

Holiday Recipes

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Be Ready For Winter Weather

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November 2022

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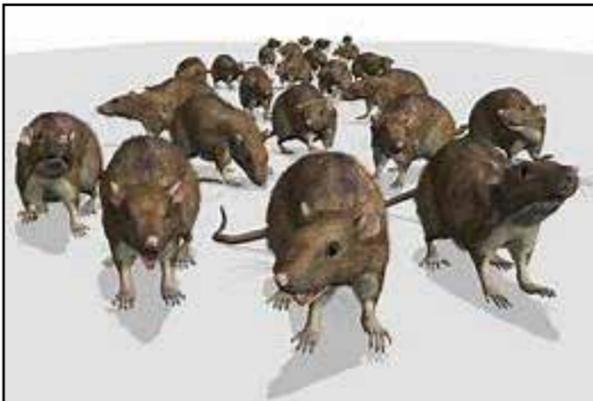
Lakeview

November, 2022

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

Volume 26, Number 12

The rattiest city in the U.S.



We ran this story about the same time last year and it seems that nothing has changed, except having retained the title the "rattiest" city in the U.S., for the eighth consecutive year, according to Orkin. New York came in second with Los Angeles third, Washington, D.C. fourth and San Francisco fifth.

Orkin ranks these cities by the number of new rodent treatments performed from Sept. 1, 2021, to Aug. 31, 2022. This ranking includes both residential and commercial treatments.

As the cold weather approaches, rodents are looking for food, water and shelter from the cold. Not only are they a nuisance, but they spread a variety of dangerous diseases, including Salmonella and Hantavirus. They can also cause severe structural damage with their strong jaws and burrowing skills. Their teeth are adapted for chewing a variety of items including electrical wires, water pipes and gas lines.

Here are some things you can do inside and outside of your home:

Popular food sources are dry goods such as grains and cereals. Keep them in sealed metal or glass containers to prevent contamination.

Avoid cluttered spaces. Cardboard objects prove attractive to rodents, as they chew them up for use in their nests.

Don't let the landscaping run wild. Woodpiles next to the house are ideal habitats for rodents. Tree branches in contact with homes can also offer rodents easy access to the upper levels of your home.

Inspect both inside and outside your home for rodent droppings, burrows and rub marks along baseboards and walls. Look for possible entry points outside your home and seal cracks and holes. Install weather strips around entryways, especially under doors, to help block rodents from sneaking inside.

Being #1 is one list we don't want to be on as a city.

Get the lead out



Studies have shown that, even at low levels, lead can leave an indelible impact on young children and adults. Once in the blood, lead can cross the blood-brain barrier and affect the nervous system. It has been linked to lower IQ levels, behavioral disorders and worsening performance in reading and math.

In adults, low levels of lead are associated with kidney problems and increasing blood pressure, which can lead to a host of cardiac effects. Health agencies say no amount of lead is safe, and that even low amounts can cause problems yet, Chicago has an estimated 80% of homes with water connections made of lead, more than any other city in the nation. One in 20 tap water tests performed for thousands of Chicago residents found lead, at or above

US government limits. That means that out of the 24,000 tests, approximately 1,000 homes had lead exceeding federal standards. An estimated 400,000 lead pipes supplying water to homes in the city were not tested as part of the program which raises greater concerns.

As of now, only 180 of the city's almost half-million lead lines have been replaced stalled in bureaucratic gridlock. Several years ago, the city started to encourage people to take three samples of their own water and send them into the city for analysis.

Homes with high lead test results tended to be working-class neighborhoods with large Black or Latino populations. On Chicago's South side, eight to 10% of lead tests showed results above the EPA action

level. These included Bronzeville, South Chicago and the East side. On the North side, the more affluent, white neighborhood of Forest Glen, also had 9%. In September 2020, the mayor announced plans to replace 650 lead pipes by the end of 2021, and continue increasing the number from there, but so far the city hasn't come close to hitting that target. Chicago has taken nearly two years to replace 180 lines.

Part of the problem is that customers don't want to allow the city to do construction on their property. The estimated cost of each lead pipe replacement could run as high as \$30,000. The city has designed several programs to help low-income residents pay for part of the work on their private property, and it has recently expanded eligibility for free lead ser-

vice line replacement, but the city requires a mountain of paperwork including tax returns, pay stubs, social security cards, driver's licenses and school transcripts for every member of the family, plus mortgages, deeds insurance declarations and real estate tax bills. The whole process can take over one year.

Cities are only required to notify the public when at least 10% of a small sample of homes tested are above the EPA "action level" of 15ppb – by this measure, Chicago is in compliance, however the EPA issued a notice warning Chicago residents that a study found that its method "underestimates" lead levels.

The state has given Chicago 50 years – until the 2070s – to replace its lead service lines.

Editorial & Opinions



- Halloween can be a spooky good time for children and adults alike, but the cost of costumes can be downright scary. When I was a child, my brother and I dressed as a pirate and a gypsy, respectively, for several years, as they were costumes that could be put together using things you might find around the house. This week, a focus on inexpensive or FREE Halloween costumes. Happy Halloween!
- Most anyone can come up with a ghost costume (basically, a white sheet with eyes cut out and cut off at the bottom so it's not too long). How about dressing up that ghost with costume jewelry and makeup, or a mustache/beard drawn on, with a tie and carrying a briefcase labeled "Scare Corporation"? Use hats or other dress-up accessories to make Dr. Ghost or Officer Ghost. The possibilities are endless.
- A basic scarecrow needs only a flannel shirt, a pair of jeans and socks, a floppy hat and some straw. Stuff wadded-up plastic bags into shirt or pants to fill, then use rubber bands to secure straw at the cuffs. Paint on a funny face. (Thanks J.R. in Illinois.)
- Be an over-the-top tourist: A loud Hawaiian-style shirt paired with a pair of shorts, perhaps socks with sandals? Carry a camera on a strap around your neck. Use a small carry-on bag as your treat bag, or decorate a paper sack by gluing on squares cut from a map.
- Be Static Cling! Use safety pins to pin a variety of small items to your outfit - think socks, scarves, even a pair of undies if you dare! Tease hair until it's standing straight up, and use hairspray to keep it that way.
- Get your hands on a large, clear plastic bag and some small colorful balloons. Cut leg and arm holes in the bag, with the opening side up (it will be secured at your neck). Blow up the balloons and fill the bag while you're wearing it. Secure loosely at your neck with a pretty ribbon, and you're an instant Bag of Jelly Beans. Make a sign to attach across your back or front. Be careful when you sit down!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SUNDAY



FRIDAY



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Moments in time

THE HISTORY CHANNEL

- **On Nov. 14, 1889**, journalist Nellie Bly took a page from Jules Verne's novel "Around the World in 80 Days" by following in the footsteps of the book's protagonist, Phileas Fogg, and embarked on her own adventure, starting in Hoboken, New Jersey. She chronicled the trip in her book "Around the World in 72 Days."
- **On Nov. 15, 1949**, Nathuram Godse, Narayan Apte and six of their coconspirators in the assassination of Mahatma Gandhi were hanged at the Ambala jail. Godse, unhappy over Gandhi's accommodation of Indian Muslims, had shot Gandhi the previous January while Gandhi was out for his evening prayers.
- **On Nov. 16, 1990**, Fabrice Morvan and Rob Pilatus, known to the pop music world as Milli Vanilli, were humiliatingly stripped of their Grammy award for the "Girl You Know It's True" album when it was revealed they hadn't sung even a note of it.
- **On Nov. 17, 1827**, the Delta Phi fraternity, America's

- oldest continuous social fraternity, was founded at Union College in Schenectady, New York. With just 10 active chapters today, it has resisted expansion in order to create an "intimate, personal experience" for its members.
- **On Nov. 18, 1872**, American civil rights activist Susan B. Anthony and 14 of her brave female cohorts were arrested for voting illegally in the United States presidential election of 1872. Though she was fined \$100, she refused to pay a cent of it.
- **On Nov. 19, 1493**, Christopher Columbus set foot on the island called Borinquen, which he had viewed for the first time the day before. He rechristened it San Juan Bautista, but today we know it as Puerto Rico.
- **On Nov. 20, 1805**, Beethoven's only opera, "Leonore, or The Triumph of Marital Fidelity" (later known as Fidelio), premiered in Vienna - not to its originally intended audience of the aristocracy and Imperial court, who had fled before Napoleon's advancing army, but a small audience of French officers. Their unsurprising lack of enthusiasm shelved the project for nearly a decade.

Americanisms



"Home is the place where, when you have to go there, they have to take you in."
— Robert Frost

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THE RICH LOWRY COLUMN

Great Art Is Not an Enemy of the Climate

Climate activists have found a new target — the greatest masterpieces in the history of Western art.

Heretofore, no one thought that Claude Monet's "Haystacks" — a sublime series studying the changes in light and color on haystacks in a field — or Vincent Van Gogh's "Sunflowers" — a painting that is instantly recognizable and forever associated these flowers with the troubled artist — had harmed anyone, let alone had anything to do with the alleged climate emergency.

But that was before activists showed up at museums to splatter these works with tomato soup or mashed potatoes, part of a trend of protests directed at some of the most recognizable works in the Western artistic canon.

The actions are a new low, which is saying something. The level of childishness involved makes Greta Thunberg look prudent and statesmanlike by comparison.

Fortunately, museums have had the forethought to idiot-proof their major works with special protective glass. The activists say they don't seek to harm the art, although they are not people one would naturally nominate to make fine-grained decisions about the consequences of their stunts involving spray paint, glue and foodstuffs in close proximity to delicate, priceless treasures.

Margaret Klein Salomon, the executive director of the Climate Emergency Fund, told BuzzFeed News that the protests only make sense because the activists are thinking things are "so bad that I'm gonna do this crazy thing and glue myself to a painting or a frame."

In other words, they are channeling the famous line from Otter in the movie "Animal House" — "this situation absolutely requires a really futile and stupid gesture be done on somebody's part."

It's not the Taliban blowing up the Bamiyan Buddha statues, but the nihil-

istic spirit is the same.

The protesters have asked, "What is worth more, art or life?" This is a particularly juvenile false choice. Art doesn't hurt or kill anyone. To the contrary, representational art is part of the warp and woof of humanity — look no further than the 30,000-year-old paintings from the Chauvet Cave in southeastern France — and profoundly enriches life.

