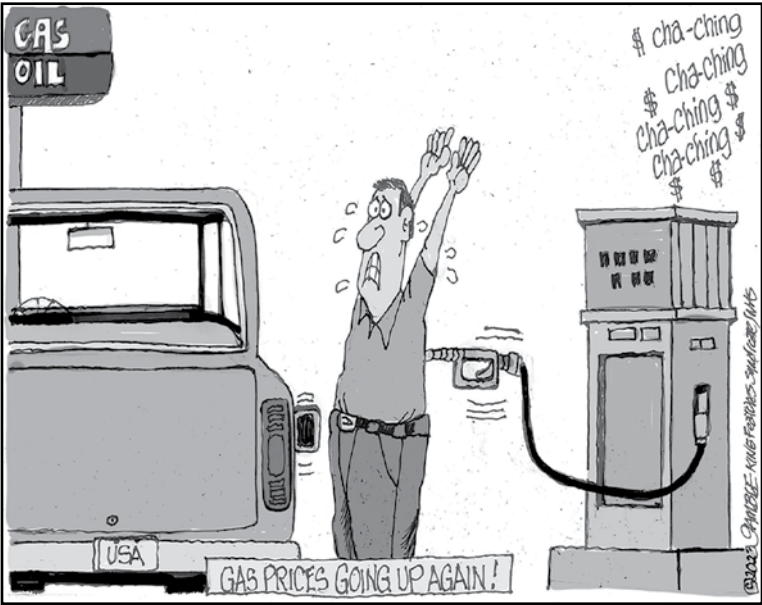
JUNETEENTH
LET'S CELEBRATE THE DAY OF FREEDOM

MONDAY JUNE 19TH



SUMMER
BEGINS

WEDNESDAY JUNE 21ST




Moments in time

THE HISTORY CHANNEL

- **On June 6, 1884**, philanthropist and businessman George Williams co-founded the Young Mens Christian Association, or YMCA, with the aim of creating a supportive community for men like himself to address societal challenges.
- **On June 9, 1902**, Woodrow Wilson was elected president of Princeton University, holding the office until resigning in 1910 to run for governor of New Jersey. Wilson had graduated from the university in 1879 before studying law at the University of Virginia, then earning a Ph.D. from Johns Hopkins University. He remains the sole U.S. president to have received a doctoral degree.
- **On June 7, 1939**, George VI and Elizabeth I became the first king and queen of Great Britain to travel to the

- United States, where they met with President Franklin D. Roosevelt at his invitation. In a letter to her mother-in-law, Queen Elizabeth described the Roosevelts as “such a charming and united family and living so like English people when they come to their country house.”
- **On June 11, 1963**, Alabama governor George Wallace stood in front of the Foster Auditorium at the University of Alabama and refused entry to two African American students, resulting in the issue of Executive Order 11111 by President John F. Kennedy. The order brought in the National Guard, forcing Wallace to step aside.
 - **On June 5, 1981**, a weekly Morbidity and Mortality Report published by the Centers for Disease Control and Prevention noted five cases of a rare form of pneumonia in Los Angeles. Later, they would be recognized as the first incidences of the AIDS virus.



Americanisms

“Freedom is never really won.
You earn it and win it
in every generation.”
— Coretta Scott King

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THE RICH LOWRY COLUMN

Donald Trump body-slams CNN

A viral video that caused outrage a few years ago had Donald Trump body-slamming the cable network CNN personified as a professional wrestler.

This “MAGA” fantasy was all but made a reality at a CNN townhall with the former president in New Hampshire the other night.

Trump steamrolled the moderator Kaitlan Collins, relentlessly stuck to his most outrageous contentions on everything from Jan. 6 to claims the 2020 election was stolen, lit up the audience of supportive Republicans, and proved that he is as outlandishly entertaining and compulsively watchable as he was at his height in 2016.

The message to the rest of the GOP field was, “Watch out, below!”

The forum underlined how one of Trump’s greatest strengths is the sheer force of his personality.

One of his advantages in the 2016 primaries was that, as the leader in the polls, he always stood dead center in the debate stage, taller, more vivid, and more commanding than the other candidates.

It almost didn’t matter what Trump said or did on stage, because the way he acted and looked projected strength — there’s a reason the old pros, like the late Roger Ailes of Fox News and Trump himself, watch TV with the sound off to get a true sense of the impression being made.

If Trump wins the Republican nomination next year, it will be partly because Republicans are once again drawn to what they consider his distinctive and unmatched sense of personal power.

Trump’s is an odd and obviously very flawed kind of strength. For him, it’s a quality that is consistent with whining, insecurity, defensiveness and a refusal to take responsibility — all of which usually lead us to conclude someone is weak.

Trump makes up for it with what my

National Review colleague Michael Brendan Dougherty calls “willfulness,” a deep-seated, near-primal drive to impose what he wants, whether on a political narrative, a negotiation, a set of rules or, at the CNN townhall, an interviewer.

Incapable of shame, he didn’t display the slightest defensiveness about Jan. 6 or his conspiracy theories about the election, despite Collins repeatedly challenging him on them. He bulldozed through every fact check, even saying he’d completed his border wall. He mocked the claims of E. Jean Carroll, who had just won a jury verdict against him in New York. There was never a sense that he wasn’t in complete command — Gulliver easily swatting away a determined but unthreatening Lilliputian.

Was Trump truthful or respectful? Of course, not. The dynamic, though, is that the more he says things he shouldn’t, the stronger he seems. For Republicans, there was also the advantage of Trump taking on the cable network they disdain most; he turned the much-hyped town hall into an embarrassment for its sponsor.

This points to the way that Trump can out-MAGA Florida Gov. Ron DeSantis and the rest of the GOP field — by always being on the offensive, never being abashed about his own contradictions or mistakes or weaknesses, making himself the constant focus of attention, and overall just being a bigger personality.

It always helps when other Republicans seem afraid of him, and they usually do.

Of course, Trump’s is, to a large extent, a faux strength. There’s a place for discipline, selflessness and knowledge in true strength. It also will avail Republicans little if Trump projects his characteristic showy strength in the course of winning the GOP primaries and then loses the general election — or wins, only to govern in an even more shambolic fashion than the first time around.

There’s a lot of material that DeSantis or another Republican candidate has to work with against Trump, who is vulnerable to attacks from the right on his response to the coronavirus and his performance on other conservative priorities as president. But no one else is becoming the nominee unless at the end of the day Donald Trump is no longer the biggest person in the room.

Rich Lowry is editor of the National Review.

Lakeview Newspaper

“We don’t make the news. We just report it.”

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VETERANS
★ POST ★

by Freddy Groves

Proposed 2024 VA Budget not Good for Veterans

While the proposed 2024 Department of Veterans Affairs budget increase of 5% sounds good, it's actually the lowest hike they've seen in nearly 10 years. The president claims that there is a "sacred obligation" to support veterans and that \$325 billion will do just that.

As always, the devil is in the details, and that budget would cut into critical VA programs to the tune of 22%.

Per a VA.gov news release, those cuts would mean:

- 30 million fewer healthcare outpatient visits for everything from mental health services to cancer screenings and treatments to wellness care.
- 81,000 jobs would vanish across the health care system at the VA.
- 50,000 housing vouchers would be eliminated.
- 6,000 jobs would be eliminated among those who handle the disability claims backlogs, which would cause delays in getting benefits for education, insurance, pensions and more. The net result would be 134,000 additional backlogged claims. This comes at the same time the VA is supposed to be increasing hiring because of the extra work due to the PACT Act, which offers help and benefits to those veterans who were exposed to toxins.
- 500 cemetery worker jobs would be lost, meaning the five new cemeteries would be delayed and maintenance at current cemeteries would suffer.
- Impaired abilities to expand telehealth care, with limited medical equipment for the veterans to use at home. The information and technology area, for example, would be short \$345 million for the network.
- \$565 million less for construction to fix or build VA hospitals and clinics.

If you read about the budget in various places, all the glowing language might make it look as though so many millions are being provided to help veterans ... but keep a calculator handy and do the math. Consider your own financial position and think of what a 22% shortfall would do. There would be cutbacks, doing without, unmet needs, etc.

To read more about the damage the budget would do, check out www.va.gov/opa/pressrel/pressrelease.cfm?id=5874.

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Strange
BUT TRUE

By Lucie Winborne

- At just 15 years old, actor Sylvester Stallone's classmates voted him "most likely to end up in the electric chair."
- One day in 1930, the BBC announced on air that "there is no news," and played piano music.
- Fulmars, a type of seabird, vomit putrid fishy oil on predatory birds in self-defense, which not only smells awful but is lethal to the attackers, as it permanently glues their feathers together.
- If viewed from space or a high altitude, the sun appears to be white.
- Larry Lemieux, a Canadian sailor at the 1988 Olympics, was about to win a silver medal when he abandoned the race to save two other competitors whose boat had capsized. While he lost the silver medal, he was given the Pierre de Coubertin medal for sportsmanship.
- A hydrangea flower's color is determined by the relative acidity of the soil in which it's grown: Acidic soil will produce a blue flower, while alkaline soil will yield a pink blossom.
- The Sami people of Northern Finland have a unit of measurement called the "poronkusema"—the distance a reindeer can walk before it needs to urinate.
- Had a solar eruption happened nine days earlier than it did in 2012, the Earth would have been hit by a massive solar storm that would likely have caused major X-ray and UV radiation and power failure over the planet. It also would likely have cost trillions of dollars and taken four to 10 years to recover from. Timing really is everything!
- The hotel that inspired Stephen King to write "The Shining" plays the Stanley Kubrick film of the same name on a continuous loop on channel 42 for guests.

Thought for the Day: "Great opportunities to help others seldom come, but small ones surround us every day." — Sally Koch

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SENIOR
NEWS LINE

by Matilda Charles

Decluttering – Do It Your Way

Consider this a firsthand account of clearing clutter. I read several self-help books; I sought advice from those who call themselves experts.

But I suspected that the "how to declutter" books would be a lost cause when I saw passages that suggested taking photos of cherished items as a way of remembering them; I knew that plan was not for me. It was the same with instructions to take it one room at a time or to take months to finish the task.

In the end, I rejected all I heard and read and opted for doing it my way: quickly and ruthlessly.

The key to successful decluttering is to ask yourself realistic questions:

If you're working on clothing and realize that you haven't worn certain items in years, how likely are you to wear them ever again? If you have a set of dishes once owned by your grandmother and have never used it, are you likely to ever use it now? If you're sorting memorabilia from vacations, do you remember the details of your trip?

Give yourself one month to declutter, working at it for at least an hour every day, boxing things up as you go and dividing them into items to be donated or to be thrown out. At the end of the month, call the dump haulers or the people who take donations.

Keep in mind: If you haven't put up outdoor holiday decorations in five years, you won't start now. Relatives who indicate they want a certain item need to remove it immediately. You really don't need 17 sets of sheets or towels. Just because your mother kept her own mother's cherished items for 30 years doesn't mean you need to do the same.

But best of all: If something is no longer on a shelf, you don't have to dust it.

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Lederman Art

In the 1980s, a friend's mother decided to redecorate with unfamiliar modern-style furniture. She bought a small wooden table that was painted red and designed by Jeff Lederman, an Ohio artist. The table had won a prize for design in an Illinois state contest.

Lederman was a busy artist who changed interests and occupations many times. He designed logos for companies in the 1970s and furniture in the 1980s. For a while, he put his art aside for a new career saving wildlife. He painted pictures again from 2014 to 2018 and started making digital art in 2020.

