Lamb recipe

Scrumptions recipes for your family Page 8

DAYLIGHT SAVINGS TIME BEGINS

MARCH 13th

March 2016

FREE- Our 20th Year

Lakeview, Roscoe Village, Lincoln Square & NorthCenter



March, 2016

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

Volume 20, Number 4



interests do special you have? **A**.I do crafts and Q.What is your favorite TV show, movie and Questions

book?

A.My favorite TV show

is "X-Files";my favorite

movie is "School Ties"

and my favorite books

are murder mysteries.

Q.If you could travel to

any country in the

world, where would

would

weather and I like

Q.Who do you most

A My mom. She's a

strong woman and an

best. And,my step-

dad.He's a huge part

Q.What has been your

three greatest achieve-

married;

re-

a funeral

and

pick

cold

you go and why?

Antartica.I like

admire and why?

inspiration.She's

penguins.

of my life.

ments?

A.Getting

becoming

director

This month's interview is with Nicole S. Smith, of Grein Funeral Directors, 2114 West Irving Park Road. Q.Where were born and raised?

A.Elk Grove. Q.Are you married?

Any children? A.Yes, but we don't have any children.

did you Q.Where attend school?

A.Worsham College of Mortuary Science.

Q.What is your fondest childhood memory?

A. Vacationing with my Mom and Step-dad. Q.What was your first

paying job? A.Turtle Wash Car wash as a cashier and

line attendent. Q.What was the worst iob you ever had? A.Waitress at a bar.It was challenging.

hobbies/

Q.What

Continued on page 2

family in Ohio.

connecting with my

Interview The Cost of Progress



Photo by George Rimel, Lakeview Newspaper

by George Rimel

It all started in 1961 when the Western Avenue overpass at Belmont was constructed to serve visitors to the adjacent Riverview Amusement Park. The over pass runs for approximately 1,110 feet between Nelson and Roscoe. The Chicago Department Transportation reports that after 55 years, the overpass is nearing the end of its lifespan.

The demolition of the viaduct will occur between the evening of March 4th and last through the weekend and Pulaski Day on March 7th.

Western Avenue will be closed entirely to traffic at Roscoe southbound and at Diversey northbound in order to completely demolish the Western Bridge. All lanes will be closed due to the dangerous nature of the work. Western Avenue will reopen

after the demolition of the bridge.

The viaduct will be demolished and replaced by a new five leg at grade intersection at Western, Belmont and Clybourn and should be completed by the summer of 2017.

The demolition of the viaduct will occur during these 4 days and a full closure of Western to through traffic between Neland George Streets as well as the

intersection Belmont. After the weekend closure, there will be one lane of traffic open on Western Avenue in each direction for the first five months, with two lanes of traffic in each direction expected until project is complete. The closed Western, Clybourn and Belmont streets planned to reopen at 5 a.m. on Tuesday, March 8th.

Continued page 2

What's on your mind?



Why school teachers aren't paid more?"

Elizabeth Teschner



"The increase in my property taxes "I am wondering if Kyle and I don't understand how the ass- Schwarber can play essment can more then double."

Divyang Joshi



defense this season." Tim Speicher

<u>Editorials & Opinions</u>

Interview continued from front page

Q.What has been your greatest appointments?

A.Losing touch with people in the past; not meeting grandmother on dad's side and not spending a lot of time with my mom's dad.

Q.What is your "pet peeve"?

A.I don't like hypocrites and men in flip flops.

Q.What was the worst advice you were ever given?

A.My friend told me to get my eye brows done and they came out horrible.

Q.What are some of the challenges you face being a funeral director?

A. Your emotions can get in the way of your

Q.If you weren't in your present profession, what other endeavor do you think you would be involved?

A. Something in the medical field.I would like to be a crime photographer scene and work for coroner.

Q.What is your most prized possession?

A.My two dogs.They are Boston Terriers.

Q.What improvements or suggestions would you make for the Lakeview and NorthCenter neighborhoods?

A. More mom and pop businesses and open stores.

Q.What would you like to do that you haven't done so far in your life?

A.Go to Boston. I have never been to Boston and I would want to see all the historical sites. I would like to see where the Boston Terriers come from.They were the first breed of American dog.I would like to walk where Paul Revere walked and eat a Lobster roll.

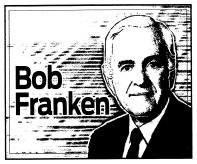
Q.Do you have a motto for living your life?

A.Live your life, you know don't what tomorrow is going to bring.

Western Belmont bridge coming down from front

Upon completion of the project in the summer of 2017, Western Avenue will have three lanes of traffic in each dir-





Bernie Sanders' Truthful Lie

Here's why what Bernie Sanders promises is false: Because what he says is true — the system really is rigged so he can't deliver. The wealthy in this country have a grossly unfair advantage because they can bribe our politicians to make sure the laws don't apply to them.

Actually, they can use their financial advantage to buy the best of everything for themselves, whether it be tax shelters, medical care, lavish homes, education, you name it. They maintain their gilded existence through what amounts to bribery. They use their campaign contributions, meaning payoffs, and the overlap of their lobbying might to avoid legal responsibility for cheating the rest of us and making their profits without honor.

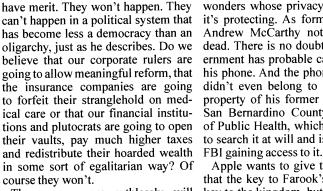
Before Bernie Sanders, we had Will Rogers saying that we have "the best Congress that money can buy." But it's gotten exponentially worse in the generations since. By now we live in a society that is corrupt overall. And the people are finally completely fed up. They can't trust our institutions.

Bernie Sanders is right that we are being had. But he's wrong when he promises that he can deliver free college education and single-payer health care or that he can break up the megabanks, rein in Wall Street and collect much higher taxes, mainly from the rich.

Let's not debate right now whether his solutions for correcting our absurd concentration of wealth and power

ection during rush hours, with the curbside lane available for parking in some areas of the corridor during non rush hours. The project will also provide roadway improvements along a 1.27 stretch Western Avenue from Logan Boulevard to Waveland Avenue.

The project expected to cost 25.7 million dollars.



They even more ruthlessly will manipulate the political system, which Timothy Lee explains on the website is irretrievably corrupt. When they can't get their way on tax policy, they flee the country. When they cannot thus, in theory, endanger the encrypcoerce American employees to accept tion on other phones. It just needs to slave wages, they outsource abroad. get into the phone. For that, it needs Their loyalty ends where their selfish interest begins.

A President Bernie Sanders couldn't rule by fiat. He readily admits that. As he said in a recent MSNBC Town Hall, "I'm not a dictator here." That's certainly a good thing. However, after all his years in Washington, he knows that he can't persuade his partners in government, meaning Congress and even the courts, to act against the interests of their big-money puppeteers.

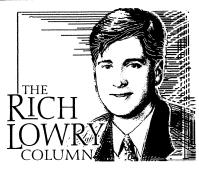
That, of course, is the point that Hillary Clinton makes. She argues that she is the kind of experienced realist who can methodically tackle the country's problems and put all those super wealthy bad guys in their place. The problem is that she and her family have gotten super wealthy themselves, thanks to those very same bad guys.

But in this case, Hillary speaks the truth: Bernie Sanders is making grandiose promises that are completely unrealistic.

Sanders has inspired millions of people with his fiery rhetoric, but he's blowing smoke with his remedies to correct our grossly unbalanced society. His description is genuine. His promises are disingenuous.

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Unlock Terrorist's Phone

The FBI wants access to the iPhone of San Bernardino terrorist Syed Rizwan Farook, and Apple CEO Tim Cook is resisting and putting his refusal in apocalyptic terms. Should Apple comply with a judge's order to help the FBI, we're supposed to believe, it will have created the privacy equivalent of a doomsday device, making everyone vulnerable to the intrusions of government and depredations of hackers and criminals.

This is trite marketing — only Apple can save us from Big Brother, and by the way, please keep buying our phones — masquerading as bravery.

In the San Bernardino case, one wonders whose privacy Apple thinks it's protecting. As former prosecutor Andrew McCarthy notes, Farook is dead. There is no doubt that the government has probable cause to search his phone. And the phone in question didn't even belong to him. It is the property of his former employer, the San Bernardino County Department of Public Health, which had the right to search it at will and is fine with the

Apple wants to give the impression that the key to Farook's phone is the key to the kingdom, but it's not so. As Vox, the FBI doesn't need to defeat the encryption on Farook's phone and to get past the first line of defense, the device's passcode.

This is possible through what is called "brute force." A robot can punch in every possible combination until the phone unlocks. Except the iPhone has security features to defeat anyone who doesn't know the passcode. The FBI wants Apple to change the software on Farook's phone so it can force the device open.

This isn't Armageddon. As Lee writes, "Apple has tacitly admitted that it can modify the software on Farook's iPhone to give the FBI access without damaging the security of anyone else's iPhone." No one is going to have his or her privacy compromised because the FBI, in this one instance, with heroic technological exertions, gets into a dead terrorist's phone.

Apple's position is basically, Don't worry about ISIS, don't worry about tracking down every possible lead in a terrorism case. Worry about what cooperating with the government might do to the company's reputation, and about a parade of horribles that might ensue if we slide from here several miles down a slippery slope.

If Apple wants to avoid getting coerced by Congress into building a real "backdoor" to all its software, a much larger and more fraught proposition, it has embarked on a foolish course by choosing such an unsympathetic test case. The chances are high that Apple will be seen to be acting unreasonably — since it is acting unreasonably.

Apple's contribution to American life is a product that is almost impossible to live without. The company is synonymous with sleek and cool, and has an enormous reservoir of goodwill. It shouldn't diminish it by staking out an indefensible position and elevating it to faux high principle. Unlock Syed Rizwan Farook's phone.

Rich Lowry is editor of the National

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Dare to be great

Great neighborhoods and communities are made up of great people that will mentor, give of themselves, volunteer and be a role model.

You can make a tremendous difference in your community by volunteering.

Lakeview Newspaper

We try to make a difference, you can also.

Lakeview Newspaper

"We don't make the news.We just report it." How to get in touch with us: Lakeview Newspaper J2 Associates,Inc. P.O.Box 578757 Chicago, Illinois 60657 Telephone: 312.493.0955 Web site: www.LakeviewNewspaper.com Email: LKVWNEWS@aol.com Publisher and owner: George Rimel **Executive Editor and owner: Joyce A. Rimel** March, 2016

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by Freddy Groves

Blue Water Sailor Wins Agent Orange Benefits

Agent Orange exposure.

When the sailor first applied in 2010 for benefits for ischemic heart disease lion due to scams. due to AO exposure, the response was typical: The VA said no because he'd 1. IRS Impersonation Scams ued to appeal. And appeal. And appeal. 3. Robocalls/Unwanted Phone Calls been on a carrier out at sea. He contin-

The VA finally told him to either go away or go to court. Naturally he chose 5. Identity Theft court and got an attorney. The VA was 6. Grandparent Scams ordered to take another look at the facts and finally decided that 100 percent disability for ischemic heart disease due to AO exposure was appropriate, backdated to when symptoms first appeared, many years earlier.

