

GREAT EASTER RECIPES

Pages 6&7

COMICS

FOR KIDS & YOU

Page 8

APRIL 2026

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Lakeview

April, 2026

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

Volume 30, Number 5

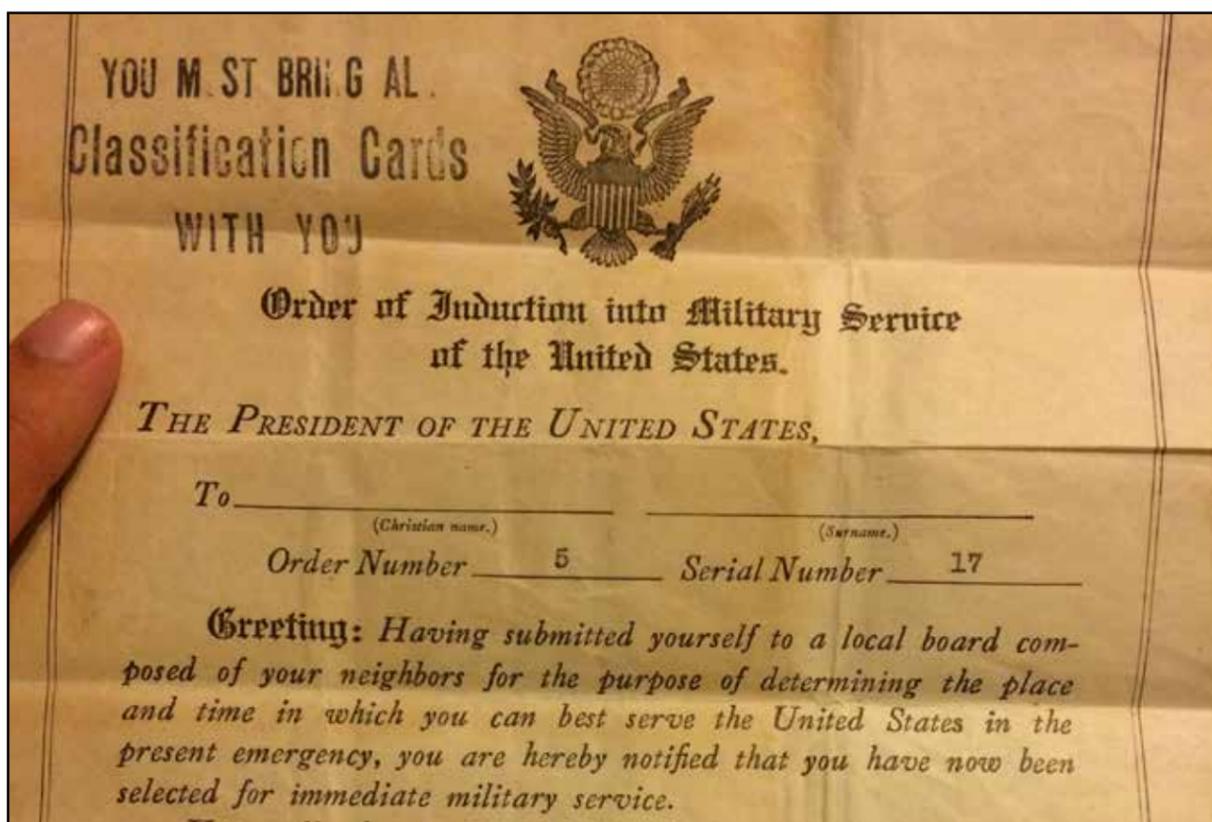
What the Easter Bunny has to do with Easter



The Easter Bunny has no biblical origin. Its roots trace to 17th-century German Lutheran immigrants in Pennsylvania who brought the tradition of the Osterhase, a hare that laid colored eggs in nests for well-behaved children. The Osterhaus was adopted into broader American Easter culture through the 18th and 19th centuries, gradually replacing the nest with the basket and expanding from eggs to candy and gifts. The rabbit as a symbol of spring fertility predates Christianity in European folk culture. However, the claim that the Easter Bunny derives directly from a pagan goddess name Eostre and specifically from her association with hares, is disputed by historians. The White House Easter Egg Roll, held annually on Easter Monday on the south lawn, began in 1878 under President Rutherford B. Hayes.

suming them at Easter as a feast breaking food. Second, the medieval Eastern Christian tradition of dyeing eggs red to symbolize the blood of Christ, a practice still maintained in Greek Orthodox Easter traditions today, where red-dyed eggs are hardboiled and cracked against each other on Easter morning. Third, the modern chocolate egg was first produced commercially by Cadbury in 1873 in Birmingham, England. The Easter lily represents purity, and new life, and came by way of the Ryukyu Islands of southern Japan. The flower was introduced to Bermuda in the 1880s and from there to the United States by 1882. The White House Easter Egg Roll, held annually on Easter Monday on the south lawn, began in 1878 under President Rutherford B. Hayes.

RETURN TO THE DRAFT?



There is no draft at present. What would occur if the United States returned to the draft:

A national emergency, exceeding the Department of War's capability to recruit and retain its total force strength, requires Congress to amend the Military Selective Service Act to authorize the President to induct personnel into the Armed Forces. Selective Service activates and orders all personnel to report for duty. Reserve Force Officers, along with selected military retirees, begin to open Area Offices to accept registrant claims. Local, District Appeal, and National Board members are notified to report for refresher training. The lottery, a random drawing of birthdays and numbers, establishes the order in which individuals receive orders to report for induction. The first to receive induction or-

ders for those who 20th birthday falls during the year of the lottery. Induction notices are sent and registrants may now make claims if desired for a postponement, deferment or exemption. Inductees report to a local Military Entrance Processing Station for induction. They are given a physical, mental, and moral evaluation to determine whether they are fit for military service. Once notified of the results of the evaluation, a registrant will either be inducted into military service or sent home. Local and Appeal Boards begin to process registrant claims for classification as conscientious objectors, dependency hardships, ministerial and student deferment, and appeals. Induction of First draftees, according to current Department of War requirements, Selective Service must deliver the first inductees to the military within 193 days from the onset of a

crisis and the law being updated to authorize a draft. Under emergency mobilization procedures, all registrants are considered to the classified 1-A "available for service" unless they are given a different status by the Selective Service. A registrant can file a claim only after receipt of an order to report for induction. Registrants are encouraged to file claims with 24 hours of receiving induction orders. The following instances are eligible for postponement in the event of a military draft: High school students until they graduate or reach age 20, whichever occurs first. College student, until the end of the semester or, if a senior, until the end of the academic year. Automatic delay if they file a claim for reclassification. The following instances are eligible for deferment in the event of a military draft:

