WHAT'S HOT IN HOLLYWOOD
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Lakeview

February, 2025 | "We don't make the news, we just report it." | Volume 29, Number 3

HIDING IN THE SHADOWS



Winston Churchill is quoted as saying, "Nothing to fear but fear itself." It is a reference to the sensation of fear that is the worst enemy of humankind.

For thousands of immigrants here in Chicago, the threat of deportation is very real. Federal authorities have identified dozens of targets for deportation in the Chicago area. While the Trump administration says it will begin deporting criminals, Chicago residents are concerned about mass raids targeting undocumented working people and how it will affect the local economy. Immigrant communities like Little Village have been on edge over deportation concerns as the new administration takes office. Community groups have been spending their time educating people of their rights. They are warning immigrant communities to stay at home and not answer the door. Illinois public officials have been making residents aware that they are protected by the state law, unless they are a convicted criminal. Chicago Public Schools CEO Pedro Martinez reminded families that all CPS schools are safe havens. "I want our families to feel confident they can send their children to school. We are not going to interact with ICE," said Martinez.

The Chicago Police Department does not assist federal immigration authorities with enforcement action solely based on immigration status. Additionally, CPD does not document immigration status and does not share such information with federal authorities. Chicago police are making it clear that they will not intervene in immigration enforcement, but they will continue to enforce the law if a crime occurs, regardless of citizenship status.

On the other side of the border, Mexico is preparing for mass deportations from the United States.

THE PEN IS MIGHTIER THAN THE SWORD



The pen is mightier than the sword.

This phrase was first used by English novelist and playwright Edward Buliver-Lytton in 1832 in his historical play, Cardinal Richelieu. It's an expression indicating that the written word is more effective than violence as a means of social or political exchange. The pen is indeed mightier than the sword. The sword can affect you physically but the pen can change the world with its power.

President Donald Trump spent day one of his presidency signing executive orders and proclamations. Constitutionally, the President can't create laws, but he does have broad authority to direct how the federal agencies enforce the law. There is no official definition of executive orders or memoranda or proclamations, though they are generally a written directive from the President to government officials and agencies and they've been issued by every President since George Washington.

President Trump issued an executive order titled **"Initial Rescissions of Harmful Executive Orders And Actions,"** revoking 78 executive orders and memoranda issued by the Biden Administration, many to do with diversity, equity, and inclusion initiatives and tackling the climate crisis. Trump's order accused the Biden Administration of having "embedded deeply unpopular, inflationary illegal, and radical practices within every agency and office of the Federal Government."

Here are just a few of the executive orders signed by President Trump:

Executive order to rename Denali and the Gulf of Mexico.

Trump directs the Secretary of the Interior to rename the Gulf of Mexico as the Gulf of America and to restore the name of the highest mountain in North America to its former name, Mount McKinley. President Obama anounced the renaming of Mount McKinley to Denali in 2015, referencing a 1975 request by the state of Alaska, where the mountain is located, to honor the mountain's sacredness to Alaska Natives.

Proclamation declaring a 'national emergency' at the southern border

Trump declared a "national emergency" that calls for military personnel and resources to help secure the southern border, including through additional physical barriers as well as drones. Trump revoked several Biden-era immigration policies, reinstating many of his own first-term border policies in a sweeping executive order. These include establishing a border wall and bringing back his Remain in Mexico policy which requires asylum seekers at the southern border to wait out their cases outside of the U.S. It also calls for criminal charges against and deportation of anyone in violation of immigration laws as well as criminal charges against those who facilitate their unlawful presence in the United States.

Memorandum on emergency price relief

In a memorandum titled "Delivering Emer-

Continued on page 2

Editorial & Opinions

"THE PEN IS MIGHTIER THAN THE SWORD"
Continued from front page

gency Price Relief for American Families and Defeating the Cost of Living Crisis." Trump directed executive departments and agencies to implement so called "emergency price relief" measures to lower the cost of housing, health care, food, and fuel costs as well as create employment opportunities for workers.

This is just a few examples of the executive orders that President Trump signed.

Strap in – it's going to be a wild ride!

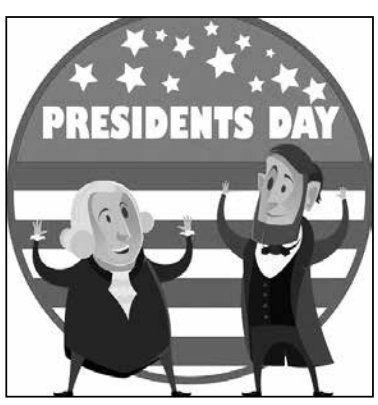




Sunday, February 2, 2025



Friday, February 14, 2025



Monday, February 17, 2025





Moments in time

THE HISTORY CHANNEL

• **On Feb. 10, 1957**, Laura Ingalls Wilder — author of the best-selling "Little House" series of books based on her childhood on the American frontier, which later inspired a popular TV series starring Melissa Gilbert as the young Laura and Michael Landon as her father, Charles — died at age 90 in Mansfield, Missouri.

• **On Feb. 11, 1878**, the first organization for recreational cyclists, called the Boston Bicycle Club, was formed. The club organized rides ranging from tricycle races to 100-mile trips, and less than 20 years after its founding, more than 100 similar clubs had formed in Massachusetts as middle-class participation in cycling increased in popularity.

• **On Feb. 12, 1947**, French fashion designer Christian Dior launched his first collection, which he dubbed the "New Look." While some appreciated its exaggerated femininity as a departure from the more drab and boxy stylings of wartime austerity, others still living with rationing decried it as wasteful, and fellow French designer Coco Chanel declared that "Dior doesn't dress women. He upholsters them!"

• **On Feb. 13, 1905**, President Theodore Roosevelt, who had just won re-election, gave a speech to the New York City Republican Club about the state of American race relations and his plan for improving them. However, it was not until President Lyndon Johnson passed the Civil Rights Act in 1964 that government efforts to correct racial bias were actually set into law.

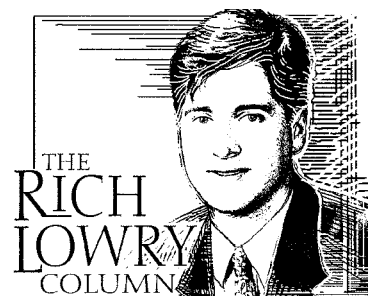
• **On Feb. 14**, ca. 270 A.D., Valentine, a priest in Rome, was beheaded for the crime of continuing to marry young lovers in defiance of Emperor Claudius, who had banned all engagements and weddings in the city due to his belief that Roman men were unwilling to enlist in the military because of their strong attachment to their wives and families.

Americanisms



"Always remember that you are absolutely unique. Just like everyone else."
— *Margaret Mead*

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They gave Trump the center, and he took it

Donald Trump stood at the center of American politics — in both senses — when he was inaugurated in the U.S. Capitol on Monday afternoon.

Pretty much everything of import in national affairs will revolve around Trump for the foreseeable future, and he's managed, in many respects, to occupy the political and cultural center.

Trump's critics have long insisted that he be shunned and not "normalized." Did someone tell Carrie Underwood, who performed "America the Beautiful" at the inauguration (spontaneously going a cappella when there was a snafu with the accompanying music)? Or the richest, most successful entrepreneurs in the country, who were on prominent display? Or, for the matter, did someone tell the Village People?

If someone had predicted that the group formed to appeal to gay disco fans in 1977 would, in the year of our lord 2025, be performing at a pre-inaugural rally for a Republican president-elect considered a troglodyte culture warrior by his enemies, he'd have been justifiably mocked and dismissed.

As it turns out, disco was never dead; it was just waiting for Trump to revive it (actually, disco-inspired music was already on the upswing before Trump came up with his trendy YMCA dance).

How did a Democratic Party that has long prided itself on its hipness and future-oriented attitude lose a coolness fight to Donald J. Trump?

Well, for one thing, the party's primary voters renominated an octogenarian who couldn't identify or align himself with a cultural trend if he were gently directed to it by a bevy of solicitous aides. He was then swapped out for his unimpressive vice president, who was the beneficiary of a manufactured campaign to make her fun and interesting that collapsed of its own weight by November.

Joe Biden and Kamala Harris had to sit awkwardly and listen in the Capitol as Trump excoriated their governing record. The harshness of his critique has led some observers to deride his inaugural address as American Carnage 2.0, a reference to the famous phrase from his first inaugural. If Trump was unsparing in his description of the status quo, though, he was soaring in his promises of "a thrilling new era of national success."

He talked of bringing a "revolution of common sense," positioning that wouldn't be so easily available to him if the other side hadn't ceded so much ground.

Trump's urgency about securing the border wouldn't have nearly the same political salience if Biden hadn't been so heedless about a record-breaking influx of illegal immigrants.

Trump wouldn't get to speak of defeating "record inflation" if there hadn't been record inflation in the first place.

Trump's decision to make it official government policy to only recognize two genders would be irrelevant if the Democrats hadn't hitched themselves to gender insanity.

Trump's call for ending the efforts to insinuate race and gender into all aspects of American life would be meaningless if DEI hadn't become Democratic gospel.

The Democrats appeared to believe that it didn't matter how out of touch and radical they'd become, so long as they were running against a Donald Trump who could be ruled out of bounds. But if the public concluded that Trump made more sense than his adversaries, a campaign to render him ipso facto unacceptable was going to fail.

This is not to say that Trump is an anodyne centrist. His zeal for tariffs and apparent determination to retake the Panama Canal are hardly consensus positions, and he didn't mention his imminent Jan. 6 pardons in his address. No matter how much momentum Trump has now, controversies will pile up and events will take a hand. The current goodwill could prove quite transitory.

Still, it was Trump who was the focus of all the attention on Monday, Trump who is setting the agenda and Trump who can plausibly define himself as closer to the middle than his opponents — and they brought it on themselves.

Rich Lowry is editor of the National Review.

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Lakeview Newspaper
J2 Associates,Inc.
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Chicago, Illinois 60657
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VETERANS ★ POST ★

by Freddy Groves

Sports clinic 2025: Sign up now

Registration for the 2025 National Veterans Summer Sports Clinic is now open. Scheduled to take place in San Diego this summer August 23-30, veterans who want to go should get started now on the application process. Those who are eligible could get a free round-trip plane ticket, so it's worth the time to get started on your application. Registration cuts off on March 1.

Go online to va.gov and search for "National Veterans Summer Sports Clinic 2025."

You'll need the 2025 NVSSC Veteran Registration Packet, and your primary care doctor needs to sign off on the physical exam form (VA Form 0928c). If you're over 40, you'll need a recent EKG strip. Make your VA medical appointment now to make sure there are no delays.

Click the "Forms Submission" link to upload your medical docs.

Then wait. It might take 45 days after the March 1 deadline for you to get your notification (via email) about whether you are approved to attend.

Who qualifies for the clinics? Veterans who have traumatic brain injury, spinal cord injuries, amputations, PTSD, visual impairments and more. See the sports clinic webpage for the details. If you're actively engaged with the VA for care, you'll likely qualify.

Fine print includes items such as weight limit of 250 pounds if you're dependent or 300 pounds if you move independently. If you bring a caregiver, they pay their own way. If you need help with ADL, your caregiver needs to come along. You'll be expected to stay for the whole week and participate in everything, and you'll need to pay for your own lodging (but they get a group discount).

Priority goes to veterans who've never attended, followed by veterans who've attended one or two clinics. For a third year, you'll need a recommendation. (It still can't hurt to apply. Each application is reviewed individually.)

While the application steps might be a bit daunting, for the rehab, fitness experience and everything you'll learn, the VA sports clinic can't be beat.

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Strange BUT TRUE

By Lucie Winborne

• Cheerleading was once an exclusively male sport, and the first cheers, copied from military chants, began at Princeton University around the Civil War era.

• Porsche's first car, in 1898, was electric.

• Motorola has developed an FDA-approved "edible password pill" which, once digested, is activated by the acid in your stomach and emits an 18-bit signal that is strong enough to communicate with and unlock all your devices.

• On Mars, no resource can be wasted — not even our bodily waste. Urine will be recycled into drinking water and feces into fertilizer.

• Scientists can deduce information about a person's lifestyle, including their grooming products, food and medications, from the chemicals found on the surface of their mobile phone.

• The 1,400-page novel "War and Peace" was copied around seven times by Leo Tolstoy's wife, Sophia, by hand. Now, that's love!

• U.S. Marine John Kelly was the last person to be awarded two Medals of Honor. He ran 100 yards in advance of the front line and attacked an enemy machine gun nest, killed the gunner with a grenade, shot another man with his pistol, and returned with eight prisoners. He was 19.