If you were on a ship near Viet- Step 1 is to use Caller ID and an pretty decent career, too. it take on water for distillation inside of being a potential victim. the 12-mile limit? Did your mail and storage area in Da Nang?

Representatives. The legislation will uncomfortable in any way. give AO presumptives to sailors and of Vietnam.

can hook up with a specially trained attorney — for free — who will take you win back entitlement.

When the VA Wants Its Money Back

Taking any type of monetary payment from the Department of Veterans Affairs means that at any time, it can ask for the money back. If that happens, you're at risk of having all your benefits canceled until the debt is paid.

A Washington veteran recently went through the process of the VA trying to collect money it said he owed. Fortunately for him, he had kept every single piece of paper and receipt, and a copy of every letter he'd written to the VA. That inches-high stack of copies was helpful to the attorney he had to

One document was a letter he'd sent to the VA saying he was in prison but needed the money to take care of his family. The VA kept the payments Once he got out the VA suddenly wanted all its money back either in one big bite or they'd cut off all his benefits until that amount was repaid. Multiple letters sent by the attorney were ignored until suddenly, without fanfare, the veteran received a waiver of the debt.

Direct overpayment isn't the only way a veteran can end up with cash that needs to be returned.

Temporary 100-percent disability payments can be a problem when the illness goes into remission or is cured. The VA is supposed to ask for a follow-up medical exam to track progress, but often it doesn't and the checks just keep arriving. At some point the VA realizes its error and demands all the money back.

VA claim number is used to process one payment and a Social Security number is used to process an identical

If you get monetary benefits from the VA, keep track of it. If it asks for any money back, go online to ww.va.gov/ debtman, or call 800-827-0648.

SENIOR NEWS LINE

by Matilda Charles

Tricks Scammers Use to Steal Our Money

The U.S. Senate Aging Committee I'll never forget the first time I has made a list of the top 10 frauds met Peyton Manning. He was on the It took six years and an aggressive targeting seniors based on calls to the phone, and I had just snapped a phoattorney, but a Blue Water Sailor has Fraud Hotline. Some of these have to of him in the most annoying way finally been given full benefits for been around for many years, and the possible: I had my trusty Minolta set move. In doing so (or by not doing possible: I had my trusty Minolta set to or nim in the most annoying way move. In doing so (or by not doing possible: I had my trusty Minolta set to or nim in the most annoying way been around for many years, and the number of victims keeps growing: In on the anti-redeye flash setting, the one year alone, seniors lost \$2.9 bil- kind where the flash pops over and team's victory.

- 2. Sweepstakes Scams
- 4. Computer Tech Support Schemes

- 7. Elder Financial Abuse
- 8. Grant Scams
- 9. Romance Scams/Confidence Fraud 10. Home Improvement Scams

There are ways to avoid becoming a

nam, the questions to consider are: If answering machine. If you don't recyou were assigned to a ship and were ognize the number that's calling, don't flown out to it, where had the plane answer. However, scammers now been? Was the plane contaminated and know how to "spoof" phone numbers bringing AO every time it landed on and can make it appear that the number a carrier? Did you unload cargo from is coming from anywhere. Answering those planes or work on them? Did the a scammer call does two things: It lets ship ever bring on fresh fruits and veg-scammers know that someone is at that etables? Did the ship ever dock? Did number, and it puts you in the position

Which makes Step 2 even more supplies sit on the runway near the AO important if you get a scam call: Hang up, quickly. You're under no obli-Meanwhile, the Blue Water Navy gation to talk to anyone you don't Vietnam Veterans Act (HR-969) was know on the phone, especially if they recently introduced in the House of ask you for information or make you

Step 3 is to get details about how Marines who served in offshore waters each type of fraud is perpetuated. The committee has put together a 48-page If you're fighting the VA, go online guide that describes each one in detail. to The Veterans Consortium Pro Bono Go online to www.aging.senate. Program [www.vetsprobono.org]. You gov and search for "Fighting Fraud Guide."

If you've been a victim of fraud, or your case. You'll pay nothing unless even if you were contacted but didn't fall for the scam, call the fraud hotline at 1-855-30349470.

If you're a caregiver or have a senior parent, get the guide and go over it together to make sure your senior understands how to handle potential scams.

Senior Hunger Options

There are 9 million seniors who are at risk for hunger every day in America, statistics show. If you're a senior over age 60 and you don't get enough to eat, there are options.

The Supplemental Nutrition Assistance Program (SNAP) can provide an average \$126 each month to go toward food. Check the government section of your phone book for the local office, or see www.fns.usda.gov/snap.

In some states, as part of SNAP, you also might be eligible for The Senior Farmers Markets Nutrition Program (SFMNP), which will provide pon booklet that can be used at farmers markets to buy fresh fruit and vegetables. Information is available on the USDA.gov website.

More and more senior centers are providing food programs. Ask about a Senior Grocery Program in your state, or the local food bank. The center also might host a monthly luncheon, or perhaps a weekly get-together lunch. You'll make contacts at any of these events that can steer you to other local food programs.

Contact the Council on Aging (www. ncoa.org) branch in your state for a full list of programs you can apply for. Or search online for "senior hunger resources" in your state.

If you were turned down for food Another problem happens when a benefits, apply again, especially if your situation has changed in any way. If Meals on Wheels in your area isn't taking new clients (many of them don't have enough resources nowadays), get put on the waiting list anyway.

Contact churches in your area to ask about senior meal programs. Ask your doctor for resources.



Dude, Retire!

over again until your subject gets "Dude ... what are you doing?"

That's the same day I learned that photographers can't just walk up to the Colts' sideline and stick a camcan I say? We were both rookies that season. I would later graduate to Kodak, Nikon and Cannon cameras, and Manning would go on to have a

attention to Manning's career was during his tenure at Tennessee. It's funny to hear people knock his armstrength now, because while he was in college, he was a straight-up gunslinger of a quarterback. I remember Steve Spurrier taunting him before big games. Nowadays, we all know not to overly criticize college players, ostensibly for the reason that they are kids and amateurs.

Over the years, at Indianapolis and Denver, we've had the distinct pleasure of watching Manning all but dominate the league. He wasn't invincible, as his two Super Bowl losses proclaim, but he was the best in the game. He holds every record that matters: wins (200), yards from scrimmage, touchdowns and MVPs. He was the funniest athlete ever to you? host "Saturday Night Live"; he's

"Omaha" the replacement made term for "hike" in backyards across the country; and he gave the chicken parm sandwich its own, long-overdue jingle. That, right there, is worthy of considerable praise (and consideration for dinner tonight).

After winning the Super Bowl, his gratuitous beer name-dropping aside (no, he wasn't paid to say that, but he does own a share of the brand's beer distributorship in Louisiana, and one surmises he made his money back), his not stating the obvious that he was retiring ... was a class so) he kept the focus, rightly, on his

Will he retire on top? Will he go to annoyed and stops smiling. And the Los Angeles Rams and reintro-I'll never forget what he said to me: duce football to the traffic-addled city of angels for trillions of dollars? Will he jump into the booth?

Most importantly, will he figure out how to deal with the story that era in their quarterback's face, even has him sexually harassing a Tenneswith the anti-redeye setting. What see trainer during his college tenure? A story that has all but robbed him of any extra glory he was entitled to for his feats on the field?

Here's my simple conclusion, so easy to understand that even a cave-The first time I really started paying man would grasp it: Stop abusing women.

Manning has already admitted to some manner of vulgar action in the incident that happened a quarter century ago. The story came back to haunt him at the worst possible time, as often happens in life when you think you're on top of the world. The world is like a pot of crabs ... there will always be those that want to drag you down.

The solution is simple: apologize. Own it. Give the woman another million or whatever it is she wants if you're guilty enough. You made a bad decision, now move on.

For the rest of the NFL, the idea rings clear, too: Hit a woman, hit a cop, hit anybody off the field, you're out of the game. Simple enough for



1. In 2015, Seattle's Felix Hernandez became the fourth-youngest major-league pitcher to reach 2,000 strikeouts (29 years, 32 days). Who was younger?

2. Name the A.L. player who debuted in 1986 and had 100-plus RBIs in each of his first two seasons, then never hit 100 RBIs again in his 16-year career.

3. Who was the last University of Tennessee freshman running back to have four 100-vard rushing games in a season before Jalen Hurd in 2014?

4. Name the last NBA team before the Houston Rockets in 2014 to start a season 6-0 while winning each game by at least 10 points.

5. Who are the two NHL teams to start a season with 10 consecutive

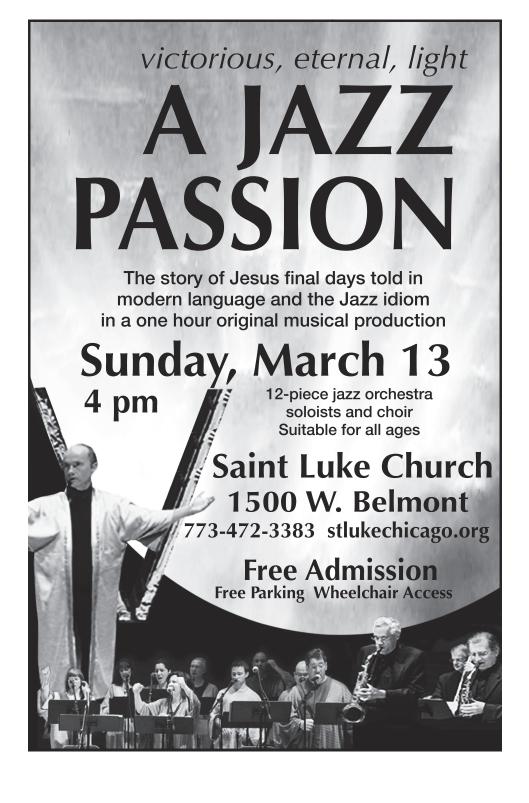
6. In 2015, Sebastian Vettel moved to fourth place on the list of most Formula One victories (42). Who had been fourth?

7. Who is the oldest female tennis player in the Open Era to become a Grand Slam champion for the first time?

Answers

- 1. Bert Blyleven, Sam McDowell and Walter Johnson.
- 2. Wally Joyner of the Angels.
- 3. Jamal Lewis, in 1997.
- 4. Denver, in the 1985-86 season.
- 5. The Toronto Maple Leafs (1993-94 season) and Buffalo Sabres (2006-
- 6. Ayrton Senna, with 41 victories. 7. Italy's Flavia Pennetta, at the
- 2015 U.S. Open.

Thought for the Day: "I am not young enough to know everything." - Oscar Wilde



ealth News



please discuss the use of ultrasounds many typically are performed, and are there any possible negative effects on the fetus? Are doctors today performing more ultrasounds (including 3-D ultrasounds) just because they can and because it's exciting for the expectant parents, or is there a medical reason for performing these?

