



**Betty Gilpin
has new show**
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will shock you**
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MAY 2023
FREE It's our 27th Anniversary
Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square



May, 2023 "We don't make the news, we just report it." Volume 27, Number 6

Location, location, location What's the plan?



It seems that People's Gas installed a gas regulator in front of the door to Vincent Anzalone's soon-to-be home in Lakeview. To enter the home, you have to step around it or walk over it to get through the front door. There are gas regulators all along the block of West Barry Avenue, but most are off to one side or around a gangway, but never in front of someone's door. The regulator belongs to People's Gas and they will move it somewhere else but says it will cost the homeowner \$8,000 to do so. According to People's Gas, there was only wood over the space, not the door – or even a doorway that's there now, when the equipment was installed in 2021. In a statement from People's Gas, "the building renovation later added the door behind the equipment when renovating. Building owners and their contractors need to account for the location of utility equipment. If utility

equipment needs to be moved due to a property owners construction, Illinois law requires the owner be responsible for the costs. We are working with the property owner." Mr. Anzalone, who is a Chicago real estate agent, said that he never gave permission to install the regulator in that location. Anzalone purchased the property in October, 2020. His wife plans to open a fitness studio on the first floor, and the couple plans to live above the studio. In the meantime, the inside work is on hold. Anzalone wants to put in hardwood floors but can't do so until he has heat in the house – a sudden change in temperature could cause warping during installation. He doesn't want to connect the gas to a regulator that has to be moved. No one wants to live with an ugly gas regulator at their front door. People's Gas – do the right thing.



This is what happened! Downtown Chicago was taken over by hundreds of young people on Saturday, April 15th and Sunday, April 16th, 2023, which was advertised on social media. Hundreds of police officers assisted by SWAT teams descended on downtown to attempt to restore order. Two teenage males, ages 16 and 17, were shot while standing in a crowd and were transported to a hospital and listed in fair condition. Some teens began jumping up and down on cars, smashing windows and attacking people inside. One woman and her husband were attacked and beaten after a group of teens jumped up and down on the

couple's windshield. The husband was taken to a local hospital for treatment. Other large groups of teens were blasting music and getting in front of traffic, while others attempted to gain access to Millennium Park and the Art Institute. A 16 year old male was charged with unlawful use of a weapon and two others were charged with possession of a stolen vehicle. Police had to escort frightened tourists back to their cars and Michigan Avenue traffic came to a stop as police attempted to restore order. **Here's the response** Mayor-elect Brandon Johnson said, "In no way do I condone the destructive activity we saw in the Loop and lakefront. It is unacceptable and has no

place in our city. However, it is not constructive to demonize youth who have otherwise been starved of opportunities in their own communities." "Our city must work together to create spaces for youth to gather safely and responsibly. During the mayoral campaign, Johnson supported reallocating funds from the police department to other social services but since has restated his position by saying he will not reduce the police budget while arguing that hiring more of-

ficers will not solve the city's crime problems. Lori Lightfoot stated, "As I have said before, we as a city cannot and will not allow any of our public spaces to become a platform for criminal conduct." "Most importantly, parents and guardians must know where their children are and be responsible for their actions. Instilling the important values of respect for people and property must begin at home." At one point she also stated that the nice weather brought people out. **Here's the answer** So, the blame is put on the parents, community neglect, and even the weather. There – you have it! So, what is the plan?

Editorial & Opinions

**Second Annual
Lincoln Roscoe
Spring Art
& Craft Fair**
May 13th & 14th
Saturday: 10am to 7pm
Sunday: 10am to 5pm

This event features art for the home including paintings, sculptures, and fiber pieces, as well as décor, jewelry and more. Live music all weekend long, painting classes, selfie stations, festival foods, as well as the brand new “Kids Art Stop” where artists invite children to learn more about the art making process.

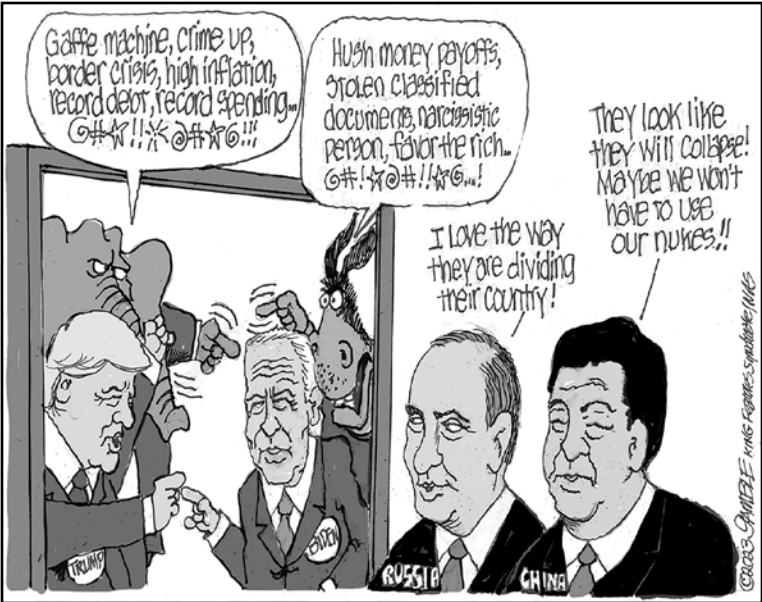
This event, hosted by Special Service Area 27, is free and takes place on Lincoln Avenue between Roscoe and School Street. Attendees are invited to bring their gently used wall art to the festival where it will be donated to the Chicago Furniture Bank that distributes furnishings and art to those leaving shelters and moving into permanent housing. For more information, contact Amdur Productions at 847-926-4300.



Moments in time

THE HISTORY CHANNEL

• **On May 6, 1527**, the Renaissance ended with the Sack of Rome by German troops as part of an ongoing conflict between the Habsburg Empire and the French Monarchy. German



troops killed over 4,000 Romans, imprisoned the pope, and looted works of art and libraries. An entire year passed before order was restored.

• **On May 1, 1830**, Irish-born American labor leader Mary “Mother” Jones was born in County Cork, Ireland. After losing her husband and four children in the yellow fever epidemic of 1867 and all her belongings in the Chicago Fire of 1871, she devoted herself to organizing and advancing the cause of labor, delivering her last speech on her 100th birthday.

• **On May 5, 1865**, Decoration Day was first observed in the U.S., with the tradition of decorating Civil War soldiers’ graves with flowers. Later the date was moved to May 30 and included American graves from the first and second World Wars, eventually becoming better known as Memorial Day.

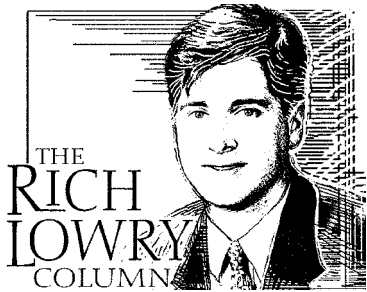
• **On May 12, 1921**, National Hospital Day was first observed on what would have been Florence Nightingale’s

101st birthday. Originally a one-day holiday, it turned into a weeklong event to educate the public about medical care.

• **On May 3, 1939**, The Andrews Sisters recorded “Beer Barrel Polka,” aka “Roll Out the Barrel.” The song became a popular standard during World War II and later the signature tune of flamboyant singer/pianist Liberace.

• **On May 4, 1987**, the U.S. House and Senate Committee began three months of hearings into the Iran-Contra affair, which involved the secret sale of American arms to Iran with some of the proceeds going to Contra rebels seeking to overthrow the Nicaraguan government.

• **On May 2, 2011**, U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Abbottabad, Pakistan, ending a 10-year manhunt for the leader of the al-Qaida terrorist organization and coordinator of the attacks on the World Trade Center in 2001.



Joe Biden prepares his next basement campaign

Joe Biden is going to run for reelection.

One question this raises: How is anyone going to tell?

The basement presidency is about to embark on another basement campaign.

Biden’s political genius turns out to be not provoking strong negative emotions because no one particularly thinks of him as being in charge or as having anything interesting to say.

President Biden and the people around him are, in effect, conducting a large-scale, ongoing political science experiment: Is it possible to run a left-wing government — with tactics often frankly at odds with our constitutional system — and avoid a massive backlash by having a president at the top who appears ineffectual and out of touch?

If Bernie Sanders, the ill-kempt, self-avowed socialist, or Elizabeth Warren, the off-putting, dyed-in-the-wool progressive former academic, presided over exactly the same administration with exactly the same policies, they’d have ignited a political firestorm by now.

The cry from the center-right and independents would be, “To the barricades!” The cry provoked by Joe Biden is more, “Meh.”

By being around forever, Biden has achieved the status of a known quantity. His rhetoric is generally moderate-sounding, and he never says anything memorable. No matter how radical and lawless the acts of his administration, it’s hard to associate those qualities with an elderly man who tells stories of his bygone cooperation with Republicans and often rambles to little effect.

People should be threatened by this administration, but — with a few exceptions such as his visually apocalyptic “Dark Brandon” speech prior to the midterms — they don’t feel threatened by Biden himself. Or they fear his

incompetence more than anything else.

Biden’s age is an asset in taking the edge off his left-wing governance, yet the effects of it are obvious for everyone to see. At 80, he makes the elder statesmen of yore seem youthful by comparison. Golda Meir became prime minister of Israel at 70. Ronald Reagan was elected president at 69. The long-serving French legend Charles de Gaulle retired permanently at 79.

If the reaction to Joe Biden isn’t a vociferous rejection, it is still an emphatic, “No, thanks.” According to the new NBC News poll, more than half of Democrats and 70% Americans don’t want him to run for reelection. His age, of course, is the leading reason; it doesn’t take a gerontologist to realize that an 80-year-old man and the most demanding job on the planet aren’t a natural match.

The White House clearly understands this as well. President Biden is carefully stage managed, and sometimes awkwardly reminded of his cues by people with him at events. His interactions with the press are limited, and this isn’t a media that is out to get him but is incredibly sympathetic and accommodating.

Biden broke with tradition by not holding a press conference while on his trip to Ireland. He’s done 54 interviews so far in his first two years, according to The New York Times, the fewest since Ronald Reagan. He has averaged 10 news conferences a year, whereas Calvin Coolidge — you know, “Silent Cal” — did about 90 annually during his first two years in office.