Q: I am a realtor and am fortunate enough to go into older homes with many architectural elements still intact. I've become fascinated by the elaborate antique doorknobs I see. I bought one for \$25 in an architectural salvage store last week. It appears to be brass. Do you think I got a good deal?

A: Doorknob collecting can be a lot of fun. In the early 19th century, people still opened doors with their thumbs. Their doors were fitted with wrought-iron thumb latches. Some of the earliest brass doorknobs in the U.S. started appearing around that same time. They were fixed to surface-mounted locks. Brass, bronze, pottery and glass hardware were popular in the late 19th and early 20th centuries. In the 1950s to 1970s, urban renewal programs caused many aging Victorian houses to be destroyed, with the loss of artistic hardware. The destruction spurred the creation of the Antique Doorknob Collectors of America. Detailed information can be found at their website, www.AntiqueDoorKnobs.org. Knobs can be found in secondhand shops, at demolished building sites, flea markets, malls, online shops and auctions. It looks like what you paid is a fair price.

TIP: Bright sunlight will damage

CURRENT PRICES

Pair of Dresden porcelain candleholders, four-light, figural angel post, blue drape, holding three shaped arms encrusted with small flowers, gold trim, marked, Schierholz, after 1930, 15 x 9 inches, pair, \$65.

Folk art figure, swan, hardwood root, carved, polished, glass eyes, signed G. Mille, 1986, 18 x 27 inches, \$340.

Pottery statue, Indonesian woman, tall and slender, dark skin, long striped skirt, white blouse, flowing white head scarf, marked, Mari Simmulson, Sweden, 1940s, 15 inches, \$465.

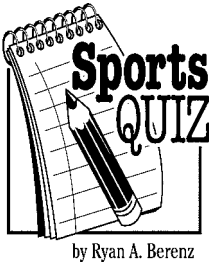
Pair of glass urns, Regency style, cut glass lower body with strawberry cutting, flared upper section with engraved grapes and leaves, domed star cut base, 9 x 7 inches, pair, \$585.

Advertising sign, Cooks Beer & Ale, hand holding a bottle of each, tin, oval, self-framed in wood grain pattern, Cooks Brewing Co., Evansville, Ind., 1940s, 17 1/2 x 14 inches, \$625.

Tiffany candlestick, patinated bronze, three curved legs, tripartite base, bulbous cup with flared rim and blown out green glass, hooked snuffer hangs in the center, marked Tiffany Studios, c. 1910, 9 1/2 x 5 inches, \$3,120.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2023 by Terry and Kim Kovel has the resources you're looking for.

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by Ryan A. Berenz

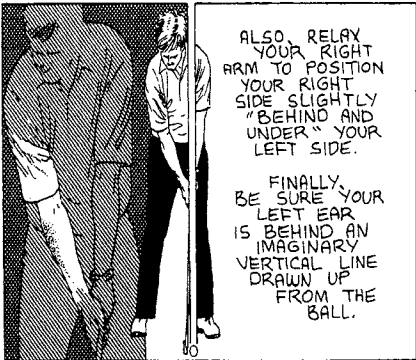
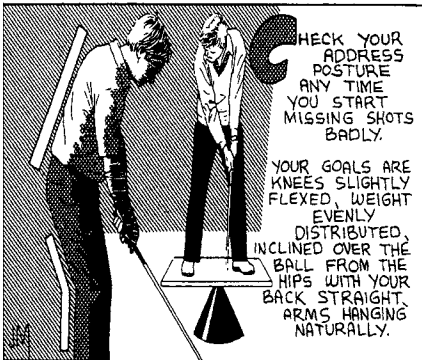
1. Name the U.S. swimmer who won gold medals in the men's 800-meter and 1,500-meter freestyle events at the 2020 Tokyo Summer Olympics.
2. Lost, Firewire, Rusty and Pyzel are among the leading manufacturers of equipment for what sport?
3. What national team has dominated the IKF World Korfbal Championship, winning 10 of the first 11 titles dating back to 1978?
4. What golf course, located in Chaska, Minnesota, hosted the PGA Championship (2002, 2009) and the 2016 Ryder Cup?
5. Dwayne "The Rock" Johnson starred in what HBO sports dramedy that ran for five seasons from 2015-19?
6. What nickname is given to the last player selected in the final round of each NFL Draft?
7. Aviva Stadium, built on the site of the former Lansdowne Road Stadium, is a soccer and rugby facility located in what city?

Answers

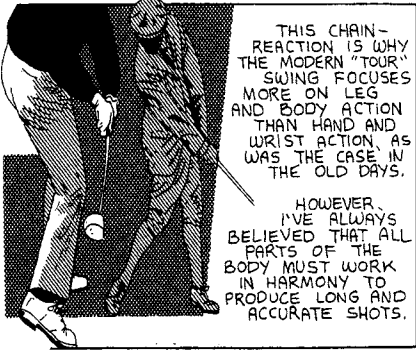
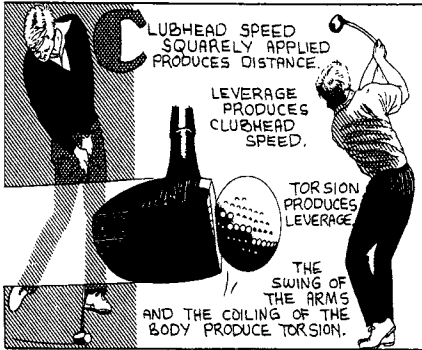
1. Robert Finke.
2. Surfing.
3. The Netherlands.
4. Hazeltine National Golf Club.
5. "Ballers."
6. Mr. Irrelevant.
7. Dublin, Ireland.

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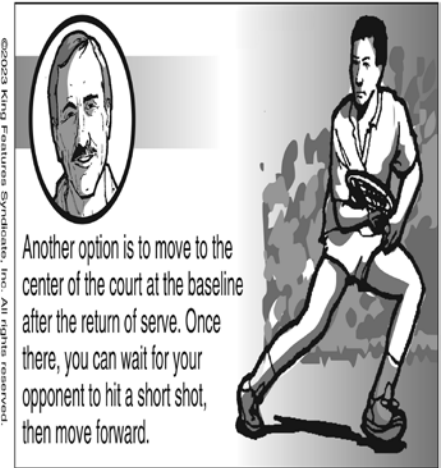
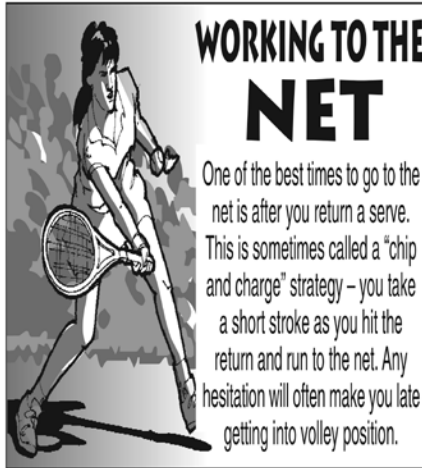
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS

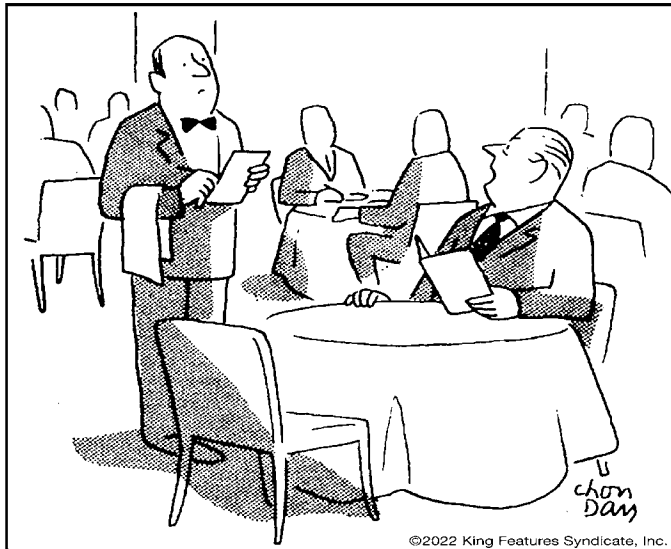


GRIN and BEAR IT



"You don't want to get her started!"

LAFF - A - DAY



"I'd like to have it before the prices change."

Health



Exercise Builds Strength and Improves Limits in Those With Arthritis

DEAR DR. ROACH: I so appreciated your recent column on arthritis, specifically osteoarthritis. I'm a big exerciser; however, I have always heard that this arthritis is caused or exacerbated by wear and tear. I was surprised to hear otherwise! I have modified or given up a handful of exercises that seem to cause my joints more pain, specifically full-body weight-bearing on my wrists. Are these exercises I can incorporate back into my routine? I have found that certain activities, i.e. card shuffling, buttoning, etc., hurt my thumbs, so I have made adaptations. Should I work through the pain, assuming that I am not causing any more damage to my joints? — L.D.

ANSWER: Most exercise is not damaging to joints, but high-impact or high-frequency activities can certainly worsen arthritis pain. For arthritis of the knees and hips, I recommend walking as the best exercise, starting slow and building up based on what a person can tolerate. It's the movement, not the resistance, that's most important, so swimming (or just walking in a pool) is a great option for people who feel too much pain from walking. For the smaller joints of the hands and wrists, I would recommend activities that don't hurt you as much. Stretching the joints and movements like squeezing are a good place to start. You might consider a "stress ball" or a hand therapy ball to provide some resistance and build up hand strength. Adapting your activities to your limitations is a good idea, but you also want to work on improving those limitations. A physical or occupational therapist is your best partner in designing a program. Don't forget that over-the-counter topical anti-inflammatory medicines, like diclofenac, are pretty effective with small joints and are very safe.

DEAR DR. ROACH: Would you

discuss the difference between rheumatoid arthritis and the ankylosing spondylitis? — S.Y.

ANSWER: Both rheumatoid arthritis and ankylosing spondylitis are uncommon (each affecting about 1% of the population), inflammatory, multi-system diseases. RA affects the synovium (the lining of the joint) and tends to affect the hands first, but it can affect nearly any joint. The major area of activity of AS occurs where bones connect to ligaments, cartilage and tendons. There is an autoimmune component to both diseases. Without treatment, RA leads to joint deformities, whereas AS causes new bone formation, leading to pain and reduced movement of the joints. The back and neck are most often affected in AS, but the hips and other joints may also be affected. RA is treated early and aggressively with disease-modifying agents, such as methotrexate and hydroxychloroquine, or with biological agents. Physical therapy is useful in RA, but is a mainstay of therapy with AS. Medications are often needed in AS, usually starting with anti-inflammatory drugs and progressing to more potent agents if needed. About 30% will need biological agents, whereas 94% of people with RA need a disease-modifying drug. A rheumatologist is the expert for both conditions, and a person with either condition should be referred to an expert as soon as the diagnosis is made.

Medication Used for Perimenstrual Asthma Poses Health Risk

DEAR DR. ROACH: I'm a 55-year-old perimenopausal woman who developed asthma a few years ago. My symptoms always start right before my menstrual cycle. My doctor ruled out allergies as the cause. I used to get colds and sinus infections premenstrually in my younger years. Most medical practitioners don't see the correlation between hormones and respiratory symptoms. I sometimes take 10 mg of prednisone when I'm wheezing more than usual, and it seems to help. Is this dose putting me at risk for diabetes if taken regularly? — B.S.

