

**Thinking about buying
a new or newer car?**

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**Affordable Environmental
Impact at Home**

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August 2022

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Lakeview

August, 2022

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

Volume 26, Number 9

How Much?? Start Your Engines



A rendering of the inside of domed Soldier Field by Landmark Development

Renovation costs for Soldier Field are estimated between \$900 million to \$2.2 billion. Mayor Lori Lightfoot has announced three renovation options to Soldier Field, in an effort to have the Bears stay at the stadium.

The three proposals consist of a domed option, an open-air stadium with the option of adding a dome at a later date and an option to modify the stadium to better suit soccer competitions while improving accommodations for concerts and other events.

Some of the amenities would include expanding seating to 70,000 seats, an increase in luxury suites, and quadrupling the food and beverage venues. Soldier Field is currently the smallest capacity stadium in the NFL with 61,500 seats. Even though the price tag is larger now than 19 years ago, when Soldier Field underwent its last major renovation, Lightfoot said the cost of the renovations would be

significantly cheaper than building a new stadium from scratch.

The renovation plans come as the Chicago Bears consider moving from Soldier Field to the site of the old Arlington Racecourse, to build a new cutting-edge venue in Arlington Heights. In a statement, the Bears said, "The only potential project the Chicago Bears are exploring for a new stadium development is Arlington Park. As part of our mutual agreement with the seller of that property, we are not pursuing alternative stadium deals or sites, including renovations to Soldier Field."

"Whether the Bears stay, and I hope they do, but even if they don't, we're going to generate a massive amount of revenue and financial impact for our city," said Lightfoot. The mayor claims that a revamped Soldier Field could lure big-ticket events like the Super Bowl and the NCAA Final Four events. Taxpayers Beware!



Illustration from NASCAR for proposed route for NASCAR Chicago Street Racing

It's Official?

NASCAR held its first race in Chicago in 1956 at Soldier Field. Starting in July 2023, NASCAR will hit Chicago's downtown streets, in a special race to celebrate its 75th season, with the first races being held July 1-2, 2023, preceded by an International Motor Sports Association sanctioned series race on July 1, 2023.

Ben Kennedy, great-grandson of NASCAR founder Bill France, led the charge for the downtown race and began working on getting the race organized in 2019.

The 2.2-mile, 12-turn course will include Lake Shore Drive, Michigan Avenue, Columbus Drive and surrounding streets

with the start/finish line and pit road along South Columbus Drive in front of Buckingham Fountain. The course will pass through Grant Park near the lakefront and approach the northern edge of Soldier Field.

The city and NASCAR will select prime viewing areas and build temporary suites. There will be music and entertainment activities for people of all ages around the races. Vehicles will be diverted from busy streets, including Lake Shore drive, which carries traffic past the city and the parks alongside Lake Michigan.

"This is a huge, huge sports town...the opportunity to bring something so unique as NASCAR to the

city of Chicago. "I think it's going to be one of the most iconic race courses maybe ever, and introduces a whole new fan base to what NASCAR is about in the city of Chicago. We couldn't pass up that opportunity," said Mayor Lightfoot. It remains to be seen how drivers will embrace the street course, as one of the concerns about the race itself is that the streets might not be wide enough for the new NextGen cars being used this season for the first time. Downtown Alderman Brendan Reilly (42nd), said the mayor has had zero conversations with aldermen whose wards will be affected. The race is scheduled for a holiday weekend, and there is no es-

caping the fact that it will impact residents and businesses in four different wards. Lightfoot responded that this is not a true statement saying she "obviously consulted with aldermen whose wards were going to be affected" and there would be more community engagement leading up to the event.

Ironically, an ordinance passed by the City Council gives Chicago Police the power to impound cars that drivers raced or drifted by using videos as evidence, and would increase fines for car owners. Lightfoot responded by saying "This is NASCAR. It's a completely different environment." Tickets will go on sale later this year.

Editorial & Opinions



Moments in time

THE HISTORY CHANNEL

• **On Aug. 10, 1776**, news reaches London that the Americans had drafted the Declaration of Independence. Until the Declaration of Independence formally transformed the 13 British colonies into states, the conflict centered in Massachusetts was seen as a local uprising.

• **On Aug. 13, 1781**, Patriot forces led by Col. William Haden and Brig. Gen. Francis Marion, known as the "Swamp Fox," lure British commander Maj. Thomas Fraser and his 450 soldiers into an ambush at Parker's Ferry, near Charleston, South Carolina. Marion had earned his nickname for his ability to "outfox" his opponents in the swamps of the South Carolina backcountry.

• **On Aug. 9, 1936**, at the Berlin Olympics, African American track star Jesse Owens wins his fourth gold medal of the Games in the 4 x 100 meter relay. His relay team set a new world record of 39.8 seconds, which held for 20 years.

• **On Aug 8, 1945**, President Harry S. Truman signs the United Nations Charter, and the United States becomes the first nation to complete the ratification process and join the new international organization. Although hopes were high at the time that the United Nations would serve as an arbiter of international disputes, Truman did not even use one of the ceremonial pens to sign, instead opting for a cheap 10-cent desk pen.

• **On Aug. 12, 1953**, less than one year after the United States tested its first hydrogen bomb, the Soviets detonate a 400-kiloton device in Kazakhstan. Known as the "Layer Cake," the bomb was fueled by layers of uranium and lithium deuteride, a hydrogen isotope.

• **On Aug. 11, 1973**, "American Graffiti," a nostalgic coming-of-age tale steeped in the car-centric culture of suburban California, is released in theaters. The movie went on to become a sleeper hit.

• **On Aug. 14, 1985**, Michael Jackson takes control of the publishing rights to the vast majority of the Beatles' catalog for \$47 million, outbidding Paul McCartney himself. In the years afterward, the catalog was estimated to be worth in excess of \$1 billion.



• **On Aug. 19, 1812**, the U.S. Navy frigate Constitution, known as "Old Ironsides," catches the British warship Guerriere 600 miles east of Boston where the Constitution delivered its first broadside. The British man-of-war was de-masted and rendered a wreck while the Constitution escaped with only minimal damage.

• **On Aug. 20, 1911**, a dispatcher in The New York Times office sends the first telegram around the world to determine how fast a commercial message could be sent. After it traveled more than 28,000 miles, relayed by 16 different operators, the reply was received by the same operator 16.5 minutes later.

• **On Aug. 18, 1940**, Walter Percy Chrysler, the founder of the American automotive corporation that bears his name, dies in New York. Chrysler was also known for financing the 77-story Art Deco Chrysler building skyscraper in midtown Manhattan. When completed in 1930, it was the tallest building in the world.

• **On Aug. 16, 1954**, Sports Illustrated, a new magazine dedicated to covering sports, appears on American newsstands with a cover photo of Milwaukee Braves third baseman Eddie Mathews. Sports Illustrated did not make money for most of its first decade but eventually became the undisputed leader in American sports media.

• **On Aug. 15, 1961**, two days after sealing off free passage between East and West Berlin with barbed wire, East German authorities begin building a wall — the Berlin Wall — to permanently close off access to the West. For the next 28 years, the wall was a literal "iron curtain" dividing Europe.

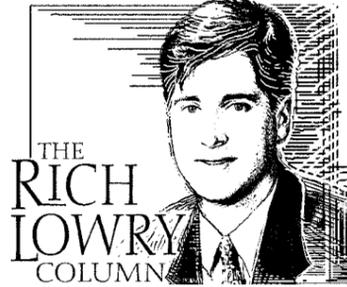
• **On Aug. 21, 1980**, animal rights advocates Ingrid Newkirk and Alex Pacheco found People for the Ethical Treatment of Animals. Rising from humble beginnings, PETA will soon become the world's foremost and most controversial animal rights organization.

Americanisms



"It is hard to fail, but it is worse never to have tried to succeed. In this life we get nothing save by effort."
— Theodore Roosevelt

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THE RICH LOWRY COLUMN

The Most Self-Destructive Force in the World

Without a doubt, the climate-obsessed green movement is the most stupidly self-destructive force in the world today, leaving a trail of irrationality and folly wherever it goes.

Consider its recent record of destroying the country of Sri Lanka, making Western Europe needlessly vulnerable to Vladimir Putin's energy blackmail and stoking higher energy prices in the U.S. that have contributed to the fastest decline in real wages in 40 years.

The greens are rapidly making up ground on the socialists as the modern world's foremost economic and social saboteurs (and, of course, the two now work hand in hand).

If a hostile actor were to consider the best way to harm a society from within, it would unquestionably be to increase the sway of climate alarmists and other environmentalists who believe it is their righteous duty to make it harder and more expensive to power a modern economy, as well as to build and grow things.

They seek to throw the gears into reverse on the millennia-long human quest for cheaper, more abundant and more reliable sources of energy, while putting new obstacles in the way of other human endeavor.

Since they are fired by a quasi-religious vision of an existential climate crisis on the verge of ending Planet Earth, they reject cost-benefit analysis, not to mention basic realism. The resulting wreckage is all around us.

Sri Lanka achieved one of the highest ESG, or Environmental, Social and Governance, scores in the world and destroyed its economy in the process. The country banned chemical fertilizers in April 2021 as it hurtled toward becoming the world's first all-organic country. It proved one small step ahead for environmental pieties and a giant leap backward for

Sri Lankan farmers. A large proportion of land went dormant, and production of rice, tea and other crops dropped precipitously. The resulting economic calamity has led to the collapse of the government.

This is basically the Green New Deal in miniature.

Sri Lanka is a small island nation in the Indian Ocean; Germany is a powerhouse in the middle of continental Europe. But the green disease doesn't discriminate on the basis of size or wealth.

For years, Germany pursued a policy of making itself dependent on Russian oil and (especially) gas, while congratulating itself on its great environmental virtue as it closed down nuclear power plants and ramped up renewable sources. Berlin can't say it wasn't warned of the risks of this approach. Such is the faddish grip of climate orthodoxy that it blew past all the blinking red lights. Sure enough, now Russia may well cut off the supply of gas this winter, at the same time that renewables have proved not ready for prime time (they are too intermittent, among other technical problems that won't be solved anytime soon).

In its wisdom, Germany decided to shut down the source of energy that is clean, reliable and doesn't require dependence on an authoritarian state hostile to the West — namely, nuclear power. It fell prey to the environmental left's superstitious hostility to nuclear. Even now, Germany is going ahead with shuttering its last three plants. It is turning again to coal to try to fill the gap this winter, underlining its disastrous mistake in prematurely eschewing such proven sources of energy in the first place.

Here in the U.S., of course, Biden pledged to "end fossil fuel" back in 2019, a promise — given our prodigious reserves of oil, gas and coal — that would make almost as much sense as Russia or Saudi Arabia pledging to do the same. Even as inflation, with energy prices leading the way, destroys Biden's presidency, he and his supporters are determined to pursue a climate agenda that will drive up costs and create inefficiencies at home while doing next to nothing to affect global temperatures.

