

**Community Alert
Attempted
Sexual Assault**

Page 10

**Cubs Propose New Billboards
Across From Wrigley Field**

Page 11

MAY 2024

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



Lakeview

May, 2024

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

Volume 28, Number 6

TO BAN OR NOT TO BAN



To ban or not to ban – that is the question

President Biden signed a law that would ban Chinese-owned TikTok unless it is sold by January 19, 2025. The law stipulates that ByteDance must sell its stake in TikTok in 12 months under the threat of being shut down. The law is not expected to cause any immediate disruption to TikTok, as a forthcoming legal challenge, and various hurdles to selling the app, will most likely cause months of delay. Despite concerns in Washington, TikTok is used by 170 million Americans, which is about half of the country. It is where one-third of young people get their news. The Biden Administration argues that as long as TikTok is owned by a Chinese company, it is beholden to the dictates of China's authoritarian regime. If not sold within a year, the law would make it illegal for web-hosting services to support TikTok, and it would force Google and Apple to remove TikTok from app stores rendering the app unusable with time. TikTok has vowed to take the Biden administration to court, claiming the law would suppress

the free speech of millions of Americans. One of the pros of banning TikTok are data privacy and national security. One of the primary concerns surrounding TikTok is its data collection practices and its ties to the Chinese government. On the other side of the coin, banning TikTok would have an impact on businesses and influencers, many of whom rely on TikTok as a marketing platform to reach a wide audience and promote their products or services. A ban could potentially harm their livelihoods. 50% of Americans support a TikTok ban by the U.S. Government, with 2% opposed and 28% unsure. In February 2024, the re-election campaign for U.S. President Joe Biden announced that it had opened a TikTok account while taking "advanced safety precautions". Biden posted his first video during Super Bowl LVIII. The move was criticized by a number of lawmakers over security concerns. Since 2022, the Biden Administration has been briefing TikTok users on news items. WHAT?

DOOMED OR DOMED?



Every story has two sides, but not this story.

At a news conference held on Wednesday, April 24, 2024, in their current home – 100 year old Soldier Field, the Chicago Bears laid out a \$3.2 billion plan for a new domed stadium with a fixed-roof, 77,000 capacity stadium on Chicago's lakefront. The stadium would have a clear glass window on one wall with a view of downtown with a translucent roof.

The Bears proposed a public-private partnership through which the Bears lease the stadium from the Chicago Park District. While the team would put up over \$2 billion of the \$3.2 billion needed to build the stadium, it's also seeking \$1.5 billion in infrastructure support over several years for a multi-use public park space on Chicago's lakefront Museum Campus.

Chicago Bears president and CEO Kevin Warren said the \$2 billion committed by the Bears would be the largest private investment in Chicago history. He also said a new stadium can provide thousands of temporary and long-term jobs for Chicagoans.

Bears executives also sought to fill an estimated \$900 million "gap" through state funding via a bond from the Illinois Sports Facility Authority, a state agency created in the 1980's to finance new sports stadiums. The team also proposed using the city's existing hotel tax and restructuring ISFA's current debt over a 40-year period.

Part of the proposal includes developing about 15 acres of recreational park space for public use and more stadium vendor businesses owned by women and people of color. Mayor Johnson noted that no new tax-

es would be imposed on Chicago residents and the city can expect "increased tax revenue from this investment, expanded public recreation, stronger economic growth for the entire city of Chicago for generations to come."

Governor Pritzker on the other hand, is highly skeptical over this proposal. He mentioned "higher priorities for the state" than building a football stadium. The problem is that the offer that they've made just isn't one that I think the taxpayers are interested in getting engaged in," Pritzker said.

As for the bonding authority sought by the Bears, Pritzker noted three pro sports teams are seeking money through the ISFA for a new stadium – the Bears, the Chicago White Sox baseball team and the Chicago Red Stars women's soccer team. "And this

one team that is offering to take all of the tax revenue for their stadium and there apparently is nothing left over for the other two teams," Pritzker said. "This has got to be a lot better for taxpayers than what they put forward. That's all I'm saying," he added.

Bottom line, the Bears want taxpayers to pay about half of the \$4.6 billion projected costs of the full project, which includes both the stadium itself and significant infrastructure upgrades around the stadium. "Owners of these private businesses need to put a lot more forward in order to have their dreams fulfilled and not just rely on the taxpayers of Illinois to have that happen for them," said Pritzker. Also the nonprofit Friends of the Parks opposes building a stadium for a privately owned team on the

Continued on page 2

Editorial & Opinions

Doomed Or Domed Continued from front page

lakefront. The group successfully drove "Star Wars" creator George Lucas away from plans to build a movie art museum on the same site, now used for parking lots.

So, there is more than two sides to every story. The Bears want a final decision soon so construction can begin.



• **On May 6, 1979**, more than 65,000 anti-nuclear power demonstrators marched on the U.S. Capitol in protest against more nuclear power plants. Consumer advocate Ralph Nader had described nuclear power as "our country's technological Vietnam." The group was formed after the accident at the Three Mile Island nuclear plant.

• **On May 7, 1934**, the Pearl of Lao Tzu, almost 10 inches around and weighing about 14 pounds, was found by a diver in a giant clam in the Palawan Sea. Gemologists did not consider it to be a true pearl, however, as it did not have the iridescence of true

• **On May 13, 1958**, Vice President Richard Nixon's car was attacked and nearly overturned by an angry crowd shouting anti-American slogans as Nixon traveled through Caracas, Venezuela, during a goodwill trip through Latin America. None of the



car's passengers were injured and the driver was able to speed away to safety.

• **On May 14, 1904**, the first Olympic Games to be held in the United States opened in St. Louis, Missouri. The Games had initially been awarded to Chicago, but were later given to St. Louis to be staged in connection with the St. Louis World Exposition. Unfortunately, the Games were poorly organized and overshadowed by the fair.

• **On May 15, 2009**, General Electric, one of America's most prestigious corporations, finally began its government-mandated efforts to clean up New York's Hudson River, after decades of environmental damage and legal wrangling. The company had dumped harmful chemicals into the river for years and spent a fortune trying to avoid a cleanup.

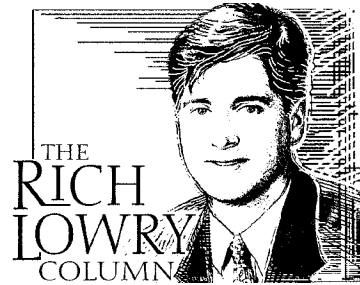
• **On May 16, 1975**, Norma Armistead checked into a Los Angeles hospital with a newborn infant she claimed to have given birth to at home. But when it became clear she hadn't, and another woman

turned up dead nearby with the baby she was carrying cut from her body, Armistead was arrested for murder and sentenced to life in prison.

• **On May 17, 1885**, Apache leader and medicine man Geronimo escaped from an Arizona reservation. After a year and a half of running, he and his 38 remaining followers surrendered the following September. Geronimo was relocated to Florida before finally being freed two years later.

• **On May 18, 1593**, an arrest warrant was issued for Christopher Marlowe after fellow playwright Thomas Kyd claimed that "heretical" documents found in his room were actually written by Marlowe. Arrested two days later, Marlowe bailed out but died in a bar brawl on May 30.

• **On May 19, 1943**, British Prime Minister Winston Churchill and President Franklin Roosevelt set a date of May 1, 1944, for the cross-Channel landing that would become D-Day. Due to bad weather, it was rescheduled for June 6 instead.



Nothing good comes from Columbia University radicalism

Columbia University is once again the center of the radical universe.

More than 50 years after anti-Vietnam War demonstrators roiled the Columbia campus in 1968, anti-Israel agitators are disrupting the school's operations, and inspiring similar actions at other universities around the country.

In their open support for a terror group, today's demonstrators are more virulent than their 1960s forebears, but they are still the ideological heirs of the New Left — grandchildren in the spirit of the first Morningside Heights revolutionaries.

It's Columbia 1968 — the antisemitic version.

The protests back then were, to be sure, a larger and more violent event. Demonstrators seized buildings and briefly took a dean hostage. The campus shut down. When the police came to re-take the occupied buildings in the early-morning hours of April 30, 1968, they arrested more than 700 people and roughed some of them up.

The situation at Columbia today, noxious though it is, would have to get much worse to match 1968's mayhem. The protesters have set up an encampment rather than seizing buildings. When police moved in last week to briefly break up the illegal gathering, they arrested about a hundred people. Although the protest has generated national attention (and a well-deserved condemnation from the White House), it's not the cause celebre of 1968, when famous journalists and poets joined the demonstrators in their barricaded buildings.

Yet, the director of the college's Jewish Learning Initiative has urged Jewish students to stay home for fear for their safety, and classes have gone remote.

The argot of both sets of demonstrators is largely the same. In 1968, the protesters inveighed against the "complicity" of the University in the Vietnam War and its "institutional racism"

for wanting to expand a gym in the neighborhood. Decades later, those are still the popular catchphrases.

Israel is to today's radicals what the Pentagon was to 1968's. Just as the protesters back then demanded that the university cut ties with a Department of Defense outfit doing research for the Vietnam War, today's radicals want the university to divest from Israel. The essential argument is the same — that Columbia bears moral responsibility for crimes against humanity committed in an imperialist war.

Yesteryear's agitators might have been surprised to learn that student demonstrators acting in the tradition of 1968 have been discomfiting and harassing Jews and expressing support for a horrific terrorist assault. Here too, though, there are connections to 1968, at least its more extreme elements.

The famed Columbia protest leader Mark Rudd went on to become part of the violent Weather Underground. The group's manifesto is a bilious attack on America's influence in the world.

It contends that "the main struggle going on in the world today is between U.S. imperialism and the national liberation struggles against it." The fact is, according to the manifesto, that "every other empire and petty dictator is in the long run dependent on U.S. imperialism, which has unified, allied with, and defended all of the reactionary forces of the whole world." That's why "we determine who are our friends and who are our enemies according to whether they help U.S. imperialism or fight to defeat it."

The same logic animates today's radicals. Hamas is their equivalent of Che Guevara or the Viet Cong, and Israel an expression of Western imperialism that must be opposed at all costs. (The Weather Underground statement does briefly mention "Israeli imperialism.")

A key difference between 1968 and today is that protesters then were revolting against an institution dominated by traditional liberals, whereas the radicals have steadily taken over the universities since. Today's protesters are only crudely expressing the attitudes and tropes that they hear in many of their classrooms. A large contingent of Columbia faculty walked out to protest the arrests of the agitators.

Columbia 1968 is widely seen as a hugely influential event in the direction of academia. It will be a calamity if Columbia 2024 is eventually viewed the same way.

Rich Lowry is editor of the National Review.

© 2024 by King Features Synd., Inc.

Americanisms



"If you think that nobody cares about you, try missing a couple of payments."
—Steven Wright

© 2024 King Features Syndicate, Inc.

Lakeview Newspaper

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

How to get in touch with us:

Lakeview Newspaper

J2 Associates, Inc.

P.O. Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVNEWS@aol.com

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Lisa Rode

MAY 2024

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversely to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$28.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

Contents are copyrighted, trademarked and service marked. Proud creator of Kid Safe Businesses in Lakeview, Roscoe Village, North Center and Lincoln Square communities. Any reproductions of articles, photographs, or artwork requires authority of the publisher. Publisher is not responsible for advertisements or advertorials contents or liability thereof. Copyright MMXXIV Member of Lakeview/Roscoe Village Chamber of Commerce, and North Center Chamber of Commerce. Recipient of Community Service Award 2005 from Lakeview Chamber of Commerce. Proclaimed on March 31, 2004 by the City Council and Mayor Daley as Lakeview Newspaper Day and our benefit to the community as a community newspaper. Maria Pappas, Cook County Treasurer awarded Lakeview Newspaper a Commendation of Excellence in 2011 and 2013 for community journalism.



SUNDAY MAY 12TH



MONDAY MAY 27TH

VETERANS POST

by Freddy Groves

Stolen Valor, Stolen Benefits

How, one wonders, does something like this happen? How does a civilian collect \$146,000 in VA benefits for allegedly having been wounded and held a prisoner of war in Iraq when he's never even served in the military?

It's one thing to walk around with fake military medals pinned to your chest or to tell tall tales in a bar, but how does all the rest slip by? And for so long?

The story: A civilian has been charged with taking education, health and disability benefits after he claimed to be a Marine who was wounded in combat and held as a prisoner of war in Iraq. He claimed to have been wounded in an IED (improvised explosive device) attack and was then captured. He claimed he'd been awarded the Purple Heart, Prisoner of War medal and several others.

To apply for all those benefits and cash, he would have needed a DD214 as well as other paperwork. To keep from delaying the handing out of benefits and cash, the VA lets veterans use their own documents when they submit applications.

Sometimes people lie and turn in fake documents. Over time he turned in a pile of those fake documents, including the DD214 and certificates for his stack of alleged medals.

But that's where this criminal's story should have fallen apart. I can see accepting a veteran's initial documents to get him started on the benefits, but to let the fraud go on for five long years? Surely someone could have looked up the details to verify the Purple Heart and prisoner of war status? Did no one bother to check to see if he'd even been in the military?

Eventually the criminal got greedy and applied for educational benefits on top of the cash he received each month for his alleged physical injuries, receiving monthly subsistence payments and payments to the university.

If that wasn't enough, he then applied for an increase in the disability payments.

How is it no one spotted this fraud long ago?

