



# NASCAR Madness



NASCAR’s Chicago Street Race will take place over two days of the 4th of July but the traffic around Grant Park will be affected for over a month. The race will attract around 100,000 people over two days. NASCAR will hold free festival activities, no ticket required, at Butler Field, south Lake Shore Drive and East Monroe Street. Southbound DuSable Lake Shore Drive will be blocked from 10pm June 28 until after race weekend, from Monroe to McFetridge Drive. Northbound DuSable Lake Shore Drive will close for only 2 days from 4am, July 1 to after the race July 2. Streets would begin to open at 7am on the Monday after the race. NASCAR may take until July 15 to remove track walls and grandstands. NASCAR could pump \$113 million into the economy. NASCAR is investing more than \$50 million in the Chicago race. The 12-turn 2.2 mile course will keep the

pace slower, going only 100mph in a few places. Tourists are expected to book 24,000 hotel rooms in Chicago and will generate \$8.9 million in tax revenue for the city, county and state. NASCAR must pay the city a \$500,000 permit fee per year, a guarantee of 15% of net commissions on concessions and merchandise, \$2 per admission ticket and a \$50,000 security deposit for damages to Grant Park. General Admission is \$269-\$353; President’s Paddock Club starts at \$3,015; Pit Road Terrace starts at \$1,265; Premium Hospitality Club, starting at \$867; Reserved seats for 2 days of action starts at \$465. Headliners include The Chainsmokers and The Black Crowes on July 1; on July 2nd, Miranda Lambert and Charley Crockett. Get used to it folks. NASCAR has a 3 year contract.

# Torture Victims Get Memorial



Rendering of the Chicago Torture Justice Memorial

**Chicago Torture Justice Memorial**  
Not only are we changing the face of Chicago but we are changing the way history is being recorded going forward. The Chicago Monument Project is a \$6.8 million privately funded endeavor. A grant from the Mellon Foundation will pay for several of the monuments. However, Mayor Brandon Johnson announced a grant for a monument to those who were tortured by the Chicago Police Department’s “Midnight Crew”, under the command of Cmdr. Jon Burge. They are believed to have gotten false confessions from more than 100 people, mostly Black men, between the 1970’s and 1990’s. The city will contribute an additional

\$1 million and land for the torture memorial which has been promised since 2015. “I’m humbled to have the opportunity to finally complete this project. The brutality of police has caused tremendous harm, to not just a generation, but to generations of people,” said the mayor. “Under my watch, we will make sure that the brutal history of police brutality is fully addressed” Johnson said. During the news conference to announce the grant, Anthony Holmes, who was imprisoned for decades for a murder he did not commit, said that the memorial was an important way to keep history from repeating itself. Holmes testified against Burge in his perjury trial and re-

ceived a public apology from the police superintendent in 2017. “For so long, we thought we weren’t going to get it. The main thing is, we’re here, we’re going to continue to be here, we’re going to continue to support our city.” The Chicago Torture Justice Memorial will be erected on the South Side while it’s proposed that the Balbo Monument in Burnham Park be removed and the Columbus statues in Grant and Arrigo Parks be permanently sidelined. The Mellon Foundation will help several other projects, including efforts to commemorate the 1919 Chicago race riots, labor activist Mother Jones and Native Americans. The Mellon Foundation vowed to spend \$250

million over 5 years to “reimagine and rebuild commemorative space and transform the way history is told in the United States.” The mayor didn’t take a position about recommendations regarding other existing monuments. “I’m not a dictator. I’m an organizer,”- said Johnson. After the announcement, the mayor was asked about violent crime in the city. “The strategy has to be smart and constitutional. We’re all in this together, and we are going to come out of this together.” said the mayor. So, what is the strategy? Over the Memorial Day weekend we had 63 people wounded and 11 people killed!

Continued on page 2



# Editorial & Opinions

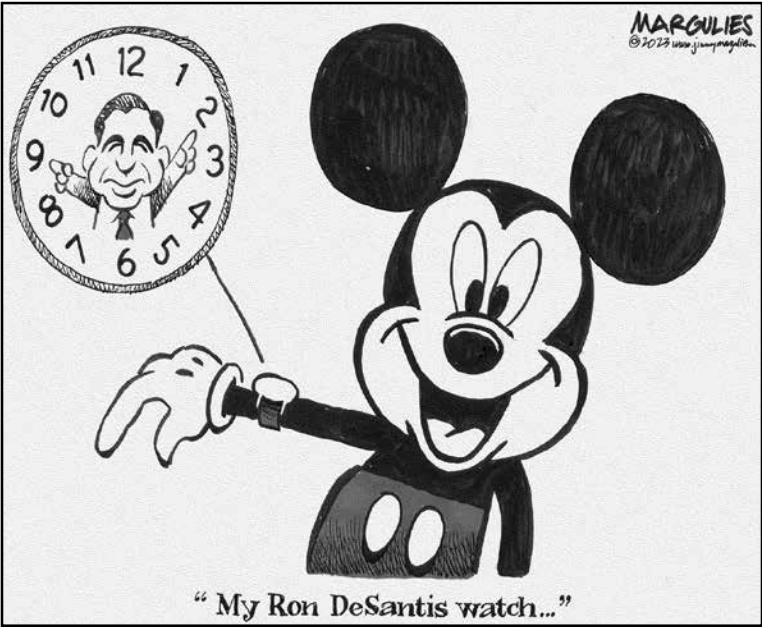
## Torture Victims Get Memorial

Continued from front page

We're tired of hearing "our hearts and prayers go out to the families" and "this has got to stop" and "this is unacceptable". The people of this city need to be able to walk the streets of Chicago without getting shot. What is your plan? We want to hear it!

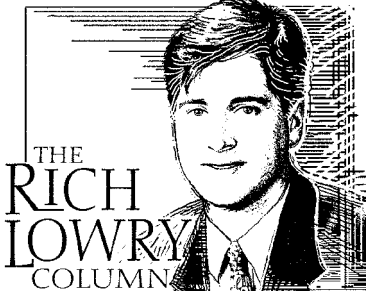


- On July 3, 1971, Jim Morrison, lead singer for the rock group The Doors, died in Paris at just 27 years old of what was officially listed as heart failure likely due to a heroin overdose, though no autopsy was performed as it was not required under French law.
- On July 4, 1845, American author and philosopher Henry David Thoreau began a two-year experiment in simple living at Walden Pond near Concord, Massachusetts, famously writing that he "went to the wood because I wished to live deliberately." The resulting book about his experience has been called, among other things, part social experiment and part voyage of spiritual discovery.
- On July 10, 2011, the British newspaper News of the World published its final edition after 168 years in print, when owner Rupert Murdoch received a high amount of criticism following accusations against his staff that complained of phone hacking and bribing police to obtain the paper's stories.



- On July 11, 1977, Dr. Martin Luther King Jr. was posthumously awarded the Presidential Medal of Freedom, the nation's highest civilian honor, by Jimmy Carter, who called King "the conscience of a generation" who "made our nation stronger because he made it better."
- On July 12, 1957, Dwight D. Eisenhower became the first sitting American president to opt for flying in a helicopter over using a motorcade to get to his destination (in this case, Camp David, the presidential retreat in Maryland).
- On July 13, 1930, France defeated Mexico 4-1 and the United States defeated Belgium 3-0 in the first-ever World Cup football matches, played simultaneously in host city Montevideo, Uruguay. The World Cup has since become the world's most watched sporting event.
- On July 14, 1882, gun-fighter John Ringo was found dead in Turkey Creek Canyon, Arizona. Roman-

- cized as a supposedly Shakespeare-quoting fellow of honor and courage whose wit was as quick as his gun, Ringo was not formally educated and came from a struggling, working-class Indiana family, but cultivated the image of a refined gentleman.
- On July 15, 1986, Columbia Records dropped Johnny Cash from its roster after a 26-year partnership, due to changing tastes in country music and declining album sales. At the time, Cash hadn't made it into the Top 10 with a single since releasing "The Baron" in 1981.
- On July 16, 2007, an earthquake with a magnitude of 6.8 struck central Japan, killing nine people and damaging hundreds of homes, as well as one of the world's largest nuclear power plants, which had a small electrical fire and leaked of radioactive air and water into the environment. The incident prompted increased safety in power plants over concern of a repeated scare.



## There should be no "woke" in baseball

It's not unusual for prayer to play a role in sports. "Spahn, Sain, and pray for rain!" was the famous refrain of Boston Braves fans in 1948, when they wanted their exceptional pitchers Warren Spahn and Johnny Sain to start as many games as possible. A couple of years ago, the team chaplain of the Loyola Chicago men's basketball team, Sister Jean, prayed before a game against Illinois in the NCAA Tournament, "As we play the Fighting Illini, we ask for special help to overcome this team and get a great win." (Final score: Loyola Chicago 71, Illinois 58). In the long history of sports, though, it seems unlikely that anyone has ever felt compelled to pray over the spiritual hurt caused by a team — until now. Los Angeles Archbishop Jose H. Gomez dedicated a service to praying for "healing due to the harm caused by" the Los Angeles Dodgers. And he's not referring to the team's disappointing exit from the playoffs last year at the hands of the San Diego Padres or its relatively soft 38-30 start this year. No, rather its "decision to honor a group that intentionally denigrates and profanes the Christian faith." He's speaking of the Sisters of Perpetual Indulgence, a group of drag queens who dress up as Roman Catholic nuns and mock their faith. In the most embarrassing to-and-fro since Yankee owner George Steinbrenner fired and rehired manager Billy Martin multiple times, the Dodgers announced that they'd honor the "Sisters" on the team's "LGBTQ+ Pride Night," then backed off when people of faith were offended, then decided to honor them after all in response to LGBTQ backlash to the backlash. This shameful cowardice comes courtesy of one of baseball's most storied franchises, one that used to hold "Nun's Day" at the stadium.

It's a symptom of the sheer unavailability of "woke" cultural politics that they've come to baseball, once the most mainstream and arguably still the most traditional of major sports league. The Toronto Blue Jays just cut one of their relief pitchers, Anthony Bass, for not getting with the LGBTQ program. He thus became the first player in major league history to be DFA'ed for associating himself with traditional Biblical morality. On May 29, a day that will live in Blue Jays infamy, right up there with the collapse in the 1985 ALCS, Bass shared a video from Bible-themed Instagram page supporting the boycotts of Bud Light and Target. In response to the resulting furor, he apologized and promised to do better, but that wasn't close to being enough. The last straw came when he tried to explain himself again about two weeks into the controversy. He said, "I stand by my personal beliefs," adding — very naively, as it turns out — "and everyone is entitled to their personal beliefs, right?" The demand of Bass wasn't that he say bland and nice things but that he repudiate part of his belief system as a Christian. Fans were booing him, and sports journalists were out for blood. The Athletic huffed, "It was clear that Bass still did not grasp how harmful his actions and words were." Preposterously, as part of his forced rehabilitation, Bass was scheduled to catch the ceremonial first pitch to open up the team's Pride Weekend, which included a drag queen performing the national anthem. Instead, he got fired. No one can accuse the Blue Jays of not fully embracing the spirit of pride ideology, including the illiberalism. Back in the early 1950s, before the Dodgers had moved from Brooklyn, the team's churchgoing first baseman Gil Hodges entered into a terrible slump. Instead of turning on him, the fans encouraged him. Father Redmond of St. Francis Church famously said one day: "It's too hot for a sermon today. Go home, keep the commandments, and say a prayer for Gil Hodges." Hodges eventually found his groove, making for a nice piece of Dodgers lore. These days, he'd presumably have to watch what he said. Rich Lowry is editor of the National Review.

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Americanisms

"If we couldn't laugh we would all go insane."

