



August, 2026

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

Volume 30, Number 9

NASCAR
AND PGA



Illinois' budget calls for spending as much as \$9 million on golf and auto racing. Gov. Pritzker's plan is reapportioning \$5 million from the Fund for Illinois' future to NASCAR from the events and entertainment LLC for "costs associated with operating expenses" using money first appropriated from general revenue in fiscal 2026. The same proposal carries forward \$1 million from the Fund for Illinois' Future for a grant to PGA Tour Enterprises LLC for "costs associated with the operation of a tournament", plus up to \$500,000 from the Build Illinois Bond Fund for PGA "infrastructure improvements". That's \$9 million for NASCAR and PGA related costs. Major sports events bring visitors, hotel stays, restaurant spending and national attention. NASCAR said the 2024 Chicago Street Race generated \$128 mil-

lion in economic impact and \$9.6 million in State and local tax revenue. But "economic impact" is not the same as taxpayers benefit and is often overstated. **How to keep the Bears in Illinois?** This has highlighted the costs that can hurt taxpayers when government does things such as spending money to manipulate who stays in or comes to Illinois. State lawmakers have advanced a "megaprojects" Bill. This would give the Bears a major property tax break. Those kinds of breaks for megaprojects with minimal relief in the Bill for homeowners is unfair. Illinois residents pay the highest property taxes in the nation. NASCAR, PGA, and the Bears all have media deals and ticket revenue. They should be financed by their profits, not by further taxing taxpayers.

ENDLESS TOLL HIKES



Drivers face up to 15 years of additional construction and congestion on Illinois toll roads, under the systems proposed capital plan. They will pay Toll hikes continuing long after that. The 26.5 billion plan would be funded with proposed Toll hike that Governor Pritzker signed off on six months before the plan was released. The tollway proposes raising Tolls starting Jan. 1 by about 45 cents per Toll for passenger drivers and 30% for commercial drivers. It would be the largest passenger Toll hike in State history.

The proposed Toll hike is tied to politics around last year's mass-transit bailout. Law makers redirected about \$1 billion a year from the Road Fund toward Chicago-area public transportation, a move opposed by construction unions objecting to losing that road money. The Toll hike became the price for labor union support.

Drivers Pay More
Despite Record
Revenues

As part of the proposed increase in Tolls, the plan includes automatic inflation-linked increases every two years

starting in 2029. For a commuter, who passes through two tolls a day for 50 weeks, the proposed passenger hike would add on an extra \$225. Tollway revenues are at record highs. Apart from the tollway, the State also is already collecting more money for transportation that it's spending on roads. The Road Fund revenue grew on average 14% a year while expenditures grew just 5% annually. That's due in large part to the automatic increase mechanism. It's the same thing that the State now wants to do with Tolls.

Drivers deserve clear answers about why the agency needs more money when the existing records-high revenue has grown and which projects truly require raising the cost of travel for Illinois residents. The public comment period is the opportunity to demand those answers. The board is hosting public meetings and taking public comments on line until noon August 3. The next regular board meeting is August 19, at which time the hike could be approved.

Editorial & Opinions



- **On Aug. 5, 1981**, President Ronald Reagan began firing 11,359 air-traffic controllers who'd gone on strike two days before, after negotiations with the federal government to raise their salaries and shorten their workweek failed. His action, which many regarded as extreme, significantly slowed air travel for months.
- **On Aug. 6, 1930**, New York Supreme Court Judge Joseph Force Crater vanished on the streets of Manhattan, setting off a massive investigation that captured the nation's attention and earned him the notable title of "the missingest man in New York." Crater was declared legally dead nine years later. But although evidence surfaced in 2005 that he may have been murdered, the case was never officially solved.
- **On Aug. 7, 1782**, Gen. George Washington created the "Badge for Military Merit," today better known as the Purple Heart, a decoration consisting of a purple, heart-shaped piece of silk edged with a narrow binding of silver and the word "Merit" stitched in silver across the face, designed to be presented to soldiers for "any singularly meritorious action."
- **On Aug. 8, 1975**, the term "global warming" appeared in print for the first time in Wallace Smith Broecker's paper "Climatic Change: Are We on the Brink of a Pronounced Global Warming?"
- **On Aug. 9, 2010**, Steven Slater, a JetBlue flight attendant, bade his job goodbye in astonishing style by sliding down his plane's emergency escape chute while the aircraft was stopped near the terminal gate at John F. Kennedy International Airport. Slater claimed his exit was prompted by a rude passenger's behavior, and became a media sensation.
- **On Aug. 10, 1957**, Dr. W.E. Peterson was confident that the invention of "protective milk" could cure illnesses including cancer, rheumatoid arthritis, rheumatic fever and even the common cold. Peterson had been experimenting with injecting bacteria into cow's udders to produce immunity in those who drank the milk, but it had not been tried out on large groups of people.
- **On Aug. 11, 1984**, South African runner Zola Budd collided with American favorite Mary Decker at the Olympic Games in Los Angeles, causing Decker to fall and drop out of the race. The crowd began booing, and Budd, who many believed would be a medal winner with Decker, ended up in seventh place.
- **On Aug. 12, 2014**, actress Lauren Bacall — whose debut film in 1944, "To Have and Have Not" (also



- featuring future husband Humphrey Bogart), brought her nearly instant fame — died in New York City at 89. Bacall's notable career spanned almost seven decades and included "The Big Sleep" (1946), "How to Marry a Millionaire" (1953) and "The Mirror Has Two Faces" (1996).
- **On Aug. 13, 1906**, the all-Black infantrymen of the U.S. Army's 25th Infantry Regiment were accused of killing a white bartender and wounding a white police officer in Brownsville, Texas, despite evidence of their innocence. All were dishonorably discharged. However, a later military investigation exonerated the men and their records were restored to reflect honorable discharges, but no financial settlements were paid.
 - **On Aug. 14, 1948**, the Idaho Department of Fish and Game's "beaver drop" relocation program moved 74 of the animals from Northwestern Idaho to the Chamberlain Basin in Central Idaho via parachutes from an airplane, after complaints about property damage from residents.
 - **On Aug. 15, 1995**, Shannon Faulkner became the first female cadet matriculated at The Citadel, under the escort of U.S. Marshals,

- but dropped out within a week, citing emotional and psychological abuse and physical exhaustion. Four years later, she told the Associated Press: "I went into it knowing I may not get anything out of it. I was doing it for the next woman."
- **On Aug. 16, 1858**, President James Buchanan inaugurated the new transatlantic telegraph cable by exchanging greetings with England's Queen Victoria. Just a few weeks afterward, however, a weak signal forced a shutdown of the service.
 - **On Aug. 17, 1969**, Hurricane Camille arrived at Bay St. Louis, Mississippi, with winds estimated between 150 and 205 mph and 70-foot waves. One of a few category 5 hurricanes to make landfall in the last 70 years, it was responsible for the deaths of nearly 300 people and the destruction of thousands of homes in Alabama, Mississippi, Virginia and Louisiana.
 - **On Aug. 18, 2007**, a German Christian aid worker was kidnapped at gunpoint by a criminal organization in the Afghan capital of Kabul, marking the first abduction of a foreigner in the capital in two years. She was released by her captors a few days later.



Workers of the world aren't uniting behind the DSA

What did the country ever do to white college graduates to make them feel so disaffected from its economic and political system? The wave of socialist victories in Democratic primaries is being driven by well-educated white voters who are more extreme than the rest of the Democratic coalition.

The latest evidence is a new poll in the closely watched Democratic primary for a Senate seat in Michigan. The AOC-endorsed, Israel-hating insurgent, Abdul El-Sayed, has had momentum, but is now narrowly trailing the establishment candidate, Haley Stevens. According to a Detroit News survey, Stevens is ahead by about seven points, with demographic advantages that are very telling.

Stevens, a goofy white lady, leads El-Sayed by a 3-to-1 margin among black voters. On the other hand, El-Sayed, a person of color fully vested in the left's Third Worldist agenda, leads among white voters, 51-39%. Stevens, a career apparatchik and politician, leads among non-college-educated voters, 56-34%, whereas El-Sayed, who has been endorsed by the Working Families Party, is ahead with college-educated voters, 48-41.

The respective strengths of the two candidates run against the grain of what you might expect in a race between a conventional Democrat and a radical, yet accord with what we've seen in campaign after campaign.

Socialists may imagine themselves the champions of people of color and of workers, but their movement is, by and large, most attractive to caucasian associate professors of sociology who think they haven't achieved the station in life that they deserve.

It's less a proletarian phenomenon than a project of frustrated Ph.D. candidates and medium-level professionals. Because many socialist candidates have immigrant backgrounds, it can be tempting to consider the movement as fundamentally a function of immigration, when that's not true.

A 2021 survey of DSA members

found that they were disproportionately white, at 85%, and disproportionately had college degrees (80%) or a higher degree (35%). This leaves them in a similar predicament to pioneering communists and socialists in Europe who talked up the prospect of a worker revolution, and then looked around the room and saw no workers, only intellectuals and activists like themselves.

The good news for DSA-aligned candidates is that college-educated white people are very reliable voters who can make a big difference in the kind of low-turnout primaries where anti-establishment, left-wing candidates thrive. A recent analysis in The New York Times noted that Zohran Mamdani-endorsed socialist Darializa Avila Chevalier defeated Rep. Adriano Espaillat in a marquee New York City congressional primary while winning high-education and higher-income areas; Espaillat, in contrast, won in majority-Hispanic and lower-income areas.

