

## RECIPES FATHERS WILL LOVE

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## DO ALLEGED SEX OFFENDERS LIVE ON YOUR BLOCK?

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## JUNE 2026

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# Lakeview

June, 2026

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

Volume 30, Number 7

## HOMEOWNER'S PAY



Since 2019, more than 1,000 Cook County homeowners, including 125 senior citizens, have lost their homes. The U.S. Supreme Court has found the practice of taking more than the tax owed to be unconstitutional, but the Illinois General Assembly has yet to change the law to stop it.

Chicago homeowners' high bills this year included a 6.3% increase in the levy, or what taxing bodies request. That rise was driven by a larger request from Chicago Public Schools and a higher amount earmarked for Tax Increment Financing Districts. TIF districts collected 10.45% more year over year in 2024, totaling over \$1.3 billion. For 2024 the total Cook County Levy was \$19.2 billion, up about 4.8% from the previous year. The Chicago area inflation rate was closer to 3.5%.

Of the Illinois residents who moved out in 2024, 95% went to lower-tax states. Put a cap on how long TIFs can last and limit how many times it can be extended. Returning that money to general use would bring much needed transparency and real property tax

relief for Illinois residents.

Also, legislators are allowed to work as a property tax appeal lawyer, enabling them to profit from every growing tax hikes. Mike Madigan did that as did Ed Burke. This practice should be prohibited.

In Chicago, 80% of property taxes go toward its growing pension debt. Gov. Pritzker recently signed a 'pension sweetener' for Chicago police and firefighters that will increase liabilities by \$11.1 billion.

Reforming the state constitution would allow for moderate pension changes, increasing the fiscal health of those systems and reducing the property tax burden on Chicago homeowners.

Cook County property taxes have outpaced inflation for a long time. Since 1995, they've gone up 181%, from \$6.8 billion in 1995 to \$19.2 billion in 2024. Adjusted for inflation, that's a 48% increase. If property taxes had risen on pace with inflation, the 2024 levy would have been \$13 billion rather than \$19.2 billion.

## GAS HIKE, AGAIN



Starting July 1, 2026, Illinois drivers will see another gas tax increase. The average price of a gallon of gas in Illinois was \$4.986 on May 6, up from about \$3.40 a year ago. Once federal, state and local taxes are combined, many Illinois drivers pay more than 85 cents per gallon in taxes alone at the pump. Only California and Michigan rival Illinois for the highest total gas taxes in the country. The state tax will rise to 49.6 cents per gallon because

of the automatic annual inflation increase built into the 2019 "Rebuild Illinois" infrastructure program signed by Gov. Pritzker. That means Illinois drivers will continue paying among the highest gas taxes in the country. When Pritzker doubled the state gas tax from 19 cents to 38 cents in 2019, lawmakers also ensured Illinoisans would face automatic inflation-linked increases every year without another recorded vote. Illinois motorists now pay nearly

\$150 more annually in state gas taxes than they did before the 2019 increase. Drivers in Cook, DuPage, Kane, Lake, and McHenry plus several other counties pay even more because of additional local gas taxes. These taxes hit working families the hardest. Middle and low income Illinoisans often drive older, less fuel-efficient vehicles and spend a larger share of their income commuting to work and school and driving for daily necessities. As a side note,

Indiana and Georgia gave residents a gas tax holiday from high prices because of the war in Iran. For the average driver, those increases add up fast. Now, ComEd is going to raise their rates, grocery prices are going through the roof, property taxes are out of control. When does it all stop? Before asking even more from drivers, lawmakers should prove they can better manage the billions they already collect from Illinois families every year.

# Editorial & Opinions



## Moments in time

THE HISTORY CHANNEL

\* On June 1, 1926, Norma Jeane Mortenson, who would later become famous as the voluptuous, platinum blonde actress and sex symbol Marilyn Monroe, was born in Los Angeles, California.

\* On June 2, 1985, Leonard Lake was arrested near San Francisco, California, ending one of the rare examples of serial killers working together. Lake and his partner, Charles Ng, committed a number of brutal crimes against young women in the 1980s. Lake committed suicide by ingesting a cyanide capsule while in custody, but Ng has remained on death row at San Quentin State



SUNDAY JUNE 14TH



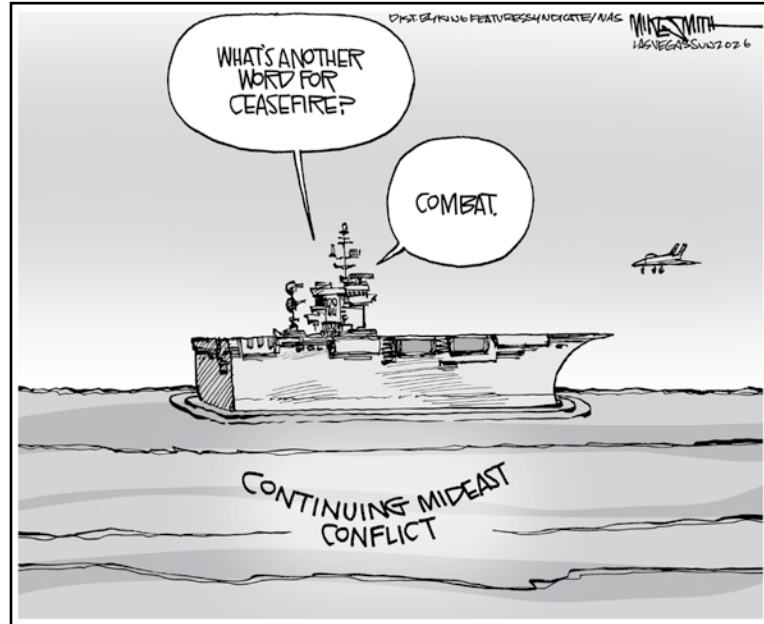
FRIDAY JUNE 19TH



SUNDAY JUNE 21ST



SUNDAY JUNE 21ST



Prison since 1999.

\* On June 3, 1754, Lieutenant Colonel George Washington began construction of the makeshift Fort Necessity, designed to defend his forces from French soldiers angered by the killing of Ensign Joseph Coulon de Jumonville by Washington's Native American ally while he was in Washington's custody. A month later, the French, led by Jumonville's half-brother, succeeded in getting Washington's surrender and signed confession (in French, which he didn't read) to the murder.

\* On June 4, 1972, Angela Davis, an activist and former UCLA philosophy professor, was acquitted on charges of conspiracy, murder and kidnapping. She had been accused of supplying weapons to Jonathan Jackson, who had stormed a courtroom in an effort to take hostages he hoped to exchange for his brother, a radical incarcerated at San Quentin. Jack-

son died in the subsequent police shootout.

\* On June 5, 2004, Ronald Reagan died, a decade after his announcement that he had been diagnosed with Alzheimer's disease. Nicknamed the "Great Communicator" and one of America's most popular presidents, he had lived out his final years on his beloved ranch with his wife, Nancy, and was laid to rest at the Ronald Reagan Presidential LIBRARY in Simi Valley, California.

\* On June 6, 1933, eager viewers parked at the very first drive-in movie theater, the Camden Drive-In, in Pennsauken, New Jersey, to watch the English comedy "Wives Beware," starring Adolphe Menjou.

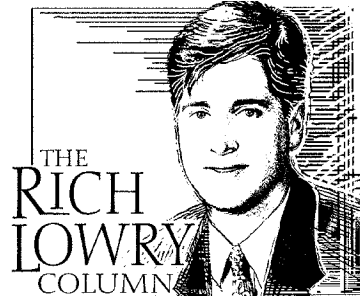
\* On June 7, 1692, a massive earthquake destroyed the town of Port Royal in Jamaica, killing thousands. Aftershocks discouraged the possibility of rebuilding, and the city of Kingston was constructed instead.

## Americanisms



"An investment in knowledge pays the best interest."  
— Benjamin Franklin

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### Our screen culture increasingly can't read

We've been having a debate about "book bans" in recent years, but given the steep decline in student literacy, the deeper question is how anyone would notice whether a book is available in a school library or not. The New York Times published an eye-opening report on a study by the Educational Opportunity Project at Stanford documenting steep declines in student test scores, especially in reading.

