Amazon's Jeff Bezos purchases MGM for \$8.45 billion details inside

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Paw's Corner Pets shell-shocked by nightly fireworks

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July 2021

FREE It's our 25th Anniversary Serving the communities of

Lakeview, Roscoe Village, North Center and Lincoln Square



July, 2021

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

Volume 25, Number 8



No one is in custody An all too familiar

phrase in the city of Chicago.

In Chicago, 956 people were shot in the first four months of 2021 – 217 more than the same point in 2020, which was a record-setting year for shootings. Compared to 2020, homicides are up with 185 people killed - 27 more than this point last year. In 2020, the total number of carjackings in Chicago were more than the previous two years combined.

Mass shootings in this country has prompted President Biden to call on lawmakers to pass two House bills dealing with gun access. One would implement a ban on assault weapons, and the other would background close check loopholes. President Biden also signed executive orders to stop the sale of "ghost guns," place new regulations on pistol-stabilizing braces, charge federal agencies with conducting studies on gun trafficking and invest in community violence intervention programs. The plan would crack down on gun sellers who violate federal laws with a new zero-tolerance policy,

which would mean stiffer penalties for retailers.

Hours after President Biden announced his plan to address crime, Chicago had two late night mass shootings at the same time. Four people were shot in the Austin neighborhood on Hubbard Street and at the same time, four people with a motorcycle club were shot in Englewood in the 7000 block of South Vincennes Avenue. Police said shots were fired from a vehicle. No one is in custody from either case.

On the same day, during a press conference, Lightfoot claimed a reduction in murders in 2021 (up 5% over last year and up 29% over 2019). That same day, seven people were killed and nine others injured, including a 4-year old boy. Chicago's crime is trending up and will soon become the city's deadliest year in more than a decade.

Alderman Raymond Lopez, 15th Ward, whose constituents are 67% Latino and 22% Black, says gang life, not racism, is responsible for Chicago's violence. In an interview

Continued on page 2

No one is in custody Mayor declares "racism a public health crisis"



The Mayor officially declared "racism" a "public health crisis," confirming her administration will divert \$10 million from COVID relief funds to address the issues.

Mayor Lightfoot delivered her remarks in the West Side's Lawndale community, in the shadow of the apartment where Rev. Martin Luther King Jr. lived most of 1966. However, he was assassinated in 1968, setting off riots across the nation including the West Side destroying that very apartment building where he stayed.

Continuing her remarks, she said "At almost every single point in our city's history, racism has taken a devastating toll on the health and well-being of our

residents of color - especially those who are Black. "Without formally acknowledging this detrimental impact, we will never be able to move forward as a city and fully provide our communities with the resources they need to live happy and healthy

"The insidious nature of systemic racism has other impacts that are every bit as deep and harmful but often ones that we can't see, like the impacts on the psyche and other impacts on our bodies that are just as, if not more, deadly."

What is systemic racism? It's a form of racism embedded through laws and regulations within a society or an organization. While individual racism is often

its overt nature, institutional racism is less perceptible because of its less overt, far more subtle nature. Institutional racism is where race causes a different level of access to the goods, services, and opportunities of society. On the other side of the Lightfoot coin, a lawsuit was filed on May 27th by a Daily Caller News Foundation reporter, Thomas Catenacci and Judicial Watch, a conservative non-partisan foundation, following the announcement of Lightfoot's interview policy limiting interviews only to reporters of color. According to the Daily Caller, Catenacci requested an interview many times and all of the requests went unanswered.

more identifiable due to

In an interview with John Berman, CNN, she stated "Well, the lawsuit is completely frivolous. I'd use a more colorful term if we weren't on TV." She also stated that her interview policy that discriminated against white reporters "started a long overdue conversation about diversity in the newsroom."

"I am afraid that there is a certain class of race-problem solvers who don't want the patient to get well, because as long as the disease holds out, they have not only an easy means of making a living, but also an easy medium through which to make themselves prominent before the public."

Booker T. Washington

Editorial & Opinions

No one is in custody Continued from front page

with the Washington Examiner he said "If you really want to get to what is at the heart of a lot of this, it is gangs, and it is the borderline collapse of the family unit in many of our neighborhoods –(Lightfoot) has avoided calling out gangs in our community as a source of violence in our city. He said that her focus on systemic racism is doing little to stop the mostly gang-related violence.

President Biden also is calling for more funding for gang and community violence intervention groups – work that is done by organizations like BUILD Chicago, headquartered on the city's West Side.





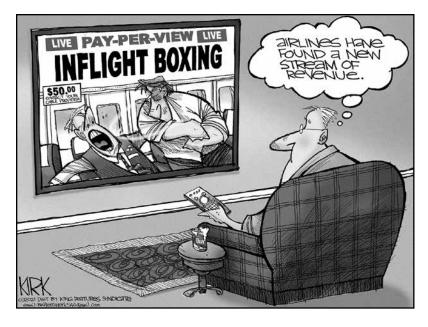
• On **July 16**, **1863**, the draft riots enter their fourth day in New York City in response to the Enrollment Act. Although avoiding military service became much more difficult, wealthier citizens could still pay a \$300 fee to stay home.

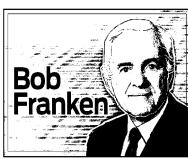
• On July 14, 1881, Sheriff Pat Garrett kills Henry McCarty, known as Billy the Kid. Garrett had been tracking the Kid for three months after the gunslinger escaped from prison only days before his scheduled execution. At the trial, the judge had sentenced Billy the Kid to hang until "you are dead, dead, dead." Billy reportedly responded, "And you can go to hell, hell, hell."

SUNDAY



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Juneteenth Next Year

How do we go about switching our nation's Independence Day from July 4 to June 19? That's when word reached Galveston, Texas, in what was then the far reaches of the Reunited States, that slavery was officially a thing of the past. Juneteenth celebrates the anniversary of June 19, 1865 — two months and 10 days after the Civil War ended — when Black slaves were told that you didn't have to serve in bondage simply because you were Black. But vestiges of slavery still exist.

On July 4, we celebrate the birth of our nation, but the only independence was for white men. The "Founders" were only putting down on paper (or parchment — it doesn't matter) the template for the unkept promises of the Constitution.

On Juneteenth, Black slaves were "freed," but they were not really free. Systemic racism continues to this day, because equity has not been allowed between races. We have gussied up our prejudice in all sorts of mannerly language, but the fact remains that since the nation's real beginning for everyone, June 19, the successors of slaves have had to crash through one blockade erected by white people after another: Segregation forces them away from overlapping basic rights: an education, economic opportunity, even the right to vote (although that one is being reversed) and safety from trigger-happy cops (although videos recorded with modern technology are exposing that one as too often a tragic fantasy).

Nevertheless, as a country, we have "advanced" to the point that white demonstrators of goodwill join the people of color jamming our streets screaming "Black lives matter!" — which translates to "Enough

is enough" — after one too many law-enforcement killings. That would seem to be obvious; Black lives do matter. But intolerant blockheads have demonstrated the insidious misdirection of rhetoric, being led in chants of "All lives matter!" or even "Blue lives matter!" That would seem obvious too, but it's actually disingenuous, a distorted way to subtly, in their minds at least, say one thing and really mean something else. Racism.

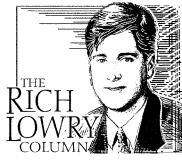
When Juneteenth was made a federal holiday this year, it was a hastily timed afterthought. It finally occurred the day before the actual holiday, after decades of campaigning, when the legislation was signed by a friendly president, with unanimous support from Congress, even from the unfriendliest of politicians.

One would think that, as a whole, Black people would resent white privilege — and many do, but many do not. And Juneteenth, finally recognized as a long-overdue celebration, welcomes everyone to make next year's hoopla worthy of the attention it deserves. Right now, the blockheads have responded to the teaching of slavery's importance to America by forbidding its discussion in the classroom — in other words, by distorting history. They brand any discussion as "Critical Race Theory," which sounds academic, but it's really just another resentment to exploit for FNC, a Fox

News Contrivance. It's fashionable to try to make up lost ground by adding to the calendar: Black History Month, Women's History Month, Pride Month. If you declared a national holiday for every oppressed group in forming what we are today, you'd run out of days. But slavery is the greatest stain of all for this country, and its recognition is what Juneteenth is about. Now it is squeezed into the summer schedule. We will not move Independence Day from July 4, but only through recognizing our true legacy can white folks, Black folks and every other kind of woke folk combine to be a truly United States.

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

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Anti-Police Cities Reap What They Sow

WANTED: Trained security professionals to deal with elevated levels of crime and mayhem at risk to their own life and limb, while getting called racist oppressors and potentially thrown under the bus by elected officials.

This has become the de facto employment notice for police around the country, and, unsurprisingly, cops and prospective cops don't find it particularly enticing. Why would they?

America's cities are feeling the effects of a years-long experiment in what would happen if nearly everyone celebrated a movement based on the idea that police are racist goons, excused rioting and explained away spiraling crime, and made it clear to cops that if they make a mistake, they will, at the very least, become instantly infamous.

It hasn't gone well.
Portland, Oregon, has been a veritable research lab for this experiment.
The latest blow to the city is the mass resignation of the Portland Police Bureau's Rapid Response Team, which is responsible for policing protests in the city — a challenging, endless, and literally thankless job.

Rioting has become part of the fabric of urban life in Portland, where demonstrators have battled with cops nearly every other night since the death of George Floyd.

The city's leadership has been hapless, at best, in dealing with the chaos, and loud voices have been condemning the cops.

After an officer in the unit was charged with a crime for striking a photographer in the head with a baton after he had pushed her to the ground, the members considered it a last straw.

Portland City Commissioner Jo Ann Hardesty kicked them on the way out the door, calling the resignations "yet another example of a rogue paramilitary organization that is unaccountable to the elected officials and residents of Portland." She didn't want them to quit, but instead to stay on the job so they could be fired.

Either way, she thinks it's a great opportunity to show what "de-escalation in policing looks like" — effectively blaming the police for black-clad thugs constantly trying to burn things down. The same argument was made about federal officers during the Trump administration, but, lo and behold, the disorder continued even after federal forces stepped back and even after Joe Biden was elected president.

The head of the Portland police union issued a stinging statement in reply to Hardesty, saying that members of the unit "did not volunteer to have Molotov cocktails, fireworks, explosives, rocks, bottles, urine, feces, and other dangerous objects thrown at them." Nor, he continued, did they volunteer "to be subject to warrantless criticism and false allegations by elected officials, or to suffer through baseless complaints and lengthy investigations devoid of due process."

What's happening in Portland's riot unit is a microcosm of what's happening everywhere. According to a survey by the Police Executive Research Forum, police resignations were up by 45% and retirements up 18% over the last year, while hiring has been slow.

In other words, when we need more cops in response to rising crime, we are getting fewer. This is like cutting back on firefighters while a wildfire is raging or reducing the size of the Army while it is fighting a war. No rational person would want smaller forces right now, yet the elite culture, leftist politicians, and obnoxious street protestors are conspiring to shrink them.

The crux of the matter is the moral status of the police. The question is whether they fulfill an absolutely crucial role that deserves to be honored and supported to the hilt by public officials, who unstintingly back order on the streets as a foundational public good — or not.

There are signs that even liberal jurisdictions are beginning to get this (crime has a been a top issue in the New York City mayoral race). We aren't going to keep or recruit good cops unless the job description, which has become so off-putting, is again worthy of the indispensability of the work.

Rich Lowry is editor of the National Review.

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Lakeview Newspaper

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"The United States is the only country with a known birthday. All the rest began, they know not when, and grew into power, they know not how."

— James G. Blaine

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SENIOR NEWS LINE

by Matilda Charles

Staying Hydrated in Summer Heat

If there is any mantra we need to repeat this summer it's this one: drink more liquids.

