



April, 2017

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

Volume 21, Number 5

Interview

"A city that encourages political bullying"



by George Rimel

**20
Questions**

This month's interview is with Carter Harms, Chief of Staff, Office of State Representative Ann M. Williams, 1726 W. Belmont, Chicago.

Q. Where were you born and raised?

A. I was born in Dallas, Texas and raised in Southlake, Texas.

Q. Are you married? Any children?

A. No and I have no children.

Q. Where did you attend school?

A. Wheaton College.

Q. What is your fondest childhood memory?

A. Going to my grandparents lake house in the summer and playing on the dock with my brothers and cousins and watching the stars at night.

Q. What was the worst job you ever had?

A. Working as a server when I was in high

school. Our boss scheduled my twin brother and I on the same shift at the same time at two different restaurants and we only had one car.

Q. What hobbies/special interests do you have?

A. I like going to Chicago's free events.

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

A. My favorite TV show is "Broad City"; my favorite movie is "Big Fish" and my favorite book is "Gilead" by Marilynne Robinson.

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

A. Macau Island, which was taken over Portugal from China. It seems like an interesting place to visit.

Q. Who would you like to meet in person and what question would you ask?

A. President Obama. I would ask him "What is his vision for the fu-

Two million people in Illinois voted for President Trump.

Alexander Duvel and Suzanne Monk were among them.

This husband and wife team own Worlds of Music, located in the North Center community at 4161 North Damen Avenue. The business specializes in new and used musical instruments, lessons, workshops and music events.

The attacks on their personal and business

facebook pages began after supporting Trump.

Suzanne Monk alleges that she was harassed and bullied when she dressed in red, white and blue and went to the Trump rally, here in Chicago. However, the Chicago Police Department shut the rally down because they were concerned about the President elect's security.

They have had about 30 different people threaten them and the store and have made

police reports and had threats against them personally.

In a letter to the editor that appeared in Crain's Chicago Business, the letter read in part: "Chicago, you have always been a Democratic town, but this year you have become a one party town terrorizing anyone not in your party for their beliefs..."

We will close at the end of April, because we are no longer willing to subject our staff,

customers, our neighbors and ourselves to the daily risk...we have to leave. In the end, it wasn't the high taxes, constant road construction or high crime. It wasn't the unchecked gang violence or political cronyism.

In the end, we have to leave because of the hate you are willing to tolerate...You have a Trump size chip on that big shoulder, and it has turned you into a city of fear, hate and division.

A city that encourages
Continued page 3

What's on your Mind?



"Spring Break. I need a break from teaching."

Jasmin Andrews



"I am a college student and am applying for internships and trying to be productive and not waste my time."

Jack Richardson



"Our President. I am looking for a way to get me and my kids out of the country."

Mary Berry

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Editorial & Opinions

Interview continued from Page 1

ture?"

Q. What have been your three greatest achievements?

A. Being in the job I have now. In high school, I was Valedictorian and making it on my own in Chicago and being independent after college and not regretting it.

Q. What have been your three greatest disappointments?

A. I applied with a Senator's office after college and didn't get the job. My school suspended a professor over his stance on Muslims. It was a huge controversy and the lack of substance with President Trump.

Q. What is your "pet peeve"?

A. People that complain constantly.

Q. If you could change places with someone for one day, who would that person be and why?

A. The Director of the CIA. It would be fascinating to have access to international intelligence.

Q. Who would you say had /has the most influence in your life?

A. My twin brother, Wyatt.

Q. What did you do for a living before becoming Chief of Staff for State Rep Ann M. Williams?

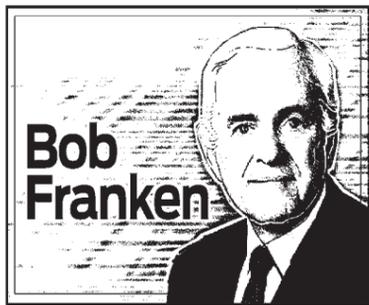
A. I was working for a political communications firm.

Q. What would you say are some of the greatest challenges as Chief of Staff?

A. Making sure that I am being able to respond and give people the time and attention they deserve.

Q. Have you always been interested in politics and do you think you would ever choose to throw your hat in the political ring sometime in the future?

A. Yes. I have always been interested in politics. I was 4 or 5 when Bill Clinton was president and they were saying he had a secret. I was sure the secret was that he was coming to my birthday party. I wouldn't be interested with running for office the way the system is



The National Illness

Many Republican leaders are leery about having their name attached to the GOP's replacement for Obamacare, a health care overhaul they have demonized since it was passed seven years ago. But they're having a devilish time coming up with one of their own that doesn't make things worse.

It's hard to blame them for preferring not to be identified with their American Health Care Act, which is the official title of their slapped-together replacement. They have to come up with something now that they have a lock on our government. After all, they promised incessantly to repeal the Affordable Care Act. In fact, they are actually repealing overall about a century's worth of progress, but let's focus on how they are gutting health care.

This concoction was prepared under the guidance of House Speaker Paul Ryan, who is really into arcane policy. He's also into maintaining the myth that there are ways to deliver health care in the United States, given our bought-and-paid-for politicians, that are more effective and less expensive than Obamacare. So he's come up with his own convoluted plan. Apparently he doesn't want it to be called "Ryancare," but it is his baby, so how about something like the Speaker's Contrivance for Access to Medical care: SCAM?

It is a scam. While it's presented as a more effective approach, it really provides health care coverage to fewer people and will be more expensive with most of the financial benefits going to the wealthy.

currently. You have to constantly raise money and campaign finance gets changed.

Q. Who do you most admire and why?

A. My parents. My dad is a small business owner and hires veterans and he took a pay cut in 2008 when business took a downturn and kept all his employees.

Q. What improvements or suggestions would you make for the Lake-

view neighborhood? **A.** Lakeview is a more inclusive neighborhood and community but more work needs to be done for people of color. Lakeview is truly a great place to work and live.

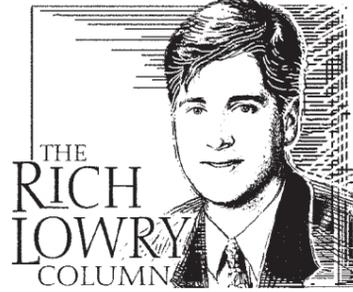
Q. Do you have a motto for living your life? **A.** Make the most of the present and be able to make memories.

But that seems to be the direction they are heading government-wide. Washington is now a conservative's paradise. Plans are being developed to cripple nearly all domestic programs, the ones that have been fought for over decades, the ones that provide food and shelter for those who need such things. Meanwhile, the regulations that often are the only barrier to stop the greedy from stealing even more are being shredded.

Much is being made about the Trump administration's coziness with Russia, a ruthless adversary of the United States. As dangerous as Vladimir Putin's apparatus is, the bigger danger might be from the many operating parts of Donald Trump's government. What's equally pathetic is watching the opposition dither. We all recognize the ridiculous bungling that marked the Democrats' election campaigns, but it's also obvious that they learned absolutely nothing from their dismal failures. They're still running around, crashing into each other with their slapstick turf battles. Even when they do draw blood on egregious issues, like the Russia connection, they fail to follow up in effective ways.

Worst of all, Donald Trump, as president, has shown himself to be a buffoon largely surrounded by extremist incompetents. Have Democrats been able to exploit that? Not really. The only accountability that President Twitter has had to endure comes from the media and the courts, because neither has been intimidated by his hateful bluster. But even those institutions have been splattered by his mindless mudslinging.

Millions of Americans continue to passionately support Trump, determined to exact revenge on his political enemies, those they see as "elitist." They are so angry that they are blind to the fact he is acting against their interests. There is no health care plan for this pervasive national sickness, and no sign of recovery.



The Worst Argument for Trumpcare

Of all the arguments to make for repealing and replacing Obamacare, the very worst is that people don't need health insurance.

Yet this is a Trump administration talking point. White House press secretary Sean Spicer recently told reporters, "When we get asked the question, 'How many people are going to get covered?' that's not the question that should be asked." Pressed on the merits of the bill by George Stephanopoulos on ABC's "This Week," Office of Management and Budget Director Mick Mulvaney shot back, "You're worried about getting people covered." As if that's a woeful mistake.

This is a strange rhetorical tack for officials in an administration led by a president who pledged to cover everyone. Nor is it substantively or political defensible. Repealing and replacing Obamacare will require every ounce of persuasiveness that Republicans can muster, especially with the Congressional Budget Office now estimating that under Trumpcare, 14 million fewer people will be insured in 2018. The early signs aren't encouraging.

It is true that health insurance isn't a panacea. There is an academic debate about whether having health insurance leads to longer lives, and all sorts of factors besides insurance affect health and the quality of medical care (geography, for instance, can have more of an impact on care than whether someone is insured).

Still, there is abundant evidence of the benefits of insurance. Research has

found that Romneycare in Massachusetts improved measures of physical and mental health. A Rice University study of the Houston area found that people with insurance report being in better health than those who lack it. If nothing else, insurance is protection against catastrophic health expenses and provides a sense of security.

Republicans obviously shouldn't accept the premises of their detractors. By all means, they should hit the dubious methodology of the CBO, which vastly overestimated how many people would be covered on the Obamacare exchanges in the first place. And they should point out Obamacare's manifest failings, including an overreliance on the deeply flawed Medicaid program and insurance exchanges that are shaky at best (the executive of Aetna recently said they are in a "death spiral").

But the best response to criticisms that Trumpcare doesn't cover enough people is simple and more fundamental — to get the coverage numbers up. If the headline-grabbing numbers from the CBO don't prompt the GOP to realize this, nothing will. Making the tax credit in the Republican plan more generous further down the income scale would be a start. President Trump's promises about universal coverage aren't achievable, but to lurch in the other direction and dismiss the significance of health insurance is politically poisonous.

