

Katheryn Winnick
of "Big Sky"
renewed on ABC
Read Celebrity Extra
Page 7



Now in color
Comics
Page 13

September 2021
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September, 2021

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

Volume 25, Number 10

Mask Mandate



Pritzker issues indoor mask mandate and Lightfoot announces COVID-19 vaccination requirement for city employees

Gov. Pritzker issued an indoor mask mandate for all regardless of vaccination status and to help curb the spread of the virus. Pritzker has already imposed a mask mandate for schools and state buildings and required some state employees to get vaccinated against the coronavirus.

In a recent press release, Mayor Lori Lightfoot announced that, effective October 15, 2021, the City of Chicago will require all City employees to be fully vaccinated against COVID-19, joining many other major municipalities and government agencies in taking this important preventive step. While masking and social distancing requirements in the workplace remain, the best protection against COVID-19 is vaccination. "Fully vaccinated means two weeks past the second dose of a two-dose vaccine or two weeks past a single dose of the J&J vaccine. Employees will be asked to submit their proof of vaccination via a secure, online COVID-19 Portal." This policy applies to all City employees and volunteers. Employees

can apply for medical or religious exemption from this policy. Such requests will be reviewed by the Department of Human Resources on a case-by-case basis. "As cases of COVID-19 continue to rise, we must take every step necessary and at our disposal to keep everyone in our city safe and healthy," said Mayor Lightfoot. "Getting vaccinated has been proven to be the best way to achieve that and make it possible to recover from this devastating pandemic."

More than 70 percent (more than 1.6 million) of Chicago residents over 18 have received at least one dose of a COVID-19 vaccine.

All of Illinois' 102 counties are experiencing high transmission of COVID-19 – a designation defined by the Illinois Department of Public Health as an area with more than 100 cases per 100,000 people over a seven-day period. In Cook County, the average seven-day case rate per 100,000 is 126.05. Chicago is now recording 443 cases per day. COVID-19 vaccines are widely available at pharmacies, health care offices, and through special events across the City at no cost to the public. **STAY SAFE**

Roadkill



Chicago's expressway shootings are sky-rocketing endangering the lives of thousands of innocent people, including a number of children. They happen now so frequently, road crews have standard procedures for blocking the highways so police can search for evidence. "It's collateral damage from gang wars that are occurring in the city of Chicago, and it's spilling over into the interstates," says Col. David Byrd, deputy director of the Illinois State Police. "When that happens, the problem is then the jurisdiction of the Illinois State Police.

In 2018 and 2019, there were around 43 and 52 shootings, respectively. In 2020 that jumped to 128, with 71 shootings by this point last year. So far this year, the Illinois State Police report 158 expressway shootings, meaning that on average, there's been an expressway shooting every 36 hours across the Chicago area. The Dan Ryan Expressway remains the most dangerous with 51 shootings this year, compared to 26 in 2020. Byrd said the shootings have exploded in frequency and that the problem seems to be shock-

ingly unique to Chicago. Col. Byrd says that these crimes are difficult to solve. Witnesses are hard to come by and would-be victims often refuse to cooperate as some are involved in the very neighborhood violence that spills onto the highways. Loyola University Chicago criminologist Arthur Lurigio said, "Major cities have not experienced the same phenomena." "The Eisenhower Expressway has been a place where people come from all over Chicagoland and beyond to buy drugs. Get off the expressway, get

back on, go back home" he said. "It could be related to why those thoroughfares that align the expressway have been high crime, high traffic and places of potential conflict and the expressway is close by. And if they move those conflicts beyond the streets they can move them onto the expressway." DePaul transportation expert Joe Schwieterman said, "This is a largely new phenomenon. It's frustrating because there's no clear causes and no clear solutions. And it is playing out that it's happening

Continued on page 2

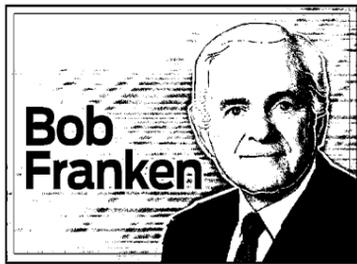
Editorial & Opinions

Roadkill Continued from front page

in mostly the higher-crime areas and that sort of plays to people's apprehension that coming into the city carries with it some risk merely by being on the highway. It really compounds image issues with our city. That needs prompt attention."

Mayor Lightfoot has called for county officials to do more through the court system and jails to stem what she labeled as gang violence. "As you know, I don't control the courts or the jails, but we've got to continue to work in partnership with the county to make sure that really dangerous people are kept off the streets and that they're held accountable."

The Illinois State Police have begun installing license plate reading cameras on Chicago-area expressways, funded by a \$12.5 million grant. More than 200 will be installed over the next year. The installations include a communication system to backhaul the video images to a central location. There, additional software will be used to match license plates to existing license plate and vehicle data-bases. State police say the cameras will not be used for minor traffic offenses such as speeding. Gov. J.B. Pritzker said in a news release, "This investment in expressway cameras further strengthens the Illinois State Police's ability to hold violent offenders accountable and fulfill our mission to help all Illinois residents live safely." In 2020, Pritzker signed the Tamara Clayton Expressway Camera Act, which required the state to install new cameras on expressways. Current expressway cameras are low-definition and don't record video. The act was named for a postal worker who was shot and killed on her way to work on Interstate 57 in 2019. In addition, did you know that Chicago traffic is considered the third worst in the U.S. The I-290 stretch is the most congested in the country and Chicago drivers lose 138 hours a year to traffic backups.



Lost Civilization

One thing about anti-social media: It may be a spreader of misinformation, but the responses in the comments sections give us a rough idea of the nastiness that has spread over the United States like toxic sewage. The political debate gets uglier and uglier. On both sides.

For instance, both sides celebrate when misfortune falls on their political enemies — note that's "enemies," not "adversaries." So when Texas Gov. Greg Abbott, a resister of mask mandates, tests positive for COVID, too many liberals cheered, at least in private. Now, that's not very progressive, is it? And to spread the poison around, when Jesse Jackson and his wife were hospitalized for the same disease, a big cheer went up from too many conservatives.

That is not conduct worthy of a civilized country.

So when withdrawal from a war in Afghanistan blows up in our faces, we think of it mainly in political terms — as in "Joe Biden is going to get his." The blot of blame spreads over four administrations, as well as the blot of deceit. Never mind the mourning of another military defeat for our country or the hit to our national reputation for abandoning those Afghans who sustained the American cause there as interpreters and other civilian support staff. And never mind the pro-government fighters who expected top-of-the-line training from their U.S. armed forces counterparts; both were betrayed when corruption ate up so many of the tens of billions of dollars that were supposed to make the Afghans a first-class fighting force.

For those who did escape as promised, the "Welcome to America" mat was unevenly woven. On the one hand, some U.S. citizens have volunteered to help the latest "huddled masses yearning to be free." They have gone out of their way to organize rudimentary living necessities for the

flood of refugees and their families — food and a roof over their heads.

At the same time that illumination was spreading its warmth over our country, commentators and plain 'ol anti-Muslims were charging up the atmosphere with the harsh lightning of their bigotry.

Within days, the bitterest combat started heating up in an unfamiliar battleground, a long-valued sanctuary for peace and knowledge — that would be our schools, where we send our tots. Already, some parents are reacting violently to mask mandates for their enrolled kiddies. Reports from Texas and California tell of enraged grown-ups ripping masks off of the faces of educators and slugging others. Or we have heard about some people taking the same sort of action when it comes to vaccination requirements, refusing to comply in a misguided understanding of legal rights.

It seems in so many cases, we have forgotten how to be a United States of America, to the point that our arguments have reached such intensity that our federal Department of Homeland Security warns of extremists:

"These extremists may seek to exploit the emergence of COVID-19 variants by viewing the potential re-establishment of public health restrictions across the United States as a rationale to conduct attacks. Pandemic-related stressors have contributed to increased societal strains and tensions, driving several plots by domestic violent extremists, and they may contribute to more violence this year."

It's pretty sad when public health efforts against a pandemic become so distorted that they contribute to barbarity, particularly when it's based on one political leaning or the other. But it's nothing new here in the U.S. of A. Just read the far-fetched hateful comments after a school massacre or listen to the racists crow when the police gun down a person of color.

When will we ever learn? Will we ever learn? We are spinning in the wrong direction. That could be because our beginning set of principles were created by slaveholders who were such hypocrites and left history by writing "All men are created equal."

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

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Americanisms



"If all the cars in the United States were placed end to end, it would probably be Labor Day Weekend."
— Doug Larson

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The Media's Finest Hour

Poor Ron Klain.

It's not a good sign when a White House chief of staff to a Democratic president wants to re-tweet favorable news coverage and all he can find is the least credible and most slavishly loyal commentators on the internet.

The Afghanistan fiasco has created that most disorienting and discomfiting experience for a progressive administration — a serious bout of critical media coverage immune to White House spin and determined to tell the unvarnished story of an ongoing debacle.

The White House and its allies have lashed out at what they are portraying as an insular, pro-war media ignoring its many successes in the Afghan evacuation.

This, like Ron Klain's tweeting, is a sign of desperation and of a feeling of outraged betrayal that usually dependable allies have, on this story, switched sides. Say it's not so, CNN.

The White House is unfamiliar with what it's like to be on the receiving end of the kind of media feeding frenzy that Florida Gov. Ron DeSantis experiences every other day (almost always involving spurious storylines).

But on Afghanistan, Joe Biden in effect set out to test how much shameless incompetence and dishonesty the media would accept. The answer? Not nearly enough.

The press is blatantly biased and has become even more so over time, repeatedly propagating false narratives that have shredded its credibility. Still, there are limits beyond which even it can't be pushed.

Biden said that the Afghan withdrawal wouldn't be another Saigon within weeks of Saigon-like scenes of a hasty evacuation of the U.S. embassy, of terrified Afghans clinging to a U.S. transport plane, of desperate Afghans passing their infants over the barbed wire to Western soldiers guarding the Kabul airport.

There is no number of look-on-the-

bright-side briefings that are going to overcome these indelible images, and even a journalist who tilted heavily toward Biden in 2020 and supports his agenda was going to be hard-pressed to look away.

The contradiction in Biden's case for withdrawal was also too stark to ignore. He originally justified his pull-out because the Afghan government and military were capable of defending the country without us, then he justified his exit because the government and military collapsed so quickly. Which was it?

Much of what Biden has said in his remarks and press conferences has been vulnerable to instant fact checks. When he said that Americans weren't having trouble getting through to the airport, reporters could immediately attest that it wasn't true.

Who was everyone supposed to believe? Biden's misleading assurance, or CNN reporter Clarissa Ward's compelling report from outside the Kabul airport that she was threatened with a whip for not covering her face and her producer nearly pistol whipped? Ward said it was "mayhem" and "a miracle that more people haven't been very, very seriously hurt."