Over the past 10 years, reading scores have declined in 83% of school districts. What looked like a COVID-19-driven catastrophe is, instead, part of a long-running trend. Reading scores were falling at a similar clip prior to the pandemic, in 2017-2019, and continued to fall into 2024. In a third of school districts, kids are reading a full grade level below where they were in 2015. This follows what had been a steady increase in test scores from 1990 to the 2010s.

The ability to read is foundational to a child's development. It enhances verbal fluency, memory, concentration and executive function. It is associated with academic success and sundry advantages throughout life. That our schools are falling down so badly on such an elemental matter is nothing less than a civilizational failure.

Our children aren't learning to read, in part, because we've forgotten how to teach them. We decided to jettison a common-sensical, tried-and-true method of reading instruction — phonics — for faddish theories that haven't worked. It is notable that states showing improvement between 2022-2025 embraced phonics, which now goes under the rubric "the science of reading."

It also can't be a coincidence that these harrowing trends are playing out against the backdrop of ubiquitous screens in schools. Schools are starting to ban mobile phones, but the

screen that they take away with one hand, they give with the other. According to a New York Times survey, 80% of teachers say that students at their schools have a device assigned to them; it was only a third in 2019. More than 80% said that kids get devices ... by kindergarten.

It would have been comparable recklessness if schools had decided at the outset of the television age that every schoolchild needed a personal TV. Parents struggle to get their kids off devices at home, and then send them to school, where they read "To Kill a Mockingbird" on an iPad.

Now, books haven't disappeared from classrooms, but they aren't nearly as prevalent as they should be. A new study by the Rand Corporation found that most English teachers assigned at least one full book during the school year, although 9% didn't assign any, and roughly two-thirds assigned between only one to four.

Engaging with a whole book in print is so important because not all reading is equal. One analysis found that "digital reading does improve comprehension skills, but the beneficial effect is between six and seven times smaller than that of print reading." So, too, reading a book is better than reading a series of extended passages; it requires more attention and greater immersion.

As education expert Robert Pondiscio of the American Enterprise Institute points out, it's a mistake to think of reading as solely a technical skill, since reading comprehension also depends on what the great educational theorist E.D. Hirsch called "cultural literacy," the basic facts about history, civics, art and the like that form our common knowledge. To our great detriment, schools have downgraded this, too.

The worst-case scenario is that we have become a screen culture that is only capable of producing screen kids. A report last year in the journal iScience found that reading for pleasure steadily declined from 2003 to 2023. On top of evidence that reading also fell from the 1940s to 2003, this makes for an 80-year decline.

The poet and essayist Joseph Brodsky said, "There are worse crimes than burning books. One of them is not reading them." And not being capable of reading them is even worse than that.

Rich Lowry is editor of the National Review.

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# VETERANS POST

by Freddy Groves

## Reducing veteran suicide rates

The VA has gone a long way toward addressing the epidemic of veteran suicide. Just recently they reported that they've now set a record for the number of veteran suicide prevention screenings and evaluations completed.

In one recent month alone, of all veterans who'd received VA care over the past year, 88% had an annual suicide risk screening.

Of those veterans who were at risk for suicide, 96% had a comprehensive evaluation and a support plan put in place within 24 hours.

It hasn't always been this way. Statistics were grim in the past: 60% of veteran suicides weren't getting VA care.

In 2024 the VA's Office of Inspector General issued a report showing that there had been a systemic failure to follow up with veterans at risk for suicide. After a national review of the VA's suicide risk screening and evaluation training, as well as adherence to the program and oversight, they concluded that staff training for suicide prevention screening was severely lacking.

For one thing, not all staff were trained in using the Columbia-Suicide Severity Rating Scale (aka Risk ID). Not only does the scale identify people at risk, but also the severity level and how to interpret it. The big problem, it seems, was that while the training was available, it was optional. Additionally, there was no system to follow up to ensure staff had taken the training.

The VA OIG made several recommendations, and apparently those are working.

One positive step the VA has taken is to connect with veterans who haven't been enrolled in VA health care. Now, in 2026, they've enrolled over 125,000 veterans — who will get the risk evaluations.

If you're in trouble (or know a veteran who is), reach out to the Veterans Crisis Line. People are there 24/7. Just dial 988 and Press 1. Or text 838255. Or chat online at VeteransCrisisLine.net. You don't need to be receiving VA health care or benefits to get help.

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# top 10 movies

1. **Michael** (PG-13) Jaafar Jackson, Nia Long
2. **The Devil Wears Prada 2** (PG-13) Meryl Streep, Anne Hathaway
3. **Obsession** (R) Michael Johnston, Inde Navarrette
4. **Mortal Kombat II** (R) Adeline Rudolph, Karl Urban
5. **The Sheep Detectives** (PG) Hugh Jackman, Brett Goldstein
6. **The Super Mario Galaxy Movie** (PG) Brie Larson, Virginia Dare Jelenic
7. **Project Hail Mary** (PG-13) Ryan Gosling, Sandra Hüller
8. **Top Gun** (PG) Tom Cruise, Anthony Edwards
9. **In the Grey** (R) Henry Cavill, Jake Gyllenhaal
10. **Is God Is** (R) Kara Young, Mallori Johnson

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**"Project Hail Mary"** (PG-13) — This sci-fi film starring Ryan Gosling ("The Actor") became the second highest-grossing film of the year, pulling in \$656.3 million at the box office. It's now available to rent and buy on demand following its successful theatrical run, which should make a lot of fans happy now that they can watch Grace and Rocky in action from the comfort of their homes! Originally a novel written by Andy Weir, the film follows middle school science teacher Ryland Grace (Gosling), who gets the opportunity of a lifetime to go on a one-way space flight for research that could potentially save humanity. The catch is that he wakes up on the interstellar spacecraft without his crew — and with amnesia. Luckily, he encounters a friendly alien named Rocky, and together the two fight to get the other back to their home planet. (Amazon Prime Video)

**"Ladies First"** (R) — Inspired by the French film "I Am Not an Easy Man," this comedy film premiering May 22 flips the patriarchy on its head by asking, "What if the power dynamics between men and women were reversed?" Sacha Baron Cohen ("Balls Up") stars as a chauvinistic executive who gets bonked on the head after walking into a pole. Upon awakening, he realizes that he's somehow transported himself into a matriarchal alternate reality. A woman who originally was his subordinate (Rosamund Pike) is now his boss; he suddenly lives alone in a smaller apartment with a cat; and he gets told by women to smile as he walks down the street. The only way for him to exit this reality is to change his misogynistic ways. Now, if you'll excuse me, I'll be outside trying to find a pole ... (Netflix)

### Fun Fact

Nearly 5 billion retail prescriptions were filled in the United States in 2025 alone, up from 4.9 billion in 2024 and 4.8 billion in 2023. These figures are expected to increase in the years to come. 3.9 billion of those prescriptions filled in 2025 were "generic," and 435 million were "name-brand."

Sources: Statista, accessiblemeds.org

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# Strange BUT TRUE

By Lucie Winborne

• John Wycliffe's first translation of the Bible from Latin Vulgate into English so angered the Catholic Church (because it bypassed priests) that it had his corpse exhumed and burned.

• A year on Neptune lasts approximately 165 Earth years.

• For six months, filmmakers Jenny Rustemeyer and Grant Baldwin survived on food salvaged from dumpsters, finding so much that friends were invited to help them consume it, and recorded their experience in "Just Eat It: A Food Waste Story."

• The Hopi consider the Grand Canyon to be the gateway to the afterlife.

• Polar bear mamas gain around 400 pounds during pregnancy. If the mother doesn't double her weight, her body will simply reabsorb the fetus.

• Research has suggested that when a twin engages in criminal activity, it increases the likelihood that the other twin will do the same.

• The orbicularis oris muscle allows lips to pucker for a kiss.

• Words in tonal languages such as Mandarin and Hmong can have up to eight meanings, depending on their tone and pitch.

• Zeng Jinlian, of China, holds the world record for tallest woman in history, measuring an astounding 8 feet 1 3/4 inches tall — more than a foot taller than basketball star Shaquille O'Neal.

• Globally, male babies are 25% more likely to die in infancy than girls.

• In December 1955, artist Salvador Dali borrowed a friend's Rolls Royce, filled it to the roof with cauliflower, and drove it to the Sorbonne in Paris, where he delivered a lecture titled "Phenomenological Aspects of the Paranoid Critical Method."

• The Leaning Tower of Pisa was already sinking on one side when the second floor was added.

