



A LITTLE LESS CONVERSATION WITH A LOT MORE ACTION



by George Rimel

The flags on the Graceland Postal Station building at 3024 N. Ashland, are a complete disgrace, not only to the citizens and veterans of the Lakeview community but to our country. Post Office personnel have been told about the condition of the flags several times with no action taken on their part to fix it. Both flags are torn, ripped and faded.

What does it take to get this done?

The flag, as it is now,

is indicative of our society today, fighting over our differences, and showing a lack of respect to our fellow human beings. But, the flag keeps flying in all conditions and acts as a symbol of courage, strength and hope for America. Soldiers have shed their blood for our flag all over the world. When we can't show respect at a federal building, that is a disgrace. It just shows disrespect for all of us. We are all encouraged to participate by voting and we encourage you

to participate in getting this done. But, if you don't think this is important something is wrong.

This isn't the first time this has happened at Graceland on Ashland Avenue.

Federal law says "The flag should never be fastened, displayed, used, or stored in such a manner as to permit it to be easily torn, soiled, or damaged in any way." Interestingly it also says: "The flag should never be used for advertising purposes in any manner what-

soever." and "No part of the flag should ever be used as a costume or athletic uniform. However a flag patch may be affixed to the uniform of military personnel, firemen, policemen, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. There fore, the lapel flag pin being a replica, should be worn on the left lapel near the heart."and continues:

"The flag when it is in such condition that it is

no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning." There is no penalty for people who break this law, and you can see the law at wikipedia title 4 of the United States Code.

There must be accountability.

Let the flag be a tribute to all the men and women who have served this country and to those who have given the ultimate sacrifice. Let this flag be a symbol of the American people who have given

much in the name of freedom.

And, let's always remember those health professionals, out on the front lines during this historical and deadly pandemic, who every day risk their own lives, and sometimes losing their own battle, to help and serve other Americans in their must dire hour.

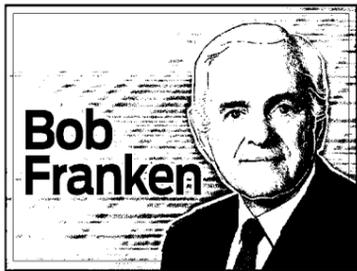
The flag is a symbol of unity not division. As Americans, we have always rallied together to get a job done as a nation.

Editorial & Opinions

A little less conversation with a lot more action
Continued from front page

It's a symbol of courage, tenacity, and strength. The flag that is flying over the post office building is a flag of weakness and defeat. As Americans, we have a right to have our flag flying proud. It's not just a piece of cloth for people to ignore. Take a minute to look up and be thankful that it's still there.

You can call the Graceland Postal Facility at 773-248-0201 or the U.S. Post Master General at 1-800-275-8777 and tell them you want the flags replaced.



A Promising Start

Joe Biden begins his term as the 46th president of the United States with a notable accomplishment: He has personally met every single person in the country. Or it seems like he has. The least valuable possession that anyone could have is a picture with Joe, because nearly everyone has at least one. I use his first name because it seems only natural, and it's going to be difficult to call him "Mr. President" as he stops impromptu, causing his phalanx of Secret Service agents to collide because he can't resist a conversation and a selfie.

This is the man who urged American "folks" to "start afresh" after his predecessor (I've decided not to name him; we need a break) talked of "American carnage" as he described the nation in his inaugural address four years ago, turning it into a self-fulfilling prophecy. Starting afresh is easy to say, but the devil is in the details. In fact, the devil has fled the scene and absconded to his Mar-a-Lago headquarters.

Now, one might think that West Palm is not your idea of Hades, with its golf courses, but the previous POTUS faces a future of meeting with his attorneys to fend off a seemingly infinite number of legal actions that are piled up with his name as defendant. And if you don't think endlessly meeting with a bunch of lawyers ain't hell, you have never received an itemized account of billable hours.

Of course, the lawyers face their own anguish too, trying to collect the money that he invariably stiff's them on, along with everyone else with whom he does business.

Meanwhile, back in The Swamp, protected by thousands of police and armed soldiers, Joe — excuse me,

Mr. President — is guaranteed a bit of a honeymoon. He can start by just cleaning up the obvious garbage that has been left behind by you-know-who. It's a massive pile of rubbish, complete with a writer's cramp worth of executive orders that need his signature. This includes reversing policies inspired by cruel xenophobia that defined the past four years, tax breaks for the wealthy and deregulation to enrich them too. There is joining the world in fighting off calamitous climate change before the entire planet is consumed — in fact, joining the world in general — repairing alliances and rejecting tyranny.

Speaking of repairing, he is going to have to pretend he likes journalists or at least can tolerate skeptical news coverage, as opposed to treating media as "the enemy of the people." That should be easy, considering how Biden used to hang out and schmooze with reporters every chance he got. Actually, Vice President Kamala Harris did too. We'll see how long it takes for all that glad-handing to turn into a fist.

And the new Biden administration has made some grandiose promises about defeating the coronavirus pandemic and its economic wreckage, beyond acknowledging them, as his prior job holder refused to do. A moving tribute to the 400,000 Americans who died is one thing, but moving on to snuffing out COVID is an imperative.

Also imperative is making good on the inequities that have plagued the United States since before our beginning, when our colonists brought the first people of color here in chains. The promise made in the Declaration of Independence was a big lie:

"We hold these truths to be self-evident, that all men are created equal..."

The time for patience is over. First we need to destroy the vicious white supremacist militias, then we need to attack the vestiges of polite racism. Or Joe Biden's presidency with its pledge that "We can deliver racial justice" will be just another empty promise and our last chance to survive as a nation.

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

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'Free Speech for Me, But Not for Thee'

Long a stalwart defender of the First Amendment, the American media is now having second thoughts.

For decades, it was a commonplace sentiment among journalists that freedom of the press was one of the glories of our system. It helped to make the government accountable and to air diverse points of view — even unpopular ones — to be tested in the marketplace of ideas.

Media organizations were at the forefront of the fight to vindicate First Amendment rights, with The New York Times involved in two landmark Supreme Court decisions (New York Times Co. v. Sullivan and the Pentagon Papers case) and tended to rise as one against any perceived threat to their prerogatives and freedoms.

This advocacy has been sincere, although, if nothing else, journalists should be First Amendment purists out of a sense of self-interest. In a 2018 essay in The Atlantic representing the bygone conventional wisdom, titled "Why a Free Press Matters," the long-time newscaster Dan Rather noted, "As a working journalist, I know I have a stake in this concept."

One would think so. Yet, now journalists have lurched from finding a threat to freedom to the press in every criticism of reporters and news outlets by former President Donald Trump to themselves calling for unwelcome media organizations to be shut down.

They've become the thing they profess to hate — closed-minded censors who want to stifle free expression, First Amendment be damned.

Perversely, the TV program and email newsletter of the top media analyst at CNN, Brian Stelter, has been a clearinghouse for such advocacy, whether it is demands to get right-wingers removed from social media or — more astonishingly — to keep conservative cable networks off the airwaves.

Stelter's colleague, media reporter Oliver Darcy, tweeted about his effort to get cable companies to answer why they carry pro-Trump channels like Newsmax and One America News Network. "Do they have any second thoughts about distributing these channels given their election denialism content?" he asked on Twitter. "They won't say."

In the same vein, Washington Post columnist Max Boot drew a direct line between how we deal with foreign terror groups and how we should treat right-wing media organizations. "We need," he wrote, "to shut down the influencers who radicalize people and set them on the path toward violence and sedition."

Boot noted, approvingly, that the U.K. doesn't have the equivalent of Fox News because regulators won't allow it. The U.K. also doesn't have a First Amendment, a small detail that might be worth considering if the point is to protect our freedoms rather than destroy them in a fit of ideological vengeance.

A writer at the progressive publication Mother Jones argued for an advertiser boycott instead of regulatory action in a post called, charmingly, "It's Time to Crush Fox News."

A boycott wouldn't violate the First Amendment like a direct crackdown on Fox and others. Still, it would be private action undertaken in the service of a profoundly illiberal goal, running counter to the country's culture of free speech.

All of this would be bad enough if it weren't people who write and comment on TV for a living advocating it. But journalists have been moving in this direction for a while now, as Armin Rosen catalogues in a disturbing report for Tablet magazine.

The author, Steve Coll, who is no less than the dean of the Graduate School of Journalism at Columbia University, said last December, "Those of us in journalism have to come to terms with the fact that free speech, a principle that we hold sacred, is being weaponized against the principles of journalism." The former managing editor of Time magazine, Richard Stengel, has written: "All speech is not equal. And where truth cannot drive out lies, we must add new guardrails."

And so its erstwhile champions are ready to retreat from strict adherence to the First Amendment to a new rule of "free speech for me, but not for thee."

Rich Lowry is editor of the National Review.

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THOUGHT FOR THE DAY

"Success is not final, failure is not fatal; it is the courage to continue that counts."

Winston Churchill



Americanisms



"If we are strong, our strength will speak for itself. If we are weak, words will be of no help."
— John F. Kennedy

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 Lakeview Newspaper
 J2 Associates, Inc.
 P.O. Box 578757
 Chicago, Illinois 60657
 Telephone: 312.493.0955
 Web site: www.LakeviewNewspaper.com
 Email: LKVNEWS@aol.com
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SENIOR NEWS LINE

by Matilda Charles

On Medicare? Beware of COVID Card Scam

Have you received a phone call asking if you've received your new "special" Medicare COVID card? Beware: There is no such thing. It's a scam.

I did receive such a call. The person on the other end asked if I'd received my new card, which I'd heard nothing about, and proceeded to try to ask me a number of questions. She claimed there are a lot of fancy benefits that come with the COVID card.

In the name of research for this column, I did not hang up immediately as I usually do. Instead, I went along with the caller, listening but not providing any information. I asked where they'd gotten my name and was told they were accessing the Medicare database. I was quickly convinced it was a scam.

I hung up and called the Medicare fraud line to report it. The fraud people were very glad I did.

Other forms of COVID scams include offering fast eligibility for the vaccine, fake vaccine sign-up websites, fake testing and wellness kits, and fake contact tracers who want to know your Medicare card number.

Fact: There is no new Medicare card for COVID.

Fact: Medicare isn't going to call you about anything unless you have called or written to them and asked them to contact you by phone.

If you receive a call such as the one I got, hang up immediately and then call to report it. Call 1-800-MEDICARE (1-800-633-4227), or HHS at 1-800-447-8477.

As for the fancy benefits the caller promised me, check your Medicare Summary Notice or Explanation of Benefits to be sure there are no errors for items and services that you do not get.

This might be the newest scam against seniors, so spread the word among your friends. There is no "special" Medicare card for COVID.

VETERANS POST

by Freddy Groves

VA Is Rolling Out the COVID Vaccine

As of this writing, the Department of Veterans Affairs has given more COVID vaccine shots than multiple U.S. states added together. The VA started with 37 vaccination sites, quickly expanded to an additional 128 sites, and at this point has grown to 195 sites.

It followed a COVID-19 Vaccine Distribution Plan first conceived in September and firmed up in early December. In other words, they were ready the minute the vaccine was.

But the states are struggling with their logistics. How and why this is, no one seems to be explaining. The VA plan followed three basic steps: Lower the risk of infection and spread, make staff and veterans the highest priority, and ensure distribution is fair, transparent and aimed at maximizing the benefits of the vaccine. The detailed plan included lists of what needs to be done and who's doing it.

What's so hard about that?

You have to do your part, though. Yes, the initial doses are being given to medical staff and patients in VA hospitals. But I've already heard of vaccines being offered to veterans in general who are not hospitalized. To do that the VA will need to contact you. Call your health care team and be sure they have your current contact information. Also, if you have not yet taken the flu shot, ask if there is a required time delay between a flu shot and the COVID vaccine.

What we don't want to hear about the COVID vaccine is this: Even after getting the vaccine (and the second dose), you'll still need to beware. Wear your mask, scrub your hands (for one full minute, please) and stay out of risky situations. This will likely go on until a large percentage of the population has received the vaccine.

For updates, check this website: www.va.gov/health-care/covid-19-vaccine.

Strange BUT TRUE

By Lucie Winborne

• The human brain would be able to perform 38 quadrillion (38 thousand trillion) operations per second if it were a computer.

• Lisa Jakub, who played teenager Lydia Hilliard in "Mrs. Doubtfire," was kicked out of her Toronto school for taking the five-month-long film gig. When co-star Robin Williams found out, he wrote a letter to the school asking them to reconsider. School officials framed his letter, but didn't change their mind about Jakub.

• Pope Francis was once a nightclub bouncer in his native Argentina.