Strange BUT TRUE

By Lucie Winborne

• The Aztec death whistle produces a horrifying sound sometimes described as "the scream of a thousand corpses."

• "Miracle" berries stop human taste buds from discerning sourness for about 30 minutes.

• Beginning in June of 1979, as Skylab's re-entry approached, many American newspapers jokingly proposed "Skylab insurance," which would pay their subscribers for death or injury caused by flying orbiter fragments.

• There's a territory in Costa Rica called Territorio de Zaguates, or Land of the Strays, which is basically a huge, no-kill dog shelter where one can hike for free with the canines.

• And while we're on the subject of dogs: "Dogfooding" is the term for using a company's product to gain the trust of customers. It's said a dog food company president ate a can of the firm's food in a shareholders meeting to demonstrate that "if it's good for me, it's good for your dog." We'll take his word for it, thank you.

• The fertilizer used by the tobacco industry is radioactive.

• In 1970, actor Bill Murray joked to a fellow airline passenger that he had two bombs in his bag. The jest backfired when U.S. marshals searched his luggage, discovered \$20,000 worth of marijuana, and arrested him.

• The Black Diamond is a rare (and expensive) apple, with its jet-black hue, sweeter-than-honey taste, and crispness unmatched by any other apple. But don't look for it in your local grocery store; you'll only find this gem in Tibet.

• De-scented skunks make great pets, similar to ferrets. They're extremely docile and can even learn tricks and be called by name.

• Louis Chevrolet died bankrupt and poor working as a mechanic for the company he started.

Thought for the Day: "Don't spend time beating on a wall, hoping to turn it into a door." — Coco Chanel

SENIOR NEWS LINE

by Matilda Charles

Walking Is Beneficial

We need to move more. They call it an inactive lifestyle when we get very little exercise and do a lot of sitting. Whether we're sitting in front of a computer, or watching TV, or even riding in a car for long hours, sitting is sitting, and too much of it isn't good for us.

Here are just a few medical problems that can come from too much sitting around: diabetes, high blood pressure and osteoporosis. And stroke and high cholesterol and the list goes on.

Are you ready to get moving yet? It's easy to start. Walking can be one of the most beneficial forms of exercise, and the benefits can be life changing: stronger bones and muscles, lower blood sugar, improved quality of sleep and much more.

Ask your doctor how many steps you need to take each day and how many minutes of exercise you need per week because — believe it or not — there is a risk of too much exercise. The often-quoted 150 minutes of exercise per week or 10,000 steps per day might not apply to you.

If you doctor adheres to the standard advice (thousands of steps per day), fear not. The internet is loaded with suggestions and videos aimed at seniors, and it's a good place to start for walking ideas.

If you live in a building with an elevator, stop it one floor below where you normally get off. Walk up the rest of the way.

If you have a big box store near you, use the aisles as your personal track, or make a circuit of the store once or twice.

Leave your car at the other end of a parking lot.

If you're just now beginning a walking program, start small but set attainable goals. And as always, when you exercise, stay hydrated!

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Majolica Stools

May means warmer weather, flowers blooming and more time spent outdoors, especially in the garden. It's a place to sit, relax and enjoy the view of your beautiful plants and the birds and butterflies they attract.

Garden seats have been used for centuries. Early garden seats in China, called zuodun, literally "a block to sit on," were shaped like barrels with a stretched skin top held in place with nails. Later garden seats were made of porcelain but had the same barrel shape and featured decorative rows of bumps to resemble the old nail heads.

In 19th-century Europe and America, majolica, an earthenware pottery with thick, colorful tin glaze, was a popular material for garden seats, planters and other garden furnishings. They often had three-dimensional nature-themed decorations. However, majolica is fragile, prone to chipping and cracking, so it should be brought inside during inclement weather or kept indoors. Victorians often kept majolica pieces in conservatories, or greenhouses, so they could be part of a nature setting without being exposed to the elements.

Majolica stools are still sought as decorative items. This one that sold for \$160 at Bunch Auctions was made in the 20th century, but shares the vivid colors and three-dimensional decorations of its Victorian predecessors.

Q: I have several copperware casseroles that have worn spots and probably need to be re-tinned. How can I find a place to get this done without needing to ship them? Is it dangerous to use these pieces as they are?

A: Don't use the casseroles if the tin lining is worn off. Direct contact with tomatoes or other acidic food can cause small amounts of copper to leach into the food. If you live near a big city, you might find a local metal repair shop that does re-tinning. If there is no one near you, you can find other places online. The com-



This majolica stool was made in the 20th century. It is square instead of the antique barrel shape, but still shows the influence of 19th-century style.

pany that made the copperware, or a store near you that sells similar pieces, might be able to recommend someone who does re-tinning. If you can't get the pieces re-tinned, just use them as display items.

TIP: Set heavy garden urns or statues on a foundation, usually a cement block set in the ground.

CURRENT PRICES

Toy, pedal car, taxi, pressed steel, yellow, black and white checkered trim, "TAXI" on side with outline of eagle and checkered panels, painted rate card, black windshield frame, \$185.

Map, West Indies, Caribbean Sea, inset with Bermuda, decorative border, hand colored, engraved by D.G. Johnson, published by A.J. Johnson, New York, giltwood frame, c. 1880, 24 1/2 x 30 1/2 inches, \$255.

Scientific instrument, compass with sundial, brass, pocket style, adjustable gnomon and latitude arm, outer ring marked Troughton & Simms, England, 1800s, fitted leather case, closed dial 3/4 x 2 5/8 inches, \$575.

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

© 2024 King Features Synd., Inc.



by Ryan A. Berenz

1. Name the 2011 WNBA Rookie of the Year who won four championships from 2011-17 with the Minnesota Lynx.

2. What Kansas City Chiefs wide receiver caught the game-winning touchdown in overtime to seal the Chiefs' 25-22 victory over the San Francisco 49ers in Super Bowl LVIII?

3. What golf course on Long Island, New York, hosted the U.S. Open Championship in 1896, 1986, 1995, 2004 and 2018?

4. Tennis player Andre Agassi was married to what model/actress from 1997-99?

5. What motorsports track, site of the Formula 1 United States Grand Prix beginning in 2012, is located in Austin, Texas?

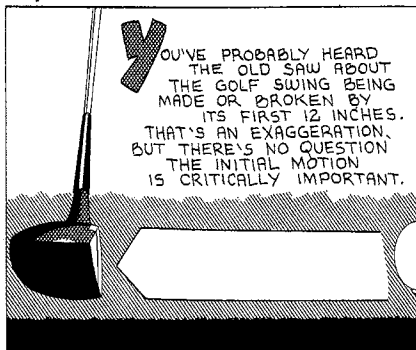
6. Who was head coach of the Oakland/Los Angeles Raiders when the team won Super Bowls XV and XVIII?

7. In the 1970s, sports figures Bob Uecker, Joe Frazier, John Madden, Boog Powell, Bubba Smith, Billy Martin and George Steinbrenner appeared in TV commercials for what brand of beer?

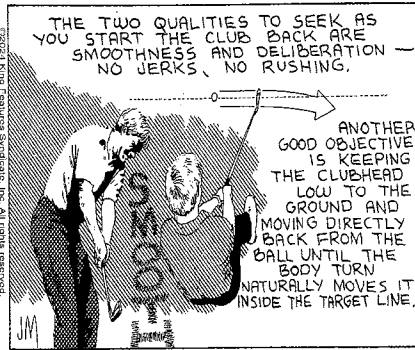
Answers

1. Maya Moore.
2. Mecole Hardman Jr.
3. Shinnecock Hills Golf Club.
4. Brooke Shields.
5. Circuit of the Americas.
6. Tom Flores.
7. Miller Lite.

Play Better Golf with JACK NICKLAUS



YOU'VE PROBABLY HEARD THE OLD SAW ABOUT THE GOLF SWING BEING MADE OR BROKEN BY ITS FIRST 12 INCHES. THAT'S AN EXAGGERATION, BUT THERE'S NO QUESTION THE INITIAL MOTION IS CRITICALLY IMPORTANT.



THE TWO QUALITIES TO SEEK AS YOU START THE CLUB BACK ARE SMOOTHNESS AND DELIBERATION — NO JERKS, NO RUSHING.

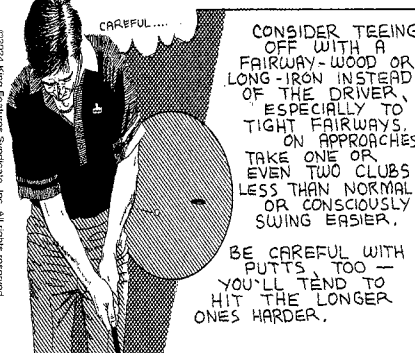
ANOTHER GOOD OBJECTIVE IS KEEPING THE CLUBHEAD LOW TO THE GROUND AND MOVING DIRECTLY BACK FROM THE BALL UNTIL THE BODY TURN NATURALLY MOVES IT INSIDE THE TARGET LINE.

Play Better Golf with JACK NICKLAUS



MANY TOURNAMENTS ARE LOST BY GOLFERS WHO FAIL TO ALLOW FOR THE EXTRA ADRENALIN PRODUCED BY COMPETITIVE PRESSURE.

REMEMBER THAT THE MORE CHARGED UP YOU ARE THE FARTHER YOU'LL HIT THE BALL.



CAREFUL...

CONSIDER TEEING OFF WITH A FAIRWAY WOOD OR LONG IRON INSTEAD OF THE DRIVER, ESPECIALLY TO TIGHT FAIRWAYS. ON APPROACHES, TAKE ONE OR EVEN TWO CLUBS LESS THAN NORMAL, OR CONSCIOUSLY SWING EASIER.

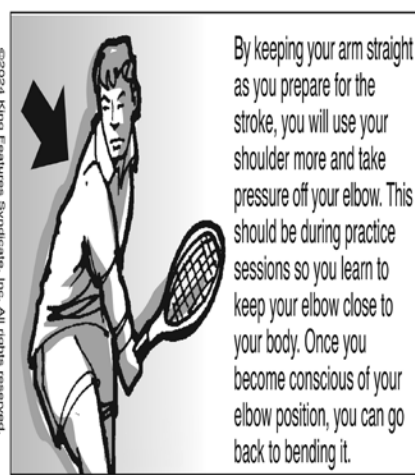
BE CAREFUL WITH PUTTS TOO — YOU'LL TEND TO HIT THE LONGER ONES HARDER.

STAN SMITH'S TENNIS CLASS



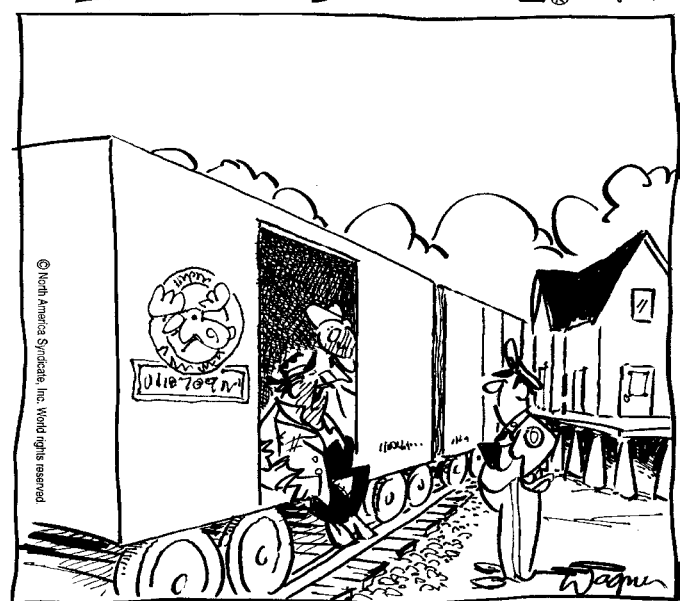
KEEP YOUR ELBOW IN

If your elbow is hurting and others tell you that you "lead with your elbow," you might try to correct the problem by exaggerating the solution. Keep your arm almost straight on the backhand.



By keeping your arm straight as you prepare for the stroke, you will use your shoulder more and take pressure off your elbow. This should be during practice sessions so you learn to keep your elbow close to your body. Once you become conscious of your elbow position, you can go back to bending it.

GRIN THE BEAR IT



"Amtrak was full."

LAFF - A - DAY



"My mouth IS open!"

Health



Slower Heart Rates Are More Common in Athletes

DEAR DR. ROACH: I have a question about a resting heart rate, specifically when it is considered too slow for one's health. I am a 67-year-old male who, from an early age to the present time, has always been physically active every day. Now retired, I feel a great sense of accomplishment when I work out. The endorphin boosts and benefits to my body are my daily rewards. Recently, I received a fitness watch that tracks my heart rate. My nightly sleep sessions show a range of 39-58 bpm over the past month. During a dental visit a while ago, I was told by the hygienist that she knew of an athlete who died in his sleep, and his heart rate was so slow that it just stopped. Is this possible? — D.M.

ANSWER: This really wasn't a great thing for the hygienist to say, as there is very little truth to it. Most people who exercise do have a slower heart rate, and it's a good sign of a healthy heart. However, some older people can develop heart block when the electrical impulse from the natural pacemaker of the heart fails to pass to the ventricles. This is an occasional cause of sudden cardiac death.

Your heart rate suggests, to me, that it's more likely the healthy heart rate of an athlete than it is a disease of the electrical conduction system, but a visit with your regular doctor or cardiologist can separate this through a simple electrocardiogram in most cases. Some people

just have slow heart rates, but they can be treated with a pacemaker if they're symptomatic.