The standard isn’t very high, though, when you are a default candidate. That’s how Biden won against Donald Trump in 2020; it’s how he avoided a midterm drubbing in 2022; and it’s how he hopes to win again against Trump, should he be the nominee, in 2024.

Biden has built on the old adage, “Never interfere with an enemy when he’s destroying himself.” His version is basically, “Never bother going out in public when your enemy is destroying himself.”

The lesson of the last couple of years is that Biden doesn’t have to be scintillating, impressive, or inspiring. Heck, he doesn’t even have to be popular. He simply has to be there. To paraphrase Woody Allen, 90% of getting elected for Joe Biden is just showing up.

His campaign could be barely evident and still succeed.

Rich Lowry is editor of the National Review.

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SUNDAY MAY 14TH



MONDAY MAY 29TH

Americanisms



“Read a thousand books,
and your words will flow
like a river.”
— Lisa See

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Lakeview Newspaper

“We don’t make the news. We just report it.”

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Graphic Design/Production: Lisa Rode
MAY 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 Diversey 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.

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VETERANS
★ POST ★

by Freddy Groves

Copay Exemption
for Native American
Veterans

The Department of Veterans Affairs is moving forward toward its goal of ensuring that Native American veterans receive the benefits they should be getting. Two weeks ago it was reduced mortgage interest rates for Native Americans, native Hawaiians, Alaska Natives and Pacific Islanders. Now, per the Indian Health Care Improvement Act, it's a waiver on having to pay a copay for VA health care services and urgent medical care.

Besides taking affect now, it's retroactive: Starting last year, on Jan. 5, 2022, any eligible American Indian and Alaska Native Veteran who's received care and paid a copay can go back and be reimbursed.

There are details, of course. To be eligible for exemption you need to be an American Indian or Alaska Native Veteran, provide a copy of an official tribal document showing that you meet the eligibility requirements of the Indian Health Care Improvement Act and submit a Tribal Documentation Form (VA Form 10-334). That form is also known as Documentation of Indian or Urban Indian Status for Veteran Copayment Exemption.

Pay special attention to the government's definition of "Indian." It involves being a first- or second-degree descendant of certain groups, and you must live in an urban center, which includes the department of Health and Human Services' definition of an Indian population with unmet health needs.

If you're not yet signed up for VA health care, this might be the time to do it and have that, plus the question of your copays, out of the way. In a medical emergency, you don't want to have to think about what you're going to do or where you're going to go. And if you've paid out several copays since Jan. 5 of last year, you stand to be reimbursed if you're eligible for the American Indian exemption.

Confused yet? There's help at 800-698-2411, the MyVA number that's answered 24/7 with assistance on a dozen different topics, from benefits to cemeteries to a crisis line.

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Strange
BUT TRUE

By Lucie Winborne

- In 2009, six geologists were convicted of manslaughter for failing to predict a deadly earthquake in Italy. Though exonerated, they faced high levels of shame from the general public afterward.
- Compared to average shoppers, chefs are more likely to buy generic store brands for sugar, baking soda and other common kitchen staples.
- Lacrosse descends from a version played by Native Americans in the 17th century. Matches could last several days with as many as 1,000 players per team, on a field with goals up to six miles apart. Game sticks were so treasured that they were often buried with the athletes after death.
- Thomas Edison attempted to create ghost-hunting equipment, and an assistant died while testing it.
- Measles can deplete previously acquired immune memory for up to two years in adults.
- The state of Texas keeps a database of more than 500 executed inmates' last words, going back to the 1980s.
- Ever been annoyed by the decibel level of a rooster's morning wake-up call? You're not the only one who finds it loud: When the birds crow, they lean their heads back, covering their ear canal, which acts as an earplug to protect themselves from being deafened by their own vocalizations.
- After plagiarizing work for his directorial debut, actor Shia LaBeouf plagiarized a public apology from a Yahoo! answers question about ... plagiarism.
- You can buy a room on a cruise ship and live on board for an annual fee.
- In the 1800's, bananas were seen by some as an "immoral fruit," due to their shape. Fruit companies combatted this perception by issuing postcards of women eating bananas to advertise that they weren't taboo.

Thought for the Day: "Extraordinary things are always hiding in places people never think to look." — Jodi Picoult

SENIOR
NEWS LINE

by Matilda Charles

Why Are Seniors
Targeted for Scams?

In one year alone, seniors lost over \$3 billion to scammers, and it's gotten worse every year. The 60-69 age group was bad enough, but the dollar losses rose even more after age 70, and much more after age 80.

Why are we targeted?

The thieves believe two things about us: We're all rich and have great credit, having worked our whole lives, and, worst of all, that we won't tell anyone if we lose money to them. Those two things alone make us constant targets.

All scammers have to do to turn us into victims, according to a study by Stanford and AARP, is raise our emotions. Whether happiness or anger, it doesn't matter, because either will push us to hand over our information or our money.

For example, scammers will say we've won a big prize, like the lottery, but to claim that prize we need to send them processing fees in advance. We think about that prize and our good sense goes out the window.

Emotions come into play when a scammer calls pretending to be a grandchild in trouble. We're asked to send money right away. We're upset, and we do. But the emotional pleas for money don't end there. Romance scams are huge, and too many lonely seniors send cash to their new love without questioning it.

Scammers who pretend to be from the government, such as the IRS, who frighten us into paying money, raise our emotions as well.

The list of scams directed at the elderly is nearly endless: investments, lottery wins, IRS tax bills, low-cost prescriptions, charities, tech repair, cemetery debts, romance, reverse mortgage, help signing up for Medicare, auto warranties ...

Beware. If you allow yourself to be scammed once, they will be back, because you'll be on a list of people who can be fooled.

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KOVELS® Antiques
By Terry and Kim Kovel & Collecting

Amphora Pottery

Collectors use the names "Amphora" or "Teplitz" for art pottery made in the Turn-Teplitz region of Bohemia (now the Czech Republic) from the late 19th to the early 20th century. The best known and most elaborate examples are decorated with applied three-dimensional figures in an art nouveau style.

An Amphora piece might look like it has trees growing out of it, an animal's tail wrapped around the neck or base, or a human figure holding on to the rim or reaching for fruit on a molded branch.

Here, a stylized octopus appears to sit on top of the vase, with two of its tentacles forming side handles and the rest trailing down the vase's pear-shaped body. It sold for \$6,600 at Morphy Auctions. Early Amphora pieces (made before World War I) are higher quality, look more interesting and tend to get higher prices.



Amphora pottery made in Bohemia during the art nouveau period is prized for its elaborate nature-themed decorations. This octopus vase brought \$6,600 at a Morphy auction in 2021.

Q: What is "bone china"? Is it another name for porcelain or something different?

A. Bone china is a type of porcelain. It is made by combining clay and minerals with the ash left from burning animal bones. This makes it stronger, thinner and more durable than hard-paste porcelain. It has to be fired at higher temperatures and is more difficult to make. It was first made in England in the late 1700s, when European ceramicists were trying to replicate Chinese porcelain. Some historians think bone ash was first added to the clay due to a mistranslation of a French description of Chinese porcelain making. Although bone china was made earlier, the words "bone china" started appearing in marks on pieces in 1915.

TIP: To cover a scratch in wooden furniture, mix a paste of instant coffee and water and rub it into the scratch. Another quick fix is to color the scratch with the proper color crayon.

CURRENT PRICES

Steff plush cat, Cosy Sulla, Dralon fur, gray and white, swivel head, green glass eyes, pink stitched nose and mouth, red bow, name tag, button in ear, c. 1967, 9 x 12 inches, \$75.

Animation cel, Mighty Mouse, hand-painted background, from the television series, Filmations, c. 1979, 9 x 21 inches, \$110.

Toy, Arthur A-Go-Go Drummer, tin, plastic arms and head, bushy red hair, cloth jacket and pants, battery-operated, reproduction box, Japan, 10 inches, \$215.

Sewing box, whaler made, mahogany, 3 graduated tiers of drawers, whale ivory pulls and pegs, 1800s, 9 1/4 x 9 x 6 1/2 inches, \$470.

Furniture, table, Cityscape, chrome-plated steel base, rectangular, round dark gray glass top, Paul Evans Studio, Directional, c. 1975, 23 x 24 inches, diameter, \$2,375.

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Sports
QUIZ

by Ryan A. Berenz

1. In March 1973, what two New York Yankees pitchers announced they had swapped wives and families?

2. What basketball player from Poland, the WNBA's all-time leader in shots blocked with 877, died from a cardiac arrest in 2011?

3. Longtime Sports Illustrated football writer Paul Zimmerman was better known to readers by what nickname?

4. Name the American swimmer who won five gold medals at the 1988 Seoul Summer Olympics.

5. Who had more professional boxing career wins: Leon Spinks or his brother Michael?

6. What Philadelphia Eagles cornerback scored a fumble return touchdown in the final seconds to snatch a 19-17 win over the New York Giants in a 1978 game called the "Miracle at the Meadowlands"?

7. In cricket, the term for a batsman's dismissal with a score of zero is the same as what kind of waterfowl?

Answers

1. Mike Kekich and Fritz Peterson.

2. Margo Dydek.

3. Dr. Z.

4. Matt Biondi.

5. Michael, with 31. (Leon had 26.)

6. Herman Edwards.

7. A duck.

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Play Better Golf with JACK NICKLAUS

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GET TOO TENSE AT ADDRESS?

NEED MORE DISTANCE OFF THE TEE?

HERE'S SOME HELP.

STAN SMITH'S TENNIS CLASS

DEEP LOBS

The lob is particularly effective if used several times in a row. Just keep your lob landing deep in the court and see if your opponent starts missing a few overheads.

Hitting lobs can discourage and annoy a net player, taking him out of his game plan and getting him to think too much about his overhead. Once you have him thinking instead of playing, his game is in trouble.

GRIN and BEAR IT. by Wagner

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“Who do you think I’m talking to, MYSELF?”

LAFF - A - DAY

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“I had a very happy childhood. What does a child know about taxes?”

