



Lakeview

April, 2024

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

Volume 28, Number 5



It's not pretty!

Measles has once again raised its ugly head. It started in a migrant shelter in Pilsen and has now spread with 28 measles cases statewide this year with 26 cases being in Chicago and one each in Lake and Will counties, (as of this writing) outpacing, in less than three months, the statewide total from the past eight years combined.

Measles is a serious, highly contagious disease caused by a virus. The virus is spread easily through the air when an infected person coughs or sneezes or by direct contact with infected nose or throat secretions.

Symptoms of measles include a rash that starts on the face and neck and then spreads, a high fever, runny nose, cough and red, watery eyes. The fever starts about 10 days (range seven to 18 days) after exposure. The rash appears about 14 days after exposure. Infants and adults usually get sicker than children and teenagers.

In the United States, death from measles has occurred at a rate of about two to three per 1,000 cases in recent years. These deaths occur mainly in children younger than 5 years of age, primari-

ly from pneumonia and occasionally from encephalitis. Other complications include ear problems, diarrhea and brain damage. Tiny white spots will appear inside the mouth on the inner lining of the cheek. Parents should pay close attention to their children during this time.

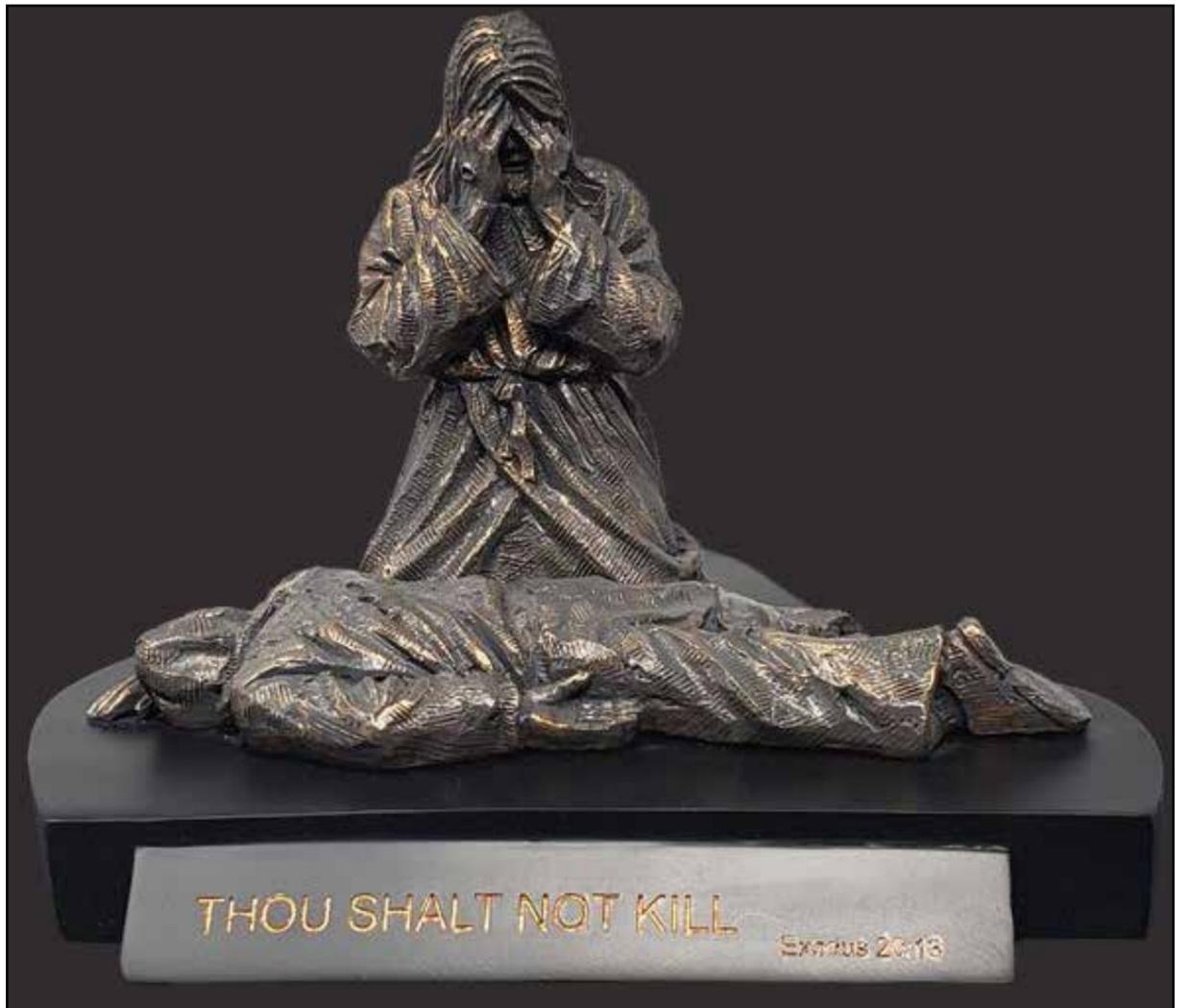
Since measles is very contagious, stay away from work, school and social activities from the time when symptoms are first noticed until five days after the rash appears.

Treatment includes bed rest, lots of fluids and medicine for fever and headache. Antibiotics do not help – either to cure measles or to prevent it. There are no anti-viral drugs for treating measles.

Declining measles vaccination rates are a problem. Some measles vaccination rates are as low as 12% in Chicago public schools.

Measles can be prevented with measles vaccine. The vaccine is recommended for children at 12 months of age. This shot is given as measles, mumps, rubella (MMR) vaccine. A second shot of measles vaccine, usually MMR, is now required in Illinois for all children kindergarten through 12th grade.

"THOU SHALT NOT KILL"



"Thou Shall Not Kill" a life sized sculpture by Timothy Schmalz.

"Thou Shalt Not Kill" is a life-sized sculpture by Canadian artist Timothy Schmalz and sits outside the playground of St. Sabina's Church at 1210 W. 78th Place.

The statue is in front of a mural of photos of children killed by gun violence. The sculpture shows a hooded victim face down on the ground bullet holes etched into his back. Jesus kneels over him, holding his hands to his face each bearing crucifixion wounds. Another statue by the artist already graces St. Sabina, adjacent to the church - A sculpture of a begging Jesus dedicated in 2016. "I know this is hard for all of us to see," the

Rev. Michael Pflieger said as he unveiled the statue on Monday, March 25, 2024. "Sculptures are powerful," Pflieger said. He hopes that the statue impacts gun violence in Chicago. "If it does something to somebody's heart – if one person says, "I can't do this" - it's worth it all," he said. Father Michael Pflieger said that with the summer months coming, this city needs to be more aggressive in finding a solution to prevent the tragedy that this statue reflects. Activists and parents of those killed by gun violence, held up photos of their lost loved ones, hoping this statue does not become another mother's reality. They

hope it will make people look more closely at the epidemic of gun violence in Chicago. Firearms are the leading cause of death in Illinois, with an average of 183 children and teens dying each year. Around 60% of Chicago's youngest children live in community areas where 91% of homicides took place. On average, someone is killed with a gun every 6 hours in Illinois and, in an average year, at least 1,363 people die from gun violence. Illinois has the 12th highest rate of gun homicides in the country, and of all homicides in Illinois, 84% involve a gun. Chicago's homicide rate is six times higher than New York

city's and three times higher than in Los Angeles. In 2020 alone, gun homicides increased 52%, resulting in 769 deaths, and the annual impact of gun violence extends much further – in 2020, 3261 people were wounded in shootings. Black individuals comprise nearly 50% of all firearm deaths in Illinois. Latino communities experience higher rates of violent hate crime victimization. Gun violence has a substantial impact on LGBTQ communities in Illinois and across the country. Youth suicides, hate crimes, and anti-trans violence often involve guns. Since 2013,

Continued on page 2

Editorial & Opinions

Thou Shalt Not Kill Continued from front page

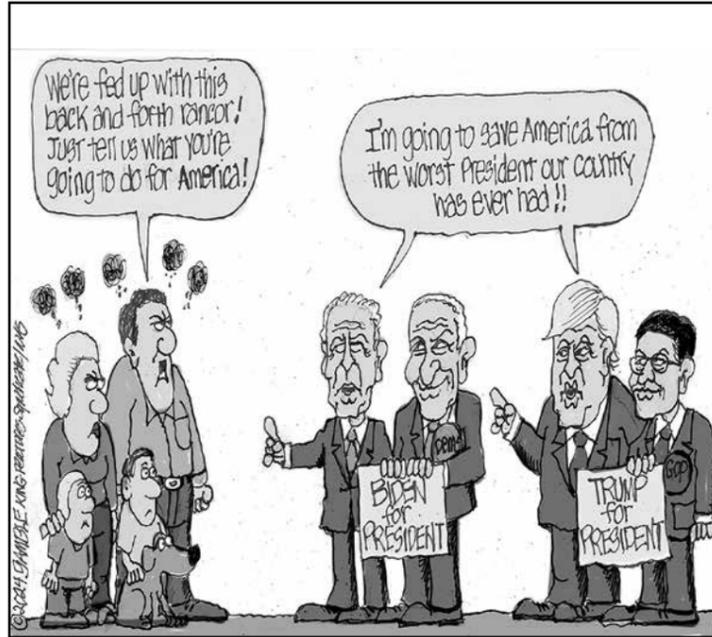
more than 60% of fatal violence against transgender and gender - nonconforming individuals has involved a gun.

FYI
St. Sabina was a Roman noblewoman but converted to Christianity. She suffered martyrdom about 126 A.D. The Feast of St. Sabina is on August 29th.



• **On April 1, 1988**, a federal judge in Little Rock, Arkansas, dismissed a sexual harassment case against President Bill Clinton, stating it had no "genuine issues" worthy of a trial. Although Clinton had denied any wrongdoing, a unanimous ruling by the U.S. Supreme Court in May 1997 allowed the case to proceed, establishing a precedent permitting sitting presidents to be sued for personal conduct that allegedly occurred before they took office.

• **On April 2, 1863**, a bread riot occurred in the Confederate capital of Richmond,



Virginia, when angry people demanded bread from a bakery wagon before wrecking nearby shops. The mob only dispersed after Confederate President Jefferson Davis made a personal plea and threatened to use force to break it up.

• **On April 3, 1944**, the U.S. Supreme Court ruled 8 to 1 that African Americans could not be barred from voting in the Texas Democratic primaries. The court stated that discrimination against Blacks violated the 15th Amendment and that political parties were not private associations.

• **On April 4, 1802**, American social reformer Dorothea Dix was born in Hampden, Maine. Dix founded a home for girls in Boston while she was still just a teenager and later passionately campaigned for humane conditions in jails and insane asylums.

• **On April 5, 2008**, actor Charlton Heston, who won an Oscar for his starring role in "Ben-Hur," died of Alzhei-

mer's disease at his home in Beverly Hills. Heston notably played Michelangelo, El Cid, and other heroic figures in Hollywood movies of the 1950s and 1960s.

• **On April 6, 1917**, following a vote by Congress approving a declaration of war, the U.S. entered World War I in Europe. Four days earlier, President Woodrow Wilson cited Germany's violation of its pledge to suspend unrestricted submarine warfare in the North Atlantic and the Mediterranean, as well as its attempts to entice Mexico into an alliance against America, as his reasons for requesting the declaration.

• **On April 7, 1712**, a rebellion of 27 Black slaves took place in New York City, with nine whites shot as they attempted to put out a fire started by the slaves. The state militia was called out to capture the rebels, and 21 were executed while the remaining six committed suicide.



Democratic leadership send signal to left-wing base

The uncommitted voters of Michigan say "Jump," and Chuck Schumer asks "How high?"

The Senate majority leader gave an extraordinary speech flaying the democratically elected leader of an ally engaged in fighting a defensive war against a hideous terrorist enemy.

The speech calling on Israeli Prime Minister Benjamin Netanyahu to go, along with increasingly critical statements by the White House, shows that the Democrats have decided that appeasing their left-wing base in an election year is now their top consideration.