DEAR DR. ROACH: I am a 79-year-old man with diabetes and high blood pressure. What are your thoughts on taking a supplement designed for horses by humans? My son-in-law takes 1 teaspoon of this every other day for building his body and suggests that it might help me. — Anon.

ANSWER: Please don't take products designed for other animals. The dosing that is healthy for some animals can be toxic for others. I looked up the product — it contains vitamins and minerals that are important for humans, but the dosing isn't right.

Supplements are not an effective treatment for diabetes or high blood pressure. Strong data show that people who eat well don't benefit much, or at all, from vitamin and mineral supplementation, but if you choose to do so, choose one designed for humans, not horses.

DEAR DR. ROACH: I read your recent column on overactive bladders. Like many middle-aged and older women, I've progressively had more and more trouble with frequent urination and bladder control. I saw a urologist who diagnosed me with bladder spasms. I got very good improvement on an expensive drug called Myrbetriq.

A few years later, an abdominal scan done for another reason revealed a large uterine fibroid. I eventually had a hysterectomy a year ago. Now at 75, I don't have any bladder spasms and don't take any medication. — C.J.R.

ANSWER: Fibroid tumors and other pelvic masses can press on the bladder and cause symptoms that feel like an overactive bladder. These aren't common causes, but I am glad you wrote in about this cause and that your symptoms have gone away after surgery. Since the medicine worked, I suspect that the mechanical pressure of the fibroid triggered bladder contractions.

Vocal Cord Becomes Paralyzed After a Cold

DEAR DR. ROACH: My daughter, 45, has had a paralyzed left vocal cord for about a year now. We have been to an ear, nose and throat (ENT) doctor who ran at least a half dozen tests, including several scans. These didn't show a reason for the problem, and everything else appeared to be normal. She had a cold before this happened, and we were treating her for a lingering sore throat.

The doctor has told us that there is nothing to be done to unfreeze the vocal cord. I would love your opinion on this matter, as she has a lot of pain associated with it, and she coughs trying to get out what feels stuck in there. — K.P.

ANSWER: Paralysis of the vocal cord is often the result of damage to the nerve that leads to the vocal cord; there's one on each side. The left side is particularly vulnerable and may be damaged during surgery (especially thyroid surgery), but a big fear is that a mass (especially a cancerous one) can damage the nerve and cause paralysis of the vocal cord. This is why her doctor did a CT scan.

There are other less-common causes, such as nerve damage from other occurrences (stroke and multiple sclerosis); inflammatory diseases (lupus and others); and infections (such as Lyme disease). It sounds like the ENT doctor looked for other possibilities such as these. (But if not, then it should be done.)

When a cause can't be found, we call it "idiopathic unilateral vocal cord paralysis." This often seems to happen after a viral infection, and it sounds like your daughter might have had one. Many people with this condition get better by themselves during the first year, but now that it has been about a year for her, she isn't likely to get better without treatment.

I am not an expert in treatment, but ENT surgeons have several types of surgical interventions to improve hoarseness, cough and discomfort. It's time to go back to her ENT doctor or get referred to an expert in the surgical treatment of

this condition.

Apple Cider Vinegar Is a Surprising Help for Blood in Urine

DEAR DR. ROACH: Recently, I had anal cancer and was treated with chemo and radiation. The radiation burned my insides and severely damaged most of my internal organs. One of the aftereffects was occasional blood and small clots in my urine. A few months ago, both the frequency and amount of blood, especially the clots, increased dramatically. The size and number of the clots got so large that they blocked my urethra.

During a visit to my urologist, he looked into my bladder and declared it "angry." Then he told me the same thing every doctor has told me about every problem caused by my treatment: "It was caused by the radiation, and there is nothing that can be done." Shortly after this, I began to take unfiltered apple cider vinegar in hopes that it would improve my digestive problems. It helped a little, but the big difference was that I have not had a single recurrence of either blood or clots in my urine. Can you tell me if this is due to the vinegar or if it is just a coincidence? — A.G.

ANSWER: No, I can't definitively tell you whether the vinegar helped. It was probably by chance, but let me explain a little about it.

Rectal cancer is often treated with radiation, or combined chemotherapy and radiation, either prior to or after surgery. The dose of radiation is quite high compared to some other cancers, and the complications can be significant.

In addition to damage to the bowel and bladder, radiation treatment can damage the bones and bone marrow, leading to poor blood-cell production, infertility, premature menopause, and more cancer years later. On the other hand, radiation is used when it is expected to improve the cure rate of cancer. Still, the side effects can be challenging.

Hemorrhagic cystitis (bleeding from the

bladder) can be caused by chemo-therapy or radiation. It may start within a few months or as long as 20 years after radiation.

I am surprised your urologist did not offer any treatments, as there are certainly ones available. Although none of the currently available systemic drugs are proven to be very effective, hyperbaric oxygen is one treatment that is, at least, moderately effective. Medicines placed into the bladder and laser bladder treatments are sometimes tried as well.

I was unable to find any study that evaluated the effectiveness of apple cider vinegar. I am skeptical, but reports like yours of apparent improvement associated with its use might convince a researcher to conduct a study to determine whether it really is effective.

DEAR DR. ROACH: I am presently taking 300 mg of gabapentin once daily for neuropathy, which had become increasingly severe with burning, itching, and pins and needles. It is helping, but not 100%. I still need ice packs at night for relief sometimes. Do you have any suggestions for alternative treatment? — B.R.

ANSWER: Gabapentin is an effective drug for painful neuropathy, whether the cause is known or not. However, its side effect of sedation limits its use, and the medicine needs to be advanced slowly to be tolerated.

In my experience, 300 mg once daily is not adequate for most people, but 300 mg three times daily is effective for many. The recommended dose in one type of severe neuropathy, postherpetic neuralgia, is 1,200 mg three times daily. It may take months to be able to get to this dose. I have also had some success with anti-inflammatory medicines as an adjunctive treatment.

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

Home Energy Audits

Home energy audits are assessments for homeowners seeking energy efficiency, cost savings and a smaller footprint.

Conducted by professional energy auditors, these are far more detailed than a routine home inspection; they're a personalized guide to energy efficiency.

For homeowners considering an energy audit, the process involves thermal imaging to detect heat

loss and a thorough examination of insulation, appliances and HVAC systems in an effort to identify areas of energy wastes. The assessments provide tailored improvements homeowners can make to become more energy-efficient.

The average cost of an audit ranges from around \$200 to \$700, with a median cost of about \$420. It's an investment that pays dividends in the form of long-term savings.

Homeowners who make the identified improve-

ments could save between 5 and 30% on their monthly energy bills. Energy efficient homes can also gain increased property value. Beyond immediate benefits, homeowners are eligible for a 30% tax credit on the audit's cost, capped at \$150, as an additional incentive. Starting in 2024, taxpayers must acknowledge that a qualified auditor conducted their home audit. In order to complete this requirement, the written audit must be completed by an auditor

certified by one of the programs recognized by the Department of Energy.

Beyond cost savings on the audit itself, homeowners who make qualified energy-efficient improvements to their home may qualify for a tax credit of up to \$3,200 for the tax year the improvements are made.

Energy-efficient homes not only lessen environmental impact but also enhance overall comfort, reducing drafts and temperature variations.

Homeowners can tailor

their approach based on budget and priorities, allowing them to embark on a personalized journey toward a more energy-efficient and sustainable home.

To find a certified auditor, the Department of Energy recommends contacting the state or local government energy or weatherization office, asking your energy utility provider or by visiting energy.gov.

Happy Mother's Day

May your Mother's Day
be filled with
love and happiness



This Mother's Day Greeting made possible by:



Happy Mother's Day

Lakeview Newspaper

Read our newspaper on line for FREE at LakeviewNewspaper.com

Serving the communities of Lakeview, North Center, Roscoe Village
and Lincoln Square for over 28 years.

PO Box 578757 Chicago, Illinois 60657 (312) 493-0955



Thanks to all the women who have served
in the armed services and the Mothers and
Grandmothers and Great Grandmothers
of our service men and women.

Please go to our website
www.ArmyNavySales.com

Army Navy Sales
3100 N. Lincoln Avenue, Chicago, Illinois
773-348-8930



Shop Local and help our local businesses

Happy Mother's Day

Alderman

Scott Waguespack

32nd Ward

2657 North Clybourn

Chicago, IL 60614

(773) 248-1330

info@ward32.org



HAPPY MOTHER'S DAY

Established 1889



FUNERAL DIRECTORS

2114 W. Irving Park Road

Chicago, Illinois 60618

Nicole S. Smith, Funeral Director

773-588-6336

Central Savings

founded 1893

Just for you Mom...Happy Mother's Day!



1601 W. Belmont
at Lincoln and Ashland
773-528-0200

2601 W. Division
773-342-2711





1. Name the three Chipmunks. Which one wanted the hula hoop for Christmas?
2. Which artist wrote and released "Honey Don't"?
3. Was there a real MacArthur Park, as in the song written by Jimmy Webb and recorded by Richard Harris?
4. What was the first release by Bread?
5. Name the song that contains this lyric: "If you want it you can have it, That's what you said, But I don't want the things that you leave behind."

Answers

1. Alvin, Simon and Theodore. It was Alvin who wanted the hula hoop. The animated singing trio was first created in 1958 with the novelty song "Christmas Don't Be Late."
2. Carl Perkins in 1956. The song was issued as a b-side to "Blue Suede Shoes" and has been covered by dozens of artists over the years.
3. Yes, in Los Angeles. The song includes all the things Webb saw around him when he was at the park, including cake left out in the rain.
4. "Dismal Day," which got a fairly dismal response when it was released in 1969, only reaching No. 127 on the charts.
5. "Heaven Help Me," by Deon Estus, in 1989. "Heaven" was a single from his only album, "Spell."

Strange BUT TRUE

By Lucie Winborne

- It is impossible for a human to sneeze during sleep due to a bodily state called REM atonia.
- For 200 years tomatoes were considered poisonous in Europe. In reality, their acidity was dissolving poisonous metals like lead from plates.
- Scientists investigating the occasional appearance of thousands of dead fish on the banks of an African river eventually discovered that the cause was huge numbers of hippos pooping in the water.
- Actor Danny DeVito used to be a beautician.
- Ten thousand years ago, everyone's eyes were brown until someone living by the Black Sea developed a genetic mutation that turned brown eyes blue.
- In 2007, a gorilla escaped from his exhibit, grabbed and mauled a nearby woman, and then attacked a restaurant. Later it was later revealed that the woman had been making eye contact and smiling at the primate several times a week, something zookeepers had warned her not to do.
- Freelance diamond setter Raffi Stepanian found he could collect enough bits of carelessly dropped diamonds, rubies, platinum and gold on the sidewalks of New York City's Midtown Diamond District to earn a living.
- In April of 2018, scientists at the Gladstone Institutes in California completely erased Alzheimer's disease damage in human cells by altering the structure of a single protein.
- The most expensive photograph ever sold, "Rhein II," a basic picture of the lower Rhine river under an overcast sky that had been digitally altered to remove dog walkers and a factory building, was purchased in 2011 for a cool \$4.3 million.
- Research has shown that taller people are happier but shorter people live longer.

Thought for the Day: "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." — Bernard M. Baruch

top 10 movies

1. **Civil War** (R) Kirsten Dunst, Wagner Moura
2. **Godzilla x Kong: The New Empire** (PG-13) Rebecca Hall, Brian Tyree Henry
3. **Ghostbusters: Frozen Empire** (PG-13) Paul Rudd, Carrie Coon
4. **Kung Fu Panda 4** (PG) Jack Black, Awkwafina
5. **Dune: Part Two** (PG-13) Timothée Chalamet, Zendaya
6. **Monkey Man** (R) Dev Patel, Sharlto Copley
7. **The First Omen** (R) Nell Tiger Free, Ralph Ineson
8. **Shrek 2** (PG) Mike Myers, Eddie Murphy
9. **The Long Game** (PG) Dennis Quaid, Jay Hernandez
10. **SUGA: Agust D Tour "D-DAY" the Movie** (NR) SUGA, Jimin



"Migration" (PG) — From the animation studio Illumination, who brought us movies like the "Despicable Me" franchise and "The Super Mario Bros. Movie," comes a new animated experience about a family of ducks! Mack Mallard (Kumail Nanjiani) is an anxious father whose greatest fear is putting his family in harm's way, but his wife, Pam (Elizabeth Banks), is desperate to see the world with their kids, Dax and Gwen. After much convincing and meeting another flock of ducks who are heading to Jamaica, Mack decides that it's time for the family to leave their pond for a much-needed adventurous voyage! Danny DeVito, Keegan-Michael Key and Awkwafina are just some of the actors who lend their voices to this amusing film fit for the whole family. Out now. (Peacock)

"Tiger" (PG) — The latest Disney-nature film is out now, and its focus is the ferocious, fast and majestic animal tiger. Taking place in the vast jungles of India, the documentary follows a young tigress named Ambar as she raises her family of cubs. Viewers can follow along this tiger family's journey toward survival in a challenging environment that is chock-full of "mysteries, surprises and dangers." Indian actress Priyanka Chopra Jonas lends her soothing voice to serve as the narrator for "Tiger." The film is out now for all animal admirers to enjoy! (Disney+)



Courtesy of Hulu

"Thank You, Goodnight: The Bon Jovi Story" is a docuseries about one of the biggest rock bands of the past 40 years.

