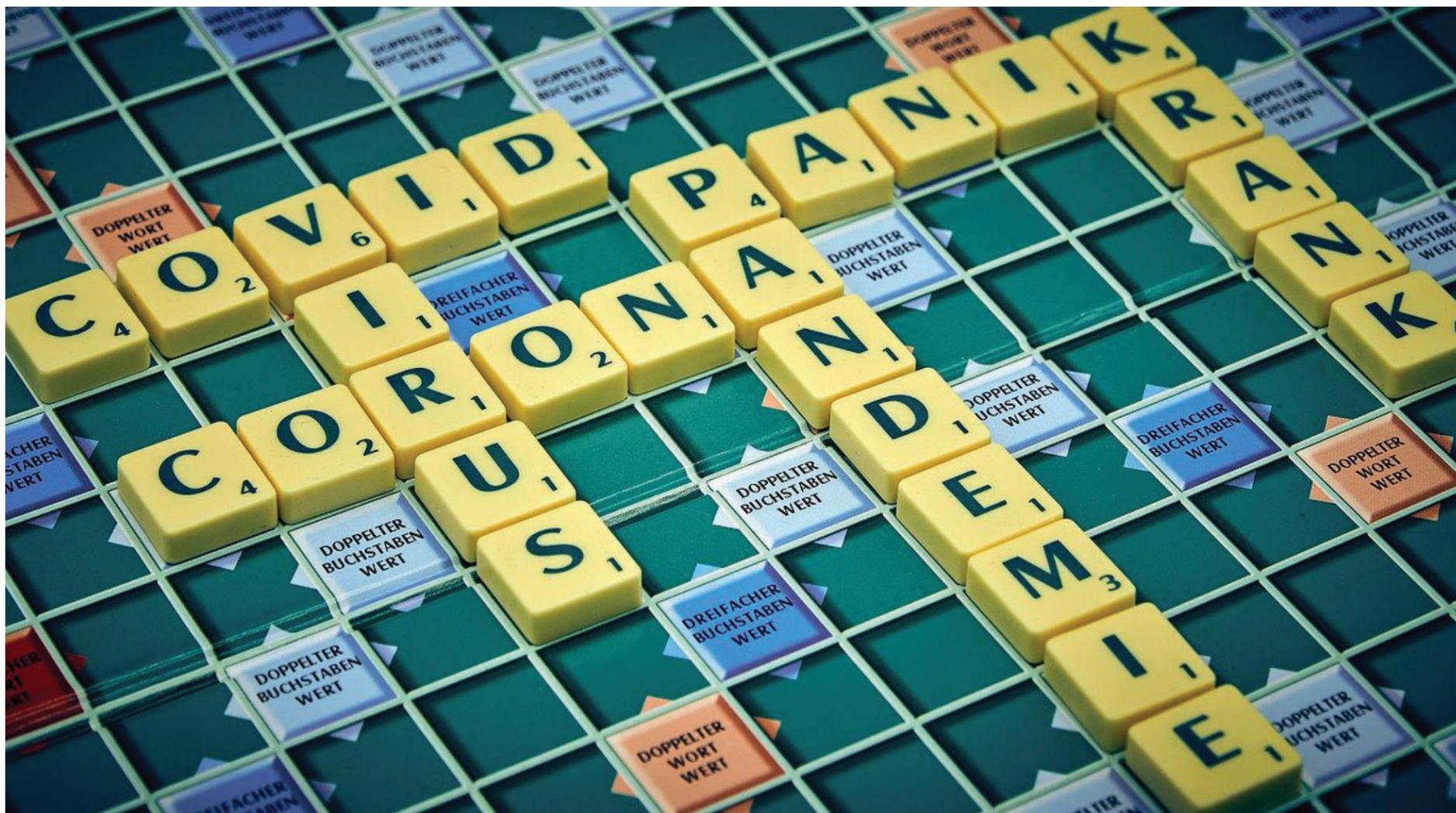




There's no place like home



It's the same in any language.

by Joyce A. Rimmel

The City of Chicago has put into effect a "shelter in place" order until April 7th. The State of Illinois is on lock-down, all in an attempt to stop this deadly virus.

However, there are those people who don't take this seriously, especially, young adults, as demonstrated on Florida's beaches recently. I see neighbors going out to social gatherings, walking the dog, shopping at big box stores (and not for groceries), standing outside talking to each other (not 6 ft apart), running in the neighborhood, biking, going for walks with their babies in a stroller, kids playing outside and still giving handshakes. IT LOOKS LIKE MAY-

BERRY! What is it that people don't understand? These are the sort of practices that contribute to the spread of this horrible disease.

The following text is a short diary of a 31 year old man and his journey with this virus. Some parts are graphic but hope that maybe, just maybe, it will wake up some people who think that this can't happen to them. Here is his covid experience.

Memoirs of a 31 year old male with no underlying health conditions.

March 3 - Bronchitis like illness started, dry cough, no fever.

March 5 - Low grade fever starts, still think-

ing bronchitis.

March 6 - Fever climbs from 99.8 to 102.6 in one hour, thought it was flu and was now outside the Tamiflu window, stayed home for symptom management.

March 9 - Fever of 102 continues, this isn't flu, go to urgent care, diagnosed with pneumonia, started on Levaquin.

March 11 - 3 doses of Levaquin, no improvement in symptoms, go to ER. Admitted, swabbed for COVID19, IV antibiotics, got pneumonia as seen on chest CT.

March 12 - Get to a room and placed on supplemental oxygen via nasal cannula, 1 liter per minute. I'm only

able to achieve 500 on my incentive spirometer, for perspective, my healthy lungs could hit 4000.

March 13 - O2 saturation begins to decline, oxygen increased to 2 liters per minute, then 3 lpm, then 5 lpm. Oxygen saturation 88% on 5 lpm. The decision is made to use high flow (vapotherm) and move to ICU. Placed on 40 lpm and 60% oxygen. I'm terrified at this point because vapotherm is all that is standing between me and ventilator. This is the moment I would have died at home had I not come to the hospital when I did. I would have respiratory arrested in my bed.

March 14 - I have had a bad coughing spell,

my oxygen saturation drops to the 80's. I'm still on 40 lpm and 60%. I'm trying to gasp for air, but because of the condition of my lungs, can only take small breaths without coughing more. I feel as though I'm about to die, my heart is racing, oxygen still low, and I'm sweating profusely. I'm in respiratory distress! I pressed my call light trying to get the attention of anyone who can help. My nurse was in another room tending to another sick patient. Fortunately, he sees me and comes to my room. I am now on 40 lpm and 100% oxygen, next step is the ventilator. I'm terrified. My breathing slows as my oxygen satura-

tion slowly returns to the 90's. I'm weaned back down to 60%. The same thing happens again in the night, and again I thought I was about to leave this world. Again, I'm on 100%, this time for several hours. I'm slowly weaned again to 60%.

March 15 - My morning arterial blood gas (which hurts like bleep is normal. I get weaned to 50%.

March 16 - My oxygen saturation is 97%. I'm weaned further to 30 lpm and 40%.

March 17 - I've been in ICU 4 days forced to use a bedpan because my oxygen saturation drops if I turn or even move too much. I am unable to clean my-

Continued on page 2

Editorial & Opinions

There's No Place Like Home
continued from front page.

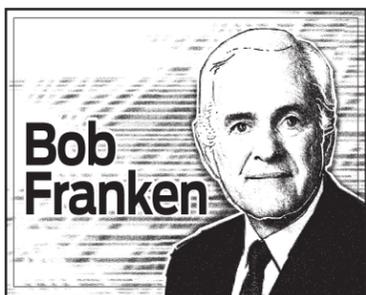
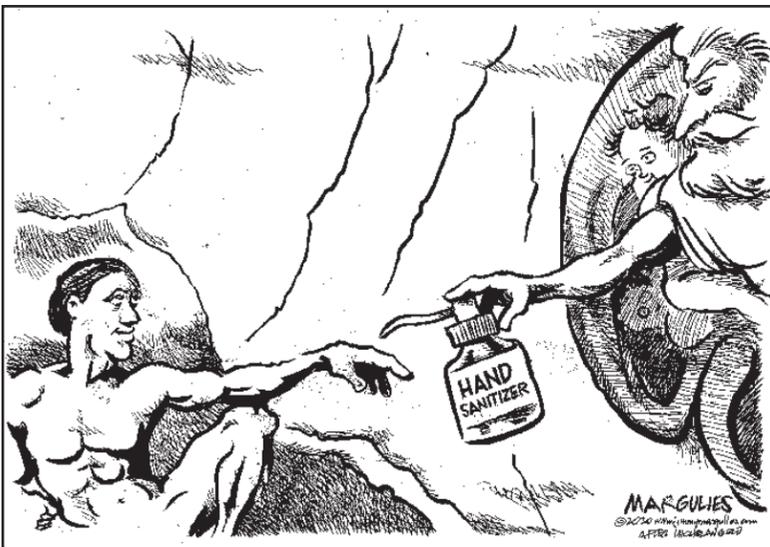
self; I'm feeling completely helpless and so embarrassed, but my nurses were great and very understanding. I'm weaned to 25 lpm and 30%. I'm going to the medical floor.

