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**October 2021**  
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October, 2021

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

Volume 25, Number 11

## Would you be willing to drive to Arlington Heights to see a Bears game?



Soldier Field has hosted the Bears since 1971 and have a lease running through 2033. The Bears organization said that they could negotiate a buyout and doesn't consider that lease to be a barrier. The Arlington property covers 326 acres about six miles north of the Northwest Tollway. Arlington Heights was a possibility in the 1970's. It was then that Mayor Richard J. Daley threatened to prevent the team from using Chicago in its name and joked about the lack of interest in the "Arlington Heights Bears". Lightfoot no longer dismisses the possibility of the Bears packing it up to go to the suburbs since the franchise put in a bid to buy the Arlington International Racecourse property. In the past, it was thought that this was a relocation ploy by the Bears to gain leverage with the City of Chicago in negotiations over Soldier Field and Lightfoot dismissed the bid as same old, same old. She no longer is dismissing the reality of the situation. "I am a Bears fan. I want the Bears to stay in the city of Chicago. And we

are willing to work with them to try to address their concern. But, I've got to do it in a way that is fiscally prudent and doesn't preclude other uses in that stadium," she said. "We are evaluating ways in which we can enhance the fan experience at Soldier Field...I know that it can be better. I've been to other stadiums across the country where the fan experience is far superior to what we have at Soldier Field." Overall, the bears want more control over their home stadium, which isn't actually theirs. The Chicago Park District owns Soldier Field, so the team is limited in what it can do as far as expanding the capacity beyond its current 62,000, modernizing aspects of a 97-year-old building, selling sponsorships for certain areas of the stadium and building a year-round museum and gift shop. Lightfoot said she is "very sympathetic to some of the things the Bears have identified" "I'm willing to sit down with the Bears at any time."

# Chicago Crackdown



Mayor Lightfoot unveils budget that boosts spending on crime

Chicago Mayor Lori Lightfoot proposed a new policy that would allow civil lawsuits to sue gang members and seize their assets and fine them if they have taken part in street violence. Under the policy, "Victims' Justice Ordinance", judges or court officers can impose fines up to \$10,000 for each offense and seize any property that is directly or indirectly used or intended for use in any manner to facilitate street gang-related activity, including cars and cash. Chicago recorded 770 murders in 2020, 56% more than 2019, when Lightfoot took office. 250 of those murders were gang-related, the most of any category. Lightfoot said, "The goal is to eliminate

gangs' "profit motive" by seizing assets that they have been able to purchase because of their violent activity,". "To be very blunt and clear, we are going after their blood money." She added, that it "directly targets the gang leadership" and is not meant to target average gang members. The ordinance states that "The city further finds that street gangs are often controlled by criminally sophisticated adults who take advantage of our youth by intimidating and coercing them into membership by employing them as drug couriers, and by using them to commit brutal crimes against persons and property to further the financial benefit and dominance of the street gangs," the ordinance states..

The ordinance, introduced during a city council meeting, would have proceeded to the council's Public Safety Committee for a vote, but Northwest Side Ald. Rossana Rodriguez-Sanchez used a parliamentary procedure to move it to the council Rules Committee likely for another voting process. The ordinance was expected to draw pushback from social justice groups and civil attorneys due to possible disproportionate targeting of black and Latino demographics. "Unfortunately, it also became clear that not all of the members of the city council understand how vitally important it is for us to protect victims of gang violence, and they will have to answer to

their constituents for that," Lightfoot said. The City Council will also begin a series of budget hearings with various city departments over the next three weeks to comb over the mayor's \$16.7 billion spending plan for 2022, using federal funds and a modest property tax hike to balance the budget. Some of the proposed programs include backing a first-of-its-kind cash benefit plan for low-income families. The creation of a \$31.5 million pool would provide \$500 a month to 5,000 COVID-affected low-income families for one year. The mayor called it the largest of its kind in the nation. Other investments include \$202 million to reduce

Continued on page 2

# Editorial & Opinions

## Chicago Crackdown Continued from front page

homelessness, \$150 million for youth programming, \$85 million for violence intervention programs \$52 million for mental health services, \$35 million to assist victims of gender-based violence, \$240 million in additional investments in affordable housing initiatives, and \$71 million in targeted financial and legal assistance for underserved residents such as undocumented immigrants. And, the mayor's budget even calls for the planting of 75,000 trees to help fight global warming. "Our ultimate goal with this Recovery and Resiliency Budget is to recover and develop Chicago into a safer, strong and more prosperous city in which people can take root, raise a family, build a business and make a better life for themselves," Lightfoot said.



## Moments in time

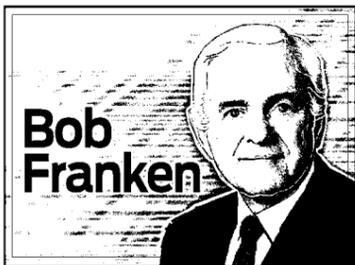
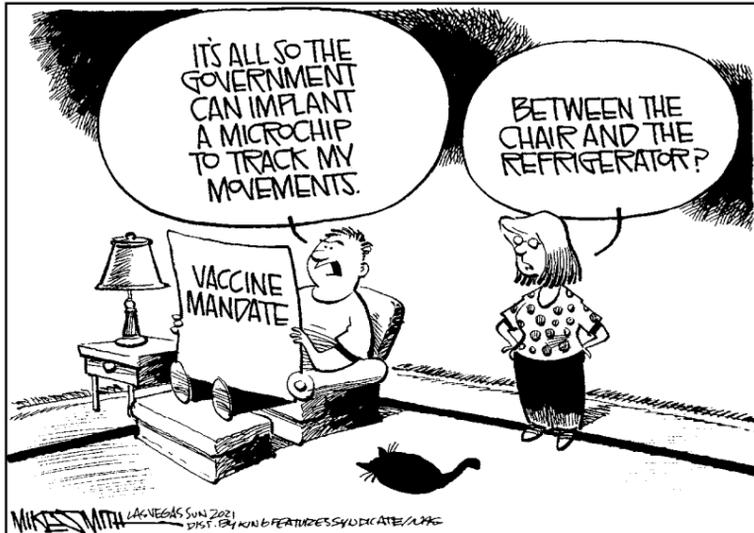
THE HISTORY CHANNEL

- On Oct. 12, 1492, Italian explorer Christopher Columbus sights a Bahamian island, believing he has reached East Asia. Columbus, and most others, underestimated the world's size, calculating that East Asia must lie about where North America sits on the globe.
- On Oct. 17, 1906, Wilhelm Voigt, a German shoemaker wearing a stolen captain's uniform, impersonates an army officer and leads an entire squad of soldiers to help him steal 4,000 marks from the mayor's office cash box, exploiting their blind obedience to authority. The Kaiser thought the story was funny; the German army did not.
- On Oct. 16, 1946, at Nuremberg, Germany, 10 high-ranking Nazi officials are executed by hanging for their crimes during World War II after they were found guilty by the International War Crimes Tribunal.
- On Oct. 13, 1957, the science-fiction thriller "The Amazing Colossal Man" premieres in theaters. The film revolved around an Army officer who began to grow uncontrollably after he strayed too close to an atomic blast in the Nevada desert.
- On Oct. 14, 1968, the U.S. Defense Department announces that the Army and Marines will be sending about 24,000 men back to Vietnam for involuntary second tours because of the length of the war. The decision badly hurt troop morale and the combat readiness of U.S. forces around the world.

## MONDAY Columbus Day



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### Political Passwords

Microsoft announced recently that individuals using their various accounts won't need to use passwords. Big bloomin' deal! If you were underwhelmed by that declaration, you were probably aware that passwordless access has been available for Microsoft's corporate clients since March. More importantly, various competitors have offered such features as fingerprint recognition, facial recognition, odor recognition (best used with a dog), driverless cars (best used with a driver; they have a tendency to have accidents), and now cashierless grocery stores where Amazon is making everyone happy (except cashiers and shoplifters). And speaking of meaningless exercises, here's another case in point: the California recall election scam (another redundancy), which was accompanied by the punditocracy filling the void with words, proving that Aristotle was right: "Nature abhors a vacuum." The outcome was never in doubt; Gov. Gavin Newsom was never in danger of losing. Registered Democrats outnumber Republicans 2 to 1 in California. Donald Trump lost California in 2020 by 30%. Newsom's leading opponent, conservative radio host Larry Elder, was even more of a buffoon than Trump was in the state, and President Joe Biden got a lot of mileage out of it. "All of you know last year I got to run against the real Donald Trump." He went on, "Well, this year, the leading Republican running for governor is the closest thing to a Trump clone that I have ever seen in your state." Biden wouldn't have said that if Trump or Elder was a threat to Newsom. He wouldn't even have been out there if he didn't expect that Gavin would wipe the floor with Larry, and the other 40 odd opponents (and some of them were really odd), which he did. But pundits got to "punctuate," and they did, both before and after it was over. "The key to this election

is turnout," said the political experts. If Democrats were not going to turn out, there would have had to be a disease that wiped out only their party. And did anyone point out that if consultants specialized in turnout, they would be hired at exorbitant wages? I mean, how many would be employed if they said something like, "This is a slam dunk; the Democrats have got this in the bag!"?

It got worse after the polls closed. Not only did Newsom lap the field by a 30 point margin, but he automatically became one of "the mentionables," meaning he would be one of those mentioned if Democrats with presidential appeal were the topic of conversation. Of course, that line of thinking has limited appeal, because Joe Biden has a lock on the office — until he doesn't, if, say, something unpredictable were to happen. In which case the lock would switch to Kamala Harris, unless she pulled a Mike Pence.

Pence was Donald Trump's No. 1 bootlicker until the last moments of the administration, when he dared not do anything illegal, like telling a big lie about his power to sway Trump's "big lie." The Trumpster controls the party through intimidation, and the next presidential nomination is Trump's if he wants it, unless he goes to jail or something.

Or the Democrats live down to their reputation of snatching defeat from the jaws of victory. Actually, it's premature to talk presidential politics since there's a midterm election for control of Congress before then. If that goes bad for the Ds, it could open an entire can of worms. Although the worms have already turned with Afghanistan and the new surge in COVID, thanks to the delta variant and the lack of patriotism on the part of anti-maskers and anti-vaxxers.

So the recall hyperbole will last as long as there's nothing more for the self-serving pundits and candidates to exaggerate.

Sen. Roy Blunt, Republican of Missouri, was quoted in The Washington Post as saying, "I don't think a recall election in California means much at all." He's probably got the password to this election, which was to pass. Sen. Blunt has chosen to do so and not to run next year.

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

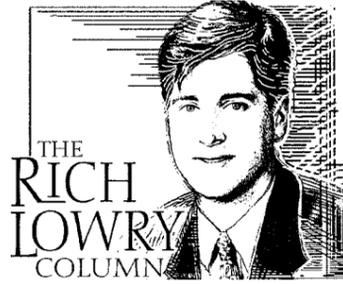
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## Americanisms



"Work hard in silence  
let your success be the noise."  
— Simone Biles

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### A Western Society Goes Insane

The 18th-century English philosopher Jeremy Bentham came up with the idea of the panopticon, a prison designed to allow all the prisoners to be observed by one guard.

What even Bentham couldn't conceive of, despite his creative musings about schemes of perpetual surveillance, was a society like contemporary Australia.

Heretofore an honorable member of the Free World, Australia has lurched into a bizarre and disturbing netherworld of bureaucratic oppression in the name of public health.

Australia's COVID-19 lockdown mania has been so all-consuming that one assumes much of it would make Dr. Anthony Fauci blanch.

At the start of the pandemic, Australia determined to squeeze out COVID with lockdowns and travel restrictions, and as an island nation, had considerable success. It was the last of the G-20 countries to hit 1,000 total coronavirus deaths.

But this created an unrealistic expectation that Australia could have COVID-zero as a goal for the duration and use targeted restrictions and surveillance ("circuit-breakers") to maintain it.

As the pandemic has dragged on, this has become completely untenable and done violence to liberty and common sense in a great English-speaking nation.

Lockdowns have cut a swath through the norms and conventions of an advanced Western democracy, from the suspension of a state-level parliament to the banning of protests, to military enforcement of the COVID-19 protocols.

With the Delta surge, more than half of Australians are locked down, often in response to a tiny number of cases.

Australian authorities don't fool around. State premiers have vast powers and use them. In Melbourne, located in the state of Victoria, a curfew is in place and limits apply to people leaving their homes. There are hefty

fines for noncompliance.

The spirit of the lockdowns was perfectly captured a few months ago by the chief health officer of New South Wales who warned, "Whilst it is in human nature to engage in conversation with others, to be friendly, unfortunately this is not the time to do that."

Ah, yes, the public health threat of over-chatting.

The Australian news media might as well be an arm of the public health bureaucracy and produces stilted and hysterical reports about lockdown violators worthy of some dystopian future.

South Australia has developed an app to enforce home quarantines. As a news report explains, "The app will contact people at random asking them to provide proof of their location within 15 minutes." If they fail to do so, the health department will notify the police, who will send officers to check on the possible malefactor.

Unrestricted travel is a hallmark of a free society, but Australians can barely leave the country. Travel has been cut off between states, creating an arbitrary patchwork of states trying to isolate themselves from coronavirus cases elsewhere.

Tens of thousands of Australians have been trapped overseas, unable to come back home because of monthly limits on returning Australians.

All of this economic and social disruption and coercion hasn't been enough to stamp out the Delta variant, which is out-running the government controls.

Australian Prime Minister Scott Morrison finally admitted the obvious, "This is not a sustainable way to live in this country."

