



June, 2018

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

Volume 22, Number 7

**Interview**

**The Perfect Storm**



photograph by George Rimel/Lakeview Newspaper

**20  
Questions**

This month's interview is with **Paul Seng**, co-owner of Four Treys Tavern, 3333 N. Damen Avenue.

**Q.** Where were you born and raised?

**A.** Chicago

**Q.** Any children?

**A.** Yes - a son and daughter.

**Q.** Where did you attend school?

**A.** St.Luke's and Lakeview High School.

**Q.** What is your fondest childhood memory?

**A.** I bought my first car at 13 years of age. It was a '38 Dodge..

**Q.** What was your first paying job?

**A.** I was a Booster Boy and had a paper route at 11 years old.

**Q.** What was the worst job you ever had?

**A.** Working for Victor Adding Machine Company.

**Q.** Were you ever in the military?

**A.** No.

**Q.** When and why did you decide to open up Four Treys rather than going into some other business?

**A.** I had an electrician partner of mine and he told me this bar was for sale and we bought it. I bought him out later.

**Q.** What would you say is the most difficult part about running your business?

**A.** We rented the bar from Greek monks who owned the space and 70% of it burned down. So, replacing the bar and buying it from the monks was the most difficult part.

**Q.** What hobbies/interests do you have?

**A.** I love antique and muscle cars.

**Q.** What is your favorite TV show/ movie/ music?

**A.** My favorite TV show is Fox News Channel and any movie with Bruce Willis and old time Rock and Roll.

**Q.** What have been your three greatest achievements?

**A.** My kids and family;  
**Continued on page 2**

**by Joyce and George Rimel**

When it comes to assessments, there are eight townships in Chicago that are assessed every three years. To date, Lakeview and Rogers Park have received their new assessments with Rogers Park having a median increase of more than 18% and Lakeview 31%. for houses, townhouses and rental buildings with six units or fewer. For condos, the increase was just un-

der 29%. Over the next five months, the six other townships will receive their new assessments.

So, how are assessments calculated? The assessment is an estimate of the taxable value of a property. In Cook County, it's 10% of market value. The assessed value is multiplied by the tax rate - a figure that's set by a different agency entirely - to come up with the owner's property tax

bill. This year's reassessments will be reflected in the tax bills that Chicago homeowners receive in the summer of 2019. A spokesperson from the Cook County Assessor's Office said that the assessments are based on more modern methods of estimation, using resources that weren't available before. He noted that the assessments in Lakeview and Rogers Park are within industry

range for accuracy.

Market activity plays a huge role in the assessor's estimates. In 2015, 2016 and 2017, the Southport Corridor and Wrigleyville moved ahead in the real estate market and are still considered "hot neighborhoods." Higher tax assessments are inevitable. "When home values go up, assessments go up," said Tom Shaer, Berrios spokesperson.

**Continued on page 2**

**What's on your Mind?**



"My trip to Poland after 15 years."

**Patrycja Zak**



"Spending a lot of time outdoors with my daughter on the lake front and celebrating Father's Day."

**Megan Campanile**



"The Middle East. I am concerned about what will happen pulling out of the Iran deal. What will happen now that our embassy is moved to Jerusalem in Israel?"

**Virginia Groark**

# Editorial & Opinions

Interview continued from front page.

I quit drinking and keeping the bar when Mayor Daley was trying to close it.

**Q.** What have been your greatest disappointments?

**A.** I built a summer home and it settled and collapsed and having the bar burglarized.

**Q.** What is your "pet peeve"?

**A.** When you walk down the street and people expect you to move for them.

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

**A.** Colleen.

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

**A.** See a little more of the world.

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

**A.** Once they arrest a criminal put them in jail and punish them.

**Q.** With all the problems in the world, what concerns you the most?

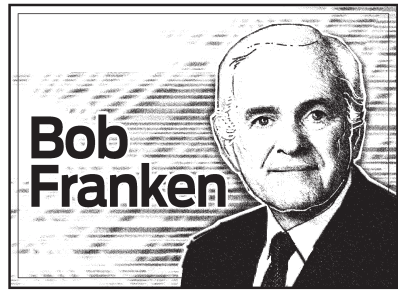
**A.** Government corruption.

**Q.** What is your most prized possession?

**A.** Colleen, my family and my '57 Chevy.

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

**A.** Look at what you want to do and don't stop until you get it done.



## Sleaze Never Changes

A couple of generations ago, there was a story about a well-connected Washington figure who encountered a corporate type who was having trouble with government regulatory officials.

"Oh," said the insider. "I can help you with that." Quickly, the bad situation went away. The delighted executive insisted that he be charged for the favor, and very soon thereafter, received a bill for \$10,000 (remember, this was way back when).

The businessman was taken aback: "That's outrageous," he complained. "I need you to itemize the fees." It wasn't long before he received another voucher:

"Phone call: 10 cents.

Knowing who to call: \$9,999.90."

Other than inflation, the swamp never changes. Those who lucked out by attaching themselves to Donald Trump have proven, now that he's in power, that they're just the latest gang that couldn't drain straight. How else to explain the millions of dollars that major companies, already employing tons of lobbyists, tossed at the likes of Corey Lewandowski and particularly at Michael Cohen? Neither of them has any policy chops whatsoever.

Lewandowski latched on to the Trump whale early on. Never mind that he had been tossed aside in one of The Donald's nonstop purges. He knew the players like few did, and now it was time to be paid. So he set up shop, and the money came rolling in.

Michael Cohen's entire claim to

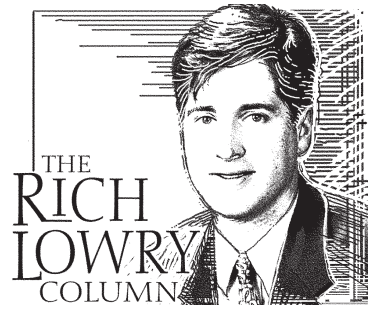
fame was that he was The Donald's "fixer," the one who cleaned up the mess after the Trumpster indulged one of his appetites. Suddenly he, too, was taking on new clients and raking in the bucks as a "consultant," feeding on the same marsh scum that Trump had promised to eliminate.

Then Stormy Daniels, porn star, suddenly spotted her own opportunity to make a quick buck, angling to tell the story about the one-nighter she'd once had with Trump. The problem was that Cohen — acting, as it turns out, on Trump's behalf — had paid her \$130,000 not to in 2016. That escape, and others, led to federal agents raiding various Cohen properties and seizing tons of documents.

Suddenly, Cohen had become a pariah, a huge embarrassment to those who had thrown money his way. The heads of AT&T and Novartis both hastily put out statements admitting that their companies had made a "big mistake" by retaining him.

Need I tell you that the "big mistake" was getting caught? Or that there already is a massive, lucrative business known as "lobbying," populated largely by those who have held public jobs or somehow accumulated a network of contacts among those who operate the government? That's not just the case in Washington, but at the state and local level, too. Wherever there's a jurisdiction, there will be lobbyists. One can argue that the entire United States is a swamp. Every once in a while, something or someone particularly smarmy gets outed. Those who are splattered quickly get as far away as possible and clean off. Then it blows over, and everyone goes back to the same old unprincipled way of doing business. "It's not what you know, but who you know" may be a cliché, but it always has been and always will be true.

Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years



## Donald Trump's Jerusalem Triumph

In the second century A.D., Jewish rebels who had stunned the Romans and liberated a portion of Judea overstruck imperial coins with images and a message of their own, "Year One of the Redemption of Jerusalem."

The leader of the Jewish rebellion, Bar Kokhba, was fired by a vision of a united Israel with Jerusalem as its capital, which had been the exception during the prior millennium, thanks to the depredations of the Assyrians and Babylonians, among others. But such was the power of the national idea — and his messianic zeal — that Bar Kokhba ventured all on regaining it.

And lost. Not for nearly another 2,000 years would the vision come to fruition. At a ceremony in 1982 burying bones of some of those long-ago rebels with military honors, Israeli Prime Minister Menachem Begin declared: "Israel and Judea are reborn. We have redeemed Jerusalem."

King David conquered the city in 1000 B.C. and made it the capital of the kingdom of Israel. His son Solomon built the First Temple. But Jerusalem would repeatedly be captured and the Temple destroyed (first by the Babylonian King Nebuchadnezzar and then by the Roman Emperor Titus).

The Jewish people never forgot. In one of the miracles of our age, after long centuries of exile punctuated by genocide at the hands of the Nazis, they re-established Israel in 1948, and

then gained control of all of Jerusalem in 1967 (prior to that, when Jordan held East Jerusalem, Jews couldn't visit the Western Wall).

The notion that the City of David isn't the capital of Israel was an impolite fiction, honored by the U.S. and the West for fear of provoking Arabs hostile to the very idea of the Jewish state. Its prime minister, parliament and highest court are based there, and it's unimaginable that Israel would ever agree to any peace deal that didn't recognize it as the capital.

The tired, conventional arguments against it haven't held up well in the wake of President Donald Trump's decision to move our embassy. The Arab street hasn't exploded. The West Bank has been relatively quiet. Arab capitals haven't erupted in outrage. The flashpoint has been in Gaza, the terror statelet ruled by Hamas. Israel pulled out of Gaza more than a decade ago and has been rewarded with constant attacks emanating from a territory where the infrastructure of mayhem and destruction — rockets, tunnels and the like — is the only growth industry.

Hamas has goaded rioters to storm the Israeli border, defended by Israeli soldiers who fire on them if necessary to protect local communities (more than 50 were killed on a recent Monday). This isn't "the caravan" that arrived at the U.S. border with peaceful migrants seeking asylum, but a violent provocation that is a function of Hamas' commitment to Israel's destruction.

