



# Lakeview

July, 2024

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

Volume 28, Number 8

## Group pushing for all descendants of slaves in Chicago to have property taxes waived.



The U.S. Census Bureau released the 2023 population estimates for the City of Chicago. "The underlying causes of population loss in Chicago remain deeply rooted in historic disinvestment. The lack of affordable housing, loss of jobs, and closed schools and mental health clinics have impacted many of Chicago's communities, and disproportionately hurt Black Chicagoans in particular," said Mayor Brandon Johnson. "This is why we must have equity in our education system, in our health care, and why investing in people is a critical piece of our administration. And our \$1.25 billion bond plan for housing and work force development and Cut the Tape initiative are among the ways we are working to address these long-standing issues." According to the 2022 Census American Community Survey the Black home ownership rate in Chicago is the lowest of any other racial group, with just 35% owning homes. Howard Ray Jr. founder of Reconstruction Era Reparation Act Now, or RERAN, said

the push for reparations is for those who are descendants of slaves. His team said slavery took away the ability to create generational wealth for Blacks. "We're on this campaign to be able to get Black Chicagoans not to have to pay any property taxes," said Farrah Walker, with the RERAN Team. "We need to be isolated, taken care of and brought back into society," said Ray. "We have a problem, where our Black citizens in Chicago are being kicked or forced out of Chicago, and they are going to the southern states to live comfortably," Ray said. They say they will use census data to track descendants of slaves who would qualify for this regardless of financial status. They said if it were voted into action, it would last for generations. Evanston, in 2019, took the lead with the nation's first municipally funded reparations program for residents with ancestors who were enslaved: \$25,000 each toward home improvements, etc.

## "THE BLACKEST CITY IN THE WORLD, CHICAGO"



"Thank you very much. God bless you. And God bless the Blackest city in the world, the city of Chicago," Mayor Brandon Johnson said after he signed an executive order to create a Reparations Task Force to develop a Black Reparations Agenda. The city council budgeted \$500,000 to study reparations in the current fiscal year. The study is set to begin ahead of the November elections. **But, are we really the blackest city in the world?** There are lots of cities in the United States where the majority of the population is black. It should come as no surprise that most of them are found in the South. South Fulton, Georgia has a population that is more than 93

percent black. Jackson, Mississippi, has a population that is approximately 80 percent black. There are several cities in Alabama that have a very high percentage of African Americans. Augusta, Georgia, home of the Masters, also has a very high percentage of black residents. Memphis, Tennessee has a very high percentage of black people living there. Baltimore has a very high percentage of African-Americans as well as Baton Rouge and Shreveport, Louisiana. There are lots of states that have a very high percentage of black Americans living within its borders. Texas has close to 4 million African Americans living within its borders. Florida has approximately 3.7 mil-

lion African Americans living within its borders. Finally, Georgia has approximately 3.5 million African Americans living there. By percentage, Mississippi is the state with the highest percentage of African-Americans, where approximately 38 percent of all people are black. **How do you define the blackness of a city?** Is it by population only? The United States is a very diverse country. There are a lot of people who refer to the United States as a melting pot, which means that there are people of all backgrounds in the United States. There are lots of people who view the United States as the land of opportunity as proven by the crisis we have at our borders.

More than 20,000 migrants have arrived in Chicago since the first two buses sent by Texas Governor Greg Abbott arrived at Union Station on August 31, 2022. What began as a political stunt by Abbott to draw attention to strained resources in border cities handling surging numbers of migrants has ballooned into a full-blown crisis. Most migrants have settled on the South and West sides. The most common countries of origin for immigrants were Mexico, India, and China. So, we really shouldn't define ourselves by race. The ultimate goal is for all of us to become color blind. We should be striving to be the most livable city in the world for all our people.

# Editorial & Opinions



**Moments  
in time**  
THE HISTORY CHANNEL

• **On July 1, 1984**, the Motion Picture Association of America, which oversees the voluntary rating system for movies, introduced its new rating of PG-13, indicating material that “may be inappropriate for children under 13 years old” and “may contain very strong language, nudity (nonexplicit), strong, mildly bloody violence or mild drug content.”

• **On July 2, 1992**, theoretical physicist Stephen Hawking broke British publishing records when his book “A Brief History of Time” held its place on the nonfiction bestseller list for three and a half years, selling more than 3 million copies in 22 languages.

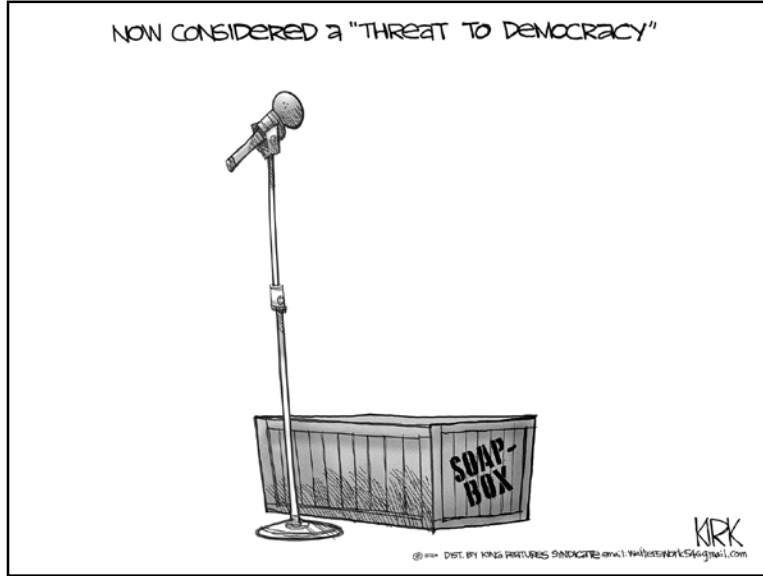
• **On July 3, 1887**, Clay Allison, an eccentric gunfighter and rancher who displayed odd tendencies even in his youth, was believed to have died in a freak wagon accident in Texas. When the Civil War began, Allison had joined the Confederate Army but later received a rare medical discharge for a condition doctors described as “partly epileptic and partly maniacal,” which may have been the result of an early head injury.

• **On July 4, 1965**, more than two dozen LGBTQ activists demonstrated in front of Philadelphia’s Independence Hall in one of America’s earliest gay rights protests. While the “Reminder” demonstration drew little mainstream media coverage at the time, it is now seen as an important predecessor to the broader gay liberation movement.

• **On July 5, 1950**, near Sejong, South Korea, 19-year-old Private Kenneth Shadrick became the first American reported killed in the Korean War when he looked up to check his aim and was cut down by enemy machinegun fire.

• **On July 6, 1933**, Major League Baseball’s first All-Star Game, dreamed up by a determined sports editor, debuted at Chicago’s Comiskey Park. The event was designed to support the sport and improve its reputation during the bleakest days of the Great Depression.

• **On July 7, 2005**, suicide bombs



were detonated in three crowded London subways and one bus during the peak of the city’s rush hour. Thought to be the work of al-Qaida, the explosions killed 56 people, including the bombers, and injured another 700 in the largest attack on Great Britain since World War II.

• **On July 8, 1918**, Ernest Hemingway was working as an ambulance driver for the American Red Cross while serving on the Italian front in World War I when he was struck by an Austrian mortar shell as he handed out chocolate to soldiers in a dugout.

• **On July 9, 1993**, British forensic scientists announced a positive identification of the remains of Russia’s last czar, Nicholas II, his wife, Czarina Alexandra, and three of their daughters. Mitochondrial DNA was used on the family’s bones, which had been excavated from a mass grave near Yekaterinburg two years earlier.

• **On July 10, 1985**, conservation group Greenpeace’s flagship, the Rainbow Warrior, sank in New Zealand’s Auckland Harbor after French agents in diving gear planted a bomb on the vessel’s hull. The ship had been preparing for a protest voyage to a French nuclear test site in the South Pacific.

• **On July 11, 2005**, Hurricane Dennis blasted onto the East Coast near Pensacola Beach with a storm surge of 15 feet, wiping out power for over 1 million in Florida and Alabama, with Mississippi also being declared a disaster zone along with those two states. The hurricane had already hit Cuba, the Dominican Republic and Haiti earlier in the week, causing 21 fatalities and massive property damage.

• **On July 12, 1967**, race riots broke out in Newark, New Jersey, after a Black cab driver was arrested and beaten by police. The riots resulted in 24 deaths, 1,100 wounded, 1,300 people arrested and property losses in excess of \$5 million. The violence was believed to have been triggered by a number of factors, including rumors that the cabbie had died and charges that the police involved were brutally racist, along with poor mayoral leadership.

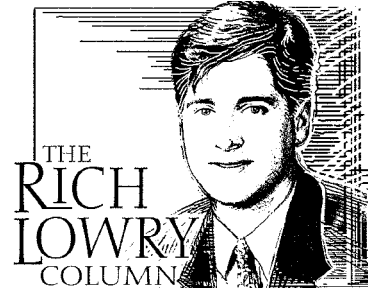
• **On July 13, 1920**, the U.S. Post Office banned customers from mailing children and animals. While it’s hard to believe such a ruling would even be necessary, officials wisely decreed it so after several cases involving parents dispatching a child and one person posting a skunk!

## Americanisms



“In the truest sense, freedom cannot be bestowed; it must be achieved.”  
— Franklin D. Roosevelt

THURSDAY



### Is it OK to rescue hostages?

Israel pulled off a hostage rescue that deserves to go down in the annals of extraordinarily daring, highly successful military operations, yet it is being condemned for it.