Australia initially fumbled its vaccination effort, which should have been a focus all along. But now the country hopes jabbing 80% of the population can get it out of the lockdown box of its own making.

The coronavirus is a serious illness, and no country has gotten everything right. Australia has proven, though, that dispensing with key elements of advanced liberal society in the hopes of total victory over the virus is foolhardy and wrong.

Australia isn't going to become a dictatorship, but this period in its national life stands as a warning for how easily core freedoms can erode away in even a well-established democracy.

*Rich Lowry is editor of the National Review.*

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# SENIOR NEWS LINE

by Matilda Charles

## Budget to Stay Busy, Not Bored This Winter

This winter is not going to be a repeat of last year, at least not at my house. COVID will no doubt keep raging around the world, limiting our options for activities, canceling plans that were made with fingers crossed. But here at home I'm going to be busy, not bored.

I've decided to spend a little mental health money that in a normal world I would have used for meals out, a few new outfits and maybe a couple of weekends away at a very nice hotel in the next state.

To make up for the disappointments, I've renewed my Amazon Prime, not only for the free shipping but for the movies and videos I can watch for free. There are hundreds of documentaries, including ones on travel, giving me great views of places I can't currently go. There are thousands of movies and television series I can watch with my Roku device. And then there are the books, sent instantly to my Kindle, with font sizes I can change in a moment.

If I'm in the mood for British television and movies, Adobe.tv has a big selection (even Australian!), only costing a few dollars per month. BritBox is nearly as good as Adobe, at almost the same price.

I'm looking at an inexpensive exercise bike, possibly a recumbent one. These allow all the movements of riding a bicycle, but there is a seat back to lean against and two handles to hold. (If there is no space for a bike, there are pedal machines that can be used while seated in a chair.)

And then there are the arts and crafts to fill the long days. I searched online for crafts for adults and found thousands of kits, including several types I'd never tried before. Some of them, if they turn out well, might end up being holiday gifts I won't have to shop for!

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# VETERANS POST

by Freddy Groves

## VA Thieves Never Learn

Criminals just can't seem to help themselves when it comes to stealing from the Department of Veterans Affairs. What they haven't figured out is that they will eventually get caught.

In a despicable scheme, a New Jersey man has admitted to helping steal and then sell \$8.2 million in HIV drugs. One of his theft partners worked in a VA hospital pharmacy and was discovered via surveillance footage. The thefts happened over the course of 27 months. How, we would like to know, could someone be allowed to walk out with \$8.2 million in drugs in her bag without being stopped by security?

In Georgia, a VA employee pleaded guilty to stealing \$1.9 million in medical equipment and then reselling it. Using his VA credit card, he bought hundreds of items and sold them to a company in another state for eight years.

The U.S. Attorney had a big day in arresting 16 people in a massive kick-back-and-bribery scheme that included vendors and employees at two Florida VA hospitals. The \$20 million in thefts started in 2009 and wasn't discovered in audits. Their methods of theft and the charges were numerous and varied: inflating the cost of goods sold or shorting the orders, paying kickbacks, making purchases with VA credit cards, receiving bribes, healthcare fraud and ordering from companies that didn't exist. The last of the band of thieves was recently sentenced.

In a smaller but equally important scheme, a Washington landlord admitted to scamming \$16,000 for HUD-VA housing for a homeless veteran. Not only was he billing the government for the monthly rent, but he was collecting from the veteran as well, a clear violation of the HUD-VASH program. For this he will get nailed for three times the amount he stole. The formerly homeless veteran will share in this and get a settlement of \$4,000.

The one big beef I have is that none of these criminals ever go to jail for very long.

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# Strange BUT TRUE

By Lucie Winborne

• During the entire run of Gilligan's Island, it was never revealed if "Gilligan" was his first or last name.

• Although lesser known today, the temperance novel "Franklin Evans; or, The Inebriate: A Tale of the Times" was one of Walt Whitman's most commercially successful works. The great American poet wrote this novel at the start of his career, strictly for cash. Interestingly, considering the book's subject matter, he later admitted that he wrote it in a three-day drunken stupor.

• Tic Tacs got their name from the sound they make when they are tossed around in their container.

• The gelatin in Haribo gummy bears contains nine out of the 10 amino acids that are essential to our bodies.

• On Feb. 1, 2005, the Emergency Alert System was accidentally activated in portions of Connecticut, calling for the immediate evacuation of the entire state. Later studies showed that citizens' common sense prevailed, with the typical response being to "change the channel" or seek other confirmation.

• Between 12,000 and 15,000 bicycles are retrieved from the bottom of Amsterdam's canals each year.

• In Ethiopia, a spot known as "The Gateway to Hell" is one of the hottest on earth, with air that's toxic to humans. Scientists have found organisms in its acid pools that are capable of surviving without oxygen.

• After the release of the 1996 film "Scream," which involved an anonymous killer calling and murdering his victims, Caller ID usage tripled in the United States.

• Your ears secrete more ear wax when you are afraid than when you aren't.

• 1912 saw the last Olympic gold medals made entirely out of gold.

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**Thought for the Day:** "Stop the habit of wishful thinking and start the habit of thoughtful wishes." — Mary Martin

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# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Wooden Tea Caddy

It seems strange today that early wooden tea caddies (special boxes for tea) were made with a lock and key. Tea was a very expensive drink in the 1600s. It gave added energy and after the addition of sugar, milk and sometimes lemon, it had a pleasing taste.

The earliest tea caddies in England were made of porcelain shaped like a bottle with flat sides and a lid. Most were made in Holland. By the 1700s, there were large tea chests (caddies) that were made of mahogany, rosewood and other attractive types of wood. The valuable tea was kept in a box decorated with ivory, brass, ebony or silver to show its importance. Most had two or three sections that held a glass liner for the tea. The tea was served in an important room, so the tea caddy was made to resemble the furniture of the day.

A recent Cottone auction sold an English Tunbridge ware tea caddy with inlay picturing Queen Victoria. The caddy was connected to a pedestal, also decorated with inlay. The impressive tea caddy sold for \$2,950.

\*\*\*

**Q:** I'm a retired letter carrier. When my son was born in 1975, one of my patrons gave me a gift of Dewar's White Label Scotch Whiskey. I've never opened it. The bottle is encased in cardboard and is in the original tin box. Is there any value because of its age? Is it still good to drink?

**A:** John Dewar & Sons started out as a wine and spirits shop in Perth, Scotland, in 1846. Dewar's founded a distillery in Aberfeldy, Scotland, in 1898. White Label Scotch Whiskey was first made in 1899. The company changed hands several times and has been owned by Bacardi since 1998. White Label is Dewar's most popular brand and a top seller in the United States. Old liquor in unopened bottles is safe to drink. Some people think older bottles of scotch and other distilled spirits are better than newer ones. An old bottle of Dewar's White Label Scotch Whiskey in a tin box sold online for more than \$100. Even an old partly full bottle without the box sold for more



Tea, an expensive luxury in the 18th century, was kept in a locked box. This tea caddy on a pedestal is 33 inches high by 16 inches wide. It auctioned for almost \$3,000.

than a new bottle. The old tin boxes are collected and sell for near \$100. A new, full bottle is about \$25. An empty bottle is worth under \$10.

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### CURRENT PRICES

Toy, Flintstones train, Bedrock Express, Fred & Wilma in locomotive, stone graphics, tin lithograph, zigzag action, metal bell, Marx, box, 12 inches, \$415.

Rug, hooked, album quilt, 6 square panels, multicolored flowers, fruits, birds, black scalloped border, red scroll inner border, 19th century, 107 x 72 inches, \$690.

Doorstop, rabbit, sitting up on hind legs, brown, blended paint, embossed leaves on base, cast iron, marked, Bradley & Hubbard, 15 x 8 x 2 3/4 inches, \$1,230.

\*\*\*

TIP: Don't wash, set, comb or change the original hair on a vinyl doll. It lowers the value.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com).

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by Ryan A. Berenz

1. What Atlanta Braves outfielder won consecutive National League MVP honors in 1982-83?

2. What pro golfer turned TV analyst mistakenly left a check for \$40,000 — his prize for winning the 1975 Pleasant Valley Classic — behind in a bar?

3. Former Philadelphia Flyers head coach Dave Hakstol was named as the first head coach in the history of what NHL franchise?

4. The Pittsburgh Steelers' Franco Harris caught the famous "Immaculate Reception" in the 1972 AFC divisional playoff game, but who was quarterback Terry Bradshaw's intended receiver?

5. What WNBA franchise, one of the league's original eight teams, folded after the 2006 season?

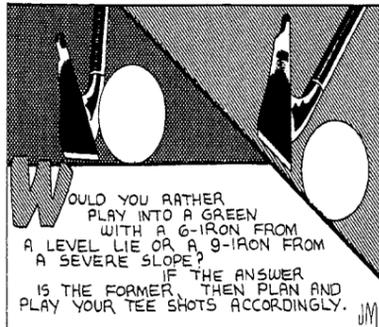
6. What conservative pundit was hired by ESPN as an NFL commentator in 2003 and resigned four weeks later after making controversial remarks about Philadelphia Eagles quarterback Donovan McNabb?

7. What athletic footwear and apparel company's name is derived from a Latin phrase meaning "sound mind in a sound body"?

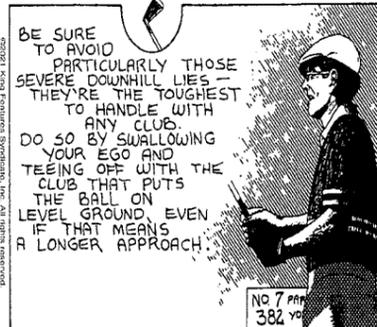
### Answers

1. Dale Murphy.
2. Roger Maltbie.
3. The Seattle Kraken.
4. John "Frenchy" Fuqua.
5. The Charlotte Sting.
6. Rush Limbaugh.
7. ASICS (*anima sana in corpore sano*).

## Play Better Golf with JACK NICKLAUS

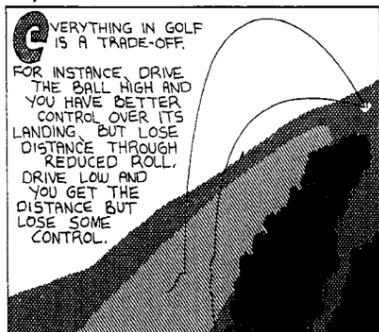


WOULD YOU RATHER PLAY INTO A GREEN WITH A 6-IRON FROM A LEVEL LIE OR A 9-IRON FROM A SEVERE SLOPE? IF THE ANSWER IS THE FORMER, THEN PLAN AND PLAY YOUR TEE SHOTS ACCORDINGLY.



BE SURE TO AVOID PARTICULARLY THOSE SEVERE DOWNHILL LIES — THEY'RE THE TOUGHEST TO HANDLE WITH ANY CLUB. DO SO BY SWALLOWING YOUR EGO AND TEEING OFF WITH THE CLUB THAT PUTS THE BALL ON LEVEL GROUND, EVEN IF THAT MEANS A LONGER APPROACH.

## Play Better Golf with JACK NICKLAUS



EVERYTHING IN GOLF IS A TRADE-OFF. FOR INSTANCE, DRIVE THE BALL HIGH AND YOU HAVE BETTER CONTROL OVER ITS LANDING, BUT LOSE DISTANCE THROUGH REDUCED ROLL. DRIVE LOW AND YOU GET THE DISTANCE BUT LOSE SOME CONTROL.



MY ADVICE IS PLAY THE HIGH BALL IF YOU ARE POWERFUL AND THE LOW ONE IF YOU NEED DISTANCE. REMEMBER, THAT THE TYPE OF DRIVER YOU USE WILL AFFECT YOUR FLIGHT, SO GET YOUR PRO'S ADVICE.

## STAN SMITH'S TENNIS CLASS



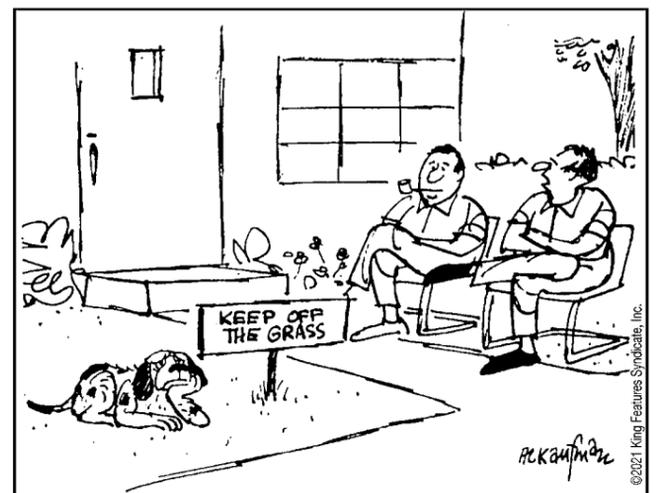
**DOUBLES: BE AGGRESSIVE AT THE NET**

In doubles, it is important that the net player not be timid. He should be ready to jump on any weak ball that crosses the net near him.



Unfortunately, many players at the net stand still, reluctant to really go after a ball. You would be surprised how many balls you can reach if you reach out to your full extent. It will make it easier on the server, who is rushing forward, if the net partner intercepts the ball.

## LAFF - A - DAY



"He's been that way ever since he found out it doesn't read 'Beware of the Dog!'"

## GRIN AND BEAR IT



"Being a true bipartisan committee, we have reached two different conclusions!"