For now, that poisonous ambition looks more fantastical than ever. Trump's move is an acknowledgment of reality. It is also a symbolic statement of permanence, that Menachem Begin was correct when he said at the ceremony for the Bar Kokhba rebels 36 years ago, "Glorious fathers, we are back and we will not budge from here."

Rich Lowry is editor of the National Review.

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roughly \$130 billion up to \$250 billion. Under this plan, if your home is worth \$250,000, you would pay an addition \$2,500 in property taxes for the next 30 years, Illinoisans already saw property taxes grow six times faster than incomes from 2008-2015. A call for pension reform is clear and an amendment to the Illinois Constitution and a restructure of pension benefits must be ad-

dressed. If this proposal passes, Illinois property taxes will be the highest in the nation to pay state pension debts.

Back to the local level, there are deadlines to challenge your assessment. Lakeview's deadline is June 7th. The assessor's website has step-by-step instructions on filing an appeal. I can see Wisconsin from here.

"A man's country is not a certain area of land, of mountains, rivers and woods, but is a principle; and patriotism is loyalty to that principle."

George William Curtis

front page article continued from page 1.

Residents are worried about what they will see when their property tax bills come out later this year. Some residents are thinking about moving out of the city and even the state.

Some Cook County residents are calling for reform over the rising property taxes, but Illinois homeowners

ain't seen nothin' yet. Economists from the Federal Reserve Bank of Chicago is suggesting a 1 percent statewide residential property tax on top of the property tax bills Illinoisans already pay. The revenue from this new property tax would go entirely toward paying down the state's pension debt —



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# SENIOR NEWS LINE

by Matilda Charles

## Aging in Place Takes Advance Planning

If retirement is just around the corner, you have decisions to make, and the biggest is whether you'll stay in your home. With no job to keep you tied to your current location, will you move to another state to be near children and grandchildren? Will you move to a warmer climate, or a city or state that's cheaper?

If you've decided to stay right where you are, there are steps you should take now to make sure your home can meet your needs as the years go by. It's called "aging in place," and it requires advance planning.

Determine what help you can get, both now and as time goes on. What senior services are available if you need remodeling done on your home? For example, if you want to build a first-floor master bedroom and bath so you can avoid climbing the stairs in years to come, what kind of financial help can you get? Are there groups that will build a ramp to your door should you ever need one?

For the exterior of your home, consider making some modifications now. Better lighting and sturdy steps will go a long way to keeping you safe. If carpeting is a potential hazard, consider installing hardwood flooring. Is the kitchen small and cramped? Can it be remodeled?

Go online to National Aging in Place Council ([www.ageinplace.org](http://www.ageinplace.org)) and put in your ZIP code to see what services are nearby. Download its Act III questionnaire, a 24-page document that will get you thinking about your potential future needs. Look at Aging in Place ([www.ageinplace.org](http://www.ageinplace.org)) and click on Resources and Home Remodeling. Scroll down for lots of ideas. Ask management at the senior center for local recommendations, or suggest it hold a seminar on aging in place. You won't be the only one with lots of questions.

# VETERANS POST

by Freddy Groves

## Save Time With VA Health-Care Apps

All you need to connect to health care at the Department of Veterans Affairs is a computer, tablet or smartphone. In August, officials unveiled a special app (The VA Video Connect), and so far 20,000 veterans have used it to increase their access to 4,000 VA providers and cut down on travel time. This is huge. With the app, you can connect to a virtual medical room, just like you were meeting in person. You can have an appointment without ever having to leave home. Go online to [mobile.va.gov/appstore](http://mobile.va.gov/appstore) and read the FAQ. Unlike some of the VA pages, this one is well-done.

Note the link to the test site to ensure that your device is compatible. If you have an iPhone, you'll end up at the Apple app store for your free download. For an Android, you'll find instructions linked from the page.

One hint: If you signed up back in August on an iPhone and now your app doesn't seem to work, there's a good chance you got the older version and need to get the new app. Computers, tablet and Android phone apps still should work correctly.

On the same page are other available VA apps. There's a scheduling app so you can make appointments for primary care. (There's also a user manual.) See the Acceptance and Commitment Therapy (ACT) app for help with managing daily struggles due to PTSD. It was developed by VA's National Center for PTSD with input from veterans and service members who are in ACT consultation. Two apps contain the airborne hazards and open burn pit registry, and the clinical portal for those. If you have a problem with mood, check the Anger and Irritability Management Skills app.

If you need tech help, call (866) 651-3180 Monday through Saturday, 7 a.m. to 11 p.m. ET.

# Strange BUT TRUE

By Samantha Weaver

• It was noted wit Ambrose Bierce who made the following sage observation: "All are lunatics, but he who can analyze his delusion is called a philosopher."

• You might be surprised to learn that in January 2004, the Food and Drug Administration approved the use of maggots as a medical device for cleaning wounds.

• Presidential security was not always as formidable as it is today. In 1913, former President Theodore Roosevelt was walking down a Milwaukee street, heading to a speech he was scheduled to give. A man named John Schrank pulled out a gun and shot toward Roosevelt, who staggered but did not fall. There was no blood evident, and Roosevelt, who was campaigning for a second term, insisted on delivering his speech. When he pulled from a coat pocket the 100 pages on which his speech was written, he saw a bullet hole through the sheets of paper. Still determined to carry on, he gave his speech before going to the hospital, where it was discovered that the bullet had penetrated four inches into his body. After the perpetrator was arrested, it became evident that Schrank was insane; he claimed that President William McKinley had revealed to him in a dream that Roosevelt was responsible for McKinley's assassination. Schrank spent the next 32 years in an insane asylum.

• If you see a group of flamingoes together in one place, it might be handy to know that the appropriate collective noun is a "flamboyanance."

• The instruments used by professional flute players are usually made from precious metals — either sterling silver, 14-carat gold or platinum.

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**Thought for the Day:** "It is an ironic habit of human beings to run faster when we have lost our way." — Rollo May

# Moments in time

THE HISTORY CHANNEL

• On June 6, 1683, The Ashmolean, the world's first university museum, opens in Oxford, England. Today, the collection at the Ashmolean Museum of Art and Archaeology ranges from the earliest implements of man, made about 500,000 years ago, to 20th-century works of art.

• On June 10, 1692, in the Massachusetts Bay Colony, Bridget Bishop, the first colonist tried in the Salem witch trials, is hanged after being found guilty of practicing witchcraft. Bishop, known for her dubious moral character, frequented taverns, dressed flamboyantly (by Puritan standards) and had been married three times.

• On June 4, 1942, the Battle of Midway begins. During the four-day sea-and-air battle, the outnumbered U.S. Pacific Fleet succeeded in destroying four Japanese aircraft carriers while losing only one of its own, the Yorktown.

• On June 9, 1956, bestselling crime novelist Patricia Cornwell, creator of crime-solving medical examiner Kay Scarpetta, is born. Her mother had a nervous breakdown when Cornwell was 9 and tried to give the children away to evangelist Billy Graham and his wife. The Grahams placed the children in foster care.

• On June 5, 1967, the Six-Day War begins when Israel launches simultaneous attacks against Egypt and Syria. Jordan subsequently entered the fray. By the time the United Nations ceasefire took effect on June 11, Israel had more than doubled its size.

• On June 7, 1976, New York magazine publishes the story that becomes the film "Saturday Night Fever." "The Tribal Rites of the New Saturday Night," by journalist Nik Cohn, thought to be a true story about a Brooklyn disco dancer, was almost entirely fabricated.

• On June 8, 1999, some 1.3 million copies of "Hannibal," the final book in the Hannibal Lecter series by Thomas Harris, arrive at bookstores. The cannibalistic serial killer first appeared in Harris' 1981 book, "Red Dragon," as a minor character.

# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Animal Horn Chair

Animal horns have been used to make furniture for centuries. Chairs, chandeliers and storage racks made in the 15th century exist in some museums. But the popularity of antlers and horns for chairs came about in the 19th century. They were made first for hunting lodges and castles for nobility, but almost all of that furniture is now known only through pictures and reports.

A Victorian upholstered oak armchair with four cow horns as the arms and back sold in Asheville, North Carolina, at a Brunk auction a few years ago for \$1,400. Chairs by identified makers sell for much more. The National Texas Longhorn Museum pictures many chairs and describes the unique shapes used by the makers.

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**Q.** I was given a silver bookmark by my grandmother, who was born in Holland in the early 1890s. It was hers as a child. The bookmark was a dagger shape and would slip over the page. It was approximately 2 1/2 to 3 inches long and had a long burgundy tassel. It was stolen from my house. I'm looking for prices for insurance purposes.

**A.** It's impossible to give an accurate value for your grandmother's silver bookmark without seeing it and weighing it. Do you remember if it had a maker's mark? Was it solid silver or silver plate? Was it heavy? Silver bookmarks sell for \$30 to \$80, with most of the value determined by the weight of the silver.

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### CURRENT PRICES

**Toggle charm,** Confucius, holding staff, hand-carved, boxwood, counterweight, silk cord, c. 1900, 2 x 1/2 inches, \$80.

**Watering can,** Toleware, cream with brown and green cattails, tapered cylinder, dome base, top handle, 1800s, 10 inches, \$150.

**Parian doll,** dancing woman, red lace dress, revolves on lead base, pull string, Germany, 9 inches, \$235.

**Radio,** Motorola Bullet, AM, tube, turquoise blue Bakelite, gold bullet-shaped dial, c. 1957, 6 x 12 inches, \$850.

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**TIP:** Gold and silver trim on glass or ceramics will eventually wash off if cleaned in a dishwasher. Gold- and silver-trimmed glassware and ceramics should never be put in a microwave. The metallic glaze will cause electric arcing and could start a fire.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)



The arms and back of this chair are made from carefully placed cow horns creating a Victorian chair. It sold for \$1,400 a few years ago, but would sell for less today.

