



**Chicago Detectives
need your help
Read Crime
Page 10**

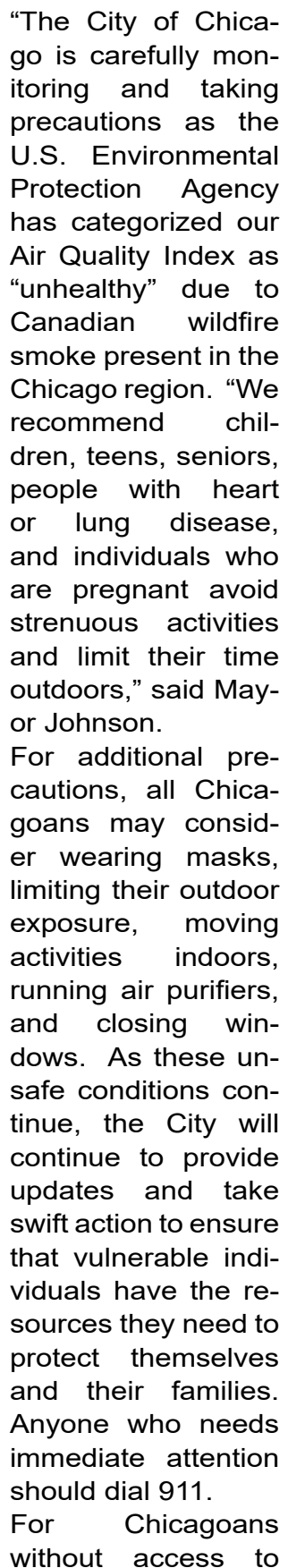
AUGUST 2023
FREE It's our 27th Anniversary
Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square



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

Volume 27, Number 9

It's soooo hot!



properly ventilated and safe indoor conditions, here are six community service centers that operate from 9am-5pm:

Englewood Center -1140 W. 79th Street

Garfield Center – 10 S. Kedzie Ave (24 hrs.)

King Center – 4314 C. Cottage Grove

North Area Center – 845 W. Wilson Ave.

South Chicago Center – 8650 S. Commercial Ave.

Trina Davila Center – 431 W. North Ave.

Other critical actions taken by the City are:

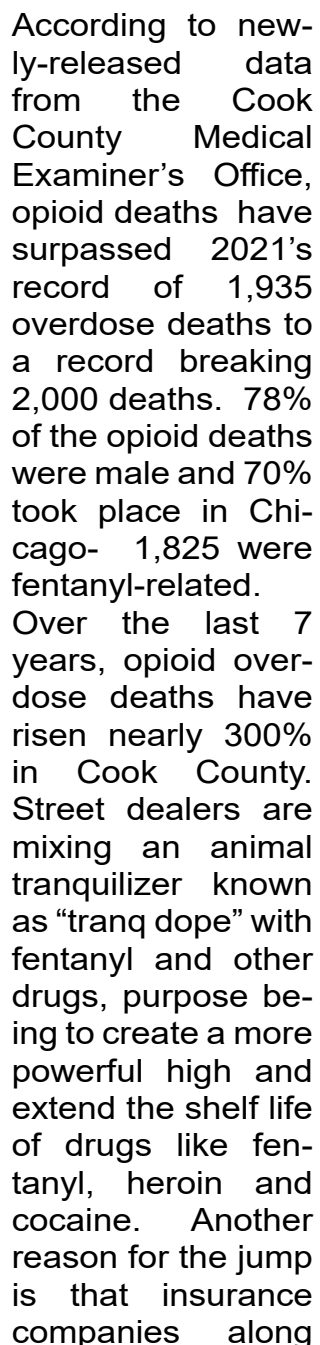
Urging employers to allow telecommuting where possible.

Limit driving a vehicle if possible.

Urging the private sector to reduce and/halt outdoor activities wherever possible.

Good air, bad air, that didn't stop the 50,000 fans from seeing the Queen Bey **Beyonce'** at Soldier Field. With tickets running from \$500 to \$2500 on the secondary market, there was no way that the air quality would stop a fan from going to that concert.

DRUG EPIDEMIC IN CHICAGO



with doctors are cutting off approval for opioid type prescriptions for pain because they don't want patients to become addicted, forcing patients to look elsewhere for alternatives like heroin and street drugs to fill that void.

Margarito Flores, Chicago cocaine kingpin and his twin brother, Pedro Flores, imported a ton of cocaine into the country every month. Authorities say that over the years, they brought in 60 tons or more and sent more than \$1.8 billion in cash back to Mexico to pay for those drugs becoming El Chapo's biggest customers.

Back in 2008, their luck ran out and they were caught. They agreed to become informants

for U.S. Drug Enforcement. Pedro Flores and his brother Margarito, turned against the Sinaloa cartel and helped bring down Joaquin “El Chapo” Guzman Loera. The wives of the Flores twins collected drug debts owed to their husbands and spent money lavishly. They admitted to involvement in a conspiracy to launder millions after their husbands were taken into custody and one given 3.5 years in prison for hiding thousands of dollars from the feds. An El Chapo lieutenant received more than 19 years in federal prison sentenced by a Chicago judge. Felipe Cabrera Sarabia, aka “The Engineer” pled guilty in an indictment that targeted the

top hierarchy of the Sinaloa cartel. Narcan is a nasal spray that treats narcotic overdoses and saves thousands of lives every year but is no match for Chicago's opioid epidemic. The DEA's new Chicago boss, Sheila Lyons, the first woman to hold the post, said that she will target Mexico's Sinaloa Cartel and Jalisco New Generation Cartel, who she said is supplying fentanyl "like nothing I've ever seen in my 30 years in law enforcement." Ironically, twin brothers Margarito and Pedro Flores will now lead a seminar at the Kane County Sheriff's office to teach law enforcement how to catch drug traffickers.

Editorial & Opinions



• **On Aug. 7, 1935**, a tennis match in London was interrupted by, of all things, flying ants. The obnoxious critters didn't just annoy athletes, but encroached on people's kitchen pantries and piled up on their doorsteps. Authorities called it the worst pestilential attack in 25 years.

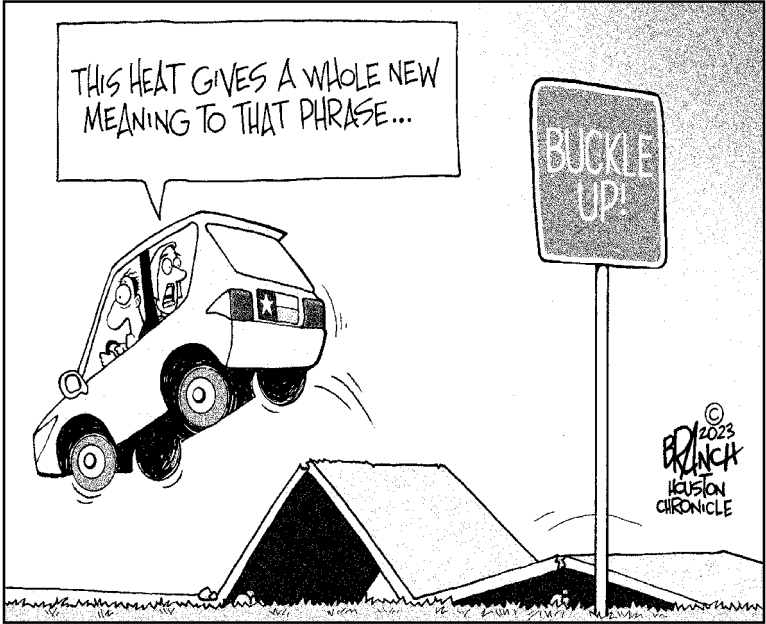
• **On Aug. 8, 1921**, the ship Alaska, which was headed for San Francisco, hit a rocky ledge twice off the coast of Alaska during a fog, causing the ship's boilers to explode. A number of passengers were thrown into the ocean. While 166 people were rescued by the ship Anyox, 31 remained missing and 28 lost their lives.

• **On Aug. 9, 1979**, the seaside town of Brighton became the first major resort in Britain to set aside a 200-yard stretch of its beach for nudists. When it officially opened the following year, Councillor Eileen Jakes told the attendant media: "There are 2,000 naturists in Sussex and millions of other people fly to the South of France each year to strip off. I would like to see them come here instead."

• **On Aug. 10, 2008**, singersongwriter/actor/composer Isaac Hayes died of a stroke at the age of 65. Hayes cofounded the Southern soul-music label Stax Records and was best known for his work on the soundtrack of the movie "Shaft," including singing its theme song. He was also the first Black musician to win an Oscar (for that film).

• **On Aug. 11, 2021**, The Centers for Disease Control and Prevention advised all pregnant women to get the COVID-19 vaccine, as hospitals in hot spots around America noted a disturbing number of unvaccinated mothersto be coming down with serious cases of the virus.

• **On Aug. 12, 1990**, three huge bones jutting out of a cliff near Faith, South Dakota, turned out to be part of the largest Tyrannosaurus rex skeleton ever discovered. Astonishingly, the 65-million-year-old specimen, which



was dubbed Sue after its discoverer, fossil hunter Susan Hendrickson, was more than 90% complete.

• **On Aug. 13, 1781**, Patriot forces led by Col. William Harden and Brig. Gen. Francis Marion (aka the "Swamp Fox") lured British commander Maj. Thomas Fraser and his 450 soldiers into an ambush at Parker's Ferry, 30 miles northwest of Charleston, South Carolina.

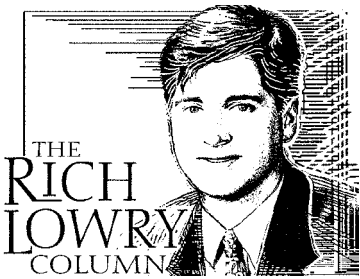
• **On Aug. 19, 1812**, the U.S. Navy frigate Constitution, known as "Old Ironsides," catches the British warship Guerriere 600 miles east of Boston where the Constitution delivered its first broadside. The British man-of-war was de-masted and rendered a wreck while the Constitution escaped with only minimal damage.

• **On Aug. 20, 1911**, a dispatcher in The New York Times office sends the first telegram around the world to determine how fast a commercial message could

be sent. After it traveled more than 28,000 miles, relayed by 16 different operators, the reply was received by the same operator 16.5 minutes later.

• **On Aug. 18, 1940**, Walter Percy Chrysler, the founder of the American automotive corporation that bears his name, dies in New York. Chrysler was also known for financing the 77-story Art Deco Chrysler building skyscraper in midtown Manhattan. When completed in 1930, it was the tallest building in the world.

• **On Aug. 16, 1954**, Sports Illustrated, a new magazine dedicated to covering sports, appears on American newsstands with a cover photo of Milwaukee Braves third baseman Eddie Mathews. Sports Illustrated did not make money for most of its first decade but eventually became the undisputed leader in American sports media.



The military doesn't need diversity, equity and inclusion

House Republicans voted to end diversity, equity and inclusion programs and personnel at the Pentagon, and one wonders whether the U.S. military will ever be the same.

The provision was one of a number of anti-"woke" measures in the House-passed National Defense Authorization Act — including reversing the Pentagon's new abortion-enabling paid travel and leave policies — that have occasioned sputtering outrage.

According to National Security Council spokesman John Kirby, there's no way that President Joe Biden would ever sign such legislation "that would put our troops at greater risk or put our readiness at risk."

America's leaders used to worry that we wouldn't have enough stopping power to defend against Soviet tanks potentially pouring through the Fulda Gap or a survivable nuclear force in the event of a nuclear first strike; now they worry servicemembers might not be learning enough about microaggressions.

Last year, Bishop Garrison, serving at the time as the senior advisor to the Secretary of Defense for human capital and diversity, equity and inclusion, said that diversity, equity and inclusion needs to be part of every decision that the military makes — it's a "force multiplier," and will make the military more lethal.

It's not clear how this could possibly be true. Is the Marine operating a howitzer going to be more proficient if he's familiar with the work of Ibram X. Kendi? Will our fighter pilots be better at aerial warfare if they think the U.S. is defined by systemic racism? Are our submariners lacking so long as they don't know that it's supposedly offensive to ask someone with an accent where he or she is from?

If diversity training is so crucial to a fighting force, maybe we should stop sending so many munitions to Ukraine and ship the embattled country Power-Point presentations on equity instead?

The U.S. military has been a model for decades of how to build a racial-

ly diverse institution that is united by common purpose and standards. That doesn't mean it is perfect — nothing is — but it was notably diverse long before anyone thought it needed diversity, equity and inclusion training.