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**Thought for the Day:** "Work eight hours and sleep eight hours, and make sure that they are not the same eight hours." — T. Boone Pickens

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# SENIOR NEWS LINE

by Matilda Charles

## Recalls to note

Once again we have a long list of recent recalls, ranging from food to medical appliances to dog treats. In a recent month, the number of recalls jumped up 44%. And for our own safety, we need to pay attention.

Here are just a few:

A blood glucose monitoring system left a tiny piece of information out of the user manual: If the monitor gives an E-5 error code at the same time the user has symptoms of high glucose, get immediate medical attention.

An anti-anxiety medication was recalled for failure to dissolve, potentially making them ineffective.

A drug manufacturer was flagged for not having "good manufacturing practices" and had 40 drugs recalled, ranging from blood pressure to cholesterol drugs.

Then there is the long list of snack mixes that tested positive for salmonella, distributed under different names at different stores. With 2027 expiration dates, it's possible these snacks are still on home shelves.

And continuing that theme, we have salmonella in pork rinds, beverage mixes, frozen pizza, dog treats, hot cocoa mix and potato chips.

Then there are all the undeclared ingredients that make their way into our foods: undeclared almonds in cream cheese, egg in a dietary supplement, milk in iced tea and fruit punch, hazelnuts in candy, milk in potato chips and wheat in BBQ sauce.

Even more serious, we have pesticide in soup mix, toxins in baby formula, microbial contamination in alcohol prep pads and chloroform in nail polish remover. And metal in ground beef.

To keep track of recalls, spend an hour once a week looking at the government website that covers all the various recalls: www.recalls.gov. You can sign up for email notices in any or all of the categories they cover.

As an alternate to the government sites, keep an eye on www.health.com and put "recalls" in the search box.

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# What's Hot In Hollywood

**HOLLYWOOD** — Sam Heughan played Jamie Fraser on "Outlander" for 101 episodes in eight years and also starred in the psychological-thriller series "The Couple Next Door" in 2023, opposite Eleanor Tomlinson. Now "The Couple Next Door" has been renewed for a second season on Starz. The handsome 46-year-old Scottish actor, who's never been married, must have been too busy playing "Macbeth" last year with the Royal Shakespeare Company to devote himself to dating.



Courtesy of Starz

Sam Heughan in "The Couple Next Door"

As we predicted, this year's Best Actor Oscar winner Michael B. Jordan ("Sinners") and Oscar nominee Austin Butler ("Elvis") will respectively play Rico Tubbs and Sonny Crockett (originally played by Phillip Michael Thomas and Don Johnson) in the remake of the 1984-89 series "Miami Vice." But why did it take forever to come up with "Miami Vice '85"? They say that they'll be "taking us back to the glamour and corruption of the mid-80s in Miami." They could have achieved the same thing by calling it "Mar-a-Lago '26" or "Miami Vice '85" releases in theaters on May 19, 2028.

Jordan recently completed "The Thomas Crown Affair" (made in 1968 with Steve McQueen and again in 1999 with Pierce Brosnan). It's set to open in March 2027. Butler has an upcoming crime film called "Enemies," opposite Jeremy Allen White, but there's no release date as of yet.

You'd think that Brad Pitt, 62, would need all his energy to keep up with his 33-year-old girlfriend, Ines de Ramon (who worked at Christie's auction house and the Swiss luxury jeweler De Grisogono before becoming the vice president of the Los Angeles-based fine jewelry brand Anita Ko Jewelry). They began dating in 2022. But Pitt's still booked and busy; he's wrapped "The Adventures of Cliff Booth" with Scott Caan, which hails from a script by Quentin Tarantino. It's a standalone sequel to "Once Upon a Time in Hollywood" (2019), with David Fincher directing. Pitt also completed the action film "Heart of the Beast" with J.K. Simmons and is currently filming the psychological thriller "The Riders" with Danny Huston in Ireland, Greece and Belgium. Maybe he gets his stamina from the fountain of youth he's dating!

Sydney Sweeney's one of the hottest actresses around, starring in shows like "Euphoria" (as Cassie Howard since 2019) and more recently in the film "The Housemaid" with Amanda Seyfried (which cost \$35 million and grossed \$401.7 million). But this didn't stop producers from cutting her out of the opening scene of "The Devil Wears Prada 2" because they felt that her 3-minute scene didn't structurally fit in the opening sequence. In the scene, Sweeney played herself and was styled by Emily Blunt's character, Emily Charlton.

Not to worry, though, since she's completed the Netflix tragicomedy "The Custom of The Coun-

try" with Leo Woodall, which she also produced. Additionally, she's currently shooting Netflix's "Gundam" with Noah Centineo ("Black Adam") in Queensland, Australia. Surely, Ms. Sweeney would have felt much more at home in Sydney!

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**HOLLYWOOD** — The fourth season of "The White Lotus" has scored Oscar-winning actress Laura Dern, who's replacing Helena Bonham Carter. Dern joins Kumail Nanjiani, Max Greenfield and Rosie Perez. This season will follow a new group of guests at the Cannes Film Festival over the span of a week. It's filming in Paris and Saint-Tropez, France, as well as Monaco.

"A Quiet Place" was a 2018 sleeper hit, pulling in \$341 million against a budget of \$17 million. "A Quiet Place Part II" (2020) cost \$61 million and grossed \$297.5 million. The prequel to both films, titled "A Quiet Place: Day One" (2024), cost \$67 million and grossed \$261.8 million.

John Krasinski, who wrote, directed and starred in the first film, wrote and will now direct "A Quiet Place Part III," starring his wife, Emily Blunt, who recently starred in "The Devil Wears Prada 2." "Oppenheimer" Oscar winner Cillian Murphy, who starred in "A Quiet Place Part II," is returning for "Part III," which is due in July 2027.

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Two-time Oscar winner Emma Stone ("La La Land" and "Poor Things") has had some tough luck with her past three films. "Kinds of Kindness" (2024), with Jesse Plemons, cost \$15 million and grossed \$16.4 million. "Eddington" (2025), with Joaquin Phoenix, Pedro Pascal, Austin Butler and Luke Grimes, cost \$25 million and grossed \$13.7 million. And "Bugonia," for which Stone was Oscar-nominated, cost \$55 million

and only grossed \$43.5 million. Next up, Stone will play at being lovey-dovey with Chris Pine in the rom-com "The Catch," which is due on May 21, 2027. Stone, 37, and Pine, 45, should be having their midlife crises. Pine's currently filming the survival thriller "Yeti" for Netflix, co-starring Iona Bell, Ray Winstone and Sofia Boutella.

He also has three films that are awaiting their release dates: "The Kidnapping of Arabella," which was shot in Italy with Italian director Carolina Cavalli; "Carousel" with Jenny Slate, which premiered at the 2026 Sun-dance Film Festival back in January; and the sci-fi comedy "Alpha Gang" with Cate Blanchett, Dave Bautista, and Lily-Rose Depp.

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Attention, out-of-work movie and TV celebrities! OnlyFans, a London subscription-based content website, is allowing creators to monetize their content, including photos, videos and live streams that get sent directly to fans. Although it was formally associated with adult content for sex workers, it could be the answer to their work shortage. Would-be, could-be and has-beens need to pay their bills, too!

"Entourage" star Adrian Grenier lost out on "The Devil Wears Prada 2." By the time that producers made up their minds on whether to include him, they were a month from wrapping and decided to nix his return as "Nate." Anne Hathaway's troublesome boy-friend in the film. At least Sydney Sweeney filmed her cameo and got paid when she was cut. Grenier, who hasn't worked in a long while, could have used the paycheck ... but obviously, the devil made them do it!



Courtesy of HBO

Laura Dern (Upcoming in "The White Lotus")

# celebrity extra

by Dana Jackson

**Q:** Is there any chance that there'll ever be a continuation of the show "Breaking Bad" with the character Jesse Pinkman? -- M.G..



Courtesy of AMC

Aaron Paul as Jesse Pinkman in "Breaking Bad"

**A:** Never say never, but the answer for now is "no." Despite Aaron Paul's fondness for the character of Jesse and his respect for "Breaking Bad" and "Better Call Saul" creator Vince Gilligan, he's realistic about the potential for a future spin-off. If you didn't catch the Netflix movie "El Camino" in 2019, it's a very satisfying sequel to "Breaking Bad" without it being a series. Paul's been working steadily since he wrapped up his most famous character. He played Caleb Nichols in the HBO series "Westworld" and lent his distinctive voice to several characters on the animated series "BoJack Horseman." He also has a few upcoming projects, including the horror film "Anything but Ghosts" with Bryce Dallas Howard ("The Help") and the action thriller "Bear Country" with Russell Crowe ("Thor: Love and Thunder").

