

**3 TIPS TO TAKE CARE OF
CAR MAINTENANCE**

Page 11

**ADDRESSING YOUR
CHILDREN'S CHALLENGING
BEHAVIORS**

Page 12

FEBRUARY 2024

FREE It's our 28th Anniversary
Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square



February, 2024

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

Volume 28, Number 3

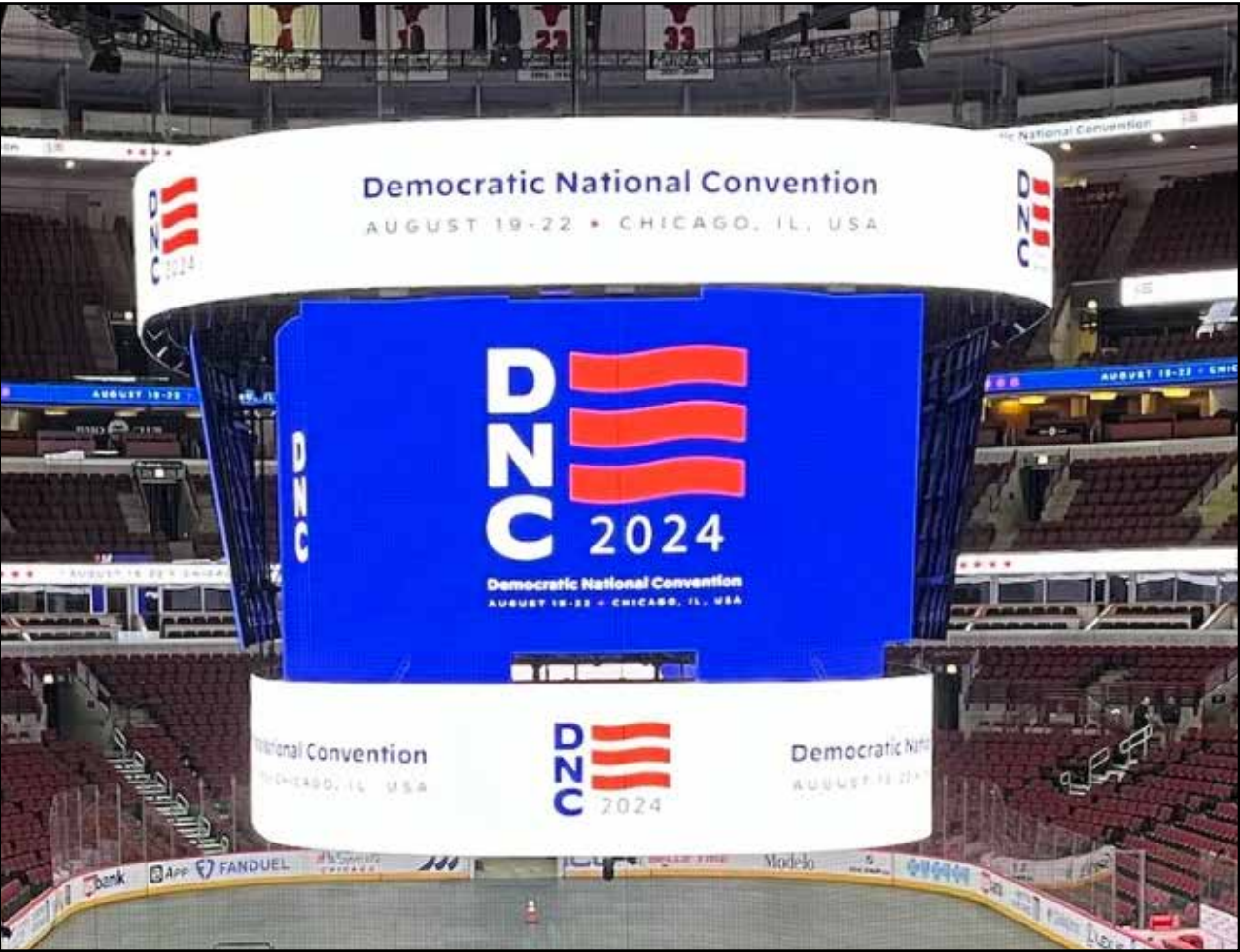
**IT'S ALL ABOUT
ROMANCE**



It's all about romance. For the first time in 221 years, two broods of periodical cicadas are emerging simultaneously. Broods XIII and XIX overlap in a small portion of Illinois, around Chicago. This event typically occurs in May and June and lasts approximately four weeks. Billions of cicadas are expected to emerge this spring. Cicadas don't bite or sting and pesticides will not work on periodical cicadas, however, they are the loudest insect on Earth. Only the male cicada can produce the loud call, which can reach decibels similar to a lawn mower or passing jet. Their numbers will be large, but their life cycle is short, just four to six weeks. Then the adults die but leave behind a new generation. Those nymphs will live underground until the year 2038. In 1956, entomologists reported as many as 311 "emergence holes" per square yard in a forested flood plain near Chicago, which

experts say translated to 1.5 million cicadas per acre. In a year of full emergence, when the bugs surface, they quickly begin mating, which is often met with the noise associated with cicadas. Once those cicadas are out of the ground, it's all about romance. This is the year, 2024, that nature will amaze us. Look to the sky on April 8, 2024, as a total solar eclipse will cross North America, passing over Mexico, the U.S. and Canada. A Super Harvest moon eclipse will occur on September 17th. There will be meteor showers, planet alignments and more. The Doomsday Clock stays at 90 seconds to midnight for the second straight year. The clock is a symbolic indication of humanity's perceived proximity to human caused catastrophe. Some say these 'once in a lifetime' events are all signs of the end times. What do you think?

AND THE NOMINEE IS...



It all started with a phone call from Air Force One when President Biden called Governor Pritzker and told him Chicago would be his convention city. Pritzker said that "I told him how thrilled we were and how we are going to put on the best convention that the Democratic Party has ever had and it will be Joe Biden and Kamala Harris' convention." The Democratic National Convention is scheduled to be held August 19-22 at the United Center. By tradition, because Democrats currently hold the White House, their convention will be conducted after the 2024 Republican National Convention, which is scheduled for July 15-18, in Milwaukee, Wisconsin. The primary goal of the Democratic National Convention is

to officially nominate a candidate for president and vice president, adopt a comprehensive party platform and unify the party. Pledged delegates from all fifty U.S. states, the District of Columbia and the American territories, and superdelegates which are unpledged delegates representing the Democratic establishment, attend the convention and cast their votes to choose the party's presidential candidate. The Democratic National Convention marks the formal end of the primary election period and the start of the general election season. Even though this event is seven months away, preparations are full speed ahead. Delegates will debate and vote on the party platform at McCormick Place, with the

nearby Marriott Marquis serving as convention headquarters and the Hyatt Regency serving as the main media headquarters. Thousands of journalists, delegates and likely protesters will descend on Chicago for the DNC. Convention Director, Alex Hornbrook said that planning is still underway for security measures that will be taken in coordination with the Secret Service. "We, of course, expect, as in any national political convention or any large political gathering, that there will be plenty of people who come to exercise their First Amendment right, to express their strongly held views. And the Democratic Party welcomes that," Hornbrook said. "We are very confident in our ability to execute a very

safe, successful and enjoyable convention." Aside from protesters, other challenges like crime and unsheltered migrants could take the national spotlight-not what the organizers want. "We want to draw attention to what we are good at. We are good at showcasing our city, good at serving people. You couldn't find a more friendly city anywhere in the country than Chicago" said Sam Sanchez of the Illinois Restaurant Association. The 1968 Democratic Convention was held during a year of riots, political turbulence, and mass civil unrest. Things haven't changed all that much. Let's hope that history does not repeat itself.

Editorial & Opinions



Friday, February 2, 2024



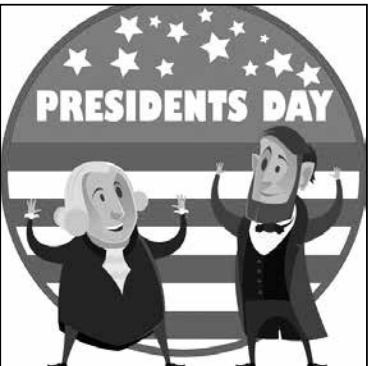
Saturday, February 10, 2024



Wednesday, February 14, 2024



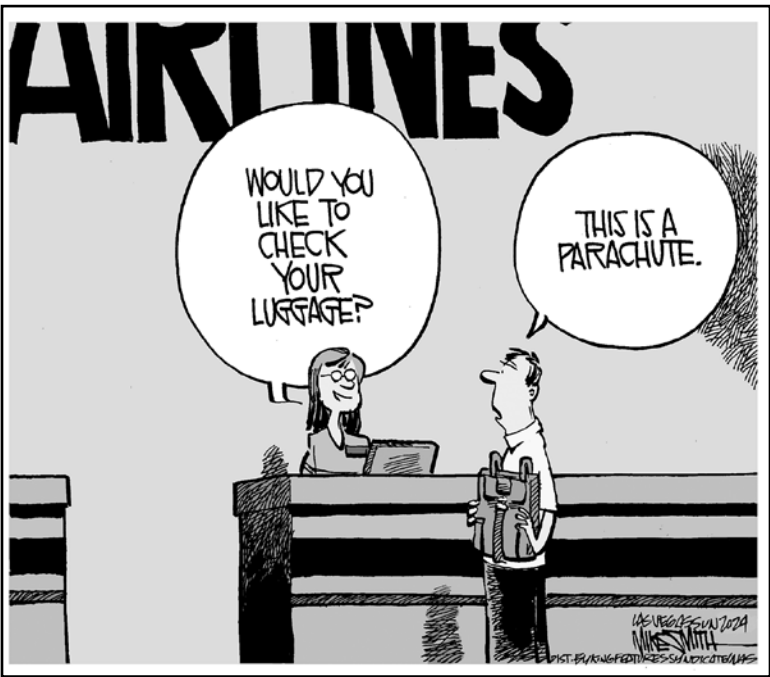
Wednesday, February 14, 2024



Monday, February 19, 2023



Thursday, February 29, 2024



Moments in time

THE HISTORY CHANNEL

- On Feb. 5, 1922, DeWitt and Lila Wallace self-published and marketed the first Reader's Digest magazine, designed to provide abridged articles on a wide variety of subjects for easy reading. It eventually gained a circulation of more than 10 million copies in the U.S. and is still believed to be the best-selling consumer magazine in the country.
- On Feb. 6, 1911, Ronald Reagan was born in Tampico, Illinois. Reagan spent 30 years as an entertainer in radio, film and television before winning the California governor's seat in 1966. Elected as America's 40th president in 1980, he survived an assassination attempt and became the most popular president since Franklin D. Roosevelt.
- On Feb. 7, 1301, King Edward I of England gave his son Edward (later King Edward II) the title of Prince of Wales. Edward I had conquered Wales and ordered the execution of David III, the last native Prince of Wales, in 1283. To this day the title "Prince of Wales" is reserved exclusively for the heir apparent to the British throne.
- On Feb. 11, 1990, Nelson Mandela was released from a South African prison after serving 27 years of a life sentence on charges of attempting to overthrow the apartheid government. Four years later, he was elected president in the country's first all-race elections.

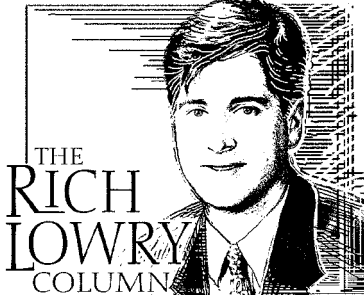
- On Feb. 8, 1983, a 5-year-old thoroughbred stallion named Shergar was stolen from a stud farm owned by the Aga Khan in County Kildare, Ireland. Worth a stunning \$13.5 million and commanding stud fees of approximately \$100,000, the animal was never seen again. No ransom was paid and the case was never solved.
- On Feb. 9, 2008, Turkey's parliament approved two constitutional amendments easing the ban on women wearing Islamic headscarves in universities. While the government claimed the ban would result in many girls being denied an education, the secular establishment saw it as a step in allowing a more prominent Islamic influence on the state.
- On Feb. 10, 1942, Glenn Miller became the first artist to win a gold record award, for his single "Chattanooga Choo Choo." The tune was featured in the 1941 movie "Sun Valley Serenade" and inducted into the Grammy Hall of Fame in 1996.

Americanisms



"The point is not to pay back kindness but to pass it on."
— Julia Alvarez

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What Democrats will never do to defend democracy

Joe Biden went to Valley Forge to give a big speech telling us how much he cares about defending democracy against the threat represented by Donald Trump. How much does President Biden care? Enough to give a speech defending democracy, one of what's sure to be many if Trump is his opponent.

Biden's alarm about the precariousness of the American system, though, will never translate into actions he wouldn't otherwise want to take.

To wit, if Joe Biden were, as a matter of the principle, devoted to defending democracy at all costs, the first thing he would do would be to step aside for some younger, more capable, less radioactive Democrat with a much better chance of beating Trump.

Biden taking this step would be politically electric, underlining how seriously he takes Trump's challenge to the republic and perhaps proving to some skeptics that his rhetoric about defending democracy is more than simply rhetoric.

Biden made much in his hackneyed speech — it probably could have been written by a precocious eighth-grader in an AP government class — of a painting in the U.S. Capitol of George Washington resigning his commission.

Biden correctly calls it a sublime act, because Washington, who could have been tempted to leverage his position after the Revolution for personal and political gain, gives up power in the service of his ideals instead. Biden makes the contrast between the statesmanship depicted in the painting and Jan. 6, which is fair enough.

It probably doesn't even occur to him, though, that if a supremely talented military and political leader in his prime could step aside for the good of the whole, it should be much easier for a hack politician who is increasingly rickety and unpopular to make a self-

less sacrifice for his party and, as he sees it, his country.

No? No. Of course not.

Biden's defense of democracy has to end with him in the White House again, not some other Democrat who might vanquish Trump easily. (Granted, Kamala Harris would complicate a Biden-stepping-aside scenario, but if the republic is at risk, perhaps Democrats could also be honest about how dreadful Harris is and nominate someone else — although now we are really entering the realm of fantasy.)