— Robert Frost

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TUESDAY

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# VETERANS POST

by Freddy Groves

## No More Masks at the VA

You can ditch the mask now if you visit a Department of Veterans Affairs medical facility. Because, they say, the public health emergency is over.

While it appears that you can walk into a VA medical facility without a mask, there are still high-risk places within the facilities where masks are required: chemo units, emergency and urgent care departments, open bay ICU units, transplant areas, dialysis and spinal cord injury/community living centers. And, of course, if you have COVID or any other respiratory infection, or even suspect you do, mask up.

Additionally, if you, the patient (or a caregiver or family member) request that medical personnel wear a mask, they're required to do so. Stand up for yourself. If you want a medical provider to put on a mask, say so.

Yes, COVID is fading, but it's not gone. A couple of stats: Across the U.S., only 17% of people have had the newest booster, and only 69% got the original vax. Approximately 4,000 people are in the hospital every day because of COVID. Several states have 2,000 to 5,000 new cases each week. In my state, COVID hospital admissions rose 250% in one recent week in two different counties, yet the state is listed as low level for COVID.

One important fact, and something that might be our undoing long-term when it comes to the COVID battle, is that it's no longer required for insurance to cover the cost of the at-home tests. Veterans, however, can still get two free tests when at a VA medical appointment, if you ask and they're still in stock. (Check the expiration date if you get those.) It's better to have a couple on hand at home than to pay over \$20 each at a civilian pharmacy.

Do yourself (and those around you) a big favor and keep washing your hands a full minute with antibacterial hand soap, not the 20 seconds that is generally recommended. Don't become a statistic at this late date. There have been 870,000 veterans treated for COVID. Don't let your guard down just yet.

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# Strange BUT TRUE

By Lucie Winborne

- Amazon founder Jeff Bezos originally wanted to name the company Cadabra, but thought better of it after people kept mishearing the moniker as "cadaver."
- The unenviable record for longest sneezing fit belongs to U.K. resident Donna Griffiths, who began "kerchooing" Jan. 13, 1981 and by July 26 broke the previous record of 194 days. Griffiths sneezed an estimated million times in the first 365 days and finally stopped on Sept. 16, 1983, after 977 days. The exact reason behind her ordeal is still not fully clear.
- Scientists believe Earth's core, made up primarily of iron and nickel, may be even hotter than the surface of the sun, with temperatures reaching up to 9,932 degrees F.
- Smoking a cigarette causes damage not in years, but minutes.
- Speaking of smoking, a Japanese company awards employees who don't indulge in the habit an extra six days of paid leave per year. The incentive was launched after it became clear that workers who took smoke breaks had more than 15 minutes of extra time away from their desks each day.
- Platypuses may be cute, but are also so odd-looking that when scientists first discovered them, they thought the animal was a hoax.
- People are 30 times more likely to laugh at something if they're with someone else.
- In the early 20th century, radium was commonly mixed with water, sold as an over-the-counter "energy" drink under the brand name Radithor, and marketed with the slogan "A Cure for the Living Dead," until the federal government stopped its production in 1932.
- Ancient Roman soldiers sometimes wore breastplates encrusted with diamonds in the belief that the gems offered them extra protection.

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**Thought for the Day:** "I always wanted to be somebody, but now I realize I should have been more specific."  
— Lily Tomlin

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# SENIOR NEWS LINE

by Matilda Charles

## When It's Time for a New Cellphone

Like it or not, sometimes we just have to buy a new cellphone. When the old one won't hold a charge anymore or it won't take the newest security updates, we have to cave in and begin a hunt for a new one.

Sometimes it's easy. You take the old phone to the same store where you bought it and tell them you want an upgraded version of that phone. You look it over, press all the buttons, like it, and there you go ... a new phone.

Most of the time, however, it's not that easy. Technology moves along so quickly, and so do the capabilities of new phones. If it's been more than three years since your last phone purchase, talk to friends and family. Play with their phones and see how they feel in your hand. Look up cellphones on the internet and compare the features — all before you even head to a phone store.

Your choice of phones depends in part on what you want it to do. If you want to keeps things simple, check out RAZ phones and the Jitterbug lineup. The RAZ phones, for example, only do regular voice and video calls.

For fancier options, do you want to cruise the internet, send email, watch videos, make calls, take photos, send text messages or play games? Most of the phones out there now do all of this.

Decide in advance how you want to handle the purchase of the phone. Do you want it to be part of a monthly plan or pay for it completely? Do you want to be on a monthly plan at all, which may involve signing a contract?

Additionally, ask at the store whether they'll give you anything for trading in your old phone and whether they'll transfer your information to a new phone.

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# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Antique Advertising

Collectors of antique advertising look for vivid colors and eye-catching graphics. And who would have brighter colors than a dye company? Today, few people buy fabric dyes outside of craft projects, but most families wore homemade clothes in the late 19th and early 20th centuries.

Clothing was made to last, and items were often repaired or remade multiple times before they were retired. People would buy dyes for home use to make their clothing or give a new look to old clothes.

Diamond Dyes, a leading dye company around 1900, is known for its advertising. Their trade cards, advertising booklets and store cabinets are especially popular with collectors today. This cabinet with a colorful tin lithographed scene of children playing outdoors sold for \$750 by Morford's Antique Advertising. Watch out for reproductions!

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**Q:** I bought several chairs from a resale shop. The shop owner said they came from the boardroom of Lockheed Martin. The chair seat and back are one piece of curved wood. The legs are silver metal. They are stackable. The sticker on the bottom says, "Westnofa Furniture made in Norway." I only paid \$15 each for them but was recently told they are valuable. Is this true?

**A:** Westnofa manufactured furniture that exemplifies mid-century Scandinavian design. The style became popular because of its simplicity and functional design, like the ability to stack the chairs. Your chair was designed by Oivind Iversen and is called the "City Chair." Mid-century furniture is in demand by decorators and collectors. Chairs like yours have recently sold for \$50 to \$100 each. However, your friend is correct: If you have a set of six to eight, they can sell for upwards of \$200 each.

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TIP: If the photograph album you



*Diamond Dyes is a favorite company of collectors of antique advertising. Its advertisements featured vibrant images, like this cabinet with a scene of children playing.*

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## CURRENT PRICES

*Doll*, Lone Ranger, composition, painted, black mask, cloth plaid shirt, yellow plastic chaps and bandanna, 16 inches, \$285.

*Garden settee*, wrought-iron wire, scrolled back with five arches, five sets of concentric circles form seats, curled arms, twisted and looped legs, 30 x 86 x 18 inches, \$720.

*Sterling silver creamer*, Elizabeth II, cow shape, curled tail, flower garland on back, marked, Nat Leslie, Silver Vaults, London, 1967, 4 ounces, 6 inches, \$880.

*Pair of porcelain candleholders*, elephant form, pink glaze, enameled flowers on blanket, howdah holds candle, Chinese, 19th century, 4 inches, pair, \$1,135.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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by Ryan A. Berenz

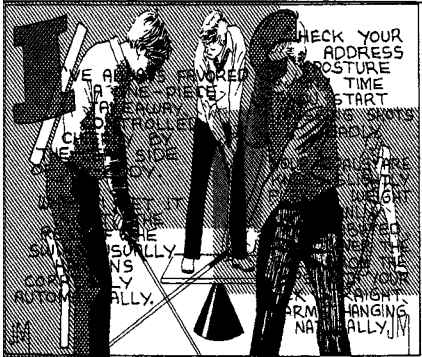
1. Name the U.S. swimmer who won gold medals in the men's 800-meter and 1,500-meter freestyle events at the 2020 Tokyo Summer Olympics.
2. Lost, Firewire, Rusty and Pyzel are among the leading manufacturers of equipment for what sport?
3. What national team has dominated the IKF World Korfball Championship, winning 10 of the first 11 titles dating back to 1978?
4. What golf course, located in Chaska, Minnesota, hosted the PGA Championship (2002, 2009) and the 2016 Ryder Cup?
5. Dwayne "The Rock" Johnson starred in what HBO sports dramedy that ran for five seasons from 2015-19?
6. What nickname is given to the last player selected in the final round of each NFL Draft?
7. Aviva Stadium, built on the site of the former Lansdowne Road Stadium, is a soccer and rugby facility located in what city?

## Answers

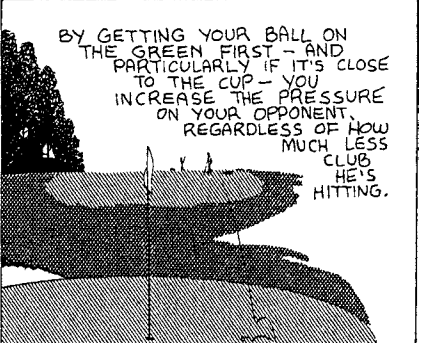
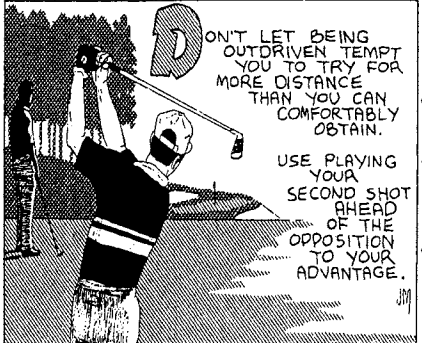
1. Robert Finke.
2. Surfing.
3. The Netherlands.
4. Hazeltine National Golf Club.
5. "Ballers."
6. Mr. Irrelevant.
7. Dublin, Ireland.

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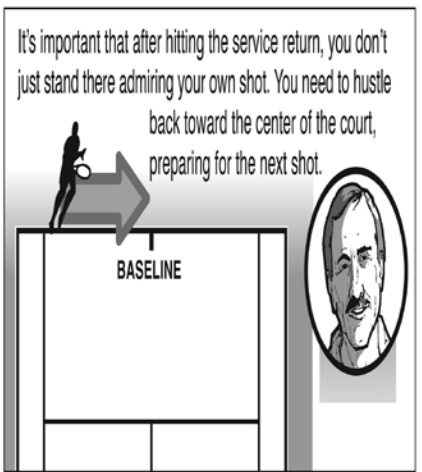
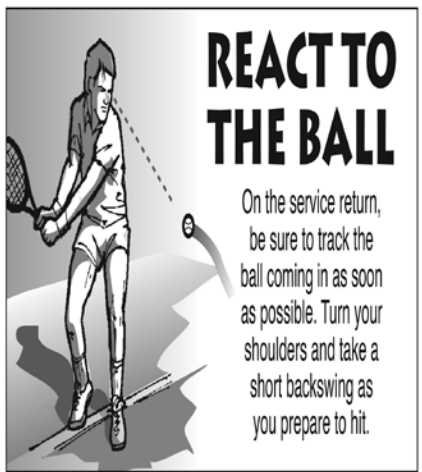
## Play Better Golf with JACK NICKLAUS



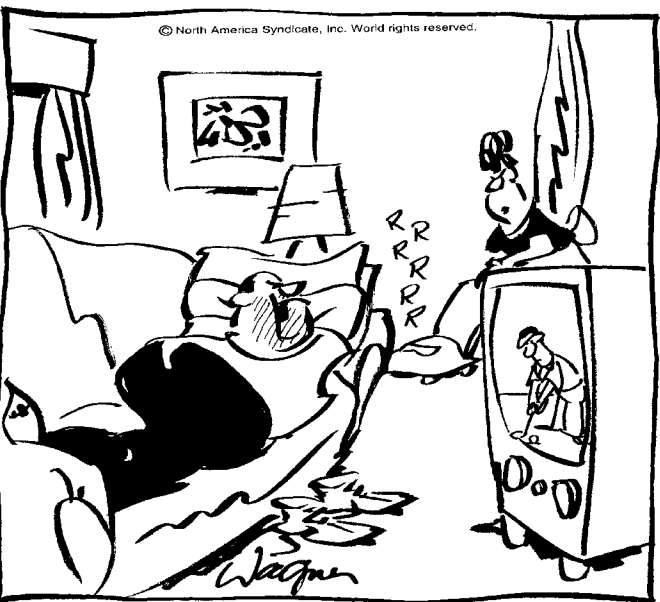
## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



## GRIN and BEAR IT



## LAFF - A - DAY





# Health



People who get COVID-19 vaccine less likely to die from any cause

**DEAR DR. ROACH:** In a recent column, you referred to a U.K. source that stated “all-cause mortality is very significantly reduced in people who have had the COVID-19 vaccine, compared to unvaccinated people.” I wasn’t sure what you meant by all-cause? Does this mean any and all deaths, with or without COVID-19, for any reason, have been very significantly reduced just by getting the COVID-19 shot? Or does it mean that any and all deaths associated with COVID-19 have been reduced in those who have been vaccinated? If it is the first, then fewer people should be dying, people should be living longer, and we should not see a decrease in life expectancy (except for the addition of those dying from COVID-19, which brings the age down). Anyway, if the first is true, then I will definitely continue getting the COVID-19 shot just to live longer, with or without getting COVID-19! — C.P.

