

March, 2024

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

Volume 28, Number 4

PRITZKER'S ILLINOIS WHAT A PITCH



Gov. J.B. Pritzker gave his Illinois budget address on Wednesday, February 21, 2024 in Springfield. Among his top priorities were education, families and health.

Here are some of the highlights from that speech:

Proposal to eliminate the state grocery tax.

"And even though inflation continues to cool off, folks are still feeling the squeeze every week at the grocery store. For the good of our state's working families, let's permanently eliminate the grocery tax! It's one more regressive tax we just don't need. If it reduces inflation for families from 4% to 3%, even if it only puts a few hundred bucks back in families' pockets, it's the right thing

able with the shelter and wraparound services they need."

Asylum seekers

"Over the last eighteen months, more than 35,000 asylum seekers have arrived in Illinois, most of them landed here in buses sent by Governor Abbott of Texas. With our partners in Cook County and the City of Chicago, my administration has worked to develop a cost effective and comprehensive response plan over the next twelve months. This plan also includes continuing our effort to divert as many people as possible away from temporary shelter to more permanent settlements, wherever that may be. To date, we've moved 9,000 individuals through the process - from arrival, to temporary shelter, to independent housing and self-sufficiency. We have designated \$5 million in this budget for shelter conversion grants. We've also helped thousands through the Temporary Protected Status and Employment Authorization process so they can legally work. "I committed to the Mayor of Chicago and the Cook County Board President that I would come to the General Assembly and ask for funding for a little over fifty percent of the cost of this plan - which comes to \$181.7 million.



Billionaire Jerry Reinsdorf, chairman of the Chicago White Sox baseball team, is making his pitch to lawmakers to build a brand new stadium in the South Loop. The 60 acre complex will consist of a stadium, open park spaces, and apartment buildings between Roosevelt Road and 18th Street. The stadium is set to be part of the \$9 billion redevelopment plan focused on that area. The new stadium will spread across a 62acre site called "The If the proposal 78". gets passed, Guaranteed Rate Field would be reconstructed into a soccer field so that the MLS team Chicago Fires can move in. Who's picking up the tab for all this? Jerry Reinsdorf wants to create a taxing district around the stadium that would capture

\$400 million in state sales tax revenue once 'The 78' site is built-up. The proceeds from the taxing district would not be funneled in state coffers, but instead used to help fund the stadium and retire the bonds. It would seem that the \$400 million would be better spent serving taxpayers' needs than helping pick up the check for Reinsdorf and Related Midwest, the developer that owns The 78. Also, the Illinois Sports Facilities Authority will be asked to float bonds to help raise the likely \$1 billion cost of building the stadium. The bonds would be backed by the existing statewide 2% hotel tax the agency used to build and rehab Guaranteed Rate Field and Soldier Field back in the early 1990s, after Reinsdorf threatened to move the team to St. Petersburg,

Fla.

Here are some comments from fans and lawmakers:

State Rep. Kelly Cassidy, a Chicago Democrat, posted on social media "Let me see if I have this straight: Billionaire businessman doesn't like the last stadium we built for him and wants us to pay for a new one. Couldn't even bother with the usual not quite a billion demand and just going full Dr. Evil. Not a penny, pal." "We pay enough, what's wrong with the park they got?" Illinois House Speaker Emanuel "Chris" Welch, D-Hillside said, "I would love to know how they're planning to pay for it. I look forward to hearing that from the developers. I imagine they're taking it step by step. They want to make sure there is an appetite for it."

On Wednesday, Febru-

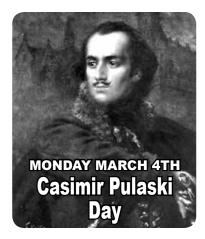
ary 21st, Gov. Pritzker presented his budget proposal. He faces a shortfall of nearly \$900 million and challenges stemming from the ongoing migrant crisis. The governor has been lukewarm about allocating public funds for sports stadiums beyond typical infrastructure costs, a position he repeatedly has taken in discussions of a new Chicago Bears stadium. In addition, the Chicago Bears are also expected to seek out a legislative fix this session, which concludes in late May, to fund a potential new stadium either in Arlington Heights or south of Soldier Field. According to Forbes, the Chicago White Sox baseball team is worth \$2 billion. The lease at **Guaranteed Rate Field** is up in 2029.

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to	do."		

Combating homelessness

"We know that Black individuals and families make up 61% of the unhoused while making up only 14% of the overall population. So, this year we created a racial equity round table on Black homelessness the only effort of this kind in the entire nation. To advance that work, I am proposing an additional \$50 million to attack the root causes of housing insecurity for Black Illinoisans, while continuing to serve other at-risk populations like veterans and those who are medically vulner-

Editorial & Opinions



SUNDAY



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TUESDAY MARCH 19[™]







• On March 4, 1933, in the midst of the Great Depression, Franklin D. Roosevelt was inaugurated as the 32nd U.S. president. He would later notably lead the country out of the Depression and to victory in World War II.

• On March 5, 1963, beloved American country western singer Patsy Cline, whose rich, soulful voice made her one of the genre's classic performers of such ballads as "I Fall to Pieces" and "Crazy," died in an airplane crash at age 30.

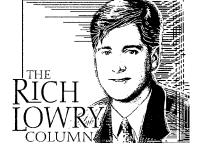
• On March 6, 2018, the world's oldest known message in a bottle was discovered by Tonya IIIman in Western Australia as she walked on the beach with her husband, Kym. The bottle had been thrown overboard from the German sailing ship Paula in 1886 as it crossed the Indian Ocean, and said only, "Could the finder please plot the coordinates it was found, and the date it was found, and send it back?"

• On March 7, 1965, up to 600 nonviolent activists marched to help African American citizens obtain the right to vote. Despite the peacefulness of their actions, the protesters were brutally attacked, with one woman, Amelia Boynton, beaten to the point of unconsciousness.

• On March 8, 1986, 29-year-old tennis star Martina Navratilova became the first in her sport to earn more than \$10 million in prize money when she won the U.S. Women's Indoor Championships in New Jersey.

• On March 9, 1611, Dutch astronomer Johannes Fabricius and his father, David, first observed sunspots, which are areas of reduced surface temperature. Johannes wrote and published a 22-page pamphlet on their findings, "Account of Spots Observed on the Sun and of Their Apparent Rotation with the Sun," though his father initially disagreed with his son's conclusion.

• On March 10, 1949, Mildred Gillars, aka "Axis Sally," became the first woman in American history to be convicted of treason. Gillars worked for Nazi Germany's state radio program during World War II, and from 1942 to the end of the war broadcasted Nazi propaganda in an effort to convince U.S. soldiers to give up the fight. Records of the broadcasts eventually convicted her when she was later arrested and returned to the States.



The last time an unfit incumbent ran for re-election

There's a tried and true method for a White House to deal with a seriously ailing president — lie about it.

The American public, of course, didn't know the truth about Woodrow Wilson's condition after his stroke, nor about the extent of JFK's health difficulties. Meanwhile, FDR's dire condition was kept from the public when he was running for a fourth term that he had no business attempting. He died 82 days after his inauguration.

Joe Biden is the most unfit incumbent president running for another term in office since that 1944 campaign. That is not to say that he's going to — God forbid — shed this mortal coil soon after the 2024 election, but that we should be mindful of the lessons of 80 years ago. To paraphrase Winston Churchill, a president's inner circle is prone to believe that the chief executive is so precious that he must be protected by a bodyguard of lies.

Few self-respecting physicians with the trust of the president are going to betray it. By early 1944, FDR had been diagnosed with a life-threatening condition, namely "acute congestive heart failure." An examining physician called his health status simply "God-awful."

his health status simply "God-awful." Nonetheless, the White House rolled out FDR's doctor in September to pronounce the president's health "perfectly OK," with "absolutely no organic difficulties at all." He said the president, who had experienced alarming weight loss, had just decided to shed some pounds and that he's "proud of his flat — repeat F - L - A - T — tummy."

Journalistic defenders can be trusted to attack and shame anyone who mistrusts the official story. Pro-Roosevelt writer Marquis Childs called the well-founded rumors about FDR's health a "wicked business," and "the vilest kind of fear campaign." The problem wasn't FDR's underlying condition, but the malignancy of his enemies: "Some people hate the president so much that the wish is father to the thought that his health is seriously undermined."

Sound familiar?

Of course, the political allies will always do their duty. Harry Truman, recently selected as FDR's new vice presidential nominee, told reporters after a lunch with the president that he's "still the leader he's always been, and don't let anybody kid you about it."

Truman told a friend, in contrast, that the president's "hands are shaking and he talks with considerable difficulty." According to Truman, FDR was "just going to pieces" physically, and he said he was like "a phonograph record played at the wrong speed."

This wasn't an unusual reaction. People around Roosevelt were in great fear of his dying, yet no one let on.

FDR himself, who demonstrated an almost-admirable lack of curiosity about his own health, still knew how he felt, and wasn't going to let voters know. He warned, "Hysterical last-minute accusations or sensational revelations are trumped up in an attempt to panic the people on election day."

Uĥ-huh.

FDR did have reserves of energy that were enough to overcome the murmurings about his health, but not the fact that they were true.

Perhaps Roosevelt can be forgiven more than most for his deceptions since - as a giant of American statesmanship who was ably managing a world war - it's understandable that he might consider himself an indispensable man. Yet, it was madness how irresponsible he was about the inevitable succession. In "Ascent to Power," his forthcoming book on this period, David L. Roll writes, "Truman began his accidental presidency utterly unprepared. FDR made no effort to bring him up to speed on current foreign relations and domestic issues nor did Truman insist on being informed by FDR or staff."

The fact is that it's never a convenient time for an administration to be honest about a president's serious health problems; it can only hurt him and help his adversaries.

At the beginning of his term, Biden's boosters, hopefully and absurdly, compared him to FDR. But it may be in exhibiting the same reflexes as the legendary Democrat in 1944 that the comparison is most apt.

Rich Lowry is editor of the National Review.

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FRIDAY MARCH 29TH



Americanisms



"A sense of freedom is something that, happily, comes with age and life experience." — Diane Keaton

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by Freddy Groves

Stand Downs Are Starting for 2024

The Stand Downs for 2024 are gearing up, with slightly warmer weather upon us. They'll run from now until the end of October in various places around the country.

Stand Downs, started in 1988, are one-, two- or three-day events meant to provide services to homeless veterans or those who are at risk of becoming homeless. The services provided can vary, depending on the location and the length of the event, but in most cases, veterans can get help with housing, mental health counseling, treatment for substance abuse, health care and screenings, help with VA claims, dental care, tax help and more.