OK, so Biden isn't voluntarily going anywhere. But if the stakes this November are so world-historical, surely the defense of democracy should include some moderation on progressive causes that are easy political targets for Trump.

Consider the chaos at the border, which, if Trump makes it back to the White House, will be one of the major reasons. Would saving the republic make it worth going beyond whatever border deal might be in the offing with congressional Republicans and admitting that the Trump policies worked and should be restored immediately? Or is allowing millions of illegal immigrants into the country more important than increasing the odds that democracy itself survives beyond 2024?

Finally, if substantive concessions are too painful, there's always the possibility of staking out some genuinely new ground in the democracy debate itself. Imagine if Biden said that democracy is so important that no one should be striking his probable opponent from the ballot. Or if he said he now realizes that he, too, let down the constitutional order by undertaking executive orders that exceeded his authority and that, on second thought, he needs to lead by example in complete faithfulness to the system.

Would that kill him? Evidently, yes.

Biden's position is that democracy is under such a threat that he — the man with abysmal approval ratings who most Americans believe can't possibly serve a second term — needs to run again to eke out a narrow, no-margin-for-error victory against the man who embodies the threat.

Faith in our system of government, patriotism itself, supposedly demands nothing else. And if Biden flubs it, which is a real possibility? Then, I guess it's, "Oh, well, democracy can always be saved again in the 2026 midterms."

Rich Lowry is editor of the National Review.

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VETERANS POST

by Freddy Groves

Psychedelics for Our Military

The \$883.7 billion National Defense Authorization Act for 2024 makes for some interesting reading, not only for what it left out, but what it included. What you won't find is the medical cannabis pilot program for veterans promoted by many, but you will find a treatment program using psychedelics for veterans and active duty with traumatic brain injuries and post-traumatic stress disorder.

Specifically, it calls for clinical trials with the Department of Defense to create a system wherein they can spend up to \$10 million on psychedelics research. It only gives them 180 days to get started. Covered conditions, besides TBI and PTSD, include depression and insomnia.

Some of the drugs to be used are psychedelic drugs psilocybin (magic mushrooms), MDMA (ecstasy) and 5-MeO-DMT (from toad glands).

There are some reported successes from using psychedelics. The Food and Drug Administration said in 2017 that they'd had positive results using LSD and the magic mushrooms. The amounts given are small and are called "microdoses." A short report with a lengthy list of citations in the Marine Corps Gazette in 2019 describes the use of LSD, mushrooms and more to attempt to gain an edge in efficiency and productivity when it comes to attention to detail, mental processing and reasoning. The report points to the way LSD changes the brain's method of problem solving. Maybe this explains why it might be useful in helping veterans who suffer from PTSD. By creating new ways to think about things?

Yet another study, documented in the Lancet Psychiatry journal, found that the magic mushrooms reduced PTSD symptoms. The trial combined three doses of the mushrooms with psychotherapy. After Phase 2 of the trial, 56% of participants no longer had PTSD when checked 12 months later, after having suffered for many years.

If you want to learn more, listen to a podcast on the topic that includes a veteran who participated in a psychedelics study nine years ago: news.va.gov/124415/exploring-psychedelics-treatment-of-veterans.

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Strange BUT TRUE

By Lucie Winborne

- Fireflies are the most efficient producers of light in the world.
- Tong Aonan solved 840 Rubik's cubes, then used them to create a portrait of his crush and declare his love for her. Sadly, she rejected him
- A runaway tortoise in Putnam County, Florida, covered a span of five miles in three and a half years before ending up at Florida's Wildest Animal Rescue, where a staff member was able to determine its identity and reunite it with its owners.
- Snake Venom, the world's strongest beer, has an alcohol level of 67.5%.
- Breton, a great white shark, created a self-portrait of sorts with its GPS tracker on its travels through the Atlantic Ocean. What made the mapped outline remarkable was its resemblance to a great white shark!
- Anuptaphobia is the fear of being single forever.
- Sixteen-year-old Titanic survivor Katherine Gilnagh didn't understand the ship's dire situation until she made it safely to New York, but thought that being put into lifeboats and picked up by the Carpathia was part of the voyage.
- Asian hair grows 30% faster than Caucasian hair.
- The soft drink Mountain Dew was created in Tennessee in the 1940s as a mixer for whiskey, hence its name (a slang term for moonshine).
- If, like many Americans, you have trouble getting to sleep, you might try the advice of researchers and go low-tech camping for at least a week. The lack of electronics helps reset the body clock and synchronize melatonin hormones with sunrise and sunset.
- A bookstore in Australia wraps its volumes in paper with short descriptions attached so potential buyers won't "judge a book by its cover."

Thought for the Day: "How wonderful is it that nobody need wait a single moment before starting to improve the world." — Anne Frank

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SENIOR NEWS LINE

by Matilda Charles

Here We Go Again

I'm not the only one who has opted, once again, to stay home. Both the rec center and the senior center are cutting back on classes and hours because of the lack of participation, again, but mostly because of the sudden increase in cases of COVID, again. Of course this could include the flu and RSV (respiratory syncytial virus), but no one is specifying. It's just clear that more and more people here are getting sick.

At the rec center, the number of exercise classes has been halved, and so has the number of people who can sign up for them. They're going back to spaces outlined in blue painter's tape on the floor, giving a spot for each person to work out. No more walking with pals in a group around the indoor track. Instead, they're going back to single walkers staying a minimum of 10 feet apart.

The senior center has been hit the hardest, I think, because so many of their classes involved sitting around a large table learning a new language, doing painting or fiber art, or sharing a meal. The local weekly sightseeing events are stopped because they no longer want to fit 20 seniors into the bus. For some seniors those social events were the highlight of their week. Now it looks like they'll be back to Zoom meetings.

The good news is that the food bank is still up and running with no sign (yet) of slowing down what they do. Participants will pull up and stay in their vehicles while volunteers bring out the bags and boxes.

And bless their hearts, the drivers are still out there, picking up seniors to take them to appointments. Rumor says they vowed, as a group, not to stop what they're doing.

Have we really been doing this for four years?

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Eye Miniatures

Popular fiction inspires fashions in real life. The period shows and royal romances on television today have renewed interest in antiques among their fans.

One piece that has captured attention is the eye miniature on a pendant worn by a character on the television show "Bridgerton," a romance set in Regency England, but with modern influences.

An eye miniature is a close-up of a single eye painted on ivory and set behind glass or crystal in a decorated frame. They were worn as pendants or pins. An eye miniature set in a gold-tone frame as a pin sold at Brunk Auctions for \$704.

These miniatures are sometimes known as "lover's eyes," a romantic name coined by a 20th-century antiques dealer. They are said to have originated in the 1870s, when Prince George of Wales (who would later serve as Prince Regent for his father, King George III, giving the Regency period its name) fell in love with Maria Anne Fitzherbert. They could not marry because he was Protestant and she was Catholic. To keep their relationship secret, they exchanged miniature paintings of their eyes set in jeweled frames. This meant they could still look into each other's eyes when they were apart, and it was unlikely that anyone else could tell whose eyes they were. The prince wore his under his lapel. Eye miniatures became fashionable gifts between lovers. They were also worn as mourning jewelry in remembrance of loved ones.



Wearing a miniature painting of a loved one's eye was fashionable in the 18th and 19th centuries.

ny in Evanston, Illinois, in 1914. Sets with an electric motor were first sold in 1919. The name of the company was changed to Toy Tinkers, Inc. in 1924. Later it became Tinkertoy, Inc. The company was sold several times beginning in 1952. It became part of Hasbro, Inc. in 1986. Sets with plastic pieces were made beginning in 1992. Wooden sets were reintroduced in 2000. Tinkertoys have also been made by Basic Fun! since 2018.

TIP: Don't let metal jewelry touch chlorine bleach. It may pit or discolor.

Bohemian glass, bud vase, slender cornucopia shape, cranberry, heavy enamel and gold flowers in fan shaped medallions, clear applied decorated foot, 7 3/4 x 3 1/4 inches, \$90.
Lamp, chandelier, nine-light, two tiers, brass fixtures, glass Ice Cube shades with internal bubbles, Gaetano Sciolari for Lightolier, 24 x 18 inches, \$315.
Candy container, child on sled, Heubach bisque head and hands, red and white polka dot snowsuit and hat, red scarf with pompoms, wooden sled, 8 x 7 1/2 inches, \$925.
Toy, Popeye spinning Olive Oyl, Popeye's arms spin, Olive Oyl sits on chair and rotates balancing on Popeye's nose, lithographed tin, key wind, Linemar, 9 inches, \$1,600.

For more collecting news, tips and resources, visit www.Kovels.com
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by Ryan A. Berenz

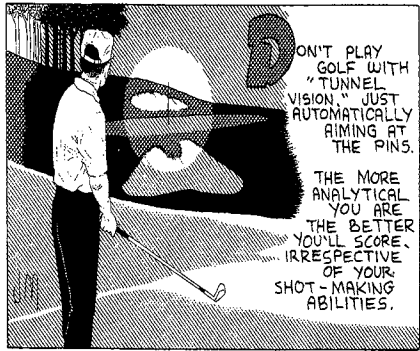
1. What film and television producer was part of the ownership group that founded the NHL's Seattle Kraken?
2. Name the Basketball Hall of Famer, known as "The Big O," who won the NBA MVP award as a member of the Cincinnati Royals in 1964.
3. What Greek tennis player upset French Open champion Justine Henin in the first round at Wimbledon in 2005?
4. Former Indianapolis Colts wide receiver Anthony Gonzalez served in the U.S. House of Representatives for what state from 2019-23?
5. What Brazilian footballer, nicknamed "O Fenomeno" (The Phenomenon), won the 1997 Ballon d'Or at age 21?
6. American athlete Al Oerter won gold medals at four straight Olympics from 1956-68 competing in what track and field event?
7. In 1988, what LPGA Tour golfer started a tradition at the Nabisco Dinah Shore tournament by taking a victory plunge into a pond surrounding the 18th green?

Answers

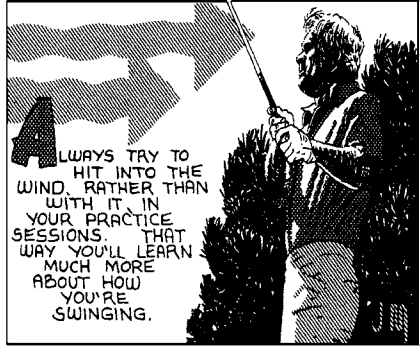
1. Jerry Bruckheimer.
2. Oscar Robertson.
3. Eleni Daniilidou.
4. Ohio.
5. Ronaldo.
6. Discus throw.
7. Amy Alcott.

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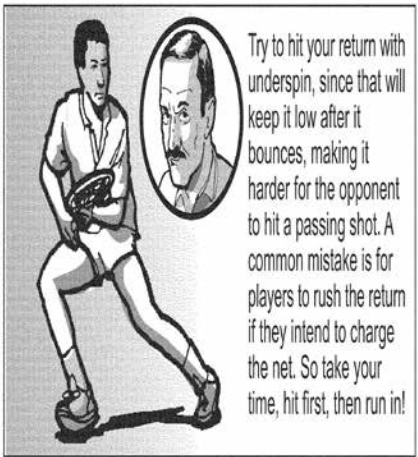
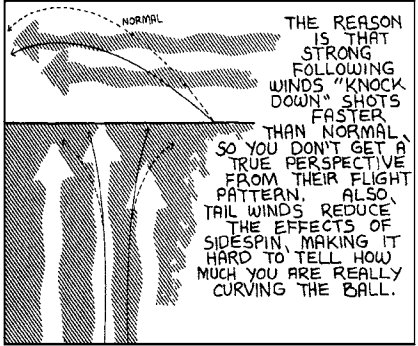
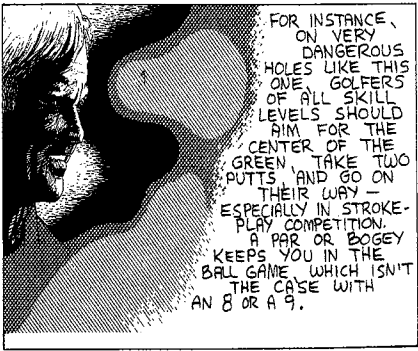
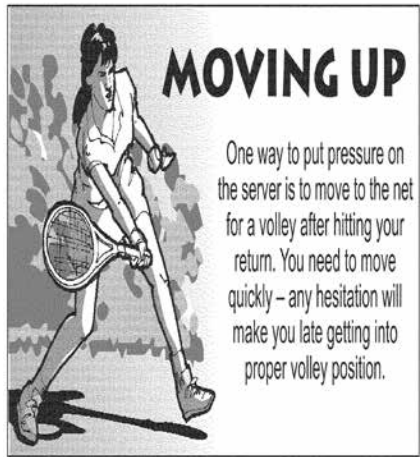
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



"How could those athletes put steroids into their bodies?"

LAFF - A - DAY



"If there's one thing I can't stand it's opinionated people!"

Health



Blood Bank Turns Away Donor With High Iron Levels

DEAR DR. ROACH: Recently, I was rejected from donating plasma (not blood) because my iron that day was 57 mcmol/L, and the maximum allowable was 54 mcmol/L. I was rescheduled to get retested in a few days. The technician said to eat beans and similar foods to lower my iron levels. I checked my own records and didn't find any results that fell below the cut-off. My red blood cell count was 5.15; my white blood cell count was 6.0; my hemoglobin level was 16.1 g/dL; and my hematocrit level was 48.5%, all within the healthy range. Which test results could they be referring to, and how do I lower my iron? — S.L.

