



Lakeview

January, 2023

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

Volume 27, Number 2

New Year 2023 New Laws



More than 180 new laws took effect in Illinois on January 1, 2023.

Number one on the list is the most contentious, the **SAFE-T Act or the elimination of cash bail**. Illinois is the first state in the union to end cash bail. According to Gov. JB Pritzker, "under this "SAFE-T Act" courts will use a more equitable system where pretrial detention is based on community risk rather than financial means."

The SAFE-T Act also requires that all Illinois police officers wear body cameras by 2025. Voters approved the **Workers Rights Amendment** which guarantees government employees the right to organize and collectively bargain over terms of employment.

For people working a **minimum wage job**, 2023 will bring a pay raise to \$13 per hour, a \$1 increase over the current wage. The law will eventually raise the wage to \$15 an hour by Jan. 1, 2025.

Pritzker also signed a multi-year, \$45 billion transportation and capital improvements bill known as "**Rebuild Illinois**" which is funded in part with **higher**

Love It Or Leave It



Why are so many people leaving Chicago?

It would seem that there is an obvious answer but it's not just one thing that's driving people out of the city.

Chicago has lost nearly one million people in the last decade. High taxes, a high crime rate, lack of jobs, traffic congestion, the changing weather and housing prices have all contributed to this exodus. Chicago was recently named the most expensive city in the United States.

But, what is the primary reason for people leaving Chicago? **TAXES!!** For decades, Chicago has had some of the highest taxes in the country. Chicago has the highest sales tax in Illinois at 10.25%. Chicago homeowners pay a property

tax rate a third higher than the national average. If you want a low property tax rate or avoid paying any property taxes whatsoever, consider moving to Alaska, where homeowners pay only \$499 annually on average. The last state on the list is Hawaii, where the property tax rates are \$953.

The second reason is a **staggering crime rate** with over 500 murders every year. People consider their own safety as well as that of their children when making a decision to move. Chicago's murder rate is one of the highest in the U.S. Chicago land residents are living afraid and there is a low level of trust among residents. There seems to be a new deadly shooting every day. No one wants to live

in fear of being shot while walking their dog or even sitting in their own home.

The next reason is **traffic congestion**. Compared to Miami, Los Angeles, New York and San Francisco, Chicago is considered one of the worst cities in the country for traffic and the most expensive in the world to park a vehicle.

The ever **changing weather** in Chicago is another reason many people are leaving. People want to get away from the cold winters which is predicted to get worse in upcoming years.

Chicago has one of the **highest unemployment** rates in the country. The city ranks fourth in the median household income category, with an average of \$62,241. Unless you make more than

\$50,000 a year, it's not sustainable especially when, for most people, at least half of their income goes to taxes. Illinois is losing its residents to other metro cities like Dallas, Houston, Atlanta, Charlotte, Nashville and Detroit.

Some say that the property taxes are way too high considering students' **level of education** in public schools. Homeowners would rather send their children to private schools and pay on average \$11,000 per year. There is still much room for improvement.

Many families move because spending nearly more than they make to pay the mortgage or rent is not worth it. And, our home team, the **Bears**, are leaving us as well.

Love it or Leave it!

Editorial & Opinions



Moments in time

THE HISTORY CHANNEL

- On Jan. 5, 1914, Henry Ford introduced a revolutionary pay deal of \$5 per day wages for all of his employees. When asked about it, he told reporters that he wanted his workers to earn enough to be able to afford to buy a Ford motor car.

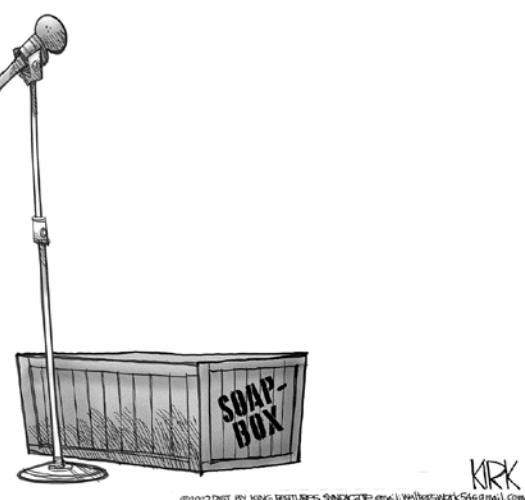
- On Jan. 3, 1938, Franklin Delano Roosevelt, who contracted polio at age 39, founded the National Foundation for Infantile Paralysis, later renamed the March of Dimes Foundation. The moniker came courtesy of comedian Eddie Cantor, who said in a donations appeal: "Nearly everyone can send in a dime, or several dimes. However, it takes only 10 dimes to make a dollar, and if a million people send only one dime, the total will be \$100,000."

- On Jan. 2, 1941, The Andrews Sisters recorded "Boogie Woogie Bugle Boy" for Decca Records, about a Chicago trumpeter drafted into the Army in World War II who shakes up "Reveille" with his masterful licks. Originally intended for Lou Costello to perform in the comedy "Buck Privates," it was reworked for The Andrews Sisters, who introduced it in the film.

- On Jan. 6, 1973, the 1939 Mercedes-Benz 770k sedan that Hitler was said to have used in a parade march was sold to Earl Clark at an auction for \$153,000. Clark planned to exhibit the vehicle at his Dutch Wonderland Amusement Park in Lancaster, Pennsylvania.

- On Jan. 7, 1981, truck driver Peter Sutcliffe admitted to being the "Yorkshire Ripper," who killed 13 women in northern England over five years. Sutcliffe was caught on Jan. 2 after being stopped by the police with Olivia Reivers, a prostitute, and

NOW CONSIDERED A "THREAT TO DEMOCRACY"



was arrested for having fitted his car with fake license plates.

- On Jan. 4, 2012, Saudi Arabia's King Abdullah decreed that men could no longer sell female underwear in lingerie shops. The country previously allowed only men to work as shop keepers, but after female customers complained that they made the women uncomfortable, a new law allowed women to take their place.

- On Jan. 8, 2014, Mexican officials found two gray whale calves in a lagoon. The case was even more unusual because they were conjoined. Though found alive, the whales died soon after, and samples were taken for scientists to study their rarity.

- On Jan. 9, 1859, Carrie Lane (later Catt) entered the world in Ripon, Wisconsin. A staunch women's suffragist and peace advocate, she founded the League of Women Voters in 1920 and was highly instrumental in the passing of the Constitution's 19th Amendment, which granted women the right to vote that same year.

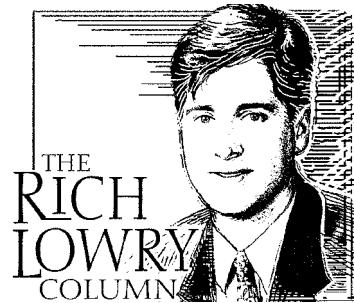
- On Jan. 15, 1870, a Harper's Weekly cartoon criticizing former Secretary of War Edwin Stanton with the caption, "A Live Jackass Kicking a Dead

Lion" helped popularize the use of a donkey to symbolize America's Democratic Party.

- On Jan. 12, 1908, American inventor and electronics pioneer Lee de Forest, sometimes called the "Father of Radio," transmitted a long-distance radio message from the top of the Eiffel Tower for the first time, heard by an audience of 50.

- On Jan. 10, 1942, Mickey Rooney married Ava Gardner. Since both were under contract to MGM, they had to get permission from its head, Louis B. Mayer. According to Gardner, the studio "owned both of us, and did not look kindly on any change in Andy Hardy's status." Though the marriage was short-lived, Rooney later called it "one of the most memorable moments of my life."

- On Jan. 14, 1943, Franklin D. Roosevelt and Winston Churchill met at Casablanca in Morocco to begin work on World War II strategy. At its conclusion, they held a joint news conference at which Roosevelt announced that peace would come "by the total elimination of German and Japanese war power. That means the unconditional surrender of Germany, Italy and Japan."



Trump's Miserable Month

So far, Donald Trump is having the worst campaign launch since Beto O'Rourke.

Like almost everything else he's done lately, his early announcement of his next presidential campaign has proved a flagrant political misjudgment.

A move that was supposed to demonstrate his strength is showing his weakness; a move that was meant to keep other candidates out of the race is an invitation to other candidates to get in; a move that was supposed to serve notice of his continued dominance of the party is pointing toward its potential end.

He's been eclipsed as an internet troll by Elon Musk, and as a vote-getter by Gov. Ron DeSantis.

He's managed to get the worst of both worlds—he's been largely invisible at the same time that he's been involved in several damaging controversies.

His midterms got even worse, with the final thudding defeat of one of his prized political projects, Herschel Walker in the Georgia Senate runoff.

And Trump's entry hasn't boosted his poll numbers, or even stabilized them. He's continuing to slide versus DeSantis, with a couple of new polls showing him trailing the Florida governor in a hypothetical head-to-head matchup.

In short, it's hard to imagine how Trump could have had a worse month-long run. Ordinarily one might say, as a way of exaggerating to emphasize the point, that it only could have been worse if he had had dinner with a Nazi—but, of course, he did that, too.

It's still early, and premature to count Trump out. Elected Republicans remain scared of him, and we still can't know if the only potential candidate to show strength against him, DeSantis,

will run, or how he'd perform.

If Trump is going to win the nomination, though, it will involve recovering from his disastrous announcement and aftermath.

He clearly believed that the act of announcing in and of itself would be sufficient to cement his status as top dog. That was wrong, and it meant he never thought through the rather crucial question, "So you're a candidate—now what are you going to do?"

There's been no media blitz. There's been no tour of the country. There's been no rollout of policy or any unifying theme.

If it's too early to make too much of the polls, the former president is still in a uniquely vulnerable place. It's one thing to be trailing if you are a new figure on the national stage who still has room to grow; it's another if you have universal name ID and everyone already has an extremely well-formed view of you.