Hardship deferments, for men whose induction would result in hardship to persons who depend upon on them for support. Ministerial students, deferred until completion of studies. The following instances are eligible for exemptions in the event of a military draft: Ministers, certain elected officials, veterans, immigrants and dual nationals, depending on their place of residence and country of citizenship. Medical draft would be in standby mode. Draft a very small percentage of America's health care providers into military service. Impact on the care would be minimal. Begin a mass registration of male and female health care workers between the ages of 20 and 45. Include women, unless directed otherwise by Congress and the President. Let's hope it doesn't come to this!

Editorial & Opinions



* On April 6, 1930, James Dewar needed a good way to occupy the Continental Baking Company's short-cake-baking machinery while strawberries were out of season. Fortunately for generations of snackers to come, he tried shooting a cream filling into one of the shortcakes, and the iconic Twinkie (the name was inspired by a billboard ad for Twinkle Toe Shoes) was born.



WEDNESDAY APRIL 1ST



STARTS WED APRIL 1ST



SUNDAY APRIL 5TH



WEDNESDAY APRIL 22ND



* On April 7, 1940, Tuskegee Institute founder Booker T. Washington became the first African American to be honored with a postage stamp bearing his likeness. It would be almost another 40 years before an African American woman -- human rights activist Harriet Tubman -- would receive the same recognition.

* On April 8, 1993, astronaut Ellen Ochoa became the first Hispanic woman in space when the shuttle Discovery lifted off from the Kennedy Space Center. Later she also served as Director of the Johnson Space Center, the first Hispanic director and the second woman to hold that position, from 2013 to 2018.

* On April 9, 1945, Berlin University lecturer, Lutheran pastor and theologian Dietrich Bonhoeffer was hanged at Flossenburg concentration camp in Germany, just days prior to its liberation by American soldiers. His final words were, "This is the end -- for me, the beginning of life."

* On April 10, 1866, the American Society for the Prevention of Cruelty to Animals (ASPCA) was founded in New York City by philanthropist and diplomat Henry Bergh. By the time of his death in 1888, 37 of the 38 states in the Union had passed animal anti-cruelty laws.

* On April 11, 2004, Phil Mickelson won the Masters Golf Tournament at Augusta National Golf Club, his first major championship in nearly 12 years as a professional golfer.

* On April 12, 1954, Bill Haley and His Comets recorded "(We're Gonna) Rock Around The Clock," which they'd been performing live for months, during the final 40 minutes of a three-hour recording session in New York City that had actually been set up for a song called "Thirteen Women (and Only One Man in Town)." After the tune was chosen to play over the opening credits of the film "Blackboard Jungle," it became a pop sensation, selling a million copies in one month in 1955.



Iran is challenging a bedrock of American geopolitical power

The reason why we have the Fifth Fleet, one of the most awesome naval forces ever assembled in the history of mankind, is to protect the sea lanes in the Middle East.

That the Strait of Hormuz is now effectively closed is not just a blow to the global economy and a key point of leverage for the Iranian regime, it is an assault against one of the foundations of American power.

Guarding the safe passage of commerce has been a core Anglo-American commitment for a couple of centuries, with the baton of naval leadership passing from the British to the United States around the time of World War II.

British naval preeminence in the 19th century contributed to the creation of the modern world by enabling relatively safe and inexpensive global commerce. We have done the same in the post-World War II era.

This has never been an entirely altruistic endeavor, since — as two commercially oriented nations heavily involved in international trade — the U.K. and the U.S. benefited mightily from the arrangements guaranteed by their warships. But so did everyone else.

Just consider the global pain from the current effective closure of the strait, which is being felt at the pump in the U.S. and threatens to hammer Europe and countries throughout Asia. Not just oil, but aluminum, fertilizer and any number of other products are being affected. If shipping in the strait remains as constrained as it is now for months rather than weeks, the economic damage could become intolerable.

Iran is the equivalent of a piratical Barbary state that is managing to undermine a defining element of American geopolitical strategy, despite the beating that it is taking otherwise. We have

two carrier strike groups in the region, representing alone more firepower than many nations can muster, and the Iranians have some missiles, drones and mines — and yet, they've effectively closed the strait and we, for now, can't reopen it.

This is a stark demonstration of asymmetrical power, and the longer it goes on, the more it will look like a national humiliation. There's no one who is going to bail us out because we have a world-class navy, whereas our allies don't — even if they wanted to help.

Trump would like to muster an international force to reopen the strait, but Germany has rebuffed him, and the Japanese and Australians aren't interested. France is putting together a force — to deploy after the end of hostilities. Imagine if that had been our attitude about the Battle of Belleau Wood. The fact of the matter, though, is that allied countries aren't going to think it's possible to reopen the strait if we haven't managed to do it on our own.

Trump's two basic options are to seek some unsatisfactory accommodation with the Iranians that ends in a ceasefire — with the Iranians having demonstrated their de facto control of one of the most consequential waterways in the world — or to break their grip on the strait by force of arms, perhaps up to and including the deployment of ground forces to secure the shores of the strait.

