

**What Are Your Chances of Getting Carjacked?**

Page 10

**5 tips for a Comfortable Forever Home**

Page 11

**February 2023**

**FREE** It's our 27th Anniversary  
Serving the communities of

Lakeview, Roscoe Village, North Center and Lincoln Square



# Lakeview

February, 2023

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

Volume 27, Number 3

**COME AND**



**TAKE IT**

The Consumer Product Safety Commission is responsible for regulating household products and appliances, including stoves. Richard Trumka Jr., from that agency, let it be known that the agency could soon increase regulation of gas stoves and was considering a ban. As the gas stove ban would only apply to new construction, restaurants and residences currently using gas ranges will not be affected, as of yet.

**How did this all get started?** New studies have some people concerned about the environmental and health damage from gas stoves. It's been shown that gas stoves produce nitrogen dioxide, methane, and volatile organic compounds which can lead to an increased risk of developing asthma, cancer, and other chronic illnesses. No one is coming to your house to disconnect your stove but here's what you need to know about using your gas stove now to make it safer. **Keep the air in your kitchen clean-**

**er** when you cook by running your exhaust fan, which can help vent gases out of your home. Open a window while using the stove to let fresh air into the kitchen and the house to reduce the concentration of pollutants in your house. **Invest in an air purifier.** HEPA air purifiers can help reduce pollutants in your air along with allergens, bacteria, and viruses. Find other ways to cook. There are many electric appliances you can use to cook your meals, from slow cookers to air fryers. **Switch from a gas stove to an electric stove.** The new Inflation Reduction Act offers rebates of up to \$840 for getting a new electric or induction stove, and up to \$500 for any electrical work you need to have done to make the switch. OR, as Republican Rep. Ronny Jackson of Texas said, "If the maniacs in the White House come for my stove, they can pry it from my cold dead hands. **"COME AND TAKE IT!!"**

## POWER MONEY SCANDAL



**OFFICE OF THE MAYOR**  
**CITY OF CHICAGO**

It's campaign season and Lori Lightfoot is facing a tough re-election campaign. Right now she is involved in an e-mail scandal which will be investigated by the Chicago Inspector General's office. The alleged ethics violation stems from a letter that was emailed by her deputy campaign manager to teachers through their CPS emails seeking students to volunteer for the campaign in exchange for class credit. The email asked teachers to "please share this opportunity" with their students about an "externship program" It went on to say that they're looking for "enthusiastic, curious and hardworking young people eager to help Mayor Lightfoot win this spring." During a press conference, the mayor said the "well-intentioned" campaign staff member responsible has been spoken to and that her campaign is using this incident

as a learning moment. The backlash has been swift and called unethical by several critics and several of the mayor's challengers. Chicago Inspector General Deborah Witzburg said, "What I can say is that we take the issue of the misuse of city resources for political purposes really seriously, that represents an abuse of a public position for political gain." Lightfoot apologized calling it a mistake and said that her campaign will cooperate with all investigations. The Chicago Teachers Union, which is supporting Brandon Johnson, a Cook County Commissioner and former Chicago teacher and union organizer, is calling for accountability.

Some of Lightfoot's biggest battles have been with the Chicago Teachers Union, which backed her opponent in Lightfoot's first run for mayor. The two sides clashed during

an 11-day teachers strike in 2019 and fought over returning to in-school instruction during the pandemic. CTU Vice President Jackson Potter said, "I think the bottom line is we have to hold our elected leaders accountable, you know, she's responsible to follow the rules like everybody else." It's not quite clear on how long the investigations will take. Due to time frames set out in the ethics ordinance, there may be no resolution to this case before the election, but this still may remain a political cloud hanging over the mayor's campaign.

**Money** is another issue facing the mayor. Her campaign spent twice as much as she raised during the last three months of 2022 as she launched expensive television ads to rebuild momentum in her bid for reelection. She launched her first TV ads in Novem-

ber and spent more than \$1.9 million on advertising in the final two months of the year, according to the state elections board filing. She has used her ads most recently to go on the attack against Garcia and his association with former Illinois House Speaker Michael Madigan and alleged crypto fraudster Sam Bankman-Fried.

Brandon Johnson raised more than any other candidate during the final quarter of the year – more than \$1.8 million but spending only \$578,000. His commercials on TV are aimed at introducing himself to voters.

Paul Vallas has raised \$1.1 million and spent \$840,000 during the final quarter of the year. Since the end of the year, he's raised another \$669,000, leaving him with \$1.8 million on hand. His ads are focused on crime.

Continued on page 2

# Editorial & Opinions

## POWER MONEY SCANDAL Continued from front page

Garcia has raised more than \$1.4 million and spent \$151,000. He hasn't spent much campaign cash, relying on his name recognition due to his 2015 campaign against Emanuel and long career in public life. He is expected to spend more as Election Day draws near.

Ald. Sophia King of the 4th Ward, who represents parts of the downtown lakefront and the Hyde Park neighborhood in the City Council, took in \$231,000 and spent \$219,000.

State Rep. Kambium "Kam" Buckner of Chicago raised nearly \$127,000 and spent \$106,000.

Activist Ja'Mal Green raised \$22,000 and spent \$23,000. He's raised another \$53,500 since the start of the year, leaving him with more than \$66,000 in the bank.

With power comes responsibility. The people of Chicago are most concerned about crime with homicides hitting a 25-year high in 2021 and other violent crime have increased in the city, including carjackings. In response to these concerns, Lightfoot said, "We've made progress year-over-year." "But I recognize that people in the city don't feel safe." "We have started to change Chicago around for the better." "I want to finish the job that we have started.", she said during a recent debate.

If no candidate receives a majority of the vote in the Feb. 28 election, the top two vote getters will face off in a runoff on April 4.



• **On Feb. 19, 1473**, Nicolaus Copernicus was born in Poland to a prosperous merchant family. Originally designed for a career in church law, he is considered the father of modern astronomy and was the first European scientist to propose that Earth and other planets revolve around the sun.

• **On Feb. 16, 1894**, gunslinger John Wesley Hardin was pardoned after spending 15 years in a Texas prison for murder. Reputed to have fatally shot one man merely for snoring, Hardin likely killed more than 40 people, and while he became an attorney after his release, the following year he took a bullet in the back himself in a revenge shooting.

• **On Feb. 18, 1937**, severe dust storms hit five western states, resulting in a dozen deaths within a few days. Citizens were advised to plug their window sills and door jambs, and hang wet sheets over their doors and windows. They could taste dirt and dust in their food, and the clouds of it were so thick that they blocked the sun.

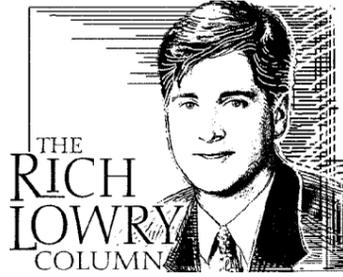
• **On Feb. 15, 1953**, 17-year-old Tenley Albright, of Boston,

became the first American female to win the world figure skating championship at an outdoor rink in Davos, Switzerland, with all seven judges giving her a first-place vote. Three years later, at the Winter Olympics, she also became America's first female skating gold medalist.

• **On Feb. 14, 1962**, Jacqueline Kennedy led a virtual tour of the White House's state rooms, which she had recently refurbished. Wearing a red wool dress and pearls, she described the mansion's antiques, furnishings and historic portraits to a wide TV audience at home, earning both critical praise and an honorary Emmy.

• **On Feb. 13, 1974**, the Symbionese Liberation Army, which had kidnapped 19-year-old heiress Patricia Hearst, demanded a ransom in the form of \$70 worth of food to be given to every needy Californian — an exchange that could cost as much as \$400 million.

• **On Feb. 17, 2007**, customs officers in Sydney, Australia, freed Sylvester Stallone after holding him for several hours and confiscating items from his staff members' suitcases. Officials claimed X-rays revealed banned products but refused to give any further details, and Stallone called the incident "a misunderstanding." The actor was in Australia to promote his Rocky Balboa character.



## The Trump-Biden embrace

America may not want a Trump-Biden rematch, but Donald Trump and Joe Biden sure do.

A CNN poll late last year showed that 6 in 10 Republicans and Republican-leaning independents want a different GOP nominee in 2024, and a roughly similar proportion of Democrats hope for a nominee other than Biden.

Not that either man is inclined to pay any attention.

Trump wants revenge against a president who humiliated him in 2020 and who, with an approval rating in the mid-40s, would seem ripe for the picking.

Biden wants to run against a persistently unpopular, controversy-plagued former president whom he beat once before and used to great effect as a foil in the 2022 midterms.

Trump's best argument is that his policies were better than Biden's.

Biden's best argument is that he's not Trump.

It's the weirdest, and most dispiriting, symbiotic relationship in politics. It's the career politician soaked in conventional politics versus the upstart developer with zero respect for rules. The establishmentarian versus the populist. Boring versus erratic. And ... unpopular versus unpopular, as well as, now that you mention it, old versus old.

If Biden stepped aside, Trump might feel a little less driven to run, whereas if Trump declined to run, Democrats would have to be much more nervous about how Biden would match up against a younger, less toxic opponent.

As it is, the weakness of each is a motivator and prop for the other.

Just consider: It's probably a good rule of thumb not to run a presidential candidate who's under federal investigation for mishandling classified documents. But does that rule hold when your candidate could well be running against another candidate also under federal investigation for mishandling classified documents?

Such are the imponderables that a potential Biden-Trump rematch presents. Both can point at the other and try to argue, in effect, "Hey, your special counsel investigation is much worse than my special counsel investigation."

Trump tucked into this debate in his characteristic fashion. In a Truth Social post, he mocked Biden for having classified documents "on the damp floor" of his "flimsy, unlocked, and unsecured" garage, whereas Mar-a-Lago is "a highly secured facility." (Of course, Biden famously insisted that his garage was locked — he has a classic Corvette to protect, after all).

Biden's team and allies have made the opposite case that, in contrast to Trump, his mistakes were inadvertent and immediately reported to authorities. Regardless of the merits, there's no doubt that Biden's possession of classified documents materially assists Trump in his case; it might save him from indictment.

By the same token, Trump's possession of classified documents materially assists Biden in his case; the discovery of the documents in Biden's various unsecured locations may be a fiasco, but not one as drawn out and legally fraught as the Mar-a-Lago drama.

It's a little like both parties running candidates in the 1972 campaign who had authorized break-ins, or in a 1980 campaign who had presided over double-digit inflation.

Now, it's entirely possible that the second season of Trump versus Biden never makes it to production. Despite all signs indicating that he wants to run again, Biden might pull up short because he doesn't feel up for it. For his part, Trump has a significant chance of winning the Republican nomination, yet it isn't a gimme, and it shouldn't help him that Biden and the Democrats so obviously want to run against him, just as they wanted to run against so many of his acolytes last November.

If the prospect of returning to 2020 is unappealing, look on the bright side: We never really left.

Trump has never let us forget that he lost to Biden (although he prefers to refer to it as getting the election stolen from him), while Biden has never let us forget that Trump is waiting in the wings.

Despite their enmity, both men want and need each other politically, whether that's what the country is interested in or deserves, or not.