Thankfully, by its standards, the Pentagon doesn't spend much on diversity, equity and inclusion. It requested just \$115 million in 2023, although that was an increase of nearly \$30 million.

This suggests that the personnel and programming around diversity, equity and inclusion can be easily axed, and they should be.

Diversity, equity and inclusion is a scammy fad that has ballooned into a more than \$3 billion industry even though there's no solid evidence that it works, and it may well make things worse.

As the left-of-center author and podcaster Jesse Singal writes, diversity, equity and inclusion programs often "seem geared more toward sparking a revolutionary re-understanding of race relations than solving organizations' specific problems. And they often blame white people — or their culture — for harming people of color."

Why does the military, of all institutions, need that?

At the very least, diversity, equity and inclusion is another administrative burden. A recent report on the fighting culture of the U.S. Navy prepared at the direction of Arkansas Sen. Tom Cotton and several Republican congressmen noted that "non-combat curricula consume Navy resources, clog inboxes, create administrative quagmires, and monopolize precious training time."

At worst, it is injecting a poisonous ideology into a fighting force that needs to look past racial and other divisions and needs to believe in this country's worth.

Those who want diversity, equity and inclusion in the armed forces either can't distinguish between the military and an elite liberal arts college, or want it to be corrupted by the same rotten ideas.

House Minority Leader Hakeem Jeffries said the National Defense Authorization Act shows "that extreme MAGA Republicans are willing to even detonate the ability of our military to do what it needs to do to keep us safe."

To the contrary, it is progressives who want the military to bend to their ideological imperatives. We aren't going to deter or — if it comes to that — defeat an adversary like China with diversity, equality and inclusion trainers or self-flagellating nonsense about our society's supposed irredeemable flaws.

Rich Lowry is editor of the National Review.

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Americanisms

"Success is a collection of problems solved."
— I. M. Pei

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Lakeview Newspaper

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

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VETERANS POST

by Freddy Groves

Veteran Suicide in a VA Emergency Room

A veteran with a documented history of suicidal thoughts and attempts, as well as drug abuse and PTSD, committed suicide while being left unattended in a VA facility emergency room.

The Department of Veterans Affairs Office of Inspector General investigated, and they unearthed the facts ... which are not pretty.

It's this:

The veteran showed up at the VA facility ER with bladder complaints and depression. He'd been there before, and it was noted in his file that he'd had admissions for substance abuse and suicidal thoughts.

The first medical person ("Nurse 1") did a triage, which is asking questions to decide how to classify the patient. Instead of using the computer to ask him specific questions (per policy) and record his answers, she did it from memory. Nurse 1 allegedly told the physician (who was resting in another room) there was a patient waiting. Another person, Nurse 2, did a bladder scan.

An hour later, no physician had shown up. An additional hour later, Nurse 1 left for the day and handed off the records to incoming staff.

Later a technician found the veteran on the floor of the room, dead by suicide, still unseen by a doctor.

The OIG investigation revealed:

During the investigation, Nurse 1 could not recall from memory the risk assessment questions she supposedly asked the veteran. Nurse 1 also did not actually alert the physician that patients were waiting.

The physician did not respond to an alert from Nurse 2 either about patients waiting and did not get up until the boss came on shift.

The "Door to Doc" policy was severely violated. That performance policy states that the target is 25 minutes from the time a patient walks in the door to the time he's seen by a doctor — not the two hours and 20 minutes this veteran languished by himself.

Information surfaced that showed facility admin sought to interfere with the OIG investigation, instructing in emails that "appropriate responses to direct questions are: yes, no, I don't know, and I don't remember."

To read the whole report, see www.va.gov/oig/pubs/VAOIG-22-01540-146.pdf.

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1. Eden Park, Sky Stadium and Forsyth Barr Stadium are all soccer/rugby arenas located in what country?
2. What former Major League Baseball player went by the unusual nickname "Pronk"?
3. Soccer player Andres Escobar, who was murdered in 1994 as retaliation for inadvertently deflecting the ball into his own net at the FIFA World Cup, played for what national team?
4. The National Softball Hall of Fame and Museum is located in what U.S. city?
5. Physician and Olympic decathlete Tom Waddell organized what sports event that first took place in San Francisco in 1982?
6. Name the NASCAR driver, winner of the 1992 Daytona 500, who was killed in a helicopter crash in July 1993.
7. Larry David provided the voice of what real-life sports team owner in the TV comedy series "Seinfeld"?

Answers

1. New Zealand.
2. Travis Hafner.
3. Colombia.
4. Oklahoma City.
5. The Gay Games (founded as the Gay Olympics).
6. Davey Allison.
7. George Steinbrenner.

Strange BUT TRUE

By Lucie Winborne

- The blobfish gets its nickname from its saggy appearance when it's brought to the surface from the deep part of the ocean where it lives. Because it has no skeleton and very little muscle, water pressure that would crush human organs gives the animal physical structure at that depth.
- To maintain the historical accuracy of the American Colonial era, Disney World's Liberty Square was built without any restrooms. (But no, you won't find any outhouses, either.)
- And speaking of restrooms, there are public toilets for dogs in China.
- The character of cross-dressing Corporal Klinger on the TV series "M*A*S*H" was allegedly influenced by comedian Lenny Bruce's claim that he was discharged from the Navy for saying he had "homosexual tendencies."
- Eberhard Anheuser, cofounder of the Anheuser-Busch brewery, got his start in manufacturing with soap and candles.
- Due to a technical glitch in his debit card payment processing, a man was accidentally charged 23 quadrillion dollars. As if that wasn't bad enough, since he didn't have the amount in his account, he was also charged a \$15 overdraft fee!
- Carnauba wax, which is used on cars, is the same type of wax used to give gummy candy its sheen.
- Neptune's moon, Triton, orbits the planet backward.
- To add authenticity to a fictional criminal underworld, Rockstar Games hired real-life gang members to voice background characters in Grand Theft Auto V.
- One-third of men's fragrances sold are actually worn by women.
- Amethysts got their name from the ancient Greek word "amethystos," meaning "not drunk." They were once believed to prevent intoxication.
- The "little black dress" was compared to the Ford car when it debuted in 1926, for its practicality and simplicity.

Thought for the Day: "Never rob your character to enrich your pocket."
— James Lendall Basford

SENIOR NEWS LINE

by Matilda Charles

A New Drug for Alzheimer's Disease

The FDA recently approved a new drug that is supposed to slow the progression of Alzheimer's.

Earlier this year, the FDA gave conditional approval to Leqembi, pending more safety and efficacy trials. Now, with "accelerated approval," the drug has full approval.

Another drug, Aduhelm, launched in June 2021, still only has conditional approval and is waiting results from more trials.

Both drugs work in a similar way, targeting the proteins in the brain. There are differences, however.

One difference between Leqembi and Aduhelm is the way it's delivered. Aduhelm is given by spinal infusion and Leqembi is given intravenously every two weeks (although other means are being studied in trials that are still going on).

Another difference is in what the drugs do: Aduhelm targets the plaques in the brain, while Leqembi targets the proteins that create the plaques.

The other is the cost. Leqembi will likely cost \$26,500 per year, although that can vary by patient weight and what schedule of maintenance dosing the patient is to get. Medicare will likely cover the majority of patients if they have a supplemental drug plan. The rest will likely pay the 20% coinsurance not covered by Medicare.

Aduhelm had much different pricing when it first came out — \$56,000 per year. Our Medicare Part B went up by \$21.60 in 2022, up to \$170 per month, likely due to the cost of Aduhelm, which Medicare initially expected to cost close to \$3,000. Some insurers said they wouldn't cover the drug unless prices came down. The cost of the drug eventually did come down, to \$28,200.

The caveat about Leqembi, however, is that the experts point to the very small degree of slowing of early Alzheimer's in the patients in the trial. In many, the result could be quite subtle. Still, some researchers say it does buy patients time and could delay the coming of the later stages of dementia.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Odd Fellows

Secret societies are, by their nature, mysteries to people who aren't part of them. But other people are aware of their symbols. This carved wooden shelf is decorated with symbols of the Odd Fellows. It features three chain links, representing the society's values of friendship, love and truth.

Other symbols have more general, familiar meanings. The heart-in-hand is a symbol for benevolence that is often associated with the Odd Fellows but not used exclusively by them. The All-Seeing Eye, sun and globe carry meanings of universal spirit. And the hourglass, scythe, skull and crossbones are well-known symbols of mortality.

The Odd Fellows is believed to have originated in medieval trade guilds, with "odd fellow" meaning someone who did odd jobs for a living. They did charitable work in their communities and provided financial assistance among members.

At one point, the Odd Fellows was the largest secret society in the U.S., but membership dropped during the Great Depression. Famous members included actor Charlie Chaplin, aviator Charles Lindbergh and multiple U.S. presidents, including Franklin D. and Eleanor Roosevelt.

Q:My mother had an old oil lamp sitting on the kitchen table. It did not have the original chimney, but she was able to find another one that fit. The top globe is also missing. The bottom globe has four raised lion heads with biblical or desert scenes between them. I saw one very similar to ours in an antique shop, and the price was \$600! Could mine be this valuable?

A:Oil lamps continue to be sought by collectors. The late 19th-century lamps were renamed "Gone with the Wind" lamps when they were used as set decorations in the 1939 movie. This style of oil lamp has two shades or globes with a chimney in between. Many have been modified for use as



This carved shelf brought \$2,500 at New Haven Auctions. Decorations and symbols associated with the Odd Fellows add to its appeal.

electrical lamps. Your lamp only has the bottom globe. Complete lamps that are similar to yours have recently sold for \$75 to \$275.

TIP: Store vintage textiles flat or roll them. Don't fold. It makes creases.

CURRENT PRICES

Punch bowl, carnival glass, marigold, Hob Star pattern, toothed ruffled rim, pedestal base, early 20th century, 10 x 11 inches, \$50.

Lalique glass figurine, Perceval, dog, greyhound, standing, on rectangular base, marked, 8 x 10 1/2 x 3 inches, \$255.

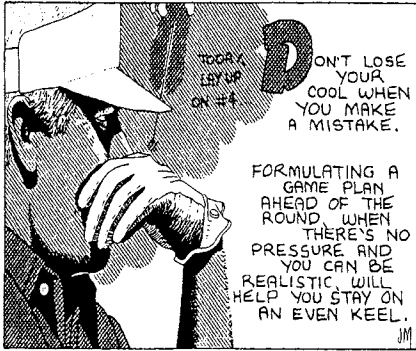
Desk, oak, two tiers, carved, Green Man face on drawers, scrolled crest, green writing surface, knee-hole, turned legs, 42 1/2 x 23 x 51 inches, \$500.

Screen, three-panel, Neoclassical style, toile, trompe l'oeil, illusion of hanging objects, horseshoe, drafting tools, clock, gongs, magnifying glass, papers, keys, red trim, each panel 40 x 12 inches, \$645.

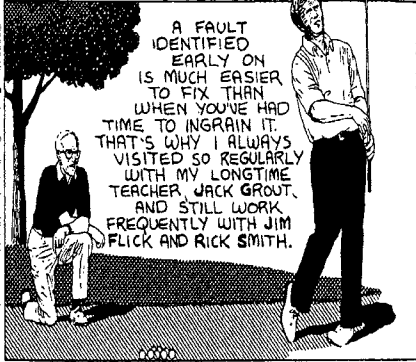
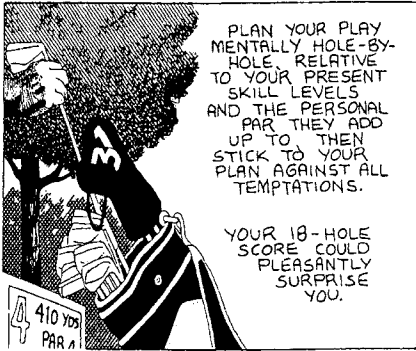
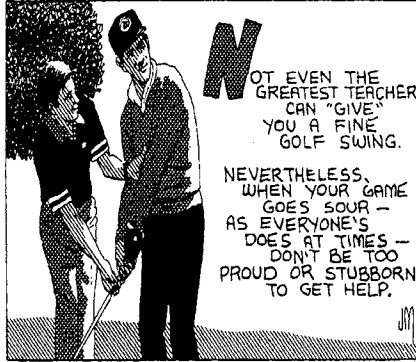
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Play Better Golf with JACK NICKLAUS



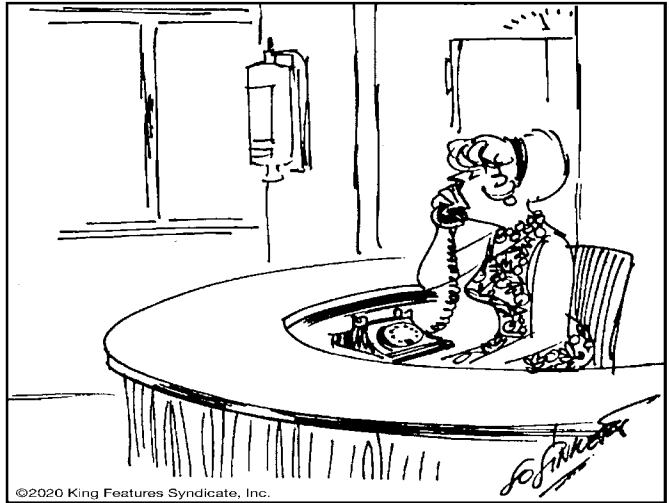
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STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



"Our automatic answering service is out of order—this is an actual person speaking."