Another Mamdani pick, Brad Lander similarly wiped up in high-income and high-education areas while crushing Rep. Dan Goldman, whose strong performance in low-income parts of the district didn't save him. Socialistic economics may have appeal to working-class voters in theory, but the DSA couples its economics with extreme views on cultural issues that have very little appeal with non-college-educated voters. Tax the rich? Sure. Transcend the gender binary? No, thanks — whatever that means.

That the average black Democrat is more moderate and pragmatic than the average white Democrat may prove the ultimate check on whether an AOC-type candidate can claim the big prize of the Democratic presidential nomination in 2028. It's one thing to appeal to the so-called Commie Belt in New York City, the young, highly educated, diverse neighborhoods in Queens and Brooklyn that so strongly backed Zohran Mamdani; it's quite another to win over the older, religious African American voters in, say, South Carolina's I-95 Black Belt.

In the 2020 primaries, Bernie Sanders ran a campaign of great verve and ideological energy, while Joe Biden stumbled from one early setback to another — yet, black Democrats decided that the former vice president was the safer choice, and that was the end of Sanders. In short, the workers of the world may one day unite, but not behind a socialist vessel for the grievances of ideologically exotic, college-educated white people.

Rich Lowry is editor of the National Review.

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Americanisms

“Friend something better than chocolate ice cream ... Maybe friend somebody you give up last cookie for.”
— Cookie Monster

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VETERANS POST

by Freddy Groves

The VA OIG at work

The VA's Office of Inspector General (OIG) took a close look at expenditures for pharmaceuticals for one year and discovered that some of the money wasn't spent as required. Specifically, the VA spent \$11.7 billion on drugs during that year, and \$11.4 billion was spent correctly via prime vendor contracts. However, 3% (\$322.5 million) was spent outside the required contract. While it's a fraction of the whole amount, three hundred million is still three hundred million.

The purchasing rules say that employees have to document their attempts at finding the required drugs before they go straight to open market buying. Without compliance with those rules, the budget goes out the window, not to mention the potential for fraud.

The OIG had recommendations for the Veterans Health Administration and, truthfully, the VHA should have been embarrassed to have to be told those things: establish guidance for staff, do routine assessments of purchases and develop a way to keep an eye on purchases made outside the contracts.

Meanwhile the OIG has continued to go after the scammers who think they'll never get caught.

Such as the thief who impersonated a veteran for 30 years, stealing benefits, medical care and drugs. Prior convictions included stolen property, grand larceny, sale of drugs, forgery and more. When he was finally nabbed, he was staying in housing for veterans using the stolen name.

Then there is the husband and wife team who allegedly ran a drug abuse recovery program. They thought they could get away with wire fraud and excessive billing.

And how about the company that billed both Medicaid and the VA for sleep studies that had been done by unqualified personnel, studies that were never done at all, and forged referrals? This went on for four years.

Sleep studies fraud must be a big thing, because at the same time there was another case across the country that had netted the thieves in excess of \$2 million.

To report fraud, see www.vaogig.gov/hotline/ online-forms.

top 10 movies

1. **The Odyssey**
(R) Matt Damon, Tom Holland
2. **Moana**
(PG) Dwayne Johnson, Catherine Laga'aia
3. **Toy Story 5**
(PG) Tom Hanks, Tim Allen
4. **Minions & Monsters**
(PG) Pierre Coffin, Trey Parker
5. **Evil Dead Burn**
(R) Souheila Yacoub, Tandi Wright
6. **The Invite**
(R) Seth Rogen, Olivia Wilde
7. **Young Washington**
(PG-13) William Franklyn-Miller, Mary-Louise Parker
8. **Obsession**
(R) Michael Johnston, Inde Navarrette
9. **Supergirl**
(PG-13) Milly Alcock, David Corenswet
10. **Disclosure Day**
(PG-13) Emily Blunt, Josh O'Connor

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Fun Fact

The practice of cooking batter on a heated pan is common in almost every culture around the globe. Americans and Canadians love their **pancakes** (also called flapjacks, hotcakes or griddlecakes). Koreans have kimchi-jeon, India has appam, Russians have oladyi, the Netherlands have pannenkoeken, Colombia and Venezuela have arepas, etc.

Source: www.kulickspancakerecipes.com

Strange BUT TRUE

By Lucie Winborne

- According to facial recognition software, Leonardo da Vinci's "Mona Lisa" is 83% happy, 9% disgusted, 6% fearful and 2% angry.
 - The low air pressure of a twister can literally pull a person's eardrum outward.
 - In 1900, motor boating was included in the Olympic Games. Only a few races were held, however, and they were eventually discontinued due to inconsistent weather and mechanical failures.
 - One acre of peanuts can make 30,000 peanut butter sandwiches.
 - The first Europeans to discover the Great Lakes named them the "Sweet-water Seas" and believed that China bordered their shores.
 - The skin of a jellyfish is so thin that the animal can breathe through it.
 - Cellist Daniel Crawford composed a musical piece for the cello in which each note represents a year on NASA's record of global average temperature, from 1880-2012.
 - Between 1930 and 1935, nearly 750,000 American farms were lost through bankruptcy or sheriff sales.
 - A man once sued Anheuser-Busch with the claim that the company's ads misrepresented his potential attractiveness to the opposite sex, if he would just drink their beer.
 - The Persian epic "Explanation of Chatrang and the Invention of Nard" tells the story of chess being introduced to the royal court by an envoy from India.
 - During the 18th and 19th centuries, many British and American newspapers featured elegies for dead pets. Among them, one scholar found six for monkeys, 12 for canaries, 17 for cats and 53 for dogs.
 - Egyptians used vast amounts of linen to mummify a body — in fact, the fabric on one mummy from the 11th dynasty measured 9,095 feet, enough to cover three tennis courts.
- ***
- Thought for the Day:** "You've got to get to the stage in life where going for it is more important than winning or losing!" — Arthur Ashe



"72 Hours" (R) — Comedian/actor Kevin Hart ("Jumanji: Open World") leads this comedy film releasing on July 24, and he's got a handful of fellow comedians who round out the rest of the cast, including Marcello Hernandez, Ben Marshall and Kam Patterson (all of whom you might recognize from "Saturday Night Live"). Hart plays Joe, a 40-year-old business executive who's feeling desperate to cling to his remaining youth. So, when Joe gets added to a group chat for a three-day bachelor party with twenty-somethings, he's overjoyed that he gets a chance to reconnect with his inner rager. But it doesn't take long for poor Joe to realize in those mere 72 hours that he's in way over his head. (Netflix)

"The Sheep Detectives" (PG) — This family-friendly film, out now, isn't just a fun blend of a mystery and comedy movie that's appropriate for all ages; it features a stacked ensemble cast that is full of familiar faces and voices. Taking place in a small English village, a shepherd named George (Hugh Jackman) reads murder-mystery novels to his flock of sheep each night. When George suddenly passes away and is found outside his trailer, the sheep overhear the local police's hunch that it was a murder. With an extensive background in mystery-novel sleuthing, George's sheep are convinced that they can track down the murderer themselves. The live-action cast features names like Nicholas Braun ("Succession"), Emma Thompson ("Dead of Winter"), and Hong Chau ("Wuthering Heights"), while the voice cast includes Bryan Craston ("Chili Finger"), Julia Louis-Dreyfus ("Thunderbolts") and Regina Hall ("The Five-Star Weekend"). (Amazon Prime Video)

SENIOR NEWS LINE

by Matilda Charles

Calculating our 2027 Social Security

There is talk among the experts who track these things that the Social Security Cost of Living Adjustment (COLA) will rise 3.8% for 2027. This is down slightly from their guess of 3.9% just two months ago.

In other words, we can't take that estimated increase in our Social Security benefit to the bank just yet. There is room for change between now and October, when the official 2027 figures come out based on July, August and September numbers.

One thing that's not likely to change, however, is that seniors are struggling, especially the over 24 million of us who have only Social Security for income.

One thing that many of us object to is the method used to calculate Social Security increases each year. Those increases are based on the CPI-W, or Consumer Price Index for Urban Wage Earners and Clerical Workers. That index measures the spending habits of people who receive more than half of their income from clerical or hourly jobs. According to the Department of Labor, the average person in that group is 40 years old — much younger than the typical Social Security recipient.

That's not us. Consumers in that age group spend in different ways, more on transportation and clothing, while we spend a bigger chunk of our income on health care and prescription drugs.

Many of us, therefore, keep asking why the alternative CPI-E (Consumer Price Index for the Elderly) isn't used to calculate Social Security increases. The answer: The Bureau of Labor Statistics considers the CPI-E to be experimental. After all these years, with so many millions of us on Social Security, we're an experiment?

Take a look at the Senior Citizens League website (seniorsleague.org) and scroll through the articles, especially their recent survey of seniors and income. Their goal is to protect our benefits, whether it's Social Security, Medicare or for veterans. Their numbers are solid and can be trusted.

What's Hot In Hollywood

HOLLYWOOD — Hollywood insiders reveal that **Keanu Reeves** is one of the kindest and most philanthropic actors in the industry. He established a private unnamed fund to support a children's hospital and cancer research. He frequently defers percentages of his back-end earnings or takes pay cuts to ensure that producers can hire other stars and balance their budgets.