It's going to be hard for Trump to find a second act when his act hasn't changed since 2015. Besides, even if he purports to have turned a new leaf, who at this point is going to believe him?

He doesn't have easy levers to use to change the narrative. It's not as though he can have a good legislative session next year like the governors who are thinking of running or use his executive powers to pick useful fights.

There probably aren't even exciting new events he can hold to grab the attention of voters or the media. His signature, of course, are his rallies. They were fresh and new in 2015 and 2016, and quite powerful throughout his presidency and immediately afterward. Now, they are as old and familiar as a Rolling Stones concert.

What's been most damaging to Trump is that association with him in general and "Stop the Steal" in particular proved politically toxic in the midterms. Other Republicans can try to achieve distance in the future. But obviously Trump can't.

These things would have been true even if he hadn't announced already, but if he hadn't gotten in, people would have wondered if he'd instantly look stronger once he was actually in the race. Now, he's answered that question for his adversaries decidedly in the negative.

Rich Lowry is editor of the National Review.

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Martin Luther King Jr. Day January 16th



Americanisms



"We need, in every community, a group of angelic troublemakers."
— Bayard Rustin

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SENIOR NEWS LINE

by Matilda Charles

Finding Assisted Living

Is 2023 the year when you have to consider moving into assisted living? Or perhaps helping an elderly relative make the move? In either case, your first steps should be gathering as much information as possible.

What type of care is needed? Daily help with everything from bathing to eating to remembering to take medications? Or is a more specialized, secure location needed for memory care? Or something in between?

What facilities are in your area? It will be important that friends and family can visit easily, as well as having access to the same medical care after the move. Going out for lunch locally can go a long way toward keeping relationships intact.

Once you've selected a few facilities to explore, start digging for information. Call the state and ask about the licenses, accreditation and safety track records. Call your local fire and police departments about potential safety issues.

Do you know anyone who works in one of the facilities you're considering, or who knows someone who lives there? Their input could be crucial when it comes to learning about any rules the facility might have, or any staff shortages that could lead to problems with client care or any ongoing complaints about the food.

Then ask for a tour at every facility on your list. Stay as long as you can and ask a lot of questions. Get a copy of the potential contract to give your attorney to review (ideally one specializing in elder law).

Money: You'll need to know what everything costs, and by everything, that means all the fees that might not be included in the overall amount. Are clients charged for field trips or special entertainment, for example? How about laundry costs?

As part of your information-gathering, go online and search for "how to select an assisted living facility" or something similar. Look for checklists of questions to ask. You'll need all the information you can find.

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by Ryan A. Berenz

1. On Nov. 8, 1972, what cable TV channel launched with a broadcast of the New York Rangers vs. Vancouver Canucks game from Madison Square Garden?

2. What Miami-based sports agent penned the 2008 book "Next Question: An NFL Super Agent's Proven Game Plan for Business Success?"

3. Narendra Modi Stadium, Eden Gardens and Greenfield International Stadium are cricket grounds located in what country?

4. What two-time NASCAR Grand National Series champion (1962-63) was killed when his head struck a retaining wall during a race at California's Riverside International Raceway in 1964?

5. What indoor football league played its inaugural season in 2021 with teams Beasts, Glacier Boyz, Wild Aces and Zappers?

6. DaVarryl Williamson, a pro heavyweight boxer from 2000-2014, had a powerful right-handed punch that earned him what nickname?

7. Name the soccer star who scored both goals in the U.S. Women's National Team's 2-1 win over Norway in the 1991 FIFA Women's World Cup final?

Answers

- HBO.
- Drew Rosenhaus.
- India.
- Joe Weatherly.
- Fan Controlled Football.
- "Touch of Sleep."
- Michelle Akers.

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VETERANS POST

by Freddy Groves

Dirty Water Flows Downhill

It's not enough that I spent part of my childhood on a base that ended up as a Superfund site. This week I discovered that my current town, where I've lived for many years, has water contaminated by chemicals from the nearby now-defunct base.

The base, a mere few miles from my home, was declared a Superfund site in the 1980s due to the firefighting foams that contained two different perfluorinated alkylated substances (PFAS), specifically perfluorooctanoic acid (PFOA) and perfluorooctane sulfonic acid (PFOS), both deadly "forever chemicals." Three years later responsibilities were established for who would deal with the mess, and the base was eventually closed due to BRAC (base realignment and closure).

The base was repeatedly cleaned and tested over the years, with acres paved over to contain the worst of the contaminated ground that they couldn't dig up. Changes were made in how the water was treated as time went on, but chemicals were still found in the water. In some areas, a landfill cap was put in place; in others, there was removal of more soil; and in some areas there was cleanup and ongoing monitoring. Eventually those in authority considered the whole matter done and dusted.

Now we learn that the original PFAS chemicals at the base may be contaminating the aquifer — where we get our drinking water. Hidden away under their dirt cap, those chemicals appear to have migrated downhill. Tests done last year show that the level of chemicals was double what the state recommends, and one well was taken offline. New monitors were installed. Now, however, a recent test showed extremely high readings, higher than ever, with suspicion that closing that first well was driving the chemicals to the remaining wells where we get our drinking water.

The lesson here is this: If you live near a base that was deemed a Superfund site, and if remediation was done and the site declared to be clean, that does not mean problems won't come back in the future.

Water does, after all, flow downhill.

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Strange BUT TRUE

By Lucie Winborne

• When Ivan the Terrible's young son Dmitry died, a bell was rung to mark the occasion. The bell was later lashed, tried for treason, found guilty and exiled to Siberia. Why? Local legend had it that the bell rang of its own accord, which was considered an evil omen.

• Each team must provide the referee with 24 footballs for each NFL game.

• A neuroscientist suffered a series of strokes that left him with an irresistible urge to rhyme and rap. He made the most of this unusual side effect by going on to pursue freestyle rap and improvisation as a hobby.

• Almost every New York City alley scene in the movies is shot at the same location.

• Nigel Richards won a French Scrabble World Championship without actually knowing how to speak the language. He just memorized words from a French dictionary.

• We hate to disillusion you, but pumpkin spice and pumpkin pie spice contain no pumpkin whatsoever.

• There is an asteroid named after Kurt Vonnegut.

• The world's oldest known rose bush, which grows up the side of Hildesheim Cathedral in Germany, was planted more than 1,000 years ago and even survived a World War II bombing.

• In some cities, road crews use pickle juice or beet juice to combat winter's icy streets.

• Got a mouse problem at your house? Your grocery store might provide a quick and easy answer in the form of bananas. Male mice are scared of their scent — especially virgin male mice.

• American radio broadcaster Art Bell stayed on air for a world-record-setting 116 hours and 15 minutes as part of a fundraiser to bring 130 Vietnamese orphans to the U.S. for adoption.

Thought for the Day: "If they don't give you a seat at the table, bring a folding chair." — Shirley Chisholm

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KOVELS®

By Terry and Kim Kovel

Antiques & Collecting

Chelsea Porcelain

A tin sign picturing an attractive girl sold for \$12,390, which is an impressive price for a portrait of a young woman from the 1910s! But if you look closer, you'll see that the woman is holding a glass marked "Coca-Cola," and the Coca-Cola logo is visible on the bottom of the frame. It's not really a framed painting; it's a self-framed tin lithographed sign. Collectors of Coca-Cola around the world may recognize her as Elaine, the girl on the company's 1916 calendar.



Paying \$12,390 would be awfully expensive for a Coke, but apparently not for this Coca-Cola sign sold by Morford Antique Advertising Auctions.

TIP: Store fragile Christmas tree ornaments in plastic zip-close bags. Be sure there is some air in the bag when you zip it. This air bubble protects like bubble wrap.

CURRENT PRICES

Toys, trolley car, wood, tin, bench seats, old paint, front and back panels painted with "Belt Line 1492," cast-iron spoke wheels, c. 1900, 12 x 28 inches, \$750.

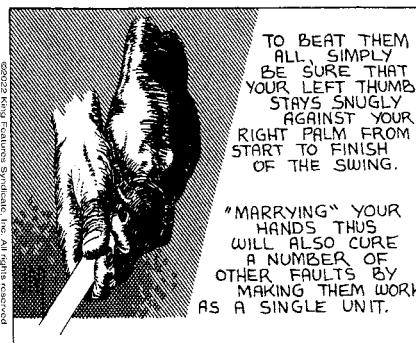
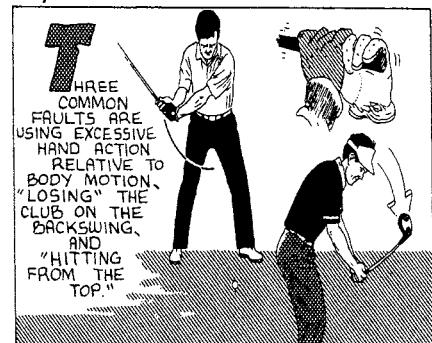
Furniture, cupboard, American Country Empire, cherry, poplar, two sections, cove-molded top, two three-pane glass doors, base with two dovetailed drawers over two paneled doors, paneled ends, turned legs, 80 x 50 x 20 inches, \$995.

Doll, Bild Lilli, plastic, synthetic blond ponytail, black cloth pants, green shirt, black shoes, O. & M. Haussner, Neustadt, Germany, 1955, 12 inches, \$1,275.