**ANSWER:** The U.K. study looked at all-cause mortality, which means anyone who dies from any reason. The study found that getting the COVID-19 vaccine reduced the likelihood of dying from COVID-19 and non-COVID-19 causes.

One potential problem studies face is assigning cause of death. If a person with a very serious cancer who is expected to pass away within a few months gets COVID-19 and dies, did the cancer kill them, or did COVID-19? If you have to choose just one cause, the answer could be misleading. That’s why the results of the U.K. study (and a Florida study that showed similar results) were so important. People who get the COVID-19 vaccine are less likely to die from any cause.

In the last few years in the U.S., the longstanding trend of improved mortality

has reversed, and death rates are going up, partially due to COVID-19.

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**DEAR DR. ROACH:** My husband has been diagnosed with cardiac amyloidosis. The doctor has started him on Vyndamax, a very expensive drug. Without this drug, he is lucky to live, at the most, two years. Is this drug a miracle, and does it guarantee that he will live many more years? — T.W.

**ANSWER:** There are several types of cardiac amyloidosis — a disease in which abnormal proteins are deposited in many tissues, including the heart, where the protein interferes with heart function and leads to heart failure. Tafadamis (also known by its brand name, Vyndamax) is used in transthyretin amyloid cardiomyopathy (ATTR, of which there are two types that both get treated with tafadamis).

Subjects in the trial on tafadamis were followed for two-and-a-half years. Half of the group were given tafadamis, while the other half were given a placebo, which looked like the real drug but had no activity. Of those who got the inactive placebo, 43% died in the two-and-a-half-year time span of the study, but of those who received tafadamis, 30% died. Thirteen percent, or about one in eight people, who received tafadamis lived, when they were expected to die. In addition, there were fewer hospitalizations and less loss of ability to exercise in those taking tafadamis, compared with the placebo. There were no serious side effects that were more frequent in the tafadamis group.

Tafadamis definitely affords a big improvement in the outcome of people with ATTR-CA. However, I would not call the drug a “miracle,” nor is there a guarantee of living many more years. To me, a miracle is when someone recovers when no doctor expected them to. I have seen a few in my career, and they are very powerful. I have seen many treatments that have incremental improvements in outcomes, and over time, that has led to dramatic improvements in many diseases.

## Do Companies Advertise Ineffective Supplements?

**DEAR DR. ROACH:** I see supplements advertised on television that are supposed to clear “brain fog” and do many other beneficial things. Are these any good, and can they actually do the things that they claim? If they are effective, why aren’t they sold at drug stores? If not, how is it that companies are allowed to make these false claims and advertise these supplements on television? — J.L.P.

**ANSWER:** I believe that there are over-the-counter supplements that are effective for treating some medical conditions, and there are a few instances in which there is strong evidence of benefit, such as a vitamin and mineral formula to slow progression of macular degeneration. Very often, there isn’t enough data to be sure a supplement is either effective or ineffective.

It is certainly true that supplement companies sometimes make claims that they cannot support. By law, supplement advertising can claim to support a body part or function (which is why you see claims like “supports heart health”), but these claims must be followed by: “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

Often, the advertising for a supplement is at odds with that statement, and there are many instances of supplement manufacturers having to pay fines or change their advertising. A supplement that is found to be unsafe can be removed from the market by the FDA. In addition, any substance can be toxic if taken at a high enough dose. Vitamin A supplements are a good example.

The U.S. FDA does not regulate supplements the way they do prescription drugs, and supplement manufacturers do not need to prove that their products are effective. Further, there is strong evidence that some supplements sold in the U.S. do not contain as much (or any!) of the supplement they claim to provide. I always recommend getting a supplement that is verified by a third party, such as the U.S. Pharmacopeia or the National Science Foundation, if possible.

There are very few supplements proven to prevent problems, so I generally recommend against supplements in people who are healthy and have no symptoms. This definitely includes vitamin supplements. Supplements may have benefit in relieving symptoms for some less-serious medical conditions, and physicians should be (or get) familiar with more common supplements, their potential benefits and their toxicities.

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**DEAR DR. ROACH:** I read your recent article on lichen planus. I have suffered with this for over two years. After doing a lot of research, I found that many people, like me, have diabetes. Nothing helped it, and the last treatment was too dangerous for me, although it did help me to lose 35 pounds and my sugar levels are now healthy. I understand that I can never get rid of lichen planus and that it’s just in remission now. — N.T.

**ANSWER:** Most studies show that people with diabetes are somewhat more likely to develop lichen planus (an itchy skin condition). About 1.5% of people with diabetes will develop lichen planus, compared to 0.75% of people without diabetes.

Unfortunately, I could not confirm that either weight loss or better diabetes control improves the symptoms of lichen planus. Sometimes lichen planus becomes inactive on its own. However, there are many good reasons to keep diabetes under control, and I am publishing your letter in the hope that it helps someone else.

## Bout of Pneumonia Leads to Shocking Breast Cancer Diagnosis

**DEAR DR. ROACH:** My 73-year-old wife has been diligent in getting her mammograms done, plus blood tests and doctor’s visits every three months. In November 2021, she came down with what seemed like a very bad cold that was actually confirmed by X-ray to be pneumonia. After two rounds of different antibiotics, she had lost 35 pounds, and it left her with weakness and a lingering cough. A CT scan later indicated that she “either has cancer or had cancer in the past.”

Multiple tests later, it was determined that there was a tumor at the 12:00 position in her breast and a tumor in her stomach that had spread to her pelvis and bones in her legs. She started taking letrozole and Ibrance, and although extreme fatigue is the most common side effect, they appear to be working.

My question is, how could this initial breast cancer have gone undetected for some time with all of the regular testing and not set off alarms? As bad as the pneumonia was, it allowed her to receive a diagnosis of a disease that eluded detection by current screening methods and very good physicians. — Anon.

**ANSWER:** I am so very sorry to hear about your wife. Breast cancer is not just one disease. We think of breast cancer as something that can be easily cured if it is found early, but if you wait too late, it becomes difficult or impossible to cure. Some breast cancers do act that way, but others are much more indolent — they grow slowly and may never get to the point where they threaten a person’s life.

Unfortunately, there are some breast cancers that can become metastatic (spreading to different sites such as the lymph nodes, bones, liver or lungs) before they are detectable at all by even the

most sensitive tests, such as a mammo-gram or MRI. By the time they are found, because of symptoms, they are incurable by surgery and require systemic treatments like chemotherapy and hormonal therapy.

Most metastatic breast cancer is incurable, but newer treatments have improved life expectancy, with the average being three years. Screening for breast cancer is unable to save all lives. More effective treatment, in combination with regular screening, will be necessary to continue to progress against this horrible disease.

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**DEAR DR. ROACH:** If a male inherits the BRCA1 gene, what should his medical concerns be? — B.D.

**ANSWER:** Men with the BRCA1 gene (mutations in this gene predispose patients to several types of cancer) are at high risk for male breast cancer and prostate cancer. They should perform a monthly breast self-examination and receive a clinical breast exam every year, starting at age 35.

Screening mammography is not recommended for men with a BRCA1 mutation. Prostate cancer screening should certainly be done, possibly starting at age 40, rather than age 55, for average-risk men. There are some medicines that reduce risk of prostate cancer, but these aren’t generally recommended. A diet high in plants, especially tomatoes, which are high in lycopene, has a suggested, but not definitively proven, reduction in risk of prostate cancer.

There is an increased risk for pancreatic cancer among both men and women with this gene, and one guideline recommends screening for pancreatic cancer in a person with a BRCA mutation who also has a first-degree family member (parent, sibling or child) with pancreatic cancer. Colon cancer screening should begin at age 45, just as it does for the general population.

I recommend a visit with a genetic counselor, especially in a person with a BRCA gene mutation who is considering starting a family.

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

# Financial

## What’s in your wallet?

Think about taking the time to purge that overstuffed wallet before it gets lost or stolen. Much of the information we once carried around is now accessed on our phones. If your wallet gets stolen, all the information will provide crooks with information and tools that may lead to theft that spreads far beyond the cash the wallet contained.

To lessen the risk of this happening, consider the following:

### Take everything out of your wallet and sort it all.

Remove old receipts, business cards, single-store cred-

it cards and rewards cards.

### Choose one credit card

Choose one credit card and one debit card which you use the most and leave the others at home. Multiple credit cards are a gold mine for criminals, who can easily charge items online.

### Don’t carry large amounts of cash

There’s no reason to carry large amounts of cash. Think about your cash needs for the day and maybe an appropriate cushion in case of emergency. Replenish as needed.

### Don’t carry around a blank check

The days when you might need one for a purchase are mostly in the past.

### Lose the photos

Family photos tip off criminals to your standard of living and gives identification of family members. Show off those special photos via digital images in a secure place.

### Remove your Social Security card

You do not need it for daily use, and criminals can use it to open lines of credit in your name or sell it to another criminal for use.

### Don’t carry your Medicare card

Only carry your Medicare

card when you are headed to an appointment that might require it. Your Medicare number may be used for a variety of scams, including filing for false claims and reimbursement.

### Make copies of health cards and credit cards

Copy the front and back of all the health and credit cards you’ve chosen to carry and store copies in a safe place.

### Don’t carry a house key in your wallet

Assume crooks will find your address from the contents and quickly show up at your place of residence.

## What should you have left in your wallet?

Typically, a credit card, a debit card, a driver’s license or state ID, health insurance cards (other than Medicare), a modest sum of cash, and not much more.

Getting your wallet stolen is a nightmare. The more you have in your wallet the more phone calls will have to be made to the credit card companies to report the theft and replace your cards, and you’ll need to contact government agencies to replace insurance cards, etc. etc.

## Be smart! Do it today!

# Happy Fourth of July



Let's always remember that courage, dedication, and effort made this country what it is today and what it will become in the future. You can and do make a difference in your community.



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1. On which album does Black Sabbath's "Iron Man" originally appear?
2. "Raindrops Keep Fallin' on My Head" was penned for which 1969 film?
3. Who released "Baby Don't Forget My Number"?
4. What is Juice Newton's real first name?
5. Name the song that contains these lyrics: "Wednesday morning at five o'clock as the day begins, Silently closing her bedroom door."