Trump seems inclined to bludgeon the strait free of Iranian control. U.S. officials say we could begin naval escorts in a matter of weeks, and they worked during the Tanker War between Iran and Iraq in the 1980s.

The great 19th-century naval strategist Alfred Thayer Mahan argued, "Control of the sea by maritime commerce and naval supremacy means predominant influence in the world." This was the experience of the British, and has been ours for a long time. "The necessity of a navy," Mahan also said, "springs from the existence of peaceful shipping and disappears with it."

In the Strait of Hormuz right now, peaceful shipping has largely disappeared, while we are deploying a mighty navy. If our forces can't restore free navigation, it will represent a significant failure of a traditional pillar of U.S. power.

Rich Lowry is editor of the National Review.

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Americanisms



"Champions keep playing until they get it right."
— Billie Jean King

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VETERANS POST

by Freddy Groves

Fake prescriptions scam

How much would you trust a prescription cream compound that was whipped up in a back room by a bunch of untrained teenagers? Sounds dangerous, and it turned out to be just that by patients who used the fake cream and ended up with painful rashes. It was a real moneymaker for some scammers however: Have some kids mix up \$15 worth of ingredients in the back of a pharmacy, and then charge the government \$16,000 for each prescription.

The VA Office of Inspector General (VAOIG) was one of a handful of agencies who investigated a doctor who was part of this \$145 million scam, as well as his pharmacist pals. Besides the VA, the Department of Labor, the Post Office and the IRS were involved. There were bribes and kickbacks paid by unscrupulous pharmacy owners, unnecessary prescriptions written by the doctor (an orthopedic surgeon) and, of course, thieves don't pay taxes on their ill-gotten millions.

The operation was a well-oiled machine devoted to making money. Special prescription pads were provided to the doctor that referred patients to a specific pharmacy, and the doctor's staff were instructed to write prescriptions for each patient seen that day, whether or not they even needed the compounded cream. One of the pharmacists checked several times a day to see how much had been billed that day. If out of the office, staff would text him the amount of money made.

The doctor was sentenced to eight years in prison and has to pay back \$13 million in restitution. One pharmacist was sentenced to 17 years in prison and will repay \$115 million in restitution. The other pharmacist will serve 15 years in prison. Together with his thief pharmacist buddy, they will forfeit \$405 million in seized assets.

So there is some justice here. None of them will be out of prison quickly, and when they are out, their fancy homes and cars won't be there, and neither will the millions they stashed in multiple accounts and shell companies.

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top 10 movies

- Hoppers** (PG) Piper Curda, Bobby Moynihan
- Scream 7** (R) Neve Campbell, Courteney Cox
- The Bride!** Jessie Buckley, Christian Bale
- GOAT** (PG) Caleb McLaughlin, Gabrielle Union
- Wuthering Heights** (R) Margot Robbie, Jacob Elordi
- Crime 101** (R) Chris Hemsworth, Mark Ruffalo
- EPiC: Elvis Presley in Concert** (PG-13) Elvis Presley
- Send Help** (R) Rachel McAdams, Dylan O'Brien
- I Can Only Imagine 2** (PG) Arielle Kebbel, Milo Ventimiglia
- Demon Slayer: Kimetsu no Yaiba Infinity Castle** (R) Zach Aguilar, Saeko Akiho

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"The 98th Academy Awards" (TV-PG) -- Award season has come to an end for the time being, and the race to the Oscars this year was one of the more interesting ones we've had in past years. With Jessie Buckley ("Hamnet") being the only obvious shoo-in for her respective category, the other categories have swung in every which way depending on the award show. What is certain is that Ryan Coogler's "Sinners," at 16 nominations, now holds the record of having the most noms in Oscar history, surpassing films like "Titanic" (1997) and "La La Land" (2016). Best Casting was a new category this year, and Conan O'Brien came back to host the ceremony for the second consecutive time. Stream the ceremony at your leisure now! (Hulu)

"Peaky Blinders: The Immortal Man" (R) -- Cillian Murphy is back in the breakout role that led him to stardom for this crime-drama film that premieres on March 20. Taking place in 1940, approximately seven years after where the series leaves off, the sequel picks up as the order of the Peaky Blinders is up and running again under the leadership of Thomas Shelby's (Murphy) chaos-loving son, Duke (Barry Keoghan). Although Thomas himself is living in "self-imposed exile" in the countryside, he returns to Birmingham after it's been bombed by the Nazis during World War II. Simultaneously, he's drawn back into the past he left behind for the sake of the war. Rebecca Ferguson ("Mercy") and Tim Roth ("260 Days") co-star. (Netflix)

Fun Fact

Reese's Peanut Butter Cups are the **best-selling candy** in the U.S., with \$2.84 billion in sales, and stocked in 97% of grocery stores and 89% of convenience chain stores. Skittles follow with \$1.91 billion in sales, as do Hershey's Milk Chocolate Bars with \$1.76 billion. M&Ms, Starburst, Snickers, and Twizzlers also have high sales. Source: www.alibaba.com

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Strange BUT TRUE

By Lucie Winborne

- Adding bubbles to your bath keeps the water warm for a longer amount of time.
- To perform Kermit's early swamp scene in "The Muppet Movie," Jim Henson had to spend a day in a 50-gallon steel drum under a pond.
- Wakes were originally held in case the apparently deceased returned to life.
- The word "love" or "zero" in tennis possibly derives from the French word "l'oef," meaning "egg," which may represent the figure zero.
- Giraffes have the highest blood pressure of any mammal.
- Because the speed of Earth's rotation changes over time, a day in the age of dinosaurs was 23 hours long.
- The Pyramid of Khufu at Giza, the largest Egyptian pyramid, weighs as much as 16 Empire State buildings.
- A stork shot by a hunter in Germany in 1822 was found with a Central African spear piercing its throat, providing scientists with the first evidence for long-distance bird migration.
- Soccer stars Cristiano Ronaldo and Lionel Messi were born 869 days apart, and their respective eldest sons were also born exactly 869 days apart.
- The SkyWheel in Helsinki is the only Ferris wheel in the world featuring a sauna in one of its gondolas.
- "To Have and Have Not," starring Humphrey Bogart and Lauren Bacall, was made into a movie after director Howard Hawks told Ernest Hemingway he could make a great film from what Hemingway called his worst book.
- Peru is the only country whose English-language name can be typed on a single row of a standard QWERTY keyboard.
- Pulmonary arteries are the only ones in the human body that carry deoxygenated blood.