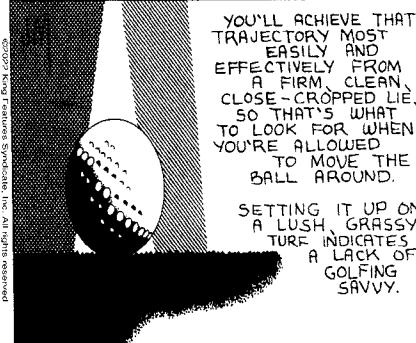
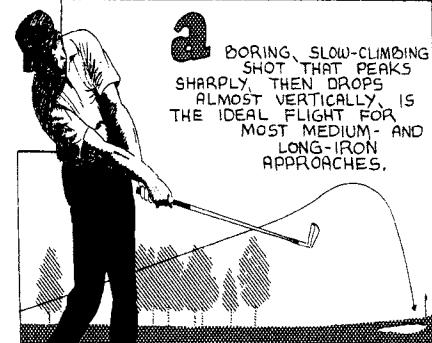
For more collecting news, tips and resources, visit www.Kovels.com

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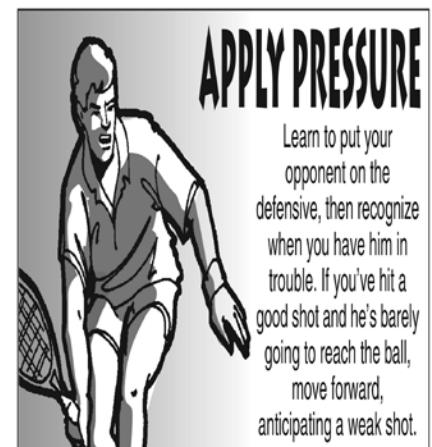
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



LAFF-A-DAY

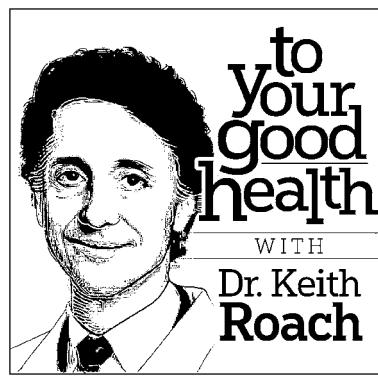


"I warned you not to forget to ask the waiter for a doggie bag."



"Did I sound like that?"

Health



Decade-Long High Lymphocyte Count Isn't a Cause for Concern

DEAR DR. ROACH: I am a female and almost 75 years old. My vital signs are always normal, and I am active, but slightly overweight. I get quarterly blood draws, and every reading is in the normal range except for the lymphocytes. That count is higher, just outside the normal range (the lab's range is 850 to 3,900 cells/uL, and my absolute lymphocytes are 4,377 cells/uL).

This has occurred in the blood draws from the last two or three years, with the exception of one that was back in the normal range. About 12 years ago, after several abnormal results, I saw a hematologist, who reported nothing wrong after doing more extensive blood work. No reason could be given for it. I am concerned, but not obsessing over it. Is there any reason you can give for the slightly high lymphocyte count? — S.M.

ANSWER: Lymphocytes are one of the two major types of white blood cells found in the blood (the other are the granulocytes, the most common of which are the neutrophils). High levels of lymphocytes raise suspicion for serious blood disorders such as some leukemias, lymphomas and related blood diseases, but there are other causes. Acute stress can do it, but you have been living with this for many years. Not having a spleen causes high levels of lymphocytes, whether you are born without one or have it surgically removed. Chronic infection is another reason.

I suspect your hematologist did a more sophisticated set of tests looking for blood disorders, and the fact that your level is the same after 12 years also supports my suspicion that this level is normal for you. Normal levels are generally defined as what is found in people without evidence of disease 95% of the time. So, by definition, 5% of normal people will have their result on any given lab fall outside of the normal range. Since yours is just outside of the normal range and, as I said, unchanged for years, I think you can relax your level of anxiety. Periodic blood tests do seem prudent, however, and further testing

would be recommended in the event that the count starts getting higher or you develop any new symptoms.

DEAR DR. ROACH: I am a 67-year-old male in relatively good health. I exercise regularly (four times a week). I have been taking medication for hypertension, which is getting much better since I started a plant-based diet three months ago.

About every three months or so for the last five years, there are two half-dollar-sized blood stains on my pillow coming from my right ear. I have no headaches, and my hearing is what it is for my age. My wife is concerned, but I am not. What do you think? — J.G.

ANSWER: I think your wife is wise to be concerned. This is not something I commonly encounter, and the answer is very likely to be found inside your ear through a clinical exam. I do sometimes see small infections in the ear that may bleed, and there are benign tumors of the ear canal and eardrum that may sometimes bleed as well. I have read about a very rare condition of an aneurysm bleeding from the ear. This has been going on a long time, so it's definitely worth an evaluation.

Swallowing Pills All at Once is OK, Unless Meds Shouldn't Interact

DEAR DR. ROACH: I have always wondered if it matters if you swallow a bunch of pills in one swallow or if it would be better to space them out. I take a bunch, like Eliquis, dicyclomine, gabapentin, etc. — B.A.

ANSWER: With most pills, it's OK to take them as a bunch together if you can tolerate doing so (I've known people who have a tough time taking multiple pills at the same time due to gagging). There are a few combinations of pills that shouldn't be taken together, such as tetracyclines and calcium, but these should be labelled clearly on your bottle.

A few medicines, like alendronate (Fosamax), can't be taken with any other medicines. Some medicines, including all the ones you mentioned, can cause sedation, which can be worsened if taken together.

As always, your pharmacist is your best friend for questions about medication interactions.

DEAR DR. ROACH: Despite having family history of high cholesterol (including early death due to heart failure), I was told at 53 that my 10-year risk is not alarming. I do not smoke, nor do I drink.

I recently had some tests done and was told that my Lipoprotein(a) level is above normal. I am wondering if that may explain my concern of why, despite keeping a very careful diet

over two decades (and a fairly good Mediterranean diet before as well) and an ideal BMI, my figures are not getting better. (I still have a high LDL, low HDL and high triglyceride count.)

After I recovered from COVID, I seemed to have a high pulse and was advised that my stress ECG is positive. I find aerobic exercise very challenging, but I keep active when I can. I tend to be anemic and feel tired very often due to heavy periods, but I take iron supplements.

What should I do concerning my cholesterol in my blood? I am concerned that my high figures may indicate a serious silent illness. — M.H.

ANSWER: The 10-year risk is a good place to start in deciding whether elevated cholesterol needs to be treated; however, the 10-year risk does not consider some risk factors, including the high Lp(a), which is an independent risk factor on top of your high LDL and low HDL. The Lp(a) doesn't affect the other cholesterol numbers.

Diet and exercise do tend to help cholesterol numbers and definitely help reduce heart disease risk, but it is possible to have cholesterol results that are not ideal despite a very good lifestyle.

A positive stress test is a concerning finding and is usually followed up by a definitive test for blockages in the artery, such as an angiogram. The results of that will absolutely guide your cardiologist as far as further treatment, including whether you need treatment for your cholesterol numbers.

Although statin drugs do not reduce Lp(a), they do reduce the risk of heart disease in people with elevated levels of Lp(a). I follow the advice of experts who recommend a lower threshold for medication treatment in people with high Lp(a) levels, especially in people with a family history of heart blockages or heart attacks.

Follow-up Colonoscopy Necessary After Result of Eight Polyps

DEAR DR. ROACH: I am a 73-year-old male. This year, I had a colonoscopy. They found some small polyps and one larger polyp. All polyps tested negative for cancer. I have had two previous colonoscopies in the past 10 years. Polyps were found in each one. My gastroenterologist said I should have another colonoscopy in one year. There has been no colon cancer in my family.

As you age, is it safe to continue with a colonoscopy? I don't feel safe having one every year. At what age should seniors stop having a colonoscopy? My previous gastroenterologist told me to have one in five years. I do a stool test yearly, given by my primary doctor. — F.Q.

ANSWER: I read your reports, which showed a total of nine polyps, all "sessile" (flat, which is higher risk for development into cancer than those with a

stalk), the largest being 8 mm. The pathology report confirmed these as tubular adenomas, none of which had the worrisome finding of high-grade dysplasia.

The official guidelines of the American College of Gastroenterology recommend a follow-up colonoscopy in three years. I definitely agree with that in people who are otherwise healthy. Colon cancer does definitely run in families, but at least 80% of colon cancer occurs in people with no known family history, meaning you can't be complacent even if there isn't any history in your family.

There is no absolute age cut-off for screening colonoscopies: Age 75 might be reasonable in someone who really doesn't want to have another and whose previous results have all been normal, but I would be unlikely to recommend a screening exam in a person older than 85. People who have serious medical conditions outside the intestinal tract get less benefit from screening.

Age 73 is not so old that I would recommend against screening in otherwise healthy people, and given that you have had eight polyps, I definitely recommend a three-year follow-up. I don't know why the gastroenterologist said one year, based on the reports you sent me.

DEAR DR. ROACH: I'm 59 and have a pea-sized osteoma near the top-middle section of my forehead. My grandmother had one in the same place and never got it removed. It grew to be the size of an egg! I want to have mine removed before it gets any larger (it's doubled in size over the past three years). What do you recommend? — J.K.

ANSWER: An osteoid osteoma is a common benign tumor of the bone. They often occur in the thigh or leg, but the forehead is not unusual and, of course, is cosmetically important. Most do not grow and, in fact, more commonly shrink over time.

I've not seen an osteoma get as big as your grandmother's, and I can understand why you would be concerned. It is very reasonable to get an evaluation. An orthopedic surgeon with special expertise in bone tumors is a good person to see, and some plastic surgeons also have expertise in removing bone tumors in such a way as to provide the best cosmetic result.

Ten-Year Fracture Risk Determines Need for Osteoporosis Meds

DEAR DR. ROACH: I'm 77 and have been diagnosed with osteoporosis. I'm taking Fosamax and following all the steps recommended for strengthening bones. But I have two questions: First, is it possible to avoid a fracture without taking medication? Second, is it necessary to avoid coffee completely? I am confused about both questions, having read a lot of conflicting information online. I recently finished read-

ing a book that strongly condemned osteoporosis medication, and I have also read that coffee is OK, even good, for bones; though, other sources say it leeches calcium from bones. I would appreciate some clarity on these issues. — J.M.

