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July 2020

FREE - Our 24th Year
Lakeview, Roscoe Village, Lincoln Square
& NorthCenter



July, 2020

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

Volume 24, Number 7

Remember when



by Joyce A. Rimel

THEN

The 4th of July was a holiday most people looked forward to as a day to celebrate Independence Day, the birth of our nation, the United States of America.

Being born and raised in Chicago, I remember spending the day at The Taste of Chicago, then going over to Grant Park to listen to the Chicago Symphony play all the traditional patriotic music and then watch in awe, the magnificent fireworks display over the lake. It was a great day! No one really minded the crowds or the crowded buses and trains to return home. People were in a good mood.

NOW

Due to COVID-19 concerns, Navy Pier has canceled its annual Fourth of July fireworks show this year. The cancellation of this popular fireworks display is just one of several changes to the city's Independence Day celebrations. All permitted special events are canceled through Labor Day (September 7, 2020). This includes many of Chicago's annual summertime traditions: Chicago Summer Dance, Taste of Chicago and Lollapalooza in Grant Park; the Chicago Air and Water Show at North Avenue

Beach; the Chicago Jazz Festival in Millennium Park; the majority of programming at the Chicago Riverwalk, the Chicago Cultural Center and Millennium Park; Maxwell Street Market through Labor Day; the Jumping Jack Program; and other festivals, parades and athletic events. The Chicago Cultural Center, the Clarke House Museum, Expo 72 and the City Gallery in the Historic Water Tower are closed to the public until further notice.

This year, Mayor Lightfoot and the city's Department of Cultural Affairs and Special Events announced a

new way that Chicagoans can celebrate. Holiday events will include a virtual house music festival and a virtual "Independence Day Salute" concert, featuring the Grant Park Orchestra. The city is also helping launch at-home salsa dance parties across the city. DCASE, and the Chicago Park District are inviting residents to plan socially distant dance parties of up to 50 people indoors and 100 people outdoors with a live broadcast that includes a dance lesson and salsa music. The city is offering all events for free. Mayor Lori Lightfoot is quoted as saying,

"While we all reflect on America's promise of freedom and justice and its painful legacy of racial injustice, I invite Chicagoans to commemorate this year's holiday with family and close friends, connected with our city and people across our country through the healing power of music."

In the meantime, there are those who are starting the celebration a little too early with an unrelenting barrage of fireworks at all hours of the night causing Chicagoans to lose sleep and the noise is making pets frightened by the loud

noise and hiding under beds. Another question by residents is how to tell the difference between gunshots and fireworks. There are over 7,000 calls to 911 regarding fireworks disturbances so far this year, a 736% increase over the same time period last year. While fireworks are illegal to sell, buy or pop in Chicago, they are still accessible as people travel to Wisconsin or northwest Indiana to purchase them. This rash of late-night fireworks for the past few weeks is happening in L.A., New York, Boston, Atlanta, San Fran-

Continued on page 2

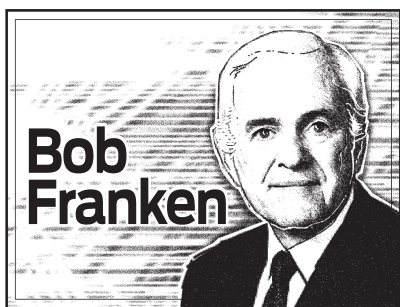
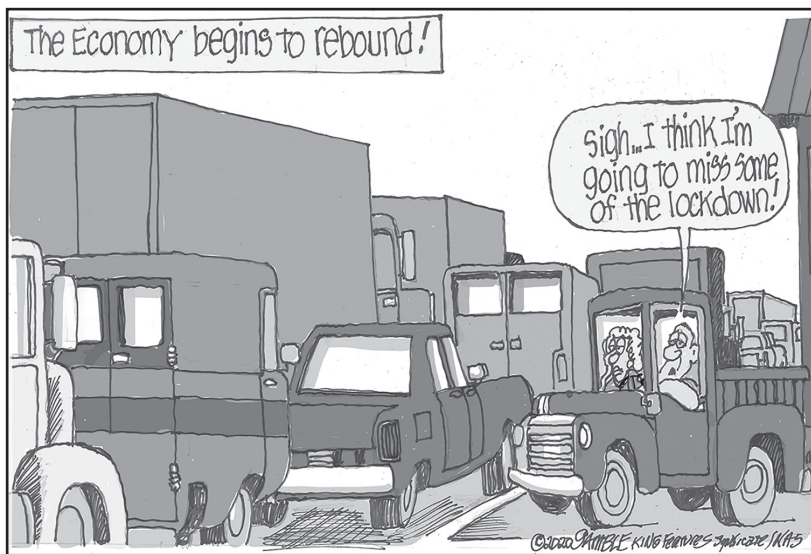
Editorial & Opinions

Remember when continued from front page.

cisco and other cities, leading some people to believe that there might be some sort of conspiracy at hand. Others site social-media and word-of-mouth causing more and more people around the country to join in. This phenomenon is likely to scale up as we get closer to the Fourth of July. Those in the industry have seen a significant increase in sales this year and believe that the cancellation of many public fireworks displays, restrictions on social gatherings and months of quarantine, due to the coronavirus pandemic, has led people to bring the fireworks home to their neighborhoods.

Chicago has currently just moved to Phase 4. Cautiously Reopen. Enjoy the holiday, but place the health and safety of yourself and your family at highest priority. This COVID-19 outbreak is having an enormous impact on the way we live. We can only hope that someday soon, things will get back to some sort of normal but until then, we can still recall a time when food, music and fireworks reminded us of the freedom we have, in this country, bought and paid for by the blood of those who came before us.

Stay safe and have a wonderful Fourth of July.



Donald Trump: American Symbol

He might be correct: Donald Trump has influenced the lives of African Americans as much as any president, with the possible exception of ... Jefferson Davis. No wonder he sides so consistently with those who want to maintain statues of Confederate leaders, including Jefferson Davis, president of the Confederate States of America during the Civil War.

To refresh your memory, the South was defeated in that one. Although many people still consider it the "Lost Cause," suggesting to this day that the Southern way of life was worth defending, with its easygoing charm, good manners and its slavery — that was really why the Southern states seceded from the Union and set up their own government in Richmond, Virginia. Davis is honored by some Southerners as representing the genteel stereotype they like to portray, but the fact is he was a nasty person, inept as can be. To know him was to dislike him.

How fitting that protestors recently pulled down the statue of him that had stood in Richmond since 1907. There is a long-overdue movement to take these monuments to slavery down, the ones that honor the heroes of the Confederacy — Robert E. Lee on down to lesser-known figures. Let us not forget that after a deadly turn in an August 2017 white supremacist demonstration to defend a Robert E. Lee statue to be taken down by the city of Charlottesville, Virginia, President Trump memorably said there were "very fine people on both sides," including the racists who

marched to defend the Lee statue.

And it is President Trump today even in the wake of George Floyd death, and "we've had enough" r r sive upheavals that are the nati latest fresh wound — who opp the renaming of several military es in the United States that cure memorialize Confederate luminarie there ever was such a thing. There movement afoot in the U.S. to deny racists a place of honor in our stai history, and certainly to get rid of s bols of hatred like the Confederate f

It's even happening at NASCAR which began when moonshiners t fast cars to protect their moonsl and outrun the "revenooers." T then started racing these cars on t tracks, and NASCAR grew out of t But even NASCAR has banned Confederate flag, embracing the B. Lives Matter movement.

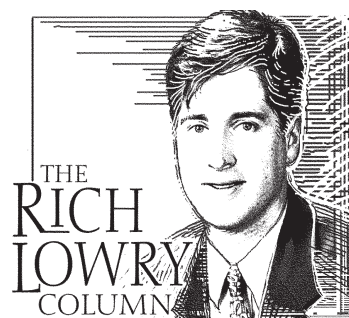
As for the national anthem, perhap time to consider replacing it, consi ing that the author, in 1814, Francis S Key, was a slaveowner. In the third v of his poem, he had a warning to tl slaves struggling for their freedom:

"No refuge could save the hire and slave From the terror of flight or the gl of the grave"

But what could we replace it w How about "We Shall Overcome": "We shall overcome We shall overcome We shall overcome, someday" Overcome what? The answer is otry.

"We'll walk hand in hand We'll walk hand in hand We'll walk hand in hand, someda Someday, but certainly not now. . certainly not with the racist in c destroying our country. He whips followers into an ignorant frenzy. be interesting to see how many sta there are of him after he leaves the p idency, which can't come soon eno

Bob Franken is an Emmy Award-winning reporter who covered Wash ton for more than 20 years with CN



Social Distancing Hypocrisy

Chicago Mayor Lori Lightfoot had big news last week — the city is opening up its iconic Lakefront Trail after months of being closed off as part of a COVID-19 lockdown.

That Lightfoot kept the trail closed even after Chicago had experienced large-scale Black Lives Matter marches — thousands during the "Drag March for Change" — is one small instance of the flagrant social distancing hypocrisy across the country in recent weeks.

If it's OK for throngs of people to pack the streets, and shout and chant to protest the death of George Floyd, it ought to be permissible for someone to ride a bike along the lakeside while keeping to him- or herself.

Yet, Mayor Lightfoot welcomed the protestors — "We want people to come and express their passion," she said — and still kept the trail shuttered.

Many of the same officials who were most zealous in locking down their states and cities instantly made an exception for Black Lives Matter protests. Their rigidity became laxity in a blink of an eye. Their metric for reopening wasn't the Centers for Disease Control and Prevention guidelines or any other public health measure, but the "wokeness" of the activity in question.

Visiting the deathbed of a loved one with COVID-19? *Absolutely not.* Having a proper funeral? *No way.* Gathering more than about 10 people at a graveside? *No one should be allowed*

to put the public at risk in such a way.

Bringing thousands of strangers to march together for hours in spontaneous, disorderly groups? *Thank you for your commitment to positive change.*

Attending a church service? *Well, maybe in a couple of months.*

Holding a struggle session with religious trappings where people confess their racism and vow to work to defund the police? *Please, let's have more.*

To believe the leaders of Blue America, SARS-CoV-2 is the first virus in human history to have a social conscience — virulent enough in the ordinary course of events to justify the most restrictive social controls; not such a big deal if it might get in the way of marches for social justice.

The likes of New York City Mayor Bill de Blasio have justified the different standards by arguing that fighting racism is important. Well, so is mourning your dead, keeping your business from being ground to dust and worshipping your God. It's a sign of a ludicrously blinkered worldview to believe that a protest march deserves more consideration than these other elemental human needs.

