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**March 2020**

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Lakeview, Roscoe Village, Lincoln Square & NorthCenter



March, 2020

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

Volume 24, Number 4

# Interview Can't Take Anymore



by Joyce A. Rimel

## 20 Questions

This month's interview is with **Carmen Cardenas, Haderlein & Company Realtors**, 3413 North Paulina Street, Chicago.

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

**A.** I was born in Mexico City and raised on the north side of Chicago. I've lived here since I was a baby.

**Q.** Are you married? Any children? Any pets?

**A.** No, but I am raising two nephews and a niece. I have a pet dog; a Yorkiepoo.

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

**A.** Northwestern University.

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

**A.** I love watching baseball and putting together puzzles.

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

**A.** My favorite TV show is "Games of Thrones"; my favorite movie is "Forest Gump" and my

favorite book is "The Bible".

**Q.** If you could meet anyone in the world, who would that person be and why?

**A.** Martin Luther King, Jr. He is fascinating to me. How did he put himself out there knowing that he might get killed?

**Q.** If you could travel to any country in the world, where would that place be and why?

**A.** Israel to see where it all started. We all need good health and spirituality.

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

**A.** My older sister.

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

**A.** Finishing school, raising my nephews and niece and buying my own home.

**Q.** What has been your three greatest disappointments?

**A.** Not taking more business risks; not spending more time with my father and not traveling to Europe when I had the opportunity.

**Q.** If you could change

Chicago is a beautiful city and a world destination, but the people of Chicago, the city's core, are about to have a nervous breakdown. Property taxes are forcing families to leave the city and businesses are thinking twice before they commit to building here, for the same reason. The sales tax is among the highest in the country, the governor wants a graduated income tax, the weather can be brutal in the winter, traffic is ridiculous and now we have to be on guard for the coronavirus! At least

two people were sickened by COVID-19 in the Chicago area in January. However, the biggest problem of all is CRIME, with violence on the CTA increasing.

Serious crimes on the CTA rail system doubled from 2015 to 2018. February crime included a deadly shooting in a CTA pedestrian tunnel in the Loop, (two other CTA riders were wounded in the shooting), stabbing of a musician on a Red line platform, the brutal beating of a 68-year-old man on a Red line train, and a robbery

on the Blue line at the UIC-Halsted stop.

Tribune readers recently voted for the best and worst of Chicago's transit stations. Here are the results:

**Most Dangerous L Stop:** Belmont Red Line.

**Stop With Most Assault and Batteries:** Belmont Red Line.

**Stop With Most Robbery and Burglaries:** State/Lake Brown, Green, Orange, Pink Purple Line.

**Stop With Most Sex Crimes:** Tied: Belmont Red, Argle Red, Grand Red, Washington Blue.

**Line with most crime re-**

**ported:** Red Line.

**Safest Line:** Yellow. 43.5% of the crimes reported occurred on a CTA train and 35.6% occurring at a CTA station or platform. The most common crime reported was Pocket-Picking, second was theft under \$500.

The mayor and Interim Police Supt. Charlie Beck will announce a CTA security plan with the hope of driving down crime on the CTA. It will include increasing police presence on trains and L stations and cameras that will relay fast-

Continued on page 2

### What's on your Mind?



"I'm looking forward to Saint Patrick's Day."

Brittany Gillespie



"Finding the best Democratic candidate to win back the White House."

Lisa Sorich



"I'm trying to make sense of the Democrats for whose running for President."

Amy Williamson

# Editorial & Opinions

Interview continued from front page.

places with anyone in the world, who would that person be and why?

**A.** Abraham Lincoln. To see how his brain worked and how he made the decisions he made.

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

**A.** Global warming.

**Q.** How long have you been working for Haderlein & Company Realtors and how did you originally get the job?

**A.** 27 years. I knew Gerard Haderlein and he needed someone to help him. I guess it was just the right timing.

**Q.** What are your responsibilities and what would you say is the toughest part of your job?

**A.** To keep up-to-date about the laws in our industry, and to communicate effectively with our clients and customers and to inform them of the rules and to assist them with the buying or selling of a house or condominium. Also, to learn my trade to be the best to people.

**Q.** If you could choose to be in another field, what would you do for a living?

**A.** Some field of service like the Peace Corps. or do something bigger than myself that can cause a positive effect on mankind.

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

**A.** People not having manners and not saying please or thank you.

**Q.** What improvements or suggestions would you make for the Lakeview neighborhood?

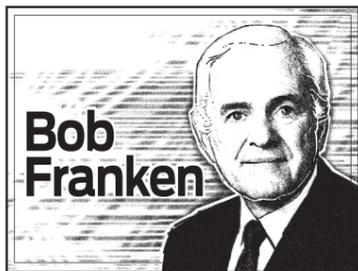
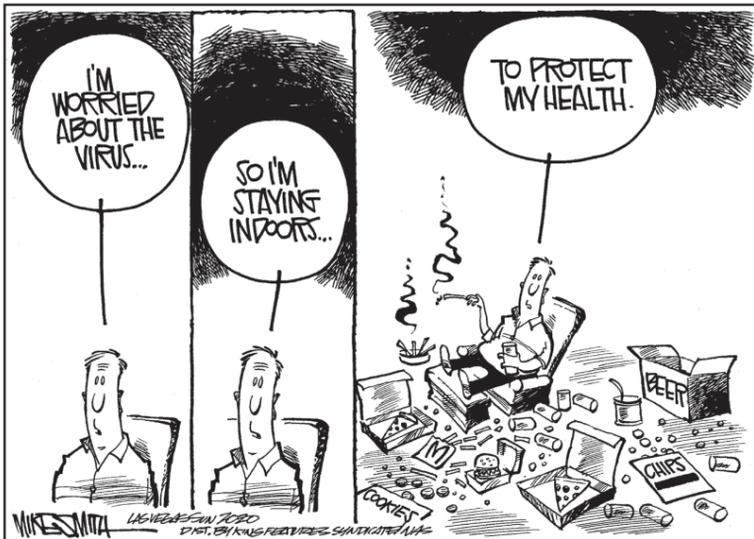
**A.** More parking. Better parking, more retail stores and more restaurants.

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

**A.** I have a beautiful statue of Saint Jude that was given to me by my grandmother.

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

**A.** Treat others the way you want to be treated.



**Bob Franken**

### Trashing Mike Bloomberg

In Las Vegas, Mike Bloomberg's half-billion-dollar crapshoot was revealed as a load of, well, you know. Half a BILLION dollars! That's what he will have spent before Super Tuesday, when he is first on any ballot. But even before then, his lavishly paid advisers had allowed him to participate in a debate where, unlike his saturation TV ads, the actors and actresses didn't stick to the script. Instead, they stuck it to him, relentlessly.

Elizabeth Warren awakened from her hibernation to come roaring at Bloomberg just after the opening platitudes:

"I'd like to talk about who we're running against," she hissed, "a billionaire who calls women 'fat broads' and 'horse-faced lesbians.' And no, I'm not talking about Donald Trump. I'm talking about Mayor Bloomberg."

It was "Stomp on Mike Night" at the Democratic debate, as most of the candidates were more than willing to trash Michael Bloomberg, who has the personal financial billions to spend hundreds of millions of dollars in a blatant attempt to buy a nomination. Even with a saturation campaign of TV ads that paint a glowing picture of Bloomberg, the luster is soiled by a past that includes severe offenses against minorities and women, who are vital if the party has any chance to unseat Trump.

But this is a Republican-turned-Democrat who is really still a Republican when it comes to his support of a plutocracy. And he is effectively a bigot, or he was when he championed a stop-and-frisk policy that targeted minorities for demeaning treatment at the

hands of his NYPD. He has found it necessary to apologize every chance he gets, now that he needs people of color because they are solidly Democratic — you can't win the nomination without them. So Bernie Sanders teed off: "Mr. Bloomberg had policies in New York City of stop-and-frisk, which went after African American and Latino people in an outrageous way. ... That is not a way you're going to grow voter turnout."

Bloomberg, who has not participated in a political debate since his mayoral days, was no match for the presidential candidates, who have had eight previous confrontations to sharpen their knives.

Back to Warren, who was relentless about the charges that private businessman Bloomberg had been so sexist that his organization had to settle lawsuits against him. All those who sued had to sign a nondisclosure agreement before their payoff, just like the kind Donald Trump requires.

Would he allow those who are bound by those NDAs to speak publicly? No, insisted Bloomberg, signing them was "consensual."

Millions of women consider "consensual" a favorite refuge for those accused of being a sexual predator. But then sensitivity has never been Bloomberg's thing.

At one point in the debate, Sanders was advocating that corporations be required to include a company's workers on their board of directors.

Bloomberg replied: "Other countries tried that. It was called communism." Sanders calls himself a socialist, not a communist. There's a difference.

It's important to note that Bernie Sanders seems to be running away with the race at this early stage, which is scaring the daylight out of party leaders who believe that his nomination would be an act of election surrender to Trump.

Meanwhile, the Democratic candidates will pile on Bloomberg again and again and again. No amount of paid TV ads can protect him from that.

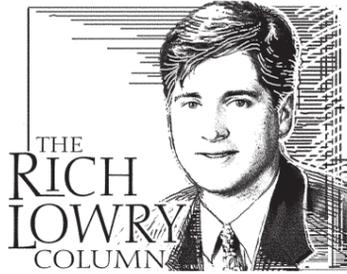
*Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.*

Can't Take Anymore continued from front page.

er in the hopes of apprehending offenders quicker. Beck has already deployed SWAT officers dressed in their green uniforms, with no long guns or tactical gear, on the transit system. 50 additional officers have been assigned to the CTA on a full-time basis, and district officers will be making their rounds at stations more often. In addition, the CTA must do more such as keeping stations well-lit and clean.

All this is a little scary for some people as well as being intimidating, but it's good to know there is a security presence on the CTA. Approximately 1.6 million people ride Chicago public transit every

day and the people of Chicago shouldn't have to be afraid that maybe their trip will only be on a one-way ticket.



**THE RICH LOWRY COLUMN**

### Bernie Sanders' Skewed Worldview

Bernie Sanders may be on the verge of gaining an insurmountable lead in the Democratic nomination fight, but he's not letting that get in the way of his socialist principles.

Asked in a "60 Minutes" interview about old statements praising Fidel Castro's supposed achievements in health care and education, Sanders stayed true to himself.

"You know, when Fidel Castro came into office, you know what he did?" he told interviewer Anderson Cooper. "He had a massive literacy program. Is that a bad thing? Even though Fidel Castro did it?"

No, literacy programs aren't a bad thing, but they usually don't require seizing power in a violent revolution, jailing and killing political opponents, seizing private property, or outlawing the free press. Teaching children to read is something that happens in free societies, too. That Bernie continues to believe a literacy program is some kind of recommendation for a regime that has otherwise oppressed and immiserated its people for decades is a sign of his skewed view of what's important and just for a polity.

Asked by Cooper about jailed Cuban dissidents, Sanders said he condemns that, but in any rational view, it's the imprisoning of people for expressing unwelcome political views that is the foremost thing to know about the Cuban dictatorship, period, full stop.

The left has nonetheless always viewed Fidel Castro as some kind of social worker who happened to take and

hold power — or "come to office," as Sanders delicately puts it — via force.

Back in 1989, Sanders wrote, "Cuba — the one country in the entire region that has no hunger, is educating all of its children and is providing high-quality, free health care — is hated with a passion by the Democrats as much as Republicans."

Besides the moral obtuseness of arguments like this, the factual basis for such claims is dubious. Cuba was already doing well on measures of health care and education prior to the revolution.

Bernie's perspective on Cuba is characteristic of his worldview that has a sympathy for America's enemies, at least if they are communist or Islamist; that assumes the worst of the United States; and that opposes nearly all U.S. military interventions as misbegotten or malign (Sanders voted for the Afghanistan War after Sept. 11, and now regrets even that vote).

