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March 2021

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

Lakeview, Roscoe Village, North Center and Lincoln Square



Lakeview

March, 2021

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

Volume 25, Number 4

Culture change at work

Over 500,000 Americans have died due to Covid-19 and now a new variant of this deadly virus is upon us. We've come through an unprecedented presidential election that will fill the pages of history for years to come. Mother Nature, once again shown us her mighty power with forest fires, floods, drought and a winter snowfall that brought devastation to states like Texas and many others because they were not used to such conditions and were caught off guard. On a lighter note, here, in Chicago, we've shoveled our way out of the snow and the sun is melting the icicles off our roofs. In the midst of all this, the mayor has asked that we focus on statues – yes, statues. A recently formed committee has been set-up to reconsider historical symbols and monuments, this in the wake of protests against racism and police violence. The committee looked at 500 sculptures, plaques, and other pieces of public art and narrowed it down to 41 statues and other artworks. The "41" were chosen with the following criteria: up for "public discussion," "promoting narratives of white supremacy", the presentation of "inaccurate or demeaning characterization of American Indians", and "memorializing historical figures with connections to racist acts of slavery and genocide", or "presenting

selective, over-simplified, one-sided views of history.

"Five statues of Lincoln are on this list: The standing Lincoln in Lincoln Park; the seated Lincoln in Grant Park; Lincoln Rail Splitter in Garfield Park; Young Lincoln in Senn Park; and Lincoln in Lincoln Square. Others on the list include General Philip Henry Sheridan Monument at Belmont & Lake Shore Drive, a statue of Benjamin Franklin in Lincoln Park, General John Logan Monument in Grant Park, the Italo Balbo Monument in Burnham Park, the Benjamin Franklin statue in Lincoln Park, George Washington, Ulysses S. Grant and several monuments to Indigenous People are also included on this list. Two statues of Christopher Columbus were "temporarily" removed from Grant and Arrigo Parks about 6 months ago as they had been repeatedly vandalized and were moved to a safe place to protect them from further damage. No one believed the move was "temporary". Why Lincoln? He moved to Illinois when he was 21 and lived here until he became president in 1861. The state officially designated the slogan "Land of Lincoln" in 1955 and his Springfield home is designated a historic site by the National Park Service. The committee did not provide any reason why the statues of Lincoln should be reviewed.



"With malice toward none, with charity for all." Abraham Lincoln

Lightfoot called the project a "powerful opportunity for us to come together as a city to assess the many monuments and memorials across our neighborhoods and communities – to face

our history and what and how we memorialize that history." The mayor was quoted as saying in a press release, "Given the past year and in particular the past summer that made clear history isn't

past, it is essential that residents are a part of this conversation. This project is about more than a single statue or mural, it's about channeling our city's dynamic civic energy to permanently memorial-

ize our shared values, history and heritage as Chicagoans in open and democratic ways". The public engagement process is aimed at creating a plan to "erect a series of new monuments that equi-

Editorial & Opinions

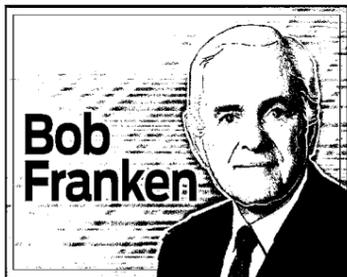
Culture change at work
Continued from front page

tably acknowledge Chicago's shared history." Chicagoans are invited to submit feedback and participate in virtual events and one-on-one conversations. The new website — chicagomonuments.org was created to launch a public engagement process that will conclude April 1. The Cultural Affairs and Special Events Commissioner Mark Kelly was quoted as saying, "The City's public art collection is a defining characteristic of Chicago and it should reflect and respect all Chicagoans. The public's input will now help us evaluate the collection and to commission new works." Book your trip now to see Mt. Rushmore before it's too late.

THOUGHT FOR THE DAY

"The way to get started is to quit talking and begin doing"

Walt Disney



Cruz Control

There's a word for the great pleasure derived from someone else's misfortune: schadenfreude. Ted Cruz, normally known as a royal pain, is once again winning the contest for schadenfreude poster boy. He is ... well, let's call on his famous associates to describe him:

Former Speaker of the House John Boehner said Ted Cruz is "Lucifer in the flesh." Boehner spit out those words sometime after freshman Sen. Cruz had pretty much singlehandedly caused the government shutdown in 2013 over his plan to get the White House to strip funding from Obamacare, despite leadership's efforts to block that maneuver as "In your dreams, rookie." By the time that failure was over, Cruz had established a reputation as a backstabbing (even for Washington), smarmy (even for Washington), unlikely (ibid) political figure from braggadocio Texas. Lone Star State swagger doesn't help.

"I don't like him," said Bob Dole, who likes everybody.

And former Republican Congressman Peter King of New York, who has always maintained the New Yorkers' approach to personality, said, "I'll take cyanide if he ever got the nomination."

There are actually two points here. First, Ted Cruz is running for president. He has before; he will again.

Second, Cruz wants to be despised. That's the only explanation for his continuing exploits, the latest of which is Cancungate. More about that in a moment. Apparently, he's developed a master plan where the premise is that Americans will vote for someone they hate for being a snake, slithering against the political world, speaking with forked tongue, and overall playing the wretched villain. My nickname for him is "Snidely Whiplash."

Which brings us to his Cancun adventure. Can I get away with describing the stunned reaction with a "WTF"?

What ambitious politician in his right mind would leave his state where millions of its residents are freezing because of a massive electric power failure in historically cold winter weather and take his family for an escape to Cancun? Who would be so blatant about it? He was caught, which wasn't difficult, since he was easily recognizable in the Houston airport rolling a cutesy little suitcase combo onto the plane, and then in sunny Mexico wearing an ill-fitting golf shirt.

Even worse is he tried to lie his way out of it, changing his story several times — at one point, blaming his daughters.

And worst of all, he left a little white poodle named Snowflake behind to fend for himself in the family's frigid house.

So let's see here. We have an insensitive-to-his-desperate-constituents United States senator who is entitled, who thinks he's smarter than everybody else and makes no bones about it, who almost got beaten by a no-name Democrat (gasp!) and who has antagonized everyone from Texas to Washington. Yup, that certainly seems like presidential material to me. That other Mr. Congeniality, Donald Trump, called him "Lynin' Ted," and nobody along the many stops on the Ted Cruz life's highway objected, no matter how accomplished he's been.

Speaking of Donald Trump, his lapdog Lindsey Graham said, "If you killed Ted Cruz on the floor of the Senate, and the trial was in the Senate, nobody would convict you."

Obviously, Ted Cruz doesn't care (well, he cares about the killing part). He believes that the path to success is littered with enemies, and he may be right.

It is routinely littered with people who pretend to be your BFFs. As Harry S. Truman said, "If you want a friend in Washington, get a dog." Although with Snowflake's abandonment, Cruz may have blown that one.

But Ted Cruz doesn't even pretend to be your friend. He's a misanthrope if there ever was one. He doesn't bother to hide it. Actually, it's downright refreshing. He wants everybody to understand the unvarnished truth about him and his hateful but unorthodox election campaigning style. Next up he'll be running for mayor of Cancun.

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

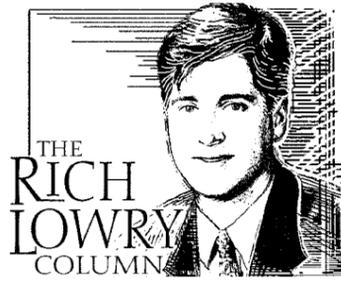
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Americanisms



"The trouble with being punctual is that nobody's there to appreciate it."
— Franklin P. Jones

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Press Swapped the Script on Cuomo vs. DeSantis

Throughout the pandemic, the press has been excoriatingly harsh on a governor who was slow to act, unnecessarily endangered the lives of the elderly, alienated experts and cooked the numbers.

It just thought the governor in question was Florida's Ron DeSantis rather than New York's Andrew Cuomo.

After it has become clear that Cuomo's handling of the pandemic was not just criminal in the metaphorical sense, but perhaps in the literal sense, the press has begun, only reluctantly and belatedly, to abandon its long-running Cuomo hagiography.

It never made any sense to lionize Andrew Cuomo at the expense of Ron DeSantis, except that one had a "D" after his name and the other didn't, and one hated Trump and the other didn't. The national media also labors under the assumption that New York must be competent while the Sunshine State is the preserve of the embarrassingly boorish "Florida Man."

Finally, the media loved the way Cuomo talked about the pandemic at his take-charge press conferences. This was taken as the opposite of Trump's approach, which it was — Cuomo talked a good game, while utterly botching the substance of the response, while Trump talked irresponsibly about the pandemic, while handling the substance pretty well (or, certainly, not as badly as advertised).

All this meant that the press made both Cuomo and DeSantis into something they were not — a hero and a villain, respectively — when it should have been obvious all along that this wasn't remotely justified.

From the outset of the pandemic, New York state has had the highest number of deaths of any state and still does (47,000), and the second highest deaths-per-million of anywhere in the country. In contrast, Florida is right around the national average

for deaths-per-million. Journalists brushed right by these top-line numbers in the interest of their tendentious narrative-building.

They erupted in outrage when DeSantis was allegedly slow to close the beaches last March, but didn't dwell much on Cuomo saying, when the virus was already spreading throughout his state: "The facts defeat fear. Because the reality is reassuring."

They accused DeSantis of unnecessarily endangering seniors when the Florida governor took steps to protect the nursing homes, and Andrew Cuomo, infamously, ordered nursing homes to accept COVID-19 patients.

They claimed DeSantis was rejecting the "science" by, among other things, pushing to reopen the schools, an approach that has proved out. Meanwhile, experts have fled the New York public health bureaucracy in response to Cuomo's highhandedness.

They bought the bogus story of a Florida data manager who was supposedly persecuted for blowing the whistle on the state's manipulation of its COVID numbers, when, of course, this is exactly what Cuomo was doing.

And so, the media's anointed hero of the pandemic — who wrote a book on his own exemplary pandemic response, who won a Grammy, who was elevated to an authority with the standing to comment on how the country was handling COVID-19 — is facing calls to resign or face impeachment and is the subject of multiple investigations, while his routine bullying of critics is now out in the open.