A university study revealed that 80% of heat-related deaths were in people over the age of 60. We need to do everything we can to avoid dehydration when the weather is hot.

As we age, many of us don't have the same body temperature regulation. Poor circulation and lack of thirst can make us vulnerable to the effects of heat. Of those, lack of thirst is the easiest to address, and drinking more water doesn't need to be a chore. Find out from your doctor just how many ounces you need to drink in a day. Some medications, such as diuretics, might change how your body reacts to heat and dehydration. Ask whether you need an electrolyte-replacement drink for added potassium and sodium.

By the numbers: Buy several smaller water bottles and fill with water as many as you need each day to reach the required number of ounces. Keep them on the kitchen counter, where you'll see them. Keep oranges, strawberries and watermelons handy, or make your own fruit popsicles.

Keep an eye on the TV news and weather. Know what temperatures and humidity are expected during the day, especially early afternoon. If you walk for exercise, try to go in the morning. Make a few calls and find out about any cooling stations near you, or air-conditioned spaces such as a mall, if you don't have air conditioning at home.

Keep the inside temperature as low as possible and close the drapes on the sunny side of the house. If you have air conditioning, keep it set at a comfortable temperature and leave it on.

Remember that you don't need to wait until you're thirsty to drink water.

1. What former NBA player and coach served as head coach of the Utah Utes men's basketball program

2. Traktor Chelyabinsk, Dinamo

Minsk and Lokomotiv Yaroslavl are teams competing in what ice hockey

3. Against what boxer did Riddick

Bowe win consecutive fights — both by disqualification for low blows —

4. In 1955, driver Pierre Levegh died in a crash and 83 spectators

were killed by debris at what famous motorsports endurance race?

5. What University of Miami Hurricanes running back suffered torn knee ligaments in the 2003 Fiesta Bowl and would miss his entire rookie season

6. What long-distance relay running

series includes races named Bourbon Chase, Wasatch Back, Northwest Passage, Del Sol and Reach the Beach?

7. First awarded in 1962, the King

Spud Trophy is the prize in the college

basketball rivalry between what two

from 2011-21?

league?

in 1996?



by Freddy Groves

Fake Dog Trainer Nailed for Scamming Veterans

I'll admit, after reading about so many Department of Veterans Affairs-related crimes over the years, this is a new one. A judge has sentenced a Texas resident to 10 years in prison for scamming the VA out of a lot of money ... for fake dog-and handler-training courses.

The scammer defrauded the VA by submitting 185 claims for courses that were supposed to train dogs and their handlers. Each course cost between \$6,500 and \$12,000.

On his application to create a training program that veterans could attend and use their education benefits, he lied. He listed the names and certifications of four real dog trainers as the instructors. Those people hadn't given their permission, and one of them was deceased. Because of that fraud, he was ineligible to collect VA dollars.

Over time, he actually placed dogs with police departments, dogs he'd supposedly rescued from shelters and trained. Of the veterans who'd actually tried to take the course, however, 81% were dissatisfied.

The scammer was nailed for two counts of money laundering, two instances of submitting a false tax return, eight counts of wire fraud and four counts of aggravated identity theft.

Not only is he going to the slammer, he forfeited a big pile of cash and property, including multiple vehicles, a luxury motor home, jet skis, a trailer and more.

He allegedly sought a presidential pardon. He didn't get it. What he did get on multiple websites were comments from people who didn't hold back in their disgust for what he'd done.

What we'd like to know, however, is whether there was ever a question of animal abuse. It was reported that 31 dogs were found in the raid of the property, but only 26 were taken to local shelters. It was also reported that some of the dogs died due to bad health. Surely that's good for another 10 years, right?

Strange BUT TRUE

By Lucie Winborne

- On May 19, 1996, Kermit the Frog gave the commencement speech at Southampton College, Long Island University.
- TASER is actually an acronym for Tom A. Swift's Electric Rifle. "Tom Swift" references the book character who is not just an inventor of amazing gadgets, but a childhood favorite of the Taser's inventor, Jack Cover.
- The average high-school swimmer swims 1 million strokes per season.
- Researchers found that male bottlenose dolphins in Western Australia's Shark Bay have formed "boy bands" that harmonize their mating calls together in order to better attract females.
- While working as an extra on the set of "The X-Files," singer Michael Buble was fired for stealing a hot dog from the craft services table.
- The most common injury caused by makeup is scratching the eye with a mascara wand.
- A local folk remedy in Boho, Ireland, involved placing soil from the local church under one's pillow while sleeping to cure infections. The nature of the remedy proved more scientific than divine when, in 2018, a microbiologist found the soil contains a previously unknown strain of streptomyces, which can be used to create antibiotics.
- Out at sea, a tsunami is only about 3 feet high, and could pass a boat without being noticed.
- At the 2011 World Scrabble Championships in Poland, a competitor demanded officials strip-search his opponent after a "G" tile went missing. The officials decided against it due to a lack of evidence of cheating.
- With every bottle of Laphroaig whisky, you're entitled to a lifetime lease on a one-square-foot plot of land on the Scottish island of Islay, as part of Laphroaig's loyalty program "Friends of Laphroaig."

Thought for the Day: "When you're good at something, you'll tell everyone. When you're great at something, they'll tell you." — Walter Payton

OVELS Antiques & Collecting

Shake Hands With Uncle Sam



For a penny, you can shake hands with this life-sized Uncle Sam to test your strength. The painted iron machine used in a fun house was made by Caille in the 1970s. It sold for \$6,150 at auction.

Legend says Uncle Sam was a nickname inspired by the initials U.S. stamped on barrels of beef for the Army during the War of 1812 to show they were government property. That led to the joke that they belonged to "Uncle Sam." In the 1870s, Thomas Nast began depicting Uncle Sam in cartoons and posters, but the bearded figure dressed in red, white and blue didn't became an official symbol until 1961. He is now seen on labels, machines, posters, statues and political signs.

This 6-foot-4-inch-tall iron figure is a funhouse grip tester made by Caille in the 1970s. For one cent, you can shake hands with Uncle Sam and see if you are strong. It sold at a Nye and

Co. auction for \$6,150. Large vintage mechanical machines like fortune tellers, postcards sellers or slot machines sell for high prices today. The better the original paint, the better the price.

• I love old games, and I recent•ly saw a picture of an old board game called "Bulls and Bears — The Great Wall St. Game." I have never heard of this game and was curious about its history and value. Can you help?

A "Bulls and Bears — The Great Wall St. Game" was patented in 1883 by the McLoughlin Bros. The box cover had a lithographed picture of a dapper-looking, cane-holding bull talking with an equally well-dressed bear. Bulls and bears are Wall Street symbols. A bull market refers to a market on the rise; a bear market is one declining. Inside the game was a folding board with Gilded Age stock market characters Jay Gould, Cornelius Vanderbilt and Horace Greeley. There also was a spinning board, play money, contracts and an instruction booklet. A "Bull and Bears" vintage game recently sold at auction for \$20,000. It was the top seller in the toy sale that included 450 lots.

CURRENT PRICES

Necklace, Bakelite, patriotic, 5 blue stars, red and white stripes hanging from gold tone chain, 6 x 2 inches, \$640.

American flag, seven stars, Confederate reunion, first national flag, 26 3/4 x 57 inches, \$1,560.

Bank, Uncle Sam, standing and holding out his hand, square platform base with spreadwing eagle, painted iron, 1800s, 5 x 11 inches, \$1,800.

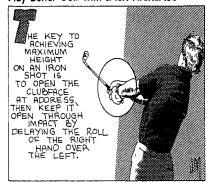
Flag, American, 13 stars, arranged into six-pointed star, glazed cotton, 11 1/2 x 8 inches, \$2,600.

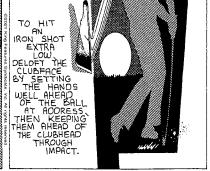
TIP: Set heavy garden urns or statues on a foundation, usually a cement block set in the ground.

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

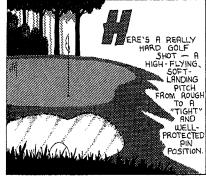
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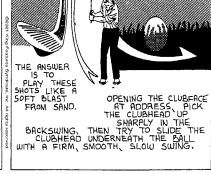
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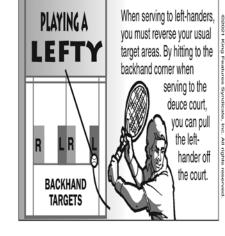


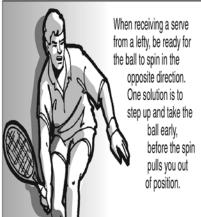
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STAN SMITH'S TENNIS CLASS





BANK

LAFF - A - DAY

"It's always a shock to find out you're overdrawn more than you thought you were."



"Can't you go a little faster? We're getting bug splatters on the back windshield."

Answers

1. Larry Krystkowiak.

with the Buffalo Bills?

- 2. Kontinental Hockey League (KHL).
- 3. Andrew Golota.

teams?

- 4. 24 Hours of Le Mans.
- 5. Willis McGahee.
- 6. Ragnar Relay Series.7. The Idaho State Bengals and the University of Idaho Vandals.

Health



Commercial Lab Tests vs Genetic Counseling

DEAR DR. ROACH:I have a daughter (almost 31 years) who is concerned about Charcot-Marie-Tooth syndrome. Her maternal grandmother has been diagnosed with that condition. She is interested in seeking out a genetic test for the condition to learn if she is susceptible. She was referred to a commercial, direct-to-consumer laboratory for the test.

How likely is it that a lab test for this specific condition would be accurate? Should she be doing all of this through either a particular type of genetics counselor or her private physician (internist) rather than an independent effort? -

ANSWER: Charcot-Marie-Tooth disease is the eponym given to a family of hereditary motor sensory neuropathies: diseases that affect the nerves that carry the impulses necessary for movement and sensation. The initial symptoms are most commonly weakness and atrophy in the feet, followed by similar problems in the hands and sen-

The diagnosis may be made by EMG testing (electromyography, a needle study of the electrical activity of the muscles), but genetic testing is another way of making the diagnosis. If her grandmother has a known mutation, then genetic testing is likely to give her confirmation of her own

Commercial genetic testing is certainly available, and probably accurate. However, I would still recommend a visit to a genetic counselor. This may require a referral from her primary-care doctor. The correct test to order, and its interpretation, depends on the exact diagnosis of her grandmother's condition, since there are many genetic variations of Charcot-Marie-Tooth. It is likely that your daughter will have questions after the test results, and the benefit of having an experienced clinician there to answer them would be invaluable.

DEAR DR. ROACH: I'm an 81-yearold man. About two years ago, I began to realize that my testicles were shrinking, and they are now about the size of a marble. I have asked my primary care doctor and urologist about this, and the reply is that nothing can be done about it.

I have read that boxer shorts are recommended to keep the testicles cooler and healthier. I am wondering whether my extensive time sitting at a desk and reading could be related to my shrinking testicles. Or is it related to erectile dysfunction, which is caused by decreased blood flow? I have ED. My last testosterone result was about 500. Is there nothing that can be done, not even any exercises? — L.D.

ANSWER: The medical term for what's happening to you is "testicular atrophy," and it has several possible causes. Age alone is one: At age 81, many men have noticed some shrinkage in testicular size, but yours is beyond the norm. You are right that cooler temperatures are healthier for the testicles, but again, I am a little surprised by the severity of your description.

Among the other common causes are a history of trauma or infection. However, any underlying cause can also affect the ability of the testicles to make testosterone. Your blood testosterone level is surprisingly normal for your age (400-500 is the average for a man in his 80s). A low testosterone is a common cause of erectile dysfunction (poor blood flow is only one cause of ED).

After two years, it is very unlikely that any treatments will affect the testicles now,

Patient History More Than Just Medical Facts

DEAR DR. ROACH: I am 77 years old. When I go to a new doctor, there is always that past history form to fill out. I know to include current medications, including OTC and allergies, but how far back should I go?