Thought for the Day: "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves." — Bill Vaughan

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SENIOR NEWS LINE

by Matilda Charles

Recall: rice products might contain glass

A recent food recall for one manufacturer includes a list of fried rice, ramen and dumpling products that is 23 pages long. The list covers lot numbers and production dates going back many months. With 50 items per page, that comes to 1,100 items. The problem? They all might have glass in them.

The additional concern? They were sold under several brand names, including as the house brand for two big chains. One of those alone has a recall for over 30 million pounds of the rice products.

But there's more. We also have a BBQ sauce with undeclared allergens, the cat food without enough vitamin B1, dog treats with salmonella and cottage cheese that contains milk that wasn't pasteurized.

It's not only food items that are currently on recall lists. We have baby monitors that can catch fire while charging, the bath foam that can forcefully eject pieces (three injuries so far) when opened and the metal wire grill brushes that can break off and attach to the grill or food.

Vehicles aren't being left out. Ford is recalling transit vehicles because the brake pedal can come apart and fail. (Free inspection and repair, however.) Certain 2025-2026 Subaru vehicles are being recalled due to fuel leak, which can cause a fire. (Again, there's a free repair.) BMW has damaged air conditioning wire harnesses, which can cause a fire. Kia Telluride, which has power front seats, are recalled because they might not restrain occupants in a crash.

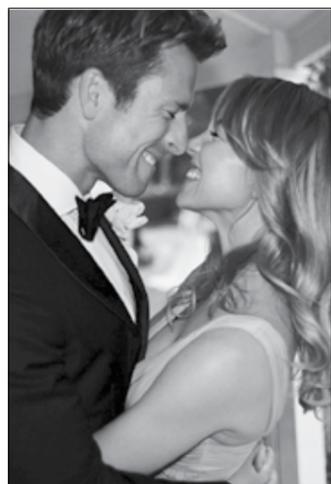
To find the list of rice products that might contain glass, go to www.fsis.usda.gov/recalls. At this writing, there is a banner across the top of the page, and it's classified as a Class 1 (High) recall.

Make it a weekly habit to take a look at recall sites, such as www.fsis.usda.gov (food), fda.gov (food and drugs), www.epsc.gov/recalls (consumer products) and www.recalls.gov (a variety of products, food and medicine). Keep an eye on vehicle recalls at www.nhtsa.gov/recalls (you'll need your VIN).

Stay safe!

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What's Hot In Hollywood



Glen Powell and Sydney Sweeney for "Anyone But You" (2023)

HOLLYWOOD -- Glen Powell must be shocked that he doesn't have the box-office muscle that Tom Cruise has. Because of his collaboration with Cruise in the \$1.496-billion "Top Gun: Maverick" megahit, Powell was immediately elevated to leading man status and starred in "Twisters" (2024), which cost \$155 million and grossed \$372.3 million. However, his follow-up film "The Running Man," which needed \$275 million to break even, only grossed \$69.3 million. If his next film "How to Make a Killing" (with Margaret Qualley) doesn't score big, his future will rest with the sci-fi fantasy "The Great Beyond." The fantasy film also stars Jenna Ortega and Samuel L. Jackson, and it's being produced and directed by J.J. Abrams, whose credentials could make Powell a top dog again.

One surefire boost for Powell's career would be pairing him once again with Sydney Sweeney, who's on fire! Her thriller with Amanda Seyfried, "The Housemaid," yielded \$391 million against a \$35 million cost. She'll eventually hit screens again for the sequel, "The Housemaid's Secret," but first up is "The Devil Wears Prada 2" in May. Then Sweeney will star as Kim Novak in the biopic "Scandalous," as well as "Custom of the Country," which is about a beautiful, ambitious and manipulative woman who wants to climb up the social ladder. "The White Lotus" heartthrob LEO Woodall co-stars alongside her.

Tom Hanks won Oscars for "Philadelphia" (1993) and "Forrest Gump" (1994). He was also nominated for "Big" (1989), "Saving Private Ryan" (1999), "Castaway

(2001), and "A Beautiful Day in the Neighborhood" (2020). Remembering the fact that Raymond Massey was nominated for playing Abraham Lincoln and that Daniel Day-Lewis won his third Oscar for his extraordinary "Lincoln," Hanks will now portray Lincoln in the film "Lincoln in the Bardo." The film centers on the night that Lincoln visits the crypt of his 11-year old son, Willie. It's a little dismaying that this film about an American president is shooting in ... London!

As Leonardo DiCaprio rides the crest of award season, he's also shooting a new psychological thriller called "What Happens at Night," with Jennifer Lawrence, Patricia Clarkson and Mads Mikkelsen. Of course, it's directed by his favorite director, Martin Scorsese. DiCaprio

and Lawrence play a married couple who are searching for a child in a deserted European town -- a task that turns into a nightmare!

Shirley MacLaine is one of the last three living/working stars of the Golden Age of Hollywood with 50 films, an Oscar for "Terms of Endearment" (1983), five other Oscar nominations, six Golden Globes, and a Cecil B. DeMille Award. She is currently shooting "Lucy Boomer" with Ansel Elgort, who plays a struggling writer helping a 93-year-old former presidential secretary to escape from her nursing home for a road trip to North Dakota. Only a gifted actress like MacLaine could make us believe that at 91, she can play 93! Could it be another Oscar nomination? Wink!