Not only are none of these things happening to Ron DeSantis, his policy of avoiding strict lockdowns, which occasioned so much criticism, has avoided the educational and economic downsides of Cuomo's policies. According to Florida data, the state offers more in-person education than any other state and it has a lower unemployment rate than the national average and other populous states. This matters greatly to the well-being of Floridians.

All of this said, the virus has presented enormous challenges and excruciating choices to policymakers around the country. It's not healthy to be overly invested in red state versus blue state comparisons. But the media gleefully went all-in on this game — and managed to pump up the wrong governor and run down the wrong one, in a failure for the ages.

Rich Lowry is editor of the National Review.

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

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SENIOR NEWS LINE

by Matilda Charles

Another COVID Scam

You know it's getting bad when local police chiefs go on the nightly news to warn against scams. That's what is happening in my area, and possibly in yours. Scammers are going all out to steal your information, money and identity, and they're using the COVID vaccine as their tool.

A few weeks ago, the scammers' tactic was to claim we were eligible for a special COVID Medicare card. The card doesn't exist. So many of us might have said that in response to the frequent phone calls that the scammers changed tactics. Now they claim to have an appointment for you to get the COVID vaccine.

Here's how it works: A scammer will claim to be calling from your doctor's office, without actually naming the doctor. All they need from you, they say, is your Medicare card number and possibly your bank account or Social Security number "for identification." Your best bet is to just hang up. But if you ask for the name of the doctor, they won't know it. It's the same with hospitals and clinics.

If you're not sure whether the call is fake, hang up and call your doctor, the hospital or clinic, and ask if they've tried to contact you.

Scammers also are using different tactics: telling you they can fit you into a quick appointment, saying they're from Medicare or your insurance provider, sending you an email that indicates you can get a fast appointment reservation by calling their special phone number, or offering you the vaccine at a "reduced cost" (the vaccines are free). Some of them actually offer to mail the vaccine to you.

Don't fall for any of these scams. If you need help signing up online for an appointment, call your doctor's office or the senior center. Don't give scammers any information, not even your name.

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VETERANS POST

by Freddy Groves

Internet Access for Veterans

Fifteen percent of veterans do not have an internet connection, limiting their access to Department of Veterans Affairs video telehealth services. But no longer. The VA's new Digital Divide Consult has geared up to help over 12,000 eligible veterans so far.

If you're a veteran living in a rural area, have limited broadband service, don't have a device with video, have a serious medical condition or are in temporary housing, you can get help with internet access and devices.

But there's more: If you're part of a HUD-VA program, you can receive a smartphone to reach telehealth.

If you use TracFone SafeLink, T-Mobile (was Sprint) or Verizon, you can hook up with VA Video Connect health care without incurring data charges on your bill. Go to mobile.va.gov/app/va-video-connect for details. The VA will even do a test call before your visit to check your connection.

If you're in a rural area or don't have broadband at home, the VA has coordinated with various groups and businesses to create locations for you to use for talking privately to your health care providers. The American Legion, VFW and certain Walgreens are part of the Accessing Telehealth through Local Area Stations (ATLAS) program. Go to connectedcare.va.gov/partners/atlas for locations near you.

The Microsoft Airband Initiative is charged with creating broadband (high speed) in rural areas. Look at microsoft.com/corporate-responsibility/airband. (While you're there, check into the Microsoft Software & Systems Academy, 18 weeks of training for high-paying jobs.)

Additionally, you could be eligible for the FCC's Lifeline program, which subsidizes broadband and phone service for low-income veterans and veterans who get the following: Medicaid, SNAP, SSI, pension and survivors benefits, and more. Check lifelinesupport.org or call 800-234-9473.

Get started by contacting a VA social worker, who will have all the details and can determine your eligibility.

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Strange BUT TRUE

By Lucie Winborne

- A team of Japanese scientists and engineers created a fire alarm for the deaf that works by spraying vaporized wasabi into the air — it will even wake them up if they're sleeping.

- Bees can fly higher than Mount Everest.

- In 1960, during a period of high tensions between Havana and Washington, a Cuban cow got hit by a chunk of a falling U.S. satellite. Islanders got a dig in at their American neighbors by parading another cow through the streets sporting a sign that read, "Eisenhower, you murdered one of my sisters!"

- Before trees existed, the earth was covered with giant white mushrooms.

- All astronauts going to the International Space Station have to learn to speak Russian, as the controls of their Soyuz spacecraft are in that language.

- Fried chicken originated in Scotland.

- Off-duty paramedic Matthew McKnight earned the dubious Guinness World Record for furthest distance thrown by a car when he was hit by a vehicle traveling 70 mph and was catapulted 118 feet. Amazingly, while he suffered serious injuries, he managed to recover.

- There is a Fictitious Athlete Hall of Fame. Inductees include Rocky Balboa, Mr. Miyagi and Happy Gilmore.

- You're more likely to be bitten by a human than a shark.

- Not that we think you'd actually drink this much, but 10 gallons of carrot juice will kill you. Its vitamin A content is high enough to make your brain swell, along with other nasty symptoms. By the way, you can also overdose on the vitamin by eating a pound of polar bear liver every day.

Thought for the Day: "Actually, in my opinion you never completely find yourself because you are always growing as a person and learning throughout your life. It is a process." — Robert A. Bofman

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Pottery Cigar Box

Homes of the early 1900s in the United States had many matched sets of decorative pieces. There was a coffee and tea service with creamer, sugar bowl and tray. There was usually a desk set with a pen, blotter ends, inkwell, pen holder, letter opener, stamp box and more. And, of course, there was a smoking set that had a box for cigars, cigar cutter, sometimes a cigar holder, humidor, lighter, ashtray, a cigarette holder and a special cigarette case to carry. When viewed alone, the parts are often hard to identify.

A recent auction by Rago sold a pottery box with a lid and corners that featured hooded figures. The size suggests it was originally made to hold cigars. Cigars were sold in standard size wooden boxes starting in 1865. A decorative box often held them on a desk or table. This box is marked Atlantic Terra Cotta Company, an important maker of New Jersey clay tiles from 1907 to 1949. It sold for \$875.

Q. I inherited a 1768 German family Bible. What's the best way to store it so it doesn't deteriorate?

A. If your family Bible lists names of family members with birth and death dates going back over 250 years, you have a treasure! Before you store the Bible, use your cellphone or digital camera to take pictures of the pages that have family information so you can share them with other family members and have copies in case the ink fades.

Don't try to copy the pages by opening the book flat on a photocopier. It may break the spine. The public library may have a photocopy machine with a book mount to hold the book partly open, but the light may fade the print.

Don't keep the Bible in a plastic bag. Put a piece of archival tissue paper between handwritten pages to prevent the ink from bleeding through. Store the Bible flat in an archival box and pad it with archival tissue paper to keep



Recycling is not new. Attractive boxes that held products like cigars were often reused to hold jewelry or sewing equipment. What the hooded figures on this box represent is unknown, but the box sold for \$875 to be used in a 21st-century way.

the Bible in place. Store it in a cool, dry place, not in the attic or basement. Archival materials can be purchased at sites online. A few places for archival supplies are www.gaylord.com and www.lightimpressionsdirect.com.

CURRENT PRICES

Coffee pot, Pairpoint, silver plate, birds, leaves, lanterns, gourd shape, long spout, 11 x 7 inches, \$45.

Shelley cup and saucer, yellow polka dots, trim, handle, white ground, 5 3/4 inches, \$105.

Scale, weighing, brass, butcher, fitted case, John Chatillon & Sons, 16 1/4 x 13 inches, \$160.

Box, dresser, Bolivian rosewood, white ash stripe, turned wood, Jerry Patrasso, 2 1/2 x 3 7/8 inches, \$260.

TIP: Rub tartar-control toothpaste on your scratched snow dome paperweights. It will remove the smaller scratches.

"Kovels' Antiques & Collectibles Price Guide" — the new 2021 edition with more than 11,500 prices, 3,000 pictures and many helpful tips — is available in bookstores and online, or visit www.Kovels.com for a special offer.



by Ryan A. Berenz

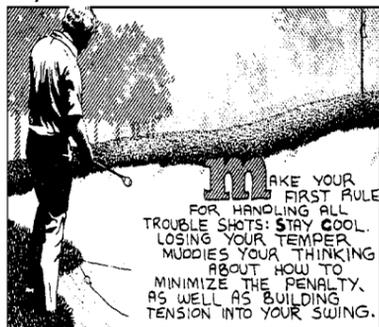
1. Who was the trainer of Triple Crown-winning racehorses Gallant Fox (1930) and Omaha (1935)?
2. It's tradition for Notre Dame Fighting Irish football players to touch a sign posted in Notre Dame Stadium before taking the field. What does the sign read?
3. What former NFL defensive lineman played the role of Sloth in the 1985 adventure comedy film "The Goonies"?
4. What American female distance runner won the Boston Marathon in 1979 and '83, and won the gold medal in the marathon at the 1984 Los Angeles Summer Olympics?
5. What cross-country skiing distance race, first held in 1973, is traditionally run every February in northern Wisconsin?
6. What Boston Celtics player suffered a season-ending knee injury attempting a dunk after the whistle in the final minutes of a 97-84 loss to the Indiana Pacers in 2007?
7. What NHL defenseman, who played with the Montreal Canadiens and Colorado Avalanche from 1990-2009, raced in the NASCAR Canadian Tire Series from 2009-15?

Answers

1. James "Sunny Jim" Fitzsimmons.
2. "Play like a champion today."
3. John Matuszak.
4. Joan Benoit.
5. The American Birkebeiner.
6. Tony Allen.
7. Patrice Brisebois.

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Play Better Golf with JACK NICKLAUS



TAKE YOUR FIRST RULE FOR HANDLING ALL TROUBLE SHOTS: STAY COOL. LOSING YOUR TEMPER MUDDIES YOUR THINKING ABOUT HOW TO MINIMIZE THE PENALTY, AS WELL AS BUILDING TENSION INTO YOUR SWING.



RECOGNIZING THAT GOLF NEVER HAS BEEN OR WILL BE AN ENTIRELY FAIR GAME, AND THAT UNLUCKY BREAKS ARE SIMPLY PART OF ITS CHALLENGE, HAS HELPED ME IN TOUGH SITUATIONS. IT WILL HELP YOU, TOO.