The juxtaposition of pieces of art of great subtlety and power, whose value has stood the test of time, with often pale, ill-kempt kids ranting hysterically is comical. The beauty and mystery of Sandro Botticelli's "Primavera" and the pathos of the statue Laocoön and His Sons — both works that have been targeted recently — inevitably diminish anyone using the art as a cheap platform for publicity.

The protesters make strained connections between the art and their causes. A copy of the Leonardo da Vinci painting "The Last Supper" at the Royal Academy in London was on the hit list, as a news report put it, "because people around the world are experiencing a food crisis." Evidently, no one told the activists that the point of the last supper is not the food.

One of the protestors targeting the Monet painting in a museum in Potsdam, Germany, declared: "Science says we won't be able to feed our families by 2050. This painting will be worth nothing if we have to fight over food."

By that logic, there is no act of cultural desecration that isn't justified. Why not sandblast the ceiling of the Sistine Chapel, sledgehammer Michelangelo's David, or bulldoze Notre Dame because they'll all be worthless in the climate dystopia awaiting us?

The activists are quite pleased with the attention they are getting. It's not true, though, that all publicity is good publicity. What they are really putting on display is their own recklessness and fanaticism.

On their own terms, they should think about how having easy access to the most awe-inspiring works of arts ever fashioned by mankind is the ultimate privilege. There are no world-class art museums in, say, Micronesia.

So maybe some respect and gratitude for the timeless contributions of true geniuses is in order, but that would require some perspective and decency, wouldn't it?

Rich Lowry is editor of the National Review.

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

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SENIOR NEWS LINE

by Matilda Charles

Cutting Down on Scam Phone Calls

Welcome to the season of increased scam telemarketer phone calls, either political or holiday related.

The National Do Not Call Registry is a government program intended to block unwanted sales calls. It's a free service, and all you have to do is sign up either on your phone or on the internet.

Call 888-382-1222 from the phone you want to block and follow the steps. Or go online to donotcall.gov and read the info. A word of warning: If you register your number online, you are also required to enter an email address. They'll send you a note asking you to click a link in that email to finish the registration to stop unwanted calls — if they stop.

Blocking scammers on the registry doesn't take care of the whole problem. The FAQ on the site says that certain types of calls are allowed: political, charitable, debt collection, informational and surveys. Think about the holes those leave.

I maintain that receiving a political call is still a sales call — they're trying to sell us on the idea of voting a certain way, and therefore political calls also should be blocked in the Do Not Call Registry. Surveys can be just as bad if the questions they ask are clearly skewed in one direction or another.

I see charitable calls as scams if they take your personal banking or credit-card information. Additionally, if you've ever done business with a company, they're allowed to call you.

So, there are holes in the system. But you can take steps to stop at least some of the calls by registering with Do Not Call.

As an aside, I called the registry to verify that my phone is already listed. Yes, despite all the calls I get, it's been listed as a do-not-call number since 2006.

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VETERANS POST

by Freddy Groves

Suicide Rates Are Down

The Department of Veterans Affairs recently released its 2022 National Veteran Suicide Prevention Annual Report. Suicide numbers are down, they say, for the second year in a row.

At the same time, they announced the Staff Sergeant Parker Gordon Fox Suicide Prevention Grants, a program that gives money to community organizations to create suicide prevention programs, and authorized \$174 million to be handed out over the course of three years to provide those services.

The list of groups that received the grants is impressive, with most receiving the maximum amount of \$750,000. But it's the groups that received lesser amounts that arouse curiosity. War Horses for Veterans received one-third the maximum amount, yet they're very hands-on, matching horses with veterans and first responders under stress to help them recover from trauma. United States Veterans Initiative provides job assistance, rental assistance and much more, but they received only a small grant. Community Building Art Works received a similarly small grant to provide writing and art workshops for veterans and family members in all counties of three states. Legal Aid Society got half the largest amount to handle legal assistance for the whole state of Kentucky.

Declining suicide numbers are no guarantee that veterans are under less stress. In 2020, there were 6,146 veteran suicides. That year had the lowest number since 2006, but we need to look at overall rates to see what it really means. While veteran suicide numbers fell by 9.7% between 2018 and 2020, the civilian numbers fell by 5.5%.

And just so you know, Staff Sgt. Parker Gordon Fox, for whom the grant is named, was a sniper instructor at Fort Benning, Georgia, when he died in 2020 of suicide at age 25. Fox, a talented musician, left his parents and many relatives, as well as his dog, Willie Nelson Fox, and a 1962 Gibson guitar.

If you or someone you know is in trouble, call 988 and press 1. Or go online to www.VeteransCrisisLine.net, and chat or text to 838255. There's help 24/7. Don't wait.

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Strange BUT TRUE

By Lucie Winborne

• Those of us who have a little difficulty successfully sealing wraps, gyros or burritos are at last in luck, thanks to a group of female engineering students who came up with a solution called Tastee Tape. It will hold your food nicely in place during cooking or consumption. And yes, it is an edible tape.

• Only humans have chins.

• Ladybugs are cute, but they're also cannibals. These tiny spotted creatures will, if need be, eat fertilized ladybug eggs, ladybug larvae and even other adult ladybugs.

• Do you know someone who really loves to tell jokes? Here's hoping they aren't suffering from a rare syndrome known as Witzelsucht, or joke addiction, affecting certain folks with an injury to their brain's right hemisphere. One such patient couldn't stop waking his poor wife in the middle of the night to share his jokes with her.

• The longest eyelash on record reached a length of 2.75 inches and belonged to one Stuart Muller, who attributed the record-setting strand to a "mutant follicle."

• When the German football club FC Union Berlin faced bankruptcy in 2004, its loyal fans donated enough blood en masse that sufficient funds were raised to save it.

• King Charles III will receive his crown while sitting on a throne containing the Stone of Destiny, a rock that was stolen from Scotland in 1296 and carried to Westminster Abbey by King Edward I, then returned to Scotland 700 years later. But why is it significant, other than its feature in a royal coronation? It is said to be the stone on which the biblical Jacob rested his head when he dreamed of a ladder ascending to heaven!

Thought for the Day: "The bad news is time flies. The good news is you're the pilot." — Michael Alshuler

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Brownies

Comic characters are often used as models for toys, because they are already favorites of children. One group of toys was based on children's books by Palmer Cox (1840-1924), an author who was born in Quebec, Canada, and lived in Panama and San Francisco as a railroad contractor and carpenter.

Around 1874, he began to study drawing and write and illustrate stories. Cox published his first Brownies in 1879. The Brownies were in many magazines, including Ladies' Home Journal and a tobacco journal. Most Brownies were in books of humorous verse, comic strips, story books, and even on a cigar box label.

Each Brownie has a personality and trade, and was dressed appropriately for his job. You can see Uncle Sam, a policeman, Irish man, sailor and even a man in a top hat among the figures in the game of ten pins. Each figure is 12 inches high, made of lithographed paper over wood.

Brownies were so popular they were featured as paper dolls, trade cards, rubber stamps, card games, puzzles and cloth dolls. They were decorations on carpets, wallpaper, china, glassware and tableware. This boxed game of Brownie ten pins was estimated at \$300 to \$400 at a recent Bertoia auction and sold for \$354, while a set in excellent condition would sell for \$700 to \$1,000.

Q: A reader (T.K.) sent us an interesting answer to a question we published previously: "Does the old liquor in an old mid-1800s whiskey bottle add to the value? Is it safe to drink? Is it legal to sell the whiskey in an old whiskey bottle if you are not licensed by your state?"

A: There are different rules about selling whiskey in the states. A long stay in a glass bottle should not change the whiskey the way storage in an oak barrel does, but if it is opened, it probably should not be served. But our reader says there are collectors who



This 1930 Palmer Cox Brownie Ten Pin Set with 12-inch-high paper and wood Brownies sold at Bertoia Auctions for \$354.

pay lots of money for old, unopened, full whiskey bottles. They are called "dusties," and some collectors hunt for them in liquor stores. The writer knows someone who sold filled bottles of bourbon to a shop owner who sells "pours" to customers.

TIP: If you use valuable glass or pottery vases for flowers, use dried plants unless you protect the vase. Put a smaller glass vase inside to hold the water and the flowers. Hard water will leave a stain on pottery or glass.

CURRENT PRICES

Sterling silver glove stretcher, hammered finish with sea creatures, beaded scrollwork, monogrammed FA on handle, marked, Whiting, c. 1890, 9 inches, \$125.

Blenko bottle, clear blown glass, pear form, flared and flattened rim, faceted hollow teardrop stopper, 20th century, 33 3/4 inches, \$250.

Pair of Bohemian glass lusters, green cut to clear, thumbprint cutting, gold trim, notched rim with 10 hanging spear prisms, early 1900s, 11 x 5 5/8 inches, pair, \$440.

Clothing, scarf, Hermes, Couvertures et Tenues de Jour, 10 horses under blankets with owners' colors, yellow ground, gilt frame, 38 x 38 inches, \$570.

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

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by Ryan A. Berenz

1. In 1932, Phillip E. Young established what brand of golf equipment in Massachusetts?

2. What ailment plagued NBC sportscaster Bob Costas during the 2014 Sochi Winter Olympics broadcasts?

3. Running back Curt Warner and quarterback Kurt Warner both played (at different times) for what NFL franchise?

4. Theagenes of Thasos, Sostratus of Sicyon and Polydamas of Skotoussa were participants in what ancient Olympic combat sport that was similar to modern mixed martial arts?

5. What team selected California Golden Bears basketball standout Shareef Abdur-Rahim with the third overall pick in the 1996 NBA Draft?

6. What was the name of the first U.S.-based team to play in the Canadian Football League?

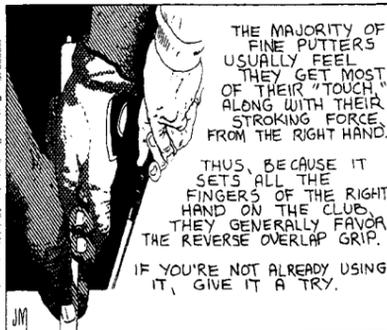
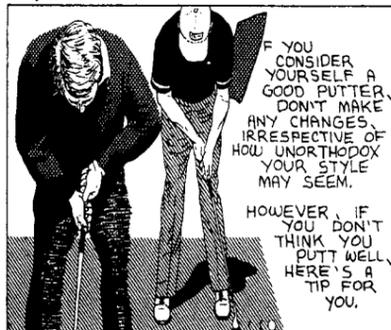
7. What Asian arena was the site of James "Buster" Douglas' shocking 1990 knockout victory over Mike Tyson?

