



## Senate passes bill to make Daylight Saving Time permanent



**Time for a Change...**

The Sunshine Protection Act was unanimously approved by the U.S. Senate. This bill would make Daylight Saving Time permanent in 2023 across the United States and end the practice of changing the clocks twice a year. In the United States, daylight saving time lasts for a total of 34 weeks, running from early-to-mid March to the beginning of November in those states that observe it. Under the bill, daylight saving time would no longer end in November. The bill will now head to the House, and, if passed there, will be sent to President Biden's desk. A study showed that 71% of Americans are in favor of ending the time change each year. Senator Marco Rubio, Republican from Florida, has long been a proponent of making the clock change permanent and led the push to pass the bill. Rubio said his bill delays the change until 2023 to accommodate airlines and other industries who set their schedules far in advance.

The United States didn't adopt daylight saving time until March 19, 1918. It was unpopular and abolished after World War 1. Daylight saving time didn't become standard in the U.S. until the passage of the Uniform Time Act of 1966, which mandated standard time across the country within established time zones. It stated that clocks would advance one hour at 2 a.m. on the last Sunday in April and turn back one hour at 2 a.m. on the last Sunday in October. States could still exempt themselves from daylight saving time, as long as the entire state did so. In the 1970s, due to the 1973 oil embargo, Congress enacted a trial period of year-round daylight saving time from January 1974 to April 1975 in order to conserve energy. Only two states don't observe daylight saving time, Arizona and Hawaii. Remember, it's Daylight Saving Time not "savings" time.

# Place Your Bets



Left to right: Hard Rock Chicago, Rivers 78 and Bally's Tribune

Candidates for the City's sole casino license have been announced. The City of Chicago first declared intentions to develop a casino more than 30 years ago. In addition to creating thousands of jobs, the casino will generate approximately \$400 million a year in gaming and other revenues for the City and State of Illinois. On March 22, 2022, the Mayor announced the City has shortlisted three bidders to progress to the next stage of the bidding process. Following extensive evaluations, Bally's Corporation at the Tribune Site, Hard Rock at the ONE Central Site, and River 78 at the 78 site have been named finalists. **HARD ROCK – ONE CENTRAL SITE** The Hard Rock proposal includes the development of a \$1.74 billion casino project on a portion of the site

known as ONE Central. ONE Central is a large, proposed development north of the MPEA convention center on the lakefront. This proposal includes a 3,500 seat Hard Rock Live venue; a Hard Rock Music and Entertainment experience; a 500-room hotel tower; a "Rock's" spa; rooftop space; a 300-room hotel tower; and eight restaurants, cafes, a food hall, five bars and lounges. The casino will offer space for 3,000 slots and 166 table games. The bidder has projected the development will add 16,607 construction jobs and 3,140 permanent casino jobs. Hard Rock expects the temporary casino to open in 2023, and the permanent casino in 2025. **RIVERS 78** The Rivers 78 proposal includes the development of a \$1.62 billion casino project on a portion of the site known as "The 78". The 78 is a large development

on the near south side of the City. The proposal includes a riverfront plaza; an observation tower with indoor and outdoor space; a Harbor Hall multi-purpose riverfront venue for live entertainment, culture, arts and community programs with rooftop space; a 300-room hotel tower; and eight restaurants, cafes, a food hall, five bars and lounges. The casino includes space for 2,600 slots and 190 table games. The bidder has projected the development will add 3,410 to 4,375 construction jobs and 3,068 permanent casino jobs. Rivers plans to open a temporary casino on the 78 site in 2024, and the permanent location in 2025. **BALLY'S CORPORATION – TRIBUNE SITE** Bally's Corp. has proposed a \$1.74 billion casino project and hotel on a portion of the current Tribune Publishing Plant. The proposal

includes a 3,000-seat theater; an Immerse Agency exhibition experience; a sports museum; and extension of the Riverwalk; a pedestrian bridge; a 500-key hotel tower; an outdoor park; an outdoor music venue; an amenity terrace featuring a large pool spa, fitness center and sundeck; and six restaurants, cafes, and a food hall. The casino will offer space for 3,400 slots and 173 table games. The bidder has projected the development will add 9,750 construction jobs and 2,002 permanent casino jobs. Bally's is slated to open a temporary casino in 2023 with the permanent location anticipated for 2026. Each finalist and the City will participate in community meetings followed by the City having discussions with each of the teams. Once a finalist is selected, all of the City

Continued on page 2

# Editorial & Opinions

Place your bets  
Continued from front page

Council will be involved in the process for the final recommendation. The formal development process will begin following City Council approval and approval from the Illinois Gaming Board.

**top ten**

Global Food Waste\*

1. China
2. India
3. U.S.
4. Japan
5. Germany
6. France
7. U.K.
8. Russia
9. Spain
10. Australia

\*total household  
Source: UNEP, 2021

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**HAPPY**

**PASSOVER!**

**STARTS APRIL 15TH**

**GOOD FRIDAY**

**FRIDAY APRIL 15TH**

**EASTER**

**SUNDAY APRIL 17TH**

**Happy Earth Day!**

**FRIDAY APRIL 22ND**



**Moments in time**  
THE HISTORY CHANNEL

• **On April 6, 1776**, the Continental Congress takes the first step toward American independence by announcing its decision to open all American ports to international trade with any part of the world that is not under British rule. It was the first act of independence by the Continental Congress.

• **On April 9, 1859**, a 23-year-old Missouri youth named Samuel Langhorne Clemens receives his steamboat pilot's license. Clemens would later write under the pseudonym Mark Twain, a boatman's call noting that the river was only 2 fathoms deep, the minimum depth for safe navigation.

• **On April 10, 1879**, Schandor Herz — the future John Hertz, the man behind what will one day be the world's largest car-rental company — is born in present-day Slovakia. In 1923, Hertz bought a fleet of used Ford Model Ts and named the business Hertz Drive-Yourself Corporation.

• **On April 5, 1955**, Sir Winston Leonard Spencer Churchill, the British leader who guided Great Britain and the Allies through the crisis of World War II, retires as prime minister of Great Britain. In the first year of his administration, Britain had stood alone against Nazi Germany.

• **On April 7, 1961**, President John F. Kennedy sends a letter to Congress recommending that the U.S. participate in an international campaign to preserve ancient temples and historic monuments in Egypt's Nile Valley threatened by construction of the Aswan High Dam.

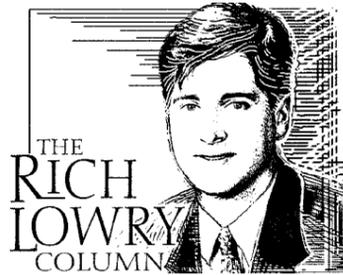
• **On April 4, 1973**, the Twin Towers of the World Trade Center officially open in New York City. The buildings replaced the Empire State Building as the world's tallest building, though they would only hold that title for a year.

• **On April 8, 1989**, California Angels rookie pitcher Jim Abbott, who was born without a right hand, makes his Major League Baseball debut in a 7-0 loss to the Seattle Mariners.

## Americanisms



“If you're offered a seat on a rocket ship, don't ask what seat! Just get on.”  
— Sheryl Sandberg



THE RICH LOWRY COLUMN

### Trump Didn't Cause the Ukraine War

More than a year into the Biden presidency, Vladimir Putin has invaded a sovereign neighboring country and, of course, everyone knows who's to blame — Biden's predecessor.

In an instance of misdirection for the ages, a spate of commentary has pointed the finger at Donald Trump for supposedly creating the predicate for Putin's brutalizing of Ukraine.

There's no doubt that Trump has long had an apparently uncontrollable reflex to say warm things about Vladimir Putin. He foolishly mused about pulling out of NATO. And his withholding of aid to Ukraine for a partisan political purpose — to pressure the Ukrainian government to uncover dirt related to the Bidens — was a tawdry abuse of power (and led to his first impeachment).

No one should hold Trump up as a paragon, but to blame him for sparking a delayed-fuse geopolitical cataclysm that just happened to explode on Biden's watch is wholly ridiculous.

Trump critic retired Lt. Col Alexander Vindman, who had a star turn as a witness at Trump's first impeachment, says Trump emboldened Putin and left Ukraine unprepared to defend itself. Former U.S. ambassador to Ukraine Marie Yovanovitch says Trump sent the world the message that Ukraine was a mere pawn. A piece in The New York Review of Books says Trump “paved Putin's way.”

There is no support for this argument in a world where facts and logic — or basic chronology — mean something.

First of all, Russia had grabbed Crimea and started a long-running war in Eastern Ukraine in 2014, long before anyone had any idea that Donald Trump would run for president, let alone win. It clearly didn't take Trump to give Putin the idea that he could get away with invading Ukraine — he invaded Ukraine and got away with it under the administration of Barack Obama, when, by the way, Joe Biden

was vice president.

It is now widely acknowledged that the sanctions back then were too timid, a concession that Obama officials let Putin off too lightly. Surely, that must have figured into the Russian leader's calculation whether to invade yet again.

Then, there's the fact that Barack Obama steadfastly resisted providing Ukraine lethal aid — after it had already been invaded. Bipartisan opposition to Obama didn't move him. He believed deeply in the appeaser's logic that it would be too “provocative” to give Ukraine weapons simply to defend itself.

Again, Trump had nothing to do with this misbegotten decision; indeed, he criticized it.

Trump's offense in 2019 was to delay military aid — including Javelin missiles — that Congress had approved for Ukraine, in a reversal of Obama's policy. If Trump never should have engaged in this self-interested gamesmanship, he released the assistance by September 2019.

Another line of argument is that Putin didn't invade Ukraine during the Trump administration because the Russian leader was already getting everything he wanted from Trump, including the destabilization of NATO. The outward expression of Trump's doubts about the alliance, though, largely took the form of loud complaints about European countries skimping on defense spending, which were completely justified.

Indeed, it's perverse that Angela Merkel was made into a great heroine of Western statesmanship at the same time she maintained a pathetic level of defense spending and deepened Germany's energy dependence on Russia in a way that was more dangerous than anything Trump said or tweeted.

And it wasn't Trump who told Biden to execute a humiliating withdrawal from Afghanistan, to give Putin the gift of a summit after he menaced Ukraine the first time, to remove sanctions on the Nord Stream 2 pipeline, to speak forthrightly about Western divisions at a pre-invasion press conference, or to forgo preemptive sanctions.

All of that is on Biden, and all of it — especially the Afghan fiasco — had to make an impression on Putin. Now, it may well have been that Putin was undeterrable, but that makes it all the more outlandish and dumb to blame a former U.S. president for his depredations.