Play Better Golf with JACK NICKLAUS



DO YOU ALWAYS HAVE THE FLAGSTICK REMOVED WHEN YOU CAN SEE THE HOLE CLEARLY? TRY LEAVING IT IN PLACE AND HAVING IT ATTENDED ON PUTTS OF 30 FEET OR MORE.



YOU MAY JUST FIND THAT LEAVING THE PIN IN PLACE STRENGTHENS YOUR DEPTH PERCEPTION. ALSO, IF YOU'RE LIKE ME, YOU'LL GET A BETTER SENSE OF DISTANCE, WHICH WILL SHARPEN YOUR SENSE OF THE AMOUNT OF FORCE YOU NEED TO APPLY TO THE BALL.

STAN SMITH'S TENNIS CLASS

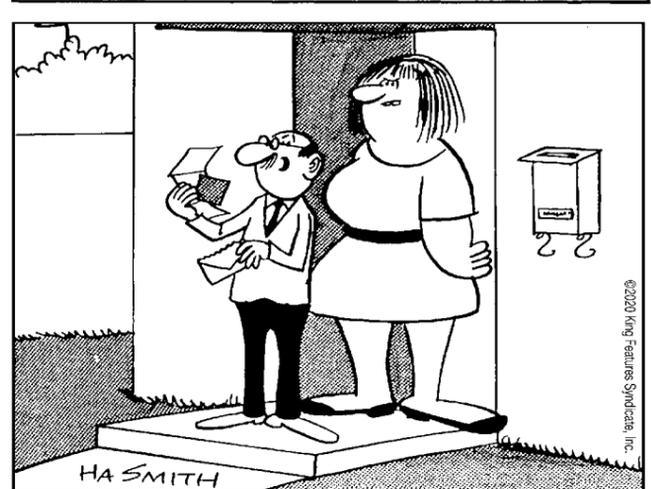


WORK HARD AND HIT DEEP
If you are trying to improve your tennis game, you should be willing to chase down as many balls as possible. Your determination can win lots of points, and you might turn a match around in your favor.



If you feel you are overmatched against your opponent, one of the best strategies is to aim your balls deep in your opponent's court. Even if your shots are not hard and outright winners, if they land deep, it will be difficult for your opponent to hurt you with his groundstrokes.

LAFF - A - DAY



"It's from the pickpocket that stole my wallet, dear. He returned your picture."

GRIN THE BEARD



"The employment figures have been seasonably adjusted to allow for the firing of football coaches."

Health



CT Scan Unlikely to Miss Advanced Lung Cancers

DEAR DR. ROACH: Is it possible for X-rays and a CT scan to miss advanced lung cancer? My brother worked two days before he died. He went to the hospital, was admitted to hospice and died the next day. I wonder if he knew at least a year ago, but didn't tell anyone. He said his scans showed pneumonia. His son was called to the hospital and spent the day with him until he died. During his last day, my brother told him that he had lung cancer and that it was not diagnosed earlier. — N.W.

ANSWER: I am very sorry about your brother.

Lung cancer, especially early lung cancer, is often missed on a regular chest X-ray. Pneumonia can accompany early lung cancer, and the pneumonia can hide the cancerous mass, but experienced radiologists should be able to see something. Also, experienced clinicians should check an X-ray weeks after a pneumonia to be sure there is no cancer in a person at risk, such as a current or former smoker.

Advanced lung cancer is only very rarely missed on X-ray, and should essentially never be missed on a CT scan. While I can't say it's impossible, it's much more likely that a year ago he was told that he had lung cancer and did not say anything, perhaps to spare his family's feelings, or perhaps he didn't want the sympathy and attention that accompany a diagnosis such as advanced lung cancer.

DEAR DR. ROACH: What does a person do when symptoms are vague and hard to explain? I am an 82-year-old woman. I started feeling discomfort in one breast about three weeks ago. It felt like irritation from a bra. I did all the things I thought I should, and three weeks later the symptoms are the same or slightly worse. Nothing looks or feels different when I touch it. Do I see my primary doctor (he's never seen me naked), or find a gynecologist? How do I present this issue? I feel like a fool. — V.B.

ANSWER: Both clinicians should be able to appropriately evaluate this concern. You should go to whoever you are more comfortable seeing. What you should not do is ignore it.

In your particular case, it's unlikely that

your symptoms are because of something serious. Breast discomfort is common and only rarely due to breast cancer, which is what you must surely be concerned about. You should NEVER stop yourself from seeing your doctor for fear of not being taken seriously.

Primary doctors like me and gynecologists are very familiar with women coming in with breast symptoms, and we take them seriously. Clinicians know how justifiably concerned women are about breast cancer. Most often, a woman can be reassured with a careful history and physical exam; other times, a mammogram or ultrasound may be ordered. You don't want to regret missing that visit to the doctor.

It is often said that the only foolish question is the one that is not asked. This situation is analogous: It would be foolish for you not to go. While the overwhelming likelihood is that you will be reassured, in the unlikely event there is something wrong it's far better to know about it earlier than later.

Animals, Not Men Suffer Irritable Male Syndromes

DEAR DR. ROACH: Is there such a thing as irritable male syndrome, similar to PMS in women? If it is real, does it cycle yearly or monthly? My husband is negative and blames others for things at some times more than others. Also, is there a cure or ways to manage it? — Anon.

ANSWER: The term "irritable male syndrome" was coined in 2002 in a review of animal behavior, among male animals with a strictly seasonal breeding pattern. After mating season in these animals, testosterone levels drop markedly, and the animals exhibited symptoms of nervousness and irrationality.

In humans, low testosterone has a set of common symptoms, including low libido and low overall energy. Loss of body hair and decreased muscle mass happen after prolonged time without testosterone. Psychiatric symptoms, such as depressed mood and anxiety, are less strongly tied to low testosterone levels.

Most experts do not believe that the findings in animals are analogous to what healthy men experience. While it is possible that your husband has low testosterone, and that this level may be causing a degree of irritability, it is much more likely that his behavior has a different underlying cause than loss of testosterone.

By contrast, premenstrual syndrome, where there are dramatic shifts in hormones, is clearly associated with mood swings, irritability, anxiety and depression. As the hormone changes are cyclical, so the symptoms are cyclical as well. No such cycles exist in men for testosterone.

I have certainly known many irritable males, however, and anybody can be more irritable one day compared with another. I would note that, especially in men, irritability and being easily angered can be a sign of depression, among many other possibilities.

DEAR DR. ROACH: I am a healthy 73-year-old man who has always had

a large prostate. Thirty years ago, my urologist described it more like the size of an orange rather than a walnut. Despite its size, it has never given me any problems — no UTIs, sudden urination, poor stream, waking me in the middle of the night, etc. Despite not having symptoms, about 10 years ago I was prescribed finasteride at a dose of 5 milligrams, and Rapallo to "try to keep it in check." In 2018 I had an ultrasound done of my prostate, and it was measured at 185 grams. It was measured again recently and is now 232 grams. My PSA is always in the 3.2-3.5 range.

At what point does a prostate get too large? Should I be concerned even without having any symptoms? To his credit, my urologist discussed my surgical options, along with the related side effects. I am reluctant to do anything if it's not necessary. — J.J.

ANSWER: The normal prostate gland is about 20 grams, and only 4% of men will develop a prostate over 100 grams. Yours is well past that, though far short of the world record of 2,410 grams.

It is striking that the size of the prostate does not well correlate with a man's symptoms. Since you have no symptoms and a low PSA level (especially considering the size), there is no indication to do anything surgically. The risk of surgical complications is higher in men with very enlarged prostate glands, so I would certainly be cautious about considering surgery.

Vestibular Migraines Often Include Vertigo

DEAR DR. ROACH: Can you shed light on how vestibular migraines are diagnosed and the best treatment? — J.H.

ANSWER: The vestibule of the ear is where the organ of balance is located, so vestibular symptoms relate to balance issues in general, but most commonly, it means vertigo. The term "vestibular migraine" means vestibular symptoms attributed to migraine.

Vestibular migraine thus includes migraine headache — not everyone will have headache with every episode, but most people with vestibular migraine will have headache with at least some of the episodes — and vestibular symptoms. These could include vertigo (a sensation of movement when still), unsteadiness or movement symptoms with a change in head position that persists long after the head has moved. Abnormal sensitivity to sound and vision are also prominent in vestibular migraine.

There is a similarly named condition, basilar migraine, that also has vestibular symptoms. However, basilar migraine has additional symptoms seen during the early, or aura, phase coming from the brainstem, deep in the brain, such as clumsy movements or confusion. These occur most commonly five minutes to an hour before the headache.

Making the diagnosis of vestibular migraine is challenging, since there are many clinical entities with similar symptoms. There is no conclusive laboratory or radiology tests to confirm the diagnosis. In practice, the diagnosis of probable vestibular

migraine is made in people with recurrent migraine symptoms associated with vertigo. Often, treatment is begun when the condition is considered probable, and if the person does not respond well to treatment, a more thorough evaluation is considered.

Treatment for vestibular migraine is broken down into treatment for acute attacks and treatment to prevent attacks. Many neurologists use diazepam (Valium) and similar drugs for acute attacks. Preventive medicines come in many different families, and the choice of the best agent depends often on other conditions the person has. Everyone with migraine should try to find and avoid triggers. This includes eating on a reasonable schedule and good sleep hygiene.

If medications are needed, prescription choices include blood pressure medicines (beta blockers like propranolol and calcium channel blockers), antidepressants and seizure medicines. Over-the-counter options include riboflavin, magnesium, feverfew and coenzyme Q10, all of which have some but not conclusive evidence

DEAR DR. ROACH: Can you tell me the possible causes of psoriasis? I have read that it is related to chronic inflammation. What type of inflammation might this be? — C.K.

ANSWER: Psoriasis, a chronic skin condition that can sometimes affect the joints, is indeed an inflammatory condition, but inflammation is a set of symptoms and observable signs, not an underlying cause or diagnosis. There are five cardinal signs of inflammation: redness, swelling, pain, warmth and loss of function.

Psoriasis appears to be a problem of a dysregulated immune system. It is unclear what triggers the body to begin responding with inflammation to the skin, but some proteins (called antimicrobial peptides) made by skin cells may start the process. These can be triggered by trauma to the skin, but also by some medications, alcohol, cigarette smoking, infections and stress, all of which can also act as triggers for people with psoriasis. These make the immune system cells specific to the skin become much more active.