At its best, the Trump phenomenon pointed to a GOP more grounded in the economic realities of working-class life. It is remarkable, then, that the first major legislative priority out of the box is being sold, in part, in stereotypically Republican terms, and by Trump's own team.

Before going further down this road, they should think about why Trump, with his keen gut-level political instinct, never told audiences or interviewers that he'd be fine with fewer people having insurance, and adjust their rhetoric and their plan accordingly.

Rich Lowry is editor of the National Review.



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VETERANS POST

by Freddy Groves

Drug Thieves at the VA

The Government Accountability Office has found serious problems with the way the Department of Veterans Affairs handles controlled substances and guards against having those drugs stolen by VA employees.

Out of four facilities the GAO was asked to review, one had missed its required monthly inspection of patient-care areas and the pharmacy 43 percent of the time. Three facilities failed follow three of the nine requirements for handling controlled substances, including verifying that shipments were complete and doing a physical inventory two or three times per week.

One facility only completed one of the nine steps, that of verifying that a substance was dispensed. Two of them could not even verify that controlled substances actually made it from the pharmacy to patient-care areas. If there's one dangerous hole in the system, this is it.

Consider what happens when an addict pharmacy worker either takes or changes the drugs he or she is to deliver to a hospital ward or surgical unit. There was a case where an employee had been confiscating fentanyl (an anesthetic) destined for surgery patients and was using it for himself — while refilling the vials with saline solution. He apparently was on staff at numerous hospitals in the area, doing the same thing. Not only that, but he was infected with hepatitis C, which he passed on to at least one patient. Another junkie, an emergency-room nurse, gave herself injections of painkillers and then noted on the records that that they had been given to patients.

The GAO report concluded in part that the VA's "ability to detect diversion and protect its veterans from harm — such as depriving them of needed pain medications — is limited."

I cringe to think about the patients who didn't get their pain medication or anesthetic — especially the one about to have surgery.

VETERANS POST

by Freddy Groves

Semper Fi Fund: A Worthy Charity

Since 2004, the Semper Fi Fund has awarded more than \$143 million in assistance to 18,000 service members and veterans.

Wow. Too often we hear about scams that collect money allegedly for veterans, and later it turns out they were using the donations to support their own lavish lifestyles. Not this one: Semper Fi is the real deal.

Additionally, for the sixth year in a row, Semper Fi paired up with The Bob and Renee Parsons Foundation, which pledged to match all donations up to \$10 million. The "Double Down for Veterans" campaign netted \$20 million, kickstarted by GoDaddy with a \$50,000 donation. (If you have a website, that name might be familiar if you registered your domain name with them. What you might not know is that GoDaddy founder Bob Parsons is himself a Vietnam-era veteran.)

Again, wow. Semper Fi, a 501(c)(3) nonprofit, provides immediate financial help to post-9/11 wounded, critically ill or injured service members and veterans. Semper Fi was started in 2004 by a group of military wives, and they still run the program. Help is provided in many forms: adaptive housing, edu-

cation and career transitioning, family support, adaptive transportation, sports programs, service-dog training, caregiver support and more. Charity Watch rates Semper Fi an A-plus, and Charity Navigator ranks it at 98/100. To learn more, check out its website at www.semperfund.org.

You know what to do now, right? If you can, pull out your checkbook and send a few dollars to this very worthy organization. Donate at the Semper Fi website or send a check to:

Semper Fi Fund
825 College Blvd, Suite 102
PMB 609
Oceanside, CA 92057

Be sure to include a Semper Fi Fund's Check Donation Form from its website. For questions, send email to info@semperfund.org.

SENIOR NEWS LINE

by Matilda Charles

Instead of Drugs, Try Changing Diet

Several hospital systems in California are aiming to try food instead of drugs in a lot of cases to bring about good health. They're doing it in a very hands-on way: Doctors or nutritionists visit local grocery stores and give tours, answering questions about healthy food and giving away samples. Also onsite are free blood-pressure checks, while medical staff point out the correlation between high blood pressure and salty foods. They call the program Shop with Your Doc.

If you're not in California, there are still things you can do. Take a good look at your diet for foods you can eliminate or swap. Veggies and berries are healthy in multiple ways (try frozen berries in a morning smoothie), and so are whole grains like brown rice, pasta and whole-wheat bread. Did you know the oil in avocados can help lower cholesterol? Carrots have beta kerotene for our eyes. Try a whopper of a protein punch with beans and rice mixed together.

(Search online for "beans in diet for longevity" and you'll see that those areas of the world with the longest lifespans tend to have beans in their diet as a staple. Then see the MayoClinic.org website and search for "Beans and other legumes: Cooking tips" for lots of ideas.)

The next time your doctor hands you a prescription slip to treat a condition, ask him if there is anything you can do with your diet that would eliminate the need for the drug. You might start by asking if he attends the annual Food as Medicine Symposium. If he says yes, he'll know just what you're talking about when you wonder about substituting food for drugs. If not, you'll have an opportunity to tell him about it.

SENIOR NEWS LINE

by Matilda Charles

Reverse Mortgages: Be Wary, Do Homework

While in a very narrow set of circumstances a reverse mortgage can be a benefit in retirement, this path is not for everyone.

The way a reverse mortgage works is that a company gives you money based on the equity in your home, your age and the value of the home. The money doesn't have to be paid back until you sell the house, move away or die. Your financial situation will be reviewed to make sure you can pay insurance, property taxes and maintenance on the house on your monthly income. If your loan is approved, you can expect a monthly sum.

However, there are sad tales everywhere from people who didn't understand all the potential pitfalls of reverse mortgages. The loan can be called for any number of reasons: failure to pay property taxes or insurance premiums, not maintaining the property and more.

Beware if only one of you is age 62 or older, and if that spouse is not listed on the deed. If only one of you signs for the loan, the other could be forced to

move out of the home after the death of the signer, with the home being sold or foreclosed. Since 2014 the "non-borrowing spouse" has more protections, but there are time limits to establishing the right to stay in the home.

As a protection, you'll be required to attend counseling to make sure you know about reverse mortgages. Don't stop there, however. Get expert advice before you begin. To process the loan, only use a Certified Reverse Mortgage Professional.

Go online to the National Reverse Mortgage Lenders Association website (www.reversemortgage.org) and read how a reverse mortgage works, especially the Your Roadmap step-by-step information and the Reverse Mortgage Self-Evaluation.

Best bet: If you have any alternative to increasing your retirement income, use that option instead of a reverse mortgage.

Amazon Store Opens

Amazon store opened on Southport corridor. The number 1 retailer in America has opened the first brick and mortar book store and coffee shop at 3441 North Southport Avenue on March 22nd.



This is the first store of its kind by the chain. They have plans to open 7 more stores like this. The manager, Deidra Sanders and staff were enthusiastic to be serving the Lakeview and adjoining communities.

Bullying continued from front page.

es political bullying."

While being interviewed in their store filled with more reporters and neighbors than customers, they told this publisher "This is not what democracy looks like, a world where people are afraid to say they voted for one of two parties." Monk said.

She has set up a GoFundMe page seeking \$30,000 in donations from Trump supporters and patriots because they want to move the business to someplace on the east coast near Washington D. C.

This is not the first time they have used GoFundMe; they used it in 2005 to buy out the former Andy's Music Store. When asked why they needed the GoFundMe page they said "It costs money for a moving van to move this merchandise from here to the east coast."

They also allege that musicians have told them that they were told not to support them or the musicians would be ostracized.

"Not one person that was bullying us had the guts to come in the front door and have an adult discussion with us" said owner Alexander Duvel.

"The propaganda and culture of hate and being able to call people whatever people want on line is disgusting and the character assassination is truly not the type of system that we want or need in America." said Duvel.

They plan to move the inventory to a website and do business on the internet and plan to have a huge blow out of inventory and party on April 22nd.

\$75 To Park Their Cars



Spaces under the CTA el tracks will cost \$75 a month for area residents to park their cars. The CTA has had a law on the books since the 1890's that allowed residents to park under the elevated tracks for free. The CTA will now start charging \$75.00 a month to park under the el tracks to local residents.

PAULINA MARKET
WWW.PAULINAMEATMARKET.COM
3501 N. LINCOLN AVE.
CHICAGO, IL 60657
773.248.6272

Charcuterie Charity Event!

Saturday April 22nd - 7pm 'til 10 pm

Tickets: \$100.00 per person
\$75.00 will be donated to American Cancer Society
(Maximum 100 tickets sold)

- Charcuterie Charity Night Consists of:**
- Tasting of Paulina Market's Charcuterie & Artisan Cheeses
 - Beer, Wine and Spirits tasting
 - Live music
 - Silent Auction
 - Butchering a Whole Lamb (2 X half lamb cut and auctioned)
 - Sakura whole pork loin roasted on a spit (sampled)



Gift bags for everyone!

A meaty night with the Paulina crew, and without question, a great cause...

A night you'll never forget!

Health



Are Dermatologists 'Zapping' for Dollars?

DEAR DR. ROACH: I am 73 years old and lived on a boat in my 40s. Now, whenever I go to the dermatologist (two to three times each year), he "zaps" me about 20 times and burns off "cancer cells" or maybe "potential cancer cells." Some of them have been cancer and were healed with MOHS procedure. While I am grateful for the care he gives me, I also sometimes feel that he zaps because each zap means more money. Can you please clarify this for me? — *G.B.*

ANSWER: I often get questions like this, where a patient has a concern that their doctor is performing unnecessary medical care for the purpose of enriching himself or herself. I always have trouble believing it, since I can't really imagine it, but I recently read about an oncologist pleading guilty to treating with chemotherapy people who didn't really have cancer, which shakes my faith in my profession (and colleagues).