In 1851, chairs, chests of drawers and even a sofa made of horns were exhibited at the London World Exhibition. The Tobey furniture Co. of Chicago displayed the first American horn furniture at the 1876 Exposition. The idea lost favor by 1920. Around 1990, the horn chairs were rediscovered by Western collectors.

The most famous horn-furniture maker in the U.S. — and also the most expensive today — is Wenzel Friedrich of San Antonio, which started in 1880. All of the furniture is made from cattle horns, available from the slaughterhouses. The horns require little care. Some owners like to oil the parts, but most prefer to just dust and wipe with a damp cloth. Chairs are rarely marked and often misattributed, because the makers often copied each other.

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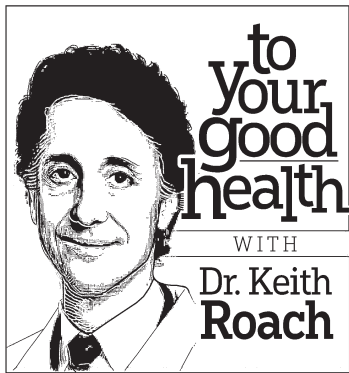
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**Ribfest-Chicago.com**

# Health



## Adult Vaccines Help Boost Immune Systems

**DEAR DR. ROACH:** I was wondering what adult vaccines should be given to enhance the immune system, in addition to improving sleep and diet. —P.P.

**ANSWER:** Our bodies' immune systems are designed to protect us from outside invaders (bacteria, viruses, fungi, parasites) as well as internal errors (cancers), and they are very effective at doing so. Unfortunately, the germs and abnormal growths also are skilled at avoiding our immune systems, so there is a constant struggle going on. Giving your body proper nutrition and rest, and managing stress help your immune system perform at its best.

Vaccines improve your body's ability to fight off particular infections, increasing your immunity to very specific bacteria and viruses. The vaccines that are generally recommended for healthy adults are:

- Flu vaccine (yearly);
- Tetanus, diphtheria and pertussis once, then tetanus/diphtheria every 10 years;
- Human papillomavirus (three doses, up to age 26);
- Zoster, the shingles vaccine (once after age 60);
- Pneumococcal vaccine (PCV13 once, PPSV23 once or twice).

Depending on the person's past history and risk factors, other vaccines — including the measles, mumps and rubella vaccine; meningococcal vac-

cine; hepatitis A and B vaccines; and haemophilus vaccine — also may be recommended. International travelers may need others. The Centers for Disease Control and Prevention maintains the most recent recommendations on its website at [www.vaccineinformation.org](http://www.vaccineinformation.org).

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**DEAR DR. ROACH:** This may seem like a trivial concern in comparison to some of the matters you address in your column, but it is a concern of mine. My spouse passes gas throughout the night. He claims that he is asleep and unaware of any problems. I say that this is a voluntary activity and that he should be able to control it. Who is right? —D.B.

**ANSWER:** He is. Passing gas while asleep is entirely involuntary. You probably are doing so also while asleep. If you are really bothered by his intestinal gas, then you can work on some dietary changes, including avoiding carbonated beverages and limiting foods that commonly cause the intestinal bacteria to produce gas, such as beans, bran, cauliflower and cabbage. In some people, excess gas production can be a sign of mild lactose intolerance.

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**DEAR DR. ROACH:** Let's not shake hands, period. Doctors seem determined to shake hands. I have been half-medicated when the doctor leaned over and insisted on shaking hands. In the ICU, I, another patient and several visitors were visited by several doctors, who came in and had to shake hands with everyone. I did not notice whether they cleaned up. —L.F.

**ANSWER:** I understand what you are saying, but I am not ready to recommend giving up shaking hands. I can understand not shaking hands with visitors in an ICU, but if I am going to be examining a patient, it's polite to shake hands. Of course, I wash my hands before and after every exam, and hospitalized patients and their visitors should wash their hands frequently as well.

## How Low Is Too-Low Blood Pressure?

**DEAR DR. ROACH:** You have written many articles about high blood pressure, but I want to know about low blood pressure. What is normal? What is low, and what is dangerously low? I have a heart issue for which I take medication. I want to know if my blood pressure is too low. —Anon.

**ANSWER:** Among young adults, only 5 percent of men will have a blood pressure below 110/60 or so, and for young women, it's 90/46. Blood pressure tends to go up with age, so low blood pressure numbers are higher for older adults.

For people with healthy hearts, the only time we worry about low blood pressure is if there are symptoms, and the most common symptoms are lightheadedness and fainting.

In people with congestive heart failure, low blood pressure usually is not concerning in itself, but because it might indicate that the heart is getting weaker. However, many of the medications used for CHF reduce blood pressure, which can even limit the amount of medication that can be used. In people with blockages in their arteries, too low a blood pressure can cause inadequate blood flow to parts of the heart and cause angina symptoms.

The blood pressure is dangerously low when a disease process is causing the low blood pressure. In extreme cases, low blood pressure is one of the most dangerous signs of shock. But in general, for healthy people, low blood pressures are not worrisome.

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**DR. ROACH WRITES:** I have received more letters about hearing loss than I would have believed possible. Most of the advice was consistent, so let me review what both professionals and people who have been through the process of getting hearing aids have advised.

First, have realistic expectations about what a hearing aid can do. It does not make your hearing what it was 50 years ago. Loud noises can be

painfully overamplified.

Second, find someone who really knows what he or she is doing. The people whose technicians spent a lot of time teaching, discussing the different options and adjusting them after purchase were the most satisfied. (The adjustment period can take weeks.) A referral from a satisfied friend could be a good place to start. Several professionals recommended that your audiologist be certified by the American Speech, Language and Hearing Association.

Third, be prepared to spend some money. Good hearing aids are expensive. More expensive doesn't always mean better, but most of my readers felt that the money they spent on hearing aids was well worth it. I'm sure there are some great ones, and some not as great. Many veterans wrote me to tell me about their (mostly) good experiences at the Department of Veterans Affairs.

Fourth, try many models. Some people prefer in-the-ear, some over-the-ear. Because it takes a long time to get used to them, you need to wear them pretty much constantly. Both your ears and your brain need time to adjust, so be patient.

Finally, several people and one chapter president wrote to me about the Hearing Loss Association of America ([www.hearingloss.org](http://www.hearingloss.org)) and the benefit they gained from visiting their local chapter and sharing their experiences.

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## Eating Leaves Mouth With Sour Taste

**DEAR DR. ROACH:** My wife, age 70, complains frequently of a sour taste in her mouth soon after eating. I thought she had esophageal reflux, but I did not find that sour taste is one of the symptoms. She has no heartburn, but the taste occasionally improves after taking an antacid. —B.P.

**ANSWER:** Gastroesophageal reflux disease can have no symptoms, or many. Sour taste is, in fact, a common symptom. This is the "reflux" of the


condition's name, since it refers to the backward movement of stomach acid — all the way into the back of the throat or even into the mouth. Heartburn is perhaps the most common symptom, but so is difficulty swallowing. This is more common in people with longstanding symptoms.

Antacids neutralize the acid in the stomach but do not prevent the reflux of stomach contents. Widely prescribed medications, including H2 blockers like Zantac or Pepcid ("H2" is a type of histamine receptor, a stimulus for acid production) and proton pump inhibitors (like Prilosec or Nexium, which directly reduce acid secretion), also act on the acid in the stomach, and do not reduce reflux.

In order to reduce reflux, I recommend eating smaller meals, not reclining for two to three hours after eating, losing weight if appropriate and avoiding products that weaken the lower esophageal sphincter, the valve-like muscle at the bottom of the esophagus. Alcohol and tobacco are the biggest offenders.

Raising the head of the bed (traditionally with a brick, but foam wedges also are good) uses gravity to help the refluxed acid get out of the esophagus. Reducing reflux or acid at night is most important. While the body is in a horizontal position, the acid can stay longer in the esophagus and cause damage.

top ten



**Most Painful Stings**

1. Bullet Ant
2. Tarantula Hawk
3. Paper Wasp
4. Red Harvester Ant
5. Honey Bee
6. Yellow Jacket
7. Bald-Faced Hornet
8. Bullhorn Acacia Ant
9. Fire Ant
10. Sweat Bee

Source: Schmidt Pain Index

# Financial Statement

## PROTECT YOURSELF

Facebook CEO, Mark Zuckerberg, while appearing before a congressional hearing this past April, swore to protect Facebook users after it was disclosed that a political consulting firm improperly snagged profile information from millions of users. Until changes are made, here are some things you can do to

protect your privacy.

### Run the Privacy Checkup

Click on the icon at the top of your Facebook page and select Privacy Checkup. Make sure only your friends can see your posts. Check your profile settings. Choose "Only Me" or "Friends" for everything. Do not choose "Public" for settings.

### Avoid Facebook games and apps

Many games and apps

on Facebook require your name, your email address and the names of your friends. Avoid those. If you're already using these apps and games, go to your Facebook Apps page. Click on the X next to any apps you want to remove.

### Tighten up other privacy settings

Go to your Facebook Privacy Settings and Tools page. Make sure only friends can see your posts. Choose "Only Me" or "Friends" to designate who can see your friends list, email address and phone number. Be sure that no search engines outside of Facebook can link to your profile.

### Control ads and advertisers

You can stop getting ads generated by tracking your interests and activities. Go to your Ad settings section. Turn off the options for "Ads

based on your use of websites and apps" and "Ads on apps and websites off of the Facebook Companies."

