

**More shootings
last month in Crime**

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**Comforting Color
Filling your home with
balance and hope**

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September 2022

FREE It's our 26th Anniversary
Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square



Lakeview

September, 2022

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

Volume 26, Number 10

"I'm black and I'm proud."

Lori Lightfoot



Mayor Lightfoot gave a speech, in April, to the City Club of Chicago, in which she says, "It will be the summer of joy in Chicago." The ad uses this part of the City Club video and then cuts to sounds of gunshots, violence and carjackings with the words "Chicago Violence is coming to the suburbs". The ad compared to the original video, noticeably makes her skin color darker.

The ad was run by the People Who Play By the Rules super PAC, which is fronted by Illinois conservative Dan Proft and largely funded by billionaire GOP financier Richard Uihlein. The PAC supports Pritzker's Republican opponent, Darren Bailey, for governor in this fall's election. The Bailey campaign said in a statement it had no communication or control over the PAC but did not address the question about the ad's racial portrayals.

The Mayor is accusing the group of using "racist tropes"

to create a scary image of Black Chicago and altering her skin to appear darker in the ad. "News flash. I'm Black and I'm proud. Everyone knows it. No need to use cheap tricks to darken my skin and try to scare voters with false narratives about Chicago".

The ad is intended to criticize the SAFE-T ACT, a criminal justice package that Pritzker signed into law in an attempt to address longstanding public safety issues and police distrust. Panned by Republicans for its provision to end cash bail, it goes into effect next year.

Dan Proft denies Lightfoot's charge saying, "That is insane. Their contention is completely untrue and patently absurd. We did nothing to her pigmentation. The video of Lightfoot was pulled from the web from her City Club speech."

The PAC has spent \$400,000 on the Chicago TV ad buy.

Columbus who?



How far are we going to go to remove our past? In taking down the Columbus statues along with a call for the removal or alteration of 41 other monuments, doesn't change history. Are we going to change the name of Columbus Drive also? How about changing all the street names of presidents and other historical figures in the Loop because they had slaves? Let's just remake Chicago into a City that none of us will recognize.

Mayor Lightfoot's committee says NO to returning the Columbus statues to Grant Park and Little Italy and should be replaced with new monuments. The statues were removed in July 2020 when the Grant Park

statue became the site of a protest that turned into a clash between the Chicago Police and protesters who tried to tear it down.

The Chicago Monuments Project (CMP) Advisory Committee recommended that the statues be permanently removed, saying, "the image of Columbus has become a bitter reminder of centuries of exploitation, conquest and genocide" Their report said, "The recommendations overwhelming conveyed the public's desire for the creation of new monuments that memorialized Chicago's true and complete history." The commission supports putting up new statues to honor gospel singer Mahalia Jackson, Chicago's Lati-

no community, and a memorial for gun violence victims. Perhaps a statue of Lori Lightfoot?

The Dept. of Cultural Affairs and Special Events will support creating new works with a \$50,000 planning grant. The project awarded with grants are: The Greater Chatham Initiative for a Mahalia Jackson memorial; Artists and community groups for a monument to historic events and people that have shaped the Latina/x experience in the Pilsen neighborhood; The Mother Jones Heritage Project; Community organizations working to create a monument to honor Jean Baptiste Pointe du Sable and Kiti-hawa, his wife and a local Potawatomi

woman; The Chicago Race Riot of 1919 Commemoration Project; Artist Patricia Nguyen and architectural designer John Lee for the Chicago Torture Justice Memorial concept; Long Walk Home, for its "Visibility Project" proposal centering on Black women.

"This is all about erasing history, re-defining history, and who's to say what history should be erased or not," said Ronald Onesti, Joint Civic Committee of Italian Americans. "We understand that other stories need to be told. We welcome all ethnic groups who want to be a part of telling that story. But just don't take our history down and take away something we believe in." "I

Continued on page 2

Editorial & Opinions

Columbus who?
Continued from front page

think the effort was not at all to insult Italian People. It was to indeed to expose the truth about Columbus," said Dorene Wiese, president of the American Indian Association of Illinois. "There are many more steps that will be taken on this long journey toward reckoning, understanding, and healing and I look forward to more dialogue, public engagement and the path forward," said Mayor Lori Lightfoot. She has not yet made her final decision on whether the statues will return.

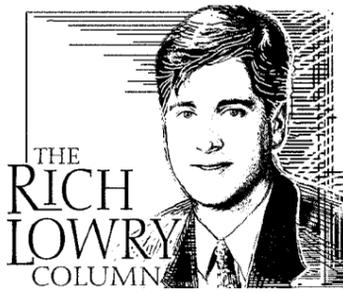


state forest. The president immediately called for a news blackout for the sake of morale.

moved to Italy, where Elizabeth's former weak health improved dramatically.

- On Sept. 8, 1965, the five-year Delano Grape Strike begins as over 2,000 Filipino American farmworkers refuse to go to work picking grapes near Bakersfield, California. Over the next five years, even American households stopped buying grapes in support of the farmworkers.
- On Sept. 5, 1972, at the Summer Olympics in Munich, Germany, a group of Palestinian terrorists, known as Black September, storms the Olympic Village apartment of the Israeli athletes, killing two and taking nine others hostage. In an ensuing shootout at the Munich airport, the nine Israeli hostages were killed.
- On Sept. 6, 1995, Baltimore Orioles shortstop Cal Ripken Jr. plays in his 2,131st consecutive game. Ripken went on to play 2,632 games in a row before ending the streak by voluntarily removing himself from a game against the New York Yankees on Sept. 19, 1998.
- On Sept. 12, 1846, Elizabeth Barrett elopes with Robert Browning. Despite her father's dislike of Browning, calling him an unreliable fortune hunter, Elizabeth and Robert conducted a secret courtship. After a secret wedding at St. Marybone Parish Church, the two

- On Sept. 14, 1901, U.S. President William McKinley dies after being shot in Buffalo, New York. When McKinley was operated on, doctors had failed to find the bullet, and gangrene soon spread throughout his body.
- On Sept. 15, 1935, German Jews are stripped of their citizenship, reducing them to "subjects" of the state. German Jews were excluded from high-profile vocations, from public office to journalism and teaching, even farming. Jews found it difficult even to buy food.
- On Sept. 16, 1940, the first peacetime draft in the history of the United States is imposed on men between the ages of 21 and 36. There were 20 million eligible young men; 50% were rejected the very first year for health reasons or illiteracy.
- On Sept. 13, 1963, Texas-born entrepreneur Mary Kay Ash launches a cosmetic company in Dallas. Mary Kay Inc. would become a cosmetic empire with revenue of more than \$3.5 billion and salespeople in dozens of countries. Mary Kay became renowned for an award system designed for women, including mink coats, diamond rings and pink Cadillacs.



No, Liz Cheney isn't Abraham Lincoln

"It's a slip, not a fall," Abraham Lincoln said after his loss in his legendary 1858 Illinois Senate contest against Stephen Douglas.

Liz Cheney apparently has the same attitude after her nearly 40-point wipe-out in her primary last week. In lieu of a traditional concession speech, the Wyoming congresswoman and daughter of the former vice president delivered a picturesque, made-for-TV call to arms invoking Abraham Lincoln and Ulysses S. Grant.

Cheney had a choice after Jan. 6 between political viability, which would have involved modulating her outrage over Trump's "Stop the Steal" campaign, or political self-immolation. She chose a spectacular act of immolation — illuminating the night sky like the nuclear reactor at the outset of the HBO miniseries "Chernobyl."

Hers was an admirable loss. It is rare that any elected official is willing to sacrifice his or her office over a matter of deeply felt principle.

That said, she has undoubtedly cut herself off from the possibility of having a positive influence on the direction of the Republican Party via electoral politics, no matter how much she might want to think of her defeat as 1858 redux.

Lincoln's run against Douglas for the Senate wasn't a suicide mission. He came very close to winning and represented a rising political movement. His subsequent bid for the Republican presidential nomination in 1860 was a long shot, but he was a serious figure who had gained a national reputation and was comfortably in the middle of his party's consensus.

Cheney, a pariah within her own party, is differently situated. Plus, strategically and temperamentally, she is not Lincolnian.

Although he had firm principles, Lin-

coln was always a political pragmatist and fundamentally a party man willing to maneuver as necessary. Cheney's post-Jan. 6 approach bears less resemblance to Lincoln's than to that of William Lloyd Garrison, the uncompromising abolitionist publisher who took unabashedly radical and unpopular positions and expected the world to move toward him.

As it happens, the world did move toward Garrison, but in the meantime, he wasn't running for office.

There is zero case for Cheney attempting to go from the role of prophet without honor within her party to Republican vote-getter again.

It's difficult to overstate the magnitude of Cheney's collapse. She went from winning her primary with 73% of the vote in 2020, to garnering a mere 29% that was heavily dependent on Democratic crossover votes.

Cheney's alienation from her party is likely to build on itself. Already, she has said that she'd "find it very difficult" to support Gov. Ron DeSantis, the leading Republican alternative to Trump. In so doing, she is identifying herself with a fraction of the party that is so small it is all but nonexistent.

Even if Cheney ran in the 2024 primary and got some traction, she'd only be taking voters from some other more viable alternative to Trump.

An independent run wouldn't make any more sense. Again, if Cheney became a factor, the chances are that she'd be a place for Republicans repulsed by Trump to park their votes rather than go all the way to Biden. Just as with a prospective primary run, she'd be helping Trump at the margins.

Captain Ahab may have made a few mistakes in judgment in his stewardship of the Pequod, but at least he never allowed himself to affirmatively assist his great adversary, the White Whale.

One thing that's been remarkable about Cheney's performance the last couple of years is how apparently clear-eyed she's been about what it means for her future in the House of Representatives, namely that she wouldn't have one. In contrast, a presidential run of any sort would be giving in to delusion. If Lincoln was dogged, he was never fanciful. Cheney should realize that she's taken a path that, whatever it's other advantages, doesn't end in electoral vindication.

Rich Lowry is editor of the *National Review*.

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- On Sept. 11, 1857, Mormon guerrillas, stoked by a deep resentment of decades of public abuse and federal interference, murder 120 emigrants at Mountain Meadows, Utah. The conflict apparently began when the Mormons refused to sell the emigrants any supplies.
- On Sept. 10, 1897, a 25-year-old London taxi driver named George Smith becomes the first person ever arrested for drunk driving. A true breath test didn't come along until 1931 with a device called the Drunkometer. It involved a blow-up balloon and a tube filled with a purple fluid (potassium permanganate and sulfuric acid). Alcohol on a person's breath changed the color of the fluid from purple to yellow; the quicker the change, the drunker the person.
- On Sept. 7, 1936, Charles Harden Holley is born in Lubbock, Texas. Performing under the name Buddy Holly, he left behind a rock 'n' roll legacy that includes "That'll Be the Day" and "Maybe Baby" after his death in 1959 at the age of 22.
- On Sept. 9, 1942, in the first and only air attack on the U.S. mainland during World War II, a Japanese floatplane drops incendiary bombs on Oregon's Mount Emily, setting fire to a

Americanisms



"Work will win when wishy washy wishing won't."
— Thomas S. Monson

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Lakeview Newspaper

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

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MONDAY



SENIOR NEWS LINE

by Matilda Charles

Getting Ready for Medicare Open Enrollment

Before we know it, that yearly event will be here — when we have to decide what to do about our Medicare plans between Oct. 15 and Dec. 7 for coverage that will begin Jan. 1.