Answers

1. Their "Paranoid" album, released in 1970. It was their live version on the "Reunion" album in 2000 that netted them a Grammy for Best Metal Performance.
2. "Butch Cassidy and the Sundance Kid." The song, which a few others had declined to record and which was generally disliked by those in the film, went on to become a massive hit.
3. Milli Vanilli, in 1988. It was discovered the following year that the duo was lip-syncing every song when the behind-the-scenes recording got stuck and started repeating a line during a live performance.
4. She was born Judith but in 1978 legally changed it to Juice.
5. "She's Leaving Home," by the Beatles, in 1967. The story, about a girl leaving home and not telling her parents, was taken loosely from a news story about a teen girl in London.

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By Lucie Winborne

- The "Guinness World Records" holds the world record for being the most stolen book from public libraries.
- Some New York City taxis are actually undercover cop cars.
- Nintendo was sued and found guilty because kids were getting blisters from playing too much Mario Party.
- A cow named Cincinnati Freedom lived up to her name when she evaded police officers for 11 days after jumping a 6-foot fence to escape a slaughterhouse. Once caught, she was given the key to the city by Cincinnati's mayor and allowed to peacefully live out her remaining days in a New York sanctuary.
- Before he became the axman for Guns N' Roses, Slash auditioned for the band Poison but decided not to join when he was asked about wearing makeup.
- Persian King Agha Mohammad Khan ordered the execution of two servants for being too loud. Since it was a holy day, he postponed the event for 24 hours and made the servants return to their duties. It turned out to be an unfortunate decision, as they murdered the ruler in his sleep that very night.
- When George Washington died, Napoleon Bonaparte gave a personal eulogy and ordered a 10-day mourning period for France.
- By 1930, doping had become so prevalent and even accepted in the Tour de France that its organizers felt compelled to inform cyclists in the official rulebook that drugs would not be provided.
- Onions are the only commodity banned from futures trading in America.
- The man for whom Mount Everest was named, George Everest, didn't want the honor, pointing out that his name was difficult to write or pronounce in Hindi and that all previous Himalayan peaks were officially given indigenous names.

\*\*\*  
Thought for the Day: "Live deep instead of fast." — Henry Seidel Canby

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1. **Transformers: Rise of the Beasts** (PG-13) Anthony Ramos, Dominique Fishback
2. **Spider-Man: Across the Spider-Verse** (PG) Shameik Moore, Hailee Steinfeld
3. **The Little Mermaid** (PG) Halle Bailey, Jonah Hauer-King
4. **Guardians of the Galaxy Vol. 3** (PG-13) Chris Pratt, Chukwudi Iwuji
5. **The Boogeyman** (PG-13) Sophie Thatcher, Chris Messina
6. **Fast X** (PG-13) Vin Diesel, Michelle Rodriguez
7. **The Super Mario Bros. Movie** (PG) Chris Pratt, Anya Taylor-Joy
8. **About My Father** (PG-13) Robert De Niro, Sebastian Maniscalco
9. **The Machine** (R) Bert Kreischer, Mark Hamill
10. **Past Lives** (PG-13) Greta Lee, Teo Yoo

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**"Black Mirror: Season 6"** (TV-MA) — Ah, "Black Mirror," how deeply you were missed. Four years after the last season of the sci-fi anthology series premiered, fans are finally getting a new season, this time taking viewers to five different mind-bending realities in five separate episodes. One episode, titled "Joan Is Awful," follows an average woman named Joan who discovers that a major streaming platform has made a TV adaptation of her life ... starring Salma Hayek. Another episode — "Demon 79" — centers on a sales assistant who is forced to commit heinous acts to stop disaster from striking. All episodes are available to stream now. (Netflix)

**"And Just Like That ... : Season 2"** (TV-MA) — For the next few Thursdays stretching into August, season two of the "Sex and the City" sequel series, "And Just Like That ... ," will be occupying our television screens. Of course, more drama is headed the ladies' way, with Charlotte (Kristin Davis) having to deal with qualms about her daughter, Lily, growing up too quickly. A year after Big's death, Carrie (Sarah Jessica Parker) is learning to love again, perhaps with a certain old flame (Aidan Shaw), while Miranda (Cynthia Nixon) is still going strong with her partner, Che. But the most shocking dramatic moment of all is the return of Kim Cattrall as fan-favorite Samantha! After being adamant about not wanting to return for any more sequels, Cattrall will be featured in just one scene during the season two finale. (And just like that ... she's back!) The first two episodes premiere June 22. (Max)

**"Wildflower" (R)** — Kiernan Shipka ("Chilling Adventure of Sabrina") leads this new coming-of-age film premiering June 23. Shipka stars as Bea, a senior in high school who's had a very non-traditional way of growing up. Since she had two disabled parents, Bea often switched between the "daughter" role and the "caretaker" role, and she grapples with the fact that she must make plans for her future with her parents' well-being in the back of her mind. It's ultimately up to her to find the right balance in her life with her family before she walks across that graduation stage. Alexandra Daddario ("The White Lotus") and Jacki Weaver ("Yellowstone") also co-star in the film. (Hulu)



Courtesy of Netflix

**Ben Barnes and Salma Hayek star in the episode "Joan Is Awful" from "Black Mirror: Season 6"**

**"I'm a Virgo" (TV-14)** — From Boots Riley, the creator of the surreal film "Sorry to Bother You," comes a new comedy TV series with just as much absurdity as his previous project. Jharrel Jerome ("When They See Us") plays Cootie, a 13-foot, 19-year-old man who was raised by his aunt (Carmen Ejogo) and uncle (Mike Epps) in Oakland, California. Because of his gigantic stature, Cootie was kept from the outside world. But when he gets discovered by a group of teenage activists, Cootie becomes the world's latest obsession — and he finally gets to experience what it feels like to live an unsheltered life. All seven episodes of "I'm a Virgo" drop June 23. (Prime Video)

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by Jo Ann Derson

pressed into the grate to get all the gunk off, before or after grilling.

- "I love my windowbox planters, but I would get dirt splashed on my windows or the sill when it rained. My friend advised me to put a shallow layer of small gravel over the dirt. It looks nice and there is no splatter after watering or rain." — R.L. in Washington
- To remove sticky residue from photo frames, try hair-spray. Spray on, let sit for just a minute, then wipe off.
- "When you have small children, always hang a hand towel over the door of the bathroom so they can't lock themselves in and get scalded with hot water." — J.R. in Virginia

- To soothe minor burns in the kitchen, use the cut side of a raw potato pressed into the burn area for a minute or two.
- "Personal appliances can get very dirty and can harbor many species of bacteria. One of the worst, in my opinion, is the cellphone. Make sure you clean it regularly by wiping front and back surfaces with a soft cloth dampened with alcohol. We touch our phones with our hands and press them into our faces. It's just smart to keep it clean." — W.D. in Indiana
- Grilling season is in full swing. A great way to clean the grill surface is by using a wad of aluminum foil. It can be

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# What’s Hot In Hollywood

HOLLYWOOD — **Clint Eastwood**, who turned 93 on May 31, is set to direct his 41st feature film. Eastwood’s directorial debut was “Play Misty for Me,” 52 years ago, in 1971. His next film, “Juror #2,” has **Gabriel Basso** (of Netflix’s “Night Agent”) as the title juror, along with **Nicholas Hoult**, **Toni Collette**, **Kiefer Sutherland** and **Zoey Deutch**. “Juror #2” has a serious moral dilemma, in that he could sway the jury’s verdict either way.

\*\*\*

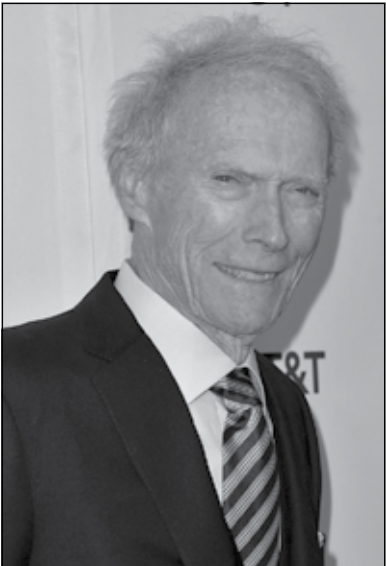
We need to address the elephant in the room: the writer’s strike. In 2007, the last time the writers struck, there was no such thing as “streaming.” Most people don’t know what the strike is about. Writers are paid for writing a script, say, for a TV series. They’re paid for the initial run and subsequent reruns. But streaming services don’t have reruns, since the series are available to subscribers at anytime.

There are 11,500 screen writers who feel that series’ budgets have increased, while the writers’ share of that money has decreased. When you hear the phrase “available on Hulu tomorrow,” that means, to a writer, that residuals from the network’s run will be minimal, since it will be available on Hulu 24/7. Compensation from theatrical films also gets affected by streaming because the films are available 24/7. Writers get compensated by the number of views, which is how they rate films shown on streaming services.

In addition, there is the threat from artificial intelligence (AI), which can be fed thousands of scripts and create new scripts by taking dialogue and plots from past scripts. The Screen Actor’s Guild faces AI problems as well, since voice patterns can be created from stored patterns in the AI systems. At first, streaming services earned big bucks from their large memberships — that is, until the field became overcrowded with over 200 streaming services, which cut profits for Netflix and Disney+ as well as newer ones such as AppleTV+, HBO Max (now Max), Hulu and Roku, to name a few.

\*\*\*

**Robert De Niro** must be crazy about fatherhood. In 1976, he had a son with his wife, **Diahnne Abbott**, and adopted her daughter, **Drena**. He was in a relationship with **Toukie Smith** from 1988 to 1996, which produced twin sons, thanks to in vitro and a surrogate. In 1997, he married **Grace Hightower**, and they had a son and a daughter via surrogate. He has four grandchildren, and this year, he revealed he recently had a seventh child. However, his fatherhood comes with a very high price ... he needs to work nonstop to be able to pay the bills and alimonies for all those wives, partners and children. Maybe he should seriously think about getting a hobby!



Depositphotos

**Clint Eastwood is set to direct “Juror #2.”**

HOLLYWOOD — Congratulations to “Stand and Deliver” (1988) Best Actor Oscar nominee **Edward James Olmos**, who appears to have won his bout with throat cancer. His regimen, along with chemotherapy, made him conditioned to put up a good fight against this cancer. Olmos said, “I swim a mile a day at least, sometimes two miles a day. Every day, seven days a week. And then I row and I do weights.” Despite consuming 2,500 calories a day, he lost about 55 pounds.

\*\*\*

**George Clooney** and **Brad Pitt** are teaming up again as the producers and stars of “Wolves,” playing two professional fixers hired for the same job. Pitt’s also a producer of “Beetlejuice 2,” which began shooting May 18 in Hertfordshire, England, with **Michael Keaton**, **Winona Ryder**, **Catherine O’Hara**, **Justin Theroux** and **Willem Dafoe**. The film’s slated for September 2024.

\*\*\*

**Johnny Depp** received a 7-minute standing ovation in Cannes for his film “Jeanne du Barry.” Before you think all is forgiven after the brutal mudslinging abuse trial he and **Amber Heard** had in 2022, Depp is still a persona non grata in Hollywood, but has assumed the attitude of: “I don’t feel boycotted by Hollywood because I don’t think about Hollywood!” Nevertheless, a Hollywood distributor hasn’t been found, so we may never get to see his new film.

\*\*\*

Not long ago, we wrote how “Romeo & Juliet” (1968) stars **Olivia Hussey** (72) and **Leonard**

**Whiting** (72) had sued Paramount Pictures over their sex scenes in the film because they were minors then. (Hussey was 16 and Whiting was 15 at the time.) Their suit sought \$100 million of the \$500 million the film grossed. However, Judge Alison Mackenzie, in dismissing their sexual abuse claims, called it a “gross mischaracterization” of the bedroom scenes in question, citing the First Amendment and the Plaintiffs’ failure “to show a probability of success on the merits of those claims.”

