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March 2022

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

Lakeview, Roscoe Village, North Center and Lincoln Square



March, 2022

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

Volume 26, Number 4

Chicago lifts indoor masks, vaccine mandates in certain public locations



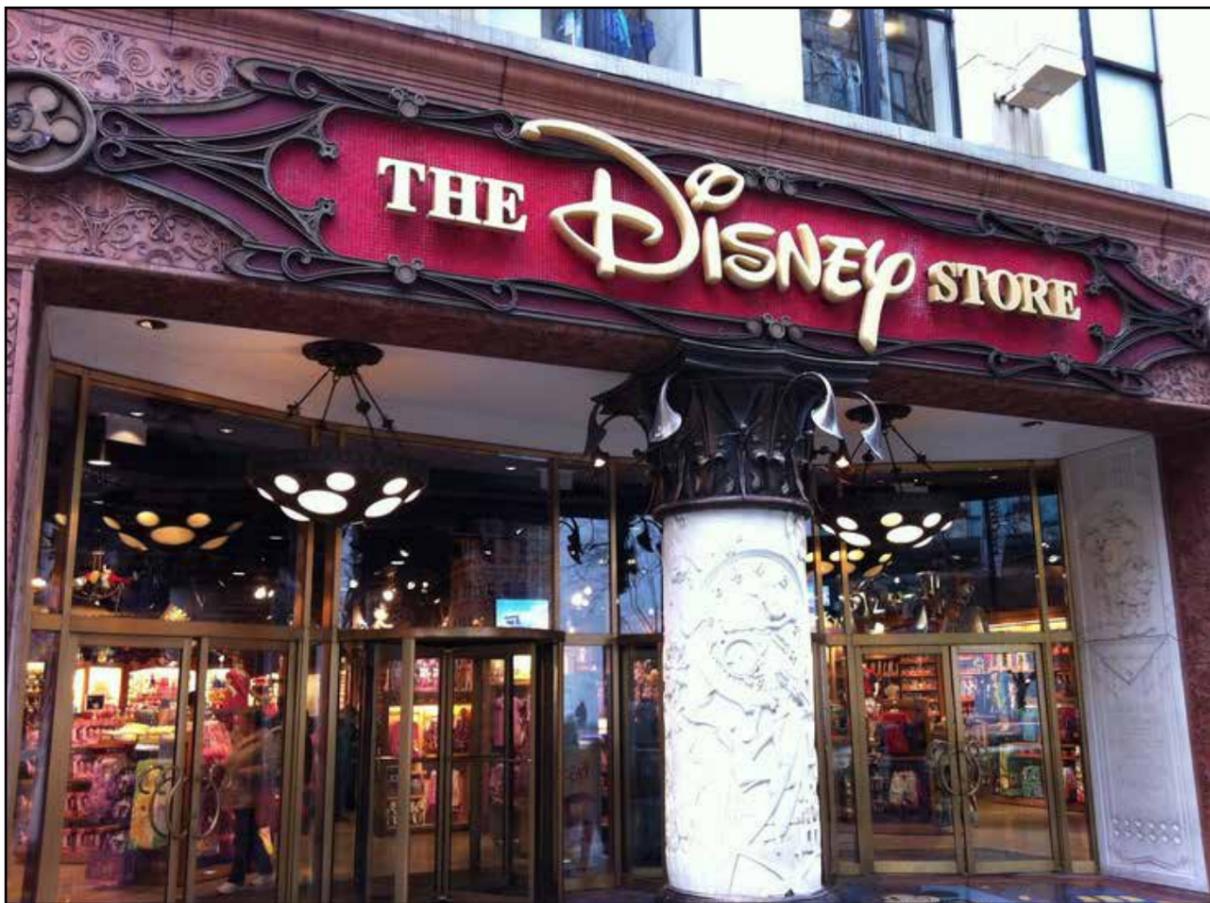
As of February 28, 2022, according to Mayor Lori Lightfoot, masks continue to be required in healthcare settings, on public transit, airports and in other congregate settings, per federal mandates and guidance from the Centers for Disease Control and Prevention. Lightfoot noted that city workers must continue to be vaccinated against the virus to work for Chicago. The mayor said that such requirements are especially critical for first responders like EMT's, police officers and firefighters. "People calling are assuming that the people who are coming in are ...exercising the utmost safety themselves and not putting other people who are calling for assistance at risk".

The other mitigation that will be rolled back is the requirement to show proof of COVID vaccination at indoor establishments where masks are routinely removed to eat or drink.

While the city rolls back its mask mandates, Chicago Public Schools says that it will keep its requirements in place at least for the time-being. According to a statement from CPS, the require-

ments are being kept in place to help "preserve in-person teaching", and to keep students and educators safe." A spokesperson from CPS said that "We have made great progress in recent weeks against this virus, and we do not want to jeopardize that progress by moving too quickly." "We look forward to the day when we can be mask-optional at CPS, but we still need to get more students vaccinated across our district, and we still need to work with our public health and labor partners on the best way to preserve a safe in-person learning environment for all." Dr. Arwady, the city's top doctor reminds us that the pandemic is not over. "This doesn't mean COVID is gone, it simply means transmission levels are lower than they have been during surges. "I still encourage people to take precautions and definitely get vaccinated to protect yourself and your loved ones." Chicago officials have cautioned that the mitigations could return if a new strain of COVID causes numbers to once again move in the wrong direction.

Goodbye, Mickey



Mickey has left the building, literally. One of the 'happy' places to shop along the Mag Mile is moving out – the Disney Store. Disney has been the sole tenant remaining at the prime corner at 717 N. Michigan Avenue, occupying 7,000 square feet in the 62,000 square foot retail space owned by Acadia Realty Trust. Three other Disney stores in the Chicago area will also be closing. Target, however, announced that it would be adding over 100 Disney shops to its stores across the country.

The Magnificent Mile was once the crown jewel of American retail. National Geographic, in its book, the 10 Best of Everything: An Ultimate Guide for travelers, named the Mag Mile, along with Rodeo Drive in Beverly Hills and Fifth Avenue, in New York, as one of the 10 Best Shopping Avenues in

the world. However, Michigan Avenue is now faced with many challenges.

More than a dozen storefronts along the stretch are empty. The vacancy rate on North Michigan Avenue has climbed to 26%. Closures include Forever 21, Tommy Bahama, Uniqlo, The Gap, Macy's, Lord & Taylor and others. The looting and vandalism that took place in August of 2020 was catastrophic, with store windows smashed and merchandise stolen including in River North, the Gold Coast, the Loop and south Loop. Some businesses never recovered.

The recent rise in flash mob retail thefts has hit North Michigan Avenue deterring shoppers and tourism, as the city tries to emerge from two years of a pandemic. Neiman Marcus, Canada Goose, North Face and most recently, Burb-

erry's, located on the 600 block of Michigan Avenue have all fallen victim to retail theft. Crime in the area is 77% higher than the national average, violent crimes are 66% higher than the national average ranking third behind Los Angeles and San Francisco in reported retail thefts. Acadia's Christopher Conlon, COO, said that Michigan Avenue will remain a "dominant shopping corridor for the entire Midwest and certainly for Chicago but not with conventional retail. Some of it will be converted to "alternative uses" that are "quasi retail" or entertainment-type uses. Conlon said he anticipated announcing new tenants by the beginning of next year. No further details were given. He also stated that Acadia was "very, very pleased with the current level of interest we're seeing" from prospective

tenants in the property. "There are several corridors around the country where multi-level flagship retail is no longer, and those spaces may need to be reoriented," referring to New York, Washington, D.C., and Boston. "We're very open-minded to that all around the country."

Another change will be the John Hancock Center, now formally known as 875 North Michigan Avenue is seeking medical tenants to fill the office portion of 875 North Michigan Avenue, which is 30% empty, 12 percent higher than the average submarket average.

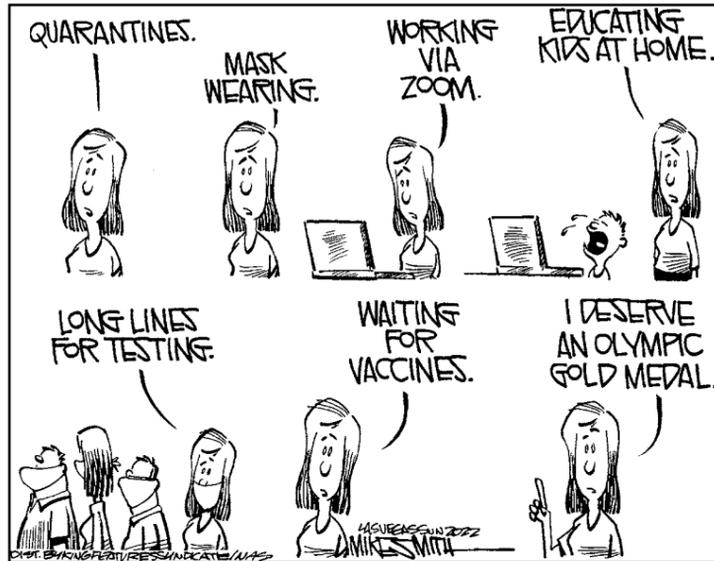
Stephen G. Hearn, founder of Hearn, will invest tens of millions of dollars renovating the space for its prospective tenants. "Hearn said, "We think it will be a race for tenants to get a spot here." "You can say what

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Editorial & Opinions

Goodbye, Mickey Continued from front page

you want about the demand for traditional office space in this neck of the woods, but no one will argue over the demand for medical in this neighborhood. "The future of healthcare and the need for healthcare facilities, both in hospital and outside hospital facilities, is unquestionable." Hearn is also separately offering naming rights to the tower which could interest a larger system to move in, like Rush Health or NorthShore University Health System. Nobody really likes change but who knew that if you wanted to go to the happiest place on earth, from now on, you would find yourself going to Target.



Moments in time

THE HISTORY CHANNEL

- On **March 15, 1901**, paintings by the late Dutch painter Vincent van Gogh are shown in Paris, causing a sensation across the art world. Van Gogh had died by suicide, and in his lifetime he had sold only one painting.
- On **March 17, 1601**, the first parade honoring the Catholic feast day of St. Patrick, the patron saint of Ireland, is held in what is now St. Augustine, Florida. The first St. Patrick's Day parade in New York City was held in 1762.
- On **March 20, 1823**, Ned Buntline, the "dime millionaire" and discoverer of Buffalo Bill, is born. More than any single writer, Buntline was responsible for creating a romanticized and misleading image of the American West. He once said, "I found that to make a living I must write 'trash' for the masses."
- On **March 18, 1852**, in New York City, Henry Wells and William G. Fargo join with other investors to launch their namesake business. In July 1852, their company Wells Fargo shipped its first loads of freight from the East Coast to mining camps in northern California.

- On **March 19, 1916**, eight Curtiss "Jenny" planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. They flew in support of the 7,000 U.S. troops who invaded Mexico to capture revolutionary leader Pancho Villa.
- On **March 16, 1945**, the west Pacific volcanic island of Iwo Jima is declared secured by the U.S. military after weeks of fierce fighting. More than 6,000 Marines died fighting for the island, along with almost all the 21,000 Japanese defenders
- On **March 14, 1950**, the FBI institutes the "Ten Most Wanted Fugitives" list. Since its debut, hundreds of criminals on the list have been apprehended or located, many as a result of tips from the public.

Americanisms



"Short term success can always be obtained at the expense of the future."
— Tim Brennan

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THE RICH LOWRY COLUMN

BLM is a Political, Moral and Policy Disaster

The Democratic party is finally realizing its vulnerability on culture issues, and perhaps no group better exemplifies the problem than Black Lives Matter.

The group's eponymous slogan swept all before it in recent years. It was repeated by Democrats around the country. Corporate leaders paid obeisance to it. Sports leagues displayed it. Such was its totemic power that a more inclusive version of the three words — all lives matter — was considered a dangerous heresy.