*Rich Lowry is editor of the National Review.*

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# SENIOR NEWS LINE

by Matilda Charles

## Waiting Out COVID

An unscientific poll of senior friends and neighbors revealed just what we've accomplished during the past two years of this pandemic. The answer: not much.

Mostly, it seems, we've been waiting. Waiting for it to be safe to shop in person. Waiting for our clubs and meetings to start up again. Waiting for a visit from family across the country that has feared bringing COVID to our door. Waiting for all the vaccines and boosters to do what they were supposed to do. Waiting to be unafraid again.

In the beginning we were all for following the rules. We seniors are a tough bunch, and we know a lot. We have coping skills that got us through any number of crises life has thrown at us. But this pandemic has brought many of us to our knees. Each person in my humble survey could, when queried, point to the exact time when the tide turned in their mental health. It was the omicron variant and the additional vaccine booster, when it became apparent that COVID wasn't going away soon.

For me, a daily to-do list has come in handy. On a sheet of paper I have two columns: one work, one play. In the work column there are household tasks such as doing one load of laundry. In the play column are things like wiping the dust off the piano and learning a new song each week.

On the back of the page are two more columns. One is a list of names, and somebody gets called every day. In the other column is an ever-lengthening list of things that are going right. This one is sometimes hard to fill out, but it gets done, even if it's only notes like: Completed a crossword puzzle in seven minutes.

Try it. Make your lists, especially if you've felt yourself sinking under the weight of this never-ending pandemic.

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# VETERANS POST

by Freddy Groves

## VA Proposes Changes to Disability Ratings

If you have a Department of Veterans Affairs-rated disability, heads up. They're proposing changes to the schedule for disabilities for auditory, respiratory and mental disorders.

If you receive compensation for one of those service-connected conditions, your rating won't change. The reason for changing the schedule, they say, is to "incorporate modern medical data and terminology" so veterans can receive more accurate and consistent decisions. Ratings will be based on "the most current medical knowledge" for the condition.

Some of the proposed changes are:

— Looking at tinnitus as a symptom of an underlying disease instead of a stand-alone disability.

— Modernizing the rating criteria for sleep apnea and how it impacts earning capacity.

— Evaluating mental-health conditions in terms of interpersonal relationships, life activities, self-care and cognition. It's proposed that the criteria include a 10% minimum and won't require "total occupational and social impairment" to reach 100%.

— No current ratings will change, they say. If they're finalized, veterans can apply for increased compensation. There won't be any reduction in compensation unless there's an improvement in the disability.

If you want to read more, see the Federal Register where the document has to be open for comment for 60 days. Go to [www.federalregister.gov](http://www.federalregister.gov) and search for "FR Doc. 2022-02049" for two of the disorders, and "FR Doc. 2022-02051" for the third one. Be sure to look through the public comments. A vast majority have to do with sleep apnea and its daily life impact, including earnings.

What concerns me at first glance is that there's a lot of removing subparagraphs, combining other disability aspects, renaming headings, adding section notes and reorganizing the various sections. How, one wonders, are the ratings personnel supposed to do a realistic evaluation of impairment? Even ratings clerks who have a lot of experience are going to be starting all over again in learning the system.

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# Strange BUT TRUE

By Lucie Winborne

• In 2006, an Athens court ordered the worship of the 12 gods of ancient Greece — including Zeus, Hera, Hermes, Athena and others — to be unbanned.

• Vikings fed their wounded soldiers a strong onion soup to help gauge the depth of a stomach wound. After a few minutes, they would smell the wound and if they could smell the onion soup, they knew the wound was too deep and the soldier could not be saved.

• The "artificial strawberry flavor" in a McDonald's milkshake is made up of around 45 chemicals.

• "Jeopardy!" contestants stand on adjustable platforms so that they all appear to be the same height on camera.

• On the last Sunday of November in Lopburi, Thailand, an annual Monkey Buffet Festival is held that provides food and drink to more than 2,000 local monkeys, as a thank you for drawing tourists to the town.

• The role of U.S. first lady isn't reserved solely for the president's wife. Historically, some first ladies have included nieces, sisters or daughters-in-law of the sitting president.

• The word "and" and the ampersand symbol (&) mean different things in movie credits. Two writers' names joined with an ampersand means they collaborated, while "and" means they worked on the script at different times.

• Researchers have discovered that the *Fritillaria delavayi* plant, which has been used in Chinese traditional medicine for 2,000 years, has evolved camouflage in heavily harvested areas.

• In 1355, a dispute between two students from Oxford University and a local tavern owner over the quality of its wine grew so heated that it resulted in a three-day-long riot, which left 63 students and 30 locals dead.

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**Thought for the Day:** "Every small positive change we make in ourselves repays us in confidence in the future."  
— Alice Walker

# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Canning Jar

Bottle collecting has been an important pastime since the end of the 19th century, when the first bottle seekers dug up examples in old privy pits, the town dump or a rocky seacoast area. Most sought after were historic flasks made in New England glassworks.

As flasks got more expensive, collectors searched for other bottles — bitters, inks, mineral water, pickle, snuff, whiskey, wine, food storage and canning jars, and commercial perfume bottles. The first machine-made bottles were made in 1905. By 1920, most bottles were being made by automatic machines, including modern product bottles like those for Coca-Cola and Avon. Each of these specialties attracted not only collectors but also researchers, writers and clubs.

This very light-blue canning jar with a lid is easy to identify even though it is rare. Like most, it has a name in raised glass that is formed in the mold. It says "Gilberds Improved Jar" around a five-point star. On the bottom are the words "Patd Jan 30, 1883 / Jamestown, N.Y." It probably was made by the Findley Ohio Bottle Co. (1888-1893) for the Gilberd's Butter Tub Co. of Jamestown, New York.

This type of jar was used over and over by a housewife making pickles or canned vegetables or fruit. Almost all food was homemade, cooked in season, and stored for the winter.

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**Q. Do you know of a school that teaches about antiques, etc.? I've collected and loved older items since I was 14, when I got my first computer. Since then, I've researched and talked to many people trying to learn about antiques. Is there a place that can help me learn where to find information about identifying real items, signatures, marks, etc.?**

**A.** Check schools and colleges near you to see if they offer adult education courses on antiques. Go to antiques shows so you can learn to recognize important makers. Talk to the dealers. They are often very helpful. Keep asking questions. You'll find lots



The lid of this jar has an iron clamp closure, which added to its value because it too was identified in the glass as patented by Gilberd. It sold for \$188.

of helpful information on identifying antiques, makers' marks, factory history and prices on our website, [Kovels.com](http://Kovels.com). There is also a forum on our site where readers can post questions and get answers from other readers.

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### CURRENT PRICES

*Belleek pitcher*, cream color, honeycomb texture, iridescent yellow inside, shaped handle, elongated and scalloped spout, green mark, 4 1/2 x 3 1/2 inches, \$30.

*Basket*, splint, oak, dyed, round, pin hinged lid, wrapped rim, bentwood handle, foot, 11 x 9 inches, \$177.

*Water pitcher*, pewter, bulbous bottom, cinched neck, shaped handle, conical lid, disc finial, marked, William, McQuilken, Philadelphia, c. 1850, 10 inches, \$375.

*Quilt*, applique, Princess Feather pattern, eight feathers, radiate from star center, alternating yellow and brown, gray ground, diamond stitching, c. 1900, 39 x 42 inches, \$490.

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TIP: Always keep a rug on a pad. It will wear out sooner on a bare floor.

Readers, learn the six collectibles NOT to collect anymore at [www.kovels.com](http://www.kovels.com).

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by Ryan A. Berenz

1. Name the World Golf Hall of Famer, known as the "Queen of American Golf," who won six U.S. Women's Amateur Championships from 1922-35.

2. Pitcher Carl Erskine threw two no-hitters and won a World Series during the 1950s as a member of what team?

3. Name the Pro Football Hall of Fame wide receiver for the Indianapolis Colts who set a record (since broken) for catches in a single season with 143 in 2002.

4. What variation of bowling is similar to ten-pin bowling but has shorter pins, a smaller ball and bowlers rolling three balls per frame?

5. The boxer known as Kid Gavilan, who held the undisputed welterweight title from 1951-54, hailed from what Caribbean nation?

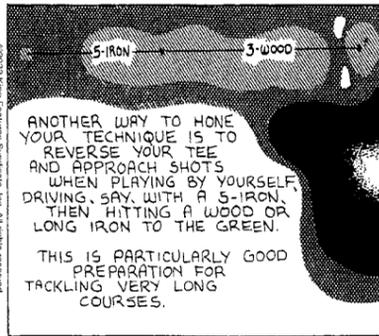
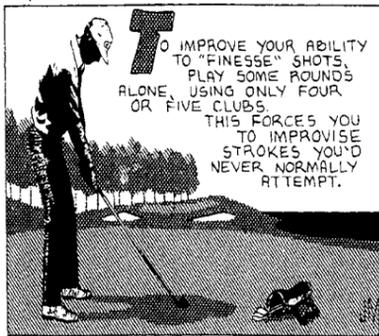
6. What was the name of the hockey exhibition team formed by Wayne Gretzky during the 1994-95 NHL lockout?

7. What two college football teams played in the Nov. 19, 1966, "Game of the Century" that ended in a 10-10 tie?

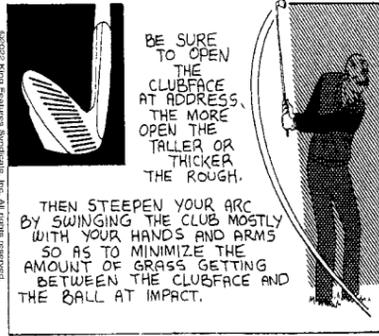
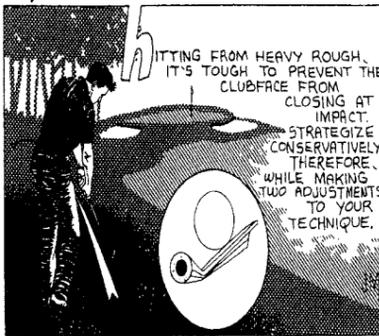
### Answers

1. Glenna Collett-Vare.
2. The Brooklyn Dodgers.
3. Marvin Harrison.
4. Duckpin bowling.
5. Cuba.
6. The Ninety Nine All Stars.
7. The Michigan State Spartans and Notre Dame Fighting Irish.