The secretary-general of the Gulf Cooperation Council denounced the “heinous and terrorist crime that targeted defenseless innocents with brutality,” while Egypt, Jordan and Lebanon have decried Israel’s alleged criminal tactics. U.N. special rapporteurs have weighed in with typically fulsome denunciations of the Jewish state.

The media coverage in the U.S. has taken a skeptical or negative tone, emphasizing the civilian casualties. According to the laughably unreliable Gaza Health Ministry, the operations killed 274 Palestinian civilians. It stands to reason, then, that it was almost certainly fewer than that. The Israel Defense Forces says the toll was less than 100. While everyone would prefer that every military operation were completely antiseptic, that’s not how the world works.

The Israeli forces weren’t in the Nuseirat refugee camp because they wanted to conquer it or despoil it. They came on a mission so basic to human nature that it’s been a part of conflicts since time memorial, and until now has been universally regarded as a righteous one — recovering one’s own from captivity by the enemy.

Decent societies aren’t just tireless in seeking the return of their countrymen, but even of the bodies of the fallen. The most moving scene in “The Iliad” is Priam petitioning the Greek champion Achilles to return the body of his fallen son Hector.

The moral equation in Gaza is not complicated. One side wants to free non-combatants from their nightmarish imprisonment to live again at home with their families as they please. The other side grabbed innocent people in a bloodthirsty pogrom, hideously abused them and refused to release them.

The sensible and very easy way to avoid exposing your civilian population to potential harm during hostage rescues is not to take hostages in the first place, and, failing that, not to secrete hostages among civilians. The final fail-safe is not to violently resist hostage rescues, creating a massive battle in a heavily populated area. Needless to say, Hamas hasn’t honored these rules or any other norm of civilized society.

It’s not as though the Israeli raid was indiscriminate; it was the opposite. Dressed in disguise in broad daylight, special forces targeted two apartment buildings where four hostages were being held in two civilian homes. The element of surprise was essential, since the hostages likely would have been killed with any warning.

The forces smoothly extracted one hostage — Noa Argamani, the young woman infamously kidnapped on the back of a motorbike from the Israel music festival on Oct. 7 — from one building. The team that rescued three male hostages from the other building came under heavy fire.

Once Israel forces encountered military resistance in dire circumstances, what were they supposed to do? Give the hostages back? Surrender? Apologize and ask to come back at some other time? The Israeli military used the force necessary to get their operators and the hostages out alive, as any other country would have done (one commando was killed in the raid).

In a society in its right mind, this contemporary equivalent of the Entebbe raid would one day be made into a movie about the ingenuity and bravery of those men who pulled off a near-miracle, getting out four innocents held by terrorists. The deaths of the civilians in the Nuseirat refugee camp are tragic, but so were the estimated 50,000 French civilians killed by Allied bombing in World War II. Confronting evil sometimes comes with terrible downsides.

Either out of profound moral confusion, enmity toward Israel, self-loathing of the West, or all of the above, many people since Oct. 7 have confused victim with victimizer, hostage-rescuers with hostage-takers, and the forces of civilization with the forces of barbarism.

If Israel can’t even bring home its own, the world is truly upside down, just the way Hamas wants it.

*Rich Lowry is editor of the National Review.*

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### Lakeview Newspaper

“We don’t make the news. We just report it.”

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# VETERANS POST

by Freddy Groves

## Benefits and health care for female veterans

The VA health care signed up over 53,000 female veterans in the past year, the biggest enrollment increase ever for women. But it's not just the VA chasing the numbers ... the VA has the services and facilities to provide the care female veterans need.

Among other things, female veterans under age 40 who had toxin exposure have access to breast cancer screenings and mammograms. (Breast cancer is a presumptive under the PACT Act.) In addition, screenings can be scheduled for colon, lung, skin and cervical cancers.

General health screenings can include blood pressure, diabetes, osteoporosis, as well as the whole array of standard immunizations such as flu, tetanus, COVID and more.

Reproductive and maternity care services are also available, with maternity care being handled by a coordinator who offers support for care within and outside of VA health care.

Female veterans also have a special call center. Call 1-855-VA-WOMEN (1-855-829-6636) Monday through Friday, 8 a.m. to 10 p.m. and Saturday, 8 a.m. to 6:30 p.m. There is also an online chat.

The call center can point you in the right direction for a wide variety of questions: enrolling in VA health care, what care options are available near you, eligibility, disability ratings, benefits including education and home loans, and more.

Their help extends to reporting harassment at VA, complaints about medical staff at VA, infertility services and help for military sexual trauma.

If you don't know where to start, begin with the call center. Or call your closest facility and ask for the Women Veterans Program Manager. Every VA medical facility has one.

For a long list of the services available for female veterans, go to [www.womenshealth.va.gov/WOMENSHEALTH/overview.asp](http://www.womenshealth.va.gov/WOMENSHEALTH/overview.asp)

If you're a female veteran who hasn't connected with the VA, either for health care or benefits, consider contacting the call center or the WVP manager at the closest facility and getting started.

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# Strange BUT TRUE

By Lucie Winborne

• On July 4, 1776, King George III wrote in his diary entry, "Nothing important happened today."

• A 5-month-old fetus has 200,000,000,000 brain cells, but by birth half of them have been lost.

• Superstitious folks understandably took note in Santa Clara, California, on Oct. 22, 1931, when the Gamma Eta Gamma legal fraternity was partially destroyed by fire: The house was located at 1313 Franklin Street, its phone number was Santa Clara 13, and the postman wore badge number 13! The damage sustained to the house was even estimated at \$13,000.

• An AK-47 is depicted on the flag of Mozambique.

• Einstein's ideas on relative acceleration were partly inspired by a guy who fell off a roof in Berlin. Surviving without injury, he told the physicist that he had not felt the effects of gravity.

• Until the 17th century, the word "upset" meant to set up (i.e., erect) something.

• The oldest recorded death sentence is found in the Amherst papyri, a list of state trials of ancient Egypt dating to 1,500 B.C. A teenage boy, convicted of "magic," was ordered to kill himself by either poison or stabbing.

• Apart from humans, the Asian elephant is the only mammal that can stand on its head.

• In 2002, the Nevada state legislature authorized a license plate depicting a mushroom cloud from an exploding nuclear bomb to commemorate nuclear weapons tests conducted in the state's desert between 1945 and 1992. The Department of Motor Vehicles, however, rejected it.

• Soviet craftsman Nikolai Syadrisky carved a set of chess figures that were so small they could only be distinguished when magnified 2,000 times with a microscope.

**Thought for the Day:** "In any given moment we have two options: to step forward into growth or step back into safety." — Abraham Maslow

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# SENIOR NEWS LINE

by Matilda Charles

## Beware the pepper

Oh my goodness. There's an electric stove that turns itself on, with the heating elements spontaneously getting hot! Or the temperature changes all by itself!

And there is a garden tiller that, due to a faulty instruction manual, can come apart with the tines posing a laceration hazard when the machine is used.

And there is a vinegar cleaning solution that's so caustic there is a risk of chemical burns in consumers.

These warnings come courtesy of the Consumer Product Safety Commission ([www.cpsc.gov/recalls](http://www.cpsc.gov/recalls)).

In the case of the stove, the manufacturer is stepping up with a free inspection and repair.

The manufacturer of the tiller is sending out new assembly instructions.

The remedy for the caustic vinegar cleaning solution, however, is less than satisfactory. The response is to stop using it and send away for a new warning label to paste on the bottle.

Other recent recalls on the CPSC website include defective crib bumpers that can obstruct breathing, a pool drain cover that can entrap swimmers, a smoke and carbon monoxide detector that doesn't work, kids' pajamas that are a burn hazard and eyelid wipes for dogs that are full of bacteria.

So many defective products! And without product safety alerts we might never know, until someone we know gets hurt.

**A few hints:**  
Before you buy a product, check online for any safety alerts.

Save your receipts when you buy products, especially those that are complicated enough to come with a user manual. Tape the receipt inside the front cover of the manual or keep a folder of receipts for products you purchase.

To stay safe, sign up for product recall alerts. Besides the CPSC website, check [www.recalls.gov](http://www.recalls.gov) for an even wider selection of product types and, [foodsafety.gov](http://foodsafety.gov) for food alerts. Right now they have a salmonella alert for black pepper.

Black pepper? Who would have suspected something was wrong with pepper.

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# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Art Nouveau

In design, the line between art and science isn't always clearly drawn. This has been true for centuries. One of the most influential figures in the art nouveau movement of the late 19th to early 20th century was a scientist, not an artist.

Beginning in 1889, biologist Ernst Haeckel published a series of books called "Art Forms in Nature" that captured the geometric structure and intricate beauty of sea life, microscopic organisms, plants, animals and insects. While art nouveau designs are stylized and exaggerated, especially human figures, the influence of nature, especially as captured by Haeckel, is clear in the organic asymmetrical shapes and the use of plants, animals, birds and insects as subjects or motifs.

This lamp shaped like a cluster of mushrooms with long stems and graceful curving shapes may not have been made in the art nouveau period, but it is definitely art nouveau style. Its leaded glass shades, bronze base and nature inspiration are reminiscent of Tiffany lamps, themselves emblematic of art nouveau, but compared to them, it was a bargain. While authentic Tiffany lamps can sell for record-setting prices of thousands of dollars, this mushroom lamp sold for \$344 at a Hindman auction.