Should I include the tonsillectomy when I was in grade school (I don't recall how old I was)? Or the surgery to remove a benign tumor from my right femur in 1955? The miscarriage in 1961? Or that the last of my five children was born over 40 years ago?

I would include the surgery because my right leg is about 3/4 inch shorter than my left. After all these years, it causes a backache after standing too long. - S.B.

ANSWER: In general, doctors want all the information you can give. However, past medical history tends to become less important as people get older. I agree with you that the surgery on your femur is important: Even now, a leg-length discrepancy may still benefit from being addressed. A small

(half the discrepancy or less) adjustment to the shoe of your shorter right leg may help reduce your backache.

If I were your new doctor, it would be important to me to know you had a 40-yearold son (and about the rest of your children), but that would be more to know who you are as a person. I also ask my patients to identify someone in their family who can help make decisions if you are unable to. That should be done formally, through a health care proxy designation, which is complementary to the advance directive that all adults should have.

It's a privilege for me as a primary care doctor to get to know my patients and follow them over years, sometimes many

DEAR DR. ROACH: I've read about a new drug for depression that is supposed to work quickly. Is it safe? — N.F.

ANSWER: Ketamine, like many biological molecules, has two forms that are mirror images of each other. Esketamine, the more active of the two, has recently been approved by the Food and Drug Administration for treatment of depression, and is the first new class of approved depression medication in years.

It is striking how quickly it works. With the intravenous drug, test subjects found their mood improving within hours, as opposed to the weeks it takes most current drugs to work. With the nasal spray form, the kind just approved by the FDA, benefit began within two hours and persisted throughout eight weeks of follow-up. It is not yet clear how long the effect will last and whether (or more likely, how often) additional doses will be necessary in longterm use. It is approved to be given only in a doctor's office, and only for people who have been resistant to other medications.

There are significant potential harms. Blood pressure goes up after the dose, and people can have sedation and disorganized thinking after treatment. For now, the drug is given only through a restricted distribution system.

I am cautiously optimistic. Depression is a serious disease with treatments that are not as effective as we would like. Any new type of treatment is a source of hope; however, I have seen potential "miracle drugs" turn out to be only moderately useful.

C. Diff Tricky to Treat, But Rarely Terminal

DEAR DR. ROACH: In December, I developed an abscess in my jaw from food getting caught in my tooth. I went to see a local dentist who prescribed clindamycin and metronidazole. I came down with a case of C. difficile. I have since found evidence that multiple antibiotics and clindamycin are causes of C. diff.

I am getting mixed messages about my prognosis. Some medical people are telling me it's not a big deal and to just wash my hands a lot. My primary physician, however, gave me the impression that this is basically a terminal diagnosis.

She told me how sorry she was and that I had been a very healthy person but am not any longer. She told me that it will most likely recur, and every time it does it will be more difficult to treat until I become antibiotic resistant, and that people die from it. She also told me that she would set me up for the standard yearly appointment, but that I should come see her whenever I need to.

I am paranoid about what my future holds and what, if anything, I can do. I would like your opinion of this situation. Any guidance you can give me would be greatly appreciated. — Anon.

ANSWER: Clostridium difficile ("C. diff") infections are common but can be serious. As you correctly note, many antibiotics are associated with the acquisition of symptomatic C. diff infections, and although clindamycin is the best known, other antibiotics (quinolones, amoxicillin and related penicillins) are actually more common. The antibiotics kill off large numbers of healthy bacteria, allowing the unhealthy C. diff to take over.

The cardinal symptom of C. diff is watery diarrhea, at least three loose stools in 24 hours. Abdominal pain and cramping, nausea and poor appetite are common. Fever is less common. Symptoms can start during antibiotic treatment or up to a month after completing antibiotics. Treatment is stopping the antibiotic if possible and if still being given. Antibiotic treatment against C. diff is with the newer drug fidaxomicin or with oral vancomycin; unfortunately, fidaxomicin is ridiculously expensive course of fidaxomicin is \$3,000 via goodrx com in the U.S. at the time of writing. A course of oral vancomycin costs much less, often less than \$200 through the same website. If neither of these is available, metronidazole is a less-expensive alternative.

Fidaxomicin has the lowest risk of recurrence of the infection, and many experts will reserve it for a person who has recurred after oral vancomycin. For the unusual person who continues to recur after antibiotic treatment, fecal microbiota transplants (processed from stool of healthy donors) have been safe and effective.

I am disturbed that you got the impression that C. diff is a terminal diagnosis. Although in rare cases, hospitalized patients can get so sick that they can die from C. diff, this would be very unusual in less severe disease, as in someone who is able to go home from the hospital.

Handwashing is necessary to reduce infection to others. Avoiding drugs like Prilosec that suppress acid can help prevent recurrences. Finally, probiotics (live healthy bacteria) may be of use in reducing infection and recurrence.

Removal Is Best Option for Tumor Inside Kidney

DEAR DR. ROACH: I am 62 years of age and in excellent health. I run or hike 3 miles or more on most days, and road bike, swim and weight train. I eat sensibly, and I don't drink, smoke or take drugs. I don't drink coffee or even take aspirin for pain. My last physical exam showed no problems, and my blood and urine tests were fine.

Recently, I was diagnosed with a small tumor inside my right kidney. It's about a 2.5 cm solid mass with no rough edges at this time. The MRI showed "a 2.4 cm mildly enhancing solid mass concerning for a renal neoplasm." It also showed that the left kidney has a single 1.2 cm cortical cyst over its upper pole aspect. Please explain what this means.

The options for treatment are to completely remove the kidney and see if it is cancerous or just monitor the tumor and see if it continues to grow and remove later. The doctor said the whole kidney has to be removed, because of the central location of the tumor. The doctor also said a biopsy is not a good idea where the mass is located for fear of releasing cancerous cells within the kidney that could move quickly throughout the body. Removal is a drastic measure, no doubt, to test for kidney cancer. Should I just monitor and wait to see what the tumor does or operate and have the kidney removed. What medical action do you suggest that I do? — B.J.R.

ANSWER: I am sorry to hear about your kidney tumor. A solitary kidney mass in a man in his 60s is always suspicious for kidney cancer. A 2.4 cm tumor is large enough to provoke serious concern: In a recent study, in people who had their tumors removed, 83 percent of tumors that size were kidney cancer.

Because of the location, a partial removal of just the mass is impossible, so the choice between watching and waiting versus taking the whole tumor out should take into consideration the very high likelihood that this is cancer. Kidney cancer can spread to other organs. If you were my patient, I likely would advise surgery. If you were not a good risk for surgery (say, in your 80s with multiple medical problems), then I might consider watchful waiting. In your case, I think going for surgery is the wiser course. Being so healthy will make your treatment much less risky.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@ med.cornell.edu.

Financial

HOW TO AVOID SCAMS WHILE FINDING WORK

Millions of Americans are looking for jobs and the result is a surge in frauds linked to jobs and hiring. Here are some tips on how to spot scams when searching for work:

BOGUS JOB ADS

Scammers are taking advantage of desperate people who are looking for work right now and are taking advantage of that by posting bogus job ads. If you have to pay money for a job application, or someone asks for access to your bank account or for payment through a prepaid card to apply, walk away. It's fraudulent.

BE SMART.

If somebody offers you big bucks for simple work, ask yourself why. Jobs that don't **SHOULD YOU** require much effort, skill or experience aren't likely to make you rich; if they claim otherwise, it's more likely to be a scam. Never agree to be paid to forward packages or money for someone you don't know. They may well be involved in criminal activity.

ON-THE-SPOT JOB OF-FERS IS A RED FLAG.

Legitimate companies will want to talk to you before they hire. Don't pay for the promise of a job, and be careful of the overpayment scam where you "mistakenly" get a check too soon, then get asked to return the

overpayment with gift cards or wire transfers.

POST

Resumes' should reveal only professional information. Be strategic about what you put in. Don't include your driver's license number, Social Security number, date of birth or even your full street address.

JOB UNSOLICITED OFFERS.

Be suspicious about job opportunities that are offered by strangers who may contact you out of the blue by email, phone or social media, and avoid clicking on provided links. Legitimate businesses don't offer jobs randomly.

CAREER ADVANCE-MENT GRANTS.

It's a new take on the government grants scam. It's aimed at job seekers whom may want to add certifications or courses to their resumes' to advance their careers. It's enticing to think the government is awarding a grant to pay for such expenses. But if you're asked to pay any kind of fee, don't. It's likely a scam.

WHAT JOB SERVICES **CAN YOU TRUST?**

Start with USAJobs.gov. This is the federal government's official site, with job openings nationwide. Then, the Department of Labor sponsors CareerOneStop,which lists hundreds of thousands

of jobs and has links to employment and training programs in each state. Among private sites, Indeed, Linkedln and Monster are some that are legitimate.

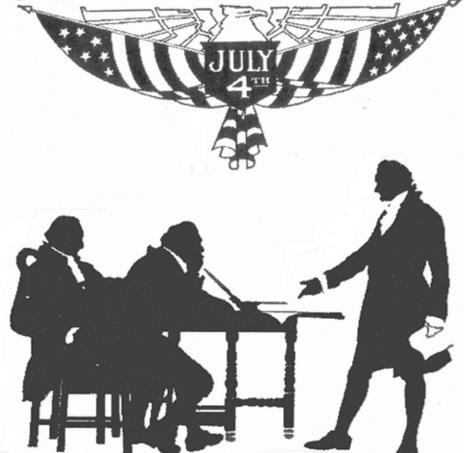
FRAUD TARGETING THOSE FILING FOR **UNEMPLOYMENT**

People are filing fake claims using the names and personal information they've stolen. It is slowing the delivery of needed benefits to those who earned them. If you find out someone has filed a fake claim in your name, it probably means someone has stolen information like your Social Security number and date of birth.

Happy Fourth of Jul

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- 1. Who wrote and released "Don't Think Twice, It's All Right"?
- 2. Which artist penned and released "Little Town Flirt"?
- 3. Which former Beatle had a hit with "My Sweet Lord"?
- with "My Sweet Lord"?

 4. Where was the Singing Nun from?
- 5. Name the song that contains this lyric: "If your heartaches seem to hang around too long, And your blues keep getting bluer with each song."

Answers:

- 1. Bob Dylan, in 1962. The song has been covered by dozens of artists, including the Four Seasons, who recorded it under the pseudonym The Wonder Who?, one of numerous names the group used.
- 2. Del Shannon, in 1962. The song climbed to No. 1 in Australia and Ireland, but didn't reach the top 10 in the US
- 3. George Harrison, in 1970. Harrison was sued for allegedly copying the melody to the 1963 "He's So Fine," but instead he claimed he followed a Christian hymn "Oh Happy Day," which was out of copyright.
- 4. Belgium. Jeanne-Paule Marie Deckers was famous for her song "Dominique" in 1963.
- 5. "Cry," by Johnnie Ray in 1951. Teen idol Ray was partially deaf, starting at age 13 when he suffered an accident at a Boy Scout camp.

What's better? A great story or A great idea?

Lakeview Newspaper Thoughts to think about.



By Lucie Winborne

- A green cat was born in Denmark in 1995. Some people believe that high levels of copper in the water pipes nearby may have given his fur a verdigris effect.
- Edgar Rice Burroughs, creator of the iconic jungle man Tarzan, worked as a pencil-sharpener salesman before trying his hand at fiction. He only started writing at the age of 36 to support his wife and two kids.
- Boanthropy is a psychological disorder in which patients believe they are a cow.
- The infamous crocodile jump by James Bond in "Live and Let Die" was performed with real crocs by the only person willing to attempt it the owner of the crocodile farm.
- In early 2015, Mattel released Hello Barbie, an interactive talking doll that didn't just repeat preprogrammed phrases, but could actually hold a twoway conversation. The doll raised major concerns over privacy, however, since the discussions between it and child owners were recorded and sent to third-party vendors. Goodbye, Barbie!
- Like casinos, your local shopping mall is intentionally designed to make you lose track of time, with clocks and windows removed to prevent views of the outside world, in a type of "scripted disorientation" known as the Gruen Transfer.
- The original recipe for chocolate contained chili powder instead of sugar.
- As if it weren't cool enough that your DNA encodes the entire blue-print for your body using a set of just four characters (amino acids), you can treat the outside surface of cotton fabric with concentrated genetic material, as the DNA is also flame retardant: Its molecules are similar to those in other fireproofing substances.