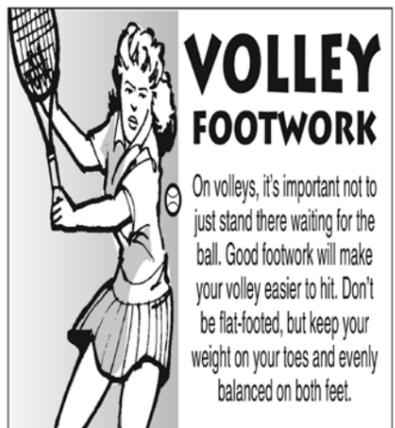
### Play Better Golf with JACK NICKLAUS



### Play Better Golf with JACK NICKLAUS



### STAN SMITH'S TENNIS CLASS



### LAFF - A - DAY



### GRIN THE BEAR IT



# Health



## Turmeric Supplements Safe to Try for Arthritis

**DEAR DR. ROACH:** I recently read about turmeric for osteoarthritis. I'm on a limited income. Please tell me more about it, like how much it costs and where I can get it. —W.C.

**ANSWER:** Turmeric, a spice that has been used for millennia, is the source of curcumin, which has been shown to improve symptoms of osteoarthritis, at least in short-term studies. It is generally thought to be safe, as most people have no side effects or only occasional stomach upset, nausea or diarrhea.

A theoretical concern is bleeding, in combination with anticoagulants, but this appears to be rare. I have had many patients try curcumin, and it has improved symptoms in about half of those who tried it.

Turmeric is easy to find at any grocery store, but when curcumin is used as a supplement, it is usually combined with other supplements to help with absorption. A common one is piperine, derived from black pepper. It's difficult to use turmeric from food to get a pharmacologic effect. The usual dose is 400-500 mg two or three times daily. A month's supply from a reliable online retailer I found cost about \$10.

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**DEAR DR. ROACH:** My husband has psoriasis on his hands, and he thinks it's from stress. He had psoriasis a long time ago, and now it reappeared. He is stressed because I am sick. Please tell me what cream he can use. Before, he used some good Yugoslavian cream called Vipsogal. —M.A.M.

**ANSWER:** Psoriasis is a common skin condition thought to be caused by abnormalities in the immune system. There are several forms, but most people with psoriasis notice plaques or papules on the skin.

Treatment depends on the type and severity of the psoriasis, but the important part is that it needs evaluation before treatment, both to determine the correct diagnosis and assess severity. This includes at least a joint exam for psoriatic arthritis and a careful history to look for other associated conditions, such as in the eye. Severe disease may need systemic thera-

pies, including biological ones.

I looked up Vipsogal and it is a combination of several medicines, especially high-potency steroids. These are the mainstay of treatment for most people with mild to moderate psoriasis and are available in the U.S. and Canada only with a prescription. It's a powerful medicine with the potential for real harm if used incorrectly. Your husband should see a dermatologist.

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**DR. ROACH WRITES:** A recent column on fructose malabsorption in adults may have been confusing. I also mentioned the condition hereditary fructose intolerance, which is very different from the fructose malabsorption I discussed.

HFI is a potentially serious disease, which is usually diagnosed in children and is often unrecognized. It is caused by deficiency of an enzyme called fructose-1-phosphate aldolase, isozyme b. This disorder is diagnosed through sophisticated testing or by genetic analysis. Treatment is complete elimination of fructose from the diet, which is a difficult task.

Fructose malabsorption in adults is a much milder condition. It's treated by avoiding large amounts of fructose by itself (such as in honey, fructose-sweetened foods and fruits containing high net amounts of fructose, such as apples, pears, sweet cherries, prunes, and dates), and avoiding the artificial sweetener sorbitol.

## Late Relapse Possible in Breast Cancer Patients

**DEAR DR. ROACH:** I just read another sad story about a woman who had breast cancer, fought it and seemed to win, but after five years, it came back and took her life. The same sequence of events happened to my wife two years ago. She fought the second round of cancer for a year and a half, but it was just about everywhere. What is this connection between the initial breast cancer occurrence and it coming back five or six years later even more widespread throughout the body? Is screening stepped up during that period? —Anon.

**ANSWER:** I am very sorry to hear about your wife.

With most cancers, no evidence of disease five years out from diagnosis usually means a cure, that the person will not have a recurrence of that particular cancer, although people who've had one cancer are at a higher risk of developing a second, unrelated cancer. Breast cancer is one of the exceptions. Late recurrences (after five years) are possible, even very late recurrences. I have seen 20 years afterward, and there are reports of even longer.

Although the reasons why breast cancer seems to hide for many years are not known precisely, we do know some risk factors for recurrence: Larger tumors are more likely to recur. Those with positive lymph nodes are at high risk, and women with estrogen receptor positive, progesterone receptor positive and HER2 negative tumors are more likely to experience recurrence.

Screening is absolutely appropriate in wom-

en who have had breast cancer. There is not a consensus about the type and frequency of screening, but many experts choose yearly mammography. Breast MRI has been considered, but it has not been proven to be better in women with a history of breast cancer.

A healthy lifestyle, including regular exercise, a diet with plenty of fresh fruits and vegetables, abstinence from smoking and minimal alcohol intake, has been shown to reduce cancer risk in women with a history of breast cancer.

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**DEAR DR. ROACH:** A few days ago at the Red Cross, my hemoglobin level was 12.4 according to a drop of blood from one hand, and 11.2 according to a drop of blood from the other hand. That's such a big difference. Is there something wrong with me, or something wrong with the machine? —P.D.

**ANSWER:** Measuring hemoglobin levels is done by blood banks, such as the Red Cross, to see whether it is safe to donate blood. The Red Cross requires a hemoglobin level of 12.5 g/dL for women and 13.0 g/dL for men. That is close to the bottom of the normal range in most laboratories, so you are at or just below the cutoff for anemia.

Hemoglobin levels do bounce around a fair bit from test to test, and a change of a point is not unusual. It doesn't mean a bad machine or a bad technician nor anything wrong with you. A classic article from 1946 noted a variation within a day of 1.3 g/dL, consistent with my own decades of observation. This is important to note, and we should be cautious about interpreting just a single lab value.

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## Too Much Fruit Juice Can Worsen Diabetes

**DEAR DR. ROACH:** I have a friend who recently learned she's prediabetic. She's also very obese. She has started juicing her fruits and vegetables in order to lose weight and get healthier. Isn't it just healthier to eat produce whole as opposed to making juice out of it? —N.F.E.

**ANSWER:** Eating more vegetables and fewer simple sugars and processed starches is a good idea for nearly all people who want to eat healthier, and it may help people lose weight. Fruits also are an important part of diet, but for people with or at high risk for diabetes, I recommend no more than one or two fruits with meals, and that the fruits be whole. Fruit juice is absorbed much more rapidly into the blood, so excess fruit juice can actually precipitate diabetes or worsen diabetes control.

Juicing makes it easy to consume vegetables and fruits, but in addition to the problem with faster sugar absorption, taking food in liquid form usually isn't as satisfying. That's not true for everyone, but since reducing calories is essential for weight loss in nearly everybody, juicing may have the opposite effect, unfortunately, and I don't recommend it in general.

Of course, what doesn't work for one person

may work great for someone else. If she is able to change her diet, reduce unhealthy choices and lose some weight, then juicing may be just right for her. I would still recommend against too much fruit juice, and to have fruits mixed in with vegetables, preferably taken with some protein and healthy fat.

Never forget that exercise is the other critical intervention for diabetes prevention or control.

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**DEAR DR. ROACH:** I am curious on your opinion of the benefits of CBD. I am a 73-year-old female with spinal stenosis that is pressing on a nerve. I also have pretty severe insomnia. I take 1,000 mg of hemp oil for severe back pain. I noticed that the CBD has helped me sleep mostly without drugs. A surprise effect of the hemp oil is my resting blood pressure has dropped. It used to range from 140-125/90 at doctors' offices. Now I measure 110-118/86. As for the back pain, it has reduced the degree of pain I experience. Not completely, but it's tolerable. I would be interested in a medical point of view. —J.F.

**ANSWER:** Cannabidiol (CBD), one of the major pharmaceutical extracts from hemp (cannabis), has been recommended for many issues, but is still poorly studied. Medical cannabis, which contains the psychoactive THC in addition to the nonpsychoactive CBD, has been studied for chronic pain and has been shown to be better than placebo. THC alone has also been studied for pain, but I haven't found good studies on CBD alone for pain.

I might argue that you don't need a study, that you have tried it and it works. It is true that some or all of the benefit you experienced could be due to expecting to feel benefit (the placebo response), but if you are having no side effects, I can't argue with success.

I would note that chronic pain can cause sleep problems and raise blood pressure. Poor sleep itself can raise blood pressure. Thus, it's not shocking that a treatment that improved pain also helped sleep and blood pressure.

## Yellow Lenses to Rescue for Macular Degeneration

**DEAR DR. ROACH:** I have an elderly friend who's becoming blind from macular degeneration. After hearing of a particularly frustrating event she experienced due to vision loss, I remembered the great clarity that the yellow-lens (to reduce glare) glasses gave me, not just at night, but daytime also.

So, I sent her a pair to see if it would help, as a last-ditch effort. She called me crying, it had made such a difference! She has now had her prescription eyeglasses done with the yellow (blue-canceling?) lenses. Of course, we understand that this is just a temporary help, and won't prevent the blindness from taking its course, but it has given her much better vision for a time. —I.L.B.

**ANSWER:** Age-related macular degenera-

tion is the leading cause of vision loss in industrialized countries. It is a degeneration of the central part of the retina, called the macula, which is responsible for fine detail central vision. The underlying cause is not precisely known, and the course is progressive.

I was able to find a 2002 study that confirmed that yellow or orange lenses improved contrast sensitivity in people with early age-related macular degeneration, whereas red and gray lenses worsened it. Another study suggested that the perceived benefit (the subjective experience by the person) was enhanced, but that objective improvement in vision was not actually improved much at all.

In my opinion, perceived benefit is still worth a great deal, and since there is little effective treatment for the more common "dry" form of ARMD beyond vitamins and smoking cessation, I am publishing your letter in hopes that some people will get improvements in their vision, as your friend did, from this low-cost treatment with

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**DEAR DR. ROACH:** I am a healthy 73-year-old man who has always had a large prostate. Thirty years ago, my urologist described it more like the size of an orange rather than a walnut. Despite its size, it has never given me any problems — no UTIs, sudden urination, poor stream, waking me in the middle of the night, etc. Despite not having symptoms, about 10 years ago I was prescribed finasteride at a dose of 5 milligrams, and Rapaflo to "try to keep it in check." In 2018 I had an ultrasound done of my prostate, and it was measured at 185 grams. It was measured again recently and is now 232 grams. My PSA is always in the 3.2-3.5 range.

At what point does a prostate get too large? Should I be concerned even without having any symptoms? To his credit, my urologist discussed my surgical options, along with the related side effects. I am reluctant to do anything if it's not necessary. —J.J.