DEAR DR. ROACH: I am 78 and have had urinary tract infections to the past eight or nine continually for the past eight or nine damage. It's the high pressure in the urethra, bladder and ureters (the tubes that allow urine to flow from the kidneys to the bladder) that causes kidney excessive body hair on my back, hard to get rid of UTIs? What would you recommend? —A.C.S.

The problem is in the urethra.

DEAR DR. ROACH: I'm a damage. Placing a catheter allows the urine to drain at low pressure if the problem is in the urethra. forming these?

impression that she will have at least tion that hasn't ever gone away, or a just wondering if so many sessions urinary tract, such as a kidney stone. are really needed and what is known Your urologist is treating you with about the effects on the fetus. — medication to prevent new infections.

ANSWER: There is some controversy over whether an ultrasound poses antibiotic. risks to the developing fetus. The Food or a woman. Men with recurrent infecand Drug Administration has noted that there may be some heating of tis.

or a woman, ivien with recurrent infections should be evaluated for prostate that do to or from the bladder. I suspect that there may be some heating of tisissues. Women with recurrent UTIs sues and that any long-term risks are unknown. I did find studies showing varieties. Women with recurrent UTIS your urologist has done additional bladder tests to help sort this out. unknown. I did find studies showing vaginitis. There are many other causthat there is no long-term risk of leu-kemia, hearing loss or abnormal eye vaginius. There are man, or the with your urologist. development.

A 2013 guideline from multiple groups, including the American College of Obstetricians and Gynecologists, recommended a standard first-trimester ultrasound, and a standard second- or third-trimester ultrasound. Any other ultrasounds would My primary-care doctor sent me be based on a clinician's concern for a for a blood test and said my PSA

tion." I don't have enough information bladder, and it was 880 ml. Now he to know why your daughter-in-law has is suggesting surgery. Is he going too recommended for a normal pregnancy. procedure and side effects? Will this Perhaps her obstetrician has a low-lev- correct the problem? — D.G. or your daughter-in-law with you.

cerned about the growing trend of middle of the prostate. As men get oldso-called keepsake ultrasounds that er, the prostate commonly enlarges, a result of stopping sertraline. It may 170 for 25 seconds sound OK? are not performed for valid medical and this can cause resistance to flow. be related, but I doubt it. Is it possible E.N.W. reasons, such as those done in shop- The symptoms can range from mild- that you are consuming more salt? How Safe Is Ultrasound? ping malls. These might not be admin- ly annoying to complete obstruction. That's the most common reason for for an 86-year-old. The formula you

during routine pregnancies? How DEAR DR. ROACH: I am 78 and at all.

My daughter-in-law is in her sixth ANSWER: Frequent urine infections problem is in the urethra. Methanamine is a urinary antiseptic, bladder is due to obstruction from Please advise. — M.C. and cephalexin is a broad-spectrum

You didn't tell me if you are a man

Is Prostate to Blame for Sluggish Bladder?

your opinion on enlarged prostate. allow four weeks for delivery. potential problem.

The guideline specifically states:
"Fetal ultrasound should be performed only when there is a valid medical reason, and the lowest possible ultrasonic one week of medication (Rapaflo), I

DEAR DR. ROACH: I have weaned off Zoloft, and I noticed a swelling of my fingers — I can't get my rings on. Do you think it is related? — E.P.

exposure settings should be used to had a catheter inserted for another

While not the case for her, I am con-men, the urethra runs right through the toms on stopping. istered with the same degree of exper- Complete obstruction is an emergen- increased fluid in the fingers over a DEAR DR. ROACH: Could you tise and safety as a medical ultrasound. cy, since the kidneys will fail within a short time. few days of being unable to drain urine

But the obstruction does not need to

be done quickly.

enlarged prostate, even though an ele-

The booklet on the prostate gland discusses enlargement as well as cancer. Readers can obtain a copy by writing: Dr. Roach — No. 1001W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipi-DEAR DR. ROACH: I would like ent's printed name and address. Please

DEAR DR. ROACH: I have

I would see your doctor if it doesn't

go away in a week or so. Common Shaving

pools and beaches seem to all groom Normal bladder capacity is between (shave) their body hair for better month and has had two ultrasounds, are common. However, it is important 300-400 ml. At 880 ml, you would appearance. I started trimming plus a 3-D session. She is under the to find out if this is the same infecexperience very abnormal bladder down but have not fully shaved. My drainage and would be at high risk for concern is whether, when you cut one more. To my knowledge, this is series of new infections. An infection ongoing kidney damage. Thus, I com- hair, it grows faster. When I'm in my ongoing kidney damage. Thus, I com- hair, it grows faster. When I'm in my and everything is going fine). I'm ation for something abnormal in the something, probably surgical, needs to will my body hair grow to 4 inches nuts? — A. long? Does your body hair contin-It's not completely clear to me ue to grow at a normal rate when showing benefits of nuts included peawhether your inability to drain the vou're older, or does it slow down? nuts as well. Peanuts probably have

> ANSWER: No, it's a myth that cutvated PSA suggests that this might be ting or shaving hair makes it grow allergic to nuts, and many to peanuts. the case. It also is possible that there faster. It certainly might seem to come Those people can't get the benefits that go to or from the bladder. I suspect in more coarsely, since the cut hair of eating nuts, as it is unsafe, even under the surface of the chin is thick. Hife threatening under the surface of the skin is thick. life-threatening on occasion. But there is no effect on hair growth. Hair growth rates stay roughly the same throughout adulthood.

I am aware that the current trend is for hairless-appearing skin. However, I see a lot of people with infections from shaving. If you do shave, use plenty of mild shaving cream or gel, always use a new, sharp razor, and use a soothing aftershave cream or lotion to help close the pores after shaving.

DEAR DR. ROACH: I am an 86-year-old male in good health. I take a 40-mg simvastatin and a 150-mcg levothyroxine. I exercise three times a week - one hour with

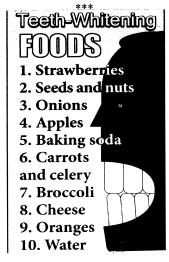
ANSWER: Discontinuing an anti- weights and one hour of aerobics gain the necessary diagnostic informa- week. He measured the urine in the depressant such as sertraline (Zoloft) (elliptical and treadmill). On the certainly can cause symptoms. Dizzi- treadmill, I go from a speed of 3.5 ness, fatigue, muscle aches, anxiety for 25 seconds to 6.0 for 25 seconds. had more ultrasounds than is usually fast? What are your thoughts on the and irritability are common. It hap- My heart rate goes from 89 to 170 pens more frequently if the drug is (sometimes 165 to 178) but drops suddenly stopped versus tapered down back to about 89 when I return to el concern she hasn't shared with her, ANSWER: The bladder is drained over weeks. Paroxitine (Paxil) seems the slower speed. I have heard that via a tube called the urethra, and in to have the highest incidence of symp- your exercise heart rate should be 212 minus your age times 80 per-However, I haven't seen swelling as cent. That would be 101. Does my

> ANSWER: No, that sounds too fast mention is one frequently stated, and it isn't particularly accurate, since there is a great deal of individual variation. But 170 is very fast for an 86-year-old. I wonder if it's accurate. A pulse monitor, using electrical impulses, is the most accurate, but even these can be fooled by electrical interference. If it really is so fast, I would worry about an exercise-induced tachycardia, and a visit to your doctor or cardiologist would be a good idea, especially if you are having symptoms of chest discomfort or shortness of breath.

> **DEAR DR. ROACH: Do peanuts** (which are not nuts, but legumes) afford the same health benefits as

ANSWER: Most of the studies the same benefits as tree nuts.

Unfortunately, many people are



Financial Statement

MONEY MOVES

Convert to a Roth

Consider taking advantage of falling stock prices to transfer some shares from a traditional IRA into a tax-friendly Roth IRA. You'll owe ordinary income tax on the transferred value of

But with lower shares. stock prices, you'll be able to transfer more shares into the Roth without paying more in taxes. Ideally, once in the Roth, those shares will recover and future gains won't be taxable to you or your heirs. You have until April 15 to make an IRA contribution for 2015.

Those who are 50 and older can contribute up to \$6,500 annually to an IRA. Also, if you have the cash, why not make your contribution for 2016 at the same time? sooner the money is invested, the bigger your nest egg will eventually

Fund a health savings account

More employers offer a high-deductible health plan combined with this savings account, and you have until April 15 to contribute to one for 2015. Individuals can invest \$3,350 pretax - plus another \$1,000 if age 55 and up-in that account, where it can be withdrawn tax-free to pay medical Plus, this expenses.

won't trigger income Medicare higher miums or taxes on Social Security benefits. If you use the money for nonmedical expenses, however, you will owe income taxes and, if under age 65, a 20 percent penalty, too.

Build an emergency fund

By now you know about setting aside three to six months' worth of living expenses to pay for unexpected expenses. It's basic financial planning, yet many people still don't do this. Nearly 1 out of 5 Americans ages 50 to 64 raided their retirement savings in the past year to pay for an emergency. Those withdrawals can trigger taxes penalties. Avoid this by gradually building a cash reserve to be tapped when emergencies arise.

Fix your credit card

cards have Most variable interest rate. But if you carry a balance, look for a low fixed-rate card that could save you money in the long run and hedge against future rate hikes by the Federal Reserve. Consumers with good to excellent credit a FICO score of 720 or higher can find cards with a fixed rate of 10 percent or less from credit unions and community banks. Or, if you favor a card for its reward program instead of the interest rate, review the terms to make sure you're getting the best deal. Some issuers have doubled their rewards in the past year or so, and even offer \$100 to \$150 to sign up for their programs.



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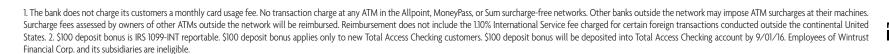


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- 1. The song "Twilight Zone" was used in the second-season finale of 'The Americans" TV series. Name the band.
- 2. Name the artist who released "You'll Never Find Another Love Like Mine.'
- 3. "Spill the Wine" was released by Eric Burdon and which band?
- 4. Who released "I'll Follow the Sun," and when?
- 5. Name the song that contains this lyric: "When I'm feeling blue, all I have to do Is take a look at you, then I'm not so blue, When you're close to me, I can feel your heart beat, I can hear you breathing near my ear."

Answers

- 1. Golden Earring, a Dutch band. The 1982 song also was used in the 1993 pinball game, "The Twilight Zone," and the film "End of Watch."
- 2. Lou Rawls, in 1976. It was his only million-seller.
- 3. War, in 1970. The song was used in the films "Boogie Nights" and "Remember the Titans."
- 4. The Beatles, in 1964
- 5. "A Groovy Kind of Love," by the Mindbenders in 1965. It reached No. 2 on both the U.S. and U.K. charts, but Phil Collins took it to the top in 1988 with his version, a slow ballad, that was used in the film "Buster."



- It's been reported that Elvis Presley knew by heart every word spoken in the film "Patton."
- If you're like 7 percent of American workers, you had a job at McDonald's at some point in your life.



