### **FINANCE STREAMING SERVICES**

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### Sound off our new column

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### **OCTOBER 2023**

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

Lakeview, Roscoe Village, North Center and Lincoln Square



October, 2023

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

Volume 27, Number 11



What is a food desert? A food desert is defined as any urban area more than one mile from a supermarket selling fresh groceries, and any rural area more than 10 miles away from fresh food.

At least six grocery stores have closed on Chicago's South and West sides over the past two years. Walmart announced in April that it was closing four stores in Chicago because the stores lose tens of millions of dollars a year and their annual losses nearly doubled in just five years. According to estimates from the U.S. Department of Agriculture, 63.5% of residents in West Englewood and 52% of residents in East Garfield Park live more than half a mile from the nearest grocery store.

Mayor Brandon Johnson announced a partnership with the Economic Security Project to start on a road towards the opening of a municipally owned grocery store in Chicago. The Economic Security Project, will provide technical assistance

determining pathway to the first municipally owned grocery store in Chicago.

"The City of Chicago is re-imagining the role government can play in our lives by exploring a public option for grocery stores via a municipally owned grocery store and market," said Ameya Pawar, Senior Adviser at Economic Security Project. "Not dissimilar from the way a library or the postal service oper ates, a public option offers economic choice and power to communities. A City-owned grocery store in the South or West side of Chicago would be a viable way to restore access to healthy food in areas that have suffered from historic and systemic divestment."

Question: How is the city going to deter theft, shoplifting, etc.? Crime in these areas was another reason retailers closed up shop. So, what's the answer? Can the City do any better while facing these same challenges?

# What's next? "Not in my back yard"



Chicago has signed a \$29.3 million contract with GardaWorld Federal Services LLC to build, what the Mayor calls, 'winterized base camps' aka tent cities for migrants. The contract mentions no specific sites for the base camps. The only specific site mentioned so far is 115th and Halsted streets, but has faced much opposition from local residents. In a ward meeting led by Ald. Ronnie Mosley (21st) residents raised concerns about whether the migrants had been vaccinated, if they had background checks, where they would learn English, how the tent city would be kept clean and if it would affect property values. The city did not confirm immediately that the site would become a tent shelter or when the first encampment would be built. There is a plan to bring

housing, jobs and stores to the site in a development known as Morgan Park Commons. Abraham Lacy, president and CEO of the Far South Community Development Corp, the nonprofit behind the project said that "I see a benefit to any migration to our neighborhoods. Chicago was built by migrants during the Great Migration. It's a great thing to have immigration come through." Many residents said they were sympathetic to the migrant's plight, but did not want a tent city in their area. "Why can't they take them to a more affluent area?" and "Not in my backvard. We don't want it." Attendees at the meeting expressed concerns about the amount of money being spent to house and feed the migrants. Some called for the tent city to also include Chicago's homeless population. Others called for the funds to be put toward reparations.

Chicago faces a \$538 million budget shortfall in 2024, with \$200 million tied to the migrant crisis. **Buses** filled with migrants, more than 14,000 and counting, will have cost taxpayers more than \$255.7 million by December 31.

Ald. Andre Vasquez (40th) chair of the City Council's Committee on Immigration and Refugee Rights said he believed taxpayers would be better served if the city acquired abandoned buildings and redesigned them to house migrants. He then stated that the city would have "something to show for it" when the crisis finally comes to an end.

What do these tent cities look like? They are rows of cots, mess halls and attached heating and air conditioning units.

Trailer like portable toilets will be parked adjacent to the tents. The contract states that additionally, they are able to provide a morale. welfare and recreation area either within the hard-sided structure or as an exterior tent.

This would be a tented facility with lights, power, HVAC and flooring. This area would also include tables and chairs for reading and doing personal paperwork. Working will the Illinois Emergency Management Agency to determine other requirements, will potentially include: television capabilities for inhabitants to relax, cell phone charging stations as well as a number of board magazines games, and newspapers. For both outdoors and indoors lodging options, we also will provide a covered sanitation Tent that is located just outside of the main facility with contained walk ways between all trailers provided to the main facility. This Sanitation Tent includes all required hand wash, restroom shower and laundry facilities and is also ADA compliant. Additionally, we provide an exterior kitchen trailer, with serving

Continued on page 2

# **Editorial & Opinions**

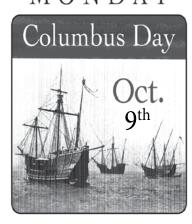
#### 'Not in my back yard' Continued from front page

lines and tables and chairs for dining within the main facility, that provides the required meals for guests." Each tent would house 500 to 1,000 people. (Sounds like a travel brochure)

Mayor Johnson has not responded to how the tent cities would be paid for, but estimated the projected cost of the migrant crisis will reach \$30 million by the end of this year. He is pushing for a real estate transfer tax devoting more resources to the un-housed and mental health services.



### MONDAY





Newspaper
would like
to wish
everyone a
safe and
happy

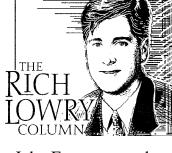


# Moments in time

THE HISTORY CHANNEL

- On Oct. 9, 2004, Afghan voters went to the polls for the first time in their nation's history to vote for a president and elected Hamid Karzai, who had served as their interim president after the collapse of the Taliban regime three years earlier.
- On Oct. 10, 1845, George Bancroft historian, educator and secretary of the Navy founded the U.S. Naval Academy in Annapolis, Maryland, to improve the then-unsatisfactory methods of instructing the service's midshipmen.
- On Oct. 11, 2000, at a ceremony in London, the International Women of the Year Association awarded the title "Greatest Woman Achiever of the Century" to Russian engineer and cosmonaut Valentina V. Tereshkova, who became the first woman in space when she flew a solo mission on the Vostok 6 on June 16, 1963.

- On Oct. 12, 1810, the first Oktoberfest was celebrated in Munich, Germany, in honor of the marriage of Ludwig, the crown prince of Bavaria (who later became King Louis I), to Princess Therese von Sachsen-Hildburghausen. The festivities lasted nearly a week and ended in a horse race. Today, the festival is the largest in the world, with more than 6 million participants around the globe.
- On Oct. 13, 1950, the movie "All About Eve," starring Bette Davis and Anne Baxter, premiered in both Paris and New York City. Known for its acid wit, it won six Academy Awards, including Best Picture, but was roundly criticized for depicting a character smoking in bed by an Indiana man who was part of his local fire prevention committee.
- On Oct. 14, 1926, English humorist, poet and playwright A.A. Milne published "Winniethe-Pooh," a children's book set in the fictional Hundred Acre Wood featuring the adventures of the eponymous honey-loving bear and his good friends, including Eeyore, Christopher Robin and Piglet.



### John Fetterman makes the U.S. Senate safe for disgraceful slobs

John Fetterman's Senate legacy is now set — he's the guy who made it possible to dress like a slob.

What the Missouri Compromise was to Henry Clay, what the Second Reply to Hayne was to Daniel Webster, what the Civil Rights Act of 1957 was to Lyndon Johnson, Carhartt sweatshirts and baggy shorts will be to John Fetterman.

The Pennsylvania senator is the poster boy — if self-indulgent sloppiness is your thing — for the Senate dropping a dress code that required senators to dress in business attire when appearing on the Senate floor.

Fetterman briefly complied with the rule by making the sacrifice of putting on a suit and tie after he was first elected. Then, he reverted to his standard uniform that makes it look like he just arrived after sitting on his couch, surrounded by empty pizza boxes, watching football games all weekend.

There's business casual, then there's Fetterman's garb. It wouldn't be acceptable at many fraternity events around the country. Philadelphia Eagles fans dress more carefully on game days. If he showed up at almost any service or working class job in America dressed this way, his supervisor would give him a stern talking to and insist that he have more respect for himself, his colleagues, and his customers.

But, as it happens, he's only a United States senator, so he can wear whatever he damn pleases.

When the history of the decline of American institutions is written, the jettisoning of the Senate dress code may not be more than a footnote, yet it will deserve mention.

It has long been remarked that it matters how we dress. Mark Twain is sometimes said to have written (in what's actually a paraphrase), "Clothes make the man. Naked people have little or no influence on society."

It turns out that slovenly people do,

The business suit as we know it had its origins in the court of British King Charles II. Then, the 19th-century British trendsetter Beau Brummell made an important contribution by simplifying the outfit. After various twists and turns, by the mid-20th century in the United States, the modern suit had arrived. As an article in The Atlantic notes, "It appeared on everyone from cab drivers to business executives, and made all appear polished and professional."

The unraveling began several decades ago with the advent of Causal Friday, which eventually spread into Casual Everyday.

The Senate giving way to this ethos after a couple of centuries of a higher standard is a sign of the times.

We no longer reliably produce people willing to conform themselves to the norms and expectations of their institutions; personal brands are considered more important. And the leaders of institutions tend to lack the courage to insist on rules that may no longer fashionable, even if they still serve an important function.

It's not that John Fetterman is going to be a better or worse senator depending on how he dresses — he'll be a party-line vote regardless. But his dress speaks to how he regards his position.

This would be obvious in other contexts. If someone shows up at a funeral or a wedding in jeans and a T-shirt, it is taken, understandably, as a sign of disrespect, as an unwillingness to make the basic effort to acknowledge the solemnity of the occasion.

A session of the Senate isn't as fraught and meaningful as a wedding or a funeral, but it should be considered an event of some consequence. The history of the body stretches back to the beginning of the republic, and it is invested with considerable power. Dressing appropriately acknowledges this; dressing as if it's a bowling alley disregards it.

Would we take a judge as seriously without his or her robes? Or an officer of the law without his or her uniform?

Fetterman has won this battle, but at the price of beclowning himself and his institution — not that he cares.

Rich Lowry is editor of the National Review.

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### Lakeview Newspaper

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

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Americanisms



"We do today what they won't, so tomorrow we accomplish what they can't."

— Dwayne Johnson

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### VETERANS \* POST

by Freddy Groves

#### **Disability Claims Lost** Since 2018

As far back as 2018 there have been technical problems with uploading disability claims on the Department of Veterans Affairs' website, except nobody knew. There were no indications at the time that anything was going awry. But those claims weren't received.

When you hit the SEND button, it didn't go. Your disability claim has likely been sitting in that internet "dead zone," neither moving forward nor backward, unseen.

But somehow they found them, 32,000 claims sitting there unprocessed since 2018.

Now, having found those 32,000 claims in the dead zone, the VA is sending out letters to all the affected veter-. The problem was first reported by Military.com, when the spouse of one of their former employees received the letter about the lost claims.

It brings up several questions:

Did veterans file alternate claims when they didn't hear back? Did they assume they'd been denied when they received no reply? Have the veterans, unfortunately, passed away? Do the surviving spouses know their veteran had filed? And are they due any mon-

ey?

At this point you don't need to do anything, they say. All affected veterans whose claims were found stuck in the system will be notified and their claims hustled through. Claims benefits will be backdated to the "stuck"

Unless you decide to take charge of your situation and check it out. The VA's website gives this page of instructions to file disability claims: www. va.gov/disability/how-to-file-claim. You can file your claim online, by mail using Application for Disability Compensation and Related Compensation Benefits (VA Form 21-526EZ), in person when you deliver your application to a VA regional office or with help from a Veterans Service Officer.