It makes no sense, but for the greens, that's never been a particularly important criterion.

Rich Lowry is editor of the National Review.

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Lakeview Newspaper

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Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Lisa Rode

August 2022

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$26.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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SENIOR NEWS LINE

by Matilda Charles

Managing Stress

An informal poll of senior friends makes one thing clear: We are anxious and stressed, and no, it isn't getting any better.

Turn on the news and there's another tragedy. Buy groceries and there is serious concern that you might not get to the end of the month before running out of money. And, of course, there's the pandemic, which, despite the boosters, just isn't going away.

There are, however, small ways to combat the anxiety and stress we feel.

Writing in a daily journal can help focus our thoughts. What, exactly, is it that's making us anxious today? A few lines that target the problem can shrink it and keep the source from being so large and overwhelming. But then finish with a few gratitude lines. What are we thankful for today and what has gone right? It might be something as small as a friend telling a truly funny joke.

Adopting a pet can be a lifesaver, in more ways than one. Many people are giving to shelters the pets they adopted two years ago, pets that now need new homes. Consider the benefits of both cats and dogs. A cat stays inside and might even make you laugh. Dogs need to be walked, but a senior dog might not need long walks.

Explore a new hobby, ideally one that is soothing and engages your mind.

Change your routine in small ways. Yes, you can have pancakes for dinner. Yes, you can sign up for the online music appreciation class at the college.

And don't forget the basics. Get some kind of exercise each day, even if it's just lifting hand weights. Look for yoga videos on the internet that are aimed at seniors. Monitor your diet. Limit caffeine, aim toward increasing fruits and vegetables and drink the right amount of water.

Just take it one day at a time.

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VETERANS POST

by Freddy Groves

\$240 Million Worth of Fraud

The owner of several construction companies has been nailed for fraud. His crime: Defrauding the Service-Disabled Veteran-Owned Small Businesses (SDVOSB) program for the purpose of grabbing up government contracts that he wasn't eligible for.

The scam went on from 2004 to 2017 and netted the thieves \$240 million in contracts over the years.

Unfortunately, one of the scammers was a veteran. He was talked into pretending that he, a service-disabled veteran, was the majority owner (at least 51%) of the company for the purposes of qualifying for the contracts.

The head criminal in this venture is going to have a good long time to think about it. Depending on how the sentencing turns out, he could be looking at 20 years for each of six counts of wire fraud, not to mention the \$250,000 fine for each one.

One of the co-crooks pleaded guilty to his part in the long-running theft. He's since lost his money to bankruptcy and his wife to divorce.

The disabled veteran also has himself in a world of hurt. He lied about the company as well as everything else, even signing the documents stating that he was the majority owner. At least he manned up when they were caught and pleaded guilty, not bothering with a trial.

One thing that stands out for all three of the criminals: None of them was lacking in skills or talent. One of them, for example, was a local shining star in developing low-cost housing out of defunct properties and was seemingly well regarded.

If you know of similar fraud that's happening, taking money away from legitimate small business veterans in the Service-Disabled Veteran-Owned Small Business (SDVOSB) and/or Veteran-Owned Small Business (VOSB) programs, you can report it by calling the Veterans Affairs Office of Inspector General at 800-488-8244. For more information on reporting fraud, go online to www.va.gov/oig/hotline/default.asp. Click on the FAQ page to learn what types of complaints the OIG doesn't normally handle. You'll find a long directory of resources there.

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Strange BUT TRUE

By Lucie Winborne

• The Psychotria elata flower, also affectionately known as the "hot lips plant," which grows in the rainforests of Central and South America, resembles a puckering mouth covered in lipstick.

• After losing a drunken poker bet in 2009, a New Zealand man had his name legally changed to "Full Metal Havok More Sexy N Intelligent Than Spock And All The Superheroes Combined With Frostnova." After five years, the new moniker was finally approved by the government, and all 99 characters are on his passport.

• In Oklahoma, it is illegal to wear boots to bed (but shoes are OK).

• According to a 2014 survey by the Christian retailer LifeWay, 7% of Christian Americans pray for a parking spot.

• In 1956, four men on a boat off the coast of Cornwall threw explosives at a shark to kill it, or at least scare it away from divers, but the plan partially backfired, killing two of the men and injuring the others when the shark headed for them instead with an explosive device on its back.

• "Ouijazilla," in Salem, Massachusetts, holds the unofficial title of the "World's Largest Ouija Board" at 3,168 square feet and approximately 9,000 lbs.

• Charlie Daniels objected to the use of "The Devil Went Down to Georgia" in the Guitar Hero III video game because it was possible for the player to lose to a devil-like character, which "perverted" his song.

• No matter what it might feel like, to the contrary, when you're suffering from one, the majority of microbiologists say viruses are not actually alive, as they produce no energy and can only reproduce when inside a living creature.

Thought for the Day: "It isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe."
— Muhammad Ali

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Enamel Ware

Enamel has been used to decorate metal since medieval times, creating elaborate designs on copper, silver and other metals. Enameled pieces for home use were rare before the 1800s. Around 1880, a few artists on the East Coast made plaques picturing nature to decorate a metal box or lid for a bowl. These pieces by artists like Gertrude Twitchell sell for thousands of dollars today.

Enameled metal bowls and ashtrays were favored gifts. Modern jewelry, vases, desk sets and even large wall plaques were made in art schools. Colorful geometric designs, flower forms and imaginative modern creatures were favored. Artists signed the enamels on the front or back if selling through a shop, but many independent artists left their work unsigned.

An 11-inch-diameter shallow bowl with a stylized picture of a rooster, fish and three round, thin-line designs on the front was signed "Karamu OH Hykes" on the back. It was unidentified when first offered for sale, but a Cleveland collector realized it was made by Sterling Vance Hykes (1917-1974), a talented artist who taught at Karamu, a Cleveland settlement house. His work sells for several thousand dollars today. Unidentified, it would probably bring about \$400 or so because of the talent it showed.

Q: When I unpacked some Johnson Brothers Old Staffordshire dishes after two years of no use, there was a brownish powder coming from the dinner plates. Are they safe to use? Would they have lead glaze? The plates were in my family from the 1950s.

A: The brownish powder may have come from the packing materials or the cardboard box the dishes were packed in. Some antique porcelain was decorated with lead glaze. If the glaze is cracked or chipped, the lead can leach out. It's best not to eat acidic food on old china, and do not store food in it. The Food and Drug Administration set regulations on the amount of lead in glazes on ceramic dishes used for food in 1971. The standards have been revised since



This large, enameled copper plate is decorated with a stylized rooster, fish and three star-like designs. The back is textured enamel with the mark "Karamu OH Hykes."

then. Dishes don't have to be lead-free, but plates cannot contain more than 3 parts per million of leachable lead. Your dishes were made before those safety standards were set. The only way to determine if the glaze on your dishes has lead in it is to test it. You can buy a home lead testing kit or see if your local health department can test the dishes.

CURRENT PRICES

Stein, regimental, lithophane, Infantry Regiment 11th Co., Munchen (Munich), 1903-1905, soldiers, rampant lion, banners, pewter lid with injured soldier holding drink, Germany, 11 inches, \$25.

Toy, Yogi Bear, hopping, lithographed tin, windup, Linemar, box, 1961, 4 1/4 x 3 1/4 x 2 1/2 inches, \$525.

Cameo glass vase, gold iridescent, acid cut bands and a band of roses, ovoid, tapered neck, flared rim, signed Durand, 7 1/2 x 7 1/2 inches, \$1,765.

TIP: Don't put glass with an iridescent finish in the dishwasher. The hot water and soap will remove the finish.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2022 by Terry and Kim Kovel has the resources you're looking for.

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by Ryan A. Berenz

1. What sports event was founded by Eunice Kennedy Shriver and first took place in Chicago in 1968?

2. The Metrodome in Minneapolis was named in honor of which U.S. politician?

3. What brand of tennis ball has been used at the Wimbledon Championships since 1902?

4. Former NBA player and coach Reggie Theus had his No. 23 jersey retired by what college basketball team?

5. The annual rematch game between the CFL's Saskatchewan Roughriders and Winnipeg Blue Bombers is known by what nickname?

6. What was the name of the dog who found the FIFA World Cup's Jules Rimet Trophy after it had been stolen in London in 1966?

7. In July 1977, what NBA franchise held a telethon for season-ticket pledges in order to save the team from being sold?

Answers

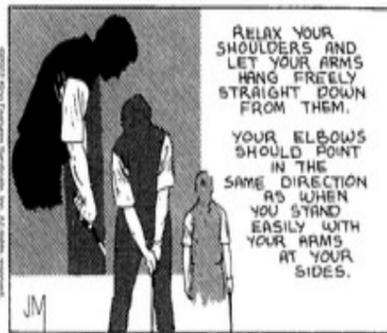
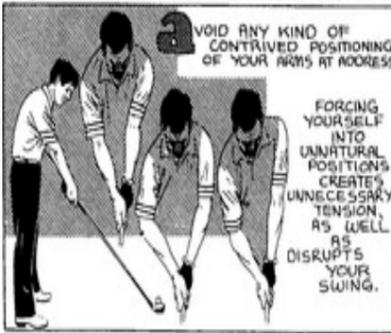
1. The Special Olympics World Games.
2. Hubert H. Humphrey.
3. Slazenger.
4. The UNLV Runnin' Rebels.
5. The Banjo Bowl.
6. Pickles.
7. The Indiana Pacers.

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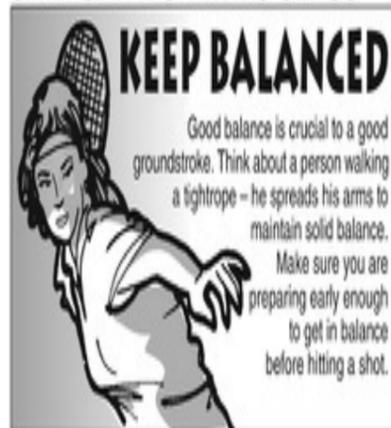
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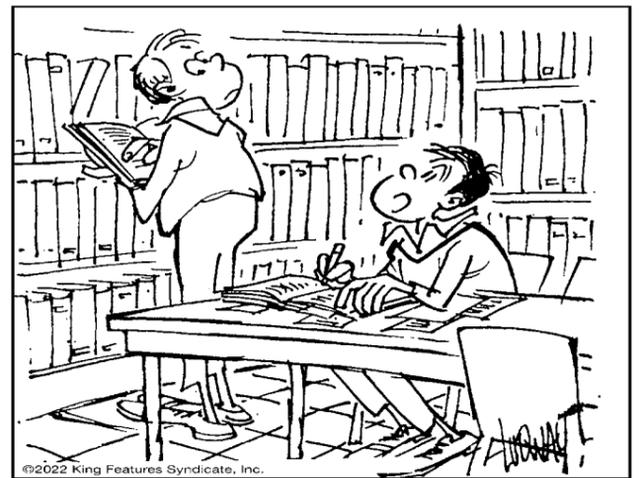
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STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



"We were getting along fine. I even read books on ecology to please her — then I made the mistake of carving our initials in a tree."

