

**STRANGE  
BUT TRUE**

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**MOTHERS DAY  
RECIPES**

Pages 6&7

**MAY 2026**

**FREE** It's our 30th Anniversary  
Serving the communities of  
Lakeview, Roscoe Village, North Center and Lincoln Square



**Lakeview**

May, 2026

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

Volume 30, Number 6

## BARACK OBAMA PRESIDENTIAL CENTER



In his final months as the nation's 44th president, Barack Obama selected the 19.3 acre site in Jackson Park after a year-long process that included extensive community engagement. Designed by architects Billie Tsien and Tod Williams, the campus will function as a world-class museum and public gathering space that showcases the South side to the world. The complex is estimated to generate 700,000 annual visitors, a long-term economic impact of more than \$3 billion, and more than 5,000 direct, indirect, and induced jobs. There are 15 official presidential libraries operated by the National Archives and Records Administration, starting with Herbert Hoover through Donald Trump. These institutions house presidential records, artifacts, and museums, spanning from Herbert Hoover

to Donald Trump. Additionally, earlier presidents have libraries or collection managed by states or private organizations, such as the Abraham Lincoln Presidential Library. NARA-Operated Presidential Libraries Herbert Hoover (West Branch, IA) Franklin D. Roosevelt (Hyde Park, NY) Harry S. Truman (Independence, MO) Dwight D. Eisenhower (Abilene, KS) John F. Kennedy (Boston, MA) Lyndon B. Johnson (Austin, TX) Richard Nixon (Yorba Linda, CA) Gerald R. Ford (Ann Arbor/Grand Rapids, MI) Jimmy Carter (Atlanta, GA) Ronald Reagan (Simi Valley, CA) George H.W. Bush (College Station, TX) William J. Clinton (Little Rock, AR) It opens June 19, 2026 with a \$30 admission price, marking it as one of the most expensive presidential libraries.

## BEARS TO MAKE DECISION BY LATE SPRING OR EARLY SUMMER



### Bears to make decision by late spring or early summer

Roger Goodell, the NFL commissioner, said that he felt "its really important that they come to a resolution on this relatively soon. This is an important time to have to have tax certainty, which is critically important. We would not be able to build a stadium without tax certainty. Fortunately, we do have tax certainty in Indiana, so that is certain. That legislation has passed. But here in Illinois, for us to even consider an opportunity, we have to have tax certainty and infrastructure. Without that, we cannot pro-

ceed forward". "One good thing about it, both sites are excellent sites and we are focused on making sure that we build a world-class stadium that can create a wonderful fan experience because our fans are so important to us. They deserve a world-class stadium. They deserve a world-class experience that includes tailgating, ingress, egress, all the amenities that the new stadiums have."

**If the team builds a stadium in Arlington Heights, will their name change to the Arlington Heights Bears?**

**We will always be the Chicago Bears.**

Currently, nine teams play in stadiums outside the city it represents.

**How will Chicago communities access a new stadium in Arlington Heights?**

Metra conveniently stops at the Arlington Heights stadium site. The Metra UP-NW takes 45-50 minutes to reach the site. However, they hope to work with Metra on an express route for game days and event days to reduce travel time.

**What kinds of jobs will be created for Chicago Residents and what will the economic impact of this project be?**

Building a new sta-

dium and mixed-use entertainment district will put thousands of Illinois residents to work. A recent economic impact study project that it would create 56,000 construction jobs and over 9,000 permanent jobs.

**WorldClass Experience for Fans**

Remaining in Cook County, the Arlington Heights site is within 25 miles for over 50 percent of the Bears season ticket holders. The new stadium will elevate the fan experience with easy access, ample parking and tailgating space as well as a Metra train stop directly on the site.

# Editorial & Opinions



## Moments in time

THE HISTORY CHANNEL

**\* On May 4, 1929,** Edda van Heemstra Hepburn-Ruston, the daughter of an English banker and a Dutch baroness who for decades has been better known to her many film fans as the actress Audrey Hepburn, was born near Brussels, Belgium.

**\* On May 5, 1809,** Mary Kies became the first American woman to receive a patent, for her straw-and-silk weaving technique to create hats.



TUESDAY MAY 5TH



WEDNESDAY MAY 6TH



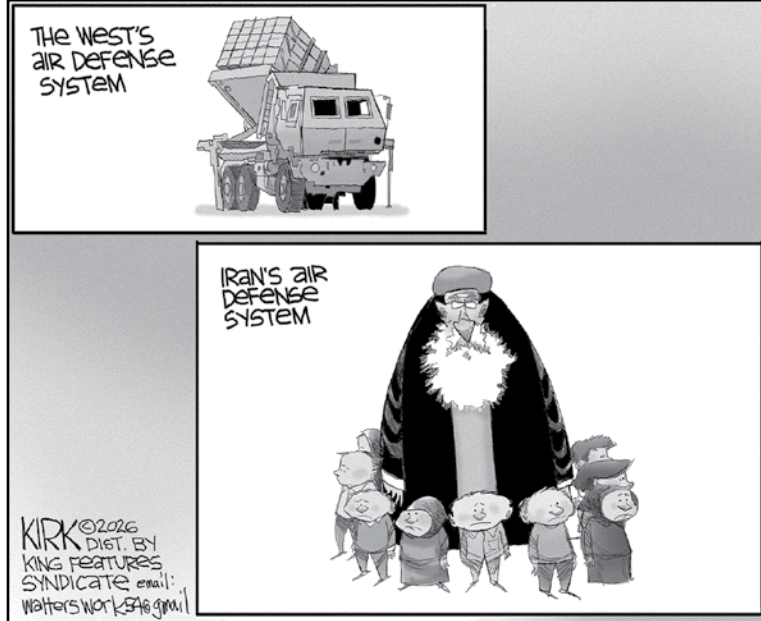
SUNDAY MAY 10TH



SATURDAY MAY 16TH



MONDAY MAY 25TH



The patent was signed by President James Madison.

**\* On May 6, 1994,** former Arkansas state clerk Paula Jones filed suit against President Bill Clinton in the federal court in Little Rock, Arkansas, asking for \$700,000 in damages. The case was just one of four major scandals that combined to threaten Clinton's second term.

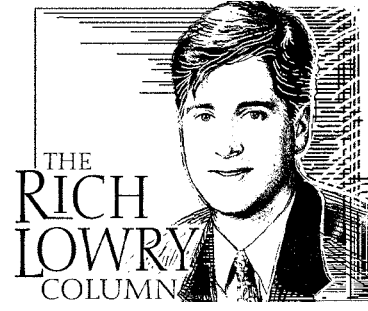
**\* On May 7, 1984,** seven chemical companies, including Dow and Monsanto, agreed to pay \$180 million to thousands of Vietnam veterans who'd been exposed to the chemical herbicide Agent Orange during the war. Lawyers for both sides announced the surprise out-of-court settlement on the day jury selection was set to begin.

**\* On May 8, 2010,** "Golden Girl" Betty White became the oldest host of TV's "Saturday Night Live." She landed the job in part due to the hundreds of thousands

of her fans signing on to a Facebook campaign rallying for the honor.

**\* On May 9, 1970,** President Richard Nixon made an impromptu visit to a group of anti-war protesters at the Lincoln Memorial -- an event that his chief of staff, H.R. Haldeman, dubbed "the weirdest day so far" of Nixon's presidency, going on to record in a diary entry, "I am concerned about his condition. ... He has had very little sleep for a long time and his judgment, temper and mood suffer badly as a result."

**\* On May 10, 2002,** former FBI agent Robert Hanssen, who intermittently sold state secrets to Russia over the course of two decades, received a sentence of life in prison without the possibility of parole for espionage. Hanssen apologized for his acts, describing himself as "shamed" by them and saying that he had "opened the door for calumny" against his innocent family.



## Yes, of course, war settles things

Countless protest signs have informed us over the years that "war is not the answer." We hear this message, with varying levels of sophistication and differing underlying worldviews, from institutions and people ranging from Code Pink to Pope Leo.

"War does not solve problems," the pontiff said in an Angelus address last year. "On the contrary, it amplifies them and causes deep wounds in the history of peoples — wounds that take generations to heal."

Now, there are many things that can be said about the tragedy of warfare without crediting the blatantly ahistorical cliché that it is never the answer, or doesn't solve disputed questions, often with a terrible finality.