• The only difference between a fog and a mist comes down to visibility: If you can't see farther than 100 meters, you're in a fog.

• As the planet heats up, flowers are emitting less scent.

• George Washington had one remaining tooth in his mouth when he was sworn in as the first American president in 1789.

• The sound of a Star Wars lightsaber was created by pairing the sound of an idle film projector and the buzz from an old TV set.

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Thought for the Day: "Nobody made a greater mistake than he who did nothing because he could do only a little." — *Edmund Burke*

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SENIOR NEWS LINE

by Matilda Charles

Guard yourself against AI tricks

The year is off to a roaring start when it comes to scams. To hear the experts tell it, we have AI to thank for a lot of it. AI, or artificial intelligence, is enhancing some of the scams that were already out there and creating more as the technology increases.

Our goal: to get through 2025 without losing a single dollar to the crooks.

Last month the FBI put out an alert focusing on scams created by artificial intelligence and ways to protect ourselves.

AI-generated text creates fake social media profiles, emails, websites and texts that push financial frauds like investment and romance schemes to trick us into sending money or disclosing personal information.

AI-generated pictures can include fake driver's licenses or credentials for fake law enforcement. As an indication of how low they'll go, AI can even create fake pictures of natural disasters that tug at our heartstrings and convince us to open our wallets and send money.

AI-generated audio can impersonate public figures or our loved ones and, again, the purpose is to make us believe something ... and open our wallets.

It's the same with AI-generated videos: to make us believe something is real when it isn't.

No. 1 on the FBI's list of ways to protect ourselves is to have a secret word or phrase with family so we can verify our identity.

As always, if you're suspicious about a call you receive, hang up.

Don't send anyone you don't know any cash or gift cards. Don't post your photos online. If they're online now, take them down.

As a start in staying safe from AI, search online for "how to spot AI text" so you can learn to recognize it. Then look for images and audio. Get up to speed on the different ways AI can fool you. Sadly, we need to be wary at all times now.

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Colored Glass



Amethyst glass was made to resemble the purple stone. The simple design of this pressed glass vase puts the focus on its color.

Amethyst, a variety of quartz with a vivid purple color, is the birthstone for February. It's also a highly sought color for decorative glass. Colored glass is made by adding metallic oxides or salts to the raw material. Amethyst glass often gets its color from manganese, which along with iron, also gives the natural gemstone its color.

Colored glass has been made since ancient times but experienced a surge in popularity in the mid-19th century, when lime became a substitute for lead in glassmaking. This tulip-shaped amethyst glass vase was made between about 1845 and 1865 by the Boston & Sandwich Glass Company, one of the most important American glass manufacturers. It is pressed glass, which emerged in the 1820s with the invention of the pressing machine.

The earliest pressed glass patterns, often called "lacy," were designed to conceal flaws in the glass. Glassmaking techniques and tools improved by the 1840s, and simpler patterns became popular. Notice how this vase does not have the intricate, heavily textured patterns often associated with pressed glass; it consists of simple shapes and flat panels. The Boston & Sandwich company made it in several other colors as well as clear glass, all of which are desirable. The one shown here sold for $960 at an auction by Jeffrey S. Evans.

***

Q: I have several classical music albums, etc., and would like to know what they are worth. I have the single record Brahms Violin Concerto, Heifetz, Chicago Symphony and albums Rachmaninoff Concerto 32 in C Minor OP 18. The balance are Time Life Record Albums: Peter Ilyich Tchaikovsky, Wolfgang Amadeus Mozart and Ludwig van Beethoven.

A. Record collecting experienced a resurgence in the 2010s and continues to grow. Many factors affect a record's price: its format (33 rpm, 45 rpm, 78 rpm, 12-inch, 7-inch, etc.), the label that released it, its release date, condition and album art. Condition is probably the most important. Unless they are buying sealed, never-used records, most collectors buy them to listen to them. They find the sound quality superior to digital recordings. If a collector doesn't intend to listen to the record, they often want to display it as art. Unfortunately, classical records tend to sell for lower prices than rock, blues and jazz. There are websites where you can find more information about your records and check their prices. Try Discogs (discogs.com), Goldmine Magazine (goldminemag.com), or Money Music (moneymusic.com).

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TIP: If a stain in a glass vase or bottle is caused by a chemical deposit, fill the vase with water, drop in an Alka-Seltzer, and let it soak for about 24 hours. Rub the stain with a brush or a cloth.

***

CURRENT PRICES

Textile, pillow, Fornasetti, cream ground, stylized sun faces, printed, cotton, tag, 17 1/2 x 21 1/2 inches, $95.

Toy, wagon, Hy-Speed, red, white lettering, oval bed, fenders, splash guard, pull handle, 1930s, 12 inch-bed, $330.

Sampler, alphabet, multicolor, cross borders, landscape scene, flowering plant in urn, two pine trees, Peggy Bartlett, Massachusetts, frame, 1801, 14 1/2 x 15 inches, $1,355.

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

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Sports QUIZ

by Ryan A. Berenz

1. In 1995, what Cleveland Indians slugger was cited for reckless driving after chasing teenagers who threw eggs at his house on Halloween?

2. What team spoiled the Miami Dolphins' quest for a third-straight Super Bowl title in the 1974 AFC divisional playoff game remembered for its game-winning "Sea of Hands" touchdown pass?

3. Name the two players who made up the Houston Rockets' "Twin Towers" from 1984-87.

4. Molineux Stadium has been the home ground of what English Premier League football club since 1889?

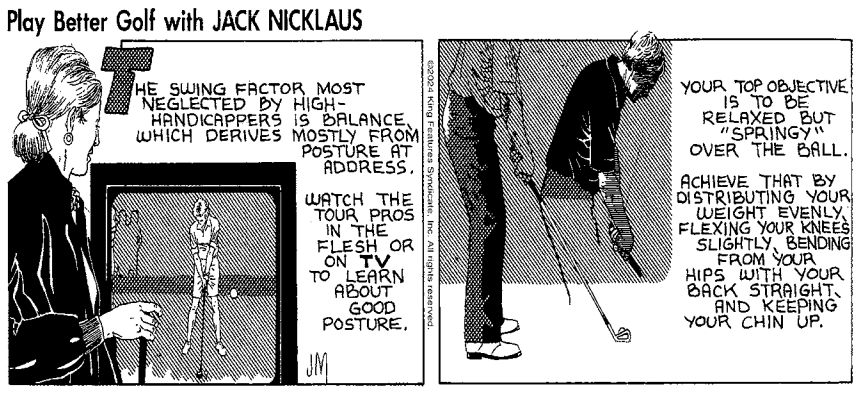
5. What now-ubiquitous device did driver Ray Harroun use on his Marmon Wasp racecar instead of a "riding mechanician" when he won the inaugural Indianapolis 500 in 1911?

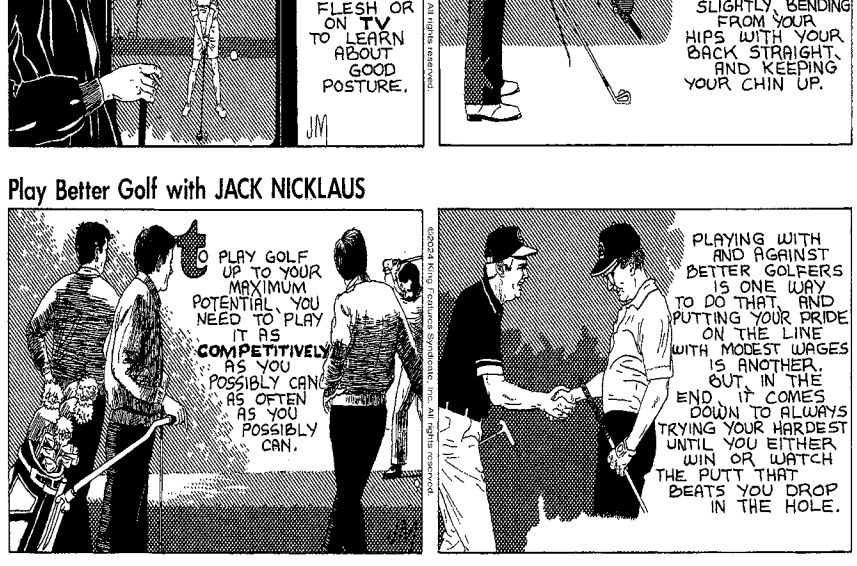
6. Kelsey Plum, who held the NCAA Division I women's basketball all-time scoring record from 2017-24, played college basketball for what team?

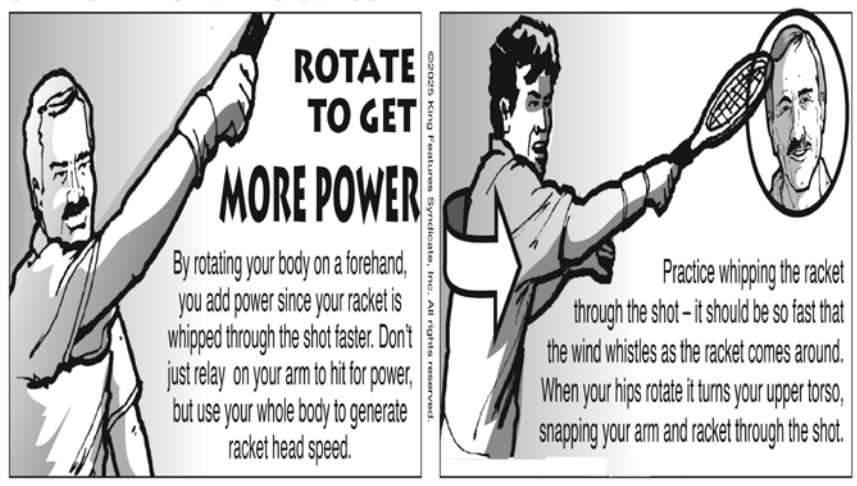
7. What Hockey Hall of Famer became the first goaltender to regularly wear a mask in NHL games when he did so during the 1959-60 Montreal Canadiens season?

Answers

1. Albert Belle.
2. The Oakland Raiders.
3. Ralph Sampson and Hakeem Olajuwon.
4. Wolverhampton Wanderers F.C.
5. A rear-view mirror.
6. The Washington Huskies.
7. Jacques Plante.









"We'll have the soup, sandwich and tune-up special."

LAFF - A - DAY



"Who wants to scream first?"

Health



Why the Government Shouldn't Limit Sodium Intake

DEAR DR. ROACH: I read in a health journal that large amounts of sodium are unhealthy for one's diet. The government standard is no more than 2,300 mg of sodium per day. If one's health isn't so good, some doctors say that their sodium intake shouldn't be more than 1,500 mg per day. Everything you eat or drink counts.
If consuming sodium is so bad for your health, then why aren't there limitations in the amount of sodium a company can put into their products? Shouldn't this be controlled by the federal government, similar to alcohol or numerous other chemicals in food and drinks that we find in cans, boxes and packages?
For instance, why should diet soda have sodium in it? — E.R.

ANSWER: It is true that excess sodium has health risks, and I agree with public health officials in recommending that people consume less sodium. High sodium increases blood pressure levels for most people. Even in people without high blood pressure levels, a high-sodium diet slightly increases stroke risk and predisposes them to kidney stones.
However, sodium is an essential nutrient, and although sodium deficiency is unheard of now, there are conditions where a high-sodium diet is important. I recently saw a patient who had POTS (postural orthostatic tachycardia syndrome) after COVID, and she needs 8-12 grams of sodium daily to keep her blood pressure up.
As a physician, my role is to advise. It's not for me to dictate public policy, and I worry about the government making regulations about what is a personal choice. Pretzels contain 250-300 mg of sodium in a 1-ounce serving, so a big bag of pretzels might have 5 grams of sodium — two day's worth. I'm uncomfortable with the government limiting my ability to buy this, even if it isn't a good idea for me to consume it all in a day.
On the other hand, I think that the decision made by the Food and Drug Administration in 2015 to ban the use of trans fats was correct. Trans fats are exceedingly unhealthy, and manufacturers quickly switched to heathier options. The decision to ban a substance or limit its use must be made wisely.
As far as diet sodas, sodium suppresses the bitter taste that can accompany some artificial sweeteners. A typical diet soda might have 20 mg of sodium (0.02 grams), so those usually aren't the biggest offenders. On the other hand, a large pizza might have 6-10 grams of sodium.

***

DEAR DR. ROACH: I am 73 years old with an extremely large prostate. My PSA reading was over 11 ng/mL. I've had negative biopsies, and my new urologist put me on finasteride. He told me that he had great results with it and could cut my cancer risk by 80%.
I've been taking it for more than six months, and my latest PSA was 4.4 ng/mL. I'm reluctant to keep taking it. What are your thoughts on finasteride? — H.D.