This is bad all around. As a matter of basic decency, this is not something that allies do to one another, especially not in wartime. Present unvarnished views in private? Absolutely. Try to nudge a partner toward a favored policy? Sure. But blast a friendly government in hopes that it can be toppled via a new election, just months after suffering a monstrous attack and as it is still trying to destroy a terrorist group deeply embedded in an urban environment? No.

The fact of the matter is that this is not Bibi Netanyahu's war. It is the nation of Israel's war. Netanyahu sustained political damage after the Oct. 7 attack, but his goal of prosecuting the war against Hamas to its completion is widely shared in Israel. Immediately after the attack, Israel formed a government of national unity that has pursued the war policy that Democrats now find so objectionable. If Netanyahu were to resign tomorrow, any number of things might change, but the war against Hamas would stay the same.

It is easy, sitting in Washington, D.C., and worrying about how to placate the anti-Israel uncommitted voters in the Democratic primary, to forget the shock of the massive pogrom

carried out by Hamas on that infamous day in October. Israelis, though, aren't going to forget, nor should they.

It's a key tell about Schumer's intentions that his speech engendered a universally negative reaction in Israel, and Schumer — who is no naïf — must have anticipated as much. Benny Gantz, who would presumably run against Netanyahu in a future election, harshly rejected the Schumer call for a new government. So, the only place where Schumer could have any assurance of advancing his cause was here at home.

What stronger signal could there be that the Democratic leadership has heard the activist calls to rein in Israel than the previously staunch supporter of the Jewish state, Chuck Schumer, unloading on its wartime government?

Hamas has been getting devastated on the battlefield, but the turn against Israel among Democratic officials in the U.S. is a sign of the success of its longer, deeply cynical strategy. By doing everything in its power to create the predicate for more civilian casualties in Gaza, Hamas hopes to turn international opinion against Israel. So it has done in one of the two major American political parties.

If you had told many of the same Democrats criticizing Israel today that within five months of the Oct. 7 attack they would be inveighing against Israel's war against Hamas, they would have been incredulous. If you had told them they would be getting pushed around by pro-Hamas sentiment in their own party, they would have rejected the idea as impossible. If you had told them they would have been seeking a two-state solution as one of their highest post-Oct. 7 priorities, they might have considered it a smear.

Yet here we are. On top of everything else, this isn't good domestic politics. There is still majority support for Israel. The anti-Israel turn demonstrates, yet again, that the Biden campaign is pursuing a base strategy in November. Just the last couple of days, Kamala Harris visited an abortion clinic, Joe Biden suggested there will be no executive action at the border, and Schumer — having run it by the White House first — delivered his Philippic.

What's fidelity to an ally compared to zeal in pursuit of an embattled president's election strategy?

Rich Lowry is editor of the National Review.

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MONDAY APRIL 1ST



STARTS MON APRIL 22ND



MONDAY APRIL 22ND

Americanisms



"Life is more manageable when thought of as a scavenger hunt as opposed to a surprise party."
— Jimmy Buffett

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VETERANS POST

by Freddy Groves

Small Punishments for Scammers

What always stands out, at least to me, are the low penalties for the criminals who steal from veterans and the Department of Veterans Affairs. The number of scams seems to grow, and one wonders if it's because thieves don't perceive there to be much punishment if they should be caught.

An example: A veteran threatened to blow up a VA medical facility. He verbally told the crisis line and even identified the person he specifically wanted to kill and when. He was found and arrested for making threats and even made additional threats after the arrest. Now, he hasn't gone to court yet, but the evidence is pretty strong. Why, one wonders, would he only be in line for five short years in the slammer? Yes, there could be a hefty fine, but it's the time behind bars that would keep society safe.

Another example: There was the VA employee who stole prescription drugs that were mailed to VA patients. He knew where they were going, of course, since the drugs were shipped from the VA pharmacy and he therefore had the addresses. He and his pals would break into the mailboxes to steal the drugs, which he would then sell for big profits. I think about cancer patients when I learn of something like this, cancer patients who need their drugs on time, not to mention the likely pain medications. The main thief in this scam only received a sentence of 42 months in prison; his scammer pals got sentences of 12 and 35 months. Not long enough, not nearly long enough.

Then there was the guy who convinced everyone that he was blind and therefore 100% disabled and needed some benefits. Turned out he had both a drivers license and a gun carry permit and could see well enough for those activities. Not so blind after all, but his punishment was a few years of probation and some cash restitution.

So where is the deterrence to thieves and scammers when the punishment is so light?

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Strange BUT TRUE

By Lucie Winborne

• In a process called rice-fish culture, Indonesian farmers introduce fish into their rice fields so the fish droppings will act as fertilizer. In turn, the fish also eat harmful insects and improve oxygen circulation, increasing crop yields by up to 10%.

• Anuptaphobia is the fear of being single forever.

• The people who falsely claimed the copyright to the "Happy Birthday to You" song made \$2 million a year for decades, until the song was ruled to be in the public domain.

• A man who had received the transplanted heart of a suicide victim married the donor's widow and took his own life in the exact same way as the donor did.

• After two thieves in England broke into a man's house and made off with his laptop, they found child abuse material on the device and took it to the police. The pedophile received a sentence of three years in prison, while the thieves were given 12 months of community service in light of their "good deed."

• During his presidency, John F. Kennedy refused to take his salary of \$150,000 per year, instead donating the entire amount to charity.

• Hundreds of people die each year from shoveling snow.

• Who says cats don't care? After one feline owner survived a series of strokes, he tried to train the animal to dial 911. While he wasn't sure at first that the attempt would pay off, after he fell from his wheelchair following a seizure, police received a silent emergency call from his home and arrived to find him incapacitated and his cat next to the phone.

• Loneliness poses a greater risk to one's health than obesity.

Thought for the Day: "He who has a why to live can bear almost any how." — Friedrich Nietzsche

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SENIOR NEWS LINE

by Matilda Charles

Staying Safe

I never thought this kind of thing would happen where I live: A woman was kidnapped in front of a store, in broad daylight, by a man carrying a gun.

It's hard to even type those words, so shocked am I to learn of it.

To cut to the chase, the woman is thankfully fine, although no doubt rattled and upset. After being forced to drive the kidnapper to another location, she was able to drive away safely after he fled the vehicle.

Still, it might not have turned out that way.

I can't count the thousands of times I've gone to that same store, or strolled down the main street to the ice cream shop, or come out of a restaurant ... at night ... and never been afraid. After all, the relative safety in this area is why I moved here. But there are no guarantees that things will stay the same, are there?

That woman's experience has been a life changer for me, unfortunately.

I now carry my wallet and cellphone in an inside coat pocket. If a thief wants my purse, he can have it, with no hesitation that might cause him to do bodily harm to me.

I'm now paying more attention to what's around me — people in parking lots, people milling around — instead of just going on my merry way oblivious to my surroundings.

If I'm headed to the car, my keys are in my hand. Once in the car, I lock the doors, something I've never felt compelled to do.

I trust my instincts if something makes me uneasy. After a recent trip to a store, I waited a minute and walked out with a couple of college students after asking if I could walk across the parking lot with them. They were pleased to escort me all the way to my car.

Stay safe out there and beware of what's going on around you.

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Advertising Icons

At first glance, this silver standing rabbit chewing on a silver carrot has a few things in common with Easter collectibles. It's metal, like the tin or iron Easter bunnies made as toys or doorstops. Like a candy container, it is hollow with a removable lid so it can hold a consumable treat. But unlike most Easter bunnies, which tend to be made for children, this rabbit has a decidedly adult purpose: It's a cocktail shaker.

The word "cocktail" appeared in print to refer to a mixed drink about 1806. Today's cocktails have their roots in the Prohibition era of the 1920s to the 1930s. Speakeasies created mixed drinks to disguise the unpleasant taste of bootleg liquor.

Cocktails became more popular as people started making them at home. Silver manufacturers quickly realized they could make cocktail shakers as luxury items. Figural shakers were especially stylish and continue to please collectors. Animal figures are always popular in decorative arts, and cocktail shakers are no exception. The animal's neck is a convenient point for the lid to detach, and a beak or snout provides a spot for a spout.

A buyer paid \$6,150 for this rabbit cocktail shaker at Morphy Auctions. The carrot in its mouth is a removable cap for its spout.

Q: I have several salt and pepper shakers I would like to get appraised. Do you know someone who can do that? I live in Canada.

A: There are several major appraisal associations that list appraisers by specialty and area. We've listed them before, and you can find them in the Business Directory on Kovels.com. First, decide what kind of appraisal you need. The value for insurance purposes may require a written appraisal by an expert. If you want to know what the salt and pepper shakers are selling for today, check online prices, including sold prices on websites like eBay. If the salt and pepper shakers are silver, they are worth at least the meltdown value of silver.



Figural cocktail shakers, like this silver-plated rabbit, were popular in the 1920s and '30s and have been reproduced more recently.

Don't forget, the value for insurance purposes is a retail price and can be different from the price you will get if you want to sell them.

TIP: It is said that you can clean silver with a banana peel mashed in a blender.

CURRENT PRICES

World War II poster, Join Red Cross, four U.S. military men in uniform marching with Red Cross nurse, R.C. Kauffmann, c. 1942, 14 1/2 x 19 1/2 inches, \$150.

Stoneware crock, cobalt blue wreath, stamped J. Burger Jr., Rochester, N.Y., straight sides, thick banded rim, ear handles, 4 gallons, 11 1/4 inches, \$295. Wood carving, sculpture, Angel, abstract angular form, David Fels, 1983, 61 3/4 x 29 inches, \$475.

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

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by Ryan A. Berenz

1. What speedy outfielder became the fifth Negro leagues player in the National Baseball Hall of Fame when he was inducted in 1974?

2. Who did "Terrible" Terry Norris defeat in a 1991 boxing match at New York City's Madison Square Garden to retain his WBC light middleweight title?

3. In 1895, William G. Morgan invented a sport he called "Mintonette." What is the sport known as today?

4. What NCAA men's basketball team had a record 32-game losing streak at home from 1988-91?

5. What now-demolished venue was home to the NBA's Dallas Mavericks (1980-2001) and the NHL's Dallas Stars (1993-2001)?

6. Patty Smyth, singer for the 1980s rock band Scandal, married what tennis legend in 1997?

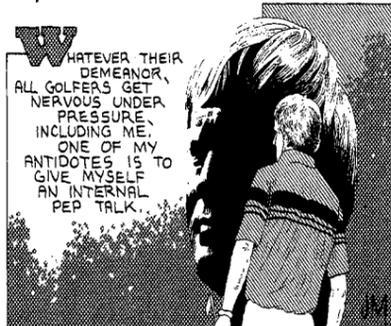
7. What Oklahoma Sooners basketball star was selected No. 2 overall by the Indiana Pacers in the 1985 NBA Draft?

Answers

1. James "Cool Papa" Bell.
2. Sugar Ray Leonard.
3. Volleyball.
4. The University of New Hampshire Wildcats.
5. Reunion Arena.
6. John McEnroe.
7. Wayman Tisdale.

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Play Better Golf with JACK NICKLAUS

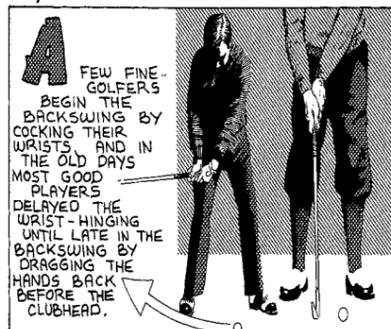


WHATEVER THEIR DEMEANOR, ALL GOLFERS GET NERVOUS UNDER PRESSURE, INCLUDING ME. ONE OF MY ANTIDOTES IS TO GIVE MYSELF AN INTERNAL PEP TALK.

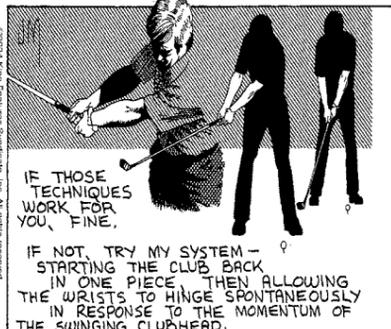


IN IT I REMIND MYSELF TO PLAN AND PLAY ONLY ONE SHOT AT A TIME, TO LIVE IN THE PRESENT RATHER THAN THE FUTURE, AND TO THINK POSITIVELY RATHER THAN NEGATIVELY. TRY TALKING TO YOURSELF THIS WAY THE NEXT TIME YOUR NERVES START JUMPING.