Answers

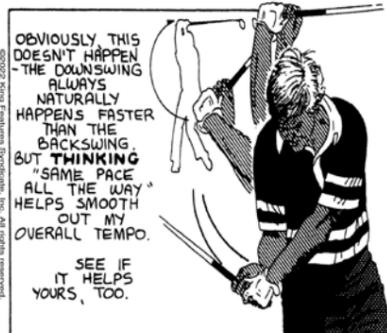
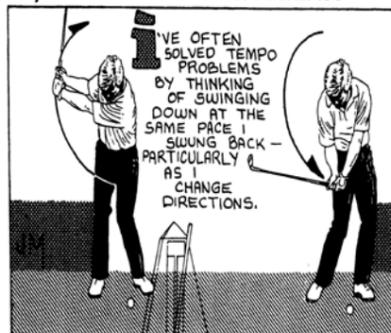
1. Titleist.
2. Conjunctivitis (pink eye).
3. The Los Angeles/St. Louis Rams.
4. Pankration.
5. The Vancouver Grizzlies.
6. The Sacramento Gold Miners.
7. The Tokyo Dome.

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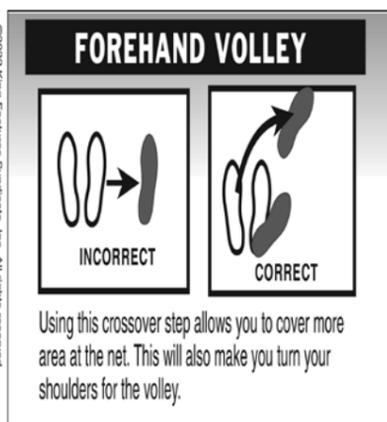
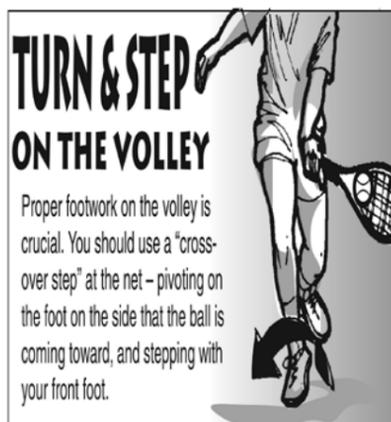
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF - A - DAY



GROW THE BEARD IT



Health



Herbal Product Can Help Soothe Gastrointestinal Symptoms

DEAR DR. ROACH: I have had gastroparesis for many years. About two years ago, it led to small intestinal bacterial overgrowth (which I once read about in your column). I worked with a dietician for several months. One of the treatments she suggested was an herbal product called Ibero-gast. The combination of herbs helps the stomach to empty quicker. I use it each night before bed (as part of a 12-hour fast), or whenever I have overeaten and feel bad. It has been most helpful for me. Ibero-gast is available online. — L.E.

ANSWER: Ibero-gast is a combination of nine medicinal plant extracts. Studies in Germany and Austria, where it is most commonly used, have shown the medication to be more effective than the placebo (and about as effective as one common prescription medication) in the treatment of functional dyspepsia and irritable bowel disease. The medication has generally been regarded as safe, but there are rare cases of liver injury associated with this medication, with at least one of which eventually requiring a liver transplantation.

All medications — whether prescription or over-the-counter, natural or synthetic — have the potential for harm. Ibero-gast is pretty safe, with just a handful of bad outcomes in its 50 years of use, involving millions of doses, but it can still cause rare and severe adverse effects. Ibero-gast is worth considering in people whose symptoms have not been successfully treated with other therapies.

DEAR DR. ROACH: I've heard a lot about fat-removing procedures, such as CoolSculpting and red light therapy, and I'm wondering if they really work. What is your opinion on these products? — Anon.

ANSWER: The most important point here is that these are procedures designed to improve a person's appearance, and they do little or nothing to improve physical health. They do not cause people to lose significant weight, and removal of the superficial fat right below the skin does not improve diabetes or heart risk factors. The benefits are purely cosmetic. CoolSculpting is the brand name of a system that freezes and damages fat cells. Red light therapy, also called "cool laser" or "low-level laser ther-

apy," damages the fat cells without having to make incisions, such as for liposuction. There are other technologies used, such as focused ultrasound and electrical pulse devices, among others.

Trials on CoolSculpting showed that 86% of people saw improvement in cosmetically important areas. The laser treatment is not as well-studied. An early trial found that 70% of people treated with laser were satisfied, compared to 26% of those treated with a "sham" device that had no laser, just red lights. The device did show some slimming effects on the hips, thighs and waist.

Unfortunately, not everyone has a good response to these therapies. Several people, including a famous model, have sued the manufacturers due to an uncommon adverse effect of the procedure, called paradoxical adipose hyperplasia, where the fat cells, instead of dying, grow and become hard — and may not even be removable with surgery. Again, these non-invasive procedures really do work to improve appearance for most people, but do not improve overall health. And, they have the potential for significant cosmetic side effects, even if it is only rarely.

Cardiac Stent, While Helpful, Can Bring Risks

DEAR DR. ROACH: I am a 71-year-old woman diagnosed with coronary artery disease. My latest calcium score was 801. My right coronary artery was 80% blocked, and the left artery was 25%. My cardiologist asked me to decide if I want to do angioplasty or not. I don't have any symptoms, only shortness of breath on exertion. I can't decide what to do. My cardiologist seemed against getting a stent, not that he said that exactly, but he stressed the risk of getting one. — M.C.

ANSWER: A cardiac stent is a device placed into an artery of the heart after it is re-opened, usually by a balloon in a procedure called an angioplasty. Stents help reduce the risk of the artery closing off after the procedure. In people with stable coronary artery disease, opening up a blood vessel can reduce symptoms, but has not been shown, despite many studies, to reduce risk of heart attack or death.

You said you were asymptomatic, but shortness of breath is one of the major symptoms of blocked coronary arteries, which are the blood vessels that provide oxygen-rich blood to the heart muscle. It can be very difficult at times to judge whether a person's shortness of breath is coming from blockages in the artery or not, and stress testing can help answer whether this is likely. People can have shortness of breath on exertion for many reasons, including lung problems, anemia, lack of exercise or persistent symptoms after a COVID infection.

While the decision is ultimately up to you — it's your body — it's best if the cardiologist gives you a definite recommendation and the reasoning behind it. You can't make an informed decision without being informed. A stent might improve your

shortness of breath, but there are risks of bleeding, infection and even heart damage from a stent placement. It's not to be undertaken lightly.

If your cardiologist doesn't feel that your shortness of breath stems from the blockages, then a stent is not likely to be helpful. Revisit with your cardiologist to get a clear idea of the potential benefit and harm specific for your case, and bring a friend or family member to assist you.

DEAR DR. ROACH: I take Antabuse to help me quit drinking. Do I need to worry about the alcohol in hand sanitizers? — L.W.

ANSWER: Antabuse is a medication that makes people feel very sick even if they drink small amounts of alcohol. It is not frequently used anymore, but it is still an effective and time-tested option for medication treatment in people with problem drinking.

Hand sanitizers are made from either ethyl alcohol, which is the alcohol in alcoholic beverages, or from isopropyl or rubbing alcohol. There have been case reports of people developing a reaction to the alcohol from practicing hand hygiene, from aftershave, and even from inhaling fumes after practicing hand hygiene. According to a study during the pandemic, of 42 people on Antabuse who routinely used hand sanitizers, 20% had a reaction to the ethyl-alcohol-based sanitizer, and 10% had a reaction to the isopropyl-based sanitizer. Seven percent of people had severe reactions, but the rest were mild and self-limited.

There clearly is a risk for developing symptoms after even the smallest amount of alcohol that can be absorbed through the skin or inhaled through fumes. People on Antabuse with a reaction to skin sanitizers should wash their hands rather than use sanitizers.

Praluent Injections Significantly Decrease LDL Level

DEAR DR. ROACH: I am a 66-year-old male who was diagnosed about 15 years ago with mild coronary artery disease, with some blockages in my peripheral arteries. I was taking the maximum recommended dosage of pravastatin to maintain a low cholesterol, but I experienced complete ruptures of both Achilles tendons. These incidences occurred five years apart, but after the second rupture, my doctor discontinued the pravastatin. I then started Praluent injections twice a month to control my cholesterol, which has been incredibly effective — maybe even too effective — and is the purpose of my writing to you. With Praluent injections, my LDL level is about 26, and my HDL is 100. When my primary doctor's assistant recently called to inform me of my bloodwork results, she said she has never seen anyone with such a low LDL level — and she sees a lot of bloodwork! My primary care doctor doesn't like it that low, but two different cardiologists I have seen think that the lower it is, the better. What do you think? — J.W.

ANSWER: The first issue is whether statins increase the risk of an Achilles tendon rupture, and I can't answer that with certainty, because there is some evidence it does. (Some studies have reported anywhere from an 80% relative risk increase to triple the risk, but the risk is still very, very low. Even if they triple the risk, the risk would be only three people per 10,000.) The studies that have shown there is risk suggest that the risk is only in the first year of taking statins, but other studies have shown no risk at all from statins.

The second issue is your very low LDL level, and the data for LDL levels is firmly on the side of the cardiologists you spoke with. The lower the LDL, the lower the risk of heart disease, and levels under 30 are not at all unusual in a person taking astatin. (Praluent) or the other drug in that class (called PCSK9 inhibitors), evolocumab (Repatha). Your doctor's assistant will likely be seeing more people with LDL levels like yours. Do remember that a healthy, mostly plant-based diet and regular exercise still have benefits in people with LDL levels as low as yours — and not just in heart disease, but in reducing cancer risk, too.

DEAR DR. ROACH: Can Dupuytren's contracture be transmitted from one person to another via plasma donation? Is the theory a consensus in the medical field? — H.H.

ANSWER: Dupuytren's contracture is a condition of fibrosis in the connective tissue of the hand, which leads to decreased hand flexibility and, ultimately (without treatment), to contractures, where fingers curl into the palm.

