



Lakeview

May, 2016

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

Volume 20, Number 6

Interview



Crime out of control

Reported Crime Lakeview Community January 1st to April 15th.

	2016	2015	2014	2013
All crimes	1465	1236	1277	1650
Robbery	60	31	38	80
Burglary	134	58	94	76
Criminal Sexual Assault	11	10	4	8
Auto Theft	53	24	35	90

Concerned that "crime in Lakeview seems to be getting worse day by day," Elaine Osgood organized a community meeting at the Athenaeum Theatre, 2936 N. Southport, last month.

Osgood, sales manager at nearby Diag Bar and Grill, says "it's time to come together as a community and discuss ways, we as residents, can do to make Lakeview safe again. We have all worked too hard to make Lakeview the thriving place it is, and we deserve to feel safe in our own houses and on our streets."

Originally scheduled to be held at Diag, the event was quickly moved to the Athenaeum after an outpouring of support via the event's Facebook page.

Through April 15, overall reported crime is up 19% in Lakeview compared to the same time last year. Among the most serious crime categories, robberies are up 97%, burglaries are up 131%, and auto thefts are up 121% compared to the same period last year.

Osgood told the Facebook group that she is "committed to making sure we stick to a focused agenda with solutions and follow up action items...structure will be key to this meeting."

"I think we need to meet as a community and decide what action, if any, we want to ask for from the [aldermen] and be strategic. I think there is more we can do

OURSELVES and show them that it doesn't take money and funding to control the crime...just dedication and commitment to safety." 32nd Ward Alderman Scott Waguespack "has been very helpful and even though he won't be at the meeting, he provided me with a lot of information to help start a great foundation for a successful neighborhood watch which I am excited to share at the meeting," Osgood said. "This isn't about getting the 'higher-ups' involved to support us. This is about empowering ourselves. We have more power than we think, and we as a community will put a stop to this foolish violence and theft with or without the help.

Mayor Rahm Emanuel has hired a new Police Superintendent and he has already put through some positive changes to the Police Department and tightened up on gangs on the west side.

Any Chicagoan will tell you that over a thousand people have been shot since January 1, 2016. This is without precedence and totally unacceptable. Shootings on Chicago's expressways are increasing as well as thefts in every neighborhood and on public transportation with police alerts to the community on the rise. The Feds have been called in to assist the Chicago Police Department to help get this problem under control. It will take more than just talk. It takes action!

20 Questions

This month's interview is with Silvana Celia, senior teller at Central Savings, located at 1601 West Belmont.

Q. Where were you born and raised?

A. On the west side of Chicago.

Q. Any children?

A. One daughter.

Q. Where did you attend school?

A. Best Practice which was renamed to the Chicago Bulls School.

Q. What is your fondest childhood memory?

A. On no school days, due to mountains of snow outside, my mom took me and my brother outside to make snow angels and have snowball fights.

Q. What hobbies/interests do you have?

A. I like to collect face stamps. I must have over a thousand stamps.

Q. What is your favorite TV show, movie and book?

A. My favorite TV show is "Friends"; my favorite movie is "Patch Adams" with Robin Williams and my favorite book is anything by Nicholas Sparks.

Q. If you could travel to any place in the world, where would you go and why?

A. Italy. I have family members I haven't seen and it is so different than here.

Q. Who would you like to meet in person and why?

A. Elvis Presley. Because I love him and his music.

Q. Who do you most admire and why?

A. My mom. She left everything behind and moved here with my dad.

Q. What have been your three greatest achievements?

A. Raising my daughter; overcoming many things in my childhood that could have made me go in the wrong direction in life; and, I know what I want to do to get my education.

Q. What have been

Continued on page 2

What's on your mind?



"Planning my Central European vacation for next year."

Sierra Romesburg



"Ribfest Chicago, coming up on June 10th."

Eileen Keleghan



"Booking summer camps for my kids."

Vicky Barsky

Editorials & Opinions

Interview continued from front page

your three greatest disappointments?

A. Losing touch with some extended family members here; How long it took me to figure out what I wanted to do; some of the choices that I made in the past.

Q. What is your "pet peeve"?

A. I dislike arrogant people.

A. To don't talk, don't tell and don't feel.

Q. Who has had the most influence in your life?

A. My older sister. She is an amazing positive person.

Q. If there was something you could change about yourself, what would it be?

A. I would change that I still put myself down and I second guess myself.

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

A. I want to sky dive, but I am so afraid of heights.

Q. How long have you been working at Central Savings?

A. It will be seven years in September.

Q. What did you do for a living before getting a job at Central Savings?

A. I was a waitress at Giordano's and also at another restaurant.

Q. What improvements would you like to see in the Lakeview neighborhood?

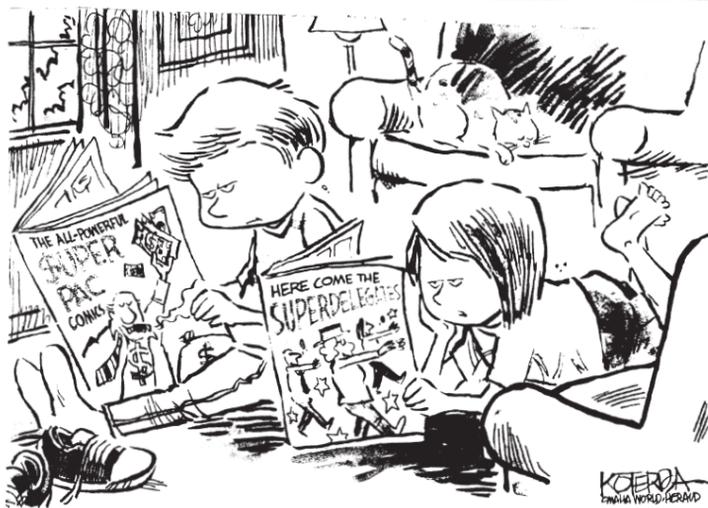
A. More restaurants and less bedding places.

Q. What is your most prized possession?

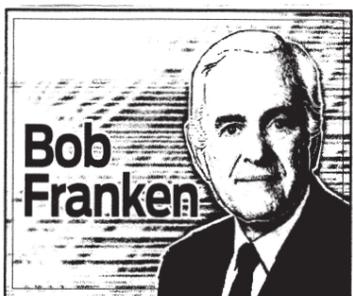
A. My Elvis collection.

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

A. Be the person today that you would be proud of tomorrow.



"WHATEVER HAPPENED TO SUPERMAN AND SUPERWOMAN?"



The ABCs of Campaigning

If you want real betrayal and towering egos, forget the presidential campaign; look no further than the gripping intrigue swirling around Michael Strahan's leaving his perch on the ABC "Live!" program that he's co-hosted with Kelly Ripa for four years. He'll move over full time to the network's slipping morning show "Good Morning America."

All of this was engineered by duplicitous upper management, pardon the redundancy, behind the back of Ms. Ripa. As Bart Simpson would say, she had a cow when she heard the news, which was about the time it was publicly announced. So she retaliated by simply not showing up for a few days while she had her conniption fit and the tabloids feasted.

Comes now the question about who replaces Strahan. It's time for the executives to think really big. If they do, and things happen as they just might, there is one man who is a proven showman without compare. Yes, I'm talking about Donald Trump. Is that a brilliant idea or what?

Think of the possibilities. He and Kelly could share their experiences if he, too, got backstabbed — in his case, by the Republican machine operators. He'd need a new venue, need his daily TV fix, so he'd be available. Of course, Kelly would have to put up with his misogyny and other crude utterances, but hey, ratings are ratings.

It's always possible, however, that this discussion becomes moot, that he thwarts the GOP party rulers and actually leaves them no choice but to crown him king of the party. He might come into Cleveland with enough delegates to make all their desperate maneuverings futile.

If he actually gets the nomination, the question is not whether Donald Trump is picked to become Kelly Ripa's new partner, but who is picked by Donald Trump to be his partner, his vice-presidential running mate. The name you hear often is Chris Christie, who famously endorsed Trump after pulling out of the race and has shown a willingness to grovel by appearing publicly with the Trumpster. But how many abrasive boys can America accept from the New York-New Jersey nasty access? I think we can forget about Christie.

Another one to ponder, if Donald Trump decides on a minority, is, of course, Ben Carson. Carson also is on board the Trump plane, but frankly, he's not shown that he's always the swiftest boat in the choppy political waters. Put him down as more likely on the list for a cabinet position, qualified or not.

A woman would be a striking choice, but there might be a shortage of those who wouldn't be embarrassed to be seen with him. Forget about Sarah Palin, though. She's useful as a surrogate, but, well — is it impolite to say she's a nutcase? Too nutty, even for Donald Trump.

Obviously, there are some serious possibilities out there who might be willing — Alabama Sen. Jeff Sessions, for instance, who's been Trump's idea man for his hateful immigration pronouncements. Let's not forget, being Donald Trump's VP may not be a full-time job. Maybe, they can work a deal where whoever it is also moonlights as Kelly's co-host. Strange? No more so than the campaign has already been.

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What's in Your Wallet?

Harriet Tubman was literally a freedom fighter. The "Moses" of the Underground Railroad liberated herself and dozens of others from slavery over the years in a biopic-worthy life of bravery and idealism.

She has now been selected to eventually replace Andrew Jackson on the \$20 bill, bumping him to the back in the worst defeat for Old Hickory since John Quincy Adams "stole" the presidency from him in 1824.

The political imperative at work here is obvious — find a woman, preferably a minority, to downgrade one of the dead white males dominating the currency. But the images on the nation's currency aren't set in stone, and tastes change. Surely some fans of Grover Cleveland were rubbed the wrong way when Jackson supplanted him on the \$20 in 1928 (Cleveland himself, improbably, replaced George Washington). And Tubman is inarguably an exemplary figure.

She escaped from a Maryland plantation in 1849, walking some 90 miles to her freedom. Tubman's story has been repeated to generations of schoolchildren and is so well-worn — she was guided by the North Star and aided by the Underground Railroad — that it is easy to forget the terror and pathos of it.

Tubman knew the brutality of slavery. As a young woman, she had been grievously injured by a metal weight thrown by an overseer. She left her

family behind when she set out for the North. Then she repeatedly returned in trips to save family members and others. The missions were hazardous (she carried a pistol) and sometimes involved near escapes. During the Civil War, she served as a nurse and a scout, and in later years, she was a suffragist.