That same instruction page says that it's taking 104 days to get a decision. You can also check the status of your claim from that page. Do that, just to make sure. And if you have trouble signing into your MyVA411 account, or creating one, you can call 800-698-2411 for help.
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by Ryan A. Berenz

1. What was the name of the WNBA team that was based in Salt Lake City

2. Mexico's Daniel Bautista won a gold medal at the 1976 Montreal

Summer Olympics competing in what

3. Name the U.S. women's figure skater who won four straight U.S. championships (1977-80), two world

championships (1977, '79) and a sil ver medal at the 1980 Lake Placid

4. What facility did the NBA's Memphis Grizzlies play their home games

5. In the 1988 comedy film "The Naked Gun: From the Files of Police Squad!," what California Angels out-

Latvian player Kristaps Porzingis in the first round of the 2015 NBA Draft? 7. Burgess Owens, a member of the Super Bowl XV champion Oakland Raiders, was elected to the U.S. House

of Representatives in what state? Answers

1. The Utah Starzz.

2. Race walking.

3. Linda Fratianne.

5. Reggie Jackson.

4. The Pyramid Arena.

from 1997-2002?

track and field event?

Winter Olympics.

in from 2001-04?

sinate Queen Elizabeth II?



By Lucie Winborne

- More people from nudist colonies play volleyball than any other sport.
- New York's Girl Scout Troop 6000, whose entire membership is homeless or living in shelters, has sold more than \$1.6 million worth of Girl Scout cookies since 2017, earning not just national recognition, but money to benefit about 2,500 women and girls in more than 20 shelters throughout the greater New
- Competitive trash collecting is a sport in Japan.
- Just in time for global warming, scientists have developed a paint that reflects the sun's rays, potentially reducing the need for air conditioning by up to 40%.
- The oldest known photograph, taken by French photographer Nicephore Niepce in 1826, took eight hours to expose.
- In 5th-century Greece, handshakes were done to make sure that the other person wasn't carrying a hidden weapon. The hand clasp proved that your hand was empty, and shaking it was meant to "shake out" any weapons hiding in the sleeve.
- Farm-raised salmon are fed carotenoids to give their flesh its trademark pink color.
- If a woodpecker goes too long without food, it will pin down other birds and peck at their heads until it can eat
- · Holy flipping flapjacks! In 2012, Brad Jolly of Australia set the Guinness World Record for the most tosses of a pancake, with an astonishing 140 flips a minute.

Thought for the Day: "Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come." — Henri

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# SENIOR NEWS LINE

by Matilda Charles

### Wrapping up the End of the Year

The end of the year is a perfect time to review where we've been in 2023 and gather some ideas about how we might do things differently next year. Saving money is at the top of many to-do lists now, especially for entertainment and groceries.

Look at all your streaming services to see which ones you might be willing to stop using. Make calls to the cellphone services around you and see who has good deals, likely with bundling. Phone plans for seniors generally have a lower cost. A surprise for me: I recently changed cellphone companies. Since I was bringing my own phone number and did not want a deal to buy a phone, I was given a \$200 promo gift card to spend anywhere.

Consider the money you could save with a store affinity account. At my local grocery store, I typically accrue \$5-10 per quarter just for buying the store brand and using the coupons

On Walmart Plus, I often earn \$3-\$4 each time I place online orders for free delivery to my home because of the deals and discounts that pop up on the screen. Additional Plus benefits include travel, video streaming, 10 cents per gallon saved at several gas stations and more. The first 30 days are free to try the service, with a whole year costing \$98. If you're on SNAP, Medicaid or other programs, your cost would be half that.

Take a look at "500 Great Ways to Save for Dummies" by AARP. The book is on Amazon, both in paperback and for a Kindle e-reader, as well as thousands of other places online. This book might be one you want to keep for a long time. You can also ask your library or senior center if they will purchase the book to keep on the shelves.

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Antiques & Collecting

#### Game Boards

On top of the world! In September 1909, The New York Times published Robert Peary's claims of reaching the North Pole in April of that year, crediting him with the pole's discovery. However, just a week earlier, another newspaper claimed that Frederick Cook had reached the pole the year before. Both claims have been disputed since then, but they were sensations at the time.

The journey to the North Pole inspired commemorative figurines, souvenirs and games. This North Pole game has a patent date of 1910. It is a game of skill in which the player rolls one of the included metal balls along the winding track, earning points for each hole the ball passes without falling in. The rules are printed on the back of the board, along with a scene of two explorers approaching the pole.

This game sold for \$480 at Morphy Auctions. The lot included the colorfully lithographed tin game board, two metal balls, the instructions sheet and the box with a color picture of a family in early 1900s dress playing the game. Commercial game boards sell for higher prices when they come with the original box and pieces.

• How can I safely clean old coins?

. Coins should not be cleaned. A Collectors want coins with the patina unchanged. If your coins are collectible, they should be protected from fingerprints and stored properly. Don't touch the coins to examine them unless you are wearing white gloves. The oil from your skin will damage the coin. If you must touch a coin, hold it by the edge. Coins should not be stored loose in a box or envelope. They may be scratched. Paper, cardboard, plastic and wood give off chemical vapors that speed corrosion. You can buy archival coin holders online or at a coin shop. Coins should be kept in a cool, dry location. You can find more information on properly storing coins on the American Numismatic Association website, money.org.





To play the North Pole Game, tilt the board and roll the ball along the track. Watch out for the holes!

TIP: Clean cast iron with coarse salt and a soft sponge. The salt is abrasive enough to remove bits of food and absorb oil without harming the pan's

#### **CURRENT PRICES**

Toy, car, racing, Shark, brown, Fox Eagle 60 engine, pusher, Remco, 1961, 20 inches, \$250.

seasoning. Rinse and wipe dry.

Lamp, Orbiter series, globe shade, chrome, adjustable swing arm, black enamel handle and base, Robert Sonneman, 53 x 22 x 10 inches, \$270. Picture, appliqued, bird on branch, leaves, fruit, multicolor, fabric, frame, Victorian, 24 x 20 3/4 inches, \$640.

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

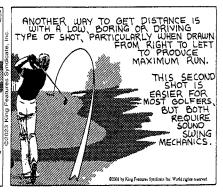
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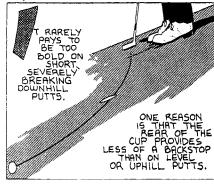
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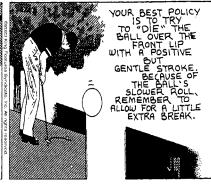
### Play Better Golf with JACK NICKLAUS





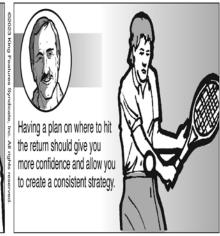
### Play Better Golf with JACK NICKLAUS





# "Someday this will all be yours, son. ...





### LAFF - A - DAY

Get a good lawyer!"



"My wife and I had a great vacation trip we went through 82414, 59101, 59908... "

#### fielder is hypnotized in a plot to assas-STAN SMITH'S TENNIS CLASS 6. What team selected 7-foot 3-inch





6. The New York Knicks. 7. Utah. © 2023 King Features Syndicate, Inc.

# Health



### Osteoporosis Screening for Men Remains Controversial

DEAR DR. ROACH: My husband and I are confused about the guidelines concerning when older men should be screened for osteoporosis. All the information seems to suggest that it is only needed for men over 70 who have had a fracture. In my husband's case, he was only told to get a DEXA (dual-energy X-ray absorptiometry) scan after he had back pain and several compression fractures of the thoracic spine (up to 70%), at the age of 72. His T-score was -2.8 for his spine.

I can't help feeling that because he is male, weighs 200 pounds, has an active lifestyle and was previously 6 feet, 2 inches tall, the issue of osteoporosis just never came up during his yearly primary care visits (even though his height had decreased since at least 2019, and he's now only 6 feet tall). This is a potentially life-threatening condition for older women and men, but the risks for women seem to get all the attention. What's the reluctance to order a simple, fast, painless, not-too-expensive test to screen men earlier? — B.W.

ANSWER: In general, screening tests (by definition, a test done on a person with no symptoms of the condition) are done when there is good evidence that the screening will lead to an improved outcome in the screened group compared to an unscreened group. The data in women is strong enough that all women over 65 and women younger than 65 with additional risks for osteoporosis should be screened with a DEXA scan, but there is not strong enough data to support screening in men.

Osteoporosis screening in men is con-

troversial. While one of the most influential groups does not recommend screening in all men over 70, some groups do, despite an absence of proven benefit. They base this recommendation on the fact that, as you say, it's not a particularly dangerous test (the radiation dose is small), nor is it expensive (the average cost is \$150, but can be higher in some states). One major downside of testing in general is that no screening test is perfect. As such, an unexpected finding of osteoporosis in a man requires that the screening test be repeated to be sure the test result is accurate.

Even though men are not always recommended for screening, there are some medical findings that should prompt a test. One is a loss of height — losing more than 1.5 inches of height should have prompted a DEXA scan. (Strictly speaking, this is no longer a screening; it's an evaluation of the cause of an unexpected medical finding.)

À low testosterone level (either by itself—hypogonadism—or as a result of medical treatment for prostate cancer); primary hyperparathy-roidism; inflammatory bowel disease; and longterm use of prednisone and similar drugs are all known risk factors for osteoporosis that should at least trigger a discussion of a DEXA scan. Similarly, the finding of osteoporosis in a man should prompt consideration of the underlying reason behind it, which could include any of the risk factors listed above.

### Spinal Cord Injury Misdiagnosed as Blood Pressure Stroke

DEAR DR. ROACH: Have you ever heard of a "low blood pressure stroke"? That was my husband's (incorrect) diagnosis several years back when he suddenly could not move his arms and legs. He was told that not enough oxygen was getting to his spine. (His blood pressure is historically low, usually around 90/60.)

That lasted about seven months, and he was bedridden the entire time. He then went to a neurosurgeon and was (correctly) diagnosed with a spinal cord injury. He had C1-C2 surgery and had use of his limbs the next day. After months of physical therapy, he regained a lot of function.

We've never heard of that diagnosis before or after his experience. Does it

really exist? — E.S.K.

ANSWER: The brain has tremendous ability to regulate its own blood flow under a very wide range of blood pressures, but there are some limits. When a person is used to very high blood pressure levels, such as 200/110 for months or years, a sudden drop to 90/60 (or even 120/80 sometimes) can cause a stroke. That's the main reason we don't lower blood pressure too quickly in people who have had very high blood pressure levels for a long time. It takes weeks or months for the brain to recover its ability to regulate blood flow.

In a person who has a heart attack, prolonged low blood pressure (or no blood pressure) will also cause brain damage. That's why starting CPR as quickly as possible is so critical in order to preserve brain function.

In both of these cases, not enough blood is getting to the central nervous system (the brain, the spinal cord and the retinas), which can lead to cell death — the hallmark of a stroke. But these are extreme cases.

A healthy person whose normal blood pressure is around 90/60 is at risk for fainting when suddenly standing; however, they are at a lower-than-average risk for heart disease and stroke. The diagnosis of "a low blood pressure stroke" for your husband doesn't make any sense at all to me, and advanced imaging of the brain should have made it abundantly clear that it was not the right diagnosis.