The complaints from the administration and its most committed journalistic supporters that the coverage has been unfair and the product of a press biased toward interventionism ring hollow.

It is certainly true that the East Coast media has more cosmopolitan attitudes than the rest of the country, but it's hardly full of committed foreign policy hawks. The press didn't notably dissent from President Barack Obama's pullout from Iraq in 2011 or his nuclear deal with Iran. It has steadfastly favored the so-called peace process in the Middle East.

It's not as though only the American media has noticed Biden's ineptitude, either. If anything, our foreign allies have been harsher about the humiliating mess Biden has stumbled into (former British prime minister Tony Blair called it "imbecilic") than journalists here at home.

Since he won the Democratic nomination last year, Biden has been the subject of relentless favorable press coverage forgiving his lapses and enthusiastic about his alleged accomplishments. It was hard to see what he could do to lose media support, even for a time, and then he botched his withdrawal.

Rich Lowry is editor of the National Review.

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MONDAY

LABOR DAY



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 How to get in touch with us:
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 Web site: www.LakeviewNewspaper.com
 Email: LKVVNEWS@aol.com
 Publisher and owner: George Rimel
 Executive Editor and owner: Joyce A. Rimel
 Graphic Design/Production: Lisa Rode
 September 2021

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversely to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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SENIOR NEWS LINE

by Matilda Charles

Biggest Raise in Decades for Social Security?

Don't count your money before it's in hand, of course. But word is that the Social Security increase we see in January could be as much as 6.1%, the largest since 1983.

For the average benefit recipient, currently receiving \$1,543, that could amount to \$94 per month. It's a few years too late for a serious increase, but certainly better than the 1.3% bump we saw for 2021 and the 1.6% the year before.

Social Security is calculated by the cost-of-living adjustment in the third quarter each year. For 2021, they calculated that a 1.3% increase should be plenty. We know that was wrong, as prices of everything had climbed. It's all in how and what they calculate. They use the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which measures prices on certain goods and services.

But we're not wage earners, and we don't work in offices. We spend our money on different things. We wonder why they don't use the index for the elderly (CPI-E), which takes into consideration the things we do buy, such as medical care, medical services, housing and health insurance. (There's a bill in the House of Representatives — H.R.4315 — to do that very thing.) We spend less than the CPI-W group on transportation, food, clothing, entertainment, education and communication.

The Federal Reserve Bank did a mid-summer survey on what consumers are expecting for the rest of 2021. The expectation of responders is that we'll see a 4.8% increase on top of what we've already seen this year.

Keep an eye on the news in October, when the rate of next year's Social Security increase is finalized.

Meanwhile start planning for next year as soon as you can. Look for savings everywhere you can find them.

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VETERANS POST

by Freddy Groves

VA Tells Health Staff They Must Get Vaccine

The Department of Veterans Affairs recently announced that they will require their frontline medical staff to get the COVID vaccine. Specifically, they listed "physicians, dentists, podiatrists, optometrists, registered nurses, physician assistants, expanded-function dental auxiliaries and chiropractors who work in Veterans Health Administration facilities, visit VHA facilities or provide direct care to those the VA serves."

In other words, anyone who touches you in a VA medical setting, breathes on you or handles something they're about to put in your mouth has to get the vaccine.

Thank you, VA.

It was unnerving going to the VA and asking whatever medical person was about to touch me or breathe on me, "So, which vaccine did you get?" only to be told they hadn't had the vaccine and didn't intend to get it.

Even waiting for the vaccine was difficult. When my age group finally came along, I ended up at a civilian pharmacy because it was faster. Nobody there had gotten the vaccine either.

And now, unfortunately, we discover that the vaccines don't work as we thought they would. There are breakthrough cases where fully vaccinated people are still getting the virus, the variants have gained strength, and we're likely going back to Step One, complete with masks.

If you need to go to a VA facility for health care, call ahead or use the VA health appointment app. You'll no doubt be met at the door, asked COVID screening questions and have your temperature taken. Have your vaccination card with you and wear a mask. You also might be able to get a telehealth appointment.

Meanwhile, if you've gotten lax about safety, get smart again. Do one full minute scrubbing your hands under warm water with an antibacterial soap, including your nails. Hang a mask on the front doorknob so you'll see it each time you go out.

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Strange BUT TRUE

By Lucie Winborne

• Autism is more common than childhood cancer, diabetes and AIDS combined.

• A bizarre dream in which cannibals surrounded him and prepared to cook him as they waved spears helped inspire Elias Howe's invention of the sewing machine. When he awoke, he remembered that the spears had holes in their shafts and moved up and down.

• "Bhang lassi" is an Indian milkshake whose main ingredient is marijuana.

• According to British law, any unclaimed swan swimming in the open waters of England and Wales belongs to the queen. The law originated in medieval times when swans were a delicacy for the wealthy.

• "Gingerphobia" is a fear of red-heads.

• The Russians arrived 12 days late to the 1908 Olympics because they were using the wrong (i.e., Julian) calendar.

• In 1995 a woman in Sweden lost her wedding ring while cooking for Christmas. Understandably distraught, she looked everywhere for it and even pulled up her kitchen floor, but didn't see it again until 16 years later, when, while gardening, she discovered it encircling a carrot that had sprouted in the middle of it.

• The amount of copper on the Arizona capitol building roof is equivalent to nearly 5 million pennies.

• Bumblebees can fly higher than Mt. Everest.

• Because he got a 25% profit share of merchandise, Elvis Presley manager Colonel Tom Parker was always in search of new ways to get fans to lay down some cash. One of the most notable was marketing to Presley's haters with badges that read "I Hate Elvis" and "Elvis is a Jerk."

Thought for the Day: "The mark of the immature man is that he wants to die nobly for a cause, while the mark of the mature man is that he wants to live humbly for one." — J.D. Salinger

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Mystery Clock

You probably have seen a "swinger" clock, but never guessed how it worked. Most are small metal statues standing on a base while holding a long baseball bat, pendulum or other long, thin rod that is topped by a clock or a globe. It keeps time and the pendulum keeps swinging, but there is no sign of an electric plug or other power source.



This elephant is swinging the clock, but there doesn't seem to be anything making it move. That is why it is known as a swinger or mystery clock. It is 11 inches tall.

The first "mystery clock" was made by a French magician, Jean Robert-Houdin, in 1845. Many other versions followed. Junghans, a German clock factory, made most of those seen today. Ansonia, an American clock company, also made these unusual clocks. The secret clock parts that kept the hands moving were even patented.

The trick is that part of the base moves around slightly, keeping the pendulum swinging and moving the clock's hands. Another type of mystery clock was made with two clear crystal disks with a clock hand painted on each. The disks turned with power from the base. Many copies of antique mystery clocks have been made.

The model with an elephant swinging the clock is a favorite that was originally made by Junghans, but has been copied in China. Surprisingly, the original had an elephant made of white metal,

while the copies made before 1930 were bronze. Watch out. There are many copies sold today, and it is very difficult to tell old from new. There are swinger clocks with figures such as a boy with a bat, the Statue of Liberty, Diana, a cherub and even a kangaroo. Neal Auction Company recently sold a metal swinging elephant clock made about 1900, probably by Junghans, for \$576. It had a bronze patina.

Q. Back in the late 1970s and early '80s, I sold Avon products. When the second anniversary of my being a salesperson rolled around, I received a plate called "The Avon Doorknocker." I still have the original box and it's in good condition. I'm trying to determine the value. Where should I go to sell it?

A. Avon started the California Perfume Company in 1886. The name of the company was changed to Avon in 1939. It might sell at a garage sale, but it's easier just to donate it to a charity. Most Avon Doorknocker plates sell online for as little as \$3.

CURRENT PRICES

Game, Bambino Baseball, field with target holes at bases and outfield positions, tin lithograph, wooden ball & bat, Mansfield Products, 1946, box, 12 x 20 inches, \$155.

Eskimo snowshoes, Bear Paw, natural bent wood, animal hide weaving, c. 1925, 36 x 18 inches, pair, \$250.

Garden patio lounge chair, Radar, cast iron mesh, black, rounded form, leg rest, 6 legs, M. Tempestini, Salterini, 28 x 30 inches, \$375.

World War II parachute, Air Force, folded into backpack, canvas & leather straps, label, Reliance Mfg. Co., June 22, 1943, \$705.

TIP: A paste of baking soda and water can be used to clean old enameled cast-iron pots.

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

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by Ryan A. Berenz

1. Jacksonville Jaguars owner Sahid Khan was a lead investor in what pro wrestling promotion that was founded in 2019?

2. What sporting event for people with disabilities was created by German-British neurologist Ludwig Guttmann and first held in 1948?

3. John Salley was the first NBA player to win championships with three different teams. What were they?

4. The football term for a blocker pushing an opponent to the ground is named after what popular breakfast food?

5. What member of the 1996 Olympic USA gymnastics "Magnificent Seven" team published a memoir called "Off Balance" in 2012?

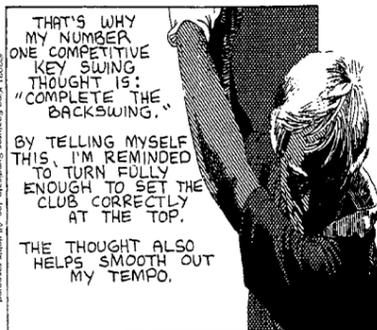
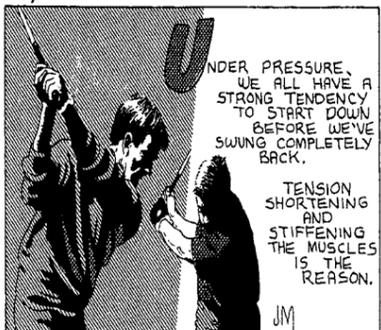
6. The second-shortest (5 feet, 5 inches) goaltender in NHL history played three seasons with the Chicago Blackhawks and went on to a broadcasting career. Who is he?

7. What Finnish driver, known as "The Iceman," won the 2007 Formula One Drivers' Championship?

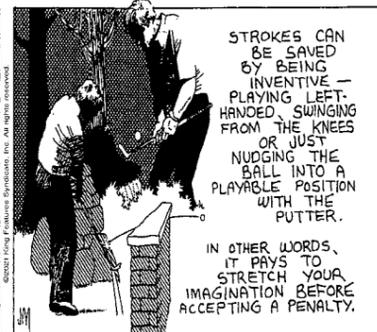
Answers

1. All Elite Wrestling (AEW).
2. The Stoke Mandeville Games.
3. The Detroit Pistons (1989-90), Chicago Bulls (1996) and Los Angeles Lakers (2000).
4. Pancake.
5. Dominique Moceanu.
6. Darren Pang.
7. Kimi Raikkonen.