ANSWER: Blood banks typically screen donors for anemia, which is frequently caused by iron deficiency, but I'm confused as to why they are screening you with iron tests because that is typically not done. Moreover, they are telling you that your iron is too high, which is the opposite of the iron deficiency anemia that is usually looked for. I recommend that you see your own physician and get retested. If we take the blood bank at their word, and your iron level is too high, that raises the possibility of hereditary hemochromatosis (HH), which is caused by a defect of iron absorption. With this condition, your body absorbs as much iron as possible, even if it doesn't need any. This causes iron overload, which damages the heart, liver, bone marrow, adrenal glands, skin and joints, just to name a few. HH is easy to treat once the diagnosis is made. However, making the diagnosis requires thinking about the possibility,

and it's uncommon enough that a lot of healthcare professionals don't think about it right away. Your doctor should test your iron and iron-binding capacity, as well as your ferritin level, which tends to correlate with the total amount of body iron stores. But I don't want to jump to conclusions, which is why your own doctor should test you to see if you really do have excess iron.

DEAR DR. ROACH: Like a lot of older men (I'm 74), I get up often at night to dribble a little urine. I have found that if I go downstairs, walk to the kitchen, then climb back upstairs, I can often urinate again as much as I did the first time. Can you explain? Also, I've noticed that on nights that I have popcorn with salt, I get up less often. Could a person take a salt tablet before bedtime to reproduce this effect? — S.C.

ANSWER: Both men and women can have voiding problems due to bladder issues, but men can also have symptoms due to an enlarged prostate. I can't tell which of these you might have because, for both, there are underlying reasons as to why you might be able to urinate again a few minutes after going the first time. But it's more common in men with prostate trouble. Exercise isn't usually needed; just giving yourself a few minutes can often be enough to cause you to void again. I recommend voiding twice before bed if getting up at night is a problem. You may find that changing positions while urinating can be helpful to fully empty your bladder. As far as salt goes, it makes your body hold on to water. While you could take a salt tablet, you might get thirsty at night. In addition, excess salt increases most people's risk for heart attack and stroke, so I don't recommend it.

Hot Flashes Persist Well Past Menopause and Thyroidectomy

DEAR DR. ROACH:I am 81 and had a thyroidectomy in 2017. My whole thyroid gland was removed. I also had a little bit of cancer. I have started to get hot flashes again. I had originally been on thyroid medicine before and after surgery. Then I

was put on levothyroxine and decided to try NP Thyroid. I was doing better on NP Thyroid, then started getting the hot flashes again. At this point, for several reasons, I would rather stay on NP Thyroid for the time being. I was wondering if there is anything I can take for hot flashes? Years ago, in my 50s, I took estrogen, which helped, but this is a different time. I have spoken with other people who are also having hot flashes again. — Anon.

ANSWER: Hot flashes are common — about 75% of women in North America will experience them around the time of menopause. It's not uncommon for hot flashes to go away, then return, but I personally haven't seen them recur after 30 or so years. I'd be concerned that there may be another cause for them, which brings me to your thyroid. Elevated levels of thyroid hormone can cause sensations very similar to hot flashes. One reason that I, along with most endocrinologists, recommend against products like NP Thyroid is because most of those products come from pigs. There are two thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Humans have a different ratio of T3 and T4 than pigs do, with T4 getting converted into the active form, T3. T3 is then quickly broken down, so if it's used, it needs to be dosed twice daily. As a result, if a person takes NP Thyroid, their thyroid levels are too high during one part of the day and too low during another. This isn't good for anyone; the "high times" not only cause hot flashes, but also predispose people to atrial fibrillation. But it's particularly a problem in a person with a history of thyroid cancer, where we want the thyroid-stimulating hormone (TSH, the hormone in the pituitary gland that regulates the activity of the thyroid gland) to be on the lower side. If the thyroid blood levels get low in the afternoon/evening when the T3 in NP Thyroid is gone, that can theoretically increase the risk of cancer recurrence as the TSH rises in response. So, in my opinion, you should be on levothyroxine, not NP Thyroid. (I do have a handful of patients who take levothyroxine and also take T3 twice daily. Some people are unable to convert T4 to T3 efficiently.) Estrogen is the most effective treatment for hot flashes, but it increases the risk of heart disease when used by women more than 10 years away from menopause. I don't normally prescribe it to a woman in her 80s. However, there is a new medica-

tion called fezolinetant (Veoza), which is highly effective and reduced hot flashes by 93% in a trial. My only patient on it so far has reported 100% cessation of her hot flashes. There are other rare causes of hot flashes, including tumors that secrete substances, such as carcinoid tumors, and tumors that secrete adrenalinlike hormones (pheochromocytomas).

What Dosage of NSAIDs Is Safe to Take After a Gastric Sleeve?

DEAR DR. ROACH: I have had weight-loss surgery, specifically an adjustable lap band that was revised to a gastric sleeve in 2018. I have been given and read conflicting recommendations regarding the use of NSAIDs following these procedures. I have read that taking a low dose (400 mg) is considered safe. I have also read and been told to take the children's liquid form at an adult dosage rather than the tablets. I am a 57-year-old female. I have largely avoided taking NSAIDs for years, but I have developed osteoarthritis and find that I am taking them more often (400 mg once daily, one to two times a week at most). I do ensure that I take them with food and also take a Pepcid whenever I take ibuprofen. — A.W.

ANSWER: There are several types of weight-loss (bariatric) surgery, and the best evidence that I found among those who had a Rouxen-Y gastric bypass shows up to a 70% increase in the relative risk of developing peptic ulcers after surgery. This sounds pretty terrible, but it actually means that in an average time span of four years after surgery, 1.4% of people who didn't take any NSAIDs got an ulcer, while 2.4% of the group that had the greatest amount of NSAID use developed an ulcer. However, the same study showed that only 0.2% of patients who underwent a sleeve gastrectomy developed an ulcer, and the use of NSAIDs did not significantly increase this number. Finally, other studies have shown that medicines like famotidine (Pepcid) reduce the risk of ulcers by about half when used longterm. NSAIDs always have risks, but for a person with a gastric sleeve, the risks of low-dose ibupro-

fen are modest and need to be weighed against the benefits for a person's quality of life.

DEAR DR. ROACH: My mother and one of her brothers had the flu in 1918. She said she was very sick, but unlike her brother, who was profoundly deaf from high fever, she didn't experience any aftereffects. She died at 90 without getting the flu again or taking the yearly flu vaccine. I am 83, have never had a flu shot and have never had the flu. I have had all the COVID-19 vaccines, but never the yearly flu shots. Could I have received immunity from her? — F.D.B.

ANSWER: No, you don't get specific immunity from parents. Babies do get a type of "passive" immunity from their mothers, since antibodies are shared through the placenta to the fetus, but this only lasts for weeks or months. The 1918 influenza pandemic did leave survivors with very long-lasting immunity to some types of the flu (like H1N1). Unfortunately, this immunity does not extend to other types of flu viruses, so I still recommend getting the yearly flu vaccines. It's my experience that when people tell me they have never had the flu, it's not always true. Sometimes, the flu is mild and goes unrecognized. The flu is highly variable, and even young, healthy people with apparently good immune systems can succumb to the flu. You may have inherited some of your mother's robust immune system, as this is partially heritable. However, I wouldn't depend on it entirely and do recommend the vaccine to help your immune system reduce your risk of getting a severe flu. People over 65 may get a special, higherpotency flu vaccine.

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

IT'S HOW MUCH?

Here are some of the price increases and decreases between Nov. 2022 and Nov. 2023.

INCREASES

Admission to sporting events +16.4%

Growing demand and higher athlete salaries contribute to higher prices. However, the main reason is profit seeking by team owners and resellers who buy blocks of tickets. Jason Gay, Wall Street Journal says "There

is absolutely this sort of mercenary 'what the market will bear' idea out there — that we're going to raise prices until the point that people don't buy them".

Food from vending machines and mobile vendors +14.6%

Ben Goldberg, president of the New York Food Truck Association, attributes the rise to higher costs for labor and raw ingredients. "Food is a low-margin business by nature. Inflation has made it even more so."

Frozen vegetables +6.1%

A big part of the problem is supply shortages, in part caused by rainy weather in California and weather related issues across this country. However, labor costs are a bigger issue. Trey Malone, an agri-food economist at the University of Arkansas said, "We're in the middle of a labor crisis in a way that I don't know we've seen. We're really struggling to be able to pay the appropriate wages to keep up with the employment de-

mands throughout the supply chain."

Legal services +12.4%

Among the factors driving up prices is a competitive market for experienced legal talent and an increasingly complex regulatory and business environment

DECREASES

Eggs -22.3%

As the avian flu ravaged the poultry industry in 2022, wholesale egg prices soared reaching more than \$5 a

dozen in December 2022. Supply levels have since recovered.

Utility (piped) gas service. -10.4%

Last winter's mild weather meant low demand for natural gas used for heating. And the U.S. increased natural gas production in 2023, making high domestic storage levels higher — the result is falling prices.

Managing Your Family's Year-Round Health



FAMILY FEATURES

Now is a good time to check in and make sure your entire family is protected from infectious diseases.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight off infections. Timely routine vaccinations, such as MMR (measles, mumps and rubella) and Tdap (tetanus, diphtheria and pertussis), are known to prevent around 4 million deaths annually, yet only 1 in 5 adults are up to date on their vaccines.

Convenience, accessibility and lack of trust all play fundamental parts in why vaccination numbers are low across some demographic groups and geographic regions. Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic, have emerged as accessible and convenient options for people seeking needed healthcare services outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

Routine preventive care, including vaccine administration, can take place at various points throughout the year and is not limited to a single season. Certain populations, such as people who are 60 years of age and older, those with chronic diseases and some minority populations, are more at risk for contracting certain infections and are encouraged to maintain updated vaccinations and boosters throughout the year. (For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.)

The CDC recommends everyone 6 months old and older get an annual flu vaccine. Influenza, more commonly known as the flu, is a highly contagious respiratory virus that infects the nose, throat and lungs, and could lead to serious illness, hospitalization or death. Dominant flu strains are constantly shifting and protection from a single flu vaccine declines

over time. To reduce the risk of getting or spreading the flu, it's important to get a yearly flu vaccination.

Retail pharmacies and clinics hold a unique position in the local communities they serve and are deeply committed to vaccine education and outreach. In addition to providing protection against illnesses such as influenza, vaccines also offer protection against hepatitis A, hepatitis B, varicella (chicken pox), measles, RSV, pertussis (whooping cough), COVID-19 and more. By equipping people with consistent, factual information, retail pharmacies and clinics empower them to make informed decisions about their health and the health of their loved ones.

Research shows schools and colleges have the potential to cultivate a higher disease transmission rate that affects all ages, from students to staff and teachers, due to the proximity of people within buildings. When students are protected against vaccine-preventable illnesses, they experience fewer absences due to illness, allowing them to fully participate in classroom activities and maximize their learning potential.

Ensuring children are current on their vaccines also creates opportunities for parents and caregivers to check their own preventive health statuses. The National Institutes of Health notes vaccine-preventable diseases cost the country approximately \$27 billion annually in lost wages and increased healthcare costs. Missing routine immunizations could result in missed work and medical bills that could prevent people from being able to provide and care for their families.

Unlike some traditional healthcare settings, retail pharmacies and clinics are easily accessible. They are often located within local communities and have extended hours that cater to busy schedules, allowing flexibility for people getting their families vaccinated. In fact, 90% of the U.S. population lives within 5 miles of a pharmacy. Options like the Kroger Family of Companies' Pharmacies and other retail pharmacies have established vaccine clinics within their pharmacy and

clinic locations, making vaccinations a seamless and convenient part of the healthcare experience they provide.

Annual Gallup Polls consistently show pharmacists and nurse practitioners are among the most trusted people in the medical field. Healthcare professionals at retail pharmacies and clinics undergo rigorous training and possess in-depth knowledge about vaccines, proper storage and handling as well as administration techniques. These professionals contribute to the

confidence of their patients and the health of the community at large.

Retail providers disseminate accurate information about vaccines and address vaccine hesitancy and misinformation within their local communities. By prioritizing proactive vaccinations, retail pharmacies create an environment that supports the overall well-being of students, teachers, staff and families alike, helping communities live healthier lives.


To learn more about annual vaccination needs, visit kroger.com/vaccinations or plan a visit to a local pharmacy or clinic.



Stay Up-To-Date on Recommended Vaccines


Check the boxes on this form to keep track of your and your family's vaccinations

<h4>Infant to Age 15</h4> <p><small>Please note, The Kroger Family of Companies' Pharmacies and The Little Clinic only administer vaccinations for children 12 months and older.</small></p>	<ul style="list-style-type: none"><input type="checkbox"/> COVID-19<input type="checkbox"/> Hemophilus Influenzae Type B (Hib)<input type="checkbox"/> HPV (Human Papilloma Virus)<input type="checkbox"/> Influenza (Flu)<input type="checkbox"/> Meningitis (Meningococcal)<input type="checkbox"/> Polio
<h4>Age 16 to 49</h4>	<ul style="list-style-type: none"><input type="checkbox"/> COVID-19<input type="checkbox"/> Hepatitis A<input type="checkbox"/> Hepatitis B<input type="checkbox"/> HPV (Human Papilloma Virus)<input type="checkbox"/> Influenza (Flu)<input type="checkbox"/> Meningitis (Meningococcal)<input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h4>Age 50 to 64</h4>	<ul style="list-style-type: none"><input type="checkbox"/> COVID-19<input type="checkbox"/> Influenza (Flu)<input type="checkbox"/> Shingles (Herpes Zoster)<input type="checkbox"/> Td or Tdap (Tetanus, Diphtheria, and Pertussis)
<h4>Age 65+</h4>	<ul style="list-style-type: none"><input type="checkbox"/> COVID-19<input type="checkbox"/> Flu (Influenza)<input type="checkbox"/> Pneumonia (Pneumococcal)<input type="checkbox"/> Shingles (Herpes Zoster)<input type="checkbox"/> RSV (Respiratory Syncytial Virus)



For more information or to make an appointment, please visit kroger.com/vaccinations

You may be eligible for other vaccines based on underlying medical conditions or other considerations. Please talk to your healthcare provider for a recommendation on which vaccines are right for you.



a world of care is in-store



1. What was the name of Kenny Rogers' band in the '60s?
2. Name the longest Beatles song.
3. Which group was the first to release "Alley Oop"?
4. What was the original name of The Supremes?
5. Name the song that contains this lyric: "I know there's only, only one like you, There's no way they could have made two."