ANSWER: Perimenstrual asthma is a well-recognized condition that is nevertheless not well-known by most non-experts. It is less likely to be caused by allergies and more likely to be aspirin-sensitive — meaning that aspirin, or other anti-inflammatory drugs (like ibuprofen) commonly taken by women during menstruation, can trigger an asthma attack. Maybe a quarter of women with asthma have perimenstrual asthma. As you say, it is thought to be the hormone changes around menstruation that trigger the asthma. Oral contraceptives used continuously

prevent large changes in progesterone and estradiol, and may be helpful in managing perimenstrual asthma. Although I didn't find a lot about it in literature, I suspect that when your periods stop, your asthma symptoms will get better. Increased medication at the time of menses is frequently needed. However, because prednisone, even at the fairly small dose of 10 mg, does increase risk of diabetes, osteoporosis, high blood pressure, glaucoma, cataracts and many other conditions, oral prednisone is not my first choice for medication in this situation. Inhaled steroids would be one choice, but they take a while to begin working. One recommended treatment is the oral medicine montelukast (Singulair), which has been proven effective in a small study and starts working right away.

DR. ROACH WRITES: A recent column regarding a "tip jar" in a living situation for a reader's brother who had suffered a stroke generated very powerful responses. (Respondents included nurses and administrators who worked in care facilities.) Many readers noted that they thought this was illegal in the states they lived in. While many readers responded that they were happy to give gifts to the caregivers, nearly every person wrote that the public nature of the "tip jar" was inappropriate.

The institutions I have been affiliated with have very careful rules about accepting any kind of gift. In my opinion, the "tip jar" grossly violated ethical standards, and nearly all readers agreed with me. Several readers wished me to mention the state ombudsman program for long-term care. Every state is required to have such a program to address complaints and advocate for improvements. Residents in the U.S. can learn more about the long-term care ombudsman program at ltombudsman.org/about/aboutombudsman.

Prescription Costs \$500 for a Month's Supply

DEAR DR. ROACH: What can you tell me about a prescription of 145 mcg of Linzess, and why a doctor would prescribe a pill over \$500? What are the advantages to taking this? Surely, there must be something less expensive that will provide the same results. — J.P.

ANSWER: Linaclotide (Linzess or Constella) is a medicine used for constipation, either in people with irritable bowel syndrome or in people with constipation for no particular reason. It works by activating a protein to allow chloride and bicarbonate (along with fluid) into the intestine. Since it is not absorbed into the body, it has few side effects. The major side ef-

fect is that it can work too well and cause diarrhea. This is enough of a concern that the medicine is not used in children under the age of 2. There are three different strengths: 72, 145 and 290 mcg. If you are asking me to defend pharmaceutical pricing, I can't do that. I very seldom use this medicine because there are so many other options for constipation — starting with a different diet without using any medicine at all. But in people with occasional constipation despite having a good diet, I usually start with fiber supplements. If those don't work, I recommend a surfactant such as docusate (Colace), which allows more water to enter the stool. Yet another option would be nonabsorbable substances like polyethylene glycol (MiraLAX and others), lactulose, sorbitol and magnesium. All of these are much less expensive. However, there are still people who don't do well with any of these less-expensive (and also tried-and-true) alternatives. Linzess has made a real difference in the lives of several of my patients. It is usually prescribed by an expert (a gastroenterologist) at least in the case of my patients. Finally, Linzess is roughly \$20 a pill or about \$500 for a month's supply in the U.S. without insurance. Some people only need it occasionally and are very willing to pay, even if insurance doesn't cover it.

DEAR DR. ROACH: The other day, when we were changing our bedsheets, my husband asked me if I knew why the sheets and pillowcases on his side of the bed were stained yellow and the ones on my side weren't. My only thought was that he has a very strong body odor. My high school biology classes came back to me, and I remembered that our sense of smell is a lock-and-key mechanism, where odor comes from a tiny particle that locks into the sensors within our olfactory system. So, I thought that the particles might be staining the bedding. Could this be so? — J.M.

ANSWER: Chromhidrosis is the name for colored sweat, and it isn't uncommon. Both men and women can have chromhidrosis. There are several possible causes. One is that the sweat glands themselves can excrete a colored substance, such as lipofuscin, which often causes a yellow discoloration. I admire your using high school biology, but I don't think you are right in this case. The odor in sweat comes from bacteria that lives in and around the sweat glands. The bacteria themselves rarely cause discoloration, but yellow isn't typical for bacteria. Occasionally, medicines can cause sweat to turn a different color. The laxative bisacodyl (Dulcolax and others) can cause people to have yellow sweat, and some

antiperspirants will cause sweat to have a yellow color. Since it's both the sheets and pillowcases, I suspect that it's the lipofuscin in this case. Treatment may not be necessary, but capsaicin cream (0.025%) has proven effective, although the mechanism behind how it works is unknown.

Nurse Claims Wound Must Heal From the Inside Over Time

DEAR DR. ROACH: Whenever I got a wound while I was young, my mother would take me to the hospital to get stitches. I am now 94. I went to get a wound seen, and the nurse said that it needed to heal from the inside. They treated it with gauze, wrapping and then a stocking. It took months to heal. Why the big change? Why couldn't they have just put in stitches and saved me months of healing? — D.J.

ANSWER: A wound can be sutured (stitched) closed when it is new, clean and regular. A wound cannot be closed if it is infected or irregular. Most chronic wounds cannot be closed by stitching. Also, if there is a lot of swelling around the wound, there may be so much pressure that the wound cannot be closed and must be allowed to heal over time. This is often the case with larger wounds. Basic principles of wound healing are to treat and prevent infection by bacteria or other germs, control pain and bleeding, and avoid treatments that are toxic to open wounds. I hear very frequently from people who have mistreated wounds. Strong agents like hydrogen peroxide, iodine, bleach and even soaps will kill more of your body's healing cells than bacteria, and they should not be used in open wounds. I also hear people say wounds "need air," but wounds heal faster when they are moist. A barrier like petrolatum (Vaseline or many other proper wound-care agents) and a clean cover will accelerate wound healing. Most wounds do not need topical antibiotics, and these should only be used when recommended by an expert. The best experts for wound care are wound-care nurses and, in extreme cases, vascular or plastic surgeons. It takes time for a wound to heal. How much time depends on many factors, but a time span of months is not unusual, especially with a person in their 90s, who may not have the same blood supply they had when they were much younger.

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.

Financial

How well is your financial health?

You probably monitor your physical health like weight, blood pressure, etc. but what about your financial health? How can you improve your financial security? Here are some ways to do just that.

Cash Flow

Add up what you receive each month. Then review several months of credit cards and bank statements to total up your outlays. Subtract average monthly spending from average income. You don't want the

result to be negative.

If the cost of shelter, food and health care leaves you little or no cash for anything else, consider making major changes and take a hard look at your discretionary spending.

Cash Reserves

Everyone should have an emergency fund. A financial crisis is easier to handle if you have access to cash that isn't earmarked for your regular expenses. Without an emergency fund, you may have to take on expensive debt or sell investments

at a loss if you have unexpected bills. This extra cash should be put into a separate account that you'd be less likely to dip into for everyday expenses.

Debt Management

The higher the interest rate on a loan or credit card, the bigger the benefit of paying it off as quickly as you can. Find the rate you're paying on each of your debts. Focus on higher rate debt such as credit cards. You don't want loan repayments or credit card debt to remain a burden in retirement.

Tax Management

When you saw your final income tax bill or refund this year, was the amount far different from what you expected? Owing money with your return is fairly common for people who have distributions from traditional IRA, 401(k) or 403(b) accounts; or taxable investment returns. If this is you, withhold taxes from your distributions as you might with a paycheck (10% federal withholding is a standard amount) or, make estimated tax payments throughout the year,

made on a quarterly basis to the IRS and to states levying an income tax.

Net Worth

Add up all of your savings, investments, property and other assets. From that number, subtract all of your debts. Ask yourself, what can I do to increase my assets or decrease my debts to improve my net worth. This is a road map to your future. It will give you a sense of how many resources you have if you need to tap into them.

DAD, BE THAT #1 Super Hero IN YOUR CHILD'S LIFE



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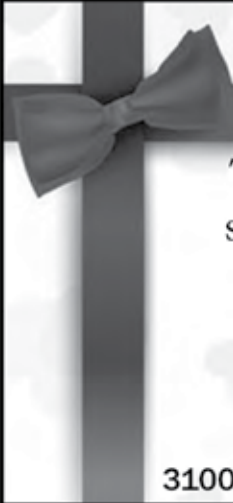
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1. Name the artist who wrote and released “Buffalo Stance.”
2. What was the first chart-topper released by The Tokens?
3. Name the Motown group that released “Heat Wave.”
4. Where did UB40 get its name?
5. Name the song that contains these lyrics: “Do my dreaming and my scheming, Lie awake and pray.”

Answers

1. Neneh Cherry, in 1988. A “buffalo stance” is an attitude about survival in inner cities, specifically written about the models, musicians and photographers in the Buffalo fashion house in London.
2. “The Lion Sleeps Tonight,” in 1961. The song was first written in Zulu in 1939 and is alternately called “Wimoweh” and “Mbube.”
3. Martha and the Vandellas, in 1963. The song has been widely used in films, including “Carrie,” “Sister Act” and the sequel “More American Graffiti.”
4. The UB40 is a welfare form in the U.K. for claiming benefits. All the band members were unemployed when they formed the group.
5. “In My Room,” by the Beach Boys, in 1963. The song made it to Rolling Stone’s list of 500 greatest songs, and it’s been covered by numerous artists. The 30-year box set contains a slightly earlier version than the one that was officially released.

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



By Lucie Winborne

- According to Cunningham’s Law, the best way to get the right answer on the internet is not to ask a question, but to pose the wrong answer.
- Jazz trumpeter Louis Armstrong once asked President Richard Nixon to carry his bags through customs for him because Armstrong was “an old man.” We feel pretty sure Nixon wasn’t aware the bags contained marijuana.
- In 2015, the 1,000-year-old corpse of a Buddhist monk was discovered inside an ancient statue of Buddha.
- Never mind Freddy Krueger’s mutilated face and clawed glove — Wes Craven designed his red-and-green-striped sweater after he read in Scientific American that the human eye has difficulty recognizing those particular shades. Therefore, just looking at his pullover is subliminally unsettling!
- The first item sold on eBay, for \$14.83, was a broken laser pointer, to someone who kept a collection of broken laser pointers.
- Costa Rica has the world’s only sloth orphanage.
- During the Apollo 12 mission, a 2 1/2-ton piece of the lunar module was experimentally crashed onto the surface of the moon, with a quite unexpected result: The moon “rang like a bell” for nearly an hour.
- Dockers recently increased the size of their coin pockets to accommodate the growing size of smartphones.
- In 1999, 15-year-old Jonathan Lebed was making up to \$74,000 a day in the stock market by using internet message boards to manipulate prices. The government eventually caught up with him, but he was still able to keep half a million dollars of his gains.
- Vending machines kill more people per year than sharks.
- Pork was once used in Spain during the Inquisition to show that one wasn’t Jewish or Muslim.