There are several things we have to consider, such as taking on a prescription drug plan or changing to a new one, or staying with original Medicare or going with an Advantage plan or changing Advantage plans or going back to original Medicare. All these take time to think about.

Thoughts to consider:

What will Social Security look like in 2023? We won't know the Social Security increase until it is announced in October. There have been guesses that we might receive as much as a 10.5% increase, which calculates to \$175 for the average beneficiary. The Part B premium will be deducted from that.

We're likely looking at an 8.5% increase in Medicare Advantage and Part D drug plans costs.

Check the costs of your prescriptions over the past three years, because for some of us, that's where the big-ticket expenses are. Chances are the drug costs have gone up, possibly even significantly. And chances are they're not coming down.

What to do, what to do... Two options are worth looking at: GoodRx (www.goodrx.com) and Marc Cuban Cost-Plus Drug Company (costplusdrugs.com). Both offer discounted prices on prescription drugs. Investigate and see what you think.

A Kaiser study concluded that seven out of 10 people did not research the plans during open enrollment. Because of the rising costs of everything in our lives, this needs to be the year that we compare, compare, compare. When in doubt, look into SHIP, the State Health Insurance Assistance Program, which is in every state, staffed by volunteers who can help you wade through the Medicare information. Call them at 877-839-2675 for the one near you.

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VETERANS POST

by Freddy Groves

Veterans Service Organizations

If you're a veteran, are you in a veterans service organization? There are four groups, and while they differ in their origins, they all have the same goal: to help veterans.

The largest organization is the American Legion. Across the country are more than 12,000 posts and approximately 2 million members. The Legion is to be thanked for the GI Bill of Rights, which has helped many veterans get a college or trade education and a home with a low mortgage rate. But the Legion has done much more: The organization has also donated \$1 million to the Vietnam Veterans Memorial Fund and sponsored a study on the effects of Agent Orange. If you want to explore the Legion, read more online at www.legion.org.

Like the name says, the Disabled American Veterans (DAV) steps up to help disabled veterans with nearly anything they need. Just last year, for example, they provided 163,000 rides for veterans to reach their medical appointments and helped file over 150,000 claims. They have 26 transition service offices, helping veterans make the change to civilian life by providing benefits counseling. For more information on the DAV, start with www.dav.org.

Paralyzed Veterans of America (PVA) changes lives. They push for better access to air travel, help veterans find employment and pay for adaptive housing and vehicles. So far they've invested over a half million dollars into spinal cord research. In one year alone, they helped veterans receive over \$78 million in benefits. Learn more at pva.org.

Started in 1899 by a few veterans during the Spanish-American War, the Veterans of Foreign Wars (VFW) has worked since then to get the rights and benefits that veterans deserve. They've assisted veterans with collecting \$10 billion in disability compensation and pension benefits with the help of over 2,000 accredited VFW reps. Today membership stands at 1.5 million. To learn more about the VFW, check www.vfw.org.

To be considered: Many of the veterans groups are losing membership due to the age of their members. Your interest will be most welcomed.

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Strange BUT TRUE

By Lucie Winborne

• Venus rotates so slowly that a single day on the planet lasts longer than a year.

• While over 50 million Americans have signed up with a local gym, according to one study of 2,000 such members, 50% admitted they didn't even exercise when they got there but instead preferred to spend their time hanging out with friends or checking out the opposite sex.

• Cherry farmers hire helicopter pilots to air-dry their trees after it rains so the fruit won't split open.

• Toe wrestling has been a sport in several countries since the '70s, with men's and women's divisions and even a World Championship. Players attempt to pin and hold down their opponent's bare toes for three seconds. Best two out of three rounds wins!

• Speaking of feet, the overwhelming fear of those appendages is called podophobia.

• Cartoon canine Scooby Doo's excessive use of the letter "R" is the result of a speech disorder known as rhotacization.

• The first public phone call on an Apple iPhone was a prank. On a San Francisco stage, Steve Jobs opened Google Maps, located a nearby Starbucks, and placed an order for 4,000 lattes, then told the surprised barista he was just joking and hung up.

• Classical composer Franz Schubert was nicknamed "Little Mushroom" for his short stature and wide girth.

• New York has been destroyed in more movies than any other city.

• A dating app called Hater that began as a joke in 2016 matched potential couples according to their dislikes. While it launched to respectable success, it only lasted a couple of years. Perhaps it was the name?

• Statistically, the most dangerous job one can hold in America is president.

Thought for the Day: "Sometimes the road less traveled is less traveled for a reason." — Jerry Seinfeld

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Tobacco Jars

Many figural tobacco jars were made in the late 1800s and early 1900s, marked with just the letters "JM" or the letters and the printed word "Bohemia" or "Czechoslovakia." The jars held loose pipe tobacco, but they were not humidors made to control humidity. The figural jars are about 18 to 20 inches high with small statues of children seated in chairs, a dog in a barrel, a man drinking beer, even Buster Brown or gnomes. Some of the jars are also marked with a city, the location of one of the many factories like Aussig, Bohemia. Most of the jars were made of terra cotta or majolica.

A telltale, signed JM jar has buff colored edges showing the ceramic. The maker was Johann Maresch (1821-1914). He worked at many different factories and probably owned some of them. Other potters also used an initial mark. The jars by Johann Maresch sell for \$300 to \$500. The other potters' work sells for less than \$200.

Q: My daughter's name is Kelly, and when she was a toddler, I started buying a small doll named Kelly that was Barbie's "little sister." They were sold for about \$5 each, if I remember correctly. I bought a dozen of them over the years, putting them immediately into a box for safekeeping. They are all in their original boxes. They've never been opened. Are they just a fun remembrance of her childhood, or will they be worth something in the future?

A: The 3-inch-high preschool doll Kelly was marketed as the younger sister of Barbie, Skipper and Stacie. Kelly was introduced in 1995 and retired in 2010. She was replaced by Chelsea in 2011. She was dressed in Halloween costumes, Christmas dresses and St. Patrick's Day green for the holidays. She was sold both separately and in boxes with a Barbie. Sale prices for in-the-box Kellys are between \$25 and \$35 online.



This terra cotta tobacco jar by Jon Maresch, shaped like a smiling black dog, is marked JM#116 and sold at Fox Auctions for \$240.

TIP: Keep a list of the things you are looking for and the sizes that will fit in your house. That includes space needed to get a large piece up a stairway with a low ceiling or a sharp turn.

CURRENT PRICES

Copper kettle, candy maker's, round, rolled rim, hand-wrought cast handles with original rivets, 7 x 17 1/2 inches, \$55.

Terra cotta figurine, French peasant woman holding a decorated vase on her head, naturalistic base, marked Lladro, 30 x 8 inches, \$280.

Pair of sconces, gold tone metal, polished brass, half dome form, hanging frosted Lucite prisms, Karl Springer, 20th century, 15 1/4 x 7 1/4 inches, pair, \$540.

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. Jim Calhoun was head coach of what team that won NCAA men's basketball championships in 1999, 2004 and 2011?

2. The Nouvelle Chicane, La Rascasse and Beau Rivage are elements of what famous motorsports circuit?

3. Name the tennis player from Czechoslovakia who won four Grand Slam women's singles titles during her pro career from 1978-90.

4. What U.S. soccer icon won consecutive FIFA Women's World Player of the Year honors in 2001-02?

5. Who are the only brothers in Major League Baseball history to have won Cy Young Awards?

6. Name the Basketball Hall of Famer who won two NBA championships with the New York Knicks (1970, 1973) and served three terms as a U.S. senator from New Jersey (1979-97).

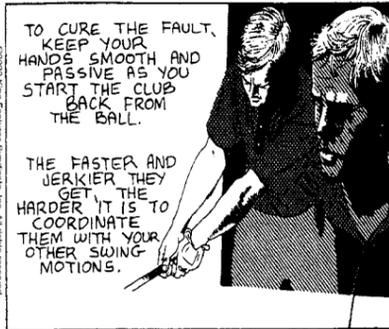
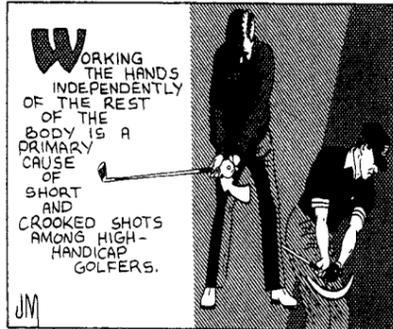
7. Hockey Hall of Famer Steve Yzerman played his entire NHL career from 1983-2006 with what team?

Answers

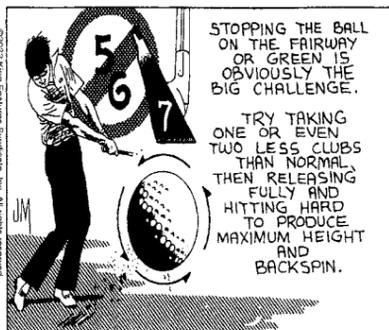
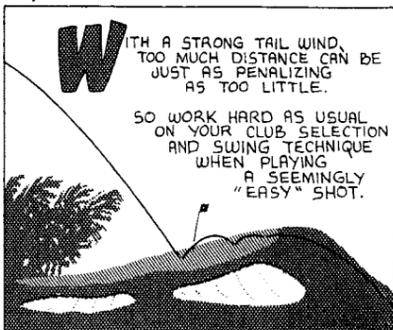
1. The University of Connecticut Huskies.
2. The Circuit de Monaco.
3. Hana Mandlikova.
4. Mia Hamm.
5. Gaylord and Jim Perry.
6. Bill Bradley.
7. The Detroit Red Wings.