Warfare can determine international boundaries and the nature of governments. It can decide who will rule and who will not. The relative power of states, the extent of religious faiths and the status of a culture can depend on it.

Wars might be pointless, or fought for prestige, revenge or territorial aggrandizement. That's all true, but it doesn't change the fact that military conflict is, at times, necessary and highly consequential; it can achieve beneficial ends, as well as awful ones.

It mattered for the spread of Christianity, for instance, that Constantine, who would become the first Christian emperor of Rome, won the Battle of Milvian Bridge in 312. Later, Christendom benefited from Ferdinand and Isabella taking back Granada from its Muslim rulers in 1492, and from the Holy Roman Emperor defeating the Ottoman besiegers of Vienna in 1683.

Certainly, it would have been better if all this could have been amiably worked out among the relevant parties, but that's not how the world usually works.

In the early 19th century, Europe had a Napoleon problem — a world-histor-

ical military genius determined to bend the continent to his will through force of arms. After serial failures, the Allies finally solved this problem in the War of the Seventh Coalition. The ensuing diplomatic settlement at the Congress of Vienna forged a peace that lasted nearly a century, but wouldn't have been possible without victory at Waterloo.

In the early 20th century, Europe had a Hitler problem — a fanatical, race-obsessed militarist who wanted his Third Reich to dominate Europe. This problem, too, was solved by force and led to a lasting peace, although a very tense one during the Cold War. If it's true that war should usually be the last resort, the Allies would have been better off if it had been the first resort against Hitler, checking him when he was relatively weak.

More parochially, the United States wouldn't be what it is today absent two existential wars. When the colonies began agitating for independence, the British weren't simply going to cede what they considered sovereign territories, especially given their economic and strategic value. The American cause — and all the good that has flowed from it — depended on prevailing in a grinding eight-year war.

About a hundred years later, it all could have collapsed had the United States not prevailed in the Civil War, an appallingly bloody conflict that extinguished American slavery and preserved the foundation for the nation's gathering greatness.

None of this is a warrant for heedless warmongering, or a reason to dismiss, say, the sheer cynical brutishness of the Roman destruction of Carthage in the Third Punic War, or the horrors of Passchendaele. That war is terrible; however, it doesn't mean that it's ineffective.

In our times, Russia invaded Ukraine in 2022 in the erroneous, but not crazy, belief that a sharp, decisive military campaign would topple the Western-oriented government in Kyiv and force the creation of a regime more to the Kremlin's liking. This was a war that never should have been launched, yet Ukraine had no alternative but to fight it.

If Kyiv wants to protect its sovereign territory and eventually get a tolerable diplomatic outcome, war is the answer — as, sadly, it has been so often throughout human history.

Rich Lowry is editor of the National Review.

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## Americanisms



"You pray for rain, you've gotta deal with the mud too. That's a part of it."  
— Denzel Washington

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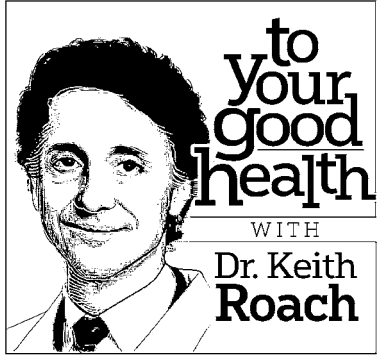
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# Health



## Trigeminal Neuralgia Causes Shock Pains in Woman's Lower Jaw

**DEAR DR. ROACH:** I am a 73-year-old female who's in above average health. I have recently been diagnosed with trigeminal neuralgia after many trips to the dentist and finding out that my pain wasn't dental-related. I experienced electrical shock pains in my lower left jaw when I talked and ate, and sometimes when I brushed my teeth.

I am on 300 mg of gabapentin, and after a month, I can say that I'm about 95% better. I still feel some sharp sensations for a few seconds when starting to eat. In the previous year, I was on Fosamax for osteoporosis for one year. Since this didn't show an improvement, I was given one infusion of Reclast. I will be due for another in June. I mentioned this diagnosis to my ophthalmologist recently, and she mentioned that these drugs for osteoporosis could possibly narrow the openings that the trigeminal nerves run through, therefore rubbing on the nerves themselves. Do I need to stop taking the osteoporosis treatment to stop the nerve pain? Your thoughts on this would be appreciated. — D.K.V.

**ANSWER:** Trigeminal neuralgia is a neuropathy (a disease of the nerve) that, in this case, causes face pain. The pain is often described as an electric shock, but it can vary in different people. It also gets misdiagnosed as a dental condition. Gabapentin (Neurontin) is often tried, and a 95% reduction is a very good outcome in this disease, which can sometimes be frustrating to treat.

Bisphosphonate drugs like alendronate (Fosamax) or zoledronic acid (Reclast) do not directly cause trigeminal neuralgia. Most cases are thought to be caused by the compression of the nerve root that is deep inside the brain by an artery. Microdecompression of the nerve is sometimes used to treat trigeminal neuralgia, although the success rate isn't perfect and the pain relief isn't always permanent.

ment. Bisphosphonates can occasionally cause a condition called osteonecrosis of the jaw. This condition can press on the trigeminal nerve, causing a facial pain syndrome. Your endocrinologist or primary care doctor who is prescribing the treatment should be aware of your facial pain and ensure that you do not have this complication.

\*\*\*

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**ANSWER:** I daresay that there are physicians who have many famous patients. Certainly, a physician who has a smaller practice and a private entrance would make sense for a person who doesn't want to be seen in public. I suspect that the best way to find out is by asking other famous people who live in the same area. I have known doctors who were "physicians to the stars."

On rare occasions when I have a similar situation, I come in early before anyone else has arrived (my practice is a busy academic group) so that the patient can be seen with as much privacy as possible.

I would also argue that privacy should be respected for all patients, but anonymity is probably unwise (and may be impossible for someone who is very well-known), as having a patient's correct medical history is important.

## Man With Low Kidney Function Chooses To Avoid Dialysis

**DEAR DR. ROACH:** A loved one of mine has had kidney problems for his whole life. He's now on the transplant list, and his kidney function is very low. But he continues to avoid dialysis, saying that he's not ready for it. Surprisingly, his heart health, cholesterol and blood pressure are always great when tested. He sometimes has swelling if he's on his feet for too long, but

this can be reduced by going on medication for a few days.

He also has uncontrolled diabetes. At one point, his A1C level was over 11%, but now it is closer to 6% or 7%. In addition, he's on a biologic due to an autoimmune disease. How long can someone with a glomerular filtration rate (GFR) that is lower than 10 be expected to function without starting dialysis or getting a transplant? How long can someone like him survive if he continues to avoid dialysis? — Anon.

**ANSWER:** The answer is one to two years for a person with a GFR of 10 who doesn't receive kidney replacement therapy, like dialysis or a transplant. Some people will do well for even longer periods.

I've had more than a few patients who were in similar situations — some of whom had decided against dialysis, while others, like your loved one, were undecided. But the vast majority decided to take dialysis once they started feeling more unwell. As their kidney disease progresses, their ability to get rid of excess fluid, even with medication, decreases. They are also likely to have symptoms such as a loss of appetite, nausea, and "brain fog."

People with progressive kidney failure may suffer from medical emergencies such as critically high potassium levels or severe levels of acid in the blood, which usually require emergent dialysis. Eventually, medications will only provide temporary relief. Your loved one should be prepared to give an answer as to what they would do if this happens.

You may wonder why his diabetes is controlled when it wasn't before. One reason is that insulin lasts for longer in the body when the kidneys aren't working well. He might also not be eating as much.

\*\*\*

**DEAR DR. ROACH:** Are there health benefits that are associated with liver support products, which are found in a variety of options that are sold over the counter? I am a 60-year-old man who is in generally good health and imbibes occasionally (4-5 drinks per week). — C.C.

**ANSWER:** A very good rule of thumb is that your liver doesn't need any kind of supplementation to keep it working well. It has remarkable self-regenerating abilities, but even these abilities can be overwhelmed when taking in substances that are harmful to the liver.

Alcohol is probably the most common liver toxin in North America, although 4-5 drinks per week isn't usually enough to cause liver damage (unless you are drinking them all on the same day). To

keep your liver from being damaged, definitely keep your intake to below 2 drinks per day. (This is the guideline for men; the guideline for women is 1 drink per day.)