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**Q: My mom has a Furby Baby in its original box and is wondering what it could be worth and how to sell it.**

**A:** Furby and Furby Babies are battery-operated electronic toys that can "talk." The toys have their own language, "Furbish," but can learn to speak English and several other languages. Furby was created by Dave Hampton and Caleb Chung. They sold the rights to the toy to Tiger Electronics Inc., which became part of Hasbro in 1998. Furby quickly became "the toy" to have and millions were sold. Furby Babies were introduced in 1999. They are smaller and know more phrases. They were made in 25 different colors. Has-



This lamp resembles the famous Tiffany lamps of the early 20th century. Its mushroom motif and asymmetrical curves recall the stylized nature shapes of art nouveau.

bro stopped making the original toys in 2000 but has made new Emoto-Tronic Furby toys since then. Furby Babies sell today for about \$20 to \$40 without a box and \$40 to \$60 in the original box.

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**TIP:** When moving, stuff glasses and cups with crumpled paper, then wrap in bubble wrap.

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## CURRENT PRICES

**Doll**, china, shoulder head, flat top, molded hair, painted black, blue eyes, bead necklace, cloth body, jointed, leather lower arms and boots, lacy dress, 27 inches, \$105.

**Poster**, travel, Besancon La Mouillere, woman and two children in summer clothes, buildings and landscape in background, multicolor, lithograph on paper, frame, Lucien Pillot, c. 1925, 40 x 25 inches, \$160.

**Musical instrument**, ukulele guitar, S1 Uke, soprano, mahogany, applied neck joint, C.F. Martin, 30 x 10 inches, \$610.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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by Ryan A. Berenz

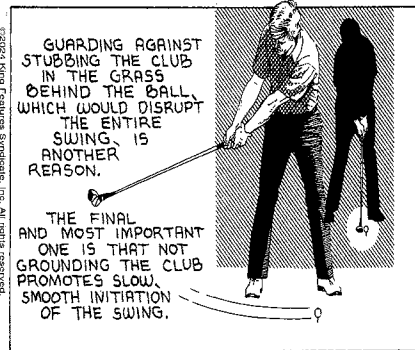
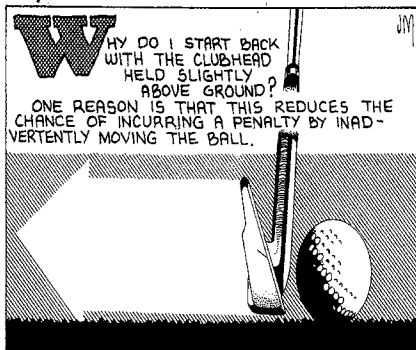
1. What Boston Red Sox catcher hit a walk-off home run in the 12th inning to give the Sox a 7-6 win over the Cincinnati Reds in Game 6 of the 1975 World Series?
2. What Pro Football Hall of Fame running back had his No. 3 jersey retired by the Green Bay Packers?
3. How many panels are there on a traditional Adidas Telstar truncated icosahedron soccer ball?
4. Name the Finnish NHL player who was captain of the Montreal Canadiens from 1999-2009.
5. Basketball Hall of Fame referee Dick Bavetta holds the record for number of NBA games officiated with how many?
6. Where did Pro Football Hall of Famers Lem Barney, Walter Payton, Robert Brazile and Jackie Slater play college football?
7. What is the circumference in inches of the ball used in the "blooperball," "cabbageball" or "Chicago ball" variant of softball?

### Answers

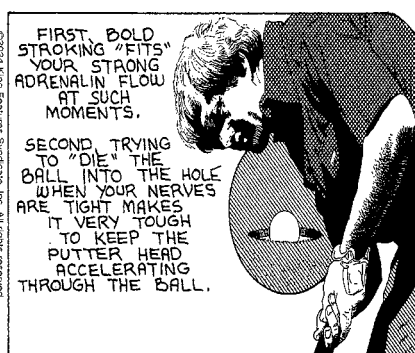
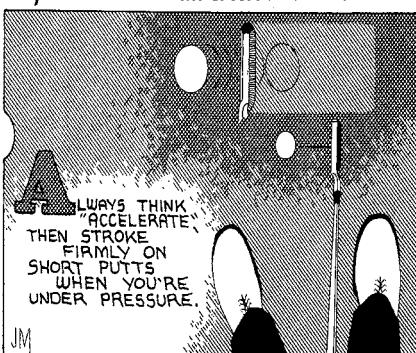
1. Carlton Fisk.
2. Tony Canadeo.
3. 32 (12 black pentagons and 20 white hexagons).
4. Saku Koivu.
5. 2,635 (all consecutive).
6. Jackson State University.
7. 16 inches.

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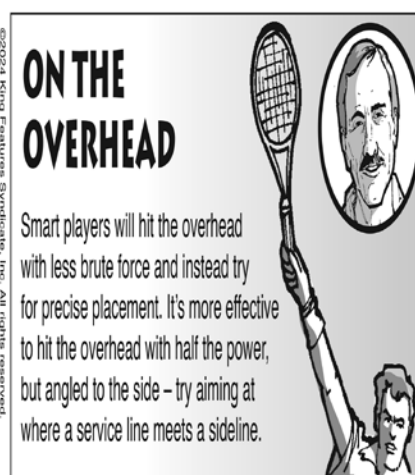
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



## GRIN AND BEAR IT



## LAFF - A - DAY



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# Health



## Do Companies Advertise Ineffective Supplements?

**DEAR DR. ROACH:** I see supplements advertised on television that are supposed to clear “brain fog” and do many other beneficial things. Are these any good, and can they actually do the things that they claim? If they are effective, why aren’t they sold at drugstores? If not, how is it that companies are allowed to make these false claims and advertise these supplements on television? — J.L.P.

**ANSWER:** I believe that there are over-the-counter supplements that are effective for treating some medical conditions, and there are a few instances in which there is strong evidence of benefit, such as a vitamin and mineral formula to slow progression of macular degeneration. Very often, there isn’t enough data to be sure a supplement is either effective or ineffective.

It is certainly true that supplement companies sometimes make claims that they cannot support. By law, supplement advertising can claim to support a body part or function (which is why you see claims like “supports heart health”), but these claims must be followed by: “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.”

Often, the advertising for a supplement is at odds with that statement, and there are many instances of supplement manufacturers having to pay fines or change their advertising. A supplement that is found to be unsafe can be removed from the market by the FDA. In addition, any substance can be toxic if taken at a high enough dose. Vitamin A supplements are a good example. The U.S. FDA does not regulate supplements the way they do prescription drugs, and supplement manufacturers do not need to prove that their products are effective. Further, there is

strong evidence that some supplements sold in the U.S. do not contain as much (or any!) of the supplement they claim to provide. I always recommend getting a supplement that is verified by a third party, such as the U.S. Pharmacopeia or the National Science Foundation, if possible.

There are very few supplements proven to prevent problems, so I generally recommend against supplements in people who are healthy and have no symptoms. This definitely includes vitamin supplements. Supplements may have benefit in relieving symptoms for some less-serious medical conditions, and physicians should be (or get) familiar with more common supplements, their potential benefits and their toxicities.

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**DEAR DR. ROACH:** I read your recent article on lichen planus. I have suffered with this for over two years. After doing a lot of research, I found that many people, like me, have diabetes. Nothing helped it, and the last treatment was too dangerous for me, although it did help me to lose 35 pounds and my sugar levels are now healthy. I understand that I can never get rid of lichen planus and that it’s just in remission now. — N.T.

**ANSWER:** Most studies show that people with diabetes are somewhat more likely to develop lichen planus (an itchy skin condition). About 1.5% of people with diabetes will develop lichen planus, compared to 0.75% of people without diabetes.

Unfortunately, I could not confirm that either weight loss or better diabetes control improves the symptoms of lichen planus. Sometimes lichen planus becomes inactive on its own. However, there are many good reasons to keep diabetes under control, and I am publishing your letter in the hope that it helps someone else.

## Patient Seems Unsure of ALS Diagnosis

**DEAR DR. ROACH:** My question is about amyotrophic lateral sclerosis (ALS). I have been diagnosed with this horrible, debilitating disease, and I don’t know where I am headed. I went to a hospital for a second opinion and additional testing to rule out other possible causes of this numbness. Nary a test was done — the neurologist looked at the electromyography (EMG) done by a neuromuscular doctor at another facility, and he just agreed with the

diagnosis.

I wanted to get tests done to see if it was perhaps a concussion, if it was from using yard sprays or from COVID vaccines, or if it was due to my having a terrible bad back for years, but none of these were even considered. I am deteriorating rapidly. Would you please give me some suggestions? Am I wrong for seeking other causes? — J.B.

**ANSWER:** I am very sorry to hear that you have been diagnosed with ALS. I understand why you would like to believe there are other possibilities for this because there are no treatments for ALS that can stop the progression of this fatal disease.

The diagnosis of ALS is made after a thorough examination and history review. Electrodiagnostic studies, like an EMG or a nerve conduction test, can help support the diagnosis, but they do not make the diagnosis themselves. The nerve conduction study is normal for ALS, while the EMG shows the nerves that are not connecting to the muscles. Other diseases of the muscles and muscle nerves should be considered. MRI scans are usually performed, as they can identify conditions that mimic ALS.

The terrible back you mention could include a condition called cervical myelopathy, which has some features that can be mistaken for ALS. Routine blood and urine testing should be done to exclude other conditions, such as Lyme disease, and the spinal fluid is sometimes analyzed if the neurologist suspects immune-mediated nerve disease. However, none of the other possibilities that you mention is likely to be confused for ALS by an experienced neurologist who does a complete exam.