Still, I truly believe that, in your case and probably more than 99 percent of the time, the doctor is being extra cautious to treat you for the sole purpose of reducing your likelihood of developing an invasive skin cancer later on.

DEAR DR. ROACH: My mother lives in Florida. Her major discomfort is fatigue and no energy. I have asked her doctor to please give her a vitamin B-12 injection, even though her B-12, thyroid function, vitamin D and blood count are all in the

normal range. Her doctor does not believe in B-12 injections. Do you think it might help? — *J.L.*

ANSWER: Vitamin B-12 is necessary for proper function in many tissues, but it is critical for blood cell production and neurologic function. B-12 deficiency causes an unmistakable anemia (called megaloblastic anemia) and can cause neurologic and psychiatric disturbances even in some people with no anemia. The blood test for B-12 is quite reliable. The major cause of B-12 deficiency is an autoimmune disease that prevents the stomach from making intrinsic factor, which is necessary for efficient absorption of B-12. B-12 can be absorbed orally by people with pernicious anemia by taking very high doses, such as 1 mg. This gives as good a replacement as injection.

It was common 50 years ago to give B-12 injections as a "tonic." However, it offers no advantages for people with normal B-12 levels beyond the placebo response. As I have noted many times, the placebo response can be very powerful, and 1 mg of B-12 orally is very safe.

DEAR DR. ROACH: I have heard that drinking water with your meal is bad for you. Is this true? And if so, why? I have a dry mouth due to cancer treatment and must have water with everything I eat. Is something bad going to happen to me? I am otherwise healthy. — *R.G.*

ANSWER: It's not true at all. Water is, generally speaking, the healthiest drink. It is possible to drink too much water, but it's very hard to do so unless you are taking medications that affect your kidneys or you have excess anti-diuretic hormone, an unusual medical condition. Keep drinking your water.

Bad Hip Isn't Always Painful

DEAR DR. ROACH: It would be helpful if you described some of the warning signs/symptoms of a bad hip that requires replacement. I now know that such a condition does not necessarily announce itself

with chronic severe pain in the hip. Indeed, what sent me to the doctor was a recurrent pain in my groin. My hip was relatively pain-free, and even then I had only a mild discomfort that I thought was simply some arthritis.

What I failed to appreciate over the past few years was the very gradual loss of my range of motion, leading to difficulty with simple activities, such as tying my right shoe or cutting my toenails. In retrospect, I feel rather foolish that I did not realize sooner that I was having hip problems. Perhaps you can alert others to the signs of gradual hip degeneration that fall short of acute hip pain. — *B.A.*

ANSWER: You have done a lot of the work for me. The groin is the most common location for pain from hip osteoarthritis, but other locations — especially pelvis and knee — all can be coming from the hip. We suspect arthritis when pain is worse after activity and improves with rest. But it is the range of motion and pain with movement that we as internists look for on exam to help us decide whether the complaints are likely from the hip joint or from another location. the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I always have nitroglycerin with me, as I have heart disease. If I see someone having a heart attack, can I give them one? — *J.G.*

ANSWER: I applaud your civic-mindedness, but you should not give out nitroglycerine. It is an extremely powerful medication that should be used only when sure of the diagnosis. I recall the chief resident during my training warning a fellow intern that he needed to do a careful exam before giving nitroglycerine, because it can be fatal in people with severe aortic stenosis, a blockage in one of the heart valves. It made quite an impression on me.

Trained first-responders carry aspirin, nitroglycerine and oxygen for heart attack victims. The key is to get the person to definitive medical care as soon as possible. I do recommend that

everyone who is physically capable of providing CPR learn to do so. You can save the life of a loved one or a total stranger.

Irritable Bowel Syndrome Vanishes After 35 Years

DEAR DR. ROACH: I'm a 77-year-old man in good health except for irritable bowel syndrome for 35 years. Six months ago, I started taking two low-dose aspirins daily as a preventive, and since then all IBS symptoms have disappeared. Stools and frequency are now normal and without any intense cramping, gas or urgency, which I had for all those years. Frankly, I'm pleasantly shocked, since I thought IBS had no cure. I take no other medications or supplements, so it seems likely that the aspirin has alleviated or maybe cured my IBS. I thought other readers might be interested. Any thoughts? — *B.C.*

ANSWER: Yours is a very unusual but not unheard of response to aspirin. Most people with IBS find that aspirin and other anti-inflammatories worsen IBS symptoms. I have read of others who have the same response you seem to, however.

Aspirin remains controversial as a preventive in people without heart disease, but I believe the benefits outweigh the risks in people at high risk for heart disease, even if they are undiagnosed. Always speak with your doctor before beginning a course of aspirin, even if it's low-dose.

DEAR DR. ROACH: I have taken the same dosage of Synthroid for several years. Since this dose successfully maintains my thyroid level, is it still necessary for me to have my bloodwork done once a year, or could I either stop having bloodwork done or have the test performed every other year? — *R.M.*

ANSWER: In general, the dose of replacement thyroid remains roughly constant over the long term. However, the dose may need to be adjusted for several reasons, including weight change, other medication use, change

in absorption due to gastrointestinal developments or pregnancy. Also, even normal aging alters the metabolism of thyroid hormone, so I'd recommend continuing to check levels once yearly at a minimum.

DEAR DR. ROACH: Several weeks ago, I contracted a bad cold with much congestion.

I have received an antibiotic plus nasal spray, and most of the congestion is gone. I have no pain. My concern is that my ears are still partially blocked. I can clear them by pinching my nose and blowing, such as one does in an aircraft, but I must do this frequently. I am worried about hearing damage. I don't know what else to do. — *R.F.*

ANSWER: The Eustachian tube connects your middle ear with the back of the throat and equalizes the pressure in your ear. It is common for congestion to linger. Fortunately, it does not permanently damage hearing, and usually goes away by itself. Decongestants can help, but do not use a decongestant spray such as Afrin (oxymetazoline) for more than three days.

DEAR DR. ROACH: I am writing to you regarding your recent column about psoriasis.

My husband spent most of his life suffering from severe psoriasis, until he was told of an all-natural solution: cilantro. In a matter of a few months he was completely symptom-free, and remains so after more than a year. He simply adds a few sprigs of cilantro to a garden salad once a day. — *J.L.*

ANSWER: I also have read that eating fresh cilantro helps psoriasis. I couldn't find any study that looked at this, and people responding to online support groups reported mixed results. However, it is very safe and might be worth a try.

Financial Statement

RIISING INTEREST RATES HOW WILL THIS AFFECT YOU

SAVINGS AND CDS

Moving forward, the rates on savings accounts and certificates of deposit will more than likely rise if the Fed continues to hike rates.

People are using a strategy called 'ladder-

ing'. That is when people purchase CDs with different maturities so all their savings aren't locked in at the same rate for years. If you're doing that now, stay with CDs maturing in a year or less so you can reinvest as rates rise.

CREDIT CARDS

Rates on most cards are variable so expect your rate to increase within 60 days after

the Fed raises its rate. If you carry a balance, consider making a transfer of your debt to a new card interest-free for up to 21 months. Then you can pay off the debt.

BONDS

When rates rise, old bonds fall because they offer a lower yield than new bonds. If older bonds are sold before maturity, they must

be sold at a discount.

In contrast to stocks, bonds and bond funds provide stability to a portfolio, but stay with more stable, shorter-term bonds that are less sensitive to rate changes.

AUTO LOANS

The mail is full of offers from lenders. The average rate on car loans will hover around 3 percent..

However, this low rate is for borrowers with good credit scores. If you don't have a good score, work at improving your score before buying. Try to get the balances down on your credit cards.

MORTGAGE

The most common type of mortgage is the fixed-rate mortgage. Rates may go up if the economy

continues to improve and inflation heats up.

When buying a house, think about an adjustable rate mortgage with a fixed rate for five years. ARMs have been unpopular but now are one percentage point less than a 30-year fixed loan. Be watchful because the rate can go up in the next five years.

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1. FOOD & DRINK: What is meringue made of?
2. MOVIES: What were the names of the tunnels in the movie "The Great Escape"?
3. GENERAL KNOWLEDGE: Pure gold consists of how many karats?
4. LITERATURE: In which of Charles Dickens' novels does the character of Fagin appear?
5. GEOGRAPHY: What Pacific island nation is known by the initials FSM?
6. ANATOMY: How many chambers are in the human heart?
7. MUSIC: How many keys are on a standard piano?
8. BIBLE: How old was Methuselah when he died?
9. MEASUREMENTS: What degree of latitude is the Equator?
10. ANIMAL KINGDOM: What is a group of rhinos called?

Answers

1. Whipped egg white and sugar
2. Tom, Dick and Harry
3. 24
4. "Oliver Twist"
5. Federated States of Micronesia
6. Four
7. 88
8. 969 in the Hebrew Bible
9. Zero
10. A crash



1. Which group released the album "Meddle" in 1971?
2. Who was responsible for "Bristol Stomp"?
3. Name the Hollies song with the girl who had "freckles" in misheard lyrics.
4. Who released "Wildwood Days"?
5. Name the song that contains this lyric: "This vicious circle's getting out of hand, Don't need an extra eye to see that the fire spreads faster in a breeze."

Answers

1. Pink Floyd. The album took a very long time to finish because the group used their sessions trying to create various sounds, sometimes using animals or household objects.
2. The Dovells, in 1961. See YouTube for examples of the dance called "The Stomp." And yes, there are online step-by-step instructions.
3. "Jennifer Eccles," in 1968. The freckles angle was perpetuated by Scaffold in their song "Lily the Pink" and the lyric "Jennifer Eccles had terrible freckles."
4. Bobby Rydell, in 1963. The song is about Wildwood, New Jersey, once known for its nightlife and music.
5. "I Don't Wanna Go On With You Like That," by Elton John, in 1988. The song climbed to No. 2 in the U.S. on Billboard and No. 1 in Adult Contemporary, but barely reached the top 30 in the U.K.