Health



Longtime Cannabis User Still Tests Positive Weeks After Quitting

DEAR DR. ROACH: I am a 68-year-old male who has used cannabis for 51 years. During that time span, I graduated from high school and college with two bachelor’s degrees and two master’s degrees, and I spent 35 years as an accomplished educator, motivational speaker and author. I have been married to the same person for 31 years and have a wide circle of friends. Twenty-five years ago, I had my thyroid removed due to cancer, and I currently take medication. I also inject testosterone and take medications for blood pressure and cholesterol, as well as Xanax. I retired to a life that involves little travel, choosing instead to spend my time reading, researching, writing and being active in my community. Once I began to notice a loss of motivation and diminished memory, I became proactive and decided to give up cannabis. I have had no trouble quitting cold turkey and have no desire to return to it. My memory has vastly improved, and I still enjoy all the things that made my retirement enjoyable before I made this decision. After 10 weeks of not using, I still test positive for the metabolites using THC testing strips. I have read that normal detoxing for a heavy user is anywhere from six weeks to two months. To aid in the process, I drink half a glass of lemon juice in the morning, drink two gallons of water or detox tea a day, cut red meat and dairy from my diet, spend an hour a day on the treadmill, and spend 40 minutes in a steam bath. How long should I expect to continue testing positive? Is there anything else I can do to speed up the passing of the metabolites? — Anon.

ANSWER: The active form of THC, the primary chemical in cannabis that causes the psychoactive effects (i.e., the effects for people to feel “high”), accumulates

in the fat cells, where it can be stored for long periods of time. Research in laboratory animals confirms that losing weight over the long-term releases the stored THC from the fat, making it more likely that a urine test will be positive in people who are losing weight (which might be the case with you, given your exercise and diet). Heavy users have told me that they feel like they are “coming out of a fog” for up to six months after stopping the use of cannabis. However, I can’t give you any evidence-based answer on how long you will continue to show positive results. I don’t think drinking water and tea, nor the steam bath, are significantly helping you get rid of the accumulated THC in the body, but the diet and exercise changes probably are, if you are losing fat as I suspect. Even if you aren’t losing weight, you may be getting more muscular due to exercise and losing fat.

Complex Jargon Prevents Patient From Understanding Diagnosis

DEAR DR. ROACH: After many bouts of pain in my left leg, I was referred for an MRI. They diagnosed me with left lumbar radiculitis, spondylolisthesis and lumbar spondylosis. There are many people in my independent living facility who have gotten similar diagnoses. As an RN with a master’s in nursing education, I have a question: When the diagnoses are made, do doctors not explain the problem in layman’s terms? I only found out what my list of diagnoses were from a physical therapist, to whom I was referred. — N.F.P.

ANSWER: Doctors certainly should explain their diagnoses in language appropriate for their patients. We can forget that the language we use is sometimes incomprehensible, but that’s not an excuse. A patient should always feel comfortable in saying they don’t understand a diagnosis, or any other word or phrase their doctor uses, and ask for more explanation. Many of the most effective communicators I have seen not only ask the patient whether they understood, but have made sure their patient can explain it back to them. In your case, these specific diagnoses are generally not well-known by nonexperts, and I am disappointed that they did not give you an explanation. Lumbar radiculitis is essentially sciatica — it’s an inflammation of the large bundle of nerve roots, which usually causes pain down the leg into particular locations, based on which nerves are being affected. It is not a specific diagnosis, as it doesn’t say what is causing the damage to the nerves. Spondylolisthesis is a condition where

one vertebra overlaps another one below it (front to back, not side to side). Very mild spondylolisthesis will not cause any symptoms, but more severe cases can cause damage to the nerve roots. Spondylosis of the lumbar vertebrae is a nonspecific term signifying degeneration of the spine, usually due to osteoarthritis and often including degeneration of the disks in between the vertebrae. So, these diagnoses together suggest that you have osteoarthritis of the spine, along with a displacement of one vertebra over another, causing damage to the nerve roots of the spine. These conditions would be likely to cause the back and leg pain you have on your left side.

DEAR DR. ROACH: What are the risks for long-term usage of metformin for prediabetes? — T.G.

ANSWER: Metformin is a commonly used treatment for Type 2 diabetes, but has also been proven to prevent, or at least delay, the onset of diabetes in people who are at risk. This includes those who already have abnormal blood sugar but don’t yet meet the diagnostic criteria for diabetes — called “prediabetes” or “impaired glucose tolerance.” Metformin works mostly by preventing the liver from making sugar. This allows the insulin a person makes to work on dietary sugar instead and, in turn, lowers insulin levels, thus promoting weight loss. Metformin is a very safe drug with few long-term side effects. The most common side effects are gastrointestinal — nausea and diarrhea are the most common. These usually go away after some time and can be minimized by using the long-acting form of the drug. Vitamin B12 deficiency happens in about 20% of people over a span of five years. The most severe side effect is called lactic acidosis, but this is extremely rare when metformin is only given to people with normal kidney function. Kidney function and blood sugar levels should be periodically checked when on metformin, whether for diabetes or prevention.

Cipro Prescription No Longer the First-Line Treatment for UTIs

DEAR DR. ROACH: I was diagnosed with a UTI on my yearly physical urinalysis, but I had no symptoms. I was prescribed Cipro. The five pages of warnings attached to the prescription scared me! So, I checked the FDA and Mayo Clinic websites. Both said that the “risks outweigh benefits” and it “should not be the first choice to treat a UTI.” But my doctor says to take it, so I will — 500 mg twice a day for seven days.

Possible side effects include tendon ruptures (including the aorta), nerve damage and more. Scary! I am 71 and in good health with high blood pressure as my only problem, but it’s under control. I wasn’t told if my UTI is complicated or uncomplicated, but I assume uncomplicated, as my blood work, including kidney tests, were all normal. Is this drug safe? Why does the FDA say not to prescribe this as the first choice? — C.J.

ANSWER: There is a lot wrong here. First off, asymptomatic bacteria in the urine does not normally get treated, so I wouldn’t have recommended treatment in the first place. I’m not even sure why your doctor ordered a urinalysis — it’s not recommended as a screening test for most. Second, I agree with your research that ciprofloxacin (Cipro) should not be the first-line treatment for symptomatic urine infections. Ciprofloxacin does increase risk of tendon rupture very slightly (three to four cases per 100,000 people treated); may damage the aorta (eight cases per 100,000 in one study, while another large study showed no risk); and may cause neuropathy in one case per 150,000. Resistance to drugs like ciprofloxacin has been increasing. Other choices, like nitrofurantoin, trimethoprim/sulfamethoxazole or cephalixin, have more effectiveness with less risk of toxicity. That’s why Cipro is no longer a first-line choice. But it can be hard for doctors to unlearn behaviors. Usually, Cipro is effective and doesn’t cause side effects, but practicing evidence-based medicine means changing behaviors to reflect new information, even if your personal experience has generally been good. An individual doctor isn’t likely to see damage to tendons, aorta or nerves, but if all doctors changed their behavior, there would be even fewer of these rare events. When it is used, a short course of ciprofloxacin is normally prescribed for three days, not seven, for uncomplicated urine infections in women. The less a person uses this drug, the lower the risk of these rare but severe side effects. Three days is normally sufficient.

DEAR DR. ROACH: I want to know how to reduce my blood pressure because it is currently 142/90. — S.L.

ANSWER: Treatment of mildly elevated blood pressure of the type you have starts with lifestyle changes. The first thing is to try to reduce sodium in your diet. Some sodium comes from what you add to food, but much more is in pre-packaged foods, especially canned foods. Potassium, found in most fresh fruits and vegetables, has a beneficial effect on

blood pressure, especially when sodium is also reduced. Regular exercise can drop blood pressure by 3 to 5 points. Avoiding alcohol can reduce blood pressure as well. Excess alcohol — more than one drink a day for women or more than two drinks a day for men — is particularly likely to increase blood pressure, so cutting down or stopping helps reduce blood pressure. Combining all of this advice can reduce the risk of requiring medicines by almost half. Additional treatments, such as meditation and stress reduction, further reduces blood pressure and the need for medication. However, some people, even if they do everything right, can still benefit from medication, which can reduce the risk of heart disease and stroke when appropriately given to patients.

Patient With Risk of Breast Cancer Questions Safety of Yearly MRI

DEAR DR. ROACH: A friend gave me a hemp product to try on the quite painful arthritis in my fingers, which affects my ability to enjoy golf. I was reluctant to try it, but for the last two weeks, I’ve used it topically on my fingers and have been pleasantly surprised by a significant reduction in pain and an improvement in flexibility. One of your recent columns mentions Voltaren, which I have also used, but without as much relief. Can you comment on CBD as an alternative treatment for arthritis? — P.H.A.

ANSWER: There are animal studies suggesting benefit from oral cannabidiol, a component of cannabis (hemp) that has no psychoactive component (it’s the THC in cannabis that gets people “high”). I found some small studies showing pain relief from topical CBD in people with neuropathy, but not for arthritis. Several people, like you, have written to me with reports of pain relief. Topical CBD is probably very safe. Even oral CBD should be safe, but studies have found that many products labeled CBD have trace, or more than trace, amounts of THC, enough to make a urine test positive for cannabis. Until there is some evidence of effectiveness, I can’t recommend it, but people can try it based on safety and anecdotal reports.

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

Leasing vs Buying your next vehicle

Here’s what you need to know about leasing versus buying and which of these options makes the most sense for you?

