



**HIGH ON THE
LIST AGAIN**



**Worst States
in America for
Property Taxes**

High Tax Leaders:

ILLINOIS (2.01%) and New Jersey (1.1%) top the list, with local levies funding schools and municipalities especially around Chicago and NYC suburbs. States like Connecticut (1.81%) and New York (1.55%) see increasing taxes due to high property values and reliance on local property taxes for essential services. Texas (1.49%) and Wisconsin (1.42%) and Iowa (1.39%) have significant property taxes, often compensating for no state income tax or funding local schools and infrastructure. Nebraskans are well aware they pay some of the highest personal property taxes in the country. The state has given hefty tax credits over the last few years, but lawmakers have not been able to legislate effective long term solutions. The effective tax rate represents the typical

share of a home’s value that homeowners pay in property taxes, expressed as a percentage. If you really want to get ahead financially, think twice about moving to a state with high property taxes. Yes, those taxes can provide high-quality amenities such as good roads, schools and fire and police departments. However, they can also deprive you of the money you need to lower your stress in retirement. Before searching for your next home, check out the states you may want to avoid due to their high property taxes. **Bottom Line** There are plenty of great places to live even in states with high property taxes. For some people, moving to a high tax state is worthwhile. But all things being equal, it’s better to find ways to avoid wasting money than to spend it on taxes.

**MORE TAXES
ON THE WAY**



It’s that time again. Second installment property tax bills for Tax Year 2025 are expected to be mailed September 1. Payments are due October 1. Typically they are mailed by July 1 and due August 1. In 2025, second installment bills didn’t go out until November, forcing some local governments such as schools, library and park districts to dip into their reserves or take out short-term loans to pay their bills while awaiting their property tax dollars. This year’s holdup is in part a result of last year’s lengthier delay. “The critical overhaul of the technology supporting the Cook County property tax system affected property tax processes and timelines last year, creating a cascade effect that delayed this year’s second installment bills by two months,” said officials. Inspector General Tirrell Paxton states the county’s political structure inherently creates operational challenges and delays, particularly because key functions are divided among separately elected officials whose offices operate with significant autonomy. However, ongoing problems with a yearslong overhaul of the county’s tax system led to delays once more this year. Property owners can view their bills online now at cookcountypropertyinfo.com. The project’s initial contractor, Texas based Tyler Technologies, is cited for poor communication and failing to correct problems identified by county offices.

Editorial & Opinions



- On Sept. 8, 2012, a pair of Elvis Presley’s undershorts, which had been framed under glass, failed to sell at a British auction, though they’d been optimistically expected to go for more than \$10,000.
- On Sept. 9, 1942, a Japanese seaplane dropped incendiary bombs near Brookings, Oregon, in the first such attack on the U.S. mainland. The bombs were intended to start a forest fire, but fortunately caused little damage, due to wet condi-

MONDAY SEPTEMBER 7TH



SUNDAY SEPTEMBER 13th



FRIDAY SEPTEMBER 11TH



THURSDAY SEPTEMBER 17th



- tions. Twenty years later, the pilot, Nobuo Fujita, visited Brookings in a gesture of reconciliation and friendship.
- On Sept. 10, 1920, F. Scott Fitzgerald published his first short story collection, “Flappers and Philosophers.” In a copy he sent to editor and critic H.L. Mencken, Fitzgerald labeled four of the stories “worth reading,” one “amusing” and the remaining three “trash.”
 - On Sept. 11, 1841, American portrait painter John Goffe Rand received a patent for the first collapsible tin paint tube. Until then, artists had to mix their own oil paints, storing leftover supplies in animal bladders tied with string. French artist Pierre- Auguste Renoir later declared that “without paints in tubes there would have been no Cézanne, no Monet, no Sisley or Pissarro, nothing of ... Impressionism.”

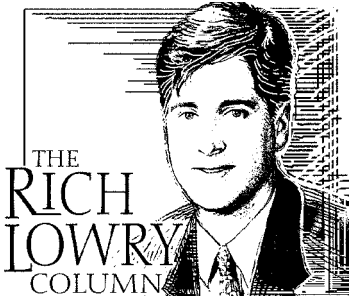
- On Sept. 12, 1972, cowboy actor William Boyd, best known for his role as Hopalong Cassidy, died at the age of 77. He was the first cowboy actor to make the transition from movies to television, after more than 50 successful B-grade Westerns in which he was accompanied by his faithful and exceptionally intelligent horse, Topper.
- On Sept. 13, 1940, Benito Mussolini’s forces crossed the Libyan border into Egypt, achieving what “Il Duce” described as the glory Italy had been seeking for 300 years.
- On Sept. 14, 1975, Elizabeth Ann Seton (née Bayley), who was raised Episcopalian but later converted to Catholicism after being left a widow with five children, was canonized by Pope Paul VI at the Vatican in Rome, becoming one of the first Americanborn Catholic saints.

Americanisms

“The two things you can’t fake are good food and good music.”

— Etta James

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Trump’s fondness for Kim Jong Un sends the wrong signal

It’s hard to believe that Kim Jong Un is really this charming. President Trump touted his fond relationship with the North Korean dictator in a Truth Social post calling for scaling back a long-running annual military exercise with the South Koreans.

“Based on my very good relationship with Kim Jong Un,” Trump wrote, “I am not happy with the fact that the United States has, long ago, agreed to participate in Joint Military Exercises with South Korea.” According to Trump, the exercises “send a signal that is totally inappropriate and hostile, to a Country that, as long as Donald J. Trump has been President, has been unthreatening and respectful.” Then he added that South Korea had recently declined to take a role in the Iran war, clearly irking Trump, as he subsequently explained to reporters at the White House.

The joint exercises have been a key element of the U.S.-South Korea military alliance for decades. They are meant to ensure that the two countries are prepared in the event of a North Korean assault, and perhaps now have an added importance given the experience North Korea has gained in high-intensity modern warfare by bolstering Russian forces in Ukraine.

Much more important than the practical effect of Trump’s fusillade, though, is the signal it sends, yet again, that he is easily disenchanted with longtime allies whose friendship should be considered a strategic boon to the United States.

Whether musing about making Canada the 51st state, briefly campaigning to take control of Greenland, imposing tariffs on friend and foe alike or hammering NATO, Trump has been careless of the goodwill of our allies.

They need us more than we need them, which means they are willing to put up with a lot, but sowing dissension unnecessarily is a foolhardy game at a

time of growing international threats.

South Korea has been a treaty ally since 1953, and is a wealthy, technologically advanced democracy that occupies strategically important ground in Northeast Asia. It is obviously both threatened by and a bulwark against potential North Korean adventurism.

Pete Hegseth visited South Korea last year and said, “Our alliance is stronger than ever before, 72 years strong.” He described the inspiring sight of U.S. and South Korean soldiers standing “shoulder to shoulder working together.” South Korea has been committed to increasing its defense spending to 3.5% of GDP. In light of this, Hegseth subsequently averred, “Model allies that step up, like Israel, South Korea, Poland ... will receive our special favor.”

Such assurances by administration officials are always subject to change, depending on Trump’s animosities at any given time. It’s certainly true that South Korea owes its existence to us. We fought to preserve its independence at a great cost in blood and treasure during the Korean War, and we have nearly 30,000 troops on the peninsula to deter North Korea from assaulting the South again. Seoul has lent support to recent U.S. military operations, typically in noncombat roles, but it’s understandable that it wouldn’t be enthused about taking part in an Iran war that hasn’t gone as planned and that has no clear endgame.

As for the North, it isn’t our friend. It is firmly within the China-Russia axis, and has been developing its nuclear and missile arsenal apace. There is no reason to believe that any blandishments from Trump will change its behavior, and Kim has been clear that the U.S. needs to abandon its “obsession” with denuclearization.