March 18—I'm weaned to 28%. I can achieve 1500 on my incentive spirometer finally. I'm hopeful to weaned to a regular nasal cannula. The provider comes in. I've been waiting for my swab results, I tested positive for COVID 19, 6.5 days of waiting for the outside lab to process the results I'm relieved because I finally have a diagnosis, a reason I've been so sick. I'm weaned to 4 lpm on a regular nasal cannula, 4 hours later I'm weaned to 2 lpm. 4 hours later I'm weaned to room air. My oxygen saturation stats 93% and above all night.

March 19 — As I write this I'm waiting to attempt a 6 minute walk test to see if my oxygen stays up, so I can go home. I've had no visitors this entire time due to my isolation precautions.

This is why social isolation is a thing. As a 31 year old, I wasn't supposed to get sick. I wasn't supposed to be admitted to the hospital or the ICU for that matter. We've already had several deaths from COVID19 in this area. I thank God I wasn't one of them. However, many won't be as fortunate as I have been. Many will die, especially those with any lung or heart problems. So please, I beg you to stay at home.

After this sobering account, I hope that we can all get on the same page and act responsibly. Wash hands, practice social distancing, wipe down surfaces in your home with disinfectant, including door knobs computer keyboards, phones, etc. Cases are increasing every day, so please be vigilant. This virus affects all of us. If at all possible, stay home!



Testing Our Society

Admit it. Many of you who heard that President Donald Trump had finally decided to take a coronavirus test were rooting for it to come back positive, meaning he had contracted the disease and at the very least would have to self-quarantine.

That is not acceptable, people. We can't wish harm on anyone — not even Donald Trump, not anyone. Period. The very fact that so many were wishing for the worst for him is a reflection of how toxic the atmosphere has become in our society, thanks in great part to where he has taken us. But repeat after me: The negative result for Trump is a good thing, like it would be for any human. Unfortunately, too many humans are being threatened by this new pestilence that a malicious Mother Nature has unleashed on an unprepared world.

A few of our leaders have been heroic, but all too often they have not, to put it mildly. Through blithering incompetence they have retreated to wishful thinking, ignoring the warnings of the true experts, like Tony Fauci, who has been around worldwide public health crises for decades as director of the National Institute of Allergy and Infectious Diseases. (Put him in the heroic category).

In addition, they are saddled with a U.S. health care system that could be charitably described as rickety, made worse by a series of past decisions that were based on politics or budget considerations. As a result of this absence of well-thought-out analysis, future

calamities were inevitable — like this one, where we are clearly unprepared.

Glossing over these many shortcomings just won't cut it. The lack of tests and hospital emergency equipment are just some of the examples of the current breakdown. Finally, officials are scrambling to catch up. That is inherently difficult, particularly in an environment polluted by self-serving infighting instead of the pulling together that is vital if we are going to address this problem effectively, before it overwhelms us.

Isn't it clear that the cave-in of the investment markets is really a vote of no confidence in our leaders? Is the latest Fed drop to near zero interest rates enough to ignite a recovery? In desperation, the captains of industry are getting involved. They are following the decisive actions of those who control the sports world, who literally stepped up to the plate by shutting down.

Not only that, but the players with their deep pockets are sharing their wealth with the thousands of anonymous support workers who have no pockets at all, meaning the money they earn by working the games is what pays for their families' food on the table. In some cases, the team owners are following suit. This kind of good behavior is also contagious.

On the other side we have the sleazebags, who see this situation as an opportunity to run scams. They are out there in cyberspace with their wacky conspiracy theories, such as my personal favorite that this is all really a concoction of the media trying to bring down Donald Trump. Frankly, Donald Trump is bringing himself down. For the most part, we reporters are merely the bearers of the bad news.

So far, the coronavirus has been too much for many of our leaders. Our only hope is concerted action by the rest of our community, in spite of them.

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



Trump Didn't Dictate Coronavirus Response

What happens when the supposed dictator won't dictate? This is the conundrum confronted by the harshest critics of President Donald Trump who have gone from warning he is a budding despot to complaining he hasn't done enough to impose his will during the coronavirus crisis.

They can't believe that he didn't urge sports leagues to cancel their seasons, call for school systems to close, or tell bars and restaurants to shutter before this wave of closures began.

As a New York Times report put it, Trump "has essentially become a bystander as school superintendents, sports commissioners, college presidents, governors and business owners across the country take it upon themselves to shut down much of American life."

Ordinarily, tyrants aren't bystanders. They don't give other political players and civic institutions wide latitude to make their own decisions. They don't have to be pushed to declare a national emergency unlocking various powers. They don't have to be lobbied to call out the military to deal with a domestic problem.

Trump has now declared an emergency and issued national guidelines against gatherings of more than 10 people, but his initial instinct was to urge people to stay calm and carry on.

The problem with Trump's mode of governance isn't that he's a would-be authoritarian. Rather, he has a highly

personalized view of the presidency and an abiding belief that he can talk his way out of any difficulty — including, initially, a public-health crisis not susceptible to spin. This deeply flawed approach contributed to his early stumbles in the coronavirus response, but it doesn't make him a falangist.

What we're likely to find is that Trump ends up leading a characteristically American effort against the outbreak. As Yuval Levin of the American Enterprise Institute points out, we usually fumble around in the early stages of a national crisis before bringing to bear massive resources to wrestle it to the ground.

For better or worse, the Great Depression prompted the creation of the most far-reaching economic programs in our history after a period of passivity and drift. We responded to the perceived crisis of the Soviet Sputnik launch with the Apollo program that soaked up 4% of GDP. Hurricane Katrina overwhelmed New Orleans and initially FEMA, before we put an army general in charge of the relief.

The initial indications of a financial crisis in 2008 were greeted with denial and half-measures. Then, the federal government responded with a historic bailout of the banks and the Federal Reserve undertook an unprecedented program to pump liquidity into the economy.

The outlines of a similar response to the coronavirus are already evident. The move from relative normality to large parts of the country being shut down was remarkably swift — it happened in the space of about a week. Testing has been slow to come online, but is ramping up now. If hospitals are overwhelmed, we will see the rapid retrofitting of additional space. The Federal Reserve and the federal government are embarking on major stimulus and relief programs.

Such is our robust, multi-layered society and system of government that much of this doesn't depend on the president, let alone a dictator.

Rich Lowry is editor of the National Review.

Americanisms



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— *Maya Angelou*

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Lakeview Newspaper

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starts at
Sundown
Thursday,
April 9th

HAPPY
PASSOVER

Easter
Sunday
April 12th

Happy
Easter

SENIOR NEWS LINE

by Matilda Charles

Stay Put to Stay Out of Harm's Way

A show of hands, please: How many of us are getting nervous since the Centers for Disease Control and Prevention announced that seniors and those with medical conditions should stay at home as much as possible due to the coronavirus? (Those medical conditions include heart disease, diabetes and lung disease.)

I've spent several days wondering whether I actually have to go out as often to get the things I need. I've learned:

- Petco, PetSmart and Chewy, the pet food and pet supplies companies, will deliver. If you get on a repeat delivery schedule, the prices are lower than at the stores, and the heavy packages come right to your door.

- Instead of standing in line at the always-crowded post office, I can order stamps online at usps.com. Call 1-800-782-6724 to learn more.

- My grocery store still doesn't deliver, but if I order online they will at least bring my purchases out to the car.

- CVS, however, does deliver, and as of now, it's free. In my area, either the post office or a courier will make the delivery. I decided to have my prescriptions sent by mail.

- I made a few calls and two restaurants in my area will now deliver when they didn't before.

- There's even a mobile oil-change company that will come to my house to service my car.

So, what will I do with all my non-shopping spare time, now that I don't need to go out as often? My list looks like this: order puzzles and paperbacks from Amazon, start spring cleaning, begin outlining a novel to write this summer, sign up on Duolingo [www.duolingo.com] for free language lessons on the computer, and order seeds (and all the supplies) to get a head start on growing a few vegetables on the porch this year.

VETERANS POST

by Freddy Groves

Defrauding the VA

Why do these people think they'll get away with their crimes against the Department of Veterans Affairs? Don't they realize that they're ultimately going to get caught?

Item: A Michigan woman defrauded the U.S. government of over \$1.75 million in veterans benefits over five years. She submitted false applications for veterans' programs such as pension and Aid and Attendance, then altered medical records to indicate that the veterans had qualifying conditions. Then, unknown to the veterans, she had the money sent to her bank accounts. This criminal could get 20 years in the slammer. She deserves every day of it.

Item: A New York man was sentenced to 10-1/2 to 21 years for stealing money that was supposed to pay the rent of homeless veterans in his community, money that was gathered by nonprofit groups. The amount stolen wasn't astronomical, but it was good enough to get four counts of grand larceny in the third degree and one count of scheme to defraud in the first degree. If that weren't bad enough, he also stole lottery winnings from a disabled vet.

Item: A Massachusetts man not only defrauded the government, but what he did was dangerous: He failed to perform medical gas inspections at three VA facilities. These gasses include nitrous oxide, nitrogen, carbon dioxide, compressed air and oxygen to surgery, recovery and patient rooms. He invoiced for the work, which amounts to wire fraud. Now he's going to get up to 20 years in prison.

Item: A VA employee working in IT cooked up a scheme to make fraudulent transactions on a government purchase card and have the proceeds sent to his own bank account. He then rigged the system to make it look like the VA had received the goods. For this he could get 10 years in prison.

Are they never going to learn? Most of these criminals just aren't that smart.

Strange BUT TRUE

By Lucie Winborne

- Ever wondered why those athletic lace-ups on your feet are called sneakers? The moniker came about in the late 1800s, from their rubber soles that allowed people to walk or "sneak" around without a sound.

