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June 2020

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Lakeview

June, 2020

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

Volume 24, Number 6

When, Lori, When?

On Tuesday, May 26th, 2020, Mayor Lightfoot announced specific rules for the reopening of child care facilities, restaurants and some industries as a part of phase three of Chicago's reopening from the stay-at-home order.

The Mayor says she expects that reopening will be sometime in early June, but is not announcing a specific date. Not included were guidelines for reopening sporting events, bars, religious services, outdoor performances, summer programs, youth activities, museums and the lakefront. According to a press release, those guidelines would be available later in phase three. Restaurants are to limit seating to no more than six people per table, gatherings to no more than 10 people and tables are to be spaced six feet apart. Child care facilities guidelines will require parents and employees to wear facial coverings at all times. Children will be expected to do so outside their classrooms. Illinois Driver Services Facilities opened on June 1. The facilities will focus on serving only new drivers, those with expired licenses or ID card and vehicle transactions for the first two months. Driver services facilities will have varying dates and times and some will have extended hours. The debate over reopening places of worship continues. At least three Chicago churches have been hosting in-person services with more than 10 people in defiance of



Gov. Pritzker's stay-at-home order. All three received citations for disorderly conduct with no fine amount listed. Businessman Willie Wilson pledged to pay whatever fines came from the citation, which could amount to \$500.00 each. Mayor Lightfoot instituted a street parking ban around the three churches. Cars that violated the ban were ticketed. The Mayor has requested that churches wait to hold services until she reopens the city in June. She said that she's focused on making sure that people are safe and traditions like singing could spread the virus. Defiance, lawsuits and protests continue in the mean-

time until the Mayor gives a time when restrictions will end. With regard to retailers, Pritzker says they can operate at 50% of their normal essential retailers capacity or five customers per 1,000 sq.ft. Mayor Lightfoot considers retailers as either essential or non-essential, with operating at 50% and those deemed nonessential, must cap the number of people in the store at 25% of normal. Parks in Chicago will allow noncontact sports in small groups in phase three like tennis courts but not basketball. Playgrounds will stay closed. The Mayor said that enforcement of the rules will be carried out. With the reopening

of Chicago and the State of Illinois, people will again be in close proximity to one another. The mayor has announced a plan to hire and train approximately 600 people to track the spread of the coronavirus and warn Chicagoans who've had contact with someone who's carrying the disease. To get this \$56 million program (to be funded using federal and state funds), up and running, will most likely take months to achieve. Most of the workers will join other workers from the city health department and city departments who are already being re-purposed for this work, said Lightfoot. Contact tracing involves finding, warning and quarantining

everyone who has had significant contact with newly diagnosed COVID-19 patients. When a confirmed case of COVID-19 is reported to the state, a contact tracer tracks down the sick person, or their relatives, when the person is too ill to talk or has died from the disease. The interviewer tells them the patient should be isolated at home until they no longer are believed to be contagious. If the person doesn't have the capability to isolate on their own, they refer them to social service agencies that can help find alternative housing and delivery of food, medicine or health care services. The interviewer tries to determine who

the patient had contact with up to two weeks before the onset of symptoms. The tracers then track down those contacts and attempt to speak with them. They suggest precautions to avoid spreading the disease and ask those people to quarantine at home for two weeks from the time of contact with the infected person, or if they are sick, until they have fully recovered. It's estimated that there should be 30 contact tracers for every 100,000 people. In Chicago that's 810 contact tracers. Contact tracers will earn \$20 an hour, and supervisors will make \$24 per hour. Contact tracers are usually hired locally, however, the Illinois Department of Public Health is taking applications from people who want to do the work and plans to match them up with the state's 97 regional and county health department. This program has the capacity to trace 4,500 new contacts per day. Scientists say a contact tracing system is much needed across the United States to make sure that future spread of the disease is contained as much as possible especially now that cities and states are reopening their economies and that hot spots of the disease can be prevented. This technique has proved useful in containing epidemics caused by a range of communicable scourges, including measles and Ebola. It's also been cred-

Continued on page 2

Editorial & Opinions

When Lori, When? continued from front page.

ited with limiting the spread of COVID-19 in other countries, including South Korea and Singapore, where the government used digital surveillance and enforcement methods.

As we try to return to our daily lives before the virus, we must adhere to the guidelines we're given to avoid a resurgence. But, we need some hope as to when we can begin our normal activities in Chicago. So the question remains. When, Lori, When?

Guidelines and information to help your family through these tumultuous times:

Avoid close contact with people who are sick.

Stay home when you are sick, except to get medical care.

Cover your coughs and sneezes with a tissue.

Wear a mask in public.

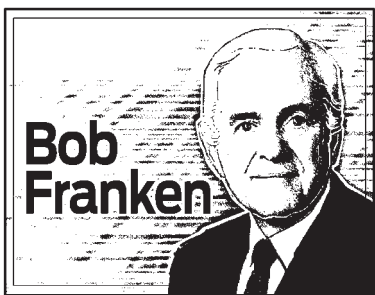
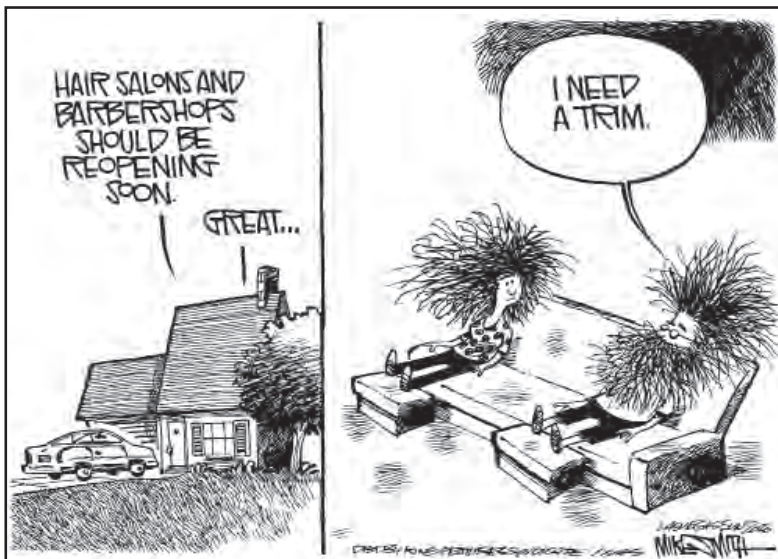
Clean frequently touched surfaces and objects using a regular household detergent and water or disinfecting wipes.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Avoid sharing personal items like food and drink.

Provide a sick household member with clean disposable face masks to wear at home.

Choose a room in your home that can be used to separate sick household members from those who are healthy if at all possible.

Remember, this is far from over.



The Surrender

A month from now, it will be interesting to see how many of the customers who crowded into Wisconsin bars without masks the moment their local government leaders lifted the taverns' restrictions have caught the coronavirus ... and how many have died. It's morbid, but so is the trade-off that comes courtesy of the highly political conservative State Supreme Court, which ruled that Democratic Gov. Tony Evers did not have the right to extend the restrictions that have locked down the state without permission from the Republican-majority state legislature.

Horrified mayors and county officials in many urban areas immediately clamped down and extended their own strict security measures. It created a statewide hodgepodge. Gov. Evers went on MSNBC and complained, "We're the Wild West!"

If residents really had to race to their favorite saloons to have their shots and beers but were not allowed to do so where they lived, they could simply drive a few miles and get hammered nearby. One wonders if they drove themselves home, and how many got pulled over for DUI, but that's another issue.

Let's concentrate on those who absolutely needed alcohol and had to demonstrate their "liberation" spirit by not wearing a mask. Then let's survey those whose hangovers included COVID-19.

It was the worst of politics. President Donald Trump and all of his accomplices are single-mindedly focused on getting reelected, particularly getting him reelected. So, they used the

"reopen" gambit to deflect attention from the administration's disastrous public health campaign that allowed the coronavirus to unnecessarily run roughshod over the United States. Now he is willing to risk thousands of lives with careless winding down of sensible restrictions in the face of evidence that the organism is nowhere near ready to go away.

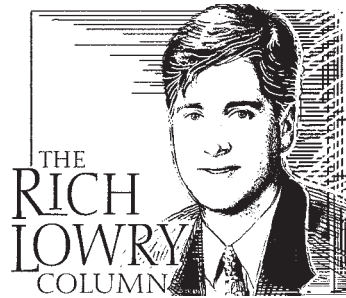
While we're at it, let's keep track of a beauty salon and the customers who rushed to make an appointment to get styled (by now, shouldn't we have embraced "shaggy chic"? or get their hair dyed. Let's find out how many died in the quest to cover the telltale gray. We've already heard stories about defiant barbers who trimmed customers' hair and defied shutdown orders and who subsequently tested positive for COVID — and at least one case where the barber lost his life to the coronavirus.

Armed zealots from a rural part of Michigan, a region routinely described as "Trump country," surrounded a barbershop to protect the owner who defied state orders to remain closed. Members of the self-styled Michigan Home Guard, a contingent of "very good people" in President Trump's telling, appeared ready to shoot it out with police who dared to enforce the law. The local sheriff decided his deputies would not intervene.

The state of Michigan continues to be a hot spot of coronavirus and should be maintaining a strict lockdown for another month or so. Michigan Gov. Gretchen Whitmer doesn't want to give up the fight before it's won. But she's a Democrat. Her detractors definitely are not, plus they are being egged on by a president who has poisoned the atmosphere with politics that is just as lethal as the coronavirus.

What he's actually doing is surrendering in the fight to regain public health, leading a retreat into his personal ambition. He will have to account for it on Election Day. We think.

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



THE RICH LOWRY COLUMN

We Need to Make More of Our Own Drugs

A country learns about itself in a crisis, and one revelation in the coronavirus emergency is that we can't make our own penicillin.

The first patient successfully treated with the antibiotic was a woman suffering from sepsis in a Connecticut hospital in 1942. Her treatment took up half the country's supply. Yet in short order we figured out how to mass produce the medicine, saving the lives of countless soldiers in World War II. Once, factories throughout the country made the stuff.

But that was a long time ago. The last U.S. plant to make penicillin, a Bristol-Myers Squibb operation in Syracuse, New York, shuttered in 2004.

What happened? According to Rosemary Gibson of The Hastings Center and author of the book "China Rx," "Industry data reveal that Chinese companies formed a cartel, colluded to sell product on the global market at below market price, and drove all U.S., European and Indian producers out of business."

Just like that — it's not so easy to simply start up a penicillin fermenter — we were out of the penicillin-production business.

