



March, 2023

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

Volume 27, Number 4

It's that TIME again



It's time for a change

Which is correct daylight saving time or daylight savings time? The proper term is daylight saving time without the "s" and no apostrophe. However, conventional use leans toward saying it with the "s". Now, we have that out of the way.

When is Daylight Saving Time in 2023 and when does the time change? Daylight Saving Time 2023 runs from March 12 through November 5 in the U.S. The time in the U.S changes at 2a.m. twice a year for DST. In the spring, clocks move forward to 3a.m. In the fall, clocks move back an hour to 1a.m.

What is the Sunshine Protection Act?

The Sunshine Protection Act of 2021 would make Daylight Saving Time the new, permanent standard time. This means once clocks spring forward next March, they would not change in November of next year. Clocks would no longer need to be changed twice a year. However, this is still undecided. The Sun-

shine Protection Act of 2021 was passed by the Senate and awaits a vote by the House. If completely approved by Congress and voted into law, Daylight Saving Time would become the official standard time at 2a.m. November 5, 2023.

Can DST impact health when it is time to spring forward?

Yes! Studies show that the Monday after the start of DST is believed to be the main reason for increased traffic accidents due to tiredness from the time change. The workplace injuries were of greater severity compared to other Mondays through the year. The DST switch in the spring also brings about an increased risk of heart attack over the first three days following the time change. Illinois first observed DST in 1918, however, in Illinois the House introduced HB 2024 which amends the Time Standardization Act. It provides that DST shall be the year-round standard time of the entire state.

ZZZZZZ

ALL LIVES MATTER



If you lived on the near north side of Chicago, you might remember the "Walking Man" other wise known as Joseph Kromelis. He walked Michigan Avenue every morning and I would see him from the bus window and when I would walk to work. The day came, however, when he wasn't there and that night the news reported that Joseph Kromelis, the "Walking Man" was at Northwestern Hospital in critical condition. At 2:50 a.m., 75 year old Joseph was attacked in the 400 block of North Wabash Avenue near Trump Tower, while asleep on the ground by a man who covered him in a flammable liquid and then proceeded to ignite him before fleeing the scene. 40% of Kromelis's body was burned before a security guard was able to douse the blaze with a fire extinguisher. In 2016 he was also hospitalized because someone hit him with a baseball bat on lower Wacker Drive. Joseph died on December 11,

2022. Chicago's homeless is in the crisis stage. The latest being the situation at O'Hare airport. The first thing visitors see when they arrive are homeless encampments set up inside the airport. Passengers took photos and videos posting them on social media. Alderman Raymond Lopez appeared on "Tucker Carlson Tonight" to discuss the out-of-control homeless encampment at O'Hare. "They're not just urinating in the hallways". "They're taking baths in the toilets there". "We understand that homelessness is a problem we must address." "But making O'Hare Airport a homeless shelter for hundreds of people on a daily basis, when we're trying to welcome people here, when we're trying to encourage tourism, bring back the business clientele, bring back families to our city, and to only have them greeted by hundreds of homeless, who have mental

health issues, may be armed, may not even be clothed, that's not something that institutes a lot of confidence in our city." Law enforcement said that some of the unhoused people have displayed erratic and confrontational behavior. That's raised safety concerns for both passengers and employees, including maintenance workers and parking lot attendants who have recently been attacked. Jessica Dubuar, director of specialty programs and services for Haymarket Center, an outreach organization for homeless people, noted that the number of people seeking shelter at O'Hare always increases in the winter months. But this year, the increase has been exceptionally higher. Haymarket Center's outreach program for the homeless at O'Hare has served 618 homeless people in 2022 – up 58 percent from 2021, when it served 431. Dubuar stated that "We have a

number of resources available on-site from food and coffee, water, hand sanitizer, masks ..those things. We also have clothing available, hygiene products and a few other things." According to a report from the Chicago Coalition for the Homeless, an estimated 65,611 people experienced homelessness in Chicago in 2020. On Feb. 2, the U.S. Department of Housing and Urban Development announced a \$60 million grant for Chicago, part of \$315 million in federal funding to 46 communities across the U.S. to fight homelessness. Chicago Continuum of Care, a collective of more than 100 organizations and individuals working to end homelessness in the city, will be in charge of directing the funds. The grant money will go toward expanding services, such as outreach teams to move more unsheltered people into housing. There are a number

Continued on page 2

Editorial & Opinions

ALL LIVES MATTER Continued from front page

of reasons why more people are seeking shelter at O'Hare. First, the winter weather usually forces people to find warm, safe places to sleep in at night. Also, the number of beds in homeless shelters was decreased at the beginning of the COVID 19 pandemic and never restored. Meanwhile, migrants who have recently arrived in the city are using homeless shelters, and homeless shelters across the city are overwhelmed. It's said that we are all just 2 paychecks away from being homeless. Let's not forget Joseph.



- **On March 7, 161 A.D.**, Marcus Aurelius became emperor of Rome at the age of 39, after the death of his predecessor, Antoninus Pius, and after patiently waiting more than 20 years to assume that role. He was extremely popular, and his reign would later be recalled as a "golden age."
- **On March 9, 1562**, kissing in public was banned in Naples, Italy, and actually punishable by death, but not for reasons of morality. Rather, it was part of an effort to halt the spread of a plague throughout Europe. Perhaps unsurprisingly, the legislation failed to achieve its goal.
- **On March 8, 1941**, Hugh Mulcahy, a pitcher for the Philadelphia Phillies, gained national attention when he became the first major league baseball player to be drafted into the Army. He continued to pitch during his service, which lasted for four years, before he returned to his old team.
- **On March 6, 1986**, American painter Georgia O'Keeffe, whose work included large-for-

mat paintings of natural forms, especially flowers and bones, died at age 98. She had continued painting, with the help of assistants, into her last years, even though nearly blind from macular degeneration.

- **On March 10, 1988**, Prince Charles narrowly escaped death from an avalanche while skiing at a Swiss resort. Sadly, though he managed to help dig out the body of his friend Major Hugh Lindsay, a former aid to the Queen, Lindsay was declared dead on arrival at a local hospital. Diana, Princess of Wales, and Sarah Ferguson, Duchess of York, had accompanied Prince Charles on the trip but were not skiing when the avalanche occurred.
- **On March 10, 2015**, a copyright infringement suit filed against Pharrell Williams and Robin Thicke led to a record payout of \$7.3 million to the family of Marvin Gaye. Williams and Thicke had copied from Gaye's 1977 hit "Got to Give It Up."
- **On March 11, 2020**, the World Health Organization declared that the COVID-19 outbreak was a pandemic, citing more than 118,000 cases of the coronavirus illness in over 110 countries and territories around the world.



We shouldn't cut off Ukraine

More and more Republicans are beginning to see the wisdom of John Lennon, and think we need to give peace a chance in Ukraine.

Donald Trump is offering himself as the peace candidate and says he could broker a Ukraine-Russia deal.

The populist and realist right are banging the drums for a negotiated end to the war, and they aren't wrong. The conflict comes with an enormous humanitarian and economic price and is profoundly destabilizing.

So, by all means, let's hope for a deal. The secret to unlocking a potential agreement, though, isn't leaving Ukraine in the lurch and hoping that Vladimir Putin — just as he begins to make gains — decides to prudently and modestly stand down because dominating Ukraine isn't so important to him after all.

The only way there will eventually be a (flawed, unsatisfactory, and probably temporary) bargain is if Putin realizes that he has no hope of getting what he wants out of the war.

There are a number of objections and arguments that populist and realist opponents make against current levels of aid to Ukraine:

We've ended up in a proxy war with Russia. True enough. Yet, this is not the situation we sought out. It's not as though we encouraged Latvia to invade Russia, and then began lavishly supplying and training its forces.

The advantage of this proxy war is that the Russians are direct participants, and paying a heavy price, while our role is limited and indirect. We are in the role comparable to the Russians during the Vietnam War or the U.S. during the Soviet invasion of Afghanistan — supporting a highly motivated indigenous force that is doing all the fighting against a bitter geopolitical adversary.

The war is expensive and drawing down our stocks of weapons. This, too, is true. By any measure, the roughly \$30 billion, and counting, that we've spent on Ukraine is real money. It is a fraction of a fraction of the defense budget, though.

The drawdown of weapons has created shortages in U.S. stocks, but this is more exposing a vulnerability than creating one. If we are strained merely arming Ukraine, we'd quickly reach a breaking point in a direct conflict with China. The answer is to build up our defense industrial base in a way that'd be necessary one way or the other.

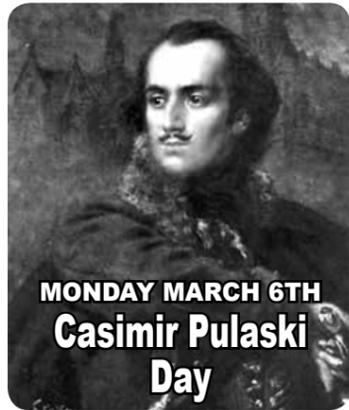
NATO expansion provoked the Russians. Everyone knew that Ukraine wasn't going to actually join NATO anytime soon (or probably ever), and Russia didn't rationally have anything to fear from the alliance — when Russia invaded Ukraine the first time in 2014, the U.S. had brought home all its tanks from Germany. Putin has made it clear that his ideological and geopolitical goal is to reestablish a version of the Russian empire. This is a deeply held ambition that would very likely be the same if NATO had never expanded and if all the Baltic and Eastern and Central European states were blandly neutral and entirely disarmed.

Putin is only pursuing a traditional Russian foreign policy. Well, yes. But just because Russia occupied Poland for 100 years or so or gobbled up various nations of Europe during World War II, doesn't mean similar projects today would have any legitimacy. Yes, Russia has always been concerned with securing and maintaining access to the Black Sea. It should be noted, however, that it already had an agreement with Ukraine to base its Black Sea Fleet at Sevastopol. For good measure, in 2014, Russia grabbed all of Crimea. Invading Ukraine and trying to take Kyiv is oversaucing the goose and isn't about the Black Sea but destroying a model of (imperfect) democracy on its border.

In short, cutting off the Ukrainians in the hopes of jump-starting negotiations would be folly and only benefit a Vladimir Putin who, if he had his druthers, would bring a bloody-minded peace of repression and vastation to Ukraine.

Rich Lowry is editor of the National Review.

© 2023 by King Features Synd., Inc.



SUNDAY



© 2022 by King Features Syndicate, Inc. World rights reserved.



Americanisms



"You never completely have your rights, one person, until you all have your rights."
— Marsha P. Johnson

© 2023 King Features Syndicate, Inc.

Lakeview Newspaper
 "We don't make the news. We just report it."
 How to get in touch with us:
 Lakeview Newspaper
 J2 Associates, Inc.
 P.O. Box 578757
 Chicago, Illinois 60657
 Telephone: 312.493.0955
 Web site: www.LakeviewNewspaper.com
 Email: LKVWNEWS@aol.com
 Publisher and owner: George Rimel
 Executive Editor and owner: Joyce A. Rimel
 Graphic Design/Production: Lisa Rode
 MARCH 2023

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversely to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$28.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

Contents are copyrighted, trademarked and service marked. Proud creator of Kid Safe Businesses in Lakeview, Roscoe Village, North Center and Lincoln Square communities. Any reproductions of articles, photographs, or artwork requires authority of the publisher. Publisher is not responsible for advertisements or advertorials contents or liability thereof. Copyright MMXXIII Member of Lakeview/Roscoe Village Chamber of Commerce, and North Center Chamber of Commerce. Recipient of Community Service Award 2005 from Lakeview Chamber of Commerce. Proclaimed on March 31, 2004 by the City Council and Mayor Daley as Lakeview Newspaper Day and our benefit to the community as a community newspaper. Maria Pappas, Cook County Treasurer awarded Lakeview Newspaper a Commendation of Excellence in 2011 and 2013 for community journalism.

SENIOR NEWS LINE

by Matilda Charles

Is It Taxable?

After preparing my own taxes annually for over 40 years, I'm about to have someone else do them for me for the first time.

This is not without concerns, of course, but the people who volunteer to prepare taxes at the senior center are trained. They're part of the AARP income tax assistance program, which means they're IRS-certified and therefore will know about any recent changes to tax law ... which will be handy at this point.

As of this writing, the IRS is telling people to hold off sending in their tax returns for 2022. The reason: So many states handed out so many types of money during the pandemic that the IRS isn't sure yet what is and isn't taxable. For example, checks designated as "rebates" might or might not be taxable. A COVID disaster emergency relief check is not. However, in some cases, the issue is complicated by whether you do or do not itemize. People in at least 22 states are caught in this dilemma.

If you haven't done your taxes yet and want help, or if you want to make a note for next year, do an online search for "AARP Foundation Tax-Aide Locator." Once on the site, scroll down and enter your ZIP code or town in the search field to find the locations near you.