1. **Beauty and the Beast**(PG) Emma Watson, Dan Stevens
2. **Kong: Skull Island** (PG-13) Tom Hiddleston, Samuel L. Jackson
3. **Logan**(R) Hugh Jackman, Patrick Stewart
4. **Get Out**(R) Daniel Kaluuya, Allison Williams
5. **The Shack** (PG-13) Sam Worthington, Octavia Spencer
6. **The LEGO Batman Movie** .(PG) animated
7. **The Belko Experiment**(R) John Gallagher Jr., Tony Goldwyn
8. **Hidden Figures**(PG) Taraji P. Henson, Octavia Spencer
9. **John Wick: Chapter 2**(R) Keanu Reeves, Riccardo Scamarcio
10. **Before I Fall** (PG-13) Zoey Deutch, Halston Sage

Strange But True continued.

- We're in no danger of it happening these days, but once, in April of 1930, the British Broadcasting Corporation reported that there was no news that day. Instead of an announcer reading reports, they played soothing piano music instead.
- According to pollsters, during the year 2016, both head lice and cockroaches were more popular than the U.S. Congress.
- Before he became the beloved novelist Americans know and love, a 15-year-old Jack London worked in a pickle factory earning 10 cents an hour. Desperate to get out of the closed-in, steamy cannery, he decided to join the ranks of an entirely different profession: oyster pirates. Pacific coast oyster beds that had been accessible to the public had recently been turned into private oyster farms, off limits to the working-class fishermen who had relied on them. This created an underclass of pirates who would fill bags with oysters under cover of night — and London, who borrowed the money to buy a sloop called the "Razle Dazzle," quickly became one of the best. His prowess and daring earned him the nickname "Prince of the Oyster Pirates."



By Samantha Weaver

• It was vice president Adlai Stevenson who made the following sage observation: "All progress has resulted from people who took unpopular positions."



PICKS OF THE WEEK

Hidden Figures (PG) — NASA needed all its brainpower in the 1960s to win the Space Race. That was a problem, because some of its brightest math minds belonged to women who weren't white, and they were kept in separate locations for "Colored Computers." Katherine Johnson, Dorothy Vaughan and Mary Jackson (Taraji P. Henson, Octavia Spencer and Janelle Monae) were three such women whose work was vital to America's earliest swipes at the stars.

The movie handles historical topics in a way that is uplifting, but not superficially satisfying with easy solutions and platitudes. Math can be hard, but doing the hardest math while surrounded by bitter racism and backhanded sexism is heroic. This struggle is powerfully shown while the story manages to stay grounded.

Lion (PG-13) — Saroo (Dev Patel) is a grown man in Australia who can't shake memories of being a lost little boy in India. He was 5 years old when he got stuck on an empty train in rural India and was taken thousands of miles away from his family. An Australian couple (Nicole Kidman and David Wenham) adopted him in Calcutta and raised him with love, but Saroo's vivid memories of his birth mother and brother pull him to the search. His girlfriend (Rooney Mara) and adoptive parents support him, but fear the search could consume him — the trail is 25 years cold, and the territory is vast.

It's something that could tug on so many heartstrings that you'd be incredulous — but it's based on a true story, you'll recall. The cinematography does an amazing job of manipulating perspective to put you on the journey, both with lost little Saroo, and determined, memory-driven adult Saroo.

Toni Erdmann (R) — Tightwad

Ines (Sandra Huller) has a high-pressure consulting job at an oil company in Romania, where condescending co-workers make sexist remarks to her face as she fights to be taken seriously without rocking the boat. It's dad to the (good-intentioned but unwanted and embarrassing) rescue! Her bored and bumbling father, Winifred (Peter Simonischek), shows up for some unsolicited family bonding. After Ines rebuffs her dad, Winifred returns in a ridiculous disguise as "Toni Erdmann," a life coach to the corporate elite. It's charming and cringe-inducing and sweet without suffocating. The main caveats are that it's nearly three hours long and subtitled, but neither should be a deal breaker for fans of original offbeat comedy.



Taraji Henson in "Hidden Figures"

Worlds Apart (R) — Three separate stories of love strained by global currents come together in modern-day Athens. First, a Greek woman falls for a Syrian refugee as nationalist hostilities reach a breaking point. Then, a depressed businessman has a sultry affair with the icy Scandinavian woman overseeing the downsizing of his employer. The final (and best) act features J.K. Simmons as a German expat on a weekly series of sublime supermarket dates with a housewife (Maria Kavoyianni). The emotional payoff for each story varies, but the sum of the experience for this economically strained romance is a net gain.

TV RELEASES

- Mars: Season 1**
- Silicon Valley: The Complete Third Season**
- Top Gear 23**
- Veep: Season 5**
- Tangled: Before Ever After**

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Top 10 Movies On Demand

1. **Moana**(PG) animated
2. **Jackie**(R) Natalie Portman
3. **Doctor Strange** (PG-13) Benedict Cumberbatch
4. **Hacksaw Ridge**(R) Andrew Garfield
5. **Manchester by the Sea**(R) Casey Affleck
6. **Allied**(R) Brad Pitt
7. **Arrival** (PG-13) Amy Adams
8. **Moonlight**(R) Mahershala Ali
9. **Trolls**(PG) animated
10. **Nocturnal Animals**(R) Amy Adams

Top 10 DVD, Blu-ray Sales

1. **Moana**(PG) Disney
2. **Doctor Strange** (PG-13) Disney
3. **Trolls**(PG) FOX
4. **Hacksaw Ridge**(R) Lionsgate
5. **Beauty and the Beast** (1991) .(G) Disney
6. **Arrival** (PG-13) Paramount
7. **Allied**(R) Paramount
8. **Jackie**(R) FOX
9. **PAW Patrol: Pups Save the Bunnies**(TV-Y) Paramount
10. **Incarnate** (PG-13) Universal

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What's Hot in Hollywood

HOLLYWOOD — Now that the Oscars are over, nominees can get back to work. Best-actor winner **Casey Affleck** (“Manchester By the Sea”) has “A Ghost Story,” with **Rooney Mara** (which screened at Sundance Jan. 22). He’s currently shooting “Light of My Life,” which he wrote, directs and stars in, with **Anna Pniowsky**.

Ryan Gosling (“La La Land”) has “Song to Song,” with **Michael Fassbender**, **Rooney Mara** and **Natalie Portman** (which also screened Jan. 22 at Sundance) and “Blade Runner 2049,” with **Harrison Ford**, due Oct. 6. He’s currently shooting with “La La Land” director **Damien Chazelle** in “First Man,” about **Neil Armstrong**, the “first man” to walk on the moon.

Andrew Garfield (“Hacksaw Ridge”) has “Breathe,” with **Claire Foy** and **Hugh Bonneville**, and the thriller “Under the Silver Lake,” with **Riley Keough** (Elvis Presley’s granddaughter) and **Topher Grace**, in post-production.

Best actress winner **Emma Stone** (“La La Land”) is slated for “The Battle of the Sexes,” about the tennis competition between **Billy Jean King** and **Bobby Riggs**, along with a reboot of “A Hundred and One Dalmatians” and “Love May Fail.”

Along with “Song to Song,” **Natalie Portman** (“Jackie”) has “Planetarium,” with **Lily-Rose Depp** (daughter of Johnny Depp); the sci-fi film “Annihilation,” with **Jennifer Jason Leigh**, **Oscar Isaac** and **Gina Rodriguez**; and the Canadian drama “Death and Life of John F. Donovan,” with **Kit Harington** (“Game of Thrones”), **Jessica Chastain**, **Kathy Bates** and **Susan Sarandon**.

Meryl Streep (“Florence Foster Jenkins”) is set to play “Topsy” in “Mary Poppins Returns,” out Dec. 25, 2018. **Isabelle Huppert** (“Elle”) already has filmed five foreign films.

Best supporting actor **Mahershala Ali** (“Moonlight”), also in “Hidden Figures,” has “Roxanne, Roxanne” (screened at Sundance) awaiting a release date and currently is filming “Alita: Battle Angel,” with Oscar winners **Jennifer Connelly** and **Christopher Waltz**, coming July 20, 2018.

Viola Davis, best supporting actress (“Fences”), has no films set, but continues with “How to Get Away with Murder” on ABC. **Denzel Washington** (“Fences”), **Viggo Mortensen** (“Captain Fantastic”) and **Ruth Negga** (“Loving”) have not announced their next projects.



Depositphotos

Mahershala Ali

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Tyler Henry, “The Hollywood Medium” (which returns on E Channel in mid-May for a third season), went back to his hometown of Fresno, California, to sign his book “Between Two Worlds” (Simon & Schuster), already on several bestsellers lists. Three thousand of his friends, neighbors and anyone he ever met showed up at Barnes & Noble, which was so overwhelmed it ran out of books. Tyler signed every book and talked to everyone he met there. Tyler must have seen that coming, but is too modest a guy to blow his own horn that way.

HOLLYWOOD — **Meryl Streep** will follow her Oscar-nominated performance as “Florence Foster Jenkins” with the role of Topsy in “Mary Poppins Returns,” which stars **Emily Blunt** (as Mary) and **Lin-Manuel Miranda** (as Jack, a Dick Van Dyke-type character). **Dick Van Dyke** will play Mr. Dawes, Jr., the bank director’s son, a member of the board, and

Angela Lansbury will be a Balloon Lady. The film arrives Christmas Day 2018.