I'm shocked that he wasn't treated correctly for that long. But I'm very happy to hear that his neurosurgeon did not assume the diagnosis of a stroke, instead making the correct diagnosis and performing the procedure to help him recover. Your husband is fortunate that he still had neurological function to recover after such a long time, since spinal cord injuries generally heal better when treated promptly.

DEAR DR. ROACH: My primary care physician and blood specialist claim there is nothing that will increase white blood cell count. Are there any supplements that I can take or foods I can eat to improve the low count? — R.J.L.

ANSWER: The question is, why is your white blood cell count low? Some people have low white blood cell counts for no reason; it runs in families, so there

aren't any health concerns there. However, there are a large variety of blood diseases that cause low white cell counts. Some affect the lymphocytes, while others affect the granulocytes (the two main types of white cells).

Nutritional deficiencies are extremely rare in North America (vitamin B12, folic acid and copper are the exceptions that should be looked for), so neither diet nor supplements are usually helpful. If there's an absence of blood disease or symptoms, low white blood cell counts usually do not need treatment.

### Suspecting and Diagnosing Hereditary Hemochromatosis

DEAR DR. ROACH: My husband was diagnosed with hemochromatosis 13 months before he died. I recommended that his blood relatives get tested so they can get treatment early, if necessary. Some doctors don't know to check ferritin levels to make a diagnosis in a person with a family history of hemochromatosis. — C.G.

ANSWER: Hereditary hemochromatosis (HHC) is a genetic disease of iron overload. In a person with HHC, the intestines absorb as much iron as they can all the time, even if the body doesn't need it, whereas a person without HHC will simply stop absorbing iron if it isn't necessary. The iron can go into and damage many organs, especially the liver, heart, bone marrow, hormone-producing glands and skin.

The diagnosis should be suspected in close relatives of an affected person. Although checking ferritin levels is useful in making the diagnosis, iron tests, total iron-binding capacity tests and hemoglobin tests should also be ordered. If the family member has a recognized genetic mutation, such as C282Y homozygote or C282Y/H63D compound heterozygote, those genetic tests may also be useful in making the diagnosis.

The diagnosis should even be suspected in people with vague symptoms, such as weakness and fatigue. I teach my students and residents to consider the possibility of iron over-load, as it is common, easily tested for, and easily treated with phlebotomy (blood removal). Symptomatic HHC is more common at an earlier age in men than women, but it still should be considered in younger women.

A clinician should also consider iron

overload in people with enlarged livers or abnormal liver enzymes, diabetes, changes in skin tone (bronze or gray), heart failure and some kinds of arthritis. Most people with these conditions do not have HHC, but initial testing is cheap and easy.

Treatment can be done by donating blood. My first patient with HHC donated over 100 units of blood before his blood levels came down to the target range.

DEAR DR. ROACH: I am one of the people who cannot take statins because of muscle pain. My cardiologist suggested Praluent, and it works fine—no muscle pain as well as very low HDL and LDL cholesterol levels for over two years now.

However, I keep seeing articles about muscle pain and statins and never see Praluent referred to as an alternative. Why? — T.G.

ANSWER: Alirocumab (Praluent) is an antibody to a compound called PCSK9. This causes the liver to remove LDL cholesterol from the blood and lower the levels of this "bad" kind of cholesterol. In turn, this leads to a reduction in heart disease risk among those taking the medication. It does not cause muscle damage. PCSK9 inhibitors may be used alone or in combination with statins.

Unfortunately, the medication is expensive, about \$500 per month. It is most often used in people with known blockages in their heart, but some experts prescribe alirocumab in high-risk patients who do not have known blockages. Insurance coverage is not assured. Furthermore, it is given only as an injection, usually every two or four weeks.

PCSK9 inhibitors are an important tool in the fight against heart disease and are of special value in those at the highest risk or those who cannot tolerate a statin.

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

# Financial

## Streaming Services

### Ways to save Sort through the mix

A Forbes survey showed that more than half of streamers signed up for a service simply to watch one show. Consider a free account-tracking app such as Rocket Money (rocketmoney.com) or Hiatus (hiatusapp.com) to see your subscriptions, and pick which to keep.

### Play to your interests

If you enjoy live TV, you can use MyBundle.TV to figure out the most cost effective way to get channels you like. The Reelgood app can help you find the least expensive way to stream.

### Purchase one annual plan

Most streaming services offer a discount if you pay for a year's service up front.

### **Credit card combos**

Many credit card issuers offer rewards for money spent on streaming media. The American Express Blue Cash Preferred Card, for example, pays 6 percent cash back on select streaming subscriptions. Capital One's Savor Rewards card gives 4 percent cash back on eligible streaming services.

### Get a bundle from your cellphone provider

Most T-Mobile Subscribers get a free basic Netflix account with their cellphone plan, and multi-line subscribers get a standard plan. Some T-Mobil plans also come with free Apple TV+. Some Verizon mobile customers can get free access to the Disney Bundle.

### Move down a tier

Several platforms have levels, letting you pay less for an ad-supported plan or one that supports fewer devices. The ad-supported Netflix plan costs \$6.99 per month, while the premium plan costs

\$19.99 per month. And Hulu offers an ad-supported plan for \$7.99 per month (\$79.99 per year)or you can pay \$14.99 for ad-free.

# How to beat fast changing prices Price trackers and alerts

The best way to beat fast-changing prices, you need price trackers and alerts, which help you follow changing prices whether you shop online or in stores. PayPalHoney: If you download this browser extension on your computer, it will pop up when you're viewing an item on Amazon, Walmart Macy's and many

other shopping sites. Hover your cursor over the Honey icon and click on View Price History to bring up a chart showing the product's price over time. Add it to PayPal Honey's Drop list to receive price drop alerts by email. (joinhoney.com)

### Pricepulse:

This smart-phone app also provides detailed price histories and price alerts solely for Amazon products. It uses artificial intelligence to assess whether it's a good time to buy, rating prices in a range from Amazing (good) to High (bad). (pricepulse. app)

# Sound Off!

#### **BIKE LANES**

I was born and raised in Chicago and have worked here all my life, and I need to know what the city politicians are thinking. They are installing bike lanes all over the place without letting the bikers know what the rules of the road are. I have encountered many bikers



blowing through a stop sign and giving me the finger because I stopped and started to proceed only to have a biker zip through the stop sign. The lanes are not going to protect bikers but rules will. Besides, the city has discouraged anyone who wants to come to the city by making traffic a worse than ever nightmare. They put bump outs at side street corners which look nice but they take away parking spots for all four corners. This is all plain stupid. Wake up Chicago. Bill W.

#### **SPEED CAMERAS**

We have too many speed cameras on Irving Park Road. They recently put up a new speed camera at Western and Campbell.

They also have one by the dog park. One on California, Portage Park and on Miramac. We have a total of 5 speed cameras. How many are too many. What a money maker for the city. This is ridiculous.

# HAVE SOMETHING ON YOUR MIND YOU WANT TO SOUND OFF ABOUT?

### Submit your beef & we'll print it!

Email LKVWNEWS@aol.com
Subject Line Sound Off
All entries must be submitted by
the 20th of every month

Lakeview Newspaper reserves the right to edit all submissions



### Demystifying Insurance to Ensure Proper Coverage

FAMILY FEATURES

ome and auto insurance are among the things many people buy but hope to never use. Proper coverage provides peace of mind that an accident, weather event, natural disaster or unexpected injury or illness won't cause financial ruin. However, many Americans are uninsured, underinsured or paying too much for coverage.

Paul Z.

Data from the Insurance Research Council cited by the National Association of Insurance Commissioners shows 12.6% of U.S. motorists are uninsured – approximately 1 in 8 cars on the road. For uninsured drivers, plus those involved in accidents with them, fender benders or worse can result in out-of-pocket costs.

Homeowners need to be properly insured, as well. According to the National Centers for Environmental Information, the U.S. has experienced more than 350 weather events or natural disasters since 1980 that have caused more than \$1 billion in damage. Even small thunderstorms can send tree branches into homes, causing thousands of dollars in damage. For home and auto insurance, consumers should be sure their policies cover replacement and repair costs at today's market rates in addition to liability coverage for personal injury and other damages.

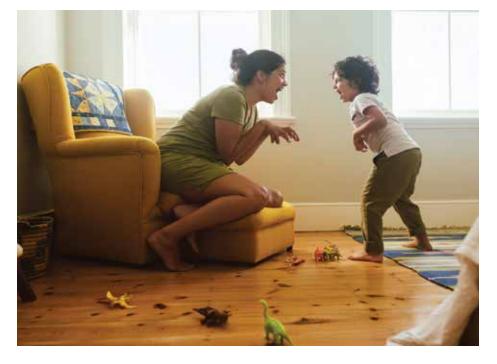
coverage for personal injury and other damages.

Insurance helps bridge these gaps, but it's common for people to renew policies without checking them. Because insurance policies are often seen as complex and confusing, that may prevent people from purchasing proper coverage.

A 2022 survey from realtor.com found only 56% of homeowners knew what to look for in their homeowners insurance policy when they bought their homes, and 15% didn't have any idea what to check. In addition, Forbes Advisor reported 40% of drivers believe they had coverage that doesn't even exist.



Photos courtesy of Getty Images



Consider these challenges consumers face when shopping for and comparing insurance policies and providers:

- 1. Industry Jargon and Lingo When you visit a website or talk to an insurance agent, you may feel like you're speaking a different language with terms like "deductible," "premium," "copay," "additional insured," "aggregate limit"
- and "co-insurance."

  2. Bait and Switch Insurance carriers sometimes advertise low rates, but your rate may be higher than expected when you apply, often with no explanation.
- often with no explanation.

  3. Fine Print "Sorry, that's not covered."

  These can be chilling words to hear when you're hoping your insurance policy comes through for you in a time of need. An explanation may be deep within the policy, but you may need a magnifying glass to find it.
- 4. Transparency Many decisions that affect rates and coverage may seem to be done behind a curtain, such as rates in comparison to neighbors, remodeling impacts on rates, rate changes based on age and more.

  5. Apples to Oranges With many moving parts

within the average policy, it can be difficult to compare rates and coverage.

Improved technology is helping solve some of these issues and deliver an improved experience. A decade ago, the only way to compare insurance rates was to make phone calls, meet with agents and read brochures. Even with the internet, you still need to visit multiple websites and take notes, often entering the same personal information time and time again.

Today, insurance marketplaces, like the flagship platform from Guaranteed Rate Insurance, make it easy to compare multiple carriers, all at once, with a single application. Customers enter basic information to receive quotes for home and auto insurance coverage from more than 50 toprated carriers, allowing for a quick, side-by-side comparison of coverage options.

"The primary benefit insurance delivers is peace of mind," said Jeff Wingate, executive vice president and head of insurance for Guaranteed Rate. "If the relationship between an insurance provider and customer begins with stress, confusion and frustration, the provider isn't delivering the desired service. That's why we made it easy for consumers to make informed decisions about rates and coverage from trusted and reliable providers."