ANSWER: I agree that finasteride decreases the risk of prostate cancer and death due to prostate cancer. Unfortunately, the data show more of a 25% to 30% decreased risk rather than an 80% risk. If it were 80% successful at stopping prostate cancer, we would be recommending it to all men (in absence of side effects). Still, a decrease in prostate cancer risk is worth considering when it comes to the treatment of symptomatic prostate enlargement.
Finally, finasteride reduces PSA levels by about half, which needs to be taken into account when interpreting the PSA level.

Steroid Injections Provide Amazing Relief From Shingles Pain

DEAR DR. ROACH: I read your recent column on shingles. I am 66 and in fairly good health. I had both Shingrix shots about five years ago and take hydroxyurea for polycythemia vera (PV).
Around Aug. 1, I noticed some spots on my forearm that appeared to be a spider bite. I went to my family doctor, and she immediately diagnosed me with shingles and put me on gabapentin, which didn't help much. The next month was complete misery.
I never really had itching or an extensive rash, but intense pain and burning developed from the top of my neck down to my left thumb and forefinger. My wife read that hydroxyurea lowers your immune system, which is probably why I had such a bad case of shingles despite the Shingrix shots.
My cousin is a retired anesthesiologist and recommended an epidural steroid injection (ESI) that would help me immediately. I had the injection, and within 24 hours, I had an 80% improvement in my pain level. Over the next month, the pain decreased another 10% to 15%. I went from being almost incapacitated to being able to live again in 24 hours. The outcome was life-changing!
It seems that doctors need to be brought up to date on ESIs for shingles. I understand that the studies are inconclusive, but the on-the-ground results seem to show that it is effective. The pain from shingles has to be experienced to really understand how debilitating it can be. ESIs are fairly inexpensive, and even if they only helped slightly, they would be worth the cost. To have the improvement I found is priceless. — Anon.

ANSWER: I often recommend the vaccine to prevent shingles, but as your case shows, the vaccine isn't perfect. I agree that your PV and its treatment with hydroxyurea may have predisposed you to the complication of shingles you had, called postherpetic neuralgia (PHN). You are quite right that the pain can be extraordinarily severe.
I am glad you wrote because steroid injections are not a treatment that I have written about before. As you say, not all trials found a benefit, but the largest trial found that intrathecal injections (which are similar to epidural injections but are found to be more effective in a small trial) led to excellent or good pain relief in 90% of people with intractable PHN, compared to 4% in people who didn't receive treatment.

***

DEAR DR. ROACH: I am a healthy 50-year-old man. When I was at the pharmacy recently, they said I could get a vaccine for pneumonia. Is this something I should do? — S.I.

ANSWER: The pneumonia vaccine at age 50 is a new recommendation by the Advisory Committee on Immunization Practices. The risk for developing severe pneumonia from the bacteria Streptococcus pneumoniae starts to increase at age 50 and becomes much higher after 65. The new vaccines (PCV20 and PCV21 under the brand name Prevnar) have long-lasting protection for many strains of this bacterial species.
If you haven't had this vaccine and are over 50, you should consider it during your next visit. (It's OK to get the vaccine at the same time as the flu or COVID vaccines.)

MRI Reveals a Disease of the Blood Vessels in the Brain

DEAR DR. ROACH: A recent fall split the skin below my left eye. I went to the emergency room to see if it required stitches. Since I complained of a headache in the back of my head on the left side, they ordered an MRI, which showed "atherosclerotic vascular disease with mild small vessel ischemic disease." They also saw plaque within my internal carotid arteries.
The ER doctors said I should see a vascular specialist soon. Of course, I am scared. I am a 76-year-old woman on Bystolic, rosuvastatin, benazepril and thyroid replacement. I also take sulfasalazine for my inflammatory arthritis. I am thin, take many vitamins and supplements, and exercise four times a week.
Does the MRI mean I have dementia or Alzheimer's? What does it mean? — R.M.

ANSWER: No, the MRI cannot make a diagnosis of dementia. Dementia is diagnosed presumptively by a clinical exam that notes impairments in cognitive functioning such as memory, language and attention. (A definitive diagnosis of Alzheimer's is made by a pathological evaluation of brain tissue, which is almost never obtained while a person is alive.)
What the MRI shows is a disease of the blood vessels of the brain caused by cholesterol plaque. High blood pressure, smoking, high blood cholesterol, a previous family history, and other factors put people at risk for this condition. Some, but not all, people with the kinds of blood vessel disease you have will develop dementia, which is caused by cumulative damage to the brain tissue from multiple small strokes. In your case, both the large vessels (carotids) and small vessels are affected, suggesting that your cholesterol and blood pressure haven't been ideal.
Your doctor has already taken some steps to slow or prevent the worsening of this condition. Careful control of your blood pressure (with Bystolic and benazepril) is essential. A statin drug (rosuvastatin) has been shown to reduce stroke risk and your overall dementia risk. I don't know whether these are the best medicines for you or whether they are at the right doses, since only your doctor knows you well enough, but it is clear that your doctor is taking steps to protect your heart and brain.
Inflammatory arthritis (especially rheumatoid arthritis and lupus) increases the risk of blood vessel damage in the brain and heart, so early treatment is more important with people who have these conditions. Unfortunately, not all primary care doctors know how important inflammatory arthritis is when it comes to heart attack and stroke risk.
I do not believe there are any supplements or vitamins that are both safe and effective at preventing stroke, but there are a handful of people who may benefit from them. For example, people with high homocysteine in their blood may benefit from vitamin B12, folic acid, or their methylated counterparts.
A careful review of your overall health condition and diet is critical. You may be referred to a specialist for cognitive testing if there is any evidence of change in your thinking ability. A few blood tests will help further stratify your risk and may show a need for additional 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

Finances can be a sign of cognitive decline

Findings indicate that faltering financial health can signal declining brain health so it's important to protect your finances or those of your loved ones, from the impact of cognitive impairment.
In the five years before a dementia diagnosis, people are more apt to miss bill payments. By one year before diagnosis, average credit card balances in delinquency were more than 50 percent higher than delinquency balances measured six years before diagnosis. Mortgage balances in delinquency were 11 percent higher; credit scores declined. It can be difficult for people who don't have any knowledge of their own decline to manage money, especially when no one else is there to help.
To help protect your finances, or those of someone close to you, consider the following: If you're seeking to help a family member, start talking about his or her finances so you can get necessary information. Where are the accounts kept? Which bills need to be paid each month? What are the person's sources of income? But don't push too hard. Many older adults aren't comfortable discussing their finances and may not be willing to give up any control, so you may need to talk about this over weeks or months.
Consolidating accounts at just one or two banks or brokerage firms will make money easier to track and manage.
Sign up for automatic bill payments, as well as automatic notifications if a transaction exceeds a certain limit.
Shift control gently. If you see signs that a loved one needs help, get ready to step in. Checking in regularly makes it easier to spot warning signs.
Get help from the pros. Make sure there is a will, a medical power of attorney, and a durable financial power of attorney giving authority to a trusted person if a person is incapacitated.

My Data's Been Hacked

When you receive a data-breach notification in your mailbox, follow these expert-endorsed steps:
Read the letter carefully and opt in to free credit monitoring and identity recovery services.
Sign up for free credit protection offers in the letter.
Freeze your credit. Putting a free security freeze on your credit reports will stop criminals from opening new accounts in your name because creditors won't be able to run a credit check.
Change passwords and user names. Create new passwords that are long and easy to remember.



Photos courtesy of Shutterstock

Keep Cold and Flu Season at Bay

FAMILY FEATURES

It doesn't take much for cold and flu symptoms to take over. Even a mild case of the sniffles can make it difficult to navigate the demands of everyday life. It's virtually impossible to avoid germs altogether, but you can make sure you're ready to fight off an infection, whether it's a minor cold or a full-blown case of the flu.

"I always share a few easy and simple methods with my patients when cold and flu season comes back around to keep them in the best shape," said Dr. Tim Tiutan, board-certified internal medicine physician. "Not only does getting ahead offer protection, but knowing what to do when symptoms start to come on, and what to have in your medicine cabinet, can help ease the burden of an oncoming illness."

Preparation and prevention play important roles before a bug hits, but it's also valuable to know how to effectively treat an illness and keep your loved ones from getting sick.

Prevent

Short of stashing yourself away in a bubble, there aren't many failsafe ways to fully avoid germs. However, some basic hygiene and preventive care can go a long way toward minimizing your risk. Regularly washing your hands can help get rid of germs before you accidentally introduce them to your eyes, mouth or nose. Be especially diligent after spending time in crowded places.

Maintaining an overall healthy lifestyle also helps ensure you're in optimal condition if you do get sick. That means eating a nutritious, well-rounded diet and keeping up with your exercise routine. Also be sure to talk to your doctor or pharmacist about getting a flu shot; while it may not fully prevent you from getting sick, in most cases it helps your body fight back and keeps your symptoms manageable.

Prepare

Knowing you can't completely eliminate your exposure to germs, it's a good idea to ensure you have everything you need to fight a cold or flu on hand. At least once a year, give your medicine cabinet a thorough cleaning. Discard any expired medications and replace products that have run low, especially those designed to help fight symptoms like pain relievers, fever reducers, decongestants, antihistamines and cough syrups.

It's also a good time to restock items like tissues, cough drops, hand sanitizer and antibacterial soap. Medical supplies like thermometers and humidifiers also come in handy when you're under the weather; check to be sure yours are in good working order and consider adding any supplies you don't already have, such as a blood pressure cuff or home oximeter.

Treat

Once you're sick, sleep is one of the best remedies. Your body can redirect energy toward healing when you're sleeping, which helps boost your immune system, so give yourself permission to rest when you're feeling down.

In addition to getting enough rest, it's important to treat your symptoms, not just mask them. Because symptoms like fever, runny nose, chest congestion, cough and more can indicate a more serious problem, finding the root cause of the symptoms can be a more effective treatment strategy.

For example, some common remedies for chest congestion only mask the symptoms. Many doctors recommend an option like Mucinex 12-Hour because it treats the cause of chest congestion by thinning and loosening excess mucus. One dose lasts up to 12 hours, helping you clear mucus and relieve chest congestion.

Contain

Getting rest and managing your symptoms are easier when you stay at home, but it's also the best way to prevent spreading germs to others. It's not always practical, but if you can, limit yourself to one area of the house, away from family members. Cough into your elbow or a tissue, never your hands. Use antibacterial hand sanitizer and wipe down surfaces to minimize others' contact with your germs.

Be especially wary of spending time with anyone who has a compromised immune system while you're contagious, including those with pre-existing conditions, older adults and pregnant women. Take advantage of delivery or curbside services for essentials like groceries and talk with your employer about working remotely or using sick time until you're feeling better.

Find more advice to help fight this cold and flu season at Mucinex.com.



When to Call for Help if You're Feeling Lousy

If you're experiencing cold symptoms, you might wonder when it's appropriate to see a doctor for further evaluation. While most colds resolve on their own within a week or two, there are certain instances when seeking medical attention is advisable.

High Fever: If your fever persists for more than three days or reaches 102 F or higher, consult a health care provider.

Persistent or Severe Headaches: If you experience persistent or severe headaches that are not alleviated by over-the-counter medication, it's advisable to consult a health care provider, as this could indicate a more serious underlying issue.

Persistent Symptoms: If your symptoms worsen or don't improve after a week, seek medical advice.

Unusual Symptoms: If you experience uncommon or concerning symptoms during a cold, such as extreme fatigue, confusion, dehydration or a high fever that doesn't respond to treatment, consult your doctor promptly for a proper diagnosis and treatment plan.

Trouble Breathing: Difficulty breathing, chest pain or wheezing can indicate a more severe respiratory condition and warrant medical attention.

High-Risk Individuals: For individuals at high risk of complications from colds, such as pregnant women, the elderly or individuals with conditions like diabetes or heart disease, it's important to seek advice early to prevent any potential complications.

Remember, your health care provider can offer guidance tailored to your specific situation, helping you manage your cold effectively and ensure optimal recovery.

Flash Back Pop, Rock & Soul Trivia

By Mick Harper

1. Which artist released a cover of Don Gibson's "I Can't Stop Loving You" in 1962?
2. Who had hits with "Return to Sender" and "Good Luck Charm"?
3. What do "Little Green Bag" (by George Baker Selection), "Coconut" (by Harry Nilsson) and "Hooked on a Feeling" (by Blue Swede) all have in common?
4. Which group released "Along Comes Mary"?
5. Name the song that contains this lyric: "People say that love's a game, A game you just can't win, If there's a way, I'll find it someday, And then this fool with rush in."