GRIM THE BEARD IT



"You know I don't want them watching violence! ... Turn it back to the hockey game!"

Health



False Positives Plague Lung Cancer Screening

DEAR DR. ROACH: I'm a 74-year-old female who smoked a pack a day for 40-plus years, having quit smoking about 18 years ago. As a precaution, I asked my primary doctor to order a screening CT scan, knowing that I'm a candidate for lung cancer. The results showed a 3-mm nodule in one lung, and I was advised not to worry and that my doctor would order another CT scan in six months. I can't help but wonder if this is cancer and if an oncologist, after six months, will ask me why I waited so long to see him. — T.W.

ANSWER: Medical professionals have been attempting to screen for lung cancer for decades. Chest X-rays proved insensitive: By the time cancer could be seen on X-ray, it was usually too late to do anything about it. CT scans are much more sensitive (maybe too sensitive; see below), and studies have shown that some lives will be saved with a screening program. However, the number of people who would benefit is relatively small; 256 moderate- to-heavy smokers would need yearly screening for three years in order to prevent one lung cancer death.

There are two other significant concerns about lung cancer screening. The first is the issue you have now: an abnormal result and what to do about it. It's extremely common. Almost 25% of scans will be abnormal, and 96% of the abnormal results will be false positives. But it will require multiple scans and sometimes an invasive procedure to prove it. This means a great deal of anxiety among people who get the type of result you did.

The small size of your nodule means your risk that this nodule is cancer is much lower than 1%. A follow-up scan is the usual recommendation, and if the nodule is the same size or smaller, the chance of it being cancer is very close to zero. You should have had a careful explanation of the likelihood of false positive results before getting the scan. You should also have been warned of the possible need for a biopsy and the possible financial costs associated with follow-up testing.

The second concern is current smokers who consider screening. A negative CT scan is not a "clean bill of health" for a smoker, and quitting remains the single most important thing most smokers can do for their overall health.

DEAR DR. ROACH: Are deodorants containing aluminum safe to use? The brands that do not contain aluminum are much less effective. I am concerned about absorbing the aluminum from the deodorant and its effect on the brain. — D.M.

ANSWER: That's a myth. The amount of aluminum in antiperspirants is negligible. Deodorants that aren't also antiperspirants don't contain aluminum. The aluminum mechanically blocks the sweat glands in the armpit, and 99.99% of it is not absorbed into the body. Long-term studies of people taking aluminum-based antacid (which is also poorly absorbed) have shown no increased risk of dementia. The body has several ways of removing the small amounts of aluminum we absorb, mostly via the kidneys. Aluminum toxicity IS a potential problem for people with kidney disease on dialysis, but the small amounts of aluminum in antiperspirants is too small to worry about even in those cases.

There is absolutely no reason to be concerned about the health effects of aluminum on the brain.

Cuff Location Matters for BP Reading

DEAR DR. ROACH: I have always read that when you are having your blood pressure taken, your arm should be elevated above your heart. When mine is taken this way, it is normal, around 120/70. When I go to the doctor, my blood pressure is taken with my arm hanging at my side. I often get a much higher reading taken this way, say, 140/90. Is there a correct way to take it, and does it affect the reading? My doctor said the position doesn't matter and wants to prescribe medication. — U.P.

ANSWER: When taking the blood pressure, the goal is to approximate the blood pressure in the heart. That means that the blood pressure cuff should be at the level of the heart. If the blood pressure cuff is above the heart, then the blood pressure reading will be artificially low. If the blood pressure cuff is dangling below the level of the heart, the reading will be high.

For every 10 cm (about 4 inches) above the heart, the blood pressure will be about 7 mm of mercury too low. If I stretch out my arm as high as I can above my heart, I can get it about 30 cm higher than my heart, which would be enough to explain the difference between the 140/90 and 120/70 you have observed. However, for most people when sitting up straight, a properly placed cuff on the arm will approximate the same level as the heart. Although you are right that the position matters, it sounds like the doctor's office is taking the reading correctly.

I should also note that the feet should be resting on the floor, not dangling, which can artificially raise the blood pressure. The arm should be supported while taking the blood pressure. I recommend taking the blood pressure three times and using the average.

Given how important blood pressure is, cor-

rect technique is essential in order to properly recommend who should get blood pressure treatment. Evidence is increasing that a 24-hour home blood pressure device is more accurate at determining who might need medication, especially in suspected white coat hypertension, where the readings are artificially high just because a person is in the office (even if they don't feel nervous).

DEAR DR. ROACH: I was receiving testosterone injections for a diagnosed low testosterone level (96, with the normal 300-720). I received testosterone injections for many years, as directed by my doctor at that time. Ultimately, I changed doctors, and the new one prohibited the testosterone injections as "too dangerous to continue." I objected then, and I am about to object again, since my symptoms in the past year continue to point to low testosterone, in my mind. I have low energy level, low libido and erectile dysfunction. — M.J.

ANSWER: If a person with normal testosterone takes a large amount of extra testosterone, such as athletes looking for a performance boost, there are significant risks. Scientists used to worry that a similar issue would be the case if a person with low testosterone took a replacement dose to get him into the normal range, but the fears of testosterone replacement therapy have been proven largely unjustified.

Given your symptoms and your definite low level, experts would agree that you are a good candidate for long-term testosterone replacement therapy. The risks and benefits are not known with certainty, but the evidence so far suggests no serious risks and some potential benefits on heart health, even beyond improvement in symptoms. I would suggest a consultation with an expert on testosterone replacement, such as a urologist.

Osteoporosis Treatment Could Put Jaw at Risk?

DEAR DR. ROACH: I am an 80-year-old female in good health except for a diagnosis of osteopenia. My primary care doctor has prescribed medication for my osteopenia. I have periodontal disease and have been advised by my periodontal specialist not to take medication for osteopenia due to deterioration of the jawbone. I think I am in a lose-lose situation. I spoke to my internal medicine doctor, and he said he was concerned about a hip fracture if I don't take the osteopenia medication. I don't want to take a chance on the jaw deteriorating. Please give me your opinion on the best course of action. — G.M.

ANSWER: Osteopenia, also called low bone density, is a risk factor for osteoporosis. The risk of developing a fracture depends on a person's age and sex, height and weight, results of their bone density test and presence of certain other medical risk factors, including previous fracture, use of glucocorticoid drugs like

prednisone, smoking and rheumatoid arthritis. Fracture risk is commonly estimated by the FRAX tool (which can be found at www.sheffield.ac.uk/FRAX/). If the estimated hip fracture risk is 3%, or the combined risk of any fracture is 20%, then medication treatment is usually recommended. Getting your FRAX result is a critical number to have to help make an informed decision. You will need the exact results of your bone density.

If your risk is not so high that medication is recommended, there are many things you can do to help your bone density. These include adequate dietary calcium, supplemental vitamin D, regular exercise — especially weight-bearing and strengthening exercises — and avoiding smoking and excess alcohol. A home evaluation to reduce fall risk may be of benefit.

If your fracture risk is already higher than the above threshold, medication would normally be prescribed in addition to lifestyle treatments. Antiresorptive treatments, such as alendronate (Fosamax) or other bisphosphonate drugs, do increase the risk for jawbone damage, and given what your periodontist has recommended, I would avoid not only these drugs but also denosumab (Prolia), which works similarly by decreasing bone resorption. Although I am not an expert, I would consider treatment with a medicine like teriparatide, which has been used as a treatment for people with jaw osteonecrosis. This medicine works by stimulating bone growth and has a good safety record.

DEAR DR. ROACH: The blood bank nurses have a hard time finding a vein in either arm almost every time I go to donate platelets. I drink a lot of water the day before and 16 ounces the day of, but no luck. Is there anything I can do to make my veins easier to find? Does weight have anything to do with it? — N.K.

ANSWER: In addition to the fluid intake, keeping the arm warm makes the veins more prominent. Keeping the arm down (below your heart) for a good while may also help. People who are overweight sometimes have veins that are harder to find, but that's not always the case.

Smoking, Symptoms Biggest Factors in COPD Prognosis

DEAR DR. ROACH: I was diagnosed with COPD a year and a half ago. I seem to be unable to get answers from my pulmonary doctor, as he is always busy. How fast does COPD progress? I'm 78 years old, I'm in reasonably good health, and I exercise regularly. I have chronic bronchitis with a slight amount of emphysema. I had been coughing a little during the day, had mucus in the morning and coughed at night for two to three hours after bedtime — to the extent of having to use a rescue inhaler to settle down and get back to sleep. After he put me on Trelegy, all of those symp-

toms disappeared, and I feel perfectly normal except for shortness of breath.

My other question is, what is the life expectancy of a person diagnosed with COPD? I've read answers to this all over the map, from two or three years after diagnosis to 15 or more years. I would presume that it depends on other factors such as physical condition, exercise, weight, etc. I would like some kind of guideline for someone in my condition. — T.J.

ANSWER: There are two major types of chronic obstructive pulmonary disease: chronic bronchitis, where the primary problem is productive cough; and emphysema, which is destruction of the small airways. Shortness of breath is a common feature of all types of COPD. The most prevalent cause is smoking. I can't answer your questions on rate of progression and overall prognosis without much more information, but it is certainly a good sign that many of your symptoms are well-controlled on treatment. The single biggest factor in rate of progression of COPD is whether you are a smoker, but not being able to exercise, being male and being very underweight are additional risk factors for faster progression. In someone with COPD, the decline over months to years can cause symptoms to occur first with exercise, and then when at rest. Once people have severe symptoms at rest, the prognosis becomes quite poor.

No medication can reverse lung damage. Inhaled steroids reduce inflammation and can slow progression somewhat. Inhaled bronchodilators open airways and make breathing easier. Inhaled anticholinergics reduce secretions. Trelegy contains all of these medicines and is appropriate for people with severe COPD or those who do not have good symptom control with a less intensive regimen.

DEAR DR. ROACH: My family recommended yoni pearls for cleansing the vagina and for prevention and treatment of vaginal bacterial infection. Are these necessary? — J.H.

ANSWER: A healthy vagina does not need any cleaning, and any kind of herb or douche inserted in the vagina is much more likely to cause problems than prevent them, so I strongly recommend against them. Bacterial vaginosis is a condition where the normal, healthy bacteria in the vagina are outnumbered by other bacteria, such as Gardnerella and others. This outnumbering changes the vaginal pH and may cause symptoms ranging from abnormal discharge to unpleasant odor. Bacterial vaginosis is normally treated with antibiotics when symptoms are bothersome. Women who suspect bacterial vaginosis should have an examination to confirm the diagnosis.

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

What you need to know when getting a car loan

Being better informed can help you save time and money when it comes to financing a car.