The story of penicillin is the tale of U.S. dependence on China-sourced pharmaceuticals and active drug ingredients writ large.

From 2010 to 2018, U.S. imports of pharmaceuticals from China increased 75%. China is the second largest exporter of drugs and biologics to the United States behind Canada, and our depen-

dence is even greater, given that China is the source of the active ingredients of many drugs produced elsewhere.

China is a dominant force when it comes to generic drugs in particular, which account for the vast majority of medicines that Americans take. We rely on China for 90% of our antibiotics, and for drugs for everything from HIV/AIDS to cancer to antidepressants.

China is fully aware of its leverage. It notoriously threatened via its state-run media to cut off our supply of drugs (except fentanyl, of course) and plunge the U.S. into "the mighty sea of coronavirus."

Even if China weren't a malign global competitor (it is), a remorseless dictatorship (it is) or a dishonest kleptocracy (it is), there would be risk inherent in having so many of our medications and their components coming from one country. We become vulnerable to any disruption of Chinese production, whether from disease, political unrest or war.

Beijing is a particularly nasty actor, but the coronavirus has demonstrated that even friendly nations will keep medical supplies from one other if it is in their self-interest to do so.

It is only prudent, then, that the U.S. begin a national effort to produce more of its own medicines.

Unspooling entrenched supply chains won't be simple. The U.S. should create every incentive for drug companies to at least move out of China into other foreign countries, and ideally come back here (economic incentives clearly matter — when drug companies lost tax preferences to manufacture in Puerto Rico, many of them left for China). Eventually, federally funded health systems, including Medicare, Medicaid and Veterans Affairs, should buy only American-sourced pharmaceuticals.

Prescient commentators have been warning of our growing dependence on China for medicines for years. After this, there's no excuse for not fixing it.

Rich Lowry is editor of the National Review.

Americanisms

"I don't have false teeth. Do you think I'd buy teeth like these?"
— Carol Burnett

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Don't Forget to wish dad
HAPPY FATHER'S DAY
Sunday,
June 21st

LUV U
DAD!



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How to get in touch with us:
Lakeview Newspaper
J2 Associates, Inc.
P.O. Box 578757
Chicago, Illinois 60657
Telephone: 312.493.0955
Web site: www.LakeviewNewspaper.com
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SENIOR NEWS LINE

by Matilda Charles

Staying Informed

Has your Meals on Wheels expanded their service? In a number of areas, the program has taken on more volunteers or widened the area they cover, having received grants and other funding, giving more seniors the opportunity to have meals delivered. If you have a Medicare Advantage plan, those meals might be covered, if you meet the qualifications.

Some areas are establishing meal delivery from restaurants for seniors who shouldn't go out. If you have a town council, they will know about any kind of changes in your area. Some towns have an online list of restaurants with details about whether they're closed or are providing service (curbside, limited inside seating or delivery). Other areas have free senior pickup meals for those who can drive to the location. Call your local senior center or check their website for more information.

Watch your daily newspaper online, if you don't take the paper. While most typically charge a fee, during this pandemic many are giving access to their paper for free (hoping you'll eventually subscribe). Keep an eye on the news for updates to the type of services that are opening up near you and the requirements. Some might ask that employees wear a mask while working, and others might ask that anybody venturing outside wear a mask.

If you're not certain what programs are available in your area to help you, go online to 211.org and put your ZIP code in the search box. That will take you to the 211 for your state. You can either call them or click on their online directory of information. They list food (delivery and pantry), substance use, utility assistance, transportation and much more. Each agency lists the programs it offers, such as personal support services and family caregiver. Stay healthy.

VETERANS POST

by Freddy Groves

Stressed? There's an App for That

These are stressful days. Some of us were living under tough circumstances in the best of times, and nowadays the daily news just ratchets it up.

There are two Department of Veterans Affairs smartphone apps that might be of help to you. Tactical Breathing Trainer, or Tactical Breathe: Created by the National Center for Telehealth & Technology, the phone app can teach you to get control over your responses to stress, both psychological or physiological. While initially created for soldiers in combat, the breathing exercises will allow you to stay in the moment, to relax and find peace. It includes exercises, practice and charts of your progress.

Telehealth Mood Tracker, or T2 Mood Tracker: This app is for anyone with anxiety, PTSD, brain injury or stress. Use it to monitor your moods and track them over time. Record medications and treatments, daily events — anything that can alter your mood. The information can be saved to help your medical professional help you, or just for your own knowledge to see how you're doing.

The VA has a few other helpful apps as well. Look for CBT-I Coach if you're battling insomnia. Try Stay Quit Coach if you've quit smoking and need help staying quit. MOVE! Coach is an app for weight management, with lots of information and places to store your results. See Life Armor for help on 17 different topics, such as relationships, PTSD, depression and more. Use it to track your symptoms.

Cruise over to the Apple store for Apple products or the Google Play store for Android and check the apps. You can find more information about them on VA.gov.

Meanwhile, if you're hunkered down and feeling the stress of it all, take things slowly, one day (or even one hour) at a time. We'll get through this and come out the other side, proud of how we handled things.

Strange BUT TRUE

By Lucie Winborne

• Italy was the only country to issue stamps specifically for mail traveling through bank tubes until the practice was discontinued in 1966.

• Kleenex tissues were originally developed as crepe paper and used for gas mask filters.

• Proof that human nature is the one thing that never really changes: The oldest "your mama" joke was discovered in 1976 on a 3,500-year-old Babylonian tablet in Iraq.

• The "Jesus Nut" on a helicopter fixes the rotor blades to the vehicle. It comes by its unusual moniker because, if it should fail, your only option is to pray to Jesus!

• Do you, like most people, normally skip reading the fine print? You might want to reconsider that. In 2017, 22,000 people who signed up for free public Wi-Fi from the UK-based technology firm Purple learned their lesson when they inadvertently agreed to 1,000 hours of community service that included cleaning toilets and "relieving sewer blockages." The company said it inserted the clause in its contract "to illustrate the lack of consumer awareness of what they are signing up to when they access free Wi-Fi."

• In 2014, a new species of vine was discovered in Chile that can mimic the leaves of many different host trees by changing the size, shape, color, orientation and even the vein patterns of its leaves to match the surrounding foliage. It is the only known plant that can do this.

• When asked how he was able to portray battle scenes so accurately, Stephen Crane, author of "The Red Badge of Courage," replied that he learned all he needed to know about war from football.

• Women blink nearly twice as much as men.

Thought for the Day: "Every child is an artist. The problem is staying an artist when you grow up." —Pablo Picasso

Moments in time

THE HISTORY CHANNEL

• On June 14, 1789, English Captain William Bligh and 18 others, cast adrift from the HMS Bounty seven weeks before, reach the East Indies after traveling nearly 4,000 miles in a small open boat. On April 28, they were set adrift with 25 gallons of water, 150 pounds of bread, 30 pounds of pork, six quarts of rum and six bottles of wine.

• On June 10, 1935, in Akron, Ohio, Bill Wilson and Dr. Robert Smith, two recovering alcoholics, found Alcoholics Anonymous (A.A.), a 12-step alcohol rehabilitation program. Today there are more than 80,000 local groups in the U.S.

• On June 8, 1949, George Orwell's novel of a dystopian future, "1984," is published. The novel's all-seeing leader, known as "Big Brother," becomes a universal symbol for intrusive government and oppressive bureaucracy.

• On June 13, 1966, the Supreme Court hands down its decision in Miranda v. Arizona, establishing the principle that all criminal suspects must be advised of their rights when in custody and about to be interrogated.

• On June 9, 1973, with a victory at the Belmont Stakes, Secretariat becomes the first horse since Citation in 1948 to win America's coveted Triple Crown. Secretariat won the Belmont by a record 31 lengths.

• On June 11, 1982, the science-fiction classic "E.T.: the Extra-Terrestrial" is released. The film captures the story of the wise, kind and cuddly alien botanist who is stranded on Earth and needs the help of a sensitive boy, Elliott, to get back home.

• On June 12, 1994, Nicole Brown Simpson, ex-wife of football player O.J. Simpson, and her friend Ron Goldman are brutally stabbed to death outside her Los Angeles condominium. Simpson became the chief suspect. Although the evidence against him was extensive, a jury acquitted Simpson on two counts of murder in a trial that lasted 11 months.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Puzzle Pitcher

This elaborately decorated puzzle pitcher was made in Budapest, Hungary. In 1839, Moritz Fischer bought a factory that had been operating in Herend, Hungary, since 1826. He started making dinner sets for Hungarians because the old sets from Europe and the Far East were no longer available. The company started making figurines in the 1870s. At the turn of the century, Jenő, Moritz Fischer's grandson, took over the company, revived the old patterns and made new ones. Fischer Company was nationalized in 1948. Another company named Herend started importing Herend china into the United States in 1957. Herend was privatized in 1993 and is still working making Hungarian-style ceramics.

Just how old is this traditional puzzle jug marked "Fischer J Budapest"? In Hungarian, surnames are written first, and I and J are the same. The Fischer J in the mark stands for Ignac Fischer, a distant relative of Moritz, who trained with his father and later with Moritz. In 1867, Ignac started making his own ceramics that were similar to those made at the Zsolnay factory. Around 1895, Ignac Fischer's company became part of the Zsolnay factory in Pecs. The mark on the puzzle jug was used from about 1867 to about 1895, even though the pieces look much older.



Since the spouts would have let a drink trickle down the front of the user, how do you solve the puzzle? A mouthpiece at the top of the handle and the rim around the top of the pitcher lets you drink the liquid through a ceramic "straw."

\$1,200 three years ago. Most Playboy magazines sell for only a couple of dollars. A collection of 30 magazines sold for \$76. But beware, many copies have been made of the famous newspapers. Old newspapers yellow and fall apart unless properly stored.

CURRENT PRICES

Sconce, 12-light, patinated brass, flow-ers, upright arms, unmarked, attributed to C. Jere, 1970, 35 x 20 in. \$65.

McCoy jardiniere and pedestal, slip decorated yellow daffodils, shaded brown ground, 31 x 13 1/2 inches. \$235.

Sewing box, coromandel wood, inlaid, leaves, flowers, central medal-lion, c. 1810, \$760.

Beatles, bracelet, presentation, plate engraved "ognir rats," Roman lettering, chain link, 14K gold, 1978, 7 inches. \$1,280.

TIP: To get rid of smoke smell, try boiling an onion for an hour or two. Make sure there is enough water so it stays covered while boiling.