Answers

1. Ray Charles. His version was a chart-topper and won him a Grammy Award for Best Rhythm & Blues Recording. The song even climbed the charts in Australia, Sweden and Finland.
2. Elvis Presley, in 1962. The songs reached No. 2 and No. 1 on the charts. "Return to Sender" was featured in the soundtrack for the Elvis film "Girls! Girls! Girls!"
3. They appeared on the soundtrack for the 1992 film "Reservoir Dogs."
4. The Association, in 1966. The song was their first hit.
5. "Put Your Head on My Shoulder," by Paul Anka, in 1959. Singer-songwriter Anka saw his popular song recorded in different languages around the world but only reaching No. 2 on the charts.

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

Strange But True

By Lucie Winborne

• In Switzerland, it is illegal to mow a front lawn while dressed as Elvis Presley.

• Have a yen for learning about things that go bump in the night? You can get a Ph.D in parapsychology at the University of Edinburgh.

• Red Bull energy drink was originally called Red Water Buffalo.

• There was a Russian game show that would have you steal a car, and if you didn't get caught by the police within 35 minutes, you'd win the car. Otherwise, you would be arrested.

• Benjamin Franklin invented a mechanical arm for reaching books on high shelves.

• When English Romantic poet William Blake was only 4 years old he claimed to see God through a window. Throughout the rest of his life, Blake said he often communed with angels, and he incorporated these visions into his art.

• Sulfhemoglobinemia is a condition that causes a person to develop green blood.

• Translated literally, the Japanese words for wrist and ankle are "hand neck" and "foot neck."

• In 2015, two brothers from Spain attempted to sell a fake portrait by Francisco de Goya to a sheikh for a cool 1.5 million euros, only to discover that he'd paid them in photocopied money. The pair were arrested when they tried to deposit their ill-gotten gains in a Geneva bank.

• A study done by the University of Glasgow found that dogs appear to prefer reggae and soft rock over other genres of music.

• The first mention of the word "pizza" was in a Latin text written in southern Italy in 997 CE.

• The eponymous character in Dolly Parton's hit song "Jolene" was based on a bank teller who flirted mercilessly with Dolly's husband.

***

Thought for the Day: "It ain't what they call you, it's what you answer to." — *W.C. Fields*

Top 10 Movies

1. **Den of Thieves: Pantera**
(R) Gerard Butler, O'Shea Jackson Jr.
2. **Mufasa: The Lion King**
(PG) Aaron Pierre, Kelvin Harrison Jr.
3. **Sonic the Hedgehog 3**
(PG) Jim Carrey, Ben Schwartz
4. **Nosferatu**
(R) Lily-Rose Depp, Nicholas Hoult
5. **Moana 2**
(PG) Auli'i Cravalho, Dwayne Johnson
6. **A Complete Unknown**
(R) Timothée Chalamet, Edward Norton
7. **Wicked**
(PG) Cynthia Erivo, Ariana Grande
8. **Babygirl**
(R) Nicole Kidman, Harris Dickinson
9. **Game Changer**
(NR) Ram Charan, Kiara Advani
10. **The Last Showgirl**
(R) Pamela Anderson, Brenda Song

Top Ten

Busiest U.S. Airports

1. Hartsfield-Jackson Atlanta International Airport, Atlanta, GA
2. Dallas/Ft. Worth International Airport, Dallas/Fort Worth, TX
3. Denver International Airport, Denver, CO
4. Los Angeles International Airport, Los Angeles, CA
5. O'Hare International Airport, Chicago, IL
6. John F. Kennedy International Airport, New York, NY
7. Orlando International Airport, Orlando, FL
8. Harry Reid International Airport, Las Vegas, NV
9. Charlotte Douglas International Airport, Charlotte, NC
10. Miami International Airport, Miami, FL

Source: WorldAtlas.com

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Couch Theater

By Demi Taveras

"Queer" (R) — Former James Bond portrayer Daniel Craig took up quite an interesting role in this period romantic drama from director Luca Guadagnino ("Challengers"). Based on the novella by William S. Burroughs, the film takes place in 1950s Mexico City and follows American expatriate William Lee (Craig). While bar hopping one day, Lee comes across a young man named Eugene (Drew Starkey) and instantly becomes infatuated with him. The quiet Eugene attempts to reciprocate Lee's actions but only gives up so much of himself at a time when homophobia runs rampant throughout society. Out now to rent, "Queer" makes viewers feel like they happened upon a few diary entries about a man's greatest love affair. (VUDU)

"Kinds of Kindness" (R) — Emma Stone ("Poor Things") and Jesse Plemons ("Civil War") lead this movie with three separate winding tales that will leave you at a bit of a loss, to be frank, not necessarily in a good or bad way. The first story centers around an employee named Robert Fletcher who lives his life exactly how his boss tells him to, including his meals, his house, and his relationship. It explores what happens to Robert when his boss suddenly refuses to dictate his life anymore. The second story's plot seems straight out of a "Black Mirror" episode, with a police officer convinced that his wife has been replaced by a clone. The third and final story tells a tale about sex cult members who are looking for a woman with the ability to reawaken the dead. All of these stories are loosely connected, but it'll take some sleuthing to figure out exactly how. Out now. (Hulu)

"Small Things Like These" (PG-13) — Oscar winner Cillian Murphy ("Oppenheimer") stars in this historical drama taking place in Ireland during Christmas 1985. He plays coal merchant Bill Furlong, who spends his days laboring and his nights at home with his wife and five daughters. Tortured by memories of his childhood, Bill often keeps to himself and rarely falls out of line with his routine. But one day, as he sets off for work early, he encounters a pregnant teenage girl who is locked in the coal shed of the local convent. His discovery of her subsequently leads to his planning to free her from the abusive nuns, and in turn, he is able to confront the ghosts of his past. This short 98-minute film is out now to rent. (Amazon Prime Video)



Courtesy of Apple TV+

Quintessa Swindell, left, and Leo Woodall star in "Prime Target."

"Prime Target" (TV-MA) — Leo Woodall ("One Day") has clinched his second main role after getting his big break in the second season of "The White Lotus" as Jack. In this thriller miniseries, he stars as Edward, a brilliant mathematics student whose work will eventually enable him to access every computer in the world. Obviously, an invention such as this would be disastrous in the wrong hands, and the wrong hands are hard at work to make sure that Edward's work doesn't come to fruition. Luckily, NSA agent Taylah Sanders (Quintessa Swindell) has been tasked with watching over Edward, and if they put their two minds together, they'll be able to figure out who's sabotaging the project. The show premieres Jan. 22. (Apple TV+)

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Now here's a tip!

by Jo Ann Derson

• Lunchbox tip: Assemble your sandwich the night before (without veggies). Wrap in waxed paper and freeze. Add veggies and a condiment packet in a separate bag. Your sandwich will thaw by lunchtime and will stay cold!

• "Plant banana skins in your garden, just below the surface. They rot quickly and provide nutrients for growing plants." — A.R. in Ohio

• "My girls get a little crazy with clothes shopping — they want everything! Before we go, we pull out all the clothes they have and assess their needs. We keep a count of shirts, skirts, shorts and pants, so we don't overbuy and have too many. They also make outfits out of what they have, so we can see if anything needs to be bought for that purpose. And undergarments and socks are replenished first, so they get included in the budget!" — S.S. in South Carolina

• "Always keep two needles threaded, one with black and one with white. When you have a rip, a button comes off or a hem comes out of your clothes, and you are in a hurry, you can use one of these for a quick repair." — J.R. in Virginia

• When you get near the end of a roll of paper towels, save it to put in your car. Put together a kit to keep in the car with the following items: a small bottle of Windex or other cleaner, a squeeze bottle of water, some wet wipes and the short roll of paper towels. You will always be ready for a quick on-theroad clean-up.

• To kick the itch from bug bites, make a mixture of half lime juice and half water. Apply to bug bite on a soaked cotton ball.

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What's Hot In Hollywood & Gardening

HOLLYWOOD — **Angela Lansbury's** legacy, "Murder, She Wrote" (1984-1996), which is still endlessly shown on several cable stations, will be resurrected as a film starring Oscar winner **Jamie Lee Curtis.** Curtis is currently in the surprise hit "The Last Showgirl," starring "Baywatch" babe **Pamela Anderson.**

Curtis, who recently added an Emmy to her trophy room for her work in the series "The Bear," wrapped filming for **James L. Brooks'** comedy "Ella McCay" on May 3, 2024. The film also stars **Emma Mackey, Woody Harrelson**, and **Albert Brooks**. In addition, Curtis finished "Freakier Friday" on Aug. 21, 2024. She is now set to shoot the dark-comedy series "The Sticky" with **Margo Martindale** and Amazon Prime Video's "Scarpetta" with **Nicole Kidman**. This should keep her busy until Halloween!

***

Two-time Oscar winner **Tom Hanks'** hopes were dashed after reteaming with his "Forrest Gump," "Cast Away," and "The Polar Express" director **Robert Zemeckis** in "Here" (co-starring **Robin Wright**). It failed to become a blockbuster with a cost of $50 million and only a $13.4 million gross. He'll try again with his "Asteroid City" director **Wes Anderson** in "The Phoenician Scheme," along with stars **Benicio del Toro, Michael Cera, Bill Murray, Benedict Cumberbatch** and **Scarlett Johansson.**

***

Sadly, Burt the giant crocodile, who was featured in the 1986 classic "Crocodile Dundee," passed away peacefully in Australia. His passing wasn't a great shock — after all, he was 90 years old!

***

If you can believe this, **Sir Elton John** is against the legalization of marijuana. He confessed recently, "I maintain that it's addictive. It leads to other drugs. And when you're stoned — and I've been stoned — you don't think normally. Legalizing marijuana in America and Canada is one of the greatest mistakes of all time."

Just because you couldn't control your addiction, Elton, doesn't mean that this is a reason to condemn it for everyone. I've been using marijuana to help me sleep for many years, and I have not become addicted. I simply take three tokes of a joint instead of sleeping pills (which can be very addictive), and I sleep like a baby.

Furthermore, I don't drink alcohol and never tried cocaine, which I have been offered endlessly at Hollywood parties. While I admire you and your talent, your inability to control your addictions does not necessarily apply to everyone.

***

If you liked **Jonathan Bailey** in "Wicked" and can't wait for "Wicked: For Good" to open on Nov. 21, you'll first be able to see him in "Jurassic World Rebirth," with **Scarlett Johansson, Mahershala Ali** and **Rupert Friend**, on July 2. He plays a paleontologist, and you can be sure he won't be singing and dancing as he's running away from dinosaurs. They don't see him as a matinee idol, just as fossil fuel!



Courtesy of Universal Pictures

Jonathan Bailey as Fiyero in "Wicked"

HOLLYWOOD — Prepare yourself for "Downton Abbey 3," which will pay homage to the "end of an era" due to the loss of the Dowager Countess. It has greater significance since the passing of **Maggie Smith** on Sept. 27, 2024. She was 89. The threequel is due to release in theaters on Sept. 12.

Executive producer **Gareth Neame** says, "The fact that Dame Maggie herself has now passed away since that time, I do think, has given a real added poignancy to a story that we would have planned anyway. ... We will never see the like of Dame Maggie Smith ever again."

***

Tom Cruise's next film after "Mission: Impossible — The Final Reckoning" (releasing May 23) will be the tentatively titled film "Judy" for five-time Oscar winner **Alejandro González Iñárritu**. Iñárritu won three Oscars for Best Picture, Best Director and Best Original Screenplay for "Bird-man" (2014); another Best Director Oscar for "The Revenant" (2015); and a special Oscar for his virtual reality installation "Flesh and Sand" (2017).

Of course, "Judy's" plot is shrouded in secrecy, but we've learned it follows the most powerful man in the world as he embarks on a frantic mission (there's that word again) to prove he's humanity's savior before the disaster he unleashed destroys the world. Could Cruise's hero complex be getting worse?

Aiding and abetting him is **John Goodman, Jesse Plemons** and **Riz Ahmed**. After **Robert Pattinson's** "The Batman" sequel was pushed back from October 2026 to October 2027, "Judy" was given its release date.

***

While there's been a lot of talk about "John Wick 5," again starring **Keanu Reeves**, Lionsgate (who produced the "Wick" franchise) doesn't have it on its upcoming calendar. This may be due to the knee accident Reeves had while shooting **Aziz Ansari's** comedy "Good Fortune," which opens on Oct. 17.