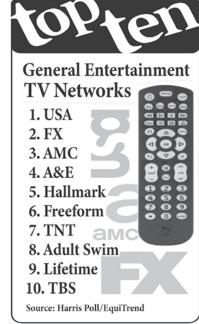
Thought for the Day: "I'm a great believer in luck, and I find the harder I work, the more I have of it." — *Thomas Jefferson*



1. A Quiet Place Part II (PG-13)

Emily Blunt, Millicent Simmonds 2. In the Heights(PG-13) Anthony Ramos, Corey Hawkins 3. The Conjuring: The Devil Made Patrick Wilson, Vera Farmiga 4. Peter Rabbit 2: **The Runaway**(PG) Domhnall Gleeson, Rose Byrne 5. **Cruella**(PG-13) Emma Stone, Emma Thompson 6. Spirit Untamed animated 7. The House Next Door: Meet the Blacks 2. Mike Epps, Katt Williams 8. Wrath of Man(R) Jason Statham, Holt McCallany 9. Queen Bees(PG-13) Ellen Burstyn, Jane Curtin 10. Spiral Chris Rock, Samuel L. Jackson

Source: Box Office Mojo



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Queen Bees (PG-13) — If it took you 20 years to finally get over the anxiety of high school cliques, "Queen Bees" shows that it all comes back again later in life. Ellen Burstyn plays Helen, a silver single moving into a senior living community. There she encounters all the same personality conflicts from her school days as she tries to navigate the social strata of Pine Grove. "They're like mean girls, but with medical alert bracelets," Helen quips. Jane Curtin, Loretta Devine and Ann-Margaret round out the cool girls' table, with Christopher Lloyd and James Caan providing comedic support and romantic interest. (Theaters and Prime Video)

Luca (PG) — Luca and Alberto are two young boys finding adventure on the 1950s Italian Riviera, making new friends and living their best lives. The twist? They're not actually human boys, but underwater sea creatures who become humanlike when they rise above the sea's surface. While concealing their secret in lots of near-miss situations, the boys ride Vespa scooters and eat gelatos, practicing their Italian accents with a few choice phra

accents with a few choice phrases. Pixar Studios continues to amaze and delight with its visuals, once again surpassing its own levels of excellence in animation. (Disney+)

Skyfall (PG-13) — Once again delivering exquisite cinematography of exotic locales, this 2012 film is the third installment in Daniel Craig's reign as James Bond. With 007 returning to MI6 after mission failure and subsequent personal disappearance, Bond rises like the phoenix to take on one of the creepiest villains ever, expertly portrayed by Javier Bardem. The movie's stunning conclusion is explosive and a bit overly dramatic,

but ties together Bond's past with his present, ushering in a shocking change to the MI6 organization. (New to Paramount+)

Bo Burnham: Inside (NR) — It is a bit of a misnomer to call this a comedy special because it's not your typical guy-onstage-telling-jokes presentation. Performed without an audience and entirely inside comedian/musician Bo Burnham's apartment over the full year of 2020, "Inside" is 87 minutes of devilishly original songs and commentary covering subjects from white privilege to labor exploitation and self-deprecation. Despite the heavy topics, it IS hysterically funny, and exceptionally clever. With laser lights and voice modulators, Burnham is self-admittedly a little all over the place, but the genius that emerged from his own mental struggles is well worth a watch — but definitely not for the kids. (Netflix)



Walt Disney/Pixa

Scene from "Luca"

Miss Juneteenth (NR) — When a former pageant winner sees her teenage daughter at a crossroads in life, she encourages her to enter the same scholarship pageant that she won years earlier. With a full ride to a Historically Black College as the prize for the winner of Miss Juneteenth, mom Turquoise has high hopes of daughter Kai making more of her life than she herself was able to accomplish. Nicole Beharie is wonderful as the ever-supportive but always firm mother to newcomer Alexis Chikaeze in this SXSW Film Festival award-winner. (Theaters/video on demand)

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Katheryn Winnick
2. Spiral (R)
Chris Rock
3. The Dry (R)
Eric Bana
4. The Courier(PG-13)
Benedict Cumberbatch
5. The Little Things(R)
Denzel Washington
6. Four Good Days(R)
Mila Kunis
7. Tom & Jerry (PG)
Chole Grace Moretz
8. The Father (PG-13)
Anthony Hopkins
9. A Quiet Place(PG-13)
Emily Blunt

10. The Croods: A New Age ...(PG)

DVD, Blu-ray Sales

1. Raya and the Last Dragon .(PG) Disney 2. Tom & Jerry(PG) Warner Bros. 3. Chaos Walking(PG-13) Lionsgate 4. A Quiet Place(PG-13) Paramount 5. **John Wick**(R) Lionsgate 6. John Wick: Chapter 3 — Parabellum(R) Lionsgate 7. **Rush Hour Trilogy** (PG-13) Warner Bros. 8. Friday 3-Movie Collection ...(R) Warner Bros 9. The Courier(PG-13) Lionsgate 10. **John Wick: Chapter 2**(R) Source: Comscore/Media Play News



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What's Hot In Hollywood

HOLLYWOOD — How long should someone charged with the alleged sexual assault of 20 young men be ostracized? Kevin Spacev - best supporting actor Oscar winner (for "The Usual Suspects" 1995) and best actor Oscar (for "American Beauty," 1999) - watched his world crash down in 2017 when actor Anthony Rapp alleged Spacey made sexual advances toward him when he was 14 years old. When 15 other young men came forward claiming similar abuse, filming was suspended of the fifth season of "House of Cards," and Spacey was removed as star and executive producer. He also was replaced by the late Christopher Plummer in "All the Money in the World," for which Plummer received an Oscar nomination.

The news that Spacey has been signed to do a cameo, opposite Vanessa Redgrave and Franco Nero (best known as Lancelot in "Camelot"), who also is directing the Italian film "L'uomo Che Disegno Dio" ("The Man Who Drew God"), sent shock waves through the Hollywood community. It's furious that Franco Nero has given Spacey a film when his blacklist time was definitely NOT up!

On a happier note: Oscar nominee Timothee Chalamet will play a young Willy Wonka (Gene Wilder was an older Wonka in the 1971 "Willie Wonka") and will unveil his singing pipes in the film. Willy Wonka is a staple in casinos, where the musical and magical slot machines entertain

Also unveiling her singing pipes is "Will & Grace" Emmy winner Debra Messing, who. although she starred in 2012's 32-episode musical series "Smash" (about Marilyn Monroe), didn't sing much. She's been set to star for Netflix in "13: The Musical," based on the Broadway musical that ran from 2008-09 and served as the debut vehicle for singer Ariana Grande and actress Elizabeth Gillies.

Yet another comeback story is Lindsay Lohan. getting an assist from Netflix, which has named her to star in an as-yet-untitled holiday rom-com being directed by Janeen Damian, wife of former "The Young and The Restless" soap star Michael Damian, who co-wrote the script with her and has recently directed two films for the Hallmark Channel.

The richest man in the world, Amazon founder Jeff Bezos, has purchased MGM (formerly the greatest movie studio ever) for \$8.45 billion. Among the properties he now owns are "007" James Bond, "Thelma & Louise," "Raging Bull" and "The Handmaid's Tale," as well as the reality show "The Apprentice," which gives him access to all of the show's outtakes, including off-color remarks by Donald Trump, the show's host for 14 years. Why would THE richest man in world want to own a bankrupt movie company? There's a lot more to this story. MGM may now stand for My Goodness Me!



Debra Messing

HOLLYWOOD — Arnold Schwarzenegger has taken two years and the pandemic to plan his next move. His last film, "Terminator: Dark Fate" (2019), cost \$190 million and earned only \$261 million. With no bids for his movie services, he's chosen to finally accept Netflix's offer to do a series for it. Arnold signed to star in an untitled, global spy adventure about a father and daughter who've secretly kept from each other that they work for the CIA, and they only learn this when they're forced to team up to fight a common foe.

Also on the comeback trail is 29-year-old Taylor Lautner. At 13, he scored big as Sharkboy in "The Adventures of Sharkboy and Lavagirl" (2005). In 2008, at age 16, he began starring as Jacob Black in "The Twilight" saga, which stretched into five films over five years. In 2013, he starred in Adam Sandler's "Grown Ups 2," which grossed \$247 million because of Sandler's following. But when he top-lined "Tracers" (2015), it barely managed to gross \$19 million. In 2015, at 22, he worked with Sandler again in the Western comedy "The Ridiculous 6," which managed to gross \$60 million (low for a Sandler film). In 2016, Lautner co-starred with Constance Zimmer in "Ride the Tide," which did poorly.

Netflix is gambling he'll do well paired with Kevin James, Rob Schneider and Gary Valentine in "Home Team," in which Kevin James plays a football coach inspired by New Orleans Saints coach Sean Payton.

Netflix feels "Enola Holmes" (seen in 76 million homes in the first month of release) deserves a sequel, but how can they make people stand up

and take notice? They came up with the idea of Sherlock Holmes (Henry Cavill, aka "Superman") coming out as being bisexual. That's the word from insiders at Netflix. Millie Bobby Brown, 17, who plays Enola, Sherlock's sister, scored big as the star of "Godzilla vs. Kong," which grossed \$427 million.

Cavill recently played Superman in "Zack Snyder's Justice League," which pulled in \$70 million (big during the pandemic). He also got the green light from Netflix to star again as "The Witcher," which had eight episodes its first season and was renewed for another eight episodes for season two, available for streaming later this year.

Is Ellen DeGeneres' withdrawal from her daily talk show after 19 seasons a signal that the face of daytime television is changing? The network says it isn't looking for another talk show to replace hers and may go in a totally different direction. Also, rumors abound that Pat Sajak may well retire from "Wheel of Fortune" (after 40 years) at the end of this year. Stay tuned as the wheel of syndicated shows turns!



Depositphotos

Henry Cavill



• I'm really enjoying the new comedy "Hacks" on HBO Max. It's yet another brilliant performance by Jean Smart, whom I've watched since her "Designing Women" days. Has she ever won an Emmy or Oscar? She certainly deserves one. — P.W.

an Emmy of Oscar? She certainly deserves one. — P.W.

A Jean Smart, who will turn 70 this year, was best known for playing Charlene on the hit sitcom "Designing Women" in the late 1980s. Shortly after it ended, she took a big dramatic leap and wowed critics in the TV biopic "Overkill: The Aileen Wuornos Story." Adept at both comedy and drama, she easily switched genres, most notably as a Mrs. Robinson type in "The Brady Bunch Movie" and later as the head of a crime syndicate in the TV series "Fargo."

In "Hacks," Smart plays a struggling comic who reluctantly hires a young writer, played by newcomer Hannah Einbinder, to spice up her act. Einbinder is the daughter of "Saturday Night Live" alum Laraine Newman. As for Smart's fireplace mantle at home, it has room for some more Emmys after previous wins as Outstanding Guest Actress on the sitcom "Frasier" and Outstanding Supporting Actress in the comedy series "Samantha Who?," which starred Christina Applegate. "Hacks" is a real showcase for her talent, so don't be surprised if her agent is already telling her to prepare her acceptance speech. pare her acceptance speech.

• I'm excited about the "reboot" of the series "Dexter." It had such an unsatisfying finale, so hopefully they'll rectify that. I would love it if Dexter's wife Rita could come back, but I guess that's not possible. — G.T.