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



by Ryan A. Berenz

1. Tommie Aaron, brother of Hank, hit how many home runs in his seven-season Major League Baseball career?

2. Bill Chadwick, the NHL's first U.S.-born referee and later a broadcaster for the New York Rangers, went by what nickname?

3. The name for the Albuquerque Isotopes Minor League Baseball club was inspired by a fictional team from what TV comedy series?

4. Jim Covert and Ed Sprinkle, two members of the Pro Football Hall of Fame Class of 2020, spent their entire playing careers with what NFL franchise?

5. What traditional Japanese martial art is literally translated as "the way of the sword"?

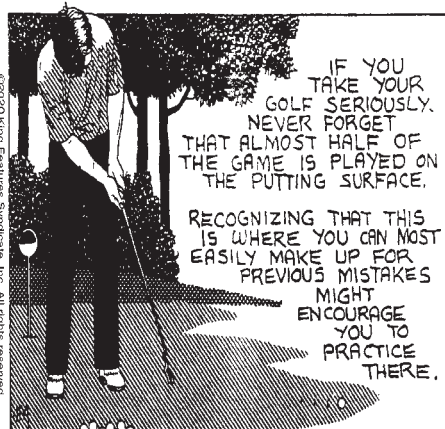
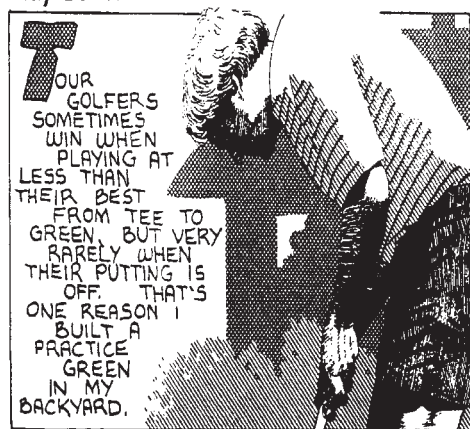
6. Floyd Mayweather Jr. defeated what mixed martial arts superstar in a 2017 boxing megafight in Las Vegas?

7. What Croatia-born basketball player won three NBA championships with the Chicago Bulls from 1996-98 and was the 1996 NBA Sixth Man of the Year?

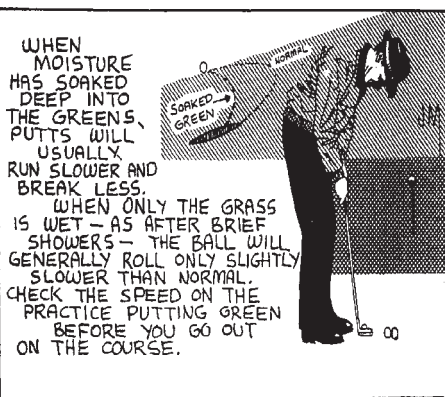
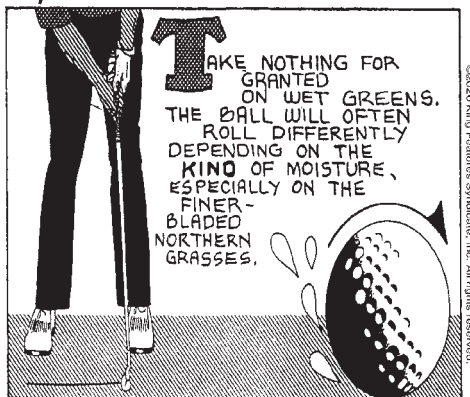
Answers

13. He hit eight of them in his 1962 rookie season.
- The Big Whistle.
- The Simpsons.
- The Chicago Bears.
- Kendo.
- Conor McGregor.
- Toni Kukoc.

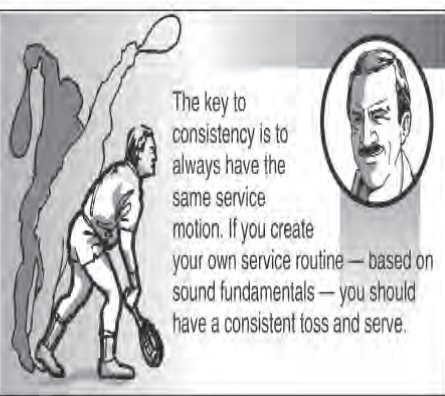
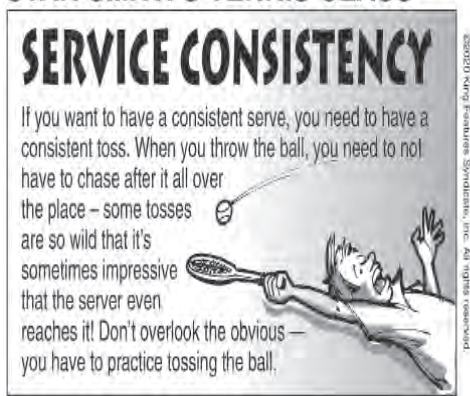
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Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



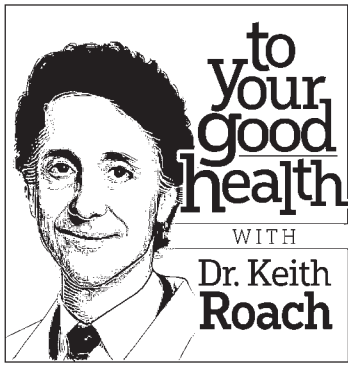
LAFF - A - DAY



GRIN & BEAR IT



Health



Off-the-Charts Pain

DEAR DR. ROACH: Why is pain measured by numbers? I have severe pain, and doctors do not know what to do when I say it is an 11 on a scale of 1-10. My pain can't be measured by numbers. It depends on the time of day, what I have done during the day and the weather.

I have arthritis in most of my joints, specifically my spine and hips. Having had five spine surgeries, epidurals and hip shots, I have pain every day. There is not much more that can be done but to take opioids. It can be hard to make the decision either to take an opioid and go out shopping or for coffee feeling like I am in a vacuum, or to go out in pain.

There is no chronic pain support group in my area, and no one can understand how I feel, even the professionals, unless they have gone through it. So when asked how I am, I say "fine." Other people don't want to hear about my pain.

Why is there not another way the doctor can measure your pain? I have given up everything I love to do in life because of pain. There's no way to get "better" from pain. — *M.L.D.*

ANSWER: I am very sorry to hear your story, as it is similar to those I have heard before from people with chronic pain due to many different causes. It is disappointing for me to hear that you haven't found a pain specialist in your area who seems to care about helping you.

Although the 1-10 pain scale is thoroughly entrenched, it has its flaws. The biggest one is that what one person

might consider a two, another person might consider a nine. I've seen people with horrifying injuries gritting their teeth and saying their pain is a 3 while other people claim their pain from what seems to be a minor condition is a 10 (I had one person tell me the pain from getting his blood pressure taken was a 10). Because pain is subjective, there is no way of standardizing what a person means with their pain rating. However, a 10 on a scale of 1-10 is supposed to be the worst pain imaginable.

DEAR DR. ROACH: My father, 90, has neuropathy in his feet and legs, and it is very painful. He recently talked to a clinic that is offering stem cell treatment to relieve the pain. The clinic says it helps 85% of those who get the treatment; however, because of HIPAA laws, they don't provide any referrals.

The treatments are very expensive (\$16,000), and results are seen in six weeks to six months. Are you familiar with this treatment, and is it effective for most people? Is this something you can recommend? — *D.B.*

ANSWER: I also have seen advertisements for stem cell treatments for many conditions. For neuropathy in particular, there are no good studies that give an estimate of effectiveness. It may be the case that 85% of people treated at the clinic report improvement. But the risk of a placebo effect is very high with this kind of procedure, and I could not recommend stem cell treatments for neuropathy without better information about the risks, the benefits and how long those benefits might last.

Nighttime Visions and Vivid Dreams

DEAR DR. ROACH: I am an extremely healthy 76-year-old woman. Almost every night, I am startled awake by visions of people standing over my bed. It's usually once, but can happen up to three times in a night. It's often after being asleep for an hour and a half.

They're not dreams. Something wakes me up, and that is when I see a man or a couple or a child standing around my bed or attempting to jump onto the bed. Though it

lasts only seconds, my heart hammers and I jump out of bed to chase "them" away, and even checking the door locks. Then I sort of come around and pretty much laugh at myself. As it's quite frightening, I believe I shout out, and it takes me a bit to calm back down.

I take NO prescription drugs nor sleep-inducing medicine. Why am I experiencing this? What actually wakes me up to see these visions? Otherwise, I sleep very well. I would greatly appreciate your insight or any advice as to who I might talk with about it. — *Anon.*

ANSWER: I hesitate to tell you, but what I am concerned about most is a condition called dementia with Lewy bodies. This is not Alzheimer's disease. In fact, the earliest symptoms are usually visual hallucinations. If you read this account (<https://bit.ly/2Sk-1Jzo>), I think you may find some characteristics that sound familiar.

What makes me doubt this diagnosis is that you report no confusion or memory problems. Although some people may have the hallucinations well before any thinking problems come up, they are in a minority. Wobbliness may go along with Lewy body dementia. Parkinson's disease may develop visual hallucinations, but that is usually late in the course of the disease.

This information can be shocking or depressing, but it is still important information for you to have. There is treatment for LBD. More importantly, there are medications that can make it MUCH worse.

I would recommend you visit a neurologist and specifically find someone with expertise in dementia, as that is who is unlikely to miss this diagnosis. Unfortunately, it is not always recognized early.

Here is some additional information to read about this condition: <https://bit.ly/2BSdmYW>.

DEAR DR. ROACH: I have been on hydrochlorothiazide for the past three weeks. Have you heard of vivid dreams associated with this medicine? I am having difficulty with it. — *L.G.*

ANSWER: Vivid dreams are not typically associated with hydrochlorothiazide. HCTZ does not cross the blood-brain barrier, so it wouldn't be expected to have this effect. However, HCTZ often is given along with other medications that can have this effect, especially beta blockers, such as propranolol. If you are taking it as part of a combination drug, I would look at the other drug.

Some medications are particularly well known for causing vivid dreams, and it is wise to tell people that before prescribing them. The HIV drug efavirenz can cause such vivid, and sometimes unpleasant, dreams that some people can't take it. Statins, steroids, antihistamines and SSRI anti-depression drugs all are known to cause dream problems in some people. When I was given the anti-malarial drug mefloquine, I had no idea that it was known to cause vivid dreams until I woke up the morning after taking it wondering what had happened.