Health



Taking Zinc as Daily Supplement Won't Change Hair Loss

DEAR DR. ROACH: I am having trouble finding a reliable recommendation for the daily supplement zinc. I purchased 50-mg pills, but I think this may be too much. I am 74 and female, and I would like to include zinc in my daily supplements, as my hair has begun thinning quite a bit straight down the top of my head. — R.M.

ANSWER: Zinc is an important nutrient, and it is certainly true that zinc deficiency may lead to hair loss. However, most people with hair loss do not have a zinc deficiency, and there is no convincing data that giving extra zinc to a person with normal zinc levels will help with hair loss. Hair loss along the midline is consistent with female pattern hair loss, which is very common among women in their 70s and usually has nothing to do with zinc. Very high amounts of zinc supplementation can be dangerous (and impair your body's ability to absorb other trace metals such as copper), but 50 mg is a safe amount. Still, the most effective therapies for female pattern hair loss include minoxidil (usually topical, but low-dose oral is increasingly used), spironolactone and finasteride. A dermatologist is the expert on hair loss and can give you a better diagnosis by exam than I can by your description.

DEAR DR. ROACH: My youngest son has to have both of his hips replaced. He is only 37, but is in a very strenuous job of being a boilermaker in an oil refinery. This is the hardest job in a heavy industry. His doctors are telling me that his hips deteriorated due to alcohol consumption — is this even possible? Even if he can get through this ordeal, he is still locked into this physical type of work.

The doctors say he will need another hip replacement in 10 to 15 years if he stays in this line of work. Do you agree with these statements? — B.M.

ANSWER: Let's take them one by one. The most common cause of hip disease requiring hip replacement is osteoarthritis of the hips, but it is quite unusual to see someone of your son's age require a hip replacement. Alcohol is not a recognized risk factor for osteoarthritis of the hips, but it is a known underlying cause of a much less-common condition: osteonecrosis of the hips, also called avascular necrosis. The more a person drinks, the more likely they are to get this rare condition, even though most heavy drinkers will never get this condition. Not every person with osteonecrosis of the hip will require a hip replacement. It is frequent to have both sides of the hip affected with disease. Untreated congenital hip dysplasia may also lead to severe hip damage requiring a total hip replacement, and it is also one cause I see in a person of your son's age. Prognosis after a modern hip replacement is very good. More than 90% of people are doing well, pain-free and without complications 15 years after surgery takes place. Of course, some kinds of activities such as heavy lifting and high-impact movements could make the surgical prosthetics wear out faster, but regular activities such as walking, stair climbing and most sports that are not high-intensity or high-impact can be done without damage to the prosthetic. Although further alcohol use will not affect the prosthetic hips or other bones, many other body systems are very much affected by alcohol. So, if he has been a heavy drinker for some time, it is now time to stop. His doctors can help him find many available resources.

Doctors Won't Prescribe Hormone Therapy to Woman Over 60

DEAR DR. ROACH: In a recently published column, you stated, "As always, the decision belongs to the patient," while addressing a concern about the benefits and risks of stopping a statin drug. Oh, really? Then, why is it that, once I turned 60, not a single doctor will prescribe hormone replacement therapy (HRT) to stop my debilitating postmeno-pausal symptoms? After suffering from menopausal symptoms starting at age 42, I was finally prescribed HRT at age 57. What relief I felt, as it was the only remedy to alleviate my hot flashes,

weight gain, lack of sleep and vaginal dryness. Once I hit 60, I was ordered to stop HRT, and no one since will prescribe it for me now. I am 66, suffer from hot flashes daily and have my sleep interrupted at least five times a night with terrible night sweats. I have tried just about every over-the-counter offering with zero effectiveness. I will gladly trade the greater risk of heart attack and stroke, and the possible shorter life span, for relief from symptoms that affect my daily quality of life. Clearly, the choice is not mine, because if I had a choice, I would ask for continued prescriptions of HRT to give me relief. Why don't I have that choice as a patient? — R.M.T.

ANSWER: A patient always has the right to refuse a treatment recommended from a physician. However, the physician has the obligation to consider the risks and benefits of a treatment, and is not obliged to prescribe a treatment that they do not think is appropriate. If a patient asks me for a treatment that has been shown to be ineffective and has the potential for serious adverse effects, I don't prescribe it, but will work with the patient to find alternative treatments. For example, some nonhormonal prescription treatments are moderately effective for hot flashes and sleep disturbance, and topical estrogen is very effective for vaginal dryness. However, the case of HRT for symptoms of menopause is more complicated, because estrogen is the most effective treatment we have for menopausal symptoms, particularly for hot flashes. There are risks to HRT, but the benefits for some women are so great that they are willing to accept some risks. You mentioned the risk of heart disease and stroke. A landmark study called the Women's Health Initiative helped to define and quantify those (and other) risks. Its effect has been to dramatically reduce the prescribing of menopausal hormone therapy, but the results should not be interpreted to mean that hormone treatment is always inappropriate, even in women who are in their mid-60s, where risks are higher. Moreover, a woman's entire health status should be considered when deciding whether to prescribe hormone treatments. In women with a history of an estrogen-dependent tumor (like many breast cancers), a history of a blood clot or a stroke, or a few other issues, the harm almost certainly out-weighs the benefits. Otherwise, a wise clinician looks at the patient's risk for heart disease, blood clots and similar conditions. Women at

a very high risk for heart disease should probably avoid estrogen. Using lower-dose estrogen by patch (rather than pills) is wise for women at moderate risk, such as those who are in their 60s. Physicians do not want to prescribe medications that will harm their patients, and most have stopped prescribing menopausal hormone therapy entirely for women, to prevent disease. However, it still has a role in treating symptoms. I recommend you seek out an expert in treatment of menopausal treatments and have a frank discussion about your willingness to assume risk in order to have a better quality of life.

How to Avoid Calcium While Taking Thyroid Medication

DEAR DR. ROACH: I had a thyroidectomy, and I take levothyroxine. Instructions for the medication state not to take it within four hours of consuming calcium. No discussion of the drug has clearly stated whether this only refers to calcium supplements or whether this also includes high-calcium foods. I usually take levothyroxine when I wake up, between 2 a.m. and 3:30 a.m., to avoid breakfast dairy products (i.e. yogurt, cheese and soy milk) and dinner foods (broccoli, leafy greens, dairy and soy). I go to bed fairly early. I eat mainly plant-based, plus dairy. I have asked some doctors and pharmacists, only to have them answer with the question: "Doesn't that only apply to supplements?" I don't know! That's why I'm asking. I want my thyroid prescription to work as it's supposed to. Can you shed light on this issue? — E.G.

ANSWER: Large amounts of elemental calcium do decrease the absorption of the thyroid hormone, thyroxine. If you were to take thyroxine (Synthroid and others) at the same time as you would a large calcium pill, you could expect the thyroid medicine to be about 7% to 8% less absorbed. (Iron and caffeine also decrease thyroid hormone absorption.) A glass of cow's milk taken at the same time will decrease thyroid hormone absorption. Soy milk has not been studied, but I would expect calcium-fortified soy milk to be similar to milk, yogurt and some high-calcium cheeses in their ability to reduce thyroxine absorption. However, I think you may be taking things too far. One hour is probably adequate enough to separate calcium from thyroxine. Furthermore, if you are con-

sistent in taking your medication, your dose will get adjusted to the correct level. I doubt that vegetables have any effect on absorption. Finally, in a study of people who took thyroxine sometimes with and sometimes without their calcium, the change was not enough to get them out of the desirable range, although the levels were definitely affected. The dose of thyroid hormone has a little bit of leeway in most people, although some people (such as those with a history of thyroid cancer who are now on replacement therapy after surgery) need to have a very exact dosage. So, avoiding calcium, iron and caffeine in those cases is more critical.

DEAR DR. ROACH: I am a 72-year-old woman who, over my adult years, has developed allergies to Tylenol and all NSAIDs. Just this week, I developed a rash after taking aspirin, which was my last resort for pain. I was given a prescription for tramadol, but I really don't want to take a narcotic for aches and pains I only have periodically. Instead, I use ice, heat, stretching and exercise, which keep me pain-free most of the time. — T.W.

ANSWER: I have rarely seen a person allergic to so many classes of medicines, but it can occasionally happen. It's unfortunate, but I certainly agree with you that an opioid (the term narcotic isn't used any more) is too powerful a medication to use lightly. There are serious side effects that can happen with tramadol, like any other opioid, and even appropriate use of opioids can lead to opioid use disorder. Misuse of prescription drugs is a huge problem in North America, and not prescribing them in the first place is a good way to prevent problems. (People who misuse opioids commonly get them from a friend or relative.) Nonprescription ways of treating pain seem like a very good way to treat the occasional pains we all get. Topical treatments, like menthol, camphor-based creams or even topical NSAIDs like diclofenac, may not cause allergic reactions, so you might have success by trying those.

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

What is a HELOC?

If you need cash to remodel, renovate or put a new roof on your home, you may be able to borrow against the equity in your home—the difference between what you owe on your mortgage and your home's market value. There are two popular ways to do this — a home equity line of credit (HELOC) or a cash-out refinance. A HELOC lets you borrow from your home's equity like a flexible line of credit. A cash-out refinance is a mort-

gage refinance that replaces your current mortgage with a new one, with its own interest rate and monthly payments, and gives you cash. A HELOC operates much like a credit card in the sense that you can borrow and use the money as you choose, up to a certain limit and within a certain time frame. You can take out money, make payments and then borrow against the credit line again. And you'll only pay interest on what you spend. A HELOC is a great way to use the equity you've built up in your home to finance home improvements such

as a bathroom or kitchen remodel; pay for education; cover medical expenses; and more. It offers flexibility, plus lower interest rates than you would find with a personal loan or a credit card. And you may be able to deduct the interest you pay on your HELOC from your taxes if you're using the loan to pay for home improvements. A HELOC may not be right for everyone. You need to have accrued 15%-20% equity in your home. And if you think you'll be moving in the near future, you might not want a HELOC because you'll have to repay the bal-

ance when you sell, which could cut into your profits.

What is a cash-out refinance?

Unlike a HELOC, a cash-out refinance accesses your home's equity by replacing your existing home loan with a new one, and give you a lump sum of cash back at closing. As with your original mortgage, when you refinance, you'll go through the underwriting process. That means you'll need to make sure you have a good credit score and debt-to-income ratio (how much you owe

compared to how much you earn). You'll also need to have accrued enough equity in your home, about 20%. Refinancing can help you get a large loan at a relatively low interest rate, and you can use the cash you get out of it however you'd like. But there are some disadvantages: You'll restart the clock on your housing debt, so you'll likely increase your lifetime interest costs. Talk with a financial planner about all the risks and benefits of borrowing against your home equity.

6 Success Tips for Young Professionals

FAMILY FEATURES

Starting your career can be both an exciting time and a daunting experience. While there's no secret formula to becoming successful in the workplace, there are steps you can take and skills you can build during the early stages of your career that can help you move toward your long-term goals.

Many young professionals face unique challenges, but with the right guidance and advice those obstacles may lead to opportunities for personal and professional development. Passionate about mentoring young professionals and sharing her methods for success, Morgan DeBaun, founder and CEO of digital media and technology company Blavity, partnered with Sharpie – makers of a wide selection of permanent markers, pens, highlighters and more for the classroom, office and home – to share these tips.

Be proactive: Take initiative and identify areas you can contribute beyond your assigned tasks. Instead of waiting to be asked to do something, draft an email, spreadsheet or project board that could benefit the team. Showing a willingness to go above and beyond may lead to additional projects or responsibilities being sent your way in the future.