The BLM agenda on criminal justice — based on the idea fewer criminals should be arrested and held in jail — took hold in blue jurisdictions, and the slogan "defund the police" got traction despite its utter impracticality and obvious political destructiveness.

Now, it's obvious how shortsighted and foolhardy all this was. The rise in violent crime is a clear and present danger to the Democratic majorities in the House and Senate, and progressive prosecutors allied with BLM who have pursued soft on crimes policies in the midst of a crime wave are under fire, facing either recalls or heavy criticism.

BLM the group is continuing to find ways to underline its own extremism as it withers under scrutiny for its dodgy finances.

If a right-wing purveyor of internet misinformation wanted to discredit BLM and its allies, he couldn't do much better than concoct a story where a disturbed activist attempts to shoot and kill a local politician and immediately gets bailed out by his BLM brethren spouting cliched attacks on the criminal justice system.

It's what happened in Louisville, Kentucky, though. After 21-year-old Quintez Brown allegedly shot at — and missed — mayoral candidate Craig Greenberg, the BLM chapter in Louisville quickly posted his

\$100,000 bail. From attempted murder to walking free a couple of days later is quite the turnaround.

The BLM organizer in Louisville, Chanelle Helm, explained it was necessary to bail out Brown because: "They are calling for this individual, this young man who needs support and help, to be punished to the full extent. It is a resounding message that people are down for the torture that has taken place in our jails and prisons."

Everyone agrees that Brown has mental health problems and needs treatment, but given the violent act he's accused of, common sense dictates that he receives it while confined.

In the wake of George Floyd's death, BLM's radicalism was very good business. The group's co-founder, Patrisse Cullors, said the other day that the money raised itself, as practically every entity in America that wanted to bolster its "social justice" credentials tried to buy its way into BLM's good graces. "People have to know we didn't go out and solicit the money," Cullors explained. "This is money that came from white guilt, white corporation guilt, and they just poured money in."

If that sounds a tad defensive, it's because BLM raised \$90 million in 2020 and it's unclear who has stewardship of the funds or how they're being spent. BLM has gone from a sainted group to one that's on the run. California and Washington have ordered BLM to stop fundraising in those states and, in a telling symbolic blow, impeccably woke Amazon has kicked BLM off its charity platform, AmazonSmile.

Cullors has the explanation that you'd expect for the new focus on BLM's lack of financial controls — "anti-Black racism." Yes, good accounting is racist, now.

Democrats wonder how they can blunt GOP attacks on culture issues and believe that if they explain their positions better, they'll be fine. But the party is positioned so far left that it needs bold gestures. If it wanted to send an unmistakable signal of change, it would denounce the leadership of BLM, call for investigations into its finances, declare that the group's priorities aren't those of the Democratic Party, and wear the ensuing furor from the left as a badge of honor.

But Democrats won't do that and can't do that — which is why they are in such trouble.

Rich Lowry is editor of the National Review.

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SUNDAY



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

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SENIOR NEWS LINE

by Matilda Charles

Less Money Despite Social Security Increase

I'll be worse off financially this year, despite the Social Security increase we just received. I won't be the only one.

For the average recipient who receives \$1,460 per month, that 1.6% equates to a gain of \$23.36 per month. Medicare went up \$9.10 to \$144.60, so that drops the extra cash to \$14.26.

Except my Medicare supplement went up \$42 and the drug plan went up as well. Rent went up \$20 per month, justified by management with the "big increase" in Social Security we all got.

With so many of us in the same situation, we need to think of ways to save money:

If you take a daily newspaper and pay for it by the month, calculate whether you'll save money if you pay for it by the year. If you have a tablet, ask if they offer a digital subscription at a lower rate. Making yearly payments might also work for your car or homeowner insurance.

Call the local food bank about getting free food. Don't worry about running into someone you know. Just make the call. Whatever you get from them you won't have to buy at the store.

Check into "senior helper" groups in your area. These are people who volunteer to take care of home repairs for free, instead of paying a plumber \$150 per hour.

If you have a credit card, make payments on time. Check AARP's member discounts. Buy at Goodwill. Ask for lower prices. Buy generic groceries. Get serious about clipping coupons. Ask about senior discount day.

If you love movies, consider that the price of Netflix for one month is the same as seeing one movie at a theater.

Check online for a FreeCycle in your area (freecycle.org) and get things you need or want for free.

And always, always ask for your senior discount.

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VETERANS POST

by Freddy Groves

TeleHealth Visits Avoid COVID Delays at VA

The deployment of the new electronic health record at one of the Department Veterans Affairs health systems has been delayed. As of now, so many employees are sick with COVID-19 and unable to work that the rollout has been moved from March 5 to April 30.

That particular system, with multiple VA locations in 15 counties, currently has a COVID positivity rate of over 30% with one county seeing an increase of 150% in the past two weeks.

Think about that, and ask yourself: Can your next appointment at the VA be accomplished via TeleHealth? While the VA was one of the first agencies to mandate that all their employees be vaccinated against COVID, facts and figures show that it's not complete protection.

TeleHealth uses computers, phones and tablets to connect you with your medical team in real-time video or a phone call. Accessing care this way means you don't have physically go in. This can be especially helpful if you are in a rural area far from a VA facility or are disabled, older or very ill. You can even talk to specialists via TeleHealth.

If you're not signed up, start here: telehealth.va.gov. Scroll down to See How It Works. On that same page, click on My Healthet. From there you can track appointments, get messages from your care team, view or print your medical records or refill your prescriptions.

Don't miss the VA Mobile Apps link. That's where you can get your Video Connect app for iOS, web or Android. Note that AT&T, SafeLink by TracFone, T-Mobile and Verizon will help you avoid data charges when using the VA Video Connect app. You'll also find the 24/7 help desk to get your app going (866) 651-3180 and a test site to try a practice session.

The VA has gone all out in battling COVID-19. Consider doing your part and ask if your next appointment can be accomplished from home via TeleHealth.

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Strange BUT TRUE

By Lucie Winborne

• Rapper Snoop Dogg tried to rent the country of Lichtenstein for a music video, but was rejected.

• The Vatican has its own telescope staffed by priests, and has even received awards for the pursuit of scientific research.

• Until they are large enough to sleep upright, baby owls sleep on their stomachs because their heads are too heavy.

• Actual corpses were on the set and going to be used during the filming of "Apocalypse Now." However, the man who supplied them turned out to be a grave robber and was arrested.

• Oceans around the world contain about 20 million tons of gold in the water itself, worth hundreds of trillions of dollars at current prices.

• In 1997, Mötley Crüe created a soda called "Mötley Brüe" to help promote their new album "Generation Swine." For additional fun, they added enough blue dye to turn the drinker's urine green.

• Walt Disney accidentally "kidnapped" Richard Nixon by dispatching his monorail train before the Secret Service could get on.

• When added together, the numbers on a roulette wheel add up to 666.

• M&Ms were created so military soldiers could enjoy heat-resistant and easily transportable chocolate during war.

• If your arm or hand falls asleep, try rocking your head from side to side. This will release the pressure on the nerves in your neck and wake up the limb.

• In 2003, PepsiCo offered Estonia \$25 million dollars to change the spelling of one of its lakes, Lake Peipsi, to Lake Pepsi, but was turned down.

• A man legally named Santa Claus was elected to the city council in North Pole, Alaska.

Thought for the Day: "I cannot believe the path to victory lies in staining our souls so black we become indistinguishable from those we fight." — Anthony Ryan

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Whirligigs

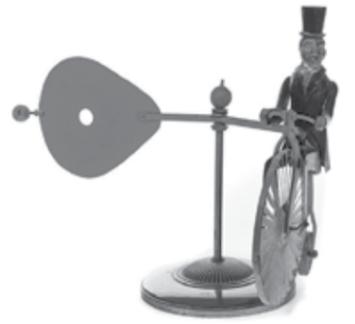
Whirligigs were invented centuries ago. They are both toys and tools, indicators of wind direction and the weather. Sources disagree on where the first were made; it was probably in China about 400 B.C. or by Native Americans about 550 B.C. The whirligig must have a spinning part and a base and many were made in fanciful shapes. The oldest known pictures of a whirligig were in tapestries made in medieval times.

There are many names and many shapes of whirligigs. Old sources call them pinwheels, gee-haws, whirlyjigs or whirlys. Vintage examples have waving arms, flags, angels' wings, a man chopping wood, horses running and much more. They are also popular children's toys or garden ornaments.

A political whirligig was sold by Garth's Auctions in Ohio a few years ago. It is a figure of President Theodore Roosevelt with a top hat and monocle riding on a penny farthing cycle. Roosevelt served from 1901 to 1909, so it must have been made after 1901. He is holding a red counterbalance vane that turns the bike with the wind. The handmade whirligig sold at Garth's for \$865.

Q. I believe I have a pair of Apache wedding moccasins. Apache Indians killed my great-grandfather in Bisbee, Arizona, in 1885. He was the deputy sheriff. His gravestone reads, "Killed by Apache Indians." I'd like to find the appropriate museum or collector that would be interested in them.

A. Indian moccasins can sell for several hundred dollars. Value depends on decoration, rarity and condition. Any information you have about the moccasins and how they were obtained adds provenance. Several museums, including some in Arizona, have collections of Native American items. Search the internet to find them. Those near the area where your great-grandfather lived might be interested in the connection to the local legend. If you want to sell the



This folk-art whirligig shows President Theodore Roosevelt with his monocle and top hat riding a cycle while holding a red paddle that catches the wind and spins. It sold at auction for hundreds of dollars.

moccasins, look for an auction house that sells Indian items. They can give you an idea of their value and sell them for you. Be sure to ask what their commission and other charges are.

CURRENT PRICES

Basket, gathering, woven, split oak, two flattened arched handles, c.1885, 11 x 19 inches, \$75.

Clothing, coat, fur, raccoon, full length, wrap collar, six brown buttons, cloth lining, label, Brooks Brothers New York, man's, \$140.

Fulper pottery centerpiece bowl, Chinese Blue Flambe glaze, blends into matte glaze layer underneath, flared out sides, stamped rectangular mark, four pulled feet, 1909-1916, 4 3/8 x 10 inches dia., \$575.

Disneyana toy, Disneylandia Turn-Over Tank, images of Donald Duck, Daisy Duck, Scrooge McDuck & Minnie Mouse, burglar on bottom, tin lithograph, windup, 4 x 3 inches, \$660.

TIP: Don't store ceramic dishes or figurines for long periods of time in old newspaper wrappings. The ink can make indelible stains on china.

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

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by Ryan A. Berenz

1. Name the World Golf Hall of Famer, known as the "Queen of American Golf," who won six U.S. Women's Amateur Championships from 1922-35.

2. Pitcher Carl Erskine threw two no-hitters and won a World Series during the 1950s as a member of what team?

3. Name the Pro Football Hall of Fame wide receiver for the Indianapolis Colts who set a record (since broken) for catches in a single season with 143 in 2002.

4. What variation of bowling is similar to ten-pin bowling but has shorter pins, a smaller ball and bowlers rolling three balls per frame?

5. The boxer known as Kid Gavilan, who held the undisputed welterweight title from 1951-54, hailed from what Caribbean nation?

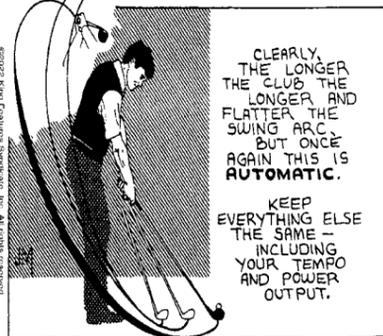
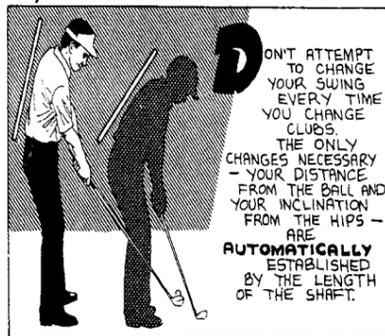
6. What was the name of the hockey exhibition team formed by Wayne Gretzky during the 1994-95 NHL lockout?