"Have You Ever Smoked?"

DEAR DR. ROACH: I have a question that I'd love to see answered in your column sometime. My husband recently had major surgery. Before the surgery, they asked if he has ever smoked. (Husband is 77.) He answered that when he was 9, he smoked a cigarette. He is now in the computer as an ex-smoker, and the nurse told us she is "required by law" to provide him with information on quitting.

When physicians ask, "Have you ever smoked?" do they really want to hear about one cigarette, smoked almost 70 years ago? Is this meaningful information, in medical terms? — *S.S.*

ANSWER: There are very important reasons to know a person's smoking history, especially when someone is about to undergo surgery. Current smokers should know that quitting well before surgery can reduce risks of surgical complications. The anesthesiologist can be extra-vigilant for breathing issues. Some of these points are valid for ex-smokers who have recently quit

or who were very heavy smokers.

Of course, one cigarette at age 9 is meaningless, and anytime I hear "required by law" I wonder if it's really true. In this case, I doubt it: Why give ex-smokers information on quitting? It makes no sense.

Primary care providers like me ask about smoking because a significant history of smoking increases heart disease risk, so I might be more likely to recommend treatment to reduce that risk (for example, in a person with elevated blood pressure or cholesterol who otherwise doesn't quite meet criteria for drug treatment). Also, people smoked more than 1 pack per day for years, or the equivalent, should have discussion about whether screening lung cancer is appropriate.

Finally, it's easier to answer if have never been a smoker. Some people who smoke socially don't consider themselves smokers but would benefit from advice to stop.

Joint Pain Not Usual Statin Side Effect

DEAR DR. ROACH: I am a 69-year-old white male. I take one 20-mg pravastatin per day to manage my cholesterol. One of the side effects is joint pain. Are you aware of a substitute that does not have this joint pain side effect? — *H.L.*

ANSWER: Statins are one of the most common medicines used, and although they have relatively few side effects, so many people take them that there are many reported untoward effects.

Muscle aches are common. Muscle breakdown is serious and, fortunately, rare. But joint aches are not a common side effect. In the package insert, "arthritis" is listed in less than 1% of people.

Of all the statins, pravastatin tends to have relatively few side effects. It is metabolized differently from how the others are, so have a discussion with your doctor about taking a different statin, such as atorvastatin (Lipitor). Lipitor is much more potent than pravastatin (Pravachol), so the dose you will need is likely to be much lower.

Financial Statement

by Joyce A. Rimel

PREPARE FOR A NEW JOB MARKET

A large number of workers will need to find a new job or even a new career, once the pandemic ends. And the available jobs will be moving more to telecommunicating and digital work than ever before. Here's what you can do now to prepare for the new reality of work.

LEARN NEW DIGITAL COMMUNICATION PLATFORMS

You'll likely need to get used to video interviews or meetings, since communicating via video chats and file sharing will be more popular. Remote-work digital training is available on sites such as LinkedIn Learning, Coursera, YouTube and Udemy. First, try free online tutorials pro-

vided by the app developers themselves. Microsoft Teams, Slack, Zoom and Google. Then move to collaboration apps for team projects, such as Basecamp, Asana and Trello. Most are intuitive and easy to learn.

POLISH YOUR LINKEDIN PROFILE

When the scramble for jobs starts, this will be your personal billboard to present yourself well to prospective employers. Add any recent awards or promotions, and detail any work-related skills learned in recent weeks that will make you more attractive for telecommuting jobs. Do a LinkedIn search to find contacts you might connect with at a company where you might want to work. Follow ones that intrigue you. Look at profiles of others in your field to get ideas of how you

might tweak your own.

POLICE YOUR DIGITAL IDENTITY

Now that you might have some time, remove anything posted on social media that you wouldn't want employers or recruiters to see. Search your name and click on the top 10 links. You're looking at what a potential boss can see. And yes, these days potential employers are looking at you in every digital channel. You should have polished pages on LinkedIn and Facebook. Also check out Facebook posts you're tagged in but didn't originate. Untag yourself from anything unprofessional.

UPDATE YOUR RESUMÉ

It's important to have a current version on hand that will allow you the flexibility to re-

spond to sudden openings. Keep it short (no more than two pages). Weave your narrative with your challenge, action, result stories. Think advertisement, not obituary.

NETWORK VIRTUALLY

Contacts are critical in what may be a highly competitive post-coronavirus job market. Methodically extend your circle. Join online professional groups for networking on LinkedIn and Facebook. Touch base with former colleagues or classmates.

LOOK FOR WORK-FROM-HOME JOBS

These are clearly the future. You can find jobs on sites that focus on remote work: FlexJobs.com, Remote.co, WorkingNomads.co., Wahve.com and RatRace Rebellion.com. These sites screen for

legitimate employers.

LEARN SOMETHING NEW

If you have been furloughed or are out of work and waiting for things to return to normal, take the time to add skills or brush up existing one. Take an online class or enroll in a course for certification. Tap into free webinars and podcasts in subjects that interest you.

PLAN TO WORK LONGER

For retirement age Americans, if your retirement accounts have taken a hit as stock markets fell during the pandemic, this may mean you'll need to work beyond your official retirement age. Factor that into your plans as you strategize for a post-coronavirus world.

DAD, BE THAT #1 Super Hero IN YOUR CHILD'S LIFE



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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Name the artists of the duo WHAM!
2. Who wrote and released "A. I. On the Jukebox"?
3. Which artist saw his career launched with "Nothing Rhymed"?
4. Which Gloria Gaynor song talks about wishing she'd changed the lock?
5. Name the song that contains this lyric: "I've laid around and played around this old town too long, Summer's almost gone, yes winter's coming on."

Answers

1. George Michael and Andrew Ridgeley. Their first release, "Wham Rap!", didn't get much airplay because of the profanity in the b-side "Unsocial Mix." It only reached No. 105 on the charts.
2. Dave Edmunds, in 1978. The song was on his "Tracks on Wax 4" album, with all the members of his band Rockpile, although it was considered Edmund's solo project.
3. Gilbert O'Sullivan, in October 1970. For some stunning vocals, look for the cover version by Burton Cummings, formerly of The Guess Who.
4. "I Will Survive," in 1978. She also wishes she'd asked for the key back.
5. "Gotta Travel On," first released by Billy Grammer in 1958. Over the years the song has been covered by numerous others, including The Weavers, Timi Yuro and Bob Dylan.



Strange BUT TRUE

By Lucie Winborne

• A swarm of 20,000 bees followed a car for two days because their queen was inside the vehicle. The insects were removed by a beekeeper after the car was parked, but were back the next day, as the queen was still inside.

• Peter Ostrum, who portrayed Charlie Bucket in the original "Charlie and the Chocolate Factory," declined the offer of a three-picture deal and bought a horse with his movie earnings. His resulting love for animals led him to pursue a career not as an actor, but a veterinarian.

• During World War II, Coca-Cola wanted soldiers to have a taste of home and opened bottling plants near Europe. However, the soda was synonymous with the States, making it problematic for non-Americans to be seen drinking it, especially in the Soviet Union where it was viewed as a symbol of American imperialism. Soviet Gen. Marshal Georgy Zhukov, a fan who didn't want to be seen consuming it himself, appealed to the company to make a clear version. A chemist at the Austrian bottling plant obliged by removing the drink's coloring, after which "White Coke" was bottled in clear glass with a white cap and red star.

• "Jeopardy" fan Cindy Stowell dreamed nearly her entire life of being a contestant on the show. In 2016 she successfully auditioned and became a six-time champion even while battling Stage 4 cancer during filming. Sadly, she didn't live to see her episodes air, but her \$103,000 in winnings was donated to cancer organizations.

• "Alice in Wonderland" author Lewis Carroll wasn't the best at personal finance. Sure, he paid his debts on time, but would also often overdraw upwards of 7,500 pounds sterling — in spite of being a mathematics scholar at Oxford!

• The Vatican Bank is the world's only bank that allows ATM users to perform transactions in Latin.

Thought for the Day: "Failure is a bruise, not a tattoo." — Jon Sinclair

top 10 movies

Due to the closing of the movie theaters because of COVID 19 virus these are the streaming movies.

Video On Demand

1. **Bloodshot** (PG-13) Vin Diesel, Eiza Gonzalez
2. **Bad Boys for Life** (R) Will Smith, Martin Lawrence
3. **Sonic the Hedgehog** (PG) James Marsden, Jim Carrey
4. **The Call of the Wild** (PG) Harrison Ford, Omar Sy
5. **Arkansas** (R) Liam Hemsworth, Vince Vaughn
6. **The Way Back** (R) Ben Affleck, Ben Madrigal
7. **Like a Boss** (R) Tiffany Haddish, Rose Byrne
8. **The Gentlemen** (R) Matthew McConaughey, Charlie Hunnam
9. **Jumanji: The Next Level** (PG-13) Dwayne Johnson, Jack Black
10. **Gretel & Hansel** (PG-13) Sophia Lillis, Samuel Leakey

top ten

Most In-Demand Household Items

1. Hand sanitizer and wipes
2. Hand soap
3. Toilet paper
4. Paper towels
5. Cleaning wipes
6. Dish soap
7. Trash bags
8. Disinfectant spray and cleaner
9. Laundry detergent
10. Tissues

Source: USA Today

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Sonic the Hedgehog (PG) — A bright blue blur of video game fame gets the live-action/CGI treatment in the directorial debut of Jeff Fowler. Sonic the Hedgehog (voiced by Ben Schwartz) is an electrified trickster who's adjusting to life on our planet with his new bestie Tom Wachowski (James Marsden). He accidentally causes a blackout, which puts him square in the crosshairs of aptly named ubervillain Dr. Robotnik (Jim Carrey), who immediately plots to capture Sonic and use that blue streak to further his own nefarious goals. Tom and Sonic and some new friends will need to pull out all the stops to wreck Robotnik's plans. The PG audience will be appeased with Carrey's always over the top performances, and it's got some sweet moments too.



Paramount Pictures

Jim Carrey in "Sonic the Hedgehog"

Onward (PG) — In a land where magic has been fostered and then forgotten, two teenage elf brothers receive a magical gift from their deceased father, a spell to let the boys visit with him for a day. But the spell goes sideways, and the pair must set off on an adventure to get the items they need to complete the spell before the day is up. Brothers Ian (voiced by Tom Holland) and Barley (Chris Pratt) rely on a tentative understanding of spells, Barley's sweet van named Guinevere and a mythical being called The Manticore to help them find the missing magic that will bring back their dad's other half. It's a decidedly Pixar combination of charming characters, kind messages and delightful animation.

