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January 2022

FREE It's our 26th Anniversary
Serving the communities of

Lakeview, Roscoe Village, North Center and Lincoln Square



January, 2022

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

Volume 26, Number 2

New Covid Rules



Mayor Lori Lightfoot unveiled new COVID rules starting January 3, 2022, that would require people to prove they've been fully vaccinated – both initial shots of Pfizer or Moderna vaccines, or the Johnson & Johnson single shot – before entering restaurants, bars, gyms, theaters, entertainment or recreational centers that serve food. The proof can be in the form of a copy, photocopy or electronic copy of a vaccination card. People will always have to present a photo ID. Exempted are churches, grocery stores, offices and public schools. If a customer is just running in to pick up a package or a meal to go, they will be exempt. Restaurant workers will be given the option of taking a test to prove they are

negative. Lightfoot said, "Given the situation, we had no choice." COVID hospitalizations are at nearly the highest level in a year. "We've all got to strap on the armor again," Lightfoot said, saying that she didn't want to return to severe shutdown policies. "If you want to do things you love, you must be vaccinated", the mayor said. Dr. Allison Arwady, Chicago's health commissioner, said that the city is headed toward a pandemic record. "We've gone from being in a not very good place to being in a really bad place.", due to the omicron variant. There was no indication as to when the rules might end. What's in your wallet?

UFO Search Is On



Mock up photograph

It's time to dust off those X-Files. The federal government is embarking on a new attempt to explain the unexplainable. The move comes after the U.S. Intelligence community verified a number of unexplained aerial sightings earlier this year, and admitted it could not explain the phenomena. Sen. Kirsten Gillibrand (D-NY) authored legislation creating an office to study UAPs (unidentified aerial phenomena) government-wide and report to Congress. This amendment to the \$770B Defense bill would include an agency to investigate UFOs and would require the new office to submit unclassified reports about its findings. Special attention would be paid to the characteristics and performance of (UFOs) that exceed the known state of the art in science or technology. The information would be collect-

ed in a "centralized repository". The office would also coordinate with U.S. Allies, NASA, the Federal Aviation Administration (FAA) and the Department of Energy and Homeland Security regarding their discoveries. And so the establishment of the Airborne Object Identification and Management Synchronization Group (AOIMSG) is born. In an excerpt taken from a press release issued by the new AOIMSG, this task force will synchronize efforts across the Department and broader U.S. Government to detect, identify and attribute objects of interest in security. To provide oversight of the AOIMSG, the Deputy Secretary also directed the USD (I&S) to lead an Airborne Object Identification and Management Executive Council to be comprised of DOD and Intelligence Community membership,

and to offer a venue for U.S. Government inter-agency representation. Incursions by any airborne object into our Special Use Airspace (SUA) pose safety of flight and operations security concerns, and may pose national security challenges. DOD takes reports of incursions – by any airborne object, identified or unidentified- very seriously, and investigates each one. This decision is the result of planning efforts and collaboration conducted by (I&S) and other DOD elements at the direction of Deputy Secretary Hicks, to address the challenges associated with assessing UAP occurring on or near DOD training ranges and installations highlighted in the DNI preliminary assessment report submitted to Congress in June 2021. This government report on UFO sightings said there was no "single explanation" for

144 incidents reported by military personnel since 2004 but deemed them a threat to flight safety and a potential threat to national security. In this long-awaited report, they did say they found no evidence that the sightings were either extraterrestrial life or major technological advancements from Russia or China. The report also identified the need to make improvements in processes, policies, technologies, and training to improve our ability to understand UAP. In the weeks ahead the Department will issue implementing guidance, which will contain further details on the AOIMSG Director, organizational structure, authorities and resourcing. This report was an indication that the U.S government was finally taking seriously what for so long was considered a

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Editorial & Opinions

UFO Search Is On Continued from front page

fringe issue. The issue of UAPs has fueled years of Washington infighting about how seriously to treat the reports.

Now that legislators have taken action on UAPs, they need to make sure the new office does not become shrouded in secrecy.

Chambers name new leaders from within as Executive Directors

Both the Lakeview-Roscoe Village Chamber of Commerce and the North Center Chamber of Commerce have promoted associates that worked for the chambers as new Executive Directors.

The Lakeview-Roscoe Village Chamber of Commerce has named Becca Girsch as the new Executive Director of the chamber. She was the Business Service Director for the chamber for the past 3 years. Before that she worked at the She One Boutique on Southport Avenue.

She is also an ex President of the Board of Directors of the chamber and also practiced commercial litigation for 8 years in Chicago. Eileen Keleghan has been named the new Executive Director for the North Center Chamber of Commerce. She had been the assistant Director of the North Center Chamber since 2014.



Moments in time

THE HISTORY CHANNEL

- On Jan. 9, 1493, Christopher Columbus, sailing near the Dominican Republic, sees three “mermaids” and describes them as “not half as beautiful as they are painted.” They were in reality manatees. Mythical mermaids have existed in seafaring cultures since the time of the ancient Greeks.

- On Jan. 6, 1759, a 26-year-old George Washington marries Martha Dandridge Custis. Historical documents have revealed that Martha may not have been the great love of his life. Washington wrote cryptic yet passionate love letters to Sally Fairfax, the wife of a friend.

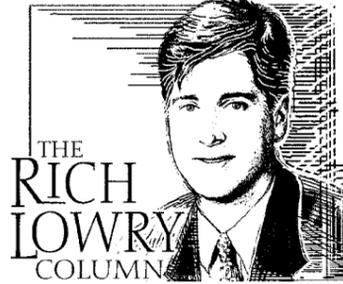
- On Jan. 4, 1847, Samuel Colt rescues his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers. Though never cheap, by the early 1850s, Colt revolvers were inexpensive enough to be a favorite with Americans headed westward during the California Gold Rush.

- On Jan. 5, 1945, Japanese pilots receive the first order to become kamikaze, meaning “divine wind.” They needed little training to take planes full of explosives and crash them into ships. At Okinawa, they sank 30 ships and killed almost 5,000 Americans.

- On Jan. 7, 1959, six days after the fall of the Fulgencio Batista dictatorship in Cuba, the U.S. government believes it can work with Fidel Castro and protect American interests in Cuba. Less than two years later, the U.S. severed diplomatic relations and launched the Bay of Pigs invasion.

- On Jan. 8, 1962, at the National Gallery of Art in Washington, D.C., Leonardo da Vinci’s masterpiece, the Mona Lisa, is exhibited for the first time in America.

- On Jan. 3, 1990, Panama’s Gen. Manuel Antonio Noriega, after hiding at the Vatican embassy in Panama City, surrenders to U.S. military troops to face charges of drug trafficking and is flown to Miami. In 1992, the former dictator was convicted and sentenced to 40 years in prison.



The Failure of ‘Latinx’

What the progressive culture elite wants, it usually gets. Single-sex bathrooms changing overnight to all-gender or non-gender bathrooms? Done. Illegal immigrants becoming known as undocumented persons? But of course.

So, when it was decided in the precincts of fashionable opinion that the term “Latino” would be retired in favor of “Latinx,” one could have been forgiven for thinking that this hideous neologism would, like so much else in American life, go from a fringe cause to mainstream soon enough.

But a funny thing happened on the way to the Latinx ascendancy — Latinos have rejected the term, at the same time that a big swing toward the GOP among these voters has highlighted the perils of high-handed cultural politics for the Democrats.

Latinx may end up being a woke experiment that failed, showing the vast gap between the identity-politics-obsessed progressives earnestly talking to one another in seminar rooms and on social media and the Hispanics in whose name they presume to speak.

Latinx is a project cut from the same cloth as the endless extension of LGBTQ, which, as of this writing, is now more properly and comprehensively rendered as LGBTQQIP2SAA.

The alleged problem that Latinx was invented to fix is that is Spanish has gendered nouns. This means that using the male Latino as an adjective to describe men and women of Latin American ancestry, let alone transgender and non-binary people, is supposedly exclusionary, hateful and downright dangerous. As a handbook on the terminology by a Princeton scholar explains, “To default to the masculine gender promotes interpersonal violence against women and non-binary individuals.”

Latinx rose from the ashes of its predecessor neologism Latin@, an

attempted amalgamation of the -o at the end of the Latino and the -a at the end of Latina. But no one knew how to pronounce the word. It was deemed insufficiently woke because the “o” was supposedly graphically dominating the “a” (yes, this is how some people think). And it caused confusion on social media where the at sign is used to tag someone.

Enter Latinx, which is only slightly less ridiculous.

As Giancarlo Sopo of The Daily Wire, who has been on a one-man crusade against the rise of the term, points out, Latinx is incomprehensible to any Spanish speaker without some knowledge of English. Most Spanish-speakers don’t think there is something desperately flawed about their language, or that Spanish grammar is a proto-hate crime. The Real Academia Espanola, Spain’s official institution charged with maintaining the integrity of the language, has ruled against the -x appendage.

Out in the real world, “Latinx” polls even more poorly than Joe Biden does. A Politico poll found that only 2% of Hispanics prefer the term, while 68% opt for Hispanic and 21% favor Latino or Latina. The term is considered offensive to 40% of respondents and 30% said that they are less likely to support a politician or group using it.

Rep. Ruben Gallego, an Arizona Democrat, tweeted in reaction to the poll that he forbids his staff from using Latinx in official communications. “When Latino politicians use the term, it is largely to appease white rich progressives who think that is the term we use,” he wrote. “It is a vicious circle of confirmation bias.”

Still, elite media outlets and other institutions susceptible to progressive influence, as well as many elected Democrats, have dutifully defaulted to the term. It’s one thing if an individual prefers to be called Latinx (or, the even more cutting-edge Latina/o/x or Xicanx), it’s another thing to apply the term to a large group of people who have no interest in being called a name that makes no sense to them.

The pushback is a heartening sign of the limits of elite cultural power, and of the lack of interest of most Latinos in being pawns in the ever more strained and obscure progressive politics of perpetual victimology.

Rich Lowry is editor of the National Review.

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Martin Luther King Jr. Day January 17th



Americanisms



“Experience is what you get when you didn’t get what you wanted.”

— Randy Pausch

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Lakeview Newspaper

“We don’t make the news. We just report it.”

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SENIOR NEWS LINE

by Matilda Charles

AARP Survey: We Want to Grow Older at Home

We want to stay home as we age. That much is clear from a recent survey by AARP.

The 70-question survey touched on all types of topics about home and community preferences, with responses broken down by age. Here are some of the answers from seniors age 50 and older:

77% of us want to stay in our own homes as we age.

79% of us want to stay in our communities as we age.

33% of us know we will need modifications to our homes so we can stay in them and be safe as well as independent.

The number of households headed by seniors in the next 20 years is going to rise from 34 million to 48 million. We're going to want smart home devices and bathtub grab bars (and a full bath on the ground floor), as well as voice activated gadgets, wider doorways and easy access through the front door.

We'll also want accessory dwelling units (known as ADUs), such as in-law apartments or additions, so others can be nearby but not living with us. (AARP and Lowe's have announced a collaboration to launch Lowe's Livable Home, which will include services and products to help us create and build what we need so we can stay in our homes. See its website at www.lowes.com.)