Facebook is working on improvements to protect user privacy. The company is rolling out a centralized page for users to control privacy and security settings. Check Facebook's news feed for updates.

### Retirement Planning with the age gap in mind

Large age gaps between spouses require planning. Here is some advice from financial planners.

### Expect to work longer

You may have to stay employed past the typical retirement age in order to build up a larger reserve of savings. If you die and your spouse is much younger than you, your nest egg may have to fund your spouse for

many more years. Allocate a higher percentage of your financial assets to stocks. If that is not your cup of tea, you'll have to plan on a lower level of spending.

### Reduce withdrawals

At 70 1/2, you have to start taking money out of an IRA. If your spouse is more than 10 years younger, you can reduce the required withdrawals and stretch your savings by using the IRS's joint life expectancy table to calculate the amounts.

### Plan your pension

If you'll get a company pension, don't take the lump sum payment when you retire unless your spouse is well provided for. Instead, take the maximum joint and survivor option. It will pay your surviving spouse 100% of your pension for life.

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# FLASHBACK

POP, ROCK & SOUL TRIVIA BARBER

1. What was Def Leppard's first No. 1 song?
2. Phil Collins' "Two Hearts" was used on the soundtrack to which film?
3. The Highwaymen was a country supergroup from 1985 to 1995. What does that mean?
4. Who had a posthumous hit with "Blue Side of Lonesome"?
5. Name the song that contains this lyric: "Hitchin' on a twilight train, Ain't nothing here that I care to take along, Maybe a song to sing when I want."

**Answers**

1. "Photograph," in 1983. The song appears in "Grand Theft Auto V."
2. "Buster," in 1988. The song went to the top of the charts and stayed there for two weeks.
3. All four members were successful in their own careers outside of the group. They were Willie Nelson, Kris Kristofferson, Johnny Cash and Waylon Jennings.
4. Jim Reeves, in 1966. It was the fifth song after his death to go to No. 1 on the charts.
5. "Cracklin' Rosie," by Neil Diamond in 1970. Legend says the song was written for the music director (named Rosalie) of a radio station, hoping she'd play it on the air. The refrain, "play it now, play it now" was supposedly a message to her.

# Strange BUT TRUE

By Samantha Weaver

• It was British writer and humorist Jerome K. Jerome who made the following sage observation: "It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen."

• Europe is the only continent without a desert. Even icy Antarctica has deserts — including the world's largest cold desert.

• Modern dietary trends notwithstanding, raw vegetables have not always enjoyed the healthsome reputation they now have. In medieval times, in fact, veggies would always be cooked; raw ones were considered to be bad for the humors.

• Have you ever heard of an "ad hoc-racy"? If you're like many frustrated workers these days, you may be employed by one. An ad hoc-racy is an organization characterized by lack of planning, responding to problems as they emerge rather than anticipating and avoiding them.

• In La Paz, Bolivia, you can find one of the most unusual prisons in the world. At San Pedro Prison, inmates have to purchase their cells. Those who are well off financially can buy private cells with bathrooms, television and kitchens. Those who are less lucky must share tiny rooms.

• You might be surprised to learn that the world's most-translated author, by far, is Agatha Christie. Jules Verne ranks second, followed closely by William Shakespeare. It's interesting to note that three of the top 10 — Enid Blyton, Hans Christian Anderson and Jacob Grimm — wrote works for children.

\*\*\*

**Thought for the Day:** "The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it." — Terry Pratchett

# top 10 movies

1. **Avengers: Infinity War** (PG-13) Robert Downey Jr., Chris Hemsworth
2. **Life of the Party** (PG-13) Melissa McCarthy, Gillian Jacobs
3. **Breaking In** (PG-13) Gabrielle Union, Billy Burke
4. **Overboard** (PG-13) Anna Faris, Eugenio Derbez
5. **A Quiet Place** (PG-13) Emily Blunt, John Krasinski
6. **I Feel Pretty** (PG-13) Amy Schumer, Michelle Williams
7. **Rampage** (PG-13) Dwayne Johnson, Naomi Harris
8. **Tully** (R) Charlize Theron, Mackenzie Davis
9. **Black Panther** (PG-13) Chadwick Boseman, Michael B. Jordan
10. **RGB** (PG) Ruth Bader Ginsburg, Gloria Steinem

# Trivia test

by Fifi Rodriguez

1. LANGUAGE: What is the accent mark that looks like a little tent over a letter like ^ this?
2. TELEVISION: What animated show features a pub called "The Drunken Clam"?
3. COMICS: When did "The Phantom" daily comic strip start?
4. CHEMISTRY: What common kitchen product's chemical formula is NaCl?
5. THEATER: In which musical was the song "The Perfect Year" featured?
6. ANATOMY: What is the largest artery in the human body?
7. HISTORY: Which battle was considered to be a turning point in the World War II Pacific arena?
8. MOVIES: What movie won the Best Picture Oscar award in 2016?
9. MATH: How many faces does an octahedron have?
10. LITERATURE: In which of Shakespeare's plays does the line, "The course of true love never did run smooth," appear?

**Answers**

1. Circumflex
2. "Family Guy"
3. 1936
4. Salt
5. "Sunset Boulevard"
6. Aorta
7. Midway
8. "Spotlight"
9. Eight
10. "A Midsummer Night's Dream"

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

**Game Night (R)** — Jason Bateman and Rachel McAdams star as Max and Annie, an ultracompetitive and sweet couple who host a regular game night with their circle of friends — snappy duo Michelle and Kevin (Kylie Bunbury and Lamorne Morris), Ryan (Billy Magnussen) with date Sarah (Sharon Horgan) and Max's bigger, better, realer brother Brooks (Kyle Chandler). The sibling rivalry is not subtle, and Brooks decides to one-up the game by hosting an interactive mystery experience at his swanky pad. It's all fun and games until there's an assault and kidnapping. When Brooks is dragged away in real life, Max and Annie go off the board to track him down and solve the mystery. This clever action comedy didn't get the credit it deserved in theaters, and it makes a great watch for your gathering of friends, competitive or no.



Jason Bateman, Rachel McAdams in "Game Night"

**Red Sparrow (R)** — Sporting a nifty Russian accent, Jennifer Lawrence stars as prima ballerina Dominika Egorova, who must find a new means of survival for herself and her sick mother after suffering an injury. She is lured into a sordid job by her uncle Ivan (Matthias Schoenaerts), a Russian Intelligence officer, in exchange for medical care for Mama. Things go unexpectedly murderous, and she is faced with a very narrow choice between death and attending a specialized boot camp for sexual superweapons dubbed "Sparrows." When she is tasked with finding the contact of a CIA operative (Joel Edgerton), she faces an existential crisis pitting the person she was against the incredibly powerful weapon she has become.

**Early Man (PG)** — Directed by Nick Park (of "Wallace and Gromit" fame), this delightful little stop-motion animation venture stars Eddie Redmayne as Dug, an above-average prehistoric man whose tribe lives a quiet existence hunting rabbits in The Valley. More technologically advanced Lord Nooth (Tom Hiddleston) interrupts this idyllic reverie with his Bronze Age war elephants, and through a hilarious accidental interchange, Dug is dropped into the middle of a soccer game in Nooth's city. A challenge is made and accepted that Dug's tribe will play Nooth's ringers with the promise that if Dug wins, his valley will be spared.

**15:17 to Paris (PG-13)** — In August 2015, a man on a train from Amsterdam to Paris opened fire on his fellow passengers. He was subdued by an international hodgepodge of heroes after his gun jammed, and this is the true story of three of them, who play themselves: Americans Spencer Stone, Anthony Sadler and Alek Skarlatos. Director Clint Eastwood clearly believes in the story, and he should: These men performed outstanding acts of bravery and character, but unfortunately, it's critically apparent that they are not actors, and it's a real bummer, because what a great story.

**NEW TV RELEASES**

- Call the Midwife Season 7
- Famous in Love Season 1
- Little Women (miniseries)
- The Loud House: It Gets Louder

## top ten

### Most Reputable U.S. Companies

1. amazon
2. Wegmans
3. Tesla Motors
4. Chick-fil-A
5. Walt Disney Company
6. HEB Grocery
7. UPS
8. Publix Super Markets
9. Patagonia
10. Aldi

Source: 2018 Harris Poll

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**TOP VIDEO RENTALS AND SALES**

**Top 10 Video On Demand**

1. **12 Strong** (R) Chris Hemsworth
2. **Peter Rabbit** (PG) James Corden
3. **Den of Thieves** (R) Gerard Butler
4. **Winchester** (PG-13) Helen Mirren
5. **Hostiles** (R) Scott Shepard
6. **Maze Runner: The Death Cure** (PG-13) Dylan O'Brien
7. **The Greatest Showman** (PG) Hugh Jackman
8. **Jumanji: Welcome to the Jungle** (PG-13) Dwayne Johnson
9. **The Post** (PG-13) Meryl Streep
10. **Forever My Girl** (PG) Alex Roe

**Top 10 DVD, Blu-ray Sales**

1. **Peter Rabbit** (PG) Sony
2. **12 Strong** (R) Warner Bros.
3. **The Greatest Showman** (PG) FOX
4. **Star Wars: Episode VIII: The Last Jedi** (PG-13) Disney
5. **Maze Runner: The Death Cure** (PG-13) FOX
6. **Thor: Ragnarok** (PG-13) Disney
7. **Winchester** (PG-13) Lionsgate
8. **Den of Thieves** (R) Universal
9. **Paddington 2** (PG) Warner Bros.
10. **Jumanji: Welcome to the Jungle** (PG-13) Sony

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# What's Hot in Hollywood

**HOLLYWOOD** — **Jim Carrey** had a dark time after his former girlfriend **Cathriona White** died from an overdose of prescription drugs. Both her mother and her former husband filed wrongful death suits against him, which were dismissed in January. Carrey's "Dumb & Dumber To" (2014) was a hit (\$50 million cost/\$170 million gross), but the black comedy "The Bad Batch" (2016) totally bombed. His latest film, "Dark Crimes," opened May 18. In it he plays a serious role as Tadek, a detective investigating the murder of a businessman identical to the murder of a character in a recently released novel.