Emma (PG) — Another reimagining for Jane Austen's beloved tale of mischief, matchmaking and mismanagement takes a turn, this time featuring

Anya Taylor-Joy in the title role as the marvelous Miss Woodhouse. When Emma's companion is married off, she is left only with her father and neighbor Mr. Knightly to banter with. To pass the time, she employs her highly self-rated matchmaking skills on local ward Miss Smith. The situation is escalated with the arrival of a very suitable suitor and complicated by the local unmarried pastor. As she bumbles her way through finding love for her friends (and frenemies), will she also find love for herself?

The Way Back (R) — Ben Affleck stars as Jack Cunningham, a local basketball legend in high school, who is asked to return to his former school to coach the struggling team. After high school, Jack could have had it all, but instead has let himself be ruled by personal demons. His life is reduced to physical labor jobs and too much alcohol and isolation. When the call comes to coach, Jack surprises himself by agreeing to the offer. The small ragtag team may be just what Jack needs to bring back glory to the school and to himself. This is a strong performance by Affleck, who toes the line between oppressive hopelessness and burgeoning possibility.

NEW TV RELEASES

- Creepshow Season 1 (Blu-Ray)
- Call the Midwife Season 9
- The Good Place The complete series
- Fear the Walking Dead Season 5

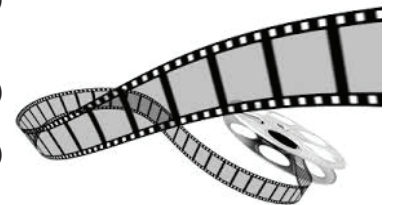
Top 10 DVD, Blu-ray Sales

1. **Bloodshot** (PG-13) Sony Pictures
2. **I Still Believe** (PG) Lionsgate
3. **Bad Boys for Life** (R) Sony Pictures
4. **Star Wars: Episode IX: The Rise of Skywalker** (PG-13) Disney/Lucasfilm
5. **Jumanji: The Next Level** (PG-13) Sony Pictures
6. **Mortal Kombat Legends: Scorpion's Revenge** (R) Warner Bros.
7. **Dolittle** (PG) Universal
8. **Little Women** (PG) Sony Pictures
9. **Gretel & Hansel** (PG-13) Warner Bros.
10. **1917** (R) Universal

TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Bloodshot** (PG-13) Vin Diesel
2. **Bad Boys for Life** (R) Will Smith
3. **Sonic the Hedgehog** (PG) James Marsden
4. **The Call of the Wild** (PG) Harrison Ford
5. **Arkansas** (R) Liam Hemsworth
6. **The Way Back** (R) Ben Affleck
7. **Like a Boss** (R) Tiffany Haddish
8. **The Gentlemen** (R) Matthew McConaughey
9. **Jumanji: The Next Level** (PG-13) Dwayne Johnson
10. **Gretel & Hansel** (PG-13) Sophia Lillis



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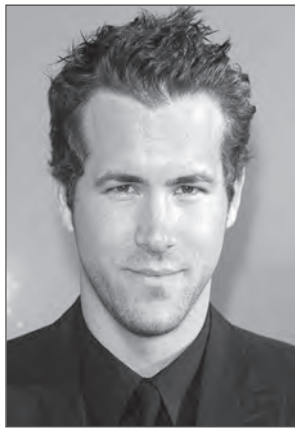
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What's Hot in Hollywood

HOLLYWOOD — Our current pandemic will have a major effect on the next Oscar Awards on Feb. 28, 2021. Normally, in order to qualify for an Oscar nomination, a film must play in a theater in Los Angeles County for one week prior to Dec. 31, but because theaters have been closed there will be no way many movies can be seen to qualify. In response, the Academy of Motion Pictures Arts and Sciences has eased the eligibility requirements for films debuting on streaming and VOD platforms if they're made available on the Academy's exclusive streaming site within 60 days of their release, but only if they were previously intended for theatrical release. After theaters reopen, the one-week rule will be reinstated. It further announced that this will be the final year they'll send academy members screeners, thus also putting an end to the constant pirating of major film screeners.

I've had several fans of "7th Heaven" (1996-2007) ask me what has become of **Stephen Collins**, who played Rev. Eric Camden. In 2014 he became engulfed in a "Me Too" scandal that accused him of inappropriate sexual conduct with minors — first one girl, then two others — decades before. Collins confessed in the pages of People Magazine that he did "something terribly wrong." Although he apologized to one of the girls, his career was over. Stephen was unemployable, so he moved back to his native Iowa, where in July 2019 he wed German "superfan" **Jenny Nagel**. He was 72 and she was 32. Collins began his career on an episode of "The Waltons" in 1975, and in addition to "7th Heaven" he starred in 21 episodes of "Tales of the Gold Monkey" in 1982.

Ryan Reynolds has prepared for the shutdown. His film "The Hitman's Wife's Bodyguard" opens Aug. 28; "Free Guy," with **Jodie Comer** ("Killing Eve") drops Dec. 11, and the animated "The Croods 2," with **Emma Stone, Nicolas Cage, Leslie Mann, Catherine Keener** and **Cloris Leachman**, is due Dec. 23. He's currently prepping Netflix's untitled film based on T.S. Nowlin's book "Our Name Is Adam," about a man who travels to the past to enlist his 13-year-old self to



Depositphotos

Ryan Reynolds

confront their father, is ready to shoot when the industry reopens.

Kaley Cuoco's first job post-"Big Bang Theory" is the film "The Man From Toronto." It's a comedy about the world's deadliest assassin (**Woody Harrelson**) and a New York screw-up (**Kevin Hart**) who are mistaken for each other at an Airbnb. We won't get a big bang from this one until September 2021.

HOLLYWOOD — Time doesn't go backward, it only goes forward. The movie industry will take a long time to recover from the effects of our pandemic, and it will never be the same again.

Movie studios and producers hate giving up half their profits to movie theaters to show their films. So when theaters closed, by government decree, it gave the studios a chance to test the waters. The first film made for theaters that premiered on-demand was "Trolls World Tour," which brought in a big bounty. Then the new \$65 million **Chris Hemsworth** film "Extraction," which was to premiere in theaters April 24, instead made its debut on Netflix and was viewed by 90 million households in the first four weeks.

That's not to say films made in 3D or IMAX can be streamed first, since their charm is big screens and special effects. Which is why the fourth G.I. Joe epic was instead pushed to Oct. 23 in theaters. This reboot is called "G.I. Joe: Snakes Eyes," with "Crazy Rich Asians" star **Henry Golding** in the

title role. You probably remember that **Channing Tatum** starred in the original (which grossed \$302 million) and **Dwayne Johnson** in the sequel, "G.I. Joe: Retaliation" (which grossed \$678 million). Naturally there's already a fourth film being prepped, "G.I. Joe: Ever Vigilant," though no star has been announced for this one.

Four-time Oscar nominee **Saoirse Ronan** stars in director **Wes Anderson's** new film "The French Dispatch." She'll again be paired with **Timothée Chalamet** (as in "Little Women,"), as well as four Oscar-winning actors: **Benicio Del Toro, Adrien Brody, Tilda Swinton** and **Jeffrey Wright**. Chalamet, meanwhile, has a date with "Dune," the reboot of the classic **Frank Herbert** science-fiction novel, premiering Dec. 18.



Depositphotos

Harrison Ford

Superstar **Harrison Ford**, now 77, recently had his third flying close call (that we know of). In 2015, he crash-landed a vintage World War II plane on a golf course in Los Angeles. He was lucky he was only "battered but OK." Then in 2017, he landed on a taxi runway after he flew over a jet and again was unharmed. Most people were under the impression Ford was going to stop flying. Yet here we are today, hearing Harrison is "under investigation by the Federal Aviation Administration over an incident that happened at a Southern California airport." He apparently was piloting his light plane and crossed a runway where another aircraft was landing. Ford acknowledged the mistake and apologized by saying, "I misheard an instruction from air traffic control."

Ford is a true superstar, and in an era where we have so few, we need him healthy and in one piece so he can be beaten to a pulp in the new Indiana Jones epic!



by Dana Jackson

Q. One of my all-time favorite crime dramas was "Homicide." I loved **Andre Braugher's** interrogations and monologues. Whatever happened to the actor who played **Det. Bayliss**, his partner on the show. Is he still acting? — *P.B.*

A. It's hard to believe it's been almost 30 years since the critically acclaimed "Homicide: Life on the Street" first aired on NBC. It was based on the nonfiction book of the same name by Baltimore journalist **David Simon**, but seems to have been eclipsed in popularity by Simon's later series "The Wire," which ran on HBO for 60 episodes. "Homicide" deserves to be seen just as much, in my opinion.

As for actor **Kyle Secor**, who was excellent as **Det. Tim Bayliss** alongside the commanding **Braugher**, he's now 63 years old and has been acting steadily since "Homicide" ended in 1999. He currently plays **Deputy Fire Chief Alden Radford** on Fox's "9-1-1: Lone Star," alongside **Rob Lowe**. Before that he was a regular on "Veronica Mars" and "The Flash," and guest-starred on many, many primetime series.

Q. When is "The Umbrella Academy" returning for another season? I really enjoyed watching this with my daughter, compared to most superhero-type shows. — *R.I.*

A. Good news! Season 2 will premiere on July 31 on Netflix with 10 new one-hour episodes. Returning stars include **Ellen Page** and **Tom Hopper**, along with three new additions: **Ritu Arya** ("Humans"), **Yusuf Gatewood** ("Good Omens") and **Marin Ireland** ("Sneaky Pete"). **Mary J Blige** may yet return as time-traveling assassin **Cha-Cha**.

"The Umbrella Academy" is based



Christos Kalohoridis/Netflix

Mary J Blige in "The Umbrella Academy"

on the comic book by the same title about a group of adopted sibling superheroes. The first season was reportedly watched in 45 million Netflix-subscribing households, so it's no surprise that it was quickly given the greenlight for a second season.

Q. With HBO and the other premium channels offering free months due to the shelter-in-place order, why do I have to pay to view the earlier season-four episodes of "The Good Place"? I binged the first three seasons on Netflix, and now I can only view the final four episodes for free and the rest are \$1.99 each. I really want to finish out the story. I wonder if this is an NBC or an FIOS thing? — *H.M.*

A. Unfortunately, you're going to have to wait until late August or September to view season four of the clever comedy "The Good Place" on Netflix. Reportedly, you can watch all of the final season for free on the NBC.com website if you have a cable or satellite subscription. Log on to Help.NBC.com to learn more.