Credit Score

Your credit score is a number based on several factors such as your bill-paying history, your debts, new applications for credit and, more. Credit scores can range from 300 to a high of 850, and the higher your score, the easier it is for you to get a low-interest rate on your loan. You can check your score with a credit bureau such as Experian.

Dealership vs. Bank

You can finance your new or used car through a bank or credit union or directly through the dealership, which will then find a lender for you. When you go through a bank, credit union or online lender, you can get preapproved for your loan before going to buy your car, which has some advantages.

Preapproval

Preapproval for a loan makes it easier for you to negotiate and get a lower interest rate. When you're preapproved, it means a lender reviewed your credit report

and other factors and has determined the amount of the loan for which you qualify. You can get preapproved for a loan at more than one bank or credit union before even shopping for a car to give yourself more flexibility.

Annual Percentage Rate

The annual percentage rate (APR) is a major factor in your car loan. As it determines the amount of interest you'll pay on the loan, you'll want to find an APR as close to 0% as possible to help minimize your monthly payments and, ultimately, the total cost of your loan.

Down payment and monthly payments

When financing your car, you can lower your monthly payments as well as lower your interest rate by making a down payment. More money down is better, but less will work well, too — as much as you can afford without stretching your cash flow. You can also lower the amount of your monthly payments by stretching the repayment of the loan over a number of years.

Consider an EV

Most major carmakers offer electric vehicles now, meaning prices are coming down

while gas prices are going up. Buying an electric-vehicle is likely to make economic sense. If you drive 12,000 miles a year, you can probably expect to break even in about two to three years, versus a similar gas model. Public charging stations charge about twice what it costs to charge at home, so you'll save more if you drive mostly within the car's charge range. New EVs tend to get 250 to 300 miles of range on a full charge. Apps are available to tell you where to find free public charging stations.

Actionable Environmental Impacts at Home



Swap common household devices to curb your carbon footprint

FAMILY FEATURES

In every room of your home, you'll likely find numerous devices, appliances and fixtures that rely on the electric grid for power. Collectively, they affect your carbon footprint more than you may realize. Converting to lower carbon alternatives can help you be a better steward for the environment while reducing your reliance on electricity.

"As a father, husband, home builder and real estate agent, I think it's important to make smart choices for a cleaner today and greener tomorrow," said Matt Blashaw, residential contractor, licensed real estate agent and host of HGTV's "Build it Forward." "We all want to be good stewards of the Earth. I want people to think beyond planting a tree or recycling. The time is right now to choose a diverse, low-carbon energy mix to power our homes and businesses."

Consider these environmentally friendly upgrades from Blashaw and the experts at the Propane Education & Research Council (PERC) to help decarbonize Earth:

Smart Thermostats

Programmable thermostats and smart plugs don't conserve electricity on their own, but they help you become more aware of your energy consumption and adapt your usage to avoid waste. The introduction of programmable thermostats made it possible to adjust the temperature in your home when you're not there or when you are sleeping.

Some smart thermostats take those adjustments even further by learning your household habits and adjusting the temperature to accommodate your usage patterns. You can also make adjustments remotely, and some models allow you to control specific zones or rooms independently so you're only using the energy you really need. When combined with low-carbon, efficient HVAC units, smart thermostats can help lessen the impact on the planet.

Motion Sensors

Like programmable thermostats and smart plugs, motion sensors help manage your energy usage. Motion sensors ensure you're only drawing electricity to illuminate a space when it's in use or when the light quality falls below a certain threshold. You may be in the habit of turning on a switch when you enter a room whether you need the extra light or not. Relying on a sensor reduces the waste associated with that routine and helps ensure lights are turned off when they may otherwise be forgotten in an empty room.

Appliances

You may be surprised to learn the difference it can make to swap appliances for a different energy source. According to PERC, propane appliances are more efficient and produce fewer greenhouse gases than electric appliances. For example, propane-powered clothes dryers generate up to 42% fewer greenhouse gas emissions compared to electric dryers. They also dry clothes faster than electric dryers, and the moist heat is gentler on fabrics and can even help relax wrinkles and static cling.

Similarly, propane-powered cooking ranges generate up to 15% fewer greenhouse gas emissions compared to electric ranges while also allowing for greater control of heat levels. In addition, their instant flame turnoff capabilities help them cool faster than electric stoves, which can remain dangerously hot after they have been turned off.

Energy-Efficient Windows

Nearly one-third of energy loss in your home can be attributed to windows, especially if they're older or in poor condition. Even windows in good condition can be a source of energy loss if there's only one pane of glass or you have air leaks around the frame. Upgrading to double- or triple-pane windows can be costly but making more cost-efficient improvements like caulking and weatherstripping can reduce window-related energy loss. You can also rely on window treatments such as drapes or blinds, awnings or plant vegetation that provide shade to help manage how your windows contribute to your energy needs.

Tankless Water Heaters

Traditional water heaters maintain a tank of heated water at all times. Heating and re-heating the same water over and over is inefficient and wasteful. Conversely, tankless water heaters warm water only when you need it, cutting your energy usage and saving you money. Because it heats water whenever you need it, you don't have to worry about running out of hot water. In addition, your water heater's energy source can produce even greater savings. Switching from an electric storage water heater to a propane-fueled tankless water heater can prevent more than 1 ton of greenhouse gas emissions from entering the atmosphere each year, the same amount produced from driving a car more than 3,000 miles, according to PERC.

Ceiling Fans

You may think of ceiling fans as design elements and comfort features, but they also play a role in your home's energy use. Moving air feels cooler than still air, so not only does the circulation keep the air feeling fresh, but you can also keep your room temperature higher and still feel cool and comfortable. Opting for a smart ceiling fan can help you maximize savings by scheduling the fan to align with your normal routines rather than wasting energy by circulating air when you're not using the room.

Solar Panels

Harnessing the sun's energy is often viewed as the ultimate use of renewable energy, but it can be costly to install enough panels to adequately power an entire home. Many homeowners find success in offsetting their traditional energy consumption rather than replacing it completely. Implementing other measures, such as installing propane appliances or updating windows, can reduce the amount of energy needed from the solar panels, making it a more practical environmental option for your household.

"The more diverse America's energy mix is, the more reliable it is," Blashaw said. "Propane can work alongside renewable energy sources like on-site solar power to create a more efficient, clean and reliable energy mix for homes across the country and help accelerate decarbonization."

Find more low-carbon solutions for your home at Propane.com.



Put Propane Power into Practice

As an approved clean alternative fuel under the Clean Air Act, propane is a low-carbon energy source that produces significantly fewer greenhouse gas emissions than diesel, gasoline and electricity in a wide range of applications. Because it reduces carbon emissions at home, at work, on the road and on the farm, propane can help Americans meet their environmental goals equitably and affordably. Consider these low-carbon facts from PERC for your family:

- Propane is a versatile alternative fuel being used in nearly 12 million U.S. households for residential uses like home heating, fireplaces, water heaters, cooktops and whole-home backup power.
- America's farmers not only rely on propane to power their homes but trust it to operate their businesses too. Propane is used to irrigate fields, dry crops and heat buildings.
- Every day, 1.3 million children ride to school in 22,000 propane school buses across the country. Propane buses are currently in 1,000 school districts in 48 states.

FLASH BACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who first released "Do Wah Diddy Diddy"?
2. Name the girl group that released "You Can't Hurry Love."
3. Did any of Steppenwolf's singles top the charts in the U.S.?
4. Which artist wrote and released "Only the Good Die Young"?
5. Name the song that contains this lyric: "To the tables down at Mory's, to the place where Louis dwells, to the dear old Temple Bar we love so well."

Answers

1. The Exciters, in 1963. The song was later covered by Manfred Mann in 1964. Their version topped the chart for two weeks.
2. The Supremes, in 1966. Sixteen years later, Phil Collins covered the song, and his version went to No. 1 as well.
3. No. But their "Born to Be Wild" and "Magic Carpet Ride" did ... in Canada. Steppenwolf formed after the Canadian group The Sparrows disbanded.
4. Billy Joel, in 1978. Joel is thought to have written the song after a high school crush he'd had.
5. "The Whiffenpoof Song," written in 1907 by members of the Yale Glee Club. The Whiffenpoofs (aka The Whiffs) are the oldest college a cappella group. Fourteen seniors are selected each year to re-create the group, and they tour internationally for that year.

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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

- "Americanha" is a word used by Nigerians to refer to folks who visit the U.S. and then put on American airs when they return.
- The Supreme Court has its own private basketball court.
- You thought it was hard to get into Harvard University? Try getting hired by Walmart! The former institution's admittance rate of 4.5% still beats that of the store chain, which has an employee acceptance rate of just 2.6%.
- Lake Superior State University in Michigan offers a unicorn hunting license.
- An art collector once paid \$10,000 for a "non-visible" sculpture created by actor James Franco. What did she get for her moolah? Well, since the artwork was billed as an "endless tank of oxygen," we'd say ... air, which most of us can find a lot cheaper.
- And speaking of frugality — a man wore 60 shirts and nine pairs of jeans on an 11.5-hour flight from China to Africa because he didn't want to pay the extra baggage fee.
- Cows moo with regional accents.
- The town of Dorset, Minnesota, elects a new mayor every two years by drawing names from a hat, and in 2015, that honor went to 3-year-old Robert Tufts. His laudable motto: "Being nice and no poop talk."
- According to a 2014 study published by the Los Angeles Times, one in nine Americans, or 11% of the population, thinks HTML is actually a disease.
- Britain's Secret Intelligence Service once hacked an al-Qaida website and replaced bomb instructions with a cupcake recipe.

