



**Pritzker Defends 57% Toll Hike Approved By The Board He Appointed**



Pritzker appointed all eight Illinois Tollway Board members who signed off unanimously on the increases, which include the largest passenger hike in state history. Pritzker said it was necessary to ensure Illinois has proper road infrastructure to keep the state competitive for commercial activity. "Let's be clear. We want to make sure that our roads are pothole-free, that we're making sure to build more so we can build our economy across the state of Illinois". He also defended the hikes in June. Beginning Jan. 1, tolls will go up about 45 cents each or 57% for passengers to an average of \$1.24 per toll. Commercial vehicle tolls will increase 30%, which could increase the price of consumer goods transported through Northern Illinois. Also, automatic inflation linked increases

es every two years starting in 2029. The passenger toll prices will probably triple from current levels by 2055. Hikes were part of a political deal with unions for transit bill. To rescue the system, Illinois lawmakers proposed redirecting to the Regional Transportation Authority nearly \$1.1 billion from the state Road Fund. To overcome opposition from unions concerned that the diverted money would make fewer jobs for their members, Pritzker and Democratic legislative leaders reached a deal to authorize the tollway to raise rates in exchange for labor support. Notably, two members of the tollway board represent labor unions whose members will be employed and paid through the money generated from the toll hikes.

**LEAVING ILLINOIS  
FOR A BETTER LIFE**



Illinois' population has shrunk and is predicted to fall further. Tens of thousands of people have left Illinois. The state's outmigration challenge is expected to worsen, with Illinois projected to lose 600,000 residents by 2033, driven by a drop of 450,000 in Illinois prime-working-age population. And from 2020 to 2025, Illinois' population of residents under 20 fell by 6.8%, more than three times faster than the national average of 2%. Of the nearly 83,00 residents who left in 2024, almost all of them went to states with lower taxes. Florida alone

claimed a net of over 11,000 Illinois residents while a net of nearly 37,000 left for Illinois' neighbor states. A proposal that would add a 3% additional income tax on income above \$1 million passed out of committee April 21. That proposal comes at a time when Illinois is already pushing out tens of thousands of high income residents who are taking billions of dollars with them to lower tax states. It's not just individuals who might pay more. More than 22,000 small businesses - S corporations and partnerships that "pass through"

their business income to their owners and pay taxes as individuals would be hit with the tax hike, too. Small businesses are Illinois' primary job creator, both historically and in the recovery from the COVID-19 downturn. Illinois is already pushing more businesses out of the state than anywhere else. In a poll taken in May, just over 51% of respondents said they would leave Illinois if they had the opportunity. Among the half who would leave, almost 69% cited taxes as one issue facing Illinois. Illinoisans face one

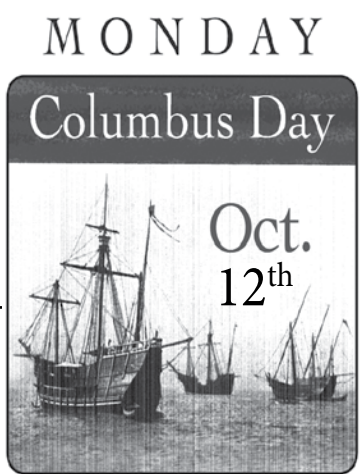
of the highest state and local tax burdens in the nation, including the second highest property taxes and eight highest sales taxes. In 2017, Illinois residents endured the largest permanent income tax hike in state history, when lawmakers increased the rate by 32%, from 3.75% to 4.95%. Despite Illinois' continued outmigration amid an onslaught of taxes, state lawmakers are again pushing for higher income taxes in the current legislative session, including the potential to tax retirees.

# Editorial & Opinions



\* On Oct. 5, 1877, Chief Joseph of the Nez Perce tribe formally surrendered to U.S. General Nelson A. Miles in the Bear Paw mountains of Montana, saying, "Hear me, my chiefs: My heart is sick and sad. From where the sun now stands, I will fight no more forever." He and his people were forcibly relocated to a reservation in Indian Territory.

\* On Oct. 6, 1908, the Dual Monarchy of Austria-Hungary announced its annexation



Lakeview Newspaper would like to wish everyone a safe and happy HALLOWEEN



of Bosnia and Herzegovina, dual provinces in the Balkan region of Europe that were formerly under the Ottoman Empire's control.

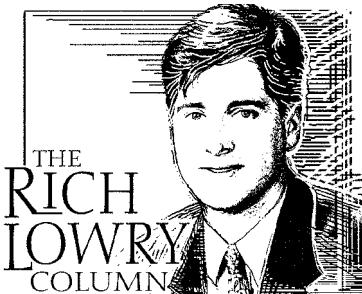
- \* On Oct. 7, 1916, in what proved to be the most wildly lopsided game in college football's history, Georgia Tech, coached by John Heisman (the namesake of college football's most famous trophy), took a 63-0 lead in the first quarter against Cumberland University, eventually trouncing their opponent with a final score of 222-0.
- \* On Oct. 8, 1957, a piano-thumping, bible-school dropout named Jerry Lee Lewis gave the music world what would become the definitive version of "Great Balls of Fire" for Sun Records. Hours into the session, Lewis began arguing with the label's head, Sam Phillips, that the song was "too sinful" for him to record, but Phillips prevailed and the tune quickly became Lewis' second smash hit, after "Whole Lotta Shakin' Goin' On."
- \* On Oct. 9 2004, Afghans made history by holding their first direct presidential elec-

- tion. Despite security concerns, more than 10 million Afghans had registered to vote, 41% of them women; approximately 8.1 million ultimately cast ballots.
- \* On Oct. 10, 1991, former U.S. postal worker Joseph Harris shot and killed two of his former co-workers at the Ridgewood, New Jersey, post office. The night before, he'd murdered his former supervisor, Carol Ott, with a samurai sword and shot her fiance, Cornelius Kasten, in the couple's home. After a four-hour standoff with police at the post office, Harris was arrested. His crime was one of several high-profile attacks that led to the inclusion of the phrase "going postal" in the American vocabulary.
- \* On Oct. 11, 1987, the new AIDS Memorial Quilt, larger than a football field and pieced together with 1,920 panels memorializing those who died from the disease, went on display at the National Mall in Washington, D.C. (c) 2026 King Features Synd., Inc.

Americanisms

"People who enjoy meetings should not be in charge of anything."  
— Thomas Sowell

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## The lynching epidemic that wasn't

Even paranoiacs have enemies, they say, but sometimes they are just paranoid. Rep. Ayanna Pressley, a founding member of the Squad, organized 59 fellow Democrats to co-sign a letter demanding a federal investigation of a spate of supposed lynchings that never happened.

The document pronounced its signatories "extremely alarmed by reports of Black people found hanging from trees in numerous states throughout our country." "The series of deaths," the letter continues, "raises significant suspicion of foul play given the role of lynching in our nation's history." Pressley and her colleagues call for a federal investigation of every hanging death of a black person in the U.S., and insist that "inaction by the federal government is tantamount to complicity." The letter deems all of this "a national crisis."

In a post on X, Rep. Alexandria Ocasio-Cortez said how proud she was to sign the missive. She noted that "this year, there have already been 10 reported hangings of Black people in the U.S.," and how we must "address these widespread modern-day lynchings and put a stop to this racial terror."