Write everything down: Putting your dreams and goals to paper can help you commit to them, track progress and stay on course to achieve them. Additionally, particularly in meetings, your brain is processing new information, ways of thinking and operational systems all while you are trying to come across as engaged and personable. Jotting down key action items and learnings along the way can save you later. Being an active listener and note-taker can increase your ability to retain information and contribute to your team.

Featuring no-smear, no-bleed technology with best-in-class ink, an option like the Sharpie S•Gel pen promises exceptionally smooth writing experiences. To put her best work forward, DeBaun uses the Medium Point (.7mm) White Barrel. The high-performance gel pen enhances handwriting with its sleek, professional look and offers a variety of ink colors, barrel styles and points to choose from, making it a must-have for professionals looking to make a statement.



Identify useful productivity tools: Look for tools and programs that can help make you more productive and successful then leverage them in your personal workflow. Whether it's an email scheduling tool, calendar software or favorite writing utensil, ensure you are taking advantage of things that can help you succeed.

Develop and strengthen your organizational skills: Regardless of what role you are in, being systemized and structured in the way you work can help keep you on track as you grow in your career. Whether it's a smartphone app, old-fashioned to-do lists on paper or desktop reminders on your computer, find a system that works for you and stick with it – refining the approach as you go – for best results. For example, with a variety of available ink colors, the Sharpie S•Gel can make it simple to color code calendars and to-do lists, which can make prioritizing tasks a cinch.

Embrace teamwork and learn from your peers: Across your company, you are likely working with bright, talented people who may have completely different skill sets and ways of working and thinking than you. Set up 15-20-minute virtual coffee chats to meet people not on your team during your first 90 days as a way to connect with your coworkers and learn more about not only them but the company and its environment as a whole.

Say yes to opportunities: Whether it is a work event, new project, meeting or class, take advantage of prospects presented to you. Taking advantage of opportunities to network, learn and grow in your career can help lead you on the trajectory you are aiming for.

Find the must-have tools to set your career on the right path at Sharpie.com.

ENJOY A WORKDAY RESET

7 ways to break away from your desk and boost morale

FAMILY FEATURES

When the sun is shining and comfortable weather is calling you outdoors, focusing on tasks at work can become a challenge. Workdays are often long and strenuous, making that blue sky and fresh air all the more tempting.

Don't let a full to-do list bog you down. In fact, taking a break from your desk and averting your eyes from the computer may actually help you mentally reset and increase efficiency through the remainder of the day.

Consider these popular ways to disconnect for a short while so you can take on busy days without feeling overwhelmed.

- 1. Stretch** – After hours of sitting, stretching from head to toe can be a good way to get physically active if you're short on time and stuck at your desk. Neck, shoulder, arm, back and leg stretches are all easy ways to stand up and disengage from the computer. Another trick: practice wrist exercises to avoid injury or strain from typing.
- 2. Go for a Walk** – If you have a few minutes to spare, leave the office or your desk at home entirely and head outside for a walk. A stroll through your neighborhood or the city sidewalks can provide the fresh air and physical activity your body craves.



Photo courtesy of Getty Images

- 3. Take Five Outside** – On hot days when a mid-workday walk might not be the right refresh, skip it and simply find a shady spot to sit down. You can enjoy the benefits of fresh air and sunlight without getting too hot.
- 4. Rest Your Eyes** – Follow the rule of 20s. If you're working a computer job, eyestrain may be a serious concern. Give them a break by looking 20 feet away for 20 seconds every 20 minutes.
- 5. Enjoy a Favorite Snack** – Push that office chair away from the computer and treat yourself to a bite of something you enjoy. For example, Nestlé rallies nut butter bombs are a perfect cure for those back-to-back video calls, delivering a balance of permissibility and indulgence while helping you rally through your workday. Available in three craveable flavors – raspberry

- peanut butter, brownie almond butter and salted cashew butter – the chilled delights combine decadent chocolate and smooth nut butter for a rich burst of flavor with no preservatives, artificial flavors or artificial colors.
- 6. Check in with Friends** – Squeeze in a midday chat to catch up with a friend or coworker. Socializing is a feel-good way to take your mind off work even for just a few minutes.
 - 7. Sip an Afternoon Coffee** – If caffeine gives you that much-needed jolt to finish out the workday, head to your favorite local shop for a refreshing iced beverage. Pair it with a chilled snack like Nestlé rallies nut butter bombs for a perfect sweet and savory afternoon pick-me-up.

Find more delicious ways to rally through the day by visiting nestlerallies.com.





1. Name the singer who released the most popular version of “Are You Lonesome Tonight?”
2. Which artist released “Run to Him”?
3. Where were The Proclaimers from and when did they get started?
4. Name the song Richard Marx wrote to his wife while she was in Africa on a film shoot.
5. Name the song that contains these lyrics: “I’ve cried through many endless nights just holding my pillow tight, Then you came into my lonely days with your tender love and sweet ways.”

Answers

1. Elvis Presley, in 1960. Presley’s version was delayed, as the recording company thought it didn’t match his image, but it immediately went to No. 1 after it was released.
2. Bobby Vee, in 1961. Vee’s career was launched the night the Big Bopper, Ritchie Valens and Buddy Holly were killed in a plane crash. Vee and others were quickly recruited to play the gig.
3. The duo began in Scotland in 1983. They still tour today. Their newest album was released in 2022.
4. “Right Here Waiting,” in 1989.
5. “Heaven Must Have Sent You,” by the Elgins, in 1966. Bonnie Pointer followed with a disco version in 1979. Pointer’s version was the only one that ever topped the charts ... in Mexico.

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By Lucie Winborne

- Remember the stunning green Versace gown worn by Jennifer Lopez at the 2000 Grammy Awards ceremony? Not only was it a sartorial feat of engineering, it inspired the creation of Google Images: The search engine added that function because so many people were looking for pictures of the outfit.
- The beloved Sesame Street characters Bert and Ernie were named for a police officer and taxi driver in Frank Capra’s holiday classic “It’s a Wonderful Life.”
- Biologists named a species of ants unique to New York City “ManhattanAnts.”
- Due to a shrimp’s open circulatory system, it has no arteries, and its organs just float around in its blood.
- Spain’s national anthem, the “Marcha Real” (“Royal March”), is one of only four such anthems in the world (along with those of Bosnia-Herzegovina, Kosovo, and San Marino) to have no official lyrics.
- British military tanks are equipped to make tea.
- The longest walking distance in the world, from Magadan in Russia to Cape Town, South Africa, is 14,000 miles. Be sure to take plenty of extra shoes!
- On the other hand, if you’re more in line for a much quicker journey, hop on the world’s shortest commercial flight, from Westray Island to Papa Westray Island in Scotland — it’ll take all of 90 seconds.
- IKEA rugs were used for the Night’s Watch cloaks in Game of Thrones.
- Abraham Lincoln remains the only U.S. president ever to have held a patent. While his invention was registered as a device for “buoying vessels over shoals” in 1849, it was never actually used on boats or made commercially available.
- Hellmann’s, anyone? In some countries, mayonnaise is a popular pizza topping.

Thought for the Day: “Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.” — *Theodore Roosevelt*

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1. **Mission: Impossible — Dead Reckoning Part One** (PG-13) Tom Cruise, Hayley Atwell
2. **Sound of Freedom** (PG13) Jim Caviezel, Mira Sorvino
3. **Insidious: The Red Door** (PG-13) Ty Simpkins, Patrick Wilson
4. **Indiana Jones and the Dial of Destiny** (PG-13) Harrison Ford, Phoebe Waller-Bridge
5. **Elemental** (PG) Leah Lewis, Mamoudou Athie
6. **Spider-Man: Across the Spider-Verse** (PG) Shameik Moore, Hailee Steinfeld
7. **Transformers: Rise of the Beasts** (PG-13) Anthony Ramos, Dominique Fishback
8. **No Hard Feelings** (R) Jennifer Lawrence, Andrew Barth Feldman
9. **Joy Ride** (R) Debbie Fan, Kenneth Liu
10. **The Little Mermaid** (PG) Halle Bailey, Jonah Hauer-King

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“Bones and All” (R) — In his seventh directorial feature film, Italian director Luca Guadagnino teams up with actors Timothee Chalamet, Michael Stuhlbarg and Chloe Sevigny for the second time each, but beware: This film is not for the weak of heart — or stomach. Taylor Russell (“Lost in Space”) stars as Maren, an 18-year-old girl who gets abandoned by her father after years of her displaying cannibalistic tendencies. In her search to find a new home and purpose, Maren encounters fellow “eaters,” including a young man named Lee (Chalamet), with whom she embarks on a road trip across the U.S. Through their journey, Lee and Maren find acceptance and love within each other in a world that would never accept their true identities. Out now. (MGM+)

“Bird Box: Barcelona” (TV-MA) — It’s been five years since the dystopian film “Bird Box,” starring Sandra Bullock, swept our screens and became the third most popular Netflix movie ever. Now, Netflix released a spinoff sequel taking place in Barcelona, Spain. Mario Casas plays Sebastian, a father whose goal is to keep his daughter, Anna, safe from the roaming enigmas that cause people to immediately commit suicide upon seeing them. This time, however, they not only have to watch out for the strange beings, but also seers — people who are able to look at these beings and live on by manipulating other humans to look at them instead. Although the seers add a fresh layer to the premise, the film has been critiqued for being too comparable to its prequel. Out now. (Netflix)

“Special Ops: Lioness” (TV-MA)

— This has been quite the year of spy-action film and TV, as another spy-thriller series makes its way onto our streaming platforms. A young marine named Cruz Manuelos (Laysla De Oliveira) goes undercover as a secret agent in the CIA’s Lioness Engagement Team. Cruz is tasked with infiltrating a terrorist organization by befriendng the daughter of a terrorist. A bright-eyed Cruz is told that if she’s caught, she must find her own way out of it, but as the stakes rise, Cruz doubts if she has the training for this mission. The cast for “Lioness” is the main draw-in of the series, a hodgepodge of actors including Zoe Saldana, Morgan Freeman, Nicole Kidman, Michael Kelly and Sam Asghari. The first two episodes are out now. (Paramount+)



Courtesy of MovieStillsDB

Thandiwe Newton stars in “God’s Country.”

“God’s Country” (R) — Adapted from the short story “Winter Light” by James Lee Burke, this modern western film is led by actress Thandiwe Newton (“Westworld”). Newton portrays Sandra, a university professor living in rural Montana with her mother after their lives in New Orleans were uprooted by Hurricane Katrina. Following the death of her mother, Sandra begins to feel unsettled by locals in her town who leave her threatening messages when she doesn’t allow them to trespass on to her property. Without much help from institutions that weren’t designed to protect someone like her, Sandra is then forced to fend for herself, as the fight to protect her existence gets increasingly dangerous. Premieres July 28. (Hulu)

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

top ten

America’s Most Generous Givers 2023

1. Warren Buffett
2. Bill Gates & Melinda French Gates
3. George Soros
4. MacKenzie Scott
5. Michael Bloomberg
6. Charles Feeney
7. Gordon & Betty Moore
8. Jim & Marilyn Simons
9. Mark Zuckerberg & Priscilla Chan
10. Phil & Penny Knight

Source: Forbes

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by Jo Ann Derson

- Assorted hardware seems to collect in big, random piles in our tiny workshop. Nails, screws and bolts of all sizes are mixed together, tossed on the bench when a project is complete. Every so often, the kids and I make a game of sorting and organizing it using a muffin pan. It’s easy to sort by size and type!
- “After cleaning my paintbrushes recently, I decided to hang them from the clothesline to dry. It worked great, as the bristles were nice and soft when they were dry. I think it helped to hang straight down.” — O.C. in Washington
- Before you start a painting project and head to the hardware store, determine what you might need and raid your recycling bin for containers.
- Here’s a great way to get your

lawn tools organized and off the floor: If you have any PVC pipe, you can cut some 4- or 5-inch sections and screw them into the wall vertically a foot or two from the floor in your garage. Slip the handle of your rake, garden hoe, broom, etc. down into the pipe, and it will stay stable against the wall. Make sure the pipe is wide enough.

- There are lots of shop, lawn and garden fluids that are not allowed in the trash. Contact your waste management provider to see if there is a place you can drop off hazardous waste in your community.
- “I needed more light over my workbench, and those hanging lights are pretty expensive. My wife had a lamp she didn’t need anymore, so I inverted the lampshade and hung it from a hook on the ceiling. It’s right over my workbench, and I can use it when I need it.” — W.S. in Connecticut

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What’s Hot In Hollywood

HOLLYWOOD — Hats off to **June Lockhart**, everyone’s favorite mother in “Lassie” (1958-1964) and “Lost in Space” (1965-1968), who turned 98 on June 25! June’s father, **Gene Lockhart**, appeared in over 120 major films, and her daughter, **Anne Lockhart**, played Lt. Sheba in “Battlestar Galactica” (1978-79). I was lucky to spend time with June and see what a wonderful mother, friend and person she is.