In addition, it was recently announced that he's been cast in the upcoming third season of "Fallout," the hit postapocalyptic series on Amazon Prime Video. Both Walton Goggins and Kyle MacLachlan are said to be returning, and Annabel O'Hagan and Dave Register have been bumped up to series regulars. Filming is expected to start this month in Santa Clarita, California.

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**Q:** Is cat expert Jackson Galaxy still making new episodes of his show for Animal Planet? I need help with my temperamental feline and would like to apply to be on the show. -- Y.C.

**A:** No, Jackson Galaxy's show "My Cat from Hell" ended its regular run on Animal Planet in 2020 after 11 seasons. Fortunately, you can still catch reruns of his old episodes on Animal Planet and Hulu or view his content on YouTube. You can also read his helpful book "Total Cat Mojo: The Ultimate Guide to Life with Your Cat" and check out his website, JacksonGalaxy.com. Hopefully, with all these resources, you can keep your kitty happy, healthy and well-behaved!

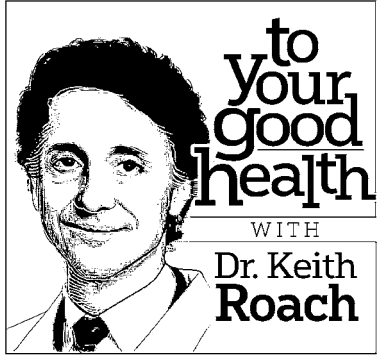
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**Q:** Wasn't there a TV show from years ago where the lead guy from "Sons of Anarchy" played a college student? I never did watch it but would like to find it on streaming. -- T.J.

**A:** Before Charlie Hunnam bulked up to play a motorcycle gang member in the FX series "Sons of Anarchy," as well as a serial killer in Netflix's "Monster," he played a college freshman in a TV series that was created by Judd Apatow. Apatow is credited with introducing audiences to future stars like Hunnam, Seth Rogen ("The Studio"), Jason Segel ("Shrinking"), and Linda Cardellini ("DTF St. Louis"), with Rogen and Segel both appearing in "Undeclared" and "Freaks and Geeks." You can stream "Undeclared" on Netflix. Be sure to keep an eye out for appearances by Apatow's buddies Adam Sandler, Will Ferrell and Amy Poehler. Unfortunately, even with this much star power, the show only lasted for one season on Fox.

Send me your questions at NewCelebrityExtra@gmail.com.

# Health



## Remove Triggers for Migraines by Leading A Healthy Lifestyle

**DEAR DR. ROACH:** I read your recent column about migraines and strokes. About 40 years ago, I began having occasional visual interference episodes with zigzags, blurry central vision, and more that lasted for about 30 minutes. My doctor described them as ocular migraines.

When I read about migraines, the first possible cause that was listed were preservatives, so I started reading labels. My episodes only occurred after eating food with added nitrites and sulfates. It was very consistent, so now I read labels and avoid them. And thanks to the fact that more foods are now being made without them, at 85, I haven't had an episode in many years. It has made me a more careful and healthy eater.

Would I still be more likely to have a stroke? Is this a common cause of these auras, or do causes vary in people? I would hope that others would find a sure cause and solution like I did. — D.W.

**ANSWER:** Food additives, especially nitrites but also sulfites and sulfates, are known triggers of migraines in people who are susceptible. Finding and eliminating the triggers for migraines can be helpful, but not everyone is able to identify their triggers.

Red wine (which contains trace amounts of sulfites, even if more aren't added) is one of the most common food triggers, but caffeine (and caffeine withdrawal) are another common cause. Poor sleep, excess stress and hormonal changes (especially in menstruating women) are also commonly reported.

Some perceived triggers may actually be an early part of a headache. Chocolate cravings can be part of the prodrome of a headache, so people may think that chocolate caused a headache when, in fact, the headache was already on its way. Headache with aura can be confused with a stroke. My column from this past January tried to point out that positive findings like zigzag lines make a mi-

graine with aura very likely, while transient ischemic attacks and strokes are exceedingly unlikely.

However, there is an increased risk of stroke in people who have migraines with aura. This is particularly the case in younger women. I suspect but cannot prove that having fewer migraines after removing the triggers (as you have) probably does mitigate the small increased stroke risk.

Still, it is important for all people with migraines to do what they can to reduce their stroke risk through a healthy lifestyle. Elevated blood pressure and cholesterol might be worth treating, even if they're fairly mild. Diabetes should be as well-controlled as possible. Finally, with strong evidence showing that the shingles vaccine reduces stroke risk, I'd recommend that you make sure you've had the two-dose shingles vaccine.

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**DEAR DR. ROACH:** I'm a 75-year-old female who's hoping to keep her hair from falling out. I currently use minoxidil, but I'm not seeing any improvement. What else would you suggest? — G.E.

**ANSWER:** Most women in their 70s lose some of their hair. The most typical pattern is a general thinning that is somewhat worse on the crown. I recommend seeing a doctor about this to be sure of the diagnosis. There are other patterns of hair loss, some of which are related to thyroid disease and — less frequently — serious systemic diseases.

If the diagnosis is confirmed as female pattern hair loss, then in addition to minoxidil (which can be used either topically or as a low-dose oral pill), spiro-lactone (or another antiandrogen) would be the other first-line treatment. Some physicians use prostate medicines like dutasteride, and ketoconazole shampoo can be helpful. These drugs are usually used in combination with each other. Finally, laser or low-level light therapy, microneedling, and platelet-rich plasma have some benefit, although these are much more expensive options. A dermatologist is the expert when it comes to diseases of the hair and scalp.

## Sixty-Year-Old Woman Is Mysteriously Unable To Gain Weight

**DEAR DR. ROACH:** I have a sister who is in her mid 60s and has a very low weight. She cooks a lot but doesn't eat much. Is there something to suggest to make her gain some weight? She weighs 80 pounds and is 5 feet, 2

inches tall. By contrast, I'm 5 feet, 4 inches tall, and weigh 150 pounds. I'm worried that if she gets sick, she won't have anything to live off of. — P.L.W.

**ANSWER:** With all the recent press about GLP-1 medicines helping people to lose weight, there's been much discussion about the health risks of being obese. However, there are health risks of being underweight as well. In fact, the health risk of being as underweight as your sister (a BMI level of 14) is about the same as the overall health risk of a person with a BMI of 50. (For her, this would equate to being about 300 pounds.)

I don't know why she isn't gaining weight, but there are many possibilities. Weight loss due to psychiatric diseases like major depression and anorexia nervosa is common and underdiagnosed. Some diseases keep people from absorbing nutrients, especially celiac or Crohn's disease. People can lose calories through their urine (diabetics), while others use up their calories too fast (due to high thyroid levels, advanced cancer, etc.). There are many other less-common possibilities.

One critically important issue is to be sure of how much your sister is eating. It sounds like she isn't eating much, which makes some issues more likely than others. While there are appetite stimulants, I don't use these unless I understand what is causing the problem. A careful evaluation by a general physician is called for.

\*\*\*

**DEAR DR. ROACH:** Can you say more about potassium and chronic kidney disease (CKD)? I have stage 3 CKD with a glomerular filtration rate (GFR) in the mid-40s. I like to have a banana for breakfast; is it bad for me? — S.B.

**ANSWER:** CKD is separated into different stages depending on the estimated GFR, which signifies the overall function of the kidney. A normal GFR is considered to be 90 or higher, and people who have kidney disease and a normal GFR are considered to be in stage 1. Stage 2 CKD is having a GFR between 60-89; stage 3a is between 45-59; stage 3b is between 30-44; stage 4 is between 15-29; and stage 5 is considered to be 15 or less.

Most people with stage 3a CKD don't have trouble with the modest potassium load from a banana, but high levels of blood potassium become much more problematic when a person has a GFR that is below 45. Your regular doctor or kidney specialist (you should have one if you don't already) should be periodically testing your blood.

