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JUNE 2025
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Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square

Lakeview

June, 2025 "We don't make the news, we just report it." Volume 29, Number 6

CASH IS KING?



Cash is king – or is it? Going cashless works for some retailers because it allows them to process payments faster. Some businesses also prefer cash because it saves them money on credit card processing fees.

"Moving to cashless transactions would be quite exclusionary to already economically vulnerable populations" said Diane Standaert, senior vice president for pollicy and advocacy at HOPE, a credit union and development organization based in Mississippi.

Legal Tender

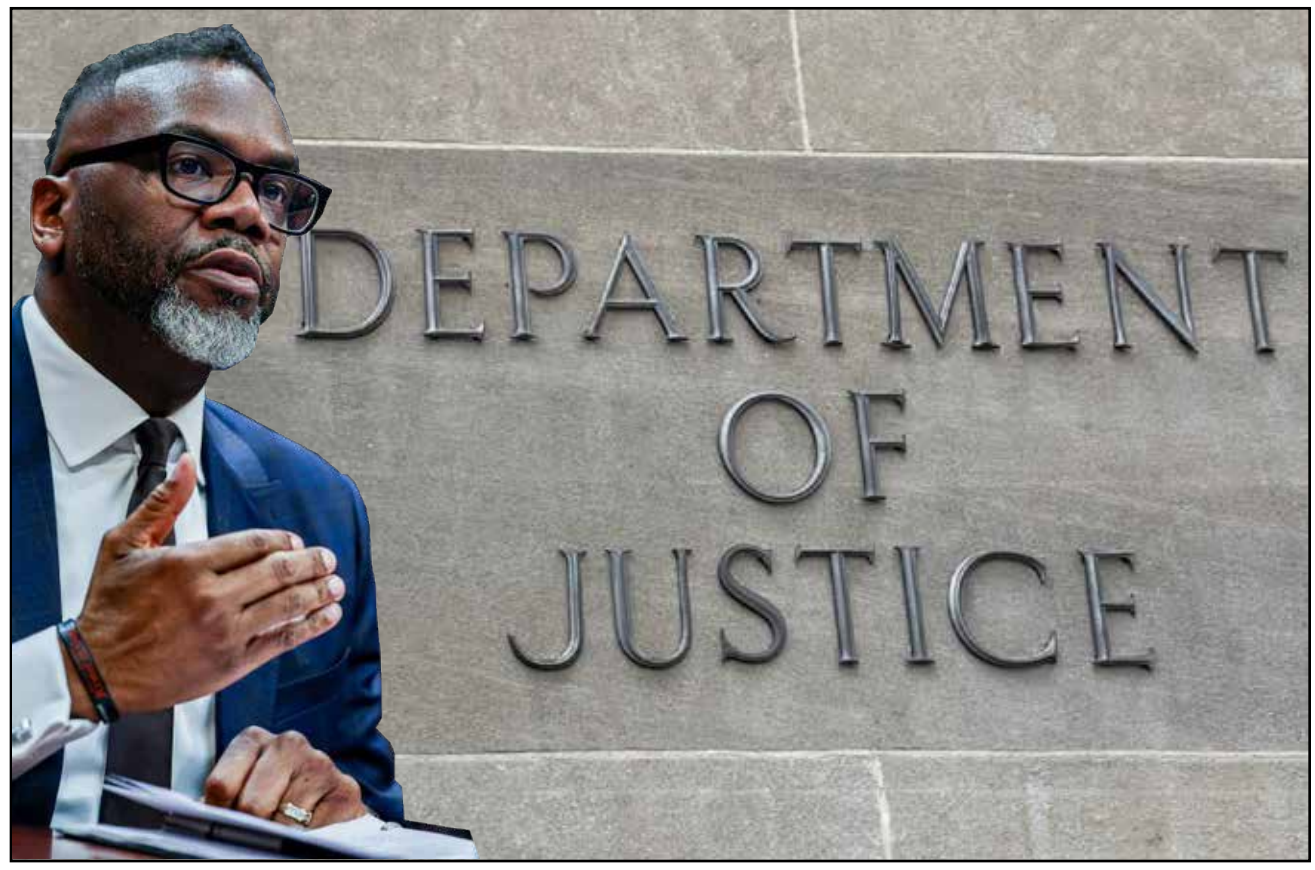
Lawmakers who've sponsosred bills that would require retailers to accept cash say they were surprised to learn there isn't a federal requirement. Cashless transaction bills have been opposed by some Republicans and business leaders, who argue that businesses should be able to decide how to serve customers. Supporters of cash transaction legislation say it's still important to reaffirm the use of coins and paper money.

About 7.1 million U.S. households don't have a bank account according to a survey taken in 2019. Rates are highest among low-income, Black, Hispanic and Native American households. By requiring businesses to accept cash, law makers can prevent retailers from discriminating against unbanked people, even unintentionally and create additional bias in the system.

"We don't support mandates; we believe that the business owner is entitled to accept or reject any method of payment, as they wish," said Tony Gagliardi, Colorado state director of the National Federation of Independent Business.

It's buyer's rights vs. seller's rights.

FEDS INVESTIGATE CHICAGO MAYOR JOHNSON



The Department of Justice is opening an investigation to determine whether the City of Chicago is engaged in a pattern or practice of discrimination based on race in violation of federal law. The probe was opened because of the Mayor's comments to Byron T. Brazier, the pastor of the Apostolic Church of God on the city's South Side, during a Sunday evening event. He said he had purposely surrounded himself with senior advisers who are Black. The mayor's office workforce was 30% White, 34% Black, 24% Latino and 7% Asian American. Johnson said, "What I'm saying is when you hire our people, we always look out for everybody else. We are the most generous people on the planet."

The current leadership of Chicago is:

Chicago Mayor Brandon Johnson is black. Chicago Deputy Mayor is black. The superintendent of police is black. The Chicago Police Board President is Black. The chief judge of Cook County circuit courts is black. The Chicago Teachers Union is black. The Illinois attorney general is black. The fire department commissioner is black. The Cook County board president is black. The state senate majority leader is black. The lieutenant governor is black. The clerk of the circuit court of Cook County is black. The Cook County Clerk is black. The Chicago treasurer is black. The CTA president is black. The Chicago Building Commisioner is black. The CEO of Chicago public schools is Hispanic.The Chicago Health Commissioner is black. The Mayor said that he was laying these positions out to ensure that our (black) people get a chance to grow their business.

Harmeet K. Dhillon, Asst. Attorney General, Civil Rights Division in the Dept. of Justice, said that considering his remarks, she has begun an investigation into hiring decisions for top level positions and if such decisions are also being made for lower level positions.

Another issue is the lawsuit against the Trump administration. Johnson praises diversity, equity and inclusion, which has been targeted by the Trump administration. The issue of undocumented immigrants continues. Hanging in the balance is approximately $3.5 billion in new and existing federal grant dollars that Chicago officials expect to receive in 2025. The city's budget is $171 billion. Johnson said that

"Trying to force your will to break the spirit of working people in order to have a conversation, that's terrorism. We're not going to negotiate with Terrorists." "We're not going to be intimidated by the Justice Department hiring probe. It never stops!

Editorial & Opinions

Moments in time
THE HISTORY CHANNEL

• On June 2, 1997, U.S. Army veteran Timothy McVeigh was convicted on 15 counts of murder and conspiracy for his role two years earlier in the terrorist bombing of the Alfred P. Murrah Federal Building in Oklahoma City. He was executed by lethal injection on June 11, 2001.

• **On June 3, 1956**, authorities in Santa Cruz, California, put the city in the national spotlight by declaring a complete ban on rock and roll at public gatherings, labeling the music "detrimental to both the health and morals of our youth and community" after a policeman at a dance party the night before described the teen crowd as "engaged in suggestive, stimulating and tantalizing motions induced by the provocative rhythms of an all-negro band."

• On June 4, 1940, 22-year-old Carson McCullers' debut novel, "The Heart Is a Lonely Hunter," about misfits in a Georgia mill town, was published to widespread acclaim.

• **On June 5, 1888**, President Grover Cleveland vetoed a bill that would have given a widow's pension to Johanna Loewinger, whose husband had passed away 14 years after being discharged from the army. Because he died by suicide and not from a disability caused by his military service, her request was denied.

• **On June 6, 2002**, a high-energy upper atmosphere explosion now known as the Eastern Mediterranean Event, similar in power to a small atomic bomb, occurred over the Mediterranean Sea between Libya and Crete when a small, undetected asteroid disintegrated while approaching Earth. There were concerns that if the explosion had occurred closer to Pakistan or India, it could have sparked a nuclear war between the countries, as they were engaged in a standoff at the time.

• **On June 7, 1968**, just two days after the assassination of Democratic presidential hopeful Robert F. Kennedy, Fred Rogers, the popular host of the children's public television show "Mister Rogers' Neighborhood," dedicated an episode to explaining the tragedy to his young audience.

• **On June 8, 1191**, King Richard I of England arrived in Acre, Israel, beginning the Third Crusade, an attempt co-led by France's King Philip II and Emperor Frederick Barbarossa to reconquer the Holy Land following Jerusalem's capture by the Ayyubid sultan Saladin in 1187.

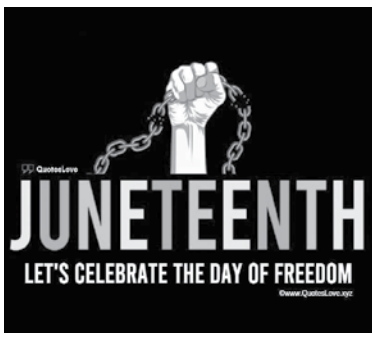




SATURDAY JUNE 14TH



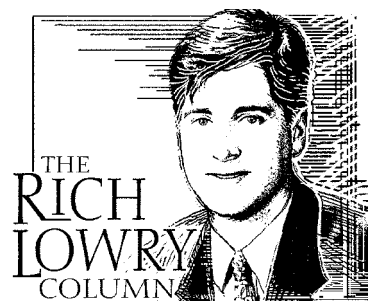
SUNDAY JUNE 15TH



THURSDAY JUNE 19TH



FRIDAY JUNE 20TH



Introducing the Trump Doctrine

President Donald Trump gave an important speech in Riyadh that may come as close to outlining a "Trump doctrine" as we'll probably see. It was a direct counterpoint to George W. Bush's second inaugural address. The simplistic way to put it is that what liberty was for Bush, money is to Donald Trump.

That's not quite right, though. The speech had values, they just weren't typical values — accountable government, human dignity — but simply prosperity and peace. If Bush wanted to spread freedom, Trump wants to spread gleaming high-rise buildings.

He hailed the rise in the Gulf of a Middle East "defined by commerce, not chaos, where it exports technology, not terrorism, and where people of different nations, religions and creeds are building cities together."

Notably, there is no liberty in this affirming sentence — it's all economic activity. The speech was very critical of Iran, but his critique was that it isn't constructing anything. Instead, its landmarks "are collapsing into rubble and dust."

Trump's speech wasn't isolationist, or alien to American traditions. The address ran in the slipstream of the Hamiltonian tradition as famously outlined by Walter Russell Mead, with its emphasis on the role of commerce in foreign affairs. And there was, as always, a Jacksonian element, as Trump spoke of smiting America's enemies. There was, however, no Wilsonianism. In a passage that got attention, Trump rapped neocons and liberal nonprofits for trying, but failing, to develop the Middle East because they didn't know or respect the culture of the region.

There is merit in this charge. We had no idea what we were getting into in Iraq and Afghanistan, while George W. Bush's vision for the spread of democracy systematically failed to account for the influence of culture, and for the centrality of order to liberty and other social goods.

That said, both Afghanistan and Iraq were originally conceived as wars of self-defense in the wake of a terror attack that shook America to its core. It's also unpersuasive to hold up the Gulf states as a counterexample of development — anyone can run an emirate sitting atop gobs of oil and living under the U.S. security umbrella.

Trump's vision is actually as universalist as Bush's; Bush believed every country could become a democracy, and Trump believes that every country can prosper.

Iran can be "a wonderful, safe, great country, but they cannot have a nuclear weapon." Lebanon, too, can embrace "a future of economic development and peace." He'll reach out to anyone and bring them into this charmed circle of commerce and comity. "As I've shown repeatedly," he said, "I am willing to end past conflicts and forge new partnerships."

For Trump, it's the results that matter — the prosperity and peace — not how a given government achieves them. That's none of our business. "I believe it is God's job to sit in judgment," he pronounced. Trump's job is to promote "stability, prosperity and peace."

In sum, the speech was a deal-maker's realpolitik, or a doctrine that we won't really have a doctrine except for trying to get everyone rich and to get along with as many people as possible.

The address was certainly bracing. But values do matter. Liberal societies are, as a general matter, more reliably our friends, and more reliably achieve prosperity. If Bush's vision advanced an unrealistic view of what motivates mankind — all yearning for liberty, no yearning for power or revenge — Trump drastically simplifies human motivation in his own way. As history has shown, people will fight and die for faiths and ideologies when these have nothing to do with prosperity, or actively destroy it.

Also, it should be said that standing for democratic ideals is an enormous part of America's appeal around the world, and if we get into a competition with China purely over who is richer and can cut more deals, we are kicking away a major advantage. That's likely an insight for another president, though. Trump has his doctrine.

Rich Lowry is editor of the National Review.

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Americanisms



"You know, doing what is right is easy. The problem is knowing what is right."
— *Lyndon B. Johnson*

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"We don't make the news. We just report it."
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Publisher and owner: George Rimel
Executive Editor and owner: Joyce A. Rimel
Graphic Design/Production: Lisa Rode
JUNE 2025

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are $28.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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VETERANS ★ POST ★

by Freddy Groves

Changes at the VA

Under the new presidential administration, and under the guidance of the new VA Secretary Doug Collins, the Department of Veterans Affairs has made several significant changes. The core mission: providing the best possible care and services to veterans, families, caregivers and survivors. As Secretary Collins said, "We have already stripped away many of the costly distractions that were coming between VA beneficiaries and the benefits they have earned."

Here are a few examples:

What Collins called "DEI and gender ideology" has been taken off the table, saying that the "VA should not be in the business of helping people try to change their sex." That's going to save the VA $14 million.

Working from home is a no-no now, with a schedule being created to get everyone back in the office by summer. No more "phoning it in from home," per Collins. And I have to agree — service on the phone is much better when employees are in the office within earshot of colleagues.

When it comes to duplicate and unnecessary contracts, so far the VA has identified "hundreds of millions of dollars" that they can divert back to services for veterans. They'll continue to take a look at the 130,000 VA contracts to see what further dollars they can save.

The modernization of the electronic health record program was something that stalled over the last two years, but already, just since March, they've worked to be able to bring nine more medical facilities online by next year and all of them by 2031.

In his opinion piece and video, Collins addresses the pushback he's gotten from various sources that only want the VA to keep going as before. Not going to happen, per Collins. His job is to work to put veterans first, and that's what he intends to do.

The video Secretary Collins made can be found on his X (formerly known as Twitter) account. Or if you prefer to read it, search for his opinion piece "First 100 Days at VA: Putting Veterans First" at DCJournal.com.

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Strange BUT TRUE

By Lucie Winborne

• Benjamin Franklin never actually lobbied for the turkey to become the national bird, but he did write that the bald eagle was a fowl of "bad moral character" and that the turkey was "a much more respectable bird."

• The world's largest chocolate bar weighed 12,000 pounds.

• While digging up stones to build a house in 1885, Australian miner George Harrison found gold ore near Johannesburg, beginning the South African gold rush.

• In terms of galactic years, the sun is around 20.5 years old.

• Victorian floriography, the practice of assigning codes to flowers to send messages via bouquets and arrangements, associated basil with hatred! The curious link came from the ancient Greeks, who felt basil leaves resembled the opening jaws of a basilisk.

• In the 1800s, ducks were called "arsefeet," as their feet are so close to their posteriors.

• Painting designs and pictures on fingernails isn't just a modern trend. It was a familiar practice with the Incas, many of whom sported eagle motifs on their nails.

• One percent of people are born with a 13th rib.

• To preserve the quality of the U.S. Constitution, on display in the National Archives Building in Washington, D.C., its protective cases contain argon gas and are kept at 67 Fahrenheit with a relative humidity of 40%.

• In the U.K., fish and chips were traditionally wrapped in old newspapers, giving the meal a unique newspaper ink flavor. The practice eventually ended for health reasons.

• During the 1904 Summer Olympic Games, American athlete George Eyser won six medals in a single day, including three gold and two silver, in the vault, parallel bars and rope climbing competitions … with a wooden prosthetic left leg.

***

Thought for the Day: "Try to be a rainbow in someone else's cloud." — *Maya Angelou*

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SENIOR NEWS LINE

by Matilda Charles

Retirement: Now what?

Some of us are new to retirement and the questions quickly become: Now what? What do I do with my days? Do I continue to set the alarm for the same time in the mornings?

If you planned in detail for your retirement and have a long list of things you intend to do, you know where to begin.