**ANSWER:** The normal prostate gland is about 20 grams, and only 4% of men will develop a prostate over 100 grams. Yours is well past that, though far short of the world record of 2,410 grams.

It is striking that the size of the prostate does not well correlate with a man's symptoms. Since you have no symptoms and a low PSA level (especially considering the size), there is no indication to do anything surgically. The risk of surgical complications is higher in men with very enlarged prostate glands, so I would certainly be cautious about considering surgery.

*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

## Spring – a time to clean up, clean out

Spring is the perfect time for home projects, but it's also a great time to do a yearly check-in with your insurance agent to make sure your home policy is keeping up with your needs.

## Have you made updates to your home?

One of the most important things to let your insurance agent know is whether you've made substantive renovations to your home. Maybe you've put on an addi-

tion or a new roof, which would affect your policy.

## Are you covered for office equipment?

Over the past two years, our homes have become offices, bringing a collection of computers, monitors, routers and other electronics into our living spaces. If you have additional equipment at home, you want to talk with your agent to ensure your policy adequately covers it.

## Does your liability coverage need an adjustment?

Another item to check is li-

ability coverage. If somebody is injured on your property and they sue you, you want to make sure you are well covered. The reason this is so important, is that any liability can endanger your savings, home and even future earnings.

## Do you need umbrella coverage?

A personal umbrella policy (PUP) covers liability claims exceeding coverage limits of your homeowners, auto or even boat policies. Often, the personal liability coverage that comes with your home insurance policy is

more than sufficient. For other times, a personal umbrella policy extends that coverage, up to \$5 million more than your base policy. A policy review can help you decide if an umbrella policy might be right for you.

## How can you save money on your policy?

First, check with your agent to see what savings are available by bundling home and auto insurance and by using electronic payments. Also, performing regular preventive home maintenance can help reduce the number of claims you make and is

good way to save money on home insurance.

## Insure the unusual

You have home insurance, car insurance and life insurance. But what about insuring possessions that may be unique? Inventory the things you want to insure, get an appraisal and determine if you want coverage for actual cash value or replacement cost value. Actual cash value includes depreciation, which might make the coverage more affordable but could result in a lower payout.

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1. Who released "Give a Little Bit," and when?
2. Which artist released "Love Is a Battlefield"?
3. Who released "Yes Sir, I Can Boogie"?
4. Why did Billy J. Kramer add the middle initial when he created his stage name?
5. Name the song that contains this lyric: "This is the moment I've waited for, I can hear my heart singing, Soon bells will be ringing."

Answers

1. Supertramp, in 1977. It first appeared on their "Even in the Quietest Moments ..." album and was later released as a single.
2. Pat Benatar, in 1984. The song netted Benatar a Grammy for Best Female Rock Vocal Performance, her fourth. The Grammys no longer separate by gender in this category.
3. Baccara, a Spanish flamenco dance duo, in 1977. The disco tune became a big hit in Europe and topped the charts in the U.K.
4. John Lennon told him to. The "J" was for Julian, Lennon's son.
5. "Hawaiian Wedding Song," by Andy Williams in 1958. The song was from the 1926 Hawaiian "Ke Kali Nei Au" (Waiting There for Thee). It was retitled and has been covered by numerous others, such as Elvis Presley in the 1961 film "Blue Hawaii."

# Strange BUT TRUE

By Lucie Winborne

- In 2006, an Athens court ordered the worship of the 12 gods of ancient Greece — including Zeus, Hera, Hermes, Athena and others — to be unbanned.
- Vikings fed their wounded soldiers a strong onion soup to help gauge the depth of a stomach wound. After a few minutes, they would smell the wound and if they could smell the onion soup, they knew the wound was too deep and the soldier could not be saved.
- The "artificial strawberry flavor" in a McDonald's milkshake is made up of around 45 chemicals.
- "Jeopardy!" contestants stand on adjustable platforms so that they all appear to be the same height on camera.
- On the last Sunday of November in Lopburi, Thailand, an annual Monkey Buffet Festival is held that provides food and drink to more than 2,000 local monkeys, as a thank you for drawing tourists to the town.
- The role of U.S. first lady isn't reserved solely for the president's wife. Historically, some first ladies have included nieces, sisters or daughters-in-law of the sitting president.
- The word "and" and the ampersand symbol (&) mean different things in movie credits. Two writers' names joined with an ampersand means they collaborated, while "and" means they worked on the script at different times.
- Researchers have discovered that the Fritillaria delavayi plant, which has been used in Chinese traditional medicine for 2,000 years, has evolved camouflage in heavily harvested areas.
- In 1355, a dispute between two students from Oxford University and a local tavern owner over the quality of its wine grew so heated that it resulted in a three-day-long riot, which left 63 students and 30 locals dead.

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**Thought for the Day:** "Every small positive change we make in ourselves repays us in confidence in the future." — Alice Walker

# top 10 movies!

1. **The Batman** ..... (PG-13) Robert Pattinson, Zoe Kravitz
2. **Uncharted** ..... (PG-13) Tom Holland, Mark Wahlberg
3. **BTS Permission to Dance on Stage — Seoul: Live Viewing** (NR) Jungkook, J-Hope
4. **Dog** ..... (PG-13) Channing Tatum, Q'orianka Kilcher
5. **Spider-Man: No Way Home** ..... (PG-13) Tom Holland, Zendaya
6. **Death on the Nile** ..... (PG-13) Tom Bateman, Annette Bening
7. **Radhe Shyam** ..... (NR) Prabhas, Pooja Hegde
8. **Sing 2** ..... (PG) animated
9. **Jackass Forever** ..... (R) Johnny Knoxville, Steve-O
10. **Scream 5** ..... (R) Neve Campbell, Courteney Cox

Source: Box Office Mojo

## top ten

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10. Kazakhstan

\*Export/import trade  
Source: UN Comtrade/Statista

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**Bridgerton** (TV-MA) — After garnering great success in its 2020 debut, the romance-filled period drama series begins its second season on Netflix. While many fans of "Bridgerton" lamented the loss of Rege-Jean Page, who portrayed the Duke of Hastings, the show doesn't seem to be losing any of the steaminess that made the first season so enticing. Season two will mainly focus on a heart-wrenching love triangle involving the Viscount Anthony Bridgerton (Jonathan Bailey) as he finally plans to wed, as well as the introduction of two new characters — the Sharma sisters. With last season's major reveal of the face behind Lady Whistledown's newsletters, viewers are now able to tag along with the anonymous columnist as even more gossip and scandal gets revealed. Premieres March 25. (Netflix)

can be described as a fanfiction come to life. "Starstruck" follows New Zealander Jessie, who finds out that her New Year's Eve fling, Tom, is actually an A-list movie star. Jessie, who mostly works odd jobs in London, could be considered the opposite of someone a movie star would date (and boy, does she hear it time and time again). However, Jessie and Tom can't help but grow closer, and she makes the decision to stay in London for him instead of returning to New Zealand. Season two premieres March 25. (HBO Max)



Courtesy of Netflix

### Jonathan Bailey in "Bridgerton"

**WeCrashed** (TV-MA) — If you haven't yet learned the story behind the commercial real estate company WeWork, you're in for a treat with this new miniseries. Based on a podcast of the same name, "WeCrashed" tells the story of how Adam Neumann, his wife, Rebekah, and Miguel McKelvey team up to create a first-of-its-kind office experience called WeWork. The startup's main goal is to sell workspaces to other companies, but WeWork's success skyrockets it in a way no one could have predicted, as do its founders, their greed and their consequences. Academy Award winners Jared Leto and Anne Hathaway star as the eerily obsessive couple, with America Ferrera and Kyle Marvin making up the rest of the main cast. (AppleTV+)

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**Deep Water** (R) — Vic and Melinda Van Allen (Ben Affleck and Ana de Armas) aren't exactly your average married couple. They have somewhat of an understanding in their marriage, where Melinda can have as many lovers as she wants on the side as long as she doesn't desert Vic or their family. But it's as if Melinda almost morphs into a different person when she's not with her husband, catching their friends quite off guard as she flaunts other relationships in Vic's face. This arrangement inevitably takes a turn for the worse as one of Melinda's lovers ends up dead. Is Vic behind the death, or did Melinda's games just go a little too far? (Hulu)

**Starstruck** (TV-MA) — In what

**What's better?  
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or  
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Thoughts to think about.**

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## TOP VIDEO RENTALS AND SALES

### Video On Demand

1. **House of Gucci** ..... (R) Lady Gaga
2. **Scream** ..... (R) Neve Campbell
3. **Belfast** ..... (PG-13) Jude Hill
4. **American Underdog** ..... (PG) Zachary Levi
5. **King Richard** ..... (PG-13) Will Smith
6. **Encanto** ..... (PG) animated
7. **Ghostbusters: Afterlife** . (PG-13) Carrie Coon
8. **Blacklight** ..... (PG-13) Liam Neeson
9. **No Time to Die** ..... (PG-13) Daniel Craig
10. **Eternals** ..... (PG-13) Gemma Chan

### DVD, Blu-ray Sales

1. **Encanto** ..... (PG) Disney
2. **Eternals** ..... (PG-13) Disney/Marvel
3. **Ghostbusters: Afterlife** . (PG-13) Sony Pictures
4. **The King's Man** ..... (R) 20th Century
5. **American Underdog** ..... (PG) Lionsgate
6. **House of Gucci** ..... (R) Universal/MGM
7. **Clifford the Big Red Dog** ... (PG) Paramount
8. **Resident Evil: Welcome to Raccoon City** ..... (R) Sony Pictures
9. **Dune: Part One** ..... (PG-13) Warner
10. **No Time to Die** ..... (PG-13) Universal/MGM

Source: ComScore/MediaPlay News



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# What's Hot In Hollywood

HOLLYWOOD — When **Tom Hanks** came down with COVID while filming “Elvis” in Australia, production was shut down and he and his wife returned to the U.S. Once he recovered, he hit the ground running. “Moulin Rouge” director **Baz Luhrmann** reopened filming “Elvis” once it was safe to resume. Hanks and “Elvis” (**Austin Butler**) made up for lost time, and it’s now due June 24.

Hanks then assumed the role of Geppetto for **Robert Zemeckis’** live-action “Pinocchio,” with **Joseph Gordon-Levitt** as the voice of Jiminy Cricket. Hanks and Zemeckis (now 70) won Oscars for “Forrest Gump” (1974) and collaborated on “Castaway” (2000) and “Polar Express” (2004). Hanks next reported to **Wes Anderson** for another of his all-star-cast films, “Asteroid City,” with **Margot Robbie, Scarlet Johansson, Jeffrey Wright, Maya Hawke, Adrian Brody, Bill Murray, Tilda Swinton, Bryan Cranston, Jeff Goldblum, Liev Schreiber** and **Matt Dillon**. As if he isn’t busy enough, Hanks is currently producing the war mini-series “Masters of the Air” (related to “Band of Brothers” and “The Pacific”), with **Steven Spielberg** and his Amblin Entertainment for Apple+.