If your potassium level is already high, you may be recommended to reduce

your intake of high-potassium foods. However, a plant-based diet that is rich in these foods helps to protect you against the progression of kidney disease, so I wouldn't limit these foods unless your specialist tells you that it's time.

Even with early-stage CKD, I wouldn't use a potassium-based salt substitute without talking to your doctor first, who will likely want to look at a recent blood test.

## How Laws Prevent Doctors From Receiving Perks off the Books

**DEAR DR. ROACH:** Your recent column said that the law prohibits doctors from getting money from prescriptions. However, they get perks from pharma reps like dinner, golf, etc., and many push supplements on TV. Many "doctors" across the country make their income from prescribing supplements to patients for chronic fatigue syndrome or COVID. — D.K.

**ANSWER:** There are statutes that prevent physicians from directly profiting from prescribing certain medications. The Stark Law prevents doctors from referring their patients to entities where the physician has a financial interest. The Federal Anti-Kickback Statute prevents any remuneration (including not only cash but dinners, trips, flights on private planes, and anything else of value) for referrals or for generating business of any sort that is payable by Medicare or Medicaid. While it's possible that some physicians may be doing so illegally, the potential penalties include large fines and prison time.

However, drug companies do sponsor educational meetings, which often include free food and travel. They also pay the speaker's fees for the lecturers. By law, these payments must be disclosed, and Medicare allows the public to look up these payments by the individual provider, teaching hospital or drug company (OpenPaymentsData. CMS.gov). As I believe that these meetings do have the potential for conflicts of interest, I don't participate, but many physicians do. Medical ethics guidelines don't permit the acceptance of cash gifts.

A recent research letter in the Journal of the American Medical Association used the previously mentioned website to identify \$1.28 billion in industry payments to physicians. The median general internist received \$30 in payments, but the top 0.1% of orthopedic surgeons received an average of \$4.8 million each over the 10-year duration of the study. I also don't agree with physicians who

make an income through advertising, marketing, or directly selling supplements (in office or through their website). To me, there's a clear conflict of interest in doing so. Physicians are supposed to put their patients' interests above their own (including financial interests).

\*\*\*

**DEAR DR. ROACH:** I have recently been diagnosed with pandisaccharidase deficiency. I was referred to a dietitian. She was familiar with the disorder but never actually had a patient with it. I've been relying on AI for advice. Where do I turn? — M.K.

**ANSWER:** Most people have heard of lactose intolerance, which is caused by the loss of the enzyme lactase. Lactose is a type of sugar that is found in milk, and it's a disaccharide, meaning that it's two simple sugars put together (in this case, glucose and galactose). The body has an easy time dealing with simple one-ring sugars, but some people don't have the enzyme to break the disaccharide into its two components.

There are three other major disaccharides (sucrose, maltose and palatinose), and all of them need to be broken down into two. There are also deficiencies in the enzymes that break down each of them. A person with pan-disaccharidase deficiency lacks all the enzymes to break down disaccharides, so this person will have more symptoms such as abdominal pain, bloating, diarrhea and weight loss. The hardest part of managing a pandisaccharidase deficiency is making the diagnosis. One critical person to help you manage these symptoms is a registered dietitian who has extensive training. Even if your dietitian hasn't seen this rare condition before, she should be able to help nonetheless. Of course, a dietitian who does have experience with this deficiency is ideal, but I still recommend a trained human being who can confirm or refute the advice that is given to you by AI.

While there are sucrase and lactase tablets, there aren't enzyme replacements available for maltase and palatinase, so dietary restriction is the key to treatment.

*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

## Downsizing for profit

To you, they're priceless. But to your heirs, they might be encumbrances they're not interested in inheriting, or even a giant burden they'll have to deal with after you're gone.

Some say, "Let them figure it out when I'm dead" But that is just added

stress to your heirs.

## So how do you separate what is worth selling from what should be donated?

Look for special pieces, high-end brands, unique and useful items.

If you need help with assessments, you can find a professional at [appraisers.org](http://appraisers.org), the web-

site for the American Society of Appraisers.

## Donate stuff with limited value to local thrift shops.

Here is a small list of things to sell and donate:

**SELL:** Record albums, Art, especially original artwork. (The frame might be worth more than what's inside it.)

Barware, like decanters and beer signs, lamps, quilts, tools, vintage kitchen items like McCoy pottery and Pyrex, and Wooden furniture, especially mid-century modern.

**DONATE:** Dishes and glasses, knick-knacks (Most mass-produced collectors' items are too common to be valuable, unless you have rare

pieces.) Most clothing (although vintage clothing is hot, especially men's), small appliances and household gadgets, tech like computers and cellphones, and upholstered furniture.

In some cases, downsizing can be a traumatic experience, but maybe you can make a few dollars while shedding the past.

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Bible Class 8:30 a.m.

**Holy Communion 9:30 a.m.**

*Bring your Dad to  
church on Father's Day!*

# 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
- 1 1/4 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
- 1/4 cups shredded part-skim mozzarella cheese
- 1/4 cup freshly grated Parmesan cheese

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

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

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

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

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

## Good Housekeeping

### German Potato-Salad Packet

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

- 2 1/2 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) leek
- 1 package (16 ounce) cork screw or bow-tie pasta
- 1 tablespoon margarine or butter
- 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.

- 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.

- 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.

5. 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.

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.

## 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

## 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

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# 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 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.

## 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. 29 years old
- Male black 5'1" 170 lb. 500 block W,Briar Pl, 45 years old
- Male white 5'1" 175 lb. 1100 block W.Cornelia Ave. 64 years old
- Male white 5'1" 180 lb.1100 block W.Wellington 39 years old
- Male black 6' 185 lb. 400 block of W. Oakdale 36 years old
- Male white 6' 220 lb. 3500 block of N.Racine 27 years old
- White male 6' 220 lb. 500 block Briar Pl. 56 years old
- Male Black 6' 195 lb. 400 block W. Wellington 64 years old
- Male Asian Pacific Islander 6' 220 lb. 400 block W. Belmont 34 years old
- Male white 6' 180 lb. 1900 block W. Barry 79 years old
- Male black 5' 180 lb. 400 block W, Barry 42 years old
- Male black 5'6" 176 lb. 400 block W. Barry 51 years old
- Male white 6' 140 lb. No address 56 years old
- Male white 5' 160 lb. 500 block of W.Briar Pl. 64 years old
- Male bvlack 5' 140 lb. 700 block W. Cornelia 45 years old
- Male white 5' 200 lb.800 block W. Bradley Pl. 67 years old
- Male white 6' 160 lb. 4300 block N. Broadway 30 years old
- Male black 5' 150 lb. No address 62 years old
- Male black 5' 172 lb. 1800 block W. Patterson 34 years old
- Male unknown race 5' 165 lb.3600 Lake Shore Drive 62 years old
- Male black 5' 180 lb. 4100 block of N, Ashland 34 years old
- Male white 6' 222lb. 800 block W. Addison 59 years old.
- Male white 6' 230 lb. 900 block W, Cuyler Ave. 31 years old
- Male white 5' 145 lb. 4300 block N. Kenmore 30 years old
- Male black 5'1" 245 lb. Homeless 56 years old

**Make sure to shop our web site  
Great gifts for your Dad**



**On Father's Day, for once  
in your life, give  
your Dad something he  
can use and wants.**

**We have  
over 4,000 items.**

*Many unusual items.*

*Shop online at:  
www.Armynavysales.com*

**Army Navy Surplus**

**3100 N. Lincoln Ave. Chicago  
773-348-8930**

**Mon. thru Fri: 8-5, Sat. 10-5  
24/7 www.Armynavysales.com**

## Chicago Homicides Rise As Violent Crime Drops

The city has recorded 152 homicides in 2026 - eight more than at the same point last year.

Homicides are often viewed as the clearest indicator of violent crime trends, but other categories in Chicago, including armed robberies and sex-

ual assault are declining. Still, Chicago's reductions in those crimes align with trends seen in other major cities.

As the city heads for it's 2027 election, Mayor Johnson will be judged on whether the city can reverse this year's homicide trend.



**DAD, BE THAT  
#1 SUPER HERO  
IN YOUR CHILD'S LIFE**

**HAPPY FATHER'S DAY  
SUNDAY, JUNE 21ST**



**THIS FATHER'S DAY GREETING MADE POSSIBLE BY:**

**happy father's day**

*Established 1889*



**FUNERAL DIRECTORS**  
2114 W. Irving Park Road  
Chicago, Illinois 60618

Nicole S. Smith, Funeral Director 773-588-6336


**Happy Father's Day**

Thanks to all the men who have served in the armed services and the Fathers and Grandfathers and Great Grandfathers of our service men and women.