Rich Lowry is editor of the National Review.

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Thursday, February 2, 2023



Tuesday, February 14, 2023



Monday, February 20, 2023

## Americanisms



"The only time to eat diet food is while you're waiting for the steak to cook."

— Julia Child

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# SENIOR NEWS LINE

by Matilda Charles

## COVID ... It's Still Here

According to the Centers for Disease Control and Prevention, the number of COVID cases has steadily risen since December. Earlier in the fall, COVID took a short break while the flu and RSV (respiratory syncytial virus) made it to center stage. Those illnesses are now waning a bit, and here comes COVID again.

It doesn't help that we have a new variant — an offshoot of Omicron, the XBB.1.5 — taking off around the country. By Christmas nearly half the cases of COVID were that new variant, so it's growing.

Seniors, as usual, are being hit hard with those in the age 70+ range being the largest group affected, followed by ages 60-69.

If you're hesitant to go back to being extremely careful, we're experiencing what some doctors are calling the Senior Wave. It means the numbers on a graph show that the largest group affected with hospitalizations are seniors.

Which means it's still not time to let down our guard. If anything, it means renewing our efforts to stay safe. Frequent handwashing, wearing a mask in the store, even if you're the only one who is, staying out of large groups ... we know how to do this.

And like it or not, we should. The growing number of seniors being hospitalized or dying due to COVID should shake up all of us.

Another, and possibly even more accurate, statistic for the spread of COVID is the wastewater. This is where municipalities test the sewage for COVID. People can hide their exposure and illness by using the at-home tests we all received in the mail, thereby skewing the "official" numbers, but the sewage in an area is sure to be more accurate.

To see the wastewater data by county, go online to CDC.gov and search for "National Wastewater Surveillance System" (NWSS).

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# VETERANS POST

by Freddy Groves

## Scammers Nabbed in False Claims Cases

It's not the brightest of individuals who try to con the Department of Veterans Affairs out of goods, services and money. They eventually get caught.

A Pennsylvania company has been fined \$44 million for allegations about services they didn't provide. In this false claims case, the service they allegedly provided was cardiac monitoring. Instead of doing what they'd been contracted to do, when they got "busy," they farmed out the services to India. The diagnostic testing and monitoring, as well as other services, were done by personnel in India who weren't qualified. Patients getting health care via the VA, TRICARE, Medicare and the Federal Employee Health Benefits Program, and likely their physicians, had no idea.

To their credit, it was some former company employees who blew the whistle and brought the whole thing to light. (They'll be getting \$8.3 million as a reward.) The company, meanwhile, was fined and denied access to any further government business, right? Wrong. Per the press release, the company was put under a five-year agreement to do assessment and internal review to pinpoint compliance risk.

In another false claims case, a New York man is going to prison for 20 years for crimes involving investment fraud and the sale of non-existent N95 masks. Over the years, in a long-term Ponzi scheme, he continued to solicit money, using new money to fund new acquisitions and a fancy lifestyle.

Enter the pandemic and the need for masks and personal protective gear in hospitals and clinics. Pretending to have a direct pipeline to U.S. factories that could provide those items, he conned \$7.4 million out of medical supply companies that believed they were buying the hard-to-get gear. It didn't help that the criminal attempted to con the VA out of \$3 million in upfront money for 125 million masks, in what would have been a \$750 million deal. Besides the 20 years in prison, he'll also be paying back \$106 million in money he stole from investors.

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# Strange BUT TRUE

By Lucie Winborne

• During World War II, the Lay-Z-Boy company had to stop producing recliners because of the war effort. Instead, they used their production facility to mass produce (we hope much more comfortable) seats for tanks and other military vehicles.

• Champagne was originally a holy wine.

• The only people guaranteed to get Super Bowl rings, regardless of a game's outcome, are the referees, though their rings aren't nearly as large or valuable as that of the players.

• In the 1880s, a railroad signalman named James Edwin Wide taught a South African baboon to perform his job by recognizing the whistles that indicated a train was about to change tracks. Dubbed "Signalman Jack," the animal performed his duties so well that not only was he formally hired at a salary of 20 cents per day and half a bottle of beer per week, he carried on for nine years until his death from tuberculosis in 1890.

• Trees were not around for 90% of Earth's history.

• Queen lead singer Freddie Mercury's overbite resulted from four extra teeth in his upper jaw. He refused to have them removed, however, for fear the surgery would affect his voice and vocal range.

• In the 2015 film "Jurassic World," Chris Pratt's character carries a stainless-steel Marlin 1895 — the only firearm on Marlin's website that's rated for a T-Rex.

• Two churches in Vrontados, Greece, have a particularly unconventional way of marking the Easter holiday: They fire rockets at each other! While they used to use cannons, those were outlawed. The tradition has been carried out for at least four centuries.

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**Thought for the Day:** "The heart of man is very much like the sea, it has its storms, it has its tides and in its depths it has its pearls too." — Vincent Van Gogh

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# KOVELS' Antiques & Collecting

By Terry and Kim Kovel

## Coal Scuttles

A fireplace takes a lot of watching and "feeding" if it is going to keep a room warm. Today's wood-burning fireplaces use logs cut to the right size to fit into the fireplace. A metal basket holds the logs behind andirons, and a fire screen blocks the ashes and cinders from spilling out into the room. The poker is a tool used to turn or move burning logs. The shovel removes the ashes when the fire is put out. But what is the use of the big box with a lid that is on the floor next to the fireplace?

The box is called a coal scuttle. They were first used in the 18th century to hold lumps of coal for the fire. By 1850, coal had been replaced by logs, but the box is still called a coal scuttle. The box could also be used to collect ashes when the fire was out.

This coal scuttle is made of oak with brass trim. It was made about 1900 in the shape of an earlier example with four round feet and a metal lining. It sold for \$125 at a DuMouchelles auction in Detroit.

\*\*\*

**Q:** When I was little, before I had my ears pierced, my mother let me play dress-up with vintage clip-on earrings that originally belonged to her mother and aunt. Were clip-on earrings more popular than pierced? When did ear piercing become more common?

**A:** Clip-on earrings were a 20th century invention. The first earrings were for pierced ears. Post and stud earrings appeared in the mid-1800s, but by the end of the century, people saw piercings as barbaric. Earrings with screw backs were invented in 1894 as an alternative to piercing. Clip-on earrings were patented in the 1930s. Pierced ears became fashionable again in the 1960s. As the styles changed, new owners sometimes put new backings on older style earrings, changing from clip-on to pierced and vice versa.

\*\*\*

TIP: Pictures above a bed or sofa



A coal scuttle wasn't always used for coal; it could hold logs or collect ashes. This one from about 1900 sold for \$125 at DuMouchelles in Detroit.

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## CURRENT PRICES

Game board, two-sided, checkers and Chinese checkers, pine, hexagonal shape, black frame, turquoise and black checkerboard on one side, multicolor Chinese checker board on reverse, c. 1925, 23 inches, \$95.

Advertising tin, Crawford's Biscuits, steam roller truck shape, red and black, hinged roof opens to biscuits, front of boiler with logo and "William Crawford & Sons Ltd., Biscuit Manufacturers, Edinburgh, Liverpool & London," 7 1/2 inches, \$615.

Toy, piano player, Le Petit Pianiste, man seated at piano, sways back and forth, hands move across keys, plays chime music, wood, metal, cloth, Fernand Martin, France, 6 inches, \$1,165.

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

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by Ryan A. Berenz

## Play Better Golf with JACK NICKLAUS

**C**ROSSWINDS CAN BE A TOUGH CHALLENGE, BUT THEY CAN ALSO GIVE YOU AN EDGE, ESPECIALLY ON TEE SHOTS.

YOU'LL GET MORE DISTANCE IN A LEFT-TO-RIGHT WIND BY TEEING UP LEFT AND HITTING DOWN THE LEFT SIDE, LETTING THE BREEZE BLOW THE BALL BACK TO THE CENTER OF THE FAIRWAY.

THE REVERSE OF COURSE, APPLIES IN A RIGHT-TO-LEFT WIND — TEE UP RIGHT, THEN HIT DOWN THE RIGHT SIDE.

## Play Better Golf with JACK NICKLAUS

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HERE'S A DRILL TO HELP YOU IMPROVE YOUR BALANCE.

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## STAN SMITH'S TENNIS CLASS

**HIT AT THE PEAK**

Most players have a hard time getting the service toss height right. It's important to hit the ball on your serve with your arm completely extended.

Many players toss the ball unnecessarily high, forcing them to hit the ball as it comes down — when it is traveling fastest.

Make sure your toss isn't too high, as this will make your timing on the serve easier. It should be about the height of your racket and arm above your head.

1. Which Ismail brother had more NFL career receiving yards: Raghib "The Rocket" or Qadry "The Missile"?
2. In what U.S. city would you find the historic Blue Horizon boxing venue?
3. Georgia Bulldogs Heisman Trophy winner Herschel Walker played for what USFL team from 1983-85?
4. "Bad As I Wanna Be" is a 1996 autobiography by what five-time NBA champion?
5. The Daphne Akhurst Memorial Cup is presented to the women's singles champion of what tennis tournament?
6. Name the standout wide receiver for the University of Richmond Spiders and 1986 NFL draft pick by the Detroit Lions who flew two missions onboard Space Shuttle Atlantis?

### Answers

1. Raghib with 5,295 yards (Qadry had 5,137).
2. Philadelphia.
3. The New Jersey Generals.
4. Dennis Rodman.
5. The Australian Open.
6. Leland D. Melvin.

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# Health



## Supplements Taken at Lower Doses Won't Adversely Affect Health

**DEAR DR. ROACH:** I am a healthy 46-year-old woman who exercises daily for health, strength, and stress relief. I also want to stay relatively lean. In order to maintain muscle mass and control fat, I've been advised consistently (by a Ph.D. nutritionist and a couple of "nutrition coach" trainers) to take 1 g of protein per pound of body weight daily. They also have advised leucine and L-carnitine supplements. I usually have 1 scoop of whey protein (about 25 g) and 1/2 to 1 scoop of plant protein daily. I take about 1 g of leucine per day. My L-carnitine supplement is 500 mg.

My question is, are any, or all, of these supplements safe for long-term use and are there any concerns or possible side effects I should be concerned about? I have read plenty that recommend them, but the goals for taking them are usually short-term.

Other than having extra protein, my diet is slanted away from sugar and toward whole foods and lots of vegetables. I work out seven days a week, including four to five "hard" days of cardio and weightlifting and two to three "light" days of easy cardio. I also stretch and get at least seven hours of sleep daily.

I want to have health, mobility and strength as long as possible and want to make sure I'm not inadvertently hurting the long goal by using supplements now. — M.

**ANSWER:** Understanding advice on nutrition and supplements for exercise is difficult because the evidence is often poor-quality and conflicting, probably due to the fact that what is effective for

one person may be ineffective for another.

Carnitine is found naturally in muscle and is important in moving fat into the mitochondria, where it can be used as energy. Carnitine supplementation has been shown to improve exercise tolerance and increase use of body fat stores for energy. It can also improve blood and oxygen flow to the muscle if taken with large amounts of carbohydrates (the study authors used 4 ounces of simple sugar in water — more than it sounds like you take in, and perhaps more than optimal for good health). Carnitine is safe at the dose you are taking: At doses six times that high, it may cause nausea, vomiting and diarrhea.

