



Illinois Gas Tax Set To Increase Without A Vote



Gov. Pritzker's 2019 "Rebuild Illinois" plan created automatic inflationary adjustments in the state gas tax which could reach over \$1 per gallon by 2056. Illinois' state gas tax is slated to go up every year without lawmakers ever voting on the increases. The state went almost 30 years without raising the tax, which was 19 cents a gallon from 1990 to 2019. In that year, Pritzker's "Rebuild Illinois" program, doubled the tax to 38 cents a gallon. More consequentially, the law created automatic yearly increases linked to inflation. Because of that, Illinois drivers will likely pay more in state gas taxes each year for the foreseeable future unless lawmakers take action, as there's no expiration date on the annual adjustments. The automatic in-

creases allow lawmakers to avoid having to pass an unpopular tax hike and justify it to the voter. They also can claim credit when they pause the hikes saying it's tax relief for residents. The governor had held off for six months on a 1.3 cents a gallon increase that was slated to kick in July 1. Pritzker made affordability a central theme of this fiscal 2027 budget, but this temporary reprieve does nothing to change the long-term reality of yearly automatic gas tax increases. The Illinois Tollway Board may even add automatic inflationary adjustments to passenger tolls, despite the Illinois Tollway is reporting its highest collection and net revenue in state history.

HAPPY BIRTHDAY AMERICA



America's 250 time capsule sealed shut. The 900 pound cylinder was sealed shut. The number 1 enemy is water, so much of the design work focused on how to keep it out. The stainless steel capsule is shaped like a cylinder because square edges tend to crack and break. It will be covered with a secondary cylinder that will trap air and push out any approaching water, and the capsule itself is rimmed with a soft metal that compresses under pressure. When you smash it shut with the lid, that metal goes into all the cracks and spaces and makes an airtight water-tight seal.

The capsule will be buried 10 feet below ground. Philadelphia would have to be 6 feet under water in order for this time capsule to even possibly take on water. Inside the capsule are contributions from the three branches of the federal government, many of the ongoing America 250 events and programs, and all 50 states, the five U.S. territories and the District of Columbia. Illinois contributed a poem from poet, Mark Turcotte's "Dear New Blood". New Hampshire submitted a brochure featuring a timeline of major events in the state's Revolutionary War history. Arkansas

sent a diamond. Maine submitted a bone from the endangered North Atlantic right whale. Native American beaded artwork backed by elk hide was resubmitted on a fabric background. Anything that might degrade or metals that would rust over time was forbidden. To ensure the America 250 capsule is found in 2276, the National Park Service has included details about it in its succession plans to be passed down through time. A capstone with information about it will cover the spot where it's buried. A "Century Safe" filled in 1876 was opened by President

Gerald Ford in 1976. That year in turn saw the creation of an official Bicentennial time capsule, which is stored at the National Archives and will be opened in 2076. And there's another time capsule in works that will be housed at the U.S. Capitol Visitor Center. A letter was also placed inside reading, "Greetings from the living, breathing hearts and hand of 2026. We will have long since returned to dust, but our devotion, pride, and unwavering hope for what our world could become are alive right here inside this steel. We build this for you."

Editorial & Opinions



Moments in time

THE HISTORY CHANNEL

• **On July 6, 1900**, Warren Earp, youngest of the famous gunfighting Earp brothers, was murdered at the Headquarters Saloon in Willcox, Arizona, by John Boyett. Reportedly, Warren had imbibed too much alcohol and begun abusing some of the customers. While Boyett was tried for murder, he was declared innocent on the grounds of acting in self-defense.

• **On July 7, 1456**, Joan of Arc's conviction for heresy was overturned at an appeal proceeding held at the arch-



bishop's palace in Rouen, France. Sadly, she had been burned at the stake 25 years earlier.

• **On July 8, 1853**, Commodore Matthew Calbraith Perry sailed into Japan's Tokyo Bay with a squadron of four American vessels. At first officials refused to speak with him, but under threat of attack they accepted letters from President Millard Fillmore, making the U.S. the first Western nation to establish relations with Japan since the country declared itself closed to foreigners two centuries previously.

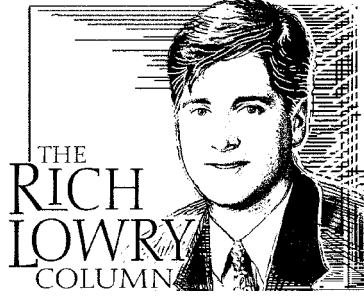
• **On July 9, 1948**, baseball star Satchel Paige made his Major League debut with the Cleveland Indians, becoming, at age 42, the oldest rookie in the sport's history. As he notably remarked, "Age is a question of mind over matter. If you don't mind, it don't matter."

• **On July 10, 1962**, the United States Patent Office issued Swedish engi-

neer Nils Bohlin a patent for his three-point automobile safety belt. Consisting of two straps joined at the hip level and fastened into a single anchor point, it reduced injuries by holding both the upper and lower body and decreasing the impact of the swift deceleration that occurred in a crash.

• **On July 11, 1978**, a truck carrying liquid gas crashed into a wall at a campsite of vacationers in San Carlos de la Rapita, Spain, resulting in an explosion that killed more than 200 people, with others suffering severe burns. The crash's cause was unknown, though some witnesses reported seeing a fire on the vehicle prior to the accident.

• **On July 12, 1990**, two days after Mikhail Gorbachev was re-elected head of the Soviet Communist Party, Boris Yeltsin, president of the Republic of Russia, announced his resignation from the party.



The perverse genocide charge

The spirit of Buchenwald lives on, we are supposed to believe, in the Israeli military operation in Gaza. It's nearly mandatory for progressive Democrats to denounce Israel for its alleged genocide, while Tucker Carlson and Hasan Piker — radical influencers on the right and left, respectively — say that the moral offense is the same as the Holocaust, even if the scale is less extensive.

Israel's haters surely enjoy the perversity of accusing the Jewish state of the same enormity that contributed to its creation, of comparing the Jews to heinous murderers of Jews. The charge is a grotesque libel.

If Israel wanted to kill everyone in Gaza, it could do it easily. What we have witnessed in the Hamas-controlled territory is not a genocide — the deliberate destruction of a people — but an urban battle.

Warfare in urban environments is almost always highly destructive. When the Iraqi army retook Mosul from ISIS in 2016-2017 with our air support, tens of thousands of buildings were damaged or destroyed and an estimated 80% of the Old City.

Vietnam gave us the famous (perhaps apocryphal) line, "We had to destroy the city in order to save it." The city in question was Ben Tre, infiltrated by the Viet Cong during the Tet Offensive in 1968. We used airstrikes, helicopter gunships, artillery and ground troops to extricate the communist forces, and the Mekong Delta town suffered extensive damage, even though the fighting only lasted days.

The old imperial capital of Hue suffered the same fate, but on a larger scale. Communist forces took most of the city and dug in, requiring street-to-street combat over a period of months to take it back. About half the city was damaged or destroyed.

The lesson is that cities never fare well when they are the locus of combat, whether Seoul or Pyongyang

during the Korean War, Manila or Stalingrad during World War II, Vicksburg or Charleston during the Civil War.

Civilians inevitably suffer and die. This is true of even the most honored military operations. The Allied invasion of Normandy killed 20,000 French civilians as cities such as Rouen and Le Havre were pulverized by our bombardment. Why would anyone expect Gaza, one of the most densely populated places on Earth, to be different? Hamas spent years and massive resources tunneling and fortifying, making Gaza into a bristling armed camp difficult to subdue.