A Even though it's been over a decade since Julie Benz, who played Rita, departed "Dexter," she says fans still approach her about her angelic character, and jokes that in real life, she's not that nice. She also said in an interview with TVLine.com that even though "Dexter has moved way ast Rita" she would reprise the character. past Rita," she would reprise the character "in a heartbeat if they asked." Her latest role was a meaty one and the polar opposite of Rita. She starred



Jean Smart in "Hacks'

in the recent Lifetime movie "Secrets in the recent Lifetime movie "Secrets of a Gold Digger Killer," which was based on the true-crime tale of Celeste Beard. "Dexter" returns to Showtime this fall with Michael C. Hall and Clancy Brown ("SpongeBob SquarePants"). It reportedly will be set in upstate New York instead of Miami.

I was really sad to read that Ned Beatty died. Had he acted in recent years? — T.T.

• Ned Beatty started out as a theater actor, but his first film role was a memorable one, in "Deliverance." A few years later he was nominated for an Oscar in the Best Supporting Actor category for "Network." His television career was just as impressive with notable parts on classics like "The Rockford Files," "Highway to Heaven" and "Homicide: Life on the Street." He also endeared himself to both children and adults as the purple bear Lotso in "Toy Story 3."

Beatty passed peacefully in his sleep at home at the age of 83.

seatty passed peacetulity in his steep at home at the age of 83. Send me your questions at NewCe-lebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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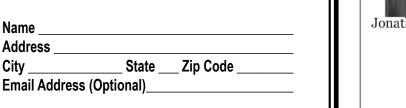




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Sizzling Meals Made for Summer

FAMILY FEATURES

ummertime, for many, represents an opportunity to enjoy freshly cooked meals while enjoying time outdoors. Taking your dishes from ordinary to extraordinary starts with chefinspired recipes that call to mind the flavors of the season.

Whether you're a steak enthusiast who enjoys nothing more than a tender cut or a summer burger connoisseur looking for a fresh twist on tradition, these recipes call for high-quality beef from Omaha Steaks. Created by Omaha Steaks Executive Chef David Rose, the New York Strips Oscar-Style complement the thick, juicy, marbled flavor of the steaks with sauteed asparagus, bearnaise sauce and jumbo lump crab meat. Or turn your attention to Fried Lobster Po Boy Burgers with pimento remoulade sauce for a tempting way to combine two summertime favorites seafood and burgers.

Visit OmahaSteaks.com for more summer meal inspiration.



Fried Lobster Po Boy Burgers

Fried Lobster Po Boy Burgers

Recipe courtesy of Omaha Steaks Executive Chef David Rose Prep time: about 20 minutes Cook time: about 20 minutes Servings: 2

Pimento Remoulade:

- 1/2 cup mayonnaise
- 1 1/2 tablespoons minced pimentos tablespoon Dijon mustard
 - tablespoon minced bread and butter pickles pepperoncino (seeded and minced)
- teaspoon smoked paprika
- 1/4 teaspoon garlic powder
 1/4 teaspoon freshly ground black pepper
 1 tablespoon freshly squeezed lemon juice dashes hot sauce
- kosher salt, to taste

Fried Lobster Tails:

- Vegetable oil, for frying 1/2 cup all-purpose flour
- 1/2 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/4 teaspoon garlic powder 1/4 teaspoon smoked paprika

- large egg
- tablespoon water
- dashes hot sauce
- cup potato chips, finely blended in food processor cup panko breadcrumbs
- tablespoon minced flat leaf Italian parsley 2 Omaha Steaks lobster tails (5 ounces each)

Cheeseburgers:

- 1 pound Omaha Steaks premium ground beef salt, to taste
- freshly ground black pepper, to taste tablespoons unsalted butter, at room temperature
- slices yellow cheddar cheese
- leaves romaine lettuce, shredded

To make pimento remoulade: In small bowl, mix mayonnaise, pimentos, mustard, pickles, pepperoncino, paprika, garlic powder, black pepper, lemon juice and hot sauce until well incorporated. Season with salt, to taste.

To make fried lobster tails: Preheat grill to 400 F and add oil to 10-inch cast-iron pan about 1/2-inch deep.

In medium bowl, whisk flour, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic powder and smoked paprika until well incorporated. In separate medium bowl, whisk egg, water and hot sauce.

In third medium bowl, whisk potato chips, panko breadcrumbs and parsley until well incorporated. Set aside.

Cut lobster tails in half lengthwise, remove meat from shell and season with remaining kosher salt and black pepper.

Toss halved lobster tails in flour mixture first, egg mixture second then potato chip mixture third, coating thoroughly.

Fry lobster tails 3-4 minutes on each side until golden brown and cooked through. Close grill lid between flipping.

To make cheeseburgers: Preheat grill to 450 F using direct heat. Form

ground beef into two 1/2 pound patties, each about 1/2-inch thick. Using thumb, make dimple in center of each patty to help

Season both sides of burger with salt and pepper, to taste. Spread butter on each cut side of buns.

Grill burgers 4-5 minutes per side for medium doneness Add one slice cheddar cheese on each burger, close lid and grill about 30 seconds to melt cheese. Remove patties from grill to clean plate. Place buns cut sides down on grill grates and toast 20-30 seconds, or until well toasted, being careful to avoid burning.

To assemble: Place desired remoulade on buns. Place cheeseburgers on bottom buns. Top each with two fried lobster tail halves. Place handful shredded lettuce on lobster tails. Top with buns.

New York Strips Oscar-Style Recipe courtesy of Omaha Steaks 4 Omaha Steaks Private

Recipe courtesy of Omaha Steaks Executive Chef David Rose Prep time: about 30 minutes Cook time: about 3 1/2 hours Servings: 4

Sauteed Asparagus:

- 1/2 pound jumbo asparagus (about 1 bunch), blanched in salted boiling water
- 3 tablespoons olive oil garlic cloves, minced
- tablespoons minced shallots salt, to taste freshly ground black pepper, to taste

Bearnaise Sauce:

- 1/4 cup white wine vinegar tablespoons minced shallots
- tablespoon chopped tarragon
- egg yolks tablespoons water, plus
- additional for boiling, divided dashes hot sauce
- 12 tablespoons unsalted butter, melted freshly ground black pepper, to taste

Jumbo Lump Crab Meat: 1 pound jumbo lump

crab meat 2 tablespoons kosher salt

- Reserve or Butcher's **Cut New York Strips** (10 ounces each)
- freshly ground black pepper,
- 4 tablespoons grapeseed oil
- 4 tablespoons unsalted butter garlic cloves
- 2 fresh thyme sprigs

To make asparagus: Cut asparagus stalks into 1/4-inch pieces. Heat large pan over medium-high heat and add Add garlic and shallots to pan;

lightly saute about 20 seconds, or until fragrant.

Add asparagus to pan; saute about 2 minutes until lightly browned. Add salt and pepper, to taste. To make bearnaise sauce: In small

saucepan, bring vinegar, shallots and tarragon to boil then reduce to simmer 3-4 minutes until reduced by about half. Cool to room temperature.

Bring medium pot half full of water to slow boil.

In small bowl, whisk egg yolks, vinegar reduction, water and hot sauce until well incorporated.

Place bowl over pot of boiling water and continue whisking ingredients until it starts to emulsify and becomes

sauce-like. Alternate whisking on and off heat every 30 seconds to prevent

eggs from scrambling.
Gradually add melted butter, continuously whisking until sauce rich with rik and sets up. Season with salt and pepper, to taste. If too thick, add 1 tablespoon water at a time and whisk to desired

To make crab meat: In medium bowl, lightly toss crab meat with salt until well coated.

To make steaks: Pat steaks dry with paper towels and season heavily with salt and pepper, to taste. Bring steaks to room temperature.

Place sous vide immersion circulator in pot of water and set to 5 F below target doneness.

Place seasoned steaks in sous vide bag or zip-top bag and cook 2 hours. Remove bag and remove steaks from bag. Pat steaks dry with paper towels.

Warm large cast-iron pan over high heat and add oil. Add steaks, butter, garlic cloves and thyme leaves. After about 1 minute, steaks should start to brown.

Flip steaks and baste with butter until caramelized. Remove steaks from pan and rest 7-8 minutes.

To assemble: Place asparagus on bottom of plate. Top with steaks (whole or sliced), crab meat and bearnaise sauce.



New York Strips Oscar-Style

Good Housekeeping

Grilled Lobster Tails With Citrusy Sauce

A simply prepared dish that's sure to impress, perfectly grilled lobster with a sweet, spicy, citrusy sauce makes a complexly flavored and delicious main dish.

- nectarines scallion
- Juice of 3 limes
- lime
- tablespoons extra-virgin olive oil
- 1/2 teaspoon sea salt
- teaspoon finely minced seed-1/4 ed habanero pepper
- lobster tails
- 1. In a food processor, puree nectarines, scallion, 2 tablespoons lime juice, 1 tablespoon olive oil, 1/4 teaspoon salt and habanero pepper. Transfer to a medium bowl and set aside.
- 2. Heat grill to medium-high. In a small bowl, whisk together remaining lime juice, olive oil and salt. Split lobster tails lengthwise, remove membrane if desired, and brush meat with the lime-oil glaze. Place lobsters on grill, meat side down, and roast for 4 minutes; turn over to shell side and grill until meat is opaque and cooked through, 4 to 5 minutes more.
- 3. Transfer to a platter, garnish with lime wedges, and serve with reserved nectarine sauce. Serves 4.

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Good Housekeeping

Deli Coleslaw

Try our Deli Coleslaw with a hot sandwich for a cooling contrast. Side dishes offer powerful flavor and build harmony between the bread and main ingredients of a sandwich.

- cup mayonnaise
- tablespoons cider vinegar
- teaspoons sugar
- 1/2 teaspoon salt 1/4
- teaspoon ground black pepper cups thinly sliced green cab bage
- cup grated carrot
- 1. In a large bowl, combine mayonnaise, vinegar, sugar, salt, and pepper.
- 2. Add cabbage and carrots and toss to coat evenly with mayonnaise
- 3. Cover and refrigerate at least 2 hours before serving. Makes 4 half-

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Good Housekeeping

Steak Sandwich With Grilled Onions

All modesty aside, this is the ultimate steak sandwich — marinated grilled flank steak mingles with hefty slices of grilled onion, ripe tomato and peppery arugula leaves.

- cup soy sauce
- 1/4 cup balsamic vinegar
- tablespoon brown sugar teaspoon fresh thyme leaves
- 1/4
- teaspoon ground pepper (1¼-pound) beef flank steak
- medium (8-ounce) red onion, cut into 4 thick slices
- slices sourdough bread,
- toasted on grill if you like
- medium ripe tomatoes, sliced bunch arugula, tough stems discarded
- 1. In large self-sealing plastic bag, mix soy sauce, vinegar, sugar, thyme and pepper. Add steak to marinade, turning to coat. Seal bag, pressing out excess air. Place bag on plate; let stand 15 minutes at room temperature or 1 hour in refrigerator, turning over several times.
- 2. Meanwhile, for easier handling, insert 1 long metal skewer horizontally through onion slices; set aside. Prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.
- 3. Remove steak from marinade: pour marinade into 1-quart saucepan. Heat marinade over high heat to boiling; boil 2 minutes.

- 4. Place steak and onion slices on hot grill rack. Cover grill and cook steak and onion 12 to 15 minutes or until onions are browned and tender and meat is medium-rare, brushing both with marinade occasionally and turning both over once. Transfer steak to cutting board; separate onion into rings.
- 5. Thinly slice steak diagonally across the grain. Arrange onion rings and steak on 4 slices of bread; spoon any meat juices from board over onion and steak. Top with tomatoes, arugula and remaining 4 slices of bread. Serves 4.
- Each serving: About 210 calories, 3g total fat (1g saturated), 5mg cholesterol, 815mg sodium, 38g total carbohydrate, 4g dietary fiber, 9g protein.