There is no known person-to-person transmissibility of Dupuytren's contracture. It's not an infectious disease. The risk factors include previous family history, being over 50, repetitive trauma, diabetes, smoking and alcohol. Some other related medical illnesses can also predispose a person to Dupuytren's contracture. Potential treatments include surgery and enzyme injection.

The word "theory" means a well-thought-out explanation based on the scientific method that helps explain why certain observed phenomena occur. Your question about Dupuytren's contracture being transmissible by plasma donation is a hypothesis for which I could find no support.

Physician Revokes Driver's License Without Explanation

DEAR DR. ROACH: My wife's handicap parking placard expired, and she asked her primary care physician to fill out a renewal application. The new placard was received, followed by a letter from the DMV instructing my wife to return her license within 10 days because a medical professional had deemed it unsafe for her to drive. There was no discussion with my wife about driving. My wife had a stroke about two

years ago, but there are no obvious signs that she shouldn't be driving outside of that. She recently had a Watchman device placed, but no one ever said she shouldn't drive. My wife has had no symptoms since the surgery. She saw the cardiologist who performed the Watchman surgery, and he said she is doing well. She also saw her regular cardiologist, and he also said she is doing well. She saw both of these doctors after seeing the physician who notified the DMV that she should not drive.

I have seen the after-visit notes of all the doctors my wife has seen in the last three months. All say that she is doing well. The doctor involved said, in her notes, "She is doing well, no concerns." She has not had any device implanted to maintain rhythm. Was it unethical to not discuss revoking my wife's license with her before doing it? — Anon.

ANSWER: The Watchman device is placed to reduce the risk of stroke in people with atrial fibrillation (AFib), a rhythm disturbance of the heart. Its placement has no bearing on her driving, but AFib potentially does. AFib does predispose people to strokes and, occasionally, to a heart rate so fast that they can't think properly. Conceivably, a person could have a stroke or a very fast heart rate while driving, but this is a very rare cause of motor-vehicle accidents. The most common medical cause for impairment while driving is epilepsy, which is a whole separate discussion.

There are international guidelines to help clinicians decide whether a person with a history of arrhythmia is safe to drive. In the case of atrial fibrillation, the guidelines are consistent that only if a person is having symptoms or is incapacitated should they stop driving, and they may resume once the symptoms or incapacity is better. From what you tell me, she had no reason for her driving to be restricted. Unless her primary care physician knows something that you haven't told me, this decision was not supported by consensus guidelines.

Was the decision ethical? I don't think so. An ethical decision is one that minimizes harm, both to your wife and to the community. Your wife has been harmed, and I don't think the community is safer because she can't drive. I don't think she was treated fairly. Lack of truth-telling undermines trust, which is essential for ethical patient care.

It is possible that the decision to restrict her driving privileges was done in error, either by her physician or by the DMV. I do feel strongly that her physician should have told her that her driving privileges would be restricted. This would have allowed for some discussion, perhaps with her cardiologists, and would remove the question of whether there was an error.

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

Save on Holiday shopping

The time to shop for the holidays is now! Inflation has slowed consumer spending, so retailers are finding themselves with more inventory than expected. That means discounts may be happening right now. Shopping early will help you spread out your holiday spending over a few months.

Make a list and check it twice

Making a list helps you to avoid impulse purchases or overspending at the last minute. This exercise can help you plan and under-

stand your budget.

Hear Ye! Hear Ye!

Even if you like to shop in stores, try using your phone to shop, to get the best price. Technology saves you time and often times money. Downloading the app ShopSavvy, allows you to scan barcodes to see whether an item is available nearby for less money.

Plan ahead for Black Friday

For the best prices of the year on big-ticket tech items, plan your Black Friday purchases ahead of time by checking sites like BlackFri-

day.com and BestBlackFriday.com, which post Black Friday ads early.

Download your favorite retailer's app

Target, Best Buy and Nordstrom are among the best stores that have promotions that are only available on their app.

Buy now, pay later

Although these programs are popular, they're not always a great deal for consumers. If you miss a payment you'll face high fees and interest. They can also prompt you to spend more than you otherwise would.

Gift card deals

Holiday gift cards are one of the best deals all year. In December, retailers and restaurants are offering bonus cards with every gift card you buy.

Free Books Amazon Prime Reads

If you are an Amazon Prime member, sign up for Amazon Prime Reads and you'll get a steady supply of books. Each month, you'll receive an email with an election of free options. You can download one or two of them straight to your Kindle or Kindle app.

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You don't have to travel to Washington, D.C to read rare and important works. You can browse old playbills, judicial opinions, and more. loc.gov/collections.

Harlequin Online Reads

For a little romance in your life, create a free account then click on the book you want to read. It will open on your computer, or you can download the free Book Breaks app to read it on your tablet or phone. Harlequin.com/articlelist.html

Happy Thanksgiving



"It has pleased God some comfortable measure to bless us with the fruits of the earth."

—Plymouth Colony Records, 1668

Though times have changed and traditions dimmed with the passage of years, may we always be constant in our gratitude for blessings bestowed upon this beloved land and its people.

For family and friends, for health and vitality, give a moment's pause this Thanksgiving Day, to give humble thanks for these many blessings. Remember all in this land of abundance, the true richness of the little things, too, in life. Look around your table this year, and give thanks.

A Very Happy Thanksgiving to you



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FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who was "Sir Duke" written about?
2. Who was Boxcar Willie?
3. Which group released "Nights in White Satin"?
4. Which song was David Bowie's first U.S. No. 1 hit?
5. Name the song that contains these lyrics: "I heard the weatherman predict a sunny day, He did not mean to lie, I look outside it's raining."

Answers

1. Duke Ellington. Stevie Wonder's 1977 hit was a tribute to the Duke, who had died in 1974. Other jazz greats like Louis Armstrong and Glenn Miller were also mentioned in the lyrics.
2. Boxcar Willie (born Lecil Travis Martin) was a country music singer and writer of hobo music. At the same time, he was a flight engineer in the U.S. Air Force.
3. The Moody Blues, in 1967. And yes, songwriter Justin Hayward penned the song after receiving a set of satin sheets. When it was released, the song only went to No. 103 on the charts. Four years later it climbed to No. 1 on the Top 100.
4. "Fame," in 1975.
5. "This Time I'm In It For Love," by Player, in 1978. Player's version made it to the Top 10 charts, while previous versions (by Austin Roberts and Cyn-di Grecco in 1976 and 1977) didn't chart at all.

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

Strange BUT TRUE

By Lucie Winborne

- A border collie named Saul took a leaf out of another (albeit fictional) canine's book, being praised as a "real-life Lassie" when he led two members of a search party to his owner after the man was injured on a hike.
- Nutmeg can produce a hallucinogenic effect if taken in a high enough quantity.
- It's not just trees that help provide us humans with oxygen — about half of that in our atmosphere is a byproduct of photosynthesis from the microscopic sea algae known as phytoplankton.
- Rhubarb grows so fast you can actually hear it!
- Legend holds that when a pope dies, it's the custom to strike him on the head three times with a silver hammer to ensure he's really deceased.
- A survey revealed that nearly half of the unmarried gents polled washed their bedsheets a mere four times a year, instead of the recommended once per week. Singletons, there may be a lesson in there.
- Less than 14% of all M&Ms candies are brown.
- May never begins or ends on the same day of the week as any other month in any given year.
- Proof that crime doesn't pay ... even in space! Earlier this year, Canada passed a law allowing prosecution of crimes committed by the country's astronauts on the moon or on their way to it.
- The greatest number of people to play a single piano simultaneously is 23.
- For a reasonable \$19.95, you too can buy alien abduction insurance from a Florida agent. Of course, to cash it in, you'll need to hand over a signature from an "authorized, on-board alien," and who knows if they can even write in English?

Thought for the Day: "Keep your face always toward the sunshine, and shadows will fall behind you." — *Walt Whitman*

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top 10 movies

1. **Halloween Ends** (R) Jamie Lee Curtis, Andi Matichak
2. **Smile** (R) Sosie Bacon, Jessie T. Usher
3. **Lyle, Lyle, Crocodile** (PG) Constance Wu, Scoot McNairy
4. **The Woman King** (PG-13) Viola Davis, Thuso Mbedu
5. **Amsterdam** (R) Christian Bale, Margot Robbie
6. **Don't Worry Darling** (R) Florence Pugh, Harry Styles
7. **Barbarian** (R) Georgina Campbell, Bill Skarsgard
8. **Terrifier 2** (NR) David Howard Thornton, Jenna Kanell
9. **Bros** (R) Billy Eichner, Luke Macfarlane
10. **Top Gun: Maverick** (PG-13) Tom Cruise, Jennifer Connelly

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top ten

World's Costliest Spices

1. Saffron
2. Vanilla
3. Mahlab
4. Long pepper
5. Black cumin
6. Kaffir lime leaver
7. Grains of Paradise
8. Cardamon
9. Cloves
10. Cinnamon

Source: Agronomag.com

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"A Friend of the Family" (TV-MA) — While the kidnappings of Jan Broberg have been covered in the media before (a Netflix documentary titled "Abducted in Plain Sight" was a hot topic when it was released in 2017), Peacock has decided to adapt the true story into a miniseries starring Jake Lacy and Anna Paquin. Lacy portrays the perpetrator, Robert Berchtold, who nosed his way into the Broberg family with the intent of developing intimate relationships with not only the Broberg parents, but the children as well — specifically Jan, who was kidnapped by him two separate times in 1974 and in 1976. The series has been praised for its focus on the victims, rather than the abuser, which is no doubt influenced by Jan Broberg herself serving as executive producer for the show. Out now. (Peacock)

From horror powerhouse Blumhouse Productions, this psychological thriller stars Ella Balinska ("Charlie's Angels") and Pilou Asbaek ("Game of Thrones"). Balinska plays Cherie, a woman usually absorbed in her work, as she gets set up on a blind date with a man named Ethan. After Ethan charms her with a wonderful night out, she's left swooning at the end of their date. Little does she know that as she accepts an invitation into his home, he has pulled her into a violent, deadly game of cat and mouse. Narrowly escaping his home, Cherie must run for her life around her city to run from Ethan, who somehow lurks at every corner. Out on Oct. 28. (Prime Video)



Courtesy of Peacock

Jake Lacy stars as Robert Berchtold in "A Friend of the Family."