What we most need from South Korea is for it to be as strong as possible to deter North Korea, and we shouldn’t be lending any credence to its claim that U.S.-South Korean exercises are provocations, or sowing doubt about our commitment to allies.

Such diplomatic episodes, though, are an inherent part of Trump’s governance. To paraphrase the Roman writer Publilius Syrus: Prosperity makes friends, adversity tries them, and Trump distresses them — unnecessarily.

Rich Lowry is editor of the National Review.

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VETERANS ★ POST ★

by Freddy Groves

Veterans on the road again

The government is calling on veterans to consider careers in commercial trucking with the creation of the Freedom Haulers initiative, a new effort to help veterans move into civilian driving jobs.

The Federal Motor Carrier Safety Administration (FMCSA), with its military driver program, is making it easy for experienced veteran drivers to get a commercial driver's license (CDL). In many cases you can get a waiver on both the skills and knowledge tests.

A few facts: Every state is part of the veteran skills-test waiver program and all have specific requirements. Seven additional states just joined the Even Exchange program, which allows qualified veterans with certain military driving experience to waive the knowledge test.

Eligibility: If you had a military driver's license for at least two years, with no suspensions or disqualifications, you can qualify if you apply within two years of leaving that position. (It used to be 12 months, but with the Freedom Haulers initiative, that's been extended.)

Benefits: Depending on the employer, jobs may offer travel, flexible hours, good pay, health and life insurance, and more.

Formoreinformation,seewww.fmcsa.dot.gov/militarydriverprograms.

Check out the Even Exchange program at www.fmcsa.dot.gov/even-exchange-program. There you'll find a MOS list with the qualifying military occupations that can waive the knowledge test.

What if you didn't have a driving job during your active duty period and your MOS doesn't cover you for an automatic CDL? The GI Bill may cover up to 100% of commercial driver's license tuition at approved schools, depending on your eligibility and the program. In some cases that might include a housing allowance.

If you're starting from scratch (no military driving training) and want to go the GI Bill route, pick your school carefully. Federal regulators have recently removed or taken action against hundreds of CDL training providers that failed to meet requirements. Before enrolling, verify that the program is approved for your VA education benefits. Call the VA Education Call Center at 888-442-4551 (888-GIBILL-1) to verify a school's eligibility.

Strange BUT TRUE

By Lucie Winborne

• Women lie more than men in their online dating profiles.

• Many quilts made by military soldiers were known as "convalescent quilts," since they made them while recuperating from wounds received in the line of duty.

• Nuclear rain from the Chernobyl disaster fell as far west as Ireland.

• The word LEGO comes from the first two letters of the Danish words "leg" and "godt," or "play well."

• More than half a million pet owners worldwide have chosen to implant their pets with "neuticles," which are testicular implants for a neutered pet.

• Egyptian butchers wore high heels to keep their feet free of blood and debris on the floor.

• Early in her career, model Gisele Bundchen was told she'd never achieve success without cosmetic surgery to decrease her nose size. She refused and later had the last laugh by becoming one of the most highly paid models in history.

• It is thought that 80% of the world's gold is still in the ground.

• While screening around 2 million airline passengers per day, TSA officers are accustomed to confiscating items such as full water bottles and too-large toiletries, but their more astonishing finds include grenades, cannonballs and even a samurai sword.

• The fear of vegetables is called "lachanophobia."

• Actor Daniel Craig, as a reward for playing James Bond, can choose any Aston Martin from the factory for the rest of his life.

• All organ donations will inevitably fail, since transplanted organs "scar" over time, which eventually renders them unusable.

• In 2019, Forbes named Kylie Jenner the world's youngest self-made billionaire at age 21.

• Around 400 B.C., the Greek inventor Archytas of Tarentum built an early "robot" — a wooden pigeon that flew on a steam-powered arm.

Thought for the Day: "Don't find fault, find a remedy." — *Henry Ford*

top 10 movies

1. **Spider-Man: Brand New Day** (PG-13) Tom Holland, Zendaya
2. **The Odyssey** (R) Matt Damon, Tom Holland
3. **The End of Oak Street** (PG-13) Anne Hathaway, Ewan McGregor
4. **PAW Patrol: The Dino Movie** (PG) Carter Young, Mckenna Grace
5. **Katseye: Wild Hearts** (NR) Abhinav Singh, Daniela Avanzini
6. **Six: The Musical Live!** (PG-13) Aimee Atkinson, Alexia McIntosh
7. **The Brink of War** (PG) Jeff Daniels, Jared Harris
8. **Toy Story 5** (PG) Tom Hanks, Tim Allen
9. **One Night Only** (R) Monica Barbaro, Callum Turner
10. **Vishwanath and Sons** (NR) Suriya, Mamitha Baiju

Fun Fact

Roughly 270 million people play soccer worldwide (about 4% of the world's population), and billions of people support it as fans. More than 200 of the world's countries have organized leagues, amateur clubs, and casual recreational matches regularly.

Source: www.britannica.com



"The Whisper Man" (R) — Based on the novel by Alex North, this crime thriller film, premiering Aug. 28, was produced by the Russo Brothers ("Avengers: Endgame") and stars Robert De Niro ("The Alto Knights"), Michelle Monaghan ("The White Lotus"), and Adam Scott ("Severance"). Although it's deemed a crime thriller, it's got the tone of a full-on horror flick, and with the dark subject matter at hand, it's sure to keep the hairs on your arms standing. Scott portrays Tom, a widowed father to an 8-year-old son, who decides to move his family to a quiet town named Featherbank to start anew. Featherbank, however, used to be tormented by a serial killer named the Whisper Man, and somehow, the killer has escaped. Tom's son is subsequently taken, leaving him with no choice but to reach out to his estranged father, a detective named Pete (De Niro), to help find the missing boy. (Netflix)

"The Last Sunrise" (R) — Maia Reficco from the rebooted "Pretty Little Liars" series leads this steamy romantic drama premiering Aug. 26! Based on the 2025 novel of the same name, "The Last Sunrise" follows Ry, a young American woman who accompanies her mother, Isolde (Eva Longoria), on a business trip to Majorca, Spain. With health issues weighing her down mentally, Ry isn't expecting much out of this trip ... until she meets a local boy named Julian (Fernando Lindez). A passionate affair between the two is inevitable, but their romance gets threatened when Isolde reveals to Ry that she needs to buy out Julian's family's docks to bring her business deal to fruition. (Amazon Prime Video)

SENIOR NEWS LINE

by Matilda Charles

Getting ready for winter

We might be having heat waves now, but before we know it, the weather will turn and winter will be on its way. There are several steps we can take to get ahead and be ready before cold weather arrives.

Take care of draft control. Not only will we be more comfortable without cold air creeping into our homes, but our heating bills will be lower if the furnace isn't working so hard. Windows can have caulking or window stripping applied, or you can buy those insulation film kits. Buy your supplies now before everyone else has the same idea, and schedule someone to help you. Right after Labor Day is a good time to get the windows sealed.

Consider how many times you lost power last year and be ready for that. Bring in a supply of batteries for flashlights. Put them in your lights now so you're ready the minute the power goes out the first time. Have someone help you put new batteries in your smoke detector, if it hasn't been done in a while.

Make your list of three to four days' worth of food for emergencies such as storms when it's just not safe to go out, and start shopping for those items now. Put a jug of ice melt or cat litter on your list if your area is likely to get snow and ice.

Does your furnace need an annual inspection? Does your vehicle need antifreeze and new windshield wipers?

But we can't forget the fun stuff for those cold days! A stack of books for cold afternoons, a few small craft kits, ideas for a story to be written during the annual November novel writing month (nanowrimo2.com), several exercise videos for seniors on YouTube, recipes to try, new songs to learn on the piano or guitar ... the list is only limited by your imagination!