You'll likely find food, showers, clothing, haircuts and information about support for caregivers, suicide prevention and legal advice. Sometimes the events are held right on the grounds of a VA medical center or a fairground, city park or other community space.

The list of events for 2024 (www. va.gov/homeless/events.asp) is being added to all the time. So if you don't see an event near you, check back. Or search online, putting in "Stand Downs 2024" and the name of your state for events that haven't made it to the main listing yet.

But no matter what the event includes or where it's located, it will be run mostly by veterans with help from volunteers. How about you? Are you in a position to step up and assist at a Stand Down? You might be running a van to pick up veterans with-out transportation. Or you might be preparing food in a tent on the site. If you're a legal professional, you might be looking over a document a veteran has received from a landlord. Whatever role you take at a Stand Down, it will be valuable and worthwhile and appreciated.

If you are part of a company or service group and want to host an event, start with the Stand Down POC (point of contact) at the closest VA medical center, or ask for the homeless coordinator.

And thank you.

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By Lucie Winborne

· On their urban forest data site, the city of Melbourne in Australia assigned email addresses to each of the city's trees so it would be easier to catch and rehabilitate damaged ones. Instead, the trees received love letters.

• Wild female chimpanzees, much like humans, experience menopause.

· Giant lily pads in the Amazon River can grow up to 6 feet in diameter and even support up to 100 pounds without breaking.

• A man in the U.K. who became paralyzed after a cycling accident spent four years raising 22,000 pounds for an innovative treatment that might enable him to walk again. However, when he heard of a disabled boy who also needed surgery, that had better odds of success, he donated the entire amount to the child instead.

• On the moon, it would be possible for humans to walk on water.

· Eric Money is the only NBA player to officially score for both teams in the same game.

• A group calling themselves Sieged Security hacked into the Idaho National Laboratory with a most extraordinary ransom demand - not cash, but for the lab to research the creation of felinehuman hybrids!

· In the small Japanese town of Kamikatsu, residents are required to sort their solid waste into 45 different recycling categories.

• "Yield the crow a pudding" is an old slang term for death.

· Morton's toe is when your second toe is longer than your big toe. It's widespread in art, with the Statue of Liberty being one of the more famous examples.

· Jenga blocks have subtle differences in dimensions to make their construction less stable. Each brick is a different size and weight, so no two games will be alike.

Thought for the Day: "Great things are done by a series of small things brought together." - Vincent van Gogh © 2024 King Features Synd., Inc.



by Matilda Charles

Don't Reach for the Vitamins and Supplements

Oh, it was so tempting, I have to admit. When a neighbor strolled by on her afternoon walk, we got to talking about how she stays in shape, and she rattled off a list of vitamins and supplements that she takes. She swears by them, and she appears to be in excellent condition ... although being 20 years younger might have something to do with it.

Still, I was tempted to try some of those supplements she recommended. But a little voice told me to check first before I loaded up my cart at the big box store. It's a good thing I did.

I learned that too much calcium can affect the absorption of several medications, and St. John's wort can change how over 70% of prescription drugs work, sometimes in dangerous ways. I also learned that one of the supplements advertised on TV is made with grapefruit, which I cannot have.

This is a time to be cautious. Do not add any supplements to your diet without running it by your doctor. Even giving a list of potential supplements to the nurse practitioner can be a good start if she also asks the doctor. If you're thinking about taking vitamin D or Omega-3, ask about increasing your intake of seafood instead. If you wonder about magnesium for bone health, ask whether you need it or if you should eat more bananas.

Read the labels on your food. Cereal, for example, is already fortified with several vitamins.

Remember that the vitamin and supplement industry is not regulated. Many are made overseas, and our FDA has no say in what's actually in each one

Do your own online research. Checking drug interaction websites can help. The one I liked best is www.drugs.com (click "Interaction Checker").

Read what the National Institutes of Health has to say about dietary supplements for seniors at www.nia.nih.gov/ health/vitamins-and-supplements/ dietary-supplements-older-adults

Search their database of 178,111 supplements at dsld.od.nih.gov.

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Mechanical Creatures

Robots may sound like cutting-edge technology or science-fiction dreams of the future, but automated mechanical creatures have captured people's imaginations for centuries. Animals and music were always popular themes. Legends say that King Solomon surrounded his throne with mechanical animals, including lions that would raise their paws and roar when he approached and birds that would descend to give him his crown and a scroll. There are records from the Middle Ages and Renaissance of clever inventors in Europe and Asia creating mechanical animals and musicians.

Despite all this innovation, the "Golden Age of Automata" did not arrive until the 19th century. Technology had advanced enough to make automata accessible outside of royal palaces, but not so much that the novelty had worn off. All kinds of automata were made with different levels of complexity, from pictures with moving paper figures to life-size mechanical puppets.

Music boxes with mechanical features were popular, too. A favorite style was the singing bird, like this one that sold for \$4,560 at Morphy Auctions. It was made in Germany in the late 19th century and winds with a key. When it is wound, a small bird with red feathers pops out of the enameled box to chirp and flap its wings.

• I have a Boy Scout hand-book, "Revised Edition, 13th Printing, One Hundred Thousand Copies." It has a list of copyrights from 1911 to 1930. It is in fair condition. The cover and first page are torn, and the back is taped. What is it worth?

* * *

• The Boy Scouts of America A started in 1910. The first handbook, titled "The Official Handbook for Boys," was published in 1911. The title of the handbook has been changed several times. From 1927 to 1948, it was "Revised Handbook for Boys." The copyright dates in your handbook indicate it was printed in 1930



Is it a music box, a toy, a showpiece or a robot? Wind it with a key, and a feathery bird pops out to chirp and flutter in a lifelike way.

or shortly after. A Norman Rockwell painting called "Spirit of America," originally made for a 1929 Boy Scout calendar, was used for the cover art on the handbook from 1927 through 1937. It pictures the profile of a Boy Scout against a blue background with profiles of Benjamin Franklin, George Washington, Abraham Lincoln, Teddy Roosevelt, Charles Lindbergh, a frontiersman and an American Indian. Copies in poor condition usually sell for \$10 or less.

TIP: Spray the inside of a glass vase with nonstick food spray. It will keep the water from staining the glass.

* * *

CURRENT PRICES

Card set, Funny Valentine, multicolor illustration and inscription on front, insult on reverse, black and white with red accents, Topps, 1959, 66 pieces, \$85.

Paper, Valentine, cutwork, watercolor, red, yellow, green, ring of eight hearts around center medallion, inscription in each heart, swags, stylized flowers, painted frame, 19th century, 11 inches, \$500.

Teddy bear, Teddy Baby replica, brown fur, stitched nose, red collar, yellow tag in ear, Steiff, 1980s, 11 inches. \$945.

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

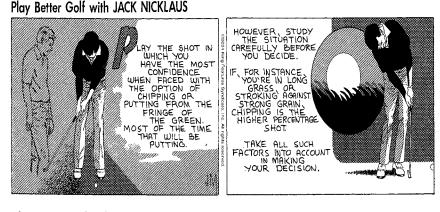
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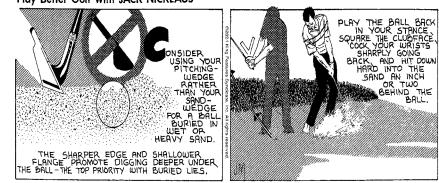
1. What Hockey Hall of Famer won four consecutive Selke Trophies for best defensive forward as a member of the Montreal Canadiens from 1978-81?

2. Bill Vukovich, winner of the Indianapolis 500 in 1953 and 1954, died in a crash while leading what race in 1955?

3. Name the 1990 sports comedy/ drama film that starred C. Thomas Howell and Peter Horton



Play Better Golf with JACK NICKLAUS





volleyball players.

4. What British swimmer, born with cerebral palsy, won 13 medals in six Summer Paralympic Games?

5. Who was interim head coach of the Nebraska Cornhuskers football team when they beat the Michigan State Spartans 17-3 in the 2003 MasterCard Alamo Bowl? (Hint: He was Nebraska's head coach from 2008-14.)

6. On July 5, 1947, Larry Doby became the first Black player in the American League as a member of what MLB team?

7. Scott Zolak was the backup quarterback for what NFL team from 1991-98?

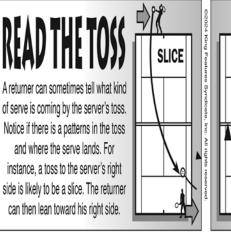
Answers

1. Bob Gainey.

- 2. The Indianapolis 500.
- 3. "Side Out."
- 4. Sascha Kindred.
- 5. Bo Pelini.
- 6. The Cleveland Indians.
- 7. The New England Patriots.

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STAN SMITH'S TENNIS CLASS



A toss to the left side is likely to be a twist serve. So the returner should move toward his left. Once you see a pattern, you can anticipate the ball's spin when it lands by where the server tosses the ball. This can often prevent you from being caught off-quard by the spin.

TWIST



"You've had your foot in your mouth again, haven't you, Senator?"



"I'm taking you off that banana diet."

<u>Health</u>



How to Take Precautions When a Family Member Has Mono

DEAR DR. ROACH: My daughter was exposed to infectious mononucleosis ("mono") at college, and she is coming to spend a week at home. What precautions do we need to take to make sure that the rest of the family remains safe? How long does the virus stay active on surfaces?

Also, can she get her flu and COVID shots? — D.G.

ANSWER: Mono is classically caused by the Epstein-Barr virus (EBV), but very similar symptoms can be caused by other agents, viruses and even a parasite as well. The virus is transmitted through saliva.

The latency period (the time from exposure until the time of symptoms) is longer than you might expect; four to six weeks is typical. Not everybody develops symptoms. Younger children seldom develop symptoms at all when infected, yet they still receive immunity. Unfortunately, they may shed infectious virus particles for months, years or even decades.

It is likely that the adults in your family are immune, since 90% of adults have had an EBV infection before. EBV is not a particularly infectious disease, so transmission to family members is uncommon. Still, you should avoid sharing anything that saliva touches, like food, cups or toothbrushes. You don't need to take special precautions with surfaces.

She can get the flu and COVID vaccines as long as she feels well and doesn't have a fever.