7. What two college football teams played in the Nov. 19, 1966, "Game of the Century" that ended in a 10-10 tie?

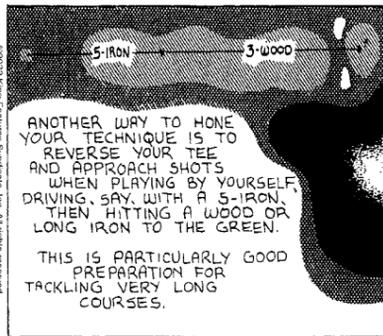
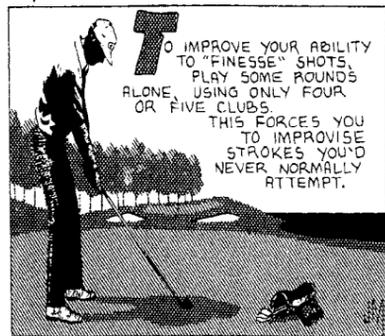
Answers

1. Glenna Collett-Vare.
2. The Brooklyn Dodgers.
3. Marvin Harrison.
4. Duckpin bowling.
5. Cuba.
6. The Ninety Nine All Stars.
7. The Michigan State Spartans and Notre Dame Fighting Irish.

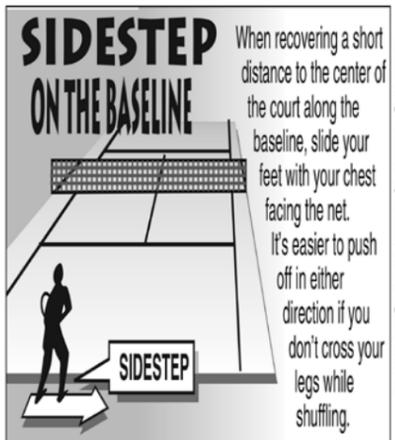
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



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GRIN THE BEARD IT



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Health



'Brittle' Diabetes Encompasses Harder-to-control Blood Sugar

DEAR DR. ROACH: I am 74 years old and have been a brittle Type 1 diabetic for 50 years. I have no history of heart disease. My doctor of 40 years recently retired and had me control my hemoglobin A1C to a range of 5.9-6.2. My new doctor, who is in her mid-30s, wants me to elevate my hemoglobin A1C to 8.0. Is this the new way of controlling blood sugar? I am confused! Can you please explain the difference in opinion? — E.S.

ANSWER: "Brittle" diabetes is when it is hard to control too-high and too-low blood sugars.

The A1C is a blood test that looks at average blood sugar over the past few months. A normal A1C is between 4 and 5.6%. People with normal A1C levels are at very low risk of complications from diabetes, especially of the kidneys (leading to dialysis), eyes (which ultimately leads to blindness) and nerves (diabetic neuropathy is painful and predisposes to injury).

On the other hand, low A1C levels put people at higher risk for low blood sugar (hypoglycemia), which can be very dangerous. People with Type 2 diabetes and blockages in blood vessels (or at very high risk) were shown to have higher risk of heart attack. For this reason, recent guidelines for older adults with Type 2 diabetes have had more relaxed goals, in the range of 7 to 8, although these do need to be individualized. For Type 1 diabetes, most guidelines still recommend an A1C goal of less than 7%. However, for a person with Type 1 diabetes who also has other medical problems that are likely to impact mortality, and for those at high risk for severe hypoglycemia, a more relaxed goal is not unreasonable.

Hypoglycemia is too-low blood sugar, with risk of confusion. This is a big problem in people with brittle diabetes.

A lower A1C is associated with a lower risk of damage to small blood vessels, which is what is responsible for nerve damage, eye disease and most diabetic kidney disease. If you have been able to keep your A1C in the range of 5.9 to 6.2, which is not an easy feat,

and have not had any serious episodes of low blood sugar recently, I would wonder why your new doctor feels your blood sugar needs to be substantially higher than it is.

Finding the right balance between good control and freedom from hypoglycemia isn't always easy, but these are the risks and benefits your doctors have been considering.

DEAR DR. ROACH: I have a relative who has had inflammatory bowel disease for 12 years. In November, he was started on Xeljanz. For the past several months, he has had a persistent elevation of alkaline phosphatase. It's less than 1.5 times the upper limit of normal. Isoenzymes were fractionated, revealing it to be 100% of intestinal origin. Could this be a harbinger of intestinal perforation? — I.G.

ANSWER: Tofacitinib (Xeljanz) is a biological medication for inflammatory bowel disease, specifically, ulcerative colitis. It can affect the liver, and a serious but rare side effect is perforation of the intestine. However, this was seen in people taking Xeljanz for rheumatoid arthritis, often in connection with NSAID drugs. There was no increased rate of intestinal perforation in people taking the drug for ulcerative colitis.

An increase of less than 1.5 times the upper limit of normal is a very mild increase. Three times the upper limit of normal is a cause for more concern. About 20% of people with ulcerative colitis will have a transient increase in liver enzymes, and about half of those will be of the alkaline phosphatase.

Drug Use and Hepatitis C

DEAR DR. ROACH: I am a 35-year-old white male who was a drug addict from the age of 14 until 32. You name it, I took it. About three years ago, I quit drugs and have lived a healthy lifestyle since. I do not drink alcohol, and I smoke one or two cigarettes a day. Three years ago, I was tested for hepatitis and was told the results were negative. About two weeks ago, I was tested and found to have hepatitis C. The results were "HCV RNA Quantitative real time PCR 8010 (high) and log 3.90 (high)." These results were given to me by a nurse without explanation other than to see a specialist. Further physician visits were denied by my insurance. I have no idea what this means, or what I need to do. I have no symptoms or discomfort at this time. What happens if this condition goes untreated? — Anon.

ANSWER: First of all, congratulations on quitting almost everything. That was the best thing you could have done for your health.

Now you have to deal with a complication of drug use, particularly injection drug use: hepatitis C. Hepatitis C is a slow-acting virus that affects the liver. The course of hepatitis C is variable. Some people have a very aggres-

sive virus, which without treatment can cause permanent liver damage, ultimately leading to cirrhosis and sometimes cancer of the liver. Others have a much more benign course with no evidence of liver damage, even after many years with the virus.

Your viral load, a measure of how much virus is in the blood, is fairly low. However, you absolutely should still go see a specialist. This is usually a hepatologist or infectious disease doctor, who has special expertise in treating hepatitis C. They will do additional blood testing, and probably a noninvasive scan of the liver to look for fibrosis, to determine whether there has been damage and the urgency of treatment.

Treatment for hepatitis C is so good now (97% or more effective) and the side effects of the new drugs are so mild that most experts treat someone with even very benign disease. Treatment courses are sometimes shorter for people with mild disease and without scarring of the liver.

Your insurance company is absolutely in the wrong to deny a visit with the specialist, and that decision needs to be appealed, preferably by your primary care doctor. In the meantime, continue to avoid alcohol, and do not take more than six regular strength (or four extra strength) Tylenol a day. You also should be sure to have immunizations to hepatitis A and B, if you are not already immune.

DEAR DR. ROACH: I'm an 82-year-old woman experiencing mucus in my rectal area. What causes this? — M.C.

ANSWER: The cells lining the rectum normally make small amounts of mucus to help a bowel movement pass easily. Large amounts may be seen in people with irritable bowel syndrome, rectal fissures or prolapse, or a rectal ulcer, among others. This is something to discuss with your doctor the next time you visit. An exam will be able to identify most of the serious causes.

How Much Popcorn Is Too Much?

DEAR DR. ROACH: I love popcorn, but when you look close there are so many hard hulls! Are they hard on the stomach? Can you eat too much? — G.P.P.

ANSWER: Popcorn has a lot of fiber, include the nondigestible bran of the kernel (also called the hull). Fiber is generally healthy for you, aiding in digestion and making you feel fuller, and foods high in fiber may reduce risk of some chronic diseases.

However, too much fiber, especially if your system is not used to it, is absolutely a potential problem. It can cause bloating and gas, and in rare instances can cause an obstruction in the bowel. This is not likely with any reasonable amount of popcorn.

Doctors used to think that in people with diverticulosis, which is little outpouchings in the wall of the colon, popcorn could cause diverticulitis (inflammation and infection). However, recent studies have shown this is unlikely.

Finally, enjoy popcorn air-popped, without oil or butter or too much salt, for the healthiest option.

DEAR DR. ROACH: I was recently worked up for an autoimmune disease that now seems to be osteoarthritis. I was placed on 10 mg of prednisone for 14 days with amazing relief from my painful shoulder and arms. I am severely allergic to aspirin and do not want to take opioids. The physician has ordered prednisone 2.5-5 mg daily to control symptoms. Is it safe to take this low dose of prednisone daily for pain control? — M.O.

ANSWER: It sounds to me that the physician may not have communicated as effectively as I might have hoped. Osteoarthritis, although a widespread cause of joint pain, is not an autoimmune disease, and it is not treated with prednisone. Instead, it sounds very much like you may have polymyalgia rheumatica.

PMR is found in women more often than in men and rarely in people under 50, most commonly in a person's 70s. Hallmark symptoms are joint pain, especially of the shoulders and upper arms, that is much worse in the morning. PMR also is very sensitive to prednisone 10-20 mg: If it doesn't respond dramatically to those kinds of doses, it probably isn't PMR. A laboratory finding, the erythrocyte sedimentation rate, is almost always very elevated (92%-94%) in PMR. A different blood test for inflammation, C-reactive protein, is abnormal in 99% of people with the condition.

Treatment is low-dose prednisone, usually given at 10-20 mg per day to start, as long as it is controlling symptoms. About half of people will be able to come off of medication after a year or two, but some people continue on treatment for six years or more. Unfortunately, even at these low doses, roughly half of people can develop a side effect due to the steroids, especially cataracts. People on long-term steroids should have careful monitoring of blood pressure, sugar and cholesterol levels, as well as bone density. Alternate treatments that don't rely on steroids are in development.

The Truth About Fasting Before Blood Tests

DEAR DR. ROACH: My daughter is a registered nurse, and tells me that when getting blood tests, it is not necessary to fast eight to 12 hours even though my doctor says to do so. Four hours is enough, she claims. Is this true, or is my daughter trying to be a doctor, if you know what I mean? L.C.

ANSWER: I probably agree with your daughter the nurse more than I do with your

doctor in this case. Most routine blood testing does not require fasting. There is controversy about whether cholesterol testing is best done fasting or not: Most recent evidence suggests that fasting is not necessary. However, many physicians still continue to use fasting levels, as that is what they are used to. Nonfasting numbers may reflect the true state of risk to the arteries more so than fasting levels.

A few seldom-ordered tests, such as insulin levels, may need to be drawn precisely a certain period of time after feeding to be able to interpret them. In most cases, your daughter is probably right that prolonged fasting is unnecessary. I still recommend following your doctor's orders.

Your daughter is providing you with up-to-date medical knowledge. Any nurse or doctor should do the same.

DEAR DR. ROACH: Is it true that all orange juice is dangerous except organic? I heard on a radio show something about food's having been contaminated by Roundup. The man said, "It's in our orange juice." It was said (I think) that only organic was safe. What do you think about this orange juice issue? — J.J.V.S.

ANSWER: I read the report showing that all orange juice brands tested positive for glyphosate, a commonly used herbicide, but one that is never applied to trees, in organic or conventional farming. The levels in the report, which was not published in a peer-reviewed journal, are extremely low, 3 to 17 parts per billion. The Environmental Protection Agency allowable level in citrus fruit is 500 parts per billion.