That said, Tubman is obviously no match for the Founders and presidents on the currency now. But if power and influence are the only metric, how do you recognize the contribution of all those who were made deliberately powerless? Tubman is properly understood as a symbol of all the nameless persons held in bondage in early America and of our country's greatest reform movement, abolitionism.

Meanwhile, Andrew Jackson shouldn't be relegated to the ash heap of history. Despite his flaws (he was a slave owner who casually disregarded the humanity of American Indians), he is a formidable American figure who, as a general, won the War of 1812 and, as president, firmly defended the Union from nascent Southern secessionism. If the standards of the 21st century are to be retroactively applied to every significant figure of our past, few will pass the test.

One of the ironies of American slavery is that it made clear — self-evident, one might say — to those suffering under it the deep truth of the natural rights that undergird the American experiment. Tubman recalled thinking prior to her escape, "There's two things I've got a right to, and these are, Death or Liberty — one or the other I mean to have."

Is it possible to utter a more American sentiment? In an era of ethnic and gender bean counting, everyone wants to keep score, but Harriet Tubman belongs to all of us. She won't just appear on the twenty, but grace it.

Rich Lowry is editor of the National Review.

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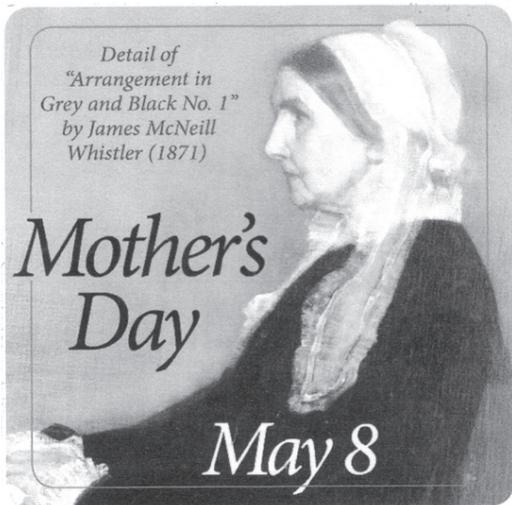
Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

May, 2016

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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Memorial Day May 30th

VETERANS POST

by Freddy Groves

Centralized Archives

The Department of Veterans Affairs announced recently that the Dayton VA Medical Center will be the new site for the National Department of Veterans Affairs Archives. The plan is to renovate two existing buildings, built in 1871 and 1881.

Ideally they will completely gut the old buildings and start fresh, with fire safety a big consideration. Anyone who has requested military records from the National Archives' National Personnel Record Center in St. Louis and been told that the records burned up in the 1973 fire will appreciate that sentiment. The fire damaged or destroyed as many as 18 million Army and Air Force records. In the aftermath, it ordered that records from around the country not be destroyed anymore, since they could be used to piece together the history of veterans who apply for benefits or for future generations doing genealogy.

Now the VA is trying to get all records from all sources digitized. Different branches have different methods of producing records, and not all are digitized. Some historic records and artifacts are stored at National Archives and Records Administration in Washington, D.C. Others are scattered at 150 facilities around the country. The plan to centralize all of it is theoretically a good one.

However, until the VA has caught up on all current records requests, any plans to centralize historical documents and objects should be put on hold until all records are digitized.

Meanwhile, make a copy (paper and digital) of every single piece of paper you have pertaining to your military service. Make a list of dates, locations and personnel who served with you. Put it in a bank box. You never know when it will be needed.

To read the full reports and keep track of new ones as they come in, check www.va.gov/oig.

Scheduling Problems Are Legion at VA

I've been rooting for little White River Junction, Vermont.

Back when I first started watching the Department of Veterans Affairs medical center there, White River Junction had its hands full with claims overload. Sure, its numbers weren't as bad as places like St. Petersburg, Florida, where 46,366 veterans waited an average 207 days for claims to be completed. For White River Junction to have 969 veterans waiting an average 239 days didn't seem so bad.

The VA Office of the Inspector General paid a call on the facility, as it is doing across the country after all the problems with appointment-scheduling scams exposed in Phoenix. Inspectors interviewed 40 people and reviewed 700,000 records in White River Junction, and the results aren't pretty:

- To keep from exceeding the 14-day appointment requirement, the mental health unit just sent new patients to its walk-in clinic so they could be seen that day.

- At one point, 700 consultations had not been scheduled. When upper management learned of the backlog, the appointments were put in the computer system, with overbooking "up to four times clinic capacity." In one specialty clinic, appointment times were cut to 15-20 minutes to fit in as many patients as possible — to the detriment of veterans' health when serious illnesses weren't discovered.



No More Drama From Black Mamba

In my lifetime, I cannot recall a player as great and more despised as Kobe Bryant, the self-proclaimed greatest Laker of all-time.

Some will immediately point to Barry Bonds as an example, but really, there's not as much to dislike about Bonds. Both were great players. Bonds, however, will forever be known as the guy who ruined the baseball record book; Kobe will never be remembered as having "ruined" the game — at least on the court. Bonds is different in other ways. He had two careers, the one before the allegations of steroid use, and the one where his head size literally became too big for his helmet to handle. In both stages of his career, Bonds was always something special to watch.

And yes, while Bonds was never a favorite in the clubhouse, and reporters took a quick dislike to him whenever he refused to be cordial, one can always argue that the steroid scandal that seemed to only grip baseball and forever tarnished his reputation was magnified by that surliness. I mean, Sammy Sosa was always a happy-go-lucky guy. Mark McGwire wasn't ever going to be confused for a standup comic, but he seemed like a pretty-standup guy.

Let me state this: I personally believe that Kobe was the best player of the post-Jordan era. I can't imagine anybody arguing that from a statistical standpoint. Twenty years playing for the same team, the second highest scoring game (81), five championship rings, most points in

LA Lakers history, 18-time all-star and a league MVP award. A product of Philadelphia, he probably is that legendary city's best high-school player ever, and arguably the best player the city ever produced. Sorry, I'd still pick Wilt Chamberlain overall (but not at shooting guard).

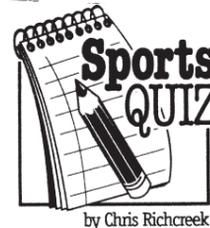
There are, unfortunately, other stories from this storied career, and let those also be a great lesson to every young athlete out there: The way you comport yourself off the court or field, in the locker room and in your hotel room Jacuzzi does most definitely help define you. Kobe scored the most points in Laker history, but he also missed the most shots in NBA history and gave up almost as many turnovers as he had assists. He was the guy who didn't want other players looking at him in the locker room, the guy who lacked humility, who often sabotaged himself and the team due to his desire to be the sole center of attention. He wasn't the guy in the band; he was a solo act, the before and after party.

Most Laker fans will argue that they would certainly take the 15 playoff appearances and five rings, the show he put on every night, including the final game of his career where he scored 60 points on 50 shots and took so much air out of the room that, literally, a bag of air from the game sold for \$15,000 on eBay. For me, his career ended in that Jacuzzi in Colorado. He said he liked being the villain on the court. Mission accomplished.

The next time we hear from Kobe will be his (rightful) induction to the NBA's Hall of Fame. Time softens the heart and bad memories fade, but there will be more than a few fans who at that time also will reflect on one additional, perhaps larger and more important fact: That sort of drama has passed. You don't have to live like that anymore.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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by Chris Richcreek

1. When was the only time before 2015 that the Houston Astros started a season with a franchise record of 31-19 after 50 games?

2. Two different Oakland Athletics players each led the A.L. in stolen bases twice during the 1970s. Name them.

3. Who has had the longest tenure as the football coach at the University of Iowa?

4. Golden State's Stephen Curry, in 2015, became the fastest NBA player to 1,000 career 3-pointers made (369 games). Who had been the fastest?

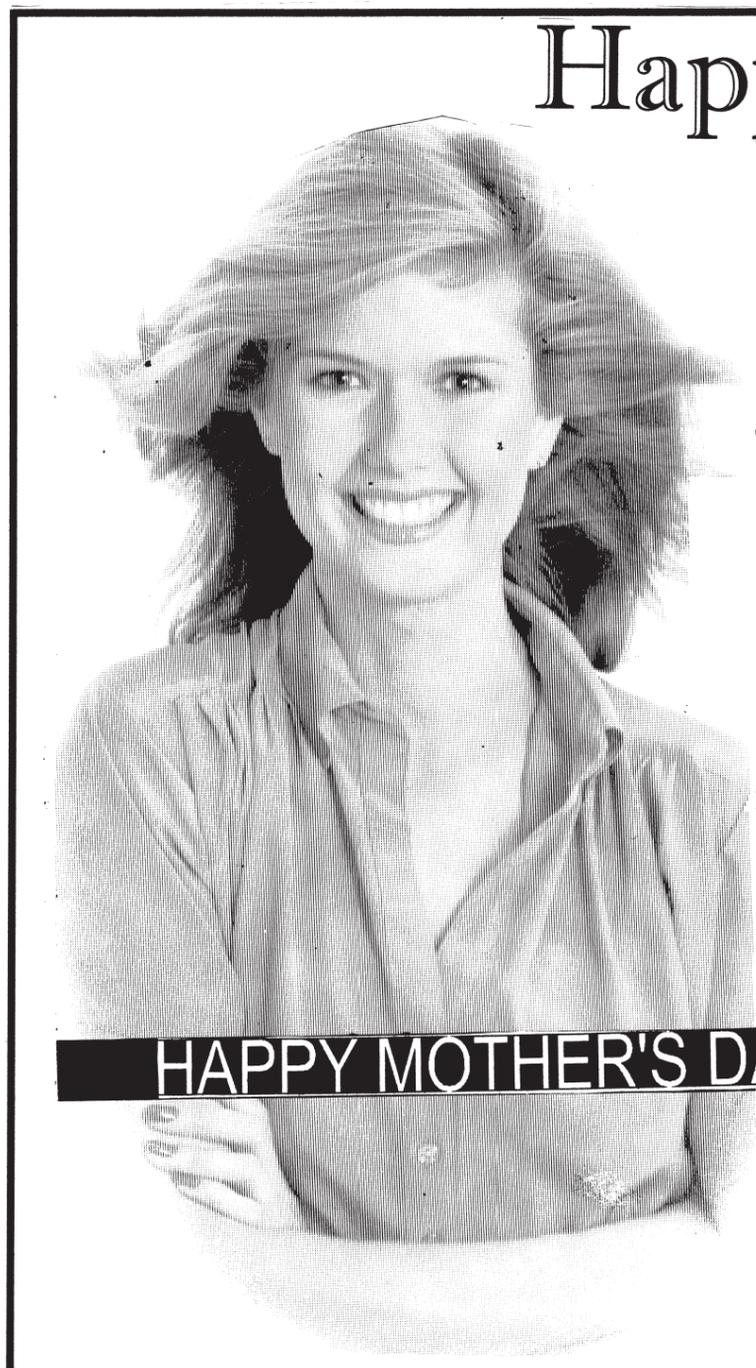
5. In 2015, Chicago's Patrick Kane set an NHL record for most consecutive games with a goal or assist by a U.S.-born player (26 games). Who had held the mark?