But the questions about what to do with our retired days can be poignant for those who perhaps didn't have a choice about retirement. Maybe there were health considerations. Maybe there were expectations of retirement upon reaching a certain age in a certain career. But for whatever reason, here's retirement, ready or not. Now what?

Start with a piece of paper and a pen. Make a list, the longer the better, of every interest you have. Ideally, somewhere on that list are the makings of worthwhile activities that are physical, social and mental.

Here are some random possibilities: explore photography, teach swimming at the YMCA, write a novel, knit or crochet hats and mittens for the local Santa fund next winter, create a family scrapbook with genealogy information and photos for the next generation, play pickleball at the rec center, become a Citizen Scientist (see CitizenScience.gov), join a walking group, take a pottery class with a grandchild.

Then there are the all-important brain-stretcher activities: learn to play piano or guitar (or brush up on old skills), take a college course, play chess online, take a computer class to upgrade your skills, learn a language online (see Duolingo.com), read a book a week or start a book club.

My personal list includes dogs at the animal shelter. There are lots of dogs who need to be taken on adventure walking afternoons to pick up their spirits. I can do that a few times a week.

Have you started your list?

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

American Glassware

With the invention of the mechanical glass press in the 1800s, the glassmaking industry moved away from free-blown, hand-decorated pieces and embraced new ways to mass-produce inexpensive decorative glass. But not everyone wanted to leave the old ways behind.

Brothers Henry Thomas, Lorenzo, and William Elbert Clevenger were apprentices at the Moore Brothers Clayton Glass Works, where their father, William Henry, also worked. The Clayton Glass Works closed in 1912. In 1930, the Clevenger brothers constructed their own glass furnace in their backyard in Clayton, New Jersey. They used their training to make glass in the old-fashioned South Jersey style developed in the colonial years: free-blown vessels decorated with blobs or threads of glass applied by hand. They soon started making mold-blown glass, including reproductions of famous antique bottles like the Fislerville Jenny Lind calabash flask and the figural E.G. Booz whiskey bottle.

A Clevenger Brothers vase sold for $192 at an auction by Jeffrey S. Evans. It was free-blown, with a rough pontil mark as evidence. Its two handles, decorative glass blobs called lily pads, and the threading around its neck were applied by hand. The vase's medium blue color is also faithful to the earlier glass traditions. It is still recognizable as a 20th-century piece; for one thing, Clevenger Brothers glass is usually heavier than pieces made in the 1700s and 1800s. The brothers' intent was not to create forgeries of valuable antique glassware but to continue the traditions of their glassmaking forebears.

* * *

Q: I have a set with a perfume bottle, compact and lipstick tube made of pearl. They are in a case that reads "Le Kid Paris" inside. What is its value?

A: "Le Kid" was created by the Marcel Franck perfume company in Paris in 1926. It was the first purse-sized perfume atomizer. Individual Le Kid perfume bottles are worth about $50 to $120. Many dealers who sell jewelry also deal in items like perfume bottles and compacts. There are also collectors who specialize in perfume bottles, like the International Perfume Bottle Association (IPBA).



This blue vase was made in the early 20th century with techniques from the early days of American glassmaking.

* * *

TIP: Never put silverware and stainless-steel flatware in the dishwasher basket together. The stainless can damage the silver.

* * *

CURRENT PRICES

Spongeware, pitcher, Bennington Rockingham style, brown sponge and drip, mask carved under spout, ribbed, eight-sided base, 9 x 7 inches, $130.

Textile, flag, American, 45 stars, loose weave, wool and cotton, machine sewn, Spanish-American War, c. 1896, 58 x 93 inches, $290.

World War II, calendar, Keep 'Em Flying, airplane graphic, Do Your Part Daily, rotating month, date cards, metal, 14 x 9 inches, $1,070.

Toy, figurine set, astronaut, four astronauts, clear helmets, three robots, arms raised, box, Cherilea, 3 inches, $1,800.

For more collecting news, tips and resources, visit www.Kovels.com

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Sports QUIZ

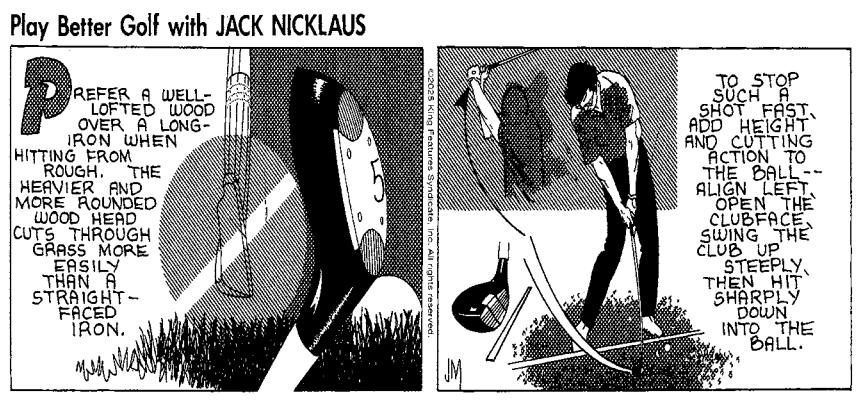
by Ryan A. Berenz

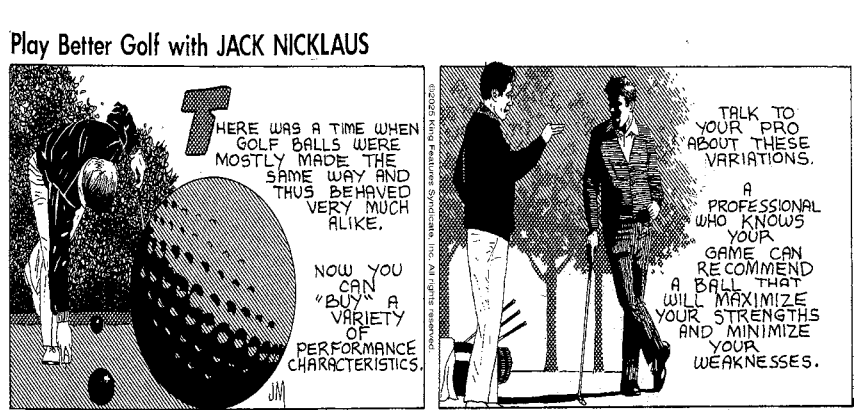
1. The ball used in Gaelic ball-and-stick sports like hurling, camogie, rounders and shinty is known as what?
2. Happy Chandler, Commissioner of Baseball from 1945-51, served two separate terms as governor of what U.S. state?
3. In 1994, Conchita Martinez became the first female from what country to win the Wimbledon singles title?
4. Jimmer Fredette, 2011 NCAA Division I men's basketball scoring champion, played for what college team?
5. Name the Nebraska Cornhuskers quarterback who won a national championship in 1997 and the Heisman Trophy in 2001.
6. The Northern Star Award, presented annually to the top athlete in Canada, was formerly named after what athlete, referee and sportswriter?
7. Beat Feuz, gold medalist in the men's Alpine skiing downhill at the 2022 Beijing Winter Olympics, competed for what country?

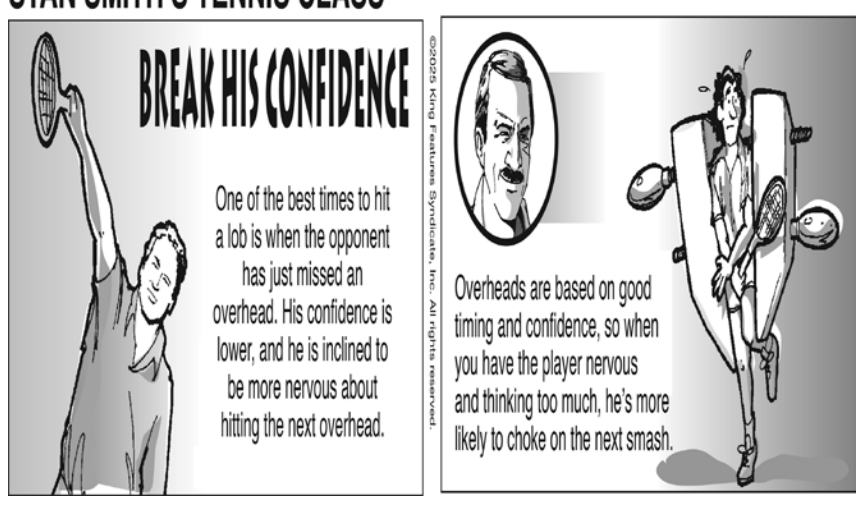
Answers

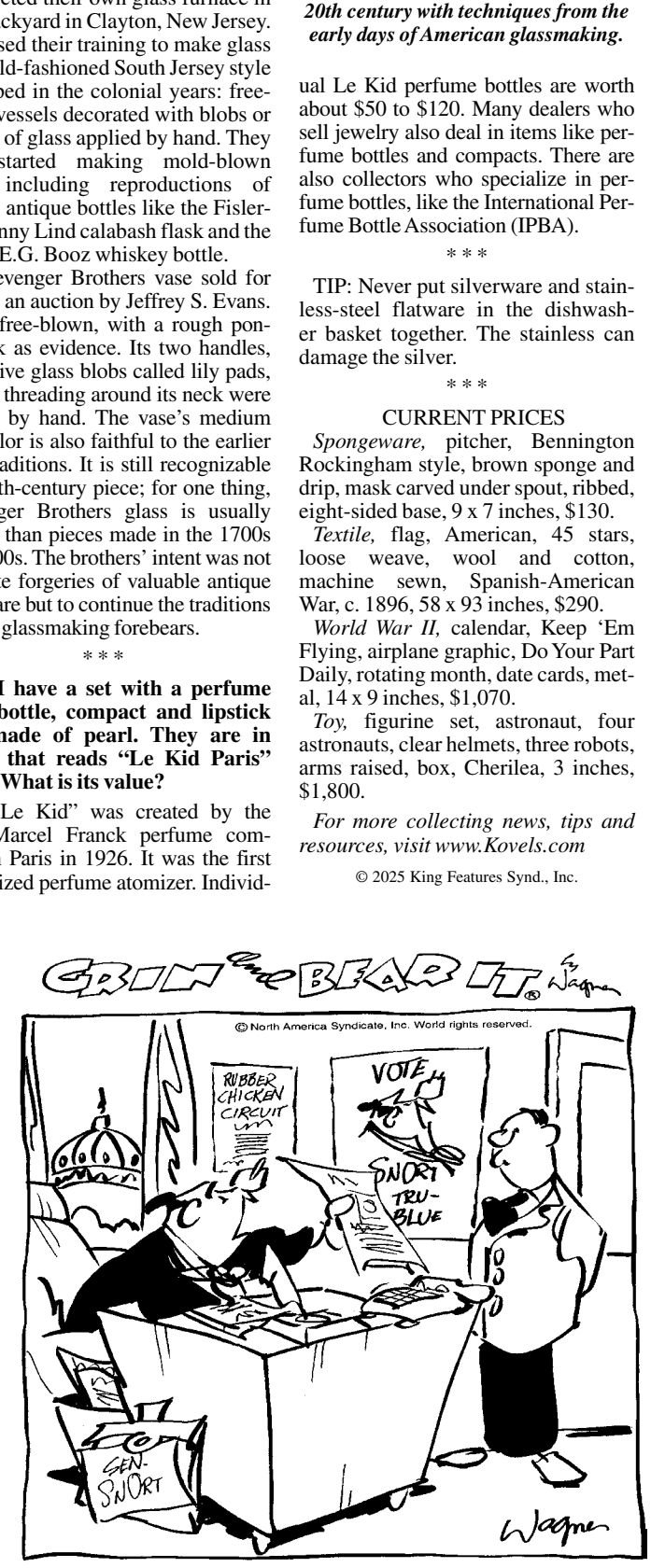
1. A sliotar.
2. Kentucky.
3. Spain.
4. The Brigham Young University Cougars.
5. Eric Crouch.
6. Lou Marsh.
7. Switzerland.

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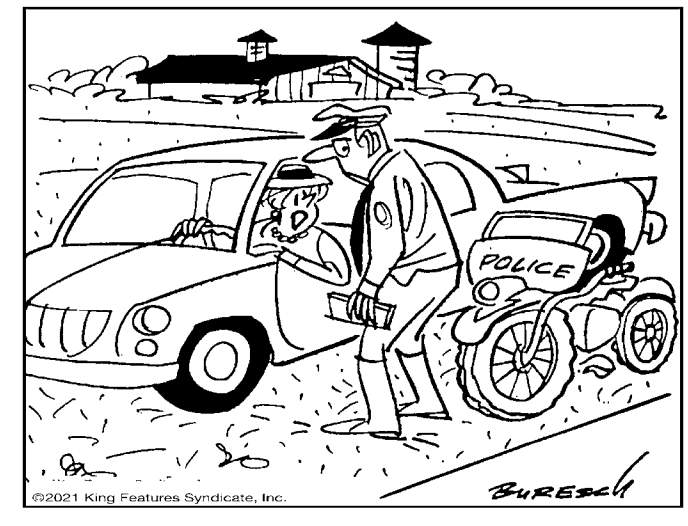






"You've got some explaining to do, Figby! What did I mean by this?"

LAFF-A-DAY



"Oh, dear! Did I miss a stop sign while admiring you in my rearview mirror?"

Health



Raising Magnesium Intake Helps With Bigeminy Heartbeat

DEAR DR. ROACH: Several months ago, I developed a case of a bigeminy heartbeat, so my cardiologist prescribed metoprolol. At about the same time, I had reduced my intake of magnesium from about 50% of the daily value (DV) to 35%. (This may have preceded the bigeminy onset.)
Quite by accident, I read an article recommending magnesium for a heart arrhythmia. Within a week or so of reading the article, I started magnesium gluconate at 100% of the DV. I have been taking this and metoprolol for about a month, and my condition has improved about 95%.
The question is: How can we tell if shorting down the magnesium to 35% was actually the cause and increasing it to 100% was the cure? — L.R.

ANSWER: Bigeminy, more precisely ventricular bigeminy, is a term most people probably haven't heard of, but most people have heard of a premature ventricular contraction (PVC). Ventricular bigeminy is when every other beat is a PVC and alternates with regular beats.
While this rhythm can happen in people without any heart disease or risk factors, your cardiologist will have considered many underlying causes such as excess alcohol use, anemia, low oxygen levels, and thyroid disease. A beta blocker like metoprolol is usually the first drug that is used as beta blockers reduce adrenalin levels, reduce the oxygen needs of the heart, and are proven to be effective at reducing the number of PVCs.
A low magnesium level is another risk factor for PVCs and ventricular bigeminy, and there are case reports of the rhythm going away completely with magnesium. So, while we can't be sure whether your bigeminy was caused by a low magnesium level, the story is suggestive that it's a real possibility.
I don't recommend taking magnesium except in people who have low levels, but 100% of the DV of magnesium is quite safe to take.

***

DEAR DR. ROACH: I am a 76-year-old female who weighs 112 pounds. I am 5 feet, 4 inches tall, and in good health. I walk 40 minutes to 1 hour over a very hilly course five days a week and do strength training two days a week. I was just diagnosed with osteoporosis, with my risk of a major osteoporosis fracture being 12.6% and my risk of a hip fracture being 3.8%, according to FRAX.
I have Barrett's esophagus that is monitored every three years and take 20 mg of omeprazole for it. I also take 2,000 IU of vitamin D daily and try to eat a high-calcium diet. My only other medication is 50 mg of trazodone for sleep. I have no other medical problems.
My primary doctor wants to put me on medication for osteoporosis. Given my situation, which medication would you recommend? — P.C.

ANSWER: The FRAX score is a way of combining a person's measured bone density with clinical risk factors like age, sex and weight to provide an estimate of the fracture risk. Most authorities recommend treatment when the risk of a major osteoporotic fracture is greater than 20% or the risk of a hip fracture is greater than 3%. Your primary doctor is following the published literature. (I will note that a revised calculator called the FRAXplus includes additional risk factors and can be found at FRAXplus.org/calculation-tool/.)
Omeprazole, the medicine you take for Barrett's, protects your esophagus but can cause poor absorption of calcium, which may be an additional risk factor for you. Because of your Barrett's, the normal first-line treatments (oral bisphosphonates) are not recommended. Instead, intravenous bisphosphonates such as zoledronic acid once a year are the standard recommendation.
Denosumab is another option, but people need to stay on this medication long-term because, unlike bisphosphonates, bone loss occurs rapidly after stopping it.

Olive Oil Can Serve As a Remedy For Several Ailments

DEAR DR. ROACH: I am a 76-year-old male in good health. I go to the gym three days a week, eat well, and fast one day a week. I have been reading about taking a tablespoon of olive oil at night as a remedy for all kinds of things such as digestion issues and arthritis. I tried it, and I swear that the first day after ingesting it, I felt less pain in the arthritis in my hands and feet.
Is there any evidence that this practice is helpful? Also, does it matter what kind or brand of olive oil one uses? I bought special olive oil that is polyphenol-rich; it is lighter and more tasty than the extra-virgin oil I normally buy at the food market. What's your take on this? — L.A.