Reeves will be seen a few months earlier in "From the World of John Wick: Ballerina" on June 6. He also stars in Apple TV+'s "Outcome," which was produced, written and directed by **Jonah Hill** (who co-stars as well). The black-comedy film includes **Cameron Diaz, Matt Bomer, soap queen Susan Lucci, David Spade, Laverne Cox** and **Roy Wood Jr.** (No release date has been announced yet.)

***

It turned out to be a really Happy New Year for **Brad Pitt** who, after eight years, is finally divorced from **Angelina Jolie** as of Dec. 30, 2024. In true Jolie fashion, she says she has focused on finding peace and healing for their family. Her lawyer claims this is just one part of the long ongoing process that started eight years ago — and that Jolie is exhausted but relieved this part is over.

Jolie filed a claim that Pitt physically abused her, and he accused her of violating "contractual rights" when she sold off their Château Miraval winery without his knowledge! I wonder if the kids are still "The Pitts!"



Courtesy of ITV

Dame Maggie Smith (1934-2024)

celebrity extra

by Dana Jackson

Q: I'm really enjoying the show "Silo" — so much so that I went back and read the books that the show is based on in between seasons. Who is the actress who plays Juliette? — K.I.

A: Swedish actress Rebecca Ferguson stars as engineer-turned-sheriff Juliette Nichols in the dystopian drama "Silo," which recently finished its second season on Apple TV+. It's based on a series of novels by author Hugh Howey. "Silo" has been renewed for a third season with Ferguson returning. If she looks familiar, it's because she's co-starred in several hit films, most notably the recent "Mission: Impossible" sequels with Tom Cruise as well as "Dune: Part One" and "Part Two" with Timothée Chalamet.

Ferguson honed her acting skills on a Swedish soap opera as a teen before eventually branching out into American productions. Cruise took note of her performance in the STARZ miniseries "The White Queen," resulting in her being cast in "Mission: Impossible — Rogue Nation." Her talent eventually led to her snagging roles opposite Michael Fassbender in "The Snowman," Hugh Jackman in "The Greatest Showman," and Chris Hemsworth in "Men in Black: International."

Her future is bright. Next up for her is the untitled "Peaky Blinders" film with Cillian Murphy and the untitled Katheryn Bigelow directed White House thriller with Idris Elba.

***

Q: What ever happened to The Weeknd after his show on HBO was canceled? Is he just going to concentrate on singing now? — K.K.

A: Abel Tesfaye, also known as The Weeknd, hasn't quit acting, but it would be understandable if he got discouraged after his series "The Idol" was canceled by HBO after one season. Prior to this, he had a setback on stage where he had to cut his live concert in Los Angeles short after losing his voice. He says now in an interview with Entertainment Weekly that the voice loss was mental, a result of all the stress around filming "The Idol" while also touring.

He's ready to bounce back not only with a new album but with another starring role. His sixth studio album "Hurry Up Tomorrow" will be released on Jan. 26, and a film of the same name will be released on May 16. Billed as a "musically driven psychological thriller," the film not only stars The Weeknd but also Barry Keoghan ("Saltburn") and Jenna Ortega ("Beetlejuice Beetlejuice").



Depositphotos

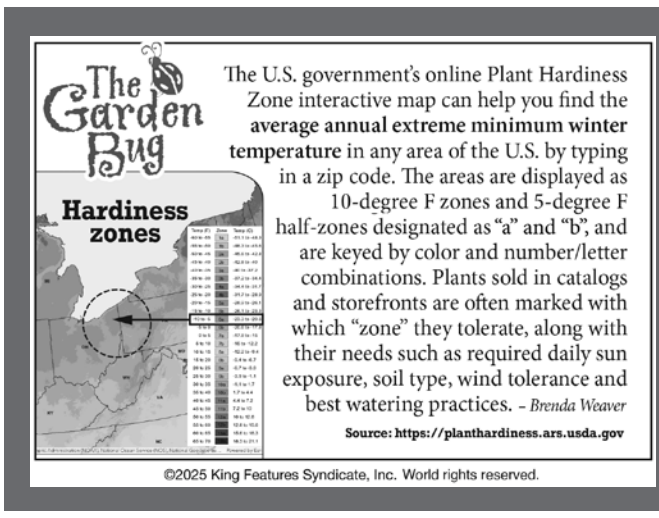
Jenn Tran ("The Bachelorette" and "Dancing with the Stars")

Q: I thought Bill Maher was going to quit his TV show if President Trump was reelected, but it looks like it's coming back soon. Did he change his mind? — M.M.

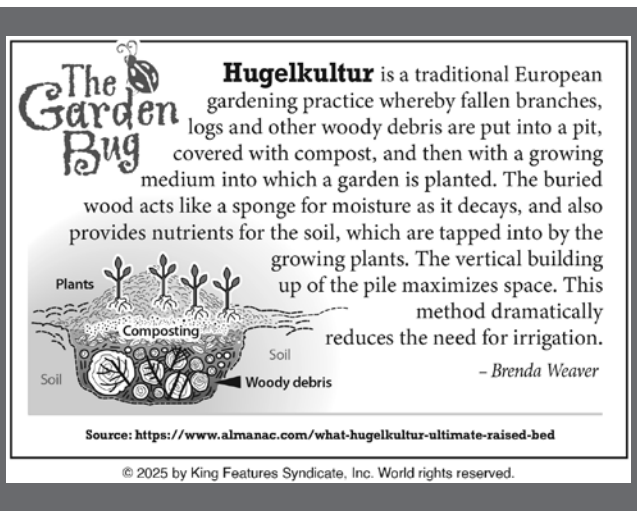
A: Bill Maher's weekly HBO talk show "Real Time" returned this January for its 23rd season, but he has no plans to quit. Nina Rosenstein from HBO Programming, Late Night and Specials told Deadline that Maher was "joking around," and his first love will always be "Real Time."

Where you won't find Maher anytime soon is on the road. He's confirmed that he's done touring as a stand-up comedian and that, after 40 years, he needs a break from it. However, as far as "Real Time" goes, HBO will have to drag him off for him to quit.

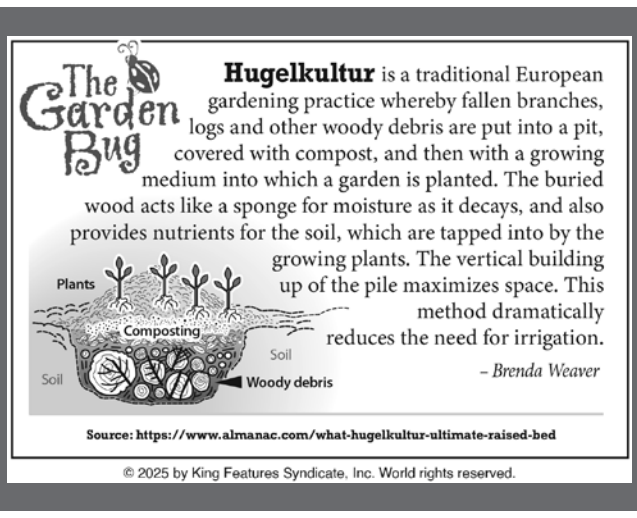
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The Ultimate Guide to Game Day Hosting



Photo courtesy of Shutterstock

6 tips to host a game day gathering like a pro

FAMILY FEATURES

From kickoff to the final whistle, game day is all about spending time with friends and family while rooting for your favorite team. When it's your turn to host, you can bring all the fun of a tailgate party to the comfort of your couch with the proper plan for hosting.

Show Your Team Spirit

Make your guests feel excited from the moment they walk through the door – or as soon as they pull in the driveway – by decking out your space in team colors and memorabilia. Use football- or team-themed banners, flags, balloons, coasters and tablecloths to set the mood.

Wear your favorite jersey and create a stadium-like atmosphere with fun props like foam fingers or pom-poms for guests to use and cheer on their team.

Prep Ahead of Time to Score Big

Avoid a rush before kickoff by making a checklist of everything you'll need. Ensure your TV and sound systems are working correctly and that you have access to the right channel or streaming platform.

Make a store run at least a day in advance to grab everything you'll need for your watch party: dishes, snacks, drinks, tablecloths, trash bags and some household essentials like Finish Ultimate Dishwasher Detergent. Finish Ultimate tackles dish cleanup in the kitchen like a pro, so hosts can enjoy all the fun parts of game day without the worry.

If possible, pack your coolers the night before – just as you would for tailgating at the stadium – and prep and cook any dishes you can ahead of time, so you can enjoy the action with minimal interruptions.

Feed the Fans

Football fans are often foodies, too. A buffet-style food setup allows guests to help themselves to their favorite snacks and dishes throughout all four quarters.

Review your game plan ahead of kickoff to make sure your game day menu offers a variety of finger foods, such as wings, sliders and nachos. Then, take your menu to the next level with unique eats like this new saucy, cheesy creation – the TRUFF Hot Honey Bacon Cheddar Dip with Pretzel Bites – to add a spicy twist.

To complete the roster of game day eats, include a veggie tray or charcuterie board and a variety of beverages, including water, soda and juice. To stay on theme, consider serving cake or brownies in the shape of a football for dessert or topping cupcakes with icing in the team's colors.

Tackle Cleanup

All those delicious snacks your guests are enjoying are sure to make a mess. For hosts tackling cleanup during the game, don't miss out on all the on-screen action–turn to the star player to make cleanup a breeze: Finish Ultimate Dishwasher Detergent.

Finish Ultimate tackles tough game day messes, even without pre-rinsing, leaving hosts more time to cheer on their team and less time in the kitchen cleaning up.

Create the Perfect Viewing Environment

Ensure everyone has an unobstructed view by arranging your seating strategically. Use a combination of couches, chairs and floor cushions to accommodate your guests. Scatter small tables throughout the area within easy reach for guests to place their drinks and snacks while the action is live.

To ensure fans never miss a moment of the action, turn the TVs in other rooms to the game as well; just ensure the sound is down in case the main screen is ahead or behind of the secondary viewing options.

Consider Downtime Entertainment to Keep the Energy High

While the main event is watching the action, you can keep the excitement going during halftime and commercial breaks with fun activities like cornhole, football trivia, bingo, mascot matching or an old-fashioned game of catch. Also have some board games, card games or video games on hand for those who might want to take a break from watching or children who aren't as engaged in the on-screen action.

For the ultimate game day recipe and to find more ways to tackle dish cleanup in the kitchen on game day, visit finishdishwashing.com/truff-hot-honey-bacon-cheddar-dip.



Hot Honey Bacon Cheddar Dip with Pretzel Bites

Recipe courtesy of Finish
Prep time: 15 minutes
Cook time: 1 hour
Servings: 12

- **5 slices bacon**
- **1/2 cup honey**
- **2 tablespoons TRUFF Original Hot Sauce**
- **16 ounces cream cheese, softened**
- **2/3 cup lager-style beer**
- **1/4 cup Dijon mustard**
- **24 ounces cheddar cheese, grated**
- **1/2 cup fresh scallions, chopped**
- **1 teaspoon garlic powder**
- **1 teaspoon onion powder**
- **1/2 teaspoon cracked black pepper**
- **24 ounces frozen pretzel bites, baked according to package instructions**

Preheat oven to 400° F.

Evenly space bacon in 13-by-9-inch dishwasher-safe ceramic or glass baking dish.

Bake bacon 10 minutes.

Microwave honey 15-20 seconds. Add hot sauce and whisk to combine.

Remove bacon from oven and carefully pat dry with paper towels.

Brush bacon with hot honey and return to oven. Set aside any remaining hot honey for later use.

Bake bacon 10-15 minutes until brown and crisp. Set bacon aside to cool.

Chop bacon into small, bite-sized pieces.

Pour bacon pan drippings into bowl and discard once cool.

In bowl, whisk softened cream cheese, beer and mustard to combine.

Add grated cheddar cheese, chopped scallions, garlic powder, onion powder and black pepper. Stir until thoroughly combined.

Spread mixture evenly in 13-by-9-inch dishwasher-safe ceramic or glass baking dish.

Bake 20-25 minutes, or until hot and bubbly.

Remove from oven and rest 5 minutes.

Sprinkle top of dip with chopped bacon and drizzle with remaining hot honey.

Serve dip alongside baked pretzel bites.

Good Housekeeping

Meal-in-a-Bowl Minestrone

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

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

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

2. Add 4 cups water and the broth; bring to a boil. Add pasta and carrot; boil 5 minutes. Reserve 3/4 cup of the cannellini beans; stir rest into pot along with broccoli rabe, zucchini and green beans. Return to a boil and boil 5 minutes or until pasta and vegetables are tender.

3. Meanwhile puree remaining beans, 5 teaspoons oil, 1 teaspoons garlic, 1/4 cup water, parsley and the cheese in a food processor or blender.