I have three concerns: The first is that you are suggesting you may not have had a thorough evaluation so far. Second, the only symptom you mention is numbness, and although this can occasionally happen with ALS, you are much more likely to have weakness and muscle twitching without numbness. Third, ALS tends to progress slowly, not rapidly. For all these reasons, and because you need to be sure of your condition, I recommend getting another opinion from a neurologist who doesn’t rely on someone else’s history review and exam.

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**DEAR DR. ROACH:** I am a 94-year-old female who takes one 0.75-mg pill of levothyroxine per day since 1970. It was prescribed because of low energy. My doctor thinks the usual blood test is all that is required for proper diag-

nostics. Would I benefit from a more thorough test, and if so, what would you recommend, as my energy level is now very low? — S.H.

**ANSWER:** For most people with low thyroid levels, a simple test of the thyroid level and/or the TSH (thyroid stimulating hormone) level is all that is needed to be sure the dose of the replacement thyroid hormone, levothyroxine, is adequate. However, there are many causes for low energy. A low blood count and abnormalities of any critical organ can all cause fatigue.

The diagnosis starts with a careful history review and exam. Lab tests are important, but nothing is as likely to give the correct diagnosis as listening to the patient will.

## Does Intermittent Fasting Raise the Risk Of Heart Disease?

**DEAR DR. ROACH:** I read a recent headline that said people who fast intermittently have an increased risk of heart disease. Is there merit to this story? — K.O.S.

**ANSWER:** Intermittent fasting is an increasingly common weight-loss strategy. The two most common approaches of intermittent fasting are alternate-day fasting (eating nothing one day, then whatever you want the next) and timerestricted feeding (eating at certain times throughout the day, usually during an eight-hour time frame).

The published data on the benefits of these diets show short-term weight loss (i.e., 12 weeks), but no long-term weight loss (1 year), compared to the standard dietary advice.

There is evidence of potential harm from intermittent fasting. Studies have shown an increased risk of eating disorders (particularly binge eating). One study showed that disordered eating worsened in those assigned to an intermittent-fasting schedule. However, other studies do not show this.

The concern for disordered eating is highest among younger and female populations, who are at the most risk for eating disorders, and I advise against intermittent fasting for a person with a history of an eating disorder.

The study you read about was presented as an abstract in the March meeting of the American Heart Association; it is not yet published or peer-reviewed.

But it did show that people who report an intermittent-fasting diet (specifically those who ate over an 8-hour time frame) were at a higher risk for death from heart disease than those who ate over a 12-16 hour time frame.

However, this wasn’t a controlled study, and it is likely that people who chose a time-restricted eating pattern already had issues that put them at a higher risk for heart disease. Still, given the absence of long-term benefits, I don’t generally recommend a timerestricted diet or intermittent fasting to my patients.

My colleagues in weight medicine consider intermittent fasting to be an option that helps a subset of people. There are some people who do benefit from this type of diet, and as long as they are eating well and are being monitored by their physician, they should continue to follow their diet if it is working for them.

\*\*\*

**DEAR DR. ROACH:** As a person who has had vocal cord paralysis after a viral infection, I was fortunate not to need many of the outlined modes of care. However, there was one additional therapy that was utilized within my plan of care — speech therapy. It took a while, but it worked well.

I suppose I may have some lingering weakness. When I experience a new viral upper respiratory infection, I often experience prolonged hoarseness. So, I pull out my exercise sheet once again, practice the techniques, and experience the same great results. — B.A.

**ANSWER:** I thank B.A. for writing, as I should have recommended voice therapy for people with vocal cord paralysis or other voice issues.

Some ear, nose and throat physicians, speech-language pathologists, respiratory therapists, and voice coaches specialize in voice therapy.

*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

## REPLACING HIGH-PRICED HOME ITEMS

It’s probably been a while since you had to replace a major home item and a lot has changed. Get up to speed on the latest models and options for household essentials.

### Dishwashers

New dishwashers boast big improvements. The most efficient dishwashers complete an entire wash using less than 3.5 gallons of water, far less than older models or what you’d use to wash those dishes by hand.

**When it comes to noise,** dishwashers have improved so much that people can be standing in the kitchen and forget that the machine is running. The lower noise level reflects a shift from a plastic tub to stainless steel, which better dampens the sound of jetting water.

Like most other home appliances, dishwasher controls have gone digital.

### Ask about extras

An adjustable upper rack provides flexibility with loads made up of different-sized dishes. If that doesn’t come standard, it’s worth asking a salesperson if that feature is

available. Also consider an option for a quick-wash cycle.

### What you’ll pay

Prices for most models fall between \$400 and \$1,200. Expect to pay more for bells and whistles such as Wi-Fi connectivity, dual-drawer design or a third rack for utensils.

### Washers and Dryers

Top-loading is back. They have improved substantially in recent years. So are stackables. One new space-saving design is the all-in-one machine, which can wash and dry clothes without the need to transfer them.

### Expect more sensors

Today’s washing machines can sense the level of dirt on clothes and the size of the load to determine the appropriate amount of water to use. Dryers now have sensors that automatically adjust the cycle time, based on the size and dampness of the load.

### What you’ll pay

A matching washer-and-dryer set typically runs \$1,000 to \$2,300, whether the units are stackable or side-by-side. If you need just one or the other, expect a cost of \$700 to \$1,300 for a washer or \$800 to \$1,200 for a dryer.

### Toilets

New toilets use about a quarter of the water of older toilets. You can cut water usage by looking for the WaterSense label, which indicates the toilet uses only 1.28 gallons per flush. Toilets made before 1992 used 3.5 gallons.

### And for a price

Today’s toilets can come with built-in bidets, heated seats and even lighting. Some models play music, have motion-activated lids or automatic flushing. Basic toilets cost about \$300. A premier brand with custom features, be prepared to spend upward of \$2,000.

# Happy Fourth of July



Let's always remember that courage, dedication, and effort made this country what it is today and what it will become in the future. You can and do make a difference in your community.



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1. Name the Beatles album that includes "I've Just Seen a Face," "You Won't See Me" and "Michelle."
2. Which duo released "The Closer I Get to You"?
3. Where did Thin Lizzy get their name?
4. Who was Stagger Lee in the song?
5. Name the song that contains this lyric: "I watched you die, I heard you cry every night in your sleep."

Answers

1. "Rubber Soul," in 1965. It was released with 14 songs in the U.K. and 10 in the U.S. with an additional two taken from another album.
2. Roberta Flack and Donny Hathaway in 1978. The song climbed the charts in the U.S. and was nominated for Best Vocal Performance by a Duo in 1979.
3. From a character in the 1937 comic "The Dandy," which had a character called Tin Lizzie, a robot maid.
4. "Stag" Lee Shelton was a gambler who killed Billy Lyons in 1895 during a card game in St. Louis.
5. "Because of You," by Kelly Clarkson in 2005. Clarkson wrote the song when she was a teenager in response to the pain of her parents' divorce. The accompanying video won Best Female Video at MTV's awards the next year.

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

# Strange BUT TRUE

By Lucie Winborne

• In 1865, William E. Brockway printed a counterfeit \$100 bill that was so perfect, it left the Treasury Department with the sole option of withdrawing all authentic \$100 bills from circulation.

• The official name for Bangkok, the capital of Thailand, is Krung Thep Maha Nakhon, which is an abbreviation of its ceremonial name: "Krung Thep Mahanakon Amon Rattanakosin Mahinthara Ayuthaya Mahadilok Phop Noppharat Ratchathani Burirrom Udomratchaniwet Mahasathan Amon Piman Awatan Sathit Sakkathattiya Witsanukam Prasit." Which is why we just call it "Bangkok."

• Plastic surgery first took place in India around 600 B.C., when it was used with skin from the forehead to reconstruct the noses of criminals that had been amputated as punishment.

• In 1928, the German engineer Herman Sorgel proposed increasing Europe and Africa's land mass by slowly draining the Mediterranean Sea, via a dam across the Strait of Gibraltar. Unsurprisingly, the idea never made it past the drawing board.

• The word "dunce," meaning a dull-witted or ignorant person, comes from the name of John Duns Scotus, one of the greatest minds of his time.

• Jean-Baptiste Lully, the first documented conductor, was the first musician to use a baton — a six-foot-long staff that he pounded on the ground in time to the music. Sadly, he accidentally stuck the staff into his foot during a concert, developing fatal gangrene as a result.

• The quagga, a close relative of the zebra but with stripes only on its head and neck, became the first extinct animal to have its DNA studied, in 1984.

• The 13th of the month is more likely to fall on Friday than on any other day of the week.