ANSWER: Although I don't think olive oil is a cure for all ailments, there are certainly health benefits when using olive oil compared to most oils. The flavor and amount of polyphenol (an anti-inflammatory compound found in olive oil) will vary from one brand to another. These anti-inflammatory compounds can help symptoms of arthritis in some people.
Personally, I recommend extra-virgin olive oil (made from the initial squeezing of olives without chemical and heat treatment), which has the highest amount of the nutrients you want. But my advice is to choose based on the flavor you like and how much you want to spend rather than the polyphenol content. And of course, too much of anything, including olive oil, isn't good for you, but a tablespoon is fine.

***

DEAR DR. ROACH: I came down with a headache, but nothing showed up after a year of tests, including a CT scan, MRIs, and a spinal tap. Then I was told that I had a nummular headache, which I understand is rare. I have a sore spot in the back of my head and a feeling in my head that I just can't explain. I don't know how I made it through a year until I got on meds.
I am now taking 25 mg of lamotrigine a day. I'm at the point where I'll have a couple good days, then it comes back. Can this be cured? Is the medication that I'm taking OK, or is there something better? — K.S.

ANSWER: A nummular headache (the name comes from the Latin word for coin as the sore spot is often the size and shape of a coin) is very uncommon, and I've never treated a case. I would defer treatment to a neurologist with expertise in headaches.
Gabapentin is a common treatment, but lamotrigine is also used. The best treatment is the one that works best for you. Although sometimes the condition will simply go away, it often doesn't, requiring chronic medication to keep symptoms under control.
I will note that you are on a tiny dose of lamotrigine. It needs to be started at a small dose, but when used for seizures, the usual dose is 400-600 mg per day (which takes several weeks to reach, titrating slowly). If it's working for you but not well enough, you might do better with a higher dose.
If a higher dose doesn't work, there are other medications to try such as antidepressants like amitriptyline and other seizure medications like carbamazepine. One other option to ask your neurologist about is botulinum toxin (Botox), which relieves pain by more than half in about two-thirds of patients.

Dry Cough Persisting for a Decade Might Indicate Asthma

DEAR DR. ROACH: I have a dry cough that's been going on for about 13-14 years. I'm a healthy 62-year-old and read that it is called "cough variant asthma." I would like to know more about this but can't really find anything about it, except that it will eventually get worse if it's not treated. I was checked twice in the past 15 years for asthma, and I wasn't diagnosed. However, I've not been diagnosed with any acid reflux or postnasal drip. — D.S.

ANSWER: Although most people think that asthma causes wheezing, cough is a very common symptom of asthma. You've named the two other most common causes of chronic cough: acid reflux and postnasal drip. It can be tricky to make these diagnoses.
Very often, primary care doctors will do a "therapeutic trial" that involves a short-term prescription to see if there is improvement. For acid reflux, it might be an H2 blocker like famotidine (Pepcid), which acts faster than a proton-pump inhibitor like omeprazole. This is often faster, easier, and much less expensive than a diagnostic test like a 24-hour pH monitor (the gold-standard diagnostic test).
Similarly, a physician might give a trial of asthma medication (such as a bronchodilator like albuterol) to see if it stops the cough, rather than immediately testing a person's pulmonary function with a trial of bronchodilators — a standard diagnostic test for asthma. Sometimes a pulmonologist will order a "methacholine challenge test" where an airway irritant is given at very low doses to see if it will trigger an asthma response in the lung. Postnasal drip can sometimes be confirmed by a physical exam, but a fiberoptic laryngoscopy is seldom necessary to make the diagnosis.
When therapeutic trials are not helpful, diagnostic tests become necessary. I personally order lung testing before and after bronchodilators on all patients with suspected asthma, as the tests give important information beyond a diagnosis. Lung testing can be used to follow the course of the disease and identify whether there may be a separate problem in addition to asthma.

***

DEAR DR. ROACH: I am a 69-year-old male. I exercise five days per week and eat healthy. I take losartan, simvastatin, Xarelto and metoprolol. I have gotten the COVID and flu shots yearly but still end up catching the flu. What gives? — J.L.P.

ANSWER: I wish the flu shot was perfect, but it isn't. Each year, the flu shot is usually around 30% to 50% effective at protecting people from getting the flu. Still, 50% protection is a lot better than no protection at all. Furthermore, if you do get the flu, people who have received the vaccine tend to have milder cases, which is very similar to the COVID vaccines.
The flu is pretty contagious, so if you are in close contact with a lot of different people, you are likely to get exposed. You can reduce your risk of the flu (and COVID) by keeping away from large groups or wearing a mask, in addition to getting your yearly vaccine.

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

GIVE YOUR CAR A YEARLY PHYSICAL

Car prices are skyrocketing. The average new cost ran more then $48,000 in February. Economists say that tariffs could cause prices to rise further. However, you can make your current car last longer. Here are maintenance tips that will you do just that:
To keep your car running well, you should take it in for an annual physical. That should include an oil change and an overall check of the engine, plus the steering, suspension, brakes, belts and hoses. The mechanic should also check the car's diagnostic computer, which can flag any systemic faults or open recalls.
Find a repair shop that you trust and stick with it.

Align your tires

Tires will wear down faster when the wheels are out of alignment. Check once a year. Whatever the cost, it's better than buying four new tires.

Save your battery

Corroded terminals will reduce battery life. If you see corrosion – crumbly or ashy residue that's white, blue or green -be sure to have your shop remove it.

Go for a long drive

Driving only short distances could cause unexpected damage to your car. For low mileage drivers, getting a car up to highway speed on occasion, is a necessity to recharge the battery and circulate the car's lubrication. Hit the open road at least once a week for about 20 minutes.

Wash it

If you live in a place where roads are salted in winter, getting your car washed is important. That's because salt is corrosive and can harm your car's exterior. Tree sap can also damage a car's paint. Washing at least monthly helps maintain the value of the car. Be sure to go to a car wash that has high-pressure jets to clean under the carriage. You want to make sure the suspension pieces and anything metal on the frame is kept clean of salt and dirt.

Check fluids monthly

Low fluid can lead to damaged parts; checking fluids monthly is an easy way to detect a leak early. If you wait until you see a spot on the garage floor, it may be too late. Check the oil, coolant and transmission fluid.



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Flash Back Trivia

POP, ROCK & SOUL BY MICK HARPER

1. Name the recording artist born David Goldstein. Hint: He also writes musicals and has penned songs for the Drifters, Dolly Parton and several others.
2. Which Creedence Clearwater Revival song was used in the film "The Big Chill"?
3. "With a Little Help From My Friends" was released on which Beatles album?
4. Who wrote and released "It Might as Well Rain Until September"?
5. Name the song that contains this lyric: "Each day I live, I want to be a day to give the best of me."

Answers

1. Rupert Holmes, of "Pina Colada" fame.
2. "Bad Moon Rising," in 1983. Other songs featured on the sound track included "I Heard It Through the Grapevine," "Joy to the World" and "The Tracks of My Tears."
3. "Sgt. Pepper's Lonely Hearts Club Band," in 1967. It ranked No. 311 on the 500 Greatest Songs of All Time list. Joe Cocker released a cover a year later.
4. Carole King, in 1962.
5. "One Moment in Time," by Whitney Houston, in 1988. It was written as a promotion for the 1988 Seoul Summer Olympics. The song charted around the globe, topping charts in the U.K., West Germany and the U.S.

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

Strange But True

By Lucie Winborne

• More than 300 different species of bacteria are found in dental plaque.

• Bones found at Seymour Island indicate that 37 to 40 million years ago, penguins stood at a formidable 6 feet tall and weighed 250 pounds.

• PEZ candies were originally anti-smoking mints.

• World War II is known as "the blessed war" to many Icelanders because the country has that conflict to thank for its independence.

• Jeanne-Genevieve Garnerin was the first female parachutist. In 1799, she jumped from a hot air balloon. This jump was recorded to be around 900 meters high (over 3,000 feet). She was also one of the earliest women to fly in a balloon.

• In the 1920s and '30s, many movie theaters had signs instructing ladies to "Please Remove Your Hats" to keep their elaborate headwear from blocking anyone's view.

• Jeannette Rankin became the first female member of Congress in 1916, four years before the 19th Amendment, granting women the right to vote, was ratified.

• Mike Tyson saw Muhammad Ali's last match at the age of 14 and got mad at Larry Holmes for beating Ali. Tyson called Ali on the phone and told him, "I'll grow up and get him back for you." Seven years later, Tyson met Holmes for a match, and the then-retired Ali stepped in the ring and said, "Remember what you promised." Tyson made good on his vow in the fourth round.

• The platypus doesn't have a stomach at all: Its esophagus goes straight to its intestines.

• Rainbows are full circles when viewed from a different perspective, and everyone sees a unique version depending on how their eyes perceive light.

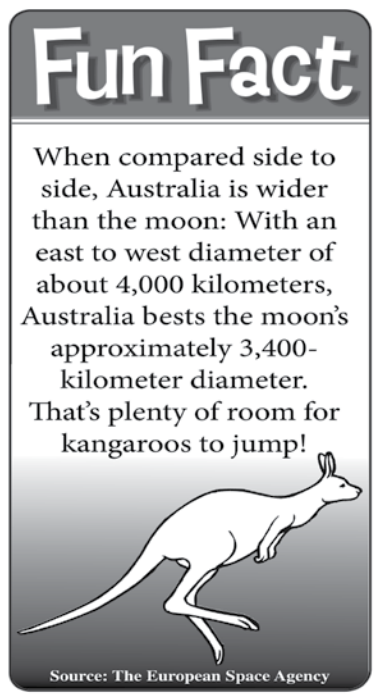
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Thought for the Day: "Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it." — *Johann Wolfgang von Goethe*

Top 10 Movies

1. **Thunderbolts***
(PG-13) Florence Pugh, Sebastian Stan
2. **Sinners**
(R) Michael B. Jordan, Miles Caton
3. **A Minecraft Movie**
(PG) Jason Momoa, Jack Black
4. **The Accountant 2**
(R) Ben Affleck, Jon Bernthal
5. **Clown in a Cornfield**
(R) Katie Douglas, Aaron Abrams
6. **Shadow Force**
(R) Kerry Washington, Omar Sy
7. **Fight or Flight**
(R) Josh Hartnett, Charithra Chandran
8. **Until Dawn**
(R) Ella Rubin, Michael Cimino
9. **The Amateur**
(PG-13) Rami Malek, Rachel Brosnahan
10. **The King of Kings**
(PG) Pierce Brosnan, Oscar Isaac

Fun Fact



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"Disney's Snow White" (PG) — This live-action adaptation of the 1937 classic "Snow White and the Seven Dwarfs" might finally be the catalyst to get Disney to stop making reboots. Rachel Zegler, who nailed her last role as Lucy Gray Baird in "The Hunger Games: The Ballad of Songbirds & Snakes," leads the film as the soft-spoken, kind-hearted princess, opposite Gal Gadot's Evil Queen. Disney Studios poured about $270 million into its budget, only for the film to become "memefied" during its release due to critiques of Gadot's acting and the film's poor CGI. Time to go back to the drawing board, Disney! Out now to rent. (Amazon Prime Video)

"A Minecraft Movie" (PG) — Unlike the previous film, this adaptation of the video game Minecraft was an incredible box-office success, earning close to $1 billion and becoming the second highest-grossing film of the year so far. Jack Black, who's a veteran of game adaptations ("The Super Mario Bros. Movie"), leads the film alongside Jason Momoa ("Fast X"). The film follows four characters who get pulled into the Minecraft world through a portal and must find their way back to the real world with the assistance of expert crafter Steve (Black). Danielle Brooks ("The Color Purple") and Emma Meyers ("Wednesday") co-star in "A Minecraft Movie," out now to rent. (YouTube)

"Drop" (PG-13) — This new thriller film out now to rent hails from Christopher Landon, director of a few notable horror films such as "Happy Death Day" and "Paranormal Activity: The Marked Ones." He signed on Meghann Fahy ("The White Lotus") to play the lead character, therapist Violet Gates. After the death of her abusive husband Blake, Violet is back on the dating scene, hoping to move on from the trauma of her past. She shows up for a fancy restaurant date with photographer Henry Campbell (Brandon Sklenar), but as she waits for him to arrive, she starts receiving threatening messages in the form of "digital drops" from an unknown person. Even after Henry arrives and the date commences, the threats only escalate, putting her young son Toby in terrible danger. (Apple TV+)



Courtesy of Netflix

Milly Alcock, left, and Julianne Moore star in "Sirens."

"Sirens" (TV-MA) — Meghann Fahy has had quite the busy spring! In addition to leading the previous film, she's starring in this Margot-Robbie-produced TV series, alongside two other powerhouse actresses — Julianne Moore ("Mary & George") and Milly Alcock ("House of the Dragon"). Fahy plays Devon, an edgy young woman who pays a visit to her sister, Simone (Alcock), at the beach estate where Simone works. But upon arriving, Devon realizes that Simone's boss, Michaela (Moore), has an intriguingly odd influence over Simone that has left her acting entirely different from the sister Devon once knew. This five-episode limited series premieres May 22. (Netflix)

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Now here's a tip!

by Jo Ann Derson

• It's barbecue time, and here's a fun, festive idea for your next backyard shindig: For each guest, stuff a mason jar with a clean bandanna (for a napkin) and a set of silverware. Write the name on the jar with a silver paint pen made to stay on glassware. Cute, functional and a keepsake! Here's more to get your grilling season started.

• "Bring a distinctive towel to a pool party so that you will know where your towel is. You can make an extra-large towel by sewing two smaller towels together, too." — U.A. in New York

• "For a really fun take on kebabs, use fruit instead of meat. The kids especially love fruit on a stick. If you have some neat cookie cutters, you can score planks of watermelon and make shapes." — M.M. in Michigan

• To keep ants from invading your patio, draw a thick line of chalk as a boundary. The ants will not like to cross the chalk line and will leave your patio party alone.

• "Set out wasp attractors at the far reaches of your yard so that the wasps will be busy out there and not attacking your guests." — T.C. in South Carolina

• Use a muffin tin on the table to serve condiments from. For larger portions (like lettuce, onion slices, maybe pickle spears) you can set a cup down in the muffin well.

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What's Hot In Hollywood & Gardening

HOLLYWOOD — "Top Gun: Maverick" director **Joseph Kosinski** is planning to remake "Miami Vice," the hit series that ran from 1984-1990 and starred **Don Johnson** and **Philip Michael Thomas**. This is despite **Michael Mann's** film version bombing in 2006, which starred **Jamie Foxx** and **Colin Farrell**. It cost $150 million but only grossed $164.2 million.
I met Johnson in 1969 when he starred with **Sal Mineo** in a Hollywood theater production of "Fortune and Men's Eyes." I remember we did several photo sessions together, and he told me about his aspirations for his future. Forty-four films later and the series "Nash Bridges" (with **Cheech Marin**), he's starring in ABC's "Doctor Odyssey," which appears to be a hit.
Johnson has been married to **Melanie Griffith** and dated **Nicolette Sheridan, Patti D'Arbanville, Barbra Streisand, Uma Thurman** and **Penelope Ann Miller**. He got back together with Griffith (producing actress **Dakota Johnson**), and his various relationships gave him five children in total. What a tell all book that'll make!

***

Brad Pitt jumped from "F1," which opens on June 27, into "La La Land" director **Damien Chazelle's** "Heart of the Beast." He'll star opposite Oscar winner **J.K. Simmons** and play a former Navy SEAL who is trying to adjust to civilization after surviving the Alaskan wilderness.
Next, Pitt will head to Europe for "The Riders" (directed by "Conclave's" **Edward Berger**), in which he searches Europe for his missing wife. Then he'll follow "The Riders" with Netflix's "The Continuing Adventures of Cliff Booth," which was written by **Quentin Tarantino**.
Pitt's publicly discussed struggling with what he believes is prosopagnosia (aka "face blindness") — a neurological disorder that makes it difficult to recognize faces, including people you know. They know him, but he may not know them from Adam!

***

In 1978, I saw a little stoner film called "Up in Smoke" about two pot-heads and their marijuana adventures. The stoners were **Cheech Marin** and **Tommy Chong**, aka Cheech and Chong. They wanted to make a movie so badly that they were railroaded by Paramount Pictures into a terrible deal for six low-budget films they had to write, produce, direct and star in.
In their current documentary "Cheech & Chong's Last Movie," they revealed that the film cost $2 million to make and grossed $104 million. But they were only paid a pair of lime-green shoes and $100, which eventualy turned into $25,000 for each of them on the back end. Talk about the short end of the lollipop!
"Up in Smoke" was followed by "Cheech and Chong's Next Movie" (1980), "Nice Dreams" (1981), "Things Are Tough All Over" (1982), "Still Smokin" (1983), and "Cheech & Chong's The Corsican Brothers" (1984). They were so naive that you



Depositphotos

Don Johnson ("Miami Vice")

might say their profits went — what else? — "Up in Smoke!"