Safety also is on our minds, and over half of us would move to another area if it's safer. Nearly half would move if it lowered our expenses.

But we want a nice community, too, with bike trails and fast internet, ideally a small town where stores and services are nearby.

If you want to see the survey questions and compare your own answers, go to www.aarp.org and search for 2021 AARP Home and Community Preferences Survey.

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VETERANS POST

by Freddy Groves

Boot-Camp for Veteran-Owned Businesses

Last summer, the Department of Veterans Affairs brought together 80 women veteran business owners for a six-month boot camp hosted by PenFed and the VA Office of Small and Disadvantaged Business Utilization (OSDBU). The goal: teach them how to grow their businesses.

The education they received was like a fast-tracked MBA with hands-on classes in product/market analysis, business development and more. At the end of the six months there was a pitch competition to win a grant for their business.

The Veteran Entrepreneur Investment Program (VEIP), in collaboration with PenFed, has much to offer veterans who already have a business up and running.

To learn more about PenFed, go to veip.penfedfoundation.org. Read about its various programs, especially the Master's Program start-up fundraising accelerator. Application deadline for the Spring 2022 program is Jan. 30. The eight-week program is part of an intensive one-year Master's Program. Classes are open to veterans and their spouses who own businesses, and include fundraising coaching, mentor matching and investor deal day.

If you don't qualify for the Master's Program because you don't have the required number of years running your business or because you haven't even started your business, there is other help for you.

The Small Business Administration offers support, grants, low-interest loans and more to veteran owners of small businesses under the "Patriot Express" program. Search the VA website (va.gov) for small business. Look carefully at the eligibility requirements, such as that the business needs to be more than 51% veteran-owned. Look for information at the OSDBU website.

If your location to open a business is flexible, check the VEIP website (veip.penfedfoundation.org) for its list of top cities for veteran entrepreneurs. Find out which locations top the list in categories such as growing economy, support for veterans and ability to start a business. Don't miss the list of emerging cities to get ahead of the curve.

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Strange BUT TRUE

By Lucie Winborne

• The Greek playwright Aeschylus was killed in 455 B.C. when an eagle, mistaking his bald head for a rock, dropped a tortoise on it. According to Pliny, Aeschylus was spending a lot of time in the open to avoid a prophecy that he would be killed by a falling object!

• Rats cannot vomit. Neither can horses.

• Soviet tenor Victor Ivanovich Nikitin had such an appealing voice that when he sang to his Soviet comrades during World War II, German troops on the Eastern Front ceased fire to listen.

• The human heart can squirt blood up to a distance of 30 feet.

• The American football huddle was invented in 1892 by Paul Hubbard, a quarterback from then all-deaf Gallaudet University, to stop the opposing team from reading their signs.

• A woman who was blinded in an accident developed multiple personalities — some of which could see.

• An average raindrop falls at a speed of roughly 7 mph.

• When it comes to educating future billionaires, Harvard University holds the lead with an astonishing 29 billion-dollar alumni as of 2021.

• A town named Hell in Norway freezes over quite regularly.

• Do your lips get annoyingly dry in the winter? Better read the ingredients in that lip balm, as quite a few of them contain salicylic acid, which can exacerbate the problem and cause your lips to peel — necessitating even more lip balm.

• The first plant to flower and produce seeds in space was Arabidopsis thaliana, grown in 1982 by the crew of the Soviet Salyut 7 on the International Space Station.

• It is illegal to step on money in Thailand because you would be insulting the king by treading on his picture.

Thought for the Day: "The only path wide enough for us all is love." — Kamand Kojouri

KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Splatterware Pitcher

It is easy to guess what this is — a rainbow splatterware water pitcher. But how old is it? Splatterware was first made in the late 1700s in England, but most found today dates from about 1800 to 1850 in Staffordshire, England, made to sell in the United States.

Unfortunately, the word "splatterware" now has several meanings, probably because novice collectors didn't realize there is a difference between splatter and spongeware. Another hazard is that there are fairly good copies of splatterware made today to be used in the kitchen. Experts can tell the old from the new by the shape, weight and the white glaze color. They also know the difference in the look of a splattered paint mark and the mark left by a paint-dipped sponge.

Old rainbow splatter like this pitcher is expensive, and the double G-scroll handle is an added value feature. This piece sold with the buyers' premium for \$5,227.

Q: When I bought my beauty shop in 1972, it had a Coke machine. It was made by the Vendo Company of Kansas City. Cokes cost 15 cents. But it isn't the typical red-and-white Coke machine — the front looks like wood and has eight panels with black trim. The machine still works, and I have it in my home. Could you tell me its value?

A: The Vendo company was started in the late 1930s in Kansas City, Missouri. The Vendo Model 56 vending machine was designed about 1956 and made until the mid-1960s. The machine held 56 bottles, sizes 8 ounces to 12 ounces, in up to seven varieties. It was offered in red and white, red and white with woodgrain, and with woodgrain "decorator doors" that made it look like a cabinet rather than a brightly colored soda machine. Styles included Danish, Provincial, Colonial, Traditional and Mediterranean, like yours.

Vintage Vendo soda vending machines in old and worn but working condition that advertise brands like Coca-Cola or Pepsi sell from about



This 11-inch-high antique rainbow splatterware water pitcher with bands in five different colors sold for more than \$5,000 at a Conestoga auction last year.

\$250 to about \$500. Coca-Cola versions are worth the most. Restored examples sell into the thousands. Without product advertising, they are worth less, about \$100 to \$300.

CURRENT PRICES

Wood candlesticks, carved, Wilhelm Schimmel style, central ball, tapered sections, stepped base, 1900s, 10 1/4 inches, pair, \$95.

Alarm clock, travel, gilt brass case, square, white dial with Roman numerals, Swiss quartz movement, marked Tiffany & Co., c.1970, 4 inches, \$115.

Toy, Playland Merry-Go-Round, children on horses, multicolored, tin lithograph, windup, J. Chein & Co., box, 11 x 11 inches, \$270.

Weathervane, golfer, silhouette, swinging driver, golf bag with clubs standing behind, copper, verdigris patina, 25 1/2 x 21 1/2 inches, \$445.

TIP: Store plates vertically in a rack or stack them with a felt plate protector between each plate.

The 2022 "Kovels' Antiques & Collectibles Price Guide" contains more than 12,500 all-new prices — more than any other guide — with every price based on actual sales, never estimates. Available in bookstores and online, it makes a great gift.

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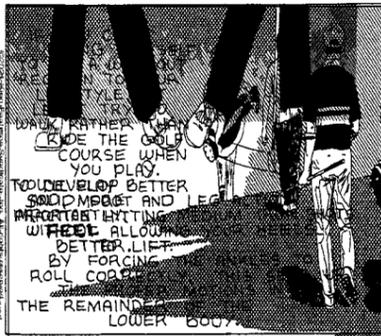
by Ryan A. Berenz

1. What team selected 17-year-old Jermaine O'Neal in the first round of the 1996 NBA Draft?
2. Name the ESPN game show that had contestants taking on statistician Howie Schwab in a showdown of sports trivia knowledge.
3. During the 2012 and '13 seasons, what Cincinnati Reds pitcher threw the 279th and 280th no-hitters in Major League Baseball history?
4. What legendary Dutch striker played for Manchester United (2001-06) and Real Madrid (2006-10), and scored 35 goals for the Netherlands national team from 1998-2011?
5. Name the Tennessee Titans wide receiver who scored the winning touchdown versus the Buffalo Bills in the "Music City Miracle" AFC wild-card playoff game in January 2000.
6. What World Golf Hall of Famer was the first Mexican golfer — either male or female — to achieve the world No. 1 rank?
7. What short-lived Marvel Comics series, first published in 1991, centered on an ex-NFL player who derived special crime-fighting powers from spilled chemicals and a nearly indestructible football uniform?

Answers

1. The Portland Trail Blazers.
2. "Stump the Schwab."
3. Homer Bailey.
4. Ruud van Nistelrooy.
5. Kevin Dyson.
6. Lorena Ochoa.
7. "NFL SuperPro."

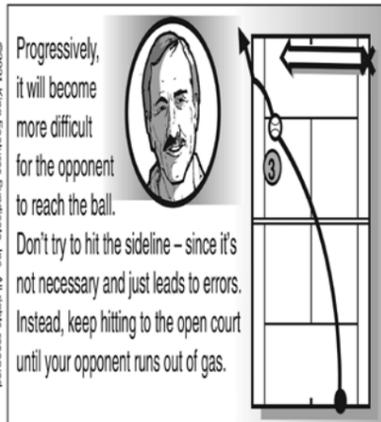
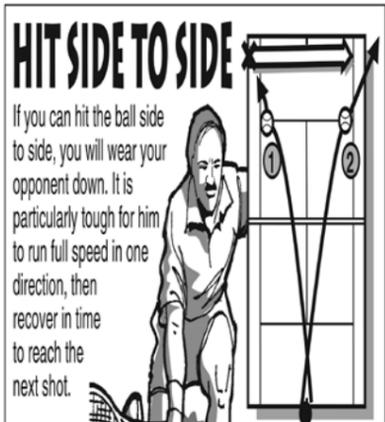
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF-A-DAY



"No, no, put it back! You have to cook that!"

GRIN THE BEAR IT



"Ordinarily, I'd use my political connections to get out, but my political connections are in here, too."

Health



Twisted Colon Is a Surgical Emergency

DEAR DR. ROACH: This past weekend, during my son's wedding festivities, I experienced a sigmoid volvulus. Doctors recommended surgery, but I opted for a colonoscopy, which was performed successfully. Thank goodness. I was immediately a new woman, and no one would have dreamed I went through this emergency. The surgeons recommended I have my sigmoid colon removed in order to decrease the risk of recurrence. Ideally, this would happen as soon as possible.

What could have prompted the sigmoid volvulus? Is it an absolute that I must have my sigmoid colon removed? What are the odds of it recurring? If I do need the surgery, how can I best prepare for it, and what are the side effects? — M.B.

ANSWER: A volvulus is the twisting of a hollow structure in the body around its long axis (imagine holding one end of a sock in each hand and flipping the middle so it twists on itself). The sigmoid colon is the most common location. It is a surgical emergency, as tissue death and gangrene may follow.

The biggest risk factor for volvulus is chronic constipation, but some people just have anatomy that predisposes them to get a volvulus.

Surgery is the definitive treatment, but colonoscopy or sigmoidoscopy may be used to untwist the colon; medical professionals use the term "reduce." However, your surgeon was right that you are at risk for this happening again. In those people with a history of volvulus, 50% to 60% will get another, and if you have two, the recurrence rate is even higher.

For a person in generally good health, I would recommend definitive surgery to prevent recurrence of volvulus. There are no specific instructions to prepare for surgery, beyond taking good care of yourself and following your surgeon's instructions about your medications (if any).

Any abdominal surgery has the risk of bleeding, infection and adhesions (connections between loops of bowel that can lead to painful obstruction later); however, these risks are quite small.