Ironically, supplements have been a fairly frequent cause of liver damage. Turmeric, green tea extract, echinacea, goldenseal, black cohosh, red yeast rice, and vitamin A can all cause liver damage, especially when taken in higher-than-recommended doses.

## Looking at Alternatives for Osteoporosis Meds

**DEAR DR. ROACH:** At age 48, I underwent a lumpectomy, chemo and radiation for stage I breast cancer. All is good so far, but I started experiencing osteopenia in my mid-50s, perhaps earlier than I would have because of the chemo and estrogen-blocking meds. My mother also had osteoporosis.

For the osteoporosis in my hip, I took alendronate for five years, but it didn't stop the bone loss. I am now on Prolia, which has helped. I am healthy and fairly active. How long can one take Prolia with breaks in between, and what are your thoughts on alternatives? I am concerned about "running out" of strong, effective alternatives to treat my osteoporosis. I walk 3-5 miles most days. — A.M.L.

**ANSWER:** You are right that the estrogen-blocking drugs you needed for your breast cancer caused accelerated bone loss and early osteoporosis. Given your family history and young age, it's very important to think about the future. Keeping up your exercise is excellent for your bones, for your overall health, and to reduce your risk of cancer.

Prolia works similarly to alendronate by slowing down the cells that break down bone, called osteoclasts. Unlike alendronate and similar drugs, Prolia stops working as soon as you stop taking it, so people who are on it need to take it continuously.

This is different from alendronate, where people can take "drug holidays" for years sometimes in order to keep the bone from becoming "frozen" and brittle, which can then put them at risk for atypical femur fractures. Between 8% and 10% of people who stop Prolia will get a fracture the following year unless they transition to a different treatment.

Bisphosphonate drugs like alendronate are often the choice for people once they stop Prolia, but they didn't work for you. I'd be concerned about the absorption of

the medicine since taking the medicine with any food (even with mineral water) can reduce absorption to the point that it isn't effective.

In addition, you need enough calcium and vitamin D for bisphosphonate drugs (and Prolia) to work properly. But if you've been careful about these issues, it may just be that you are one of the people for whom bisphosphonate drugs aren't a good option.

Anabolic agents like PTH analogues (teriparatide) are another good choice since these directly build up bone. Romosozumab both builds bone and decreases breakdown. However, one option that might be a particularly good choice for you is raloxifene, which decreases the risk of breast cancer and helps keep bones strong. I suggest you ask your prescribing physician about these alternatives.

\*\*\*

**DEAR DR. ROACH:** I have a high-fiber diet, but I'm also adding specifically psyllium husks to my diet daily. Will this, along with my dietary oats, grains and beans, reduce my LDL cholesterol levels? How much psyllium needs to be taken daily to make a difference with LDL cholesterol? — R.P.

**ANSWER:** Psyllium is a common supplement to increase dietary fiber. High-fiber foods such as the grains and legumes you mentioned are part of a healthy diet, with many benefits such as the reduction of heart disease and some cancers. Fiber supplementation has been shown to improve gastrointestinal symptoms, especially constipation and diarrhea, but it's also been shown to reduce LDL cholesterol.

In a study from years ago, psyllium husks at a dose of 10 grams per day (approximately 4 teaspoons, but it can vary with different brands) reduced LDL cholesterol levels by 6% to 15% on average. This is a significant drop. For people who take statins, this has about the same effect on their LDL levels as doubling their statin dose.

I strongly recommend starting slowly and building up the dose over weeks. Most people will experience bloating and discomfort if they start at such a high dose.

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

# Financial

## HOW TO HANDLE WHAT COMES NEXT

"My spouse, who handled our finances, has died, and I don't know where our money is or what bills I need to pay".

Ask your funeral home for at least 10 certified copies of your spouse's death certificate, which you'll need to handle the estate. You'll want enough so you don't have to keep ordering new copies. Tell Social Security your spouse has died, if the

funeral home hasn't already. This will stop payments to your spouse that you'd have to return, starting with the one for the month of your spouse's death, which might otherwise arrive the next month. You can also apply for a onetime death benefit of \$255.

**Compile two lists:** one of utilities and debts that require a monthly payment, the second of bank and investment accounts. Look through paper and emailed statements, past tax returns and your spouse's credit report. Call your spouse's

current or former employers to ask if there are any life insurance benefits, pensions or old retirement accounts. With this information, you are in a good position to stay current on bills and, when you're ready, deal with financial account paperwork; collecting any life insurance, asking employers to transfer retirement benefits, and having financial institutions retitle and transfer accounts to you. As you go through this process, you may have ideas for changes such as downsizing or taking a lump sum from an inherited retire-

ment account. Wait six to 12 months before taking irreversible actions like buying or selling real estate or making large gifts or investment.

**Don't make any big decisions until you're in a less emotionally fraught stage.** "The rising cost of food is busting my grocery budget". Make a shopping list ahead of time and stick to it. It's OK to add items on sale that you know you'll use and will finish before their expiration dates. Buy generic brands, which come with more savings. Stores like Aldi carry

private label foods a lower cost.

You can also apply for SNAP benefits online or at your local state office. If you qualify, you will receive an EBT card that is loaded monthly and accepted at most grocery stores..

"My roof has to be replaced, but I'm afraid a contractor will rip me off".

Ask at least three contractors for bids, which should include detailed breakdowns of the work and pricing. Before any work starts, have a signed contract in place.

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Sunday, May 24th

# PENTECOSTAL

# Dive Into Healthy Eats

# with Mediterranean-Inspired Dishes

FEATURE IMPACT

The warm weather season offers a perfect opportunity for a meal reset. Inspired by the vibrant flavors and traditions of the Mediterranean, the aptly named Mediterranean Diet zeroes in on nourishing foods long touted as some of the healthiest by dietitians and health organizations.

Inclusive of vegetables, fruits, whole grains, beans and other legumes, as well as low-fat or fat-free dairy products, non-tropical vegetable oils and nuts, poultry and fish – such as Genova Wild Caught Yellowfin Tuna – Mediterranean-focused dishes fit beautifully into a colorful, healthy diet. The Mediterranean Diet has also been associated with many benefits, as it includes key nutrients such as omega-3 fatty acids that support brain, eye and heart health. Because this way of eating also prioritizes fiber and lean protein, it also can support a healthy weight, which can fuel overall health and well-being for years to come.

Packed with protein and omega-3s, Genova Yellowfin Tuna in Olive Oil is wild-caught and inspired by the flavors and traditions of the Mediterranean. Free from additives and preservatives, this convenient protein makes an easy and delicious addition to meals inspired by the region's fresh, vibrant ingredients.

A simple, elegant Flatbread Nicoise lets tuna take center stage, melding together fresh, foolproof ingredients like baby potatoes, green beans, baby arugula, kalamata olives and red onion on top of a warm, doughy crust. Or take the taste of the Mediterranean further at lunch time with this Mediterranean Tuna, Feta and Dill Salad. It combines the big, bright flavors and textures of arugula, cucumber, feta, fresh dill, lemon and tuna to give your tastebuds a happy zing and keep you satisfied until dinner.

For more information, including recipes, serving suggestions and a product locator, visit GenovaSeafood.com.



## Mediterranean Tuna, Feta and Dill Salad

Total time: 20 minutes  
Servings: 4

- 3 cups arugula
- 1 cup cherry tomatoes, each cut in half
- 1/2 English cucumber, cut into 1/2-inch chunks
- 1/2 cup feta cheese chunks
- 1/4 cup sliced red onion
- 2 tablespoons chopped fresh dill or 1 teaspoon dried dill, plus additional for topping (optional)
- 2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

**Dressing:**

- 2 tablespoons fresh-squeezed lemon juice
- 1 tablespoon fresh chopped dill
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

In large bowl or on platter, lay arugula. Place cherry tomatoes, cucumber, feta, red onion and dill over arugula. Top with tuna; reserve oil from cans.

To make dressing: In small bowl, combine lemon juice, dill, salt and pepper. Whisk in reserved olive oil from tuna cans until mixture is well blended.

Before serving, drizzle dressing over salad and top with additional chopped dill, if desired.