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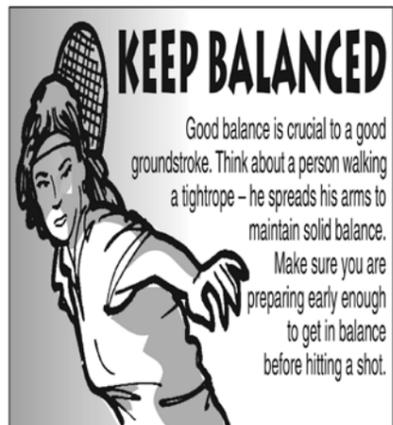
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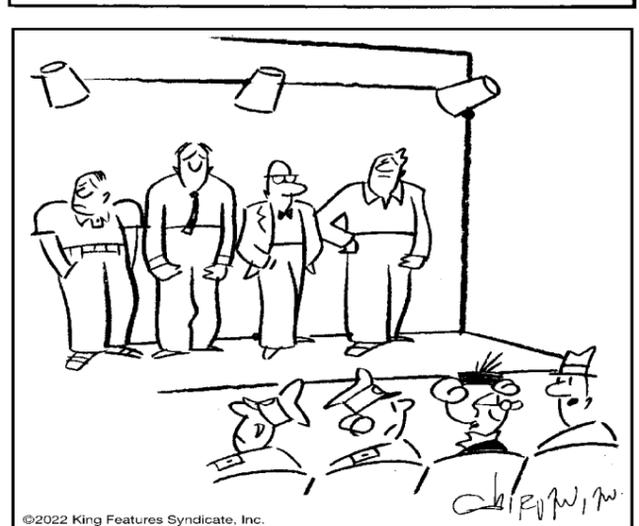
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STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



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GRIM THE BEAR IT



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Health



Mystery stomach pain may be migraine-related

DEAR DR. ROACH: I am a 66-year-old white male who is physically active. Until four years ago, the only real malady I suffered from was a benign enlarged prostate. In March 2016, I went to the emergency room for acute abdominal pain and cramping. It was relieved by intravenous pain medication. Since that initial episode, I have experienced the same symptoms approximately 12 more times. Since the onset of this excruciating pain, I have had MRIs, an MRA, CAT scans, a gallbladder test, colonoscopies, endoscopy and hydrogen breath tests. I have been seen by primary care physicians, gastroenterologists, emergency physicians and assistants. No medical authority has been able to determine exactly why I have these episodes.

I have been told that I may have Crohn's disease and irritable bowel syndrome. The latest is abdominal migraine. I'm aware of the information on the first two conditions. Can you tell me anything about abdominal migraine and the likelihood that I may suffer from this? — R.H.

ANSWER: am sure you must be frustrated with the lack of diagnosis and continued symptoms.

Abdominal migraine does indeed cause recurrent abdominal pain, and many people with it have had extensive evaluations before the diagnosis is made. However, migraine of any kind starting in the 60s is uncommon. Abdominal migraine is more common in children. Further, most people with abdominal migraine have other migraine syndromes, such as headache, though it is possible to have abdominal symptoms alone.

The location of abdominal migraine is most commonly around the umbilicus. Pain often begins suddenly and lasts an hour or more. The pain must be associated with at least two of the following: nausea, vomiting, headache, loss of appetite or pallor (the medical term for the unhealthy pale appearance of a person who is acutely ill). Often, if the diagnosis is suspected, a trial of anti-migraine medication can confirm the diagnosis if successful. There are many. Of course, a thorough evaluation for other causes of abdominal pain are mandatory before making the diagnosis of abdominal migraine.

DEAR DR. ROACH: I am a healthy 71-year-old woman of normal weight. I had a pacemaker put in back in December 2019 due to heart block. I had a low heart rate of 37, which caused periodic shortness of breath and trouble walking for exercise without becoming dizzy and lightheaded and feeling like I would pass out. Things are much better since the pacemaker was put in, but I still feel like my heart rate goes high quickly with little exertion, like just walking to the mailbox. My cardiologist says that should improve as I continue to exercise more. Should I be concerned? — P.B.

ANSWER: Your cardiologist is very likely correct. People with heart block, like many heart issues, often subconsciously decrease their exertion. This leads to deconditioning, and a regular exercise program is the correct treatment.

If you aren't getting back to normal, the cardiologist may want to take a look at heart function with an echocardiogram.

Length of Hormone Treatment Depends on the Individual

DEAR DR. ROACH: I am a 60-year-old woman at the end of a five-year regimen of hormone therapy. My doctor has advised me to eventually stop the use of estrogen and progesterone by this summer, as she says women have an advanced risk of breast cancer at this age. Another friend a few years younger than me was told by her doctor that she could continue with hormone-replacement therapy until she is 70.

Which doctor is correct? I am experiencing constant hot flashes again and am able to snatch only little bits of sleep each night, along with all of the other issues that come with the loss of estrogen (inability to regulate temperature, hair falling out, flaccid skin, vaginal dryness, etc.). My other question is, am I able to use other herbal compounds, specifically saw palmetto and/or St. John's wort, without any risk of breast cancer? Or are these and other estrogen-mimicking compounds also a contributor to breast cancer? — R.N.

ANSWER: There is no one-size-fits-all answer to the first question about how long to continue hormone treatment for symptoms of menopause. I disagree with any absolute rule, such as stopping at five years or waiting until 70, because any woman may place a different value on her well-being, and a woman's individual risk for breast cancer also needs to be considered. You haven't told me about any particular risk, but my answer would be very different for a woman with average risk compared with a woman with increased risk due to family history, for example.

About 40% of women will have symptomatic hot flashes until age 65, and continuing estrogen is reasonable in women who are willing to

accept the increase in risk. The risk is not just breast cancer. Women taking combined estrogens and progestins have a small increase in the risk of heart disease, stroke and pulmonary embolism (blood clot to the lung), but a decreased risk of colon cancer and hip fracture. That all sounds scary, but the increase in risk of any of these is less than 0.5%. Overall, women on combined hormones were slightly LESS likely to die than those who were not. Many women choose to continue taking their hormones when their symptoms are significantly affecting their quality of life. I feel very strongly that it's the physician's job to advise so a woman can make the best decision for herself.

Saw palmetto is not commonly used for menopausal symptoms (it's used very frequently by men with prostate issues), and there is inconsistent evidence on its contribution for breast cancer. Similarly, there is no consensus on the risk of St. John's wort for breast cancer, and only limited evidence that it helps menopausal symptoms. St. John's wort can interact with many medicines, so it's wise to discuss its use with a pharmacist if you are taking other medication.

Many women ask about phytoestrogens (such as in soy protein or red clover) and other herbs with estrogenic activity (such as black cohosh). There is a theoretical risk, and although there are some studies suggesting they may be safe, many experts advise against these for women at high risk. That group would include women with a history of an estrogen-sensitive tumor.

Consuming Collagen Is Not Proven to Reduce Wrinkles

DEAR DR. ROACH: Several months ago, I started adding 25 grams of whey protein to an afternoon smoothie each day. I was worried about muscle loss after reading an article. I have seen the sagging muscles and skin in my arms and thighs. I am a 71-year-old woman, who plays tennis twice a week and goes to the gym about once a week.

I have friends my age who have started adding collagen powders to their smoothies to improve their skin and prevent further facial wrinkles. After researching collagen supplements, I learned that they contain collagen peptides and protein. The dosage and ingredients vary by vendor. What is the correct collagen dosage and ingredients I should be looking for? Is the protein in collagen the same as the protein in whey? — R.K.

ANSWER: All proteins, such as whey and collagen, are long strands of amino acids. A "peptide" is two or more amino acids connected, while a "polypeptide" is 20 or more amino acids. A protein is a polypeptide that has a function in the organism. Proteins are broken down by acid and enzymes in your stomach, back into their component amino acids, to be used anywhere the body has need for them.

Part of the reason that skin wrinkles is loss of collagen, but it is not at all clear that con-

suming more collagen, or any protein, will increase the collagen in the skin and therefore reduce wrinkles. You can save a great deal of money by consuming collagen, if you decide you want to, from time-honored sources like chicken broth. Some collagen supplements are made from parts of animal carcasses that contain heavy metals and other toxins, so I would be wary of supplements.

Medicated creams like vitamin A derivatives (such as retinol or tretinoin) work by increasing collagen production in the skin. Vitamin C creams help prevent the breakdown of the existing collagen in the skin. Vitamin C breaks down quickly, so these creams need to be handled sparingly. Moisturizing the skin makes it appear fuller and helps prevent further damage, especially when a daily sunscreen is included.

DEAR DR. ROACH: I have been diagnosed with acid reflux for 20 years, but have never been on any antacid medication until recently, when my doctor prescribed Prilosec. My concern is whether it's safe for long-term use. Is there an ingredient in Prilosec that causes cancer? — A.M.

ANSWER: Omeprazole (Prilosec) has been safely used for decades by many people. Long-term risks include an increased propensity to bacterial pneumonia; gastrointestinal infections, such as C. diff; and poor absorption of vitamin B12 and calcium. When this class of medications was first introduced, there was concern about an increase in a type of tumor called gastric carcinoid, based on laboratory animal studies. This has not been shown to be of concern in humans. Many people who have been on omeprazole and similar anti-ulcer drugs for years or decades do just fine if they are slowly tapered off the drug. Some people need them to keep their symptoms under control. I try to taper them off, but if a person needs them, it's safe to continue them long-term.

The Continued Use of Bactrim Creates Resistance in Treatment

DEAR DR. ROACH: As a 90-year-old man in mostly good health, I have been taking one Bactrim (sulfamethoxazole/trimethoprim) pill per day for several years now, preventatively for recurrent urinary tract infections. I am very pleased with this successful treatment. However, my urologist has mentioned that I might have to relinquish the Bac-trim at some point without a full explanation of why. Is there any danger in the habitual use of Bactrim? — J.M.

ANSWER: Both men and women who get recurrent urinary infections are sometimes treated with prophylactic antibiotics, such as the sulfa-based antibiotic you are taking. The main risk is not toxicity of the medicine,

it is that you might acquire a bacterial strain that is resistant to the antibiotic treatment. You are fortunate that you have gone several years without this developing, and you may go many more successfully, but other people periodically need to change the antibiotic they are taking.

Prophylactic antibiotics are not the first-line treatment to prevent recurrent infection. Urologists, the special-ists for the urinary tract, will evaluate the urinary system to try to identify a correctible condition. I trust your urologist has considered other options before prescribing your current treatment.

DEAR DR. ROACH: I have a question about smoking. I smoke ciga-rettes, but now I want to stop. I want to use Velo to break this habit. Are Velo pouches harmful for health? Are there any side effects? — Z.

ANSWER: Velo is a brand of syn-thetic nicotine (there are many now) designed simply to provide nicotine without smoking. The nicotine is derived from tobacco, but there is no actual tobacco in the product. The health risk is much lower compared to smoking tobacco, and much less than chewing tobacco. They come in lozenges and pouches (which are placed under the lip); many are flavored. Nicotine does not cause cancer, but there is still potential to harm your health, especially in the mouth, particularly for gum disease.

Unlike nicotine replacement products, such as patches, gum and inhal-ers, that are intended to help people quit smoking and then gradually taper off, these nicotine products are intended to be used long-term. These should never be used by a person who does not smoke or use other forms of nicotine, as nicotine can make a per-son very ill if they are not accustomed to it. It can cause nausea and vomit-ing, but also abdominal pain, head-ache, and irritation in the mouth.