Play Better Golf with JACK NICKLAUS



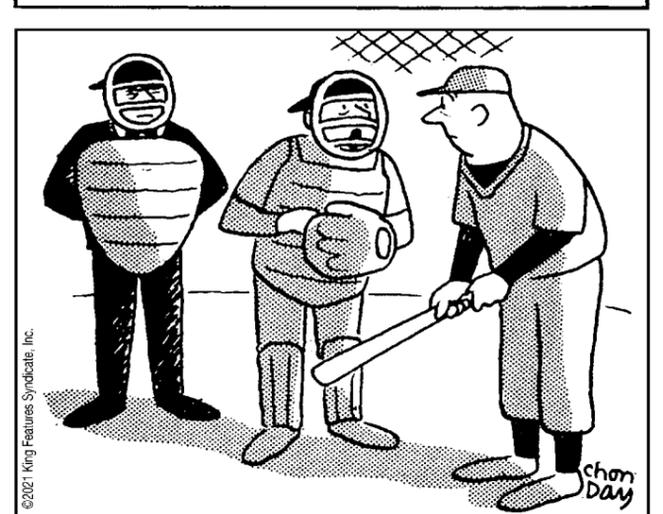
Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



"Would you mind not crowding the plate so much? I'm on TV, too, you know!"

GRIN AND BEAR IT



"I bought some great things for the garage sale!"

Health



Studies Don't Support CDB Oil for Depression

DEAR DR. ROACH: My son is taking hemp-based CBD oil for depression. He purchased this at a health food store. His doctor prescribed pills that he was unable to tolerate due to suicidal thoughts. He is unable to go outside when taking CBD. We would like to know if it will show up in a drug test as part of a job interview. Should he be taking it? — D.

ANSWER: There are animal studies and some preliminary data suggesting that cannabidiol, a nonpsychoactive substance found in cannabis, might be effective for anxiety and depressive disorders. I hope that CBD will be proven to be a useful treatment for depression, as what we have now certainly isn't perfect. However, there are not yet high-quality studies supporting this use. The fact that your son can't go out while taking the CBD suggests to me that it may not be effective. While the pills he had previously cannot be used, there are many treatments available for depression that have better safety and effectiveness data than CBD.

Most forensic drug testing uses THC and its metabolites, so if what your son is taking is truly CBD, then it should not be identified during testing as THC. There is a chance that the "CBD oil" he purchased has THC in it: In one study, 57% of CBD oils sold were found to have measurable THC, which would show up on a drug test. Unfortunately, 25% of the oils contained no CBD at all.

I remain convinced that these drugs, THC and CBD, need to be properly studied, and when found to be useful, tested for purity and content in the same way as pharmaceuticals.

DEAR DR. ROACH: I've been taking an ACE inhibitor and a calcium channel blocker for the past four months for high blood pressure as advised by my cardiologist. In my blood test a month ago, my vitamin D level was at 16. I'm also taking weekly vitamin B12 as advised by my neurologist. Can I take vitamin D2 (50,000 IU) as a weekly dose for six

weeks to overcome vitamin D deficiency, or would it interfere with blood calcium balance? — B.S.

ANSWER: Vitamin D will not interfere with the action of your ACE inhibitor or calcium channel blocker. Vitamin D usually has a very small (if any) effect on blood calcium levels, as these are tightly regulated through multiple means, especially the parathyroid hormone level and the kidneys.

I see many people who are given a six-week course of high-dose vitamin D2, such as the 50,000 units weekly for six weeks you were prescribed. I do not prescribe it that way, since many people wrongly feel that this will "cure" their low vitamin D, and they stop monitoring it after the course of treatment. Many people have inadequate vitamin D levels, and although there is some disagreement about what levels need to be treated, yours is in the range where everyone agrees treatment is necessary. For those who need it, ongoing supplementation of vitamin D is necessary, whether through pills, diet or sun exposure. For most people with a level as low as yours, oral supplementation is by far the most effective and safest treatment. I prefer 1,000-2,000 IU of vitamin D3 daily as a starting point for supplementation in most.

Can Lyme Disease Lead to Parkinson's

DEAR DR. ROACH: Can Lyme disease send a person into Parkinson's disease? I tested positive for Lyme — I had the bulls-eye rash, fever and terrible headaches. After a month on doxycycline, my left arm started shaking and my neurologist diagnosed me with Parkinson's. The doctor said it had nothing to do with the Lyme disease. What is your opinion? — S.M.

ANSWER: I can absolutely understand why you might suspect that the neurologist could be wrong. The coincidence seems too much to believe. However, I think your neurologist is probably correct. The different types of neurological complications of Lyme disease are many and varied. The most common are any combination of meningitis symptoms (inflammation of the lining of the brain, with headache, fever, stiff neck and light sensitivity); disorders of the cranial nerves (especially the facial nerve, so people with neurological Lyme disease can look like they have Bell's palsy); and damage to peripheral nerves, causing pain and weakness or numbness, often resembling sciatica (but may include other parts of the body).

A detailed neurological exam by a neurologist would look for signs of Parkinson's disease — not just the tremor you describe, but also muscle rigidity and changes in gait. These would be very unusual in Lyme disease. I did find cases resembling some aspects of Parkinson's disease, but they improved with treatment. It is possible that the stress of the Lyme disease hastened the

onset of Parkinson's disease you were destined to get.

I say your neurologist is "probably correct" because what I found — absence of data to support a correlation — does not mean that there is no correlation, and it is possible that time may prove Lyme disease is connected to Parkinson's. However, I think it's unlikely.

DEAR DR. ROACH: Ever since my mother became ill, my father's health has gone downhill. He has trouble walking and getting up from a sitting position, and he has hardly any feeling in his hands. It has gotten so bad that he has to pick things up with the webbing of his fingers then manipulate it to the correct position.

His doctor claims that this is old age, but I fear it could be a bone issue. A friend of mine many years ago found that she could not raise her arm past her shoulders and subsequently had neck surgery at the age of 80 to correct it. My father is 77 and was fine until recently. Is this really "old age," or could something else be wrong? — J.P.

ANSWER: It is NOT "old age." It's a problem with his nervous system, but I can't tell you what exactly without a more comprehensive evaluation. There are several likely possibilities, including carpal tunnel syndrome, but many others as well. He should have an evaluation. A neurologist would be an excellent place to start.

DR. ROACH WRITES: A recent column on itchy ears generated a lot of letters from readers, mostly asking whether this was due to allergies. One person found that it was the dye from shampoo that seemed to cause the symptom. Several people wrote in that treatment with medicated selenium shampoo helped solve their problem. As always, I appreciate helpful suggestions from readers.

Non-Stop Acid Reflux? Look at Surgical Options

DEAR DR. ROACH: I am a 78-year-old female who has suffered from acid reflux for many years and has been taking Prilosec (omeprazole) for at least 15 years. I have heard that it is not meant for longtime use. If I don't take it, I have such heartburn I can't sleep and am in misery all day and night. I recently attended a seminar on the new LINX surgery and hope to have it done. Do you have any information on the success of or problems after this surgery? — J.B.

ANSWER: The LINX device is a magnetic ring, placed by laparoscopic surgery, that helps increase the strength of the lower esophageal sphincter, the valve-like muscular structure at the junction of the esophagus and the stomach. This reduces reflux

(backward movement) of stomach acid up into the esophagus. The procedure was very effective at reducing both heartburn symptoms (89% before procedure to 12% after) and the need for daily medicines like omeprazole (100% before to 15% after).

The device has not been in use for a very long time, so long-term safety data is unavailable. Some people had to have the devices removed because they eroded into the esophagus, but only 0.3% of devices were removed at four years.

There are other types of surgeries used to treat reflux, most of which are effective at reducing both symptoms and the need for medication. There are now options for treatment being done endoscopically (with an instrument placed through the mouth), without the need even for laparoscopic surgery (with the instrument being placed by small incisions through the skin).

My personal practice is to discuss medication treatments as well as surgical treatments for people with moderate to severe acid reflux. Surgery in younger people may have more benefit by preventing a lifetime of daily medication. People who do not get relief with medication are those who most clearly benefit from these kinds of procedures.

DEAR DR. ROACH: I am a 90-year-old man. My wife's life was saved in 1952 with Red Cross blood. Since then, I have donated more than 31 gallons of blood. My blood is CMV-negative. They want me to donate more.

I had a CT scan after a fall, and a 1-cm ground-glass nodule was found in my lung. They are going to do another scan in six months to see if it is growing. The Red Cross said if I had cancer I should refrain from donating. What should I do? — J.J.B.

ANSWER: Based on the information you are giving me, it's about 90% likely that this will not be cancer. A repeat scan to see if it is growing is a good idea.

Even in the unlikely event this is cancer, the likelihood of passing cancer cells along in a blood transfusion is very, very small. However, blood banks like the Red Cross are exceedingly careful to maintain a safe blood supply, and waiting six months to donate is safest.

Let me add my thanks to your selfless giving of a precious, life-saving resource — your blood — which is especially valuable to people with immune system disease given the lack of the common pathogen cytomegalovirus, which can cause serious disease in people after cancer chemotherapy.

Reader Seeks Alternative to Rx Antidepressant

DEAR DR. ROACH: I suffer from depression. It comes and goes, but I've

been feeling sad, worried and angry, as well as irritable, for the past four months or so. I force myself to function. My family doctor prescribed a 37.5 mg dose of Effexor once a day to start and after one week, twice a day. I looked up the side effects and what I read scared me. Instead, I've been taking 1,000 mg of St. John's wort daily for almost three weeks, and I have noticed no discernible effect.

I told my doctor I would take the Effexor after three weeks if the St. John's wort hasn't helped. Should I take his advice? Are there better alternatives? I am middle age and take zero prescription drugs. — S.M.

ANSWER: St. John's wort, *Hypericum perforatum*, is a yellow flower that has been medicinally used for centuries. Initial studies suggested benefit in people with mild to moderate depression, and several substances in the flower have been shown to have pharmacologic effects on serotonin receptors, among other effects. However, other trials have shown it to be no better than placebo.

It does have important drug interactions, fortunately not an issue for you (as long as you let the St. John's wort wear off before starting Effexor), but for some people the potential interactions are dangerous. Side effects are not common, but include gastrointestinal upset, dizziness and confusion, fatigue, dry mouth and sexual side effects. It can make people more sensitive to sunlight, and may decrease fertility.

The studies that did show a benefit lasted four to 12 weeks. It is possible you might not have had benefit from it yet, and waiting a little longer — say another week — wouldn't be unreasonable to really give the St. John's wort a chance. However, I seldom recommend this herb due to lack of consistent benefit in trials, the potential for drug interactions and a concern about poor regulation of supplements in terms of amount and purity of the ingredients. For people who want to avoid prescription medicine, I have often recommended S-adenosyl methionine (SAMe). The evidence is better and the side effects and drug interactions fewer.

Effexor may be a good choice for you. Prescription antidepressants have been shown to be better than placebo, but they certainly do not work for everybody. If Effexor isn't a good choice, there are several others. However, I would strongly recommend you consider nonpharmacologic treatment for depression whether or not you decide to take additional medication treatment.