**Army Navy Sales**  
3100 N. Lincoln Avenue, Chicago, IL 773-348-8930

**PLEASE SEE OUR WEBSITE [www.ArmyNavySales.com](http://www.ArmyNavySales.com)**

**HAPPY FATHER'S DAY**



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**SCOTT WAGUESPACK**  
32<sup>ND</sup> WARD  
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CHICAGO, IL 60614  
(773) 248-1330  
INFO@WARD32.ORG

**PLEASE SEE OUR WEBSITE [ward32.org](http://ward32.org)**

**PAULINA MARKET**

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**A special Happy Father's Day  
to all our Dads & Grand Dads!**

**[WWW.PAULINAMEATMARKET.COM](http://WWW.PAULINAMEATMARKET.COM)**

**Central Savings**  
founded 1893

**HAPPY FATHER'S DAY!**

1601 W. Belmont  
at Lincoln and Ashland  
773-528-0200

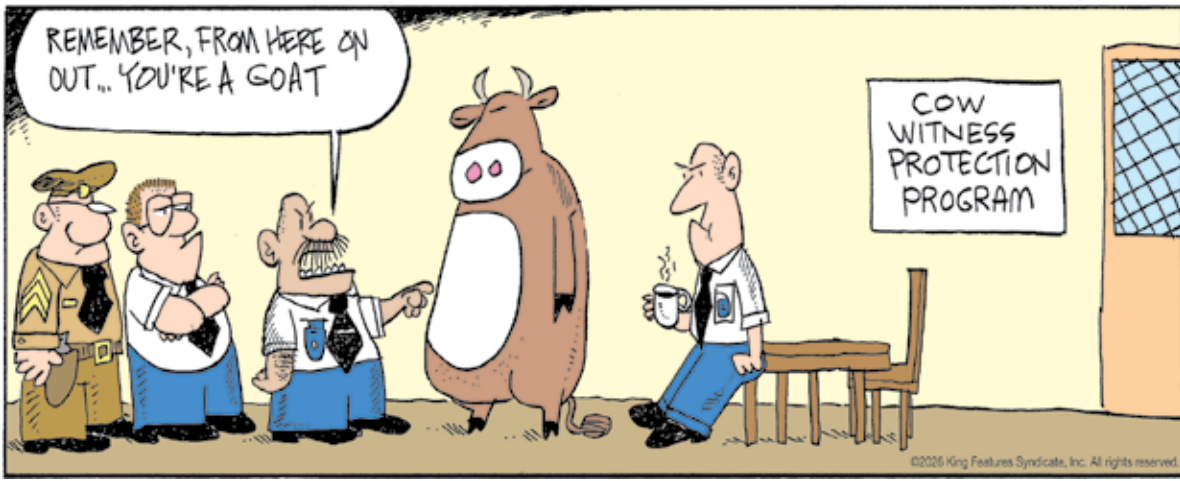
2601 W. Division  
773-342-2711




# Comics

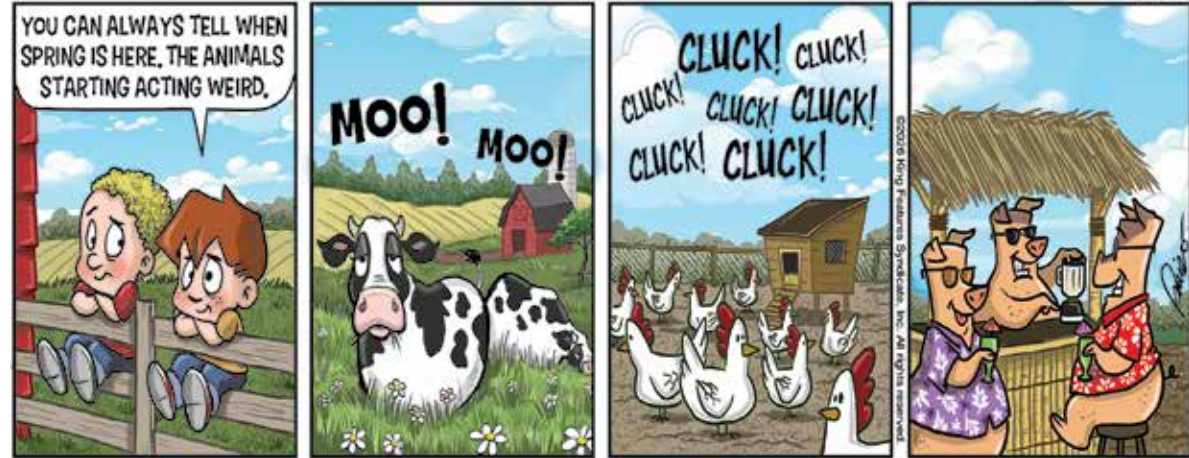
## Out on a Limb

by Gary Kopervas



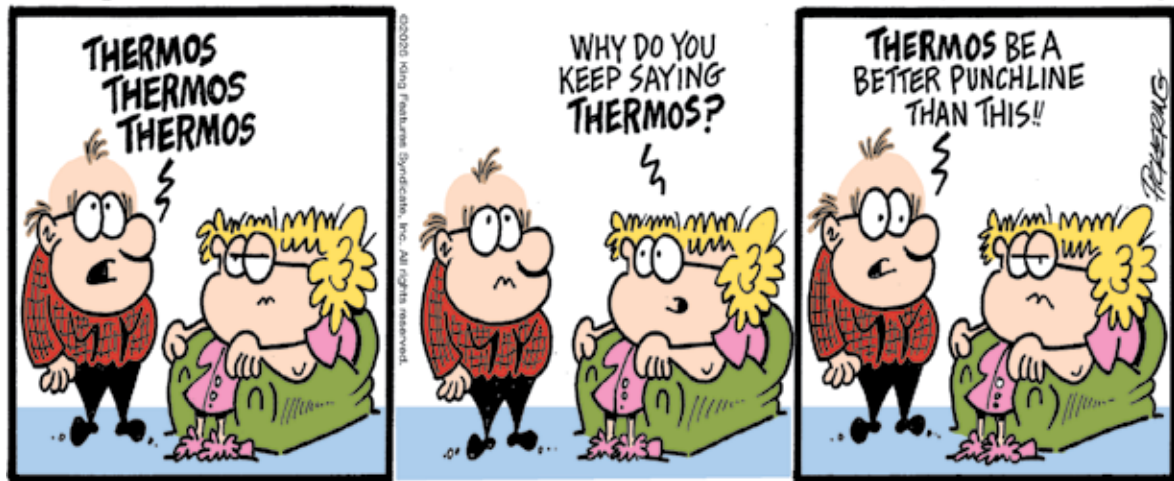
## Amber Waves

by Dave T. Phipps



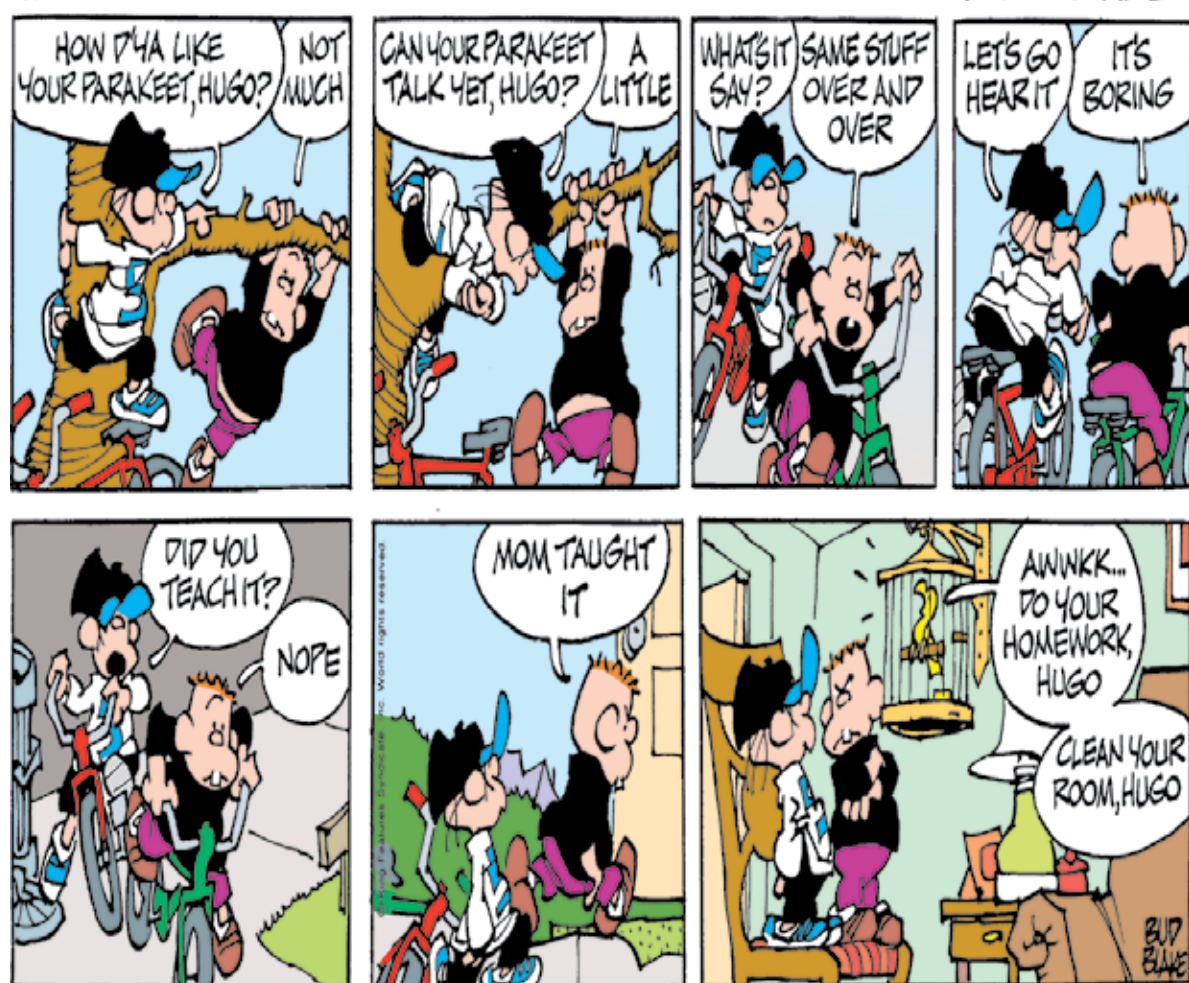
## The Spats

by Jeff Pickering



## TIGER

by BUD BLAKE



## Puzzles4Kids

by Helene Hovanec

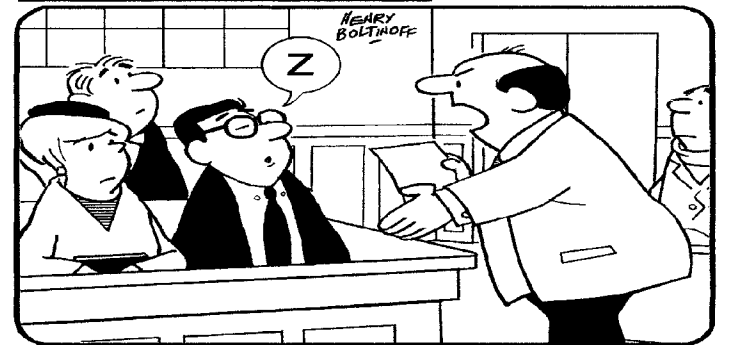
**RIDDLE SEARCH - ALL ABOUT TV**  
Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **How would you describe a great TV series about cats and dogs?**

|            |   |   |   |   |   |   |   |   |   |   |
|------------|---|---|---|---|---|---|---|---|---|---|
| CLICKER    | S | P | I | N | O | F | F | I | L | M |
| COMEDIAN   | C | C | O | M | E | D | I | A | N | S |
| EPISODE    | H | I | R | E | K | C | I | L | C | M |
| FILM       | E | P | L | E | P | I | S | O | D | E |
| LENS       | D | R | A | S | E | I | R | E | S | R |
| MOVIE      | U | E | C | Q | L | N | E | Y | S | U |
| MUSICAL    | L | M | I | P | U | I | A | W | H | T |
| PICTURE    | E | O | S | S | V | I | D | E | O | C |