I would strongly recommend you quit tobacco with the help of behavioral support through group sessions or counseling, as well as considering medications such as varenicline (Chantix) or bupropion (Wellbutrin or Zyban) in addition to nicotine replacement therapy. There is not enough information to say how effective a nicotine product like Velo would be to help you quit smoking. For people who successfully quit smoking but continue to need nicotine, long-term nicotine is not ideal, but it still has far fewer health risks than smoking.

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

Reasons to keep working after retirement

Here are some reasons to consider for reentering the job market after you have moved on from your primary career. Part-time, freelance, consulting work or volunteering can add to your retirement satisfaction and have financial benefits.

Improve your retirement security

Because you're not drawing down on your savings, working longer is going to be a really powerful lever to increase the money

available in retirement. You don't have to search for a high-paying job, because earning just a portion of your previous salary can make a difference financially. Even jobs that don't offer health and retirement benefits can substantially improve retirement security.

Physical and mental health

Learning new things may help slow cognitive decline. Research shows that having a post-career job was associated with fewer major diseases and functional limitations. The transition to partial employment or volun-

teer work unrelated to your prior career also appears to be associated with fewer physical declines.

Motivation

A job is one motivator to get up in the morning, and one of the major findings of research was the importance of finding a new sense of purpose after retirement. A sense of meaning and purpose is a major driver of a healthy retirement and research shows that people with a sense of purpose feel younger in retirement.

Volunteering

A 2021 study of retirees

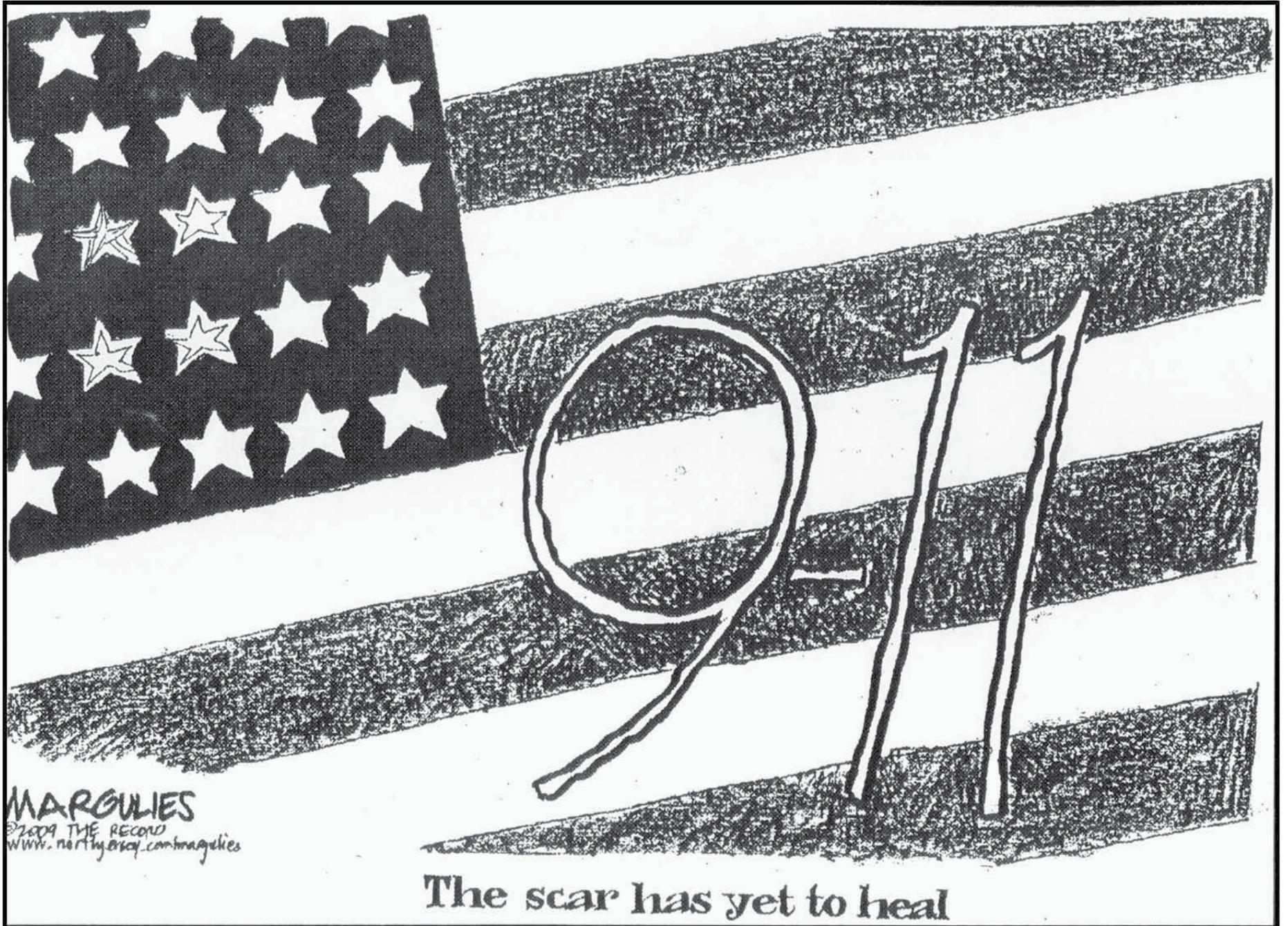
found that volunteer work in retirement was associated with less depression and higher satisfaction and quality of life. Improvements in volunteers' well-being disappeared once they stopped volunteering.

A job can be fun!

Spend your time with people you like or work in an environment that coincides with a hobby. This can be an opportunity to find a job or freelance work that you always thought would be interesting but you never tried because it paid less or had fewer employee benefits than your previous job.

Forming new relationships

A Harvard study showed that participants who were happiest in retirement replaced their old work relationships with new ones. Doing any regular work creates an environment for new interactions that can develop into those new relationships. There were 11.5 million job openings in the U.S. at the end of March. You should have ample choices to find a role you would enjoy..



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

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

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

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

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FLASHBACK

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Strange BUT TRUE

By Lucie Winborne

top 10 movies

1. **Bullet Train**.....(R) Brad Pitt, Joey King
2. **Top Gun: Maverick**.....(PG-13) Tom Cruise, Jennifer Connelly
3. **DC League of Super-Pets**....(PG) Dwayne Johnson, Kevin Hart
4. **Thor: Love and Thunder**.....(PG-13) Chris Hemsworth, Natalie Portman
5. **Nope**.....(R) Daniel Kaluuya, Keke Palmer
6. **Minions: The Rise of Gru**....(PG) Steve Carell, Pierre Coffin
7. **Where the Crawdads Sing**.....(PG-13) Daisy Edgar-Jones, Taylor John Smith
8. **Bodies Bodies Bodies**.....(R) Amandla Stenberg, Maria Bakalova
9. **Elvis**.....(PG-13) Austin Butler, Tom Hanks
10. **Fall**.....(PG-13) Grace Caroline Currey, Virginia Gardner

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top ten Most Popular Vacation Spots in the U.S.

1. New York, NY
2. Maui, HI
3. Las Vegas, NV
4. New Orleans, LA
5. Key West, FL
6. Oahu, HI
7. Island of Hawaii
8. San Diego, CA
9. Savannah, GA
10. Kauai, HI

Source: Newsweek

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“Disobedience” (R) — Ronit (Rachel Weisz), a photographer in New York, travels to London after the sudden passing of her father, the Rav Krushka. Arriving back at the Orthodox Jewish community that she has been estranged from for so long, Ronit reunites with two of her old friends, Dovid (Alessandro Nivola) and Esti (Rachel McAdams), who now happen to be married to each other. As Ronit attempts to tie up her late father’s loose ends, she and Esti become very close, just like they were when they were young girls, in a way that is completely unacceptable within their community. A slow burn at first, this romantic drama dives into themes of forbidden love, religious and societal ideals, and learning to accept one’s true self. Premieres Aug. 26. (Netflix)

whose feats were so incredible that he was well known throughout his city as a superhero — that was, until he went missing and was pronounced dead in battle. Twenty-five years later, a young boy named Sam is in the middle of getting jumped on the street by neighborhood bullies when Joe, a garbage man, comes to his rescue and sends the bullies running for the hills. Sam’s convinced Joe is actually Samaratin and, when proved right, hesitantly gets taken under the irritable old man’s wing. But, little does Joe know, all it can take is one kid to show him that Samaratin shouldn’t have to hide anymore. Starring Sylvester Stallone and Javon Walton (“Euphoria”), this action film premieres on Aug. 26. (Prime Video)



Courtesy of AppleTV+

Sarah Greene, Sharon Horgan and Eve Hewson star in “Bad Sisters.”

“House of the Dragon” (TV-MA) — Three years after the series finale of one of the biggest TV shows of all time, the first episode of the prequel series to “Game of Thrones” has now premiered on streaming services. Set 300 years before the time of the beloved Mother of Dragons, Daenerys Targaryen, “House of the Dragon” mainly focuses on the history leading up to the end of the Targaryens’ rule over the Iron Throne. When the question emerges of who is to assume power after the current king, Viserys I, three potential candidates — the king’s firstborn child, his brother and his cousin — make their respective stances. But, only one will win the war to rule the Iron Throne. (HBO Max)

“Bad Sisters” (TV-MA) — Some people would do anything to protect their siblings, even if their siblings don’t outrightly ask them to. That’s the case with the four Garvey sisters, who have had enough of seeing their fifth sister suffer in an abusive marriage. Now, a good sister might suggest couples’ therapy or a separation period, but as the series’ title claims, there are no good sisters here. So, the Garvey girls decide to speed up the end of this marriage with a much-faster means: murder. The first two episodes of this comedy-thriller series are out now. (AppleTV+)

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“Samaritan” (PG-13) — There once was a man named Samaratin,

1. Which former Beatle wrote and released “What Is Life”?
2. Where did The Marshall Tucker Band get its name?
3. Which song gave the Walker Brothers their first No. 1 hit?
4. Who wrote and released “Help Me, Rhonda”?
5. Name the song that contains these lyrics: “Hello, I don’t even know your name, but I’m hopin’ all the same this is more than just a simple hello.”

Answers

1. George Harrison, in 1970 on his triple album “All Things Must Pass.” The song was used in several films, including “Goodfellas” in 1990.
2. From a key ring. When they rented a rehearsal space, the key ring for the place had the previous tenant’s name on it.
3. “Make It Easy on Yourself,” in 1965. The first to release the song had been Jerry Butler, in 1961, but that version only climbed to No. 20.
4. The Beach Boys, in 1965.
5. “The Last Time I Felt Like This,” by Johnny Mathis and Jane Olivor. The song was used in the 1978 film “Same Time, Next Year” starring Alan Alda and Ellen Burstyn. In the film, a couple meets for a weekend once a year for 30 years, even though they’re married to others.

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• Only 2% of the world’s population have green eyes, but they weren’t born with them. The hue takes from six months to three years to show up in children.

• Donnie Dunagan, who as a child actor supplied the voice of Disney’s Bambi, went on to become a highly decorated major in the U.S. Marines — and kept his movie role a secret for his entire 25-year military career.