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

Why bankruptcy might work for you and why it might not

Nearly 80,000 Americans have filed for personal bankruptcy hoping to erase some or all of their debts. The fastest growing age group of bankruptcy filers are among people over 65. High medical bills, limited retirement income and the lack of guaranteed pensions combine to make that trend likely to continue. The COVID epidemic hasn't made that any better. Has the pandemic piled so much debt on you that you've considered filing for bankruptcy? Before taking this step, here is what you need to know:

Filing Chapters 7 & 13

A person seeking bankruptcy protection generally does so under one of two sections of U.S. Bankruptcy law. Most individuals filing go through Chapter 7, which wipes out debts, often at the cost of one's home and non-retirement assets. You'll typically pay between \$1,000 and \$2,000, including attorney's fees, and can file only if your income falls below certain limits. Chapter 13, which can cost three times as much, cancels debts only after you've completed a three-to-five-year repayment plan. You'll be expected to use your income, including retirement account withdrawals to pay off debts, but Chapter 13 will typically protect your home.

How filing can help

Bankruptcy can salvage your retirement by erasing credit card balances, medical bills and other debts, which gives you more ability to save and more protection for what you've saved already. While pensions, 401(k)s and recent Social Security benefits are shielded from creditors even if you don't file, bankruptcy adds protection for up to \$1.36 million in IRAs, which are not always off-limits to creditors in all states.

Bankruptcy can lead to an improved credit score.

Even though a filing will stay on your credit report for seven or 10 years — where it may hurt you if you're applying for a job or trying to rent a place to live, you can

establish credit fairly quickly. Filers usually start out feeling embarrassed but making the phone stop ringing provides peace of mind and is more important than a lot of people realize.

What bankruptcy can't do

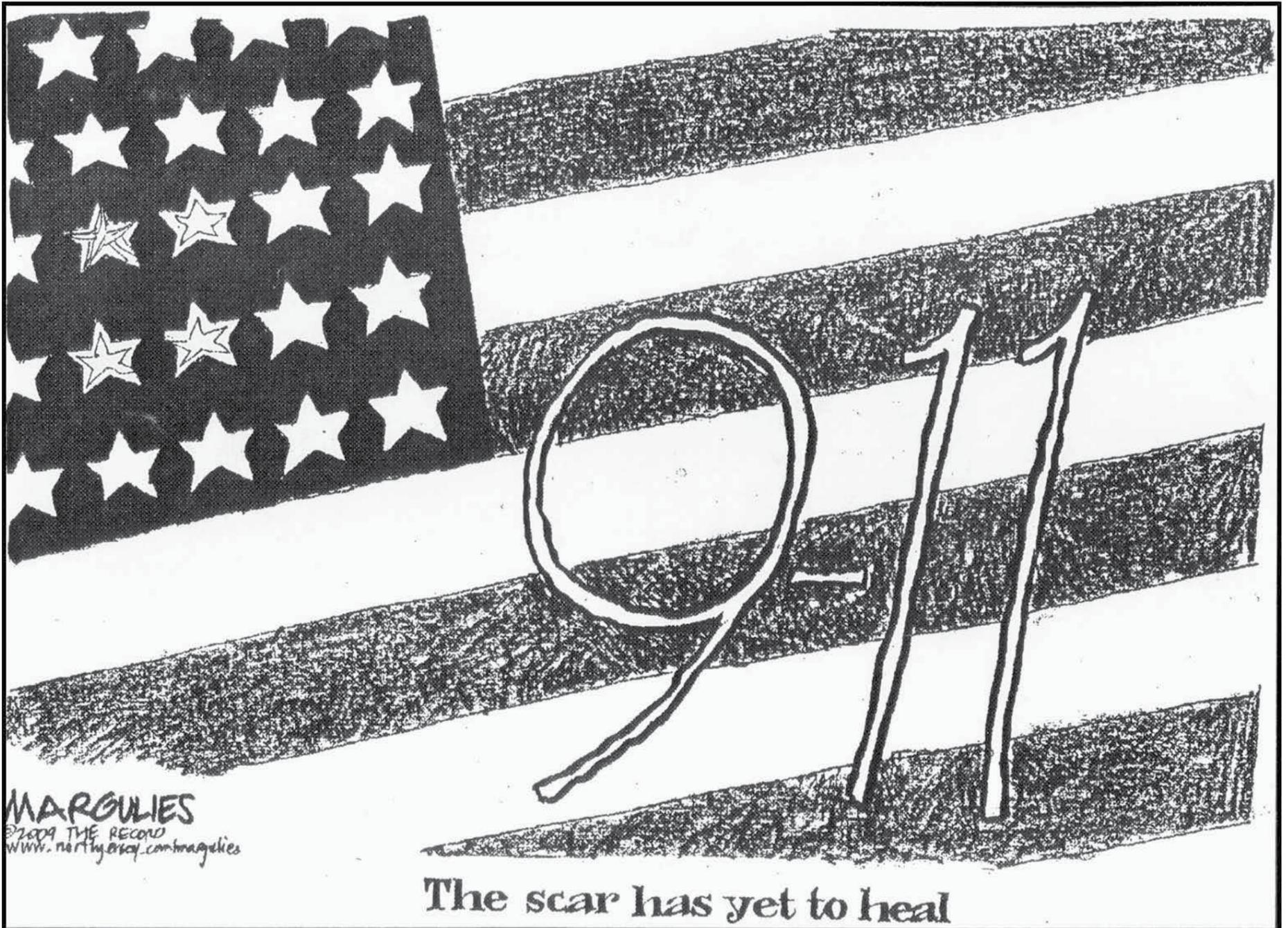
Student loans, whether you took them out for yourself or your kids are hardly ever eliminated in bankruptcy. You also can't use bankruptcy to escape debts owed for child support, alimony, car loans or most taxes. Depending on your state, bankruptcy may not save your home. Illinois might shield as little as \$15,000 of your home equity when settling debts.

Nor is bankruptcy always successful.

In 2019, 28 percent of Chapter 13 filers lost protection for failure to make their repayments — an outcome that put them back at square one, albeit minus their attorney's fees.

Finally, bankruptcy doesn't protect you from getting mired in debt again.

In fact, you may be bombarded with new credit card offers. Why: Once you file for Chapter 7, you're not allowed to file again for several years. To lenders, that can make you a juicy source of fees and interest payments. For help deciding whether to file, you can find a specialist via the National Association of Consumer Bankruptcy Attorneys (nacba.org) and ask for a free consultation.



Home is the place we go to after a long work day. A place to rest, spend time with family and friends and enjoy the fruits of our labor. It's a haven from the noise of the outside world and a place to recharge ourselves.

On September 11, 2001, that peace was shattered and as Americans, our lives would never be the same again. We looked on in horror and disbelief at what was happening before our eyes. We watched as the Twin Towers in New York were brought down by terrorists. We watched as the Pentagon was attacked and we heard what those brave Americans did on another plane headed for destruction. They gave up their lives for their fellow Americans.

More people were killed in the September 11th attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom.

We have a scar and that scar is a constant reminder of what happened on September 11th, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Who wrote and released "Suzanne"?
2. Which solo artist got a start with Humble Pie and the Herd?
3. Where did the Orlons get their name?
4. Who wrote and released "Swingtown"?
5. Name the song that contains these lyrics: "You think you're gonna take me and put me on the shelf, Girl, I'd rather die than see you with somebody else."

Answers

1. Leonard Cohen, in 1967. Cohen eventually lost the rights to the song because of signing a document he didn't read.
2. Peter Frampton. His material and master tapes were lost in the Universal Studios fire in 2008, along with hundreds of other artists.
3. It was a nod to a competitor, the Cashmores.
4. Steve Miller of the Steve Miller Band. The song is the basis for a particularly controversial chant at the University of Wisconsin-Madison between sections O and P in the stadium during football games. The college has been unable to curtail use of the song or the chant.
5. "Never Give You Up," by Jerry Butler in 1968. The song stayed on the Hot 20 for 14 weeks and was later covered by numerous artists, including Rod Stewart in 2009.

Strange BUT TRUE

By Lucie Winborne

• The oleander is the official flower of the city of Hiroshima. It was the first to bloom again after the explosion of the atomic bomb in 1945.

• The Greek name for the mosquito is "anopheles," which means "good for nothing."

• The earliest written record that mentions the practice of medicine is Hammurabi's Code from the 18th century BC in Mesopotamia, which includes information for physicians about payments for successful treatments and punishments for medical failures. For example, payment was better for curing the wealthy, but failing to do so could result in the loss of a hand.

• Live next door to a lottery winner? You might want to use caution while shopping: A 2016 study by the Federal Reserve Bank of Philadelphia found that you're more likely to go bankrupt thanks to trying to keep up with your neighbor's new spending habits.

• Charlton Heston was cast as Moses in the 1956 blockbuster movie "The Ten Commandments" partly because he resembled Michelangelo's famous statue of Moses.

• Calvin Graham was just 12 years old when he enlisted in the U.S. Navy following the attack on Pearl Harbor. He won a Bronze Star and a Purple Heart before the Navy found out how old he was (courtesy of his mother) and discharged him two days before his 13th birthday.

• Rocky Road ice cream was originally marketed during the Great Depression as a metaphor for coping with the economic crash.

• The term "coccyx" (more familiarly known as your tailbone) is derived from the Greek word kokkux, or "cuckoo," because its curved shape resembles the bird's beak.

• Benjamin Franklin introduced tofu to America in 1770.