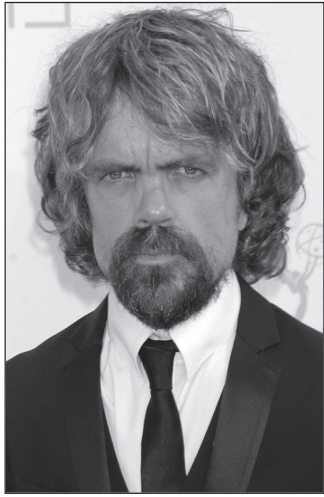
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**Peter Dinklage** finally will realize his dream to star as **Herve Villechaize**, who played Tattoo on "Fantasy Island" and died in 1993. He's been trying to make the film "My Dinner with Herve" for several years, and now his home network, HBO, which has starred him in "Game of Thrones" since 2011, has given the greenlight. The TV film will co-star **Jamie Dornan** as a journalist, and **Andy Garcia** as **Ricardo Montalban**. Dinklage, father of two children with wife **Erica Schmidt** (since 1995), has made 48 films, including "The Chronicles of Narnia: Prince Caspian" (2008), "X-Men: Days of Future Past" (2014), "The Boss" (2016), "Three Billboards" (2017) and "Avengers: Infinity War" (2018). He is currently shooting "O Lucky Day," billed as "a leprechaun comedy." I can't wait to hear his Irish accent.

\*\*\*

Broadway theatergoers can see a host of film and TV stars in current shows. **Jim Parsons** ("Big Bang Theory"), **Zachery Quinto** ("Star Trek's" Mr. Spock) and **Andrew Rannells** ("Girls") are in the 50th-anniversary revival of "Boys in the Band." **Denzel Washington** stars in "The Iceman Cometh"; "Roseanne's" **Laurie Metcalf** in "Three Tall Women"; **Chris Evans** (Captain America, currently in "Avengers: Infinity War") in "Lobby Hero"; and **Nathan Lane** ("Modern Family") and **Andrew Garfield** ("Hacksaw Ridge") in "Angels in America." **Diana Rigg** ("The Avengers'" Mrs. Peel) appears in the revival of "My Fair Lady," and "Dawson Creek's" **Joshua Jackson** stars in "Children of a Lesser God." If any of these are your favorites, it's time to make that trip to NYC you've put off for too long.

Here are some surprising salaries. **Sarah Huckabee Sanders**, age 35, only makes \$179,700 for putting her



Depositphotos

Peter Dinklage

spin on the news. **Albert Einstein's** estate still earns \$10 million a year. The CCO of Netflix, **Ted Sarandos** (53), downloaded \$15 million last year. **Mark Harmon** (66), in addition to acting in "NCIS," got paid for producing the show and made \$19 million. Fox's **Sean Hannity** (56) made \$36 million for presenting his exaggerated truths, while performers **Chris Rock** (53) made \$57 million and **Bruce Springsteen** (68) made \$68 million. And what was in your pay envelope last year?

\*\*\*

**HOLLYWOOD** — **Ryan Gosling** has chosen his next film. While "La La Land" (2016) grossed \$446 million, his follow-up films didn't do so well. "Song to Song" (2017), with **Michael Fassbender**, **Natalie Portman** and **Rooney Mara**, tanked; and "Blade Runner 2049" made only \$260 million (on **Harrison Ford's** draw), barely covering expenses. Gosling next will play astronaut **Neil Armstrong** from 1961 to his 1969 mission to land on the moon. "First Man" co-stars **Kyle Chandler** and opens Oct. 12.

\*\*\*

When "Murphy Brown" returns to CBS next season, it will reunite the cast for the first time. **Candice Bergen** (Murphy Brown), now 71, has made 13 films, including "Sex & the City" (2008), "The Women" (2008) and "Bride Wars" (2009), and co-starred in the ABC series "Boston Legal" (2005-2008). She starred with **Reese Witherspoon** in "Home Again" (2017) and is top billed in "Book Club," with Oscar winners **Jane Fonda**, **Diane Keaton** and **Mary Steenburgen**, opening May 18.

**Faith Ford** (Corky Sherwood), now 53, made six films, most notably "The

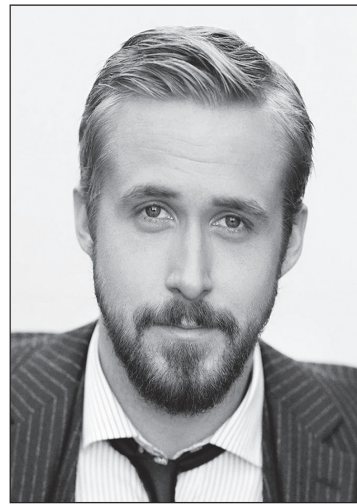
Pacifier" (2005), with **Vin Diesel** and **Lauren Graham**; and the TV series "Hope & Faith" (2003-2006), with **Kelly Ripa**. **Grant Shaud** (Miles Silverberg), now 57, made six films, including "The Crow: Salvation" (2000), with **Kristen Dunst** and "Ugly Betty's" **Eric Mabius**. **Joe Regalbuto** (Frank Fontana), now 68, did a bunch of episodic TV, including five episodes of "Side Order of Life" (2007). **Charles Kimbrough** (Jim Dial), now 81, also did a lot of episodic TV, plus "The Wedding Planner" (2001), with **Jennifer Lopez** and **Matthew McConaughey**.

It'll be interesting to see how they explain the cast's advanced age and the missing **Eldin Bernecky** (Robert Pastorelli, who died of a morphine overdose in 2004) and bartender **Phil (Pat Corley)**, who died in 2006 from heart failure). Hopefully, "Murphy Brown" isn't old news.

\*\*\*

Because **Debbie Reynolds'** movie memorabilia auction was such a success (earning an estimated \$20 million), **Liza Minnelli** is having an auction of more than 2,000 items associated with her and her mother, **Judy Garland**. Among her treasures are the Ruby Slippers she wore when she wed **Jack Haley, Jr.** (the son of Garland's "Tinman," **Jack Haley**), the costume she wore for "Mein Herr" in her Oscar-winning "Cabaret" role, love letters from her mother (including one with her lipstick-kiss print) and rare photos of her taken by superstar photographers **Andy Warhol**, **Richard Avedon** and **Annie Leibovitz**.

Why sell her treasures? Part of the proceeds will help fund singer **Michael Feinstein's** Great American Songbook Foundation. The June



Depositphotos

Ryan Gosling

auction, in Calabasas, California, will be handled by the same people who helped **Debbie Reynolds** auction become a success. If there's one thing **Liza** knows, it's that "Money Makes the World Go 'Round."

## celebrity extra

by cindy elavsky

**Q.** I just watched the "Lucifer" series finale on Fox, and I am beyond gutted that the series was canceled. This show is one of the funniest, smartest and most interesting shows on TV today. And the chemistry between all the actors, as well as the star power of Tom Ellis, is hard to come by nowadays. I really felt that the show was hitting its stride. Is there any chance Fox will reverse its decision, or maybe someone else can pick it up? — *Kayla F., via email*

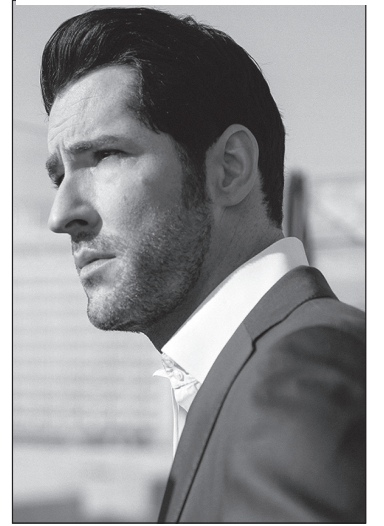
**A.** I'm right there with you, Kayla. As I've expressed in this column before, "Lucifer" is one of my favorite shows, and I was crushed to learn of its cancellation. There are tons of fans who feel the same way, if Twitter's #SaveLucifer and #PickUpLucifer campaigns are any indication. I mean, Lucifer FINALLY showed his true self to Chloe, she finally understands he is literally the devil (and not metaphorically, as she always believed), and that's it? It's canceled? As of this writing, no one had picked up the series yet, but a lot can happen, and happen quickly, so I'm keeping my fingers crossed. If you want to help, speak your mind on social media and enlist your friends. It actually does work, sometimes.

\*\*\*

**Q.** Can you tell me what's up with "Outlander"? It's been forever since I've seen my favorite Scotsman. — *Jamie R., via Facebook*

**A.** Starz has revealed that you'll have a little while longer to wait for season four to begin, which is slated for November (I'll keep you posted when they announce an exact date) and will consist of 13 episodes. BUT I have some great news for you: The time-traveling fantasy-romance series has been renewed through season six, with seasons five and six each comprising 12 episodes.

Starz president and CEO **Chris Albrecht** in a statement: "Fans can rest assured their beloved **Claire and Jamie** will be back facing new challenges, adversaries and adventures in seasons five and six as we delve into Ameri-



Erik Voake/FOX

Tom Ellis

can history and continue the story of the **Frasers** as they settle in the New World." And remember, author **Diana Gabaldon** is currently working on the ninth book, so there is a potential for at least nine seasons of the fan-favorite series.