LEASING

Pros: There’s little or no down payment, and you’ll likely have lower monthly payments compared to what you’d have if you purchased the vehicle. You can pick the lease term (anywhere from 24 to 60 months), and you’ll be able to drive a new car every two to five years. You won’t be responsible for repairs — only maintenance. **Cons:** You don’t own the car, and at the end of the

term you have to give it back. If you extend the lease term, you’ll likely pay more in the long run than if you’d financed the car for purchase. Also, in some cases, drivers have mileage restrictions. **Lease If:** You don’t mind having payments without ownership, or you want a new car every two to five years. Some professions require a luxury car, and these brands can often be more affordable as leases than as purchases. **BUYING:** **Pros:** When you own the car, you can sell it whenever you want. Assuming you make your monthly payments on time, you’ll build your credit score, which can

save you money in the long run via better interest rates and terms on future purchases. **Cons:** You’ll have a down payment, your car payments will likely be higher than lease payments, and as the owner, you’re the one responsible for repairs. **Buy If:** You plan to keep the vehicle for a long time; you drive a lot; and you want to pay the car off so that you own it. Car ownership looks different today than it did just a few years ago. Kelley Blue Book reports that the number of purchased cars dropped from 1.4 million per month in 2019 to 1.1 million per month in 2022. Work-

from home situations played a role, as did rising costs — for gas, maintenance and the vehicles themselves. From August 2021 to August 2022, car prices were up by 10.8%, with the average price hitting a record high of \$48,301. However, Americans still love their own wheels. Consumer demand for cars may have slowed in some areas of the country, but overall, the call of the open road is still strong. **ADVANCED DRIVER ASSISTANCE SYSTEMS** ADAS names, abbreviations and functionality can be confusing, so here’s an introduction to common ADAS technologies you may encounter

the next time you buy or rent a car. **Automatic crash notification:** When this technology detects a crash, it contacts an operator who can send assistance, including emergency vehicles. **Lane-keeping assistance:** LKA provides an alert if the car begins drifting into another lane and will also exert a moderate level of steering to help keep a vehicle in its proper lane. **Forward automatic emergency braking AEB** constantly monitors the vehicle’s path to detect the possibility of a collision.

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1. Which artist netted a Grammy for his “I’d Do Anything for Love”?
2. Name the first group to release “Teach Your Children.”
3. Name the duo that released “Tear-drops.”
4. Which artist released “Maybe I Know”?
5. Name the song that contains these lyrics: “When no one else can understand me, When everything I do is wrong, You give me hope and consolation, You give me strength to carry on.”

Answers

1. Meat Loaf, aka Michael Lee Aday. Before he died in 2022, Aday appeared in over 50 films, including the 1975 “Rocky Horror Picture Show” playing Eddie, the former delivery boy.
2. Crosby, Stills & Nash in 1969. Crosby, Stills, Nash & Young released a different version the following year. Band member Graham Nash had written the song in 1968.
3. Womack & Womack, in 1988. Elton John and k.d. lang covered the song in 1993, followed by several other duos over the years, including Cliff Richard and Candi Staton in 2011.
4. Lesley Gore, in 1964.
5. “The Wonder of You,” by Elvis Presley in 1970. The song has been used in England and Scotland by football clubs as their anthem, although with different lyrics.

Strange BUT TRUE

By Lucie Winborne

- In 2009, six geologists were convicted of manslaughter for failing to predict a deadly earthquake in Italy. Though exonerated, they faced high levels of shame from the general public afterward.
- Compared to average shoppers, chefs are more likely to buy generic store brands for sugar, baking soda and other common kitchen staples.
- Lacrosse descends from a version played by Native Americans in the 17th century. Matches could last several days with as many as 1,000 players per team, on a field with goals up to six miles apart. Game sticks were so treasured that they were often buried with the athletes after death.
- Thomas Edison attempted to create ghost-hunting equipment, and an assistant died while testing it.
- Measles can deplete previously acquired immune memory for up to two years in adults.
- The state of Texas keeps a database of more than 500 executed inmates’ last words, going back to the 1980s.
- Ever been annoyed by the decibel level of a rooster’s morning wake-up call? You’re not the only one who finds it loud: When the birds crow, they lean their heads back, covering their ear canal, which acts as an earplug to protect themselves from being deafened by their own vocalizations.
- After plagiarizing work for his directorial debut, actor Shia LaBeouf plagiarized a public apology from a Yahoo! answers question about ... plagiarism.
- You can buy a room on a cruise ship and live on board for an annual fee.
- In the 1800’s, bananas were seen by some as an “immoral fruit,” due to their shape. Fruit companies combatted this perception by issuing postcards of women eating bananas to advertise that they weren’t taboo.

Thought for the Day: “Extraordinary things are always hiding in places people never think to look.” — Jodi Picoult

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1. **The Super Mario Bros. Movie** (PG) Chris Pratt, Anya Taylor-Joy
2. **The Pope’s Exorcist** (R) Russell Crowe, Daniel Zovatto
3. **John Wick: Chapter 4** (R) Keanu Reeves, Laurence Fishburne
4. **Renfield** (R) Nicholas Hoult, Nicolas Cage
5. **Air** (R) Matt Damon, Jason Bateman
6. **Dungeons & Dragons: Honor Among Thieves** (PG-13) Chris Pine, Michelle Rodriguez
7. **Suzume** (PG) Nanoka Hara, Hokuto Matsumura
8. **Mafia Mamma** (R) Toni Collette, Monica Bellucci
9. **Scream VI** (R) Courteney Cox, Melissa Barrera
10. **Nefarious** (R) Sean Patrick Flanery, Jordan Belfi

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top ten	
WORLD’S LARGEST STADIUMS	
1. Narendra Modi Stadium	Gujarat, India
2. Rungrado 1st Of May Stadium	Pyongyang, North Korea
3. Michigan Stadium	Ann Arbor, Michigan
4. Beaver Stadium	State College, Pennsylvania
5. Ohio Stadium	Columbus, Ohio
6. Kyle Field	College Station, Texas
7. Tiger Stadium	Baton Rouge, Louisiana
8. Neyland Stadium	Knoxville, Tennessee
9. Darrell K Royal-Texas Memorial Stadium	Austin, Texas
10. Bryant-Denny Stadium	Tuscaloosa, Alabama
Source: WorldAtlas.com	



“Peter Pan & Wendy” (PG) — The live-action adaptation of Walt Disney’s 1953 “Peter Pan” hits Disney’s streaming platform on April 28! Alexander Molony portrays “the boy who wouldn’t grow up” in his very first film debut, while Ever Anderson (“Black Widow”) nabbed the role of Wendy. Those who love Peter Pan’s story know that an adventure to Neverland would never be complete without characters like the Lost Boys, Tiger Lily and, of course, Captain Hook — who is played by an almost unrecognizable Jude Law. Whether the film will be received well by audiences remains to be seen, as many fans are sounding off about the live-action remakes Disney continues to shovel out to no avail. Maybe it’s time to mix it up? (Disney+)

“Love & Death” (TV-MA) — Candy Montgomery is a Texan housewife who has always craved more out of life than the ordinary woman. So, she decides to take a risk and start having an affair with another married townie named Allan. They vow not to let their spouses find out, going to great lengths to cover up their rendezvousing. That is, until one day, when news rings out over town about the gruesome death of Allan’s wife, Betty. Now, as the investigation surrounding Betty’s murder begins, Candy must deal with the repercussions of her affair and the accusations that she was the one who committed this monstrous act. Elizabeth Olsen (“WandaVision”) and Jesse Plemons (“The Power of the Dog”) star in this miniseries based on a true story. The first episode premieres April 27. (HBO Max)

“Citadel” (TV-16+) — Spy series

have been on a roll lately, with shows like “The Night Agent” and “Liaison” getting cranked out by streaming services. “Citadel,” executive produced by the Russo Brothers, is one of the latest of these suspenseful series that could prove to be quite successful for Prime Video. Starring Richard Madden (“Game of Thrones”) and Priyanka Chopra Jonas (“Quantico”), the show follows Mason Kane, a spy suffering from amnesia after a huge explosion. From the explosion, he solely remembers Nadia (Chopra Jonas), who he finds has also lost her memory. So, the two partner up together to remember their past, the spies they once were and the secret espionage organization they were in, called Citadel. Premieres April 28. (Prime Video)



Courtesy of Disney+

Ever Anderson stars as Wendy in the live-action “Peter Pan & Wendy.”

“Clock” (TV-MA) — Ella has never wanted children, and her husband stands beside her on that. But she starts feeling an increasingly high pressure from the world around her to have kids. Thus, Ella decides to enroll in a clinical trial at a biotech firm to see if she can get her biological clock to start ticking. At the trial, she gets administered a hormone paired with behavioral therapy, as well as the option for an implant. As a result of these experimental procedures, Ella’s perception of life gets darkly twisted, filling her with a dreadful sense of paranoia and borderline madness. This sci-fi/horror flick premiering April 28 stars Dianna Agron (“Glee”) and Melora Hardin (“The Office”). (Hulu)

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by Jo Ann Derson

away when the paint is all dry. The other is to give locks, hinges and doorknobs a light coat of petroleum jelly. It works the same way, and when polished away, it leaves a nice shine to hardware.

- Here’s a great spring facial: Split an avocado, mash half of it and use it as a mask. Let sit for up to five minutes, then rinse away with warm water.
- Cleaning windows? Use a nylon net scrubbie from the kitchen to get rid of bugs from screens. It also works really well to scrub bugs off the car grille or car window.
- Here’s a great tip you can use when parallel parking in front of a storefront. Check the reflection to see if it looks like there’s room when backing in or pulling forward. — O.W. in California

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What’s Hot In Hollywood

HOLLYWOOD — Adam Sandler has become the Netflix darling after completing his ninth film for the production company. Last month, he received the Mark Twain Prize for American Humor presented by the Kennedy Center just in time for the release of “Murder Mystery 2,” co-starring Jennifer Aniston.

Making the sequel for “Murder Mystery” was murder for the pair. Sandler admitted that he had to have a hip replacement, telling Variety, “I had been doing so many movies in a row. I did ‘Spaceman,’ and I was hanging in a harness all the time. I kept saying, ‘Something’s going on with my hip, man. I’m in trouble.’”

“Murder Mystery 2” director Jeremy Garelick confirmed, describing some of his stunt work as “Tom Cruise kind of stuff.” Sandler bemoans, “I’m sluggish, man. My body hurts. ... I didn’t think I needed to get in shape before the movie, but then when we were shooting, I was like ‘Man, I should have gotten in shape.’”

Aniston wasn’t immune either. In what was the final day of shooting, she admits, “I had a back injury about three years ago, and it got really pissed off when I was in the harness. ... It was one of those things where you wake up the next day or two days later, and you’re like, ‘Wow, that got bad!’”

Up next, Aniston will be in an untitled comedy with Julia Roberts, and her series “The Morning Show” has been renewed for a third season. She and Sandler are planning another film together — which they want to be a drama.