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Health



Taking Vitamin K2, Although Safe, Doesn't Prevent Osteoporosis

DEAR DR. ROACH: I'm a 68-year-old female who is in good health. I currently take vitamin D3, and the only prescription that I'm on is rosuvastatin. It has been brought to my attention by my cousin, who is a devout vegan, that taking vitamin D3 with K2 is much better than just taking D3 alone. If this is true, I'm wondering why my doctor hasn't recommended it. When I mentioned this to my friends, they had never heard of D3 and K2 either. Do you see an advantage to

switching over to this supplement? I had a bone density test done this past year, and the doctor said that there were no problems. — W.R.

ANSWER: In my opinion, supplements can be a way of treating symptoms and some medical conditions. But there are very few situations in which a supplement is proven to be effective at preventing problems for a person who feels well. Vitamin D3 may be one exception as it is important to prevent and treat osteoporosis for those who are at risk. While I often hear that vitamin K2 is effective for osteoporosis (probably based on a Japanese study), several studies in the United States failed to show any significant benefit of it over a placebo. So, I do not recommend vitamin K2 for people with osteoporosis, nor do I recommend K2 to prevent it. Since you don't have osteoporosis based on your bone density test, you would be taking it for prevention. Vitamin K2 is being evaluated for helping to reduce heart disease risk, but the evidence isn't strong enough to recommend it yet. Vitamin K2 is very safe, and I don't object to people using it, although they are likely wasting money.

DEAR DR. ROACH: Outside of limiting your salt intake, avoiding potassium and phosphates, and hydrating properly, is there anything that one can undertake to stop or reverse declining kidney function? — H.M.

ANSWER: The answer depends on the underlying reason for the chronic kidney disease (CKD) and how far the disease has progressed. Limiting sodium, potassium and phosphates is good general advice for most people with CKD. It's also important to avoid drugs that stress the kidney. The most important classes of drugs to avoid are anti-inflammatory drugs (like ibuprofen and naproxen) and the many prescription drugs in the NSAID class.

Medical procedures with dye should be avoided if possible, and some antibiotics are problematic. So, it's important for all your doctors to know about your kidney disease.

Blood pressure control is important for everyone with CKD. Some medicines for high blood pressure (such as ACE inhibitors and angiotensin receptor blockers) are more protective of the kidney than others, so it's worth asking your regular doctor or kidney specialist if your medicines are optimal. People with diabetes

should also keep their blood sugar in the optimal range as much as possible.

For people with CKD and high levels of protein in their urine, the use of SGLT2 inhibitors (such as dapagliflozin or empagliflozin) has been proven to slow the progression of kidney disease by almost 30%. People with CKD who smoke should stop. Modest protein restriction remains controversial, but I advise it for my patients with CKD.

Low-Risk Estradiol Treatment Comes With FDA-Boxed Warning

DEAR DR. ROACH: I'm a 70-year-old woman who has suffered with vaginal dryness ever since I went through menopause. My doctor has prescribed estradiol 0.01% hormone cream to help with the symptoms. The side effects and warnings are worrisome, even though my doctor assures me that it's safe to use. I value your opinion and would appreciate your thoughts. — K.C.

ANSWER: The Food and Drug Ad-

ministration requires boxed warnings, which are the highest level of concern, on systemic estrogen like pills. Until November 2025, the same warnings existed on topical treatments like creams and gels. In my opinion, the risks of estrogen cream like the estradiol that you have been prescribed are low. I agree with removing the boxed warning since it can scare women from using these helpful, low-risk treatments for their symptoms of low estrogen, including vaginal dryness or painful sex.

As always, I do recommend that anyone who is prescribed estrogen and has a history of an estrogen-sensitive tumor (such as breast cancer) should discuss this treatment with their oncologist prior to starting it. For most healthy menopausal women, topical estradiol is an excellent and very safe choice.

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

STATES PASS LAWS TO FIGHT CRYPTO ATM ABUSES

Cryptocurrency kiosks, tool criminals use in also called crypto fraud schemes. The ATMs, are a popular transactions typically

move quickly into overseas exchanges that have to comply with U.S. laws. The machines, which convert cash into

digital currency, often resemble traditional ATMs and are located in supermarkets, bars, convenience stores and other common businesses. In 2024, Americans reported \$247 million in losses involving crypto ATMs — a 31 percent increase from 2023, FBI data shows. And in cases where the victim's age was known, people 60 and older accounted for 86% of the losses. In 2025, 14 states passed laws to protect consumers from crypto kiosk — related scams, bringing the total to 17 states. The laws provide several critical

protections, including setting daily transaction limits and requiring fraud warning signs. Many also require operators to be licensed by the state and to provide transaction receipts to help with investigations. These states have passed consumer protection laws covering crypto ATMs: Arizona, Arkansas, California, Colorado, Connecticut, Illinois, Iowa, Louisiana, Maine, Maryland, Minnesota, Missouri, Nebraska, North Dakota, Oklahoma, Rhode Island and Vermont.

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7PM HOLY COMMUNION

FRIDAY APRIL 3RD
GOOD FRIDAY
LITURGY SERVICE 7PM
FEAST OF THE RESURRECTION

SUNDAY APRIL 5TH
SUNRISE SERVICE 7:30AM
CONTINENTAL BREAKFAST 8:30 - 9AM
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FRIDAY APRIL 3RD

GOOD FRIDAY

LITURGY SERVICE 7PM

FEAST OF THE RESURRECTION



SUNDAY APRIL 5TH

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CONTINENTAL BREAKFAST 8:30 - 9AM

**FESTIVAL OF THE EUCHARIST OF
THE RESURRECTION 9:30AM**

EASTER EGG HUNT FOLLOWING 9:30 AM SERVICE



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Have a 'Hoppy' Easter with a Holiday Ham

When your kitchen is full of colorful eggs, candy baskets, tempting sweets and all that comes with Easter, sometimes a holiday classic is just the answer for simplifying the season. Perfect for pairing with deviled eggs, potato salad and a traditional Sunday feast, this Maple-Glazed Easter Ham provides a hands-off approach to the main dish.