Also working on a TV anthology series for Apple+ is **Meryl Streep**, who is starring in “Extrapolations,” along with **Tobey Maguire, Marion Cotillard, Forest Whitaker, Sienna Miller, Kit Harrington, Matthew Rhys, Daveed Diggs** and **David Schwimmer**.

\*\*\*

Last week we told you about **Melissa Joan Hart’s** two-year contract with Lifetime to produce, direct and star in made-for-Lifetime films, following her success in Hallmark’s “Mistletoe in Montana.” Hallmark has a stable of stars they use for most of their original productions. The undisputed queen of Hallmark could well be **Lacey Chabert**, who developed, executive produced and starred in the recent six-hour “Wedding Veil Trilogy.” Lacey first earned her stripes on the soap “All My Children” and in the TV films “Gypsy,” starring **Bette Midler**, “A Little Piece of Heaven,” opposite **Cloris Leachman**, and “What If God Were the Sun,” opposite **Gena Rowlands**. She began making Hallmark films in 2010 and has starred in 30 original films since then.

As soon as word came out about Hart’s two-year deal, Hallmark also gave deals to **Danica McKellar** (“The Wonder Years”) and **Jen Lilley**, who went from the film “The Artist” (2011) to “General Hospital” (2011-2012) and “Days of Our Lives” (2013-2018), three Lifetime and 12 Hallmark movies from 2015-2022. Also signed was **Trevor Donovan**, a regular on “Days of Our Lives” (2007) and as Teddy in “Beverly Hills 90210” (2009-2013), followed by 12 original Hallmark films.

Hallmark has a contract roster of players in the



Depositphotos

Hallmark film star Lacey Chabert

tradition of MGM, which in its heyday claimed to “Have more stars than in the heavens!” Guess you can say Hallmark has more stars than in their cards!

HOLLYWOOD — We recently told you how **Anthony Ramos** fulfilled his rising star predictions. Now, another “Hamilton” castmember will not only rise to the occasion, but win an Oscar in the process. **Ariana DeBose** earned a lion’s share of the reviews as Anita in “West Side Story,” but when she won the Screen Actors Guild best supporting actress award, it made her the frontrunner to win an Oscar.

A Broadway vet of “Summer: The Donna Summer Musical” (as Disco Donna) and the streaming musicals “The Prom” and “Schmigadoon!,” she’s already completed the \$22 million sci-fi thriller “I.S.S.,” with **Chris Messina**, filmed in her native North Carolina. DeBose is working on the Apple+ spy film “Argylle,” starring **Bryce Dallas Howard, Henry Cavill, Samuel L. Jackson, John Cena, Catherine O’Hara, Sam Rockwell** and **Bryan Cranston**, and next heads to the Spider-Man Universe for “Kraven the Hunter,” starring **Aaron Taylor-Johnson** and **Russell Crowe**, due Jan. 13.

\*\*\*

Ever-busy **Steven Spielberg** has completed directing his 36th film, “The Fabelmans,” that he wrote with his “West Side Story” screen collaborator **Tony Kushner**. It’s a semi-autobiography based on Spielberg’s childhood in Arizona. The film stars **Michelle Williams, Seth Rogen** and **Paul Dano**, and opens at Thanksgiving. Spiel-

berg will next direct a new film based on **Steve McQueen’s** character in “Bullitt.” In acquiring the rights from McQueen’s estate, he took on McQueen’s actor son **Chad** and granddaughter **Molly** as exec producers.

Sidebar: It was at the premiere screening of “Bullitt” on Sunset Boulevard in 1968 that I was assaulted by **Elliot Gould** in the presence of his then-wife, **Barbra Streisand**. Three years later we had our day in court. When it was over, I’d won two judgments against Gould for battery (the only media person to ever win a lawsuit against a major star for battery) with a substantial cash judgment. Elliot and I have since made up, but that’s another story!

\*\*\*

**Lindsey Lohan** made her film debut at age 12 in “The Parent Trap,” followed by “Freaky Friday” at 17 and “Mean Girls” at 18. Now after more than a decade out of the spotlight, she’s making a comeback at age 35 thanks to Netflix and its holiday romcom “Falling for Christmas,” set for December release.

Lohan plays a spoiled heiress suffering from amnesia after a skiing accident who is nursed back to health by a blue-collar lodge owner (**Chord Overstreet**, who of course has a daughter but no wife. Shades of any Hallmark Channel rom-com. The film was written and produced by former “The Young and the Restless” star **Michael Damian** (Danny Romalotti) and his wife, **Janeen Damian**, daughter of “Dukes of Hazzard” star **James Best**, who also directs. Lindsey’s had more second chances than a cat with nine lives.



Gage Skidmore/Wikipedia

Steven Spielberg



by Dana Jackson

**Q. I finally got caught up on “Ted Lasso” and now understand what all the hype was about. When will the third season air? — G.M.**

**A.** Filming has already begun for the third season of the No. 1 series on Apple+, “Ted Lasso,” but don’t expect to see it until late summer or fall of 2022. The second season took a bit of a darker turn but was still filled with laughs and inspirational quotes by Lasso, played by “Saturday Night Live” alum **Jason Sudeikis**.

“Ted Lasso” was a much-needed hit for the struggling Apple streaming service. It also was a critical success, becoming the most nominated new series in the history of the Emmy Awards. It’s made stars out of the British cast, including **Hannah Waddingham** as **Rebecca Welton**, the pro soccer team’s owner, and **Brett Goldstein** as retired star player **Roy Kent**.

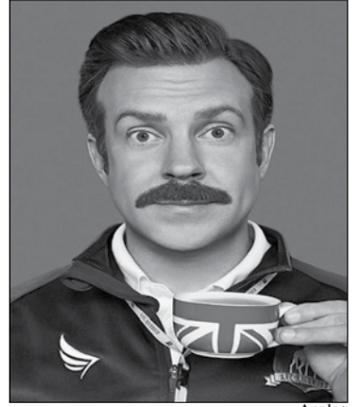
Sudeikis first played the lovable coach during a promo for NBC aimed at promoting viewership of its English Premier League soccer audience. It worked. The promos went viral, and years later he teamed up with creative partners **Joe Kelly** and **Brendan Hunt**, the latter of whom plays **Coach Beard** on the show, and came up with a pilot. With the help of experienced producer **Bill Lawrence** (“Scrubs”), they developed the series into the hit that it is today.

\*\*\*

**Q. Whatever happened to Geena Davis? I haven’t seen her in anything in a long time, and she used to be a big movie star. — S.H.**

**A.** If you look at **Geena Davis’s** resume, you might be surprised to learn that she’s accumulated quite a list of roles in the past two decades. At the height of her career in the late 1980s to early 1990s, she won an Oscar for “The Accidental Tourist” and was nominated for one for “Thelma and Louise.” She also starred in the below-mentioned film “Beetlejuice.”

She later tried her hand at network television with “The Geena Davis Show” and “Commander in Chief,” both of which were soon canceled. She then recurred on “Grey’s Anatomy” as



Apple+

Jason Sudeikis in “Ted Lasso”

Dr. **Nicole Herman** and then as **Sandy Devereaux** on Netflix’s “GLOW.” Next up for **Davis** is a new untitled legal drama on CBS.

\*\*\*

**Q. Is it true that they are making sequel to “Beetlejuice”? Will Tim Burton direct it? — B.C.**

**A.** Yes, it was recently announced that “Beetlejuice 2” is happening. A sequel has been rumored for decades since the original graced movie theaters in 1988. **Brad Pitt’s** production company **Plan B Entertainment** has signed on to make the sequel a reality with original stars **Michael Keaton** and **Winona Ryder**. Hopefully **Pitt’s** vision includes **Tim Burton** as director, but nothing official has been announced about that important detail.

The tale of “Beetlejuice” met Broadway in the form of a musical in 2019 but had to shut its doors during the pandemic. It’s returning with a new production in April 2022 at the **Marquis Theatre** in New York.

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

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# Simple *Holiday* Hams

## Ideas for an easy Easter menu

**FAMILY FEATURES**

Whether you're new to hosting or simply looking for ideas to make Easter entertaining easier than ever, there are plenty of ways to save time and stress in the kitchen.

**Go with what you know.** Trying out new recipes is fun, but it can also add stress when they don't turn out like you expected. Stick to tried and true dishes you can prepare and serve with confidence and save the experimenting for another time.

**Take shortcuts.** At the center of many Easter feasts is a ham that has been expertly cured and cooked to perfection. Even so, starting with a full-cooked ham is a shortcut that no one is likely to

notice, especially if you heat it properly. For exceptional quality and a variety of flavor profile options to choose from, turn to America's Original Butcher, Omaha Steaks. The meats are fully cooked then frozen before being delivered to your door for maximum convenience.

**Work ahead.** Plan your menu to incorporate items you can make ahead of time so you're under less pressure the day of your dinner. Even handling the prep work like slicing veggies the night before can buy back precious minutes, that way when guests begin arriving, you can step out of the kitchen and enjoy the day right along with them.

Find more ideas to make hosting this year's Easter meal easy at [OmahaSteaks.com/buy/meals/easter](http://OmahaSteaks.com/buy/meals/easter).

### How to Heat a Frozen Ham

Many frozen hams are fully cooked and can be served as soon as they're properly thawed, which is an ideal solution for a casual brunch with mini sandwiches on the menu. However, if you're serving an elegant holiday dinner, you're more likely to prefer a warm centerpiece dish. A fully cooked ham is still a time-saving option; you'll just need to allot time to heat it in the oven once it's thawed.

Start by thawing a fully cooked ham in the refrigerator for 24-48 hours. To keep your ham extra moist, always put the cut-side down. You might also consider placing a baking rack in the pan and adding a quarter-inch of water before placing the ham on the rack.

For a spiral-cut, bone-in ham, heat the oven to 325 F. Remove ham from film and foil. Place ham cut-side down on a raised edge baking pan lined with foil. Heat uncovered 60-75 minutes for the entire ham or 10 minutes per pound for smaller portions.

For a boneless ham, heat the oven to 350 F. Place the ham, cut-side down, on a raised edge baking pan lined with foil. Cover the ham tightly with foil and heat 35-40 minutes.

Another option for adding extra juicy flavor is a glaze, which can be as simple as dissolving three parts brown sugar into one part honey in a small saucepan. Or for a more elegant affair, consider a fruit-infused glaze to complement the savory pork.