\*\*\*

**Q.** Is "Shades of Blue" ever coming back? It didn't air this past fall, so I was counting on spring. Now spring has come and gone, and no "Blue." What's going on? — *Gigi R., via email*

**A.** No need to worry. NBC has pushed back the season-three premiere date of the **Jennifer Lopez** and **Ray Liotta** cop drama to Sunday, June 17, at 10 p.m. ET. This will be its final season, and according to sources, it was planned as a three-season story arc from its inception. NBC revealed that season three's storyline "brings Lopez's complex character to a fitting resolution."

\*\*\*

**Q.** Can you tell me what John Walsh has been doing? I used to religiously watch "America's Most Wanted," and I wondered if he was still out there, helping to catch criminals. — *Jack W., via email*

**A.** You can catch John next on Investigation Discovery in "In Pursuit With John Walsh." Slated to premiere in the first quarter of 2019, this real-time investigation series showcases time-sensitive, unsolved cases in desperate need of attention, mobilizing ID's audience to actively engage in the pursuit of justice.

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# Dads Want **Steak**

## Give your dad the best for Father's Day

**FAMILY FEATURES**

**D**ads typically love steak, so this Father's Day, go ahead and shower him with some love straight off the grill. You can make the day even more memorable by sharing the grilling experience together.

In fact, it may be the perfect chance to teach your old man a thing or two with these tips from Omaha Steaks Executive Chef Grant Hon.



**Choose Your Protein**

Selecting quality protein is the starting place for an exceptional grilled meal. For example, the ribeye is the most well-marbled steak, meaning it's super juicy, rich with beefy flavor and excellent on the grill.

**Prepare the Grill**

Always start with clean grill grates. Heat your gas grill to high or start your charcoal 10-15 minutes before you grill. Dip a paper towel in oil using tongs and oil your grill grates before adding steaks for a great sear.

**Prepare the Meat**

Pat steaks dry with a clean paper towel and season them before they

hit the grill. You can't go wrong with simple sea salt and cracked pepper, but creative recipes like this Dukkah Rub can add a special twist.

**Sear and Crust**

Cook steaks directly over your heat source to get a tasty, crunchy sear on the outside of the steak. This is where the best flavor comes from, and it offers a delicious contrast to the rich, juicy inside of the cut.

**Control Your Cook**

Keep the grill cover closed as much as possible to maintain a

temperature of around 450 F. This helps lock in flavor and prevent flare-ups. Remember the marbling on a ribeye means more fat, which melts during cooking. This is a good thing, but you may experience more dripping or flare-ups if you're used to grilling leaner steaks.

To minimize the need to open the grill cover, determine the amount of time you'll need to reach your desired doneness then use the 60-40 grilling method. Grill 60 percent on the first side then 40 percent after you turn the steak over for an even cook.

**Let it Rest**

A resting time of at least 5 minutes allows steak juices to redistribute for the best eating experience. A foil tent can help regulate temperature during the resting period.

**Garnish and Flavor**

Whether you're grilling vegetables, sauteing onions or adding a different kind of sweet or savory topping, just before you serve is the right time to garnish your steak.

Find more expert tips for summer grilling and the perfect Father's Day gift at OmahaSteaks.com.

**Dukkah Rub**

Prep time: 5 minutes  
Active time: 5 minutes  
Serves: 12

- 1/3 cup sliced almonds, roasted with no salt
- 1/4 teaspoon fennel seeds
- 2 tablespoons Omaha Steaks Private Reserve Rub
- 2 teaspoons sesame seeds

On cutting board, chop almonds to rough texture and add fennel seeds, chopping until mixture is fine. Place almond and fennel mix in bowl and add rub and sesame seeds.

**TASTY TOPPERS**



Once you pull a juicy steak away from the flame, there's only one way to make it better: toppings that create a true taste explosion. When they're prepared with fresh, premium ingredients, your friends and family may not be able to get enough of these sweet and savory additions. Simply mix them up while your meat is on the grill, or skip a step and rely on Omaha Steaks Toppers to capture the same delicious flavors without the prep work.

**Crispy Onions and Jalapenos:** Savor a one-two punch of crispy onions combined with spicy jalapenos for some crunch with a kick.

**Dijon Mustard Aioli:** Blend Dijon and whole-grain mustard with creamy Greek yogurt, garlic, tarragon and white pepper for a rich, tangy topping.

**Mushrooms and Blue Cheese:** Mix hearty mushrooms and full-flavored blue cheese with your favorite savory spices and a splash of sherry wine.

**Smoky Bacon Jam:** Start with the finest cuts of bacon browned to crispy perfection then add caramelized onion and an accent like brown sugar or balsamic vinegar.

**Sweet Bourbon Onions:** Warm things up with a medley of natural honey, bourbon whiskey and sherry wine offset by zesty red onions and balsamic vinegar.

**Tomato Jam:** Experiment with your favorite varieties to find the perfect balance of crushed tomatoes, sweet gherkins and seasonings.

**GRILLING | GAS OR RED HOT CHARCOAL**

Preheat grill on high, 600 F. Lightly oil and season steaks. Cook steaks covered. Rest 3-5 minutes before serving.

THICKNESS	RARE 120°-130°		MEDIUM RARE 130°-140°		MEDIUM 140°-150°		WELL DONE 160°-170°	
	FIRST SIDE	AFTER TURNING	FIRST SIDE	AFTER TURNING	FIRST SIDE	AFTER TURNING	FIRST SIDE	AFTER TURNING
	1/2"	2 min	2 min	3 min	2 min	4 min	2 min	5 min
3/4"	4 min	2 min	4 min	3 min	5 min	3 min	7 min	5 min
1"	5 min	3 min	5 min	4 min	6 min	4 min	8 min	6 min
1 1/4"	5 min	4 min	6 min	5 min	7 min	5 min	9 min	7 min
1 1/2"	6 min	4 min	7 min	5 min	7 min	6 min	10 min	8 min
1 3/4"	7 min	5 min	8 min	6 min	8 min	7 min	11 min	9 min
2"	8 min	6 min	9 min	8 min	10 min	8 min	13 min	11 min



## Good Housekeeping

### Bourbon-Marinated Steak

A sweetly spiced marinade adds flavor and tenderness to classic grilled flank steak.

- 1/2 cup packed brown sugar
- 1/2 cup bourbon whiskey
- 1/3 cup soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon coarsely ground black pepper
- 1/4 teaspoon hot pepper sauce
- 2 flank steaks (about 1 1/2 pounds each), well trimmed\*

1. Prepare marinade: In jumbo self-sealing plastic bag (2 gallons), mix 1 cup water with all ingredients except steaks.

2. Add steaks, turning to coat. Seal bag, pressing out excess air. Place bag in shallow glass baking dish and refrigerate at least 4 hours or overnight, turning bag occasionally.

3. Remove steaks from marinade. Discard marinade. Place steaks on grill over medium heat, and cook 15 to 20 minutes for medium-rare or until of desired doneness, turning once. (Or, preheat broiler and place steaks on rack in broiling pan. Broil steaks at closest position to source of heat 15 to 20 minutes for medium-rare.)

4. Transfer steaks to warm large platter, let stand 10 minutes for easier slicing. To serve, cut into thin slices. Makes 12 servings.

\*Or, use 2 beef top round steaks, about 1 1/2 inches thick (about 1 1/2 pounds each). Follow recipe for flank steaks, but grill or broil 25 to 30 minutes for medium-rare or until of desired doneness.

• Each serving: About 215 calories, 9g total fat (4g saturated), 47mg cholesterol, 235mg sodium, 4g carbohydrate, 27g protein.

## Good Housekeeping

### Classic Barbecued Chicken

No outdoor party, barbecue or family cookout would be complete with-

out a platter of classic barbecued chicken on the table. This easy recipe serves 4.

- 1/2 cup tomato paste
- 1/2 cup water
- 2 tablespoons packed brown sugar
- 2 tablespoons molasses
- 2 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon soy sauce
- 1 teaspoon Dijon mustard
- 1/4 teaspoon crushed red pepper
- Salt
- Pepper
- 1 cut-up chicken (8 pieces)

1. In 3-quart saucepan, combine tomato paste, water, brown sugar, molasses, cider vinegar, Worcestershire sauce, soy sauce, Dijon mustard, crushed red pepper, and 1/4 teaspoon each salt and pepper; stir until well-combined.

2. Heat to boiling on high, then lower heat to maintain steady simmer. Cook 30 minutes or until thickened, stirring occasionally.

3. Sprinkle 1/2 teaspoon each salt and freshly ground black pepper all over chicken. Place on grill, skin side down. Cover and cook 15 to 20 minutes or until juices run clear when chicken is pierced with tip of knife, turning over once. (Smaller pieces will cook more quickly.)

4. Immediately after chicken is cooked, transfer to a large bowl and toss with sauce until evenly coated.

## Good Housekeeping

### Steak Secrets

Steaks that are at least 3/4-inch to 1-inch thick won't dry out easily during grilling. Trim off excess fat and slash the fat edges at 1-inch intervals to prevent curling.

Turn your steak with tongs once, halfway through cooking (don't use a fork — it will pierce the meat and let the natural juices escape). Many factors can influence cooking time — including the weather (especially wind) when you're using charcoal — so test for doneness by cutting into the thickest part of the steak and checking its color.

Let steak stand for a few minutes before serving. This allows the meat juices, which have been driven to the center of the meat by the heat, to return to the surface, resulting in juicier meat.

## Good Housekeeping

### Easy Grilled Ranch Potatoes

With just three ingredients, these grilled potatoes from Creme de la Crumb are quick and delicious, and make the perfect side dish for any summertime meal.