Thought for the Day: "The life given us, by nature, is short, but the memory of a well-spent life is eternal." — *Marcus Tullius Cicero*

top 10 movies

1. **Free Guy** (PG-13) Ryan Reynolds, Jodie Comer
2. **Don't Breathe 2** (R) Stephen Lang, Brendan Sexton III
3. **Jungle Cruise** (PG-13) Dwayne Johnson, Emily Blunt
4. **Respect** (PG-13) Jennifer Hudson, Forest Whitaker
5. **The Suicide Squad** (R) Margot Robbie, Idris Elba
6. **Old** (PG-13) Gael Garcia Bernal, Vicky Krieps
7. **Black Widow** (PG-13) Scarlett Johansson, Florence Pugh
8. **Stillwater** (R) Matt Damon, Camille Cottin
9. **The Green Knight** (R) Dev Patel, Alicia Vikander
10. **Space Jam: A New Legacy** (PG) LeBron James, Don Cheadle

top ten

GEN Z SOCIAL MEDIA*

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

*checked daily
Source: Business Insider/MediaPost



Motel Makeover — Like almost every other real estate-flipping show out there, someone in this Netflix original series exclaims, "We are over budget and behind schedule!" This time, the renovation team is a duo of women taking on their second hotel total-gut job, located in the resort town of Sauble Beach in Toronto, Canada. Everything that could go wrong, does (ya don't say?!). And of course, the pandemic happened during filming. The sad-face selfie videos lamenting the difficulties of working and finding contractors and materials during the pandemic are tiring and overused, but it's still cool to see the ultimate transformation that the hotel takes throughout the process. No spoilers on whether or not subway tile was used. (Netflix)

Four Good Days (R) — Here's your emotional purge of the week. In this based-on-a-true-story film, Mila Kunis plays Molly, an opioid-addicted young mother who has failed repeatedly in her attempts to stop using. A new medical option aiding sobriety requires her to stay clean for a full week before being given it, so her mother vows to help her through the remaining four days of physical and mental agony. Glenn Close as Molly's mother, Deb, is amazingly talented, able to make the audience alternately love her for her devotion to her daughter, while at the same time blame her for Molly's failures. It's refreshing to see Kunis stretch her acting ability beyond the cute girlfriend roles for which she is typically known. (Hulu)

Guy: Hawaiian Style — And now for a palate cleanser. It seems that the Mayor of Flavortown has packed up the moving truck and headed to the islands. Instead of hitting up small-town diners, barbecues and lunch counters doing their thing, Food Network mainstay

Guy Fieri hits up locally owned food establishments all over Hawaii ... each doing their thing (now with pineapple!). Incorporating Hawaiian culture and tradition into the commentary — and not just biting into giant portions of poke tuna while exclaiming "yowza!" — Fieri brings his two sons along on these educational gastronomic adventures. (Discovery+)

Val — You don't have to be a huge Val Kilmer fan to enjoy this self-produced documentary on the actor's life. In fact, it might even be better if you're not entirely familiar with his library of work. Ever since his teen years, Kilmer has filmed both his personal and professional lives, starting with amateur productions made with



Vertical Entertainment
Glenn Close, Mila Kunis in "Four Good Days"

his two brothers. This current documentary features old selfie-type commentary, on-set joking with co-stars, screen tests and even conversations with his mom. After chronicling his training at Juilliard, his debut on the New York City stage and his rise to Hollywood stardom, it delves much deeper into his spiritual beliefs and some truly touching personal family stories. After losing his voice due to throat cancer, Val enlisted his son, Jack, to narrate the film in the voice of his father. Self-described as "a sensitive, intelligent being with the soul of a clown", Val is introspective, playful, humble and unapologetic. (Amazon Prime Video)

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TOP VIDEO RENTALS AND SALES

Video On Demand

1. **A Quiet Place: Part II** ... (PG-13) Emily Blunt
2. **Pig** (R) Nicholas Cage
3. **Wrath of Man** (R) Jason Statham
4. **F9** (PG-13) Vin Diesel
5. **Midnight in the Switchgrass** (R) Emile Hirsch
6. **Mortal Kombat** (R) Lewis Tan
7. **Out of Death** (R) Jamie King
8. **Here Today** (PG-13) Billy Crystal
9. **Godzilla vs. Kong** (PG-13) Alexander Skarsgard
10. **Nobody** (R) Bob Odenkirk

DVD, Blu-ray Sales

1. **Luca** (PG) Disney/Pixar
2. **A Quiet Place: Part II** ... (PG-13) Paramount
3. **Mortal Kombat** (R) Warner Bros.
4. **Space Jam** (PG) Warner Bros.
5. **Those Who Wish Me Dead** ... (R) Warner Bros.
6. **Godzilla vs. Kong** (PG-13) Warner Bros.
7. **Spiral: From the Book of Saw** (R) Lionsgate
8. **Wrath of Man** (R) Warner Bros.
9. **Transformers: The Movie — 35th Anniversary Edition** . (PG-13) Shout! Factory
10. **E.T. — The Extra Terrestrial** (PG) Universal



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What's Hot In Hollywood

HOLLYWOOD — Maggie Smith wasn't sure she wanted to play the dowager countess, yet again, in "Downton Abbey 2," but by the time she read the script, which has been called "a lot of fun," she agreed to visit Downton at least one more time. Filming began in April, and by July 16 Elizabeth McGovern had completed filming her role. In addition to the original colorful characters returning, they've added Dominic West (upcoming in "The Crown" as Prince Charles, 2022-23), Laura Haddock (last in "Transformers: The Last Knight"), Hugh Dancy (last in "The Good Fight") and Natalie Baye (last in the French film "Garçon Chiffon"). But the Christmas opening has been scuttled in favor of March 18, 2022.

Hugh Bonneville completed work on "Downton" in time to prepare for his Netflix film "I Came By," with "1917" star George MacKay. MacKay also toplines the BBC series "The Trick" and Netflix's "Munich," with Jeremy Irons. Not bad for a kid who played Peter Pan 18 years ago. Bonneville still has a date with "Paddington 3" (the first two films earned a combined \$500 million). Ironically, Bonneville was born in Paddington, London.

Here's another irony: After a disappointing appearance in Netflix's "The Prom," Meryl Streep is currently filming "Disappointment Blvd.," starring Oscar-winner Joaquin Phoenix, Pat LaPone, Nathan Lane and Parker Posey. All we know is that it's supposed to be an intimate, decades-spanning portrait of one of the most successful entrepreneurs of all time (who could that be? Florenz Ziegfeld, P.T. Barnum, Billy Rose?). Shooting began June 28 in Montreal and is expected to end in October. Meryl has "Let Them All Talk," with Candice Bergen, Lucas Hedges and Dianne Wiest, directed by Steven Soderbergh, available on HBO Max, and Netflix's "Don't Look Up," with Jennifer Lawrence, Cate Blanchett and Leonardo DiCaprio.

When NBC canceled "Manifest" after three seasons, they left us hanging with a lot of questions. Those who've invested a lot of time in this complicated series feel cheated. When Netflix began running seasons one and two, they found a large viewership and put in a bid to Warner TV to pick up the series for the fourth season. Here's where the fun begins ... after seeing the numbers on Netflix, NBC thought it acted too quickly in canceling the show and are again in talks with Warner for a fourth season. Either way, it'll be a mess, since all the actors were released from their contracts. However, the cast has participated in a #SaveManifest campaign



Focus Features

Maggie Smith in "Downton Abbey"

and have expressed a willingness to come back. NBC didn't care that they left us hanging, just that Netflix was getting big ratings. Someone's gonna be manifested with a middle finger!

HOLLYWOOD — British actor Rege-Jean Page made a splash in Shondra Rhimes' Netflix series "Bridgerton" on Christmas night of 2020. He became an overnight sensation. Fans of the show were shocked when he announced he'd be leaving the series after the first season. When he hosted "Saturday Night Live," he confirmed he'd left the show. Netflix knew what they had and immediately signed him to star in the \$200 million film "The Gray Man," opposite Ana de Armas, Chris Evans and Ryan Gosling, expected to be released for streaming next year. Then Paramount Pictures cast him opposite Chris Pine and Michelle Rodriguez in "Dungeons & Dragons" (due March 3, 2023).

Paramount was so impressed with him that they've handed Rege-Jean the plum title role of "The Saint" in the reboot of the 1962 British series that starred Roger Moore, a future James Bond (1962-69), then Ian Ogilvy in "The Return of the Saint" (1978-79) and finally Val Kilmer in the 1997 theatrical film, which flopped.

Paramount Pictures is in a dangerous place. They agreed to release "A Quiet Place 2" for 90 days into theaters after "A Quiet Place" grossed \$350 million. But then they decided to cut the time in theaters in half so they could boost their Paramount+ downloading platform. Producers John Krasinski and Michael Bay, plus its star,

Emily Blunt, were poised to receive a big bonus from the theatrical release, and they now are demanding that Paramount make up the monies they've lost due to the shortened release in theaters. Stars such as Tom Cruise and Mark Wahlberg are watching closely to see what Paramount will do, since both of them have major film releases upcoming through that studio. What Paramount does could affect the entire industry and some or all of the streaming platforms.

Meanwhile, MGM has been accused by director Andrew Levitas of trying to bury his film "Minamata" because of the personal negative baggage of its star, Johnny Depp. The film was acquired last fall after MGM relaunched American International Pictures (the studio that gave us the "Beach Party" movies with Frankie Avalon and Annette Funicello in the 1960s). This comes on the heels of Warner Brothers asking Depp to resign from his role of Grindelwald in the Harry Potter spinoff franchise "Fantastic Beasts."

Depp's messy divorce and battles with Amber Heard have been sensational tabloid fodder, which caused his last film, "Waiting for the Barbarians," co-starring Robert Pattinson and Mark Rylance, to tank at the box office with an embarrassing \$761,361 gross. MGM is not the powerful studio they were in their heyday and want no part of the public relations nightmare that could go with releasing this film or the hassles of dealing with Johnny Depp's woes! "#21 Dump Street!"



Joseph Sinclair/AGBO

Rege-Jean Page in "Bridgerton"



by Dana Jackson

Q. Is the show "Big Sky" returning for a second season? If so, when will the new episodes start? — K.M.

A. Yes, the David E. Kelley ("Ally McBeal," "LA Law") mystery drama set in Montana will be back for its sophomore season this fall. The first season of "Big Sky" starred Kathryn Winnick, Ryan Phillippe and Kylie Bunbury as detectives on the hunt for a serial-killer truck driver. It was based on "The Highway," the first of a series of novels by author C.J. Box.

"Big Sky" was quickly renewed after it became ABC's No. 1 new series last fall. New episodes will begin premiering on Thursday, Sept. 30, at 10 p.m. ET, a move from its original time slot of Tuesday nights. "Big Sky" will still be set in the same town out West, but will now be filmed in New Mexico. Incidentally, the first season was filmed in Vancouver, not Montana.

Q. My husband and I recently started streaming a show on Amazon called "Corner Gas." I had never heard of it before. It looks pretty old. When was it made? There are several seasons available, so it must have been popular. — D.C.

A. "Corner Gas" was a Canadian sitcom that ran from 2004-09. It was set in the fictional small town of Dog River, Saskatchewan, and featured a delightful cast of characters. It starred Brent Butt as gas station proprietor Brent Leroy, and Gabrielle Miller as Lacey, who relocated from Toronto to run her late aunt's coffee shop. Brent's parents, cantankerous dad Oscar (Eric Peterson) and long-suffering wife Emma (Janet Wright), made frequent stops at the station.

"Corner Gas" had quite a list of guest stars, including two former Canadian prime ministers, "Kids in the Hall" sketch-comedy stars Kevin McDonald and Mark McKinney, crooner Michael Buble and actor Kiefer Sutherland ("24").

Butt went on to create and star in another series called "Hiccups," but it lasted only 25 episodes. In 2014, he released the feature film "Corner Gas: The Movie" and later followed up with the series "Corner Gas Animated,"



ABC/Frank Ockenfels

Kathryn Winnick

with the original cast members lending their voices.

Q. What is Minnie Driver doing these days? She was one of my favorite actresses in the 1990s, but she seems to have faded away the past few years. Also, is she related to Adam Driver? — N.E.