Reeves also gave \$50 million of his "Matrix" earnings to special effects and makeup staffs. He gifted Harley Davidson motorcycles to the 12-per-son stunt team of "The Matrix." He gave Rolex watches to the martial arts and stunt crews on the "John Wick" films. There are far too many more good deeds to mention, but you get the drift!

On the work front, Reeves just lent his voice to "Toy Story 5" as Duke Caboom and "Sonic the Hedgehog 4" (due in March 2027). He's following these films up with the black comedy "The Entertainment System Is Down," co-starring Kirsten Dunst. He's also teaming up with "Toy Story 4" director Josh Cooley for a new hybrid "Lego" movie, and he's currently shooting the sci-fi survival thriller "Shiver." The latter will be directed by "Deadpool's" Tim Miller for an August 2027 release date.

Elizabeth Banks is set to star as Ms. Fizzle in a film adaptation of the PBS series "The Magic School Bus." **Lily Tomlin** was the voice of Ms. Fizzle in the animated series that ran for 52 episodes from 1994-1997. Then **Kate McKinnon** took over as Ms. Fizzle's younger sister in the 2017 Netflix series for 30 episodes.

Banks has been starring in Peacock's series "The Miniature Wife" since April. She also stars in the psychological thriller "DreamQuil" with **John C. Reilly** and **Sofia Boutella**. And she'll again be hosting the game show "Press Your Luck," which premiered its seventh season on July 9.

Not to be left out is "Sesame Street," who's getting the Netflix film treatment after a bidding war against Universal. Netflix stepped in and rescued "Sesame Street" from extinction when PBS funds were cut by the White House. Also, the streaming service is reviving "Ghostbusters" as an animated series called "Ghostbusters: Night Shift." It'll be set in New York City in 1994. I'm old-fashioned and prefer the movies from MGM, Warner Bros. and Columbia Pictures on the TCM channel than all this animation that's being served up!

Ron Howard has let it be known that he's preparing to direct a sequel to the classic film "How the Grinch Stole Christmas" (2000), for which my friend **Gail Ryan** and **Rick Baker** won an Oscar for hairstyling and makeup. They transformed **Jim Carrey** and the rest of the cast into the glorious Whoville townspeople.

The burning question is, will Carrey undergo the grueling makeup transformation again, or will they have to utilize AI and only use his voice?



Courtesy of Tony Rizzo

Oscar-winning film/TV hairdresser Gail Ryan

The film cost \$123 million and grossed \$351 million. The sequel wouldn't be the same without him, so it's a matter of cash and Carrey!

HOLLYWOOD — Why is being married to **Tom Cruise** such a challenge? His first wife, actress **Mimi Rogers**, 70, made three films prior to marrying him. They were wed from 1987-1990 but had no children. After their divorce, she made 23 forgettable films. She recently starred in the erotic thriller "Night Nurse," which released in theaters on July 10.

Nicole Kidman, 59, was wed to Cruise from 1990-2001. Their two adopted children shunned Kidman, choosing to live with Cruise. Meanwhile, Kidman won an Oscar for "The Hours" and has made 58 films since since their divorce, including "Practical Magic 2" (out in September) and "The Young People."

Cruise's third wife, **Katie Holmes**, 47, made 16 films since their divorce and is currently reteaming with her "Dawson's Creek" co-star **Joshua Jackson** in the romantic dramedy "Happy Hours." It was written and directed by Holmes, who also stars in the film. She received no spousal support or alimony from Cruise but received child support (on the order of \$400,000 a year) for their daughter, Suri, until she turned 18. (Suri's now 20.) Allegedly, Holmes and Kidman divorced Cruise because of his religious constraints.

Was D.C. Studios premature in releasing "Supergirl"? They hoped that it could capitalize on "Superman's" fame, but they were wrong! It disappointingly recouped only \$62.6 million of its \$190 million on its opening weekend worldwide.

"Supergirl" **Milly Alcock's** previous film credit was the Australian horror film "The School" (2018), which cost \$1.8 million but only grossed \$64,760.

Hopefully, the black comedy "Thumb," with **Awkwafina**, **Kate McKinnon** and **Sofia Vergara**, as well as an untitled **Takashi Miike** slasher film will build Alcock's following by the time "Man of Tomorrow" (the next "Superman" film) opens in 2027.

It appears that "America's Got Talent's" **Simon Cowell** is taking advantage of his show's contestants. In 20 years, only a handful of winners have succeeded! **Terry Fator** (season two's winner) received a \$1 million five-year residency at the Mirage. **Michael Grimm** (season five's winner) reached No. 13 on the United States Billboard Top 200 and tours often. **Grace VanderWaal** (season 11's winner at just 12 years old) has released hit albums and concert tours, and she was also in Disney's "Stargirl."

Twenty-one-year-old **Darci Lynne** (season 12's winner who also won at 12 years old) played at the Grand Ole Opry and tours often as well. **Kodi Lee** (season 14's winner), an autistic savant with optic nerve hypoplasia, basically only performs on "AGT" due to his autism. All of them won the \$1 million prize, which is cleverly paid over 40 years (\$25,000 a year or \$471.63 a week). Oh, yes, and they also win a head-lining spot on the Las Vegas strip that affords them no pay, since it's part of the \$1 million payout. Imagine head-lining the Vegas strip, seeing your name top-billed on a giant marquee, and only receiving \$471.63 a week. Here's an idea for a spin-off ... "Living in Las Vegas on \$500 a Week!"



Courtesy of Tony Rizzo

Katie Holmes and Tom Cruise

celebrity extra

by Dana Jackson

Q: What's next for Paul Anthony Kelly after his practically overnight success from playing John F. Kennedy Jr.? -- G.C.

A: The careers of both leads of the miniseries "Love Story" have taken off since it became a huge hit on Hulu. While Paul Anthony Kelly didn't receive an Emmy nomination, his co-star, Sarah Pidgeon, was recognized in the Outstanding Lead Actress in a Limited or Anthology Series category. Kelly, however, is striking while the iron's hot! He'll appear in the upcoming 13th season of "American Horror Story," the news of which was revealed at the Disney Upfront presentation in May. Kelly emerged on stage saying, "I guess every nightmare needs fresh blood ... and 13's my lucky number."

Kelly will also co-star with Sydney Sweeney and Amanda Seyfried in "The Housemaid's Secret," which is set for release in December 2027.

Q: I read recently that the longtime announcer for the "Jeopardy!" game show just had his 98th birthday, which is incredible! Are there any other announcers or hosts of game shows who started decades ago and are still working today? -- J.V.

A: Johnny Gilbert is the oldest game-show announcer who still isn't retired. The famous voice of "This ... is ... 'Jeopardy!'" has been with the show since 1984. According to 13News Now, ever since the pandemic, Gilbert has been recording the show's intro, the descriptions of contestants, and the quiz categories from his home studio in Los Angeles.

Game-show hosts have some impressive genes because many of them have lived well into their 90s. Bob Barker of "The Price Is Right" passed away in 2023 at the impressive age of 99. He retired, however, in 2007, and Drew Carey is now the host. "Hollywood Squares" host Peter Marshall died in 2024 at age 98 but had retired at age 72.

"Tic-Tac-Dough" host Wink Martindale left us at age 91. He continued working in show business in some capacity right up until his passing. When asked when he was going to retire, Martindale famously asked, "Retire from what? From having fun?"

Bob Eubanks of "The Newlywed Game" fame is now 88 years old and has never officially retired. His memorable quote, "If you rest, you rust," has not only guided him through his decades as a game-show host, but also through



Courtesy of FX

Paul Anthony Kelly as JFK Jr. in "Love Story"

covering the Tournament of Roses Parade for 36 years.

Q: Is it true they're making a sequel to the "Practical Magic" movie? Are Nicole Kidman and Sandra Bullock both in it, or will it be with new stars? -- K.E.

A: Is it true they're making a sequel to the "Practical Magic" movie? Are Nicole Kidman and Sandra Bullock both in it, or will it be with new stars? -- K.E.

A: The answer is "yes" and "yes!" "Practical Magic 2," starring Nicole Kidman and Sandra Bullock, will premiere in theaters this Sept. 11. Dianne Wiest ("Only Murders in the Building") and Stockard Channing ("The Good Wife") will also be returning as the aunts, along with new young witches played by Joey King ("We Were the Lucky Ones") and Maisie Williams ("Game of Thrones"). The film is said to be based on "The Book of Magic," a sequel novel to "Practical Magic," which was released in 2021 by author Alice Hoffman.

Send me your questions at NewCelebrityExtra@gmail.com.

Health



Glp-1 Agonists Might Help Obese Man With Drinking Habit

DEAR DR. ROACH: My brother-in-law is a lovely man, but for years, he’s suffered from obesity. He also gambles and drinks alcohol too much. I hesitate to get too involved, but I recently read that the new weight-loss drugs based on GLP-1 agonists are also helpful in reducing alcohol and gambling addictions. This sounds too good to be true. Is it? — D.N.A.