The risk from glyphosate in orange juice is negligible. I don't recommend large amounts of any type of fruit juice due to sugar content, which is a bigger threat than glyphosate, in my opinion. Stick to a glass a day.

DEAR DR. ROACH: A recent column commented on liquid bandages for a home first aid kit. What else should be in a home first aid kit? — K.L.

ANSWER: Depending how large a family you have, how active you are, how often you travel and what types of activities you enjoy, your ideal first aid kit might vary a bit from standard guidelines. I found one pretty complete list from U.C. San Diego at tinyurl.com/kitforfirstaid. Most of the kit is for care of minor lacerations, but there are some additional types of supplies as well. The list includes several medications: If you use those, be sure you replace them after expiration. Several well-stocked first aid kits are available for sale online, some for as little as \$25.

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

Credit card deals and terms have returned

If you're looking to grab some cash rewards or burn a balance, you need not stick with your old cards. You can maximize rewards by using three or four cards and dedicating each to its best purposes.

Here are some appealing cards for different types of users. (Note that offers like sign-up bonuses and balance transfer deals can change at any time.)

EVERYDAY USERS

If you pay off your cards every month, use one that earns rewards. The American Ex-

press Blue Cash Preferred Card offers 6 percent cash rewards on groceries (up to \$6,000 in annual spending), 3 percent on gas or transit, 6 percent on streaming services and 1 percent on everything else. The \$95 annual fee is waived in the first year. You get a \$350 bonus if you spend \$3,000 in the first six months. card.americanexpress.com

For a one-size-fits all approach, Wells Fargo Active Cash Card, which has no annual fee, offers 2 percent back on all purchases and has a \$200 bonus if you spend \$1,000 in the first three months. creditcards.wellsfargo.com

LOYAL SHOPPERS

What about cards for certain retailers or purchases? Citi Costco Anywhere Visa Card returns up to 4 percent on gas and 2 percent at Costco. Capital One Savor Rewards Card gets 4 percent on dining and entertainment, 3 percent at the grocer and 1 percent elsewhere. (citi.com/credit-cards); capitalone.com/credit-cards.)

The Savor card has an annual fee, but like many other rewards cards, it has a fee-free version with lesser rewards and if you regularly use your card and pay your bills, those fees can often be cut. If you love one store above all, you can get its branded card. You might

get special coupons and discounts on your purchases there.

BALANCE BURNERS

If you're carrying a balance, you can speed up repayment with sign-up bonuses and zero percent balance transfer offers though you'll usually pay an upfront balance transfer fee. The BankAmericard has a zero percent interest rate for the first 18 months. (bofa.com/creditcards) The Wells Fargo Reflect Card offers up to 21 months of zero percent interest if you make minimum monthly payments during the introductory period.

The Chase Freedom Flex

Mastercard offers a \$200 bonus for spending \$500 in the first three months, 15 months of zero percent interest, 5 percent cash rewards on travel booked through Chase, and a variety of other 3 percent and 1 percent cash-back offers.

SENIOR REWARDS FROM AARP

The AARP Essential Rewards Mastercard from Barclays offers a 3% cash back on gas station and drugstore purchases (excluding Target and Walmart), 2% on medical expenses and 1% on all other purchases. There's no annual fee. Spend \$500 in the first three months and get a cash-back bonus. (Aarp.org/benefits-discounts)



Photos courtesy of Getty Images

Prepare for a Healthy Pregnancy

5 behaviors to help reduce the risk of birth defects

FAMILY FEATURES

If you are thinking about becoming pregnant, now is a perfect time to make a plan. There are steps you can take to increase your chances of having a healthy, full-term pregnancy and baby – and part of that includes learning about birth defects. Understanding birth defects across the lifespan can help those affected have the information they need to seek proper care.

Each year, birth defects affect about 1 in 33 babies born in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Mainly developing in the first three months of pregnancy as a baby’s organs form, birth defects present as structural changes and can affect one or more parts of the body (heart, brain, foot, etc.). They can cause problems for a baby’s overall health, how the body develops and functions, and are a leading cause of infant death.

Common birth defects include congenital heart defects, cleft lip, cleft palate and spina bifida. An individual’s genetics, behaviors and social and environmental factors can impact one’s risk for birth defects. Even though all birth defects cannot be prevented, there are things you can do before and during pregnancy to increase your chance of having a healthy baby.

“It’s critical that women who are planning to conceive or are pregnant adopt healthy behaviors to reduce the chances of having a baby with birth defects, which are a leading cause of infant death,” said Dr. Zsakeba Henderson, March of Dimes senior vice president and interim chief medical and health officer. “We also encourage these women to get the COVID-19 vaccine since high fevers caused by an infection during the first trimester can increase the risk of birth defects.”

To help prepare for a healthy pregnancy and baby, consider these tips from the experts at March of Dimes, the leading nonprofit fighting for the health of all moms and babies, and the CDC:

- 1. Have a pre-pregnancy checkup.** Before you become pregnant, visit your health care provider to talk about managing your health conditions and creating a treatment plan. Talk about all the prescription and over-the-counter medicines, vitamins and supplements you’re currently taking. You should see your provider before each pregnancy.
- 2. Get vaccinated.** Speak with your health care provider about any vaccinations you may need before each pregnancy, including the COVID-19 vaccine and booster, and flu shot. Make sure your family members are also up to date on their vaccinations to help prevent the spread of diseases.
Pregnant women are at a higher risk of severe illness or death from COVID-19 compared to those who have not been impacted by the infectious disease. Research shows babies of pregnant people with COVID-19 may be at an increased risk of preterm birth and other complications. High fevers caused by any infection during the first trimester of pregnancy can also increase the risk of certain birth defects. The COVID-19 vaccination is recommended for all people ages 5 and older, including those who are pregnant, lactating, trying to become pregnant or might get pregnant.
- 3. Take folic acid.** Folic acid is a B vitamin that prevents serious birth defects of the brain and spine. Before becoming pregnant, take a multivitamin containing 400 micrograms of folic acid every day to help ensure your baby’s proper development and growth. While pregnant, increase to 600 micrograms daily.
Add to your diet foods containing folate, the natural form of folic acid, such as lentils, green leafy vegetables, black beans and orange juice. In addition, you can consume foods made from fortified grain products, which have folic acid added, such as bread, pasta and cereal, and foods made from fortified corn masa flour, such as cornbread, corn tortillas, tacos and tamales.
- 4. Try to reach a healthy weight.** Talk to your health care provider about how to reach a healthy weight before becoming pregnant, as excess weight can affect your fertility and increase the risk of birth defects and other complications. Maintain a healthy lifestyle that includes eating healthy foods and regular physical activity.
- 5. Don’t smoke, drink alcohol or use harmful substances.** Cigarettes and e-cigarettes contain harmful substances that can damage the placenta or reach the baby’s bloodstream. Smoking cigarettes can cause certain birth defects, like cleft lip and palate.
It is also not safe to drink alcohol at any time during pregnancy. This includes the first few weeks of pregnancy when you might not even know you are pregnant. Drinking alcohol can cause serious health problems for your baby, including birth defects. Additionally, do not take opioids, which are drugs that are often used to treat pain. Opioid use during pregnancy can lead to neonatal abstinence syndrome, preterm birth and may cause birth defects. Consult your physician before stopping or changing any prescribed medications.



UNDERSTANDING COMMON BIRTH DEFECTS

Cleft lip and cleft palate are birth defects in a baby’s lip and mouth that can be repaired by surgery. Additional surgery, special dental care and speech therapy may be needed as the child gets older.

Clubfoot is a birth defect of the foot where a baby’s foot turns inward, so the bottom of the foot faces sideways or up. Clubfoot doesn’t improve without treatment, such as pointing, stretching, casting the foot or using braces. With early treatment, most children with clubfoot can walk, run and play without pain.

Congenital heart defects (CHDs) are heart conditions babies are born with. They can affect how the heart looks, how it works or both. CHDs are the most common types of birth defects. Babies with critical CHDs, which can cause serious health problems or death, need surgery or other treatment within the first year of life.

Hearing loss is a common birth defect that can happen when any part of the ear isn’t working in the usual way and may affect a baby’s ability to develop speech, language and social skills. Some babies with hearing loss may need hearing aids, medicine, surgery or speech therapy.

FLASH BACK

POP ROCK & SOUL TRIVIA

1. Archie Bell released one solo album after the breakup of The Drells. Name the album.
2. Levi Stubbs, Abdul "Duke" Fakir, Renaldo "Obie" Benson and Lawrence Payton were the founders of what group?
3. "Higher Love" became a chart topper for which artist?
4. What group released "Walk of Life"?
5. Name the song that contains this lyric: "When I was a young man and never been kissed, I got to thinkin' over how much I had missed."

Answers

1. "I Never Had It So Good," in 1980. Bell continued to perform with The Drells now and then for the next two decades.
2. The Four Tops. They later called themselves The Four Tops because they didn't want to be confused with the Ames Brothers.
3. Steve Winwood, in 1986. The song also netted two Grammys in 1987, beating Whitney Houston's "Greatest Love of All" for Record of the Year.
4. Dire Straits, in 1985.
5. "Kisses Sweeter Than Wine," by The Weavers in 1951. Legend says Pete Seeger of The Weavers borrowed a 1937 Lead Belly blues version, which was rewritten from an Irish song about a farmer and his cow named Dicky. Others, including Jimmie Rodgers and Jackson Browne, have released versions.

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

Strange BUT TRUE

By Lucie Winborne

- Leona Woods was the only woman physicist on the team that built the world's first nuclear reactor as part of the Manhattan Project. She became a mother during the project, but hid her pregnancy as not to miss work. Afterward, as a professor, she authored more than 200 papers in physics and astrophysics.
- A 10-second French kiss spreads around 80 million bacteria between the two smoochers.
- Director Michael Bay ("Transformers") traced his interest in action films to when he attached firecrackers to a toy train and filmed the ensuing fiery disaster with his mother's 8 mm camera. The fire department was called, and Bay was grounded.
- The African country of Zambia entered the Space Race in the 1960s with a plan to visit Mars and convert aliens to Christianity. The plan unraveled when one of the "Afronauts" got pregnant, another pulled out to join a local dance group and a third went missing.
- Sharks can grow up to 50,000 teeth in their lifetime.
- Libyan revolutionary Moammar Gadhafi had a serious obsession with Secretary of State Condoleezza Rice, showering her with over \$200,000 in gifts and having a famous local composer write a song for her called "Black Flower in the White House."
- Ever notice that the word "phonetic" is not phonetic?
- As if job interviews weren't stressful enough, some notably head-scratching questions asked by employers include "If Germans were the tallest people in the world, how would you prove it?" (Hewlett-Packard), "Why is a tennis ball fuzzy?" (Xerox), and "Are you exhaling warm air?" (Walker Marketing)

Thought for the Day: "Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much."
— Ralph Waldo Emerson

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top 10 movies

1. **Death on the Nile** (PG-13) Tom Bateman, Annette Bening
2. **Jackass Forever** (R) Johnny Knoxville, Steve-O
3. **Marry Me** (PG-13) Jennifer Lopez, Owen Wilson
4. **Spider-Man: No Way Home** (PG-13) Tom Holland, Zendaya
5. **Blacklight** (PG-13) Liam Neeson, Aidan Quinn
6. **Sing 2** (PG) animated
7. **Moonfall** (PG-13) Halle Berry, Harald Kloser
8. **Scream** (R) Neve Campbell, Courteney Cox
9. **Licorice Pizza** (R) Alana Haim, Cooper Hoffman
10. **The King's Man** (R) Ralph Fiennes, Gemma Arterton