HOLLYWOOD — **Ryan Gosling** is joining forces with "Deadpool & Wolverine" director **Shawn Levy** for "Star Wars: Starfighter," which goes into production this fall for a May 2027 release. Gosling needs a hit after "The Fall Guy," which only made $181 million and cost $150 million to make. Then he followed it with "The Actor," for which he served as executive producer after dropping out of the leading role. Despite receiving 62 favorable reviews from 100 critics, it only managed $42,753 in grosses. His next film is Amazon MGM Studios' "Project Hail Mary," which is due on March 20, 2026.

***

Five-time Oscar winning director **Francis Ford Coppola** has directed 23 films, including 1972's "The Godfather" (considered by many as one of the best films ever made), "The Godfather: Part II" (1974), and "The Godfather: Part III" (1990). The trilogy amassed about $500 million. However, his latest effort, **"Megalopolis,"** which he financed with his own wine-making money ($120 million), was not a box-office hit, despite half of 300 critics' reviews being favorable. It only grossed $14.3 million of its $120 million cost.
But Coppola still has reason to celebrate! On April 26, the American Film Institute bestowed on him their highest honor — their 50th anniversary Life Achievement Award, one of the greatest honors of all time. **George Lucas** and **Steven Spielberg** presented him with the award, while **Al Pacino, Robert De Niro, Harrison Ford, Morgan Freeman, Dustin Hoffman, Ron Howard, Spike Lee, Diane Lane, C. Thomas Howell**, and **Ralph Macchio**, among others, sang his praises. The airdate for the telecast will be June 17 on TNT at 10 p.m. ET, and an encore will air on July 31 on Turner Classic Movies at 8 p.m. ET.

***

The transition from **Chris Evans'** Captain America to **Anthony Mackie's** Captain America wasn't a smooth one. Evans' "Captain America: Civil War" (2016) grossed $1.155 billion, while Mackie's "Captain America: Brave New World" only managed to gross $415 million.
Understandably, Marvel doesn't want to take chances with "Thor 5" and are taking great care with crafting the screenplay. Previous "Thor" director **Taika Waititi** is not returning, and **Chris Hemsworth** has let it be known that he hopes future installments of "Thor" are drastically different in tone, which could lead to Marvel closing the book on Thor. After all, Hemsworth, at 41, may feel like he's getting too old to swing that mighty hammer around.
Hemsworth's next film is "Stunt-nuts: The Movie," co-starring Oscar winner **Sam Rockwell**. Meanwhile, his shooting schedule for "Avengers: Doomsday" falls between April and August in England. He's also working for Amazon MGM Studios in the film adaption of the novella "Crime 101" by **Don Winslow**. It also boasts **Mark Ruffalo, Barry Keoghan, Halle Berry** and **Nick Nolte** for a 2026 release.
You can be sure Hemsworth will be playing Thor as long as audiences want him. Whatever their creative differences, they'll hammer it out; no one is showing Thor the door!



Depositphotos

Ryan Gosling (Upcoming in "Project Hail Mary")

celebrity extra

by Dana Jackson

Q: What ever happened to actor Shia LaBeouf? I remember hearing bad things about him. Was he canceled? — D.E.

A: While Shia LaBeouf's film career isn't what it used to be with blockbuster hits like "Transformers," he's still getting acting gigs. In 2024, he actually co-starred in a movie starring Adam Driver ("Ferrari") and directed by Francis Ford Coppola ("The Godfather") titled "Megalopolis," but it was no blockbuster, having grossed only $12.5 million worldwide.
Coppola and LaBeouf also butted heads while filming, with Coppola later saying that "[Shia is] so talented, but he's had a string of problems. And on set, he does create tremendous conflict. His method was so infuriating and illogical; it had me pulling my hair out."
LaBeouf was also fired from the film "Don't Worry Darling," but despite all the bad press, he does have one upcoming project called "God of the Rodeo." It's based on the true story about inmates in the 1960s who participated in a prison rodeo.

***

Q: When is "Resident Alien" coming back? I know it was renewed, but is there a premiere date? — K.S.

A: Mark June 6 on your calendar because this is when your favorite alien played by Alan Tudyk returns for an all-new season! Based on the comics from Dark Horse, the series was originally going to move to the USA Network, but SyFy decided to renew it as well. "Resident Alien" was originally facing cancellation on the network due to budget concerns, but I'm guessing that the show increased in popularity after season three recently aired on Netflix.
According to Deadline, the USA/SyFy simulcast model was previously used for the series "Chucky." "Resident Alien" is the only scripted series on USA at the moment, whereas it's one of four scripted shows on SyFy. All the core cast members from the prior seasons are returning to "Resident Alien," along with two new additions: Jewel Staite ("Firefly") and Stephen Root ("Barry").

***

Q: Is there going to be another season of "Fargo"? I always look forward to hearing which time period the new season will take place in and who will star in it. — A.D.

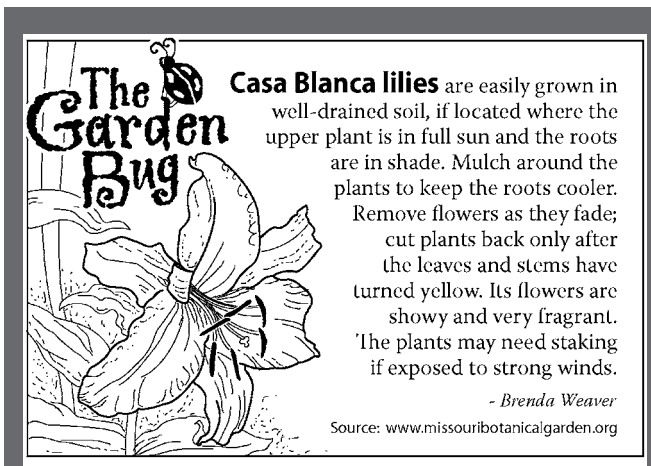


Depositphotos

Shia LaBeouf (Upcoming in "God of the Rodeo")

A: Inspired by the Coen Brothers' film of the same name, Noah Hawley created the anthology series "Fargo," which has won a total of seven Emmys over five seasons. The most recent season with Jon Hamm and Juno Temple ended in January 2024, but there doesn't appear to be another one on the horizon.
Hawley has a new upcoming series on the same network, FX, that is also based on a film. "Alien: Earth" will serve as a prequel to the 1979 sci-fi film "Alien" and will star Timothy Olyphant ("Justified"), Sydney Chandler ("Don't Worry Darling"), and David Rysdahl (season nine of "Fargo").
Hawley also has a feature film in the works called "Nowhere Fast," which sounds more like "Fargo." He wrote the original screenplay and will also direct Chris Pine in the film. It's about a smalltown criminal in Texas who inadvertently kills his boss' nephew.

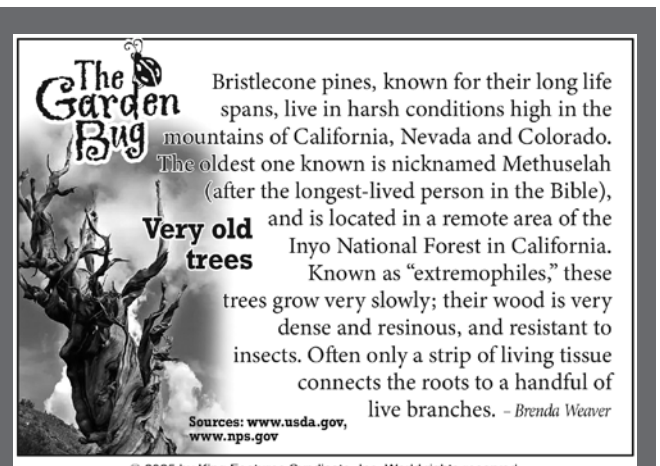
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Tackle Your Family's Hunger with a *Touch of Heat*

FAMILY FEATURES

It's easy to get into a recipe rut when every day feels the same – work, kids' activities, social events and bedtime routines make it tough to experiment in the kitchen. If your family's meals are growing boring, all you need is a touch of heat to bring new life to the menu.

Add a delicious blend of savory, sweet and a hint of spice to mealtime with Minute Hot Honey Chicken Seasoned Rice Cups, which are ready to serve fast for busy families. Packed with flavor, they complement main courses, snacks and sides without the hassle.

With just the right balance of heat and honey, they add delicious sizzle and mouthwatering flavor to recipes like Hot Honey Chicken Meatball Subs. Perfectly toasted hoagie rolls are packed with spicy, sweet chicken meatballs and smothered in melted provolone for a tough-to-top taste. Ready in 35 minutes, the subs offer a blend of convenience and gourmet flavor, making this meal an unbeatable choice at dinner time.

Sandwiches deliver an easy way to make mealtime customizable so all your loved ones are satisfied. Try topping your subs with coleslaw for a crunchy, creamy texture or pickled vegetables for an added touch of tanginess to complement the sweet, rich meatballs. For fans of spice, turn up the heat with extra hot sauce.

Solve afternoon hunger pangs with these Hot Honey Chicken Rice Crackers and Ranch Dip, loaded with the sweet heat of hot honey chicken and baked to crispy perfection. This inventive snack is uniquely crunchy and flavorful, blending fiery sweetness with savory chicken flavor as a convenient way to shake up snack time.

For the adventurous types, these homemade crackers pair with more than just ranch. Engage your taste buds further with these suggestions:

- Spicy cheese dip: Add a little extra kick with cheese dip that's spiced up with jalapenos or chili flakes.
- Cucumber dill yogurt: A perfect match for the sweet heat of hot honey chicken with its refreshing, cooling effect.
- Barbecue sauce: Smoky and slightly sweet, it pairs well with the honey in the crackers.
- Garlic aioli: Rich and garlicky, this dip brings a robust flavor contrast to the table.

Discover more ways to shake up mealtimes by visiting MinuteRice.com.



Hot Honey Chicken Rice Crackers and Ranch Dip

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 2

1 Minute Hot Honey Chicken Seasoned Rice Cup
1 cup sour cream
1/2 packet ranch dip seasoning

Preheat oven to 400 F. Heat rice according to package directions.

Lay rice on parchment paper. Place another sheet of parchment paper on top. Use rolling pin to roll out rice into thin layer.

Bake 20 minutes.

In medium bowl, mix sour cream and ranch seasoning.

Once crackers are cooked, cut into squares while still hot. Allow to cool.

Serve crackers with ranch dip.

Tip: Ranch dip can be substituted with hummus or any flavored dip.



Hot Honey Chicken Meatball Subs

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 4

1 Minute Hot Honey Chicken Seasoned Rice Cup
1 pound ground chicken
1 teaspoon salt
1 teaspoon cayenne pepper (optional)
1/4 cup breadcrumbs
4 hoagie rolls
2 tablespoons butter
4 slices provolone cheese
garlic sauce, for garnish

Preheat oven to 375 F. Heat rice according to package directions.

In large bowl, mix rice; chicken; salt; cayenne, if desired; and breadcrumbs.

Use cookie scoop or hand roll chicken mixture into balls. Place on aluminum foil-lined sheet tray, leaving small space between each ball. Bake 25 minutes, flipping meatballs halfway through.

Slice hoagies in half, lengthwise. Remove some bread from middle to make room for meatballs. Butter inside of each hoagie and place on sheet tray.

Once meatballs are cooked through, turn broiler on high and place buttered hoagies in oven. Cook 1 minute, or until butter is melted and hoagie has browned.

Remove hoagies from oven, place 3-4 meatballs inside (depending on size) and cover with slice of cheese. Broil on high 30 seconds to melt cheese.

Drizzle garlic sauce on top.

Tip: Garlic sauce can be substituted with topping of choice.

Simple Summer SNACKS

Sweet, easy recipes to solve warm-weather hunger

FAMILY FEATURES

From lazy days by the pool to weekend road trips and everything in between, summer is packed with adventures. To keep your energy high for all those warm-weather activities, you'll need to keep sweet, delicious snacks on the family menu.

Make sure versatile, flavorful watermelon is always on your grocery list so you can enjoy it for breakfast, lunch, snacks, desserts, drinks and beyond. It easily fits your existing routines for morning smoothies and snacking on the go, or in make-ahead dishes you can serve when hunger strikes.

It's easy to cool off quickly on hot summer days with Watermelon Ice Pops, a simple, kid-friendly favorite made with watermelon and chunks of fresh fruit. Bursting with flavor, these frozen treats make snack time a cinch while tackling cravings, boosting hydration and supporting wellness in place of added-sugar treats.

For a light afternoon bite before the dinner bell rings, try this Watermelon Salad with Feta and Mint that offers sweet summer flavor without the hassle. Pairing long-time favorites in feta cheese and mint, it's a classic for a reason with delicious watermelon adding nutritional content.

Of course, as a kitchen staple to keep on hand throughout the year, watermelon is also perfect for enjoying all on its own at home or on the go. Whether it's diced, sliced, balled or blended, you can toss it in a jar for a healthy, hydrating snack.

Cutting watermelon into convenient chunks is fast and easy so you can eat at home or toss in a to-go container to take to the office, beach or soccer practice. Just cut a grid pattern on the fruit and cubes will tumble out, ready to eat. Don't forget to wash and dry the rind on the watermelon before cutting.

1. Cut the whole watermelon lengthwise into quarters. Lay each quarter on its rind with the interior facing up.
2. Place the knife about 3/4 inch down from the peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at the edge of the rind, cut a horizontal line across the fruit all the way down to the rind.
3. Place the knife blade about 3/4 inch lower and make the same cut. Repeat. Turn the fruit to the other side and make the same horizontal cuts.
4. Starting at the end of the rind, make vertical cuts straight down the rind, 3/4 inch apart all the way across.
5. Remove the cubes and serve or store in an airtight container in the refrigerator.

To find more ways to serve watermelon this summer and all year long, visit Watermelon.org.



Watermelon Salad with Feta and Mint

Recipe courtesy of National Watermelon Promotion Board

1/4 cup lemon vinaigrette
4 cups cubed watermelon
1/2 English cucumber, cut into 1/4-inch half moons
1/2 small red onion, thinly sliced
1/4 cup crumbled feta cheese
2 tablespoons fresh mint, roughly chopped

Drizzle vinaigrette in bottom of large canning jar. Layer with watermelon, cucumber, red onion, feta and mint.

Cover tightly with lid and shake to combine. Keep refrigerated until ready to serve.

Substitution: Use Greek dressing in place of lemon vinaigrette.



Watermelon Ice Pops

Recipe courtesy of National Watermelon Promotion Board

1 watermelon chunks of fresh fruit (such as grapes, strawberries or kiwi)

Puree watermelon and pour into ice pop molds.

Drop in chunks of fresh fruit, insert caps and place in freezer.

Serve when frozen.

Good Housekeeping

Root Beer Float

This wonderful combination goes back to Great-Grandma's day. In the 1960s, root beer floats were served in big mugs at A&W drive-ins by carhops and waitresses on roller skates.

- *4 scoops vanilla ice cream*
- *1 can (12-ounce) root beer, chilled*

1. In blender, combine 2 scoops ice cream and 3/4 cup root beer and blend until mixture is smooth. Pour into 2 tall glasses.
2. Add a scoop of ice cream to each glass and fill with remaining root beer.

• Each serving: About 226 calories, 10g total fat (6g saturated), 35mg cholesterol, 54mg sodium, 34g total carbohydrate, 0g dietary fiber, 2g protein.

Good Housekeeping

BLT Burgers

An American classic.

- *1/4 cup ketchup*
- *1/4 cup light mayonnaise*
- *1 tablespoon yellow mustard*
- *1¼ pounds ground beef chuck*
- *8 slices bacon*
- *4 sesame-seed buns, split and toasted*
- *Sliced sweet onion, tomato and romaine lettuce leaves*

1. Prepare outdoor grill for direct grilling over medium heat.
2. In bowl, stir ketchup, mayonnaise and mustard until blended. Set sauce aside. Makes about 1/2 cup.
3. Shape ground beef into four 3/4-inch-thick burgers. Wrap each burger with 2 strips bacon, perpendicular to each other.
4. Place burgers on hot grill rack; cook 10 to 12 minutes for medium or until desired doneness, turning over once.
5. During last 2 minutes of cooking burgers, place rolls, cut sides down, on grill rack and heat until lightly toasted. Serve burgers on rolls with onion, tomato, lettuce and ketchup sauce. Makes 4 main-dish servings.

• Each serving: About 575 calories, 36g total fat (12g saturated), 111mg cholesterol, 870mg sodium, 27g total carbohydrate, 2g dietary fiber, 34g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

American Cheese Meatloaf

Here is a wonderful new version of one of our favorite comfort foods to try. We predict that it will become a favorite in your family too.

- *16 ounces extra-lean ground turkey or beef*
- *1 cup plus 1 tablespoon dried fine breadcrumbs*
- *1 cup finely chopped onion*
- *1/4 cup finely chopped green bell pepper*
- *1 (10 3/4-ounce) can reduced-fat tomato soup*
- *1 teaspoon prepared yellow mustard*
- *1 teaspoon dried parsley flakes*
- *1/8 teaspoon black pepper*
- *3 (3/4-ounce) slices reduced-fat American cheese*

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.
2. In a large bowl, combine meat, breadcrumbs, onion, green pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.
3. Stir mustard, parsley flakes and black pepper into remaining tomato soup. Spread soup mixture evenly over partially baked meatloaf. Evenly arrange cheese slices over top. Bake for an additional 15 minutes or until meatloaf is cooked through and cheese is melted.
4. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 servings. Freezes well.