DEAR DR. ROACH: I am an aging athlete (60 years old) with a history of minor injuries and wear and tear on my body that has resulted in minor arthritis. Also, I have recurring bouts of tendonitis, IBS and depression, so I avoid foods that cause inflammation. Recently, I read that tart cherry juice is very good for reducing inflammation. However, in my efforts to avoid inflammatory foods, I also avoid sugar. A serving of tart cherry juice has a lot of fruit sugar. This is confusing to me. Does tart cherry juice reduce or increase inflammation? What is the difference between sucrose and fructose in terms of health? — P.G.

ANSWER: There is some evidence that tart cherry juice does have antiinflammatory properties, and studies on athletes have shown through blood tests that the benefits of tart cherry juice include faster recovery, improved performance, enhanced muscle oxygenation and decreased inflammation. A glass of tart cherry juice (without added sugar) has 25 grams of sugar, about the same as a glass of orange juice.

The studies that show improvement included the effect of sugar, but I understand you want to reduce sugar, which means that you will need to be careful elsewhere in your diet if you do start drinking cherry juice.

As far as fructose (most fruit sugar) versus sucrose (table sugar), there is almost no difference in its effect on your health. Sucrose is rapidly broken down into fructose and glucose, and both fructose and glucose are used for energy. Too much of either sucrose or fructose isn't healthy, and there isn't a special benefit to "natural" sugar.

Keeping your simple sugar intake to less than 10% of your total calorie intake (roughly 36 grams for most men) is the healthiest option, so a glass of tart cherry juice would be a significant part of your sugar intake for the day.

Ablation Is Only Recommended If Meds Are Intolerable

DEAR DR. ROACH: I'm a 67-yearold man who developed typical atrial flutter two years ago, but I haven't had any symptoms that I am aware of. I don't have a history of heart problems. My heart rate was 117 bpm while experiencing atrial flutter.

My cardiologist recommended an ablation, as that can be curative. He specializes in electrophysiology. The ablation was successful, and my heart rate was in the low 60s after-ward.

Six months ago, atrial fibrillation (AFib) showed up, but again, there weren't any real symptoms for me. My heart rate is nice and low, and I never really feel any problems ... perhaps some fatigue. But at 67, I can't always distinguish this from the feeling of getting older. I'm on Xarelto and a low dose of carvedilol. My blood pressure is good.

Is it worth having an ablation of the pulmonary veins to try and stop AFib? Or is it better to just live with an irregular heartbeat? Apparently, it's best to have an ablation sooner rather than later, so I'll need to decide as soon as possible. — D.S.

ANSWER: Atrial flutter is an abnormally fast heart rhythm that starts in one of the top chambers of the heart, usually the right atrium. The heart rate in the atria is very fast, typically 240-300 bpm, which is faster than any adult heart can beat. It is common that every other impulse in the atria gets transmitted to the ventricle, so a pulse rate in the range of 120-150 bpm would be typical.

Catheter ablation prevents the progression of the fast impulse to the rest of the heart, and it is successful 65% to 100% of the time in various studies. Unfortunately, studies have also shown that somewhere between 7% and 44% of those who had a successful catheter ablation for atrial flutter will later have a recurrence — or more commonly develop AFib.

This is called a chaotic arrythmia and can cause a fast heart rate, but more importantly, the lack of coordinated heart contractions in the atria can predispose people to the development of a clot in the atrium. The clot can then float downstream where it can lodge and cause damage, specifically a stroke. Each year, a percentage of 5% of people with AFib will develop a stroke without treatment. Treatment is designed to relieve symptoms and reduce stroke risk - your cardiologist has already achieved both of these aims pretty well. The carvedilol is a beta blocker that helps keep the heart rate under control, and Xarelto is effective at reducing stroke risk.

In my opinion, there isn't a need to consider another treatment like an ablation, which has a small but real potential for serious side effects. In fact, it is not 100% effective; about 70% to 75% of patients are symptom-free a year after the procedure. Many people need to continue anticoagulants like Xarelto even after a successful catheter ablation.

I recommend ablation for people who cannot tolerate medication treatment for their symptoms.

Sudden Foot Pain After a Concert Becomes Debilitating

DEAR DR. ROACH: My daughter and her friend went to a concert and had to climb stairs. They ended up walking about 2.5 miles in total. After returning home, my daughter had severe pain in both of her feet and was unable to stand or walk on them. She said it felt like someone was crushing them.

The pain did not get better, so she went to the emergency room a few days later. A doctor there performed an X-ray and said that the pain was due to bunions, although they did not even look at her feet. She also saw a foot specialist who told her that the diagnosis was neuropathy of the feet and recommended Neurontin for pain. He asked her if she has diabetes, but she does not. They told my daughter that she will have to live in pain for the rest of her life.

The doctor recommended getting some tests done on her nerves at the hospital, but she doesn't have money to pay for these tests. What can be done to help her? How is it possible that the pain started so suddenly? She is in constant pain and is unable to walk. — K.B.

ANSWER: "Neuropathy" is not a diagnosis; it's a name for a diverse group of diseases that cause damage to the nerves, specifically signifying the nerves in the brain and spinal cord or those outside of them.

The recommendation of getting nerve testing done is correct. This does sound like neuropathy from the little bit of information I have, although neuropathies do not typically begin with exercise the way you described. I have seen several cases where muscles have become terribly inflamed and even break down after a period of unusually strenuous exertion (this usually gets better with time), but I would have expected the doctors to make that diagnosis.

There is a compressive neuropathy in the foot (tarsal tunnel syndrome) where the nerve is damaged by pressure from muscles, bones and connective tissue, but this happening to both feet at the same time would be surprising. Metabolic neuropathies, like B12 deficiency, cause symptoms on both sides but do not begin suddenly. I'd be worried about her lower spine.

I don't know what your daughter's financial situation is, whether she might be eligible for Medicaid or the Affordable Care Act, or whether there is a free medical clinic near you. I have had many patients make just enough money that they don't qualify for Medicaid, but are unable to afford commercial insurance and don't get it through work.

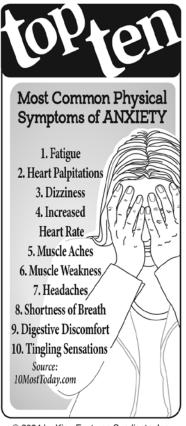
DEAR DR. ROACH: What is your opinion of laser therapy for joint pain? What are the risks and benefits? — M.J.

ANSWER: Low-level laser therapy, sometimes called cold laser, is thought to improve circulation, lessen inflammation and decrease pain sensitivity when applied to the skin over a joint with osteoarthritis, such as the knee.

In several reviews of small studies, laser treatment provides a modest benefit in decreasing pain, disability and stiffness when compared to a treatment that appeared the same to the participant but did not use the same kind of laser. (In the most stringent studies, even the person using the laser didn't know whether it was set to the effective treatment or not.) Muscle strength was also increased. In these studies, no adverse effects were noted.

However, this therapy is still regarded as experimental, so it is not usually covered by insurance. Generally, insurance companies will cover treatments once enough evidence accumulates to prove them effective.

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.



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CAR BUYING NOW

Financial

Drive down inflation... literally

Over the 12 months ending in November, motor vehicle repair costs were up 12.7 percent. Auto insurance costs were up 19.2 percent. The average monthly payment for a newly originated new car loan rose 18 percent over the past two years to \$726. Why? Because a new car will set you back roughly \$48,000, according to national averages.

If you are thinking about purchasing a new car, here are some ways to approach the car-buying experience.

Narrow your choices

Start by considering your needs and budget. You can then gather information to help you narrow the choices further to specific cars. You can find details on line about price, special deals, safety systems and devices, performance, fuel economy, and the different options and features that are available. Use this information to do an initial comparison of the vehicles you're considering.

Check for issues

If you're buying a used car,

be sure to get the vehicle history report; AutoCheck and Carfax are two good sources. A vehicle history report contains a trove of vital information, including red flags such as a vehicle's having been declared a total loss by an insurance company.

Consider your options

You might want to include heated seats or auto-dimming mirrors.

Many options require microchips, so some manufacturers have stopped including them or have installed the features without the chips, which could require you to install the chips later.

Take a test drive

No matter how great you think a certain type of vehicle is, or how many great reviews it has, you should take a test drive.

Be sure to take the car on different kinds of roads to see how it performs.

Buying the car

If it feels right, meets your requirements regarding safety, reliability, fuel economy and other factors and fits your budget, you may well have found your next vehicle. Be sure to have the salesperson walk you through the vehicle's new technologies before you leave the lot with your purchase. Get as much information as you can.

Tips for trimming gas costs

Driving 5-10 miles more slowly can improve your fuel economy by 7 to 14%. A set of tires that's inflated

to only 75% of the proper amount of pressure causes a 2-3% drop in fuel economy.



Saint Luke Church 1500 West Belmont Chicago, IL 60657 773.472.3383



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THE FEAST OF THE RESURRECTION 2024 Sunday, March 31 7:30 a.m. Sunrise Service

9:30 a.m. Festival Service of the Resurrection

Alleluía! He ís Rísen!

THE SEASON OF LENT AND HOLY WEEK 2024

STATIONS OF THE CROSS DEVOTIONS

Monday, March 18 (Chapel of the Christ Child) 9:00 a.m. Devotions 7:00 p.m. Devotions



PALM SUNDAY March 24 9:30 a.m. Holy Communion

MAUNDY THURSDAY March 28



7:00 p.m. Holy Communion and **Stripping of the Altar**

GOOD FRIDAY March 29 7:00 p.m. Good Friday Liturgy





1. What was The Byrds' first chart topper?

2. Whose version of "A Groovy Kind of Love" was used in a film? 3. Name the singer/actor who played Moondoggie in the 1959 "Gidget" film

4. The Moody Blues had a chart topper with which of their songs?

5. Name the song that contains this lyric: "Look at the way we gotta hide what we're doing, Cause what would they say if they ever knew?"

Answers

1. "Mr. Tambourine Man," in 1965. It was written and first released by Bob Dylan. The original had four verses. Several others have covered the song over the years, including Stevie Wonder.

2. Phil Collins, in the 1988 film "Buster" about a London criminal. Collins also starred as Buster, who joins a gang that robs a Royal Mail train.

3. James Darren. The film producers initially thought they would have him lip-sync the film's songs but then discovered that he really could sing. 4. "Go Now!" in 1965

5. "I Think We're Alone Now," by Tommy James and the Shondells, in 1966. The song was originally written as a slow ballad, but the group preferred the faster tempo when they recorded it.

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What's better?

A great story

Oľ

A great idea?

Lakeview Newspaper

Thoughts to think about.

range By Lucie Winborne

· A UCLA study determined that football players with lower jersey numbers are perceived as slimmer and faster than their teammates with higher jersey digits.