DEAR DR. ROACH: I'm a 71-year-old male who just underwent surgery for tongue cancer. It was diagnosed as an invasive squamous cell carcinoma with strong

P16 staining consistent with human HPV. We've never been vaccinated for HPV. Is it advisable for my wife (66 years old) and me to be vaccinated with Gardasil 9? She was tested by her gynecologist and does not have HPV at this time. — R.L.

ANSWER: Human papillomavirus is an increasing cause of cancer in the head and neck, and it is believed that vaccination is likely to prevent most cases of this type of cancer, which mostly occur in men. Although there are clinical trials ongoing now to see whether vaccination may help treat existing HPV-related cancers, it is not routinely recommended for people with HPV-related cancers.

Your wife was wise to get tested for HPV. Given her age, she would not normally be considered a candidate for the vaccine. Odds are she has already been exposed to the virus during your marriage and has successfully resisted the infection. Some people in her situation might consider the vaccine, given its low risk of side effects, despite lack of proven effectiveness in this situation. However, it would be three doses of the vaccine, which would not normally be covered by insurance in the U.S.

Why Do Older Folks Have Balance Issues?

DEAR DR. ROACH: Apparently, it is common for older people to have balance issues. Do these balance problems usually stem more from muscular issues or inner ear issues? — E.M.

ANSWER: It is often a combination of issues that lead to balance problems in older adults. Inner ear problems, where the organs of balance are located, are a major cause. However, balance problems are exacerbated by muscle weakness, vision problems, arthritis and medications, to name a few common ones.

The body has many safeguards to keep us from falling. If the balance system can't tell us our exact position in space, our eyes can, and the neurological system uses fine muscle control to keep us upright and safe. We can often do well even with one system not working properly. When multiple systems are affected, falls are more common.

Improving balance and reducing fall risk often involves multiple interventions. One is working on balance directly. This can be achieved with home exercises; group exercises, like tai chi and yoga, which have the added advantage of increasing muscle control; or with a skilled therapist such as physical or occupational therapy. Making sure vision is as good as possible and staying on top of joint, muscle and neurological conditions will help reduce fall risk.

Medications are so often the source of balance and fall problems that many medical practices (including mine) review medications at every visit to look for errors, medications that have combined toxicities, medications that are less safe in older adults and any medications that might safely be discontinued.

DEAR DR. ROACH: I am an 89-year-old man who has been taking tamsulosin (Flomax), 0.4 mg, for many years. I take it after supper in the evening. I get up at night three or four times to urinate. Would it be better to take the medication after lunch? I would be happy if I could reduce the number of times I get up to maybe only once or twice. — P.J.S.

ANSWER: Tamsulosin is in the class of alpha blockers, and they relax smooth muscle, a special type of muscle found in the prostate and in blood vessels (among other places). Relaxing the smooth muscle in the prostate makes the urethra, the tube that carries the urine from the bladder and through the prostate, larger. As a result, men can empty their bladders more easily.

However, even though tamsulosin is better at relaxing smooth muscle in the prostate than in blood vessels, some men will get lightheaded upon standing when using it. This occurs especially on the first dose, and over time most men no longer have trouble. It is usually dosed at nighttime so that the lightheadedness on standing is minimized. You can take it at any time of the day (a half-hour after eating is recommended, at the same meal of the day), but I doubt it will work much better.

Many experts will use 0.8 mg in men who haven't had an ideal response and who do not have lightheadedness. I'd ask your doctor whether an increased dose might be better. Before considering another drug, be sure you avoid too many liquids at night, especially alcohol, and try voiding your bladder twice before bed to make sure it is as empty as possible.

Dumping Syndrome and Obesity

DEAR DR. ROACH: A friend was given a test to see how long food stayed in her stomach after eating. She was told that it stayed only a short time before continuing its journey, a much shorter time than the average person. This was given as a reason for her obesity, that she experienced hunger sooner than most people.

Does this really happen, and is there a way for her to manage it so that she can lose weight? — G.J.

ANSWER: A gastric emptying study is usually used to look for delayed gastric emptying, also called gastroparesis. It can be the result of several different types of nerve diseases, but especially diabetes. An abnormally rapid gastric emptying is also called dumping syndrome, and is often a problem after some types of gastric bypass surgeries.

I did find a paper from the 1980s suggesting that obese people have shorter gastric emptying times. This was confirmed in a trial from 2015 looking at the diabetes drug exenatide (Byetta), which is sometimes used to help people lose weight, even if they do not have diabetes. Interestingly, exenatide was more likely to cause people to lose weight if they had faster gastric emptying times.

I do not mean to suggest that fast gastric emptying is the only reason for your friend's (or anyone else's) weight problems. Obesity is a complex problem with no single cause or solution in most people. I am glad you wrote. I did not know about this research before, and it may be worth it for your friend to discuss a trial of exenatide with her doctor.

DEAR DR. ROACH: I have thin skin on my arms and lower legs due to aging, sun damage and blood thinner (warfarin). My skin is constantly bruised and unattractive. Is there a body lotion you can recommend to help reduce the impact of trauma to my skin? The slightest "thump" leaves its trace. I'm very active, so I always look as if I've been in a wrestling match and lost! — J.M.A.

ANSWER: Easy bruising is a common problem with many potential causes. Warfarin, which prevents the body from making some blood clotting proteins, is certainly a cause, but many older adults have this problem. Occasionally it can be a serious issue, so it is worth a discussion with your doctor, who may get some blood tests to help eliminate concern of leukemia and von Willebrand's disease, among other diagnoses. Fortunately, it's much more common for problems to be benign.

As people age, they do get drier, thinner skin, which can bruise more easily. If your bruises are found most often on the tops of your forearms, that's a common place for senile purpura. "Senile," in a medical context, just means older. The term "senile dementia," a nonspecific term formerly used to mean Alzheimer's disease, was sometimes shortened incorrectly to "senile." "Purpura" are dark, purple/ brown marks on the skin.

If there is no specific cause for the bruising, and the appearance of the skin is consistent with senile purpura, then this advice may be helpful: Keeping the skin out of the sun can prevent future damage. Regular moisturizers can help with dry skin. An oral supplement of bioflavonoids was successful in one study. For more severe cases, some dermatologists use topical vitamin A derivatives to combat the skin atrophy (these are by prescription).

Blood-Pressure Goal: How Low Should It Go?

DEAR DR. ROACH: My sister, 75, is taking only two drugs for the past three years, and they are both for high blood pressure. Now she finds that her blood pressure is 110/70 and wonders why she can't take less of her medications as an experiment. For instance, if she cut her pills in half and still has her blood pressure under 120/80, would there be any problem with this? — R.I.

ANSWER: The optimum goal of blood pressure treatment is still not known; however, evidence is accumulating that it might be lower than the less than 140/less than 90 that is has typically been the target. At least in higher-risk people with high blood pres-

sure, a large trial found that a goal blood pressure of less than 120/ less than 90 had better outcomes than the traditional goal. A more recent follow-up study showed that risk of dementia was also lower in the group that had the lower blood pressure.

Not everyone can tolerate a blood pressure that low: Side effects of medications can be problematic. But it's reasonable to aim at 120/80 or less.

In your sister's case, she is a little bit below that. It wouldn't be unreasonable if, after discussing with her doctor, she tried reducing the dose of one of the medications. If her blood pressure remains lower than 120/80, she could continue that lower dose. However, if she feels perfectly well on her current dose, there is not a reason to reduce the dose. In either case, don't reduce the dose without a discussion, nor cut the pill in half without checking with the doctor or pharmacist. Some pills shouldn't be cut in half.

DEAR DR. ROACH: I am an 82-year-old woman in good health. I recently had lab work that showed my TSH level is 6.14. I was told that I would need thyroid medicine because eventually I would feel tired and cold all the time. I do not have either of these symptoms. I'm usually warm when others say they are cold. I wake up at 6:30 and am ready for the day. Do I have an underactive thyroid? I don't think so. — R.K.

ANSWER: I don't think you have an underactive thyroid either.

The thyroid stimulating hormone level is a measure of the pituitary hormone TSH, which stimulates the thyroid gland to release thyroid hormone (thyroxine, or T4). Many people, especially older women, have a high TSH level and normal thyroxine levels. There is some controversy about whether people in your situation need to be treated. Certainly, people with symptoms that are clearly from low thyroid benefit from treatment. There is also new evidence suggesting that younger people may benefit from treatment in order to reduce risk of heart disease. This effect was observed when TSH levels were higher than yours (above 7).

My personal practice is to not treat people with high TSH, normal thyroxine and no symptoms unless the TSH levels are above 10. Treating people under 65 with TSH above 7 might also make sense. Some of my colleagues will measure anti-thyroid antibodies, since people who have high levels of these antibodies are more likely to go on to develop symptomatic low thyroid levels.

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

A rising real estate market allows you to borrow more

Amid the real estate boom fueled partly by the pandemic, the amount of equity people held in their homes rose almost 20 percent over the 12 months ending in March. That averages \$33,400 per home and values have gone up from there.

But, while your home's value has been going up, so have everyday costs. Plus, many workers have seen a decline in their earnings. One possible response? Tapping into your home's rising value for cash.

You can't withdraw money from a home like you can from a bank. You'll need to

take out a loan, which will have to be repaid. But with interest rates near historic lows, borrowing against your home can be a good idea as long as you match the right loan to the right purpose and, realistically, will be able to pay the money back.

Why borrow and why not

Some solid reasons to borrow against your house include paying for home improvements, long-term care or long-term care insurance premiums, and raising cash so you can stay in a home you aren't ready to leave. Some suggest using home equity to pay for college tuition or a second home,

though there are other ways to pay for those without putting your house on the line. Generally it's not a good idea to borrow against your house to pay off unsecured debt such as credit card balances or medical bills. Should you run into trouble, it puts your home at risk for debts that could otherwise be discharged in bankruptcy. And while you can tap your home for everyday expenses if you're house-rich and cash-poor, that takes away equity that you may need for care later in life or many want to leave to your kids.

Be honest with yourself about whether you can afford the loan. All of your monthly debt payments should total no more than 36 percent of

your gross monthly income.

How to borrow

Over the long term, the cheapest way to borrow against your house is with a traditional fixed-rate mortgage, especially when rates are low, but that does put you on the hook to repay a large sum of money with monthly payments over many years or until you sell your home. A home equity line of credit can be an easier and more convenient way to borrow smaller sums for a single need like a home improvement or a car. But because the rates on most of those loans are variable, you could end up owing a lot more if rates rise.

Reverse mortgages are loans against your home that don't have to be repaid until after you no longer occupy it. You can take the proceeds of a reverse mortgage in various ways, such as a lump sum or a line of credit you draw on only on an as needed basis. But the balance due on a reverse mortgage grows and if you hold one for a long time, it could eat away at your equity, leaving you and your heirs with a diminished estate.

Your new home equity is real and it's spendable, but it's not free.



CLEAN HEAT *Stay warmer with clean energy*

FAMILY FEATURES

Winter is a perfect time to think about renovations that bring coziness and warmth to your home. For homeowners who live off the natural gas line, propane is an earth-friendly option that can reliably and efficiently deliver warmer air all season long.