"Luckiest Girl Alive" (R) — Before Ani Fanelli was a 30-year-old hotshot writer living in New York, awaiting a grandiose wedding to the love of her life, she was a young girl named Tifani, who was just trying to find a place for herself in the world. Her first taste of luxury only came after she received a scholarship to a prestigious private school, the turning point that would alter the course of her life. The dark events that took place at the school would come to follow and haunt her to the current day, and until she turns around to face her trauma in the eye, Tifani cannot truly become Ani. Mila Kunis plays the (un)luckiest girl alive in this mystery thriller film out now. (Netflix)

"Matriarch" (NR) — As Hulu's month-long Halloween event, Huluween, continues, this original folk horror film from the streaming service might be its most terrifying release this year. Twenty years after running away from her home, an advertising executive named Laura reaches rock bottom in her struggle with alcohol and drug addiction. Upon receiving a call from her mother after Laura mysteriously survives an overdose, she decides to pay her first visit back to her mother. But right away, Laura notices that something's off about the village, where no one has aged in the last two decades, and she begins experiencing horrifying paranormal visions that make her past troubles seem miniscule. Out now. (Hulu)

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"Run Sweetheart Run" (R) —

STREAMING SOURCE

- Here's what to watch and where to watch it for the week of October 31, 2022.**
- ON NOW: "Andor" (Season 1) — Disney+
 - ON NOW: "Shantaram" (Season 1) — Apple TV+
 - ON NOW: "Catherine Called Birdy" — Amazon Prime
 - 2-Nov: "Donna Hay Christmas" — Disney+
 - 2-Nov: "The Final Score" (Season 1) — Netflix
 - 3-Nov: "Blockbuster" (Season 1) — Netflix
 - 3-Nov: "Titans" (Season 4) — HBO Max
 - 4-Nov: "Manifest" (Season 4-Vol. 1) — Netflix
 - 4-Nov: "Selena Gomez: My Mind and Me" — Apple TV+
 - 4-Nov: "Enola Holmes 2" — Netflix

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top ten

Hot Dog Toppings

1. Mustard
2. Ketchup
3. Onions
4. Relish
5. Chili
6. Cheese
7. Sauerkraut
8. Mayo
9. Bacon
10. Jalapenos

Source: National Hot Dog and Sausage Council

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What's Hot In Hollywood

HOLLYWOOD — “Star Trek” fans were disappointed that “Star Trek 4” has been postponed indefinitely. When “WandaVision” director **Matt Shakman** dropped out, Paramount Pictures relinquished their release date for “Star Trek.” But, fear not, Trek-kies, **Chris Pine** will return as Capt. James T. Kirk. There’s no way Par-amount would allow the fatted calf, with grosses of almost \$2 billion, to go unproduced ... they’ll find a new direc-tor, and pronto!



Depositphotos

Robert Redford

Who hasn’t had problems with trolls on social media? Certainly not a superstar such as **Robert Redford**. But, Redford took to Facebook to deal with “his” problem with social media. Redford stated: “I want you to have every right to post your opinions, regardless if we agree or disagree. My point is, you can come and post the same tired narratives, and I won’t delete you or get angry. If I do decide to address your comments, then don’t get your feelings hurt and run. What I won’t allow on my page, my property, is for someone to come and try to get a rise or reaction out of me.

“My old age (86) has brought me wisdom and patience. When a com-ment starts with ‘I am not trying to start anything ...,’ then I call it ‘BS.’ Yes, you are, but the ‘BS’ falls on you. I will ignore your comments and move on. Why? Because 99.9% of the divi-sion in this country has been brought on by social media and opinion news. The days of news delivered by true journalists are gone. What’s fright-ening is I don’t think we will ever go back to ‘agree to disagree’ and remain responsible respectful opposites.”

I’ve known Robert Redford more than 50 years, and we’ve had many conversations. He’s always been a thoughtful, intelligent gentleman. That he should have this kind of trou-ble on social media shows how people try to get their 15 minutes of fame by being disrespectful. If Redford, who’s earned the respect and admiration of his peers, has this problem, what chance do the rest of us have posting on social media?

Hugh Jackman has posted a clos-ing notice for Broadway’s “The Music Man” dated for Jan. 1, 2023. He’s already completed filming on “The Son,” with Oscar winners **Laura Dern** and **Anthony Hopkins** (due Nov. 11), and is free to do a new film. Enter **Ryan Reynolds**, who contacted Jack-man on Instagram and asked, “Hey, Hugh, you want to play Wolverine one more time?” “Wolverine” (the trilogy that grossed more than \$1 billion ver-sus the \$1.5 billion grossed by the first two “Deadpool” films) made Jackman a star, and his answer was, “Yeah, sure, Ryan!”

“Deadpool 3” is set to release on Sept. 6, 2024. Being “The Music Man” gave Jackman a lot of practice howling at the moon!

HOLLYWOOD — Critics are swooning over British actor **Harris Dickinson**. His credits include “**Beach Rats**” (2017); John Paul Get-ty III in the TV series “Trust” (2018); “Maleficent: Mistress of Evil” (2019); Cannes Palme d’Or winner “Triangle of Sadness” (2022). Dickinson is currently in “See How They Run,” with **Sam Rockwell**, “Where the Crawdads Sing,” and the FX limited series “Retreat.” His swooning crit-ics say that he’s 6’2”, has bountiful good looks, sculpted features and full cherry lips. His popularity’s just been simmering and will soon boil over into stardom.

Dickinson said he could see the desire “in people’s eyes” after the screening of “Triangle” in Cannes: “They see me and Carl as the same person ... even people I made the film with.” Sounds like this 26-year-old star is already having to deal with having stunning “early **Brad Pitt**” looks. Beauty is such a curse!

What punishment fits “the slap seen around the world”? We all saw **Will Smith** smack **Chris Rock** during the 94th Academy Awards. What would have happened if he punched him? The Academy banished Smith from everything for 10 years, including the next Oscars ceremony. Smith admit-ted, “There’s no part of me that thinks that was the right way to behave in that moment.”

Netflix put his next film “Fast and Loose” in

turnaround immediately, but AppleTV+, who won the Best Picture Award for “CODA,” had nothing slat-ed for this year’s Oscars and moved Will Smith’s “Emancipation” (which they bought in 2020), from 2023 to Dec. 2 of this year to qualify for the Oscars. While it’s unlikely that Smith will be nominated (which is wrong, since his work should be judged, not him), the film and its other actors, such as **Ben Foster** (who is frequently nom-inated for awards), should have their chance.

In “Emancipation,” Smith plays a runaway slave who survives the Louisiana swamps and escapes to freedom by outwitting cold-blooded hunters.

Talk at Hollywood parties these days sur-rounds how much they hate the cur-rent crop of ads on TV. Commercials used to be clever and funny, like the ones that air during the Super Bowl. But lately, all we have are political ads, drug ads featuring the most awful side effects, and car insurance ads from Geico, Farmers, Liberty and Progres-sive ... which brings us to Flo! Her real name is Stephanie Courtney; she’s 52 and studied at The Groundlings Theater, where she met her husband, theater direc-tor Scott Kolanach. Her first commercial was during the 2004 Super Bowl for Bud Light, and ads for Skittles and Toyota followed. She became Flo in 2008 and has forsaken all other ads to be exclusively Pro-gressive’s. And, why not? She makes upwards of \$2 million a year and is worth a progressive \$6 million.



Depositphotos

Harris Dickinson (Carl in “Triangle of Sadness”)

celebrity extra

by Dana Jackson

Q. Whatever happened to Sandra Bernhard? I remember her funny appearances on the “Late Night with David Letterman,” and she was in a few movies, but I haven’t seen her in decades. Is she still in showbiz? — H.U.



Depositphotos

Sandra Bernhard (“American Horror Story” and “Pose”)

A. The now 67-year-old actress San-dra Bernhard started out in stand-up comedy, before landing a scene-stealing role of a stalker in the Martin Scorsese film “The King of Comedy,” opposite Robert DeNiro. She followed that with more than 20 appearances on “Late Night with David Letterman” and also landed a recurring role on the hit sitcom “Roseanne” for several seasons.

In recent years, she’s had regular roles on sitcoms like “2 Broke Girls” and “Brooklyn Nine-Nine,” as well as two Ryan-Murphy-produced series “Pose” and “American Horror Story.” Her biggest missed opportunity, though, was turning down the role of Miranda on “Sex and the City” due to “low pay” and a “terrible” script at the time. Cynthia Nixon went on to become a household name after being cast in the role, but Bernhard told Howard Stern in an interview that she doesn’t regret her decision.

Fortunately, she’s part of the Murphy universe and has a role in the new season of “American Horror Story: NYC” on the FX channel. She also recently wrapped filming for the upcoming comedy film “Out of Order!” starring Brooke Shields and Brandon Routh.

Q. When are the Hallmark Christmas movies starting? With Christmas decorations in stores already, do the movies start in October, too? — Y.J.

A. As a matter of fact, yes, Hall-mark’s “Countdown to Christ-mas” schedule starts with the movie “Noel Next Door” on Friday, Oct. 21 at 8 p.m ET, starring Natalie Hall and Corey Sevier. On Oct. 30, Kim Matu-la and Ian Harding star in “Ghosts of Christmas Always” at 8 p.m. ET on the Hallmark Channel. The schedule really picks up in November and, of course, throughout December, with holiday films featuring favorites like Alison Sweeney, Aimee Teegarden, Jack Wagner and more. Holiday-themed TV movies aren’t exclusive to the Hallmark franchise. The Lifetime network has just as many

Christmas movies. Mario Lopez, Maria Menounos, Patti LaBelle and Jana Kramer are part of the Lifetime lineup. Even streaming giant Netflix has gotten into the game, with original movies like “Falling for Christmas,” which marks Lindsay Lohan’s big comeback, premiering Nov. 10.

Q. Are the Golden Globe Awards ever coming back to television? The Emmy Awards now resemble them, with celebrities sitting at tables nearby each other, but I wish the Emmys would go back to rows of seating like the Oscars. — G.H.