Sure enough, it has taken a grinding, years-long campaign to substantially reduce Hamas. Israel's detractors profess to detect "genocidal intent" in harsh things that Israeli officials have said about Gaza, but these statements have typically been aimed at Hamas.

If Israel wanted to commit genocide against the Gazans, Prime Minister Bibi Netanyahu wouldn't have sought to accommodate Hamas for years, in the hopes that a major war could be avoided. The Oct. 7 attack exposed this as a grievous misjudgment. It's hard to believe that any society, having experienced the unspeakable crimes visited on its people that day, would have concluded, "Well, we can't do anything in response — even recover our hostages — because combat in Gaza will be too destructive."

Hamas intertwined its military infrastructure with civilian facilities, and made military use of hospitals, mosques and schools. Its fighters posed as medical personnel and journalists. Everything was geared to making it as difficult as possible to target Hamas without collateral damage, creating the predicate for denouncing Israel for war crimes.

As military expert John Spencer points out, Israel takes steps to avoid civilian harm: "It warns before attacks using text messages, phone calls, leaflets and broadcasts. It opens safe corridors and pauses operations so civilians can leave combat areas. It tracks civilian presence down to the building level."

None of this matters, though. The ultimate perversity is that Hamas has genocidal intent against the Jews. Yet, it is the war against this cruel terror group that is being used to associate the Jewish state with one of history's worst crimes.

Rich Lowry is editor of the National Review.

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SUNDAY



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TUESDAY



MONDAY



SUNDAY



Americanisms



"If you retain nothing else, always remember the most important rule of beauty, which is: Who cares?"

— Tina Fey

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Lakeview Newspaper

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VETERANS POST

by Freddy Groves

Fiduciary rules

Fiduciary fraud is one of the lowest scams that can be perpetrated against a disabled veteran. Not only is the thief taking taxpayer money, but he (or she) is stealing the money directly from the veteran.

There are so many examples of fiduciary fraud — and when caught, the thieves end up in prison.

There's the woman who stole from her own disabled veteran son for five years. Against the rules, she commingled his VA money with her own bank account and proceeded to spend it on trips, bills and even a vehicle. And of course she didn't file the required paperwork.

Then there was the thief who swindled a very elderly disabled veteran, spending the money on himself for vacations, jewelry and more.

If you agree to become a fiduciary for a veteran, be sure you understand the rules. Here are a few:

That money is for the sole use and benefit of the veteran — medical care, internet, taxes, travel, telephone, food, housing, clothing, monthly bills and anything else — and that money is to be kept in a separate account.

You'll be expected to file paperwork and reports, keeping track of where every dime has gone and noting any changes to the circumstances such as a new address, medical condition or income. Keep all receipts and bank statements.

You may not pull cash out of an ATM or cash checks just made out to "cash." You may be awarded a small fee for fiduciary duties. You cannot take more than that amount, and fees are not paid if you are related to the veteran.

If you're a fiduciary or if you've been asked to be one, be certain you know what you're doing. The rules are quite specific. If you have questions, call 888-407-0144.

To learn all that's involved in being a fiduciary, check <https://benefits.va.gov/FIDUCIARY/docs/fy-25-docs/va-fiduciary-guide-march-2025.pdf> (or tinyurl.com/yjrskc8a), a 36-page VA file. Take a close look at the instructions for the accounting forms that you're required to fill out.

If you suspect fiduciary fraud, report it at 800-488-8244.

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top 10 movies

1. Toy Story 5 (PG) Tom Hanks, Tim Allen
2. Disclosure Day (PG-13) Emily Blunt, Josh O'Connor
3. Obsession (R) Michael Johnston, Inde Navarrette
4. Backrooms (R) Chiwetel Ejiofor, Renate Reinsve
5. Scary Movie (R) Marlon Wayans, Shawn Wayans
6. Masters of the Universe (PG-13) Nicholas Galitzine, Camila Mendes
7. Star Wars: The Mandalorian and Grogu (PG-13) Pedro Pascal, Brendan Wayne
8. Leviticus (R) Stacy Clausen, Joe Bird
9. The Death Of Robin Hood (R) Hugh Jackman, Jodie Comer
10. Michael (PG-13) Jaafar Jackson, Nia Long

Fun Fact

In 1867, on Coney Island, New York, an immigrant named Charles Feltman invented the first "hot dog bun," enabling beachgoers to enjoy his "Frankfurter" sausages without needing plates or silverware. Over the next 60 years, Feltman's "hot dog" stand grew into Feltman's Ocean Pavilion, serving up to 40,000 hot dogs each day.

Source: www.feltmansofconeyisland.com





"How to Make a Killing" (R) — Glen Powell ("The Running Man") leads this black-comedy thriller that also stars Margaret Qualley ("The Substance"), Topher Grace ("Flight Risk"), and Ed Harris ("Love Lies Bleeding"). It follows Becket Redfellow (Powell), who was born to an affluent family but was shunned due to his mother being a teenager when she had him. Stuck on the idea that he still deserves the life that his family has, Becket learns that he's still in line for the family fortune due to a loophole. So, he nefariously decides to murder the remaining living Redfellows so that he can claim the \$28 billion jackpot. The film barely made up its budget in theaters and didn't generate much buzz from audiences, which could be because it leans into "American Psycho" territory without the actual allure of the film. Premieres June 19. (HBO Max)

"Voicemails for Isabelle" (PG-13) — Netflix refuses to slow down on its genre of rom-coms. How are we supposed to keep up with the films that they keep cranking out when they all have the same poster, vibe, and type of actors? No offense to Zoey Deutch ("Anniversary") and Nick Robinson ("Love, Simon"), but what do they give that Jennifer Lopez and Brett Goldstein didn't in "Office Romance" or Rosamund Pike and Sacha Baron Cohen in "Ladies First"? (Both were just released on the platform earlier this year.) Deutch plays Jill, who recently lost her sister, Isabelle, and continues to send voicemails to her phone as a form of comfort. Little does she know that Wes (Robinson), a real estate agent from across the country, was assigned Isabelle's old number, and he's been listening to every confession Jill's been making. Premieres June 19. (Netflix)

Strange BUT TRUE

By Lucie Winborne

- Unlike some genocides in which victims could sometimes avoid persecution by converting to another religion, Nazi Germany generally defined Jews by ancestry rather than personal belief. Under the Nuremberg Laws, a person's classification depended largely on the religious affiliation of parents and grandparents, so conversion to Christianity usually did not exempt someone of Jewish ancestry from anti-Jewish persecution.

- Turtles can see well underwater, but on land they are nearsighted.

- In one of his occasional efforts to improve public relations, Chicago gangster Al Capone opened a soup kitchen during the Great Depression.

- During the pre-WWII drafts, an illiterate gentleman hoping to avoid military service asked his wife to write the draft board and explain how much he was needed at home. The plan backfired when his lady instead requested that her husband be taken because he was a "no-good" alcoholic who didn't help around the house.

- Beer is the third-most popular drink on Earth, after water and tea.

- An Ohio State University study found that women who reported stress in the previous 24 hours burned 104 fewer calories than nonstressed women after a high-fat meal.

- Geneticists believe that the same segment of DNA in the human genome is responsible for the development of both schizophrenia and bipolar disorder.

- The first female golfer was Mary, Queen of Scots (1542–1567).

- In the U.S., graduating nurses take an oath called the Nightingale Pledge, named after Florence Nightingale and adapted from the Hippocratic Oath taken by doctors.

- After his first son's birth, Claude Monet attempted suicide by jumping into the Seine. He was poor, estranged from his father and disappointed in the French art scene. Fortunately, he survived and later helped found the Impressionist movement.