\*\*\*

**Thought for the Day:** "One doesn't discover new lands without consenting to lose sight of the shore for a very long time." — André Gide

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1. **Inside Out 2** (PG) Amy Poehler, Maya Hawke
2. **Bad Boys: Ride or Die** (R) Will Smith, Martin Lawrence
3. **Kingdom of the Planet of the Apes** (PG-13) Owen Teague, Freya Allan
4. **The Garfield Movie** (PG) Chris Pratt, Samuel L. Jackson
5. **IF** (PG) Cailey Fleming, Ryan Reynolds
6. **The Watchers** (PG-13) Dakota Fanning, Georgina Campbell
7. **Furiosa: A Mad Max Saga** (R) Anya Taylor-Joy, Chris Hemsworth
8. **The Fall Guy** (PG-13) Ryan Gosling, Emily Blunt
9. **The Strangers: Chapter 1** (R) Madelaine Petsch, Ryan Bown
10. **The Lord of the Rings: The Fellowship of the Ring** (PG-13) Elijah Wood, Ian McKellen

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### COUNTRIES WITH THE HIGHEST INCARCERATION RATES

1. United States
2. El Salvador
3. Thailand
4. Turkmenistan
5. U.S. Virgin Islands
6. Cuba
7. Maldives
8. Northern Mariana Islands
9. British Virgin Islands
10. Rwanda

Source: U.S. News

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**"A Family Affair"** (PG-13) — From the producers of "Anyone but You," this rom-com is led by quite the interesting trio — Nicole Kidman ("Expats"), Zac Efron ("The Iron Claw"), and Joey King ("The Kissing Booth" trilogy) — with Kathy Bates and Liza Koshy co-starring. King plays Zara, the personal assistant to celebrity Chris Cole (Efron), while Kidman plays Brooke, Zara's widowed mother. Upon learning that her boss of two years is hooking up with her mother, Zara understandably undergoes a bit of a crisis, especially knowing firsthand how much of a selfish man Chris can be. Amid Zara's protests, Brooke and Chris' relationship starts to deepen, as Brooke acknowledges that she hasn't felt this way in years since the death of her husband. So, will Zara continue to stand in her mother's way, or will Nicole Kidman get her happily ever after with Zac Efron? (Who would've thought!) Find out on June 28. (Netflix)

**"Red Right Hand"** (NR) — In this action-thriller film out on June 28, Orlando Bloom dons a Southern accent to become Cash, a hardworking man who is just trying to live a quiet life with his niece and brother-in-law after the death of his sister. But his past wasn't as clean as his present, and the presence of the kingpin Big Cat (Andie MacDowell) in his town is a reminder of that tragic past. But when Cash finds out that his brother-in-law owes Big Cat a hefty sum of \$100,000, Big Cat starts showing her

claws and terrorizes their family. So, Cash is left with no choice but to fall back into her trap, and he promises to do three jobs for her to repay the debt. Despite his honorable intentions, he quickly realizes that he underestimated the mercy Big Cat will show and buckles up to finally put the kitty down. (Hulu)

**"Fancy Dance"** (R) — Erica Tremblay makes her feature directorial debut with the perfect actress to lead this emotional drama. Taking place on the Seneca-Cayuga Nation Reservation, Lily Gladstone ("Under the Bridge") stars as Jax, an aunt who is helping prepare her 13-year-old niece, Roki (Isabel DeRoy-Olson), for an upcoming powwow. Because Roki's mother recently went missing again, this powwow holds a special importance to Roki, and Jax tries her best to step up in Roki's mother's place. But law enforcement fails to show any desire to find Roki's mother, rather showing an interest in Jax's criminal background that they think makes her an unsuitable guardian. Even though they force Roki to live with her close-minded grandparents, the renegade Jax sneaks Roki out to embark on a journey to find her mother in time for the powwow. This moving film premieres June 28. (Apple TV+)

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Courtesy of Apple TV+

Isabel DeRoy-Olson, left, and Lily Gladstone star in "Fancy Dance."



### by Jo Ann Derson

A.A. in Florida

• "My eyesight started to falter a few years ago, and I had found that my glasses slipped and were uncomfortable during seaside trips. I dearly love to read, and have since discovered audiobooks, or books on tape. I download them to a digital music player and can listen all day if I like. It also allows me to people-watch and even doze off! I am almost 80, so I can do that if I feel like it!" — R.A. in Connecticut

• "I keep an empty gallon jug in the trunk of my car. When I go to the beach, if there's no shower, I can fill it with water at a faucet and get a good rinse there before I leave." — L.G. in Mississippi

• "I bring a thin nylon bag to the beach in case I go shopping or collect shells, etc. It folds and zips down really small, so it takes up no room, but has come in handy most times that I've gone to the shore." — T.T. in New York

• My best tip for the beach? A laundry basket and a bungee cord. I put my cooler, bags and sand toys in the basket and pull it along the sand using the bungee. It has worked for me many times — and it's so convenient to keep things corralled in! Here's more tips on beach vacationing. — JoAnn

• Must-haves at the beach: Zipper-top bags for trash and clothespins to clip a napkin down so it won't blow away!

• "Freeze bottles of water (take out a sip or two to allow the ice to expand) and juice boxes or pouches before you head out to the beach (or anytime you're taking a cooler). They will act as ice packs to keep food and snacks cool, and double as refreshing beverages along the way!" —

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# What's Hot In Hollywood

HOLLYWOOD — **Julia Louis-Dreyfus** has recovered from cancer and is back in front of the cameras to shoot "Thunderbolts" for Disney and Marvel. She holds the record for winning 11 Emmy Awards (the most for any performer) — nine for "Veep," one for "Seinfeld," and one for "The New Adventures of Old Christine." She's also won nine awards from the Screen Actors Guild, two from the Critics' Choice Awards, and a Golden Globe Award.

In "Thunderbolts," arriving May 2025, she co-stars with **David Harbour** ("Stranger Things") and **Harrison Ford**. Ford also has "Captain America: Brave New World" due in February, and both of his TV series "1923" and "Shrinking" are returning for their second seasons.

\*\*\*

On a chat show, **Chris Pratt** recently confessed that he blew the first \$75,000 he earned, which was for a TV movie. "That was just a crazy amount of money to me," he said. "I never could have possibly imagined making that amount of money, and it went very quickly." But given that his net worth today is estimated to be \$100 million, he must have learned his lesson.

He's still making more money from two upcoming sci-fi films: Amazon's "Mercy," with **Rebecca Ferguson**, and Netflix's "The Electric State," with **Millie Bobby Brown**, **Ke Huy Quan**, **Stanley Tucci**, **Jason Alexander**, **Brian Cox**, **Anthony Mackie** and **Billy Bob Thornton**.

\*\*\*

Hats off to the legendary **Joan Collins**, who turned 91 on May 23 and is still working in two films and a TV series. In 1989, I was hired by Sarah Coventry Costume Jewelry (still thriving today) to shoot Joan for their in-house magazine. She was to be gifted with 10 pieces of jewelry for the shoot. When we finished, she couldn't decide between 12 pieces of jewelry, so we just gave them to her. Two weeks later, she became Alexis Morell Carrington Colby in "Dynasty," which, of course, meant she wouldn't be caught dead in costume jewelry!

Another time, at an award show rehearsal, Joan went to use a phone. (We didn't have cellphones then.) After a long time, she came back and told us, "I called my answering service, and imagine ... they put me on hold!" We asked, "What did you do?" "Well," she replied, "I fired them, of course!"

In her next two films, she stars as Wallis Simpson in "In Bed with the Duchess" and as Francesca Carlyle in "Murder Between Friends." She'll also star as Adelaide of Maurienne in 10 episodes of the Agatha-Christie-like series "Glow of Darkness," opposite Jane Seymour and Denise Richards. They're currently filming in Spain, Morocco and Egypt, and it's based on the life of Francis of



Depositphotos  
**Julia Louis-Dreyfus**  
(Upcoming in "Thunderbolts")

Assisi. The series has been dubbed as "Game of Thrones" on a "Xena: Warrior Princess" budget.

At 91, where does she get her get-up-and-go? I'll have what she's having!

HOLLYWOOD — Fifty-five-year-old **Hugh Jackman** put his Broadway musical training to good use when making "Deadpool & Wolverine."

"When I came back to it, it was really fun, and I was thrilled," Jackman confessed. "My body was still responding, and I realized how good it was for your brain. The hardest bit ... [was] the food! ... For me, for my body type, I'm naturally skinny. To get the size on, that's the hardest bit." Poor Jackman!

**Ryan Reynolds** said of Jackman, "Just the sheer relentlessness that [he] dedicated [himself] toward stunts, choreography. It was the first time I'd ever seen how invaluable a background in song and dance is when you are doing an action movie!"

\*\*\*

Another actor eating his way to stardom is **Chris Hemsworth**, who bounced from the animated Paramount/Hasbro film "Transformers One" (due Sept. 20) to the upcoming "Transformers/G.I. Joe" crossover movie. Why keep making "Transformer" films? Maybe the \$439 million grosses for "Transformers: Rise of the Beasts" last summer explain it.

\*\*\*

The Barnes & Noble bookstore at The Grove in Hollywood had to call for extra security to handle throngs of fans of **Thao Penghis** (of

"Days of Our Lives" and "General Hospital" fame), who came for his book signing of "Seducing Celebrities One Meal at a Time." He regaled them with delicious tales about **Claudette Colbert**, **Jackie Kennedy Onassis**, **Charlton Heston** and more. But his favorite moments came when he was joined by his "Days" co-stars **Susan Seaforth Hayes** and **Leanne Hunley**, who came to celebrate his book.

\*\*\*

Having covered Hollywood parties for decades, I became friends with lots of big stars. One such star was **Dick Van Dyke**, who came to events with his wife at the time, **Margie Willett**. Dick taught me a great lesson. Back in 1974 at a publicity event, I saw Dick standing in a corner by himself. I approached him, asking, "All alone, Dick? Where's your lovely wife?" He replied, "We separated today. She got the house, I got the mortgage. She got the car, I got the payments. She got the elevator, I got the shaft!"

Undaunted, I forged ahead, trying to save myself, and said, "Well, at least you have 'The New Dick Van Dyke Show' to keep you busy!" "It was canceled today," he sadly said. And from then on, I learned not to mention spouses or TV series to actors ever again!

Now at 98, Dick has announced, "I'd still like to do a one-man show. **Cary Grant** did it. And **Gregory Peck**. Went on the road and talked about their careers. I think it'd be fun!" What I'd never dare say to him is that Grant died doing that show in Davenport, Iowa! Can you say swan song?!