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What's Hot In Hollywood

HOLLYWOOD — **Jennifer Aniston** has completed the final season of "The Morning Show." Now she's returning to movie making with the holiday comedy film "Naughty," co-starring **Peter Dinklage**, who plays Santa Claus. Aniston's also completed 10 episodes of Apple TV's dramedy "I'm Glad My Mom Died," but decided not to continue with the show due to "scheduling conflicts." Filmmaker **Jason Reitman** also bowed out of the series due to "creative differences" with author **Jennette McCurdy**. Meanwhile, Dinklage will star in the upcoming rom-com "Wicker" with **Olivia Colman** and **Alexander Skarsgard**. It's set to release in October.

Ryan Gosling will star as supernatural horror hero Johnny Blaze, aka Ghost Rider, in a new film that will be directed by "Deadpool & Wolverine's" **Shawn Levy** (for a 2028 release). Levy also directed Gosling in "Star Wars: Starfighter," which hits theaters on May 28, 2027.

Ryan Coogler will direct "Black Panther 3" and has chosen **David Jonsson** to play the adult version of the son of T'Challa (who was portrayed by the late **Chadwick Boseman**). No word yet whether **Michael B. Jordan** is participating.

Are you ready for "Spaceballs: The New One"? The sequel to **Mel Brooks'** classic 1987 film will again star **Rick Moranis**, **Daphne Zuniga** and **Bill Pullman**. At 100 years of age, Brooks is producing the film (alongside **Josh Gad**) and reprises his iconic role of Yogurt for Amazon MGM Studios. It's set to open on April 23, 2027.

Jonathan Lipnicki, now 35, was just a kid in "Jerry Maguire" (1996), as well as two "Stuart Little" films (1999 and 2002). Now he's making his comeback in the season four revival of "The Joe Schmo Show." He also appeared alongside **Ron Perlman** and **Esai Morales** in the western "Cottonmouth."

Perlman and Morales are set to star alongside **Josh Bowman** (of the ABC's series "Revenge") in the thriller film "Live 2 Die." Also getting a sequel is "Blade Runner" in the form of an eight-episode series for Amazon Prime Video. Out in November, "Blade Runner 2099" takes place 50 years after "Blade Runner 2049" and stars Oscar winner **Michelle Yeoh**. While **Ridley Scott** is one of the producers, he couldn't direct any episodes due to scheduling conflicts.

George Clooney and **Eva Longoria** are playing themselves in the upcoming French comedy-drama film "Dix Pour Cent." It's a sequel to the TV series "Call My Agent!" which aired in France from 2015-2020. The film will air on Netflix in September.

"The Odyssey," which cost \$250 million and has already hit \$1 billion in the box office, has been criticized for not being a literal translation of the original epic poem by Homer. Some critiques stem from the actors speaking English with American accents and Helen of Troy being portrayed by a



Depositphotos

Peter Dinklage (Set to star as Santa Claus in "Naughty")

woman of color, **Lupita Nyong'o**. Frankly, who'd want to struggle through a Homeric Greek dialect? The film's destined to join the ranks of epic classics such as "Gone with the Wind," "The Ten Commandments," and "Ben-Hur." How anyone could complain about this classic film is "all Greek to me!"

HOLLYWOOD — **Anna Baryshnikov**, the 34-year-old daughter of ballet/movie star **Mikhail Baryshnikov** and American dancer/video journalist **Lisa Rinehart**, has her own budding career. She starred in the psychological thriller "Sender," co-starring **Jamie Lee Curtis**, which screened at SXSW in March. She followed this up with the dark rom-com "The Drama" co-starring **Zendaya** and **Robert Pattinson**, which came and went in April. Next, she'll co-star with **Mira Sorvino**, **Lisa Kudrow**, **Alan Cumming**, and **Keegan-Michael Key** in "Romy and Michele 2," which is due in 2027. The original 1997 film cost \$20 million but only grossed \$29.2 million.

Spider-Man **Tom Holland** and **Zendaya** allegedly tied the knot just before the end of this past year. They've both been working nonstop together in "Spider-Man: Brand New Day" and "The Odyssey," in addition to Zendaya filming "Dune: Part Three" and "Shrek 5." "The Odyssey" has already grossed more than \$1 billion, but "Brand New Day" accomplished this during the first weekend that it hit big screens. Writers are already fashioning the script for "Spider-Man 5," while the newlyweds take a much-needed planned break. However, Holland's been telling the press that he'll keep doing "Spider-Man" movies for as long as they'll have him!

Jaafar Jackson, who blew every-one away as **Michael Jackson** (to the tune of \$1 billion), is set to star with "Bad Boy" (and famous slapper) **Will Smith** and **Anna Sophia Robb** in Amazon MGM Studios' "Supermax." In the film, Smith and Robb try to solve a seemingly impossible murder in a maximum security prison.

Everyone wondered what's holding up the "Barbie" sequel, since "Barbie" took in more than \$1 billion in 2023! Turns out the holdup was **Margot Robbie**, **Ryan Gosling**, and director **Greta Gerwig**, who aren't happy with the profit sharing that Warner Bros. is offering on their take of profits. However, Warner Bros. CEO **David Zaslav** believes that their deal's too generous. (Someone's getting greedy!) But Warner Bros. has a gun to their head because they only have until December to reach a deal with the stars and director before the film rights revert back to Mattel. Then it becomes anyone's game!

Hallmark fans mustn't care about the price of gas because they've ponied up between \$700 (for the cheapest package) and \$1,800 (for the primo package) to attend Hallmark's inaugural Christmas Experience live events in Kansas City, Missouri. It's happening over four weekends between Nov. 27 and Dec. 20.

In addition, attendees purchased tickets for "Stars on Stage" panels with Hallmark actors, "Create and Learn" workshops with artists, and themed dining experiences. Among the Hallmark stars appearing are **Jonathan Bennett**, **Andrew Walker**, **Lacey Chabert** and **Tyler Hynes**. Before you reach for your credit card, it sold out the first week that it was announced. What expensive "Season's Greetings!"



Courtesy of Apple TV

Anna Baryshnikov as Tabitha in Apple TV's "Cape Fear"

celebrity extra

by Dana Jackson

Q: Is Johnny Depp making a comeback anytime soon? I haven't seen him in anything since all the bad publicity he had with his ex-wife. — S.T.

A: It's been four years since the defamation trial between Johnny Depp and Amber Heard, but his career has never regained the heights that it achieved in the early 2000s. He portrayed King Louis XV in the French historical film "Jeanne du Barry" back in 2023, and his future has been looking brighter since. He's starring in the action thriller "Day Drinker" with Oscar winner Penelope Cruz ("Vicky Cristina Barcelona"), which is set for a March 2027 release. This November, however, he'll play the title character in the holiday film "Ebenezer." Producer Jerry Bruckheimer did say at D23: The Ultimate Disney Fan Event that he's in talks with Depp about reprising the role of Captain Jack Sparrow in "Pirates of the Caribbean 6." A screenplay is in progress, but this sequel will center on a new female lead played by Margot Robbie and place Depp in more of a supporting role.

Q: Isn't Marvel making a movie or TV series with Paul Bettany's character called "VisionQuest"? Whatever happened with this? — C.E.