• The Sullivan Ordinance of 1908 in New York City aimed to prohibit women from smoking in public places, sparking not just widespread debate about women's rights, but marking a symbolic battleground for female activists dedicated to gender equality. The law was vetoed by Mayor George B. McClellan Jr. just two weeks later.

• A study of over 10 million births revealed that children are 4.6% more likely to be born in the same month as their mothers.

· When Kentucky Fried Chicken expanded its operations to China in the 1980s, the food chain's iconic slogan "It's finger-lickin' good!" - was mistakenly, if amusingly, translated in Mandarin to "Eat your fingers off."

· King Charles III was the first British royal to go to a traditional school.

• During the Napoleonic campaigns in the early 19th century, French soldiers observed an odd condition among many local Egyptian men, who reported blood in their urine, leading to the misnomer label "the land of the menstruating men." The actual cause was the parasitic disease schistosomiasis.

· Some scientists make a habit of consuming the organisms they study, a practice that dates to Charles Darwin's sampling of exotic animals such as pumas and iguanas during his voyages.

• The word "gymnastics" comes from the ancient Greek "gymnazein," meaning "to exercise naked."

• Are you a fan of Cheetos? If so, you might want to visit the town of Cheadle in Alberta, Canada, which is the proud possessor of a 20-foot statue of a ... Cheeto. Bonus: It even lights up at night!

Thought for the Day: "It's no use going back to yesterday, because I was a different person then." — *Lewis Car*roll

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1. Argylle (PG-13) Henry Cavill, Bryce Dallas Howard 2. Lisa Frankenstein

(PG-13) Kathryn Newton, Liza Soberano 3. The Beekeeper

(R) Jason Statham, Emmy Raver-Lampman

4. Wonka

(PG) Timothee Chalamet, Gustave Die

5. Migration

(PG) Kumail Nanjiani, Elizabeth Banks

6. The Chosen: S4.E1

(NR) Shahar Isaac, Paras Patel

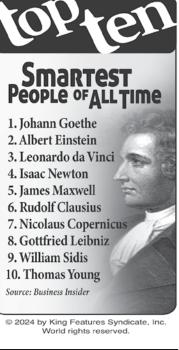
7. Anyone But You

- (R) Sydney Sweeney, Glen Powell 8. Mean Girls
- (PG-13) Angourie Rice, Renee Rapp
- 9. American Fiction (R) Jeffrey Wright, Tracee Ellis Ross

10. Poor Things

(R) Emma Stone, Mark Ruffalo

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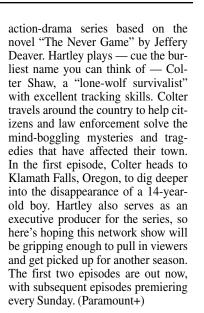




"Ferrari" (R) - From director Michael Mann ("Collateral"), this biopic follows Enzo Ferrari, owner of the car manufacturer Ferrari, during the summer of 1957 as the racing division of his company prepares for the Mille Miglia race. Portrayed by Adam Driver ("House of Gucci"), Enzo is in a state of chaos due to his company facing extreme financial losses and his deteriorating relationship with his wife, Laura (Penelope Cruz). On top of this, kept hidden away from his wife in the countryside of Modena, Italy, is Enzo's son, Piero, with mistress Lina (Shailene Woodley), who longs to be a true family. But even with the pressure rising from all aspects of his life, Enzo is determined to keep his company out of hot water and pull off the win at the Mille Miglia. Out now to rent. (Amazon Prime Video)

"The Greatest Night in Pop" (PG-13) — This documentary film casts a spotlight on a magical evening in 1985 when some of the most famous musicians in the world at the time were brought together to record a memorable pop anthem called "We Are the World." With incredible insider footage of the night, viewers feel like flies on the wall watching legends like Lionel Richie, Michael Jackson, Cyndi Lauper and Bob Dylan attempt to find their footing amid an elite group of their peers. The footage is interspersed with new interviews featuring some of the musicians as they recount the long hours they put in that night and how beautifully the song came together in the end. Out now! (Netflix)

"Tracker" (TV-14) - Justin Hartley ("This Is Us") leads this new CBS





Courtesy of CBS

Justin Hartley stars in "Tracker."

"Constellation" (TV-MA) - This psychological-thriller series centers on Jo (Noomi Rapace), an astronaut who barely survives a mission gone wrong in space. Upon returning to Earth, Jo starts to notice some eerie differences in her life back home, like a piano suddenly placed in her living room even though she doesn't play. She also experiences intense hallucinations, and as time goes on, her relationship with her daughter becomes estranged. Despite getting therapy and speaking with other astronauts about her situation, Jo inches closer to the brink of madness and is left to wonder if this terrifying phenomenon will ever cease. The first two episodes premiere on Feb. 21. (Apple TV+) © 2024 King Features Synd., Inc.



 To get a really good shine on your windows, try using newspaper instead of a paper towel. Spray the window with your cleaner and just use the paper like a towel. Practically no lint!

• "We save the bread ends and any too-hard or molding bread in our freezer until we can get down to the lake and feed the birds and fish. The ducks especially love it." --E.F. in Wisconsin

by Jo Ann Derson

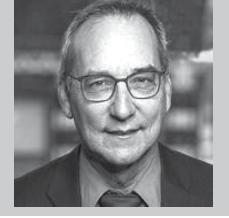
• To stretch your gravy, add a spoonful (or two) of bouillon mix to a glass of hot water. Add enough cold water to a tablespoon of cornstarch to make a loose paste, and add both the bouillon and the cornstarch to your regular gravy. Mix well.

 If you have a hard time skinning fish that comes "skin-on," like salmon, try freezing it just long enough to firm up the flesh in order to easily peel it off or trim it.

 "Keep a container or baggie of wet wipes with your shoes so it's easy to give them a quick wipe-down either before you put them on or before you put them away. They will always stay nice and clean." -E.W. and V.O.

The Lakeview Roscoe Village Chamber of Commerce **ANNUAL MEETING** March 13th, 2024

At this year's meeting, Ben **Castronovo, Vice President** of Central Savings, will be presented with an award for



2601 W. Division St

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his many years of leadership and continuous contributions to the community.

The Chairman of the Board, Board of Directors and Officers and the entire staff of Central Savings offer our congratulations on receiving this well deserved recognition.



1601 W. Belmont Ave 773-528-0200



 Drop a couple of crackers (saltines) in your sugar canister if you have problems with clumping. The crackers will keep it from clumping. Just remember they are there if you dip a measuring cup in the canister. You don't want a bunch of cracker crumbs in your sweet recipe!

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



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HOLLYWOOD — The children of four-time "Superman" **Christopher Reeve** bare their souls in a documentary commemorating the 20th anniversary of their father's passing at the age of 52. The documentary follows his rise to fame through 1995, when he was thrown from a horse, breaking two vertebrae in his neck and leaving him paralyzed from the shoulders down.

I met Christopher in 1976 when he played **Katharine Hepburn's** grandson on Broadway in "A Matter of Gravity." He also starred in the soap "Love of Life" and asked me to write a story on why he was leaving the soap. The photos and story ran in Soap Opera Digest, and I invited him to stay in my guest room in Hollywood if he ever needed to.

To my surprise, he called six months later after completing a role in "Gray Lady Down" with **Charlton Heston** and **Rosemary For**syth, and he became my house guest. I shot new photos of him, and two of them were sent to the producers of the upcoming "Superman" movie, who saw the jaw-line of the future "Man of Steel" in my photographs.

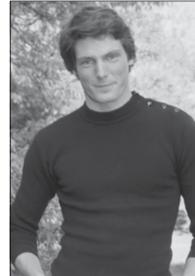
He was then flown to London for testing and serious bodybuilding to become "Superman" for four films from 1978-1987. In addition, he made other classic films such as "Somewhere in Time" (1980). In 2006, despite having partial paralysis and being in a wheel chair, he directed and executively produced the computer-animated sports comedy "Everyone's Hero," with the voices of **Rob Reiner**, William H. Macy, Raven-Symone and Whoopi Goldberg. Christopher truly was a super man!

Glen Powell has become the first breakout star of 2024. His rom-com "Anyone but You" passed the \$100 million mark, possibly saving the genre. In addition to his Netflix film "Hit Man" (due June 7) and the disaster film "Twisters" with Daisy Edgar-Jones and Anthony Ramos (due July 19), Powell is currently prepping for "Huntington," which was inspired by the 1949 British comedy "Kind Hearts and Coronets." It starred Sir Alec Guinness (Obi-Wan Kenobi from "Star Wars").

Both **Margot Robbie** and **Greta Gerwig** of "Barbie" were afforded a great deal of airtime about being snubbed for the Best Actress and Best Director categories at the Oscars. Most reports failed to mention that Gerwig was nominated for Best Adapted Screenplay — and Robbie as a producer of "Barbie."

In addition, Gerwig was nominated three times before for Best Director and Best Original Screenplay for "Lady Bird" (2017) as well as Best Adapted Screenplay for "Little Women" (2019). Robbie also received a Best Actress nomination for "I, Tonya" (2017) and a Supporting Actress nod for "Bombshell" (2019).

"Oscar" is not a person who snubs anyone!



Christopher Reeve ("Superman")

He's comprised of approximately 9,500 members in the Academy of Motion Picture Arts and Sciences who vote independently. They just thought it was harder to play Ken than it was to play Barbie!

HOLLYWOOD — Former "Superman" Henry Cavill is not a fan of sex scenes. He admits, "I don't understand them. ... There are circumstances where a sex scene actually is beneficial to a movie, rather than just the audience ... [but] I think sometimes they're overused these days." He says he often asks, "Is this really necessary, or is it just people with less clothing on?"

Cavill continued, "That's when you start to get more uncomfortable, and you're thinking, 'There's not a performance here. There's not a piece which is going to carry through the rest of the movie." While he believes that there are times when sex scenes can be great in a movie, Cavill thinks that "it can be a little bit of a cop-out if a TV show or a movie is just filled with gyrating bodies." He challenges this by asking, "What is this doing for us apart from the idea of, 'Oh, naked person, great'?"

This might explain why there were no sex scenes in his recent spy film "Argylle," which might have done better at the box office if he showed his "Superman" body. The \$200 million spy film barely made a dent in its cost, which has prompted Apple to reconsider giving the green light to the two proposed sequels for "Argylle." Apple was already bleeding money from the anemic box-office disappointments of "Killers of the Flower Moon" and "Napoleon."