Leucine, like valine and isoleucine, is a branched-chain amino acid. They are "essential," meaning they cannot be synthesized in the body. They are found in red meat and dairy products. They are also found in legumes, nuts, grains and seeds, but a person on a strict vegan diet needs to be careful to mix these appropriately, to get all the essential amino acids they need.

Some claim that branched-chain amino acids reduce fatigue, improve endurance, provide fuel for working muscle and reduce muscle protein breakdown and soreness from exercise, but there is no high-quality evidence that they are effective. A chicken breast contains the equivalent of seven average branched-chain amino acid supplement tablets. Leucine in the dose you are taking should have no adverse effects.

The standard guideline recommends that individuals consume 150 g of protein-rich foods daily, for a 2,000 calorie diet. You may be burning more than 2,000 calories with exercise, but you are certainly getting all the protein you need. Excess animal protein may worsen kidney function, but plant protein does not seem to cause that issue.

In my opinion, your diet and exercise, which are remarkable, are much more likely to achieve your goals than your supplements, but I do not think the supplements are harming you.

## Family History of Breast Cancer Prompts Man to Get Examined

**DEAR DR. ROACH:** My mother and both of her sisters had breast cancer in their 30s, with my mother eventually passing after her third bout at

age 43. They all grew up in the same house that I grew up in. I'm now a 34-year-old father of three small children. I don't want to die early because I need to be around for them, but the generalized advice I'm seeing is that I don't need a can-cer screening until my 40s.

**Am I overly sensitive, or am I missing something that I should potentially screen for? — M.M.**

**ANSWER:** With your mother and two aunts having breast cancer at such a young age, I would be concerned about an inheritable cancer gene such as BRCA1 and BRCA2. This gene may not have been identifiable at the time they had their cancers, as the first test became available in 1996. It is worth a discussion with a genetic counselor to consider testing for you.

Men with the BRCA1/2 genetic mutations are at risk to develop breast cancer themselves and are recommended to do monthly breast self-examinations starting at age 35, with a clinician exam yearly. A PSA test is also recommended for men who are positive for BRCA2 (and maybe for men with BRCA1), as men with these mutations are more at risk for prostate cancer at a younger age than average-risk men.

Although BRCA increases the risk of colon cancer, all men should get colorectal cancer screenings at age 45, regardless of BRCA status. Those with a strong family history of colon cancer should speak with an expert about the right time to begin screening.

I honor you for considering your family and expect you are doing as much as you can with your lifestyle to keep yourself healthy. A diet including plenty of fresh fruits and vegetables, with little to no processed meat, has been shown to reduce cancer risk as well as heart disease risk, which is still the major cause of death in industrial societies.

The most likely causes of death in men your age include motor vehicle accidents and suicide. These are not completely preventable, but driving safely, not texting while driving, never driving while intoxicated and seeking help with symptoms of depression go a long way at reducing your immediate risk so that you can continue to be there for your children.

\*\*\*

**DEAR DR. ROACH:** I first tested positive for COVID eight days ago. Should I start Paxlovid now? — P.M.

**ANSWER:** This medicine has made a huge reduction in the number of people who get so sick from COVID that they need to be hospitalized, but only when used properly. This means it has to be used at the right time — ideally within 24 hours of getting sick and certainly within five days. It's not likely to be of any help to you eight days after symptom onset.

The medicine is of most value to people who are at high risk of severe COVID. This includes people who are unvaccinated, people over 65 and people with high-risk conditions such as advanced HIV, organ transplantation or other severe problems with the immune system (including cancer chemotherapy and similar powerful drugs used for autoimmune diseases). Healthy, younger, vaccinated people with initial mild to moderate symptoms are at low risk for severe COVID (as of the time of this writing, with the omicron strains currently circulating) and do not benefit much from Paxlovid.

## Chalazions Continue to Develop in Both Eyelids

**DEAR DR. ROACH:** Are oral antibiotics ever prescribed to treat chalazions, in addition to eye drops and ointment? I have had two this year for seemingly no reason. They were treated with tobramycin eye drops, ointment and warm compresses. The first one didn't resolve with those meds and was excised surgically. That eyelid then became infected without a chalazion and was treated with a second round of antibiotic drops. It remains a bit puffy and pinkish in color, which I chalked up to the new normal appearance.

Now, a chalazion has developed in the other eyelid. I don't wear eye makeup and use an eyelid cleanser recommended by my ophthalmologist. I am an otherwise healthy 76-year-old woman. Could there be a systemic bacterial or viral infection causing chalazions to keep developing? — M.W.

**ANSWER:** The terms for different types of eyelid lesions can be a bit confusing. Most people are familiar with a stye, which is a localized inflammation of the upper or lower eyelid, most commonly caused by an infection of one of the glands of the external eye, usually by the bacteria *Staphylococcus aureus*. A stye is also called a hordeolum. An

external hordeolum is in the eyelash follicle or the lid margin, whereas an internal hordeolum is inflammation in the meibomian glands, the ones that secrete mucous to help keep the eyes lubricated.

Makeup can block these glands and predispose someone to hordeola. Hordeola are treated with warm compresses and sometimes by an eye specialist, with a combination of antibiotic drops and topical steroids. Drainage by an ophthalmologist is necessary if it doesn't get better within one to two weeks. If the infection gets into the skin around the eye, it may need oral antibiotics.

A chalazion is not an infection. It's a usually painless rubbery mass in the eyelid. A chalazion can be a complication of a hordeolum, since the glands are blocked by inflammation, leading to thickened secretions from the gland. Since it's not an infection, neither oral nor topical eye antibiotics are useful. These also usually get better with warm compresses over weeks to months. People with recurrent chalazia should be considered for biopsy, since they can turn out to be tumors in rare circumstances.

\*\*\*

**DEAR DR. ROACH:** I am a 72-year-old female with numerous health issues, including three types of epilepsy. About two years ago, I experienced watching my pillow turn into bubbles and ants marching across my bedroom ceiling. They remained there and did not join me in bed, thankfully. After some time, they went away — until this week. I am awake and alert when I see them, and it always happens at night. Due to a staphyloma, I only have vision in one eye. I was also born with cataracts and had those, along with age-related ones, removed at age 69 and 70. I am wondering if these visions I am experiencing could be yet another form of epilepsy. — S.G.

**ANSWER:** Although epilepsy can certainly cause visual hallucinations, they usually last only seconds and are not normally as complex as what you describe. Rather, I think this is more likely to be Charles Bonnet syndrome, which is associated with visual loss (that does not have to be complete). These visions are usually colored and may stay still or move, and hallucinations of animals and people are well-described. Moving the eyes toward and away from the hallucinations rapidly may suppress them. There are available medications to make them go away, which some people want and others do not.

# Financial

## Ways to pay down your credit card debt

If you have good-to-excellent credit, apply for a balance-transfer card with a 0% introductory rate. Such cards can provide some breathing room to let you pay off that new appliance or car repair over time without interest. However, once the introductory period ends, the interest rate will rise to the card's regular rate, which could be even higher than the rate you were paying before the balance transfer. Ideally, try to pay off most or all of your balance before that happens. Divide the amount you owe by the

number of months in the balance-transfer period to get an idea of how much you should try to pay down each month. Wells Fargo, Bank of America and Citi-bank are offering balance-transfer cards with a 0% rate for up to 21 months. Most charge a transfer fee of 3% to 5% of the balance. Resist the temptation to add to your credit card debt, even if you get offers for 0% interest on new purchases.

## Use automatic payments to avoid being late

The average first time late fee for credit card accounts

in 2019 was \$26, and \$35 for those who'd been late in the past. In addition, you instantly start accruing interest on any balance once past your monthly interest-free grace period. Also, late payments will affect your credit score. Avoid these negatives by setting up automatic monthly payments — either through your bank or the credit card company for at least the minimum amount, or set up alerts to remind you when payments are due.

## Try to stick with a single card

Look for a credit card option that earns the most possible

on every purchase, and stick with it for all your shopping needs.

## Switching cards for a better fit

If you're paying an annual fee for a credit card with rewards that you don't use, call your card issuer to see if it could move you to a card that's a better fit. Switching cards means you could avoid a credit inquiry. That's a good way to get rid of the annual fee without any repercussions on your credit.

## Spending to get a great deal

Many credit cards offer dis-

counts, with conditions. They're great, if they're on things you were going to buy anyway. But buying something you don't need on sale is not getting a deal.

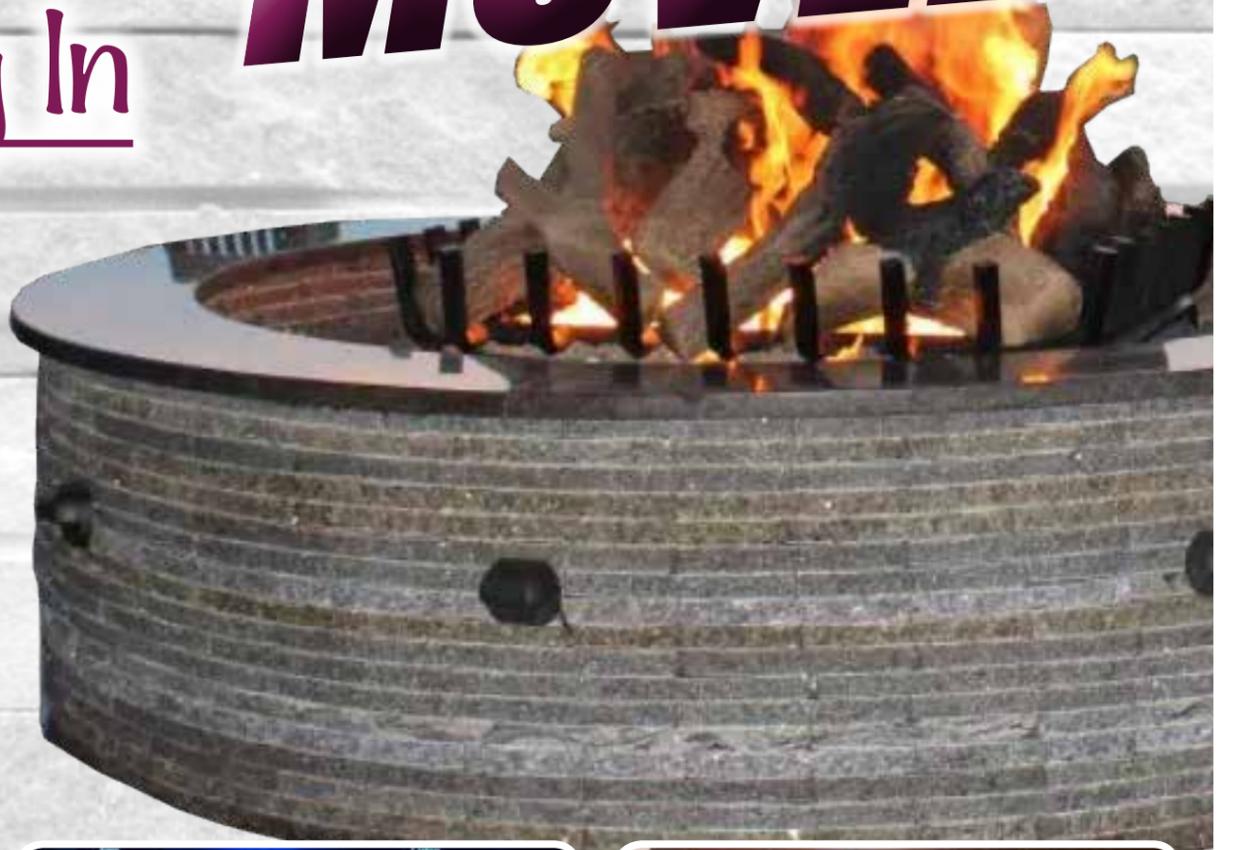
Carrying a balance has always been expensive and right now the Federal Reserve Board continues to raise short-term interest rates. Paying the minimum amount, over time, will add thousands of dollars to the amount you owe.