"Thank You, Goodnight: The Bon Jovi Story" (TV-MA) — This four-part docuseries tells the story of one of the biggest rock-and-roll bands, Bon Jovi. Featuring personal videos, unreleased demos and rare photos that have never been seen, the series spans across 40 years, culminating at the point where front-man Jon Bon Jovi had to receive vocal cord surgery. It dives into the start of Bon Jovi as just a few kids in New Jersey and leads into their eventual skyrocket rise into global fame. Of course, interviews with the current and former members of the band are included, such as David Bryan, Tico Torres, Phil X, Hugh McDonald and Richie Sambora. But keep an eye out for another New Jersey local, Bruce Springsteen. Premieres April 26. (Hulu)

"Brandy Hellville & the Cult of Fashion" (TV-MA) — It's quite the week for documentaries! The final selection for this week is an eye-opening, original documentary from HBO that explores the fast-fashion brand Brandy Melville. The clothing company took off thanks to the help of social media sites like Instagram and Tumblr, where thousands of teens would post pictures in Brandy Melville's clothes and instantly garner lots of attention from other teens worldwide. However, the company's practices are put under the microscope in this doc, due to allegations of discrimination and inappropriate behavior with minors that track back to the brand's founder and CEO Stephan Marsan. Out now. (Max)

© 2024 King Features Synd., Inc.

top ten

ATHLETES WITH THE MOST OLYMPIC MEDALS

1. Michael Phelps, U.S.
2. Larisa Latynina, U.S.S.R.
3. Marit Bjørgen, Norway
4. Nikolay Andrianov, U.S.S.R.
5. Ole Einar Bjordalen, Norway
6. Boris Shakhlin, U.S.S.R.
7. Ireen Wüst, Netherlands
7. Edoardo Mangiarotti, Italy
9. Ono Takashi, Japan
10. Paavo Nurmi, Finland

Source: Britannica

© 2024 by King Features Syndicate, Inc. World rights reserved.

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



by Jo Ann Derson

or shoelace, you can use a flame to melt the end into a nub that won't run or fray. Use a little heat and press it together on a hard surface very briefly. It works fast!" — R.S. in Maine

• "My roses really look beautiful. When I am cutting stems to put in a bouquet, I use a clothespin to grip the stem. It saves me from getting pricked by thorns, because it has a bit of reach to it." — L.E. in Georgia

• "Cars are getting so big these days. I use a string mop to wash the top and back of my van. I can reach everything better, and it does a great job." — S.C. in Nevada

• For even distribution in sowing seeds for your garden, use a saltshaker for tiny seeds. You can get a cheese shaker for larger seeds, if necessary.

• To get shower doors squeaky clean, use a paste of baking soda and water to scrub stubborn water stains, then rinse the whole thing with straight white vinegar. Put the vinegar in a spray bottle and spray well, then rub off with a sponge. Rinse with plain water.

• To keep your brick walkway clear of grass and weeds, sprinkle salt in the cracks.

• "If you have to cut a nylon cord

WWW.COM

\$83 a month
will promote your
business web site here.
Call us 312-493-0955
for more info

Lakeview Newspaper
P.O. Box 578757 Chicago, IL 60657
Phone: (312) 493-0955
WWW.Lakeviewnewspaper.com
Email: LKVVNEWS@aol.com
"We don't make the news.
We just report it.
See our newspaper online
and click through to our
advertisers web sites.

Saint Luke Church
1500 West Belmont
Chicago, IL 60657
773.472.3383
www.stlukechicago.org
info@stlukechicago.org

Sunday Worship
Bible Class 8:30 a.m.
Holy Communion 9:30 a.m.

Vibrant. Eclectic.
The Quintessential Chicago
Neighborhoods.

www.LakeviewRoscoeVillage.com

What's Hot In Hollywood

HOLLYWOOD — A "Pirates of the Caribbean" sequel is in the works, according to producer **Jerry Bruckheimer**. In a recent interview with ComicBook.com, Bruckheimer said that the current plan is to reboot the franchise completely. (The first five films grossed \$4.5 billion.)

"We're gonna reboot 'Pirates' so that it's easier to put together because you don't have to wait for certain actors," Bruckheimer explained. In other words, he means **Johnny Depp**, who has fallen from grace because of messy legal problems and won't be returning as Captain Jack Sparrow.

The 60-year-old Depp has now turned to producing and directing. He was originally set to star in "Modi," a biopic about Italian painter **Amedeo Modigliani**, but he decided to direct the film instead with a European cast. It was mostly shot in Budapest, Hungary, except for **Al Pacino's** scenes, which were shot in Los Angeles.

Will Smith's comeback film since his Oscar win and infamous **Chris Rock** slap is "Bad Boys: Ride or Die" with **Martin Lawrence**, due June 7. Considering "Bad Boys" (1995) grossed \$141.4 million, "Bad Boys II" (2003) grossed \$273.3 million, and "Bad Boys for Life" (2020) grossed \$426.5 million, he's betting that devoted fans will run to see it.

Scott Eastwood, son of **Clint Eastwood**, calls Hollywood filmmaking "a really weird business" and confesses, "I find a lot of creativity in real estate. Buying and improving homes. ... That's always made me happy." This sounds weird, considering his 93-year-old father would never think about retiring. Young Eastwood has made 28 films, but has yet to break through to stardom.

Yet still, Scott's got three upcoming films: "1992," which stars **Tyrese Gibson** and the late **Ray Liotta**; the action/thriller "Tin Soldier," starring **Jamie Foxx** and **Robert De Niro**; and "Wind River: The Next Chapter," which is the sequel to "Wind River" (2017). It starred **Martin Sensmeier** ("The Magnificent Seven"), who reprises his role again for "The Next Chapter," along with **Jason Clarke** and **Alan Ruck**.

It's official — **Ken Jennings** is the one and only host of everything "Jeopardy!" Viewers were torn between Jennings and **Mayim Bialik**, but when she informed the show that she'd cease hosting during the writer's strike (which ironically didn't include "Jeopardy!"), the show cut her loose and made Jennings the sole host! "Jeopardy!"'s answer is: "Fired!"

Why would actress **Stephanie Courtney**, 54, almost totally give up acting in TV, having starred in series such as "Mad Men" and "The Goldbergs," as well as films like "Fred: The Movie," "Fred 2: Night of the Living Fred" and "The Heartbreak Kid," just to name a



Courtesy of ABC
Actress Stephanie Courtney in "The Goldbergs"

few? How about for a whopping \$1 million a year for the last 15 years as the spokeswoman for Progressive Insurance! No more interviews or casting sessions, just a cushy life since 2008 with husband, **Scott Kolanach**, who was a lighting director at The Groundlings when Courtney trained with the improv group! Now that's what we call a "progressive" career move!

HOLLYWOOD — The super-busy **Tom Hanks** has finally picked his next project. He'll reteam with **Robert Zemeckis**, the director of "Forrest Gump" (for which they both won Oscars), to work on a film called "Here." It follows the events and inhabitants of a single room, spanning from the past into the future. **Robin Wright** (who saved "House of Cards"), **Paul Bettany** and "Downton Abbey's" **Michelle Dockery** co-star.

"Maestro" Oscar nominee **Carey Mulligan** currently stars in the **Adam Sandler** film "Space-man," which dropped on Netflix in February. Her upcoming film is "The Ballad of Wallis Island" with **Tom Basden**, where they'll play a Sonny-and-Cher-like duo. She also has the animated film "Wildwood" with **Jacob Tremblay**. Meanwhile, "Maestro" director **Bradley Cooper** is one of the producers of "Joker: Folie à Deux," starring **Joaquin Phoenix**, **Lady Gaga** and **Brendan Gleeson**. Phoenix is currently shooting "Eddington," an American contemporary western black comedy, which co-stars **Pedro Pascal**, this year's Best Actress Oscar winner **Emma Stone**, **Luke Grimes** and **Austin Butler**. Phoenix plays a small-town New Mexico sheriff who has higher aspirations brewing.

Jacob Elordi is the new "it" guy. So far, he's played a sexy, roguish high schooler in the Netflix trilogy "The Kissing Booth," **Elvis Presley** in "Priscilla," and a wealthy college student in

"Saltburn." His next roles are the title role of "Frankenstein" (the monster, not the doctor) and a young **Richard Gere** in "Oh, Canada." He will also play a young gambler working in a Las Vegas casino who has a romantic relationship with a male co-worker in the upcoming drama "On Swift Horses." Lest we forget Elordi's Australian dramatic miniseries "The Narrow Road to the Deep North," with "Bel-fast" Oscar nominee **Ciarán Hinds**, and season three of "Euphoria."

I'm sad to report the passing of my long-time friend **Jennifer Leak**. In 1968, I photographed her wedding to **Tim Matheson** at the Little Brown Church on Coldwater Canyon. They played sister and brother in the film "Yours, Mine and Ours," starring **Lucille Ball**, **Henry Fonda** and **Van Johnson**. They were just 19 years old when they married. They also came to a New Year's Eve party I threw that year. I really connected with her when she played Gwen Sherman to **Jeanne Cooper's** Katherine Chancellor for three years in "The Young and the Restless." She left us on March 18 at the age of 76 in Jupiter, Florida, with her husband of 47 years, **James D'Auria**, at her side.

Are you ready for a reimagining of "The War of the Roses"? This one is dubbed in English, thanks to its two British stars **Benedict Cumberbatch** and **Olivia Colman** (who also pro-duce the film). The original 1989 film starred **Michael Douglas**, **Kathleen Turner** and **Danny DeVito** (who directed the film as well). It cost \$26 million and grossed \$160 million. Cumberbatch and Colman will play the battling Roses this time around. Sounds like a thorny past that will lead to an even pricklier future!



Depositphotos
Tom Hanks (Upcoming in "Here")

celebrity extra

by Dana Jackson

Q: Whatever happened to the actress who starred in "Cold Case"? I haven't seen her in anything since it ended. — H.C.

A: The CBS crime-procedural-drama series "Cold Case" had a very successful seven-season run from 2003-2010. It didn't spawn off any "Cold Case" franchises — like "CSI," "Law & Order" and the "Chicago" shows have — but it might be returning with a new cast and a new setting. The original series was set in Philadelphia and starred **Kathryn Morris** and **Danny Pino**, but the new version could be set in the Southwestern United States. Morris has been working steadily ever since the series ended, just not in anything as long-running. Her last regular series was "Reverie," a sci-fi drama that only lasted one season on NBC. She recently starred in the comedy film "Hayseed," which you can find on Amazon Prime Video. But next up for her is the thriller "From Embers," an indie film co-starring **Matthew Morrison** ("Glee") and **Kara Wang** ("Top Gun: Maverick").



Courtesy of NBC
Kathryn Morris as Monica Shaw in "Reverie"

Q: Are they really bringing back "Melrose Place" with **Heather Locklear**? How is she doing since her troubles from a few years back? — J.F.

A: It's still in the development stages, but yes, another reboot of "Melrose Place" is on the way. According to Entertainment Weekly, "when one of their dearest friends dies suddenly, the OG residents of 'Melrose Place' gather to honor the deceased." But once the reunion kicks off, it "uncovers old traumas, rekindles old romances ... and reveals new secrets." You might remember that there was another attempted reboot of the show back in 2009, but it was canceled after one season. It had a mostly new cast of twentysomethings and starred **Katie Cassidy**, but this new reboot reunites members of the original cast. **Heather Locklear**, **Laura Leighton** and **Daphne Zuniga** are all reportedly returning, with more likely on the way. As for Locklear, there were articles last July that stated she was reentering rehab for alcohol abuse, but there's been no negative press since then. The fact that CBS Studios is willing to employ her for this new project means she's likely back on her feet again.

Q: I can't believe they're canceling "Station 19" after its current run. It's the best the show has ever been. — S.A.

A: The "Grey's Anatomy" spin-off "Station 19," which follows first responders in Seattle, actually has great ratings for its new, later time slot. So, it's surprising that it's being canceled after its current seventh season. Fans and critics alike are saying that it's thriving under new showrunners **Zoanne Clack** and **Peter Paige**. There's no word on it being shopped around to streaming platforms, but many shows have been saved this way. Could it be another "Lucifer" or "Manifest"? Both are examples of series that were given the boot by their original networks due to low ratings, only to thrive when scooped up by the streaming giant Netflix. "Station 19" executive producer **Shonda Rhimes** also has a development deal with Netflix, so this theory is not farfetched. Keep your fingers crossed that it happens!

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

READ LAKEVIEW NEWSPAPER AND GET SMARTER

Subscribe to Lakeview Newspaper and get a FREE classified ad!

Subscribe to Lakeview Newspaper for \$26.00 for 12 issues and get \$26.00 worth of Classified advertising for FREE!

Check should be made to J2 Associates, Inc.
Mail to: J2 Associates Inc., Attention George Rimel
4934 South Knox Ave, Chicago, Illinois 60632

All checks received after the 15th of the month might delay your subscription by the following month

Name _____
Address _____
City _____ State _____ Zip Code _____
Email Address (Optional) _____

Wish Your Wife A Happy Anniversary, Send A Happy Birthday Wish, or Recognize One Of Your Kids (By First Name Only)

Must Be Submitted By May 15th



Everybody Likes To See Their Name In Print

Your free classified ad form will be mailed to you once we receive your check. Check must be received before the 15th of the month for subscription to start the following month. Classified ad can only be used once during the year. Expiration of this offer will expire at the end of the year. We do appreciate your reading our newspaper and your subscription. We are a monthly newspaper.