• An Australian ground bird known as the lyrebird can mimic just about anything, from a crying baby to machinery.

• About 6,000 years ago, the barren Sahara Desert was actually a lush green forest.

• “Loganamnosis” is a word to describe an obsession with recalling a specific word that has been forgotten.

• Legend has it that Tate’s Hell State Park, a 202,000-acre forest/swamp in Florida, got its curious name from a man who was lost in its wilderness and after finally emerging told a passerby, “My name is Cebe Tate, and I just came from hell” before collapsing.

• In 2016, the NFL returned more than \$700,000 of taxpayer money it had been paid by the U.S. Defense Department to honor the military at games.

• A Colombian man died after a parasitic worm that had invaded his gut developed cancer, which in turn spread through the man’s body.

Thought for the Day: “No pessimist ever discovered the secret of the stars or sailed an uncharted land, or opened a new doorway for the human spirit.” — Helen Keller

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TOP VIDEO RENTALS AND SALES

Video On Demand

1. **Gone in the Night**.....(R) Winona Ryder
2. **Minions: The Rise of Gru**....(PG) Steve Carell
3. **Paradise Highway**.....(R) Frank Grillo
4. **Doctor Strange in the Multiverse of Madness**.....(PG-13) Benedict Cumberbatch
5. **Last Seen Alive**.....(R) Gerard Butler
6. **Jurassic World: Dominion**.....(PG-13) Chris Pratt
7. **Dog**.....(PG-13) Channing Tatum
8. **Father Stu**.....(R) Mark Wahlberg
9. **Downton Abbey: A New Era**.....(PG) Hugh Bonneville
10. **The Lost City**.....(PG-13) Sandra Bullock

DVD, Blu-ray Sales

1. **Doctor Strange in the Multiverse of Madness**.....(PG-13) Disney/Marvel
 2. **The Lost City**.....(PG-13) Paramount
 3. **Fantastic Beasts: The Secrets of Dumbledore**.....(PG-13) Warner
 4. **Top Gun***.....(PG-13) Paramount
 5. **Spider-Man: No Way Home**.....(PG-13) Sony Pictures/Marvel
 6. **Morbius**.....(PG-13) Sony Pictures
 7. **Downton Abbey: A New Era**.....(PG) Universal
 8. **The Bad Guys**.....(PG) Universal/DreamWorks
 9. **Everything Everywhere All at Once**.....(R) Lionsgate
 10. **Uncharted**.....(PG-13) Sony Pictures
- *Re-release

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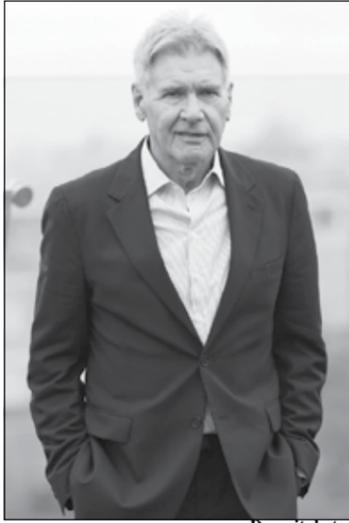


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What's Hot In Hollywood

HOLLYWOOD — Is "Indiana Jones 5" Harrison Ford's last film? Five-time-Oscar-winning composer John Williams let it drop, as he announced that he'd be retiring after this film, that he believed Ford would be retiring as well. After five Indiana Jones films and a career spanning over 57 films, Ford's earned the right to do nothing. For the first four "Indiana Jones" films written by George Lucas, Steven Spielberg served as director, but "Indiana Jones 5" will not be directed by Spielberg or written by Lucas. Spielberg once said he'd never make an "Indiana Jones" film without George Lucas. Spielberg's kept his word — in February 2020, Spielberg passed the baton to director James Mangold, who helmed "Walk the Line," "The Wolverine" and "Ford v Ferrari" (among others). The story's been written by Mangold, along with Jez and John-Henry Butterworth, who were also writers for "Ford v Ferrari." Originally set in 2016 for a 2019 release, it'll now open July 2023, with Ford, Phoebe Waller-Bridge, Mads Mikkelsen, Toby Jones and Antonio Banderas. Filming began in June 2021 and wrapped this past February. ***



Depositphotos

Harrison Ford

Southern California come September. Can little Gloria make horses rear up like Cloris Leachman did, or will that take special coaching?

Fans of "That '70s Show" will get to revisit the series when it morphs into "That '90s Show." It's now set in 1995 and focuses on the offspring of Eric Forman and Donna Pinciotti. Ashton Kutcher, Mila Kunis, Topher Grace, Laura Prepon and Wilmer Valderrama (now a regular on "NCIS") will be returning as guest stars. Kutcher, currently on-screen in "Vengeance" with B.J. Novak and Issa Rae, stars in James Franco's upcoming film "The Long Home," with Josh Hutcherson, Courtney Love, Timothy Hutton and Josh Hartnett. "The Long Home" was completed in 2017 and remains in limbo, awaiting a distributor. We'll see his Netflix rom-com "Your Place or Mine," with Reese Witherspoon, Tig Notaro and Steve Zahn, long before that. Kutcher's wife, Mila Kunis, stars with Finn Wittrock, Connie Britton and Jennifer Beals in Netflix's "Luckiest Girl Alive," dropping later this year. ***

In the late '70s, I was a columnist for the legendary "Photoplay" mag-azine, which presented their awards on Johnny Carson's "The Tonight Show" to such stars as John Wayne and Ann-Margret. I needed a date for the posh after-party and asked Sally Struthers. She'd just begun play-ing Gloria in "All in the Family," and she accepted. Sally's taking on Cloris Leachman's classic Frau Blucher role in London's version of Mel Brooks' hit Broadway musical "Young Frankenstein" at La Mirada Theatre in

HOLLYWOOD — Matthew McConaughey's finally back at work on his first film since 2019's "The Gentlemen." Ironically, it's called "Dallas Sting," and it's a fact-based film about the Dallas High School girls' soccer team headed for the 1984 women's soccer competition in China. Did McConaughey pick this one because "Dallas" is in the title? After all, it was "Dallas Buyer's Club" (2013) that gave him his Oscar. ***

Are streaming platforms picking the bones of classic old films? In the spirit of competition, platforms are remaking any classic film they can wrangle the rights to from old studios, who can't make money off those titles unless they sell remake rights! Let's start with a planned remake of the 1973 classic film "The Exorcist," which Peacock is rebooting with Emmy-winner Ann Dowd (Aunt Lydia in "The Handmaid's Tale"), Leslie Odom Jr., and Ellen Burstyn (now 89) from the original film. Burstyn just completed the comedy-drama "Three Months," which stars South African/Australian pop singer Troye Sivan, Judy Greer and Louis Gossett Jr. Leslie Odom Jr. is due soon in "Glass Onion: A Knives Out Mystery," which is Daniel Craig's first post-007 role. It also stars Edward Norton, Kate Hudson, Janelle Monae and Dave Bautista.

Meanwhile, Amazon's rebooting the 1992

classic "Road House," which starred Patrick Swayze and Sam Elliott. This time, it'll star Jake Gyllenhaal (coming soon in an untitled Guy Ritchie film), along with Billy Magnussen and Travis Van Winkle. And, Hulu has committed to a reboot of the 1988 classic "Working Girl," which earned Oscar nominations for three of its female stars — Melanie Griffith, Sigourney Weaver and Joan Cusack — with Harrison Ford in the lead male role.

Then, there's the untitled film based on a short story of H.P. Lovecraft's, starring Heather Graham and "Re-Animator" star Barbara Crampton, a queen of horror in such films as "Chopping Mall," "From Beyond" and "Puppet Master." Also a part of the cast is Bruce Davidson, who starred in "Willard," the film that introduced the rat, Ben, and gave Michael Jackson a worldwide hit. ***

Other "not so classic" films being remade are "Highlander," "Big Trouble in Little China," "Alien Nation," "The Toxic Avenger," "Flash Gordon," Arnold Schwarzenegger's "Commando" and Chevy Chase's hit "Fletch." Then, there's "All Quiet on the Western Front," "Lost Boys," "The Bodyguard" and — the big shocker — a remake of "My Fair Lady." Maybe you'll enjoy seeing some of your favorites brought back! Peter Allen, once married to Liza Minnelli, wrote a song in 1974 called "Everything Old Is New Again." They should let sleeping dogs lie!



Depositphotos

Ann Dowd

celebrity extra

by Dana Jackson

Q. Is LeAnn Rimes still doing music? I remember seeing her on a billboard for a concert at a local casino a while back, but nothing since. — F.N.

A. It's been 25 years since LeAnn Rimes shot to stardom at the age of 13 with her hit song "Blue." Growing up in the public eye took its toll on her, and she sought help years later for depression, anxiety and codependency. She's much happier and healthier now, with husband/actor Eddie Cibrian ("Hot in Cleveland") and stepsons Mason and Jake. She's even made amends with Eddie's ex-wife, Brandi Glanville ("Real Housewives of Beverly Hills").

After taking a break from show business during the isolating pandemic, Rimes is preparing to release a new album, "God's Work," on Sept. 16, and she's already in the midst of her tour. You can find tour dates and other information at www.LeAnnRimes.com. ***

Q. Is it true that they are reviving "The Love Boat"? Will it have celebrity guest stars like the original did? It's a shame the late Gavin MacLeod can't be a part of it. — Y.R.

A. Yes, "The Love Boat" is the latest nostalgic reboot of an old TV show, but with a twist. It won't be a drama with celebrities like Charo looking for fictional love. Instead, according to TV Guide, the new version will be a reality show where "singles set sail on a real Princess cruise ship and, as they visit exotic Mediterranean ports, pair up to test their chemistry with challenges."

Real-life husband and wife Jerry O'Connell and Rebecca Romijn are hosts of the dating show, and while you won't see Gavin MacLeod, who played Capt. Stubing and passed away last year, you will see other familiar faces. Jill Whelan, who played little Vicki Stubing, and Ted Lange, who played bartender Isaac, will pop in to offer words of advice to the contestants.

"The Real Love Boat" premieres Oct. 5 at 9 p.m. ET on CBS. ***



Depositphotos

LeAnn Rimes

Q. Is Mark Harmon ever coming back to "NCIS"? He was still featured in the opening credits last season, so it makes me think he'll eventually return. — K.L.

A. When we saw Leroy Jethro Gibbs, played by Mark Harmon, cast his fishing line into the chilly Alaskan waters on Oct. 11 of last year, it seemed like a permanent retirement for the character. That was just four episodes into the 19th season of "NCIS," and he's remained off-screen ever since — despite being in the opening credit sequence for the remainder of the season.

CBS entertainment president Kelly Kahl explained to TVLine that season 19 was a "transition year for TV's most watched drama," but that it might not be the end for Gibbs. There's a good chance he'll be taken out of the credits for season 20, but that doesn't mean he can't pop back in for a guest appearance or more.