## Flatbread Nicoise

Total time: 50 minutes  
Servings: 4

- 4 ounces baby potatoes, well-scrubbed
- 2 tablespoons extra-virgin olive oil, divided
- 1 pound store-bought pizza dough, at room temperature
- kosher salt, to taste
- freshly ground black pepper, to taste
- 2 ounces green beans or haricot verts, trimmed
- 1 can (5 ounces) Genova Yellowfin Tuna in Olive Oil
- 1 1/2 teaspoons red wine vinegar
- 1/2 cup baby arugula
- 1/2 cup cherry tomatoes, halved
- 1/4 cup pitted kalamata or nicoise olives, halved
- 1/4 small red onion, thinly sliced

Preheat oven to 450 F. Using mandolin, thinly slice potatoes. Drizzle 9-by-13-inch baking sheet with 1 tablespoon olive oil and spread pizza dough to edges. Shingle potatoes over dough, leaving 1/2-inch border. Season with salt and pepper, to taste, and drizzle with remaining olive oil.

Bake pizza until cooked through and crust is golden, about 25 minutes. Remove and let cool slightly.

Bring small saucepan of salted water to boil. Add green beans and cook until bright green and crisp tender, about 3 minutes. Strain, rinse with cool water and drain well. Transfer to work surface and cut each bean into thirds on bias.

Strain oil from tuna can into small bowl and whisk vinegar into oil. Season with salt and pepper, to taste.

Sprinkle slightly cooled pizza with arugula, tuna, tomatoes, olives, green beans and red onion. Drizzle with vinegar dressing then slice and serve warm.

# Create Little Moments of Happiness This Spring with Family-Friendly Potato Recipes

FEATURE IMPACT

As the weather breaks and spring brings increased opportunities for families to get outside, activities, adventures and jam-packed calendars abound. All those special moments spent at the park, the sports field or in the backyard may leave lasting memories, but they can also leave you feeling short on time in the kitchen.

Bring a little moment of happiness to busy family mealtimes during the spring season with The Little Potato Company's line of easy-to-prepare Little Potatoes. They come pre-washed, require no peeling and are small enough that they don't need to be cut, allowing for less time in the kitchen and more family time around the table as the days get longer – no extra spring cleaning required. For an added helping of convenience, their Microwave Ready Little Potato Kits come with delicious seasoning packs; simply pop into the microwave, sprinkle on the included seasoning and enjoy.

For a fun after-school or game-night snack, these Crispy Air Fryer Potato Nuggets pair perfectly with a variety of delicious dips. The air fryer cooks the potatoes in minutes, creating a crispy snack with minimal prep – no chopping or peeling needed.

Or you can make a delicious side dish a cinch with pesto, which adds a bright, flavorful twist to a classic in these Basil Pesto Mashed Potatoes. They pair perfectly with everyday family meals using Little Potatoes that require no chopping or peeling thanks to their naturally thin skins, helping cut down on prep time while bringing fresh flavor to the dinner table.

To help fuel families' spring vacation plans and everyday meals, The Little Potato Company is giving you a chance to enter a sweepstakes through May 25 to win a \$10,000 travel voucher with additional prizes including 10 grocery gift cards valued at \$1,000.

Enter the sweepstakes at TheLittleSpringtimeSweepstakes.com, and find more ways to make spring meals a breeze by visiting LittlePotatoes.com.



## Basil Pesto Mashed Potatoes

Prep time: 5 minutes  
Cook time: 20 minutes  
Servings: 4

- 1 1/2 pounds Little Potatoes
- water
- 1 teaspoon salt, plus additional for seasoning, to taste, divided
- 2 1/2 cups fresh basil
- 4 cloves garlic
- 1/3 cup pine nuts
- 1/2 cup Parmesan, grated
- 2/3 cup olive oil
- pepper, to taste
- 1/2 cup milk
- 2 tablespoons butter

Add potatoes to a large pot and cover with water. Add 1 teaspoon salt and bring to a boil for 15 minutes, or until potatoes are tender.

In a food processor, place basil, garlic, pine nuts and Parmesan. Add oil and pulse until mixed then season with salt and pepper, to taste.

In a small saucepot over low heat, heat milk and butter until butter is melted and milk is steaming.

Once potatoes are cooked, strain and transfer to a medium mixing bowl.

Using a potato masher, smash potatoes with milk and butter mixture then season with salt and pepper, to taste. Stir in pesto mixture.



## Crispy Air Fryer Potato Nuggets and Dip

Prep time: 10 minutes  
Cook time: 24 minutes  
Servings: 4

**Potatoes:**

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon pepper
- 1 cup milk
- 1 1/2 cups panko breadcrumbs
- 1 1/2 pounds Little Potatoes

**Chimichurri:**

- 1 bunch cilantro
- 1 bunch parsley
- 3 limes, juice only
- 2 tablespoons honey
- 2 teaspoons salt
- 1/2 teaspoon pepper

- 1 teaspoon chili flakes
- 1 cup canola oil

Heat air fryer to 390 F.

To make potatoes: In a shallow bowl, combine flour, salt, garlic powder and pepper. Whisk in milk until smooth.

Place panko in a separate shallow bowl.

Working in batches, coat potatoes in batter then toss in panko until fully coated.

Place potatoes in the air fryer and cook 24 minutes, flipping halfway.

To make chimichurri: In a blender, blend cilantro, parsley, lime juice, honey, salt, pepper, chili flakes and canola oil until smooth.

Serve potato nuggets with chimichurri.

## Good Housekeeping

### Campanelle With Chicken and Pea-Mint Pesto

Pureed peas add body and flavor to this verdant, spring pesto. Perfect for a picnic or porch meal, our Campanelle with Chicken and Pea-Mint Pesto can be served warm or at room temperature.

- 1 package (16 ounces) campanelle or corkscrew pasta
- 1½ cups packed fresh mint leaves
- 1 package (10 ounces) frozen peas, thawed
- 1/2 cup freshly grated Parmesan cheese
- Salt
- 2 tablespoons olive oil
- 2 tablespoons water
- 3 cups coarsely shredded skinless rotisserie chicken meat (about 15 ounces)
- Toasted pine nuts (optional)

1. Heat large covered saucepot of water to boiling over high heat. Add pasta and cook as label directs.

2. Meanwhile, in food processor with knife blade attached, combine mint leaves, peas, Parmesan and 1/4 teaspoon salt; pulse until finely chopped. With processor running, pour in oil and water in a slow, steady stream until mixture is pureed and pesto is thick.

3. Drain pasta, reserving 1/2 cup cooking water. Return pasta to saucepot; add pesto and chicken to pasta in saucepot. Pour reserved pasta cooking water into food processor and swirl to loosen any remaining pesto; add to pasta mixture and toss to combine. Transfer pasta mixture to serving bowl. Sprinkle with toasted pine nuts, if you like. Makes about 6 (2 cup) servings.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

## Good Housekeeping

### Spaghetti Pie With Prosciutto and Peas

- 8 ounces thick spaghetti
- 4 large eggs
- 2 large egg whites
- 1 container (15 ounces) part-skim ricotta cheese
- 3/4 cup reduced-fat (2 percent) milk
- 1/8 teaspoon ground nutmeg
- Salt and ground black pepper
- 1 tablespoon margarine or butter
- 1 bunch green onions cut into 1/4-inch pieces (about 1 cup)
- 1 cup frozen peas
- 6 slices thinly sliced prosciutto (about 3 ounces)

1. Heat oven to 350 F. Heat large covered saucepot of water to boiling over high heat. Add spaghetti and cook 2 minutes less than label directs.

2. Meanwhile, in medium bowl, whisk eggs, egg whites, ricotta, milk, nutmeg, 1/4 teaspoon salt and 1/4 teaspoon pepper until blended. Set aside. In oven-safe nonstick 12-inch skillet, melt margarine over medium heat. Add green onions and cook about 5 minutes or until softened. Remove skillet from heat.

3. Drain spaghetti. To green onions in skillet, add spaghetti and frozen peas; toss to combine. Pour egg mixture over pasta and arrange Prosciutto slices on top.

4. Place skillet over medium-high heat and cook 3 to 5 minutes or until edges just begin to set. Place skillet in oven and bake 15 minutes or until center is set. Slide pie onto large plate to serve. Serves 6.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

## Good Housekeeping

### French Toast Bake for Mother's Day

This savory, feeds-eight French toast — a cost-effective, cheese-crust-ed combo of baked bread, eggs and Gruyere — rests overnight so you can sleep in.