BRING JOY BACK TO FAMILY MEALS



Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch

Recipe courtesy of Albertsons
Total time: 30 minutes
Servings: 4

- 2 green bell peppers
- 2 yellow bell peppers
- 1 lime
- 1 medium red onion
- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds raw, peeled shrimp, fresh or frozen
- 5 teaspoons Cajun seasoning, divided
- 1 teaspoon salt
- 1/2 cup ranch dressing
- 12 small flour tortillas

Preheat oven to 450 F.

Wash and dry green bell peppers, yellow bell peppers and lime.

Trim, seed and slice bell peppers lengthwise into thin strips; transfer to large baking sheet.

Peel, halve and slice onion lengthwise into thin pieces; add to baking sheet with bell peppers.

Drizzle veggies with oil, toss to combine and spread in even layer. Bake until veggies have softened slightly, about 5 minutes.

If using frozen shrimp, place them in colander and run under cold water to thaw slightly. Place shrimp on clean towel or paper towels and pat dry.

Remove baking sheet from oven. Arrange shrimp over veggies then sprinkle with 4 teaspoons Cajun seasoning and salt; toss to combine and spread in even layer.

Bake until veggies are tender and shrimp are cooked through, 5-7 minutes. Remove from oven.

Cut lime into wedges.

In small bowl, stir ranch dressing and remaining Cajun seasoning.

Warm tortillas in skillet, oven or microwave, if desired.

Divide tortillas between plates and fill with shrimp and veggies; drizzle with spicy ranch and serve with squeeze of lime.

Simplify dinnertime with convenient recipes and digital tools

FAMILY FEATURES

While meals savored with loved ones are intended to produce smiles and shared moments, the process of grocery shopping, planning and cooking has become a chore for many families. Take the first step toward bringing back the joy and magic of making your favorite foods with tools that do the work for you.

For example, the all-in-one Albertsons Meal Plans and Recipes tool allows you to focus on what you want to eat rather than what you need to buy as it empowers everyday home cooks to plan, shop and prepare personalized recipes based on dietary preferences, allergies or family likes and dislikes. The app features a library of 9,000 exclusive recipes created by professional chefs (with new recipes added each month) and includes tasty dishes such as Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch; Cheese Tortellini and Cauliflower with Creamy Spinach Marinara; and Garlic-Parmesan Chicken Tenders with Green Beans and Honey Mustard Dip.

The free digital tool also includes an artificial intelligence-powered "Scan Your Own Recipe" feature that allows you to snap a photo with your phone of grandma's handwritten, not-so-secret recipe and transforms it into a digital version saved in the app. Recipes are instantly turned

into shoppable ingredients and added to your cart for quick, convenient checkout. Now, you can turn all of your recipes into a digital library for quick and easy access in one place. No more flipping through cookbooks or recipe cards searching for your favorites.

Designed to provide culinary inspiration throughout the week while saving time and money, the app also features a budget tracker and hands-free cooking mode with a step-by-step timer.

"The Albertsons Meal Plans tool is the ultimate life hack," said Jill Pavlovich, senior vice president of digital customer experience for Albertsons Cos. "This all-in-one app makes it simple for anyone to plan, shop and prepare inspiring recipes from anywhere – whether it is an old family favorite, a best-seller from a favorite food blogger or one of our 9,000 delicious recipes. Best of all, it's completely free to use on our grocery app and website."

The tool is available on the store apps and websites across the Albertsons Cos. banner of stores including Albertsons, Safeway, Vons, Jewel-Osco, Shaw's, Acme, Tom Thumb, Randalls, United Supermarkets, Pavilions, Star Market, Haggen, Carrs, Kings Food Markets and Balducci's Food Lovers Market.

Find more information and a seemingly endless collection of recipes at Albertsons.com.

Garlic-Parmesan Chicken Tenders with Green Beans and Honey Mustard Dip

Recipe courtesy of Albertsons
Total time: 30 minutes
Servings: 4

- 2 tablespoons extra-virgin olive oil, divided
- 1/4 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon salt, divided
- 2/3 cup Parmesan cheese, shredded
- 1/2 cup panko breadcrumbs
- 1/2 teaspoon paprika
- 1 1/2 pounds boneless, skinless chicken breasts
- 1 1/2 pounds green beans
- 1/2 cup honey mustard dressing

Preheat oven to 450 F. Coat baking sheet with 2 teaspoons oil.

In medium bowl, stir mayo, garlic powder and 1/2 teaspoon salt to combine.

In separate medium bowl, stir Parmesan, breadcrumbs and paprika to combine.

Pat chicken dry with paper towels and slice into 3/4-inch tenders. Add to bowl with mayo mixture and toss to coat.

Working in batches, dredge tenders in breadcrumb coating, pressing to adhere. Transfer to baking sheet.

Bake until tenders start to turn golden, about 10 minutes.



On clean cutting board, wash, dry and trim green beans. Set aside. When chicken is golden, flip and bake until cooked through, 6-8 minutes. Remove from oven. Preheat large skillet over medium-high heat. Add remaining oil and swirl to coat bottom. Add green beans and remaining salt; cook, stirring occasionally, until tender-crisp, 4-5 minutes. Remove from heat. Divide chicken tenders and green beans between plates. Serve with dressing for dipping.



Download the Digital Tool



Cheese Tortellini and Cauliflower with Creamy Spinach Marinara

Recipe courtesy of Albertsons
Total time: 20 minutes
Servings: 4

- 2 bags (10 ounces each) cauliflower florets
- 18 ounces cheese tortellini, fresh or frozen
- 1/2 tablespoon salt
- 1 jar (24 ounces) marinara sauce
- 8 fluid ounces heavy whipping cream
- 1/2 teaspoon basil, dried
- 1/4 teaspoon black pepper
- 2 packages (5 ounces each) baby spinach

Fill large pot halfway with hot water, cover and bring to boil. Uncover then add cauliflower, tortellini and salt; stir for a few seconds. Cook, stirring occasionally, until just tender, about 5 minutes, or cook according to package instructions.

In separate large pot over medium heat, stir marinara sauce, cream, basil and black pepper to combine and bring sauce to simmer. Once simmering, reduce heat to medium-low and cook until slightly thickened, 3-4 minutes.

Wash and dry spinach.

When sauce has thickened, add spinach to pot in handfuls, waiting for spinach to wilt slightly before adding next handful. Remove from heat and cover to keep warm.

When cauliflower and tortellini are done, drain and add to pot with creamy marinara sauce; stir to combine.

To serve, divide pasta between plates or bowls.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Mexicalli Comfort Casserole

If you celebrate Cinco de Mayo, here is a great dish to celebrate with!

- 4 ounces extra-lean ground sirloin beef or turkey breast
- 1/4 cup chopped onion
- 1/2 cup chunky salsa (mild, medium or hot)
- 1/4 cup reduced-sodium tomato juice
- 1/2 cup cooked elbow macaroni, rinsed and drained
- 1/2 teaspoon dried minced garlic
- 1/4 cup (3.4 ounce) crushed Frito-Lay Baked Tostitos Tortilla Chips
- 3 tablespoons (3.4 ounce) shredded Kraft reduced-fat Cheddar cheese

1. Heat oven to 350 F. Spray 2 (12-ounce) custard cups with butter-flavored cooking spray.

2. In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Add salsa, tomato juice, macaroni and garlic. Mix well to combine. Evenly spoon mixture into prepared custard cups.

3. Sprinkle 2 tablespoons tortilla chips and 1 1/2 tablespoons Cheddar cheese over top of each. Place custard cups on a baking sheet and bake for 15 minutes. Place pan on a wire rack and let set 5 minutes. Serves 2.

TIPS: 1) Purchase a 16-ounce package of extra-lean ground meat, divide by 4 and freeze 3 portions for future use. Don't forget to date and mark packages. 2) Usually 1/3 cup uncooked elbow macaroni cooks to about 1/2 cup.

• Each serving equals: 247 calories, 7g fat, 19g protein, 27g carbs, 552mg sodium, 92mg calcium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 2.

Good Housekeeping

Best BBQ Chicken

This sauce has just the right balance of tangy sweetness and heat. Try it on ribs as well as chicken.

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cans (15 ounces each) tomato sauce
- 1 cup red wine vinegar
- 1/2 cup light molasses
- 1/4 cup Worcestershire sauce
- 1/3 cup packed brown sugar
- 3/4 teaspoon ground red pepper (cayenne)
- 2 chickens (3 1/2 pounds each), cut into quarters, skin removed if you like

1. In 10-inch skillet, heat oil over medium heat until hot. Add onion and cook about 10 minutes or until tender and golden, stirring occasionally. Stir in tomato sauce, vinegar, molasses, Worcestershire, sugar and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook, uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate for up to 2 weeks.

2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning over once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently, until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce. Makes 8 servings.

• Each serving with skin: About 500 calories, 23g total fat (6g saturated), 42g protein, 34g carbohydrate, 2g fiber, 158mg cholesterol, 755mg sodium.

• Each serving without skin: About 395 calories, 13g total fat (3g saturated), 39g protein, 34g carbohydrate, 2g fiber, 114mg cholesterol, 750mg sodium.

Good Housekeeping

Beef Tamale Pie

This family-friendly dinner takes just 25 minutes to make.

- 1 log (16 ounces) precooked polenta, cut crosswise into 8 slices
- 1 package (17 ounces) fully cooked beef roast au jus
- 1 can (14 1/2 ounces) diced tomatoes with green chiles
- 2 teaspoons chili powder
- 1/2 cup loosely packed fresh cilantro leaves
- 1 cup frozen corn kernels
- 1/2 (8-ounce) package shredded Mexican cheese blend (1 cup)

1. Heat broiler. Place polenta slices on cookie sheet. Place cookie sheet in broiler at closest position to source of heat and broil 10 to 12 minutes or until polenta is golden on top.

2. Meanwhile, drain beef jus into 12-inch skillet. Add tomatoes with their juice and chili powder; heat to boiling over high heat. Boil 4 to 5 minutes or until sauce thickens. While mixture boils, shred beef with 2 forks. Coarsely chop cilantro.

3. Stir frozen corn and beef into tomato mixture; heat through. Remove saucepan from heat; stir in all but 1 teaspoon cilantro. Arrange polenta over beef mixture; sprinkle with cheese and remaining cilantro. Cover skillet; let stand 2 minutes or until cheese melts. Makes 4 main-dish servings.

• Each serving: About 380 calories, 14g total fat (8g saturated), 30g protein, 34g carbohydrate, 3g fiber, 97mg cholesterol, 1,800mg sodium.

Tip: To add something fresh and crunchy to the menu, serve with carrot and celery sticks or a chunky iceberg lettuce salad.

FOOD ON TV

"I'll Have What Phil's Having" is a six-part PBS TV series (see Season One anytime online at www.pbs.org/wgbh/what-phil's-having/) that explores delicacies from around the world. The show is the brainchild of Phil Rosenthal ("Everybody Loves Raymond"), who is making his return to TV for the first time in years.

Good Housekeeping

French Toast Bake for Mother's Day

This savory, feeds-eight French toast — a cost-effective, cheese-crust-ed combo of baked bread, eggs and Gruyere — rests overnight so you can sleep in.

- 6 large eggs
- 2 cup milk
- 1 tablespoon Dijon mustard
- Salt and pepper
- 1/4 cup snipped chives
- 1 loaf French bread (preferably day-old)
- 6 ounces Gruyere cheese

1. Grease shallow 1 1/2-quart ceramic baking dish. In medium bowl, whisk eggs, milk, Dijon, 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper until well-blended. Stir in chives.

2. Arrange half of bread in bottom of prepared baking dish, overlapping slices to fit. Pour half of egg mixture over bread and sprinkle with two-thirds of Gruyere. Cover with remaining bread, overlapping slices. Pour remaining egg mixture over bread; gently press down to help bread absorb egg mixture. Sprinkle with remaining one-third of Gruyere. Cover and refrigerate overnight.

3. Heat oven to 350 F. Bake 50 to 60 minutes or until puffed and golden and tip of knife inserted in center comes out clean, covering top during last 15 minutes if browning too quickly. Let stand 10 minutes to set custard before serving. Sprinkle with snipped chives. Serves 8.

Shopping Tip: Look for discounted day-old French bread in your market or bakery.

Each one-hour episode of "I'll Have What Phil's Having" sends viewers on gastronomic adventures with Rosenthal himself exploring the best dishes in Hong Kong, Barcelona, Paris, Tokyo and Los Angeles. Along with celebrity guest stars, Rosenthal's quirky and adventurous spirit seeks to inspire audiences to venture out on their own culinary discoveries.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Strawberry Jelly Roll

Are you looking for something extra special to make Mom for Mother's Day? Here is a creamy strawberry treat that should fit the bill.

- 4 eggs or equivalent in egg substitute
- 1 cup Splenda Granular
- 1/3 cup water
- 1 teaspoon vanilla extract
- 3/4 cup cake flour
- 1 teaspoon baking powder
- 1/4 teaspoon table salt
- 1/2 cup plus 1 tablespoon strawberry spreadable fruit
- 1 cup Cool Whip Free

1. Heat oven to 375 F. Line a 10-by-15-inch jelly-roll pan with aluminum foil. Lightly spray foil with butter-flavored cooking spray.