Start the new year on the right track and do your best to get that credit card debt under control.

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1. Who sang "Seasons in the Sun" in 1974? Bonus for knowing what the song is about.
2. Name the group that recorded "The Love You Save."
3. Who released the popular version of "Wild Thing"?
4. Which Kool & the Gang song was selected for inclusion in the National Recording Registry?
5. Name the song that contains these lyrics: "It's hard for a back street affair to be easy, For each hour of happiness there's two hours of pain."

**Answers**

1. Terry Jacks. The singer is dying and is saying goodbye to family and friends.
2. The Jackson 5, in 1970. It stayed at the top of the soul charts for six weeks. Michael Jackson was 12 years old at the time.
3. The Troggs, in 1966. Their name came from Troglodytes, who were cave dwellers. The Wild Ones version of the song in 1965 didn't chart.
4. "Celebration," in 1980. It was their only song to top the Billboard Hot 100 chart.
5. "Any Which Way You Can," by Glen Campbell, in 1980. The song was the title track in the film by the same name, a sequel to the 1978 film "Every Which Way But Loose." The films starred Clint Eastwood and an orangutan named Clyde.

# Strange BUT TRUE

By Lucie Winborne

- Research has shown that girls and women who watched the TV series "The X-Files" were more likely to believe in the importance of STEM (science, technology, engineering and math) and to encourage their own daughters and granddaughters to pursue careers in those fields — something called "The Scully Effect" after the series' female main character, Dana Scully.

- Pterophobia is the fear of your mother-in-law. There, folks, you now have an official name for it.

- In 2006, actor William Shatner, beloved by "Star Trek" fans as Captain James Tiberius Kirk, sold his kidney stone, complete with stent and string, to a casino for \$25,000. While Shatner retained "visitation rights," the complete proceeds were donated to Habitat for Humanity.

- Whack, zoom, out of the way! A table tennis ball can travel off the paddle at a speed of 105.6 mph.

- All of the world's pandas are technically owned by China. The country leases them to zoos in an act called panda diplomacy.

- Ever dreamed of being a swash-buckling buccaneer? Try attending MIT, where after completing courses in pistol shooting, fencing, archery and sailing, undergraduates can earn a bona fide Pirate Certificate. (Note: For entertainment purposes only!)

- On Dec. 19, 1881, Sir William Payne Gallwey, a retired conservative member of the British Parliament, died while out shooting on his estate, Thirkleby Park — but not from a gunshot. Instead, Gallwey suffered a fall and landed on a turnip, sustaining serious internal injuries to which he succumbed a few days later.

- Bananas get their curves by turning skyward as they grow, to absorb sunlight.

\*\*\*

**Thought for the Day:** "Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." — Samuel Ullman

# top 10 movies

1. **Avatar: The Way of Water** (PG-13) Sam Worthington, Zoe Saldana
2. **M3GAN** (PG-13) Allison Williams, Violet McGraw
3. **Puss in Boots: The Last Wish** (PG) Antonio Banderas, Salma Hayek
4. **A Man Called Otto** (PG-13) Tom Hanks, John Higgins
5. **Plane** (R) Gerard Butler, Daniella Pineda
6. **House Party** (R) Andrew Santino, Tosin Cole
7. **Black Panther: Wakanda Forever** (PG-13) Letitia Wright, Lupita Nyong'o
8. **The Whale** (R) Brendan Fraser, Sadie Sink
9. **Whitney Houston: I Wanna Dance with Somebody** (PG-13) Naomi Ackie, Stanley Tucci
10. **Waltair Veerayya** (NR) Chiranjeevi, Ravi Teja



**"Everything Everywhere All at Once"** (R) — Evelyn Quan lives in a state of chaos in her everyday life. She is the owner of a laundromat and mother to her misunderstood daughter, Joy, and a million other tasks always seem to snatch up her attention. Because of this, her relationships begin to fall apart, leading up to one seemingly ordinary day when her life gets flipped upside down. A version of her husband, Waymond, from an alternate universe, visits her in need of her help from the evil Jobu Tupaki, who plans to destroy each existing universe one by one. As this alternate Waymond teaches her about the multiverse, Evelyn learns she has a much bigger purpose than she ever imagined in the fight against Jobu. With Michelle Yeoh and Ke Huy Quan taking home Golden Globes for this visually stunning film, "Everything Everywhere All at Once" is incredibly profound — and a must-watch. Out now. (Showtime)

**"You People"** (R) — Ezra Cohen (Jonah Hill) hasn't had much luck in his quest for love, although marriage is something he definitely sees in his future. When he accidentally wanders in Amira's (Lauren London) car, thinking that she's his Uber driver, he begs her for the chance to make it up to her. Ezra and Amira begin to hit it off, and Ezra finally feels like he's found the right person for him. As he makes plans to propose to Amira, Ezra's friend, Sam, tells him he needs to speak with Amira's family. So, Ezra sits down with Amira's parents (Eddie Murphy and Nia Long), and he finds that integrating his Jewish family

with Amira's Black family isn't as seamless as he thought it'd be. Julia Louis-Dreyfus and Mike Epps also star in this relatable comedy film, co-written by Hill and director Kenya Barris. "You People" premieres Jan. 27. (Netflix)



Courtesy of Elevation Pictures

**From left, Stephanie Hsu, Michelle Yeoh and Ke Huy Quan star as the Wang family in "Everything Everywhere All at Once."**

**"Shotgun Wedding"** (R) — Originally starring Armie Hammer as the male lead before abuse allegations came out against him, this romantic comedy film about a destination wedding replaced him with Josh Duhamel in the male lead role, with Jennifer Lopez as his opposite. They play a couple named Tom and Darcy, who are about to say their "I do's" in the perfect tropical setting. At first, Tom and Darcy think the worst of their worries will be dealing with their eccentric family members. But then, right before the wedding, plans get interrupted by a heavily loaded gang of criminals. The criminals take Tom and Darcy's families hostage, but the couple manages to escape and attempts to get help while simultaneously running from the captors. Is there any better way to start the rest of your lives together? This Prime Video original film premieres Jan. 27. (Prime Video)

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# top ten

## Most-Searched People in the World: 2022

1. Johnny Depp
2. Will Smith
3. Amber Heard
4. Vladimir Putin
5. Chris Rock
6. Novak Djokovic
7. Anna Sorokin (Delvey)
8. Andrew Tate
9. Rishi Sunak
10. Simon Leviev

Source: Google

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- Toothpaste works well as a silver polish. Wet your silver, plop a little non-gel toothpaste on it and rub gently to clean. Rinse well and let it shine.
- A great hint from Mary R. of Duluth, Georgia: If the kids are drawing with felt markers and their hands get covered with ink, don't worry. Just spray their hands down with hairspray, then wipe off the ink with a paper towel. Don't forget to wash their hands afterward!
- Dip your toothbrush in baking soda before you add toothpaste when brushing your teeth. You get used to the taste, but the extra scrub really gets your teeth clean, and it's very inexpensive to use. — R.E. in Arizona

- Have clumped-up sugar in the canister? No worries. To keep sugar from hardening, add a slice of bread to the container from time to time, and leave it there a day before removing.
  - Use this quick fix for oily hair. Rub a small amount of cornstarch into the oily areas of your hair. The cornstarch will soak up the dirt and oil; you just brush it out.
  - A reader from Michigan wonders: How can I keep from having static head, especially when using a hat? The answer: You probably already have a tube of lip balm in your pocket or purse. Rub some on your palms, then run your palms over your hair.
- 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 — Will Harrison Ford ever slow down? The 80-year-old superstar has completed "Indiana Jones and the Dial of Destiny," due June 30. Then he steps in for the late **William Hurt** as Thaddeus Ross in "Captain America: New World Order," due May 3, 2024. July 2024 brings "Thunderbolts," where Ford will reprise the role of Thaddeus Ross. His Paramount+ Western series "1923" premiered Dec. 18, 2022, and will run for two seasons, eight episodes each. You'd think Ford would take time to spend his \$300 million enjoying time with his wife, **Calista Flockhart**, and his children!

But his 77-year-old co-star, Oscar winner **Helen Mirren**, is no slouch either. Both "Golda" (as in Golda Meir) and "Shazam! Fury of the Gods," with **Zachary Levi**, hit screens this March, followed by "Fast X" and "White Bird: A Wonder Story" this May.

\*\*\*

In 1968, while shooting celebrities during a press screening of **Steve McQueen's** film "Bullitt," I got into an altercation with **Elliott Gould**, then married to **Barbra Streisand**. We four photographers had to walk backward as they rushed out, and when Streisand saw us, she went crazy and kept covering her face with her hands, saying "You have enough, don't you?" I answered her with: "If you'd been polite and stopped for us, we wouldn't have to bother you now!"

An infuriated Gould lunged at me, grabbed my heavy Nikon Camera chain, and lifted me off the ground. He threw me into the street, pummeling me against a parked car. Doctors at UCLA Medical Center said I had a dislocated shoulder as well as other injuries. It took three years to get to court, at which time I won all three charges for battery against him. I was awarded four figures, but I told Gould that at the time, it wasn't about money. It was about principal and precedent. Everytime I encountered him after that, he was civil, saying, "They told me to be nice to you." Once, at a charity event, he offered me a marijuana joint as a peace offering, but I declined.

A few weeks ago, I went into a local Smart & Final store, and when I reached the glass cleaner aisle, I was astounded to see Elliot Gould there. I said to him, "Do you recognize me?" He said, "You look familiar." I replied, "Does the name Tony Rizzo mean anything?" "Oh," he said, "You're that guy who won a lawsuit against me." I said, "I hope you know I never blamed you. You, **Ryan O'Neal**, **Don Johnson** and **Jon Peters** all acted as Barbra's protectors when she saw photographers and flipped out." I asked him why he was there, and he just said, "My maid sent me to get Windex." Such is the price of fame



James Minchin III/Paramount+

**Harrison Ford and Helen Mirren as Jacob and Cara Dutton in "1923"**

and fortune!

HOLLYWOOD — A 2018 Pennsylvania jury found **Bill Cosby** guilty on three counts of aggravated indecent assault, for drugging and sexually violating a woman in his Cheltenham, Pennsylvania, home in 2004. He received a three-year sentence, but in 2021, he was released from prison after the Pennsylvania Supreme Court overturned his conviction.