A. Minnie Driver, who turned 50 this past January, has actually accrued quite the list of credits since her breakout role in the film "Circle of Friends" in 1995. Her fame peaked when she starred alongside John Cusack in "Grosse Pointe Blank" and Matt Damon in "Good Will Hunting," which earned her an Oscar nomination. She later starred in two short-lived series, "The Riches," about a family of grifters co-starring Eddie Izzard, and "Speechless," about a special-needs teen, which ran for three seasons.

Driver was born in England with the birth name of Amelia Fiona Driver, and Minnie was a childhood nickname. She's not related to "Star Wars" actor Adam Driver, who was born in California.

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

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Rally the Crowd with a Masterful Game Day Menu

FAMILY FEATURES

Scoring big on game day requires championship-level meals and snacks that keep the crowd full and ready for action. You can take your tailgate to the house with these baked dishes that help simplify homegating so you can focus on the big screen.

From a salsa-based dip and chicken wings to kick off the party to sweet brownies for celebrating victory, each of these recipes call for less than an hour in the kitchen. Clock management is key to tackling a tailgate spread, making these delicious dishes the perfect play calls on game day.

To find more tailgate and homegate recipe inspiration, visit Culinary.net.

Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Game Day Chicken Wings

Total time: 50 minutes

Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil.

In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



Score Big with a Salsa-Based Dip

Whether your game day celebrations call for a full-blown parking lot party or homegating with your closest friends, the nibbles and noshes you serve set the stage. Building your menu with crowd-pleasing classics – including one tried-and-true favorite that offers a fresh, veggie-forward taste: chilled salsa – makes your guests cheer for more than just the home team.

Healthy game day snacks are important to almost half (48%) of tailgaters and 18% said they'd consider leaving a party if salsa wasn't served, according to the "Game Day Eats Report" survey from refrigerated salsa brand Fresh Cravings. With its low calorie count packed with high flavor, salsa supports health-conscious goals. Made with ingredients like fresh tomatoes, crisp vegetables, zesty peppers and more, the authentic taste of chilled salsa is a universal favorite among fans.

With a belief that plant-based foods should contain wholesome ingredients and bold flavors worth celebrating, Fresh Cravings refrigerated salsas are available in the produce section, next to dressings and dips, in restaurant-style or chunky mild, medium and hot varieties. Chilled salsa is an affordable and vibrant-tasting alternative to jarred salsa, making it a key ingredient in this Mexican Pizza Dip from celebrity chef George Duran. It's a simple crowd-pleaser you can make in less than an hour, leaving more time for pregame festivities.

For more information and game day recipe ideas, visit freshcravings.com.

Mexican Pizza Dip

Recipe courtesy of chef George Duran

Servings: 6-8

- Nonstick cooking spray
- 1 tablespoon vegetable oil
- 1 pound ground beef
- 1 package taco seasoning mix
- 8 ounces cream cheese, at room temperature
- 1/2 cup sour cream
- 1 cup Fresh Cravings Chunky Salsa, plus additional for topping
- 1 cup grated mozzarella
- 1/2 cup blended Mexican cheese
- sliced jalapeno (optional)
- sliced black olives (optional)
- green onions (optional)
- tortilla chips

Preheat oven to 350 F.

Spray 8-by-8-inch glass pan or large souffle dish with nonstick cooking spray; set aside.

In large saute pan, heat oil over medium-high heat and add ground beef, breaking up with flat wooden spatula, until fully cooked. Sprinkle taco seasoning throughout beef and combine.

Place warm beef mixture in large bowl and add cream cheese, sour cream, 1 cup salsa and mozzarella. Mix well until combined and pour into prepared pan. Top with blended cheese and sliced jalapeno, black olives and green onions, if desired.

Bake until fully warmed and cheese is melted, 30-35 minutes.

Top with small spoonfuls of salsa. Serve with tortilla chips.

Cap Off Game Day with an All-Star Combo

Pregame festivities call for salty snacks and meaty morsels, but halftime eating and postgame celebrations are perfect for sweet treats.

You can sweeten up your tailgate or homegate with a shareable option like Marbled Peanut Butter Chocolate Brownies made with Domino Golden Sugar, which is made from pure cane sugar and dissolves and measures cup for cup just like white granulated sugar without compromising performance or taste. Featuring an undefeated combination of peanut butter and chocolate, this dessert is ideal for baking a day ahead so you can manage the clock on game day.

Find more tailgating sweets at dominosugar.com.

Marbled Peanut Butter Chocolate Brownies

Prep time: 25 minutes

Cook time: 20 minutes

Yield: 24 brownies

Chocolate Brownies:

- 1/2 cup (1/4 pound) butter
- 2 ounces unsweetened chocolate, chopped
- 1 cup Domino Golden Sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1/2 cup all-purpose flour

Peanut Butter Marble:

- 1/4 cup natural (no added sugar) peanut butter
- 4 tablespoons butter, softened
- 1/2 cup Domino Golden Sugar
- 1 egg
- 1/4 teaspoon vanilla extract
- 1/4 cup all-purpose flour
- 1/4 teaspoon baking powder

powdered sugar, for topping (optional)

Heat oven to 350 F.

To make chocolate brownies: In medium saucepot over low heat, melt butter and chocolate. Remove pot from heat; stir in sugar and vanilla until blended.

In small mixing bowl, whisk eggs until frothy then stir into chocolate mixture.

Sift flour into batter and stir just until smooth. Pour batter into prepared pan, smoothing to edges.

To make peanut butter marble: In mixing bowl, cream peanut butter, butter and sugar. Add egg and vanilla; beat just until blended. In separate bowl, sift or whisk flour and baking powder then stir into batter just until combined.

Carefully spread peanut butter marble over chocolate batter. Use knife to swirl batters together, first horizontally then diagonally.

Bake 20 minutes, or until toothpick inserted in center comes out almost clean. Cool completely on wire rack before cutting. Top with powdered sugar, if desired, before serving.



Good Housekeeping

Chilled Corn and Bacon Soup

Light but lush — it's thickened with late-season corn, low-fat milk and a Yukon gold potato — this refreshing farmstand soup is August's answer to cold-weather chowders.

- 4 slices thick-cut bacon, cut into 1/2-inch pieces
- 1 large shallot, finely chopped
- 3 cups fresh corn kernels
- 1 large (8 ounce) Yukon gold potato, peeled and shredded
- 1/8 teaspoon smoked paprika, plus additional for garnish
- 2/3 cup water
- 4 cups (1%) low-fat milk
- Salt and pepper
- 1/4 cup packed fresh cilantro leaves

1. In 12-inch skillet, cook bacon on medium 6 to 8 minutes or until crisp and browned. With slotted spoon, transfer to paper towels to drain. If making ahead, cover and refrigerate up to overnight.

2. Drain and discard all but 1 tablespoon fat from skillet. Add shallots and cook on medium 2 minutes or until golden and tender, stirring occasionally. Add 2 1/2 cups corn, shredded potato and paprika. Cook 2 minutes, stirring, then add water and cook 7 minutes or until liquid evaporates and vegetables are tender.

3. Remove skillet from heat and transfer corn mixture to blender. Add milk and 1/8 teaspoon salt and puree until mixture is very smooth. Cover and refrigerate until soup is very cold, at least 3 hours and up to overnight.

4. To serve, divide among serving bowls. Top with bacon, cilantro, 1/8 teaspoon freshly ground black pepper and remaining 1/2 cup corn. Garnish with paprika. Makes 4 servings.

• Each serving: About 375 calories, 12g total fat (5g saturated), 23mg cholesterol, 750mg sodium, 54g total carbohydrate, 5g dietary fiber, 17g protein.

Comfort foods



by Healthy Exchanges

Grilled Southwestern Chicken Bundles

You don't have to sleep in a tent in the woods to enjoy a campfire cook-out. Just gather everyone in the backyard with plenty of blankets to sit on, a telescope to watch the falling stars and a table filled with tasty "outdoor" foods. This main dish just might be the "star" of the menu!

- 16 ounces skinned and boned chicken breast, cut into 4 pieces
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup chopped onion
- 2 cups frozen whole-kernel corn, thawed
- 1/2 cup fat-free Catalina dressing
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1 1/2 teaspoons chili seasoning

1. Cut 4 (24-inch) pieces of heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Arrange 1 chicken piece in center of each. In a medium bowl, combine green pepper, red pepper and onion. Spoon 3/4 cup vegetable mixture over each chicken piece. Sprinkle 1/2 cup corn over top of each.

2. In small bowl, combine dressing, parsley and chili seasoning. Drizzle about 2 tablespoons dressing mixture over top of each bundle. Wrap and double seal each. Place packets over grill at medium heat. Grill for 18 to 20 minutes, turning occasionally. Makes 4 servings.

• Each serving equals: 270 calories, 3g fat, 26g protein, 35g carb., 431mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

Good Housekeeping

Chili Steak With Hawaiian Rice

This 20-minute meal is full of flavor, but low on effort. Save leftover cooked white rice for quick week-night meals like this.

- 1/2 pounds skirt steak
- 2 teaspoons chili powder
- 1/2 teaspoon grated lime peel
- 1/2 teaspoon salt
- 2 cups fresh pineapple, chopped
- 1 cup packed fresh cilantro leaves, finely chopped
- 3 cups cooked white rice

1. Heat outdoor grill on medium-high.

2. Rub skirt steak with chili powder, lime peel and salt. Grill 3 to 4 minutes per side or until desired doneness.

3. Transfer to a cutting board and let stand 5 minutes. Meanwhile, toss pineapple with the cilantro leaves and white rice.

4. Thinly slice the steak and serve with rice. Garnish with lime wedges. Serves 4.

• Each serving: About 500 calories, 19g fat (7g saturated), 42g protein, 45g carbohydrate, 2g fiber, 430mg sodium.

Good Housekeeping

Jazzed-Up Grilled Chicken

Succulent grilled chicken gets amped-up with an array of summer produce, like juicy nectarines, crisp cucumber and sweet fresh corn.

- 1 tablespoon white wine vinegar
- 3 tablespoons olive oil
- Kosher salt
- Pepper
- 2 ripe nectarines or peaches
- 1/2 small red onion
- 4 boneless, skinless chicken breasts
- 1 small Kirby cucumber
- 1/2 cup fresh corn kernels
- 1/2 cup roughly chopped fresh basil

1. Heat grill to medium-high. Clean and lightly oil the grill.

2. In a medium bowl, whisk together the vinegar, 2 tablespoons oil, and 1/4 teaspoon each salt and pepper. Add the nectarines and onion and toss to combine; set aside.

3. Rub the chicken with the remaining tablespoon oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper, and grill until cooked through or the internal temperature reaches 165 F, 4 to 6 minutes per side. Transfer to a platter.