Thought for the Day: "When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there." — Zig Ziglar

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SENIOR NEWS LINE

by Matilda Charles

Keeping cool

Here we are again, in the heat of summer. We seniors are the ones most at risk for serious health problems because of the high temperatures. Many of us take prescription drugs that can keep us from being able to regulate our body's temperature, and there are chronic medical conditions that do the same thing. Add to that our reduced ability to sweat and therefore keep cool.

It falls to us to take steps to be sure we stay cool enough.

Those of us lucky enough to have central air conditioning need to turn it on and leave it set between 72 and 78 degrees. This is not the time to worry about the electric bill! That temperature range is suggested by the U.S. Department of Energy (DOE) as being one that can not only keep us cool but save money.

Humidity plays a part in our comfort level: Running the air conditioning can reduce the humidity in the air and help us to feel cooler. Even window air conditioners can go a long way to keeping temperatures down. If necessary, shut doors to block off an area that you can keep as a cool zone.

If you don't have air conditioning, call your town office to find cooling centers. They might be at the rec center, the library, the school gym or the senior center.

Meanwhile, keep the drapes closed, wear light clothing, drink plenty of water (ask your doctor how much), stay indoors during the hottest part of the day and keep an eye on the weather news to know what temperatures are expected.

This year LIHEAP (Low Income Home Energy Assistance Program) was allocated \$4 billion for help with utility bills. It states the qualifying income level is capped at 150% of the federal poverty level. Call the National Energy Assistance Referral at 866-674-6327 to find out how and where to apply in your area.

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What's Hot In Hollywood



by Dana Jackson

HOLLYWOOD — "Paddington in Peru" grossed \$211 million in 2024 (while all three "Paddington" films have grossed about \$700 million combined). "Paddington 4" is now in pre-production. **Hugh Bonneville, Emily Mortimer, Julie Walters** and **Jim Broadbent** are expected to return, as is **Ben Whishaw** as the voice of Paddington.

Robert Pattinson has to be one of the busiest actors in films today. As he awaits the release of "The Odyssey" on July 17, he's also waiting for "Dune: Part Three" to hit screens on Dec. 18. He'll follow these up with Netflix's "Here Comes the Flood," co-starring **Denzel Washington** and **Daisy Edgar-Jones**.

As if this wasn't enough, he's currently in pre-production for "The Batman: Part II." **Jeffrey Wright, Andy Serkis, Colin Farrell, Barry Keoghan** and **Charles Dance** are returning, while **Sebastian Stan, Scarlett Johansson**, and **Brian Tyree Henry** are joining the cast. It started shooting this month for an October 2027 opening.

Julia Roberts will produce and star in "Home Economics," which is based on the forthcoming novel by **Katy Hays**. But before this, we'll see her thriller "Panic Carefully" with **Eddie Redmayne** and **Brian Tyree Henry** in February 2027. Redmayne can still be seen in Peacock's series "The Day of the Jackal."

Also due in February 2027 is "Narnia: The Magician's Nephew," starring **Meryl Streep, Carey Mulligan** and **Daniel Craig**. It wrapped filming this past January and is due to drop on Netflix after its theatrical run on April 2, 2027.

In 1958, "The Horror of Dracula," starring **Christopher Lee**, ran into problems with sensors because of sexually explicit scenes that they had to cut out. Sixty-eight years later, Warner Bros. has restored the film in an uncut 4K version, which they'll release around Halloween this year. They went back to the long-forgotten Warner Bros. film vaults and uncovered the original tooth-for-their-time scenes and also how Dracula dies in the end. In 1958, it cost \$278,000 and grossed \$3.5 million. (Big money then!)

Pedro Pascal scored big with "The Mandalorian and Grogu," which grossed \$167.1 million during its first week. He's completed his role in "Avengers: Doomsday" as Reed Richard/Mister Fantastic, and it'll open on Dec. 18. He also completed "Behemoth!" with **Will Arnett, Olivia Wilde** and **Matthew Lillard**. We can only assume that it's about yet another pre-historic creature on the loose.

Pascal's currently shooting the romantic drama "De Noche," opposite love interest **Danny Ramirez**, who was the Falcon in Marvel's "Captain America: Brave New World" (2025) and the Disney+ series "The Falcon and the Winter Soldier" (2021). In addition, he starred in "Top Gun: Maverick" and the HBO series "The Last of Us," which also starred Pascal.



Ben Whishaw (the voice of Paddington Bear)

Pascal is 51, while Ramirez is 33, and Ramirez looks like he could be Pascal's son. And you thought Pascal exploring space was the only daring thing that he did!

HOLLYWOOD — We first noticed **Jason Momoa** in the series "Stargate Atlantis" (2005-2009), then in "Conan the Barbarian" (2011), and finally in "Aquaman" (2018). Twenty-five films later, there's no doubt that he's a super-star! He's completed six films that are currently awaiting release.

The first is "Supergirl," led by **Milly Alcock** with **David Corenswet** as Superman, and it opens on June 26. In October, "Street Fighter" comes out, in which Momoa co-stars with **Noah Centineo** (star of the upcoming film "John Rambo"), as well as **Curtis "50 Cent" Jackson**. Then there's "Dune: Part Three," which opens on Dec. 18. In addition, he's joining **Andy Samberg** in the action/comedy "Protecting Jared."

Momoa's also confirmed to star in the next "Superman" film called "Man of Tomorrow" with **Corenswet, Nicholas Hoult, Rachel Brosnahan** and **Nathan Fillion** for a July 2027 release date. Now he's preparing to shoot "A Minecraft Movie Squared" (with **Jack Black** and **Kirsten Dunst**) for a July 2027 release as well. (The original "Minecraft Movie" cost \$150 million and made \$961.2 million.)

Momoa was married to **Lisa Bonet** from 2017-2020, but they officially divorced in 2024. (They produced a daughter, 18, and a son, 17.) Momoa's now dating **Adria Arjona**, who played **Dorothy Gale** in "Emerald City" (2017). She also starred in "Father of the Bride" (2022) and "Hit Man" (2023).

Arjona's now shooting the action/thriller "Onslaught" (with **Dan Stevens**), which opens in

September. Additionally, she has "The Thomas Crown Affair" with **Michael B. Jordan** and **Lily Gladstone** landing in March 2027; "Man of Tomorrow" with Momoa; "Alpha Gang" with **Cate Blanchett, Chris Pine** and **Dave Bautista**; and the erotic thriller "Scorn" with **Kingsley Ben-Adir** of "Peaky Blinders." Momoa turns 47 in August, while Arjona is 34.

The unforgettable "Harry Potter" lead **Daniel Radcliffe** was set to star in the Vietnam War thriller "Trust the Man" with Oscar nominee **Lucas Hedges** ("Manchester by the Sea"), but Hedges had to bow out due to the comedy "Love Is Not the Answer." The latter was written and directed by **Michael Cera**, and **Pamela Anderson, Steve Coogan** and **Jamie Dornan** co-star. (They're shooting in Ottawa, Ontario, Canada.) Radcliffe saved the day by suggesting that his "Merrily We Roll Along" co-star **Jonathan Groff** take Hedges' place. (Both Radcliffe and Groff won Tony Awards for the 2023 Broadway revival.) Groff also returned to Broadway as **Bobby Darin** for "Just in Time." But here lies the rub. ... Why take these two huge Broadway musical stars and cast them in a Vietnam War movie that definitely isn't a musical?

Aaron Sorkin has written, is producing and is directing a sequel to "The Social Network," titled "The Social Reckoning." It stars **Jeremy Allen White, Jeremy Strong**, 2025 Best Actress Oscar winner **Mikey Madison** ("Anora"), and comic **Bill Burr**. It's set for an October premiere. Why'd it take so long for him to come up with a sequel for his "Social Network," which cost \$40 million and grossed a whopping \$225 million? Was he anti-"Social" for 16 years?