ANSWER: The evidence is very strong that GLP-1 agonists like tirzepatide (Zepbound) and semaglutide (Wegovy) help people lose weight. About 80% to 90% of people will experience a weight loss of more than 5% of their initial body weight. For people who are severely obese, people with obesity and metabolic complications (diabetes, prediabetes or metabolic syndrome), and people with other weight-related complications (sleep apnea and arthritis), the benefits of these medicines probably outweigh the risks just for the weight loss. The evidence for GLP-1 agonists helping with alcohol use disorder is now quite strong, with studies showing significant reductions in alcohol-related hospitalizations and a reduction in problem drinking. The evidence for gambling disorders is preliminary based on the understanding of how these drugs work in the brain. There aren’t any strong clinical data at this time supporting the use of GLP-1 agonists for a gambling disorder. Still, given the clear benefits in weight reduction and problem drinking, these drugs might be a good choice for your brother-in-law — if both he and his physician agree. It might also help with his gambling problem, which I’ve seen take a terrible toll on a person’s social and financial life. Finally, I was supervising a medical resident yesterday when we discussed the

effect of these drugs on heart health. The evidence is also strong that these medications decrease the risk of heart disease — both in people with and without diabetes. Multiple mechanisms have been proposed for this heart protection, but it isn’t exactly clear which ones are the most important. For those of us who lived through the approval of previous weight-loss drugs, which were later found to cause heart damage, the news about heart protection is welcome. Still, we’ve been using these drugs for less than 10 years, and it’s wise to use them only when there’s a clear benefit in doing so.

DEAR DR. ROACH: What are the long-term health risks of being exposed to fumes, such as in hair or nail salons or automobile repair shops? Can these fumes affect your internal organs? — C.R.C.

ANSWER: The primary organ affected by fumes during occupational exposure are the lungs. Chest tightness, wheezing and allergic symptoms are common after an exposure to benzene, formaldehyde, toluene, and other substances that are commonly used in hair and nail salons — often at levels that exceed the safe thresholds. Half of technicians in one study were affected. Auto body and paint workers are also exposed to the same (or very similar) chemicals, and they can develop asthma at a rate that is 80 times higher than the general population. In addition to effects on the lungs, occupational exposure to these chemicals increases the risk of some cancers, especially leukemia (benzene), sinus and nasal cancer (formaldehyde), and nervous system cancers (benzene). Although personal protection equipment can reduce these exposures, many workers don’t use them regularly. Improved ventilation and less-toxic chemicals are needed to protect workers.

Man With Hemicrania Continua Requires Indefinite Therapy

DEAR DR. ROACH: My future son-in-law was diagnosed with hemicrania continua several weeks ago by a neurologist and is responding to indomethacin. Could you provide a prog-

nosis for this illness? The internet says that it can take anywhere from weeks to months to years. Is this likely the case? — M.I.L.

ANSWER: Hemicrania continua is an unusual type of headache syndrome. It’s often misdiagnosed, with 50% of people not receiving a correct diagnosis for eight years. The pain is on one side of the head (hence “hemicrania”), and the pain severity can be high, with over 70% of sufferers describing the pain as “excruciating.”

Although the pain can come and go, most people have or develop continuous unrelenting pain (hence the “continua”). In some people, these episodes of continuous pain can last for weeks or months and are followed by a pain-free period. This condition is usually diagnosed and managed by a neurologist.

The bad news for your future son-in-law is that most people have this condition not merely for months or years but for the rest of their lives, so they need indefinite therapy. The good news is that people who respond to indomethacin tend to keep responding to it.

Almost 50% of people were able to decrease their dose of indomethacin — a potent but somewhat toxic anti-inflammatory drug that can affect the stomach and kidneys. Many people need medicine (such as ranitidine) to protect their stomachs. People who can’t tolerate indomethacin have other options such as melatonin, the anti-seizure drug topiramate, or nerve blocks.

DEAR DR. ROACH: I read your recent column on dry age-related macular degeneration (AMD) and the AREDS2 vitamin and mineral supplement. I’m taking a generic version of them, even though my ophthalmologist (who’s a board-certified retina specialist) says that mine’s in the early stages and that AREDS are only useful in later stages. But he says that there’s no harm in taking AREDS before then, and perhaps it’ll do some good. I’m also taking a saffron extract, which appears to be the only thing that clinical studies have found to help during the early stages. I wonder if you have any thoughts on this. — B.S.

ANSWER: There was a randomized, controlled trial on saffron for mild to moderate AMD in 2019, and saffron did show modest but statistically significant improvements compared to a placebo.

People who took saffron had small improvements with visual acuity (both people who were and weren’t taking AREDS supplements benefited from saffron), as well as improvements with sophisticated measurements of retinal activity. Since there weren’t any significant side effects, and there’s an added benefit on top of the AREDS supplements, saffron is a reasonable treatment. The dose that was studied was 20 mg per day, and I found it easily available at reasonable prices.

Daily Productive Cough Causes Patient To Wonder About COPD

DEAR DR. ROACH: I decided to practice using an inhalation spirometer, partly because I have a daily productive cough (small amounts three to four times a day). I smoked a pack of filtered cigarettes a day from ages 17-29. I smoke marijuana now. My scoliosis is quite complex and has taken over 4 inches off my height. But at age 75, I volunteer as a stable hand for 6-8 hours a week, and they say that I’m the hardest-working volunteer! I’m lean and fit.

I do three inhalation tests in a row, and it’s always 2,400 mL. Do I have chronic obstructive pulmonary disease (COPD), and should I report this to my primary care physician? He doesn’t know about my current marijuana consumption. — C.R.

ANSWER: The diagnosis of COPD is made based on symptoms (usually shortness of breath, cough, and sputum production); frequent exacerbations of breathing troubles; and abnormalities on breathing tests (or if there’s no other explanation). Your history of smoking tobacco and cannabis are compatible with a diagnosis of COPD, but you’d need pulmonary function testing in a lab.

The device that you have (which I think is an incentive spirometer) is very helpful for expanding the lungs, and it’s especially used after surgery. But the number doesn’t tell me a lot about your lung function.

The problem with COPD is that breathing gets obstructed, and although obstruction occurs with both inspiration and exhalation, it’s mostly when a person breathes out that symptoms occur.

Some people have cough or sputum production without having any trouble breathing. This is most compatible with chronic bronchitis, which is one of the most common presentations of COPD; the other is emphysema.

Scoliosis, which is curvature of the spine, can cause a completely different lung disease called restrictive disease. With restrictive diseases, it’s not airflow that’s the primary problem; it’s the lung volume. With severe chest-wall deformities like scoliosis and kyphosis (when the spine is bent forward, sometimes called a “dowager’s hump”), the lungs can’t expand fully.

I’d discuss your lung symptoms with your physician, who’ll consider sending you in for pulmonary function tests. These tests will tell you whether you have an obstructive disease, like COPD, or a restrictive disease. You should tell your doctor about your cannabis use; he should know and be professional about it.

If you do have COPD, I recommend against smoking cannabis. Although the evidence isn’t as strong that smoking cannabis causes COPD the way that smoking tobacco does, I still recommend against it in people with lung disease. If you want to use cannabis, take a gummy, since this doesn’t potentially harm your lungs the way that smoking does.

DEAR DR. ROACH: I’ve noticed that when I wipe the cap of my glass water bottle, there’s a dark gray or black material inside the cap after I’ve refilled it. Is this mold? Should I stop refilling the water bottle? — D.D.

ANSWER: The cap of your glass water bottle is made from aluminum. When you open and close the cap, the aluminum metal is exposed to air, where it reacts with oxygen to form aluminum oxide. This is the black material that you’re wiping off the cap. Aluminum oxide is inert and passes through the body, so you don’t need to worry about it.

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

Prevention can save you money

HVAC System

To cut wear and tear, most standard 1 inch filters should be replaced every 30 to 60 days.

CAR

Follow the manufacturer’s recommendations for preventive maintenance.

WATER HEATER

Sediment settles at the bottom of a traditional storage tank style water heater, which

means the heating element has to work harder. The easy fix is to flush the tank at least once a year. The drain valve can be small and tough to reach. Replace it with a brass ball valve that’s easier to use and you’re more likely to flush the tank on schedule.

APPLIANCES

Reading the manual always helps to keep household appliances in good shape. Cleaning is another good idea. Because accumulated dust strains a refrigerator’s cooling system, vacuuming the coils every six to

12 months, or more often if you’re a pet owner.

MATTRESS

Flip and rotate your mattress. Rotating your mattress 180 degrees every three to six months is still the best thing you can do. We have dead skin and other stuff that comes off us at night. Vacuuming that away can help keep your mattress feeling newer.

ROMANCE MEETS FINANCE

Discuss who’s paying early on. On a first date, do you like to split the bill or are you still liv-

ing in the days when the man is expected to pay the bill? You could say early on in the date, My usual practice on first dates is to split the bill. Does that work for you? Set the rules before there are any awkward silences.

FIND THE RIGHT TIME TO TALK MONEY

Feel what’s comfortable for you. If a question about your finances feels too personal, you can simply choose not to answer it, or you can politely ask why the other person wants to know. Don’t wait for-

ever to question suspicious financial behavior.

CARRY CASH

Maybe things are going poorly and politely leaving cash is a better alternative than excusing yourself and trying to shimmy out the backdoor. You can just say, “I really appreciate that you want to treat me, but I’m not comfortable with you paying for the whole date, so I’m gong to leave, say \$40 on the table, that way you feel no obligation to someone.”



1. “Easy To Be Hard” was used in which rock musical?
2. Where did the Beatles go to record “Get Back”?
3. Who are Alvin, Simon and Theodore?
4. Which group released “Tighten Up”?
5. Name the song that contains this lyric: “I still see her standing by the water, Standing there lookin’ out to sea, And is she waiting there for me?”