Source: Box Office Mojo

top ten Car Colors*

1. White
2. Black
3. Gray
4. Silver
5. Red
6. Blue
7. Brown
8. Green
9. Beige
10. Orange

*Vehicle on the road in U.S.
Source: iSeeCars.com

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Back to 15 — There is no other plotline that I love more than when a character mysteriously goes back in time and gets to relive a period of their earlier life ("17 Again" is a favorite). So, I am all over this new series from Brazil in which 30-year-old Anita "hits control-Z in real life" and wakes up in her 15-year-old self's bedroom. Discontented with the way her adult life has turned out, Anita is thrilled at a chance for a do-over in the pre-iPhone olden days. Maisa Silva stars as the younger Anita and Camila Queiroz as the adult version. (Netflix)

Wasteland — "When it goes bloop ... bloop ... bloop ... get ready, here it comes." And by "it" the interviewee means a most unfortunate bubbling up of filth in her bathtub. Reminiscent of the events made famous by Erin Brockovich, this four-part docuseries unpacks the widespread scourge of excess wastewater, inadequate treatment facilities and the serious health consequences of otherwise unpotable water in communities throughout our country. Created by CBS Reports, the series explores how we got to the point of collapsing sewers and polluted riverways, and what it will take to prevent further disastrous fallout. (Paramount+)

The 355 (PG-13) — Five women who all work for different intelligence agencies in different countries pool their skills to track and fight a common invisible enemy in order to prevent World War III. But these aren't Charlie's Angels. If 007 was smart enough to work in concert with his equals to get the job done in half the time so he could get back home to his kids, he might be as tough as these women. Starring Jessica Chastain, Diane Kruger, Penelope Cruz, Lupita Nyong'o

and Fan Bingbing. (Peacock)
No Exit (R) — Most people, upon finding a child trapped in a van in the parking lot of a highway rest area during a blizzard, would not merely tell the freezing, terrified kid to hang tight and then go back inside to silently try to figure out which one of their fellow stranded travelers was a psychotic kidnapper. No, most people would run back inside yelling that there's a kid trapped in a van and grab anything possible to break the child free. But most people aren't the protagonist of a psychological thriller movie. Premieres Feb. 25. (Hulu)



Jessica Chastain in "The 355"

Secrets of the Zoo: Tampa — Nat-Geo brings it again with the third season of their zoo series, this time profiling the work of the exotic animal caretakers at Zoo Tampa (previous seasons were filmed at Ohio's Columbus Zoo). Far more complicated than simply tossing hay to elephants and spending the day on pooper-scooper duty, the zookeepers show that animal care is a 24/7 job and you never know what new issue might arise. Rescues, rehabilitations, fostering orphans, releasing rehabbed short-stayers and new births are all part of the gig. (Disney+)

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TOP VIDEO RENTALS AND SALES

- Video On Demand**
1. **Ghostbusters: Afterlife** . (PG-13) Carrie Coon
 2. **Dune: Part One** (PG-13) Timothee Chalamet
 3. **Clean** (NR) Adrien Brody
 4. **No Time to Die** (PG-13) Daniel Craig
 5. **Clifford the Big Red Dog** ... (PG) Darby Camp
 6. **Venom: Let There Be Carnage** (PG-13) Tom Hardy
 7. **The Requin** (R) Alicia Silverstone
 8. **American Siege** (R) Bruce Willis
 9. **Free Guy** (PG-13) Ryan Reynolds
 10. **Groundhog Day*** (PG) Bill Murray

- DVD, Blu-ray Sales**
1. **Ghostbusters: Afterlife** . (PG-13) Sony Pictures
 2. **Clifford the Big Red Dog** ... (PG) Paramount
 3. **Ghostbusters 3-Movie Collection** (1984, 1989, 2021) Sony Pictures
 4. **Dune: Part One** (PG-13) Warner
 5. **No Time to Die** (PG-13) Universal/MGM
 6. **Halloween Kills** (R) Universal
 7. **Venom: Let There Be Carnage** (PG-13) Sony Pictures
 8. **The Addams Family 2** (PG) Universal/MGM
 9. **F9: The Fast Saga** (PG-13) Universal
 10. **Jungle Cruise** (PG-13) Disney
- *Re-release
Source: ComScore/MediaPlay News



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What's Hot In Hollywood

HOLLYWOOD — Here we go again. In this age of cancel culture, we now have a new one to contemplate. In 1812 the Brothers Grimm published their book of fairy tales. The 52nd story was German tale called "Snow White and the Seven Dwarfs." In 1938, Disney's animated "Snow White and the Seven Dwarfs" (released by RKO Pictures) became a classic loved by young and old, and a box-office bonanza. The Library of Congress selected it as one of the first 25 films for preservation in the National Film Registry.

Flash forward to 2022, when Disney announced plans to make a live-action "Snow White and the Seven Dwarfs" with "West Side Story's" Rachel Zegler (Maria), and "Wonder Woman's" Gal Gadot as the wicked queen with a poison apple. The reboot has new songs by Benj Pasek and Justin Paul. Disney proudly announced, "To avoid stereotypes from the original animated film we are taking a different approach with seven characters and have been consulting with members of the dwarfism community."

That may make some people happy, but one who isn't is "Game of Thrones" and current "Cyrano" star Peter Dinklage, who chastised Disney saying, "I was a little taken aback when they were very proud to cast a Latina actress as Snow White. Take a step back and look at what you're doing there. You're progressive in one way, and you're still making that f---king backwards story about seven dwarfs living in a cave together. What the f---k are you doing, man? Have I done nothing to advance the cause from my soapbox?"

While we respect Dinklage's right to object to what he calls stereotyping, should the story of "Snow White and the Seven Dwarfs," not based in reality but on a 200-year-old fairy tale, vanish from our consciousness and never be told again?

Another ongoing cancel culture story involves director Woody Allen, who is trying to recover from the four-part HBO documentary "Allen v. Farrow," which aired in 2021 and caused a slew of actors to say they'll never work with him again. His 50th film, "Rifkin's Festival," stars Wallace Shawn, Gina Gershon and two-time Oscar winner Christoph Waltz. Shot in San Sebastian, Spain, it is based around San Sebastian International Film Festival. While it's grossed \$2 million overseas, they haven't found a distributor yet in the United States.

Sally Field, who hasn't made a movie since 2017 (Netflix's "Little Evil" with Adam Scott), has just completed her 38th film "Spoiler Alert," based on the bestseller "Spoiler Alert: The Hero Dies: A Memoir of Love, Loss & Other Four Letter Words." She's in good hands with co-star and co-producer Jim Parsons. No release date yet. Who ever thought the "Flying Nun" would still be



Warner Bros.

Channing Tatum in "Magic Mike"

flying high at 75?

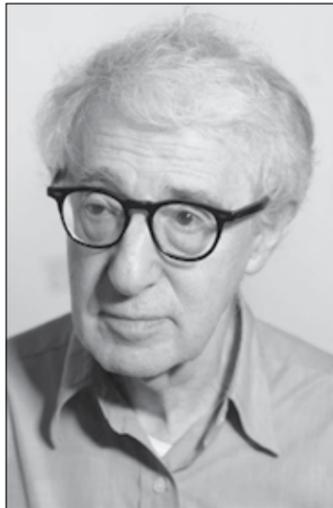
HOLLYWOOD — Are we ready for "Magic Mike's Last Dance"? Channing Tatum took two years off and now is back with a vengeance. In addition to producing, directing and starring in the just released "Dog" and "The Lost City," with Sandra Bullock, Daniel Radcliffe and Brad Pitt (March 25), he's headed to London to shoot his third "Magic Mike." Steven Soderbergh, director of the original "Magic Mike," was set to launch a Broadway musical of the film, but after seeing the "Magic Mike" live show in London (there's also one in Vegas), he decided they had to do a third installment instead. Tatum admits, "Didn't want to, we chewed all the meat off that — no pun intended. 'Magic Mike's Last Dance' will feature the sickest dancing we can create, a full dance-icle and The Super Bowl of stripper movies. I'm going to dance as hard as I've danced in any movie other than 'Hail Caesar.' Less character, more dancing, and we'll have a strong female protagonist as the new lead. We've never done the traditional love story, and this isn't a traditional love story!"

Jamie Dornan and Benedict Cumberbatch, both Oscar contenders, are very busy. Dornan follows "Belfast" with Netflix's spy thriller "Heart of Stone," opposite Gal Gadot. Cumberbatch, in addition to the upcoming "Doctor Strange" (out May 6), joins Oscar-winner Laura Dern in "Morning," set in a society that no longer needs

to sleep thanks to a new pill and artificial sun. Dern will be back in "Jurassic World Dominion" (June 10), then "The Son," with Hugh Jackman and Anthony Hopkins (which wrapped in October).

Groucho Marx, one of the immortal Marx Brothers, along with Harpo, Chico and Zeppo, made classic films like "Duck Soup," "A Night at the Opera" and "Animal Crackers" (three of my favorites out of 13) from 1929- 1952. Groucho hosted the TV show "You Bet Your Life" from 1950-1961. In 1971 he hired Erin Fleming as his secretary, and by 1973 she'd become his manager and allegedly his girlfriend. I personally used to see them at events, usually arguing profusely. In 1977 Groucho died, at 86, and his children sued Erin Fleming for embezzling \$472,000, which she was court-ordered to return to his estate. She also was accused of mental and physical abuse. She died in 2003 at 61.

Oscar-winning actor Geoffrey Rush will portray Groucho in "Raised Eyebrows," which is set between 1973- 1977, with Sienna Miller as Erin Fleming, showing how their power struggle created a comedy of horrors. To say the least from what I saw, she was very controlling, and he was cantankerous, which was the secret word ... "You Bet Your Life!"



Adam Bielawski/Wikimedia Commons

Woody Allen



by Dana Jackson

Q. I see that actor Anthony Anderson is in the return of "Law & Order." Does this mean that his sitcom "Black-ish" got canceled, or is he able to do both series? — E.S.

A. The eighth and final season of the hit ABC comedy "Black-ish" premiered on Jan. 4. It appears the network chose to conclude the show despite it being a hit. During an appearance on the popular radio show "The Breakfast Club," Anderson speculated that the show wasn't renewed due to the high production costs. He added that they had a "nice eight-year run," but that he would have liked to have "squeaked out 10 years."

Anderson is reprising his "Law & Order" role of Det. Kevin Bernard on the reboot of the original "Law & Order" series. Sam Waterston also is returning as Jack McCoy, whom he played for 16 seasons. "Law & Order" premieres Thursday, Feb. 24, at 8 p.m. ET on NBC.

Q. I was disappointed to hear that William Petersen and Jorja Fox will not be returning to "CSI: Vegas." Was the plan for them to leave after just one season, or is the show not coming back at all? — T.R.

A. According to William Peterson, who also is a producer of "CSI: Vegas," he only committed to playing Grissom for 10 episodes. Fox won't be returning as Sara either, explaining that she doesn't want the duo split up, that "wherever they go, they belong together."

Fortunately, Marg Helgenberger recently signed a contract with CBS to return as Catherine Willows after missing out on the first season of "Vegas" due to a prior commitment. Helgenberger starred in the first 12 seasons of the original "CSI" series and has been greatly missed in the "Vegas" spinoff.

Q. I keep seeing ads for a new show called "The Endgame." Who are the two actresses starring in it? I don't think I've ever seen them before. — S.P.

A. "The Endgame" is a new series from NBC that was heavily pro-



ABC/Kwaku Alston

Anthony Anderson in "Black-ish"

moted during the Winter Olympics and the Super Bowl. It stars Morena Baccarin as an arms dealer and criminal mastermind who has met her match in Ryan Michelle Bathe's FBI agent.

Baccarin is a Brazilian-American actress who has several series under her belt, including "Homeland," where she played Jessica Brody. She then went on to play Leslie Thompkins in "Gotham," where she met her future husband, actor Ben McKenzie. She also played Gideon on the TV series "The Flash."

Bathe was a regular as Sara Holt on the hit series "Boston Legal" but is probably most recognized as Yvette on "This Is Us." She's married to Sterling K. Brown, who plays Randall on the show.