1. Deadpool (R)
Ryan Reynolds, Morena Baccarin
2. Kung Fu Panda 3(PG)
animated
3. Risen (PG-13)
Joseph Fiennes, Tom Felton
4. The Witch(R)
Anya Taylor-Joy, Ralph Ineson
5. How To Be Single (R)
Dakota Johnson, Rebel Wilson
6. Race (PG-13)
Stephan James, Jason Sudeikis
7. Zoolander 2 (PG-13)
Ben Stiller, Owen Wilson
8. Star Wars: Episode VII —
The Force Awakens(PG-13)
Daisy Ridley, John Boyega
O. The Devement (R)
9. The Revenant(R)
Leonardo DiCaprio, Tom Hardy
10. Hail, Caesar!(PG-13)
Josh Brolin, George Clooney

-Rodriguez

1. GEOGRAPHY: What river flows

2. MUSIC: Who sang the pop hit

3. LANGUAGE: What is the subject

studied in zythology?

4. MOVIES: In "Ace Ventura: Pet Detective," what kind of creature was

5. ANIMAL KINGDOM: What is a

Answers

through the Grand Canyon?

Jim Carrey looking for?

group of ants called?

1. Colorado

4. A dolphin

5. Colony

2. Alice Cooper

3. Beer and beer making

"School's Out"?











Source: Travel Leaders Group



PICKS OF THE WEEK

Brooklyn (PG-13) — As a quiet Irish girl in a quiet, windswept coastal town in the south of the country, Eilis (Saoirse Ronan) is driven to America more by circumstance than wanderlust. She arrives in New York in the early 1950s, and immediately struggles with homesickness and alienation. Eilis — and the world she inhabits - seem to change after finding romance with a charming Italian boy (Emory Cohen). Just when she's starting to feel at home, Eilis is called back to Ireland, meets another suitor (Domhnall Gleeson) and must decide which life she wants to live.

What needs to be said upfront is that the story is more than its love triangle. Ronan shows Eilis's growth in deep ways with the right volumes of sadness and strength, fear and hope. The film was nominated for three Oscars, including best picture, best actress in a leading role and best adapted screenplay (it was a novel first.)

The Big Short (R) — There were a few people who saw the financial crisis of 2007-08 coming, and with no power to stop it, mitigate it or credibly warn the public, they used that foresight to make tons of money. An all-star ensemble hilariously depicts the characters swimming in the sharky waters of Wall Street, all occupying different positions on the moral spectrum -Steve Carrell's character knows he's about to make money while others are ruined, Ryan Gosling's character just wants the payday already. Brad Pitt and Christian Bale inhabit their characters, portraying nuanced fish in the

It is alarmingly funny — funnier than any reality-based film about a financial crisis would have the right to be. It works, however. Director Adam Mckay ("Anchorman," "Talladega Nights") ditches the screwball comedy lens, and finds a snarkier tone that make can make a fun little spiel out of investment voodoo. This one's got five Oscar nominations, including best picture, director, adapted script and supporting actor.

Carol (R) — Cate Blanchett stars as the titular Carol, an elegant and confident married woman, smartly dressed and chic for the 1950s. Mostly, we see her through the lens of Therese (Rooney Mara), a somewhat timid younger shop girl who forms a quick and difficult-to-understand attraction to Carol when they first meet. For much of the film, their connection is felt but not seen — it's in tiny glances, a slight touch, chit-chat that barely qualifies as flirtatious — but it's really there, just covered by layers of drama and social stigma. It's gathered six nominations, including ones for both Blanchett and Mara.



Saoirse Ronan in "Brooklyn"

Sisters (R) — When their parents put their childhood home up for sale, two polar-opposite adult sisters (Amy Poehler and Tina Fey) pledge to throw One Last Party in the old place. Maura (Poehler) is a divorced nurse who never had much fun and isn't too assertive. Kate (Fey) is the raunchier big sister, a single mom and lover of loud clothing. Both of these players have turned in better stuff for TV that this movie cannot match in wit. Wit aside, it's still a fun experience, though it drags on a bit.

TV RELEASES Game of Thrones: Season 5

Grease Live! Fargo: Season 2

The Americans Season 3 Debbie Macomber's Cedar Cove: The Final Season

Mystery Science Theater 3000: XXXV Community: The Complete Sixth

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Top 10 Video On Demand



Top 10 DVD, Blu-ray Sales

1. **Spectre**(PG-13) 2. The Last Witch Hunter (PG-13) Lionsgate 3. Snow White and the Seven **Dwarfs**(NR) Disney 4. Straight Outta Compton(R) Universal 5. **Goosebumps**(PG) 6. **Crimson Peak**(R) Universal 7. The Martian(PG-13) 8. Hotel Transylvania 2(PG) Sony 9. Bridge of Spies(PG-13) Disney 10. **Minions**(PG) Universal Source: Rentrak





by Tony Rizzo

What's Hot in Hollywood

HOLLYWOOD -Netflix's latest reboot to get the "Full House" Bang Theory" airs Feb. 25 with amaztreatment will be "The Gilmore ing cameos from "Batman" Adam Patterson (Luke), Kelly Bishop (Loralai's mother, Emily), Sean Gunn (Kirk) and Keiko Agena (Lane). Not cross over from The CW to CBS for returning is Melissa McCarthy star of "Molly & Me," "Spy" and the upcoming "Ghostbusters" played Sookie St. James for all seven seasons

McCarthy, whose star has risen higher than anyone else from that show, confessed, "No one has asked me or Sookie to come back to Stars Hollow. Wish them all the best." Could it be McCarthy has become such a big presence that producers were afraid she'd overshadow the rest of the cast? They couldn't have known if they could afford to have her back if she wasn't even asked. Kind of like the way The Olsen Twins became so rich they wouldn't join the cast of "Fuller House," but at least they were asked!

Current best actor Oscar-nominee world to save the woman he loves.

The 200th episode of "The Big send the ratings into the stratosphere! tion's" Wil Wheaton.

Grant Gustin, aka "The Flash," will the March 28 episode of "Supergirl."



Melissa McCarthy in her 'Gilmore Girls" days

series, "Incorporated," which will star Berlanti, who produces both shows. Oscar time. Sean Teale (of "Reign") as a young The combination of "The Flash," the "It's not that the Academy members executive who hides his true identi- CW's top-rated show, and "Supergirl," are deciding whether or not to vote for ty to infiltrate a dangerous corporate CBS's top new show, ranking No. 6 something based on whether they feel

German TV is creating a new film franchise based on "The Three Stoog-West, "The Good Wife's" Christine es" ... with 12-year-olds! "The Three Returning will be Lauren Graham, Baranski, "Roseanne's" Sara Gil- Little Stooges" will be directed by (Loralai), Alexis Bledel (Rory), Scott bert and "Star Trek: The Next Genera-Harris Goldberg, who gave us "Deuce Bigalow: Male Gigolo," and be shot in Vancouver, British Columbia.

> "MacGyver" (Richard Dean Anderson), who foiled disastrous plots for seven seasons and 139 episodes on ABC in the 1980s, is being rebooted at CBS. Here's the fun part, the executive producer is Henry Winkler. Between The Three Stooges going "Nongnongnong" and The Fonz saying "Aaaaay," maybe MacGyver can concoct a plan for us to speak

controversy that caused many indusing ie, the issue is that there aren't enough can tell you is that it is an election year. It is people of color to threaten to boy cott this year's awards was, as usual, financed and made." She concluded. It is Fitz's last term in office, with the concluded by headline-hungry media "The Oscars will continue to have a members. The Academy of Arts and diversity problem until there are more office and trying to determine who's movies made with people of color!" Sciences is not responsible for the movies made with people of color!" industry NOT casting more nonwhite Oscar-worthy. Thank heavens Whoo- cott the Oscars. pi Goldberg made that clear on "The ***

View" by explaining, "We have this conversation every year, and it pisses

TV series "A Gifted Man" and such either He's hard at work getting ready. forces with best friend **Ben Affleck**, It took the combined cooperation of with whom he shared an Oscar for best CBS, The CW, Warner Bros. and DC little companies that make movies that original screenplay for "Good Will Comics to make it happen. The combined cooperation of the open his one-man show in NYC may be more diverse than anything "The Conjuring" and "The Alamo," called "Turn Me Loose," presented by of comedian/civil-rights activist Dick of comedian/civil-rights activist Dick worth is more than \$275 million.

among the 18-49 demographic, should like it's a white movie or a black mov-



I am so thrilled that "Scandal" • is back from winter hiatus. Can you give any hints as to what to expect now? — Kristin H., via email

. As you know, Shonda Rimes' A camp is pretty tight-lipped about plot points and spoilers when it comes to the hit ABC drama, but I did manage to squeeze the teeny-tiniest bit of info HOLLYWOOD—The recent Oscar controversy that caused many indusity people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies with discussion and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to threaton to have movies and the first people of color to the first people of the first people of color to the first people of color to the fir Whoopi, an Oscar winner herself going to take his place." As to whether actors in major roles that would be has said there is no way she will boy. it has to), he replied: "You're just going to have to wait and see it.'



Happy Easte

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A LEG UP ON SPRINGTIME CELEBRATIONS

PUTATWIST

FAMILY FEATURES

pring celebrations wouldn't be the same without one classic centerpiece: leg of lamb. Whether roasted or grilled, a leg of lamb is a tried and true addition to the Easter or Passover table. As elegant as it is, it's also quite simple to prepare.

For a new take on tradition, swap conventional mint jelly with a vibrant salsa verde or mintpistachio pesto for a fresh, but familiar, flavor that complements the rich taste of American lamb. Find more springtime celebration-worthy American lamb recipe ideas at americanlamb.com.

Boneless Leg of American Lamb

Follow these easy guidelines for preparing the perfect roast:

- For generous portions, figure on one half pound of American lamb per serving.
- Use a good meat thermometer to determine doneness. Medium Rare: 145 F; Medium: 160 F.
- Remove the roast from the oven when the internal temperature reaches 10 degrees less than your desired temperature; it will reach desired doneness while it rests, allowing the meat's juices to settle.
- Carve the roast across the grain so the meat will be tender.





Grilled Butterflied American Lamb Leg with Mint-Pistachio Pesto

pounds boneless leg of American lamb, butterflied

salt and pepper (to taste) Mint-Pistachio Pesto

- 1 cup shelled pistachios
- cun fresh mint (le
- 1/2 cup fresh Italian parsley
- 1/4 cup plus 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar tablespoon lemon juice (to taste)
- teaspoon lemon zest
- teaspoon sea salt (to taste) freshly ground black pepper (to taste) pinch red chili pepper flakes

Heat oven to 350 F.

Lay lamb leg open on a cutting board. Trim off visible fat. Season lamb generously with salt and pepper; allow to sit at room temperature for 30 minutes prior to grilling.

Toast pistachios by placing in single layer in shallow dish or pan and baking 8 to 10 minutes.

In food processor, add pistachios, mint, parsley, oil vinegar, lemon juice, lemon zest, salt, pepper and chili flakes; blend until somewhat chunky.