ANSWER: I have also read dire warnings about osteoporosis drugs, particularly the bisphosphonate class that includes alendronate (Fosamax), but the truth is more complex than it first appears.

The most important thing to realize is that every person has their own individual risk of developing an osteoporotic fracture. For young, healthy people with strong bones, the risk is very small, but as we age, the risk of fracture increases. Many medical conditions, as well as diet, exercise and some medications, affect the risk of fracture. Whether we are men or women, and even what our ethnicity is, affects fracture risk. The bone mineral density measured scan provides much information, but an accurate fracture risk prediction needs to take a person's whole history into account. Only people at high risk for fracture should be taking a medication like Fosamax.

A standard guideline is that people should be recommended medication therapy if their 10-year risk of a hip fracture is greater than 3%, or their 10-year risk of any kind of major osteoporotic fracture is 20% or higher. If a person's risk is less than these numbers, they may be unnecessarily subjecting themselves to the risk of medication. The FRAX score is a standardized, country-specific way of estimating risk (www.sheffield.ac.uk/FRAZ/tool.aspx).

If a group of people has a risk of fracture of 20% in the next 10 years, then 80% of them will not have a fracture if they don't take medication. Like treatment for high blood pressure or high cholesterol, medication treatment only helps a small proportion of those who receive it. We don't have the ability to predict with certainty who will have a bad outcome from these conditions, so we recommend treating people when they reach a certain degree of risk. Treating only higher-risk patients leads to the drug helping a higher proportion of the group, but some people who were not offered medication will develop the bad outcome we're trying to avoid. A person who gets a hip fracture that could have been prevented with medication treatment is a tragedy. In my opinion, a person should know the risks of treatment and the risk of withholding treatment before making a decision.

The calcium question is also controversial, but while it is true that caffeine causes the body to lose calcium, if you take in enough calcium through diet, coffee does not seem to increase your risk of a fracture. by a DEXA

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.

Financia

The proper way to store and secure important documents

Most legal documents are created, signed and stored digitally, but there are a few actual pieces of paper that remain vitally important to keep, tend to and use. So what is the proper way to store and secure them? Generally, there are three levels of document importance, each having different storage and format needs.

Category 1 - Essential Life Documents

These require top-level care: Social Security card; Pass-

port; Will; Health care proxy; Birth certificate; Marriage Certificate; Car Title; Home deed; Divorce papers.

Category 2 - Important References

These documents are stored for easy access: 401(k) or IRA statements; Life insurance policies; Tax returns (three to seven years).

Category 3 - Quick Access

These documents should be carried with you: Driver's license; Other state issued ID; Health insurance card.

Suggested storage for essential life documents:

A fireproof safe or bank Safe-Deposit Box. Any locking box that is waterproof and fireproof provides secure storage for your most important documents. Make sure that family members or anyone else who would need to access the safe in an emergency has the code or knows where to find the key. Hide smartly. Burglars tend to scour master bedrooms in search of valuables to steal, so put the safe elsewhere. If crime concerns you, go to the bank and get a safe-de-

posit box. It's also a good idea to make digital backups of these documents.

Suggested storage for important references

A number of documents are important to have for reference, but you don't need to keep physical copies. For these, you should upload electronic versions to cloud storage, then shred the originals. Cloud storage means that your files are kept on a highly secure remote computer server. By using a service such as Apple iCloud, Google Drive or Microsoft OneDrive, you can access files you have uploaded

from any device after you've entered in the appropriate verification info.

Suggested storage for quick-access documents:

This is for cards you need to access regularly. Another factor to consider is whether someone could use the information for identity theft. (Don't carry around your Social Security card, for example.) With the arrival of a new year why not get your paperwork properly sorted and in order?

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- Which artist wrote and released "Abracadabra"?
- What was Phil Vassar's "Just Another Day in Paradise" about?
- Name the singer who wrote and released "All Around the World" on her debut album.
- Which group released "Careless Whisper"?
- Name the song that contains these lyrics: "In a cafe or sometimes on a crowded street, I've been near you, but you never noticed me."

Answers

1. The Steve Miller Band, in 1982. The song was ignored by U.S. record companies ... until it became a chart topper in Europe. The song was then released in the U.S., and it shot to No. 1.

2. The 2000 country/pop crossover single (from his debut album) was about homelessness.

3. Lisa Stansfield, on her "Affection" album in 1989. The song received a nomination for a Grammy for Best Female Pop Vocal Performance. Stansfield had won the "Search for a Star" competition at the age of 14 in the U.K. in 1980.

4. Wham!, in 1984.

5. "My Cherie Amour," by Stevie Wonder, in 1969. The song was originally titled "Oh, My Marsha." Legend says that once record producers got involved, they wanted to add a French flavor to it similar to the Beatles' "Michelle" and changed the name.

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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

- In 2020, a lightning bolt extending a total of 477.2 miles spread across Mississippi, Louisiana and Texas, setting a new world record for the longest flash.
- Rubber bands last longer if you refrigerate them.
- Rooms at the Null Stern ("zero star") Hotel are situated in repurposed nuclear bunkers and include open-air mountain rooms with equally zero walls. The designers obviously weren't kidding about that rating.
- In 2002, NASA intern Thad Roberts stole a safe full of moon rocks so he and his girlfriend could have "sex on the moon." Their otherworldly romantic encounter backfired when they later tried to sell the \$21 million worth of rocks. Roberts was caught and sentenced to eight years in prison.
- And speaking of romance: Tinder's not just for humans! Well, not at the Dutch zoo that created a "Tinder for orangutans" to help a female named Samboja find a breeding partner. The primate was shown photos of potential mates from an international breeding program on a tablet, but unfortunately her mother got hold of it ... and smashed it to pieces.
- Poet W.B. Yeats and magician Aleister Crowley were such bitter rivals in the world of the occult that Yeats once kicked Crowley down a flight of stairs for being a proponent of "black magic."
- Only humans have chins.
- In 2012, the police chief of Vaughn, New Mexico, stepped down because his own criminal record prevented him from carrying a gun. That left just a drug-sniffing dog named Nikita as the only certified member of the town's police department.
- Trained pigeons can tell the difference between paintings by Pablo Picasso and Claude Monet.

Thought for the Day: "What you get by achieving your goals is not as important as what you become by achieving your goals." — Zig Ziglar

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top 10 movies

- Avatar: The Way of Water** (PG-13) Sam Worthington, Zoe Saldana
- Violent Night** (R) David Harbour, John Leguizamo
- Black Panther: Wakanda Forever** (PG-13) Letitia Wright, Lupita Nyong'o
- Strange World** (PG) Jake Gyllenhaal, Gabrielle Union
- The Menu** (R) Ralph Fiennes, Anya Taylor-Joy
- Devotion** (PG-13) Jonathan Majors, Glen Powell
- The Fabelmans** (PG-13) Michelle Williams, Gabriel LaBelle
- Black Adam** (PG-13) Dwayne Johnson, Aldis Hodge
- I Heard the Bells** (NR) Stephen Atherholt, Jonathan Blair
- Empire of Light** (R) Olivia Colman, Micheal Ward

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top ten

Best Sitcoms OF ALL TIME

- Friends**
- Seinfeld**
- The Office**
- The Big Bang Theory**
- How I Met Your Mother**
- Frasier**
- The Simpsons**
- That 70s Show**
- Cheers**
- I Love Lucy**

Source: Ranker

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curator who greatly enjoys the single life. But when he's out with a friend at a nightclub, Bobby meets Aaron Shepard (Luke Macfarlane), who Bobby's friend deems hot but boring. Amid their stark differences, the two begin to date and get to know each other. Their connection begins to get stronger, but Aaron still finds Bobby too intense, while Bobby doesn't appreciate having to minimize his behavior for others. The odd couple must learn to accept each other's differences in order to make their relationship prosper. Out now on streaming, "Bros" is one of the first gay rom-coms produced by a major studio. (Peacock)



Courtesy of Netflix

Emma Corrin and Jack O'Connell star in "Lady Chatterley's Lover."

"Tom Clancy's Jack Ryan Season 3" (TV-MA) — John Krasinski reprises the role of CIA agent Jack Ryan for the third season of this action series, out now! The first season followed Jack as he ventured out from his CIA analyst job to become a field agent. In the second season, he was stationed in Venezuela in the middle of intense political warfare. Now, Jack is called to Rome by a mysterious source, who gives him information about a secret Russian plot in Eastern Europe that could lead to a third World War. Facing his most challenging time ahead, Jack must go within and learn to become his own authority. Amazon confirmed that this would be the second-to-last season of the series, with talks of an eventual spin-off starring Michael Pena. (Prime Video)

"Bros" (R) — Bobby Lieber (Billy Eichner) is a podcast host and museum

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• Freshen rugs without the heavy perfume smell of store-bought brands; Simply sprinkle a little baking soda on your carpet and let it sit for about 10 minutes before vacuuming.

• Wrap the lint from your dryer in 6-inch strips of wax paper. Roll it up, twist both ends and you have a perfect firestarter.

• For light and unbelievably fluffy pancakes, try subbing the water in your recipe with club soda. Yummo. — E.S. in Florida

• Add a few drops of water to votive cups before adding a candle. The wax will float on the water, and when the candle burns down, it won't get stuck in the votive glass. — O.J. in Wyoming

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

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What's Hot In Hollywood

HOLLYWOOD — Jessica Lange has played some of the greatest roles in classic literature, such as Maggie in "Cat on a Hot Tin Roof" (1984), Blanche DuBois in "A Streetcar Named Desire" (multiple productions on stage and screen), Joan Crawford in "Feud: Bette and Joan" (2017), Cora in "The Postman Always Rings Twice" (1981), and Patsy Cline in "Sweet Dreams" (1985). Now, she'll add Mary Tyrone to the list, in Eugene O'Neill's 1956 Pulitzer Prize winning play "Long Day's Journey Into Night," set in 1912 Connecticut.