Another option that is less expensive than buying each episode for \$1.99 is to purchase "The Good Place: Season 4" DVD set through Amazon, which is priced at \$16.99. Lastly, some public libraries carry DVD sets of not just movies, but of entire TV series that library cardholders can check out for free.

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Breaking Bread

Comfort food consumption is on the rise



Avocado Veggie Sandwich

FAMILY FEATURES

As families spend more time at home, Americans are finding comfort in a surprising source: bread. In fact, a 20-year trend of declining grain food consumption has been reversed.

A national study by the Grain Food Foundation suggests that the turnaround is more than a one-time sales blip due to pantry loading. In reality, consumers count bread among their top comfort foods. The study revealed one-third of Americans named pasta and bread as foods that are comforting during a stressful time.

In addition to the comforting flavor, this trend provides valuable nutritional benefits. As a part of many healthy eating plans, bread and pasta are nutritionist approved and provide nutrients needed for healthy aging such as B vitamins, magnesium, selenium, iron, folate and fiber.

“For years, we’ve been telling consumers that grain foods are the foods we love that love us back,” said Christine Cochran, executive director of the Grain Foods Foundation. “The stress has given us permission to enjoy bread and pasta again, but unlike most comfort foods, consumers recognize that grains have nutritional value.”

The highest-ranking comfort foods were ice cream; baked goods like cakes, cookies and pastries; salty snacks; candy; and fast food. However, when asked to identify comfort foods with nutritional advantages, consumers identified bread and pasta as the top two.

Beyond identifying comfort foods and their nutritional value, consumers also expressed worry that bread is in short supply right now.

“We can all rest assured that there is enough supply of grain food products in this country,” Cochran said. “Shoppers may be experiencing some sporadic unavailability of certain high-demand items. However, manufacturers are working closely with retailers to make sure that out-of-stocks are short lived. Consumers will be able to buy their favorite grain-food products and eat them, too.”

To learn more about the role of grain foods in a healthful diet, visit GrainFoodsFoundation.org.

Avocado Veggie Sandwich

Recipe courtesy of the Grain Foods Foundation

Prep time: 10 minutes

Servings: 2

- 1/2 ripe avocado, peeled
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon salt
- 4 slices bread
- 4 slices tomato

- 8 slices cucumber
- 12 slices sweet bell pepper
- 2 tablespoons red wine vinegar
- 2 lettuce leaves

In small bowl, combine avocado, lemon juice and salt. Spread mixture evenly over two bread slices.

Place tomatoes, cucumber and peppers on covered surface. Drizzle with vinegar.

Layer lettuce, tomato, cucumbers and peppers evenly between slices of bread, creating two sandwiches.



Panzanella Bagel Salad

Panzanella Bagel Salad

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 5 minutes

Servings: 6

- 2 medium Roma tomatoes, seeded and diced
- 1 1/4 cups canned diced tomatoes, undrained
- 1/4 cup green bell pepper, diced
- 1/4 cup cucumber, peeled, seeded and diced
- 2 tablespoons red onion, diced

- 2 tablespoons Parmesan cheese, grated, plus additional (optional)
- 1 tablespoon balsamic vinegar
- 2 tablespoons fresh basil, chopped
- 2 bagels (4 ounces each) cut into 2-inch pieces, toasted
- assorted greens (optional)

In medium bowl, mix tomatoes, canned tomatoes with juice, green pepper, cucumber, onion, cheese, vinegar and basil.

Add toasted bagel pieces; toss gently. Marinate, covered, in refrigerator 1 hour. Serve within 1 hour after marinating. Sprinkle with additional cheese and serve on bed of assorted greens, if desired.



Rotini with Sausage and Mushrooms

Rotini with Sausage and Mushrooms

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 18 minutes

Servings: 8

- 1 box (13 1/4 ounces) whole-grain rotini
- 1 tablespoon olive or vegetable oil
- 1 pound chicken sausage, sliced
- 1 cup leeks, thinly sliced
- 1 cup green onions, thinly sliced
- 2 cups mushrooms, sliced
- 1 cup chicken stock
- 1/4 cup parsley chopped

- 6 leaves from tarragon sprigs, chopped
- 1 cup Romano cheese grated
- Parmesan-Romano cheese (optional)

Prepare rotini according to package directions. Drain and transfer to large bowl. In large skillet, heat oil over medium heat. Cook sausage 2-3 minutes, or until well browned. Add leeks, onions and mushrooms; cook until tender. Add chicken stock and simmer 3-5 minutes, or until hot. Fold sausage mixture into warm pasta. Add parsley, tarragon and Romano cheese; toss again. Top with Parmesan-Romano cheese, if desired.

Cheesy Black Bean Toast with Pico de Gallo

Recipe courtesy of Sylvia Melendez-Klinger, MS, RD, on behalf of the Grain Foods Foundation

Prep time: 15 minutes

Servings: 4

- 6 Roma tomatoes, diced
- 1/2 medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeno peppers, finely chopped
- 3 tablespoons fresh cilantro, chopped
- 1 lime, juice only
- 1/8 teaspoon oregano, finely crushed
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon pepper
- 1/2 Hass avocado, diced
- 4 bolillos (6 inches) or large Kaiser rolls, sliced in half lengthwise
- 1 can (16 ounces) seasoned low-fat refried black beans
- 2 cups shredded Chihuahua or mozzarella cheese

Heat oven to 350 F.

In medium mixing bowl, combine tomatoes; onion; garlic; peppers; cilantro; lime juice; oregano; salt, if desired; pepper; and avocado; set aside.

On medium platter, split rolls. With medium spatula, spread refried beans onto each bread half; sprinkle cheese among bread. Bake 5-8 minutes, or until cheese is melted and hot.



Cheesy Black Bean Toast with Pico de Gallo

Good Housekeeping

Root Beer Float

This wonderful combination goes back to Great-Grandma's day. In the 1960s, root beer floats were served in big mugs at A&W drive-ins by carhops and waitresses on roller skates.

- 4 scoops vanilla ice cream
- 1 can (12-ounce) root beer, chilled

1. In blender, combine 2 scoops ice cream and 3/4 cup root beer and blend until mixture is smooth. Pour into 2 tall glasses.

2. Add a scoop of ice cream to each glass and fill with remaining root beer.

• Each serving: About 226 calories, 10g total fat (6g saturated), 35mg cholesterol, 54mg sodium, 34g total carbohydrate, 0g dietary fiber, 2g protein.

Good Housekeeping

BLT Burgers

An American classic.

- 1/4 cup ketchup
- 1/4 cup light mayonnaise
- 1 tablespoon yellow mustard
- 1/4 pounds ground beef chuck
- 8 slices bacon
- 4 sesame-seed buns, split and toasted
- Sliced sweet onion, tomato and romaine lettuce leaves

1. Prepare outdoor grill for direct grilling over medium heat.

2. In bowl, stir ketchup, mayonnaise and mustard until blended. Set sauce aside. Makes about 1/2 cup.

3. Shape ground beef into four 3/4-inch-thick burgers. Wrap each burger with 2 strips bacon, perpendicular to each other.

4. Place burgers on hot grill rack; cook 10 to 12 minutes for medium or until desired doneness, turning over once.

5. During last 2 minutes of cooking burgers, place rolls, cut sides down, on grill rack and heat until lightly toasted. Serve burgers on rolls with onion, tomato, lettuce and ketchup sauce. Makes 4 main-dish servings.

• Each serving: About 575 calories, 36g total fat (12g saturated), 111mg cholesterol, 870mg sodium, 27g total carbohydrate, 2g dietary fiber, 34g protein.

Comfort foods

Made fast and healthy



by Healthy Exchanges

American Cheese Meatloaf

Here is a wonderful new version of one of our favorite comfort foods to try. We predict that it will become a favorite in your family too.

- 16 ounces extra-lean ground turkey or beef
- 1 cup plus 1 tablespoon dried fine breadcrumbs
- 1 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon prepared yellow mustard
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 3 (3/4-ounce) slices reduced-fat American cheese

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

2. In a large bowl, combine meat, breadcrumbs, onion, green pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.

3. Stir mustard, parsley flakes and black pepper into remaining tomato soup. Spread soup mixture evenly over partially baked meatloaf. Evenly arrange cheese slices over top. Bake for an additional 15 minutes or until meatloaf is cooked through and cheese is melted.

4. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 servings. Freezes well.

• Each serving equals: 200 calories, 8g fat, 17g protein, 15g carb., 484mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

Good Housekeeping

Hero Pizza

We've gathered all of the best ingredients from a hot and saucy hero sandwich — Italian sausage, peppers and cheese — and put them on a kid-friendly pizza.

- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 8 ounces Italian turkey sausage, casings removed
- 1 medium red pepper, thinly sliced
- 1 medium yellow pepper, thinly sliced
- 1 package (8-ounce) sliced mushrooms
- Salt and pepper
- 1 pound fresh or frozen (thawed) pizza dough
- 3/4 cup jarred marinara sauce
- 1/4 cups shredded part-skim mozzarella cheese
- 1/4 cup freshly grated Parmesan cheese

1. Heat oven to 450 F. Grease 15 1/2-inch by 10 1/2-inch jellyroll pan with 1 tablespoon olive oil.

2. In 12-inch nonstick skillet, heat remaining 1 teaspoon oil on medium for 1 minute. Add sausage; cook 6 to 8 minutes or until cooked through, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to bowl.

3. To drippings in skillet, add peppers and cook, covered, on medium 3 to 4 minutes or until tender, stirring occasionally. Add mushrooms and cook, uncovered, 6 to 8 minutes longer, stirring occasionally. Return sausage to skillet; stir in 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Remove skillet from heat.

4. With fingers, pat dough onto bottom and up sides of prepared pan. Spread marinara sauce on dough; top with sausage mixture, mozzarella and Parmesan. Place pan on rack in lower third of oven. Bake pizza 20 to 22 minutes or until topping is hot and bubbly, and crust is browned. Serves 4.

• Each serving: About 615 calories, 33g total fat (10g saturated), 54mg cholesterol, 1,285mg sodium, 61g total carbohydrate, 4g dietary fiber, 28g protein.

Good Housekeeping

German Potato-Salad Packet

Grill spuds with bacon pieces, then toss with a cider-vinegar dressing.