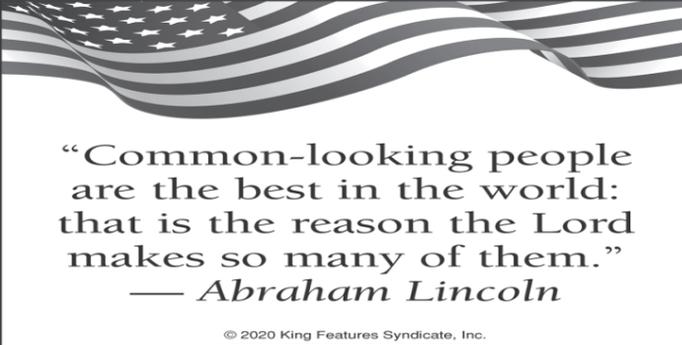
Electing Bernie Sanders would be almost indistinguishable from putting the late radical historian Howard Zinn, or the America-loathing linguist Noam Chomsky, or the tendentious left-wing filmmaker Michael Moore in charge of American foreign policy. The country would be in the hands of an opponent of its power with no faith in its goodness. Bernie would make Barack Obama's overly solicitous attitude toward our enemies and Donald Trump's bizarrely warm statements about foreign dictators look like American foreign-policy orthodoxy by comparison.

There is almost no enemy of the United States that wouldn't be heartened by a Sanders victory, and see it as an opportunity to make gains at the expense of the United States and its allies. If his decades-long track record is any indication, Sanders would be inclined to make excuses for our adversaries and look on the bright side of their repression and rapine.

He's doing it with the Cuban dictatorship to this day.

*Rich Lowry is editor of the National Review.*

## Americanisms



"Common-looking people are the best in the world: that is the reason the Lord makes so many of them."  
— Abraham Lincoln

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# SENIOR NEWS LINE

by Matilda Charles

## Realistic Decluttering

There's decluttering by the book, and then there's realistic decluttering. Too often we follow the experts' advice and end up unhappy with the result.

Clothing styles run in cycles. Pant legs go from wide to skin tight, and shirt hems go up and down. While it's likely that your fairly new pair of wide leg pants might come back in style soon, the 2-foot wide bell bottoms of the '70s probably won't make a reappearance.

You thought you would like that magazine subscription you got two years ago. You read three issues and the other nine are in a stack that keep sliding off the coffee table. Out they go.

And what about that coffee table that you threatened to take to Goodwill ages ago because it's just too big for the room? Is it time to let it go? Or the spare end table your daughter said she wanted? Give her one opportunity to come get it now. Otherwise, out it goes.

Those treasured mementos your mother passed down to you (that you never really liked) have been taking up shelf space for many years. Is it time to let them go? Put them in a box in the closet and leave them there for a month. If you don't miss them, you don't need to keep them.

Have you collected dozens of coffee cups over the years and kept them all just in case you have a party with 27 people? Choose six to keep.

The idea is to make room. Over the course of one month, spend a little time every day gathering a few things to put in bags in a closet. If you're feeling especially brave, don't wait until the month is over. Take them to Goodwill right away. Eventually you'll come to enjoy the extra space you have.

It's being more realistic.

# VETERANS POST

by Freddy Groves

## K2: the Black Goo

Were you stationed in Uzbekistan shortly after 9/11 until 2005? The place, Karshi-Khanabad, was called K2 and the ground was covered in black goo. Signs warned of radiation hazard, and the area frequently flooded. Pond water glowed green.

Were you there? How's your health? Various sources peg the toxic goo as asbestos, uranium and chemicals left over from a former Soviet air base. So far 61 veterans have come down with cancer, and they point to working in that location as the cause. There are documents, from as early as 2001, showing that the military knew the place was toxic.

Many of the veterans with cancer, or the families of the ones who have already died, have had problems getting the Department of Veterans Affairs to cover medical costs, honor claims or to consider illness from serving at K2 as presumptive.

If you were there or are the surviving family of a deceased veteran who served there and died from cancer, there is hope.

Senators on the House Committee on Oversight and Reform sent requests to the VA and Department of Defense demanding documents about hazardous substances. They cited a 2015 Army study that says the Army found that veterans who served in K2 were five times as likely to develop cancer. The VA responded that there was no indication of increased cancer rate among those who served at K2.

VA Secretary Robert Wilkie has stated publicly that veterans at K2 may have been exposed, and they want you to come forward to get help. He specifically said, "File the claims. Come speak to us. This is not your grandfather's VA where the paperwork is going to last 10 years."

Take him at his word. It's not a guarantee of K2 exposure being a called a presumptive, but it's a start. If you were affected, or are related to anyone who was, make noise.

Meanwhile look online for www.scribd.com/document/440490525/K2-Contamination-Documents.

# Strange BUT TRUE

By Samantha Weaver

• It was American journalist, author and humorist Don Marquis who made the following sage observation: "Procrastination is the art of keeping up with yesterday."

• The first recorded newspaper that published on a daily basis was in Rome — in 59 B.C.

• A giant carnivorous plant has been discovered on a remote mountaintop in the Philippines. The second largest pitcher plant on record, *nepenthes attenboroughii* secretes a nectar that lures insects, frogs and even rats into its trap, where enzymes and acids break down the animal and digest it.

• There has been a lot of debate about whether older drivers should be required to pass driving tests in order to renew their licenses, with failing sight and diminished judgment being cited as reasons for the more stringent requirement. However, statistics tend to indicate that, as a group, teenagers are the more dangerous drivers, with their auto-accident death rate roughly triple that of seniors.

• The men's formal attire known as the tuxedo takes its name from the Tuxedo Park Club in New York, where the clothing first became popular. The word itself is derived from the Algonquian word for wolf.

• In some parts of Europe, red roses are considered to be omens of evil. Seeing the petals fall from a red rose is a portent of death.

• The Zagat restaurant rating system recently conducted a survey of Americans' tipping habits. The results? It seems that residents of Philadelphia are the most generous tipppers in the nation, leaving an average of 19.6%. The average across the country is 19%.

• President Benjamin Harrison was 25 years older than his wife, Mary — and he also was her uncle.

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**Thought for the Day:** "People who have no weaknesses are terrible; there is no way of taking advantage of them." — Anatole France

# Moments in time

THE HISTORY CHANNEL

• On **March 15, 1820**, Maine is admitted into the Union as the 23rd state. Administered as a province of Massachusetts since 1647, the entrance of Maine as a free state was agreed to by Southern senators in exchange for the entrance of Missouri as a slave state.

• On **March 12, 1894**, Coca-Cola is sold in glass bottles for the first time. It had been available only as a fountain drink. A bottle of Coke cost 5 cents, and it stayed that way until 1959.

• On **March 11, 1918**, a U.S. Army soldier reports to the hospital at Fort Riley, Kansas, complaining of cold-like symptoms. By noon, over 100 of his fellow soldiers had reported similar symptoms, marking what are believed to be the first cases in the influenza pandemic of 1918. The Spanish flu would eventually kill 675,000 Americans and up to 50 million people worldwide.

• On **March 13, 1942**, the Quartermaster Corps of the U.S. Army begins training dogs for the newly established War Dog Program, or "K-9 Corps."

• On **March 9, 1959**, the first Barbie doll goes on display at the American Toy Fair in New York City. Barbie was the first mass-produced toy doll in the United States with adult features. Ruth Handler, co-founder of Mattel, named the doll after her daughter, Barbara.

• On **March 14, 1967**, the body of President John F. Kennedy is moved to a permanent spot at Arlington National Cemetery. The president had been assassinated on Nov. 22, 1963. The gravesite includes a natural gas line with a continuous electronic flashing spark that reignites the flame in case it is extinguished by rain or wind.

• On **March 10, 1988**, disco sensation Andy Gibb dies at the age of 30. With his heart greatly weakened from years of cocaine abuse, Gibb succumbed to an inflammatory heart virus.

# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Phrenology Head

Medicine has come a long way since the early 1800s, when phrenology was an accepted theory of diagnosis. It was said that each bump on your head covered a part of the brain that controlled a personality trait, like self-esteem, a destructive tendency or religious interest. The bumps might show a criminal tendency, but rewards and punishments could change tendencies.



There are still those who believe in the theories of phrenology, but most who buy a phrenology head want it as a decoration.

**Q.** I collect hair jewelry made in memory of relatives or important people like kings after they die. Was the hair taken from the dead person and braided to form the jewelry? Could you buy hair to make the big hair flower wreaths, or did you just buy a ready-made one?

**A.** Your questions will sound impolite to some, but remember that burials were usually at home, funerals were held within a few days unless the deceased was very important, and mourning among the rich required black dresses and jewelry for women and often daily church services for a year. Memorial gifts for relatives were given soon after the funeral. By Victorian times, a lock of the deceased's hair was snipped for a locket, ring, pendant or pin, and braided hair jewelry became popular and sometimes homemade. Magazines like "Godey's Ladies Book" printed instructions. Hair wreaths were made with stranger's hair or family hair that was provided for the braided flowers. Commercial jewelry could be a necklace or even a man's watch chain of braided hair. More expensive jewelry used locks or braids in black and white settings of jet, gutta-percha, black onyx, bog oak, iron or black enamel with gold trim and diamonds or pearls.

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### CURRENT PRICES

Bradley & Hubbard lamp, cigar lighter, urn shape, 2 sleeve holders, acanthus, ruby ball shade, 1880, 4 5/8 x 3 3/4 inches, \$265.

Clarice Cliff, vase, bizarre ware, pink flowers, magenta outline, blue ground, 4 1/4 x 8 inches, \$615.

Rock-Ola jukebox, Model 1458, 120 Hi-Fi, stars, green, blue, orange, 1958, 55 x 30 inches, \$1,375.

Plated amberina creamer, opal cased, red shaded to cream, ribbed, amber handle, c. 1886, 2 x 3 1/4 inches, \$2,615.

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**TIP:** Scrape your fingernail across the scratch on the glass on your mirror. If it catches, the scratch is too deep to be polished out at home. It requires professional work.

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



by Chris Richcreek

1. Who was the last Minnesota Twins pitcher before Jose Berrios in 2018 to record at least 200 strikeouts in a season?

2. When was the last time before the 2019 season (Gerrit Cole, Justin Verlander) that the major leagues had two pitchers with 300 or more strikeouts in a season?

3. The Chargers' Philip Rivers set a record in 2018 for most consecutive completed passes to start an NFL game (25). Who had held the mark?

4. Between 2001 and 2019, how many years were there in which the No. 12 seeds in men's basketball failed to win at least a game in the NCAA Tournament?

5. Patrick Marleau is the all-time leader in goals scored for the San Jose Sharks. Who is No. 2?

6. Who was the only Olympian to win gold medals in both the 100 meter sprint and the 100 meter hurdles?

7. Golfer Steve Stricker set a U.S. Senior Open 72-hole record in 2019 with a 19-under 261. Who had held the mark at 264?

### Answers

1. Francisco Liriano, with 201 strikeouts in 2010.

2. It was 2002 (Arizona teammates Randy Johnson and Curt Schilling).

3. Mark Brunell completed 22 consecutive passes to start an NFL game in 2006.

4. Three times — 2007, 2015 and 2018.

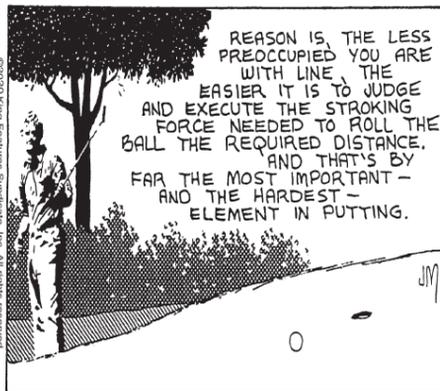
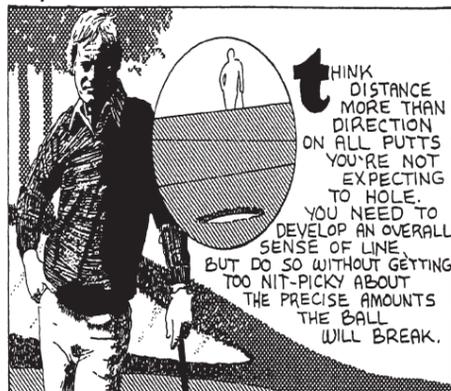
5. Joe Pavelski, with 355 goals scored (2006-19).