Play Better Golf with JACK NICKLAUS



A FEW FINE GOLFERS BEGIN THE BACKSWING BY COCKING THEIR WRISTS, AND IN THE OLD DAYS MOST GOOD PLAYERS DELAYED THE WRIST-HINGING UNTIL LATE IN THE BACKSWING BY DRAGGING THE HANDS BACK BEFORE THE CLUBHEAD.



IF THOSE TECHNIQUES WORK FOR YOU, FINE. IF NOT, TRY MY SYSTEM — STARTING THE CLUB BACK IN ONE PIECE THEN ALLOWING THE WRISTS TO HINGE SPONTANEOUSLY IN RESPONSE TO THE MOMENTUM OF THE SWINGING CLUBHEAD.

STAN SMITH'S TENNIS CLASS

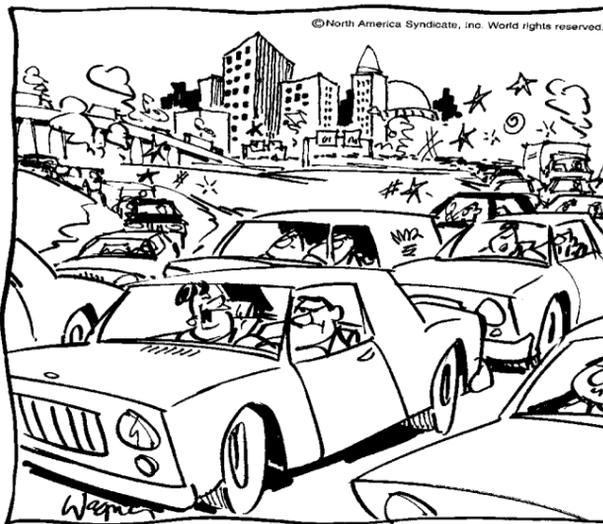


GOOD TOSS, GOOD SERVE
Don't be afraid to catch a bad toss. Bad tosses will usually lead to bad serves. The serve is the one shot in tennis where you get to decide when to hit it, so take your time. Take a deep breath and focus your concentration before you begin your serve.



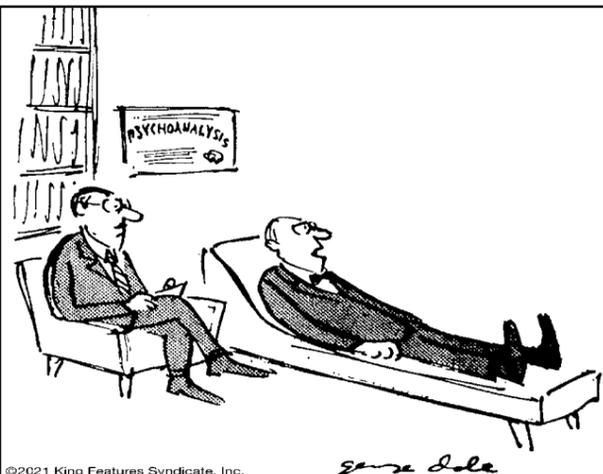
I've seen many advanced players catch a toss several times before they get it right. So don't feel shy about catching a toss. Remember, it takes a good toss to hit a good serve. Common errors on the toss include throwing the ball too low or not far enough out into the court.

GRIN & BEAR IT



"There would be no energy shortage if we could harness road rage!"

LAFF - A - DAY



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

Health



Treatment Given for Dry Eyes Fails to Improve Condition

DEAR DR. ROACH: I developed chronic dry eyes after having cataract surgery on both eyes. I consulted an ophthalmologist who specialized in treating dry eyes. She prescribed Restasis, but my condition didn't improve after three months of use. She then switched me to Xiidra and instructed me to use it for two more refills, which lasted for nine months.

At the end of my conversation with the dry eye specialist, she said that she had done everything she could for me. I inquired about the Miebo drug that was recently approved or the LipiFlow procedure. She mumbled something, then said "goodbye" and "good luck." Was she openly admitting her incompetence? — K.J.W.

ANSWER: It's hard for me to believe that a dry eye specialist wouldn't know about the new treatments available in their area of expertise, and I can only guess that there was some kind of miscommunication. As a generalist, I have to know at least a little bit about a whole lot of conditions, rather than a specialist who knows a whole lot about just a few conditions.

For most people with dry eyes, starting with artificial tears is usual and effective, but I certainly have had patients use artificial tears many times daily and still have unpleasant symptoms. I also recommend trying to avoid dry areas, especially with high airflow.

Most people with dry eyes have blockages in the meibomian glands, which secrete an oily substance that helps prevent the eye fluid from drying. It also forces the lacrimal glands to make more

tears. (This leads to the paradox of people having red, watery eyes when they really have dry eye disease.) Trying to unblock the meibomian glands with baby shampoo and warm water is another treatment generalists like me often try. But when these therapies aren't working, an ophthalmologist is essential.

An ophthalmologist can do an exam to be sure if the meibomian glands are blocked. Among the treatments they have available are the ones you tried: cyclosporine (Restasis), which works well for a minority of people; lifitegrast (Xiidra), which decreases inflammation; varenicline (Tyrvaya), which increases tear production; and Miebo (perfluorohexyloctane), which works by reducing evaporation.

If the problem really is the blocked glands, doctors can also consider more powerful treatments to unblock them. One of these, LipiFlow, is a heat-based treatment. My colleagues in ophthalmology, to whom I refer, tell me that this is often successful, although the process may need to be repeated — sometimes every six months and sometimes longer. Ophthalmologists can also place plugs to reduce the loss of tears through drainage.

DEAR DR. ROACH: We're told to wash our hands with soap and water for 20 seconds to kill the COVID-19 virus. How long should we wash our hands to kill bacteria and other viruses? — C.C.

ANSWER: 20 seconds is the right amount of time for bacteria and viruses. An alternative is an alcohol-based handrub, which is fast and effective. Of course, you should wash your hands before and after eating — and after using the restroom. Bacterial spores cannot be easily killed, but they are effectively washed off with soap and water. In cases where spores are a concern (*Clostridioides difficile* is a big one), then hand-washing is essential, as alcohol is ineffective.

Proton-Pump Inhibitors Highly Recommended for Barrett's Esophagus

DEAR DR. ROACH: I am a retired male over 65 and a former occasional cigar smoker. I quit 15 years ago after

I was diagnosed with Barrett's esophagus. I was also a former drinker and quit seven years ago. I regularly completed all the biopsies as required and took my proton-pump inhibitor (PPI) daily as instructed.

This year, I read an article about PPIs contributing to dementia and neuropathy, which I have. My primary care physician suggested that I switch to over-the-counter H2 blockers as a safer approach. I developed an irregular heart rhythm and soaring blood pressure.

I was then diagnosed with atrial fibrillation (AFib). My stress test and echocardiogram are normal for my age. I am now on some heavy-duty beta blockers, blood thinners and a very expensive rhythm-control drug.

A book I recently read written by two top cardiologists stated that long-term use of PPIs is dangerous and can cause AFib, but a recent article published by the National Institute of Health states the opposite. I also read that an irritated esophagus stimulates the esophagus nerve and triggers AFib. I'm confused now.

Because Barrett's vastly increases my chances for getting a very aggressive cancer, doing nothing is not an option. I have already modified and continue to modify my diet, but that only goes so far. And as I'm sure you are aware of, a stroke caused by AFib is often life-threatening.

My complicated question is, which professional approach would you recommend: PPIs or H2 blockers? Is there a third option? — B.B.

ANSWER: There is not a definitive answer on whether PPIs, like omeprazole, increase the risk of AFib. Studies are potentially confounded by the fact that people with AFib sometimes think they have stomach problems and may take a PPI, leading to a false association between the PPI and AFib. As you say, there have also been studies that suggest a decreased risk of AFib in people who use PPIs.

In my mind, the increased risk of adenocarcinoma of the esophagus as a result of untreated stomach acid reflux in a person with Barrett's esophagus is the key in this situation, as Barrett's is a condition where abnormal lining of the esophagus occurs due to years of acid exposure.

I do not believe over-the-counter H2 blockers, like famotidine (Pepcid), are adequate enough to reduce the risk of

esophageal cancer, so I advise patients in your situation to use PPIs, despite their known risks.

The data suggesting a risk of dementia are weak. While there might be a small risk, the risk isn't high enough to avoid using a PPI in a person with Barrett's. B12 deficiency is absolutely a risk in people taking long-term PPIs. Low B12 can certainly lead to neuropathy, but both can be prevented and treated by testing for B12 deficiency and by getting supplementation, if needed.

I am very glad to hear you are getting routine endoscopic surveillance and biopsies so that any abnormal growth of the esophagus can be identified and treated promptly.

Lone Star Tick Bites Cause Alpha-Gal Syndrome

DEAR DR. ROACH: I was recently diagnosed with alphagal syndrome (AGS). I live in the country, but I do not remember having a tick on me. My husband and I are very cautious and always check for them. I am struggling to understand what exactly are my symptoms, and what I can and cannot eat. I don't know if I am someone who can have dairy or not.

The biggest challenge seems to be eating out. If I order chicken, fish or vegetables and they are cooked on the same grill as meat, then they are not safe to eat due to cross contamination. Also, dairy, lard and whey are in many food items.

Is there a specialist I should consult? My doctor seems to know about some of this, but is unable to answer many of my questions. Any information you can share would be helpful. — S.N.

ANSWER: AGS is an allergy to galactose-alpha-1,3-galactose, a carbohydrate allergen found in all mammalian meats, such as beef, pork and lamb. The allergy can be serious as people develop symptoms, including various syndromes like skin itching and rashes; gastrointestinal symptoms; and even anaphylaxis, a severe allergy syndrome of cardiovascular collapse.

These reactions are delayed compared to other typical allergic responses, with people often developing symptoms the

night after consuming meat — about two to six hours after consumption. A blood test for alphagal allergies can confirm the diagnosis.

These symptoms usually begin after getting bitten multiple times by a Lone Star tick. The tick has alphagal in its saliva, which triggers the sensitivity. Many medical professionals are unaware of this newly described condition (40% reported never having heard of the syndrome), which can prevent a diagnosis from being made in a timely fashion.

Because the condition is new, there are some factors that we don't really understand about it, like why some people tolerate muscle meat from an animal but react strongly to organ meat. There just aren't answers to some of the questions that you might be asking. For example, milk, whey and gelatin sensitivity have been described with AGS, but not lard (at least that I could find).

Sometimes a person tolerates cooked meat but is intolerant of raw (or barely cooked) meat. Some people lose the allergy over time (usually a few years), but additional tick bites may bring it back.

The ideal specialist in this case is an allergist. You should certainly have and know how to use an epinephrine injector in case of a severe reaction.

DEAR DR. ROACH: A dietician recommended that I drink six glasses of water every day. I tend to drink most of the water in the morning and early afternoon. My husband thinks I should drink it "equally" throughout the day. His logic is that I don't retain enough water to stay properly hydrated throughout the evening and night. Does timing really matter? — C.R.

ANSWER: Your body has a system in place to hold onto water so that you don't need to drink it during the night. Unless you are losing unusually high amounts of water (as you would in a very dry and hot environment, for example), there is no reason to hydrate at night. Most people realize that doing so will cause you to visit the bathroom rather than sleep.

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

Ensure that those treasures you've collected over the years maintain their value

Collectors have spent an average of \$6,000 on their collectibles, with coins, toys, trading cards and jewelry at the top of the list. Owning a collection, however, takes planning and care especially if you hope to sell or donate your collection or you want your heirs to get prime value.

Here are some ways to being a good steward of

your collection:

Organize It

A detailed inventory of your collection is an important tool in assessing the collection's value. A good inventory should include a description of each item, noting where you bought it and how much you paid plus useful data such as size, age and flaws. This info can give you a sense of whether you should buy additional insurance coverage and also serves as a resource for your heirs.