It apparently didn't occur to AOC or any of the other signers to do Google searches of local news stories about the hangings. If they had, they would have learned that most of them were acts of suicide — awful in their own right, but not evidence that we are once again living in the Deep South circa 1892. These news stories invariably recount how the local police have concluded a person found hanging on a tree died by suicide — as well as all the speculation on social media that something more insidious must have been at play.

In one horrifying case, a young African-American woman was found hanging from a tree outside an abandoned house in Jackson, Mississip-

pi, and her death was indeed ruled a murder. A CNN report several days ago related the heightened scrutiny around the crime given "Mississippi's long history of racial violence involving hangings." The police have now arrested a 51-year-old suspect and charged him with murder, although he doesn't advance the narrative of the Pressley letter — since he, too, is African American.

According to Centers for Disease Control and Prevention figures, more than 11,000 people in the United States died by suicide by hanging or a related means in 2024 — or, on average, more than 30 a day. Hundreds of these people were African Americans. In this context, a handful of black suicides by hanging occurring outdoors over the course of half a year or more wouldn't necessarily be shocking.

The will to believe the worst, though, is very strong among the people who signed the Pressley letter. They are perpetually convinced that the KKK is on the verge of riding again and making the U.S. the equivalent of the Reconstruction-era South.

One line in the Pressley letter says that black people have been found hanging from trees in places as dispersed as "Mississippi, Michigan and New York." The geographic randomness suggests a widely dispersed social phenomenon; the signatories conclude instead that there are racist murderers seeded throughout the country, all carrying out brutal, symbolically resonant killings.

This is a terrible thing to believe of one's own country — not just of its people, but of all the law-enforcement authorities who must be suppressing evidence of systematic racial violence. No matter. The Squad and its ilk have a dim view of the United States and — as racial obsessives who consider themselves fearless crusaders for justice — must find great emotional satisfaction in the notion that they are fighting the same battle as, say, the legendary scourge of lynching Ida B. Wells.

Wells, though, didn't have to make up outrages, whereas the current crowd tends to give credence to every story based on a fake noose or a hate-crime hoax. Pressley and Co. clearly hoped to stir up a social panic, but the weakness and irrationality of their argument serve only to underline their own profound and disturbing racial paranoia.

Rich Lowry is editor of the National Review.

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# VETERANS ★ POST ★

by Freddy Groves

## Grants to address veteran homelessness

Beginning Oct. 1, the VA will give away \$1.17 billion in grants to address the problem of veteran homelessness. Of that amount, \$855 million will go to organizations that work with the VA's Supportive Services for Veterans Families in the form of one-year grants. The SSVF works with low income veterans and veteran families who are either homeless or who are at risk for it. Their goal is to get veterans back into housing quickly and to prevent homelessness in the first place, working to provide permanent housing.

Of the \$1.7 billion, \$318 million will go to organizations through the Grant and Per Diem program via three-year grants. This program works to provide services and case management to help veterans stay in their current housing or to provide more appropriate housing for veterans who are elderly, frail, terminally ill or who have minor dependents.

The VA's Housing First philosophy, started in 2012, shifted away from the prior "treatment first" models that had kept too many veterans out of permanent housing. It had required sobriety first, or treatment first, or income first. Now, with the Housing First philosophy, homeless or at-risk veterans can determine for themselves which services they initially want, which lowers the barrier to getting them into actual housing and provides needed stability. Then other services can be offered — healthcare, education, employment, legal — to help maintain that permanent housing.

If you are a veteran who is either homeless or who is in danger of becoming homeless, call the National Call Center for Homeless Veterans at 877-424-3838. They're open 24/7. Or you can go online to [www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp) and start a chat there. Everything is confidential, but they will need to ask you a few questions to know which services you qualify for and how best to help you.

If you're facing eviction, don't wait, especially if you have a family. Connect with the call center as soon as you know so they can help.

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# Strange BUT TRUE

By Lucie Winborne

- The first documented carrots were purple, yellow and white. Orange carrots became popular in Europe in the 1500s, and many food historians believe Dutch growers promoted them to honor the Dutch royal family, the House of Orange, during a politically charged period in the Netherlands.
- When resources were scarce during World War II, some German and Austrian banks printed emergency banknotes on wood, leather and playing cards.
- Electric eels and electric rays possess enough electricity to kill a horse.
- Swimmers, surfers and fishermen sometimes wear pantyhose under or instead of swimwear because their nylon mesh prevents many types of jellyfish stingers from touching the skin.
- The \$2 bill was once considered unlucky due to its ties to gambling.
- The Latin phrase "Pecunia non olet" ("Money does not stink") derives from a urine tax levied by Roman emperors Nero and Vespasian in the first century A.D.
- Studies show women are 18% more likely to be attracted to the color blue.
- Before founding Wendy's, Dave Thomas helped struggling KFC franchises in Columbus, Ohio, turn themselves around in 1962. He was paid with 45% ownership. When he sold his share back, he used the money to open his first Wendy's.
- In early Rome, Aulus Cornelius Celsus documented his attempts at straightening teeth by applying pressure with his hands at regular intervals.
- Sean Connery was once stopped for speeding by a policeman named James Bond.
- According to NASA, autumn is "aurora season" because geomagnetic storms are about twice as frequent as the annual average during the fall.

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**Thought for the Day:** "Everyone should have kids. They are the greatest joy in the world. But they are also terrorists. You'll realize this as soon as they are born and they start using sleep deprivation to break you." — *Ray Romano*

# top 10 movies

1. **Resident Evil** (R) Austin Abrams, Zach Cherry
2. **Practical Magic 2** (PG-13) Sandra Bullock, Dianne Wiest
3. **Spider-Man: Brand New Day** (PG-13) Tom Holland, Zendaya
4. **The Odyssey** (R) Matt Damon, Tom Holland
5. **Coyote vs. Acme** (PG) Will Forte, Lana Condor
6. **Daniel and the Fiery Furnace** (PG-13) Mena Massoud, Elijah Alexander
7. **The Transformers: The Movie** (PG) Orson Welles, Robert Stack
8. **Runner** (PG-13) Alan Ritchson, Owen Wilson
9. **The Weight** (R) Ethan Hawke, Russell Crowe
10. **Buddy** (R) Cristin Milioti, Delaney Quinn

## Fun Fact

Card games have been around for centuries! A German monk named Johannes wrote a manuscript while he lived in a Swiss monastery in 1377. In it, he described the history of playing cards, and the many games they could be used for.



Source: [www.vanishingincmagic.com](http://www.vanishingincmagic.com)  
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**"Tony"** (R) — Dominic Sessa, who had his breakthrough role in the comedy-drama film "The Holdovers" (2023), leads this biographical coming-of-age film directed by Matt Johnson ("Nirvana the Band the Show the Movie"). Sessa plays the titular character Tony, aka Anthony Bourdain, but well before Bourdain ever became the celebrity chef many would come to know and love. Taking place in 1975, the film follows a 19-year-old Tony, who's a student in Vassar College with aspirations of being a writer. Life doesn't go exactly as planned, though, and he lands a job at a seafood restaurant in Provincetown, Massachusetts. Once there, however, Tony finds himself drawn to the atmosphere of the restaurant and starts working his way up, catching the attention of the head chef Jose (Antonio Banderas). "Tony" is out now to rent or purchase! (Amazon Prime Video)

**"The 2026 MTV Video Music Awards"** (TV-14) — As MTV has become less of a staple in music lovers' lives, their VMA award show has admittedly lost its touch. Still, MTV always aims to recapture the magic of past award shows, and this time, they're doing so by bringing Madonna back to the VMAs after 23 years! Not only is she the opening performer, but she also leads the pack with 13 nominations for her recent album "Confessions II." Naturally, Taylor Swift follows her with 11 nominations for "The Life of a Showgirl," and Sabrina Carpenter trails Swift with nine nominations for her hit album "Man's Best Friend." Additionally, Nirvana will be honored with the legendary Michael Jackson Video Vanguard Award. If you missed the live event, it's available to stream now! (Paramount+)

# SENIOR NEWS LINE

by Matilda Charles

## Speeding up our walking

Is it 10,000 steps per day we need to walk? Or is it 6,000 to 8,000? Or can we get by with only 3,000 to 4,000 steps each day?