Answers

1. The First Edition. Their first big hit came with "Ruby, Don't Take Your Love to Town," written by Mel Tillis, about a paralyzed veteran whose wife goes out at night by herself.
2. "Hey Jude." It came in at over seven minutes. Written by Paul McCartney, it was originally titled "Hey Jules" for John Lennon's 5-year-old son Julian who was upset over his parents' divorce.
3. The Hollywood Argyles, in 1957. Astonishingly enough, the caveman song topped the Billboard Hot 100 chart.
4. The Primettes, until 1967.
5. "You're the First, the Last, My Everything," by Barry White, in 1974. The song sat for over 20 years, originally written as a country song by Peter Radcliffe, until White changed the lyrics and turned it into disco. It was originally titled "You're the First, the Last, My In-Between."

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By Lucie Winborne

- Fireflies are the most efficient producers of light in the world.
- Tong Aonan solved 840 Rubik's cubes, then used them to create a portrait of his crush and declare his love for her. Sadly, she rejected him
- A runaway tortoise in Putnam County, Florida, covered a span of five miles in three and a half years before ending up at Florida's Wildest Animal Rescue, where a staff member was able to determine its identity and reunite it with its owners.
- Snake Venom, the world's strongest beer, has an alcohol level of 67.5%.
- Breton, a great white shark, created a self-portrait of sorts with its GPS tracker on its travels through the Atlantic Ocean. What made the mapped outline remarkable was its resemblance to a great white shark!
- Anuptaphobia is the fear of being single forever.
- Sixteen-year-old Titanic survivor Katherine Gilmagh didn't understand the ship's dire situation until she made it safely to New York, but thought that being put into lifeboats and picked up by the Carpathia was part of the voyage.
- Asian hair grows 30% faster than Caucasian hair.
- The soft drink Mountain Dew was created in Tennessee in the 1940s as a mixer for whiskey, hence its name (a slang term for moonshine).
- If, like many Americans, you have trouble getting to sleep, you might try the advice of researchers and go low-tech camping for at least a week. The lack of electronics helps reset the body clock and synchronize melatonin hormones with sunrise and sunset.
- A bookstore in Australia wraps its volumes in paper with short descriptions attached so potential buyers won't judge a book by its cover."

Thought for the Day: "How wonderful is it that nobody need wait a single moment before starting to improve the world." — Anne Frank

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1. **Mean Girls** (PG-13) Angourie Rice, Renee Rapp
2. **The Beekeeper** (R) Jason Statham, Emmy Raver-Lampman
3. **Wonka** (PG) Timothee Chalamet, Gustave Die
4. **Anyone But You** (R) Sydney Sweeney, Glen Powell
5. **Migration** (PG) Kumail Nanjiani, Elizabeth Banks
6. **Aquaman and the Lost Kingdom** (PG-13) Jason Momoa, Patrick Wilson
7. **Night Swim** (PG-13) Wyatt Russell, Kerry Condon
8. **The Boys in the Boat** (PG-13) Joel Edgerton, Callum Turner
9. **The Book of Clarence** (PG-13) LaKeith Stanfield, Omar Sy
10. **The Iron Claw** (R) Zac Efron, Jeremy Allen White

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"True Detective: Night Country" (TV-MA) — After several decades, Jodie Foster is making a great return to television by leading the newest season of the anthology crime drama series "True Detective." Foster plays Detective Liz Danvers, making this her first adult TV role and first starring role in a TV series since 1975! Opposite of Foster is Kali Reis as steely Detective Evangeline Navarro, who partners up with Liz to close out one last case before they go their separate ways. The case centers around the disappearance of eight men who operated a research station in the cold and rough Alaskan night country. The first two episodes are out now, with subsequent episodes releasing every Sunday until Feb. 25. (Max)

"Griselda" (TV-MA) — Crime dramas abound this week! Hailing from Eric Newman, the showrunner of the series "Narcos," comes a new crime-drama miniseries led by none other than Sofia Vergara ("Modern Family"). Vergara sheds her usually cheery persona to portray Colombian drug lord Griselda Blanco, nicknamed "the Black Widow" and "the Godmother of Cocaine." After being introduced to the drug industry by her second husband, Blanco based her drug trade business in Miami during the 1980s and kept it bustling with profits of \$80 million a month. Alberto Guerra and Vanessa Ferlito co-star in main roles, while Colombian singer Karol G stars in her first on-screen role ever! All six episodes release on Jan. 25. (Netflix)

"Masters of the Air" (TV-MA) — Based on the 2007 book by Donald L.

Miller, this war-drama miniseries features Academy-Award nominee Austin Butler ("Elvis") and Callum Turner ("Fantastic Beasts") as Air Force Majors Buck Cleven and John Egan, respectively. The two majors were the first pilots assigned to the 100th Bomb Group during World War II, which was given the name "Bloody Hundredth" due to the incredibly difficult missions and heavy losses incurred. But no matter the ruthless conditions, Buck and John are determined to lead their men through these missions. The cast is hefty, with over 50 actors noted in the main cast, but make sure to watch out for a few familiar faces like Barry Keoghan ("Saltburn") and Anthony Boyle ("Harry Potter and the Cursed Child"). (Apple TV+)



Courtesy of Apple TV+

Austin Butler, left, and Callum Turner star in "Masters of the Air."

In Case You Missed It
"Bottoms" (R) — Produced by Elizabeth Banks ("Cocaine Bear"), this film stars comedian/writer Rachel Sennott ("The Idol") and Golden Globe winner Ayo Edebiri ("The Bear") as two unpopular lesbian high school students. This hormonal pair of best friends are desperate and mortified that they're seniors who haven't had sex yet, so they hatch a plan to create a feminist self-defense club to help them cozy up to the girls they have crushes on. Rooted in hysterical juvenile chaos, this club escalates into somewhat of a girl gang, even exacting revenge on the conceited quarterback of the football team. Kaia Gerber ("Babylon") and Nicholas Galitzine ("Red, White & Royal Blue") co-star. Out now! (MGM+)

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

top ten
HIGHEST-GROSSING
MOVIES OF 2023

1. Barbie
2. The Super Mario Bros. Movie
3. Oppenheimer
4. Guardians of the Galaxy Vol. 3
5. Fast X
6. Spider-Man: Across the Spider-Verse
7. The Little Mermaid
8. Mission: Impossible – Dead Reckoning Part One
9. Elemental
10. Ant-Man and the Wasp: Quantumania

Source: Comscore

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by Jo Ann Derson

- File this one under safety AND energy smarts: Clean the dryer vent after every load. Clean the dryer vent screen monthly with a gentle soap and water bath. Rinse well and dry thoroughly before inserting back into your dryer.
- "I used to struggle with plastic wrap every time I tried to use it. But now, it's a breeze since I learned to do these two things: One, keep plastic wrap in the freezer. It unrolls evenly, not one side or the other. Two, use a serrated knife to cut it instead of relying on the metal strip down the side of the box. You lay it out on the counter, and just run the knife down the edge you want to cut. Works like magic, and it's no longer frustrating." — G.S. in Georgia
- Store an apple or two with your potatoes to keep them from sprouting. Be sure to check them often.

- Cut cotton pads in half to double your supply. They are typically big enough for two uses, and you can always use two halves if you need a whole.
- "Make a cream lipstick last longer and stay cleaner by using a make-up brush to apply. Your skin picks up more of the lipstick than necessary, one reason why we blot our lips afterward. But the brush uses only what you need. And there's less bacteria transfer." — Y.R. in Massachusetts
- Studies have shown that you spend more and make worse decisions when grocery shopping at peak hours. To be a saver on the family food bill, pick a time to shop when you're not rushed; have a list; know the sales ahead of time; and eat before you go.

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 — **Sofia Coppola** finally revealed why her **Elvis Presley (Jacob Elordi)** didn't really sing in "Priscilla." She explained, "I originally wanted to have three Elvis songs, but I always knew that we might not be able to get them. I wanted it to really be focused on [Priscilla's] story ... and to me, it is really more important to have **Dolly Parton** at the end, to have a woman's voice at the end."

Despite being an Oscar-winning director and the daughter of **Francis Ford Coppola** — and also having a career that spans decades with films such as "Marie Antoinette" (2006) and "Lost in Translation" (2003) — Sofia's been competing with male directors to get bigger budgets. "I just see all these men getting hundreds of millions of dollars, and then I'm fighting for a tiny fraction of that," she revealed. And that's why Elvis didn't get to sing much in "Priscilla."

Has the flood of rom-coms on Hallmark, Great American Family, Lifetime and UPTV ruined the genre for movie theaters? Case in point: **Glen Powell** and **Sydney Sweeney**'s new film "Anyone But You." Powell got noticed in "Hit Man" and "Top Gun: Maverick," while Sweeney excelled in "The White Lotus" and "Euphoria," but they couldn't fill theater seats despite good reviews. In their first week, they grossed \$16 million against a \$25 million cost.

And despite having incredible battle scenes and Oscar winner **Joaquin Phoenix** as Napoleon, the epic **Ridley Scott** film "Napoleon" grossed \$213.4 million, but cost \$130 million. The first week of "Aquaman and the Lost Kingdom" only grossed \$58 million against its \$215 million cost. (The original grossed \$136 million in its first week.) But "Barbie's" \$1.5 billion grosses prove that if you've got what moviegoers want, they'll run in to fill those seats.

Ever wondered how much "Dancing with the Stars" pays their celebrities and why it's so important for them to make the semi-finals? Semi-finalists get \$50,000 for each week they remain in the competition. Plus, those who make it to the end will more than likely walk away with \$345,000, and one of them even gets a mirror ball trophy! It's a lot of hard work, but can be fun and worth the prize money, especially compared to "America's Got Talent." The winner of "AGT" gets \$1 million, but the prize is spread out over 40 years — yes, I said it, 40 years!

Though, that's still a better case than "American Idol," who gives its winners \$125,000 for winning the competition and another \$125,000 to complete an album in just four months. A \$300,000 advance is also given, but the musicians won't receive a penny from their music until the advance is paid back. Some winners even felt trapped by the



Director Sofia Coppola (“Priscilla”)

record label and weren't able to get out of the contract to record with someone else.

"The Voice" awards \$100,000 to the winner and a record deal as well, but as of this date, not one of its winners has made it big. What's your get-rich-quick scheme for 2024?

HOLLYWOOD — Becoming famous has its drawbacks. Two-time Irish Film and Television Award winner **Jamie Dornan** became a fan favorite as Christian Grey in "Fifty Shades of Grey" (2015), "Fifty Shades Darker" (2017) and "Fifty Shades Freed" (2018). But with that kind of adoration can come unexpected problems. Dornan told The Independent, "I had a situation ... a stalker-type situation before COVID. ... Someone turned up at my house when my kids were there."

The incident scared him so much that he became secretive and withdrew in many ways. "The more I can block that out," he confessed, "the better it is for me and the family!" It forced him to pull back and change up his approach with his career by slowing things down and becoming more guarded and selective. The notoriety and serial implications that went with the "Fifty Shades" trilogy attracted some savory, obsessed fans.

Since "Fifty Shades," he's scored with "Belfast" (2021) and his last film, "A Haunting in Venice" (2023). He will soon be seen in season two of the British series "The Tourist," which will drop on Feb. 29 on Netflix. No word yet on season three.

Ryan Reynolds is starring in the live-action/

animated fantasy-comedy "IF," produced by **John Krasinski**, who also wrote, directed and starred in the film. It follows a young girl who has the ability to see people's imaginary friends, referred to as "IFs."

The film captures the voices of **Steve Carell**, **Phoebe Waller-Bridge**, **Louis Gossett Jr.**, **Emily Blunt**, **Matt Damon**, **Maya Rudolph**, **Jon Stewart**, **Sam Rockwell**, **Sebastian Maniscalco**, **Christopher Meloni**, **Richard Jenkins**, **Awkwafina** and **Vince Vaughn**. Paramount Pictures will release it in theaters on May 17.

From seeing imaginary friends to seeing aliens! Writer/director and veteran cinematographer **Richard Bakewell** has rounded up some great veteran actors from the '80s to costar in "Roswell Delirium." Based in 1986, the screenplay is about a young woman who believes she can contact aliens that can help cure the after-effects of a nuclear disaster.

To get you in the '80s mood, Bakewell has cast **Anthony Michael Hall** ("The Breakfast Club"), **Dee Wallace** ("E.T. the Extra-Terrestrial"), **Sam J. Jones** ("Flash Gordon"), **Reginald VelJohnson** ("Family Matters") and **Lisa Whelchel** ("The Facts of Life") to support the film's young star, **Kylee Levin** ("Emily Ever After"). It drops on Netflix on March 15.

Tom Cruise, 61, is reportedly dating Russian model **Elsina Khayrova**, 36. Khayrova is a mother of two who was formally married to a Russian oligarch close to **Vladimir Putin** for a decade. Now a British citizen living in London, she and Cruise have been seen around Blighty, but somehow, she doesn't seem to fit the love profile of our "Top Gun!"



Jamie Dornan in “Fifty Shades Darker” (2017)

celebrity extra

by Dana Jackson

Q: Is that Demi Moore I see in the new “Feud” series? Is this her first acting role since she deserted Hollywood a few years ago? — K.H.

A: When Demi Moore ("Indecent Proposal") and her husband at the time, actor Bruce Willis ("Die Hard"), started their family in the late 1980s, they would eventually escape Los Angeles for the peaceful mountain town of Hailey, Idaho. They had three daughters, but ended up splitting a decade later. Moore stayed in Idaho and took a break from acting, especially after starring in back-to-back box-office disappointments — "Striptease" and "G.I. Jane."