Thought for the Day: “Love doesn’t make the world go round. Love is what makes the ride worthwhile.” — *Franklin P. Jones*

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1. **Guardians of the Galaxy Volume 3** (PG-13) Chris Pratt, Chukwudi Iwuji
2. **The Super Mario Bros. Movie** (PG) Chris Pratt, Anya Taylor-Joy
3. **Book Club: The Next Chapter** (PG-13) Diane Keaton, Jane Fonda
4. **Evil Dead Rise** (R) Mirabai Pease, Richard Crouchley
5. **Are You There God? It’s Me, Margaret.** (PG-13) Abby Ryder Fortson, Rachel McAdams
6. **Hypnotic** (R) Ben Affleck, Alice Braga
7. **John Wick: Chapter 4** (R) Keanu Reeves, Laurence Fishburne
8. **Love Again** (PG-13) Priyanka Chopra Jonas, Sam Heughan
9. **Air** (R) Matt Damon, Jason Bateman
10. **Dungeons & Dragons: Honor Among Thieves** (PG-13) Chris Pine, Michelle Rodriguez

top ten

Oldest Chain Restaurants

1. A&W
2. White Castle
3. Dairy Queen
4. McDonald’s
5. Dunkin’ Donuts
6. In-N-Out
7. Jack in the Box
8. KFC
9. Denny’s
10. Sonic

Source: Reader’s Digest

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“**FUBAR**” (TV-MA) — Action movie star Arnold Schwarzenegger has a new spy-adventure series premiering May 25, which is the longtime actor’s first leading role in a scripted live-action series. Schwarzenegger plays Luke, a recently retired CIA operative who gets sucked into one last, relatively simple mission. The catch? Well, once Luke arrives on site, he realizes his daughter, Emma (Monica Barbaro), also works for the CIA and that the two have been lying to each other for years. Now, as they take on the mission together in a much different way than they expected, their bond as father and daughter truly starts to form. (Netflix)

“**The Secrets of Hillsong**” (NR) — This four-part documentary series releasing May 20 dives into the scandals surrounding the Christian megachurch Hillsong. The Hillsong Church campus established in New York City aimed to draw in millennials and Gen Zers, mostly due to former lead pastor Carl Lentz’s efforts. Lentz then went on to become a spiritual advisor to many celebrities, including Justin Bieber, Kendall Jenner and Selena Gomez, before he was dismissed amid an infidelity scandal. This documentary explores the dark-sided atmosphere attached to Hillsong, with serious allegations of sexual abuse and abuses of power from pastors like Lentz. (Hulu)

“**Platonic**” (TV-MA) — The duo who led “Neighbors,” Rose Byrne and Seth Rogen, are teaming up again — this time for a comedy series. Byrne and Rogen respectively play Sylvia

and Will, a pair of best friends who reconnect after years apart. Sylvia’s a family woman now, but Will, who just went through a recent divorce, is in an entirely different stage of his life. So, as their friendship takes off again, the two must find the right balance between Will’s shenanigans and Sylvia’s family to prove that a man and a woman can maintain a platonic relationship. The first three episodes premiere on May 24, with the rest following on a weekly basis. (AppleTV+)



Courtesy of Netflix

Monica Barbaro, left, and Arnold Schwarzenegger star as father-daughter CIA agents in the action series “FUBAR.”

“**Three Thousand Years of Longing**” (R) — During a trip to Istanbul, British scholar Alitheia Binnie picks out a random memento at an antique store. Unbeknownst to Alitheia, the antique bottle she purchased contains the Djinn, a genie, inside. As the tale often goes, the Djinn offers Alitheia three wishes, but first, he tells her the stories of how he ended up in the bottle and the many wishes he’s granted before. Because of these stories, Alitheia’s lonely heart starts to beat again, and she finds immense purpose with the Djinn’s sudden appearance in her life. Idris Elba and Tilda Swinton make an odd yet intriguing match in this fantasy-romance film premiering May 23. (Prime Video)

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by Jo Ann Derson

that. The garbage bag protects the mattress; the towel makes it comfortable. “ — U.D. in Tennessee

- “Keep extra liner bags in the bottom of the garbage can. They are handy, so you will be more likely to reline the can as soon as you take the garbage out.” — K.P. in Massachusetts
- Keep a box of baking soda in the fridge. When it’s time to replace it, dump it down the drain and follow with a small bottle of vinegar and a hot water flush. Keep your kitchen smelling nice and use less chemicals to do it.
- “Here’s a fun invitation to make and receive: Blow up a balloon and pinch (don’t tie). Write the details of the party on the balloon in permanent marker. Let it dry fully before you deflate it. Then send it!” — R.A. in Washington

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What’s Hot In Hollywood

HOLLYWOOD — James Bond goes gay ... again! When **Daniel Craig** ended his run as 007, he starred as detective Benoit Blanc in “Glass Onion: A Knives Out Mystery,” and there were a few subtle clues that Benoit was gay and lived with a man (played by **Hugh Grant**). That must have prompted **Luca Guadagnino**, director of the gay drama “Call Me by Your Name” (2017), to cast 55-year-old Craig in his upcoming film “Queer,” opposite 29-year-old “Outer Banks” star **Drew Starkey**. But Craig hasn’t switched sides in real life ... he’s been happily married to **Rachel Weisz** since 2011.

Gene Wilder starred in “Willy Wonka & the Chocolate Factory” (1971), and although it was a wonderful film, it wasn’t marketed to be a blockbuster. It was made for \$3 million, but only grossed \$4 million. “Charlie and the Chocolate Factory” (2005) starred **Johnny Depp** and “The Good Doctor’s” **Freddie Highmore**. This time, it was marketed as a blockbuster, and while it cost \$150 million, it grossed \$475 million.

In 2016, Warner Bros. bought the rights and were determined to make a fresh film, unlike the other two, out of it. They decided to go with the simply titled “Wonka,” a prequel about how Willy Wonka became a primo chocolate-maker. **Timothee Chalamet** stars as “Wonka,” and the film co-stars **Keegan-Michael Key**, **Rowan Atkinson**, and **Hugh Grant** as one of the Oompa-Loompas trapped in a tiny glass. It cost \$125 million to produce and opens Dec. 15.

In 1988, I sat beside a handsome 19-year-old actor on a flight leaving from Sydney, Australia. During the 24-hour trip to Los Angeles, we talked about his acting career, which he’d just started. In 1989, he landed his first role in a TV series as Todd Mahaffey in “Sister Kate,” starring **Stephanie Beacham** (fresh off “Dynasty”). The following year, **Jason Priestley** played Brandon Walsh in “Beverly Hills, 90210,” and the rest is TV history.

In 1999, he crashed his Porsche into a telephone pole, was arrested for driving under the influence and lost his driving privileges for a year. It took a while for him to get his career back on track. When acting wasn’t enough, he decided to put on another hat and began directing episodic television from 2000-2021.

In mid-May, he’ll start shooting the heavy dramatic film “Ctrl Alt Del,” in which he portrays a filmmaker named Greyson. Greyson’s teenage daughter, Ava, grapples with a recent tragedy that was linked to her father’s latest sci-fi picture. There was a film with the same name



Courtesy of Fox
Jason Priestley in “BH90210”

released in 2008, and another with the same title in 2017. (It seems they need to try out an unused title to avoid confusion.)

But, who would have thought I had to go all the way to Sydney to meet a future resident of the “90210”!

HOLLYWOOD — **Pedro Pascal**, who’s been called “an overnight sensation” (it only took 27 years) has two streaming series (“The Mandalorian” and “The Last of Us”) and two upcoming films. “Drive-Away Dolls” is due in September, and “Strange Way of Life,” with **Ethan Hawke**, will premiere at the 2023 Cannes Film Festival. In addition, Pascal has hit the stratosphere as the lead in the sequel to director **Ridley Scott’s** 2000 mega-hit, “Gladiator” (which grossed \$460 million and received 12 Oscar nominations, winning five). However, I’m not sure that Pascal made the right choice wearing Valentino’s long, red jacket with a black tie and black shorts at the Met Gala. Google it.

Even before the writer’s strike, NBC was making cuts to “Law & Order.” The upcoming shows will mostly feature their major leads, and their supporting players will no longer be in every episode.

Over at CBS, 84% of the cast of “Bob Hearts Abishola” are faced with their solution to remove 11 of the 13 leads in the main cast, leaving only **Billy Gardell** and **Folake Olowofeyoku**, the two title stars. Among those cut are **Christine Ebersole**, **Matt Jones** and **Maribeth Monroe**. They’ll

now be recurring in five of the 13 episodes in season five of the series. The good news for them, they were told, is that they’ve been released from their exclusivity clauses and can now pursue other work. Is that really good news now that the industry has been shut down by the writer’s strike?

Billy Gardell, at 53, has lost 160 pounds over three years, by way of gastric bypass surgery. He went from 370 pounds to 210 pounds. The good news is that it ended his diabetes scare.

Since she made her Broadway debut 50 years ago, legend **Patti LuPone** has received three Tony Awards for “Evita,” “Gypsy” and, most recently, “Company” (in which she stopped the show every night with “The Ladies Who Lunch”), as well as various award nominations for “Sweeney Todd,” “Anything Goes” and “War Paint,” to name some.

In October 2022, she officially resigned from Actors’ Equity (the Broadway stage union), admitting, “When the run of ‘Company’ ended this past July, I knew I wouldn’t be on stage for a very long time.” She mentioned telling a producer who offered her a role that she didn’t want to do the show on Broadway, opting instead for East Fourth Street. When explaining why she doesn’t want to do Broadway anymore, LuPone stated, “Broadway’s not turning into a combination of Disney, Las Vegas and the circus. Plays are closing. The education of an audience is in grave danger.” Like it or not ... Vegas is already making book on when she’ll be back on Broadway!



Depositphotos
Pedro Pascal



by Dana Jackson

Q. What is singer Fergie’s real name, and wasn’t she in a sitcom when she was little? — H.Y.

A. Fergie, the 48-year-old former lead singer of the Black Eyed Peas, was born Stacy Ann Ferguson and started acting doing voiceover work for animated series, such as “The Charlie Brown and Snoopy Show.” She went on to act and sing in the syndicated Disney series “Kids Incorporated,” which aired from 1983 to 1992. This show was also the launching pad for the Hollywood careers of Jennifer Love Hewitt (“9-1-1”) and Mario Lopez (“Saved by the Bell”).

Q. Is it true that Clint Eastwood is directing another movie? How old is he now, and has he ever won an Oscar? — S.J.

A. Clint Eastwood is still directing movies at 93 years old and has won four Academy Awards, but none for acting. He was nominated for Best Actor in a Leading Role in 1993 for the western “Unforgiven,” but lost to Al Pacino for “Scent of a Woman.” However, he didn’t go home empty-handed, having won the Oscar for Best Picture as a producer and the Oscar for Best Director. In 2005, he would again become a two-time recipient of the Oscar for Best Director, for the film “Million Dollar Baby.”

Many thought his last directorial effort, “Cry Macho,” a film released in 2021, would be his final project before enjoying retirement in his 90s, but that was news to him. His next project is “Juror #2” starring Nicholas Hoult (“The Great”) and Toni Collette (“The Staircase”). The film is reportedly still in the pre-production stage.

Hopefully, the project will get off the ground soon. Gossip site RadarOnline published an article back in March that Eastwood hadn’t been seen in over a year, having missed attending the AT&T Pebble Beach Pro-Am Golf Tournament only miles from his Carmel, California, home, where his son, Scott, was a participant.

Q. Who is going to replace Tucker Carlson on Fox News? Is it



Depositphotos
Fergie

true that CNN is going to become a conservative news network and hire him back? — D.E.

A. Tucker Carlson has headlined shows on all three of the big cable news networks: CNN, MSNBC and Fox News. He was abruptly fired from his show “Tucker Carlson Tonight” this past April on the same day CNN host Don Lemon was given his walking papers. Some have speculated that Carlson would be returning to CNN, where he co-hosted “Crossfire” from 2001 to 2005, but that doesn’t appear to be happening. Instead, Carlson announced that he’ll be hosting a new show on Twitter, the website owned by Elon Musk.