# Health



## Alkaline Diet May Help Boost Cancer Treatment

**DEAR DR. ROACH:** What is your opinion of the alkaline diet? I have several friends who have battled cancer, and they have adopted alkaline diets as adjuncts to their cancer treatments. Do alkaline diets assist in the treatment and prevention of cancers, or is it just another urban myth? — T.F.C.

ANSWER: A diet high in fruits and vegetables may have a beneficial effect on cancer treatment, in combination with the best cancer treatments available, whether they are surgical, chemotherapeutic or radiation-based. Some of the “alkaline diets” I have read about do emphasize fruits and vegetables, and they may help and certainly will not hurt. However, there is no diet that is a substitute for comprehensive cancer care.

The body has powerful mechanisms for maintaining an exact pH, regardless of the acidity (or alkalinity) of the food you eat. Both the lungs and the kidneys work together to maintain the body’s pH at a slightly alkaline 7.4. Only with severe illness will the body’s pH come out of its narrow range of normal, and when it does, that portends a poor outcome without immediate treatment.

The mechanism by which fruits and vegetables have been shown to benefit some cancers is not precisely known, but it probably has to do with healthful components of the food, not through any effect on body alkalinity.

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**DEAR DR. ROACH:** I am a 67-year-old male in excellent physical health. The only issue I have is occasional bouts of vertigo. These episodes started when I was about 44 years old. My symptoms are varying degrees of dizziness and, with extreme episodes, nausea. The frequency has increased the past couple of years to about every two weeks.

I do the Epley maneuver to relieve the symptoms, which go away one or two days after doing so. Epley is the only treatment available that works for me. Is there any new research or treatments for this? I am also curious about what foods might be contributing to the onset of vertigo. — R.W.

ANSWER: Vertigo is a sensation of movement when there isn’t any. Most often, people will describe a spinning sensation. Oth-

ers say the world is spinning, but swaying or tilting are other descriptors. Although dizziness is a very nonspecific term, vertigo has a fairly limited number of diagnostic possibilities. Further, the fact that you get better with the Epley maneuver (more on that below) tells me the diagnosis is very likely to be benign paroxysmal peripheral vertigo.

Each ear contains an organ of balance, also called the semicircular canals, which work by the movement of hair cells inside those fluid-filled bony structures. Sometimes small crystals (called otoconia) form in one semicircular canal. These press on the hair cells and cause the two organs of balance to send conflicting signals to the brain about movement, which is perceived as vertigo. Diet is not likely to have a significant effect on causing or treating BPPV.

The Epley maneuver, like other repositioning maneuvers, is designed to move the crystals out of the semicircular canals. Recurrence of vertigo after a successful Epley maneuver is not uncommon, but recurrences as often as every two weeks for over 20 years is outside my experience. I have read about surgical options for refractory BPPV, but I have had success referring patients to vestibular rehabilitation, performed by trained occupational or physical therapists.

## Surgery Is Valid Option for Severe Sleep Apnea

**DEAR DR. ROACH:** My son, who is 30 years old, was recently diagnosed with severe obstructive sleep apnea and currently uses a CPAP machine. He says does not want to use this for the rest of his life, therefore, he has researched surgery to correct his OSA. Recently he consulted with a sleep expert, and now has surgery scheduled with that doctor.

My son will have a septoplasty and a palate expansion before a more radical surgery in a year called MMA. My son feels that these surgeries will give him the longest lasting cure for his OSA. I am very concerned about all of these surgeries. I value your objective opinion and hope you can give me some reassurance that these surgeries are worth the pain. — G.M.

ANSWER: Although CPAP (continuous positive airway pressure, which works by using air to keep the airway open) is the usual treatment for obstructive sleep apnea, surgery is another effective way to treat OSA. Surgery is most appropriate for those who wish a surgical solution (some people can’t stand the CPAP machine), those who have a surgically correctable problem (see below), and those who are good candidates for surgery; younger age makes surgery seem more reasonable to me.

The specific surgery chosen depends on an individual’s unique anatomy. Surgery on the uvula (yes, the dangling thing at the back of the throat), soft palate and pharynx is the most common surgery, but maxillo-mandibular advancement surgery (MMA) has been shown to be successful in several well-known medical centers in the U.S., such as Mayo Clinic and Stanford. Success rates are high, and some studies have shown surgical cure of obstructive sleep

apnea in over half of those who undergo the procedure.

Not knowing your son and not being a surgeon, I can’t give an objective opinion for him in particular, but I can say that in appropriate patients, surgical treatment of OSA is reasonable.

\*\*\*

**DEAR DR. ROACH:** Is there any good way to find the correct blood pressure medicine that doesn’t suck the life pep out of you, give you a headache, make you short of breath when walking or grapple with all of those side effects at once? Who should manage that program, your regular doctor or your cardiologist? Is there another specialist with the right insight and expertise? — E.M.

ANSWER: Choosing the best blood pressure medicine for a person with high blood pressure starts with knowing as much as possible about the person’s heart and blood vessels, and their other medical conditions. A person with blockages in the arteries should be on a beta blocker and ACE inhibitor most of the time. A person with diabetes should be on an ACE inhibitor or angiotensin receptor blocker. An older person with isolated high systolic pressure may get most benefit from a diuretic. However, it may still take some trial and error to find the best choice. Most people are able to find a blood pressure regimen that has very few side effects.

Most generalists have expertise in blood-pressure medications, and are likely to know all your conditions. Cardiologists have more expertise in cardiovascular disease, and I refer to high blood pressure experts when I have difficulty getting someone’s blood pressure under control.

## Estrogen Insert May Help With Bladder Problems

**DEAR DR. ROACH:** I am an 83-year-old female with bladder problems. I get up two or three times a night and usually make it to the bathroom. I thought it would be good to see a doctor in case the problem got worse. An operation was mentioned, which I am not interested in, so they gave me a pessary, which has been good and bad.

It is comfortable and I don’t have to use the bathroom as often, but now I don’t get bathroom warnings and don’t always make it to the bathroom. I also leak urine with coughs and sneezes, which didn’t happen before. Now the doctor wants me to use Imvexy inserts. After reading the side effects, I’m not sure that’s a good thing to do. What are your thoughts: Is the Imvexy necessary? The side effects really scare me. — Anon.

ANSWER: You have symptoms of both urge incontinence (the sensation of needing to get to the bathroom right away to avoid an accident) and stress incontinence (losing urine with abdominal pressure, such as cough or sneeze). It is possible that you have two separate problems. However, loss of estrogen can cause the lining of the vagina and vulva to thin. This includes the urethra, which provides conscious control

over urinary flow. It needs estrogen to close optimally, and older women often have stress or urge incontinence (or both, which is called mixed) due to lack of estrogen.

Imvexy (estradiol) is a low-dose estrogen preparation inserted in the vagina, usually daily for two weeks then twice weekly thereafter. It is a very reasonable choice for women with symptoms of urge or stress incontinence and who have findings of estrogen loss on physical exam. The low dose makes side effects uncommon (in the initial trial of 764 women, there were no adverse effects that happened in women using estradiol at greater frequency than in the placebo group).

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**DEAR DR. ROACH:** My wife’s mother and her mother’s father had subarachnoid hemorrhages (SAHs) — he died immediately, and her mother recovered after a time, during which she suffered delusions. Should my wife receive special monitoring? She has always had migraines, which have for the most part been controlled by medicine, but as we get into our older years (70s), I wonder if we should pay more attention to the possibility of an SAH, and what might that entail. — J.C.

ANSWER: Most subarachnoid hemorrhages, a life-threatening bleed into the head from a ruptured aneurysm, are spontaneous events unrelated to genetics. However, they sometimes come related to a genetic condition, such as Ehlers-Danlos syndrome and polycystic kidney disease. Even when they are not associated with a known condition, people with a strong family history for SAH are at increased risk for one themselves. Someone with one first-degree relative (like your wife’s mother, in her case) has about a 1% chance of having a SAH in the next 10 years. Someone with two first degree relatives has a 7% chance. Your wife would be in between, with one first-degree and one second-degree relative (her grandfather).

There is no consensus on whether she should be screened (with a CT- or MRI-based angiogram scan), but she should discuss it with her doctor, or see an expert, such as a neurosurgeon.

## High Blood Pressure Can Thicken Heart Wall

**DEAR DR. ROACH:** What is the difference between eccentric LVH and concentric LVH? Which one is more dangerous and needs more attention? My mother was diagnosed with severe eccentric LVH for body surface area with adequate systolic and diastolic functions. What does that mean? — C.F.

ANSWER: The left ventricle is the chamber of the heart that pumps blood to the entire body, except for through the lungs; that is the job of the right ventricle. When the job is too hard, usually because of high blood pressure, the left ventricle hypertrophies, meaning its walls get thicker as a response to the increased workload. That hypertrophy can be symmetrical (concentric) or asymmetrical (eccentric). Early on,

the left ventricle can still do its two jobs despite the hypertrophy: It can push out all the blood the body needs (that’s the systolic function), and relax under low pressure (that’s the diastolic function). Your mother has adequate systolic and diastolic function, so she is not in heart failure at this time.

If LVH is not treated, it tends to get worse. Usually the diastolic function fails first, and the left ventricle, being thick and stiff, requires higher pressure to relax properly and allow the blood to flow in from the left atrium. The major symptom of diastolic heart failure (now called “heart failure with preserved ejection fraction,” or HF-pEF) is shortness of breath, especially with exertion. Some people may progress to having both systolic and diastolic failure (“heart failure with reduced ejection fraction,” HF-rEF), where fatigue becomes a major symptom. Swelling of the legs and increasing nighttime urination are additional symptoms.

It’s not good to have either eccentric or concentric LVH, but cardiac physiologists note that concentric LVH gives the heart less ability to adapt to increased stress and has a worse prognosis. Both situations need to be treated as rapidly as possible to allow the heart to return to a more normal state. Blood pressure reduction — whether through diet, weight loss, salt restriction, stress management, pharmacologic therapy or a combination — is the primary treatment. Some blood pressure medications are more effective than others in helping the heart return to a more normal state, and high blood pressure experts often choose agents that are more effective in those people with LVH, especially concentric LVH, on echocardiogram. ACE inhibitors and beta blockers are typically a part of first-line treatment.

\*\*\*

**DEAR DR. ROACH:** I have been prescribed Janumet XR and am concerned if this drug is addictive. I do not want to be on this medication long-term. Can I get my diabetes under control by weight management and diet? — S.S.

ANSWER: Janumet is a combination of Januvia (sitagliptin) and metformin (Glucophage). Together these drugs work to reduce sugar made by the liver and to increase release of insulin by the pancreas. Janumet is not addictive.

Many people are able to control diabetes through careful management of diet and weight control (exercise is the other important lifestyle management tool); however, depending on where your sugar levels have been, your doctor may have decided to put you on medication now to protect your body. It’s possible for many patients to get off medications, but it requires a real commitment: a big change in diet and exercise, usually with significant weight loss.

*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

## Answers to questions about electric vehicles

### How far can an EV go on a charge?

Most EVs can run about 200 miles on a single charge. In comparison, a typical gas-powered vehicle has a range of 400 to 500 miles on a tank of gas. However, U.S. drivers travel an average of 31 miles per day. So consider whether you will use an EV for commuting or long distances.

### How do EV owners feel about their purchase?

In an AAA survey, 96% of respondents said they would

buy another EV; 43% said they drive more now than they did with a gas-powered vehicle; and although 78% reported also having a gas-powered vehicle in their household, they said they did most of their driving (87%) in their EV.

### How many charging stations are there?

According to the U.S. Department of Energy, there were more than 43,000 EV charging stations in the United States as of summer 2021 — but only about 5,000 were fast charging stations.

### How long does it take to charge a battery?

The short answer is, it depends. Recharging a de-

pleted battery with household current can take 1 hour or more — a problem if you’re in a hurry but not if you simply charge the vehicle overnight. Many public chargers are faster, with some able to replenish half of the battery’s range in less than an hour.

### Are EVs affordable to buy?

EVs start at a little more than \$30,000; high-end EVs can run to six figures. Be sure to check for federal, state and local incentives, which can bring down the price.

### Are maintenance costs higher for EVs than for gas-powered vehicles?

No. Research from 2019 indicates that although the

overall cost of EV ownership is 8% more than gas-powered vehicle ownership (because of higher depreciation and finance costs), some individual expenses are substantially lower.

The cost of electricity to drive 15,000 miles a year averages \$546; the cost of gas to drive the same distance is \$1,225.

If an EV is maintained according to automaker recommendations, it costs \$949 annually to maintain, \$330 less than a gas-powered car.

### Finding the vehicle that’s right for you Time to test

The car you drive now may not have the latest safety and tech features, so compare the cars you’re testing

to one another, not to your current car.

Test the technology. Be sure you understand how it works and ask yourself whether it’s worth any extra cost.

Do as much driving as you’re allowed, in a variety of locations, such as residential areas, on the interstate and in a parking lot. Evaluate acceleration, braking, steering, handling and road noise. Pay attention to visibility in general and rear visibility in particular. Determine how well you fit in the car. Can you easily get in and out? Is the seat comfortable? Do you have children who ride in car seats? Make sure you can get a car seat in and out. Review your notes on what you did and didn’t like about each car, and use them to compare the different cars you’re testing.



Photos courtesy of Getty Images

# 7 Tips to Pick the Right Home Service Providers

FAMILY FEATURES

One of the most frustrating challenges of keeping a home in top shape is finding reliable help when you need it. Whether your home projects are emergency repairs or planned upgrades, it's critical to find the right home service providers.

There are likely plenty of plumbers, contractors, remodelers, carpenters, handymen and painters in your area, but it can be difficult to choose which ones can be counted on to do the job right.