Be sure to ask about the forms you'll need to pick up and fill out before your appointment, and whether you'll be going inside or waiting in the parking lot.

The other good news is that this AARP service is free. For me it means I don't need to spend \$50 once again to buy the computer software and do it myself and hope I haven't made an error somewhere ... perhaps with guessing wrong about whether that state check I received is or isn't taxable.

© 2023 King Features Synd., Inc.

VETERANS POST

by Freddy Groves

A 48-Year Theft

Forty-eight years is a long time to pull off a scam, but one woman managed to keep it going for that long. The crime: forging her mother's signature on the back of checks for widows' benefits ... for 48 years.

During all those years she continued to send in fraudulent paperwork while impersonating her mother — who died in 1973 — and continued to collect the money. Her excuse, when finally caught, was that her abusive husband told her to keep cashing the checks. She divorced him and was then out from under his control, yet she continued to cash the checks.

Yes, when her mother died she had to take in and raise her younger siblings, so it's possibly understandable that she assumed she could take the money that had been meant for her mother. But eventually those children grew up and were no longer minors living at home.

In the middle of the decades-long theft, she filed for bankruptcy and claimed she had no income, even though she was receiving the Department of Veterans Affairs benefits checks all along.

She'll need to repay the \$416,000 that she stole (not likely to happen), but there's no jail sentence, only a year of home confinement, because the perp in this case is now 76 years old.

Why, inquiring minds want to know, does the VA not demand proof of life or some type of verification about where the money is going when benefits are paid year after year, decade after decade?

Surely someone could have done the math. If the mother was X years old when she started collecting the widow benefits, what were the odds she was still living 20 years, 30 years or 40 years later? Couldn't someone have asked for verification? Or gone to the door? Just receiving handwritten forms over the years doesn't seem like much of an effort to safeguard the funds that are sent out.

That \$416,000 (that they'll likely never see again) is a lot of money.

© 2023 King Features Synd., Inc.

Strange BUT TRUE

By Lucie Winborne

• In 2015, a study found that having more than 10 trees on their block made folks feel as healthy as if they were seven years younger or made an additional \$10,000 a year.

• The medical term for ice cream headache is sphenopalatine ganglioneuralgia. Now you know why we call it an ice cream headache or brain freeze.

• In the NHL, if both the goalie and backup goalie are unable to play, the team can substitute any available goalie who isn't bound by a professional contract with another team. To date, such replacements have included an accountant, a facilities manager and an equipment manager.

• A course called The Science of Batman was offered at the University of Victoria in Canada in 2016, with the design of examining "how the human body can be adapted and improved based on the metaphor of the caped crusader himself."

• While still a teenager, Dasia Taylor used beet juice to develop surgical sutures that change color to indicate an infection.

• The ant-eating assassin bug piles its victims onto its body to scare predators.

• In 1829, some Victorians were gripped with pteridomania, or "fern fever," and began eagerly collecting the plants after botanist George Loddiges spread the (quite unsubstantiated) claim that they could not only improve mood, but increase both intelligence and virility.

• Asia is bigger in surface area than the moon.

• Ever heard that old claim that watching scary movies will help you burn calories because they get your heart racing? Sorry, but the "study" that produced this finding was meant more for publicity than to be taken seriously. You're more likely to burn the same amount just by lounging on your sofa ... and watching something like, say, "Bambi."

Thought for the Day: "Action speaks louder than words but not nearly as often." — Mark Twain

© 2023 King Features Synd., Inc.

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Lucite

It's essential for designers to stay on the cutting edge of fashion, which often means finding innovative uses for new materials. Lucite, a clear acrylic resin made by DuPont, was available for commercial use by 1937. By the 1960s, it was used in furniture. Designers often added accents made of smooth, reflective materials like chrome or brass or upholstered their pieces with bright, colorful fabric.

Another way to decorate Lucite pieces involved enclosing decorations, such as flowers, in the resin. The clear, shiny material made designs — and the rooms they furnished — look lighter. Some Lucite pieces were made in unusual shapes and styles. Others were more conventional, like this mid-century steamer trunk, which sold at New Orleans Auction Galleries for \$531. This may have an advantage over typical wooden or leather trunks: The clear material means you don't have to open it to see what's inside!



The appeal of this Lucite trunk is crystal clear. It sold for \$531 at New Orleans Auction Galleries.

signature or famous manufacturer like Baccarat or Waterford tends to sell for higher prices. Embellishments such as silver mounts or colored glass can further increase the price.

TIP: Liquid window cleaner is an excellent jewelry cleaner.

CURRENT PRICES

Doll set, Effanbee, Suzette, George and Martha Washington, white wigs, painted faces, blue side-glancing eyes, 11 inches, pair, \$55.

Poster, Imagination Celebration, two figures in hot air balloon, monster and horned dog seated on ground, starry sky, multicolor, Maurice Sendak, Kennedy Center for the Performing Arts, frame, 13 1/4 x 10 inches, \$125.

Furniture, stand, magazine, Stickley Brothers, oak, No. 6617, four shelves, notched crest, circular cutouts, two vertical slats on back, paper label, 49 1/2 x 14 x 12 inches, \$2,340.

Satsuma porcelain figurine, Kwannon, standing, holding lotus blossom, multicolor robes, red mark, signature, early 20th century, 15 inches, \$2,560.

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

© 2023 King Features Synd., Inc.



by Ryan A. Berenz

1. Who penned an article — intended to be an April Fools' Day joke — for the April 1, 1985, issue of Sports Illustrated about Sidd Finch, a fictional New York Mets pitching prospect who threw a 168-mph fastball?

2. Eric Piatkowski, a 1994 first-round NBA Draft pick for the Indiana Pacers, has his No. 52 jersey retired by what college team?

3. What figure skater from Japan became the first woman to land a triple axel in the Olympics when she accomplished the feat at the 1992 Albertville Winter Games?

4. Name the Kansas City Chiefs running back who died while attempting to save three children from drowning in a Louisiana pond in 1983.

5. What U.S. swimmer won four medals at the 2012 Paralympic Games in London and was a contestant on Season 25 of ABC's "Dancing with the Stars"?

6. Basketball Hall of Famer "Phog" Allen was head coach of what college team from 1919-56?

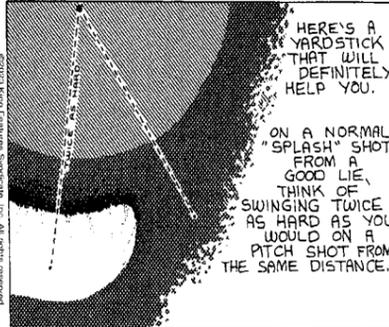
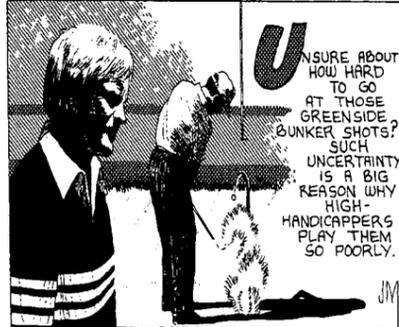
7. South Africa's senior national rugby team is commonly known by what name?

Answers

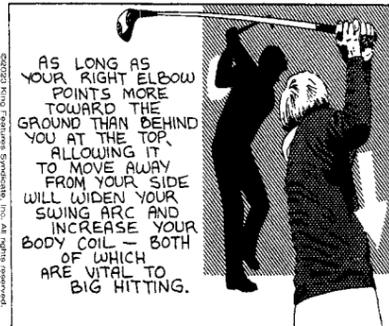
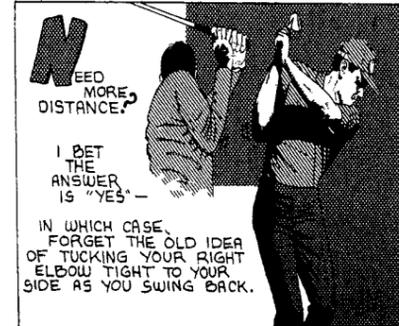
1. George Plimpton.
2. The Nebraska Cornhuskers.
3. Midori Ito.
4. Joe Delaney.
5. Victoria Arlen.
6. The Kansas Jayhawks.
7. The Springboks.

© 2023 King Features Syndicate, Inc.

Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



GRIN AND BEAR IT



"My client is a simple shoemaker. OK, so they're cement shoes."

LAFF - A - DAY



"I was following this recipe on TV when suddenly the cable went out."

Health



Case of Hot Flashes Yet to Be Resolved Despite Therapy

DEAR DR. ROACH: DEAR DR. ROACH: I am 78; I had a hysterectomy in 1976 due to excessive vaginal bleeding, but I still have my ovaries. I have had hot flashes since undergoing menopause — they usually last three to five minutes, and I have them about every two hours around the clock (which obviously interferes with my sleep).

Over the last 28 years, I have tried Premarin (which gave me bad headaches), gabapentin, venlafaxine, Bellergal, melatonin, black cohosh, clonidine, DHEA, Pro-Gest cream (chamomile, hops and valerian root), progesterone and estrogen (together), avoiding caffeine, and eliminating dairy products. None of these has helped.

I would appreciate it if you could offer any suggestions. — L.E.

ANSWER: I'm sorry to hear of your difficulties. You have certainly tried about all the available therapies. There are two additional ones you might want to consider: Megesterol is a hormonal therapy that is helpful for some women, but the fact that you haven't responded to estrogens and progestins is not promising. The other is called a stellate ganglion block. You can ask your physician about it.

DEAR DR. ROACH: After a patient has had megadoses of IV and oral antibiotics, is there anything they should do to restore the balance in their body, such as eating probiotics or yogurt? Or is that all nonsense? — N.W.

ANSWER: The idea makes perfect

sense: Antibiotics not only kill the bad bacteria that is infecting us, they also kill many of the healthy bacteria that help us with digestion and other functions. (The whole suite of healthy bacteria living in our gut is termed the "microbiome.") Why not help the gut return to normal by giving it some healthy bacteria, such as those found in yogurt with live cultures, or specific probiotics, which are just the healthy bacteria?

The answer is that it has been very hard to prove that there is any benefit in doing so. In people with no symptoms after finishing an antibiotic course, there probably aren't any benefits.

At least one study showed what researchers called a "very severe disturbance" in the person's microbiome and actually slowed the return to a person's normal microbiome, which they had prior to antibiotics. Worse still, very rarely, infections have been transmitted through probiotics.

Symptoms after antibiotic therapy, especially diarrhea and fever, could indicate a very severe infection called Clostridioides difficile ("C. diff"), which does not respond to probiotics and usually needs powerful antibiotics to treat. Probiotics have not been found to prevent C. diff.

DEAR DR. ROACH: Why are older patients always asked, "Have you ever fallen?" It is annoying, and I wish you would stop asking. — L.M.B.

ANSWER: Falls in older adults are a major cause of disability. Falls can lead to fractures, and fractures lead to poor movement, sometimes to a progressive decline.

A history of a fall is a major risk for future falls, so any person with a history of indoor falls should undergo a comprehensive evaluation as to why they fell and see what can be done to prevent future falls. This includes, of course, managing any chronic illness, but also correcting vision as much as possible; evaluating the home for risks such as poor lighting and area rugs; and evaluating gait and balance, with a referral to a physical therapist for exercises to improve these, and for assistive devices if necessary.

Falls may also be the first indication of a significant medical or neurological condition that may benefit from treatment. I'm sorry you find it annoying, but it's an important question.

Bariatric Surgery Can Be Considered to Keep Weight Off

DEAR DR. ROACH: I have had a BMI over 40 for the last 20 years, and I have not been able to lose weight or keep the weight off. My doctor prescribed Ozempic, which is helping, but as soon as I stop, all the weight creeps back on in a few weeks. I was always wary of surgery for weight loss, but recent studies seem to indicate better long-term health outcomes. What are your thoughts? — S.O.

ANSWER: Medical or surgical treatment for weight loss is not right for every person who is overweight. Many people take medications in the class called glucagon-like peptide-1 agonists, which includes semaglutide (Ozempic and Wegovy), liraglutide (Saxenda and Victoza) and tirzepatide (Mounjaro). But these medicines have the potential for harm, and an individual's risks, especially conditions that can be affected by being severely overweight or obese, need to be carefully considered.

Surgery has far more risks than medication and requires the most careful consideration before receiving a recommendation of bariatric surgery, of which there are many types.

I am much more likely to refer a patient to one of my colleagues in bariatric surgery when a patient is very obese and when there are clear medical issues that I can expect to get better with surgery. These medical issues can include diabetes, obstructive sleep apnea, or nonalcoholic fatty liver disease. Most of the time, these conditions can be well-managed without bariatric surgery, but sometimes management is very difficult. In this case, consideration of bariatric surgery is worthwhile.