Answers

1. “Hair,” in 1967. It was sung by Lynn Kellogg who was playing Sheila. Three Dog Night had a hit with the song a few years later.
2. They went to the roof of Apple Records in London and played for 40 minutes before the police showed up and they had to turn down the volume. The song was credited to “The Beatles with Billy Preston.”
3. The Chipmunks, a fictional cartoon group that released “Christmas Don’t Be Late” in 1958. Creator Ross Bagdasarian sang all three parts by speeding up his recording. Over the years, the Chipmunks have had a TV series, a film and a video game.
4. Archie Bell & the Drells, in 1968.
5. “Galveston.” It was a hit for Glen Campbell in 1969. Don Ho, however, had released the song the previous year.

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

Strange BUT TRUE

By Lucie Winborne

- The “Escape from Alcatraz Marathon,” created in 1980, is an annual event designed to show that it is indeed possible to survive an escape from Alcatraz, and includes a 1.5-mile swim to San Francisco, an 18-mile bike ride and an 8-mile run.
- In the seventh century B.C., the North African Berbers played a soccer-like game as a fertility rite.
- Iceland had a cat reality show called — wait for it — “Keeping Up With the Kattarsians,” in which four lucky kittens lived together in a furnished house and were filmed around the clock.
- Minority children make up 65% of all non-family abductions.
- Some police forces purposely assign at least one woman to their SWAT teams so their male counterparts will have a “den mother” to counteract some of the men’s more violent tendencies.
- The first arrest resulting from an emergency call occurred on July 8, 1937, at 4:20 a.m., when the wife of John Stanley Beard dialed 999 to report a burglar, Thomas Duffy, outside her home in England.
- It is illegal to ride an ugly horse in Wilbur, Washington.
- Of the roughly 300 million tons of plastic produced each year, half consists of single-use items.
- In France, citizens are automatically registered to vote when they turn 18 years old.
- Over the course of several decades, African American blues musician Daryl Davis made a point of befriending KKK members and questioning them about their beliefs. As of 2017, 200 of those Klansmen had given up their robes as a result.
- People who worked at soda fountains were called soda jerks due to the classic jerking motion they used to pump soda water.

Thought for the Day: “It takes a moment to tell someone you love them, but it takes a lifetime to prove it.” — Erich Fromm



- “I have stained coffee cups. My hands have arthritis, and it’s hard to wash them by hand. A young woman at church suggested I purchase a small bottle of dishwasher soap. The kind you put in a dishwasher, even though I don’t have one. I squirt a little in the cup and add hot water. It sits while I wash up the other dishes and then swishes right out.” — T.T. in Missouri
- “Check your area to see if vocational schools offer low-cost or free auto repairs. Sometimes you can have work done for the cost of parts so that students can be trained on your issue.” — R.E. in North Carolina
- “For the summer I fill a gym-size duffel bag with “spontaneity supplies” and keep it in the trunk of my car. It includes swimsuits for all family members, a blanket and cups, plates and silverware for a picnic. Now, if we find we have some unexpected free time, we can go to the beach or pool, or have a picnic by just picking up some sandwich supplies from the closest grocery store!” — via e-mail
- You can use a clean paper milk carton to pour batter for pancakes. The spout makes it easy to pour and reduces splatter.
- “I got tired of always looking for the dustpan, and so I put a magnet on the back of it. It sticks right on the side of the fridge, right next to the broom.” — L.M. in Kentucky
- Avoid eye strain by making sure your computer monitor is in the correct position. It should be placed directly in front of you, at least an arm’s length away. If you have trouble seeing the screen, you can adjust the resolution to make the screen items bigger.

Send your tips to Now Here’s a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.

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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Mountain Art

August 11 is Mountain Day in Japan. It was first officially observed in 2016, but mountains have held extremely important roles in Japanese art and culture for much longer. Mount Fuji, Japan’s highest mountain, is one of the country’s most celebrated sights. Associated with deities in ancient times, it is a World Heritage Site today and draws crowds of tourists and climbers.

The eight-panel screen shown here, which sold for \$248 at Tremont Auctions, depicts a landscape in ink on gold paper, dominated by Mount Fuji’s iconic snow-capped peak. A group of figures walks along the foreground among hills, trees, and water. This is a procession of daimyo, regional feudal lords, making their way to Edo, the capital of Japan, renamed Tokyo in 1868. These processions were a popular subject in art, and long, paneled screens were an especially effective medium for depicting them.

These screens were still made after the Edo period; the screen shown dates to about 1900. Mount Fuji often appears in the background of these scenes, as it does here. In addition to the beauty and symbolism of the mountain itself, it offers a sense of scale, making the figures look small in comparison and indicating how long their journey was.

Q: I have a “Cox-Roosevelt Club” campaign button and would like to know its value. Could you please advise? It has photographs of both candidates’ faces in blue and the words are in red.

A: If your button is authentic and in good condition, you have something extremely valuable. Political button collectors describe buttons from the

1920 Presidential campaign for James M. Cox and his running mate, Franklin Delano Roosevelt, in terms like “holy grail,” “unicorn,” or “crown jewel.” They are extremely rare. Relatively few were made, and even fewer have survived in perfect condition.

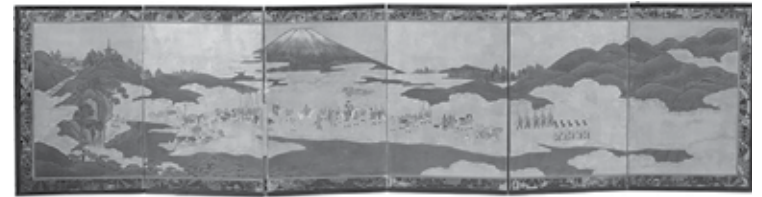
We recommend contacting a specialist in political memorabilia, like Hake’s Auctions (hakes.com). In 2024, a 1-inch diameter Cox-Roosevelt Club button like yours sold at Hake’s Auctions for more than \$30,000! Details like size, manufacturer, and even positioning of the image are important. Turn your button around and check the curl (the part that meets the metal backing) for a manufacturer’s name. The button that sold at Hake’s was made by and marked for M.F. Shafer & Co. Looking at the curl is one of the easiest ways to spot a reproduction button; they are often marked with dates later than the campaign they picture or even the word “Reproduction” or “Repro.”

TIP: Some types of fumes can damage paper. Don’t store your collection near the kitchen, garage, barbecue pit, or freshly painted areas.

CURRENT PRICES

Fiesta, mixing bowl set, nesting, orange, yellow, green, flared lip, horizontal ridges, largest, 6 1/2 x 10 inches, three pieces, \$75.
Disneyana, toy, sparkler, Mickey Mouse, black and white, Chein, 1930s, 5 1/2 inches, \$215.
Store, sign, Old Fashion Ice Cream, light blue and black lettering, scrolling trim, cream ground, painted, wood, two-sided, frame, 24 x 51 inches, \$300.
For more collecting news, tips and resources, visit www.Kovels.com

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Mount Fuji may be in the background of this paneled screen, but its size and iconic appearance make its impact enormous.



by Ryan A. Berenz

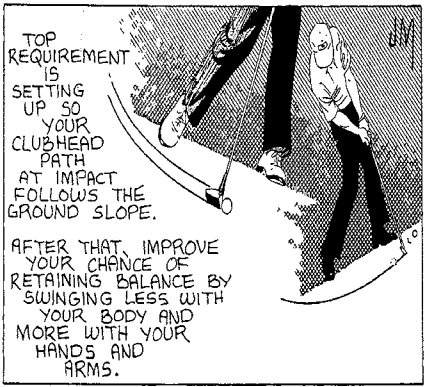
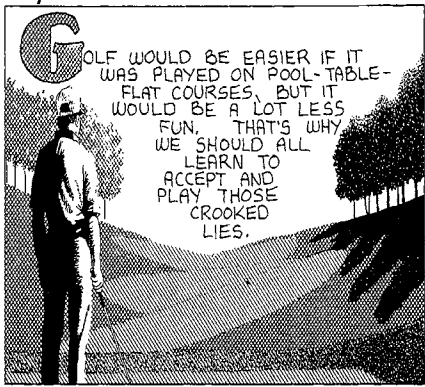
1. Name the legendary jockey who rode Ferdinand to victory at the 1986 Kentucky Derby and 1987 Breeders’ Cup Classic.
2. The IX Cup is the championship game of which football league that began play in 2019?
3. Which businessman purchased the NFL’s Miami Dolphins, and founded Major League Baseball’s Florida Marlins and the NHL’s Florida Panthers in the early 1990s?
4. Who edged David Malukas by 0.0233 seconds to win the 2026 Indianapolis 500 in the closest finish in race history?
5. Which team selected Tennessee Volunteers wide receiver Peerless Price in the second round of the 1999 NFL Draft?
6. Name the Dutch footballer who decided to miss the 1978 FIFA World Cup and retire from international competition after a 1977 kidnapping attempt against him and his family.
7. In 1989, who did the Associated Press name as its 1980s Athletes of the Decade?