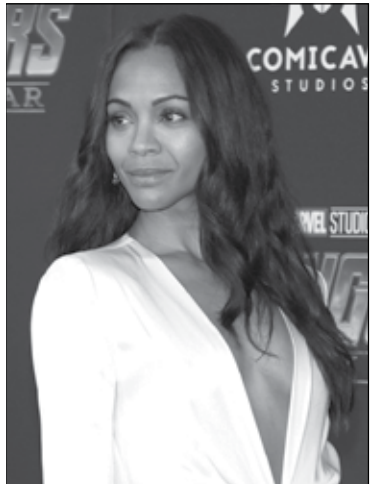
Actress Adria Arjona (Upcoming in "Onslaught")

Q: Is the series "Lioness" with **Zoe Saldana** coming back for another season, and if so, when? — D.P.

A: Yes, "Lioness," one of the many scripted series created by the prolific Taylor Sheridan, is returning to Paramount+ on Aug. 2. It stars Oscar winners **Zoe Saldana** as a CIA operative and **Nicole Kidman** as her supervisor, who manages the tactical deployment of her Lioness operatives. Other operatives include **Laysla de Oliveira** and **Genesis Rodriguez**. In the third season, look for **Joe's** (Saldana) relationship with her surgeon husband, **Neal** (Dave Annable), to become more complicated as her missions get more dangerous. Another Academy Award winner, **Morgan Freeman**, will also be returning this season as the United States secretary of state.

Q: I finally watched the final season of "Stranger Things." I don't like it when endings are vague. Have the creators of the show definitively said whether Eleven is alive or dead? — M.A.

A: I'm with you. I like my series finales to spell out the endings of my heroes and villains. Even better is when they give a glimpse into their futures. ("Six Feet Under" gave its fans a top-tier ending, in my opinion.) While nothing could be as vague and unsatisfying as the ending of HBO's "The Sopranos," many viewers were disappointed with how "Stranger Things" wrapped up the story of one character in particular — Eleven, played by **Millie Bobby Brown**. When asked about the true fate of Eleven, creators **Matt** and **Ross Duffer** told the Hollywood Reporter that they did have discussions with Brown and that "we all have our own interpretations." They emphasized that it's important to them for the audience to find their own meaning in the show's conclusion. **Matt** further stated, "There's a point in not knowing," and that knowing would "minimize Eleven's sacrifice." Be sure to check out the Netflix documentary "One Last Adventure: The Making of Stranger Things 5," which gives further insight from the writers and cast.



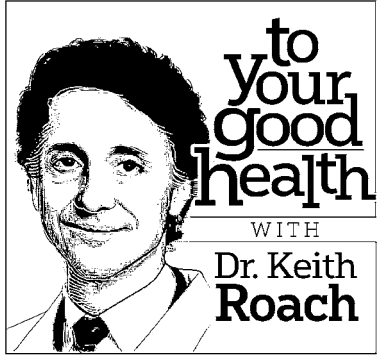
Zoe Saldana ("Lioness")

Q: Who is **Dua Lipa's** new husband? He's a British actor, I believe, but I haven't seen him in anything. — K.S.

A: **Callum Turner** is a 36-year-old British actor/model who met pop singer **Dua Lipa** at a mutual friend's birthday party. They were seated next to each other and realized that they were both reading the same novel ("Trust" by **Herman Diaz**). They were soon spotted at the premiere of the miniseries "Masters of the Air," which starred Turner and **Austin Butler**. Turner is probably best known for playing a wizard named **Theues** in the "Fantastic Beasts" movies, which serve as the prequels to the "Harry Potter" films. He bleached his hair to play a 1930s rower for the movie "The Boys in the Boat," which was directed by **George Clooney**. You can also catch him in the upcoming Apple TV series "Neuromancer" with **Peter Sarsgaard** ("DTF St. Louis").

Send me your questions at NewCelebrityExtra@gmail.com.

Health



How To Help a Person Who's Experienced a Tonic-Clonic Seizure

DEAR DR. ROACH: My husband suffered a grand mal seizure about six months ago. He was in the hospital for seven days. When he came out of the seizure, he was very com-bative and experienced memory loss. He still deals with short-term memory loss, and his neurologist says that it could take up to a year for him to get back to normal. Is there anything I can do to help him? — L.H.

ANSWER: Seizures can happen for many reasons, and there are different types of seizures. When a person has the type of seizure that is often shown on TV or in movies, where they have uncontrollable shaking movements and aren't conscious, it's called a general-ized tonic-clonic seizure, which used to be called "grand mal."

Most people have memory loss in the minutes before and after a generalized seizure, and they are often confused for a period of time afterward. However, prolonged memory loss and personality changes can happen due to damage to the brain during the time of the seizure, because of low oxygen and excess brain activity.

What happened to him is similar to a stroke, and the recovery period is variable. Being older and being male will cause him to have a slower recovery period, but I agree with the neurologist that recovery is possible for up to a year after the event.

You can help him recover by making sure that you discuss any treatment he might be getting for his seizures with his neurologist, as some treatments are more likely than others to cause memory problems. Of course, preventing further seizures is critically important. You can also ask about memory rehabilitation programs, although these are specialized and aren't easy to find.

DEAR DR. ROACH: You men-tioned

in a recent column that pro-spective randomized controlled tri-als (RCTs) are a powerful type of study. Can you tell me if the original COVID vaccine or any of the boost-ers were part of a trial like this? — C.W.

ANSWER: There have been 33 RCTs that looked at the effectiveness of vaccines for COVID-19, including over 50,000 people who were given the vaccine and almost just as many who received a placebo. Studies on the initial vaccines and boosters are included.

A 2021 review of all trials that were published at the time found strong evidence that the vaccines had high efficacy and low rates of serious adverse effects. There's no such thing as a perfect vaccine, and the rate of mutation in the virus has led to challenges in making sure that the vaccines are effective against the types that are currently circulating.

It's the same case with the flu vac-cine. However, public health officials have decades of experience predicting flu strains, whereas the changes in the COVID-19 virus are harder to predict.

An infectious disease doctor, Dr. Jake Scott at Stanford Medicine, and his colleagues have made an easily acces-sible list of RCTs of vaccines, a link to which is on my page at Facebook.com/KeithRoachMD. As of the day I write this, there are 1,683 vaccine trials on the spreadsheet, and all are available vaccines.

Not all RCTs are placebo-controlled. A placebo-controlled vaccine trial is ethical when a safe and effective vac-cine doesn't exist (as was the case at the beginning of the pandemic). RCTs may also be ethical when populations who weren't included in the previous trials get tested or when there's limited access to the existing vaccine. In 2026, further placebo-controlled RCTs for COVID-19 would be unethical.

A new vaccine should be tested against the best available treatment, including any of the COVID-19 vaccines like Moderna or Pfizer.

High Cortisol Causes Patient To Feel Awful Amid Normal Tests

DEAR DR. ROACH: I've been feeling just awful. My doctor put me through the normal tests, and all were good. A neurologist rec-ommended that I get a cortisol test. I did, and it showed a high cortisol level. I'd never heard of this. Would you explain what high cortisol is, how it's treated, and if there are any natural cures or thera-

pies? — S.K.