Consider these simple, straightforward, free tips from the experts at Best Picks Reports to help guide you through the process of picking home service providers for any type of home project.

## Know Exactly What You Need Done

Begin by having a clear idea of the work that needs done to your home. The more specific your intended outcome, the better.

For example, it's fine to know you would like to remodel your bathroom. However, it's better to know you want to redo the countertop, sink and tile work, but you're fine leaving the toilet and tub untouched.

Knowing the scope of work you want done can help you find the best home services professional for the job. It can also improve the likelihood the quotes you receive are as accurate as possible.

## Ask Around

Ask your neighbors, friends, family members and co-workers to recommend home service providers they've hired.

Asking around is an easy and reliable way to get credible recommendations. It can be especially helpful if you're new to the neighborhood. A word-of-mouth recommendation often speaks volumes about a service provider's reputation because it comes from a customer with first-hand experience working with the provider.

Compare notes from different neighbors then narrow the list down to the most popular and highly recommended names to continue vetting.

## Search Social Media

Social media platforms can be excellent sources of information. Just search nearby home service providers by name and see what others are saying about them.

Some home service providers may even include testimonials and before-and-after pictures of recent projects on their social media feeds. These can give you an idea of the quality of their work.

## Research Your Choices

Whether you get your recommendations from friends, family or social media, take each one with a grain of salt. Do some digging of your own, researching each option.

For each service provider you're considering, look into any qualifications and certifications they may hold, including any areas of specialization that may be pertinent, and ensure they have the proper licenses and bonding to take on your project. Also check to see what kinds of assurances and guarantees they back their work with.

You can do your homework by visiting websites, making phone calls or both. If you'd like to make the process more efficient, start online. When you've narrowed your search to 2-3 options, make phone calls. Calling providers can also provide a first-hand example of their professionalism and customer service capabilities.

## Use a Verified Directory and Online Reviews

Look for unbiased customer reviews on independent business directories, forums and review websites. These printed directories and online sites often use a combination of third-party research and consumer reviews to rate contractors. Some even offer guarantees on the quality of work.

For example, a directory mailed to homeowners, like the Best Pick Reports, provides recommended pros that have been thoroughly, independently reviewed via an unparalleled certification process. Contractors are included in the report by invitation, which is extended only to companies that have met strict qualifying criteria. Plus, you'll have the peace of mind that comes with the Best Pick Guarantee. If you're not satisfied with a guaranteed service provider, you'll be reimbursed.

Other sites, such as Five Star Rated, the Better Business Bureau and Google Business Reviews, can provide additional background information and reviews to help ensure you're making the best choice possible.

With guides like these, you can expect candid information about who does the best work, along with certification of licensing, insurance and best business practices. Be sure to avoid sites where highly rated reviews can be purchased.



## Review Examples of Finished Projects

Most home service professionals have portfolios of their work. This is especially true for remodelers, renovators, painters, landscapers and other skilled craftsmen whose work is as much about style as it is quality.

As you look through samples of previous work, pay attention to details. Check if everything looks absolutely perfect or if you notice any flaws. Make sure their style is similar to what you're seeking and look for samples that are similar to the kind of work you want done.

If you don't see what you're looking for – or if you notice discrepancies in the quality of their work – don't be afraid to ask questions. This is your chance to find out all the information you can about the provider and its ability to complete your project.

## Seek Multiple Well-Defined Bids

Even if you have a good feeling about the first home service professional you talk to, don't stop shopping around. Instead, make it a point to get a minimum of three bids before you enter a contract with anyone. This way you'll have a better idea of whether you're getting a good deal when you have other proposals to compare it to.

Not all home service professionals are created equal. It could easily be the second (or third) provider you talk to who ends up being the most impressive. However, you won't know that if you end the process with the first bid within your budget.

You're hiring someone who will work in your home. You owe it to yourself and your family to make sure you're hiring a professional, trustworthy person (or team) for the job.

The best plan is often a combination of these steps and more. That doesn't mean you have to work through every suggestion, but maybe you ask around, check online reviews and make a few calls. Do enough investigating to get a solid feel for any provider you plan to hire.

Find more information about service providers in your area at [BestPickReports.com](http://BestPickReports.com).

# FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Which artist wrote and released "I Can Help"?
2. What band started out as Steel Mill?
3. Name the group that had a Jewish drummer, an English guitar player, a Black man on bass and a gay Irish man for a lead singer.
4. Debbie Gibson was the youngest artist to ever write, produce and perform a chart topper by herself. What was the song?
5. Name the song that contains this lyric: "Faded photograph, covered now with lines and creases, Tickets torn in half, memories in bits and pieces."

**Answers**

1. Billy Swan, in 1974. A fan fave around the world, it stayed on the charts in Norway for 37 weeks.
2. Bruce Springsteen's E Street Band, in 1972. The new name came from the street where his mother lived in New Jersey.
3. Culture Club. The group's diversity gave rise to their name. They took a Grammy for Best New Artist in 1984.
4. "Foolish Beat," in 1988. She was 17.
5. "Traces," by the Classic IV, in 1968. The song is noted for its use of an oboe, heard in the introduction, as well as a string section. It shot to No. 2 on both the Hot 100 and easy listening charts.

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

# Strange BUT TRUE

By Lucie Winborne

- Baritone Leonard Warren died on stage at The Met in 1960 just as he finished singing Verdi's "Morir, Tremenda Cosi" ("To Die, a Momentous Thing").
- While shedding, geckos will eat their skin in order to prevent predators from finding and eating them more easily.
- A man named Ronald MacDonald robbed a Wendy's in 2005.
- In the early 2000s, when hackers were not that rampant, a survey showed that 70% of London commuters would reveal their computer password in exchange for a chocolate bar, while 30% of the respondents admitted they would give their password even without said candy.
- The sequel to the 1953 film titled "Gentlemen Prefer Blondes" was called "Gentlemen Marry Brunettes."
- Per capita, the happiest countries in the world also rank highest in terms of consumers of antidepressants.
- The term "plastic surgery" was coined in 1839, 70 years before plastic was even invented. It comes from the Greek word "plastike," which means "the art of modeling" of malleable flesh.
- Journalist John Richards founded The Apostrophe Protection Society in 2001 to enforce the proper use of the apostrophe in written English. He closed the society in 2019, however, at the age of 96, with the announcement that "the ignorance and laziness present in modern times have won!"
- The World Health Organization (WHO) recommends avoiding drinking camel urine to prevent contracting Middle East respiratory syndrome. Thanks, guys, but we'll wait for the shot.
- Abibliophobia is the fear of running out of material to read.

**Thought for the Day:** "When the path ignites a soul, there's no remaining in place. The foot touches the ground, but not for long." — *Hakim Sanai*

# top 10 movies

1. **Shang-Chi and the Legend of the Ten Rings** ..... (PG-13) Simu Liu, Awkwafina
  2. **Free Guy** ..... (PG-13) Ryan Reynolds, Jodie Comer
  3. **Malignant** ..... (R) Annabelle Wallis, Maddie Hasson
  4. **Candyman** ..... (R) Yahya Abdul-Mateen II, Teyonah Parris
  5. **Jungle Cruise** ..... (PG-13) Dwayne Johnson, Emily Blunt
  6. **PAW Patrol: The Movie** ..... (G) animated
  7. **Don't Breathe 2** ..... (R) Stephen Lang, Brendan Sexton III
  8. **The Card Counter** ..... (R) Oscar Isaac, Tiffany Haddish
  9. **Show Me the Father** ..... (PG) Jim Daly, Jonathan Evans
  10. **Respect** ..... (PG-13) Jennifer Hudson, Forest Whitaker
- Source: *Box Office Mojo*

## top ten

### Fastest-Growing Brands\*

1. Zoom
2. Peacock
3. Instacart
4. TikTok
5. Bud Light Seltzer
6. Tubi
7. Natural Light Seltzer
8. Cash App
9. Venmo
10. Warby Parker

\*name recognition, 2020  
Source: Morning Consult

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**The Wonder Years** — It's the 1980s sitcom reboot we didn't know we needed until it was announced earlier this year. But this reboot is not a continuation of the lives of Kevin Arnold and his family of the late 1960s. Instead, the beloved series will follow the day-to-day lives of the Williams family of Montgomery, Alabama, in the late 1960s. The Williamses are a Black family, so while the show will cover many of the same plot lines centered around the 12-year-old son, Dean, it will be from a wholly different cultural perspective. Don Cheadle plays the adult version of Dean narrating the stories of his tween years. Premieres Friday, Sept. 24. (ABC)

**Vendetta: Truth, Lies and the Mafia** — While we wait patiently for the upcoming "Sopranos" prequel, take a gander at this Netflix original true-crime docuseries about a Sicilian anti-Mafia movement. One arm of it is led by Silvana Saguto, a prominent anti-Mafia judge; the other by journalist and TV host Pino Maniaci. He claims that Saguto is actually her own self-made Mafia branch, profiting off corruption by keeping money seized from Mafia businesses for herself. Saguto, of course, then claims Maniaci is a Mafia lackey out to destroy her professional career. Both were ultimately charged with various crimes, and both claim they are the real victim. It's a fascinating look into the grey area between corruption and opportunity. Much of the series is in Italian, so subtitles are involved. (Netflix)

**Ahir Shah: Dots** — A Max original special, "Dots" is the latest stand-up special by Ahir Shah, taped over two shows in a London West End theater. The Cambridge-educated comedian addresses topics ranging from phi-

losophy and faith, English colonialism and his yet-to-be-born children to internet hostility, cigarettes and his own depression, interspersed with laugh-out-loud gags. Believe me, it's much funnier than it sounds. Premieres Thursday, Sept. 23. (HBOMax)



Scene from "The Wonder Years"

**Foundation** — If you've been looking for a new highly complex future-world drama to provide workplace water cooler fodder for the next few years, try "Foundation." Based on the Isaac Asimov sci-fi trilogy of the same name, it describes the demise and revival of an immense galactic empire, presents the rise of science as the new faith for humankind, and introduces the fictional concept of psychohistory. Yeah, it's complex. (Apple TV)

**In Case You Missed It**

**Mourning Son** — Jane's Addiction guitarist Dave Navarro suffered a horrific tragedy at age 15 when his mother was murdered in their home by her ex-boyfriend. In this 2015 documentary, Navarro tells how his life was abruptly altered forever by this event. It's an exceptionally honest and introspective disclosure, and includes interviews with family members as well as footage of Navarro's own therapy sessions as he tries to work through his ongoing grief. The movie is not rated, but be forewarned this is certainly not for kids or tweens. Strong language, graphic crime-scene photos and intense emotional topics abound. (Prime Video)

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## TOP VIDEO RENTALS AND SALES

- Video On Demand**
1. **The Hitman's Wife's Bodyguard** ..... (R) Ryan Reynolds
  2. **12 Mighty Orphans** ..... (PG-13) Luke Wilson
  3. **A Quiet Place: Part II** ... (PG-13) Emily Blunt
  4. **Peter Rabbit 2: The Runaway** ..... (PG) Rose Byrne
  5. **Snake Eyes: G.I. Joe Origins** ..... (PG-13) Henry Golding
  6. **Wrath of Man** ..... (R) Jason Statham
  7. **Those Who Wish Me Dead** ... (R) Angelina Jolie
  8. **Stillwater** ..... (R) Matt Damon
  9. **Space Jam: A New Legacy** .(PG) LeBron James
  10. **No Man of God** ..... (NR) Elijah Wood

- DVD, Blu-ray Sales**
1. **The Conjuring: The Devil Made Me Do It** ..... (R) Warner Bros.
  2. **The Hitman's Wife's Bodyguard** ..... (R) Lionsgate
  3. **Peter Rabbit 2** ..... (PG) Sony Pictures
  4. **Spirit Untamed** ..... (PG) Universal/Dreamworks
  5. **In the Heights** ..... (PG-13) Warner Bros.
  6. **Mortal Kombat Legends: Battle of the Realms** ..... (R) Warner Bros.
  7. **Luca** ..... (PG) Disney/Pixar
  8. **A Quiet Place: Part II** ... (PG-13) Paramount
  9. **Space Jam** ..... (PG) Warner Bros.
  10. **Godzilla vs. Kong** ..... (PG-13) Warner Bros.



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# What's Hot In Hollywood

HOLLYWOOD — **Jake Gyllenhaal's** breakout film was "The Day After Tomorrow" (2004), which grossed \$552 million. It was followed by "Brokeback Mountain" (2005), which featured romantic scenes with the late Oscar-winning actor **Heath Ledger**, shocking to some, but still able to win Oscars for its director, adapted screenplay and musical score, and a best-actor nomination for Ledger.

Gyllenhaal's voiceover in the animated film "Spirit Untamed," with **Julianne Moore**, opened in June and managed to gross \$38.6 million despite the pandemic. His Danish crime thriller "The Guilty," with **Ethan Hawke**, **Riley Keough** and **Peter Sarsgaard**, was well-received at The Toronto Film Festival. He's just wrapped-up **Michael Bay's** action thriller "Ambulance," with **Eliza Gonzalez**, about two brothers who steal an ambulance with a female paramedic and a critical patient in the back, due Feb. 18 in theaters.

\*\*\*

Despite the success of "Brokeback Mountain," it has taken 16 years for a major studio to make a romantic comedy about two men. **Billy Eichner** stars in "BROS," which he co-wrote with **Nicholas Stoller** (who's directing), with **Judd Apatow** producing for Universal Studios. It's about two men with commitment problems who attempt to start a relationship. The "other" man will be **Luke Macfarlane**, who played the gay lover of one of the title characters of the 2006-11 ABC series, "Brother & Sisters." In 2008 he "outed" himself as a gay man in an interview, but still played "straight" men in one Hallmark movie a year from 2014-19, two in 2020 and another in 2021.