Answers

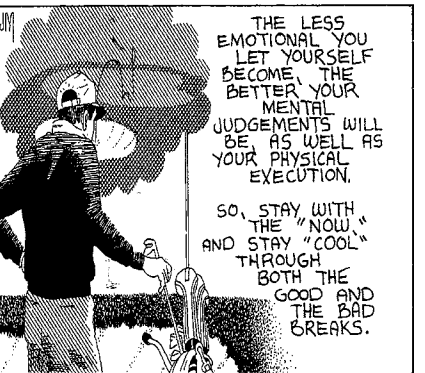
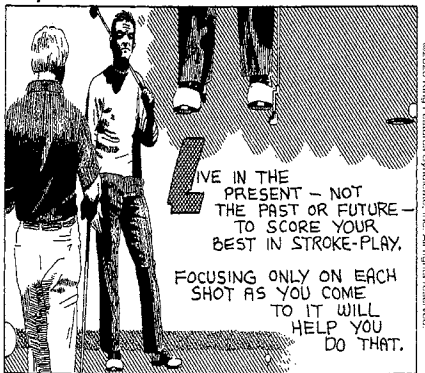
1. Bill Shoemaker.
2. The Women’s National Football Conference.
3. Wayne Huizenga.
4. Felix Rosenqvist.
5. The Buffalo Bills.
6. Johan Cruyff.
7. Wayne Gretzky and Martina Navratilova.

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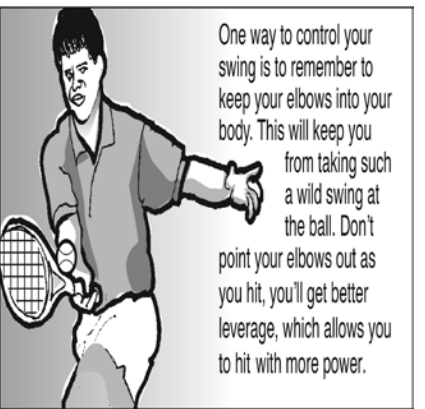
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH’S TENNIS CLASS



“I could have been a bigger success than you could have been!”

Bolting

Bolting, or “going to seed,” is the stage of crop plant growth that produces flowers and seeds. If the crop plant is harvested after bolting, it’s likely to taste bitter. Crops well-known for bolting as summer heat sets in are lettuce, spinach, arugula, broccoli, cabbages, kale, collards, carrots, radishes, beets, turnips and herbs such as cilantro, dill and parsley. A bolted plant may not taste very good, but its flowers can attract many pollinators to your garden. — Brenda Weaver

Sources: gardeningsolutions.ifas.ufl.edu, www.civicgardencenter.org

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School Night Meals That Help Busy Families Share Time Together

FEATURE IMPACT

Weeknights often feel like a race against the clock. Busy families feel the squeeze from school pickups, homework and social commitments, but dinner remains one of the few opportunities for everyone to slow down, reconnect and share important moments together at the close of a hectic day.

With a little planning and convenient ingredients like Little Potatoes – which come pre-washed, require no peeling and are small enough that they don’t

need to be cut – families can spend less time in the kitchen and more time at the table.

For example, The Little Potato Company’s new A Little Homestyle Ranch Microwave Ready Kit serves up a favorite flavor in an easy-to-prepare side dish your whole family will love. Simply pop the steamable tray into the microwave for 5 minutes, sprinkle on the included ranch seasoning pack and enjoy without any prep or cleanup.

They’re also a perfect foundation for this easy, all-in-one Sheet Pan Chicken and Little Potatoes recipe. It’s ideal for

busy weeknights as a balanced, flavorful meal that requires just 10 minutes of prep and minimal cleanup. Plus, you can customize with fresh herbs and a squeeze of lemon juice for extra zest.

If you’re in search of a simple side dish that can accompany a variety of family favorites, these flavor-filled Ranch Green Beans and Little Potatoes with Bacon are a great fit for a backyard barbecue or casual evening with your nearest and dearest.

To find more ways to bring loved ones together at the table throughout the school year, visit LittlePotatoes.com.

Ranch Green Beans and Little Potatoes with Bacon

Prep time: 30 minutes
Cook time: 10 minutes
Servings: 2

- 1 package maple bacon
- 1/2 pound fresh string beans, washed
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary salt, to taste

pepper, to taste 1 package A Little Homestyle Ranch Microwave Ready Kit

On stovetop, cook bacon until crispy, reserving 1/4 cup bacon grease. Crumble bacon and set aside.

In same pan, add fresh string beans, bacon grease, olive oil, garlic powder and rosemary. Season with salt and pepper, to taste. Saute until soft.

Peel back plastic on potatoes kit and microwave 5 minutes.

Let potatoes cool 1-2 minutes and spread ranch seasoning over potatoes followed by bacon and string beans.



Sheet Pan Chicken and Little Potatoes

Prep time: 10 minutes
Cook time: 30-35 minutes
Servings: 4

- 1 1/2 pounds Little Potatoes
- 2 cups broccoli florets
- 1 bell pepper
- 1 red onion
- 2 tablespoons olive oil, divided
- 2-3 teaspoons of your favorite seasoning blend
- 4 boneless, skinless chicken breasts
- fresh parsley or cilantro (optional)
- lemon wedges (optional)

Preheat oven to 400 F and line baking sheet with parchment paper or foil.

Slice Little Potatoes in half. Slice broccoli florets, bell pepper and onion into bite-sized pieces.

In mixing bowl, toss veggies with 1 tablespoon olive oil and 1-1 1/2 teaspoons seasoning. Spread veggies evenly on baking sheet.

In same bowl, add chicken, remaining seasoning and remaining olive oil. Toss to combine then place chicken between veggies in single layer.

Roast 30-35 minutes, or until chicken is cooked through to internal temperature of 165 F and potatoes are tender. Flip veggies and chicken halfway through cooking to ensure even browning.

Let chicken rest 2-3 minutes. Divide Little Potatoes, veggies and chicken into bowls. Garnish with fresh parsley or cilantro and squeeze of lemon juice, if desired.

Back-to-School Sandwiches to Nourish Kids’ Bodies and Minds

FEATURE IMPACT

When you picture a schoolchild sitting down at a cafeteria table and opening their lunchbox, you’re probably already imagining there’s a sandwich inside. After all, it’s a classic back-to-school staple that parents rely on for ease, convenience and nutrition when they’re trying to get everyone out the door on time – all you have to do is put bread and fillings together, and you’re good to go. That, of course, only leaves the question of which bread and fillings to choose.

A new survey conducted by Atomik Research on behalf of Nature’s Own indicated that modern parents care a lot about nutrition when deciding which kind of bread to buy, with 88% of survey respondents agreeing that feeding their kids wholesome bread feels like an easy parenting win.

With clean, simple ingredients that balance taste and nutrition, Nature’s Own bread supports an attainably healthy lifestyle for busy families. Whether you choose a classic white bread, reach for a whole-wheat loaf or need to account for dietary restrictions, you can feel confident you’re selecting bread that’s free from artificial colors, flavors and preservatives.

For a nutritious lunch that fits the bill for 85% of parents who show strong interest in breads made with whole grains,

pack this Ham, Turkey, Bacon and Cheese Pocket made with honey wheat bread. The flavorful mixture of deli meats and American cheese baked to perfection make every bite satisfying. Consider getting the whole family involved assembly-line style to make multiple batches at once, cutting down on time in the kitchen during the week ahead while encouraging learning opportunities as kids count ingredients and measure fillings.

Some school days call for simple, fun comfort food, and that’s where the Fluffernutter comes in. Soft bread, creamy peanut butter and fluffy marshmallow make for a combination that nourishes kids of all ages not just physically, but emotionally. Whether you pack it as a lunchbox surprise or have it ready as an after-school treat, this is a sandwich that promises sweetness and nostalgia – a perfect fit for the 78% of parents who agreed that sandwiches are a canvas for small moments of care, like notes in lunch bags.

Since sandwiches are so customizable, you can easily adapt these recipes to your family’s unique preferences and needs. Whether you decide to use different seasonings or swap to a multigrain bread, there’s no such thing as a wrong sandwich decision as long as it works for you.

To view ingredients and decide what kind of loaf you want to stock up on during the school year, visit [naturesownbread.com](#).



Fluffernutter Sandwich

Total time: 10 minutes
Servings: 1

- 2 tablespoons peanut butter
- 2 slices Nature’s Own Butterbread
- 2 tablespoons marshmallow fluff

Spread peanut butter on one bread slice. Spread marshmallow fluff on second slice. Put both slices together to form sandwich.



Ham, Turkey, Bacon and Cheese Pocket

- 8 slices Nature’s Own Honey Wheat Bread
- 1/4 pound deli turkey
- 1/4 pound deli ham
- 4 slices cooked bacon
- 4 slices white American cheese
- 1 egg
- 1 tablespoon cold water
- 1 teaspoon coarse salt

Preheat oven to 350 F.

Chop turkey, ham and bacon and toss together. Set aside.

Using knife, cut off crust on each piece of bread.

With rolling pin, roll and flatten each slice of crustless bread. Take four slices and place spoonful of chopped meats in middle of each slice. Top with broken slices of cheese.

Place remaining slices of crustless bread on top of each pocket.

In small bowl, crack egg and add water. Beat together. Dip fork into egg mixture and crimp each edge of pocket until two slices are sealed together. Repeat on each pocket. Brush top of each pocket with remaining egg mixture and sprinkle salt on top.

Place on sheet pan and bake until golden brown, 7-10 minutes.