Is Netflix expanding into theatrical releases? Netflix acquired the rights to Martin Scorsese’s upcoming film “The Irishman,” with **Robert DeNiro**, **Al Pacino**, **Joe Pesci**, **Harvey Keitel** and **Bobby Cannavale**. It’s about the disappearance of **Jimmy Hoffa**, who vanished July 30, 1975. With a budget of \$100 million, it seems unlikely that Netflix would pony up that kind of cash without releasing it to theaters first.

George Clooney revealed, while accepting a special Caesar Award (the French Oscar), that he believes, “**Donald Trump** is a Hollywood elitist who has amassed 22 acting credits with The Screen Actors Guild and receives \$120,000 a year from its pension fund.” He further asserts that **Steve Bannon**, Trump’s top adviser, also is a Hollywood elitist “because he made millions from his investment in the ‘Seinfeld’ series.” Yet, Trump has cut funding to the NEA (The National Endowments for the Arts) because allegedly he’s angry that so many Hollywood actors are speaking out against him.

Sorry to hear that **David Cassidy** has been diagnosed with dementia. In 1970, when he was the hottest teen actor in the world because of “The Partridge Family,” I was granted an interview and photo session with him at his house in the Hollywood Hills. However, his publicist insisted on blindfolding me before she took me to there. I



www.davidcassidy.com

David Cassidy

memorized the route along the way, deliberately left something behind and then showed up a few hours later to retrieve it. I told Cassidy that all he had to do was ask me to keep his house address a secret, and I did. Blindfolded, indeed!

Did you know that as of 1951, if you’ve won an Oscar you can’t sell it, you have to offer it first to The Academy of Motion Pictures Arts and Sciences for \$10. Still, in 1999, the best-picture Oscar, presented to **David O. Selznick** for “Gone with the Wind” was bought for \$1.54 million. How was it done? They couldn’t advertise it anywhere, so the owners pawned the award with the intention to repay the loan. When they failed to retrieve it, it became the property of the pawn shop, which in turn sold it to a private collector ... **Michael Jackson**. You might say “Oscar” was worth a lot more than his weight in gold!



by cindy elavsky

Q. I read that **Lacey Chabert** recently had a baby. How is she doing, and will she be taking a break from acting? — *Janet Y., via email*

A. The “Party of Five” and “Mean Girls” alum did indeed just become a new mom. She and husband **David Nehdar** welcomed **Julia Mimi Bella** in September. However, earlier this year, Lacey was back at work — filming the Hallmark Channel’s “Moonlight in Vermont” — with 4-month-old **Julia** in tow. I spoke with her recently about the being on set with her daughter.

“This was my first project back as a new mom, and my baby was only 4 months old when we filmed it. We are so attached; she was with me when we were in Vancouver and then on set most days, and it was a whole new experience. Being a mom and carrying the movie and still not sleeping at night. It was definitely a challenge, but so worth it. It’s like I have a whole new

energy now with her. And my work has become even more important to me. I want to do stuff that she can watch later and be proud of. She brings so much joy to our lives. I’m just madly in love with her.”

Regarding the movie, which premieres April 8 at 9 p.m. ET/PT on Hallmark, Lacey could relate to the busy, career-driven woman that she played: “I’ve been working since I was 7 years old. I am very driven and very ambitious, but especially since having a baby. The baby has really taught me to take a step back, slow down a little bit sometimes, and really just enjoy the moment. It’s great to be ambitious and it’s great to be driven, but I think there needs to be a happy balance. If you’re constantly on the go and don’t ever sit back and enjoy what’s happening, then what’s it all worth?”

Q. I am addicted to **Tom Hardy’s** new series “Taboo.” Please tell me there will be another season. — *Nick B., Port St. Lucie, Florida*



Photo courtesy Lacey Chabert

Lacey Chabert

A. Tom Hardy himself has confirmed that there will be an “explosive” new season of “Taboo,” which just completed its run on FX. Season two will pick up with **Delaney** (played by Tom) and his ragtag group of criminals as they head over to America. For those of you who haven’t had the chance to watch it, you can stream it for free through your cable provider or you can purchase individual episodes or the entire season to stream from Amazon.

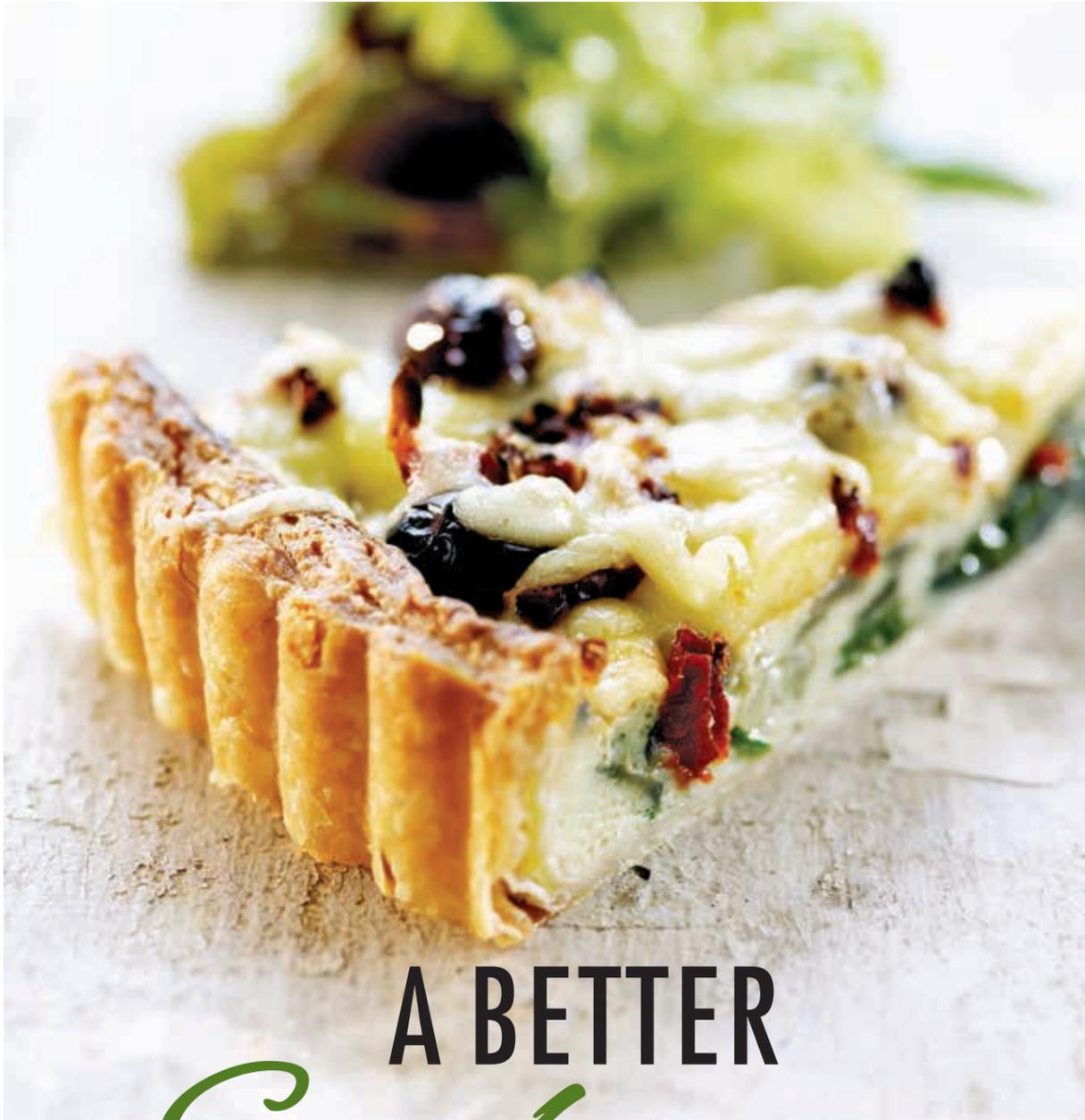
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Brunch calls for a combination of light and savory fare, and an ingredient like Jarlsberg Brand Cheese lets you go either way. Best known for its classic wedge, this nutty, mild cheese is also available sliced and shredded – perfect for adding a distinctive taste to nearly any indulgent dish you can imagine.

Quiche is a brunch staple, and no variation of this classic is complete without cheese – in this case, a rich, creamy layering of Jarlsberg's unmistakable flavor does the trick.

For a lighter bite, try these Cheesy, Crispy Smashed Potatoes from Chef George Duran, host of TLC's "Ultimate Cake Off" and Food Network's "Ham on the Street." You could go a more decadent route with Duran's Brown Sugar Ham and Cheese Sticky Buns, or even appeal to kids of all ages with his Spicy Tater Tot Breakfast Muffins. Explore more recipes for a simply elegant Easter brunch at jarlsberg.com.

Spicy Tater Tot Breakfast Muffins

Recipe courtesy of Chef George Duran

Servings: 12

- Nonstick cooking spray
- 36 frozen tater tots
- 2 cups grated Jarlsberg Cheese, divided
- 8 large eggs
- 2 jalapeno peppers, seeds and veins removed and finely chopped
- 1/2 red pepper, finely chopped
- 2 tablespoons heavy cream
- 1/2 teaspoon salt
- 1/8 teaspoon ground pepper
- finely chopped parsley, for garnish

Heat oven to 425 F. Spray 12-cup muffin tin with nonstick spray.

Place three tater tots into each muffin cup and bake 10 minutes. Remove from oven and use small spoon or fork to gently press down on tater tots to form base and sides of each muffin.

Sprinkle 2 cups Jarlsberg cheese equally over tater tots and bake 10 minutes.

Beat eggs in large bowl and add jalapeno, red pepper, heavy cream, salt and pepper.

Remove tater tots from oven and pour egg mixture into cups. Top evenly with remaining grated cheese and bake 10 minutes.