Universal is touting "BROS" as the first gay rom-com made by a major studio, but Netflix already beat them to the punch with "Single All the Way," which stars "Ugly Betty's" **Michael Urie** and, well lookie here, **Luke Macfarlane**, dropping in December. Meanwhile, **Billy Eichner** is set to play **Paul Lynde** in "The Man in the Box." Lynde didn't hide his "gayness" and successfully played **Ann-Margret's** father in "Bye, Bye, Birdie" and Uncle Arthur in **Elizabeth Montgomery's** "Bewitched" series. He never had to "come out," no one cared.

\*\*\*

While Universal getting more liberal, Netflix is turning cautious. They thought their upcoming film "Blonde" (based on **Joyce Carol Oates'** best-selling book of the same name), with **Ana de Armas** as **Marilyn Monroe**, was "too graphic"! The film has Oscar-winner **Adrian Brody** as "The Playwright," **Bobby Cannavale** as "The Ex-Athlete," **Caspar Phillipson** as "The President" and **Michael Masini** as **Tony Curtis**. **Brad Pitt** is one of the producers, and what could have been more graphic than those violent



Depositphotos

Jake Gyllenhaal

scenes in "Once Upon a Time in Hollywood"? Speaking of once upon a time, I was once lured to Paul Lynde's house under false pretenses for a re-shoot and found myself locked up with him in his house ... but that's another story!

HOLLYWOOD — Can you believe **Macaulay Culkin** turned 41 on Aug. 26, and that the star of the "Home Alone" franchise became the father of a son on April 5? He met girlfriend **Brenda Song** — of Disney Channel's "The Suite Life of Zack & Cody" (2005-08) and "The Suite Life on Deck" (2008-11) — when they starred together in "Changeland" (2019), and they've been together ever since.

And miracle of miracles, Culkin's career is reborn too, and not because of his cameo in "Home Sweet Home Alone," starring **Ellie Kemper**, **Kenan Thompson** and **Chris Parnell**, premiering Nov. 2 on Disney+. That can't compare with the starring role handed to him by **Ryan Murphy** in "American Horror Story: Double Feature," which premiered Aug. 25. He was enticed to sign up when Murphy told him, "Your character has crazy erotic sex with **Kathy Bates**," to which Culkin countered, "This sounds like the role I was born to play!"

What could have motivated Ryan Murphy to offer Culkin this plum role? Murphy admitted, "I'm so excited for him to be in my world because I think I'm gonna want to do a lot of things with him, if he wants to work, because I think he's fascinating and interesting, and he has a soul. There's both a lightness and darkness with Macaulay Culkin that I'm attracted to."

\*\*\*

**Benjamin Bratt**, former "Law & Order," "Private Practice" and Fox series "Star" (with **Queen Latifah** for three seasons), is set to star in the theatrical Western film "Dead for A Dollar," directed by **Walter Hill**, with **Christopher Waltz**, **Willem Dafoe** and **Rachel Bronsah-an**. Also upcoming is **Ava DuVernay's** four-part HBO Max series "DMZ," starring **Rosario Dawson**.

Bratt's last film was "A Score to Settle," starring **Nicolas Cage**, which died at birth. Bratt has been married to actress **Talisa Soto** since 2002, and has a daughter and a son with her.

The 1984 film "The Karate Kid," which spawned four sequels, an animated series and the Netflix series "Cobra Kai" (renewed for a fourth season), with original stars **Ralph Macchio**, **William Zabka**, **Martin Kove** and **Sean Kanan** (from "Karate Kid III"), will now become a Broadway musical written by the original screenwriter, **Robert Mark Kamen**. Can we expect a karate ballet?

\*\*\*

When CBS canceled "Hawaii 5-0" in April 2020, after 10 years, it needed something to fill its Hawaiian studios. So guess what? We'll now be treated to yet another "NCIS" spinoff, "NCIS Hawaii," which debuted Sept. 20. This time the team is led by a woman, played by **Vanessa Minnillo** (now known evermore as **Vanessa Lachey**, her married name, thanks to 98 Degrees rocker **Nick Lachey**). The cast is mostly unknown, except maybe for Canadian male model **Noah Mills** ... I jest!



Frank Ockenfels/FX

Macaulay Culkin in "American Horror Story: Double Feature"



by Dana Jackson

**Q. Whatever happened to Gloria Reuben? I loved her on "ER" but haven't seen her in anything since. Is she still acting? — M.J.**

**A.** The Canadian actress earned two Emmy nominations for her role as an HIV-positive medical professional on "ER." She also has a beautiful voice, having been a back-up singer for Tina Turner on her Twenty Four Seven Tour in 2000. After her run on "ER," Reuben booked regular and recurring roles on several TV series, including as an assistant D.A. on "Law & Order: SVU," a mayor on "Saints & Sinners" and a therapist on "Mr. Robot."

Next up, she'll play Valerie Jarrett in the highly anticipated Showtime series "The First Lady," which also stars Gillian Anderson as Eleanor Roosevelt, Michelle Pfeiffer as Betty Ford and Viola Davis as Michelle Obama. Look for it in 2022. This fall, Reuben will star in the Lifetime movie "Torn From Her Arms," based on a true story about the border crisis. Reuben will play Ginger Thompson, a Pulitzer Prize-winning ProPublica reporter opposite Judy Reyes ("Scrubs"), who portrays a Texas immigration attorney. "Torn From Her Arms" will premiere Saturday, Oct. 30, at 8 p.m. ET.

\*\*\*

**Q. Who were the comedians who Q. died recently of a drug overdose? Who was the survivor? — E.J.**

**A.** Kate Quigley, Fuquan Johnson, Enrico Colangeli and Natalie Williamson were hanging out Sept. 4 at a Venice, California, residence where cocaine laced with fentanyl was allegedly shared. All but Quigley died from an overdose. She's a stand-up comedian who has appeared on "The Office" (she played a server on the "Casino Night" episode) and hosts a podcast called "#DateFails." She most recently was in a relationship with singer Darius Rucker ("Hootie & the Blowfish").

Johnson and Colangeli, who died at the scene, worked at the HaHa Comedy Club in North Hollywood, and Williamson was a friend. Quigley was hospitalized in critical condition but pulled through, posting a message online to her fans to "please don't take this life for granted. I did, and I never will again."



Depositphotos

Gloria Reuben

Fentanyl is a powerful synthetic opioid that is 50 to 100 times more potent than morphine. It's reportedly claimed the lives of many noteworthy talents, including musician Prince, Oscar-winning actor Philip Seymour Hoffman and teen actor ("The Flash") Logan Williams. Its lethality isn't just limited to Hollywood. To learn more about fentanyl abuse in communities everywhere, visit SAMHSA.gov.

\*\*\*

**Q. Will "Killing Eve" be coming Q. back, or is it done? I know sometimes British series aren't meant to be long-running, but I hope this one continues. — U.M.**

**A.** Instead of "seasons," British TV shows call their groups of episodes "series," and "Killing Eve" has had three series so far. Each series has been penned by a different female head writer telling the tale of intelligence officer Eve Polastri (played by Sandra Oh) in pursuit of an assassin named Villanelle (Jodie Comer).

The fourth and final installment of the Emmy-nominated BBC series will air sometime in 2022, but several spin-offs apparently are in the works.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at [KFWS, 628 Virginia Drive, Orlando, FL 32803](mailto:KFWS, 628 Virginia Drive, Orlando, FL 32803).

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# A Full School Day of FAMILY FAVORITES

## FAMILY FEATURES

Each school day calls for a multitude of meals and snacks to make sure little learners are energized for time spent in the classroom, playing with friends and completing their homework. From breakfast to dinner and sweet rewards after a long day of educational activities, it's important to keep the family on schedule with favorite recipes.

These options for a simple quiche that'll almost certainly leave leftovers for the week, tasty tacos with a cheeseburger twist and cream-filled cookies offer delicious ways to keep your loved ones full and happy.

Visit [Culinary.net](http://Culinary.net) to find more family-friendly dishes.

### Say Goodbye to Basic Breakfast

The same old breakfast routine week after week can become tiresome and dull, especially for little ones.

It's time to add something new to the table with fresh ingredients and simple instructions to enhance the start to busy weekdays. Try this recipe for an Easy Breakfast Quiche that is sure to have your senses swirling with every bite while fueling kiddos for the day ahead.

Find more breakfast recipes at [Culinary.net](http://Culinary.net).

### Easy Breakfast Quiche

Servings: 12

- 1 package (10 ounces) frozen broccoli with cheese
- 12 slices bacon, chopped
- 1/2 cup green onions, sliced
- 1 cup mushrooms, sliced
- 4 eggs
- 1 cup milk
- 1 1/2 cups shredded cheese, divided
- 2 frozen deep-dish pie shells (9 inches each)

Heat oven to 350 F.

In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.

In skillet, cook chopped bacon 4 minutes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.

In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies.

Bake 40 minutes.

Allow to cool at least 12 minutes before serving.

**Note:** To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.



Easy Breakfast Quiche



Bacon Cheeseburger Tacos

### A Tasty Take on School Night Tradition

Put a twist on taco Tuesday and get outside the burger bun with this easy weekday dinner idea.

Pick up a few simple ingredients you can feel good about feeding your family including Coleman Natural uncured bacon, which has no artificial ingredients or preservatives and is sourced from American family farms that humanely raise their animals with no antibiotics or added hormones.

For more creative, kid-friendly recipes, visit [ColemanNatural.com/recipes](http://ColemanNatural.com/recipes).

### Bacon Cheeseburger Tacos

Servings: 4

- 8-10 slices Coleman Natural bacon
- 1 pound ground beef
- salt
- pepper
- 4 slices cheese
- 1 cup canola oil
- 8 soft corn tortillas
- 1 medium red onion, sliced
- 1 avocado, skin removed and sliced
- 1 medium tomato, chopped
- 8-10 romaine lettuce leaves, torn

In large frying pan or cast-iron skillet, cook bacon until crispy. Remove slices from skillet to drain on paper towel. Pour bacon fat from pan.

Shape ground beef into four burger patties, seasoning both sides of patties with salt and pepper.

In skillet over medium-high heat, cook burgers about 4 minutes per side for medium doneness.

Top each burger with one slice cheese then cover skillet with lid and cook until cheese melts. Remove from heat.

### Cap Off School Nights with a Creamy Cookie

Once the school day is done, homework is complete and dinner is finished, there's just one thing left for many families: dessert. After all the day's accomplishments, sometimes a sweet treat is the perfect way to reward kiddos for their hard work in the classroom.

These Oatmeal Creme Cookies are a tasty example of a tempting dish that comes together in less than half an hour, so you don't add more stress to a busy day. Plus, with high-quality ingredients like C&H Sugars, they can keep the whole family happy while allowing little ones to help in the kitchen.

Visit [chsugar.com](http://chsugar.com) for more back-to-school recipe inspiration.

### Oatmeal Creme Cookies

Recipe courtesy of chef Haley Williams

@IfYouGiveABlondeAKitchen

Prep time: 10 minutes

Cook time: 12 minutes

### Oatmeal Cookies:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves (optional)
- 1 cup (2 sticks) unsalted butter, at room temperature
- 3/4 cup C&H Dark Brown Sugar
- 1/2 cup C&H Organic Raw Cane Sugar
- 2 large eggs, at room temperature
- 1 1/2 teaspoons pure vanilla extract
- 3 cups quick oats

### Creme Filling:

- 3/4 cup unsalted butter, at room temperature
- 2 cups C&H Confectioners' Sugar
- 1-2 tablespoons heavy cream
- 1 teaspoon pure vanilla extract
- 1 pinch salt

To make oatmeal cookies: Preheat oven to 350 F. Line two cookie sheets with parchment paper and set aside.

In large bowl, whisk flour, baking soda, salt, cinnamon and cloves, if desired. Set aside.

In bowl of stand mixer, beat butter, dark brown sugar and raw cane sugar on medium-high speed until light and creamy, about 1 minute. Add eggs and vanilla; beat until combined. Scrape down sides and bottom of bowl.

With mixer on low, slowly add dry ingredients to wet ingredients. Mix until combined while avoiding overmixing. Add oats and mix until incorporated.

Scoop about 2 tablespoons dough onto prepared cookie sheet. Space dough balls at least 3 inches apart. Bake 10-12 minutes, or until edges are light brown. Let cookies cool 5 minutes before transferring to wire rack to cool completely.

To make creme filling: In bowl of stand mixer, beat butter on medium-high speed until light in color, about 3 minutes. With mixer on low, gradually add confectioners' sugar and mix until well combined, about 1 minute. Add 1 tablespoon heavy cream, vanilla and salt. Beat on medium-high speed until fluffy. If filling is too thick, add second tablespoon heavy cream.

Once cookies cool, pipe or spread creme filling on flat sides of half the cookies. Top with remaining cookies to form sandwiches.



Oatmeal Creme Cookies

## 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 farm-stand soup is summer'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.

## Good Housekeeping

### Pear Cobbler

Sweet, juicy and half the fat of a typical cobbler! This easy-to-assemble warm pear dessert is topped with a simple no-roll biscuit-like crust.