Accurately Value It

For an official determination, find an appraiser. Ask for two valuations: Fair market value — the price that a specific collectible might fetch in a transaction between a willing buyer and a willing seller. Retail replacement value is the highest amount you might need to replace your collectible with another of similar age, quality, appearance and condition. This is the estimated value that collectors typically use for insurance purposes.

An appraiser should charge a flat or hourly fee, not one based on a percentage of the item's value. That's a conflict of interest.

Store It Properly

Heat and light can be your enemy. Experts advise shielding valuables from even indirect sun-exposure by using covers or a UV glass case. The items aren't the only things you should store. Receipts and original packaging can make a collectible worth much more than it

would be alone.

Keep It Clean

Original condition for a collectible is almost always most desirable. Abrasives, waxy polishes and chemical cleaners are universal no-no's.

Care for items while in your possession

If stuff no longer brings pleasure, sell, gift or donate it. Let someone else treasure it for a while.



Combatting Loneliness in Older Adults

FAMILY FEATURES

The bonds found in friendships and other relationships are an important factor in health and wellness – even science says so.

According to the American Psychological Association, forming and maintaining social connections at any age is one of the most reliable predictors of a healthy, happy and long life. Studies show having strong and supportive friendships can fend off depression and anxiety, lower blood pressure and heart rates in stressful situations and change the way people perceive daunting tasks.

However, statistics show approximately half of U.S. adults lack companionship and feel socially disconnected, according to the U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community. In fact, 12% don’t have anyone they consider a close friend, per the Survey Center on American Life. This “epidemic of loneliness,” as coined by U.S. Surgeon General Dr. Vivek Murthy, can take a severe toll on mental and physical health.

As people age, the risks of isolation increase. With America’s older population growing rapidly – the 65 and older population reached more than 55 million in 2020 – discussing how older adults can combat loneliness is relevant to public health and individual well-being.

Consider volunteering, which is one of the best and most rewarding ways to combat loneliness.

Volunteering Combats Loneliness

People often volunteer to find a sense of purpose, learn new skills, improve their



communities or establish new routines after retiring or becoming empty nesters. For many, making friends through volunteer work is a welcome bonus. The act of volunteering provides proven benefits for older adults.

Forming connections can make all the difference in a person’s volunteer experience and sense of well-being. People who meet through volunteer work inherently share a

common interest and something to bond over. These friendships can carry over outside of volunteer work and lead to bonding over other hobbies and interests.

Connection-Focused Volunteer Opportunities

In addition to making friends with fellow volunteers, many older adults also form

relationships with the people they’re serving, especially if those recipients are their peers.

For example, AmeriCorps Seniors is the national service and volunteerism program in the federal agency of AmeriCorps that connects adults aged 55 and up to local service opportunities that match their interests. Its Senior Companion Program pairs volunteers with other older adults or those with disabilities who need companionship or assistance. Volunteers may help with tasks such as paying bills, shopping or getting companions to appointments. In some cases, volunteers may also provide support and respite for family members caring for loved ones with chronic illnesses.

“We often think of volunteering as ‘giving back,’ but we’ve seen firsthand that it often becomes so much more than that,” said Atalaya Sergi, director of AmeriCorps Seniors. “By spending a few hours each week with another older adult in need of support, our volunteers are not only giving back to others, but they’re adding meaning to their own lives and establishing new connections. They’re helping to fight the loneliness epidemic one visit at a time.”

Growing older can come with challenges, but some of those can be minimized with a positive mindset and commitment to remaining connected and engaged – whether with friends, relatives or fellow community members. Fostering relationships is a key ingredient to a healthier and more fulfilling life.

For more information and to find volunteer opportunities near you, visit [AmeriCorps.gov/YourMoment](https://www.AmeriCorps.gov/YourMoment).

Meet Friends Who Connected Through Service

Ray Maestas felt unfulfilled post-retirement and began volunteering with the AmeriCorps Seniors Senior Companion Program. He was connected with Bob Finnerty, a man with blindness looking for assistance a few days each week. They quickly struck up a routine of errands, reading and conversation that’s since become a friendship they both cherish.

“The Senior Companion Program has provided an avenue to enrich the lives of not only the participants but the people who are volunteering,” Maestas said. “Bob and I have gotten to the point where he’s a very important part of my life.”

Finnerty echoed those sentiments and shared his own appreciation for Maestas’ friendship. “I’ve always relished my independence and I feel Ray is not just a person who reads for me – he’s a friend,” Finnerty said.

In the last few years, Maestas moved and now serves with a different chapter of the Senior Companion Program. He and Finnerty keep in touch. Maestas said they talk about every third day.



Bob Finnerty and Ray Maestas



Strange BUT TRUE

By Lucie Winborne



- 1. Kung Fu Panda 4** (PG) Jack Black, Awkwafina
- 2. Dune: Part Two** (PG-13) Timothée Chalamet, Zendaya
- 3. Imaginary** (PG-13) DeWanda Wise, Taegen Burns
- 4. Cabrini** (PG-13) Cristiana Dell'Anna, John Lithgow
- 5. Bob Marley: One Love** (PG-13) Kingsley Ben-Adir, Lashana Lynch
- 6. Ordinary Angels** (PG) Alan Ritchson, Hilary Swank
- 7. Madame Web** (PG-13) Dakota Johnson, Sydney Sweeney
- 8. Migration** (PG) Kumail Nanjiani, Elizabeth Banks
- 9. Yolo** (PG-13) Ling Jia, Jiayin Lei
- 10. The Chosen: S4.E7** (NR) Austin Reed Alleman, Victoria Blade

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1. Chess
2. Checkers
3. Monopoly
4. Scrabble
5. Clue
6. Battleship
7. Trivial Pursuit
8. Backgammon
9. Candy Land
10. Rummikub

Source: Fun.com

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“Aquaman and the Lost Kingdom” (PG-13) — Is it the end of Jason Momoa’s “Aquaman”? In December 2023, Momoa told “Entertainment Tonight” that if the audience loves the sequel, “there’s a possibility” of a third film getting greenlit. But after negative reviews and the film only making \$434 million against a budget of \$215 million, it doesn’t look too good. In the sequel, Momoa stars as Arthur Curry four years after the events of the first movie. Now a married family man, Arthur splits his life between the land and sea, while Black Manta still seeks revenge in the shadows. When he learns of Manta’s plans, Arthur breaks Orm, his half-brother, out of prison to join him in the fight against Manta. Amber Heard, Yahya Abdul-Mateen II and Nicole Kidman reprise their roles from the first film. Out now. (Max)

period-comedy miniseries based on “Mr. & Mrs. American Pie” by Juliet McDaniell, Kristen Wiig (“Wonder Woman 1984”) takes on the role of Maxine Simmons. Maxine is a woman desperate to join high-society life in 1969 Palm Springs, California, after getting dumped by her husband and social circle. She sets her sights on the Palm Royale, an exclusive club whose elite members are dripping with glamour and vanity. But if she truly wants to get to the top of the Palm Royale, Maxine must sacrifice parts of herself to become the person she wishes to be. The series co-stars Ricky Martin (“The Assassination of Gianni Versace”), Laura Dern (“Big Little Lies”) and the legendary Carol Burnett. The first three episodes are out now! (Apple TV+)



Courtesy of Hulu

Joey King, left, and Logan Lerman star in “We Were the Lucky Ones.”

“We Were the Lucky Ones” (TV-MA) — After starring in the 2022 film “Bullet Train” together, Joey King and Logan Lerman reunite to lead this new eight-episode series based on the historical novel written by Georgia Hunter. King and Lerman respectively portray Halina and Addy Kurc, two siblings in a Jewish family of seven who live in Poland at the start of World War II. The large family inevitably gets separated as the war carries on, taking them far away from home and spreading them across continents. Amid the tragic circumstances they’re forced to endure, the Kurc family is determined to keep their resilience and reunite with each other once the war ends. The first three episodes premiere March 28. (Hulu)

“Palm Royale” (TV-MA) — In this

“Road House” (R) — Almost 35 years after the 1989 film “Road House” starring Patrick Swayze and Sam Elliot released, a reimagining starring Jake Gyllenhaal and Conor McGregor has made its way to streaming. Gyllenhaal takes on the lead role as Dalton, a former UFC fighter who gets hired to work as a bouncer at a roadhouse in the Florida Keys. The joint attracts a great number of rowdy customers, but none are a match for Dalton’s fists. However, when news of Dalton’s immaculate butt-kicking hits the ears of Ben Brandt (Billy Magnussen), the heir of a criminal empire, Ben will stop at nothing to shut Dalton and the roadhouse down. For anyone who loves nonstop action, this one’s for you! Out now. (Prime Video)

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1. Which female artist released “Everybody’s Somebody’s Fool”?
2. Name the first No. 1 single by England Dan & John Ford Coley.
3. Which two actors are mentioned in “Key Largo” by Bertie Higgins?
4. Which song is Chris de Burgh most known for?
5. Name the song that contains this lyric: “Does she love me, with all her heart, should I worry, when we’re apart?”

Answers

1. Connie Francis, in 1960. The ballad topped international charts in Canada, New Zealand and Norway, as well as in the U.S. Francis released a German language version called “Die Liebe ist ein seltsames Spiel,” but it was speeded up as a polka.
2. “I’d Really Love to See You Tonight,” in 1976. Unfortunately the duo didn’t stay together long, with Dan Seals going out on his own.
3. “Bogie and Bacall.” Humphrey Bogart and Lauren Bacall starred in the film “Key Largo” in 1948.
4. “Lady in Red,” in 1986. Popular around the globe, it won an ASCAP Pop Music Award in 1988 for the Most Performed Song.
5. “A Lover’s Question,” by Clyde McPhatter in 1958. McPhatter’s version, co-written by Brook Benton, spent a week at the top of the R&B chart.

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

- Using high-pressure, high-temperature techniques that mimic Earth’s diamond-forming conditions, scientists can transform the carbon in peanut butter into sparkling gemstones. Chew on that!

- And speaking of chewing, snails have thousands of tiny teeth on their radula, the tongue-like organ they use for grinding up food, making them one of the earth’s toothiest creatures.

- Mary, Queen of Scots, was history’s youngest monarch, ascending to the throne at a mere 6 days old. Coming in at second place was Emperor Shang of China’s Han Dynasty, who in 105 A.D. assumed his royal position at 100 days old.

- If stored correctly and not contaminated, honey can last for thousands of years without spoiling.

- A piano’s frame is made of iron.

- Though T-shirts have existed since the late 1800s, the plain white version gained popularity as a wear-alone garment thanks to Marlon Brando’s portrayal of Stanley Kowalski in the movie “A Streetcar Named Desire.”

- One out of every seven American jobs is related to transportation.

- Some architectural structures, known as whispering galleries, have unique acoustics allowing a whisper at one end of the gallery to be heard clearly at the other end, due to sound waves following the curved surfaces.

- The “United States Postal Service Anthem,” a unique song composed by (appropriately) Jack Stamp, is an official musical salute to the USPS, its employees, and its role in American life.

- In some WWII POW camps, the Nazis would allow Allied soldiers to play board games like Monopoly, even providing the games. The British exploited this opportunity by using compasses, banknotes, and real-world maps in place of standard boards and pieces, as a means of helping prisoners to escape.

Thought for the Day: “If no one ever took risks, Michelangelo would have painted the Sistine floor.” — *Neil Simon*

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by Jo Ann Derson

- What’s the best way to keep sheet sets together? Tuck all the pieces in a matching pillowcase, of course.

- Need to hull strawberries? Try using a straw. You position the straw at the bottom of the strawberry, then push up toward the stem. It works quickly and well.

- If you mount a magnet strip in your bathroom or on your vanity, you can use it to hold bobby pins or metal barrettes. Or mount a ribbon to hold all kinds of hair clips.

- Baby leg protectors are cute. And cheap, if you have some old athletic socks. Cut off the ends, slip over baby’s legs, and watch cutie scoot across the floor.

- If your entertainment electronics have a clock that is too bright, cover it with plain tape. You will still be able to read the time, but the tape will lessen the glare.

- My in-laws have a vaulted ceiling, and there is a corner that even the longest-handled duster won’t reach. My brilliant son had an idea to get down the cobwebs that had accumulated there. He used a rubber band to secure a dish towel around a tennis ball. Then he just tossed it at the area repeatedly. I can’t believe how well it worked.