No one can say what transpired between them and the late legendary director **Franco Zeffirelli**, who passed away in 2019, or how he got his stars to film the sex scenes in question. It takes a lot of nerve to sue a studio over scenes that were shot 55 years ago in Europe, where those types of scenes were commonplace.

\*\*\*

Are **Robert De Niro** and **Al Pacino** one-upping each other when it comes to daddy-ship? As we reported recently, De Niro had a seventh child this year at the age of 79, and now Pacino (83) has revealed he’s having a child with his 29-year-old girlfriend **Noor Alfalah**, any day now.

Pacino’s never been married, but has three children — the eldest, **Julie Marie** born in 1989, with acting coach **Jan Tarrant**. He also has twins, son **Anton James** and daughter **Olivia Rose** born in 2001, with actress **Beverly D’Angelo**.

Sadly, the next child will only have their older father for a short time. On the bright side ... they can take turns diapering each other!



Courtesy of Marvel Entertainment

**Edward James Olmos** (“Stand and Deliver,” “Miami Vice”)



by Dana Jackson

**Q.** A friend keeps recommending the series “Call the Midwife” to me. She says it’s a British show that she watches on PBS. Is it available to stream anywhere? — *K.J.*

**A.** If you don’t have PBS, you can find 11 seasons of “Call the Midwife” currently on Netflix. The historical drama takes place in the East End of London in the mid-20th century and was recently renewed by the BBC for two more seasons. (Future seasons should be available on Netflix as well.)

The show wasn’t expected to be such a big hit, even when the Oscar-winning actress **Vanessa Redgrave** was tapped to narrate the series, but it’s won the hearts of viewers worldwide and has helped fill the void of those who miss watching “Downton Abbey.”

\*\*\*

**Q.** Whatever happened to the actor **Jesse Metcalfe**? The last I saw him, he was on the newer version of “Dallas,” which I thought was a great show and wished had lasted longer. — *H.S.*

**A.** Jesse Metcalfe’s first big television role was on the daytime soap “Passions,” where he played Miguel Lopez-Fitzgerald for five years. He soon became a household name when he played **Eva Longoria**’s shirtless gardener (and lover) on the hit series “Desperate Housewives,” when it premiered almost two decades ago.

TNT’s reboot of the nighttime soap “Dallas” had a promising beginning back in 2012. It had a gorgeous young cast, with Metcalfe and **Josh Henderson** as the new generation of Ewings, and earned the approval of old fans with the return of original cast members **Larry Hagman**, **Patrick Duffy** and **Linda Gray**.

Nearly 7 million viewers tuned in for the premiere of the new “Dallas,” but ratings declined steadily over the next three seasons. Low ratings, coupled with the death of Hagman in real life (and his iconic character of **J.R. Ewing** on-screen), surely contributed to the show’s demise.

While his career may appear to have slowed down after “Dallas,” Metcalfe has landed one role after another, including a long-running one on the Hallmark Channel’s family drama “Chesapeake



Depositphotos

**Vanessa Redgrave** narrates the BBC series “Call the Midwife.”

Shores,” which lasted six seasons. You can also catch him in the recent Dennis Quaid film “On a Wing and a Prayer,” available on Amazon Prime Video.

\*\*\*

**Q.** I read that “NCIS” is going to have a spinoff that takes place overseas. Will it be available to watch here in the U.S.? — *S.M.*

**A.** “NCIS: Sydney” is the latest installment of the hit CBS franchise, but it’ll only be available on Paramount+ here in the U.S. The show is currently filming in Australia and will star **Olivia Swann** (“DC’s Legends of Tomorrow”) as Special Agent **Michelle Mackey** and **Todd Lasance** (“Spartacus: War of the Damned”) as **Sgt. JD Dempsey**.

According to [Deadline.com](https://deadline.com), the show “will follow the eclectic team of U.S. NCIS Agents and the Australian Federal Police (AFP), who are grafted into a multi-national taskforce to keep naval crimes in check in the most contested patch of ocean on the planet.”

Visit [ParamountPlus.com](https://ParamountPlus.com) for more information on the streaming service and how to subscribe.

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

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# Brighten Your Brunch Spread

FAMILY FEATURES

A staple of warm weekend days, brunch combines the best flavors of the first two meals of the day. Every great brunch spread complements its savory items with something sweet, something refreshing and a signature beverage, and there’s one ingredient that can help cover all of those bases – 100% orange juice.

An option like Florida Orange Juice is not only delicious but delivers a powerful combination of vitamins, minerals and phytonutrients that have associated health benefits. One of nature’s nutrient dense foods, one 8-ounce glass of orange juice provides 100% of the recommended daily value of vitamin C and is also a good source of potassium, folate and thiamin, making it a great substitute for sugar-sweetened beverages and simple addition to brunch staples like this Orange Oatmeal.

When combined with a healthy lifestyle, 100% orange juice may also help support a healthy immune system. Orange juice contains beneficial plant compounds, flavonoids and colorful carotenoids to aid in fighting inflammation and cell communication. It is also rich in vitamin C, which helps strengthen immune systems by protecting cells and promoting the production and function of immune cells. Vitamin D, which can be found in fortified juices, also plays an important role in regulating immune response and helps immune cells fight off bacteria and viruses that get into the body.

Since 100% orange juice is naturally almost 90% water, it can help support hydration as it includes several electrolytes like potassium, magnesium and, in fortified juices, calcium, to aid in fluid balance. Combining Florida Orange Juice, watermelon juice and grapefruit juice, this Citrus Watermelonade is a bright, seasonal thirst quencher that is the perfect addition to your drink selection at brunch.

“Maintaining overall wellness and hydration is important as we ease into the warmer months of the year and more time is spent outdoors,” said Dr. Rosa Walsh, director of scientific research at the Florida Department of Citrus. “Florida Orange Juice includes many essential vitamins and minerals that aid in hydration, and it is a great complement to water in helping to provide nourishment before, during or after any activity.”

For more information and sweet, nutritious brunch recipes, visit FloridaJuice.com.



Citrus Watermelonade

### Orange Oatmeal

- 1 cup Florida Orange Juice
- 1 1/2 cups water
- 1 cup quick-cooking steel-cut oats
- 1 Florida Orange, peeled and diced
- 1 tablespoon agave nectar or honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt

In medium saucepan over high heat, bring orange juice and water to boil. Add oats to boiling liquids. Return to boil then reduce to medium heat and cook, uncovered, 5 minutes, stirring frequently. Mix in diced orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.



Orange Oatmeal

### Citrus Watermelonade

- 1 cup hot water
- 2 cups sugar
- 6 cups watermelon, seeded, rind removed and cut into 1-inch pieces, divided
- 2 cups Florida Orange Juice
- 1 cup Florida Grapefruit Juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 cups Florida Oranges, cut into 1-inch pieces, peeled
- 1/2 cup mint leaves
- ice, for serving
- Florida Orange Slices, for garnish (optional)

**watermelon chunks, for garnish (optional)**

In small saucepan over low heat, combine hot water and sugar; heat until sugar is dissolved. Refrigerate until chilled. In blender, puree 4 cups watermelon until smooth. In large pitcher, stir watermelon juice, chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice until combined. Add remaining watermelon pieces, orange pieces and mint leaves; refrigerate 2-3 hours until well chilled. Serve over ice in glasses. Garnish with orange slices and watermelon chunks, if desired.

# 5 Ways to Savor Fresh-Grilled SUMMER SEAFOOD

FAMILY FEATURES

Keep the grill cooking all summer long with a family favorite, seafood, and satisfy taste buds with fresh flavors hot off the grates. While some people assume seafood is challenging to cook, it can actually be an easy meal for home chefs of all skill levels.

To ensure your cookout is an unrivaled success, start with seafood that brings superior taste to the table. From crustaceans to a wide selection of unique-tasting oysters and sea scallops, mussels and clams, Maine Seafood offers something for all seafood lovers.

With a coastline that stretches 3,478 miles along the cold, clean North Atlantic, the state is home to a diversity of both wild-caught and farmed species.

Get inspired by these Maine Seafood grilling tips, sure to elevate your at-home seafood experience with the state’s superior taste and quality:

### Littleneck Clams

Heat grill to medium-high heat then place littleneck clams directly on grill grates or in a single layer on a large baking pan. After 5-7 minutes on the grill, clams will begin to open. Without spilling juice, carefully place clams on a serving platter. Serve with melted butter or in pasta. Discard clams that don’t open.

### Oysters

Place oysters cupped sides down directly on grill heated to medium-high. Cover the grill and cook until oysters open and meat is opaque and cooked through, about 5 minutes for smaller oysters and 8-10 minutes for larger ones. Place on a serving platter, remove top shells and run a sharp knife along insides of bottom shells to detach oysters. Top with garlic butter and serve with lemon.

### Salmon

Heat grill to medium-high heat. Pat salmon dry; brush with olive oil and top with seasonings. Place salmon skin side down on grill grates and cook 6-8 minutes, or until meat turns opaque. You can also try a grill-safe cedar plank to infuse added flavor.

### Haddock

Heat grill to medium-high heat. Pat haddock – flaky white fish that’s sweet and delicate – dry and brush with olive oil. Wrap fillets in aluminum foil with herbs and seasonings; completely seal with seam sides facing upward. Grill 8-10 minutes, or until meat turns opaque.

### Lobster Tail

For a delicious twist this summer, enjoy these tender, tasty Grilled Lobster Tacos with vinegar slaw and cilantro lime crema. For easy, delicious recipe inspiration and to order seafood straight to your door, visit SeafoodfromMaine.com.

### Grilled Maine Lobster Tacos

- Total time: 25 minutes  
Servings: 8
- Vinegar Slaw:**
- 2/3 cup apple cider vinegar
  - 1 teaspoon celery seeds
  - 2/3 cup white sugar
  - 1 cup water
  - 1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)
- Cilantro Lime Crema:**
- 1/2 cup sour cream
  - fresh cilantro leaves, chopped
  - 1/2 cup mayonnaise
  - 4 teaspoons fresh lime juice
  - 1 lime, zest only, minced
  - 1/2 teaspoon minced garlic
  - kosher salt, plus additional to taste, divided
  - freshly ground black pepper, to taste
- Lobster Tacos:**
- Extra-virgin olive oil
  - 4 large (4-6 ounces each) Maine Lobster tails, defrosted
  - 4 tablespoons unsalted butter, melted salt, to taste
  - pepper, to taste
  - 8 small flour tortillas

- pico de gallo
- 1 lime, cut into wedges for serving

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat. Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking. Brush lobster meat with melted butter and season with salt and pepper. Grill lobster tails meat side down 5 minutes then flip. Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature. Remove meat from shells and cut into bite-sized chunks or leave whole, if desired. Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown. Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.





Good Housekeeping

Charred Shrimp and Avocado Salad

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

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

1. Toss shrimp with 2 tablespoons oil and 1/2 teaspoon each salt and pepper. Heat grill pan, grill or broiler. Brush pineapple with 1 table-spoon oil. Grill or broil (in batches on rimmed baking sheets) until pineap-ple is slightly charred and shrimp are opaque throughout, about 3 minutes per side on the grill, or 6 to 8 minutes in broiler (rotating pan and turning food over halfway through).

2. Meanwhile, in large bowl, whisk together lemon juice, remaining 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Toss with onion.

3. Cut grilled pineapple into smaller pieces. Add to bowl with onion along with cucumber and shrimp, and toss to combine. Fold in watercress and avocado. Serves 4.