The answer, apparently, is that it depends on who is giving us those numbers.

That 10,000 number started as an advertising ploy. Back in 1965 a Japanese company created a pedometer (step counter), and the name of it was similar to the 10,000 number in Japanese. It caught on from there as a goal to strive for, without much (or anything) in the way of actual research behind it.

We've been faced with everybody throwing out a number they claim is the optimum one for us to lower our risk of heart disease and risk of death — leaving us confused about our best number.

Now, however, there might be something much simpler: Instead of counting steps, a new study has shown that increasing our walking speed might be just as good as walking many thousands of steps each day at a slower speed.

Specifically, what they discovered is that walking fewer than 5,000 fast steps every day could be as good as walking 5,000-7,500 slower steps when it comes to lowering our risk of death.

And how fast is fast? According to the study in the British Journal of Sports Medicine, aiming for 80 steps per minute for fewer than 5,000 steps is as good as 60 steps per minute for over 5,000 steps.

The study had tens of thousands of participants with their information pulled from the UK Biobank, a worldwide database with the information on a half million volunteers, so this was a significant study.

To quote one of the study reviewers, "The biggest health gains often come from going from no activity to some activity. Even a few minutes of movement a day can start to improve your overall health and longevity."

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# What's Hot In Hollywood

**HOLLYWOOD** -- **Tom Cruise's** next project will be the sequel to 1990's "Days of Thunder," which cost \$60 million and earned \$157.9 million. But here's the twist! It's been long rumored that the powers that be behind Cruise's church have forbidden him to have contact or even speak to his former wives and children if they no longer follow their church! If true, this would necessitate **Nicole Kidman** (Cruise's love interest in "Days of Thunder") not appearing in the sequel because she refused to follow his religion. His new co-star will be Oscar winner **Anne Hathaway** ("Les Miserables").

**Randy Quaid**, a co-star of the original film who assumed that he'd be in the sequel, recently lambasted Cruise's decision saying, "You need the original girl. It's not personal; it's filmmaking. Anne isn't sexy because, if you haven't noticed, she's pregnant!" Hathaway made six films for release this year and next year so that she could have her baby, but now she'll be working again in early 2027 -- not long after the blessed event. No rest for a weary mother!

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Who'd ever think "Beetlejuice" could turn into a cowboy? This is what's happening to **Michael Keaton**! He's directing and starring in "Rode to Ruin" as a 75-year-old retired United States marshal who's in pursuit of a murderous outlaw played by **Morgan Freeman**. The last time they made a film together was 1988's "Clean and Sober" when Keaton was 37 and Freeman was 51.

Keaton's latest film is the crime drama "The Whisper Man" with **Robert De Niro**, **Michelle Monaghan** and **Adam Scott**, which dropped on Netflix on Aug. 28.

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Maybe ABC should rename their reality dance-competition show to "Dancing with the Wannabe Stars!" That's all we're saying!

\*\*\*

Jean Smart is a complete workaholic! As soon as she wrapped her fifth and final season of "Hacks," for which she won five Emmys (among her 15 overall nominations), she jumped into the rom-com "Egg Baby." It drops on Amazon Prime Video in early 2027.

Smart was wed to actor **Richard Gilliland**, whom she met on "Designing Women" in 1986. They had a biological son, who's now 36, and adopted a son in 2009. Sadly, Gilliland died in 2021 after a short illness at 71. Lately, she's been seen with "The Morning Show" actor **Joe Pacheco** at award shows and has acknowledged him in her acceptance speeches. ... If it quacks like a duck!

**HOLLYWOOD** -- When **Jacob Elordi** snapped, "Don't ever tell me what to do," at an official at the Venice Film Festival, Italian press dubbed him a diva! Elordi first rose to fame after starring in three "Kissing Booth" movies for Netflix,



Courtesy of Universal Television

**Jean Smart as Deborah Vance in "Hacks"**

and he's admitted on several talk shows that he hated doing these films. But his latest film "The Dog Stars," with **Josh Brolin** and **Guy Pearce**, fell short of expectations, grossing \$39 million against its \$110 million cost.

Further complicating his life is **Josh Heuston**, a 29-year-old lookalike who starred in the Australian series "Dive Club" and as Zeus Pretty Boy in "Thor: Love and Thunder" (2022). He also had a role in the survival horror film "Dangerous Animals" (2025), which cost \$2 million and grossed \$9.2 million. Elordi better watch his back!

\*\*\*

**Andrew Garfield** is currently on the big screen in "The Magic Faraway Tree" with **Claire Foy** and "The Uprising" with **Jamie Bell**. He's also in the upcoming comedy-drama "Artificial" with **Jason Schwartzman**, **Ike Barinholtz** and **Mark Rylance**, which releases on Christmas Day.

Additionally, Garfield's starring alongside Jude Law and **Justin Theroux** in the Apple TV series "Wild Things," in which he'll play Roy Horn to Law's Siegfried Fischbacher. They were known as the entertainment duo **Siegfried & Roy**. It's expected to premiere sometime in late 2026 or early 2027.

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**Robert Pattinson's** "Dune: Part Three" opens in theaters on Dec. 18, but back in July, he began trying his hand at producing with the psychological-horror film "Possession," starring **Margaret Qualley**, **Callum Turner** and **Paul Dano**. Back in January, he wrapped his

role as Noah in "Here Comes the Flood," which also stars **Denzel Washington** and **Daisy Edgar-Jones**. It's set to premiere on Netflix in 2027. Now he's knee-deep in filming "The Batman: Part II" for a February 2028 release.

But Pattinson's not all work! In 2018, he began dating English singer/actress **Suki Waterhouse**, and they became engaged in December 2023. His newest and maybe most important role to date is being a father to a 2-year-old daughter (whose name is being kept under wraps for the time being).

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**Tom Jones** says that he was fired as a judge on "The Voice UK" due to a "financial difficulty with insurance" because he's 86 years old. But according to Jones, "The Voice UK" then had the nerve to tell the press that they wanted to refresh the show. "With a new coaching lineup, there wouldn't be a chair for me," he stated in a social media post.

He added, "They offered a much-reduced role where I would make an appearance, but without actually being involved from the start." Jones was a judge on the show since its inception in 2012.

When I shot stills for the CBS special "Cinderella at the Palace" in 1978, I spent a whole day following Sir Tom Jones around, and he couldn't have been nicer, kinder or more agreeable. I wish we had "The Voice UK" here in the United States so I could not watch it!



Courtesy of Amazon MGM Studios

**Josh Heuston in "Off-Campus"**

## celebrity extra

by Dana Jackson

**Q:** Is it true that **Michael Emerson's** character on the show "Evil" was originally going to be killed off after the first season? I've always enjoyed his acting ever since I saw him on "Lost." -- T.C.