Robert Downey Jr., no longer Iron Man after the last “Avengers” film, has set his sights on remaking Alfred Hitchcock’s 1958 James Stewart and Kim Novak classic “Vertigo.” But, first, we’ll see him in the \$100-million “Oppenheimer” film (with Cillian Murphy in the title role of the father of the atomic bomb). It also stars Emily Blunt, Matt Damon and Rami Malek, and arrives July 21.

Nicholas Braun, two-time Emmy nominee for playing Greg Hirsch in the HBO series “Succession” (in its fourth and final season), has already completed the psychological-thriller film “Cat Person” (based on a New Yorker magazine story), with Emilia Jones and Isabella Rossellini. It’s awaiting a distributor.

Netflix is back with its resurrecting again. They’re now reviving the 29-season “Power Rangers” franchise into a new series titled “Mighty Morphin Power Rangers: Once & Always,” with returning members Karan Ashley, David Yost, Walter Jones and Catherine Sutherland. It drops April 19.

Jennifer Lopez didn’t let her marriage to Ben Affleck (married on July 16, 2022) slow her career down. She’s completed a pair of films for



Courtesy of Netflix

Adam Sandler and Jennifer Aniston behind the scenes of “Murder Mystery 2”

Netflix. The action-drama “The Mother,” co-starring Joseph Fiennes and Gael Garcia Bernal, is due May 12, and the sci-fi thriller “Atlas,” opposite Sterling K. Brown, is coming soon. Since she’s now Jennifer Lopez Affleck (which means a “field of stone” in Scottish), dare we say they’re stone cold in love?

HOLLYWOOD — Austin Butler is taking on his first film project since his Oscar-nominated performance as Elvis Presley in “Elvis.” His current project “City On Fire” will likely be a three-part franchise (if the film hits big), since it’s based on a best-selling book in a trilogy by Don Winslow. The film mixes elements from three Greek tragedies — “The Iliad,” “Odyssey” and “Aeneid” — and translates them to two contemporary criminal empires, one Irish and the other Italian, with a modern-day Helen of Troy plot.

Butler’s got “Dune: Part Two” coming Nov. 3, and then “The Bikeriders” (which had a two-month shoot from October to December).

Even though Harry Styles successfully starred in “Don’t Worry Darling” and “My Policeman” (in which he plays a gay policeman), he’s turned down the chance to play Prince Eric in the upcoming reboot of “The Little Mermaid.”

Styles had left the boyband One Direction to become a huge solo rock star (though his boas are a bit much), but then, he also became a full-fledged movie star.

It was bound to happen. The current reprinting of the book “Gone With the Wind” is getting a trig-

ger warning for those who might be affected by descriptions of 19th century slavery in the Deep South. The text won’t be altered in any way, but a warning gives notice of “shocking elements” and the romanticization of slavery in our history. Really? One of the greatest books ever written is a novel! When will this bull end?

“Paddington” (2014) grossed \$282.8 million, and “Paddington 2” (2017) grossed \$228 million. In July, they’ll start shooting the threequel titled “Paddington in Peru” (Peru being the birthplace of the bear). While Hugh Bonneville and Ben Whishaw are returning, in addition to Julie Walters and Peter Capaldi, there’s no mention of a return from Hugh Grant, who’s currently riding high with “Dungeons & Dragons.”

The unstoppable Harrison Ford (who turns 81 on July 13) has two television series — “1923” with Dame Helen Mirren (for Paramount+) and “Shrinking” with Jason Segel (for AppleTV+) — that were both renewed for another season. Plus, he has “Indiana Jones and the Dial of Destiny” releasing soon, which also stars Phoebe Waller-Bridge, Antonio Banderas, John Rhys-Davies, Toby Jones and Mads Mikkelsen. It will have its world premiere at the Cannes Film Festival (out of competition) on May 18.

The Cannes Film Festival will honor Ford at the premiere, but he’ll have to interrupt shooting of “Captain America: New World Order,” which won’t wrap filming until June 30 and is set for a May 3, 2024 release. Ford has more energy than the Energizer Bunny ... he keeps going, and going, and going!



Depositphotos

Harry Styles

celebrity extra

by Dana Jackson

Q. I saw that Betty Gilpin has a new show. Whatever happened to the one on Netflix where she played a wrestler? Did it get canceled? — *H.E.*

A. “GLOW,” starring Alison Brie and Betty Gilpin as two friends who become professional women wrestlers in order to pay the bills, was one of those shows canceled too soon. It lasted for three seasons on Netflix and was renewed for a fourth, which was ultimately canceled before filming, reportedly due to COVID restrictions.

The premise is based on the syndicated show “Gorgeous Ladies of Wrestling,” aka “GLOW,” which aired on cable TV in the 1980s. It was a combination of athletic wrestling and over-the-top comedic characters. Netflix’s “GLOW” received high praise from critics and the professional wrestling community.

Gilpin’s newest project is headlining her own series — “Mrs. Davis,” on the Peacock streaming app. It’s a sci-fi drama with an unusual plot about a nun who takes on a powerful form of artificial intelligence, in what Peacock is billing as “an exploration of faith versus technology.” The series’ first four episodes became available on April 20, followed by new episodes every Thursday.

Q. What was the name of the 1970s sitcom about a waitress who dated a doctor? I remember it starred the actor from the movie “Airplane!” It’s one of my earliest TV memories as a kid, but I’ve never seen it in reruns. — *N.M.*

A. You’re thinking of “Angie,” which ran for two seasons on ABC from 1979 to 1980. It was produced by Garry Marshall (“Happy Days”) and starred Donna Pescow and Robert Hays as a coffee shop waitress and pediatrician who fall in love. Future “Everybody Loves Raymond” star Doris Roberts played Angie’s mother.

Before getting her own show, Pescow was best known for playing Annette in “Saturday Night Fever” and later for her daytime soap roles on “All My Children” and “General Hospital.” Her most recent credit is an episode of Hulu’s “Welcome to Chippendales.”

Actor Robert Hays is now 75 years old



Courtesy of Peacock

Betty Gilpin (“GLOW” and “Mrs. Davis”)

and has had a long career in Hollywood. His first movie role was the hilarious classic “Airplane!” in 1980, but prior to that, he guest-starred on multiple prime-time shows before landing “Angie.” His last role in a major production was playing Capt. Bob Wilson in the TV movie “Sharknado 2: The Second One,” in 2014.

Q. Is Trisha Yearwood going to record a new album anytime soon? I love her cooking show, but miss her as a singer. — *W.W.*

A. Country singer Trisha Yearwood’s last studio album was “Every Girl” in 2019. It included collaborations with her husband — singer Garth Brooks — and Kelly Clarkson. Yearwood decided to pursue her other passion, cooking, a decade ago with her own series, “Trisha’s Southern Kitchen,” on the Food Network, which won a Daytime Emmy Award a year later.

Yearwood’s next solo project remains up in the air, but she will be one of the featured singers on her husband’s upcoming album “Duets” later this year.

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

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A Full, Fresh Menu Fit for a Brunch Feast



Savory Cheese Balls

FAMILY FEATURES

Birthdays, holidays or just casual Saturdays are all perfect excuses to enjoy brunch with your favorite people. Bringing everyone together with quiches, pastries, appetizers, desserts and more offers an easy way to kick back and relax on a warm weekend morning.

These recipes for Easy Brunch Quiche, Savory Cheese Balls and Lemon Blueberry Trifle provide a full menu to feed your loved ones from start to finish, regardless of the occasion.

Find more brunch inspiration by visiting [Culinary.net](#).

A Savory Way to Start the Celebration

Serving up exquisite flavor doesn’t have to mean spending hours in the kitchen. You can bring the cheer and favorite tastes with simple appetizers that are equal measures delicious and visually appealing.

These Savory Cheese Balls are easy to make and perfect for get-togethers and brunch celebrations. Texture and color are the name of the game with this recipe, and the result is a beautiful array of red, gold and green, all on one plate.

To find more recipes fit for brunch, visit [Culinary.net](#).

Savory Cheese Balls

- Servings: 6-12
- 2 packages (8 ounces each) cream cheese
 - 2 tablespoons caraway seeds
 - 1 teaspoon poppy seeds
 - 2 cloves garlic, minced, divided

- 1/4 cup parsley, chopped
- 2 teaspoons thyme leaves, chopped
- 1 teaspoon rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped
- crackers (optional)
- fruit (optional)
- vegetables (optional)

Cut each cream cheese block into three squares. Roll each square into ball.

In small bowl, combine caraway seeds, poppy seeds and half the garlic.

In second small bowl, combine parsley, thyme, rosemary and remaining garlic.

In third small bowl, combine cranberries and pecans.

Roll two cheese balls in seed mixture, two in herb mixture and two in cranberry mixture.

Cut each ball in half and serve with crackers, fruit or vegetables, if desired.



Lemon Blueberry Trifle

Finish Brunch with a Light, Layered Treat

After enjoying eggs, bacon, French toast and pancakes or any other brunch combination you crave, it’s tough to top a fresh, fruity treat to round out the meal. Dish out a delicious dessert to cap off the morning and send guests out on a sweet note that’s perfectly light and airy.

The zesty zip of lemon curd in this Lemon Blueberry Trifle brings out the sweetness of whipped cream made with Domino Golden Sugar, fresh blueberries and cubed pound cake for a vibrant, layered bite. Plus, it’s a bright, beautiful centerpiece you can feel proud of as soon as guests try their first bite.

Find more dessert recipes fit for brunch and other favorite occasions at [DominoSugar.com](#).

Lemon Blueberry Trifle

- Prep time: 45 minutes
Servings: 8-10
- Lemon Curd:**
- 1 cup Domino Golden Sugar
 - 2 tablespoons cornstarch
 - 1/4 cup freshly squeezed lemon juice
 - 1 tablespoon lemon zest
 - 6 tablespoons water
 - 1/4 teaspoon salt
 - 6 egg yolks
 - 1/2 cup (1 stick) unsalted butter, at room temperature, cut into 1/2-inch cubes

- Whipped Cream:**
- 2 cups heavy whipping cream, cold
 - 2 tablespoons Domino Golden Sugar
 - 2 teaspoons pure vanilla extract

- Trifle:**
- 1 cup blueberry jam
 - 12 ounces fresh blueberries, plus additional for garnish, divided
 - 1 pound cake, cubed
 - lemon slices, for garnish
 - mint, for garnish

To make lemon curd: In medium saucepan, stir sugar and cornstarch. Stir in lemon juice, lemon zest, water and salt. Cook over medium heat, stirring constantly, until thickened. Remove from heat and gradually stir in three egg yolks; mix well until combined. Stir in remaining egg yolks. Return to heat and cook 2 minutes, stirring constantly. Remove from heat.