Baccarin told TV Guide magazine that the show is "not telling a realistic story about the FBI and CIA chasing bad guys. We want this to be fun." "The Endgame" airs Mondays on NBC at 10 p.m. ET.

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

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THROW A SHAMROCKIN' St. Patrick's Day Party

FAMILY FEATURES

It doesn't take the Luck o' the Irish to throw a great St. Patrick's Day party. These tips and recipes will help you throw a festive celebration you'll enjoy as much as your guests — including make-ahead corned beef and a minty-green cookie recipe both adults and little leprechauns will love.

"We've developed recipes that make the tastes of Ireland easy to create — from a simple Irish Soda Bread to a classic corned beef and cabbage recipe that can be made in a slow cooker," said Mary Beth Harrington of the McCormick Kitchens. "And don't forget the treats! Our Mint Chocolate Chip Cookies are the perfect ending to a perfectly green party."

For more St. Patrick's Day recipes, check out www.McCormick.com and visit McCormick Spice on Facebook and Pinterest.



WITH IRISH CLASSICS AND GREEN-TINTED TREATS

Savory Irish Cheese Soda Bread

Prep time: 10 minutes
Cook time: 40 minutes
Servings: 12

- 2 1/2 cups flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons McCormick Caraway Seed
- 1 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Red Pepper, Ground
- 1/2 cup shredded Irish Cheddar cheese
- 2 eggs
- 1 1/4 cups buttermilk

Preheat oven to 350°F. Mix flour, sugar, baking powder, baking soda, salt and seasonings in large bowl. Stir in cheese. Set aside. Mix eggs and buttermilk in medium bowl. Add to dry ingredients; stir until well blended. Spread in lightly grease 9-inch round cake pan.

Bake 30–40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Tip: Make muffins instead of bread. Prepare dough as directed and divide among 12 greased muffin cups. Bake 20–25 minutes or until toothpick inserted in center comes out clean.

Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes
Cook time: 8 hours
Servings: 12

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker.

Mint Chocolate Chip Cookies

Prep time: 15 minutes
Cook time: 10 minutes
Servings: 3 dozen, or 36 (1 cookie) servings

- 2 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) butter, softened
- 1 1/4 cups sugar
- 2 eggs
- 1–1 1/2 teaspoons McCormick Green Food Color
- 1 teaspoon McCormick Pure Peppermint Extract
- 1 1/2 cups semi-sweet chocolate chips

Preheat oven to 375°F. Mix flour, baking soda and salt in medium bowl. Set aside. Beat butter and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs, food color and peppermint extract; mix well. Gradually beat in flour mixture on low speed until well mixed. Stir in chocolate chips.

Drop by heaping tablespoons about 2 inches apart onto ungreased baking sheets.

Bake 10–12 minutes or until edges are lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.





by Healthy Exchanges

Sweet Fruit Focaccia

Wow! You mean THIS started with a can of biscuits!? It sure did — but it doesn't look or taste like it. Pairs perfectly with your morning coffee or as an afternoon pick-me-up at tea time.

- 2 tablespoons fat-free milk
Sugar substitute to equal 2 tablespoons sugar
- 1/4 teaspoon ground cinnamon
- 1 (7.5-ounce) package refrigerated buttermilk biscuits
- 1/4 cup apricot spreadable fruit
- 1/4 cup raisins
- 1/4 cup chopped pecans

1. Preheat oven to 450 F. Spray a 9-inch pie plate with butter-flavored cooking spray.

2. In a small bowl, combine milk, sugar substitute and cinnamon. Separate biscuits. Dip each biscuit into milk mixture, then arrange in prepared pie plate. Drizzle any remaining milk mixture evenly over top of biscuits.

3. Gently stir spreadable fruit to soften, then evenly spread over biscuit tops. Sprinkle raisins and pecans evenly over all.

4. Bake for 10 to 12 minutes. Place pie plate on a wire rack and let set for at least 15 minutes. Cut into 6 wedges. Serves 6.

• Each serving equals: 199 calories, 7g fat, 3g protein, 31g carb., 360mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat.

Good Housekeeping

Charred Shrimp and Avocado Salad

Turn up the tropical vibes with pineapple, avocado and shrimp.

- 2 1/2 pounds large peeled and deveined shrimp
- 5 tablespoons olive oil
Kosher salt
Pepper
- 1/2 small pineapple, peeled, trimmed and sliced 1/2-inch thick
- 2 tablespoons fresh lemon juice
- 1/2 small red onion, thinly sliced
- 1/2 English cucumber, sliced into half-moons
- 1/2 bunch Upland watercress
- 1 avocado, quartered

1. Toss shrimp with 2 tablespoons oil and 1/2 teaspoon each salt and pepper. Heat grill pan, grill or broiler. Brush pineapple with 1 tablespoon oil. Grill or broil (in batches on rimmed baking sheets) until pineapple is slightly charred and shrimp are opaque throughout, about 3 minutes per side on the grill or 6 to 8 minutes in broiler (rotating pan and turning food over halfway through). If desired, set aside half of shrimp for the No-Cook Shrimp Rolls and refrigerate until ready to use.

2. Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Toss with onion.

3. Cut grilled pineapple into smaller pieces. Add to bowl with onion along with cucumber and shrimp and toss to combine. Fold in watercress and avocado. Makes 4 servings.

• Each serving: About 65 calories, 4g total fat (2g saturated), 1g protein, 6g carbohydrate, 0g fiber, 13mg cholesterol, 40 mg sodium.

Good Housekeeping

Steak with Shallot-Red Wine Sauce

- 1 teaspoon vegetable oil
- 2 (about 12 ounces each) boneless beef rib-eye steaks, 3/4-inch thick
- 1 teaspoon margarine, substitute butter
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 2 (1/4 cup) medium shallots, finely chopped
- 1 cup dry red wine

1. In a 12-inch skillet, heat oil over medium-high heat until very hot but not smoking.

2. Meanwhile, pat steaks dry with paper towels.

3. Add margarine to skillet. Add steaks; sprinkle with salt and pepper and cook 8 to 10 minutes for medium-rare or until desired doneness, turning steaks over once. Transfer steaks to cutting board; keep warm.

4. To drippings in skillet, add shallots and cook over medium heat 3 to 4 minutes or until browned and tender. Add wine to skillet and heat to boiling over high heat. Boil 2 minutes.

5. To serve, thinly slice steaks and spoon wine sauce on top. Serves 4.

• Each serving: About 505 calories, 40g total fat (16g saturated), 116mg cholesterol, 405mg sodium, 3g total carbohydrate, 30g protein.

Good Housekeeping

Twice-Baked Potatoes Caesar

Try these potatoes with your favorite steak dish.

- 3 (about 6 ounces each) small baking potatoes
- 2 tablespoons margarine, substitute butter
- 1 small garlic clove, crushed with press
- 1/2 cups sour cream
- 4 anchovy fillets, minced, substitute 1 teaspoon anchovy paste
- 1/4 teaspoon salt
- 1/4 teaspoon grated fresh lemon peel
- 1/8 teaspoon coarsely ground pepper
- 1/2 cup (plus 2 tablespoons) grated Parmesan cheese

1. Preheat oven to 450 F. With fork, pierce potatoes in several places. Place potatoes on oven rack and bake 35 minutes or until fork-tender.

2. Cut each potato lengthwise in half. With spoon, carefully scoop out potatoes, placing flesh in medium bowl and leaving potato-skin shells intact.

3. In small saucepan, melt margarine over medium heat. Add garlic and cook 15 seconds.

4. With potato masher, mash potatoes with margarine mixture, sour cream, anchovies, salt, lemon peel, pepper and 1/2 cup Parmesan. Spoon mixture into 4 reserved potato-skin shells, mounding slightly.

5. If you like, cover and refrigerate remaining 2 shells for use another day. Place potatoes in shallow baking pan; sprinkle with remaining 2 tablespoons Parmesan.

6. Return potatoes to oven and bake about 15 minutes or until hot on the inside and golden on top.

• Each serving: About 275 calories, 15g total fat (7g saturated), 24mg cholesterol, 620mg sodium, 27g total carbohydrate, 2g dietary fiber, 10g protein.

Good Housekeeping

Muffuletta

This sandwich is a classic in the French Quarter of New Orleans, but with our recipe you won't have to travel to get it. It tastes even better made a day ahead.

- 4 medium celery stalks, finely chopped (about 1 1/4 cups)
- 1 cup drained giardiniera (Italian mixed pickled vegetables), finely chopped
- 1 cup loosely packed fresh parsley leaves, chopped
- 3/4 cup pitted green olives, finely chopped
- 1/4 cup olive oil
- 1/4 teaspoon coarsely ground black pepper
- 1 clove garlic, minced
- 1 round (10-inch diameter) loaf soft French or Italian bread (1 pound), cut horizontally in half
- 6 ounces thinly sliced smoked ham
- 6 ounces thinly sliced provolone cheese
- 6 ounces thinly sliced Genoa salami

1. In a medium bowl, combine celery, giardiniera, parsley, olives, oil, pepper and garlic; set aside.

2. Remove a 1-inch layer of soft center of bread from both halves to make room for filling. On bottom half of bread, spread half of olive mixture; top with ham, cheese, salami and remaining olive mixture. Replace top half of bread; press halves together.

3. Wrap sandwich tightly in plastic wrap, then foil, and refrigerate at least 2 hours or up to 24 hours. Cut into 8 wedges to serve.

• Each serving: About 390 calories, 24g total fat (8g saturated), 19g protein, 26g carbohydrate, 24g total fat (8g saturated), 1g fiber, 44mg cholesterol, 1,515mg sodium.

Good Housekeeping

Macaroni and Cheese on the Light Side

Our pasta recipe is amazingly creamy, and it sneaks vegetables into the kids' dinner without a lot of fuss.

- 1 package (16 ounces) cavatelli pasta
- 2 tablespoons margarine or butter
- 3 tablespoons all-purpose flour
- 1/4 teaspoon ground black pepper
- Pinch ground nutmeg
- 3/2 cups low-fat (1%) milk
- 6 ounces (1 1/2 cups) reduced-fat sharp cheddar cheese, shredded
- 1/3 cup grated Parmesan cheese
- 1 package (10 ounces) frozen mixed vegetables

1. Heat large saucepot of salted water to boiling over high heat; add pasta and cook as label directs.

2. Meanwhile, in 3-quart saucepan, melt margarine over medium heat. With wire whisk, stir in flour, pepper, nutmeg and 1/2 teaspoon salt; cook 1 minute, stirring constantly. Gradually whisk in milk and, stirring constantly, cook over medium-high heat until sauce boils and thickens slightly. Boil 1 minute, stirring.

3. Remove saucepan from heat; stir in cheeses just until melted. Following manufacturer's directions, use immersion blender to blend mixture in saucepan until smooth. (Or, in blender at low speed, with center part of cover removed to allow steam to escape, blend sauce mixture in small batches until smooth. Pour sauce into bowl after each batch.)

4. Place frozen vegetables in colander; drain pasta over vegetables. Return pasta mixture to saucepot; stir in cheese sauce. Serves 8.

• Each serving: About 340 calories, 11g total fat (4g saturated), 32mg cholesterol, 585mg sodium, 43g total carbs, 2g dietary fiber, 18g protein.

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

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

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



by Healthy Exchanges

Mexican Chicken Bake

Sunny Mexico — where the warm blue sky is never-ending and the "spiciness" of the food can be as "hot" or as "mild" as you want it to be.

- 1/2 cup salsa (mild, medium, hot or extra-hot)
- 1 (8-ounce) can tomato sauce
Sugar substitute to equal 1 tablespoon, suitable for baking
- 3/4 cup shredded reduced-fat Cheddar cheese
- 1 cup coarsely crushed baked nacho chips
- 1/2 cups diced cooked chicken breast
- 1 (15-ounce) can cut green beans, rinsed and drained

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

2. In a medium saucepan, combine salsa, tomato sauce and sugar substitute. Stir in Cheddar cheese. Cook over medium heat for 5 minutes or until cheese melts, stirring often.