A. Yes, the Golden Globe Awards will return with a televised ceremony on NBC Jan. 10, 2023, preceded by the nominations being announced on Dec. 12. The network skipped broadcast-ing it last year, after record-low ratings in 2021 and the discovery that there were no African Americans among its 87-member voting organization, the Holly-wood Foreign Press Association. With a more-diversified panel and a post-pandemic increase in movie ticket sales, it’s hoped that the Golden Globes can return to being a celebrated, fun event.

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

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FAMILY FEATURES

Whether this holiday marks your culinary debut or you're a seasoned chef looking for a fresh take on seasonal favorites, you can take some notes from the pros. Every good chef has an arsenal of tricks and techniques to create amazing dishes every time, and the perfect blend of spices is one of those winning secrets.

In a properly seasoned dish, the spice accents the natural flavors without overpowering them. That's why it's a good idea to build your menu around spices and herbs of the highest quality, such as Spice Islands, which crafts and packages spices and herbs from around the world to deliver the most authentic and intense flavor possible.

Add flavor-rich, seasonal spices to your holiday table with these flavorful recipes for a Traditional Turkey Rub, Cranberry Apple Chutney, Butternut Squash Soup with Thyme Butter and Mini Pumpkin Cheesecakes.

From the appetizers to the main dish to dessert, flavorful seasonings can make a good recipe great. Find more ideas for spicing up your holiday menu at SpiceIslands.com.

Traditional Turkey Rub

Prep time: 5 minutes

Yield: rub for 1 turkey (about 15 pounds)

- 2 teaspoons Spice Islands Crushed Rosemary
- 1 teaspoon Spice Islands Thyme
- 1 teaspoon Spice Islands Onion Powder
- 1/2 teaspoon Spice Islands Garlic Powder
- 1/8 teaspoon Spice Islands Ground Saigon Cinnamon
- sea salt
- Spice Islands Ground Black Pepper
- pure olive oil (optional)
- 1 turkey

In small bowl, combine rosemary, thyme, onion powder, garlic powder and cinnamon. Generously add salt and pepper. Lightly coat turkey with oil, if desired.

Rub all surfaces of turkey with seasoning. Roast according to package directions.



Photo courtesy of Getty Images

Spice Up the Season

Flavorful holiday dishes for every course



Mini Pumpkin Cheesecakes

Prep time: 15 minutes

Total time: 1 hour, 50 minutes

Yield: 18 mini cheesecakes

- 18 paper baking cups (2 1/2 inch diameter)
- 18 gingersnap cookies
- 12 ounces cream cheese, softened
- 3/4 cup sugar
- 1 tablespoon corn starch
- 1 teaspoon Spice Islands Pumpkin Pie Spice

- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup light corn syrup

Heat oven to 325 F. Line muffin tin with paper baking cups. Place 1 cookie in each cup.

With electric mixer, beat cream cheese, sugar, corn starch and pumpkin pie spice. Add eggs and mix well. Add pumpkin and corn syrup; beat 1 minute.

Pour filling into liners, dividing evenly.

Bake 30-35 minutes until just set.

Chill 1 hour.

Cranberry Apple Chutney

Prep time: 15 minutes

Total time: 45 minutes

Yield: 2 cups

- 1 bag (12 ounces) fresh or frozen cranberries
- 1/4 cup water
- 2 large apples, cored and chopped
- 1 1/2 cups sugar
- 2/3 cup finely chopped onion
- 2/3 cup golden raisins
- 2 teaspoons minced fresh ginger
- 1 teaspoon Spice Islands Minced Garlic
- 1 teaspoon salt

- 3/4 teaspoon Spice Islands Ground Allspice
- 1/4 teaspoon Spice Islands Ground Saigon Cinnamon
- 1/8 teaspoon Spice Islands Ground Cloves
- 2/3 cup dark corn syrup
- 1/3 cup cider vinegar
- 2/3 cup chopped pecans

In large saucepan, combine cranberries, water, apples, sugar, onion, raisins, ginger, garlic, salt, allspice, cinnamon and cloves. Bring to boil over medium-high heat. Reduce heat; cover, stirring occasionally, 15 minutes. Add corn syrup, vinegar and pecans. Cook uncovered 15 minutes, stirring frequently.

Serve with roast turkey, pork roast or baked ham.



Butternut Squash Soup with Thyme Butter

Prep time: 35 minutes

Total time: 1 hour, 30 minutes

Yield: 6-8 servings

- 1 tablespoon vegetable oil
- 1 teaspoon Spice Islands Ground Ginger
- 1/4 teaspoon Spice Islands Cayenne Pepper
- 3 pounds (about 7 cups) butternut squash, peeled and cut into 1-inch pieces
- 2 medium cooking apples, peeled, cored and coarsely chopped
- 2 small onions, coarsely chopped
- 2 cans (14 1/2 ounces each) chicken broth, divided
- 1/2 cup water

- 1/2 teaspoon Spice Islands Garlic Powder

Heat oven to 425 F. In large bowl, combine oil, ginger and cayenne pepper. Add squash, apples and onions; toss to coat. Transfer to 15-by-10-inch baking pan. Roast in single layer 35-45 minutes, or until tender. Remove from oven.

Working in batches, combine squash mixture and one can chicken broth in blender or food processor; blend until smooth. Transfer pureed mixture to large saucepan. Stir in remaining chicken broth and water. Bring soup to boil; reduce heat and simmer, uncovered, 10 minutes.

To make thyme butter: Combine butter, thyme and garlic powder until well blended. Spoon onto wax paper and roll into 3-inch log; wrap tightly and refrigerate until firm.

To serve, cut butter into thin slices. Ladle hot soup into individual bowls; top each with slice of butter.

Tip: Puree can be made in advance, covered and refrigerated up to 2 days.

Thyme Butter:

- 1/4 cup butter, softened
- 1/2 teaspoon Spice Islands Thyme

Comfort foods
Made fast and healthy
 by Healthy Exchanges

Pork Tenderloins With Corn Stuffing

A real he-man dish for a cool November dinner

- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 2/4 cups unseasoned dried bread cubes
- 3/4 cup frozen whole-kernel corn, thawed
- 1 teaspoon dried sage
- 1 1/2 teaspoons dried parsley flakes
- 1/4 teaspoon black pepper
- 1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup
- 1/2 cup water
- 4 (4-ounce) lean tenderized pork tenderloins or cutlets

1. Heat oven to 375 F. Spray 8-by-8-inch baking dish with butter-flavored cooking spray.
 2. In a large skillet also sprayed with cooking spray, saute celery and onion 6 to 8 minutes. In medium bowl, combine bread cubes, corn, sage, parsley flakes and black pepper. Add sauteed vegetables, mushroom soup and water. Mix well to combine. Evenly spoon half of mixture into prepared baking dish.
 3. Lightly re-spray skillet with cooking spray. Evenly arrange pork tenderloins in skillet and brown 3 to 4 minutes on each side. Arrange browned meat evenly over stuffing mixture. Lightly spray top with butter-flavored cooking spray. Spread remaining stuffing mixture over meat.
 4. Cover with foil and bake 20 to 25 minutes. Remove foil and continue baking for 10 minutes or until stuffing is hot and meat is cooked through. Place baking dish on wire rack and let set for 5 minutes. Divide into 4 servings.

• Each serving equals: 277 calories, 5g fat, 23g protein, 35g carb., 640mg sodium, 84mg calcium, 3g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1/2 Vegetable; Carb Choices: 2.

Good Housekeeping

Seafood Bake

In this recipe from our sister publication Woman's Day, succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

- 1 cup lowfat sour cream
- 1 tablespoon cornstarch
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- Kosher salt
- Pepper
- 1 1/2 pounds mixed seafood (such as salmon and shrimp)
- 1 package frozen leaf spinach
- 2 cups frozen shredded hash browns

1. Heat oven to 425 degrees F. In a large bowl, whisk together the sour cream, cornstarch, mustard, lemon zest, and 1/2 teaspoon each salt and pepper.
 2. Add the seafood to the sour cream mixture and toss to coat. Squeeze the spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.
 3. Sprinkle the hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

TIP: To use up the potatoes, make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side. Serve with a green salad. Serves 5.

Good Housekeeping

Lemon-Parsley Rice

- 1 cup low-sodium chicken broth
- 1 cup water
- 1 cup brown rice
- Salt
- 2 tablespoons chopped parsley
- 1 teaspoon grated fresh lemon peel

1. In 3-quart saucepan, heat broth and water to boiling over high heat. Stir in rice and 1/4 teaspoon salt; heat to boiling. Reduce heat to low; cover and simmer, until rice is tender and all liquid has been absorbed, 40 to 45 minutes.
 2. Remove pan from heat and let stand 5 minutes.
 3. To serve, fluff rice with fork. Stir in parsley and lemon peel. Makes 4 servings.

Good Housekeeping

Double-Chocolate Bread Pudding

- 2 cups heavy or whipping cream
- 1/3 cup sugar
- 1/4 cup whole milk
- 6 ounces semisweet chocolate, chopped
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 6 ounces day-old French bread, cut into 3/4-inch cubes (about 4 cups)
- 1/4 cup semisweet chocolate chips
- Whipped cream (optional)

1. Heat oven to 300 F. In 2-quart saucepan, heat cream, sugar and milk over medium heat until sugar dissolves, stirring occasionally. Remove from heat.
 2. Add chopped chocolate, stirring with wire whisk until mixture is smooth and chocolate melts completely. Gradually whisk in eggs and vanilla until well-combined.
 3. Place bread in shallow 1 1/2-quart or 8-by-8-inch glass or ceramic baking dish. Pour chocolate mixture over bread. Cover and refrigerate 30 minutes, stirring occasionally.
 4. Sprinkle chocolate chips on top of bread mixture. Bake, uncovered, 40 to 45 minutes or until set. Cool 10 minutes to serve warm, or cover and refrigerate to serve cold later. Serve with whipped cream if you like. Makes about 8 servings.

Comfort foods
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A Chicken in Every Pot!

I'm not running for elected office — but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me for sure!