Depositphotos  
**Actor and comedian**  
**Dick Van Dyke**



by Dana Jackson

**Q:** I just started watching the comedy series "It's Always Sunny in Philadelphia." I know that two people on the series are married in real life. Did they meet on the show? — G.W.

**A:** Debuting in 2005 and still going strong, this hit FX (and FXX) network sitcom is the longest-running, non-animated comedy series ever, surpassing the previous record holder "The Adventures of Ozzie and Harriet." It was created by Rob McElhenney, who plays Mac on show, and stars his offscreen wife Kaitlin Olson as Dee, Glenn Howerton as Dennis, and Charlie Day as Charlie.

Olson and McElhenney fell in love on the set of "It's Always Sunny," but initially kept their romance a secret from their co-stars. They wed two years later and now have two sons.

The strikes in Hollywood pushed back production, but there will be a 17th season — just don't expect it until late 2024 or early 2025.

\*\*\*

**Q:** Whatever happened to actress Jennifer Love Hewitt? I loved her show "Ghost Whisperer" and would love to see her do a supernatural theme again. — W.J.

**A:** Jennifer Love Hewitt first gained fame as Sarah in the 1990s drama series "Party of Five." She followed that up with the hit scary film "I Know What You Did Last Summer" before starring in the TV show "Ghost Whisperer," which ended in 2010 after five seasons. Since then, she's starred in three other hit series: "The Client List," "Criminal Minds" and "9-1-1."

Next up, she'll star, direct and produce "The Holiday Junkie," a TV movie for Lifetime later in 2024. Her husband, Brian Hallisay, and their children will also appear in the film. It's a very personal project for Hewitt about moving on during the winter holiday season while coping with the loss of her mother.

Elaine Frontain Bryant (EVP, head of programming genres for A&E, Lifetime and LMN) stated that "Jennifer is beloved by Lifetime and our viewers. We're excited to work with her again on this special project near and dear to her and to have it as one of our cornerstones for our 'It's a Wonderful Lifetime' slate."

In addition, Hewitt launched her marketing and consumer brand The Holiday Junkie last year and is also releasing a book titled "Inher-



Courtesy of FX  
**Rob McElhenney and Kaitlin Olson**  
star in "It's Always Sunny"

iting Magic," which is set for publication this December.

\*\*\*

**Q:** Did Bette Midler get cast as one of the cast members on "The Real Housewives of Beverly Hills" like she wanted? I never heard anything further about it. — W.M.

**A:** Back in March, film actress Bette Midler ("The First Wives Club") asked via social media if it was "too late" for her to be a "Real Housewife." She was in the mood to "talk some s\*\*t" and get paid for it. Alas, her name was not among the cast of the upcoming season, but she does have a new project on the horizon.

She's part of the ensemble cast of the comedy "The Fabulous Four," which hits theaters this July. Midler stars as a bride whose old college pals (played by Susan Sarandon, Sheryl Lee Ralph and Megan Mullaly) make up her bridal party at her destination wedding.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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# Serve Up a *Summertime* Spread

**FAMILY FEATURES**

**F**ew things complement warm weather like a summer spread with everyone's favorite foods. From fresh appetizers and classics like grilled hot dogs to skewered sides and sweet, sugary desserts, these summertime recipes are sure to bring friends, family and neighbors running to get in on the action.

To find more recipe ideas that bring the heat to summer cookouts, visit [Culinary.net](http://Culinary.net).

## Up Your Grilling Game with Beloved Toppings

Hot dogs and brats are summer favorites for a reason: the delicious (and personalized) add-ons. Make sure your spread fits everyone's taste buds with an assortment of tasty toppings like these:

- Ketchup
- Mustard
- Relish
- Hot sauce
- Onions
- Pickles
- Sauerkraut
- Cole slaw
- Jalapenos
- Diced tomatoes
- Guacamole
- Nacho cheese
- Shredded cheese

## A Simple, Skewered Side

Keep your summer meals simple by leaning into versatile ingredients that can help you whip up a variety of side dishes.

These Grilled Red Potato Skewers display the delicious, nutritious, versatile qualities of Wisconsin Potatoes. With a multitude of varieties, they're a favorite among world-class chefs, home cooks, large and small supermarkets and even the pickiest of eaters.

It can be love at first bite with these 100% gluten-free potatoes that can add a touch of nutrition to summer cookouts. They're a good source of vitamin B6, high in vitamin C, rich in potassium and an excellent source of fiber.

Find more recipe ideas by visiting [eatwisconsinpotatoes.com](http://eatwisconsinpotatoes.com).

## Grilled Red Potato Skewers

Recipe courtesy of the Wisconsin Potato & Vegetable Growers Association  
Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4

- 2 medium russet or Yukon gold Wisconsin potatoes or 6 red Wisconsin potatoes
- 2 medium zucchini
- 1/2 smoked sausage rope
- 4 skewers (12 inches each)
- 1/2 cup Italian dressing

Preheat grill to medium heat. Cut potatoes in half. Cut zucchini and sausage same width as potatoes. Skewer potatoes, zucchini and sausage. Repeat for each skewer.

Place skewers in dish and cover with Italian dressing. Marinate 5 minutes.

Place skewers on grill and cook 5 minutes on each side, or until potatoes are done. Remove from grill and serve.



Grilled Red Potato Skewers

## Cap the Night with a Brown Sugar Delight

Summer meals from small plates to grilled fare may be tasty, but don't fill up entirely on the main course. Remember to save room for your favorite warm-weather sweets.

These Brown Sugar Meringues provide bursting summertime flavor in a little, handheld bite. They're ideal for sharing with loved ones after a weekend barbecue or birthday celebration and, with just a few ingredients, they're as easy to make as they are to enjoy.

To help bake this delicious dessert, you can trust Domino to deliver quality, consistency and results that only a century of experience can bring. Its Light Brown Sugar offers a buttery, caramel flavor, making it a perfect choice for sweets of all kinds.

Find more summery sweets at [DominoSugar.com](http://DominoSugar.com).

## Brown Sugar Meringues

Prep time: 20 minutes  
Cook time: 1 hour, plus 1 hour rest time  
Yield: 3 dozen meringues

- Water
- 6 large egg whites, at room temperature
- 1 cup Domino Light Brown Sugar
- 3/4 cup Domino Granulated Sugar
- Easy Baking Tub
- 1/8 teaspoon salt
- 2 tablespoons Domino Turbinado Sugar (optional)

Preheat oven to 225 F. Line three baking sheets with parchment paper. Set aside.

Pour 1 inch of water into medium saucepan and heat it until simmering. In heat-proof bowl, mix egg whites, brown sugar, granulated sugar and salt. Put bowl on top of saucepan and warm mixture until it reaches 125 F. Stir continuously and make sure mixture does not touch water.

Carefully remove from heat. Using electric mixer, beat mixture at high speed 8-10 minutes. Transfer meringue into piping bag fitted with star tip. Pipe 12 meringues per baking sheet.

Sprinkle turbinado sugar on top of meringues, if desired. Bake 1 hour. Turn off oven and allow meringues to rest inside oven 1 hour. Remove from oven and enjoy.



Brown Sugar Meringues



Photo courtesy of Shutterstock



Citrus Spring Mix Salad

## Start Summer Meals with a Bright, Fresh Salad

Bright colors and fresh flavor bring out the best in summer meals, starting with seasonal salads that look as though the ingredients were just picked from a garden.

Orange, grapefruit and avocado are perfect accompaniments in this Citrus Spring Mix Salad when paired with Fresh Express Spring Mix. This garden-fresh blend combines carefully selected tender baby butter and red and green leaf lettuces with baby greens including spinach, arugula and kale that are picked when the tiny leaves are perfect and whole.

With more than 100 varieties of fresh, healthy and convenient ready-to-eat salads, as well as an assortment of salad greens you can use to create your ideal summer dishes, the kits and lettuce blends are available in the refrigerated product department of your favorite grocery store.

Visit [freshexpress.com](http://freshexpress.com) to discover more than 300 fresh recipes and find availability near you.

## Citrus Spring Mix Salad

Prep time: 5 minutes  
Total time: 10 minutes  
Servings: 2

**Dressing:**

- 1/4 cup orange juice
- 1 teaspoon grated orange zest
- 1 teaspoon white wine vinegar
- 1/4 teaspoon Dijon mustard
- 1/2 teaspoon sugar
- 1/8 teaspoon salt

**Salad:**

- 1 package (5 ounces) Fresh Express Spring Mix
- 1 navel orange, peeled and sectioned
- 1 red grapefruit, peeled and sectioned
- 1 avocado, peeled, pitted and sliced
- 1/4 cup red onion, thinly sliced

To make dressing: In small bowl, whisk orange juice, orange zest, white wine vinegar, Dijon mustard, sugar and salt. Set aside.

To make salad: In large bowl, toss spring mix with salad dressing. Divide salad evenly among two plates. Top with oranges, grapefruit, avocado and onion.



## Good Housekeeping

### Iced Tea, Family Style

- Fresh cold water*
- 1/3 *cup loose tea or 15 tea bags*
- Ice cubes*
- Sugar (optional)*
- Lemon slices*

1. In a 3-quart saucepan over high heat, heat 4 cups of fresh cold water to boiling. Remove from heat; stir in tea. Stir, cover, and leave for 5 minutes. Stir again and strain into a pitcher containing 4 additional cups of fresh cold water.

2. Cover and let stand until ready to serve. Serve over ice cubes with sugar and lemon slices. Serves 8.

• Each serving: 0g total fat (0g saturated), 0mg cholesterol, 0g dietary fiber, 0g protein.