Let cool a few minutes and enjoy.

Good Housekeeping

Summertime Corn Chowder

- 6 ears corn, husks and silk removed
- 4 slices bacon, cut into 1/2-inch pieces
- 1 medium red onion, chopped
- 1 jalapeno chile, seeded and finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 pound (6 medium) red potatoes, cut into 1/2-inch pieces
- 2 cans (14 1/2 ounces each) chicken broth
- 2 cups half-and-half or light cream
- 2 small (8 ounces) ripe tomatoes, peeled, seeded and chopped
- Thinly sliced basil leaves

1. Cut kernels from corncobs (about 3 cups), reserving 3 corncobs; discard remaining corncobs.

2. In 5-quart Dutch oven, cook bacon over medium heat until browned. With slotted spoon, transfer bacon to paper towels to drain; crumble.

3. To bacon drippings in Dutch oven, add onion and jalapeno, and cook, stirring, until onion is tender, about 5 minutes. Add garlic; cook 1 minute longer. Stir in flour, salt and pepper; cook, stirring, 1 minute.

4. Stir in potatoes, reserved corncobs, broth and half-and-half; heat to boiling over high heat. Reduce heat; cover and simmer until potatoes are tender, 10 to 15 minutes.

5. Discard corncobs; stir in reserved corn kernels and heat through. Transfer chowder to warm tureen. Stir in tomatoes and sprinkle with bacon and basil. Makes about 9 1/2 cups or 8 first-course servings.

- Each serving: About 272 calories, 15g total fat (7g saturated), 30mg cholesterol, 693mg sodium, 29g total carbohydrate, 7g protein.

For thousands of triple-tested recipes, visit our Web site at www.good-housekeeping.com/food-recipes/.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Zucchini Ham Pasta Salad

When the temperature and the heat index create readings of 100 F in the shade, you definitely need a plan of action for supper that doesn't add to the problem. Bring this to the supper table and see if you don't become an instant hero!

1 1/2 cups cold cooked rotini pasta, rinsed and drained

1 cup chopped unpeeled zucchini

1 1/2 cups cherry tomatoes, halved

1/2 cup sliced fresh mushrooms

3/4 cup fat-free Ranch dressing

1/4 cup fat-free mayonnaise

1/4 cup reduced-fat Parmesan cheese

3/4 cup reduced-fat Cheddar cheese

1 1/2 cups diced 97% fat-free ham

1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

- Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Southwestern Pasta Salad

Call it a reunion, a get-together or just a picnic in the backyard. What can be better than gathering together with family and celebrating with food, fellowship and fun? Take this layered pasta salad to the next "potluck" and be sure to enjoy yourself!

1 1/2 cups cold cooked rotini pasta, rinsed and drained

1/4 cup fat-free Ranch dressing

2 cups finely shredded lettuce

1 cup chopped fresh tomato

1/4 cup chopped green onion

1/4 cup chopped green bell pepper

3/4 cup fat-free mayonnaise

1/2 cup chunky salsa

3/4 cup shredded reduced-fat Cheddar cheese

1. In a medium bowl, combine rotini pasta and Ranch dressing. In an 8-by-8-inch dish, layer lettuce, rotini pasta, tomato, onion and green pepper. 2. In a small bowl, combine mayonnaise and salsa. Evenly spread dressing mixture over vegetables. Sprinkle Cheddar cheese evenly over top. Cover and refrigerate for at least 30 minutes. Divide into 6 servings.

- Each serving equals: 143 calories, 3g fat, 7g protein, 22g carb., 465mg sodium, 1g fiber; Diabetic Exchanges: 1 Starch, 1 Vegetable, 1/2 Meat.

Good Housekeeping

Grilled Lobster Tails With Nectarine Sauce

A simply prepared dish that's sure to impress, perfectly grilled lobster with a sweet, spicy, citrusy sauce makes a complexly flavored and delicious main dish.

2 nectarines

1 scallion

Juice of 3 limes

1 lime

2 tablespoons extra-virgin olive oil

1/2 teaspoon sea salt

1/4 teaspoon finely minced seeded habanero pepper

4 lobster tails

1. In a food processor, puree nectarines, scallion, 2 tablespoons lime juice, 1 tablespoon olive oil, 1/4 teaspoon salt and habanero pepper. Transfer to a medium bowl and set aside.

2. Heat grill to medium-high. In a small bowl, whisk together remaining lime juice, olive oil and salt. Split lobster tails lengthwise, remove membrane if desired and brush meat with the lime-oil glaze. Place lobsters on grill, meat side down, and roast for 4 minutes; turn over to shell side and grill until meat is opaque and cooked through, 4 to 5 minutes more.

3. Transfer to a platter, garnish with lime wedges, and serve with reserved nectarine sauce. Serves 4.

Good Housekeeping

Deluxe Cheesesteaks

The classic Philly Cheesesteak (thin slices of grilled steak on an Italian roll with melted cheese and grilled onions) is a South Philadelphia tradition dating back to the 1930s. Our version is divine — and you don't have to travel farther than your backyard!

1/2 cup red wine vinegar

1 tablespoon olive oil

1/2 teaspoon salt

1/2 teaspoon coarsely ground black pepper

3 cloves garlic, crushed with garlic press

3 medium red and/or green peppers, cut lengthwise into quarters, seeds and stems discarded

2 medium red onions, cut into 1/2-inch-thick slices

2 (about 3/4 pound, 1 inch thick) beef top round steak

4 ounces Provolone cheese, shredded (1 cup)

4 8-inch hero rolls, split horizontally

1. In small bowl, mix vinegar, olive oil, salt, pepper and garlic. Place peppers and onions in 1 large self-sealing plastic bag and steak in another. Add 2 tablespoons vinegar mixture to bag with vegetables and 1/4 cup mixture to bag with

steak. Reserve remaining mixture. Seal bags, pressing out excess air. Marinate 15 minutes at room temperature.

2. Remove steak and vegetables from bags and place on grill over medium heat. Cook steak 15 to 20 minutes for medium-rare or until of desired doneness, turning steak once. Cook vegetables on grill with steak about 15 minutes or until browned and just tender, turning occasionally.

3. Transfer steak and vegetables to cutting board. Let steak stand 10 minutes to allow juices to set for easier slicing.

4. Meanwhile, sprinkle cheese over cut sides of rolls. Place rolls on grill, cheese side up, and cook over medium heat 3 minutes or until cheese melts. Transfer to platter.

5. To serve, thinly slice steak, cut peppers into strips, and separate onion slices into rings. Pile steak, peppers and onions over melted cheese on bottom halves of rolls. Drizzle with reserved vinaigrette, and replace top halves of rolls, cheese side down.

- Each serving: About 505 calories, 16g total fat (7g saturated), 62mg cholesterol, 910mg sodium, 55g total carbohydrate, 2g dietary fiber, 35g protein.

Good Housekeeping

Sweet Potato Fries With 2 Sauces

2 large sweet potatoes, cut lengthwise into fat chips

1/2 cup olive oil

1/4 cup chopped fresh parsley

4 clove garlic

Sea salt

Clove freshly ground pepper

Creamy Scallion Dip:

1/2 cup mayonnaise

3 tablespoons sliced scallions

2 teaspoon Dijon mustard

1 teaspoon Worcestershire sauce

Ginger-Peach Ketchup:

1 peach

1/2 cup ketchup

1/4 cup lemon juice

2 teaspoon grated ginger

1 teaspoon soy sauce

1. In a large bowl, toss sweet potatoes with olive oil, parsley, garlic, 1 teaspoon salt and 1 1/2 teaspoons pepper until evenly coated. Cover with plastic wrap and marinate for 2 hours.

2. Heat grill to medium. Grill sweet potatoes until tender, turning once, 7 to 8 minutes per side. Serve hot or at room temperature, with dipping sauces if desired. Serves 8.

3. To make Creamy Scallion Dip: Combine ingredients in bowl and serve.

4. To make Ginger-Peach Ketchup: Simmer peach, ketchup, lemon juice, ginger and soy sauce for about 10 minutes. Serve.

Good Housekeeping

Cream-Cheese Lime Pie

2 packages (3-ounces each) cream cheese, softened

1 1/2 cups milk

1 packages vanilla-flavor instant pudding and pie filling for 4 servings

1 can (6-ounce) frozen limeade concentrate, thawed

1 container (8-ounce) frozen whipped topping, thawed

1 (6-ounce) ready-to-use graham-cracker piecrust

1. In large bowl, with mixer at medium speed, beat cream cheese until smooth. Gradually beat in 1/2 cup milk. Reduce speed to low; add pudding mix, undiluted limeade concentrate and remaining 1 cup milk. Beat just until blended. Fold in 2 cups whipped topping; spoon into piecrust.

2. Refrigerate pie until firm enough to slice, at least 3 hours.

3. To serve, spoon remaining whipped topping into decorating bag with large star tube; use to pipe border around pie. Garnish with lime slices if you like. Serves 10.

- Each serving: About 315 calories, 18g total fat, 24g cholesterol, 325mg sodium.

Good Housekeeping

Grilled Peach Melba

Try this easy dessert recipe with other grilled fruits such as nectarines or apricots, then top with frozen yogurt and strawberry or blackberry sauce.