Understanding the immune system issues in psoriasis has led to newer and more effective treatments, especially for more-severe psoriasis.

Childhood Vaccinations Still Mostly Effective

DEAR DR. ROACH: I am in my mid-50s and in good health (I don't take any medications). I rarely get sick with colds or flu. I have been vaccinated with all the common vaccinations for our childhood. With all the immigrants coming into our country, I am wondering if any have been given childhood vaccinations in their countries. I fear that chickenpox, measles, etc., could re-enter this country. If so, do our childhood vaccinations still protect us from these diseases? Should seniors be re-vaccinated or is that harmful at our age? — C.S.

ANSWER: Legal immigrants into the U.S. are required to have all vaccinations as rec-

ommended by the Advisory Committee for Immunization Practices.

Undocumented immigrants are more difficult to study, but what data there is suggests that vaccination rates are roughly the same in the countries of origin of many undocumented immigrants as in the United States. In fact, several Central American countries have higher vaccination rates than the U.S. currently.

Analysis of outbreaks of vaccine-preventable diseases have suggested that most of these outbreaks have come from visitors (Americans or foreign visitors) from countries with high levels of ongoing transmission who spread the disease to others during their infectious period. Because there are some communities where there are enough unvaccinated people due to medical reasons, personal choice or ineffective vaccination to allow spread of the disease, there continues to be ongoing infection in the U.S. This is especially true of measles.

People born before 1957 are generally considered to be immune to measles, and the vast majority have had chickenpox. People born between 1963 and 1967 (that might be you) are at risk for having had ineffective measles vaccination, and those at risk should check their immunization status and may need revaccination, especially those in an area near an outbreak.

DEAR DR. ROACH: I read your recent column on vaginal estrogen. Based on plants such as soy, bioidentical hormones are a safe solution for older people that provide sexual rejuvenation. You should spread the word! — P.F.

ANSWER: I appreciate your passion, but there are several problems with your statement.

First, the bioidentical female hormone in humans is estradiol, which is available only by a prescription. It remains my choice for women who need hormone replacement, such as women with severe symptoms of menopause (replacement is given by mouth or patch), or for women with atrophic vaginitis (given vaginally, by cream, tablets or ring). It is certainly the most natural option.

Second, phytoestrogens (the soy-based hormones, such as isoflavones and lignans) have chemical structures similar to estradiol, but absolutely are not bioidentical. They have both estrogen and anti-estrogen properties. They may slightly reduce breast cancer risk, probably have no effect on endometrial cancer risk and probably do not increase clotting risk. However, for women with a history of breast cancer, many oncologists recommend against soy protein due to its estrogen activity. Some hematologists warn against these in people with history of abnormal blood clots.

The effect of phytoestrogens on sexual function has been studied, and a 2018 review showed that soy "had no promising effect" on sexual function. Of course, some women will have better effects than others.

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

Stretch your Amazon dollars to the max

If you're an Amazon Prime member, you belong to a group of about 142 million Americans who belong to the program, or more than half the adult population.

Prime members get shipping that's quick and free, special discounts, and many other perks, including free streaming video and music services. Whether or not you're a Prime member it's easy to overspend. Here are some ways to help stretch your Amazon dollars to the max:

Don't pay the first price you see

Instead, scroll down below the price on the far right side of the product page to check for "Other Sellers on

Amazon." If you find a better deal, check seller and product reviews, shipping rates and return policies to avoid fees and other gotchas. Keep in mind that some lower-cost options might not qualify for fast, free delivery but still will come out cheaper in the end.

Don't always buy new

When you scroll down to view other sellers, you might find used items through Amazon's Warehouse and Renewed programs, both of which offer heavily discounted open-box deals. Renewed promises "like new" refurbished merchandise and guarantees you a replacement or refund within 90 days if the item doesn't work as expected. Warehouse gives you Amazon's

standard 30-day full-refund return policy.

Do check out Amazon Handmade

Similar to Etsy, it's a great source of handcrafted and personalized presents—and it's easy to find items for less than \$25. Also check Amazon Launchpad, which is loaded with nicely priced, innovative products like the Cube Key Finder Smart Tracker, useful for locating dogs, kids and, of course, keys.

Do browse discount sections

The Outlet section is updated daily with clearance items in a range of categories. The Under \$10 section is another place to bargain-surf.

Don't rush to buy a protection plan

Like other retailers, Amazon offers extended warranties, but they usually aren't worth it. You might already have a free extended warranty through the credit card you use for the purchase.

Don't forget coupons

On Amazon, search for "Amazon coupons" if you don't see a link near the search box. Some of those coupons can save you \$20 or more. Amazon also attaches coupons to certain items on product pages; click on the box to get the deal.

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Do get colorful

Whatever you're buying, check the prices of different color options. You could save a bundle—not just on clothes, but on earphones, yoga mats and more.

Do pay for Prime, maybe

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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Name the artist who claims he's lost fans because of his name.
2. Which group was the first to release "Woke Up in Love"?
3. "Conga" is considered the signature song for which artist?
4. Who was the first artist to be inducted twice into the Rock and Roll Hall of Fame?
5. Name the song that contains this lyric: "Well, you can tell by the way I use my walk, I'm a woman's man: no time to talk."

Answers

1. Meat Loaf. Vegetarians were leery of him because of the name (in one case a fellow artist who wouldn't speak to him), although he himself was a vegetarian for over 10 years.
2. Exile, in 1983. "Woke Up in Love" took the former rock group to the top of the country charts in both the U.S. and Canada.
3. Gloria Estefan and the Miami Sound Machine.
4. Clyde McPhatter, both as a member of the Drifters and for his solo work.
5. "Stayin' Alive," by the Bee Gees in 1977. It was used in the soundtrack for the film "Saturday Night Fever." After its release, "Stayin' Alive" shot to the top of the charts and stayed there for a month.

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

Strange BUT TRUE

By Lucie Winborne

- In 2008, two sisters from Virginia sold their Illinois-shaped corn flake on eBay for \$1,350.
- One of the first diet books, "The Art of Living Long" by Luigi Comaro, came out in 1558 ... and is still in print.
- In the movie "Psycho's" iconic shower scene, Alfred Hitchcock achieved the sound of stabbings by knifing through a casaba melon. He even had his crew audition multiple varieties of melon to get the perfect tone.
- Folks who enjoy collecting ties are known as grabatologists.
- The mostly unknown second and third verses of "Take Me Out to the Ball Game" reveal the song was originally written as a feminist anthem about a woman wanting to go see a baseball game rather than go on a date to a show.
- Cinderella's shoes were made of fur, not glass, in the tale's original version.
- Overdo it on the garlic or onions and need to freshen your breath? Try roasted coffee beans instead of gum or mints. Israeli scientists have found that coffee can inhibit the bacteria that leads to bad breath, but if you prefer drinking it to chewing, you'll do best to take it black.
- German chocolate cake was named for an American baker, Samuel German.
- "Scurryfung" is an old English word meaning to rush around cleaning when you see company is on their way over.
- In the Middle Ages, the "shrew's fiddle" or "neck violin" was used to punish those who were caught bickering by linking them face-to-face, forcing them to talk to each other. They weren't released until their disagreement was resolved.

Thought for the Day: "I had a new vision in front of me, and I always feel that if I can see it and believe it, then I can achieve it." — *Arnold Schwarzenegger*

top 10 movies

1. **The Croods: A New Age**(PG) animated
2. **Judas and the Black Messiah** (R) Daniel Kaluuya, LaKeith Stanfield
3. **The Little Things**(R) Denzel Washington, Rami Malek
4. **Wonder Woman 1984** ... (PG-13) Gal Gadot, Chris Pine
5. **The Marksman** (PG-13) Kathryn Winnick, Liam Neeson
6. **Land**(PG-13) Robin Wright, Demian Bichir
7. **Monster Hunter**(PG-13) Milla Jovovich, Tony Jaa
8. **News of the World** (PG-13) Tom Hanks, Steve Boyles
9. **Promising Young Woman** (R) Carey Mulligan, Bo Burnham
10. **The War with Grandpa**(PG) Robert De Niro, Uma Thurman

Source: *Box Office Mojo*

top ten GEN Z SOCIAL MEDIA PLATFORMS

1. Instagram
2. YouTube
3. Snapchat
4. Facebook
5. Twitter
6. Facebook Messenger
7. Pinterest
8. TikTok
9. Discord
10. Tumblr

Source: Business Insider/MediaPost

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COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

The No-Cry Challenge: Tears are shed for many a reason. Unbridled joy. A particularly raucous round of laughter. Heartbreak. The ache of loss. And humans are a curious lot. There are times when we'll go into absolute denial to avoid tears, but other times we rush right in. Case in point: tear-jerkers. Some movies come at you right from the start (the entire first 10 minutes of "Up") and some wait for the end to twist the knife (when Miguel sings with his great-grandmother "Coco").

Either way, here are a collection of tearjerker moments in film for when you just need a little catharsis. Get a box of tissues and (potential spoilers ahead) have yourself a good cry.

My Girl — The death of a child is no easy thing, but in this story of a girl named Vada Sultenfuss, living with her single dad in a funeral home, it's heartbreaking. If you can get through the scene where Vada loses it at Thomas J's funeral because he doesn't have his glasses, I am not sure you are human.

Inside Out — A quintet of emotions interact inside the mind of 11-year-old Riley in this Pixar classic. But it's Riley's forgotten imaginary friend Bing Bong who steals the heart in a loving act of sacrifice that will have you weeping buckets of candy tears.

Steel Magnolias — In this touching story about a group of strong Southern women, there is more than one poignant moment, but for millions of ugly criers, it's the scene where

M'Lynn delivers her monologue in the graveyard, bemoaning daughter Shelby's lifelong ill health.

Selena — The Tejano superstar captured the hearts of a nation. Her tragic story is told with Jennifer Lopez in the lead role, and when she doesn't catch the white rose thrown to her on stage at the end, you'll never hear "Dreaming of You" the same way.



Warner Bros.

Jennifer Lopez in "Selena"

Marley & Me (and for that matter "A Dog's Purpose" and "A Dog's Journey") — Whenever an animal is involved, you're already in a position of weakness, but these films take it to the next level. When Marley is put down, it's gut-wrenching.