- Laura Ingalls Wilder's "Little House" books were once used as post-World War II propaganda. Gen. Douglas MacArthur's occupation headquarters chose "The Long Winter" as one of the first American books to be translated into Japanese, in an effort to boost the morale of defeated, starving citizens. German translations soon followed, with a similar goal.

- During the mid-1970s, author Anne Fine walked by a shop selling jewelry and old furs, the proprietor of which was a Madame Doubtfire. Fine recalled the name in 1986 when she wrote her novel "Madame Doubtfire." Her one request to makers of the film starring Robin Williams and Sally Field was that they "not make the children bratty, and they did indulge me in that."

- Believing he had been cursed for killing two canines, a man in India married a third as an act of atonement.

- Michelangelo, renowned painter of the Sistine Chapel and brilliant sculptor to boot, was surprisingly averse to personal hygiene. He also rarely changed his clothes. One of his servants remarked that the artist would spend so much time in his shoes that when he finally did take them off, "the skin came away, like a snake's, with the boots."

- You might experience "optophobia" while watching a terrifying scene in a horror flick — it's the fear of opening one's eyes!

- Zebras are responsible for more injuries to U.S. zookeepers than any other animal.

- Your left lung is smaller than your right to make room for your heart.

Thought for the Day: "Books can be dangerous. The best ones should be labeled 'This could change your life.'" —Helen Exley

Moments in time

THE HISTORY CHANNEL

- On April 11, 1814, Napoleon Bonaparte, emperor of France, abdicates the throne and is banished to the Mediterranean island of Elba. Napoleon is credited with reforms that had a lasting impact on European society, including rights for all men and the end of feudalism.

- On April 7, 1891, American showman Phineas T. Barnum dies in Bridgeport, Connecticut, at age 81. Barnum had requested that a New York paper run his obituary before he died so he could enjoy reading it, and the paper obliged.

- On April 12, 1908, a fire at the Boston Blacking Company in Chelsea, Massachusetts, leaves 12 dead, 85 missing and presumed dead and more than 17,000 homeless. Due to high winds, a good portion of the city burned.

- On April 6, 1917, the U.S. House of Representatives endorses a Senate declaration of war against Germany, and America formally enters World War I. Some 50,000 American soldiers would lose their lives before the war ended on Nov. 11, 1918.

- On April 10, 1933, President Franklin Roosevelt establishes the Civilian Conservation Corps to put thousands of Americans to work during the Great Depression. The CCC was open to unemployed, unmarried U.S. male citizens between the ages of 18 and 26.

- On April 9, 1959, NASA introduces America's first astronauts to the press: Scott Carpenter, Gordon Cooper Jr., John Glenn Jr., Virgil "Gus" Grissom, Walter Schirra Jr., Alan Shepard Jr. and Donald Slayton. The seven men, all military test pilots, were selected from a group of 32 candidates.

- On April 8, 2005, Eric Rudolph agrees to plead guilty to a series of bombings, including the fatal bombing at the 1996 Olympics in Atlanta, in order to avoid the death penalty. A 40-pound pipe bomb that exploded in Atlanta's Centennial Olympic Park killed one woman and injured over 100 people.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Advertising Signs

Advertising signs with bold-colored graphics, interesting product names and pictures of Uncle Sam and other patriotic designs sell for high prices. They sell best in the size sometimes called a "sofa picture," since it's big enough to hang between the ceiling and the top of the sofa. Many collectors want advertising for the historic content and authentic pictures of costumes, rooms and occupations and as a way to date popular messages and sayings.



Could this sign date from 1889? In small letters at the bottom it says: "Over fifty years on the market," and Uncle Sam and Miss Liberty look Victorian. Is it 50 years from the founding of Kirk & Co.? Or 50 years from the 1930s Proctor & Gamble ownership, in which case, the sign was made in 1980.

The large, cardboard American Family Soap poster offered at a Morford auction in upstate New York brought \$1,652. It was a bright-yellow "sofa-sized" picture of Uncle Sam and Lady Liberty with the slogan, "It is cheaper to buy good soap than new clothes. Every atom cleanses." American Family Soap was made by James Kirk & Co., a firm that started in 1839. It was purchased in 1930 by Proctor & Gamble, which made the American Family brand for the hard water of the Midwest. They

also included a coupon on the wrapper that could be used for gifts. An old wrapped bar of the soap to display with other country items is sometimes offered for sale online for \$10 to \$15.

Q. I have a Rudolph pianola with serial number 63034. It was reconditioned 25 years ago into a piano and no longer works as a pianola. It's in good condition and has been tuned regularly. What year was it made and what might it be worth?

A. Pianolas, or player pianos, were popular in the late 19th and early 20th century. The instrument works by pumping the foot pedals to operate bellows that make the keys play without being touched. The music is on a punched paper roll inserted in the upper part of the piano. Thousands of music rolls were made, and new ones are still made for people who own player pianos. After phonograph records became popular, player pianos became less popular. The Rudolph Piano Co. was founded in New York in 1903. The serial number indicates that your pianola was made in 1925. Old pianos are hard to sell. Your piano might have some interest to a collector if it still operated as a player piano, but will have little value as is.

CURRENT PRICES

Corkscrew, bone, horse jockey, England, 1900s, 4 1/4 x 1 1/2 inches, \$45.
Vegetable bowl, Delft, shaped, handles, blue and white, ships and windmills, scalloped lid, loop handle, marked, c. 1905, 10 inches, \$285.
Lunchbox, Howdy Doody, Howdy holding frying pan, girl with dinner bell, chuck wagon, tin lithograph, 1954, \$675.
Nailsea fairy lamp, green, opal loops, satin finish, three-part construction, scalloped rim, c. 1875, 5 x 5 3/4 inches, \$810.

TIP: Never soak rhinestone jewelry in water. The moisture seeps behind the stones and will cause discoloration.

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



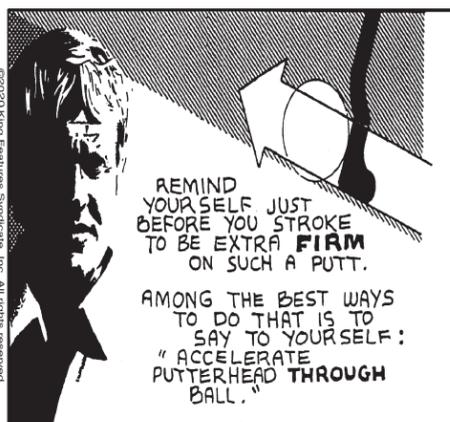
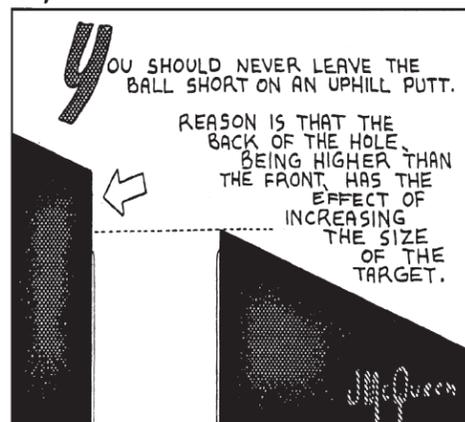
by Ryan A. Berenz

1. What business executive was chairman of the 1984 Los Angeles Olympic Organizing Committee and served as the sixth commissioner of Major League Baseball from 1984 to 1989?
2. In February, 42-year-old Zamboni driver David Ayres became the first emergency backup goaltender to record a win in NHL history. For what team did Ayres suit up?
3. Who was the only member of the University of Michigan's 1991 Fab Five recruiting class to never play a game in the NBA?
4. The 1982 Atlanta Braves and the 1987 Milwaukee Brewers share the Major League Baseball record for consecutive wins to start a season with how many?
5. Cheryl Miller won two women's basketball national championships (1983-84) and three Naismith College Player of the Year awards (1984-86) as a member of what team?
6. Old Trafford stadium is home to what English Premier League soccer club?
7. What was the name of the character played by Alex Karras, a Detroit Lions defensive lineman from 1958-70, on the 1980s TV sitcom "Webster"?

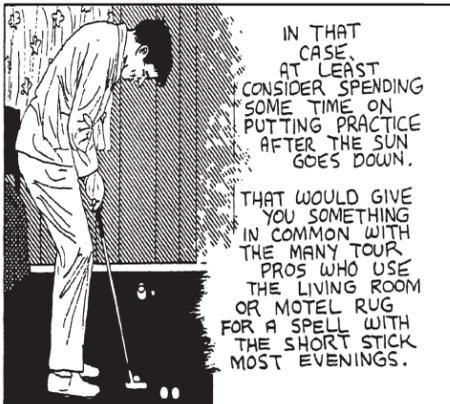
Answers

1. Peter Ueberloch.
2. The Carolina Hurricanes.
3. Ray Jackson.
4. 13.
5. The USC Trojans.
6. Manchester United F.C.
7. George Papadopolis, a sportscaster and retired football star.