“Fox News Tonight” is the title given to Carlson’s old 8 p.m. ET time slot on Fox. It now features a set of rotating hosts until a permanent one is found. Brian Kilmeade (“Fox & Friends”) took over for Carlson the first week, followed by Lawrence Jones (“Lawrence Jones Cross Country”), former White-House-Press-Secretary-turned-commentator Kayleigh McEnany and Will Cain (“Fox & Friends Weekend”).

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Fresh Summer Flavors Fit for the Patio



Chipotle Chicken Flatbreads

FAMILY FEATURES

Gatherings in the summer sun are all about easy, convenient recipes combined with the joy warm weather brings. Spend those special occasions with those you love most and make this summer one to remember with flatbreads, sliders and sweet treats for all to share.

Keeping cooking simple means more time on the patio or in the backyard engaging with guests, and these Chipotle Chicken Flatbreads, Chicken Shawarma Sliders and Lemon Cheesecake with Fruit let home chefs skip complicated kitchen duties without skimping on flavor.

Visit Culinary.net to find more simple summer recipes to share with loved ones.

Summery Flatbreads for Family and Friends

When dining outdoors with family, friends and neighbors, there are few things better than a tasty dish the whole family can enjoy like these Chipotle Chicken Flatbreads.

Perfect for al fresco entertaining when served alongside a fresh salad, they're simple to make and allow guests to personalize with preferred toppings before popping in the oven. As a colorful and fresh dish, it's an ideal meal for get-togethers on the patio.

For more summer recipe ideas, visit Culinary.net.

- Chipotle Chicken Flatbreads**
- Recipe adapted from butteryourbiscuit.com
- 2 flatbreads
 - 2 cups shredded mozzarella cheese
 - 1 clove garlic, diced
 - 4 chicken tenders, cooked and cubed
 - 1 pint cherry tomatoes, quartered
 - salt, to taste
 - pepper, to taste
 - 1/2 cup ranch dressing
 - 1 1/2 teaspoons chipotle seasoning
 - 2 tablespoons cilantro leaves, chopped

Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.



Lemon Cheesecake with Fruit



Chicken Shawarma Sliders

Shareable Sliders for a Nutritious Summer Meal

Fresh, mouthwatering foods hot off the grill are a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic – and healthy – option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats.

- Chicken Shawarma Sliders**
- Recipe courtesy of eMeals Registered Dietitian Rachel West
- Prep time: 25 minutes
- Cook time: 10 minutes
- 2 pounds boneless, skinless chicken breasts
 - 3 tablespoons olive oil
 - 4 cloves garlic, minced
 - 1/2 tablespoon smoked paprika
 - 1/2 tablespoon ground cumin
 - 1/2 tablespoon ground coriander
 - 1 teaspoon salt
 - 1/2 teaspoon cayenne pepper
 - 1 package (12) slider buns
 - 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
 - 1 package (8 ounces) shredded lettuce
 - 1/2 small red onion, sliced
- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.

Unforgettable Fruity Flavor

Summertime often brings cravings for fresh fruits that add a hint of sweetness to warm-weather gatherings. Serving up a delicious dessert for family and guests starts with favorite produce in this Lemon Cheesecake with Fruit.

The touch of tangy tartness is enough to bring loved ones to the dessert table even after a filling meal as fresh lemon juice in the cheesecake base is complemented perfectly when topped with orange slices and raspberries. Garnished with mint leaves, this brightly colored treat is even sweeter when shared with loved ones.

Find more sweet summer desserts at Culinary.net.

- Lemon Cheesecake with Fruit**
- Servings: 6-8
- 1 1/4 cups graham cracker crumbs
 - 1/4 cup sugar
 - 1/4 cup butter, melted

- 2 packages (8 ounces each) cream cheese, softened
 - 1 can (14 ounces) sweetened condensed milk
 - 3 eggs
 - 1/4 cup fresh lemon juice
 - 1 teaspoon vanilla extract
 - 1 orange, peeled and separated
 - 8 raspberries
 - 3 mint leaves, for garnish
- Preheat oven to 350 F.
- In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.
- In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs, fresh lemon juice and vanilla extract; mix until combined.
- Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.
- Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Mozzarella Vegetable Salad

It's a well-known fact that vegetables are good for you. But just as important, this ultra-easy salad tastes good!

- 1 cup sliced carrots
- 1 cup chopped fresh broccoli
- 1 cup chopped fresh cauliflower
- 1 cup sliced fresh mushrooms
- 3/4 cup shredded reduced-fat mozzarella cheese
- 1/2 cup fat-free Italian dressing
- 2 tablespoons fat-free mayonnaise

1. In a large bowl, combine carrots, broccoli, cauliflower, mushrooms and mozzarella cheese. Add Italian dressing and mayonnaise. Mix gently just to combine.

2. Cover and refrigerate for at least 1 hour. Gently stir again just before serving. Makes 4 (1 cup each) servings.

- Each serving equals: 95 calories, 3g fat, 8g protein, 461mg sodium, 3g fiber; Diabetic Exchanges: 2 Vegetable, 1 Meat.

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Good Housekeeping

Hero Pizza

We've gathered all of the best ingredients from a hot and saucy hero sandwich — Italian sausage, peppers and cheese — and put them on a kid-friendly pizza.

- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 8 ounces Italian turkey sausage, casings removed
- 1 medium red pepper, thinly sliced
- 1 medium yellow pepper, thinly sliced
- 1 package (8-ounce) sliced mushrooms
- 1 pound fresh or frozen (thawed) pizza dough
- 3/4 cup jarred marinara sauce
- 1/4 cups shredded part-skim mozzarella cheese
- 1/4 cup freshly grated Parmesan cheese

1. Heat oven to 450 F. Grease 15 1/2-inch by 10 1/2-inch jellyroll pan with 1 tablespoon olive oil.

2. In 12-inch nonstick skillet, heat remaining 1 teaspoon oil on medium for 1 minute. Add sausage; cook 6 to 8 minutes or until cooked through, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to bowl.

3. To drippings in skillet, add peppers and cook, covered, on medium 3 to 4 minutes or until tender, stirring occasionally. Add mushrooms and cook, uncovered, 6 to 8 minutes longer, stirring occasionally. Return sausage to skillet; stir in 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Remove skillet from heat.

4. With fingers, pat dough onto bottom and up sides of prepared pan. Spread marinara sauce on dough; top with sausage mixture, mozzarella and Parmesan. Place pan on rack in lower third of oven. Bake pizza 20 to 22 minutes or until topping is hot and bubbly, and crust is browned. Serves 4.

- Each serving: About 615 calories, 33g total fat (10g saturated), 54mg cholesterol, 1,285mg sodium, 61g total carbohydrate, 4g dietary fiber, 28g protein.

Good Housekeeping

Farro Risotto With Butternut Squash

The firm, chewy texture of farro resembles Arborio rice but boasts the nutritional characteristics of spelt. Italians have enjoyed this alternative grain since the days of the Roman Empire.

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- Salt and ground black pepper
- 1 1/2 cups farro (emmer wheat)
- 1/2 cup dry white wine
- 1/4 cups water
- 1 can (14 to 14 1/2 ounces) chicken broth, (1 3/4 cups)
- 1/8 teaspoon dried thyme
- 1/8 teaspoon dried rosemary, crushed
- 1 (2-pound) butternut squash, peeled and cut into 1/2-inch pieces
- 1/2 cup freshly grated Parmesan cheese, plus additional for serving
- 1/4 cup (loosely packed) fresh parsley leaves, chopped

1. In deep nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion, 1/2 teaspoon salt and 1/4 teaspoon pepper, and cook 5 to 7 minutes or until onion is tender and lightly browned. Add farro and cook 2 to 3 minutes or until lightly browned, stirring constantly. Add wine and cook about 1 minute or until absorbed.

2. To farro mixture in skillet, add water, broth, thyme and rosemary; cover skillet and heat to boiling over high heat. Stir in squash; reduce heat to medium-low. Cover and simmer about 20 minutes longer or until farro is just tender (mixture will still be soupy). Uncover and cook 1 to 2 minutes longer over high heat, stirring constantly, until most of liquid is absorbed.

3. Remove skillet from heat and stir in Parmesan and parsley. Serve risotto with additional Parmesan if you like. Yields 6 1/2 cups. Serves 4.

- Each serving: About 415 calories, 9g total fat (3g saturated), 8mg cholesterol, 925mg sodium, 74g carbohydrate, 6g dietary fiber, 16g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Waldorf Bridal Party Salad

More weddings are performed in June than in any other month. And why not, the flowers are in full bloom, and the weather is warm and sunny. So with everything so ideal, let's toast the bride with a perfectly delightful bridal luncheon — featuring this recipe.

- 3 cups (6 small) cored, unpeeled and chopped Red Delicious apples
- 1 cup seedless green grapes
- 1/2 cup miniature marshmallows
- 1/4 cup chopped walnuts
- 1/3 cup fat-free mayonnaise
- 3/4 reduced-calorie whipped topping

1. In a large bowl, combine apples, grapes, marshmallows and walnuts. Stir in mayonnaise. Add whipped topping. Mix gently to combine.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 8 (1/2 cup each).

- Each serving equals: 90 calories, 2g fat, 1g protein, 17g carb., 85mg sodium, 1g fiber; Diabetic Exchanges:

Comfort foods

Made fast and healthy

by Healthy Exchanges

Mexicali Tenderloins

This recipe guarantees a kiss for the cook every time!

- 4 (4-ounce) lean pork tenderloins or cutlets
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1/2 cup chunky salsa
- 1 teaspoon dried parsley flakes
- 1 cup frozen whole-kernel corn, thawed

1. In a large skillet sprayed with olive oil-flavored cooking spray, lightly brown meat on both sides for about 3 minutes. In a medium bowl, combine tomato soup, salsa, parsley flakes and corn.

2. Spoon soup mixture evenly over browned meat. Lower heat, cover and simmer for 10 minutes. Uncover and continue simmering for 5 minutes.

3. When serving, place a piece of meat on a plate and spoon about 3/4 cup sauce mixture over top. Serves 4.

- Each serving equals: 243 calories, 7g fat, 27g protein, 18g carbohydrates, 417mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Starch.

Good Housekeeping

Citrus Carrots

Using orange juice concentrate is a quick and cheap way to add flavor and nutrients to basic carrots.

- 1 tablespoon butter
- 1 pound carrots, thinly sliced
- 2 tablespoons water
- 1/4 cup orange juice concentrate
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons snipped chives

1. In 12-inch nonstick skillet, heat butter on medium 1 minute. Add carrots, and cook 2 minutes, stirring occasionally. Add water; cover and cook 6 minutes, stirring occasionally.

2. Uncover; add concentrate, salt and pepper. Cook 1 to 2 minutes or until tender. Toss with chives. Serves 4.

Comfort foods

Made fast and healthy

by Healthy Exchanges

No-Bake Creamy Strawberry Pie

This is almost like whiling away the hours in a strawberry patch and indulging to your heart's content.

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free strawberry gelatin
- 1 cup water
- 1 cup reduced-calorie whipped topping
- 2 cups finely chopped fresh strawberries
- 1 (6-ounce) purchased graham cracker pie crust

1. In a medium saucepan, combine dry pudding mix, dry gelatin and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally.

2. Fold in whipped topping. Add strawberries. Mix gently just to combine. Evenly spoon mixture into pie crust. Refrigerate at least 2 hours. Makes 8 servings.