3. Evenly arrange half of chips in prepared baking dish. Layer chicken and green beans over chips. Pour hot salsa mixture evenly over beans. Evenly sprinkle remaining chips over top.

4. Bake for 25 minutes. Remove from oven and place baking dish on a wire rack and let set for 5 minutes. Makes 4 servings.

• Each serving equals: 262 calories, 6g fat, 26g protein, 26g carb., 921mg sodium, 3g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 Starch/Carb.



by Healthy Exchanges

Swiss Steak Skillet

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

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

Good Housekeeping

Potted Cheddar and Beer Spread

The flavors in this recipe were borrowed from the famous dish Welsh Rabbit, where Cheddar cheese and beer are melted together and served over toast. Include some nice biscuits with this, such as water crackers or plain flatbread crisps.

- 1 1/2 pounds (6 cups) extra-sharp Cheddar cheese, shredded
- 1 can (12-ounce) beer
- 6 tablespoons (3/4 stick) margarine or butter, softened
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon ground red pepper (cayenne)
- 1/8 teaspoon ground nutmeg

1. In large bowl, combine cheese and beer. Let stand 30 minutes or until cheese softens.

2. In food processor with knife blade attached, blend cheese mixture, margarine or butter, and remaining ingredients 3 to 5 minutes until smooth.

3. Pack cheese into crocks or decorative airtight containers and store in refrigerator up to 1 month or in freezer up to 3 months. To serve, let cheese stand at room temperature 30 minutes or until soft enough to spread. Makes about 5 cups.

• Each serving: About 45 calories, 4g total fat (2g saturated), 9mg cholesterol, 70mg sodium, 0g carbohydrate, 2g protein.

Good Housekeeping

No-Cook Shrimp Rolls

A fresh carrot salad gives these creamy sandwiches a burst of flavor and crunch.

- 4 small radishes (thinly sliced)
- 2 scallions (thinly sliced into matchsticks)
- 1 small carrot (peeled into ribbons)
- 4 tablespoons fresh lime juice
- 1/4 cup mint leaves
- 3 tablespoons mayonnaise
- 1 tablespoon gochujang
- 4 buns
Remaining shrimp from Charred Shrimp and Avocado Salad

1. In medium bowl, toss small radishes, scallions and small carrot with 2 tablespoons fresh lime juice; fold in mint leaves.

2. In large bowl, whisk together mayonnaise, 2 tablespoons fresh lime juice and gochujang. Remove and discard tails from reserved shrimp, if any. Cut shrimp into pieces and toss with sauce. Fill buns with shrimp mixture and top with carrot ribbon salad. Serves 4.

• Each serving: About 375 calories, 14.5g fat (2.5g saturated), 30g protein, 1,525mg sodium, 30g carbohydrates, 2g fiber.

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Assault on the 4200 block of North Sheridan Road.

Robbery on the 3600 block of North Janssen Avenue.

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Assault on the 900 block of West Wilson Avenue.

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Theft on the 1300 block of North Ashland Avenue.

Vandalism on the 2000 block of West Argyle Street.

Theft on the 4400 block of North Broadway.

Theft on the 1300 block of North Moorman Street.

Arrest on the 1100 block of West Thornedale Avenue.

Theft on the 2700 block of North Clark Street.

Assault on the 2300 block of West Lawrence Avenue.

Assault on the 900 block of North Ashland Avenue.

Theft on the 1500 block of North Kingsbury Street.

Assault on the 5600 block of North Ridge Avenue.

Assault on the 900 block of West Eastman Street.

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Assault on the 2300 block of West Armitage Avenue.

Assault on the 5600 block of North Lincoln Avenue.

Robbery on the 5300 block of North Kenmore Avenue.

Assault on the 3200 block of North Broadway.

Arrest on the 3200 block of West Montrose Avenue.

Assault on the 3300 block of North Broadway.

Assault on the 2700 block of North Troy Street.

Assault on the 2700 block of West Division Street..

Theft on the 2300 block of North Avers Avenue.

Assault on the 4200 block of North Sheridan Road.

Robbery on the 3600 block of North Janssen Avenue.

Theft on the 4200 block of North Lincoln Avenue.

Assault on the 900 block of West Wilson Avenue.

Theft on the 2200 block of West Irving Park Road

Theft on the 3100 block of North Pulaski Road

Theft on the 2500 block of West Irving Park Road.

Theft on the 4000 block of North Kedzie Avenue.

Assault on the 3300 block of North Damen Avenue.

Assault on the 3800 block of North Whipple Street.

Theft on the 4300 block of North Kedzie Avenue.

Vandalism on the 4200 block of West Addison Street.

Theft on the 1300 block of North Moorman Street.

Theft on the 3400 block of West Pierce Street.

Robbery on the 1900 block of West Thomas Street.

Vandalism on the 2300 block of North Sawyer Avenue.

Theft on the 3000 block of North Spaulding Avenue.

Vandalism on the 2000 block of West Argyle Street.

Theft on the 1300 block of North Ashland Avenue.

Theft on the 4400 block of North Broadway.

Theft on the 2700 block of North Clark Street.

Assault on the 2300 block of West Lawrence Avenue.

Assault on the 900 block of North Ashland Avenue.

Theft on the 1500 block of North Kingsbury Street.

Assault on the 5600 block of North Ridge Avenue.

Assault on the 3600 block of West Belmont Avenue.

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Robbery on the 5300 block of North Kenmore Avenue.

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Assault on the 2700 block of North Troy Street.

Assault on the 4200 block of North Sheridan Road.

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Robbery on the 5300 block of North Kenmore Avenue.

Assault on the 3200 block of North Broadway.

Arrest on the 3200 block of West Montrose Avenue.

Assault on the 3300 block of North Broadway.

Assault on the 2700 block of North Troy Street.

Assault on the 2700 block of West Division Street..

Theft on the 4300 block of North Kedzie Avenue.

Vandalism on the 4200 block of West Addison Street.

Theft on the 1300 block of North Moorman Street.

Theft on the 3400 block of West Pierce Street.

Robbery on the 1900 block of West Thomas Street.

Vandalism on the 2300 block of North Sawyer Avenue.

Theft on the 3000 block of North Spaulding Avenue.

Vandalism on the 2000 block of West Argyle Street.

Theft on the 1300 block of North Ashland Avenue.

Theft on the 4400 block of North Broadway.

Theft on the 2700 block of North Clark Street.

Theft on the 100 block of Elmwood.

Theft on the 1300 block of Brummel Street.

Burglary on the 3400 block of Touhy Avenue.

Theft on the 2400 block of Howard Street.

Assault on the 4600 block of North Sheridan Road.

Assault on the 5600 block of North Lincoln Avenue.

Robbery on the 5300 block of North Kenmore Avenue.

Burglary on the 1500 block of West Granville Avenue.

Arrest on the 3200 block of West Montrose Avenue.

Assault on the 2700 block of North Troy Street.

Assault on the 4200 block of North Sheridan Road.

An Inviting Refuge



How *color* can make your house a haven

FAMILY FEATURES

If ever there was a need to create a tranquil escape from the chaos of the world, the time is now. Converting your living space into a soul-soothing refuge may be easier than you think as a serene color palette is often all you need to shift the mood of your home.

For many people, the home is a personal sanctuary, and through thoughtful color design, you can discover a renewed sense of balance and ease each time you walk through your front door. Incorporating colors inspired by simplicity and serenity can create spaces that transform the home into a soothing and comfortable space.

A restorative style starts with soft and natural colors; simplicity, approachability and comfort are also essential. Softened tones keep things easy and uncomplicated for spaces that feel balanced and meaningful.

To start creating a peaceful refuge within your home, consider these tips from the experts at HGTV Home by Sherwin-Williams to discover how to use color to paint a sense of calm for all who enter.

Peace on the Porch

Fuss-free styling on the front porch sets a tone for the ambiance inside. Make sure all who enter know this is a place of calm and comfort by using soft, subtle colors. A fresh coat of exterior paint – or a new shade on the front door – can help freshen and brighten the space while purposeful, understated furnishings and accessories lend themselves to a graceful welcome.

Balanced Bedroom

There's no space quite like the bedroom to command a peaceful presence. A curated palette like the HGTV Home by Sherwin-Williams 2022 Color Collection of the Year offers multiple options that exude peacefulness and facilitate tranquility. The Softened Refuge Collection, available exclusively at Lowe's, is composed of 10 soft and simple tones that can be mixed and matched in any combination for a perfectly cohesive look.

One highlight is the 2022 Color of the Year, Aleutian, a washed indigo that is grounded by the warmth of its red undertones and bridges the gap between warm and cool tones. It pairs beautifully with wood tones so you can easily incorporate practical furnishings that lend to an aura of relaxation and comfort.



Laid-Back Living Room

Color that mimics the hues found naturally outdoors tend to soothe the soul. Introduce natural calm to a place your family enjoys congregating by updating walls to a sophisticated organic green that is rooted in nature. Carry the relaxed mood throughout the room with complementing nature-inspired neutrals for your furniture, window treatments and accent pieces.

Subtle Kitchen Spice

A stark white kitchen may feel crisp and clean, but it lacks the character that color brings. You can keep that airy feeling while infusing some gentle, welcoming warmth. Painted cabinets are on trend, so this is a perfect place to play with color. Use a light neutral taupe for the cabinets then balance with a warm, creamy white on the walls. If you're worried the space may be dull, infuse a bit of color with a neutral blue on the backsplash. The soft hues work harmoniously for a simple but stylish space.

"The Softened Refuge palette is designed to simplify color selection for a perfectly coordinated home design," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Color combinations within the Collection can easily be used

to craft spaces that help promote positive physical and mental well-being."

Inspiring Office

Your home office may see more use these days, so make it a place that keeps you centered and serene. Take a less-is-more approach and style with minimal color and repeating shapes for visual harmony that helps keep distractions at bay. For example, a rich black with brown undertones offers an elegant backdrop for a workspace. Consider using it for an accent wall with architectural detail like shiplap or beadboard then, on the remaining walls, complement the warmth with a pale tan shade that picks up the notes of brown.

Brighter Small Spaces

It's possible to illuminate small rooms and make them glow, even if there are no windows in the spaces. Tan shades with golden undertones attract natural light, and pairing a soft white adds vitality without overpowering the space. It's a logical approach for a small, dimly lit bathroom or even a small bedroom situated away from ample direct light.

Find more ideas for creating a sanctuary at home at hgtvhomebysherwinwilliams.com.