| PRIME TIME | N | T | U | O | O | M | Z | E | W | I |
| QUIZ       | S | E | M | I | T | E | M | I | R | P |
| REMOTE     |   |   |   |   |   |   |   |   |   |   |
| SCHEDULE   |   |   |   |   |   |   |   |   |   |   |
| SCREEN     |   |   |   |   |   |   |   |   |   |   |
| SERIES     |   |   |   |   |   |   |   |   |   |   |
| SHOW       |   |   |   |   |   |   |   |   |   |   |
| SPIN-OFF   |   |   |   |   |   |   |   |   |   |   |
| VIDEO      |   |   |   |   |   |   |   |   |   |   |

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

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tie is different. 2. Hat is smaller. 3. Handle is added to purse. 4. Window is not as wide. 5. Man has more hair. 6. Arm is longer.

## Just Like Cats & Dogs

by Dave T. Phipps



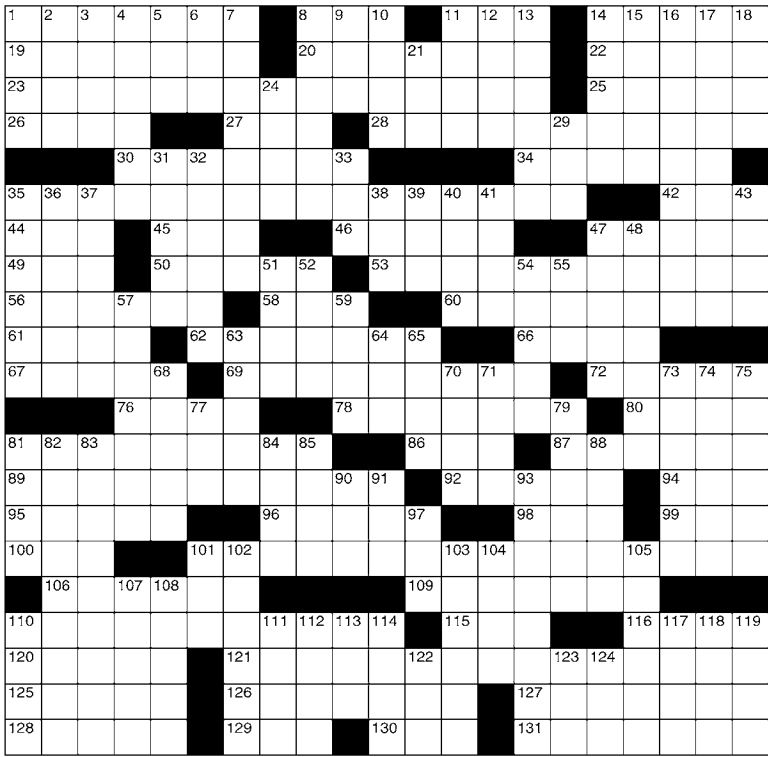
Riddle Answer: Simply paw-some.

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| S | P | I | N | O | F | F | I | L | M |   |
| E | C | C | O | M | E | D | I | A | N | S |
| H | I | R | E | K | C | I | L | C | M |   |
| E | P | L | E | P | I | S | O | D | E |   |
| D | R | A | S | E | I | R | E | S | R |   |
| R | U | E | C | Q | L | N | E | Y | S | U |
| A | L | M | I | P | U | I | A | W | H | T |
| A | E | O | S | S | V | I | D | E | O | C |
| D | N | T | U | O | O | M | Z | E | W | I |
| S | E | M | I | T | E | M | I | R | P |   |

Answer

# Crossword

## Super Crossword



Think your dog doesn't need a leash? Think again!

**DEAR PAW'S CORNER:** On long hikes in the woods behind my house, I let my dog run off leash. Yesterday, a neighbor ran up yelling that I need to put "Skip" on a leash, because it's dangerous for my dog in bear country. I told him where to shove it. What do you think? — Carl in Asheville, North Carolina

**DEAR CARL:** This is a sensitive topic for some pet owners, but keeping your pet on leash can keep them safe — as well as local wildlife, other hikers and their pets.