Thought for the Day: "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." — Rachel Carson

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top 10 movies

1. **Thor: Love and Thunder** (PG-13) Chris Hemsworth, Natalie Portman
2. **Minions: The Rise of Gru** ... (PG) Steve Carell, Pierre Coffin
3. **Where the Crawdads Sing** (PG-13) Daisy Edgar-Jones, Taylor John Smith
4. **Top Gun: Maverick** (PG-13) Tom Cruise, Jennifer Connelly
5. **Elvis** (PG-13) Austin Butler, Tom Hanks
6. **Paws of Fury: The Legend of Hank** (PG) Michael Cera, Samuel L. Jackson
7. **The Black Phone** (R) Mason Thames, Madeleine McGraw
8. **Jurassic World Dominion** (PG-13) Chris Pratt, Bryce Dallas Howard
9. **Mrs. Harris Goes to Paris** ... (PG) Alba Baptista, Lesley Manville
10. **Lightyear** (PG) Chris Evans, Keke Palmer

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top ten

Meat-Eating Countries*

1. Argentina
2. U.S.
3. Brazil
4. Israel
5. Chile
6. Kazakhstan
7. Australia
8. Canada
9. Switzerland
10. Norway

*per capita consumption
Source: OECD



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"The Gray Man" (PG-13) — A new film has arrived from the Russo Brothers, who were the directors of four films within the Marvel Cinematic Universe. This action movie stars Ryan Gosling as Sierra Six — a black ops mercenary who has uncovered dangerous secrets within the CIA. Because of this, the CIA Group Chief sends spies to assassinate him, with one of Six's former colleagues, the bloodthirsty Lloyd Hansen (Chris Evans), spearheading the mission, and Six is forced to go on the run. Ana de Armas, Rege-Jean Page ("Bridgerton") and Billy Bob Thornton are just some of the stars you might recognize along the way. (Netflix)

"Topside" (NR) — In this heart-wrenching drama film, a mother named Nikki (Celine Held) raises her 5-year-old daughter, Little (Zhaila Farmer), in the subway tunnels of New York City. Nikki, who's an addict, realizes Little deserves a better life, but when the authorities arrive in the tunnels to take Little, Nikki refuses to give her up. Instead, she takes Little to the "topside" (what Little calls the world outside of her very small one in the tunnels). Their options run out quickly, and by accident, Little gets separated from her mother, leaving them both lost in the topside without each other. (Hulu)

"Honor Society" (NR) — Honor (Angourie Rice) has had her future planned out since freshman year of high school. With one college in mind — the top college in the world — Honor has been brown-nosing her guidance counselor, Mr. Calvin, ever since she found out that he has connections

with the college's admissions staff. Mr. Calvin tells Honor that she is just one of four students that he's thinking of recommending, but only one out of the three students, Michael (Gaten Matarazzo), poses a true threat. So, Honor makes it her mission to get Michael to fall for her and, in the process, tank his grades. Thinking it unlikely that an overachiever such as herself would fail, Honor might finally find herself without all the answers and unravel her dreams for someone unexpected. Out on streaming July 29. (Paramount+)



Courtesy of Paramount

Gaten Matarazzo and Angourie Rice in "Honor Society"

"Black Bird" (TV-MA) — Drug dealer Jimmy Keene (Taron Egerton) thinks his luck has run out when he receives a 10-year prison sentence. The FBI, however, decides to offer Jimmy his freedom for a simple tradeoff: Go undercover in a maximum-security prison specializing in the criminally insane and befriend a suspected serial killer. The suspect's conviction is in the process of getting appealed, and the FBI refuses to let the suspect walk away from his alleged crimes that caused the deaths of more than a dozen women. If Jimmy can properly infiltrate this killer's mind and pull a confession out of him, he can walk out free ... but only if. The first four episodes of this limited series are out now. This is also the late Ray Liotta's last TV project. (Apple TV+)

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TOP VIDEO RENTALS AND SALES

Video On Demand

1. **Father Stu** (R) Mark Wahlberg
2. **The Unbearable Weight of Massive Talent** (R) Nicolas Cage
3. **The Lost City** (PG-13) Sandra Bullock
4. **Morbius** (PG-13) Jared Leto
5. **Dog** (PG-13) Channing Tatum
6. **Uncharted** (PG-13) Tom Holland
7. **Firestarter** (R) Zac Efron
8. **Last Seen Alive** (R) Gerard Butler
9. **Sonic the Hedgehog 2** (PG) Jim Carrey
10. **Top Gun*** (PG-13) Tom Cruise

*Re-release

DVD, Blu-ray Sales

1. **Fantastic Beasts: The Secrets of Dumbledore** (PG-13) Warner
2. **Everything Everywhere All at Once** (R) Lionsgate
3. **Downton Abbey: A New Era** (PG) Universal
4. **The Bad Guys** (PG) Universal/DreamWorks
5. **Morbius** (PG-13) Sony Pictures
6. **Memory** (R) Universal
7. **Top Gun*** (PG-13) Paramount
8. **Spider-Man: No Way Home** (PG-13) Sony Pictures/Marvel
9. **The Batman** (PG-13) Warner
10. **The Unbearable Weight of Massive Talent** (R) Lionsgate

*Re-release



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What's Hot In Hollywood

HOLLYWOOD — I was 11, and Carol Burnett was 26 when we first met. I haunted a candy store next to the off-Broadway Phoenix Theater, where Carol was starring in "Once Upon a Mattress." When she became a regular on "The Garry Moore Show," I was her guest at tapings each week. Had it not been for Carol, you might not be reading this. "The Carol Burnett Show" became a classic CBS variety series, and she became a legend.

At 89, Carol's in her third marriage to Hollywood Bowl Orchestra drummer Brian Miller, and they're celebrating 21 years together come November. The "Carol Burnett Show" and "Mama's Family" have been huge successes in syndication for years. She could easily rest on her laurels, but happily, she's signed to be a regular in the 10-part Apple TV+ series "Mrs. American Pie," produced by and starring Oscar-winner Laura Dern, who's assembled a great cast: Kristen Wiig, Allison Janney, Ricky Martin and Josh Lucas. It's about a woman trying to break into Palm Beach Society. Thanks, Carol, for pointing me in the right direction.



Sonja Flemming/CBS

Carol Burnett

"A Man Called Otto." Tom Cruise turned 60 on July 3, and if "Elvis" eventually beats "Maverick" at the box office, does that mean Tom will be cruised out to pasture by an Elvis impersonator?

HOLLYWOOD — Has Reese Witherspoon met her match? She'll co-star with Will Ferrell in a film so secretive that not only has the plot been kept secret, but the title as well! Witherspoon also got word her series "The Morning Show" has been renewed for season 3 and her rom-com "Your Place or Mine" opposite Ashton Kutcher is awaiting release. Meanwhile, in addition to "Barbie" (releasing July 2023), Will Ferrell has a Christmas musical "Spirited," with Ryan Reynolds and Oscar-winner Octavia Spencer, in the works.

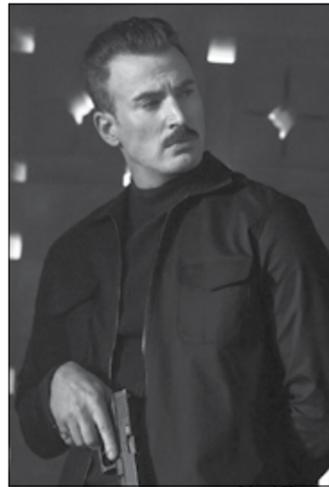
Captain America meets Mary Poppins! Chris Evans ("Captain America" in 12 Marvel films) will star alongside Emily Blunt (of "Mary Poppins Returns" and "A Quiet Place" movies) in "Pain Hustlers" — a movie about a high-school dropout who lands a job with a failing pharmaceutical startup in Florida. Evans also can be seen on-screen July 15 in Netflix's "The Gray Man," with Ryan Gosling, and has the Apple TV+ rom-com "Ghosts," with Ana de Armas and Adrien Brody, coming soon. Emily Blunt has "Oppenheimer" in theaters July 2023.

Zoe Kravitz (Lenny's little girl) will make her

directing debut with MGM's "Pussy Island." She's assembled a cast of seasoned pros, with Channing Tatum, Christian Slater, Geena Davis, Kyle MacLachlan, Simon Rex and Haley Joel Osment. It follows an LA cocktail waitress who sets her sights on Tatum's character. Tatum's "Lost City," with Sandra Bullock, did really well, earning \$191 million.

Looks like Taron Egerton will pick up where Hugh Jackman left off with Wolverine. The "Rocketman" Oscar nominee (for playing Elton John) is no stranger to action films after "Kingsman: The Secret Service" (2016) and "Kingsman: The Golden Circle" (2017). His six-part Apple TV+ series "Black Bird" dropped July 8. Funny that he should shadow Hugh Jackman, who was Wolverine and then became a music man in "The Music Man" on Broadway.

At a party in the home of Larry Block, publisher of the online newspaper WEHOville, Ben Savage of "Boy Meets World" (1993-2000) announced his candidacy for the West Hollywood City Council. Just another actor going into politics? Not quite. Savage received a degree in political science from Stanford University and interned for U.S. Sen. Arlen Specter. At 41, he's lived in West Hollywood for 10 years and wants to make it a better place to live. Maybe the only way we can change West Hollywood is to unleash a Savage onto it!



Lloyd Hansen

Chris Evans in "The Gray Man"



by Dana Jackson

Q. We're really enjoying the Navy SEALs drama "The Terminal List" with Chris Pratt. Hasn't he played a SEAL before? Also, who plays his wife in the series? — D.E.

A. Chris Pratt is one of America's busiest actors. He's starred in the hit Marvel "Guardians of the Galaxy" films as well as in the "Jurassic Park/World" franchise, but one of his favorite genres has to be military action stories. He first played a Navy SEAL in the 2013 movie "Zero Dark Thirty," which was based on the killing of Osama Bin Laden.

According to "Military Times," for the role, Pratt "shadowed Jared Shaw, a real Navy SEAL, whom he now counts as one of his 'very best' friends" — and who also was a groomsman in Pratt's wedding to Katherine Schwarzenegger.

The Amazon series "The Terminal List" is based on a series of books by Jack Carr. Pratt plays a Navy SEAL named James Reece "whose platoon is ambushed in a covert operation." Upon returning home, Reece begins to doubt his recollection of the tragic event. Authenticity is important to Pratt. According to "Military Times," he "enlisted former special ops as technical advisors for the show," including his pal Shaw.

Riley Keough plays Lauren Reece, the supportive wife of Jack. She's been acting for more than a decade, but is probably best known as Elvis Presley's granddaughter. Her parents are Lisa Marie Presley and Danny Keough. For more Hollywood royalty on the show, keep an eye out for Pratt's brother-in-law Patrick Schwarzenegger, who plays Donny Mitchell in the series. Patrick is the son of action star Arnold Schwarzenegger and Kennedy family descendent Maria Shriver.

Q. Is the actor who plays Officer Leaphorn in the AMC drama "Dark Winds" the same actor who played another police officer in "Longmire"? That was one of my favorite shows. — W.M.

A. Good eye! Yes, that's actor Zahn McClarnon starring in the new AMC detective series "Dark Winds." He played the chief of police of the Cheyenne Reservation on the A&E series



Depositphotos

"Longmire" and later went on to play Akecheta on the HBO series "Westworld," before landing a starring role on "Dark Winds."

In 2017, the actor suffered a fall in his home, incurring a head injury devastating enough to land him in the ICU. Fortunately, he recovered, and his career continues to flourish. "Dark Winds" is co-produced by Robert Redford and based on a series of books by Tony Hillerman. It's about two Navajo tribal police officers in the 1970s, played by McClarnon and Kiowa Gordon ("Roswell, New Mexico").

Q. When is "La Brea" coming back? I'm sure it was renewed since it was a big hit, but when can we look forward to new episodes? — G.G.

A. Season two of the breakout hit NBC series "La Brea" premieres Sept. 27 at 9 p.m. ET. It stars Natalie Zea ("Justified") as a mother who is thrust back in time to 10,000 B.C. after a sinkhole opens up in Los Angeles. According to TVLine.com, joining the cast is Jonno Roberts ("Wrecked") as a "brilliant scientist and businessman who just might be trying to save the world."