On the heels of his release, Cosby announced plans to start touring again in late 2023. His promoter claims, "He has hundreds of thousands of supporters asking for him to do a show." Recently, five women, including two from "The Cosby Show," filed sexual assault lawsuits against Cosby using a new New York law, the Adult Survivors Act, which lets victims sue abusers even after the statute of limitations expires. Cosby believes, "When I come out of this, I'll be able to perform and be the Bill Cosby my audience knows me to be."

Still the question persists ... in view of his predatory crimes, will people find anything he says funny? \*\*\*

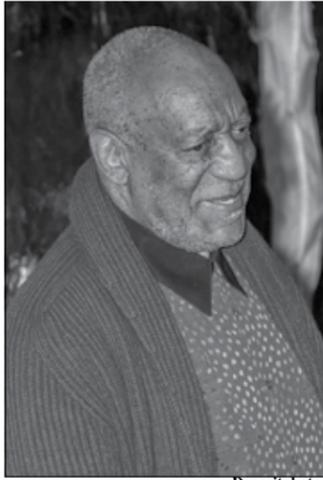
Here's another one for the history books. **Franco Zeffirelli's** 1968 classic "Romeo and Juliet" starred then-unknowns **Leonard Whiting** (16) and **Olivia Hussey** (15), who became overnight sensations after the success of the film. The film won Oscars for cinematography and costume design, and the two young actors both won Golden Globe Awards for

Most Promising Newcomers.

Of the two, Hussey had a more important career. In 1971, she wed **Dean Martin's** son **Dean Paul Martin**, of the pop group **Dino, Desi & Billy**. I photographed their Las Vegas wedding with the entire Martin clan. In 2015, Hussey and Whiting reunited for the British romantic psychological thriller "Social Suicide." The film went pretty much unnoticed.

Flash forward to December 2022, when Whiting and Hussey filed a lawsuit through the Los Angeles county Superior Court, accusing Paramount Pictures (who released "Romeo and Juliet") of sexually exploiting them and distributing nude images of adolescent children. Director Zeffirelli died in 2019 and cannot answer for his actions. Apparently, they claim Zeffirelli assured them that there would be no nudity. They were fitted with flesh colored undergarments, but he convinced them to use body makeup instead. They claim mental anguish and emotional distress has followed them in the 55 years since the film's release.

Yet Hussey told Variety in 2018, "Nobody my age had done that before." She said that Zeffirelli shot it tastefully, which was needed for the film at a time when nudity was common in European films. She also told Fox News, "It wasn't that big of a deal. And Leonard Whiting wasn't shy at all! In the middle of shooting, I just completely forgot I didn't have any clothes on." You can buy a lot of clothes with the \$500 million damages they're seeking!



Depositphotos

**Bill Cosby**



by Dana Jackson

**Q.** What is **Bryan Cranston's** new show "Your Honor" about? Does he play a judge? Where can I stream it? — *L.J.*

**A.** Yes, Bryan Cranston does play a judge in Showtime's "Your Honor," but it's not your typical courtroom drama. It's about a father who must confront his deepest convictions after his son is involved in a hit-and-run accident and becomes the target of a crime family. In addition to the four-time-E Emmy-winning Cranston ("Breaking Bad"), "Your Honor" boasts a stellar cast that also includes Oscar nominee **Rosie Perez** ("Fearless") as an assistant U.S. attorney.

Season two premiered this January on Showtime, which can also be streamed as an add-on service through existing streamers like Hulu, Prime Video, Paramount+ and AppleTV+.

\*\*\*

**Q.** When is "The Mandalorian" returning with new episodes? I vaguely remember the season two finale having a very young-looking **Luke Skywalker**. How did they make **Mark Hamill** appear so young? — *D.A.*

**A.** It's been more than two years since the second chapter of the Disney+ Star Wars saga "The Mandalorian" concluded. **Mark Hamill**, who has played **Luke Skywalker** since the first "Star Wars" movie wowed audiences in theaters during the summer of 1978, made a surprise cameo in the season two finale. **Richard Bluff**, industrial light and magic VFX supervisor, explained to IndieWire.com that they tried to recreate **Luke** as he looked in "Return of the Jedi," and they used both **Hamill** as well as a younger body double.

They then used **Lola Visual Effect's** 2.5D process and compiled photographs and scenes of **Hamill** from "Return of the Jedi," using **Lola's** Photoshop-like technique involving skin smoothing and shape warping through 2D compositing. The end result was an astonishingly believable likeness of a young **Luke Skywalker**.

Season three of "The Mandalorian" premieres on Disney+ March 1.

\*\*\*

**Q.** I was so upset when they canceled "Good Girls." What are



Depositphotos

**Bryan Cranston ("Your Honor" and "Breaking Bad")**

the three female stars doing now that it ended? — *W.C.*

**A.** **Christina Hendricks**, **Retta** and **Mae Whitman** reportedly agreed to take pay cuts if NBC renewed their series, "Good Girls," for a fifth season, but unfortunately, it wasn't enough for the show to avoid the ax. It's been rumored that failed negotiations with **Manny Montana**, who played fan favorite **Rio** on the show, were what ultimately ended any chances of another season. Apparently, there was no love lost between **Hendricks** and **Montana** either, but **Hendricks** was disappointed in the show's cancellation.

Up next for **Whitman** is "Up Here," a new musical comedy series premiering on Hulu in March, co-starring **Carlos Valdes** ("The Flash"). And **Hendricks** has joined the cast of an upcoming series on AppleTV+ based on **Edith Wharton's** unfinished final novel, "The Buccaneers."

**Retta** signed a talent-holding deal with NBCUniversal to find projects for her to headline. In the meantime, she's been hosting "Ugliest House in America" on HGTV and is filming the upcoming film "Hitman," co-starring **Glen Powell** ("Top Gun: Maverick").

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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### A Perfect Pregame Warmup

As one of the ultimate comfort foods, chili is an ideal watch-party snack: easy to prepare, stays warm in a slow cooker and can be personalized by guests with a wide variety of toppings. Consider adorning your bowl with a combination of these add-ons:

- Shredded cheese
- Sour cream
- Ketchup
- Hot sauce
- Jalapenos
- Green onions
- Chives
- Olives
- Diced avocado
- Diced tomato
- Bacon bits
- Corn chips
- Crackers

Photo courtesy of Getty Images

# Go Long on Game Day

## Ready-for-action recipes to feed fans

**FAMILY FEATURES**

**W**hen game day arrives and your crowd is ready to crank up the heat, turning to appetizers and dishes that feed the whole group can help save the season. You can defend against overly complicated recipes with long cook times by instead opting for finger foods and handheld snacks that allow for more pregame prep and less cleanup after the final whistle.

For example, setting up a chili bar allows for convenient eating throughout the game as it's easy to keep warm for hours. To give your guests a variety of flavors to choose from, these recipes for bacon-wrapped potatoes and ribs glazed with a sweet-hot sauce involve short ingredients lists and simple preparation to keep you out of the kitchen and into the game.

To find more recipe inspiration for game day, visit Culinary.net.



Pigskin Potatoes from The Little Potato Company

### Score Big with Little Potatoes

Part of the fun of the Big Game is the food, and you can score big points by serving up crowd-pleasing sides and snacks. For a familiar spin on a football-watching favorite, try these Pigskin Potatoes: a classic combination of little potatoes and melted cheese wrapped with bacon. There's no fumbling around with this game day snack made with Creamer potatoes from The Little Potato Company. With no washing or peeling required, little potatoes cook in next to no time whether they are boiled, roasted or smashed. You can be the MVP of your kitchen without missing a second of the action. Visit [littlepotatoes.com/gameday](http://littlepotatoes.com/gameday) for more game day recipe inspiration and to find a store near you.

### Pigskin Potatoes

Prep time: 20 minutes  
Cook time: 44 minutes  
Servings: 8

- 1 bag (1 1/2 pounds) Dynamic Duo or Terrific Trio Little Potatoes
- 6 ounces plain cream cheese at room temperature
- 1/3 cup finely shredded orange cheddar cheese
- 3 tablespoons finely chopped fresh chives
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 jalapeno, finely diced (optional)
- 1 pound thinly sliced bacon, rashers cut in half

Heat oven to 400 F.

Boil potatoes until fork tender, approximately 15-20 minutes. Cut in half and allow to cool.

In bowl, use spatula to combine cream cheese, cheddar, chives, salt, pepper and jalapeno, if desired. Once chilled, spread cream cheese on half of cut potatoes and sandwich each with other halves. Wrap each potato using half rasher of bacon around cut middle to ensure cheese doesn't escape. Bake on middle rack 10 minutes. Flip and bake 10 minutes. Turn oven to broil. Broil 2 minutes, turn once and broil 2 minutes until bacon reaches desired crispiness. Tip: Boil potatoes 2 days ahead. Fill and wrap potatoes 1 day ahead then bake and serve on game day.

### A Sweet-Heat Snack

Finger foods and watch parties go hand-in-hand, which is why these baby back ribs are ideal for grabbing a couple (or more) and heading to your favorite spot on the couch. Glazed with a mixture of honey, chipotle peppers and mangoes for some sweet heat, they're cooked low and slow for fall-off-the-bone flavor.

Just wrap the ribs and sauce in aluminum foil, place over low indirect heat and let your grill do the work. To help simplify game day, try cooking a day in advance and warm in the oven a couple hours prior to kickoff.

Find more game day recipes at [honey.com](http://honey.com).

### Baby Back Ribs with Honey, Chipotle and Mango Glaze

Recipe courtesy of the National Honey Board  
Servings: 8

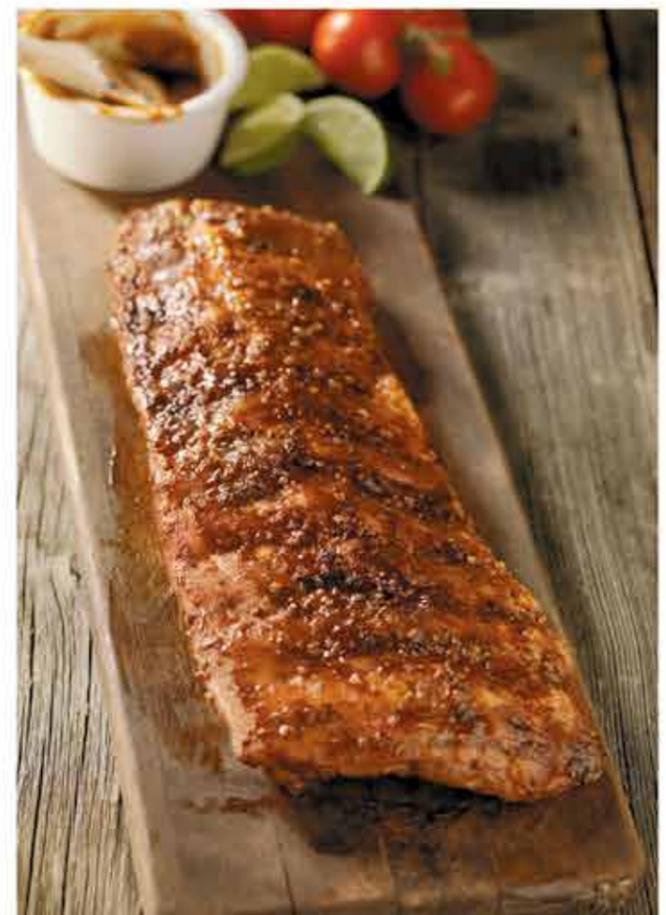
- 2 racks baby back ribs
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 can chipotle peppers in adobo sauce
- 4 ripe mangoes, cubed
- 1 cup honey

Remove ribs from package; rinse and pat dry. Remove membrane. Place in

shallow pan, sprinkle with salt and pepper and set aside.