**A:** es, according to TVLine, Robert and Michelle King -- the creators behind the CBS (and later, Paramount+) series "Evil" -- had once discussed killing off the show's protagonist Dr. Leland Townsend and replacing him. However, this didn't mean getting rid of the talented Michael Emerson entirely. Robert explains, "We were going to kill him at the end of the first season, and yet his doppelganger in Des Moines, who's an insurance adjuster, pops up and starts taking over for him. We really were into the idea of doubles then."

If you go back and watch the first season, you'll see how they reworked this initial idea when Dr. Kristen Bouchard (played by Katja Herbers) confronts Leland about his past. The series ended on Paramount+ in 2024, but fans are hoping that the show will live to see another day. Even the most famous horror writer of all time, Stephen King, continues to sing its praises, stating that "Evil" is "smart, thought-provoking, and occasionally very scary."

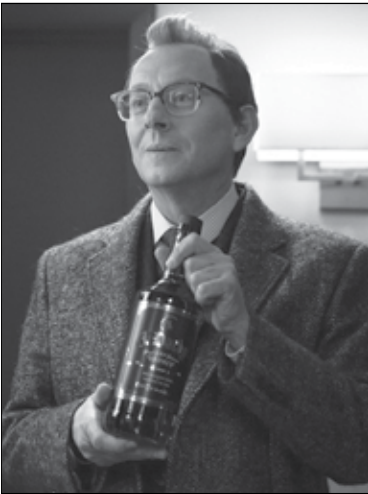
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**Q:** What's **Ben Affleck** up to these days? Is he filming any upcoming movies? I only see him when the paparazzi takes a picture of him. -- S.D.

**A:** Don't forget he's also been busy filming commercials for Dunkin' Donuts! All kidding aside, the Oscar-nominated Ben Affleck has been quite busy as a multi-hyphenate (actor-writer-director-producer) in recent years, including the upcoming movie "Animals."

In the political thriller, Affleck plays a mayoral candidate whose son is kidnapped. He and his wife, who's played by Kerry Washington ("Scandal"), must resort to extreme measures to rescue their child. The film will premiere on Netflix and in select theaters this Oct. 9 and also stars Steven Yeun ("Beef"), Gillian Anderson ("The Crown"), and Ray Fisher ("The Piano Lesson").

Earlier this year, Affleck starred opposite his bestie, Matt Damon, in "The Rip" -- a crime thriller that also premiered on Netflix. Prior to this, he starred in "The Accountant 2" with Jon Bernthal.



Courtesy of CBS Studios

**Michael Emerson as Dr. Leland Townsend in "Evil"**

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**Q:** I recently discovered the show "Murderbot" on Apple TV. Will it be coming back for another season? -- W.C.

**A:** Yes, while Apple is often criticized for not advertising their shows as much as the other streamers do, "Murderbot" found a big enough audience to warrant an early season renewal back in 2025. Since it's based on the popular sci-fi book series "The Murderbot Diaries" by Martha Wells, there's plenty of content to mine for at least another season (or three).

Alexander Skarsgard ("Succession") will return as the titular character, along with regulars from last season like David Dastmalchian ("Dexter: Resurrection") and Noma Dumezweni ("Presumed Innocent"). It's also been confirmed that several acclaimed comedians and actors will be joining them, including Patton Oswalt ("The Dink"), Steve Buscemi ("Wednesday"), and Wanda Sykes ("Curb Your Enthusiasm"). Production began this past August, so you likely won't see new episodes until 2027.

28, 2027. Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com).

# Health



## Shingles Patient Doesn't Experience Pain Due to Vaccination

**DEAR DR. ROACH:** I was reading your recent column about shingles. Several years ago, I contracted shingles, even after getting the vaccine. It hit me in my left eye, so I went to my eye doctor. (I wasn't sure what the problem was.) He took one look at my eye and diagnosed me with shingles. He gave me an antibiotic that cleared up the problem. At no time was I in any pain, which I attributed to my getting the vaccine. Do you concur with my observation? I'm aware that getting shingles can be very painful. — L.J.

**ANSWER:** Shingles is caused by a reactivation of the chicken pox virus, which most older adults acquired as children with chicken pox. But it can also be acquired through the chicken pox (varicella) vaccine. Usually, shingles is painful as it grows in the nerve, causing inflammation and damage. The vaccine helps reduce the risk of getting shingles; however, it isn't perfect, and people can still get shingles despite being vaccinated. Fortunately, the vaccine has two additional benefits. The first is that, as you correctly surmised, it reduces the pain of acute shingles. It also reduces pain medication use by 40% and the duration of pain meds by 50%. I think you're relatively fortunate to not have any pain at all. The second benefit is that vaccination reduces, by about 90%, the likelihood of getting continued pain for weeks and

months after the infection — a condition called postherpetic neuralgia. Shingles is sometimes so obvious that any experienced clinician can make the diagnosis at a glance. However, it can be misdiagnosed as herpes simplex (and vice versa), other viruses, or even bacterial infections. The laboratory can be very helpful when the diagnosis isn't clear.

Antiviral medicines such as valacyclovir (Valtrex) are effective at reducing pain and inflammation, and it's best to begin them as soon as possible (ideally within 24 hours, but certainly within 72 hours of the onset of the rash). Shingles of the eye should be urgently seen by an ophthalmologist, who has equipment and expertise that primary care clinicians don't. There are complications of the eye that may require intravenous antiviral medicine. All adults over 50 and immunocompromised adults of any age should get the shingles vaccine, unless there's a good reason for them not to get it.

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**DEAR DR. ROACH:** Should one get the COVID vaccine when they suspect that they have active long COVID? How can one rebuild a good immune system after long COVID? — C.B.

**ANSWER:** Yes, a COVID vaccine is indicated. The vaccine is safe in people with persistent symptoms after a COVID infection, which is commonly called "long COVID." Most people don't see a change in their symptoms. About 20% of people experience improvement, while an equal number experienced a (usually temporary) worsening of their symptoms. The vaccine helps protect people against getting long COVID with future infections. Regaining normal strength, vitality and resilience after long COVID takes time. The recommended interventions include a tailored exercise program, as people with long COVID have a reduced ability to exercise, and standard recommendations may be too strenuous. At least one study found a benefit for six months of probiotics and prebiotics helping people

to recover. Proper sleep hygiene with a goal of 6-8 hours may help. Stress management and psychological support may also play important roles. There's not a magic bullet when it comes to recovering from long COVID. I have several patients who continue to struggle after getting a severe infection during the beginning of the pandemic, which was more than six years ago now.

## Starches Should Be a Modest Part of a Mixed Meal

**DEAR DR. ROACH:** I'm a 77-year-old man who's prediabetic. I was told by a longtime diabetic that sugar (candy, soda, cake, etc.) doesn't need to be avoided — just carbohydrates such as pasta, potatoes, etc. I was surprised to hear this. Is it really true? — Anon.