Katharine Hepburn received an Oscar nomination for the 1962 film version, co-starring Sir Ralph Richardson, Jason Robards and Dean Stockwell. In 1982, a made-for-TV movie featured an all-Black cast, starring Ruby Dee. In 1987, Kevin Spacey, Jack Lemmon, Peter Gallagher and Bethel Leslie (as Mary Tyrone) were in another made-for-TV film.

Lange has already won a Tony Award for the 2016 Broadway production, co-starring Gabriel Byrne and Michael Shannon. She's currently represented on big screens in "Marlowe," opposite Liam Neeson and Alan Cumming (releasing Feb. 2023). Filming of "Long Day's Journey" was recently completed in County Wicklow, Ireland, doubling as Connecticut. It's not due until Feb. 20, so she'll be the one to beat at the Oscars next year.

Luke Macfarlane gambled when he quit making Hallmark movies to star in the first gay rom-com from a major studio, "Bros," which, despite good reviews, recouped only \$14 million of its \$40 million investment. His last Hallmark film, "A Magical Christmas Village," also starred "That Girl" Marlo Thomas.

Luckily, before "Bros" opened, he portrayed a bouncer in the impending big-screen film "Lone Star Bull," as well as starred in AppleTV+'s upcoming 10-episode comedy series "Platonic," with Rose Byrne and Seth Rogen.

In 2018, Macfarlane became an American citizen, so he's definitely here to stay. That was also the year he was rumored to have split from his longtime boyfriend, "Prison Break" star Wentworth Miller, but that rumor may have been just to take the heat off their personal lives for a while.

After 22 Hallmark movies, you'd think he'd know how to find a happy ending!

Austin Butler's not waiting for an Oscar nomination to bolster his career. Right after "Once Upon a Time in Hollywood," he hit Broadway with Denzel Washington in Eugene O'Neill's "The Iceman Cometh" and then immersed himself for two years in everything Elvis Presley for Baz Luhrmann's "Elvis."



Depositphotos

Jessica Lange ("Long Day's Journey Into Night")

Right after the press tour for "Elvis," Butler took on "Dune: Part Two." He then jumped right into "The Bikeriders," with Tom Hardy and "Killing Eve" star Jodie Comer, and started filming the AppleTV+ American war-drama miniseries "Masters of the Air," with "Fantastic Beasts" star Callum Turner.

HOLLYWOOD — Merry Christmas to all! Julia Roberts is starring in the \$120 million Netflix psychological thriller "Leave the World Behind," with two-time Oscar-winner Mahershala Ali, as well as Ethan Hawke and Kevin Bacon. The story revolves around a Black family returning to their summer cottage that they rented to a white family, and the tensions that arise between the two families. Roberts' comeback film "Ticket to Paradise," with George Clooney, cost \$60 million and grossed an OK \$170.9 million. Her segue to executive producing and starring in the limited eight episode Starz political series "Gaslit," with Sean Penn and Dan Stevens, hasn't been picked up yet due to marginal ratings.

Benedict Cumberbatch is currently shooting "The Book of Clarence" in Matera, Italy. The film, inspired by classic Hollywood epics, is set in biblical times. Clarence (played by LaKeith Stanfield) is a down-on-his-luck denizen in ancient Jerusalem trying to capitalize on the rise and influence of the messiah for his own gain.

Cumberbatch and Stanfield's co-stars in the film are James McAvoy, upcoming in "The Amazing World of Gumball: The Movie," and David

Oyelowo, recently seen in "See How They Run," with Sam Rockwell, Saoirse Ronan and Adrien Brody. Oyelowo is currently shooting "Role Play," with Kaley Cuoco.

Cumberbatch just completed director Wes Anderson's upcoming film for Netflix, "The Wonderful Story of Henry Sugar," with Ralph Fiennes, Sir Ben Kingsley, Dev Patel and Rupert Friend.

In 1985, I met a young actor on a sitcom set I often worked on and was impressed with him enough to ask to do an at-home layout for a magazine. He was easy and agreeable to get along with. (He didn't even ask for story or photo approval.) The show was "The Facts of Life," and the guy was George Clooney. The girls on "Facts" were crazy about him, but after 17 episodes, he moved on. It wasn't until 1994 when he began his 109-episode run on "ER" that he became a superstar.

In 1971, three friends talked me into going to a Gladys Knight & the Pips concert at the Forum (now the Kia Forum) in Los Angeles. I was dancing in the aisles and singing "Midnight Train to Georgia" at the top of my lungs. It was quite an experience! I bring this up only because George Clooney and Gladys Knight, as well as Amy Grant, composer/conductor Tania Leon, and U2 (Bono, the Edge, Adam Clayton and Larry Mullen Jr.) all received the Kennedy Center Honors on Dec. 4, which will air on CBS Dec. 28.



Courtesy of Universal Pictures

Julia Roberts and George Clooney star in "Ticket to Paradise."



by Dana Jackson

Q: A good friend of mine was telling me that I'd probably like the Canadian detective series "Cardinal." Where can I watch it if I live in the United States? — H.C.

A: "Cardinal" aired on CTV out of Canada for four seasons, from 2017 to 2020, with six episodes in each season. It was a crime series based on the novels by Giles Blunt about a detective named John Cardinal, set in the fictional town of Algonquin Bay. The first season was based on Blunt's novel, "Forty Words for Sorrow," about the murder of a young girl. Subsequent seasons involve a different novel/mystery.

Fans of British crime dramas like "Broadchurch" or the U.S.-based show "The Killing," set in the Pacific Northwest, will likely find "Cardinal" right up their alley. It also stars Billy Campbell, who has been acting in Hollywood since the 1980s and also played Darren Richmond in "The Killing."

I've always enjoyed watching a series or film set in a snowscape while I sit in my warm living room with a cup of hot tea, and "Cardinal" does not disappoint. Filmed on location in Ontario, temperatures dipped to -40 degrees F. Executive producer Julia Sereny told RadioTimes.com that it was so cold sometimes that the "sound recordist could not get his truck started" and that windows on vehicles cracked.

You can watch all four seasons of "Cardinal" currently on Hulu.

Q: How is Billy Joel doing? I heard he had some health issues and had to cancel some concerts. I really hope he tours again. — J.A.

A: Last December 31, the official ABC "Desperate Housewives" Twitter account featured a photo of the cast with the cryptic statement "*Desperately* waiting for 2022." Because 2022 would be a full decade since the show concluded, buzz started circulating that the soapy drama was next in line for a reboot. Unfortunately, it never came to fruition, at least not yet.

A couple months earlier, former cast member Eva Longoria said about "Desperate Housewives" creator Marc Chervin:



Depositphotos

Billy Campbell ("Cardinal" and "The Killing")

ry. "We both just think there's so much more to do there, and I would be the first to sign up if he did anything."

Former onscreen spouses Teri Hatcher and James Denton recently guest-starred on "Fantasy Island" as a couple whose marriage is put to the test as contestants on a twisted game show featuring a quicksand trap.

Q: How is Billy Joel doing? I heard he had some health issues and had to cancel some concerts. I really hope he tours again. — J.A.

A: The six-time Grammy-Award-winning piano man recently had to postpone his last performance at Madison Square Garden this year due to a lingering virus. The new date is June 2, 2023, unless the home-town New York Knicks make it into the NBA Playoffs at that time. Joel has been playing MSG every January since 2014. He's also supposed to perform with Stevie Nicks at L.A.'s SoFi Stadium in March.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto>NewCelebrityExtra@gmail.com), or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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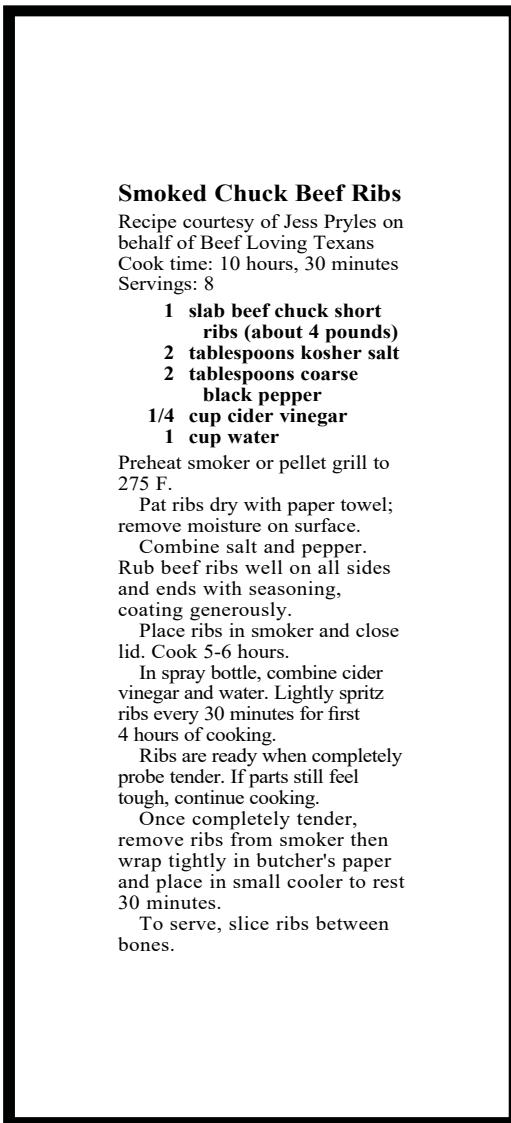
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**Smoked Chuck Beef Ribs**

Recipe courtesy of Jess Pyles on behalf of Beef Loving Texans
Cook time: 10 hours, 30 minutes
Servings: 8

- 1 slab beef chuck short ribs (about 4 pounds)
- 2 tablespoons kosher salt
- 2 tablespoons coarse black pepper
- 1/4 cup cider vinegar
- 1 cup water

Preheat smoker or pellet grill to 275 F.