ANSWER: Cortisol is a critical hormone that is needed for the function of many body systems. Without cortisone, the body can't respond to stress, and a stressful event can literally kill a patient. A medical condition called Addison's disease is when the body can't make cor-tisol (a type of steroid called a glucocor-ticoid). People with this condition need to take replacement cortisol or a syn-thet-ic form daily, and they need to take high-er doses when under stress to prevent this. Addison's disease was most often caused by tuberculosis, but the leading cause of Addison's is an au-toimmune disease of the adrenal cortex (where cortisone is made). People usually feel weak and tired with Addison's. Cushing's syndrome is the opposite, where the body makes too much cor-ti-son. The most common cause for this is a benign tumor. In Cushing's syndrome, the list of possible symptoms is seem-ingly endless, but fatigue and muscle weakness, weight gain in the abdomen but muscle loss in the limbs, and skin and hair changes are common. People can experience the same problem when taking high doses of cortisol or similar steroids such as prednisone, hydrocorti-son or dexamethasone.

A cortisol level of 18 isn't diagnos-tic of Cushing's but almost certainly ex-cludes Addison's disease. Depending on the time of day, cortisol levels can be between 5-25 mcg/dL, so a level of 18 mcg/dL in the morning may be normal. People with high levels of stress tend to have high to normal cortisol levels.

In contrast, a level of 18 mcg/dL at bed-time would be a very concerning sign for Cushing's. If your doctors were worried about Cushing's, additional testing could be recommended such as a 24-hour urine cortisol test, a bedtime sal-ivary cortisol test, or checking the blood cortisol after suppressing its release with medication.

An endocrinologist is the expert in making the diagnosis and treating dis-eases of the adrenal hormones, including Ad-dison's and Cushing's.

DEAR DR. ROACH: I'm 77 years old and concerned about getting a pros-tate biopsy. My last PSA test jumped from 2.25 to 3.75 ng/mL, and an MRI came back healthy and normal with a PI-RADS code of 2. My urologist suggested a biopsy to be sure that every-thing is OK, but he also felt comfort-able if I wanted to wait six months and get another PSA test done.

I am in good health, exercise reg-ularly, and am not on any medica-tions.

Also, can strenuous bike rid-ing affect my PSA score? — W.B.

ANSWER: A PI-RADS score of 2 means that there's a small chance of clin-ically significant prostate cancer. The best estimate of your risk is be-tween 4% and 6%. One question I'd ask is wheth-er you'd undergo surgery if a biopsy showed cancer. Surgery is asso-ciated with a worsened quality of life; erectile dysfunction and incontinence are com-mon shortly after surgery and persist in many men.

The evidence suggests that in men over 75, surgery doesn't improve their length of life. In a large study, the length of life was actually decreased in men over 75. Radiation treatment is a reasonable alternative for men with symptomatic prostate cancer, so in the unlikely event that you develop symptoms from pros-tate cancer, this would be a reasonable approach.

Also, bike riding (250 miles over four days) had an increase of less than 0.1 ng/mL for a PSA test.

A Tooth Extraction Presents a Risk for Osteonecrosis of the Jaw

DEAR DR. ROACH: I'm a 79-year-old female who's in good health. I am 5 feet tall and weigh 95 pounds, and I'm very active. I've been taking Prolia for the past two to three years for osteop-osis, which has since improved to osteo-penia. Right after my most recent Prolia shot, I developed discom-fort in my mouth and was told that I have a cracked root in a molar. I previously had a root canal on this molar and was told that this tooth should be extract-ed.

I realized that it'd be best to wait five more months to do this to be safe, out of concern of getting osteo-necrosis of the jaw (ONJ). My ques-tion is, what do I do in case of an emergency, especially if the tooth becomes infected and needs to be extracted sooner? Also, since I have a history of dental problems, how can I get off Prolia in the future and still protect my bones? — L.L.

ANSWER: Denosumab (Prolia) is a treatment for osteoporosis that is nor-mally given as an injection every six months. Among its side effects is an in-crease in the risk of ONJ, which is a seri-ous condition that consists of poor blood supply to the bone and causes death in

part of the bone of the jaw. The lower jaw (mandible) is much more commonly affected than the upper jaw (maxilla).

Osteoporosis medicines that slow down the action of the osteoclasts — the cells that break down bone so that it can be rebuilt — put people at a higher risk of ONJ. These medicines include the bis-phosphonate class, like oral alendro-nate (Fosamax) and risedronate (Act-onel), as well as the intravenous drug zoledronic acid (Reclast) in addition to Prolia. Prolia has the highest risk of ONJ, followed by IV bisphosphonates and oral bisphos-phonates.

A tooth extraction is a high-risk pro-cedure for developing ONJ. For people who are on Prolia, the risk of ONJ is about 2.3%, which is much higher than the approximately 0.3% risk for people who are on oral bisphosphonates.

You are right that your best bet is wait-ing to get the extraction until just before the time that you'd have taken your next dose of Prolia. In one study, not a single person out of 76 people developed ONJ if they waited five to seven months after their previous dose. However, you don't want to wait too long, as the osteop-oro-sis will start to progress and a person can develop a fracture. The timing needs to be critical, and the medication should be restarted as soon as the extraction site has healed.

Your dentist can minimize the risk of ONJ by using an antibiotic and a very careful extraction technique. Some evi-dence supports the use of platelet-rich fibrin in the extraction socket, but oth-er studies haven't found a benefit. Your dentist should do this even if you can wait the additional five months, and they should certainly do it if the tooth requires extraction sooner. Your doctor who's prescribing Prolia should be discussing the plans with your dentist at this time.

As mentioned before, oral bisphos-phonates have a lower risk of ONJ. But there are other classes of medication for osteo-porosis that carry little to no risk of ONJ, such as the parathyroid hormone analog teriparatide (Forteo); the selec-tive es-trogen receptor modulator raloxi-fene (Evista); and the sclerostin inhibitor ro-mosozumab (Evenity).

Dr. Roach regrets that he is un-able to answer individual ques-tions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@ med.cor-nell.edu.

Financial

RENT OR BUY?

Selling the home you've lived in for decades can leave you with a pile of money at the closing, giving you the wherewithal to buy your next home with a hefty down payment or maybe even no mortgage at all.

Quality of life factors are important. How do you see your future? What's most important to you?

If you're in it for the short term, usually renting is better. That means rent-ing if you plan to stay less than five years.

In general, buying wins if your time horizon is 10 years or more. The longer you stay in the home, the more opportunity you have for that home to go up in value.

So, you should ask your-self serious questions about changes in your

health or your family sit-uation that might require yet another move.

Apart from a mortgage, the average American homeowner spends al-most \$25,000 annually, or more than \$2,000 monthly on home expenses. That includes property taxes, insurance, repairs and maintenance.

Calculating monthly costs is easier for renters. Add up your monthly rent, util-

ities and renters' insur-ance. Rents have risen 5.1% on an annualized basis over the past five years, though hikes have slowed since 2023. The cost of renters insurance, which covers personal property but not struc-tures, has increased 2.9 percent annually.

If the choice is an apart-ment rental versus a con-dominium purchase, the typical monthly apartment

rent is \$1,757, while the typical condo mortgage payment is \$1,698, reports Zillow, assuming a 20% down payment on pur-chases and a 6.18% for a 30 year fixed rate mort-gage.

The less you borrow, the less you are going to be paying in interest and the less expensive it is going to be to by that home.

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Good Housekeeping

Iced Tea, Family Style

- Fresh cold water*
- 1/3 *cup loose tea or 15 tea bags*
- Ice cubes*
- Sugar (optional)*
- Lemon slices*

1. In a 3-quart saucepan over high heat, heat 4 cups of fresh cold water to boiling. Remove from heat; stir in tea. Stir, cover, and leave for 5 minutes. Stir again and strain into a pitcher containing 4 additional cups of fresh cold water.