Bariatric surgery is never the first choice in weight management. A comprehensive lifestyle intervention — with an individualized diet (ideally recommended by an expert such as a registered dietician or nutritionist), moderate exercise (with a goal of 150 minutes per week minimum), and regular meetings to help keep a person on track — is the right place to start. It is effective for many people if they maintain the behavioral changes.

I have been prescribing some of my patients with the GLP-1 or GLP-1/GIP medications with good results, but as you

mention, if you stop taking them, they stop working. Unless you make a dramatic change to your lifestyle that you can keep up, the weight will return. Bariatric surgery does have very strong long-term weight-loss data, as well as dramatic reductions in diabetes when used for the appropriate people.

DEAR DR. ROACH: My shoulder pain seems to be getting worse (lack of cartilage), and it is interfering with sleep. I haven't taken any pain medication for it, but I read that the best relief is from either aspirin or ibuprofen. I'd like to switch them back and forth — maybe two to three days with aspirin, then one day with ibuprofen (the most I can tolerate being 200 to 300 mg a day).

How much aspirin is OK to use in this way? — J.B.

ANSWER: I recommend against the combination of a medicine like ibuprofen (or naproxen, like Aleve) and aspirin. They have similar toxicities and work nearly in the same way, so you don't get much more, if any, pain relief and instead increase the risk of kidney and stomach damage.

The combination of aspirin or an anti-inflammatory drug like ibuprofen with the drug acetaminophen (Tylenol) is commonly used and can lead to improved pain relief without a big toxicity risk when taken in the recommended doses.

Statins Do Not Increase Risk of Death by Suicide in Men Over 60

DEAR DR. ROACH: I have read that there is a correlation between the use of statins and suicide in men over 60, especially if they have suffered from chronic depression. Can you tell me if this has been studied more? — K.M.

ANSWER: This concern has been studied extensively.

An older class of cholesterol medication, the fibrates, was associated with a small increased risk of suicide and violent deaths, in several large studies. However, a very large study published in 2020 showed no increase in risk of death by suicide among those taking statin drugs. In fact, that study, as well as several others, have shown a decrease in depression risk among statin users. Statins have even been found to be (modestly)

effective in treatment of drug-resistant depression.

Men over 60 are certainly at a higher risk from death by suicide, but statin drugs do not appear to increase that risk. Anyone with thoughts of hurting themselves should seek care from their doctor, a mental health professional, or the suicide and crisis lifeline at 988 in the U.S. and 833-456-4566 in most Canadian provinces.

DEAR DR. ROACH: I am 74. I have always been described as smallboned. I am on a statin, but otherwise, I'm healthy. I was recently diagnosed with osteopenia. I do not eat dairy, but I do take vitamin D. I am vegetarian and eat lots of tofu. I am very concerned about taking any additional medicines. Suggestions, please? — F.M.D.

ANSWER: Osteopenia, or low bone density, is analogous to borderline diabetes or elevated blood pressure. It's not a disease in itself, but it puts you in a range between the healthiest condition and one that can put you at risk. In the case of osteopenia, you are at a higher risk for developing osteoporosis, which, in turn, puts you at a high risk for a fracture, especially one of the spine or the hip. We do not normally treat low bone density with medicine. Lifestyle interventions to help slow loss of bone density include not only the calcium and vitamin D you are taking, but I especially recommend exercise. Weight-bearing, muscle-strengthening and posture exercises are proven to help. Smokers should quit.

You should have gotten a T-score on your report, which compares your bone density for a given bone to a healthy young adult. The worse the T-score, the closer you are to osteoporosis, which is a T score below -2.5. Depending on how close you are to osteoporosis, the sooner your bone density test should be repeated. People with osteoporosis should be considered for medication. I understand your concern about taking more medicine than you need, but you really don't want a hip fracture to occur.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Financial

Cash not accepted

The share of cashless businesses more than doubled from February 2020 to February 2021. Although credit and debit cards have been a regular payment option for decades, advancing technology and staffing trends have turned some businesses away from paper money altogether. Some businesses sought to avoid paying fees for credit card transactions by encouraging cash payments. However, even with those fees, a cashless business can be more profitable. Processing electronic payments is much quicker

than taking cash and making change, and that speed can increase total sales.

Other benefits of eliminating cash include simplified bookkeeping, as software tracks all transactions and prints out reports, and a reduced risk of loss or theft. In some cases, businesses can reduce staff, such as at parking lots where machines that process credit and debit card transactions have replaced attendants. Studies show that people generally tend to buy more and tip more when they use their plastic than with cash. In a 2021 survey, most consumers and small-business own-

ers envision a fully cashless society within 10 years

What say you, the consumer?

About 15% of Americans 55 and older use cash for most or all purchases. Nearly two-thirds of people 70 to 87 don't own a smart phone, which keeps them from making mobile payments and in-app purchases. And some people simply prefer to pay in cash to keep from overspending or because of privacy concerns.

Eliminating cash creates some serious inequities. There are people of all ages, races, income levels and

types who would prefer to pay with cash. If you eliminate cash, you leave a lot of people behind.

Is it legal to refuse cash?

The words "This note is legal tender for all debts, public and private" are printed on U.S. currency. Historically, there were no laws that said a business must accept cash.

Digital currency

The Biden Administration is putting its support behind the research and development of a U.S. Central Bank Dig-

ital Currency (CBDC). The President signed an executive order instructing the federal government to explore the possible uses of and regulations for digital assets like cryptocurrencies. The U.S. would not be the first country with a digital currency. China has introduced its own CBDC. More than 140 million people have opened digital wallets and many other countries have either rolled out or are developing digital currencies. No more piggy banks.

UPGRADING YOUR OASIS

FAMILY FEATURES

Picture this: You've purchased your home. You're on the land you've dreamt about and you've got great ideas to turn your property into the personal oasis you've always wanted.

As you consider developing your land, building with environmentally sensitive choices becomes more important than ever. According to LightStream's 9th Annual Home Improvement Trends Survey, more than 93% of homeowners see the benefits of undertaking renovations that have positive environmental impacts. Yet, one of the top barriers to making eco-friendly upgrades is that people don't know what to do (27%) nor where to begin (24%).*

As a first step, homeowners can take on renovations to make their existing home or building greener. Among the many smaller-scale eco-projects are new insulation, HVAC systems, lighting or appliances.

"One popular upgrade is installing custom windows and doors that are thermally broken, meaning they're designed to keep out cold or hot temperatures," said Sean Cain, president of Morton Buildings, a specialized construction company with decades of experience in eco-conscious construction. "It's a big improvement that is not only energy-efficient, but it will immediately impact the overall comfort of your building and save money on energy expenses."

Reflecting larger visions, the survey also found that many homeowners are thinking outside the home itself, enhancing their properties by adding a separate garage, hobby shop, barn, office or accessory dwelling unit.

"Today's homeowners are looking for a solid property improvement investment as well as construction specialists with the unique knowledge and know-how to deliver eco-friendly best practices and sustainable products," said Todd Nelson, senior vice president at LightStream, an online lending division of Truist Bank.

In addition to return on investment and environmentally sustainable upgrades, homeowners are also increasingly interested in the longevity of their improvement projects.

"People today are keenly interested in the long-term sustainability of their building decisions including construction of ancillary buildings on their property," Cain said. "Post-frame buildings with steel exteriors have advantages both for longevity and recyclability whereas shingle roofs or vinyl siding may need replacement more



Photos courtesy of Morton Buildings, Inc.



frequently, which often results in additional waste that cannot be recycled. Moreover, they have protective benefits as well, helping to mitigate inclement weather and extreme climate events. Most of all, their design flexibility makes them modern and stylish."

"Reducing energy costs is important to many building owners," Cain said. "Make sure your building or home is well-insulated because this can save you a considerable amount of money."

Consider the Options

As consumers seek sustainability in their residential structures, more are considering their long-term financial impacts, too.

"We're in era of rising interest rates," Nelson said. "A fixed rate loan can save money and be the right choice for many reasons."

Visit LightStream.com to see how unsecured, affordable home improvement loans can help finance your renovation.

FROM START TO FINANCE

Sustainability begins with material selection and production.

"There are many ways to make the manufacturing processes more sustainable, such as recycling or repurposing unused or misdirected materials and even capturing and reusing water," Cain said.

Managing the Costs

Sustainable building options can also be more affordable, particularly if you're looking at cost savings over time.

*The 9th Annual LightStream Home Improvement Survey was distributed by Ipsos among 1,301 U.S. homeowners, between January 4, 2022 and January 13, 2022.

Truist Bank is an Equal Housing Lender. Member FDIC.

How to Perform Your Own Home Energy Audit

FAMILY FEATURES

Running a household can get expensive. Between regular maintenance and utility costs, things can add up quickly over the course of a month.

One of the most costly parts of owning a house is typically heating and cooling. If your house isn't sealed or energy efficient, your heating and cooling costs may climb every season.

However, an energy audit is one way to find air leaks and other inefficiencies around your house. Consider these tips from the experts at Best Pick Reports to perform a home energy audit and take steps to address any issues.

What to Look for During the Home Energy Audit

Attic

- Check to see if the holes for your wiring, plumbing and piping are properly sealed and insulated.
- Check the hatch leading into the attic for air leaks. Test for air leaks by closing all the windows and doors then turning on the air conditioner or furnace. Hold a lit stick of incense near the hatch. If the smoke rises between the hatch and the frame, there might be a leak.

Ductwork

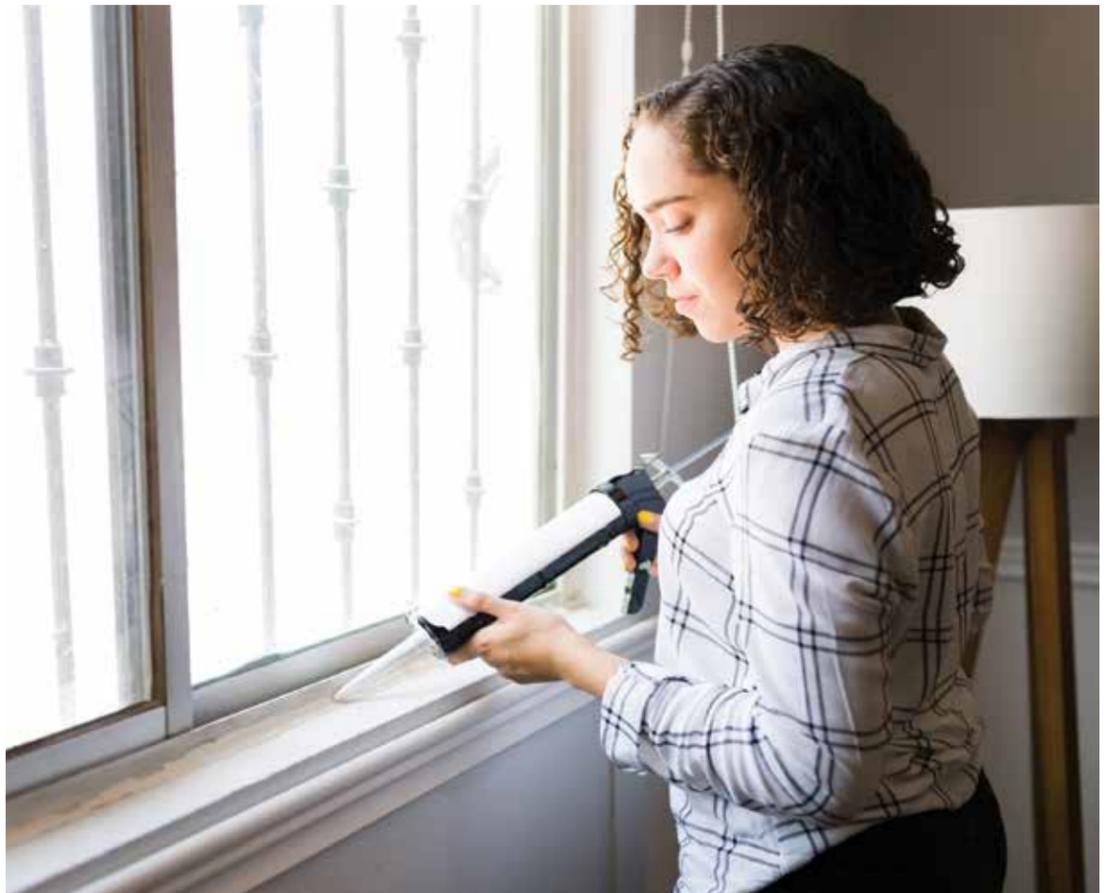
- Test for air leaks by turning on the heat or air conditioning in your home and feeling the ducts for any leaks. If you aren't sure, shine a flashlight on the ducts and see if any dust is blowing.