If your dog is well-trained, instantly returns when calls and stays within visual range while you're hiking, that might be a different matter. However, I have rarely met an owner in the U.S. who trains their dog so well.

Your neighbor is right: You're in black bear country, and while most bears prefer to leave when a big yappy dog bounds into their view, some may get aggressive. What's even more likely is that your dog will run into another dog out in the woods, or another person. Loose dogs make many people nervous, and an interaction that you consider to be innocent or harmless could cause a lot of grief. Say their dog lunges at your dog, and their owner falls or gets between them. You could be looking at a lawsuit, even if there are no leash requirements in those particular woods.

Make life easier for yourself and Skip and keep him on a leash. Reinforce his basic obedience training as well, just in case he escapes your grasp.

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

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- ACROSS**
- 1 Clipboard's larger relative
  - 8 Nintendo game system
  - 11 Styled after 14 Funny Fox
  - 19 Law of motion topic
  - 20 Behind bars
  - 22 Fabric design
  - 23 Execute the opening pool shot perfectly?
  - 25 Iowa senator Joni
  - 28 Mid-voyage
  - 27 Inquire
  - 28 Unable to find your pool stick?
  - 30 Actor Caine
  - 34 1950s-'60s Egyptian president
  - 35 Puts spin on a pool ball with no further tricks?
  - 42 Animal throat
  - 44 Chicken —
  - 45 River of Bern
  - 46 "Cops" sound
  - 47 Office scribe
  - 49 Road furrow
  - 50 Basie's music
  - 53 Pool triangle packed in a suitcase?
  - 56 Ultimatum end
  - 58 Assist
  - 60 Anticipates a treat, maybe
  - 61 Stridex target
  - 62 Some schlumpy physiques
  - 66 Bits of land in the ocean, in French
  - 67 Label anew
  - 69 Toddler who's a whiz at pool?
  - 72 Really heavy herbivore
  - 76 Lackluster
  - 78 Street in Manhattan's Alphabet City
  - 80 Scandinavian thunder god
  - 81 Having a trio of components
  - 86 Alex and — (jewelry brand)
  - 87 "Quickly" or "slowly," e.g.
  - 89 Perimeter of a pool table that people have plopped down on?
  - 92 Habituate (to)
  - 94 Org. for cavity fillers
  - 95 In spite of the fact that, in brief
  - 96 Itty-bitty
  - 98 Scoot's refusal!
  - 99 Ocasek of the Cars
  - 100 Put a tear in
  - 101 Resume play after accidentally sinking the white pool ball?
  - 106 "Othello" victim
  - 109 Pool variety with 22 balls
  - 110 Observe a hole in a pool table?
  - 115 La mer filler
  - 116 Love god
  - 120 Jetson boy
  - 121 Last shot of a pool game?
  - 125 Be at a slant
  - 126 Mass in the throat
  - 127 Admiral Nelson
  - 128 Liv of "Super"
  - 129 Riddle-me —
  - 130 Facial locale
  - 131 Frightful files
- DOWN**
- 1 Peru's largest city
  - 2 Santa — (some winds)
  - 3 Certain small pooch
  - 4 Reveries
  - 5 Zeta follower
  - 6 [not my typo]
  - 7 Desert region in Africa
  - 8 Devalitize
  - 9 Vacation stop
  - 10 Long-range nuke carrier
  - 11 Gets mature
  - 12 Grasslands
  - 13 Last name of singer Adele
  - 14 Many PC pics
  - 15 Alcove-hiding tapestry
  - 16 Mixture baked in pies
  - 17 Aetna offering
  - 18 Kin of -ess
  - 21 Grande of pop, for short
  - 24 "Ozark" actor Morales
  - 29 "Uh-uh"
  - 31 "No bid"
  - 32 Attacked as a cat might
  - 33 The, to Jules
  - 35 Hoopla
  - 36 Info provider
  - 37 Breadth
  - 38 Not a one
  - 39 "Despicable Me" antihero
  - 40 Thigh locales
  - 41 Actress Swenson
  - 43 Pad thai pans
  - 47 Cut, as ties
  - 48 Reality shows, to some people
  - 51 Not a one
  - 52 Singer Barry
  - 54 Similar
  - 55 Baseballer Hodges
  - 57 Guides, biblical-style
  - 59 "A little dab'll —"
  - 63 Mahmoud of Palestine
  - 64 "seaQuest" — (sci-fi series)
  - 65 Old Big Apple stadium
  - 68 — Roman
  - 70 Decade divisions, in Rome
  - 71 Lay waste to
  - 73 "— Huckabees" (2004 film)
  - 74 Swedish, say
  - 75 Jerry of stage and screen
  - 77 "The Simpsons" character once voiced by Hank Azaria
  - 79 Ex-president Obama
  - 81 Old autocrat
  - 82 In a spiral-shaped way
  - 83 1960s World War II series, with "The"
  - 84 Ostrich kin
  - 85 Arena level
  - 88 John of plows
  - 90 Ottawa loc.
  - 91 Abbr. on a bad check
  - 93 Not looked for
  - 97 Cen. divisions
  - 101 Tiny drink
  - 102 Over the line
  - 103 Central New York lake
  - 104 Complain
  - 105 Turkey's tallest peak
  - 107 Breadth
  - 108 More bashful
  - 110 Ohio-to-Utah direction
  - 111 Suffix with fungi
  - 112 Large joint
  - 113 Berlin article
  - 114 General — chicken
  - 117 Witty sayings
  - 118 Steinbeck migrant
  - 119 Old Olds cars
  - 122 Large joint
  - 123 Call for help
  - 124 Uno tripled

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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!

### IDEAL FOR HELP WANTED, REALTORS, SELLING YOUR CAR OR CLEANING OUT YOUR CLOSETS. TAKE ADVANTAGE OF THIS SALE!

Please use the form below to send us your classified ad

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 2026 edition of Lakeview Newspaper.

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

J2 Associates, Inc. C/O George Rimel 4934 S. Knox Ave, Chicago, IL 60632

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

Here's my classified ad:



Form with lines for writing classified ad details.

# Horoscope



**ARIES** (March 21 to April 19) An apparent act of injustice might turn out to be either an error in judgment or just plain stupidity. So, calm down, cool off, and let the explanations roll out.

**TAURUS** (April 20 to May 20) It's upsetting when someone you trusted has failed you. But with new opportunities ahead, you'll soon be too busy to feel even a wee bit sorry for yourself.

**GEMINI** (May 21 to June 20) A sense of uncertainty could be a good reason to change your position on an important matter. Someone close might try to talk you out of it, but it's your decision to make.

**CANCER** (June 21 to July 22) Being too zealous in pursuing your goal could create some resistance. Try to be more mindful of what you ask people to do, and they'll be more likely to do it.

**LEO** (July 23 to August 22) Things change as you go from being ignored to being Lionized once again. This is a good time to reintroduce some previously rejected ideas to a more receptive audience.

**VIRGO** (August 23 to September 22) Someone new in your life creates both anticipation as well as anxiety. Avoid the potential for misunderstandings by watching what you say and how you say it.

**LIBRA** (September 23 to October 22) Watch your budget so that you don't overspend now and have less to invest when the time is right later on. Also, arrange to share your weekend with someone special.

**SCORPIO** (October 23 to November 21) The temptation to involve yourself in a friend's or family member's personal problems is laudable. But get the facts before you make a firm commitment.

**SAGITTARIUS** (November 22 to December 21) You might be upset by some of your critics. But most of your associates continue to have faith in your ability to get the job done — and done well.

**CAPRICORN** (December 22 to January 19) You've reached an important point in the ongoing pursuit of your goals. You now might want to consider letting someone you trust join you on your journey.

**AQUARIUS** (January 20 to February 18) You've been going through a spate of uncertainty involving people you care for. But it might be time to take a stand on a position that you feel sure you can defend.

**PISCES** (February 19 to March 20) Treading water keeps you busy, but it won't get you where you need to go. It's time to stop making excuses and start moving ahead toward your goals.

**BORN THIS WEEK:** You see life as both creative and pragmatic. You'd be a fine artist — and also a successful one.

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## Weekly SUDOKU

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

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

## Super Crossword

### Answers

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

**founded 1893**

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**3.50% \*APY**

**\$100,000 Minimum Balance**

\*Annual Percentage Yield (APY) is effective as of 12/12/2025 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**

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**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**

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**2601 W. Division St**  
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