2. In a large bowl, beat eggs with an electric mixer on HIGH for 2 minutes or until thick and lemon-colored. Gradually beat in Splenda. Add water and vanilla extract. Mix on low speed until blended. Gradually beat in flour, baking powder and salt. Continue beating on low until batter is smooth. Pour batter into prepared pan, being sure to spread into corners.

3. Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Loosen cake from pan and turn over onto a clean tea towel. Carefully remove foil. Roll cake and towel together from narrow end. Place rolled cake on a wire rack and allow to cool for at least 30 minutes.

4. Unroll cake and remove towel. In a small bowl, stir spreadable fruit with a spoon until softened. Stir in Cool Whip. Carefully spread mixture over cake. Re-roll cake and place on serving plate. Refrigerate at least 30 minutes. Cut into 8 servings.

Good Housekeeping

Peach Melba Mimosas

Mom will love this light, fresh cocktail is filled with sweet berries, peaches and just enough bubbly to feel festive.

- 1/2 cup thawed frozen raspberries
- 1/4 cup sugar
- 1 cup thawed frozen peaches
- 1 teaspoon fresh lemon juice
- 2 bottle chilled champagne, cava, or other sparkling white wine
- 1/2 pint fresh raspberries

1. In a blender, puree frozen raspberries and 2 tablespoons sugar. Set a fine sieve over a small pitcher and strain puree; set aside.

2. Rinse blender, then puree peaches with remaining sugar, lemon juice and 3 tablespoons cold water.

3. Spoon 2 teaspoons raspberry puree and 2 teaspoons peach puree into each glass. Top off each cocktail with champagne and garnish with fresh raspberries. Serve warm or at room temperature. Makes 8 cocktails.

Good Housekeeping

Chocolate-Macaroon Tart

Three ingredients make this chocolate macaroon tart a simple, decadent dessert.

- 10 ounces coconut macaroon cookies
- 1 cup boiling heavy cream
- 1 pound finely chopped semi-sweet or bittersweet chocolate
- Raspberries
- Slivered orange peel

1. Press coconut macaroon cookies into a greased 9-inch pie plate, then pour boiling heavy cream over semisweet or bittersweet chocolate in heatproof bowl and stir until smooth.

2. Pour into crust, chill 6 hours, and top with raspberries and slivered orange peel. Serves 12.

Comfort foods
Made fast and healthy

by Healthy Exchanges

Layered Mexican Casserole

A grande Mexican dish!

- 2 cups (3 ounces) Frito-Lay Baked Tostitos Tortilla Chips
- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1 (8-ounce) can whole-kernel corn, rinsed and drained
- 1 1/2 cups chunky salsa (mild, medium or hot)
- 6 tablespoons sliced ripe olives
- 1 cup fat-free cottage cheese
- 3/4 cup Land O Lakes no-fat sour cream
- 1 1/2 cups shredded Kraft reduced-fat Cheddar cheese

1. Heat oven to 350 F. Spray ar 8-by-8-inch baking dish with butter-flavored cooking spray. Layer half of tortilla chips in prepared baking dish.

2. In a large skillet sprayed with cooking spray, brown meat. Add corn salsa and olives. Mix well to combine. Continue cooking for 5 minutes or until mixture is heated through, stirring occasionally. Spoon half of meat mixture over tortilla chips in baking dish.

3. In a small bowl, combine cottage cheese, sour cream and 3/4 cup Cheddar cheese. Drop half of cheese mixture by spoonfuls over meat mixture. Repeat layers. Bake for 30 minutes. Sprinkle remaining 3/4 cup Cheddar cheese over top.

4. Continue baking for 10 minutes or until cheese is melted and mixture is bubbly. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

• Each serving: 290 calories, 10g fat, 21g protein, 29g carbs, 878mg sodium, 307mg calcium, 3g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 1/2 Starch/Carbs, 1/2 Vegetable; Carb Choices: 2.

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

GREAT ON THE GRILL
BRATS, WIENERS, STEAKS, & RIBS!

NEW!
NOW OFFERING HOME DELIVERY
WWW.PAULINAMEATMARKET.COM

Crime

Robbery on the 1700 block of North Clybourn Avenue.

Assault on the 1900 block of North Lakeshore Drive.

Assault on the 900 block of West Diversey Parkway.

Robbery on the 1400 block of West Melrose Street.

Robbery on the 1000 block of West Montrose Avenue.

Robbery at North Southport Avenue and West Belmont Avenue.

Robbery at West Belmont Avenue and North Kenmore Avenue.

Arrest on the 6000 Block of North Winthrop.

Shooting on the 2300 block of West School Street.

Theft on the 5300 block of North Ashland Avenue.

Theft on the 3000 block of North Lincoln Avenue.

Assault on the 1300 block of North Hudson Avenue.

Theft on the 4400 block of North Simonds Drive.

Assault on the 500 block of West Belmont Avenue.

Theft on the 2300 block of North Lincoln Avenue.

Theft on the 1500 block of North Lakeshore Drive.

Theft on the 4900 block of North Marine Drive.

Theft on the 1100 block of North State Parkway.

Theft on the 800 block of West Buena Avenue.

Theft on the 2600 block of North Clark Street.

Theft on the 1100 block of West Argyle Street.

Theft on the 3400 block of North Broadway.

Theft on the 1200 block of West Catalpa Avenue.

Theft on the 2800 block of North Clark Street.

Theft on the 4700 block of North Winthrop Avenue.

Assault on the 5100 block of North Leavitt Street.

Vandalism on the 1200 block of North Larrabee Street.

Theft on the 4900 block of North Broadway.

Shooting on the 4900 block of North Kedzie Avenue.

Shooting on the 3900 block of West Dickens Avenue.

Theft on the 2500 block of North Elston Avenue.

Shooting on the 3200 block of West Beach Avenue.

Assault on the 900 block of West Diversey Parkway.

Robbery on the 3200 block of North Keeler Avenue.

Robbery on the 4400 block of North Campbell Avenue.

Burglary on the 3200 block of North Marchfield Avenue.

Assault on the 2400 block of North Sacramento Avenue.

Theft on the 4900 block of North Broadway.

Theft on the 2000 block of West Rascher Avenue.

Theft on the 1500 block of North California Avenue.

Assault on the 4800 block of North Sheridan Road.

Assault on the 4000 block of North Keystone Avenue.

Assault pm thr 5600 block of North St. Louis Avenue.

Assault on the 5100 block of North Leavitt Street.

Theft on the 4700 block of North Winthrop Avenue.

Theft on the 2400 block of West Chicago Avenue.

Theft on the 2800 block of North Clark Street.

Assault on the 6200 block of North Leavitt Street.

Theft on the 3700 block of Wrightwood Avenue.

Theft on the 2200 block of West Granville Avenue.

Arrest on the 2900 block of West Jerome Street.

Theft on the 5300 block of North Ashland Avenue.

Theft on the 3000 block of North Lincoln Avenue.

Burglary on the 3900 block of Devon Avenue.

Arrest on the 7400 block of North Joyne Avenue.

Arrest on the 6000 block of North Winthrop.

Robbery on West Belmont Avenue and North Kenmore Avenue.

Robbery on the 1400 block of West Melrose Street.

Assault on the 5100 block of North Leavitt Street.

Assault on the 4000 block of North Keystone Avenue.

Assault on the 4800 block of North Sheridan Road.

Theft on the 4900 block of North Broadway.

Theft on the 2000 block of West Rascher Avenue.

Assault on the 4400 block of North Central Park Avenue.

Vandalism on the 2400 block of West Fitch Avenue.

Burglary on the 3700 block of North Marshfield Avenue.

Community Alert –

ATTEMPTED SEXUAL ASSAULTS

Chicago police are warning residents after a man attempted to sexually assault two women in Chicago's Lakeview neighborhood.

On Monday night, April 22, 2024, around 9 p.m., police said the man grabbed a 25-year-old woman in the 700 block of West Brompton and threatened her with a gun. Police said the woman screamed and people nearby stopped the man.

Just 10 minutes later, in the 800 block of West Buckingham Place, police said the same man grabbed a 23 year-old wom-

an and knocked her to the ground. Police said he got on top of her and made sexually explicit statements. She was able to fight him off. No arrests have been made and police are searching for the suspect.

In a statement, Ald. Bennett Lawson (44th) said he was "disgusted, angry and deeply upset" by the attacks. "Everyone deserves to

be and feel safe in our community, and I will work tirelessly with the 19th District police to try to identify the perpetrator and prevent this from happening again," Lawson said. "I am incredibly grateful for those who took action to stop one of the attempted assaults – it's that sense of community and shared responsibility that makes our neighborhood so strong."

Anyone with information on the attacks is asked to contact Area 3 detectives at 312-744-8261

Don't Let THIS Happen to You!

Protect yourself with Pepper Spray at \$14.99

ArmyNavySales.com

3100 N. Lincoln Ave

(773) 348-8930



Cubs propose new billboards on buildings across from ballpark; new apartment building also planned

Alderman Bennett Lawson (44th) introduced an ordinance to allow signs on two of the rooftops owned by the Ricketts family that do not include private clubs.

A Coca-Cola sign would go up on the building at 1040 W. Waveland Ave., and a Benjamin Moore paint sign would top the building at 3623 N. Sheffield Ave. The buildings are among 13 around the ballpark that are owned by the Ricketts family, which also owns Wrigley Field and the Cubs.

Former Ald. Tom Tunney who served in the 44th Ward for 20 years was quoted as saying, "Once they start, when is it going to stop?"

The plan to install the signs still needs approval from the Chicago City Council.

In addition, owners of three buildings on Sheffield Avenue across from Wrigley Field also want them torn down for a new apartment building. These buildings are located at 3627, 3631, and 3633 N. Sheffield Avenue and not owned by the Ricketts family.

All three buildings date back to around the turn of the last century, making them older than Wrigley Field itself. Wrigley Field dates from 1914.

A proposed mixed-use development at 925 W. Belmont

The new development will replace the current building housing Belmont Army Vintage and other small businesses.

The building features 210 residential units, 36 parking spaces, and around 10,000 square feet designated for retail.

Eight new monuments for Chicago

Eight new monuments will be going up around Chicago thanks to a \$7 million grant from the Mellon Foundation. The planned monuments include the Chicago Torture Justice Memorial, the George Washington Memorial Intervention, a Mother Jones monument, a Mahalia Jackson monument, and Pilsen Latina Histories.

Mayor Johnson said, "I'm grateful for the Mellon Foundation's support of the Chicago Monuments Project and the creation of cultural works around labor, civil rights, racial justice and other areas that represent our diversity, honor our history and tell our story."

Breaking ground on \$300 million Terminal 3 development at O'Hare International Airport

The construction will upgrade customer amenities, improve security screening and airport operations, and expand accessibility for passengers with disabilities at Terminal 3 and will include the reconfiguration of two Transportation Security Administration checkpoints into a single screening area, providing space for modern and more efficient equipment; an expanded passenger corridor between Concourse K and Concourse L, tripling the current corridor's width; the expansion of the hold room space at Gates K1 and L2A, dramatically improving the passenger experience; a reconfigured baggage claim area and other upgrades to the terminal's baggage facilities and systems that provide sortation for departing passenger baggage; the development of approximately 10,000 square feet of new concessions and amenity spaces; renovated restrooms and a new family restroom; other renovations of the terminal's interior and exterior structures and systems, which will improve overall energy efficiency.

The project is expected to last for just over three years, with an anticipated completion date of summer 2027. Construction will take a phased approach to allow continuous operations throughout Terminal 3 during construction.

Summer time, Summer time.....

Castaways, the boat-shaped bar and restaurant on North Avenue Beach in Chicago is reopening Memorial Day weekend with a new name. Castaways at North Avenue was closed last season for renovations. Now, the Stefani Restaurant Group will reopen with a new name "Castaways Beach Club". Cabanas will be available to rent, and the venue will

be open for private events. The same restaurant group is also bringing back Tavern on Rush.

Who needs Miami?

Chicago Pride Parade to be downsized

On June 30th, 2024, the 53rd annual Chicago Pride Parade, organized by PRIDEChicago, is one of the oldest and largest parades in the country. The parade traditionally concludes the city's month-long pride celebrations.

The 4 mile parade route travels through the North Halsted, Uptown, Lakeview & Lincoln Park neighborhoods.

The parade starts at 11 a.m. from Broadway & Montrose, proceeds south on Broadway, then south on Halsted; then east on Belmont, then south on Broadway; then east on Diversey to Canon Drive.

As to why the event is being downsized, Alderwoman Maria Hadden of the 49th Ward, a member of the special events committee, said she can only speculate that there's concern about over-extending the city's police department ahead of the Democratic National Convention later this summer.

The Chicago Department of Transportation issued a statement that "As with all major events in the city, we are constantly evaluating options to improve safety while also delivering the best experience for our visitors, residents, and community."

Chicago Pride Fest – June 22 & 23, 2024

Organized by the Northalsted Business Alliance, the annual two-day pride festival takes over the Northalsted neighborhood every June. The celebration includes three music stages featuring popular music headliners, more than 100 arts and crafts, vendors, food from local restaurants, drag shows, DJs, dancing and much more (\$15 suggested donation at the gate.)

Ravinia 2024

Highlights of this year's festival include debuts by 60 artists including Ben Platt, Violent Femmes, Big Boi, Abel Selaocoe, Gaelic Storm, Samara Joy, and Meshell Ndegeocello.