## Good Housekeeping

### Creamy Cucumber-Dill Salad

- 8 *large (about 5 pounds) cucumbers*
- 1 *teaspoon salt*
- 6 *large radishes*
- 1 *container (8 ounces) plain low-fat yogurt*
- 1/2 *cup reduced-fat sour cream*
- 1/2 *cup fresh dill, loosely packed, chopped*
- 2 *tablespoons fresh lime juice*
- 1/4 *teaspoons ground black pepper*
- 1 *small garlic clove, crushed with press*

1. With vegetable peeler, remove several strips of peel from each cucumber. Cut each cucumber lengthwise in half; with teaspoon, scoop out seeds. With knife or in food processor fitted with slicing blade, thinly slice cucumber halves crosswise. In large bowl, toss cucumbers with salt; let stand 30 minutes.

2. Meanwhile, thinly slice radishes; transfer to serving bowl. Add yogurt, sour cream, dill, lime juice, pepper and garlic. Stir until well-combined.

3. With hand, press sliced cucumbers over sink to remove as much liquid as possible. Pat cucumbers dry with paper towels.

4. Add cucumbers to bowl with yogurt mixture. Toss until evenly coated. Cover and refrigerate at least 1 hour or overnight to blend flavors. Yields 10 (1/2 cup) servings.

• Each serving: About 60 calories, 2g total fat (1g saturated), 6mg cholesterol, 180mg sodium, 9g total carbohydrate, 2g dietary fiber, 3g protein.

## Good Housekeeping

### Hot Fruit Salad

A few turns on the grill transform fresh fruit into a sumptuous finale.

- 1/2 *cup honey*
- 1 *tablespoon fresh lemon juice*
- 1/4 *cup fresh mint leaves, loosely packed, thinly sliced*
- 1 *medium pineapple, cut lengthwise into 6 wedges, with leaves attached*
- 2 *large bananas, each cut diagonally into thirds*
- 3 *medium plums, each cut in half*
- 2 *medium nectarines or peaches, each cut into quarters*

1. In cup, stir together honey, lemon juice and 1 tablespoon mint leaves.

2. With tongs, place all fruit pieces on grill over medium heat. Grill fruit 10 to 15 minutes, until browned and tender, turning fruit occasionally. Brush fruit with some honey mixture during last 3 minutes of cooking.

3. To serve, arrange grilled fruit on large platter; drizzle with any remaining honey mixture. Sprinkle grilled fruit with remaining mint. Serves 6.

• Each serving: About 215 calories, 1g total fat (0g saturated), 0g cholesterol, 5mg sodium, 55g total carbohydrate, 0g dietary fiber, 2g protein.

## Good Housekeeping

### Roasted Asparagus

- 1 *bunch asparagus (about 1 pound), trimmed*
- Salt and coarsely ground black pepper*
- 1 *tablespoon olive oil*
- 2 *tablespoons freshly grated Parmesan cheese*

1. Heat oven to 450 F. In 15 1/2-by-10 1/2-inch jelly-roll pan, sprinkle asparagus with 1/4 teaspoon salt and 1/4 teaspoon pepper and drizzle with oil; shake pan to coat asparagus. Roast asparagus 10 to 12 minutes (depending on thickness) or until lightly browned and tender. Remove pan from oven; cover with foil to keep warm.

2. Just before serving, sprinkle Parmesan over asparagus.

• Each serving: About 55 calories, 4g total fat (1g saturated), 2mg cholesterol, 195mg sodium, 3g total carbohydrate, 1g fiber, 2g protein.

## Good Housekeeping

### Spicy Grilled Salmon

With a little tinfoil, this fancy meal can be made right on the grill.

- 4 *fillets salmon (6 ounces each)*
- 4 *tablespoons hoisin sauce*
- 1/2 *teaspoon crushed red pepper, divided*
- 1/2 *pound cauliflower florets*
- 1 *tablespoon oil*
- 1/4 *teaspoon salt*
- 1/4 *cup chopped peanuts*
- Chopped cilantro*

1. Place salmon in centers of 4 foil sheets. Brush each with 1 tablespoon hoisin sauce; sprinkle each with 1/8 teaspoon crushed red pepper.

2. Toss cauliflower with oil and salt. Arrange around each fillet. Seal packets; cook 15 minutes or until cauliflower is tender. Garnish with peanuts and cilantro. Serves 4.

• Each serving: About 410 calories, 19g fat (3g saturated), 535mg sodium, 18g carbohydrate, 5g dietary fiber, 43g protein.

## Good Housekeeping

### Stuffed Pork Chops

The aroma of this dish will remind you of childhood trips to your grandparents for Sunday supper. If you don't have rye bread for the stuffing, use whole wheat.

- 4 *teaspoons vegetable oil*
- 1 *small onion, chopped*
- 1 *Golden Delicious apple, peeled, cored and chopped*
- 1/2 *teaspoon caraway seeds*
- 1 *pinch dried thyme*
- 2 *slices rye bread, toasted and cut into 1/4-inch pieces*
- 2 *tablespoons chicken broth*
- 1/2 *cup chicken broth*
- 1 *tablespoon spicy brown mustard*
- 4 *(8 ounces each) pork loin chops, 1 inch thick*
- 1/4 *teaspoon salt*

1. In 10-inch skillet, heat 2 teaspoons oil over medium heat. Add onion and cook until tender, about 5 minutes. Add apple, caraway seeds and thyme and cook 3 minutes longer. Transfer apple mixture to medium bowl. Wipe skillet clean.

2. Stir bread pieces, 2 tablespoons broth and mustard into apple mixture. Pat pork dry with paper towels. Holding knife parallel to surface, cut a horizontal pocket in each chop. Stuff apple mixture into pocket of each chop and secure with toothpicks. Sprinkle with salt.

3. In 12-inch skillet, heat remaining 2 teaspoons oil over medium heat until hot. Cook chops until they just lose their pink color throughout, about 7 minutes per side. Transfer chops to warm platter.

4. Increase heat to high. Add remaining 1/2 cup broth to skillet and heat to boiling, stirring to loosen brown bits from bottom of pan. Boil broth until reduced to 1/4 cup, 3 to 5 minutes. Pour sauce over chops. Makes 4 main-dish servings.

• Each serving: About 367 calories, 15g total fat (4g saturated), 102mg cholesterol, 540mg sodium, 15g total carbohydrate, 39g protein.

## Good Housekeeping

### Spicy Grilled Shrimp

Shrimp cook quickly, so keep an eye on them, and you'll have a flavorful addition to your meal in no time.

- 1 *pound large shrimp, peeled and deveined*
- 1 *teaspoon vegetable oil*
- 1/4 *teaspoon cayenne (ground red pepper)*
- 1/8 *teaspoon salt*

1. Prepare grill for direct grilling on medium-high. In a large bowl, toss shrimp with vegetable oil, cayenne and salt to coat. Place shrimp on hot grill.

2. Cook 3 to 5 minutes or until shrimp are opaque throughout, turning once. Transfer shrimp to plate and let cool 5 minutes. Serves 4.

• Each serving: About 130 calories, 3g total fat (1g saturated), 172mg cholesterol, 240mg sodium, 1g total carbohydrate, 0g dietary fiber, 23g protein.

## Comfort foods



by Healthy Exchanges

### Layered Chocolate Peanut Butter Dessert

If eaten in moderation, peanut butter is a good choice. We just can't put our spoons in the jar and eat with complete abandon!

- 12 *(2 1/2-inch) chocolate graham cracker squares*
- 2 *(4-serving) packages sugar-free instant chocolate pudding mix*
- 1 1/2 *cups nonfat dry milk powder*
- 2 1/4 *cups water*
- 1/4 *cup reduced-fat peanut butter*

- 1/2 *cup reduced-calorie whipped topping*
- 1/4 *cup chopped dry roasted peanuts*

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine 1 package dry pudding mix, 2/3 cup dry milk powder and 1 1/4 cups water. Mix well using a wire whisk. Blend in peanut butter. Spread mixture evenly over graham crackers. Refrigerate while preparing topping.

2. In the same bowl, combine remaining package dry pudding mix, remaining 2/3 cup dry milk powder and remaining 1 cup water. Mix well using wire whisk. Blend in whipped topping. Spread topping mixture evenly over chocolate filling. Finely crush remaining 3 graham crackers. Evenly sprinkle crumbs and peanuts over top. Cover and refrigerate for at least 2 hours. Cut into 8 pieces.

• Each serving equals: About 173 calories, 5g fat, 8g protein, 24g carb., 470mg sodium, 1g fiber; Diabetic Exchanges: 1 Fat, 1 Starch, 1/2 Fat-Free Milk.

## Good Housekeeping

### BLT Burgers

An American classic.

- 1/4 *cup ketchup*
- 1/4 *cup light mayonnaise*
- 1 *tablespoon yellow mustard*
- 1 1/4 *pounds ground beef chuck*
- 8 *slices bacon*
- 4 *sesame-seed buns, split and toasted*
- Sliced sweet onion, tomato and romaine lettuce leaves*

1. Prepare outdoor grill for direct grilling over medium heat.

2. In bowl, stir ketchup, mayonnaise and mustard until blended. Set sauce aside. Makes about 1/2 cup.

3. Shape ground beef into four 3/4-inch-thick burgers. Wrap each burger with 2 strips bacon, perpendicular to each other.