- If new denims are too stiff, add half a cup of salt to your wash water along with the regular detergent.

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What's Hot In Hollywood

HOLLYWOOD — Tom Cruise's "Mission: Impossible 8," which has been shot so far in England, Mal-ta, South Africa, Norway and Italy, resumed shooting in February after the strikes were settled. It's no longer called "Dead Reckoning Part Two" and will have a new title when it opens in May 2025.

Cruise's next project will be directed by four-time Oscar winner Alejandro G. Iñárritu, who won for directing "Birdman" (2014) and "The Revenant" (2015). The title and the script, written by Iñárritu and his "Birdman" co-writers, is an original story created by the 60-year-old director, who excels as a filmmaker despite having attention-deficit/hyperactivity disorder.

The film is Cruise's first in his partnership with Warners, his new studio. However, he plans to keep making "Mission: Impossible" films, which will reconnect him to Paramount.

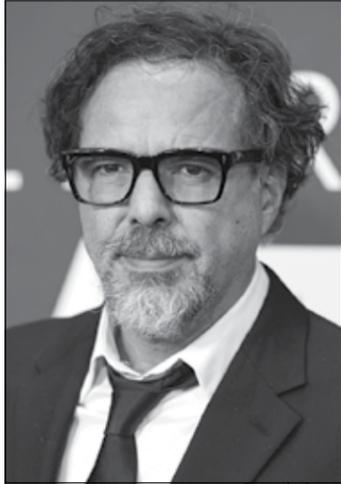
Speaking of Paramount, they're taking a different direction with the "Transformers" franchise. The live-action franchise began with "Transformers" (2007), starring Shia LaBeouf, and cost \$200 million while grossing \$710 million. "Dark of the Moon" (2011), also starring LaBeouf, cost \$195 million and grossed \$1.124 billion. Mark Wahlberg starred in "Age of Extinction" in 2014 (\$210 million cost with a \$1.104 billion gross) and "The Last Knight" in 2017 (\$260 million cost with only a \$605.4 million gross).

Then in 2018, John Cena and Hailee Steinfeld starred in "Bumblebee," which cost \$135 million and only grossed \$468 million. In 2023, Anthony Ramos starred in "Rise of the Beasts" (a \$200 million cost, but a disappointing \$439 million gross). So, Paramount's remedy is to turn "Transformers" into an animated feature with the voices of Chris Hemsworth, Scarlett Johansson and Brian Tyree Henry. Doesn't that defeat the magic of seeing real "Transformers" transform?

Wait 'til you read this! The British Board of Film Classification just "woke" up after 60 years and is changing the rating for Dame Julie Andrews' "Mary Poppins."

The film, being rereleased in England to commemorate the 60th anniversary of the classic children's film, will now be sporting a PG (parental guidance suggested) rating because of the use of one word: "hottentot," by Admiral Boom (played by Reginald Owen). He uses the term when referring to the chimney sweeps whose faces were blackened by soot. It was used by Europeans to refer to the group of nomadic herders in South Africa known as the Khoekhoe. They still live in the Western Cape and Eastern Cape Provinces in the southwestern coastal regions of South Africa and Namibia.

How absurd is it that children now have to get permission from their parents to see "Mary Poppins"? Do they really believe that six decades of children have all been cor-



Depositphotos
Director Alejandro G. Iñárritu ("The Revenant")

rupted? First, Disney had all those problems in Florida and now this in England! Just a spoonful of sugar makes "The Woke-ness" go down!

HOLLYWOOD — I wonder if Al Pacino's upcoming memoir, "Sonny Boy," will include his recent incident at the Oscars? Apparently, minutes before he took the stage, the producers told Pacino not to read the list of 10 Best Picture nominees. It was such a last-minute decision that they didn't even tell host Jimmy Kimmel they'd decided to do so. Pacino was his usual scattered self, and Kimmel remarked, "I guess he's never watched an awards show before. It seems everyone in America knows the rhythm of how it's supposed to go!"

Pacino admitted, "It was not my intention to omit them, rather a choice by the producers not to have them said again." The 83-year-old actor has been nominated nine times for an Oscar and won in 1993 for "Scent of a Woman."

"I wrote 'Sonny Boy' to express what I've seen and been through in my life," Pacino confessed. "It's been an incredibly personal and revealing experience to reflect on this journey and what acting allowed me to do and the worlds it has opened up."

Best Actor winner Cillian Murphy ("Oppenheimer") has already completed his next film — "Small Things Like These" with Emily Watson. It premiered at the Berlin International Film Festival in February.

Best Actress winner Emma Stone is going from "Poor Things" to "Kinds of Kindness," a contemporary anthology film that consists of three different stories set in the United States. Jesse Plemons and Willem Dafoe will co-star, with the three stars playing a different role in

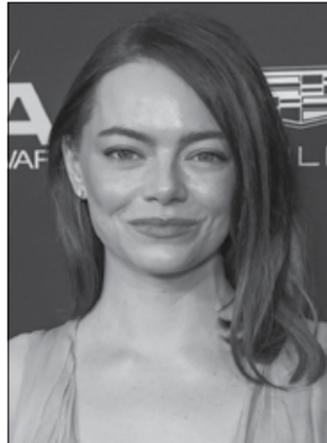
each of the three stories.

Best Supporting Actor winner Robert Downey Jr. ("Oppenheimer") is one of the producers of the upcoming HBO historical black-comedy television series "The Sympathizer." He will also appear in the miniseries in several antagonist roles.

37-year-old Da'Vine Joy Randolph, who starred on Broadway in "Ghost: The Musical" (in the role that gave Whoopi Goldberg an Oscar), Best Actress winner Emma Stone ("Poor Things") has two films in the can after her recent Oscar win: "Shadow Force" with Kerry Washington and "Bride Hard" with Rebel Wilson, Justin Hartley, Anna Chlumsky and Stephen Dorff.

Christopher Nolan took home more than one Oscar for Best Director and Best Picture. His pay for directing "Oppenheimer" was just south of \$100 million, from the combination of his salary, back-end compensation from the billion-dollar box-office grosses, and the bonus from winning two Oscars. His next project looks to be his screenplay for a film based on the 1960s TV series "The Prisoner," which starred Patrick McGeehan.

Ironically, last year's Best Actress, Michelle Yeoh, has a few upcoming films with release dates, from "Wicked" on Nov. 27, 2024 and "Wicked Part Two" on Nov. 26, 2025 to "Avatar 3" on Dec. 19, 2025 and "Avatar 4" on Dec. 21, 2029. But the poor girl's still looking for work because these films have already been completed, so expect to see this Best Actress winner "Everywhere All at Once" as she tries to fill the gap between now and 2029.



Depositphotos
Best Actress winner Emma Stone ("Poor Things")



by Dana Jackson

Q: When is "Virgin River" coming back? Will there be another season? I've seen all of the episodes and hope it returns. — M.C.

A: Filming has already begun for season six of the Netflix series "Virgin River," but don't expect to see it on your screen for a while, possibly not until 2025. Showrunner Patrick Sean Smith confirmed at Netflix's Tudum event that Mel (Alexandra Breckenridge) and Jack (Martin Henderson) "will advance on their path to parenthood while also turning Lilly's farm into their ultimate dream home."

Smith further hinted that in the new season, viewers will "be surprised by some returning favorites from the past" and also get introduced to a new character — Mel's biological father, played by actor John Allen Nelson ("Crazy Ex-Girlfriend").

Q: Is there going to be another season of "Heartland"? I was so sad when Ty died in the ending chapter and wondered if Amy found love again. — T.A.

A: I'm assuming that you're watching "Heartland" via Netflix because only seasons 1-15 are currently available to watch on the streaming service. Fortunately, the Canadian series is on season 17 on the CBC network, but here in the United States, you'll have to wait a bit.

While no official statement has been released, there are reliable sources on the internet saying that season 16 will most likely be available on Netflix beginning in September, possibly earlier. This is because another streaming service, called UP Faith & Family, has first dibs on the show here in the U.S.. Once their customers have had enough time to watch season 16, Netflix viewers will then have their chance, likely starting this September, as mentioned above.

If you can't wait that long, visit UPFaithandFamily.com and learn how you can subscribe to the streaming platform, which calls itself "the leading streaming service for uplifting entertainment." They offer a monthly subscription plan for just \$5.99 month, but as always, be sure to read the fine print.

Q: What is the latest on Richard Simmons? He hasn't been seen in years, and



Courtesy of Netflix
Martin Henderson and Alexandra Breckenridge star in "Virgin River."

now there's a rumor that he died. But fortunately, it was just a rumor, right? — E.C.

A: American fitness personality Richard Simmons, now age 75, has been reclusive for about a decade now. There were rumors that he was being held against his will, but in 2022, he issued a statement to the New York Post that he was happy and healthy. Recently, however, he worried his fans again when he posted a message on X (formerly Twitter) that he was dying. He went on to explain, "The truth is we all are dying."

He went on to give some tips on eating better, getting enough sleep and exercising. Several hours later, he posted again to apologize for the confusion and clarify that he isn't dying anytime soon. He said he simply wanted to remind everyone to embrace every day that they have.

You can follow Simmons on his official page on X: @TheWeightSaint.

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

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Refresh Spring Menus with *Sweet and Savory Favorites*

FAMILY FEATURES

Whether your favorite springtime meals take you to the patio or have you throwing open the windows to let fresh air in, enjoying the sunshine and warmth with sweet and savory dishes is a perfect way to celebrate the season. Better yet – bring loved ones together with recipes that are as easy to make as they are delicious for refreshing taste without the hassle.

The uplifting aroma and flavor of Envy Apples offer an invitation to savor small moments around the table, especially when used in simple favorites like muffins, sandwiches, pizza or pies for delicious dishes all day long. Celebrating spring can start with this ultimate apple experience, allowing you to introduce loved ones to new ways to rethink weekly staples.

Wake up with breakfast or brunch on the patio, highlighted by Apple and Date Muffins you can prepare fresh or bake ahead of time then reheat for an easy, breezy morning. Spring often means outdoor activities which require a recharge at lunch like these Apple, Bacon and Brie Cheese Toasties featuring the perfect pairing of sweet with savory.

Wind down the day with Stilton Cheese Pizza, an ultimate family favorite and shareable solution. Finally, cap off the excitement of warming weather and time outdoors with a slice of Classic Apple Lattice Tart served with a scoop of ice cream or custard.

These recipes and more start with the craveable texture and crunch of Envy Apples – a leading apple variety – that provide balanced sweetness with flesh that remains whiter longer, even after cutting, so your favorite meals look as delicious as they taste.

Visit EnvyApple.com to find more patio-perfect recipe inspiration.

Classic Apple Lattice Tart

Servings: 8-10

- 2-3 sheets puff pastry dough
- 5 Envy Apples
- 2 tablespoons sugar
- 1 teaspoon finely grated lemon zest
- 1 tablespoon cornstarch
- 1 egg
- 1 tablespoon milk
- 1 tablespoon cinnamon sugar
- ice cream, custard or cream, for serving (optional)

Preheat oven to 365 F.

Use two sheets semi-thawed pastry to line fluted tart pan approximately 10 inches, pressing and trimming neatly to fit; chill 15 minutes.

Peel, core and thinly slice apples into large bowl; sprinkle with sugar, lemon zest and cornstarch then toss well to evenly coat.

Arrange apple slices in pastry-lined tart pan, laying flat.

Beat egg with milk. Brush egg wash around pastry rim.

Cut 1/2-inch strips from remaining pastry sheet and make lattice pattern over apples, crimping edges once lattice is completed.

Brush tart with egg wash and sprinkle with cinnamon sugar.

Bake 35-40 minutes, or until pastry is golden. Allow to cool at least 15 minutes before slicing. Serve with ice cream, custard or cream, if desired.



Classic Apple Lattice Tart



Apple and Date Muffins

Apple and Date Muffins

Servings: 12

- 2 Envy Apples
- 1 tablespoon maple syrup
- 1 cup flour
- 1 cup bran flakes
- 3/4 cup brown sugar
- 1/2 cup chopped dates
- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons baking powder
- 1 cup butter, melted
- 1 egg, beaten
- 3/4 cup milk
- butter or powdered sugar, for serving (optional)

Preheat oven to 375 F and line muffin pan with cupcake papers.