• Neptune was the first planet to be found through mathematical predictions rather than telescopic location.

• The Iberian ribbed newt uses its own bones as weapons! Special tubercles in its abdomen allow its ribs to poke out through its skin when the newt is frightened. As an added bonus, the skin secretes a toxic chemical, turning this little creature into a killer of anything that tries to bite it.

• Allodoxophobia is the fear of opinions.

• In Ghana, people like to be buried in something that represents their lives. These include coffins shaped like planes for pilots, fish for fishermen and a Mercedes for a businessman.

• Many companies try to be as ethical and environmentally friendly as possible, but Stella McCartney bags took that initiative a step further by making some of the accessories out of corn.

• "Psycho" was the first movie to show a toilet flushing.

• As part of standard convention, pilots and co-pilots do not eat the same food before a flight in case of food poisoning (or worse). If one of the pilots is incapacitated (in other words, unable to leave the bathroom), the other pilot can take over.

Thought for the Day: "The only person you are destined to become is the person you decide to be." — Ralph Waldo Emerson

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Paul Evans Chairs

Paul Evans (1931-1987) is one of the famous midcentury designers in America. He made unique furniture that fit into the buildings and houses being introduced after World War II. His studio was in New Hope, Pennsylvania, and in the 1960s he was making furniture from steel and other metals. He had to learn to weld, torch cut and create a patina to make his boxy chests and tables. Unexpected woods and metals were used in the furniture he made at the Cranbrook Academy of Art. He was successful as a sculptor and as a designer and maker for the company Directional Furniture.



These unusual chairs were designed by Paul Evans. His furniture is selling for higher prices each year as collectors understand his importance.

After his death, his work was forgotten for a few years, but soon it was realized that Evans' designs were important, and prices have been going up. His Cityscape pieces seem to be the most popular, but Argenta chairs and tables are wanted for dining rooms in modern houses with large windows and plain walls. Each piece is handmade, all are heavy, difficult to move, unusual and sure to be noticed.

A pair of armchairs made in the 1960s of steel paired with flowered upholstery sold at a Rago Modern Design auction. The chairs estimated at \$9,000 to \$14,000 sold for \$20,000 — well over the estimate. Each chair is 26 x 25 1/2 x 20 inches.

Q. I have a whale's tooth scrimshaw made by Frank Barcelos in very good condition. I want to sell it but don't know if I should use eBay or an auction. Would you be able to help?

A. Scrimshaw — carvings or etchings on whale's teeth, bone or ivory — was first carved by North American whalers and others about 1800. A scrimshander is someone who makes scrimshaw. Frank Barcelos was born Francisco Jose de Barcelos. He came to the United States from the Azores in 1969. Some of his scrimshaw sells for high prices. There are federal laws governing the sale of whale ivory, and it can't be shipped between states. You should contact an auction house to see if they can sell it.

CURRENT PRICES

Underwood Standard Typewriter, No. 5, round keys, ruler, half-moon opening, black, 11 x 12 inches, \$120.

Coverlet, "Manufactured on the Latest Fashion," trees, urn, flowers, circles, blue and white, fringe, Seifert & Co., 89 x 96 inches, \$330.

Baccarat vase, cut glass, gold enamel, leaves, 19 x 5 inches, \$375.

Wrought iron gate, 4 sections, scrollwork, repeating kidney shapes, center hinged gate, 73 x 97 inches, \$800.

TIP: You can tell a piece of jade by the feel. It will be cold, even in warm weather.

Kovels' "A Diary: How to Sell, Settle and Profit from a Collector's Estate" is a step-by-step guide on what to do when settling an estate — from gathering legal papers to dividing antiques among heirs and selling everything else, even the house. Available only from Kovels for \$19.95 plus \$4.95 postage and handling. Order by phone at 800-303-1996; online at Kovels.com; or write to Kovels, P.O. Box 22900, Beachwood, OH 44122.



by Ryan A. Berenz

1. Doak Walker won the Heisman Trophy in 1948 playing multiple positions for what college team?

2. In 1973, what Pittsburgh Pirates pitcher had such a severe case of the yips that the "condition" was colloquially named after him?

3. What team drafted Purdue quarterback Jim Everett with the third overall pick in the 1986 NFL Draft, then traded his rights to the Los Angeles Rams?

4. In December 2004, who was hired as head coach of the USC Trojans men's basketball team only to resign five days later?

5. What baseball team won the 2020 KBO League championship with a 4-2 Korean Series win over the Doosan Bears?

6. What three-time winner of the Formula One World Drivers' Championship was killed in an accident while leading the 1994 San Marino Grand Prix?

7. What San Diego Chargers player set the NFL record for longest play by returning a missed field goal 109 yards for a touchdown in a 2007 game against the Minnesota Vikings?

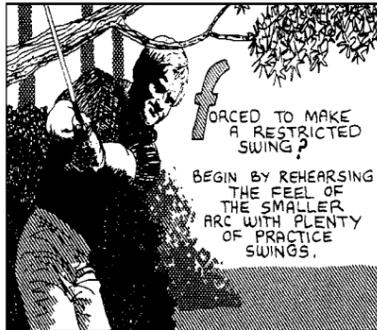
Answers

1. The Southern Methodist University Mustangs.
2. Steve Blass.
3. Houston Oilers.
4. Rick Majerus.
5. The NC Dinos.
6. Ayrton Senna.
7. Antonio Cromartie.

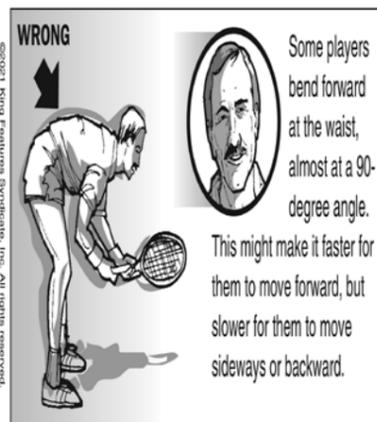
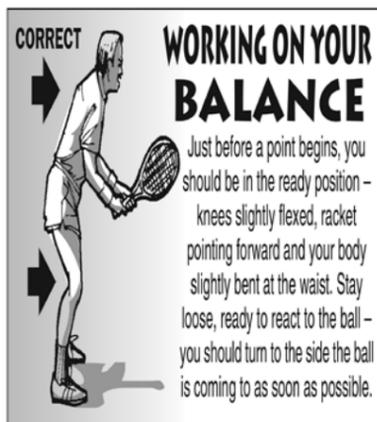
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Health



Proper Technique Is Key to Accurate BP Reading

DEAR DR. ROACH: I have always read that when you are having your blood pressure taken, your arm should be elevated above your heart. When mine is taken this way, it is normal, around 120/70. When I go to the doctor, my blood pressure is taken with my arm hanging at my side. I often get a much higher reading taken this way, say, 140/90. Is there a correct way to take it, and does it affect the reading? My doctor said the position doesn't matter and wants to prescribe medication. — U.P.

ANSWER: When taking the blood pressure, the goal is to approximate the blood pressure in the heart. That means that the blood pressure cuff should be at the level of the heart. If the blood pressure cuff is above the heart, then the blood pressure reading will be artificially low. If the blood pressure cuff is dangling below the level of the heart, the reading will be high.

For every 10 cm (about 4 inches) above the heart, the blood pressure will be about 7 mm of mercury too low. If I stretch out my arm as high as I can above my heart, I can get it about 30 cm higher than my heart, which would be enough to explain the difference between the 140/90 and 120/70 you have observed. However, for most people when sitting up straight, a properly placed cuff on the arm will approximate the same level as the heart. Although you are right the position matters, it sounds like the doctor's office is taking the reading correctly.

I should also note that the feet should be resting on the floor, not dangling, which can artificially raise the blood pressure. The arm should be supported while taking the blood pressure. I recommend taking the blood pressure three times and using the average.

Given how important blood pressure is, correct technique is essential in order to properly recommend who should get blood pressure treatment. Evidence is increasing that a 24-hour home blood pressure device is more accurate at determining who might need medication, especially in suspected white coat hypertension, where the readings are artificially high just because a person is in the office (even if they don't feel nervous).

DEAR DR. ROACH: I recently had a cancer growth removed from my upper arm by a dermatologist. I was instructed to use Vaseline on the wound. I told them I use an antibiotic with pain reliever. I was told that because this is an antibiotic, I will become immune to the usage. Does the topical antibiotic have the same effect as a pill or shot? Because it is on the outside of my body, will I become immune as described, or is it safe to use as I have done for 40 years? — W.B.

ANSWER: I agree with your dermatologist. Petrolatum, such as Vaseline, is effective at keeping a wound moist, which promotes healing, and acts as a barrier to keep out dirt and bacteria.

Topical antibiotics may have additional usefulness in areas of skin infection or to reduce carriage of a dangerous bacteria like MRSA, but is no better than petrolatum for a clean surgical wound. Potential downsides to topical antibiotics include not only resistance, but also skin reactions. Accordingly, they should be used sparingly and only for clear indications.

Raynaud's Patient: Can Viagra Help Cold Fingers

DEAR DR. ROACH: I have scleroderma with Raynaud's phenomenon, and friends and family members have told me that I might get help from Viagra.

Frankly, I hadn't read or heard that from either my rheumatologists or dermatologists. I already tried a short course of nifedipine over a decade ago (it just gave me a headache), so I just stick with mechanical means to keep my hands warm in winter and, maybe surprisingly to some, in summer. Believe me, air-conditioned grocery stores are torture from April to October. — M.A.P.

ANSWER: Raynaud's phenomenon is an excessive response of the blood vessels in the skin to changes in temperature, and sometimes to emotional stress. While most people will get cold hands and feet when it is cold, a person with Raynaud's can get a drastic response, even to air conditioning or freezer sections of grocery stores. The skin will turn white and then blue, then quite red on being rewarmed. Not everybody goes through all three colors, however.

Raynaud's can exist by itself, but is often seen in the presence of autoimmune conditions, such as the systemic sclerosis (scleroderma) you have. Treatment for Raynaud's is generally the same with or without other conditions. Everybody with Raynaud's should quit smoking and avoid medications that can trigger an attack (over-the-counter cold and flu remedies are the most common).

The mainstay of treatment is avoiding the temperature changes wherever possible, but as you point out clearly, it's almost impossible to do so completely. Putting your hand in a refrigerator or holding a cold drink can trigger an attack. Many people with Raynaud's learn to keep gloves with them all the time and dress their entire body warmly. An attack can sometimes be

aborted by rubbing hands in warm water or getting them into a warm place.

When medication treatment is necessary, a calcium channel blocker like nifedipine is often the first choice. Headache and dizziness can limit effectiveness of this treatment. Studies have shown these medications can cut the attacks by about 50%.

Sildenafil (Viagra) has been used in people with Raynaud's, and is about as effective as calcium channel blockers. However, for people with scleroderma, ulcers and Raynaud's, sildenafil has been shown in small trials to be very effective.

DEAR DR. ROACH: My wife has many allergies and asthma, as well as frequent migraines, about two or three a month. A family friend has been using Aimovig for the past six months with no migraine symptoms. What can you tell me about this relatively new drug? We're concerned that the side effects may interfere with her asthma, or any other negative drug interactions. — M.S.

ANSWER: Erenumab (Aimovig) has been recently approved for migraine. In the initial study, it reduced the number of migraine days from 8.3 to 4.6 per month. As an injection, it may cause pain and swelling at the injection site, and has also caused some people constipation and muscle cramps. There are very few drug interactions, and I found no indication that it should make asthma worse.

Your family friend has had a much better result than most of the people in the study, and there is no guarantee your wife will do as well. I am awaiting further long-term studies before recommending this class of migraine treatments.

It is given once per month, and costs about \$600 a goodrx.com.

Office Test Alone Can't Diagnose COPD

DEAR DR. ROACH: I am a healthy 70-year-old woman. The only prescription medication I take is for dry eyes. I recently visited my new primary physician for the first time, and she had me do a breathing test, where I exhaled into a tube to measure airflow. I was told to breathe deeply and exhale completely into the tube three times in succession. It took less than a minute to complete. It is apparently a routine test she orders for new patients.

She then told me I have COPD, on the basis of that test alone. She asked if I had ever smoked or been exposed to second-hand smoke. That was her only question — coughing or shortness of breath was never mentioned. I have never smoked, but my father was a smoker when I was growing up. I actually do have a slightly productive cough most mornings. I probably walk about 10 miles a week, and I do notice some shortness of breath on long uphill sections, though I can walk briskly in level areas for miles with

no problem.

She said it is not advanced enough to require an inhaler at this time. I am bothered by this very easy "diagnosis" on the basis of one simple test. I wonder if I should ask to be referred to a pulmonologist for a more thorough evaluation. — O.P.