Life insurance, umbrella, jewelry, flood, pet, landlord and earthquake policies are among the other coverage options available for comparison. Coverage benefits are easy to read with clearly explained terminology and experienced agents standing by to answer questions or assist with purchasing a policy.

purchasing a policy.

To find more information and explore the insurance marketplace, visit rate.com/insurance.



- 1. Who wrote and released "I Can See Clearly Now"?
- 2. What was Billy Paul's only No. 1 single?
- 3. What are the names of the Bee Gees brothers? Which one was never part of the musical group?
- 4. Who released "Do You Really Want to Hurt Me"?
- 5. Name the song that contains this lyric: "Lonely rivers flow to the sea, to the sea, To the open arms of the sea, yeah, Lonely rivers sigh wait for me, wait for me."

#### Answers

- 1. Johnny Nash, in 1972. The reggae sounds are likely due to Nash having worked with reggae master Bob Mar-
- ley.
  2. "Me and Mrs. Jones," in 1972. Legend says that when Paul served in the Army, he was stationed with Elvis Presley. He tried to get Presley to join a music group he was forming, and Presley turned him down, preferring to be a chauffeur.
- 3. The brothers were Barry, Robin, Maurice and Andy. Baby Andy was born after the group was already active.
- 4. Culture Club, in 1982.
- 5. "Unchained Melody," by The Righteous Brothers, in 1965. It was released as the B-side to "Hung On You" but DJs preferred to play "Unchained Melody."

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### What's better? A great story 10 A great idea?

Lakeview Newspaper Thoughts to think about.



By Lucie Winborne

- More people from nudist colonies play volleyball than any other sport.
- New York's Girl Scout Troop 6000, whose entire membership is homeless or living in shelters, has sold more than \$1.6 million worth of Girl Scout cookies since 2017, earning not just national recognition, but money to benefit about 2,500 women and girls in more than 20 shelters throughout the greater New
- · Competitive trash collecting is a sport in Japan.
- · Just in time for global warming, scientists have developed a paint that reflects the sun's rays, potentially reducing the need for air conditioning by up to 40%.
- The oldest known photograph, taken by French photographer Nicephore Niepce in 1826, took eight hours to
- In 5th-century Greece, handshakes were done to make sure that the other person wasn't carrying a hidden weapon. The hand clasp proved that your hand was empty, and shaking it was meant to "shake out" any weapons hiding in the sleeve.
- Farm-raised salmon are fed carotenoids to give their flesh its trademark pink color.
- If a woodpecker goes too long without food, it will pin down other birds and peck at their heads until it can eat
- Holy flipping flapjacks! In 2012, Brad Jolly of Australia set the Guinness World Record for the most tosses of a pancake, with an astonishing 140 flips

Thought for the Day: "Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come." - Henri

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1. The Equalizer 3 (R) Denzel Washington, Dakota Fanning 2. Barbie (PG-13) Margot Robbie, Ryan

Gosling 3. Blue Beetle

(PG-13) Xolo Maridueña, Bruna Marquezine 4. Gran Turismo

(PG-13) David Harbour, Orlando Bloom

5. Oppenheimer  $(R) \; \bar{Cillian} \; Murphy, Emily \; Blunt$ 6. Teenage Mutant Ninja Turtles:

**Mutant Mayhem** (PG) Micah Abbey, Shamon Brown

7. Bottoms (R) Rachel Sennott, Ayo Edebiri 8. Meg 2: The Trench (PG-13) Jason Statham, Jing Wu 9. Strays

(R) Will Ferrell, Jamie Foxx 10. Talk to Me

(R) Ari McCarthy, Hamish Phillips



	ON EARTH	
1.	Lut Desert, Iran	(159.3°)
2.	Flaming Mountains, China	(150°)
3.	Death Valley, California	(134°)
4.	Kebili, Tunisia	(131°)
5.	Mitribah, Kuwait	(129°)
6.	Tirat Tsvi, Israel	(129°)
7.	Turbat, Pakistan	(128.7°)
8.	Oodnadatta, Australia	(123°)
9.	Rivadavia, Argentina	(120°)
10.	Athens, Greece	(118.4°)

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- "Spy Kids: Armageddon" (PG) The original "Spy Kids" film starring Alexa PenaVega and Daryl Sabara as Carmen and Juni Cortez was released over 22 years ago, and it became a franchise that Millennials and Generation Z grew up loving. Now creator Robert Rodriguez is rebooting the franchise for the next generation. The Tango-Torrezes, Nora (Gina Rodriguez) and Terrence (Zachary Levi), are the world's greatest secret agents. Their young kids, Patty and Tony, unknowingly release a virus from an evil game developer through a glitch in the game, which gives the developer control over all the world's technology. With their parents now held hostage, Patty and Tony must jump into their own spy suits to help save Nora and Terrence ... oh, and just the fate of the entire world. Premieres Sept. 22.
- "A Thousand and One" (R) This emotional drama set in the concrete jungle of New York during the '90s and early 2000s follows hairdresser Inez de la Paz. After getting convicted of stealing and passing time in Rikers Island, Inez returns to Harlem to find her son, Terry, in a foster home. Terry attempts to escape from the foster home only to be hospitalized, which prompts Inez to take him from the hospital and raise him on her own. With Inez, Terry finds the foundation he needs amid plenty of chaos and struggles. Teyana Taylor ("White Men Can't Jump," "Coming 2 America") is an incredible standout in the leading role of Inez. Premieres Sept. 19. (Amazon Prime Video)
- "Robots" (R) In this sci-fi romcom that jumps to the year 2032, robot versions of humans are now

being used for all those mundane tasks, like shaving your legs or taking out the garbage or going out on that date you've been dreading. New couple Elaine and Charles know about that last one better than anyone; they send in their androids - E2 and C2 - whenever they can't be bothered to spend time with each other. But when E2 and C2 suddenly catch feelings for each other, they decide to steal their owners' identities and run away together. Elaine and Charles are forced to team up to stop the robots and get their lives back. Shailene Woodley and Jack Whitehall lead "Robots," out now. (Hulu)



#### From left, Gina Rodriguez, Everly Carganilla, Connor Esterson and **Zachary Levi star in "Spy Kids:** Armageddon."

"Cocaine Bear" (R) — For her fourth directorial feature film, Elizabeth Banks ("Charlie's Angels," "Movie 43") tries her hand at the horror genre, but with a campy comedic flair. Ray Liotta plays agitated cocaine kingpin Syd White, who sends two of his cronies into the forest to find duffels of cocaine that have gone missing. Meanwhile, a bear in the forest has long since discovered and ingested the cocaine, running rampant around the forest and attempting to kill everyone in sight. Keri Russell gives an admirable performance as concerned mom Sari, while Margo Martindale plays a hilarious park ranger named Liz. The film is dedicated to Liotta, who passed away almost a year before its theatrical release. Out now. (Peacock)

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- You can plant deciduous trees (trees that lose their leaves in the fall) strategically in order to reduce your heating and cooling costs. Their leaves grow in the spring, blocking summer's heating rays, but when winter comes, they fall off to let the sun in, warming things up
- · Keep nail-polish bottles easy to open by rubbing a little bit of petroleum jelly inside the cap of the bottle.
- M.C. in Arizona would like to know some alternative uses for hair conditioner. Here goes: use as a shaving lotion for legs or face; a makeup remover; ouch-free bandage removal; soften makeup brushes or paintbrushes before storage; get knots out of doll hair or costume wigs; wash delicates (think silks and pantyhose); rub on a shower rod to help curtain glide ef-

fortlessly; and lastly, soak a shrunken sweater in a conditioner/water solution to soften the fibers, then gently try

stretching the sweater back to size.

by Jo Ann Derson

- "Clean an egg carton very well. Flip it over and make slits in each egg cup. This works wonders as a child's card holder for card games." - L.P. in
- Use an empty paper towel roll to store plastic grocery bags. Just stuff to capacity. These "bag sticks" are easy to store in a drawer or even mounted on the side of a trash can with double-stick tape.
- When cleaning glass tabletops or chrome fixtures, try using newspaper instead of paper towels or rags. There is no lint left behind, and newspaper gives a better shine.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.



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# What's Hot In Hollywood

HOLLYWOOD — Can you believe the stink made over **Bradley Cooper** wearing a prosthetic nose to play musical genius **Leonard Bernstein**? Critics went as far as to say it was antisemitic. Actually, the record has been set straight by Bernstein's children who said, "Dad used to wear his gigantic prosthetic nose practically 24/7; he had his day nose and his night nose that he would sleep in." Bernstein even told his children, "If anyone is ever to portray me, they absolutely must wear a fat honkin' fake schnoz."

The corker is Cooper wore one of Bernstein's actual "honkers" while filming "Maestro," which had its world premiere at the Venice Film Festival on Sept. 2 and will be shown in theaters starting Nov. 22 before dropping via Netflix on Dec. 20.

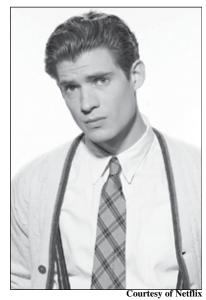
Has ageism struck Superman? Henry Cavill (40) began playing Superman/Clark Kent in "Man of Steel" (2013), then "Batman v Superman: Dawn of Justice" (2016), "Justice League" (2017) and "Black Adam" (2022). But the new powers that be, led by James Gunn, have decided to go with a younger Superman/Clark Kent.

They've cast **David Corenswet** (30), best known for several Netflix series, including "House of Cards," "The Politician" and "Hollywood." Corenswet also has an upcoming role in Apple TV+'s "Lady in the Lake," with **Natalie Portman**. Gunn offered, "Our story will be focusing on an earlier part of Superman's life." Lois Lane, formerly played by six-time Oscar nominee **Amy Adams** (49), will now be played by **Rachel Brosnahan** (33), "The Marvelous Mrs. Maisel" herself (for five seasons).

Many think they've made a big mistake by cutting Cavill, who is still the star of the Netflix series "The Witcher" (for three seasons). He is also the first-billed star of "Argylle," starring Sam Rockwell, Bryce Dallas Howard, John Cena, Dua Lipa, Ariana DeBose, Bryan Cranston, Catherine O'Hara and Samuel L. Jackson. The film is scheduled to release in theaters on Feb. 2, 2024, and then on Apple TV+ at a later date. Finally, Cavill has one more action film coming up — "The Ministry of Ungentlemanly Warfare," directed by Guy Ritchie.

Do we really need a reboot of "Frasier"? Paramount+ is resurrecting the series, which ran for 11 seasons from 1993-2004 and won 37 out of its 108 Emmy nominations. Dr. Frasier Crane (Kelsey Grammer) returns to Boston with new challenges, new relationships to forge and an old dream or two to finally fulfill. So far, Bebe Neuwirth (Lilith Sternin) and Peri Gilpin (Roz Doyle) are the only cast members returning. David Hyde Pierce (Niles Crane) and Jane Leaves (Daphne Moon) are not returning. However, Jack Cutmore-Scott ("Deception") has been cast to play Frasier's son.

Paramount+ begins airing the new show on Oct. 12, with episodes dropping every Thursday. But has too much time passed since "Frasier" ended? Most



David Corenswet ("Hollywood")

resurrection reboots don't last more than one season. We've got just two words to offer them: "Murphy Brown!"