Heat grill to medium-high. Grill lamb leg to mediumrare (remove from heat when thermometer reads between 130 F and 135 F), or to desired doneness. Rest meat, lightly covered, for at least 10 minutes before serving. Slice meat across grain into thin slices.

Serve lamb with pesto, grilled vegetables and salad.



Roasted Boneless Leg of American Lamb with Fingerling Potatoes, Leeks and Mint Salsa Verde

Serves: 6-8

Mint Salsa Verde

- 3 garlic cloves, smashed and peeled
- 2 cups loosely packed fresh
- 1 cup loosely packed fresh mint leaves
- anchovy fillets
- tablespoon capers, drained
- 1/2 teaspoon kosher salt 1/4 teaspoon freshly ground
- black pepper 2 tablespoons plus 1/3 cup extra-virgin olive oil, divided
- 3-3 1/2 pounds boneless leg of
 - American lamb, butterflied 2 1/2 teaspoons kosher salt, divided
 - large leeks pounds fingerling potatoes,
 - halved lengthwise 1 tablespoon extra-virgin olive oil

Position rack in lower third of oven (so roast will be in the middle) and heat to 325 F.

With food processor running, add garlic cloves. When finely minced, stop motor, remove top and scrape down bowl. Add parsley, mint, anchovies, capers, salt and pepper. Pulse until ingredients are finely chopped. Pour in 2 tablespoons olive oil and pulse to combine. Transfer about two-thirds of paste to small bowl and cover with remaining olive oil. Cover tightly and refrigerate until serving time, or up to 2 days

Lay lamb flat on cutting board with fat side up. Trim fat to no more than 1/8 inch. Turn meat over and trim away any large chunks of fat from interior, but leave the rest intact.

Be careful not to trim away connective tissue that holds meat together. Season lamb on both sides with 2 teaspoons salt.

Spread salsa verde paste over interior of meat to edges, rubbing into crevices. Reserve remaining salsa verde. Roll lamb up lengthwise into cylinder. Use kitchen twine to tie cylinder at 1 1/2-inch intervals. Tie another piece of twine lengthwise to secure ends. Allow lamb to sit at room temperature 1-2 hours before roasting. (If you plan to wait more than 2 hours before roasting, loosely cover and refrigerate roast, but bring to room temperature before cooking.) Pat outside of roast dry using paper towels before roasting.

Trim dark green tops from leeks. Halve leeks lengthwise and rinse well. Pat dry and cut into 2-inch pieces. Put leeks and halved potatoes in large roasting pan. Drizzle vegetables with olive oil, season with remaining salt and toss to coat. Spread vegetables around roasting pan in even layer. Place lamb roast on top, seam-side down and transfer to oven. Roast until an instantread thermometer inserted into center of meat reaches 135 F for medium-rare, about 1-1 1/2 hours.

Transfer lamb to cutting board and allow meat to rest for 20-30 minutes, loosely covered with foil. (The internal temperature will increase to 145 F.) Bring reserved salsa verde to room temperature. Toss vegetables in roasting pan to coat in pan drippings. If they are tender and browned, set aside in a warm spot while meat rests. If not, return to oven to finish cooking.

Trim away kitchen twine and cut roast into 1/2-inch-thick slices. Arrange slices over vegetables. Stir salsa verde to incorporate oil, spoon it over meat and serve.



by Healthy Exchanges

Simple Salisbury Steak

We cut the fat in this American classic while losing none of the flavor.

- (10 1/2-ounce) can Healthy Request Cream of Mushroom
- ounces extra-lean ground sirloin beef or turkey breast
- tablespoons dried fine bread crumbs
- 1/2 cup finely chopped onion
- teaspoon dried parsley flakes tablespoons reduced-sodium ketchup
- (2.5-ounce) jar sliced mushrooms, undrained
- 1. In a large bowl, combine 1/4 cup mushroom soup, meat, bread crumbs, onion and parsley flakes. Mix well to combine. Using a 1/3 cup measuring Brown for about 5 minutes on each spoon pepper until smooth.
- ture evenly over browned patties. 2 minutes. Lower heat, cover and simmer for 10 minutes. When serving, evenly spoon on until just opaque throughout, 8 sauce over patties. Serves 6.
- · Each serving equals: 157 calories, servings. 5g fat, 16g protein, 12g carb., 355mg sodium, 62mg calcium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Carb.

Comfort foods

School-Night Meatball Soup

- cup regular long-grain rice cans (13 3/4 to 14 1/2 ounces each) chicken broth
- medium carrots, sliced
- medium celery stalks, sliced ounces prewashed spinach
- (half 10-ounce bag) frozen lean meatballs, thawed
- and sliced Shredded or grated

Parmesan cheese (optional)

- 1. In 1-quart saucepan, heat 1 cup 1/4water to boiling over high heat. Add rice, heat to boiling. Reduce heat to low, cover and simmer 15 to 20 minutes until water is absorbed and rice is tender.
- 2. Meanwhile, in 4-quart saucepan, heat chicken broth and 2 cups water to boiling over high heat. Add carrots and celery, heat to boiling. Reduce heat to low, cover and simmer 5 to 7 minutes, until vegetables are tender.
- 3. Stir in spinach, rice and sliced meatballs, heat through. Serve soup with Parmesan cheese if you like and onion. Stir in poultry seasoning, Serves 4.
- cheese: About 400 calories, 7g total tomato sauce, Splenda, cornstarch and fat (3g saturated), 25g protein, 30g garlic. Simmer for 10 minutes. carbohydrate, 51mg cholesterol, 1,010mg sodium.

Good Housekeeping

Parsley-Pesto Salmon

- cup chopped fresh parsley
- cup olive oil
- tablespoons lemon juice Salt and black pepper
- salmon steaks, about 3/4-inch thick (about 4 ounces each)
- 1. Heat oven to 400 F. In blender or cup as a guide, form into 6 patties. in food processor, with knife blade Place patties in a large skillet sprayed attached, puree parsley, oil, lemon with butter-flavored cooking spray juice, 1/2 teaspoon salt and 1/4 tea-
- 2. Coat salmon steaks with parsley 2. In a small bowl, combine remain- mixture. In oven-safe 10-inch skillet ing mushroom soup, ketchup and over high heat, cook salmon until undrained mushrooms. Spoon mix- lightly browned on both sides, about
 - Place skillet in oven. Roast salmto 10 minutes. Makes 4 main-dish
 - Each serving: About 334 calories, 23g protein, 2g carbohydrate, 1g fiber, 21g total fat (4g saturated), 67mg cholesterol, 366mg sodium.
 - ON THE SIDE: Watercress Salad: For each person, mix 2 teaspoons olive oil, a dash of vinegar or lemon juice, and salt and pepper to taste. Add 1/8 teaspoon finely chopped garlic if desired. Add 1 cup watercress mixed with 2 cups milder-tasting greens, like romaine or butter lettuce. Toss until evenly coated.

Pizza Fondue

Maybe it's time we all get out our fondue pots again!

- ounces extra-lean ground sirloin beef or turkey breast
- cup chopped onion
- 1/2teaspoon poultry seasoning
- 1/4 teaspoon ground sage

- teaspoon garlic powder
- teaspoon Italian seasoning
- (14.5-ounce) can Hunt's Tomatoes Diced in Sauce
- (8-ounce) can Hunt's Tomato
- teaspoons Splenda Granular tablespoon cornstarch
- teaspoon dried minced garlic cup Kraft Reduced Fat Parm
 - esan Style Grated Topping slices reduced-calorie Italian
- 1. In a large skillet, brown meat Broccoli Waldorf Salad ground sage, garlic powder, Italian Each serving without Parmesan seasoning, tomatoes diced in sauce,

bread, cubed

2. Pour mixture into fondue pan. Stir in Parmesan cheese. Dip cubed bread into fondue. Serves 4 (3/4 cup sauce and 1/4 of bread cubes).

Good Housekeeping

Slow Cooker Chicken Pot Pie

This recipe from our sister publication Woman's Day gets to the heart 30 minutes. Gently stir again just of what makes pot pie so good: the before serving. Makes 4 (1 cup) servcreamy chicken filling. It's so tasty, you can skip the puff pastry altogether and just serve it with some crusty bread on the side, if you prefer.

- cup dry white wine
- tablespoons all-purpose flour Kosher salt and pepper
- medium carrots
- stalk celery
- onion pound boneless, skinless
- chicken thighs sheet frozen puff pastry
- cup frozen peas
- tablespoons fresh dill sprigs
- 1. In a 5- to 6-qt slow cooker, whisk together the wine, flour, 1/2 cup water, and 1/2 teaspoon each salt and pepper.
- through and easily pulls apart, 6 to 7 tablespoons to get 1 gram of trans fat hours on low or 4 to 5 hours on high.
- 3. When the chicken has 30 minutes left to cook, heat oven to 400 F. Cut 1/2 puff pastry into 8 rectangles and place 1/4 on a parchment-lined baking sheet. Brush with the egg and bake until puffed and golden brown, 20 to 25 minutes.
- 4. Gently fold peas and dill into the chicken and vegetables and cook, covered, until heated through, about 3 minutes. Spoon into bowls, sprinkle with additional dill if desired, and top with the puff pastry. Serves 4.

Comfort foods Made fast and healthy

by Healthy Exchanges

Raisins ... the overlooked fruit!

- cup Kraft fat-free mayonnaise
- tablespoon apple cider vinegar
- cups chopped fresh broccoli and diced Red Delicious
- cup seedless raisins
- cup chopped pecans

apples

- onnaise, Splenda and vinegar. Add 11g carbohydrate, 0g fiber, 16mg chobroccoli, apples and raisins. Mix well lesterol, 85mg sodium. to combine. Stir in pecans.
- 2. Cover and refrigerate for at least
- HINT: To plump raisins without "cooking," place in a glass measuring cup and microwave on HIGH for 20
- Each serving equals: 146 calories, 6g fat, 3g protein, 20g carb., 260mg sodium, 45mg calcium, 3g fiber. Diabetic Exchanges: 1 Vegetable, 1 Fruit, 1/2 Fat. Carb Choices: 1.

Good Housekeeping

Chewy Peanut **Butter Cookies**

market brands of peanut butter. The sugar and vanilla. Add eggs; stir until 2. Add carrots, celery, onion and amount of artery-clogging trans fats well-mixed. Stir flour and salt into chicken, and toss to combine. Cook, in commercial peanut butter is small chocolate mixture just until blended. covered, until chicken is cooked In fact, you'd have to eat about 4(Spread batter in pan.