A: It's understandable that one would think that Disney has abandoned the planned "WandaVision" spin-off "VisionQuest" because it's been years in the making. The original series with Elizabeth Olsen and Paul Bettany ended in 2021, and we were treated to the first "WV" spin-off — "Agatha All Along" starring Kathryn Hahn — in 2024. Disney recently released the trailer for the upcoming series "Vision- Quest" at the recent D23 Disney event. In the preview, we see Bettany as "a humble guy working in a British pub," according to TVLine, "[who] takes a trip inside his own mind and his own memories, admitting that 'I was an Avenger, but I'm not a hero anymore.'" James Spader also stars as Ultron, who tries to convince Vision that his memories are indeed real and urges him, "Free us all and save your son." The new series is expected to premiere on Disney+ on Wednesday, Oct. 14. In addition to Bettany and Spader, the cast includes Faran Tahir ("Iron Man"), Emily Hampshire ("Schitt's



Depositphotos

Johnny Depp (Upcoming in "Day Drinker")

Creek"), Todd Stashwick ("12 Monkeys"), and T'Nia Miller ("The Haunting of Bly Manor").

Q: Is Ryan Gosling starring in a new "Star Wars" movie? I thought they finished making them with this past trilogy. — A.B.

A: Yes, there's another "Star Wars" movie in the works, but it's an entirely original story that, according to director Shawn Levy, is neither a prequel nor a sequel. In "Star Wars: Starfighter," Ryan Gosling ("Project Hail Mary") plays a rogue pilot named Kade Auberón. Auberón, according to Entertainment Weekly, has a decommissioned G17 starfighter in his possession that he claims is "the fastest ever built." Levy, who directed "Deadpool & Wolverine," is excited to team up with novelist and screenwriter Jonathan Tropper ("The Adam Project," "Your Friends & Neighbors") and Gosling, of course. Look for what's sure to be another blockbuster hit for the "Star Wars" franchise in theaters on May

28, 2027. Send me your questions at NewCelebrityExtra@gmail.com.

Health



Leg Cramps and Digit Spasms Occur Due to Lactose Intolerance

DEAR DR. ROACH: I'm a 74-year-old woman who's quite healthy (I am active and don't take any medications), but I have a history of irritable bowel syndrome (IBS-C). Recently, I experienced bad-smelling gas, leg cramps, and finger and toe spasms. I quit eating milk products, and my symptoms almost immediately disappeared. My question is: Do food intolerances increase with age? Also, can leg cramps and digit spasms be attributed to a food intolerance? — H.W.

ANSWER: The most likely diagnosis is lactose intolerance. This is caused by a deficiency in the enzyme lactase, which is used to split milk sugar into its constituent simple sugars. This condition is rare in childhood and does increase with age. I've seen people with lactose deficiencies who complain about abdominal cramps, but digit spasms and leg cramps aren't usually described with this deficiency. I've seen these symptoms in people with severe celiac disease due to low calcium levels. Since your symptoms disappeared when stopping milk products, it seems clear that these are, indeed, symptoms of a lactase deficiency, but they're unusual enough that they aren't well-described.

DEAR DR. ROACH: My husband has had neck pain for over two years. He has been treated with ablation of the neck nerves but hasn't experienced

any significant lessening of the pain. He's been on oxycodone for at least a year. Nothing seems to be working on lessening his pain on a continuous basis. What's your opinion on fentanyl patches? He's 88 and very weak, but he doesn't have any major physical problems. — D.S.

ANSWER: Fentanyl is a very potent synthetic opiate, and the patch allows continuous absorption through the skin. It's useful for people who need strong opiates, such as those with cancer. Unfortunately, opiates aren't always a good choice for muscular or skeletal pain, which is likely the cause of your husband's neck pain. If oxycodone isn't working well, fentanyl probably won't either. The body can quickly get used to high doses of any opiate. Without knowing a lot more about his neck pain, I can't make any definitive recommendations. Pain management experts will often try other types of injections (such as epidural steroids), along with different types of medications. Medicines that work on the nerve pain cells (such as gabapentin or duloxetine) can be of benefit in many people. A pain management expert is an essential consultant for your husband.

DEAR DR. ROACH: I have slowed gastric motility and would like to draw your attention to a potentially dangerous reply that you gave in a recent column. There was an 85-year-old with a sluggish gut who asked about fiber supplements. You said that it was good to take fiber supplements for diarrhea and constipation, as well as cholesterol reduction. This is usually sound advice; however, in people with gastric motility issues, fiber supplements can be dangerous. For people with slowed gastric emptying, fiber can increase the risk of bezoars, which can be life-threatening. A person with slowed gastric motility is supposed to limit their fiber intake to no more than 2-3 grams per meal to prevent solid masses from forming in the gut. This may be what they were

referring to when they said they heard that fiber supplements mess up your gut. — A.Y.

ANSWER: I appreciate your writing. You're right that in the case of gastroparesis, too much fiber can lead to a bezoar — a nondigestible stone-like mass that can block the gut. People with diagnosed transit problems of the gut should seek specific advice about treatment from their gastroenterologist prior to using fiber supplementation.

Weakness and More Persist in Woman After Gallbladder Removal

DEAR DR. ROACH: I have a friend who had gallstones and ultimately got her gallbladder removed. When they went in, they saw lots of infections, cleaned her out, and put drains in her liver. She's been feeling awful and weak, and she wants to get a second opinion. Which type of specialist should she see? — D.L.G.

ANSWER: Treatment for a complex problem like hers often takes a team of specialists — in this case, certainly a surgeon and very likely a gastroenterologist and an infectious disease specialist. The ideal person to see now might be any of these specialists, especially one who saw her in the hospital and knows her case. However, it sounds like she may have lost confidence in the team who initially treated her. Getting a useful second opinion would require getting this specialist the information that they'd need, which would include imaging studies, operative reports and microbiology reports at a minimum. A surgeon is unlikely to be interested unless it's clear that further surgery may be necessary, so I suggest that she starts with a generalist or a gastroenterologist. I've been involved in cases where a person who had a complex hospital course at a different medical system was admit-

ted to my inpatient service, and getting the necessary information required many hours of work. With electronic medical records that can communicate with each other (sometimes), this can be done much more easily now. It's more feasible in the inpatient setting, but I hope your friend doesn't get any sicker that she needs to go in the hospital.

DEAR DR. ROACH: My son's going to be spending several weeks on a lake. I was looking at a permethrin-impregnated sleeping bag liner, and I'm wondering if this type of treated sleeping bag is good to prevent bites from various insects. Is it worth the money? — J.M.M.

ANSWER: Permethrin-impregnated clothing is highly effective. Studies have shown an 80% to 90% reduction in bites when it's used. (Permethrin can't be used on skin as it's inactivated by skin oils.) Sleeping bag liners and bed nets aren't as well-studied, but they're still recommended by expert groups. While I can't answer whether it's worth the money to you, I'd want myself or my child to have as much protection as possible. The permethrin in factory-applied gear lasts longer than self-applied permethrin, but it'll gradually become less effective, especially when it gets exposed to sunlight and oxygen. The cost for a sleeping liner online was about \$80 when I checked. A bottle of spray is about \$25 and lasts for about six weeks on clothing or gear. There's an additive effect of using permethrin-impregnated products and topical skin repellants, and I certainly recommend both. I think it'd be worth it just to avoid itchy and unpleasant mosquito bites. If he's going to be in an area with high amounts of tickborne diseases (like Lyme disease, ehrlichiosis or babesiosis), I'd say that the sleeping liner would help prevent an infection, which could potentially ruin his time on the lake or even cause health issues that might require him to leave.

'Tumor Seeding' Very Rarely Occurs During Biopsies

DEAR DR. ROACH: I read your recent column on prostate biopsies. I'm not a doctor, but I'd advise against them. My boyfriend got a biopsy in 2012, which I believe caused his cancer to spread beyond his prostate into his bones. He died three years later in 2015.

Think about this: A needle is inserted to extract cells so that they can be tested. When the needle is pulled out with its open end, and cancer is present, cells in the needle can then come out of the open end, causing cancer to spread throughout the prostate. It may be rare, but this is documented (called tumor seeding). — B.S.