6. Toronto's Sebastian Giovinco set a Major League Soccer record in 2015 for most combined goals and assists in a season (37). Who had held the mark?

7. Who did Floyd Mayweather Jr. face in the first and last fights of his undefeated 49-bout boxing career?

Answers

1. It was 1998.
2. Bert Campaneris (1970, '72) and Bill North ('74, '76).
3. Hayden Fry coached the Hawkeyes for 20 seasons (1979-98).
4. Dennis Scott needed 457 games to do it.
5. Toronto's Eddie Olczyk (1989-90) and Boston's Phil Kessel (2008-09), with 18 games each.
6. Chris Wondolowski had 27 goals and seven assists for a combined 34 for San Jose in 2012.
7. Roberto Apodaca in his first bout, and Andre Berto in his last.



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HAPPY MOTHER'S DAY

Health News



to
Your
good
health
WITH
Dr. Keith
Roach

Once a Neat Freak, Dad Now a Hoarder

DEAR DR. ROACH: I know you're not a psychiatrist, but I hope you can help. My dad was a single parent raising us kids, and he was always clean when it came to housework. Every room in our house was almost spotless.

But lately, we have noticed him becoming a hoarder and being more disorganized. By that, I mean keeping weeks-old newspapers on the floor, the kitchen table, everywhere, and he gets upset if we try to help him clean. He's 79. Could it be a sign of senility or Alzheimer's disease? — R.S.

ANSWER: Hoarding behavior can have several psychiatric causes, and, indeed, a psychiatrist may be necessary to make the diagnosis. However, odds are that your dad always had some form of obsessive-compulsive disorder, and with age has become worse.

There are other possibilities. Frontotemporal dementia, a type of dementia that is distinct from Alzheimer's disease, has a variant in which personality and behavior changes are prominent, but given the history of what sounds like unusual cleanliness habits, I would suspect that OCD is the most likely diagnosis. There usually is a long delay from the time symptoms begin until the time the diagnosis is made.

A diagnosis needs to be made before treatment — be it medications, psychotherapy or some combination — can begin. Treatment can improve not only the hoarding behavior but also the distress your dad is feeling. A psychiatrist or psychologist is the expert in making the diagnosis and for treatment.

DEAR DR. ROACH: A year ago, with no discs in my bottom three vertebrae. But even walking is hard. I walk until my leg goes numb, but I don't think it will be enough, and I may not even be able to keep that up. Even walking easy makes my hip hurt and leg go numb after about 20 minutes. — S.A.

ANSWER: Osteopenia simply means "too little bone," and it is a risk factor for developing osteoporosis. Most experts would treat osteopenia by ensuring that you are getting adequate calcium and vitamin D, and seeing that there are no other causes for your osteopenia, such as low thyroid level or medications that can lower bone density, such as cortisone. Although there may be reasons to treat osteopenia before osteoporosis develops, medicines like raloxifene (Evista) are reserved for the more serious condition of bone loss, osteoporosis. Raloxifene does decrease the risk of fractures.

Raloxifene has risks: It increases the risk of blood clots by about 1 person per thousand over five years. However, it decreases the risk of breast cancer. Thus, raloxifene is a poor choice for someone with an increased risk of clots, but a very reasonable choice for women who need treatment for osteoporosis and also have an increased risk for breast cancer.

If Walking Hurts, Try Water Exercise

DEAR DR. ROACH: I just wanted to touch base with you about my diabetes. While my weight has stayed stable around 320 pounds, my sugar numbers have been increasingly hard to keep in line. I've maxed out on the oral medications we use. My latest A1c was 6.6. The doctor says it should be under 6 and that our next step is insulin. He asked me to try to lose 50 pounds over the next six months in order to get my sugar back under control.

I agree and want it to happen. I'm counting calories and cutting out carbs, and have started walking in the morning. I know I can't run,

ANSWER: I am surprised by your doctor's advice, because it's very clear now (from the ACCORD study) that an A1c (a measure of average sugar levels) of 7 percent has lower overall risks than an A1c of 6 percent for someone like you.

Exercise is always good, and my first thought is water. Getting in a pool will take pressure off your back, and you should be able to swim, walk in the water or do water-exercise classes to your heart's content.

DEAR DR. ROACH: What can you tell me about laser iridotomy for angle-closure glaucoma? What are the risks? What is the success rate? Any other things that would help make a decision? — J.K.

ANSWER: Glaucoma is increased pressure inside the eye. Without treatment, it damages the optic nerve and can lead to vision loss, even permanent blindness.

Angle-closure glaucoma is caused by abnormal anatomy inside the eye, where the lens blocks the pupil, "closing" the channels that allow fluid to leave the eye. In acute closed-angle glaucoma, symptoms include headache, a "halo" around lights and severe eye pain. This is an emergency, since permanent vision changes may occur within hours to days, so the surgery is done immediately.

Ophthalmologists can suspect the condition based on exam, and if confirmed, will recommend treatment to prevent this emergency. It sounds like that is what has happened in your case.

I resist making a recommendation of laser versus non-laser surgery. In my mind, you trust your surgeon to use the right technique for you. However, in this case, laser is the standard treatment. I have read effectiveness rates of 60 percent to 95 percent. Complications are uncommon but can include inflammation and "ghost" images. Repeat surgery is occasionally needed.

Caffeine Pills vs. Coffee

DEAR DR. ROACH: You advised an 81-year-old farmer who was drinking an energy drink several times a week to "stick with coffee" in order to avoid the added sugar in the energy drink. What is your opinion of getting an equivalent amount of caffeine through over-the-counter caffeine pills instead of coffee?

I am a 55-year-old woman, and except for being overweight, I am in excellent health. I exercise daily, sleep well at night and have no complaints whatsoever. I get about six or seven hours of sleep a night, and am a naturally early riser. I do not drink either tea or coffee (don't like the taste), but I have found that if I take one half of a 200-mg caffeine pill immediately on arising, it does wonders for my mood and productivity. On some days I take a second pill in the early afternoon, and rarely, a third in the evening, though never later than 6 p.m.

Is there anything wrong with this? I've found that many people who drink several cups of coffee a day seem to look askance at me because I get my caffeine a pill. — A.C.

ANSWER: Some people drink coffee for the caffeine; some people drink decaf to avoid the caffeine; most people like both the taste and the caffeine effect. You are unusual in only wanting the caffeine effect.

A 16-ounce cup of coffee at a large chain contains 330 mg of caffeine. I don't see anything wrong with taking caffeine pills the way you are. However, some people won't sleep well if taking as much as you are.

Exercising With A-Fib

DEAR DR. ROACH: I am a 76-year-old man who has atrial fibrillation. To control this problem, I am presently taking Tikosyn, metoprolol, warfarin and aspirin. For exercise, I walk or run at least 5 miles, five days weekly. In that 5 miles, I jog rapidly at least 3-4 miles. I push myself pretty hard. What I want to know is, in your opinion, am I putting myself in jeopardy by exercising in this manner? — J.M.G.

ANSWER: There are three parts to your question. Is vigorous exercise dangerous for: someone with atrial fibrillation on a rhythm-control medication; someone on anticoagulation; and a 76-year-old man in general.

Tikosyn (dofetilide) is an antiarrhythmic drug used to stop A-fib (a chaotic heartbeat) and keep people in normal heart rhythm. Exercise generally is considered safe with this medication, but I think a pulse monitor might be a good idea to make sure you aren't going into a dangerously high range. The metoprolol tends to keep heart rate low, but exercise can overwhelm that effect. The American Heart Association would recommend a heart rate no higher than 125-130; however, some healthy 76-year-olds can exceed that safely.

Exercise while on anticoagulation medicine also is safe, with reasonable precautions. You shouldn't be in a sport that is likely to cause significant trauma. Fortunately, running is safe, unless you have had falls.

I am a big believer in the value of exercise across all ages. Regular exercise makes us feel better and have fewer falls, and it helps reduce heart risk and cancer risk. Overdoing it, however, is never a good idea. Stay with a moderate, not extreme effort, and build yourself up gradually. It sounds to me like you are exercising safely, but I would want to double-check your pulse rate at maximum effort.

DEAR DR. ROACH: I was wondering if it means anything that I have not bruised in at least 10 years. I am a 59-year-old male of German and Italian descent, but favor the Mediterranean skin tone. I occasionally get whacked, but never see a bruise. I have mentioned it to doctors, who never have much to say. — D.G.

ANSWER: Bruises result from broken blood vessels in and under the skin. I frequently get asked about causes for easy bruising, which include fragile blood vessels (which just happen as we get older), low or poorly functioning platelets (especially from medications like aspirin) and a myriad of other causes. Nobody has asked me what it means to not bruise.

Financial Statement

SENIOR NEWS LINE

by Matilda Charles

Social Security Strategies Change

Starting in May 2016, there are some changes to Social Security that will eliminate strategies seniors have used to maximize benefits. Unlike what some doom-mongers have said, Social Security isn't going away, our benefits aren't being cut... there's nothing radical going on here.

Tucked into the Bipartisan Budget Act of 2015 was language that covers three strategies many of us have used in collecting Social Security:

1) File and suspend — In this strategy, the full retirement-age spouse (age 66 for those born between 1943 and 1954) filed for benefits and then immediately suspended them. The other spouse then claimed spousal benefits while the initial benefits accrued for years at an 8 percent annual increase.

No more. Now if one spouse files, he or she must take those benefits or the other spouse can't claim spousal benefits.

2) Restricted application — In this strategy, the retirement-age spouse filed for spousal benefits, but didn't collect his or her own benefits, letting the personal benefits sit for years and accrue.

Per the new rules, you can claim one or the other, spousal or personal benefits, but not both. You get the larger of the two, with no changing

back and forth, and no deferring benefits until age 70.