HOLLYWOOD — Oscar winner Jamie Foxx (55) was on a fast- moving career train starring in four films this year when his train disappeared from the tracks. The speculation is that Foxx disappeared, too? Rumors floated that he was in a hospital, but no one was talking. Finally, sources claimed he'd suffered a stroke. Then reports surfaced from Foxx himself saying he was on the mend, but he never actually revealed what he was at the hospital for.

Foxx had already completed "The Burial" for Amazon Prime Video, co-starring **Tommy Lee Jones** (release date was Sept. 11), and "Tin Soldier," co-starring **Robert De Niro** and **Scott Eastwood** (no release date yet). And, recently, news came that he'll play God (did his near-death hospital experience connect him to God?) alongside **Mickey Rourke's** Devil in the comedy "Not Another Church Movie," with **Vivica A. Fox, Tisha Campbell** and **Jasmine Guy**.

The big question around Hollywood today is, how will CBS, NBC and ABC have their normal September premiere season with the actors' and writers' strikes still unresolved and the fact that they haven't even had meetings to resolve the issues? CBS will kick off this strike-impacted season with the premiere of "Yellowstone," starring Kevin Costner, Kelly Reilly and Cole Hauser. "Yellowstone" has already had a five-year run

on their parent company, Paramount+.

Also hailing from the streaming service is "Star Trek"

Picard;" "Star Trek: Short Treks;" "Star Trek: Strange New Worlds;" the reboot of "Twilight Zone;" "Mayor of Kingstown;" "1883" starring Isabel May, Tim McGraw and Sam Elliott; "1923" starring Helen Mirren and Harrison Ford; and Joshua Jackson's series "Fatal Attraction."

ABC's parent company is Disney, with Disney+ to give us all things "Star Wars," such as "The Mandalorian," "The Book of Boba Fett," "ObiWan Kenobi" — plus shows like "Willow," "The Right Stuff," "Hawkeye" and "The Mysterious Benedict Society."

NBC has Peacock, so expect series like "Brave New World," "Dr. Death," "Days of Our Lives: Beyond Salem," "The Lost Symbol," "One of Us Is Lying," "The Girl in the Woods," "BelAir," "Queer as Folk," "Vampire Academy," "The Calling" and "Irreverent." If you resisted paying for streaming services, you'll have a lot to watch.

If you're an old-movie fan, the best cruise ever was announced by Turner Classic Movies. It sails from San Diego on Nov. 6, stops in Cabo San Lucas, Mexico, on Nov. 8 and then stops in Ensenada, Mexico, on Nov. 10 before heading back to San Diego on Nov. 11. So far, the stars promised aboard are Kim Novak; Elliott Gould; Oscar winner George Chakiris; Judy Garland's daughter, Lorna Luft: and more.

Cabin prices started from \$3,600 per person for a single guest to \$1,900 per person for two guests, \$1,300 for three, and \$1,000 for four. Although it's sold out, there is a waiting list, and cancellations may become available ... which only proves nostalgia ain't cheap!



Jamie Foxx (Upcoming in "The Burial" and "Tin Soldier")

celebrity
extro

by Dana Jackson

Q: I just saw that "Captain America" star Chris Evans got married. Is his wife an actress? The last serious relationship I remember him having was with Jenny Slate. I was hoping that would work out. (I loved her in "Parks and Recreation.")

The last of the Hollywood Chrises has joined the other two (Chris Hemsworth and Chris Pratt) in wedded bliss by marrying his girlfriend, Alba Baptista, of almost two years during a ceremony in Cape Cod, Massachusetts. Baptista is a Portuguese actress whose most recent English-language films are the charming film "Mrs. Harris Goes to Paris" and the Netflix action series "Warrior Nun."

As for Evans and Jenny Slate, their relationship has been over since early 2018. They first started dating in 2016 after filming the movie "Gifted." He raved about her in interviews, saying "Sometimes you just meet the same animal, and that's just [what it's like] with Jenny."

Slate, who has been married before, found love again with writer and art curator Ben Shattuck. The couple wed last year and also have a little girl named Ida. While Evans and Slate made a cute couple, it appears they ultimately found happiness with others the way it was meant to be.

When is the "Frasier" reboot debuting? Also, I've heard conflicting information about where it will air. Will it be on Peacock or Paramount? — E.J.

A Kelsey Grammer returns to television as his iconic character Frasier Crane this fall on Paramount+. We first met the hilariously uptight psychiatrist on "Cheers." He was then given his own equally successful spin-off in the former show of "Frasier," a sitcom that won 37 Primetime Emmy Awards and continues to run in syndication and streaming to this day. Now Frasier returns to his roots in Boston for a new sitcom filmed before a live studio audience. Alas, the late John Mahoney is gone as Frasier's cranky father, Martin, and David Hyde Pierce is reportedly not returning as Frasier's brother, Niles.

A two-episode premiere of the new "Fraiser" will debut on Paramount+ on Oct. 12 with weekly episodes to follow. It's reported



Alba Baptista in "Warrior Nun"

that the same episodes will also air on CBS on Oct. 17 as a special event, but viewers will have to subscribe to Paramount+ to watch the rest of the season.

What was the name of the funny show Ted Knight did where he had two beautiful daughters? There was also a hilarious guy who lived in the home, too, or at least nearby. — L.D.

A: You're thinking of "Too Close for Comfort," which starred Knight as a cartoonist who worked out of his home in San Francisco. Nancy Dussault played his wife, and Lydia Cornell and Deborah Van Valkenburgh played his two grown daughters who rented the apartment below. Jim J. Bullock was a hoot as Monroe.

The show changed its name and concept to "The Ted Knight Show" during its final season. Sadly, the sitcom ended in 1987 after Knight lost his battle with cancer at the age of 62.

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

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# FAMILY FUN with a POP

### KID-FRIENDLY SNACKS AND TREATS PERFECT **FOR SHARING**

FAMILY FEATURES

hen hunger strikes and family fun calls for a snack to keep the excitement going, take your kiddos to the kitchen to whip up a tasty treat for all to enjoy. Whether you're celebrating a special occasion or watching favorite movies, turn to an ingredient like popcorn that encourages creativity. Plus, it's a delicious way for adults to turn back the clock and recreate childhood memories while making new ones with the family

- Consider these popcorn-inspired snacks to serve during your next adventure:

  Take yourself back in time to your own childhood with a classic pairing that never goes out of style: Peanut Butter and Jelly Popcorn. This version offers a fun way to jazz up popcorn for kids and adults alike with a sprinkling of strawberries and dried cranberries on top for added nutrition.
- When it's time for a little fun in the sun or a trip to the park, sweeten up the celebration with this Graham Cracker Picnic Mix that's a flavorful, kid-favorite combination of popcorn, bear-shaped graham crackers, marshmallows, fudge-covered pretzels and miniature cookies.
   Pizza is hard to beat as a snacking solution the whole family can enjoy,
- and this Grab and Go Pizza Popcorn is no exception. Ready in just minutes by mixing popcorn, Parmesan cheese and seasonings, little ones can help prepare a batch quickly before heading out the door.
- Colorful and fun, these Minty Green Popcorn Clusters are simple to make and a perfect treat to share. Just melt together marshmallows, butter, salt, green food coloring and peppermint extract before tossing with popcorn and green candy-coated chocolates

To find more family-friendly snack time favorites, visit Popcorn.org.



### **Graham Cracker Picnic Mix**

Yield: About 12 cups

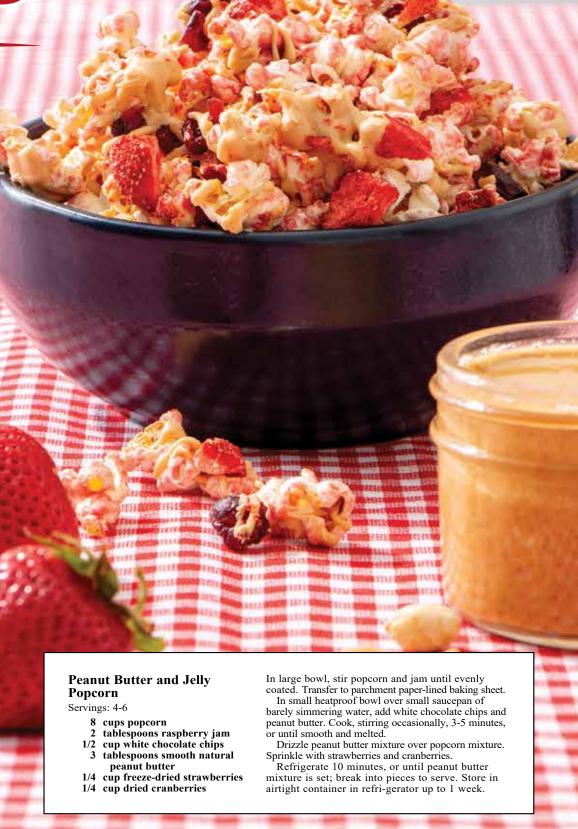
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 5-6 drops pink neon liquid food color or desired color
- 1/2 cup unpopped popcorn kernels
  - package mini pastel marshmallows cup bear-shaped graham crackers
  - package white fudge-covered pretzels
- cup mini cookies

In large pot over medium heat, stir oil, sugar and food coloring.
Stir in popcorn kernels; cover. Cook until popcorn begins to pop. Shake pot

over heat until popping slows.

Remove pan from heat and pour popcorn into large bowl.

Add marshmallows, graham crackers, pretzels and cookies then toss lightly





### Grab and Go Pizza Popcorn

Yield: 6 quarts

- 6 quarts popped popcorn olive oil cooking spray
- 1 cup grated Parmesan
- 2 teaspoons garlic salt
- 2 teaspoons paprika 1 tablespoon Italian
- seasoning

Place popcorn in large, sealable plastic container or 2 1/2-gallon

plastic sealable bag.

Spray popcorn lightly with

cooking spray.

Sprinkle cheese, garlic salt, paprika and Italian seasoning over popcorn and shake to distribute evenly.

To serve, scoop popcorn into reusable plastic cups.



### **Minty Green Popcorn Clusters**

Yield: 32 clusters

- 12 cups unsalted, unbuttered,
- popped popcorn
- cups mini marshmallows tablespoons butter or light olive oil
- 1/2 teaspoon salt
- tablespoon green food coloring

1/4 teaspoon peppermint extract 1 cup green candy-coated chocolate candies

Place popcorn in large mixing bowl. In saucepan over medium heat, melt marshmallows, butter and salt, stirring occasionally, until smooth. Remove from heat; stir in food coloring and peppermint extract.

Toss marshmallow mixture with popcorn; cool 2-3 minutes, or until cool enough to handle. Toss with chocolate candies.

Shape 3 tablespoons of popcorn mixture into small cluster; repeat with remaining popcorn mixture. Place on wax paper-lined baking sheet; cool completely.

### **Good Housekeeping**

### Walnut-Crusted Chicken Cutlets

This quick and easy chicken recipe is ready in less than 30 minutes.