“When homeowners upgrade to propane during a remodel, they transform a dream home to include comfort and performance with high-efficiency appliances that have low-carbon footprints,” said Susan Kadilak, owner of Kadilak Homes, a construction, renovation and interior design firm. “Not only do families stay warmer with propane, they can feel better doing so because it’s clean energy.”

If you’re considering upgrades to bring more warmth to your home, start with these tips from Kadilak Homes and the Propane Education & Research Council:

- **Do your research.** Talk with your contractor about what you’re wanting to accomplish. Your local propane supplier is also equipped to help you navigate questions and find the right solution for your home.
- **Think cozy.** If your electric furnace is struggling to keep a room warm, consider upgrading to a propane furnace to get to your desired temperature more efficiently. Propane furnaces blow hotter air, which is more comfortable than the below-body-temperature air electric heat pumps



- produce. Propane furnaces also emit up to 50% fewer greenhouse gas emissions than electric furnaces, according to the 2018 Gas Technology Institute Report, so you can feel good about your impact on the environment.
- **Make your home more efficient.** As homes age, small cracks can develop around doors and windows and let cold air inside your home or allow warm air to escape. If the seals around the windows and doors are damaged,

invest a few minutes to replace them and spend time caulking gaps. When your home is well-insulated, propane can efficiently keep your home toasty during chilly winter months.

Some of the most common clean energy heating upgrades homeowners request include fireplaces, furnaces and boilers.

Fireplaces

A roaring fire can be a focal point during the cold winter months.

With 5-6 times the heating capacity of electric fireplaces, propane fireplaces are more energy efficient, environmentally friendly, convenient to use and easier to install than wood-burning models, Kadilak said. Some parts of the United States are banning wood-burning fireplaces due to their negative effects on the environment. Propane-powered fireplaces are an alternative that emit less soot and other air-polluting emissions. You can

enjoy a toasty fire at the flip of a switch with no ash or soot to clean up and no firewood to store. Many models can also operate during electrical power outages, providing a critical source of heat to the home.

Furnaces

There can be a bone-chilling feeling when the furnace goes out in the middle of a cold winter. If your furnace is blowing cold air – or no air at all – it’s time for an upgrade. Before you buy, know propane-powered furnaces have 50% longer lifespans than electric heat pumps, which reduces their overall lifetime cost for homeowners. Propane furnaces also provide warmer air than other heat sources, at 120-140 F.

Boilers

While furnaces rely on forced warm air to heat dwellings, boilers use hot water or steam to raise temperatures in homes. High-efficiency propane boilers offer performance, space savings and the versatility to provide heating, hot water and snow melting. This versatility also extends to the type of heating delivery system propane boilers serve, including hydronic baseboard systems, in-floor hydronic systems or forced-air systems where the hot water from the boiler (instead of a furnace) acts as the heat source.

Learn how propane can help keep your home cozy, including where you can find a propane supplier in your area, at propane.com/KadilakFireplaces.

10 Winter Safety Tips for a Propane-Fueled Home

If your home uses propane to generate heat or run appliances, there are some simple steps you can take to help keep your family safe and avoid potential dangers this winter.

1. **Make sure you have an adequate propane supply.** Schedule regular winter visits with your propane supplier so you always have an adequate supply in your tank.
2. **Mark the location of your tank with a flag, pole or stake.** Ensure it is higher than the average snow cover depth for your location. These markers can help you avoid plowing or shoveling rooftop snow on top of your tank. Should your tank become covered with snow, use a broom to clear it.
3. **Make sure your heating system and appliances are running efficiently.** Before the start of each heating season,

have a qualified service technician inspect and service your appliances and propane system. This can help ensure your appliances are running as efficiently as possible.

4. **Create an emergency preparedness plan and review it with everyone in your family.** Post a list with contact information for your propane supplier and emergency services along with instructions for turning off propane, electricity and water. If you need to turn off your propane, contact a service technician to inspect your propane system prior to turning it back on.
5. **Prepare a family disaster supply kit.** Include several days’ worth of water and canned foods, along with a can opener, extra clothes, blankets, flashlights and

batteries. Also include a battery-powered weather radio so you can stay informed as conditions change.

6. **Check your chimneys, flue pipes, vent connectors and propane tank for damage, blockage or debris caused by snow and ice.** Use a broom rather than a shovel and clear these areas frequently to help reduce the possibility of carbon monoxide poisoning.
7. **Consider installing UL-listed propane gas detectors and carbon monoxide detectors.** These detectors can provide you and your family with an additional measure of security. Be sure to follow the manufacturer’s instructions regarding installation, location and maintenance.
8. **After a storm passes and it is safe to do so, check the entire area for**

downed power lines, damaged gas lines or damage to your propane tank. Immediately call your local utility company or propane supplier if any of these hazards exist. Do not attempt repairs yourself.

9. **Never use a stove for space heating and never use outdoor propane appliances indoors or in enclosed areas, particularly in the event of a power outage.** Proper ventilation is necessary for safe operation, and the carbon monoxide fumes can be lethal. Only use appliances indoors that are designed and approved for indoor use. Never store, place or use a propane cylinder indoors or in an enclosed area.
10. **Conserve energy.** Keep thermostats at 65 F during the day and 55 F at night, and close off any rooms that don’t need to be heated.



Strange BUT TRUE

By Lucie Winborne

1. Name the first group that had a No. 1 R&B hit with "Get Ready."
2. How many instruments did Prince play on his debut album in 1978?
3. How did Duane Eddy initially get that twang sound out of his guitar?
4. What was the first song played on "American Bandstand"?
5. Name the song that contains this lyric: "When you're all alone in your lonely room, And there's nothing but the smell of her perfume."

Answers

1. The Temptations, in 1966. Rare Earth released a cover in 1970, and although their version went gold, it didn't top the charts.
2. All of them. On "For You," Prince played over two dozen different instruments. He was 19 years old.
3. Eddy used a gigantic empty water storage tank when the recording studio didn't have an echo chamber. His song "Rebel-'Rouser" was featured in the 1994 film "Forrest Gump" in the scene where Forrest runs from bullies and cuts across the football field.
4. "Whole Lotta Shakin Goin' On," by Jerry Lee Lewis, on Aug. 5, 1957.
5. "Cry to Me," by Solomon Burke in 1962. Burke's version was used in the 1987 film "Dirty Dancing" with Patrick Swayze. Take a listen to the version by unknown Anthony Alvarez on YouTube. In fact, check out his whole channel.

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

• In Germany, you are allowed to drive your car naked, but not get out of it naked.

• A high-school principal once disciplined a student by making him sit in the basement while reading the U.S. Constitution. The punishment must have taken effect, because said student (who also memorized parts of the document) was Thurgood Marshall, who grew up to become the first Black Supreme Court justice.

• Male orb-weaver spiders give back rubs to their mates so they don't get eaten.

• "Mbuki-mvuki" is a Bantu word for the irresistible urge to strip off your clothes while dancing.

• In 2002, Saddam Hussein's campaign theme song for re-election was Whitney Houston's "I Will Always Love You."

• For a single day in August 1998 and another in October 2018, Topeka, Kansas, renamed itself "ToPikachu" to mark the release of different Pokemon games.

• Pule, the world's rarest cheese, is made from donkey milk, something that was widely believed impossible since the liquid doesn't coagulate. However, Serbian cheesemaker Slobodan Simic discovered a solution and now sells his cheese for over \$500 per pound.

• The Saturday falling closest to April 1 is International Tom Hanks Day.

• MLB pitcher Turk Wendell, "baseball's favorite oddball," would not only brush his teeth every inning, but at the start of same, would turn and wave to the center fielder and wait for him to wave back before proceeding.

• There are more English speakers in China than in the United States.

• In 1994, a man was arrested for dressing as the Grim Reaper and standing and staring into the windows of a home for the elderly.

Thought for the Day: "The best teacher in the world is someone who loves what he or she does, and just loves it in front of you." — Fred Rogers

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1. West Side Story (PG-13) Ansel Elgort, Rachel Zegler
2. Encanto (PG) animated
3. Ghostbusters: Afterlife . (PG-13) Paul Rudd, Mckenna Grace
4. House of Gucci (R) Lady Gaga, Adam Driver
5. Eternals (PG-13) Gemma Chan, Richard Madden
6. Resident Evil: Welcome to Raccoon City (R) Kaya Scodelario, Robbie Amell
7. Clifford the Big Red Dog ... (PG) Darby Camp, Jack Whitehall
8. Christmas With the Chosen: The Messengers (NR) Sara Anne, Alican Barlas
9. Dune: Part One (PG-13) Timothee Chalamet, Rebecca Ferguson
10. Venom: Let There be Carnage (PG-13) Tom Hardy, Woody Harrelson

Source: Box Office Mojo

top ten

PODCAST LISTENERS*

1. Ireland
2. Spain
3. Sweden
4. Norway
5. USA
6. Switzerland
7. Canada
8. Austria
9. Australia
10. Italy

*per capita, 30-day period

Source: Reuters Institute

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Being the Ricardos (R) — The long-awaited story of Lucille Ball and Desi Arnaz as their iconic characters of Lucy and Ricky Ricardo has finally arrived. Not since Tom Cruise was cast as the vampire LeStat has there been so much quizzical buzz about casting, namely Nicole Kidman as Lucy. While the story focuses on a time when "I Love Lucy" was facing cancellation, interwoven is the effect of the McCarthyism of the time, rampant sexism, Ball's desire for control and the relationship between Lucy and Desi (played by Javier Bardem). J.K. Simmons has received applause for his performance as neighbor Fred Mertz, but early reviews of both Kidman and the entire presentation are mixed. (Prime Video)

Don't Look Up (R) — The plot for this dark comedy with a message is remarkably timely as NASA is planning on hitting an asteroid that's coming too close to Earth for comfort. On screen, Leo DiCaprio and Jennifer Lawrence play low-level astronomers desperately trying to warn the government, the media and the world of impending doom and certain death via a giant comet, only to be met by indifference, laughs and disbelief. The rest of the cast is about as jam-packed with fellow Oscar nominees and winners as you can get, including Meryl Streep, Jonah Hill, Timothee Chalamet and Cate Blanchett, plus Matthew Perry, Ariana Grande and more. Premieres Dec. 24. (Netflix)

You Keep the Kids! (NR) — In this subtitled Spanish language comedy (AKA "Mama o Papa"), main characters Flora and Victor are parents of three kids. Upon deciding to divorce and each pursue their own dream career opportunities, they realize that neither of them considered remaining

the custodial parent of their brood. What follows is a weird game of the parents trying to convince their own children that they'd really prefer living with the other parent. It's a bizarre battle stemming from the selfishness of adults trying to have it all for themselves. (HBOMax)

King Tut in Color (NR) — There was a time in the 1980s when scads of old black and white movies were being colorized thanks to advances in digital colorization. One set that had escaped color until now is the 1922 newsreel footage of the discovery of King Tut-anakhamun's tomb. This 44-minute NatGeo documentary shows the excavation process of British archaeologist Howard Carter and his team as they unearth Tut's tomb in the Valley of the Kings over 3,000 years after his death, in all of its golden glory. Premieres Dec. 24. (Disney+)