3) Suspended benefits — In this strategy, the recipient filed and then immediately suspended payments. If these benefits were suddenly needed down the road, he or she could collect them in a lump sum, but not at the higher monthly rate that the extra time would have afforded.

Per the new rules, there will be no lump-sum payment. Monthly payment will be made at a higher rate.

If your future retirement plans included any of the above strategies, consult with your financial adviser about alternative options.

It's not the IRS calling

Thousands of people have been scammed via the telephone by people claiming to be from the IRS and telling people that unless they send cash via prepaid debit cards, money orders or wire transfers to cover monies owed, they will have to face the consequences.

The IRS will never call you.

Any contact will be made by certified mail and the IRS will never ask for credit card or banking information over the telephone.

A website has been set up by the Treasury Department where people can report these calls and how to deal with them. The website is www.TIGTA.gov.

Also, do not open an attachment in the name of the IRS. The IRS will not contact you by email. You can forward these scam emails to phishng@irs.gov.

Thought for the Day: "Reading the fine print may give you an education — not reading it will give you experience." — V.M. Kelley

Illinois has the highest median property tax in the nation

The median property tax rate in Illinois is the highest in the nation. If a house is valued at \$200,000, the average property tax would be \$2,620. However, in Illinois, that same homeowner would pay \$5,340.

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1. Who were the musical trio Dino, Desi and Billy?
2. Name the group that released the psychedelic rock song "Journey to the Center of the Mind."
3. Who had a hit with "Song on the Radio," and when?
4. Which former Beatle wrote and released "Dark Horse"?
5. Name the song that contains this lyric: "Who am I to disagree? I travel the world and the seven seas, Everybody's looking for something."

Answers

1. Dino was the son of singer Dean Martin; Desi was the son of Desi Arnaz and Lucille Ball; Billy Hinsche was their friend from school. Their best-known song was "I'm a Fool" (1965), which was covered by Alvin and the Chipmunks.
2. The Amboy Dukes, in 1968. In the U.K. they were known as The American Amboy Dukes to distinguish themselves from another group.
3. Folk-rock artist Al Stewart (born in Scotland), in 1979, off the "Time Passages" album. His songs often were written about historical events.
4. George Harrison, in 1974.
5. "Sweet Dreams (Are Made of This)" by the Eurythmics in 1983. The breakout song was a worldwide hit for the British duo of Annie Lennox and David A. Stewart, and has been covered by artists around the world, including in the Ukraine, Brazil and Japan.

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• Historians say that the romance between Cleopatra, Ptolemaic Egypt's last active pharaoh, and Roman statesman Julius Caesar was something of a May-December romance: She was 21 and he was 54.

1. MOVIES: What was the first name of the main character in the movie "Rambo"?
2. GEOGRAPHY: On which continent is the nation of Eritrea located?
3. MUSIC: What was the full name of the late singer Prince?
4. ANATOMY: What part of the body is examined with an ophthalmoscope?
5. MEASUREMENTS: How many teaspoons are in a tablespoon?
6. COMPUTERS: The term "bit" is an abbreviation for what words?
7. GAMES: What is the only king without a moustache in a standard deck of playing cards?
8. TELEVISION: Which one of the Teletubbies is green in the children's show?
9. THEATER: Who wrote the play "A Moon for the Misbegotten"?
10. LANGUAGE: What is the adjective that is used to describe bulls or oxen?

Answers

1. John
2. Africa
3. Prince Rogers Nelson
4. The eye
5. Three
6. Binary digit
7. The King of Hearts
8. Dipsy
9. Eugene O'Neill
10. Taurine

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• Of all the actors who have portrayed James Bond in films before 2015, Pierce Brosnan racked up by far the most kills per movie. (The tally for last October's "Spectre" has not yet been counted.)

• You might be surprised to learn that beloved American musician Johnny Cash wrote more than just songs; in 1953, before he started his music career, Cash wrote a science-fiction tale called "The Holografik Danser."

1. **The Jungle Book**(PG) Neel Sethi
2. **The Huntsman: Winter's War** (PG-13) Chris Hemsworth, Jessica Chastain
3. **Barbershop: The Next Cut**(PG-13) Ice Cube, Regina Hall
4. **Zootopia**(PG) animated
5. **The Boss**(R) Melissa McCarthy, Kristen Bell
6. **Batman v Superman: Dawn of Justice**(PG-13) Ben Affleck, Henry Cavill
7. **Criminal**(R) Kevin Costner, Ryan Reynolds
8. **My Big Fat Greek Wedding 2**(PG-13) Nia Vardalos, John Corbett
9. **Compadres**(R) Omar Chaparro, Joey Morgan
10. **Eye in the Sky**(R) Helen Mirren, Aaron Paul

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top ten

Words That Come From *Mother*

1. Metropolis
2. Matrix
3. Amateur
4. Alma Mater
5. Marigold
6. Matrimony
7. Argiope
8. Nun
9. Cassiope
10. Matter

Source: Merriam-Webster

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PICKS OF THE WEEK

The Witch (R) — In the misty, muddy, superstitious days of the early Puritan colonists, a family trying to make it on their own is terrorized by an evil presence lurking beyond the pines. A pious father (Ralph Ineson) takes his wife (Kate Dickie from HBO's "Game of Thrones") and children away from the pilgrim community he feels has lost touch with the Lord. Settled on their own remote piece of land, the adolescent daughter (Anya Taylor-Joy) has a crisis of faith while paranoia entangles the secluded family.

It's a slow, creepy build-up set on a sturdy foundation of sickly gloom and rigid morals. The family isn't just harassed by whatever baby-snatching malevolent creature dwells in the woods, but also doubt, suspicion and a frenzied desire to scourge themselves of all sin. It perfectly captures the sense of being lost in the woods and outmatched by things you can't see.

Dirty Grandpa (R) — Robert De Niro doesn't just accelerate the decline of his career, he stomps on the pedal and awkwardly bellows expletives in a mad dash to make audiences forget how great he is. This latest effort has the 73-year-old playing Dick Kelly, a retiree who drags his un-fun lawyer grandson (Zac Efron) on a wild ride through Daytona Spring Break. The result is like chugging an oversoaked cocktail of drugs, obscenities, sex and casual racism.

You can't help but notice how hard the movie tries to imitate more successful raunchy comedies, especially by trying to make room for some heavy-handed male bonding and sentiments about the nature of growing up. De Niro doesn't seem to be holding back — he's giving this low-brow-romp thing a real try — but there's an expectation that every f-bomb he drops is comedy gold.

A Perfect Day (R) — In the war-torn Balkans of 1995, a group of aid workers fight their own smaller battle and trying to keep some semblance of sanity. Over 24 hours, we watch foreign humanitarians Mamburu, B and Sophie

(Benicio Del Toro, Tim Robbins and Melanie Thiery) search the warzone for a length of rope so they can fish a dead body out of a well before it contaminates the water. Getting by with gallow-rific humor, the team encounters red tape, tragedy, confusion, an old lover and deadly landmines. It's an intriguing look at a different side of war, more focused on the bullet-holes left behind than the battles.



Anya Taylor-Joy in "The Witch"

The Program (R) — This drama about cycling superstar Lance Armstrong (Ben Foster) makes the right moves in casting, but doesn't make it over the line in fleshing out its real-life subjects. Armstrong overcame cancer before returning to cycling to smash records and rack up wins at the Tour de France. His amazing performance drew suspicions from all over, including journalist David Walsh (Chris O'Dowd), who doggedly investigated allegations of drug use and blood doping while the rising Armstrong categorically denied them. The movie hits the main points of Armstrong's career, but misses out on making him (or anyone else) more human than a headline.

TV RELEASES

- Black Butler: Book of Murder OVA's**
- IP Man Trilogy: Limited Edition Steelbook Boxset**
- Orange Is The New Black: Season 3**
- Masterpiece: Mr. Selfridge — Season 4**
- Xena: Warrior Princess — The Complete Series**
- The Facts Of Life: The Final Season**

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TOP VIDEO RENTALS AND SALES

- Top 10 Video On Demand**
1. **Daddy's Home** (PG-13) Will Ferrell
 2. **The Hateul Eight**(R) Samuel L. Jackson
 3. **The Forest**(PG-13) Natalie Dormer
 4. **The Hunger Games: Mockingjay, Part 2**(PG-13) Jennifer Lawrence
 5. **Concussion**(PG-13) Will Smith
 6. **Point Break**(PG-13) Edgar Ramirez
 7. **Sisters**(R) Amy Poehler
 8. **The Big Short**(R) Christian Bale
 9. **Alvin and the Chipmunks: The Road Chip**(PG) animated
 10. **Brooklyn**(PG-13) Saoirse Ronan

Top 10 DVD, Blu-ray Sales

1. **Star Wars: The Force Awakens** (PG-13) Disney
2. **The Hunger Games: Mockingjay, Part 2**(PG-13) Lionsgate
3. **The Hateul Eight**(R) Anchor Bay
4. **Justice League vs. Teen Titans**(PG-13) Warner Bros.
5. **The Forest**(PG-13) Universal
6. **Game of Thrones: The Complete Fifth Season**(TV-MA) HBO
7. **Star Wars: The Complete Saga**(NR) FOX
8. **Star Wars Trilogy**(NR) FOX
9. **Daddy's Home**(PG-13) Paramount
10. **Star Wars Prequel Trilogy** (NR) FOX

Sources: Rentrak, Home Media Magazine

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What's Hot in Hollywood

by Tony Rizzo

HOLLYWOOD — Despite a lot of negative reviews and comments, “Batman v Superman: Dawn of Justice” still has managed to gross more than \$800 million since its opening. Warner Bros. is apparently disappointed in the way attendance fell off in the second week and fears it won't reach the \$1 billion mark. We'll cry for them. It didn't stop Warners from announcing that **Ben Affleck** will stand alone in the next Batman flick.

Five recent films have broken the top 100 grossing films, and they are No. 66 “Deadpool,” No. 58 “Batman v Superman,” No. 46 “Zootopia,” No. 40 “Spectre” and No. 3 “Star Wars: The Force Awakens.” Seems the only way to make movie moneymakers is with special effects, animation and James Bond.

Looks like **Barbra Streisand** finally will have her swan-song musical now that STX Entertainment has signed on to produce the reboot of the musical “Gypsy,” with “Rain Man” Oscar-winner **Barry Levinson** directing. Though he hasn't directed musicals before, “Gypsy” is story-driven with great music by **Stephen Sondheim** and lyrics by **Jule Styne**.