• Each serving equals: 200 calories, 8g fat, 17g protein, 15g carb., 484mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

Good Housekeeping

Hero Pizza

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

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

1. Heat oven to 450 F. Grease 15 1/2-inch by 10 1/2-inch jellyroll pan with 1 tablespoon olive oil.
2. In 12-inch nonstick skillet, heat remaining 1 teaspoon oil on medium for 1 minute. Add sausage; cook 6 to 8 minutes or until cooked through, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to bowl.
3. To drippings in skillet, add peppers and cook, covered, on medium 3 to 4 minutes or until tender, stirring occasionally. Add mushrooms and cook, uncovered, 6 to 8 minutes longer, stirring occasionally. Return sausage to skillet; stir in 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Remove skillet from heat.
4. With fingers, pat dough onto bottom and up sides of prepared pan. Spread marinara sauce on dough; top with sausage mixture, mozzarella and Parmesan. Place pan on rack in lower third of oven. Bake pizza 20 to 22 minutes or until topping is hot and bubbly, and crust is browned. Serves 4.

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

Good Housekeeping

German Potato-Salad Packet

Grill spuds with bacon pieces, then toss with a cider-vinegar dressing.

- *2½ pounds (medium) red potatoes, cut into 1-inch chunks*
- *2 slices bacon, uncooked, chopped*
- *1/2 teaspoon salt*
- *1/4 teaspoon coarsely ground black pepper*
- *2 green onions, chopped*
- *3 tablespoons cider vinegar*
- *2 teaspoons sugar*

1. In large bowl, toss potatoes with bacon, salt and pepper until potatoes are evenly coated.
2. Wrap potato mixture in foil packet. Fold 30- by 18-inch sheet of heavy-duty foil crosswise in half. Place potato mixture on double thickness of foil and bring long sides of foil up and fold several times to seal well. Fold over ends to seal in juices.
3. Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over once halfway through grilling.
4. Remove packet from grill. Carefully open packet; add green onions, vinegar and sugar to potato mixture, tossing gently to combine. Serves 8.

• Each serving: About 140 calories, 3g total fat (1g saturated), 4mg cholesterol, 180mg sodium, 25g total carbohydrate, 2g dietary fiber, 4g protein.

Good Housekeeping

Corkscrews With Spring Veggies

Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!

- *1 bunch (about 1 pound) lee*
- *1 package (16 ounce) cork screw or bow-tie pasta*
- *1 tablespoon margarine or bu*
- *1 pound asparagus, trimmed and cut diagonally into 2-inch pieces*
- *1 package (4 ounces) soft goat cheese, cut into small pieces*

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.
2. In large saucepot, prepare pasta in boiling salted water as label directs.
3. Meanwhile, in nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.
4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.

• Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

Good Housekeeping

Sweet Pea Risotto

Full of spring's finest greens, this creamy dish will please vegetarians and carnivores alike.

- *4 ounces Parmesan cheese, with rind*
- *2 cup pea pods (peas removed) or 1 cup frozen peas*
- *1 pound peas, thawed if frozen*
- *4 tablespoons unsalted butter, divided*
- *1 medium shallot, sliced*
- *Kosher salt and pepper*
- *1 cup Arborio rice*
- *1/2 cup dry white wine*
- *1 lemon*
- *1 cup pea shoots*
- *1 tablespoon olive oil*

1. Grate Parmesan into small bowl and set aside; transfer rind to small pot. Add pea pods (or 1 cup frozen peas) and 5 cups water; bring to a boil, then simmer 10 minutes. Strain, discard solids and return pea stock to pot; keep warm on low. In blender, puree 1 cup each peas and pea stock until smooth.
2. Melt 2 tablespoons butter in large saucepan on medium. Add shallot and 1/4 teaspoon salt and cook until tender, about 2 minutes.
3. Add rice and cook, stirring to coat and toast, about 5 minutes. Add wine and simmer until nearly evaporated, 2 to 3 minutes.
4. Add stock, 3/4 cup at a time, stirring often until nearly absorbed before adding more. Stir in pea puree and simmer until rice is nearly tender, about 5 minutes. Stir in remaining peas.
5. Remove risotto from heat. Finely grate zest of lemon and squeeze juice from 1 lemon half into risotto, then stir in grated Parmesan and remaining 2 tablespoons butter.
6. Squeeze juice of remaining lemon half into bowl; toss with pea shoots, olive oil, and salt and pepper to taste. Serve over risotto. Serves 4.

• Each serving: About 520 calories, 23g fat (11.5g saturated), 18g protein, 695mg sodium, 62g carb, 9g fiber.

Good Housekeeping

Strawberry Creams

This pretty pink dessert works well as a celebratory sweet for the non-chocoholic in your life.

- *1 envelope unflavored gelatin*
- *1/2 cup water*
- *1 lime*
- *1 pound strawberries*
- *1 cup strawberries, for garnish*
- *1/2 cup sugar*
- *1 cup strawberries, for garnish*
- *1/2 cup sugar*
- *1 tablespoon sugar, for garnish*
- *1/3 cup heavy or whipping cream*
- *6 round sugar or shortbread cookies (about 3-inch diameter)*
- *Whipped cream (optional)*

1. In 1-quart saucepan, sprinkle gelatin evenly over 1/4 cup cold water to soften gelatin slightly. Set aside.
2. From lime, grate 1/2 teaspoon peel and squeeze 1 tablespoon juice. Coarsely chop 1 pound of strawberries.
3. In blender, combine chopped strawberries, lime peel and juice, 1/2 cup sugar and remaining 1/4 cup water; blend until pureed. Transfer strawberry mixture to medium bowl. Place bowl in larger bowl of ice water.
4. Heat gelatin mixture over low heat about 5 minutes or until gelatin is completely dissolved, stirring frequently. Stir gelatin mixture into strawberry mixture.

berry mixture frequently just until it begins to mound, about 20 minutes. Remove bowl from ice bath.

6. In small bowl, with mixer at medium speed, beat heavy cream until stiff peaks form; fold into strawberry mixture with rubber spatula until blended.
7. Spoon strawberry mixture into six 6-ounce ramekins; top each with cookie. Place ramekins on tray for easier handling; cover and refrigerate until set, at least 6 hours or overnight.
8. For garnish, about 15 minutes before serving, cut each strawberry, from 1 cup strawberries, into quarters. Place in bowl with 1 tablespoon sugar and toss well. Set aside.
9. Meanwhile, to unmold creams: Run tip of knife around inside of ramekin. Tap side sharply with hand to break seal; invert cream onto dessert plate. Garnish with strawberries with their juice. Serve with whipped cream, if you like. Serves 6.

• Each serving: About 230 calories, 9g total fat (4g saturated), 18mg cholesterol, 55mg sodium, 35g total carbohydrate, 3g dietary fiber, 3g protein.



Crime

Shooting on the 3600 block of North Sheffield Avenue.

Shooting on East 99th Street and South Crilly Drive.

Shooting on the 1500 block of West Division Street.

Robbery on the 2900 block of North Sheridan Road.

Theft on the 1799 block of West Melrose Street.

Burglary on the 1800 block of North Fremont Street.

Theft on the 5500 block of North Kenmore Avenue.

Assault on the 2700 block of North Seminary Avenue.

Assault on the 1100 block of North Lake Shore Drive.

Robbery on the 3200 block of North Ashland Avenue.

Assault on the 5600 block of Clark Street.

Theft on the2700 block of North Clybourn Avenue.

Theft on the 1600 block of West North Avenue.

Theft on the 1100 block of West Newport Avenue.

Theft on the 400 block of West Dickens Avenue.

Assault on the 5000 block of North Winthrop Avenue.

Assault on the 3600 block of North Pine Grove Avenue.

Burglary on the 2100 block of West Moffat Avenue.

Theft on the 5100 block of North Damen Avenue.

Theft on the 1500 block of North Wells Street..

Assault on the 1000 block of West Leland Avenue.

Theft on the 4100 block of North Marine Drive.

Shooting on the 3600 block of North Sheffield Avenue.

Shooting on the 5899 block of North California Avenue.

Theft on the 1700 block of West Meslrose Street.

Robbery on the 2900 block of North Sheridan Road.

Vandalism on the 4700 block of North Kedzie Avenue.

Arrest on the 2600 block of North Pulaski Avenue.

Vandalism on the 4100 block of North Whipple Street.

Theft on the 1000 block of North Leavitt Street.

Theft on the 1400 block of North Weshtenaw Avenue.

Assault on the 5000 block of North Winthrup Avenue.

Theft on the 500 block of West Lawrence Drive.

Vandalsim on the 1800 block of north Saint Louis Avenue.

SEX OFFENDERS
IN YOUR NEIGHBORHOOD

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

Male black 5'1" 170 lb. 600 block of W.Barry Ave. 28 years old
Male black 5'1" 170 lb. 500 block W,Briar Pl, 44 years old
Male white 5'1" 175 lb. 1100 block W.Cornelia Ave. 63 years old
Male white 5"1" 180 lb.1100 block W.Wellington 38 years old
Male black 6' 185 lb. 400 block of W. Oakdale 35 years old
Male white 6' 220 lb. 3500 block of N.Racine 26 years old
White male 6' 220 lb. 500 block Briar Pl. 55 years old
Male Black 6' 195 lb. 400 block W. Wellington 63 years old
Male Asian Pacific Islander 6' 220 lb. 400 block W. Belmont 33 years old
Male white 6' 180 lb. 1900 block W. Barry 78 years old
Male black 5' 180 lb. 400 block W, Barry 41 years old
Male black 5'6" 176 lb. 400 block W. Barry 50 years old
Male white 6' 140 lb. No address 55 years old
Male white 5' 160 lb. 500 block of W.Briar Pl. 63 years old
Male bvlack 5' 140 lb. 700 block W. Cornelia 44 years old
Male white 5' 200 lb.800 block W. Bradley Pl. 66 years old
Male white 6' 160 lb. 4300 block N. Broadway 29 years old
Male black 5' 150 lb. No address 61 years old
Male black 5' 172 lb. 1800 block W. Patterson 33 years old
Male unknown race 5' 165 lb.3600 Lake Shore Drive 61 years old
Male black 5' 180 lb. 4100 block of N, Ashland 33 years old
Male white 6' 222lb. 800 block W. Addison 58 years old.
Male white 6' 230 lb. 900 block W, Cuyler Ave. 30 years old
Male white 5' 145 lb. 4300 block N. Kenmore 29 years old
Male black 5'1" 245 lb. Homeless 55 years old

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Key aspects of Chicago's crime situation:

Violent crime – Chicago has historically had a high rate of violent crime, inclding homicides and non-fatal shootings. Homicides have decreased but they are still higher than a decade ago.

Property crime - Thefts and burglaries are a concern with vehicle theft being particularly high.

Gun violence - High number of gun violence victims is a major problem in Chicago.

Concentration of crime -Violent crime is not evenly distributed throughout the city; it it heavily concentrated in certain neighborhoods.

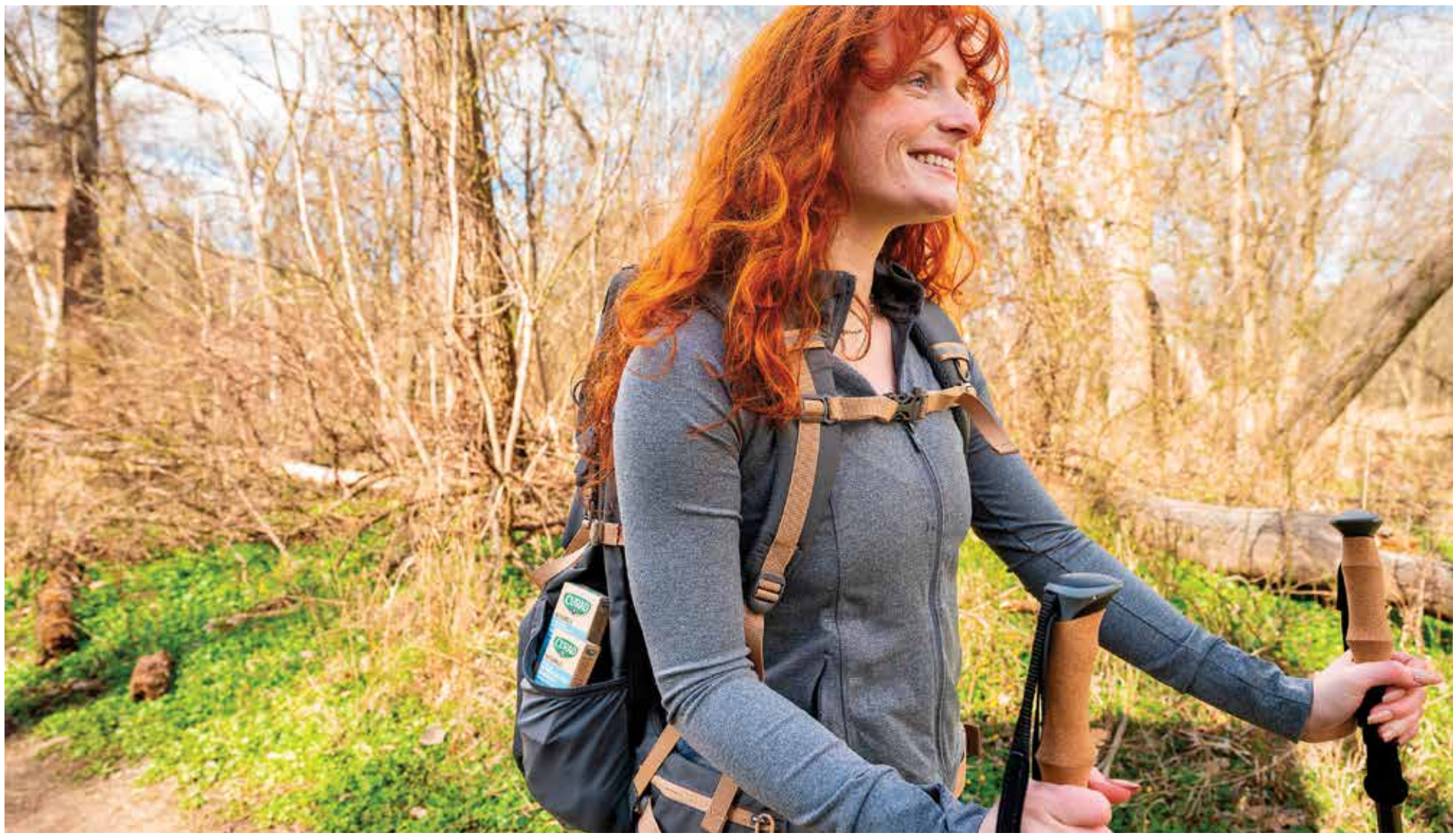
Impact on residents – The high crime rates affect certain communities, particularly black residents.

Arrest rates- Arrest rates for violent crimes have been declining, which may impact how effectively the city can address crime.

Property crime increases – While homicides have decreased, property crimes have increased in recent years.

Chicago's crime rate is high compared to many other cities in the United States, particularly in terms of violent crime. While there have been recent declines in certaiin crime categories, like homicides, significnt challenges remain.





Safe Summer Fun in the Sun

FAMILY FEATURES

Summer is the season of sun-kissed memories – backyard barbecues, sandy beaches, bike rides and late-night stargazing. However, the warmer months bring unique safety challenges that can catch active families off guard if they're not prepared.

From sunburns to scraped knees and dehydration to bug bites, summer's surprises don't have to slow you down. With a few simple precautions and the right tools on hand – like reliable first-aid essentials – you can make safety second nature and keep your focus where it belongs: on making the most of every sunny moment.

Here are a few smart, easy tips from the experts at CURAD to help your family stay protected from the sun, heat, water hazards and the inevitable bumps and bruises from outdoor play.

Shield Your Skin from Harmful Rays

The summer sun can be harsh, making it important to take steps to prevent sunburn, even if it's partly cloudy or overcast. If you plan to be outside for more than 15 minutes, apply a broad-spectrum sunscreen with an SPF of at least 30 before heading outdoors. Remember to reapply to all exposed skin – including overlooked spots like your ears, neck and tops of feet – every two hours, or more often if you're swimming or sweating.

Wearing protective clothing, such as wide-brimmed hats, sunglasses and light, long-sleeved shirts, can also help shield you from harmful UV rays. When possible, seek shade during peak sun hours, typically 10 a.m.-4 p.m., to minimize direct exposure.

Be Prepared for Summer Scrapes

Accidents can happen anytime, especially during active summer days. Having a well-stocked first-aid kit, including bandages, antiseptic wipes and ointments, can help you quickly address minor cuts, scrapes and blisters.

It's important to have the right bandages on hand for every situation. Bandages made with breathable and lightweight fabric and a four-sided seal are perfect for those hot summer days. While bandages infused with natural ingredients like soothing aloe vera, vitamin E and baking soda offer a fresh approach to healing.