When Moore tried to ease back into acting, the roles were few and far between. In an interview with Red magazine back in 2007, Moore said that "there aren't that many good roles for women over 40. A lot of them don't have much substance, other than being someone's mother or wife."

But if you look at Moore's list of credits, there really isn't that much of a gap between projects. She has had numerous roles over the past two decades; it's just that they're not very high-profile.

Her autobiography, "Inside Out," was published in 2019. During the pandemic, she quarantined in Idaho with her girls and Willis. It was eventually revealed that Willis was suffering from a neurological disorder. He and Moore remain close, along with Willis' current wife, Emma.

Now Moore is part of a terrific ensemble group of women over 40 in the new FX series "Feud: Capote vs. The Swans," based on a true story set in the 1960s. Moore plays one of the socialites that author Truman Capote ("In Cold Blood") betrayed in a tell-all book. Molly Ringwald ("Sixteen Candles"), Naomi Watts and Calista Flockhart co-star, with Tom Hollander playing Capote..

Q: Where have I seen football commentator Kyle Brandt before? I read that he was on the MTV reality show “The Real World,” but I didn’t watch that. He looks familiar to me. — Z.I.

A: Kyle Brandt, one of the hosts of "Good Morning Football" on the NFL Network, was part of "The Real World: Chicago" on MTV in 2001. My guess is that you recognize him



Demi Moore (Upcoming in “Feud: Capote vs. The Swans”)

from his brief acting career where he played Philip Kiriakis on "Days of Our Lives" from 2003-06.

He's definitely found what he's good at, which is talking about football. His high-energy, hilarious segment called "Angry Runs," in particular, will definitely jolt you awake on "Good Morning Football" weekday mornings.

Q: Is “Bridgerton” returning to Netflix anytime soon? I’ve read all the books, so I know there is more story to tell. — B.P.

A: Yes, "Bridgerton" will be back on Netflix on May 16 with part 1 of the third season. The second part of the season will premiere on June 13.

New cast members include Daniel Francis ("Once Upon a Time") and Sam Phillips ("The Crown"). Phoebe Dynevor, who starred as Daphne in the first two seasons, will be sitting this one out, but hopes that her character will return in the future.

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

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Kickoff Cravings

Win your tailgate with MVP-level appetizers

FAMILY FEATURES

Before the end zone dances and sideline celebrations, settling in for a winning game day experience starts with delicious foods. Whether your football parties take place at home, in the backyard or right outside the stadium, kicking it off with savory appetizers can get the crowd on its feet.

Keep your game plan simple this season and light up the scoreboard with fan favorites like dips and wings. These versions are both easy to prepare and can be enjoyed fresh or made in advance and kept warm or reheated to energize your fellow diehards.

Visit Culinary.net to find more touchdown-worthy tailgate recipes.

Add Savory Spice to Game Day Celebrations

Powering up for a successful game day starts with a pregame spread, and no tailgate or homegate is complete without a spicy dip that brings the heat.

This Game Day Buffalo Chicken Dip is a perfect solution for firing up your crowd as it requires little preparation so you save precious time before kickoff. Whether you bake shortly before the game begins or make it ahead of time for a parking lot party, simply keep it warm and serve with chips or veggie sticks for a quick, shareable appetizer.

Game Day Buffalo Chicken Dip

Servings: 3-4

- 2 cups shredded chicken
- 8 ounces cream cheese
- 1/2 cup sour cream
- 1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 heavy pinch dried dill
- 1/2 cup hot sauce
- 2 green onions, chopped
- blue cheese crumbles
- chips
- vegetable sticks

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes.

Top with blue cheese crumbles and chopped green onion. Serve warm with chips and vegetable sticks.



Score a Touchdown with a Game Day Dip

One of the best ways to take tailgating to the next level this season is by making healthier versions of classic game day fare. For example, you can be the MVP of your game day gathering with a delicious, half-of-fame-worthy appetizer. Call an audible by using fresh, easy and healthy ingredients to make it better for you and score extra points with family and friends.

This Game Day Taco Dip takes fan-favorite flavors – beef, refried beans, salsa, guacamole, sour cream, cheese, tomatoes and black olives – and adds a twist with the Fresh Express Butter Supreme Salad kit. This tasty, colorful blend of green butter lettuce, red butter lettuce, radicchio and baby chard is available in the refrigerated produce department and is perfect for creating healthier versions of beloved tailgating dips, snacks, finger foods and more.

Visit FreshExpress.com to discover more winning game day recipe ideas and find a retailer near you.

Game Day Taco Dip

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 12

- 1 pound ground beef
- 1 package (1 ounce) taco seasoning
- 1/4 cup water

- 2 tablespoons minced cilantro
- 1 can (16 ounces) refried beans, zesty salsa flavor
- 1 jar (16 ounces) thick and chunky salsa, medium or hot
- 2 cups guacamole
- 1/2 cup sour cream
- 3 packages (5 ounces each) Fresh Express Butter Supreme
- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup tomatoes, chopped
- 1 can (2 1/4 ounces) sliced black olives, drained
- 1 package (14 ounces) tortilla chips

In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature.

Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Just Wing It

Skip the silverware at your next homegate and dive right in with a fan favorite that requires just your hands and a heap of napkins: wings.

Whether you pick through your pieces or clean each wing to the bone, these Game Day Chicken Wings are perfect for eaters of all types. A simple flour-based coating keeps the recipe easy to make and baking in the oven means you can skip the messy fryer or firing up the grill.

Cook until crispy then corral your party's favorite dipping sauces from ranch and blue cheese to barbecue and more. Once your spread is served, it's time to sit back and enjoy the game.

Game Day Chicken Wings

Total time: 50 minutes
Servings: 4

- 1/2 cup butter, cubed
- 1/3 cup flour
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 10 chicken wingettes, thawed
- dipping sauces (optional)
- fresh parsley (optional)

Preheat oven to 425 F.

Line baking sheet with foil. Arrange butter cubes on foil.

In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.

Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.



Good Housekeeping

Meal-in-a-Bowl
Minestrone

The ideal antidote to a dreary day, this protein-packed soup is as tasty as it is nutritious, with broccoli, carrots, zucchini, green beans, tomatoes, cannellini beans and macaroni simmered in light chicken broth.

- 2 tablespoons olive oil
- 1½ cup chopped onion
- 1 tablespoon minced garlic
- 4 cup water
- 1/4 cup water
- 1 can reduced-sodium fat-free chicken broth (1¾ cups)
- 1 cup small whole-wheat pasta (such as elbow macaroni)
- 1 medium carrot, cut in 4 pieces lengthwise and diced
- 1 can no-salt-added cannellini beans
- 8 ounces broccoli rabe, cut bite-size
- 1 medium zucchini, cut in half lengthwise and diced
- 4 ounces green beans
- 1 cup packed parsley leaves
- 2 tablespoons grated Parmesan
- 1 pound plum (Roma) tomatoes

1. Heat 1 teaspoon oil in a heavy 5- to 6-quart pot or Dutch oven over medium-high heat. Stir in onion; cover and cook 5 minutes or until golden, stirring occasionally. Add 2 teaspoons garlic; cook 30 seconds until fragrant.

2. Add 4 cups water and the broth; bring to a boil. Add pasta and carrot; boil 5 minutes. Reserve ¾ cup of the cannellini beans; stir rest into pot along with broccoli rabe, zucchini and green beans. Return to a boil and boil 5 minutes or until pasta and vegetables are tender.

3. Meanwhile puree remaining beans, 5 teaspoons oil, 1 teaspoons garlic, ¼ cup water, parsley and the cheese in a food processor or blender.

4. Remove from heat; stir tomatoes into soup. Stir in the parsley mixture or serve it alongside. Serves 4.

TIP: Broccoli rabe stems cook tender, meaning that unlike collards and kale, you don't need to pull the leaves off the stems. Cut off (and discard) the stems just below the string or wire tie binding them. Remove the tie, and hold on to the bunch as long as you can while you slice the stalks and leaves. Wash well before cooking. A bunch of broccoli rabe usually weighs around 1 pound.

Good Housekeeping

Fettuccine With
Lemony Shrimp

Light and aromatic with the scent of fresh lemon, this pasta dish looks and tastes as good as any restaurant meal, but can be created at home in just 30 minutes. It serves six, so invite some friends over.

- Salt and pepper
- 2 large leeks
- 1 tablespoon plus 2 teaspoons olive oil
- 1½ pounds shrimp
- 2 cloves garlic
- 1/4 teaspoon crushed red pepper
- 1 cup dry white wine
- 1 pound fettuccine
- 1 tablespoon margarine or butter
- 2 tablespoons finely chopped fresh basil leaves
- 2 tablespoons finely chopped fresh flat-leaf parsley leaves
- 1 lemon

- 1. Heat large covered saucepot of water to boiling on high. Add 2 teaspoons salt.
- 2. Trim and discard root and dark green top from leeks. Discard any tough outer leaves. Cut leeks lengthwise in half, then crosswise into ¼-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish to remove any sand. Remove leeks to colander. Repeat process with fresh water, changing water several times until sand is removed. Drain leeks well.

Good Housekeeping

Chicken and Mushrooms
with Brown Rice

Earthy mushrooms and satisfying whole grains make this chicken-and-rice dish an ideal dinner option for losing weight in the new year.

- 2 tablespoons olive oil
- 1¼ pounds skinless, boneless chicken thighs
- 1 package (10-ounce) sliced cremini mushrooms
- 2 medium stalks celery, thinly sliced
- 1 teaspoon chopped fresh thyme leaves
- 1 can (14- to 14½-ounce) chicken broth
- 1 cup instant brown rice
- 1/2 cup dry white wine
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 8 baby summer squash, halved and steamed

1. In 12-inch skillet, heat oil or medium-high until hot. Add chicken and cook, covered, 5 minutes. Reduce heat to medium; turn chicken and cook, covered, 5 more minutes. Transfer to plate.

2. To same skillet, add mushrooms, celery and thyme; cook 5 minutes or until vegetables are softened, stirring occasionally. Add broth, rice, wine salt and black pepper; heat to boiling.

3. Return chicken to skillet. Reduce heat to low; cover and simmer about 12 minutes or until juices run clear when thickest part of chicken is pierced with knife, and rice is cooked. Serve with squash. Serves 4.

• Each serving (without squash) 340 calories, 13g total fat (2g saturated), 118g cholesterol, 595mg sodium, 21g total carbohydrate, 3g dietary fiber, 35g protein.

Good Housekeeping

Portobello Parmesan

Stuff mushrooms with marinara, mozzarella and breadcrumbs for an easy, delicious dinner that will satisfy meat lovers and vegetarians, alike.

- 4 large portobello mushroom caps
- 1/4 teaspoon salt
- 1 cup marinara
- 4 slices fresh salted mozzarella
- 1/4 cup panko

Freshly grated Parmesan, sauteed kale and sliced baguette, for serving

1. On foil-lined, rimmed baking sheet, place portobello mushroom caps smooth sides down; spray with non-stick cooking spray and sprinkle with salt. Bake in 450 F oven 10 minutes.

2. Spoon ¼ cup marinara sauce into each cap; top each with mozzarella slice, then 1 tablespoon panko. Spray all over with nonstick spray.

3. Bake 15 minutes longer or until cheese has melted and mushrooms are tender. Garnish with freshly grated Parmesan. Serve with sauteed kale and sliced baguette. Serves 4.

• Each serving: About 395 calories, 24g fat (11g saturated fat), 22g protein, 30g carbs, 6g fiber, 690mg sodium.

Good Housekeeping

Easy Cappuccino Dessert

- 1 package chocolate flavor, sugar-free instant pudding and pie filling for 4 servings
- 1½ cups milk
- 1 tablespoon instant espresso-coffee powder
- Whipped cream in aerosol can
- Ground cinnamon

1. Prepare pudding as label directs, but use only 1 ½ cups milk and instant espresso powder.

2. Pour into 4 dessert dishes. Garnish with whipped cream and sprinkle with ground cinnamon. Serves 4.

• Each serving: About 105 calories, 5g total fat, 15mg cholesterol, 360mg sodium.

in Parmesan cheese. Pour mixture over Rice Chex, being sure to coat cereal well.

2. Evenly spread mixture on a rimmed baking pan. Bake in 250 F oven for 60 minutes, stirring every 15 minutes. Cool completely. Store in airtight container. Makes 8 (¾ cup) servings.

• Each serving equals: 104 calories, 0g fat, 2g protein, 24g carbs, 470mg sodium, 75mg calcium, 1g fiber; Diabetic Exchanges: 1 ½ Starch; Carb Choices: 1 ½.



Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Super Bowl Snack

With the Super Bowl just around the corner, it's time to think about your game day spread. Place a bowl of this snack in the middle of the table, and it's sure to be a hit.

- 1 (6-ounce) box Rice Chex
- 1/2 cup Kraft Fat-Free Italian Dressing
- 1/2 cup Kraft Reduced Fat Parmesan Style Grated Topping

1. Place Rice Chex in a large mixing bowl. In a small saucepan, heat Italian dressing over LOW heat. Stir

Comfort foods

Made fast
and
healthy

by Healthy Exchanges

Mediterranean Pizza

This is for all you feta cheese lovers. It's also for all you zucchini lovers. And all you pizza lovers, too!

- 1 (11-ounce) can purchased refrigerated crusty French loaf bread
- 2 teaspoons Italian seasoning
- 1¾ cups (one 15-ounce can) tomato sauce
- 2½ cups chopped unpeeled zucchini
- ¾ cup crumbled feta cheese
- ¾ cup shredded reduced-fat mozzarella cheese

1. Heat oven to 425 F. Spray a 10-by-15-inch rimmed baking sheet with olive oil-flavored cooking spray. Unroll French loaf and pat into prepared baking sheet. Bake for 5 minutes.

2. Stir Italian seasoning into tomato sauce. Evenly spread sauce mixture over partially baked crust. Arrange zucchini evenly over sauce. Sprinkle feta and mozzarella cheeses evenly over top.

3. Continue baking for 12 to 14 minutes or until crust is golden brown. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 8 large pieces. Serves 8.