Also included are James Taylor, Norah Jones, Melissa Etheridge, Daryl Hall, The

Beach Boys, Robert Plant, OAR & Fitz, Lynyrd Skynyrd & ZZ Top, and Roger Daltrey. This year's season will run from June 7 to September 15.

Lollapalooza August 1-4, 2024

Things you should know: Small clutch purses and fanny packs that are 6 inches by 9 inches or smaller do not need to be clear, but they can have no more than one pocket. All other bags larger than that must be smaller than 12 inches by 6 inches by 12 inches and clear. Hydration packs are allowed and do not need to be clear, but must be emptied of all liquid and with no more than two total pockets.

Your wristband is your ticket. A cashless payment option is available upon wristband registration, but cards are accepted at all food, drink and merchant tents.

The main entrance is at Ida B. Wells Drive, the north entrance is at Columbus Drive and Monroe Street, VIP and GA+ entrances are on Van Buren Street, and the Platinum entrance is on the 11th Street bridge.

Getting hungry? Check out Chow Town and Dessert Island, where you can indulge in food, drinks and sweets from the Windy City's favorite dining spots.

Have fun!

Your \$1 dollar bill could be worth up to \$150,000

Currency collectors in the U.S. are willing to pay up to \$150,000 for some versions of the dollar bill with a particular printing error.

The Bureau of Engraving and Printing printed a total of 4 million banknotes with the error in 2014 and 2016. The federal bank in New York issued one batch while the second was issued in Washington D.C.

Here's what to look for: The Series date located on the far right of the photograph of George Washington must read "Series 2013". The bill has a "B" Federal Reserve Seal above the serial number located to the right of Washington's photo. The serial number ends with a star and falls between B00000001 star – B00250000star or B03200001star – B09600000star

If your bill has these char-

acteristics, you must now find the other one from the matching pair with the same serial number. A matching pair can reach between \$20,000 and \$150,000 depending on the condition. Good Luck!

Illinois city named the second loneliest city in the U.S.

Danville, Illinois, a city of around 29,000 residents in the east-central part of the state, was named the second-loneliest city in the U.S. - Washington, D.C. placed #1.

According to the U.S. Census Bureau data, Danville has 39.7% one person households, 17.7% adults living alone, and 46.4% one person households 65+ years.

Loneliness is something you can struggle with no matter where you live.

Olympic Games 2024 Facts you should know

The Olympic Games Paris 2024 will take place in France from July 26 to August 11, 2024. The first inaugural Games took place in 1896 in Athens, Greece. There are 45 different sports represented in the Games with around 10,500 athletes competing.

The summer edition of the Olympic Games is normally held every four years. Los Angeles will host the next Olympic Games from 14-30 July 2028 and Brisbane, Australia will host the Games in 2032. This year's mascot is Olympic Phryge (Red Hat) with eyes and legs. The mascot is based on the traditional small Phrygian hats for which they are shaped after. The name and design were chosen as symbols of freedom and to represent allegorical figures of the French republic. The Olympic Phryge is decked out in blue, white and red – the colors of France's famed tricolor flag with the golden Paris 2024 logo emblazoned across its chest.

WALK Your Way to Better Health

FAMILY FEATURES

Awalk is not just good for your body, it's also good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. However, reports show walking rates are declining steadily in the United States.

On average, 1 out of every 4 U.S. adults sits for longer than eight hours each day, per research from the Centers of Disease Control and Prevention, which can have negative consequences on physical and mental health. Regular exercise improves mood, boosts energy and can even help you sleep better. Staying active is one of the best ways to keep your mind and body healthy.

Consider this advice from the American Heart Association, which has worked for decades to promote policies and strategies that make it easier for communities to get and stay active. One example is National Walking Day, established by the organization to encourage people to move more throughout the day so they can feel, think, sleep and live better.

Indeed, adding more movement can benefit your body and mind in numerous ways, such as:

Lowering disease risk. Getting the recommended amount of physical activity (at least 150 minutes of moderate, 75 minutes of vigorous or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression, according to the U.S Department of Health and Human Services.

Increasing sunlight exposure. Outdoor exercise is an easy way to get moving and take in the sunlight, which can improve mood, boost immunity and help you get some vitamin D. Spending time outdoors is a no-cost option and has been shown to reduce stress, promote a sense of belonging and improve mood.

Improving cognitive and mental function. Physical activity keeps your mind sharp now and later. Studies show higher fitness levels are linked to better attention, learning, working memory and problem solving. What's more, a study published in the "British Journal of Sports Medicine" shows people who get the recommended amount of physical activity are less likely to develop depression.

Living longer. Healthy life expectancy can be positively impacted by increasing activity. According to research published in the "American Journal of Epidemiology," swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%.

Get moving to reduce your stress and step into better health. Learn more at heart.org/movemore.



Photos courtesy of Shutterstock

GET INSPIRED TO GET MOVING

A little creativity can go a long way to make your walk more fun. You might think of walking as a solo activity, but a companion makes it even more enjoyable. Ask colleagues, friends or family to join you.

A walk is a perfect excuse to take a break from a long day at your desk. If you work remotely, take a conference call on the go or plan your walk as a reward for completing a project.

Use your walk as a guilt-free opportunity to listen to a new audiobook or create a walking soundtrack of your favorite upbeat music.

Mix up your scenery. Taking new routes keeps your walks interesting and helps prevent boredom from traveling the same predictable path.

If you need an extra nudge to get moving, a pet may help you get fit. Dog parents are more likely to reach their fitness goals than those without canine companions. In fact, according to the "Journal of Physical Activity & Health," dog parents are 34% more likely to fit in 150 minutes of walking a week than non-dog owners. Pets can also help lower stress, blood pressure, cholesterol and blood sugar and boost your overall happiness and well-being.



5 Handy Ways to Jumpstart Productivity in Your Workspace

FAMILY FEATURES

Designing a project workspace can take your creativity to new heights. Whether you're into woodworking, metalworking, building models or repairing bikes or tools like chainsaws, having the right space allows you to focus on creating and enjoying each project to the fullest.

Completing a job to your satisfaction requires the right tools, equipment and resources to get the job done. Set up a workspace that lets you explore your passion with these tips from the DIY pros at Work IQ Tools:

Identify your needs. Every project comes with a unique set of tools and requirements for success. Make a list so you can ensure you account for every detail.

- Determine if a large, flat workspace is required or floor space is better suited.
- Balance comfort and craftsmanship by choosing a stable chair or rolling chair or decide if working on your feet is more practical.
- Decide exactly how much space you realistically need.
- Assess your access to adequate power sources.
- If you're using paints and varnish or other odorous substances, ensure there's proper ventilation.

Invest in the right equipment. Having the right tools allows you to work faster, easier and smarter. Incorporating a solution like the IQ Vise System is like having a built-in problem solver with smart features that improve functionality and capability. The vise

features a ball and socket design that allows articulation and 360-degree rotation at any angle for optimal work positioning while complementing task-specific jaws are crafted to create the perfect grip for an extensive range of shapes and materials.

Plan for storage. Keeping all your parts and pieces neatly organized means they remain in good condition until you need them, and you can find what you're looking for easily. When you're planning your storage needs, think about the space you need at every stage, including how you'll protect a project that is in progress when you step away from your workspace.

Light it up. A well-lit workspace gives you the visibility you need to complete each project to your satisfaction. Overhead lights rarely do the trick for hands-on work, so plan to add task lamps to your work area. Look for models with features that match your hobby needs, such as dimming capabilities and goose necks that allow you to position the lights just right.

Remember safety. Different projects require distinct protective gear, but virtually all DIYers can benefit from some basic safety precautions. At the least, keep a first aid kit handy for nicks and cuts, but also consider safety glasses, gloves, ear protection and other gear that can help protect you while you work.

Find more useful tools to create a functional project workspace at workiqtools.com.



Scan to Learn More

WORKSHOP ASSISTANTS TO GET THE JOB DONE

No matter your craft or hobby, you can find plenty of tools and accessories that make it easier to navigate the intricate details of each project you tackle. Consider these IQ Connect plug-and-play workshop accessories that provide hands-free assistance where and when needed on the IQ Vise and around your work area via three additional mounting options.

Work Light: Task lighting helps illuminate dark or shadowed areas so you can see the tiniest details. A hands-free, 180-lumen work light that mounts in a magnetic holder, bench mount or clamp mount can add extra versatility. Rechargeable and featuring multiple light settings, it's always ready and adaptable to your needs.

Magnifying Glass: Many hobby projects require intricately detailed work that's difficult to see with the naked eye, whether it's a minute piece of your project or the fine print on a tool. Look for a magnifying glass that's at least 5 inches in diameter with at least two levels of magnification and an adjustable frame so you can get the angle just right.

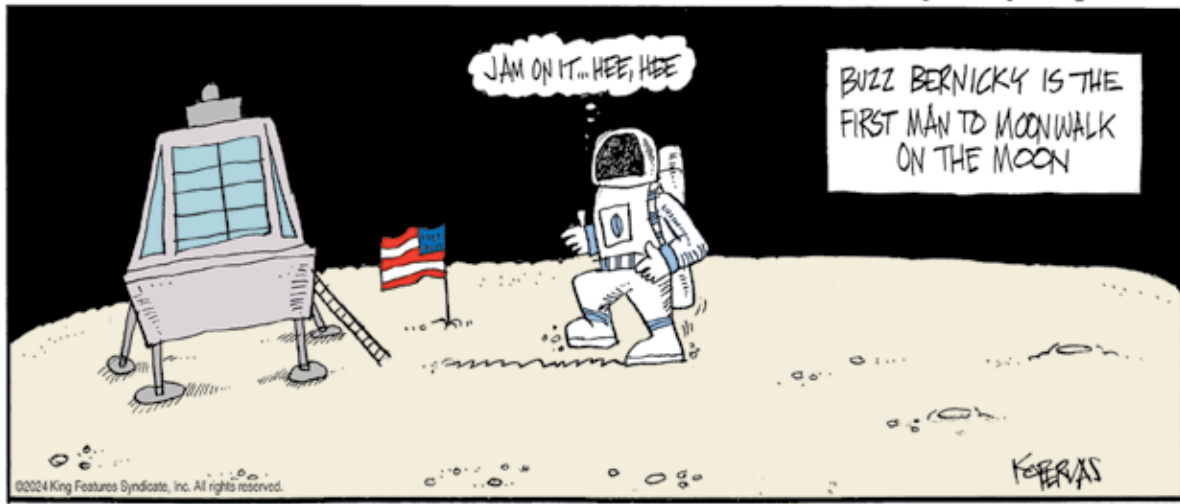
Cell Phone Holder: A smartphone is often a hobbyist's most valuable tool since you can use it to look up information, scan for design inspiration, record your process or add entertainment to your work session. An adjustable hands-free holder lets you get the positioning just right while giving you the freedom to tackle the tasks at hand.