In small saucepan over medium heat, cook chipotle peppers, mangoes and honey, stirring constantly, until cooked down and thick enough to coat back of spoon.

Heat grill to 225-240 F. Wrap ribs and 2/3 of sauce mixture tightly in aluminum foil and place over indirect heat. Close lid. After 2 hours, flip ribs and cook 2 hours. Open aluminum and remove ribs, place directly on grill and brush with remaining sauce. Cook 30 minutes. Remove from grill and serve hot.



Baby Back Ribs with Honey, Chipotle and Mango Glaze

Photo courtesy of Getty Images



**Mexican Chicken Bake**

Sunny Mexico — where the warm blue sky is never ending and the “spiciness” of the food can be as “hot” or as “mild” as you want it to be. For us wimps who love the bold flavors but say “Hold the jalapenos,” reach for the mild salsa.

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

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

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

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

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

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

**Good Housekeeping**

**Vegetarian Bean Burritos**

Serve these quick burritos with carrot salad and oranges. While tortillas warm, toss carrots in serving bowl with lime dressing. Then, slice and saute zucchini, and heat beans.

- 4 flour tortillas, 10 inches each
- 2 teaspoons vegetable oil
- 4 medium (about 5 ounces each) zucchini, each cut lengthwise in half, then sliced crosswise
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1 can (15 ounces) Spanish-style red kidney beans
- 1 can (15 to 19 ounces) black beans, rinsed and drained
- 1/2 package (4 ounces or 1 cup) shredded Monterey Jack cheese
- 1/2 cup (loosely packed) fresh cilantro leaves
- 1 jar (16 ounces) chunky-style salsa

1. Warm tortillas as label directs; keep warm.

2. In nonstick 12-inch skillet, heat oil over medium-high heat. Add zucchini, salt and cinnamon, and cook until zucchini is tender-crisp, about 5 minutes.

3. Meanwhile, in 2-quart saucepan, heat kidney beans with their sauce and black beans just to simmering over medium heat; keep warm.

4. To serve, allow each person to assemble burrito as desired, using a warm flour tortilla, zucchini, bean mixture, cheese and cilantro leaves. Pass salsa to serve with burritos. Serves 4.

• Each serving: About 550 calories, 17g total fat (1g saturated), 25mg cholesterol, 1,943mg sodium, 77g total carbohydrate, 29g protein.

**Good Housekeeping**

**Classic Onion Dip**

At 1950s dinner parties, cream cheese-based onion and clam dips were two of the most popular offerings. In 1952, the Lipton Soup Company made preparing onion dip even easier by developing a dehydrated onion-soup mix. A consumer, however, is credited with creating the first dip using the soup mix, which Lipton has featured ever since. “Just open a couple of packages and fold into a cup of sour cream.” Instantly, this never-fail onion party dip was ready for guests. Soon it became known as California Dip. Our onion dip is even better, for it’s made the old-fashioned way: from slow-simmered onions folded into — of course — sour cream.

PREP: 10 minutes plus cooling  
COOK: 30 minutes  
MAKES: 1 2/3 cups

- 2 large onions (12 ounces each), finely chopped (2 cups)
- 2 cups canned or homemade chicken broth
- 1 tablespoon minced garlic
- 1/2 bay leaf
- 1/4 teaspoon dried thyme
- 1 teaspoon red wine vinegar
- 1 cup sour cream
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- Crackers or potato chips

1. In 2-quart saucepan, combine onions, broth, garlic, bay leaf and thyme; heat to boiling over high heat. Reduce heat and cook until liquid has almost completely evaporated, about 25 minutes.

2. Transfer mixture to medium bowl; stir in vinegar. Cool to room temperature.

3. Stir in sour cream, salt and pepper. Cover and refrigerate up to overnight. Serve with crackers or potato chips.

• Each tablespoon: About 27 calories, 1 g protein, 2 g carbohydrate, 2 g total fat (1 g saturated), 4 mg cholesterol, 93 mg sodium.

**Good Housekeeping**

**Potted Shrimp**

Lacking refrigeration, the early settlers preserved seafood and meats by “potting” them. They first cooked the food, then potted and sealed it with plenty of fat, often butter. Potting food is still quite popular throughout the Deep South, especially in the Carolinas.

PREP: 15 minutes plus chilling  
COOK: 3 minutes  
MAKES: about 2 cups

- 8 tablespoons (1 stick) unsalted butter, softened (do not use margarine)
- 1 pound medium shrimp, shelled and deveined
- 3/4 teaspoon salt
- 1/4 teaspoon ground red pepper (cayenne)
- 2 tablespoons dry sherry
- Sesame crackers or toast

1. In 10-inch skillet, melt 1 tablespoon butter over medium-high heat. Add shrimp, salt and ground red pepper. Cook, stirring frequently, until shrimp are opaque throughout, about 2 minutes. Add sherry and cook 30 seconds.

2. Transfer shrimp and pan juices to food processor with knife blade attached and pulse until shrimp is finely chopped. Add remaining butter; process until blended.

3. Transfer shrimp mixture to serving bowl. Cover and refrigerate up to 24 hours. Let stand 30 minutes at room temperature before serving. Serve with sesame crackers or toast.

• Each tablespoon: About 39 calories, 2 g protein, 0 g carbohydrate, 3 g total fat (2 g saturated), 25 mg cholesterol, 72 mg sodium.

**Good Housekeeping**

**Stovetop Chili**

A quick weeknight chili that’s packed with buttery black soybeans, tender-crisp green beans and melt-in-your-mouth sweet potatoes. Serve with a chunk of warm cornbread.

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 cloves garlic, crushed with garlic press
- 1 jalapeno chile, seeded and minced
- 1 can (28 ounces) whole tomatoes in juice
- 1/2 pound green beans, trimmed and each cut crosswise in half
- 3 (about 1 1/2 pounds) medium sweet potatoes, peeled and cut into 1 1/2-inch chunks
- 1 teaspoon sugar
- 1 salt
- 2 cans (15 ounces) black soy beans, rinsed and drained, substitute black beans
- Sour cream (optional)

1. In nonstick 5-quart to 6-quart Dutch oven, heat oil over medium heat until hot. Add onion and cook 10 minutes or until tender, stirring occasionally.

2. Add chili powder, cumin, coriander, garlic and jalapeno, and cook 1 minute, stirring. Add tomatoes with their juice, green beans, sweet potatoes, sugar, salt and 2 cups water; heat to boiling over medium-high heat, breaking up tomatoes with side of spoon.

3. Reduce heat to low; cover and simmer 25 minutes or until sweet potatoes are tender, stirring occasionally. Add soybeans and cook 2 minutes longer to heat through. Serve with sour cream, if you like.

• Each serving: About 275 calories, 5g total fat (1g saturated), 0mg cholesterol, 635mg sodium, 45g carbohydrate, 11g dietary fiber, 14g protein.



**Special Skillet Steaks**

If you love Swiss steak, then you’ll love this ultra-easy way to prepare it. Nothing could be easier, unless of course, your family likes it so much that they offer to help with the dishes!

- 4 (4-ounce) lean tenderized minute or cube steaks
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1 (15-ounce) can diced tomatoes, undrained
- 1/2 cup finely chopped onion
- 2 teaspoons dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, brown steaks for 3 to 4 minutes on each side.

2. In a large bowl, combine mushroom soup, undrained tomatoes and onion. Stir in parsley flakes and black pepper. Spoon mixture evenly over browned steaks.

3. Lower heat, cover and simmer for 15 to 20 minutes. When serving, evenly spoon sauce over steaks. Makes 4 servings.

• Each serving equals: 222 calories, 6g fat, 29g protein, 13g carb., 520mg sodium, 2g fiber; Diabetic Exchanges: 3 Meat, 1 Vegetable, 1/2 Starch.

**Good Housekeeping**

**Skillet CornBread**

This delicious homemade cornbread is baked in an oven-safe skillet — preferably one that’s heavyweight, such as cast iron.

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 2 tablespoons sugar
- 2 teaspoon baking powder
- 1/4 teaspoons salt
- 1/4 teaspoon coarsely ground black pepper
- 4 tablespoons margarine or butter
- 1 can cream-style corn
- 1 large egg
- 2 ounces Monterey Jack cheese with jalapeno chiles

- 1. Preheat oven to 400 F. Grease 10-inch skillet with oven-safe handle.
- 2. In large bowl, mix flour, cornmeal, sugar, baking powder, salt and black pepper. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles fine crumbs. With fork, stir corn, egg and cheese into flour mixture just until blended (batter will be very stiff).
- 3. Place greased skillet in oven; pre-heat pan 5 minutes (to help brown bottom of cornbread). Remove pan from oven; spoon batter into skillet and spread evenly with small metal spatula.
- 4. Bake cornbread 15 to 20 minutes, until toothpick inserted in center comes out clean and cornbread is just firm to the touch. Cut into 8 wedges and serve warm.

**Good Housekeeping**

**Red Wine Spaghetti**

This easy pasta dinner is quick enough to enjoy any night of the week, and a great way to use up leftover wine before it goes off.

- 2 cups wine
- 2 cups water
- 8 ounces thin spaghetti
- 1/2 teaspoon salt
- 1 tablespoon capers, drained and chopped
- 1 tablespoon butter
- 1/8 teaspoon pepper
- 2 tablespoons grated Pecorino cheese

1. In 12-inch skillet, stir wine, water, spaghetti and salt. Heat to boiling on high, stirring.

2. Boil 9 to 11 minutes or until pasta is tender, stirring often. Remove from heat.

3. Stir in capers, butter and pepper. Top with grated Pecorino cheese. Makes 2 servings.

**Good Housekeeping**

**Carrot Salad**

- 2 tablespoons fresh lime juice
- 1 tablespoon honey
- 1 tablespoon chopped fresh cilantro leaves
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper
- 2 packages (8 ounces each) shredded carrots

1. In large bowl, with wire whisk or fork, mix lime juice, honey, cilantro, salt and crushed red pepper until blended.

2. Toss carrots with lime dressing to coat.

• Each serving: About 65 calories, 0g total fat, 0g cholesterol, 175mg sodium, 17g total carbohydrate, 1g protein.

**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 to shave prep time off of a special meal. 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.