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

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HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran
Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top. Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

Enchilada Lasagna

Recipe courtesy of chef George Duran
Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran

Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.
Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites



by Healthy Exchanges

Italian Garden Skillet Sauté

If ever there were two shining stars of the summer garden, they would most certainly be homegrown tomatoes and sweet corn! Can you even begin to imagine an August garden or a farmers market without juicy, "vine-ripened" tomatoes or "just picked from the field" corn? Enjoy!

- 1/2 cup chopped onion
- 1/4 cup fat-free Italian dressing
- 2 cups fresh or frozen whole-kernel corn, thawed
- 1/2 cups chopped fresh tomatoes
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon black pepper
- 3/4 cup shredded reduced-fat mozzarella cheese

1. In a large skillet, sauté onion over medium heat in Italian dressing for about 5 minutes or just until tender. Add corn. Mix well to combine. Continue cooking for 5 minutes or until corn is tender, stirring often.

2. Stir in tomatoes, parsley and black pepper. Lower heat, cover and simmer for 3 to 5 minutes.

3. When serving, place hot corn mixture on a plate and sprinkle 3 tablespoons mozzarella cheese over top. Serve at once. Makes 4 (3/4-cup) servings.

• Each serving equals: 180 calories, 4g fat, 10g protein, 26g carb., 579mg sodium, 3g fiber; Diabetic Exchanges: 1 Starch, 1 Meat, 1 Vegetable.



by Healthy Exchanges

Butter Bean Salad

Need a last-minute potluck dish? Here's a side that's plain and simple — but oh, so tasty!

- 2 (15-ounce) cans butter beans, rinsed and drained
- 1 cup chopped celery
- 1/2 cup chopped green onion
- 1/4 cup (2-ounce) jar chopped pimiento, drained
- 1/2 cup fat-free French dressing
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes

In a medium bowl, combine butter beans, celery, onion and pimiento. Add French dressing and parsley. Mix well to combine. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (1/2-cup) servings.

• Each serving equals: 112 calories, 0g fat, 5g protein, 23g carb., 555mg sodium, 5g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb., 1 Meat, 1/2 Vegetable.

Good Housekeeping

Shrimp, Watermelon and Feta Salad

Get this fresh, protein-rich summer salad on the table in just 20 minutes.

- 4 tablespoons prepared lemon and chive dressing
- 1 pound large shelled and deveined shrimp
- 1 bag (5 to 6 ounces) mixed baby greens
- 3 cup diced (1 1/2-inch chunks) seedless watermelon
- 2 ounces (1/2 cup) crumbled feta cheese

1. In 12-inch nonstick skillet, heat 1 tablespoon dressing on medium 1 minute. Add shrimp and cook 6 to 8 minutes or until shrimp are opaque throughout, stirring occasionally.

2. Meanwhile, in large bowl, toss mixed greens, diced watermelon and remaining 3 tablespoons dressing until evenly coated. To serve, divide salad among 4 serving plates and top with shrimp and crumbled feta.

• Each serving: About 280 calories, 14g total fat (3g saturated), 185mg cholesterol, 415mg sodium, 12g total carbs, 1g dietary fiber, 27g protein.

Good Housekeeping

Salmon Sliders

This recipe is a fun and creative way to use up leftover wine. These bite-sized sandwiches also make a great party snack to complement your favorite bottle.

- 6 hot dog buns, toasted
- 1 pound skinless salmon, cut into chunks
- 2 green onions, chopped
- 3/4 cup wine
- 2 tablespoons mayonnaise
- 1/3 cup mayonnaise, for sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. In food processor, pulse 2 toasted hot dog buns into crumbs; transfer to bowl. Pulse salmon until chopped.

2. Mix with crumbs, green onions, 1/4 cup wine, 2 tablespoons mayonnaise, salt and pepper. Form into 12 patties.

3. Bake on foil-lined pan in 425 F oven 10 minutes or until cooked through. In saucepan, boil 1/2 cup wine on high until reduced by half, stirring; chill slightly.

4. Toast 4 more buns, cut into thirds. Whisk wine into 1/3 cup mayonnaise; serve with patties on buns. Makes 12 sliders.

Good Housekeeping

Seared Steak with Minted Watermelon

Inspired by the exotic flavors of Asia, this dish is packed with watermelon, cucumber and mint, which provide a cool contrast to savory grilled steak.

- 8 ounces thin rice noodles
- 1 (1-pound) boneless 1-inch-thick beef sirloin steak
- Salt
- Pepper
- 1 shallot, finely chopped
- 1 stalk lemongrass, yellow and pale green part only, finely chopped
- 1 teaspoon sugar
- 1/4 cup fresh lime juice
- 1 tablespoon lower-sodium fish sauce
- 1/2 small (3 cups) watermelon, rind removed, cut in 1/2-inch cubes
- 1/2 seedless (English) cucumber, cut in half and thinly sliced
- 1/2 cup packed fresh mint leaves, finely chopped

1. Prepare outdoor grill for covered direct grilling over medium.

2. Prepare noodles as label directs. Drain, rinse under cold water and drain again.

3. Season steak with a quarter-teaspoon each salt and freshly ground black pepper. Place steak on hot grill; cover. Cook 12 to 13 minutes for medium-rare or until desired doneness, turning once. Transfer steak to cutting board; let rest 10 minutes.

4. Meanwhile, in large bowl, stir shallot, lemongrass, sugar, lime juice and fish sauce until sugar dissolves. Thinly slice steak across the grain. Add to bowl, along with watermelon, cucumber and mint. Toss gently until well mixed.

5. Divide noodles among serving plates. Top with steak mixture and accumulated juices. Serves 4.

• Each serving: About 430 calories, 8g total fat (3g saturated), 75mg cholesterol, 435mg sodium, 64g total carbohydrate, 2g dietary fiber, 26g protein.

Good Housekeeping

Pork Tenderloin with Peach Glaze

Pork tenderloin is as lean as skinless chicken breast, with only 3 grams of fat and 120 calories per 3-ounce serving. Grill with fresh peaches to add health-boosting fiber, carbs and vitamins A and C.

- 1 lime
- 1/2 cup peach preserves
- 1 (1 1/4 pounds) pork tenderloin
- 2 bunches green onions
- 1 teaspoon olive oil
- 4 medium peaches, each cut in half and pitted

1. Prepare outdoor grill for cooking over medium heat. From lime, grate 1 teaspoon peel and squeeze 1 table-spoon juice.

2. Make Peach Glaze: In medium bowl, stir preserves, lime peel and juice, 1/2 teaspoon salt and 1/4 teaspoon ground black pepper until blended. Spoon 1/4 cup glaze into small bowl.

3. Cut pork tenderloin crosswise in half, then cut each piece lengthwise in half. Place pork on hot grill rack; cover and cook 5 minutes. Turn pork over; brush with glaze from medium bowl. Cover and cook 5 to 6 minutes longer or until pork is browned on the outside and still slightly pink on the inside, brushing several times with glaze remaining in medium bowl. Transfer pork to cutting board.

4. Meanwhile, toss green onions with oil, 1/4 teaspoon salt, and 1/8 teaspoon ground black pepper. Place green onions and peaches, cut-sides down, on same grill rack; cook 3 minutes, turning green onions over once. Transfer onions to platter. Turn peaches over and brush with glaze from small bowl; cook 3 minutes longer or until browned and tender. Transfer to platter with green onions.

5. Slice pork and serve with peaches and green onions. Serves 4.

• Each serving: About 330 calories, 5g total fat (2g saturated), 78mg cholesterol, 515mg sodium, 43g total carbohydrate, 4g dietary fiber, 32g protein.

Good Housekeeping

Jambalaya Sausage Kebabs

This bayou blast offers up smoky, savory flavor — stacked with kielbasa, veggies and Cajun-spiced rice. Precooked sausage helps you get the meal on the table in about 30 minutes.

- 8 (12-inch) wooden or metal skewers
- 2 small zucchini, cut diagonally into 3/4-inch-thick slices
- 1 red pepper, cut into 1 1/4-inch pieces
- 1/2 small Vidalia onion, cut into 4 intact wedges
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 2 teaspoons Cajun seasoning
- 1 package (16 ounces) fully cooked kielbasa or other smoked sausage, cut into 1-inch diagonal chunks
- 1 large stalk celery, chopped
- 1 package (8.8 ounces) white rice, fully cooked
- 1 medium tomato, chopped
- 2 tablespoons water

1. Prepare outdoor grill for covered direct grilling over medium heat. (Soak wooden skewers in water 15 minutes.)

2. In large bowl, toss zucchini, pepper, onion, 1 tablespoon oil and 1 teaspoon Cajun seasoning. Alternately thread vegetables and kielbasa onto skewers.

3. Place skewers on hot grill rack. Cover grill and cook 10 to 12 minutes or until kielbasa browns and vegetables are tender-crisp, turning skewers occasionally. Remove skewers to platter; keep warm.

4. In nonstick 10-inch skillet, heat remaining 1 teaspoon oil over medium heat. Add celery and remaining 1 teaspoon Cajun seasoning. Cook, covered, 5 minutes or until celery softens, stirring occasionally. Stir in rice, tomato and water. Cover and cook 3 minutes or until rice is hot. Serve rice with kebabs.

• Each serving without rice: About 320 calories, 18g protein, 9g carbohydrate, 26g total fat (8g saturated), 2g fiber, 76mg cholesterol, 1,160mg sodium.

• Each serving rice: About 85 calories, 2g protein, 17g carbohydrate, 1g total fat (0g saturated), 1g fiber, 0mg cholesterol, 150mg sodium.

Good Housekeeping

Sunshine Trifle

A light, no-bake dessert, this citrus-infused (from thrifty orange juice concentrate) trifle recipe is a perfect treat after a heavy dinner or whenever your sweet tooth kicks in.

- 1 1/2 cups prepared vanilla pudding
- 1/3 cup thawed orange juice concentrate
- 1/2 cup heavy cream
- 1 teaspoon sugar
- 1 (3/4-ounce) frozen pound cake

1. In a bowl, combine vanilla pudding and thawed concentrate. In another bowl, whip heavy cream and sugar until soft peaks form.

2. Cut half of frozen pound cake into 1/2-inch cubes. In four 8-ounce parfait glasses, layer cake, pudding and cream; repeat. Chill 2 hours. Serves 4.



by Healthy Exchanges

Peanut Butter and Banana Smoothie

Skip the ice-cream shop. Blend these two great tastes together right in your own kitchen and save yourself money and calories.

- 1/2 cups cold fat-free milk
- 1 cup (1 medium) diced ripe banana
- 2 tablespoons reduced-fat peanut butter
- 1/2 cup sugar- and fat-free vanilla ice cream

In a blender container, combine milk, banana and peanut butter. Cover and process on BLEND for 30 seconds. Add ice cream. Re-cover and process on BLEND for 15 seconds or until mixture is smooth. Serve at once. Serves 2 (1 1/4 cups).