- 2 1/2 pounds (medium) red potatoes, cut into 1-inch chunks
- 2 slices bacon, uncooked, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 2 green onions, chopped
- 3 tablespoons cider vinegar
- 2 teaspoons sugar

1. In large bowl, toss potatoes with bacon, salt and pepper until potatoes are evenly coated.

2. Wrap potato mixture in foil packet. Fold 30- by 18-inch sheet of heavy-duty foil crosswise in half. Place potato mixture on double thickness of foil and bring long sides of foil up and fold several times to seal well. Fold over ends to seal in juices.

3. Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over once halfway through grilling.

4. Remove packet from grill. Carefully open packet; add green onions, vinegar and sugar to potato mixture, tossing gently to combine. Serves 8.

• Each serving: About 140 calories, 3g total fat (1g saturated), 4mg cholesterol, 180mg sodium, 25g total carbohydrate, 2g dietary fiber, 4g protein.

Good Housekeeping

Corkscrews With Spring Veggies

Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!

- 1 bunch (about 1 pound) leeks
- 1 package (16 ounce) cork screw or bow-tie pasta
- 1 tablespoon margarine or butter
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 package (4 ounces) soft goat cheese, cut into small pieces

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

2. In large saucepot, prepare pasta in boiling salted water as label directs.

3. Meanwhile, in nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.

• Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

- 1 pound peas, thawed if frozen
- 4 tablespoons unsalted butter, divided
- 1 medium shallot, sliced
- Kosher salt and pepper
- 1 cup Arborio rice
- 1/2 cup dry white wine
- 1 lemon
- 1 cup pea shoots
- 1 tablespoon olive oil

1. Grate Parmesan into small bowl and set aside; transfer rind to small pot. Add pea pods (or 1 cup frozen peas) and 5 cups water; bring to a boil, then simmer 10 minutes. Strain, discard solids and return pea stock to pot; keep warm on low. In blender, puree 1 cup each peas and pea stock until smooth.

2. Melt 2 tablespoons butter in large saucepan on medium. Add shallot and 1/4 teaspoon salt and cook until tender, about 2 minutes.

3. Add rice and cook, stirring to coat and toast, about 5 minutes. Add wine and simmer until nearly evaporated, 2 to 3 minutes.

4. Add stock, 3/4 cup at a time, stirring often until nearly absorbed before adding more. Stir in pea puree and simmer until rice is nearly tender, about 5 minutes. Stir in remaining peas.

5. Remove risotto from heat. Finely grate zest of lemon and squeeze juice from 1 lemon half into risotto, then stir in grated Parmesan and remaining 2 tablespoons butter.

6. Squeeze juice of remaining lemon half into bowl; toss with pea shoots, olive oil, and salt and pepper to taste. Serve over risotto. Serves 4.

• Each serving: About 520 calories, 23g fat (11.5g saturated), 18g protein, 695mg sodium, 62g carb, 9g fiber.

- 1 cup strawberries, for garnish
- 1/2 cup sugar
- 1 tablespoon sugar, for garnish
- 1/3 cup heavy or whipping cream
- 6 round sugar or shortbread cookies (about 3-inch diameter)
- Whipped cream (optional)

1. In 1-quart saucepan, sprinkle gelatin evenly over 1/4 cup cold water to soften gelatin slightly. Set aside.

2. From lime, grate 1/2 teaspoon peel and squeeze 1 tablespoon juice. Coarsely chop 1 pound of strawberries.

3. In blender, combine chopped strawberries, lime peel and juice, 1/2 cup sugar and remaining 1/4 cup water; blend until pureed. Transfer strawberry mixture to medium bowl. Place bowl in larger bowl of ice water.

4. Heat gelatin mixture over low heat about 5 minutes or until gelatin is completely dissolved, stirring frequently. Stir gelatin mixture into strawberry mixture.

5. Spoon strawberry mixture into berry mixture frequently just until it begins to mound, about 20 minutes. Remove bowl from ice bath.

6. In small bowl, with mixer at medium speed, beat heavy cream until stiff peaks form; fold into strawberry mixture with rubber spatula until blended.

7. Spoon strawberry mixture into six 6-ounce ramekins; top each with cookie. Place ramekins on tray for easier handling; cover and refrigerate until set, at least 6 hours or overnight.

8. For garnish, about 15 minutes before serving, cut each strawberry, from 1 cup strawberries, into quarters. Place in bowl with 1 tablespoon sugar and toss well. Set aside.

9. Meanwhile, to unmold creams: Run tip of knife around inside of ramekin. Tap side sharply with hand to break seal; invert cream onto dessert plate. Garnish with strawberries with their juice. Serve with whipped cream, if you like. Serves 6.

• Each serving: About 230 calories, 9g total fat (4g saturated), 18mg cholesterol, 55mg sodium, 35g total carbohydrate, 3g dietary fiber, 3g protein.

Good Housekeeping

Sweet Pea Risotto

Full of spring's finest greens, this creamy dish will please vegetarians and carnivores alike.

- 4 ounces Parmesan cheese, with rind
- 2 cup pea pods (peas removed) or 1 cup frozen peas

Good Housekeeping

Strawberry Creams

This pretty pink dessert works well as a celebratory sweet for the non-chocoholic in your life.

- 1 envelope unflavored gelatin
- 1/2 cup water
- 1 lime
- 1 pound strawberries
- 1 cup strawberries, for garnish
- 1/2 cup sugar

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Crime

Child abuse battery on the 2600 block of Catalpa Avenue.

Retail theft from a convenience store on the 4600 block of North Western Avenue.

Motor vehicle theft of bike, scooter or cycle with VIN number on the 1600 block of West Byron Street.

Theft over \$500 from a residence on the 1400 block of West Fletcher Street.

Assault at a grocery food store on the 900 block of West Belmont Avenue.

Theft on a CTA platform on the 900 block of West Belmont Avenue.

Assault on a hospital building on the 800 block of West Wellington Avenue.

Violating an order of protection on the 3900 block of West Pine Grove Avenue.

Financial identity theft and fraud over \$300 at a bank on the 3300 block of North Ashland Avenue.

Domestic battery on the 4000 block of North Ashland Avenue.

Domestic battery at a residence on the 3900 block of North Lake Shore Drive.

Aggravated assault on the street with the use of a handgun on the 2800 block of North Clark Street.

Strong arm robbery from a non commercial vehicle on the 3900 block of North Lake Shore Drive.

Retail theft from a drug store on the 3200 block

of North Broadway.

Drug abuse violation on the street with the possession of white heroin on the 1600 block of West Belle Plaine Avenue.

Credit card fraud with the use at an ATM on the 2900 block of North Ashland Avenue.

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

Criminal sexual assault at an apartment on the 1100 block of West Irving Park Road.

Domestic battery at an apartment on the 900 block of West Belmont Avenue.

Disorderly conduct and reckless con-

duct at a CTA station on the 900 block of West Addison Street.

Burglary and forcible entry at a convenience store on the 700 block fo West Sheridan Road.

Theft under \$500 in an alley on the 600 block of West Roscoe Street.

Burglary and forcible entry to an Athletic Club on the 3600 block of North Recreation Drive.

Aggravated battery with the use of a dangerous weapon on a CTA bus on the 900 block of West Irving Park Road.

Aggravated domestic battery with a dangerous weapon in an apartment on the 800 block of West

Roscoe Street.

Robbery and vehicle hijacking on the street on the 2800 block of North Clark Street.

Unlawful possession of ammunition and weapons on the 4200 block of North Sacramento Avenue.

Domestic battery at an apartment on the 4000 block of North Ashland Avenue.

Fraud and financial identity theft over \$300 at a bank on the 3300 block of North Ashland Avenue.

Manufacturing and delivery of cannabis over 10 grams and drug abuse violation on the street on the 2800 block of West Bryn Mawr Avenue.

Aggravated vehicular hijacking at a gas sta-

tion on the 5300 block of North Western Avenue.

Domestic battery at an apartment on the 2600 block of West Foster Avenue.

Battery on the sidewalk on the 1000 block of West Addison Street.

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

Unlawful entry and burglary from a residential garage on the 4000 block of North Greenview Avenue.

Retail theft from a grocery food store on the 1400 block of West Montrose Avenue.

Retail theft from a convenience store on the 1400 block of West Montrose Avenue.

Larceny and theft over \$500 from a grocery food store on the 2800 block of North Broadway.

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These registered sex offenders may live in your neighborhood.

The following is a list of blocks where registered sex offenders live. They may be on your block. This list has been published by Lakeview Newspaper in the June issue for the past 24 years as a public service. Be vigilant with your child's safety.

Block	Gender	Race	Age	Height	Weight	Victim
Minor						
5XX W. Briar Pl.	M	W	57	5'8"	160	Y
7XX W. Cornelia	M	B	38	5'9"	140	N
36XX N. LakeShore Drive	M	W/H	55	5'6"	165	Y
19XX W. Eddy St.	M	W/H	43	5'6"	171	Y
12XX W. Eddy	M	W	43	5'11"	195	Y
7XX W. Oakdale	M	W	46	6'	180	Y
35XX N. Racine	M	W	32	6'	220	N
700 W. Cornelia	M	W	63	5'7"	165	Y
8XX W. Wolfram	M	W/H	46	6'	175	Y
35XX N. Racine	M	W	33	6'	220	N
6XX W. Barry	M	W	64	5'9"	200	Y
4XX W. Barry	M	As/Pac	74	5'4"	125	Y
19XX W.School St.	M	W	26	6'	209	N
19XX W.School St.	M	W	31	5'6"	120	Y
35XX N. Bell	M	W	40	6'2"	220	Y
18XX W. Melrose	M	W	38	5'11"	230	Y
39XX N. Seeley	M	W	60	6'5"	220	Y
16XX W. Barry	M	W	34	5'10"	195	N
19XX W. Barry	M	W	77	6'	180	Y
31XX N. Western	M	W	49	5'9"	190	Y
23XX W. Belmont	M	W	43	5'9"	120	Y
18XX W. Melrose	M	W	38	5'11"	230	N
31XX N. Western	M	W	50	5'9"	190	Y
41XX N. Western	M	W	59	6'1"	215	Y
33XX N.Greenview	M	W	60	6'5"	210	Y
32XX N.Leavitt	M	W	52	5'11"	175	Y
24XX W.Irving Pk. Rd.	M	W	51	5'7"	160	N
4XX W. Oakdale	M	B	48	6'1"	185	Y

These are the Lakeview and North Center registered sex offenders as of May 26, 2020 in Chicago.