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

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

Good Housekeeping

Fettuccine With Lemony Shrimp

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

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

1. Heat large covered saucepot of water to boiling on high. Add 2 teaspoons salt.

2. Trim and discard root and dark green top from leeks. Discard any tough outer leaves. Cut leeks lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish to remove any sand. Remove leeks to colander. Repeat process with fresh water, changing water several times until sand is removed. Drain leeks well.

Good Housekeeping

Chicken and Mushrooms with Brown Rice

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

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

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

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

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

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

Good Housekeeping

Portobello Parmesan

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

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

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

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

2. Spoon 1/4 cup marinara sauce into each cap; top each with mozzarella slice, then 1 tablespoon panko. Spray all over with nonstick spray.

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

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

Good Housekeeping

Easy Cappuccino Dessert

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

1. Prepare pudding as label directs, but use only 1 1/2 cups milk and instant espresso powder.

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

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

Comfort foods

Made fast and healthy

by Healthy Exchanges

Super Bowl Snack

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

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

1. Place Rice Chex in a large mixing bowl. In a small saucepan, heat Italian dressing over LOW heat. Stir in Parmesan cheese. Pour mixture over Rice Chex, being sure to coat cereal well.

2. Evenly spread mixture on a rimmed baking pan. Bake in 250 F oven for 60 minutes, stirring every 15 minutes. Cool completely. Store in airtight container. Makes 8 (3/4 cup) servings.

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



Comfort foods

Made fast and healthy

by Healthy Exchanges

Mediterranean Pizza

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

- *1 (11-ounce) can purchased refrigerated crusty French loaf bread*
- *2 teaspoons Italian seasoning*
- *1¾ cups (one 15-ounce can) tomato sauce*
- *2½ cups chopped unpeeled zucchini*
- *3/4 cup crumbled feta cheese*
- *3/4 cup shredded reduced-fat mozzarella cheese*

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

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

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

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

top ten

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5. Cape Cod
6. Ruffles
7. Pringles
8. Fritos
9. Takis
10. Sun Chips



Source: CandyRetailer.com

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Crime

Robbery on the 1200 block of North Larrabee Street.

Robbery on the 800 block of North Milwaukee Avenue.

Burglary on the 3900 block of North Sheridan Road.

Robbery on West Chicago Avenue and North Milwaukee Avenue.

Robbery on West Wrightwood and Clark Street.

Robbery on the 400 block of West Diversey Avenue.

Shooting on the 1900 block of West Potomac Avenue.

Assault on the 1400 block of West Montrose Avenue.

Theft on the 500 block of North Kenmore Avenue.

Assault on the 1800 block of West Cortland Street.

Theft on the 2200 ssault on the 800 block of West Agatite Avenue.

Theft on the 2200 block of West Medill Avenue.

Assault on the 500 block of West Melrose Street.

Vandalism on the 1000 block of North State Parkway.

Theft on the 2300 block of North Oakley Avenue.

Vandalism on the 2300 block of Lincoln Park West.

Assault on the 1200 block of North Dearborn Street.

Assault on the 5200 block of North Hoyne Avenue.

Assault on the 6800 block of North Sheridan Road.

Assault on the 4700 block of North Malden Street.

Assault on the 1100 block of North Dearborn Street.

Assault on the 3000 block of North Broadway.

Assault on the 1000 block of North Rush Street.

Theft on the 2200 block of of West Belden Avenue.

Arrest made on the 800 block of North Cambridge Avenue.

Theft on the 500 block of West Webster Avenue.

Theft on the 200 block of West Diivision Street.

Robbery on the 3400 block of Southport Avenue.

Vandalism on the 5500 block of North Sheridan Road.

Robbery on the 4700 block of North Lincoln Avenue.

Theft on the 1300 block of North Ashland Avenue.

Theft on the 1500 block of North Clybourn Avenue.

Theft on the 1000 block of West Foster Avenue.

Robbery on the 700 block of North Larrabee Street.

Assault on the 1200 block of North Milwaukee Avenue.

Assault on the 5900 block of North Kenmore Avenue.

Assault on the 800 block of North Dearborn Street.

Assault on the 2800 block of North Sheridan Road.

Theft on the 4800 block of North Clark Street.

Theft on the 1600 block of West Division Street.

Theft on the 2000 block of West Charleston Street.

Theft on the 800 block of West Buena Avenue.

Theft on the 4400 block of North Broadway.

Assault on the 1000 block of North Milwaukee Avenue.

Burglary on the 3400 block of West Belmont Avenue.

Robbery on the 2400 block of West Fargo Avenue.

Burglary on the 6100 block of North Broadway.

Theft on the 2200 block of West Howard Street.

Theft on the 700 block of Brummel Street.

Vandalism on the 700 block of West Howard Street.

Shooting on the 6100 block of North Hoyne Avenue.

Shooting on the 3200 block of West Beach Avenue.

Robbery on the 6100 block off North Damen Avenue.

Vandalism on the 1500 block of North Albany Drive.

Assault on the 4700 block of North Malden Street.

Assault on the 2600 block of North Kimball Avenue.

Vandalism on the 2000 block of West Division Street.

Assault on the 4000 block of Irving Park Road.

Vandalism on the 3400 block of West Lawrence Avenue.

Assault on the 3000 block of North Broadway.

Theft on the 3500 block of West Palmer Street.

Theft on the 2499 block of North Sacramento Avenue.

10% OFF SALE

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WANTED

Jorge Mondragion-Bahena, 48 years old

Charged with a sexual assault against an 11 year old girl, Bahena is missing after he removed his electronic monitoring device. His last known whereabouts was that he worked as a cook in the Wrigleyville neighborhood and lived in the 3500 block of North Southport. Mondragion-Bahena has multiple aliases including Oscar Flores and Wenceslao Mondragon.

During his initial court appearance, the judge ordered Mondragon-Bahena to pay a $10,000 cash bail deposit and go on electronic monitoring. He was released on those conditions. Prosecutors did not ask the judge to hold Mondragon-Bahena without bail during his initial court appearance. Judges in Illinois were not authoirzed to hold defendants wihout bail under the cash bail system unless prosecutors requested it first.

Anyone with information on his whereabouts, can contact the sheffiff's office at 708-865-4700.

5 Tips to Plan a Family-Friendly Winter Getaway

Break from the cold-weather blues with a trip to the beach



FAMILY FEATURES

If your family suffers from the winter doldrums, a dose of sunshine may be just what they need. Give everyone something special to look forward to this year by planning a vacation that appeals to kids, parents and grandparents alike.

Leaving the country for breathtaking views and relaxation at the world's beautiful beaches may provide the boost of vitamin D you need, but it also requires a little extra preparation compared to the average road trip. Ensure your memory-making excursion goes off without a hitch by doing the legwork in advance to avoid unnecessary stress.

Plan your winter getaway with these tips for an elevated experience.

Strategize for Stress-Free Travel

As you prepare for your next adventure, planning ahead is essential to ensure a seamless experience, especially when traveling internationally and for long-haul trips. Whether you're seeking a dreamy beachfront destination or a European vacation, collaborating with a travel advisor as your first step in the planning process can significantly enhance your trip since they provide expert help and ideas tailored to your preferences. One of the key advantages is that their services typically come at no cost to you, allowing you to relax while the experts handle everything from finding the best deals to managing essential travel requirements, such as country entry guidelines and passport regulations.

Discuss Resort Options

Once you've settled on a location, it's time to go over the lodging options with your travel advisor. Whether you're looking forward to digging your toes into the sand or craving a little adventure, it's always best to identify what matters most for your trip. Researching resorts that offer a true "all-inclusive experience" can help ease stress and keep the focus on family fun. Consider stays at Sunscape Resorts & Spas, which offer features like a kid's check-in experience, welcome treats, connecting rooms and more, all designed to "Press Play" on Unlimited-Fun. This way, your family's needs and wants are covered – with best-in-class service, all access restaurants, unlimited drinks and a supervised Explorer's Club for Kids while teens have their own space at the Core Zone Teens Club.

One way to maximize your resort stay is to sign up for hotel loyalty programs, like World of Hyatt's loyalty program, to earn rewards and benefits that can go toward free nights, exclusive member rates, upgrades and more. Plus, travel advisors who book directly can input your loyalty information to help ensure you get the most out of your getaway.

Ask Your Advisor for Insights

Travel advisors commonly visit locations and resorts, so they know the destinations inside and out. Ask your advisor if he or she has traveled to your desired vacation spot and consider the expert advice offered, from must-have meals to recommended attractions and excursions.

Consider Travel Packages

One way to make memories that last a lifetime is to explore any special family packages that are available at the time of booking. For example, resorts often offer packages that include welcome gifts, comped meals, reserved spots by the pool or beach, family photos and beyond. Before booking, make sure to ask your travel advisor about any special packages being offered at your destination.

Make a Beach Trip Checklist

If you've ever traveled so much as an hour or two away from home, you know how important a checklist is to avoid leaving behind any must-haves. A trip to the beach calls for an entirely new set of essentials.

If you plan to spend time at the beach (or pool, for that matter), consider adding these items to your suitcase:

- Swimsuits
- Sunscreen
- Bug spray
- Hat and sunglasses
- Beach- or pool-friendly shoes
- Goggles
- Books or magazines
- Beach bag
- Reusable water bottle or tumbler
- Waterproof phone case
- Cash for tips

To start your winter vacation planning, visit hyattinclusivecollection.com/en/resorts-hotels/sunscape.



4 Tips for a Fresh Start in 2025

FAMILY FEATURES

Moving from one year to the next is a perfect opportunity to think about the new chapter you want to write for yourself. It's a time to celebrate your wins, identify your growth opportunities and define the goals you want to accomplish. This fresh start is an ideal moment to put pen to paper and set your goals for the year.

Writing your goals on paper can increase the likelihood you achieve them. Pick up a journal and your favorite pens and find a comfortable place to sit. Spend a little time thinking about what will bring you the most joy and fulfillment in the coming year. Utilize the power of color as part of bringing these resolutions to life. Whether you're resolving to reset mentally or want to get organized, you can achieve more (and have fun doing it) by adding color to your self-mastery toolkit.

Begin setting and achieving your goals with the G2 Boost Collection from Pilot Pen to make this year about your personal growth. Here are some steps you can take, with the additional assistance of color science, to boost your goal-reaching potential.

1. **Reflect on last year's progress – and the goals you didn't achieve.**
   Write down the goals you achieved last year and those that remained out of reach to give yourself an empowered fresh start.

2. **Select your goals and intentions for 2025.**
   Review the goals you didn't achieve last year. Select and rewrite those you want to carry forward as goals for 2025. Pick up a G2 Boost "Optimism" pack to write these goals in pink. Color science has shown writing with shades of pink can improve focus and calm nervous energy. If the goal you're carrying forward is to have a more positive mindset, rewrite it in brighter shades of pink to feel more optimistic about achieving it this year. You can also spend time journaling about your emotions surrounding this goal in lighter shades of pink to feel soothed and comforted.



Find Tools to Help Reach Your Resolutions

3. **Map out your action plan.**
   Define the steps you'll take to achieve your goals using blue shades. Blues can power your forward momentum and critical thinking ability, while also evoking feelings of peace and tranquility, thus making you more productive. Mapping out your plan in shades of blue can help you visualize the big picture and identify each of the key steps to get it all done. Writing with darker shades of blue may help your decision-making process while lighter shades of blue can help you focus on the details.



4. **Practice self-compassion.**
   Revisit your goals and action plan monthly. Note your wins and setbacks. Use the shades of green in the G2 Boost "Balance" pack to help nurture yourself and maintain momentum. The colors of green are associated with nature and evoke feelings of balance and harmony. Greens can be especially beneficial when you're feeling overwhelmed. Lighter shades of green inspire positive thinking and harmony, while darker shades can boost your memory.

Your blank page awaits – you have the power to create the life you want. Using color can be a powerful tool to help elevate your well-being and maximize your mindset as you write your story for the year ahead.

This year, find the colors to help reach your resolutions by visiting amazon.com/pilotpen.

Defend Your Home from Harsh Winter Conditions

7 pro tips to avoid long-term damage



Photo courtesy of Shutterstock

FAMILY FEATURES

Harsh winter elements like snow, ice and wind can wreak havoc on your home – if it's not properly prepared and maintained. Make home maintenance both indoors and out a priority this winter to ensure it's safe, warm, secure and operating efficiently.

While winterizing can be a daunting task, you don't have to do it alone. Whether you need help installing gutter guards, sealing cracks in your concrete or ensuring your sump pump is ready for winter, the experts at Thrasher Foundation Repair provide precise repairs for every project.