Prime Video

Nicole Kidman and Javier Bardem in "Being the Ricardos"

Reno 911! The Hunt for QAnon (NR) — All I can ask is, why hasn't this special gotten to us sooner?! If anyone will fail at tracking down the leader of an anti-government faction, it's this dysfunctional and easily distracted crew of the Reno Sheriff's Department. While doing recon at a QAnon convention, the group gets stranded at sea, and then finds themselves stuck at none other than Jeffrey Epstein's former island. Awkward! All the favorite characters return, including shorty-shorts-wearing Lieutenant Dangle (Thomas Lennon) and Deputy Clementine Johnson, played by Wendi McLendon-Covey. Premieres Dec. 23. (Paramount+)

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Video On Demand

1. Shang-Chi and the Legend of the Ten Rings (PG-13) Simu Liu
2. Jungle Cruise (PG-13) Dwayne Johnson
3. Dr. Seuss' How the Grinch Stole Christmas* (PG) Jim Carrey
4. Free Guy (PG-13) Ryan Reynolds
5. Spencer (R) Kristen Stewart
6. Home Alone* (PG) Macaulay Culkin
7. Elf* (PG) Will Ferrell
8. Stillwater (R) Matt Damon
9. The Grinch* (PG) animated
10. Dangerous (R) Scott Eastwood

DVD, Blu-ray Sales

1. Shang-Chi and the Legend of the Ten Rings (PG-13) Disney/Marvel
2. The Grinch* (PG) Universal
3. Jungle Cruise (PG-13) Disney
4. How the Grinch Stole Christmas* (PG) Universal
5. Elf* (PG) Warner
6. The Polar Express* (G) Warner
7. A Charlie Brown Christmas* (TV-G) Warner
8. National Lampoon's Christmas Vacation* (PG-13) Warner
9. Home Alone* (PG) 20th Century
10. F9: The Fast Saga (PG-13) Universal

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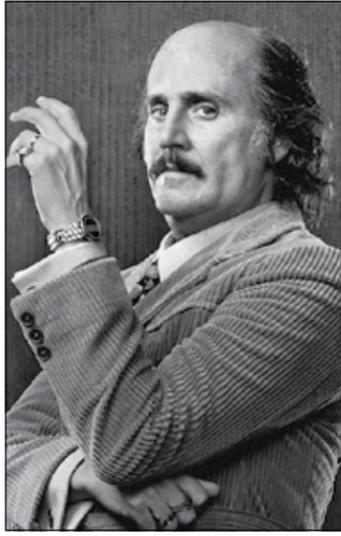
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What's Hot In Hollywood

HOLLYWOOD — **Jared Leto** won an Oscar for "Dallas Buyer's Club" (2013) and proved he'll go the distance for his characterizations. In "House of Gucci" (which opened Nov. 24), he's unrecognizable playing **Paulo Gucci**. On his first day (deep in character), he ran into **Al Pacino** (playing Aldo Gucci) and said "Dad." Pacino didn't recognize him, thought he was a weirdo and walked away. Later, Leto saw him again and said, "Father." Pacino was rushing away until another cast member whispered, "That's Jared." Pacino turned, arms stretched out, and said "son!" Leto also has "Morbius" (in IMAX), due Jan. 28, with former "Doctor Who" and "The Crown's" **Matt Smith**. Morbius suffers from a rare disease and tries a dangerous cure that turns him into a vampire. What woman wouldn't want him nibbling on her neck? Sequels are already in the works. Leto next stars for director **Aron Aronofsky** in "Adrift," about a fishing boat crew discovering a ghost yacht in open sea (coming Aug. 19). Leto pursued the rights for 10 years and brought it to Aronofsky and **Jason Blum**; now all three are producing.



Jared Leto in "House of Gucci" MGM

Meanwhile, **Lady Gaga** is getting a **Cher** "Moonstruck" Oscar buzz for "House of Gucci." Critics are saying the film has a "Godfather' vibe" and that Gaga is "incredible," as is **Jared Leto**. Director **Ridley Scott**, a three-time Oscar director nominee for "Thelma & Louise" (1991), "Gladiator" (2000) and "Black Hawk Down" (2001) and as a producer of "The Martian" (2015), has never won, though he did win an Emmy and was knighted in 2003. Scott is currently prepping yet another remake of "The Boston Strangler" (which starred **Tony Curtis** in 1968 and **David Faustino** of "Married With Children" in 2008). **Keira Knightly** plays the reporter who pursues the case, with co-stars **Chris Cooper** and **Alessandro Nivola**. Ridley Scott's recent "The Last Duel," with **Matt Damon**, flopped.

Once there were 13 soaps on three networks, but today there are just four left. A recent growth in their audience has kept "The Young and the Restless" at No. 1. "General Hospital" is No. 2, followed by "The Bold and the Beautiful" and "Days of Our Lives." "Days" has received a two-year pickup from NBC, and thanks to the recent success of "Days of Our Lives: Beyond Salem" on Peacock, toplined by super couples **Thao Penghlis** and **Leann Hunley**, and **Deidre Hall** and **Drake Hogestyn**, Peacock greenlit "Days of Our Lives: A Very Salem Christmas" (due Dec. 16), toplined by Emmy-winner **Chandler Massey** (in a recent Hallmark film) and **Eileen Davidson**. I met **Thao Penghlis** on his first day at "Days of Our Lives," and now he's celebrating his 40th anniversary with the show. He's such a great actor, you'd never know he's from Australia ... "G'day mate!"

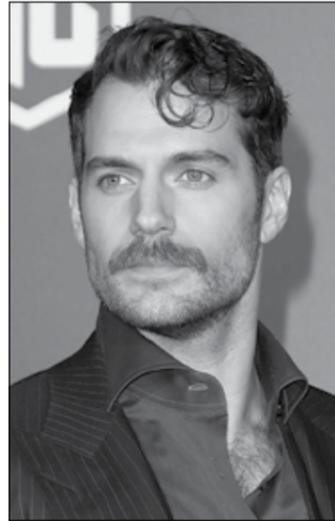
HOLLYWOOD — **Henry Cavill** is on the short list to become James Bond! He's certainly qualified, after three Superman films (combined grosses of \$2 billion) and a season of Netflix's "The Witcher" (season 2 just premiered, and there's already a pickup for season 3). He's currently shooting "Enola Holmes 2" and preparing "Argylle" for Apple TV+, with **Sam Rockwell**, **Bryce Dallas Howard**, **Bryan Cranston**, **Catherine O'Hara**, **John Cena** and **Samuel L. Jackson**, the first of three in a franchise. In "Argylle," Cavill plays a larger-than-life action hero (with a wink). That will be followed by the "Highlander" reboot (for which he's getting \$5 million), the start of yet another franchise for him. His last 007-type film, "The Man From U.N.C.L.E." (2015), grossed only \$107 million, which didn't cover its \$85 million-plus price tag.

Hollywood studios are famous for their creative bookkeeping. Big-name stars are warned to get their money up front because the back-end profits often suffer from studios "cooking the books"! **Anthony McCarten**, writer of "Bohemian Rhapsody," recently sued 20th Century Fox because it claimed "Bohemian Rhapsody," which cost \$55 million, lost \$51 million. He was contracted to receive 5% of the profits, from the back end, but hasn't seen a cent of the \$900 million it grossed, so he filed a more than 50-page lawsuit in Los Angeles Superior Court.

In 1989, **James Garner** sued Universal Pictures for \$16.5 million for syndication royalties from his "Rockford Files" series. He was only paid only \$249,000 of the \$119 million royalties, but six years later he settled out of court for an undisclosed sum (rumored to be \$6 million). In 2013, **Don Johnson** sued Rysher Entertainment for foreign-syndication monies owed for his "Nash Bridges" series (of which he was part owner). He sued for \$50 million, and a panel of judges ruled he be paid \$15 million. He persisted and was awarded an estimated \$19 million and 50% of the copyright of the series.

In July 2012, "Happy Days" cast members **Anson Williams**, **Marion Ross**, **Don Most**, **Erin Moran** and **Patricia Bosley**, widow of **Tom Bosley**, sued CBS for the unpaid use of their likenesses and names in merchandising and got \$65,000 in their settlement. Stars **Ron Howard** and **Henry Winkler** had their own deals and were already amply paid.

It had to happen: "General Hospital" stars **Steve Burton** (Jason Morgan, on and off since 1991) and **Ingo Rademacher** (Jasper Jax since 1996) were "dropped" from the show when they refused to get vaccinated after a Nov. 1 vaccine mandate. The other three soaps, "The Bold and the Beautiful," "Days of Our Lives" and "The Young and the Restless," have relied on testing, social distancing and other CDC guidelines. Will they get the point? Stay tuned.



Henry Cavill Depositphotos



by Dana Jackson

Q. How is **Michael J. Fox** doing since he was diagnosed with **Parkinson's disease** years ago? Will he ever return to television? — **R.V.**

A. **Michael J. Fox** became a household name when he played **Alex P. Keaton** on the hit NBC sitcom "Family Ties" and transitioned into movie-star status with the film "Back to the Future." At age 29 he was diagnosed with **Parkinson's disease**, a neurodegenerative disorder that usually strikes in middle to advanced age. Fox didn't go public with his diagnosis until seven years later, after he felt pressure from the paparazzi. Fox eventually returned to acting with recurring roles in prime time shows like "Rescue Me," for which he won an Emmy; "Curb Your Enthusiasm," where he played a version of his real-life self; and "The Good Fight" and "The Good Wife," where he played an attorney who used his Parkinson's symptoms to his advantage.

He's written four books, including his most recent memoir, "No Time Like the Future: An Optimist Considers Mortality." I would imagine that Fox, now 60, is most proud of what The Michael J. Fox Foundation has done for research. Eighty-eight cents of every dollar the organization earns goes to research programs for Parkinson's disease. You can read more about it — and Michael — at MichaelJFox.org.

Q. I thought **Cobie Smulders** was fantastic as **Ann Coulter** in "American Crime Story: Impeachment." Does she have any other shows or movies coming out? She's really good at impressions. — **J.J.**

A. **Cobie Smulders** is best known for her starring role on the sitcom "How I Met Your Mother," but didn't really get to show us her range until taking on the role of political pundit **Ann Coulter** and her unusual cadence. Next up she'll reprise the role of **Marvel's Maria Hill** in the Disney+ series "Secret Invasion." Smulders is married to former "Saturday Night Live" cast member **Taran Killam**, who played **Paula Jones'** husband, **Steve**, in "Impeachment."

Q. I have been a loyal, longtime fan of "Fixer Upper," but reruns



Cobie Smulders Depositphotos

are the only episodes shown since the show changed to another channel. Can you tell me if HGTV will be airing any new episodes? — **B.B.**

A. In the fall of 2017, **Chip and Joanna Gaines** announced that "Fixer Upper," their hit home renovation show on the HGTV network, was ending. They set their sights even higher and teamed up with **Discovery** to launch their very own network, **Magnolia**.