Stir in butter; mix until incorporated. Cover with plastic wrap, touching surface of lemon curd to prevent curd forming skin. Refrigerate until completely cool.

To make whipped cream: In large bowl, beat cream, sugar and vanilla until soft peaks form. Do not overbeat.

To make trifle: Mix blueberry jam with 12 ounces fresh blueberries. Place one layer cubed pound cake in bottom of trifle dish. Top with layer of blueberries. Add dollops of lemon curd and whipped cream. Repeat layering ending with whipped cream.

Decorate trifle with lemon slices, fresh blueberries and mint.

Say Goodbye to Basic Brunch

The same old brunch menu can become tiresome and dull. Adding something new to the table with fresh ingredients and simple instructions can enhance your weekend spread and elevate brunch celebrations.

Try this Easy Brunch Quiche that is sure to have your senses swirling with every bite. This quiche is layered with many tastes and a variety of ingredients to give it crave-worthy flavor, from broccoli and bacon to mushrooms, eggs and melty cheese.

Visit [Culinary.net](#) to find more brunch recipes.

Easy Brunch Quiche

Serves: 12

- 1 package (10 ounces) frozen broccoli with cheese
- 12 slices bacon, chopped
- 1/2 cup green onions, sliced
- 1 cup mushrooms, sliced
- 4 eggs
- 1 cup milk
- 1 1/2 cups shredded cheese, divided

- 2 frozen deep dish pie shells (9 inches each)
- Heat oven to 350 F.
- In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.
- In skillet, cook chopped bacon 4 minutes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.
- In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.
- In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies. Bake 40 minutes.
- Cool at least 12 minutes before serving.
- Note:** To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.



Easy Brunch Quiche

Good Housekeeping

Campanelle With Chicken and Pea-Mint Pesto

Pureed peas add body and flavor to this verdant, spring pesto. Perfect for a picnic or porch meal, our Campanelle with Chicken and Pea-Mint Pesto can be served warm or at room temperature.

1 package (16 ounces) campanelle or corkscrew pasta
1½ cups packed fresh mint leaves
1 package (10 ounces) frozen peas, thawed
1/2 cup freshly grated Parmesan cheese
Salt
2 tablespoons olive oil
2 tablespoons water
3 cups coarsely shredded skinless rotisserie chicken meat (about 15 ounces)
Toasted pine nuts (optional)

1. Heat large covered saucepot of water to boiling over high heat. Add pasta and cook as label directs.

2. Meanwhile, in food processor with knife blade attached, combine mint leaves, peas, Parmesan and 1/4 teaspoon salt; pulse until finely chopped. With processor running, pour in oil and water in a slow, steady stream until mixture is pureed and pesto is thick.

3. Drain pasta, reserving 1/2 cup cooking water. Return pasta to saucepot; add pesto and chicken to pasta in saucepot. Pour reserved pasta cooking water into food processor and swirl to loosen any remaining pesto; add to pasta mixture and toss to combine. Transfer pasta mixture to serving bowl. Sprinkle with toasted pine nuts, if you like. Makes about 6 (2 cup) servings.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

Good Housekeeping

Spring Garden Saute

With its bright colors and flavors, this warm dish of spring vegetables tastes even better than it looks.

2 pounds asparagus, trimmed and cut into 1 1/2-inch pieces
8 ounces sugar snap peas, strings removed
1 tablespoon margarine or butter
1 pound radishes, each cut into quarters
Salt and pepper
4 tablespoons snipped fresh chives

1. Heat large covered saucepot of salted water to boiling on high. Fill large bowl with ice water; set aside. To saucepot, add asparagus and snap peas; cook 4 minutes. Drain vegetables; cool in bowl of ice water. Drain vegetables well.

2. Meanwhile, in 12-inch skillet, heat margarine on medium until melted. Add radishes, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper; cook 10 minutes or until tender-crisp. Transfer to bowl; keep warm. To same skillet, add asparagus, snap peas, 1/4 teaspoon salt and 1/2 teaspoon freshly ground black pepper; cook 5 minutes or until tender-crisp, stirring occasionally. Stir in 2 tablespoons chives. Transfer to serving bowl; arrange radishes around edge. Sprinkle with remaining chives. Makes 10 side-dish servings.

Tip: Asparagus and snap peas can be cooked through Step 1 up to one day ahead. Place in plastic storage bag and refrigerate until ready to use.

• Each serving: About 45 calories, 2g total fat, 185mg sodium, 5g total carbohydrate, 2g dietary fiber, 3g protein.

Good Housekeeping

Sesame-Ginger Asparagus

Thin asparagus always makes an elegant side dish. Sprinkle it with a hint of red pepper flakes for an impressive presentation. This dish is lovely served with a fish main course.

1½ pounds thin asparagus, trimmed and cut diagonally into 2-inch pieces
1 tablespoon canola oil
1 tablespoon fresh ginger, peeled and chopped
1 tablespoon reduced-sodium soy sauce
1/4 teaspoon crushed red pepper
1 teaspoon sesame seeds
1 teaspoon Asian sesame oil

1. In 12-inch skillet, heat 1 cup water to boiling over high heat. Add asparagus; heat to boiling. Reduce heat to medium. Cover and cook 4 to 5 minutes or until asparagus is tender-crisp. Drain asparagus in colander, then immediately plunge into large bowl of ice water to stop cooking; drain thoroughly.

2. Carefully wipe skillet dry with paper towels. Add canola oil; heat oil over high heat until hot. Add asparagus, ginger, soy sauce and crushed red pepper, and cook 1 to 2 minutes or just until asparagus is heated through. Remove skillet from heat; stir in sesame seeds and sesame oil. Serves 4.

• Each serving: About 90 calories, 5g total fat (0.5g saturated), 160mg sodium, 8g total carbohydrate, 4g dietary fiber, 4g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Dillied Tuna-Macaroni Salad

Who said that tuna at lunchtime has to be served as a sandwich? Surely, not anyone who tastes this!

2 cups cold cooked rotini pasta, rinsed and drained
1/4 cup finely chopped onion
1 cup sliced celery
1/2 cup shredded reduced-fat Cheddar cheese
1/4 cup dill pickle relish
1 (6-ounce) can white tuna, packed in water, drained and flaked
1/2 cup fat-free mayonnaise
1 teaspoon lemon juice
1 hard-boiled egg, chopped

1. In a large bowl, combine rotini pasta, onion, celery and Cheddar cheese. In a small bowl, combine dill pickle relish, tuna, mayonnaise and lemon juice. Add dressing mixture to pasta mixture. Mix well to combine. Fold in chopped egg.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 4 (1 cup each).

• Each serving equals: 257 calories, 5g fat, 20g protein, 33g carb., 686mg sodium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1/2 Vegetable.

1 cup sugar
1/2 cup creamy peanut butter
1 large egg
3 cups all-purpose flour
1 cup salted dry roasted peanuts, coarsely chopped
1 cup grape or strawberry jam

1. Heat oven to 350 F. Grease 13-by-9-inch metal baking pan. Line pan with foil; grease foil.

2. In large bowl, with mixer at low speed, beat butter and sugar until mixed, occasionally scraping bowl with rubber spatula. Increase speed to high; beat until light and fluffy. Reduce speed to low; beat in peanut butter, then egg until well-combined, occasionally scraping bowl. Beat in flour just until evenly moistened (dough will be crumbly). Beat in peanuts.

3. Reserve 2 cups dough. Press remaining dough evenly onto bottom of pan. Spread jam over dough in pan. With hand, press reserved dough into large chunks (about 3/4-inch) and sprinkle over jam, leaving spaces between chunks; do not pat down.

4. Bake 45 to 50 minutes, until golden. Cool completely in pan on wire rack.

5. When cool, transfer with foil to cutting board. Cut lengthwise into three strips, then cut each strip crosswise into eight bars. Yields 12 (2 bar) servings.

• Each serving: 260 calories, 14g total fat (6g saturated), 31mg cholesterol, 165mg sodium, 31g total carbohydrate, 1g dietary fiber, 5g protein.

Good Housekeeping

Spaghetti Pie With Prosciutto and Peas

8 ounces thick spaghetti
4 large eggs
2 large egg whites
1 container (15 ounces) part-skim ricotta cheese
3/4 cup reduced-fat (2 percent) milk
1/8 teaspoon ground nutmeg
Salt and ground black pepper
1 tablespoon margarine or butter
1 bunch green onions cut into 1/4-inch pieces (about 1 cup)
1 cup frozen peas
6 slices thinly sliced prosciutto (about 3 ounces)

1. Heat oven to 350 F. Heat large covered saucepot of water to boiling over high heat. Add spaghetti and cook 2 minutes less than label directs.

2. Meanwhile, in medium bowl, whisk eggs, egg whites, ricotta, milk, nutmeg, 1/4 teaspoon salt and 1/4 teaspoon pepper until blended. Set aside. In oven-safe nonstick 12-inch skillet, melt margarine over medium heat. Add green onions and cook about 5 minutes or until softened. Remove skillet from heat.

3. Drain spaghetti. To green onions in skillet, add spaghetti and frozen peas; toss to combine. Pour egg mixture over pasta and arrange Prosciutto slices on top.

4. Place skillet over medium-high heat and cook 3 to 5 minutes or until edges just begin to set. Place skillet in oven and bake 15 minutes or until center is set. Slide pie onto large plate to serve. Serves 6.

• Each serving: About 535 calories, 13g total fat (4g saturated), 68mg cholesterol, 350mg sodium, 65g total carbohydrate, 6g dietary fiber, 36g protein.

Good Housekeeping

Prosciutto-Wrapped Asparagus

Delicate, succulent asparagus is the perfect foil for salty prosciutto. You can assemble these early in the day and bake them at the very last minute.