Season 20 of "NCIS" will premiere on Sept. 19 at 9 p.m. ET on CBS.

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

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Kid-Friendly Recipes to Power Through School Days



Cheeseburger Turnovers

FAMILY FEATURES

A menu of filling, delicious recipes is just what your family needs to make each school day a successful educational adventure. Satisfying lunch and dinner ideas can give loved ones the fuel they need while delicious desserts provide motivation for growing minds to get homework finished before enjoying a treat.

When weeks get hectic due to busy schedules, these recipes offer simple solutions to make cooking easier while limiting time spent in the kitchen. Start with a lunch that's as easy to make as it is to pack in a lunchbox, recharge in the evening thanks to a veggie-forward main course and satisfy everyone's sweet tooth with a chocolatey favorite to round out the day.

Keep your family full and energized each school day with more recipe ideas at Culinary.net.

Make School Lunches a Breeze

There's a lot to remember when sending your student off to school each morning, from backpacks and school supplies to last night's homework. Don't forget one of the key ingredients to a successful day: lunch.

These Cheeseburger Turnovers provide the energy little learners need to power through their afternoon lessons. One winning idea to make the week easier is to prep a full batch of these easily packable, kid-friendly handhelds Sunday night so you've got lunch ready for each day.

To find more school day recipe inspiration, visit Culinary.net.

Cheeseburger Turnovers

- 1 pound ground beef
- 1/2 cup onion, chopped
- 2 tablespoons ketchup

- 1 tablespoon mustard
- 1 can flaky biscuits
- 1 cup shredded cheese
- dill pickle slices, halved
- 1 egg, beaten

Heat oven to 375 F.

In large skillet, cook ground beef and onion until beef is thoroughly cooked and onions are tender. Drain. Stir in ketchup and mustard.

Separate biscuit dough. On ungreased baking sheet, flatten biscuit dough to form 6-inch rounds. Spoon beef mixture onto one side of flattened dough. Sprinkle with cheese. Top with dill pickle half. Fold dough over filling. With fork tines, press dough edges to seal. Cut two slits in top of dough to release steam. Repeat with remaining dough, beef mixture, cheese and pickles.

Brush each turnover with egg wash.

Bake 18-22 minutes, or until deep golden brown.



Lentil Bolognese with Veggie-Based Penne

A Perfect Pasta for School Nights

Weeknight meals are all about putting tasty dishes on the table in a short amount of time so you can share precious moments together despite busy schedules.

In a matter of minutes, you can prepare this Lentil Bolognese with Veggie-Based Penne for a quick yet flavorful recipe that can be enjoyed by little ones and adults alike. Featuring Veggiecraft Farms Cauliflower Penne as its key ingredient, this family meal makes it easy to incorporate vegetables without sacrificing taste. Available in popular shapes like penne, spaghetti and elbow, and made with lentils, peas and cauliflower, zucchini or sweet potato, the veggie-based pastas are gluten-free, non-GMO, vegan, Kosher and good sources of protein and fiber.

Visit veggiecraftfarms.com for more information and family-friendly recipes.

Lentil Bolognese with Veggie-Based Penne

- 1 cup dry French green lentils or brown lentils
- 1 jar (24 ounces) marinara sauce
- 1/2 cup vegetable broth
- 1 box Veggiecraft Farms Cauliflower Penne

Toppings:

- fresh basil
- Parmesan cheese
- red pepper flakes

Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.

Cook penne according to package directions. Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.

A Heaping Serving of Homework Motivation

Heading back to school doesn't have to mean forgetting the fun of warm weather treats. Once the homework is done and you've enjoyed dinner with loved ones, turn your attention to a dessert that tastes like it was prepared by a professional baker.

This S'mores Skillet starts with a sweet brownie base made with Domino Light Brown Sugar and is then infused and topped with traditional s'mores ingredients. Just combine in a skillet then bake – or grill for that familiar outdoor feel – until warm and gooey.

Find more dessert ideas to sweeten up back-to-school season at DominoSugar.com.

S'mores Skillet

Prep time: 30 minutes
Cook time: 10 minutes
Servings: 6

- 8 tablespoons unsalted butter
- 3/4 cup semisweet chocolate chips, divided

- 2 ounces unsweetened chocolate
- 1/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 1/2 cup Domino Light Brown Sugar
- 1 teaspoon pure vanilla extract
- 1 cup mini marshmallows, divided
- 6 graham crackers, roughly crumbled, divided

Preheat oven or grill to 350 F.

Place medium heat-proof bowl over medium saucepan simmering with water. Add butter, 1/4 cup chocolate chips and unsweetened chocolate; melt. Remove from heat and allow mixture to cool 15 minutes.

In small bowl, whisk flour, baking powder and salt.

In large bowl, mix eggs, sugar and vanilla. Add chocolate mixture and mix until well combined. Stir in flour mixture. Add 1/4 cup chocolate chips, 1/2 cup mini marshmallows and three graham crackers to batter.

Pour mixture into 8-inch skillet. Top with remaining mini marshmallows, chocolate chips and graham crackers. Grill or bake 10-12 minutes. Remove from grill. Cool 10 minutes and serve.



S'mores Skillet

Comfort foods

Made fast and healthy

by Healthy Exchanges

French Onions and Rice

If you enjoy French Onion Soup, then you'll enjoy this easy side dish, too!

- 2 cups chopped onion
- 1 (14 1/2-ounce) can beef broth
- 1 1/3 cups uncooked instant rice
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with butter-flavored cooking spray, saute onion for 8 to 10 minutes or until onions are golden brown. Stir in beef broth. Bring mixture to a boil.

2. Add uncooked rice, parsley and Parmesan cheese. Mix well to combine. Cover, lower heat, and simmer for 10 minutes or until rice is tender and most of liquid is absorbed, stirring occasionally. Serve at once. Makes 4 (1 cup) servings.

• Each serving equals: 156 calories, 0g fat, 5g protein, 34g carb., 444mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Vegetable.

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Good Housekeeping

Grilled Tuna and Cucumber Salad

In this light dish, savory teriyaki-marinated tuna steak is grilled lightly and then paired with a refreshing cucumber salad.

- 1/4 cup teriyaki sauce
- 1/4 cup fresh lemon juice
- 1 tablespoon chopped fresh parsley leaves
- 2/3 cup olive oil
- 1 teaspoon olive oil
- 2 (8 ounces each) fresh tuna steaks
- Salt
- Pepper
- 2 medium cucumbers, peeled, seeded and thinly sliced
- 1/4 cup white wine vinegar
- 1 tablespoon chopped fresh cilantro leaves
- 1/2 small onion, thinly sliced, optional

1. In a glass pie plate or bowl, combine teriyaki sauce, lemon juice, parsley, 2/3 cup oil and 1/4 teaspoon black pepper. Add tuna steaks, making sure fish is completely covered by marinade. Cover; refrigerate at least 1 hour or overnight.

2. In bowl, combine cucumbers, vinegar, cilantro, 1 teaspoon oil, 1/4 teaspoon each salt and pepper, and onion if using. Cover; refrigerate at least 1 hour or overnight.

3. Preheat ridged grill pan or prepare outdoor grill for covered direct grilling on medium-high. Remove tuna from marinade; discard marinade. Cook tuna 4 to 6 minutes or until browned on both sides but still pink in center, turning once.

4. Drain cucumber salad. Break tuna into chunks and add to salad. Serves 2.

Good Housekeeping

Picnic Chicken

This walnut-crusted baked chicken is delicious hot or cold.

- Olive oil nonstick cooking spray
- 1 3/4 cups (about 8 ounces) walnuts
- 1 cup plain dried breadcrumbs
- 1 1/2 teaspoons salt
- 1/2 teaspoon of ground red pepper, or less to taste
- 2 large eggs
- 8 medium (4 pounds) bone-in chicken breast halves, skin removed
- 8 medium (1 3/4 pounds) chicken drumsticks, skin removed
- Choice of sauce

1. Preheat oven to 425 F. Grease two 15 1/2 by 10 1/2 inch jelly-roll pans with cooking spray.

2. In food processor with knife blade attached, process walnuts with 1/4 cup breadcrumbs until walnuts are finely ground. In medium bowl, combine nut mixture, salt, ground red pepper and remaining 3/4 cup breadcrumbs; stir until well-mixed. In pie plate, beat eggs.

3. Cut each chicken breast half crosswise into two pieces. One at a time, dip breast pieces and drumsticks in beaten egg, then into walnut mixture to coat evenly, pressing firmly so mixture adheres. Arrange chicken in jelly-roll pans; lightly coat chicken with cooking spray.

4. Bake chicken until golden brown and juices run clear when thickest part of chicken is pierced with tip of knife, 30 to 35 minutes, rotating pans between upper and lower oven racks halfway through baking.

5. Serve chicken hot, or cool slightly, cover and refrigerate to serve cold later. Makes 12 main-dish servings.

• Each serving: About 311 calories, 16g total fat (2g saturated), 113mg cholesterol, 468mg sodium, 10g total carbs, 32g protein.

Good Housekeeping

Pimiento-Studded Deviled Eggs

These appetizers are festive and colorful, and can easily be made the day ahead. Simply spoon the yolk mixture into the whites for a more casual look, or use a decorating bag with a large star tube for a more formal look.

- 12 large eggs, hard-cooked and shelled
- 1/4 cup sliced pimientos, chopped
- 1/4 cup low-fat mayonnaise dressing
- 1 tablespoon plus 1 teaspoon Dijon mustard
- 1/2 teaspoon ground red pepper (cayenne)
- 1/4 teaspoon salt
- Fresh herb sprigs for garnish

1. Slice each egg lengthwise in half. Gently remove yolks and place in small bowl; with fork, finely mash yolks. Stir in pimientos, mayonnaise dressing, mustard, ground red pepper and salt until well mixed.

2. Place egg-white halves in 15 1/2-inch by 10 1/2-inch jellyroll pan lined with paper towels (to prevent eggs from rolling). Spoon yolk mixture into egg-white halves. Cover and refrigerate until ready to serve. Serves 24.

• Each serving: About 45 calories, 3g total fat (1g saturated), 107mg cholesterol, 100mg sodium, 1g carbohydrate, 3g protein.

Good Housekeeping

Sauteed Cherry Tomatoes

This savory summer side dish bursts with flavor and complements all kinds of meats and fish.

- 1 tablespoon extra-virgin olive oil
- 2 cups cherry tomatoes
- 1 tablespoon snipped fresh chives
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium-high heat; add tomatoes and chives. Saute 2 to 3 minutes, until tomatoes are hot and skins start to split. Season with salt and pepper. Serves 4.

• Each serving: About 46 calories, 4g total fat, 4g total carbohydrate, 1g protein.

Good Housekeeping

Stuffed Chicken Breasts

Garlic-and-herb cheese and roasted peppers are the surprise filling for these boneless breasts. Served alongside lemony herb couscous, this dish is elegant enough for guests but easy enough for a family weeknight dinner.