They've seen it all through 50 years of serving more than 150,000 happy customers – from basement flooding to damaged concrete – and know how to prevent these issues before they start. Recognized with the International Torch Award for Ethics by the Better Business Bureau Midwest Plains, they set the standard for excellence in their field as a trusted industry leader in home protection.

"Winter can really take a toll on your home, but a few proactive steps now can save you headaches later," CEO Dan Thrasher said. "At Thrasher Foundation Repair, we help protect what matters most – your home and peace of mind. We're happy to share our pro tips to help you keep your home safe, dry and ready for whatever winter throws your way."

It all begins with homeowners taking proactive steps to recognize small problems before they spiral out of control. Use this checklist from Thrasher's experts to prepare your home for a warm, secure and stress-free winter season.



Photo courtesy of Thrasher Foundation Repair

Clean and Maintain Gutters and Downspouts

When debris like leaves clog gutters, it causes water to overflow and freeze, leading to ice dams and roof leaks. These blockages can cause water to damage your roof, siding and foundation, meaning it's critical to remove debris. Run water through gutters and check for proper water flow – if you notice pooling or slow drainage, there may be a blockage that needs attention. Make sure downspouts direct water away from the foundation and walkways by extending them at least 10 feet away from the home. Also be sure to inspect and tighten any loose gutter brackets and fasteners so they can withstand the weight of snow and ice.

Insulate Rim Joists

Rim joist insulation plays a big role in your home's energy efficiency. If your insulation is more than 10 years old, consider upgrading to a more efficient material to reduce heat loss.

Protect the Basement and Foundation

Now is a good time to inspect your foundation for any cracks or damage. Bringing in the experts to address problem areas can help avoid larger issues when spring storms arrive. A working sump pump is critical for preventing basement flooding caused by snowmelt or winter storms, so it's important to test it to ensure proper functionality. It's also important to inspect discharge lines for potential freezing issues to avoid water backup into the basement. Consider grading soil to ensure the ground slopes away from your home, preventing water from seeping through.

Seal and Protect Concrete

Carefully inspect walkways, driveways and patios for cracking. During winter, water can seep into cracks, freeze then expand, causing long-term damage. Seal them with a penetrating sealant (rather than a topical one) for long-lasting protection from moisture, salt and other winter elements.

Optimize Humidity

Turn on your furnace's humidifier to maintain proper indoor humidity levels and adjust your dehumidifier settings to match winter's low humidity. This helps keep your home comfortable while preventing moisture-related issues.

Clear Debris Around the House

Along with cleaning gutters and downspouts, it's important to clear window wells and clean up around the foundation, too. Debris in window wells can block drainage, causing water from snowmelt to pool near the foundation then seep into the basement.

Manage Snow and Ice

Leaving snow and ice on concrete surfaces can erode and weaken the material over time. Regularly shoveling snow from driveways, sidewalks and patios helps prevent ice buildup and protects the concrete from long-term damage.

Find more winter home maintenance tips and contact the pros for assistance by visiting GoThrasher.com.

Creating a Bathroom Oasis

5 upgrades that evoke the ***joy of water***

FAMILY FEATURES

As an essential element that nourishes and revitalizes, water plays a fundamental role in every beauty routine. From the droplets dancing on your scalp as they chase away lingering hints of slumber to creating the lather that cleans and rejuvenates your body, water is at the center of your daily life. Especially where you start your day: in the bathroom.

If you're planning a bathroom renovation, create a refreshing oasis by celebrating the joy of water and the soothing function it brings. Transform your simple bathroom into a sanctuary filled with features that make it easy to enjoy the many ways water soothes your senses.

In the Shower

The shower is an obvious source of plenty of water-fueled relaxation. Shower heads with a selection of spray options let you adjust the pressure to fit your needs so you can opt for a quick cleanse or a more therapeutic experience with a calming rain effect. Other enhancements include a water-resistant bench and spacious shower shelves to hold a variety of products. Add in a touch of luxurious comfort by installing a heated towel rack to cap off the ideal shower experience.

At the Bathroom Vanity

When designing a practical space like the bathroom, it's easy to overlook everyday features and focus instead on the bigger elements like the flooring or countertops. It's these details that can make all the difference, however, and upgrading your bathroom sink faucet can take the retreat to a new level of beauty and functionality.

A subtly elegant selection such as the Lineare Collection from GROHE makes a sophisticated statement that instantly elevates the look and feel of a premium bathroom space. The sleek design is defined by slender cylindrical shapes complemented by slim profiles on the lever handles and spouts. Other appealing features include an increased spout height for enhanced comfort and a 90-degree swivel angle for better accessibility and easier cleaning.

"As an interior designer, I believe the way we experience water has the power to elevate everyday routines into something truly special," said César Giraldo, founder and principal designer of César Giraldo Design. "GROHE's elegant fittings and fixtures not only enhance the aesthetic of any space but also create a sanctuary where one can unwind and rejuvenate. Elevating your bathroom to a luxurious, spa-like retreat is about embracing the serene and revitalizing essence of water in its finest form."





Mix in Nature

Borrowing inspiration from nature as you design your space allows you to introduce a variety of creative water features. You might select a soaking tub with a waterfall feature, a soothing standing fountain or a countertop fountain that provides tranquil water sounds and incorporates other natural elements like river rock. To further enhance your nature-inspired oasis, incorporate lush greenery and plenty of natural light.

In the Bathtub

There are few things quite like soaking your cares away in a deep tub, especially in the comfort of your own home. The wisdom of keeping an eye on the details extends to the tub, where you can make a leisurely soak even more enticing. Take the faucet you use to fill your tub as an example – modern and sleek yet warm and tactile, GROHE Essence faucets are versatile choices for creating harmonious bathrooms that feel luxurious and inviting. Freestanding styles make for a perfect complement to freestanding tubs while the collection's deck-mounted styles include features like a hand shower for effortless rinsing.

Add Calming Scents

Remember, a true personal sanctuary should soothe all the senses, so while you focus on more tactile and visual features, don't overlook the power of smell. Enhancing your oasis with calming scents can help keep you grounded and relieve stress, and many appealing fragrances reflect the allure of the aquatics, like those that mimic the ocean or rainfall.

Find more ways to transform your bathroom into an oasis retreat at grohe.us.

Comics

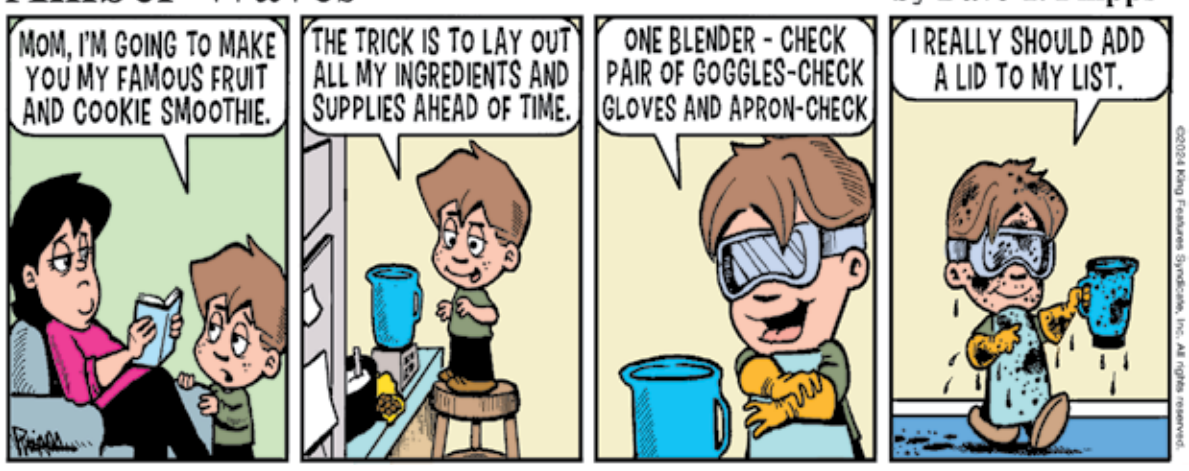
Out on a Limb

by Gary Kopervas



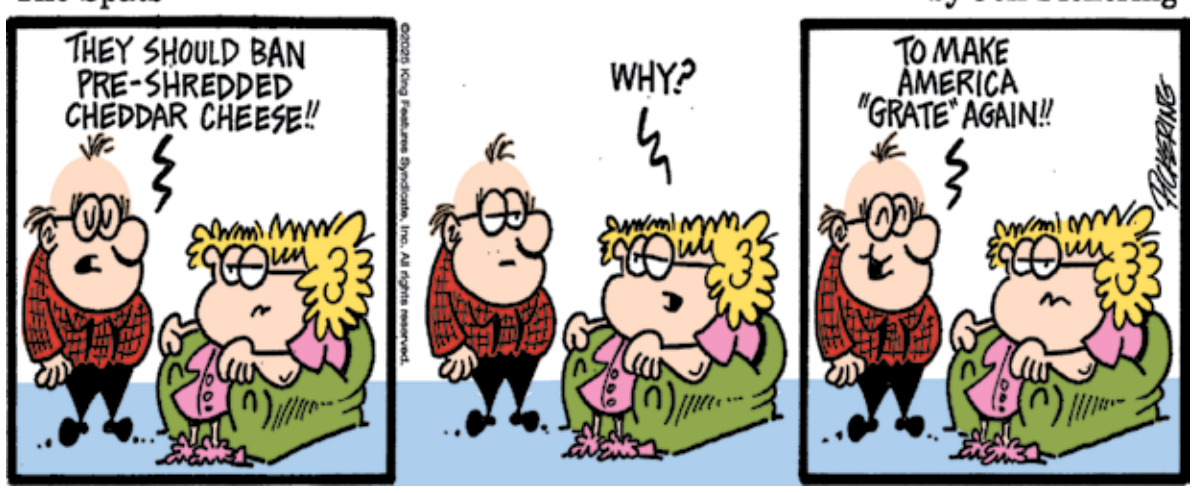
Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



TIGER

by BUD BLAKE

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – LET'S DO MATH!

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

ADD
DIVIDE
EXTEND
FIND
GUESS
INCREASE
LIST
MEASURE
MULTIPLY
ORDER
PROVE
REDUCE
REMOVE
SELECT
SHOW
SOLVE
TRY
UNDERSTAND
WRITE

M	U	L	T	I	P	L	Y	R	T
E	N	E	S	A	E	R	C	N	I
A	D	D	F	G	I	W	O	H	S
E	E	I	U	R	E	M	O	V	E
R	R	E	V	D	N	E	T	X	E
U	S	T	S	I	L	F	C	G	C
S	T	I	O	U	D	I	E	R	U
A	A	R	L	E	S	N	L	K	D
E	N	W	V	O	R	D	E	R	E
M	D	A	E	T	I	N	S	G	R

Riddle answer: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Broom handle is longer. 2. Cloth is different. 3. Cap is different. 4. Cup is missing. 5. Cabinet is wider. 6. Flower picture is reversed.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer:

Figure skating.

M	U	L	T	I	P	L	Y	R	T
E	N	E	S	A	E	R	C	N	I
A	D	D	F	G	I	W	O	H	S
E	E	I	U	R	E	M	O	V	E
R	R	E	V	D	N	E	T	X	E
U	S	T	S	I	L	F	C	G	C
S	T	I	O	U	D	I	E	R	U
A	A	R	L	E	S	N	L	K	D
E	N	W	V	O	R	D	E	R	E
M	D	A	E	T	I	N	S	G	R

FAMILY FEATURES

Freelancers, creatives and on-the-go leaders know they can only go as far as their tech takes them. Make sure you – or the loved ones in your life – can harness the power of productivity with the latest gadgets.

Whether you need to power more productive work hours or seek inspiration for "you" time, ignite performance with these laptops powered by the Snapdragon X Series. Multi-day battery life, unmatched performance and on-device AI capabilities allow you to power through tasks – business or personal – uninterrupted. Unlock exceptionally fast processing power and experience game-changing speed, power efficiency, enhanced security and simple device management.

Discover tech solutions for both professional and personal use at Qualcomm.com/Snapdragon.



Photo courtesy of Shutterstock

CUTTING-EDGE LAPTOPS FOR POWER AND PRODUCTIVITY



Streamline Creativity with a Smart Sidekick

Unlock the freedom of creativity with AI-powered performance on the ultra-slim Lenovo Yoga Slim 7x powered by Snapdragon X Elite. Dazzling 3K PureSight OLED display with 1,000 nits peak brightness and Comfort Edge Design are engineered for on-the-move creators. Built for next-gen AI experiences, it's not just smart – it's your creative sidekick that knows what you need before you do, streamlining tasks with leading on-device intelligence action. Amazingly slim and unexpectedly tough, find out how AI can match your A-game.