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Good Housekeeping

Potato Pancakes With Carrot-Parsley Salad

Potato Pancakes

- cup vegetable oil for frying teaspoon salt
- teaspoon ground black pepper 1/8 large eggs
- cups refrigerated shredded hash-brown potatoes (20ounce bag)
- green onions, thinly sliced

Carrot-Parsley Salad

- package (10 ounces) shred-
- cup packed fresh parsley
- tablespoon fresh lemon juice
- tablespoon extra-virgin olive
- teaspoon salt Applesauce and sour cream
- 1. Preheat oven to 250 F. Line cookie sheet with paper towels. In 12-inch skillet, heat oil over medium-high
- heat until very hot. 2. Meanwhile, prepare pancakes: In bowl, mix salt, pepper and eggs; stir in potatoes and green onions.
- 3. Drop mixture by scant 1/2 cups into hot oil to make 4 pancakes; flatten each into 4-inch oval. Cook 5 to 7 minutes or until golden on both sides. With slotted spatula, transfer pancakes to cookie sheet; keep warm in
- oven. Repeat with remaining mixture. 4. While pancakes cook, in bowl, toss all salad ingredients.
- 5. Serve pancakes with applesauce and sour cream, and a side of carrot salad. Makes 4 main-dish servings.
- TIP: Potato pancakes (sometimes called latkes) can be prepared ahead; reheat on a cookie sheet in a 300 F oven for 10 minutes.
- Each serving: About 395 calories, 8g protein, 4 g carbohydrate, 2 g total fat (3g saturated), 5g fiber, 106mg cholesterol, 890mg sodium.

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Good Housekeeping

Double Tomato and Brie Sandwiches

Great for any large picnic — plain or fancy. For easier serving, cut sandwiches into portions before wrapping and packing.

- jar (6.5-ounces, about 3/4 cup) oil-packed sun-dried tomatoes, drained and finely chopped
- tablespoons extra-virgin olive
- tablespoons white wine vinegar
- loaves (about 8 ounces each) long Italian bread
- pound Brie cheese, sliced,
- with rind left on medium tomatoes, sliced
- cup packed fresh basil leaves 1. In small bowl, combine dried tomatoes, olive oil and vinegar.
- 2. Cut each loaf of Italian bread horizontally in half. Evenly spread dried-tomato mixture on cut sides of bread. Arrange Brie on bottom halves of both loaves; top with tomato slices and basil leaves. Replace tops of
- 3. If not serving right away, wrap each sandwich in plastic wrap and refrigerate. Serves 16.
- TIP: For this recipe, we used dried tomatoes marinated in lightly salted olive oil with herbs. If you use the unseasoned variety, you may want to sprinkle them with some salt.
- Each serving: About 200 calories, 11g total fat (6g saturated), 28mg cholesterol, 360mg sodium, 17g total carbs, 9g protein.

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Good Housekeeping

Drunken Chocolate Figs

Dipped in dark chocolate and drizwith a made-in-minutes port syrup, fiber-rich fresh figs instantly transform into a simple-meets-sophisticated finale to summer supper.

- cup ruby port wine
- cup sugar cinnamon stick
- ounces bittersweet chocolate fresh, ripe green or black figs
- 1. In heavy-bottomed 2-quart saucepan, heat port, sugar and cinnamon stick to boiling on high. Reduce heat to medium and cook 13 minutes, stirring frequently to prevent syrup from boiling over (syrup will reduce by half). Remove from heat and cool to room temperature (syrup will thicken
- 2. Meanwhile, line cookie sheet with waxed paper. Place chocolate in microwave-safe small bowl or cup. Heat, covered with waxed paper, in microwave on High 1 minute or until chocolate is almost melted. Stir until smooth.
- 3. With fingers, hold 1 fig and dip into melted chocolate, leaving top half uncovered. Shake off excess chocolate. Place chocolate-covered fig on prepared cookie sheet. Repeat with remaining figs and chocolate
- 4. Place chocolate-covered figs in refrigerator 15 minutes or until chocolate is set. Figs will keep at room temperature up to 2 hours. If not serving right away, refrigerate figs up to 12 hours. To serve, arrange figs on 4 dessert plates and drizzle with port
- syrup. Serves 4.
 Each serving: About 350 calories, 8g total fat (5g saturated), 8mg cholesterol, 5mg sodium, 73g total carbohydrate, 7g dietary fiber, 3g protein.

Good Housekeeping

Stuffed Tomatoes With Lean Ground Beef

Tomatoes are filled with lean ground beef, feta cheese and Japanese-style breadcrumbs before baking in this ready-in-under-an-hour recipe.

- cup brown rice 1/2 tablespoon olive oil
- medium onion
- pound ground beef cup mint leaves
- teaspoon ground cinnamon
- Salt and pepper large tomatoes
- cup feta cheese cup panko (Japanese-style breadcrumbs)

- 1. Preheat oven to 425 F. In 3-quart saucepan, cook rice as label directs.
- 2. Meanwhile, in 12-inch nonstick skillet, heat oil on medium 1 minute. Add onion, and cook 10 to 12 minutes or until lightly browned and tender. Stir in ground beef, half of mint, cinnamon, and 1/4 teaspoon each salt and freshly ground black pepper. Cook 5 to 6 minutes or until beef loses its pink color throughout, breaking up meat with spatula and stirring occasionally. Stir in remaining chopped mint.
- 3. While ground beef cooks, cut each tomato horizontally in half. With melon baller or spoon, scoop out tomato pulp; place in large bowl. Remove 1 cup tomato pulp from bowl and chop. Discard remaining pulp or save for use another day. Return chopped pulp to bowl. Add rice, feta cheese and beef mixture; stir until well-blended.
- 4. In 15 1/2- by 10 1/2-inch jelly-roll pan, place tomato halves, cut sides up. Mound scant 1/2 cup beef filling in each tomato half; sprinkle with panko. Bake tomatoes 25 to 30 minutes or until crumbs are browned and filling is heated through. Garnish with mint sprigs. Makes 6 servings.



Creamy Picnic Coleslaw

Some dishes are just so special that everyone wants to know how it was made. This easy slaw salad is such a recipe. Share this dish at your own risk, but be prepared — take the recipe with you!

- cup fat-free mayonnaise Sugar substitute to equal 1/4
- cup sugar teaspoon prepared mustard tablespoon white distilled vinegar
- teaspoon celery seed
- cups finely shredded cabbage In a large bowl, combine mayon-naise, sugar substitute, mustard, vin-egar and celery seed. Add cabbage. Mix well to combine. Cover and refrigerate for at least 30 minutes.
- Gently stir again just before serving.

 Makes 8 (1/2 cup) servings.

 Each serving equals: 36 calories,
 og fat, 1g protein, 8g carb., 301mg
 sodium, 1g fiber; Diabetic Exchanges:



by Healthy Exchanges

Coconut-Strawberry Shortcakes

Hurry, don't delay one minute longer within just a few short weeks those perfect "homegrown" berries will be hard to find, and we'll have to wait another vear before we can again proclaim "Strawberry Fields Forever"!

- cup reduced-fat biscuit bak-3/4 ing mix
 - Sugar substitute to equal 1/4 cup sugar, suitable for baking
- teaspoons flaked coconut tablespoons nonfat sour
- cream cup fat-free milk
- teaspoons coconut extract
- (4-serving) package sugarfree instant vanilla pudding
- cup nonfat dry milk powder
- cups water
- cup reduced-calorie whipped topping cups sliced fresh strawberries
- 1. Preheat oven to 375 F. Spray a baking sheet with butter-flavored cooking spray. In a medium bowl, combine baking mix, sugar substitute and coconut. Stir in sour cream, milk and 1 teaspoon coconut extract. Drop batter onto prepared baking sheet to form 4 shortcakes. Bake for 8 to 10 minutes or until golden brown. Place shortcakes on wire rack to cool.
- 2. Meanwhile, in a large bowl, combine dry pudding mix, milk powder and water. Mix well using a wire whisk. Blend in whipped topping and remaining 1 teaspoon coconut extract. For each serving, place a shortcake on a dessert dish, spoon 1/2 cup pudding mixture over shortcakes, and sprinkle 1 cup strawberries over top. Serves 4.
- Each serving equals: 221 calories, 3g fat, 7g protein, 39g carb., 676mg Sodium, 6g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat-Free Milk.



Crime

Shooting on Lake Shore Drive and Elm Street.

Assault on the 1100 block of West Wilson Avenue.

Vandalism on the 900 block of West Cornelia Avenue.

Vandalism on the 1400 block of West Foster Avenue.

Theft on the 800 block of North State Street.

Shooting on the 1100 block of North Lake Shore Drive.

Theft on the 3800 block of North Ashland Avenue.

Assault on the 1300 block of North Wells Street.

Assault on the 700 block of North Diversey Parkwav.

Assault on the 4800 block of North Winthrop Avenue.

Assault on the 400 block of North Division Street.

Assault on the 5100 block of North Simonds Drive.

Theft on the 1400 block of West Oakdale Avenue.

Theft on the 800 block of West Cuyler Avenue.

Vandalism on the 5600 block of North Magnolia Avenue.

Assault on the 1000 block of North Lake Shore Drive.

Assault on the 1500 Theft block of North Throop Street.

Vandalism on the 3100 block of North Washtenaw Avenue.

Vandalism on the 1400 block of North Orleans Street.

Robbery on the 400 block of West Belden Avenue.

Theft on the 2300 block of West St. Paul Street.

Assault on the 300 block of West Chicago Avenue.

Theft on the 900 block of West Huron Street.

Theft on the 3200 block of North Broadway.

Theft on the 2200 block of North Dominick Street.

Assault on the 500 block of West Irving Park Road.

Theft on the 3100 block of North Hoyne Avenue.

Theft on the 1400 block of North Wells Street.

Assault on the 1100 block of North Larabee Street.

Theft on the 4600 block of North Broadway.

Vandalism on the 5600 block of North Sheridan Road.

Theft on the 1100 block of North Larrabee Street.

Theft on the 2700 block of North Clybourn Avenue.

Theft on the 1700 block of West Rascher Avenue.

Robbery on the 4700 block of North Malden Street.

Assault on the 5300 block of North Broadway.

Theft on the 5100 block of North Marine Drive.

Theft on the 900 block of West Irving Park Road.

the Vandalism on 3400 block of North Broadway.

Theft on the 4200 block of North Broadway.

Assault on the corner of West Augusta Boulevard and North Francisco Avenue.

Assault on the 3200 block off West Division Street.

Shooting on the 3200 block of West Division Street.

Shooting North on Whipple Street West Bloomindale Avenue.

Shooting on the 1100 block of West Wilson Avenue.

Assault on the 1100 block of West Wilson Avenue.

Assault on the 1100 block of North Leavitt Street.

Vandalism on the 900 block of West Cornelia Avenue.

Assault on the 1200 block of West North Av-

Vandalism on the 1400 block of West Foster Avenue.

Theft on the 3800 block of North Ashland Avenue.

Burglary on the 3700 block of North Sawyer Avenue.

Assault on the 4800 block of North Winthrop Avenue.

Assault on the 700 block of West Diversey Parkway...

Assault on the 5100 block of North Simonds Drive.

Theft on the 1400 block of West Oakdale Avenue.

Vandalism on the 5600 block of North Magnolia Avenue.

Theft on the 800 block of West Cuyler Avenue.

Robbery on the 4700 block of North Pulaski Road.

Assault on the 3400 block of North Halsted Street.

Assault on the 4900 block of North Lawndale Avenue.

Assault on the 1500 block of North Throop Street.

Vandalism on the 3100 block of North Washtenaw Avenue.

Assault on the 2900 block of West Diversey Avenue.

Assault on the 4600 block of North Malden Street.

Theft on the 2300 block of West St. Paul Avenue.

Assault on the 2500 block of West Foster Avenue.