- 6 large eggs
- 2 cup milk
- 1 tablespoon Dijon mustard
- Salt and pepper
- 1/4 cup snipped chives
- 1 loaf French bread (preferably day-old)
- 6 ounces Gruyere cheese

1. Grease shallow 1 1/2-quart ceramic baking dish. In medium bowl, whisk eggs, milk, Dijon, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper until well-blended. Stir in chives.

2. Arrange half of bread in bottom of prepared baking dish, overlapping slices to fit. Pour half of egg mixture over bread and sprinkle with two-thirds of Gruyere. Cover with remaining bread, overlapping slices. Pour remaining egg mixture over bread; gently press down to help bread absorb egg mixture. Sprinkle with remaining one-third of Gruyere. Cover and refrigerate overnight.

3. Heat oven to 350 F. Bake 50 to 60 minutes or until puffed and golden and tip of knife inserted in center comes out clean, covering top during last 15 minutes if browning too quickly. Let stand 10 minutes to set custard before serving. Sprinkle with snipped chives. Serves 8.

## Good Housekeeping

### Vermicelli With Spring Onions

Fragrant leeks, tender green onions and delicate shallots add wonderful flavor to this cream sauce for pasta. For a delicious light version (only 1 gram saturated fat per serving) substitute fat-free half-and-half for the regular half-and-half called for in the recipe.

- 3 medium (about 1 1/4 pounds) leeks
- Salt
- 1 package (16 ounces) vermicelli or spaghetti
- 1 tablespoon margarine or butter
- 2 bunches green onions, thinly sliced
- 4 medium (about 1/2 cup) shallots, finely chopped
- 1 clove garlic, crushed with press
- 1/4 teaspoon coarsely ground black pepper
- 1 cup fat-free chicken broth or vegetable broth
- 1/2 cup half-and-half or light cream

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 sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

2. Heat large saucepot of salted water to boiling over high heat; add vermicelli and cook as label directs.

3. Meanwhile, in nonstick 12-inch skillet, melt margarine or butter over medium-high heat. Add leeks, green onions, shallots, garlic, pepper and 3/4 teaspoon salt, and cook until vegetables are tender and golden, about 10 minutes, stirring often. Add broth and half-and-half; cook 1 minute.

4. Drain vermicelli; return to saucepot. Add leek mixture and toss well to coat. Serves 4.

## Good Housekeeping

### Peach Melba Mimosas

Mom will love this light, fresh cocktail is filled with sweet berries, peaches and just enough bubbly to feel festive.

- 1½ cup thawed frozen raspberries
- 1/4 cup sugar
- 1 cup thawed frozen peaches
- 1 teaspoon fresh lemon juice
- 2 bottle chilled champagne, cava, or other sparkling white wine
- 1/2 pint fresh raspberries

1. In a blender, puree frozen raspberries and 2 tablespoons sugar. Set a fine sieve over a small pitcher and strain puree; set aside.

2. Rinse blender, then puree peaches with remaining sugar, lemon juice and 3 tablespoons cold water.

3. Spoon 2 teaspoons raspberry puree and 2 teaspoons peach puree into each glass. Top off each cocktail with champagne and garnish with fresh raspberries. Serve warm or at room temperature. Makes 8 cocktails.

## Good Housekeeping

### Chocolate-Macaron Tart

Three ingredients make this chocolate macaron tart a simple, decadent desert.

- 10 ounces coconut macaroon cookies
- 1 cup boiling heavy cream
- 1 pound finely chopped semisweet or bittersweet chocolate
- Raspberries
- Slivered orange peel

1. Press coconut macaroon cookies into a greased 9-inch pie plate, then pour boiling heavy cream over semisweet or bittersweet chocolate in heatproof bowl and stir until smooth.

2. Pour into crust, chill 6 hours, and top with raspberries and slivered orange peel. Serves 12.

## Comfort foods



by Healthy Exchanges

### Dillied Tuna-Macaroni Salad

Who said that tuna at lunchtime has to be served as a sandwich? Surely, not anyone who tastes this!

- 2 cups cold cooked rotini pasta, rinsed and drained
- 1/4 cup finely chopped onion
- 1 cup sliced celery
- 1/2 cup shredded reduced-fat Cheddar cheese
- 1/4 cup dill pickle relish
- 1 (6-ounce) can white tuna, packed in water, drained and flaked
- 1/2 cup fat-free mayonnaise
- 1 teaspoon lemon juice
- 1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and Cheddar cheese. In a small bowl, combine dill pickle relish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine. Fold in chopped egg.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 4 (1 cup each).

• Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

## Good Housekeeping

### Spinach and Strawberry Salad

- 1 pound strawberries, hulled and sliced
- 3 tablespoon lime juice
- 2 teaspoon honey
- 1 teaspoon olive oil
- Salt and pepper
- 1 container (12-ounce) baby spinach
- 10 ounce (2 cups) chicken breast meat, coarsely shredded
- 3/4 cup walnuts, toasted and coarsely chopped

1. In blender, puree 3/4 cup strawberries with lime juice, honey, oil, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Transfer dressing to large serving bowl.

2. To bowl with dressing, add spinach, chicken and remaining strawberries; toss to coat. Sprinkle salad with walnuts to serve. Serves 6.

• Each serving: About 220 calories, 13g total fat (2g saturated), 40mg cholesterol, 220mg sodium, 10g total carbohydrate, 8g dietary fiber, 19g protein.

For thousands of triple-tested recipes, visit our website at [www.good-housekeeping.com/food-recipes/](http://www.good-housekeeping.com/food-recipes/).

# Crime

**Robbery** on West Belmont Avenue and North Clark Street.

**Robbery** on the 700 block of West Division Street.

**Burglary** on the 1100 block of West Catalpa Avenue.

**Burglary** on the 4800 block of North Wolcott Avenue.

**Robbery** on the 4800 block of North Ashland Avenue.

**Shooting** on the 2000 block of West Diversey Parkway.

**Shooting** on the 500 block of West Huron Street.

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

**Burglary** on the 2400 block of North Southport Avenue.

**Shooting** on the 2900 block of North Hoyne Avenue.

**Robbery** on the 2300 block of North Cleveland Avenue.

**Burglary** on the 1000 block of West Belmont Avenue.

**Assault** on the 5000 block of North Winthrop Avenue.

**Theft** on the 1600 block of North LaSalle Drive.

**Vandalism** on the 1800 block of Hermitage Avenue.

**Assault** on the 5000 block of North Paulina Street.

**Arrest** on the 4800 block of Ravenswood Avenue.

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

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

**Theft** on the 1600 block of West Le Moyne Street.

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

**Vandalism** on the 1200 block of North Milwaukee Avenue.

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

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

**Vandalism** on the 1600 block of West Wilson Avenue.

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

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

**Theft** on the 1900 block of North Bissell Street.

**Theft** on the 4200 block of North Sheridan Road.

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

**Assault** on the 800 block of West Irving Park Road.

**Assault** on the 1500 block of North Clybourn Avenue.

**Theft** on the 4700 block of North Winchester Avenue.

**Assault** on the 100 block of West Diversey Parkway.

**Theft** on the 4900 block of North Paulina Street.

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

**Assault** on the 1200 block of West Leland Avenue.

**Assault** on the 1500 block of North Elston Avenue.

**Vandalism** on the 4900 block of North Kenmore Avenue.

**Theft** on the 600 block of West Diversey Parkway.

**Shooting** on the 1400 block of North Humboldt Drive.

**Shooting** on the 2000 block of West Diversey Parkway.

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

**Shooting** on the 2700 block of West North Avenue.

**Shooting** on the 3499 block of West Fullerton Avenue.

**Shooting** on the 3700 block of West Armitage Avenue.

**Assault** on the 2600 block of West Potomac Avenue.

**Shooting** on the 3700 block of West Armitage Avenue.

**Shooting** on the 2900 block of North Hoyne Avenue.

**Shooting** on the 00 block of Pulaski Road.

**Shooting** on Broadway and Belle Plaine Avenue.

**Theft** on the 3300 block of West Altgeld Street.

**Robbery** on the 5800 block of North Lincoln Avenue.

**Burglary** on the 2400 block of North Southport Avenue.

**Burglary** on the 3200 block of West Addison Street.

**Robbery** on the 3200 block of North Cleveland Avenue.

**Burglary** on the 1000 block of West Belmont Avenue.

**Arrest** made on the 4800 block of North Ravenswood Avenue.

**Assault** on the 5800 block of North Winthrop Avenue.

**Vandalism** on the 4100 block of North Kedvale Avenue.

**Theft** on the 2800 block of West Belden Avenue.

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

**Robbery** on the 3400 block of West Belle Plaine Avenue.

**Theft** on the 2100 block of West North Avenue.

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

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

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

**Assault** on the 2800 block of North California Avenue.

## KEY CRIME TRENDS

As of April 17, 2026, Chicago has recorded **119 homicides**, showing a slight increase compared to the same period in 2025. While violent crime trended down in early 2026, including notable drops in robbery and carjacking, the overall homicide count has ticked up slightly, with West Garfield Park recording the highest numbers, according to data on Chicago Tribune and the Chicago Sun – Times.