CHICKEN SPAGHETTI

- 1/4 cup finely chopped onion
- 1 full cup diced cooked chicken breast
- 1/2 cup (one 2.5-ounce jar) sliced mushrooms, drained
- 1/4 cup sliced ripe olives
- 1 1/2 cups (one 15-ounce can) Italian stewed tomatoes, undrained
- 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
- 2 cups hot cooked spaghetti, rinsed and drained
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti. Lower heat and simmer for 10 minutes, stirring occasionally.
 2. When serving, top each dish with 1 tablespoon Parmesan cheese. Serves 4 (1 1/2 cups each).
 • Each serving equals: 264 Calories, 4g Fat, 20g Protein, 37g Carb., 816mg Sodium, 4g Fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

Comfort foods
Made fast and healthy
 by Healthy Exchanges

Thanksgiving Pumpkin Torte

You take care of the rest of the meal, and I'll take care of dessert. Now if we could just find someone else to take care of the dishes, we'd have something else to be thankful for!

- 18 (2 1/2-inch) graham cracker squares
- 1 (15-ounce) can solid packed pumpkin
- 1 (4-serving) package sugar-free instant butterscotch pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/2 teaspoons pumpkin pie spice
- 3/4 cup water
- 1 cup reduced-calorie whipped topping
- 2 tablespoons chopped pecans

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine pumpkin, dry pudding mix, dry milk powder, pumpkin pie spice and water. Mix well using a wire whisk. Blend in 1/4 cup whipped topping. Spread half of pumpkin mixture evenly over graham crackers.

2. Top with remaining 9 graham crackers. Spread remaining pumpkin mixture over top. Evenly spread remaining 3/4 cup whipped topping over pumpkin mixture. Sprinkle pecans evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.

Good Housekeeping

Sausage and Pumpkin Pasta

There's no getting around pumpkins this fall! Paired with spicy sausage, convenient canned pumpkin livens up the usual dinner pasta.

- 1 pound rigatoni
- 8 ounces spicy Italian sausage, casings removed
- 5 fresh sage leaves, finely chopped
- 1 can (15-ounce) pure pumpkin
- 1/2 cup grated Parmesan cheese

1. Cook rigatoni as label directs, reserving 1 cup cooking water.
 2. In 12-inch nonstick skillet, cook sausage on medium 6 minutes, breaking up sausage. Add fresh sage leaves; cook 1 minute, stirring. Add pumpkin and reserved pasta water; mix well.
 3. Drain pasta; return to pot. Add sausage mixture; heat through. Stir in Parmesan. Serves 4.

Good Housekeeping

Pear Crisp

- 1/3 cup granulated sugar
- 1/4 cup cornstarch
- 3 pounds pears
- 1 tablespoons fresh lemon juice
- 3/4 cup old-fashioned or quick-cooking oats
- 1/2 cup (packed) brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 4 tablespoons butter or margarine, cut up

1. Preheat oven to 375 F. In large bowl, stir granulated sugar and cornstarch until blended.
 2. Peel, core and slice pears into 1/2-inch-thick slices. Add pears and lemon juice; toss to coat. Pour pear mixture into shallow 2 1/2-quart glass or ceramic baking dish; spread evenly.
 3. In same bowl, combine oats, brown sugar, flour and cinnamon. With fingertips, work in butter until coarse crumbs form. Press crumb mixture together and sprinkle on top of pear mixture.
 4. Bake crisp 35 to 40 minutes or until top is browned and fruit is bubbling at edge. Cool on wire rack 1 hour to serve warm, or cool completely to serve later. Serves 8.

• Each serving: About 270 calories, 7g total fat (4g saturated), 16mg cholesterol, 75mg sodium, 52g total carbs, 5g dietary fiber, 3g protein.

Comfort foods
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Cranberry Graham Squares

While cranberry sauce is always appropriate, why not share this cranberry-studded recipe this season? After all, it won't be long before these ruby delights won't be anywhere to be found.

- 12 (2 1/2-inch) graham crackers
- 1 (4-serving) package sugar-free vanilla instant pudding mix
- 2/3 cup nonfat dry milk powder
- 1 3/4 cups water
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 cup reduced-calorie cranberry juice cocktail
- 1 cup fresh or frozen cranberries
- 1 cup reduced-calorie whipped topping

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine dry instant pudding mix, dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Pour mixture evenly over graham crackers. Refrigerate while preparing cranberry sauce.

2. In a medium saucepan, combine dry cook-and-serve pudding mix, cranberry juice cocktail, remaining 1/2 cup water and cranberries. Cook over medium heat for about 5 minutes or until cranberries soften, stirring often.

3. Remove from heat, place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally. Evenly spoon cooled mixture over set filling.

4. Spread whipped topping evenly over cranberry mixture. Crush remaining 3 graham crackers into fine crumbs. Evenly sprinkle crumbs over top. Refrigerate for at least 1 hour. Serves 8.

• Each serving equals: 93 calories, 1g fat, 2g protein, 19g carb., 297mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch.

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Theft on the 1000 block of North Rush Street.

Arrest on the 900 block of West Fullerton Avenue,

Assault on the 1500 block of Milwaukee Avenue.

Theft on the 900 block of West Dakin Street.

Theft on the 300 block of West Huron Street.

Theft on the 4200 block of West Wolcott Avenue.

Assault on the 3500 block of North Clark Street.

Theft on the 2500 block of North Southport Avenue.

Theft on the 2600 block of North Clark street

Theft on the 3100 block of North Orchard Street.

Theft on the 3100 block of North Clubourn Avenue.

Theft on the 1600 block of North Elston Avenue.

Theft on the 1900 block of Of west Evergreen Avenue.

Theft on the 1200 block of North Clark Street.

Burglary on the 2200 block of West McClean Avenue.

Vandalism on the 800 block of West Ainslie Street.

Theft on the 4700 block of North Lincoln Avenue.

Assault on the 1000 block of West Rush Street.

Assault on the 1000 block of West Winona Street.

Theft on the 2800 block of North Broadway.

Theft on the 2000 block of North Lincoln Avenue.

Theft on the 100 block of West Chicago Avenue.

Theft on the 3100 block of North Cambridge Avenue.

Vandalism on the 1500 block of North Ashland Avenue.

Theft on the 4700 block of North Beacon Street.

Theft on the 2800 block of North Broadway.

Theft on the 1800 block of West Fullerton Avenue.

Theft on the 700 block of West Buena Avenue.

Assault on the 4400 block of North Broadway.

Theft on Oak Street and State Street.

Assault on the 4000 block of North Leavitt Street.

Theft on the 2600 block of North Clark Street.

Vandalism on the 3700 block of North Marshfield Avenue.

Vandalism on the 1000 block of West North Avenue.

Theft on Chicago Avenue and State Street.

Burglary on the 300 block of West Institute Place.

Theft on the 1500 block of North Halsted.

Theft on the 1300 block of West Belmont Avenue.

Theft on the 4700 block of North Marine Drive.

Theft on the 4800 block of North Clark Street.

Shooting on the 2600 block of West Potomac Avenue.

Shooting on the 2200 block of North Monticello Avenue.

Arrest on the 900 block of West Fullerton Avenue.

Vandalism on the 3000 block of West Foster Avenue.

Theft on the 4200 block of North Wolcott Avenue.

Assault on the 1500 block of North Milwaukee Avenue.

Robbery on the 3400 block of North Montrose Avenue.

Theft on the 900 block of West Dakin Street.

Assault on the 1000 block of West Winona Street.

Theft on the 4600 block of North Kedzie Avenue.

Vandalism on the 6100 block of North Talman Avenue.

Theft on the 2800 block of North Broadway.

Vandalism on the 1500 block of North Ashland Avenue.

Theft on the 3100 block of North Cambridge Avenue.

Theft on the 4700 block of North Beacon Street.

Assault on the 4500 block of North Sheridan Road.

Theft on the 2400 block of North Halsted Street.

Theft on the 2800 block of North Broadway.

Theft on the 1800 block of West Fullerton Avenue.

Theft on the 1100 block of West Mozart Street.

Assault on the 3000 block of West North Avenue.

Assault on the 3900 block of North Richmond Street.

Theft on the 700 block of West Buena Avenue.

Theft on the 2700 block of West Haddon Avenue.

Assault on the 3100 block of North Washenaw Avenue.

Theft on the 1300 block of West Altgeld Street.

Theft on the 2500 block of North Southport Avenue.

Theft on the 4100 block of North Elston Avenue.

Arrest on the 4000 block of North Keeler Avenue.

Assault on the 1800 block of North Springfield Avenue.

Theft on the 2600 block of North Clark Street.

Theft on the 1800 block of West Patterson Avenue.

Arrest made on the 3900 block of North Kimball Avenue.

Theft on the 3100 block of North Orchard Street.

Theft on the 1600 block of North Elston Avenue.

Theft on the 3100 block of North Clybourn Avenue.

Assault made on the 3399 block of North Pulaski Road.

Theft on the 1600 block of North Elston Avenue.

Vandalism on the 800 block of West Ainslie Street.

Theft on the 1900 block of West Evergreen Avenue.

Burglary on the 2300 block of West McClean Avenue.

Theft on the 1700 block of North Kedzie Avenue.

Assault on the 3200 block of West Belle Plaine Avenue.

Theft on the 4700 block of North Lincoln Avenue.

Arrest made on the 7400 block of St.Louis Avenue.

Vandalism on the 7400 block of St.Louis Avenue.

Arrest made on the 3600 block of Touhy Avenue.

Theft on the 900 block of West Dakin Street.

Vandalism on the 3000 block of West Foster Avenue.

Robbery on the 3400 block of West Montrose Avenue.

Theft on the 4200 block of North Wolcott Avenue.

Assault on the 3500 block of North Clark Street.

Theft on the 4700 block of North Lincoln Avenue.

Arrest made on the 4700 block of North Keeler Avenue.

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Be Ready for Winter Weather

5 tips to prep your home for cold, wet conditions



Photo courtesy of Getty Images

FAMILY FEATURES

Americans should brace for a potentially cold and wet winter, according to NOAA and this year's Farmer's Almanac Winter Outlook. That means now is a perfect opportunity to think about preparing your family and home for the colder months ahead.

From heating homes with a high-performing furnace or fireplace to keeping children warm and comfortable on school buses, propane can help keep families cozy this winter.

Relying on a diverse energy mix – including propane, solar and wind – can help ensure you're prepared for whatever winter brings and reduce the strain on the fragile electric grid. Plus, propane is a stable energy source that is stored on-site and can keep homes operating during severe weather or utility power interruptions. Using propane also produces 43% fewer greenhouse gas emissions than an equivalent amount of electricity generated from the grid.