## A Host of Hams

If you always thought a ham is a ham is a ham, it's time to think again. From the type of meat to the smoking preparation to specialized slicing that makes serving easy, there are plenty of options to consider from a supplier like Omaha Steaks when choosing the right ham.



**Savory**

For an elegant gathering that demands premium ingredients, an all-natural Duroc Boneless Country Ham may be the answer. These hams tend to feature more marbling for an exceptionally rich flavor and texture, making for a tender, savory and juicy main course with no basting or injection needed.



**Smoky**

Put a little flair in your Easter meal with a uniquely flavored ham like the Pecanwood Smoked Flank Ham, smoked with real pecan wood for 8 hours to add a rich yet mellow smoky flavor. This tender, juicy uncured whole-muscle ham earns its place of distinction on your holiday table. Complementary sides with subtle nutty notes, such as a sweet potato casserole, can enhance the menu even more.



**Sweet**

Each Spiral-Sliced Ham is slowly smoked with real wood up to 24 hours to infuse flavor and maximize juiciness then generously brushed with a sweet and sticky brown-sugar crust that is torch-glazed to create a flavorful, crunchy crust. It's spiral-sliced before delivery, so once it's thawed and heated, it's ready for quick service to your guests.

### EASY FRUIT-INFUSED GLAZES

**Apricot Glaze**

- 1/2 cup brown sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground ginger
- 1 cup apricot nectar, canned

In saucepan, mix brown sugar, cornstarch and ginger. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

**Cranberry Orange Glaze**

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon allspice

In small saucepan over low heat, combine cranberry sauce, brown sugar, orange juice, cloves, cinnamon and allspice; simmer 5 minutes, before serving.

## Good Housekeeping

### Smoked Ham With Fresh Strawberry Sauce

We created this impressive glazed ham for winter entertaining, but it has become an Easter favorite as well.

- 1 (12-pound) smoked whole ham, fully cooked
- 3 pints strawberries
- 2 tablespoons dark brown sugar
- 2 tablespoons cornstarch
- 1/2 teaspoons salt
- 1 jar (10- to 12-ounce) orange marmalade
- Radish sprouts or watercress sprigs, for garnish

1. Remove skin and trim some fat from smoked whole ham, leaving about 1/4-inch fat. With knife, score fat covering on ham crosswise, just through to the meat, into 1-inch-wide strips.

2. Place ham on rack in large roasting pan (about 17 by 11 1/2 inches). Insert meat thermometer into center of ham, being careful that pointed end does not touch bone. Bake ham in 325 F oven 3 to 3 1/2 hours until thermometer reaches 140 F (15 to 18 minutes per pound). If ham browns too quickly, cover with tent of foil.

3. About 30 minutes before ham is done, prepare strawberry sauce: Reserve 1 pint strawberries for garnish. Hull remaining strawberries. In 3-quart saucepan with potato masher or back of slotted spoon, mash strawberries. Stir in brown sugar, cornstarch, salt and orange marmalade; cook over medium heat until mixture thickens slightly and boils, stirring frequently.

4. To serve, place ham on warm, large platter. Arrange radish sprouts and reserved whole strawberries around ham. Serve with strawberry sauce. Makes 24 servings.

• Each serving: About 250 calories, 12g total fat, 60mg cholesterol, 1,770mg sodium.

## Comfort foods



by Healthy Exchanges

### Baked Banana Pudding

This easy-to-put-together dessert will please kids of all ages.

- 24 (2 1/2-inch) graham cracker squares
- 3 cups (3 medium) sliced bananas
- 2 (4-serving) packages sugar-free vanilla cook-and-serve pudding mix
- 1 1/2 cups nonfat dry milk powder
- 2 1/2 cups water
- 1 1/2 teaspoons vanilla extract
- 6 egg whites
- 1 cup Splenda Granulated

1. Heat oven to 325 F. Spray 8-by-12-inch baking dish with butter-flavored cooking spray. Evenly arrange 12 graham cracker squares in baking dish, then 1 1/2 cups banana slices over top.

2. In large saucepan, combine pudding mixes, milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in 1 teaspoon vanilla extract. Spoon half of hot mixture evenly over bananas. Arrange 10 graham cracker squares evenly over hot pudding and remaining 1 1/2 cups banana slices over top. Spoon remaining hot pudding over bananas.

3. In large bowl, beat egg whites with an electric mixer on HIGH until soft peaks form. Add Splenda and remaining 1/2 teaspoon vanilla extract. Continue beating on HIGH until stiff peaks form. Spread meringue evenly over top, sealing to edges. Crush remaining 2 graham cracker squares into fine crumbs; sprinkle evenly over meringue.

4. Bake 25 minutes or until meringue is golden. Place baking dish on wire rack; let set for 30 minutes. Refrigerate at least 1 hour. Cut into 8 servings.

TIP: A self-seal sandwich bag works great for crushing graham crackers.

• Each serving: 210 calories, 2g fat, 10g protein 38g carb., 289mg sodium, 161mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch/Carb., 1 Fruit, 1/2 Fat-Free Milk; Carb Choices: 2 1/2.

## Good Housekeeping

### Banana Caramel Pudding

Combine sliced banana, sour cream and a few ready-made ingredients to create this easy parfait-style dessert.

- 2 cups vanilla pudding
- 1 1/2 cups sour cream
- 1/8 teaspoon salt
- 2/3 cup dulce de leche
- 1 (10.75- to 11-ounce) pound cake, cubed
- 2 ripe bananas, sliced

1. In a large bowl, mix pudding, sour cream and salt. In a small bowl, microwave dulce de leche on High 1 minute or until soft.

2. In a large glass bowl, layer half of the pound cake, half of pudding mixture, banana slices and dulce de leche. Repeat layering once. Refrigerate 1 hour or up to 1 day. Makes 6 servings.

## Good Housekeeping

### Almond Thins

- 2 cups all-purpose flour
- 3/4 cup cold butter or margarine (1 1/2 sticks), cut up
- 1/3 cup plus 2 tablespoons sugar
- 1 large egg, separated
- 1 teaspoon almond extract
- 1/8 teaspoon salt
- 3/4 cup sliced natural almonds

1. Preheat oven to 375 F. In food processor, with knife blade attached, blend flour, butter and 1/3 cup sugar just until mixture forms coarse crumbs. Add egg yolk, almond extract and 2 tablespoons water, and blend until mixture just begins to form a ball (do not overmix).

2. With hand, press dough onto bottom of 15 1/2-by-10 1/2-inch jelly-roll pan. For easier spreading, place sheet of plastic wrap over dough and smooth dough evenly over bottom of pan. (To help make an even layer, use bottom of 8- or 9-inch square pan to press dough.) Discard plastic wrap.

3. In cup, with fork, beat egg white and salt; brush some over dough. Top dough with almonds; sprinkle with remaining 2 tablespoons sugar.

4. With knife, gently cut dough lengthwise into 6 strips, then cut each strip crosswise into 8 bars.

5. Bake cookies about 20 minutes or until golden. Transfer cookies in pan to wire rack to cool 5 minutes. While cookies are still warm, cut cookies again following cut marks. Cool cookies completely in pan. Makes 4 dozen cookies.

• Each cookie: About 65 calories, 1 g protein, 6 g carbohydrate, 4 g total fat (2 g saturated), 0 g fiber, 13 mg cholesterol, 40 mg sodium.

## Good Housekeeping

### Slow Cooker Italian Stuffed Peppers

This slow-cooker recipe was a contest winner from a sister publication.

- 1 pound ground beef
- 1 cup uncooked white rice
- 8 ounce mozzarella cheese, cut into 1/4-inch cubes
- 1 small onion, diced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon minced fresh parsley
- 2 cloves garlic, minced
- 6 large red bell peppers, tops cut off and hollowed out (32 ounce) can crushed tomatoes
- 1 1/2 cups beef broth
- 1/2 cup grated Parmesan cheese

1. Mix together first 8 ingredients in bowl. Spoon mixture into peppers, filling about 3/4 of the way. (Discard pepper tops.) Place stuffed peppers into 5-quart slow cooker. Pour crushed tomatoes over peppers, then pour beef broth around the sides.

2. Cover and cook on low for 6 to 8 hours. Top with Parmesan cheese before serving. Serves 6.

• Each serving: About 531 calories, 27g total fat (13g saturated), 91mg cholesterol, 1,388mg sodium, 45g total carbohydrate, 6g dietary fiber, 29g protein.

**Comfort foods**  
Made fast and healthy  
by Healthy Exchanges

### Mom's Comfort Food

Try this glorified rice dish once, and I promise, you'll make sure you have leftover rice often!

- 1/2 cups cold, cooked rice
- 1 (8-ounce) can crushed pineapple, packed in fruit juice, drained
- Sugar substitute to equal 1/2 cup sugar
- 1 teaspoon vanilla extract
- 1/2 cup seedless green grapes
- 3/4 cup miniature marshmallows
- 3/4 cup reduced-calorie whipped topping

1. In a large bowl, combine rice, pineapple, sugar substitute and vanilla extract. Stir in grapes and marshmallows. Add whipped topping. Mix gently to combine.

2. Cover and refrigerate for at least 15 minutes. Gently stir again just before serving. Makes 6 (1/2 cup) servings.

• Each serving equals: 100 calories, 0g fat, 1g protein, 24g carbs., 9mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit.

**Comfort foods**  
Made fast and healthy  
by Healthy Exchanges

### Baked Banana Pudding

This easy-to-put-together dessert will please kids of all ages.

- 24 (2 1/2-inch) graham cracker squares
- 3 cups (3 medium) sliced bananas
- 2 (4-serving) packages sugar-free vanilla cook-and-serve pudding mix
- 1 1/2 cups nonfat dry milk powder
- 2 1/2 cups water
- 1 1/2 teaspoons vanilla extract
- 6 egg whites
- 1 cup Splenda Granulated

## Good Housekeeping

### Steak With Herb Sauce

A sauce made with wine and fresh herbs is a classic topping for a perfectly cooked steak.

- 1 pound flank steak
- 1/2 teaspoon salt
- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon oil
- 2 teaspoon fresh thyme
- 1 cup wine
- 1/4 cup heavy cream

1. Season steak with 1/2 teaspoon salt and pepper. In 12-inch skillet, heat oil on medium-high.

2. Add steak; cook 12 to 14 minutes for medium-rare (145 F), turning over once. Transfer to cutting board. To skillet, add fresh thyme and wine.

3. Cook until reduced by half. Remove from heat; whisk in heavy cream and 1/8 teaspoon salt. Serve over steak. Serves 4.

## Good Housekeeping

### Classic Oven Fries

Serve this popular choice with your favorite beef or steak dish.