Peel and core apples and dice finely; toss with maple syrup.

In large bowl, combine flour, bran flakes, brown sugar, dates, pumpkin pie spice and baking powder; mix well.

In separate bowl, whisk melted butter, egg and milk.

Add half maple-apple mixture to dry ingredients.

Pour wet ingredients into dry and fold together until mixed. Spoon evenly into muffin tin cupcake papers. Add 1 teaspoon remaining maple-apple mixture to top of each muffin.

Bake 20-25 minutes until muffin mix is set and apple topping is golden. Allow muffins to cool 5 minutes before removing from tin.

Serve with butter or dust with powdered sugar, if desired.

Stilton Cheese Pizza

Yield: 1 pizza

- 1 tablespoon pizza sauce
- 1 tablespoon sweet chili sauce
- 1 storebought pizza crust
- 1/2 cup mozzarella cheese, divided
- 1/3 cup stilton cheese, divided
- 1 Envy Apple
- 4 slices prosciutto
- fresh arugula leaves, for garnish
- fresh basil, for garnish
- toasted walnuts (optional)

Preheat oven to 450 F.

Combine pizza sauce and sweet chili sauce. Spread sauce over pizza crust.

Sprinkle with half of the mozzarella cheese and half of the stilton cheese.

Cut apple in half then core and slice into thin wedges. Arrange apple over cheese then top with remaining cheese.

Cook pizza 7-10 minutes until pale golden and starting to bubble. Add prosciutto and cook 2-3 minutes until golden and bubbling.

Serve with fresh arugula and basil. Sprinkle with toasted walnuts, if desired.



Stilton Cheese Pizza



Apple, Bacon and Brie Cheese Toasties

Apple, Bacon and Brie Cheese Toasties

Servings: 2

- 1 tablespoon butter
- 4 slices sourdough bread
- 1 teaspoon honey mustard, plus additional for serving (optional)
- 4 slices cooked bacon
- 1 Envy Apple, peeled, cored and thinly sliced
- 1 3/4 ounces brie cheese, sliced
- side salad, for serving (optional)

Butter one side of each bread slice.

Lay out two slices bread, buttered sides down. Top with honey mustard then layer with two bacon slices, apple slices and brie cheese slices. Top with remaining slices bread, buttered sides up, to create two sandwiches.

Heat grill pan or frying pan and cook sandwiches until golden brown on each side and cheese is beginning to bubble.

Cut sandwiches in half and serve with side salad or extra honey mustard, if desired.

Good Housekeeping

Campanelle With Chicken and Pea-Mint Pesto

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

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

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

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

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

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

Good Housekeeping

Spaghetti Pie With Prosciutto and Peas

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

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

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

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

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

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

Good Housekeeping

Spring Garden Saute

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

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

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

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

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

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

Good Housekeeping

Sesame-Ginger Asparagus

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

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

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

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

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

Good Housekeeping

Prosciutto-Wrapped Asparagus

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

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

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

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

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

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

Comfort foods



by Healthy Exchanges

Dillied Tuna-Macaroni Salad

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

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

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

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

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

Good Housekeeping

Peanut Butter and Jam Bars

Kids and adults will gobble up these peanutty shortbread bars. Just remember to serve them with milk!

- 1 cup butter (no substitutions), softened

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

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

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

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

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

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

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

Good Housekeeping

Cookies 'n' Cream Shake

Kids will love their favorite combination mixed up in a glass.

- 4 scoops vanilla ice cream
- 4 cream-filled chocolate sandwich cookies, coarsely chopped
- 1 cup milk

In blender, combine ice cream, cookies and milk and blend until mixture is smooth and frothy. Pour into 2 tall glasses.

• Each serving: About 332 calories, 19g total fat (10g saturated), 52mg cholesterol, 326mg sodium, 35g total carbohydrate, 7g protein.

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Crime

Arrest on the 100 block of North State Street'

Assault on the corner of State Street and Randolph Street'

Robbery on the 2200 block of North Leavitt Street.

Theft on the 1100 block of West Bryn Mawr Avenue.

Vandalism on the 200 block of West North Avenue.

Vandalism on the 1800 block of West North Avenue.

Theft on the 1700 block of West Armitage Avenue.

Assault on the 2200 block of North Western Avenue.

Theft on the 2600 block of North Clark Street.

Burglary on the 2300 block of North Lincoln Avenue.

Theft on the 2000 Assault block of North Milwaukee Avenue.

Assault on State street and Delaware Place.

Theft on the 1400 block of North Dayton Street.

Theft on the 3600 block of North recreation Drive.

Theft on the 1300 block of North Milwaukee Avenue.

Theft on the 1700 block of West Division Street.

Assault on the 3800 block of North Janssen Avenue.

Theft on the 3700 block of North Lake Shore Drive.

Vandalism on the 1800 block of West Belle Plaine Avenue.

Assault on the 1700 block of North La Salle Drive.

Burglary on the 3600 block of North Broadway.

Assault on the 5600 block of North Sheridan Road.

Theft on the 3400 block of North Ashland Avenue.

Vandalism on the 1300 block of West School Street.

Theft on the 1400 block of West Fry Street.

Theft on the 1600 block of North Dayton Street.

Theft on North State Street and Chicago Avenue.

Theft on the 1100 block of West Roscoe Street.

Vandalism on the 4500 block of North Marine Drive.

Vandalism on the 1700 block of North Paulina Street.

Theft on the 3100 block of North Clark Street.

Arrest on the 3400 block of North Western Avenue.

Theft on the 3600 of North Southport Avenue.

Theft on the 600 block of West Melrose Street.

Theft on the 2300 block of North Lincoln Avenue.

Robbery on the 1800 block of West Fullerton Avenue.

Theft on the 2700 block of North Piine Grove Avenue.

Theft on the 1000 block of West Montrose Avenue.

Theft on the 6000 block of North Sheridan Road.

Theft on the 2000 block of North Clifton Avenue.

Theft on the 1200 block of North Milwaukee Avenue.

Assault on the 2500 block of North Clark Street.

Theft on the 3600 block of North Broadway.

Assault on the 900 block of North Belmont Avenue.

Assault on the 2400 block of North Southport Avenue.

Assault on the 4400 block of North Beacon Street.

Shooting on the 2900 block of North Ridgeway Avenue.

Arrest made on the 5900 block of North Ravenswood Avenue.

Robbery on North Kimball Avenue and West Cortland Street.

Robbery on the 2200 block of North Leavitt Street.

Theft on the 2300 block of West North Avenue.

Shooting on the 2400 block of North Harding Avenue.

Theft on the 1100 block of West bryn Mawr Avenue.

Theft on the 4000 block of West Newport Avenue.

Theft on the 2700 block of West Ainsley Street.

Vandalism on the 2400 block of West North Avenue.

Theft on the 4200 block of West North Avenue.

Theft on the 1200 block of North Spaulding Avenue.

Assault on the 4800 block of North Francisco Avenue.

Theft on the 4100 block of North Springfield Avenue.

Theft on the 1700 block of West Armitage Avenue.

Vandalism on the 1800 block of West North Avenue.

Vandalism on the 1700 block of North Paulina Street.

Vandalism on the 4599 block of North Marine Drive.

Theft on the 1100 block of West Roscoe Street.

Theft on the 1600 block of North Dayton Street.

Assault on the 1800 block of North Richmond Street.

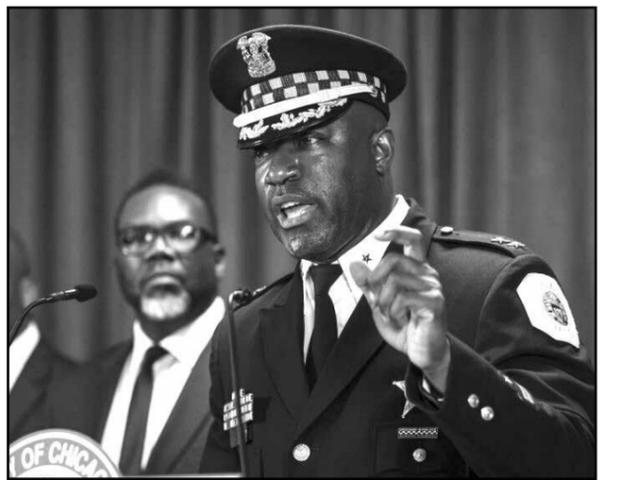
Theft on the 4500 block of North Lawndale Street.

Vandalism on the 1300 block of West School Street.

Theft on the 6000 block of North Maplewood Avenue.

“THIS IS GOING TO TAKE A LITTLE TIME”

Superintendent Larry Snelling was sworn in as the head of the Chicago Police Department nearly six months ago. This is what he had to say at a meeting in the Loop about addressing the city's ongoing challenges with regard to violent crime in Chicago.



“This is going to take a little time. We're bringing this down slowly, incrementally, because we didn't get here overnight,” Snelling said. The solution starts by getting to young children before the gangs do and by instituting youth-oriented programs, and increasing visibility by getting more police officers out of squad cars and onto bikes. “These officers can get to locations quicker, especially in the downtown area and other business areas.”

He also said that the elimination of bond has allowed repeat gun offenders to be released pending trial. “We have

to hold them. They have to be held. Because we know that when they get out, whether it's EM or not, they will re-offend. They will do it again,” Snelling said. He believes that the Cook County state's attorney needs to deal with how the system deals with juvenile crime.

With regard to the upcoming Democratic National Convention he said that police are training for the inevitable protests that will surround it. “As long as what you're doing is rooted in the First Amendment, not

only are we going to allow you to do it, we're going to protect your rights and protect you while you do it. But what we're not going to tolerate is violence. We're not going to tolerate vandalism, looting,” Snelling said.

He was asked about whether he agreed with the mayor's decision to end the city's contract with ShotSpotter come November. He said the technology made officers' jobs easier, but that it is not indispensable.

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Cardinal Cupich sends mandatory resignation letter to Vatican



Blase J. Cupich was born on March 19, 1949, in Omaha, Nebraska, to Blase and Mary (Mayhan) Cupich. He is one of nine children with five sisters and three brothers. Cardinal Cupich was ordained to the priesthood for the Archdiocese of Omaha on August 16, 1975. He was pastor of two parishes in Omaha. He was appointed Bishop of Rapid City, South Dakota by Pope John Paul II on July 7, 1998, and was ordained and installed on September 21, 1998. He was appointed by Pope Benedict XVI as the sixth Bishop of Spokane, Washington on June 30, 2010, and installed on September 3, 2010. Cardinal Cupich was appointed Archbishop of Chicago by Pope Francis on September 20, 2014 and installed as the ninth Archbishop of Chicago on November 18, 2014.

The Cardinal, a close adviser to Pope Francis, is now at the church's mandatory retirement age of 75. However, the Pope could refuse to accept it.

City of Chicago Commemorates National Abortion Providers Appreciation Day

The City of Chicago, under the leadership of Mayor Brandon Johnson, proudly commemorates National Abortion Providers Appreciation Day, honoring the invaluable contributions of abortion providers that uphold reproductive rights and champion quality and compassionate health care for all residents.

In light of the persistent onslaught of challenges to reproductive rights, including a recent decision by the Alabama Supreme Court that threatens human rights and undermines access to safe and legal health care, it is more important than ever to recognize the vital role of abortion providers in ensuring Chicago remains a safe haven for reproductive justice.

"We commend the bravery and resilience of abortion providers and look forward to continuing to support their efforts to ensure that reproductive rights are upheld and respected," said Mayor Brandon Johnson. "Together we can resist attempts to roll back the progress we have made, ensuring Chicago remains a sanctuary for choice."

The Johnson Administration remains steadfast in its support for policies that ensure access to affordable and quality health care services, including reproductive health services. Through the partnership of advocates on the City of Chicago's Advisory Council on Women and those around the city Chicago reaffirms its commitment to protecting and expanding access to reproductive health care services for all residents.