Life Is Beautiful — A Jewish-Italian writer and his son make a game of being imprisoned in a concentration camp during the Holocaust.

Love, Simon — When Simon comes out to his mother, finding acceptance.

Green Mile — The final execution scene will tear you to pieces.

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TOP VIDEO RENTALS AND SALES

- Video on Demand**
1. **Let Him Go**(R) Diane Lane
 2. **Honest Thief**(PG-13) Liam Neeson
 3. **The War with Grandpa**(PG) Robert De Niro
 4. **Tenet**(PG-13) John David Washington
 5. **American Skin**(R) Omari Hardwick
 6. **Wild Mountain Thyme** .(PG-13) Emily Blunt
 7. **Come Play**(PG-13) Azhy Robertson
 8. **Synchronic**(R) Anthony Mackie
 9. **Tulsa**(PG-13) Scott Pryor
 10. **Unhinged**(R) Russell Crowe

DVD, Blu-ray Sales

1. **Let Him Go**(R) Universal
2. **Batman: Soul of the Dragon** (R) Warner Bros.
3. **Justice League**(PG-13) Warner Bros.
4. **The Meg**(PG-13) Warner Bros.
5. **Breach**(R) Paramount
6. **The Mule**(R) Warner Bros.
7. **Fatman**(R) Paramount
8. **Top Gun**(PG) Paramount
9. **Mulan**(PG-13) Disney
10. **Tenet**(PG-13) Warner Bros.



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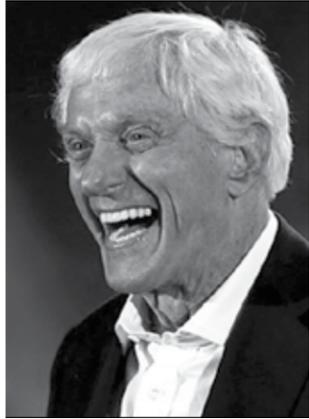
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What's Hot In Hollywood

HOLLYWOOD — Jennifer Lopez and Armie Hammer were teaming up for Lionsgate's \$65 million romantic comedy "Shotgun Wedding" — that is until some disturbing messages by Hammer, detailing sexual fantasies, were leaked. How this will affect his upcoming releases — "Crisis," with Gary Oldman; "Death on the Nile," with Kenneth Branagh and Gal Gadot; "Next Goal Wins," with Michael Fassbender and Elizabeth Moss; and the "Call Me by My Name" sequel — is anyone's guess.



Gage Skidmore phot

Dick Van Dyke

The Kennedy Center Honors began in 1978, but the 2020 "Honors" were a pandemic casualty. This year, the Honors will be taped during the week of May 17. The annual event, usually to a packed house and the U.S. president (except the previous POTUS, who refused to attend four years in a row), will be socially distanced.

The first of this year's five honorees is choreographer and actress **Debbie Allen**, for her work with **Michael Jackson**, **Dolly Parton** and as **Lydia Grant** in the '80s series "Fame," among other accomplishments. Allen admitted, "I have a real purpose in life to be as creative as possible and to expand the reach and possibilities of others."

Also being honored is top country-music singer/songwriter **Garth Brooks**: "As one of the world's bestselling music artists he heightened country music profiles like no other singer before him." Brooks confessed, "I've watched many of my heroes sit in that booth. I had the joyous honor of singing for some on their special night. The hope is to contribute to humanity, to inspire to be the most we can, but most of all, to simply laugh, cry, love and dream through music."

Singer-songwriter and activist **Joan Baez** is being honored "because she breathed new life into the folk genre, powering rock music's turn to social and political consciousness." A lesser-known honoree is violinist **Midori Goto**, "whose international presence, over 35 years, combines graceful precision and expression for performances building connections between art and the human experience."

Last, but not least, is **Dick Van Dyke**, honored "because of the charm that has made him one of the most cherished performers in show business history." Some of his best vehicles were "The Dick Van Dyke Show," "Bye Bye Birdie," "Mary Poppins" and its sequel, and "Chitty Chitty Bang Bang." Van Dyke remembers "Many years ago, I hosted a similar event, held in private, with The Kennedy

Family. I saw the care with which the recipients were chosen from an impressive list of nominees. Being included this year, in this small, illustrious group, is the thrill of my life." The show has always aired between Christmas and New Year's, but this year it will reach our homes on Sunday, June 6, on CBS. At 95, Dick Van Dyke is still working, wondering what that strange word "retire" means!

HOLLYWOOD — Tom Hanks' film "News of the World," which cost \$38 million to make, was released in theaters Christmas Day and grossed \$9.7 million. That was good, considering it was available for Netflix subscribers as well. His next release, the science-fiction film "Bios," with **Skeet Ulrich**, is set for theaters Aug. 13 without a streaming release, so far.

Last January, Hanks began filming "Elvis" in Australia for "Moulin Rouge" director **Baz Luhrmann**. He'll play Presley's manager, **Colonel Tom Parker**, with **Austin Butler** as **Elvis**. In March, he and wife **Rita Wilson** tested positive for COVID-19 and the film was shut down. In September, they resumed and completed the film (scheduled for a Nov. 5 release to theaters and HBO Max).

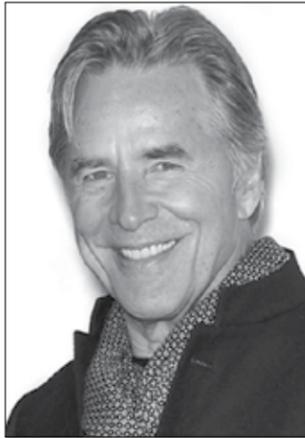
Hanks is now playing Geppetto in the Disney+ live action remake of its 1940 animated classic, "Pinocchio." Oscar-winner **Roberto Benigni** (for 1997's "Life Is Beautiful") remade "Pinocchio" in 2002 for \$45 million, but it grossed only \$41 million worldwide. This time it's being directed by **Robert Zemeckis**, of "Romancing the Stone," "Back to the Future," "Forrest Gump," "Cast Away" and "Who Framed Roger Rabbit" fame. In addition to Hanks, he's cast **Luke Evans** (Gaston in "Beauty

and the Beast") as The Coachman. Evans is fresh off of Hulu's "Nine Perfect Strangers," with **Melissa McCarthy** and **Nicole Kidman**.

At the dawn of the 1970s, I met a young actor who was co-starring with **Sal Mineo** in a Los Angeles stage production of "Fortune and Men's Eyes." It was a prison drama in which the young actor was raped every night by Mineo's character. It was very controversial for its time. I got to know the actor, and we did several photo sessions together.

Flash-forward to 1985, when that young actor turned up on television as the star of "Miami Vice." His name was **Don Johnson**. When the show ended five years later, he drifted through films and TV guest-star roles until he landed the hit series "Nash Bridges," co-starring **Cheech Marin**, which ran from 1996-2001. In 2010, Johnson sued the producers of the police drama for \$23 million because they allegedly conveniently forgot to give him his share of the foreign residuals he was contracted to receive. The case was finally settled in 2013, and he received \$19 million. So when his 2015 series "Blood & Oil" ended after only 10 episodes, he wasn't devastated.

Johnson is currently co-starring with "SNL" alum **Kenan Thompson** in his new NBC series "Kenan." Johnson replaced **Andy Garcia** (who was in the pilot) playing Kenan's father-in-law, who offers to help raise his granddaughter. A \$19 million settlement for foreign residuals? Who says crime doesn't pay!



Depositphotos

Don Johnson



by Dana Jackson

Q. Who is the actor who plays the racist cop on "The Rookie"? My husband said he once played Superman, but I told him that actor is on another show we watch called "The Witcher." Is it the same person? —Y.G.

A. You're both right! There have been several incarnations of DC Comics' Superman since the Christopher Reeve era, the most recent having starred Henry Cavill in 2013's "Man of Steel," followed by "Batman v Superman" and "Justice League." Cavill, sporting long white hair, is the actor who plays the monster hunter in the hit fantasy series "The Witcher" on Netflix.

"The Rookie's" Brandon Routh was cast as Clark Kent/Superman in the 2006 film "Superman Returns," with Kevin Spacey, but it didn't deliver at the box office, so he faded into obscurity for a while. Fortunately, the DC Universe must like him because he went on to play either Superman or The Atom in several CW series like "The Flash" and "Arrow."

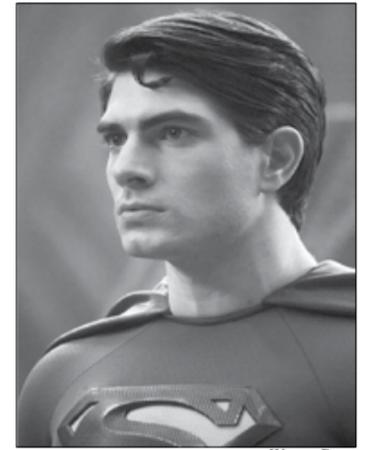
In December, Routh, now 41, was cast on the third season of the ABC drama "The Rookie" as an officer with polarizing views and actions. The role is recurring, but it gives him a chance to play against type, the opposite of a superhero.

Q. Are Ryan Reynolds and Blake Lively still married? I never read anything about them anymore. —E.E.

A. Hopefully, it's a good thing that their lives aren't the subject of gossip magazines anymore. Yes, they're still married and appear to be happily so. They have three children together, and recently posted photos on social media of Blake sledding and Ryan coloring Blake's hair during the pandemic. I'm willing to bet they make it to their 10th wedding anniversary next year.

Q. My sister and I both love "The Rifleman" show on ME-TV. How many shots does Luke McCain shoot off in the beginning of the show? Can you also tell us about Mark (Luke's son), his real name and if he's gone on to other shows? —M&E of Spokane

A. "The Rifleman" is a classic Western that ran for five seasons from 1958 to 1963. It starred Chuck Connors as a rancher and Johnny Crawford as his young son, Mark. The number of shots that Connors fires during the opening credits appears to my ears to be 13.



Warner Bros.

Brandon Routh in "Superman Returns"

Crawford is still acting, but not so much these days. He's about to turn 75, and his most recent credit is another Western, a 2019 movie titled "Bill Tilghman and the Outlaws" (aka "The Marshal"), which can be rented through Amazon Prime.