Pat ribs dry with paper towel;

remove moisture on surface.

Combine salt and pepper.

Rub beef ribs well on all sides

and ends with seasoning,

coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.



Cook Like a Pitmaster from the Comforts of Home

FAMILY FEATURES

For home chefs looking to take their cooking skills to the next level, it all starts with a little inspiration and a few new skills. Turn family meals into extravagant adventures, take backyard barbecues to new heights and impress friends and neighbors with pitmaster-worthy recipes.

In fact, it can be as easy as turning on the TV. From beef ribs and barbacoa to curried brisket rice and pho rub beef belly spring rolls, viewers are in for a treat by tuning into season 3 of "BBQuest: Beyond the Pit," a video series that dives into the long-held traditions, new flavors and everyday inspiration that make Texas barbecue legendary.

The show follows four themes that capture the essence of Texas barbecue: legacy and tradition; creativity and innovation; Texas trailblazers; and family and community.

You can bring barbecue flavors home and cook like pitmaster with dishes recreated from the series and developed by "Hardcore Carnivore" cookbook author Jess Pyles, including Smoked Chuck Beef Ribs, Grilled Jalapeno Cheddar Meatballs and Szechuan Skirt Steak with Crispy Rice.

"Since launching BBQuest four years ago, it's truly remarkable to see how much has changed and yet stayed the same when it comes to Texas barbecue, and that's exactly what you see in season 3," said Rachel Chou, Texas Beef Council's director of consumer marketing. "There has been so much exciting innovation around cooking methods and international flavors while there's still a huge dedication to long-held recipes and smoking techniques."

Learn more about the show and find inspiration to bring the taste of barbecue to your kitchen at BeefLovingTexans.com.

Grilled Jalapeno Cheddar Meatballs

Recipe courtesy of Jess Pyles on behalf of Beef Loving Texans
Cook time: 1 hour, 15 minutes
Servings: 15

- 1/2 cup tortilla chips, crushed
- 3/4 cup milk
- 2 pounds ground beef
- 3 fresh jalapenos, seeded and finely diced
- 1 block (8 ounces) cheddar cheese, finely diced
- 1 tablespoon paprika
- 2 teaspoons garlic powder
- 2 teaspoons kosher salt

Place crushed tortilla chips in large bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapenos, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.



Grilled Jalapeno Cheddar Meatballs

**Szechuan Skirt Steak with Crispy Rice**

Recipe courtesy of Jess Pyles on behalf of Beef Loving Texans
Total time: 35 minutes
Servings: 2

- 2 teaspoons Szechuan peppercorns
- 1 teaspoon five spice powder
- 1 teaspoon kosher salt
- 1 skirt steak or bavette steak (about 1 pound)
- 1/4 cup vegetable oil, divided
- 2 teaspoons milk or cream
- 2 cups cooked white rice
- sesame seeds (optional)
- scallions, thinly sliced (optional)
- cucumber, sliced (optional)
- cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness (135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains.

Slice skirt steak across grain.

To serve, place rice in two bowls. Layer with sliced skirt steak. Sprinkle with sesame seeds and chopped scallions then place cucumber and cilantro on top, if desired.

Good Housekeeping

Seafood Salad Cucumber Cups

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

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

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

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

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

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

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

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

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

Good Housekeeping

Salt-Baked Fish

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

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

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

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

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

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

Comfort foods
Made fast and healthy
by Healthy Exchanges

Pea and Pasta Salad

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

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

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

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

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

Good Housekeeping

Pulled-Pork Sandwiches With Cabbage Slaw

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

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

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

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

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

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

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

Comfort foods

Made fast and healthy

by Healthy Exchanges

Golden California Vegetables

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

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

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

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

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

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

Good Housekeeping

Raisin-Bread Pudding

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

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

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

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

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

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

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

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

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

Good Housekeeping

Baked Chocolate Pudding

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

1 cup (2 sticks) unsalted butter, melted and cooled, plus more for greasing

3/4 cup good-quality cocoa powder

1/2 cup all-purpose flour

4 extra-large eggs, at room temperature

2 cups sugar

1 vanilla bean, split, seeds scraped

1 tablespoon framboise liqueur (optional)

Vanilla ice cream, for serving

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

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

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

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

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

6. Serve with ice cream. Serves 12.

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

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

Good Housekeeping

Chocolate-Hazelnut Pinwheels

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

1 3/4 cups all-purpose flour

1/4 teaspoon baking powder

1/4 teaspoon salt

1/2 cup sugar

6 tablespoons butter or margarine, softened

1 large egg

1 teaspoon vanilla extract

1/4 cup prepared chocolate-hazelnut spread

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

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

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

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

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

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

top ten

World's Costliest SPICES

1. Saffron

2. Vanilla

3. Mâhlâb

4. Long pepper

5. Black cumin

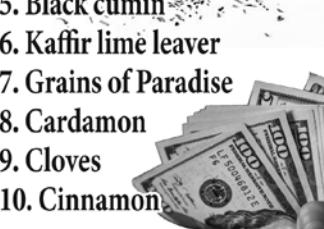
6. Kaffir lime leaver

7. Grains of Paradise

8. Cardamom

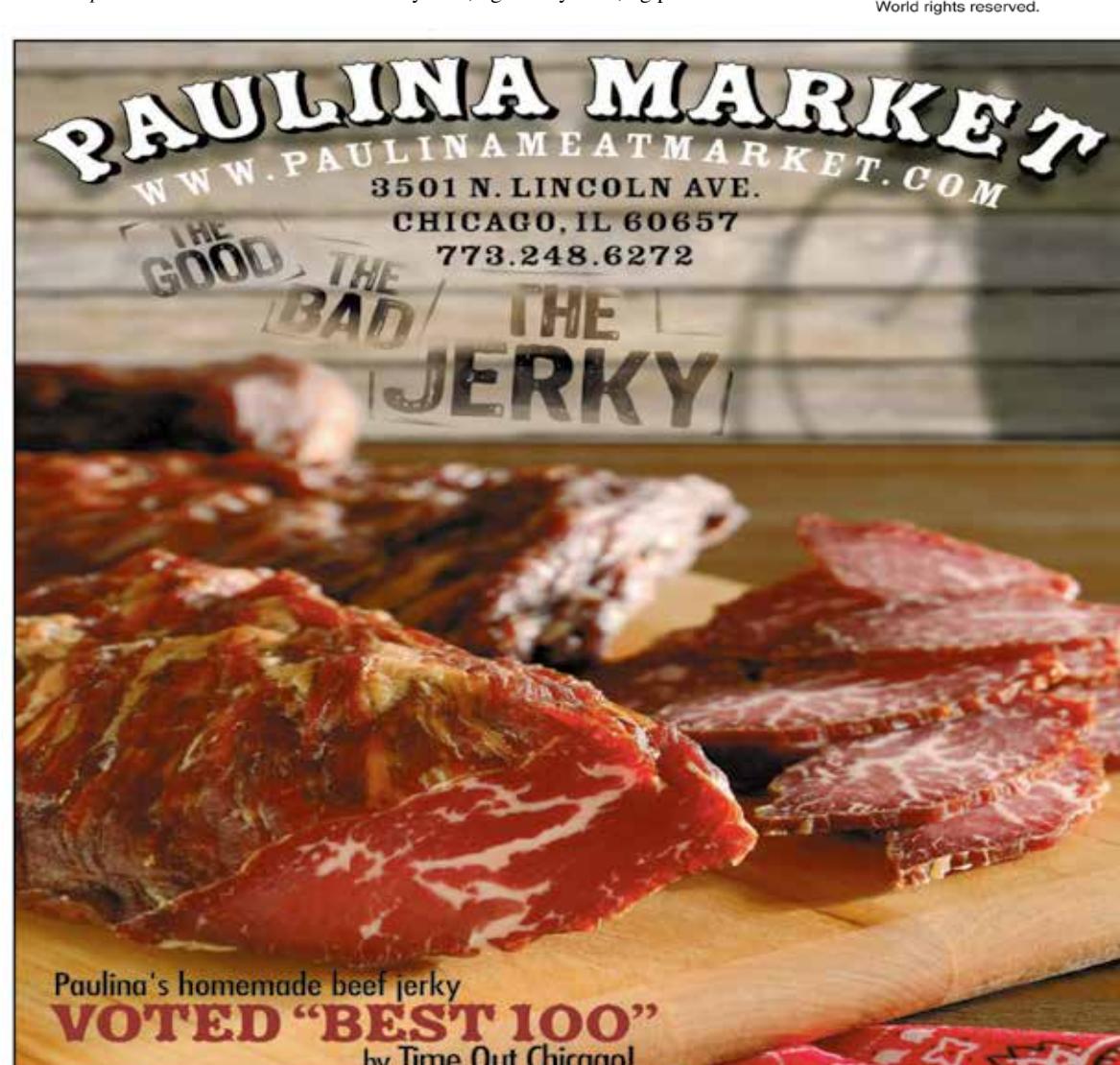
9. Cloves

10. Cinnamon

Source: agronomag.com
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Crime

Proposal to block live police scanner transmissions

This controversial plan, proposed by Mayor Lightfoot is not supported by any of the current mayoral candidates nor any of the media outlets.

The press and members of the public have listened to police scanners for decades to keep abreast of the activities of the police, fire, airports and within the city of Chicago.

The mayor argues that she wants to protect police scanner traffic by encrypting it and limiting access from the public so that criminals and vandals cannot interfere with broadcasts.

Under Lightfoot's policy scanner traffic would be released to the public on a 30 minute delay.