• Each serving equals: 173 calories, 5g fat, 9g protein, 23g carb., 758mg sodium, 2g fiber; Diabetic Exchanges: 1 starch, 1 meat, 1 vegetable.

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Source: CandyRetailer.com

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Theft on the 4400 block of North Ashland Avenue.

Theft on the 2000 block of St.Paul Avenue.

Theft on the 2800 block of North Orchard Street.

Theft on the 2600 block of North Elston Avenue.

Theft on the 1500 block of West Nelson Street.

Theft on the 5400 block of North Sheridan Road,

Theft on the 800 block of North Michigan Avenue.

Theft on the 1900 block of North Damen Avenue.

Theft on the 3300 block of North Southport Avenue

Theft on the 4400 block of North Paulina Street.

Theft on the 1900 block of West Dickens Avenue.

Theft on the 2000 block of North Bissell Street.

Theft on the 2100 block of North Damen Avenue.

Vandalism on the 1800 block of West Irving Park Road.

Theft on the 1200 block of West Argyle Street.

Assault on the 5200 block of Nprth Kenmore Avenue.

Theft on the 1500 block of North Clybourn Avenue.

Theft on the 900 block of West Lakeside Place.

Vandalism on the 1400 block of North Sedgwick Street.

Vandalism on the 1600 block of West Division Street.

Theft on the 1200 block of North Wells Street.

Theft om the 5600 block of North Winthrop Avenue.

Theft on the 3900 block of North Leavitt Steet..

Assault on the Burton-Judson Courts.

Robbery on the 0 block of Walton Street.

Robbery on West Belmont Avenue and North Clark Street.

Robbery on North Orchard Street and West Deming Place.

Robbery on the 3600 block of North Western Avenue.

Theft on the 1600 block on North Sedgwick Street.

Burglary on the 4500 block of North Magnolia Avenue.

Theft on the 2000 block of North Western Avenue.

Assault on the 900 block of West Belmont Avenue.

Theft on the 1300 block of North Bosworth Avenue.

Assault on the 1000 block of West Belmont Avenue.

Vandalism on the 4900 block of North Clark Street.

Assault on the 3900 block on North Pine Grove Avenue.

Assault on the 1600 blocj of West Wellington Avenue.

Assault on the 5200 block of North Sheridan Road.

Theft on the 1900 block of North Western Avenue.

Assault on the 4600 block of West Magolia Avenue.

Assault on the 2700 block of West North Avenue.

Assault on the 5200 block of North Kenmore Avenue.

Theft on the 1200 block of West Argyle Street..

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Theft on the 2100 block of North Damen Avenue.

Theft on the 1600 block of North Albany Avenue.

Theft on the 2000 block of North Bissell Street.

Theft on the 1900 block of West Dickens Avenue.

Theft on the 4400 block of North Paulina Street.

Theft on the 3300 block of North Southport Avenue.

Theft on the 1900 block of North Damen Avenue.

Shooting on the 5100 block of North Drake Avenue.

Robbery on West Belmont Avenue and Clark Street.

Shooting on the 5000 block of North Lincoln Avenue.

Shooting on the 3300 block od West Le Moyne Street.

Shooting on the 4900 block of North Spaulding Avenue.

Robbery on North Orchard Street and West Deming Place.

Robbery on the 3600 block of North Western Avenue.

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19th District CompStat Report:
Week of January 8th – January 14th, 2024

The 19th District of the Chicago Police Department is located at 850 W. Addison, Chicago 60613 #312-744-8320.

These statistics are a reflection of the entire 19th District with boundaries of Lawrence Avenue to the North, Fullerton Avenue to the South, Lake Michigan to the East, and the Chicago River to the West.

Year to Date: **ROBBERIES** are up 56%, compared to the same period in 2022 are up 35%.

Year to Date: **AGGRAVATED BATTERY** is up 57%,, and compared to a 28 day time period in 2022, is up 118%.

Year to Date: **BURGLARIES** are up 47%, and compared to the same time period in 2022, they're up 21%.

Year to Date: **THEFTS** are up 18%, and compared to the same time period in 2022, they're up 12%.

Year to Date: **MOTOR VEHICLE THEFTS** are down 43%, and for the same 28 day time period in 2022, they're down 21%.

3 Tips to *Take Control* of Car Maintenance

FAMILY FEATURES

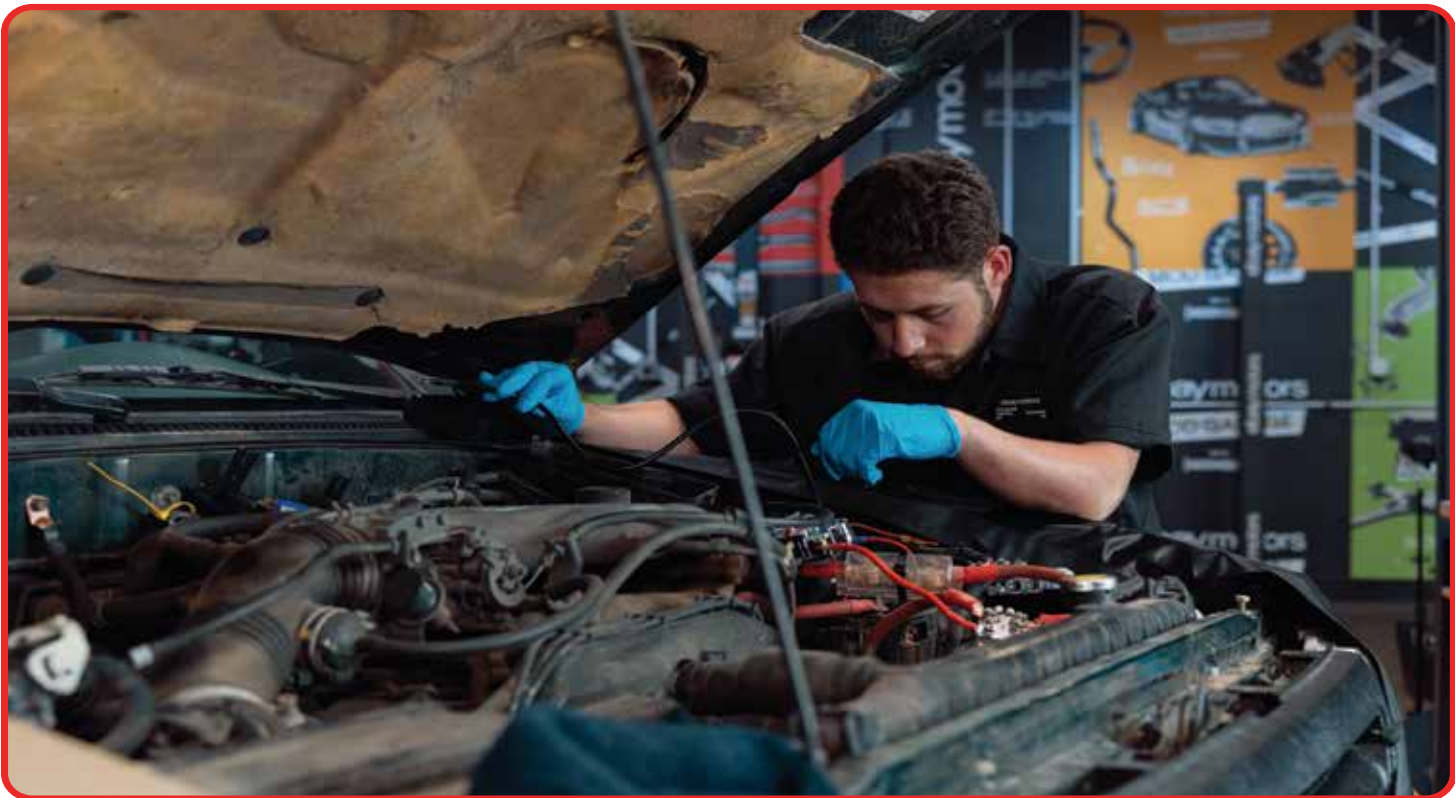
Economic factors made 2023 a record year for motorists, but not in ways that helped most families’ household budgets. The average price of a new car peaked at nearly \$50,000 while the average age of cars on the road surpassed 12 years, a record, according to S&P. Rising costs for new cars and an aging fleet of vehicles on the road go hand-in-hand and, for most drivers, this means staying on top of vehicle maintenance is crucial. Yet even maintenance has become more difficult as the cost of parts and labor increase, leaving drivers with a sometimes daunting list of automotive DIY projects or parts to source when their mechanic is out of stock.

Common Fears About Automotive DIY

For people new to car maintenance and repair, getting started can feel overwhelming. Because many families count on their cars to get where they need to go, it seems like a lot could go wrong with an average of 30,000 parts under the hood of a gasoline-powered vehicle. Consider these common situations that could make someone hesitant to take on a DIY project:

- Finding the best place to get parts to fit your needs
- Being unsure if a part is high enough quality to last and keep your car on the road
- Not knowing if the part you ordered will fit your car

For most, these fears boil down to being unsure if a part is right for the job, or if they’re skilled enough to install it.



Tips to Get the Repair Done Right

Now, more automotive parts and accessories retailers offer tools to help guide DIYers toward the right inventory for their needs. From brick-and-mortar shops to online marketplaces like eBay Motors, they can enjoy access to more resources to help find the exact part and good value:

- **Consider shopping online:** While physical retailers may have parts that work in a pinch, they may not be the best part for a project or offer the best value. Searching online retailers can provide access to millions of parts and accessories – including hard-to-find and discontinued items – from trusted car manufacturers and reliable aftermarket part brands.
- **Look for fitment guarantees:** There are few things more frustrating than being halfway through a repair only to learn a part doesn’t fit. To help ensure you’re buying with confidence, the eBay Guaranteed Fit program allows users to

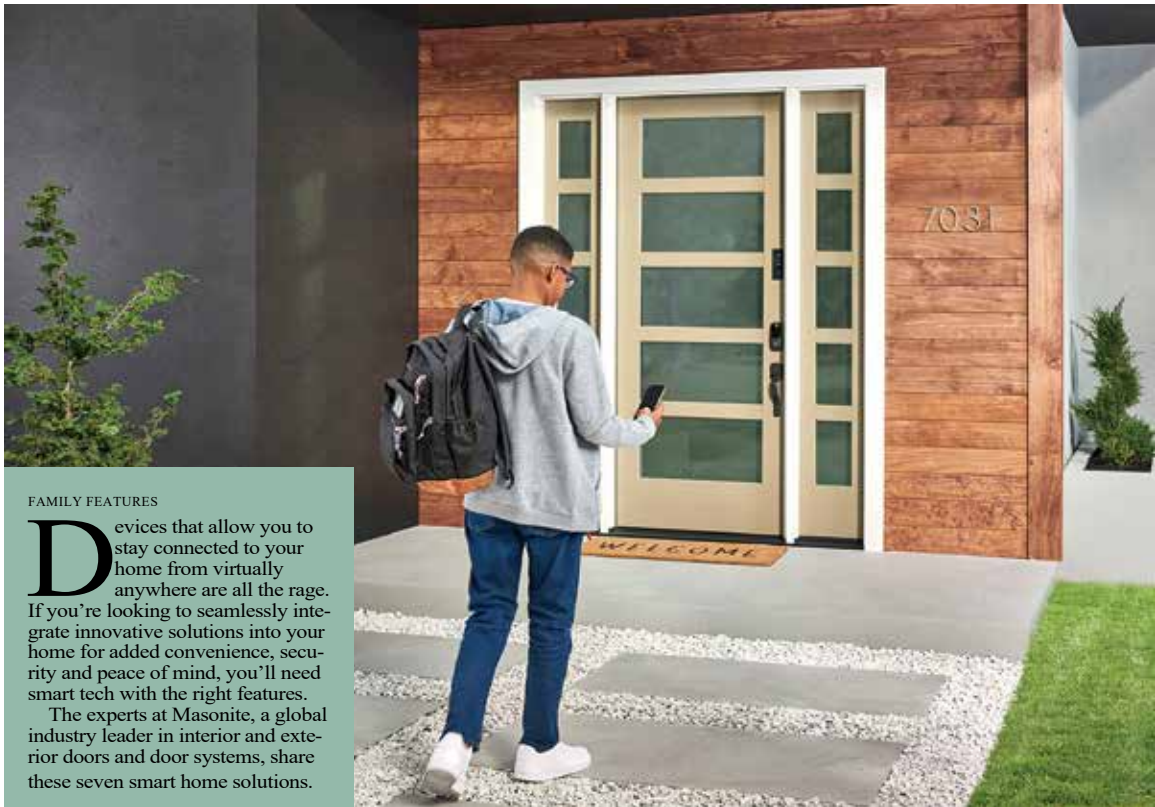
add a vehicle to “My Garage” then quickly and easily search for parts. If there’s a green “Fits” check, you can rest assured it’s guaranteed to fit or your money back.

- **Take advantage of services and educational tools:** Some online parts destinations offer features on-site or via app that connect you with licensed mechanics live if you’re unsure of how to approach a repair or maintenance, from something simple like a filter change to help with more advanced jobs, like replacing spark plugs. When it comes to sourcing and installing parts like tires, look for marketplaces that offer a wide selection of top brands and services that ship your order straight to your local shop for convenient installation.

With the right resources, car projects can feel more manageable. To get started, visit [eBayMotors.com](https://www.ebaymotors.com) to find how-to resources, parts and accessories to tackle some DIY projects, including filters, wiper blades, spark plugs, batteries, light bulbs and more.



7 SMART HOME SOLUTIONS THAT ENHANCE CONVENIENCE AND SECURITY



FAMILY FEATURES

Devices that allow you to stay connected to your home from virtually anywhere are all the rage. If you’re looking to seamlessly integrate innovative solutions into your home for added convenience, security and peace of mind, you’ll need smart tech with the right features. The experts at Masonite, a global industry leader in interior and exterior doors and door systems, share these seven smart home solutions.