• Each serving: About 420 calories, 23.5g fat (3.5g saturated), 35g pro-tein, 1,595mg sodium, 20g carbohy- drate, 4g fiber

Comfort foods

Made fast and healthy

by Healthy Exchanges

Summer Peach Salad

Nothing says summer quite like a juicy fresh peach! Stir that peach into a delectable creamy salad, and you’re speaking heavenly wonders. Serve this to family or friends and just wait to hear the compliments for the cook!

- 3 cups (3 medium-sized) peeled and chopped fresh peaches
- 1 tablespoon diet lemon-lime soda
- 1 (4-serving) package sugar-free lemon gelatin
- 1 cup boiling water
- 1 cup reduced-calorie whipped topping
- 1 cup seedless green grapes, halved

1. Place 1 cup of sliced peaches and soda in a blender container. Cover and process on CHOP for 30 seconds or until smooth. In a large bowl, com-bine dry gelatin and boiling water. Mix well to dissolve gelatin. Stir in blended peaches. Refrigerate for at least 15 minutes.

2. Fold in whipped topping. Add remaining 2 cups chopped peaches and grape halves. Mix gently just to combine. Pour mixture into an 8-by-8-inch dish. Refrigerate until firm, about 3 hours. Cut into 8 servings.

• Each serving equals: 61 calories, 1g fat, 1g protein, 12g carb., 3mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Grilled Burgers

Fire up the grill! There’s something about cooking and eating outside that just can’t be duplicated indoors.

- 16 ounces extra-lean ground tur-key or beef
- 3/4 cup finely chopped onion
- 1/2 cup plus 1 tablespoon (2¼ ounces) dried fine bread crumbs
- 1/4 cup reduced-sodium ketchup
- 2 teaspoons prepared yellow mustard
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1/4 cup fat-free milk

1. In a large bowl, combine meat, onion and breadcrumbs. Add ketchup, mustard, horseradish, Worcestershire sauce and milk. Mix well with hands until well-combined.

2. Using a 1/2 cup measuring cup as a guide, shape into 6 patties. Place on hot grill, and grill for about 6 minutes on each side or until desired doneness. Good served on small hamburger buns or eaten as “steaks.” Makes 6 servings.

• Each serving equals: 175 calories, 7g fat, 15g protein, 13g carbohydrate, 199mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1/2 Starch/Carbohydrate

Good Housekeeping

Mixed Grill

- 1/2 cups orange marmalade
- 2 tablespoons lemon juice
- 1 tablespoon fresh rosemary, or 1 teaspoon dried rosemary leaves, chopped, crushed
- 3/4 teaspoon salt
- 6 fully cooked bratwurst, knockwurst or frankfurters
- 1 (3½-pound) chicken, cut into quarters
- Tomato wedges, for garnish

1. In small bowl, mix orange marma-lade, lemon juice, rosemary and salt.

2. Cut a few slashes in each bratwurst to prevent them from bursting while cooking.

3. Place chicken quarters on grill over medium heat; cook until golden on both sides, about 10 minutes. Then to avoid charring, stand chicken pieces upright, leaning one against the other. Rearrange pieces from time to time and cook until fork-tender and juices run clear when pierced with knife, about 25 minutes longer. During last 10 minutes of cooking, place bratwurst on same grill. Brush chicken quar-ters and bratwurst frequently with orange-marmalade mixture.

4. Garnish with tomato wedges to serve. Serves 6.

• Each serving without tomatoes: About 613 calories, 39g total fat (13g saturated), 162mg cholesterol, 875mg sodium, 30g carbohydrate, 41g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Campfire Swiss Steak

This main dish is so easy, you’ll want to camp out under the stars more often. And for those of you who con-sider sleeping in a motel as “roughing it,” you can always make it at home.

- 3 tablespoons all-purpose flour
- 4 (4-ounce) lean minute or cube steaks
- 1½ cups shredded carrots
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup finely chopped celery
- 2 cups chopped raw potatoes
- 1 cup (one 8-ounce can) tomato sauce
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. Cut four (18-inch) pieces of dou-ble thickness, heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Place flour in flat saucer. Coat steaks on both sides with flour. Place each steak on piece of prepared foil.

2. In medium bowl, combine carrots, onion, green pepper, celery and pota-toes. Evenly place about 1 1/2 cups vegetable mixture over each steak. In small bowl, combine tomato sauce, parsley and black pepper. Spoon about 1/4 cup of sauce mixture evenly over top of each. Wrap securely.

3. Bake on grill or over campfire coals for 30 to 40 minutes, turning every 10 minutes to prevent burning. Or, arrange packets on a baking sheet and bake in an oven preheated to 350 F for 1 hour. Serves 4.

• Each serving equals: 278 calories, 6g fat, 28g protein, 28g carb., 460mg sodium, 3g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 Starch.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Bacon Beer Bread

I’m a teetotaler by choice. But I’ll tell you this — this bread will be on the menu as often as I can get my hands on nonalcoholic beer

- 3/4 cup nonalcoholic beer
- 1/4 cup water
- Sugar substitute to equal 2 tablespoons sugar, suitable for baking
- 2 tablespoons Dijon Country Mustard
- 2 tablespoons reduced-calorie margarine
- 3 cups bread flour
- 1/2 teaspoon table salt
- 1½ teaspoons active dry yeast
- 1/2 cup purchased real bacon bits
- 1/4 cup chopped green onion

1. In baking pan container, combine beer, water, sugar substitute, mustard and margarine. Add flour and salt. Make an indentation on top of dry ingredients. Pour yeast into indentation.

2. Follow your bread machine instructions for a 1 1/2-pound loaf. Add bacon bits and onion when “add ingredients” signal beeps. Continue following your machine’s instructions.

3. Remove loaf from machine and place on wire rack to cool. Makes one 1 1/2-pound loaf. Freezes well. Makes 12 servings.

• Each serving equals: 146 calories, 2g fat, 6g protein, 26g carb., 348mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch.

Good Housekeeping

Fresh Lemon Bars

A classic American sweet that has been winning over kids and adults for years. Our recipe is super-simple, with a crispy cookie bottom and a tangy lemon custard.

- 1½ cups all-purpose flour (see step 2)
- 3 tablespoons all-purpose flour (see step 4)
- 1/2 cup confectioners’ sugar (see step 2)
- 1 tablespoon confectioners’ sugar (see step 5)
- 3/4 cup (1½ sticks) margarine or butter, cut into small pieces
- 2 large lemons
- 3 large eggs
- 1 cup granulated sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

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

2. In medium bowl, combine 1 1/2 cups flour and 1/2 cup confection-ers’ sugar. With pastry blender or two knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs.

3. Sprinkle crumb mixture evenly in pan. With floured hands, firmly pat crumbs onto bottom of pan to form a crust. Bake crust 15 to 17 minutes until lightly browned.

4. Meanwhile, grate peel from lem-ons to equal 1 teaspoon and squeeze juice to equal 1/3 cup. In large bowl, with mixer at high speed, beat eggs until thick and lemon-colored, about 3 minutes. Reduce speed to low; add lemon juice, lemon peel, granulated sugar, baking powder, salt and remain-ing 3 tablespoons flour, and beat until blended, occasionally scraping bowl.

5. Pour lemon filling over warm crust. Bake 15 minutes or until filling is just set and golden around edges. Remove pan to wire rack. Place remaining 1 tablespoon confection-ers’ sugar in sieve and use to sprinkle over warm filling. Cool completely in pan on wire rack.

6. When cool, cut lengthwise into 3 strips, then cut each strip crosswise into 12 bars. To store, cover pan and refrigerate.

• Each serving: About 90 calories, 4g total fat (1g saturated), 18mg cho-lesterol, 90mg sodium, 12g total car-bohydrate, 1g protein.

Good Housekeeping

Drunken Chocolate Figs

Dipped in dark chocolate and driz-zled with a made-in-minutes port syrup, fiber-rich fresh figs instantly transform into a simple-meets-sophis-ticated finale to summer supper.

- 1 cup ruby port wine
- 1/2 cup sugar
- 1 cinnamon stick
- 3 ounces bittersweet chocolate
- 12 fresh ripe green or black figs

1. In heavy-bottomed 2-quart sauce-pan, heat port, sugar and cinnamon stick to boiling on high. Reduce heat to medium and cook 13 minutes, stir-ring frequently to prevent syrup from boiling over (syrup will reduce by half). Remove from heat and cool to room temperature (syrup will thicken as it cools).

2. Meanwhile, line cookie sheet with waxed paper. Place chocolate in micro-wave-safe small bowl or cup. Heat, covered with waxed paper, in micro-wave on High 1 minute or until choco-late is almost melted. Stir until smooth.

3. With fingers, hold 1 fig and dip into melted chocolate, leaving top half uncovered. Shake off excess chocolate. Place chocolate-covered fig on prepared cookie sheet. Repeat with remaining figs and chocolate.

4. Place chōcolāte-covered figs in refrigerator 15 minutes or until choc-olate is set. Figs will keep at room temperature up to 2 hours. If not serving right away, refrigerate figs up to 12 hours. To serve, arrange figs on 4 dessert plates and drizzle with port syrup. Serves 4.

• Each serving: About 350 calories, 8g total fat (5g saturated), 8mg cho-lesterol, 5mg sodium, 73g total carbo-hydrate, 7g dietary fiber, 3g protein.

Good Housekeeping

Peachy Frozen Yogurt

Served as a fruity dessert or snack, our creamy Peachy Frozen Yogurt delivers a double dose of peach flavor and only 1 gram of fat per serving.

- 1 bag (10- to 12-ounce) frozen sliced peaches
- 2 containers (6 ounces each) low-fat peach yogurt
- 1 tablespoon sugar

1. In food processor with knife blade attached, process frozen peaches until finely shaved. Add yogurt and sugar. Process just until smooth. Serve immediately. Serves 4.

2. If not serving right away, pour into 9- by 9-inch metal baking pan; cover and freeze 1 hour for best texture.

• Each serving: About 130 calories, 1g total fat (1g saturated), 6mg cho-lesterol, 50mg sodium, 28g carbohy- drate, 2g dietary fiber, 4g protein.

top ten

World's Coldest Places

1. Vostok, Antarctica

2. Plateau Station, Antarctica

3. Oymyakon, Russia

4. Verkhoyansk, Russia

5. North Ice, Greenland

6. Eismitte, Greenland

7. Snag, Yukon, Canada

8. Prospect Creek, Alaska

9. Fort Selkirk, Yukon, Canada

10. Rogers Pass, Montana

Source: The Travel Almanac

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# 4 Ways to Promote Positive Maternal Mental Health



Photos courtesy of Getty Images

## FAMILY FEATURES

The joys of raising and nurturing a baby are practically endless for new parents, yet there remain challenges to overcome. While it may be natural to focus attention and energy on caring for a new baby, it’s equally important for mothers to maintain their own mental health. According to Malina Malkani, MS, RDN, CDN, maternal mental health (MMH) is often negatively affected by the belief that there is only one “right” or “best” way to feed a baby. Mothers are exposed to this message through peer-to-peer communication, social media, health care providers and more. To combat negativity, Malkani promotes the importance of family, friends, online communities and others contributing a positive impact toward MMH by recognizing all babies are different, acknowledging there’s no one “right” way to feed a baby, refraining from parent-shaming and judgement, and remembering caregivers have personal feeding decisions to make based on a variety of factors. The saying “it takes a village” is as applicable today as ever, which is why Plum Organics and the Policy Center for Maternal Mental Health partnered to share resources and information mothers can use to find support in their communities. Consider these ways moms can nurture their little ones along with their own mental well-being.