ANSWER: The test your doctor performed is called office spirometry, and it is useful for monitoring known pulmonary diseases, especially COPD and asthma. However, by itself, it is inadequate to make the diagnosis of COPD, which I am not sure you have.

The diagnosis of COPD is made in people with persistent respiratory symptoms, usually shortness of breath or coughing. Spirometry will usually show obstruction to airflow. Formal pulmonary function testing, which is an extensive process taking an hour or so with a skilled and experienced technician, is ideal for determining severity.

The problem with getting a breathing test in someone who has no significant symptoms is that you can find someone whose test results are at or just below the lower limit of normal, and the diagnosis is unclear. The prognosis for people with mild airway obstruction but with no symptoms of COPD is much better than for people with COPD and who continue to smoke. For this reason, using spirometry as a screening test for everyone is not recommended.

Without knowing the exact results of your spirometry, I suspect you do not have COPD, given your absence of smoking and your extremely mild symptoms. A comprehensive exam by a pulmonologist would be definitive and may help you be less anxious about the results you have now.

DEAR DR. ROACH: I saw your recent column on enlarged prostate, and I have the same problem. I have no history of cancer, but I do have a high PSA and symptoms of frequent urination. Because of other medications, I cannot take ibuprofen, so I am curious if Tylenol has the same anti-inflammatory effect. I do occasionally use Tylenol for headaches and arthritis pain. — J.B.

ANSWER: The exact mechanism of how Tylenol reduces pain remains a mystery. However, it is not an anti-inflammatory drug like ibuprofen, so would not be expected to have the benefit in prostate symptoms that some men get from taking an ibuprofen at bedtime.

This Rapid Heartbeat Appears Normal on EKG

DEAR DR. ROACH: I had symptoms of lightheadedness, so my doctor ordered an EKG and sent me to a cardiologist. They did a heart monitor for a week and said I have inappropriate sinus tachycardia but that I don't need any treatment. I'm still having symptoms. What can I do? — B.V.

ANSWER: Inappropriate sinus tachycardia is an uncommon diagnosis, most often

seen in women in their 30s. The heart rate is fast ("tachycardia"), but on an EKG it appears normal, meaning it comes from the sino-atrial node, the natural pacemaker of the heart, hence "sinus." The average heart rate must be over 90 for 24 hours.

It's important to be sure there isn't another cause for the tachycardia, such as elevated thyroid levels, fever, volume depletion (dehydration) or anemia. The symptoms may continue for months or even years. Common symptoms include the lightheadedness you felt, but may also include palpitations, shortness of breath, dizziness and decreased ability to exercise.

The diagnosis can sometimes be confused with POTS (postural orthostatic tachycardia syndrome), where the heart rate dramatically increases with changing to an upright position. A tilt-table test is the diagnostic tool for POTS.

If there is no other reason for sinus tachycardia, then medication may be used to reduce symptoms. A beta blocker is the usual first choice, but there are others available. I found some more information at <https://tinyurl.com/ISTheart> that may be useful for you.

DEAR DR. ROACH: I am a woman going crazy with hair loss. My hair has always been long and thick, but it is coming out in handfuls. I can only think it must be due to my blood pressure medicines. I've been taking amlodipine and lisinopril for years. I'm in good health and 90 years young. — M.

ANSWER: It is unlikely that the hair loss is due to either amlodipine or lisinopril. Neither of these are well described to provoke hair loss, and if a medicine is going to do that, it usually does within a few months.

The most common cause of hair loss in a 90-year-old woman is female pattern hair loss, in which the hair loss is mostly on the front and top of the scalp. However, there are several causes of hair loss, and a dermatologist may be helpful in determining the cause and treatment.

Please don't stop taking your blood pressure medicine.

DEAR DR. ROACH: I have a question about undigested food. Are you getting any nutrients, other than fiber, from foods that come out looking the same as they went in? I'm thinking of foods such as corn and sunflower, flax or chia seeds. How well do they need to be chewed to get any nutrition from them? — L.W.

ANSWER: Many seeds and corn need to be chewed very well in order to be absorbed by the body. They have a large amount of undigestible fiber, which will never be absorbed. Chia seeds, unlike flax or sunflower seeds, are pretty easily digested by most people, but you can grind them and soak them ahead of time to make it easier for your body to digest.

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

Financial

CONTACTLESS PAYMENT METHODS

Contactless payments is the industry phrase for transactions done at close quarters without physical contact or "cleaner" way to pay.

"Contactless payments are perfect for a pandemic," says Matt Schulz, chief

credit analyst at LendingTree. "The last thing anyone wants to do right now is touch more than they have to." Here's a quick rundown on types of electronic payments and how to use them safely.

CONTACTLESS DEBIT AND CREDIT CARDS

USE FOR: Shopping in

a store that has contactless payment terminals. If your card has the contactless symbol, look for it on the card reader at checkout. To pay, tap the card on the terminal or just hold it close. The process is significantly safer than swiping your card. Every contactless transaction creates a onetime security code, which guards your payment information. Cracking that code would essentially reveal an outdated password.

KEEP IT SAFE BY:

Regularly checking your card activity and quickly reporting fraud to your card issuer. Transaction data is extremely hard to hack into, but checking

your statements is still good practice.

ACH TRANSFERS USE FOR:

Paying your recurring bills. The Automated Clearing House is a secure network that moves electronic payments between bank accounts. Using ACH transfers, you can move money out of your bank account (to pay a bill) or receive it (such as direct deposit Social Security benefits). Dollar for dollar, ACH payments have the lowest fraud rate of any transaction method in the U.S. And, they're touch-free. Setting up automatic mortgage and utility payments or any other recurring bill is one popu-

lar way to use ACH payments. You head to the relevant payee's website, log in to your account, and provide your checking account and routing numbers. When the bill is due, your service provider automatically withdraws funds for payment.

KEEP IT SAFE BY:

Protect your bank account numbers. Only give them to companies you trust; don't share them over the phone or by email. And, to avoid entering your account information on fake company sites, don't visit them via links in emails you receive; type in a company's correct web address yourself.

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Maximum deductions
Reasonable rates

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Attorney at Law

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Photo courtesy of Getty Images

Build a Better Health Care Budget

Tips for managing the mounting costs of a chronic condition

FAMILY FEATURES

Managing a chronic disease takes plenty of special planning and attention, and in many cases, a lot of money. In some cases, the expenses associated with disease management are overwhelming, forcing patients to skip essential treatments or medication and risk serious health complications.

One example is diabetes. A study published in the "Journal of American Medicine" found that 1 in 4 individuals with diabetes had rationed their insulin, which can impact short- and long-term health. Since 2002, the list price of insulin has risen, often costing customers without health insurance or on high-deductible insurance plans upwards of \$1,000 for a one-month supply.

Consider these ideas to help manage the expense associated with a chronic disease:

1. Health Insurance

Whether you have a chronic condition or you're generally healthy, it's important to understand the different types of health insurance available to you. Commercial health plans can be purchased by anyone and may be available through your employer, or you may be eligible for government-funded health care, but there are numerous other options and variables to consider.

Understanding the costs associated with insurance plans means taking into account both your monthly premium and out-of-pocket costs like co-pays, co-insurance and deductibles. When choosing a plan, decide whether you'd rather pay a higher amount each month (premium) and less when you see the doctor (co-pays, co-insurance or deductible), or if you'd prefer to pay less each month and more when you need to see the doctor or fill prescriptions.

Another consideration is the plan's network. There can be a significant budget impact when you see doctors in-network vs. out-of-network. Other potential cost-

saving options include health savings accounts or flexible spending accounts, which might save you tax dollars.

2. Doctor Visits

Avoiding visits to the doctor because of the expense can end up costing more in the long run if you leave serious symptoms untreated or fail to properly manage a chronic condition. Make sure you understand all costs associated with your visits, including what's covered by insurance, your co-pay and any out-of-pocket costs. Labs and tests aren't always covered, and certain conditions like diabetes can require many test-related expenses. Sometimes saving money can be as simple as having lab work done at an in-network facility and sent to your doctor.

In addition to a primary care doctor, many patients with diabetes also see an endocrinologist and have more frequent visits to the eye doctor. Indirect costs like transportation and childcare may also impact the overall expense of a visit.

3. Prescription Drugs

Doing your research can make a major difference in what you pay for your prescriptions. For many conditions, such as diabetes, the cost of medication may make it tempting to skip doses to make a prescription last longer, but that can have dire medical consequences.

Instead, conduct price checks with various pharmacies and discuss your medication options with your doctor, including which of your prescriptions have generic alternatives available. If a generic is a possibility and your doctor believes it's a good match for your condition, be sure the prescription notes that substituting is allowed. You can also look into coupon savings and patient assistance plans.

In addition, some programs are available to help people with certain conditions. For example, GetInsulin.org, created by nonprofit organization Beyond Type 1, is a one-stop tool for anyone with

diabetes who is having trouble accessing affordable insulin in the United States.

"High-quality, modern insulin must be available to people with diabetes regardless of employment or insurance status, across all demographics, without barriers and at an affordable and predictable price point," said Thom Scher, CEO of Beyond Type 1.

Through the website, users answer a few questions and receive customized action plans to guide them through the access solutions that best serve their unique circumstances such as location, insurance type, income and prescription.

4. Medical Equipment

Devices like oxygen tanks, pacemakers, blood glucose monitors and CPAP machines for sleep apnea play vital roles in treating serious medical conditions. If you're worried about the cost of equipment recommended to help you navigate a short- or long-term diagnosis, work with your doctor and insurance company to figure out the most cost-effective method to achieve your treatment goals.

5. Emergency Care

A medical emergency isn't only a drain on your physical and mental well-being, it can deliver a major blow to your finances. Emergency care can cost thousands of dollars per visit, especially with high-deductible insurance plans. Some conditions like diabetes are associated with a higher likelihood of emergency care needs for complications such as diabetic ketoacidosis and severe hypoglycemia. To offset the impact of potential emergency care expenses, plan ahead and build a savings account for your medical needs.

6. Food

Certain diets cost more to maintain, and that can be especially true when you're eating to accommodate a medical need. When planning food costs, be sure to account for the foods you'll eat regularly, as well as the extras you'll need, such as glucose gummies and snacks to treat low blood sugar for those living with diabetes.

Learn about options to help manage your diabetes-related expenses at GetInsulin.org.



**THE COST OF LIVING WITH DIABETES
MEDICAL EXPENSES AVERAGE \$16,752 PER YEAR**

- Medications and other Supplies: \$6,325**
- Inpatient Care (Hospitals, Nursing homes): \$6,085**
- Outpatient Care (Doctor Visits): \$4,342**

According to research from the American Diabetes Association



Photo courtesy of Getty Images

Searching for Solutions

After her father passed away from complications of uncontrolled diabetes, Christine Kanderski was determined to never relive that pain. This meant finding a way to afford treatment for her mother's type 2 diabetes and her son's type 1 diabetes.

"There was no way that my family and I were going to let diabetes take another one of our family members," Kanderski said.

Kanderski budgeted for a laundry list of costs: appointments, health insurance, needles, test strips, glucose meters and insulin. One trick she found to save money was sharing supplies between her mother and son.

When things seemed hopeless, Kanderski reached out to the diabetes community for support and resources. Tools like GetInsulin.org can help people find affordable insulin. Users answer a few questions and receive customized action plans to guide them through solutions that best serve their unique circumstances.



FLASH BACK

POP, ROCK & SOUL TRIVIA
BY MICK HARPER

1. Name the group that had a hit with "I'm Telling You Now."
2. Which Beatles song was originally titled "Daisy Hawkins"?
3. What blues singer who was born McKinley Morganfield.
4. Who originally released "Our Day Will come"?
5. Name the song that contains this lyric: "We go along harmonizing a song, or I'm reciting a poem, The owls go by and they give me the eye."

Answers

1. Freddie and the Dreamers, in 1965. Hunt up a copy of the original song (YouTube) and listen to lead singer Freddie Garrity. The world was denied a great singer when the group's success never materialized.
2. "Eleanor Rigby," in 1966. Paul McCartney wrote the song in pieces, after originally coming up with the Daisy Hawkins line.
3. Muddy Waters, often cited as the "father of modern Chicago blues." He was first recorded by the Library of Congress folk music project in 1941.
4. Ruby & The Romantics, in 1963, followed by numerous others that same year.
5. "Walkin' My Baby Back Home," most notably by Johnnie Ray in 1952. Ray was deaf due to a childhood accident, but is considered by many as the father of rock and roll.