- STUFFED CHICKEN BREAST
- 4 (about 1 1/4 pounds) medium skinless, boneless chicken breast halves
- 1/4 cup (about half 4.4-ounce package) light garlic-and-herb spreadable cheese
- 1/4 cup jarred roasted red peppers, drained and chopped
- 8 whole fresh basil leaves, chopped
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- LEMON AND BASIL COUSCOUS
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1 cup couscous
- 1 cup fresh basil leaves, coarsely chopped
- 2 tablespoons fresh lemon juice

1. Prepare Stuffed Breasts: With tip of knife, cut each chicken breast from a long side, keeping knife parallel to surface of breast, to form a deep pocket with as small an opening as possible.

2. In small bowl, combine cheese, peppers and basil. Spread 1/4 cheese mixture in each chicken pocket. Rub outside of chicken with oil and sprinkle with salt and pepper.

3. Prepare Lemon and Basil Couscous: In 2-quart saucepan, heat oil, salt, pepper and 1 1/3 cups water to boiling over high heat; stir in couscous. Cover saucepan; remove from heat and let stand at least 5 minutes.

4. Meanwhile, place chicken on grill over medium heat and cook 12 to 15 minutes or until juices run clear when thickest part of breast is pierced with tip of knife, turning over once.

5. To serve, add basil and lemon juice to couscous, and fluff with fork to mix well. Spoon couscous onto 4 dinner plates and arrange chicken on top.

• Each serving chicken: About 255 calories, 35g protein, 4g carbohydrate, 10g total fat (5g saturated), 0g fiber, 113mg cholesterol, 560mg sodium.

• Each serving couscous: About 205 calories, 6g protein, 37g carbohydrate, 4g total fat (1g saturated), 3g fiber, 0mg cholesterol, 295mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Peach-Strawberry Pudding

I don't know which is best: strawberries or peaches — so I used them both in this ultra-easy (and delightful) dessert.

- 1 (4-serving) package sugar-free strawberry gelatin
- 1 1/2 cups boiling water
- 3/4 cup plain fat-free yogurt
- 1 cup peeled and chopped fresh peaches
- 1 cup chopped fresh strawberries

In a medium bowl, combine dry gelatin and boiling water. Add yogurt. Mix well using a wire whisk. Fold in peaches and strawberries. Evenly pour mixture into 4 dessert dishes. Refrigerate until set, about 2 hours. Makes 4 servings.

• Each serving equals: 56 calories, 0g fat, 3g protein, 11g carb., 40mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit.

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Good Housekeeping

Nectarine and Cherry Crisp

The topping is actually oatmeal cookie dough! You can prepare it up to a day ahead and store it in the refrigerator.

- 1/2 cup sugar
- 3 tablespoons cornstarch
- 3 pounds (about 10 medium) ripe nectarines, each cut into 6 wedges
- 1 1/2 pounds dark, sweet cherries, pitted
- 2 tablespoons lemon juice
- 2 tablespoons margarine or butter, cold, cut in small pieces
- Oatmeal Cookie-Crisp Topping (below)

1. Preheat oven to 375 F. In small bowl, with wire whisk or fork, mix sugar and cornstarch.

2. In large bowl, toss nectarines, cherries, lemon juice and sugar mixture until fruit is evenly coated.

3. Spoon fruit mixture into 13-by-9-inch glass baking dish; dot with margarine or butter. Cover with foil and bake 40 to 50 minutes until mixture is gently bubbling.

4. Meanwhile, prepare Oatmeal Cookie-Crisp Topping. Cover and refrigerate until ready to use.

5. Drop topping by scant 1/4 cups over hot fruit. Bake, uncovered, 20 to 25 minutes until topping is browned. Cool slightly on wire rack to serve warm. Or, cool completely to serve later. Reheat if desired.

OATMEAL COOKIE CRISP TOPPING:

In large bowl, with mixer at medium-high speed, beat 2/3 cup packed light brown sugar and 6 tablespoons margarine or butter (3/4 stick), softened, until smooth. Add 1 large egg and 2 teaspoons vanilla extract; beat until light and fluffy. With spoon, stir in 1 1/2 cups old-fashioned oats, uncooked, 3/4 cup all-purpose flour, 1/4 teaspoon salt and 1/4 teaspoon baking soda. Serves 12.

• Each serving: About 400 calories, 11g total fat (2g saturated), 18mg cholesterol, 185mg sodium, 63g carbohydrate, 6g protein.

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Theft on the 1400 block of West Chestnut Street.

Assault on the 1000 block of Lawrence Avenue.

Robbery on the 1600 block of West Damen Avenue.

Theft on the 1700 block of Stockton Drive.

Theft on the 4000 block of North Broadway.

Theft on the 4800 block of North Clark Street.

Theft on the 1600 block of West Division Street.

Theft on the 1800 block of West Fullerton Avenue.

Theft on the 2600 block of North Cannon Drive.

Assault on the 4100 of North Ashland Avenue.

Vandalism on the 3700 block of North Kenmore Avenue.

Theft on the 1700 block of North Elston Avenue.

Theft on the 2200 block of North Bissell Street.

Theft on the 300 block of West Scott Street.

Theft on the 900 block of West Addison Street.

Theft on the 900 block of North Michigan Avenue.

Shooting on the 600 block of North Western Avenue.

Assault on the 2900 block of North Ashland Avenue.

Theft on the 4300 block of North Sheridan Road.

Theft on the 4600 block of North Dover Street.

Vandalism on the 800 block of West Irving Park Road.

Theft on the 4700 block of North Broadway.

Assault on the 100 block of West Elm Street.

Assault on the 4600 block of North Western Avenue.

Theft on the 5000 block of North Marine Drive.

Assault on the 5400 block of North Kenmore Avenue.

Theft on the 2600 block of North Clark Street.

Theft on the 2000 block of West Montrose Avenue.

Theft on the 3500 block of North Lake Shore Drive.

Theft on the 2400 block of West Cullom Avenue.

Theft on the 2100 block of West Belmont Avenue.

Theft on the 3400 block of North Western Avenue.

Theft on the 400 block of West Webster Avenue.

Assault on the 1200 block of North Ashland Avenue.

Theft on the 1400 block of West Montrose Avenue.

Robbery on the 4900 block of North Sheridan Road.

Robbery on the 1600 block of West Armitage Avenue.

Theft on the 3200 block of North Clark Street.

Robbery on the 3500 block of North Pulaski Road.

Robbery on the 4300 block of North Kimball Avenue.

Assault on the 3900 block of North Bernard Street.

Shooting on the 5400 block of North Winthrop Avenue.

Robbery on the 2200 block of North Hamlin Avenue.

Theft on the 700 block of West Irving Park Road.

Theft on the 1000 block of West Adison Street.

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Theft on the 800 block of West Addison Street.

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Theft on the 3200 block of North Drake Avenue.

Assault on the 5000 block of North California Avenue.

Assault on the 5300 block of North Western Avenue.

Assault on the 1000 block of West Lawrence Avenue.

Robbery on the 1600 block of North Damen Avenue.

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Shooting on the 2900 block of South State Street.

Robbery on the 500 block of West Roosevelt Road.

Robbery on the 500 block of Roosevelt Road

Robbery on the 300 block of South State Street.

Robbery on the 800 block of North Michigan Avenue.

Assault on the 600 block of North State Street.

Theft on the State and Roosevelt Road.

Theft on the 300 Block of South Columbus Drive.

Theft on the 300 block of West Scott Street.

Assault on the 1400 block of South Blue Island Avenue.

Theft on the 1600 block of South Michigan Avenue.

Theft on the 1700 block of North Stockton Drive.

Theft on the 500 block of South State Street.

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Simplify SECURITY this Back-to-School Season

FAMILY FEATURES

The beginning of a new school year offers plenty of excitement each fall, but it can also be a stressful time for parents and students alike.

As expensive electronics like laptops and tablets become increasingly common for student use in classrooms and at home and complex schedules require students to bike to school or enter the house after school with minimal parental supervision, it can often be challenging for families to juggle the changes that back-to-school season brings.

To help alleviate back-to-school stress and safeguard high-value purchases, Master Lock, the leading name in security for more than 100 years, offers a variety of solutions to provide peace of mind for both parents and students – whether enrolling in elementary school or heading off to college.

For everything from padlocks for school lockers to bike locks for students on the go and personal safes for dorm room storage, parents and students can visit MasterLock.com to explore back-to-school security products designed to safeguard everything worth protecting.



Photo courtesy of Getty Images



Secure Lockers with Ease

As one of the most known and widely used padlocks for back-to-school season, the Master Lock 1500D Combination Dial Padlock offers a reliable, keyless solution to help protect students' personal belongings while in the hallway or locker room. With a shackle made of hardened steel and a locking mechanism with anti-shim technology, this padlock provides maximum security with extra resistance against cutting and sawing. Plus, the easy-to-use dial and three-digit combination allow for quick and convenient access between classes when time is tight.



Safeguard Your Bike or Scooter

Whether heading to school or commuting to campus, the Master Lock 8143D Combination Cable Bike Lock offers on-the-go security for students of all ages, especially those who may not be able to drive yet or simply prefer to ride a bike or scooter. Made with braided steel for flexibility, a protective vinyl coating for added weatherability and a preset four-digit combination for keyless convenience, this bike lock also features a self-coiling design for easy use and compact storage in a locker or backpack.

How to Be a Savvier Shopper

FAMILY FEATURES

Whether you're shopping online or in-store, you can ensure you're getting the most for your money with a little extra planning.

These savvy shopping tips can help you score the most savings and added benefits while you're at it.

Time Your Purchase

Before any big purchase, spend time researching the product and retailers to find potential upcoming sales or promotions. Also be conscious of the calendar and holidays or gift-giving events that might prompt special offers on an item you're looking to buy. Another smart strategy: shopping end-of-season sales when items are marked down to make way for new inventory.

Use Digital Shopping Tools

You may be leery of signing up for promotional emails but remember – it's only junk mail if it isn't useful. Putting your name on mailing lists of your favorite retailers and brands is a good way to get early or exclusive access to special offers and coupons. Downloadable browser extensions and plug-ins are other cost-saving tools that are increasingly popular. When you're shopping with one or more of these tools installed, your browser automatically checks for coupons or price comparisons that allow you to get the best available deal.

Shop Refurbished

Whether it be for savings or sustainability (or both) refurbished products are a top choice among savvy shoppers. An option like eBay Refurbished delivers quality, like-new products at deep discounts from premium brands that are thoroughly vetted to meet high performance standards. You can shop across multiple condition grades and a wide range of price points within categories like tablets, smartwatches, laptops, desktops and smartphones – giving you more choice and the reassurance of buying a product that fits your specific needs and budget. Score big savings on trusted refurbished products at eBay.com/eBayRefurbished.