- Each serving equals: 141 calories, 5 g fat, 2 g protein, 22 g carbohydrate., 200 mg sodium, 2 g fiber; Diabetic Exchanges: 1 1/2 Starch/Carbohydrate, 1

Comfort foods

Made fast and healthy

by Healthy Exchanges

Hello Dolly Snack Bars

I was always partial to the famous Hello Dolly Bars back in the day. Now, I can enjoy the flavors of those bars, but keep the fats and sugars in check! Who could ask for more?!

- 1 1/2 cups reduced-fat biscuit baking mix
- Sugar substitute to equal 1/2 cup sugar, suitable for baking
- 2/3 cup fat-free milk
- 2 tablespoons non-fat sour cream
- 1 egg or equivalent in egg substitute
- 1 teaspoon coconut extract

- 1/4 cup mini chocolate chips
 - 1/4 cup chopped pecans
 - 1/4 cup flaked coconut
1. Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine baking mix and sugar substitute. Add milk, sour cream, egg and coconut extract. Mix gently just to combine. Fold in chocolate chips, pecans and coconut. Spread batter into prepared baking dish.
3. Bake for 20 to 24 minutes or until a toothpick inserted near center comes out clean. Place baking dish on a wire rack and let set for at least 5 minutes. Cut into 24 bars. Makes 12 (2 bars each) servings. Freezes well.
- Each serving equals: 108 calories, 4g fat, 2g protein, 16g carbohydrates, 192mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fat.

Good Housekeeping

Pennsylvania-Dutch Brownies

- 4 tablespoons (1/2 stick) margarine or butter
- 1 (1-ounce) square unsweetened chocolate
- 1/4 cup light molasses
- 2 large eggs
- 1 1/2 cups all-purpose flour
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup sugar
- 2 teaspoons sugar
- 1 1/8 teaspoons ground cinnamon

1. Preheat oven to 375 F. Grease 13-by 9-inch metal baking pan; set aside.

2. In 4-quart saucepan, melt margarine or butter with chocolate over low heat. Remove saucepan from heat. With wire whisk or fork, stir in molasses, then eggs.

3. With spoon, stir in flour, ginger, cloves, baking soda, salt, 1 cup sugar and 1 teaspoon cinnamon just until blended. Spread batter evenly in pan. Bake 15 to 20 minutes until toothpick inserted 2 inches from edge comes out clean. Meanwhile, in cup, combine remaining 2 teaspoons sugar and 1/8 teaspoon cinnamon; set aside.

4. Remove pan from oven; immediately sprinkle brownies with cinnamon-sugar mixture. Cool brownies in pan on wire rack at least 2 hours. When cool, cut brownies lengthwise into 3 strips, then cut each strip crosswise into 5 pieces. Cut each piece diagonally in half. Makes 30 brownies.

- Each serving: About 80 calories, 2g total fat (1g saturated), 14mg cholesterol, 80mg sodium, 14g total carbs, 1g protein.

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Robbery on the 1100 block of West Bryn Mawr Avenue.

Theft on the 2200 block of Lincoln Park West.

Vandalism on the 1300 block of North Paulina Street.

Theft on the 5300 block of Winthrop Avenue.

Theft on the 1000 block of North Dearborn Street.

Vandalism on the 4700 block of North Malden Street.

Theft on the 1400 block of West Walton Street.

Theft on the 1800 block of West Newport Avenue.

Theft on the 3600 block of North Broadway.

Theft on the 3000 block of North Halsted Street.

Theft on the 1100 block of West Barry Avenue.

Vandalism on the 300 block of West Institute Place.

Theft on the 4800 block of North Bell Avenue.

Assault on the 500 block of West Pearson Street.

Theft on the 3000 block of north Clark Street.

Theft on the 1800 block of West Wabansia Avenue.

Theft on the 900 block of West Belmont Avenue.

Assault on the 2000 block of North Clifton Avenue.

Theft on the 1500 block of North Park Avenue.

Theft on the 5800 block of North Sheridan Road.

Theft on the 1100 block of West Chicago Avenue.

Theft on the 4400 block of North Broadway.

Theft on the 5400 block of North Clark Street.

Theft on the 1400 block of West Winne-mac Avenue.

Assault on the East Delaware Place and State Street.

Theft on the 1500 block of North Park Avenue.

Theft on the 6000 block of North Sheri-dan Road.

Vandalism on the1800 block of West Montrose Avenue.

Theft on the 1100 block of North Dead-born Street.

Theft on the 600 block of West Arlington Place.

Theft on the 1500 block of North Wieland Street.

Theft on the 1900 block of North Bissell Street.

Theft on the 3000 block of North Clark Street,

Theft on the 1700 block of West Fullerton Avenue.

Theft on the 600 block of Wrightwood Avenue.

Theft on the 5600 block of North Ridge Avenue.

Assault on the 1200 block of North Noble Street.

Theft on the 3300 block of North Lincoln Avenue.

Shooting on the 1500 block of West Leland Avenue.

Shooting on the 1600 block of North Drake Avenue.

Shooting on North Francisco Avenue and West Irving Park Road.

Shooting on the 2000 block of North Pulaski Road.

Shooting on the 2800 block of North Milwau-kee Avenue.

Robbery on the 2700 block of North Milwau-kee Avenue.

Robbery on the 4800 block of North Sawyer Avenue.

Robbery on the 800 block of West Grace Street.

Theft on the 3600 block of Spaulding Avenue.

Theft on the 4800 block of North Bell Avenue.

Theft on the 3000 block of North Halsted Street.

Theft on the 2100 block of West Peterson Avenue.

Assault on the #100 block of West East-wood Avenue.

Theft on the 3600 block of North Broadway.

Theft on the 33200 block of West Potomac Avenue.

Theft on the 1800 block of West Newport Avenue.

Theft on the 2500 block of West Cortez Street.

Vandalism on the 3100 block of West North Av-enue.

Vandalism on the 4700 block of North Malden Street.

Assault on the 1300 block of North Saint Louis Avenue.

Assault on the 1700 block of North Spauld-ing Avenue.

Theft on the 5300 block of North Winthrop Ave-nue.

Vandalism on the 1300 block of North Paulina Street.

Arrest on the 2700 block of West Addison Street.

Robbery on the 1800 block of West Law-rence Avenue.

Burglary on the 4100 block of West Cullom Avenue.

Theft on the 4400 block of North Broadway.

Theft on the 5400 block of North Clark Street.

Theft on the 1400 block of West Winne-mac Avenue.

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Sex Offenders in your neighborhood

The following is a list of Registered Sex offenders in your neighborhood. We publish this information to alert you to be vigilant and inform you. Watch your children.

Block	Gender	Race	Age	Height	Weight
600 block of W.Barry Ave.	Male	Black	26	5'1"	170
500 block W. Briar Pl.	Male	Black	42	5'1"	170
1100 block W.Cornelia Ave.	Male	White	61	5'1"	175
1100 block W.Wellington	Male	White	36	5'1"	180
400 block of W. Oakdale	Male	Black	33	6'	185
3500 block of N.Racine	Male	White	24	6'	220
500 block Briar Pl.	Male	White	53	6'	220
400 block W. Wellington	Male	Black	61	6'	195
400 block W. Belmont	Male	Asian Pacific Islander	31	6'	220
1900 block W. Barry	Male	White	76	6'	180
400 block W, Barry	Male	Black	39	5'	180
400 block W. Barry	Male	Black	48	5'6"	176
Unknown	Male	White	53	6'	140
500 block of W.Briar Pl.	Male	White	61	5'	160
700 block W. Cornelia	Male	Black	42	5'	140
800 block W. Bradley Pl.	Male	White	64	5'	200
4300 block N. Broadway	Male	White	27	6'	160
Unknown	Male	Black	59	5'	150
1800 block W. Patterson	Male	Black	31	5'	172
3600 Lake Shore Drive	Make	Unknown	59	5'	165
4100 block of N, Ashland	Male	Black	31	5'	180
800 block W. Addison	Male	White	56	6'	222
900 block W, Cuyler Ave.	Male	White	28	6'	230
4300 block N. Kenmore	Male	White	27	5'	145
Homeless	Male	Black	53	5'1"	245

5 Budget-Friendly Travel Tips

FAMILY FEATURES

For many people, traveling is about exploring new cultures, landscapes, cuisines and ideas. However, the cost of the trip is still one of the most important considerations when booking a vacation.

In fact, according to a survey conducted by Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more, 81% of respondents listed total cost as their top consideration followed by a desire for kid-friendly experiences at the destination and discounts or deals on transportation and lodging.

Even amid reported concerns about inflation (56%), increasing flight costs (51%) and gas prices (49%), 84% of families plan to spend the same amount or more on travel this year as last. Among the respondents, 42% plan to spend between \$1,501-3,000 and 15% plan to spend \$5,000 or more on travel.

While traveling is undoubtedly an investment, it doesn't have to break the bank. Consider these tips from Pete King, deal expert for Slickdeals, to save money as you begin planning your next excursion.

Set your budget with hidden costs in mind. When setting budgets, many people stop at the basics like transportation, accommodations and entertainment. Make sure to factor in additional costs such as pet care, food, checked luggage fees and airport and hotel parking so there are no surprises at the end of the trip.

Look for deals. Being open to a variety of destinations and travel dates can help you score the best deals. If you're tired of switching between booking sites or searching online for bargains, consider browsing the latest travel deals on the Slickdeals Travel Page where community members share some of the best travel deals on the internet, which can save you time and effort when looking for savings on your trip. You can even set deal alerts to be notified when deals pop up for your desired destination.



Photos courtesy of Getty Images



Bring an empty water bottle. While Transportation Security Administration regulations don't allow you to bring most fluids through security checkpoints in airports, packing an empty water bottle in your carry-on or personal item can save you from high costs inside the terminal. Once you're through security, simply fill your bottle at the nearest water fountain. An added bonus: You can take the full bottle on the airplane to stay hydrated during the flight without having to rely on the small complimentary beverage on board.

Pack less than you think you'll need. Many people overpack, and that can be a costly mistake. A single checked bag can cost as much as \$50, and some airlines charge extra for a ticket that includes a carry-on. For a weekend trip, keep it simple with a carry-on or backpack, and for longer adventures, keep in mind nobody at your destination will likely know you wore the same jeans two days in a row.

Find the right rewards credit card. If you have a rewards credit card, you could get cash back when you make certain purchases. You could get a percentage back on groceries, travel, dining and more. For example, with a travel rewards credit card, you earn points or miles that can be redeemed for future travel plans. General travel cards earn points or miles on virtually every purchase, regardless of airline or hotel chain, while co-branded cards that align with a specific airline or hotel reward users with more points for loyalty spending and provide additional benefits like free checked bags or a free night's stay on your card anniversary.

Find deals on travel and more at [Slickdeals.com/travel](https://www.slickdeals.com/travel).

Plan a Lakeside Summer ADVENTURE

FAMILY FEATURES

Whether you're looking to hit pause or get outside and play this summer, taking a trip to the lake can provide the best of both worlds.

From hiking trails to watersports, golfing and ziplining to spa treatments and local dining, a destination like Lake Geneva – located approximately 10 miles north of the Illinois state line in southeastern Wisconsin and less than 90 minutes from major airport hubs in Chicago and Milwaukee – offers a plethora of activities for family vacations, girlfriend getaways and more.

Set on 1,300 acres, Grand Geneva Resort & Spa is right in the middle of it all. With 358 newly renovated and redesigned guest rooms that complement the property's serene woodland and lakeside setting, the all-season resort offers a variety of room styles to accommodate guest preferences and requirements, including spacious suites featuring fireplaces, dining areas and expansive patios to rooms with private balconies and peaceful nature and lake views.