6. American Harrison "Bones" Dillard, in 1948 (sprint) and 1952 (hurdles).

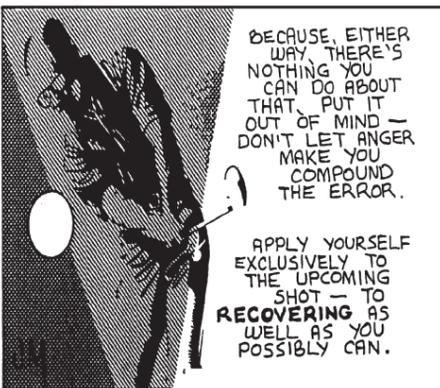
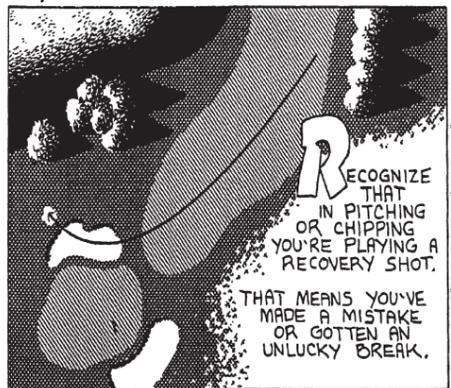
7. Kenny Perry, who did it in 2017.

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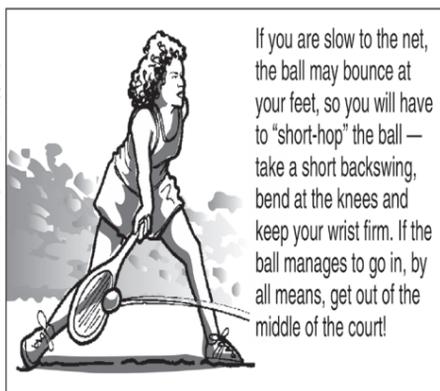
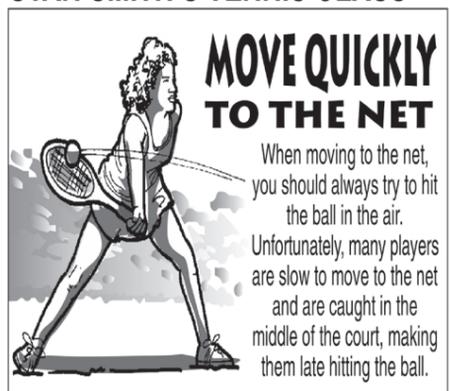
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



# GRIN & BEAR IT



## LAFF - A - DAY



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# Health



## Cancer Treatments Kill Not Cure, Friends Say

**DEAR DR. ROACH:** I have a relative with cancer who is about to begin multiple therapeutic interventions. My friends tell me that all cancer treatments are toxic and kill people instead of curing them, and that I should tell my relative to look into other forms of treatment. What do you suggest I do? —K.C.

**ANSWER:** There are hundreds of different types of cancer, and they vary widely in their capacity to grow and damage the individual, and in their response to treatment. For decades, this has meant mostly surgery, chemotherapy and radiation, but now includes newer treatments, including immune therapy. While not all cancers are curable in everybody, every year brings sometimes incremental, sometimes dramatic improvements in life expectancy for individual cancers. Some cancers that were rapidly fatal even a few years ago are now curable in most cases. Getting the right diagnosis quickly and getting to an expert in treating that cancer are critical to having the best chance of a good outcome.

Treating some cancers remains difficult, and in many cases the treatments have significant side effects. Surgery scars may impair function, and chemotherapy can cause severe symptoms and may permanently affect body systems, as can radiation. It can be very hard on a family member observing these treatments, and if his or her loved one nevertheless succumbs eventually to the cancer, it is understandable to think the suffering the person went through was in vain.

So, while I understand where your friends may be coming from, their well-meaning advice, based on bad

experiences possibly a long time ago, might cause your relative with cancer to delay the potentially lifesaving treatments that are available now. A study published in July 2018 showed that people who use alternative medical treatments for cancer are less likely to be cured and have a shorter life expectancy.

My advice is that you encourage your relative to find the most expert cancer treatment available. It's up to your relative to accept the recommendations of the expert, but delaying the best available treatment in order to consider unproven therapies is likely to result in harm.

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**DEAR DR. ROACH:** I have had the same problem forever: I don't understand why buttermilk coffee creamer seems to get outdated faster than regular creamer. Does the butter in it have anything to do with this? —C.H.

**ANSWER:** Buttermilk doesn't have butter in it. It was so named because it was originally made with what was left after separating butter from the unhomogenized cream that had been allowed to ferment with airborne bacteria, making it slightly acidic. Modern cultured buttermilk is made from pasteurized, homogenized milk, usually 1% to 2% fat, and inoculated with healthy bacteria, which makes lactic acid from the sugars in the milk. This acid makes buttermilk resistant to the unhealthy bacteria that causes spoilage. It also causes a slight sour taste, which some people like and others don't.

Commercial heavy cream, and coffee creamers made from heavy cream, have a very long shelf life largely because they are pasteurized at ultra-high temperatures, so they last even longer than buttermilk. The high fat content also retards bacteria growth.

Both buttermilk-based and cream-based creamers will stay good longer than their expiration date. Your nose is very good for telling when it has gone bad.

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## How Bad Is Drinking a Bottle of Wine

**DEAR DR. ROACH:** I know drinking a bottle of wine isn't good for me, but is it really that bad? I'm a 74-year-old female in excellent

**ANSWER:** A bottle of wine is indeed more than is recommended daily. For women, the recommendation is one glass of wine with meals. A bottle of wine contains five glasses. This amount of alcohol is thought to increase overall risk of death by about 30 percent, mostly from accidents, kidney and liver disease and congestive heart failure. There is fairly strong evidence that this much alcohol also increases risk of developing dementia. Alcohol may have a greater effect on older women, because at age 74, your liver probably does not work as well as it did when you were 20.

Put another way, your current risk of death due to the alcohol is closer to that of an 80-year-old than that of a 74-year-old, roughly speaking. Cutting down on alcohol now stops further damage and allows your body to heal itself, to some extent.

I hope I have convinced you that from your health standpoint, five glasses of wine is far too much, and I would really encourage you to stay below two glasses of wine a day.

\*\*\*

**DEAR DR. ROACH:** You have mentioned diseases of the blood marrow in the column before, but what does the bone marrow actually do? —T.S.B.

**ANSWER:** The main job of the bone marrow is to produce the different blood cells: red blood cells to carry oxygen; white blood cells to fight infection and cancers; and platelets to stop bleeding. Diseases of the bone marrow can cause problems by making something abnormal (such as leukemia cells), but also by failing at its job and not making what it is supposed to. Low red cell counts lead to anemia; low white cell counts increase risk of infection; and low platelet counts contribute to abnormal bleeding.

Bone marrow diseases sometimes can be treated directly, but often treatment involves replacing blood products, and possibly using growth factors to make the bone marrow work better.

\*\*\*

**DEAR DR. ROACH:** My 22-year-old daughter was diagnosed with overactive bladder. She tried medications, but they made her sick. She was given a prescription for a physical therapist to work with her for her condition. Unfortunately, she has hit

dead ends. How can she find a physical therapist to work with her? —A.F.

**ANSWER:** Physical therapists, like most other health care professionals, have individual skill sets. Pelvic-floor physical therapy requires a level of expertise that not all physical therapists have. I suspect she may have just been calling physical therapist offices near her and not finding a therapist with that expertise. A quick internet search found a good number of specially trained therapists in the area where she lives.

There are many online reviews of physical therapists, just as there are reviews of doctors and dentists. They have some value, but I would be cautious about both overenthusiastic and overly negative reviews.

\*\*\*

## Can Chocolate Worsen Irregular Heartbeat?

**DEAR DR. ROACH:** I am 82 years old and still very active. I have had an irregular heartbeat for four years, and sometimes I feel lightheaded, dizzy or tired. I worry about it getting worse. Would you please give a detailed explanation about irregular heartbeat, including how or why it happens? What should I do to prevent it from getting worse? Is it life threatening? Will it become atrial fibrillation?

**Also, I am a chocolate lover and eat dark chocolate every day. But I was told that cocoa will make my irregular heartbeat worse and I should stop eating dark chocolate. Is that true?** —Q.Y.

**ANSWER:** Everyone has irregular heartbeats from time to time. Early beats can come from electrically active areas anywhere in the heart, and an electrocardiogram can tell whether they are from the atria (the top chambers) or the ventricles (the bottom chambers) of the heart.

An average person may have 500 or so of these a day — some people have many more. Most are seldom aware of them. Having patients with this concern over and over during my career, I can reassure you that most cases turn out to be nothing to worry about.

However, the fact that you are having symptoms, especially the lightheadedness and fatigue, is a warning sign, and I recommend you get an evaluation. Start with your regular medical provider, after which you may be referred to a cardi-

ologist. The EKG in his or her office is a first step, but you may need a longer evaluation, such as wearing a 24-hour EKG (a Holter monitor) or newer technologies that allow longer readings.

Atrial fibrillation is a concern, because most people will need treatment to reduce stroke risk or to return the rhythm to normal. Nevertheless, there are many other kinds of irregular heart rhythms, and you need a diagnosis first. If no cause is found, there are medications to reduce the irregularity, but they are seldom used. My experience is that when a person knows they are not dangerous, they can be lived with more easily.

Chocolate does contain theobromine, a substance that can make the heart a little more irritable, but it takes a lot of chocolate to have a significant effect. It's related to caffeine in coffee. Interestingly, a recent study found that chocolate lovers are less likely to develop atrial fibrillation, so the situation is more complex than just one chemical.

\*\*\*

**DEAR DR. ROACH:** I read that drinking warm lemon water with honey has many health benefits, partially because lemons are an alkaline food. Is this correct? —B.W.

**ANSWER:** I think I saw the same article. Lemon water may have some health benefits, but it is not an alkaline food, and drinking it has almost no impact on the acidity of your blood or urine, because the body's buffer systems (the chemical processes used to keep the pH carefully regulated) are so effective. Lemons have a pH of about 2, so they are highly acidic. Ascorbic acid (vitamin C) makes the urine more acidic.

There is no consistent evidence that the foods we eat have a health benefit due solely to their effect on body pH. Many of the foods recommended for their supposed alkaline effects are indeed healthy, but for other, complex reasons apart from pH.



# Financial Statement

by Joyce A. Rimel

## FINANCIAL QUIZ

**Q.** Which of these two events has a greater chance of occurring: You win a \$50,000 Powerball payout after buying one ticket, or you get struck by lightning?

**A.** The chances of being hit by lightning are 1 in 1.2 million, but your chances of winning \$50,000 at Powerball are better: 1 in 913,000. You

have only a 1 in 292 million shot at the jackpot.

**Q.** At your local bank you have a \$300,000 joint account with your spouse, \$100,000 in CDs in your name only, and, in a safe deposit box, \$50,000 in cash. The bank fails. How much will the Federal Deposit Insurance Corp. give you and your spouse?

- \$250,000
- \$350,000
- \$400,000
- \$450,000

**A.** The FDIC insures up to \$250,000 per person per account type. So your \$100,000 in CDs is covered, as are both your and your spouse's \$150,000 portions of the joint account (since each portion is insured up to \$250,000). The FDIC doesn't cover contents of safe deposit boxes.

**Q.** Which of these activities leads to more home fires in the United States?

- Cooking
- Smoking

**A.** Smoking causes the most home-fire deaths, but cooking fires, which do an average of \$6,600 in damage, are the most common home fires. About a third of cooking fires get started when no one is in the kitchen.

**Q.** You're figuring out how to invest your retirement savings. How many individual stocks do you need to own to have what's known as a diversified portfolio?

- 15
- 30
- 55
- 110

**A.** A 2014 study found that you need at least 110 stocks for maximal safety. Buying broad-market, mutual funds is an easier way to diversify.

**Q.** Among women in their 50s, which group is at greater risk of a lower standard of living in retirement, per a recent study by the Center for Retirement Research at Boston College?

- Single women
- Married women

**A.** The answer is b. One reason is that two-earner couples tend to undersave for retirement. In about half of these couples, only one of the earners has a retirement plan and may not save enough for both spouses.

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Photos courtesy of Getty Images

# Managing the Cost of IBD

**FAMILY FEATURES**

**A** diagnosis like inflammatory bowel disease (IBD) means lifestyle changes throughout every aspect of life, including financially. IBD has many direct costs of care, like clinic visits, radiology studies, procedures and costly medications. There are also indirect costs such as missed work or school.