4. Using a vegetable peeler, cut the cucumber into long, thin strips. Fold the cucumber, corn and basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Caramelized Onion and Goat Cheese Panini

Don't reserve the grill just for dinner. Assemble these delicious appetizer paninis and make them hot and crunchy on the grill.

- 2 tablespoons olive oil
- 2 (1 pound each) sweet onions, thinly sliced
- Salt and pepper
- 1/2 teaspoon chopped fresh thyme leaves
- 8 (1/2-inch thick) center slices country-style bread
- 4 ounces soft, fresh goat cheese

1. In nonstick 12-inch skillet, heat oil on medium for one minute. Stir in onions, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper; cover and cook 15 minutes or until very soft, stirring occasionally. Uncover and cook 15 to 25 minutes longer or until onions are golden brown, stirring frequently. Stir in thyme; remove pan from heat.

2. Prepare outdoor grill for direct grilling on medium.

3. Meanwhile, assemble panini: Place 4 slices bread on work surface. Spread one-fourth of goat cheese on each slice and top with one-fourth of onion mixture. Top with remaining bread slices.

4. Place 2 panini on hot grill grate. Place heavy skillet (preferably cast iron) on top of panini, press down, and cook 7 to 8 minutes or until bread is toasted and browned on both sides, turning over once. Repeat with remaining two panini. Cut in halves or quarters to serve. Makes 8 appetizer servings.

• Each serving: About 190 calories, 8g total fat (3g saturated), 7mg cholesterol, 375mg sodium, 24g total carbohydrate, 3g dietary fiber, 7g protein.

Good Housekeeping

Grilled Chicken With Nectarines

Sweet stone fruit and fresh basil make for a light and summery main when spooned over simple grilled chicken.

- 2 tablespoons white wine vinegar
- 1/4 cup olive oil
- 2 teaspoons olive oil
- Kosher salt
- Pepper
- 2 ripe nectarines or peaches
- 1/2 small red onion
- 1/2 cup chopped fresh basil
- 4 boneless, skinless chicken breasts

1. Heat grill to medium-high. Clean the grill and lightly oil. In a medium bowl, whisk together the white wine vinegar, 1/4 cup olive oil and 1/4 teaspoon each salt and pepper. Add the nectarines and red onion and toss to combine; set aside.

2. Rub the chicken with the remaining 2 teaspoons oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper and grill until cooked through or an instant-read thermometer inserted into the thickest part of the breast registers 165 F, 4 to 6 minutes per side.

3. Fold the basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Mock Lemon Meringue Pie

- 3 large lemons
- 3/4 cup sugar
- 6 tablespoons (3/4 stick) margarine or butter
- 2 teaspoons cornstarch
- 4 large egg yolks
- 1 (6-ounce) ready-to-use butter-flavor piecrust
- 1 package vanilla instant pudding and pie filling for 4 servings
- 1/2 cup milk
- 1 container (8-ounce) frozen whipped topping, thawed

1. Grate peel from 1 lemon. Squeeze enough juice from lemons to equal 1/2 cup.

2. In 1-quart saucepan over medium-low heat, heat sugar, margarine or butter, cornstarch, lemon peel and lemon juice until smooth and margarine or butter melts.

3. In small bowl, with wire whisk or fork, beat egg yolks slightly. Into yolks, beat small amount of warm lemon mixture; stir egg mixture back into lemon mixture in saucepan. Reduce heat to low; cook, stirring constantly, until mixture thickens, 5 to 10 minutes.

4. Pour lemon mixture into bowl; cover surface with plastic wrap and refrigerate 3 hours or until well-chilled.

5. Spread 1/2 cup chilled lemon mixture in piecrust. In medium bowl, with wire whisk, beat pudding, milk and remaining lemon mixture until blended. Fold half of whipped topping into lemon filling; spoon into crust.

6. Spoon remaining whipped topping over pie, swirling with back of spoon to make attractive top. Chill pie at least 1 hour. Serves 10.

• Each serving: About 350 calories, 19g total fat, 87mg cholesterol, 355mg sodium.

Comfort foods



by Healthy Exchanges

Banana-Raspberry Custard Treats

Did you know that the botanical name for bananas is *Musa sapientum*, which means fruit of the wise men? If you're a wise person, you'll stir up this tasty, healthy and easy recipe featuring bananas, which are loaded with potassium and vitamin C.

- 1 cup (one medium) diced banana
- 1/2 cups fresh red raspberries
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/2 cups water
- 1 teaspoon coconut extract
- 1/4 cup reduced-calorie whipped topping
- 4 teaspoons flaked coconut

1. In a medium bowl, combine diced banana and raspberries. Evenly spoon fruit into 4 parfait or dessert dishes.

2. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in coconut extract. Spoon hot pudding mix evenly over fruit.

3. Refrigerate for at least one hour. Top each serving with 1 tablespoon whipped topping and garnish with 1 teaspoon coconut flakes. Serves 4.

• Each serving equals: 137 calories, 1g fat, 5g protein, 27g carb., 181mg sodium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Skim Milk, 1/2 Starch.

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Theft on the 5000 block of North Kimball Avenue.

Assault on the 4900 block of North Monticello Avenue.

Vandalism on the 5600 block of North Lincoln Avenue.

Assault on the 1300 block of West Farwell Avenue.

Shooting on West Farwell Avenue and West North Wayne Avenue.

Assault on the 100 block of West Thorndale Avenue.

Vandalism on the 3100 block of West Devon Avenue.

Assault on the 6700 block of North Clark Street.

Assault on the 1900 block of West Belmont Avenue.

Assault on the 1100 block of West Wilson Avenue.

Assault on the 4600 block of North Lawn-dale Avenue.

Robbery on the 3500 block of West Fullerton Avenue.

Robbery on the 4300 block of North Kedzie Avenue.

Theft on the 5000 block of North Kimball Avenue.

Assault on the 4900 block of North Monticello Avenue.

Vandalism on the 5600 block of North Lincoln Avenue.

Theft on the 2200 block of North Lincoln Avenue.

Robbery on the 1000 block of West George Street.

Assault on the 4700 block of North Albany Avenue.

Assault on the 1200 block of North Milwaukee Avenue.

Vandalism on the 3000 block of North Halsted Street.

Theft on the 2500 block of North Lincoln Avenue.

Assault on the 2100 block of North California Avenue.

Theft on the 2100 block of North Racine Avenue.

Theft on the 1300 block of North Ashland Avenue.

Assault on the 1900 block of West Belmont Avenue.

Assault on the 4700 block of North Sheridan Road

Theft on the 3200 block of North Halsted Street.

Theft on the 5300 block of North Lincoln Avenue,

Theft on the 4100 block of West Fullerton Avenue.

Vandalism on the 4600 block of North Kenmore Avenue.

Theft on the 3800 block of North Broadway.

Theft on the 5200 block of North Lincoln Avenue.

Theft on the 1800 block of West Norwood Street.

Assault on the 3600 block of West Dickens Avenue.

Assault on the 3600 block of West Irving Park Road.

Theft on the 4800 block of North Ashland Avenue.

Theft on the 5800 block of North Lincoln Avenue.

Theft on the 1200 block of West North Avenue.

Assault on the 500 block of West Belden Avenue.

Assault on the 3000 block of West Armitage Avenue.

Theft on the 1300 block of North Ashland Avenue.

Assault on the 3600 block of West Dickens Avenue.

Assault on the 1800 block of West North Avenue.

Assault on the 2300 block of North Clybourn Avenue.

Assault on the 3000 block of North Halsted Street.

Assault on the 4600 block of North Marine Drive.

Assault on the 900 block of West Wilson Avenue.

Assault on the 2000 block of North Stave Street.

Vandalism on the 5000 block of North Winthrop Avenue.

Robbery on the 1100 block of West Chicago Avenue.

Assault on West Schiller Street and North Wells Street.

Shooting on West Wilson Avenue and North Sheridan Road.

Shooting on West Haddon Avenue and North Honore Street.

Assault on the 1100 block of West Wilson Avenue.

Theft on the 300 block of West North Avenue.

Theft on the 2200 block of North Lincoln Avenue.

Assault on the 200 block of West Scott Street.

Assault on the 1200 block of North Milwaukee Avenue.

Assault on the 100 block of West Thorn-dale Avenue.

Theft on the 1700 block of North Sedgwick Street.

Theft on the corner of Oak Street and State Street.

Vandalism on the 3000 block of North Halsted Street.

Theft on the corner of State Street and Cedar Street.

Burglary on the 1000 block of North State Street.

Theft on the 2500 block of North Lincoln Avenue.

Theft on the 1300 block of North Ashland Avenue.

Theft on the 300 block of West Eugenie Street.

Assault on the 1500 block of North Lake Shore Drive.

Theft on the 800 block of North Michigan Avenue.

Theft on the 2100 block of North Racine Avenue.

Theft on the 1200 block of North Larra-bee Street.

Theft on the 4800 block of North Ashland Avenue.

Assault on the 1300 block of North Hudson Avenue.

Theft on the 800 block of West Superior Street.

Theft on the 900 block of North Michigan Avenue.

Theft on the 3800 block of North Broadway.

Vandalism on the 4500 block of North Kenmore Avenue.

Arrest on the 1400 block of North Sedgwick Street.

Assault on the 400 block of West Ever-green Avenue.

Theft on the 3200 block of North Halsted Street.

Assault on the 4700 block of North Sheridan Road.

Assault on the 1900 block of West Belmont Avenue.

Theft on the 1200 block of West North Avenue.

Vandalism on the 1500 block of West Irving Park Road.

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Assault on the 500 block of West Belden Avenue.

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Home Upgrades for Better Indoor Air Quality

FAMILY FEATURES

When most people think about air quality, they're typically thinking about outdoor pollution. However, according to the U.S. Environmental Protection Agency (EPA), the air inside your home can be as polluted, or even more so, than the air outside. The concentrations of some indoor pollutants can be as much as 2-5 times higher than typical outdoor concentrations.

This is partly due to increasingly energy-efficient home construction and the growing use of synthetic materials in furnishings and interior finishes.

The air inside your home also contains pollutants from everyday activities like cooking, bathing and cleaning. A family of four can produce the equivalent of 22-30 pounds of moisture per day from normal activities, according to the Institute of Specialist Surveyors and Engineers, while household cleaners and products like paint, upholstery, carpeting and plastics can release chemicals containing volatile organic compounds. Pets and dust mites also contribute to poor air quality.

On average, Americans spend an estimated 90% of their time indoors, according to the EPA. All that time with minimal access to daylight and fresh air can take a toll on your health. For example, damp and moldy environments can increase the risk of developing asthma by up to 40%, according to research published by the Fraunhofer Institute for Building Physics.

Particularly after all the extra time at home due to the pandemic, homeowners are placing greater emphasis on home design and habits that promote health and wellness. These steps for managing indoor air quality can help you create a healthier home.