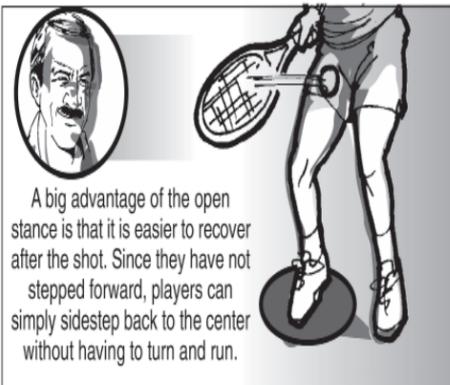
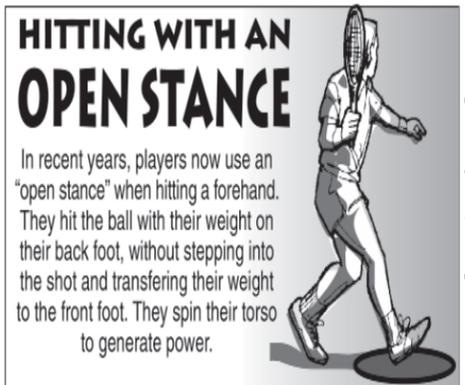
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF - A - DAY

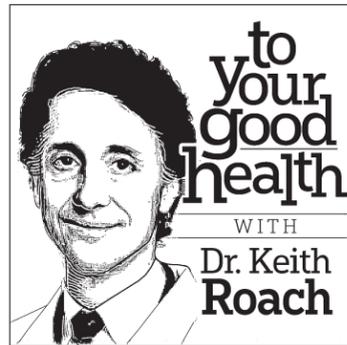


"I was following this recipe on TV when suddenly the cable went out."



"I'm here for you, Mr. Figby ... by the hour."

Health



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 health who stays active and enjoys relaxing with wine — before, during and after dinner. I seriously want to know if I'm really harming myself with this habit. — *N.R.*

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.

'Cotton Ball' Sensation Is a Sign of Neuropathy

DEAR DR. ROACH: I'm a 63-year-old male diagnosed with chronic myelogenous leukemia, Type 2 diabetes and coronary heart

disease. I am 5 feet, 11 inches and weigh 240 pounds. I have two stents and take Sprycel for the CML. My levels are good, and the coronary disease is under control.

For a few years I've had what feels like "cotton balls" under the skin in the area of the balls of my feet. Now it feels like it's migrating to the arch. While not too uncomfortable, it is almost impossible to walk barefooted. Some type of foot covering is needed to keep from noticing the feeling. My doctor says it's the diabetes, and to lose weight or see a podiatrist. Other than losing the weight, do you have any opinion about this? — *N.M.*

ANSWER: Cotton-ball sensation is one way that many people describe the beginning of neuropathy, a general term for a variety of different conditions that affect the nerves of the body.

In a person with cancer (like CML, chronic myelogenous leukemia, a cancer of the bone marrow) and a new symptom, it is always wise to consider whether it could be due to the cancer, the treatment for the cancer or from something else. In your case, usually CML is not associated with neuropathy. However, the medicine you are taking, dasatinib (Sprycel), has been associated with a severe kind of reversible neuropathy. I read the case reports of this condition carefully, and I doubt that is what is going on with you, as the symptoms you have are different from those reported.

People with longstanding diabetes frequently develop a particular disease of the nerves, diabetic neuropathy. This almost always begins with sensation changes in the feet. I agree with your doctor that diabetes is the most likely cause.

Seeing a podiatrist is absolutely a good idea. He or she can test you for this condition (usually a careful physical exam will make the diagnosis), in addition to looking carefully for any early signs or risk factors for injury or infection. You also should learn how to do a daily inspection of your feet and recognize the signs, so you can get to medical attention promptly should any damage to your feet occur. The podiatrist will make sure you have appropriate footwear.

Many people with diabetes benefit from weight loss, but the important

thing is to be sure your diabetes is under good control. This is achieved through good diet, regular exercise and medication, if needed, in addition to weight loss in people who are overweight.

DEAR DR. ROACH: Due to cancer, my prostate was removed about seven years ago. My PSA reading has increased since 2012 from 0.09 to 0.304. Should I be concerned? I am 78 years old and in relatively good health. — *B.D.*

ANSWER: PSA readings can go up and down, but a threefold increase could mean that the cancer is coming back, and you should see the specialist taking care of your prostate cancer to discuss getting additional testing.

Not having disease for seven years after treatment is a good sign, but the PSA test is pretty specific for cancer recurrence if two separate readings are above 0.2. You may need additional therapy, but only further investigation will show how concerned you need to be.

New Option to Treat Enlarged Prostate

DEAR DR. ROACH: I am a 66-year old male, who is healthy with a very active life, both physical and sexual. Like many men my age, I have an enlarged prostate that my doctor monitors during annual visits. It doesn't impair my life, with the small exception of being annoying (waking up nightly to a weak or slow urinating stream), and it doesn't bother me too much during the day, except once in a while when I have to urinate a little more than usual. Every now and then I'll try an over-the-counter prostate supplement, but they never work. I will NOT go for a surgery because it's not really necessary.

I just read about a new revolutionary treatment option called a prostatic lift device, which is supposed to "lift and remove the prostate tissue out of the way so it no longer blocks the urethra (the passageway that the urine flows through)." It says, "Tiny implants are placed to hold the tissue in place, like tiebacks on a window curtain, leaving an unob-

structed pathway for urine to flow normally again." They go on to say that treatment typically takes under an hour, preserves sexual function, doesn't require cutting, heating or removal of tissue. Compared with other BPH surgeries, this system is supposed to have a strong safety profile with minimal side effects. Have you ever heard of this? Do you think it's safe? It sounds great. However, the thought of tiny implants being placed inside of me and staying there scares me. — *V.A.*

ANSWER: The prostatic urethral lift procedure is yet another option for men with symptoms of an enlarged prostate. The procedure does involve the placement of small implants. The procedure is said to be easy to perform (easy for a urologist, that is), and improves quality of life and measures of urinary flow.

In a study of 206 men, none developed sexual troubles after the procedure. It has significant benefits over traditional surgery: Recovery is faster and has less risk of sexual side effects, but traditional surgery improved urinary flow and complete bladder drainage more than the urethral lift procedure. Also, 14% of men who had the lift procedure needed the traditional surgery within five years. The implants seem to be safe and do not affect the ability to do surgery if necessary.

I wouldn't recommend this procedure nor a surgical procedure — or even an alternative procedure like laser, microwave, plasma vaporization or water vapor ablation — without a trial of prescription medication first. Most men do very well with an alpha blocker like tamsulosin (Flomax), a dihydrotestosterone blocker like dutasteride (Avodart), or a combination of the two. I'm not sure you have tried that.



Financial Statement

by Joyce A. Rimel

CHANGES AND UPDATES FOR FILING YOUR 2019 TAX RETURN

Things to be aware of when preparing your 2019 tax return:

A new form specifically for seniors: The 1040-SR is a special form that's easier to read, thanks to a larger font size. The Bipartisan Budget

Act of 2018 aimed to simplify tax filing for people ages 65 and older.

An increase in allowable IRA contributions: Now you can contribute up to \$6,000; for 2018 it was \$5,500. And just as last year, there is a \$1,000 catch-up limit if you're over 50. Your traditional IRA contributions may be tax-deductible. The deduction may be limited, however, if you or your spouse is covered by a retirement plan at work and

your income exceeds certain levels, the IRS notes.

No deductions for alimony payments: This applies to domestic relations separation agreements and divorce settlements finalized post-2018. In addition, alimony payment no longer need to be reported if you're on the receiving end.

An increase in the standard deduction: Single individuals get a standard deduction of \$12,200; head of household individuals get a standard deduction of \$18,350; and married couples filing jointly now qualify for a standard deduction of \$24,400.

Common Mistakes

Mistakes can take the form of simple mathematical errors and incorrect calculations to incorrect Social Security numbers, missing information on forms, and even failure to sign returns submitted to the IRS.

Here are some typical misunderstandings, mistakes and oversights. Not understanding deduc-

tions: People are still digesting the new tax act, especially what qualifies as deductions under the new law. Job search expenses are no longer deductible and the limit on deducting real estate and state income taxes is now \$10,000. Many are still adjusting to the new higher standard deduction, as opposed to itemizing deductions as was done in years' past.

Omitting the Social Security number on the payment check: Because your Social Security number lets the IRS know what account to credit and keeps track of filers, forgetting to jot it down on the check could delay a refund or result in a late-payment or non-payment notice, among other things.

Sending the check to the wrong address: It happens more often than you think. Federal checks sent to the Illinois filing address and vice versa.

Making the check payable to

the IRS, not to the U.S. Treasury: If the check is made out to the IRS, scammers can change it by changing the "I" to an "M", making it "Mrs." and then adding a name to take that money illegally.

Prepare your own return or go to a professional?

Preparing your own return is best suited for people who have one or two W-2s with no dependents. If you have dependents, you may qualify for child tax credits, educational credits and other types of credits, as well as estate planning and wealth transfer, all of which are more involved and should be done by someone familiar with tax preparation.



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ROSCOE VILLAGE

In light of businesses closing due to COVID-19, here's information for how we can support our local businesses in Roscoe Village.
For more information, visit: rvchamber.org/covid-and-our-community

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What's Hot in Hollywood

HOLLYWOOD — A star is about to be born before our very eyes. He's the guy in several Crown Royal commercials, and his name is **Anthony Ramos**. Who?

He created the dual roles of John Laurens and Philip Hamilton in the original production of "Hamilton" at The Public Theater in January 2015. When "Hamilton" transferred to Broadway that July, he re-created his dual roles in the mega hit that had theatergoers paying scalpers \$500 a seat. Before leaving "Hamilton," Ramos re-created his roles, as did the rest of the original cast, for the upcoming film version.