- 2 tablespoons olive oil
- 3 medium (about 8 ounces each) baking potatoes
- 3/4 teaspoon salt
- 1/4 teaspoon coarsely ground pepper

1. Preheat oven to 425 F. Brush 2 large cookie sheets with 1 tablespoon oil.

2. Cut each unpeeled potato lengthwise into quarters, then cut each quarter lengthwise into 2 wedges (or, cut potatoes crosswise into 1/4-inch-thick slices).

3. In a large bowl, toss potatoes with salt, pepper and remaining 1 tablespoon oil until evenly coated.

4. Divide potatoes between cookie sheets, spreading each batch into an even layer. Place cookie sheets on 2 oven racks and oven-fry potatoes 25 minutes or until tender and crisp, turning potatoes over once and switching pans between upper and lower racks halfway through cooking.

Lemony Oven Fries: Prepare Classic Oven Fries as above in steps 1 and 2. In step 3, mix 1 teaspoon grated fresh lemon peel, 2 tablespoons fresh lemon juice, 1 tablespoon dried oregano and 1 large garlic clove, crushed with press, with salt, pepper and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 4.

Spicy Oven Fries: Prepare Classic Oven Fries as above in steps 1 and 2. In step 3, mix 1 teaspoon onion powder, 1/2 teaspoon turmeric and 1/4 teaspoon ground red pepper (cayenne) with salt, pepper and oil in bowl. Add potatoes and toss to coat. Complete recipe as in step 4.

• Each serving: About 205 calories, 5g total fat (1g saturated), 0mg cholesterol, 450mg sodium, 38g total carbs, 3g dietary fiber, 4g protein.

**Comfort foods**  
Made fast and healthy  
by Healthy Exchanges

### On-a-Budget Tuna Loaf

Just because your pocketbook might be empty — with having to pay higher gasoline prices — doesn't mean that you have to eat like you're broke! Look inside your cupboards and you'll probably find that you have most (if not all) these ingredients already on hand.

- 2 (6-ounce) cans white tuna, packed in water, drained and flaked
- 3/4 cup dried breadcrumbs
- 1 cup finely diced celery
- 1/2 cup finely chopped onion
- 1/2 cup fat-free mayonnaise
- 1/4 cup sweet pickle relish

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## Good Housekeeping

### Sticky Toffee Pudding

The term "pudding" in England refers to many kinds of desserts. This pudding — all the rage recently in Great Britain and Australia — is a moist cake with a sticky broiled-on brown-sugar topping.

- 1 cup dates, chopped and pitted
- 1 teaspoon baking soda
- 1 cup sugar
- 10 tablespoons (1 1/4 sticks) margarine, softened, substitute butter
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup packed brown sugar
- 1/4 cup heavy cream, substitute whipping cream
- Whipped cream

1. Grease 13- by 9-inch broiler-safe baking pan. In medium bowl, combine dates, baking soda and 1 1/2 cups boiling water; let stand 15 minutes.

2. Preheat oven to 350 F. In large bowl, with mixer at medium speed, beat sugar and 6 tablespoons margarine or butter until creamy. Add egg and vanilla; beat until blended. At low speed, beat in flour and baking powder. Add date mixture and beat until combined (batter will be very thin). Pour batter into baking pan. Bake 30 minutes or until golden and toothpick inserted in center comes out clean.

3. Meanwhile, in 2-quart saucepan, heat brown sugar, heavy cream and remaining 4 tablespoons margarine or butter to boiling over medium heat; boil 1 minute. Set aside.

4. Turn oven control to broil. Spread brown-sugar mixture evenly over top of hot dessert. Place pan in broiler at closest position to source of heat; broil until bubbly, about 30 seconds. Cool in pan on wire rack 15 minutes. Serve warm with whipped cream if you like. Serves 12.

• Each serving: About 340 calories, 10g total fat (2g saturated), 18mg cholesterol, 275mg sodium, 62g total carbs, 3g protein.

# Crime

**Robbery** in the 3400 block of North Halsted Street.

**Assault** on the 1300 block of North Hudson Avenue.

**Assault** on the 1100 block of North Wells Street.

**Assault** on the 500 block of West Arlington Place.

**Theft** on the 1800 block of North Clarks Street.

**Robbery** on the 2800 block of North Sheffield Avenue.

**Theft** on the 800 block of North Dearborn Street.

**Theft** on the 900 block of West Belmont Avenue.

**Theft** on the 4800 block of North Winchester Avenue.

**Theft** on the 200 block of West Superior Street.

**Assault** on the 800 block of West Irving Park Road.

**Theft** on the 900 block of West Weed Street.

**Theft** on the 1200 block of North Hermitage Avenue.

**Arrest** on the 1100 block of West Thorn-dale Avenue.

**Assault** on the 1500 block of North Clybourn Avenue.

**Theft** on the 1500 block of North Fremont Street.

**Theft** on the 2400 block of West Diversey Avenue.

**Theft** on the 900 block of West Weed Street,

**Theft** on the 2300 block of North Damen Avenue.

**Assault** on the 1500 block of North Milwaukee Avenue,

**Theft** on the 2300 block of North Stockton Drive.

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

**Theft** on the 100 block of East Oak Street.

**Theft** on the 600 block of West Montrose Drive.

**Theft** on the 4400 block of North Lake Shore Drive

**Theft** on the 3400 block of North Ashland Avenue.

**Theft** on the 1800 block of West Division Street.

**Theft** on the corner of State Street and Bellevue Place.

**Theft** on the 2300 block of North Commonwealth Avenue.

**Theft** on the 300 block of West Huron Street.

**Theft** on the corner of State Street and Bellevue Place.

**Assault** on the 4500 block of North Broadway.

**Assault** on the 2300 block of West Sunny-side Avenue.

**Arrest** on the 00 block of North Kingsbury Street,

**Assault** on the 2100 block of North Elston Avenue.

**Theft** on the 700 block of North Milwaukee Avenue.

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

**Theft** on the 1700 block of North Orleans Street.

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

**Shooting** on the 3100 block of North Milwaukee Avenue.

**Assault** on the 6900 block of North Clark Street.

**Vandalism** on the 1200 block of West Greenleaf Avenue.

**Assault** on the 2600 block of West Fitch Avenue.

**Assault** on the 3300 block of North Marshfield Avenue.

**Theft** on the 4800 block of North Winchester Avenue.

**Theft** on the 7500 block of North Clark Street.

**Vandalism** on the 3800 block of West School Street.

**Assault** on the 800 block of West Irving Park Road.

**Arrest** on the 1100 block of West Thorn-dale Avenue.

**Theft** on the 2600 block of West Thorn-dale Avenue.

**Theft** on the 3200 block of North Milwaukee Avenue.

**Theft** on the 2400 block of West Diversey Avenue.

**Theft** on the 600 block of West Montrose Drive.

**Theft** on the 4100 block of North California Avenue.

**Theft** on the 3400 block of North Ashland Avenue.

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

**Assault** on the 6800 block of North Sheridan Road.

**Theft** on the 900 block of West Agatite Avenue.

**Assault** on the 1700 block of West Schreiber Avenue.

**Assault** on the 4500 block of North Broadway.

**Assault** on the 2300 block of West Sunny-side Avenue.

**Theft** on the 3400 block of North Lawndale Avenue.

**Assault** on the 6000 block of North Lincoln Avenue.

**Theft** on the 4800 block of North Pulaski Road.

**Assault** on the 6200 block of North Claremont Avenue.

**Assault** on the 2900 block of West Berwyn Avenue.

**Vandalism** on the 6400 block of North Maplewood Avenue.

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

**Theft** on the 4100 block of North Kenmore Avenue.

**Vandalism** on the 4000 block of North Elston Avenue.

**Theft** on the 3800 block of West Montrose Avenue.

**Theft** on the 3400 block of West Devon Avenue.

**Burglary** on the 6400 block of North Sheridan Road.

**Assault** on the 3200 block of North Western Avenue.

**Assault** on the 5500 block of North Winthrop Avenue.

**Assault** on the 4800 block of North Broadway.

**Theft** on the 1700 block of West Waveland Avenue.

**Assault** on the 1100 block of West Lawrence Avenue.

**Shooting** on the 3100 block of North Milwaukee Avenue.

**Theft** on the 900 block of West Belmont Avenue.

**Theft** on the 4800 block of North Winchester Avenue.

**Assault** on the 3300 block of North Marshfield Avenue.

**Assault** on the 800 block of West Irving Park Road.

**Theft** on the 900 block of West Weed Street.

**Theft** on the 1200 block of North Hermitage Avenue.

**Theft** on the 2600 block of North Fairfield Avenue.

**Theft** on the 3200 block of North Milwaukee Avenue.

**Theft** on the 2400 block of West Diversey Avenue.

**Assault** on the 1300 block of North Humboldt Drive.

**Theft** on the 500 block West Diversey Parkway.

**Theft** on the 900 block of Qweed Street,

**Theft** on the 2300 block of North Damen Avenue.

**Theft** on the 1900 block of North Sawyer Avenue.

**Robbery** on the 3100 block of West Armitage Avenue,

**Theft** on the 600 block of West Montrose Drive.

**Theft** on the 1800 block of West Division Street.

**Arrest** made on the 1400 block of North Spaulding Avenue.

**Theft** on the 2500 block of North Kimball Avenue.

**Theft** on the 3400 block of North Ashland Avenue.

**Theft** on the 3500 block of West Armitage Avenue.

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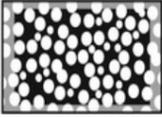
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**The Garden Bug** Water and soil

Soil particle size and the degree of compaction affect how much water drains *through* the soil vs. how much water holds *within* the soils.



Fine soil has smaller particles but more numerous "pores" than a coarse soil. It retains more water within its structure, allowing plant roots to access the water.