#### Pear Filling:

- 1/3 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon ground cinnamon
- 3 pounds firm but ripe Bartlett pears; peeled, cored and each cut into 12 wedges
- 1/4 cup dark seedless raisins
- 2 tablespoons fresh lemon juice

#### Crust:

- 1 cup all-purpose flour
- 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 3 tablespoons sugar
- 3 tablespoons margarine or butter; cold, cut up
- 2/3 cup low-fat (1%) milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

1. Prepare pear filling: Preheat oven to 425 F. In large bowl, stir sugar, cornstarch and cinnamon. Add pears, raisins and lemon juice; with rubber spatula, toss to coat well.

2. Spoon pear mixture into shallow 1 1/2-quart ceramic casserole or 8-inch by 8-inch glass baking dish. Cover with foil and bake 15 minutes.

3. Meanwhile, prepare crust: In medium bowl, stir flour, baking powder, salt and 2 tablespoons sugar. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs. In cup, combine milk and vanilla. Stir milk mixture into flour mixture just until blended. In cup, mix cinnamon and remaining 1 tablespoon sugar.

4. Spoon batter evenly over hot pears (batter may not cover pears completely); sprinkle with cinnamon-sugar mixture. Bake, uncovered, 30 minutes longer or until crust is golden and pear mixture is hot and bubbly. Cool cobbler on wire rack 1 hour to serve warm. Serves 6.

• Each serving: About 340 calories, 7g total fat (1g saturated), 1mg cholesterol, 290mg sodium, 68g total carbohydrate, 4g dietary fiber, 4g protein.

- 1/2 cups finely chopped unpeeled zucchini
- 1 cup shredded carrots
- 1/4 cup finely chopped green and/or red bell pepper
- 1/4 cup finely chopped onion
- 1/2 cup fat-free Italian dressing

In a medium bowl, combine zucchini, carrots, pepper and onion. Add Italian dressing. Mix gently to combine. Cover and refrigerate for at least 1 hour. Gently stir again just before serving. Makes 6 (1/2 cup) servings.

• Each serving equals: About 28 calories, 0g fat, 1g protein, 6g carb., 231mg sodium, 2g fiber; Diabetic Exchanges: 1 Vegetable.

## Good Housekeeping

### Fontina and Pepper Pizza

When cooked on the grill, homemade pizza becomes a gourmet affair. Add roasted peppers and fresh herbs to the mix, and you've got dinner suitable for company.

- 1 pound fresh pizza dough
- 6 ounces Italian Fontina or Provolone cheese, shredded
- 2 jarred roasted red and/or yellow peppers, thinly sliced
- 1 tablespoon chopped fresh marjoram or thyme leaves

1. Prepare outdoor grill for covered, direct grilling on medium-low.

2. Cut dough into 4 equal pieces. On one end of oiled cookie sheet, with fingertips, spread and flatten 1 piece of dough to about 1/8-inch thickness. (Edge does not need to be even.) On same cookie sheet, repeat with another piece of dough. Repeat with a second oiled cookie sheet and remaining dough.

3. Place all 4 pieces of dough, oiled side down, on hot grill grate. Cook 2 to 3 minutes or until grill marks appear on underside (dough will stiffen and puff).

4. With tongs, turn crusts over. Working quickly, arrange one-fourth of Fontina and one-fourth of peppers on each crust. Cover grill and cook pizzas 3 to 4 minutes longer or until undersides are evenly browned and cooked through.

5. Transfer to cutting board; sprinkle with marjoram. Cut into wedges. Serves 4.

Tip: Look for fresh pizza dough in the dairy section of your supermarket, usually sold near the tortillas. (Frozen pizza dough also is available, but it takes several hours to thaw before it can be used.) Or you can purchase dough from a local pizzeria; they'll usually sell it to you in 1 pound balls if you ask.

• Each serving: About 465 calories, 18g total fat (9g saturated), 49mg cholesterol, 640mg sodium, 57g total carbs, 3g dietary fiber, 18g protein.

## Good Housekeeping

### Country-Fair Cheesecake

- 1/2 cups chocolate-cookie crumbs
- 5 tablespoons margarine or butter, melted
- Sugar
- 4 8-ounce packages cream cheese, softened
- 4 large eggs
- 4 1-ounce squares semisweet chocolate, melted

1. Preheat oven to 325 F. In 9-by-2 1/2-inch springform pan, with hand, mix chocolate-cookie crumbs, melted margarine or butter and 2 tablespoons sugar. Press mixture onto bottom of pan.

2. In large bowl, with mixer at medium speed, beat cream cheese until smooth; slowly beat in 1 1/4 cups sugar, scraping bowl often with rubber spatula. Add eggs, one at a time, beating after each addition, just until blended.

3. Pour half the batter into a medium bowl; stir in melted chocolate until blended. Remove scant 1/4 cup chocolate batter and reserve. Pour remaining chocolate batter over crust. Carefully spoon white batter over chocolate batter; gently smooth top.

4. Spoon reserved 1/4 cup chocolate batter into small heavyweight plastic bag; cut small opening in corner of bag. Pipe chocolate batter on top of white batter in parallel lines 3/4 inch apart. Draw toothpick or tip of knife across lines at 3/4-inch intervals, alternating first in one direction and then the other.

5. Bake cheesecake 55 minutes until just beginning to brown around edge (center may not seem set); cool in pan on wire rack. Cover and refrigerate cheesecake at least 4 hours or until well-chilled.

6. To serve, dip metal spatula in hot water to gently loosen edge of cheesecake from pan; carefully remove side of springform pan. Makes 16 servings.

• Each serving: About 400 calories, 29g fat, 121mg cholesterol, 305mg sodium.

- 1/2 cup water
- 3 tablespoons dry sherry
- 2 tablespoons soy sauce
- 2 tablespoons chopped fresh cilantro

1. In 8-quart saucepot, heat oil over high heat. Add green onions, ginger and garlic; cook until green onions are tender, about 1 minute. Add clams, water, sherry and soy sauce; heat to boiling.

2. Reduce heat; cover and simmer 5 to 10 minutes, transferring clams to large platter as they open. Discard any clams that have not opened. Pour broth over clams on platter and sprinkle with cilantro. Makes 4 first-course servings.

• Each serving: About 131 calories, 4g total fat (1g saturated), 36mg cholesterol, 5g total carbohydrate, 14g protein.

## Good Housekeeping

### Soba Noodles with Shrimp and Vegetables

- 1/4 cup creamy peanut butter
- 2 teaspoons peeled, grated fresh ginger
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon distilled white vinegar
- 1 teaspoon Asian sesame oil
- 1/2 teaspoon cayenne pepper
- Salt
- 1 package (8 ounces) soba noodles (100% buckwheat)
- 1/2 bag (10 ounces) shredded or matchstick carrots (about 1 1/2 cups)
- 1 pound large shrimp, shelled and deveined, with tail part of shell left on if you like
- 4 ounces snow peas, strings removed
- 1/2 cup (packed) fresh cilantro leaves, chopped, plus additional sprigs for garnish

1. In small bowl, combine peanut butter, ginger, soy sauce, vinegar, sesame oil and cayenne pepper sauce; set aside.

2. Heat covered 5- to 6-quart saucepot of water and 1 teaspoon salt to boiling over high heat. Add noodles and cook 4 minutes. Add carrots and cook 1 minute. Add shrimp and snow peas and cook 2 minutes more. Reserve 1/2 cup pasta cooking water. Drain noodles, shrimp and vegetables into large colander. Transfer noodle mixture to large bowl.

3. With whisk, beat reserved cooking water into peanut-butter mixture until well blended. Add peanut sauce and chopped cilantro leaves to noodle mixture in bowl and toss until evenly coated.

4. To serve, spoon into 4 large bowls; garnish each serving with a cilantro sprig. Makes 4 (2 cups each) servings.

• Each serving: About 430 calories, 12g total fat (2g saturated), 140mg cholesterol, 960mg sodium, 53g total carbohydrate, 6g dietary fiber, 33g protein.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Spinach Apple Toss

You might not think that spinach and apples go together — but one bite of this ultra-easy salad and you'll quickly change your mind!

- 8 cups fresh spinach leaves, stems removed and discarded
- 1 cup cored, unpeeled and sliced Red Delicious apples
- 1/4 cup bacon bits
- 1/2 cup fat-free mayonnaise
- 1/2 cup unsweetened apple juice

In a large bowl, combine spinach, apples and bacon bits. In a small bowl, combine mayonnaise and apple juice. Add dressing mixture to spinach mixture. Mix gently to coat. Serve at once. Makes 4 (1 1/2 cup) servings.

• Each serving equals: 114 calories, 2g fat, 4g protein, 20g carb., 555mg sodium, 2gm fiber; Diabetic Exchanges: 1 Vegetable, 1 Fruit, 1/2 Starch, 1/2 Meat.

## Good Housekeeping

### Southern Peach Pork Chops

Juicy peaches hot off the grill are perfect with tender seared meat.

- 1 tablespoon curry powder
- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 pinch black pepper
- 1 clove garlic, crushed with garlic press
- 4 (about 5 ounces each) pork loin chops, 3/4-inch thick
- 4 large peaches, each cut in half
- 1/2 cup peach jam, substitute apricot jam or preserves
- Arugula, for garnish

1. In cup, stir curry powder, brown sugar, olive oil, salt, cinnamon, pepper and garlic.

2. With hands, rub both sides of pork chops with curry mixture.

3. Brush cut side of peach halves and 1 side of chops with some jam. Place peaches, brushed side down, and chops, brushed side up, on grill over medium heat; cook 5 minutes.

4. Turn chops and peaches over and brush grilled side of chops with some jam; cook 5 minutes longer. Remove peaches from grill when browned and place on platter. Turn chops and brush with remaining jam; cook 2 to 3 minutes longer, until chops are browned on the outside and still slightly pink on the inside. Place chops on platter with peaches; garnish with arugula. Serves 4.

• Each serving: About 475 calories, 24g total fat (8g saturated), 23g protein, 42g carbohydrate, 58mg cholesterol, 325mg sodium.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Tomato and Basil Onion Soup

Homegrown tomatoes soon will be nothing but a pleasant memory. But before they are, why not stir up a pot of this wonderful soup? It's perfect for all of us tomato and basil fans!

- 1 cup finely chopped onion
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 cup water
- 3 cups peeled and chopped fresh tomatoes
- 2 tablespoons minced fresh basil or 2 teaspoons dried basil

In a large saucepan sprayed with butter-flavored cooking spray, saute onion for 6-8 minutes. Stir in tomato soup and water. Bring mixture to a boil. Stir in tomatoes and basil. Lower heat and simmer for 10 to 12 minutes, stirring occasionally. Makes 4 (1 1/4 cup) servings.

TIP: 1 (15-ounce) can diced tomatoes can be used in place of fresh tomatoes.

• Each serving equals: 109 calories, 1g fat, 2g protein, 23g carb., 300mg sodium, 3g fiber; Diabetic Exchanges: 2 Vegetable, 1/2 Starch.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Ultra-Easy Italian Vegetable Relish

Zucchini is one of those vegetables that gets far too little respect. I think it might be because its vines are so prolific. No matter how good something is, when it's overabundant, it somehow is taken for granted. Try this ultra-easy relish, and others just might ask you, "Where in the world did you come up with this great recipe?"