Garage Door

Leave behind that nagging feeling that you forgot to shut the garage door when you’re a block away from home. Smart garage door openers that connect to an app on your phone mean you can always check on the status of your door to ensure it’s closed when it should be. It provides the added benefit of keeping track of who’s coming or going while allowing you to remotely open the door for friends, family, neighbors and others who may need access when you’re away.

Front Door

Take your front door to the next level with a high-performance model incorporated with top tech like the Masonite M-Pwr Smart Door, the first residential front door to fully connect to your home’s electrical system and wireless internet network. Homeowners can create

a customized welcome-home experience with the door’s motion-activated LED welcome lights and a smart lock that recognizes your arrival and automatically unlocks. Whether at home or away, homeowners can use the door’s smartphone app to program the lighting, confirm if the door is open or closed with a door state sensor or monitor the entryway with a built-in video doorbell. Plus, the integrated connection to the home’s power means there’s no need to charge or replace device batteries, providing peace of mind that you’re always connected and protected. Available at The Home Depot, homeowners can select from a range of designs, colors and glass styles all made with the Masonite Performance Door System. The system is designed to protect your home from the elements and provide superior weather resistance, energy efficiency and comfort with premium fiberglass construction, a rot-resistant frame and a 4-Point Performance Seal so there’s no need to sacrifice style for enhanced performance.

Mirror

Hectic mornings may never completely be a thing of the past, but you can smooth out the start to your day with a smart mirror that displays important information like weather, news updates and your schedule. Many interactive displays allow you to check notifications and play music for a sleek, stylish addition to the bathroom that helps you stay on track and on time.

Refrigerator

Smart refrigerators are often inherently newer models, meaning they’re typically more energy efficient to save money on electric bills. With built-in features like cameras and sensors that aid in keeping track of grocery lists, they can help reduce food waste by reminding you to consume perishables before they spoil. Some models even include an interactive display that lets you watch recipe videos so you can test your skills with a virtual assistant.

Oven

Wi-Fi connectivity is the key feature of smart ovens, improving the cooking experience with increased control. By using an app on your smartphone, you can remotely preheat the oven and set timers. You can even cook

like a pro with models that allow you to import recipes for automatic temperature control.

Dishwasher

Similar to smart appliances like refrigerators and ovens, smart dishwashers bring added convenience to your day along with improved function and efficiency. Connection to Wi-Fi and remote accessibility via smartphone app allow you to start wash cycles and check cycle status while away, receive notifications when detergent is low and more.

Washer and Dryer

If laundry feels like a chore, you can make it less of a hassle with smart washers and dryers that connect to your home Wi-Fi network. These smart appliances allow you to remotely start and stop washing and drying cycles from your smartphone and can send notifications when cycles are finished. Built-in diagnostics send alerts to your phone when there’s a malfunction or it’s time for required maintenance. Plus, they can help you maximize energy efficiency by automatically starting a cycle during off-peak hours.

Visit [Masonite.com/MPWR-Smart-Doors](https://www.masonite.com/MPWR-Smart-Doors) to find more innovative solutions.



Expert Tips for Little Travelers During Winter

FAMILY FEATURES

Winter is one of the busiest times of year to travel. Whether you travel by train, plane or take a long road trip, it can be overwhelming – especially when you have young children. However, there is no need to worry, as preparing and anticipating possible obstacles along the way can help ensure a safe and enjoyable trip.

Most children are old enough to travel at about 6 weeks-2 months of age (after their first set of vaccinations), but it's best to share travel plans with your pediatrician to be sure.

Once you're clear for travel, you can keep the road smooth with these tips from Dr. Whitney Casares, a pediatrician, Gerber pediatric consultant, author and mom of two:

Focus on Health and Safety

Frequent handwashing is one of the most effective ways to keep your baby healthy during travel. Avoiding sick people, giving plenty of opportunities for rest and offering a diverse array of nutritious food options (or breastmilk or formula if your baby is too young for solid foods) can also help.

When traveling by car, make sure your child is properly fastened in his or her car seat. If traveling by plane, follow all crew members' and airline instructions for a safe journey.



Photo courtesy of Shutterstock

Provide Nutrition on the Go

Traveling can be a disorienting experience for little ones so being consistent with eating schedules can provide comfort and keep babies healthy, happy and energized along your journey. Wholesome travel snacks are an absolute must, especially for little ones.

High-quality snack and food options like Grain and Grow Strawberry Apple Puffs and Wonderfoods Natural Banana pouches are simple ways to offer your little one high-quality nutrition without the mess on road trips, airplane or train rides.

Now as part of the partnership, these, and many more Gerber products, have been awarded Clean Label Certifications from renowned nonprofit Clean Label Project. It has also been awarded the most First 1,000 Day Promise certifications – the most comprehensive of all the nonprofit's certifications – of any U.S. infant feeding brand as well as the Purity Award and Pesticide-Free certification for key products in its baby food portfolio.

It's also important to keep an eye on little ones while eating in transit, ensuring they're safe, seated and supervised while

eating to avoid choking hazards and make sure snack time stays mess, and stress, free.

Offer Soothing Play Opportunities

There are many toy choices for young children, so knowing what to pack while traveling and having backups is key. Compact toys like rattles and teething toys are some of the best choices for tiny travelers because they're easy to pack and clean. A stuffy or lovey can help console older babies and toddlers who may experience ear discomfort on an airplane or boredom on a road trip.

Travel can be tiresome even for adults who know what to expect. For little ones, it's even more so. Providing frequent breaks to stretch and get their wiggles out helps them not be overwhelmed by the experience of long travel days. Staying engaged with children is also key to keeping boredom or restlessness at bay.

Stick to a Sleep Routine

A little disruption to sleep schedules is to be expected, so try not to stress about it if your little one isn't sleeping at usual times. To try to maintain your routine, if you plan on using a portable crib, have little ones practice sleeping in it for a few nights before you leave for your trip so they're already accustomed to it. Young sleepers can also benefit from sleep aids such as a white noise machine to ease the transition to a new environment.

To find more resources to help simplify travel or quality nutrition options on the go, visit Gerber.com.

Addressing Your Children's Challenging Behaviors

FAMILY FEATURES

Many parents of young children face behavioral concerns like children not listening, throwing tantrums, biting and more. While every situation is unique, parents can rest assured they aren't alone and these behaviors aren't atypical.

"As young children grow and develop, behavioral challenges are to be expected," said Dr. Lauren Starnes, senior vice president and chief academic officer, The Goddard School. "That said, just because these behaviors are often normal doesn't mean they are easy for the parents addressing them or the young children experiencing them."

While eliminating undesired behaviors like defiance, tantrums and biting is likely unrealistic, it's not a lost cause for parents. Understanding why certain behaviors occur and the appropriate techniques to address them can help parents mitigate their impact and lessen their frequency, duration and severity.

Starnes recommends these ways to understand and address challenging behaviors in young children.

Biting

Infants often bite when teething. Young toddlers bite out of excitement, exploration or in response to inconsistencies in their environment. Older toddlers and 2-year-olds frequently bite as a communication method, such as when they fail to have the language to communicate frustration.

For children who are 3 years of age or older, biting is typically an aggressive behavior. Understanding the root cause can help tailor the response more appropriately to curb the behavior. For example, giving infants various textured teething toys can lessen the likelihood they will bite. For 2-year-olds, modeling how to use words and phasing out oral soothing items like pacifiers can also reduce the likelihood of biting.

Defiance

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



Photos courtesy of Getty Images



One important factor about defiant behavior is that while it is independence exertion, it is also attention-seeking. Behavior is communication and some defiant actions may simply be a means of obtaining attention and situational control. By giving children more independence – for example, asking "Can you please put your shoes on for me?" or "Can you pick which one of these dresses you want to wear today?" – you may be able to help them become compliant.

Logical consequences can also help. For example, if children refuse to sit in their chair to eat, have them stand for dinner or remove their snack until they sit.

Tantrums

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

Your reaction to a tantrum is a direct predictor of its intensity and longevity. Taking an opposite

position to children in terms of volume, speed of movement and pace of speech can be enough to counterbalance the tantrum.

Another effective technique to curb a tantrum is sportscasting. Using a soft tone of voice, sportscasting is the verbal, non-biased account of what is happening in the moment retold in third-person as though telling a story or broadcasting a sport. While this may feel awkward at first, it often catches children's attention and deescalates their reaction. For example, "Lou wanted more gummy bears. Mom said no. Lou is yelling and crying."

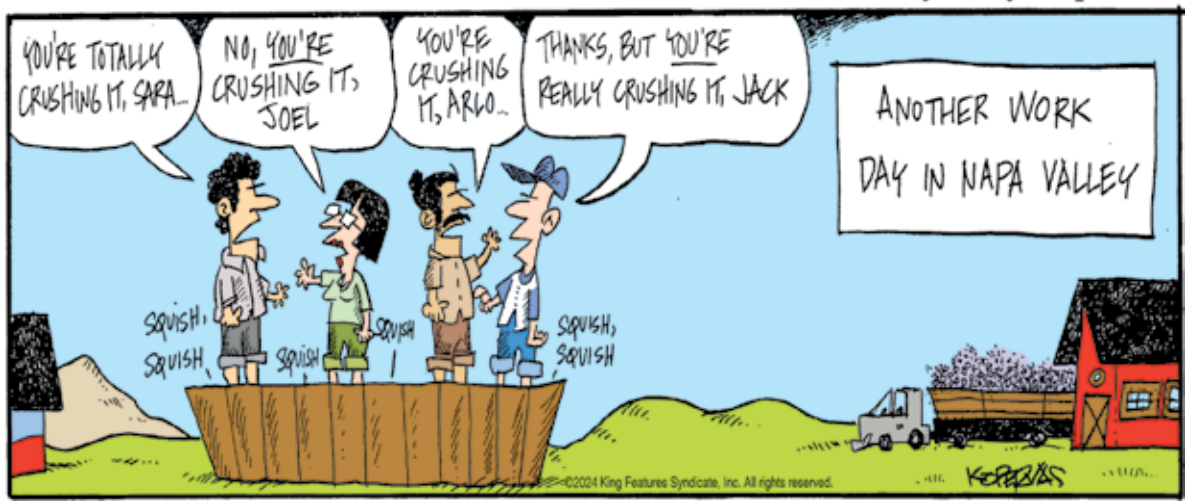
There is no silver bullet to stop biting, defiance and tantrums. These behaviors, for better or worse, are expected parts of early childhood. However, by gaining an understanding of their root causes and employing appropriate techniques to address these behaviors, parents can mitigate their impact while helping children develop and grow socially and emotionally.

For more actionable parenting insights, guidance and resources – including a webinar with Starnes providing additional tips for behavioral guidance – visit GoddardSchool.com.