**Homicides:** 19 people have been killed, which is slightly higher than the 108 recorded in a similar period in 2025.

**Shootings:** The number of victims shot has shown slight fluctuations compared to 2025, with overall violent crime having seen a 10% decrease in the first two months.

**Other Crime:** Robberies, including those involving firearms, have decreased by 27% and 38% respectively, alongside a 22% drop in burglaries and 16% in carjackings early in the year.



**Geographic Focus:** West Garfield Park and Austin have experienced the highest concentration of homicides.

**Police Activity:** Over 1,450 firearms have been recovered by police by early March 2026.

**Factors Impacting Safety Community Strategy:** The City of Chicago notes that their “People’s Plan” has shown, for example, a 40% reduction in violent crime in Little Village and a 10% decrease in West Garfield Park.

**Leadership:** The administration is collaborating with community violence intervention workers, and police, led by Chief Larry Snelling and new Cook County State’s attorney Eileen O’Neill Burke, have focused on increased arrest rates.

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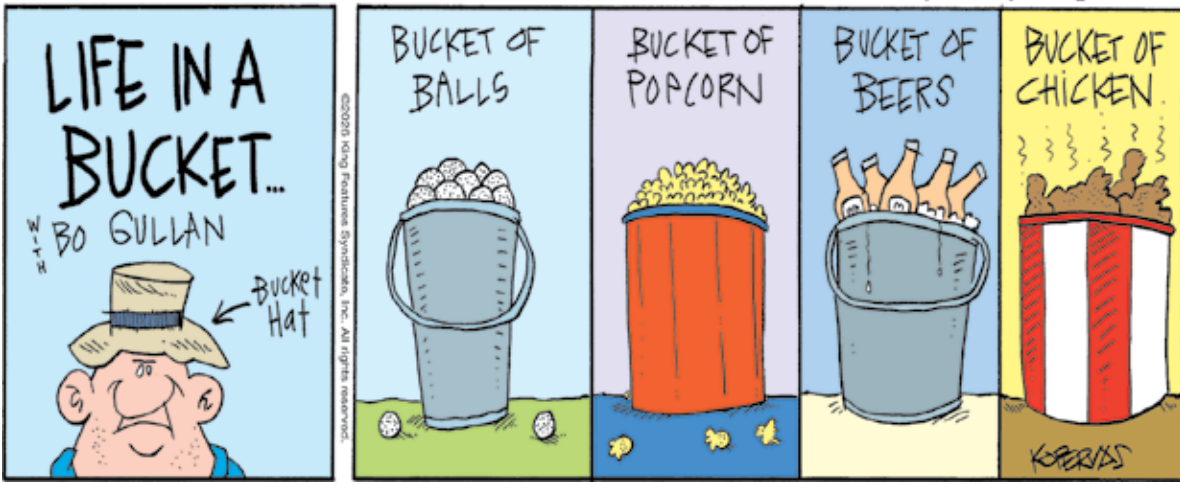
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# Comics