With an easily prepared glaze and your oven doing most of the work, you can keep your attention on time spent with loved ones. Visit Culinary.net to find more seasonal favorites, both classic and contemporary.



Maple-Glazed Easter Ham

Recipe adapted from Southern Living

Total time: 3 hours

Servings: 10

- 1 bone-in spiral-cut ham (8-9 pounds)
- 1 cup pure maple syrup
- 1/2 cup packed dark brown sugar
- 1/2 cup (4 ounces) bourbon
- 1/2 teaspoon grated fresh ginger
- 1/4 teaspoon ground cinnamon
- orange slices and wedges, for garnish
- fresh rosemary sprigs, for garnish

Preheat oven to 350 F.

Place ham in large roasting pan and fill with 1/2 inch of water. Cover pan with aluminum foil and bake about 2 hours, basting every 30 minutes with juices from pan, until meat registers 120 F at thickest portion.

In medium saucepan over medium-high heat, stir maple syrup, brown sugar, bourbon, ginger and cinnamon; bring to boil. Cook, stirring occasionally, until thickened, 6-8 minutes. Remove from heat. Cover to keep warm and set aside.

Remove ham from oven and discard foil. Increase oven temperature to 400 F. Using pastry brush, glaze ham with 1/3 cup maple-bourbon mixture.

Bake ham about 30 minutes until top is lightly caramelized and meat registers 145 F at thickest portion, brushing with remaining glaze every 10 minutes.

Remove from oven and transfer ham to serving platter. Let rest 15 minutes and garnish with orange slices, orange wedges and rosemary sprigs.

Good Housekeeping

Smoked Ham With Fresh Strawberry Sauce

We created this impressive glazed ham for winter entertaining, but it has become an Easter favorite as well.

- 1 (12-pound) smoked whole ham, fully cooked
- 3 pints strawberries
- 2 tablespoons dark brown sugar
- 2 tablespoons cornstarch
- 1/2 teaspoons salt
- 1 jar (10- to 12-ounce) orange marmalade
- Radish sprouts or watercress sprigs, for garnish

1. Remove skin and trim some fat from smoked whole ham, leaving about 1/4-inch fat. With knife, score fat covering on ham crosswise, just through to the meat, into 1-inch-wide strips.

2. Place ham on rack in large roasting pan (about 17 by 11 1/2 inches). Insert meat thermometer into center of ham, being careful that pointed end does not touch bone. Bake ham in 325 F oven 3 to 3 1/2 hours until thermometer reaches 140 F (15 to 18 minutes per pound). If ham browns too quickly, cover with tent of foil.

3. About 30 minutes before ham is done, prepare strawberry sauce: Reserve 1 pint strawberries for garnish. Hull remaining strawberries. In 3-quart saucepan with potato masher or back of slotted spoon, mash strawberries. Stir in brown sugar, cornstarch, salt and orange marmalade; cook over medium heat until mixture thickens slightly and boils, stirring frequently.

4. To serve, place ham on warm, large platter. Arrange radish sprouts and reserved whole strawberries around ham. Serve with strawberry sauce. Makes 24 servings.

• Each serving: About 250 calories, 12g total fat, 60mg cholesterol, 1,770mg sodium.

Good Housekeeping

Bacon and Eggs Over Asparagus

If you're worried about breaking the egg yolks, crack each egg, one at a time, into a small cup or bowl before pouring onto the asparagus.

- 8 slices bacon
- 1 pound asparagus spears, trimmed
- 1/2 teaspoon fresh thyme leaves, chopped
- Salt
- Pepper
- 8 large eggs
- 3 tablespoons packed fresh flat-leaf parsley leaves, chopped
- 1 tablespoon fresh dill, chopped

1. Preheat oven to 475 F. In 18-by-12-inch jellyroll pan, arrange bacon slices in single layer, spacing 1/4 inch apart. Roast 8 to 9 minutes or until browned and crisp. Transfer to paper-towel-lined plate; set aside. Drain and discard excess bacon fat in pan, leaving thin film of fat.

2. Add asparagus to pan in single layer. Roll in fat until evenly coated. Arrange in tight single layer, with bottoms of spears touching one long side of pan. Sprinkle thyme and 1/4 teaspoon freshly ground black pepper on asparagus. Roast 8 to 10 minutes or until asparagus spears are tender and browned.

3. Carefully crack eggs, without breaking yolks, directly onto asparagus spears, staggering if necessary and spacing 1/4 inch apart. Carefully return pan to oven. Roast 5 to 6 minutes or until whites are just set and yolks are still runny. Sprinkle 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper on eggs. Return bacon to pan; sprinkle eggs and asparagus with parsley and dill. To serve, use wide spatula to transfer to serving plates. Serves 4.

• Each serving: About 235 calories, 16g total fat (5g saturated), 435mg cholesterol, 405mg sodium, 4g total carbohydrate, 1g dietary fiber, 18g protein.

Good Housekeeping

Green Beans With Lemon and Garlic

The beauty of this basic side dish is that you can cook the beans up to 2 days in advance. Immediately after draining, plunge beans into ice water to stop the cooking process, then store them in the refrigerator in a self-sealing plastic bag until ready to complete the recipe.

- 2 1/2 pounds green beans, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, crushed with side of chef's knife
- 1 1/2 teaspoons freshly grated lemon peel
- 3/4 teaspoons salt
- 1/4 teaspoons coarsely ground black pepper

1. In 12-inch skillet, heat 1-inch water and 1 teaspoon salt to boiling over high heat. Add green beans; heat to boiling. Reduce heat to low; simmer, uncovered, 5 to 10 minutes, until beans are tender-crisp; drain. Wipe skillet dry.