Crawford was one of the original Musketeers with the Walt Disney Company before he appeared on "The Rifleman." He subsequently guest-starred on such notable series as "Hawaii Five-O," "Little House on the Prairie" and "Murder, She Wrote." He and his on-screen father Connors remained close friends, and Crawford delivered the eulogy when Connors passed away in 1992.

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

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FAMILY FEATURES

Cooler weather calls for comfort foods, and it's hard to top soups, risottos and strata for heartwarming dishes to share with the family on chilly days.

To achieve delicious taste without ditching your healthy eating plan, consider nutritionally balanced one-pot recipes like those from "Whole in One" by Ellie Krieger, several of which call for dairy to help fuel your loved ones' meals. Milk is commonly viewed as a versatile staple to have on-hand for cooking and a nutritious beverage for families with essential nutrients such as calcium that promote bone health in children and teens.

"I'm always trying to create recipes that make it easier for people to cook and eat well," Krieger said. "As a food lover and dietitian, I'm always looking for that amazing balance between health and taste.

Dairy really can help get you there because it provides you not only great nutrition, but also great taste, texture and satisfaction."

Turn to dairy-fueled comfort foods with recipes from Krieger like vegetarian-friendly Broccoli Cheddar Skillet Strata, nutrient-dense Cauliflower Risotto with Shrimp and Peas or easy-to-make Mushroom Stroganoff Soup. These dishes offer balanced, health-conscious ways to enjoy flavorful meals while delivering essential nutrients found in dairy.

"Milk, cheese and yogurt all contain protein, and I think most people don't realize that a cup of milk has 8 grams of high-quality protein, which is more than an egg," Krieger said. "When I tell people that, it's really news to them. Protein really is key in many ways because people are often looking to get more protein into their diets."

Find more family meal solutions at milkmeansmore.org.

Cauliflower "Risotto" with Shrimp and Peas

Recipe courtesy of "Whole in One" by Ellie Krieger on behalf of Milk Means More

Servings: 4

- 2 tablespoons olive oil
- 1/2 cup chopped shallot
- 3 cups cauliflower rice
- 1/4 teaspoon salt, plus additional, to taste
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons, plus 1 teaspoon, all-purpose flour
- 1 3/4 cups 1% low-fat milk
- 3/4 cup freshly grated Parmesan cheese, divided
- 1 pound medium shrimp (26-30 count per pound), cleaned and tails removed

- 1 1/2 cups fresh or frozen peas
- 2 tablespoons fresh basil leaves, cut into ribbons

In large, nonstick skillet over medium heat, heat oil. Add shallot and cook until softened, 2 minutes. Stir in cauliflower rice, 1/4 teaspoon salt and pepper; cook 2 minutes.

Sprinkle flour over cauliflower and stir to incorporate then add milk and cook, stirring occasionally, until it comes to gentle boil. Stir in 1/2 cup Parmesan cheese until incorporated then add shrimp and peas.

Return to simmer. Continue cooking, stirring occasionally, until shrimp are pink and no longer translucent and sauce has thickened, about 5 minutes. Season with additional salt, to taste, then garnish with basil and remaining Parmesan cheese.



Broccoli Cheddar Skillet Strata

Broccoli Cheddar Skillet Strata

Recipe courtesy of "Whole in One" by Ellie Krieger on behalf of Milk Means More

Servings: 4

- 2 tablespoons olive oil, divided
- 3 cups whole-wheat baguette or other crusty bread, cut into 1/2-inch cubes
- 1 small onion, diced
- 3 cups chopped broccoli (about 1/2 head), chopped into 1/2-inch pieces
- 6 large eggs
- 3/4 cup low-fat or whole milk
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup packed, shredded extra-sharp cheddar cheese

Preheat oven to 450 F. In 10-inch ovenproof skillet over medium heat, heat 1 tablespoon oil. Add bread to skillet and cook, tossing frequently, until golden brown, about 6 minutes. Transfer bread to plate and carefully wipe crumbs out of pan.

Add remaining oil to skillet then add onion and cook until softened slightly, 2 minutes. Add broccoli and cook, stirring frequently, until it begins to soften, 3 minutes.

In medium bowl, whisk eggs, milk, mustard, salt and pepper. Add cheese and bread; toss to combine then pour bread mixture over vegetables in skillet.

Cover with foil and bake 10 minutes then uncover and continue baking until strata is set in center, 5-8 minutes. Remove from oven and let sit 5 minutes.

To serve, scoop out portions with large spoon or cut into wedges.

Mushroom Stroganoff Soup

Recipe courtesy of "Whole in One" by Ellie Krieger on behalf of Milk Means More

Servings: 4

- 2 tablespoons olive oil
- 2 medium shallots (about 2/3 cup), chopped
- 1 package (10 ounces) white button mushrooms, trimmed and sliced
- 1 package (10 ounces) cremini mushrooms, trimmed and sliced
- 2 garlic cloves, minced
- 4 cups low-sodium chicken or vegetable broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt, plus additional, to taste
- 1/4 teaspoon freshly ground black pepper
- 1 cup whole-wheat egg noodles
- 1 cup 1% low-fat milk
- 2/3 cup sour cream, divided

- 2 tablespoons all-purpose flour
- 2 tablespoons chopped fresh parsley

In soup pot over medium heat, heat oil. Add shallots and cook, stirring occasionally, until softened, 2 minutes. Add button mushrooms and cremini mushrooms, increase heat to medium-high and cook, stirring occasionally, until mushrooms release liquid and begin to brown, about 8 minutes. Stir in garlic and cook 30 seconds. Add broth, Worcestershire sauce, mustard, 3/4 teaspoon salt and pepper; bring to boil. Add egg noodles and boil gently, uncovered, until noodles are nearly tender, 5 minutes.

In pitcher or medium bowl, whisk milk, 1/3 cup sour cream and flour until flour dissolves. Ladle 1/2 cup broth from pot into milk mixture and whisk well then pour milk mixture into pot. While stirring, bring to gentle boil then lower heat and simmer until thickened, 2 minutes. Season with additional salt, to taste.

Serve garnished with dollop of remaining sour cream and parsley.



Mushroom Stroganoff Soup

Comfort foods

Made fast and healthy

by Healthy Exchanges

Cozy Vegetable Soup

We now have more winter behind us than before us, but it sure seems like a long, long time before we see spring. We need some comforting soup NOW to see us through.

- 2 cups water
- 4 cups chopped cabbage
- 1 cup shredded loose-packed frozen potatoes
- 1/2 cup chopped onion
- 1 (12 fluid-ounce) can evaporated fat-free milk
- 3 tablespoons all-purpose flour
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper
- 2 tablespoons chopped real bacon bits
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large saucepan, combine water, cabbage, potatoes and onion. Bring mixture to a boil. Lower heat and simmer for 10 minutes.

2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into cabbage mixture. Mix well to combine.

3. Stir in parsley flakes, black pepper, bacon bits and Parmesan cheese. Lower heat and continue cooking until mixture thickens and is heated through, stirring occasionally. Makes 4 (1 1/4-cup) servings.

• Each serving equals: 169 calories, 1g fat, 11g protein, 29g carb., 328mg sodium, 3g fiber; Diabetic Exchanges: 1 Fat-Free Milk, 1 Starch, 1 Vegetable.

Good Housekeeping

Saucy Creole Shrimp

Sweet, succulent shrimp and zesty Creole spices is an unbeatable combination. This is the next best thing to booking a trip to NOLA for Mardi Gras.

- 4 tablespoons butter
- 2 stalk celery
- 1 large green pepper
- 1 medium onion
- 1 teaspoon salt-free Creole seasoning
- 1/4 cup all-purpose flour
- 2 medium tomatoes
- 8 ounces clam juice
- 1/2 pound peeled, deveined shrimp
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Louisiana-style hot sauce
- 1/2 cup cooked white rice

1. In 5-quart saucepot, melt butter on medium. Add celery, green pepper, onion and Creole seasoning. Cook 15 minutes or until vegetables are tender, stirring occasionally.

2. Sprinkle flour over vegetables. Cook 2 minutes, stirring. Add tomatoes; cook 2 minutes or until tomatoes are very soft, scraping up browned bits. Stir in clam juice. Heat to simmering on high.

3. Add shrimp, Worcestershire sauce and hot sauce. Simmer 5 minutes or until shrimp are just cooked through, stirring occasionally. Serve over rice with additional hot sauce, if desired. Makes 6 servings.

Good Housekeeping

New Orleans-Style Rice and Beans

Our easy take on this classic Southern recipe is as hearty and satisfying as its longer-cooking cousin. Enjoy with your favorite hot pepper sauce.

- 1 1/2 cups long-grain white rice
- 1 tablespoon olive oil
- 1 large onion
- 1 stalk celery
- 3 cloves garlic
- 1 can low-sodium red kidney beans
- 1 can low-sodium pink beans
- 1 reduced-sodium ham steak, 1/2-inch thick
- 1/2 teaspoon dried thyme
- 1/4 teaspoon ground black pepper

1. Cook rice as label directs.

2. Meanwhile, in nonstick 12-inch skillet, heat oil over medium heat until hot. Add onion, celery and garlic, and cook 7-8 minutes or until vegetables are tender and lightly browned, stirring occasionally.

3. Stir in beans with their liquid, ham steak, thyme and pepper; heat to boiling over medium-high heat. Reduce heat to low; simmer 10 minutes or until mixture thickens slightly.

4. To serve, spoon rice into deep platter; top with bean mixture. Makes 4 main-dish servings.

Good Housekeeping

Mahogany Chicken

Just rub the skin with salt and pepper, then brush with the luscious glaze during the last 30 minutes of cooking time.

- 1 (3 1/2 -pound) chicken
- 3/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- 2 tablespoons dark brown sugar
- 2 tablespoons balsamic vinegar
- 2 tablespoons dry vermouth
- Fresh oregano and rosemary, for garnish

1. Preheat oven to 375 F. Remove giblets and neck from chicken; refrigerate for use another day. Rinse chicken and drain well.

2. With chicken breast-side up, lift wings up toward neck, then fold under back of chicken so they stay in place. With string, tie legs together.

3. Place chicken, breast-side up, on rack in small roasting pan; rub with salt and pepper. Insert meat thermometer into thickest part of thigh, next to body, being careful that pointed end of thermometer does not touch bone.