- 2 pounds baby red potatoes
- 3 tablespoons olive oil (or other oil)
- 1 packet ranch seasoning

1. Wash, pat dry and quarter potatoes (for larger ones you may need to chop into slightly smaller pieces, about 1 inch).

2. Place chopped potatoes in a large resealable bag. Drizzle olive oil into the bag, seal and toss to coat the potatoes.

3. Open the bag, sprinkle in half of the ranch seasoning, seal, toss to coat, then repeat with remaining seasoning.

4. Thread potatoes on skewers. Grill over low heat for 10-20 minutes (depending on your grill) turning throughout to ensure even cooking. When fork-tender, remove from grill and serve warm with cold ranch dressing, if desired. Serves 4.

## Good Housekeeping

### Parmesan Pita Crisps

These crispy homemade pita chips are perfect for dipping, but are flavorful enough to hold their own on the snack table.

- 3 tablespoons olive oil
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 5 whole (5 to 6 inch) whole-wheat or white pitas with pockets
- 1/2 cup coarsely grated Parmesan cheese
- Salt (optional)

1. Heat oven to 350 F. In cup, with fork, mix oil, cumin and ground red pepper.

2. With knife or kitchen shears, carefully split each pita in half. Brush 1 side of pita halves with oil mixture. Cut each half into 8 wedges. Arrange wedges, oiled-side up, in 2 ungreased 15 1/2-by-10 1/2-inch jelly-roll pans. Sprinkle with Parmesan, and salt if you like.

3. Place pans on 2 oven racks, and bake crisps 12 to 15 minutes or until golden, rotating pans from upper to lower racks halfway through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or large self-sealing plastic bag up to 1 week. Makes 80 crisps.

• Each crisp: About 20 calories, 1g protein, 2g carbohydrate, 1g total fat, 30mg sodium.

## Good Housekeeping

### Spring Pea Dip

This delicious dip has all the best qualities of springtime: a luscious, green color, fresh flavors and a delicate texture. Along with cut-up vegetables, homemade pita chips are

another tasty way of getting this dip from dish to mouth.

- 1 pound fresh peas in the pod (or 1 cup of frozen peas)
- 1/4 cup (loosely packed) fresh mint leaves, chopped
- 1/3 Salt and ground black pepper
- 1/3 cup part-skim ricotta cheese
- 2 tablespoons freshly grated Parmesan cheese
- Assorted spring vegetables for dipping, such as cucumber strips, yellow and red pepper strips and baby carrots

1. Shell peas: run thumb along length of seam to open pod and release peas.  
2. In 1-quart saucepan, heat 1-inch water to boiling over high heat; add peas and heat to boiling. Reduce heat to medium; cover and cook 3 minutes or just until peas are tender. Drain peas and rinse under cold running water; drain well.

3. In food processor with knife blade attached, puree peas with mint, 1/4 teaspoon salt and 1/4 teaspoon pepper. Transfer to small bowl; stir in ricotta and Parmesan. Serve dip, with vegetables, or cover and refrigerate to serve later. Makes 1 cup dip.

• Each serving: About 20 calories, 1g protein, 2g carbohydrate, 1g total fat, 1g fiber, 2mg cholesterol, 55mg sodium.

## Good Housekeeping

### Frosty Cappuccino

Better than store-bought! A deceptively rich blender coffee drink that's ready in just 5 minutes.

- 1 cup low-fat (1 percent) milk
- 1 tablespoon chocolate syrup
- 1 teaspoon instant espresso-coffee powder
- 2 ice cubes
- Sugar (optional)
- Ground cinnamon

1. In blender, combine milk, chocolate syrup, espresso powder and ice, and blend until mixture is smooth and frothy. Add sugar to taste, if you like.

2. Pour into 2 chilled glasses. Sprinkle with cinnamon for garnish.



by Healthy Exchanges

### Sweet Potato Side

It's grilling season, and if you're looking for a new side dish to go with pork or ham, look no further.

- 1 (8-ounce) can crushed pineapple, packed in fruit juice, undrained
- 1/2 cup fat-free mayonnaise
- 1/4 cup no-fat sour cream
- 3 cups diced cooked sweet potatoes
- 1 cup chopped celery
- 1/4 cup chopped walnuts
- 1/2 cup seedless raisins

1. In a large bowl, combine undrained pineapple, mayonnaise and sour cream. Add sweet potatoes, celery, walnuts and raisins. Mix gently to combine.

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# Crime

**Criminal Sexual Abuse** and public indecency on a CTA train on the 1800 block of West Montrose.

**Criminal sexual assault** non aggravated on the sidewalk on the 1899 block of West Cuyler.

**Battery** at a place of worship -church/synagogue or place of worship on the 3900 block of North Leavitt.

**Vandalism** and criminal damage to property at a residential yard on the 1700 block of West Henderson.

**Crime against a person** in a barbershop on the 3500 block of North Lincoln Avenue.

**Retail theft** from a grocery store on the 3000 block of North Broadway.

**Simple assault** at an apartment on the 1600 block of West Melrose Street.

**Passing a counterfeit check** at medical or dental office on the 3100 block of North Broadway.

**Parole violation** on

the sidewalk on the 190 block of West Belmont.

**Domestic battery** at a CTA station on the 900 block of West Addison Street.

**Simple battery** at a bar or tavern on the 3300 block of West Halsted Street.

**Theft** from a grocery store on the 2900 block of North Ashland Avenue.

**Found suspect narcotics** in a hospital building or the grounds of a hospital on the 2900 block of North Lake Shore Drive.

**Child abuse** at a residence on the 3400 block of North Racine.

**Violating** an order of protection at a residence on the 3100 block of North Lake Shore Drive.

**Pick pocketing** at a restaurant on the 1200 block of West Belmont Avenue.

**Simple assault** at a bar or tavern on the 1000 block of West Addison Street.

**Criminal sexual as-**

**sault** in an alley on the 400 block of West Surf Street.

**Public Peace violation** of reckless conduct on the street on the 800 block of West Belmont Avenue.

**Retail theft** from a grocery store on the 3400 block of North Lincoln Avenue.

**Theft** over \$300 on the street on the 3400 block of North Wolcott.

**Motor vehicle theft** of an automobile on the 23300 block West Montrose Avenue.

**Aggravated assault** with a handgun on the street on the 2000 block of West Irving Park Road.

**Burglary** and unlawful entry of a residence on the 2100 block of West Waveland Avenue.

**Criminal trespass** to a vehicle on the street on the 4200 block of North Winchester Avenue.

**Domestic battery** at a residence on the 3900 block of North Bell Avenue.

## These registered sex offenders may live in your neighborhood

The following is a list of blocks where registered sex offenders live. They may be on your block. This list has been published by Lakeview Newspaper in the June issue for the past 22 years as a public service. Be vigilant with your child's safety.

Block	Gender	Race	Age	Height	Weight	Victim Minor
5XX W. Briar Pl.	M	W	55	5'8"	160	Y
7XX W. Cornelia	M	B	36	5'9"	140	N
36XX N. Lake Sh Dr	M	W/H	53	5'6"	165	Y
12XX W. Eddy St.	M	W	41	5'11"	195	Y
7XX W. Oakdale	M	W	44	6'	180	Y
35XX N. Racine	M	W	31	6'	220	N
700 W. Cornelia	M	W	61	5'7"	165	Y
8XX W. Wofram	M	W/H	44	6'	175	Y
34XX N. Racine	M	W	44	6'	210	Y
6XX W. Barry	M	W	62	5'7"	200	Y
4XX W. Barry	M	As/Pac	72	5'4"	125	Y
19XX W. School St.	M	W	29	5'6"	120	Y
35XX N. Bell	M	W	40	6'2"	220	Y
19XX W. Melrose	M	W	36	5'11"	230	Y
39XX N. Seeley	M	W	58	6'5"	220	Y
16XX W. Barry	M	W	32	5'9"	195	Y
19XX W. Barry	M	W	75	6'	180	Y
31XX N. Western	M	W	48	5'9"	190	Y
23XX W. Belmont	M	W	56	5'11"	225	Y

**There are 2840 registered sex offenders as of May 18, 2018 in Chicago. 385 are homeless.**

Pay attention and talk to your children about these individuals. You can go to the Chicago Police Department registered sex offenders web site and see the names and photographs of these individuals and how close they may live to you.



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**The Garden Bug**

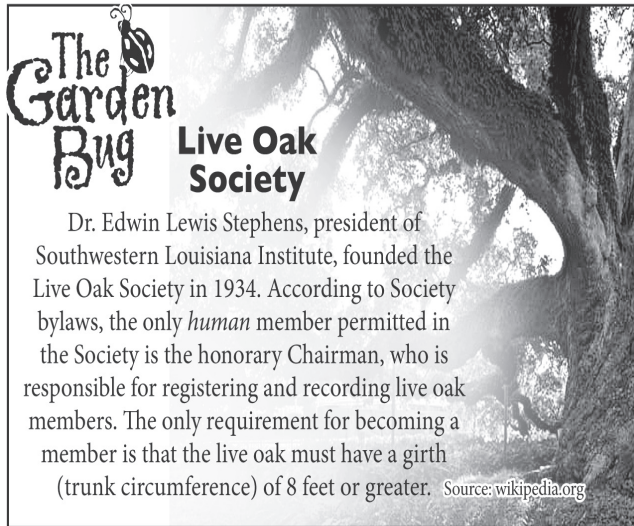


Solomon's Seal are native to woodlands in North America, and can often be found growing in the wild. Its flowers greatly resemble the Lily of the Valley, its relative. With its graceful arching branches, exquisite white flowers shaped like little bells and tipped with yellow or green, the plant can grow up to four feet high. It has blue-green leaves that turn golden-yellow in autumn, and at that time the plant will have blue berries.