• Each serving equals: 258 calories, 6g fat, 13g protein, 38g carb., 216mg sodium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1 Fat-Free Milk, 1/2 Meat, 1/2 Fat, 1/2 Carb.

Good Housekeeping

Lime and Coconut Dip

This dip requires only a quick spin in a blender to prepare, but the unique combination of flavors will wow your guests.

- 1 cup peanuts
- 1/4 cup coconut milk
- 2 tablespoons fresh lime juice
- 1 tablespoon lower-sodium soy sauce
- 1 tablespoon chopped shallot
- 2 tablespoons water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Crudités, for serving

In blender, blend peanuts, coconut milk, lime juice, soy sauce, shallot, water, salt and pepper until smooth. Serve with crudites. Makes 1 cup.

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Shooting on West Maple Street and Dearborn Street.

Shooting on North State Street and Division Street.

Shooting on the 3899 block of North Leavitt Street.

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Assault on the 4500 block of North Broadway.

Robbery on the 1100 block of West Chicago Avenue.

Theft on the 1800 block of North Clark Street.

Vandalism on the 1100 block of West Balmoral Avenue.

Theft on the 2600 block of North Clark Street.

Theft on the 1500 block of North Wood Street.

Assault on the 1200 block of North Ashland Avenue.

Robbery on the 4000 block of North Broadway,

Theft on the 3400 block of North Broadway.

Theft on the 2600 block of North Clark Street.

Assault on the 1000 block of West Lawrence Avenue.

Theft on the 2100 block of North Sheffield Avenue.

Assault on the 900 block of North State Parkway.

Assault on the 2600 block of North Cannon Drive.

Assault on the 4000 block of North Southport Avenue.

Theft on the 700 block of West Fullerton Avenue.

Theft on the 500 block of West Roscoe Street.

Vandalism 1400 block of West Cortez Street.

Assault on the 700 block of North Morgan Street.

Theft on the 4600 block of North Winthrop Avenue.

Assault on the 5000 block of North Winthrop Avenue.

Theft on the 1000 block of West Ainslie Street.

Theft on the 4600 block of North Kenmore Avenue.

Assault on the 1800 block of North Maud Avenue.

Theft on the 3200 block of North Broadway.

Assault on the 2700 block of North Western Avenue.

Burglary on the 3400 block of North Lake Shore Drive.

Theft on the 4400 block of North Campbell Avenue.

Theft on the 2600 block of North Clark Street.

Assault on the 700 block of Gordon Terrace.

Theft on the 2000 block of North Clark Street.

Arrest on the 800 block of Armitage Avenue.

Theft on the 1200 block of West Diversey Parkway.

Theft on the 2400 block of North Damen Avenue.

Theft on the 700 block of West Junior Terrace.

Robbery on the 1700 block of North Wolcott Avenue.

Shooting on West Lawrence Avenue and North Kimball Avenue.

Robbery on the 4100 block of West Inving Park Road.

Shooting on the 2800 block of North Leavitt Street.

Shooting on the 4100 block of North Kimball Avenue.

Arson on the 6100 block of North Western Avenue.

Theft on the 4600 block of North Winthrop Avenue.

Theft on the 2800 block of North Kedzie Avenue.

Theft on the 3400 block of North Western Avenue.

Theft on the 2500 block of West Eastwood Avenue.

Assault on the 4000 block of North Southport Avenue.

Theft on the 6600 block of North Ridge Boulevard.

Robbery on the 4400 block of North Drake Avenue.

Assault on the 1000 block of West Lawrence Avenue.

Robbery on the 4000 block of Broadway.

Vandalism on the 1100 block of West Balmoral Avenue.

Vandalism on the 3100 block of North Milwaukee Avenue.

Assault on the 6900 block of North Kedzie Avenue.

Assault on the 1600 block of West Morse Avenue.

Assault on the 2400 block of West Birchwood Avenue.

Assault on the 4500 block of North Broadway.

Theft on the 700 block of west junior Terrace.

Theft on the 5600 block of North Spaulding Avenue.

Theft on the 1000 block West Ainslie Street.

Theft on the 5800S block of North Ravenswood Avenue,

Theft on the 7000 block of North Clark Street.

Assault on the 3100 block of West Foster Avenue.

Assault on the 3500 block of West Devon Avenue.

Robbery on the 7500 block of North Paulina Street.

Theft on the 4600 block of North Kenmore Avenue.

Theft on the 5700 block of North Richmond Street.

Assault on the 2700 block of North Western Avenue.

Theft on the 4400 block of North Campbell Avenue.

Theft on the 6900 block of North Wolcott Avenue.

Theft on the 6400 block of North Western Avenue.

Assault on the 700 block of West Gordon Terrace.

Assault on the 6100 block of North Winthrop Avenue.

Robbery on the 4500 block of North Kedzie Avenue.

Theft on the 6700 block of North Sheridan Road.

Theft on the 3400 block of North Damen Avenue.

Shooting on West Lawrence Avenue and North Kimball Avenue.

Robbery on the 1700 block of North Wolcott Avenue.

Arrest on the 4000 block of North Pulaski Road.

Shooting on the 3700 block of West Fullerton Avenue.

Shooting on the 4100 block of North Kimball Avenue.

Shooting on the 2200 block of West Division Street.

Robbery on the 1400 block of West Division Street.

Assault on the 3400 block of North Halsted Street.

Assault on the 4500 block of North Broadway.

Arrest on the 1400 block of North Homan Avenue.

Assault on the 1500 block of North St. Louis Avenue.

Vandalism on the 3100 block of North Milwaukee Avenue.

Vandalism on the 1100 block of West Balmoral Avenue.

Theft on the 2600 block of North Clark Street.

Assault on the 1200 block of North Ashland Avenue.

Theft on the 3400 block of North Broadway.

Assault on the 1200 block of North Ashland Avenue.

Theft on the 34400 block of North Broadway.

Robbery on the 4000 block of North Broadway.

Theft on the 1500 block of North Wood Street.

Theft on the 2600 block of North Clark Street.

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UNEXPECTED SPACES

Surprising home upgrade ideas

FAMILY FEATURES

Not all great things come in big packages, and home upgrades are an example of the truth in this wisdom. Unexpected, smaller spaces may not get the same attention as high-traffic areas like kitchens, bathrooms and living areas, but their impact can be just as powerful. Get inspired to make improvements to the lesser-used areas of your home with these tips from the home decorating experts at Wellborn Cabinet, Inc.:

Entryway

It's the impression that welcomes guests into your home, so even if the space is small, your entryway warrants some TLC. Focus on making it open and inviting by removing any unnecessary furnishings. Some functional storage, like a bench with integrated coat hooks, can serve a practical purpose, and if you have the space, some built-in cabinetry with an eye-catching countertop can incorporate stylish storage.

Laundry Room

Getting motivated to do chores like laundry is easy when you have a beautiful setting for getting to work. Introducing pops of color in nontraditional places, like the cabinetry, adds a high-end elegance. Water-inspired and earthy hues like Midtown Matte Tidewater or Arcadia Chiffon Cypress are perfect for the laundry space. Both are options in Wellborn Cabinet, Inc.'s Aspire Series, which features concealed hinges with self-close functionality and matching interiors for a high-class look, even when the doors are open for business.

Closet

A cluttered closet may not be the first thing a guest notices, but it's a space you visit daily. Improving the organizational features can streamline your morning routine and put you in a more positive frame of mind to start each day. There's no right or wrong when it comes to closet design, but using cabinetry in place of open shelving and rods lends a more luxurious feel. Plan for adequate hanging and closed storage, and if space allows, be sure to plan for shoes and accessories since these items can easily contribute to a closet's disarray.

Mini Bar

If you fear you don't have room for a mini bar, you may be surprised. Reimagining a larger cabinet, like the ones Wellborn Cabinet, Inc. offers in 30-, 33-, 36- and 42-inch widths, can create an instant bar out of just about any wall space where you can fit a cabinet. Install it as a coffee bar or traditional bar, or add the optional Appliance Pullout shelf for more versatility.

Pantry

Guests may not find themselves in your pantry very often, but you likely use this space every day. Transform your pantry for heightened utility in simple ways like using clear plastic bins for small boxed foods or stylish wicker baskets to hide away snacks. For a more permanent solution, take advantage of unused space on the back of the pantry door with thin shelves for items like seasoning packets and smaller canned goods.

Guest Bathroom

Swapping out a tired vanity and countertop is a relatively affordable upgrade that can completely change the style of a secondary bathroom. Be sure to also update the fixtures for a more contemporary look and, if budget allows, replace the flooring. Finish the project with a fresh coat of paint in a light, airy shade and add new textiles and a few decorative touches to complete the job.

Find more ideas for updating unexpected spaces in your home at Wellborn.com.



Hideaway Storage Spaces

One feature that enhances virtually any space is more storage. Having convenient places to tuck away all your stuff makes rooms feel more open and inviting. Hidden storage solutions are often better because you can enjoy the functionality they add to the space without interrupting your design aesthetic.

Here are some clever ideas for keeping necessary items tucked out of sight but within easy reach:

Built-in Step Stool: If you love the look of tall cabinets but struggle to reach the top shelves, a practical addition is a hidden step ladder in a pullout caddy. Specially designed ladders that fold down extra narrow and feature nonslip rubber treads make this a handy addition you'll reach for again and again.

Paper Towel Pullout: Keep paper towels hidden but close by hiding them in a pullout cabinet such as Wellborn Cabinet Inc.'s 12-inch-wide model, which features a built-in paper towel holder and bottom shelf ideal for organizing cleaning products. There's also a space behind the paper towels that's perfect for storing sponges and other kitchen supplies.

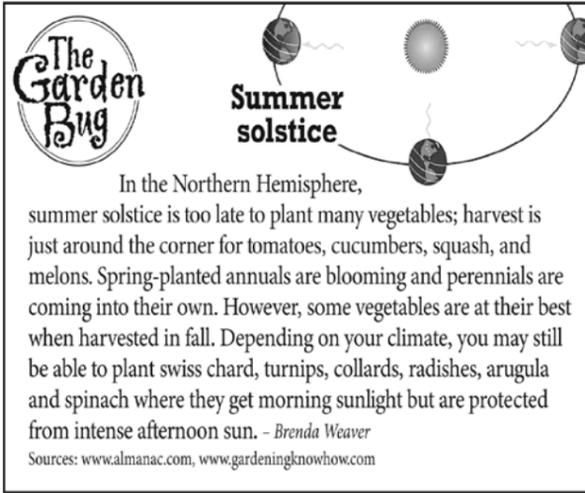
Drawer Dividers: While you can find many after-market options to organize the insides of your drawers and cabinets, choosing organizers designed to work seamlessly with your cabinetry creates a more polished look (and saves the headaches of measuring and guesstimating the fit). Tray dividers are useful for sorting cookie sheets and baking pans, while you can find dividers in a variety of heights to match drawers below the oven or where you store your cutlery. Another option that serves a similar purpose is pegs, which keep fragile items from shifting when drawers are opened or closed.