2. Cover and let stand until ready to serve. Serve over ice cubes with sugar and lemon slices. Serves 8.

• Each serving: 0g total fat (0g saturated), 0mg cholesterol, 0g dietary fiber, 0g protein.

Good Housekeeping

Creamy Cucumber-Dill Salad

- 8 *large (about 5 pounds) cucumbers*
- 1 *teaspoon salt*
- 6 *large radishes*
- 1 *container (8 ounces) plain low-fat yogurt*
- 1/2 *cup reduced-fat sour cream*
- 1/2 *cup fresh dill, loosely packed, chopped*
- 2 *teaspoons fresh lime juice*
- 1/4 *teaspoons ground black pepper*
- 1 *small garlic clove, crushed with press*

1. With vegetable peeler, remove several strips of peel from each cucumber. Cut each cucumber lengthwise in half; with teaspoon, scoop out seeds. With knife or in food processor fitted with slicing blade, thinly slice cucumber halves crosswise. In large bowl, toss cucumbers with salt; let stand 30 minutes.

2. Meanwhile, thinly slice radishes; transfer to serving bowl. Add yogurt, sour cream, dill, lime juice, pepper and garlic. Stir until well-combined.

3. With hand, press sliced cucumbers over sink to remove as much liquid as possible. Pat cucumbers dry with paper towels.

4. Add cucumbers to bowl with yogurt mixture. Toss until evenly coated. Cover and refrigerate at least 1 hour or overnight to blend flavors. Yields 10 (1/2 cup) servings.

• Each serving: About 60 calories, 2g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 9g total carbohydrate, 2g dietary fiber, 3g protein.

Good Housekeeping

Hot Fruit Salad

A few turns on the grill transform fresh fruit into a sumptuous finale.

- 1/2 *cup honey*
- 1 *tablespoon fresh lemon juice*
- 1/4 *cup fresh mint leaves, loosely packed, thinly sliced*
- 1 *medium pineapple, cut lengthwise into 6 wedges, with leaves attached*
- 2 *large bananas, each cut diagonally into thirds*
- 3 *medium plums, each cut in half*
- 2 *medium nectarines or peaches, each cut into quarters*

1. In cup, stir together honey, lemon juice and 1 tablespoon mint leaves.

2. With tongs, place all fruit pieces on grill over medium heat. Grill fruit 10 to 15 minutes, until browned and tender, turning fruit occasionally. Brush fruit with some honey mixture during last 3 minutes of cooking.

3. To serve, arrange grilled fruit on large platter; drizzle with any remaining honey mixture. Sprinkle grilled fruit with remaining mint. Serves 6.

• Each serving: About 215 calories, 1g total fat (0g saturated), 0g cholesterol, 5mg sodium, 55g total carbohydrate, 0g dietary fiber, 2g protein.

Good Housekeeping

Roasted Asparagus

- 1 *bunch asparagus (about 1 pound), trimmed*
- Salt and coarsely ground black pepper*
- 1 *tablespoon olive oil*
- 2 *tablespoons freshly grated Parmesan cheese*

1. Heat oven to 450 F. In 15 1/2-by-10 1/2-inch jelly-roll pan, sprinkle asparagus with 1/4 teaspoon salt and 1/4 teaspoon pepper and drizzle with oil; shake pan to coat asparagus. Roast asparagus 10 to 12 minutes (depending on thickness) or until lightly browned and tender. Remove pan from oven; cover with foil to keep warm.

2. Just before serving, sprinkle Parmesan over asparagus.

• Each serving: About 55 calories, 4g total fat (1g saturated), 2mg cholesterol, 195mg sodium, 3g total carbohydrate, 1g fiber, 2g protein.

Good Housekeeping

Spicy Grilled Salmon

With a little tinfoil, this fancy meal can be made right on the grill.

- 4 *fillets salmon (6 ounces each)*
- 4 *tablespoons hoisin sauce*
- 1/2 *teaspoon crushed red pepper, divided*
- 1/2 *pound cauliflower florets*
- 1 *tablespoon oil*
- 1/4 *teaspoon salt*
- 1/4 *cup chopped peanuts*
- Chopped cilantro*

1. Place salmon in centers of 4 foil sheets. Brush each with 1 tablespoon hoisin sauce; sprinkle each with 1/8 teaspoon crushed red pepper.

2. Toss cauliflower with oil and salt. Arrange around each fillet. Seal packets; cook 15 minutes or until cauliflower is tender. Garnish with peanuts and cilantro. Serves 4.

• Each serving: About 410 calories, 19g fat (3g saturated), 535mg sodium, 18g carbohydrate, 5g dietary fiber, 43g protein.

Good Housekeeping

Stuffed Pork Chops

The aroma of this dish will remind you of childhood trips to your grandparents for Sunday supper. If you don't have rye bread for the stuffing, use whole wheat.

- 4 *teaspoons vegetable oil*
- 1 *small onion, chopped*
- 1 *Golden Delicious apple, peeled, cored and chopped*
- 1/2 *teaspoon caraway seeds*
- 1 *pinch dried thyme*
- 2 *slices rye bread, toasted and cut into 1/4-inch pieces*
- 2 *tablespoons chicken broth*
- 1/2 *cup chicken broth*
- 1 *tablespoon spicy brown mustard*
- 4 *(8 ounces each) pork loin chops, 1 inch thick*
- 1/4 *teaspoon salt*

1. In 10-inch skillet, heat 2 teaspoons oil over medium heat. Add onion and cook until tender, about 5 minutes. Add apple, caraway seeds and thyme and cook 3 minutes longer. Transfer apple mixture to medium bowl. Wipe skillet clean.

2. Stir bread pieces, 2 tablespoons broth and mustard into apple mixture. Pat pork dry with paper towels. Holding knife parallel to surface, cut a horizontal pocket in each chop. Stuff apple mixture into pocket of each chop and secure with toothpicks. Sprinkle with salt.

3. In 12-inch skillet, heat remaining 2 teaspoons oil over medium heat until hot. Cook chops until they just lose their pink color throughout, about 7 minutes per side. Transfer chops to warm platter.

4. Increase heat to high. Add remaining 1/2 cup broth to skillet and heat to boiling, stirring to loosen brown bits from bottom of pan. Boil broth until reduced to 1/4 cup, 3 to 5 minutes. Pour sauce over chops. Makes 4 main-dish servings.

• Each serving: About 367 calories, 15g total fat (4g saturated), 102mg cholesterol, 540mg sodium, 15g total carbohydrate, 39g protein.

Good Housekeeping

Spicy Grilled Shrimp

Shrimp cook quickly, so keep an eye on them, and you'll have a flavorful addition to your meal in no time.

- 1 *pound large shrimp, peeled and deveined*
- 1 *teaspoon vegetable oil*
- 1/4 *teaspoon cayenne (ground red pepper)*
- 1/8 *teaspoon salt*

1. Prepare grill for direct grilling on medium-high. In a large bowl, toss shrimp with vegetable oil, cayenne and salt to coat. Place shrimp on hot grill.

2. Cook 3 to 5 minutes or until shrimp are opaque throughout, turning once. Transfer shrimp to plate and let cool 5 minutes. Serves 4.

• Each serving: About 130 calories, 3g total fat (1g saturated), 172mg cholesterol, 240mg sodium, 1g total carbohydrate, 0g dietary fiber, 23g protein.

Comfort foods



by Healthy Exchanges

Layered Chocolate Peanut Butter Dessert

If eaten in moderation, peanut butter is a good choice. We just can't put our spoons in the jar and eat with complete abandon!