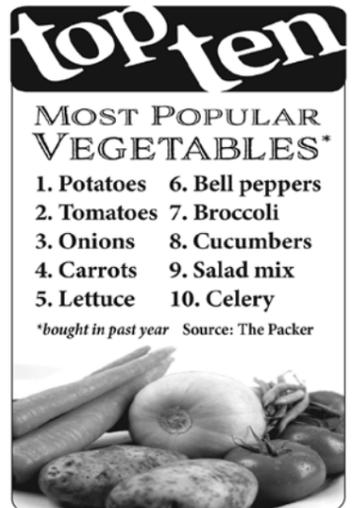
3. Reduce speed to low; add vanilla seeds, framboise (if using), and cocoa mixture. Mix just until combined. Slowly pour in butter; mix just until combined.

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 under-baked. Cool completely.

6. Serve with ice cream. Serves 12. Make Ahead: 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 total carbs, 1g dietary fiber, 4g protein.



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# Crime

## Carjacking has become more common place over the past years

Carjackings have become increasingly more dangerous as criminals are taking vehicles and using them to commit other crimes. There were over 1,800 carjackings in 2021 and even more in 2022, although the official count has not been released yet. Approximately 10% of Chicago carjackings result in an arrest. We lead all cities in America with carjackings. These crimes are on the rise on the northwest and south sides of Chicago with rates in some neighborhoods going up over 40%.

The car most commonly stolen is the Toyota Camry. Although Hyundai and Kia's are increasing in thefts.

64% of carjacking victims are men. Tuesday is the most frequent day of the week for carjackings in Chicago.

Carjackings typically occur when an individual leaves the vehicle.

A carjacking can take as little as 15 seconds to complete. Police recommend that you give up your car rather than your life.

The following shows the year and amounts of carjackings in Chicago:

- 2014 = 303
- 2015 = 340
- 2016 = 663
- 2017 = 737
- 2018 = 764
- 2019 = 603
- 2020 = 1,413
- 2021 = 1,849

As you can see this trend has increased over the years.

Things that you can do to avoid a carjacking : Don't leave your vehicle warming up without locking the doors. When filling the tires make sure to lock your car.

When filling your vehicle with gas lock the doors once you've left the vehicle.

If you are threatened with a carjacking call 911 as soon as possible.

Pay attention to your surroundings and when leaving your vehicle get to your destination and a place of safety as soon as possible. **BE AWARE!**

**Assault** on the Schiller and State Parkway.

**Theft** on the 3100 block of North Broadway.

**Theft** on the 1800 block of North Wolcott Avenue.

**Theft** on the 4000 block of North Oakley Avenue.

**Assault** on the 2900 block of North Lake Shore Drive.

**Theft** on the 400 block of West Barry Avenue.

**Assault** on the 500 block of West Brompton Avenue.

**Theft** on the 3100 block of North Racine Avenue.

**Burglary** on the 4900 block of North Winthrop Avenue.

**Vandalism** on the 2300 block of West Lawrence Avenue.

**Theft** on the 1500 block of North Sheridan Avenue.

**Theft** on the 800 block of North Michigan Avenue.

**Assault** on the 800 block of West Grace Street.

**Theft** on the 2300 block of West Irving Park Road.

**Vandalism** on the 1800 block of West Larchmont Avenue.

**Theft** on the 3300 block of North Lake Shore Drive.

**Theft** on the 4500 block of North Hazel Street.

**Theft** on the 300 block of West Chicago Avenue.

**Vandalism** on the 400 block of West Armitage Avenue.

**Theft** on the 3000 block of North Halsted Street.

**Theft** on the 2200 block of North Magnolia Avenue.

**Vandalism** on the 2400 block of North Stockton Drive.

**Theft** on the 3300 block of North Clark Street.

**Assault** on the 4100 block of North Damen Avenue.

**Shooting** on the 100 block of North Jefferson Street.

**Assault** on the 400 block of North Orleans Street.

**Robbery** on the 3200 block of North Broadway.

**Theft** on the 1000 block of North Honore Street.

**Theft** on the 4500 block of North Beacon Street.

**Theft** on the 3500 block of North Clark Street.

**Shooting** on the 2900 block of West Irving Park Road.

**Assault** on the 5100 block of North California Avenue.

**Burglary** on the 4600 block of North Kedzie Avenue.

**Burglary** on the 4400 block of North Winchester Avenue.

**Assault** on the 1400 block of West Farragut Avenue.

**Assault** on the 1500 block of West Ainslie Street.

**Vandalism** on the 5000 block of North Broadway.

**Theft** on the 4500 block of North Beacon Street.

**Theft** on the 1400 block of North Honore Street.

**Robbery** on the 3200 block of North Broadway.

**Theft** on the 3500 block of North Clark Street.

**Vandalism** on the 4000 block of West Belle Plaine Avenue.

**Burglary** on the 1700 block of West Altgeld Street.

**Theft** on the 3000 block of North Milwaukee Avenue.

**Vandalism** on the 1400 block of West Hutchinson Street.

**Theft** on the 1300 block of North Ashland Avenue.

**Assault** on the 2200 block of West Chicago Avenue.

**Assault** on the 1200 block of West Bryn Mawr Avenue.

**Theft** on the 1400 block of Berwyn Avenue.

**Theft** on the 3100 block of North Broadway.

**Theft** on the 5000 block of North Maplewood Avenue.

**Assault** on the 3700 block of West McLean Avenue.

**Burglary** on the 6000 block of North Paulina Street.

**Theft** on the 3500 block of North Oakley Avenue.

**Theft** on the 2700 block of West Belmont Avenue.

**Assault** on the 5700 block of North Kenmore Avenue.

**Theft** on the 5100 block of North Lincoln Avenue.

**Theft** on the 2800 block of North Rockwell Street.

**Assault** on the 800 block of West Wellington Avenue.

**Theft** on the 3300 block of West Lawrence Avenue.

**Theft** on the 2700 block of North Halsted Avenue.

**Vandalism** on the 3200 block of North Ridgeway Avenue.

**Arrest** on the 4200 block of North Keystone Avenue.

**Assault** on the 3200 block of West Le Moyne Street.

**Theft** on the 3200 block of West Crystal Street.

**Theft** on the 1800 block of North Wolcott Avenue.

**Burglary** on the 6000 block of North Paulina Street.

**Theft** on the 4000 block of North Oakley Avenue.

**Assault** on the 2900 block of North Lake Shore Drive.

**Burglary** on the 1100 block of North Hoybe Avenue.

**Theft** on the 3000 block of North Elbridge Avenue.

**Theft** on the 400 block of West Barry Street.

**Assault** on the 500 block of West Brompton Avenue.

**Theft** on the 1000 block of North Wolcott Avenue.

**Assault** on the 2000 block of North Whipple Street.

**Theft** on the 3100 block of North Racine Avenue.

**Assault** on the 4000 block of West Cullom Avenue.

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# Building Your Dream Home Anytime, Anywhere



Photo courtesy of Laury Glenn and Paragon Building Group

## 5 TIPS TO CREATE A COMFORTABLE FOREVER HOME

### FAMILY FEATURES

For most homebuyers, their dream homes are not something they're likely to find already on the market. With a unique vision of your dream home's look, location and features, building a custom home is generally the easiest way to make that dream a reality.

To keep things moving as smoothly as possible amid what can be a complicated process, consider these tips as you embark on the journey.

### Set a Realistic Budget

You'll need to start by determining how much you can spend on your house. Typically, the cost of building a home is around \$100-\$200 per square foot, according to research from HomeAdvisor. You'll also need to account for the lot price as well as design fees, taxes, permits, materials and labor. Materials and labor should make up about 75% of the total amount spent, but it's wise to build in a buffer for price changes and overages. While building your budget, consider what items and features are "must-haves" and things that should only be included if your budget allows.



Matt Blashaw

### Identify the Perfect Location

Think about where you'd like to live and research comparable lots and properties in those areas, which can give you a better idea of costs. Because the features of many dream homes require a wider footprint, you may need to build outside of city limits, which can make natural gas more difficult to access. Consider propane instead, which can do everything natural gas can and go where natural gas cannot or where it is cost prohibitive to run a natural gas line. Propane also reduces dependence on the electrical grid, and a propane standby generator can safeguard your family if there is a power outage.

"As a real estate agent and builder, I have the pleasure of helping families select their dream homes," said Matt Blashaw, residential contractor, licensed real estate agent and host of HGTV's "Build it Forward." "The homes we design and build are frequently in propane country, or off the natural gas grid. Propane makes it possible to build an affordable and comfortable, high-performing indoor living spaces and dynamic outdoor entertaining areas."

### Keep Universal Design Principles in Mind

Many homebuyers want to ensure their space is accessible to family members and guests both now and for decades to come. As the housing market slows and mortgage rates rise, buyers may look to incorporate features that allow them to age in place. Incorporating principles of universal design – the ability of a space to be understood, accessed and used by people regardless of their age or ability – can make it possible to still enjoy your home even if mobility, vision or other challenges arise as you age.

For example, the entryway could have a ramp or sloped concrete walkway leading to a front door wide enough to accommodate a wheelchair with a barrier-free threshold. Inside, wider hallways and doorways, strategic lighting and appliances installed at lower heights are mainstays of universal design. Counters of varying heights, drop-down cabinet racks and roll-under sinks in kitchens and zero-entry showers, slip-resistant flooring and grab bars in bathrooms offer enhanced accessibility.

### Consider Alternative Energy Sources

With today's electric grid, more than two-thirds of the energy is wasted; it never reaches homes. Unlike electricity, propane is stored in a large tank either above or below ground on the property. A 500-gallon tank can hold enough propane to meet the annual energy needs of an average single-family home – enough to power major systems in a home.

Propane pairs well with other energy sources, including grid electricity and on-site solar, which makes it a viable option for dual-energy homes. Like natural gas, propane can power major appliances such as your furnace, water heater, clothes dryer, fireplace, range and standby generator. Often, propane works more efficiently with fewer greenhouse gas emissions than electricity, meaning your home is cleaner for the environment.

Propane can even power a whole-home standby generator, which is often a big selling point. When a homeowner purchases a standby generator, a licensed electrician installs the unit outside the home and wires it to the home's circuit breaker. When a power outage occurs, the generator automatically senses the disruption of service and starts the generator's engine, which then delivers power to the home. From the warm, comfortable heat of a propane furnace to the peace of mind offered by a propane standby generator, many homeowners trust propane to provide a safe, efficient, whole-home energy solution.

### Build a Team of Experts

Hiring the right people can make the process of turning your dream into reality go much smoother. Start by researching reputable builders, paying special attention to the types of homes they build to find a style that matches what you're looking for as well as price ranges for past homes they've built. Consider how long the builders have been in business and if they're licensed and insured.

Depending on your builder's capabilities, you may also need to hire an architect or designer. In addition to your real estate agent to assist with purchasing the lot and selling your previous home, you may need assistance from other professionals, such as a real estate attorney, landscape architect and propane supplier. A local propane supplier can work with the builder to install a properly sized propane storage tank either above or below ground and connect appliances.

Find more ideas for building your dream home at Propane.com.



Photo courtesy of Laury Glenn and Paragon Building Group

## Propane-Powered Appliances

You may be surprised to learn propane can power major appliances, which can increase the value of a home because of their high performance, efficiency and reduced dependence on the electrical grid.