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

Weather the Storm

Prepare early for power outages and other storm impacts



Photo courtesy of Getty Images

FAMILY FEATURES

Surging spring temperatures can bring volatility that translates into major weather events. The 2020 storm season could see above-average probability for major hurricanes hitting the United States coastline and the Caribbean, according to the annual Colorado State Tropical Meteorology Forecast.

As those in the paths of seasonal storms know, property damage and power outages come with the territory. Being prepared for weather disasters and power outages is critical to protecting property, productivity and well-being.

Assess external threats. Before storm season arrives, take inventory of potential problems outdoors that could be exacerbated by bad weather. For example, trees may need trimming if limbs threaten power lines, the house or other structures on your property. Also examine the house for necessary repairs, such as loose guttering, shutters or shingles that may need to be secured and torn screens, all of which can worsen in heavy weather and cause more damage.

Another consideration is items that could topple in heavy winds, such as barbecue grills or lawn furniture. When possible, look for ways to secure these items so they don't take flight, aren't destroyed or cause additional damage.

How Big of a Generator Do You Need?

It can be easiest to determine which type of home standby generator system is right for your household by first thinking about what items your family needs to remain functioning normally during a power outage. The number of home appliances or electrical loads you want to power will determine the size and cost of the generator.

There are generally three different types of standby generators, which vary based on how much your home needs to power:

Select Circuit Home Generators: Power Essential Appliances

A select-circuit generator system is a cost-effective way to power your home's basics to get you comfortably through a power outage. These units can power up to 10 electrical loads in your home, including the fridge, some lights, television and the microwave.

Managed Whole-House Power Generators: Smaller, More Power

A standby generator equipped with a smart power management solution gives your family the benefits of whole-house power with a smaller, more affordable generator system. These home generator systems can power all your electrical needs, including up to two air conditioners.

Whole-House Generators: Maximum Backup Power Needs

Whole-house standby generator options are typically used as backup power solutions for extra-large and luxury homes. They power an array of high-wattage appliances, from double ovens to hot tubs with commercial-grade performance.



Assemble emergency resources. An overnight storm is no time to discover your flashlight batteries are dead or you don't have the right size batteries to replace them. Making time to update your stash of storm supplies before weather hits can save some frustration and help ensure you're prepared to safely wait out the storm.

In addition to replacing flashlight batteries and checking that they're in good working order, if you don't have a light source in every room it's a good plan to place flashlights or lanterns in rooms where you may need to be able to see in an emergency. The idea is to give everyone in the family the ability to illuminate their path and move safely through the house no matter where they are when the lights go out.

Part of your preparation should also include restocking your first-aid kit. Some items in the kit, like ointments and medications, can expire so you'll need to replenish anything you've used and double-check that the contents are still safe to use. If you don't already have them, be sure to add a battery-operated radio and a portable power bank so you have access to news updates and can charge a low phone battery.


Take inventory of your non-perishable food items to ensure you have plenty of options on hand in the event power stays off through one or more meals. You may also want to stockpile some books and board games for convenient access to entertainment while your power is down.

Make power plans. Because power outages are a near certainty during severe weather season, reliable electricity is a necessity for powering work, school and daily life. An appropriately sized standby generator can ensure your home power doesn't miss a beat when faced with seasonal storms. Because standby generators are fueled by natural gas or liquid propane, the tank doesn't require regular refueling with gasoline which means no last-minute trips to the gas station when your generator runs out of gas.


"Standby generators can power an entire home, and because they are wired to the home's electrical system so there is minimal interruption," said Brian Northway, Briggs & Stratton field service manager. "When a storm knocks out power, the generator automatically takes over to deliver power, allowing you to take care of family and accomplish what you need to rather than worry about the power outage."

Generators with a smart power management system, such as the line of units offered by Briggs & Stratton, can help manage high-wattage appliance priority. These power management technologies allow a homeowner to prioritize the power they need during an outage at a lower upfront acquisition cost.


Learn more about standby power options at powemow.com.



Solomon's seal spreads well in shady areas. In spring, its gracefully arching stems become lined with small, white, bell-shaped blooms that hang in clusters. Its fruit are bluish-black berries loved by wildlife. It is also used in tinctures, salves and teas as a traditional treatment for injuries of the tendons, joints, ligaments, bones, bruises, connecting tissues, and more. You can find dwarf versions just a few inches in height, and other varieties up to 12 feet tall. *-Brenda Weaver*
Source: www.hbg.com



Gypsy moth caterpillars can feed on and kill more than 300 different species of trees and shrubs. Over several decades, more than 80 million acres in the United States have been defoliated by this non-native pest. A few days after hatching, the larvae ascend the host trees and begin to feed on new leaves. These young caterpillars lay down silk safety lines as they crawl and, as they drop from branches on these threads, can be picked up on the wind and drift to other trees. When the caterpillars complete their feeding in late June to early July, they seek a protected place to pupate and transform into a moth. *-Brenda Weaver*
Source: www.usda.gov, Journal of Forestry



Dahlias grow best in a sunny location with rich, well-drained soil. The tubers of taller dahlia types need to be 3 to 4 inches deep in the soil, and about 20 inches apart. Plant shorter types 2 to 3 inches deep and about 10 inches apart. Water dahlias often during dry spells to keep soil damp, and mulch around them to help conserve moisture. Feed dahlia tubers weekly with a low-nitrogen liquid fertilizer, then after sprouting, and then every 3 to 4 weeks from mid-summer until early autumn. *-Brenda Weaver*
Source: www.maltmaniac.com, www.hbg.com

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Business Spotlight



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Quotes worth your time

“If you're going through hell, keep going.”
British Prime Minister
Winston Churchill

“Everything will be okay in the end. If it's not okay, it's not the end.”
John Lennon

“I have learned that 2 hours of home school is way worse than 8 hours of regular school.”
Sam
(age 8 responding to what have you learned this week)

Amazon: “Your package will be delivered Wednesday.”
Me: “When is that?”
@pilau on Twitter

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Photos courtesy of Getty Images

At-Home Learning Throughout Summer

Tips for keeping students sharp over the long-haul

FAMILY FEATURES

With the majority of schools across the country closed, many parents are feeling the stress of taking more active roles in their children's education. As time away from the classroom extends into summer, parents also face the challenge of helping their children maintain what they've learned through a summer of uncertainty.

This year's shift to at-home learning has provided plenty of resources parents can use to keep their children's minds engaged and actively learning. The shift has also prompted families to create new routines and healthy learning habits. Continuing these best practices over the summer may prove beneficial in setting students up for success when they return to the classroom.

- Set a clear daily schedule with realistic goals and be sure to allow flexibility. A child's attention span grows longer with age – typically 2-3 minutes per year of age – so the amount of time an elementary school student will focus on a task may be significantly shorter than a high school student.
- Build in time for kids to play. According to the journal, "Pediatrics," playing promotes healthy brain development and boosts academic skills. Play time also helps children manage stress – making it an important and fun way for parents to support kids coping with stress or anxiety.
- Create a conducive learning environment at home. If possible, set up a designated desk and distraction-free workspace children can use for everything from completing school assignments to playing educational games.

While routines are important, they may not be the only key to summer learning success. Research from

Harvard indicates parents who engage with their children in simple activities over the summer – like reading together or talking about baseball statistics – can have a greater impact on their children's academic performance than popular summer activities, such as summer camps, travel or summer school.

Since education can happen anywhere as part of everyday life, there are many activities families can do together to create a sense of summertime fun while fostering academic growth.

- Spend some time cooking or baking together. Use these experiences as opportunities to practice reading recipes or practice math by measuring and adding ingredients.
- Work with other parents or family members to find summer pen pals. Have kids write letters back and forth to practice reading and writing skills.
- Extend story time with read-and-do activities that lay the groundwork for developing engaged readers. For example, the Pizza Hut BOOK IT! Program offers free online activities at bookitprogram.com children and parents can do together, such as drawing, letter recognition or sight-word bingo.
- Explore science and nature by taking a walk. Try and identify different types of clouds, trees, plants, rocks and animals. Take pictures of any you find interesting. Then look up additional information when you return home to practice research skills.
- Watch the news or read about current events together. This can provide practical lessons on social studies and help kids raise questions about the world around them.

Where and How to Access Online Resources

From educators helping their students to organizations lending support in trying times, dozens if not hundreds of online resources have emerged to help parents navigate teaching at home.

Internet Access: While many at-home learning resources can be found online, some families lack access to reliable and affordable internet connections. For information on free or low-cost home internet access, as well as other resources for teachers and families, visit firstbook.org/coronavirus-educator-resources.

Online field trips: While school and family outings are limited, it's still possible to explore the world from the comfort of home. Zoos, museums and other places of interest are sharing everything from educational videos and live webcams to guided tours on their websites and social media.

Reading programs: Literacy is the foundation for all learning, so focusing on activities that promote reading gives children a chance to practice that essential skill, often in ways that don't feel like learning. One resource is The Pizza Hut BOOK IT! Program, the nation's largest and longest-running corporate-supported reading program. Parents can visit bookitprogram.com to find a number of activities designed to help children find joy in reading. Resources include book recommendations, activity and book pairings, video messages from best-selling authors Tom Angleberger and Kate DiCamillo and printable worksheets, story maps and more.

Educational websites: Many academic websites have opened their subscription-based content for free or reduced access. You can find videos, interactive programs, lesson plans and more. Before creating an account, check if your school has secured free or discounted access codes.

New skills: From learning the basics of keyboard typing to trying a new instrument or mastering a new language, there are sites dedicated to helping students develop new skills while they're at home.

ABCs of Combating Summer Slide

While on summer break, kids commonly lose some of the learning momentum from the previous school year. It's a phenomenon casually referred to as the "summer slide."

A report from the Northwest Evaluation Association found students in third-fifth grades lost about 20% of their school-year gains in reading and 27% in math, on average, during summer break.

After such an abrupt end to formal curriculum, the slide could be a little steeper for kids in the fall. However, summer plans for families likely look different this year. More free time may make it easier to build in time for educational activities, which can also offer an escape during this uncertain time.

Allow for reading aloud. According to the National Association for the Education of Young Children, reading aloud is the single most important activity for reading success as it helps build word-sound awareness. Encourage your child to play teacher and read aloud books, magazines, or comics to family members, pets or even stuffed animals.

Begin a book club. Read the same books as your children then discuss what you all read over a shared snack or gathered around the dinner table. Joining in shows the importance of prioritizing reading during the summer.

Check into services offered by libraries. If possible, make use of local libraries, many of which offer free online resources and have extended due dates. Inquire about online services offered in your area and how your family can participate in programs taking place over the summer.



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