**What's better?
A great story
or
A great idea?
Lakeview Newspaper
Thoughts to think about.**

Strange BUT TRUE

By Lucie Winborne

- To train new operatives during the Cold War, the Soviets built fully functional replicas of American towns. Their residents consisted of retired deep-cover operatives who taught the trainees everything they needed to know about blending into American life.
- In 1963, the Bronx Zoo had an exhibit called "The Most Dangerous Animal in the World." It was a mirror.
- The U.S. Navy has a tradition that no submarine is ever considered lost at sea. Subs that don't return, including 52 lost during World War II, are considered "still on patrol." Every year at Christmas, sailors manning communications hubs send holiday greetings to those listed as still on patrol.
- An outbreak of the common cold occurred at an Antarctic base after 17 weeks of complete isolation.
- In the category of Best Song Titles Ever, country music stars Loretta Lynn and Conway Twitty recorded a duet titled "You're the Reason Our Kids Are So Ugly." (Despite which fact, the lyrics make clear that the couple is still in love.)
- After high school senior Allison Closs dressed up a cardboard cutout of Danny DeVito to go with her to prom, the actor returned the favor by bringing a cardboard cutout of Allison to the set of "It's Always Sunny in Philadelphia."
- A \$3 million lottery winner was sentenced to 21 years in prison after using his winnings to finance a meth trafficking ring.
- Actual town names in the U.S. include Rabbit Hash (Kentucky), Two Egg (Florida), Ding Dong (Texas) and Bacon (Delaware).
- Ever have trouble finishing your veggies? Try taking a tip from Leigh Knight, who in 2006 sold an unwanted brussels sprout left over from his Christmas dinner for £1,550 (\$2,100.72 USD) to aid cancer research.

Thought for the Day: "May your coffee kick in before reality does." — Unknown

top 10 movies

1. **The Marksman** (PG-13) Kathryn Winnick, Liam Neeson
 2. **Wonder Woman 1984** ... (PG-13) Gal Gadot, Chris Pine
 3. **The Croods: A New Age** (PG) animated
 4. **News of the World** (PG-13) Tom Hanks, Steve Boyle
 5. **Monster Hunter** (PG-13) Milla Jovovich, Tony Jaa
 6. **Fatale** (R) Hilary Swank, Michael Ealy
 7. **Promising Young Woman** (R) Carey Mulligan, Bo Burnham
 8. **The Emperor's New Groove** .. (G) animated
 9. **The War with Grandpa** (PG) Robert De Niro, Uma Thurman
 10. **Pinocchio** (PG-13) Federico Ielapi, Roberto Benigni
- Source: Box Office Mojo

top ten

Creative Hobbies During COVID

- | | |
|-----------------------|-------------------------|
| 1. Trying new recipes | 6. Creative writing |
| 2. Gardening | 7. Dance |
| 3. Painting | 8. Interior design |
| 4. Photography | 9. Digital design |
| 5. Drawing | 10. Non-fiction writing |
- Source: Canava



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COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Shame, shame, shame?

A few years back on Facebook, I outed myself for a movie faux pas — I had never seen "Monty Python and the Holy Grail." It's one of those films that are quoted and referenced in all manner of ways, assuming much of the time that it's been universally viewed. And it turns out there are a great many of these films and just as many people out there who have never seen them — in the dark about their plots, not in on the joke and never intending to be. My post became a completely unofficial survey, with several titles popping up again and again. Have you seen them? What's your guilty little movie secret?

Star Wars — George Lucas' space saga has many chapters, and very opinionated fans. There are those who have seen the first three films from 1977-1983 (episodes 4, 5 and 6), but not the prequel trilogy from 1999-2005 (episodes 1, 2 and 3). Or those who have seen 1-6 (all by Lucas), but not the subsequent trilogy (episodes 7, 8 and 9) done after he sold the franchise.

Gone With the Wind — The Civil War raged, Scarlet O'Hara pouted and Rhett Butler didn't give a damn. So, too, did several people in my survey, who admitted that an almost four-hour running time was no enticement to view this 1939 classic.

The Goonies — This mid-'80s adventure starring Sean Astin as a little kid who chases the legend of One-Eyed Willie was pure gold to me, but not to many of my younger friends, who admit to not having made time to "Never Say Die!"

The Godfather — Marlon Brando and Al Pacino shepherd the Corleone family through good times and bad,

but you have to see it to know what offer the Don makes that can't be refused or what it means when someone "sleeps with the fishes."

The Wizard of Oz — "Follow the yellow brick road" to a place that's "not in Kansas anymore." Many of my respondents admitted that even if they hadn't seen the film start to finish, they feel like they've seen it as ubiquitously as the film is referenced.

A Christmas Story and "It's a Wonderful Life" — Two holiday masterpieces that run so much during the season that it's hard to believe ANYONE could have escaped viewing, but nonetheless both ranked highly on the secretly-never-seen list.

Pulp Fiction — Quentin Tarantino turned the movie-making industry on its head with this super-cool and eminently quotable flick that weaves together the stories of criminals and criminal adjacents.



Warner Bros. Entertainment

Scene from "The Goonies"

The Sound of Music — Julie Andrews plays Maria, governess to seven children, who sparks a love of music and joy that lead to a family band. Today's teeny-boppers may be surprised to find that one of this musical's numbers is the source of Ariana Grande's "7 Rings" riff.

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TOP VIDEO RENTALS AND SALES

Video on Demand

1. **Tenet** (PG-13) John David Washington
2. **Honest Thief** (PG-13) Liam Neeson
3. **The War with Grandpa** (PG) Robert De Niro
4. **The Croods: A New Age** (PG) animated
5. **Unhinged** (R) Russell Crowe
6. **Hunter Hunter** (NR) Camille Sullivan
7. **Shadow in the Cloud** (R) Chloe Grace Moretz
8. **All My Life** (PG-13) Jessica Rothe
9. **Breach** (R) Cody Kearsley
10. **Buddy Games** (R) Dan Bakkedahl

DVD, Blu-ray Sales

1. **Love and Monsters** (PG-13) Paramount
 2. **Tenet** (PG-13) Warner Bros.
 3. **Honest Thief** (PG-13) Universal
 4. **Yellowstone: Season 3** .(TV-MA) Paramount
 5. **The Office: The Complete Series** (TV-14) Universal
 6. **Top Gun** (PG) Paramount
 7. **Justice League** (PG-13) Warner Bros.
 8. **Harry Potter: Complete 8-Film Collection** (PG-13) Warner Bros.
 9. **The Meg** (PG-13) Warner Bros.
 10. **Mulan** (PG-13) Disney
- Source: Comscore/Media Play News

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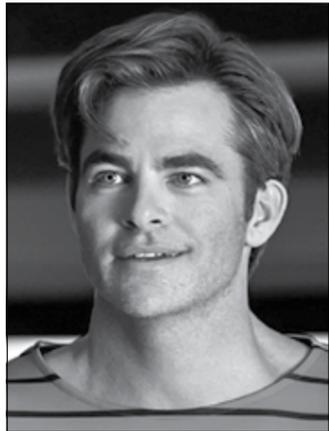
HOLLYWOOD — The pandemic has changed life for all of us. As vaccines become more available and we try to return to what used to be our normal lives, there's a lot to adjust to. Moviegoers are not rushing back to theaters, and movie makers are trying to get them back.

Warner Brothers will release its first 17 films of 2021 to theaters and on the HBO Max streaming platform on same day, as it did with "Wonder Woman 1984." Other additional releases are "The Matrix 4," "Dune," "The Suicide Squad" sequel, "Godzilla vs. Kong," Lin-Manuel Miranda's "In the Heights," "Cry Macho" (Clint Eastwood's latest), a "Conjuring" sequel, "Space Jam: A New Legacy" and "The Sopranos" prequel, "The Many Saints of Newark."

The New York Times views this as a warning sign, calling it "a strikingly grim comment on the future of movie theaters." Meanwhile, HBO Max has struggled to attract subscribers to its \$15 a month platform since its May premiere. That despite offering access to HBO Max at no additional cost to those who subscribe to HBO through their provider or any other add-on service.

Chris Pine is following "Wonder Woman 1984" with the action film "Violence of Action," with **Ben Foster**, and is currently shooting the psychological thriller "Don't Worry Darling," with **Florence Pugh**, pop star **Harry Styles** and **Olivia Wilde**. But even more exciting is that he'll star in the film version of the Hasbro Game "Dungeons & Dragons." Paramount Pictures emerged from long court disputes over the movie rights for this film, and since Chris Pine is still the star of its "Star Trek" franchise, they wanted him as star to create a new franchise. Filming starts soon in Belfast.

Jamie Bell danced as "Billy Elliot" and was **Bernie Taupin** in "Rock-



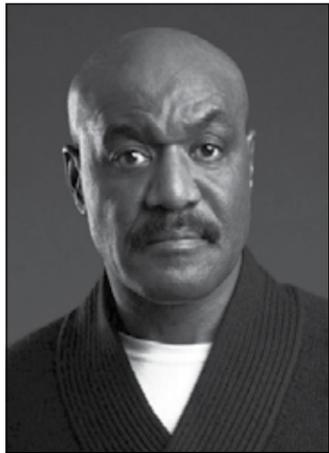
Paramount Pictures

Chris Pine

etman"; **Margaret Qualley** played dancer **Ann Reinking** (who passed away recently) in the miniseries "Fosse/Verdon." Now they will become the dynamic dance duo **Fred Astaire** and **Ginger Rogers** in "Fred & Ginger, a backstage story of how they became a duo, created their dance magic and disliked each other so much that it broke up the act.

In fact, when the Kennedy Center honored Rogers, Astaire's widow, jockey **Robyn Smith**, 45 years his junior, demanded, as per Astaire's will, that they pay to show clips of Fred and Ginger dancing, knowing they'd never pay for clips. In 1986, famed Italian director, **Federico Fellini** starred his wife, **Giulietta Masina** ("Juliet of the Spirits"), and **Marcello Mastroianni** (frequent **Sophia Loren** co-star) in "Ginger & Fred," which Ginger Rogers sued over because of the use of her name and story.

Finally, we'll get to see if Fred or Ginger snaps!



Delroy Lindo Management

HOLLYWOOD — In the late 1950s, when major film studios were losing patrons to television, they were desperate to come up with ways to get moviegoers away from their TVs and back into theaters. Among their brainstorms were CinemaScope, Stereophonic Sound, Scratch & Sniff (a card you sniffed for an enhanced viewing experience) and, of course, 3D. They even wired seats to give shocks during horror films.

More recently, movie distributors reinvented 3D, and with IMAX got moviegoers away from their TVs, computers and other electronic devices.

With theater closures because of the pandemic, movie studios began releasing films, such as Warner Brothers' "Wonder Woman 1984," to theaters overseas, in the U.S. at drive-ins and on streaming platforms. "WW84" would normally have been a tent pole release in IMAX, but Warner Bros., which was having difficulty finding subscribers for its HBO Max streaming platform, saw its subscriptions balloon from 8.6 million to 12.6 million on the opening day of "WW84," which grossed \$85 million worldwide. All this has prompted WB to fast-track "Wonder Woman 3" into preproduction for a quick release.

The New York Film Critics annual picks, made prior to award season, are usually on the money. Their picks have often been a barometer for the Oscars. However, this year will be tough. Some of their choices may be unfamiliar to most of us. British-American actor **Delroy Lindo** (best known for "Malcolm X") nabbed best actor, while the late **Chadwick Boseman** was named best supporting actor, both for **Spike Lee's** "Da 5 Bloods," about vets who return to Vietnam seeking the remains of their fallen squad leader. The best actress nod went to 21-year-old non-binary woman **Sidney Flanigan** (that's another story) for "Never Rarely Sometimes

Always," which concerns two teenage girls who travel to NYC to get medical help for an unintended pregnancy. The best supporting actress pick was **Maria Bakalova**, the 24-year-old Bulgarian actress who played Tutar Sagdiyev in "Borat Subsequent Moviefilm." The critics' choice for best picture was "First Cow," about two travelers on the run from vengeful hunters in the 1920s Northwest dreaming to strike it rich. It all boils down to the secret use of a prized dairy cow.

Will you be returning to theaters when they reopen, or like most of us, will you become a couch potato, streaming films at home on the half dozen platforms available to us?

Dwayne Johnson is producing and starring in "Black Adam," a 1940s DC Comic book villain corrupted by power, who becomes an anti-hero in the 2000s with his disregard for rules and conventions. What will they think of next: "Black Eve" for the sequel?

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Q. I just watched "News of the World" with Tom Hanks, and he was great as always, but who was the little girl in the movie? How old is she in real life? She was really good, and I could see her being around on screen for years to come. —A.G.