Quentin Tarantino has chosen the title "The

Movie Critic" for what he says is his 10th and final film. **Brad Pitt**, who appeared in two Tarantino films ("Inglourious Basterds" and "Once Upon a Time in Hollywood"), is in negotiations to star in the film, which will probably start shooting later on this year or in 2025.

James Cameron, who has three of the highest-grossing films of all time (No. 1: "Avatar," No. 3: "Avatar: The Way of Water" and No. 4: "Titanic"), has reached the post-production stage for the third "Avatar" film. He has already shot half of the fourth "Avatar" film and has plans for three more films after that, for a grand total of seven films. "Avatar 6" is planned for 2035.

Jacob Elordi, the sexy star of "Priscilla," "Saltburn" and "Euporia," raised eyebrows in an interview with GQ when he admitted that he hated making Netflix's film "The Kissing Booth," which was so popular that it spawned two sequels. Fans were very upset, but not nearly as mad as the producer of an Australian morning radio show that Elordi was recently on.

The producer asked Elordi to fill a jar with some of his bathwater as a gift to the show's host, Jackie O, for her birthday (a reference to the hot scene in "Saltburn" where Elordi's male co-star, **Barry Keoghan**, drinks his bathwater). Elordi refused, and apparently, they got into a scuffle. The police were called, and the producer is now threatening to sue. The man needn't have asked for Elordi's bath-water; he could have just bought the Jacob Elordi bathwater-scented candle. Talk about going down under!



Henry Cavill in "Batman v. Superman: Dawn of Justice"



Q: I remember when singer Usher used to be on the soap opera "The Bold and the Beautiful." Has he done any acting since? - S.L.

What's Hot In Hollywood

A: Born Usher Raymond IV, superstar Usher was born in Dallas and sang in the church choir that was directed by his mother. The family later moved to Atlanta and then Los Angeles, where Usher released his first album in 1994 at the age of 16 and also hit it big with his second album, "My Way," in 1997. He flexed his talents even more by branching out into acting — first in the sitcom "The Parent 'Hood" on The WB network, then in recurring roles on "The Bold and the Beautiful" and "Moesha."

More recently, he's just played himself in several TV shows like "Dave" and The Lonely Island movie "Popstar." However, being selected to headline the Super Bowl halftime show is a high honor for any recording artist, so I doubt he has any regrets about not having a hit acting career. He also just released his ninth album, "Coming Home," so perhaps he'll be adding his ninth Grammy to his mantle

during the next award season.

Q: When is "Young Sheldon" coming back with new episodes? Is it true that this will be the final season? — A.M.

A: By the time you're reading this, you might have noticed that "Young Sheldon" returned to CBS with all new episodes on Feb. 15. Delayed by the writers' and actors' strikes, the seventh and final season will only consist of 14 episodes, with its hour-long series finale airing on May 16. It was inevitable that the show would end, since the title character was getting closer to the age of his future self in "The Big Bang Theory," the hit siccom that preceded "Young Sheldon."

However, there is a bit of good news on the horizon. According to The Hollywood Reporter, CBS is "reteaming with exec producers Chuck Lorre, Steve Holland and Steve Molaro to develop a spinoff of their prequel series "Young Sheldon." Although nothing official has been announced, word is that the new show will focus on Sheldon's brother, Georgie (Montana Jordan), and his fiancee, Mandy (Emily Osment). It will debut as early as the 2024-25 television season. Hopefully, lain Armitage will pop in occasionally as Sheldon.



Musician Usher

Q: Is it true that Jon Bon Jovi lost his voice? Will he still be able to sing? - I.S.

A: Singer Jon Bon Jovi is recovering from surgery to mend a vocal cord injury, but his career is far from over. According to Entertainment Weekly, the lead singer of the popular rock band Bon Jovi had undergone surgery 19 months ago with a specialist in Philadelphia who used a plastic implant to fix an atrophied vocal cord.

While promoting "Thank You, Goodnight: The Bon Jovi Story," an upcoming docuseries on Hulu about him and his bandmates, Bon Jovi said that their new record has been completed and that he recently performed live for the first time since his surgery. He's also about to become Millie Bobby Brown's ("Stranger Things") father-in-law, as his son, Jake, proposed to the actress last year.

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

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Good Housekeeping

Corned Beef and Cabbage

- 8 -inch square cheesecloth
- 12 parsley stems
- garlic cloves, crushed with side of chef's knife
- bay leaves
- tablespoon black peppercorns corned beef brisket, flat (thin) cut (3 1/2 to 4 pounds)
- 14 pounds small red potatoes, unpeeled and each cut into 1 1/2-inch chunks
- pound carrots, cut into 2-inch pieces
- small head green cabbage (about 1 1/2 pounds), cut into 8 wedges

1. In cheesecloth, wrap parsley, garlic, bay leaves and peppercorns; tie with string and place in bottom of 5 1/2- to 6-quart slow cooker. Add corned beef; top with potatoes and carrots. Pour in enough water to cover meat. Place cabbage on top. Cover slow cooker with lid and cook on low setting 10 to 12 hours or until beef is very tender.

2. To serve, thinly slice corned beef across the grain; transfer to warm large platter with vegetables. Makes 8 main-dish servings.

· Based on individual serving: 440 calories, 25g total fat (8g saturated), 27g protein, 28g carbohydrates, 6g fiber, 125 mg cholesterol, 1,480 mg sodium.

Good Housekeeping

Irish Soda Bread

A rich and tender rustic Irish quick bread - the ideal dinner companion for corned beef.

1/4cup sugar tablespoon baking powder

- I/4cup sugar tablespoon baking powder teaspoon salt
 - teaspoon baking soda cups plus 1/2 teaspoon 4
 - all-purpose flour tablespoons cold margarine
 - or butter cup golden or dark seedless raisins
 - .cups buttermilk $1\frac{1}{2}$

1. Heat oven to 350 F. Grease large cookie sheet.

2. In large bowl, combine sugar, baking powder, salt, baking soda and 4 cups flour. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs. With spoon, stir in raisins, then buttermilk just until evenly moistened.

3. With floured hand, gently knead dough in bowl a few times until dough forms a ball (do not overmix, or bread will be tough). Place dough on cookie sheet; shape into a 7-inch round loaf (dough will not be smooth).

4. Sprinkle loaf with remaining 1/2 teaspoon flour. With sharp knife, cut 4-inch-long cross, about 1/4-inch deep, on top of loaf. Bake loaf 1 hour or until toothpick inserted in center comes out clean. Cool on wire rack. Makes 12 servings.

· Each serving: About 275 calories, 6g total fat (1g saturated), 6g protein, 49g carbohydrates, 2g fiber, 1mg cholesterol, 485 mg sodium.

Good Housekeeping

Sweet and Spicy Salmon Burgers

Grated lime adds zing to the robust soy sauce.

I/4

flavors in these salmon patties, which are made with red bell pepper, cilantro, fresh ginger, garlic and red curry paste, and served with a lime-flavored Sauce:

cup lime juice (grate zest first)

- I tablespoon less-sodium soy sauce
- tablespoon sugar tablespoon crushed red pepper 1/4

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Burgers: I/2

- red bell pepper I/3cup packed fresh cilantro slice peeled ginger
- clove garlic
- teaspoons red curry paste 2 (see Tip)
- teaspoon grated lemon zest teaspoon sugar
- pound skinless salmon 1½
- tablespoon vegetable oil

1. Sauce: Mix ingredients in a small bowl. (You can do this first, or while fish is cooking.)

2. Burgers: Put bell pepper, cilantro, ginger, garlic, curry paste, lime zest and sugar in a food processor and pulse until blended. Add fish and pulse until just blended.

3. Shape level 1/4-cupfuls fish mixture into twelve 3-inch patties. (At this point, the fish burgers may be loosely covered and refrigerated for up to 4 hours.)

4. Heat oil in large nonstick skillet over medium-high heat. Add half the fish burgers and cook about 1 minute on each side, until just cooked through. Drain on paper towels. Cook remaining fish burgers. Serve with sauce. Serves 4.

TIP: You can find red curry paste in the Asian foods or spice section of your market. Occasionally it contains shrimp paste, so be sure to check ingredients if you have a shellfish allergy. Refrigerate jar after opening.



Sensational Chicken Soup

There is nothing more comforting than a great bowl of soup on a cold winter's night.

(16-ounce) cans fat-free 2 chicken broth 1/4cup water

- cup thinly sliced carrots
- cup thinly sliced celery scant cup uncooked noodles
- cups (8 ounces) diced cooked 1½ chicken breast
- teaspoon dried parsley flakes
- 1/8teaspoon black pepper

1. In a large saucepan, combine chicken broth, water, carrots and celery. Bring mixture to a boil.

2. Stir in uncooked noodles, chicken, parsley flakes and black pepper. Lower heat, cover and simmer for 10 to 12 minutes or until vegetables and noodles are tender, stirring occasionally. Serves 4.

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

· Each serving equals: 179 calories, 3g fat, 23g protein, 15g carbs, 498mg sodium, 34mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1 Starch; Carb Choices: 1.

Good Housekeeping

Golden Butter Cupcakes

- cups all-purpose flour 2
- 14 cups sugar
- 21/2 teaspoons baking powder
- teaspoon salt 3/4 cup butter or margarine (11/2
- sticks), softened 3/4 cup whole milk
- teaspoons vanilla extract 1½ large eggs
 - Frosting

1. Heat oven to 350 F. Line twenty-four 2 1/2-inch muffin-pan cups with fluted paper liners.

2. In large bowl, with mixer at low speed (with heavy-duty mixer, use whisk attachment or cupcakes will not rise properly), mix flour, sugar, baking powder and salt until combined. Add butter, milk, vanilla and eggs, and beat just until blended. Increase speed to high; beat 1 to 2 minutes or until creamy, occasionally scraping bowl with rubber spatula.

3. Spoon batter into muffin-pan cups. Bake 20 to 25 minutes or until

cupcakes are golden brown and toothpick inserted in center comes out clean. Immediately remove cupcakes from pans and cool completely on wire rack.

March, 2024

4. When cupcakes are cool, prepare choice of frosting and frost cupcakes. Makes about 2 dozen cupcakes.

· Each cupcake: About 155 calories, 7g total fat (4g saturated), 2g protein, 21g carbohydrate, 0g fiber, 4mg cho-lesterol 210 mg sodium



by Healthy Exchanges

Chocolate Mayo Snack Cake

After one bite, this will be a mainstay on your dessert list!