"Abortion Providers Appreciation Day serves as a reminder of the dedication and compassion demonstrated by those who provide essential reproductive health

care services," said Chief of Policy, Umi Grigsby. "Chicago's long history of advocating women's rights and as the birthplace of the reproductive justice movement, women's health and reproductive health are integral to the Mayor Johnson's policy agenda."

In recognition of Abortion Providers Appreciation Day, the City of Chicago encourages all residents to express gratitude for the vital work of abortion providers and to advocate for policies that uphold reproductive rights and promote gender equity. "This day is especially to honor and express our gratitude for clinicians, nurses, reproductive health care assistants, patient navigators, patient access specialists, and all staff who support and protect access to abortion care," said Jennifer Welch, President of Planned Parenthood of Illinois. "At this critical moment for abortion rights in the U.S. as a haven state for thousand of patients, their work means so much to us."

The above is a reprint of a press release from Mayor Johnson's office.

Restoration of Chicago's Vietnam Veterans Memorial to begin

The Chicago Remembers Vietnam Veterans Memorial, situated along Chicago's Riverwalk, stands as a tribute to all veterans of armed forces who served in the Vietnam War. Dedicated on November 11, 2005, the memorial features the engraved names of 2,936 Illinois veterans.

It is in need of repair as several names and inscriptions have faded and become difficult to read.

"We have implemented an ongoing maintenance plan, including regular inspections and cleanings, to ensure the longevity of this monument," said Michelle Woods, Deputy Commissioner of the Dept. of Fleet and Facilities Management.

Environmental Clean-up proposed for site of Logan Square Plaza

Environmental prep work for a planned public plaza in Logan Square would be financed through \$24,000 in Open Space Impact Fees (OSIF), under a proposal in-

troduced to the City Council by Mayor Brandon Johnson. The funding would pay remediation costs for the 7,000 square-foot site at 2420 N. Sacramento Avenue, which is owned by the City and primarily used for parking. Once complete, planning and programming work for passive recreation and related uses would move forward with community representatives.

The OSIF program leverages fees paid by residential construction projects to help offset the impact of new residents on the community area's open spaces.

Additional TIF support proposed for Near North side park

The Park District acquired the property located at 1514 N. Larabee Street from the Chicago Housing Authority in 2019.

Planned improvement would be supported with an additional \$1.25 million in Tax Increment Financing assistance proposed to the City Council.

Already approved for \$3.15 million in TIF, the additional funding would reimburse the Chicago Park District for anticipated expenses involving an entry plaza, playground, walking paths, fitness equipment, an open lawn and landscaping. Construction could start later this year.

Looking ahead to Spring/Summer in Chicago

This year marks the 20th anniversary of Millennium Park. There will be a special four-day celebration from July 18-21. That party will include activities, new public art, dance performances, and concerts.

Returning this year is the Chicago Air and Water Show (North Avenue Beach and along the Lakefront). It will run Saturday – Sunday, August 10 & 11; rehearsal runs on Friday, August 9.

Taste of Chicago (Grant Park and neighborhoods) Friday – Sunday, September 6-8.

Chicago Blues Festival (Jay Pritzker Pavilion and throughout Millennium Park) Chicago Gospel Music Festival (Jay Pritzker Pavilion) Saturday, June 1.

Millennium Park Summer Music Series (Jay Pritzker Pavilion) Mondays & Thursday July 1 – August 8.

Millennium Park Summer Film Series (Jay Pritzker Pavilion) Tuesday, July 9 – August 27.

Memorial Day Wreath Laying Ceremony & Parade (Daley Plaza and State Street) Saturday, May 25.

Lollapalooza 2024: The four day festival takes place August 1-4 in Grant Park. Featured headlining sets are Tyler, the Creator, Hozier, Stray Kids, Melanie Martinez, Future X Metro Boomin and Skrillex. Blink-182, SZA and the Killers will also headline Lollapalooza. More than 150 other acts will also perform across eight stages during the festival.

Chicago's first festival of the Summer: Mayfest – Armitage & Sheffield, May 17-19 Two stages for performing musicians and this year the Armitage Art Show will be in the heart of the festival. The Anti-Cruelty Society's 30th Annual BARK – June 8, 2024 is Chicago's oldest dog-friendly, outdoor fundraiser for the whole family. The event begins with a 2.5 mile walk along Chicago's lakefront, followed by a pup-party at Soldier Field with food, beverages, music, family activities, and dog-friendly demonstrations. BARK is Anti-Cruelty's largest fundraising event to help shelter, feed, and care for animals in need.

The Great American Solar Eclipse of 2024

The last visible total solar eclipse in the U.S. occurred in 2017. The odds in general for any one spot on Earth of seeing one is once every 375 years. But not if you have the distinct pleasure of living in or near Carbondale. The total eclipse will visit Carbondale for 4 min., 9 seconds beginning at 1.58p.m. on April 8th. Chicago will experience just a partial total eclipse with up to 94 percent coverage. "There will definitely be a noticeable darkening once you get past that 90 percent point," said Hunter Miller, Adler Planetarium.

Always use solar viewers when looking at the sun. Only during the brief moments of totality during a total solar eclipse, when the moon completely covers the sun, can one look directly at a solar eclipse without eye protection. Safe solar viewers are thousands of times darker and ought to comply with the ISO 12312-2 international standard.



Debunking Common Bathroom Remodeling Misconceptions

FAMILY FEATURES

Many homeowners put off upgrading essential spaces like the bathroom because they perceive the hassle or expense outweighs the benefit. Common myths surrounding these projects keep many homeowners from even envisioning a beautiful new bathroom, let alone embarking on a remodeling project.

"There's a lot of misinformation about renovations, especially when it comes to bathrooms," said Scott McGillivray, HGTV star. "A lot of people think a bathroom renovation means you have to gut the whole thing and start over. That is not true."

To help sort facts from fiction, consider this information from the experts at Bath Fitter, a leader in custom bath and shower remodels, along with results from their online survey of 1,000 U.S. adults.

Myth: A traditional down-to-studs remodel is the "right" way or "only" way to achieve a new bathroom.

Truth: Tradition and right are not one and the same. There are plenty of innovative ways to achieve a like-new bathroom without the messy demolition, stress and unexpected delays. In fact, according to the survey, 50% of respondents who renovated their bathroom in the past five years agree that a tub-over-tub liner is an affordable solution that eliminates these renovation pain points while providing the same quality and durability of a traditional remodel with long-lasting results.

Myth: Tub and shower liners are made from sub-standard material that results in a low-quality look.

Truth: Constructed from the same premium acrylic found in high-end spas, custom liner products are a high-quality solution that's just as attractive, exceptionally durable and easy to clean. Consider options from Bath Fitter, which manufactures every acrylic bathtub, shower and wall at its North American facility, ensuring the highest quality standards are met. When installed with a one-piece seamless wall system, these acrylic tubs and showers look new for longer than most traditional remodel options and are backed by a lifetime guarantee.

Myth: Tub and shower liners are "coverups," which can worsen or create problems with mold or water damage.

Truth: Custom-made tubs and showers are installed using a grout-free, watertight system that prevents future mold and water damage. Extensive sanitizing of existing bath areas ensures a clean and strong foundation prior to installation. In fact, 47% of survey respondents who renovated their bathroom in the past five years used a tub-over-tub solution as part of the renovation.

Myth: Liners are a temporary fix that won't last or serve as a long-term replacement.

Truth: While 1 in 4 future renovators believe tub-over-tub solutions are covers and insufficient substitutes for a complete replacement, McGillivray's renovation experience tells a different story.

Unlike resurfacing or replacing bathtubs or showers, which may only last a few years, Bath Fitter products offer the same look and feel of a new tub or shower but with a lifetime guarantee, installation in as little as 24 hours and less hassle than a full demolition renovation.



"Bath Fitter is a great example of how to reface a bathroom," McGillivray said. "It gets you the beautiful, finished product you are looking for, but it's smart because it saves time, money and adds life expectancy back to the space."

Myth: The number of bath and shower style options are limited and won't fit contemporary bathroom design trends.

Truth: Custom tubs and showers are available with hundreds of design and customization options to suit any space or style and blend in seamlessly with your chosen aesthetic. From Scandinavian to English Country, you can find an expansive portfolio of designs that can be integrated into an existing design or incorporated into an updated look.

Find more ideas and inspiration for your bathroom remodel at bathfitter.com.



BENEFITS OF A ONE-DAY BATHROOM REMODEL

If you've lived in your home for a while, it may be time to give your bathroom more than just a facelift. Dated fixtures, peeling paint and chipped tiles are telltale signs that all isn't well with your bathroom. A beautiful new bathroom may be more accessible than you think. A one-day bath remodel can turn your outdated bathroom into a stylish space you'll enjoy using every day.

Convenient: A one-day bathroom remodel is perfect if you want to upgrade your bathroom without interrupting your daily life. Since it can be completed in just a few hours, you can skip the inconvenience of having a construction crew in your home or experiencing extended disruptions to your daily routine.

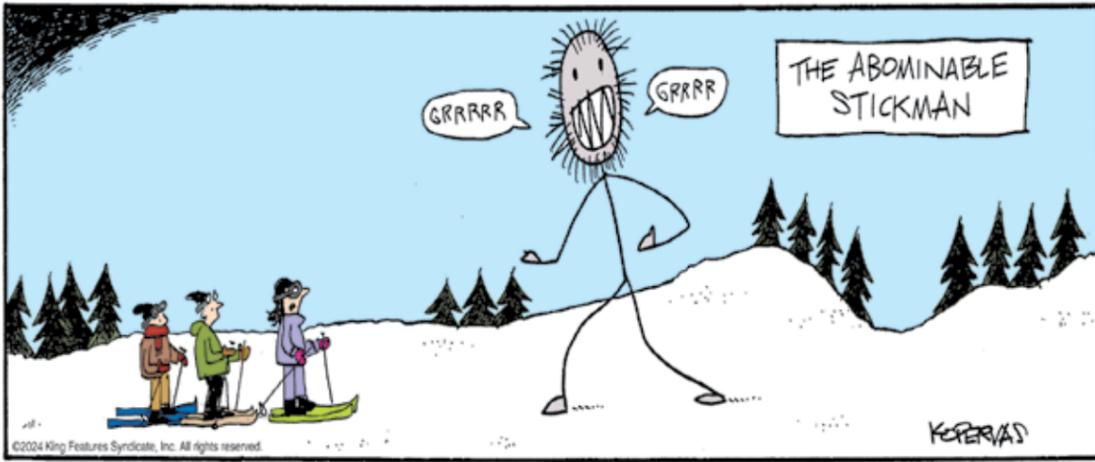
Affordable: Traditional bathroom renovations can take weeks to finish with costs rising by the hour. A one-day bathroom remodel keeps costs down since the installers specialize in completing bathroom remodels quickly and efficiently.

Customizable: You can customize every aspect of your new bathroom, from the fixtures and walls to the accessories and lighting. Experiment with different designs and make your vision a reality using Bath Fitter's Design Your Own Bath online tool.