Remove each muffin and allow to cool 5 minutes on cooling rack before garnishing with parsley and serving.

Tip: For a non-spicy alternative, replace jalapeno with same amount of green bell peppers.



Spicy Tater Tot Breakfast Muffins



Brown Sugar Ham and Cheese Sticky Buns

Spinach and Sundried Tomato Quiche

Recipe courtesy of Jarlsberg Cheese

Servings: 6

Pie Dough:

- 3/4 cup butter
- 1 cup white flour
- 2 tablespoons water

Filling:

- 1 cup fresh spinach
- 1 red onion, cut into rings
- butter
- 1 cup milk
- 4 eggs
- salt, to taste
- pepper, to taste
- 1/2 cup sundried tomatoes, sliced
- 1/4 cup olives
- 1 cup shredded Jarlsberg Cheese

To make pie dough: Heat oven to 400 F.

Mix butter and flour in food processor or by hand until mixture has granular consistency. Add water and knead into dough. Let chill 30 minutes. Roll dough and fit into 10-inch pie pan. With fork, make holes in dough and bake 15 minutes.

To make filling: Heat oven to 350 F.

In frying pan, fry onion and spinach with butter then scoop mixture into quiche base. Whisk together eggs, milk, salt and pepper, and pour over spinach and onion. Top with olives, sundried tomatoes and cheese.

Bake 35-40 minutes.



Cheesy, Crispy Smashed Potatoes

Cheesy, Crispy Smashed Potatoes

Recipe courtesy of Chef George Duran

Servings: 4

- 25 red bliss or fingerling potatoes, bite-size
- 4 tablespoons olive oil
- 4 garlic cloves, finely minced
- salt, to taste
- pepper, to taste
- 1 cup grated Jarlsberg Cheese
- 2 tablespoons minced parsley

Heat oven to 450 F and cook potatoes by steaming, boiling or microwaving. Set aside.

In small saute pan or saucepan, add olive oil and garlic. Cook on medium-low heat until garlic browns and turns crispy, about 5 minutes. Strain garlic, reserving olive oil and crispy garlic.

Once potatoes cool, use back of pan to gently smash them down to about 1/2-inch thickness. Drizzle olive oil throughout roasting pan then add smashed potatoes. Drizzle reserved garlic olive oil on top of each potato and season with salt and pepper. Roast 20 minutes.

Remove from oven and evenly divide cheese and parsley on top of each potato. Cook another 10 minutes until cheese begins to brown. Top each potato with reserved crispy garlic and allow to cool before serving.

Brown Sugar Ham and Cheese Sticky Buns

Recipe courtesy of Chef George Duran

Servings: 12

- Nonstick cooking spray
- 2 tubes (8 ounces each) refrigerated crescent roll dough
- flour, for dusting
- 4 tablespoons brown sugar, divided
- 12 slices thin-cut ham
- 12 slices Jarlsberg Cheese
- 1/2 cup grated Jarlsberg Cheese
- chives or green onions, for garnish

Heat oven to 375 F. Spray nonstick spray in 8-by-8-inch pan or similar.

Unroll dough on floured surface and gently stretch until dough is about 8 by 12 inches. Sprinkle 2 tablespoons brown sugar over dough then evenly space six slices of ham and six slices of cheese on top. Starting on short side, begin rolling dough jelly roll style. Cut into six pieces. Repeat with second piece of dough.

Place all 12 buns inside pan. Sprinkle grated cheese on top. Bake 20-25 minutes until buns are fully cooked and browned. Garnish with chives or green onions and serve.

Good Housekeeping

Asparagus and Gruyere Omelet

Fresh asparagus and nutty Gruyere cheese come together in this elegant omelet.

- 1/2 teaspoons olive oil
- 8 ounces asparagus, trimmed and cut diagonally into 1-inch pieces
- 2 tablespoons water
- 4 ounces Gruyere cheese
- 8 large eggs
- 1/2 cup water
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 2 tablespoons margarine or butter
- Toasted country-style bread (optional)

1. In 2-quart saucepan, heat olive oil on medium. Add asparagus and 2 tablespoons water. Cook 5 minutes or until tender-crisp; remove from heat. Shred Gruyere cheese.

2. Heat oven to 200 F. Place 4 dinner plates in oven to warm. In medium bowl, place eggs, water, salt and black pepper. With fork, beat 25 to 30 quick strokes to blend mixture without making it fluffy. (Overbeating toughens the proteins in the whites.)

3. In 8-inch nonstick skillet, melt 1 1/2 teaspoons margarine on medium. When margarine stops sizzling, pour or ladle 1/2 cup egg mixture into skillet.

4. After egg mixture begins to set around edges, about 25 to 30 seconds, with heat-safe spatula, carefully push cooked egg from side of skillet toward center, so uncooked egg can reach bottom of hot skillet. Repeat 8 to 10 times around skillet, tilting as necessary, 1 to 1 1/2 minutes.

5. Cook until omelet is almost set but still creamy and moist on top. Place skillet handle facing you, and sprinkle one-fourth of asparagus and Gruyere on half of omelet.

6. With spatula, fold unfilled half over filling. Shake pan gently to loosen any egg or filling from edge, then slide omelet to edge of skillet. Holding skillet above warm plate, tip skillet so omelet slides onto plate. Keep warm in oven. Repeat with remaining margarine, egg mixture, asparagus and cheese to make 4 omelets in all. Serve with toast and tomato wedges if you like.

• Each serving: About 340 calories, 27g total fat (10g saturated), 22g protein, 2g carbohydrate, 1g fiber, 456mg cholesterol, 590mg sodium.

Good Housekeeping

Seafood Bake with Crispy Topping

Succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

- 1 cup lowfat sour cream
- 1 tablespoon cornstarch
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- Kosher salt
- Pepper
- 1 1/2 pounds mixed seafood (such as salmon and shrimp)
- 1 package frozen leaf spinach
- 2 cups frozen shredded hash browns

1. Heat oven to 425 F. In a large bowl, whisk together sour cream, cornstarch, mustard, lemon zest and 1/2 teaspoon each salt and pepper.

2. Add seafood to the sour cream mixture and toss to coat. Squeeze spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

3. Sprinkle hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

4. Serve with a green salad. Makes 4 servings

TIP: Use leftover potatoes to make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side.

Good Housekeeping

Best Glazed Meatloaf

Adding ground turkey meat and oats to the traditional ground-beef base makes this meatloaf lighter and healthier, but it's just as hearty and comforting as any old-fashioned recipe.

- 1 cup quick-cooking oats
- 1/2 cup fat-free (skim) milk
- 1 medium onion
- Salt
- Pepper
- 1 large red pepper
- 3 cloves garlic
- 2 teaspoons lower-sodium soy sauce
- 1/4 cup ketchup
- 2 tablespoons ketchup
- 1 pound 93-percent lean ground beef sirloin
- 1 pound ground turkey breast
- 3 medium carrots
- 2 tablespoon spicy brown mustard

1. Heat oven to 400 F. Line jelly-roll pan with foil; lightly coat with nonstick cooking spray. In medium bowl, stir together oats and milk until combined.

2. Coat bottom of 12-inch skillet with nonstick cooking spray; heat on medium. Add onion and pinch salt; cook 2 to 4 minutes or until onion softens, stirring occasionally. Add red pepper and garlic; cook 4 to 6 minutes or until pepper softens, stirring often. Transfer to medium bowl; refrigerate to cool.

3. Meanwhile, in small bowl, whisk together soy sauce and 1/4 cup ketchup.

4. In large bowl, with hands, combine beef, turkey, carrots, oat mixture, cooled vegetable mixture, mustard, 2 tablespoons ketchup, pinch salt and 1/4 teaspoon freshly ground black pepper until mixed.

5. Form mixture into 8-inch by 4-inch loaf on prepared pan. Brush top and sides with soy ketchup. Bake 45 to 50 minutes or until meat thermometer inserted in center registers 165 F. Serves 8.

Good Housekeeping

Penne with Chicken, Asparagus and Lemon Alfredo Sauce

- 1 pound penne rigate (penne with ridges) pasta
- 1 pound thin asparagus
- 12 ounces chicken tenders
- 1/2 teaspoon salt
- 1/2 cup flour
- 1/2 tablespoon olive oil
- 1 jar Alfredo sauce
- 1 tablespoon grated lemon peel
- 3 tablespoons fresh lemon juice
- 1/4 cup grated Parmesan cheese
- 1 large tomato
- 1/4 cup snipped fresh chives
- Freshly ground black pepper, to taste
- Garnish: finely shredded lemon peel

1. Cook pasta in a large pot of lightly salted boiling water as package directs, adding asparagus 3 minutes before pasta is done.

2. Meanwhile sprinkle chicken with salt, then toss with flour to lightly coat.

3. Heat oil in a large nonstick skillet over high heat. Add chicken; saute 3 minutes until golden and just barely cooked through. Add Alfredo sauce, peel, juice and cheese. Bring to a simmer and cook 1 to 2 minutes until chicken is done

4. Drain pasta and asparagus; return to pot. Immediately add sauce, tomato, chives and pepper. Toss to mix and coat. Serves 6.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Baked Broccoli Stuffed Potatoes

Here's a side dish that's more than generous for those with a hearty appetite.

- 2 (5-ounce) baking potatoes
- 1/2 cup fat-free cottage cheese
- 8 ounces frozen chopped broccoli, thawed and well-drained, and finely chopped
- 1 teaspoon onion/pepper seasoning
- 2 tablespoons Kraft Reduced Fat Parmesan Style Grated Topping

1. Bake potatoes in oven or microwave. Allow to cool. Cut the potatoes in half lengthwise. Scoop pulp into a medium bowl, leaving a 1/4-inch thick shell. Place potato shells in baking dish.