- $1\frac{1}{2}$ cups cake flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking 1/4 cup unsweetened cocoa
- teaspoon baking powder
- teaspoon baking soda
- cup fat-free mayonnaise cup unsweetened applesauce 3/4 1/2
- 1/2cup water
- teaspoons vanilla extract 1%
- cup fat-free whipped topping tablespoons mini chocolate chips

1. Heat oven to 350 F. Spray an 8-by-8-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine flour, sugar substitute, cocoa, baking pow-der and baking soda. Add mayonnaise, applesauce, water and vanilla extract. Mix well to combine. Spread batter into prepared cake pan. Bake for 20 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and allow to cool completely.

3. Evenly spread whipped topping over cooled cake and sprinkle chocolate chips evenly over top. Freezes well. Serves 8.

· Each serving equals: 163 calories, 3g fat, 3g protein, 31g carb., 394mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

Celebrate St. Pat's with Traditional Irish Dishes



FAMILY FEATURES

f St. Patrick's Day inspires feelings of hearth and home rather than leprechauns and green beer, you can celebrate tradition with warm, filling meals that harken back to Irish heritage. Soups and stews are certain to conjure up some nostalgia while soft, delicious cake is a perfect way to honor tradition regardless of your ancestry.

This Irish Sláinte Stew offers a warm welcome to guests with your own way of toasting to the holiday – Sláinte is "cheers" in Gaelic. This hearty meal is perfect for a crowd with traditional stew meat slow-cooked in a Dutch oven with beef broth, spices, carrots, potatoes, herbs and an Irish draught beer. Serve alongside crusty bread that's ideal for soaking up each delicious drop. Share a sweet way to complete the meal in style with Irish

Apple Cake, a classic dessert to top off a filling celebration. This version is easy enough to prepare with a handful of everyday ingredients for the cake, a crumbly topping and homemade custard for the finishing touch. To find more ways to celebrate St. Patrick's Day, visit Culinary.net.

- 1-2 pinches pepper
- 3 tablespoons flour 48 ounces beef broth
- cup carrots, diced
- cup celery, diced
- 3 cups potatoes, diced 1/2 onion, diced
- tablespoons garlic pepper
- tablespoon dried thyme
- 1/2 tablespoon dried rosemary
 - tablespoon dried chives
 - bottle Irish draught beer of choice crusty bread, for serving

In Dutch oven over medium heat, drizzle oil and brown stew meat with salt and pepper. Sprinkle flour over meat.

Add beef broth, carrots, celery, potatoes, onion, garlic pepper, thyme, rosemary and chives. Add Irish draught beer.

Bring to boil, stirring, 5 minutes. Simmer 2 hours, stirring occasionally. Serve with crusty bread.



- 3 cups self-rising flour 1/2 tablespoon cinnamon teaspoon cloves 1/4 teaspoon nutmeg 1/4 teaspoon ginger 1 stick butter, cubed 3/4 cup sugar
 4 apples of choice, peeled and cubed
- 2 eggs

Irish Apple Cake

1 cup half-and-half

Cake:

- Topping: 1/2 stick butter 3/4 cup flour
 - 1 cup brown sugar

Custard:

- 6 large egg yolks
- 6 tablespoons sugar 1 1/2 cups half-and-half
- 2 teaspoons vanilla

Preheat oven to 375 F. Grease and flour 9-inch round springform pan.

To make cake: In large bowl, sift flour with cinnamon, cloves, nutmeg and ginger. Using fork, cut butter until mixture resembles crumbs. Add sugar and apples; mix well. Stir in eggs and halfand-half until mixture reaches thick, dough-like batter. Pour batter into prepared pan.

To make topping: In bowl, mix butter, flour and sugar to create crumbled mixture. Sprinkle on top of batter in pan. Bake 1 hour. Check with toothpick to make sure middle is completely done. If not, bake 5-10 minutes. Let cool on rack.

To make custard: Whisk egg yolks and sugar. In saucepan, bring half-and-half to boil. Add one spoonful half-and-half at a time to egg mixture, whisking while adding. Once whisked together, return to saucepan and stir over medium heat until thickened, about 4 minutes. Remove from heat and whisk in vanilla. Serve custard over cake.



Has Your Easter Needs!!



Leg of LambEaster SmokedHoney Spiral-CutBone-In/BonelessPolish SausageHam

3501 N. LINCOLN AVE. CHICAGO, IL 60657 773-248-6272

Crime

Robbery on the 4300 block of North Kedzie Boulevard.	Assault on the 22200 block of North Maple-wood Avenue.	Theft on the 4700 block of North Maple-wood Avenue.	Theft on the 4400 block of North Broadway.	Theft on the 800 block of North Noble Street.	Assault on the 100 block of West Superior Street.
Robbery on the 3100 block of West Irving Park Road.	Assault on the 4400 block of North Drake Avenue.	Theft on the 1400A block of North Rock-well Street.	Assault on the 4100 block of West Irving Park Road.	Vandalism on the 2400 block of West Pensac- ola Avenue.	Assault on the 4400 block of North Sheri- dan Road.
Assault on North Lin- coln Avenue and North Fairfield Avenue.	Theft on the 2300 block of North Milwaukee Avenue.	Theft on the 1600 block of West Glenlake Avenue.	Theft on the 2600_ block of North Elston Avenue.	Theft on the 2000 block of North Clevland Avenue.	Vandalism on the 1300 block of West Early Av- enue.
Robbery on North Wolcott Avenue and West Division Street.R	Assault on the 2200 block of North Spring-field Avenue.	Assailt on the 4900 block of North Ken- more Avenue	Assault on the 5500 block of North Sawyer Avenue.	Theft on the 1400 block of North Milwau-kee Avenue.	Theft on the 1400 block of North Milwau- kee avenue.
Shooting on the 1200 block of West Thorn-dale Avenue.	Assault on the 3600 block of North Christia- na Avenue.	Assault on the 3300 block of North Sacre- mento Avenue.	Assault on the 1800 block of North Whipple Street.	Arrest made on the 1300 block of North Mohawk Street,	Theft on the 4800 block of Borth Winthrup Avenue.
Robbery on tWest Lawrence Avenue and North Long Avenue.	Theft on the 5100 block of North Leavitt Street.	Theft on the 3300 block of North Hamilton Avenue.	Theft at Bauhhart Hall. Theft on the 200 block of West Superior Street	Assault On th4 400 block pf West Division Street.	Assault on the 4400 block of North Broad-way.
Theft on the 2000 block of North California Avenue.	Theft on the 2100 block of Noth Concord Place.	Burglary on the 4900 block of NorthAvers Avenue.	Theft on the 5100 block of North Leavitt Street.	Theft on the 4800 of Northgyle Clark Street.	Assault on the 3300 block of North South-
Theft on the 2000 block of North Milwau-	Theft on the 1700 block of North Sheffield	Theft on the 1200 block of West Newport	Assault on the 1200 block of West Law-	Theft on the 3000 block of North Broadway.	port. Avenue Assault on the 1100
kee Avenue.	Avenue.	Avenue.	rence Avenue.	Theft on the 00 block	block of West Argyle Street.
Burglary on the 3300 block of West Fullerton Avenue.	Robbery on the 6200 block of North Western Avenue.	Theft on the 2500 block of North South-port Avenue.	Arrest made on the 400 block of West Chi-	of West Diversey Park- way.	Theft on the 1800
Theft on the 2300 block of North Milwaukee Avenue.	Burglary on the 1500 block of North Rock- well Street.	Assault on the 3600 block of West Le Moyne Street.	cago Avenue.	Theft on the 400 block of West Belden Avenue.	block of West Fullerton Avenue.



7 ROBBERIES REPORTED **IN LESS THAN 24 HOURS**

On February 18 and 19, 2024, seven robberies were reported on Chicago's North side - all in close proximity of each other in location and time.

In each case, multiple armed offenders approached the victims and demanded their property by threatening the use of force. After taking the victims' belongings, the offenders fled in a waiting vehicle. The offenders are described as three or four Black males between the ages of 18 and 25 years old. They were wearing dark-colored clothing and face coverings. One of the offenders wore a white face mask. They were observed in a dark or black four-door sedan.

www.Armynavysales.com and www.LakeviewNewspaper.com Scroll down to the link on the Lakeview Newspaper web site and click on Armynavysales and save 10% on orders of over \$50.Use promo code LVNP to save on either site. Open 7 days a week-24 hours a day **ARMY NAVY SALES** 3100 N. Lincoln Ave Chicago (773) 348-8930 Mon. thru Fri. 8-5 Sat 10-5 We accept major credit cards

The incidents occurred at the following locations and times:

1500 block of West Ardmore on 2/18 at 6:30 P.M.

5500 block of North Rockwell on 2/18 at 7:30 P.M.

5100 block of North Wolcott on 2/18 at 7:55 P.M.

2600 block of West Gregory on 2/18 at 8:55 P.M.

3000 block of West Peterson on 2/18 at 11:40 P.M.

5600 block of North Talman on 2/18 at 11:50 P.M.

2600 block of West Albion on 2/19 at 1:30 P.M.

If you have any information, please call the Bureau of Detectives – Area 3 at #312-744-8263. March, 2024



FUNERAL DIRECTORS 2214 West Irving Park Road Chicago, Illinois 60618

Nichole S. Smith, Funeral Director 773-588-6336 2657 North Clybourn Chicago, IL 60614 (773) 248-1330 info@ward32.org

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1601 W. Belmont

at Lincoln and Ashland 773-528-0200

2601 W. Division 773-342-2711

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The for the formation of the second secon

Equal Opportunity Lender



EXPLORE YOUR DREAM DESTINATION



Tips for planning a travel adventure

FAMILY FEATURES

f you find yourself dreaming of sunshine, sand and sparkling pools, it may be time to start looking forward to your next vacation getaway. Get a jumpstart on building excitement for the journey ahead by beginning preparations early, which offers many benefits, including better rates and more time to research your options.

Start exploring ideas for a fun-filled trip with these tips from the travel experts at Funjet, which specializes in providing travelers with vacation packages to hundreds of destinations around the world:

Plan Ahead

Booking your vacation well in advance allows you to take advantage of the best deals at the most popular hotels and hottest travel dates. In addition, by being flexible with travel dates, families can save hundreds of dollars. Moving travel dates by a day or two can result in major savings, often even more than the discounts you can get on last-minute trips.

Research Dream Destinations

Deciding where you want to go is the first step, but with a literal world of possibilities, it can be difficult to narrow down your choices. One place you can find inspiration is by exploring the top travel destinations others are choosing. For example, the top 10 travel destinations booked with Funjet in 2023 include numerous international destinations. Las Vegas is the only U.S. city to make the top 10 list. Mexico is especially popular, with Cancun, Cozumel, Puerto Vallarta and San Jose Del Cabo. Others include Belize City, Belize; Liberia, Costa Rica; Montego Bay, Jamaica; Panama City, Panama; and Punta Cana, Dominican Republic.