Brandy has had her share of ups and downs. She was in a car accident in 2006 and has battled severe depression, but decided to seek help for the sake of her daughter, Sy'Rai, who is now 18. Brandy also has a new album out, her first in eight years, titled "B7."

A. "News of the World," which was released in theaters and via video-on-demand, is a post-Civil War era film directed by Paul Greenberg. Hanks' character makes his money by reading the newspaper to townspeople as he travels throughout Texas. Along his journey, he finds an orphaned girl, played by Helena Zengel, and the two ride through treacherous territory, in more ways than one, to rehome her with her mother's relatives.

Zengel is 12 years old. She caught the attention of Greenberg with her lead performance in "System Crasher," which earned her the German equivalent of a best actress Oscar. She speaks her native German, but had to learn the language of the Kiowa people in "News" since her character was raised by the Native American tribe after her parents were murdered.

"News of the World" was filmed around Santa Fe, New Mexico, and is based on the 2016 novel by Paulette Jiles. I suspect you'll be seeing much more of Zengel in the years to come. She's never had an acting class and really held her own against the seasoned Hanks and other strong actors in the film, including Mare Winningham ("The Affair") and Elizabeth Marvel ("Law & Order: SVU").

Q. What happened to teen singer Brandy? Is she still around? I never hear about her anymore. —F.A.

A. In yet another confirmation of the cliché "time flies," teen singer Brandy is 41 years old! She won a Grammy at age 19 for her duet "The Boy Is Mine" with singer Monica, and also became a TV star with her hit sitcom "Moesha" on the UPN channel. However, her fame had already been solidified when she attended Kobe Bryant's high-school prom as his date.



Universal Pictures

Tom Hanks, Helena Zengel in "News of the World"

Q. Is there going to be another season of "Riverdale" on Netflix? If so, when? I hope we don't have to wait too long. —G.G.

A. The new season of "Riverdale," its fifth, premiered Jan. 20. The first three episodes were originally intended to cap the end of season four, but due to the pandemic, they weren't able to complete last season's scripted episodes.

According to TVGuide.com, the new season will begin by wrapping up the teens' senior year of high school, with their prom and graduation. After that, the writers have figured out a way for the group to return to town in a storyline that will launch the remainder of season five.

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

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Make taste and nutrition a priority for family meals

FAMILY FEATURES

According to the “Journal of Nutrition Education and Behavior,” studies have proven that eating meals together as a family can improve communication and relationships, which is especially important during times of uncertainty and life’s more difficult moments. Great-tasting foods like pork and pulses can be combined to bring families together with quality nutrition, which helps bodies survive and thrive.

Pulses are the nutritionally dense, edible seeds of legumes including dry peas, beans, lentils and chickpeas. Together with pork, this pairing provides critical nutrients to support weight management and immune function, along with plenty of protein – providing all nine essential amino acids – fiber, B vitamins, zinc, iron, potassium, selenium and folate.

As part of the Powerful Pairings initiative, launched by the National Pork Board and USA Pulses in an effort to promote pairing whole foods to bring taste, balance and nutrition to the center of the plate, these recipes for Green Chili Jack Smash Burgers, Cuban Black Beans and Pork Chops with Smashed Yellow Peas and Black-Eyed Pea Gravy encourage a nutritious way to enjoy fresh taste.

Find more information, resources and recipes at powerfulpairings.com.

Green Chili Jack Smash Burgers

Recipe courtesy of the National Pork Board and USA Pulses
Servings: 4

Burger Patties:

- 1 pound ground pork
- 4 tablespoons red onion, scrubbed with vegetable brush under running water and finely minced
- 1 teaspoon garlic, minced
- 1 teaspoon chipotle chili powder
- 2 teaspoons ancho chili powder
- 1 cup cooked black-eyed peas, drained
- 1 teaspoon salt, plus additional, to taste
- 4 slices Jack cheese

Caramelized Onions:

- 2 tablespoons butter
- 1 large onion, scrubbed with vegetable brush under running water and sliced thin
- 1/2 cup water
- 1/2 teaspoon salt

Charred Green Chili Mayo:

- 1 can (3 ounces) diced green chilies
- 2/3 cup mayonnaise

- 1 clove garlic, crushed
- 1 tablespoon lime juice
- 2 green onions, gently rubbed under cold running water and finely sliced
- 1/4 cup cilantro, gently rubbed under cold running water and chopped

- 4 hamburger buns
- 1 avocado, peeled and sliced
- 1/2 head lettuce, gently rubbed under cold running water

In large bowl, mix ground pork, onion, garlic and chili powders. Add black-eyed peas and salt; mix well. Form into four loosely packed balls and refrigerate at least 30 minutes.

To make Caramelized Onions: In large skillet over medium-high heat, warm butter. Add onions, water and salt; cook, stirring, until onions soften and turn golden brown, about 5 minutes. Remove from heat and set aside.

To make Charred Green Chili Mayo: Place green chilies in hot cast iron skillet over medium-high heat. Cook, turning, until chilies begin to soften and turn black. Remove from heat and place in small bowl. Add mayonnaise, garlic and lime juice; whisk to blend. Add green onions and cilantro; stir well and refrigerate.

To make burgers: Warm cast iron or nonstick griddle pan over medium-high heat. Place pork balls on hot skillet; flatten with heavy metal spatula. Season with salt, to taste. Cook approximately 3 minutes; flip and cook 2-3 minutes until internal temperature reaches 145 F.

Lightly toast buns. Place each burger on toasted bun with slice of cheese, Caramelized Onions, Charred Green Chili Mayo, avocado and lettuce.

Pork Chops with Smashed Yellow Peas and Black-Eyed Pea Gravy

Recipe courtesy of the National Pork Board and USA Pulses
Servings: 4

- 2 cups yellow split peas, cooked and drained
- 1/4 cup, plus 2 tablespoons, softened butter, divided
- 1/4 cup cream
- 1/4 teaspoon salt, plus additional, to taste
- 4 pork chops
- pepper, to taste
- 2 tablespoons olive oil
- 1 onion, gently rubbed under cold running water and diced
- 1 can black-eyed peas with juice
- 1/8 cup flour
- 1 cup milk

In medium bowl, use fork or potato masher to mash peas. Stir in 1/4 cup butter, cream and 1/4 teaspoon salt.

Season pork chops with additional salt and pepper, to taste.

In large skillet, warm oil over medium heat. Add pork chops to pan and cook approximately 4 minutes per side, or until they reach internal temperature of 145 F. Remove pork chops from pan; keep warm.

In same pan, add remaining butter, onion and black-eyed peas. Cook 2-3 minutes until warm throughout, scraping pan. Add flour and season with salt and pepper, to taste. While stirring, slowly add milk.

Serve mashed peas topped with pork chops and black-eyed pea gravy.



Pork Chops with Smashed Yellow Peas and Black-Eyed Pea Gravy



Cuban Black Beans

Cuban Black Beans

Recipe courtesy of Carolina Molea on behalf of the National Pork Board and USA Pulses
Serving: 6

- 1 quart water
- 1 green bell pepper, scrubbed with vegetable brush under running water and diced, divided
- 4 cloves garlic, peeled, divided
- 1 cup dried black beans, rinsed and soaked overnight
- 1 bay leaf
- 2 tablespoons olive oil
- 2 slices bacon, diced
- 1/2 Spanish onion, scrubbed with vegetable brush under running water and diced
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground cumin
- 1/2 teaspoon black pepper

- 2 tablespoons apple cider vinegar
- 1 tablespoon light brown sugar

Fill large pot with water. Add 1/2 diced green pepper, two garlic cloves, beans and bay leaf. Bring to boil over high heat. Reduce heat, cover and simmer until beans are tender, about 1 hour.

In skillet over medium-high heat, warm olive oil. Add bacon; cook, turning, until bacon starts to brown, about 2 minutes. Add remaining green pepper and onion; cook, stirring, until slightly softened, about 3 minutes.

Chop remaining garlic cloves. Add to skillet with oregano, cumin and black pepper. Stir 1 minute. Pour in vinegar, scraping browned bits from bottom of pan with wooden spoon.

When beans are cooked, discard bay leaf. Transfer 1 cup beans to blender; blend to make paste. Return blended beans to large pot. Add bacon mixture and sugar. Stir well; bring to boil over medium heat. Lower heat, simmer and cook, uncovered, 20 minutes, skimming foam from top.

Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Creamed Celery and Peas

Usually vegetable dishes get no respect. Kids and husbands often say, "Thanks, but no thanks" unless it's french fries. But we're betting this ultra-easy veggie dish will get remarks more like, "Wow, this is good! When can we have this again!?"

- 1/2 cups finely chopped celery
 - 1 (2-ounce) jar chopped pimiento, undrained
 - 2 cups frozen peas, thawed
 - 1/3 cup fat-free sour cream
 - 1 teaspoon dried parsley flakes
 - 1/8 teaspoon black pepper
- In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often.
 - Add sour cream and parsley flakes. Mix well to combine. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.
 - Each serving equals: 80 calories, 0g fat, 5g protein, 15g carb., 148mg sodium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Mexican BBQ Steaks

This ultra-easy (and healthy) steak dish really pleases the men in our families. Maybe it will in yours, too!

- 4 (4-ounce) lean tenderized minute or cube steaks
 - 1 (8-ounce) can tomato sauce
 - 1/2 cup chunky salsa (mild, medium, or hot)
 - Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
 - 2 teaspoons dried onion flakes
 - 1 teaspoon Worcestershire sauce
- In a large skillet sprayed with butter-flavored cooking spray, brown meat for 3 to 4 minutes on each side.
 - In a medium bowl, combine tomato sauce, salsa, sugar substitute, onion flakes and Worcestershire sauce. Spoon sauce mixture evenly over meat. Lower heat, cover and simmer for 15 minutes or until meat is tender. When serving, evenly spoon sauce over meat. Makes 4 servings.
 - Each serving equals: 217 calories, 5g fat, 36g protein, 7g carb., 603mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Vegetable.

Good Housekeeping

Pasta e Piselli

Our fastest soup — just 10 minutes to prepare, 15 minutes to cook. Cousin to the Italian favorite Pasta e Fagioli (pasta and beans), this is made with peas instead. Dust with freshly grated Parmesan for an irresistible touch.

- 2 cups (about 8 ounces) mixed pasta shapes or elbow macaroni
 - 2 tablespoons olive oil
 - 3 cloves garlic, crushed with side of chef's knife
 - 2 cans (14 1/2-ounce) chicken broth, or 3 1/2 cups homemade chicken broth
 - 1 can (14 1/2-ounce) diced tomatoes
 - 1/4 cup (packed) fresh basil leaves, coarsely chopped
 - 1 package (10-ounce) frozen peas, thawed
 - Grated Parmesan cheese (optional)
- Cook pasta as label directs in boiling salted water; drain.
 - Meanwhile, in 4-quart saucepan or saucepot, heat olive oil over medium heat. Add garlic; cook until golden, about 5 minutes.
 - Remove saucepan from heat. Then, carefully add chicken broth, tomatoes with their juice, basil and 1/2 cup water. Return to heat; heat to boiling. Reduce heat to low; cover and simmer 5 minutes; discard garlic.
 - Add peas and pasta; heat through. Serve soup with grated Parmesan cheese if you like. Serves 5.
 - Each serving: About 290 calories, 7g total fat (1g saturated), 8mg cholesterol, 705 mg sodium, 46g carb., 11g protein.

Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Comfort Franks With Mac & Cheese

Throw all this into your slow cooker and return later to something as comforting as anything to be found in "comfort food land." It's guaranteed to bring out the kid in any adult!

- 4 cups cooked elbow macaroni, rinsed and drained
 - 1 (12-fluid-ounce) can evaporated fat-free milk
 - 1 cup fat-free milk
 - 1 teaspoon dried onion flakes
 - 1 teaspoon dried parsley flakes
 - 2 cups shredded reduced-fat Cheddar cheese
 - 8 ounces reduced-fat frankfurters, diced into 1/2-inch pieces
- In a slow-cooker container sprayed with butter-flavored cooking spray, combine macaroni, evaporated milk, milk, onion flakes and parsley flakes. Add cheddar cheese and frankfurter pieces. Mix well to combine.
 - Cover and cook on LOW for 3 to 4 hours. Mix well before serving. Makes 8 (1 cup) servings.
 - Each serving equals: 246 calories, 6g fat, 18g protein, 30g carb., 525mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Fat-Free Milk.

Good Housekeeping

Mushroom & Cheese Pizza for One

A fast, vegetarian dinner that's ready in minutes!