Theft on the 3200 block of North Broadway.

Theft on the 2200 block of North Dominick Street.

Theft on the 2500 block of West Lawrence Avenue.

Assault on the 500 block of West Irving Park Road.

mento Avenue.

Theft on the 3100 block of North Hoyne Avenue.

Theft on the 3100 block of West Irving Park Road.

Robbery on the 1800 block of North Kimball Avenue.

Theft on the 4600 block of North Broadway.

Robbery on the 3700 block of North Broadway.

Vandalism the on 5600 block of North Sheridan Road.

Theft on the 2700 block of North Clybourn Avenue.

Theft on the 100 block of Callan Avenue.

Arrest made on the 100 block of Clyde Avenue.

Assault on the 1800 **Brummel** block of Street.

Shooting on the 1100 block of West Wilson Avenue.

Assault on the 2000 block of West Touhy Avenue.

Vandalism on the 900 block of West Cornelia Avenue.

Assault on the 1600 block of West Columbus Avenue.

Vandalism on the 1400 block of West Foster Avenue.

Theft on the 3800 block of North Ashland Avenue.

Theft on the 2400 block of Howard Street.

Assault on the 4800 block of North Winthrop Avenue.

Burglary on the 3700 block of Sawyer Ave-

Assault on the 6100 block of North Richmond Street.

Assault on the 5100 block of North Simonds Drive.

Theft on the 3200 Theft on the block of North Sacra- block of North Oakdale Avenue.

> Theft on the 800 block of West Cuyler Avenue.

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Vandalism on the 5600 block of North Magnolia Avenue.

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5 Ways to Make the Most of Your Money

orking toward financial stability can be a daunting task, but developing healthy spending habits and practicing smart saving can make it easier to plan for

the future and take control of your finances.

Improve your financial stability and security with these tips from the experts at Credit One Bank, a data-driven financial services company that is also one of the largest and fastest-growing credit card issuers in the United States.

Create a Spending Plan and Budget

By building a budget and examining your spending habits, you're able to see exactly how much money you have coming in and where – or on what – you're spending it. This is often the first step toward meeting short- and long-term financial goals, whether those involve taking a vacation, paying off

debt, buying a new house or saving for retirement. Add up your household income, including paychecks and other income, such as investments or rental property, then figure your monthly expenses starting with recurring bills like rent or mortgage, car payments, insurance, utilities and subscriptions. Also account for variable expenses like gas, groceries and entertainment. Once you have your income and expenses calculated, look for places you may be able to cut back to help meet your financial goals. Don't forget to be flexible; your budget and spending will change along with your needs and situation.

Earn Rewards on Everyday Purchases

advantage of rewards offered by your bank or credit card company. For example, some credit cards provide cash back rewards for specific everyday purchases. An option like the Credit One Bank Platinum Rewards Visa is one such credit card. Customers can earn 5% cash back for the first \$5,000 of eligible purchases per year on things like gas, groceries, internet, cable, satellite TV and mobile phone services, plus 1% cash back rewards on all other purchases.

"Make sure your rewards are working for you and not just as a gimmicky signup bonus," said David Herpers, head of product at Credit One Bank. "Find a credit card that continues to give you more for your everyday spending habits.

Compare Interest Rates When Opening a Savings Account

When selecting a savings account, look for the highest yield but also consider the minimum balance requirement, any introductory rates that may expire after a set period of time and the ease with which you're able to access your money and account information. Often, digital banks can offer higher rates than traditional brick-and-mortar branches due to their lower overhead costs. Ensure any bank you consider is a member of the Federal Deposit you consider is a member of the Federal Deposit Insurance Corporation (FDIC) so you can earn a fair rate and protect your money

Build an Emergency Fund

Emergency funds create a financial buffer that can keep you afloat in times of need without having to rely on high-interest loans or maxing out a line of credit. These funds can be used to pay for large, unexpected expenses such as medical bills, the loss of a job, car repairs or home appliance repair or replacement.

To build your emergency fund, set a monthly

savings goal – even an amount as small as \$50 per paycheck can make an impact over time – and set up a way for the funds to be automatically transferred to the account each time you get paid to make the task less daunting. Check on the account periodically and adjust if necessary or if your budget allows. A good rule of thumb is to set aside 3-6 months of living expenses.

Keep Track of Your Credit

Your credit score provides lenders and other parties a quick way to get an idea of your financial history and your ability to pay. Having a good credit score typically provides better interest rates and makes it easier to get approval on loans, rent an apartment, take out a mortgage or finance large purchases. Poor credit can saddle you with higher rates and lead to

potential loan requests being denied.

To help you understand how different actions affect your credit score, many sites offer free credit reports and tools that allow you to stay up-to-date and track your score over time. Be sure to check reviews and verify the site's legitimacy before entering your information. Additionally, many credit card companies, including Credit One Bank, provide free access to online credit reports on a regular basis to give customers an easier way to stay on top of

Find more ways to make your money work for you at CreditOneBank.com/articles

Understanding Emerging Card Capabilities

Alternative methods of payment, like credit and debit cards, have now been around for decades and have grown in popularity due to their convenience in comparison to cash, but technology has evolved even further to allow for a rise in contactless payment. Consider these capabilities many cards now offer:

Chip (EMV) cards utilize smart technology to store data on the microchip embedded in the card, allowing for an extra level of security with a one-time code generated as part of each transaction to

allowing for an extra level of security with a one-time code generated as part of each transaction to keep payment information more secure than swiping the magnetic strip.

Contactless cards are equipped with near-field communication technology that allows payments to be made at a terminal without swiping or inserting. The card member's name, billing information and security code are never transmitted when cards bearing the contactless indicator are tapped on an equipped terminal.

Smart device payments can be made by adding your credit or debit card to the wallet app on your smartphone or tablet. Apps can also be added to some smartwatches to make contactless payments at participating merchants even easier.

How America Spends

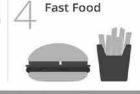


Expenses for an average American consumer



Gas Stations





Among the top four expense categories, food-related purchases account for 81% of spending





After food, Americans spend the most on necessities like their vehicles, gas, communications and home improvement

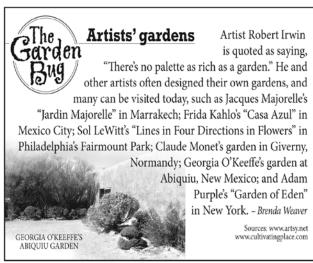


Stores

Wal-Mart, Amazon, Paypal, Target and The Home Depot were spenders' top five specific merchants

Learn more at CreditOneBank.com/articles





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Grow herbs for baking

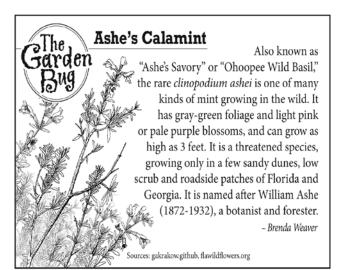
TUSCAN

Try rosemary, basil, thyme or oregano and pair with garlic and parmesan. PROVINCIAL

Try tarragon, savory, fennel, basil, thyme, rosemary or lavender.

Oregano, marjoram, dill or mint and pair with lemon and peppers.

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Quotes worth your time

"Where you see wrong or inequity or injustice, speak out, because this is your country. This is your democracy, Make it. Protect it. Pass it on."

Thurgood Marshall

"Journalism is what maintains democracy, It,s the force for progressive social change."

Andrew Vachss

"Propaganda is to a democracy what violence is to a dictatorship,"

William Blum

"The more I study science, the more I believe in God."

Albert Einstein

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*Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office®. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on ups.com/rates. For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of \$2.65, which provides up to \$100 indemnity coverage for a lost, rifled or damaged article. See usps.com for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

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Summer CONCERT

Wednesdays • 7 PM • 4100 N Damen

Live Summer Concerts

are Back in Northcenter Town Square

Bring a blanket or lawn chair and join us on

July 14 The Polkaholics Aug 11 Ludlow

July 28 Adjacent Cruise Aug 25 Black Oil Brothers

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more info: Northcenterchamber.com

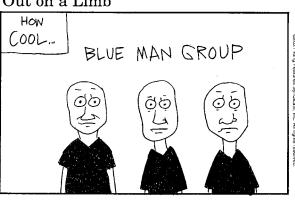
Comics

Lakeview Newspaper Page 13

R.F.D. DAD...YOU TOLD ME WHEN THE COWS LIE DOWN THAT MEANS IT'S GONNA RAIN.

by Mike Marland NO CLUE, JUNE. APOCALYPSE SO WHAT'S THE DEAL WITH*THIS*?! MAYBE ...?

Out on a Limb



by Gary Kopervas



Amber Waves







by Dave T. Phipps "STRONG WORK ETHIC" IS NOT EXACTLY AT THE TOP OF THE LIST FOR GOOD SUPERPOWERS.

The Spats



Thank to P. COOPER,





BY AL SCADUTO

OR THIS!

00

THOSE PAPER TOWEL DISPENSERS

J'EVER NOTICE?

THIS ...

IT'S EITHER

C'MON

64×2!

OUT, YOU.

by Jeff Pickering

THEY'LL DO IT EVERY TIME





Thank to AIMEE DOLAN, ORMOND BEACH. FL.



Thin' B. WATERS ATLANTA, GA.

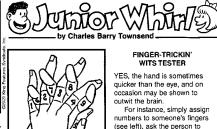
SIX PICK! There are six numbers between 1 and 100 that are spelled with six le ters. Four of them are ninety, eighty, thirty and twenty. Quickly, what are the other two?

SPELL OUT! Let's see if you can insert a three SPELL OUT! Let's see if you can insert a three-letter word that will complete seven longer words in each of the posers presented at right. In No. 1, for instance, try AFT, and get craft, waft, but that's all. Similarly, in No. 2, try ALE. Result: Whale, pale, kale... but there the string ends. Now that you have the idea, continue to try words until you find two that comply. No fair peeking at answers below.

No fair peeking at answers below

ASH and EEL, respectively, will do it.





CR

TR O

WITS TESTER YES, the hand is sometimes

quicker than the eye, and on occasion may be shown to outwit the brain. For instance, simply assign

numbers to someone's fingers numbers to someone's fingers (see left), ask the person to clasp hands, and then challenge him or her to move designated fingers as you call out numbers.

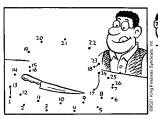
Vary this, if you wish, by assigning an assortment of numbers in random order.

As a further test ask your.

As a further test, ask your friend to cross wrists, then clasp hands, turn clasped hands inward (toward body)

and upward toward the chin.

Now, challenge person to
move a finger either by number, or when you point to it.



WHAT MOST RESEMBLES HALF A CHEESE?

A BETCHA PUZZLE! Place an odd-shaped piece of paper (fig. 1) on the table and challenge your friends to cut it into four equal pieces, all the same size and shape. The

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in



JUMBER WILLIAMS
by Charles Barry Townsend

TALLYHO, WORD SEARCHERS!

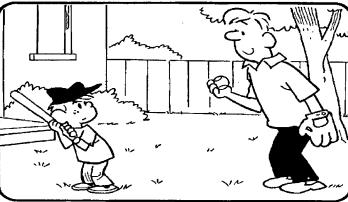
BELGIAN CIRCUS

HARNESS SHETLAND

MUSTANG PASTURE WALKING

HOCUS-FOCUS

HENRY BOLTINOFF



Find at least six differences in details between panels.



4. Cap is reversed. 5. Shoes are different. 6. Fence is broken. Differences: 1. Window is wider. 2. Ball is different. 3. Hedge is smaller.

Just Like Cats & Dogs

by Dave T. Phipps





FAMILY FEATURES

rom experiences to surroundings, the past year has brought a renewed focus on feeding the soul. In an era of overstimulation and information overload, many are finding a new appreciation for living life minimally but with maximum experiences.