Coarse soil has bigger particles and less "pore" space between the particles than the fine soil. It is less able to retain any water for roots to access. - Brenda Weaver

Source: www.noble.org

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**The Garden Bug**

**Papaya** is native to Central America and exists in tropical areas throughout the world. The best place to plant papaya is on the south or southeast side of a house, in full sun, with some protection from wind and cold weather. The seedlings will flower after five or six months. Papayas like well-drained soil, and will not tolerate wet conditions. - Brenda Weaver



Source: www.gardeningknowhow.com

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**The Garden Bug**

**Turning soil** Prepping your soil for the demands of the growing season ahead is key to the success of your garden this year. You want to add in what might be lacking in your soil as your plants begin their growth. If the soil crumbles when you work it around in your hands, then it is ready to till; if it's sticky, it may be too wet. Use a soil testing kit to see what nutrients should be added to your soil, then work the needed amounts into the soil before planting. - Brenda Weaver



Source: uvm.edu

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**Quotes worth your time**

“TV is chewing gum for the eyes.”  
Frank Lloyd Wright

“I love long walks, especially when they are taken by people who annoy me.”  
Fred Allen

“Miami Beach is where neon goes to die.”  
Lenny Bruce

“ I have six locks on my door all in a row. When I go out, I lock every other one. I figure no matter how long somebody stands there picking the locks, they are always locking three.”  
Elayne Boosler

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**See page 7**

# Comics

## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



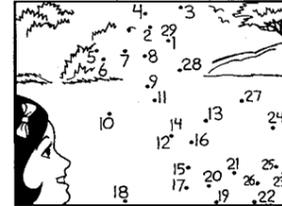
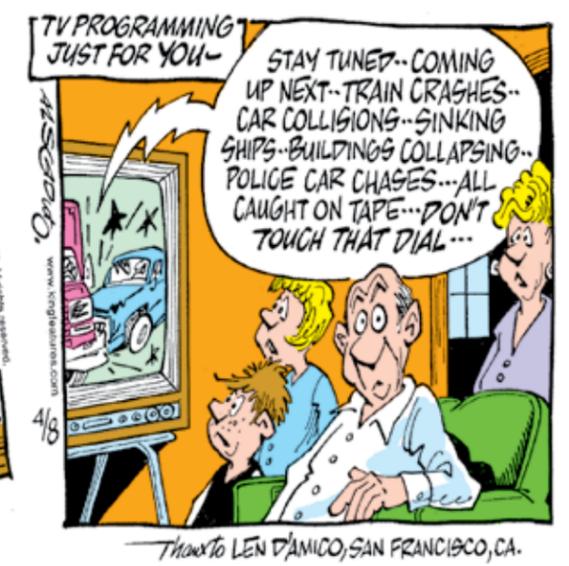
## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## Junior Whirl

by Hal Kaufman

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 1 | I | T | C | H |
| 2 | I |   |   |   |
| 3 | T |   |   |   |
| 4 | C |   |   |   |
| 5 | H |   |   |   |

### TO ITCH HIS OWN WORD SQUARE

FIVE five-letter words form a word square at left, with four letters (ITCH) of the first word in place.

You are asked to insert missing words in accord with definitions below:

1. Advertiser's come-on.
2. Toughen up to pain.
3. Another word for "potato."
4. Set of beliefs.
5. Long-billed, long-necked, long-legged wader.

Keep in mind that word square words read alike both across and down.

Remember, only one letter is missing from first word.



WHA DOT? Hop to it before this subject gets away ... add lines to complete the picture. What can you draw?

SPRING AHEAD! In the words of G.K. Chesterton, "Spring never is spring unless it ---." Add the three missing words.

DICE-Y TRICK! Display two dice. Place one atop the other, say a few magic words, lift the top die, and alakazam, the dice cling together as one. Here's how it's done:

Before producing the dice, wet your finger with your tongue. Apply moisture secretly to the bottom of the upper die.

When the dice are pressed together, moisture will cause them to adhere sufficiently to allow both to be raised at the same time.

Separate dice and put challenge to friends. By the way, keep dice away from young children, who may swallow them.

## Junior Whirl

by Hal Kaufman



|   |   |   |   |   |  |  |
|---|---|---|---|---|--|--|
| 1 | W | I | N |   |  |  |
| 2 | W | I | N | - |  |  |
| 3 | W | I | N | - |  |  |
| 4 | W | I | N | - |  |  |
| 5 | W | I | N | - |  |  |
| 6 | W | I | N | - |  |  |
| 7 | W | I | N | - |  |  |

### A WIN-WIN-WIN PUZZLEMENT

IT'S a win-win-win, etc., situation for those who participate in this word-finder exercise. Object is to identify progressively longer WIN words in accord with the following definitions:

1. Hit the jackpot (WIN, in place).
2. Rhyming partner word of dine.
3. Buffalo appetizer.
4. Pitcher's pre-toss arm move.
5. — Salem, N.C.
6. Plane dimension.
7. Factor cited in cold weather reports.

How quickly can you find all seven words?

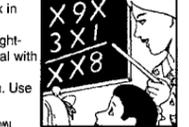
Time limit: 2 minutes.

PENNY ANTE! Asked how many pennies he has, Junior declared: "If I divide them by 2, 3, 4, 5, or 6, I always have one left over." How many does he have?

ADD LIB! Five of nine consecutive numbers (1 through 9) have been replaced by X's in the addition problem on the board at right. You are asked to put these five missing numbers back in place.

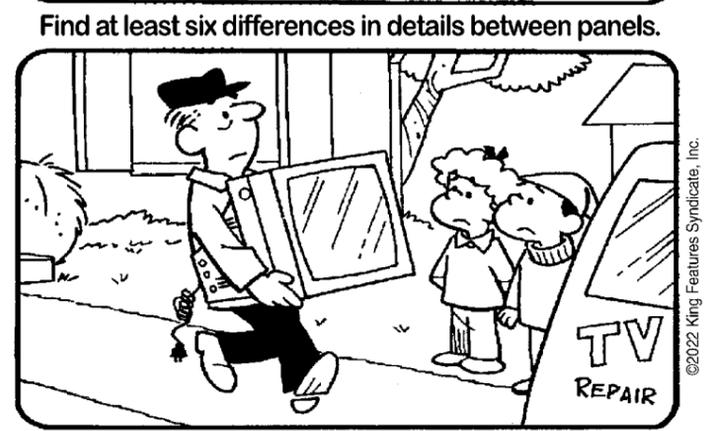
For starters, fill in the number in the upper right-hand corner — obviously a seven — and then deal with digits 2, 4, 5, 6, to complete the sum.

Remember, it is a problem in simple addition. Use trial and error to solve it.



## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Scrolls are missing. 2. Controls are missing. 3. Cord is shorter. 4. Locket is missing. 5. Cap is different. 6. Word is different.

## Just Like Cats & Dogs

by Dave T. Phipps



# Make Easter 'Eggstra' Special



## 6 tips to bring your family together to decorate eggs

FAMILY FEATURES

**E**aster is about traditions, both old and new, as well as celebrating family and creating lifelong memories. In fact, nearly 8 out of 10 Americans will celebrate the holiday this year, according to the National Retail Federation, which often includes egg decorating amongst the fun.

Decorating eggs for Easter is a tradition that dates back to the 13th century. Eggs were once viewed as a forbidden food to some religious entities, so people would paint or decorate them to highlight the end of penance and fasting.

Yet still today, coloring eggs can help bring the whole family together and inspire simple moments of connection and creativity. From dunking eggs in neon dyes to embellishing them with paint, glitter and more, PAAS® brand – named after the Dutch word for Easter, “Passen” – offers these expert Easter egg dyeing tips based on its 140 years of experience.

**Keep It Clean** – Wash your hands in hot, soapy water before and after handling eggs, even if they’ve already been cooked or decorated. This helps protect you from any bacteria that may be on the egg and protects the eggshell from oil on hands that may make the dye not adhere properly. Make sure an adult supervises all projects to ensure food safety precautions are observed.

**Hard Cook, Don't Hard Boil** – Although the cooking water must come to a full boil, the pan should be immediately removed from heat so the eggs can cook gently in the hot water. This method produces tender, not rubbery eggs and minimizes cracking.

**Banish the Greenish Ring** – This harmless but unsightly discoloration sometimes forms around hard-cooked yolks as a result of a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature. Cooking eggs in hot, not boiling water then cooling immediately helps minimize this discoloration.

**Make Them “Apeeling”** – To ensure easily peeled eggs, buy and refrigerate them 7-10 days in advance of cooking. This brief “breather” allows the eggs time to take in air, which helps separate the membranes from the shell.

**Store Eggs Safely** – In the shell, hard-cooked eggs can be refrigerated safely for up to one week. Refrigerating them in their original carton prevents odor absorption. Once peeled, eggs should be eaten that day. Piercing shells before cooking is not recommended. If not sterile, the piercer or needle can introduce bacteria into the egg. Also, piercing creates hairline cracks in the shell through which bacteria can enter after cooking.

**Tap Into Your Creative Side** – You don’t have to be highly creative to create an “eggeceptional” egg. Use your imagination to create appealing eggs by gluing on fun materials found at craft stores, like fake gems, sequins, trims and ribbons. You can also use paint, including gold or silver metallic paint, to make eggs special. An option like PAAS egg decorating kits can help make the process more convenient and fun.

Find more tips and ideas to bring your family together this Easter at [paaseggs.com](http://paaseggs.com).

### How to Hard Cook Eggs

Hard-cooked eggs are best when you want a sturdy egg for hiding and to eat when you’re done. They are also easier for younger children to handle. Eggs can be hard-boiled or baked to achieve tender eggs perfect for dyeing. Consider these tips from the Easter egg decorating experts at PAAS to cook eggs for decorating:

**Hard Boil Directions**

- Place eggs in saucepan large enough to hold them in single layer.
- Add cold water to cover eggs by 1 inch.
- Heat pan over high heat until just boiling.
- Remove pan from burner.
- Cover pan.
- Let eggs stand in hot water about 15 minutes for large eggs. Time may need adjusted for smaller or larger eggs.
- Cool completely under cold running water or in bowl of ice water.
- Refrigerate until ready to use.

**Baking Directions**

- Preheat oven to 325 F.
- Place eggs individually in muffin tins to prevent them from rolling while cooking.
- Cook 30 minutes.
- Fill large bowl with ice water. Set aside.
- Remove eggs from oven.
- Transfer eggs carefully, one-by-one into ice water using tongs.
- Remove from water after 10 minutes.
- Refrigerate until ready to use.



### Egg Decorating Kits to Make Egg Dyeing Easy

There’s more than one way to dye an egg. To meet various needs and interests, PAAS offers a variety of kits, including:

- **Traditional Kits** – Deluxe, Classic and Color Cup kits allow families to create a full spectrum of colored eggs.
- **Craft Kits** – Craft kits help users create their own one-of-a-kind works of art, such as color whipping eggs, adding sparkles or speckles, or creating neon tie-dyed eggs.
- **Eggsperiment** – Active Volcano – This kit allows users to dye eggs by lowering them into an overflowing volcano.
- **Craft-A-Scene** – These kits, which come in multiple versions, offer not only dyes and decorations to create character eggs, but also different backdrops that can be used in stop motion movies using a free app.
- **Themed Eggs** – These include Dino Eggs, Forest Friends, Rides and Superheroes kits that allow families to bring characters to life.



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