Consider All-Inclusive Options

Whether you prefer adults-only or family-friendly, luxury or budget-friendly, there's a diverse range of all-inclusive resorts to choose from. All-inclusives are known for their convenience and value. They offer hassle-free experiences with meals, drinks and often activities included. While many resorts in Mexico and the Caribbean islands are all-inclusive, be aware that smaller islands like Antigua may feature European plan-style hotels, where meals and drinks are not included. An all-inclusive package usually encompasses a variety of activities and amenities curated to offer an enjoyable and costeffective vacation. Within these packages, guests often have the opportunity to access amenities such as swimming pools, engage in sports activities, participate in fitness classes and other entertaining experiences.

Pack Like a Pro

Gathering everything you need for a vacation, especially with kids in tow, can be stressful. To make the process easier, organize your packing based on factors like the length of your trip, airline policies and your family's activities. Essentials like an umbrella should not be overlooked, especially if your destination's weather can be unpredictable. Maximize luggage space by packing travel-sized toiletries and put electronic necessities like your mobile device, charger and headphones in your carry-on bag.

Anticipate Extra Expenses

While all-inclusive resorts make tropical getaways stress-free and economical, it's customary to express appreciation for exceptional service with tips. Resorts typically don't require tipping, but guests commonly tip as a gesture of gratitude. When deciding to tip, families should consider modest amounts, like \$1-5 per meal per person, and be mindful of different service levels as well as the convenience of using local currency. Having cash on hand makes it easier to tip as needed and ensure you have extra for souvenirs and other purchases

Unplug and Unwind

Although most travelers believe it's essential to stay connected, it's a good idea to limit screen time so you can make the most of your vacation. Schedule a specific time, preferably in the morning, to address emails and online tasks then enjoy



Protect Your Group Travel

When traveling with a group, there's a greater chance of something happening that changes plans between when you book your trip and leave. That's why it can be a good idea to take a "travel with confidence" approach and consider including a travel protection plan in your reservations. This insurance allows travelers to cancel their trip for any reason, if necessary. When traveling with a group, stick with nonstop flights when possible, as you're more likely to stay together, which can mean more cost-effective travel.

Enjoy the Experiences

While spending leisure time by the resort pool with afternoon cocktails can be a relaxing reward, you can make the most of a destination vacation by also planning a tour. Many destinations offer services that can assist travelers with booking various adventures, ranging from catamaran cruises to hikes and almost everything in between.

a worry-free rest of the day. While phones are often used to capture photos and videos or look up information about nearby attractions, putting away the screens means you'll be able to enjoy the scenery, connect with loved ones and have a truly rejuvenating experience.

Find more tips and plan your next adventure at Funjet.com or call your local travel advisor.



Where to Stav

Start planning your dream getaway by checking out these traveler-favorite destination properties, based on bookings through Funjet:

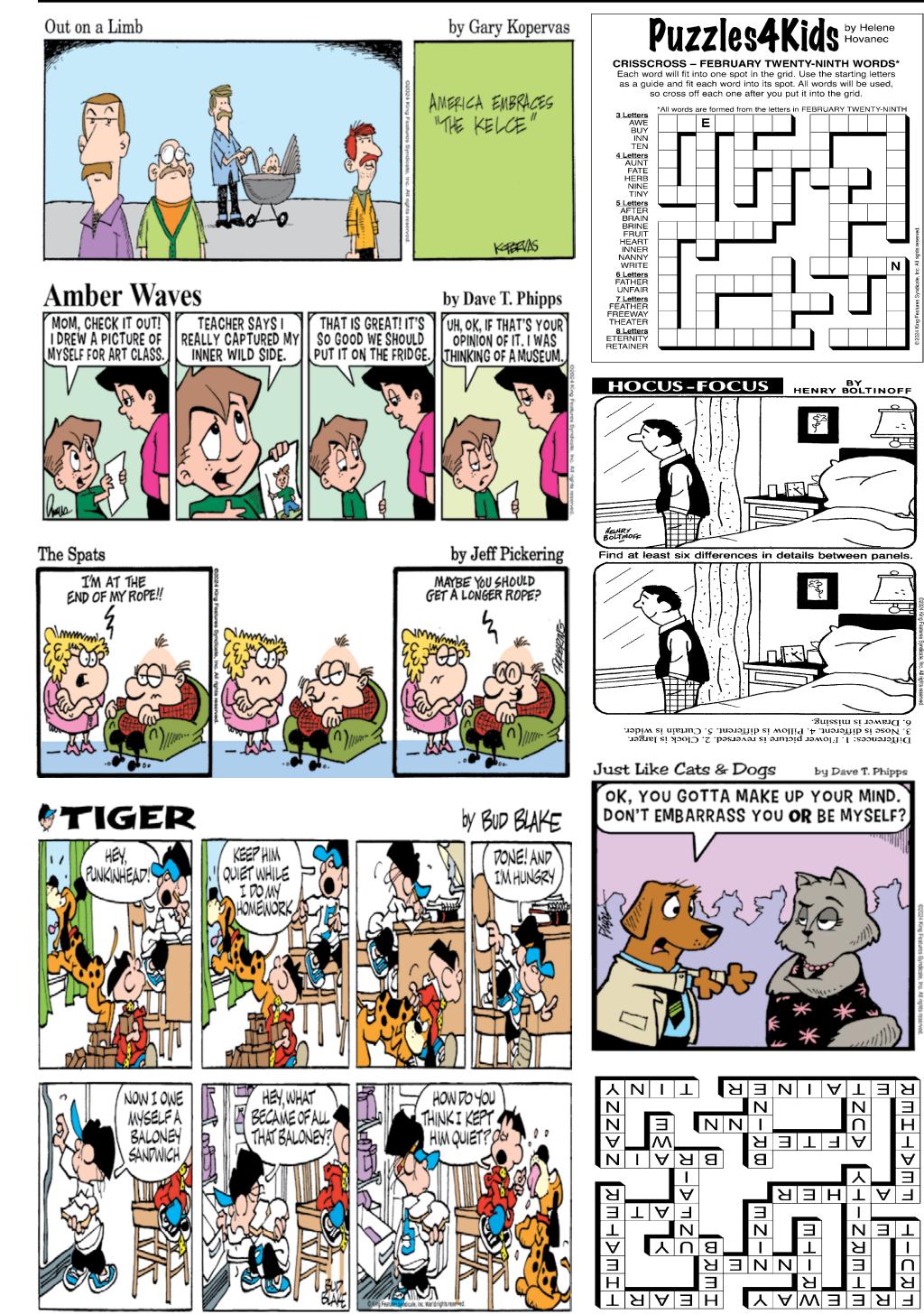
Top 10 All-Inclusive Resorts

- Dreams Onyx Resort & Spa (Punta Cana,
- Dominican Republic)Dreams Bahia Mita Surf & Spa Resort (Nayarit, Mexico)
 Riu Caribe (Cancun, Mexico)
- - Riu Guanacaste (Costa Rica)
- Riu Negril (Jamaica)
- Iberostar Grand Paraiso (Riviera) Maya, Mexico) Riu Cancun (Mexico)
- Royalton Riviera Cancun, An Autograph Collection (Mexico)
- Secrets Maroma Beach Riviera Cancun (Quintana Roo, Mexico)
- Secrets Huatulco Resort & Spa (Oaxaca, Mexico)

Highly Rated Hotels for Groups

- Royalton Riviera Cancun, An Autograph Collection (Mexico)
- Dreams Playa Mujeres Golf & Spa Resort (Quintana Roo, Mexico)
- Dreams Flora Resort & Spa (Punta Cana, Dominican Republic)
- Oasis Palm (Cancun, Mexico)
- Hyatt Place Waikiki Beach (Honolulu, Hawaii)
- Marival Emotions Resort & Suites (Nuevo Vallarta, Mexico)
- Royalton Punta Cana, An Autograph Collection (Dominican Republic)
- Manchebo Beach Resort & Spa (Oranjestad, Aruba)
- Bahia Principe Grand La Romana (Dominican Republic)
- Dreams Macao (Punta Cana, Dominican Republic)
- Secrets Playa Blanca Costa Mujeres (Mexico)
- Zoetry Agua Punta Cana (Dominican Republic)





GET CREATIVE WITH EASTER SWEETS



Kid-friendly crafts that bring loved ones together



FAMILY FEATURES

oliday hams and deviled eggs may take center stage at Easter gatherings, but edible crafts offer a reminder of the magic of the season that's found in moments spent together. Simple recipes that call for a dose of creativity are perfect ways to bring the kids to the kitchen, made even easier when all that work leads to sweet treats

While plastic eggs may have led to a decline in good, old-fashioned egg-dyeing, there are still fun ways to bring crafts back to Easter celebrations. Consider these Kids Krafty Easter Cake Pops, which call for little ones to help dip seasonal shapes in chocolate, use cake molds and more.

Children of virtually any age can relish in the joys of using cookie cutters and decorating Easter Sugar Cookies, all with a little supervision and short list of instructions. This version shows how to make the cookies and homemade icing so you can create any color you desire for maximum creativity.

Remember, these delicious crafts don't have to be perfect – having fun and making memories that last a lifetime are what make Easter truly special. Visit Culinary.net to find more Easter inspiration and recipes from "Cookin' Savvy."

Easter Sugar Cookies

Recipe courtesy of "Cookin' Savvy"

- Icing: 1/3 cup meringue powder 1/2 cup warm water, plus additional for thinning

 - (optional), divided
 - tablespoons vanilla
 - bag (2 pounds) powdered sugar
 - 2 tablespoons corn syrup assorted food coloring
- Cookies:
 - 2 sticks unsalted butter, at

room temperature cup sugar

To make icing: Mix meringue powder, 1/2 cup warm water, vanilla, powdered sugar and corn syrup. Separate into bowls and add food coloring; mix with water, as needed, to thin for piping. To make cookies: Heat oven to 350 F.

Cream butter and sugar. Mix in egg, vanilla, baking powder and salt. Mix in flour 1 cup at a time to form dough. Roll dough out to 1/4-1/2-inch thickness.

Cut into shapes, place on baking sheet and freeze 10 minutes. Bake 8-12 minutes. Cool completely before icing.