The original Mama Rose was **Ethel Merman** (1960), who lost her Tony Award bid to **Mary Martin**, who won for “The Sound of Music.” **Rosalind Russell** played Mama Rose in the 1962 film version, but didn't do her own singing. In 1975, **Angela Lansbury** won a Tony for her Mama Rose, as did **Tyne Daly** in 1989. **Bette Midler** won a Golden Globe Award in 1993 for her TV version. **Bernadette Peters** was a hit in 2003, while **Patti LaPone** won a Tony for her revival in 2008.

STX Chairman **Adam Fogelson** said, “Its Barbra Streisand doing one more, if not the last, movie musical of her career.”



Depositphotos.com

Barbra Streisand

I talked with **Frances Davis**, who was married to jazz great **Miles Davis**. The recently released film “Miles Ahead” follows their marriage from 1958 to 1968, with **Don Cheadle** playing Miles and **Emayatzy Corinealdi** playing Frances.

“Before we were married in 1957,” Frances revealed, “I was cast as a singer and dancer in the original production of ‘West Side Story.’ I went to Actor's Equity to join and found there was already a **Frances Taylor** in the union, so I used my middle name and became **Elizabeth Taylor**. That's why on the program and cast album it lists Elizabeth Taylor as a member of the cast.”

In 1965 she happened to meet **Richard Burton**, and he insisted she visit the set of “The Sandpiper.” Who would turn down Richard Burton? When she got to the set she was introduced to his wife, **Elizabeth Taylor**, by Burton, who said, “I want you to meet the chocolate Elizabeth Taylor!” As we all know, Elizabeth had a penchant for chocolate!

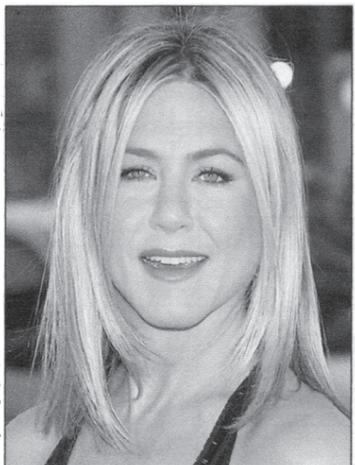
HOLLYWOOD — **Jennifer Aniston** is the leader of the “Friends” pack in earnings with a net worth of \$150 million. She's completed working for “Happy Days” producer **Gary Marshall** in the comedy “Mother's Day,” with **Julia Roberts**, **Kate Hudson**, **Timothy Olyphant**, **Jason Sudeikis**, **Jon Lovitz**, **Margo Martindale** and **Loni Love**, due April 29, and is shooting the war-drama “The Yellow Birds,” with **Jack Huston** and **Toni Collette** (no release date yet). She's in a holiday mood filming the comedy “Office Christmas Party,” with **Jason Bateman** and “SNL” alum **Kate McKinnon**, arriving Dec. 9.

Jennifer's “friend” **Courtney Cox** shot the drama “Mothers Day” (the difference is an apostrophe) last year, with **Susan Sarandon** and **Christina Ricci** (it's still awaiting a release date). Courtney (net worth \$120 million), whose “Cougar Town” series ended last year, has turned into a successful producer, with former husband **David Arquette** and **Craig Ferguson**, for the hit syndicated “Celebrity Name Game.” “Friend” **David Schwimmer** (net worth \$80 million) became a director but returned to acting to superbly play **Robert Kardashian** in “American Crime Story: The People v O.J. Simpson.” In May, he'll star in the new AMC series “Feed the Beast,” with **Jim Sturgess** (of the January opener “Geostorm” with **Gerard Butler**).

“Friend” **Matthew Perry** (net worth \$70 million) did 22 episodes of the series “Studio 60 on the Sunset Strip” and “Go On,” but did better with “The Odd Couple,” which is returning as a CBS midseason replacement. He'll

have “Desperate Housewife” **Teri Hatcher** as his love interest this time around.

“Friend” **Lisa Kudrow** (net worth \$60 million) had her series “Web Therapy” running from 2008-2014 and a comeback for “The Comeback” series in 2014. She'll be seen May 6



Depositphotos.com

Jennifer Aniston

in “Neighbors 2” with **Seth Rogan** and **Zac Efron**, as well as the Oct. 7 release of “The Girl on the Train,” with **Emily Blunt** and Aniston's husband, **Justin Theroux**.

Finally, “Friend” **Matt Le Blanc**'s (net worth \$60 million) Showtime series “Episodes” has been renewed for season 5. It shoots in England, where he also hosts the BBC car series “Top Gear.” Hopefully, the second group of stars earning \$1 million an episode, for the “The Big Bang Theory,” will do as well when their show ends!

HOLLYWOOD — **Jake Gyllenhaal** has only one film slated for release this year, “Nocturnal Animals,” with **Amy Adams** and **Michael Shannon**. But he has five projects slated for 2017: “Okja,” with **Tilda Swinton** (for Netflix); “Stronger” (about the Boston marathon victim who led police to the killers); the sci-fi thriller “Life,” with **Ryan Reynolds** and **Rebecca Ferguson**; “The Current War,” which has Jake playing George Westinghouse to **Benedict Cumberbatch**'s Thomas Edison; and “The Man Who Made It Snow,” about Max Mermelstein, an American in the inner circles of the Columbian Cartel in the 1980s. And in his spare time ... ?



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Jake Gyllenhaal

In the 1960s, '70s and '80s, studios had market-research companies phoning people and stopping them on the street and while exiting movie theaters to learn which actors they recognized and liked. It was called the Q (Quotient) Score. When the studios were threatened because this practice was wrong, they denied ever using it. Today we have an Internet service called IMDB and IMDB Pro. Anyone can use IMDB to find information on movies, actors and companies. IMDB Pro is for show folk who pay to subscribe to get inside info on actors, movies and production companies. It offers a list called The IMDB Starmeter that ranks actors on how many hits they get on the IMDB websites, and their popularity.

For instance, **Alicia Vikander**, Oscar winner this year for “The Danish Girl,” is ranked No. 18, “Superman” **Henry Cavill** is No. 16, **Jennifer Lawrence** is No. 15, and **Gal Gadot**, the new “Wonder Woman,” is No. 11. Despite his Oscar win for “The Revenant,” **Leonardo DiCaprio** could only hit No. 10. **Melissa Benoist** (“Supergirl” and “Whiplash” star) is next, followed by **Margot Robbie** (“Wolf of Wall Street” and “Whiskey, Tango, Foxtrot,” which bombed) and **Shailene Woodley** (“The Divergent” series). At No. 6 is **Tom Hardy** (“The Revenant” and “Mad Max: Fury Road”), followed by **Robin Wright** (“Princess Bride” and “House of Cards”) and **Mary Elizabeth Winstead** (“Final Destination 3”). No. 3 is **Tom Holland** (“The Impossible”), No. 2 is **Alexandra Daddario** (“San Andreas” and the upcoming “Baywatch”) and No. 1 is **Alicia Witt** (Cybill Shepard's daughter on “Cybill” and “The Bronx Bull” about **Jake LaMotta**, a film that was shot two years ago and is just being released).

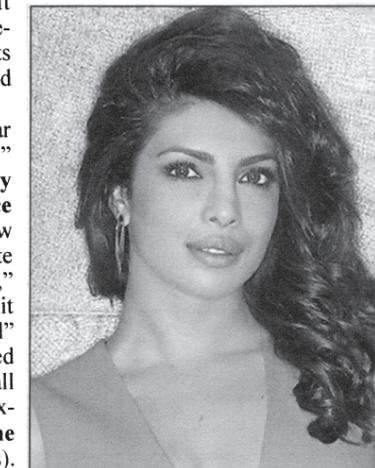


by cindy elavsky

Q. I am hooked on “Quantico.” Please tell me it will be back for another season! — **Eric P. Lancaster, Pennsylvania**

A. ABC's “Quantico” has been a breakout hit for the network — and for series star **Priyanka Chopra** — so you can bet it'll be back for a second season. In fact, it was one of 15 ABC shows that got an early-renewal announcement. Other returning shows include: “Grey's Anatomy,” “Scandal,” “How to Get Away with Murder,” “Marvel's Agents of S.H.I.E.L.D.,” “Once Upon a Time,” “Modern Family,” “The Goldbergs,” “black-ish,” “Fresh Off the Boat,” “The Middle,” “America's Funniest Home Videos,” “The Bachelor,” “Dancing With the Stars” and “Shark Tank.”

If you don't see your favorite show on this list, it doesn't mean that it has been canceled; it just means the network has not come to a definite decision as of



ABC/Bob D'Amico

Priyanka Chopra

this writing. (Although we can pretty much assume that “Blood and Oil” and “Wicked City” are dead in the water.)

Thought for the Day: “A fellow of mediocre talent will remain a mediocrity, whether he travels or not; but one of superior talent (which without impiety I cannot deny that I possess) will go to seed if he always remains in the same place.” — *Wolfgang Amadeus Mozart*

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Mexicali Comfort Casserole

If you celebrate Cinco de Mayo, here is a great dish to celebrate with!

- 4 ounces extra-lean ground sirloin beef or turkey breast
- 1/4 cup chopped onion
- 1/2 cup chunky salsa (mild, medium or hot)
- 1/4 cup reduced-sodium tomato juice
- 1/2 cup cooked elbow macaroni, rinsed and drained
- 1/2 teaspoon dried minced garlic
- 1/4 cup (3/4 ounce) crushed Frito-Lay Baked Tostitos Tortilla Chips
- 3 tablespoons (3/4 ounce) shredded Kraft reduced-fat Cheddar cheese

1. Heat oven to 350 F. Spray 2 (12-ounce) custard cups with butter-flavored cooking spray.

2. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Add salsa, tomato juice, macaroni and garlic. Mix well to combine. Evenly spoon mixture into prepared custard cups.

3. Sprinkle 2 tablespoons tortilla chips and 1 1/2 tablespoons Cheddar cheese over top of each. Place custard cups on a baking sheet and bake for 15 minutes. Place pan on a wire rack and let set 5 minutes. Serves 2.

TIPS: 1) Purchase a 16-ounce package of extra-lean ground meat, divide by 4 and freeze 3 portions for future use. Don't forget to date and mark packages. 2) Usually 1/3 cup uncooked elbow macaroni cooks to about 1/2 cup.