If you have the **DIY** channel on your cable, satellite or live TV streaming app, it'll be renamed the **Magnolia Network** beginning Jan. 5, 2022. That evening at 9 p.m. ET, a new episode of "Fixer Upper" will premiere titled "Fixer Upper: Welcome Home."

The **Magnolia Network** will include a few former **DIY** channel shows along with new content, including a new cooking show with **Joanna** called "Magnolia Table," "Homegrown," featuring Atlanta urban farmer **Jamila Norman**, and "Restoration Road," where woodworker **Chip Harp** will take viewers on a tour across the country.

You can learn about all the programs that **Magnolia** will offer at Magnolia.com/network.

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

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A HALL OF FAME FEAST FOR HOME GATING FANS



FAMILY FEATURES

Gathering your team to plan for a truly memorable game day at home starts with almost everyone's favorite part of the festivities: the food. From meaty meals and zesty appetizers to sweet, long-lasting snacks, fuel your crowd with recipes that keep them coming back from kickoff to overtime.

One superstar of the menu at many homegating parties is salsa, whether it's used as a finishing touch in recipes or as a standalone snack to enjoy with chips, veggies or other pairings. In fact,

according to the Game Day Eats Report from Fresh Cravings, 22% of guests would insist on running out to pick up salsa if it wasn't available for the feast; 18% would even be devastated and consider leaving.

Chef Anthony Serrano recommends these all-American recipes he makes for his family on game day. Pulled Beef and Slaw Sliders are perfect for piling high with delicious toppings before hitting the couch just in time for kickoff. Snacking throughout the action is a preferred approach for many fans, making Cast-Iron Smoked Queso

Dip and Hummus Deviled Eggs go-to options for armchair quarterbacks.

These crowd-pleasers make game day worth celebrating, especially if you use a salsa with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices found in Fresh Cravings Salsas. Their flavor-packed, vibrant recipe offers a homemade-tasting alternative to the softer, duller blends of jarred salsa.

To find more championship-level game day recipe inspiration, visit FreshCravings.com.



Cast-Iron Smoked Queso Dip

Recipe courtesy of chef Anthony Serrano

- 2 cups cheddar cheese
- 1 cup Monterey Jack cheese
- 1 teaspoon almond flour
- 1 cup heavy cream
- 1 cup Fresh Cravings Restaurant Style Salsa
- 1 teaspoon paprika
- 1 teaspoon sea salt

- 1/4 cup cooked chorizo
- 1 teaspoon liquid smoke
- cilantro, for garnish
- diced bell pepper, for garnish

In cast-iron pan, mix cheddar cheese, Monterey Jack cheese and almond flour. Pour in heavy cream and salsa; bring to gentle simmer. Whisk while simmering 5-7 minutes, or until queso dip begins to thicken. Add paprika, salt, chorizo and liquid smoke; adjust seasoning as necessary. Garnish with cilantro and bell pepper.

Pulled Beef and Slaw Sliders

Recipe courtesy of chef Anthony Serrano

Pulled Beef:

- 2 pieces (about 3 pounds each) beef chuck roast
- 2 tablespoons taco seasoning or barbecue rub
- 1 cup beef bone broth
- 16 ounces Fresh Cravings Chunky Mild Salsa

Salsa and Queso Slaw:

- 16 ounces Fresh Cravings Chunky Mild Salsa
- 16 ounces broccoli slaw blend
- 1/4 cup green onions, sliced
- 1 teaspoon salt
- 1 cup crumbled queso fresco
- 1 tablespoon Dijon mustard
- 1/2 cup mayo
- 2 tablespoons apple cider vinegar
- 2 tablespoons cilantro (optional)

- slider buns
- Fresh Cravings Salsa
- barbecue sauce
- pickles

jalapenos sliced cheese roasted peppers onions

To make pulled beef: Season both sides of beef with taco seasoning. Wrap with plastic wrap and place in fridge 2-12 hours before cooking.

Place meat, beef bone broth and salsa in pressure cooker; seal according to pressure cooker directions. Cook on high 60 minutes. Once pressure cooker is safe to open according to instructions, open and let meat rest in liquid 15 minutes.

Remove meat from liquid and place in large bowl. Carefully shred meat. Pour liquid, up to half, over meat while shredding to keep it juicy.

To make salsa and queso slaw: In large bowl, mix salsa, slaw blend, green onions, salt, queso fresco, Dijon mustard, mayo, apple cider vinegar and cilantro, if desired. Cover with plastic wrap and refrigerate until needed.

To assemble sliders, place pulled beef and queso slaw on buns. Top with salsa, barbecue sauce, pickles, jalapenos, sliced cheese, roasted peppers and onions.

Hummus Deviled Eggs

Recipe courtesy of chef Anthony Serrano

- 6 hard-boiled eggs, peeled
- 1/4 cup Fresh Cravings Classic Hummus
- 1/4 cup smoked cheddar cheese
- 2 tablespoons bacon, cooked and crumbled
- 1 teaspoon yellow mustard
- 1 teaspoon salt

smoked Spanish paprika, for garnish parsley, for garnish

Cut hard-boiled eggs in half lengthwise. Remove yolks and place in bowl. Using fork, mash yolks into fine crumble.

Add hummus, cheese, bacon, mustard and salt; mix well.

Evenly disperse teaspoons of yolk mixture into egg whites. Sprinkle with any remaining bacon, paprika and parsley.



Good Housekeeping

Seafood Salad Cucumber Cups

Nestle sweet shrimp and crabmeat salad in a refreshing cucumber shell and top with tart, jewel-like pomegranate seeds for an elegant holiday appetizer.

- 6 sprigs fresh dill
- 2 lemons
- 2 teaspoons Dijon mustard
- 1 pinch cayenne (ground red) pepper
- Salt
- 3 tablespoons extra-virgin olive oil
- 8 ounces (approximately 16-20) shrimp, shelled and deveined large (1 pound each) seedless (English) cucumbers
- 8 ounces refrigerated lump crabmeat, picked over
- 2 tablespoons snipped chives
- 1/4 cup pomegranate seeds

1. Separate dill leaves from stems; reserve separately. From lemons, finely grate 1/2 teaspoon peel and squeeze 1/4 cup juice into large bowl. Reserve rinds.

2. To peel and juice, whisk in mustard, cayenne and 1/2 teaspoon salt. Whisk in oil in slow, steady stream, until blended. Dressing can be refrigerated up to 3 days.

3. In 4-quart saucepan, combine dill stems, lemon rinds and 8 cups water. Heat to boiling. Reduce heat to maintain gentle simmer. Add shrimp; cook 3 minutes or until just opaque, stirring. Drain. Rinse under cold water until cold; drain. Discard dill and lemon. Coarsely chop shrimp. Shrimp can be refrigerated overnight.

4. Trim cucumbers; cut into 1/2-inch-thick slices. With melon baller, scoop out centers of slices without cutting through bottoms.

5. Finely chop 1 tablespoon dill leaves. Gently fold into dressing along with shrimp, crabmeat and chives.

6. Fill each cucumber cup with 1 tablespoon salad mixture. Garnish with pomegranate and dill. Makes about 36 pieces; serves 12.

• Each serving: About 75 calories, 4g total fat (1g saturated), 42mg cholesterol, 300mg sodium, 3g carbohydrate, 1g dietary fiber, 7g protein.

Good Housekeeping

Salt-Baked Fish

Baking a whole fish in a crust of kosher salt seals in the juices and guarantees exquisitely moist — and surprisingly unsalty — fish.

- 4 cups kosher salt
- 1 whole (1 1/2 to 2 pounds) red snapper, striped bass or porgy, cleaned and scaled
- 1 lemon
- 3 sprigs rosemary or thyme

1. Preheat oven to 450 F. Line 13-inch-by-9-inch baking pan with foil; spread 2 cups salt in bottom of pan.

2. Rinse snapper inside and out with cold running water; pat dry with paper towels. From lemon, cut 3 slices. Cut remaining lemon into wedges. Place lemon slices and rosemary in cavity of fish. Place fish on bed of salt; cover with remaining 2 cups salt. Bake until fish is just opaque throughout when knife is inserted at backbone, about 30 minutes.

3. To serve, tap salt crust to release from top of fish and discard. Slide cake server under front section of top fillet and lift off fillet; transfer to platter. Slide server under backbone and lift it away from bottom fillet; discard. Slide cake server between bottom fillet and skin and transfer fillet to platter. Serve with reserved lemon wedges. Makes 2 main-dish servings.

• Each serving: About 188 calories, 3g total fat (1g saturated), 66mg cholesterol, 800mg sodium, 6g total carbohydrate, 37g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Pea and Pasta Salad

During the hectic days leading up to the holidays, it's nice to have side salads waiting in the refrigerator for last-minute meals. This great pasta salad is perfect alongside grilled burgers or baked chicken breasts.

- 1/2 cup fat-free mayonnaise
- 1/4 cup sweet pickle relish
- 1 (2-ounce) jar chopped pimiento, drained
- 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1/2 cups frozen peas, thawed
- 1 cup plus 2 tablespoons shredded reduced-fat Cheddar cheese

1. In a large bowl, combine mayonnaise, pickle relish and pimiento. Add rotini pasta and peas. Mix well to combine. Fold in Cheddar cheese.

2. Cover and refrigerate for at least 15 minutes. Gently stir again just before serving. Makes 6 (2/3 cup) servings.

• Each serving equals: 164 calories, 4g fat, 9g protein, 23g carb., 153mg sodium, 3g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat.

Good Housekeeping

Pulled-Pork Sandwiches With Cabbage Slaw

Homemade slaw is a tangy companion to this sweet pork, made with ketchup, brown sugar and chili powder. Serve the sandwiches with pickles and chips for fuss-free sides.

- 1/2 cup ketchup
- 1/4 cup packed brown sugar
- 1 tablespoon chili powder
- 1/4 cup cider vinegar, plus 2 tablespoons
- Kosher salt and pepper
- 1 pork butt or shoulder
- 1/2 cup low-fat sour cream
- 1/2 small green cabbage (about 1 pound)
- 1/2 cup fresh cilantro
- 4 rolls
- Potato chips and pickles

1. In a 5- to 6-quart slow cooker, whisk together the ketchup, sugar, chili, 1/4 cup vinegar and 1/2 teaspoons each salt and pepper.

2. Add the pork and toss to coat. Cook, covered, until the pork is tender and shreds easily, 7 to 8 hours on low or 4 to 5 hours on high.

3. Forty-five minutes before serving, in a large bowl, whisk together the sour cream, remaining 2 tablespoons vinegar, 1 tablespoon water and 1/2 teaspoon each salt and pepper. Core and thinly slice the cabbage, add it to the sour cream mixture and toss to coat. Let sit, tossing occasionally. Fold in the cilantro before serving.

4. Using two forks, shred the pork into large pieces; gently toss in the cooking liquid. Fill the rolls with the pork and slaw. Serve with chips and pickles, if desired.

TIP: Replace the pork with a 2-pound brisket (trimmed of excess fat) and cook as directed. Or use 2 pounds of boneless, skinless chicken thighs and decrease the cooking times by 2 hours.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Golden California Vegetables

Whether you're serving ham or roast beef or turkey — this is the perfect veggie dish. It goes with just about anything! Anything that versatile has to be golden, doesn't it?