- 12 *(2 1/2-inch) chocolate graham cracker squares*
- 2 *(4-serving) packages sugar-free instant chocolate pudding mix*
- 1 1/2 *cups nonfat dry milk powder*
- 2 1/4 *cups water*
- 1/4 *cup reduced-fat peanut butter*

- 1/2 *cup reduced-calorie whipped topping*
- 1/4 *cup chopped dry roasted peanuts*

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine 1 package dry pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Blend in peanut butter. Spread mixture evenly over graham crackers. Refrigerate while preparing topping.

2. In the same bowl, combine remaining package dry pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well using wire whisk. Blend in whipped topping. Spread topping mixture evenly over chocolate filling. Finely crush remaining 3 graham crackers. Evenly sprinkle crumbs and peanuts over top. Cover and refrigerate for at least 2 hours. Cut into 8 pieces.

• Each serving equals: About 173 calories, 5g fat, 8g protein, 24g carb., 470mg sodium, 1g fiber; Diabetic Exchanges: 1 Fat, 1 Starch, 1/2 Fat-Free Milk.

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.

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*
- cup jarred marinara sauce*
- 3/4 *cup 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.

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Theft on the 1300 block of North Milwaukee Avenue.

Burglary on the 3200 block of West Addison Street.

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.

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Shooting on the 2900 block of North Hoyne Avenue.

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Assault on the 5000 block of North Winthrop Avenue.

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Arrest on the 4800 block of Ravenswood Avenue.

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Arrest made on the 4800 block of North Ravenswood Avenue.

Assault on the 1900 block of West North Avenue.

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Theft on the 1600 block of West Le Moyne Street.

Assault on the 2800 block of North California Avenue.

Shooting on the 1600 block of West Division Street.

Robbery on the 3400 block of West Belle Plaine Avenue.

Theft on the 1300 block of North Milwaukee Avenue.

Vandalism on the 1200 block of North Milwaukee Avenue.

Theft on the 1300 block of North Milwaukee Avenue.

Shooting on the 3700 block of West Armitage 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.

Shooting on the 1600 block of West Division Street.

Theft on the 1300 block of North Milwaukee Avenue.

Vandalism on the 4100 block of North Kedvale 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 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.

Assault on the 1200 block of West Leland Avenue.

Assault on the 1500 block of North Elston Avenue.

Robbery on West Belmont Avenue and North Clark Street.

Vandalism on the 4900 block of North Kenmore Avenue.

Shooting on the 1400 block of North Humboldt Drive.

Shooting on the 2000 block of West Diversey Parkway.

Shooting on the 2700 block of West North Avenue.

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CRIME IN CHICAGO

Chicago continues to face significant violent crime challenges, including recent incidents where 15 people were shot in a single night (June 2026).

Overview of Recent Crime Events
Community leaders launched a "No Crime Weekend" initiative scheduled for July 31 - August 2, 2026, aiming for a weekend free of gun violence.,

Shooting in Bronzeville, where Chicago police said a 12 year old boy, two 13 year old boys and a 14 year old boy were shot just after 9:30 p.m. in the 4500 block of South Prairie Avenue.

A violent night in June, 2026 saw 15 people shot, including multiple children across several neighborhoods.



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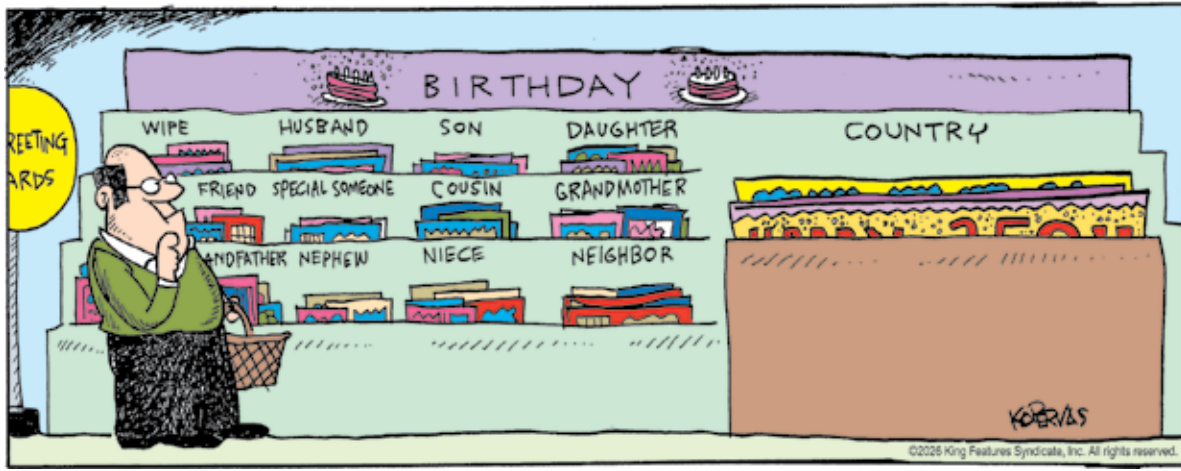
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Comics