- 2³/₄ cups all-purpose flour
- teaspoon baking powder teaspoon baking soda
- teaspoon salt
- cup butter or margarine (2
- sticks), softened
- cup creamy peanut butter
- cup packed brown sugar
- cup granulated sugar
- tablespoons dark corn syrup teaspoons vanilla extract
- large eggs

- 1. Heat oven to 375 F.
- 2. On waxed paper, combine flour, baking powder, baking soda and salt.
- 3. In large bowl, with mixer at medium speed, beat butter, peanut butter and sugars until creamy, occasionally scraping bowl with rubber spatula. Beat in corn syrup, vanilla, then eggs, 1 at a time, beating well after each addition. At low speed, gradually add flour mixture; beat just until blended, occasionally scraping bowl. Cover and refrigerate dough 30 minutes for easier shaping.
- 4. Shape dough by rounded measuring tablespoons into 1 1/2-inch balls. Place balls, 2 inches apart, on tablespoons Splenda Granular ungreased large cookie sheet. With floured tines of fork, press and flatten each ball, making a crisscross pattern. cup (2 small) cored, unpeeled Bake cookies 12 to 13 minutes or until pale golden. Transfer cookies to wire rack to cool. Repeat with remaining dough. Makes about 5 dozen cookies.
- Each serving: About 100 calories, 1. In a medium bowl, combine may- 6g total fat (3g saturated), 2g protein,

Good Housekeeping

GH's Classic Brownies

- cup butter or margarine (1 1/2 sticks)
- ounces unsweetened choco-
- ounces semisweet chocolate
- cups sugar
- tablespoon vanilla extract large eggs, lightly beaten
- cups all-purpose flour
- teaspoon salt
- 1. Heat oven to 350 F. Grease 13-by-9-inch metal baking pan.
- 2. In 3-quart saucepan, heat butter and chocolates over medium-low heat until melted, stirring frequently. These cookies work best with super-Remove saucepan from heat; stir in
 - 3. Bake 25 to 30 minutes or until toothpick inserted 2 inches from edge comes out almost clean. Cool in pan on wire rack.
 - 4. When brownie is cool, cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Makes 24 brownies.
 - Each brownie: About 205 calories, 3g protein, 25g carbohydrate, 11g total fat (7g saturated), 1g fiber, 61mg cholesterol, 125mg sodium.





Daily Specials

"Every Day Specials" \$2.50 Pabst Blue Ribbon, \$3.50 16 oz. Old-Style Cans, \$4.00 Jameson Shots

Monday

Sunday

\$4.00 Revolution Products \$3.00 Jameson Shots

Tuesday & Thursday "Chalk Board Specials" Wednesday Domestic Buckets \$15.00 Friday \$5.50 Bombs \$3.75 Well Drinks

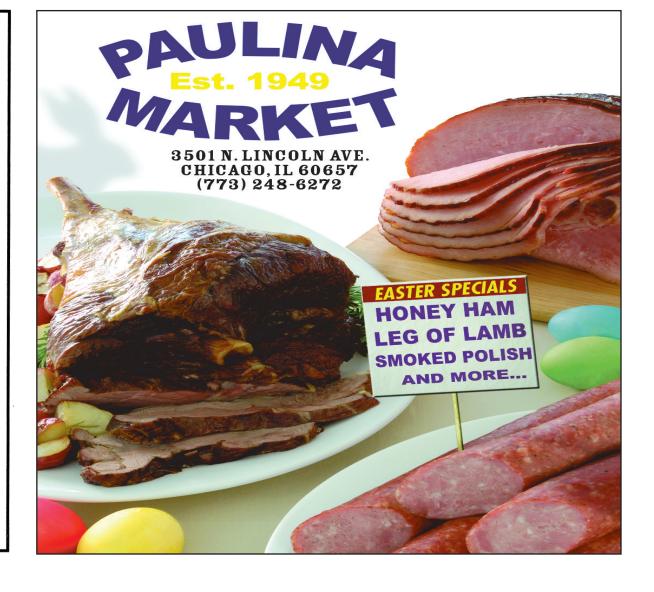
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Crime

Simple battery: Simple / Small retail store 3000 block N. Lincoln Ave.

Simple battery: Simple / Other 3200 block N. Sheffield Ave.

Burglary: Forcible entry / Apartment 600 block W. Oakdale Ave.

Burglary: Forcible entry / Apartment 1400 block W. Henderson St.

Burglary: Forcible entry / Apartment 1000 block W. Wellington Ave.

Criminal trespass: To land / Restaurant 2900 block N. Lincoln Ave.

Other offense: Harassment by telephone / Commercial / business office 1800 block W. Belmont Ave.

Vandalism: Criminal damage to vehicle / Street 600 block W. Cornelia

Criminal sexual assault: Non-aggravated / Street 3500 block N. Clark St.

Other offense: Harassment by telephone / Residence 500 block W. Belmont Ave.

Robbery: Armed: handgun / Alley 3200 block N. Sheffield Ave.

Theft: Retail theft / Tavern / liquor store 3100 block N. Clark St

Theft: Pocket-picking / Restaurant 1000 block W. Addison St.

Theft: \$300 and under / Street 2900 block N. Lake Shore Dr.

Simple assault: Simple assault / Street 2800 block N. Clark St

Simple battery: Domestic battery: simple / Apartment 900 block W. Belmont Ave.

Simple battery:
Domestic battery:
simple / Street
400 block W. Oakdale
Ave.

Burglary: Unlawful entry / Residence 1200 block W. Melrose St.

Burglary: Unlawful entry / Residence

(garage) 1200 block W. Cornelia Ave.

Other offense: Violating order of protection / Restaurant 3200 block N. Clark St.

Theft: Retail theft / Small retail store 3100 block N. Clark St

Simple battery: Simple / CTA platform

900 block W. Addison St.

Aggravated battery: Hands/fist/feet, serious injury / Tavern / liquor store 3300 block N. Halsted St.

Simple battery: Simple / Hotel / motel 600 block W. Diversey Parkway

Burglary: Forcible entry / Small retail store

900 block W. Belmont Ave.

Criminal sexual abuse:

Attempted criminal sexual abuse / Bar or tavern 3300 block N. Halsted

Theft: Pocket-picking / Tavern / liquor store 3400 block N. Halsted St.

Theft: \$300 and under / Hospital building / grounds 800 block W. Wellington Ave.

Assault
Simple assault: Pro.
emp.: hands, no/minor
injury / Hospital
building / grounds
800 block W.
Wellington Ave.

Robbery: Attempted: strongarm: no weapon / Street 3200 block N. Clark

Theft: Purse-snatching
/ Tavern / liquor store
Theft: Retail theft /
Grocery food store
3300 block N. Ashland
Ave.

Theft: Over \$300 / Residential yard (front / back) 3100 block N. Lincoln

Ave.
Theft: \$300 and under
/ Alley
900 block W. George

St.
Simple battery: Simple / Other

800 block W.
Wellington Ave.
Burglary: Forcible

entry / Residence 3300 block N. Racine Ave.

Vandalism: Criminal damage to property / Apartment 3100 block N. Lincoln Ave.

Deceptive practice FINANCIAL IDENTITY THEFT OVER \$ 300 / Unavailable 1300 block W. Cornelia Ave.

Other offense: Sex offender: failing to register: new add / Hotel / motel 1400 block W. Diversey Pkwy.

Theft: Retail theft / Department store 3100 block N. Clark St.

Theft: \$300 and under / Driveway (residential) 600 block W. Belmont Ave.

Theft: From building / Other 3100 block N. Sheridan Rd.

Burglary: Forcible entry / Residence 1000 block W. Wolfram St.

Vandalism: Criminal damage to vehicle / Parking lot / garage (non-residential) 3200 block N. Halsted St.

Vandalism: Criminal, damage to property / Sidewalk 2800 block N. Clark St.

Deceptive practice: Credit card fraud / Residence 3300 block N. Seminary Ave. Deceptive practice: Credit card fraud / Sidewalk 3000 block N. Clark St.

Theft: Retail theft / Small retail store 3500 block N. Sheffield Ave.

Theft: Retail theft / Department store 2800 block N. Broadway

Theft: \$300 and under / Residence (porch/hallway) 900 block W. Wolfram St.

Simple battery: Simple / Street 3400 block N. Halsted

Aggravated battery: Of a senior citizen /
Apartment
500 block W. Cornelia

Simple battery: Simple / Bar or tavern 3400 block N. Clark

Burglary: Forcible entry / Residence (garage) 1400 block W. Diversey Pkwy.

Burglary: Forcible entry / Residence 3000 block N. Southport Ave.

Vandalism: Criminal damage to property / Other 3300 block N. Halsted St.

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Expanded Facilities and Handicapped Accessible



By Samantha Mazzotta

Get Your Home Ready to Sell

• My parents were unable to take care of their house on their own, and moved to an assisted-living community. I took on the task of selling their home. However, the realestate broker I contacted said the house is in too poor a condition to sell. I don't have the time or money to fix up their house. What can I do? — Charly, via email

A. Did the broker tell you why he or she felt the house couldn't be sold in its current condition? If not, contact the broker to find out what specific things stood out. If you don't get answers, contact another real-estate firm to come see the house and find out if it's really unsellable.

You didn't give any specifics as to the home's condition, but to an agent trying to sell the house, appearance is very important. Is the inside very cluttered? Is there damage to interior walls, visible mold, large cracks or other immediately noticeable issues? Is the exterior in need of paint or repairs to the siding, roof, steps or walkways? These all affect the home's sale price.

Houses can sell in any condition — but the price will take a hit if it needs a lot of work. I recall being shown a triple-decker in East Boston several years ago with foundation problems so bad, the structure was tilting at an alarming angle. The house sold, but at about one-third the average price for homes in that neighborhood.

If the house is structurally sound, you may be able to

raise its sale price by investing some time and sweat into freshening up its appearance, outside and in. A fresh coat of paint alone can make a home's value jump, and it's not a huge investment.

Make a plan to do specific things over several weekends, or even one day a week if that's all the time you have. Enlist family and friends to help. Put together a budget ahead of time so you know how much you can spend on

- Spruce up the house exterior by keeping the lawn mowed and the hedges trimmed. Tear out any dead vegetation. Plant a few flowers along the walkway or in front of the house.
- De-clutter the entire home interior, too. If there's a lot of furniture or keepsakes, if the closets are full of clothes, find out what your parents want to keep, sell or distribute. If they can't come to the house, take pictures of all the items, put them on your laptop and go through them with your parents.
- Finally, if the house has major repair issues, such as needing a new roof, foundation or plumbing issues, talk with the agent about how they can affect the sale of the home

Strategic Lawn Mowing

· I've always wanted my lawn to have those neat cross-hatch patterns like the pros do. How do I mow to get those patterns? — A Reader, via email

A • Mowing in a specific pattern isn't the only way, nor the best way, to get those neat checkerboard stripes. A healthy lawn and proper mowing technique also are important. Neat patterns, or stripes, are made noticeable by bending the grass blades in one direction on one stripe, and another direction on an opposing stripe.

Here are a few tips:

• Raise your mower blades: Cutting the grass too low to the ground damages the plant, makes it grow unevenly, and leaves it vulnerable to weeds, diseases and pests. It also makes patterns difficult or impossible to create, because the shorter blades don't bend very far.

• Never cut more than onethird of the grass height: Depending on the type of lawn you have, the ideal height may vary — Bermuda, for example, has an ideal height of about 1 inch, fescue or blue grass should be 2 to 3 inches tall, while St. Augustine should be mowed to a height of 3.5 to 4 inches. Let your grass grow at least one-third higher than its ideal height before mowing.