24 spears thick asparagus, trimmed and peeled
12 slices (5 ounces) thin prosciutto
1/2 cup freshly grated Parmesan cheese
1/4 teaspoon coarsely ground black pepper

1. In 5-quart Dutch oven, heat 3 quarts water to boiling over high heat. Add asparagus; cook 3 minutes to blanch. Drain; rinse with cold running water. Pat dry with paper towels.

2. Preheat oven to 450 F. Working in batches, spread prosciutto on cutting board; cut each slice lengthwise in half and separate slightly. Evenly sprinkle 1 teaspoon Parmesan on each prosciutto strip. Place 1 asparagus spear at end of 1 strip; wrap prosciutto in spiral along length of asparagus (don't cover asparagus tip). Transfer to jelly-roll pan. Repeat with remaining prosciutto, Parmesan and asparagus. Sprinkle with pepper. If not serving right away, cover and refrigerate up to 6 hours.

3. Bake prosciutto-wrapped asparagus 10 minutes. Transfer to paper towels to drain. Arrange on platter and serve warm. Makes 24 appetizers.

• Each appetizer: About 28 calories, 2g total fat (1g saturated), 6mg sodium, 148mg sodium, 1g total carbohydrate, 3g protein.

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Assault on the 4900 block of North Kenmore Avenue..

Theft on the 5400 block of North Ashland Avenue.

Theft on the 900 block of West Oakdale Avenue.

Assault on the 800 block of West Wellington Avenue.

Theft on the 4700 block of North Marine Drive.

Vandalism om the 1300 block of North Milwaukee Avenue..

Assault on the 2800 block of North Clybourn Avenue.

Vandalism on the 1300 block of North Milwaukee Avenue..

Theft on the 1700 block of North Milwaukee Avenue.

Burglary on the 1800 block of North Winchester Avenue.

Assault on the 2100 block pof West Barry Avenue.

Vandalism on the 1800 block of West Roscoe Street.

Robbery on the 2400 block of North Clark Street.

Theft on the 900 block of West Belmont Avenue,

Theft on the 1700 bkicj of North North Oak Avenue.

Theft on the 1800 block of North Marshfield Avenue.

Assault on the 1200 block of North Milwaukee Avenue.

Assault on the 2000 block of West Balmoral Street.

Theft on the 1700 block of North Marcey Street.

Theft on the 1500 block of North North Park Avenue.

Assault on the 1000 block of West Irving Park Road.

Theft on the 3400 block of North Wolcott Avenue.

Theft on the 2600 block of North Ashland Avenue.

Theft on the 3100 block of North Clark Street.

Theft on the 1500 block of North Clybourn Avenue.

Theft on the 100 block of West Eugenie Street.

Shooting on the 4400 block of North Sawyer Avenue.

Robbery on the 3500 block of West Wabansia Avenue.

Theft on the 5700 block of North Virginia Avenue.

Theft on the 1200 block of North Kedzie Avenue.

Vandalism on the 1200 block of West Carmen Avenue.

Theft on the 4700 block of North Magnolia Avenue.

Theft on the 700 block of West Fullerton Avenue.

Vandalism on the 2100 block of West Churchill Street.

Theft on the 900 block of West Belmont Avenue.

Theft on the 900 block of West Weed Street.

Assault on the 3600 block of North Halsted Street.

Robbery on the 2400 block of North Clark Street.

Burglary on the 4500 block of North Kedzie Avenue.

Assault on the 3700 block of West Leland Avenue.

Robbery on the 1000 block of North Campbell Avenue.

Robbery on the 2400 block of West Augusta Boulevard.

Shooting on the 4400 block of North Sawyer Avenue.

Shooting on the 2400 block of West Arthur Avenue.

Burglary on the 3200 block of West Bryn Mawr Avenue.

Theft on the 1700 block of West Granville Avenue.

Assault on the 5400 block of North Campbell Avenue.

Theft on the 4200 block of North Mozart Street.

Theft on the 3100 block of North Milwaukee Avenue.

Vandalism on the 2600 block of North Paulina Street.

Assault on the 6100 block of North Hamilton Avenue.

Theft on the 6700 block of North Greenview Avenue.

Assault on the 2900 block of North Clybourn.

Theft on the 4300 block of North Clarendon Avenue.

Theft on the 5600 block of North Ridge Avenue.

Theft on the 1600 block of West Chase Avenue.

Theft on the 3400 block of North Damen Avenue.

Theft on the 4100 block of West Peterson Avenue.

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Theft on the 2600 block of North Ashland Avenue.

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District 19	CompStat											
	Week 16											
	Geocoded for District Consolidation											
	Report Covering the Week of 10-Apr-23 Through 16-Apr-23											
	Last 7 Days			Last 28 Days			Year to Date			2 Yr.	3 Yr.	4 Yr.
	2023	2022	% Chg	2023	2022	% Chg	2023	2022	% Chg	% Chg	% Chg	% Chg
CRIME COMPLAINTS												
MURDER	0	2	-100%	0	3	-100%	0	5	-100%	0%	0%	0%
CRIM SEXUAL ASSLT	2	3	-33%	8	5	60%	28	14	100%	12%	-7%	4%
ROBBERY	4	5	-20%	31	26	19%	83	70	19%	24%	24%	66%
AGG BATTERY	3	2	50%	9	17	-47%	35	42	-17%	9%	-19%	-3%
BURGLARY	5	11	-55%	21	31	-32%	139	120	16%	58%	8%	-13%
THEFT	27	12	125%	102	61	67%	336	238	41%	153%	63%	30%
MTR VEHICLE THEFT	38	11	245%	85	48	77%	296	152	95%	300%	284%	218%
TOTAL	79	46	72%	256	191	34%	917	641	43%	119%	66%	47%
SHOOTING INCIDENT	0	1	-100%	0	5	-100%	1	7	-86%	-83%	-89%	0%
HISTORICAL COMPARISON												
	2023	2022	2021	2020	2019	% Change 2023 - 2022	% Change 2023 - 2021	% Change 2023 - 2020	% Change 2023 - 2019			
MURDER	0	5	0	0	0	-100%	0%	0%	0%			
CRIM SEXUAL ASSLT	28	14	25	30	27	100%	12%	-7%	4%			
ROBBERY	83	70	67	67	50	19%	24%	24%	66%			
AGG BATTERY	35	42	32	43	36	-17%	9%	-19%	-3%			
BURGLARY	139	120	88	129	160	16%	58%	8%	-13%			
THEFT	336	238	133	206	259	41%	153%	63%	30%			
MTR VEHICLE THEFT	296	152	74	77	93	95%	300%	284%	218%			
TOTAL	917	641	419	552	625	43%	119%	66%	47%			

Enhance Your Home’s Style with Stone

FAMILY FEATURES

One essential step in planning a home renovation is choosing the right materials. Natural and textured walls continue to be trendy choices, and many building pros and homeowners are gravitating toward stone siding to add comfort, character and beauty. Panelized stone siding offers the look and feel of natural stone and manufactured stone veneer, but in a panelized format that can be installed with screws. With a wide range of exterior and interior applications, panelized stone siding can complement almost any home style. On the exterior, in particular, stone siding can boost curb appeal and provide a multi-textured facade with a solid return on investment. Although stone veneer, or manufactured stone, is commonly used on home exteriors, indoor applications are gaining popularity as homeowners are increasingly interested in bringing natural elements inside. Given its design flexibility, ease of installation and affordability, the experts at Westlake Royal Building Products recommend manufactured stone siding as an ideal option for interior and exterior applications like these:

Siding
If you love the look of natural stone but want a more affordable option, panelized stone siding offers an authentic look and simple application with a cutting and installation process similar to traditional siding panels. Some homeowners choose to mix stone with other exterior materials to create a one-of-a-kind appearance. For example, adding manufactured stone siding alongside existing brick or vinyl siding can infuse visual texture, dimension and impact. Complementary colors can provide a more balanced, traditional look while contrasting colors present as modern and bold.

Entryways
Wrapping columns with panelized stone can make your home’s entrance a focal point, adding curb appeal and creating a welcoming effect.

Accent Walls
Panelized stone siding can also be used to elongate the appearance of a wall while bringing texture and contrast into the home. Warmer tones can make the space more inviting and cozier while cooler hues can bring a modern, industrial feel.

Fireplaces
Manufactured stone siding makes it easy to give a fireplace a facelift or make it a focal point, changing the look and feel of a room. Available in a variety of colors, textures and shapes, it can elevate your living room’s style and create a more inviting area. An affordable option like Versetta Stone panelized stone siding from Westlake Royal Building Products provides the beauty of hand-laid stone with virtually undetectable joints and seams for world-class design featuring timeless colors and textures, natural shapes and hand-crafted details. It’s a practical choice for experienced DIYers since there’s no need for mortar. What’s more, the tongue-and-groove interlocking system can be installed in any weather. Learn how panelized stone siding can bring your vision to life at VersettaStone.com.



How Manufactured Stone Siding Stacks Up

If you have your heart set on a design that incorporates stone materials, you may be surprised to learn how manufactured stone siding outperforms some natural products.

Affordability – Manufactured stone siding resembles natural stone but for a fraction of the cost. Not only are natural stones more expensive than manufactured stone, but since they are heavier, they also cost more to transport.

Easy Installation – Manufactured stone siding is lighter than natural stone and is available in a familiar panelized format, making it easier and faster to install. Unlike natural stone, panelized stone siding doesn’t require structural supports like footings or tie-ins. No specialty masonry tools are required.

Low Maintenance – Long lasting and durable, manufactured stone siding requires little maintenance after installation. Many panelized stone siding options are resistant to water, fire and extreme temperatures, standing up to years of weathering with little change in color.

Design Flexibility – Unlike real stone, manufactured stone siding allows more control over design factors like color consistency and texture. You can choose from a wide range of design styles, making it easy to infuse your personality into your home.



Addressing Your Children’s Challenging Behaviors

FAMILY FEATURES

Many parents of young children face behavioral concerns like children not listening, throwing tantrums, biting and more. While every situation is unique, parents can rest assured they aren’t alone and these behaviors aren’t atypical. “As young children grow and develop, behavioral challenges are to be expected,” said Dr. Lauren Starnes, senior vice president and chief academic officer, The Goddard School. “That said, just because these behaviors are often normal doesn’t mean they are easy for the parents addressing them or the young children experiencing them.” While eliminating undesired behaviors like defiance, tantrums and biting is likely unrealistic, it’s not a lost cause for parents. Understanding why certain behaviors occur and the appropriate techniques to address them can help parents mitigate their impact and lessen their frequency, duration and severity. Starnes recommends these ways to understand and address challenging behaviors in young children.