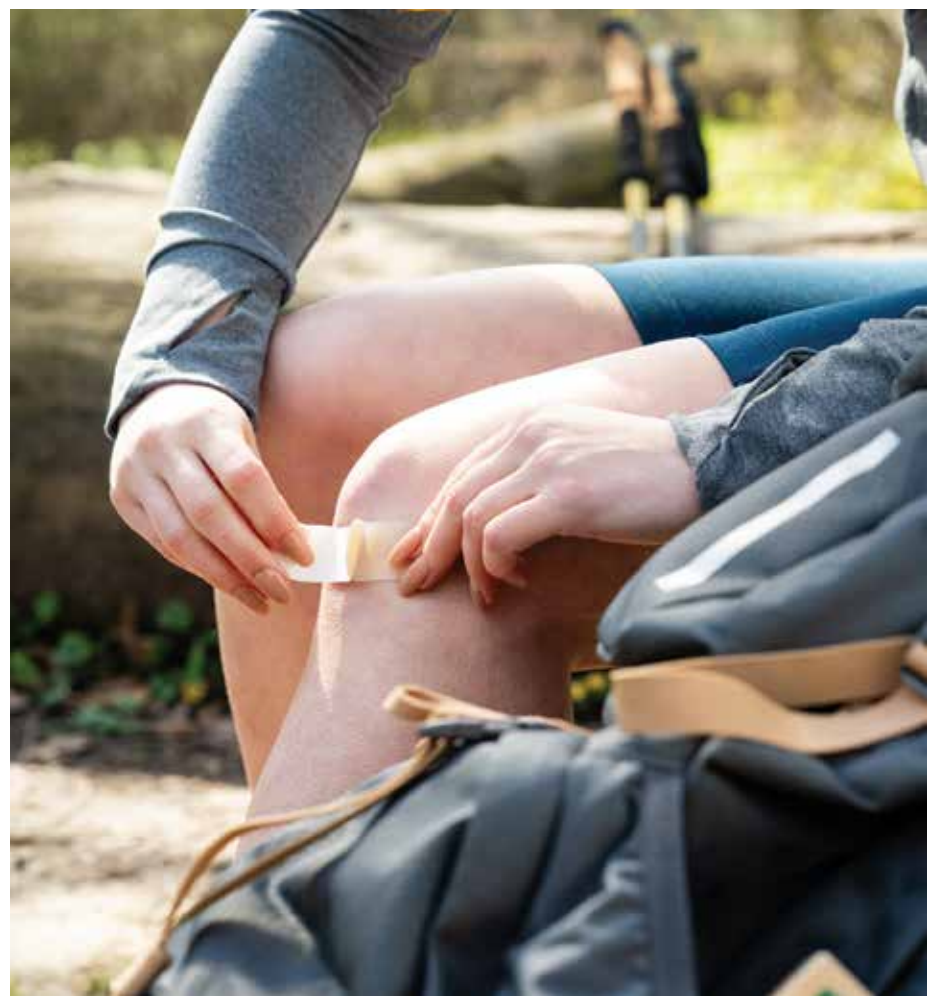
Proven to aid in faster healing, hydrocolloid bandages, like those infused with aloe vera from the CURAD Naturals line, offer waterproof protection that helps cushion and seal out dirt and germs for multiple days. By sealing in moisture, hydrocolloid bandages help promote the optimal healing environment.

Building Your Summer Scrape Kit

A summer first-aid scrape kit can be a lifesaver for those inevitable bumps, bruises and blisters. Keep your family's kit in a waterproof case and in an easily accessible place, such as your car, pool bag or home first-aid cabinet. Make sure to keep it stocked with essentials for cuts, scrapes, burns, blisters and beyond, such as:

- **Antiseptic wipes** for cleaning wounds
- **Antibiotic or antimicrobial ointment** to help prevent buildup of bacteria
- **Bandages** like CURAD Naturals Hydrocolloids with Aloe Vera to treat minor cuts, scrapes and blisters
- **Non-latex gloves** to protect hands from dirt and germs
- **Hydrocortisone cream** for bug bites and rashes
- **Sunscreen** to help prevent sunburn
- **Aloe vera gel** for sunburn relief
- **Water bottles** to stay hydrated
- **Ear drops** for preventing or treating swimmer's ear
- **Insect repellent** to help prevent bug bites
- **Tweezers** for removing splinters and pests
- **Pain-relieving medications** such as ibuprofen or acetaminophen
- **Ice packs** to help slow inflammation and reduce pain
- **Thermometer** to check temperature
- **Other medications** for allergies, nausea, congestion and more





Keep the Fluids Flowing in the Heat

During the summer months, the heat can quickly lead to dehydration, which can cause dizziness, headaches and even heat stroke. Drink plenty of water throughout the day, even if you don't feel thirsty, to stay hydrated. Aim for at least 8-10 glasses of water (8 ounces each) each day, or more if you're going to be spending an extended amount of time outdoors or engaging in physical activities like hiking, biking or playing sports.

Keeping a refillable water bottle with you can make it easier to stay hydrated on the go and replenish the water your body loses through sweat. In addition to water, consuming hydrating foods like watermelon, strawberries, cantaloupe, cucumbers and bell peppers can help maintain your fluid levels and regulate your body's temperature. Also avoid excessive consumption of caffeinated or alcoholic beverages, which can contribute to dehydration.

Keep Pesky Insects at Bay

Summer evenings are perfect for outdoor activities, but they can also attract mosquitoes, ticks and other pests. Protect yourself and your family by applying insect repellent on top of your sunscreen to all exposed skin and loose-fitting clothing. Reapply as needed, according to the instructions on the package.

Repellant fans, candles, torches and bracelets may be good alternatives to spray or roll-on insect repellants. Wearing long sleeves and pants, especially in wooded or grassy areas, can also help prevent bug bites. Remember to check for ticks after spending time outdoors and, if found, promptly remove them by using clean tweezers and pulling straight upward. Avoid twisting, squeezing or burning ticks, which can lead to the release of saliva or cause the head to break off.

Have Fun in the Water, Safely

Summer is the perfect time to hit the pool, beach or lake, but remember to prioritize safety while enjoying the water. Always swim in designated areas and never swim alone. If supervising children, ensure they are within an arm's reach and wearing properly fitting flotation devices.

Avoid alcohol when swimming or supervising swimmers, as it can impair your judgment and reaction times, and be aware of your surroundings, including weather conditions and water currents. Enrolling kids in swimming lessons can also contribute to a safer experience in the water.

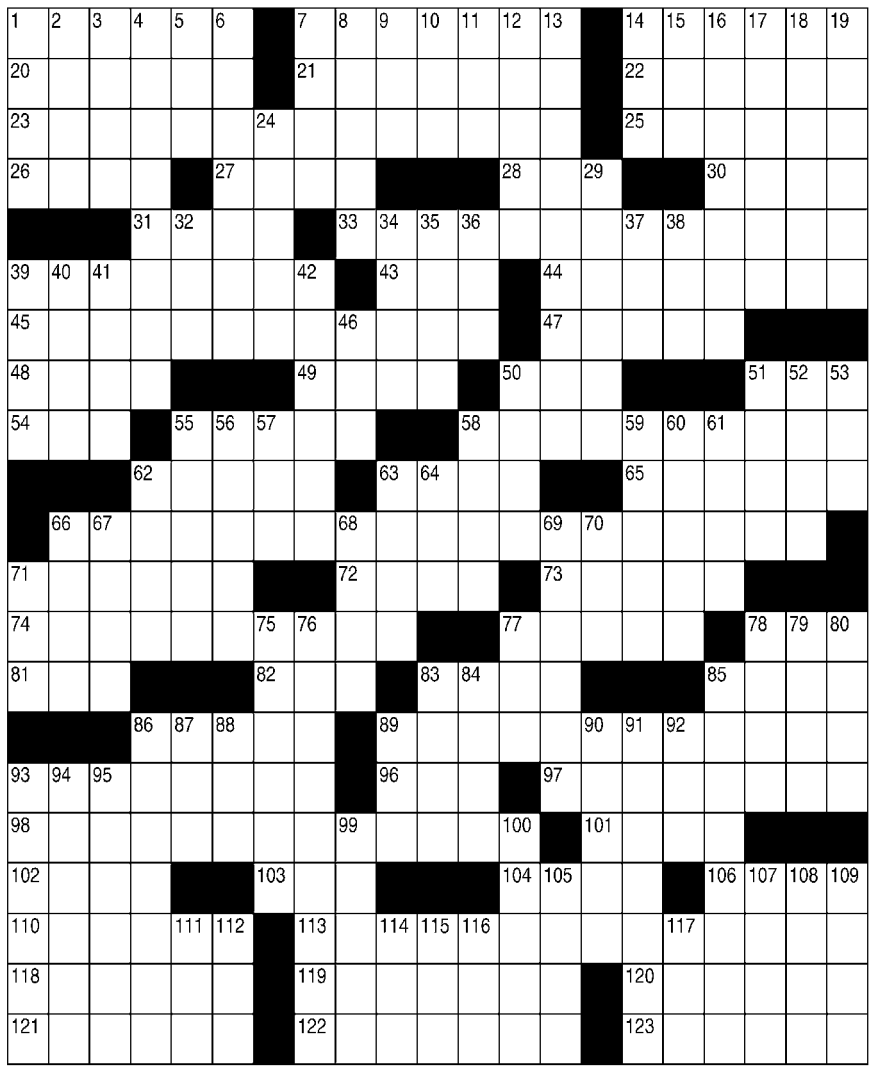
Visit Curad.com for more resources to help you safely enjoy your summer adventures.

Super Crossword

ROUGH JOURNEY AHEAD

ACROSS
1 Neighbor of Croatia
7 Pakistan's largest city
14 Rajiv or Indira
20 For only the price of production
21 Rarely used golf club
22 Aleve rival
23 Spectators' loud cheers
25 Sizable sofas
26 Angled
27 Southeast Kansas city
28 River islet
30 Beginner's painting class
31 Sousaphone, e.g.
33 Loaf flavored with a certain fragrant herb
39 Incorporates gradually
43 Hitter Griffey
44 Having a basic knowledge of arithmetic
45 "The Wild Wild West" actor
47 São — (largest of the Cape Verdes)
48 Actress Jessica
49 — parmigiana
50 Hi- — image
51 Golfer's peg
54 Vote in favor
55 Clarinetist Shaw
58 Wander
62 Temporary, as a committee
63 Creator of Oz
65 Neighbor of Croatia
66 Acquiesce, figuratively
71 Virgil epic
72 Noted Deco master
73 Paper opinion pieces
74 Many a song by Journey or Chicago
77 Eight x five
78 Knight's title
81 Suffix with journal
82 Alley- —
83 Flatware item
85 Ho-hum thing
86 Hurl
89 Site-to-site transfer of data
93 "Glass half full" attitude
96 JFK posting
97 Deprived of parental care
98 It's east of Croatan Sound
101 "The devil — the details"
102 Cure- — (panaceas)
103 Alabama-to-Illinois dir.
104 Per unit
106 Pound pen
110 Popular video-sharing service
113 Apt thing to drive on while pondering this puzzle's theme?
118 Villa
119 Fine-food fan
120 Turn to ice
121 "Get —" (John Travolta film)
122 Chooses
123 Hurled

DOWN
1 Fishhook part
2 Siouan tribe member
3 Read hastily
4 The Rhine flows into it
5 Thermal or lateral lead-in
6 Initially
7 Germany's Helmut
8 Lend — (pay attention)
9 — center (community facility)
10 Make public
11 — -Magnon
12 "— I supposed to know?"
13 Darjeeling or pekoe
14 Gallivant
15 Darth Vader, in boyhood
16 CNN political commentator Ana
17 U.S. capital's vicinity
18 Allude to
19 Not alfresco
24 Drink mixer
29 Fact
32 Atop, to poets
34 Gumbo vegetable
35 Fasten shut
36 Terminus
37 Vocalist Sumac
38 Ask earnestly
39 Ask earnestly
40 Golf target
41 "SOS" band
42 Tyro
46 Born, on a society page
50 Lively frolic
51 Sousaphone, e.g.
52 Oklahoma city
53 Self-help writer LeShan
55 Go off script
56 Old Valerie Harper role
57 "Mazel —!"
58 Ill-mannered
59 Up until now
60 "I Am Woman" singer Helen
61 Mined metals
62 Supermodel Wek
63 Minstrel poet
64 Social insect
66 Some antique autos
67 In time past
68 Gather in
69 Depend on
70 Mo. in spring
71 Exist
75 Unlace, e.g.
76 Having vulgar interests
77 To and —
78 Imminently
79 "Dies —" (hymn)
80 Comic Foxx
83 Salty Greek cheese
84 Neighbor of Yemen
85 Boils a little
86 Wild West sheriff's badge
87 Med. plan
88 Comic actor Mayall
89 Minister's study: Abbr.
90 "Love Story" novelist Segal
91 Switch to second gear, maybe
92 Chi preceder
93 Speechifies
94 Buff up
95 Chat with
99 Steal
100 John of lawn tractors
105 Fruit drinks
107 Wows
108 Stare
109 Stared at
111 Ex-Giant Mel
112 Lock go-with
114 Crooner Damone
115 Here, in Arles
116 Fizzling thing
117 Miracle- —



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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **F** equals **B**

SLWY IXCYS AT L BYKKQJTSY

UYOCXBY BTOQTOLAXTS

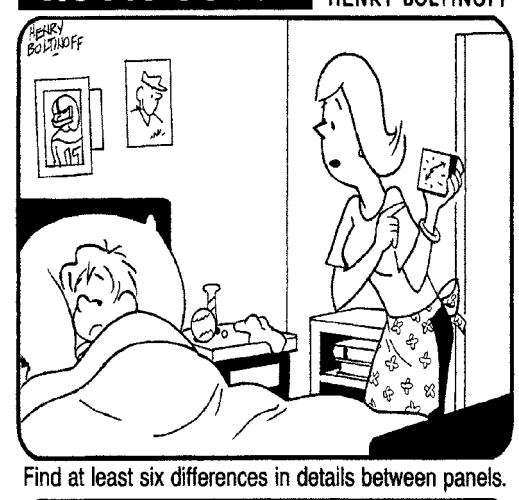
KTBLAYG XS FXOWXSIJLW'U

UALAY: WTFXKY LKLFLWL.

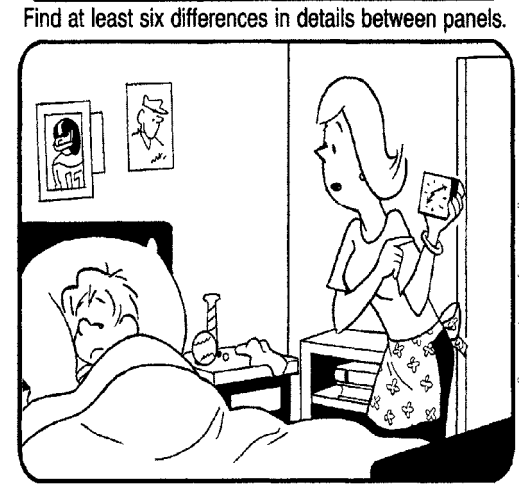
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

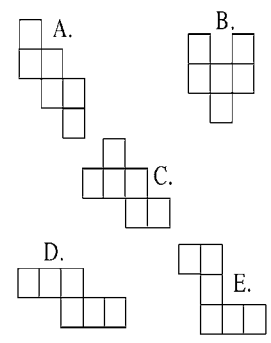


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STICKELERS [sic].

by Terry Stickels

Which two figures below cannot be folded into cubes?



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Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Unravel a mystery	__ O __ __ __	Soothing lotion	__ A __ __ __
2. Irritate	__ E __ __ __ __	Movie ad on paper	__ O __ __ __ __
3. Footpath	__ __ __ __ K	Just a smidgeon	__ __ __ __ E
4. Nirvana	__ __ I __ __	Consecrate	__ __ E __ __
5. Beach season	__ U __ __ __ __	Cook slowly	__ I __ __ __ __
6. Gulch	__ __ __ __ __ E	Uncontrollable	__ __ __ __ __ G
7. Rudimentary	__ __ __ __ C	Sink	__ __ __ __ N
8. Makeup table	V __ __ __ __ __	Mental well-being	S __ __ __ __ __
9. Almost	__ __ __ __ L __	Very close	__ __ __ __ B __
10. Jump-start	__ __ O __ __	Blow your own horn	__ __ A __ __

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CryptoQuip answer

Name given to a cellphone service corporation located in Birmingham's state: Mobile Alabama.

Stickelers Answer

Figures B and E cannot be folded into cubes.