Another argument is that the protestors are willing to put their health on the line for their cause. But, until recently, it was said that anyone going outside wasn't just endangering themselves, but the most vulnerable people in our communities. Why wouldn't that be true of the Black Lives Matter marches, too?

Don't expect consistency, or even a serious attempt at it. More than 1,000 public health experts signed a letter calling the protests "vital to the national public health," thus immolating their credibility on a pyre of motivated reasoning. It's social distancing for people and activities they find uncongenial, and different rules for their ideological allies.

What a contemptible betrayal of the public trust.

Rich Lowry is editor of the *National Review*.

Americanisms



"There is no 'Republican', no 'Democrat' on the Fourth of July — all are Americans." — James Gillespie Blaine

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Americanisms



"Be yourself and love who you are and be proud. Because you were born this way, baby." — Lady GaGa

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Lakeview Newspaper

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

How to get in touch with us:

Lakeview Newspaper

J2 Associates, Inc.

P.O. Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVWNEWS@aol.com

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SENIOR NEWS LINE

by Matilda Charles

Keep Your Spirits Up

Depending where we live, many of us are still in lockdown. Still, there are ways to keep our spirits up.

Plants can make all the difference in how we feel in our environment. Check your local nursery's website for small plants you can either have delivered or pick up at the curb. Some of the easiest to grow are pothos, spider plant and philodendron. Beware, however, if you have pets. Be sure you can either hang up your plant or put it up on a bookcase where the pet can't reach it.

Books we enjoyed a long time ago can take us back to a time and place that was calm and safe. Look on your own bookshelves or consider getting an e-reader (look for my recent column on using a Kindle) if you don't want to take a chance going into your own library, assuming it's open.

Baking can fill the house with lovely smells. Since finding flour is impossible in many parts of the country, look online for hundreds of recipes that don't require flour. No-flour banana bread, flourless chocolate cake ... you can even make oatmeal muffins. Just be certain you can acquire all the ingredients before you set your heart on making a recipe.

Zoom is the online conference program that so many companies are using for business meetings. We can learn Zoom, too, and stay in touch with family and friends if we have a computer or device with a camera. Explore the basic free version of Zoom. You'll be limited to 40 minutes in group meetings, with no limit on one-to-one meetings. Your first step will be to read online instructions and get comfortable with the steps to set up a connection. Your second step will be to tell family and friends you're ready to start Zooming!

VETERANS POST

by Freddy Groves

Stressed? There's Bugles Across America

There is no piece of music that elicits as much emotion as the 24 notes of "Taps," the bugle call played at military funerals and ceremonies.

In 2000, Congress passed legislation saying that the funerals of veterans should have two members of the military present, one to fold the flag and one to play "Taps." The problem has been that in too many places there aren't enough buglers. Funeral directors turned to "Taps" played on CD in a mechanical device that's inserted into a bugle. That's not quite the same thing.

Bugles Across America was started in 2000 by Tom Day as a means of gathering buglers who would attend the funerals of veterans and play real "Taps." Since he started, Day has signed up 4,000 buglers.

Sounds like a lot, but it's not, considering the number of veterans who pass away each day. Even during this lockdown the BAA is receiving 20-30 requests for buglers every day. You can help. All you have to do is play "Taps."

The steps: Check the website at buglesacrossamerica.org. If you already play, brush up. You'll need to audition, in person, with your state's director or another designated person from the organization. You can be male or female. You can play a bugle with none, one, two or three valves; a trumpet; a cornet or a flugelhorn. The instrument doesn't matter, but your playing does. You must be very, very good with at least high school-level music playing experience.

For more information, email info@buglesacrossamerica.org or click the Contact Us link on the website. If you need a bugler, click Request A Bugle.

To get a feel for the BAA, go to the website and read the Bugler's Post blogs. You'll learn, among other things, that Tom Day is out there each evening at 7 p.m. to sound "Taps" in honor of all our fallen brothers and sisters.

Strange BUT TRUE

By Lucie Winborne

• During the Great Fire of New Orleans in 1788, priests refused to allow church bells to be rung as fire alarms because it was Good Friday. As a result, 856 buildings burned during the conflagration.

• Ancient Egyptians believed that men menstruated too and that blood in men's urine and stool was a positive sign of fertility. Little did they know that parasitic worms were the likely cause.

• It would take less than six months to get to the moon by car at 60 mph.

• It's not every day that a man in love demonstrates his affection by holding a funeral, but future president Ulysses S. Grant wasn't every man. When his future wife Julia's pet canary died, he painstakingly fashioned a small coffin for it, which he painted yellow, then summoned eight of his fellow military officers to Julia's house, where he conducted a service for the bird.

• Babe Ruth once said he knew he didn't swing hard enough if "a little poop didn't come out."

• August Rodin's work "The Age of Bronze" was so realistic that some people thought he'd actually sacrificed a real person inside the cast.

• English poet Lord Byron was a student at Cambridge University when he took issue with the ban on keeping dogs as pets, so he came up with a unique way of getting back at the school: Since there was no prohibition in the fine print against bears on campus (probably because they'd never had a pupil quite like Byron before), he not only found a bear to keep as a pet, but also took it for walks around the grounds on a leash.

• Despite being raised and identifying as Jewish, singer-songwriter Leonard Cohen spent five years in seclusion at the Mt. Baldy Zen Center in California and was ordained a Buddhist monk in 1996.

Thought for the Day: "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." — Mark Twain

Moments in time

THE HISTORY CHANNEL

• On July 9, 1877, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer-suburb of London. Twenty-one amateurs showed up to compete in the Gentlemen's Singles tournament, the only event at the first Wimbledon. The winner was to take home a 25-guinea trophy.

• On July 10, 1887, a dam breaks in Zug, Switzerland, killing 70 people. The resulting wall of water was so powerful that rescue boats were ineffective, as they capsized in the roiling waters.

• On July 7, 1917, Britain establishes the British Women's Auxiliary Army Corps (WAAC), authorizing female volunteers to serve alongside their male counterparts in France during World War I. Some 80,000 women enlisted to perform labors such as cookery, mechanical and clerical work, and other tasks.

• On July 6, 1944, in Hartford, Connecticut, a fire breaks out under the big top of the Ringling Bros. and Barnum Bailey Circus, killing 167 people and injuring 682. An investigation revealed that the tent had been treated with flammable paraffin thinned with three parts of gasoline to make it waterproof.

• On July 8, 1959, Maj. Dale Buis and Master Sgt. Chester Ovland become the first Americans killed in the U.S. phase of the Vietnam War when guerrillas strike a Military Assistance Advisory Group compound in Saigon.

• On July 11, 1979, parts of Skylab, America's first space station, come crashing down on Australia and into the Indian Ocean five years after the last manned Skylab mission ended. Skylab weighed 77 tons.

• On July 12, 1995, a heat advisory is issued in Chicago, warning of an impending record-breaking heat wave. When the heat broke a week later, nearly 1,000 people were dead in Illinois and Wisconsin. The temperature in the city hit 106 F with a heat index of 120 F.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Uncle Sam Doorstop

Iron doorstops became a hot collectible with rising prices about 1990. A 1985 book picturing doorstops and several auctions, which included rare doorstops, sent collectors searching for examples of the 1930s and '40s collectible. They became so popular that thousands of copies were made, many from the original molds. Bright new paint identifies many recent doorstops, but some, with artificial wear and tear, are good enough to fool collectors today. It is almost impossible to break an iron figure, so many iron doorstops still are available with little damage. Top prices are paid for doorstops in great condition with almost all of the original paint. And, of course, rarity adds value.

This original Uncle Sam doorstop has the words "For the Open Door" on the base. The words "For the Open Door" had a political meaning, and it was not just a statement about how the doorstop was used. A complicated "Open Door" policy was promoted by the U.S. in 1899. It suggested that all countries should allow China and other countries to trade with no tariffs, no special harbor charges, and with no interference or attempts to divide China. There was another Open Door political discussion in 1922, and this discussion probably is the one mentioned on the doorstop. China opened special investment zones in 1928. There were more international discussions and changes in 1978 concerned with China's industry, trade and foreign investment.

The Uncle Sam doorstop is rare and desirable, and this one, with great paint, sold several years ago at a Ber-toia Auction for \$21,240. The 1985 value was \$250.

Q. My sister was given a black Couroc serving tray with 37 presidential coins in it. The coin representing President Gerald R. Ford is in the center. It's 18 by 12 1/2 inches. What can you tell me about it?

A. The Couroc Co. was founded in Monterey, California, by Guthrie Courvoisier in 1948. The name is derived from the first four letters of his last name, "Cour," with "oc" added to make it sound like "rock." Most Couroc items were made of black resin and embedded with coins, wood, metal or objects from nature. Courvoisier died in 1963 and the company closed in the 1990s. The value of your tray is about \$30.



This Uncle Sam doorstop sold for \$21,240 in a New Jersey auction. It was listed as worth \$250 in 1985. Vintage doorstops have all gone up in value, especially those with the original paint.

CURRENT PRICES

Mechanical bank, Uncle Sam standing on platform, eagle, lever lowers arm and drops coin into bag, cast iron, paint, c. 1910, \$175.

Gold medal, embossed, "Fourth of July 1913-Patterson N.J.," Andrew F. McBride-Mayor engraved on back, 1 1/2-inch diameter, \$210.

Scint bottle, ruby-red glass and silver plate, tubular with hinged lid on one end and screw cap on other, engraved July 4th 1880, Victorian, \$215.

American flag, cotton on wooden stick, hourglass pattern of 44 stars, mounted on fabric and board, gilt frame, c. 1895, 27 x 24 inches, \$850.

TIP: Apply your makeup, wash your hands, then put on your jewelry. This is especially important for pearls.