- 1/2 package (8 ounces) Italian bread shells (one 4-ounce bread shell, about 6 inches in diameter)
 - 1 tablespoon bottled spaghetti sauce or pizza sauce
 - 1/2 cup shredded Cheddar-and-mozzarella cheese blend
 - 1/2 can (3-ounce) sliced mushrooms
 - 1/2 teaspoon dried parsley flakes
- Preheat oven to 450 F. Place one 4-ounce Italian bread shell on ungreased cookie sheet. Spread with spaghetti sauce or pizza sauce; sprinkle with 1/4 cup shredded Cheddar-and-mozzarella cheese blend (1 ounce).
 - Top with sliced mushrooms, another 1/4 cup shredded Cheddar-and-mozzarella cheese blend and dried parsley flakes.
 - Bake 10 minutes or until cheese is melted and bubbly. Serves 1.
 - Each serving: About 530 calories, 17g total fat, 52mg cholesterol, 1130mg sodium.

Good Housekeeping

Italian Tuna and White Bean Salad

Packed with protein, this tuna-topped salad is appropriate for lunch or dinner. Serve with a warm, flaky baguette to round out the meal.

- 1 lemon
 - 1 can (6 ounces) solid white tuna in water, drained
 - 1 can (15 to 19 ounces) white kidney beans (cannellini), rinsed and drained
 - 1 medium tomato
 - 1/2 fennel bulb (about 1 1/4 cups), cored and chopped
 - 2 tablespoons red onion, chopped
 - 2 tablespoons kalamata olives, chopped
 - 2 teaspoons fresh rosemary leaves, finely chopped
 - 1 tablespoon olive oil
 - Salt
 - 1 bag mixed greens
- From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice; place in medium bowl.
 - With fork, flake tuna into bowl with lemon. Add beans, tomato, fennel, onion, olives, rosemary, oil and 1/2 teaspoon salt. Toss to mix well. (Tuna salad can be made ahead up to 6 hours; refrigerate, covered.)
 - To serve, divide greens among 4 dinner plates; top each with tuna salad.
 - Each serving: About 215 calories, 5g total fat (1g saturated), 16mg cholesterol, 680mg sodium, 25g carb., 8g fiber, 16g protein.
- For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/food-recipes/.

Good Housekeeping

Ropa Vieja

The name of this Latin-style braised beef literally means "old clothes," because the meat is cooked until it's so tender it can be shredded into what resembles a pile of rags.

- 1/2 cup drained, sliced, pickled jalapeno chiles
- 3 red, orange and/or yellow peppers, cut into 1/4-inch-wide slices
- 2 cloves garlic, thinly sliced
- 1 large (12-ounce) onion, cut in half and sliced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 bay leaf
- Salt
- 2 (1 3/4 pounds each) beef flank steaks
- 1 can (14 1/2-ounce) whole tomatoes in juice
- Warm tortillas (optional)

- In 6- to 6 1/2-quart slow-cooker bowl, stir together jalapenos, peppers, garlic, onion, cumin, oregano, bay leaf and 1 teaspoon salt. Top with flank steaks, cutting steaks if necessary to fit in slow cooker bowl. With kitchen shears, coarsely cut up tomatoes in can. Pour tomatoes with their juice over steaks in slowcooker; do not stir. Cover slow cooker with lid and cook as manufacturer directs on low setting 9 hours.

- With slotted spoon, transfer steak and vegetables to large bowl. Discard bay leaf. With 2 forks, shred steak, with the grain, into fine strips. Skim and discard fat from cooking liquid. Stir cooking liquid into steak mixture. Spoon into serving bowls, and serve with warm tortillas if you like. Makes about 10 (1 cup) servings.
- Each serving: About 200 calories, 13g total fat (5g saturated), 66mg cholesterol, 455mg sodium, 8g total carbohydrate, 2g dietary fiber, 36g protein.

Good Housekeeping

Smashed Avocado Toast With Egg

Smashed avocado toast with egg is one of the best brunch recipes out there. It's been all over restaurant menus, but our easy recipe really takes the cake for its simplicity.

- 1 ripe avocado
 - 1 tablespoon fresh lemon juice
 - Kosher salt and pepper
 - 4 slices bread, toasted
 - 4 hard-boiled eggs, peeled and sliced
 - 1 bunch small multicolored radishes, thinly sliced
 - Chopped fresh chives and sesame seeds, for serving
- In medium bowl, smash avocado with lemon juice and 1/4 teaspoon each salt and pepper.
 - Spread on toast and top with eggs and radishes and sprinkle with chives and sesame seeds.

TIP: You could also add a fried or poached egg, or top it off with crumbled bacon, sliced scallions, or even a drizzle of pesto.

For thousands of triple-tested recipes, visit our Web site at www.good-housekeeping.com/food-recipes/.

Good Housekeeping

Ham and Cheese Pitas

The whole family will love these tasty sandwiches — they make a nice meal with any hearty winter soup.

- 2 (6-inch-diameter) pitas
- 2 teaspoons Dijon mustard
- 8 slices (about 4 ounces) cooked ham, thin
- 2 ounces (1/2 cup) Jarlsberg light cheese

- Preheat oven to 475 F. Slice each pita horizontally in half, and place cut side up on large cookie sheet.
 - Spread 1/2 teaspoon mustard on each pita half. Top each with 2 slices ham and 2 tablespoons cheese. Bake 5 minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve. Serves 4.
 - Each serving: About 150 calories, 5g total fat (2g saturated), 17mg cholesterol, 675mg sodium, 19g total carbohydrate, 11g protein.
- For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/food-recipes/.

Good Housekeeping

Banana Pudding

That pudding you grew up with is, alas, packed with calories and fat. But by halving the cream and sugar, replacing four egg yolks with two whole eggs, and swapping in low-fat milk for whole, you save 243 calories, 19 fat grams and 95 milligrams of cholesterol per serving. Go ahead, have a dollop.

- 1/3 cup sugar
- 1 tablespoon sugar
- 1/4 cup cornstarch
- 1 pinch salt
- 3 cups low-fat (1 percent) milk
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 40 reduced-fat vanilla wafers, about half of an 11-ounce box
- 3 medium ripe bananas, thinly sliced
- 1/2 cup heavy or whipping cream
- Chopped walnuts, for garnish
- Banana slices, for garnish

- In 4-quart saucepan, combine 1/3 cup sugar with cornstarch and salt. Whisk in milk; heat to boiling on medium, stirring frequently. Gradually add eggs in thin, steady stream, beating vigorously to prevent curdling. Cook 1 minute, stirring. Remove from heat; stir in vanilla.
- In shallow 1 1/2- to 2-quart casserole or serving dish, place 20 vanilla wafers; top with 1 1/4 cups pudding, spreading evenly, and half of banana slices. Repeat layering once. Top with remaining pudding, making sure to coat banana slices. Cover and refrigerate at least 8 hours or overnight.
- When ready to serve, in medium bowl, with mixer on medium speed, beat cream and remaining 1 tablespoon sugar until stiff peaks form. Spread whipped cream over pudding. Garnish with walnuts and banana slices if you like. Serves 8.
- Each serving: About 290 calories, 10g total fat (5g saturated), 77mg cholesterol, 180mg sodium, 45g total carbs, 1g dietary fiber, 7g protein.

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Crime

Thieves burglarize 5 stores then steal ATM

A roving band of thieves broke into at least five businesses across Lincoln Park, Lakeview and in an Old Town gas station. The crew responsible tampered with ATMs and stole cash registers and merchandise from a series of store. Police responded to a burglar alarm around 3:30 am at Smoker's Zone, 3326 North Clark Street. The front door was broken according to police and the store burglarized. Two other businesses were also targeted in the same area. Taste of Manhattan Bagels at 3268 North Clark

and also Pipes and Stiff at 3174 North Clark.

At about 6:10 am witnesses saw two vehicles pull up to Broadway Liquors, 3158 North Broadway. About six men got out and broke the front doors and attempted to take the ATM, a passerby said according to police. The crew failed to dislodge the ATM but they did take the cash register. Fifteen minutes later they broke into the Park View Grocer, 1940 North Clark in Old Town. Three of the burglars according to police reports were seen going into the convenience store, where

they took the register, cash and merchandise.

Two members of the team entered the 24 hour Shell station at 130 West North Avenue. The two ripped out an ATM out of the wall and loaded it into a black Jeep Cherokee according to a Police spokesperson. Observers said that the Black Jeep Cherokee and a also a minivan.

Carjackings soar in 2021

A police woman was carjacked after her shift and her badge and gun were stolen with the vehicle. Over 150 car jackings have

been reported this year.

Juveniles are blamed by Police Superintendent in a press briefing but records show that the last time a juvenile was charged as an adult with car jacking was February of 2019 in Cook County. Five years ago, Illinois legislators removed aggravated vehicular hijacking from the list of crimes that automatically put juveniles over the age of 15 in adult court.

The state law was championed by Cook County Board President Toni Preckwinkle. Preckwinkle's chief of staff at the time was Kim Foxx, who is now serving her second

term as Cook County State's Attorney. When asked if Foxx's office if Cook County prosecutors consider asking judges to charge juveniles as adults for aggravated hijacking cases a spokesperson for the office said "We consider charging options when appropriate to do so when based on facts, case evidence, the minor's criminal background and the law." Her office did not respond to how many juveniles had been sent to adult court. According to records online none have been sent to adult court. Since the law took effect in 2016, a total of 7 juvenile hijack-

ing cases have been moved to adult court. Not one juvenile has been charged as an adult with aggravated vehicular hijacking in the county since February 2019 the database shows.

Home Land Security warns of persistent threat of more violence

A bulletin released warns Americans of additional possible violence by not only the far right but also the far left and also radical groups internally in America. Due to the over running of the Capital last year and 4 rioters killed and 1 policeman the warning is legitimate.

Assault on Montrose and North Sheridan Road.

Robbery on North Clarendon and West Wilson Avenue.

Assault on the 1100 block of West Berwyn Avenue.

Assault on the 1300 block of Milwaukee Avenue.

Burglary on the 1300 block of West Chestnut Avenue.

Theft on the 700 block of West Junior Terrace.

Robbery on the 700 block of West Hutchinson Street.

Assault on the 2800 block of North Clybourn Avenue.

Theft on the 5300 block of North Sheridan Road.

Theft on the 1000 block of North Ashland Avenue.

Vandalism on the 1200 block of North Bosworth Avenue.

Arrest on the 4500 block of North Magnolia Avenue.

Robbery on the 1300 block of North Dearborn Street.

Theft on the 1400 block of North State Parkway.

Theft on the 4100 block of North Rockwell Street.

Vandalism on the 1600 block of West Haddon Avenue.

Assault on the 4500 block of North Campbell Avenue.

Theft on the 3900 block of North Western Avenue.

Theft on the 400 block of West Fullerton Parkway.

Theft on the 2600 block of North Western Avenue.

Theft on the 1600 block of North Winchester Avenue.

Assault on the 5100 block of North Leavitt Street.

Theft on the 2600 block of North Western Avenue.

Theft on the 2200 block of North Orchard Street.

Theft on the 700 block of West Bittersweet Place.

Theft on the 1400 block of North Cleaver Street.

Assault on the 2200 block of West Winnetmac Avenue.

Theft on the 200 block of West Huron Street.

Assault on the 1400 block of North Elk Grove Avenue.

Theft on the 5200 block of North Winthrop Avenue.

Theft on the 3100 block of North Halsted Street.

Theft on the 300 block of West Huron Street.

Theft on the 4100 block of North Greenview Avenue.

Theft on the 3300 block of North Oakley Avenue.

Assault on the 500 block of West Pearson Street.

Theft on the 4100 block of North Marine Drive.

Theft on the 5100 block of North Broadway.

Theft on the 3000 block of North Broadway.

Robbery on the 400 block of West North Avenue.

Theft on the 3000 block of North Clark Street.

Theft on the 800 block of West Willow Street.

Theft on the 1800 block of North Clark Street.

Assault on the 3000 block of North Halsted Street.

Assault on the 5200 block of North Sheridan Road.

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

Theft on the 1700 block of West Bryn Mawr Avenue.

Theft on the 700 block of West Grace Street.

Shooting on the 4100 block of North Keystone Avenue.

Assault on the corner of West Montrose Avenue and Sheridan Road.

Shooting on North Keeler Avenue and West Irving Park Road.

Shooting on West Campbell Avenue and West Le Moyne Street.

Robbery on the 700 block of West Hutchinson Street.

Arrest on the 2200 block of North Rockwell Street.

Arrest on the 4500 block of North Magnolia Avenue.

Assault on the 4400 block of North Francisco Avenue.