Even Exchange answers

1. Solve, Salve
2. Pester, Poster
3. Track, Trace
4. Bliss, Bless
5. Summer, Simmer
6. Ravine, Raving
7. Basic, Basin
8. Vanity, Sanity
9. Nearly, Nearby
10. Boost, Boast

Super Crossword Answers

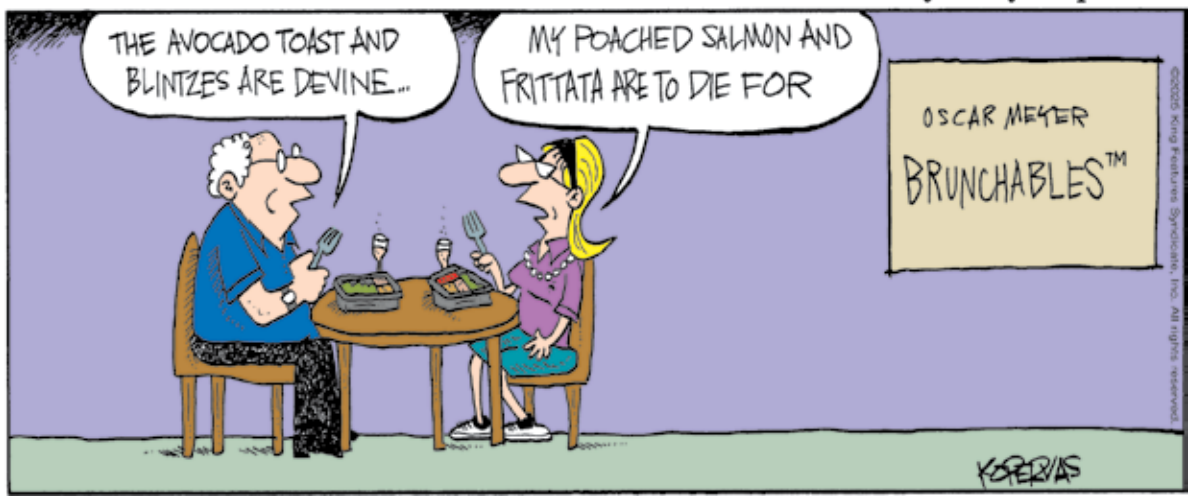


Differences: 1. Apron is shorter. 2. Bat is longer. 3. Bookcase is wider. 4. Picture is different. 5. Hand is moved. 6. Bracelet is moved.

Comics

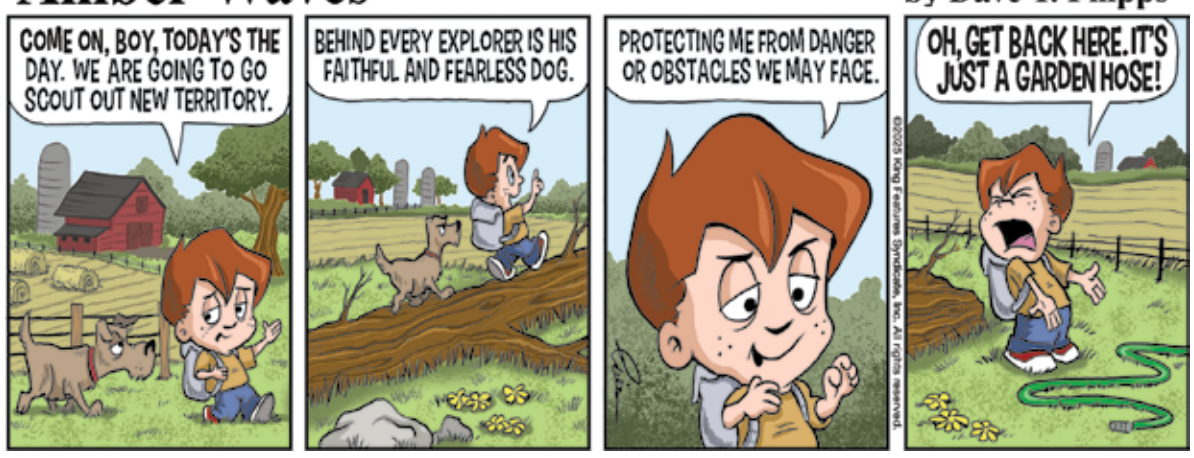
Out on a Limb

by Gary Kopervas



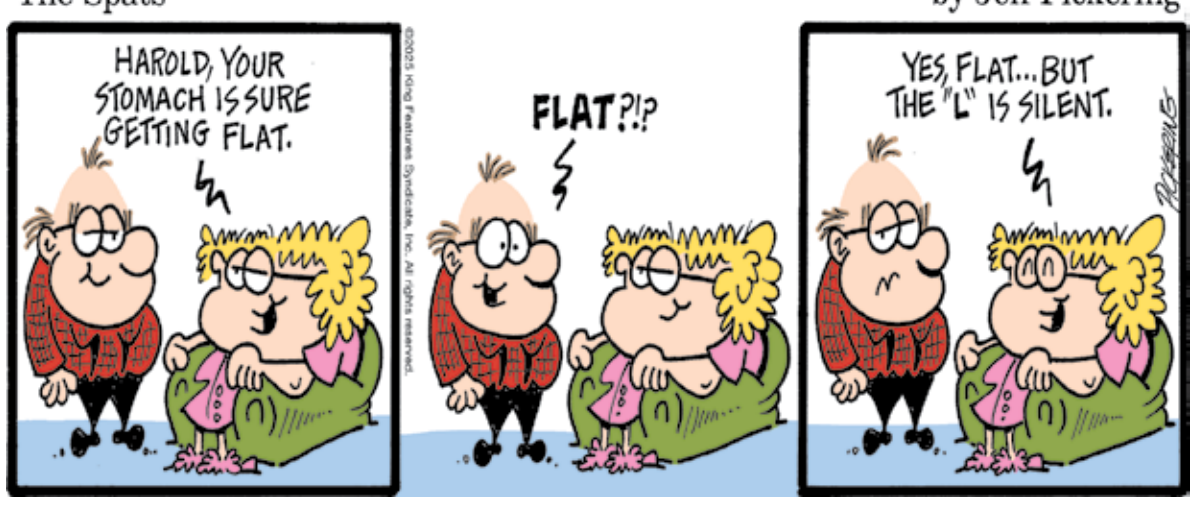
Amber Waves

by Dave T. Phipps



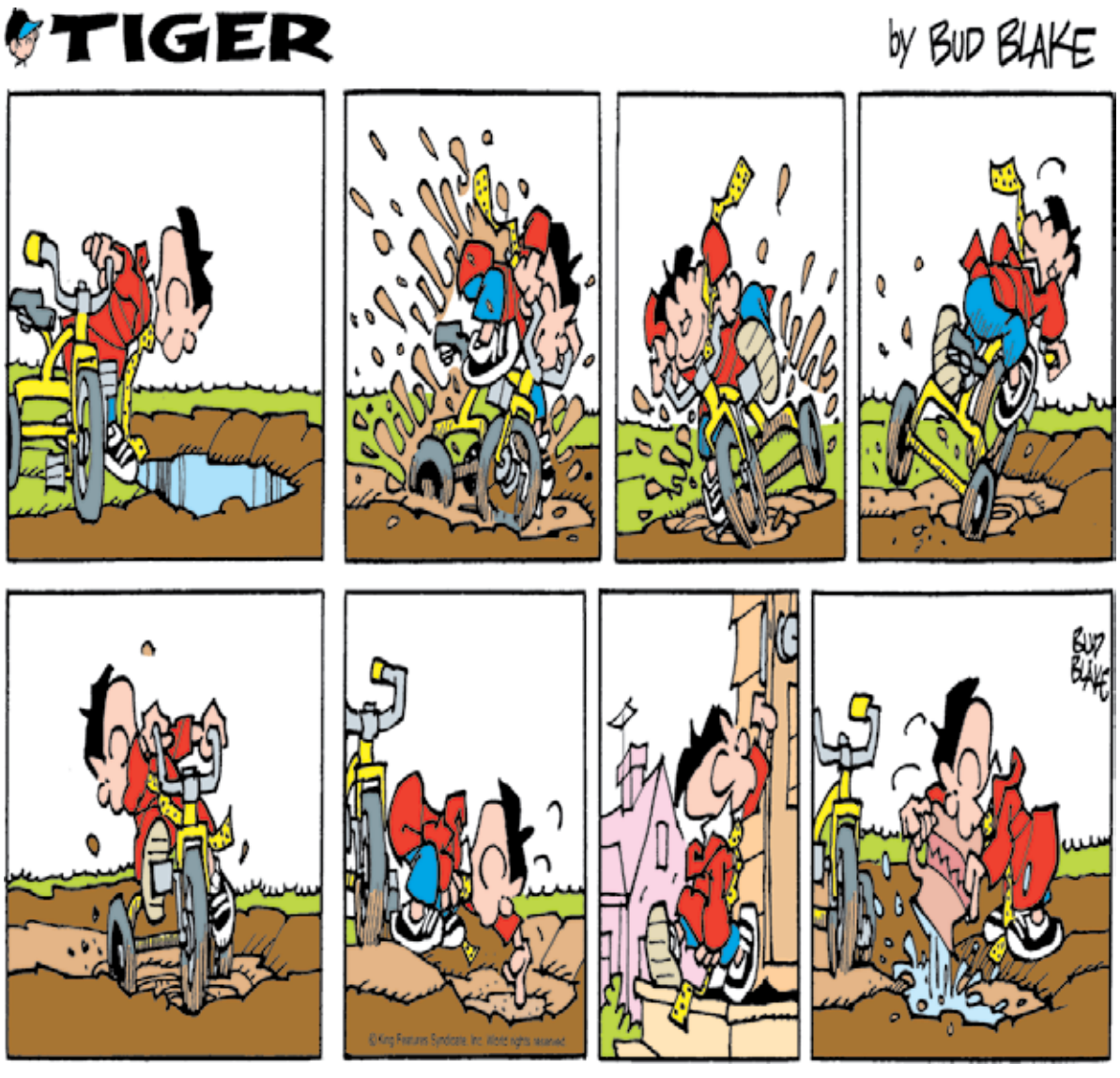
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – 19 FRUITS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **Why did the strawberry cry on Mother's Day?**

APPLE
AVOCADO
BANANA
DATE
FIG
GRAPE
GUAVA
KIWI
KUMQUAT
LEMON
LIME
ORANGE
PAPAYA
PEACH
PEAR
PLUM
POMELO
TANGERINE
WATERMELON

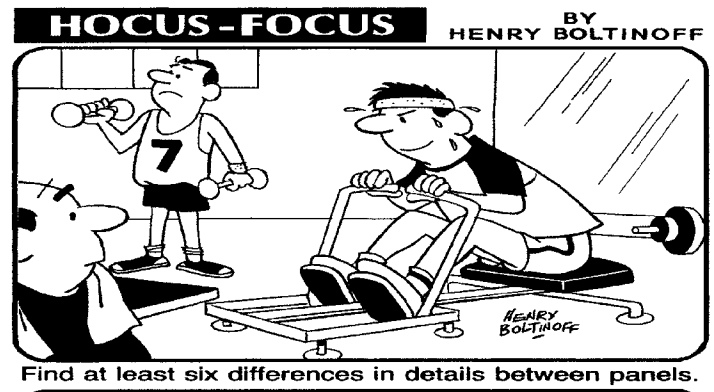
K	L	H	I	A	N	A	N	A	B
U	I	S	A	V	O	C	A	D	O
M	M	W	F	O	L	E	M	O	P
Q	E	N	I	R	E	G	N	A	T
U	M	E	G	P	M	P	A	P	O
A	O	P	E	A	R	L	Y	P	R
T	D	A	T	E	E	U	A	L	A
M	C	R	W	M	T	M	P	E	N
H	A	G	O	S	A	V	A	U	G
I	N	N	A	J	W	A	P	M	E

Riddle answer: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _.

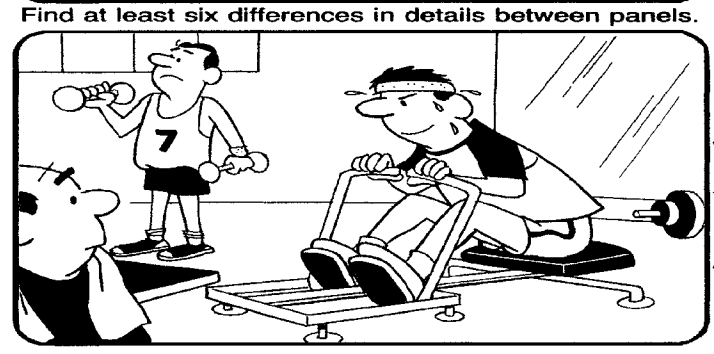
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

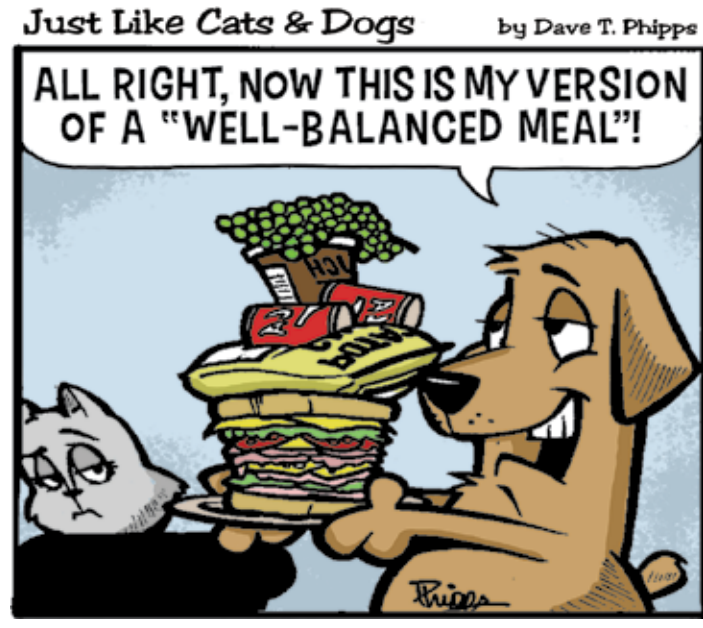


Differences: 1. Stripe on sock is missing. 2. Foot is moved. 3. Nose is smaller. 4. Towel is longer. 5. Hair is different. 6. Number on shirt is smaller.

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Just Like Cats & Dogs

by Dave T. Phipps



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Riddle Answer:

His mom was in a jam.

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

Combatting Cracked Concrete

Causes of failing concrete and how to solve them

FAMILY FEATURES

Concrete is a strong, durable and easy-to-maintain material that is popular for driveways, walkways, patios and more. Like most materials, though, it can inevitably wear down over time.

When signs of failure show themselves, homeowners commonly face two options: repair or replace. Prepare and plan for eventual concrete deterioration with this advice from the experts at Thrasher Foundation Repair, which has served more than 150,000 families over the last 50 years.

Reasons for Concrete Failure

Natural elements like weather, water and earth are often to blame, but man-made mistakes can also contribute to concrete failure.

- **Poorly compacted soil:** When a home is constructed, a lot of soil is moved around and put back in place. This often results in loose, poorly compacted soil, which allows water to seep in, saturate and dry out. The constant expansion and contraction can create voids beneath the concrete, which it eventually sinks into.
- **Weather:** During hot weather, concrete expands and causes pressure throughout the slab, often resulting in cracks. Conversely, during cold weather, the moisture in the ground freezes and can cause the slab to shrink, causing concrete to lift, heave and crack.
- **Excessive weight:** Concrete is strong but not indestructible. Excessively heavy objects, like snow, can cause cracking.
- **Shrinkage:** When concrete is installed, water is used to facilitate mixing and pouring. As concrete cures, excess water evaporates and causes a reduction in concrete volume, sometimes leading to cracking.
- **Defects:** Improper installation or a poorly prepared concrete mix may lead to a weak slab that's prone to cracking.

Signs of Concrete Failure

Identifying failure can help you address issues before they get out of hand. One of the most common signs is cracking – while a few hairline cracks that aren't actively growing aren't typically a problem, larger cracks that spread can affect drainage, aesthetics and structural integrity.

If you notice water collecting in areas following heavy rain, that may indicate a soil issue that can lead to concrete failure. Pitting, flaking and staining are also signs of damaged concrete. Uneven surfaces or sinking concrete are serious signs that concrete slabs are struggling with external factors that need to be addressed.



Options for Addressing Concrete Failure

When homeowners notice signs of failure in their driveways, sidewalks or patios, they often assume replacement is the only option. However, concrete repair can revitalize slabs without a full replacement, typically at a lower price.

Repair: New technology makes repairing concrete less invasive, more affordable and quicker than total replacement. Consider Thrasher Foundation Repair's PolyLevel process, which refers to a system using a two-part polyurethane polymer to fill voids and lift concrete slabs to their original position. It's injected through a pencil eraser-sized hole and expands into a structural foam that compacts the soil. Quick, noninvasive and aesthetically pleasing, it's a fast installation process with a curing time of 15-20 minutes so the surface can be used the same day. This repair process is recommended for cracks, settled and unlevel slabs or sunken steps.

"Repairing concrete, rather than full replacement, can save homeowners as much as 50-80%, depending on square footage," said Dan Thrasher, CEO of Thrasher Foundation Repair. "It's often a more economical solution that provides peace of mind, visual appeal and long-lasting results."