ANSWER: I must disagree with you in the strongest possible terms. A biopsy is an essential piece of information to know how to treat a patient. Over decades and tens of millions of biopsies, there have been 42 total cases of seeding that were reported worldwide from the needle tract. This extremely rare event shouldn't prevent a man from understanding what the best treatment of his prostate cancer will be. Other studies haven't shown an association between a biopsy and a subsequent spread of the disease. I'm very sorry about your boyfriend, but given the slow growth rate of prostate cancer, it's likely your boyfriend had prostate cancer that spread to his bones years before the biopsy was done.

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

It's a real challenge these days living paycheck to paycheck, or a fixed income or living from a savings account. So, every tip we get to save a little money is welcomed.

Here are a few tips to help you keep some of that hard earned money.

GROCERY SHOPPING

Use cash for groceries.

One way to keep within your budget is to set out with a fixed amount of cash and forget about using your credit cards.

Grow your own herbs

One basil plant or cilantro plant costs about \$3.00 to \$4.00 and provides fresh herbs throughout the season, eliminating the need to buy them at the supermarket and

delivering better flavor. You can easily chop fresh herbs to freeze in ice cube trays. Even frozen and thawed, they'll still taste more flavorful than dried herbs.

HOME AND GARDEN

Clean your microwave on a regular basis

Food bits left in the microwave will create hot spots the next time you use it, which can damage the interior. So, wipe up any spills as soon as they happen.

Clear your gutters of debris

Clogged gutters can sag, causing them to overflow and start to leak, which can lead to rotted wood siding. And while vinyl or aluminum siding won't rot, water can get trapped behind it, eventually causing serious structural damage you may not see until it becomes costly to fix.

Car Care and Driving

Look beyond interstate exits to save gas. Stations at exits typically charge 10 to 30 cents more per gallon. A recent example is in New York. Regular was \$4.89 at a Shell at an Interstate 84 exit and \$4.49 at a Sunoco just 3 miles off the next exit.

Remove roof racks.

The aerodynamic drag from a roof rack can increase fuel costs by up to 25 percent. If, for example you use 500 gallons of gas per year without a rack, you'll need 625 gallons to travel the same distance with a rack. At \$4.49 per gallon, that's an extra \$561 per year.

Sell a car.

Retired couples often no longer need two cars. And if you are mostly using public transportation, you might not need a car at all. Even paid off cars cost plenty in insurance, main-

tenance and sometimes storage. Plus, that car is depreciating even if you're not putting miles on it.

COMPUTER CARE

Keep your laptop cool.

Place it on a hard, flat surface to keep its air vent clear. Propping it on a pillow or other soft object can cause overheating, which will shorten the computer's life.

Keep software lean.

Uninstall programs you don't use, and keep your operating system and drivers updated. A cluttered system can bog things down. Avoid having a huge amount of media on your laptop. Better to use the cloud or get an external drive.

UTILITIES AND ENERGY

Wrap your water heater pipes

Especially in cold basements or crawl spaces, you can lose a lot of heat as water travels

the few feet between your water heater and the wall. Wrapping those pipes in insulation may allow you to lower the water heater thermostat settings and get the water to your faucets faster, saving both water and energy.

Dump the basement refrigerator

If it's not essential, especially if it's an older model. You may not realize that older units are extremely inefficient and can suck up \$10 to \$15 worth of electricity a month.

Cool down your laundry setting.

About 90% of the energy your washing machine uses goes toward heating the water, but hot water is unnecessary when using most modern laundry detergents. Save even more water and electricity by running full loads rather than multiple small ones.



Home is the place we go to after a long work day. A place to rest, spend time with family and friends and enjoy the fruits of our labor. It's a haven from the noise of the outside world and a place to recharge ourselves.

On September 11, 2001, that peace was shattered and as Americans, our lives would never be the same again. We looked on in horror and disbelief at what was happening before our eyes. We watched as the Twin Towers in New York were brought down by terrorists. We watched as the Pentagon was attacked and we heard what those brave Americans did on another plane headed for destruction. They gave up their lives for their fellow Americans.

More people were killed in the September 11th attack than were killed at Pearl Harbor. This cannot happen to us again. The world is a dangerous place and we must be ever so diligent to fight terrorism whenever it exists. America is the light of the world and it must shine brightly and bold for the world to see. The American Flag will never be taken down. We salute the men and women in the armed forces for their bravery in defending our freedom.

We have a scar and that scar is a constant reminder of what happened on September 11th, 2001. As Americans, we are a strong, able people and we are determined to never see the American Flag touch the ground.

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FDIC

Give Your Grilling Game a Flavor Boost

3 tips to make summer meals deliciously memorable



Photos courtesy of Shutterstock

Southwest Pork Chops

- 2 tablespoons Watkins 1868 Organic Grilling Chili Lime Seasoning
 - 2 teaspoons Watkins Organic Black Pepper
 - 2 teaspoons cooking oil of choice
 - 1/2 teaspoon Watkins Fine Himalayan Pink Salt
- 8 pork loin chops (about 2 1/2 pounds) hot sauce (optional)**

Combine chili lime seasoning, black pepper, cooking oil and pink salt. Spread mixture evenly over pork chops. Cover and refrigerate at least 30 minutes.

Heat grill to medium heat. Grill pork chops 4-5 inches from heat source, turning frequently, until no longer pink when cut near bone. Serve with hot sauce, if desired.



Peppery Beef Kebabs

- 1 pound sirloin, cut into 1-inch cubes
 - 2 tablespoons Watkins 1868 Organic Grilling Steak Seasoning or Watkins 1868 Organic Grilling Salt Free Steak Seasoning
 - 1 teaspoon Watkins Organic Ground Black Pepper
- mushrooms, cut into chunks (optional)**

cooked couscous or rice

Sprinkle sirloin with steak seasoning and black pepper. Thread beef onto skewers along with bell peppers, onions and mushrooms, as desired.

Heat grill to medium-high heat. Grill, turning occasionally, until meat is cooked to desired doneness, 5-7 minutes. Serve atop cooked couscous or rice.

FAMILY FEATURES

Make sure your grill game is on fire this summer. The right prepping, seasoning and grilling techniques can help you serve your favorite foods in the tastiest ways all summer. Consider these helpful tips from the flavor experts at Watkins.

Seasoning with Staying Power

The first step for impressive flavor is proper preparation. For dry seasoning, blot meat or sliced vegetables (such as zucchini) with paper towels to dry. Then rub 1-2 teaspoons of vegetable oil over each piece to help your seasoning or dry rub stick.

For marinades, after mixing – but before adding the meat – reserve 2 tablespoons of marinade liquid to baste meat while on the grill. If you’re dicing meat (except for shrimp), do so before adding it to the marinade so each piece can soak in as much flavor as possible.

Finally, no grilling menu would be complete without burgers. Adding a seasoning tailor-made for this all-American classic, like Watkins Organic Hamburger Seasoning, brings an unforgettable boost of flavor. You’ll want about 1 tablespoon of seasoning for each pound of ground meat – just be sure to mix in thoroughly before you make your patties to distribute the flavor evenly.

Flavor for All Your Favorites

While most people think of meats for grilling season, there are so many ways to spice up all your favorite foods and

beverages. For fajitas, you can use chili lime seasoning for the meat and put it on the rim of your lemonade or margaritas, too.

You can also switch it up and roast potatoes instead of fries to go with a well-seasoned burger. Try peppercorn Parmesan seasoning for a complementary flavor. If you’re looking for a finishing touch for steak, mushrooms make a perfect enhancement and you can use the same steak seasoning to prepare them.