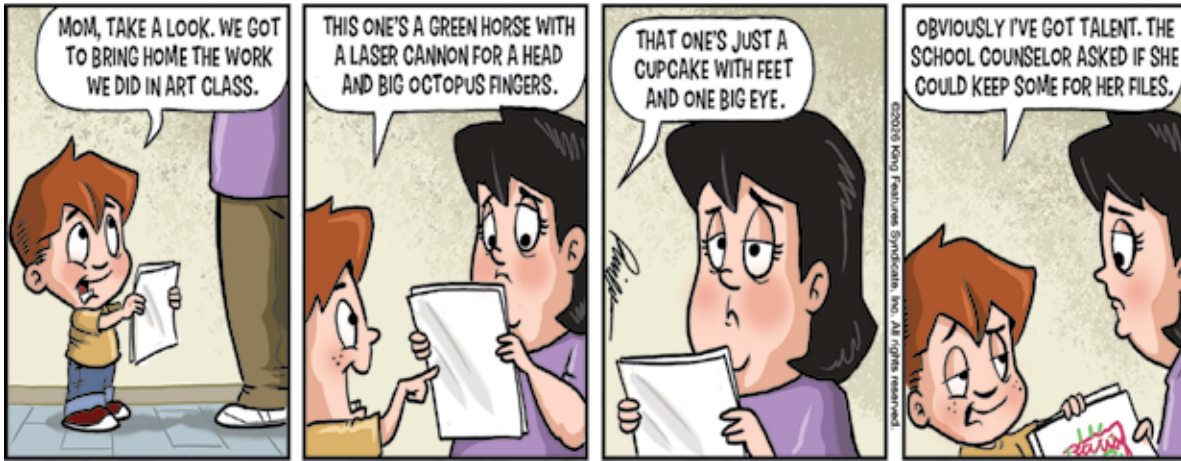
Out on a Limb

by Gary Kopervas



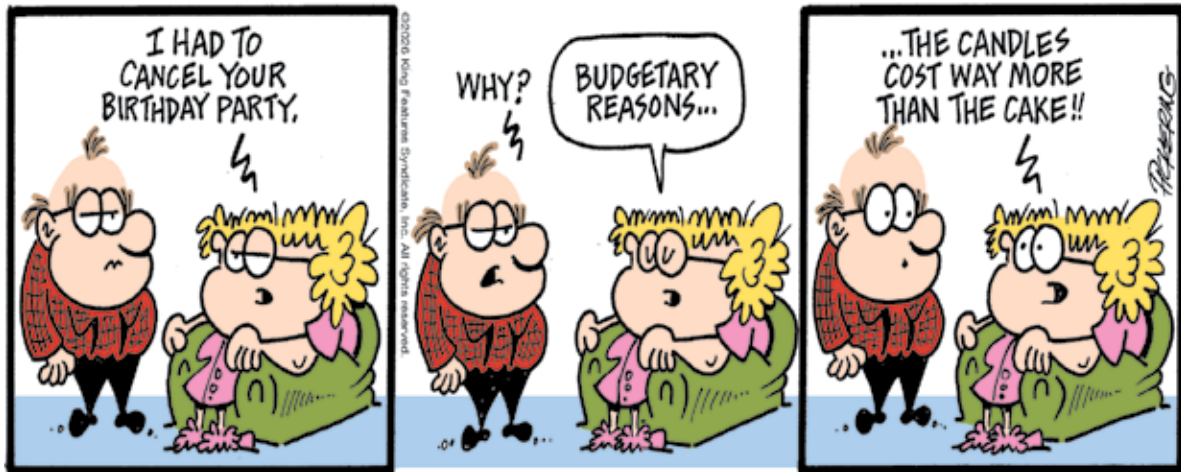
Amber Waves

by Dave T. Phipps



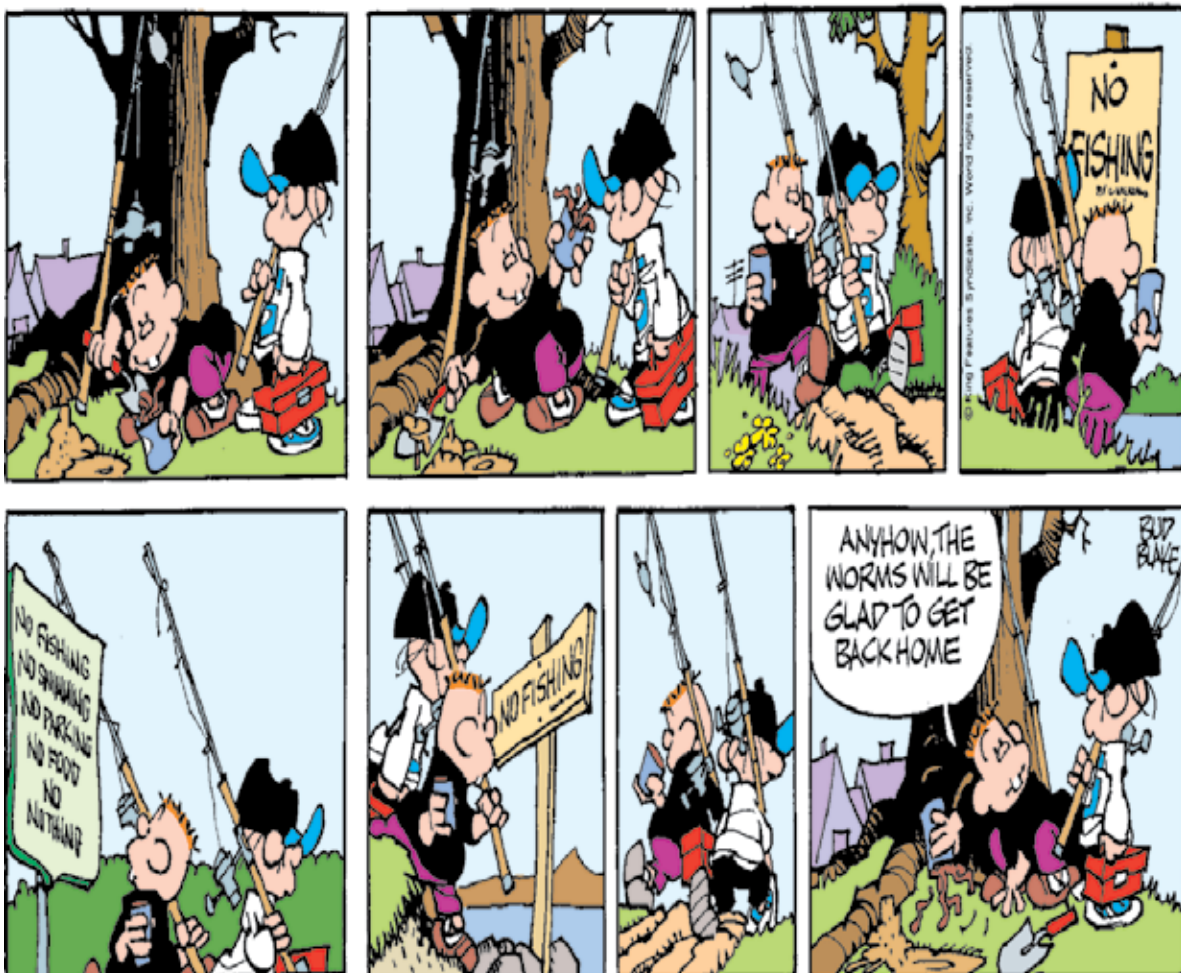
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH - TYPES OF MUSIC

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: **What kind of music should dad listen to while fishing?**

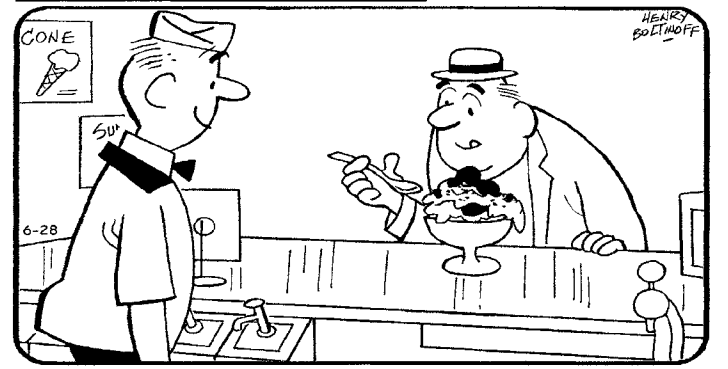
- BEBOP
- BLUEGRASS
- BLUES
- CLASSICAL
- COUNTRY
- DISCO
- HIP-HOP
- KARAOKE
- K-POP
- NEW AGE
- OPERA
- PUNK
- RAGTIME
- RAP
- REGGAE
- ROCK
- SOUL
- TECHNO

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

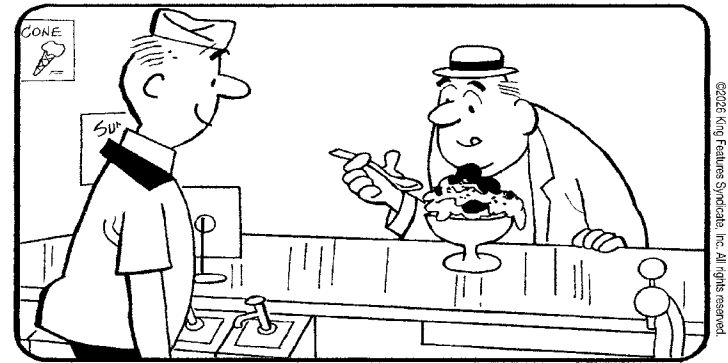
Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Label is different. 2. Bow tie is missing. 3. Sign is smaller. 4. Napkin holder is missing. 5. Ear is smaller. 6. Sleeve is shorter.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer: **Something catchy.**

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

Answer

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1 Year Jumbo CD

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\$100,000 Minimum Balance

*Annual Percentage Yield (APY) is effective as of 6/25/26 and may change at any time.
There may be a substantial penalty for early withdrawal, which may also reduce earnings.
\$100,000 minimum deposit required to open account.

Multi-Family (Apartment) Loans

Commercial Real Estate Loans

Up to \$4 Million

Quick Commitments

Credit Scores Not Considered

10 Year Loans

Low Income Loan Program

Deposit Accounts Not Required

Contact:

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NMLS#459256**

**J.R. McCracken
Vice-President
NMLS#803717**

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