For more collecting news, tips and resources, visit www.Kovels.com



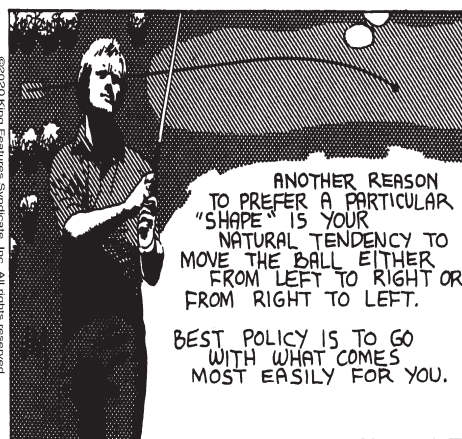
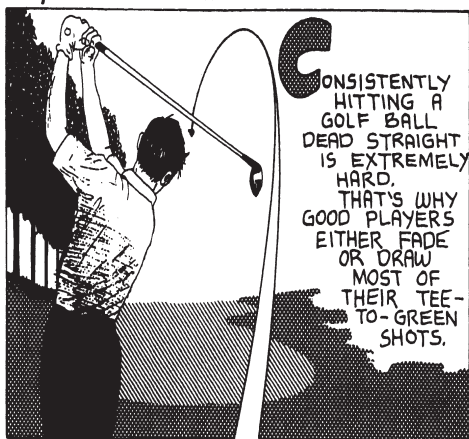
by Ryan A. Berenz

1. What racetrack on the NASCAR circuit is nicknamed the "Monster Mile"?
2. The Tour de France is one of three races that make up the Grand Tours of European road bicycling. Name the other two races.
3. Who scored the controversial winning touchdown reception for the Seattle Seahawks in the 2012 "Fail Mary" game vs. the Green Bay Packers?
4. What two sports disciplines do Winter Olympians compete in for the Nordic combined event?
5. What trophy, named in honor of a Soviet space-race hero, is awarded to the winning team of Russia's Kontinental Hockey League playoffs?
6. What actor starred as racecar driver Frank Capua in the 1969 film "Winning" before embarking on a second career as a racecar driver/owner?
7. Craig Heyward, who played full-back for five different NFL teams from 1988-98, was better known by what nickname?

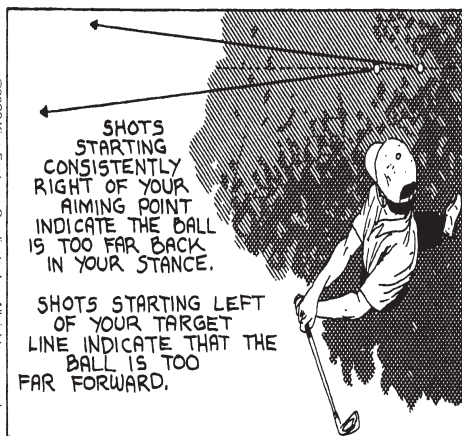
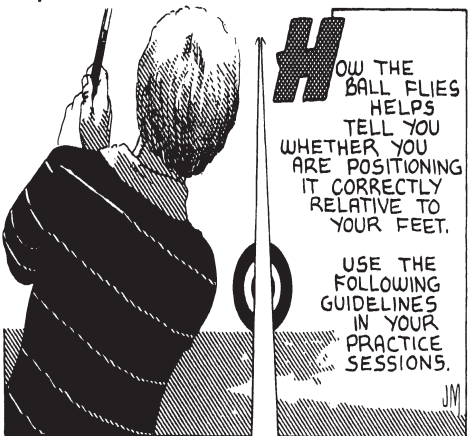
Answers

1. Dover International Speedway.
2. The Giro d'Italia and the Vuelta a Espana.
3. Golden Tate.
4. Ski jumping and cross-country skiing.
5. The Gagarin Cup, named after cosmonaut Yuri Gagarin.
6. Paul Newman.
7. Ironhead.

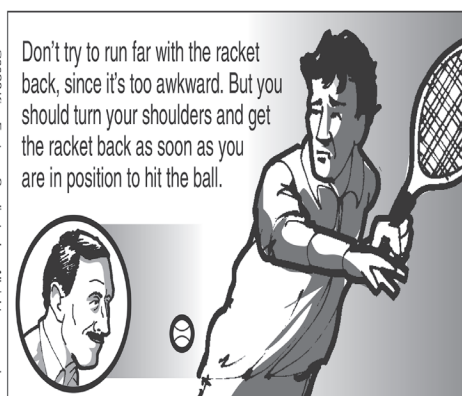
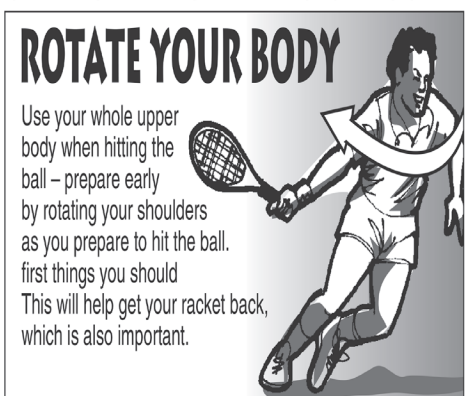
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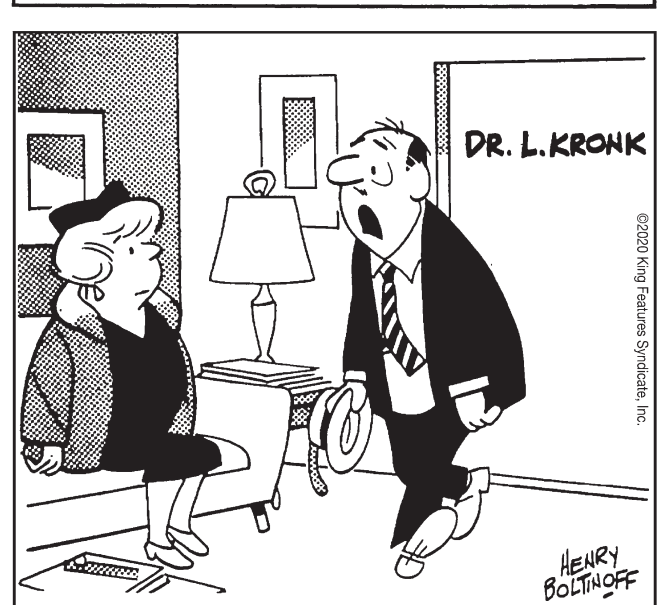
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STAN SMITH'S TENNIS CLASS

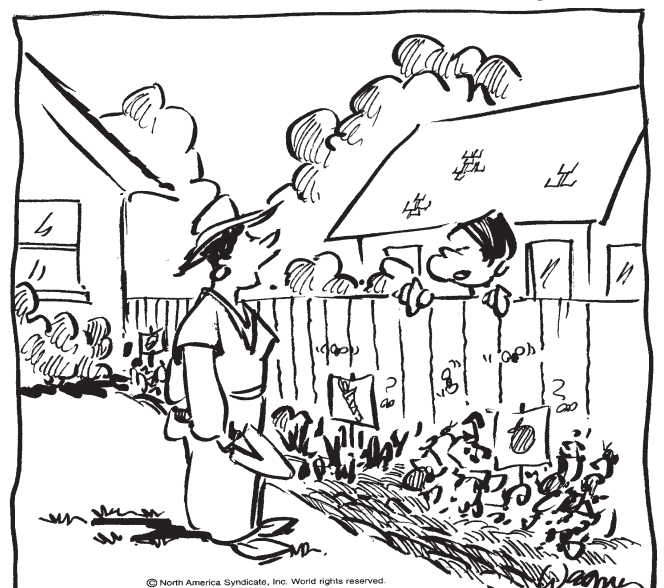


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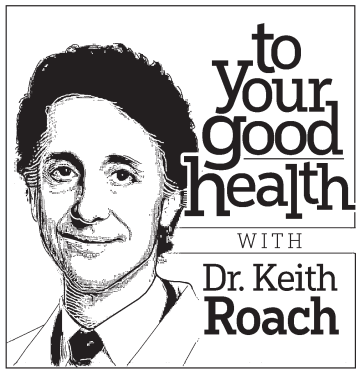
"He'll never get my blood pressure down at \$100 a visit."

GRIN & BEAR IT



"Organic is definitely healthier, judging from the size of the bugs."

Health



Morning Stiffness Is Sign of Osteoarthritis

DEAR DR. ROACH: I'm a 67-year-old black female who's been diagnosed with "a little arthritis" in my right hip. Now retired from a desk job, I unfortunately still am not getting enough exercise. My issue is that after sitting for a length of time, I'm in excruciating pain and can't stand up at all. Once I straighten up and get moving, the pain subsides. I've been told "you're getting old," but I'm not old! I'm about 30 pounds overweight. Also, when I stand for any length of time, my lower back aches.

Would taking a morning walk and a yoga class alleviate this problem? I'm so embarrassed when I get out of my car or get up from the dinner table. — S.H.

ANSWER: There are many types of arthritis, and the answer to your question varies a bit depending on type. I think you probably have the most common form, osteoarthritis, so I'm going to answer you assuming that's the case.

Stiffness in the morning, quickly relieved by exercise, is a hallmark of osteoarthritis. It's common, treatable and not something to be embarrassed about.

Exercise is an effective treatment for osteoarthritis. It can be difficult to get started, but the more people exercise, the more they are able to do. Walking and yoga both are excellent ideas, but the best exercise is the one you will want to keep doing.

Osteoarthritis affects a fair number of 67-year-olds, but it's important to remember that it's not your age that is causing the pain: It's the arthritis.

Although we know of no treatments that can reverse the course of osteoarthritis, medications (including a few supplements), exercise and physical therapy all can ease symptoms and improve function. Losing weight takes stress off the joints and is recommended, but is not easy.

Finally, severe arthritis can be treated surgically, with a joint replacement. That's not a procedure to take lightly or have done too early.

DEAR DR. ROACH: I'm 85 years old. I have numbness in my hands — sometimes the right, sometimes the left; sometimes both hands or not at all. It lasts only a while. My doctor feels that it's a pinched nerve in my neck. Can you give me any advice? — J.B.

ANSWER: A pinched nerve in the neck becomes more prevalent as people age. The nerve can be compressed by bony structures in people with osteoarthritis in the neck (this is spinal stenosis), or by disk material in someone with a herniated disk. Having symptoms on both sides is less common than having symptoms consistently on one side only. A careful physical exam can give clues that this is the case, but an MRI or other imaging study is the best way to be sure of the diagnosis.

Hand numbness also may be caused by the nerve being "pinched" in other locations: in the carpal tunnel in the wrist or in the cubital tunnel in the elbow. An EMG test can help sort out where this is coming from. It's certainly possible to have carpal tunnel syndrome on both sides.

My best advice is not to rush into surgery at any age, but especially not at age 85. Physical therapy can prevent many people from needing surgery. However, if numbness progresses to weakness, it's time to reconsider.

Rare Disease Causes Hard-to-Diagnose Rash

DEAR DR. ROACH: My daughter was diagnosed with lymphomatoid papulosis. It's not a bad case, but it's enough to make me worry. I know it's rare for this to turn into cancer,

but there is always a chance. Doctors often misdiagnose it, but thankfully I have the best pathologist in the world. My daughter is being treated with UVB light, which worked in the past, but now is not helping. I don't want to do methotrexate. I worry about every dot that pops up on her, and if it doesn't go away, I think the worst. — M.W.M.