A Showstopping Side

Grilled corn makes a fresh, juicy side for summer meals. For tender kernels and a milder char flavor, leave the husks on, soak the corn in water for 20-30 minutes and grill over medium-high heat for 15-20 minutes. For more char and caramelized flavor, remove the husks and grill over medium-high heat for 8-10 minutes, turning frequently.

After grilling, remove the husks (if needed) and lightly coat the corn in butter before seasoning. Corn can work with a range of flavor profiles – get creative with Watkins Organic Mesquite, Chili Lime or Peppercorn Parmesan seasoning blends to make your most memorable corn yet.

Whatever you add to your menu, enjoy finding new summer staples. For more flavors and grilling inspiration, visit watkins1868.com.



Take Family Favorites Al Fresco



Southwest Ranch Taco Salad

Total time: 25 minutes

- 1/2 head romaine lettuce
 - 1 pint cherry tomatoes
 - 2 small avocados
 - 1 tablespoon extra-virgin olive oil
 - 1 pound ground beef (80/20 ground chuck)
 - 2 teaspoons Newman’s Own Mild Taco Seasoning
 - 1/4 cup water
 - 1 can (15 1/2 ounces) black beans
 - 1 1/2 cups canned corn
 - 1 cup shredded sharp cheddar cheese
 - 2 tablespoons chopped fresh cilantro, plus additional for serving (optional), divided
- 1 cup Newman’s Own Southwest Ranch Dressing**

6 ounces tortilla chips

Coarsely chop lettuce, halve cherry tomatoes and pit, peel and slice avocados. Set aside.

In large frying pan over medium-high heat, heat olive oil. Brown ground beef, stirring occasionally, 4-5 minutes. Add taco seasoning and water; cook according to package directions, 5-8 minutes, or until meat is thoroughly cooked. Drain and rinse black beans. Set aside.

Divide lettuce among serving bowls or plates. Top with ground beef, tomatoes, avocados, black beans, corn, cheese and 2 tablespoons cilantro. Tuck in tortilla chips. Drizzle with southwest ranch dressing and sprinkle with additional cilantro, if desired.



Advice for enjoying easy meals outdoors

FAMILY FEATURES

Bright sunshine, warm patios and fresh foods go hand in hand. As warm weather and sunny days call you outdoors, bring the whole family along with favorite meals that blend perfectly with a soft breeze and the subtle sounds of nature.

Al fresco dining doesn’t have to be difficult. Just gather a few supplies, whip up a favorite recipe or two and ask for a hand in heading outside. Take these tips into account to help ensure your backyard dining goes off without a hitch.

Create a Cozy Spot

Dinner in the backyard means convenience and the comfort of your own patio furniture, but you can always enhance the experience with an umbrella to add a touch of shade or a small fan on those still, steamy evenings. If a busy day means a later dinner, hanging strings of soft lighting can help illuminate the table.

Make It Fresh

Salad season means fresh ingredients from lettuce and veggies to favorite toppings and beyond. Add a crisp bite to your next al fresco occasion with this Southwest Ranch Taco Salad featuring Newman’s Own’s Southwest Ranch Dressing. The dressing is creamy and smoky with a kick of spice and features no artificial flavors, no colors from artificial sources and no MSG, making it a perfect companion for salads and dips. In fact, you can enjoy this seasonal salad even more knowing that 100% of profits from the sale of the dressing goes toward helping nourish and transform the lives of children facing adversity.

Don’t Forget the Essentials

No outdoor meal is complete without a few must-have utensils. Avoid trips back and forth from the house by writing a list of everything you need so you don’t head to the deck without forks to share a salad or napkins to help clean up the mess. Bring the basics like plates, cups, utensils, napkins and a cloth to rest food on. Don’t leave behind serving spoons, trash bags and other convenience items that make al fresco dining a breeze.

Serve a Perfect Salad Partner

While a hearty salad alone is enough for a filling al fresco meal, you can take your backyard dining to the next level with the perfect partner for satisfying salads: crudites. Arranged neatly on a platter or board, a seasonal variety of sliced or whole raw vegetables such as snap peas, celery, carrots, cucumbers, cherry tomatoes, mini bell peppers, broccoli and more can make for a perfect accompaniment to nearly any outdoor meal. Serve with a dip or two, such as Newman’s Own’s Southwest Ranch Dressing, to complete your al fresco appetizer.

To find more al fresco food options that give back, visit NewmansOwn.com.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Creole Shrimp Gumbo

Tomatoes are at their all-time peak in late summer. Don't let this "love apple season" pass by without trying this succulent gumbo, especially created with that juicy red tomato in mind!

1 cup chopped onion
2 cups peeled and chopped fresh tomatoes
2 teaspoons chili seasoning
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
1/8 teaspoon black pepper
1/2 cups reduced-sodium tomato juice
3 tablespoons all-purpose flour
1 (6-ounce) package frozen cleaned shrimp, thawed
1 cup chopped fresh okra or frozen cut green beans
1/2 cups cooked spaghetti, rinsed and drained

1. In a medium saucepan sprayed with butter-flavored cooking spray, saute onion for 5 minutes. Stir in tomatoes, chili seasoning, parsley flakes and black pepper. In a covered jar, combine tomato juice and flour. Shake well to blend.

2. Pour tomato-juice mixture into tomato mixture. Add shrimp and okra. Mix well to combine. Bring mixture to a boil, stirring often. Stir in spaghetti. Lower heat and simmer for 6 to 8 minutes or until mixture is heated through, stirring often. Makes 4 (1 cup) servings.

• Each serving equals: 205 calories, 1g fat, 15g protein, 32g carb., 281mg sodium, 5g fiber; Diabetic Exchanges: 3 Vegetable, 1 1/2 Meat, 1 Starch.

Comfort foods

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Grilled Southwestern Chicken Bundles

You don't have to sleep in a tent in the woods to enjoy a campfire cook-out. Just gather everyone in the backyard with plenty of blankets to sit on, a telescope to watch the falling stars and a table filled with tasty "outdoor" foods. This main dish just might be the "star" of the menu!

16 ounces skinned and boned chicken breast, cut into 4 pieces
1 cup chopped green bell pepper
1 cup chopped red bell pepper
1 cup chopped onion
2 cups frozen whole-kernel corn, thawed
1/2 cup fat-free Catalina dressing
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley flakes
1/2 teaspoons chili seasoning

1. Cut 4 (24-inch) pieces of heavy-duty aluminum foil. Lightly spray each piece with butter-flavored cooking spray. Arrange 1 chicken piece in center of each. In a medium bowl, combine green pepper, red pepper and onion. Spoon 3/4 cup vegetable mixture over each chicken piece. Sprinkle 1/2 cup corn over top of each.

2. In small bowl, combine dressing, parsley and chili seasoning. Drizzle about 2 tablespoons dressing mixture over top of each bundle. Wrap and double seal each. Place packets over grill at medium heat. Grill for 18 to 20 minutes, turning occasionally. Makes 4 servings.

• Each serving equals: 270 calories, 3g fat, 26g protein, 35g carb., 431mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

Good Housekeeping

Chili Steak With Hawaiian Rice

This 20-minute meal is full of flavor, but low on effort. Save leftover cooked white rice for quick week-night meals like this.

1/2 pounds skirt steak
2 teaspoons chili powder
1/2 teaspoons grated lime peel
1/2 teaspoon salt
2 cups fresh pineapple, chopped
1 cup packed fresh cilantro leaves, finely chopped
3 cups cooked white rice

1. Heat outdoor grill on medium-high.

2. Rub skirt steak with chili powder, lime peel and salt. Grill 3 to 4 minutes per side or until desired doneness.

3. Transfer to a cutting board and let stand 5 minutes. Meanwhile, toss pineapple with the cilantro leaves and white rice.