Your front door
Plants and garden decor can play a very important part in updating the entryway to your home, and in welcoming your guests. Keep healthy, in-season plantings as part of a balanced display with your front door, choosing them to accent (but not overpower) the door, trim, architectural details and the walkway. Take time to plan the cohesiveness of all these elements. - Brenda Weaver
Source: www.bhg.com

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Summer solstice
In the Northern Hemisphere, summer solstice is too late to plant many vegetables; harvest is just around the corner for tomatoes, cucumbers, squash, and melons. Spring-planted annuals are blooming and perennials are coming into their own. However, some vegetables are at their best when harvested in fall. Depending on your climate, you may still be able to plant swiss chard, turnips, collards, radishes, arugula and spinach where they get morning sunlight but are protected from intense afternoon sun. - Brenda Weaver
Sources: www.almanac.com, www.gardeningknowhow.com

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Orchids
For orchids grown in containers, the bottom must have enough drainage so the roots never sit in water. Slatted baskets made of rot-resistant wood work well. Put a layer of sheet moss, some soil and a layer of stones or shells for a top dressing across the bottom before putting in your plant, and for support. Hang it up near indirect light exposure, and mist it for moisture.
Source: www.orchidsmadeeasy.com
- Brenda Weaver

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Quotes worth your time

“Inflation is taxation without legislation.”
Milton Friedman

“The way to crush the bourgeoisie is to grind them between the millstones of taxation and inflation.”
Unknown

“Inflation is as violent as a mugger, as frightening as an armed robber and as deadly as a hit man.”
Ronald Reagan

“Continued inflation inevitably leads to catastrophe.”
Ludwig von Mises

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Comics

R.F.D. by Mike Marland

HEY, DAD, CHECK IT OUT -- I TAUGHT BUCKSTER A NEW TRICK...

STEALTH MODE!

CLIP-CLOP CLIP-CLOP OP-CLIP CLIP-CLOP

Out on a Limb by Gary Kopervas

HOW MANY POINTS IS A GAZELLE?

WEIGHT WATCHERS™ IN THE WILD.

Amber Waves by Dave T. Phipps

HEY LITTLE BUDDY, HOW ARE YOU DOING TODAY?

I CAN TELL YOU ARE THE SMARTEST IN THE FLOCK.

I'M GUESSING YOU'RE ALSO THE MOST CHARMING.

WOW, HE GATHERED ALL THAT FROM "CLUCK CLUCK?"

The Spats by Jeff Pickering

I COULDN'T GET A RESERVATION AT THE LIBRARY.

WHY NOT?

IT WAS COMPLETELY BOOKED!

THEY'LL DO IT EVERY TIME BY AL SCADUTO

OH, YEAH? DEPT.

YEAH--ME, TOO--AND IF I LOSE THIS FIVE BUCKS I'LL QUIT BEFORE THAT.

RIGHT! A GOOD NIGHT'S SLEEP MEANS MORE TO ME THAN A CARD GAME...

ARE WE GOIN' NUTZ OR WHAT? DEPT--YOUR NEW YCR HAS A THREE-PRONG ATTACHMENT PLUG....

AND YOUR WALL SOCKET WILL ONLY TAKE A TWO-PRONG HOOK-UP..

THANK TO W. BUCHMAN, CHICAGO, ILL.

THANK TO B. COLOONEY, PHOENIX, ARIZ.

FAMILY FROLICS--

QUES.: WHO IS THE WORLDS WORSE LOOK?

ANS.: AUNT HEPATICA.

QUES.: AND WHO IS IT THAT INSISTS ON PREPARING ALL THE FOOD FOR THE FAMILY REUNIONS?

ANS.: YUP... OH, YEAH--OF COURSE YOU KNOW THE ANSWER--GOOD OL' AUNTIE H.

BLEECK-K-K...

WHAT IS THIS? IT LOOKS LIKE FOOD-- BUT...

Y-YUK...

HERE YARE, FOLKS-- MY SPECIALTY--SQUID SQUFFLE-- EAT UP!

THANK TO SHIRLEY A. WAXBOM, WORTHINGTON, OHIO

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH - FUN AT THE BEACH

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What do you call poodles and pugs at the beach in July?**

BIKINI
BOARDWALK
CHAIR
FISHING
FOOD
HAT
HEAT
HIGH TIDE
ICE CREAM
LIFEGUARD
LOW TIDE
PAIL
PIER
REEF
SHELL
SHOVEL
SAND
SURF
TOWEL
WATER
WAVE

L	O	W	T	I	D	E	P	F	S
F	I	S	H	I	N	G	A	R	H
H	F	F	R	E	E	F	I	U	O
T	O	W	E	L	O	A	L	S	V
B	O	H	I	G	H	T	I	D	E
I	D	E	P	C	U	S	W	T	L
K	L	A	W	D	R	A	O	B	L
I	D	T	A	H	V	N	R	O	E
N	W	A	T	E	R	D	G	D	H
I	C	E	C	R	E	A	M	S	S

Riddle answer: _____

HOCUS-FOCUS BY HENRY BOLTINOFF

OUT BACK BOOMERANG SET

ALL-STAR BOOMERANG SET

Find at least six differences in details between panels.

Differences: 1. Glasses are missing, 2. Buttons are missing, 3. Sleeve is missing, 4. Box is missing, 5. Name is different, 6. Boomerang is missing.

Just Like Cats & Dogs by Dave T. Phipps

IN POKER, YOU'RE SUPPOSE TO HIDE YOUR FEELINGS. YOU HAVE SMUGNESS WRITTEN ALL OVER YOUR FACE.

Puzzles4Kids

Answer

S	S	M	A	V	C	E	R	E	I
H	D	B	D	V	A	T	W	N	I
E	R	N	V	H	T	A	H	I	D
L	B	R	A	O	B	L	A	K	L
T	L	S	W	T	C	U	S	I	D
D	E	T	H	I	G	H	I	B	O
V	L	S	A	L	O	A	L	T	O
O	U	I	F	E	E	F	R	F	H
H	A	R	G	I	N	G	I	F	F
S	P	D	E	I	D	E	L	O	W

Riddle Answer: **Hot dogs.**

It Pays to Give



Photo courtesy of Getty Images

5 ideas for investing in the world around you

FAMILY FEATURES

In a world fraught with social, political and environmental strife, a mindset that involves a more community-driven approach can make a meaningful difference. Each person's contributions to improve the earth can send a ripple effect that ultimately transforms communities and the people who live within them.

Consider these examples of actions you can take, some bigger than others, that benefit the larger community.

Create Shared Common Spaces

Nearly every community can benefit from the addition of resources that benefit multiple families. Examples include community gardens, playgrounds, parks and sites for regular farmers' markets, to name a few. These may be wholly new projects or restoring facilities that have faded into disrepair over time. Acquiring the space is often the greatest challenge, but if you're inspired to lead such an effort, forming a committee of like-minded peers can be an effective step toward raising the funds to create a project that benefits the community at large.

Donate to Charitable Causes

Supporting the efforts of existing organizations that help fill gaps in your community is another way you can make a difference. Offering your time as a volunteer is one option. You might provide extra hands for relatively simple jobs like sorting food or clothing donations, or if you have a particular skill, talent or training, donating your time and expertise could help offset administrative expenses and help the organization operate more

efficiently. That ultimately means the organization can more effectively deliver on its mission.

Financial contributions are also a meaningful way to support a worthwhile cause in your community. Writing a check may not feel as personal as getting hands-on to help, but without the support of financial donors, philanthropic organizations simply couldn't provide the community resources they do. Many organizations will tell you what level of contribution would be most helpful based on their current fundraising needs, and you may have options for a one-time or ongoing gift.

Snack Smarter

When you're thinking in terms of how to improve your community, your eating choices may not be on your radar. However, what you eat has a major impact on the community in multiple ways. That's why you hear a great deal of talk about sustainability directed at food production, which affects the environment in numerous ways along the food supply chain, from air pollution to waste to energy consumption. By choosing ingredients and foods that minimize the impact on the environment, you can show food manufacturers that consumers want products sourced and produced responsibly.

One example is Airly Oat Cloud crackers; each box explains how many grams of carbon dioxide you are helping remove from the air by supporting an innovative farming technique, which makes agriculture a solution, not a contributor, to climate change. Sustainable can be tasty, too. Made with real, wholesome and 100% delicious ingredients, all four flavor varieties (Cheddar, Sea Salt, Chocolate and Salted Caramel) make for satisfying, convenient anytime snacks.

Support Local Businesses

Particularly over the past couple of years, local businesses have fought hard to stay open, modifying their services, adapting to the times and generally trying to keep themselves and their local employees afloat. Rewarding those efforts by shopping in their stores and hiring their services keeps your money within the local community while keeping your friends and neighbors employed.

Those benefits aside, there are practical advantages to doing your shopping locally, such as lower emissions and energy consumption for transportation to and from the store or business. What's more, businesses that are thriving tend to be stronger corporate citizens, supporting the community's development and philanthropic needs for a true domino effect.

Clean Up Public Spaces

Beautification projects not only make your community a more inviting place to be, they can actually be good for the earth. Removing litter allows natural vegetation and wildlife to thrive, reduces health risks and promotes safety by sending a clear message that the community cares about its space.

Litter management can spur tourism and economic benefits, as well, since more attractive places attract more people. What's more, clean-up initiatives bring neighbors together for a shared cause, and that goodwill generally transcends the one-time event to create a greater sense of connectivity among residents.

You can learn more about ways to take personal action to promote a better world at AirlyFoods.com.

A Recipe That Tastes Good While Doing Good

Even the best-tasting desserts can be prepared with thoughtful ingredients and habits that promote sustainability. This Better Than Mama's Banana Pudding recipe features responsibly sourced products, compostable ingredients and other options to be earth-friendly, including recyclable packaging.



Better Than Mama's Banana Pudding

- 1 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 4 tablespoons all-purpose flour
- 1 can evaporated milk
- 1/2 cup milk
- 1/2 stick butter, cut into 4 tablespoons
- 2 eggs
- 3 tablespoons vanilla
- 1 box Airly Chocolate or Salted Caramel Crackers
- 4 medium bananas, sliced
- whipped topping (optional)

In medium saucepan over medium heat, whisk sugar, brown sugar, salt, flour, evaporated milk,

milk, butter and eggs continuously until mixture begins to simmer and thicken, 8-10 minutes.

Remove from heat and stir in vanilla. Cover with plastic wrap touching pudding. Let rest 1 hour in refrigerator.

Layer 8-by-8-inch pan with crackers, reserving some for topping; sliced bananas; and pudding. Repeat layers then top with whipped topping, if desired, and sprinkle with crushed crackers.

Tips: Banana peels and eggshells can be composted. Evaporated milk can and cracker box can be recycled.



Photo courtesy of Getty Images

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