ANSWER: Lymphomatoid papulosis is a rare disease, most common in people in their 40s, but can happen in children and older adults as well. The cause is unknown, and although a virus is suspected, it hasn't been found. It is not contagious.

The rash of LyP is not specific and needs to be confirmed through biopsy. Spots are relatively large (but less than an inch), and usually red but with a white center that can turn black. The rash comes and goes. A skilled pathologist in combination with an experienced dermatologist is necessary to make the diagnosis.

Adults are treated with methotrexate if the lesions are in a cosmetically important area, especially the face. UVA light is better studied than UVB light, especially in children, but an expert would be the most appropriate to recommend the best treatment.

Your concern about cancer is understandable. Rates of associated cancer — specifically, lymphoma, a blood and bone marrow cancer — have been reported in 5% to 50% of people with LyP. Unfortunately, apart from people with a specific gene rearrangement, there's no way yet known to predict who is likely to get lymphoma nor any way of preventing it. She will need to be vigilant. Fortunately, the lymphomas, if they do develop, are usually effectively treated.

DEAR DR. ROACH: I recently opened up some stored tuna that my son had saved for me. He loves to hunt his own food. When I ate it, I realized that when he had gone to Alaska, he had not only hunted tuna but also black bear. He had used the black bear grease to cure the tuna. I was mortified that he had used a protected animal to preserve his tuna. I reluctantly ate it anyway. Now, I am worried about my health.

Will anything happen to me health-wise because I have eaten the grease from a black bear from Alaska? The bear was wild, so could it have had a disease, like rabies? I'm sure it has never been vaccinated. — Anon.

ANSWER: Black bears are hunted in many states, and although it is regulated (you need a license) in Alaska, they are not a protected species under the Endangered Species Act. Black bears are hunted for both sport and meat. The major health risk from consuming bear meat is trichinella, a muscle parasite. The meat must be heated to a high temperature to be sure of killing the parasite. Grease from the bear should not have trichinella risk.

Another concern is rabies. Rabies is possible but rare in bears. I doubt it could be transmitted from grease, though, as rabies virus lives in nervous tissue, not fat.

At-Home Allergy Shots? The Risk Is Too High

DEAR DR. ROACH: After giving myself allergy shots at home for years, my allergy doctor's group has decided that it's too dangerous for patients to do this anymore. The allergy practice will no longer send a vial unless you can prove the shot will be given in a medical facility. Even if you are a nurse or doctor yourself, you still must prove that the shot will be given in a medical facility! Of course, there is a charge per shot if you drive across town to have the allergy practice's nurse give it.

Not long after getting this notice, I read an article about a local child who has improved an insulin injection device. After the alteration, several more doses could be extracted. The article also mentioned children being able to give themselves insulin shots at school!

This is such an obvious money grab. How can it be safe for children to give themselves insulin at school but too dangerous for adults to give themselves shots at home?

Do you know any reason for this change of policy for giving shots other than docs who can't get more

patients, so they bleed the ones they have dry? — P.S.

ANSWER: Insulin therapy is very different from allergy shots. Insulin is routinely given at home, work and school, and is very safe.

The difference with an allergy shot is that you are getting a substance you are known to be allergic to. Comparatively, there is a significant risk of an allergic reaction. Only 3% to 5% of people getting allergy immunotherapy will have a systemic reaction, and only 1 out of 5,000 shots or so will require epinephrine. That might not sound like a high risk, but for a busy allergy clinic, that means about one person per month. The epinephrine is used to both treat and prevent life-threatening reactions.

The guidelines from allergy experts clearly state that injections must be given under qualified medical supervision. Your doctor's group was not following the standard of care before.

DEAR DR. ROACH: In a recent column, you mentioned that your smartwatch warns you every hour to stand up. Is this a good idea? What else is it good for? — D.K.

ANSWER: The evidence that standing periodically has health benefits is fair. One study showed that when people did light-intensity activity (such as walking) for two minutes a day instead of sitting, premature death rates were reduced. Prolonged sitting is associated with heart disease, diabetes and overall cancer rates. The evidence isn't definitive, but it's suggestive enough that I do get up and walk around (when I can) when my watch reminds me that I've been sitting for a long time.

It's not 100% clear that exercise trackers like pedometers and more advanced devices, such as a smartwatch, increase activity for everyone. It clearly does motivate me. I think it's a personal decision that needs to be made based on whether you need more exercise (nearly everyone would benefit) and whether it would be motivating. I will say that, for many people, the social aspects of it do get some people to exercise more than they would have otherwise. Some devices let you see your friends' activity and engage in friendly competition and support.

Financial Statement

by Joyce A. Rimel

SO YOU WANT TO WORK FROM HOME

Over the next several months, every company in America with workers who spend most of their time on a computer has a decision to make: Which of their employees — the vast majority of whom will have been successfully working from home since March — should return to the office? And when?

The demand from employees of all ages to work from home has surged. According to an April Gallup poll, 3 in 5 U.S. workers who were doing their jobs from home said they want to continue to work remotely, even after public health restrictions are

lifted. Employers recognize that the future will not look the same.

Here are some tips to help persuade your supervisor to allow you to telecommute — or help you land a new remote position.

Take stock of your previous telecommuting performance and remind your employer you're ready for this.

When you're out of sight, your boss wants to know you can be trusted. Pull together a record of your projects completed on time or ahead of schedule while telecommuting. List new business landed, for example, or any other measure that allows your boss to get a bead on how you successfully met the

challenges of working remotely.

Get up to speed on all aspects of communicating to managers, clients and your coworkers via video chats and file sharing. Whether it's via Slack, Zoom, Skype or a collaboration app like Google Docs, seamless, instant and sometimes constant communication is expected.

Stay current with workplace technology and demonstrate you're up for the job. Take an online course — at online learning sites such as LinkedIn Learning, Coursera, Udemy and YouTube — and get a certification that shows you're up to speed.

When you're physically and mentally fit, you exude energy, positivity and that

can do spirit that comes from fitness. It's better than Botox when it comes to fighting ageism, which you must continue to do, even remotely.

The remote-friendly job market will likely explode. Large employers such as Dell, SAP and United-Health Group are among the top 100 remote-friendly companies. United Health, based in Minnetonka, Minnesota, was looking to fill over 200 remote positions in every part of the company. Hourly pay ranges from \$18 to more than \$65, depending on the level of the job and the worker's experience. Both employees and employers are learning that new technologies make remote work

easy and productive.

The average person could save \$500 to \$1,500 on dry cleaning and laundering, another \$1,040 on lunches and coffee, as well as personal transportation costs.

Your best argument for working from home of course, is great performance-wherever you do your work.



Happy Fourth of July



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1. Which group started out with the name Sweet Children?
2. Name the singer who originally released "Sea Cruise."
3. What do these groups have in common: Don and Juan, The Cascades and The Surfaris.
4. Which group started as an capella group at Columbia University?
5. Name the song that contains this lyric: "Since I saw her this morning, I'm on cloud number nine, Found a garden of Eden at the house next door to mine."

Answers

1. Green Day. They'd started in 1986 as Sweet Children when they were only 15 years old, but changed the name to avoid confusion with another local group, Sweet Baby.
2. Frankie Ford, in 1959. Numerous others later covered the song: Herman's Hermits in 1965, Freddy Cannon in 1968 and Johnny Rivers in 1971.
3. They were all one-hit wonders in the 1960s, releasing "What's Your Name," "Rhythm of the Rain" and "Wipe Out," respectively.
4. Sha Na Na, originally called the Kingsmen.
5. "Next Door to an Angel," by Neil Sedaka in 1962. The song was the last time Sedaka made it to the Top 10 until he came out with "Laughter in the Rain" 12 years later.

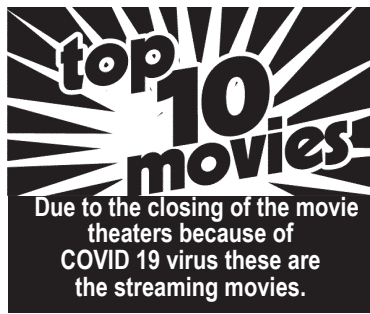


Strange BUT TRUE

By Lucie Winborne

- Following the BP oil spill in the Gulf of Mexico, thousands of hairstylists and alpaca farmers donated over 19 warehouses worth of cut hair to help absorb the spilled oil.
- Los Angeles' full name is "El Pueblo Nuestra Senora la Reina de los Angeles de Porciuncula," or "Town of Our Lady the Queen of Angels of the River Porciuncula." Now you know why people usually just call it "L.A."
- Sex expert Dr. Ruth was trained as a sniper by the Israeli military.
- Looking for the perfect gift for the object of your affection? How about a toilet seat? Don't laugh — that's what Ben Affleck gave Jennifer Lopez when the two were a hot item. Of course, this particular "throne" cost \$105,000 and was covered in diamonds, rubies and sapphires!
- Astronaut Neil Armstrong threatened legal action against his barber for selling his hair to a collector for \$3,000.
- The Benguet of northwestern Philippines blindfold their dead and place them next to the main entrance of the house.
- Mr. and Mrs. Curry, of New York City, got married inside a 120,000-gallon shark tank. The bride wore a white wetsuit and the groom wore black, saying their "I do's" while circled by different types of sharks and eels. Both were experienced divers but had to broadcast their vows to the wedding officiant, family and friends, since (unsurprisingly) none of them possessed equal nerve to enter the tank.
- Jewish diarist and Holocaust victim Anne Frank was posthumously baptized "by proxy" into Mormonism at least nine times.
- Boxer Mike Tyson once bribed a zoo worker to open the attraction for just him and his wife. During the visit, he also tried to bribe an attendant to let him fight a gorilla. The employee said no. (One wonders who would have won.)

Thought for the Day: "So long as we are loved by others I should say that we are almost indispensable; and no man is useless while he has a friend." — Robert Louis Stevenson



Video On Demand

1. **The Invisible Man**(R) Elisabeth Moss, Oliver Jackson-Cohen
2. **Bad Boys for Life**(R) Will Smith, Martin Lawrence
3. **Sonic the Hedgehog**(PG) James Marsden, Jim Carrey
4. **Survive the Night**(R) Bruce Willis, Chad Michael Murray
5. **Jumanji: The Next Level**(PG-13) Dwayne Johnson, Jack Black
6. **Blumhouse's Fantasy Island**(PG-13) Michael Pena, Maggie Q
7. **Bloodshot**(PG-13) Vin Diesel, Eiza Gonzalez
8. **Body Cam**(R) Mary J. Blige, Nat Wolff
9. **Emma**(PG) Anya Taylor-Joy, Johnny Flynn
10. **The Call of the Wild**(PG) Harrison Ford, Omar Sy



If you are a betting person, or just enjoy matchups, here's a concept for you: the mock movie tournament. Take eight to 12 films that have a common theme, and drop them into a single elimination bracket. You can find these all over the internet, or draw one yourself. Grab a group of friends and have participants fill out their answers. Then re-watch these classics and compare notes. It works with many a genre, and I'll happily get you started with 12 disaster movies (sans aliens) in no particular order. Fun fact: The actor William Fichtner stars in two top-tier disaster films: "Armageddon" and "The Perfect Storm."