2. In same skillet, heat oil and garlic 1 minute over medium heat. Add lemon peel, pepper and 1/2 teaspoon salt, and cook 1 minute longer. Return beans to skillet and cook until beans are hot, about 5 minutes. Makes 12 servings.

• Each serving: About 55 calories, 3g total fat, 7g carbohydrate, 3g fiber, 2g protein, 150mg sodium.

Good Housekeeping

Asparagus With Lemon and Parmesan

- 1 lemon
- 1 small Parmesan cheese wedge
- 3 tablespoon extra-virgin olive oil
- 2 bunch asparagus
- 3/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper

1. From lemon, grate 1 teaspoon peel. With vegetable peeler, remove enough shavings from wedge of

Parmesan to equal 1 cup, loosely packed (about 2 ounces). Set aside.

2. In nonstick 12-inch skillet, heat oil over medium heat until hot. Add asparagus, salt and pepper, turning to coat asparagus. Cook, covered, 6 to 7 minutes or until asparagus is tender and lightly browned. Remove skillet from heat. Sprinkle with lemon peel.

3. Transfer asparagus to warm platter; top with Parmesan shavings. Serves 6.



by Healthy Exchanges

Sweet Fruit Focaccia

Wow! You mean THIS started with a can of biscuits!? It sure did — but it doesn't look or taste like it. Pairs perfectly with your morning coffee or as an afternoon pick-me-up at tea time.

- 2 tablespoons fat-free milk
- Sugar substitute to equal 2 tablespoons sugar
- 1/4 teaspoon ground cinnamon
- 1 (7.5-ounce) package refrigerated buttermilk biscuits
- 1/4 cup apricot spreadable fruit
- 1/4 cup raisins
- 1/4 cup chopped pecans

1. Preheat oven to 450 F. Spray a 9-inch pie plate with butter-flavored cooking spray.

2. In a small bowl, combine milk, sugar substitute and cinnamon. Separate biscuits. Dip each biscuit into milk mixture, then arrange in prepared pie plate. Drizzle any remaining milk mixture evenly over top of biscuits.

3. Gently stir spreadable fruit to soften, then evenly spread over biscuit tops. Sprinkle raisins and pecans evenly over all.

4. Bake for 10 to 12 minutes. Place pie plate on a wire rack and let set for at least 15 minutes. Cut into 6 wedges. Serves 6.

• Each serving equals: 199 calories, 7g fat, 3g protein, 31g carb., 360mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat.

Good Housekeeping

Yogurt-Marinated Leg of Lamb

This Easter favorite serves 12 and takes less than an hour to prepare.

- 2 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground red pepper (cayenne)
- 1/4 teaspoon ground allspice
- 2 cup plain nonfat or low-fat yogurt
- 1 teaspoon freshly grated lemon peel
- 1/4 cup fresh lemon juice
- 4 teaspoon minced garlic
- 1 teaspoon salt
- 1 5 to 6 pound leg of lamb, boned, butterflied and trimmed of visible fat

1. Put cumin, coriander, red pepper and allspice in a small saucepan. Stir over low heat 1 to 2 minutes until fragrant (take care not to burn spices.) Scrape into a medium-size bowl and stir in remaining marinade ingredients until blended.

2. Put lamb in a large zipper-type food-storage bag. Add marinade, seal bag and turn to coat meat. Refrigerate at least 6 hours or overnight. Remove lamb from refrigerator 1 hour before cooking.

3. Heat broiler and broiler-pan or grill. Remove lamb from marinade. Discard marinade. Grill or broil lamb 15 minutes per side for medium-rare, 20 minutes per side for well-done.

4. Let stand 5 minutes, then slice thin across the grain.

TIP: Ask your butcher to bone and butterfly the lamb and remove as much fat as possible. This cut is great for a crowd because thin ends will be crisp and well-done, while the thicker parts will be pink and juicy.



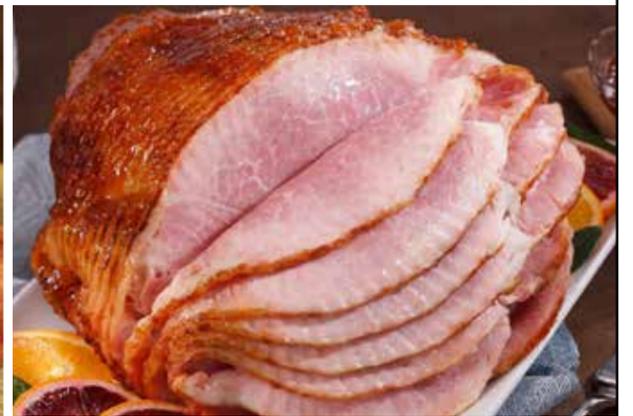
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Vandalism on the 1900 block of West Fullerton Avenue.

Robbery on the 1700 block of North Fullerton Avenue.

Shooting on the 100 block of West Maple Street.

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Assault on the 2400 block of North Elston Avenue.

Shooting on the 3600 block of West Armitage Avenue.

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Robbery on West Eddy Street and North Clark Street.

Robbery on the 2000 block of North Hoyne Avenue.

Theft on the 1500 block of West Fullerton Avenue.

Theft on the 2900 block of West Diversey Avenue.

Theft on the 3500 block of North Broadway.

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MAYOR BRANDON JOHNSON FIRES DEPUTY MAYOR

Mayor Brandon Johnson fired Deputy Mayor Garien Gatewood. He says he was given no reason for the sudden termination, other than they wanted to go in a different direction. But Gatewood says the direction he set forth help bring the city's homicide level down to its lowest point in 30 years, and is confused about what he did wrong, and what they want done differently. "I think there's a culture in this office where when you work to hold people accountable, you become a target. And I am not the first person to say that. That is out in the public sphere. I am not surprised that this was the route to go. I am at peace," Gatewood said. "My work cannot be questioned. What we were able to deliver cannot be questioned."