• Each serving equals: 247 calories, 7g fat, 19g protein, 27g carbs, 552mg sodium, 92mg calcium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 2.

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Good Housekeeping

Beef Tamale Pie

This family-friendly dinner takes just 25 minutes to make.

- 1 log (16 ounces) precooked polenta, cut crosswise into 8 slices
- 1 package (17 ounces) fully cooked beef roast au jus can (14 1/2 ounces) diced tomatoes with green chiles
- 1 teaspoon chili powder
- 2 cups loosely packed fresh cilantro leaves
- 1 cup frozen corn kernels
- 1/2 (8-ounce) package shredded Mexican cheese blend (1 cup)

1. Heat broiler. Place polenta slices on cookie sheet. Place cookie sheet in broiler at closest position to source of heat and broil 10 to 12 minutes or until polenta is golden on top.

2. Meanwhile, drain beef jus into 12-inch skillet. Add tomatoes with their juice and chili powder; heat to boiling over high heat. Boil 4 to 5 minutes or until sauce thickens. While mixture boils, shred beef with 2 forks. Coarsely chop cilantro.

3. Stir frozen corn and beef into tomato mixture; heat through. Remove saucepan from heat; stir in all but 1 teaspoon cilantro. Arrange polenta over beef mixture; sprinkle with cheese and remaining cilantro. Cover skillet; let stand 2 minutes or until cheese melts. Makes 4 main-dish servings.

• Each serving: About 380 calories, 14g total fat (8g saturated), 30g protein, 34g carbohydrate, 3g fiber, 97mg cholesterol, 1,800mg sodium.

Tip: To add something fresh and crunchy to the menu, serve with carrot and celery sticks or a chunky iceberg lettuce salad.

FOOD ON TV

"I'll Have What Phil's Having" is a six-part PBS TV series (see Season One anytime online at www.pbs.org/wgbh/what-phils-having/) that explores delicacies from around the world. The show is the brainchild of Phil Rosenthal ("Everybody Loves Raymond"), who is making his return to TV for the first time in years.

Good Housekeeping

French Toast Bake for Mother's Day

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

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

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

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

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

Shopping Tip: Look for discounted day-old French bread in your market or bakery.

Each one-hour episode of "I'll Have What Phil's Having" sends viewers on gastronomic adventures with Rosenthal himself exploring the best dishes in Hong Kong, Barcelona, Paris, Tokyo and Los Angeles. Along with celebrity guest stars, Rosenthal's quirky and adventurous spirit seeks to inspire audiences to venture out on their own culinary discoveries.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Strawberry Jelly Roll

Are you looking for something extra special to make Mom for Mother's Day? Here is a creamy strawberry treat that should fit the bill.

- 4 eggs or equivalent in egg substitute
- 1 cup Splenda Granular
- 1/3 cup water
- 1 teaspoon vanilla extract
- 3/4 cup cake flour
- 1 teaspoon baking powder
- 1/4 teaspoon table salt
- 1/2 cup plus 1 tablespoon strawberry spreadable fruit
- 1 cup Cool Whip Free

1. Heat oven to 375 F. Line a 10-by-15-inch jelly-roll pan with aluminum foil. Lightly spray foil with butter-flavored cooking spray.

2. In a large bowl, beat eggs with an electric mixer on HIGH for 2 minutes or until thick and lemon-colored. Gradually beat in Splenda. Add water and vanilla extract. Mix on low speed until blended. Gradually beat in flour, baking powder and salt. Continue beating on low until batter is smooth. Pour batter into prepared pan, being sure to spread into corners.

3. Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Loosen cake from pan and turn over onto a clean tea towel. Carefully remove foil. Roll cake and towel together from narrow end. Place rolled cake on a wire rack and allow to cool for at least 30 minutes.

4. Unroll cake and remove towel. In a small bowl, stir spreadable fruit with a spoon until softened. Stir in Cool Whip. Carefully spread mixture over cake. Re-roll cake and place on serving plate. Refrigerate at least 30 minutes. Cut into 8 servings.

Good Housekeeping

Peach Melba Mimosas

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

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

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

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

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

Good Housekeeping

Chocolate-Macaron Tart

Three ingredients make this chocolate macaroon tart a simple, decadent dessert.

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

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

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



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Crime

Simple battery:
Simple / CTA
STATION
900 block W. Addison
St.

Burglary: Unlawful
entry / Residence
(garage)
1500 block W. Nelson
St.

Burglary: Unlawful
entry / Residence
(garage)
2100 block W.
Addison St.

Criminal damage
Vandalism: Criminal
damage to property /
Small retail store
900 block W. Belmont
Ave.

Deceptive practice
FINANCIAL
IDENTITY THEFT
OVER \$ 300 /
Apartment
500 block W. Briar Pl.

ATTEMPT -
FINANCIAL
IDENTITY THEFT /
Apartment
900 block W. Grace
St.

Deceptive practice:
Illegal use of cash
card / ATM
(automated teller
machine)
3000 block N. Clark
St.

Other offense:
Harassment by
electronic means /
Residence
2900 block N. Oakley
Ave.

Robbery: Strongarm:
no weapon /
Residence (garage)
1200 block W.
Wellington Ave.

Theft: From building /
Other
400 block W. Briar Pl.

Theft: From building /
Residence
1200 block W.
Wellington Ave.

Theft: Over \$300 /
Residence
(porch/hallway)
2300 block W. School
St.

Theft: Over \$300 /
Street
2900 block N. Seeley
Ave.

Theft: \$300 and
under / Bar or tavern
3400 block N. Halsted
St.

Simple battery:
Simple / Street
2400 block W.
Belmont Ave.

Simple battery:
Domestic battery:
simple / Apartment
3200 block N. Clark
St.

Burglary: Forcible
entry / Apartment
3400 block N. Wolcott
Ave.

Burglary: Unlawful
entry / Residence
(garage)
3700 block N.
Kenmore Ave.

Criminal damage
Vandalism: Criminal
damage to city of

Chicago property /
Police facility / vehicle
parking lot
2400 block W.
Belmont Ave.

Criminal trespass: To
vehicle / Street
3300 block N. Seeley
Ave.

Deceptive practice:
Fraud or confidence
game / Apartment
1000 block W.
Wolfram St.

Motor vehicle theft:
Automobile / Street
1300 block W.
Wolfram St.

Other offense:
Harassment by
telephone / Drug
store
1000 block W.
Belmont Ave.

Public peace
violation: Reckless
conduct / Sidewalk
1200 block W. Eddy
St.

Robbery: Strongarm:
no weapon / Alley
800 block W. Aldine
Ave.

Robbery: Armed:
knife/cutting
instrument / Sidewalk
3700 block N. Halsted
St.

Theft: Over \$300 /
Apartment
400 block W. Surf St.

Theft: \$300 and
under / Other
3500 block N.
Western Ave.

Theft: \$300 and

under / Street
2200 block W.
Melrose

Burglary: Unlawful
entry / Residence
2100 block W.
Warner Ave.

Vandalism: Criminal
damage to property /
Apartment
4100 block N. Damen
Ave.

Simple battery:
Domestic battery:
simple / Sidewalk
3900 block N. Lincoln
Ave.

Simple battery:
Domestic battery:
simple / Sidewalk
3900 block N. Lincoln
Ave.

Vandalism: Criminal
damage to vehicle /
Street
4000 block N. Leavitt
St.

Theft: Over \$300 /
Bowling alley
3700 block N.
Western Ave.

Theft: \$300 and
under / Vehicle (non-
commercial)
3800 block N.
Claremont Ave.

Theft: \$300 and
under / Convenience
store
3800 block N.
Western Ave.

Criminal damage
Vandalism: Criminal
damage to property /

Alley
2000 block W.
Hutchinson St.

Deceptive practice
FINANCIAL
IDENTITY THEFT
OVER \$ 300 /
Residence
3800 block N. Damen
Ave.

Theft: From building /
Apartment
2300 block W. Byron
St.

Theft: \$300 and
under / Street
4300 block N. Bell
Ave.

Theft: \$300 and
under / Street
3600 block N.
Claremont Ave.

Deceptive practice:
Illegal use of cash
card / ATM
(automated teller
machine)
4000 block N. Damen
Ave.

Simple assault:
Simple assault / Bar
or tavern
1800 block W. Cuyler
Ave.

Theft: \$300 and
under / Other
4200 block N.
Western Ave.

Simple battery:
Simple / Tavern /
liquor store
2100 block W. Grace
St.

Criminal damage
Vandalism: Criminal

damage to property /
Apartment
4200 block N. Leavitt
St.

Deceptive practice
FINANCIAL
IDENTITY THEFT
OVER \$ 300 / Bank
4200 block N. Lincoln
Ave.

Theft: Over \$300 /
Street
4200 block N. Lincoln
Ave.

Vandalism: Criminal
damage to vehicle /
Street
2300 block W. Irving
Park Rd.

Deceptive practice
FINANCIAL
IDENTITY THEFT
OVER \$ 300 /
Unavailable
3700 block N. Bell
Ave.

Robbery: Attempted:
strongarm: no
weapon / Sidewalk
3900 block N. Lincoln
Ave.

Theft: Over \$300 /
Sidewalk
4300 block N. Lincoln
Ave.

Burglary: Unlawful
entry / Apartment
3800 block N.
Ravenswood Ave.

Vandalism: Criminal
damage to property /
Warehouse
4300 block N.
Ravenswood Ave.

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By Samantha Mazzotta

Mold Is Hazardous to Home and Health

Q. For a few months now, I've noticed a mildew odor in the downstairs bathroom. I keep the bathroom clean, and I even pour a cup of vinegar down the drains once a month, but the odor comes back. For now, I'm using an air freshener to mask the smell, but how can I locate and get rid of it? — *Gaia M., Baton Rouge, La.*

A. That mildew smell is most likely from mold growth. If you can't visually locate a patch of mildew or mold in the bathroom, such as in lower corners of the wall or the shower, contact a plumber. It's very likely that a water leak somewhere behind the wall is causing the mold problem.

Even a small amount of mold in a home can trigger allergies or breathing problems in many people. It's also a warning signal that water is damaging important parts of your home — not just the drywall but the wood framing, sheathing, foundation and more.

A leaky supply or drain-pipe can mean water is dripping behind the walls. A plumber can inspect these pipes without causing damage to the rest of the bathroom. The plumber will then recommend the best action to take to stop the moisture damage and remove the mold. If mold is affecting carpet or wallpaper in the area, you'll need to replace those items as well.