Furnace and Water Heater

- Check the manufacture date on the furnace and water heater. These appliances lose efficiency over time. Furnaces should be replaced after 25 years, on average. Water heaters should be replaced after 10 years.
- Check your water heater's insulation. If the water heater is hot to the touch, it isn't retaining heat properly.
- Check the furnace filter. If it's dirty or hasn't been replaced within the last three months, your HVAC system may be working too hard.

Windows and Doors

- Check for drafty windows or doors by closing all the windows and doors then turning off the air conditioner, furnace and fans. Hold a lit stick of incense near all sides of the window or door frame and underneath the door. The direction the smoke wafts will tell you if there's a draft.



Photos courtesy of Getty Images



What to Do After Your Home Energy Audit

Now it's time to address any issues you found. Some of these fixes are straightforward enough you can likely handle them on your own. For others, you might need to bring in a professional.

Attic

- Seal holes around wires or pipes with high-temperature, flexible caulk or spray foam.
- Insulate your attic hatch by attaching foam insulation to the back of the hatch. If the hatch door doesn't have weather stripping, add some.

Ductwork

- Repair leaky ductwork with duct sealant (mastic) or metal-backed (foil) tape.
- Insulate ducts as needed with duct insulation material rated at least R-6.

Furnace and Water Heater

- Replace furnace filters at least every three months.
- Wrap your water heater in an insulated blanket (R-8 or higher).
- Insulate the pipes attached to your water heater with foam pipe insulation or insulating tape.

Windows and Doors

- Replace failed caulking and weather stripping around windows and doors.
- Add a door sweep to exterior doors to eliminate the gap between the floor and the bottom of the door.

These home energy audit fixes are often just the beginning of making your house more efficient. To maximize your home's efficiency, hire a professional home energy auditor to do a full inspection, both inside and outside. Visit bestpickreports.com and fivestarrated.com to find experts in your neighborhood.



1. Which artist released the album titled "All Things Must Pass"?
2. Who was the first to release "Blue Bayou"?
3. Which group released "Tears of a Clown"?
4. Who released "Venus in Blue Jeans"?
5. Name the song that contains these lyrics: "There goes my baby with someone new, She sure looks happy, I sure am blue."

Answers

1. George Harrison, in 1970, right after the Beatles broke up. It was a triple album: two records of songs and one of jams with other musicians. It went to No. 1 in most places around the globe. The 50th Anniversary box set (2021) did not do nearly as well.
2. The song's writer Roy Orbison, in 1961. Linda Ronstadt released her cover of the song in 1977, and it became her signature song.
3. Smokey Robinson and the Miracles, in 1970. Robinson had been about to leave the group until he saw how well the song charted. He stayed two additional years.
4. Jimmy Clanton, in 1962.
5. "Bye Bye Love," by The Everly Brothers in 1957. While The Everly Brothers' release is the best-known version, others gave it a try over the years, including George Harrison (who changed the lyrics after his wife left him).

© 2023 King Features Syndicate

Strange BUT TRUE

By Lucie Winborne

- Nintendo was founded in 1889 as a playing card company.
- Garbage collectors in Turkey have filled their own library entirely from books thrown away by residents. Originally destined for landfills, around 6,000 tomes are now safely housed on shelves, waiting to be reread — or discovered — by the public.
- Gray cats are frequently the result of a diluted black fur gene.
- The World's Largest Collection of the World's Smallest Versions of the World's Largest Things is a museum in Lucas, Kansas, created by Erika Nelson. It consists of miniatures created from photos of the world's largest objects.
- On May 9, 1945, reports that Nazi Germany had surrendered to the USSR triggered a 22-hour celebration that caused the country to temporarily run out of vodka!
- An Arizona man didn't realize he was a big winner at a Las Vegas slot machine because its lights and buzzers never went on. Fortunately, an investigation by the Nevada Gaming Control Board resulted in a happy ending and the bestowal of the gentleman's \$230,000.

- Not only can you be right-handed or left-handed, you can be right or left eared and eyed.
- "Tartle" is a Scottish word referring to the feeling of hesitation or panic you experience when unable to recall another person's name.
- Though heavy metal music originated in the U.S. and the U.K., Finland has the most metal bands per capita, with Sweden and Norway tying for second place and Iceland coming in third.
- There's a name for three consecutive strikes in bowling: a turkey or sizzling turkey. Any additional strike after that is called a bagger.

Thought for the Day: "Management is about persuading people to do things they do not want to do, while leadership is about inspiring people to do things they never thought they could." — Steve Jobs

© 2023 King Features Synd., Inc.

top 10 movies

1. **Magic Mike's Last Dance** (R) Salma Hayek, Channing Tatum
2. **Avatar: The Way of Water** (PG-13) Sam Worthington, Zoe Saldana
3. **Titanic** (PG-13) Leonardo DiCaprio, Kate Winslet
4. **80 for Brady** (PG-13) Rita Moreno, Jane Fonda
5. **Puss in Boots: The Last Wish** (PG) Antonio Banderas, Salma Hayek
6. **Knock at the Cabin** (R) Dave Bautista, Jonathan Groff
7. **A Man Called Otto** (PG-13) Tom Hanks, John Higgins
8. **Missing** (PG-13) Tim Griffin, Ava Zaria Lee
9. **M3GAN** (PG-13) Allison Williams, Violet McGraw
10. **Plane** (R) Gerard Butler, Daniella Pineda

© 2023 King Features Synd., Inc.

top ten

Least Energy-Expensive States*

1. District of Columbia (\$277)
2. New Mexico (\$377)
3. Nebraska (\$390)
4. Kansas (\$396)
5. Arizona (\$403)
6. Texas (\$416)
7. Louisiana (\$419)
8. California (\$430)
9. Arkansas (\$430)
10. Oregon (\$431)

Source: WalletHub

* Average monthly energy bill

© 2023 by King Features Syndicate, Inc. World rights reserved.



"The Peanut Butter Falcon" (PG-13) — Although this film released in theaters back in 2019, it was considered a "sleeper hit," garnering more success in the years to come. Starring Shia LaBeouf and Dakota Johnson, this heartwarming indie film is now out on streaming platforms, which might help give it an even bigger reach. In the film, a young man with Down syndrome named Zak has dreams of becoming a professional wrestler, so he escapes from his assisted living facility to go chase his dreams. On the way, he meets Tyler (LaBeouf), who supports his venture and they begin to travel by water to Zak's dream wrestling school in North Carolina. But Zak's caretaker, Eleanor (Johnson), is close behind them to find Zak and return him back to the facility. (Paramount+)

"Smile" (R) — One of last year's biggest horror successes releases on streaming Feb. 21! "Smile" stars Sosie Bacon as Dr. Rose Cotter, a therapist at a psych ward. In a meeting with student Laura Weaver, Laura informs Rose that she saw her professor die by suicide and, since then, has been terrorized by people smiling at her, telling her she will die soon. Laura then commits suicide in front of Rose, who later sees another patient smiling and telling her that she also will die soon. Rose assumes Laura's curse has been passed onto her, and she takes any means necessary to figure out how to break the curse in time. Who would ever think that a movie about smiling would be so creepy? (Prime Video)

"We Have a Ghost" (PG-13) — This comedy-horror movie, based on a short

story by Geoff Manaugh, premieres Feb. 24, and it's a goofy, spooky watch for the whole family. David Harbour ("Stranger Things" and "Black Widow") stars as a ghost named Ernest, who haunts a home called "The House of Death." A family of four moves into the home and the youngest son, Kevin, shortly thereafter has his first encounter with Ernest. But Ernest really isn't as scary as all the town gossip claims and he can't even speak. Kevin befriends him and begins a YouTube channel featuring Ernest, making them an internet sensation. Kevin's friendship with Ernest prompts him to wonder how Ernest's death truly came to be, so he dives deeper to uncover the truth. (Netflix)



Courtesy of Netflix

From left, David Harbour, Anthony Mackie and Jahi Winston star in "We Have A Ghost."

"Liaison" (NR) — Eva Green ("Casino Royale") and Vincent Cassel ("Black Swan" and the "Ocean's" franchise) star in this new British-French series premiering Feb. 24. Green plays a secret agent tasked with finding out who's behind dangerous cyberattacks taking place in the U.K. Her team tracks the main suspect, who happens to be her ex-lover, Gabriel Delage (played by Cassel). Upon secretly meeting with him, Gabriel provides her with information about the attack and agrees to work alongside her. Their past relationship is full of many secrets that inevitably crop up later and blur lines as she tries to complete her mission. (AppleTV+)

© 2023 King Features Synd., Inc.

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

WWW.COM

Saint Luke Church
1500 West Belmont
Chicago, IL 60657
773-472-3383

Join Us In-Person & Online
www.stlukechicago.org

Sunday Worship
9:30 a.m. Holy Communion
Live-streamed

Thursdays Bible Class 12:00 p.m.
Via Zoom
Go to www.stlukechicago.org for link

Saint Luke Academy
773-472-3837
info@stlukechicago.org

Lakeview Newspaper

P.O. Box 578757 Chicago, IL 60657
Phone: (312) 493-0955
WWW.Lakeviewnewspaper.com
Email: LKVVNEWS@aol.com

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

See our newspaper online and click through to our advertisers web sites.

Selling BELOW OUR COST Patio Furniture in Stock at our old location 3105 N Ashland Avenue

Please call Reynaldo at (708)738-0745 to make an appointment to meet you at this location

FIREPLACES, FIRE PITS, BAR B Q's and SERVICE

Greenforest
Fireplace & Patio Co.

www.Greenforestfireplaceandpatio.com
3032 N. Milwaukee Avenue
Stop by and see us for Great Pricing (773) 348-9111

To advertise here call (312) 493-0955 for more information.



by Jo Ann Derson

lengthwise along the edge of the bed. It's just enough of a bumper to send a sleeping child back to the center of the mattress.

- "It can be tricky to add new keys to a key ring, especially if you don't have much of a fingernail. I have found a foolproof way to get the key started. Just use a staple remover. It works wonders!" — T.R. in Indiana
- If you find that you have small scratches in your wood furniture, try this old trick: Rub a walnut over dings to cover them up. Or find a matching brown crayon, rub it lightly into the scratch, and finish with a hair dryer held 10 inches away for about 10-15 seconds. It melts the wax of the crayon, and then you can buff it with a soft rag. Any excess is swept away and the color remains.
- Got small kids? If your little one keeps rolling out of his bed, here's a tip: Use a pool noodle tucked under the fitted sheet,

- "If you have many mismatched frames that you would like to use, you can try spray painting them all the same color. I had several that were different colors and a little bit beat up, but I wanted to use them in one big group. I painted them all glossy black, and they look great!" — W.F. in Arkansas
- Hanging shoe racks are a wonderful organizational tool, especially the ones made of plastic that have seethrough pockets. You can use them on the back of your bathroom door for small towels and toiletries, or how about on the back of baby's door as a diaper organizer? My favorite use is on the back of my garage door to hold all the cleaning bottles and solutions with other supplies. They are nice and high, and out of reach of little hands.

Lakeview
ROSCOE VILLAGE

Vibrant. Eclectic.
The Quintessential Chicago
Neighborhoods.

www.LakeviewRoscoeVillage.com

What's Hot In Hollywood

HOLLYWOOD — Oscar-winning actor **Rami Malek** has been cast as silent film legend **Buster Keaton**. It'll be a far cry playing the deadpan, physical-comedy genius than it was playing rocker **Freddie Mercury** in "Bohemian Rhapsody." Most people don't know who Buster Keaton was. He was second only to **Charlie Chaplin** and is best remembered for the 1926 classic "The General" and "Steamboat Bill, Jr." (1928) that were often featured in many anthologies about the silent film era. **Donald O'Connor** played him in "The Buster Keaton Story" (1957). In 1959, Keaton received an honorary Oscar.



Courtesy of Buster Keaton Productions
Buster Keaton in "The General" (1926)

The next year, when Keaton was busy rehearsing for the national company's production of "Once Upon a Mattress," with **Dody Goodman** (of "Grease"), I watched him rehearse and was thrilled to meet this comic genius. He has two stars on Hollywood's Walk of Fame, and a 1987 documentary on his life won two Emmys. In 1994, the U.S. Post Office put his face on a stamp, and in 2022, two new books came out celebrating his work and life. Keaton died in 1966 from lung cancer at age 70.

The best kept secret in Hollywood is **Ray Stevenson** — who can currently be seen in the Indian box office hit "RRR," which just received an Oscar nomination for Best Original Song. Stevenson was one of the stars in the "Thor" franchise, with "Thor" in 2011, "The Dark World" in 2013 and "Ragnarok" in 2017. He was also Porthos in "The Three Musketeers," (2011), and then starred in "G.I. Joe Retaliation" as well as the "Divergent" franchise.