He next played Ramon, **Lady Gaga's** friend, in "A Star Is Born" (2018), and took a turn with "Godzilla: King of the Monsters" in 2019. Come June 26, he'll star in **Lin Manuel-Miranda's** film version of his other hit Broadway show, "In the Heights." In September, Ramos will be with **Liam Neeson, Jai Courtney, Kate Walsh, Robert Patrick** and **Jeffrey Donovan** in the crime thriller "Honest Thief."

He's currently shooting, with **Rachel Brosnahan** — "The Marvelous Mrs. Maisel" herself — the comedic sci-fi film "Distant," about an asteroid miner who crashes on an alien planet and desperately tries to find a female survivor trapped in her escape pod. Then, on Oct. 15, 2021, the world will see the filmed version of Broadway's "Hamilton," which Disney paid \$74 million to acquire.

Sorry ladies, but the handsome, charming Anthony is engaged to his "Hamilton" co-star **Jasmine Cephas Jones**, who played the dual roles of Peggy Schuyler and Maria Reynolds in both the Broadway and film versions of "Hamilton."

Speaking of stars, **Sophia Loren**, one of the last four living movie stars of Hollywood's Golden Age, and her director son **Edoardo Ponti** have ensured a huge audience for their film



Wikimedia.commons.org

Anthony Ramos

"The Life Ahead." Sophia admits, "In my career, I've worked with the biggest studios, but I can safely say none have had the breadth of reach and cultural diversity of Netflix, and that's what I love about them." Netflix added, "The Life Ahead" is a beautiful and brave story that, much like Sophia herself, will be embraced by audiences all around the world."

As we reported earlier, Sophia feels this is one of the most important films of her career and maybe one of her last, and she wanted the largest audience she could find. It looks like she succeeded.

Get ready for **Goldie Hawn, Bette Midler** and **Diane Keaton**, who scored \$181 million against a \$26 million cost with "The First Wives Club" (1996), to get back together again in "Family Jewels." It's about three women who were once all married to the same man and now are forced to spend Christmas together, along with their children and grandchildren. From first wives to triple trouble.

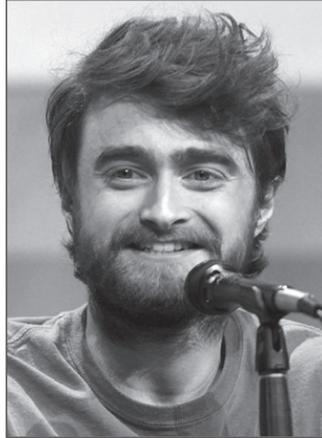
William Shatner has said "no" to re-creating his Captain Kirk role in a film reboot of the original TV series that started the "Star Trek" revolution. Shatner says, "Kirk's story is pret-

ty well played out at this point, and besides, Kirk died in 'Star Trek Generations,' what's really left?"

Also not wanting to revisit his past success is **Daniel Radcliffe**, who, when asked if he would ever play Harry Potter in the "Fantastic Beasts" franchise, explained, "I don't like to say no to things, but it's not something I'm rushing to do. I feel those films have moved on and they're doing just fine without us. He then added, "I'm not saying I'll never go back into any franchise, but I like the flexibility I have with my career now."

Many feel he's made offbeat role choices to distance himself from Harry Potter, but he denies that. Still his variety of odd characters in the past and in upcoming films, such as "Guns Akimbo," which opened March 5 in New Zealand, and the thriller "Escape From Pretoria," which opened March 6 in the United Kingdom, are as un-Potter as you can get. Add the second season of his six-episode anthology TBS series "Miracle Workers, Dark Ages" and you got a pretty good argument for anti-Potterism!

Fans of "The Saint" — the 1962-69 TV series with **Roger Moore**, the 1970-72 series with **Ian Ogilvy** and the 1997 **Val Kilmer** film — can rejoice because **Dexter Fletcher**, director of the **Elton John** biopic "Rocketman," is directing a new film version.



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Daniel Radcliffe



by Dana Jackson

Q. I read that **Macaulay Culkin** will be in the next season of "American Horror Story." I hope he's doing well and that we'll see him in more roles. — *U.D.*

A. It's hard to believe that the cute little blond boy who outwitted two burglars in the blockbuster film "Home Alone" is now 39 years old. He was recently on the cover of "GQ" magazine, although in the interview he stated how much he disliked doing photoshoots.

"Mack," as he's now called, has slowly been easing back into acting. A couple years ago, he played himself on a few episodes of "The Jim Gaffigan Show" and most recently generated a lot of critical acclaim in the independent film "Changeland," written and directed by good friend Seth Green.

That film might be what got him noticed by **Ryan Murphy**, the creator of "American Horror Story." The next installment takes place in a seaside town and will star **Sarah Paulson** and **Evan Peters**, along with **Culkin**. It's set to air later this year on FX.

Q. Whatever happened to **Robin Givens**? I saw her on a daytime soap a little while back, but other than that, I don't see her in anything anymore. — *L.K.*

A. **Robin Givens** is probably more famous for her love life (marrying **Mike Tyson** and dating **Brad Pitt**) than her acting career, but she's actually been in TV and movies for more



Depositphotos

Macaulay Culkin

than three decades. Her first regular series role was the sitcom "Head of the Class," which aired on ABC from 1986 to 1991. During that time she married the notorious boxer **Tyson**, and the two went through a messy divorce.

She did indeed have a recurring role on "The Bold and the Beautiful" in 2018 in which she played a doctor, but since then she's gained wider exposure on the hit Netflix teen show "Riverdale."

Next up for **Givens** is a new challenge, that of first-time director of a TV movie that will air on Lifetime called "A Murder to Remember." It's based on the book "Empty Promises" by true-crime novelist **Ann Rule**. Casting hasn't been announced yet.



1. Name the bridge in **Bobbie Gentry's** 1967 hit "Ode to Billie Joe."
2. Which singer was born **Jean Caliste**? What was her only big hit single?
3. Who released "You Can't Always Get What You Want," and when?
4. Who was the first to release "Lawdy Miss Clawdy"?
5. Name the song that contains this lyric: "Boy, the way **Glenn Miller** played, Songs that made the hit parade. Guys like us we had it made."

Answers

1. The Tallahatchie Bridge, a wooden bridge near Money, Mississippi. It collapsed after being set on fire in 1972 and was replaced with a concrete bridge in 1986.
2. **Jean Knight**, with "Mr. Big Stuff," in 1971. She got a Grammy nom in 1972 for the song.
3. The Rolling Stones, in 1969, on their "Let It Bleed" album. The song was listed at No. 100 on the 2004 list of the "500 Greatest Songs of All Time."
4. **Lloyd Price**, in 1952, followed by **Elvis Presley** in 1956.
5. "Those Were the Days," the theme song to the long-running TV show "All in the Family," with **Archie Bunker** played by **Carroll O'Connor**. The show ran from 1971 to 1979.



HEALTH FOOD TRENDS

1. Plant-based meats
2. Non-alcoholic drinks
3. Ancient grains
4. Plant-based butters *
5. Celery juice
6. Soy alternatives
7. Pegan diet
8. Ayurvedic diet
9. Low-carb diets
10. Oat milk

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Simple *Holiday* Hams

Ideas for an easy Easter menu

FAMILY FEATURES

Whether you're new to hosting or simply looking for ideas to make Easter entertaining easier than ever, there are plenty of ways to save time and stress in the kitchen.

Go with what you know. Trying out new recipes is fun, but it can also add stress when they don't turn out like you expected. Stick to tried and true dishes you can prepare and serve with confidence and save the experimenting for another time.

Take shortcuts. At the center of many Easter feasts is a ham that has been expertly cured and cooked to perfection. Even so, starting with a full-cooked ham is a shortcut that no one is likely to

notice, especially if you heat it properly. For exceptional quality and a variety of flavor profile options to choose from, turn to America's Original Butcher, Omaha Steaks. The meats are fully cooked then frozen before being delivered to your door for maximum convenience.

Work ahead. Plan your menu to incorporate items you can make ahead of time so you're under less pressure the day of your dinner. Even handling the prep work like slicing veggies the night before can buy back precious minutes, that way when guests begin arriving, you can step out of the kitchen and enjoy the day right along with them.

Find more ideas to make hosting this year's Easter meal easy at OmahaSteaks.com/buy/meals/easter.

How to Heat a Frozen Ham

Many frozen hams are fully cooked and can be served as soon as they're properly thawed, which is an ideal solution for a casual brunch with mini sandwiches on the menu. However, if you're serving an elegant holiday dinner, you're more likely to prefer a warm centerpiece dish. A fully cooked ham is still a time-saving option; you'll just need to allot time to heat it in the oven once it's thawed.

Start by thawing a fully cooked ham in the refrigerator for 24-48 hours. To keep your ham extra moist, always put the cut-side down. You might also consider placing a baking rack in the pan and adding a quarter-inch of water before placing the ham on the rack.

For a spiral-cut, bone-in ham, heat the oven to 325 F. Remove ham from film and foil. Place ham cut-side down on a raised edge baking pan lined with foil. Heat uncovered 60-75 minutes for the entire ham or 10 minutes per pound for smaller portions.

For a boneless ham, heat the oven to 350 F. Place the ham, cut-side down, on a raised edge baking pan lined with foil. Cover the ham tightly with foil and heat 35-40 minutes.