If dampness is a constant problem in the bathroom, make sure the room is getting adequate airflow, even if the original problem is repaired. An exhaust fan is fairly inexpensive and quickly removes humidity from the bathroom — for example, after a hot shower. In many states a fan is required by building codes, and the plumber likely will recommend you install one if there isn't one already.

Pruning Tips

Q. I haven't pruned many of my hedges and trees in several years, and some of them have grown wild and ragged-looking. If they're past the blooming stage, is it safe to trim them? Also, any tips to make this task easier? — *Carol in Oklahoma*

A. Trying to tackle all of the shrubbery and trees in your yard can be daunting, even when it hasn't been several years since their last pruning. The best thing to do is take an initial tour of your yard with notebook in hand. Mentally split the yard into several sections, and then note what needs to be done in each: trimming, pruning or even removal of foliage.

Next, tackle each section one at a time. Depending on your schedule, you may need to do one section each day. A particularly foliage-

Fix Busted Gutter Now

Q. Last winter, under the weight of all the snow and ice we had, one part of my roof gutter busted wide open. We actually heard it: The snow inside it had solidified to ice, and the entire block of ice fell out of the now-open side of the gutter in the middle of the night with a loud crash. It looks like just a hinge on the end of the gutter run busted, though. Do you think I can just fix that hinge portion rather than replace the whole section? — *Larry in Melrose, Mass.*

A. You'll need to take a closer look at the gutter section before making that call, so grab a helper and a sturdy ladder, and climb up there — being careful not to set your ladder next to any power lines or other hazards.

Gutters will give way or even tear away under extreme stress, like an ice dam forming in or around them. In a way, it's better for them to give way than cause severe damage to your roof eaves. But the damage usually requires the entire section to be replaced.

You can patch the gutter temporarily if the end can be repaired (using a bit of wire or a screw to reattach the point that gave way) and the rest of the run is not seriously warped or torn. Make sure there are no leaf- or debris dams in the gutter run, so that it can drain freely during rainstorms.

Once the patch is made, you need to plan on replacing it before this coming winter. The gutter section was weakened by the ice dam, and it likely won't drain as well, will collect debris, and won't hold up to another load of snow and ice.

You also need to check the roof eaves and soffits near the damaged section. Any damage to these critical roof components needs to be addressed so that water and pests don't get into the house through tears or holes, and so that the area can continue to support your gutter system.

You also should consider installing gutter covers along the entire run, and look into the feasibility of installing ice and snow guards along the edge of the roof to reduce the chance of ice dams forming in the first place. Do an energy audit of your home (many utility companies offer a low-cost audit or audit kit) to find out where heat may be escaping — warm spots near the gutters or roof eaves can cause snow to melt and then refreeze, leading to ice buildup.

Is Basement Moisture a Leak, or Humidity?

Q. My basement stays fairly dry, but in the spring and during other really rainy periods I can see the concrete walls are wet. Is it condensation or water leaking inside? I haven't seen any puddles of water on the floor, but it is really humid at these times. — *Bill in upstate New York*

A. There's an easy way to test whether the moisture on the basement walls is seepage (water leaking inside) or condensation. Get a few large squares of aluminum foil

and tape them to random spots on the basement walls and floor. Use water-resistant tape and completely cover all four edges of the foil so that no air can get underneath it.

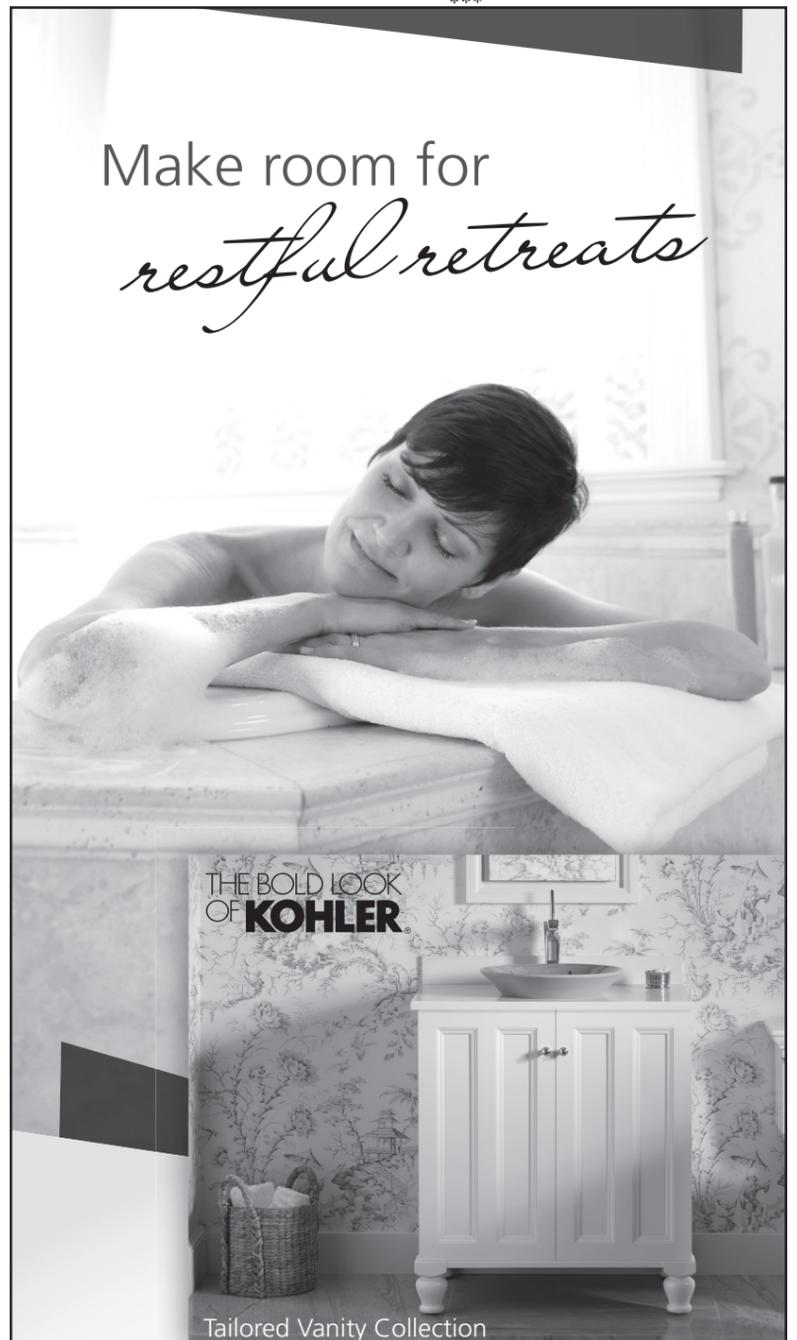
Leave them there for a couple of days, and then carefully peel away the tape and check both sides of the foil. If the side facing the wall (the inner side) is wet, then seepage is your issue. If the outer side is wet, condensation is the problem.

If both sides are wet, seepage is the most likely issue, with condensation possibly a result of the seepage.



Q. I have a Singer sewing machine that is the Model 15-30. It is in an oak cabinet that has been damaged by dampness. A neighbor has offered me \$600 for it. Should I sell? — *Bill, Indianapolis, Ind.*

A. Take the money and run. According to several dealers I consulted, your machine is probably worth about \$300, and perhaps even less with the cabinet damage you described.



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Bibb: Buttercrunch, Speckles, Summer Bibb, Summer Bibb Blend
Crisphead: Michelle
Leaf: Black Seeded Simpson, Green Salad Bowl, Red Deer Tongue
Romaine: Little Gem, Parris Island Cos

The Leaf lettuces are ideal for containers; pick the outer leaves and let the center continue to grow. This is called "cut and come again" harvesting. Head lettuces like Romaine, Bibb and Crisphead need to grow about 50 days to harvest, so plan for those to grow in-ground.

Red Deer Tongue lettuce

Source: www.groworganic.com



Happy Mother's Day!

What can you do to make Mom's day special? Perhaps her birdbaths need scrubbing, or even her feeders. Why not mix a special birdseed blend just for her. Equal amounts of sunflower heart chips, peanuts, black oil sunflower and safflower seed will bring any bird to any yard. Be creative.

E-mail: birdingbits@cfl.rr.com
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Algae in the Birdbath

I filled a small cement birdbath with white vinegar and let it sit on my porch, away from birds. I rinsed it with water and brought it back on my porch to dry completely. After a few days the algae literally popped out of the bird bath. I couldn't be happier.

E-mail: birdingbits@cfl.rr.com
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Brenda Weaver

Compost materials

"Browns"	"Greens"
Fallen leaves, hay, straw, cornstalks, shredded cardboard & newspaper (soy-based OK), paper plates, bags, towels, chipped brush, sticks, twigs, branches, bark, sawdust, pine needles (not more than 10%)	Vegetable & fruit wastes, eggshells, coffee grounds, filters, teabags, farm animal manure, chemical-free weeds & grass clippings, seaweed (give it a good soak to remove any excess salt)

Source: earthfriendlygardening.wordpress.com

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Business Spotlight



Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals. He is dedicated to giving each and every customer the personal attention required to ensure that your experience will be a positive one. If you need to rent a mail box, ship a parcel, have copies made, need something faxed or have a presentation or direct mail piece put together he can assist you. 3D Printing is now available at this UPS Store. Call The UPS Store at (773) 871-1400



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Quotes worth your time

"The first place we lose the battle is in our own thinking. If you think it's permanent then it's permanent. If you think you've reached your limits then you have. If you think you'll never get well then you won't. You have to change your thinking. You need to see everything that's holding you back, every obstacle, every limitation as only temporary."

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Ribfest-Chicago.com

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Comics

The Spats

by Jeff Pickering



Junior Whirl

by Hal Kaufman

INITIAL LOT! Ten sets of familiar three-word abbreviations are displayed in the box at right. You are asked to translate them. No. 1, for instance — SRO — is an abbreviation for Standing Room Only. Now, go on to No.2, etc. Let's see if you can make short work of identifying them all. Time limit for this exercise is two minutes.