- Olive oil nonstick cooking spray
- 1/2 cup panko (Japanese-style breadcrumbs)
- 1/8 teaspoon ground red pepper (cayenne) Salt and pepper
- 1/2 cup walnuts, toasted and cooled
- 1/4 cup fresh parsley leaves, loosely packed
- 1 large egg white
- 1 teaspoon Dijon mustard
- 1/2 pound chicken-breast cutlets, thinly sliced
- 1. Heat oven to 450 F. Place rack in 15 1/2-by-10 1/2-inch jelly-roll pan; spray pan and rack with cooking spray.
- 2. On large dinner plate, combine panko, ground red pepper, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper. In food processor with knife blade attached, blend walnuts and parsley until nuts are finely chopped; toss with panko mixture until well-blended. Set aside.
- In pie plate, whisk egg white and Dijon until well-mixed.
- 4. One at a time, dip 1 side of each cutlet in egg-white mixture, then into walnut mixture to coat side evenly; press firmly so mixture adheres. Arrange chicken on rack in jelly-roll pan, coated-side up; lightly spray with cooking spray.
- 5. Bake chicken 10 to 12 minutes or until topping is golden-brown and chicken is no longer pink throughout. Serves 6.
- Each serving: About 215 calories, 8g total fat (1g saturated), 66mg cholesterol, 280mg sodium, 5g total carbohydrate, 1g dietary fiber, 29g protein.

### **Good Housekeeping**

### Italian Sausage and Potatoes

The dynamic duo of pork sausage and peppers gets even heartier when earthy red potatoes are added. To cut out some of the fat, try this dish with turkey sausage instead.

- pound sweet and/or hot Italian sausage, cut crosswise into thirds
- I pound small red potatoes, each cut in half
- 1 large (about 1 pound) onion, cut into 12 wedges
- 2 red and/or yellow peppers, cut lengthwise into 8 pieces 1 tablespoon olive oil
- 1. Heat oven to 450 F.
- 2. In 15 1/2-by-10 1/2-inch jelly-roll pan, combine sausages, potatoes, onion, peppers, olive oil, 1/2 teaspoon salt and 1/4 teaspoon black pepper; toss to coat.
- 3. Roast sausage mixture 30 to 35 minutes or until potatoes are fork-tender and sausages are lightly browned, stirring once halfway through roasting.
- Each serving: About 545 calories, 32g total fat (12g saturated), 80mg cholesterol, 925mg sodium, 37g total carbohydrate, 5g dietary fiber, 20g rectain.



by Healthy Exchanges

### Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let's gather family and friends together for one last chance to have fun in the sun. We'll provide a tasty salad dish!

- 2¾ cups chopped fresh broccoli
- 1/4 cup raisins
- cup unpeeled, cored and chopped Red Delicious apples
- 1/4 cup finely chopped red onion
- 1/4 cup bacon bits
- 1/3 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free mayonnaise 1 tablespoon white vinegar Sugar substitute to equal 2 teaspoons sugar
- In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.
- In a small bowl, combine mayonnaise, vinegar and sugar substitute.
   Add mayonnaise mixture to broccoli mixture. Mix well to combine.
- 3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.
- Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

### **Good Housekeeping**

### Easy Pea Risotto

This no-fuss risotto recipe is made in the microwave — in 30 minutes!

- I can (14 to 14.5 oz) chicken broth
- 21/4 cups plus 2 tablespoons
- water
- l pound frozen peas
- 1 tablespoon olive oil 2 cups Arborio or Carnaroli
- 1/2 cup freshly grated Parmesan cheese, plus shaved Parmesan for garnish
- 1. In 2-quart covered saucepan, heat chicken broth and 2 1/4 cups water to boiling on high.
- 2. Meanwhile, in large microwave-safe bowl, place peas and 2 tablespoons water; cover with vented plastic wrap and microwave on High 4 minutes. In blender, combine 1 1/2 cups peas and 1/4 cup hot broth mixture. Remove center part of blender top; cover blender and blend peas and broth mixture until pureed. Set remaining peas aside.
- 3. In microwave-safe 3 1/2- to 4-quart bowl, combine olive oil and rice. Cook, uncovered, in microwave on High 1 minute. Stir in remaining hot broth mixture; cover bowl with vented plastic wrap and cook in microwave on Medium (50 percent power) 10 minutes, stirring once half-way through cooking.
- 4. Stir in pea puree; cover with vented plastic wrap and cook on Medium (50 percent power) 8 minutes longer or until most of liquid is absorbed. Stir in Parmesan, 1/4 teaspoon salt, 1/4 teaspoon freshly ground black pepper and remaining peas.
- 5. To serve, spoon risotto into 4 shallow serving bowls and garnish with shaved Parmesan cheese. Serves 4.
- Each serving: About 590 calories, 7g total fat (2g saturated), 8mg cholesterol, 735mg sodium, 106g total carbohydrate, 7g dietary fiber, 20g protein.

# Comfort foods Made fast and healthy

### by Healthy Exchanges

### Baked Caramel-Apple-Pecan Pie

Autumn is here, and if you love fresh apples like I do, now is the time to savor desserts like this one!

- 1 purchased refrigerated unbaked 9-inch pie crust
- 1 (4-serving) package sugarfree vanilla cook-and-serve
- pudding mix l cup water

- 1 teaspoon apple-pie spice or ground cinnamon
- 4 cups cored, peeled and sliced cooking apples
- 1/4 cup chopped pecans
- 1/4 cup fat-free caramel topping
- 1/2 cup reduced-calorie whipped topping
- 1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.
- 2. In a medium saucepan, combine dry pudding mix, water and apple-pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine.
- 3. Spoon hot mixture into prepared pie crust. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.
- Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

### **Good Housekeeping**

### Touchdown Teriyaki Chicken Wings

- 1/2 cup sesame seeds
- 1 cup soy sauce
- 1 cup grapefruit juice
- 1/4 cup hoisin sauce
- 1/4 cup ketchup
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar
- 5 cloves garlic
- 3 tablespoons ginger
- 4 pounds chicken wings
- 1. Whisk together all ingredient except chicken. Place chicken wing n a large zip-top food storage bag our marinade over wings, seal band turn to coat evenly. Refrigerate a east 2 hours, or up to overnight.
- 2. Heat grill to medium-high temove chicken wings and discar narinade. Grill 8 to 10 minutes pe ide, turning occasionally, until gold n brown and cooked through.

### **Good Housekeeping**

### Grilled Sausage Subs With Apple Slaw

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

- 4 bratwurst links
- 2 large unpeeled Granny Smith apples
- 1/2 small red onion
- 1/3 cup mayonnaise
- 1 tablespoon cider vinegar
- 1 teaspoon spicy brown mustard
- 1/4 teaspoon celery salt
- 4 hoagie rolls
- Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.
- Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

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Theft on the 1400 block of North Honore Street.

Assault on the 1000 block of West Addision Street

Assault on the 500 block of West Webster Avenue.

**Theft** on the 3500 block of North Broadway.

Theft on the 1900 block of West Addison Street.

Theft on the 800 block of West Wellington Avenue.

Assault on the 1400 block of North Sedgewich Street.

Assault on the 5800 block of North Ridge Avenue.

Theft on the 1000 block of West Addison Street.

Vandalism on the 700 block of West Briar Place.

block of West Barry Avenue.

Theft on the 2000 block of West Farragut Avenue.

Theft on the 2300 block of West Irving Park Road.

Theft on the 900 block of West Huron Street.

Theft on the 600 block of West Patterson Ave-

Theft on the 2600 block of North Elston Avenue.

Theft on the 600 block West Montrose of Drive.

Assault on the 1600 block of West Foster Avenue.

Theft on the 1800 block of West Fullerton Avenue.

Theft on the 4900 block of North Clark Street.

Assault on the 500 block of West Belmont Avenue.

Theft on the 2100 Assault on the 5700 block of North Broadway.

> Assault on the 1100 block of North Cleveland Avenue.

> Theft on the 3600 block of North Recreation Drive.

> Assault on the 1100 block of North Larrabee Street.

> Theft on the 1000 block of North Crosby Street.

> Theft on the 1000 block of North Lake Shore Drive.

> Theft on the 1800 block of West Fullerton Avenue.

> Theft on the 700 block of North Morgn Street.

Burglary on the 2500 block of West Pensacola Avenue.

Theft on the 600 block West Montrose of Drive.

Theft on the 1500 block of North Clybourn AveVandalism on the 600 block of West Buena Avenue.

Assault on the 1100 block of West Wilson Avenue.

Assault on the 3000 block of North Elston Avenue.

**Shooting** on the 4600 block of North Central Avenue.

Robbery on the 2000 block of North Western Avenue.

Theft on the 4500 block of North Paulina Street.

Vandalism on the 3400 block of North Pulaski Road.

Assault on the 4100 block of North Sacremento Avenue.

Theft on the 1400 block of North Honore Street.

Assault on the 1000 block of North Addison Street.

Assault on the 500 block of West Webster Avenue.

Theft on the 3600 block of North Broadway.

Assault on the 6200 block of North Hoyne Avenue.

Theft on the 800 block of West Wellington Avenue.

Vandalism on the 1500 block of North Western Avenue.

Theft on the 1900 block of West Addison Street.

Assault on the 5800 block of North Ridge Avenue.

Vandalism on the 1400 block of North Campbell Avenue.

Theft on the 2800 block of West Belmont Avenue.

Assault on the 2600 block of West Crystal Street.

Assault on the 3000 block of North Elston Avenue.

Shooting on the 4600 block of North Central Park Avenue.

Shooting on the 2100 block of West Jarvis Avenue.

Assault on the 3000 block of North Elston Avenue.

Robbery on the 2000 block of North Western Avenue.

Assault on the 500 block of West Belmont Avenue.

Assault on the 5700 block of North Broadway.

Assault on the 4400 block of North Kimball Avenue.

Theft on the 3400 block of North Kedvale Avenue,

Theft on the 3400 block of North Avers Avenue.

Theft on the 4800 block of North Ridgeway Avenue.

Theft on the 1000 block of West Addison Street.

Vandalism on the 700 block of West Briar Place.

Theft on the 5200 block of North California Avenue.

Theft on the 2100 block of West Barry Avenue.

Theft on the 3400 block of North Whipple Street.

Assault on the 3500 block of West Wabansia Avenue.

**Theft** on the 2400 block of North harding Avenue.

Theft on the 2300 block of West Irving Park Road.

Assault on the 2100 block of West Granville Avenue.

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# **COMMUNITY ALERT**

### **18th district • Strong Armed Robberies**

This alert gives notice to citizens of Strong Armed Robberies on beats 1811 and 1812. Offenders approach female victims and demand property. If victims refuse, offenders punch victims about the head and body to gain control of victim's property.

### **INCIDENT TIMES AND LOCATIONS:**

2200 block of North Sheffield, September 09, 2023 at 1:00am. 900 block of West Fullerton, September 09, 2023 at 1:20am

**BOUT THE CRIME:** 1200 block of West Ful- Do not keep ID's, credlerton, September 09, 2023 at 1:30am

#### **OFFENDER DESCRIPTIONS:**

3-4 male African Americans, 5'6-5'8 in height, 20-26 years old, wearing black face masks and black hooded sweatshirts. Offenders demand property stating "Give me everything" or "Give me all you got."

### WHAT YOU CAN DO?

Be aware of your surroundings.