Comics

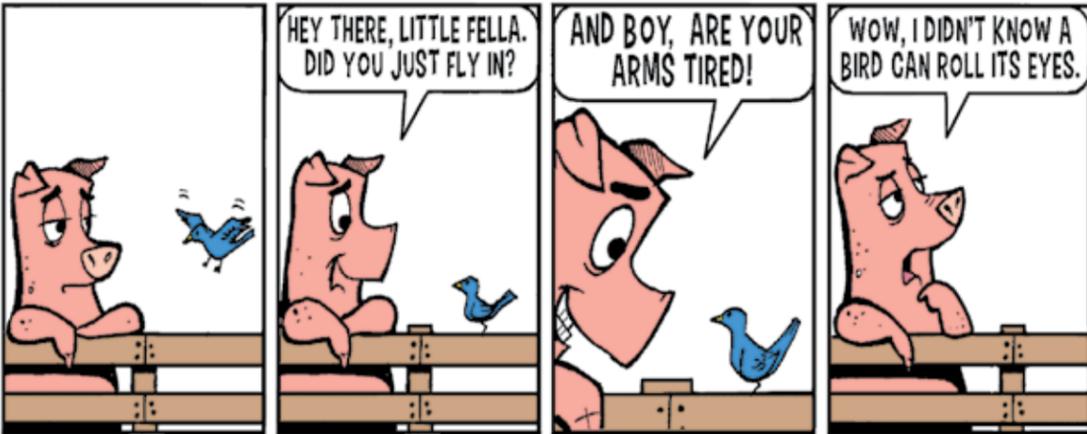
Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



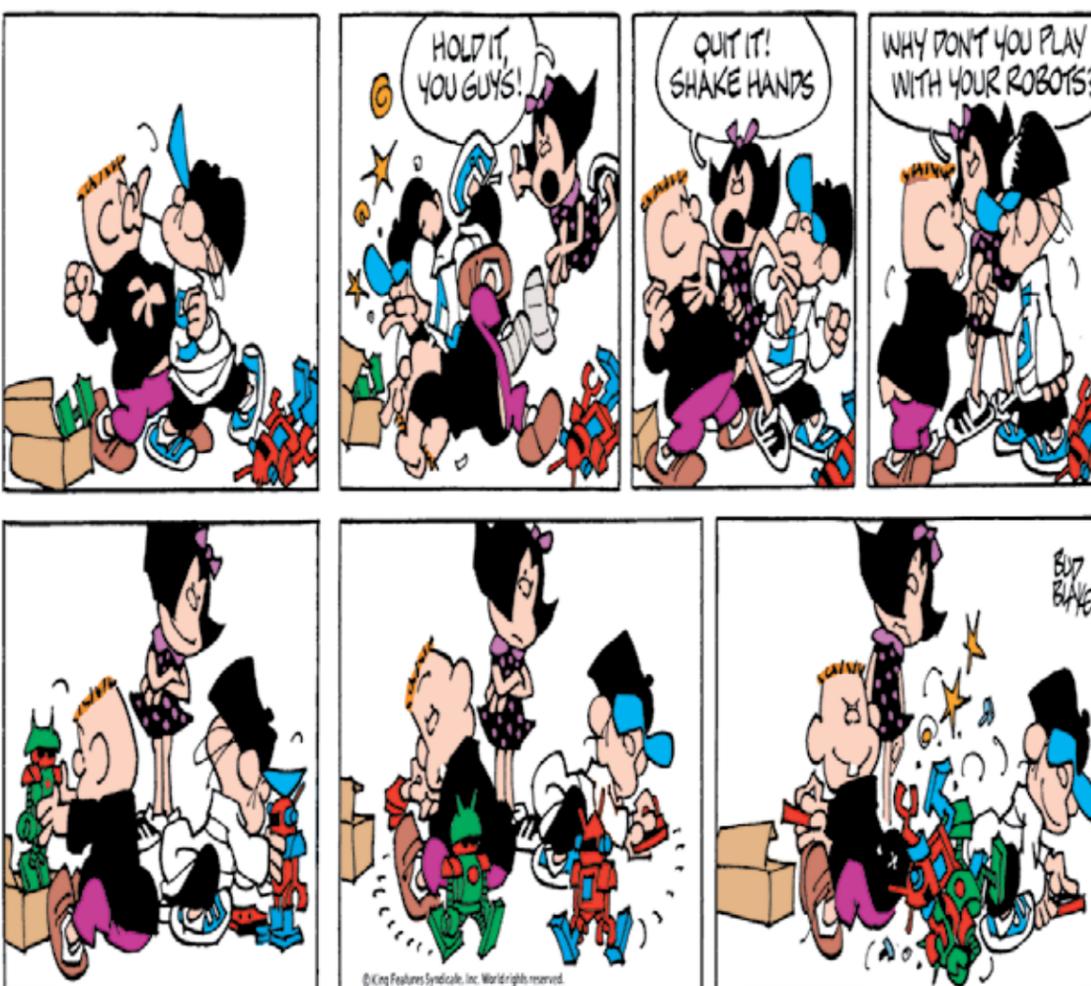
The Spats

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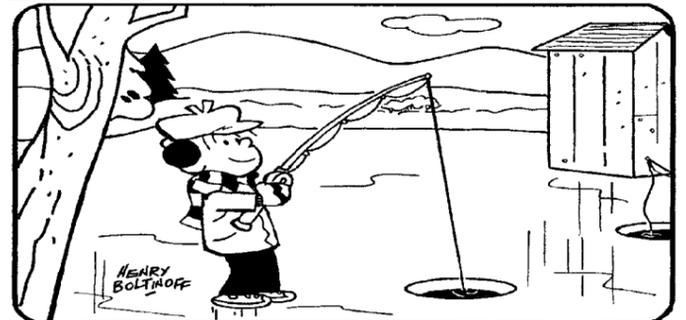
RIDDLE SEARCH - TYPES OF DOGS
Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What dog enjoys the St. Patrick Day's parade?**

AKITA	D	A	C	H	S	H	U	N	D	T
BASENJI	B	A	S	E	N	J	I	A	A	E
BOXER	N	E	L	I	H	U	S	K	Y	R
COLLIE	S	I	R	M	I	S	P	I	B	R
DACHSHUND	H	L	H	U	A	U	A	T	O	I
DALMATIAN	A	L	Z	T	G	T	N	A	X	E
HUSKY	R	O	T	T	W	E	I	L	E	R
MUTT	P	C	S	E	I	T	E	A	R	T
POODLE	E	L	D	O	O	P	L	E	N	R
PUG	I	G	R	O	C	H	S	L	E	W
ROTTWEILER										
SHAR-PEI										
SPANIEL										
SPITZ										
TERRIER										
WELSH CORGI										

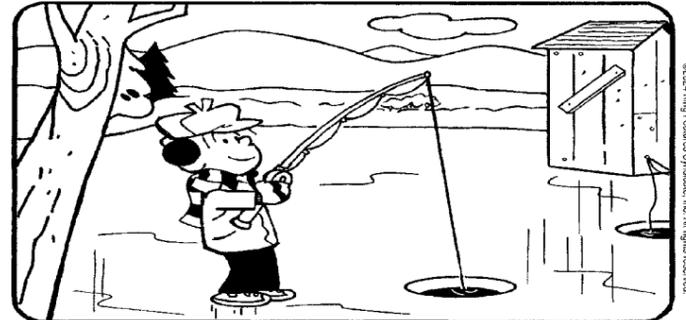
Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



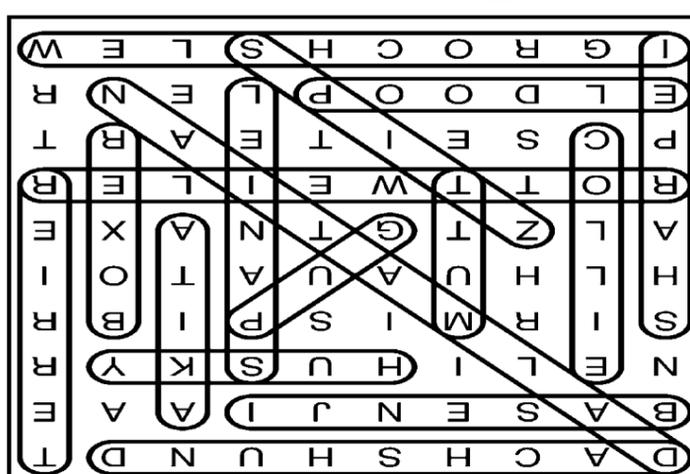
Differences: 1. Fishing line is different. 2. Branch is higher. 3. Hut is different. 4. Mountain is added. 5. Cloud is larger. 6. Cap is different.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer:
An Irish setter.





Photos courtesy of Getty Images

CAREER READY

3 strategies to prepare teens for life after school

FAMILY FEATURES

For some time, heading to college or joining the workforce have been the standard choices for teens upon high school graduation. Today, in part due to technology and social media, students have access to myriad career paths that are all but traditional.

With an increasingly dynamic career landscape creating an awareness of jobs that didn't exist even 10 years ago and a shortage in the workforce, there's a willingness for both potential employees and employers to look at careers and young talent from a whole new perspective.

"There isn't a 'typical' career anymore," said Dr. Lorna Bryant, Gen Z career expert and head of career education for Pearson Virtual Schools. "With the perfect storm in the workforce of boomers retiring, many people still not returning to work in the wake of the pandemic and a population that has declined for the last 50 years, this generation (ages 11-26) is positioned extremely well. Employers want and need them. In short, the scales have flipped to the supply side and demand is causing many employers to remove barriers to work entry. Whether high school grads go to college or work, developing in-demand skills early will help them secure and succeed in the jobs of the future."

Consider these tips from Bryant to help students explore the many options in front of them and prepare for the possibilities that await after high school.

Help Kids Cultivate Durable Skills

While technology has transformed the world of work, an increasing number of careers prioritize durable skills over technical or hard skills. Durable skills (also known as "soft" or "human" skills) include collaboration, leadership, communication and attention to detail, along with traits like empathy, grit and resilience. According to Pearson's Power Skills report, these are some of the most in-demand skills for employers. In addition, research from America Succeeds found employers seek durable skills 3.8 times more frequently than the top five technical or hard skills in every location, industry sector and educational attainment level. Possessing these skills is not only attractive to employers but colleges and universities, too. One of the best ways to prepare for the jobs of tomorrow, which don't exist today, is to focus on timeless durable skills.

Many students already possess or are actively developing these skills in high school. The key is to raise awareness of their importance, seek ways to boost them and showcase them on college and job applications or resumes. For example, teens can display their leadership skills by captaining sports teams or starting a club at school. They can showcase collaboration and communication abilities by holding and thriving in student government positions, volunteering or working part-time jobs.

Bridge Passions and Hobbies to Careers

Beginning conversations with children as early as middle school that expose students to job roles, responsibilities and salaries connected to areas of interest is important for setting them up for long-term success. Nurturing interests – rather than dismissing them as flights of fancy – and finding paths to explore that align with those hobbies or interests in real-world applications can open doors to potential careers that may not have previously been considered.

For example, Lake Liao, a 2023 Lighthouse Connections Academy grad, is attending Princeton University on a pre-law track. The flexibility of online school enabled him to dig into his passions for political and community organizing and activism in high school, including activism around climate and environmental policy. It was through joining local nurses in their fight for a fair contract he realized he wanted to be a lawyer and make a difference in the labor rights cause.



To help students align their values and interests with potential careers, ask questions such as:

- What is it, specifically, you enjoy about your interests? What jobs rely on related skills (working with your hands, serving others, being creative, etc.)?
- Do you have the skills to do those jobs? If not, what research and training do you need to acquire the necessary skillset?
- Are there related jobs available in the geographic location you want to live?
- Can you make enough money to live the lifestyle you want doing this job?
- Can you envision enjoying this type of work for 8 (or more) hours per day?

Get a Head Start on Credentials or College Credit

As earning college credits, career-ready credentials and specialized training for future careers is becoming more accessible for high school and middle school students, it's important to research available options. From online resources, workshops, career counselors and accelerated career readiness programs that allow students to enter college or the workforce "job-ready," there are more options available now than ever before.

One example, Connections Academy, a K-12 online school program, has expanded its slate of college and career readiness initiatives for middle and high school

students to offer an innovative tri-credit approach where courses can deliver high school credit; industry-recognized micro-credentials (to help qualify for careers in data analytics, UX design, software development, cybersecurity and more); and eligibility for college credit toward more than 150 bachelor's degree programs at partner universities in the United States. In addition, the Career Pathways program delivers curated learning experiences in fields such as IT, business and health care, allowing students to connect with employers, internships and clubs, and take advantage of specialized classes that transition seamlessly to higher education or nationally recognized, industry certifications.

Taking advantage of program offerings, aspiring paramedic Maeson Frymire, a 2022 Inspire Connections Academy graduate, became certified as an EMT before graduating high school. After graduation, he became a firefighter and is now working toward becoming an advanced certified EMT, carving out a career path toward flight paramedicine.

Or consider Abigail Sanders, also a 2022 graduate, who completed her bachelor's degree by the time she graduated high school. Now in the second year of her doctorate program in medical school, she aspires to be a doctor by the age of 22 and uses her love of learning and passion for science to advance her career while seeking to become an oncologist.

For more information on online schools and career readiness programs for teens, visit ConnectionsAcademy.com.

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