The Core (2003) — The planet is dying, and a pack of brave souls must burrow down to the very center of the world to restart Earth's engines.

Armageddon (1998) — A group of maverick oil drillers are pressed into space service to blast an asteroid off its disastrous trajectory.

Outbreak (1995) — A small town goes on lockdown after a monkey introduces a dangerous new virus to its residents; meanwhile, the military will stop at nothing to contain it.

Crawl (2019) — A hurricane is not scary enough, so they added alligators and enclosed spaces to up the ante.

The Perfect Storm (2000) — A tropical storm meets cold front, creating a 150-foot rogue wave that meet a fishing boat in the middle of the sea in this terrifying true tale of the Andrea Gale.

Contagion (2011) — Virulent airborne germs rip through the global population, spreading death and fear with each new case.

Geostorm (2017) — Once-in-a-

lifetime weather events converge to wreak havoc on land and sea — and can only be fixed from space?!

2012 (2009) — The end is nigh, and a small-time limo driver turns action hero to get his family to the only safe place in the world: a series of super-boats hidden in a mountain.

The Day After Tomorrow (2004) — Instantaneous ice age cannot stop a geologist from rescuing his college-age son who's stuck above the freeze line.



Warner Bros. Ent.

Dwayne Johnson in "San Andreas"

Deep Impact (1998) — Morgan Freeman plays the president who attempts to calm a nation facing down a world-ending asteroid.

Twister (1996) — Storm chasers looking to decode the power of tornadoes track down and delve into an F5, exposing the carnage that they leave on towns, relationships and people.

San Andreas (2015) — The Rock takes on Mother Nature when LA is hit by the big one as the San Andreas fault breaks.

Here's more options: **Titanic**, **The Impossible**, **Poseidon**, **The Wave**, **The Quake**, **Volcano**, **Dante's Peak** and **Into the Storm**.

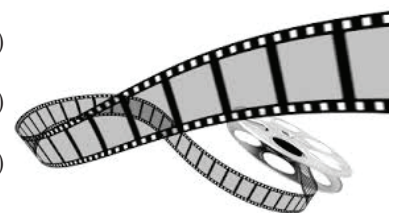
Top 10 DVD, Blu-ray Sales

1. **Sonic the Hedgehog**(PG) Paramount
2. **The Invisible Man**(R) Universal
3. **Onward**(PG) Disney
4. **Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn**(R) Warner Bros.
5. **The Call of the Wild**(PG) Fox
6. **Star Wars: Episode IX: The Rise of Skywalker** (PG-13) Disney/Lucasfilm
7. **Jaws**(PG) Universal
8. **Bloodshot**(PG-13) Sony Pictures
9. **Jumanji: The Next Level** (PG-13)
10. **Bad Boys for Life**(R) Sony Pictures



Top 10 Video On Demand

1. **The Invisible Man**(R) Elisabeth Moss
2. **Bad Boys for Life**(R) Will Smith
3. **Sonic the Hedgehog**(PG) James Marsden
4. **Survive the Night**(R) Bruce Willis
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What's Hot in Hollywood

HOLLYWOOD — An open letter to **Stephen Colbert** (CBS), **Jimmy Fallon** (NBC) and **Jimmy Kimmel** (ABC): People need to laugh and forget the politics and pandemics of the day, and you guys seem to have forgotten how to tell funny stories about life, liberty and the pursuit of happiness to transport us to funnier places. Jokes, quotes and clips from press conferences we see 24/7 on MSNBC and CNN don't cut it. Your monologues used to transport us from the troubles and the traumas of the day, but all you do lately is build on what we're trying to escape from.

Thank heavens for BBC America and its London-based chat show host, **Graham Norton**. Usually he offers a bitingly funny monologue, five superstar guests — such as **Tom Cruise**, **Renee Zellweger**, **Brad Pitt**, **Tom Hanks** and **Harrison Ford** — liquored up and sitting together on his couch, more relaxed than any celebrities on any American talk show. He has a singing star who performs then joins the stars on the couch. Then, a real person, sitting in a red chair tells what they think is a funny story. Sometimes the host, or one of the guests, pulls a lever that flips the storyteller out of the chair, or if the story is good they allow them to walk.

While Stephen and the two Jimmys are doing their shows from home, they still have a monologue, interview stars (in their homes) and sometimes have a musical guest. Somehow the absence of a live audience diminishes the impact of their monologues and interviews. Norton has dispensed with the monologue and goes straight to funny and insightful chats with his big-name guests, at home. He has eliminated the musical guest's song and ends with several red chair stories. Now, that's entertainment!

Nick Jonas, fresh off the \$800 million grosses for "Jumanji: The Next Level," has the upcoming sci-fi film "Chaos Walking," with **Daisy Ridley**, **Tom Holland** and **Mads Mikkelsen** (due next January), followed by the graphic novel-based thriller "The Blacksmith," with **Laurence Fishburne**.

Broadway may be closed, but if "Some Like It Hot," with **Tony Curtis**,



BBC America

Graham Norton

has the upcoming sci-fi film "Chaos Walking," with **Daisy Ridley**, **Tom Holland** and **Mads Mikkelsen** (due next January), followed by the graphic novel-based thriller "The Blacksmith," with **Laurence Fishburne**.

HOLLYWOOD — When Disney paid \$75 million for the filmed version of the Broadway smash "Hamilton" (before the original cast left), they said they planned to release it Oct. 15, 2021, LOL! Guess what? Now they've announced it would be so much better for everyone — especially their new streaming service, Disney+ — to launch it this July 3, in time for the Independence Day holiday. The Disney+ original launch netted 54 million subscribers at \$6.99 a month. If "Hamilton" has the impact it had on Broadway, this should be colossal. They're now thinking of a full-scale screen version of "Hamilton" to replace its original release date.

Robert Pattinson has thrown Warner Brothers a curve they weren't expecting. Pattinson, 34, decided he doesn't want to bulk up physically to play "Batman" in the upcoming reboot of the 11th film in the franchise. It'll co-star **Jeffrey Wright** as Commissioner Gordon, **Zoe Kravitz** as Catwoman, **Paul Dano** as The Riddler, plus **John Turturro**, **Peter Sarsgaard** and **Colin Farrell**. They've got until

October 2021 to change the new Batman's mind or create something to fill out his muscles.

Ironically, Pattinson has filmed the \$205 million thriller "Tenet" for "The Dark Knight Returns" director **Christopher Nolan** (who produced, directed and wrote "Tenet"). It co-stars **Michael Caine** (the former Batman butler Alfred), hopefully for a July 17 release. Pattinson plays a secret agent trying to prevent World War III. He also has the Netflix thriller "The Devil All the Time," with Marvel stars **Tom Holland** (Spider-Man) and **Sebastian Stan** (Bucky Barnes).

What could be more boring than a film about mob boss **Al Capone** during the final year of his life (after 11 years in prison for tax evasion), when he was suffering from dementia, incontinence and neurosyphilis, exiled to his Florida mansion? The Feds were hoping he'd lead them to a \$10 million fortune he allegedly hid somewhere. But Capone died at 47, and like **Geraldo Rivera's** network special "Al Capone's Vault," nothing was ever found. "Capone," a \$20.6 million film, which co-stars **Tom Hardy**, **Matt Dillon** and **Kyle MacLachlan**, was completed in May 2018, panned by the critics and went straight to DVD video hell.



Depositphotos

Robert Pattinson



by Dana Jackson

Q. Christian Slater is one of my favorite actors from the '80s. I loved him in "Heathers." Does he have any new projects coming out once the pandemic is over? — C.U.

A. Slater, who looks fantastic at 50, had his first role in the daytime drama "Search for Tomorrow" before he was even a teen. His father, Michael Hawkins, also acted on soaps ("Ryan's Hope"), and his mother, Mary Jo Slater, was a casting director. The first time I remember hearing Christian Slater's name was in 1989 when he starred as a skateboarder in the film "Gleaming the Cube," but it wasn't until later that same year in the movie "Heathers," where he channeled a young Jack Nicholson, that his stock soared.

While he's been gainfully employed for more than 30 years now, his career has had its ups and downs. Fortunately, it's been on the upswing for the past five years, resulting in a Golden Globe win for his role in the critically acclaimed series "Mr. Robot."

Also, you don't have to wait until after the pandemic to see him in something new. He's currently starring in the second season of the anthology series "Dirty John" on the USA Network, which is based on the true crime story of Betty Broderick.

Q. I was so sad to hear that Andy Cohen had to find his dog a new home. Did he take him to a shelter? — B.S.

A. Producer and talk-show host ("Watch What Happens Live" on Bravo) Andy Cohen recently made the tough decision to rehome his dog, Wacha, but it's a place the beagle mix knows well — a residence in Connecticut where he stayed when Cohen vacationed.



Depositphotos

Christian Slater

Fans know Wacha well from his visits to Andy's talk show set and Instagram page, but he did have a reputation for being a bit unpredictable. (He reportedly nipped at pal Anderson Cooper one time). After Andy's son Benjamin was born, Wacha seemed to be adjusting well to the change, but apparently something happened recently where dog behavior experts told Cohen it would be best to rehome his four-legged friend.

Cohen recently visited Wacha at his new home and took him for a walk. His new owner stated that Wacha is doing great, and Cohen plans on visiting on a regular basis.

Q. I love the musical comedy "Perfect Harmony," but a friend of mine heard that it's been canceled. Is there not going to be a second season? — P.A.

A. We could use some more uplifting shows right about now, but unfortunately "Perfect Harmony" isn't going to be one of them. The NBC comedy about a small-town choir starring the always terrific Bradley Whitford ("West Wing") and Anna Camp ("Pitch Perfect") just wasn't music to everyone's ears, averaging less than 2 million viewers per week, which is small for network television. NBC also canceled another freshman series, "Lincoln Rhyme," starring Russell Hornsby as a serial killer profiler.

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Make a Commitment to More Family Meals



German Fruit Tart

FAMILY FEATURES

Spending moments together with loved ones carries obvious benefits like time to catch up and opportunities to bond, but sharing meals actually provides definitive value for families. With restricted social interactions and confinement at home due to COVID-19, many families are facing meal challenges that have shifted from juggling busy schedules to seeking new ways to mix up the traditional menu or using digital solutions to reconnect at a virtual table.