Get winter-ready with these tips from the experts at the Propane Education & Research Council:

Have Your Furnace Serviced. Proactively think about ways you can reduce the demand on your heating system. In addition to scheduling routine maintenance by a trained professional, there are a few things homeowners can do. First, open all air vents and make sure they are uncovered as blocked airflow forces the furnace to work harder.

Check the thermostat to ensure it's working properly by increasing the temperature by 5 F and waiting to hear the furnace turn on. Consider setting the thermostat a couple degrees cooler than what might feel comfortable as doing so not only saves money but lessens the load from your furnace. Keep thermostats at 65 F during the day and 55 F at night, closing off rooms that don't need to be heated.

Using a programmable thermostat can save homeowners as much as 10% per year on heating costs, according to the U.S. Department of Energy. It's also a good idea to replace air filters every 1-3 months to help keep your furnace working efficiently and effectively.

Upgrade Your Furnace. If it's time to upgrade your home's climate control system, it's a smart idea to do your homework and explore your options. There are several state and federal incentive programs to help homeowners upgrade their current systems to a clean energy option like propane. Propane is an affordable, comfortable, reliable and efficient energy source. It's also a clean, low-carbon option. What's more, propane-powered furnaces last 50% longer than electric heat pumps, which means a lower lifetime investment. Propane furnaces also provide warmer air than other heat sources (115-125 F), are less impacted by outdoor temperatures and produce 50% fewer greenhouse gas emissions than electric furnaces and 12% less than fuel oil furnaces.

Rethink Your Boiler System. For a home that runs on a boiler system, you can make upgrades that improve performance while providing space savings and the versatility to provide heating, hot water and even snow melt. High-efficiency propane boilers can last up to 30 years and have significantly lower emissions than those fueled by heating oil.

Take Advantage of Your Fireplace. The warm glow of a fire isn't only comforting; it can be a practical and effective way to increase the heat inside your home. Not only do propane fireplaces offer 5-6 times the heating capacity of electric fireplaces, they're also more energy efficient, environmentally friendly, convenient to use and easier to install than woodburning models. They also emit less soot and other emissions.

Be Efficient with Water Heating. Water heating can be a large expense, accounting for 14-18% of home utility bills, according to the U.S. Department of Energy. Set your water heater no higher than 120 F and install low-flow shower heads or temperature-sensitive shower valves to reduce energy consumption. High-performance propane tankless water heaters can reduce a home's energy consumption because it only heats the water when you need it, ultimately saving you money.

Find more tips to prepare your home for winter weather at Propane.com.



Preparing for Winter Storms

Before, during and after a storm, consider these key factors to help keep your family and home as safe as possible.

Have an Adequate Propane Supply

Discuss the possibility of scheduling regular winter visits with your propane supplier so you always have an adequate supply of propane in your tank. This can reduce your chances of running empty in times of heavy snowfall when roads may be inaccessible for delivery.

Create an Emergency Plan

Work with your family to create a plan in the event of a winter storm. Gather contact information for emergency services and utility companies, including your local propane supplier, along with instructions for turning off your propane, electricity and water. If you turn off your propane, contact a service technician to inspect your system before turning it back on.

Install Carbon Monoxide Detectors

Because carbon monoxide is an odorless, colorless gas that is highly poisonous, the International Association of Fire Chiefs recommends installing a carbon monoxide detector listed by Underwriters Laboratories (UL) on every level of your home, including

the basement. Make sure to follow the manufacturer's instructions regarding installation, location and maintenance.

Plan for Communications

Keep a battery-powered radio handy, so you always have a way to receive updates on weather conditions. As storms approach, it's also smart to charge your smartphone to use as an additional tool for communication through a power outage. Purchasing a propane generator is another option to ensure you always have reliable power, even during blackouts.

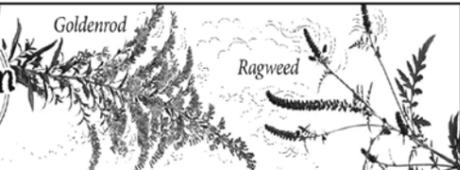
Inspect Damage Cautiously

If a storm causes harm to your property, be careful when assessing damage. Downed power lines, damaged gas lines and dislodged propane tanks can lead to dangerous situations. In the dark, use a flashlight instead of candles to avoid combustion if there is a leak.

Call the Experts in Dangerous Situations

Your utility company, fire department and propane supplier have expert training to handle your home's systems in potentially dangerous situations. Additionally, if a storm damages your property, it's a good idea to have a qualified service technician perform a complete inspection of your propane system to look for damage.

The Garden Bug Goldenrod Ragweed



Ragweed pollen is perhaps the worst single seasonal allergen in North America. Skin contact may even cause dermatitis. The much more colorful goldenrod plant is often mistaken for ragweed, as they are similar in appearance, come into flower about the same time (late summer through autumn) and share farm fields, urban landscapes and areas along roadways and riverbanks. Ragweed heights can range up to several feet; the "giant" variety grows up to 18 feet. - Brenda Weaver
Source: pollen.com

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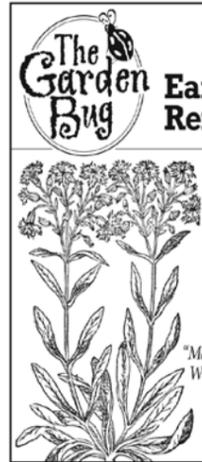
The Garden Bug



Planting in autumn
Gardeners often think that fall is too close to bitter winter weather to plant a young tree, but cooler temps and autumn rain help to establish roots before they must contend with extreme heat or drought of the following summer. New roots establish more quickly in a hole that is 1) roughly twice the diameter of the tree's root ball, and 2) a depth that allows the tree to stand at the same level as the nearby soil, so that water does not pool around the trunk. - Brenda Weaver
Sources: arbordayblog.org, almanac.com

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The Garden Bug



Early Plant References
Christopher Merret was born in 1615 in Gloucestershire, England. He studied medicine and became a Fellow of the Royal College of Physicians in 1651. He liked collecting plants and maintained a herb garden. In 1666 he produced one of the first resources for British plants, animals and fossils known as the *Pinax Rerum Naturalium Britannicarum*. The book includes the first known lists of British butterflies and birds.
- Brenda Weaver
Source: www.wikiwand.com

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Quotes worth your time

“What if today, we were just grateful for everything?”
Charlie Brown

“I am grateful for what I am and have. My Thanksgiving is perpetual.”
Henry David Thoreau

“Be present in all things and thankful for all.”
Maya Angelou

“Small cheer and great welcome makes a merry feast.”
William Shakespeare

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ON-TREND HUES REFLECT COMFORTING LIFESTYLE DESIGN



FAMILY FEATURES

Upgrading your home design is an opportunity to tap into new color schemes. Knowing what shades are trendy and how different hues can work together for a cohesive design is an important step in creating an attractive design aesthetic.

While you might turn to family or friends for inspiration for your next DIY project, another resource for collecting concepts and options to upgrade your space is the internet. Consider the Valspar Color-verse, which allows visitors to explore colors in a unique way and offers paint color inspiration and decor trends they can envision within their own homes.

The interactive virtual home showcases the latest paint and design trends so you can get creative for your next project. After experiencing the Valspar 2023 Colors of the Year firsthand by painting walls and art from the collection to see the 3D virtual house come to life, you can find the perfect paint shade for your space.

“Through the Color-verse, visitors can experience the 12 Colors of the Year in a realistic virtual home,” said Gus Morales, vice president of brand marketing for CBG Sherwin-Williams. “Aside from exploring the Colors of the Year, the home is an engaging space for visitors to create art, play games and order paint chips to see how their top color picks look and feel in their homes.”

Color Trends to Consider

Many of this year’s popular nature-inspired designs are all about finding comfort, embracing a flexible lifestyle, rediscovering joy and leaning into the growing DIY movement. The most trend-worthy, forward-thinking and livable colors reflect specific facets or emotions of life so you can update your well-used spaces with thoughtful colors that evoke positive energy and lasting change.

Comfort and Contentment: If your goal is to create a space that envelopes you in a sense of comfort,

consider a white with a yellow undertone that makes a space cozy like a soft blanket, like Cozy White from Valspar. Complement the softness with a muted clay that brings in brown undertones that suggest gentle contentment.

Calming Restoration: Tap into the calming tones of nature with a hazy green that has duality, which brings in both the calm and liveliness of the great outdoors. Another option is a deep midnight blue used as an elegant calming shade to restore mind, body and home.

Healthful, Mindful Living: Create an uplifting space where your wellness is a priority. Evoke a greater sense of health consciousness with a light blue that has a dose of softness used as a fresh neutral with uplifting qualities of a modern pastel, like Valspar’s Rising Tide. Reinforce the benefits of mindful living with a cool gray that is balanced by the warmth of the yellow undertone, a natural hue like a cotton muslin cloth.

Connections and Joy: Establish spaces where you can celebrate relationships with others, the world around you and happiness in your being. Consider hues like a white softened by a violet undertone, a harmonious shade promoted by digital connectivity. Evoke joy with a dependable classic tan that features a yellow undertone suggesting new life with uplifting qualities.

Natural Balance: Bringing hints of the outdoors into a well-loved living space creates a soothing ambiance. Consider a warm neutral brown tone inspired by the shades found in nature or a cooled down blue that strikes a beautiful balance between cool and warm shades in your design.

Inspirational Thought: A work-from-home or crafting space needs color to inspire great thinking. Try a faded natural terracotta that sparks individuality and warmth or a deep blackened olive, an on-trend neutral that embodies charm and sophistication.

Explore the tool and find more colorful ideas at Valspar.com.



Navigate New Colors

Exploring color options before you apply them to a home improvement or design project gives you the chance to experience and visualize different styles before you fully commit. Using a tool like Valspar’s Color-verse, a 3D virtual home, you can experience on-trend color palettes that inspire your next big project through resources like:

- An interactive feature that allows you to repaint walls of a living room, dining room, bedroom, bathroom, kitchen, walls and cabinets using the 12 Colors of the Year then takes you directly to the site to order free paint chips to try at home
- An artistic element where you can create a 3D panorama nature scene, explore others’ artwork and share creations on social media
- A light-hearted game that inspires you to get on the road to gather your home improvement essentials

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