Staining: After a repair, slabs may appear mismatched. Staining concrete adds visual appeal while helping to prevent pitting, flaking, cracking and moisture-related issues.

Replacement: As a long, disruptive and inconvenient process, full slab replacement can be overwhelming, both in terms of time and money. Some situations do call for full slab replacement, however, such as concrete older than 30 years, deep cracks and large potholes or a poorly installed base.

When choosing the right way to address concrete failure, it's important to consider your time and budget. When in doubt, contact a professional who can walk you through the process by visiting GoThrasher.com.



Homeowners' Handbook

Navigating new HVAC refrigerants

FAMILY FEATURES

Homeowners may not realize it, but one compound impacts their lives nearly every day: refrigerant. Capable of transforming from liquid to gas and back again, it absorbs and transfers heat as a key part of air conditioning and heat pump systems that keep you comfortable no matter the weather.

As part of your air conditioner or heat pump system, it helps transfer heat and humidity out of your home for cooling or draws heat from outdoor air and brings it inside for heating. However, while concerns about climate change heat up, government leaders are enacting policies that enforce greater control over the anticipated global warming potential (GWP) of refrigerants.

In fact, the Environmental Protection Agency (EPA) is limiting the GWP of refrigerants in equipment starting in 2025. At the same time, the EPA is implementing a phasedown on the supply of existing, higher GWP refrigerants.

The changes include a phasedown of high-GWP refrigerants commonly used in home air conditioning and refrigeration, introduction of alternative refrigerants with lower GWP that maintain efficiency and requiring manufacturers to comply with new standards for energy efficiency and environmental impact.

Despite these policy updates, you may not necessarily need a new air conditioner or heat pump. Here's what homeowners need to know, courtesy of the experts at Carrier, a world leader in high-technology heating, air conditioning and refrigeration solutions:



Environmental Awareness and the Impact on Existing Home Systems

Transitioning away from high-GWP refrigerants contributes positively toward reducing your carbon footprint. These anticipated changes aim not only at reducing environmental impact but also at promoting technological advancements in heating and cooling solutions that benefit both consumers and the planet over time. If you have an existing system using older refrigerants like R-22 or R-410A, it can still be serviced; however, it's possible repair costs may increase due to reduced availability.

Maintenance and Servicing

Regular maintenance becomes more crucial as systems age. Ensure your HVAC technician is knowledgeable about the new requirements and safely handling different types of refrigerants.

Considerations for New Purchases

When purchasing a new air conditioner or heat pump, be sure to check for energy efficiency ratings that align with the updated regulations and look for models using low-GWP refrigerants. For example, Puron Advance from Carrier will replace existing refrigerants in all its residential ducted and ductless and light commercial products. This innovative refrigerant, also known as R-454B, not only meets the EPA's anticipated GWP limits for refrigerants but exceeds the new requirements with a GWP of 466, a 75% reduction compared to R-410A.

Incentives and Rebates

If you're shopping for a new air conditioner or heat pump, keep an eye out for government incentives or rebates aimed at encouraging homeowners to upgrade their systems in compliance with new standards.

Consult Professionals

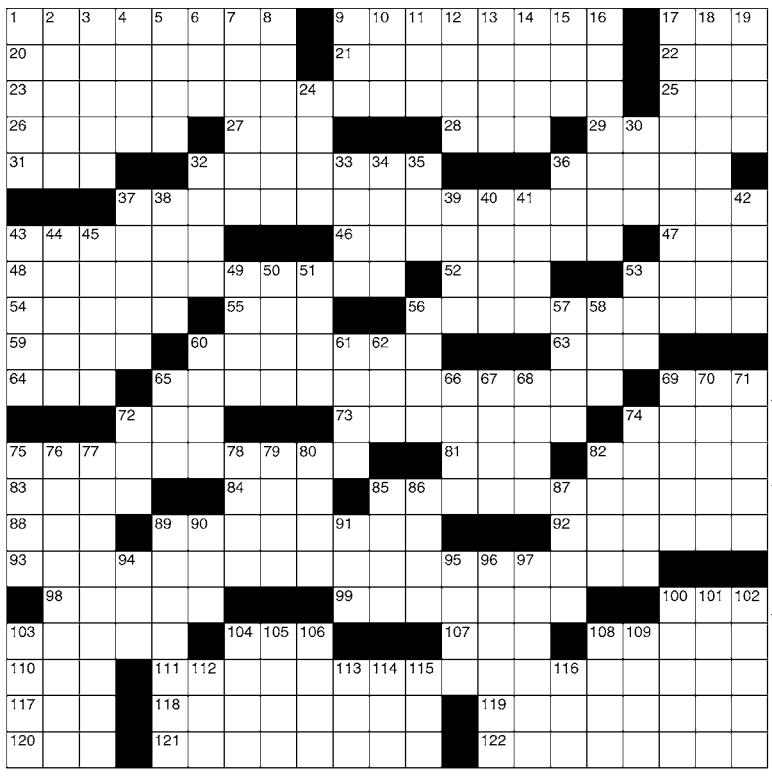
Owning a home is a lot of work on its own, and EPA regulations on your cooling and heating systems may be the furthest thing from your mind. If you believe you're due for service or a new system, engage HVAC professionals – like the trusted experts at Carrier – who are up to date on regulatory changes. Always check local regulations for specific details applicable in your area since policies can vary by region beyond federal guidelines.

To find more information on the changes or connect with an HVAC professional, visit Carrier.com/Residential.



Crossword

Super Crossword



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ACROSS
1 Spicy cured brisket
9 Competitive cowboy contests, informally
17 Roads: Abbr.
20 Trash-filled lots, e.g.
21 Distinctive feature of "DeVito"
22 "The Simpsons" barkeeper
23 2021 animated film featuring search-and-rescue dogs
25 Veneration
26 Light-splitting thing
27 Roman 901
28 That lady
29 Ticked off
31 Jillian of TV
32 High-end retail chain, informally
36 Shaq's sport
37 2022 Marvel film with Chris Hemsworth
43 Last part of some plays
46 It's close to Cedar Rapids
47 Ear: Prefix
48 2017 superhero film with Gal Gadot
52 Top of a "j"
53 Italian wine, for short
54 First-aid plants
55 — out a living
56 2013 superhero film with Henry Cavill
59 Goes bad
60 Navratilova of tennis
63 Texter's hugs
64 Previous to
65 2015 sci-fi film with a dinosaur theme
69 "NCIS" airer
72 Brooch
73 Rescued person's cry
74 Like limes
75 2014 fantasy film with Angelina Jolie
81 Brit. mil. fliers
82 Old Aegean region
83 Ever and —
84 Pub potable
85 2019 animated musical film set in Pride Rock
88 NBC show since '75
89 Lie out to tan
92 Just so
93 2018 space Western film with Alden Ehrenreich
98 Chicken — masala
99 Dessert with a cookie crust
100 Pic that may be on a pec
103 Slip up a bit
104 "That hurts!"
107 [not my typo]
108 Bluish purple
110 Skater Midori
111 What each of eight long answers in this puzzle was
117 Agent, briefly
118 Heighten
119 Ballot casters
120 Radio spots
121 Not crying
122 Fish that swims upright

DOWN
1 Pig in a kids' TV series
2 Spin — (do some tale-telling)
3 Attach, as a coat lining
4 Dosage qtys.
5 Gad about
6 Craft
7 "Laura" lyricist Johnny
8 Brand of infant formula
9 Tax rate fig.
10 Rally cheer
11 Unlock, to a bard
12 Cup edges
13 "Conversely," to a texter
14 Foo Fighters guitarist Grohl
15 Manning of the gridiron
16 Purchase in excess
17 Little bit of medicine
18 Wet wipe
19 Fruit core bit
24 Car for a VIP
30 Filmdom's McKellen
32 "The Maltese Falcon" genre
33 Athletic shoe brand
34 An inert gas
35 Wood cutter
36 Food preservative abbr.
37 Ocean motions
38 Goes fast, old-style
39 Zip, in Spain
40 Brand of rodenticide
41 Latin jazz great Puente
42 Muddy up
43 Clued in
44 Palette option
45 Govt.-issued bond
49 Erode (away)
50 Cajun veggie
51 1986 Series winners
53 — Z (the gamut)
56 Non-PC computers
57 Origami feature
58 Apply turf to
60 Local bond, for short
61 "That so?"
62 Takeaway logic game
65 Brand of peanut butter
66 Ending for silver or stem
67 Ellipsoidal
68 Mortgage deal, for short
69 "Zip your lip!"
70 Pickling need
71 Theater part
72 Writer's tool
74 Fine sweet wine
75 Swarm
76 Marked with comments
77 Suckers
78 Is unable to
79 Idris of "The Dark Tower"
80 Close at hand
82 "Are you — out?"
85 "There's gold in them — hills!"
86 At this spot
87 Siouan people
89 Group of vessels for serving rice wine
90 D.C.'s home
91 Binary base
94 Approves of
95 Middling
96 Livens (up)
97 Stir to laughter
100 Private teacher
101 States boldly
102 Curt
103 Pre-euro coin
104 Community rec center
105 Sharif of film
106 In fine health
108 A lot
109 In re
112 Purpose
113 "Norma —"
114 "Butter" K-pop group
115 The, in Arles
116 Arthur of "Maude"

Paw's corner by Sam Mazzotta

Should indoor cats wear flea collars?

DEAR PAW'S CORNER: At my cat's last veterinary visit, it was recommended that she wear a flea collar or get a monthly flea treatment. "Belle" is a completely indoor cat and has never had fleas. Why do I need to prevent her from getting them? — Carla G., Gulf Shores, Alabama

DEAR CARLA: While it seems totally reasonable to not treat Belle for fleas, there is always a risk of getting them. This is the same logic behind routine vaccinations — it's unlikely that an indoor cat will be exposed to rabies, but there is always a chance.

I'll give you a personal example. Last fall, I took care of a friend's dog for a few weeks while they were away dealing with a family emergency. On the first day, I noticed that "Kerry" was chewing on his tail and his hair was almost gone at the base of his tail. I knew right away that he had fleas, and a visual check confirmed it. All of my pets are treated for fleas, even though my cat stays indoors. With my friend's permission, I treated Kerry with a topical flea treatment and kept him separated from the other pets for a few days until no live fleas could be found in his fur. I also monitored all my pets for fleas during his visit.

I hadn't planned on Kerry arriving with fleas, but his owner had forgotten to give him his monthly flea treatment for a couple of months. This unplanned situation could have been a real problem for me and my pets.

There's an old saying that "an ounce of prevention is worth a pound of cure," and that is certainly the case with fleas, which can be hard to eliminate from your home once they get a foothold. There are many options today — not just collars — to prevent fleas from getting on your cat. Talk to your vet about the treatment they recommend for Belle.

Send your tips, comments or questions to ask@pawscorner.com.

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Classified



Looking for something?
Looking to get rid of something?

$1.00 Per Line
Minimum Of 3 Lines

SALE! SALE! SALE!

Please use the form below to send us your classified ad

Graduations Congrats

Congratulations
Lake View High School
Graduate Dylan Z. Lopez

Ideal for Help Wanted, Realtors, Selling Your Car or Cleaning Out Your Closets.

TAKE ADVANTAGE OF THIS SALE!

All ads must be prepaid and postmarked by June 19th. There are 26 characters per line including spaces and punctuation. Will appear in the July 2025 edition of Lakeview Newspaper.

Ads must be prepaid by check or money order only to:

J2 Associates, Inc.,
P.O. Box 578757, Chicago, IL 60657



Please run the ad_____ times.

Here's my classified ad:

Weekly SUDOKU

Answer

7	1	2	6	9	3	4	8	5
6	8	5	4	7	2	9	1	3
3	4	9	1	5	8	6	2	7
2	3	4	8	1	7	5	9	6
5	6	8	2	9	4	3	7	1
1	9	7	5	3	6	8	4	2
9	7	1	3	4	6	2	5	8
8	5	3	9	2	1	7	6	4
4	2	6	7	8	5	1	3	9

Horoscope

Salome's Stars

ARIES (March 21 to April 19) You might not like some people's ideas of surprises. But you could be in for a pleasant shock when someone finally sends a reply to a request you made so long ago that you almost forgot about it.

TAURUS (April 20 to May 20) It's a time to expect the unexpected. So, don't be surprised if a decision that just recently seemed final suddenly opens up and leaves you with another chance to make an important choice.

GEMINI (May 21 to June 20) Taking a different tack on a work project might rankle some colleagues. But the positive results of your innovative course soon speak for themselves. Celebrate with a fun-filled weekend!

CANCER (June 21 to July 22) Meeting new associates can be awkward, even if you're in a high, positive phase right now. Best advice: Make them feel comfortable, and you'll soon forget your own discomfort.

LEO (July 23 to August 22) It's a good time for you social Lions to blow-dry your manes, polish your claws, and look like the Fabulous Felines you are as you make new friends and influence the influential!

VIRGO (August 23 to September 22) Expectations run especially high this week, and you should feel confident in your abilities to take advantage of what might be offered. Meanwhile, a colleague has some advice you might find helpful.

LIBRA (September 23 to October 22) A recent flurry of activity leaves you in need of a little breathing space, and you'd be wise to take it. In other news, close family members should have an explanation about an emergency situation that just passed.

SCORPIO (October 23 to November 21) An insensitive act makes a difficult situation more so. But try not to waste either your physical or emotional energies in anger. Move on and let others fill the clod in on the facts of life.

SAGITTARIUS (November 22 to December 21) It's a good time to look into a training program or college course you've been considering. You might have a good place to use these sharpened skills sooner rather than later.

CAPRICORN (December 22 to January 19) Education dominates much of your aspect during this week. You might want to start checking out summer session courses that could help advance your career plans.

AQUARIUS (January 20 to February 18) Making progress often comes by fits and starts. But at least you're moving straight ahead with no backsliding! You should soon be able to pick up the pace and reach your goals in due time.

PISCES (February 19 to March 20) Be wary of a deal that gives confusing answers to your questions. Remember, it's always risky swimming in unknown waters, so you need all the help you can get to stay on course.

BORN THIS WEEK: You have a way of bringing people together and creating close friendships wherever you go. You're considered to be the rock in many of your relationships.

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Weekly SUDOKU

9		1	5		7			
4			1			3	5	
8			6	4		1		9
		8					6	
1	7			6	2		9	5
6		5	7					
7		6					4	
3			2			5		6
5	8	4		9		2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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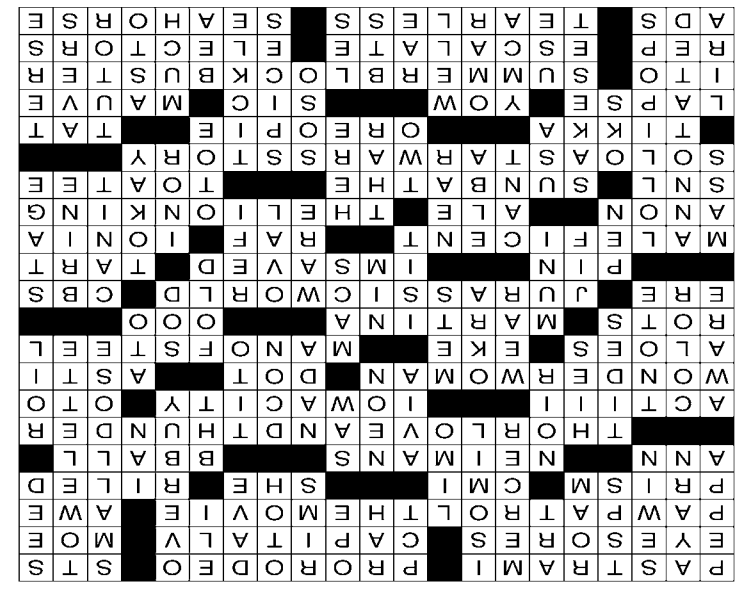
Weekly SUDOKU

Answer

7	1	2	6	9	3	4	8	5
6	8	5	4	7	2	9	1	3
3	4	9	1	5	8	6	2	7
2	3	4	8	1	7	5	9	6
5	6	8	2	9	4	3	7	1
1	9	7	5	3	6	8	4	2
9	7	1	3	4	6	2	5	8
8	5	3	9	2	1	7	6	4
4	2	6	7	8	5	1	3	9

Super Crossword

Answers



founded 1893

Central Savings

Serving the Community for over 131 Years

Central Savings Rated
"Outstanding" for Community Reinvestment!

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

1 Year Jumbo CD
4.35% *APY

$100,000 Minimum Balance

***Annual Percentage Yield (APY) is effective as of 03/28/2025 and may change at any time.
There may be a substantial penalty for early withdrawal, which may also reduce earnings.
$100,000 minimum deposit required to open account.**

Multi-Family (Apartment) Loans
Commercial Real Estate Loans
Up to $4 Million
Quick Commitments
Credit Scores Not Considered
10 Year Loans
Low Income Loan Program
Deposit Accounts Not Required

Contact:

Bonnie Carney
Senior Vice-President
NMLS#459256

J.R. McCracken
Vice-President
NMLS#803717

Chicago Locations

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