There are a number of resources that can help IBD patients manage the financial impact of the disease, many of which depend on the patient's stage of life. For example, young adults transitioning into the workforce and off their parents' insurance may find their needs quite different from older adults who are approaching Medicare eligibility.

**Young Adults**

**Evaluate your IBD needs and select an affordable insurance plan.** When you turn 26, you age out of your parents' health insurance plan. Your options may include enrolling in a plan sponsored by your employer or your spouse's employer; purchasing a plan in the health insurance marketplace (you can enroll 60 days before you turn 26 and the timeframe ends 60 days after your birthday); purchasing insurance on the individual market; purchasing COBRA (a temporary health insurance plan that is extended under your parents' plan for up to 18 months); or going on Medicaid, if you're eligible.

To decide what's right for your situation, start by listing your current health care providers and health services. Review the insurance plan you are considering and check whether your current providers, medications and hospital are covered in the plan, and whether they are considered in-network (more cost-efficient) or out-of-network (higher out-of-pocket costs).

You'll want to weigh potential expenses, including the monthly premiums, deductibles, out-of-pocket maximums, copays and coinsurance, if applicable. Also be aware of the distinctions between medical and pharmacy coverage. This will give you a realistic picture of what you can expect to spend on a monthly and annual basis.

For assistance with your options, consider speaking with an insurance specialist or help center, such as the Crohn's & Colitis Foundation's IBD Help Center, which can help you review available plans and find one best suited for your needs.

**Participate in a savings program.** If you have the option of participating in a Health Savings or Flexible Spending Account, these personal savings programs can help pay your out-of-pocket costs. You contribute a certain amount of untaxed money to the account each year, which can be used toward expenses like prescriptions, deductibles, copayments and coinsurance.

Each program has distinct guidelines on factors, like payment and carrying over unused funds, so it's important to do thorough research before selecting a plan.

**Enroll in manufacturer assistance programs.** Depending on your specific circumstances, you may be eligible for assistance from your prescription manufacturers or lab testing companies. In addition to drug copay discount programs and pharmaceutical financial assistance programs, you might be able to access help to offset the cost of certain procedures.

Your health care provider or pharmacist may have information on available programs, or you can visit manufacturer websites and other resources like [crohnscolitisfoundation.org/managingcosts](http://crohnscolitisfoundation.org/managingcosts).

**Investigate grants, foundations, and other assistance programs.** Other types of financial assistance are also available. Pharmaceutical companies, the Patient Advocate Foundation, and several other foundations offer college scholarships to IBD patients.

**Older Adults**

**Purchase coordinated or supplemental Medicare insurance.** As you approach the age of 65, you enter an enrollment period (3 months prior and 3 months after your birthday) when you are eligible to apply for Medicare, a federal health insurance program. In addition to original Medicare, you have the option of purchasing additional insurance for

added health care coverage and benefits, such as a Medicare Advantage Plan (Medicare Part C) or Medigap plan.

**Enroll in federal and state savings programs.** If you have or are eligible for Medicare Part A, and if you have limited income and resources, your state Medicaid program can help determine whether you qualify for one of the Medicare Savings Programs.

State Health Insurance Assistance Programs (sometimes referred to as SHIP programs) have different names in different states but all provide free one-on-one telephone counseling and advice services, personal face-to-face counseling sessions, public education programs and media presentations for assistance with Medicare programs (including Part D) and Medicaid.

If you have limited income and resources, you may qualify for help paying for prescription drugs. The Medicare Extra Help Program is for Medicare Part D recipients and recipients of both Medicare and Medicaid who have limited income and resources to help pay for prescription drugs.

**Apply for financial aid through pharmaceutical companies.** Another option, if you are eligible, is to enroll in financial assistance through the drug manufacturers. Funds are available from several manufacturers and non-profits to help patients cover copays and pay their out-of-pocket costs.

Pharmaceutical patient assistance programs are separate foundations set up by the drug manufacturers to provide financial assistance to people who cannot afford their medications. You need to demonstrate financial need when you apply for these programs.

While on private insurance, you may be able to use drug copay cards. The drug company will pay for a portion of the drug and the out-of-pocket cost to the patient is considerably lower. However, drug copay discount cards are generally no longer available to patients when they transition off private insurance onto Medicare.

**Investigate grants, foundations and other assistance programs.** Additional assistance may be available through other foundations. Find these and other resources to assist in planning your IBD medical expenses at [crohnscolitisfoundation.org/managingcosts](http://crohnscolitisfoundation.org/managingcosts).

## Lower Your Medical Costs

1. Compare prices and select in-network providers. Always ask if your labs and support team members (all providers, not just your gastroenterologist) are in network.
2. Not all pharmacies charge the same, so shop around. Online pharmacies can often be less expensive (for example, a 90-day supply can often be the same cost as a 30-day supply).
3. Check your bill. According to the Medical Billing Advocates of America, billing advocates and other health professionals estimate up to 80% of medical bills contain errors.
4. If insurance refuses to pay, talk to your healthcare provider about appealing the insurance company's denial.



# FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Which Beatle was knighted by Queen Elizabeth in 1997?
2. What Ricky Nelson song was introduced to him because of a broken-down car?
3. Which group started out with the name Smile?
4. What No. 1 song by Paper Lace was inspired by the Saint Valentine's Day Massacre?
5. Name the song that contains this lyric: "Like a fool I went and stayed too long, Now I'm wondering if your love's still strong."

**Answers**

1. Paul McCartney, for his "services to music." In 1965, all four Beatles were given MBE (Member of the British Empire) medals.
2. "Poor Little Fool." It was written by a teenage girl, Sharon Sheeley, who decided the only way to present it to Nelson was to show up at his house and claim her car had broken down.
3. Queen. They came up with Smile as part of a college project. When Freddie Mercury joined the group, he changed the name to Queen. He also designed their logo, with the members' astrological signs.
4. "The Night Chicago Died," in 1974.
5. "Signed, Sealed, Delivered, I'm Yours," by Stevie Wonder in 1970. Wonder credited his mother for coming up with the title and chorus while he was dabbling with the melody.

**Happy St. Patrick's Day Tuesday, Mar. 17<sup>th</sup>**

# Strange BUT TRUE

By Samantha Weaver

- It was American political scientist, economist, psychologist and professor Herbert Simon who made the following sage observation: "What information consumes is rather obvious: It consumes the attention of its recipients. Hence a wealth of information creates a poverty of attention, and a need to allocate that attention efficiently among the overabundance of information sources that might consume it."
  - Those who study such things claim that the act of licking a stamp burns one-tenth of a calorie.
  - The shortest song in the world is "You Suffer," recorded in 1986 by the British band Napalm Death. It lasts precisely 1.316 seconds.
  - Stanley Mason was an inventor who really got around, in a manner of speaking. In addition to coming with the idea for the granola bar, he also created the squeezable ketchup bottle, the disposable diaper, heated pizza boxes and the dental floss dispenser.
  - There are more Polish people living in Chicago than in any city on Earth except for Warsaw, Poland's capital.
  - You might be surprised to learn that the most dangerous profession in the country — in terms of the percentage of people holding that profession who have been killed — isn't firefighter or police officer, it's president of the United States. A total of 9% of our presidents have been assassinated.
  - Renee Zellweger was born the same year that Judy Garland died: 1969. Zellweger played Garland in the movie "Judy," which debuted 50 years after her death, in 2019, the same year that Zellweger turned 50.
  - In the Commonwealth of Virginia, a statute contained within what's known as the Code of 1930 prohibits bribery or corruption by anyone other than a political candidate.

**Thought for the Day:** "I think the biggest mistake most people make when they pick their first job is they don't worry enough about whether they'll love the work, and they worry more about whether it's good experience." — Steve Ballmer

# top 10 movies

1. **Sonic the Hedgehog** .....(PG) Ben Schwartz, James Marsden
2. **Call of the Wild** .....(PG) Harrison Ford, Omar Sy
3. **Harley Quinn: Birds of Prey** (R) Margot Robbie, Rosie Perez
4. **Bad Boys for Life** .....(R) Will Smith, Vanessa Hudgens
5. **Brahms: The Boy II** ..... (PG-13) Katie Holmes, Owain Yeoman
6. **Fantasy Island** ..... (PG-13) Lucy Hale, Maggie Q
7. **1917** .....(R) Dean-Charles Chapman, George MacKay
8. **Parasite** .....(R) Kang-ho Song, Sun-kyun Lee
9. **Jumanji: The Next Level** ..... (PG-13) Dwayne Johnson, Jack Black
10. **The Photograph** .....(PG-13) LaKeith Stanfield, Issa Rae

## top ten

### Cars With Most Reckless Drivers

1. Mazda MX-5 Miata
2. Hyundai Genesis Coupe
3. Isuzu Rodeo
4. Nissan 370Z
5. Cadillac ATS
6. Volkswagen CC
7. Ram Truck 1500
8. Chevrolet K1500
9. Saturn L200
10. Dodge Challenger

Source: Insurify

# COUCH THEATER DVD PREVIEW

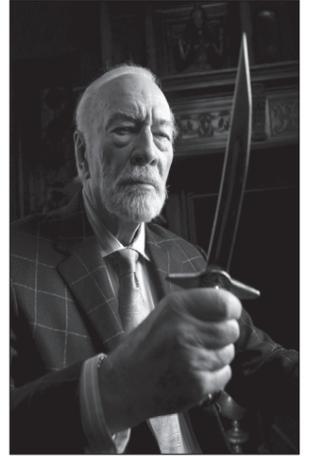
BY AMY ANDERSON

**Knives Out** (PG-13) — A stellar ensemble cast takes on the murder mystery in a whodunit that would have Agatha Christie rolling in her grave — with delight. Christopher Plummer plays Harlan Thrombey, a successful mystery writer who meets his fate at the end of a knife on the heels of his 85th birthday — death by apparent suicide. Apparent until slick private detective Benoit Blanc (Daniel Craig) shows up to suss it all out, untangling the alibis and motives of a houseful of potential suspects, from the unctuous grandson Ransom (Chris Evans), the overbearing son (Michael Shannon), the ball-busting daughter (Jamie Lee Curtis) and even a nurse who vomits when she lies (Ana de Armas).

**Frozen 2** (PG) — Queen Elsa's magic has always been a source of wonder. When a mysterious force beckons her from a shrouded forest, and its effects threaten Arendale itself, Elsa (voiced by Idina Menzel) and Anna (Kristen Bell) set off into the unknown for answers, with Kristoff (Jonathon Groff) and Olaf (Josh Gad) in tow. They find out more than they bargained for, including revelations from the past and the rediscovery of some forgotten people. While it felt like there was an unnecessary surfeit of songs, the showstoppers — "Into the Unknown" and "Show Yourself" — are every bit as powerful as Frozen's "Let It Go." Writer and director Jennifer Lee has outdone herself.

**Color Out of Space** (NR) — Just as Nathan Gardner (Nicolas Cage) and his family settle into the wonderland that is their new country estate — dashing about the bucolic hills on a white horse and tending to their alpaca flock — there lands in their midst a big rock. Specifically, it's a meteor

from outer space that clunks down on the lawn in a dreamy haze of pinkish-purplish twilight and brings with it a miasma of technicolor madness that infects the family one by one. It's B movie weirdness with a creepy ET flair, based on an HP Lovecraft short story. Also featuring Tommy Chong in a cameo as the town's off-grid stoner who gets it, man.



Christopher Plummer in "Knives Out"

**The Corrupted** (R) — An ex-con (Sam Claflin) fresh out of prison returns home to east London to find that his brother is in way over his head with a crime syndicate that reaches to the upper echelons of power. Although he's keen to mend his criminal ways and be there for his son and the woman he loves, he's also honor-bound to save his brother. He engages in a careful game of cat and mouse with the corrupt and powerful, setting them up and taking them down so he can get his family back. Sound familiar? Yes, because this is every crime-con movie ever.