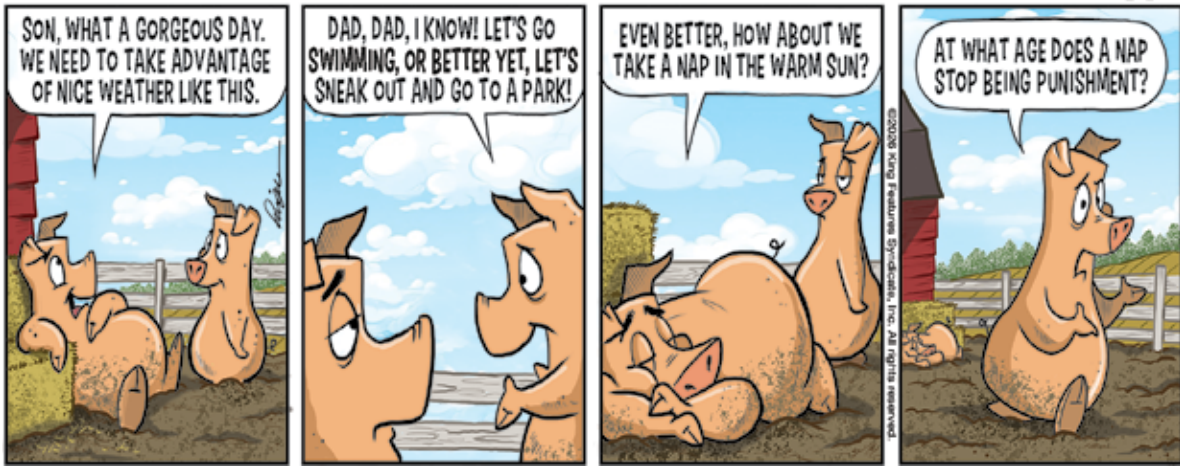
## Out on a Limb

by Gary Kopervas



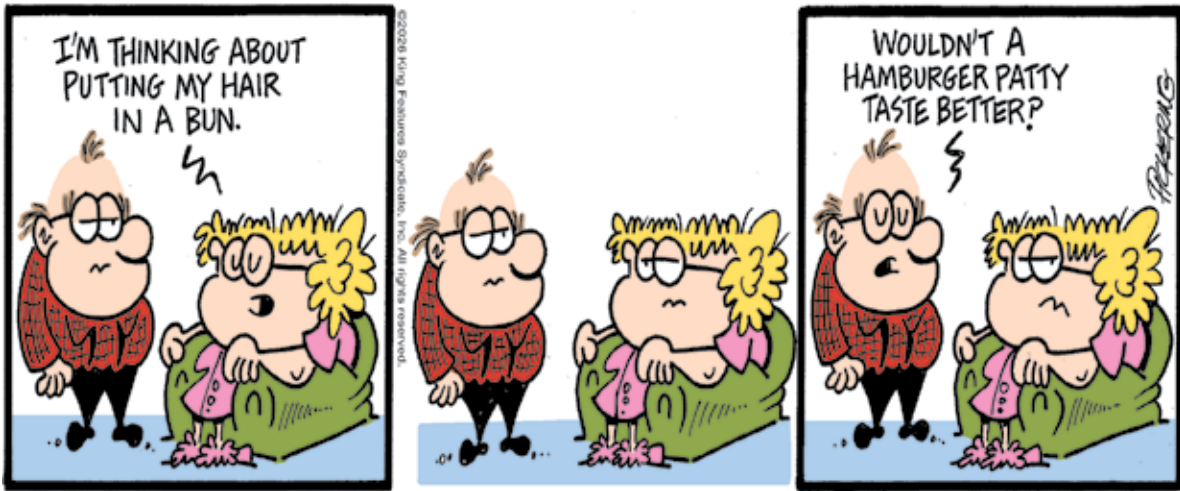
## Amber Waves

by Dave T. Phipps



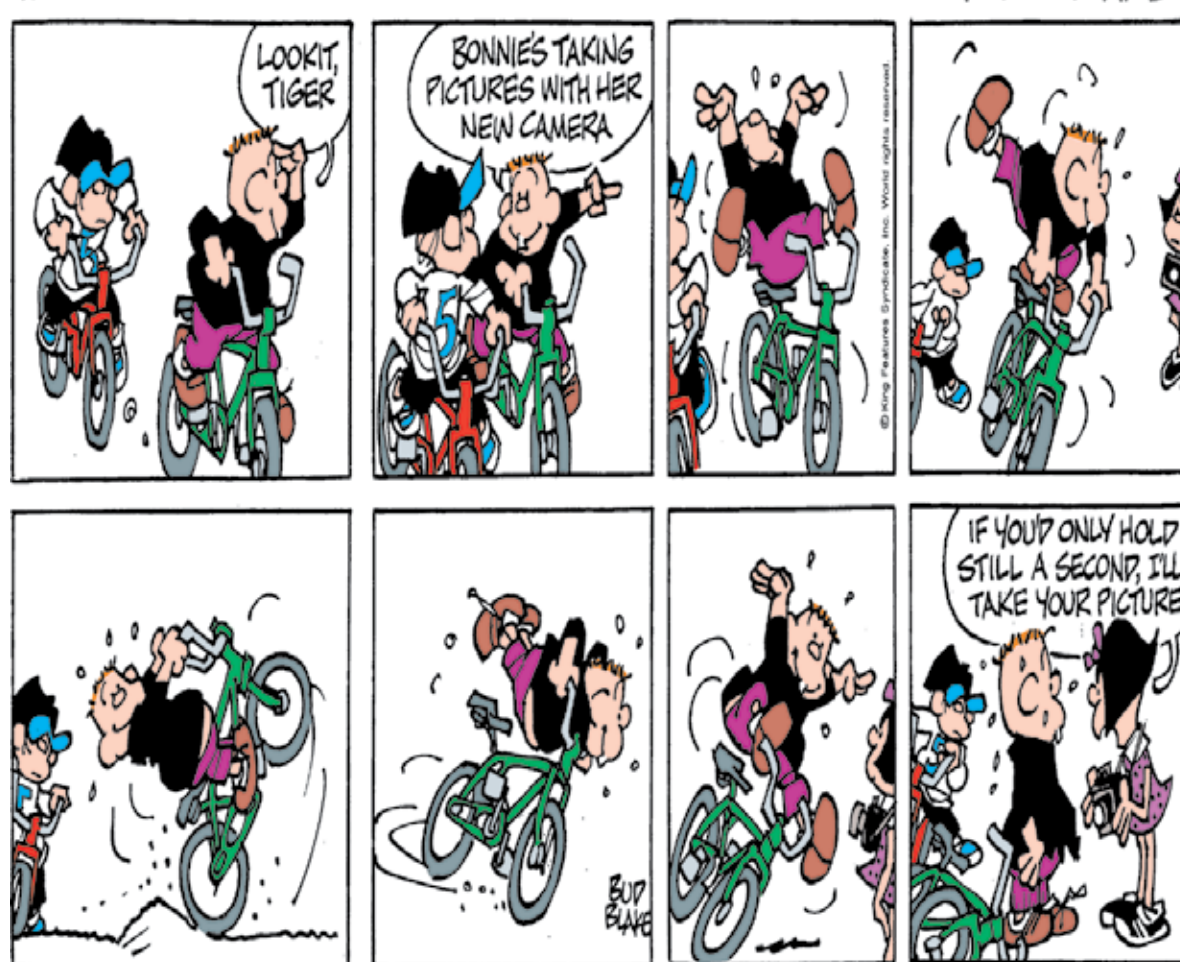
## The Spats

by Jeff Pickering



## TIGER

by BUD BLAKE



## Puzzles4Kids

by Helene Hovanec

### RIDDLE SEARCH - ALL ABOUT SANDWICHES

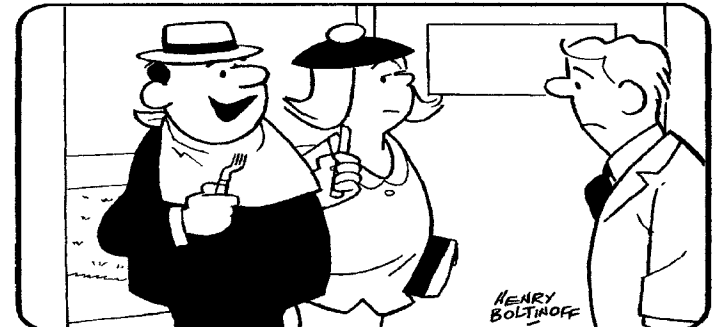
Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **When do sandwiches go to sleep?**

AVOCADO	T	H	U	M	M	U	S	J	A	M
BACON	U	U	A	T	B	A	C	O	N	A
BALONEY	R	T	N	H	L	O	X	T	E	Y
CHEESE	K	I	R	A	V	O	C	A	D	O
EGG	E	B	M	T	F	P	R	M	O	N
HAM	Y	I	E	A	J	I	A	O	L	I
HUMMUS	E	S	E	E	H	C	S	T	I	O
JAM	G	A	L	M	D	K	T	H	V	N
JELLY	G	L	I	B	A	L	O	N	E	Y
LOX	Y	T	M	E	P	E	P	P	E	R
MAYO										
MEAT										
OLIVE										
ONION										
PEPPER										
PICKLE										
SALAMI										
SALT										
TOMATO										
TUNA FISH										
TURKEY										

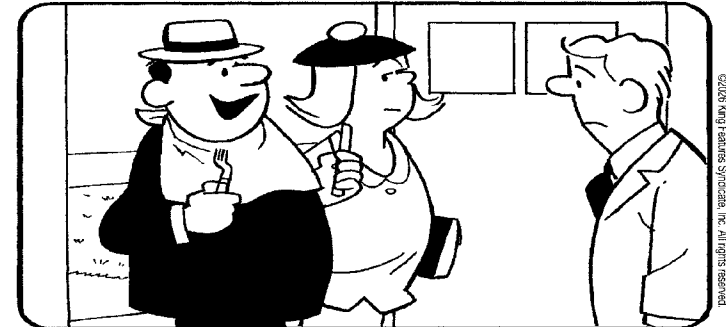
Riddle answer: \_\_\_\_\_

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Purse is moved. 2. Fork is reversed. 3. Napkin is different. 4. Doorway opening is not as wide. 5. Window in door is different. 6. Jacket is longer.

## Just Like Cats & Dogs

by Dave T. Phipps



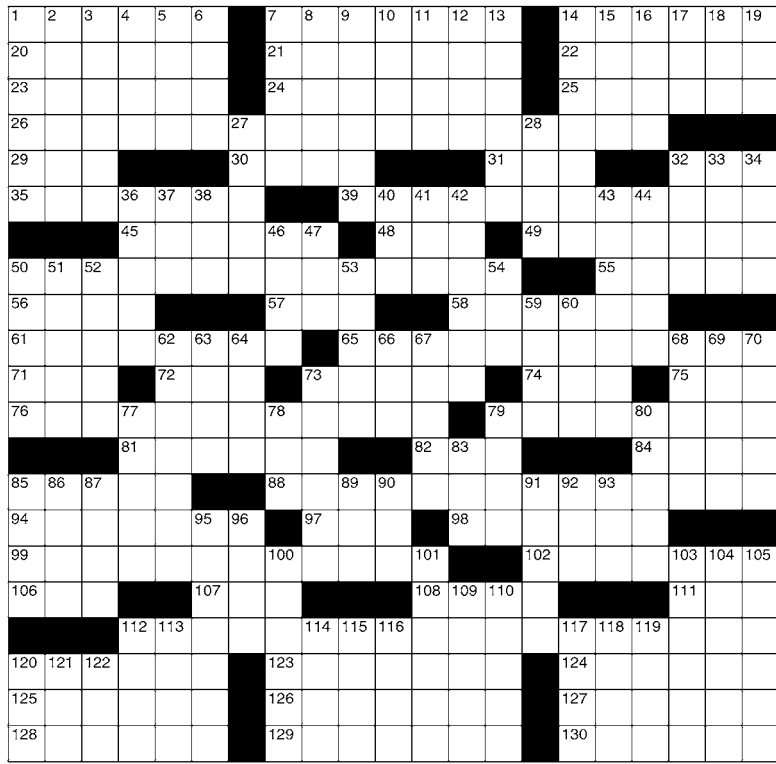
Riddle Answer: \_\_\_\_\_  
At their bread time.