Support your HVAC system

Many homeowners assume their heating and cooling (HVAC) system is adequate to manage their home's indoor air quality. Typically, these systems only circulate existing indoor air, so you're missing out on the benefits of circulating fresher, cleaner air.

What's more, without regular servicing and frequent filter replacements, it's easy for standard HVAC systems to fall short. This is especially true in older homes or in households where there's a high volume of allergens like dust or pet dander. Adding standalone or integrated devices can help give your HVAC system some extra support. Air purifiers can effectively help filter pollutants while ultraviolet lights purify the air and help control pollutants like bacteria, mold and mildew.

Another common pitfall is humidity control. Too much moisture in the air can contribute to significant air quality problems. On the other hand, air that's too dry can promote dusty, abrasive conditions that are hard on allergies and other respiratory conditions.

Improve fresh air ventilation

When it comes to upgrades that improve air quality, better fresh air ventilation is near the top of the list for many homeowners. Improved ventilation allows you to clear out stale, polluted indoor air and circulate fresh, outdoor air in your home.

Polluted air tends to stagnate at the ceiling, so one effective and energy-efficient way to create natural ventilation is with skylights that open. Sometimes called venting or operable skylights, when you open skylights in combination with vertical windows, you create natural airflow that can help release indoor air pollutants and bring in fresh, clean air to keep your home healthy and pleasant. This concept is known as the chimney effect. Warm air naturally rises and escapes from open skylights while fresh air is drawn inside through the windows. This practice can reduce your reliance on air conditioning, improving your home's overall efficiency and keeping a lid on cooling costs.

Today's skylights can also be automated to open and close at regular intervals or extend and retract shades to block light as needed. Many models, including those from Velux, can even connect to a smartphone app to combine convenience with a soothing mood booster that supports health and wellness.

Keep up with cleaning

Textiles like carpeting, rugs and window treatments can harbor a great deal of dust and dander that reduces air quality. It's important to regularly clean and air out these decorative fabrics and surfaces, especially thick carpet that is likely to host dust mites and bacteria. Remember air quality while you're cleaning, too, and opt for cleaning products with fewer chemicals. When possible, use microfiber cloths and natural materials like white vinegar and soap flakes.



Avoid adding to the problem

Burning a candle may make a room smell fresh and clean, but it's doing little to help improve your air quality. In fact, you're just masking unappealing odors while releasing harmful particles into the air. Similarly, smoking indoors traps those chemicals inside your home, which can wreak havoc on indoor air quality.

Watch for unexpected culprits

Many of the things that contribute to poor indoor air quality are obvious, but there are many others that may surprise you. For example, cooking food using gas appliances can emit hazardous chemicals and compounds, like nitrogen dioxide and carbon monoxide, that contribute to poor

indoor climates when not properly ventilated. Homes with gas stoves contain 50-400% higher concentrations of nitrogen dioxide than those with electric stoves, according to a report from the Rocky Mountain Institute, and the EPA found prolonged exposure to the gas can lead to asthma and other respiratory issues.

Similarly, when plastics are warmed up, they can give off potentially toxic fumes. Avoid leaving toys or other plastic items in direct sunlight. If you have heated floors or other heated surfaces, keep plastic away to prevent those heat-provoked emissions.

With proper upgrades, adjustments and care, you can enjoy a home filled with fresh, healthy air and comfortable surroundings year-round. Learn more at whyskylights.com.

HEALTHY AIR AT HOME A healthy home is a happy home. Consider these tips to improve indoor air quality.

- WHOLE HOME**
 - Bring in fresh air
 - Maximize natural light
- BATHROOMS**
 - Limit use of air fresheners
 - Control moisture with exhaust fan
- LIVING ROOM**
 - Avoid candles
 - Properly vent fireplaces
- BEDROOMS**
 - Vacuum carpet often
- KITCHEN**
 - Use natural cleaning products
 - Cook with the exhaust hood on
- BASEMENT**
 - Change filters regularly

For more ideas to create a healthier indoor environment, visit whyskylights.com.

The Garden Bug

This plant features flower colors ranging from pure white through all shades of pink, lavender and red. Some cultivars produce double flowers, and others have a thin white edge on the petals, stripes, or ruffled edges. It is often given as a gift during the winter months, as it flowers beautifully during cool weather. It naturally becomes dormant during the summer and ceases flowering. - Brenda Weaver

Cyclamen

Sources: hort.extension.wisc.edu, www.extension.umn, www.backyardgardener.com



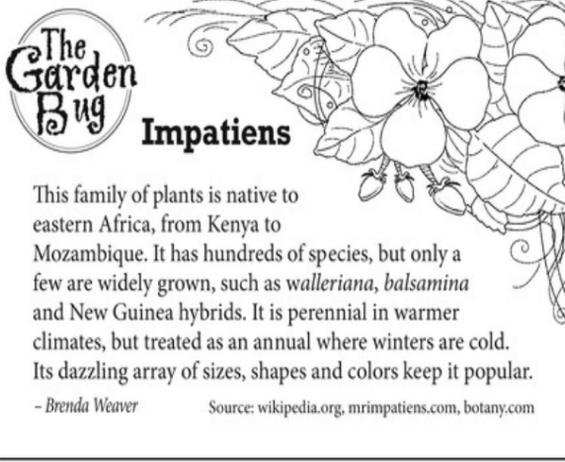
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The Garden Bug

Impatiens

This family of plants is native to eastern Africa, from Kenya to Mozambique. It has hundreds of species, but only a few are widely grown, such as *walleriana*, *balsamina* and New Guinea hybrids. It is perennial in warmer climates, but treated as an annual where winters are cold. Its dazzling array of sizes, shapes and colors keep it popular. - Brenda Weaver

Source: wikipedia.org, mrimpatiens.com, botany.com



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The Garden Bug

Daisy fleabane

Often dismissed as weeds, these plants provide nectar and pollen for bees, flies, wasps and butterflies. Some insects, and animals such as deer, rabbits, groundhogs and livestock may feed on the entire plant. Daisy fleabane grows best in fields, along roadsides and around waste areas and helps to reduce soil erosion. - Brenda Weaver

Source: www.illinoiswildflowers.info



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Quotes worth your time

“I am getting so old my insurance company sends me 1/2 a calendar!”
 Rodney Dangerfield

“If I were two faced, would I be wearing this one?”
 Abraham Lincoln

“War is God’s way of teaching Americans geography.”
 Ambrose Pierce

“Political correctness is tyranny with manners.”
 Charelton Heston

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FINANCIAL TIPS for Parents to Teach Their Children



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FAMILY FEATURES

Children often dream of the day they can call themselves grown-ups, but few look forward to – let alone think about – the financial realities of independence. It’s never too early to start teaching your children how to save money and spend responsibly. “As parents, our job is to set our children up for success,” Bank of America’s Head of Deposit Products Erin McCullen said. “Giving our kids a strong foundation of financial skills like budgeting and saving is a key part in ensuring they thrive as adults and can concentrate on the things they love.”

Consider these financial tips from McCullen:

Establish a budget. Budgeting is a lifelong skill. Teaching young adults how to budget can help them plan spending, save money, create goals and address financial anxiety. According to a Bank of America survey, 52% of Americans said they didn’t start budgeting until they began their first full-time job.

If your kids are on the younger side, they likely don’t have a steady income, but you can still help them practice budgeting with allowances or gifts from relatives or friends. Keep it simple: teach them to track the money they receive and separate it into spend-now and spend-later categories.

Later, when you’re helping your kids create an adult budget, you’ll need to expand those categories to track expenses like housing costs and groceries. From there, measure these categories against their total monthly income. Ideally, they should have more money coming in than going out. This process can help identify must-have vs. want-to-have purchases while highlighting areas to cut back on spending or finding room to save.

Save regularly and consistently. Making consistent, automatic contributions to a savings account can create a mindset that will be valuable as your children get older.

“It is never too early to open a savings account,” McCullen said. “Even if your children don’t yet have any bills or financial obligations, teach them to set aside some of the money from their allowance or even gifts from family or friends. Helping children learn to save early-on, even for a small purchase, can help them develop a consistent savings habit over time.”

Young adults should also consider programs like Keep the Change, which helps build savings automatically by rounding up debit card purchases to the nearest dollar amount and transferring the change from a checking account to a savings account.

Make a finance checklist. Young adults have a lot on their minds at the end of their final semester at school. As they begin to transition from student life to the working world, one way to help them stay on track is to prepare a checklist of things to do before they graduate and start their jobs.

This list can include creating a budgeting and tracking strategy, opening a savings account to begin setting aside money from future paychecks or checking in with a financial planner to discuss transitions and what’s to come.

Taking time now to teach your children strong financial habits can help them develop lifelong financial skills and prepare them for their next adventure. The healthy habits they build today can help carry them to tomorrow and beyond.

Emphasize the importance of safe credit. Young adulthood is the right time to begin building credit because establishing good credit takes time. Building credit from a young age can help pave the way for major purchases and life moments, since credit impacts future living arrangements, the ability to purchase a car and even employment opportunities.

Teach your children about the steps they can take to start building credit like planning their credit card usage, never spending outside their means and paying off their credit card bills on-time and in-full. They can also earn rewards while spending by ensuring their credit card rewards their spending. An option like the Bank of America Customized Cash Rewards card offers flexibility to earn rewards in the category of your choice and can help maximize rewards while building credit.

Find more tips for teaching your children financial skills at [BetterMoneyHabits.BankofAmerica.com](https://www.BetterMoneyHabits.BankofAmerica.com).

Financial Lessons at Every Age

From preschool through college, every stage of school is designed to prepare kids for life-long success, but learning about finances is one area that can be especially impactful for children in the long term.

Consider these ways kids can learn about money throughout childhood as recommended by the experts at Bank of America:

Elementary School – Focus on basics like saving small change and planning how to spend it. As kids begin to learn fundamental math, you can introduce them to the concept of making a spending plan. Apply these lessons to toys or gifts they want and teach them to set aside money until they have enough to buy the toy of their dreams.

Middle School – Those early mathematical lessons around spending can be expanded to include real-life decision making and budget creation, including what should be accounted for and considered before making a purchase. Before children go to the mall with their friends, highlight the thought process involved in spending before they make impulse purchases.

High School – As adulthood begins to draw nearer, it’s worth exploring the fundamentals of credit scores, credit cards, investing, saving for retirement, homeownership and more so that, upon graduation, teens can start putting those lessons into practice. High school seniors should also educate themselves on student loans, as debt often becomes a reality for those who attend college, and understanding the facts can help them make more informed choices.

Bonus tip: If your high schoolers have jobs, even if it’s just part-time, it can be helpful to discuss taxes and how to manage receiving consistent income. It can guide them in creating balanced and accurate budgets in the future.

College – Build credit by opening a credit card account to help achieve goals later in life, such as purchasing a home. With a career just a few years away (or less), college is also a smart time to begin reading into the basics of 401(k)s, starting an emergency fund or even learning the basics of investing.



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