Another option for adding extra juicy flavor is a glaze, which can be as simple as dissolving three parts brown sugar into one part honey in a small saucepan. Or for a more elegant affair, consider a fruit-infused glaze to complement the savory pork.

A Host of Hams

If you always thought a ham is a ham is a ham, it's time to think again. From the type of meat to the smoking preparation to specialized slicing that makes serving easy, there are plenty of options to consider from a supplier like Omaha Steaks when choosing the right ham.



Savory

For an elegant gathering that demands premium ingredients, an all-natural Duroc Boneless Country Ham may be the answer. These hams tend to feature more marbling for an exceptionally rich flavor and texture, making for a tender, savory and juicy main course with no basting or injection needed.



Smoky

Put a little flair in your Easter meal with a uniquely flavored ham like the Pecanwood Smoked Flank Ham, smoked with real pecan wood for 8 hours to add a rich yet mellow smoky flavor. This tender, juicy uncured whole-muscle ham earns its place of distinction on your holiday table. Complementary sides with subtle nutty notes, such as a sweet potato casserole, can enhance the menu even more.



Sweet

Each Spiral-Sliced Ham is slowly smoked with real wood up to 24 hours to infuse flavor and maximize juiciness then generously brushed with a sweet and sticky brown-sugar crust that is torch-glazed to create a flavorful, crunchy crust. It's spiral-sliced before delivery, so once it's thawed and heated, it's ready for quick service to your guests.

EASY FRUIT-INFUSED GLAZES

Apricot Glaze

- 1/2 cup brown sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground ginger
- 1 cup apricot nectar, canned

In saucepan, mix brown sugar, cornstarch and ginger. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

Cranberry Orange Glaze

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon allspice

In small saucepan over low heat, combine cranberry sauce, brown sugar, orange juice, cloves, cinnamon and allspice; simmer 5 minutes, before serving.



by Healthy Exchanges

Asparagus Quiche

With spring in the air and asparagus readily available, here's a great high-protein lunch dish that is sure to be a hit.

- 1 refrigerated unbaked 9-inch pie crust
- 1 1/2 cups (9 ounces) diced 97 percent fat-free ham
- 3 cups finely chopped fresh or thawed frozen cut asparagus (3/4-ounce) slices reduced-fat Swiss cheese, shredded
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 2 eggs, beaten, or equivalent in egg substitute
- 2 teaspoons dried onion flakes
- 1/4 teaspoon ground nutmeg

1. Heat oven to 350 F. Place pie crust in a deep-dish 9-inch pie plate and flute edges. Layer ham and asparagus in prepared pie crust. Evenly sprinkle Swiss cheese over top.

2. In a medium bowl, combine dry milk powder and water. Add eggs. Mix well to combine. Stir in onion flakes and nutmeg. Pour milk mixture evenly over top.

3. Bake for 50 to 55 minutes or until center tests done. Place pie plate on a wire rack and let set for 10 minutes. Cut into 8 wedges. Serves 8.

HINT: Thaw asparagus by placing in a colander and rinsing under hot water for one minute.

• Each serving equals: 230 calories, 10g fat, 15g protein, 20g carbs, 515mg sodium, 190mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable, 1 Fat; Carb Choices: 1.



by Healthy Exchanges

Anytime Soup

This soup is one you can start in the morning and leave on the stove all day long for lunch, afternoon snack or a quick dinner after coming in from a cold March day.

- 16 ounces skinned and boned uncooked chicken breast, cut into 36 pieces
- 3 cups shredded green cabbage
- 1 1/2 cups chopped celery
- 1 cup chopped carrots
- 5 cups diced fresh tomatoes
- 1 minced garlic clove
- 2 tablespoons chopped fresh parsley
- 2 (14-ounce) cans Swanson Lower Sodium Fat Free Chicken Broth
- 1 teaspoon dried thyme (optional)
- 1/4 teaspoon black pepper
- 2 tablespoons lemon juice or 2 tablespoons apple cider vinegar

In a large soup pot, combine uncooked chicken, cabbage, celery, carrots, tomatoes, garlic, parsley, chicken broth, thyme, black pepper and lemon juice or vinegar. Bring mixture to a boil. Lower heat and simmer for one hour. Makes 8 (1 1/2 cup) servings.

TIP: Lean beef roast and beef broth can be used in place of chicken breast and chicken broth.

• Each serving equals: 114 calories, 2g fat, 15g protein, 9g carbs, 98mg sodium, 48mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 2 Vegetable; Carb Choices: 1 1/2.

Good Housekeeping

Yogurt-Marinated Leg of Lamb

This Easter favorite serves 12 and takes less than an hour to prepare.

- 2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground red pepper (cayenne)
- 1/4 teaspoon ground allspice
- 2 cup plain nonfat or low-fat yogurt
- 1 teaspoon freshly grated lemon peel
- 1/4 cup fresh lemon juice
- 4 teaspoon minced garlic
- 1 teaspoon salt
- 1 5 to 6 pound leg of lamb, boned, butterflied and trimmed of visible fat

1. Put cumin, coriander, red pepper and allspice in a small saucepan. Stir over low heat 1 to 2 minutes until fragrant (take care not to burn spices.) Scrape into a medium-size bowl and stir in remaining marinade ingredients until blended.

2. Put lamb in a large zipper-type food-storage bag. Add marinade, seal bag and turn to coat meat. Refrigerate at least 6 hours or overnight. Remove lamb from refrigerator 1 hour before cooking.

3. Heat broiler and broiler-pan or grill. Remove lamb from marinade. Discard marinade. Grill or broil lamb 15 minutes per side for medium-rare, 20 minutes per side for well-done.

4. Let stand 5 minutes, then slice thin across the grain.

TIP: Ask your butcher to bone and butterfly the lamb and remove as much fat as possible. This cut is great for a crowd because thin ends will be crisp and well-done, while the thicker parts will be pink and juicy.

Good Housekeeping

Herbed Potatoes Au Gratin

"This rich, creamy side is incredibly versatile. At Easter I add thyme and parsley, and at Christmas I use rosemary and serve it with prime rib. I like the chunky potatoes better than the traditional thinly sliced ones, plus they're easier to prep." — Ree Drummond

- 3 tablespoon unsalted butter
- 1 medium onion
- 1/2 cup heavy cream
- Kosher salt
- Pepper
- 8 ounces cream cheese
- 3 ounces Parmesan
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh thyme
- 3 pounds russet potatoes, sliced thin or cut into chunks
- Chopped fresh chives

1. Heat oven to 350 F. Butter a 3-quart shallow baking dish.

2. Melt the butter in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until beginning to soften, about 5 minutes.

3. Add the milk, cream, 1 teaspoon salt and 1/2 teaspoon pepper and bring to a bare simmer. Add the cream cheese and cook, stirring, until melted, about 3 minutes; stir in 1/2 cup Parmesan. Remove from the heat and stir in the parsley and thyme.

4. Place the potatoes in the prepared baking dish and pour the milk mixture over the top. Sprinkle with the remaining 1/4 cup Parmesan and cover tightly with nonstick foil.

5. Place the baking dish on a large rimmed baking sheet and bake for 30 minutes. Uncover and bake until the potatoes are tender and the top is golden brown, 50 to 60 minutes more. Let rest for 15 minutes, then sprinkle with chives before serving, if desired. Makes 8 servings.

Good Housekeeping

Sticky Toffee Pudding

In England, the term "pudding" refers to many kinds of desserts. This pudding is a moist cake with a sticky broiled-on brown-sugar topping.

- 1 cup dates, chopped and pitted
- 1 teaspoon baking soda
- 1 cup sugar
- 10 tablespoon (1 1/4 sticks) margarine, softened
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour

- 1 teaspoon baking powder
- 1 cup packed brown sugar
- 1/4 cup heavy cream
- Whipped cream

1. Grease 13-inch by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 1/2 cups boiling water; let stand 15 minutes.

2. Heat oven to 350 F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin).

3. Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.

4. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons margarine or butter to boiling over medium heat; boil 1 minute. Set aside.

5. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds.

6. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Makes 12 servings.

• Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g carb., 3g protein.

Good Housekeeping

Broiled Brown-Sugar Bananas

A sweet, satisfying dessert with just four basic ingredients. Ready to serve in just 10 minutes

- 4 ripe medium bananas, unpeeled
- 2 tablespoons brown sugar
- 1 tablespoon lower-fat margarine
- 1/8 teaspoon ground cinnamon

1. Heat broiler. Cut each unpeeled banana lengthwise almost in half, being careful not to cut all the way through and leaving 1 inch uncut at banana end.

2. In cup, with fork, blend together remaining ingredients. Place bananas, cut side up, on rack in broiling pan. Spoon brown-sugar mixture into split bananas.

3. Place pan in broiler at closest position to source of heat; broil bananas 5 minutes or until browned. Serve bananas in skins, and use spoon to scoop out fruit. Makes 4 servings.

• Each serving: About 150 calories, 2g total fat (1g saturated), 20mg sodium, 34g total carbohydrate.



by Healthy Exchanges

Jello Sherbet

This dessert will give you an A-plus with your kids as a refreshing after-school snack.

- 1 (4-serving) package Jell-O sugar-free gelatin (any flavor)
- 1 cup Splenda Granular
- 2/4 cups boiling water
- 2/3 cup Carnation Nonfat Dry Milk Powder
- 2/4 cups cold water
- 1 (6-ounce) can frozen lemonade concentrate, thawed
- 1/8 teaspoon almond extract

1. In a large bowl, combine dry gelatin, Splenda and boiling water. Mix well to dissolve gelatin. In a medium bowl, combine dry milk powder and cold water. Stir in lemonade concentrate and almond extract. Add milk mixture to gelatin mixture. Mix well to combine.