In 2022, Stevenson starred opposite **Liam Neeson** and **Guy Pearce** in "Memory." "Accident Man: Hitman's Holiday" was released in October, and he's currently shooting the Disney+ limited series "Ahsoka," of the "Star Wars" franchise, starring **Rosario Dawson** and **Hayden Christensen** (who portrays Anakin Skywalker in the franchise). The 58-year-old Stevenson has been tapped to replace the 63-year-old **Kevin Spacey** in "1242: Gateway to the West" following the news of more sexual assault charges brought against Spacey. Sounds like Stevenson should hire a publicist so people know who he is.

The nightmare that would have been a **Madonna** biopic has died. Allegedly, Madonna was set to direct, but couldn't come to an agreement with the script, which was so long that Universal Pictures first considered making it two movies. But, finally, they just pulled the plug! Actresses **Julia Garner**, **Florence Pugh** and **Odessa Young** were in the running to play her, but Garner ended up nabbing the role. Madonna, ever the perfectionist, said, "I [want-

ed] to convey the incredible journey that life has taken me on as an artist, a musician, a dancer — a human being, trying to make her way in the world." Picture their auditions: "Can you act ... 'Like a Virgin'?"

HOLLYWOOD — Former California governor and Hollywood superstar **Arnold Schwarzenegger** is starring in "Kung Fury 2," with **Michael Fassbender**. He's also starring in the new action-adventure Netflix series "FUBAR," with his "Terminator: Dark Fate" co-star **Gabriel Luna**. The 75-year-old former Mr. Olympia is still in great shape. And don't forget ... as he promised in "The Terminator" — "I'll be back!"... and back again!

In 1959, a 26-year-old **Carol Burnett** starred in the musical adaptation of "The Princess and the Pea," called "Once Upon a Mattress." I was 13 and hung out at a little candy store next to the Phoenix Theater where "Mattress" was playing. Carol got her coffee at the candy store before her shows, and she'd joke with me and my two friends who were always there. I had a huge crush on her, and when "Mattress" moved to Broadway and she became a regular on "The Garry Moore Show," I commuted to the tapings. She got me a seat for every Friday show.

One night, I was barred from the studio because they said I was cutting tape by laughing and clapping so that I could hear myself on TV. But what they didn't know was that I'd meet Carol after dress rehearsal at the Studio 54 coffee shop and she'd tell

me where she needed laughter to put over a routine. There I sat, frantic on the floor outside the studio, and a well-dressed, very handsome guy asked me why. I explained why, and he said, "Wait here — I'll see what I can do."

He came back a few minutes later and said he'd vouched for me, and we ended up sitting in the fourth row. When **Garry Moore** did his audience warm-up, he excitedly introduced a celebrity in the fourth row. "Ladies and gentlemen," he said, "I'd like you to meet the Yankee Clipper." **Joe DiMaggio** stood up and waved, and it was then that I realized he was the man who came to my rescue. After the show, we went to Carol's dressing room and then to dinner at China Song next door.

On April 26, which will be Carol's 90th birthday, NBC will celebrate her in a two-hour special, co-starring her famous friends — **Julie Andrews**, **Lily Tomlin**, **Cher**, **Bernadette Peters**, **Katy Perry**, **Vicki Lawrence**, "Annie" star **Aileen Quinn** and too many more to name.

The special features moments from "Once Upon a Mattress," "The Garry Moore Show," "Julie and Carol at Carnegie Hall" and "Mama's Family" as well as her films "The Four Seasons," "Pete 'n' Tillie" and "Annie." Of course, it will also feature moments from her 11-year run of "The Carol Burnett Show."

If not for Carol Burnett, I might not be a photojournalist or writing this column now.



Courtesy of Paramount Pictures
Arnold Schwarzenegger in "Terminator: Dark Fate" (2019)

celebrity extra

by Dana Jackson

Q. Is Tina Fey working on any new shows? Did the one about the mayor get canceled? I really loved "30 Rock," and I'm hoping she'll do a reboot of it someday. — S.L.

A. It was recently announced that Fey and her former "Saturday Night Live" Weekend Update co-anchor, Amy Poehler, will be going on a comedy tour together. Since they are very busy women, they only have time for four cities, at least for now. According to Deadline.com, they'll kick it off with their first performance on April 29 in Washington, D.C., then on to the improv capital of the world, Chicago, on May 29. From there, Fey and Poehler will appear at Boston's MGM Music Hall at Fenway on June 9 and will cap off their tour in Atlantic City's Hard Rock Live at Eteess Arena on June 10.

The Tina Fey & Amy Poehler: Restless Leg Tour is calling itself a celebration of "thirty years of friendship with an evening of jokes, iconic stories and conversational entertainment." Another pair of comedy legends, Steve Martin and Martin Short (who star in Hulu's "Only Murders in the Building"), did a similar stage tour last year. Incidentally, Fey had a recurring role on their series as well.

There aren't any plans for a "30 Rock" reunion, which would prove especially difficult given star Alec Baldwin's recent legal troubles. Her most recent creation, "Mr. Mayor," starring Ted Danson, was canceled after two seasons. Despite recently striking out, I'm sure it won't be long before Fey hits another creative home run.

Q. When does the new season of "The Masked Singer" begin? I usually catch it midway through, and I want to watch it from the beginning this time. — L.A.

A. Season nine of the hit singing competition show began on Feb. 15 at 8 p.m. ET/PT on Fox. Hopefully, you caught the commercials during the Super Bowl and don't miss any episodes, but if you do, you can catch encore episodes via OnDemand, FOX NOW, Hulu and Tubi.



Deposithotos
Tina Fey

According to "Entertainment Weekly," this season's theme nights include Abba Night, DC Superhero Night and '80s Night. Returning panelists include Ken Jeong, Nicole Scherzinger, Jenny McCarthy-Wahlberg and Robin Thicke. Also, expect some star cameos.

Q. I read a rumor that Sheryl Lee Ralph didn't really sing at the Super Bowl — that she lip-synced instead. Doesn't she have a fantastic voice? — U.J.

A. Yes, long before she won an Emmy for her comedy chops in the sitcom "Abbott Elementary," Sheryl Lee Ralph was nominated for a Tony Award for her powerful vocals in Broadway's "Dreamgirls." After she wowed ticketholders at the Super Bowl with her rendition of "Lift Every Voice and Sing," viewers at home wondered if she lip-synced the lyrics instead of singing live. The following day, Ralph neither confirmed nor denied, telling "The Hollywood Reporter," "Does it matter? ... No. Thank you."

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

© 2023 King Features Synd., Inc.

READ LAKEVIEW NEWSPAPER AND GET SMARTER

Subscribe to Lakeview Newspaper and get a FREE classified ad!

Subscribe to Lakeview Newspaper for \$26.00 for 12 issues and get \$26.00 worth of Classified advertising for FREE!

Check should be made to J2 Associates, Inc.
Mail to: J2 Associates Inc., c/o Lakeview Newspaper
P.O. Box 578757, Chicago, Illinois 60657
All checks received after the 20th of the month might delay your subscription by the following month

Name _____
Address _____
City _____ State _____ Zip Code _____
Email Address (Optional) _____

Must Be Submitted By March 18th



Everybody Likes To See Their Name In Print

Your free classified ad form will be mailed to you once we receive your check. Check must be received before the 20th of the month for subscription to start the following month. Classified ad can only be used once during the year. Expiration of this offer will expire at the end of the year. We do appreciate your reading our newspaper and your subscription. We are a monthly newspaper.



Feta Roasted Salmon and Tomatoes

A Mission for Nutrition

Accomplish health goals with better-for-you family meals

FAMILY FEATURES

Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in these recipes from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in Feta Roasted Salmon and Tomatoes and 15-Minute Weeknight Pasta provide vitamin B12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones. Meanwhile, the homemade yogurt sauce served alongside these Grilled Chicken Gyros provides protein and zinc.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org.

Feta Roasted Salmon and Tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, Culinary Dietitian, on behalf of Milk Means More
Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided

- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.



15-Minute Weeknight Pasta

15-Minute Weeknight Pasta

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 5 minutes
Cook time: 10 minutes
Servings: 6

- 6 quarts water
- 16 ounces linguine or penne pasta
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced onion
- 1 cup thinly sliced carrots
- 1 cup thinly sliced sweet bell pepper
- 1/2 cup grape tomatoes, halved
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cloves garlic, peeled and minced
- 1 cup reserved pasta water
- 1 teaspoon finely grated lemon zest

- 1/2 cup smoked provolone cheese, shredded
- 1/4 cup chopped fresh parsley (optional)
- Parmesan cheese (optional)

Bring water to rolling boil and prepare pasta according to package directions for al dente texture, reserving 1 cup pasta water.

In large skillet over medium heat, melt butter. Stir in onions, carrots and sweet bell peppers. Sauté vegetables about 5 minutes, or until they brighten in color and begin to soften. Add tomatoes, salt, pepper and garlic. Cook and stir 1 minute to allow tomatoes to release juices.

Pour reserved pasta water into skillet, stirring well. Bring sauce to boil. Reduce heat to medium-low and simmer 3 minutes. Taste sauce and adjust seasonings, as desired.

Transfer drained pasta to skillet along with lemon zest and smoked provolone cheese, tossing well to coat. Serve immediately with fresh parsley and Parmesan cheese, if desired.

Grilled Chicken Gyros

Recipe courtesy of Kirsten Kubert of "Comfortably Domestic" on behalf of Milk Means More
Prep time: 30 minutes, plus 30 minutes chill time
Cook time: 20 minutes
Servings: 8

Chicken:

- 3 tablespoons unsalted butter, melted
- 2 tablespoons chopped fresh dill
- 1 tablespoon chopped fresh oregano
- 2 cloves garlic, peeled and minced
- 3 tablespoons freshly squeezed lemon juice
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 2 pounds boneless, skinless chicken breasts

Yogurt Sauce:

- 1 1/2 cups plain, whole-milk yogurt
- 1 1/2 tablespoons freshly squeezed lemon juice
- 1/2 cup diced cucumber
- 2 tablespoons chopped fresh dill
- 1 clove garlic, peeled and minced

- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

- 3-4 small loaves whole-wheat pita bread, halved lengthwise
- 1 cup thinly sliced tomatoes
- 1/2 cup thinly sliced red onion

To make chicken: Place melted butter, dill, oregano, garlic, lemon juice, salt and pepper in gallon-size zip-top freezer bag. Seal bag and shake contents to combine. Add chicken. Seal bag, pressing air out of bag. Shake chicken to coat with marinade. Refrigerate chicken in marinade 30 minutes.

To make yogurt sauce: Stir yogurt, lemon juice, diced cucumber, dill, garlic, salt and pepper. Cover sauce and refrigerate.

Heat grill to medium heat. Grill chicken over direct heat, about 10 minutes per side, until cooked through. Transfer chicken to cutting board and rest 10 minutes. Thinly slice chicken across grain.

Serve chicken on pita bread with tomatoes, red onion and yogurt sauce.



Grilled Chicken Gyros

Comfort foods

Made fast and healthy

by Healthy Exchanges

Sweet Fruit Focaccia

Wow! You mean THIS started with a can of biscuits!? It sure did — but it doesn't look or taste like it. Pairs perfectly with your morning coffee or as an afternoon pick-me-up at tea time.

- 2 tablespoons fat-free milk
 - Sugar substitute to equal 2 tablespoons sugar
 - 1/4 teaspoon ground cinnamon
 - 1 (7.5-ounce) package refrigerated buttermilk biscuits
 - 1/4 cup apricot spreadable fruit
 - 1/4 cup raisins
 - 1/4 cup chopped pecans
1. Preheat oven to 450 F. Spray a 9-inch pie plate with butter-flavored cooking spray.
 2. In a small bowl, combine milk, sugar substitute and cinnamon. Separate biscuits. Dip each biscuit into milk mixture, then arrange in prepared pie plate. Drizzle any remaining milk mixture evenly over top of biscuits.
 3. Gently stir spreadable fruit to soften, then evenly spread over biscuit tops. Sprinkle raisins and pecans evenly over all.
 4. Bake for 10 to 12 minutes. Place pie plate on a wire rack and let set for at least 15 minutes. Cut into 6 wedges. Serves 6.
- Each serving equals: 199 calories, 7g fat, 3g protein, 31g carb., 360mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat.

Good Housekeeping

Charred Shrimp and Avocado Salad

Turn up the tropical vibes with pineapple, avocado and shrimp.