**ANSWER:** We often use terms like carbohydrates, starches and sugars imprecisely. Strictly speaking, sugars are small molecules (usually 5 or 6 carbon molecules long), like glucose or fructose, which are called monosaccharides. These can also be combined into a single molecule (a disaccharide), which — in the case of glucose plus fructose — is called sucrose (table sugar). Long strands of sugars that are strung together are called polysaccharides. Starches are very long strands of glucose molecules, with anywhere from hundreds to tens of thousands of them in strings and branches. White rice and processed wheat flour (the primary ingredient in most pastas and many white breads) are largely comprised of starch. Starch begins turning back into sugar before you even swallow it. An enzyme in saliva (amylase) breaks down the starch structure. White bread that's made from highly refined flour turns into sugar so rapidly that your blood sugar goes up nearly as fast from bread as it would from eating the same amount of sugar. Starch and sugars are both carbohydrates, as is fiber, but fiber is indigestible to us. Fiber acts to slow down absorp-

tion, reducing the "spike" in blood sugar that occurs with refined starch. However, most foods that we eat are combinations of two or three macronutrients (the sources of calories), which are carbohydrates, proteins and fats. Protein and fat both slow down the absorption of carbohydrates, similarly to fiber. Whole wheat flour contains fiber and protein, which is why it is preferred to processed white flour and doesn't spike the blood sugar as quickly or as high. Most vegetables have lots of fiber, so even though they're mostly carbohydrates (with a little protein), they aren't treated by your body in the same way that starchy foods are. Partially because of the slower absorption, people tend to feel more full with fewer calories when protein, fat and fiber are included. Even so, proportions matter. A diet of 80% rice, 10% protein and 10% fat isn't going to be optimal for any person, especially one with diabetes. People with diabetes don't need to completely avoid starches or even simple sugars. They're an important part of the diet, and as long as they form a modest proportion of a person's food intake and are consumed as part of a mixed meal, people shouldn't feel bad about eating them. Many of my patients with diabetes use a continuous glucose monitor (CGM). By keeping track of what you eat, CGMs can give you immediate feedback on how food affects your blood sugar. Talk to your doctor about whether a CGM is right for you. People on insulin, people who have low blood sugar (especially if they don't notice it), and people who are changing their diet and exercise patterns are among those who might benefit from a CGM.

## Elder Gets Hospitalized Due to Hypercalcemia

**DEAR DR. ROACH:** A few years ago, at the age of 65, I was hospitalized and in critical condition with a calcium score of 14 mg/dL. After many tests, the diagnosis was hypercalce-

mia. After a 10-day hospital stay, I was discharged, and every test in the book was done to find the cause. All tests came back negative as to the cause, and still to this day, it isn't known what could've caused this. Any ideas? — G.V.

**ANSWER:** "Hypercalcemia" just means a high calcium level, and there are many causes — some of which are quite serious — including several cancers. A level of 14 mg/dL is very high. The many tests that they did makes a serious cause unlikely, and the fact that you're doing well years later confirms this. The most common cause of high calcium is primary hyperparathyroidism, which should've been among the first tests they did. This is caused by a (usually) benign tumor in one of the parathyroid glands; there are usually four that sit on top of your thyroid gland (hence the name). Parathyroid hormone is the key regulator of calcium in the body. I suspect that you had pseudohypercalcemia — an apparently high calcium level that is actually normal. This is caused by the abnormal protein binding of calcium, which, in turn, can be caused by abnormal protein levels in the blood. Some of these abnormal protein levels include high albumin (found with dehydration) and high immunoglobulin proteins (found with multiple myeloma). Again, since your tests are all normal now, a serious condition is very unlikely. The classic cause of pseudohypercalcemia is leaving the tourniquet on too long when drawing blood. As the blood gets more acid from the muscles, calcium gets unbound from albumin, leading to an artifactually high number. This can be easily confirmed by measuring ionized calcium.

\*\*\*

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

# Financial

## MORE OLDER ADULTS ARE RENTING OUT ROOMS IN THEIR HOMES

For young entry-level workers sharing rent with roommates is a rite of passage. But as living costs continue to rise, a growing number of mature adults are renting out rooms in their own homes to make ends meet. Since 2019, the percentage of American homeowners age 45 and older, who are advertising rooms for rent for longer than a month has

grown to nearly 40 percent of total live-in landlords. That's up from about 28 percent five years earlier. As home ownership becomes less achievable for young adults, the median age of first-time home buyers reached a high of 40 in 2025. Older adults are making up a growing share of live-in landlords. And the trend is not confined to 40 somethings. The share of homeowners age 65 and older who are taking on roommates has also more than doubled since 2019, making them the fastest growing cohort. Seniors still make up a relatively small share of the

total, just over 6 percent in 2024. Renting is an easy way to bring in some income. To earn the kind of money you could get by taking on a second job or working in retirement, you'd have to work a lot of hours. Live-in landlords are becoming more common even in affordable regional cities. Over the past year, Fresno, Calif. Virginia Beach, and Minneapolis where the monthly rent for a single room averages less than \$1,000 - saw the biggest jumps in homeowners looking for roommates. Just because people have

a house doesn't mean the have cash flow as well.

## SHOULD YOU WAIT UNTIL 70 TO TAKE SOCIAL SECURITY?

The amount of money you get from social Security each month depends on when you start receiving benefits. If you were born after Jan. 1, 1960, your full retirement age is 67. Wait longer and your benefit rises by 8 percent a year until age 70. But if you claim Social early or before your full retirement age, your payment is

reduced, often drastically. By claiming at 62 results in having your payment slashed by as much as 30 percent from the full retirement age benefit. The reduction shrinks each year until your full retirement age. Claiming early also means that any income you earn above a set limit results in having part of your benefits temporarily withheld until you reach full retirement age. You should consider your initial choice to be permanent.



# A Super Easy, Super Sweet Treat

Asweet and savory treat, these Chocolate Covered Pumpkin Pretzels will disappear scary fast at your next Halloween party. With just three ingredients, they're easy to make and share with guests of all ages.

Visit [Culinary.net](#) to find more quick, simple treats.

## Chocolate Covered Pumpkin Pretzels

Prep time: 10 minutes  
Cook time: 5 minutes  
Yield: about 36 pretzels

- 3/4 cup orange candy melts
- 1 bag (16 ounces) mini pretzel twists
- 1/4 cup mini green coated chocolate candies

Line baking sheet with parchment paper and set aside.

In medium microwave-safe bowl, melt candy melts 30 seconds then stir. Working in 15-second intervals, continue microwaving until melted and smooth, stirring between intervals. With fork or dipping utensil, dip 36 mini pretzel twists, one at a time, into melted orange chocolate and gently tap side of bowl to remove excess.

Lay each covered pretzel on parchment paper. Using remaining pretzel twists, break apart enough to equal 1/4 cup.

Place one mini green chocolate candy (to form leaf) and one broken pretzel piece (to form stem) on top of each dipped pretzel. Repeat with remaining pretzels and chocolate candies.

Let set until solid. Pretzels can harden on counter about 30 minutes, or placed in refrigerator or freezer 5-10 minutes.



# SAVE YOUR PUMPKIN SEEDS & MAKE A DELICIOUS SNACK

Don't throw out your seeds after this year's pumpkin carving. This healthy snack is easy to make at home and a fun project to get the kids involved.

Plus, this versatile Roasted Pumpkin Seeds recipe can be modified with any of your favorite seasonings or spices.

Visit [Culinary.net](#) to find more quick, simple snacks.

## Roasted Pumpkin Seeds

- Water
- 1 1/2 cups raw pumpkin seeds
- 2 teaspoons sea salt, plus additional for seasoning (optional)
- 2 teaspoons salted butter, melted
- 1 teaspoon garlic powder
- 1 teaspoon paprika

In pot over high heat, bring water to boil. Add pumpkin seeds and 2 teaspoons salt; boil 15 minutes. Drain water and spread seeds evenly on paper towels to dry.