Angela Bassett, who was recently a Best Supporting Actress nominee for “Black Panther: Wakanda Forever” earlier this year, as well as a 1993 Best Actress nominee for transforming into **Tina Turner** in “What’s Love Got to Do with It,” will receive the Academy Honorary Award this November.

Also receiving the Honorary Award is **Mel Brooks**, who turned 97 on June 28. Brooks won an Oscar for the screenplay of “The Producers” (1967), and among his classic directing jobs were films like “The Twelve Chairs,” “Blazing Saddles,” “Young Frankenstein,” “High Anxiety” and seven others.

His other accomplishments are acting in 20 films and having four children with two wives, including **Max Brooks** (with Anne Bancroft). Max wrote the novel “World War Z,” which was adapted into a film produced by and starring **Brad Pitt**. Actress **Elaine Ballace**, a very close friend who’s worked with Mel in four films (including “Spaceballs”), saw Mel at the recent tribute to **Gene Wilder** and told me, “He’s as funny and sharp as ever. How can you not love that man?”

Is Disney really making a third “Tron” film? The first two were less than blockbusters, despite **Jeff Bridges** starring. “Tron” (1982) cost \$17 million and grossed \$50 million, while “Tron: Legacy” (2010) cost \$170 million and grossed \$400 million. Bridges will not be in “Tron: Ares,” but **Garrett Hedlund** from “Tron: Legacy” will be co-starring with Oscar winner **Jared Leto**.

During last year’s season of “Wheel of Fortune,” 76-year-old **Pat Sajak** started looking a little frayed around the edges. He misspoke several times with contestants, and once absent-mindedly opened the prize envelope before the contestant answered the bonus puzzle. After 40 years of “Wheel,” who will replace this popular host?

Remember what “Jeopardy” went through trying to replace the late **Alex Trebek**? Six potential hosts auditioned for a week each, and still, they wound up with two hosts. So, the minute **Ryan Seacrest** announced on Feb. 16 that he was leaving “Live with Kelly and Ryan” after almost six years, I wondered, “Why would Seacrest give up a huge paycheck for his popular morning show, with his name on it no less?” But when the big Vegas money was on him to replace Sajak, I knew then.

On June 27, it became official ... Seacrest will be the new “Wheel of Fortune” host. “Wheel’s” gain is every



Depositphotos
June Lockhart (“Lassie” and “Lost in Space”)

airline’s loss, since he’ll no longer be commuting from Los Angeles for “American Idol” to New York for “Live!”

HOLLYWOOD — **Matt Damon**, hitting screens in Christopher Nolan’s \$100 million “Oppenheimer” (due July 21), will co-star next with **Pedro Pascal** in **Ethan Coen’s** “Drive-Away Dolls.” Damon also has the upcoming heist thriller “The Instigators,” starring **Ben Affleck’s** brother, **Casey Affleck**, for AppleTV+. In addition, Damon’s executively producing the eight-episode Netflix comedy miniseries “Green Beret’s Guide to Surviving the Apocalypse.”

Superstar **Robert Redford** is mad as hell, and he’s not going to take it anymore!

Redford’s posted on Facebook since 2012 and admits: “I didn’t know I had to address this QAnon crap anymore! Yet, I get them saying, ‘Robert, we can expose you Hollywood elites, and we will ... it’s coming Robert! Beware!’

I can’t tell you how pissed I am. What’s wrong with you people? You need help! I am done! It’s sick and twisted, as are the people who believe that! Biden is not a clone! JFK Jr. is not VP ... he’s dead! There’s no Hollywood elite who abuses children and drinks their blood! That someone accused me of this is sick and twisted!

Facebook isn’t fun anymore. At 86, I know who I am and how to treat people. My mailbox has been deleted, and now my account will also be deleted. I have a beautiful wife and family, my health, love, and peace. That’s all I need and want. Peace, Redford.”

Meryl Streep, absent from the big screen for a while,

will turn up as a guest star in season three of “Only Murders in the Building.”

The never-idle-for-long **Tom Hanks** leads **Robert Zemeckis’** film “Here,” opposite **Robin Wright**, **Paul Bettany** and “Downton Abbey’s” **Michelle Dockery**.

Helen Mirren follows up her narration of “Barbie” (due July 21) with the war drama “White Bird,” opposite former “X-Files” star **Gillian Anderson**. “White Bird” releases on Aug. 18.

The Academy of Motion Picture Arts and Sciences was forced to set new rules for films to qualify for a Best Picture Oscar, because theater owners are upset at how streaming services have infiltrated the race for an Oscar. To qualify, films must now have a one-week theatrical release in six U.S. cities, or films must be exhibited for seven consecutive days in 10 of the top 50 U.S. markets. Release plans for later-in-the-year films must include a planned, expanded theatrical run to be completed no later than Jan. 24, 2025.

These new rules were set because streamers, such as Netflix, AppleTV+, Amazon Prime Video, Hulu and others, have made huge inroads into the Oscar races in past seasons.

At 90, **Carol Burnett’s** not slowing down. She’ll star in the AppleTV+ 10-episode miniseries “Palm Royale,” based on the novel “Mr. & Mrs. American Pie.” Also a part of the cast is **Laura Dern**, **Kristen Wiig**, **Allison Janney** and **Ricky Martin**. Although Carol missed out on Hollywood casting couches, she was discovered “Once Upon a Mattress!”



Depositphotos
Matt Damon (“Oppenheimer” and “Drive-Away Dolls”)



by Dana Jackson

Q. Whatever happened to the older woman who was chosen as “The Bachelorette” and left early in the season because she found “the one”? Are they still together? — *J.K.*

A. Only in Hollywood is 39 considered old, but that’s how old Clare Crawley was when she was chosen by ABC to be their “Bachelorette” for season 16 of the show. She surprised viewers by quitting after just 12 days of filming because she said she already found her man — 31-year-old contestant Dale Moss. Alas, Crawley didn’t find her happily ever after with him.

The couple did get engaged, but had a rocky on- and off-again relationship, finally breaking up for good in September 2021. After getting her heart broken, Crawley found love the following year with Mascot Sports CEO Ryan Dawkins. She told People magazine, “He’s not after fame and ... he is so consistent and so vocal about how much he loves me.”

Crawley won’t be competing on any reality dating shows anymore, since she happily said “I do” to Dawkins earlier this year and is expecting her first child, via surrogate, in January 2024.

Q. I’m really surprised **Carol Burnett** didn’t get nominated for an Emmy for “Better Call Saul.” Isn’t there a special category for guest-star parts? I thought she’d be a shoo-in. — *G.M.*

A. Comedy legend Carol Burnett did a spectacular job in her impactful role on the final season of “Better Call Saul.” However, according to Rolling Stone, she wasn’t eligible for the Outstanding Guest Actress category because she appeared in “one episode too many” and was thus submitted for consideration in the Supporting Actress category instead. Alas, that category was highly competitive and saturated with actresses from “The White Lotus,” leaving Burnett off the nominations list.

“Better Call Saul” aired its series finale right after voting ended for last year’s Emmys, putting it at a disadvantage for this year’s nominations. Bob Odenkirk and Rhea Seehorn are contenders in their respective acting categories, and



Courtesy of Warner Bros. Pictures
Margot Robbie stars as the title character in “Barbie” (2023).

the ceremony is expected to air on Fox this September.

Q. I just read that Margot Robbie has been married for several years. I’ve never seen her husband walking the red carpet with her at award shows. Who is he? — *O.T.*

A. The twice-Oscar-nominated actress and star of the upcoming film “Barbie” has been quietly married since 2016 to film producer Tom Ackerley. They met a decade ago on the set of Robbie’s movie “Suite Française” where he was the assistant director. The two now own a production company and have produced several of Robbie’s films, including “I, Tonya.”

As for red carpet appearances, the couple did appear before photographers on the pink carpet at the world premiere event for “Barbie” at the Shrine Auditorium in Los Angeles. They’ll also be producing partners for her upcoming film, a yet-to-be-titled “Ocean’s Eleven” sequel. At only 33 years old each, the couple will hopefully have many more years together conquering Hollywood.

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

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**Must Be
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August 15th**



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Make Mornings a Breeze with Time-Saving Breakfasts

FAMILY FEATURES

Mornings can be hectic enough with wake-up calls, preparing for work, getting the kids ready and so many other daily tasks. Add in the need (or desire, at least) for a nutritious breakfast, and starting a new day can feel downright exhausting.

Make your mornings easier with delicious, better-for-you meals you can make ahead of time using simple ingredients like Success Boil-in-Bag Tri-Color Quinoa, which offers a heat-safe, BPA-free and FDA-approved bag and is easily prepared in just 10 minutes. You don't have to know how to pronounce quinoa to enjoy its light, nutty flavor packed with protein and all nine essential amino acids.

As a good source of fiber, it's a perfect solution composed of a medley of red, black and white quinoa that can make these Ham, Cheese and Zucchini Breakfast Cups a breeze. They're an ideal on-the-go solution for weekday breakfast bites that fit your busy schedule.

Cook up a batch as part of your Sunday meal prep and enjoy a week's worth of tasty, simple cups for the entire family. Once the combination of green onions, cheddar, ham, quinoa and more have been cooked and cooled, they can be refrigerated for up to 1 week.

For a creamier, fruity, dairy-free option, these Quinoa Overnight Oats make for a satisfying breakfast you can grab from the fridge and take to the office. Loaded with whole grains, bananas, blueberries and pomegranate, they'll provide the energy you need to get through the day while saving time in the morning.

These tasty treats can also last up to 1 week in the refrigerator, but remember to wait to add any crunchy toppings, honey or syrup until you're ready to enjoy so those favorite ingredients stay fresh longer. Another pro tip: Once you're done preparing your sweet, nutritious breakfast for the week ahead, divide evenly into four resealable to-go containers to make weekday mornings as easy as possible.

To find more weekday morning solutions using easy-to-make whole grains, visit SuccessRice.com.



Quinoa Overnight Oats

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4

- 1 bag Success Tri-Color Quinoa
- 2 cups almond milk
- 1 cup quick-rolled oats
- 2 bananas, mashed
- 1/2 teaspoon ground cinnamon
- 1 cup fresh blueberries
- 1/2 cup pomegranate seeds

Prepare quinoa according to package directions. Let cool completely.

In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

Ham, Cheese and Zucchini Breakfast Cups

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 cup shredded cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup diced ham
- 2 eggs
- 1/4 cup egg white
- 1/4 cup sliced green onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Prepare quinoa according to package directions. Preheat oven to 350 F. Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.



Savor Spring Flavor with Fresh Seafood Recipes

FAMILY FEATURES

Fresh, flavorful ingredients take springtime meals to another level, and it's hard to top seafood as a seasonal favorite. Skip the wait at restaurants and instead create your own savory seafood dishes by taking advantage of easy-to-make recipes.

While takeout may be an easy option, the satisfaction of enjoying a delicious, home-cooked meal like Shrimp Pad Thai with Jasmine Rice can make you feel like you're enjoying a restaurant-quality dinner. Next time you're craving Asian cuisine, swap out traditional rice noodles for this version with Jasmine rice as an aromatic, quick-cooking solution for your own spin on a classic.

Take the guesswork out of cooking rice with an option like Success Boil-In-Bag Rice, which offers a heat safe, BPA-free and FDA-approved solution for fluffy, flavorful rice that cooks up perfectly. The high-quality grains are quick, easy, mess-free and ready in 10 minutes, so you can enjoy hassle-free dishes such as Successful Crab and Rice Cakes.

These crispy crab cakes come together easily and are served with a zesty, homemade aioli that tastes just like you're on the coast. If you're new to making crab cakes, it's simpler than it may seem – just cook rice beforehand so it can cool then mix in beaten eggs, seafood and seasonings. Refrigerating and resting the mixture helps it hold together before frying to a mouthwatering golden brown for a delicious appetizer, snack or side dish.

Visit SuccessRice.com to find more springtime meal ideas.

Successful Crab and Rice Cakes

Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4

- Crab Cakes:**
- 1 bag Success Brown Rice
 - 2 eggs
 - 1 pound lump crabmeat
 - 2 tablespoons seafood seasoning
 - 2 tablespoons olive oil

- Aioli:**
- 1/3 cup mayonnaise
 - 1 teaspoon minced garlic
 - 1 lemon, zest and juice only
 - lemon wedges (optional)

To make crab cakes: Prepare rice according to package directions. Allow to cool.