- 2 1/2 pounds large peeled and deveined shrimp
- 5 tablespoons olive oil
- Kosher salt
- Pepper
- 1/2 small pineapple, peeled, trimmed and sliced 1/2-inch thick
- 2 tablespoons fresh lemon juice
- 1/2 small red onion, thinly sliced
- 1/2 English cucumber, sliced into half-moons
- 1/2 bunch Upland watercress
- 1 avocado, quartered

1. Toss shrimp with 2 tablespoons oil and 1/2 teaspoon each salt and pepper. Heat grill pan, grill or broiler. Brush pineapple with 1 tablespoon oil. Grill or broil (in batches on rimmed baking sheets) until pineapple is slightly charred and shrimp are opaque throughout, about 3 minutes per side on the grill or 6 to 8 minutes in broiler (rotating pan and turning food over halfway through). If desired, set aside half of shrimp for the No-Cook Shrimp Rolls and refrigerate until ready to use.
 2. Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Toss with onion.
 3. Cut grilled pineapple into smaller pieces. Add to bowl with onion along with cucumber and shrimp and toss to combine. Fold in watercress and avocado. Makes 4 servings.
- Each serving: About 65 calories, 4g total fat (2g saturated), 1g protein, 6g carbohydrate, 0g fiber, 13mg cholesterol, 40 mg sodium.

Good Housekeeping

Steak with Shallot-Red Wine Sauce

- 1 teaspoon vegetable oil
 - 2 (about 12 ounces each) boneless beef rib-eye steaks, 3/4-inch thick
 - 1 teaspoon margarine, substitute butter
 - 1/2 teaspoon salt
 - 1/4 teaspoon coarsely ground pepper
 - 2 (1/4 cup) medium shallots, finely chopped
 - 1 cup dry red wine
1. In a 12-inch skillet, heat oil over medium-high heat until very hot but not smoking.
 2. Meanwhile, pat steaks dry with paper towels.
 3. Add margarine to skillet. Add steaks; sprinkle with salt and pepper and cook 8 to 10 minutes for medium-rare or until desired doneness, turning steaks over once. Transfer steaks to cutting board; keep warm.
 4. To drippings in skillet, add shallots and cook over medium heat 3 to 4 minutes or until browned and tender. Add wine to skillet and heat to boiling over high heat. Boil 2 minutes.
 5. To serve, thinly slice steaks and spoon wine sauce on top. Serves 4.
- Each serving: About 505 calories, 40g total fat (16g saturated), 116mg cholesterol, 405mg sodium, 3g total carbohydrate, 30g protein.

Good Housekeeping

Twice-Baked Potatoes Caesar

Try these potatoes with your favorite steak dish.

- 3 (about 6 ounces each) small baking potatoes
- 2 tablespoons margarine, substitute butter
- 1 small garlic clove, crushed with press
- 1/2 cups sour cream
- 4 anchovy fillets, minced, substitute 1 teaspoon anchovy paste
- 1/4 teaspoon salt
- 1/4 teaspoon grated fresh lemon peel
- 1/8 teaspoon coarsely ground pepper
- 1/2 cup (plus 2 tablespoons) grated Parmesan cheese

1. Preheat oven to 450 F. With fork, pierce potatoes in several places. Place potatoes on oven rack and bake 35 minutes or until fork-tender.
 2. Cut each potato lengthwise in half. With spoon, carefully scoop out potatoes, placing flesh in medium bowl and leaving potato-skin shells intact.
 3. In small saucepan, melt margarine over medium heat. Add garlic and cook 15 seconds.
 4. With potato masher, mash potatoes with margarine mixture, sour cream, anchovies, salt, lemon peel, pepper and 1/2 cup Parmesan. Spoon mixture into 4 reserved potato-skin shells, mounding slightly.
 5. If you like, cover and refrigerate remaining 2 shells for use another day. Place potatoes in shallow baking pan; sprinkle with remaining 2 tablespoons Parmesan.
 6. Return potatoes to oven and bake about 15 minutes or until hot on the inside and golden on top.
- Each serving: About 275 calories, 15g total fat (7g saturated), 24mg cholesterol, 620mg sodium, 27g total carbohydrate, 2g dietary fiber, 10g protein.

Good Housekeeping

Muffuletta

This sandwich is a classic in the French Quarter of New Orleans, but with our recipe you won't have to travel to get it. It tastes even better made a day ahead.

- 4 medium celery stalks, finely chopped (about 1 1/4 cups)
- 1 cup drained giardiniera (Italian mixed pickled vegetables), finely chopped
- 1 cup loosely packed fresh parsley leaves, chopped
- 3/4 cup pitted green olives, finely chopped
- 1/4 cup olive oil
- 1/4 teaspoon coarsely ground black pepper
- 1 clove garlic, minced
- 1 round (10-inch diameter) loaf soft French or Italian bread (1 pound), cut horizontally in half
- 6 ounces thinly sliced smoked ham
- 6 ounces thinly sliced provolone cheese
- 6 ounces thinly sliced Genoa salami

1. In a medium bowl, combine celery, giardiniera, parsley, olives, oil, pepper and garlic; set aside.
 2. Remove a 1-inch layer of soft center of bread from both halves to make room for filling. On bottom half of bread, spread half of olive mixture; top with ham, cheese, salami and remaining olive mixture. Replace top half of bread; press halves together.
 3. Wrap sandwich tightly in plastic wrap, then foil, and refrigerate at least 2 hours or up to 24 hours. Cut into 8 wedges to serve.
- Each serving: About 390 calories, 24g total fat (8g saturated), 19g protein, 26g carbohydrate, 24g total fat (8g saturated), 1g fiber, 44mg cholesterol, 1,515mg sodium.

Good Housekeeping

Macaroni and Cheese on the Light Side

Our pasta recipe is amazingly creamy, and it sneaks vegetables into the kids' dinner without a lot of fuss.

- 1 package (16 ounces) cavatelli pasta
- 2 tablespoons margarine or butter
- 3 tablespoons all-purpose flour
- 1/4 teaspoon ground black pepper
- Pinch ground nutmeg
- 3 1/2 cups low-fat (1%) milk
- 6 ounces (1 1/2 cups) reduced-fat sharp cheddar cheese, shredded
- 1/3 cup grated Parmesan cheese
- 1 package (10 ounces) frozen mixed vegetables

1. Heat large saucepot of salted water to boiling over high heat; add pasta and cook as label directs.
 2. Meanwhile, in 3-quart saucepan, melt margarine over medium heat. With wire whisk, stir in flour, pepper, nutmeg and 1/2 teaspoon salt; cook 1 minute, stirring constantly. Gradually whisk in milk and, stirring constantly, cook over medium-high heat until sauce boils and thickens slightly. Boil 1 minute, stirring.
 3. Remove saucepan from heat; stir in cheeses just until melted. Following manufacturer's directions, use immersion blender to blend mixture in saucepan until smooth. (Or, in blender at low speed, with center part of cover removed to allow steam to escape, blend sauce mixture in small batches until smooth. Pour sauce into bowl after each batch.)
 4. Place frozen vegetables in colander; drain pasta over vegetables. Return pasta mixture to saucepot; stir in cheese sauce. Serves 8.
- Each serving: About 340 calories, 11g total fat (4g saturated), 32mg cholesterol, 585mg sodium, 43g total carbs, 2g dietary fiber, 18g protein.

1. In a large skillet sprayed with butter-flavored cooking spray, saute meat, celery and onion for 10 minutes. Stir in tomato sauce, undrained stewed tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.
 2. For each serving, place 1/2 cup noodles on a plate and spoon about 1 cup meat mixture over top. Freezes well. Serves 6.
- Each serving equals: About 233 calories, 5g fat, 22g protein, 25g carb., 307mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

Good Housekeeping

Potted Cheddar and Beer Spread

The flavors in this recipe were borrowed from the famous dish Welsh Rabbit, where Cheddar cheese and beer are melted together and served over toast. Include some nice biscuits with this, such as water crackers or plain flatbread crisps.

- 1 1/2 pounds (6 cups) extra-sharp Cheddar cheese, shredded
- 1 can (12-ounce) beer
- 6 tablespoons (3/4 stick) margarine or butter, softened
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon ground red pepper (cayenne)
- 1/8 teaspoon ground nutmeg

1. In large bowl, combine cheese and beer. Let stand 30 minutes or until cheese softens.
 2. In food processor with knife blade attached, blend cheese mixture, margarine or butter, and remaining ingredients 3 to 5 minutes until smooth.
 3. Pack cheese into crocks or decorative airtight containers and store in refrigerator up to 1 month or in freezer up to 3 months. To serve, let cheese stand at room temperature 30 minutes or until soft enough to spread. Makes about 5 cups.
- Each serving: About 45 calories, 4g total fat (2g saturated), 9mg cholesterol, 70mg sodium, 0g carbohydrate, 2g protein.

Good Housekeeping

No-Cook Shrimp Rolls

A fresh carrot salad gives these creamy sandwiches a burst of flavor and crunch.

- 4 small radishes (thinly sliced)
- 2 scallions (thinly sliced into matchsticks)
- 1 small carrot (peeled into ribbons)
- 4 tablespoons fresh lime juice
- 1/4 cup mint leaves
- 3 tablespoons mayonnaise
- 1 tablespoon gochujang
- 4 buns
- Remaining shrimp from Charred Shrimp and Avocado Salad

1. In medium bowl, toss small radishes, scallions and small carrot with 2 tablespoons fresh lime juice; fold in mint leaves.
 2. In large bowl, whisk together mayonnaise, 2 tablespoons fresh lime juice and gochujang. Remove and discard tails from reserved shrimp, if any. Cut shrimp into pieces and toss with sauce. Fill buns with shrimp mixture and top with carrot ribbon salad. Serves 4.
- Each serving: About 375 calories, 14.5g fat (2.5g saturated), 30g protein, 1,525mg sodium, 30g carbohydrates, 2g fiber.

Comfort foods

Made fast and healthy

by Healthy Exchanges

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.

- 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, 6g fat, 26g protein, 26g carb., 921mg sodium, 3g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 Starch/Carb.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Swiss Steak Skillet

I don't think there is a "meat and potatoes" man around who won't give this comforting dish two thumbs up.

- 16 ounces lean tenderized minute or cube steaks, cut into 16 pieces
- 1/2 cups finely sliced celery
- 1 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried parsley flakes
- Sugar substitute to equal 1 tablespoon sugar, suitable for cooking
- 1/8 teaspoon black pepper
- 3 cups hot cooked noodles, rinsed and drained

PAULINA MARKET

PAULINAMEATMARKET.COM

3501 N. LINCOLN AVE.
CHICAGO, IL 60657
773-248-6272

St. Patrick's Headquarters

Corned Beef, Cabbage, Potatoes & Carrots!

Bangers and Mashed with Gravy

BACK BY POPULAR DEMAND

REUBEN BRATS

We can supply all your needs except for the dye for the Chicago River!

Crime

Mail thief burglarized Lakeview apartment building mail room 14 times in 9 weeks, according to prosecutors.

A Chicago man is charged with burglarizing a Lakeview apartment building's mail room 14 times last year after he was sentenced to probation for mail theft on the 3130 Lake Shore Drive apartment building.

Patrick Slagel, 44, is charged with 14 counts of burglary and theft of mislaid property. During a bail hearing, prosecutors said Slagel targeted the mail boxes at 3130 North Lake Shore Drive each time he allegedly used a device to open a bank of about 35 mailboxes. High definition security cameras recorded him committing the crimes on August 29th and 31st. Also on September 2nd, 5th, 6th, 7th, 9th, 10th, 14th, 17th, 23rd, 26th and 27th as well as October 6th, prosecutors said.

The U.S. Postal Inspection Service conducted the investigation and they recognized Slagel from previous incidents, Postal inspectors and Chicago police arrested him after he had been to court for a routine hearing in another mail theft case, for which he is on probation.

He allegedly admitted to being a "jogger", the slang for people that collect bulk mail in theft scams, and to using postal service master keys that were either provided by relatives or UPSP employees or were bought or stolen. He allegedly had told police that he had been directed to target the apartment building and to begin each raid with a specific mail box. Prosecutors said he had two stolen credit cards on his possession when police arrested him, which was the basis for the theft charge.

Prosecutors said he was convicted of illegally possessing debit or credit cards in DuPage County in 2018 and Cook County in 2019. The Cook County theft also involved mail theft, His public defender, Emily Motin, said he received several medals and honors in combat while serving in the U.S. Army for seven years. He regularly volunteers at the Veterans Administration and supports his only child, Motin said.

Judge Ankur Srivastava ordered him to post \$500 bail deposit to go home on electronic monitoring. But he won't be eligible for release until the judge overseeing his probation reviews the new development. Last January he was charged with mail theft in Lincolnwood.

On November 6, 2020, Chicago police and paramedics found Slagel lying on a sidewalk in the 200 block of West Menomonee with a bag that contained a USPS master key, 72 pieces of mail from a nearby multi-unit and a 7 inch crowbar. According to police records. He was charged with burglary at that time.

age County in 2018 and Cook County in 2019. The Cook County theft also involved mail theft, His public defender, Emily Motin, said he received several medals and honors in combat while serving in the U.S. Army for seven years. He regularly volunteers at the Veterans Administration and supports his only child, Motin said.