Happy Easter

from these advertisers

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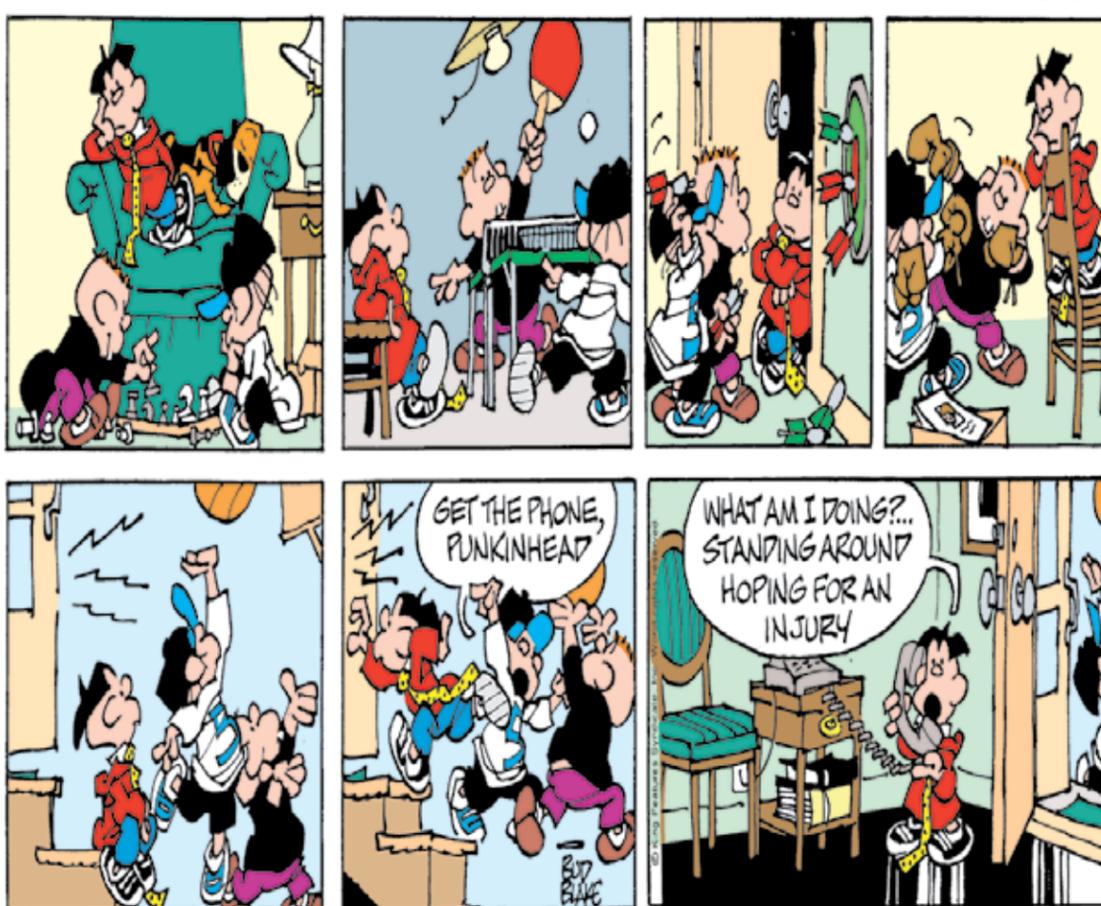
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RIDDLE SEARCH - ANIMALS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **Why can't a leopard hide?**

| | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|---|
| ADDER | H | L | I | Z | A | R | D | E | E | R |
| ALPACA | A | E | N | O | I | L | L | A | M | A |
| CAMEL | N | C | I | S | E | A | P | L | W | I |
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| DEER | O | K | A | L | A | P | M | I | O | N |
| DOG | R | E | A | D | D | E | R | P | A | A |
| GIRAFFE | S | N | O | T | T | O | E | P | L | D |
| GOAT | E | F | F | A | R | I | G | O | A | T |
| HIPPO | | | | | | | | | | |
| HORSE | | | | | | | | | | |
| HYENA | | | | | | | | | | |
| IGUANA | | | | | | | | | | |
| IMPALA | | | | | | | | | | |
| KOALA | | | | | | | | | | |
| LION | | | | | | | | | | |
| LIZARD | | | | | | | | | | |
| LLAMA | | | | | | | | | | |

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



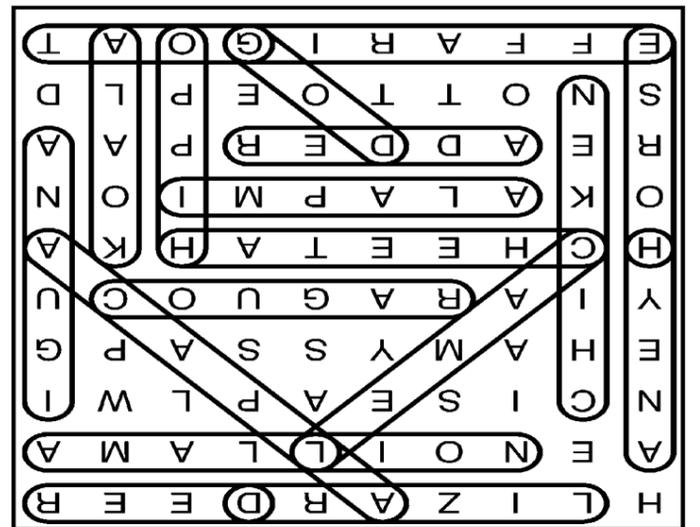
Differences: 1. Hat is different. 2. Briefcase is different. 3. Vest is missing. 4. Elbow patch is added. 5. Newspaper is larger. 6. Bush is moved.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer: He is always spotted.



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