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Make Virtual Learning Fun and Easier

FAMILY FEATURES

Learning remotely from home is now the norm for many families across the country. Kids and caregivers alike have settled into a routine, though keeping children engaged can still be challenging.

While kids have had to be resilient and adapt to learning away from their school buildings, there are ways to make the adjustment easier. These ideas can help infuse more fun and moments of inspiration into school days to keep kids engaged and excited about learning.

Create a reward system. Children typically respond well to positive reinforcement, and a thoughtful reward system can help incentivize them to stay on task. Try to align the rewards with the structure of your day so everyone wins. For example, you can reward the completion of a long assignment with a play break. Giving kids the ability to choose the reward from a set of options can also increase their level of investment in learning.

Seek support from trusted sources. Many familiar kids' programs have expanded their services at no extra charge to help families through the pandemic. One example is My ABCmouse Classroom Live!, a learning experience that features daily classes built around themes such as community, responsibility, change, communication and cooperation. Each class feels like a real classroom experience, is led by real teachers and contains more than an hour of high-quality, engaging learning as part of an expertly designed curriculum. The classes can be streamed on-demand then kids can complete independent learning activities related to the classes, including interactive games, art and puzzles.

Maintain social ties. Connections with friends are hard to establish without in-person interaction. However, with a little creativity, you can find ways to build new kinds of connections with educational value. Coordinate with other parents to start a book club and bring kids together virtually to talk about the stories or start an old-fashioned penpal exchange with kids from your school.

Establish a schoolwork zone. For children, doing schoolwork in an area usually associated with toys and free time like a playroom or bedroom can be hard, but in most homes, extra space is at a premium. Get creative with your available space and set some boundaries. Use a room divider, rugs or other visual cues to set aside a space in the house dedicated to doing schoolwork. Get your children on board by having them help design the space or add their own personal touches like artwork.

For more ideas to help make virtual learning fun and engaging, visit [ABCMouse.com](http://ABCmouse.com).



Photos courtesy of Getty Images

5 Homeschool Hacks

1. Use familiar toys to add playful elements to schoolwork. Building blocks and modeling clay can be used as part of lessons on colors, shapes and letters.
2. Lamininate a password cheat sheet and keep it within easy reach so you're always able to log in quickly. Also create a list of bookmarks and desktop shortcuts to save time accessing online learning tools.
3. Add some cheerful color to dry-erase sheets by using pompoms as erasers. Bonus tip: Slide a page protector over a worksheet so kids can practice with it again and again.
4. Get creative with household supplies. A dishrack easily doubles as a file sorter or book display. Cookie sheets can be used for working with magnets or as a hard surface for writing or coloring if your child needs a break from his or her desk.
5. Repurpose old puzzles by putting learning content on the back. Math facts, spelling words and shapes can make for easy puzzles.



5 Ways to Ensure Medication Safety During COVID-19

FAMILY FEATURES

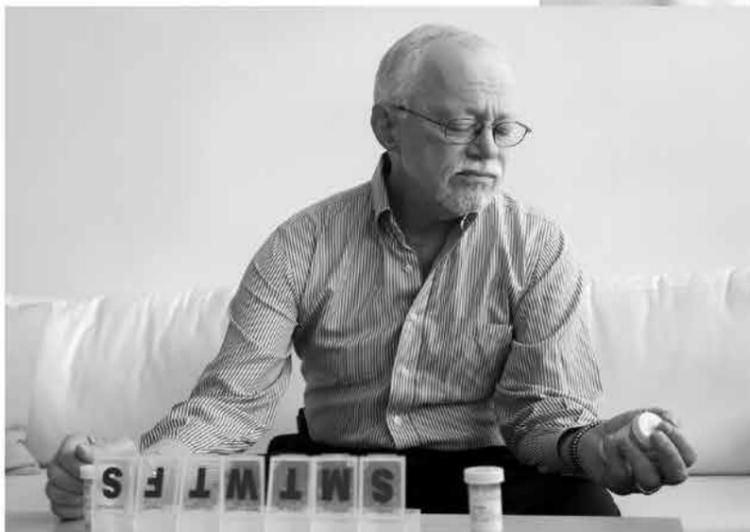
During the COVID-19 pandemic, staying healthy is top of mind. For individuals at risk for or diagnosed with COVID-19, the addition of new treatments may pose another medical danger: adverse drug events (ADEs). ADEs cause an estimated 150,000 deaths per year in the United States and 1.3 million emergency room visits, resulting in nearly 350,000 people hospitalized for further treatment.

The experts at Tabula Rasa HealthCare, a team of clinical pharmacists building solutions for personalized medication safety, recommend several actions to improve medication safety and prevent ADEs:

1. **Keep an updated list of all your medications.** Ask your doctor(s) for a list of all your medications and update it with over-the-counter medications to ensure you both have a complete profile. Document why you take each medicine, the dose, frequency and time of day. Always have access to it by, for example, creating a secure note in your phone for safekeeping. Also, share a copy with a loved one in case of an emergency.
2. **Ask your pharmacist to review your medication regimen.** Make an appointment with your pharmacist to review your medications, including prescription, non-prescription, supplements, herbals and recreational drugs. While you may see multiple health care providers, your pharmacist can provide a holistic review of your regimen. Ask questions and try to understand the purpose of each medication. Your pharmacist likely has access to technological tools that identify risk for preventable ADEs. For example, Tabula Rasa HealthCare's MedWise is a one-of-a-kind technology solution that compares how medications interact together. Using this unique solution, pharmacists may assist you with managing your medications safer and smarter. If you are not aware if your health plan covers pharmacist visits, consider selecting a plan that does.



Photos courtesy of Getty Images



3. **Ask about the benefits of a "pharmacogenomic" test.** If you have a chronic illness and take multiple medications, ask your pharmacist for a test that identifies your personal gene make-up that can affect the way certain medications interact with each other in your body. With this data, your pharmacist can determine if your medications will work as expected, or if they may put you at risk for ADEs. With tools that store this data, your pharmacist can personalize your medication regimen and help reduce your risk for ADEs.
4. **Ask your pharmacist about risks with every new medication.** If you are diagnosed with COVID-19, talk to your pharmacist before taking any new medications to determine if they may increase your risk for ADEs. When adding or removing medications to or from your regimen, it is important to understand how these changes impact your

risk for an ADE. Another tool your pharmacist may use is the MedWise Risk Score to help you better understand and measure medication risk with changes. Your pharmacist may adjust how you take your medications or recommend an alternative that is safer for you.

5. **Develop a routine for taking your medications and stick with it.** Be consistent when you take your medications to avoid ADEs. Your pharmacist can provide you with a unique medication profile that outlines the time to take each of your medications for safety. Setting reminders such as an alert on your cell phone or sticky notes can help remind you to take your medication on time.

Pharmacists are medication safety "quarterbacks," helping optimize your medication regimen, avoid ADEs and assure you and your loved ones stay healthy and safe, during and after COVID-19. To learn more, visit trhc.com/nextfrontier.



Ornithogalum umbellatum forms carpets of low-growing foliage topped with star-shaped white flowers during April and May. It's great for keeping a sunny bank of soil from eroding away, an accent in a sunny garden, or covering exposed roots under trees or shrubs. It can be invasive, and will need thinning out from time to time.

Star of Bethlehem



It attracts bees and other pollinators with its nectar- and pollen-rich flowers. - Brenda Weaver

Sources: www.easytogrowbulbs.com, www.gardenersworld.com, www.missouribotanicalgarden.org

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Songbirds in winter

Missing your wild feathered friends? If you stand near some trees and make soft

"psh-psh-psh" sounds, this is bird parlance for "a predator is near," and even in winter, some birds may pop by to investigate! They may also make a few short "call notes" of their own to help warn of danger. Your best ally in this trick is the black-capped chickadee, often the first to respond. They can vary the rate or urgency of their calls to convey the distance or the immediacy of the threat. - Brenda Weaver

Source: northernwoodlands.org



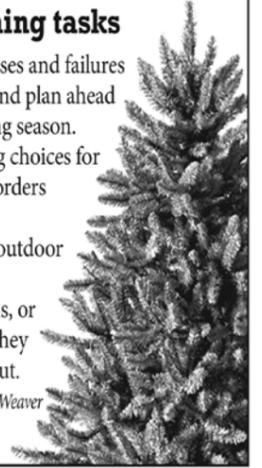
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Winter gardening tasks

- Review your successes and failures of the previous year, and plan ahead for the coming growing season.
- Study your online and catalog choices for your garden purchases, and get those orders in so you can get ready for spring.
- Check for frost heaves around your outdoor plants and apply mulch as needed.
- If you have been storing bulbs, corms, or tubers, check them to make sure that they are neither rotting nor totally drying out.
- Recycle your Christmas tree. - Brenda Weaver

Source: thespruce.com



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Business Spotlight

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Quotes worth your time

“Doubt thou the stars are fire. Doubt that the sun doth move. Doubt truths be a liar, But never doubt I love.”
 William Shakespeare

“For it was not into my ears you whispered but into my heart. It was not my lips you kissed, but my soul.”
 Judy Garland

“Today is Valentine’s Day-or, as men like to call it, Extortion Day!”
 Jay Leno

“On a scale of one to ten, I’d give you a nine- and I’m the one you need.”
 Anonymous

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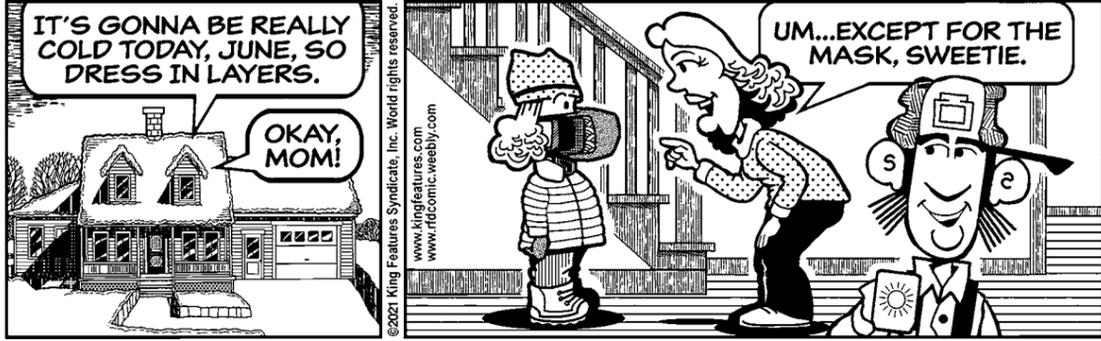
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Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



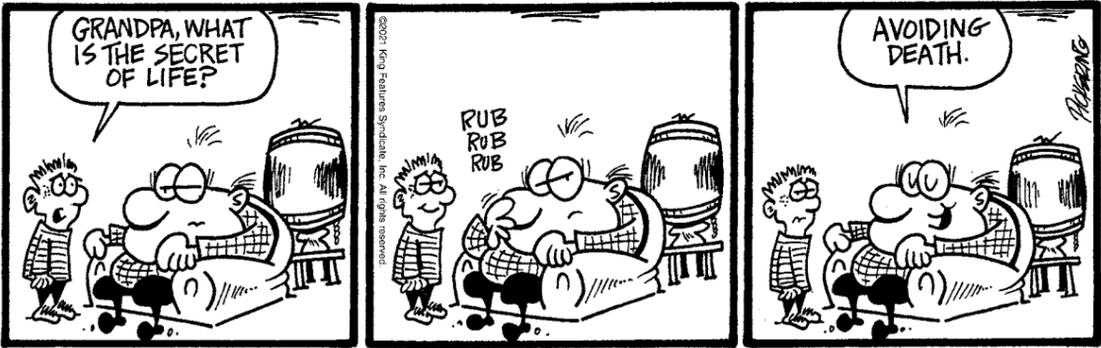
Amber Waves

by Dave T. Phipps



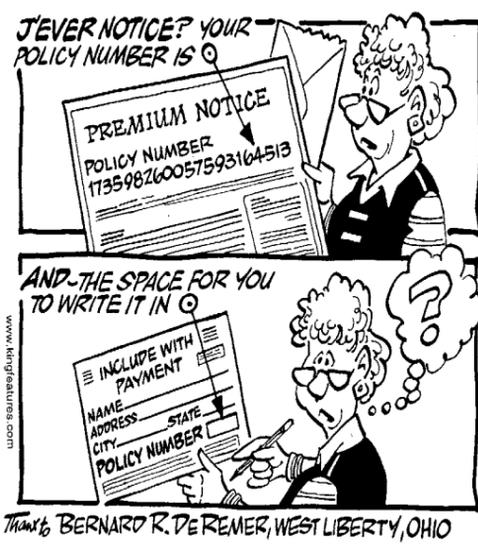
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



EVER HAPPEN TO YOU? YOU STOP AT A YARD SALE... NOT TO BUY ANYTHING, BUT MERELY TO BROWSE AND PASS THE TIME OF DAY... OH YEAH! RI-I-I-GHT...