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

Answer

# Crossword

## Super Crossword



- ACROSS**
- 1 Sturdily built
  - 7 Evergreen-scented cleaning brand
  - 14 Cows' milk deliverers
  - 20 Perjurious way to be caught
  - 21 Transition zone between biomes
  - 22 Go on a trip
  - 23 "... at least"
  - 24 Hundreth of a peseta
  - 25 Cure
  - 26 Managers' evaluations of employees
  - 29 "Rope-a-dope" boxer
  - 30 Gas brand in Ontario
  - 31 "Ltd." cousin
  - 32 Hit the slopes
  - 35 Tries to swat with an open hand
  - 39 2002 film with Jennifer Lopez and Ralph Fiennes
  - 45 "I have it!"
  - 48 Uno plus due
  - 49 Narrow ship passages
  - 50 Regulation of a computer network
  - 55 White wader
  - 56 1/24 of a day
  - 57 Torrid
  - 58 Capital of the Bahamas
  - 61 Try out for the role
  - 65 Realm that began with the reign of Charlemagne
  - 71 Monk's title
  - 72 Crumple (up)
  - 73 Mafia bosses
  - 74 Meadow
  - 75 Denials
  - 76 They were given to Moses on Mount Sinai
  - 79 Most energetic
  - 81 Humiliated
  - 82 Suffix with 52-Down
  - 84 Creamy cheese
  - 85 "May I see —?" (diner's question)
  - 88 "Don't Cry Out Loud" singer
  - 94 Full of subtlety
  - 97 Little kid
  - 98 Plaza Hotel girl of kid-lit
  - 99 They deliver fuel and air from carburetors to cylinders
  - 102 National anthem in Ontario
  - 106 Fleur-de- —
  - 107 "Bad" cholesterol, in brief
  - 108 Worker's pay
  - 111 Bonn article
  - 112 What you have to do before entering seven answers in this puzzle?
  - 120 Actress Hedy
  - 123 Long rants
  - 124 Put new cables in
  - 125 To-do list
  - 126 Illustrious
  - 127 Loves to bits
  - 128 Rises from bed
  - 129 Insists
  - 130 Pastry chefs, e.g.
  - DOWN**
  - 1 Dry Spanish wines
  - 2 Open, as a sleeping bag
  - 3 African nation
  - 4 Mushy food
  - 5 St. Pat's isle
  - 6 Doe, e.g.
  - 7 Texas river
  - 8 Frosting tools
  - 9 Sarge, say
  - 10 Un-PC suffix
  - 11 Evening, in French
  - 12 "My treat!"
  - 13 10th-century pope
  - 14 Netherlands province or its capital
  - 15 Doodled, e.g.
  - 16 Stops up
  - 17 Adam's mate
  - 18 Like many wines
  - 19 Like many winks
  - 27 Gala affairs
  - 28 Motels
  - 32 Swizzle
  - 33 Model Moss
  - 34 Pt. of MIT
  - 36 — dish
  - 37 Drag to court
  - 38 Ulna's place
  - 40 \$ dispenser
  - 41 Great anger
  - 42 Alternative to Bob Evans
  - 43 Hiker's guide
  - 44 Touch base after a fly-out
  - 46 Madeline of "Judy Berlin"
  - 47 In history
  - 50 Elevator part
  - 51 "— welcome" brand
  - 52 Neighbor of Chad
  - 53 Hollywood's Hawke
  - 54 Road goop
  - 59 Only
  - 60 Ooze
  - 62 — Chuck (cheap wine)
  - 63 "— Rock" (1966 hit)
  - 64 Probability
  - 66 Choose (to)
  - 67 Is defeated
  - 68 Nonreactive
  - 69 O'Donnell of TV and film
  - 70 Citrate, e.g.
  - 73 Give formally
  - 77 Tropical plant with bright flowers
  - 78 One paying dues: Abbr.
  - 79 Bell's ring
  - 80 "Peer Gynt" playwright
  - 83 NNW's opposite
  - 85 Dye used in blue jeans
  - 86 City bond, in brief
  - 87 Devours
  - 89 Cyber-giggle
  - 90 "— be my pleasure!"
  - 91 Murnured lovingly
  - 92 Fruit drink brand
  - 93 That, in Chile
  - 95 It might ensnare congers
  - 96 Aeneas' lover, in myth
  - 100 Played like Galway
  - 101 Neighbor of Denmark
  - 103 Think a lot of
  - 104 Closer to one's heart
  - 105 "Gunsmoke" actor James
  - 109 Revise
  - 110 Main ideas
  - 112 Soda holders
  - 113 Pakistani language
  - 114 Part of DST
  - 115 Prune
  - 116 Tennis player Mandlikova
  - 117 Drearly dull
  - 118 Mother of Helen of Troy
  - 119 Furry "Star Wars" critter
  - 120 Fall behind
  - 121 Grow older
  - 122 Ran into



Paw's corner by Sam Mazzotta

**Pet first aid: Preparing before a dog or cat is in distress**

**DEAR PAW'S CORNER:** My dog "Alfie" was rushed to the vet with bloat. My friend who was visiting first noticed the symptoms and told me it was an emergency. He's recovering well, but I feel so guilty. How could I not recognize that he was suffering and could have died? Are resources out there for pet owners who want to know more about how to recognize serious health issues in their pets? — Carl G. in San Francisco

**DEAR CARL:** I'm glad to hear Alfie is on the mend. To answer your question, yes, there are educational resources available to learn how to recognize illness or injury in pets and know what steps to take.

The American Red Cross now teaches a pet first aid course. It's a 35-minute online course, so you can sign up from anywhere and gain a good, basic foundation that will help you recognize and respond to pet health issues. Students learn to take pets' vital signs, do rescue breathing and respond to cardiac emergencies. First aid for injuries and bleeding is also covered, as is preventative care. Learn more at [redcross.org](http://redcross.org).

Your local library or community center may offer a similar course. Check their online calendar or call and ask what they offer.

The Animal Humane Society recommends creating a first aid kit just for your pet. It should have many of the items in a regular first aid kit — gauze, non-stick pads, tape, saline wash, a thermometer, disposable gloves and antibiotic ointment. It should also include clean towels, a small flashlight, a muzzle, extra collar and leash, and a laminated card with the veterinarian's contact information and your pet's medications.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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Please run the ad \_\_\_\_\_ times.

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# Horoscope



**ARIES** (March 21 to April 19) You're the first sign in the Zodiac and like to take the lead wherever you go. But this time, you'd be wise to follow someone who has much to teach you.

**TAURUS** (April 20 to May 20) Your adversary hasn't given up trying to undermine you at your workplace. Continue to stay cool — someone who's in authority knows what's happening.

**GEMINI** (May 21 to June 20) Spring debuts with a positive aspect for relationships! Paired Twins grow closer, while the single set finds new romance — perhaps with a Leo or Libra.

**CANCER** (June 21 to July 22) Wavering aspects this week mean weighing your words carefully to avoid misunderstandings with others, who could take what you say and run with it.

**LEO** (July 23 to August 22) You could soon be on a new career path in pursuit of some long-standing goals, but don't cut any current ties until you're sure that you're ready to make the change.

**VIRGO** (August 23 to September 22) A former colleague wants to reestablish an old professional connection. It would be wise to make the contact, at least until you know what they are planning.

**LIBRA** (September 23 to October

22) A relationship that survived some rocky moments could be facing a new challenge. Deal with the problem openly, honestly and without delay. Good luck!

**SCORPIO** (October 23 to November 21) A recent and much-appreciated change in the workplace inspires you to make some changes in your personal life as well. Start with a plan to travel more.

**SAGITTARIUS** (November 22 to December 21) A friend needs your kind and caring advice, but you need to know what they are hiding from you before you agree to get involved.

**CAPRICORN** (December 22 to January 19) Your circle of friends continues to widen. Expect to hear from someone in your past who hopes to reestablish your once-close relationship.

**AQUARIUS** (January 20 to February 18) Your aspects favor the arts. Indulge in whatever artistic expression you enjoy most. Meanwhile, a workplace situation will continue to improve.

**PISCES** (February 19 to March 20) Warning! Your tendency to let things slide until the last minute could have a negative effect on a relationship that you hope can develop into something meaningful.

**BORN THIS WEEK:** You are both emotional and sensible. You enjoy being with people. Good career choices include teaching, performing, and working with the clergy.

## Weekly SUDOKU

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

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

## Super Crossword

### Answers

S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	E	S	A	V	A	C	O	E	S	I	O	L	E	T	L	O	T	L	O	F	L	A
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A
S	R	E	K	A	V	B	A	S	C	N	A	M	E	D	E	M	P	U	S	T	E	G
R	E	S	A	K	E	D	A	K	E	N	D	S	E	M	E	N	A	V	A	N	E	A

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