In medium bowl, beat eggs lightly. Stir in rice, crabmeat and seafood seasoning; mix well. Refrigerate 5 minutes. Shape mixture into eight patties.

In large, nonstick skillet over medium heat, heat oil. Working in batches, carefully place patties in skillet. Cook 5 minutes on each side, or until golden brown. Transfer to paper towel-lined plate.

To make aioli: Stir together mayonnaise, garlic, lemon zest and lemon juice.

Serve aioli with crab cakes and garnish with lemon wedges, if desired.



Shrimp Pad Thai with Jasmine Rice



Successful Crab and Rice Cakes

Shrimp Pad Thai with Jasmine Rice

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 4

- 1 bag Success Jasmine Rice
- 3 tablespoons light brown sugar
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 tablespoons soy sauce
- 1 tablespoon chili garlic sauce
- 2 tablespoons canola oil, divided
- 1 egg, lightly beaten
- 1 pound medium shrimp, peeled and deveined
- 1 tablespoon minced garlic
- 3 green onions, thinly sliced
- 1 cup bean sprouts
- 1/4 cup fresh cilantro leaves, chopped

- 2 tablespoons dry roasted peanuts, chopped
- 4 lime wedges

Prepare rice according to package directions. Set aside.

In small bowl, combine brown sugar, fish sauce, lime juice, soy sauce and chili garlic sauce. Set aside.

In large wok or skillet over high heat, heat 1/2 tablespoon oil. Quickly scramble egg. Remove from pan and reserve.

Add remaining oil to wok over high heat. Add shrimp and garlic; stir-fry 5 minutes, or until shrimp are cooked. Add reserved sauce and rice; stir-fry 2 minutes. Add green onions and reserved egg; toss to combine.

Divide pad Thai between four bowls. Top each with bean sprouts, cilantro and peanuts. Serve with lime wedges.

Good Housekeeping

Summertime
Corn Chowder

- 6 ears corn, husks and silk removed
- 4 slices bacon, cut into 1/2-inch pieces
- 1 medium red onion, chopped
- 1 jalapeno chile, seeded and finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons all-purpose flour
- 2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 pound (6 medium) red potatoes, cut into 1/2-inch pieces
- 2 cans (14 1/2 ounces each) chicken broth
- 2 cups half-and-half or light cream
- 2 small (8 ounces) ripe tomatoes, peeled, seeded and chopped
- Thinly sliced basil leaves

1. Cut kernels from corncobs (about 3 cups), reserving 3 corncobs; discard remaining corncobs.

2. In 5-quart Dutch oven, cook bacon over medium heat until browned. With slotted spoon, transfer bacon to paper towels to drain; crumble.

3. To bacon drippings in Dutch oven, add onion and jalapeno, and cook, stirring, until onion is tender, about 5 minutes. Add garlic; cook 1 minute longer. Stir in flour, salt and pepper; cook, stirring, 1 minute.

4. Stir in potatoes, reserved corn-cobs, broth and half-and-half; heat to boiling over high heat. Reduce heat; cover and simmer until potatoes are tender, 10 to 15 minutes.

5. Discard corncobs; stir in reserved corn kernels and heat through. Transfer chowder to warm tureen. Stir in tomatoes and sprinkle with bacon and basil. Makes about 9 1/2 cups or 8 first-course servings.

• Each serving: About 272 calories, 15g total fat (7g saturated), 30mg cholesterol, 693mg sodium, 29g total carbohydrate, 7g protein.

For thousands of triple-tested recipes, visit our Web site at www.good-housekeeping.com/food-recipes/.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Zucchini Ham
Pasta Salad

When the temperature and the heat index create readings of 100 F in the shade, you definitely need a plan of action for supper that doesn't add to the problem. Bring this to the supper table and see if you don't become an instant hero!

- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1 cup chopped unpeeled zucchini
- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup sliced fresh mushrooms
- 3/4 cup fat-free Ranch dressing
- 1/4 cup fat-free mayonnaise
- 1/4 cup reduced-fat Parmesan cheese
- 3/4 cup reduced-fat Cheddar cheese
- 1 1/2 cups diced 97% fat-free ham

1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

• Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Southwestern Pasta Salad

- Call it a reunion, a get-together or just a picnic in the backyard. What can be better than gathering together with family and celebrating with food, fellowship and fun? Take this layered pasta salad to the next "potluck" and be sure to enjoy yourself!
- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup fat-free Ranch dressing
- 2 cups finely shredded lettuce
- 1 cup chopped fresh tomato
- 1/4 cup chopped green onion
- 1/4 cup chopped green bell pepper
- 3/4 cup fat-free mayonnaise
- 1/2 cup chunky salsa
- 3/4 cup shredded reduced-fat Cheddar cheese

1. In a medium bowl, combine rotini pasta and Ranch dressing. In an 8-by-8-inch dish, layer lettuce, rotini pasta, tomato, onion and green pepper.

2. In a small bowl, combine mayonnaise and salsa. Evenly spread dressing mixture over vegetables. Sprinkle Cheddar cheese evenly over top. Cover and refrigerate for at least 30 minutes. Divide into 6 servings.

• Each serving equals: 143 calories, 3g fat, 7g protein, 22g carb., 465mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Vegetable, 1/2 Meat.

Good Housekeeping

Grilled Lobster Tails
With Nectarine Sauce

- A simply prepared dish that's sure to impress, perfectly grilled lobster with a sweet, spicy, citrusy sauce makes a complexly flavored and delicious main dish.
- 2 nectarines
- 1 scallion
- Juice of 3 limes
- 1 lime
- 2 tablespoon extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon finely minced seeded habanero pepper
- 4 lobster tails

1. In a food processor, puree nectarines, scallion, 2 tablespoons lime juice, 1 tablespoon olive oil, 1/4 teaspoon salt and habanero pepper. Transfer to a medium bowl and set aside.

2. Heat grill to medium-high. In a small bowl, whisk together remaining lime juice, olive oil and salt. Split lobster tails lengthwise, remove membrane if desired and brush meat with the lime-oil glaze. Place lobsters on grill, meat side down, and roast for 4 minutes; turn over to shell side and grill until meat is opaque and cooked through, 4 to 5 minutes more.

3. Transfer to a platter, garnish with lime wedges, and serve with reserved nectarine sauce. Serves 4.

Good Housekeeping

Deluxe Cheesesteaks

- The classic Philly Cheesesteak (thin slices of grilled steak on an Italian roll with melted cheese and grilled onions) is a South Philadelphia tradition dating back to the 1930s. Our version is divine — and you don't have to travel farther than your backyard!
- 1/2 cup red wine vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 3 cloves garlic, crushed with garlic press
- 3 medium red and/or green peppers, cut lengthwise into quarters, seeds and stems discarded
- 2 medium red onions, cut into 1/2-inch-thick slices
- 2 (about 3/4 pound, 1 inch thick) beef top round steak
- 4 ounces Provolone cheese, shredded (1 cup)
- 4 8-inch hero rolls, split horizontally

1. In small bowl, mix vinegar, olive oil, salt, pepper and garlic. Place peppers and onions in 1 large self-sealing plastic bag and steak in another. Add 2 tablespoons vinegar mixture to bag with vegetables and 1/4 cup mixture to bag with

steak. Reserve remaining mixture. Seal bags, pressing out excess air. Marinate 15 minutes at room temperature.

2. Remove steak and vegetables from bags and place on grill over medium heat. Cook steak 15 to 20 minutes for medium-rare or until of desired doneness, turning steak once. Cook vegetables on grill with steak about 15 minutes or until browned and just tender, turning occasionally.

3. Transfer steak and vegetables to cutting board. Let steak stand 10 minutes to allow juices to set for easier slicing.

4. Meanwhile, sprinkle cheese over cut sides of rolls. Place rolls on grill, cheese side up, and cook over medium heat 3 minutes or until cheese melts. Transfer to platter.

5. To serve, thinly slice steak, cut peppers into strips, and separate onion slices into rings. Pile steak, peppers and onions over melted cheese on bottom halves of rolls. Drizzle with reserved vinaigrette, and replace top halves of rolls, cheese side down.

• Each serving: About 505 calories, 16g total fat (7g saturated), 62mg cholesterol, 910mg sodium, 55g total carbohydrate, 2g dietary fiber, 35g protein.

Good Housekeeping

Sweet Potato Fries
With 2 Sauces

- 2 large sweet potatoes, cut lengthwise into fat chips
- 1/2 cup olive oil
- 1/4 cup chopped fresh parsley
- 4 clove garlic
- Sea salt
- Clove freshly ground pepper

Creamy Scallion Dip:

1/2 cup mayonnaise

3 tablespoons sliced scallions

2 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

Ginger-Peach Ketchup:

1 peach

1/2 cup ketchup

1/4 cup lemon juice

2 teaspoon grated ginger

1 teaspoon soy sauce

1. In a large bowl, toss sweet potatoes with olive oil, parsley, garlic, 1 teaspoon salt and 1 1/2 teaspoons pepper until evenly coated. Cover with plastic wrap and marinate for 2 hours.

2. Heat grill to medium. Grill sweet potatoes until tender, turning once, 7 to 8 minutes per side. Serve hot or at room temperature, with dipping sauces if desired. Serves 8.

3. To make Creamy Scallion Dip: Combine ingredients in bowl and serve.

4. To make Ginger-Peach Ketchup: Simmer peach, ketchup, lemon juice, ginger and soy sauce for about 10 minutes. Serve.

Good Housekeeping

Cream-Cheese Lime Pie

- 2 packages (3-ounces each) cream cheese, softened
- 1 1/2 cups milk
- 1 packages vanilla-flavor instant pudding and pie filling for 4 servings
- 1 can (6-ounce) frozen limeade concentrate, thawed
- 1 container (8-ounce) frozen whipped topping, thawed
- 1 (6-ounce) ready-to-use graham-cracker piecrust

1. In large bowl, with mixer at medium speed, beat cream cheese until smooth. Gradually beat in 1/2 cup milk. Reduce speed to low; add pudding mix, undiluted limeade concentrate and remaining 1 cup milk. Beat just until blended. Fold in 2 cups whipped topping; spoon into piecrust.

2. Refrigerate pie until firm enough to slice, at least 3 hours.

3. To serve, spoon remaining whipped topping into decorating bag with large star tube; use to pipe border around pie. Garnish with lime slices if you like. Serves 10.

• Each serving: About 315 calories, 18g total fat, 24g cholesterol, 325mg sodium.

Good Housekeeping

Grilled Peach Melba

Try this easy dessert recipe with other grilled fruits such as nectarines or apricots, then top with frozen yogurt and strawberry or blackberry sauce.

2 large ripe peaches, each cut in half and pits discarded

1/2 pint raspberries

1 tablespoon sugar

1 1/2 cups vanilla ice cream

1. Prepare outdoor grill for direct grilling on medium.

2. Place peach halves on hot grill grate and cook 5 to 6 minutes or until lightly charred and tender, turning over once.

3. Meanwhile, prepare sauce: In bowl, with fork, mash half the raspberries with sugar. Stir in remaining raspberries.

4. To serve, place a peach half in each of 4 dessert bowls; top with ice cream and raspberry sauce. Serves 4.

• Each serving: About 160 calories, 8g total fat (5g saturated), 26mg cholesterol, 25mg sodium, 22g total carbs, 3g dietary fiber, 2g protein.

Good Housekeeping

Cantaloupe Boats

Drizzle honey and toasted almonds over raspberries, frozen yogurt and sweet melon for a simple summer treat.

1/4 cup sliced almonds

1/4 cup honey

1 medium ripe cantaloupe, cut into quarters, with seeds removed

1 pint vanilla frozen yogurt

1/2 pint raspberries

1. In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.

2. To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries and warm almond mixture. Serves 4.

• Each serving: About 330 calories, 8g total fat (3g saturated), 2mg cholesterol, 125mg sodium, 64g total carbohydrate, 8g protein.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Sour Cream Raisin Cake

It's Fair Time, but many county and state fairs have been put on hold due to the pandemic. So, we decided to hold a recipe fair of our own, and declared this the Best of Stove Winner!

3/4 cup no-fat sour cream

2 eggs or equivalent in egg substitute

1 teaspoon vanilla extract

1/2 cups all-purpose flour

Sugar substitute to equal 1/2 cup sugar, suitable for baking

1 teaspoon baking soda

2 teaspoons pumpkin pie spice

1 cup raisins

1. Preheat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine sour cream, eggs and vanilla extract. Add flour, sugar substitute, baking soda and pumpkin-pie spice. Mix just to combine. Fold in raisins. Spread batter into prepared cake pan.