Do not walk with your cellphone in hand.

it cards and money in cell phone case.

Walk in groups of people.

Stay on lighted streets. Call 911 for suspicious autos and persons.

Pay special attention to suspicious individuals in the area and alert the Police.

Establish a relationship with neighbors.

If you have any information, Contact the Bureau of Detectives – Area 3 (312)744-8263

## **Amplify Autumn Curb Appeal**

## 5 home renovation projects to tackle this fall

FAMILY FEATURES

ith lower temperatures and milder conditions, fall provides a perfect opportunity to tackle that home renovation to-do list. Whether you plan on making minor improvements or wholesale changes are on the horizon, taking on a few DIY projects can help you boost your home's curb appeal (and its value) while also prepping for colder weather in the days ahead.

Making investments now – like putting time and money toward long-term energy efficiency – can pay off down the road, whether you're planning for a potential sale or simply looking to get more enjoyment out of your home. Plus, many exterior upgrades can be completed by homeowners, meaning there's no need to hire a professional when it's time to give your home a refresh.

Beautify those dull areas, boost resale

Beautify those dull areas, boost resale value and add comfort with these ideas from the experts at Westlake Royal Building Products, a manufacturer of high-quality, low-maintenance products designed to meet the specifications and needs of building professionals, homeowners, architects, engineers and distributors.

#### Add or Replace Shutters

As a classic exterior design element, shutters can add instant charm to your home. With a variety of materials and colors to choose from, you can add shutters that suit your style and budget to give your home a more polished look. If it's already adorned with shutters, consider updating them with newer styles for a fresh appearance.

#### Upgrade with Stone Veneer

Natural and textured home trends continue to rise, leading many building pros and homeowners to gravitate toward stone veneer, or manufactured stone, as it can replicate the look of real stone. The wide



range of exterior and interior applications means you can add comfort, character and beauty while complementing your existing style. Consider an option like Versetta Stone from Westlake Royal Building Products, which offers homeowners an authentic, hand-crafted look in a panelized format that's easy to install with nails and screws. There's no need to paint, coat or scal once installed for a low-maintenance solution for accent walls, fireplaces, siding, entryways and walkways.

#### **Refresh Porch Columns**

Routine cleaning is one way to maintain porch columns, but if they're rotting or splitting, consider PVC porch column wraps for a visual transformation. Easy and often affordable, they're durable and decorative to fit existing columns or poles and can be painted to match your exterior color palette. They're resistant to pests, moisture and weather damage for long-lasting and nearly maintenance-free upgrades.

#### **Invest in Insulated Siding**

Good insulation is key to keeping your home warm, cozy and weather-proof during colder months. While there are many ways to upgrade the insulation of your house, some homeowners are turning to insulated siding for a long-term solution. Long-lasting, weather-proof, durable and aesthetically pleasing, CraneBoard Solid Core Siding from Westlake Royal Building Products offers a cost-efficient way to beat the cold. It's low maintenance, built to last and withstands temperature fluctuations and hurricane force winds for a highly functional option to keep cold out for years to come.

#### **Update the Driveway**

Whether you're looking to make some simple updates or it's time for a complete renovation, showing your driveway some love can significantly improve your home's curb appeal. Adding an address post with a hanging basket or planting trees, shrubbery or flowers along the sides lends immediate aesthetic improvement. For added low-light visibility and visual appeal, install lights along the perimeter to help the greenery stand out in the evening. If you're ready for a major overhaul, consider upgrading the driveway using cobblestone, pavers or stamped concrete.

To find more ways to boost curb appeal this fall, visit WestlakeRoyalBuildingProducts.com.

# AGING GRACEFULLY AT HOME

### 3 stylish safety and mobility products

FAMILY FEATURES

hile aging is inevitable, it doesn't mean you can't do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options, from the clothing they wear to products they use every day. Choosing more 'stylish' safety accessories is one way to go.

To improve quality of life and inspire confidence, Medline, a leading provider of consumer medical products, teamed up with Martha Stewart to introduce the Martha Stewart Home Comfort Care Collection. The line of design-inspired safety and mobility products combines sophisticated design and dependability to help those who use them look and feel their best.

"We are excited to enter into this unique partnership," said Dawn Freitag.

"We are excited to enter into this unique partnership," said Dawn Freitag, Medline senior marketing manager. "Martha Stewart's signature style has always set the standard for better, more enjoyable living and this line of mobility and bath safety products is no exception. We believe these fashionable, modern designs along with our top-rated quality and value pricing will help seniors live their happiest, healthiest lives with exceptional safety, security and style."

Consider these supportive care products to maximize style and safety, and find the full collection by visiting athome medline.com.



### For the Bathroom

The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Beyond securely-attached bath mats and grab bars, the Martha Stewart Euro-Style Shower Chair allows you to sit while showering for extra peace of mind. With built-in handgrips and a backrest for comfort, the rust-resistant chair also features adjustable, push-button height settings to improve stability and built-in Microban protection to resist mold and mildew.

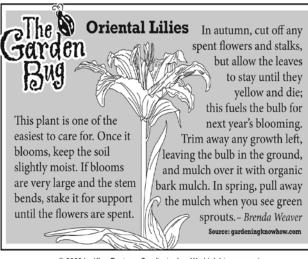
### In the Bedroom

There are numerous products designed to maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an Adjustable Bed Assist Bar slides around the side of the mattress without floor legs that may pose a tripping hazard to offer support.
 With a stylish faux woodgrain bag design and neutral color, the bar seamlessly blends in with bedding and linens to provide both function and flair.



### Around the Home

The right mobility aid can help you navigate your home. One option, the Adjustable Rolling Walker, combines a chic, sporty checked pattern with renowned functional features to help you easily stand and walk safely and independently. Its smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home while push-down, locking brakes are ready for a rest stop at any time. Plus, it easily folds for travel and storage, and features under-seat storage and adjustable easy-grip handles for a custom fit and fashionable function.



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- Planting new trees and shrubs in early fall will give them about two months to establish root systems before the ground freezes.
- Keeping all your plants, shrubs and trees well-watered throughout the fall keeps them unstressed as they approach dormancy.
- Walk around your garden, taking notes as you go. What worked well this year's growing season, and what didn't? Take photos, write in a journal or perhaps use a phone app to record your observations. Are there bare areas? Enough privacy from neighbors or roadways? Are your goals being met?
- Brenda Weaver

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- If frost is forecast, cover tender plants, such as tomatoes, cucumbers and squash. It doesn't take much to damage or kill them.
- Finish harvesting, and dry, freeze and/or
- can your fruits and vegetables. • Start saving your seeds of vegetables,
- flowers, and herbs. • Divide perennials, replant and/or share
- with friends.
- Bring houseplants in from outdoors; check for bugs and diseases, and apply controls.
- Stop fertilizing roses, and remove dead blooms and foliage. - Brenda Weaver

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### Quotes worth your time

"The secret to creativity is knowing how to hide your sources."

- Albert Einstein

"Always forgive your enemies; nothing annoys them so much."

- Oscar Wilde

"Light travels faster than sound. This is why some people appear bright until they speak."

- Steven Wright

"Responsible, who wants to be responsible? Whenever something bad happens, it's always who's responsible for this?"

- Jerry Seinfeld

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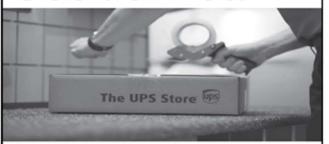
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# Comics

### Out on a Limb

### by Gary Kopervas



### **Amber Waves**

by Dave T. Phipps







The Spats

by Jeff Pickering

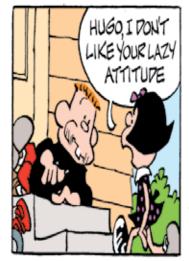






### TIGER

by BUD BLAKE















### Puzzles4Kids by Helene Hovanec

IDDLE SEARCH - FRIENDLY

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

BUBBLY BHELBAKI **BUDDY-BUDDY** CHUMMY A M A R L COOL FAMILIAR M D G N V 0 GIVING GOOD HUMANE Ν LIKABLE В Ν LOVING ESUUE LOYAL NEIGHBORLY S SOCIAL INGOODM SUNNY USEFUL NEIGHBORLY WARM

# HOCUS-FOCUS HENRY BOLTINOFF

Find at least six differences in details between panels.



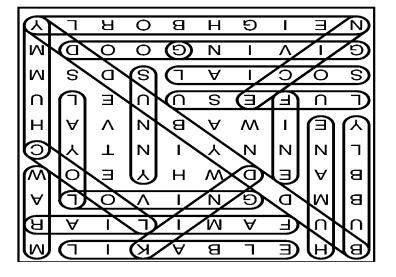
Differences: 1. Plant is missing. 2. Doll's hair is shorter. 3. Socks are shorter. 4. Horn is missing. 5. Shirttail is different. 6. Wheel is missing.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer: When it waves.



## Set Children Up for DAY CARE SUCCESS



Photos courtesy of Getty Images

FAMILY FEATURES ong days of school, first trips to day care or even a return from a period of at-home care can be difficult or downright nerve-wracking for parents and children alike. This new adventure can bring challenges from keeping children healthy to supporting their nutrition and more. Sending a little one to day care can even result in maternal

To help alleviate some of the anxiety and parental concerns, the childhood nutrition experts at Gerber teamed up with Dr. Whitney Casares – a board-certified practicing pediatrician and creator of "Modern Mommy Doc" – to share these tips for families preparing their little ones for child care.

#### Keep Important Factors Top of Mind

As part of appreciating the milestone of the first time at day care, Casares encourages parents to remember that, while daunting, day care means new experiences, new friends and opportunities for growth, fun and healthy development. As part of the transition, she suggests paying attention to critical factors like sleep, nutrition, illness prevention and emotional development

#### Support Their **Immune Systems**

Offer little ones a diverse array of nutritious foods during the transition to day care. A diet rich in fruits, vegetables and whole grains is essential for building immune systems. Additionally, iron-rich foods like iron-fortified baby cereals, eggs, beans and meat are critical for a strong body Caregivers should frequently wash hands and focus on good sleep hygiene.

#### **Put Nutrition on** the Menu

When packing lunch boxes for a day of care, it's important to keep nutrition in mind. Once children transition to finger foods, Casares recommends snacks from Gerber like Peach Puffs, Fruit and Veggie Melts and Wonderfoods Superfood Hearts, which come in a variety of flavors and include vital nutrients to optimize health.

#### Be Prepared for Separation Anxiety

Not all infants and toddlers experience separation anxiety, but many can, so it's good to be prepared. Casares encourages parents to pack a familiar swaddle blan-ket in infants' diaper bags to help ease those anxieties. Some toddlers benefit from having a beloved stuffed animal or blanket with them. Try introducing these transitional objects to little ones early so they smell and feel familiar when dropoff comes around.

#### Pack the Essentials

While nutritious foods, like Gerber Fruit and Veggie Pouch Blends, are certainly near the top of the list, there are plenty of other essentials to pack for each day. Don't forget to add breast milk or formula, bottles and extra nipples alongside snacks and meals. Also remember to pack extra sets of clothes, diapers, wipes and those anxiety-soothing must-haves like blankets and stuffed animals.