2 large ripe peaches, each cut in half and pits discarded

1/2 pint raspberries

1 tablespoon sugar

1 1/2 cups vanilla ice cream

1. Prepare outdoor grill for direct grilling on medium.

2. Place peach halves on hot grill grate and cook 5 to 6 minutes or until lightly charred and tender, turning over once.

3. Meanwhile, prepare sauce: In bowl, with fork, mash half the raspberries with sugar. Stir in remaining raspberries.

4. To serve, place a peach half in each of 4 dessert bowls; top with ice cream and raspberry sauce. Serves 4.

- Each serving: About 160 calories, 8g total fat (5g saturated), 26mg cholesterol, 25mg sodium, 22g total carbs, 3g dietary fiber, 2g protein.

Good Housekeeping

Cantaloupe Boats

Drizzle honey and toasted almonds over raspberries, frozen yogurt and sweet melon for a simple summer treat.

1/4 cup sliced almonds

1/4 cup honey

1 medium ripe cantaloupe, cut into quarters, with seeds removed

1 pint vanilla frozen yogurt

1/2 pint raspberries

1. In small nonstick skillet, toast almonds over medium heat just until golden, stirring frequently. Remove skillet from heat and stir in honey; set aside.

2. To serve, place cantaloupe quarters on 4 dessert plates. Top with frozen yogurt, raspberries and warm almond mixture. Serves 4.

- Each serving: About 330 calories, 8g total fat (3g saturated), 2mg cholesterol, 125mg sodium, 64g total carbohydrate, 8g protein.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Sour Cream Raisin Cake

It's Fair Time, but many county and state fairs have been put on hold due to the pandemic. So, we decided to hold a recipe fair of our own, and declared this the Best of Stove Winner!

3/4 cup no-fat sour cream

2 eggs or equivalent in egg substitute

1 teaspoon vanilla extract

1/2 cups all-purpose flour

1/2 Sugar substitute to equal 1/2 cup sugar, suitable for baking

1 teaspoon baking soda

2 teaspoons pumpkin pie spice

1 cup raisins

1. Preheat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine sour cream, eggs and vanilla extract. Add flour, sugar substitute, baking soda and pumpkin-pie spice. Mix just to combine. Fold in raisins. Spread batter into prepared cake pan.

3. Bake for 20 to 25 minutes. Place cake pan on wire rack and let set for at least 5 minutes. Makes 8 servings.

- Each serving equals: 173 calories, 1g fat, 5g protein, 36g carb., 205mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit.

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The City of Chicago is BROKE! The city allegedly is billions of dollars in debt, including \$36 billion in pension debt. The school district also has a budget deficit of more than \$700 million. Despite these fiscal money problems, Mayor Brandon Johnson wants to spend more taxpayer money to give reparations to areas where ICE conducted immigration enforcement raids. I believe the most relevant ballot referendum question around receiving reparations for communities that experienced that hardship, and whether that was on the West side of Chicago or the black man being placed in illegal chokehold or long guns being stuck into the faces of women and children, zip-tied and thrown into vehicles. Kidnapped, shot at. I mean police officers, tear gas, right?,Johnson said. "So the updated policy in the spirit of my executive order, theres' great alignment to create a pathway to accountability".

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Comics

Out on a Limb

by Gary Kopervas

ISN'T IT IRONIC,
DON'T YOU
THINK?

DANG IT!

A SHEPHERD HAS ZERO
FOLLOWERS ON LINKED IN

Amber Waves

by Dave T. Phipps

THESE FISH WON'T KNOW
WHAT HIT 'EM. I'VE CREATED
MY OWN SECRET WEAPON.

I TOOK CORN DOGS AND
STUFFED THEM WITH CHUNKY
PEANUT BUTTER AND SKITTLES.

OK, FISHIES,
IT'S CHOW TIME!

GEEZ, I THINK THERE'S MORE
NUTRITIONAL VALUE IN THOSE
DUMB PLASTIC LURES.

The Spats

by Jeff Pickering

I NEED TO JOIN
WEIGHT WATCHERS

...BEEN EATING WAY
TOO MANY OF MY
OWN WORDS LATELY.

TIGER

by BUD BLAKE

WHATCHA
MAKING?

IT'S A FLAG. THE BOYS
ARE MAKING THE
FLAGPOLE

HOW'S IT
LOOK?

THE STRIPES
ARE CROOKED!

-BUT I DON'T THINK
THAT MATTERS

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – PLACES TO EAT

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: **Where should baby cows eat?**

AUTOMAT
BAGEL SHOP
BAKERY
BISTRO
COUNTER
DELI
DINER
FOOD TRUCK
HOUSE
INN
KITCHEN
PIE SHOP
PIZZERIA
SNACK CART
STAND
STORE

K	C	U	R	T	D	O	O	F	I
I	S	A	B	N	C	I	A	Y	L
T	N	U	A	F	I	N	N	R	A
C	A	T	G	S	T	O	R	E	I
H	C	O	E	E	B	T	E	K	R
E	K	M	L	I	L	E	D	A	E
N	C	A	S	T	A	N	D	B	Z
R	A	T	H	O	U	S	E	I	Z
A	R	C	O	U	N	T	E	R	I
O	T	S	P	O	H	S	E	I	P

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Foot is moved. 2. Collar is missing. 3. Arm is not showing. 4. Lamp is larger. 5. Window is added to house. 6. Back of chair is smaller.

Just Like Cats & Dogs

by Dave T. Phipps

I WOULDN'T WORRY ABOUT GOING
GRAY. BY WHAT I'M SEEING, IT'LL
HAVE ALL FALLEN OUT BEFORE THAT.

Riddle Answer:

In calf-
eterias.

Answer

Crossword

Super Crossword

1	2	3	4	5	6	7	8		9	10	11	12	13		14	15	16	17	18	19		
20									21						22							
23									24						25							
26									27						28			29				
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36	37	38	39						40				41			42						
43									44	45					46							
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115									116							118	119	120				
121																123						
124																126						



Paw's
corner
by Sam Mazzotta

The grim statistics on lost pets

DEAR PAW'S CORNER: My cat "Grimsby" got out of my apartment through a hole in the patio screen last summer. I put flyers all over the neighborhood and posted on social media, but he never returned and was never found. I did not microchip Grimsby, and he didn't have a collar on when he escaped — since he was a completely indoor cat, I assumed he didn't need any of that. Please warn your readers that even indoor cats can escape and get lost. — Ciara J. in Lakeland, Florida

DEAR CIARA: I'm so sorry to hear that Grimsby hasn't yet been found. Thank you for your story, which illustrates why indoor cats need to wear ID at all times and why microchipping is recommended.

According to a 2012 study, about half to three-quarters of lost cats are eventually found. Lost dogs are found and returned at a much higher rate of 71% to 97%. However, a 2018 study found that cats are much less likely to be returned to their owners after going missing for more than 90 days. Many end up in shelters, where they may be euthanized.

What should you do if your cat or dog escapes?

— Act fast. Pets are recovered most often within the first week of disappearing, but only if the owners start searching immediately.

— Put up signs and notices. Social media posts and paper signs are still effective according to all studies of lost pet recovery.

— Engage your neighbors. Knock on doors, make phone calls and let everyone in the vicinity know that your pet has gone missing.

— Contact local shelters and rescues. Surprisingly, shelters have a low return-to-owner rate — unless a pet is microchipped.

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

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Horoscope



ARIES (March 21 to April 19) You face the possibility of raising your relationship to another level. However, your partner might demand that you make promises that you're not sure you're ready for.

TAURUS (April 20 to May 20) As changes continue, expect things to get a little more hectic at your workplace. An unexpected travel opportunity could open up new career prospects!

GEMINI (May 21 to June 20) Confront the person who caused your hurt feelings and demand a full explanation for their actions. You'll not only recover your self-esteem, but you'll also gain the respect of others.

CANCER (June 21 to July 22) A personal problem in the workplace is compounded by someone's biased interference. Stand your ground, and you'll soon find allies gathering around you.

LEO (July 23 to August 22) You don't accept disapproval easily. But instead of hiding out in your den to lick your wounded pride, turn the criticism into a valuable lesson for future use.

VIRGO (August 23 to September 22) A former friend who you thought you'd cut out of your life is still affecting other relationships. Counter their lies with the truth. Your friends are ready to listen.

LIBRA (September 23 to October

22) What appears to be an unfair situation might simply be the result of a misunderstanding. If you feel that something is out of balance, by all means, correct it.

SCORPIO (October 23 to November 21) A stalled relationship won't budge until you make the first move. Your partner offers a surprising explanation about what got it mired down in the first place.

SAGITTARIUS (November 22 to December 21) A co-worker shares some startling news, but before you use it to your advantage, make sure that it's true. Meanwhile, the weekend favors family matters.

CAPRICORN (December 22 to January 19) Your usual conservative approach to family situations might not work at this time. Keep an open mind about developments, and you might be pleasantly surprised.

AQUARIUS (January 20 to February 18) Plans might have to be put on hold because of a family member's problems. Don't hesitate to get involved. Your help could make all the difference.

PISCES (February 19 to March 20) Relationships in the home and in the workplace need your careful attention during this period. Be careful not to allow misunderstandings to create problems.

BORN THIS WEEK: You have a keen, insightful intellect and enjoy debating your views with others who disagree with you. You also love to solve puzzles — the harder, the better.

Weekly SUDOKU

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

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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Weekly SUDOKU

Answer

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

Super Crossword

Answers

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

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