**Solomon's Seal**

— Brenda Weaver  
Source: www.easysadegardening.com

**The Garden Bug**




**Live Oak Society**

Dr. Edwin Lewis Stephens, president of Southwestern Louisiana Institute, founded the Live Oak Society in 1934. According to Society bylaws, the only human member permitted in the Society is the honorary Chairman, who is responsible for registering and recording live oak members. The only requirement for becoming a member is that the live oak must have a girth (trunk circumference) of 8 feet or greater.

Source: wikipedia.org

**The Garden Bug**



**Growing catnip**

Cats love to paw, chew on, and roll around in this perennial herb. Catnip is related to other mint plants, like spearmint, basil and oregano. Its stems and leaves store oils, and its blossoms display white, pink or purple petals. It is easily propagated by seed, stem cuttings, or rootball division. You can sow seeds outside early in the spring with a light cover of hay, or start them indoors in trays and transplant them outside after the last chance of frost. It likes either sun or shade, and can grow 2 to 3 feet.

Source: herbgardening.com/growingcatnip, www.altnature.com, frontpageeews.com

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**Quotes worth your time**

“It does not make sense to hire smart people and then tell them what to do. We hire smart people to tell us what to do,”  
Steve Jobs

“Biology is the least of what makes someone a mother.”  
Oprah Winfrey

“If you think that nobody cares about you try missing a couple of payments.”  
Steven Wright

“It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived.”  
George S. Patton

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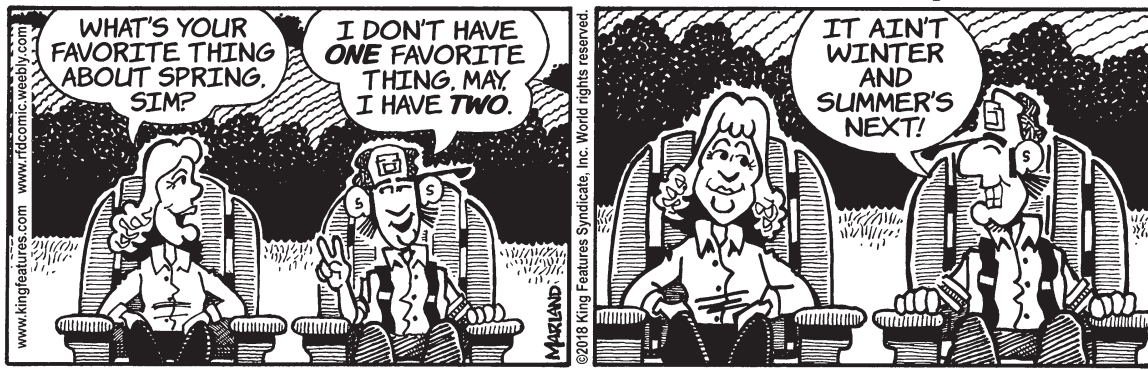
Broken K Ranch	Madsen Family Farms
Chicago Marshmallow	Noffke Family Farms
Just E Skincare	Not Just Cookies
John Bailey Honey	Sitka Salmon Shares
La Provence Imports	Stamper Cheese Company

Northcenter Farmers Market is open Saturdays, 7 AM-1PM thru October 26

# Comics

## R.F.D.

by Mike Marland



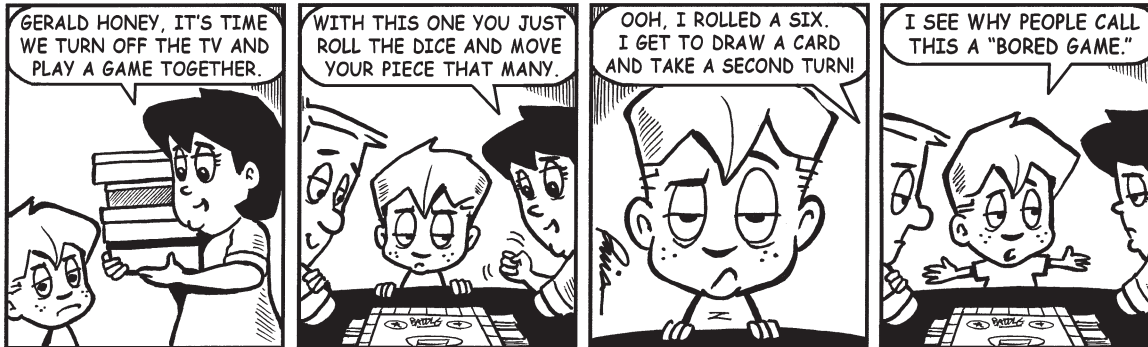
## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



## The Spats

by Jeff Pickering



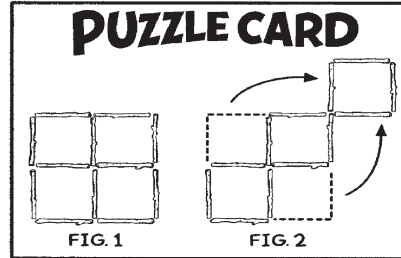
## THEY'LL DO IT EVERY TIME

BY AL SCADUTO

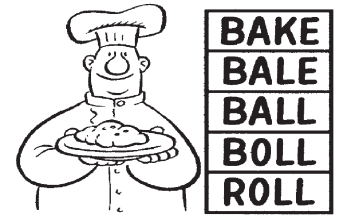


# Junior Whirl

by Charles Barry Townsend



SEE IF YOU CAN "RISE" TO SOLVE THIS ONE!



LAY OUT 12 STICKS, as shown in figure 1, and challenge your friends to move four of them to new positions so that three equal squares will be formed. Figure 2 gives our solution.

In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed BAKE to ROLL in four moves. See if you can change the following five words in four moves.



1. JUNK to PILE
2. PASS to BUCK
3. MOAT to WALL
4. COLD to FEET
5. RANK to FILE

THE COACH IS GIVING the sports locker a spring cleaning. Try counting up every single item in the locker and see if you come up with our total.

1. JUNK, PUNK, PINK, PINE, FILE.
2. PASS, BASS, MALT, MACK, BUCK.
3. MOAT, MOLT, MALT, MALL, WALL.
4. COLD, COLT, CELT, FELT, FEET.
5. RANK, RINK, FINK, FINE, FILE.

EIGHT DOWN AND TWO TO GO! See if you can figure out what the next two letters are in this series of letters.

A E F H I K L M \_ \_ ?

Answer: The above eight letters are in alphabetic order and they are all made using straight lines. Therefore, the next two letters should be "N" and "O".

IT TAKES A "PUZZLE ARTIST" TO SOLVE THIS ONE! At right is a word square. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

E	A	S	E	L
A				
S				
E				
L				

1. Picture support (given).
2. Ancient Greek marketplace.
3. Individual performances.
4. To wear down.
5. Sci-fi weapon.

Answers: 1. Easel, 2. Agora, 3. Solos, 4. Erode, 5. Laser.

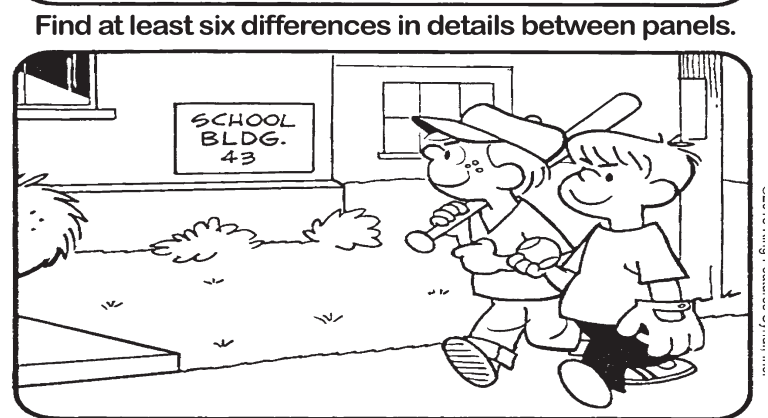
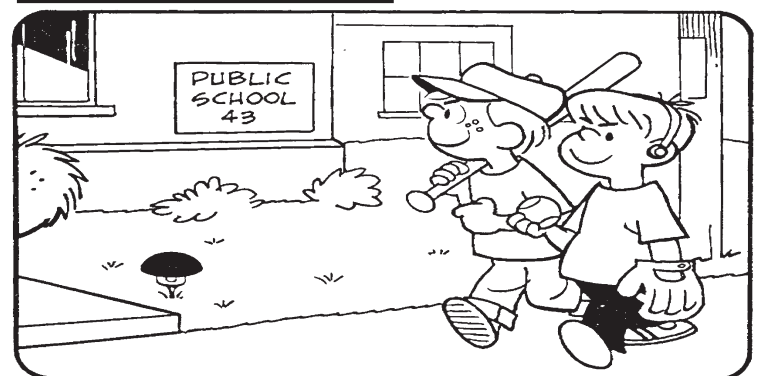
LET'S HAVE A "TEA" PARTY! In this puzzle all of the words get progressively longer, and they all start with TEA. The following hints should help:

1. TEA (in place).
2. A hard wood.
3. To enlighten.
4. A tough problem.
5. Fortune-tellers hang out here.
6. A freight hauler.

1. TEA
2. TEA _
3. TEA _ _
4. TEA _ _ _
5. TEA _ _ _ _
6. TEA _ _ _ _ _

## HOCUS-FOCUS

BY HENRY BOLTIKOFF



Differences: 1. Window is higher. 2. Sign is different. 3. Lawn light is missing. 4. Neckline is different. 5. Headset is missing. 6. Glove is different.

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