In early December, 2022 media, print, electronic (radio) and television outlets argued that it would harm public safety and lead to less transparency from the Mayor's office and

police, "We strongly believe that any scanner transmission delay will negatively affect public safety and could put lives in jeopardy when mere seconds matter, for example, during an active shooter event, tornado, a fire, a bomb scare, a plane crash, virtually any emergency event where the public might need to seek safety or shelter," the Chicago Tribune said in a statement signed by several media outlets ranging from TV news channels to public radio stations.

Lakeview newspaper believes that anything that would potentially harm the public, due to delayed information, is not something we support. This proposal is not in the interest of public safety. A 30 minute delay in warning people of impending harm could be the difference between life and death.

Burglary on the 1600 block of North Clybourn Avenue.

Shooting on the 700 block of West Chicago Avenue.

Assault on the 4800 block of North Ashland Avenue.

Shooting on the 4800 block of North Ashland Avenue.

Assault on the 4800 block of North Ashland Avenue.

Assault on the 4300 block of North Ashland Avenue.

Theft on the 3100 block of North Clark Street.

Assault on the 700 block of West Diversey Parkway.

Assault on the 1900 block of North Elston Avenue.

Assault on the 1000 block of North Argyle Street.

Theft on the 1500 block of North Sheffield Avenue.

Theft on the 1000 block of West Roscoe Street.

Theft on the 300 block of West Superior Street.

Theft on the 2200 block of West Belmont Avenue.

Vandalism on the 1900 block of West North Avenue.

Robbery on the 2000 block of West St. Paul Avenue.

Theft on the 1900 of West Evergreen Avenue.

Theft on the 1000 block of North La Salle Drive.

Theft on the 4400 block of North broadway.

Theft on the 1100 block of North Clark Street.

Theft on the 1500 block of vWest Diversey Parkway.

Theft on the 1200 block of West Thordale Avenue.

Assault on the 1000 block of West Wilson Avenue.

Assault on the 3000 block of North Ashland Avenue.

Theft on the 1900 block of North Hpyne Avenue.

Assault on the 900 block of North Ashland Avenue.

Theft on the 1000 block of North Halsted Street.

Assault on the 1200 bock of West Thordale Avenue.

Theft on the 3100 block of North Clark Street.

Theft on the 800 block of West Armitage Avenue.

Theft on the 1500block of North Clybourn Avenue.

Theft on the 1600 block of Belle Plaine Avenue.

Theft on the 1500 block of North Kingsbury Street,

Theft on the 4400 block of North Milwaukee Avenue.

Assault on the 700 block of North Franklin Street.

Theft on the 1300 block of North Wells Street.

Theft on the 2900 block of North Clybourn Avenue.

Assault on the 4400 block of North Clark Street.

Theft on the 2200 block of West Armitage Avenue.

Theft on the 1600 block of West Division Street.

Theft on the 2300 block of West Irving Park Road.

Theft on the 5000 block of North Glenwood Avenue.

Robbery on the 4300 block of North Kimball Avenue.

Shooting on the 4800 block of North Ashland Avenue.

Assault on the 4800 block of North Ashland Avenue.

Assault on the 2300 block of West Foster Avenue.

Robbery on the 2000 block of West St. Paul Avenue.

Arrest on the 1500 block of North Western Avenue.

Theft on the 3100 block of North Harding Avenue.

Theft on the 1100 block of West Roscoe Street.

Theft on the 3600 block of West Ainslie Street.

Robbery on the 4300 block of North Kimball Avenue.

Arrest on the 100 block of Elmwood Avenue.

Arrest made on the 100 block of Asbury Avenue.

Burglary on the 5600 block of North Kimball Avenue.

Assault on the 4800 block of North Ashland Avenue.

Shooting on the 4800 block of North Ashland Avenue.

Theft on the 1300 block of West Hood Avenue.

Vandalism on the 2800 block of North Troy Street.

Theft on the 2900 block of North Richmond Street.

Assault on the 3900 block of West Dakin Street.

Arrest made on the 7200 block of McCormick Boulevard.

Assault made on the 11200 block of West Thorndale Avenue.

Theft on the 2800 block of North Whipple Street.

Theft on the 100 block of Custer Avenue.

Vandalism on the 2700 blockof West Arthur Street.

Theft on the 5200 block of North Lincoln Avenue.

Theft he 2900 block of West Palmer Street.

Theft on the 800 block of West Armitage Avenue.

Theft on the 1600 block of West Belle Plaine Avenue.

Theft on the 1400 block of West Warner Avenue.

Assault on the 3000 block of North Ashland Avenue.

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GET FIT



Photo courtesy of Getty Images

Tackle goals with fitness-friendly tech gadgets



Music to Power Your Workout

Enjoy stereo-quality sound wherever your workout takes you with a state-of-the-art smartphone like the Motorola Edge+ Gen 2, powered by the Snapdragon 8 Gen 1 Mobile Platform. Giving you up to two full days of power, lightning-fast speeds and pro-quality features for doing more of what you love, this smartphone can provide music that motivates you regardless of your exercise style. When it's time to rest and recover, you can enjoy days of entertainment on a beautiful display that wraps around the edges.



Play Your Way to Fitness

If your workout regimen needs an infusion of playful fun, the Meta Quest 2 virtual reality headset may be just the ticket. This VR headset is your ticket to the metaverse (and so much more), whether you're working out, gaming, meeting up with friends or going on a virtual field trip. Industry-leading graphics and immersive audio put you in the middle of the action. The portable device is ideal for workouts on the go, and you'll find a wide range of apps that let you work out amid stunning scenery, compete against friends and participate in challenges. The immersive experiences break up the monotony of a boring, basic workout, making exercise fun and playful.



Sound to Motivate More Movement

An energizing workout requires a soundtrack to get you pumped up and moving. Enhance your listening experience with LG Tone Free T90 wireless earbuds, which feature Dolby Head Tracking and Snapdragon Sound. These earbuds identify the location of sound as you turn your head, recalibrating to enable a more natural sound experience so you're always in the center of the scene. The speaker driver is made of a strong, lightweight material that delivers better overall audio clarity and reduced vibration so you can hear every sound come alive. Exceptional audio combines with superior connectivity for music, movies, crystal-clear voice calls, gaming and a low latency fit for aptX Adaptive compatible devices.



Wellness You Can Watch

Powered by the Snapdragon 4100+ Wear Platform, the Fossil 6 Wellness Edition watch provides the speed, power and performance you need to efficiently track your health, all with extended battery life, Bluetooth 5.0 LE connectivity, rapid charging and more features to elevate your experience. The watch detects movement and starts a workout for you. In addition, not only does it allow you to monitor how hard your heart is working and provide estimated blood oxygen measurements so you can see how well your body is circulating oxygen, but it also measures your cardiorespiratory fitness, allowing you to track the amount of oxygen your body utilizes during exercise. In addition to keeping tabs on your active hours, the watch also helps you understand more about your sleep habits, including sleep quality and history, restfulness and progress against sleep goals.

FAMILY FEATURES

Committing to getting fit and actually doing it aren't always one and the same but relying on tech devices can be an effective way to tackle your fitness goals.

From watches and phones to earbuds and virtual reality headsets, technology can make it easier to track your progress and create a more enjoyable workout experience. See how some of the latest technology is fueling new devices ideal for amping up your workouts this winter with these trendy ideas.

Find more inspiration to energize your fitness regimen at Qualcomm.com.



A Smart Workout Buddy

If you're always on the go, a powerful smartphone is a smart way to get in a streamlined workout. An option like the OnePlus 10T 5G delivers on multiple levels. Driven by the powerful Snapdragon 8+ Gen 1 mobile platform, this is a phone built to evolve beyond speed. It has Qualcomm FastConnect 6900 for premium Wi-Fi connectivity and a Kryo CPU for unbeatable performance, ideal for multitaskers and power users. The charging system delivers a day's power in 10 minutes. What's more, the antenna system, featuring a total of 15 antennas, provides a 360-degree closed-loop system to avoid blind signal angles, while simple and textured visuals help you focus and move seamlessly between work, rest and play.

Track Your Progress

Setting fitness goals starts with a plan and achieving them requires strong work ethic and, just as importantly, the ability to track progress so you can enjoy the success. The ultimate expression of ultra-portability and versatility, the Lenovo IdeaPad Duet 5 Chromebook is powered by the Snapdragon 7c Gen 2 Compute Platform. Slim and sleek, this 2-in-1 features a detachable keyboard to transform from a tablet to a laptop so you can keep an eye on your fitness goals whether you're working out at home or on the go, and 15 hours of battery life means you can enjoy usage from day to night.



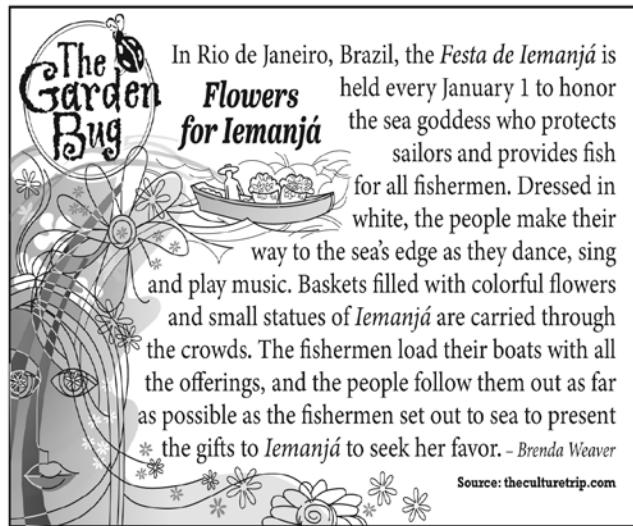
**Making wreaths**

from natural items has been done since ancient times. In Mediterranean cultures, wreaths worn on the head showed a person's job, social rank and achievements. Laurel wreaths crowned the victors in the Olympic Games. Wreaths were made from the harvested crops and hung up to show how the gods had blessed the household during the year.