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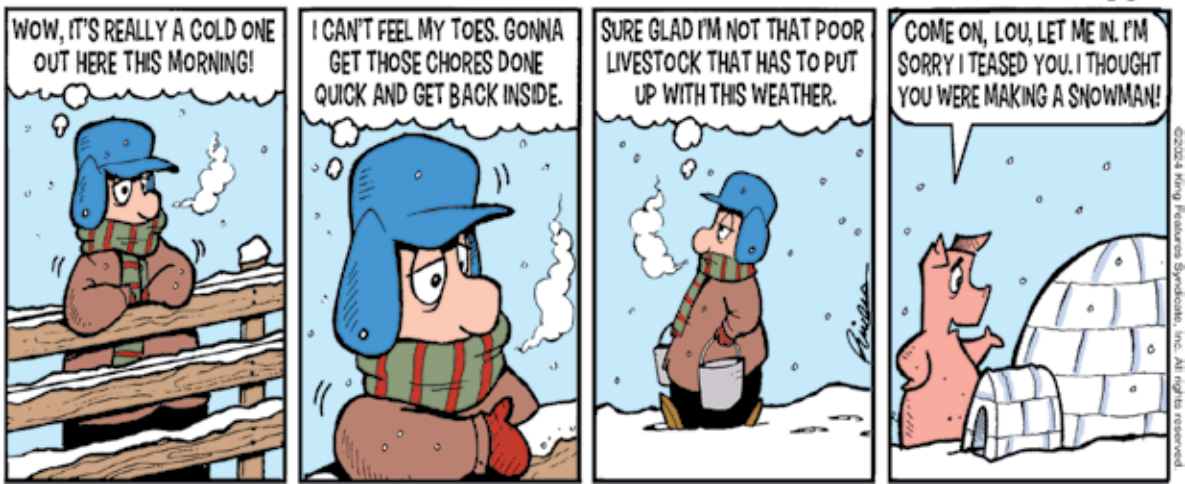
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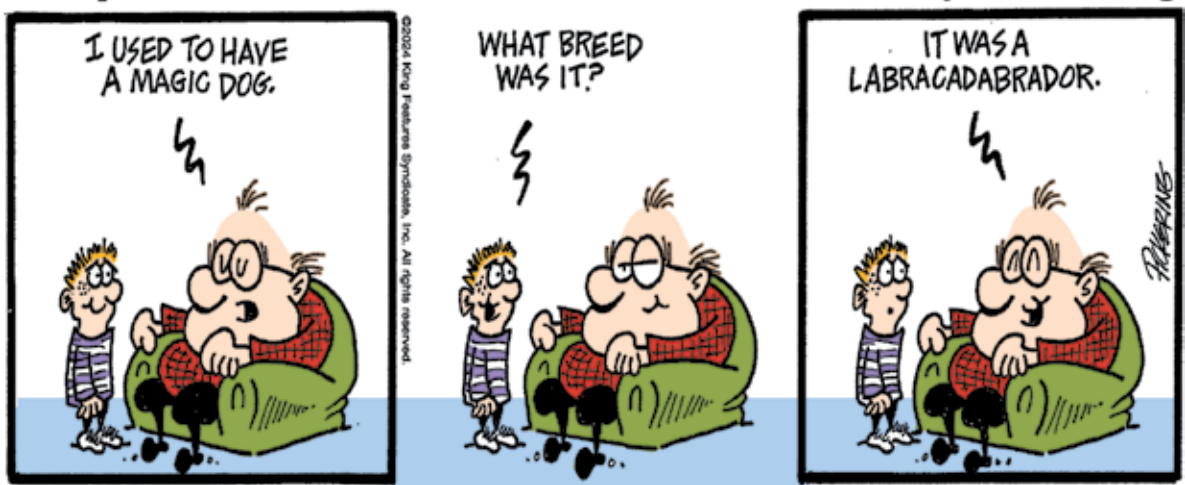
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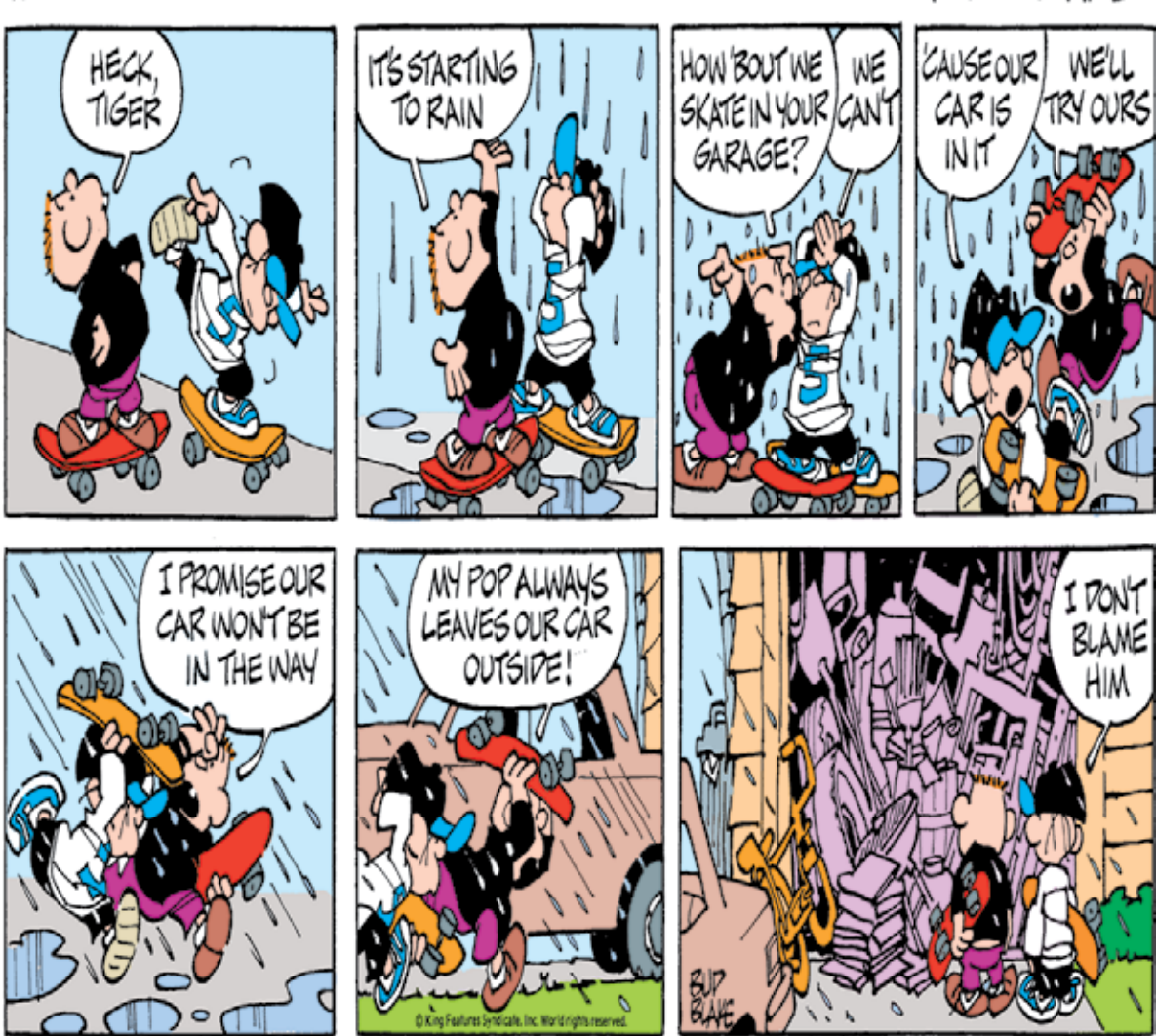
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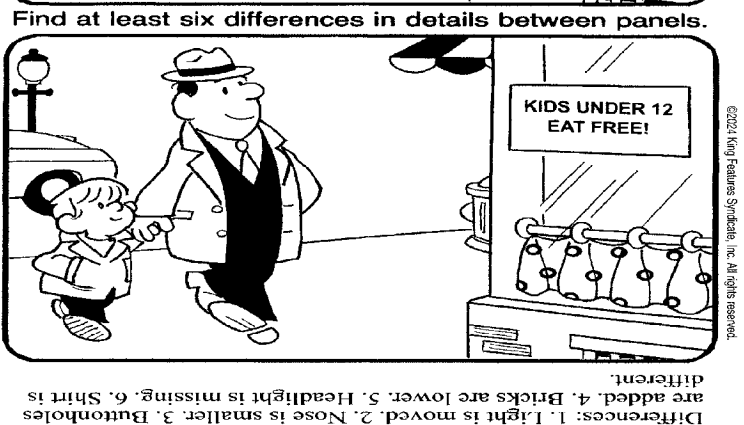
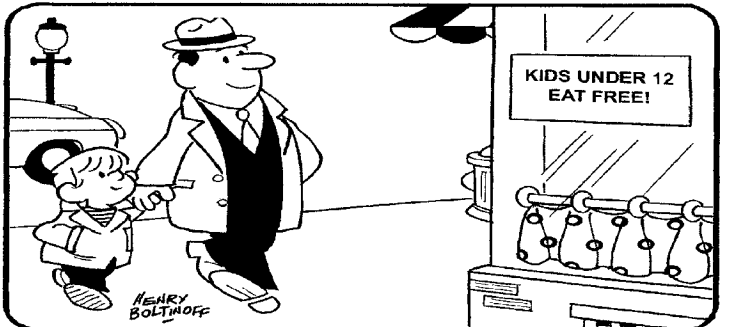
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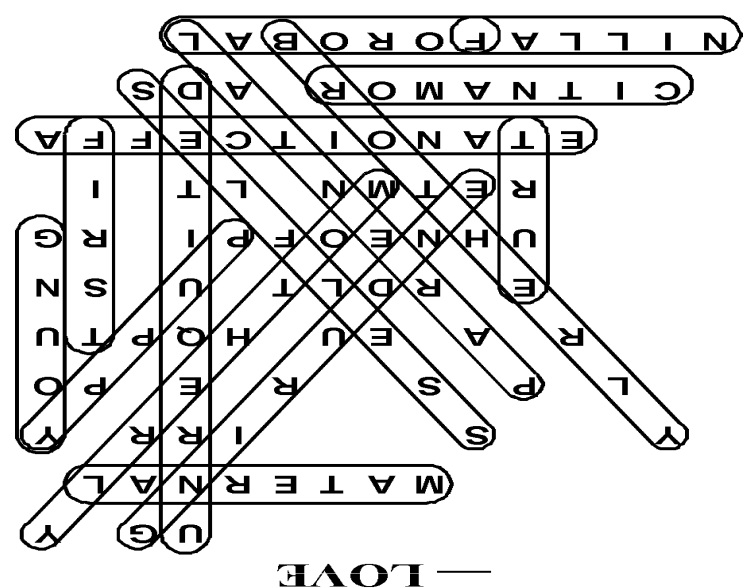
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Just Like Cats & Dogs



How to Make *Higher-Quality* Choices at the Grocery Store



Photos courtesy of Getty Images

FAMILY FEATURES

Grocery shopping can be stressful when there are so many options, especially if you're making a conscious effort to make high-quality food choices while you shop. Arming yourself with a plan and plenty of information can help you make smarter choices and feel good about the meals you prepare for your family.

According to the Food Marketing Institute's Power of Meat Report, 62% of consumers are looking for better-for-you meat and poultry options. Consider these ways you can pick up higher-quality products on your next trip to the grocery store.

Make a list and stick to it. Going shopping without a plan is a surefire way to make the trip to the grocery store less productive. Creating a list and identifying high-quality products that fit your needs can help you avoid impulse purchases. Plus, list-making can also help save money if you plan meals that let you use ingredients across multiple recipes for minimal waste.

Pay attention to labels. Food labels contain insightful details that can help you make well-informed decisions about the foods you buy. Especially when it comes to fresh products, like protein, you can learn a lot about how the food was raised, simply from its label. For example, Perdue's "No Antibiotics Ever" label is the gold standard when it comes to reducing antibiotic use in chicken farming, compared to the "no hormones or steroids" label, which shows adherence solely to federal regulations.

"You can feel good about purchasing our products labeled No Antibiotics Ever knowing they were raised and fed in such a way that no antibiotics were ever needed," said Dr. Bruce Stewart-Brown, senior vice president of technical services and innovation at Perdue Farms. "In order to achieve No Antibiotics Ever raised chickens, we worked hard to change our feed and care approach over the last 20 years."

Know how to select fresh foods. If you find yourself overwhelmed when it comes to selecting produce and fresh meat, you're not alone. When

choosing fruits and vegetables, you generally want produce with a consistent color that is firm but not hard to the touch. Many fresh fruits and veggies emit an appealing fragrance at their peak ripeness.

When it comes to meat and poultry products, you can use a similar approach. For example, if you're shopping for chicken, press down on the chicken in the package. If it's plump and somewhat resilient, reverting to its shape, it's a fresher pack. Also be wary of excess liquid in the pack, which can dilute the flavor or contribute to a soggy texture. You may also wonder which cuts are best. For a formal family meal, consider cooking a whole bird, which offers white and dark meat to please all appetites and can serve as a beautiful mealtime centerpiece.

Take some shortcuts. Even if you aim to prepare fresh, home-cooked meals most nights, there are sure to be some evenings when you need to squeeze in a quick meal around work, school and extracurriculars. Having a few simple go-to recipes can help.

For example, an easy stir-fry with fresh chicken and frozen veggies can shave off prep time while still providing a hot, well-balanced meal. If you're meal prepping for the week, marinate pre-cut chicken thighs or legs in different spices and seasonings to make cooking throughout the week simpler. Or try an option like Perdue's Short Cuts, which include a variety of ready-to-eat, roasted, perfectly seasoned chicken breast strips.

Shop the store's perimeter last. In most stores, fresh foods are located in refrigerated sections around the perimeter of the store. This is where you'll find produce, fresh meat, poultry and dairy, giving you most of the essential ingredients for wholesome, well-balanced meals. Saving this section of the store for your last stop can help ensure perishable items spend less time away from refrigeration before you check out.

Find chicken recipes and poultry shopping tips at perdue.com.



5 Ways to Support Dogs' Health as They Age

FAMILY FEATURES

While you may look at your dogs and see the same little puppies you brought home years ago, the reality is they age the same way people do, and if you count in "dog years," sometimes even faster. The aging process for dogs can mean graying whiskers and less ball chasing, but it may also mean adjusting to changing health needs.

As dogs approach their late adult and senior years, it's important to adapt the ways they're cared for so they can enjoy happy and healthy lives. To fully support your dog's lives as they age, consider this advice from the pet experts at Zesty Paws.

Enjoy Enrichment and Exercise

Whether your furry friends prefer a friendly game of fetch or a long walk around the neighborhood, exercise is key for dogs of all ages. As dogs mature, some of the high-energy bursts may fade, but continuing with low-impact exercises can help them stay in shape both physically and mentally.



Photo courtesy of Getty Images

heart, skeletal and muscle health. This innovative system of supplementation offers pet parents a fun and unique way to support their dog's golden years.

Adapt Your Dogs' Diets to Match Life Stages

A healthy and balanced diet is important for dogs of all ages. With that in mind, there are subtle nuances at different life stages that call for ingredients and food blends to match dietary needs. For example, puppies typically require foods with more protein and fats to help fuel their growth.

Adult dogs may need food that is more focused on addressing issues like gut health, weight control, dental hygiene and other needs. Then, as pets mature into their senior years, you may need to consider foods with added support for their hips and joints or a lower-calorie diet to help alleviate weight concerns due to decreased activity.

Be Diligent About Regular Vet Appointments

While pet parents already know the importance of



Stay active by walking to support joint health and mobility and keep regular grooming appointments to support healthy skin and coat. Don't forget enrichment activities to help stimulate their minds, too. Try hiding food or treats in puzzles or toys, or schedule play dates with other dogs so they can get active and socialize.

Explore the Benefits of Functional Pet Supplements

Dogs, just like humans, have a molecule in their bodies called nicotinamide adenine dinucleotide (NAD+), which supports cellular function, energy and repair mechanisms. NAD+ levels naturally decline throughout the aging process, but to help negate these effects and support cellular health regeneration in dogs, Zesty Paws created a supplement to support healthy aging for dogs.

Powered by Niagen to help reinvigorate cellular energy, the Healthy Aging NAD+ Precursor system brings a little of their puppyhood back through support of normal cellular, metabolic, brain and

keeping up with routine veterinarian visits, these check-ins with a health professional can take on increased significance for aging pets.

It's recommended to schedule regular appointments with your vet so he or she can conduct physical examinations to monitor your pet's well-being, and this time also provides an opportunity for you to discuss any changes you've noticed in your pet's routines. Just like you, your adult dogs should have a complete examination at least once a year.

Stick to Routines

Just as you have certain things you do each day, like brushing your teeth and making your morning coffee, dogs can also benefit from having their own routines. Whether it's a morning walk or weekly bathing, having a routine can reinforce previous training for adult dogs and help them continue to learn new behaviors.

Routines based on exercise, enrichment, training and grooming can help ease the tension of other life changes such as travel, moving or new house guests and allow dogs to feel more confident and comfortable. For these aging pets, having and maintaining a routine can also be helpful for consistency and reducing nervousness.

To learn more ways to support your pet's health and well-being, visit ZestyPaws.com.

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