4. Thinly slice the steak and serve with rice. Garnish with lime wedges. Serves 4.

• Each serving: About 500 calories, 19g fat (7g saturated), 42g protein, 45g carbohydrate, 2g fiber, 430mg sodium.

Good Housekeeping

Jazzed-Up Grilled Chicken

Succulent grilled chicken gets amped-up with an array of summer produce, like juicy nectarines, crisp cucumber and sweet fresh corn.

1 tablespoon white wine vinegar
3 tablespoons olive oil
Kosher salt
Pepper
2 ripe nectarines or peaches
1/2 small red onion
4 boneless, skinless chicken breasts
1 small Kirby cucumber
1/2 cup fresh corn kernels
1/2 cup roughly chopped fresh basil

1. Heat grill to medium-high. Clean and lightly oil the grill.

2. In a medium bowl, whisk together the vinegar, 2 tablespoons oil, and 1/4 teaspoon each salt and pepper. Add the nectarines and onion and toss to combine; set aside.

3. Rub the chicken with the remaining tablespoon oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper, and grill until cooked through or the internal temperature reaches 165 F, 4 to 6 minutes per side. Transfer to a platter.

4. Using a vegetable peeler, cut the cucumber into long, thin strips. Fold the cucumber, corn and basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Caramelized Onion and Goat Cheese Panini

Don't reserve the grill just for dinner. Assemble these delicious appetizer paninis and make them hot and crunchy on the grill.

2 tablespoons olive oil
2 (1 pound each) sweet onions, thinly sliced
Salt and pepper
1/2 teaspoon chopped fresh thyme leaves
8 (1/2-inch thick) center slices country-style bread
4 ounces soft, fresh goat cheese

1. In nonstick 12-inch skillet, heat oil on medium for one minute. Stir in onions, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper; cover and cook 15 minutes or until very soft, stirring occasionally. Uncover and cook 15 to 25 minutes longer or until onions are golden brown, stirring frequently. Stir in thyme; remove pan from heat.

2. Prepare outdoor grill for direct grilling on medium.

3. Meanwhile, assemble panini: Place 4 slices bread on work surface. Spread one-fourth of goat cheese on each slice and top with one-fourth of onion mixture. Top with remaining bread slices.

4. Place 2 panini on hot grill grate. Place heavy skillet (preferably cast iron) on top of panini, press down, and cook 7 to 8 minutes or until bread is toasted and browned on both sides, turning over once. Repeat with remaining two panini. Cut in halves or quarters to serve. Makes 8 appetizer servings.

• Each serving: About 190 calories, 8g total fat (3g saturated), 7mg cholesterol, 375mg sodium, 24g total carbohydrate, 3g dietary fiber, 7g protein.

Good Housekeeping

Grilled Chicken With Nectarines

Sweet stone fruit and fresh basil make for a light and summery main when spooned over simple grilled chicken.

2 tablespoons white wine vinegar
1/4 cup olive oil
2 teaspoons olive oil
Kosher salt
Pepper
2 ripe nectarines or peaches
1/2 small red onion
1/2 cup chopped fresh basil
4 boneless, skinless chicken breasts

1. Heat grill to medium-high. Clean the grill and lightly oil. In a medium bowl, whisk together the white wine vinegar, 1/4 cup olive oil and 1/4 teaspoon each salt and pepper. Add the nectarines and red onion and toss to combine; set aside.

2. Rub the chicken with the remaining 2 teaspoons oil, season with 1/2 teaspoon salt and 1/4 teaspoon pepper and grill until cooked through or an instant-read thermometer inserted into the thickest part of the breast registers 165 F, 4 to 6 minutes per side.

3. Fold the basil into the nectarine mixture and spoon over the chicken. Serves 4.

Good Housekeeping

Mock Lemon Meringue Pie

3 large lemons
3/4 cup sugar
6 tablespoons (3/4 stick) margarine or butter
2 teaspoons cornstarch
4 large egg yolks
1 (6-ounce) ready-to-use butter-flavor piecrust
1 package vanilla instant pudding and pie filling for 4 servings
1/2 cup milk
1 container (8-ounce) frozen whipped topping, thawed

1. Grate peel from 1 lemon. Squeeze enough juice from lemons to equal 1/2 cup.

2. In 1-quart saucepan over medium-low heat, heat sugar, margarine or butter, cornstarch, lemon peel and lemon juice until smooth and margarine or butter melts.

3. In small bowl, with wire whisk or fork, beat egg yolks slightly. Into yolks, beat small amount of warm lemon mixture; stir egg mixture back into lemon mixture in saucepan. Reduce heat to low; cook, stirring constantly, until mixture thickens, 5 to 10 minutes.

4. Pour lemon mixture into bowl; cover surface with plastic wrap and refrigerate 3 hours or until well-chilled.

5. Spread 1/2 cup chilled lemon mixture in piecrust. In medium bowl, with wire whisk, beat pudding, milk and remaining lemon mixture until blended. Fold half of whipped topping into lemon filling; spoon into crust.

6. Spoon remaining whipped topping over pie, swirling with back of spoon to make attractive top. Chill pie at least 1 hour. Serves 10.

• Each serving: About 350 calories, 19g total fat, 87mg cholesterol, 355mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Banana-Raspberry Custard Treats

Did you know that the botanical name for bananas is *Musa sapientum*, which means fruit of the wise men? If you're a wise person, you'll stir up this tasty, healthy and easy recipe featuring bananas, which are loaded with potassium and vitamin C.

1 cup (one medium) diced banana
1/2 cups fresh red raspberries
1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
2/3 cup nonfat dry milk powder
1 2/3 cups water
1 teaspoon coconut extract
1/4 cup reduced-calorie whipped topping
4 teaspoons flaked coconut

1. In a medium bowl, combine diced banana and raspberries. Evenly spoon fruit into 4 parfait or dessert dishes.

2. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in coconut extract. Spoon hot pudding mix evenly over fruit.

3. Refrigerate for at least one hour. Top each serving with 1 tablespoon whipped topping and garnish with 1 teaspoon coconut flakes. Serves 4.

• Each serving equals: 137 calories, 1g fat, 5g protein, 27g carb., 181mg sodium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Skim Milk, 1/2 Starch.

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Crime

Robbery on the block of Lake and State Street.

Robbery at Southport Avenue and Roscoe Street.

Burglary on the 1000 block of Leland Avenue.

Robbery on the 800 block of West Sunnyside Avenue.

Theft on the 1800 block of West Wolcott Avenue.

Theft on the 1200 block of West Clybourn Avenue.

Theft on the block of 3200 North Ashland Avenue.

Assault on the 1200 block of North Clybourn Avenue.

Assault on the 1300 block of West Foster Avenue.

Assault on the 800 block of West Sunnyside Avenue.

Assault on the 3900 block of Broadway.

Theft on the 3100 North Lakewood Avenue.

Theft on the 3000 block of North Broadway.

Theft on the 3200 block of North Sheffield Avenue.

Vandalism on the 1300 block of North Elston Avenue.

Assault on the 700 block of West Belmont Avenue.

Theft on the 4800 of North Magnolia Avenue.

Burglary on the 1800 block of North Honore Street.

Vandalism on the 1500 block of Wilson Avenue.

Vandalism on the 800 block of West Bueno Avenue.

Burglary on the 2200 block of West McClean Avenue.

Theft on the 1200 block of North Cleaver Street.

Theft on the 4400 block of North Broadway.

Theft on the 1500 block of Wilson Avenue.

Assault on the 4700 block of North Maulden Street.

Burglary on the 1100 block of West Patterson Avenue.

Theft on the 1300 block of North Wood Street.

Theft on the 5300 block of North Broadway.

Arrest made on the 6000 block of North Sheridan Road.

Theft on the 4800 block of North Magnolia Avenue.