A study published in the "Journal of Nutrition Education and Behavior" funded by the FMI Foundation shows that more frequent family meals are associated with better dietary and family functioning outcomes. The results build on years of previous research studies to punctuate the creation of the Family Meals Movement, which encourages Americans to pledge to share one more family breakfast, lunch or dinner at home per week.

Consider these notable findings from the study:

- **Family meals improve fruit and vegetable consumption.** Studies show a positive relationship between family meal frequency and fruit and vegetable intake when examined separately, but also when fruit and vegetable intake are combined.
- **Family meals improve family dynamics.** Nearly all the studies included in the systematic review and meta-analysis demonstrated a positive relationship between family meal frequency and measures of family functioning. Family functioning is defined as family connectedness, communication, expressiveness and problem-solving.

"There are thousands of individual studies that examine the impact of family meals on nutrition and family behavior, but this meta-analysis looks at the relationship between family meal frequency and family functioning outcomes," said David Fikes, executive director of the FMI Foundation. "We can confirm that family meals are a valuable contributor of improved nutrition and family dynamics."

Find tips, recipes and ways to increase your family meal frequency despite COVID-19 circumstances at familymealsmovement.org.

German Fruit Tart

Recipe courtesy of Deanna Segrave-Daly on behalf of the FMI Foundation

- 1 cup all-purpose flour
- 1/4 cup whole-wheat pastry flour
- 1/2 cup sugar
- 1 egg
- 1 tablespoon half-and-half or cream
- 1/8 teaspoon almond extract or 1/4 teaspoon vanilla extract
- 6 tablespoons unsalted butter, thinly sliced
- cornstarch
- sliced strawberries
- sliced kiwi
- sliced banana
- blueberries

- 2 teaspoons turbinado or powdered sugar (optional)

Preheat oven to 350 F.

To make crust, beat together flours, sugar, egg, half-and-half and almond extract. Add butter slices and mix together until sticky ball of dough forms. Refrigerate 30-60 minutes.

On heavily floured surface, knead dough a few times and roll out to fit greased 10-inch tart pan.

Carefully spread dough into tart pan and bake 15-20 minutes, or until tart starts to turn golden brown. Remove from oven and cool.

Dust crust with cornstarch to help fruit stick to crust. Arrange strawberries, kiwi, banana and blueberries on top of crust; sprinkle with sugar, if desired.



Hawaiian Chicken Pizza

Hawaiian Chicken Pizza

Recipe courtesy of Toby Amidor on behalf of the FMI Foundation

Prep time: 10 minutes
Cook time: 20 minutes

- Nonstick cooking spray
- 1 1/2 cups shredded rotisserie chicken
- 3/4 cup barbecue sauce
- 1 ready-made pizza crust or whole wheat pizza crust (10 ounces)
- 1 cup canned or jarred tomato sauce
- 2 cups shredded mozzarella cheese or part-skim mozzarella cheese

- 1 cup finely chopped fresh pineapple or canned pineapple tidbits packed in 100% juice

Preheat oven to 375 F. Coat pizza pan or baking sheet with nonstick cooking spray.

In medium bowl, combine rotisserie chicken and barbecue sauce.

Place pizza crust on pan and evenly spread tomato sauce over crust. Sprinkle evenly with cheese. Top evenly with rotisserie chicken mixture and pineapple.

Bake until crust is crisp and browned around edges, about 10 minutes. Let pizza cool 10 minutes before cutting into eight slices.

Peanut Butter Banana Protein Baked Oatmeal

Recipe courtesy of Lauren Harris-Pincus on behalf of the FMI Foundation

Prep time: 15 minutes
Cook time: 30 minutes

Servings: 6

- 2 cups old-fashioned oats
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 3 packets stevia (sugar substitute) or preferred sweetener
- 1/2 cup powdered peanut butter
- 1 scoop (1/4 cup) vanilla plant-based protein powder
- 1 cup unsweetened vanilla almond milk
- 1/2 cup nonfat plain Greek yogurt

- 3 tablespoons liquid egg whites
- 1 ripe banana (4 ounces), mashed
- 1 teaspoon vanilla extract
- 1 ripe banana (4 ounces), sliced into 24 slices

Preheat oven to 350 F.

In large bowl, combine oats, baking powder, cinnamon, salt, stevia, powdered peanut butter and vanilla protein powder.

In separate bowl, combine almond milk, yogurt, egg whites, mashed banana and vanilla extract.

Add oat mixture to wet ingredients and gently stir until fully combined.

Line 9-inch brownie pan with parchment paper. Pour mixture into pan and spread evenly.

Top with banana slices in four rows of six slices each. Bake 27-35 minutes, or until golden brown and set.

Let cool and cut into six rectangles. Wrap and refrigerate extras until ready to eat.



Peanut Butter Banana Protein Baked Oatmeal

Good Housekeeping

Iced Tea, Family Style

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

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

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

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

Good Housekeeping

Creamy Cucumber-Dill Salad

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

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

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

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

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

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

Good Housekeeping

Hot Fruit Salad

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

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

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

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

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

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

Good Housekeeping

Roasted Asparagus

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

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

2. Just before serving, sprinkle Parmesan over asparagus.

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

Good Housekeeping

Spicy Grilled Salmon

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

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

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

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

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

Good Housekeeping

Stuffed Pork Chops

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

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

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

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

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

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

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

Good Housekeeping

Spicy Grilled Shrimp

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

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

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

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

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

Comfort foods



by Healthy Exchanges

Layered Chocolate Peanut Butter Dessert

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

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

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

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

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

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

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Crime

Strong arm robbery-no weapon at a grocery food store on the 2900 block of North Ashland Avenue.

Theft larceny at an apartment under \$500 on the 3400 block of North Bosworth Avenue.

Theft larceny on the sidewalk under \$500 on the 3400 block of North Janssen Avenue.

Forcible entry and burglary at a department store on the 3500 block of North Southport Avenue.

Fraud and attempted financial identity theft from a residence on the 1300 block of West Belmont Avenue.

Vandalism to a vehicle on the street on the 3800 block of North Clark Street.

Vandalism and criminal defacement on a small retail store on the 3500 block of North Clark Street.

Assault at a CHA park-

ing lot on the 900 block of West Belmont Avenue.

Unlawful entry and burglary at an apartment on the 3500 block of North Sheffield Avenue.

Motor vehicle theft of an automobile on the 900 block of West Belmont Avenue.

Retail theft from a drug store on the 3000 block of North Halsted Street.

Vandalism to an ATM on the 3100 block of North Clark Street.

Vandalism to City of Chicago property on the street on the 800 block of West Irving Park Road.

Vandalism to a residential property on the 3900 block of North Pine Grove Avenue.

Financial identity theft over \$300 on the 600 block of West Irving Park Road.

Harassment by electronic mean at a residence on the 600 block of West Irving Park

Road.

Robbery and vehicular hijacking on the 1000 block of West Addison Street.

Strong arm robbery -no weapon at a bank on the 3000 block of North Clark Street.

Domestic battery at an apartment on the 3900 block of North Pine Grove Avenue.

Criminal sexual assault at an apartment on the 3700 block of North Ashland Avenue.

Harassment by electronic means at a residence on the 3600 block of North Pine Grove Avenue.

Aggravated assault with a dangerous weapon on the sidewalk on the 3200 block of North Broadway.

Motor vehicle theft of an automobile off the street on the 500 block of West Wellington Avenue.

Harassment by electronic means at an apartment on the 500 block of West Surf Street.

Vandalism to a City of Chicago Police facility on the 800 block of West Addison Street.

Fraud and financial identity theft under \$300 on the 1500 block of West Cornelia Avenue.

Fraud and financial identity theft under \$300 at an apartment on the 3200 block of North Seminary Avenue.

Larceny and theft from a residence on the 900 block of West Waveland Avenue.

Motor vehicle theft of an automobile on the street on the 3200 block of North Clark Street.

Retail theft from a department store on the 3200 block of North Broadway.

Theft from an apartment building on the 1700 block of West School Street.

Strong arm robbery-no weapon in an alley on the 3200 block of North Ashland Avenue.

Theft over \$500 from a residents yard on the 3700 block of North Greenview Avenue.

Criminal defacement and vandalism to a residence on the 1300 block of West Byron Street.

Larceny and theft over \$500 from a construction site on the 3400 block of North Sheffield Avenue.

Pick pocketing on a CTA train on the 900 block of West Belmont Avenue.

Larceny theft over \$500 from A hospital buildings grounds on the 800 block of West Wellington Avenue.

Arson by fire in the alley on the 1400 block of West Fletcher Street.

Assault and intimidation at a police fac-

ility vehicle parking lot on the the 800 block of West Addison Street.

Computer fraud at an athletic club on the 3600 block of North Ashland Avenue.

Motor vehicle theft of an automobile on the street on the 1200 block of West Nelson Street.

Robbery using a knife at a small retail store on the 900 block of West Irving Park Road.

Battery at a barber shop on the 3400 block of North Broadway.

Domestic battery at an apartment on the 1500 block of West Nelson Street.

Arson by fire in an alley on the 3000 block of North Southport Avenue.

Harassment by electronic means at a police facility parking lot on the 800 block of West Addison Street.

Violating an order of protection at an apartment on the 3900 block of North Pine Grove Avenue.

Domestic battery at an apartment on the 1500 block of West Addison Street.

Unlawful possession of a firearm on the street on the 3200 block of North Lake Shore Drive.

Motor vehicle theft of an automobile off the street on the 1600 block of West Barry Avenue.

Strong arm robbery on a CTA train on the 3900 block of North Sheridan Road.

Assault at an apartment on the 1900 block of West Berteau Avenue.

Motor vehicle theft of an automobile off the street on the 4100 block of North Oakley Avenue.

Larceny theft under \$500 at an apartment on the 2300 block of West School Street.

Larceny theft over \$500 from a construction site on the 2800 block of West Irving Park Road.

Arson by fire in the alley on the 3600 block of North Lincoln Avenue.

Aggravated assault with the use of a handgun on the sidewalk on the 2300 block. of West Belmont Avenue.

Battery at a convenience store on the 3300 block of North Western Avenue.

Vandalism to a CTA bus on the 3400 block of North Western Avenue.

Arson by fire in an alley on the 1900 block of West Newport Avenue.

Mob action and disorderly conduct on the 3900 block of North Western Avenue.

Arson by fire at a residents garage on the 3400 block of North Leavitt Street.

Theft from an apartment building on the 3200 block of North Oakley Avenue.