Thank to L. ROSENFELD, CHICAGO, ILL.

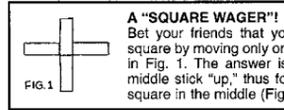


A RHYMING RIDDLE!

Four jolly men sat down to play. And played all night till the break of day. They played for cash and not for fun. With separate scores for everyone. Yet when they came to square accounts. They all had made quite fair amounts. Can you this paradox explain? If to one lost, how could all gain?

CAN YOU FIGURE OUT how all four made money?

Answer: The four players were musicians in a dance band, not card players. Did the picture throw you off?

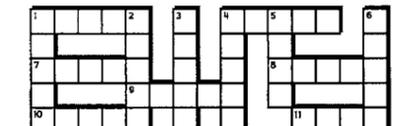


ATTENTION ALL WORD FANS! In this puzzle, all of the words get progressively longer, and they all start with FAN.

Some hints:
1. Keens you cool
2. Tune of tooth

Junior Whirl

by Charles Barry Townsend

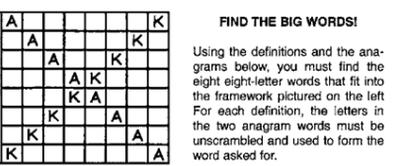


of 13 tame and not-so-tame animals that you'll need to puzzle grid. Use the trial-and-error method.

- | 4-Letter Words | 5-Letter Words |
|----------------|----------------|
| Fawn | Bison |
| Puma | Camel |
| | Chimp |
| | Crabs |
| | Hippo |
| | Horse |

Junior Whirl

by Charles Barry Townsend



MESMERIZING MATH! The swami has discovered that if you multiply 99 by any number from 1 to 100, the product will always contain digits that total 18. Try it out: (99 x 9 = 891; 8 + 9 + 1 = 18), (99 x 4 = 396; 3 + 9 + 6 = 18).

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

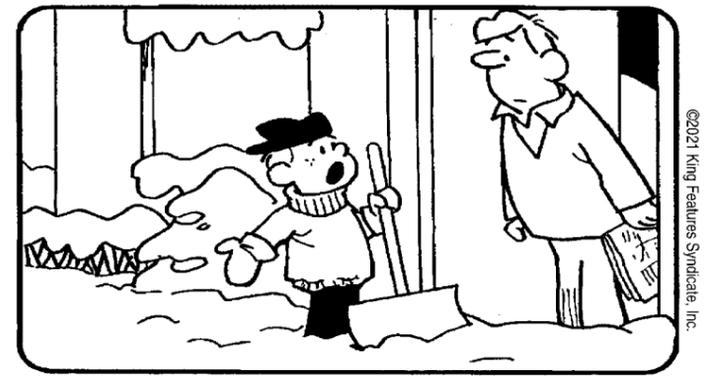
- DEFINITIONS:
- A footnote reference.
 - Narrow, elevated walkways.
 - A wine container.
 - What waves become.
 - Christmas post office headache.
 - Lacking in conviction.
 - A small head covering.
 - A Polish treat.
- ANAGRAM:
- skit + ears
talk + oaws
oink + tags
reek + bars
cake + gasp
wala + mark
pull + sack
sail + bake

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Panes are missing. 2. Cap is reversed. 3. Arm is moved. 4. Handle is shorter. 5. Neckline is different. 6. Paper is moved.

Just Like Cats & Dogs

by Dave T. Phipps



Discover Nature-Inspired Paint Trends for a Calming Home



FAMILY FEATURES

When it comes to home design, color can change everything. From understated, clean hues and calming neutrals to soft greens and mid-tone colors with artistic qualities, a whole new style is just brush strokes away. With the right color palette, you can transform your space to highlight contemporary trends while creating your desired ambiance.

These curated Clark+Kensington color palettes, showcasing on-trend looks for 2021, are heavily inspired by nature and natural materials like raw cotton, linen, wood tones and soft, peaceful greens. The colors invite the best of the outdoors inside so you can design a personal refuge where you're free to relax and unwind.

Each of these three collections, assembled by the experts at Ace Hardware, can help conjure a sense of calm and offer inspiration so you can thoughtfully incorporate color into your home.

Mindful Living

If you want to bring new layers of wellness to your life, the calming neutrals and soft greens that make up this refreshing and cleansing palette may be just what you're seeking. The muted tone of Fair Isle is a soft neutral that pairs well with a wide range of colors, such as the inviting Blue Spruce green that resembles a richly treed mountainside. Additionally, Swiss Coffee and Natural White offer neutral options that lend a surprising sense of coziness while Smokey Taupe and Playas de Cancun provide alternatives to bring bolder, but still soothing, color to your space.

Understated Impact

If minimalism and clean lines reflect your desire to simplify your surroundings, you'll likely be drawn to a "less is more" approach to design. This uncluttered sensibility allows you to focus on key elements of a room that are impactful yet edited. To achieve this look, build your palette around slate-like hues of gray and blue, such as Gothic Iron or a cooler take on slate with Magic Fountain. Options like Silent White and Abstract Gray lend neutral warmth while an earthy burgundy like Red Tulip or the deep, not-quite-black tones of Midnight Stroll are ideal for creating a focal point.

Creative Escape

This palette of mid-tone colors with artistic qualities may be best suited for someone who embraces traditional crafting techniques and delights in working with his or her hands. Striking slate blue Midnight Oil is reminiscent of waves crashing in the dark of night while Subtle Gray offers a softer take on the slate-like tones. As the name suggests, Fiddlehead Fern brings lush vegetation to mind



while Act Naturally and Caramel Apple deliver pops of color consistent with streaks of an orange-kissed sunset. The most subtle of this collection, Beach Cottage, features a slightly peach-to-pinkish tint that gives unique character to a neutral selection.

Any color in these palettes can be selected and ordered from the comfort of your home online using in-store pickup, curbside pickup or delivery from your local store. Start with color samples to test your colors on your walls in different locations and under different lighting then order your gallons and painting supplies when you're ready to complete your project. Find more inspiration and all the supplies you need to transform your space with paint at acehardware.com.

Upgrade Your Home, Downgrade Energy Usage

7 efficient home improvement projects

FAMILY FEATURES

The best home upgrades not only make spaces more livable and energy-efficient but are also cost-effective. Making energy-efficient improvements is a savvy way to save money on utility bills, curb energy usage and add to the house's value.

Consider a variety of home improvement projects, both big and small, that can reduce the financial burden of maintaining your home throughout the year and improve energy efficiency.

Add Insulation

A cost-effective way to save on heating and cooling bills is adding a layer of insulation in the attic where heat loss is typically greatest due to hot air rising. While many newer homes are adequately insulated, those that are several decades old (or older) may benefit from an upgrade in not only the attic but other common problem areas where air can escape such as basements, crawl spaces, fireplaces and ductwork.

Seal Doors and Windows

Windows and doors are common culprits for energy loss. While a complete replacement of doors and windows can be pricey, adding exterior caulk and weather stripping to fill in gaps where air can escape around these openings can make a noticeable difference for a fraction of the cost and make it cheaper to heat and cool your home.

Install Skylights

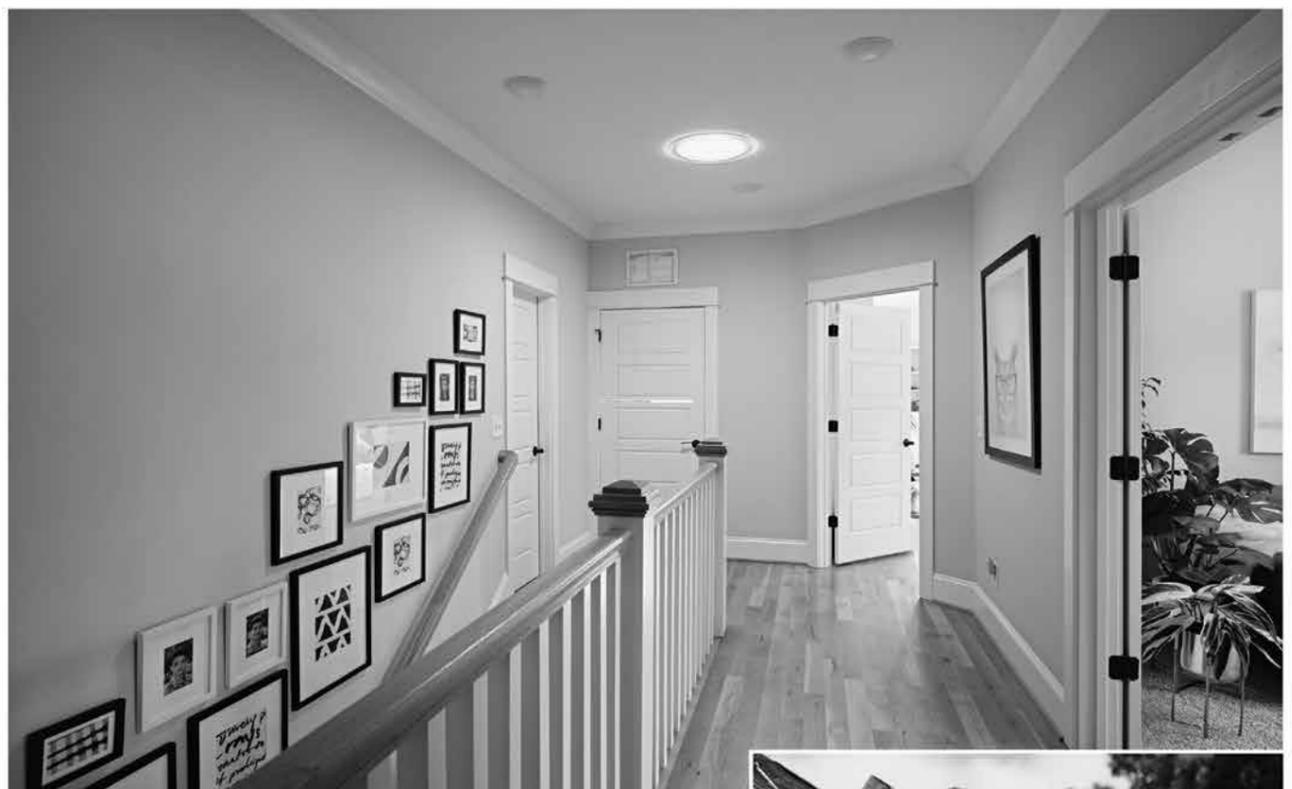
Skylights are a cost-effective option for transforming any room in the home with natural light while also delivering energy-saving benefits. For example, Sun Tunnel Skylights from Velux can be installed in as little as 90 minutes and funnel natural light from the roof through the attic and into the room below with an aesthetic that resembles recessed lighting. Customizable with six diffuser film styles to complement interior design, the skylights can make a home more energy-efficient by reducing reliance on artificial lighting. An optional daylight controller makes it easy for homeowners to adjust natural light entering a room, and a solar nightlight provides a moon-like guiding light at night. Installed with the solar nightlight, the skylights qualify for a 26% federal tax credit on solar property.

Add Reflective Window Film

When the sun shines through windows, it can heat up the home's interior quickly and trigger the air conditioner to turn on. Window coverings, such as blackout curtains, can help, but adding low-e reflective window film to your windowpanes, particularly southern-facing ones, can provide an additional shield from the sun's hot rays and reduce energy costs.

Install a Programmable Thermostat

A programmable thermostat is an efficient way to control the climate inside your home, and those with smart technology take programming to a whole new level. Today's smart thermostats not only let homeowners control temperatures from their smart devices while on-the-go but can also learn daily habits and adjust the temperature accordingly with no other manual adjustments necessary. In addition, some utility companies offer incentives like money back at the end of the year for installing a smart thermostat because the energy savings are so substantial.



Replace Appliances

Because appliances like refrigerators and ovens, among others, are major energy users, investing in more efficient models provides both cost and energy savings. Additionally, homes more than 15 years old could benefit from updates to the air conditioner or heater as systems 15-20 years old or older may be candidates for replacement as they're inefficient by today's standards.

Add Ceiling Fans

In comparison to running your air conditioner consistently, the cost of running a ceiling fan (or several) is significantly less. Particularly on days that may not require cooling the entire house completely, fans can provide a gentle breeze and circulate air in the spaces you use most often. Simply adjust the switch to the counterclockwise position to ensure it's pushing air downward during warmer months.

For more information and home improvement ideas, visit whyskylights.com/livelighter.



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