3. Bake for 20 to 25 minutes. Place cake pan on wire rack and let set for at least 5 minutes. Makes 8 servings.

• Each serving equals: 173 calories, 1g fat, 5g protein, 36g carb., 205mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit.

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Crime

Robbery on the 4000 block of North Ashland Avenue.

Shooting on the 2200 block of North Janssen Avenue.

Shooting on the 1400 block of West Chesnut Street.

Robbery on the 2300 block of North Damen Avenue.

Shooting on the 11800 block of South LaSalle Street.

Shooting on the 2000 block of North Southport Avenue.

Vandalism on the 3700 block of North Bosworth Avenue.

Burglary on the 900 block of North Rush Street.

Theft on the 600 block of West Hobbie Street.

Vandalism on the 4100 block of North Broadway.

Vandalism on the 3200 block of North Halsted Street.

Robbery on the 2800 block of North Ashland Avenue.

Assault on the 1000 block of North Rush Street.

Theft on the 2200 block of North Bissell Street.

Theft on the 1400 block of West Belmont Avenue.

Arrest on the 1800 block of North Lake Shore Drive.

Assault on the 4700 block of North Clarendon Avenue.

Robbery on the 500 block of West Webster Avenue.

Theft on the 900 block of North Kingsbury Street.

Theft on the 600 block of West Irving Park Road.

Assault on the Lawrence Wilson Drive.

Assault on the 4000 block of North Kenmore Avenue.

Theft on the 4200 block of North Lincoln Avenue.

Theft on Rthe 2400 block of North Lakeview Avenue.

Assault on the 900 block of West Fullerton Avenue.

Theft on the 2200 block of North Burling Street.

Assault on the 3600 block of North Southport Avenue.

Theft on the 2000 block of North Leavitt Street.

Vandalism on the 4800 block of North Sheridan Road.

Robbery on the 1200 block of North Larabee Street.

Vandalism on the 1600 block of North Bosworth Avenue.

Theft on the 900 block of North Cambridge Avenue.

Assault on the 900 block of North Wells Street.

Theft on the 5700 block of North Kenmore Avenue.

Robbery on the 1500 block of West Superior Street.

Theft on the 6000 block of North Kenmore Avenue.

Theft on the 1800 block of North Mohawk Street.

Theft on the 1000 block of North State Parkway.

Theft on the 900 block of West Eastman Street.

Theft on the 2200 block of North Bissell Street.

Assault on the 900 block of West Lawrence Avenue.

Theft on the 2400 block of North Southport Avenue.

Assault on the 2100 block of West Courtland Street.

Theft on the 4300 block of North Honore Street.

Robbery on the 3100 block of North Lake Shore Drive.

Arrest on the 4500 block of North Sheridan Road.

Robbery at West Lawrence Avenue and North Pulaski Road.

Robbery on the 4000 block of North Ashland Avenue.

Robbery on West Walton Street and North Campbell Avenue.

Robbery on the 3200 block of West Montrose Avenue.

Robbery on the 2400 block of North Iwaukee Avenue.

Shooting on the 2200 block of North Janssen Avenue.

Shooting on the 200 block of North Southport Avenue.

Vandalism on the 4000 block of North Broadway.

Theft on the 4900 block of North Lawndale Avenue.

Assault on the 1000 block of West Dakin Street.

Vandalism on the 3700 block of North Bosworth Avenue.

Theft on the 4000 block of West Belmont Avenue.

Arrest on the 2700 block ofNorth harding Avenue.

Vandalism on the 4100 block of North Broadway.

Assault on the 4700 block of North Rockwell Street.

Vandalism on the 3200 block of North Halsted Street.

Robbery on the 2800 block of North Ashland Avenue.

Theft on the 2200 block of North Bissell Street.

Arrest on the 2900 block of West Walton Street.

Assault on the 2900 block of West Walton Street.

Vandalism on the 1700 block of North Central Park Avenue.

Theft on the 1400 block of West Belmont Avenue.

Theft on the 2000 block of North Leavitt Street.

Assault on the 4200 block of North Elston Avenue.

Theft on the 4200 block of North Lincoln Avenue.

Robbery on the 4000 block of North Ashland Avenue.

Shooting on Howard Street and Ashland Avenue.

COMMUNITY ALERT

Bureau of Detectives need your assistance.

This alert gives notice to business owners of recent related burglaries, An unknown offender broke through the windows and doors and took items from within.

Incident times and locations

- 1900 block of West Wabansia on May 25, 2023 at 2 am
- 1700 block of West North Avenue on May 25, 2023 at 7 am
- 2300 block of North Lincoln Avenue on May 27,2023 at 5 am
- 4800 block of North Broadway on May 28; 2023 at 2:45 am
- 1200 block of North Milwaukee Avenue on May 28; 2023 ar 3:20 am
- 2300 block of South Michigan Avenue on May 28l 2023 at 5 am
- 5900 block of North Milwaukee Avenue oin May 20,2023 from10 pm-7:30 am
- 2600 block of North Elston Avenue on May 30th, 2023 from 5 pm to 2:30 am
- 2300 block of North Lincoln Avenue on May 30, 2023 at 2:42 am
- 1500 block of South Michigan Avenue on July 3 & 4 from 5 pm to 2:30 am

Offenders Descriptions

Male, African American, black clothing, black ski masks and gloves. If you have any information about these crimes please contact The Bureau of Detectives Area 3 (312) 744-8263 or Area 5 (312) 746-7394.

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Photo courtesy of Getty Images

Top Tech to Enhance Education

6 devices to boost the back-to-school experience

FAMILY FEATURES

Gone are the days of paper and pencil being the necessities for learning. Schoolwork has gone digital, meaning it's time to gear up your students for success with the top tech that keeps them connected in the classroom and beyond. From kid-friendly smartphones and earbuds to connected wearables and devices that keep learning fun, consider these on-trend solutions as your kids head back to school. Find more schooltime tech by visiting Qualcomm.com/snapdragonbts.



Power At-Home Productivity

Students (and parents, too) can accomplish more after school like homework, studying and socializing with the Dell Inspiron 14 laptop powered by the Snapdragon 8x Gen 2 Compute Platform. Equipped with the Qualcomm AI Engine, this processor enhances audio and visual experiences. Effortlessly multitask and shift between apps without sacrificing speed or battery life, given the power-efficient processor that helps deliver long battery life even in thin, light and quiet designs that don't require a loud, hot fan.



Listen and Learn

Whether students are listening to prerecorded lessons, immersing themselves in audiobooks or simply enjoying some favorite music while completing schoolwork, high-quality earbuds can help block out noise for maximum productivity. For example, the Moto Buds 600 ANC Wireless Earbuds feature Snapdragon Sound technology that delivers advanced wireless audio quality. A game changer for wireless audio, it eliminates the gap between wireless and wired connections for high-resolution music and synced entertainment.



Keep In Touch During Schooldays

Hectic schedules during schooldays and workdays can leave parents feeling out of the loop. When your children are ready for a ride home or a practice, game or activity gets canceled, ensure you can be the first to know by keeping them connected with the OnePlus 11 5G powered by the Snapdragon 8 Gen 2 Mobile Platform. It combines power with effortless elegance and is driven by extreme hardware with Dolby Atmos Speakers, Dolby Vision, 80W SUPERVOOC Charging and 3rd Gen Hasselblad Camera for Mobile.



Stay Connected

Send kids to the classroom and stay connected with a modern smartphone featuring a throwback look that may call to mind your own days at school. Thoughtfully designed to allow users to capture, create and interact with their device, the Motorola Razr runs on the powerful Snapdragon 8+ Gen 1 Mobile Platform with a modern, ultra-pocketable design. It offers an efficient battery with ultra-fast charging and the largest flip phone display.



Opt for Kid-Friendly Wearables

If a smartphone is a bit too advanced for your little learners, an age-appropriate smartwatch that keeps them connected may be a better fit. Empower kids to be kids with an option like the Snapdragon Wear 4100-powered Verizon Gizmo Watch 3 with a range of benefits from 4G LTE cellular connectivity to games and GPS-safe zones. This smartwatch is designed with safety and fun in mind without the distractions of a smartphone so you can have some peace of mind while keeping students focused in the classroom.



Reward Making the Grade

Custom-built to be the ultimate Android gaming handheld, the Razer Edge with the purpose-built Snapdragon G3x Gen 1 platform delivers unrivaled performance. Combined with a 144Hz AMOLED display for clarity at high speeds and a Kishi V2 Pro console-quality controller, it allows for sustained performance so users can game for hours with high-quality graphics and high frame rates. Specifically designed and optimized for gaming with an active-cooling fan, it unleashes high framerates over long play sessions.



Late summer garden tasks

Plan your garden tasks to be done during the coolest times of the day. Note rainfall variations and how watering needs change as summer progresses, and make any needed adjustments. Look out for thrips, fruitworms, hornworms, mites, chinch bugs, scale, snails, slugs, etc. and treat promptly. Remove and dispose of any diseased foliage; do not compost it, but rather burn or bag it, then disinfect your tools to avoid spreading disease.

Source: thespruce.com

- Brenda Weaver





Natural tomato treatment


Mix together:

- 1 tablespoon of baking soda
- ½ teaspoon mild detergent
- 1 teaspoon vegetable oil
- 1 gallon of water

This mixture can be put into pump bottles, and sprayed onto tomato plants as a natural insect repellent or as a fungicide for blight and mildew. Be sure to shake the mixture sufficiently before each spraying. - Brenda Weaver

Source: www.usda.gov (Tomato Plant Diseases and How to Stop Them)



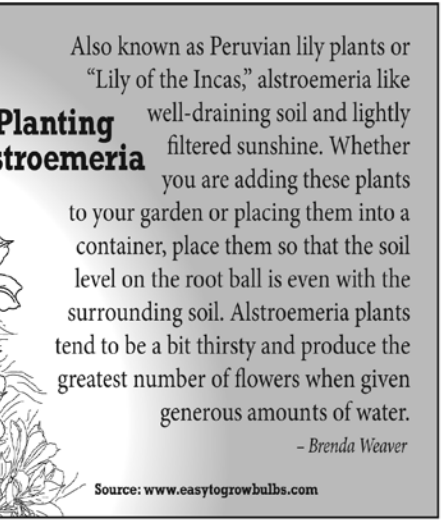


Planting alstroemeria

Also known as Peruvian lily plants or “Lily of the Incas,” alstroemeria like well-draining soil and lightly filtered sunshine. Whether you are adding these plants to your garden or placing them into a container, place them so that the soil level on the root ball is even with the surrounding soil. Alstroemeria plants tend to be a bit thirsty and produce the greatest number of flowers when given generous amounts of water.