- 3 cups frozen broccoli, cauliflower and carrot blend
- 1/2 cup chopped onion
- 1 cup water
- 1 (12 fluid ounce) can evaporated fat-free milk
- 3 tablespoons all-purpose flour
- 3/4 cup shredded reduced-fat Cheddar cheese
- 1/8 teaspoon black pepper
- 1 teaspoon dried parsley flakes

1. In a medium saucepan, combine vegetable blend, onion and water. Cook over medium heat until vegetables are just tender. Drain well and return to saucepan.

2. In a covered jar, combine evaporated milk and flour. Shake well to combine. Pour mixture into saucepan and return to heat. Add Cheddar cheese, black pepper and parsley flakes. Mix well to combine. Continue cooking over medium heat until mixture thickens, stirring often.

3. Stir in vegetables. Continue cooking until mixture is heated through, stirring often. Makes 4 (3/4 cup) servings.

• Each serving equals: 196 calories, 4g fat, 15g protein, 25g carb., 352mg sodium, 3g fiber; Diabetic Exchanges: 1 1/2 Vegetable, 1 Meat, 1/2 Fat-Free Milk, 1/2 Starch.

Good Housekeeping

Raisin-Bread Pudding

- 1 loaf Raisin bread with cinnamon
- 2 quarts milk
- 1/2 cup sugar
- 1 tablespoon ground cinnamon
- 2 tablespoons vanilla extract
- 3/4 teaspoon ground nutmeg
- 6 large eggs
- 2 tablespoons maple or maple-flavored syrup

1. Preheat oven to 350 F. Grease 13-by-9-inch glass baking dish.

2. Place 8 bread slices, in one layer, in baking dish. Cut each remaining slice of bread diagonally in half and arrange in baking dish, overlapping slices.

3. In very large bowl, with wire whisk or fork, beat milk, sugar, cinnamon, vanilla extract, nutmeg and eggs until blended. Pour milk mixture evenly over bread in baking dish. Press bread down with fork; let stand for 15 minutes for bread to absorb some of the milk mixture.

4. Bake 55 to 60 minutes until knife inserted in center of bread pudding comes out clean, covering loosely with foil during last 15 to 20 minutes of baking if top begins to brown too quickly. Brush top of bread pudding with maple syrup. Serve warm. Or refrigerate to serve cold later. Makes 16 servings.

• Each serving: About 255 calories, 8g total fat, 96mg cholesterol, 240mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

White Chocolate Cheesecake

If you're celebrating the New Year with a party, be sure to include this scrumptious cheesecake on the menu. It looks as festive as it tastes.

- 2 (8-ounce) packages fat-free cream cheese
- 1 (4-serving) package sugar-free instant white-chocolate pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1 cup reduced-calorie whipped topping
- 1 (6 ounce) purchased chocolate pie crust
- 1/2 teaspoon almond extract
- 4 drops red food coloring
- 1 tablespoon slivered almonds
- 1 tablespoon mini chocolate chips
- 3 maraschino cherries, quartered

1. In a large bowl, stir cream cheese with a spoon until soft. Add dry pudding mix, dry milk powder and water. Mix well using wire whisk. Mix in 1/4 cup of the whipped topping. Spread mixture evenly into pie crust. Refrigerate while preparing topping.

2. In medium bowl, gently combine remaining 3/4 cup whipped topping, almond extract and food coloring. Evenly spread topping mixture over set filling. Sprinkle almonds, chocolate chips and cherry pieces evenly over top. Refrigerate at least 30 minutes. Serves 8.

• Each serving equals: About 206 calories, 6g fat, 11g protein, 27g carb., 641mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Fat.

Good Housekeeping

Baked Chocolate Pudding

This easy, yet impressive, dessert can be made in advance and heated when you're ready to serve it, making it the perfect choice when you're hosting a large group. The splash of framboise in the pudding adds an elegant touch.

- 1 cup (2 sticks) unsalted butter, melted and cooled, plus more for greasing
- 3/4 cup good-quality cocoa powder
- 1/2 cup all-purpose flour
- 4 extra-large eggs, at room temperature
- 2 cups sugar
- 1 vanilla bean, split, seeds scraped
- 1 tablespoon framboise liqueur (optional)
- Vanilla ice cream, for serving

1. Preheat oven to 325 F. Lightly butter 2-quart shallow oval baking dish.

2. Into medium bowl, sift together cocoa powder and flour. In large bowl, with mixer on medium-high speed, beat eggs and sugar 5 to 10 minutes or until very thick and light yellow.

3. Reduce speed to low; add vanilla seeds, framboise (if using) and cocoa mixture. Mix just until combined. Slowly pour in butter; mix just until combined.

4. Pour mixture into prepared dish set in larger baking pan. Add hot tap water to pan to come halfway up side of dish.

5. Bake exactly 1 hour. A toothpick inserted 2 inches from side will come out clean. Center will appear very underbaked. Cool completely.

6. Serve with ice cream. Serves 12.

TIP: To make ahead, wrap; refrigerate up to 3 days. To serve, bring to room temperature.

• Each serving: About 335 calories, 18g total fat (11g saturated), 110mg cholesterol, 30mg sodium, 40g carbohydrate, 1g dietary fiber, 4g protein.

Good Housekeeping

Chocolate-Hazelnut Pinwheels

These rich, crisp cookies are filled with a creamy chocolate-hazelnut spread (available at most supermarkets) and folded into a pretty pinwheel shape.

- 1 3/4 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sugar
- 6 tablespoons butter or margarine, softened
- 1 large egg
- 1 teaspoon vanilla extract
- 1/4 cup prepared chocolate-hazelnut spread

1. On a sheet of waxed paper, stir flour, baking powder and salt. In large bowl, with mixer at medium speed, beat sugar with butter until creamy. At low speed, beat in egg and vanilla until mixed. Gradually beat in flour mixture just until combined.

2. Divide dough in half; shape each half into a disk. Wrap each disk with plastic wrap and refrigerate about 1 hour or until firm enough to roll. (Or, place dough in freezer 30 minutes.)

3. Preheat oven to 375 F. On floured surface with floured rolling pin, roll 1 disk of dough into 10-inch by 7 1/2-inch rectangle. With pastry wheel or knife, cut rectangle lengthwise into 4 strips, then cut each strip crosswise into 3 squares. Place squares, 1 inch apart, on large ungreased cookie sheet. With knife, make 1 1/2-inch cut from each corner toward center (do not cut all the way to center). Spoon 1/2 teaspoon chocolate-hazelnut spread in center of each square. Fold every other tip in to center to form pinwheel. Repeat with remaining squares.

4. Bake cookies 8 to 10 minutes or until edges are lightly browned. Transfer cookies to wire racks to cool.

5. Repeat with remaining dough. Store cookies in tightly covered container up to 2 weeks. Makes 2 dozen cookies.

• Each serving: About 95 calories, 4g total fat (2g saturated), 1g protein, 0g fiber, 17mg cholesterol, 65mg sodium.

top ten

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Source: agronomag.com

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Assault on the 400 block of West Division Street.

Theft on the 800 block of West Evergreen Avenue.

Theft on the 700 block of North Wells Street.

Assault on the 1600 block of North Orchard Street,

Assault on the 4300 block of North Lincoln Avenue.

Theft on the 2100 block of North Hoyne Avenue.

Assault on the 1200 block of North La Salle Drive.

Vandalism on the 1800 block of West Evergreen Avenue.

Burglary on the 3400 block of North Wolcott Avenue.

Assault on the 1500 block of North Clybourn Avenue.

Theft on the 2900 block of North Ashland Avenue.

Theft on the 1200 block of North Milwaukee Avenue.

Theft on the 2300 block of North Lincoln Avenue.

Assault on the 2700 block of North Clark Street.

Theft at State Street and West Walton Street.

Assault on the 4800 block of North Winthrop Avenue.

Assault on the 400 block of West North Avenue.

Theft on the 800 block of West Superior Street.

Theft on the 1700 block of West Beach Avenue.

Theft on the 1699 block of North Damen Avenue.

Assault on the 900 block of West Armitage Avenue.

Assault on the 800 block of West Armitage Avenue.

Theft on the 600 block of North Kenmore Avenue.

Assault on the 900 block of West Dakin Street.

Theft on the 600 block of West Patterson Avenue.

Theft on the 1200 block of North Sedgwick Street.

Theft on the 800 block of North Michigan Avenue.

Theft on the 900 block of North Michigan Avenue.

Robbery on the 3700 block of North Marshfield Avenue.

Assault on the 900 block of West Lawrence Avenue.

Arrest on the 2200 block of North Hamilton Avenue.

Theft on the 900 block of West Carmen Avenue.

Theft on the 5600 block of North Ridge Avenue.

Assault on the 2500 block of West Fullerton Avenue.

Assault on the 4700 block of North Kenmore Avenue.

Assault on the 3700 block of North Broadway.

Assault on the 2000 block of West Irving Park Road.

Vandalism on State Street and Division Street.

Theft on the 3700 block of North Broadway.

Assault on the 1500 block of North Wells Street.

Theft on the 1600 block of West Division Street.

Assault on the 2700 block of North Pine Grove Avenue.

Shooting on West Armitage and North California Avenue.

Robbery on the 1600 block of North Wastnaw Avenue just North of North Avenue.

Shooting on the 3700 block of West Belle Plaine Avenue.

Theft on the 4600 block of North Western Avenue.

Theft on the 4300 block of North Kedzie Avenue.

Assault on the 2000 block of West Potomac Avenue.

Theft on the 3700 block of North Central Park Avenue.

Assault on the 3500 block of West Palmer Avenue.

Burglary on the 1600 block of North Talman Avenue.

Vandalism on the 6000 block of North Damen Avenue.

Assault on the 4300 block of North Lincoln Avenue.

Theft on the 3500 block of North Carmen Avenue.

Assault on the 3000 block of North Peterson Avenue.

Theft on the 2100 block of North Hoyne Avenue.

Vandalism on the 1800 block of West Evergreen Avenue.

Theft on the 3800 block of West Diversey Avenue.

Theft on the 2900 block of North Ashland Avenue.

Burglary on the 3400 block of North Wolcott Avenue.

Theft on the 2300 block of North Lincoln Avenue.

Theft on the 1200 block of North Milwaukee Avenue.

Assault on the 2700 block of North Clark Street.

Assault on the 4800 block of North Winthrop Avenue.

Assault on the 3500 block of West Irving Park Road.

Vandalism on the 4700 block of North Kimball Avenue.

Theft on the 1700 block of North Beach Street

Theft on the 3200 block of North Karlov Avenue

Theft on the 5500 block of North Sawyer Avenue.

Assault on the 2900 block of North Lawn-dale Avenue.

Theft on the 1600 block of North Damen Avenue.

Assault on the 900 block of North Armitage Avenue.

Vandalism on the 4100 block of North Fullerton Avenue.

Assault on the 6100 block of North Hoyne Avenue.