Save on Shipping

When you're researching an online purchase and comparing prices, be sure to factor shipping into your total cost. Many retailers offer free shipping once you spend a certain amount, extend free shipping to preferred shoppers or offer periodic shipping promotions, so it's worth exploring the options. Also beware that buying items on sale can drop you below free shipping minimums, so ultimately you pay more than you would have by paying full price. In some cases, you can also save money by having an item shipped to the local brick-and-mortar store and picking it up there.

Take Advantage of Benefits

Understanding the terms of your purchase can help protect you if there's a problem and may even allow you to take advantage of special rewards. Before finalizing a transaction, check into the warranty options. Even refurbished products can come with warranties for a specified time. For example, all eBay Refurbished products are backed by one- or two-year warranties. For new items, some retailers offer the option to extend your warranty beyond what the manufacturer provides. In addition, some retailers offer money back incentives on certain purchases or allow you to accumulate rewards for discounts on future purchases.



Photo courtesy of Getty Images



Shopping Refurbished is Easy on the Pocketbook and the Planet

With inflation and scarcity issues remaining top of mind for consumers, shopping refurbished provides another option to buy in-demand products. In addition to value and availability, sustainability is another motivator for purchasing like-new.

Shopping for refurbished goods, including those from eBay Refurbished, extends the life of the product and reduces harmful waste. For example, the United States Environmental Protection Agency estimates:

- Purchasing a refurbished desktop computer displaces the energy used to charge more than 30,000 smartphones.
- Purchasing a refurbished TV displaces around 360 miles driven in a car.
- Purchasing a refurbished gaming console displaces around 180 miles driven in a car.



These plants display great beauty in the garden during late summer and early fall when not much else is blooming. Ginger lilies are not true lilies, but instead are a distant cousin of gingerroot that's used in cooking. They are beloved for their graceful, orchid-like blossoms that remind some of butterfly wings. In fact, butterflies love slurping their nectar, so a ginger lily is a great choice for a pollinator garden with some shade. It can grow up to 6 feet tall and spread out almost as wide.

Butterfly ginger lily

- Brenda Weaver
Source: www.hgtv.com

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It's easy to see why this Brazil native has become popular in nurseries, flower shops and garden centers around the world. Gloxinia has bell-shaped, upright flowers that come in a range of striking, cheery colors. It likes bright, indirect light and should be planted in loose, well-draining, slightly-acidic soil. Feed your gloxinia once a month with houseplant fertilizer diluted to half strength, and keep its soil evenly moist, but not soggy.

Gloxinia

- Brenda Weaver
Source: www.mydomaine.com

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Knowing your local average frost dates helps you calculate when to plant your fall veggies, as each kind varies in their tolerance and will need time to mature to harvest before a freeze can damage them. Light freezes of 29° to 32°F can kill tender plants; temps of 25° to 28°F are destructive to most vegetation; 24°F or colder temps will likely inflict heavy damage to most garden plants. Go to www.almanac.com/gardening/frostdates to find frost dates near you.

Frost dates

- Brenda Weaver
Source: www.almanac.com



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Business Spotlight



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Quotes worth your time

Sarcastic Quotes:

“My neighbors diary says that I have boundary issues.”

“Make yourself at home. Clean my kitchen.”

“Well aren’t we just a ray of darkness today?”

“”When life gives you lemons, squeeze them in peoples eyes.”

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Comics

R.F.D. by Mike Marland

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Out on a Limb by Gary Kopervas

THURSDAY... *#!*

DARYL CURSES THE DAY HE BOUGHT HIS OUTDATED CALENDAR

KOPERVAS

Amber Waves by Dave T. Phipps

YOU TWO GO PLAY, BUT NOT COWBOYS AND INDIANS. THAT IS CULTURALLY INSENSITIVE.

AND DON'T DO COPS AND ROBBERS AS THAT JUST GLORIFIES GUN VIOLENCE.

AND FORGET DODGEBALL AS THAT JUST PROMOTES BULLYING WEAKER KIDS.

WHAT'S THE POINT OF BEING A KID? EVEN WHEN YOU'RE BEING GOOD YOU'RE BAD.

PHIPPS

The Spats by Jeff Pickering

THE EARLY BIRD GETS THE WORM!

THEN I'M NEVER GOING TO GET UP EARLY AGAIN...

...I'LL SLEEP IN AND WAIT FOR PANCAKES.

PICKERING

THEY'LL DO IT EVERY TIME BY AL SCADUTO

PESTS WE CAN DO WITHOUT- ON RAINY DAYS, HE SAYS....

DID YOU ORDER THIS WEATHER?

WHA--?

BUT- ON SUNNY DAYS...

NOT A WORD.

SAY AGAIN-

F'CRVIN' OUT LOUD! WHY CANTCHA DRESS NEAT? WHERE DID YA LEARN SUCH SLOPPY WAYS? CLEAN UP YOUR ACT, Y'HEAR?!

THANK TO SHERMAN ROSE, KALAMAZOO, MICH.

THANK TO ALLIE HASSARD, WEST HAMPTON, CT.

SIGN OF THE COMPUTER TIMES-

MINE DOES ALL MY TAXES.. ALL MY BILLS AND BUSINESS FILES.. AND I DO ALL MY SHOPPING, TOO....

I USTA SPEND ALL MY SPARE TIME IN MY WORKSHOP.. NOW I PARK MYSELF IN FRONT OF THE COMPUTER..

I HAFTA BRIBE MY GRANDKIDS TO SHOW ME HOW TO USE MY COMPUTER.. I CAN'T MAKE IT OUT...

HE STILL DOESNT KNOW HOW TO OPERATE HIS VCR PLAYER YET...

THANK TO ADRIAN ALLEN, ROSSVILLE, GA.

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH - THE FIRST MEAL OF THE DAY
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 musicians eat for breakfast?**

BACON	F	N	U	B	Y	K	C	I	T	S
BREAD	F	R	A	B	Y	G	R	E	N	E
CHEESE	L	U	B	R	E	A	D	T	I	
CROISSANT	C	R	O	I	S	S	A	N	T	R
DONUT	H	E	T	L	T	U	N	O	D	F
EGGS	E	S	H	S	O	S	T	M	N	E
ENERGY BAR	E	N	G	A	A	M	A	I	O	M
FRUIT SALAD	S	G	O	O	S	A	C	L	C	O
GRITS	E	O	P	C	T	H	O	K	A	H
HAM	S	S	A	U	S	A	G	E	B	D
HASH										
HOME FRIES										
MILK										
SAUSAGE										
SCONE										
STICKY BUN										
TACO										
TOAST										

Riddle answer: _____

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Poster is missing. 2. Hair is different. 3. Cuffs are missing. 4. Collar is different. 5. Wheel is missing. 6. Stripes are missing.

Just Like Cats & Dogs by Dave T. Phipps

GOOD NEWS FELLAS, A FEW PEOPLE GOT LET GO TODAY SO THERE'S EXTRA DONUTS IN THE BREAK ROOM.

Puzzles4Kids
Answer
Flute loops.
Riddle Answer:

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



COMFORTING COLOR

Fill your home with balance and hope

FAMILY FEATURES

In the world of design, what's old inevitably becomes new again, and a similar pattern is inspiring today's on-trend color palettes for home decor. The latest styles reflect reviving and comforting colors influenced by heritage and romance, lending to a look that is familiar in an individualistic way.

With more people living their everyday, working lives at home, many homeowners are discovering the contentment that comes with slowing down. Often that means looking to the past to find comfort for moving forward.

Nostalgia serves as an emotional tool that delivers deep-rooted serenity and powerful healing properties. Looking to the past is often beneficial during times of uncertainty and can be an opportunity to bring styles and practices back to the present to create an appreciation of the past.

Whether living through the romance of rural lifestyles, the comfort of home or the nostalgia from far-off times, some of today's most beloved design aesthetics celebrate the past, present and future while bringing balance, hope and comfort for you and your family to embrace.

Timeless Color

Using color to evoke feelings and emotions is hardly new but combining a carefully curated color palette with other design elements can allow you to create a look that pays homage to the past while breathing new life into your living space.

Reimagining classic, familiar tones allows you to achieve a design motif that is equal parts reminiscent and refreshing.

"The Vintage Homestead Color Collection offers an effortless look that reveals the importance of being hopeful to find stability and balance," said Ashley Banbury, HGTV Home by Sherwin-Williams senior color designer. "Our 2023 Color Collection of the Year revives elements from the past that are perfectly paired with vintage, comfortable and classic colors."

Blending Past and Present

Striking a balance between old and new can take many forms, as these styles show:

- **Heritage Revival:** An interest in reviving the past is evident in design trends like a reemerging appreciation of antiques and vintage elements, such as oversized furniture and traditional shapes. To capture this style, your design should focus on contrasting old and new for a mix-and-match look. Ultimately, the aesthetic is a look that feels simultaneously individualistic and curated.

A cohesive color scheme can allow the various elements to stand on their own while working in harmony for an intentional design. For example, the HGTV Home by Sherwin-Williams 2023 Color Collection of the Year includes a combination of

familiar tones that have been thoughtfully curated by design experts who borrow color and design concepts from the past for a hopeful future and a sense of belonging. Hues like Poetry Plum and Hot Cocoa evoke warmth and depth, while moderate shades like Restrained Gold and Glamour offer fresh ways to incorporate mid-range neutrals. Meanwhile, soft tones like Natural Linen and Cool Beige offer subtle color for lighter, brighter spaces.

- **Mixing and Matching of Eras:** A new take on retro design is emerging in which eras are blended and new and old furnishing work side by side. To get this look, you'll craft a space that marries historical and contemporary design, celebrating both the old and new. To design for longevity, incorporate pieces that are ambiguous in era and stand the test of time.

- **Vintage Homestead:** Reviving design elements from the past with mixed patterns, classic shapes and vintage decor adds up to comfortable and comforting design. With this trend, prints and patterns encompass a range of styles, reinforcing how interiors connect to fashion. Mixing classic elegance with sleek vintage shapes is refining the concept of polished comfort. To achieve the look, curate pieces in heritage shapes and patterns, along with retro accents. Be sure to incorporate vintage lighting and glass, as well.

A versatile color choice like Darkroom, the 2023 Color of the Year from HGTV Home by Sherwin-Williams, is an alluring shade that is classic enough for heritage interiors but also modernly retro for a throwback-inspired aesthetic. It's a neutral perfect for creating an eclectic yet modern look inside and out. Indoors, use it on the walls to offset more earthy brown and taupe tones in your furnishings and textiles.

Get inspired to combine the past with the present for a comforting design that's all your own at hgtvhomebysherwinwilliams.com.



CRAFTING A CONSERVATORY

Today's homeowners are also increasingly interested in biophilic design and bringing the outdoors in, which prompts a conservatory aesthetic in home design. To achieve the look, design your space to make maximum use of natural light in creative ways. Incorporate large potted trees and statement plants that blur the lines between indoors and outdoors.



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