"Each room has been completely reimagined from floor to ceiling with a palette of neutral colors and natural woods," said Skip Harless, managing director, Grand Geneva Resort & Spa. "New modern residential finishes, furnishings and specially curated artwork by Midwestern designers welcome guests to a timeless, inviting space where they can take advantage of all of the amenities and services Grand Geneva is known for."

On site, guests can also enjoy two championship 18-hole golf courses, horse-back riding, tennis courts, scooter rentals, a spa and salon, meeting and convention space and three restaurants. Also on the resort's grounds is the Timber Ridge Lodge & Waterpark, featuring 50,000 square feet of year-round excitement.

In addition to the resort, visitors can take advantage of all the sprawling lakeside community has to offer to create a memorable summer vacation.

Explore the Great Outdoors

If hiking, biking or making your way through (or above) the trees while taking in the scenery are the types of adventures you seek, Lake Geneva has plenty of options. For example, Lake Geneva Ziplines and Adventures offers nine ziplines, five sky bridges and three spiral staircases to send you flying through the treetops over 100 acres of wooded property plus 16 unique rope excursion elements – cargo nets, rope bridges, swings and balance beams – strung between the trees. If being on the ground is more your speed, five trails traverse the property and offer 12 miles of mountain biking and hiking options through hardwood and pine forests.



Have Some Fun on the Water

Take advantage of time on the lake by renting a speedboat, pontoon or wave runner at one of the many marinas, going on a group paddleboarding adventure or taking part in a guided fishing tour with all tackle and equipment provided. Or for a different kind of water play, visit Moose Mountain Falls, Timber Ridge Lodge's 50,000 square-foot water park where 35-foot-high slides take you on a 300-foot adventure of twists and turns, which comes to an end in a heated pool. For a tamer ride, the lazy river drifts more than 500 calm, relaxing feet.

Enjoy Some Local Bites


Located at the resort, Geneva ChopHouse provides a range of menu options from thick, hand-cut steaks and chops to fresh seafood from the coast and seasonal, homegrown vegetables.

Or you can dine lakeside at Pier 290, the only waterfront restaurant on the lake, which offers an extensive menu of casual American fare and unique alternate dining locations on the lakefront sandy beach and clustered around a cozy fire pit.

Relax at the Spa

Home to a multitude of relaxing and therapeutic spa services, as well as a wide variety of fitness activities, WELL Spa + Salon at Grand Geneva Resort & Spa provides guests with a unique wellness experience. Offering more than 65 spa and salon services, including soothing massages, stimulating body treatments, advanced aesthetics, hairstyling, makeup consultations, manicures, pedicures and more, the highly trained professionals provide individualized plans for relaxation and rejuvenation.

Start planning your adventure at [GrandGeneva.com](https://www.GrandGeneva.com).

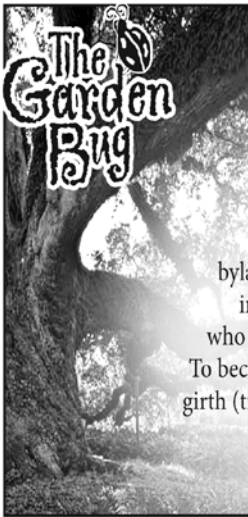


Caring for roses

In drier climates, the gardener must regularly provide water for rose bushes. Though generally one should water only the soil around the bushes, sprinkling water directly onto the plants keeps the foliage and blooms clean, retards powdery mildew and repels some pests. Insects that like to feed on rose bushes include aphids, Japanese beetles, spider mites and sawflies. Most of these can be controlled with neem oil or insecticidal soap; if you plant alliums near your roses, they can help repel aphids. - Brenda Weaver

Sources: gardendesign.com, garden.org

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Live Oak Society

In 1934, Dr. Edwin Lewis Stephens, president of Southwestern Louisiana Institute, founded the Live Oak Society, a registry of live oak trees. According to bylaws, the only *human* member permitted in the Society is the honorary Chairman, who registers and records live oak members. To become registered, the live oak must have a girth (trunk circumference) of 8 feet or greater.

- Brenda Weaver

Source: www.lgcfn.org/live-oak-society

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Herbs that help nursing moms

Herbs such as blessed thistle (*cnicus benedictus*), dandelion leaf (*Taraxacum officinale*), fennel (*foeniculum vulgare*), and fenugreek (*trigonella foenum-graecum*) have long been known as beneficial for new mothers. They can encourage good digestion, increase breast milk production, help relieve constipation, lessen uterine bleeding and soothe nervous feelings. They can be cooked and eaten, brewed as a tea or made into tinctures. **Consult your physician before taking herbs.*