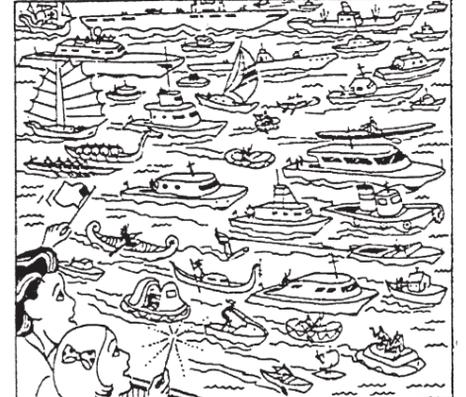
- 1. SRO 6. SOP
- 2. VIP 7. BLT
- 3. TLC 8. UFO
- 4. FYI 9. UHF
- 5. CEO 10. VCR



SPOT CHECK! Where the ulnar nerve presses against the near condyle of the humerus is the site of one's so-called FXUXNXNYXBXXNXE. Drop X's.

TAXI RIDE DRAMATICS

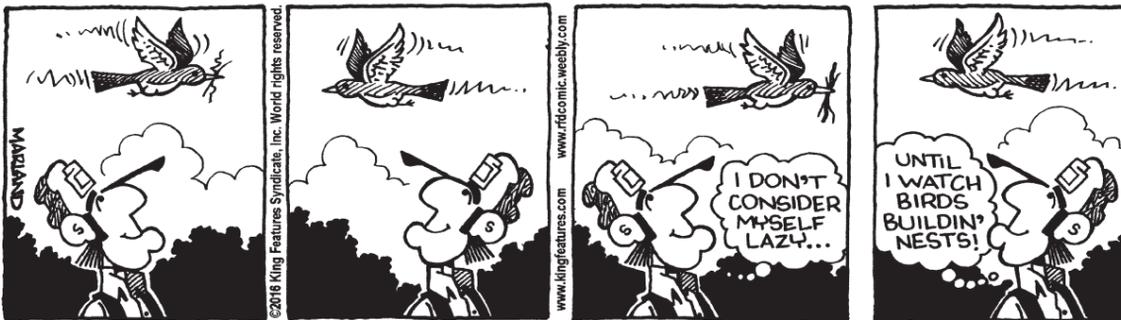
Think you have your wits about you? Let's see. Try puzzling out this classic taxicab poser:
A passenger enters a taxicab. The cab starts off. Passenger begins to talk, rambles on.
Driver says nothing, but passenger continues to talk, asks question. Driver thinks fast, points to mouth as if unable to reply, points to ears, signalling he can't hear. Passenger stops talking.
Upon reaching destination, passenger sees through hoax. What gives driver away?
If driver couldn't hear, how did he know destination?



CRAFT SHOW! Our artist claims there are 40 craft of assorted types in this drawing. See how many you can find.

R.F.D.

by Mike Marland



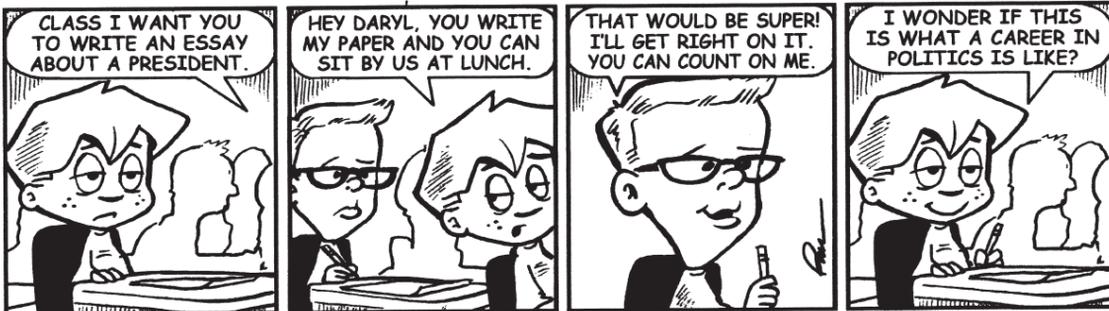
Out on a Limb

by Gary Kopervas



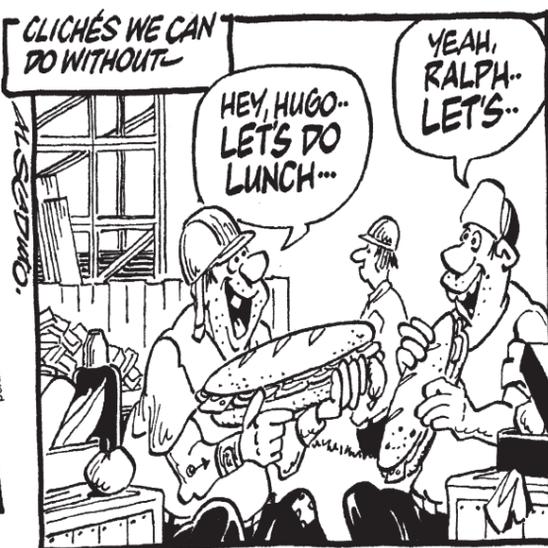
Amber Waves

by Dave T. Phipps



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Jacket is missing. 2. Dog's ear is different. 3. Cap is reversed. 4. Cuts are missing. 5. Cloud is different. 6. Radio is missing.

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Just Like Cats & Dogs

by Dave T. Phipps



J'EVER NOTICE? MOM WON'T ALLOW HER KIDDIES TO WATCH THOSE TV SHOWS THAT ARE TOO VIOLENT... THEN SHE LISTENS IN TO THE "NON-VIOLENT" KIDDY-TOONS... OH, YEAH!



Thank to DAN WEISMAN, W. LAKE VILLAGE, CA.



Photos courtesy of Getty Images

Naturally Clean for Spring

A surprising way to make spring cleaning simple

FAMILY FEATURES

Wiping away the grime of winter doesn't have to mean launching an attack with dangerous chemicals. As you tackle this year's spring cleaning chores, take a note from Mother Nature and rely on the cleaning power of a surprisingly effective natural product: vinegar.

During the last century, vinegar has become increasingly recognized as a low cost and eco-friendly household product. From cooking and canning, to cleaning items indoors and out, homeowners are discovering that this eco-friendly, acetic liquid is as versatile as it is useful.

"Cleaning with vinegar has always been an effective way to banish dirt and grime in kitchens, bathrooms, the garage and the outdoors," said Mike Smith, executive vice president of sales and marketing at Mizkan Americas, the makers of Four Monks Cleaning Vinegar.

Despite its strong cleaning power, vinegar does have one downfall: its distinctive odor. You can experiment with dozens of DIY recipes online to overcome this dilemma, or you can rely on a store-bought non-toxic cleaning vinegar such as Four Monks, which is made from a proprietary process that reduces the strong aroma and leaves a clean, crisp scent.

Learn how vinegar can make it easier to tackle common tasks around the house with these hacks and discover more uses for cleaning vinegar at VinegarTips.com.

In the Kitchen

Clean off the blades of a well-worn can opener with an old toothbrush soaked with vinegar to help remove dirt and grease.

Clean your ice/water dispenser by running vinegar through the system. Flush the vinegar out by running water through the system for 30-60 seconds.

Rid your dishwasher of mineral buildup by pouring half a cup of vinegar into the reservoir and running an empty cycle. You can also use vinegar in the dishwasher instead of another glass cleaner to keep your glassware sparkling.

Renew sponges and dishrags by placing them in just enough water to cover them. Then add one-fourth cup of vinegar and let them soak overnight.

Remove dark stains on an aluminum pot by boiling two cups of vinegar. For stained and smelly plastic food containers and lunchboxes, wipe them with a cloth dampened with vinegar.

To clean a grease-splattered oven door window, saturate it with vinegar. Keep the door open for 10-15 minutes before wiping with a sponge.

Deodorize the garbage disposal by pouring in half a cup of baking soda and half a cup of vinegar. Let sit for five minutes then run hot water down the disposal.

Avoid using toxic chemicals where you store food; wipe up spills in the fridge with vinegar.

In the Bathroom

Rid a faucet of lime deposits by tying a plastic bag containing one-third to one-half cup of vinegar around it and leaving it there for two or three hours. Wipe down with a sponge and scrub any remaining deposits with an old toothbrush. The same approach can be used to remove buildup on a showerhead.

The fizzing combo of vinegar and baking soda can unclog and remove odor from a tub drain. Pour half a cup of baking soda in the drain, then follow with two cups of hot vinegar. Immediately plug the drain with a rag to keep the bubbles contained for 10 minutes. Rinse by pouring a kettle of boiling hot water down the drain.

Spray shower doors with vinegar after you've squeegeed the glass – or before you turn on the water – to help release hard water deposits.

Clean shower door tracks by filling them with vinegar and letting it sit for a few hours. Pour hot water into the tracks and scrub away any remaining film with a toothbrush.

To make the toilet bowl sparkle, pour in a cup or more of vinegar and let it sit for several hours or overnight. Scrub well with the toilet brush and flush.

Remove old bathtub decals with vinegar heated in the microwave.

In the Laundry Room

Remove coffee and tea stains by flushing the area with vinegar, rinsing and repeating. For wine stains, saturate the spot with vinegar and allow it to stand for several minutes. Then, wash as normal. Tip: For more delicate fabrics or precaution, test on an inconspicuous part of the garment first.

Restore yellowed clothing by soaking garments overnight in a solution of 12 parts warm water and one part vinegar. Wash them the following morning.

Soak new garments in a few cups of vinegar for 10-15 minutes before washing to stop dyes from running in the wash.

If frequent ironing has left your iron plate dirty, make a paste from one part vinegar and one part salt to scrub it clean.

Remove scorch marks from an iron by rubbing it with a warm solution of equal parts vinegar and salt. If that doesn't work, use a cloth dampened with vinegar.

Forgot that you left wet laundry in the machine and it now smells moldy? Pour a few cups of vinegar in the machine and wash the clothes in hot water. Then run a normal cycle with detergent to rinse the clothes.

Prevent lint from clinging to clothes by adding half a cup of vinegar to the wash cycle.



What Is Vinegar?

Vinegar is the acetic liquid that results when a product containing sugar is allowed to ferment. Vinegar can be created from nearly any product containing sugar; fruit and grains, such as barley and corn, are common sources of vinegar.

The ingredients in vinegar depend on the type of vinegar produced. For example, Four Monks uses distilled vinegar processed from corn, so it's safe for your family. All vinegars are diluted with water to the preferred acidity before bottling. Four Monks has 6 percent acidity, which is 20 percent stronger than traditional vinegar, but gentle on everyday surfaces. This acetic quality is what enables vinegar to effectively clean while being safe for the body and the environment.

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