**NEW TV RELEASES**  
**Norm of the North: Family Vacation Years and Years Season 1**  
**A Sister's All You Need: The Complete Series**  
**Food Wars**

# TOP VIDEO RENTALS AND SALES

**Top 10 Video On Demand**

1. **Ford v Ferrari** .....(PG-13) Matt Damon
2. **Parasite** .....(R) Kang-ho Song
3. **Joker** .....(R) Joaquin Phoenix
4. **Once Upon a Time in Hollywood** .....(R) Leonardo DiCaprio
5. **Harriet** .....(PG-13) Cynthia Erivo
6. **Terminator: Dark Fate** .....(R) Linda Hamilton
7. **The Good Liar** .....(R) Helen Mirren
8. **Playing With Fire** .....(PG) John Cena
9. **Judy** .....(PG-13) Renee Zellweger
10. **Doctor Sleep** .....(R) Ewan McGregor

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

1. **Ford v Ferrari** .....(PG-13) FOX
2. **Joker** .....(R) Warner Bros.
3. **Doctor Sleep** .....(R) Warner Bros.
4. **Playing With Fire** .....(PG) Paramount
5. **Terminator: Dark Fate** .....(R) Paramount
6. **Maleficent: Mistress of Evil** (PG) Disney
7. **Zombieland: Double Tap** .....(R) Sony Pictures
8. **Parasite** .....(R) Universal
9. **Once Upon a Time in Hollywood** .....(R) Sony Pictures
10. **The Addams Family** .....(PG) Universal

Sources: comScore/Media Play News



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# What's Hot in Hollywood

HOLLYWOOD — Meryl Streep's next films are HBO Max's "Let Them All Talk," for director Steven Soderbergh, with Candice Bergen, Dianne Wiest and Lucas Hedges, and Netflix's "The Prom," a film version of the Broadway musical. Her co-stars are Nicole Kidman, Andrew Rannells and Kerry Washington.

\*\*\*

During the Golden Age of Hollywood, studio moguls ran megastudios and actors were under exclusive contracts to appear just in their films. But today, for a superstar to remain on top they have to produce films for themselves and others. There are eight superstars who have been successful producing films that grossed well over \$200 million each.

George Clooney says he'd rather produce than act, and his most successful production was "Argo," a Best Picture Oscar winner that grossed \$232 million. His next producing project is Netflix's "Good Morning Midnight," with Felicity Jones and Kyle Chandler.

Kevin Costner produced and starred in "Dances With Wolves," a Best Picture Oscar winner that grossed \$424 million. He returned two years later with "The Bodyguard," which grossed \$411 million, and then "Water World" (\$241 million). Costner is currently producing the third season of "Yellowstone" for the Paramount Network.

Tom Cruise's "Mission: Impossible" franchise films are always high grossers. The totals for the six films so far: 1. \$458 million, 2. \$546 million, 3. \$398 million, 4. \$695 million, 5. \$683 million and 6. \$791 million. In addition, Cruise also produced "Vanilla Sky" (\$203 million), "The Others" (\$210 million), "Last Summer" (\$457 million) and "Jack Reacher" (\$218 million). "Top Gun" is due June 26, and "Mission: Impossible" 7 and 8 are due in 2021 and 2022.

Leonardo DiCaprio produced and starred in "The Aviator" (\$214 million) and "The Wolf of Wall Street" (\$393 million). Clint Eastwood won a best director Oscar for "Million Dollar Baby," which grossed \$217 million, and directed "Gran Torino" (\$270 million), "American Sniper" (\$547 million) and "Sully" (\$241 million).

Mel Gibson scored big producing "Braveheart" (\$210 million) and "The Passion of the Christ" (\$622 million). He's now producing "The Passion of the Christ: Resurrection" for 2021. Brad Pitt produced "The Departed" (\$291 million), "Eat, Pray, Love" (\$206



Depositphotos

Meryl Streep

million) and "World War Z" (\$540 million). His next is "Blonde," with Ana de Armas and Adrien Brody.

But believe it or not, Bradley Cooper crushed them all with "Silver Lining Playbook" (\$236 million), "American Hustle" (\$251 million), "American Sniper" (\$547 million), "A Star Is Born" (\$425 million) and a slam dunk with "Joker," at over \$1.2 billion, which he'll share with director Todd Phillips and co-producer Emma Tillinger Koskoff. Cooper is currently producing the World War II drama "Atlantic Wall," an untitled Hulk Hogan biopic with Chris Hemsworth, and one with himself as Leonard Bernstein in a biopic. With grosses like that, who needs to act?

\*\*\*

HOLLYWOOD — Lin Manuel Miranda is one smart cookie. After creating "Hamilton" for Broadway in 2015 and winning a record 11 Tony Awards, he had the forethought to produce a 2 hour and 40 minute film, with his original cast, two weeks before they left the show. Now, five years later, he's sold the worldwide rights to the highest bidder, Disney, for a mere \$75 million. Disney will release it in the fall of 2021. Disney launched its streaming service, Disney+, on Nov. 12, 2019, and had 10 million subscribers that day at \$6.99 each. As of today, Disney+ has 30 million subscribers.

\*\*\*

Prepare yourself for "The Matrix 4," with Keanu Reeves, Carrie-Anne Moss and Jada Pinkett Smith returning, joined by Priyanka Chopra and Neil Patrick Harris. It's due in theaters May 21, 2021.

All anybody talks about at Hollywood parties is why "The Irishman" — with its dream cast of Robert De Niro, Al Pacino and Joe Pesci, and top director Martin Scorsese — has not picked up any awards from 10 Oscar nominations, five Golden Globes nominations and five Bafta nominations (the British Oscars). Critics called it a "masterpiece" and "clever and entertaining," while Leonardo DiCaprio said, "It is absolutely breathtaking." Even though it topped 23 No. 1 best film lists, it seems awards voters turned their backs on it. As some politicians have learned, be careful what you say for the record, it may come back to haunt you later.

Martin Scorsese went on rants, saying things like, "I suggest, if you want to see one of my pictures, or most films, please don't look at it on a phone," and about online streaming he offered, "Viewers can also turn a picture off and go straight to the next piece of content. If there's no sense of value tied to a given movie, of course, it can be sampled in bits and pieces and just forgotten. The horrible idea they reinforce is that every picture, every image is there to be instantly judged and dismissed without giving audiences time to see it. So the great 20th century art form is reduced to content."

Scorsese must have thought he could create such "a masterpiece" that Netflix would want to release it in theaters, but the major chains — AMC, Cinemark, Regal and Cineplex — wanted nothing to do with a movie available for streaming just three weeks later. The film cost \$159 million to make and took in \$8 million in theaters. Its first day it was streamed by 3.9 million viewers and within five days it rose to 17.1 million viewers. The Oscars and most awards were created to add box-office power to films, but with that kind of viewer power ... who needs awards?



Gage Skidmore/Wikimedia Commons

Lin Manuel Miranda

## celebrity extra

by Dana Jackson

**Q.** Is it true that Krystal and that other villain from "The Bachelor/Bachelorette" are getting divorced already? Was the wedding just a publicity stunt? — D.E.

**A.** I don't know what to believe any more when it comes to ABC's "The Bachelor" and its franchises. I'm actually surprised at the number of successful marriages that have resulted so far. As for Krystal Nielson and Chris Randon, two of the most hated "characters" in the show's history, I don't know if the marriage itself was a publicity stunt or if they realized they weren't a good match after the honeymoon period wore off. Only they know.

Two other members of the "Bachelor in Paradise" cast also have split, but at least they don't have to worry about how to divide the wedding gifts. Kendall Long and "Grocery Store Joe" Amabile have called it quits, with Joe moving back to Chicago and Long staying in L.A.

Who knows? Maybe one of these four will end up being the next "Bachelor" or "Bachelorette"?

\*\*\*

**Q.** My mom was telling me there is a spinoff of "Grey's Anatomy," but she couldn't remember the name of the show. Can you tell me when it's on? — O.S.

**A.** Unlike "NCIS," "Law & Order" and the "Chicago" groups of series, the "Grey's Anatomy" spinoff doesn't have part of the original show's title in its name. "Station 19" follows the lives of first responders at a fire station in Seattle. Ana Lee Ortiz's character Andy and Jason George's Ben from "Grey's" were chosen to headline the new project, which is now in its third season.

"Station 19" has generated good ratings, and there are several crossovers with "Grey's" that are planned for this season. In fact, the shows have swapped time slots, so you'll see more instances where someone is rescued on "Station" and their story continued in the next hour when they're treated at the hospital.



ABC/John Fleenor

Krystal Nielson

As Krista Vernoff, who now runs both shows, told "Deadline": "I think it's quite a different show ["Station 19"] this year. "It's messier visually, and it's messier emotionally than it's ever been."

"Station 19" airs on ABC Thursday nights at 8 p.m. ET, with "Grey's Anatomy" airing right after at 9 p.m.

\*\*\*

**Q.** Years ago I read a book about a male nurse who killed many patients by overdosing them on medication. I can't remember the name of it, and Google hasn't been any help. I wanted to read it again. Do you know the title, and was it ever made into a movie? — P.P.

**A.** You're probably referring to "The Good Nurse," written by Charles Graeber and published in 2013. Sadly, it was a true story about a nurse who killed what some estimate to be hundreds of patients in his care until a colleague helped build a case against him. It's actually being made into a movie soon with Academy Award-winner Eddie Redmayne playing the evil RN and Jessica Chastain as the whistleblower.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

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# THROW A SHAMROCKIN' St. Patrick's Day Party

FAMILY FEATURES

It doesn't take the Luck o' the Irish to throw a great St. Patrick's Day party. These tips and recipes will help you throw a festive celebration you'll enjoy as much as your guests — including make-ahead corned beef and a minty-green cookie recipe both adults and little leprechauns will love.

"We've developed recipes that make the tastes of Ireland easy to create — from a simple Irish Soda Bread to a classic corned beef and cabbage recipe that can be made in a slow cooker," said Mary Beth Harrington of the McCormick Kitchens. "And don't forget the treats! Our Mint Chocolate Chip Cookies are the perfect ending to a perfectly green party."

For more St. Patrick's Day recipes, check out [www.McCormick.com](http://www.McCormick.com) and visit McCormick Spice on Facebook and Pinterest.



## WITH IRISH CLASSICS AND GREEN-TINTED TREATS

### Savory Irish Cheese Soda Bread

Prep time: 10 minutes  
Cook time: 40 minutes  
Servings: 12

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons McCormick Caraway Seed
- 1 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Red Pepper, Ground
- 1/2 cup shredded Irish Cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Preheat oven to 350°F. Mix flour, sugar, baking powder, baking soda, salt and seasonings in large bowl. Stir in cheese. Set aside. Mix eggs and buttermilk in medium bowl. Add to dry ingredients; stir until well blended. Spread in lightly grease 9-inch round cake pan.

Bake 30–40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

**Tip:** Make muffins instead of bread. Prepare dough as directed and divide among 12 greased muffin cups. Bake 20–25 minutes or until toothpick inserted in center comes out clean.

### Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes  
Cook time: 8 hours  
Servings: 12

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

**Tip:** For best results, do not remove cover while cooking in slow cooker.

### Mint Chocolate Chip Cookies

Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 3 dozen, or 36 (1 cookie) servings

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 1/4 cups sugar
- 2 eggs
- 1–1 1/2 teaspoons McCormick Green Food Color
- 1 teaspoon McCormick Pure Peppermint Extract
- 1 1/2 cups semi-sweet chocolate chips

Preheat oven to 375°F. Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, food color and peppermint extract; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips.

Drop by heaping tablespoons about 2 inches apart onto ungreased baking sheets.

Bake 10–12 minutes or until edges are lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.



## Good Housekeeping

### Overnight Beef Stew

This hearty beef-and-vegetable medley will be waiting for you at home after a long day away — all you have to do before serving is thicken the cooking broth. For a stress-free morning, prep the ingredients the night before.

- 3 large celery stalks, cut into 1/2-inch-thick slices
- 1 large onion, cut into 16 wedges
- 1 bag (16 ounces) peeled baby carrots
- 2 tablespoons ground coriander
- 1 tablespoon ground ginger
- 1 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon dried thyme
- 1/4 teaspoon coarsely ground black pepper
- 4 pounds boneless beef chuck for stew, cut into 2-inch pieces
- 1 can (14 1/2 ounces) stewed tomatoes
- 3 tablespoons all-purpose flour

1. Mix celery, onion and carrots in bottom of 5-1/2- to 6-1/2-quart slow-cooker pot. In large bowl, combine coriander, ginger, salt, nutmeg, thyme and pepper; add beef and toss to coat well. Transfer beef mixture to pot with vegetables. Pour stewed tomatoes over beef. It's not necessary to stir.