#### Prepare for Appetite Changes

It's common for children's appetites to decrease during their first few days of child care as they may eat a little less while growing accustomed to their new environment and surroundings. There's no need to worry – parents can adapt to these changes by understanding they're often a natural part of the transition. While you may find little ones are hungrier before and after day care, this behavior should ease over time. If it doesn't, schedule an appointment with your pediatrician to be

To find more childhood nutrition advice,

### Strengthen the Family Connection with **Nostalgic Activities**

FAMILY FEATURES

n spite of returning to busy school-day schedules and never-ending to-do lists. most families want to maintain a sense ▲ of connectedness all year round. Special moments with your family start by leaving behind that checklist, setting smartphones aside and saving responsibilities for tomorrow.

If you eatch yourself reminiscing about the goodness you grew up on, turning back the clock and showing your kiddos what childhood was like for you is one way to foster a better connection with your kids. Throw it back to your childhood with these family-favorite activities to enjoy at the breakfast table, after school or over a weekend.

### Read Favorite Books

Take it a more educational route and hook your children on a favorite novel, short story or book series. You can introduce them to favorite genres popular characters or specific authors then head to the library to search the shelves. In fact, you could be giving them a leg up on English class; literature from your days in the classroom might still be read in schools today.

### Share the Goodness You Grew Up On

Childhood in the '80s and '90s meant schoolday mornings with cartoons and delicious breakfasts. Classics like Cinnamon Toast Crunch, Lucky Charms and Cheerios were good then and are even better now with 20% the daily recommended value of Vitamin D – twice the previous amount. Vitamin D is essential for building and maintaining strong bones but is often under-consumed, according to the National Health and Nutrition Examination Survey, with 96% of all Americans ages 2 years and older falling short on this key nutrient.

"Cereal has the same great taste as when parents were kids and now even better nutrition," said Amy Cohn, registered dictitian and senior nutrition manager at General Mills. "Affordable, accessible nutrition doesn't have to be complicated or break the bank - and it can be as easy as a bowl of cereal beloved by multiple generations

### Get Outside and Explore

Tech devices from tablets to video game consoles often dominate kids' free time, but you can

open their minds to a whole new world with a little outdoor exploration. Climb aboard bicycles (and strap on those helmets) for a cruise around the neighborhood or enjoy bird watching from the comfort of the backyard. If you're on the adventurous side, gather a tent and s'mores supplies for a night or weekend in the great outdoors

### Watch Classic Movies

No VCR, no problem. A range of streaming services available at your fingertips means you can watch remastered classics just using a smart TV or casting device. Whether it's a Spielberg favorite, original superhero flick or comedy classic, an abundance of kid-friendly movies from the video rental days are ready to watch online.

### 5 ways to share childhood classics with your kids



### **Play Board Games**

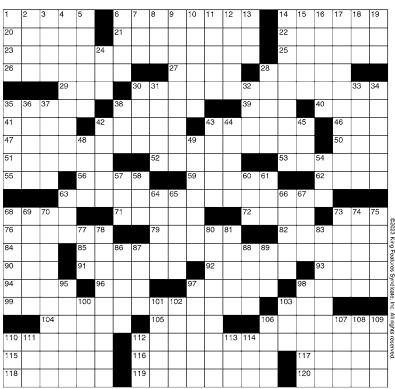
Another way to turn kids' attention from screens to the physical world is to dust off those old board games for some fun at the dining room table. Start with the basics like checkers or, with older children, jump straight into strategy-based brain games like chess for a dose of friendly competition.

For more ways to share your childhood with the next generation, visit GeneralMills.com.



# Crossword

**Super** Crossword



**ACROSS** 1 Mess up on 6 Dismiss, as

an ill student 14 Pause marks 20 Skunks'

defenses 21 Quick size-up 22 1998 Masters winner Mark 23 Giving an officer a leg

26 Neighbors of Czechs 27 Composes 28 "Li'l" fellow

29 Previous to 30 Food favored by logicians? 35 Belgrade citizens

38 Impish kids 39 Extra NFL 84 Winnipeg's periods 40 Spill a secret Abbr. 41 Lake fed by the Huron reservation 42 Port-audoesn't get

Prince's place 43 2017-19 labor 90 News agcy. secretary Alexande

setting off big

founded in 1958 paper sheets 92 Totally fills

51 Airing of ads on the tube 52 Eveliner flaw 53 Least plentiful 55 Archaic verb 56 Warty hopper

50 - 'n' cheese

62 Busy insects

63 Two things a

in cold

weather?

68 — -Cola 71 St. Teresa's

birthplace

73 Neighbor of

79 Finger or toe 82 MRI

72 Chili bit

76 Leaves

baby might be wearing

Turner 96 Mined stuff 97 Female hip-hopper 98 Self-indulgent outing 99 Comment

94 Actress

getting a chance to sit down? 103 "The Raven 104 Typical 105 In perfect condition

106 Not mixing well with others 110 Thirty tripled 112 Ruling house enjoying great

prosperity? 115 Comparable 116 Get robots 117 Kate's mate on 1980s TV

118 Part of BBB 119 Rubs the wrong way 120 Bed boards

DOWN 1 Janitorial

tools 2 Revered sort

a motor

5 "Star Wars" won seven of them 6 Weeps noisile 7 Musician 8 S.Sgt. or

M.Sat

9 Tyranny 10 Pay-to-stay places 11 Sheep related 12 High-IQ club

13 Minuscule bit of work 14 Jet engine part that includes the

igniter 15 Muscat-eer? 16 Most trifling 17 Guys wearing dding rings weaaing 18 "My lips 19 In a blue

24 Barely get. with "out 28 "Don't surprised!

30 Londoner, e.g. 31 Author Joyce Carol

32 Unskilled PC

4 Torque transmitter in 33 Marlins' and 34 Decides (to)

35 Pick up on 36 Blow up 37 Big name in photocopiers 38 Happy hour 42 Great

75 Dickinson of

77 Sporty

English

78 Supreme

81 Natives of Bangkok

Court's Sonia 80 "Let's move!"

83 Many a video

"Roxanne

87 Design detail 88 Raison d'—

95 Thumbs-up

98 Part of ASAP

101 Love, to Gigi

102 Regional flora

and fauna

103 — -Ops (CIA tactics)

106 Yemeni city

Juanita

"Così fan —'

100 Mozart's

(cheese type)

89 — Paese

43 "— of angels coming after me" ("Swing Low, Sweet 44 Chocolate substitute

devastation

45 Santa -48 Comics' Kett 49 Like Mutant Ninja Turtles 54 Actress Issa 57 Alias letters

58 Actor Patel 60 Corn holder 61 Garden tool 63 Jelly holder

65 Full of energy 66 Tijuana treats
67 Wild about
108 Toiling away
109 Strong alkali 109 Strong alkalis 68 Fluffy clouds 110 Collar 69 Comparable 111 Singer Turner

70 Team of dogs 113 "Illmatic" on the force

by Sam Mazzotta

### Can This Dog be Trained?

**DEAR PAW'S CORNER: Recent**ly, a new member joined our family: a toy poodle mix named Petey who was rehomed by an acquaintance who said they just couldn't handle him and that he was untrainable. Petev is 4 years old, bounces everywhere, and loves to play soccer by catching a ball and then bouncing it off of his front paws back toward me. He's incredibly smart, but training him has indeed been a challenge. I know the previous owners never made an effort to train him in basic obedience, and they left him alone for days at a time. His housetraining is spotty. How can I make the training process faster and easier for both of us? — Doug L., Burlington, Vermont

DEAR DOUG: You've taken on a real challenge: a smart, independent and energetic dog. Petey sounds like a wonderful little guy, though, and I'm so glad you've added him to your family and committed to his well-being.

Building trust with Petey is important so that he knows what to expect from you and the rest of the family. Do that by adhering to a schedule: walks, feeding and training at the same time each day, with as little deviation as possible.

Obedience-training a smart and independent dog requires you to be smart about training, too. Petey needs to know the house rules, and he must want to do the things you're asking him to do (or not do). Look into positive reinforcement methods like clicker training (https://www.akc.org/expert-advice /training/clicker-training-your-dogmark-and-reward/). Commit to a consistent training regimen so that desirable behaviors are reinforced and negative ones are discouraged. Work with a trainer if you are still struggling with Petey after a few weeks.

Send your tips, comments or questions to ask@pawscorner.com.

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# Glassifie

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Now you can promote your web site in our print edition of Lakeview Newspaper with an ad for \$80.00 per month. Having a web site and hoping that new customers discover you on line is a bad way to promote your business. Now you can reach the comm .unities of Lakeview, North-Square Center, Lincoln Village at reasonable cost per month. See page 6 of this edition for

an example of how your ad could look. Mail your check with your ad to J2 Associates, P.O. Box Chicago, IL 60657. Must be dated by the 20th of this month the following months

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Classified advertising rates. First 2 lines are \$15 then \$3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by October 12th. There are 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to:

J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657. Please run the ad times.

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### Weekly SUDOKU

Answer

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**Super** Crossword ———

Answers

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# Horoscope



ARIES (March 21 to April 19) After much traveling this year, you're due for some settled time with family and friends. Use this period to check out situations that will soon require a lot of serious decision-making.

TAURUS (April 20 to May 20) Keep that keen Bovine mind focused on your financial situation as it begins to undergo some changes. Consider your money moves carefully. Avoid impulsive investments.

**ĜEMINI** (May 21 to June 20) You'll need to adjust some of your financial plans now that things are changing more quickly than you expected. All the facts you need haven't yet emerged, so move cautiously.

CANCER (June 21 to July 22) Personal and professional relationships dominate this period. Try to keep things uncomplicated to avoid misunderstandings that can cause problems down the line.

LEO (July 23 to August 22) That elusive goal you'd been hoping to claim is still out of reach. But something else has come along that could prove to be just as desirable, if only you would take the time to check it

VIRGO (August 23 to September 22) This is a good time to get away for some much needed rest and relaxation. You'll return refreshed and ready to take on the workplace challenge that awaits you.

LIBRA (September 23 to October 22) Confidence grows as you work your way through some knotty situations. Watch out for distractions from well-meaning supporters who could slow things down.

SCORPIO (October 23 to November 21) Consider spending more time contemplating the possibilities of an offer before opting to accept or reject it. But once you make a decision, act

SAGITTARIUS (November 22 to December 21) You're in a very strong position this week to tie up loose ends in as many areas as possible. Someone close to you has advice you might want to heed.

CAPRICORN (December 22 to January 19) Congratulations! This is the week you've been waiting for. After a period of sudden stops and fitful starts, your plans can now move ahead with no significant disruptions.

AQUARIUS (January 20 to February 18) You're in an exceptionally strong position this week to make decisions on many unresolved matters, especially those involving close personal relationships.

PISCES (February 19 to March 20) This week starts off with some positive movement in several areas. A special person becomes a partner in at least one of the major plans you'll be working on.

BORN THIS WEEK: You work hard and get things done. You also inspire others to do their best. You would do well heading up a major corporation.

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### Weekly **SUDOKU**

by Linda Thistle

7				5				8
	1				7		3	
		6	2			1		
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		2	8			4		
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

♦ Moderate ♦ ♦ Challenging **♦♦♦** HOO BOY!

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