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# Crime

**Shooting** at North Sedgwick Street and Evergreen Avenue.

**Assault** on the 2000 block of North Leavitt Street.

**Assault** on the 4400 block of North Hazel Street.

**Assault** on the 900 block of West Webster Avenue.

**Assault** on the 800 block of West Addison Street.

**Shooting** on the 1200 block of North Clark Street.

**Shooting** on West Fullerton and Lake Shore Drive.

**Assault** on the 5700 block of North Glenwood Avenue.

**Theft** on the 2400 block of North Cannon Drive.

**Theft** on the 3700 block of North Clark Street,

**Vandalism** on the 1800 block of North Milwaukee Avenue.

**Theft** on the 2600 block of Cannon Drive.

**Assault** on the 1300 block of North Wells Street.

**Assault** on the 800 block of North Ogden Avenue.

**Theft** on the 2400 block of North Lincoln Avenue.

**Theft** on the 1200 block of North Clybourn Avenue.

**Theft** on the 2900 block of North Sheridan Road.

**Theft** on the 2600 block of North Cannon Drive.

**Assault** on the 900 block of West Lawrence Avenue.

**Assault** on the 1400 block of North Sedgwick Street.

**Theft** on the 1600 block of North Lake Shore Drive.

**Assault** on the 2700 block of North Halsted Street.

**Theft** on the 2900 block of North Rockwell Street.

**Robbery** on the 900 block of West Belmont Avenue.

**Theft** on the 3900 block of North Sheridan Road,

**Theft** on the 2400 block of North Stockton Drive.

**Theft** on the 1700 block of West Lawrence Avenue.

**Assault** on State Street and Division Street.

**Theft** on the 900 block of North State Street.

**Theft** on the 2300 block of North Cannon Drive.

**Theft** on the 1300 block of North Cleveland Avenue.

**Theft** on the 1400 block of North Bosworth Avenue.

**Theft** on the 2100 block of North Elston Avenue.

**Theft** on the 1400 block of North Ashland Avenue.

**Assault** on the 3400 block of North Paulina Street.

**Theft** on the 3800 block of North Broadway.

**Assault** on the 1700 block of West Fullerton Avenue.

**Assault** on the 2300 block of North Kenmore Avenue.

**Robbery** on the 2000 block of North Wolcott Avenue.

**Theft** on the 1100 block of North Clark Street.

**Theft** on the 600 block of West Arlington Place.

**Robbery** on North California Avenue and West Logan Boulevard.

**Assault** on the 2000 block of North Leavitt Street.

**Assault** on the 4400 block of North Hazel Street.

**Assault** on the 900 block of West Webster Avenue.

**Assault** on the 800 block of West Addison Street.

**Shooting** on the 2600 block of North Milwaukee Avenue.

**Assault** on the 4000 block of West Melrose Street.

**Theft** on the 4300 block of North Kedzie Avenue.

**Assault** on the 5700 block of North Glenwood Avenue..

**Theft** on the 3700 block of North Clark Street.

**Assault** on the 4800 block of North Kimball Avenue.

**Vandalism** on the 1800 block of North Milwaukee Avenue.

**Theft** on the 2400 block of North Lincoln Avenue.

**Theft** on the 2900 block of North Sheridan Road.

**Assault** on the 900 block of West Lawrence Avenue.

**Assault** on the 5600 block of North Spaulding Avenue.

**Theft** on the 3000 block of North Elbridge Avenue.

**Robbery** on the 900 block of West Belmont Avenue.

**Assault** on the 2700 block of North Halsted Street.

**Theft** on the 2900 block of North Rockwell Street.

**Theft** on the 3900 block of North Sheridan Road.

**Theft** on the 1700 block of West Lawrence Avenue.

**Vandalism** on the 2500 block of North Richmond Street.

**Assault** on the 2900 block of North Milwaukee Avenue.

**Assault** on the 4000 block of North Kedzie Avenue.

**Theft** on the 2200 block of North California Avenue.

**Theft** on the 1400 block of North Bosworth Avenue.

**Theft** on the 2100 block of North Elston Avenue.

**Theft** on the 1400 block of North Ashland Avenue.

**Burglary** on the 2700 block of North Hamlin Avenue.

**Assault** on the 2700 block of West Foster Avenue.

**Assault** on the 3400 block of North Paulina Street.

**Assault** on the 1700 block of West Fullerton Avenue.

**Theft** on the 4700 block of North Monticello Avenue.

**Assault** on the 2300 block of North Kenmore Avenue.

**Robbery** on the 2000 block of North Wolcott Avenue.

**Theft** on the 2900 block of West Giddings Street.

**Theft** on the 600 block of West Arlington Place.

**Theft** on the 600 block of West Aldine Avenue.

**Shooting** on the 100 block of Custer Avenue.

**Assault** on the 400 block of Howard Street.

**Assault** on the 100 block of Asbury Avenue.

**Assault** on the 800 block of West Addison Street.

**Vandalism** on the 100 block of Callan Avenue.

**Theft** on the 1200 block of Harvard Terrace.

**Shooting** on the 2600 block of North Milwaukee Avenue.

**Theft** on the 100 block of Clyde Avenue.

**Vandalism** on the 700 block of Howard Street.

**Burglary** on the 1000 block of Howard Street.

**Assault** on the 400 block of Howard Street.

**Vandalism** on the 100 block of Callan Avenue.

**Vandalism** on the 800 block of Brummel Street.

**Theft** on the 300 block of Elmwood Avenue.

**Theft** on the 1100 block of Howard Street.

**Assault** on the 100 block of Ashland Avenue.

**Assault** on the 5700 block of North Glenwood Avenue.

**Arrest** on the 500 block of North Keeler Avenue.

**Theft** on the 1300 block of West Morse Avenue.

**Assault** on the 1700 block of West Estes Avenue.

**Theft** on the 2200 block of West Diversey Avenue.

**Burglary** on the 6500 block of North Washtenaw Avenue.

**Theft** on the 3700 block of North Clark Street.

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# 3 Rooms Perfect for Adding *Focal Points*

FAMILY FEATURES

**Y**ou don't have to be a design expert to create an inviting living space, but with some simple tricks, you can create a home that looks like it's been styled by a pro.

One way to make a room feel more inviting and comfortable is identifying a focal point to anchor the decor and create a natural, beautiful flow. Without a focal point, a space can feel awkward and disjointed.

These inspirational ideas for using focal points in three popular living spaces can add comfort and beauty that makes you feel right at home.

### Kitchen

As the heart of the home, the kitchen deserves special attention to make it a welcoming space where you can enjoy spending time. Depending on your design, you'll discover there are numerous ways to incorporate a focal point in a kitchen, whether it's bold cabinetry, an island featuring a natural stone countertop or stand-out appliances that make a statement.

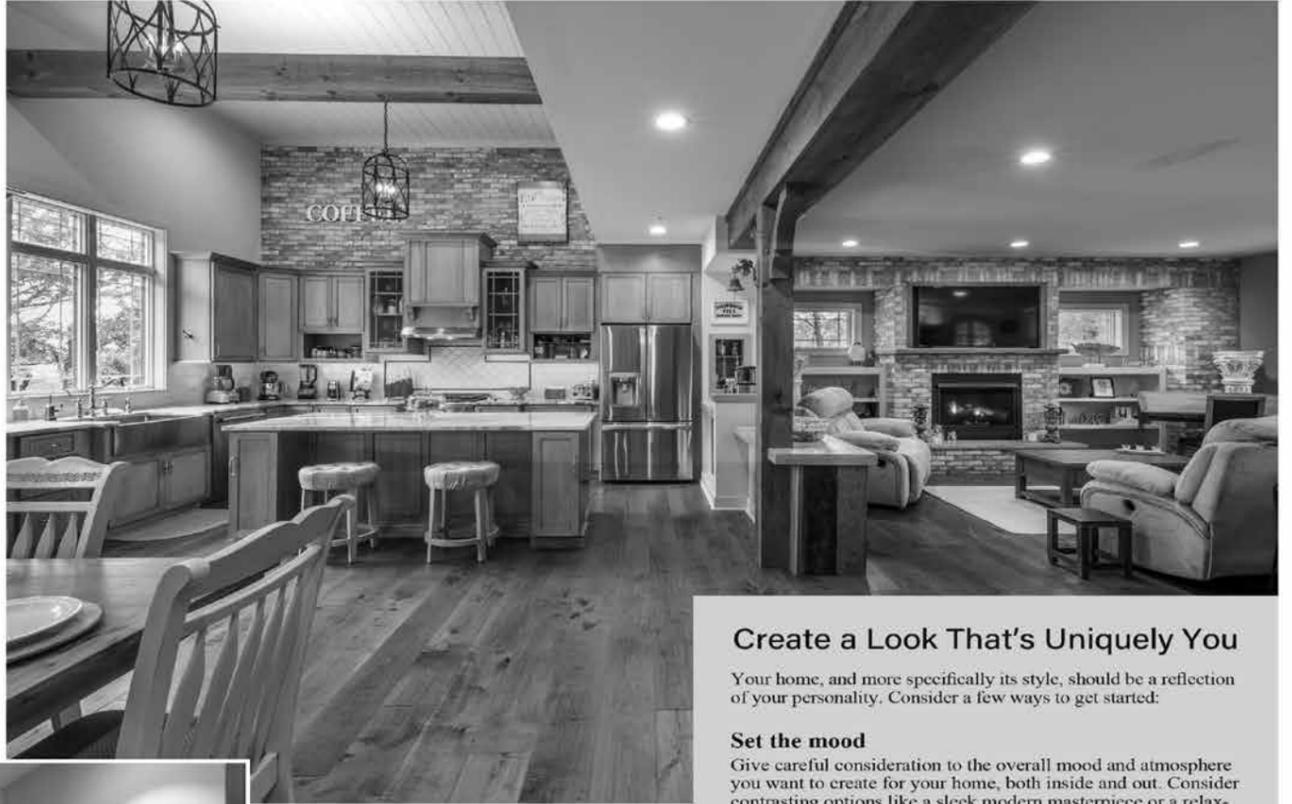
The wall space is also a smart place to draw visual attention. An accent wall is an option if you have the space, but the backsplash is another spot where you can make a big impact.

### Living Room

The main function of a fireplace is to provide warmth, but it's also a perfect element to use to create a focal point that exudes comfort and style. Make your fireplace stand out while also adding an intimate touch by using brick or stone.

As an alternative, you can accent a fireplace with a bold wall treatment. Floor to ceiling brick or stone converts an average wall into an eye-catching focal point, giving a room a natural, yet striking, edge.

From handmade to glazed bricks and everything in between, Glen-Gery's line of more than 600 brick and stone products offers a diverse array of colors, textures and sizes, providing homeowners the ability to emphasize their focal points while also reflecting their desired design aesthetic.



### Create a Look That's Uniquely You

Your home, and more specifically its style, should be a reflection of your personality. Consider a few ways to get started:

#### Set the mood

Give careful consideration to the overall mood and atmosphere you want to create for your home, both inside and out. Consider contrasting options like a sleek modern masterpiece or a relaxing coastal-inspired sanctuary. Weighing these kinds of options helps point you in the right direction to find the perfect color scheme and textures.

#### Mood-board magic

Look to magazines and online resources like social media and design blogs for ideas and styles that resonate with you. Browse freely and dream big at first but be sure to review regularly to identify a common denominator. Ultimately this can help you articulate exactly what you want. You can also explore how different products work in your home by using a virtual designer, such as Glen-Gery's Picture Perfect.

#### The real deal

To get a real-life feel for your new space, visit model homes and design centers, and look closely and critically at the colors and materials used. This can provide a tangible sense of how those styles may work in your home.



### Bathroom

It may be one of the smallest living spaces in a home, but the bathroom sees enough traffic that it's worth making it a visually appealing place to be. Even with a diminutive footprint, the bathroom presents numerous options for a focal point, from an intricate wall material to vibrant lighting fixtures and everything in between. Given their relative size, the shower or tub may be a practical focal point; the vanity offers similar appeal. If you prefer a scaled but equally impactful approach, consider highlighting a smaller element, like a stunning vessel sink, or an unexpected element such as a brick or stone accent wall.

Find more ideas to suit your style at glengery.com.

# The New Homeowner's Moving Checklist

FAMILY FEATURES

**N**ow that you've closed on your first house, you're officially a homeowner. However, before you can get comfy in your new place, you need to actually move in. If you've never moved into a new house, there are a few things you may not be aware of.

As you make plans to move into a house for the first time, consider these tips as you begin to get settled.

### Have the House Cleaned

You have two options: either roll up your sleeves and do a complete top-to-bottom cleaning before moving in or hire a cleaning service. While both options work, one will save you money and the other will save you time.

### Tackle Any Small Projects

If you already know you want to make some changes, it's best to do that before you move your things in. Your home inspector can go over your entire house and suggest possible renovations and improvement projects.

### Meet Your Neighbors

Even if you've never taken the time to introduce yourself to your neighbors before, you'll likely want to get to know the folks who live next to or near your new home. Consider stopping by with a simple gift like cookies to break the ice, say hi and get things started on the right foot.

### Check Out Community Activities

Every community has its own personality. That includes the local hotspots, activities, seasonal celebrations and recreational options. You may have looked into some of this while you were shopping for your new home, but now that you know where you'll be living, this is a perfect opportunity to sign up for a recreational sports team or put the annual festival on your calendar.



Photos courtesy of Getty Images

### Make Sure You Have Power

When you move into a new home, it's up to you to contact the electric provider for the area to set up an account and ensure the power is on. Do not count on the former owner to leave the power on for you.

### Replace the Locks

Rather than assuming you have complete control over who can get in your home, it's best to go ahead and change all the locks. This simple step isn't overly expensive and can give you peace of mind.

### Consider Eco-friendly Appliances

Going green can reduce your energy costs as well as your carbon footprint. It doesn't have to cost a fortune to make your house eco-friendly. There are energy-efficient appliances to suit every price range. Plus, simple changes, like LED bulbs and a smart thermostat, can further reduce your energy bill.

### Make Your New Home Safe

At a minimum, you should check every smoke and carbon monoxide alarm to ensure they work. If not,

replace them and purchase a fire extinguisher or two for added protection.

### Account for Outdoor Essentials

You'll want to arrange for a lawn care provider if you don't plan on doing it yourself and give some thought to any needed landscaping, which makes outdoor maintenance one less thing to worry about as you settle in.

Moving in to your first home is a significant milestone. Make the experience of moving in memorable, efficient and as stress-free as possible by working through this checklist ahead of time.

If you're planning to hire someone to help complete any of these tasks, finding the right professional can be tricky, but there's a simple solution. An online directory like the Best Pick Reports provides homeowners with recommended pros that have been thoroughly, independently reviewed. Plus, you'll have the peace of mind that comes with the Best Pick Guarantee. If you're not satisfied with a guaranteed service provider, you'll be reimbursed.

Visit [bestpickreports.com](http://bestpickreports.com) to find home services professionals to help you tackle all your home improvement projects, including moving in.



**The Garden Bug**

### Keyhole garden

This raised-bed garden design is an option for those who are unable to manage a larger, in-ground space due to physical limitations or time constraints. Its design allows the soil to have direct access at all times to the nutrients in the built-in composting bin. The "keyhole" is a wedge-shaped opening where the gardener can walk easily to the composting bin and refill it.

- Brenda Weaver

Sources: www.bigblogofgardening.com, concernusa.org



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**The Garden Bug**

### Compost materials

**"Browns"**  
Fallen leaves, hay, straw, cornstalks, shredded cardboard & newspaper (soy-based OK), paper plates, bags, towels, chipped brush, sticks, twigs, branches, bark, sawdust, pine needles (not more than 10%)

**"Greens"**  
Vegetable & fruit wastes, eggshells, coffee grounds, filters, teabags, farm animal manure, chemical-free weeds & grass clippings, seaweed (give it a good soak to remove any excess salt) - Brenda Weaver

Source: earthfriendlygardening.wordpress.com



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**The Garden Bug**

### Wildflower viewing

The U.S. Forest Service provides a free, searchable online guide to wildflower viewing areas of the United States. It includes descriptions, maps, facilities, photos, directions, hiking trails, safety tips, nearby towns, website links and more.