Judge Ankur Srivastava ordered him to post \$500 bail deposit to go home on electronic monitoring. But he won't be eligible for release until the judge overseeing his probation reviews the new development. Last January he was charged with mail theft in Lincolnwood.

On November 6, 2020, Chicago police and paramedics found Slagel lying on a sidewalk in the 200 block of West Menomonee with a bag that contained a USPS master key, 72 pieces of mail from a nearby multi-unit and a 7 inch crowbar. According to police records. He was charged with burglary at that time.

Shooting on the 2700 block of West Peterson Avenue.

Assault on the 5600 block of North California Avenue.

Robbery on West Chesnut Street and North Orleans Street,

Assault on the 5200 block of North Sheridan Road,

Theft on the 1500 block of North Kingsbury Street,

Vandalism on the 2200 block of North Seeley Avenue.

Theft on the 800 block of West Agatite Avenue.

Assault on the 1500 block of North Wells Street.

Burglary on the 2500 block of North Clark Street.

Theft on the 5800 block of North Sheridan Road.

Theft on the 2200 block of North Leavitt Street.

Vandalism on the 4900 block of North Broadway.

Theft on the 2300 block of North Hoyne Avenue.

Robbery on the 1700 block of North Winnebago Avenue.

Theft on the 3000 block of North Southport Avenue.

Robbery on the 1700 block of West Bloomington Avenue.

Theft on the 5000 block of North Kenmore Avenue.

Assault on the 100 block of West Division Street.

Assault on the 1100 block of West George Street.

Shooting on the 1000 block of West Oakdale Avenue.

Theft on the 1400 block of North State Parkway.

Theft on the 1200 block of North LaSalle Drive.

Vandalism on the 1900 block of North Lincoln Park West.

Theft on the 1500 block of North Clybourn Avenue.

Theft on the 2300 block of North Hoyne Avenue.

Robbery on the 1600 block of North Claremont Avenue.

Theft on the 3000 block of North Southport Avenue.

Assault on the 2200 block of North Kedzie Boulevard.

Arrest on the 3400 block of North Kedzie Avenue.

Assault on the 3800 block of West Wrightwood Avenue.

Assault on the 1300 block of North Campbell Avenue.

Assault on the 5700 block of North Rockwell Street.

Theft on the 1400 block of North Campbell Avenue.

Theft on the 2600 block of West Rascher Avenue.

Assault on the 4400 block of North Kimball Avenue.

Assault on the 1100 block of North Western Avenue.

Theft on the 3200 block of West Crystal Street.

Assault on the 3500 block of North Milwaukee Avenue.

Assault on the 1000 block of West George Street.

Theft on the 3600 block of North Lincoln Avenue.

Burglary on the 2500 block of North Clark Street.

Theft on the 3200 block of West Belmont Avenue.

Assault on the 6300 block of North Oakley Avenue.

Theft on the 1900 block of West Fargo Avenue.

Theft on the 3800 block of North Mozart Street.

Theft on the 1300 block of West Lunt Avenue.

Theft on the 3000 block of North Southport Avenue.

Theft on the 5000 block of North Kenmore Avenue.

Theft on the 2700 block of North Kedzie Avenue.

Theft on the 3500 block of North Sacramento Avenue.

Theft on the 2400 block of West Thornedale Avenue.

Arrest on the 3200 block of West Devon Avenue.

Assault on the 6300 block of North Albany Avenue.

Arrest on the 3400 block of North Kedzie Avenue.

Theft on the 800 block of West Agatite Avenue.

Assault on the 5700 block of North Rockwell Street.

Theft on the 300 block of Custer Avenue.

Theft on the 5600 block of North Winthrop Avenue.

Theft on the 2600 block of West Rascher Avenue.

Theft on the 4500 block of North Clarendon Avenue.

Assault on the 7200 block of North Clark Street.

Theft on the 3600 block of North Lincoln Avenue.

Theft on the 3200 block of North Milwaukee Avenue.

Assault on the 4500 block of North Broadway.

Assault on the 6300 block of North Oakley Avenue.

Theft on the 1900 block of West Fargo Avenue.

Theft on the 3800 block of North Mozart Street.

Theft on the 1300 block of West Lunt Avenue.

Theft on the 3000 block of North Southport Avenue.

Theft on the 5000 block of North Kenmore Avenue.

Theft on the 2700 block of North Kedzie Avenue.

Theft on the 3500 block of North Sacramento Avenue.

Theft on the 2400 block of West Thornedale Avenue.

Arrest on the 3200 block of West Devon Avenue.

Assault on the 6300 block of North Albany Avenue.

Arrest on the 3400 block of North Kedzie Avenue.

Theft on the 800 block of West Agatite Avenue.

Assault on the 5700 block of North Rockwell Street.

Theft on the 300 block of Custer Avenue.

Theft on the 5600 block of North Winthrop Avenue.

Theft on the 2600 block of West Rascher Avenue.

Theft on the 4500 block of North Clarendon Avenue.

Assault on the 7200 block of North Clark Street.

Theft on the 3600 block of North Lincoln Avenue.

Theft on the 3200 block of North Milwaukee Avenue.

Assault on the 4500 block of North Broadway.

Great Deals
at
2 Great
Web Sites

www.Armynavysales.com
and
www.LakeviewNewspaper.com

Scroll down to the link on the Lakeview Newspaper web site and click on Armynavysales and save 10% on orders of over \$50. Use promo code LVNP to save on either site.

Open 7 days a week-24 hours a day

ARMY NAVY SALES
3100 N. Lincoln Ave Chicago
(773) 348-8930
Mon. thru Fri. 8-5 Sat 10-5
We accept major credit cards

Trending Colors and Textures Inspire 2023 Home Design

FAMILY FEATURES

Over the past year, architectural design saw a surge in nature-inspired, earth tones, such as calming shades of blue and green. Homeowners can expect this trend to continue into the coming months, but with warmer, richer colors.

This ongoing interest in warm neutrals with earthy undertones and pink and blush shades is likely to be increasingly popular in 2023 as homeowners become more adventurous with their color choices as a form of creative expression.

Trending Colors

Selecting the right colors for your home project is often influenced by both your personal preferences and the latest design trends. Some contemporary options to consider include:

- **Earth Tones:** Warmer, natural-looking earth tones are versatile, working seamlessly with just about any design or architectural style of home. Some trending hues include muted terracotta, green, yellow and plum.
- **Warm Neutrals:** Although they're not typically used as statement colors, warm neutrals bring a sense of comfort while also offering an inviting, blank canvas to let individuality flow freely. On-trend options include shades of dark brown, caramel, tan or off-white.
- **Rich, Dark Colors:** These deep, saturated hues can make a house stand out and look more modern while still offering a nod to warmer hues. Chocolate brown, brick red or dark jade are popular choices for those who prefer rich hues.
- **Pink and Blush Shades:** Various shades of pink, rose and blush will be increasingly popular choices for homeowners exuding a greater sense of self-expression. In home design, look for these colors to appear in coral, pink, red-orange, raspberry or blush tones.
- **Sweet Pastels:** There are signs homeowners are ready to bring colors back into their homes. Expect to see sweet pastel shades like soft pink, mint green and light purple in furniture, decor and accessories.

Materials with Texture

With warm neutrals and earth tones dominating the color palette, both interior and exterior design will depend heavily on texture to add definition. More design choices will move away from faux finishes and instead focus on natural and authentic looks, many of which can be achieved through brick and stone.

Brick and stone give designers options for adding depth and dimension, integrating a play on light and shadows with a variety of textural elements.

Brick carries a sense of tradition, character and timelessness while also serving as a popular choice for homeowners due to its design flexibility. Qualities such as low-maintenance, resilience, durability, sustainability and beauty make brick an option that allows homeowners to balance function with appearance.

Homeowners can find more than 600 brick and stone products with Glen-Gery's extensive product line that offers endless design possibilities and timeless beauty. From hand-made to glazed bricks and everything in between, these building products come in a diverse array of colors, textures and sizes, making it easy to personalize living spaces with the latest design and color trends.

Try a virtual design tool like Picture Perfect, which can help you visualize projects, or find other style inspiration at glengery.com.



BRING COLOR WITH BRICK

Brick is often selected for its functional benefits, but it's also an appealing building product due to its versatile color, texture and size combinations. Color can evoke a certain mood and assist in achieving a desired outcome. Often, architects and designers even incorporate multiple colors or create custom looks by using multiple brick colors and styles.

To help homeowners hone in on the perfect look to match their vision for contemporary design and align with anticipated 2023 color trends, Glen-Gery will introduce its inaugural Brick Color of the Year, a program that showcases trending hues that lend well to trending aesthetics.

Reflecting contemporary earthy, nature-inspired color trends, the Pitt Cafe Series consists of four soft, neutral-toned, versatile bricks, ranging from creamy white to earthtone and brown-gray with highly pronounced textural features. What's more, the series can be used for both interior and exterior applications for modern or contemporary designs.

Keep Your Car Safer and On the Road Longer

FAMILY FEATURES

For many families, cars are huge, long-term investments second only to homes. Many are looking for ways to keep their cars on the road longer and make them safer to continue to serve their needs for years to come.

No matter what or where you drive, you can keep your current vehicle looking and performing its best – and even update it to make it safer – with these tips inspired by eBay Motors' Parts of America tour, a cross-country tour exploring unique car cultures across America.

Choose the Right Tires

If it's time to trade your tires in, take the time to learn what options are available for your vehicle. For those in fair weather states, summer performance tires offer the best possible fuel efficiency all year round. Families living in milder states with occasional snow may consider all-season tires that trade efficiency for safety on a variety of surfaces. Finally, when it comes to driving in a winter wonderland, there is no substitute for specialized rubber and tread patterns – purchase a dedicated set of snow tires to ensure you're safe all winter long. No matter your situation, a new set of tires can maximize safety and extend the life of your car.

New Look, New Ride

One way to breathe new life into your ride is to take it to the next level aesthetically. With enthusiast communities growing around nearly every make and model of vehicle, it's easy to find parts to make your vision a reality. One of the most eye-catching additions is a new set of wheels, and there are thousands of brands, styles and sizes to choose from for every car. The addition of front, side and rear aerodynamics kits, such as front splitters or rear spoilers, can give any ride that athletic look. Upgrading stock headlight and taillight units – many fitted with high-visibility LEDs – has never been easier.

Upgrade Your Tech

Safety and creature comforts alike can add to your enjoyment of your vehicle, even if you've been



driving it for several years. Many cars can be updated with the latest and greatest features available in new rides, including high-tech infotainment equipped with digital assistants, front and rear cameras, parking sensors, blind spot warning and even collision avoidance systems. As families look to extend their cars' lifespans, these technology upgrades can make driving comfortable and safer.

Power and Performance

While looks and tech can bring new experiences to your car, no change has quite the same impact as improving its performance. Options abound for those looking to improve the power and handling of their ride, such as replacing the exhaust system, lowering springs, adding a coilover kit or conducting a full suspension replacement.

Find Purpose-Built Parts

Whether you're an amateur DIY-er looking to maintain and make small upgrades to your vehicle

or an expert looking to make bigger modifications, finding parts and accessories that fit your vehicle is crucial. From hard-to-find performance modifications to made-to-fit cosmetic accessories, eBay Motors offers parts and accessories for nearly any vehicle, skillset and project. The app offers an entire catalog of inventory with 122 million live parts listings at any given time, giving auto enthusiasts the ability

to purchase from an expansive inventory from the convenience of a smartphone. What's more, features like Buy It Now, My Garage and Fitment Finder enable users to easily search parts and accessories, verify the items fit their vehicle and make immediate purchases for what they need.

Skip the Wait

The global supply chain continues to recover from disruptions that have stretched back several years, and many customers are feeling the strain when it comes time to upgrade, maintain or repair their vehicles. Some shops around the country are quoting waiting times of several months just to have the right part delivered for service. However, families can find relief and get their car back on the road quicker by looking online to source their much-needed parts. In fact, many technicians work with customers to have parts delivered directly to their shop from online sources to expedite and simplify the process.

Auto enthusiasts can find more helpful tips, tricks and resources at ebaymotors.com.



The Garden Bug

Watering sustainably

Making plans now to reduce water usage in your garden in the coming months can save money and increase sustainability. Will you use soaker hoses instead of sprinklers, or set up a rain barrel to collect rain water? How about using a rain gauge? Do you need to reposition sprinklerheads so that the water avoids paved areas? Are your outdoor faucets dripping? Can you choose plantings that naturally use less water than others?

- Brenda Weaver

Source: www.missouribotanicalgarden.org

© 2023 by King Features Syndicate, Inc. World rights reserved.