Aggravated assault with a handgun on the street on the 3900 block of North Western Avenue.

Simple battery on the sidewalk on the 2800 block of Clybourn Avenue.

Vandalism to a small retail store on the 4000 block of North Lincoln Avenue.

Vandalism to railroad property on the 4000 block of North Ravenswood Avenue.

Vandalism to a residential property on the 3600 block of North Wolcott Avenue.

Battery on the street with fists, feet, hands with minor injury on the 4100 block of North Lincoln Avenue.

Retail theft from a convenience store on the 1100 block of West Belmont Avenue.

Burglary and forcible entry to a restaurant on the 2800 block of North Broadway.

Motor vehicle theft of a cycle, scooter or bike with a VIN off the street on the 1300 block of West Byron Street

Vandalism to a CTA station on the 900 block of West Wellington Avenue.

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Smart Summer Skin Care

Get back to basics with warm weather skin care tips



Photos courtesy of Getty Images

FAMILY FEATURES

If you've ever noticed how thirsty you get when it's hot outside, that's because your body's natural water content evaporates more quickly in warm weather. It's not just your mouth that gets parched, however; your entire body, including your skin, can feel the impact of climbing temperatures.

Although it's often overlooked, skin is an essential organ that needs special attention and care. After all, not only does your skin tell the true story of your health and age, it provides a protective barrier to the rest of your body.

Keeping your skin supple, soft and well-hydrated helps ensure it doesn't dry and crack, which is just as possible during the warm summer months as winter. Use these tips to create a healthy summer skin care regimen.

Use proper sunscreen. The sun can dry out and damage your skin quickly even on an overcast day, and more so if you're near water, where reflections can magnify its intensity. Protect your skin from burning and drying out by using sunscreen with an SPF of at least 30 any time you venture outdoors. Also remember to check the sunscreen's expiration date to ensure you're actually being protected.

Moisturize often. Make moisture part of your daily routine, not just when you get out of the shower, but throughout the day. An option like Remedy Dermatology Series Moisturizing Lotion contains a proprietary botanical blend of nutrients, emollients and antioxidants, including green tea, clove and safflower oleosomes. Its smooth, rich formula absorbs quickly, leaving skin feeling soft with no greasy or oily residue. Formulated by skin care experts, the lotion helps skin stay moisturized for up to 24 hours and is free of 80 of the most common allergens that contribute to irritation and skin sensitivity. For more information, visit remedyderm.com.

Shorten bathtub and shower time. It may seem contradictory that spending more time in the tub or shower strips your skin of moisture, but prolonged heat does exactly that. Keep your bathing time brief to minimize the chance of dehydration.

"Although a long, hot shower or a nice soak in a tub is very relaxing, hot water can really dry out your skin," said board-certified dermatologist and Medline Remedy consultant Dr. Jeanine Downie. "Damp skin helps hydration from your moisturizer lock in, so the best time to apply moisturizer is not when your skin feels the driest but rather after a bath or shower. Be sure to apply a thick coat of lotion immediately after getting out while skin is still wet to help keep skin soft and supple."

Exfoliate. Take time to regularly exfoliate, which removes dead skin cells and makes it easier for moisturizer to penetrate and reveal healthy-looking skin. Be sure to exfoliate gently and adjust your exfoliation schedule to your skin's unique needs so you don't irritate it.

Hydrate frequently. Applying lotion is an external strategy for maintaining your skin's natural barrier, but you can also keep your skin hydrated from the inside out. When you're dehydrated, the body pulls water from any source it can, including your skin. A good rule of thumb is to drink at least 8-11 8-ounce glasses of water a day, and keeping a bottle of water on-hand at all times can provide easy, on-the-go hydration.

Consume hydrating foods. Similar to upping your water intake, you can increase your body's overall water content by eating the right kinds of foods. Many types of produce have a high percentage of water, like berries, melon, cucumbers and zucchini.

6 Causes of Dry Skin

Everyday activities, including some that are intended to improve your overall health, can have a big impact on the condition of your skin.

Bathing too often. A nice hot shower or soak in the tub may be a great way to relax and chase away aches and pains, but that heat strips away your body's natural moisture. Avoid excess bathing, shorten your showers and aim for more moderate temperatures to reduce the impact on your skin.

Too much chlorine. It's essential to keep pools safe and clean, but chlorine is a harsh chemical that can be damaging to your skin, hair and eyes. To minimize the impact, take a brief shower as soon as possible after leaving the pool to rinse away chemicals, and apply lotion while skin is still damp for maximum absorption.

Washing your hands frequently. Thorough handwashing is important to keep germs and illnesses at bay, but all that washing can wreak havoc on your skin. If possible, choose a soap that has moisturizing ingredients along with the anti-bacterial agents. Follow up each wash with a layer of lotion to seal in moisture. A consistent summer moisturizing regimen, including a high-quality moisturizing body lotion like Remedy Dermatology Series Moisturizing Lotion, can help keep your skin supple and smooth all summer long.

"While touching something that you're allergic to such as chemicals or latex gloves can lead to dry, cracked hands, more often the culprit is handwashing," Downie said. "In fact, there are several professions where frequent handwashing is associated with the job. In that case, it is best to carry around moisturizer or keep a jar of it next to the sink so that applying lotion after washing your hands becomes second nature."

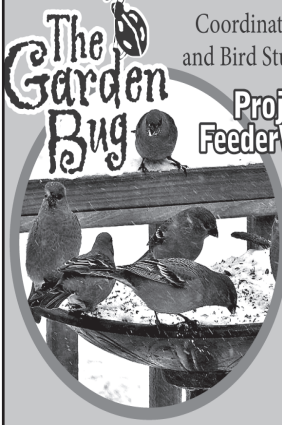
Excess hand sanitizer. It may be convenient when you're not near a sink, but the most effective hand-sanitizers contain more than 65% alcohol, and alcohol is extremely drying. If possible, supplement usage with a sanitizing lotion.

Air conditioning exposure. The cooling relief of an air conditioner may help reduce the natural evaporation that occurs when you're hot and sweaty, but it also makes the indoor air drier, which pulls moisture from your skin that you probably don't even notice. It's easier to maintain moisture in skin before it's dry and scaly, so use a regular moisturizer as a preventive measure and maintain the skin's natural protective barrier to moisture loss.

Soaking up the sun. While many people think of sun-kissed skin as a healthy glow, the opposite is actually true. A tan is a clear sign of skin damage, and the darker the tan, the greater the damage. Use appropriate sunscreen when you'll be outdoors, and when you come inside, use moisturizers designed to reduce chances of irritation of sensitive skin from fragrances or dyes.



The Garden Bug Project FeederWatch

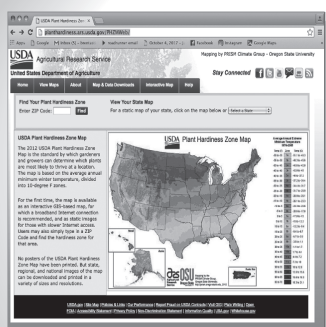


Coordinated by the Cornell Lab of Ornithology and Bird Studies Canada, this winter-long survey tracks birds that visit feeders in backyards, nature centers and other locations in North America. Participants are sent research kits and instructions, then provide data to the project about the number and kinds of birds visiting their feeders. This helps scientists track bird populations and their movements, and changes in their wintering ranges. Anyone, even children, can apply to take part in this study.

Source: feederwatch.org

- Brenda Weaver

The Garden Bug Know your zone



The USDA maintains a website that provides plant hardiness zone information for all regions of the U.S.: planthardiness.ars.usda.gov


Data was taken from over 7,900 weather stations and bureaus and incorporated into maps available on the site. The map zones reflect the average lowest winter temperatures for each geographic area.

Source: United States Department of Agriculture

- Brenda Weaver

The Garden Bug

Adult squash bugs spend the winter months hiding in sheltered places. Emerging in the spring, they look for squash and pumpkin plants to feed on the leaves and stems and also to lay eggs. Plants can be easily destroyed from extensive feeding by these pests. To trap them, leave boards or newspaper out near infested plants; squash bugs will congregate under them at night. In the morning, collect the bugs from their hiding places and destroy them.



Source: www.extension.umn.edu/garden/insects

- Brenda Weaver

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Quotes worth your time

“America was not built on fear, America was built on courage, imagination and an unbeatable determination to do the job at hand.”
President Harry Truman

“The join hand in hand, brave Americans all! By uniting we stand, by dividing we fall.”
John Dickinson

“Laughter is America's most important export,”
Walt Disney

“You can come from humble circumstances and do great things.”
Condoleezza Rice

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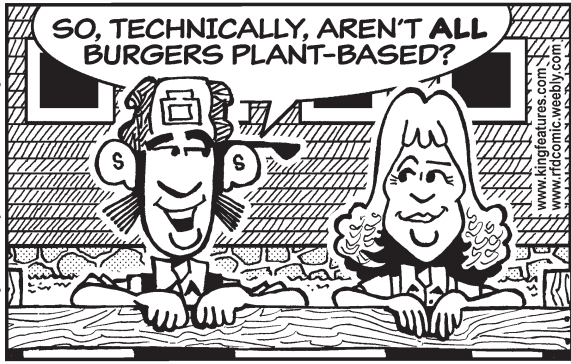
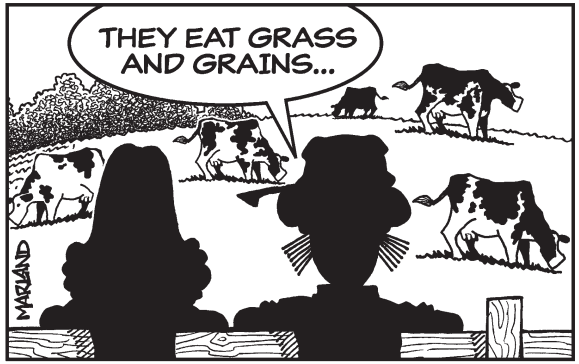
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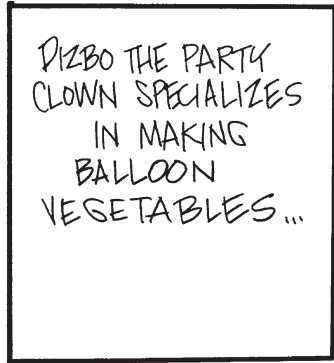
R.F.D.