### Understand the Signs of Mental Health Conditions

Depression and anxiety are the most common complications in pregnancy and postpartum, affecting 1 in 7 women, according to the Policy Center for Maternal Mental Health. If you feel any of these symptoms, seek help from a health care provider: overwhelmed, weepy, anxious or nervous, angry, scared by your thoughts, like you’re not yourself, guilt, regret or shame.

### Engage in Self-Care

Spending your time thinking about baby is natural, but it’s important to take care of yourself, too. Watch a movie, socialize with friends, meditate, rediscover hobbies – whatever you enjoy doing, prioritize making it part of your life again.

### Join a Supportive Movement

Creating a “village” is a key step toward positive mental well-being for moms as it allows them to build support systems showing they’re not alone in their struggles. To continue efforts to destigmatize mental health challenges for moms and deliver research and support, Plum Organics and the Policy Center for Maternal Mental Health are asking mothers (and their loved ones) to sign a “Pin-tition,” wherein a pin is placed on the U.S. map to indicate where participants want to build a village of support. The movement encourages participants to put a pin on the map if:

- You think moms suffering from postpartum depression should have access to a professional trained in MMH disorders
- You think moms suffering from MMH disorders should have access to mental health providers within driving distance
- You think moms should be screened for MMH disorders during prenatal and postpartum periods
- You think OB/GYNs should discuss mental health at the beginning of pregnancy
- You think mental health care is health care
- You think providers should be reimbursed by insurance for MMH care

### Prioritize Physical Health

Taking care of yourself includes physical health as well as mental health. Doing yoga, walking or working out 15-30 minutes a day and nourishing your body with nutrient-rich foods can help restore your sense of balance and provide a boost in self-esteem. Find more information and drop a pin to shed light on your area by visiting PlumOrganics.com.



## Mapping Out Maternal Mental Health

Intended as a resource for policy action, funding drivers and strategic planning, the Maternal Mental Health Risk Factors and Resource Maps developed by Plum Organics and the Policy Center for Maternal Mental Health revealed these findings:

- The highest risk factor levels were concentrated in the Deep South with severe conditions identified in the Mississippi Delta region, Gulf Coast, greater Appalachia, New Mexico and Arizona.
- Higher risk factor levels tend to be associated with rural and less-populated regions. Conversely, most major metropolitan areas in the U.S. tend to have comparatively moderate or lower risk factor scores.
- More than 600,000 mothers will suffer from a MMH disorder in the U.S. every year. Left untreated, these disorders can have devastating impacts on a mother’s health and functioning, the baby’s health and development, and overall family stability.

# 5 WAYS TO UPGRADE YOUR REMOTE WORKSPACE

## FAMILY FEATURES

With remote and hybrid work schedules here to stay for many Americans, it’s important to have a space dedicated to comfort and productivity. The initial transition to remote work may have involved setting up an impromptu workstation at the dining room table but creating a long-term, functional home office can be one of the first steps to increasing efficiency, focus and productivity. Whether your work area is a spacious room, small den or desk in a quiet spot in the house, these ideas can help you create a space where you enjoy working.

### Select the Perfect Location

While some remote workers have a spare bedroom or den they can dedicate as a home office, others may need to create a multiuse area in which office space occupies another room, such as the dining room, family room or basement. If you have several options for your workspace, consider how lighting and sound may impact your ability to focus. For example, positioning your desk near a window can help increase your mood and reduce boredom. Similarly, if possible, choose a location where noise from other family members moving around or traffic outside will be less of a distraction. Earplugs or background noise can help drown out sounds if you’re restricted to a specific location in your home.

### Keep Color in Mind

Colors can influence productivity and mood, so it’s important to consider them when designing or updating your workspace. Avoid white, which can lead to boredom, and instead choose a color scheme that can make a positive impact. Warm colors like red or orange can increase energy; blues are relaxing and can help keep blood pressure down; and green can help reduce stress.



An on-trend option like the Granny Chic Home Office from Wellborn Cabinet, Inc., can be set up in nearly any area of the home to create a stylish workspace. Featuring Premier Series cabinets with Napa doors in an olive finish and satin nickel hardware, this desk and hutch also includes base and crown moulding to help set it apart as a space devoted to productivity. Plus, accessories like a wastebasket pullout, drawer inserts and dividers, and tiered organizers can make organization easy.

### Choose a Desk and Chair

Start by measuring your space to see how large of a desk you can accommodate then decide between a traditional desk or trendy adjustable-height version, which can allow you to sit and stand throughout the workday and has been shown to provide health benefits in addition to increasing work performance. An ergonomic chair with a padded seat and armrests is also a must-have to provide lumbar support and increase comfort while seated.

### Find Storage Solutions

Storage is one of the most critical aspects when designing your home office. To avoid clutter and keep documents and other items organized, consider options such as built-in cabinets and shelving, base cabinets with desk file drawers, utility cabinets and wall bookcases. You can even customize your cabinets and choose from a wide selection of styles including traditional, transitional, casual, formal, contemporary or eclectic with options from Wellborn Cabinet.

### Add Plants and Decor

Office plants provide numerous benefits, including improving air quality and increasing productivity. In fact, a study published in the “Journal of Environmental Horticulture” found productivity increased 12% when workers performed a task on a computer in a room with plants compared to those who performed the task in the same room without plants. Low-maintenance species such as orchids and succulents also produce a pleasant aroma and earthy atmosphere to decrease stress. In addition, consider your space’s decorations if you will be conducting video calls. If your home office doesn’t have much natural light, place a light source behind the camera. While the background for your calls should be relatively neutral, a mural or art on the walls or shelves can complement your professionalism and add a creative touch to your space. Find more home office inspiration at Wellborn.com.







### Building your own bird house

You can download free plans for bird houses, bird feeders, wind chimes, butterfly houses and much more at these sites:

[www.craftybirds.com](http://www.craftybirds.com)  
[www.freebirdhouseplans.net](http://www.freebirdhouseplans.net)  
[www.birdwatching-bliss.com](http://www.birdwatching-bliss.com)  
[www.thespruce.com](http://www.thespruce.com)  
[www.construct101.com](http://www.construct101.com)

- Brenda Weaver







### Recycling containers



Instead of throwing out all your “throw away” containers, clean and re-purpose them for the garden. Plastic tubs can hold cuttings or young plants, and plastic lids can prevent surface damage by clay pots. Glass jars can hold candles in sand, seed pods or flowers in water. Egg trays can be seed starters. Cardboard can block weed growth in flower beds. Make a funky garden art/birdhouse/collectables display by nailing cans to a board, using buttons, beads, rocks or shells to decorate it. - Brenda Weaver



### Bolting



“Bolting” is when plants begin to flower and set seed; this is the end of the harvesting period. To prevent it from happening, cut off the flowers from plants such as bok choy, beet leaves, chard, parsley, and basil; these plants will continue to produce leaves that taste great and are no different from the leaves before the plant flowered. It is a good idea to cut off the flowering stems in order to focus the plant on leafy growth rather than its reproductive cycle; if you do so, the leaves you can continue to harvest will largely be unaffected.

Brenda Weaver  
Source: [www.treehugger.com](http://www.treehugger.com)

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## Quotes worth your time

“Do not mind anything that anyone tells you about anyone else. Judge everyone and everything for yourself.”  
- Henry James

“Learning never exhausts the mind.”  
- Leonardo da Vinci

“Good judgement comes from experience, and a lot of that comes from bad judgement.”  
- Will Rogers

“No act of kindness no matter how small , is ever wasted.”  
- Aesop

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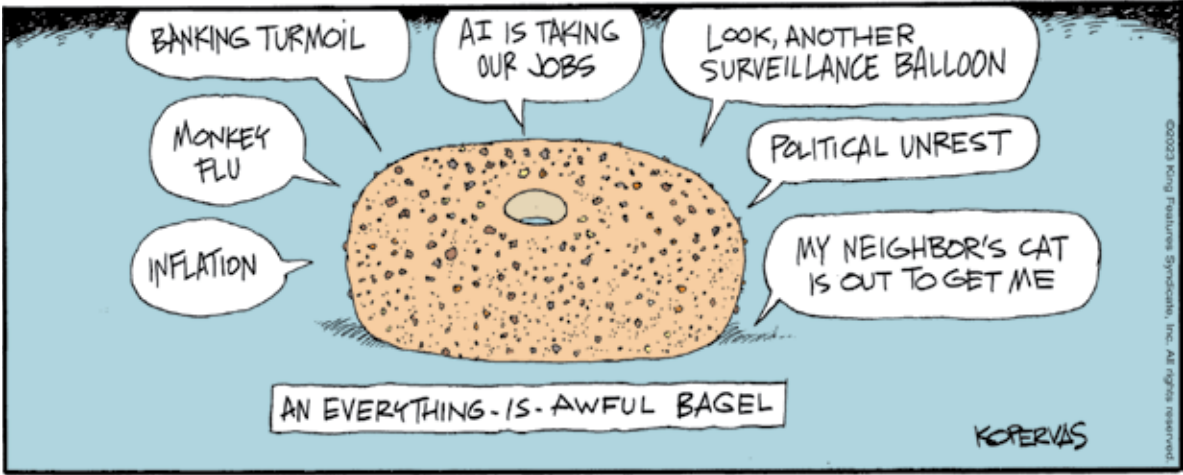
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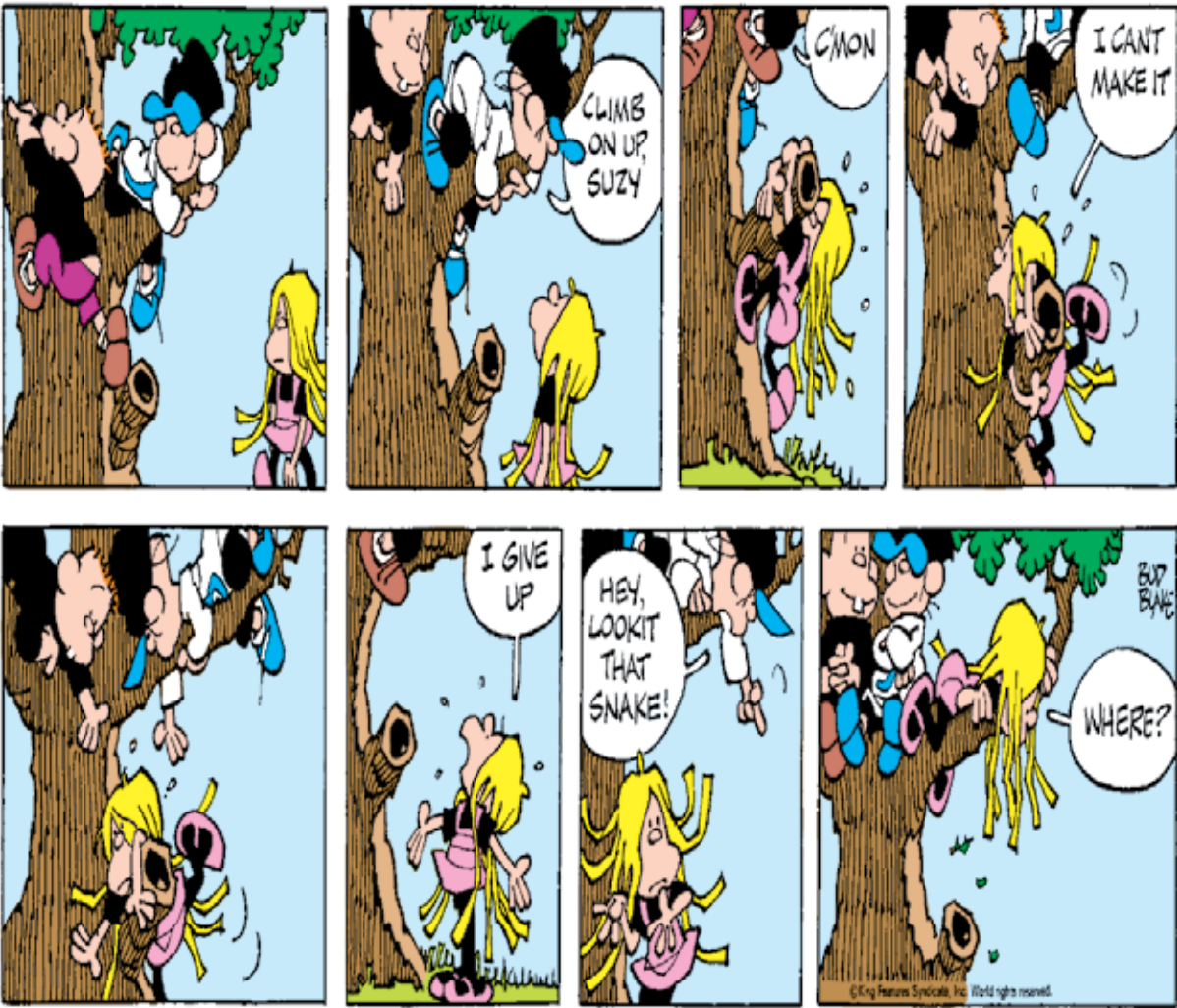
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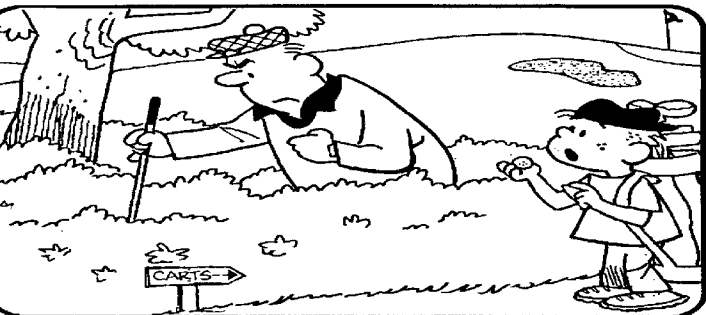


Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
Unlisted clue hint: GARMENTS FOR THE FEET

Allison	Goldsboro	McFerrin	Unser
Bowden	Hull	Orr	Valentine
Darin	Jindal	Pin	Vinton
Fischer	Jones	Riggs	

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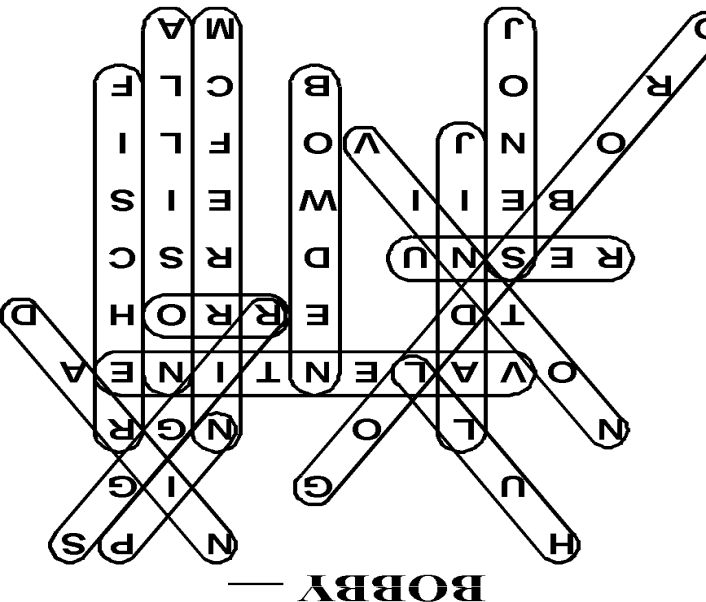
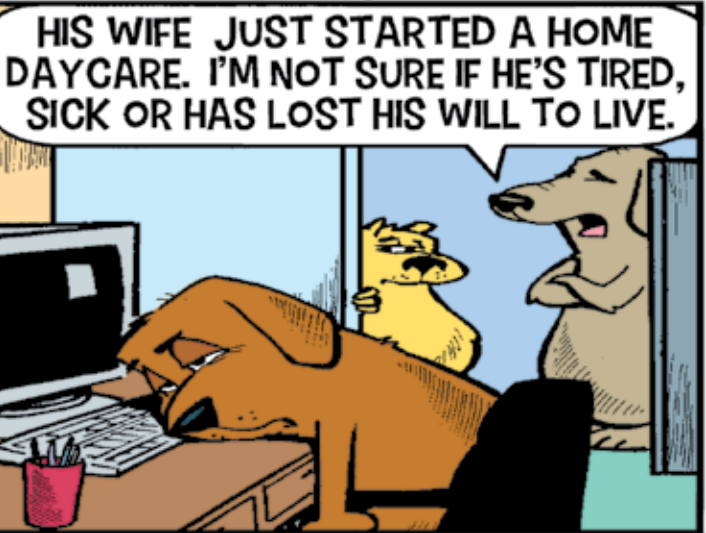
HOCUS-FOCUS



Find at least six differences in details between panels.

Differences: 1. Golf club is moved. 2. Sign is missing. 3. Cap is different. 4. Trap is missing. 5. Arm is missing. 6. Shift is different.

Just Like Cats & Dogs





# 6 Simple Tricks to Start Each Day *Strong*

FAMILY FEATURES

**P**ressing snooze, finally waking up frazzled, rushing through the house to leave on time, skipping breakfast – if that sounds like a typical morning for you, creating a new routine to start days on a stronger note may help you feel more refreshed and accomplished.

For many people, easy, breezy mornings may sound like a fantasy. However, instituting these simple tips from the experts at Buddha Teas – creators of fresh, organic teas with high-quality ingredients to let you explore nature’s best qualities – can put you on a fast track toward less frantic beginnings to each day.

### Begin a Bedtime Routine

A bright-eyed, bushy-tailed morning actually starts the night before. To help ensure you’re getting enough sleep each night (7 hours or more for adults, according to the National Institutes of Health), make sure you’re winding down both physically and mentally before heading to bed. This often means skipping caffeine, turning off devices and avoiding big meals close to bedtime.

### Wake Up at the Same Time Each Day

As part of your fixed bedtime routine, try going to sleep and waking up at the same times each day – including weekends. This may help your body create a natural rhythm to make it easier for you to rise in the morning without pressing snooze.

### Start with Something You Enjoy

Whether you’re a morning person or natural night owl, knowing you’ll start the day with something enjoyable can help you dread that ringing alarm clock a little less. For example, a steaming mug of Buddha Teas Turmeric Ginger blend offers a delicious and comforting way to wake up. Turmeric’s pungent flavor combined with delightfully sweet ginger warms with every sip to energize your morning.



Photos courtesy of Getty Images



### Meditate and Move

While a meditation session may sound like a quicker way to put you back in bed than get your day going, it can actually be beneficial to harness positive energy first thing. Focus on deep breathing, calm your mind and slow your heart rate prior to taking on the day’s tasks. Once you’re mentally motivated, move on to physical preparation with 10-15 minutes of light stretching to energize your body and get your blood flowing.

### Strengthen Your Body

Another key aspect to a successful morning includes strengthening yourself physically by eating and drinking foods and beverages that provide immunity-boosting ingredients. Consuming a powerful blend of healing, protecting and preventative herbs can be a productive way to defend your body from free radicals with a beverage like Buddha Teas Echinacea Elderberry, which is packed with organic and plant-based vitamin C, antioxidants and

detoxifying herbs. Echinacea, used for centuries to heal and protect, is combined with elderberry’s high levels of vitamin C, which is essential for growth, development and reparation of the body.

### Eat a Nutritious Breakfast

Everyone knows the common refrain: “Breakfast is the most important meal of the day.” Yet, many people choose to skip a morning meal or simply run out of time, despite the many benefits of refueling before heading off to work or school. In fact, a nutritious breakfast offers a multitude of health benefits for your body, according to the International Food Information Council Foundation, including a healthier heart, better digestion, stronger bones and improved metabolism. Plus, making time to eat in the morning can provide the energy you need to tackle your to-do list.

Find more beneficial ways to start your days strong by visiting [BuddhaTeas.com](https://www.buddhateas.com).

# 8 Ways to Make Your Pet Feel Like Part of the Family

FAMILY FEATURES

**I**t’s said that pets can be people’s best friends, but the relationships between people and their four-legged friends often run even deeper. In fact, many consider pets to be an integral part of their families.

From eating and playing together to matching outfits and more, consider these practical ways to make dogs and cats feel like they’re important members of your household so you can become two peas in a pod.

### Play Often

Playtime is an easy (and fun) way to bond with pets, whether your furry friends prefer fetch, tug-of-war or any other game that keeps you both active. On top of the emotional benefits, it can help keep them in better physical shape – you might even be able to get a little exercise, too.

### Feed Human-Grade Food

Sharing a meal with people is a common way to connect, and that same connection can be made with pets. Feeding them at the same time you sit down for a meal can create a special bond. Though it’s tempting to feed them off your plate, consider a human grade food option like Freshly Crafted from Full Moon Pet. Created for pet parents who seek homemade quality ingredients free from additives or preservatives, this fresh frozen food includes 100% human-grade ingredients like real USDA chicken breast and blueberries, meaning it looks, smells and tastes just like food you would cook in your own kitchen while providing complete nutritional benefits pets need to thrive.

With flavors including Homestead Turkey, Ranch-Raised Beef and Free-Range Chicken, these curated meals promote skin and coat health, support immune health and encourage muscle growth.

### Set Up a Special Space

Just like humans, pets need a little quiet time now and then. Creating an area they can retreat to with a bed, blankets and favorite toys offers a “safe space” where they can be comfortable. Plus, it’s a perfect spot for them to nap when you’re away and the house is empty.

### Schedule Regular Wellness Visits

The veterinarian’s office may not be your furry friend’s favorite hangout, but scheduling regular checkups is an important part of owning pets. A balanced, quality diet can reduce trips to the vet to just essential visits – often annually or bi-annually – and help your pets live happy and healthy lives.

### Show Affection

Belly rubs, freshly brushed coats and simply spending time together are all effective ways to show pets your affection. Another way to share your love is to reward dogs with their favorite treats like Full Moon Chicken Jerky, which is a high-protein, meaty treat made with few ingredients, including USDA chicken breast, so you can feel good about providing your pets with a treat that tastes good and is good for them.

### Take Pets on Vacation

Skip the anxiety of leaving pets behind during your next trip by letting them join in on the fun. Exploring the world together is an exciting way to bond as you can visit new places, find dog parks and discover pet-friendly restaurants. If it’s your pet’s first road trip, consider a shorter excursion to ensure he or she is comfortable in the car, and make sure to bring all the essentials like food, water, bowls, bedding, toys and medications.



### Wear Matching Clothes

When you’re dressed to feel your best, you’re likely to feel more confident in yourself. Provide that same feeling of satisfaction to pets by dressing them in the same clothes you plan to wear for a walk around the block or a trip to the dog park. Next time there’s a family photo session, plan to include furry friends in matching outfits so everyone can be dressed to impress.

### Celebrate Special Occasions

Birthdays, “gotcha days” or holidays are perfect moments for celebrating your bond with your pets. Make the day extra special by indulging in favorites like going for a walk, heading to the dog park, gifting a new toy, enjoying specialty treats and more.

To find more ways to bond with your pets, visit [FullMoonPet.com](https://www.fullmoonpet.com).







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