2. Cover and freeze to a heavy mush stage, about 4 hours. Whip on HIGH with an electric mixer until fluffy. Recover and refreeze for about 1 hour. Makes 8 (1 cup) servings.

• Each serving equals: 72 calories, 0g fat, 2g protein, 16g carbs, 32mg sodium, 77mg calcium, 0g fiber; Diabetic Exchanges: 1 Starch; Carb Choices: 1.

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Crime

Assault on a ride share (E.G., Uber, Lyft) driver on the 2600 block of West Addison Street.

Theft under \$500 from a public school building on the 2500 block of West Addison Street.

Disorderly conduct and reckless conduct at a restaurant on the 3700 block of North Western Avenue.

Theft over \$500 on a CTA train on the 1800 block of West Addison Street.

Theft over \$500 from a grocery food store on the 3700 block of North Lincoln Avenue.

Harassment by telephone on the street on the 3900 block of North Damen Avenue.

Burglary and forcible entry to an apartment on the 2800 block of North Leavitt Street.

Computer fraud at a commercial business or office on the 4200 block of North Lincoln Avenue.

Domestic battery at an apartment on the 2100 block of West Belmont

Avenue.

Unlawful sale and delivery of a firearm at school and weapon offense on the 3900 block of North Leavitt Street.

Credit card fraud at a residence on the 4200 block of North Claremont Avenue.

Drug abuse violation and found suspect narcotics at a police facility or vehicle parking lot on the 2400 block of West Belmont Avenue.

Domestic battery at an apartment on the 2400 block of West Dakin Street.

Criminal sexual assault at an apartment on the 4500 block of North Seeley Avenue.

Violation of an order of protection at an apartment on the 1900 block of West Winnetamac Avenue.

Assault in an alley on the 4800 block of North Talman Avenue.

Child abuse and battery at a residence on the 3600 block of

North Marshfield Avenue.

Criminal sexual assault at a tavern or liquor store on the 3400 block of North Halsted Street.

Pick pocketing at a bar or tavern on the 3300 block of North Halsted Street.

Retail theft from a grocery food store on the 3200 block of North Ashland Avenue.

Credit card fraud at a grocery food store on the 3200 block of North Ashland Avenue.

Vandalism to property in an alley on the 1500 block of West Berteau Avenue.

Motor vehicle theft of an automobile off the street on the 1300 block of West Fletcher Street.

Battery on the sidewalk on the 900 block of West Belmont Avenue.

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

Domestic battery on the street on the 800 block of West Buckingham Place.

Battery at a grocery food store on the 3400 block of North Broadway.

Credit card fraud at bar or tavern on the 3700 block of North Broadway.

Theft under \$500 on the sidewalk on the 3600 block of North Halsted Street.

Motor vehicle theft of an automobile on the 800 block of West Addison Street.

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

Vandalism to property at a bar or tavern on the 3200 block of North Sheffield Avenue.

Disorderly conduct at a residence on the 3200 block of North Kenmore Avenue.

Theft under \$500 on the street on the 1000 block of West Irving Park Road.

Battery on the street on the 3600 block of North Clark Street.

Theft from a residential building on the 1100 block of West Newport Avenue.

Miscellaneous offense to a state supported land and CHA apartment on the 3900 block of North Clark Street.

Battery on the sidewalk on the 1300 block of West George Street.

Vandalism and criminal defacement of a residential garage on the 1300 block of West Wolfram Street.

Assault at an apartment on the 4100 block of North Ashland Avenue.

Battery at a public school building on the 4000 block of North Ashland Avenue.

Vandalism to property at a small retail store on the 1600 block of

West Belmont Avenue.

Child abuse and battery at a residence on the 2900 block of North Wood Street.

Assault and telephone threat on the 3700 block of North Lake Shore Drive.

Retail theft at a department store on the 3500 block of North Broadway.

Battery at a bar or tavern on the 3700 block of North Broadway.

Liquor license violation at a bar or tavern on the 3300 block of North Halsted Street.

Theft from a bar or tavern on the 3300 block of North Halsted Street.

Criminal sexual assault on the 3200 block of North Halsted Street.

Pick pocketing at a bar or tavern on the 3300 block of North Halsted Street.

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

Robbery-armed using a knife or cutting instrument on the sidewalk on the 3200 block of North Sheffield Avenue.

Assault and telephone threat on the 3400 block of North Clark Street.

Strongarm robbery at a restaurant without a weapon on the 1000 block of West Belmont Avenue.

Burglary and forcible entry to an apartment on the 3100 block of North Southport Avenue.

Domestic battery at an apartment on the 300 block of West Wellington Avenue.

Credit card fraud at a drug store on the 3200 block of North Broadway.

Theft on the street of under \$500 on the 1700 block of West Roscoe Street.

Armed robbery at a CTA bus stop on the 900 block of West Belmont

mont Avenue.

Computer fraud to a commercial business office on the 800 block of West Addison Street.

Pick pocketing at a bar or tavern on the 3300 block of North Halsted Street.

Armed robbery with a dangerous weapon on the sidewalk on the 3400 block of North Halsted Street.

Theft over \$500 at a restaurant on the 3700 block of North Broadway.

Aggravated battery of a senior citizen at an apartment on the 3900 block of North Clark Street.

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

Child abuse and battery at an apartment on the 4800 block of North Talman Avenue.

Aggravated battery of a senior citizen on the street on the 5500 block of North Ravenswood Avenue.

Aggravated assault with a knife or cutting instrument on a CTA train on the 900 block of West Addison Street.

Credit card fraud at an apartment on the 3300 block of North Lakewood Avenue.

Battery at a bar or tavern on the 3500 block of North Clark Street.

Vandalism to a vehicle in a residential yard on the 3500 block of North Sheffield Avenue.

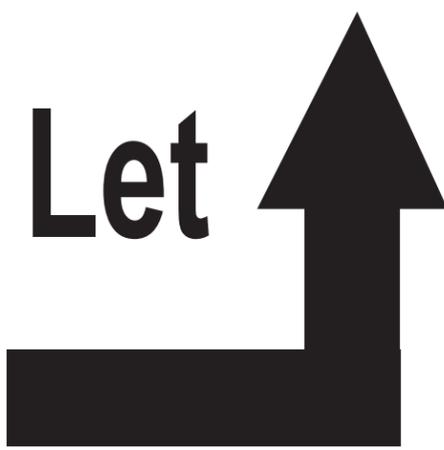
Motor vehicle theft of an automobile off the street on the 3700 block of North Broadway.

Child abuse and battery at an apartment on the 800 block of West Grace Street.

Motor vehicle theft of an automobile off the street on the 2800 block of North Lincoln Avenue.

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

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The Garden Bug

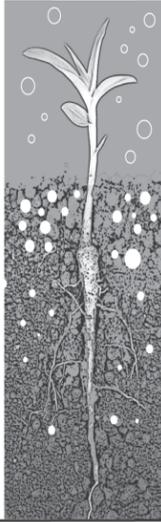
Flowers to give at Easter

Lilies represents hope, love, divinity and purity and indicate gratitude of friendship. Daffodils are one of the first signs of spring. They can have a romantic connotation. In Germany, daffodils are known as Easter bells. Tulips are another early sign of spring and the rebirth of the season after winter. They are often given to indicate feelings of love. Daisies are considered cheerful. They are available in red, yellow, pink and purple. Hyacinths have incredible fragrance and delicate blossoms. - B. Weaver
Source: www.easternfloral.com

The Garden Bug

Soil nutrients

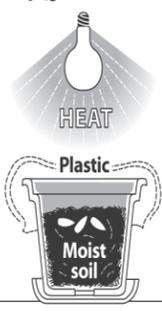
Plants require six primary nutrients: carbon, hydrogen, and oxygen, and nitrogen, phosphorus, and potassium, which are found in soil. Nitrogen is needed for leaf growth and making plants greener. Phosphorus promotes root development and also increases bloom and fruit production. Potassium, also known as potash, helps the plant fight off diseases and withstand extreme temperatures and ward off disease. - B. Weaver
Source: www.almanac.com



The Garden Bug

Germination

Place potting soil in a small container. Moisten the soil well, but do not soak. Place seeds just below the surface of the soil, and cover the container with clear plastic, or insert it into a plastic bag, without letting plastic rest directly on the soil. This helps the soil retain moisture and heat. Place under a lamp for warmth, and keep the soil moist by "misting." As your sprouts appear and grow, remove plastic. Mist daily and keep sprouts warm until you are ready to transplant into your garden. - B. Weaver



Source: extension.umd.edu

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Quotes worth your time

“Believe you can and you're half way there.”
Theodore Roosevelt

“It always seems impossible until it's done.”
Anonymous

“Never let a bad day make you feel like you have a bad life.”
Anonymous

“Never let the fear of striking out keep you from playing the game.”
Babe Ruth

“People who love to eat are always the best people.”
Julia Child

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How to Support Our Northcenter Businesses During COVID-19