The Garden Bug

Growing catnip

Set out catnip seedlings in a sunny, well-drained spot after the last frost of spring, spacing them 18"-24" apart (some can grow to 5 feet tall). Water regularly, and pinch back any spindly growth to get fuller, more robust foliage. Outdoor cats can be rough on these plants, as they like to roll and lay on them; try placing bamboo stakes every few inches to prevent their destroying them. For "indoor" kitties, pick off a sprig and bring it inside for your cat to enjoy on the floor or in its favorite bedding.

- Brenda Weaver

Source: bonnieplants.com

© 2023 by King Features Syndicate, Inc. World rights reserved.

The Garden Bug

Our national flower

In 1985, the United States Senate passed a resolution asking the president to declare the rose as the national floral emblem. On Nov. 20, 1986 President Ronald Reagan signed a proclamation certifying the rose as the U.S. national flower in a ceremony at the White House Rose Garden.

- Brenda Weaver

Source: nationalrosegarden

© 2023 by King Features Syndicate, Inc. World rights reserved.

SHOP LOCAL

Make a difference in your community

Happy Kidds Group
HAPPY KIDS Daycare Home

- ◆ Open year round
- ◆ Fenced in play yard
- ◆ City and State licensed for over 15 years
- ◆ Insured
- ◆ Ages 6 weeks to 6 years old
- ◆ Federal Food Program

2148 W. Montrose 773-728-KIDS
773-728-5437

Hours: 7am-6pm Mon. thru Fri.
(The Big Blue House-Go Cubs)

Business Spotlight



Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

He is dedicated to giving each and every customer the personal attention required to ensure that your experience will be a positive one.

If you need to rent a mail box, ship a parcel, have copies made, need something faxed or have a presentation or direct mail piece put together he can assist you.

Call The UPS Store at (773) 871-1400

The UPS Store 

Heading to the Post Office? See us first.



New, more competitive rates.* Same great service. Shorter lines.

Just One Block North Of Irving Park!
4044 N Lincoln Ave
Chicago, IL 60618
(773) 871-1400
store4569@theupsstore.com
theupsstorelocal.com/4569

Hours:
Mon-Fri 09:00 AM-07:00 PM
Sat 09:00 AM-05:00 PM
Sun Closed

*Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office™. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on ups.com/rates. For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of \$2.65, which provides up to \$100 indemnity coverage for a lost, rifled or damaged article. See ups.com for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

The UPS Store® locations are independently owned and operated by franchisees of The UPS Store, Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2016 The UPS Store, Inc.

Quotes worth your time

“The holy passion of friendship is so sweet and steady and loyal and enduring a nature that it will last through a whole lifetime, if not asked to lend money.”
Mark Twain

“The best thing about the future is that it comes one day at a time.”
- Abraham Lincoln

“So it turns out that being an adult is really just Googling how to do stuff.”
- Unknown

“I love being married. It’s so great to find one special person you want to annoy for the rest of your life.”
- Rita Rudner

Reading Lakeview Newspaper will make you smarter.

Lakeview Newspaper
PO Box 578757 • Chicago, Illinois 60657
www.Lakeviewnewspaper.com

LakeviewNewspaper.com has over a QUARTER MILLION hits

and is proud of serving the Lakeview, North Center, Lincoln Square and Roscoe Village neighborhoods for 27 years

Read it monthly for FREE at www.LakeviewNewspaper.com

Comics

R.F.D. by Mike Marland

WOULD SOMEONE PLEASE EXPLAIN TO ME...

THESE GUYS WHO, IN THE DEPTHS OF WINTER, BUNDLE THEMSELVES UP TO THE MAX...

YET STILL WEAR SHORTS!!!

Out on a Limb by Gary Kopervas

WELL, TEX, APPLYING THIS CREAM THREE TIMES A DAY FOR THE NEXT TWO WEEKS SHOULD DO THE TRICK FOR THAT ITCHY TRIGGER FINGER.

Amber Waves by Dave T. Phipps

HEY DAD, I HAVE A MUCH BETTER IDEA.

WE COULD GO BUILD A SNOWMAN AND THEN DO SOME SLEDDING.

THEN PIZZA AND MALTS AND IF THERE'S TIME THEN WE DO CHORES?

NEVER MIND IT. SOUNDED BETTER IN MY HEAD.

The Spats by Jeff Pickering

I'VE HAD JUST ABOUT ENOUGH OF YOU!

RUB RUB RUB

CAN I KEEP WHATEVER IS LEFT OVER?

TIGER by BUD BLAKE

WHAT'S HE GOT?

MY WALLET

ANY MONEY IN IT? TWO DOLLARS

I WAS GONNA BUY US ALL CANDY WITH IT!

MAGIC MAZE • APPLE VARIETIES

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: GRANNY —

Cameo	Honeycrisp	Liberty	Pink Lady
Fuji	Jazz	Lodi	Sundance
Gala	Jubilee	Melrose	Zestar
Goldrush	Keepsake	Opal	

©2023 King Features Syndicate, Inc. All rights reserved.

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Snow fort is missing. 2. Sign is missing. 3. Cap differs. 4. Snowball stack is smaller. 5. Picture is missing. 6. Pendant is missing.

Just Like Cats & Dogs by Dave T. Phipps

"WHAT DOESN'T KILL YOU MAKES YOU STRONGER" SHOULD BE THE CAMPAIGN SLOGAN FOR THIS HEALTH CEREAL.

APPLE VARIETIES

APPLE VARIETIES

4 Steps to Live in the Present Every Day

FAMILY FEATURES

Living in the present means celebrating each moment as it happens without worries about the past or anxiety for what the future holds and enjoying life to the fullest. Many people find themselves thinking about what happened yesterday or what might happen tomorrow, making living in the now a challenge.

You can overcome those hurdles and live each day more fully by adopting habits that promote physical and mental well-being, including these suggestions from the experts at Natrol, the No. 1 drug-free sleep aid brand, according to data from Nielsen[^].

Regular Exercise

You'll find exercise on virtually every list of self-care advice, and for good reason. Exercise stimulates your body in numerous beneficial ways, not the least of which is getting your heart pumping and oxygen flowing throughout your body, including your brain. Exercise also pairs well with meditation or mindfulness activities, which allow you to align your body's movement with your thoughts and focus on the act of nurturing your body while freeing your mind.

Quality Sleep

Getting quality sleep is linked to improved concentration and productivity, consciously managing your sleep habits can help you be more present each day. Creating a bedtime routine and establishing a comfortable, quiet sleeping environment are important steps. In addition, drug-free sleep aids like Natrol Melatonin products are designed to work with the body's natural cycles and help users fall asleep faster, stay asleep longer and wake up revitalized with a clearer, calmer mind[†]. Made with clean ingredients and no artificial flavors, sweeteners or preservatives, the line of melatonin products may help you rethink your relationship between sleep and living life to the fullest.

Deep Breathing

Focusing on the here and now can be easier said than done. However, it's possible to train your body and mind to concentrate on specific thoughts and tasks. Deep breathing exercises are an example of physically focusing yourself. Initiating a slow, steady breathing pattern and paying close attention to that rhythm can be an effective way to ward off negativity, whether it's fear, anxiety or another undesirable emotion. Managing your breathing gives you a degree of control that can help you navigate a tricky situation or establish a deeper connection between your body and mind.

Time Management

For many people, the modern world's frenetic lifestyle often demands constant multitasking. However, that continual juggling act makes it virtually impossible to give your full attention to any one aspect of your life. While a full stop to your multitasking tendencies may be impractical, you can carve out time to dedicate your mind more intentionally and completely. You may be surprised by how much joy you derive from simply being present.

Explore more advice and products to help you stay present at Natrol.com.

[^]Nielsen, xAOC, 52 weeks ending 09/10/22

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



DEVELOP HEALTHY SLEEP HABITS

Healthy sleep begins with 7-9 hours of sleep a night, but there's more you need to know to achieve the sleep you deserve. By getting the recommended amount of sleep and hitting all your sleep stages, you can wake up feeling more refreshed and ready to own the day.

Create healthy sleep habits. Establishing a consistent sleep-wake schedule helps regulate your circadian rhythms and increases your quality of sleep.

Avoid bright screens 60 minutes before bedtime. Exposure to bright LED lights such as smartphones, laptops and TV screens before bed can interfere with your body's natural release of melatonin.

Consider taking a melatonin supplement. When you need a little extra nudge toward dreamland, melatonin may help you fall asleep and stay asleep so you wake up refreshed.[†]

Create a calm and dark bedroom oasis. A dark, noise-free bedroom can help you sleep better throughout the night. Mask noise pollution with calming sounds and block out disruptive light with darkening curtains or a sleep mask.

Walk or exercise daily. Walking as little as 10 minutes a day can help improve sleep quality.

Take the Stress Out of Introducing Solid Foods to Baby

FAMILY FEATURES

Watching your baby learn and grow can provide some of the most rewarding moments in life, full of emotions from parents and babies alike. Some milestones are more stressful or frustrating than others and, during these moments of newness, seeking guidance from health care professionals can go a long way.

As the 2020-2025 Dietary Guidelines for Americans recognize, the time period from 6-24 months is when babies begin building healthy eating patterns and experience eating a variety of foods, including vegetables, fruits and whole grains. This journey can be stressful for parents as they begin to navigate what and how much is right to feed their babies. As parents begin to explore this fun and messy milestone, they often question what and how much is right to feed baby and seek guidance from experts.

While every child is different and parents should always defer to their pediatrician to be sure their baby is developmentally ready for solid foods, consider these six tips and tricks based on frequently asked questions for transitioning to solids from Dr. Whitney Casares, MD, MPH, pediatric medical consultant for Gerber.

- **Make sure baby is ready:** Most babies start solid foods between 4-6 months old. Watch for signs your baby is ready to start solids like good head control, sitting up with support and swallowing food instead of pushing it back out onto his or her chin. Don't introduce solids to your baby before 4 months old. Your pediatrician can offer guidance about when the time is right for your little one.
- **Timing is everything:** When you're first introducing solids, choose a moment in the day when your baby is happy and alert. Weekends tend to be easier times to start solid foods for families than busy weekdays. The more you can be in the moment with your child during those first feeding experiences, the better for you and him or her.
- **Feed your baby the rainbow:** Offer baby a diverse array of fruits, vegetables, iron-fortified whole grains and meats. Over the first six months of your baby's feeding journey, iron-fortified cereals and purees can make feeding your baby convenient and simple. From apple and pear to zucchini, butternut squash and parsnips, Gerber's 1st and 2nd foods lines offer a variety of purees that are just the right consistency for babies to practice tongue movements and advance their eating skills. Your baby's first tries at swallowing solid foods may be awkward and require practice. Offering a small amount of breastmilk or formula before solids can help ensure he or she is not uncomfortably hungry.



6 pediatrician-recommended tips



Photos courtesy of Getty Images

- **Supervise baby:** Babies should always be supervised and seated in a secured highchair when eating, and parents should avoid choking hazards like whole grapes, nuts or cherry tomatoes. Use a soft, rubber-tipped spoon and start by guiding the spoon to his or her mouth with both your hand and your child's hand on the spoon.
 - **Baby-led feeding:** Consider baby-led feeding as a way to capitalize on the best aspects of baby-led weaning and spoon-feeding. Offer small amounts of nutritious foods in soft, easy-to-pick-up chunks appropriate for your baby's developmental stage in addition to purees that are pre-loaded the spoon with your baby's favorite puree or infant cereal for him or her to self-feed. As your baby gets older, look for baby-led friendly snacks, such as Gerber Lil' Crunchies, that are specifically designed for babies to self-feed and fortified with key nutrients.
 - **Don't get discouraged:** Just because your baby makes a "yuck" face after trying a food for the first time doesn't mean you should give up on it. Babies often need to try solid foods several times before they grow accustomed to them. Don't be discouraged if your first attempt with a food seems less than successful; it's all part of the process.
- For more expert tips and resources for introducing solid foods, visit Gerber.com/learning-center.

founded 1893

Central Savings

Serving the Community for over 129 Years

Central Savings Rated

“Outstanding” for Community Reinvestment!

An “Outstanding” CRA rating is achieved by fewer than 10% of banks in the nation.

1 Year Jumbo CD

4.25% *APY

\$100,000 Minimum Balance

*Annual Percentage Yield (APY) is effective as of 01/20/23 and may change at any time.
There may be a substantial penalty for early withdrawal, which may also reduce earnings.
\$100,000 minimum deposit required to open account.

Multi-Family (Apartment) Loans

Commercial Real Estate Loans

Up to \$4 Million

Quick Commitments

Credit Scores Not Considered

10 Year Loans

Low Income Loan Program

Deposit Accounts Not Required

Contact:

Bonnie Carney
Senior Vice-President
NMLS#459256

J.R. McCracken
Vice-President
NMLS#803717

Chicago Locations

1601 W. Belmont Ave
(773) 528-0200

2601 W. Division St
(773) 342-2711