4. Roast chicken 45 minutes. Meanwhile, prepare glaze: In small bowl, stir brown sugar, balsamic vinegar and vermouth until sugar dissolves.

5. After roasting 45 minutes, brush chicken with some glaze. Turn oven control to 400 F and roast chicken 30 minutes longer, brushing with glaze twice more during roasting, until chicken turns a deep brown, thermometer reaches 180 F, and juices run clear when thickest part of thigh is pierced with tip of knife. Place chicken on warm large platter; let stand 15 minutes for easier carving.

6. Meanwhile, add 1/4 cup water to roasting pan; over medium heat, heat to boiling, stirring to loosen brown bits. Remove pan from heat; skim and discard fat. Serve chicken with pan juices. Garnish with fresh herbs. Serves 4.

• Each serving: About 405 calories, 21g total fat (6g saturated), 170mg cholesterol, 530mg sodium, 9g total carbohydrate, 43g protein.

Good Housekeeping

Roasted Vegetables

Cooked until they are tender and golden, these roasted vegetables can accompany almost any winter meal — especially roasted meat and poultry.

- 1 1/2 pounds medium-size red potatoes
- 2 (about 1 3/4 pounds) fennel bulbs
- 2 (about 1 pound) red onions
- 2 (each about 1 pound) acorn squash
- 5 medium carrots
- 4 medium parsnips
- Olive or salad oil
- 2 teaspoons chicken-flavor instant bouillon
- 1 teaspoon coarsely ground black pepper
- 3/4 teaspoon salt
- 3/4 teaspoon dried thyme leaves
- Fresh thyme sprigs, for garnish

1. Cut potatoes into 2-inch chunks. Cut root ends and stalks from fennel bulbs; cut each bulb lengthwise through the root end into 4 wedges. Cut each onion into 4 wedges. Cut each squash lengthwise into quarters; discard seeds. Cut each quarter crosswise into 2 pieces. Cut carrots and parsnips crosswise in half. (If thick, cut thick portion lengthwise in half.)

2. Preheat oven to 400 F. Evenly divide vegetables between 2 large roasting pans, each about 17 by 11 1/2 inches (or between 1 large roasting pan and one 15 1/2 by 10 1/2 inch jelly-roll pan). Toss vegetables in each pan with 2 tablespoons olive or salad oil. In small bowl, mix bouillon, pepper, salt and thyme. Toss half the seasoning mixture with vegetables in each pan.

3. Arrange pans on 2 oven racks. Roast vegetables 30 minutes, stirring once. Switch pans on oven racks; roast 20 to 30 minutes longer, stirring once, until vegetables are tender and nicely browned.

4. Remove vegetables to warm large platter. Pour 2 tablespoons hot water into each pan, stirring to loosen brown bits. Pour liquid from each pan over vegetables. Garnish with thyme sprigs. Serves 8.

• Each serving: About 270 calories, 8g total fat, 540mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Swiss Steak Skillet

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

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

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

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

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

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Good Housekeeping

Macaroni and Cheese With Beef

- 1 tablespoon light vegetable oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 pound lean ground beef
- 2 cans (15-ounce) tomato sauce
- 3/4 package (16-ounce) mostaccioli or ziti macaroni
- 1 package (8-ounce, 2 cups) shredded Cheddar cheese

1. In a 12-inch skillet over medium heat, in hot vegetable oil, cook onion and green pepper until tender. Stir in ground beef; over medium-high heat, cook until pan juices evaporate and meat is browned; spoon off fat, if any.

2. Stir in tomato sauce and 3/4 cup water; heat to boiling. Reduce heat to medium-low; cover and simmer 25 minutes to blend flavors.

3. Meanwhile, prepare macaroni as label directs; drain.

4. Stir macaroni and cheese into beef mixture until cheese melts. Serves 6.

• Each serving: About 590 calories, 27g total fat, 89mg cholesterol, 1140mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Chocolate Cherry Cobbler

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

- 1 (4-serving) package sugar-free cherry gelatin
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (16-ounce) can tart red cherries, packed in water, drained and 1/2 cup liquid reserved
- 1/4 cups water
- 3/4 cup biscuit reduced-fat baking mix
- 3 tablespoons unsweetened cocoa
- Sugar substitute, suitable for baking, to equal 1/2 cup sugar
- 3 tablespoons chopped pecans
- 1/3 cup plain fat-free yogurt
- 1/4 cup fat-free mayonnaise
- 1 teaspoon vanilla extract

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

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

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

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

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

Good Housekeeping

Creamy Fudge

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

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

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

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

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

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

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Theft on the 1900 block of West Bradley Place.

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Theft on the 3300 block of North Ashland Avenue.

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Vandalism on the 700 block of West Buckingham Place.

Assault on the 2400 block of North Clybourn Avenue.

Assault on the 3300 block of North Halsted Street.

Assault on the 1400 block of North Sedgwick Street.

Theft on the 1300 block of West North Avenue.

Crime on the 4700 block of North Lincoln Avenue.

Theft on the 4400 block of North Broadway.

Crime on the 800 block of North State Street.

Theft on the 800 block of North Milwaukee Avenue.

Theft on the 1300 block of West North Avenue.

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Assault on the 6100 block of North Claremont Avenue.

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Theft on the 1700 block of West Thornedale Avenue.

Crime on the 2400 block of North Sacramento Avenue.

Crime on the 2700 block of West Fullerton Avenue.

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Proactive Health Tips to Help Navigate Year 2 of the Pandemic



Photos courtesy of Getty Images

FAMILY FEATURES

After months of unfamiliar restrictions and guidelines, pandemic fatigue is affecting how some Americans protect their health. However, experts warn that diligence is still extremely important because new mutations and variants of the virus that causes COVID-19 are being discovered. The typical cold and flu season also brings added threats to people's health and wellness. "Staying diligent is one of the most important things we can do as we navigate through cold and flu season as well as the COVID pandemic," said family medicine physician Dr. Jennifer Caudle. Though you may still be spending more time at home, it's important to take proactive steps to maintain your health. Caudle offers these practical tips to help protect your health while you're waiting for vaccination eligibility amid the pandemic this cold and flu season.

Avoid Exposure

As COVID-19 continues to impact communities from coast to coast, there's no better time to avoid getting sick. Even if you catch a less serious illness like a cold or the flu, health care professionals in many areas are stretched thin. What's more, getting sick could compromise your immune system, making you more susceptible to a more serious infection. Minimizing your risk of exposure means limiting close contact with others outside your household, wearing a mask and washing your hands regularly with soap for at least 20 seconds. An alcohol-based sanitizer that is at least 60% alcohol can substitute for hand washing, if necessary. Always avoid touching your face when out and about, and when possible, avoid high-touch surfaces like door handles and light switches. If you're prone to allergies, be conscious of what triggers allergic reactions and manage your allergies so you're able to easily identify any new symptoms that may not be allergy related.

Practice Self-Care

Staying healthy isn't just about avoiding germs. Managing your physical health means keeping your body in top condition by eating right, exercising, getting enough sleep and ditching habits that can negatively impact your body, like smoking and excess drinking. It's also important to monitor your mental health since factors like stress and depression can take a physical toll that impacts your body's immune response.

Pinpoint Symptoms

If you get sick, it's important to pay close attention to your symptoms. However, this cold and flu season brings a unique variable with the possibility that your symptoms may actually stem from a mild case of COVID-19. Weather may also fuel stronger than usual allergy responses, so distinguishing between cold, flu, COVID-19 and allergy symptoms can be especially tricky. Testing may be necessary to get the proper diagnosis and ensure you're taking the right precautions to prevent the spread of any infection. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.

Treat Symptoms

Depending on your diagnosis, a health care professional may suggest medication to help treat symptoms until your illness runs its course. There are a variety of products available over the counter that are commonly used to treat symptoms of respiratory viral infections. Many provide relief from multiple symptoms in a single dose. For example, an option like Mucinex DM lasts 12 hours when used as directed and contains dextromethorphan, which helps to control cough, and guaifenesin to help thin and loosen mucus. You can identify the right formula to provide relief based on symptoms you are experiencing by using the online tool at Mucinex.com, where you can also find more information regarding self-care remedies.

Control a Pesky Cough

How long a cough lasts depends on its cause, but you may be able to tame the symptoms until it's gone.

Eat Right

- Produce is packed with vitamin C, a nutrient that helps support your immune system.
- Menthol may be a soothing natural remedy. It's one of the compounds that gives mint its flavor, so brew a cup of strong mint tea and put it to the test.

Steam and Hydration

- Both steam and water help thin your mucus, which may help clear chest congestion. Try a warm, steamy shower or a soak in a hot tub and drink plenty of fluids to keep your body hydrated.

Around the House

- If you're struggling with a parched throat from your cough, try gargling salt water to soothe discomfort.
- Lozenges increase your saliva production to help soothe a parched throat and get you feeling better as your cough subsides.
- Exposure to particulates in the air, like pollutants and irritants, may be linked to nighttime dry coughing. A high-efficiency particulate air filter can help remove them.
- Wipe down surfaces. Cleaning removes settled dust and pollen while disinfection can help remove lingering cold and flu germs.
- If you're smoking, stop. Smoking is a leading cause of chronic cough. Also avoid secondhand smoke as much as possible.
- Rest recharges your immune system, and getting enough sleep may help you cope with an illness that is the cause of a lingering cough. An option like Mucinex Fast-Max All-In-One Cold & Flu relieves nine symptoms including cough, stuffy nose, sore throat, fever and headache so you can get on with your day.
- Rely on a cough medication that contains dextromethorphan, which works on the cough center of your brain to help suppress coughing.