2. Add cottage cheese to potato pulp. Using a potato masher, mash the pulp and cottage cheese until fairly smooth. Stir in broccoli and onion pepper seasoning. Evenly spoon mixture into potato shells. Sprinkle Parmesan cheese over top.

3. Bake at 425 F for 20 to 25 minutes or until heated through and lightly browned. Serve hot. Serves 4.

• Each serving equals: 128 calories, 0g fat, 9g protein, 23g carbs, 82mg sodium, 53mg calcium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Meat, 1/2 Vegetable; Carb Choices: 1 1/2.



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Crime

Theft over \$300 from a residence on the 2100 block of West Cuyler Ave.

Deceptive practice of credit card fraud at an apartment on the 1900 block of West Berteau Ave.

Retail Theft from a small retail store on the 1900 block of West Irving Park Road

Theft over \$300 on the street on the 4200 block of North Lincoln Ave.

Child Abuse at an apartment on the 4300 block of North Western Ave.

Criminal vandalism to property on the 3700 block of North Damen Ave.

Domestic battery at a bar or tavern on the 4300 block of North Western Ave.

Motor vehicle theft on the 2000 block of West Cullom Avenue.

Simple domestic battery at a residence on the 2100 block of West Warner Ave.

Simple domestic battery at a residence on the 4000

block of West Bell Avenue

Criminal damage to a vehicle and vandalism on the 2000 block of West Waveland Ave.

Theft from a garage on the 3600 block of North Leavitt St.

Illegal use of a cash card at a residence on the 2100 block of West Warner Ave.

Attempted strongarm robbery with no weapon on a sidewalk on the 2100 block of West Byron St.

Credit card fraud at an ATM machine on the 4000 block of North Lincoln Ave.

Financial identity theft over \$300 at a residence on the 1900 block of West Waveland Ave.

Theft of under \$300 from a restaurant on the 3800 block of North Lincoln Ave.

Theft from a building and residence from a porch on the 4300 block of North Claremont Ave.

Domestic battery at a residence on the 1900 block of West

Grace St.
Theft from a grocery food store on the 3300 block of North Western Ave.

Theft from a drug store on the 1600 block of West Belmont Ave.

Simple assault at a residence on the 3200 block of North Wolcott Ave.

Deceptive practice-credit card fraud on the street on the 1700 block of West Melrose St.

Attempted forcible entry burglary at a residence on the 1700 block of West Melrose Street.

Theft \$300 and under on the street on the 2100 block of West Roscoe St.

Criminal trespass to the library on the 1600 block of West Melrose St.

Deceptive practice of fraud or a confidence game at an apartment on the 1800 block of West Roscoe St.

Simple battery on the sidewalk on the 2000 block of West Belmont Ave.

Domestic battery at a residence on the 3500 block of North Hoyne Ave.

Deceptive practice financial exploit of the elderly or disabled at a currency exchange on the 1800 block of West Addison Street.

Retail theft from a grocery store on the 33300 block of North Western Ave.

Child abuse at a residence on the 2100 block of West Roscoe St.

Burglary with forcible entry at an apartment on the 1700 block of West Belmont Ave.

Counterfeit money being passed at a convenience store on the 3600 block of North Broadway.

Aggravated assault with a dangerous weapon at an apartment on the 3700 block of North Halsted St.

Simple battery at an apartment on the 4200 block of North Broadway.

Simple battery and aggravated assault

on a police officer with the persons hands on a CTA train on the 3900 block on North Sheridan Rd.

Pick Pocketing on the street on the 3700 block of North Racine Ave.

Burglary and unlawful entry to an apartment on the 3700 block of North Magnolia Ave.

Motor vehicle theft of an automobile at a sporting event or stadium on the 4100 block of North Clarendon Ave.

Theft of over \$300 on the street on the 800 block of West Belle Plaine Ave.

Simple battery at a residence on the 4100 block of North Sheridan Rd.

Vandalism and criminal damage to property at a restaurant on the 1000 block of West Montrose Ave.

Credit card fraud at an apartment on the 1900 block of West Belmont Ave.

Strongarm Robbery with no weapon on the sidewalk on the

4500 block of North Broadway.

Theft from a bar or tavern on the 3600 block of North Halsted St.

Sex offender failing to register at an apartment on the 3400 block of North Racine Ave.

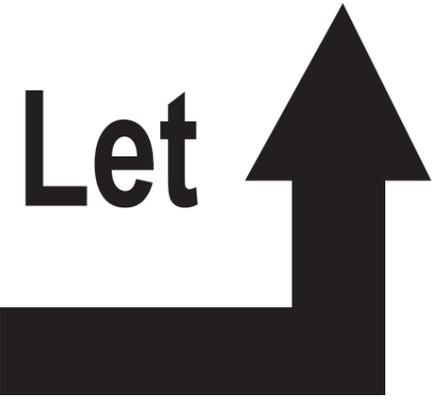
Aggravated assault using a knife or cutting instrument at a restaurant on the 3500 block of North Halsted St.

Aggravated battery of a senior citizen at a nursing home or retirement home on the 3100 block of North Sheridan Rd.

Motor vehicle theft of a Cycle, scooter or bike with a vin number off the street on the 1500 block of School St.

Battery on a CTA platform on the 900 block of West Belmont Ave.

Criminal sexual assault at a hospital building or grounds on the 2900 block of North Lake Shore Drive.

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Photo courtesy of Getty Images

Dare to Dream

Add functional, appealing features for a desirable home

FAMILY FEATURES

Turning your home into the living space of your dreams takes effort and commitment, but while the weather is warm and motivation is on your side, it's time to put your visions to the test.

Whether you choose to start your renovation project on the inside or outside, for fun or for function, the important part is committing to getting it done and doing it right. That includes finding the

right materials and products to suit your specific needs and style, whether it's for closet organization, a beautiful kitchen upgrade, adding features like skylights or anything in between.

Your dreams and desires for your home are attainable and within your reach, so long as you're devoted and willing to put in the time. Find more home upgrade tips and tricks at eLivingToday.com.



Versatile Home Storage

It's time to get organized. Turn any closet or area in your home into a designer-inspired storage showcase with ClosetMaid's SuiteSymphony line. This affordable, DIY system is available in multiple finishes and styles, and offers accessories such as doors, drawers, shoe shelves and expandable hang rods for total customization. Find free design, inspiration and organization solutions at closetmaid.com/suitesymphony.



Natural Light and Fresh Air from Above

You can brighten your space in an eco-friendly way with Energy Star-qualified, solar-powered fresh air skylights from Velux America, which provide natural light and ventilation to reduce energy costs. Adding solar-powered blinds can further increase energy efficiency. The skylights carry a 10-year, no-leak installation warranty and, along with the blinds, operate by remote control, closing automatically when it rains. Both products, along with installation costs, qualify for a 30 percent federal tax credit. To find certified installers, visit whyskylights.com.



Photo courtesy of Getty Images

Functional Furniture

Ideal for enjoying a serene cup of coffee or welcoming guests for some outdoor fun, you can liven up your backyard space with a patio furniture set to help both aesthetically and functionally. The right set for your deck, patio or yard can lend a pleasing element to the eye and a comfortable spot to sit and eat, drink or rest after a friendly game of whiffle ball. Available in myriad colors and combinations, look for patio furniture that matches your style and personal preferences.



Photo courtesy of Getty Images

Backyard Getaway

Find a comfortable temperature and enter your most relaxed state at any time with your own backyard hot tub. The gateway to a restful opportunity, a hot tub gives you a chance to close your eyes and unwind whether it's the end of a long day or starting out your Saturday morning. With varying options like in-ground or above and a multitude of sizes, plus the ability to tune individual jets to your liking, a backyard hot tub can be the perfect personal oasis.

A Finishing Touch

Bring everything together in a kitchen or bathroom with the subtle feature that can sometimes be forgotten – the faucet. Extravagant or simple, modern or classic, the faucet can serve multiple aesthetic purposes like catching attention upon entering the room or simply complementing the design elements around it. Adding the final touch with the right faucet can be a beautiful way to wrap up a room.



Photo courtesy of Getty Images



Apiculture (from the Latin *apis*, "bee") is the maintenance of bee colonies by man to collect honey and beeswax, to pollinate crops or to produce bees for sale. Hives have been kept by man since ancient times. Workers blowing smoke into hives to remove honeycombs and inscriptions detailing honey production are depicted on temple walls in Egypt. Sealed pots of honey were found in the tombs of Tutankhamun and other pharaohs.

— Brenda Weaver
Source: thefreedictionary.com



Birdbath Basics
Birds need fresh, clean water on a daily basis. Maintaining a birdbath is easy, especially if it's plastic or glass and not cement. A nylon scrubbie can be used to get rid of algae -- you don't need chemicals! I have four birdbaths and they all get used. Birds love water!

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Nesting Basics
If you provide nesting material, please do not use dryer lint. Dryer lint is full of dust that can harm delicate respiratory systems. It also turns hard and can hurt baby birds. Try string or clean dog hair, or let the birds find their own nesting material. They know what they need. Happy Spring!

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Prepping your soil for the demands of the growing season ahead is key to the success of your garden this year. If the soil crumbles when you work it around in your hands, then it is ready to till; if it is sticky, it may be too wet. Use a soil testing kit to see what nutrients should be added to your soil, then work the needed amounts of lime, fertilizer and/or manure into the soil right before planting.

— Brenda Weaver
Source: uvm.edu

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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.

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Quotes worth your time

“Adversity is a great lesson which makes us fighters. If we don’t let down and make a pledge to move forward, nothing can stop. If you withstand adversity, it culminates in developing greater qualities of persistence, patience, positivity, creativity and inculcates virtue of confidence. Build your confidence by building your strengths.”