Take AI to New Heights

Push your AI experience to the next level with the Dell Inspiron 14 Plus powered by Snapdragon X Plus, built with a portable design backed by all-day battery life up to 15 hours. With groundbreaking on-device AI and powerful performance, it enables a faster and more efficient experience from virtually anywhere. It's easy on the eyes with Dell ComfortView Plus, a tall 16:10 aspect ratio for more vertical space and less scrolling, a hardware low blue light solution and vibrant details from the QHD+ resolution, 400-nit brightness level and Dolby Vision.



Level Up On-the-Go Creativity

Designed for tech-savvy freelancers and on-the-go leaders, the HP OmniBook X powered by Snapdragon X Plus is built with a sleek design and the perfect synergy of AI-enhanced power and mobility. It's sleek and versatile with multi-day battery life, taking productivity and creativity up a notch through style, function and mobility. Lightning-fast responsiveness provides top performance without sacrificing portability for work and play as you can stream up to 12 hours of video calls or binge 22 hours of your favorite shows.



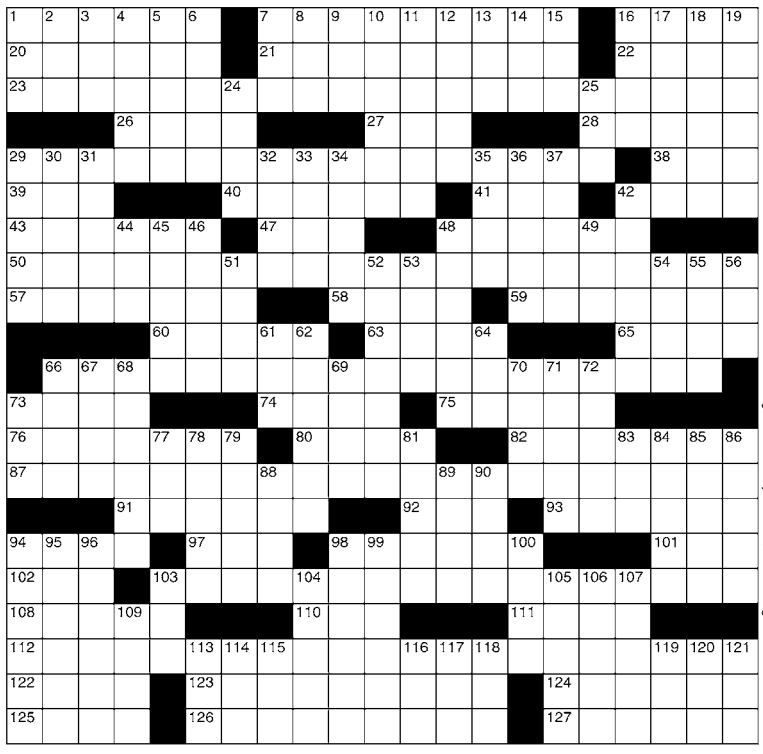


Speed Up Productivity

Bringing intelligent AI solutions to your fingertips with features that effortlessly streamline settings, optimize your video experience and elevate communication, the Acer Swift 14 AI powered by Snapdragon X Elite delivers exceptional responsiveness with multi-day battery life. Peak performance with lightning-fast data speeds and responsiveness allows you to work efficiently and enables multitasking with ease. Bring work to life with a color-rich OLED display in a premium ultra-thin chassis with Copilot+, which helps boost productivity and security with on-device AI solutions.

Crossword

Super Crossword



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ACROSS
1 Horse house
7 Talked about
16 iPhone buys
20 Medieval weapon
21 Stimulus
22 Garbanzo, for one
23 Kids' writer who was a frequent flier?
26 North Carolina university
27 Ca++ or Cl-
28 Make up (for)
29 Architect who loved internet chatting?
38 "Oh yeah? — who?!"
39 That man
40 In a chair
41 Rural tract
42 Helper
43 Not round-trip
47 Three, in Italy
48 1999-2004 Oldsmobiles
50 Mystery writer who was a constable?
57 Give the right
58 Actor Arnaz
59 Old Japanese governors
60 Classic toothpaste brand
63 Org. supporting sober motorists
65 Env. alerter
66 Novelist who had a law degree?
73 Pear center
74 Litigant
75 Extensive, informally
76 Vehicle often traded in
80 Actress Rae
82 Chess ploys
87 Showman who rehabilitated injured people?
91 Song that Kim sings to Hugo in "Bye Bye Birdie"
92 Long span
93 Third-century pope
94 Alpine goat
97 Test facility
98 Grinding tool
101 "— 'er rip!"
102 Anonymous guy
103 Comedian who did plumbing work?
108 Soda giant
110 Obama health law, for short
111 Camp shelter
112 Actor who was always providing precedents?
122 Casino cubes
123 Has as a goal
124 Really must
125 Suffix with novel
126 Sticks firmly to a decision
127 Prized violins, for short

DOWN
1 Health club
2 Actor Cruise
3 Part of IPA
4 Visorless cap
5 Boxer Ali
6 Former inmate
7 Awful racket
8 — jiffy (PDQ)
9 — -fi
10 Bright red
11 Remove the cargo from
12 Bee attack
13 Moral lapse
14 Actress Best
15 French article
16 Slightly
17 Nancy in the House
18 Gave a lousy review of
19 "Gesundheit" elicitor
24 Kitchen pests
25 — tai
29 "God willing!"
30 Curtain fabric
31 Fuse, as ore
32 Dole (out)
33 Sheriff Wyatt
34 Ending for bed or home
35 Vogue rival
36 Hammerhead ends
37 Sun orbiter
42 Jokingly
44 Nintendo game system
45 Second part of a play
46 Barks of pain
48 In the thick of
49 Eye, in Spain
51 Extinct
52 Deep regret
53 Old autocrat
54 Tone down
55 —'acte
56 ID for the IRS
61 Rejections
62 Keenness
64 "Lah-di- —!"
66 Joke around
67 Harold of the Manhattan Project
68 Boston team
69 Keyboardist John
70 Dull and heavy
71 Ex-Yankee Hideki —
72 Shortstop Garciaparra
73 Half-pint
77 The Bengals, on scoreboards
78 Fast Amtrak train
79 Morocco's capital
81 "Am not!" rejoinder
83 "I'll return very shortly," in texts
84 As a whole
85 Fixed the pitch of
86 Actor Jimmy
88 Brain section
89 — and crafts
90 Part of IPA
94 Hamper
95 Withdrawal of the U.K. from the E.U.
96 Await
98 Printed circuit board, as for a laptop
99 Brings joy to
100 Comics' Kett
103 Reddi- — (dessert topping brand)
104 — to go (fired up)
105 Plants with fronds
106 Map extra
107 Old-time anesthetic
109 Captain Hook henchman
113 "Deck the Halls" syllables
114 Suffix with novel
115 Transcript fig.
116 AOL or MSN
117 — low ebb
118 Pithy remark
119 Toothpaste box inits.
120 "Inc." relative
121 — Alamos

Paw's corner by Sam Mazzotta

It's up to you to keep pets safe from cold weather injury

DEAR PAW'S CORNER: I hope you will warn your readers to take care of their dogs' paws during the winter. Recently, after a big snowstorm, I took my toy poodle, "Blake," out for his morning walk. Five feet from the door, he let out a yelp and started limping with his right front paw lifted. A big piece of rock salt had embedded itself in one of the pads! I took him back inside to clean the wound. Fortunately, it wasn't too bad, but I had to carry him outside for the rest of the week to do his business until it healed. — Tired Momma in Buffalo, New York

DEAR TIRED: Many owners are aware that ice and snow can cause frostbite injury to their dogs, but some don't realize that rock salt and other deicers are also dangerous. In addition to potentially cutting their paws, deicing mixtures that have low or no salt use chemicals that can poison pets.

Before venturing out in cold weather — even when it's above freezing — dogs of all sizes should have on booties and a warm vest (one that is water-resistant if it's snowing or raining). I know some owners will scoff and say that dogs survived thousands of years without booties. But they didn't have to contend with salt-strewn sidewalks!

A frostbitten paw is very painful, as well, and could mean your dog is sidelined indoors for several days as the injury heals. Getting too cold while outside — especially for small dogs — can cause hypothermia or reduce their resistance to illness. So remember, if it feels cold to you, it feels cold to them. Take heed and protect your dog from cold weather.

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

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Please run the ad_____ times.

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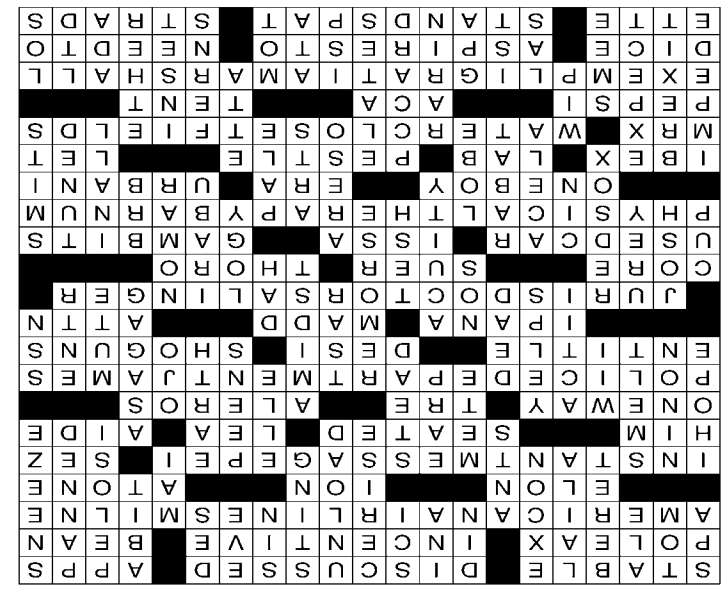
Weekly SUDOKU

Answer

6	8	9	3	4	7	5	1	2
2	4	5	1	9	8	3	7	6
1	3	7	6	2	5	9	4	8
5	9	2	8	1	3	4	6	7
7	1	3	4	6	2	8	5	9
4	6	8	5	7	9	1	2	3
3	2	1	7	8	4	6	9	5
9	5	6	2	3	1	7	8	4
8	7	4	9	5	6	2	3	1

Super Crossword

Answers



Horoscope

Salome's Stars

ARIES (March 21 to April 19) Your batteries should be fully recharged by now, making you more than eager to get back into the swing of things full-time. Try to stay focused so that you don't dissipate your energies.

TAURUS (April 20 to May 20) You're eager to charge straight ahead into your new responsibilities. But you'll have to paw the ground a little longer until a surprise complication is worked out.

GEMINI (May 21 to June 20) Rival factions are pressuring you to take a stand favoring one side or the other. But this isn't the time to play judge. Bow out as gracefully as possible without committing yourself to any position.

CANCER (June 21 to July 22) Reassure a longtime, trusted confidante that you appreciate their words of advice. But at this time, you need to act on what you perceive to be your own sense of self-interest.

LEO (July 23 to August 22) You need to let your warm Leonine heart fire up that new relationship if you hope to see it move from the "just friends" level to one that will be as romantic as you could hope for.

VIRGO (August 23 to September 22) There's still time to repair a misunderstanding with an honest explanation and a heartfelt apology. The sooner you do, the sooner you can get on with other matters.

LIBRA (September 23 to October 22) Expect a temporary setback as you progress toward your goal. Use this time to reexamine your plans and see where you might need to make some significant changes.

SCORPIO (October 23 to November 21) Some missteps are revealed as the cause of current problems in a personal or professional partnership. Make the necessary adjustments, then move on.

SAGITTARIUS (November 22 to December 21) Jupiter's influence helps you work through a pesky problem and allows your naturally jovial attitude to reemerge stronger than ever. Enjoy your success!

CAPRICORN (December 22 to January 19) Set aside your usual reluctance to change, and consider reassessing your financial situation so that you can build on its strengths and minimize its weaknesses.

AQUARIUS (January 20 to February 18) Some recently acquired information helps open up a dark part of the past. Resolve to put what you've learned to good use. Meanwhile, travel plans continue to be favored.

PISCES (February 19 to March 20) Act on your own keen instincts. Your strong Piscean backbone will support you as someone attempts to pressure you into a decision that you're not ready to make.

BORN THIS WEEK: You embody a love for traditional values combined with an appreciation of what's new and challenging. You're quite well-rounded.

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Weekly SUDOKU

by Linda Thistle

	3		6				7	
4					2			9
		6		8		1		
		1	9		5			4
9					4	3		
	6			1			9	
		9		2				1
	7				1	5		
2			7				8	

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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