[www.fs.fed.us/wildflowers/viewing](http://www.fs.fed.us/wildflowers/viewing)

- Brenda Weaver

Source: www.fs.fed.us



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## Quotes worth your time

**"I am still learning"**  
Michelangelo

**"People who wonder if the glass is half empty or full miss the point. The glass is refillable."**  
Unknown

**"It's hard to beat a person who never gives up."**  
Babe Ruth

**"The secret to getting ahead is getting started."**  
Mark Twain

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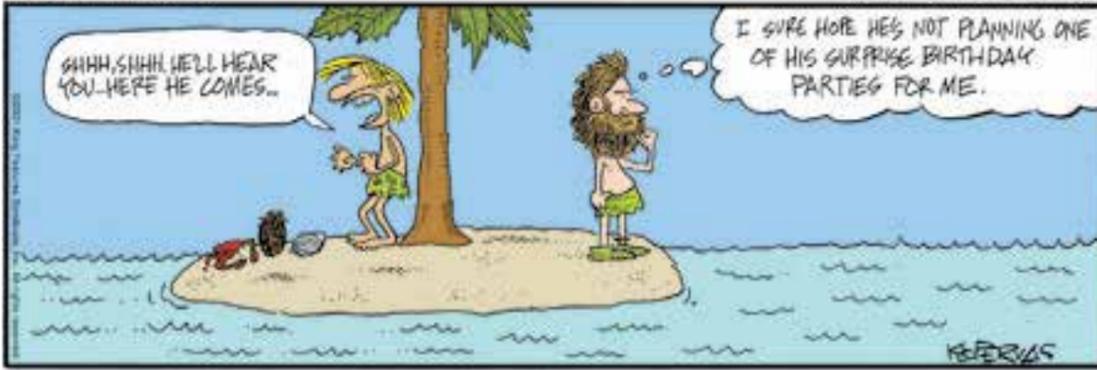
## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



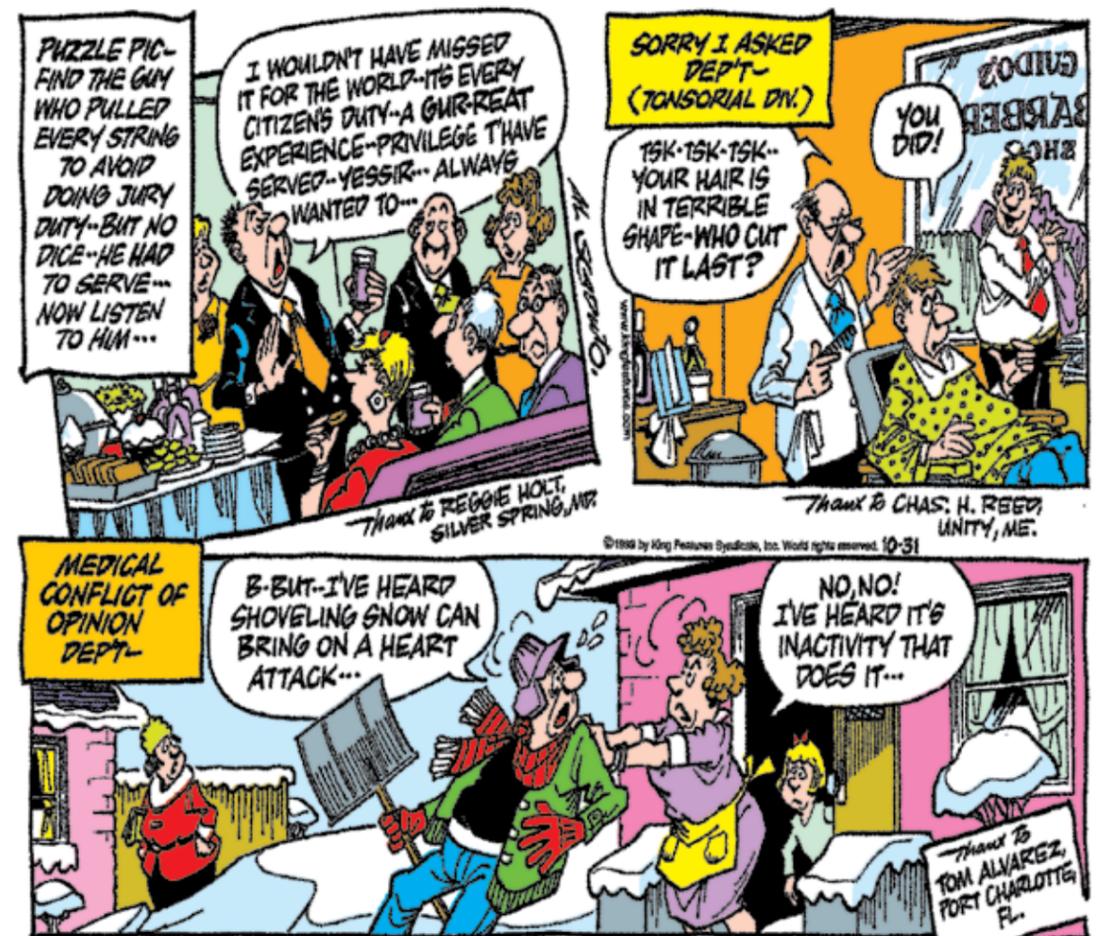
## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## PETTING ZOO

## Junior Whirl

by Charles Barry Townsend



**COIN COIL BOIL BOLL BILL**

**DOWN THE LADDER!**

In this puzzle, you are given a word that must be changed into another word in a series of moves. During each move you must change one letter in the previous word so as to form a new word. In our example we changed COIN to BILL in four moves. See if you can change the following five words in four moves.

**AN ODD PROBLEM!** Professor Flunkum challenges you to arrange five odd numbers so that they add up to 20. The same number can be used more than once. (There's a catch, natch.)

Answer: 13 + 3 + 3 + 3 + 3 = 20. (13 counts as two odd numbers.)

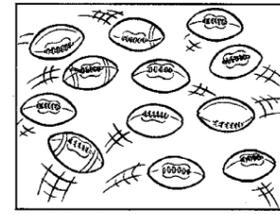
**FIND THE HATS!** Hidden in the grid are the names of eight types of hats. Starting at any letter, spell a name by going from letter to letter horizontally, vertically or diagonally. You can use each letter only once when spelling any one name. As an example we've given you a CAP by circling the letters.

A	P	O	S	W
C	E	T	A	Z
Y	B	R	E	D
O	W	L	O	F

**FLYING PIGS!** There's a lot of kicking and passing going on here! Can you pick out two balls that look exactly alike? It's up to you to decide.

## Junior Whirl

by Charles Barry Townsend



**BUZZ WORDS!**

Can you figure out what the nine words in our puzzle grid are? We give you the first and last letter of each word plus a hint to its meaning. Also, if you get them all correct, the middle letters, read across, spell out a hidden word.

1	2	3	4	5	6	7	8	9
B	B	B	B	B	B	B	B	B
E	E	E	E	E	E	E	E	E

**WHERE DO THEY GO?** Try placing the digits 1 through 8 in the grid so that no two consecutive numbers are next to each other either horizontally, vertically or diagonally. There is more than one solution.

A	B	C	D	E
F	G	H		

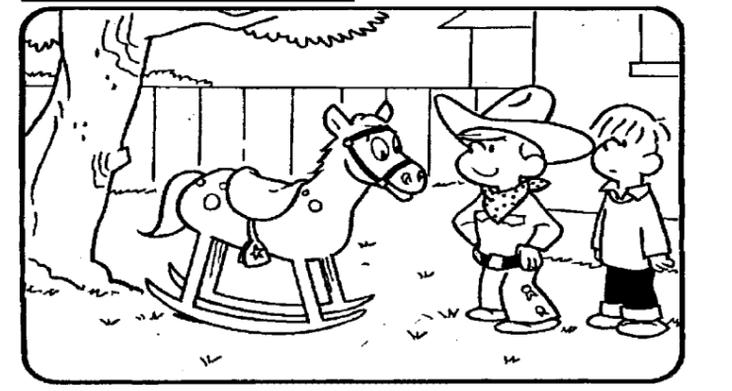
**A WORD SQUARE!** When filling in the grid at right, the same four-letter words are used both across and down. These hints should help you solve this one in under 60 seconds:

- Lacking a covering.
- From a distance.
- Melted rock.
- Dull or dreary.

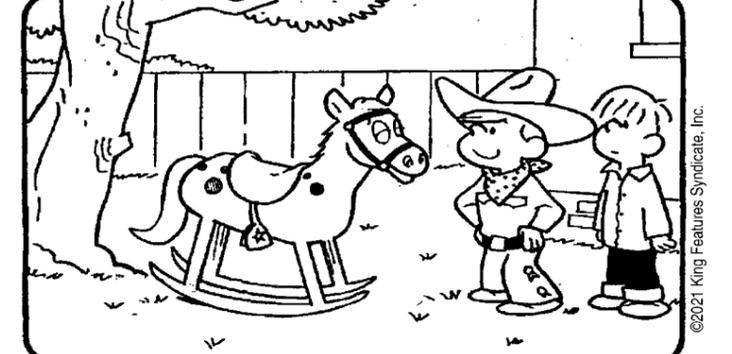
1	2	3	4

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Spots are different. 2. Eyes are closed. 3. Sweater is missing. 4. Tail is longer. 5. House is missing. 6. Bricks are added.

## Just Like Cats & Dogs

by Dave T. Phipps



# Environmental Education

## Teach kids how to protect the Earth



### FAMILY FEATURES

**T**eaching kids about the environment from an early age starts lifelong habits and creates awareness about the way humans affect the Earth. Connecting those lessons to school is an easy way to reinforce how the whole family can make everyday changes that make a difference.

**Lower lunchtime impact.** Between brown bags, baggies and other packaging waste, school lunches generate a heap of trash. Instead, encourage kids to pick colorful reusable lunchboxes they can use again and again. Bento-style boxes add kid-friendly fun while keeping food separated so you can skip plastic baggies. Another earth-friendly suggestion for school lunch: instead of single-serve products, buy larger bulk packages you can use to fill reusable containers.

**Manage transportation.** Getting kids to and from school affects the environment in multiple ways, from energy consumption to pollution. You can reduce your family's impact by having kids ride the bus or carpooling with others in your neighborhood. Avoid idling while at school pickup and drop off and advocate for your school district to use clean energy options, like propane, for its transportation fleet.

According to the Propane Education & Research Council, propane school buses offer multiple benefits for school districts and students alike. Not only do propane buses save school districts' money, but they also reduce harmful emissions, giving students a healthier ride to school.

Find more information at [BetterOurBuses.com](http://BetterOurBuses.com).

**Stop water waste.** Over the past year, access to water fountains has been significantly limited to prevent the spread of germs. That means many school districts are more receptive to having kids bring water bottles from home. Sending your little learners off with reusable bottles offers a win-win that reduces reliance on plastic bottles and other single-serve beverage containers, while also encouraging kids to practice healthy habits by staying hydrated throughout the day.

**Skip the supply splurge.** While there's something exciting about breaking open a brand new box of crayons or markers, it's not really necessary to buy all new supplies year after year. Reusing what gets sent home at the end of the year saves money and prevents waste of still-functional supplies that would otherwise take up space in landfills.

**Encourage resourceful recycling.** Get kids excited about recycling by designing and decorating recycling bins using leftover materials around the house. When it's fun and they've had a hand in creating the tools, kids are more likely to remember to put recycling in its place.

**Include the whole family.** Family time can be a precious commodity while school is in session, so make it meaningful when you can by bringing everyone together for a cause. Take the family to a local recycling center for an afternoon of volunteering or gather everyone for a pick-up day at a nearby park. School is often the center of kids' worlds, so bringing lessons about protecting the environment into the education setting is a natural way to introduce them to ideas for protecting the Earth and its resources.



### A Better Option for Buses

When it comes to schools and education, paying more attention to earth-friendly practices isn't limited to just your home. Switching to propane buses is one of the main ways school districts are updating their transportation plans to ensure every child has a safe, clean, healthy ride to school.

#### Energy Mix

Electric vehicles make sense for several uses, including the passenger cars parents use to drive their students to school, but propane has a fuel range and performance better suited for school transportation vehicles that travel long distances at a time.

#### Energy Equity

Generally, the more affordable energy is, the more equitable its distribution will be. The cost of a propane school bus and its refueling infrastructure is one of the most affordable options for school districts. Propane buses are nearly four times less expensive than electric buses.

Plus, school districts save money throughout the lifetime of propane buses. Propane school buses cost 30-50% less per mile to operate than diesel, according to the Propane Education & Research Council, and some districts are saving more than \$1 per gallon, which can add up to thousands of

dollars over a single school year. That's money that can go back into classrooms.

#### Carbon Footprint

In most of the United States, propane school buses are a lower carbon option than electric school buses charged using the electric grid. New innovations in the industry have also led to a renewable propane option for school buses, which ensures low-carbon options well into the future. Because it's produced from renewable raw materials, renewable propane is a lower carbon option than conventional propane and is cleaner than other energy sources.

#### Harmful Emissions

While diesel exhaust is classified by the World Health Organization as a carcinogen, propane buses don't expose students to the same harmful emissions. Propane school bus engines lower greenhouse gases and other harmful emissions to near-zero levels, which improves air quality and eliminates concerns about breathing-related issues.

In fact, propane school buses significantly reduce the harmful emissions that are federally regulated due to their negative impact on human health and are a known trigger for issues like asthma, bronchitis and other respiratory problems.



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