— Dr. Anil Kumar Sinha

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Noon Return to Town Square for the Spring Ahead Hat Contest with prizes

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More info at northcenterchamber.com

Comics

R.F.D. by Mike Marland

CLIMATE CHANGE GIVETH... AHHHHH!

AND CLIMATE CHANGE TAKETH AWAY.

AWWWW!

MARLAND

Out on a Limb by Gary Kopervas

MUSCLE MEMORY

REMEMBER THE TIME WE DID A SIT-UP IN HIGH SCHOOL?...

OR THE TIME WE DID PUSH UPS IN COLLEGE?...

REMEMBER THE TIME WE DID A PULL-UP IN A DOORWAY? WAIT, THAT WAS SOMEBODY ELSE...

KOPERVAS

Amber Waves by Dave T. Phipps

HEY MOM, ACCORDING TO MY COMIC BOOK, SOME PEOPLE IN THE WORLD CAN FLY!

HONEY, THAT STUFF IS FAKE. YOU CAN'T BELIEVE WHAT YOU READ IN A COMIC BOOK.

I GIVE UP, THE PRESIDENT SAYS THE SAME THING ABOUT ALL THAT NEWS YOU WATCH.

PHIPPS

The Spats by Jeff Pickering

I'VE CHANGED MY MIND

THANK GOODNESS

...DOES THE NEW ONE WORK ANY BETTER?

PICKERING

THE CASHIER BY RICARDO GALVÃO

"TOILET PAPER FOR SMARTPHONES NOW ON OFFER AT JAPANESE AIRPORT."

SOMETIMES, I TALK DIRTY OVER THE PHONE...

GALVÃO

THEY'LL DO IT EVERY TIME BY AL SCADUTO

IT'S ONLY THE OPTIMIST... WHO STILL EXPECTS TO FIND SOAP IN A WASHROOM--HEH-HEH--SILLY, SILLY DREAMER...

BIG LIE # 1753--

OH, MY! LUBELLA... YOU HAVEN'T CHANGED A BIT SINCE WE WENT TO SCHOOL TOGETHER...

AND YOU, MIGRAINA... YOU DON'T LOOK A DAY OLDER THAN OUR SCHOOL DAYS...

HORSECHESTER HIGH SCHOOL REUNION 1967

THANK TO N. ROTHMAN, CHICAGO, ILL.

THANK TO P. MASTROPAOLO, SAN FRANCISCO, CA.

SCADUTO

WACKY CUSTOMERS DEPT.

MAY I HELP YOU, LADY?

CAN I HELP YOU, MADAME?

YOUNG MAN--ARE YOU BUGY? CAN YOU WAIT ON ME?

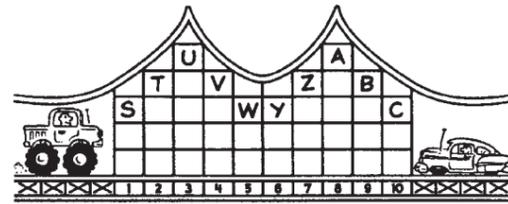
THANK TO W. HARRISON, FT. LAUDERDALE, FL.

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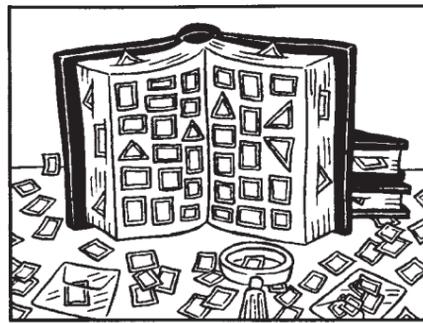
Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE



The bridge to the left contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.



1. A gullible person (sl.).
2. Able to speak without offending.
3. To turn over.
4. To change direction; swerve.
5. A humorous person.
6. Wild, shaggy-haired animal.
7. Spirited enjoyment; gusto.
8. Unpleasantly sharp taste or smell.
9. Found on a radar screen.
10. A shy or modest person.

A STAMP STUMPER! You have 30 seconds to lick this challenge. See if you can correctly count all the postage stamps pictured.

Answers: 1. Sap. 2. Tact. 3. Upend. 4. Veer. 5. Wit. 6. Yak. 7. Zest. 8. Acid. 9. Blop. 10. Coy.

FIND THE HIDDEN CITY in this man's sentence!

THE NEW TESTING METHOD CAUSED MY SCORES TO BE SWOLLEN IN GRADE SCHOOL!

TEST SCORES

Answer: The city is ... LEN IN GRAD ... (Russia).

Answer: Our count was 80. Did you miss any?

Illustrated by David Coulson

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "BRUNET." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. Time limit: 60 seconds.

Answers: (Across) bat, rue, ire, man. (Down) Brim, aura, teen.

B	R	U	N	E	T
	A				
	R			E	
	I				
	M			A	

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Light is missing. 2. Dish is missing. 3. Fence is different. 4. Blouse is different. 5. Cat's tail is moved. 6. Carved heart is missing.

Just Like Cats & Dogs by Dave T. Phipps

AHH GEEZ, LOOKS LIKE I BUTT DIALED MY MOM OVER AN HOUR AGO AND SHE'S STILL TALKING.

PHIPPS



Photos courtesy of Getty Images

Make Spring Cleaning a Cinch

FAMILY FEATURES

Spring is a time of renewal and revitalization, but it's hard to appreciate all the invigorating aspects of spring when your home still bears months of winter dust and dirt. Tackle your living space room-by-room for a spring clean that will leave you and your home refreshed and ready for a new season.

Kitchen

Although the kitchen is likely the room that gets the most cleaning attention, there are probably still areas for spring improvements. Cabinets and countertops make the biggest impression in your kitchen, so give them a thorough wipe-down, adding polish to the woodwork and natural stone, and repair any chips or damaged spots. Make your appliances look new again by wiping down and scrubbing hard-to-reach and heavy-use areas like the top of the refrigerator and the stovetop. They may not be immediately visible, but don't overlook the inside of your cupboards. Discard expired food, damaged items and wayward pieces, such as lids with no matching container and vice versa. Finish off the kitchen with sweeping and mopping for squeaky clean floors.

Living Areas

Throughout the house, your biggest chore may be removing clutter. Finding storage solutions or new homes for accumulated items can make rooms seem instantly brighter and more welcoming. Dusting the blinds, lighting fixtures and fans can add a fresh touch, and clean baseboards make for a top-to-bottom clean. Vacuum cushions as well as under and behind all furniture, and if necessary, consider shampooing the carpets. Dust all the nooks and crannies, including any decorative items and accessories.

Bedrooms

The closet is a good starting point in the bedroom. Sort your clothes and discard any you haven't worn in the past year; these can be donated. Also check for any items that need repair and set them aside to mend when you take a cleaning break. This is also a good time to put away winter clothing and bring out your spring and summer attire. Additionally, you may find it helpful to add organization and storage containers to help control items like shoes, handbags and other accessories. As temperatures rise, your bedding needs will change, as well. Wash and put away blankets you won't need until the weather turns cool again. Flip and rotate your mattress for longer wear before you add fresh, lightweight sheets. While the mattress is raised, you can take advantage of access under the bed to run the vacuum. A fresh new pillow will add the final refreshing touch to your spring-ready bed. Before you leave the bedroom, don't forget to pull dressers and other furniture away from the walls to vacuum, dust each item thoroughly and wipe down baseboards and blinds or shutters.

Once all your cleaning is complete, take a few extra steps to make your home feel extra fresh and clean. On a warm day, throw open the windows to let the fresh breeze chase away stale winter air and add lightly scented candles throughout the house for a home that smells as inviting as it looks. Find more advice to make spring tasks simple at clivngtoday.com.



Don't Lose Your Natural Stone's Luster

Durability is one reason homeowners choose natural stone for their kitchens and bathrooms, but the greatest appeal is often the sheer beauty of the material. Maintaining that luster and shine requires a bit of effort, but the ability to enjoy the unique character of natural stone makes it all worthwhile.

It's important to understand the shine on granite and other natural stone is not from applying a wax, but a natural shine that reflects a rigorous process.

After being quarried from the earth's surface, these stone blocks are taken to a factory for processing. The next step is a polishing line. It's this factory finish that enhances the inherent characteristics of natural stone—the veins, swirls and crystals. From there the slabs are bundled and shipped to local stone manufacturers and installers to be cut to a homeowner's specifications.

Once installed, you can maintain that luxurious factory finish with these tips from the experts at Granite Gold.

Clean often. Even minuscule particles could have a detrimental effect on your natural stone. However, it's important to avoid common cleaners and abrasives as they can break down the protective seal and dull the natural finish, and result in expensive repairs. Also avoid using an abrasive scrubbing pad, which may leave

unsightly scratches. Rely on scrubbing pads designed specifically for natural stone or look for "non-scratch" on the packaging.

Seal frequently. Frequently sealing natural stone surfaces maintains maximum surface protection, penetrating stone surfaces to provide superior, long-lasting resistance to staining, etching and soil buildup. It's easy to test when to reseat. Pour water (about 3 inches in diameter) on the surface and let it sit for 30 minutes. If the water beads, then the stone remains sealed. However, if a dark mark or ring is created by the water, it is time to reseat. Be sure to repair any etching or stains before the sealant is applied.

Polish regularly. Polishing not only brings out the stone's natural beauty, it reinforces the protective seal and provides ongoing protection against water spots and fingerprints. One time-saving but effective solution after sealing is Granite Gold Clean & Shine, which provides the cleaning power of the line's Daily Cleaner and the luster from the Polish in one easy-to-use formula.

You can find the products nationwide at Walmart, Lowe's, Home Depot, Bed Bath & Beyond and Amazon; check the store locator at GraniteGold.com.

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