2. Cover pot with lid and cook on low setting as manufacturer directs, 8 to 10 hours or until beef is fork-tender.

3. When beef is tender and ready to serve, strain stew over 3-quart saucepan; return beef and vegetables to slow-cooker pot. Skim and discard fat from liquid in saucepan. Heat liquid in saucepan to boiling over high heat. Meanwhile, in cup, with fork, mix flour with 1/4 cup water until smooth. Gradually whisk flour mixture into liquid; heat to boiling. Boil 1 minute, until gravy thickens slightly, stirring occasionally. Pour gravy over beef and vegetables in pot. Serves 12.

• Each serving: About 400 calories, 13g total fat (5g saturated), 91mg cholesterol, 425mg sodium, 12g total carbohydrate, 3g dietary fiber, 39g protein.

- 1/3 cup all-purpose flour
- 1/3 cup freshly grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 large egg
- 1/2 cup vegetable oil

1. With course shredder, shred carrot, zucchini and squash. Pat vegetables very dry with paper towels.

2. In medium bowl, mix shredded vegetable with flour, Parmesan cheese, salt, pepper and egg.

3. In 10-inch skillet, heat oil over medium heat. Gently drop one-eighth of vegetable mixture at a time (1/4 cup) into oil in skillet, flattening slightly to about 3 inches around.

4. Cook 3 fritters at a time, turning once, 5 minutes, until golden brown. With pancake turner, transfer to paper towels to drain. Keep warm in low oven while cooking remainder. Makes 4 accompaniment servings.

• Each serving: About 245 calories, 18g total fat (4g saturated), 60mg cholesterol, 450mg sodium, 15g total carbohydrate, 8g protein.

## Comfort foods



by Healthy Exchanges

### Oriental Chicken Express

Today, Chinese dishes are almost as American as apple pie! This filling main dish is no exception.

- 1/4 cups diagonally sliced celery
- 1/2 cup chopped green bell pepper
- 1/4 cup diced green onion
- 1 (16-ounce) can fat-free chicken broth
- 3 tablespoons all-purpose flour
- 1 tablespoon reduced-sodium soy sauce
- 1/2 cups diced cooked chicken breast
- 1 (8-ounce) can sliced water chestnuts, drained
- 1 (8-ounce) can pineapple chunks, packed in fruit juice, drained
- 3 cups hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.

2. Continue cooking over medium heat, until mixture starts to thicken, stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.

• Each serving equals: 214 calories, 2g fat, 16g protein, 33g carb., 298mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

## Good Housekeeping

### Straciatella With Escarole

Straciatella is the Italian version of egg drop soup. The straciatella are the "little rags" of egg that form when beaten egg is drizzled into hot broth.

- 3 cans (14- to 14 1/2-ounce) chicken broth
- 3 cups water
- 1 head (12-ounce) escarole, trimmed and cut into 1-inch pieces
- 3 large eggs
- 1/3 cup freshly grated Pecorino Romano cheese
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

1. In 4-quart covered saucepan, heat broth and water to boiling on high. Stir in escarole; reduce heat to medium and simmer 5 minutes or until escarole is tender and wilted.

2. Meanwhile, in 2-cup liquid measuring cup or small bowl, whisk eggs, Romano, salt and pepper until combined.

3. Drizzle egg mixture from measuring cup into simmering broth, gently stirring just until egg shreds are set.

Ladle soup into warm bowls and serve immediately. Yields 10 1/2 cups (4 main-dish servings).

• Each serving: About 115 calories, 6g total fat (2g saturated), 166mg cholesterol, 1,245mg sodium, 5g total carbohydrate, 2g dietary fiber, 12g protein.

## Comfort foods



by Healthy Exchanges

### Chocolate Cherry Cobbler

Even if George Washington didn't cut down the cherry tree, he'd be first in line for a tasty piece of this ultra-easy dessert!

- 1 (4-serving) package sugar-free cherry gelatin
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (16-ounce) can tart red cherries, packed in water, drained and 1/2 cup liquid reserved
- 1/4 cup water
- 3/4 cup biscuit reduced-fat baking mix

- 3 tablespoons unsweetened cocoa
- Sugar substitute, suitable for baking, to equal 1/2 cup sugar
- 3 tablespoons chopped pecans
- 1/3 cup plain fat-free yogurt
- 1/4 cup fat-free mayonnaise
- 1 teaspoon vanilla extract

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a medium saucepan, combine dry gelatin, dry pudding mix, reserved cherry liquid and 1 cup water. Stir in cherries. Cook over medium heat until mixture thickens and starts to boil, stirring often and being careful not to crush cherries. Spoon hot mixture into prepared baking dish.

3. In a large bowl, combine baking mix, cocoa, sugar substitute and pecans. Add yogurt, mayonnaise, remaining 1/4 cup water and vanilla extract. Mix gently just to combine. Drop by spoonfuls onto cherry mixture to form 6 mounds.

4. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving equals: 147 calories, 3g fat, 4g protein, 26g carb., 389mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch, 1/2 Fat.

## Good Housekeeping

### Creamy Fudge

- 1 can (14-ounce) sweetened condensed milk
- 1 pound semisweet chocolate, chopped
- 1 ounce unsweetened chocolate, chopped
- 1/2 teaspoons vanilla extract
- 1/8 teaspoon salt

1. Line 8-by-8-inch metal baking pan with foil, extending foil above edge at 2 sides.

2. In 2-quart saucepan, combine condensed milk and chocolates. Cook over medium-low heat 5 minutes or until chocolates melt and mixture is smooth, stirring constantly.

3. Remove saucepan from heat; stir in vanilla and salt. Pour chocolate mixture into prepared pan; spread evenly. Refrigerate until firm, at least 4 hours or overnight.

4. Remove fudge from pan by lifting edges of foil. Invert onto cutting board; discard foil. Cut fudge into 8 strips, then cut each strip crosswise into 8 pieces. Store fudge in tightly covered container, with waxed paper between layers, at room temperature up to 1 week, or in refrigerator up to 1 month.

• Each serving: About 55 calories, 3g total fat (2g saturated), 2mg cholesterol, 15mg sodium, 8g total carbohydrate, 1g dietary fiber, 1g protein.

## Comfort foods



by Healthy Exchanges

### Swiss Steak Skillet

I don't think there is a "meat and potatoes" man around who won't give this comforting dish two thumbs up.

- 16 ounces lean tenderized minute or cube steaks, cut into 16 pieces
- 1/2 cups finely sliced celery
- 1 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried parsley flakes
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1/8 teaspoon black pepper
- 3 cups hot cooked noodles, rinsed and drained

1. In a large skillet sprayed with butter-flavored cooking spray, saute meat, celery and onion for 10 minutes. Stir in tomato sauce, undrained stewed tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.

2. For each serving, place 1/2 cup noodles on a plate and spoon about 1 cup meat mixture over top. Freezes well. Serves 6.

• Each serving equals: About 233 calories, 5g fat, 22g protein, 25g carb., 307mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

## Good Housekeeping

### Vegetable Fritters

- 1 large carrot
- 1 medium (10-ounce) zucchini
- 1 medium (10-ounce) yellow straightneck squash

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# Crime

**Vandalism** to property at a residence on the 3500 block of North Lincoln Avenue.

**Theft** from a restaurant on the 3000 block of North Ashland Avenue.

**Disorderly conduct** on the street on the 900 block of West Belmont Avenue.

**Aggravated assault** with a knife at a CTA station on the 900 block of West Belmont Avenue.

**Pick pocketing** at a bar on the 3500 block of North Clark Street.

**Domestic battery** at an apartment on the 3200 block of North Halsted Street.

**Drug abuse violation** possibly cocaine at a restaurant on the 3300 block of North Clark Street.

**Child abandonment** offense against family and children on the street on the 1900 block of West School Street.

**Domestic battery** at a motel on the 3600 block of North Clark Street.

**Theft** from a residential building on the 3600 block of North Bosworth Ave-nue.

**Telephone threat** and simple assault on the 3200 block of North Ashland Avenue.

**Vandalism** to a vehicle in a residents yard on the 1700 block of West Melrose Street.

**Burglary and forcible entry** to an apartment on the 400 bock of West Barry Avenue.

**Theft** under \$500 at a bar/tavern on the 3100 block of North Broadway.

**Simple battery** at a parking lot on the 3000 block of North Broadway.

**Burglary and attempted forcible entry** to an apartment on the 600 block of West Waveland Avenue.

**Theft** over \$500 from a liquor store on the 3300 block of North Halsted Street.

**Simple battery** on the sidewalk on the 3300 block of North Halsted

Street.

**Assault** at a drug store on the 3000 block of North Halsted Street.

**Vandalism** to a vehicle on the street on the 3600 block of North Wilton Avenue.

**Theft** and attempted theft at a parking lot on the 3100 block of North Ashland Ave-nue.

**Theft** under \$500 on the street on the 3000 block of North Lincoln Avenue.

**Simple battery** at a bar on the 3800 block of North Southport Avenue.

**Retail theft** from a small retail store on the 3700 block of North Clark Street.

**Burglary and forcible entry** to an apartment on the 3700 block of North Sheffield Avenue.

**Theft** over \$500 on a CTA train on the 3900 block of North Sheridan Road

**Theft** at a small retail store on the 1000 block of West Belmont

Avenue.

**Retail theft** from a grocery food store on the 3400 block of North Western Ave-nue.

**Criminal sexual assault** at an apartment on the 2300 block of West Belmont Avenue.

**Theft** over \$500 from an apartment on the 2200 block of West Byron.

**Credit card fraud** at a convenience store on the 3800 block of North Western Avenue.

**Theft** from a grocery food store on the 3400 block of North Western Avenue.

**Battery** at a bar on the 3200 block of North Western Avenue.

**Theft** under \$500 from a construction site on the 4300 block of North Western Avenue.

**Burglary and unlawful entry** to a residential garage on the 4100 block of North Campbell Ave-nue.

**Harassment by electronic means** at a residence on the 2500 block of West Irving Park Road.

**Telephone threat** at a residence on the 1800 block of West Byron Street.

**Credit card fraud** on the 1900 block of West Irving Park Road.

**Burglary and forcible entry** at a barbershop on the 2000 block of West Montrose Avenue.

**Fraud and financial identity theft** over \$300 at a residence on the 2900 block of North Hoyne Avenue.

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

**Sex offense and criminal sexual abuse** indecent solicitation of an adult in a parking lot or garage (non residential) on the 3600 block of North Western

Avenue.

**Aggravated battery** with a dangerous weapon on the street on the 3800 block of North Western Avenue.

**Criminal sexual assault** in an apartment on the 2900 block of North Clybourn Avenue.

**Aggravated assault** with use of a knife at an apartment on the 500 block of West Belmont Avenue.

**Vandalism** to a vehicle on the 500 block of West Briar Place.

**Credit card fraud** on the 3200 block of North Broadway.

**Aggravated assault with a knife** at a grocery food store on the 3000 block of North Broadway.

**Theft** from an apartment building on the 600 block of West Melrose Street.

**Aggravated assault** with a dangerous weapon at a residence on the 600 block of West Irving Park Road.

**Burglary and unlawful entry** to a liquor store or tavern on the 3000 block of North Clark Street.

**Burglary and forcible entry** to an apartment on the 800 block of West Buckingham Place.

**Financial identity theft** over \$300 on the 2800 block of North Mildred Avenue.

**Battery** on the sidewalk on the 900 block of West Oakdale Avenue.

**Theft** under \$500 on a CTA train on the 900 block of West Addison Street.

**Motor vehicle theft** of an automobile off the street on the 3400 block of North Sheffield Avenue.

**Battery** at a CTA station on the 900 block of West Belmont Avenue.

**Battery** at a bar or tavern on the 2900 block of North Sheffield Avenue.

**Drug abuse violations** found suspect narcotics at an apart-ment on the 3700 block of North Clifton Avenue.

**Retail theft** at a grocery food store on the 3200 block of North Ashland Ave-nue.

**Forgery and counterfeiting** at a residence on the 900 block of West Newport Avenue.

**Robbery strongarm** no weapon shown on the street on the 3300 block of North Lake Shore Drive.

**Violating order** of protection at an apartment on the 3100 block of N. Racine Avenue.

**Robbery using a knife** in a convenience store on the 900 block of West Irving Park Road.

**Domestic battery** at a hospital building or grounds on the 2800 block of North Sherican Road.

**Aggravated battery** using a hand gun on the sidewalk on the 3500 block of North Ashland Avenue.

**Aggravated battery** using a dangerous weapon in a bar or tavern on the 3300 block of North Halsted Street.

**Assault** at a CHA housing hallway or stairway or elevator on the 500 block of West Surf Street.

**Sex offender** failing to register on the 5400 block of North Western Avenue.

**Extortion** at a CTA station on the 4600 block of North Weteran Avenue.

**Battery** at a nursing home or retirement home on the 5300 block of North Western Avenue.

**Theft** from an apartment building on the 1200 block of West Wellington Avenue.

**Pick pocketing** on the street on the 3300 block of North Halsted Street.

**Bomb threat** and disorderly conduct at a small retail store on the 3400 block of North Southport Avenue.

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Photo courtesy of Getty Images

# Some Over-the-Air TV Frequencies are Changing

FAMILY FEATURES

If you rely on a rooftop or indoor antenna for your TV viewing, changes that may affect your local channels are happening.