- Brenda Weaver

Source: www.motherearthliving.com

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Quotes worth your time

“ I used to think that I was indecisive, but now I’m not so sure.”
- Unknown

“The best things in life are really expensive.”
- Unknown

“Work until your bank account looks like a phone number.”
- Unknown

“A clear conscious is a sure sign of a bad memory.”
- Mark Twain

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Comics

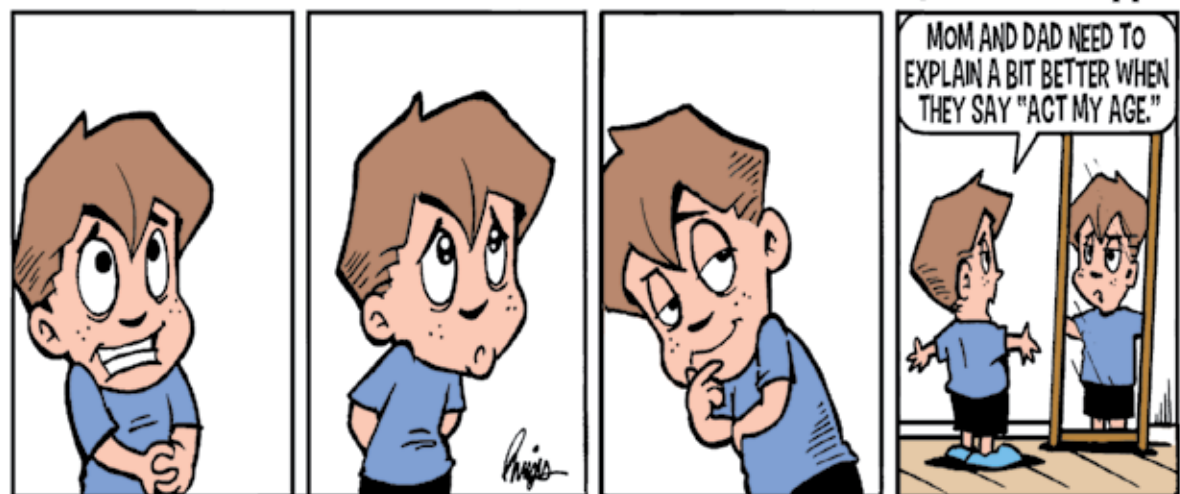
Out on a Limb

by Gary Kopervas



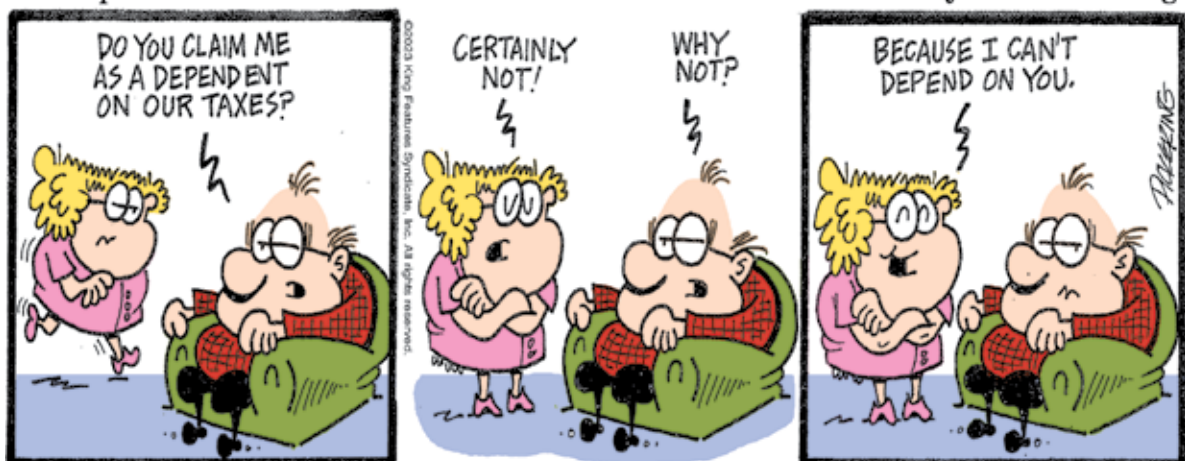
Amber Waves

by Dave T. Phipps

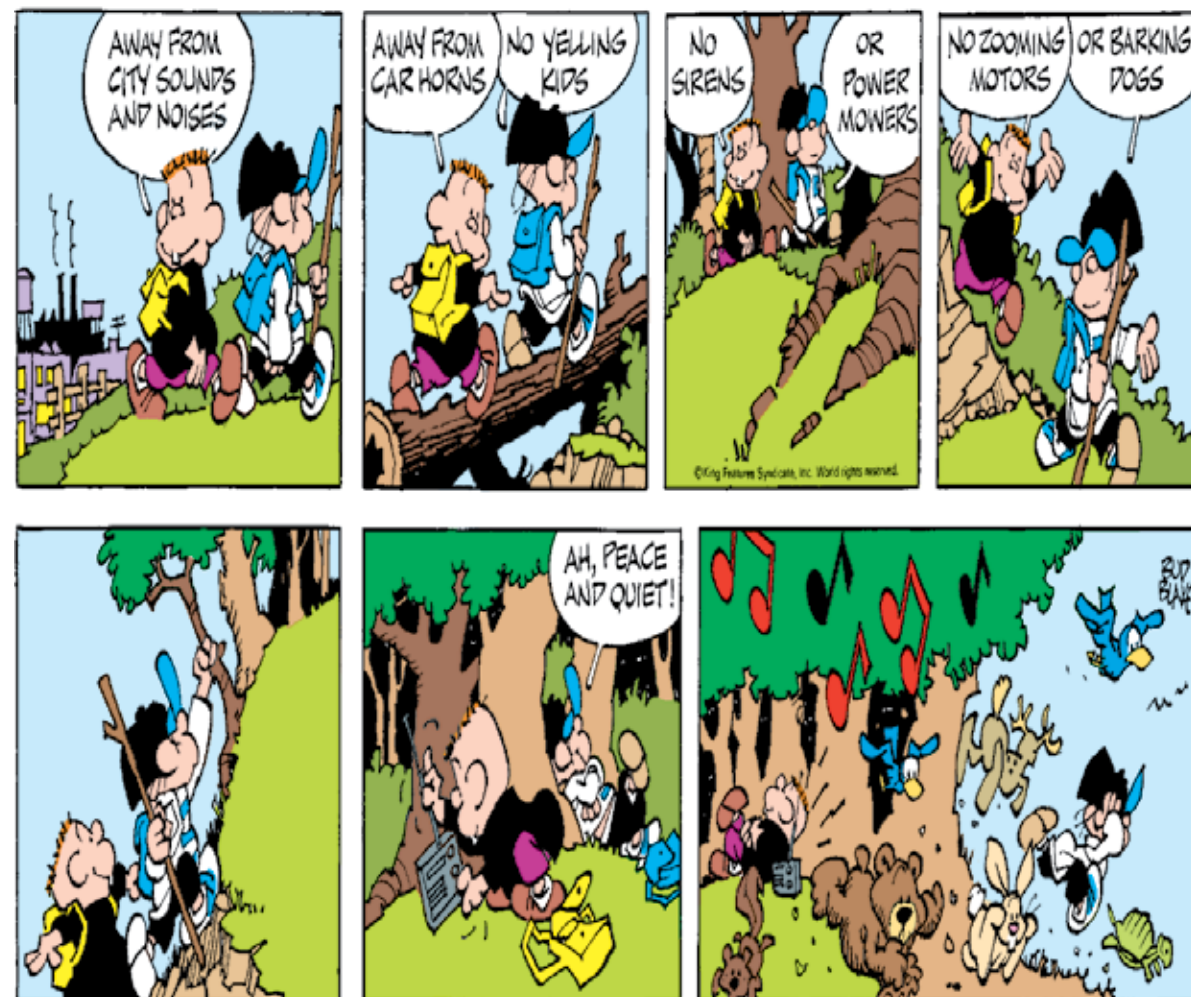


The Spats

by Jeff Pickering


TIGER

by BUD BLAKE



MAGIC MAZE ● STAR —

G	Y	V	S	Q	N	S	K	T	H	E	B	Y	W	T
R	O	S	L	J	G	T	T	S	E	B	Y	W	U	R
P	N	P	K	I	G	R	D	U	D	B	W	Z	X	V
S	Q	A	O	M	E	U	A	D	D	E	K	A	E	T
I	G	N	E	Y	C	C	A	I	Y	D	P	W	R	A
U	S	G	A	Q	P	K	N	V	L	L	E	A	I	S
J	H	L	L	F	E	C	K	A	A	O	H	D	H	Y
Y	P	E	X	L	V	U	E	D	S	C	N	Q	P	S
P	N	D	M	T	I	U	R	F	K	I	J	G	P	T
H	F	E	C	B	Z	R	T	O	F	Y	X	V	A	E
U	T	R	Q	P	O	M	D	O	L	K	I	H	S	M

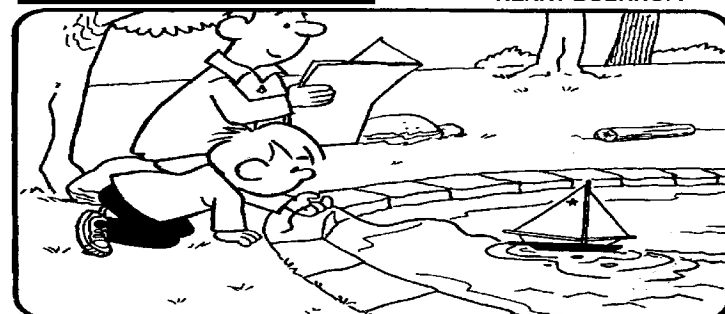
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: STAR — BANNER

Chart	Magnolia	Sapphire	System
Drill	Of David	Shaped	Trek
Dust	Of India	Struck	Wars
Fruit	Player	Studded	

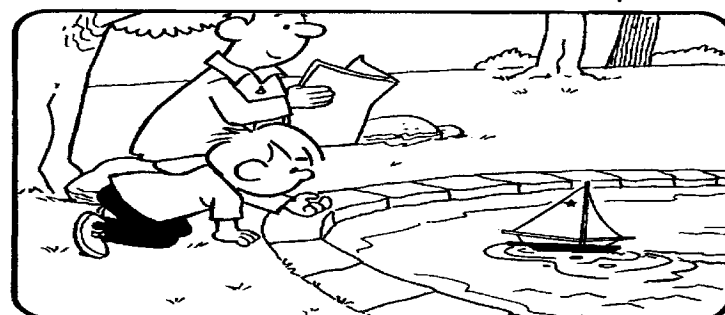
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HOCUS-FOCUS

BY
HENRY BOLTINOFF

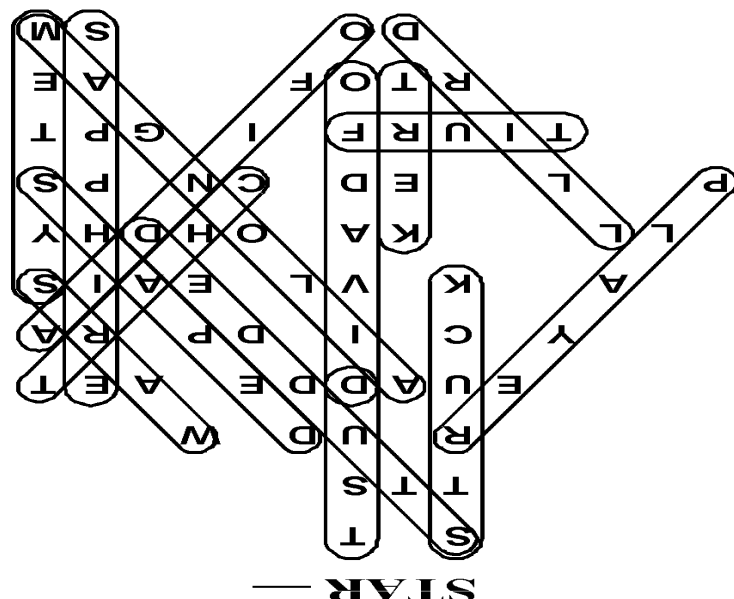


Find at least six differences in details between panels.



Just Like Cats & Dogs

by Dave T. Phipps



Go with the Gut

6 tips for promoting pet health

FAMILY FEATURES

When four-legged friends are feeling under the weather, pet parents may feel helpless pinpointing exactly what’s wrong. Nurturing your pet’s gut health is one way to protect his or her immune system and to promote overall well-being. Improve your pooch’s gut health with these tips from the pet experts at Solid Gold:

Recognize the Signs of a Potential Gut Health Problem

While many problems are readily apparent, gut health isn’t one of them. There may be some tell-tale signs like diarrhea or vomiting, but other symptoms like bloating or constipation may be harder to spot. Other signs of gut trouble might include fatigue, frequent licking, restlessness, changes in coat quality and luster, and weight fluctuations. Be sure to talk with your vet promptly if you observe any concerning symptoms.

Pay Attention to Ingredients

Choose a dog food with ingredients that promote gut health. For example, Solid Gold’s Hund-N-Flocken dog food is powered by NutrientBoost, a proprietary blend of ingredients packed with protein and nutrients that help canines thrive. It features crave-worthy taste and ingredients like amino acids, probiotics and proteins that support digestion, immunity and nutrient absorption. Each bite is made with a blend of high-fiber ingredients such as carrot, pumpkin and pearled barley to support digestive health.



Be Conscious of Allergens and Food Intolerance

Dogs can experience allergies just like people. Allergies that affect a dog’s skin are common, but you might also find your dog has trouble digesting certain foods, which can create inflammation and irritation in the gut. Allergy testing or an elimination diet (removing one potential allergen source at a time) can help pinpoint the problem.

Feed Probiotics to Promote Good Bacteria

Just like humans, dogs need a well-balanced microbiome. Probiotics build the microflora in your dog’s system, promoting the good bacteria that wages war on infections and harmful bacteria when needed. Probiotics can be especially helpful if your dog is prone to diarrhea or gas, or if he or she has recently received an antibiotic treatment that may have affected the natural gut flora. You can find probiotics in the form of food or supplements like Solid Gold’s Mellow Belly Gut Health Supplement, which is made with a powerful combination of natural digestive enzymes and probiotics to aid in proper digestion. The entire collection of food and supplements are made with superfoods and probiotics to help support your pet’s immunity and get the most out of every day to keep him or her thriving.

Don’t Forget the Prebiotics

Many people are at least somewhat familiar with the role probiotics play in gut health, but not everyone knows about prebiotics. Prebiotics, which are a form of dietary fiber, function as a fertilizer or food source for probiotics, allowing helpful bacteria to multiply. Look for prebiotic treats, capsules, drops, powder and even specially formulated foods.

Manage Stress with Play and Exercise

If you’ve ever experienced digestive issues as a result of stress, you know mental and physical health go hand in hand. The same is true for dogs, so managing your dog’s stress level is an important step in helping regulate his or her gut health. Exercise is beneficial for your pet’s health in a variety of ways, including suppressing cortisol, which is an inflammatory hormone that may weaken the immune system.

Find more tips and nutritional information to support your pet’s health at [instagram.com/solidgoldpets](https://www.instagram.com/solidgoldpets).

6 Ways to Build Lasting Healthy Habits

FAMILY FEATURES

Starting on a path toward healthy habits is often easier than maintaining them long term. This year, you can avoid a major pitfall of healthy resolutions and build healthy habits that stick by working small, positive steps into your daily life. In fact, healthy habits are the first suggested treatment strategy for people whose blood pressure and cholesterol levels are creeping higher than normal, according to an American Heart Association scientific statement. “The current guidelines for managing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks, and increasing physical activity is a great place to start,” said Bethany Barone Gibbs, Ph.D., chair of the statement writing group and chair of the department of epidemiology and biostatistics at West Virginia University School of Public Health. These six ideas from the American Heart Association’s Healthy for Good Habit Coach can help.

Bust Common Habit-Building Myths

You may be surprised to learn the truth about creating and sticking to healthy habits. One myth is getting healthy means doing things you don’t like. Research shows positive emotions make habits stick, so set your intentions on something you enjoy. Another misconception is big results require big changes, which may lead to overly ambitious habits. However, the simpler the routine is, the more likely it is to become habit.

Work with Your “Brain Loops”

Your brain creates “loops” for habits made up of three things: a cue, a routine and a reward. Each time the loop is repeated, it becomes more routine and may become automatic. Knowing this, you can design cues for developing new, healthy habits, such as setting walking shoes by the bed to start a walking habit. The routine is putting on the shoes and walking around the block, and the reward is the pleasant sensations and brighter mood from a morning stroll.



Photos courtesy of Getty Images



Create Cues That Work for You

Most successful health habits begin with a cue. The cue can be external in your environment or internal in terms of your mindset. The more consistent the cue, the more likely it is to trigger the habit. Hacking your brain’s reminder system can help you remember your cue. Some examples of visual cues are placing a sticky note where you’ll see it often, keeping a water bottle on your desk or refrigerating fresh veggies at eye level.

Build a Routine That Supports Your Goals

Positive and consistent habits are important to achieve your personal goals. Small habits done consistently can add up to big results. To create a new healthy habit, think through the steps that could lead to your desired outcome. Ask yourself whether you want to do it, if it’s easy and if it’s high impact. It’s important to choose habits that make a difference and move you closer to your goals.

For example, if one of your goals is improving your heart health, a meaningful habit might be to move more. Increasing physical activity can help lower blood pressure and cholesterol along with many other health benefits, Gibbs said.

“Every little bit of activity is better than none,” she said. “Even small initial increases of 5-10 minutes a day can yield health benefits.”

Use Rewards to Make Habits Stick

Start by choosing a habit you enjoy that’s rewarding by itself. If you’re more of a dancer than runner, increase your physical activity with an upbeat dance class. You might also look for a more enjoyable version of a new habit, such as getting more fruits and veggies by sipping on a delicious smoothie.

Understand Resets are Part of the Process

New habits are experiments. If they don’t stick, you haven’t failed. Instead, you’ve learned what doesn’t work, which is useful. Get curious and ask yourself which part of the habit didn’t work for you. Maybe the cue was ineffective. Maybe the steps of the routine were too ambitious and you need to split them into smaller, easier steps. If you realize you don’t enjoy the habit, stop doing it and try something else.

Find more inspiration and ideas to jumpstart healthy habits this year at [heart.org/habits](https://www.heart.org/habits).

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