That mentality is increasingly evident in all aspects of life, especially with home design and decor. After all, spending more time at home means more time to discover what truly evokes happiness.

At the same time, as the focus on physical and mental wellness heightens, design experts see those trends reflected in a more considered approach to design inspired by color therapy, which makes it possible to create beautiful spaces filled with healing color. With an expertly coordinated color palette, like the Color Collections

With an expertly coordinated color palette, like the Color Collections from HGTV Home by Sherwin-Williams, colors work in perfect harmony in any combination. Thoughtful use of color is among the most effective design tools for reveal-worthy style in your home.



Healing Home Design

How to infuse living spaces with color that feeds the soul

Appliances

In the past, appliances were meant to blend into the decor to be less obvious, albeit essential, elements of a kitchen. A more contemporary approach: vibrant appliances that get noticed. You can find major appliances in a wide range of colors, but if you're not sure about going that big and bold, many smaller countertop appliances, such as stand mixers and toasters, come in a range of colorful options, too.

Architecture

When contemplating where and how to apply color to a space, avoid boxing in your options. Think beyond the traditional wall space when you're planning ways to change the color in a space; be thoughtful with color and highlight architectural details to elevate the interest and charm in your home. Take a 360-degree immersive color approach, painting the same shade from floor to ceiling and all around to create a mood-boosting lift to a room.

To infuse more color and boldness into your space, consider a timeless and elegant shade of red, like HGTV Home by Sherwin-Williams' 2021 Color of the Year. This paint color, "Passionate," is a deeply saturated hue that is daringly rich and invigorates the senses.

This bold and empowering red is steeped in history, merging modern design with traditional charm.

Furniture

Whether you're into project pieces you can transform into something new or simply shopping for furnishings that complement your space, be sure to consider how the furniture fits into the overall color scheme. A space isn't defined by the color of its walls or floors alone. Selecting furniture that fits with the design brings a more cohesive and stylized feel to the room. For example, a desk and bookshelves in pale natural hues can lend warmth to an office with walls painted a cool dynamic blue.

Cabinets

Painted cabinets are on-trend, and if you're bored with basic whites and grays, you're not alone. Designers are going bold in the kitchen and using cabinetry as a showpiece. These color palettes create inspiring spaces that invite you to get busy baking or simply pull up a chair and linger over a cup of coffee.

If you're concerned about how to bring a color palette together, consider using a collection that has been intentionally curated to mix and match shades for a perfect look no matter which hues you choose. You can easily achieve a new look with an option like the Delightfully Daring Color Collection from HGTV Home by Sherwin-Williams. With earthy tones inspired by nature and a dose of vibrancy, the shades are simultaneously energizing and calming. The palette makes it easy to introduce statement colors in unexpected ways so you can feel confident in your selections.

Textiles

Elements like window treatments, blankets, pillows and rugs lend important detail and character to a room, and they're also a relatively affordable way to make noticeable changes. The key is to establish cohesion in the space so no one element is overpowering. Softer tones and natural textures can help bring balance to bold hues while vibrant shades create a colorful pop against a more neutral backdrop. To keep the balance, start with your color statement, whether it's bold bedding in an otherwise neutral bedroom or softer shades in the accent pieces for a room with strong color applied to the decorative molding.

Explore color combinations and get inspired to bring healing design elements into your own home at hgtvhomebysherwinwilliams.com.

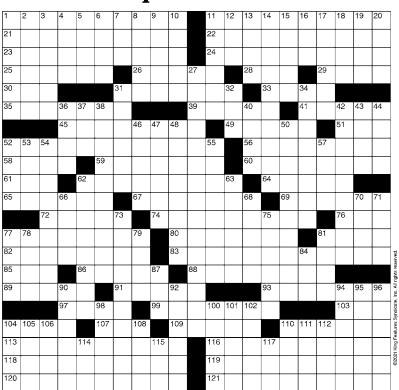


Incorporate Color Like a Pro

- Balance the boldness of red with soft whites and natural textures.
- Rustic reds and natural wood elements add warmth to a cool backdrop.
- An invigorating green hue pairs beautifully with brass, copper and rich wood tones.
- For a soft, monochromatic look that's full of complexity and dimension, add layers of texture with furnishings in the same color for a 3D color look.
- Carry bold color onto ceilings for a truly immersive experience.

Crossword

Super Crossword



ACROSS 52 Homer Simpson voicer Dan 56 Opiate, e.g. California 58 Johnson of 11 Extended old comedy animal shelter initiative 60 Most tranquil 61 Ring aroun the collar? 21 Regular guy 22 Well-62 Cellars practiced 64 "Mercy me!" 65 Ring around the collar? snorkelina 67 Diet for a sites 24 Within a single school 25 Have a braw 69 Get a move 26 — liver (dish 72 Discussion rich in iron)

74 Ponchos' kin 76 — Fernando 28 Secret agent (confused) Vallev 30 Frozen wate 31 Narrow sea 77 Major U.S. routes 80 Soft, knit 33 Title girl in a J.D. Salinger 81 Herr vor story 35 Swift feline Bismarck 82 She admired DOWN **39** "Have a the Man of Heart" singer

41 Total up again 45 People giving 49 Many Bosnians 51 Socratic "T"

83 Perfume ingredient 85 Suffix with 86 Soothing additives through them

89 Resembling a hornet, say 91 "Republic" philosophei 93 Largest parts 99 "Dream on!" 103 Bk. after

cyberjunk to 107 Kind 109 Took illegally 110 Electric resistance measure 113 Long-life cycle plants 116 Cabal boss 118 "Way to go

119 Field of a retail boss 120 Gazpacho, basically 121 Warnings about shady 1 Milk-derived 2 Affirm as true

3 Olympian Jackie Joyner- — 4 Distinctive stretches 5 Descend 7 "Riddle me,

riddle me

8 Thrust out 44 With 9 As of now 10 Model 3 ca 11 Former Sony record label 12 Where lions

adhesive 46 See 44-Down 13 Makes a selection 48 Consign to 14 Be guilty of 15 Waiters' an inferior 50 "Glass half 16 24-hr. cash full" outlook

46-Dowr

with a

cache 17 Certain wig 18 Put to work 52 Announce 54 Uses a 19 Verbal 20 Tony-winning Carter 55 Bowl over 57 Alero's make 27 Method 62 - Center (Brooklyn

of valuing inventories 63 World Cup 31 Sedimentary rocks 32 She's part of 66 Electrojet the fam 34 North Pole particles 68 Lorna of 36 One-named Art Deco 70 Sol followers

71 Hydroxyl artist compound 73 Corners on the market 37 Summer 38 Free of 75 Hook up (to) artificial maybe actress 42 Affirms as

77 Hawk's nai **78** "Game of Thrones Chaplin true 43 Oration 81 Bygone,

84 - Lingus Dublin) held together 87 Announce plumbing Ewings on

> 92 Even choice 94 One on 95 Acting king 96 Heads off

"Dallas"

(mining company) 100 Fishing bait 101 Of a pelvis

102 Three-time Grand Prix champion Ayrton 104 Roast rod 105 Colombian

Saroyan's "My Name Is 108 Deck in a

boxing ring 110 Korbut on a balance 111 Loaf end

"Auntie 114 Rabid fan 117 Whale pod by Sam Mazzotta

Pets Shell-Shocked by Nightly Fireworks

DEAR PAW'S CORNER: What is with the constant setting off of loud fireworks almost every night for the past year? My two dogs are so stressed out that they are sleeping with me at night. — Larry H., via email

DEAR LARRY: I experienced similar nightly fireworks throughout the pandemic. There are many theories as to why fireworks were so popular, but I prefer to go with the most obvious: Some people had little else to do, and no regard for their neighbors.

My pets are not too fazed by the occasional crackle of firecrackers, which still goes on here even though the pandemic restrictions are mostly lifted. But some of our neighbors had much bigger fireworks and enjoyed setting them off around midnight or later, with no warning. My pets came flying into the bedroom when these were set off.

As a pet owner, it's frustrating to see our companions suffer from someone else's carelessness. Even worse, authorities haven't seemed interested in enforcing noise or fireworks regulations.

As we head into the Fourth of July weekend, plan ahead to make things easier for your pets.

Create a safe space for your dogs to go to when fireworks go off. Some dogs absolutely need this and can't be comforted by a hug or treats. A friend of mine created a little den in the corner of her mudroom using scrap plywood, putting bedding and old clothes inside so her giant mutt "Ollie" can hide from loud noises.

Talk to your dogs' vet as well about medication to keep them calmer through the holiday, which may help them better deal with the trauma caused by fireworks.

Send your questions, comments and tips to ask@pawscorner.com.

Web Site promotion

Now you can promote your web site in our print edition of Lakeview Newspaper with an ad for \$75.00 per month. Having a web site and hoping that new customers discover you on line is a bad way to promote your business. Now you can reach the comm.unities of Lakeview, North-Square Center, Lincoln Village Roscoe reasonable cost per month. See page 6 of this edition for an example of how your ad could look. Mail your check with your ad to J2 Associates, P.O. Box 578757, Chicago, IL 60657. Must be dated by the 20th of this month the following months edition.

Think nobody reads small ads? You are! Please use the form below to send us your classified ad.

Door to Door Distribution You pick the neighborhood and furnish the sales pieces and we do the rest. Let our professional supervised adults distribute your sales piece, menu or flyer door to door. Minimum order is 2,000 pieces. Additional thousands available for quote.Cheaper than the U.S. mail even with a bulk permit. Free quote. Call George at (312) 493-0955. also offer your flyer inserted in the Lakeview Newspaper on a monthly basis. You furnish the flyer.

Classified ad rates

Classified advertising rates. First 2 lines are \$15 then \$3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by July 20th. There are 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to:

J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657. Please run the ad_____ times.

here's my classified ad:

Weekly SUDOKU

Answer

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Super Crossword -

Answers

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Horoscope



ARIES (March 21 to April 19) You feel ready to face up to a major change, although it might involve some risks. A once-dubious family member comes around and offers support and encouragement.

TAURUS (April 20 to May 20) Move forward with your plans, despite discouraging words from those who underestimate the Bovine's strong will. Your keen instincts will guide you well.

GEMINI (May 21 to June 20) A misunderstanding is easily cleared up. Then go ahead and enjoy some fun and games this week. A Libra might have ideas that merit serious consideration for the future.

CANCER (June 21 to July 22) You might feel as if you're in an emotional pressure cooker, but the situation is about to change in your favor. Take time out for some well-earned fun.

LEO (July 23 to August 22) A shift in your workplace responsibilities creates resentment among some co-workers. Deal with it before it becomes a threat to your success on the job.

VIRGO (August 23 to September 22) Expect some surprises in what you thought was one of your typically well-planned schedules. Deal with them, and then enjoy some lighthearted entertainment.

LIBRA (September 23 to October 22) Be careful: What appears to be a solid financial opportunity might have some hidden risks attached. A hazy personal matter needs to be cleared up.

SCORPIO (October 23 to November 21) It's a good time to strengthen ties with family and friends. You might feel unsure about a recent workplace decision, but time will prove you did the right thing.

SAGITTARIUS (November 22 to December 21) Just when you thought your relationship was comfortable and even predictable, your partner or spouse could spring a potentially life-changing surprise on you.

CAPRICORN (December 22 to January 19) Your usually generous self is overshadowed by your equally strong suspicious nature. You might be judging things too harshly. Keep an

AQUARIUS (January 20 to February 18) Love and romance dominate the week. Married Aquarians enjoy domestic harmony, while singles could soon be welcoming overtures from loving Leos.

PISCES (February 19 to March 20) An old health problem recurs, but it is soon dealt with, leaving you eager to get back into the swing of things. A favorable travel period starts this week.

BORN THIS WEEK: You have an independent spirit that resists being told what to do. But you're also wise enough to appreciate good advice.

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Weekly **SUDOKU**

by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆

♦ Moderate ♦ ♦ Challenging

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