The Federal Communications Commission (FCC) is making more airwaves available for new high-speed wireless services and, as a result, some over-the-air TV broadcast frequencies will change.

“Some TV stations across the nation are changing frequencies to help make airwaves available to meet ever-growing consumer demand for high-speed mobile broadband services such as 5G,” said Jean Kiddoo, FCC incentive auction task force chair. “The channel numbers on the TV are not changing, but viewers who use a rooftop or indoor antenna need to rescan their televisions to continue receiving those channels. The process is the same as when viewers first connected

their TVs to the antennas and scanned them to find local channels, and the FCC has resources to help viewers who may need assistance.”

Viewers who watch TV with antennas need to rescan their TVs, but don’t need to buy new TVs or purchase converter boxes. Cable and satellite subscribers are not affected by these changes.

The frequency changes are happening on a rolling basis through July 2020, so not all changes will happen at the same time. TV stations will give you at least 30 days’ notice that their channels are changing frequency. You should be on the lookout for announcements by your local channels on when to rescan, and if you notice a channel you normally watch is missing, try rescanning in case you missed the notice.

For more information and tips on how to rescan, visit [fcc.gov/TVrescan](http://fcc.gov/TVrescan) or call 1-888-CALLFCC (1-888-225-5322).

## How to Rescan Your TV

Rescanning your TV to receive the new frequencies is the same process you used to find your local channels when you first set up your TV.

To rescan, look in your TV remote control’s “menu” for “channel scan,” “program,” “rescan,” “auto tune” or “auto search” in the “setup” or “channel” function.

Even without these frequency changes, it is typically a good idea to periodically rescan your TV to update the channels you receive since local stations sometimes add new “sub-channels” to their programming. While some TVs do this automatically, you may need to select “scan” or “auto-tune”

from the TV menu to start the scanning process.

If you have difficulty, consult your TV owner’s manual or call the manufacturer’s customer service line for more detailed instructions on how to run a channel scan to find local TV channels. If you need to contact customer service, you can find that information in your TV owner’s manual or on the manufacturer’s website.

Once the rescan is complete, you should receive all available digital TV channels through your antenna. Except in rare circumstances, no new equipment or services are required.

## Common Transition Questions

### How will I know it’s time to rescan?

Some local TV channels will change frequencies at various times through mid-2020. Your local TV stations will announce their specific “rescan days” on which you will need to rescan. You should be on the lookout for public service announcements and “crawls” running across your TV screen. Broadcasters will provide at least 30 days’ notice that their channel is changing frequency.

A good rule of thumb is to rescan your TV anytime you notice a missing channel. If you haven’t rescanned in a while, you may be surprised by how many other channels are now available.

### Who will be affected by the transition?

People who watch television with an antenna will be affected. Millions of consumers across the country watch free, over-the-air TV using an antenna. Cable and satellite subscribers will not need to take any action.

### Will channel numbers change?

No, the channel numbers you see on your TV are not changing, but you will need to rescan your television to

update it to find the new frequencies so you can continue receiving those same local channels.

### How can I find out which TV stations are changing frequencies?

The FCC website has an interactive map where you can insert your zip code to see which of your local TV channels will be changing and the dates during which you should be watching for the station to announce its “rescan day.” To access the map, visit [fcc.gov/media/engineering/dtvmaps](http://fcc.gov/media/engineering/dtvmaps).

### Why are frequencies changing?

The frequency changes are making more airwaves available to meet the demand of American consumers and businesses for increased mobile broadband capacity, new 5G wireless and other advanced high-speed mobile services currently being developed.

### How can I find more information?

For more information and tips on how to rescan, visit [fcc.gov/TVrescan](http://fcc.gov/TVrescan) or call 1-888-CALLFCC (1-888-225-5322) and choose option No. 6.

## MISSING TV CHANNELS?



Many TV channels across America are changing frequencies to help open up airwaves for new high-speed wireless services. If you're missing a channel that you normally see, rescan your TV to find it again.



Stations that are changing frequencies will provide notice at least 30 days in advance.



If you use an antenna to watch free over-the-air TV, you might find that one or more of your channels is missing.



- 1 Press “set-up” or “menu.”
- 2 Select “channels.”
- 3 Click “scan,” “auto tune,” or “auto-program.”
- 4 Your TV will do the rest.

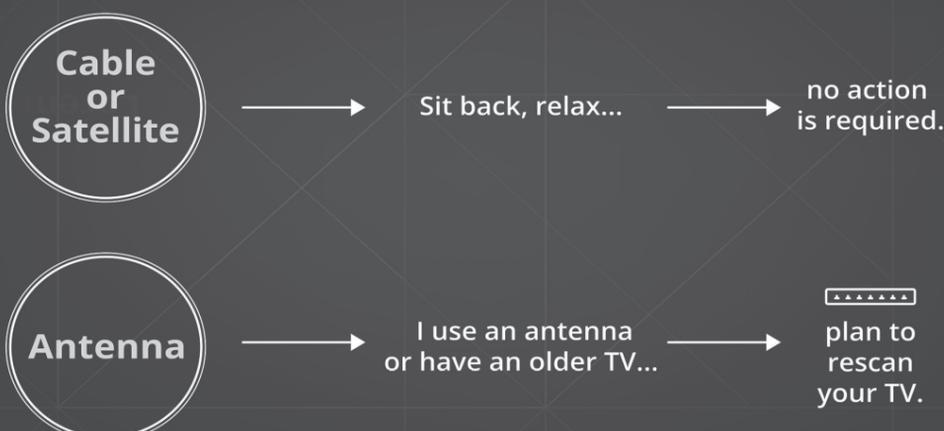
But no need to worry. You can fix it by rescanning for channels using your TV’s remote control.

## Learn More Today

[www.fcc.gov/TVrescan](http://www.fcc.gov/TVrescan)  
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## How do you watch local channels on TV?





**Planning your garden style**

- Consider a **container garden** to grow your fruits, vegetables, or herbs. Only a small, sunny area is needed for your pots.
- You can choose a **raised garden bed**. This works for smaller properties, or if you prefer multiple small beds instead of one large plot.
- You can plan an **in-ground garden**. Make sure the area receives good sun, then plan its dimensions, what you will plant in it, and how much you will plant. Prepare the soil and the water source to be used. Schedule the planting and maintenance. — B. Weaver

Source: morningchores.com



**The rose** has been used throughout history as a powerful symbol for concepts and causes. It is found in writings of the ancient Greeks and Romans. In Christianity the rose became associated with the Virgin Mary; it also is found in poetry and designs of the Middle East and its religions. It figures in cultural traditions, social and political movements, and has symbolised armies in battle and resistance movements against tyranny. — B. Weaver

Medieval woodblock print  
Source: britannica.com, wikipedia.org



**Feeding monarchs**

The monarch caterpillar (the larvae stage of the monarch butterfly) feeds *only* on the leaves of milkweed plants. From these it gains all the nutrition needed to change into the adult form. The adult monarch consumes nectar from flowers, minerals from mud puddles and liquids from fruits. To attract them to your backyard, leave out slices of banana, oranges or watermelon, and plant a variety of flowering plants. — B. Weaver

Source: www.monarch-butterfly.com

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## Business Spotlight



**Dan Scott**, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

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**Sun** Closed

\*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 ups.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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## Quotes worth your time

“March is the month that God created to show people who don't drink what a hangover is like.”  
Garrison Keillor

“Life is hard; it's harder if you're stupid.”  
John Wayne

“I love to sleep. My life has the tendency to fall apart when I'm awake, you know?”  
Ernest Hemingway

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**Networking Events**

**Tuesday, March 24 • 6–8 PM**  
Women in Business Happy Hour  
Laugh Out Loud Theater, 3851 N. Lincoln Ave.

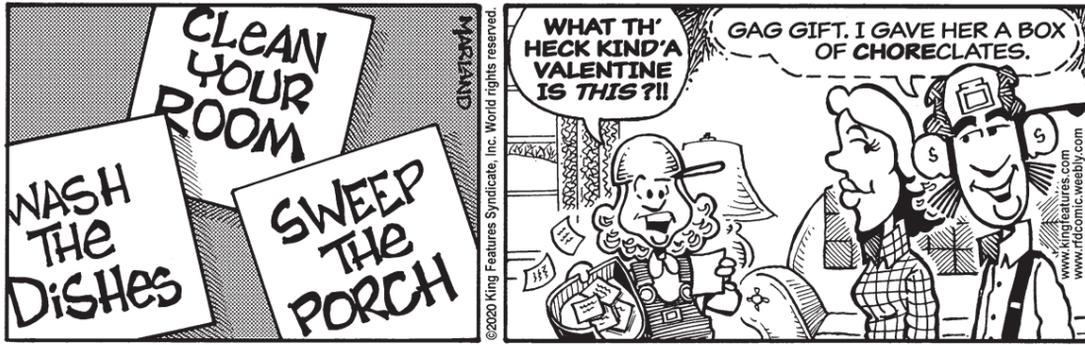
**Thursday, March 26 • 11:30 AM**  
Monthly Business Luncheon  
Discover the power of creating a community around your business. Presented by Dr. Katie Ray  
Brownstone Tavern & Grill, 3937 N. Lincoln Ave.

**details & registration:**  
[northcenterchamber.com/events/calendar/](http://northcenterchamber.com/events/calendar/)

# Comics

## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



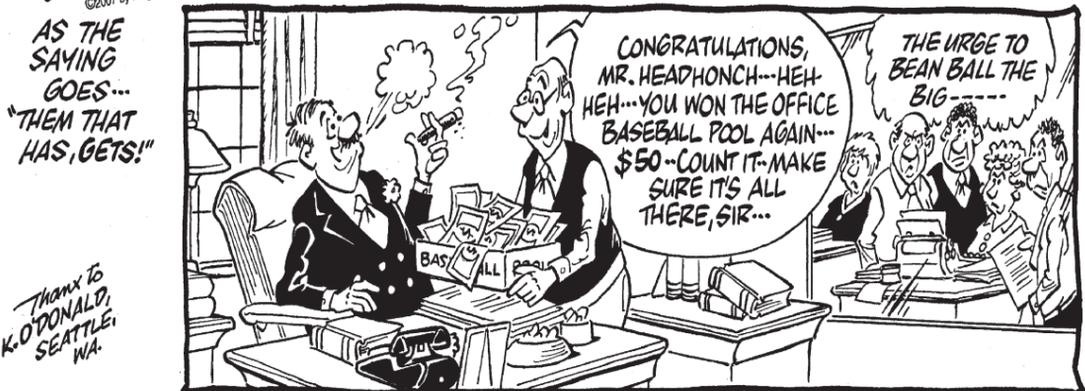
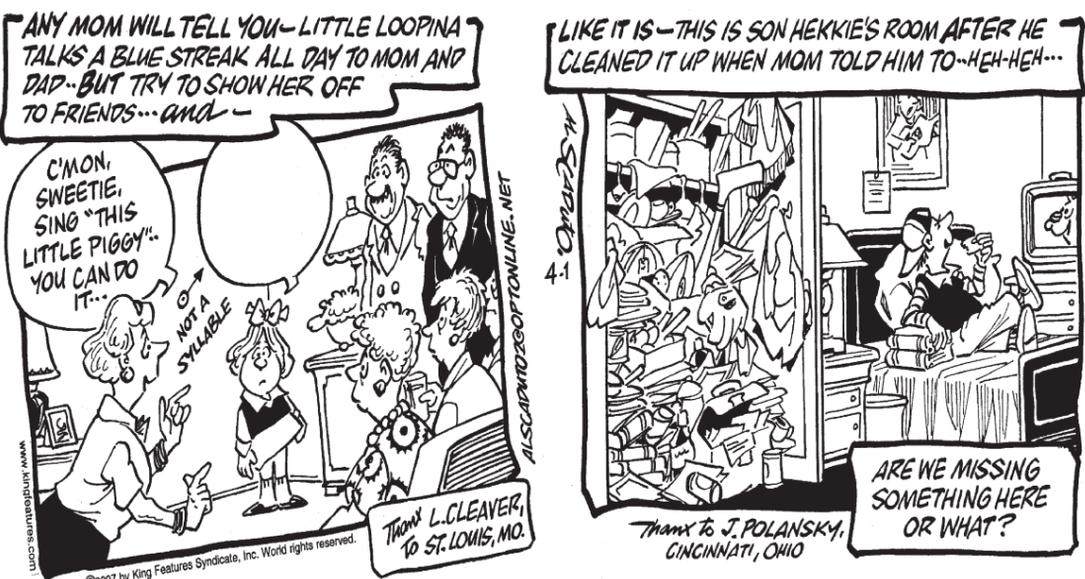
## The Spats