• Never cut wet grass: This one's a no-brainer, but cutting when dew or rain is still

heavy on the grass will prevent a clean cut; damage the grass, cause clumping and keep you from seeing that ideal pattern.

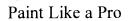
• Maintain your mower: Sharp blades are essential for a good cut, along with an engine working efficiently.

• Change direction: Once you get that nice pattern on the lawn, the best way to keep it is to change up the way you mow. Every other time, mow in a different pattern.

• Ideal pattern: There are a number of striping techniques. Scag, which sells professional mower equipment, has a tutorial with instructions on how to create several patterns (www.scag.com/lawnstriping.html). You'll need a roller attachment to bend the grass to achieve that professional look.

• Overlap properly: Each pass should be overlapped by the next by about 3 inches to make sure you don't miss a strip.

• Don't worry about the corners ... yet: If the lawn has sharp or difficult corners, skip them until you've mowed the pattern you want on the rest of the lawn. Then go back and finish off each corner. The same goes for uneven ground: Skip knolls until the end, then raise the mower blades so you don't scalp the grass and carefully mow the raised areas.



• Hi, first-time paint• er here. My dad offered some advice to my roommate and I on painting our apartment, such as putting down dropcloths and stirring the paint really well. Is there any other key information we need so we do a good job? The landlord won't be happy if we mess it up!

— Keri C., Tallahassee, Fla.

• Preparation is the biggest part of painting. It can be maddening getting everything ready to paint, but if you do it right, putting down each coat is really satisfying. Here are some key points:

• Get clearance from the landlord or building management before painting. Just as importantly, pay attention to and follow any specific instructions, such as which colors to use.

• Prepare the room(s): Remove as much furniture and stuff as possible. Move what's left to the center of the room and cover with dropcloths or old sheets. Cover floors or carpets with overlapping dropcloths.

• Prepare the walls: Take down pictures and carefully remove nails and screws; fill the small holes with spackling compound and let dry for 24 hours before sanding smooth.

• Remove cover plates from wall switches and outlets; cover window and door hardware with plastic or remove the hardware (if it's easy to put back on). Cover light fixtures with plastic shopping bags and secure with masking tape.

Brush away loose plaster, cobwebs, dirt and peeling paint. Sand bumpy areas smooth using fine-grit sandpaper. Wash the walls with a sponge dampened in a light soap-and-water mix or wall-cleaning product, and let dry.

• Use blue painter's tape (which is less sticky than masking tape) to mask off window and door trim, and other areas where you don't want paint to go.

 Assemble all the stuff you need to paint: Not just brushes and rollers, but paint trays, stirring sticks (usually available free with paint purchase) and old rags or towels for cleanup.

• Save money not by picking the cheapest paint, but by purchasing the exact amount you need. How to do that? Measure the square footage of each wall (length times height) and total the numbers.

• Use primer if you don't know what type of paint is on the walls, or if you're covering glossy paint with matte paint or vice versa, or if the old paint is darker than the new paint.

Once prepped, you're ready to paint! Start high and work on one wall at a time. Use a foam edger or a brush to paint a border about 3 inches wide where the wall meets the ceiling. Then start rolling on paint, using a "W" pattern in various directions until the wall is covered. Once the walls are done, paint the trim, winders and finally the doors.





• I have a first edition of Frank • Yerbe's novel "Bride of Liberty." I have been offered \$50 for it.— Bill, Akron, Ohio

be happy if we mess it up!

Keri C., Tallahassee,
Fla.

A Preparation is the biggest part of painting. It can be maddening in 1954.

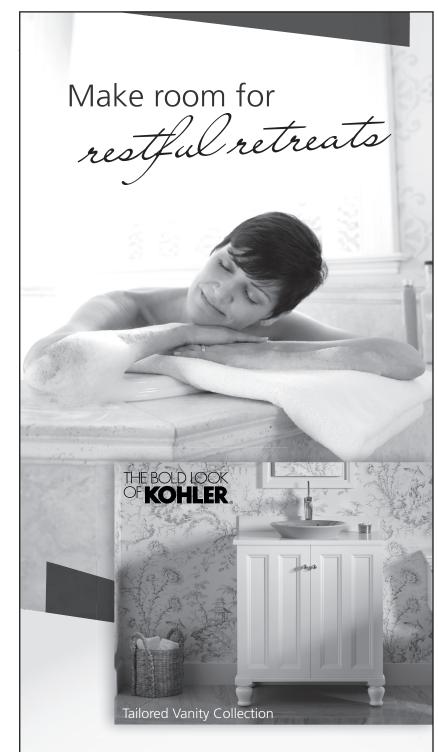
Take it. According to several used-book dealers I consulted, a first edition of the novel you mentioned generally sells in the \$15-\$25 range. It was published by Doubleday in 1954.



• I have some old coins from the 1950s and '60s, an assortment of Avon bottles and about a dozen Beanie Babies. I am interested in selling them, and wonder whom I can contact. — Sue, Tulsa, Oklahoma

• Unfortunately, you seem to have • the trifecta of difficult-to-sell collectibles. Your coins probably aren't old or rare enough to be of much interest to a dealer or serious collector. The market for Avon bottles is sluggish at best, and I suggest you monitor eBay to see what they are selling for in Internet auctions. Beanie Babies were a fad and in great demand a number of years ago, but as interest waned, prices plunged. They will be extremely diffi-

cult to sell.



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Put a small amount of hot glue on one side of a foam form, then press the back of a craft item against it before it cools and hardens.* Be careful not to contact the glue while it is hot with your skin - it will burn! Keep gluing items until the foam form is completely covered, then display.



No Wet Seed

If birdseed is wet and stale, and the birds have stopped coming, it might be time to give those feeders a good cleaning out. Throw away the old seed, scrub the feeder with hot, soapy water, and then air dry and refill. Your feathered friends will be back in no time.

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Five Things for Migrating Birds

- Spring is on its way. Have on hand: 1. Unsalted peanuts for catbirds, redwings, cardinals
- 2. White proso millet for sparrows, finches, buntings. Black oil sunflower seed.
- Most birds can crack it open.
- Suet cakes or nuggets for its high-fat content.
- 5. Fresh water. All birds need fresh water. Always.

 E-mail: birdingbits@cfl.rr.com

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Its flowers can be bright orange, gold, scarlet, raspberry, mahogany, primrose, salmon, yellow, cream or variegated combinations of these.

ground cover. Its leaves and flowers are attractive and edible. Plant seeds in early spring in moist, well-drained soil in full sun. Nasturtiums like poor soils; they do not need fertilizing. Cutting off the faded or dead flowers will prolong blooming.

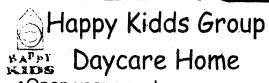
This easy-to-grow

plant does well in

- Brenda Weaver Source: www.almanac.com, www.garden.bsewall.com, www.swallowtailgardenseeds.com

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More info at northcenterchamber.com



The Spats









by Mike Marland

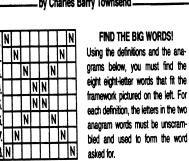








TIME OUT for a game of tiddlywinks! Can you correctly count up all of the disks on the table in 45 seconds?



Answer: We counted 88. Did you get that total? **Hustrated by David Coulson**

THE UP OR DOWN PROBLEM! To the right the numbers 1 through 9 have been written above or below	12	6
line according to some scheme. Can you determin where the number 10 should be placed?	345	789

(KIZI), it is to write the number 10 should also be written above the line (TEM). Arswer. Since all of the numbers above the lens are written with these letters (SWE, TWA) and

LINK-UPS! Here's a list of 12 short words, divided into two RAMP/IONS columns. Turn them into six longer words by linking them CAB HER 3 BAN (AGES together. To do this, draw a line from one word in the left SOOT! KING column to one word in the right. TEA) LED

ACT (RED Answers: Rampages, cabled, banking, soother, teared, actions.

DEFINITIONS:	ANAGRAMS:
1. A light element.	none + grit
2. Fabled horses.	coin + runs
3. To reduce in size.	dens + cone
4. How he climbed the tree.	dish + nine
5. They go with nooks.	cars + nine
6. A guardian.	lent + sine
7. Goes with TV	nick + nags
8. Type of lights.	horn + tern

. Morthon .8 4. Shinned, 5. Crannes, 6. Sentinel, 7. Shacking, Answers: 1. Nitrogen, 2. Unicoms, 3. Condense.

Amber Waves

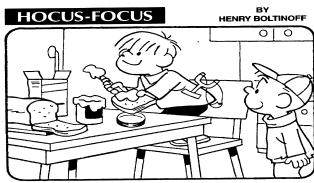




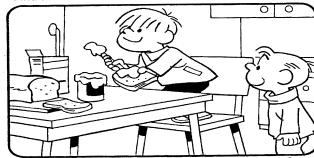








Find at least six differences in details between panels.



se: 1. Box flap is missing. 2. Slice of bread is sr 4. Slingshot is missing. 5. Boy's cap is missing. 6. New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

THEY'LL DO IT EVERY TIME

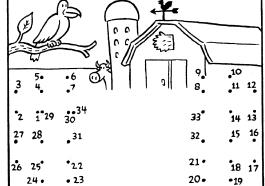


BY AL SCADUTO



Thank to AL KONETZNI, BRADENTON, FL.





ON A FARM, what runs all around the yard but never moves? Connect the dots to find out!

by Dave T. Phipps

EVER HAPPEN TO YOU? YOU'RE BACK FROM YOUR AUTO TRIP AND YOU PROUDLY TELL THE OFFICE GUYS ABOUT THE GREAT TIME YOU MADE ON THE ROAD ... and WHAT DO THEY

SAY? RIGHT! Thank M. MILLER, to New York, N.Y.











American Consumers Need Better Protection

Understanding fraud prevention technologies

FAMILY FEATURES

ata theft has become an issue that affects the lives of nearly everyone in the United States. At least six bills active in Congress this year aim to help mitigate problems with data security standards and practices. Yet, legislation is not necessary to take an immediate and giant leap forward toward better data security. Consumer credit card transactions should be much more secure — and could be today — but it continues to unnecessarily lag behind the rest of the world.

to unnecessarily lag behind the rest of the world. In October 2014, President Obama issued an Executive Order calling for all government-issued payment cards to be equipped with chip and PIN technology — the most secure payment system available today. Chip and PIN is the preferred security all over the world as it is used in most of Europe and Australia, as well as many parts of Africa and South America.

However, the big banks that issue major cards, credit unions and other financial institutions have not taken similar steps to protect their customers. Instead, they are replacing existing magnetic stripe cards with microchip-equipped cards that still rely on unsecure signatures as a form of verification.

"While it's a small step in the right direction, they are consciously failing to protect their customers by not offering all of the available security measures. The PIN is a necessary element of the equation to protect consumers," said Debra Berlyn, leader of ProtectMyData, a consumer education campaign advocating for the implementation of chip and PIN technology for credit and debit cards. "The PIN requirement adds a distinct layer of security and complexity to each transaction that dramatically reduces fraud."