Comics

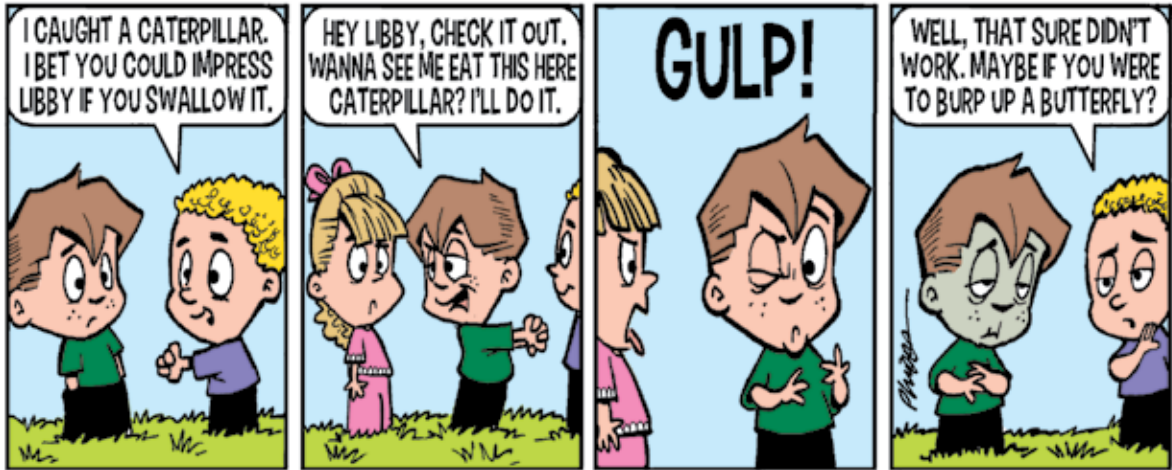
Out on a Limb

by Gary Kopervas



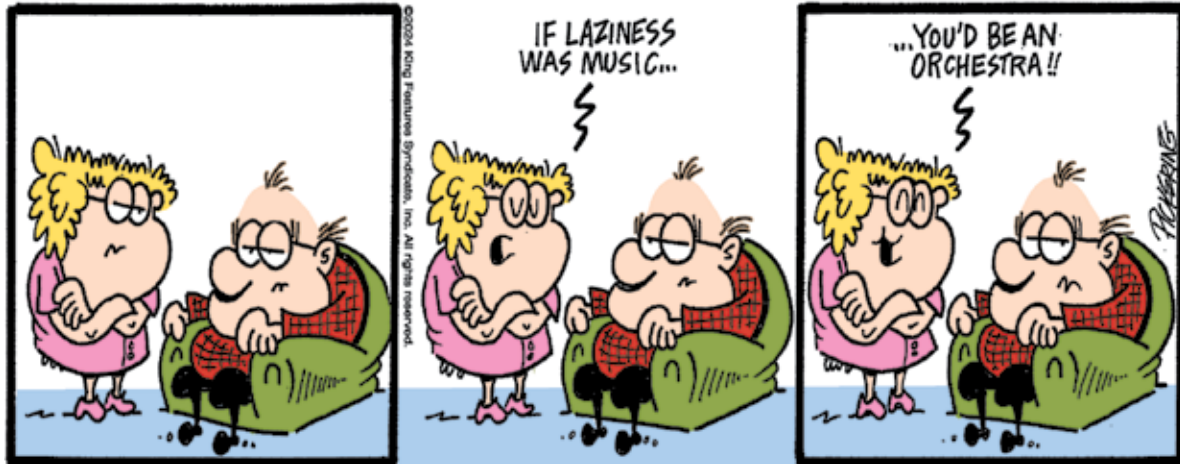
Amber Waves

by Dave T. Phipps



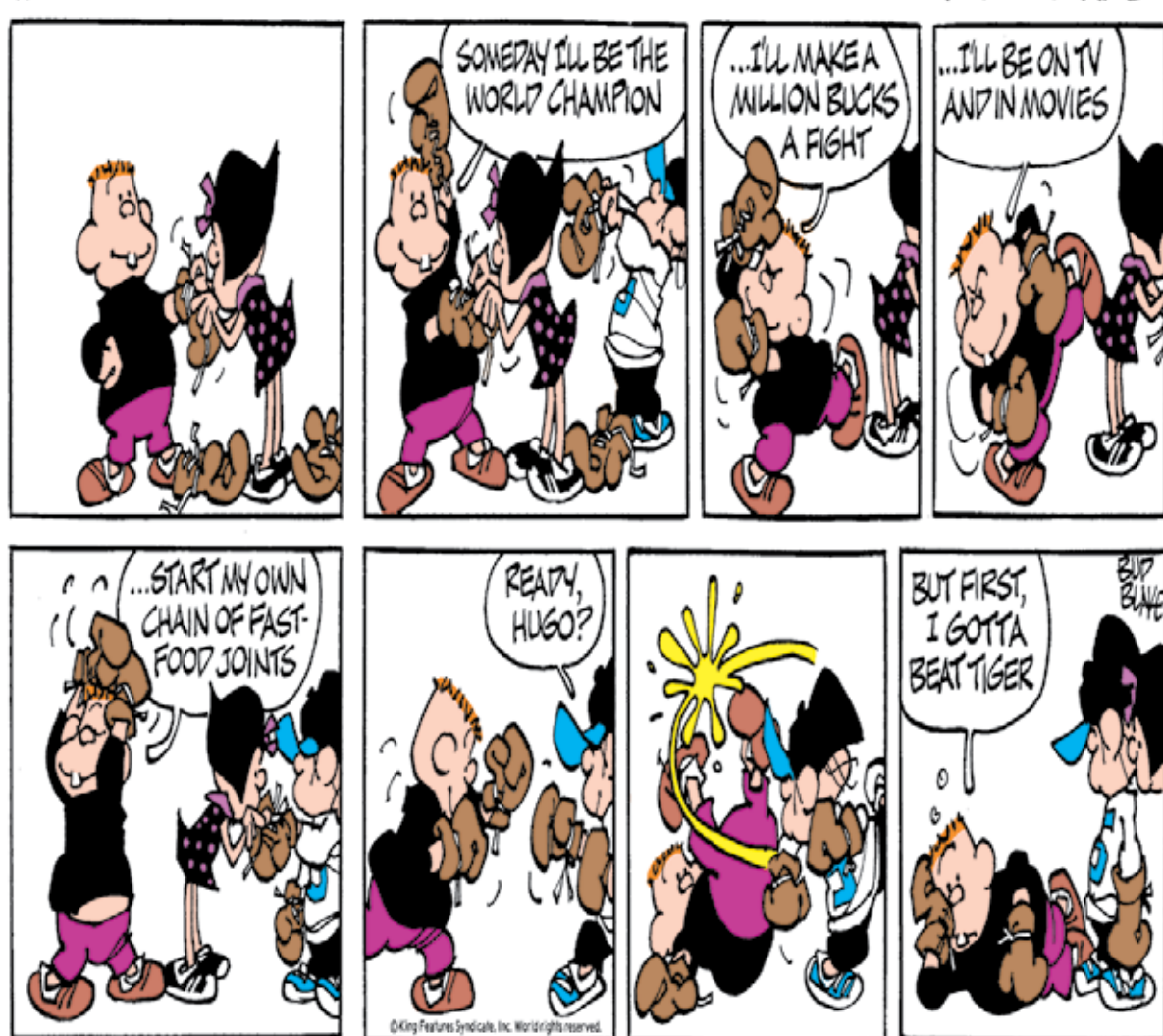
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH - CRAYON CHOICES

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: **Why did the crayon cry?**

ALMOND	H	C	A	E	P	I	G	C	Y	P
BLACK	T	D	T	S	F	B	R	E	E	U
BLUSH	A	E	E	O	G	R	E	R	L	R
BROWN	L	E	L	R	E	O	I	I	L	P
CERISE	M	M	E	O	D	W	G	S	O	L
EMERALD	O	E	L	T	I	N	E	E	W	E
FERN	N	R	B	N	H	V	Y	Y	L	T
GOLD	D	A	K	K	C	A	L	B	U	I
GRAY	D	L	O	G	R	B	L	U	S	H
GREEN	E	D	E	G	O	F	E	R	N	W
GREIGE										
ORCHID										
PEACH										
PERIWINKLE										
PURPLE										
RED										
ROSE										
RUBY										
VIOLET										
WHITE										
YELLOW										

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



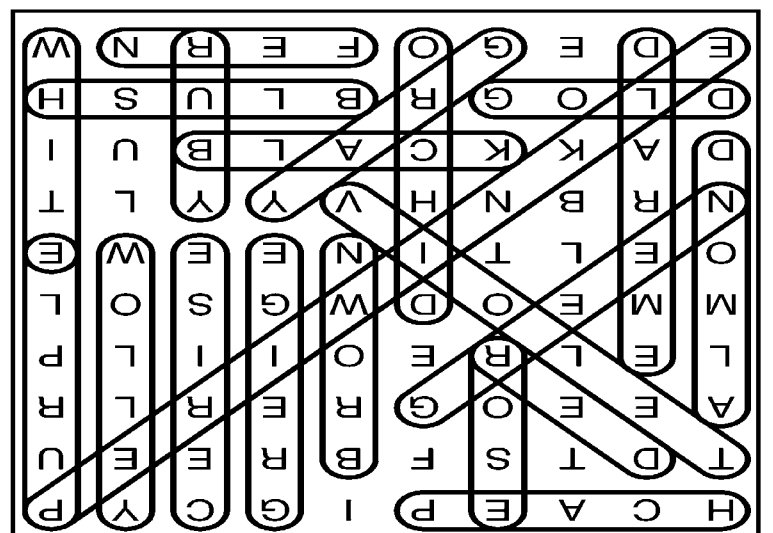
Differences: 1. Paper is missing. 2. Foot is moved. 3. Collar is added. 4. Phone is missing. 5. Desk legs are longer. 6. Man is standing straighter.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer:
It felt blue.



10 Tips to Make Your Air Conditioner More Energy Efficient and Sustainable

FAMILY FEATURES

Updating your HVAC (heating, ventilation and air conditioning) system to cool your home in a smart and sustainable way involves several steps that not only improve energy efficiency but also reduce environmental impact. Consider these tips from the heating and cooling experts at Carrier to help make your cooling system more eco-friendly:

- 1. Upgrade to an Energy-Efficient HVAC System.** If your HVAC system is outdated, consider replacing it with a more energy-efficient model. Look for systems with an Energy Star or high SEER2 (seasonal energy efficiency ratio) rating, which indicates better energy efficiency. The higher the SEER2 rating, the more efficient the unit. Financial incentives for installing a higher-efficiency system are available through the Inflation Reduction Act of 2022. You can also shop for rebates from manufacturers and utility companies.
- 2. Look for a Carbon-Free HVAC System.** Heat pumps, ductless and VRF (variable refrigerant flow) systems that run on electricity and use low global-warming potential refrigerant, like Carrier's Puron Advance, can help reduce your home's negative impact on the environment.
- 3. Install a Smart Thermostat.** A smart thermostat can be programmed based on your preferences and adjust temperatures automatically. These devices can be controlled remotely through smartphones and help reduce energy consumption by cooling your home only when necessary.
- 4. Conduct Regular Maintenance.** Keep your HVAC system running efficiently with regular maintenance. This includes cleaning or replacing air filters every 1-3 months, checking refrigerant levels, cleaning outside condenser coils and ensuring the system's components are in good, working condition and the airflow is not blocked.



- 5. Seal and Insulate.** Improve your home's insulation to maintain a consistent temperature. Seal windows, doors and any gaps or cracks to prevent cool air from escaping. This can significantly reduce the workload on your HVAC system.
- 6. Use Ceiling Fans.** Ceiling fans can help circulate cool air throughout your home, allowing you to set the thermostat at a higher temperature without sacrificing comfort, thus saving energy.
- 7. Add Window Treatments.** Use blinds, shades or curtains to block out sunlight and reduce heat gain during the hottest parts of the day. This simple step can make a big difference in how much your air conditioner needs to work.
- 8. Upgrade to a Variable-Speed Compressor.** Traditional compressors operate at full power or not at all. However, a variable-speed compressor can adjust its output to match your cooling needs precisely, resulting in better efficiency, energy savings and improved indoor comfort.
- 9. Ventilate Properly.** Ensure proper ventilation in your home, especially in areas like the kitchen and bathroom, to remove excess heat and humidity, which can reduce the need for air conditioning.
- 10. Update Roofing.** If you're replacing your roof, consider cool roofing materials that reflect more sunlight and absorb less heat than standard roofing materials, reducing the heat that enters your home.

By implementing these strategies, you can improve or update your HVAC system to cool your home more sustainably. Not only do these steps help the environment, they can also lead to lower energy bills and improved indoor comfort. Always consult with an HVAC professional to determine the best and most efficient options for your home and needs. Find more information and tips to sustainably cool your home at Carrier.com.

Get Ready to GRILL

Choosing the right outdoor cooking solution for your needs

FAMILY FEATURES

Warmer temperatures and sun-filled days mean it's time to take entertaining and socializing outdoors, and a key component of many outdoor gatherings is fresh-grilled food. Because firing up the grill can make prepping meals quick and easy, it allows you to spend more time with friends and family rather than missing out on the sunshine while stuck in the kitchen. Whether you're a first-time griller or consider yourself a master of the grates, there's a grill available to meet your skill level and needs, such as these options that provide flexibility for small-to-midsize backyard spaces – as well as a large built-in model for custom outdoor kitchens – and a variety of features and function to make the most of your warm weather gatherings.



Portable, Small-Space Cooking

Ideal for first-time grillers, couples, small families or those with limited backyard spaces, the Megamaster 3-Burner Gas Grill was designed to fuse performance and value. Despite its size, it can cater to almost any grilling or entertaining need with three stainless steel burners and 447 square inches of cooking space, a combination of versatility and capacity to prepare large quantities of food as well as various types of food simultaneously. Plus, it's easy to maneuver on two heavy-duty wheels, making it simple to free up patio space after use. Learn more at megamaster.com.



Family-Sized Functionality

With ample cooking space to feed small and medium-sized groups, the Nexgrill 4-Burner Gas Grill with Side Burner is a perfect all-around grill for both beginners and seasoned grilling enthusiasts. Always ready to fire up some flavor, the durable grill also features a stainless steel side burner to saute, simmer and warm dishes simultaneously as well as 628 square inches of cooking space, meaning family favorites like burgers, dogs, chicken and more can be put on the table quickly. Find more information at nexgrill.com.



Elevate Your Outdoor Kitchen

If your outdoor living area includes enough space, you can elevate the outdoor cooking experience with an outdoor kitchen. Put a premium, built-in grill like the Spire 6-Burner Built-In Grill at the center of your custom, luxurious entertaining space. This dual-fuel, stainless steel gas grill features 904 square inches of cooking space and 73,000 British thermal units of cooking power across six main burners and an intense-heat ceramic rear burner, producing restaurant-quality sear marks and exceptional heat retention. Visit spireoutdoor.com to learn more about the durable, high-performance grilling solution.

founded 1893

Central Savings

Serving the Community for over 131 Years

Central Savings Rated

“Outstanding” for Community Reinvestment!

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

1 Year Jumbo CD

5.25% *APY

\$100,000 Minimum Balance

*Annual Percentage Yield (APY) is effective as of 3/28/2024 and may change at any time.
There may be a substantial penalty for early withdrawal, which may also reduce earnings.
\$100,000 minimum deposit required to open account.

Multi-Family (Apartment) Loans

Commercial Real Estate Loans

Up to \$4 Million

Quick Commitments

Credit Scores Not Considered

10 Year Loans

Low Income Loan Program

Deposit Accounts Not Required

Contact:

Bonnie Carney
Senior Vice-President
NMLS#459256

J.R. McCracken
Vice-President
NMLS#803717

Chicago Locations

1601 W. Belmont Ave
(773) 528-0200

2601 W. Division St
(773) 342-2711