Soil temperatures

Tree and shrub roots can be damaged or killed if the temperature of the soil around them dips to 10°F or lower. To help protect roots, look for deep ruts or cracks in the soil around the roots, and fill them in with additional soil, tamping down lightly. Watering well in autumn helps to prepare the soil to better protect the roots from dangerous conditions. Covering the root zone **only** (not against the trunk) with 4-6 inches of organic mulch, as well as allowing snow to cover the mulch, will form a barrier that can help the soil retain optimal temperatures for root health. - Brenda Weaver

Source: pss.uvm.edu

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Saint John's Wort

Traditionally, sprigs of this plant were harvested in June to honor St. John the Baptist, then hung near a painting or statue of him in the home to protect it from evil spirits. As a garden plant, it performs best in fertile soils with ample moisture, but can tolerate drier conditions once established. Saint John's Wort has long been used in healing treatments for kidney ailments, insomnia, depression, lung ailments and in wound care. - Brenda Weaver

MEDIAVAL WOOD CUT
Source: www.thespruce.com

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Planting roses

In choosing a site to plant a rose bush, pick an area that receives six or more hours of direct sunlight. Some roses will grow in partial shade, but most roses bloom best in full sun. Roses are also heavy feeders and need rich soil to grow well, so work organic matter into the soil before planting. Avoid planting roses under trees, as falling branches will damage them, and avoid any areas that see high winds regularly. - Brenda Weaver

Source: www.thespruce.com

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“Whoever said money can’t buy happiness didn’t know where to shop.”
Gertrude Stein

“People say nothing is impossible, but I do nothing every day.”
A. A. Milne

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Ann Landers

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Hop • Stop • n' Run Virtual 5K

April 3-10

Get ready to run, walk or bike your way through the Northcenter neighborhood. Everyone in the family can participate in this week-long, self-guided, virtual 5K.

Full details at: northcenterchamber.com

Benefits the Common Pantry and Northcenter Chamber.

 Northcenter northcenterchamber.com

Comics

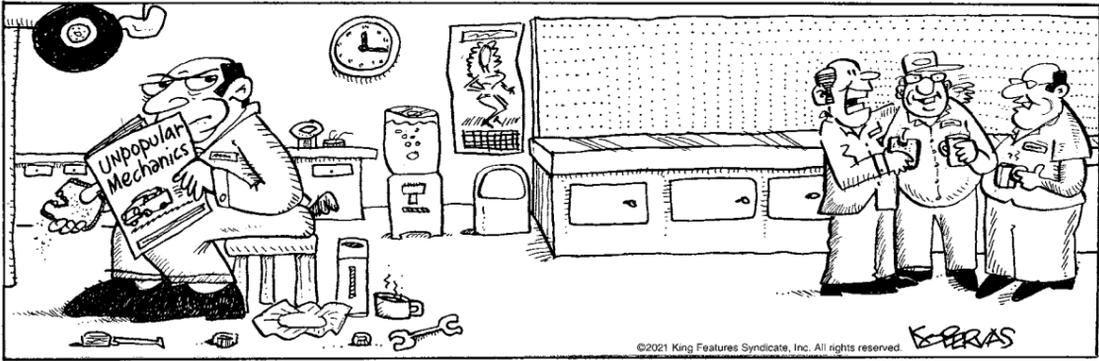
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



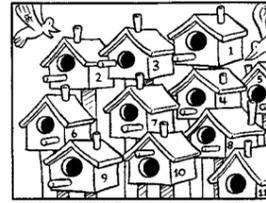
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

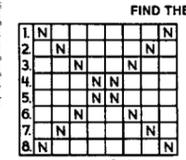
BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend

ONE, TWO, BUCKLE MY SHOE! In our AlphaMath puzzle, you must replace the letters with the digits 0, 2, 3, 4, 5, 6, 7, 8 and 9, so that you have a correct addition problem. The same letters get the same digits. Try to get the highest possible total.
Our answer: 145, 142, 147, 140, 148, 144, 146, 143, 149, 141, 149, 148, 147, 146, 145, 144, 143, 142, 141, 140, 139, 138, 137, 136, 135, 134, 133, 132, 131, 130, 129, 128, 127, 126, 125, 124, 123, 122, 121, 120, 119, 118, 117, 116, 115, 114, 113, 112, 111, 110, 109, 108, 107, 106, 105, 104, 103, 102, 101, 100, 99, 98, 97, 96, 95, 94, 93, 92, 91, 90, 89, 88, 87, 86, 85, 84, 83, 82, 81, 80, 79, 78, 77, 76, 75, 74, 73, 72, 71, 70, 69, 68, 67, 66, 65, 64, 63, 62, 61, 60, 59, 58, 57, 56, 55, 54, 53, 52, 51, 50, 49, 48, 47, 46, 45, 44, 43, 42, 41, 40, 39, 38, 37, 36, 35, 34, 33, 32, 31, 30, 29, 28, 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0.



ANSWERS: 1. Nylon, 2. Gashing, 3. Denouement, 4. Whirl, 5. Games, 6. Sentence, 7. Kneading, 8. Norman.

Riddle Card

Junior Whirl

by Charles Barry Townsend

1. What did the big rose say to the little rose?
2. What has five eyes but cannot see?
3. What is the biggest jewel in the world?
4. What is the best name for a lady engineer?
5. Why are playing cards like wolves?

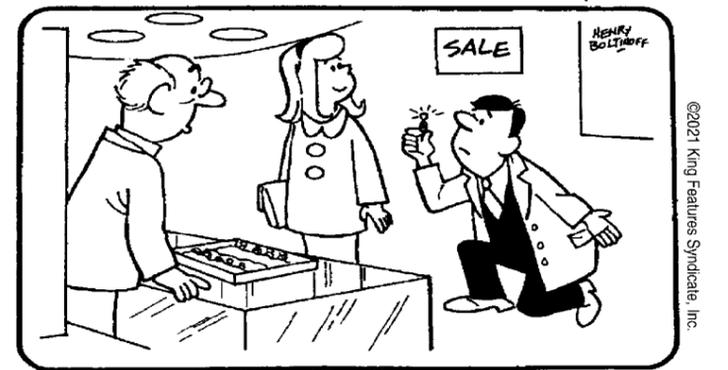


ODD MAN OUT!
To the right is a list of five words. Can you figure out which word doesn't belong on the list?
Answers: Danger. The other words all contain the name of some part of your body: (1) Eye, (2) Ear, (4) Rib, (5) Skin.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Just Like Cats & Dogs

by Dave T. Phipps



Smart Clicks

How to shop online like a pro



Photo courtesy of Getty Images

FAMILY FEATURES

Over the past year, online shopping has become the norm for all kinds of purchases, from groceries and household essentials to gifts and clothing.

Shopping for clothes and other items from the comfort of your home has multiple advantages, including the convenience to shop on your own schedule and the ability to do more thorough research to get the best prices before you buy. However, if you're not used to doing it, shopping online for items you typically purchase at brick and mortar stores can be daunting.

To make your online shopping experiences more efficient and successful, consider these tips from Kellie Brown, fashion influencer and author of the "And I Get Dressed" blog.

Look Around for Good Deals

If you have your eye on a particular item, shop around on multiple sites for it. Prices can vary from one website to another, and you could be missing out on big savings by not doing your research. When you're comparing items, be sure to pay attention to details. Verify model or style numbers, colors and other specifics to ensure you're comparing apples to apples.

Ultimately, you may find the same item with a slight difference that you're willing to accept for a better price. Be sure you're checking diligently so you have all the data you need to make a well-informed decision.

Doing research online may also help you locate discount codes that can help bring down the price if you buy from a specific online retailer.

Know Your Measurements

Clothing is one category that shoppers either love or hate to buy online. Brown sees one distinct advantage: skipping the fitting room.

"Shopping for clothes online can seem daunting, but one of the biggest perks is being able to avoid the dreaded dressing room experience," Brown said. "I hate the process of waiting in line, the overhead lighting, wonky mirrors and having to evaluate clothing in a flash."

Buying online lets you ditch the fitting room in favor of the comfort of your own home, where you can take time to consider your new garments in private.

Brown cautions that the first rule of shopping for clothes online is recognizing sizing isn't always universal. For example, a size

18 from one store may fit completely different at another store. If you know your measurements, you can compare those with the listed size chart. That way, you can select the best size for specific brands or products.

Use the Right Credit Card

Joining a store's loyalty program can be advantageous if you are a frequent shopper at a specific brand or retailer. Also, it's important to realize not all credit cards are the same, and some offer rewards for online shopping, including cash back.

"The most versatile option is a card that adapts with your spending, such as the Bank of America® Cash Rewards credit card that lets you earn 3% cash back in a category of your choice," Brown said. "Hint: Online shopping is one of those categories. The rewards don't expire, and if you are a Preferred Rewards member, you could boost your rewards by 25-75%, which means you could earn up to 5.25% cash back on your transactions. These rewards can be redeemed into your savings account as money for future shopping."

Double Check Return and Exchange Policies

Make sure you know the return policy of the retailer you're shopping with to ensure your return or exchange will be accepted, if necessary. Being an avid online shopper, Brown offers a few important tips for dealing with items that may need returned.

Many stores won't accept open packages or clothing with tags removed, so be sure you know the guidelines before tearing into your packages when they arrive.

You should also check whether you can return items to a local store, if there's one available, or if you'll have to ship a return, and find out who is responsible for return shipping costs.

It's also important to be conscious of timing since most retailers have specific rules about how long you have to return an item. Some use the order date as the starting point while others use the delivery date. Especially with shipping delays that may occur, be clear on dates before you order. Many stores offer extended returns windows, but it's still smart to know the expectations up front.

Online shopping can save you valuable time and money, especially when you're smart about your purchases. Find more information at bankofamerica.com/morerewarding.



Kellie Brown, a paid spokesperson for Bank of America. All opinions are her own.

STAY SAFE ONLINE

Online shopping offers plenty of benefits but being cautious with your credit card information and banking information can help you avoid certain risks. Consider these tips from Better Money Habits, Bank of America's free financial education platform, to help you protect your finances while shopping online.

Use powerful passwords: Avoid the temptation to set a password you can remember easily and instead use something

a little more complex that would be hard for others to guess or hack. Use a distinct password for each online account so you don't make multiple accounts vulnerable if your personal information does get stolen. Also change your passwords periodically for added security.

Look for the lock: If you're shopping online, be sure the address begins with https. The "S" tells you the site is secure, and don't forget

to look for the little lock icon in the browser before you enter any payment information.

Secure your networks: Whether using your home Wi-Fi, a mobile device while on the go or a public computer, you need to take steps to secure your info. Start by password protecting your home's network. When you log in to any financial account while away from home, like at a coffee shop or restaurant, don't do so

on an open network. If you're using a shared computer, be sure to clear all your personal information when you log out.

Set up notifications: One easy way to keep an eye on your credit card information is to sign up for mobile or email alerts with your bank. This way, each time your card is used, you receive a notification. Plus, your bank may be able to notify you of any suspicious activity.

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