Sources: www.getty.edu, wikipedia

- Brenda Weaver

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In Rio de Janeiro, Brazil, the *Festa de Iemanjá* is held every January 1 to honor the sea goddess who protects sailors and provides fish for all fishermen. Dressed in white, the people make their way to the sea's edge as they dance, sing and play music. Baskets filled with colorful flowers and small statues of *Iemanjá* are carried through the crowds. The fishermen load their boats with all the offerings, and the people follow them out as far as possible as the fishermen set out to sea to present the gifts to *Iemanjá* to seek her favor. - Brenda Weaver

Source: theculturetrip.com

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Project FeederWatch is an ongoing research project of the Cornell Lab of Ornithology and Birds Canada. 4,000 people enrolled when this project began in 1987, and it has grown to 20,000 people in the U.S. and Canada collecting data on the birds visiting their feeders. The information is used to learn more about the current distribution and abundance of birds that exist in North America. - Brenda Weaver

Source: feederwatch.org

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Quotes worth your time

"Only put off tomorrow what you are willing to die having left undone."

Pablo Picasso, Artist

"If people concentrated on the really important things in life, there'd be a shortage of fishing poles."

Doig Lasron, Columnist

"Life is short" really means: do something."

Chimamanda Ngozi Adiche, Author

"I don't believe in pessimism. If something doesn't come up the way you want, forge ahead. If you think it's going to rain, it will."

Clint Eastwood, Actor

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Business Spotlight



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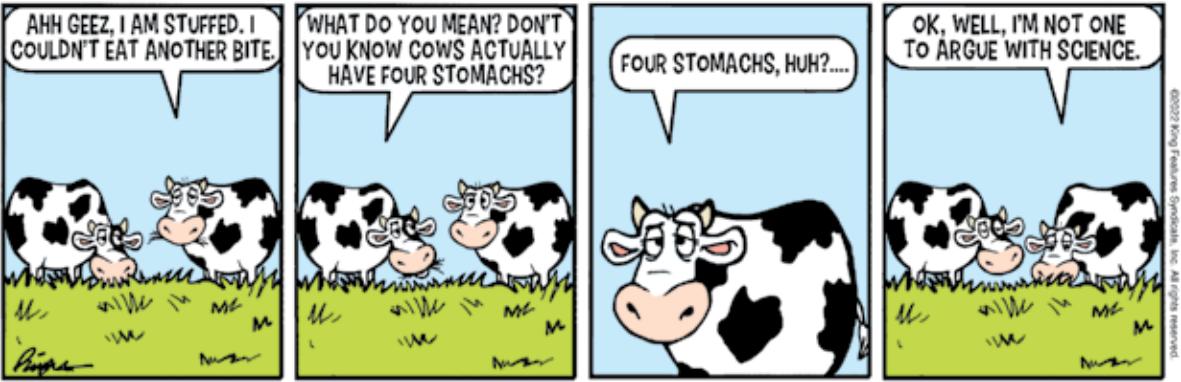
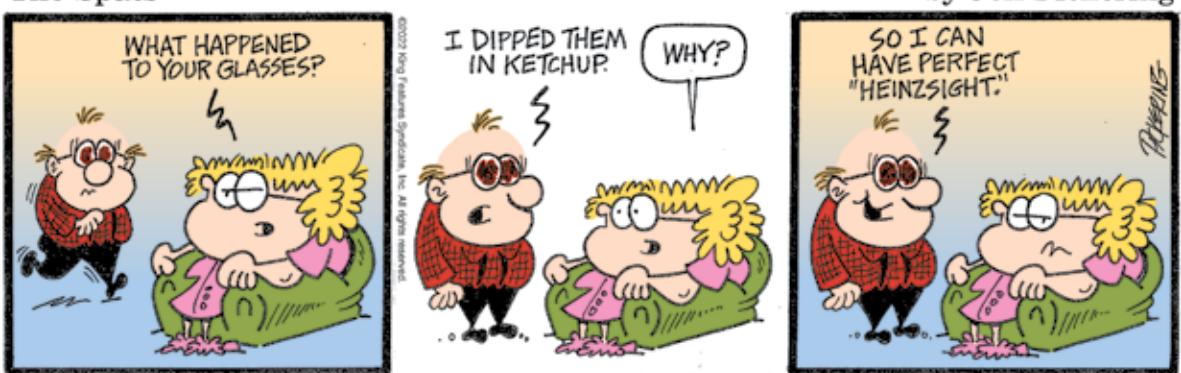
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Comics

R.F.D.


Please Note; R.F.D will retire on 1/30/23

Out on a Limb

Amber Waves

The Spats


by Mike Marland

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – GARDENING

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: Why was the Grinch such a good gardener?

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

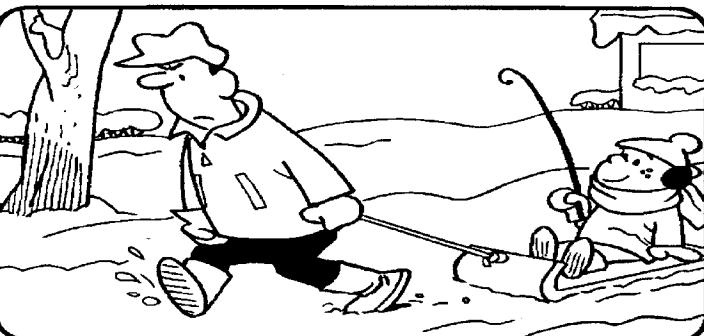
Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is different. 2. Collar is different. 3. Leg is moved. 4. Rope end is missing. 5. Whip is shorter. 6. Scarf end is missing.

Just Like Cats & Dogs

by Dave T. Phipps



Puzzles4Kids

Answer

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

He had a green thumb.

Riddle Answer:

Clean Energy Home Upgrades



Make dependable environmental improvements

FAMILY FEATURES

When you're considering upgrades for your home, earth-friendly enhancements that impact your energy usage are smart investments. Energy-saving home upgrades can offer long- and short-term advantages for the earth, your wallet and even your safety.

Many homeowners evaluate their energy needs as they plan home improvements. There are several low-carbon, resilient energy options available that can help safeguard your family. Consider these environmentally friendly upgrades to diversify your home's energy sources, reduce energy consumption and ensure your home is well-prepared to withstand interruptions to power service if the electrical grid fails.

Diversify Energy Sources

The growing conversation to "electrify everything" will require an overhaul on the aging electric grid just to manage the increase in demand. Accomplishing this will take decades and cost billions, according to the Department of Energy. In fact, according to a study conducted by AcuPoll Precision Research on behalf of the Propane Education & Research Council (PERC), 54% of respondents believe electricity for everything will be too expensive for taxpayers while 70% strongly agree Americans should have a choice when it comes to their energy source. Propane is a clean, affordable and abundant energy option that reduces carbon emissions right now. Using propane appliances like furnaces, water heaters, fireplaces and kitchen appliances alongside other energy sources reduces the strain on the fragile electrical grid. Unlike electric appliances, propane appliances can work even during power outages.

Seal In Energy

Outdated doors and windows often lack energy benefits. Newer models have stronger, thicker panes that reduce the transfer of heat from inside to outdoors (and vice versa in the warmer months). Updating doors and windows allows you to easily repair any cracks or faulty seals that make it easy for energy to escape. When your home is well-insulated, your heating or cooling system works more efficiently.

Consider Solar Panels

When many homeowners think of renewable energy, they often think "solar." Some states are mandating solar adoption, and while financial rebates help, solar panels are still considered an expensive upgrade for many people. The number of panels you need depends on your geographic location and weather, as well as the size of your home and your family's energy consumption habits, which can add up. If you have access to propane and electricity, and are planning to upgrade to solar, consider adding propane appliances to offset the energy load required from your solar system.

Install a Backup Power Source

The Department of Energy's "Electric Disturbance Event Annual Report" showed an increase in power outages from 2000 to 2020. More than half of consumers nationwide indicated they or a close family member or friend have been personally impacted by a power outage in the past two years, according to PERC.

As a result, many homeowners are saying "yes" to backup power generators. A propane standby generator can be a key part of resilient home upgrades by offering supplemental electricity in as little as 10 seconds after an outage. Propane doesn't degrade over time, making it an ideal standby power fuel. Plus, it's cleaner than diesel so you can keep your home functioning and family safe while being a good steward for the environment.

Increase Energy Efficiency

While landscaping plays an important role in curb appeal, it also serves more practical purposes. Thoughtfully placed trees and shrubs can block the heat that comes from powerful direct sunlight while serving as a break against blustery winds and providing a natural form of external insulation for the home. In outdoor living spaces, propane-powered appliances can offer increased energy efficiency. For example, propane can power full outdoor kitchens, fireplaces and fire pits, patio heaters, flame lighting or pool and spa heaters.

Find more ideas and information to inspire your earth-friendly home upgrades at Propane.com.



When the Grid Fails

In 2021, a winter storm decimated a major electrical power grid, leaving thousands of Americans in the dark and cold. Some people lost their lives while others battled to overcome extensive damage to their homes and businesses.

Jennifer Borget's family is one of many that weathered those winter storms. However, the Borget family home used propane to power their water heater, stove, furnace and fireplace.

"When your power goes out, you can still use some propane appliances," said Borget, who blogged about her experience. "This is one of those things I didn't realize but learned during the historic winter storms. When the power was intermittent, our propane-powered fireplace and water heater quickly warmed our family."

One year later, the Borgets are discussing investing in a standby generator to mitigate future power outages.

Another way to reduce the risk of large-scale disasters is increasing Americans' reliance on a broader mix of energy sources. Using a combination of propane, solar, electricity and natural gas can keep homes and businesses alike running efficiently and safely.

Relying on alternative energy sources like propane can also make a meaningful environmental impact in the long-term while offering short-term advantages, including continued access to power during emergencies when another energy source fails.

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