Preheat oven to 350 F. Line baking sheet with foil or parchment paper.

In medium bowl, toss seeds and butter until coated well. Sprinkle with garlic powder, paprika and additional salt, if desired. Spread seeds evenly on baking sheet.

Bake 25-30 minutes, or until golden brown and lightly toasted. Stir every 10 minutes.



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.

Good Housekeeping

Scallop and Cherry Tomato Skewers

Fresh lemon and Dijon mustard give these grilled scallop and cherry tomato skewers their spicy, tart flavor.

- 8 (8-inch) bamboo skewers
- 1 lemon
- 2 tablespoons olive oil
- 2 tablespoons Dijon mustard
- 1/8 teaspoon salt
- 24 cherry tomatoes
- 16 large sea scallops

1. Soak skewers in hot water at least 30 minutes. Prepare outdoor grill for direct grilling on medium.

2. Meanwhile, from lemon, grate 1 1/2 teaspoons peel and squeeze 1 tablespoon juice. In small bowl, whisk lemon peel and juice, oil, Dijon and 1/8 teaspoon salt until blended; set aside.

3. Thread 3 tomatoes and 2 scallops alternately on each skewer, beginning and ending with tomatoes.

4. Brush scallops and tomatoes with half of Dijon mixture; place on hot grill grate. Cook 7 to 9 minutes, turning several times. Brush with remaining Dijon mixture, and cook 5 minutes longer or until scallops just turn opaque throughout. Makes 4 main-dish servings.

- Each serving: About 215 calories, 9g total fat (1g saturated), 25g protein, 9g carbohydrate, 1g fiber, 47g cholesterol, 355mg sodium.

Good Housekeeping

Grilled Cherry Tomatoes

These quick and simple grilled cherry tomatoes are a tasty addition to any midweek meal.

- 1 pound cherry tomatoes
  - 1 tablespoon olive oil
  - 1 tablespoon balsamic vinegar
  - Salt and ground black pepper
  - 1 pinch sugar
1. Heat the grill until very hot. Place the cherry tomatoes in a grill tray and drizzle the olive oil and balsamic vinegar. Season with salt, ground black pepper and a pinch of sugar.
2. Cook for 4-5 minutes or until the skins just begin to turn brown and burst. Set aside and keep warm until required.

Good Housekeeping

Citrusy Shrimp Kaboom Kabobs

This amped-up treat makes for a deliciously plate-free experience.

- 1 teaspoon smoked paprika
  - 1 teaspoon salt
  - 1/2 teaspoon ground cumin
  - 3 small lemons
  - 3 small limes
  - 2 pounds shrimp, shelled and deveined
  - 2 tablespoons olive oil
1. In small bowl, combine paprika, salt and cumin.
2. Thinly slice lemons and limes.
3. Onto thick bamboo or flat metal skewer, thread shrimp and alternating lemon and lime slices.
4. Brush skewers on both sides with olive oil and sprinkle lightly with seasoned salt mixture.
5. Grill on medium-high 4 to 5 minutes or until shrimp are opaque, turning over once halfway through. Makes 10 servings.

Good Housekeeping

Open-Faced Reubens With Cucumber Pickles

- 2 tablespoons prepared white horseradish, undrained
  - 1 tablespoon grainy Dijon mustard
  - 1 tablespoon light mayonnaise
  - 4 slices (thick, about 8 ounces) bakery rye bread
  - 8 ounces sliced deli corned beef
  - 1 bag (16-ounce) sauerkraut, drained and rinsed
  - 4 ounces sliced Swiss cheese
  - 1 tablespoon margarine or butter
- Quick Cucumber Pickles:**
- 1 pound (3 large) Kirby cucumbers
  - 1 tablespoon cider vinegar
  - 1/4 teaspoon salt

1. Prepare Reubens: In cup, combine horseradish, mustard and mayonnaise; spread evenly on 1 side of bread slices. Top each with one-fourth of corned beef, sauerkraut and Swiss cheese.

2. In nonstick 12-inch skillet, melt margarine over medium-low heat. Arrange sandwiches in skillet. Cover skillet and cook 8 minutes or until cheese melts and bottoms of bread brown.

3. While Reubens are cooking, prepare Quick Cucumber Pickles: Slice unpeeled cucumbers into 1/4-inch-thick slices. In small bowl, toss cucumbers with vinegar and salt. Makes about 3 1/2 cups.

4. To serve, cut each sandwich in half and serve with pickles.

- Each sandwich serving: About 460 calories, 25g total fat (10g saturated), 83mg cholesterol, 1,585mg sodium, 38g total carbohydrate, 4g dietary fiber, 23g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Broccoli Harvest Salad

Summer is almost over. Winter will be here sooner than most of us want. Let’s gather family and friends together for one last chance to have fun in the sun. We’ll provide a tasty salad dish!

- 2/4 cups chopped fresh broccoli
  - 1/4 cup raisins
  - 1 cup unpeeled, cored and chopped Red Delicious apples
  - 1/4 cup finely chopped red onion
  - 1/4 cup bacon bits
  - 1/3 cup shredded reduced-fat Cheddar cheese
  - 1/2 cup fat-free mayonnaise
  - 1 tablespoon white vinegar
  - Sugar substitute to equal 2 teaspoons sugar
1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.
2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.
3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Makes 6 (2/3 cup each) servings.
- Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

Good Housekeeping

Honey-Vanilla Ice-Cream Sandwiches

Cold, creamy honey-vanilla ice cream becomes an easy-to-eat treat when sandwiched between store-bought butter cookies.

- 1 pint honey-vanilla ice cream, softened
  - 12 very thin oval (4-by-2-inches each) butter wafer cookies
  - 1 pound fresh cherries
1. Working quickly, spread ice cream on 6 cookies, using 1/3 cup for each; top with remaining 6 cookies. Place ice cream sandwiches on cookie sheet in freezer to harden ice cream. Serve with bowl of cherries.
- TIP: When assembling the sandwiches, some ice cream likely will drip down and freeze onto the cookie sheet. If you line the pan with parchment, removing the sandwiches should be a cinch.
- Each serving: About 380 calories, 20g total fat (13g saturated), 98g cholesterol, 145mg sodium, 45g total carbohydrate, 2g dietary fiber, 6g protein.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Blueberry-Raspberry Summer Pie

When you combine fresh blueberries and raspberries, you combine much more than berries. You combine magic!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free raspberry gelatin
- 1/4 cups diet lemon-lime soda
- 1/4 teaspoon ground cinnamon
- 2/4 cups fresh blueberries
- 3/4 cup fresh red raspberries
- 1 (6-ounce) purchased graham cracker pie crust
- 2 (2 1/2-inch) graham cracker squares, made into crumbs

- 1/2 cup reduced-calorie whipped topping
1. In a large saucepan, combine dry pudding mix, dry gelatin and soda. Cook over medium heat until mixture thickens and starts to boil, stirring often. Remove from heat. Stir in cinnamon. Add blueberries and raspberries. Mix gently just to combine.
2. Spoon hot mixture into pie crust. Evenly sprinkle graham cracker crumbs over top. Refrigerate for at least 1 hour. When serving, top each piece with 1 tablespoon whipped topping. Makes 8 servings.
- Each serving equals: 162 calories, 6g fat, 1g protein, 26g carb., 213mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fat, 1/2 Fruit.