The winter landscape can be brilliant. Trees and shrubs with ornamental bark, such as red twig dogwood or river birches, look striking against a blanket of snow, as do ornamental grasses and evergreens. **Benefits of snow** While providing contrast for winter gardens, snow cover serves as insulation for the soil beneath it, protecting the root systems of trees, shrubs and plants within the soil from any severe surface temperature fluctuations, and also helps to conserve and replenish moisture within the soil through the winter months. - Brenda Weaver
Source: lancaster.unl.edu

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Horseradish (*Armoracia rusticana*) is a hardy perennial herb that has been cultivated for at least 3,000 years. It thrives in temperate climates, growing best in deep, rich soil in a sunny location. In early spring, before planting horseradish, spade or rototill the soil 8 to 10 inches down. Mix in generous amounts of compost or other organic material, then let the soil settle a few days before planting horseradish root cuttings. - Brenda Weaver
Source: extension.umn.edu

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Dahlia tubers can go directly into the ground in the spring when there is little chance of frost, but they can also be planted as late as mid-June in most parts of the country. They require good drainage and partial to full sun. Put one tuber in each hole, several inches deep, with the "eye" facing up. The tubers should be separated by about 2 feet to give each plant room to grow. Install one stake for each tuber as you plant it. - Brenda Weaver
Source: www.dahlia.org

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Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

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Quotes worth your time

“The best way to destroy an enemy is to make him a friend.”
Abraham Lincoln

“It’s far better to be alone than in bad company.”
George Washington

“The problem that human beings face is not that we aim too high and fail, but that we aim too low and succeed.”
Michaelangelo

“Whether you think you can or think you can’t, you’re right.”
Henry Ford

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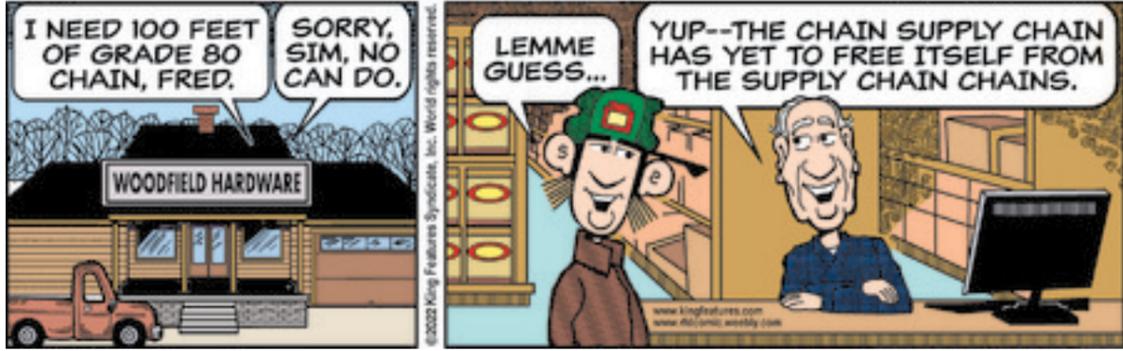
Lakeview Newspaper

See page 7

Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



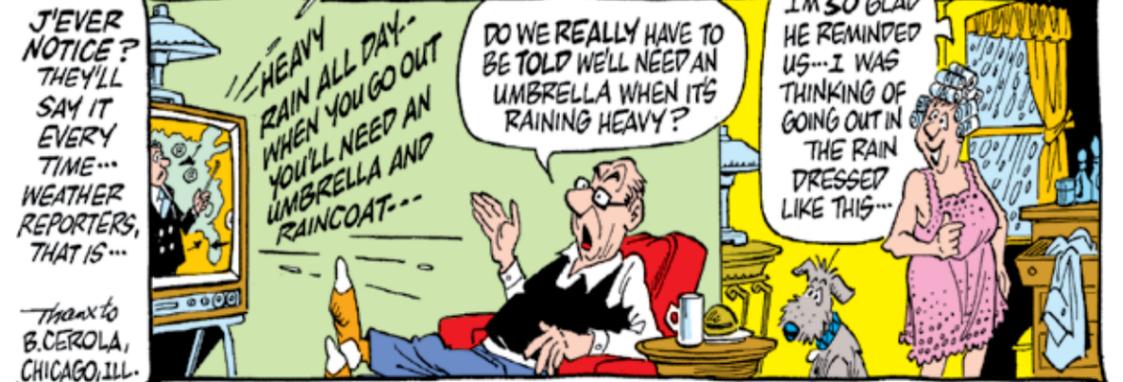
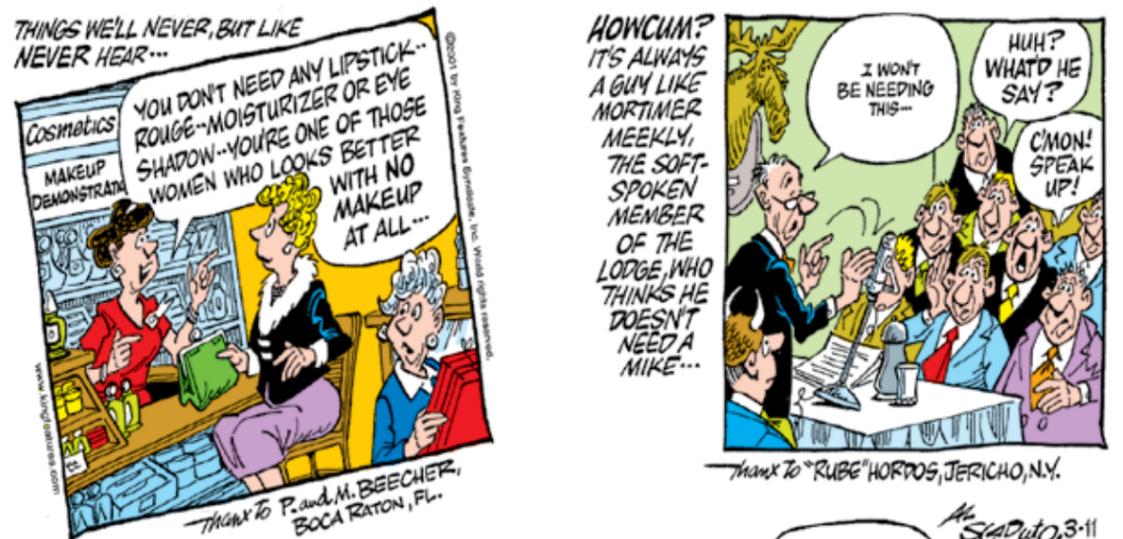
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Hal Kaufman

BYE, BYE, WORDIE FILL-IN EXERCISE

ONE MEMBER of the trio of birds at left is out of the picture. So are various and sundry word members of trios suggested in expressions below. Let's see if you can identify absentees.

1. Reading, "Riting and —
2. Hop, skip and —
3. Stop, look and —
4. Man, woman and —
5. Here, there and —
6. Good, bad and —
7. Small, medium, —
8. Tom, Dick and —
9. Curly, Larry and —
10. Shake, rattle and —
11. Burger, drink and —
12. Going, going, —

Ten right is pretty good.

How quickly can you comply?
Place 6 at center at top; 4 at bottom.

ELEVEN UP! Any three-digit number whose first and third digits total the middle digit may be divided by 11. Dubious? Give it a try.



Junior Whirl

by Hal Kaufman

FIND PONDEROUS STEPWORDS

START at the bottom and work your way up in this PONDEROUS word test.

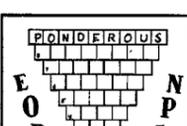
Each word is composed of one or more of the letters — E, O, R, U, D, S, P, N — shown. Each term has one more letter than its predecessor. Definitions, from bottom up:

1. Scorecard letter for a baseball flub.
2. Compass direction.
3. Ballpoint item.
4. Sign in shop window.
5. Lying flat out.
6. Man, woman or child.
7. Send a reply.
8. Big fast-food burgers:

Quarter —
Time limit: 2 minutes.

1. E 2. NE 3. Pen 4. Open 5. From 6. Pattern 7. Respond 8. Ponderous.

How quickly can you comply?
P.S.: Have an eraser handy.

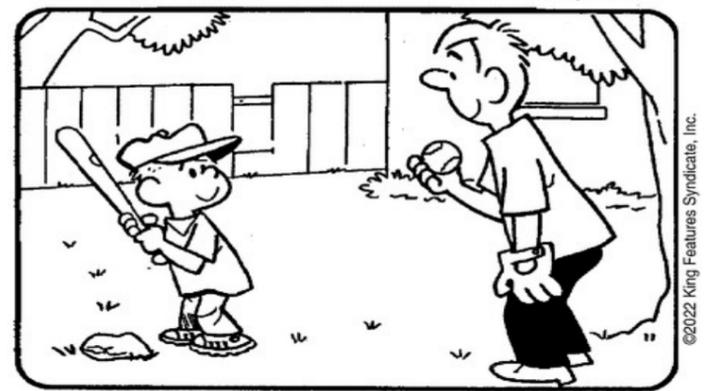


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Shirt is slimmer. 3. Fence board is missing. 4. Arm is lowered. 5. Panes are missing. 6. Glove is different.

Just Like Cats & Dogs

by Dave T. Phipps



Understanding Financial Infidelity and Its Effect on Relationships



Photo courtesy of Getty Images

FAMILY FEATURES

Infidelity and deception can take many forms in a relationship, including some that have nothing to do with romance at all. One example is financial infidelity, where deceptions are reported in nearly half of relationships where finances are combined.

Among people who have combined finances with a partner, 2 in 5 (43%) confessed to committing an act of financial deception in a current or past relationship, according to a survey conducted by the National Endowment for Financial Education (NEFE). What's more, 85% of those who reported a financial deception acknowledged the indiscretion affected the relationship in some way.

"When you comele finances in a relationship, you're consenting to cooperation and transparency in your money management," said Billy Hensley, Ph.D., president and CEO of NEFE. "Regardless of the

severity of the act, financial deception can cause tremendous strain on couples – it leads to arguments, a breakdown of trust and, in some cases, separation or even divorce."

Understanding Financial Infidelity

Financial infidelity is an act of deception by one partner in a relationship where finances are combined. Examples include hiding purchases, money or accounts, or lying about the amount of income earned and debt owed.

More than one-third (39%) of U.S. adults who have combined finances in a current or past relationship admitted to hiding a purchase, bank account, statement, bill or cash from their partner, and about 1 in 5 (21%) admitted to lying to a partner or spouse about finances, the amount of debt they owe or the amount of money they earn.

Prioritize *Self-Care* for a Brighter Future

FAMILY FEATURES

When so much of the world is beyond your control, it's easy to become anxious or overwhelmed trying to take care of everyone and everything. Making self-care a priority allows you to take charge and protect your own mental and physical wellness.

For many people, self-care gets neglected while other needs and obligations move to the forefront. That's why being intentional and getting organized can help put you on a better path.

"A steady schedule is a healthy schedule," said Jackie Michaels, a vocalist, songwriter, actress and author who shares her own journey to help others learn how to appreciate life by encouraging self-care, self-love and healing. "Set intentional goals to realign your life and create time for yourself to accomplish your goals."

Michaels offers these words of wisdom to those who are just beginning their journey of intentional self-care.

Take advantage of the energy of the moon. A new moon is an ideal time to contemplate and plan for the future, as its path toward light and energy can align with your progress toward a milestone or goal. Conversely, a full moon's expansive positive energy is thought to help amplify both conscious and sub-conscious thoughts for productive meditation. As the moon wanes, this is a time for reflection, shedding what hinders your progress as you prepare for another fresh start with the return of a new moon.

Make time for yourself to find balance. In today's busy world, this advice can be much easier said than done, but that's why Michaels recommends arming yourself with tools that can help. For example, the Love Me Right Self-Care Journal and Planner can help you set boundaries for yourself and others. You can use the calendar to set and take necessary breaks from time to time as a step toward self-care management.



Photos courtesy of Getty Images



Relax and release before starting a new week. Each week is an opportunity for a fresh start. Take time over the weekend to mentally rest and recharge, paying attention to areas of growth and accomplishment. It's also helpful to be intentional about letting go of disappointments and missteps from the week behind you and focus your mental energy on how to continue progressing toward your goals.

Make every effort count. When time is precious, there's little room for lackluster effort. While you may not be able to realistically put everything into all that you do, you'll likely discover a pattern of greater success in the activities where you invest yourself more deeply. Ultimately, you may find it easier to pass on activities that don't pique your interest enough to command your full energy.

Recognize there's no guilt in putting yourself first. Think about what you give to your friends, work and other external forces in life. When your effort is limited, chances are your results are, too. The same applies when you're working on yourself. If you only give what energy is leftover after giving to everyone and everything else, you're not likely to achieve the results you desire. Understanding that giving all of yourself is the only way to reach what you aspire is the first step toward letting go of the guilt you may feel when you make yourself and your own time the first priority.

Give yourself credit and acknowledge your achievements. When you're busy chasing your goals and dreams, it's easy to lose sight of what you've already accomplished. Take time to celebrate victories and be proud of what you have accomplished. Also remember acknowledging milestones and progress toward bigger, long-term goals can help keep you motivated and determined to reach the finish line.

Find more inspiration for your self-care journey at jackiemichaels.com/love-me-right.

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