- Brenda Weaver

Source: www.easytogrowbulbs.com



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Business Spotlight



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Quotes worth your time

“You can’t get to the top by sitting on your bottom.”
- Unknown

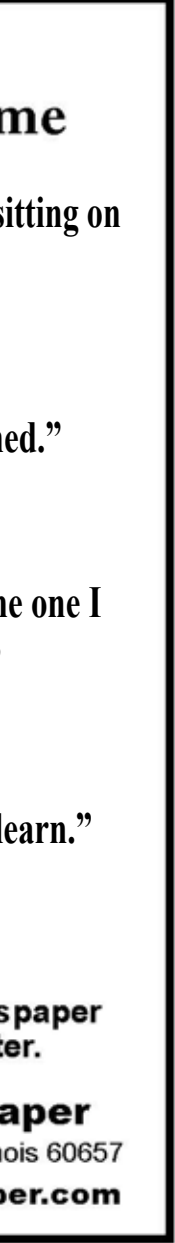
“Golf: A good walk ruined.”
- Unknown

“Between two evils, I try the one I never tried before.”
- Mae West

“You are never too old to learn.”
- English quote

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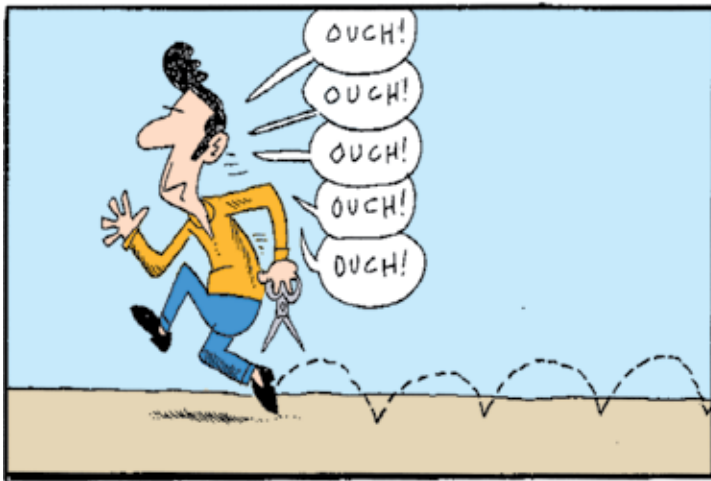
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Comics

Out on a Limb

by Gary Kopervas

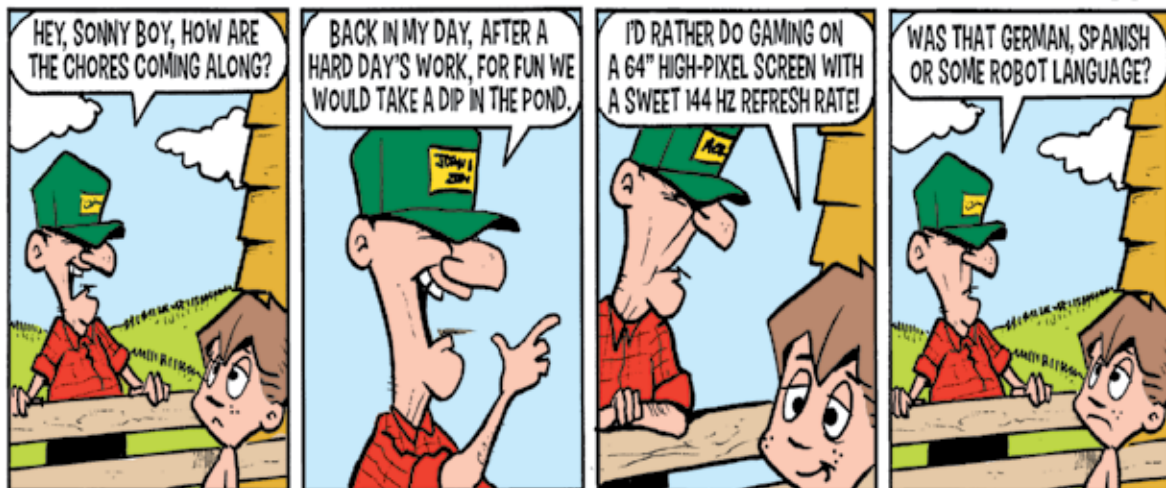


THE ONLY THING WORSE
THAN RUNNING WITH
SCISSORS IS SKIPPING
WITH SCISSORS.

KERAS

Amber Waves

by Dave T. Phipps



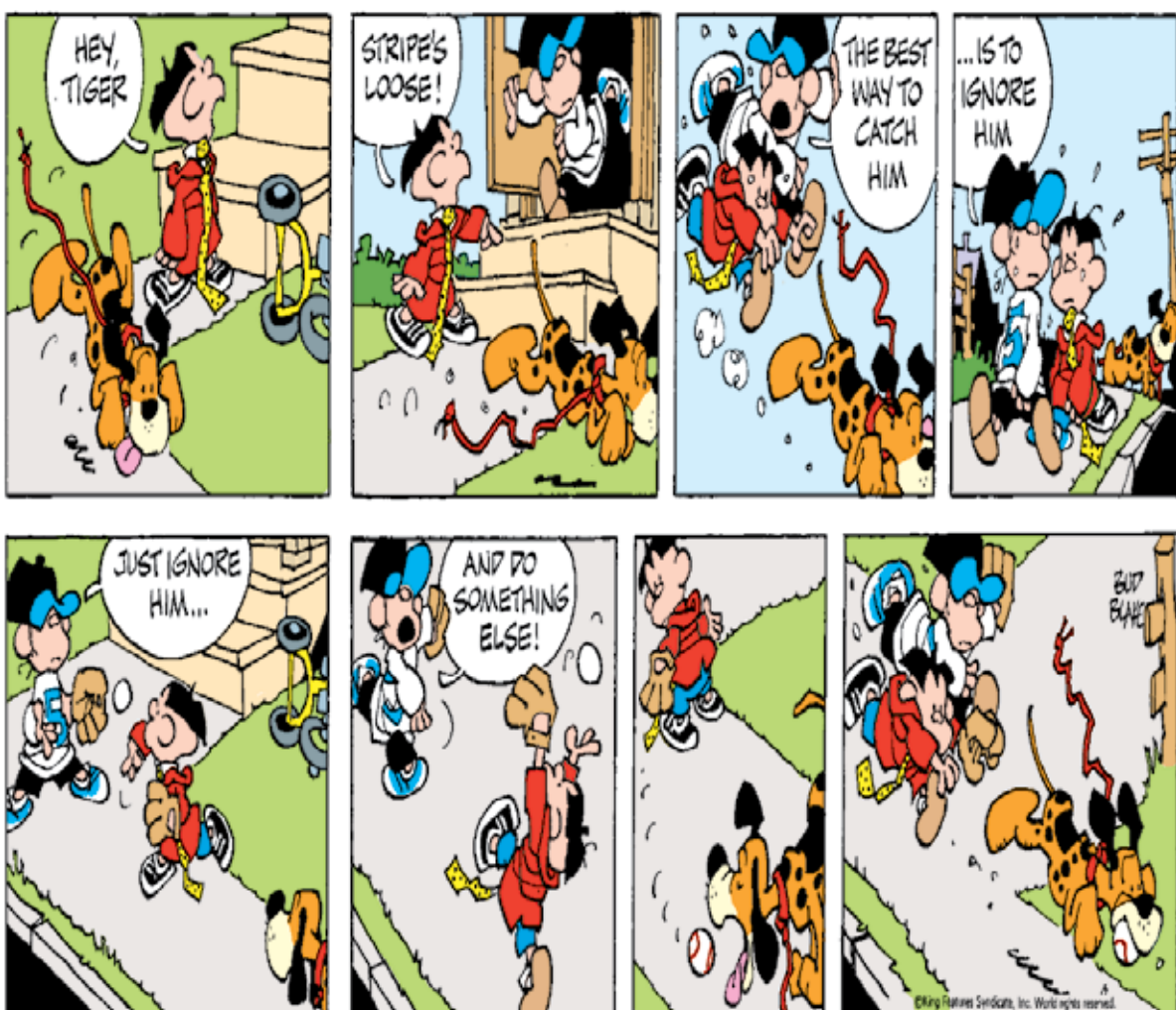
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



MAGIC MAZE ● AIR —

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

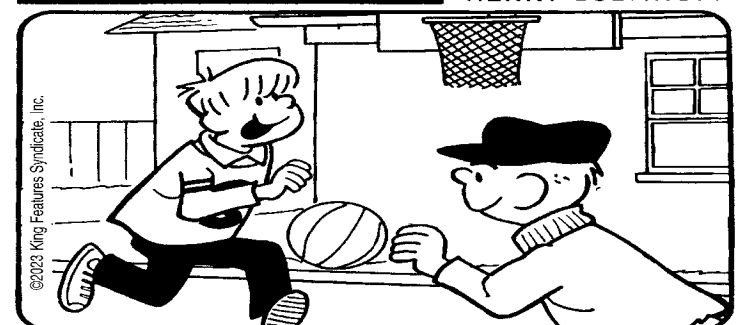
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: **Inflatable Car Safety Devices**

Ambulance	Compressor	Hammer	Power
Base	Crew	Jordan	Space
Bed	Defenses	Mattresses	Worthiness
Bus	Duct	Pocket	

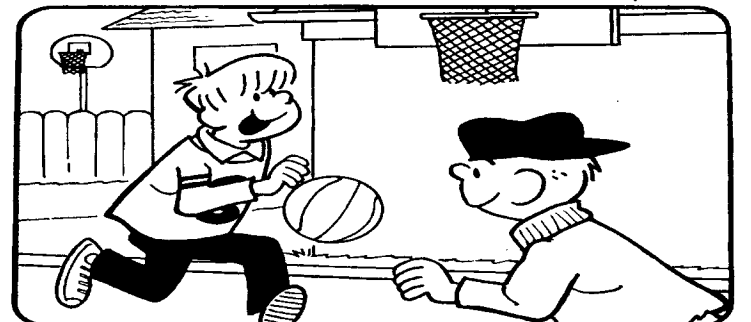
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HOCUS - FOCUS

BY
HENRY BOLTINOFF



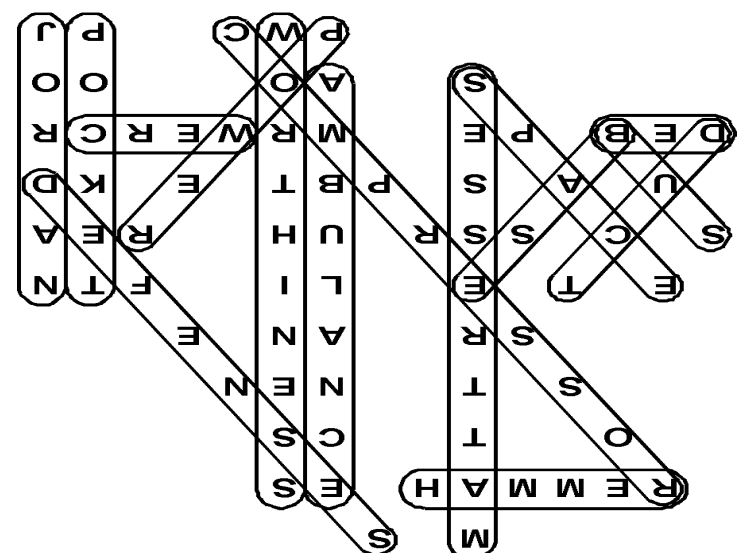
Find at least six differences in details between panels.



Differences: 1. Basket is added. 2. Fence is different. 3. Ball is higher. 4. Arm is lower. 5. Cap is reversed. 6. Window is missing.

Just Like Cats & Dogs

by Dave T. Phipps



— AIR —

SMART SOLUTIONS FOR SCHOOL



Photo courtesy of Getty Images

Must-have essentials for back-to-school season

FAMILY FEATURES

With school bells ringing for students of all ages, it's important to make sure your student has all the necessities to be successful this year.

While that often means running from store to store in search of supplies, stylish clothes and other essentials, these top picks for securing valuables, decorating dorm rooms, planning out schedules, getting necessary nutrition and staying hydrated can help ensure your student is geared up for success in the classroom and beyond.

Find more back-to-school essentials and tips for success in the classroom at [eLivingtoday.com](#).



Protect New Purchases on Campus

A new school year brings plenty of excitement, but it can also be stressful for students moving away from home who need to safeguard valuables like tablets, smartphones, passports, or an emergency credit card. To help alleviate back-to-school worries, SentrySafe, a leading name in fire-resistant and security storage for more than 90 years, offers solutions to provide peace of mind for parents and students. An affordable, convenient, and fireproof option, the 1200 Fire Chest protects items against fires up to 1,500 F for 30 minutes. It also features a built-in key lock and convenient handle for added security and simplified transport. Find more back-to-school security solutions at [sentrysafe.com](#).



Quick and Easy Meals That Deserve an A+

Keeping weeknight dinners and school lunches simple means more time for family and less stress during the week. Cook up quick and easy weeknight dinners, school lunches or on-the-go snacks with Minute Rice Cups. Ready in only 1 minute, the BPA-free cups are available in a variety of flavors such as Chicken & Herb, Cilantro & Lime, Jalapeno and more. Visit [MinuteRice.com](#) to get meal ideas today.



Sleep in Style

Where a student sleeps may be one of the last things on his or her mind when thinking about the excitement that awaits in college but getting plenty of sleep is key to success. Amp the appeal of the dorm-issue mattress with stylish and comfy bedding that reflects your personality. Look for quality threads you can snuggle into, and coordinate with pillows to make your bed a cozy place to sit and study by day.



Make Organization Personal

Help your student keep notes, study times and test dates organized with a quality planner that also showcases his or her personality. Available in a myriad of trendy colors and patterns – like polka dots, stripes or chevron – as well as various calendar layouts like daily, weekly or monthly, the right planner can help students of all ages stay on track, achieve goals and preserve memories in one stylish and organized place.



Take H2O on the Go

A durable reusable water bottle can make your back-to-school routine even easier. With a variety of sizes and styles available in a multitude of colors and designs, there's almost certain to be an option for students of all ages and activity levels. Look for durable, leak-proof stainless steel or hard plastic options that offer different lid styles, including wide-opening or those with retractable straws, to make hydrating on the walk between classes a breeze.

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