by Jeff Pickering



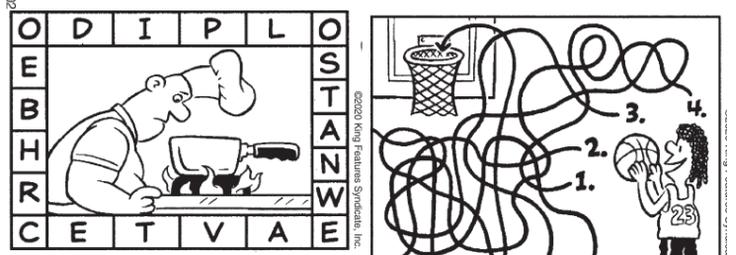
## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## Junior Whirl

by Charles Barry Townsend



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

SLAM-DUNK this one on the first try! See if you can guess which is the winning shot.

## QUESTION

WHAT TWO LETTERS SPELL "TO DO BETTER"?



Illustrated by David Coulson

KNOW YOUR ALPHABET! SEE IF you can answer the following questions by using just two letters from the alphabet.

WHAT TWO LETTERS SPELL...

1. a winter condition?
2. a kind of pepper?
3. to rot away?
4. overindulgence?
5. a climbing plant?
6. a literary composition?
7. how a dieter feels?
8. aesthetic pretensions?
9. no matter which?
10. an English county?

1. IC (icy), 2. KN (cayenne), 3. DK (decay), 4. XS (excess), 5. IV (ivy), 6. ST (stump), 7. MT (mattress), 8. FT (fart), 9. NE (any), 10. SX (Essex).

A PIRATE'S GAME! See if you can take the letters in this pirate's call for wagers and use them to spell out two numbers.

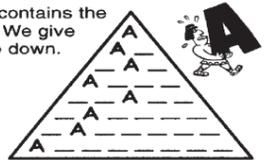
RUM BETS NOW!



The letters in RUM BETS NOW can be rearranged to spell out TWO NUMBERS. (Isn't that what we asked for?)

SAY "A"! As you go down the pyramid, each word contains the same letters as the word above it plus a new letter. We give you all of the A's. Here are some hints, from the top down.

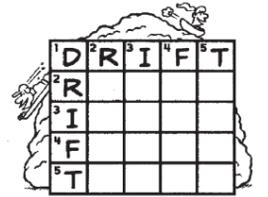
- 1) Highest grade (given).
- 2) In or near.
- 3) A color.
- 4) To be opposed.
- 5) Big person.
- 6) Position of a scale.
- 7) Rodent-hunter's activity.
- 8) Getting dressed.



The words are: a, at, fan, anti, giant, rating, rattling, sitting.

DON'T BE SNOWED IN! At right is a word square. You are challenged to find the four five-letter words that match the definitions below. All words used must read the same both across and down.

1. A pile of snow (DRIFT, in place).
2. One source of news.
3. A work avoider.
4. Feudal estates.
5. Trunk of the human body.



1. Drift, 2. Radio, 3. Idler, 4. Fields, 5. Torso.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Towel is missing, 2. Toilet is added, 3. Shirt is different, 4. Hair is added, 5. Pants are different, 6. Soap is added.

## Just Like Cats & Dogs

by Dave T. Phipps





# Frozen Family Fun

## Kid-friendly, make-ahead meals

**FAMILY FEATURES**

As families look to incorporate more nutritious dishes into meals from morning to night, using kid-friendly recipes can help make the process easier and more fun.

To help make it easier for busy parents to plan and serve healthier meals, registered dietitian Melanie Marcus, Dole's nutrition and health communications manager, created a series of enchanted frozen fruit- and vegetable-based dishes including main courses, smoothies, desserts, sides and more. Because these recipes can be made in advance and frozen for later use, they're perfect for on-the-go families and busy lifestyles.

For example, these frozen sandwiches make for an easy grab-and-go breakfast while make-ahead lasagna simplifies busy evenings and banana split cups can appease those dessert cravings.

These and other family-friendly recipes are part of Dole's healthy-living alliance with Disney's *Frozen 2*. For details, visit [dole.com/Disney](http://dole.com/Disney). Follow Dole at #Dole and #DoleRecipes.

**Royal Frozen Sweet Potato Lasagna**

Prep time: 45 minutes  
Cook time: 1 hour, 5 minutes  
Servings: 8

- Nonstick cooking spray
- 1 tablespoon olive oil
- 1 medium DOLE® White Onion, chopped
- 1 package (8 ounces) Dole Mushrooms, sliced
- 2 garlic cloves, minced
- 1 1/2 pounds 99% fat-free lean ground turkey
- 5 cups Dole Baby Spinach
- 1 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1 cup marinara sauce
- 1 cup raw cashews
- 2 cups fat-free cottage cheese, strained

- 4 medium Dole Sweet Potatoes, peeled and sliced 1/8-inch thick crosswise
- 1 cup low-moisture part-skim mozzarella cheese

Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.

In large skillet over medium-high heat, heat olive oil; add onion and cook 5 minutes, or until tender, stirring occasionally. Add mushrooms; cook 4 minutes, or until tender, stirring frequently. Add garlic; cook 1 minute, stirring frequently. Add turkey; cook 8 minutes, or until browned, breaking up turkey with side of wooden spoon. Add spinach, Italian seasoning and salt; cook 3 minutes, or until spinach wilts. Stir in marinara; cook 1 minute.

In food processor, pulse cashews 20 times, or until small crumbs form. In medium bowl, stir cottage cheese and cashews.

Shingle 1/3 of sweet potato slices in bottom of prepared dish; top with 1 cup cottage cheese

mixture followed by 1 1/2 cups turkey mixture. Repeat layers twice; sprinkle with mozzarella cheese and cover tightly with foil. Bake 45 minutes; remove foil. Bake 20 minutes, or until top is golden brown.

Tip: To freeze lasagna, wrap tightly once cooled with layer of plastic wrap then foil. Freeze up to 3 months. Remove plastic wrap; bake lasagna from frozen, covered with foil, at 375 F 1 hour. Uncover and bake 15 minutes, or until top is golden brown and internal temperature reaches 165 F.

**Approximate nutritional information per serving (1 1/2 cups):** 315 calories; 110 calories from fat; 12 g fat; 0 g trans fat; 2 g polyunsaturated fat; 6 g monounsaturated fat; 45 mg cholesterol; 570 mg sodium; 661 mg potassium; 22 g carbohydrates; 3 g fiber; 9 g sugars; 29 g protein; vitamin A 50%; vitamin C 10%; calcium 20%; iron 15%; vitamin E 10%; thiamin 8%; vitamin B6 15%; phosphorus 10%; magnesium 8%; manganese 20%.

**Make-Ahead Frozen Brrr-eakfast Bites**

Prep time: 15 minutes, plus cooling time  
Cook time: 25 minutes  
Servings: 8

- Nonstick cooking spray
- 8 eggs
- 1 tablespoon olive oil
- 1 package (8 ounces) DOLE® Mushrooms, sliced
- 1 Dole Red Onion, chopped
- 1 medium red bell pepper, chopped
- 4 cups Dole Baby Spinach
- 1 cup fat-free milk
- 1/4 teaspoon kosher salt
- 1/2 teaspoon fresh ground black pepper
- 8 100% whole-grain English muffins, split
- 8 frozen chicken breakfast sausage patties

Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.

In large bowl, whisk eggs. In large skillet over medium heat, heat oil. Add mushrooms, onion and bell pepper; cook 2 minutes, stirring occasionally.

Add spinach; cook 3 minutes, or until spinach wilts, stirring occasionally. Stir milk, salt, pepper and vegetables into eggs; transfer to prepared dish. Bake 25 minutes, or until set and internal temperature reaches 160 F; cool and cut into eight equal pieces.

Assemble sandwiches with muffins, sausage patties and egg mixture; wrap tightly with plastic wrap and freeze up to 2 weeks.

Unwrap one sandwich; wrap loosely with paper towel. Heat in microwave oven on high 2 1/2-3 minutes, or until completely heated through and internal temperature of sausage and egg mixture reaches 165 F.

**Approximate nutritional information per serving (1 sandwich):** 317 calories (114 calories from fat); 13 g fat; 0 g trans fat; 2 g polyunsaturated fat; 4 g monounsaturated fat; 212 mg cholesterol; 572 mg sodium; 33 g carbohydrates; 334 g potassium; 4 g fiber; 6 g sugars; 19 g protein; vitamin A 25%; vitamin C 35%; calcium 15%; iron 20%; vitamin E 8%; thiamin 25%; vitamin B6 10%; phosphorus 15%; magnesium 15%; manganese 15%.



**Seeking Answers as the Saga Continues**

Celebrate the next chapter of Anna, Elsa, Kristoff, Olaf and Sven embarking on a remarkable journey far beyond Arendelle when Disney's *Frozen 2* arrives in theaters Nov. 22.

Together with Anna, Kristoff, Olaf and Sven, Elsa sets out on a dangerous but remarkable journey to find out why she was born with magical powers as the answer calls her and threatens her kingdom. In *Frozen*, Elsa feared her powers were too much for the world. In Disney's *Frozen 2*, she must hope they are enough.

Find more information at [movies.disney.com](http://movies.disney.com).

©Disney Visit [www.disney.com/frozen](http://www.disney.com/frozen)



**Frozen Banana Split Cups**

Prep time: 15 minutes, plus freezing time  
Servings: 12

- 2/3 cup gluten-free dark chocolate chips
- 2 teaspoons grapeseed oil
- 3 DOLE® Strawberries, hulled and thinly sliced
- 1 ripe Dole Banana, peeled and thinly sliced
- 3 tablespoons chopped roasted unsalted peanuts

Line 12-cup mini muffin tin with mini cupcake liners.

In small, microwave-safe bowl, heat chocolate chips in microwave oven on high 1 minute, or until

melted, stirring every 20 seconds; stir in oil.

Fill cupcake liners with half of chocolate mixture; top with strawberries, banana, remaining chocolate mixture and peanuts.

Freeze in airtight container at least 1 hour, or up to 2 weeks.

**Approximate nutritional information per serving (1 cup):** 92 calories; 65 calories from fat; 7 g fat; 0 g trans fat; 1 g polyunsaturated fat; 1 g monounsaturated fat; 0 mg cholesterol; 0 mg sodium; 54 mg potassium; 10 g carbohydrates; 2 g fiber; 6 g sugars; 2 g protein; vitamin A 0%; vitamin C 2%; calcium 0%; iron 15%; vitamin E 2%; thiamin 0%; vitamin B6 2%; phosphorus 0%; magnesium 2%; manganese 4%.



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