### Furnace

A propane-powered furnace has a 50% longer lifespan than an electric heat pump, reducing its overall lifetime costs. Propane-powered residential furnaces also emit up to 50% fewer greenhouse gas emissions than electric furnaces and 12% fewer greenhouse gas emissions than furnaces running on oil-based fuels.

### Boiler

Propane boilers have an expected lifespan of up to 30 years, but many can last longer if serviced and maintained properly. High-efficiency propane boilers offer performance, space savings and versatility as well as a significant reduction in carbon dioxide emissions compared to those fueled by heating oil.

### Standby Generator

Propane standby generators supply supplemental electricity in as little as 10 seconds after an outage. Plus, propane doesn't degrade over time, unlike diesel or gasoline, making it an ideal standby power fuel.

### Clothes Dryer

Propane-powered clothes dryers generate up to 42% fewer greenhouse gas emissions compared to electric dryers. They also dry clothes faster, which can reduce energy use and cost.

### Range

With up to 15% fewer greenhouse gas emissions compared to electric ranges, propane-powered ranges also allow for greater control of heat levels. Plus, their instant flame turnoff capabilities help them cool faster.

### Tankless Water Heater

Propane tankless water heaters have the lowest annual cost of ownership in mixed and cold United States climates when compared with electric water heaters, heat pump water heaters and oil-fueled water heaters. They also only heat water when it is needed, reducing standby losses that come with storage tank water heaters.

**The Garden Bug** Know your zone

The USDA maintains a clickable public website that provides the expected lowest temperatures of all the geographic areas of the U.S. at: <https://planthardiness.ars.usda.gov/pages/view-maps> It is used by gardeners and growers to determine which plants can be grown in each of the "zones" and be likely to survive the winter there. - Brenda Weaver

Source: United States Department of Agriculture



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**The Garden Bug** Feeding birds in winter

Help your feathered neighbors by providing consistent food sources for them in the coldest months. Suet (an animal-fat mixture) is loved by nuthatches, woodpeckers, titmice, chickadees, cardinals, warblers, wrens and most insect-eating birds. Mealworms, cracked corn, nyger seed, peanuts and sunflower seeds are also good choices. - Brenda Weaver

Sources: almanac.com, birdwatchersdigest.com



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**The Garden Bug** "Pear Blossom"

All alone by the veranda railing, teardrops drenching the branches, although her face is unadorned, her old charms remain. Behind the locked gate, on a rainy night, how she is filled with sadness. How differently she looked bathed in golden waves of moonlight, before the darkness fell.

Chinese poet Qian Xuan (1280)

Source: www.metmuseum.org



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**Business Spotlight**



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**Quotes worth your time**

"Only put off tomorrow what you are willing to die having left undone."  
Pablo Picasso, Artist

"Being us is the best thing I will ever be."

"I love you more than Pizza."

"Without Valentine's Day, February would be...well January"  
- Jim Gaffigan

"Gravitation is not responsible for people falling in love."  
-Albert Einstein

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# Comics

**R.F.D.** by Mike Marland

LOOKS LIKE I MAY HAVE TO PUT UP BARRIERS TO SEPARATE MY CUSTOMERS.

COVID GETTIN' BAD AGAIN?

NOPE... POLITICS ARE.

YOU'RE AN IDIOT IF YOU BELIEVE THAT!

WELL, YOU'RE AN IDIOT IF YA DON'T!

**Out on a Limb** by Gary Kopervas

LET'S GO HUNT!

LET'S GO GATHER!

LET'S DO NEITHER! INSTEAD LET'S ROLL STONES IN FRONT TO PROTECT OURSELVES FROM WHAT I COULD SEE IS SEVERE WEATHER HEADED THIS WAY.

THE THING I DON'T LIKE ABOUT UGRAH IS THAT HE ALWAYS HAS TO BE THE SMARTEST PERSON IN THE CAVE.

**Amber Waves** by Dave T. Phipps

TODAY NO TEXTING OR EMAILS. I THINK IT WOULD BE NICE TO WRITE A LETTER TO GRANDMA.

I'LL LOOK FOR ENVELOPES AND SEE IF MAYBE YOUR FATHER HAS ANY STAMPS.

I USED TO WRITE LETTERS TO FRIENDS AND ALWAYS HAD THE NICEST CURSIVE.

OK, WHAT'S A STAMP, WHY DO WE NEED ENVELOPES AND WHAT THE HECK IS CURSIVE?

**The Spats** by Jeff Pickering

I ACCIDENTALLY GAVE MY WIFE A GLUE STICK INSTEAD OF CHAPSTICK.

... SHE STILL ISN'T SPEAKING TO ME.

**TIGER** by BUD BLAKE

HOW BOUT HELPING ME BUILD A SNOW-MAN HERE, HUGO?

I WANNA BUILD OUR SNOWMAN IN FRONT OF MY HOUSE!

AT MY HOUSE WOULD BE BETTER

WHAT'S THE ARGUMENT?

ABOUT WHERE TO BUILD OUR SNOWMAN

I KNOW WHERE

RIGHT HERE IS WHERE

MONDAY AT MY HOUSE, TUESDAY AT HUGO'S - WEDNESDAY AT BONNIE'S

**Puzzles4Kids** by Helene Hovanec

**RIDDLE SEARCH - YOU AUTO DRIVE ONE OF THESE**

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What kind of car does Humpty Dumpty drive?

CLOTH-TOP	S	R	E	V	O	S	S	O	R	C
COUPE	K	P	T	U	R	B	O	C	A	R
CRATE	C	O	O	A	Y	J	O	L	G	A
CROSSOVER	A	T	K	R	E	I	X	A	T	C
HATCHBACK	B	H	S	E	T	A	R	C	O	Y
JEEP	H	T	P	V	U	S	E	R	P	R
LUXURY CAR	C	O	U	P	E	M	C	N	W	U
MICRO	T	L	A	D	G	I	A	A	O	X
MINI	A	C	A	N	M	N	R	V	R	U
RACER	H	N	V	E	H	I	C	L	E	L
RAGTOP										
SEDAN										
SPORTS CAR										
SUV										
TAXI										
TURBOCAR										
VAN										
VEHICLE										

Riddle answer: \_\_\_\_\_

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Mustache is missing. 2. Buttons are missing. 3. Towel is missing. 4. Carrot is missing. 5. Club is missing. 6. Fall is missing.

**Just Like Cats & Dogs** by Dave T. Phipps

I'M GUESSING THAT KICKER WAS NOT SUPPOSED TO MISS THAT FIELD GOAL?

**Puzzles4Kids Answer**

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

Riddle Answer: A Yolks Wagon.



Photo courtesy of Getty Images

# Healthy Habits for Your Home

## FAMILY FEATURES

If you're like most Americans, health is an important aspect of your resolutions when each new year rolls around. While factors like diet and exercise are keys to healthy living, so are the ways you care for your home and belongings.

Your home living environment plays a major role in your health and comfort, so incorporating some new habits like these from the cleaning experts at Swash Laundry Detergent can help you establish a healthier lifestyle.

### Control Air Quality

Especially during the winter months when your home tends to be closed tight, air can grow stale. Do your best to keep air quality strong by opening windows on mild days to circulate fresh air, using an air purifier to remove irritants and pollutants, frequently vacuuming and sweeping to keep floor dust and debris under control and regularly cleaning textiles that can trap allergens and other particles.

### Scale Back Detergent Use

Using too much laundry detergent isn't just risking buildup and unnecessary wear on your washer and dryer; it can also increase

the residue and buildup in your clothes, which can lead to skin irritation and damage fabric faster. Using only what you need helps protect your belongings and your skin. An option like Swash Laundry Detergent, which features a Precision Pour Cap, dispenses the detergent for you, so you only pour what you need to effectively clean each load and fight stains. A single bottle of the ultra-concentrated formula – available in Simply Sunrise, Free & Clear and Pure Linen scents – washes up to 83 loads while taking up less space than traditional, bulky detergent bottles.

### Make Use of Natural Light

When winter brings day after day of dark, dreary weather, it can take a toll on your mood. Brightening your living space with natural light can positively influence your emotional state while helping with your electric bill. If you're concerned about privacy, utilize window treatments at night, but let the sunlight bring good cheer to your living spaces during the day.

### Switch Bedding on Schedule

While you sleep, your body sheds oils, cells and elements you carry into your home like pollen. Sheets should be washed once a

week on the hottest water setting your fabric will tolerate (check tags for laundering directions on your sheets before washing). If your schedule makes weekly washing, drying and remaking the bed unrealistic, consider having a couple sets you can rotate so you always have fresh, clean sheets waiting to remake your bed on laundry day.

### Work Up (and Wash Out) a Sweat

The materials that keep you feeling cool and fresh by wicking away sweat can quickly get stinky, but over-washing can make them lose their shape and fade. Even so, washing after every use is a must. Washing workout clothes inside out exposes the surfaces that have absorbed sweat and body oil to detergent and agitation. Be sure to close zippers, buttons, clasps and other fasteners to prevent snags. Pre-soaking with equal parts vinegar and cold water can also help eliminate odors, and washing in a gentle, cold-water cycle and drying on low heat can help protect the fabric's elasticity and wicking properties.

Start your year off right with more advice for healthy habits around the home at Swash.com.

## 5 Ideas for an Organized, Intentional Laundry Space

Having an organized and decorated laundry room can ease the weight of your to-do list and the tension you feel from the day-to-day grind. It can also help keep your laundry routine simple, orderly and organized. Consider these tips from the laundry experts at Swash:

### 1. Think like a minimalist.

Empty your laundry space and sort through what you need and what you don't. Eliminating the extras leaves room to evaluate your space. Consider whether you could organize differently to make frequently used items more accessible and make the most of your storage space. Cutting down on clutter may even make it possible to incorporate shelves or cabinets that add stylish functionality.

### 2. Update your space with open shelving.

Open laundry shelves offer a sense of more space, and the horizontal lines can lend a sense of calm. For an easy and attractive upgrade, try hanging 2-3 open shelves within easy reach. If you're hesitant about the open feel, limit to just one shelf for the everyday necessities and keep the rest of your laundry supplies out of sight in a complementing cabinet. Baskets offer another option for concealing your belongings, whether you use them on the open shelves or inside cabinets to keep things tidy and clutter-free.

### 3. Create a practical workspace.

Mundane laundry chores like folding can be more enjoyable when you have a comfortable, dedicated space for the job. An open counter or table that folds down from the wall gives you the surface you need to fold clothing within your laundry space without disrupting the rest of the house. Other ways to add practical space include areas for sorting garments that need special attention and a place to hang items that shouldn't be dried in the dryer.

### 4. Use colors and materials that evoke calm.

Natural materials and a neutral color palette can lend to a more peaceful space. Lighter neutral colors reduce stress and anxiety, promote relaxation and can even make a space feel more expansive. For a calm, refreshing area, start with a base of white then add natural textures like woven baskets, faux or real plants and marble stone accents in the tile flooring or backsplash. Add a calming color like blue to evoke the tranquility of the sky or ocean, or consider green to incorporate the soothing effects of nature.

### 5. Invest in products that bring you joy.

Choose quality pieces that aren't overly trendy and will stand the test of time. Consider how your investment of laundry decor, including your washer and dryer, will serve you in the space in the coming years.





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