Vandalism on the 2200 block of North Keystone Avenue.

Assault on the 900 block of North Dakin Street.

Theft on the 4700 block of North Troy Avenue.

Theft on the 600 block of West Patterson Avenue.

Robbery on the 3700 block of North Marshfield Avenue.

Assault on the 900 block of West Lawrence Avenue.

Robbery on the 2500 block of West Peterson Avenue.

Arrest on the 2200 block of North Hamilton Avenue.

Theft on the 900 block of West Carmen Avenue.

Theft on the 5600 block of North Ridge Avenue.

Assault on the 4500 block of North Sawyer Avenue.

Arrest on the 5600 block of north Mozart Street.

Arrest on the 300 block of Elmwood Avenue.

Theft on the 100 block of Asbury Avenue.

Arrest on the 100 block of Clyde Avenue.

Theft on the 2400 block of Howard Street.

Arrest on the 300 block of West Ridge Avenue

Shooting on the 3700 block of West Belle Plaine Avenue.

Vandalism on the 300 block of Ridge Avenue.

Assault on the 300 block of Ridge Avenue.

Assault on the 100 block of Asbury Avenue.

Robbery on the 100 block of Asbury Avenue.

Theft on the 2000 block of Dobson Street.

Vandalism on the 1800 block of Dobson Street.

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Support Small Business

6 ways to help businesses in your community thrive

FAMILY FEATURES

Small business owners faced the challenges of the past couple of years head-on. Nearly all re-evaluated their operations to accommodate new ways of doing business amid changing safety standards and local protocols, and many plan to make these changes permanent.

Over the past year, pandemic-related operational challenges, combined with a surge in physical and verbal attacks, have been uniquely difficult for a group of small business owners.

Asian American and Pacific Islander (AAPI) businesses comprise nearly 10% of small businesses in the United States. Among them, 92% faced difficulties keeping their businesses open and operating amid the pandemic, according to Bank of America's 2021 AAPI Business Owner Spotlight.

"While almost all AAPI entrepreneurs said the pandemic created additional stress around running their businesses, they remain determined and resilient," said Carol Lee Mitchell, head of small business strategy at Bank of America. "Even as they faced immense obstacles, AAPI business owners took steps to move their businesses and communities forward."

Local companies, including AAPI businesses, have proven to be fundamental to strong, healthy economies and inclusive communities. These entrepreneurs remain solution-oriented, quickly adopting new tools and strategies; however, they require support from customers and community members to thrive.

Consider these ways you can support small businesses, including AAPI owners and the community at-large, from the experts at Bank of America:

Choose to Shop Local and Small

Small businesses are ingrained in many local communities. When you choose to purchase from a small business, you're directly supporting neighbors, friends and the people in your community. This support isn't taken for granted by entrepreneurs; more than half of AAPI small business owners noted the importance of community support amid the pandemic. Also consider leaving a generous tip when you receive exceptional service – it can make a big difference for small business staff.

Gift Local

Keep the impact that your support could have on local community businesses in mind when shopping for gifts, whether they're for loved ones near or far. For locals, a gift card to a nearby eatery or business such as a spa, salon or recreation center makes for a welcome gift that keeps your money local. When gifting those who live farther away, you can still benefit small businesses in your community by purchasing a thoughtful gift and packaging locally then shipping it with the help of a business in your area.

Help Spread the Word

Small businesses don't usually have the means to invest in big marketing programs, so referrals and word of mouth can make a major difference. However, in today's world, a great deal of consumer research happens online. That means you can be most helpful by taking your stories of great service and quality products to the internet, too. Seek out your favorite small businesses and write reviews on their social media channels. Take it a step further and give them a shoutout



(with tags, if possible) on your own social media accounts where your friends and family are more likely to notice.

Help Fill Open Positions

The job market has shifted noticeably over the past year, and local businesses have been struggling to find the talent they need to continue to serve their communities. Small business owners recognize this and are shifting benefits for their employees, allowing for more flexible schedules and additional paid time off.

Since these business owners are looking for employees to help fill some of the uptick in demand, you can help by tapping into your own network and recommending people for different positions you see, whether it be through "Help Wanted" signs or based on the needs you hear from the businesses you patronize.

Be Mindful of Business Challenges

Finding a work-life balance can be difficult for small business owners even in non-pandemic times because they wear so many hats within their businesses, from CEO and salesperson to human resources and everything in between.

Business owners were more conscious of their mental health over the past year, as nearly all AAPI business owners acknowledged additional stress and more than half set aside specific time for self-care and mental wellness.

As a consumer, it's important to be mindful of the fact that business owners are both short-staffed and dealing with supply chain issues. Take an understanding approach and work with local businesses to make sure they know they are supported by their community.

Check In on What's New

Just as you've changed your consumer habits and needs, small businesses have adapted in dozens of ways. That could mean you have access to new services or options you never considered. For example, your favorite yoga studio may offer streaming classes or a favorite breakfast cafe you haven't visited in a while might have an all-new menu. Take time to stop in and learn how your favorite businesses are changing with the times and see how those changes may suit your needs.

Look for additional resources designed for small businesses at bankofamerica.com/smallbusiness.



Ranging from Pennsylvania and New Jersey to Ontario, Quebec and the Canadian Maritimes, this shrub is noted for filling the forests with color and for the delicate beauty of each flower. Mass explosions of pink appear in the lower wetlands in May. By mid-June, flowering has moved to the higher-elevation areas of northern New England and Canada, where it is found along woodland trails and mountaintops. Its woody seed pods split in autumn, allowing the winter winds to scatter them.

- Brenda Weaver

Source: www.fs.fed.us

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Winterberry (*Ilex verticillata*) is a shrub native to eastern North America. It produces bright red berries that persist through winter and into spring. It thrives best in wetland areas with acidic soil, but will tolerate some other environments as long as its moisture needs are met and the soil is not too alkaline. With the winterberry there are separate male and female plants. Because only fertilized female plants will produce a wonderful display of berries, there must be at least one male winterberry plant for every 6-10 female shrubs in the area to allow for cross-pollination.

- Brenda Weaver

Source: www.thespruce.com

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A fresh snip from a **mint** plant in your garden can be used to granish plates, desserts or drinks. Cabbage and tomato plants are said to increase their yield if mint is grown nearby. Moths, ants and mice can be repelled by its scent. Mint plants can spread quickly if left unattended, so keep them cut back weekly during growing season.

- Brenda Weaver

Source: www.openpermaculture.com

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Quotes worth your time

“Only put off tomorrow what you are willing to die having left undone.”
Pablo Picasso, artist

“The sky isn’t the limit- the sky has no limit.”
Sara Barker- Astrophysicist

“They always say time changes things, but you actually have to change them yourself.”
Andy Warhol, artist

“Be the hardest working person you know. If you’re not, someone else will be,”
Jan Brennan, screenwriter

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Photos courtesy of Anthony Carrino, TheBuild.tv

Weathering the Storm

5 tips for disaster preparation

FAMILY FEATURES

Over the past year, homeowners from coast to coast have experienced tussles with Mother Nature from arctic storms and heat waves to powerful hurricanes. Not only can storms wreak havoc on homes, they damage the fragile electric grid, which may result in power outages that can sometimes leave families in the dark for days or weeks.

While no amount of preparation can stop the forces of nature, planning ahead to manage blackouts can have a significant impact on you and your family. Get your home ready for what lies ahead with these tips from the Propane Education & Research Council and Anthony Carrino, a home designer, developer and contractor with more than 20 years of experience in the industry.

Outdoor Maintenance

You may not realize it, but chores like cleaning the gutters and keeping your vegetation trimmed can actually make a big difference in the event of a major storm. If your gutters are full of debris, water rushing from your roof has no place to go, and that could mean major damage to your roof, siding and even foundation.

Falling branches and trees can create a great deal of damage not only on your home but also to surrounding powerlines, which can easily break, so it's a good idea to monitor closely for branches that could be affected by high winds and promptly remove dead trees that are especially risky in inclement weather.

If there's time, you should also secure any outdoor furniture or belongings that could blow away or get damaged in the storm. If you have them, secure the storm shutters. It's also a good idea to evaluate your yard's grading at least once a year to be sure the ground slopes away from the house to keep water from pooling against your foundation.

Standby Power

Major weather events are often accompanied by extended power outages. Homeowners may turn to portable generators to turn the lights back on after the storm has passed. However, they are difficult to find and can only power a small portion of a family's home.

Unlike a portable generator, which can power only a few appliances in a home, a propane-powered standby generator or backup generator can be a total home solution, depending on the size of the unit. When a homeowner purchases a backup generator, a licensed technician installs the unit outside of the home and wires it to the home's electrical system. When a power outage occurs, the generator automatically senses the disruption of service and starts the generator's engine, which then delivers power to select appliances in the home.

Propane-powered standby generators can supply supplemental electricity in as little as 10 seconds after an outage. They are available in a variety of capacities to fit the needs of any size home and can power several major appliances, including furnaces, boilers, water heaters, cooking equipment, fireplaces and clothes dryers.

For homes that already run on propane, consider running important systems and appliances like the furnace, water heater, stove and fireplace on propane so they'll continue to run even during a power outage. The more appliances that run on propane, the smaller and less expensive your standby generator can be. Plus, propane is environmentally friendly and won't degrade over time like some other fuel sources, ensuring the backup generator reliably powers your home to give you added peace of mind.

Home Systems

If your home is struck by a major storm, you may need to manually turn off the power, gas or water to prevent a life-threatening situation or further damage. Refresh your memory



regularly on where the shut-off valves are located. If your home has a propane tank, open the lid of the tank to reveal the shut-off valve then turn it to the right to shut off the propane. If there are multiple tanks, turn them all off the same way. If possible, be certain at least two members of the family are able to perform a safe shut-off just in case someone is injured or unable to access the shut-off site. If you turn off the propane, make sure a qualified technician from your propane supplier turns the gas back on and performs a leak check. Ensuring there isn't an issue is another step to safeguard your family after a disruption of service.

Insurance Coverage

When your home is in the path of a major storm, insurance is an important

way to protect your investment. Reviewing your insurance coverage at least annually, if not every six months, can help you stay well-informed about possible exclusions and ensure you have the opportunity to increase your limits if you've made improvements or values have grown in your area. An important aspect of good coverage is a thorough inventory of your possessions that details what you own and could potentially lose in a major storm. Including details like purchase price and condition may help smooth the way if you have to file a claim.

Emergency Kit

Storms can blow in fast, so having some emergency equipment you can grab in a hurry may help ease your storm response. Include flashlights, a battery-powered radio, cellphone

charger and cash. You should also include first aid supplies, essential medications for everyone in the family, some nonperishable food and an adequate supply of water. Also include clothing and toiletry items, as well as supplies to care for your pets. It's also a good idea to have copies of important records like your insurance policy, an emergency contact list and any other personal documents you may need.

By planning ahead with an emergency kit, propane-powered generator and other steps, you can put your family and home in a better position to ride it out as safely and comfortably as possible – giving you peace of mind during and after the weather-related event.

Find more ideas to help get your home storm-ready at Propane.com/Generators.

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