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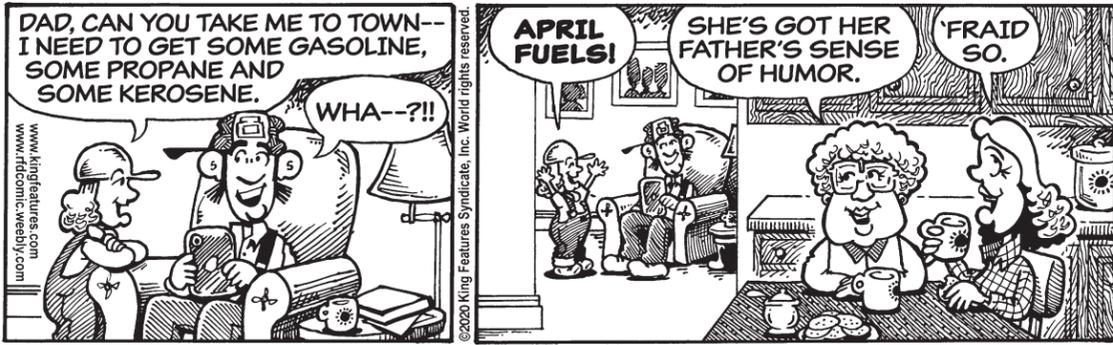
- Purchase a gift certificate from your favorite local shop, theater, restaurant or service provider to gift to a loved one, or treat yourself later!
- Maintain your gym memberships, art classes, etc. (even if you can't go).
- Tip your service provider more than you normally would.
- Check on your neighbors and ask how you can help!
- Support your local food pantries like Common Pantry and Lakeview Pantry to ensure your neighbors have what they need.

 northcenterchamber.com
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Comics

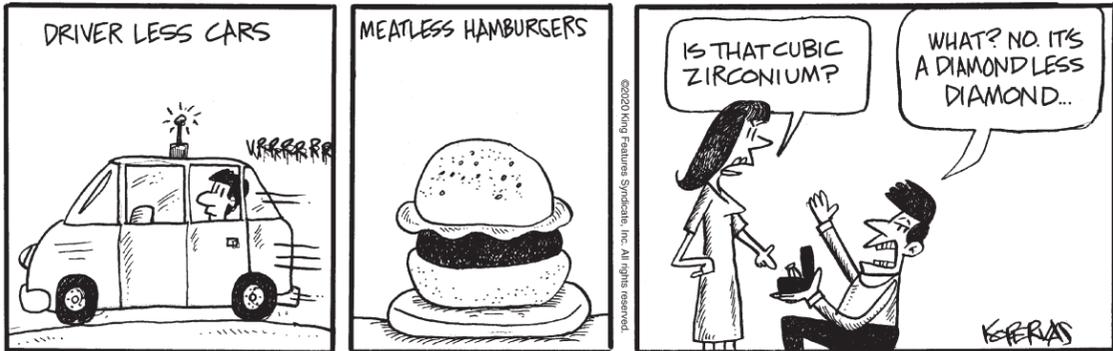
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



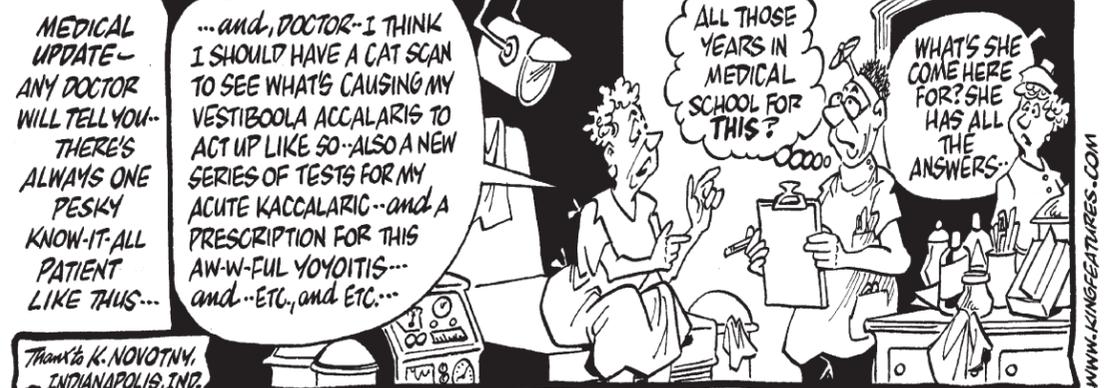
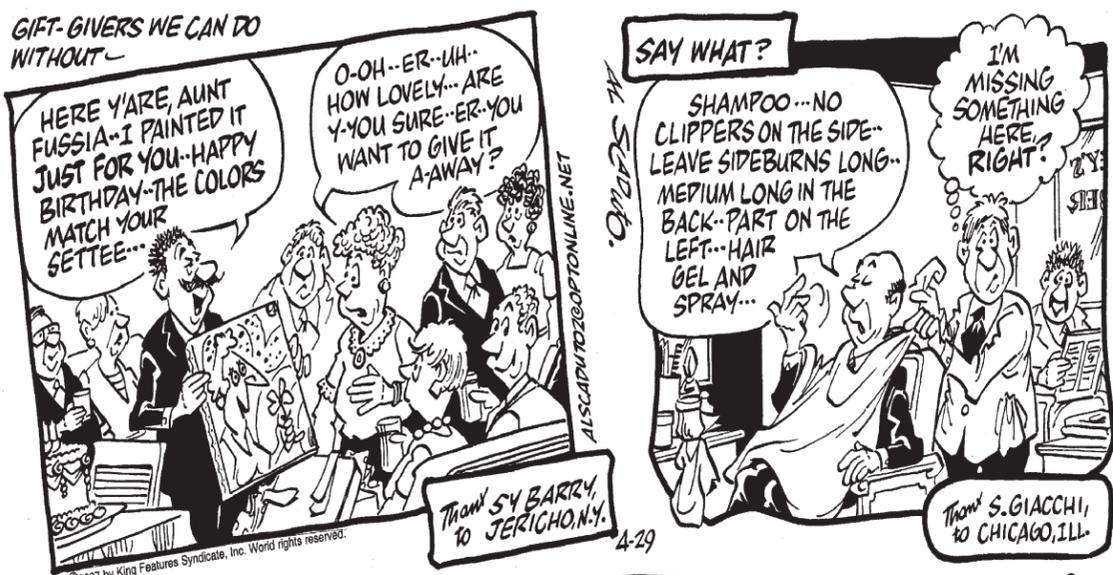
The Spats

by Jeff Pickering



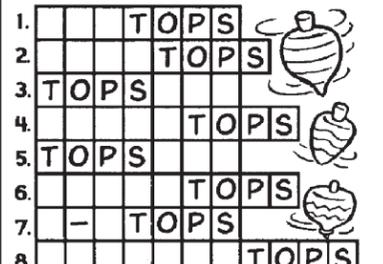
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend



A SHOCKING PROBLEM! Find the hidden proverb above by reading every other letter as you go around the frame counterclockwise. Starting with the "C," along the top rail, read: "Curiosity killed the cat."



YOU'RE THE TOPS! Well, you will be if you can spot the two tops above that are exactly alike. The time limit is one minute.

SPIN-N-SPELL

You'll be "tops" if you can figure out the words asked for in the hints given below. Each word contains the word "tops" either at the beginning or at the end.

1. Businessmen love them.
2. Famous in WWII.
3. Found on boats.
4. Needed in baseball.
5. A must for farmers.
6. Runs coast-to-coast.
7. Found on cameras.
8. The baddest animal of all.

Answers: 1. Laptops, 2. Flat-tops, 3. Top-sail, 4. Back-tops, 5. Top-sail, 6. Back-tops, 7. F-stop, 8. Triceratops.

THE MYSTERY WORD!

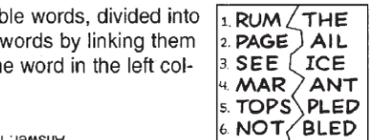
"Pronounced as one letter, and written with three. Two letters there are, and two only in me; I'm double, I'm single, I'm black, blue, and gray, I'm read from both ends, and the same either way."

Answer: The word is "Eye."



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

Answer: Rumped, pagant, seethe, marbled, topsail, notice.

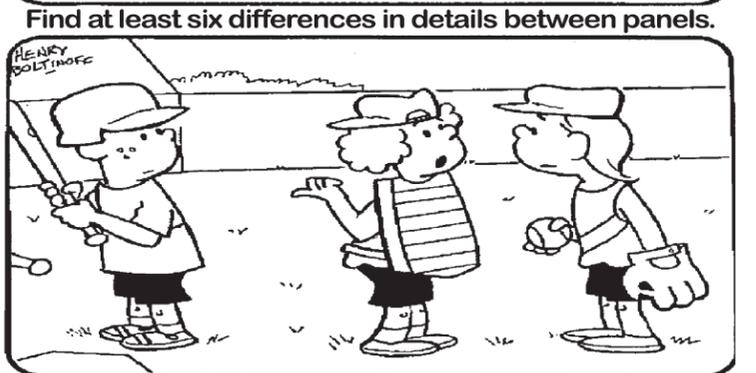


Question #3. "Can you think of a four-letter word that, when three of its letters are removed, the meaning will remain the same?"

Answer: The word is "FIVE." After you remove F, I and E, you are left with a "V" which is the Roman numeral for the number FIVE. The meaning remains the same.

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Differences: 1. Bat on the ground, 2. Ball has turned, 3. Umpire's hat is different, 4. Batter's pants are different, 5. Tree is gone, 6. PITCHER has no socks.

Just Like Cats & Dogs

by Dave T. Phipps



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