by Mike Marland



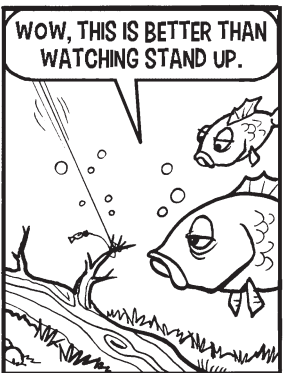
Out on a Limb

by Gary Kopervas



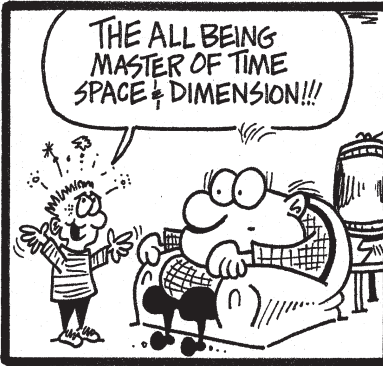
Amber Waves

by Dave T. Phipps



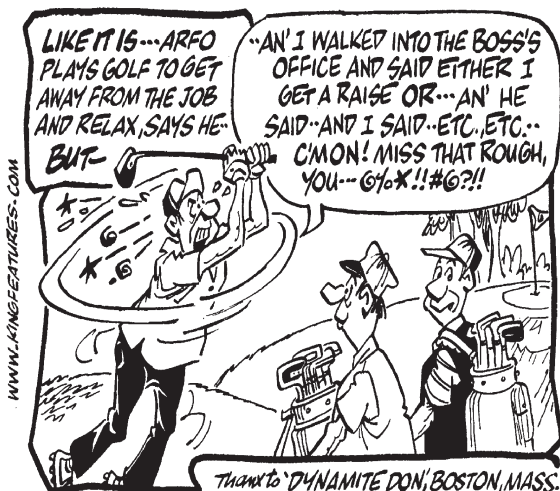
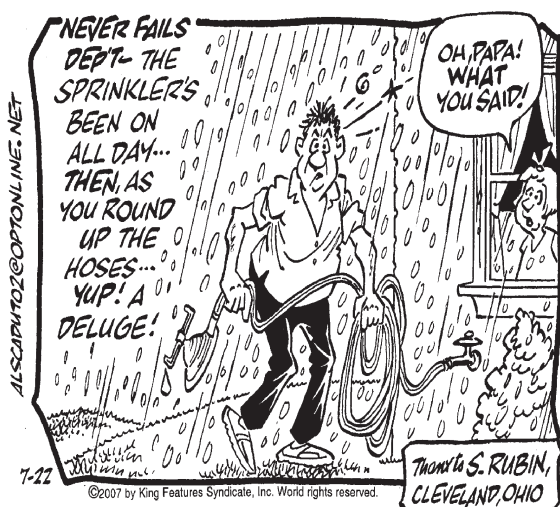
The Spats

by Jeff Pickering



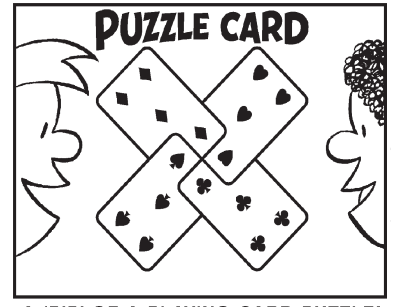
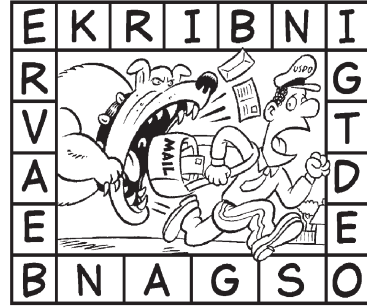
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

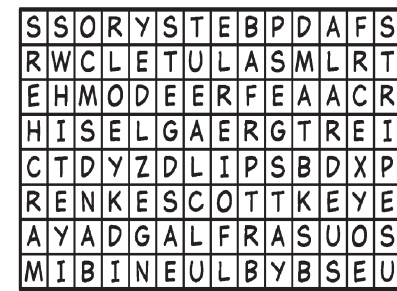
by Charles Barry Townsend



HIDDEN in the above frame is a famous proverb. You can find it by reading every other letter as you go around clockwise. The trick is finding the right first letter.

Answer: Starting with the 'A' in the bottom row, 'A' barking dog never barks.

A 'PIP' OF A PLAYING CARD PUZZLE! Place four fives on the table and challenge your friends to arrange them, face up, so that only four pips on each card are visible. (Our puzzle card shows you how it's done!)

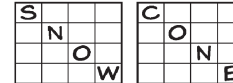


Hidden in the diagram above are 18 words or names associated with our flag. They can be read up or down, forward or backward, or even diagonally. The items to look for are:

- AMERICAN BANDS
- BETSY ROSS
- BLUE EAGLE
- FLAG DAY
- FLAG POLE
- FREEDOM MARCHERS
- OLD GLORY PARADE
- RED
- SALUTE
- (FRANCIS) SCOTT KEY
- (JOHN PHILIP) SOUSA
- STARS
- STRIPES
- WHITE

SNOW CONE SEASON IS HERE AGAIN! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

- Type of barge.
- Single units.
- Illuminating gas.
- Start again.



- Biggest are whales
- Opposite of yeas.
- Not any.
- To grow smaller.

Answers: 1. Scow-cows; 2. Ones-none; 3. Neon-none; 4. Anew-wane.

DAZZLING DIGITS! See if you can find five similar digits that, when added together, will equal 14.



LINK-UPS! Here's a list of 12 one-syllable words that are divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from a word in the left column to a word in the right.

- 1. ARC
- 2. LINE
- 3. IMP
- 4. HACK
- 5. THE
- 6. SAT
- SAW
- REIN
- HER
- RAP
- ACT
- AGE

Answers: Archer, lineage, impact, impact, therein, satrap.

HOCUS-FOCUS

BY HENRY BOLTINOFF



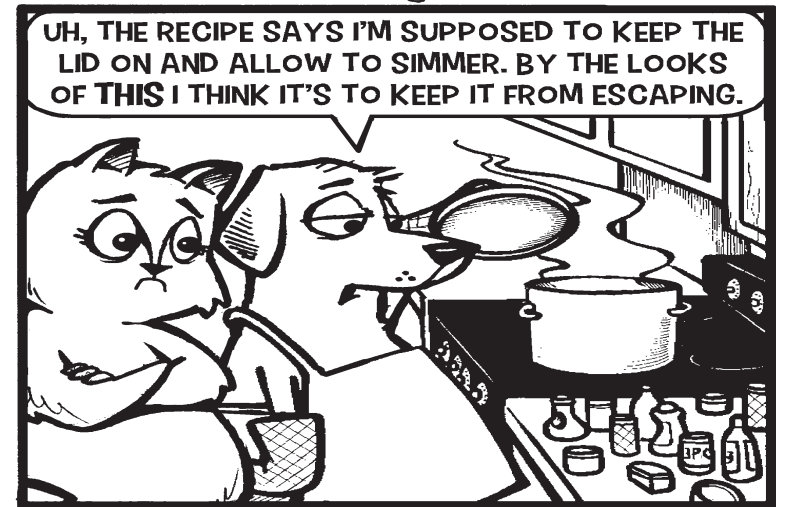
Find at least six differences in details between panels.



Differences: 1. Bat is missing. 2. Railing is different. 3. Player's pants are longer. 4. Crowd is larger. 5. Ball stitching is different. 6. Neckline is changed.

Just Like Cats & Dogs

by Dave T. Phipps





Ultimate Upgrades

Practical tips to improve your home's function and ambiance

FAMILY FEATURES

Homeowners tackling interior upgrades often focus their attention on two of the most-used rooms in the house: the kitchen and bathroom. Tailoring these rooms to your personal preferences may enhance your enjoyment of the space, but most experts recommend thinking long term for the biggest return on your investment.

If a kitchen or bathroom renovation is in your future, take a holistic approach that considers how the space will be used now and in the future.

Kitchen Considerations

As the hub of activity for many households, the kitchen is a space that commands efficient, functional design. Aside from the practical issue of losing access to the space while it's under construction, there's another important challenge for homeowners to consider when tackling a kitchen remodel: for maximum return on your investment, avoid making choices that are too trendy or personal.

Smart Climate Control

Fresh air ventilation is one way homeowners can promote better indoor air quality, especially in rooms like kitchens and bathrooms which are especially vulnerable to poor air circulation.

A smartphone-controlled skylight automation system such as Velux Active with Netatmo can help improve indoor climate from the convenience of your mobile device. It allows homeowners to automate

when they open and close their skylights and blinds. The system monitors an online weather station and uses indoor sensors to measure temperature, humidity and carbon dioxide levels in the home. Based on a homeowner's settings, the system will automatically open the skylights or extend the blinds as needed to improve air quality and temperature inside the home.



Design trends come and go, so while a contemporary update is almost always a good idea, many design experts recommend sticking with classic looks and styles that have broad appeal, especially for big ticket (and big price tag) elements like cabinetry. Save your flair for aspects like the backsplash tile or wall color, which can be relatively easily changed by a new owner or even yourself when you want a refresh down the road.

Another area to give special attention is the overall ambiance of the room, which is largely influenced by the light from natural and electric sources. For a room that needs brightening, skylights are a smart option because they free up wall space for more storage and cabinets while adding abundant natural light.

However, natural light from above isn't the only advantage of adding skylights. Some models, such as a Velux solar-powered, fresh-air skylight, can be opened with a remote control to bring fresh air inside, which helps keep the kitchen fresh and rid indoor air of pollutants from daily activities like cooking and cleaning.

Skylights can be ordered with light-filtering or room-darkening blinds, which give homeowners maximum control over the exact amount of light they want. Plus, solar-powered blinds come in over 75 colors and patterns for customizable design options that allow you to truly make the space your own.

Be sure to ask whether the line you're considering qualifies for a federal tax credit. Solar-powered skylights and blinds are eligible for a 26% federal tax credit on product and installation if purchased and installed by the end of 2020. The credit decreases to 22% in 2021.

A Better Bathroom

In the bathroom, modern upgrades are also a smart investment. However, many experts actually recommend thinking not just about what's in vogue right now but considering needs far into the future.

Universal design is especially relevant in the bathroom, where simple adjustments can provide added accessibility as you age, and these updates can flow seamlessly into the design. This means considering a vanity with a raised counter height and a taller toilet base, which can add stylish enjoyment no matter your age. Other features like a zero-entry shower deliver high-demand design and safety simultaneously.

Outside of accessibility-oriented updates, upgrading your fixtures, fresh paint and contemporary tile can go a long way toward transforming a bathroom. If you find your space is still in need of a boost, a skylight may be the answer. Natural light can be that last touch to bring your space from just OK to perfect, and skylights in the bathroom allow homeowners to maximize their natural light without losing any privacy.



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