Place icing in zip-top or piping bags and cut off tips. Put cookies on parchment paper. Trace outline first then fill in middle. Use toothpicks to

Kids Krafty Easter Cake Pops

Kids Krafty Easter Cake Pops

Recipe courtesy of "Cookin' Savvy"

- 1 box cake mix
- can frosting
- bunny chocolate mold
- cakesicle mold
- ice pop sticks
- 1 bag white chocolate chips or melting chips cake pop sticks
- bag orange melting chips 1
- tablespoons canola or coconut oil, divided
- 1 bag green melting chips pastel sprinkles
- piece hard foam (optional) edible markers

Bake cake according to package instructions and let cool completely.

Crumble cake and mix with 1/2 can frosting until dough forms. Add more frosting, if needed. Using small cookie scoop, form dough into balls and set aside. Place dough in bunny molds then pop out and set aside with balls. Place

dough in cakesicle mold, insert ice pop stick in each slot and freeze 5-10 minutes.

Melt handful of white melting chips. Stick tip of each cake pop stick in chocolate then insert into every cake ball and bunny until each has one stick. Set aside to dry.

Remove cakesicles from freezer and pop out of molds. In bowl, melt orange melts then mix in 1 tablespoon oil and transfer to cup. Dip cakesicles and scrape off excess using rim of cup. Place on parchment paper to dry.

In bowl, melt green melts then place in zip-top or piping bag. Cut tip off bag, pipe carrot leaves onto piece of parchment paper and let dry.

Melt remaining white melts and mix in remaining oil. Transfer to cup and dip ball-shaped cake pops and bunnies then tap stick on edge of cup to remove excess.

Over separate bowl, sprinkle ball-shaped pops with pastel sprinkles. To keep ball shape, let dry by sticking in piece of hard foam. Bunnies can dry face side up on parchment paper. After bunnies are dry, use edible markers to make face and color in ears.

When carrots and leaves are dry, remelt orange melts and place in piping or zip-top bag. Cut off tip and drizzle orange over carrots. Add small line of orange on each ice pop stick and place leaves on each stick. Let dry.

- 1 tablespoon vanilla
- teaspoons baking powder
- dash salt
- cups all-purpose flour 3

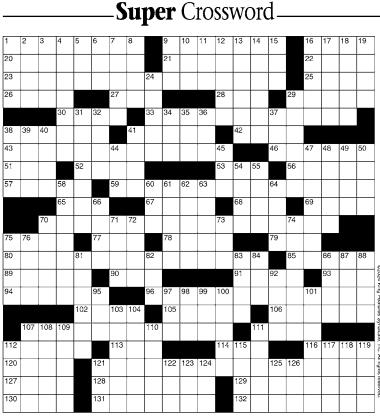
smooth out.

Let dry 6 hours and finish decorating with different icing colors or edible markers.



Easter Sugar Cookies

Crossword



ACROSS	46 Small	94 Exam taker
 Gilda Radner 	sailboats	96 Very easy
character on	51 Nuptial vow	task for a
"Saturday	52 Really smell	Muslim ruler?
Night Live"	53 Kind of tide	102 Many a war
9 Certain	56 China's	vet's affliction
martial arts	Zhou —	105 Behave badly
surface	57 Actress	106 Yellowstone
16 Just OK	Perez	gusher
20 Enthusiastic	59 Hindu ruler's	107 English
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request	sign-off?	ing mouse
21 Raised, as a	65 Secretive	sounds?
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29 The Devil	79 Thesaurus	127 Shower
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er's pungent	caught up in	129 Waters north
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43 Something	90 Lingo suffix	recorder
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92 Spaghetti sauce brand 95 GPS 2 Tibet locale 44 Ending for 3 Bat very cash 45 Comedian gently 4 Emerging 5 Actor Studi 6 Herr's "Alas!" Hart, casually 47 Hoosier State calculation 97 Egyptian (cat breed) 48 Building story 7 Sits tight 8 Writer Rice 98 Cold cubes 49 Part-goat 99 GPS god 50 Where it's at 9 Pa Clampett calculation 10 Arg. neighbor 11 Last mo. 12 Golfer 54 "It's -- real!" 100 Grape 55 Boast 58 Irritated cluster 101 Visual insult Lorena 60 Big name in 103 Slope-hitter's peanut butter 61 Break out 13 Volcano in headwear 104 Energetic E. Sicily 14 — Fables in sort 15 Six-pt. plays 16 Shredded 62 Actress Berry 107 Small 63 Set to a slow sailboat 108 Citation speed 109 Officiated or 17 Pontificate 64 Bow shapes 18 Fructose, e.g. 66 Berry of the diamond 110 Vessel 19 Yoked yaks Brazil 70 Some used to lure mollusks U-boats breathlessly 111 Foul-smelling 71 Loathe 112 Profs' degs 72 Oohs and -73 "Lord, is -?" 115 Maestro vinegary 32 "Understood" 74 Precursors of Klemperer 34 Sch. in the embryos 117 Strong desire 118 1940s film 75 Brief parody Granite 76 Cry of woe critic James 35 Director Ang 81 Person crying 119 "- she 36 Mai — (drink) 82 Golf gizmo blows!" 121 This yr.'s 83 Kind of tide 37 UFO pilots grads 122 Hosp. VIPs 123 "Give — try" 84 Used a 38 Commotion spade 86 Cronies 39 Commotion 40 Actress 87 Model 124 Obtained Mireille Macpherson 125 Med. group 126 DVD- —

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Paw's by Sam Mazzotta

When Dog Walking Is a Tug of War

DEAR PAW'S CORNER: My dog Trey is a 3-year-old mixed breed, mostly Lab, who pulls at his leash every time we go out for a walk. I don't want to use a choke collar, because it seems painful and counterproductive to punish him every time he tries to pull ahead. How can I get Trey to walk next to me and not tug all the time? - Bill in New Orleans

DEAR BILL: Dogs love being outside and exploring. That's a big reason why Trey is tugging at his leash — he wants to run and explore everything in the world. But that's not possible in the city. And for the sake of your leash-holding arm, getting Trey to relax is a big deal.

You're probably saying, "Oh, this is where Sam tells us to reinforce basic obedience training." And you're right. It's important for Trey to follow your commands, especially if he pulls the leash out of your hand. But that's just one element to leash training a dog.

When you pull on the leash to slow Trey down, he will automatically pull in the opposite direction. This is a reflex action. The more you pull, the more they dig in.

So instead, try a misdirection-reward strategy. Give the command "heel" and have Trey walk calmly beside you, with the leash slack. Whenever he gets ahead of you (before the tug of war starts), stop and change direction. He'll turn to go in the direction you're heading, and when he does, give him lots of praise and maybe (at first) a little treat. Do this every time he tries to move ahead of you.

If Trey tends to pull really hard, change from a collar and leash to a chest harness. This prevents injury and can make it easier to control him.

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

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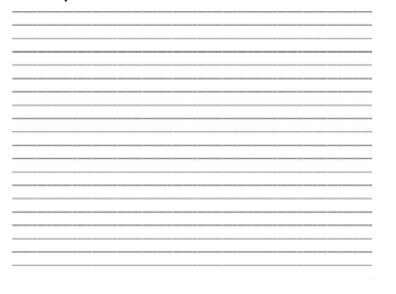
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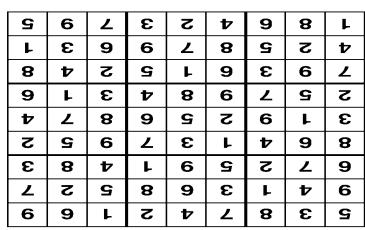
Classified advertising rates. First 2 lines are \$15 then \$3. per line. Minimum 2 lines. All ads must be prepaid and postmarked by March 15th. There are 26 characters per line including spaces and punctuation. Ads must be prepaid by check or money order only to:

J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657. Please run the ad____ times. Here's my classified ad:



Weekly SUDOKU

Answer



Horoscope



ARIES (March 21 to April 19) Stop being the wool-gathering Lamb and start turning that dream project into a reality. You have the ideas, drive and charisma to persuade others to follow your lead, so do it. TAURUS (April 20 to May 20) You've scored some big successes. But remember that all hard-working Ferdinands and Ferdinandas need some time to restore their energies and refresh their spirits. GEMINI (May 21 to June 20) You're gaining a stronger mental image of what you're trying to achieve. Now look for the facts that will help get this to develop from a concept into a solid proposal. CANCER (June 21 to July 22) Some of you eager-to-please Moon Children might want to delay some decisions until midweek, when you can again think more with your head than your heart. LEO (July 23 to August 22) A new business venture seems to offer everything you've been looking for. But be careful that this rosy picture doesn't betray traces of red ink under the surface VIRGO (August 23 to September 22) A volatile situation needs the kind of thoughtful and considerate care you can provide right now. There'll be plenty of time later to analyze what might have gone wrong.

LIBRA (September 23 to October 22) Your loyalty to a friend in a tough situation earns you respect from the people you care about. Those who criticize you don't understand what friendship is all about.

88 Doe or stag

SCORPIO (October 23 to November 21) Your strong work ethic is rewarded with the kind of challenging opportunity you love to tackle. Now go ahead and celebrate with family

Weekly SUDOKU											
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and/or close friends

SAGITTARIUS (November 22 to December 21) A legal matter you thought had finally been resolved could require a second look. But don't make any moves yet without consulting your lawyer.

CAPRICORN (December 22 to January 19) Taking charge is what you like to do, and since you do it so well, expect to be asked to lead a special group. This could open up an exciting new vista for you.

AQUARIUS (January 20 to February 18) An important matter might wind up being entrusted to you for handling. The responsibility is heavy, but you'll have support from people who are able and eager to help.

PISCES (February 19 to March 20) Avoid getting lost in your thoughts early on in the week. Stay grounded until the week's end, when the aspects will give you a stroke of luck that can spur powerful action.

BORN THIS WEEK: You always try to do the right thing - and for the right reasons. No wonder people have come to depend on you.

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ••

♦ Moderate ♦♦ Challenging ♦ ♦ ♦ HOO BOY!

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An "Outstanding" CRA rating is achieved by fewer than 10% of banks in the nation.

1 Year Jumbo CD 5.35% *APY

\$100,000 Minimum Balance

*Annual Percentage Yield (APY) is effective as of 10/20/23 and may change at any time. There may be a substantial penalty for early withdrawal, which may also reduce earnings. \$100,000 minimum deposit required to open account.

Multi-Family (Apartment) Loans Commercial Real Estate Loans Up to \$4 Million Quick Commitments Credit Scores Not Considered 10 Year Loans Low Income Loan Program Deposit Accounts Not Required

Contact:

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