Financial information stored on existing payment cards' magnetic stripes can be easily cloned and used to make counterfeit cards. What's more, the signatures can be easily forged and are rarely ever used to verify the identity of someone making a transaction

Chip and PIN cards are considerably more secure. First, an embedded microchip encrypts each transaction at point of sale and then requires a unique four-digit code to be entered to complete the transaction, similar to withdrawing money from the ATM. The microchip coupled with the PIN make tampering and counterfeiting the cards, along with stealing personal financial data, nearly impossible.

The combination of chip and PIN clearly provides American consumers the security they deserve. Now, it's time for the banks and credit card companies to issue cards outfitted with this technology.

To learn more about efforts underway to help secure your everyday transactions, visit www.protectmydata.org.



Photo courtesy of Getty Images

CHIP AND PIN BEST PROTECTS CONSUMERS



The U.S. accounted for **47%** of worldwide payment card fraud losses recently.



Two-thirds of consumer purchases today are made with payment cards.



In-store transactions total over **\$4 trillion** in sales.

CHIP AND PIN WORKS

In-store fraud declined in countries that use chip and PIN technology.







HOW IT WORKS

Chip and PIN cards provide **two layers of security.** The cards contain a small microchip that encrypts each transaction at the point-of-sale and then requires a PIN number to validate and complete the transaction.



Get the Facts

MYTH: Current payment security measures are keeping consumers safe.

FACT: Not really. Card fraud is still a major issue that affects millions of Americans each year. The United States accounted for 47 percent of worldwide card fraud losses according to recent reports.

MYTH: The United States is a global leader in credit card security, using the most secure and cutting-edge technology available.

FACT: The United States is lagging behind. In fact, the United States is the last G-20 nation to issue chip-equipped cards. U.S. banks and credit card companies have been slow to provide consumers with chip and PIN protections that are commonplace around the world.

MYTH: Chip-equipped cards without PIN requirements provide sufficient security.

FACT: Chip-equipped cards that rely on signature validation and not PIN technology do not fully protect consumers. Only the chip and PIN combination offers a two-step verification process that is nearly impossible to clone.

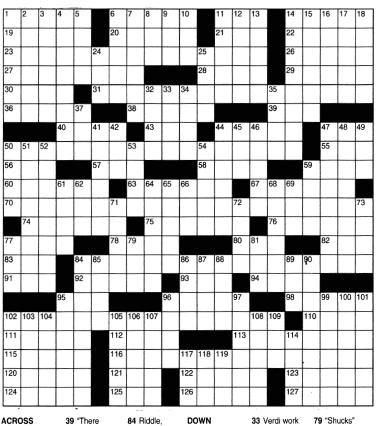
MYTH: Consumers are moving away from credit cards

FACT: While payment alternatives like ApplePay and other mobile options are slowly entering the market, nearly three-quarters of all Americans had at least one credit card in 2014. Moreover, not every American consumer has the means to use more sophisticated mobile payment options and others — particularly consumers with more modest means — rely on paying with credit at times.

MYTH: The implementation of chip and PIN will drive hackers online, rendering instore protections like PINs or signatures less inspectant.

FACT: Brick and mortar stores remain a bedrock component of the American economy and the retail industry. Most Americans still rely on offline shopping for the majority of their retail purchases.

Crossword



1 Sag down	— god!"
6 "Your	40 Comply with
Business"	43 Ore-
channel	— (maker of
11 Solo	Crispers!)
seen with	44 Sticky stuff
Chewbacca	47 Vainglory
14 Snapshot	50 Riddle,
19 Meet with	part 3
fellow grads	55 Down time
20 Classic	56 "Eh" grade
name in	57 Very old
arcades	Olds
21 Santa	58 Choir
— Zoo	female
22 Biblical king	59 High-school
in Matthew	grad, e.g.
23 Start of a	60 Stick (to)
riddle	63 Catch sight
26 "I come from	of
— down	67 State-of-
under"	mind
(1981 hit	missions.

ong lyric)

called "the

28 Sunrise

side

30 Airline to

31 Riddle

38 Some

part 2

36 1987 NFL MVP John

kidneys

mind missions. in military 27 English king 70 Riddle 75 Not casual aux Folles — (finish evenly) language

111 City near Catch sight 112 Holy 113 Prehensil 116 Riddle's part 4 74 Diving result 121 Immense 122 Subparts 124 Was nervy 126 Ballerina's

Ore- poem — (maker of 92 Check

93 Kicker

Groza

part 5 91 Certain casher, sav 94 Seeks some 95 Brand of brake fluid 98 Calyx part 102 End of the riddle 110 Firework tailed fish Joliot-Curie time span 125 007, for one

1 Bank in a check 2 Replenish the stock of 3 Make illegal 4 "He's a priest," per Ogden Nash 5 Gilpin of "Frasier" 7 Giant step 8 No. in Avi 9 Lingerie garment 10 Op. — (abbr. in a footnote) 11 Responses 16 Bornean

in her hair": Joyce Kilme pact of '94 14 Old Jewish 15 Capital of ape, briefly to musica 18 in an unusual way 24 Spa reaction 25 100-yr

52 Certain organ part Bygone bird 54 Long-eared 61 Qualified 62 By means 64 Hang in 65 Prized violin 68 Pabst beer 69 "— haw!" (rodeo cry)
71 Of ill repute 72 Golfer

100 Frozen or liquid things Arc" star 103 Dr. of radio 104 Winter coat 105 Hill helpers 107 Singer Bono 66 Fidel's friend 108 Tantalize

109 Snead of golf 114 Frosty coat 117 "Slung 118 — steady

81 Sly-fox

linkup

85 Performs

86 Makeup of

87 Noodlehead

90 Send in

95 Holy place

97 Inceptions

film rights to

34 Apple option

37 Kobe cash

41 Florida birds

42 Driver's peg

45 At a hoat's

46 "It's hard to

47 GOP symbol 48 Fights

49 Have title to

50 Bankbook

51 Put back on

the roster

counterparts

- and kin

by Sam Mazzotta

Making the Most of Cat's 9 Lives

DEAR PAW'S CORNER: I'm extremely curious about the average lifespan of cats. Years ago my husband found a stray kitten about 6 weeks old. "Skeezix" lived to be 26 years old until he passed away one night after two strokes. We also rescued a stray we named "Sheba,' and we had her for 25 years (the vet couldn't believe she'd lived so long), so she was at least 26 or 27 when congestive heart failure took her. My two remaining cats, "Mama" and "Baby," are about 16 and 19 years old, respectively.

We've never done anything special in terms of care and feeding. They all have been spayed or neutered, gotten regular veterinary care and lived indoors exclusively. I feed them Dad's dry cat food, split a can of wet food between them occasionally, and of course a few Whiskas treats every day. Is it normal for cats to have such longevity? — Fay, via

DEAR FAY: Those are amazingly long-lived cats! The average life span of a common housecat is about 15 years, so it's safe to say that all of your cats have made it well past that mark.

Is there a magic formula to help your cats live longer? No one has that, but there are some things that will improve a cat's life over the long term, and you have done all of them. Regular vet care, keeping cats indoors (away from many dangers and stressors), routine feeding and, of course, lots of TLC can all contribute to long life.

So, who is the oldest cat ever documented? That would be Creme Puff, a cat in Austin, Texas, who made the Guinness Book of World Records in 2005 at the spry age of 38!





8. Irish Potato

Classified

Web Site promotion

Now you can promote your web site in our print edition of Lakeview Newspaper with an ad for \$40.50 per month. Having a web site and hoping that new customers discover you on line is a bad way to promote your business. Now you can reach the comm.unities of Lakeview, North-Center, Lincoln Square and Village Roscoe at reasonable cost per month. See page 6 of this edition for an example of how your ad could look. Mail your check with your ad to J2 Associates, Inc. P.O. Box 578757, Chicago, IL 60657. Must be dated by March 20th for the April edition.

We also offer a direct link to your site on our website for an additional cost of \$52.00 per month

Door to Door Distribution

Postal rates will probably increase again this year.. You pick the neighborhood and furnish the sales pieces and we do the rest. Let our professional supervised adults distribute your sales piece, menu or flyer door to door. Minimum order is 2,000 pieces. Additional thousands available for quote.Cheaper than the U.S. mail even with a bulk permit. Free quote. Call George at (312) 493-0955.

We also offer your flyer inserted in the Lakeview Newspaper on a monthly basis. You furnish the flyer. We require 3,100 copies furnished. Deadline is the 20th of the month before the next edition. Call (312) 493-0955 for quote.

Classified ad rates

Classified advertising rates. First 2 lines are \$15 then \$3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by March 20th to be included in the following month's newspaper. 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to:

J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657. Please run the ad times. Here's my classified ad:

<u>Horoscope</u>

ARIES (March 21 to April 19) Consider moving beyond the usual methods to find a more creative means of handling a difficult on-the-job situation. Avoid confrontation and, instead, aim for cooperation.

TAURUS (April 20 to May 20) Seasonal change creates a new look for the outdoors. It also inspires Taureans to redo their own environments, and this is a good week to start redoing both your home and workplace. Enjoy.

GEMINI (May 21 to June 20) A misunderstanding needs to be straightened out so the wrong impression isn't allowed to stand. If necessary, offer to support the use of a third party to act as an impartial arbitrator.

CANCER (June 21 to July 22) A career change offering what you want in money and responsibilities could involve moving to a new location. Discuss this with family members before making a decision.

LEO (July 23 to August 22) Feeling miffed over how you believe you were treated is understandable. But before you decide to "set things straight," make sure the whole thing wasn't just a misinterpretation of the facts.

VIRGO (August 23 to September 22) Showing you care makes it easier to build trust and gain an advantage in handling a delicate situation. What you learn from this experience also will help you understand yourself better.

LIBRA (September 23 to October 22) Planning for the future is fine, especially if you include the roles that family members may be asked to play. Don't be surprised if some hidden emotions are revealed in the process.

SCORPIO (October 23 to November 21) Måking choices highlights much of the week, and you have a head start here, thanks to your ability to grash the facts of a situation and interpret them in a clear-cut manner.

SAGITTARIUS (November 22 to December 21) Carrying a torch can be a two-way situation: It can either keep you tied to the past or help light your way to the future. The choice, as always, has to be yours.

CAPRICORN (December 22 to January 19) Your watchwords this week are: "Focus." "Focus." "Focus." Don't let yourself be distracted from what you set out to do. There'll be time later to look over other possibilities.

AQUARIUS (January 20 to February 18) A workplace opportunity might require changes you're not keen on making. Discuss the plusses and minuses with someone familiar with the situation before you make a deci-

PISCES (February 19 to March 20) Love and romance are strong in your aspect this week. If you've already met the right person, expect your relationship to grow. And if you're still looking, odds are you'll soon be find-

BORN THIS WEEK: You approach life in a wise and measured manner, which gives you an edge in many areas.

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lace 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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Super Crossword -



founded 1893

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