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# Crime

**Shooting** on the 1300 block of North Cleveland Avenue.

**Shooting** on the 4900 block of North Sheridan Road.

**Robbery** on the 2100 block of North Leavitt Street.

**Shooting** on the 4900 block of North Sheridan Road.

**Burglary** on the 3200 block of North Clark Street.

**Burglary** on the 3700 block of North Southport Avenue.

**Burglary** on the 1400 block of Irving Park Road.

**Burglary** on the 2700 block of North Elston Avenue.

**Burglary** on the 3700 block of North Southport Avenue.

**Assault** on the 800 block of North State Parkway.

**Theft** on the 3700 block of North Bosworth Avenue.

**Assault** on the 1200 block of Hollywood Avenue.

**Assault** on the 1000 block of West Argyle Street.

**Theft** on the 3200 of North Damen Avenue.

**Theft** on the 200 block of West Montrose Armour Drive.

**Theft** on the 1200 block of North La Salle Drive.

**Theft** on the 2100 block of North Elston Avenue.

**Theft** on the 2700 block of Clybourne Avenue.

**Assault** on the 4500 block of North Hazel Street.

**Theft** on the 2100 block of North Campbell Avenue.

**Vandalism** on the 4400 block of North Broadway.

**Theft** on the 600 block of West Diversey Parkway.

**Assault** on the 400 block of West Carmen Avenue.

**Shooting** on the 4900 block of North Sheridan Road.

**Shooting** on the 2700 block of North Harding.

**Shooting** on the 4900 block of North Sheridan Road.

**Robbery** on the 200 block of North Leavitt Street.

**Shooting** on the 1100 block of North California Avenue.

**Shooting** on the 2800 block of North California Avenue.

**Burglary** on the 3200 block of North Clark Street.

**Burglary** on the 3700 block of North Shothport Avenue.

**Burglary** on the 1499 block of West Irving Park Road.

**Burglary** on the 3200 block of West Addison Street.

**Burglary** on the 2700 block of North Elston Avenue.

**Burglary** on the 3700 block of North Southport Avenue.

**Shooting** on the 3600 block of North Pine Grove Avenue.

**Burglary** on the 4000 block of West Irving Park Road.

**Shooting** on the 1100 block of North Pine Grove Avenue.

**Shooting** on the 2200 block of North Milwaukee.

**Assault** on the 1500 block of North Western Avenue.

**Theft** on the 1500 block of North Schiller Street.

**Theft** on the 2200 block of West North Avenue.

**Vandalism** on the 2900 block of West Fletcher.

**Theft** on the 5800 block of North Jersey Avenue.

**Theft** on the 3200 block of North Clark Street.

**Assault** on the 1400 block of North Talman Avenue.

**Vandalism** on the 1600 block of North Whipple Street.

**Shooting** on the 1300 block of North Cleveland Avenue.

**Assault** on the 1000 block of West Argyle Street

**Assault** on the 2800 block of West Lawrence Avenue,

**Assault** on the 1200 block of West Hollywood Avenue.

**Burglary** on the 3700 block of North Bosworth Avenue,

**Vandalism** on the 3600 North Bpsworth Avenue.

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## Chicago police increasing patrols after women robbed at gunpoint in Lincoln Park



The first robbery occurred in the afternoon in the 300 block of Webster Avenue at 2:45PM. Two additional robberies were reported about 12 minutes apart, first in the 2200 block of North Halsted Street at 3:33 p.m. and then in the 1900 block of North Larabee Street at 3:45p.m. Two male offenders approached lone female victims on the street and they were described as wearing masks and dark clothing. One suspect was described as having a medium build, while the other was described as heavysset. Ald. Timmy Knudsen of the 43rd. Ward said the Chicago Police Department is increasing patrols in the area, and reviewing surveillance videos as investigators work to identify the suspects.

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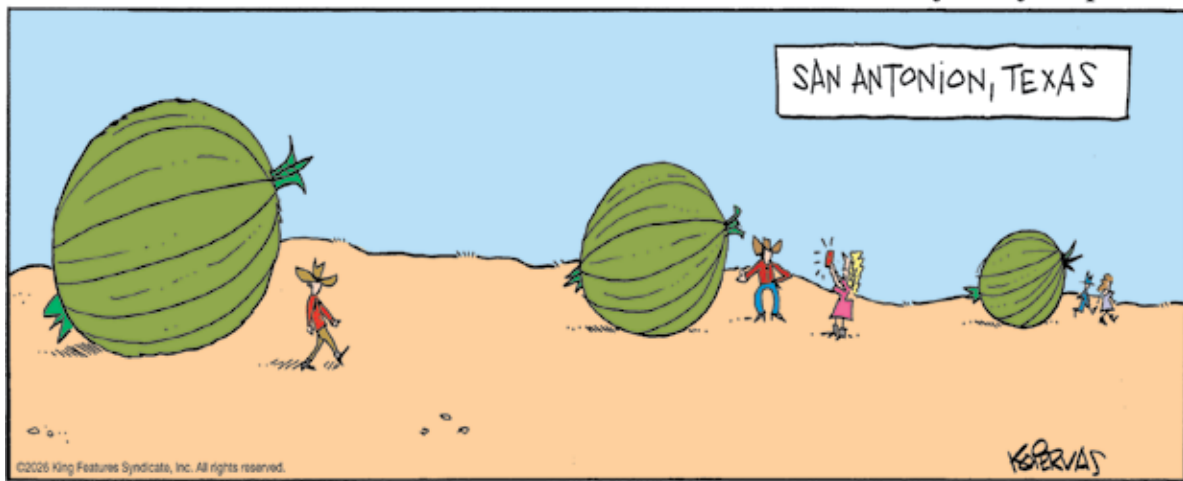
Sunday Worship