Biting
Infants often bite when teething. Young toddlers bite out of excitement, exploration or in response to inconsistencies in their environment. Older toddlers and 2-year-olds frequently bite as a communication method, such as when they fail to have the language to communicate frustration. For children who are 3 years of age or older, biting is typically an aggressive behavior. Understanding the root cause can help tailor the response more appropriately to curb the behavior. For example, giving infants various textured teething toys can lessen the likelihood they will bite. For 2-year-olds, modeling how to use words and phasing out oral soothing items like pacifiers can also reduce the likelihood of biting.

Defiance
Raising young children means preparing to hear them say, “No.” One of the primary developmental milestones of early childhood is emerging independence. The overt exertion of independence tends to peak at or around age 2 and can continue at varying degrees of intensity, depending in part upon the personality of the child.



Photos courtesy of Getty Images



One important factor about defiant behavior is that while it is independence exertion, it is also attention-seeking. Behavior is communication and some defiant actions may simply be a means of obtaining attention and situational control. By giving children more independence – for example, asking “Can you please put your shoes on for me?” or “Can you pick which one of these dresses you want to wear today?” – you may be able to help them become compliant. Logical consequences can also help. For example, if children refuse to sit in their chair to eat, have them stand for dinner or remove their snack until they sit.

Tantrums
The American Academy of Pediatrics defines tantrums as a behavioral response by young children who are learning to be independent and desire to make choices yet lack the coping and self-regulation skills to handle frustration. Whether a tantrum is triggered by communication gaps, frustration or a reinforced behavior to control a situation, there are specific techniques that can be used to deescalate the behavior and help children regain emotional composure. Your reaction to a tantrum is a direct predictor of its intensity and longevity. Taking an opposite

position to children in terms of volume, speed of movement and pace of speech can be enough to counterbalance the tantrum. Another effective technique to curb a tantrum is sportscasting. Using a soft tone of voice, sportscasting is the verbal, non-biased account of what is happening in the moment retold in third-person as though telling a story or broadcasting a sport. While this may feel awkward at first, it often catches children’s attention and deescalates their reaction. For example, “Lou wanted more gummy bears. Mom said no. Lou is yelling and crying.” There is no silver bullet to stop biting, defiance and tantrums. These behaviors, for better or worse, are expected parts of early childhood. However, by gaining an understanding of their root causes and employing appropriate techniques to address these behaviors, parents can mitigate their impact while helping children develop and grow socially and emotionally. For more actionable parenting insights, guidance and resources – including a webinar with Starnes providing additional tips for behavioral guidance – visit GoddardSchool.com.



Detail of Antonio Frasconi's woodcut "Overhead the Sun" (1969)

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PART SHADE Between 3 and 6 hours of sun per day, but need protection from intense mid-day sun

FULL SHADE Require less than 3 hours of direct sun per day

Source: southernlivingplants.com - Brenda Weaver




Dogwood trees

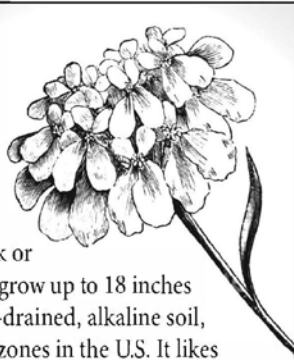


The dogwood has graceful blossoms and distinctive bark, and also attracts wildlife. Silk moths and several species of butterflies favor dogwoods as hosts. The flowers provide nectar to many pollinating insects. American robins, northern mockingbirds and sparrows will build nests on its horizontal branches. Many birds eat its berries, including cardinals, titmice, bluebirds, juncos and waxwings. - Brenda Weaver

Source: www.birdsandblooms.com



Candytuft



This showy beauty usually has white flowers, but sometimes pink or lilac varieties are available. It can grow up to 18 inches tall. The candytuft likes very well-drained, alkaline soil, lots of sun and does well in most zones in the U.S. It likes stony or gravelly areas, making it a great plant for a rock garden or along a rock wall. It blooms early spring through summer, and sometimes will bloom again in autumn. - Brenda Weaver

Source: gardeningknowhow.com

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Quotes worth your time

“Today I will live in the moment, unless it’s unpleasant in which case I will eat a cookie!”
- Cookie Monster

“The more that you read, the more things you will know. The more that you learn the more places you’ll go.”
- Dr. Seuss

“Go the EXTRA MILE, It’s NEVER crowded.”
- Unknown

“The secret to getting ahead is getting started.”
- Mark Twain

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ZERO

Spring Checklist for Pets

6 ways to keep your pets happy and healthy

FAMILY FEATURES

Warmer weather means it's time to spring clean, get grooming and prepare your pets' diets to support them through the season.

Keep your furry friends happy and healthy this spring with these six tips from the experts at Zesty Paws, an award-winning pet supplement brand:

Give Skin and Coats a Little TLC: Many pets form winter coats during the colder months to help them stay warm and comfortable then shed the coats in the spring to prepare for warmer temperatures. Some pets may need extra help maintaining their shiny, healthy coats, especially if mats have formed in their fur or if they are breeds that develop a thick undercoat. Professional grooming, at-home brushing and regular bathing can all be helpful ways to speed up the process to remove some of the extra fur and decrease the prevalence of dander, dust and pollen that can attach to fur and skin through the season.



Add Seasonal Allergy Support with Supplements: Just like humans, furry friends can develop and experience seasonal allergies, too. Giving your pets' immune systems some extra support can help ease some common allergy symptoms. Supplements like Zesty Paws Aller-Immune Bites for Cats and Aller-Immune Bites for Dogs are chewables that provide seasonal allergy support by aiding normal immune functions, skin health and gut flora, and may also help maintain normal histamine levels.

Ease Back into Exercise: The change in weather means more time for outdoor adventures with your pets, but don't forget to cool down and warm up as you and your pets ease back into the season. Planning for short, leashed walks and timed play sessions can help your pets gradually prepare their hips and joints for fun, warm weather activities.

Watch Out for Pet Pests: Once temperatures start to rise, the tiny, creepy critters start crawling. Fleas, ticks and other pests can cause serious health

concerns for pets. This spring, make sure your pest control programs are primed and ready for added protection. Talk to your veterinarian about the best routine and products for your pets.

Freshen Up Bedding and Bowls: It's important to keep a clean environment by scrubbing, sweeping and vacuuming regularly to decrease allergens in the home. When you're tackling this year's spring cleaning, remember to put your pets' bedding and bowls on the list, too. Updating or disinfecting your pets' blankets, litter boxes, toys and other supplies is a good way to keep them feeling safe and comfortable in the home.

Schedule an Annual Vet Visit: Spring is a good time to schedule your pets' annual vet visits. Make sure they're up to date on all vaccinations, get their dental health checkups and re-evaluate nutrition plans.

Find more advice for keeping your pet healthy and happy at zestypaws.com.

4 Simple Ways to Keep Allergy Season at Bay

FAMILY FEATURES

With warmer outdoor temperatures, many homeowners suffer through longer allergy seasons. In fact, allergy days have increased by 20 days, according to a study conducted by the National Academy of Sciences.

Being aware of air quality indexes and limiting time outdoors can lessen exposure to airborne pollutants, but indoor air quality is also a concern. In a report from the U.S. Environmental Protection Agency, levels of indoor pollutants can be 2-5 times higher than outdoor air.

People spend nearly two-thirds of their lives at home, according to Carrier, which developed its Healthy Homes Program to help homeowners create indoor environments that optimize health and wellness. Consider these ways you can combat pollutants where it matters most: your home's indoor air quality.

Reduce Indoor Pollutants

Your home has multiple sources of indoor air pollutants. While avoiding these pollutants altogether is often the best solution, it's not always possible. However, there are a few ways you can reduce exposure in your home: ban indoor smoking; turn on exhaust fans when cooking; minimize or remove "soft" pollutant gathering surfaces such as decorative pillows, stuffed animals and decorative throws; and regularly clean all heating and air conditioner filters as required or according to manufacturer specifications.

Add Air Purifiers to Your HVAC Unit

While air purifiers don't treat allergies, they can help filter out allergens that can cause allergy symptoms. Homeowners might consider purifiers that are highly effective at capturing particulate. For example, the Carrier Infinity air purifier is a whole-home heating and



cooling system. It not only captures 95% of particles in micron size range 1.0-3.0, but also inactivates 99% of select airborne germs and viruses that flow through the HVAC system and become trapped in the MERV 15 filter. The purifier has also demonstrated effectiveness against the murine coronavirus – similar to the human novel coronavirus (SARS-CoV-2) that causes COVID-19 – based on third-party testing, as well as the type of viruses that cause the common cold, streptococcus pyogenes and influenza.

Control Humidity

Many people know high humidity can cause discomfort in hot temperatures, but there are other potentially negative impacts. According to the Centers for Disease Control and Prevention, dust mites thrive in 70-80% humidity and temperatures between 75-85 F. Additionally, high humidity can provide an environment conducive to mold growth, which is why maintaining relative indoor humidity between 40-60% is recommended to keep dust mites and mold at bay. To help control humidity, run the air conditioner when it's hot and humid and consider

using whole-home humidifiers and dehumidifiers that allow for specific settings for moisture control.

Consider Room Air Purifiers for Individual Spaces

Room air purifiers are portable and highly efficient solutions for smaller spaces such as nurseries, bedrooms, home gyms and added rooms. One example is the Carrier Smart Room Air Purifier with a built-in indoor air quality monitor that includes three levels of filtration, including an activated carbon filter to capture odors. The attached, color-coded air quality monitor measures and displays pollutant levels so homeowners can be informed and aware of the quality of their indoor air, giving them the ability to maintain next-level comfort while breathing cleaner air.

Creating your ideal home environment is more than just controlling the temperature. Your home's air should be filtered and pollutants limited to minimize allergy triggers and promote good indoor air quality.

To learn more and get an estimate on a solution that's right for you, visit carrier.com/residential.

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