Assault on the 5300 block of North Windthrup Avenue.

Theft on the 2600 block of North Elston Avenue.

Theft on the 1800 block West Irving Park Road.

Burglary on the 1300 block of West Fullerton Avenue.

Theft on the 900 of West Ainslie Street.

Theft on the 3300 block of North Damen Avenue.

Burglary in the 2700 block of North Bosworth Avenue.

Assault on the 5300 block of North Clark Street.

Theft on the 1700 block of North Milwaukee Avenue.

Theft on the 4300 block of North Winchester Avenue.

Theft on the 5600 block of North Wayne Avenue.

Theft on the 1200 block of North Cleaver Street.

Theft on the 1900 block of North California Avenue.

Assault on Ravenswood and Ridge Avenue.

Shooting on the 2000 block of North Pulaski Road.

Burglary on the 2500 block of North Ashland Avenue.

Robbery on the 800 block of Sunnyside Avenue.

Burglary on the 800 block of North Damen Avenue.

Robbery on the 800 block of West Sunnyside Avenue.

Burglary on the 1000 block of West LeLand Avenue.

Burglary on the 3000 block of West Lawrence Avenue.

Burglary on the 2700 block of North Bosworth Avenue.

Assault on the 5300 block of North Clark Street.

Theft on the 1700 block of North Milwaukee Avenue.

Vandalism on the 3600 West Lawrence Avenue.

Burglary on the 1200 block of North Greenview Avenue.

Theft on the 1800 block of North Wolcott Avenue.

Theft on the 1800 block of North Ashland Avenue.

Theft on the 3200 block of North Ashland Avenue.

Vandalism on the 3500 block of North Milwaukee Avenue.

Assault on the 1300 block of West Iowa Street.

Theft on the 2200 block of West Iowa Street.

Assault on the 800 block of West Sunnyside Avenue.

Assault on the 3900 block of North Broadway.

Vandalism on the 4500 block of North Central Park Avenue.

Shooting on the 7700 block of Paulina Street.

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MISSING

Sarah Milcarek, 25, was thrown in the air and allegedly crashed through the vehicle's rear windshield landing in its back seat, according to prosecutors. A man charged with drunk driving in a fatal crash allegedly didn't stop for a pedestrian crossing the road in Lakeview and just "went through her" a witness allegedly told a Sun Times reporter".

According to prosecutors, the vehicle kept going and crashed into another car and then a tree.

Milcarek had been trying to cross the street between two cars on West Irving Park Road.

Missing Persons

Darrell Rodgers - 68

Gender: Male Height: 5'7" Weight: 150 lbs. Eyes: Brown Complexion: Light race -Black The above missing person was last seen in the area of the 7000 block of S. Shore Dr.

Shawon Wright - 13

Gender- Male Height: 5'5" Weight: 140 lbs. Eyes: Brown Hair: Black Complexion: Dark

The missing juvenile was last seen in the area of the 10300 block of S. Normal.

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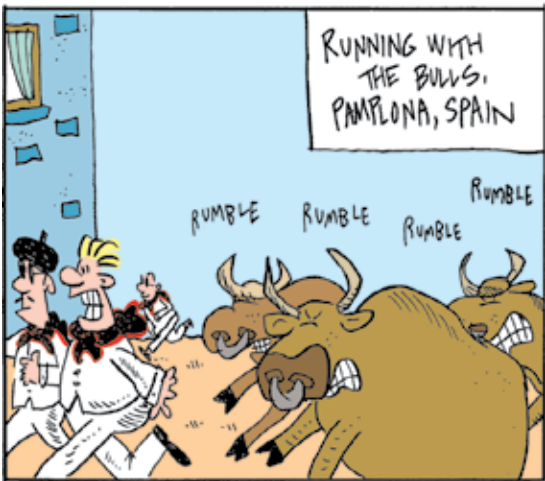
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Bible Class 8:30 a.m.
Holy Communion 9:30 a.m.
info@stlukechicago.org

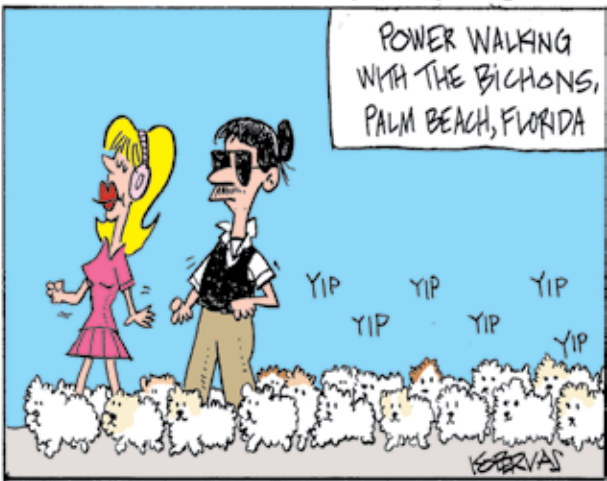
On Sunday, September 27 at 9:30 a.m. Saint Luke Church
will celebrate a special service for the **blessing of animals.**
*You are cordially invited to attend with your pet on a
leash or in a traveling kennel for a special blessing*

Comics

Out on a Limb



by Gary Kopervas



Amber Waves



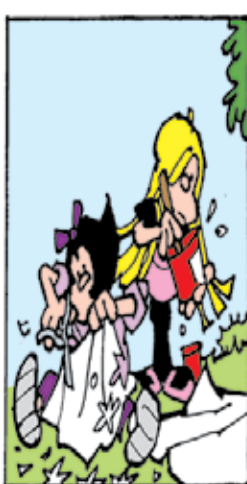
by Dave T. Phipps

The Spats



by Jeff Pickering

TIGER



by BUD BLAKE

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – CAR PARTS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What happens when a frog's car breaks down?

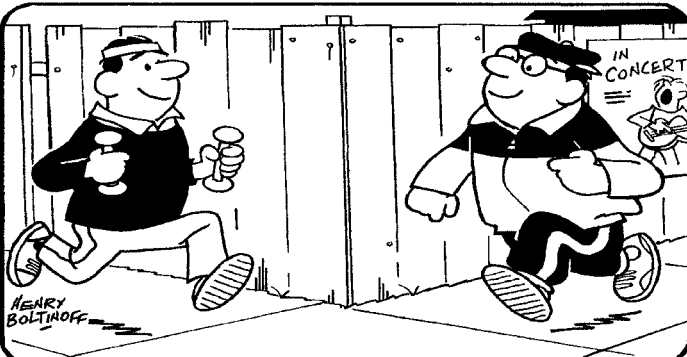
AIR BAG
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BRAKES
DOOR
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FLOOR
FUEL CAP
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TIRE
VALVE
VENTS
WHEEL

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

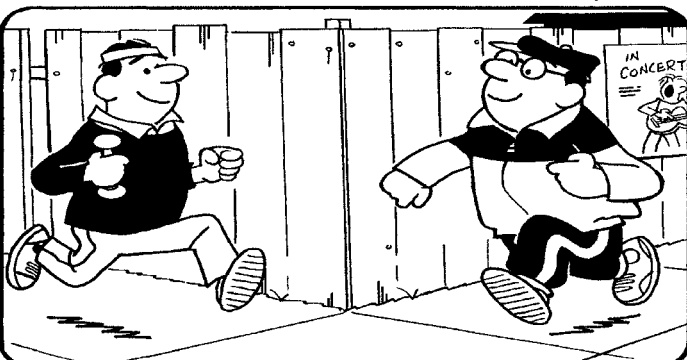
Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Arm is raised. 2. Poster is smaller. 3. Weight is missing. 4. Cap is reversed. 5. Line in sidewalk is moved. 6. Leg is moved.

Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer:
It gets toad.

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

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