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

# Comics

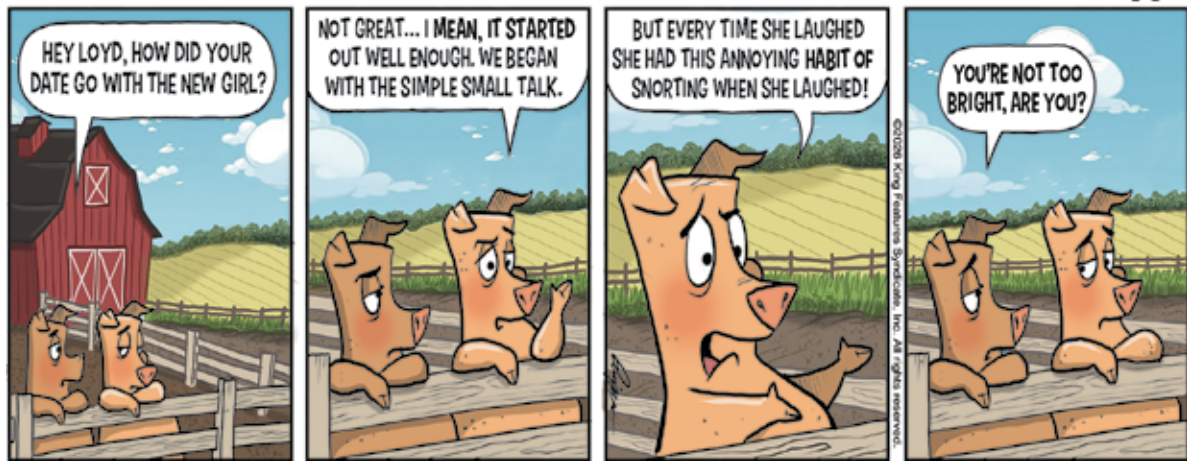
## Out on a Limb

by Gary Kopervas



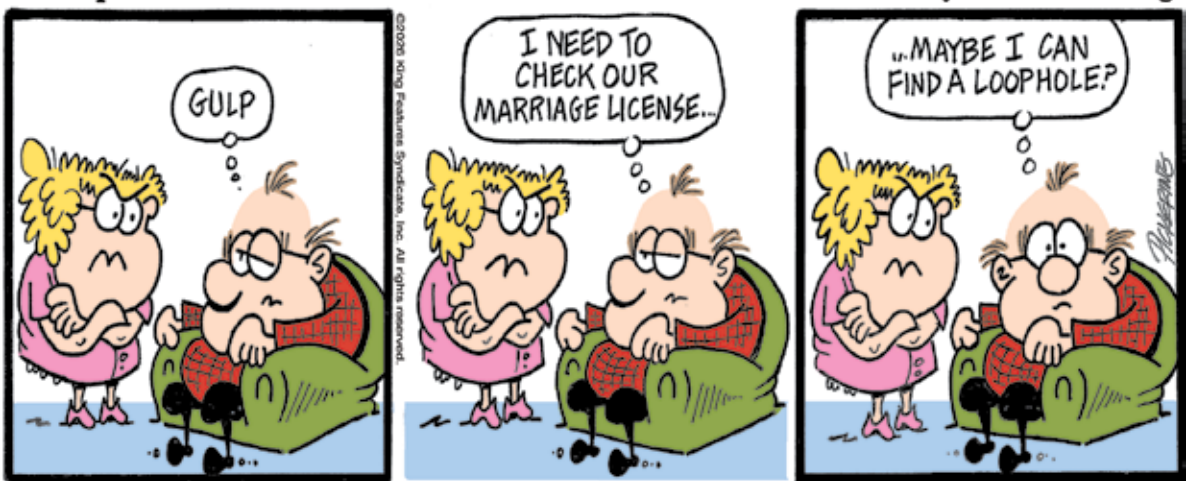
# Amber Waves

by Dave T. Phipps

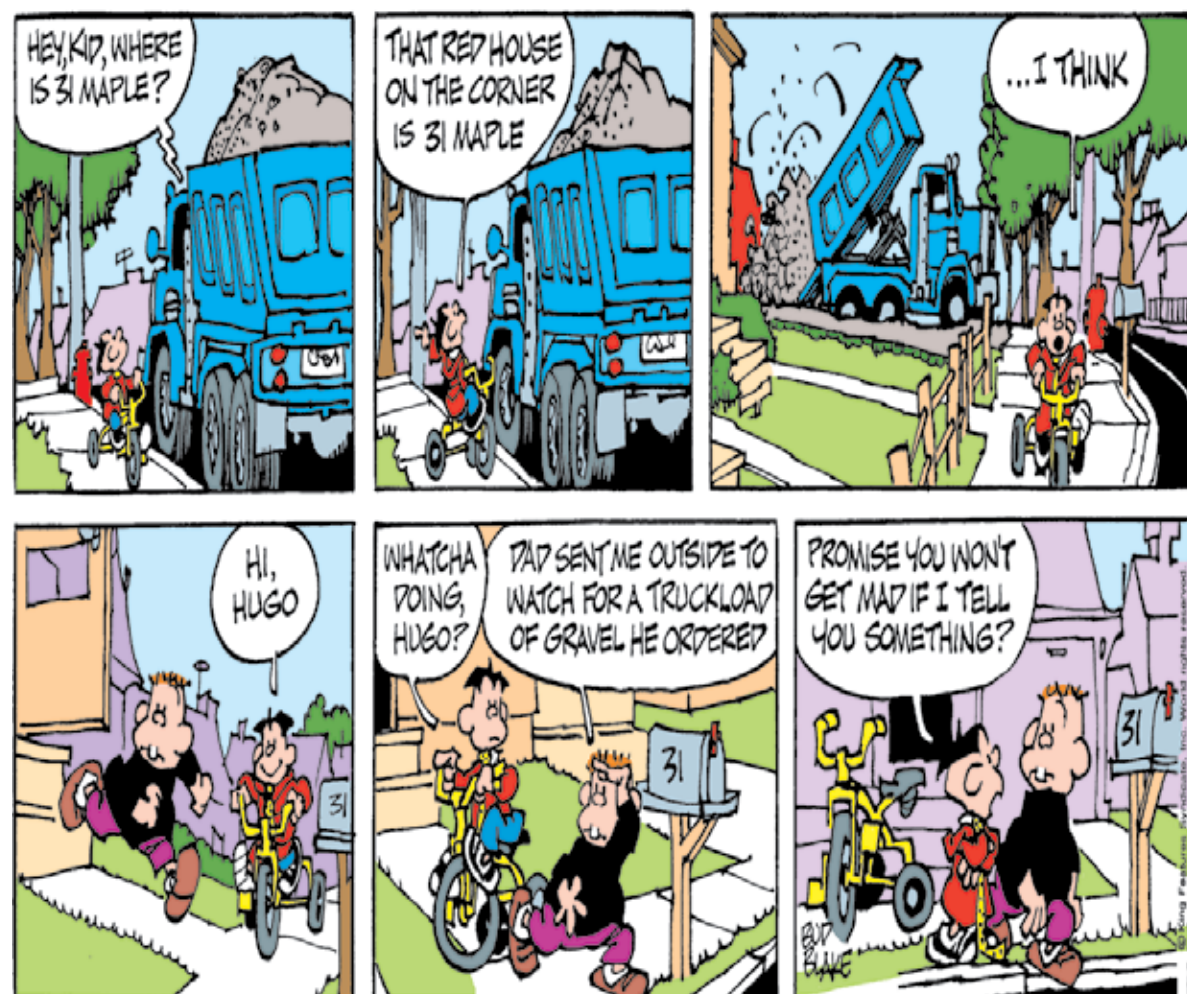


## The Spats

by Jeff Pickering



by BUD BLAKE



# Puzzles4Kids

by Helene  
Hovanec

### RIDDLE SEARCH – CRAYON COLORS

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

[illegible]

**Riddle answer:** \_ \_ \_ \_ \_ .

## HOCUS-FOCUS

BY  
HENRY BOLTINOFF

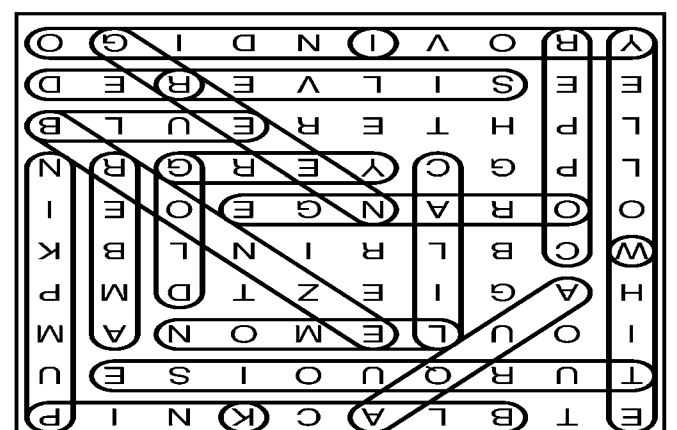


## Just Like Cats & Dogs

by Dave T. Phipps



**Riddle Answer:**  
To get brighter.



# Super Crossword

[illegible]

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