4. Place burgers on hot grill rack; cook 10 to 12 minutes for medium or until desired doneness, turning over once.

5. During last 2 minutes of cooking burgers, place rolls, cut sides down on grill rack and heat until lightly toasted. Serve burgers on rolls with onion, tomato, lettuce and ketchup sauce. Makes 4 main-dish servings.

• Each serving: About 575 calories, 36g total fat (12g saturated), 111mg cholesterol, 870mg sodium, 27g total carbohydrate, 2g dietary fiber, 34g protein.

## Good Housekeeping

### Hero Pizza

We've gathered all of the best ingredients from a hot and saucy hero sandwich — Italian sausage, peppers and cheese — and put them on a kid-friendly pizza.

- 1 *tablespoon olive oil*
- 1 *teaspoon olive oil*
- 8 *ounces Italian turkey sausage, casings removed*
- 1 *medium red pepper, thinly sliced*
- 1 *medium yellow pepper, thinly sliced*
- 1 *package (8-ounce) sliced mushrooms*
- Salt and pepper*
- 1 *pound fresh or frozen (thawed) pizza dough*
- 3/4 *cup jarred marinara sauce*
- 1/4 *cups shredded part-skim mozzarella cheese*
- 1/4 *cup freshly grated Parmesan cheese*

1. Heat oven to 450 F. Grease 15 1/2-inch by 10 1/2-inch jellyroll pan with 1 tablespoon olive oil.

2. In 12-inch nonstick skillet, heat remaining 1 teaspoon oil on medium for 1 minute. Add sausage; cook 6 to 8 minutes or until cooked through, breaking up sausage with side of spoon. With slotted spoon, transfer sausage to bowl.

3. To drippings in skillet, add peppers and cook, covered, on medium 3 to 4 minutes or until tender, stirring occasionally. Add mushrooms and cook, uncovered, 6 to 8 minutes longer, stirring occasionally. Return sausage to skillet; stir in 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Remove skillet from heat.

4. With fingers, pat dough onto bottom and up sides of prepared pan. Spread marinara sauce on dough; top with sausage mixture, mozzarella and Parmesan. Place pan on rack in lower third of oven. Bake pizza 20 to 22 minutes or until topping is hot and bubbly, and crust is browned. Serves 4.

• Each serving: About 615 calories, 33g total fat (10g saturated), 54mg cholesterol, 1,285mg sodium, 61g total carbohydrate, 4g dietary fiber, 28g protein.

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# Crime

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**Theft** on the 2500 block of North Clark Street.

**Theft** on the 3600 block of North Broadway.

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

**Assault** on the 700 block of North Morgan Street.

**Theft** on the 4300 block of North Kenmore Avenue.

**Theft** on the 1400 block of West Walton Street.

**Theft** on the 2400 block of North Halsted Street.

**Theft** on the 800 block of West Superior Street.

**Theft** on the 5700 block of North Broadway.

**Theft** on the 1200 block of North Milwaukee Avenue.

**Theft** on the 5900 block of North Winthrop Avenue.

**Theft** on the 3500 block of North Seeley Avenue.

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

**Theft** on the 4500 block of North Magnolia Avenue.

**Theft** on the 3500 block of North Clark Street.

**Vandalism** on the 5700 block of North Hermitage Avenue.

**Arrest** on the 700 block of North Franklin Street.

**Theft** on the 2900 block of North Lake Shore Drive.

**Assault** on the 6000 block of North Winthrop Avenue.

**Theft** on the 1200 block of North Larabee Street.

**Theft** on the 700 block of North Morgan Street.

**Theft** on the 4600 block of North Western Avenue.

**Theft** on the 5100 block of North Simons Drive.

**Vandalism** on the 2400 block of West Belmont Avenue.

**Assault** on the 1200 block of North Damen Avenue,

**Theft** on the 1300 block of North Hudson Avenue.

**Theft** on the 5400 block of North Winthrop Avenue.

**Theft** on the 2600 block of North Elston Avenue.

**Theft** on the 2000 block of West Roscoe Street.

**Vandalism** on the 3500 block of North Marshfield Avenue.

**Assault** on the 700 block of West Division Street.

**Theft** on the 4200 block of North Ravenswood Avenue.

**Theft** on the 4500 block of North Simons Drive.

**Theft** on the 3900 block of North Recreation Drive.

**Theft** on the 5100 block of North Simons Drive.

**Theft** on the 3399 block of North Lincoln Avenue.

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

**Theft** on the 3500 block of North Southport Avenue.

**Shooting** on the 3800 block of North Keeler Avenue.

**Assault** on the 7500 block of North McCormick Boulevard.

**Theft** on the 3600 block of Touhy Avenue.

**Theft** on the 3600 block of North Broadway.

**Theft** on the 4100 block of North Francisco Avenue.

**Assault** on the 2800 of North Drake Avenue.

**Theft** on the 1400 block of North Sherwin Avenue.

**Theft** on the 7500 block of North Hoyne Avenue.

**Theft** on the 4300 block of North Kenmore Avenue.

**Assault** on the 3200 block of West Lawrence Avenue.

**Theft** on the 3200 block of West Berteau Avenue.

**Assault** on the 3000 block of North Allen Avenue.

**Assault** on the 1300 block of West Morse Avenue.

**Theft** on the 5700 block of North Broadway.

**Theft** on the 6200 block of North Western Avenue.

**Theft** on the 3500 block of North Seeley Avenue.

**Vandalism** on the 2400 block of West Belmont Avenue.

**Theft** on the 3600 block of North Clark Street.

**Theft** on the 3100 block of North Lawndale Avenue.

**Theft** on the 3100 block of North Carmen Avenue.

**Assault** on the 6100 block of North Claremount Avenue.

**Assault** on the 6000 block of North Winthrop Avenue.

**Theft** on the 4600 block of North Western Avenue.

**Assault** on the 5800 block of North Ridge Avenue.

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

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**Assault** on the 1600 block of North Howard Street.

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## Chicago 19th Police District Statistics

These are not FBI statistics and are only reliable through the end of June 2024

	2024	2023	% Change
<b>Murder</b>	19	12	58%
<b>Crim Sexual Assault</b>	46	44	5%
<b>Robbery</b>	262	270	-3%
<b>AGG Battery</b>	193	167	9%
<b>Burglary</b>	70	85	-18%
<b>Theft</b>	227	250	-9%
<b>MTR Vehicle Theft</b>	329	467	-30%
<b>Theft</b>	329	467	-30%
<b>Total</b>	1146	1305	-12%
<b>Shooting Accident</b>	80	55	45%

# RESIDENTIAL REFRESH



Photo courtesy of Shutterstock

## Personalized touches for your home

**FAMILY FEATURES**

**Y**our home is an expression of you, your personality and your lifestyle. When it comes to personalizing your home’s aesthetic, try leaning into your senses to inspire change within your space.

Inspiration can be found everywhere around you – from taking cues from Mother Nature to “shopping” your own house or, with a little help from Air Wick, finding and incorporating your home’s signature scent.

Give yourself a residential refresh with these tips:

**Rearrange Living Spaces**

Breathing fresh air into a room doesn’t always require a complete overhaul, or even any construction or DIY projects. Sometimes all you need is a little rearranging. Shifting furniture to better suit your needs or let more natural light in can significantly improve the space’s aesthetic.

Additionally, the items you currently own are most reflective of your style; try “shopping” your own house by repurposing items from other areas or rooms to give them a fresh feel. When decor pieces are overused in one spot, they may feel brand new in a different space.

These are practical and cost-effective tactics to create a new and inviting space for both you and any guests entering your home.

**Introduce Plants and Greenery**

When sourcing your design inspiration from nature, adding greenery is an inherent way to bring in the beauty and freshness of the great outdoors. To personalize your home with plants, visit a nursery or local flower shop and choose ones that are appealing to you based on their shape, color or size. Live plants offer multiple benefits, like naturally purifying the air, and studies have shown numerous therapeutic benefits of spending time with nature. Therefore, designing with natural elements, like house plants or flowers, can bring a sense of serenity into your home.

**Find Your “Scentscape”**

A home upgrade rooted in nature includes more than just what you can see and feel, it also includes engaging the sense of smell. One of the latest home decor trends, “scentscaping,” is growing in popularity as a way for individuals to enhance the ambiance of their homes through tailored scent.

“Scent is an often-overlooked aspect of design,” said Egypt Sherrod, HGTV personality who is both an interior designer and real estate broker, and Air Wick partner. “People tour homes and experience spaces with all their senses. It adds a new layer to home personalization, as an authentic fragrance experience often heightens the aura of your space beyond its physical layout. Scentscaping is the perfect way to add a bespoke vibe for your home that reflects your personal style, in turn creating a welcoming atmosphere.”

With innovative devices designed to deliver carefully blended scents like Air Wick’s Advanced Plug-In Scented Oil, you can enjoy long-lasting pulses of scents inspired by nature in the comfort of your home for up to 60 days on low setting. With anti-fading technology, an on-demand boost button and adjustable intensity settings, you’ll notice the fragrances from the first drop to the last.

**Update Colors**

Introducing color to a room can transform its look, and the scale of change is up to you. You might repaint the entire space, simply paint an accent wall or even just spruce up a corner with a pop of color. Incorporating accessories or decorative elements with new colors can also create some variety, such as including pops of seasonal-inspired colors in artwork and textiles.

**Switch Out Light Fixtures**

A room’s lighting is an important detail for personalizing the type of mood and ambiance you are trying to achieve. Swapping out light fixtures for dimmers, for example, can create a brand new atmosphere, allowing you to adjust the light to the time of day and for your intended experience. Consider updating old lighting fixtures with new ones to enhance the presence of natural light or changing the bulb wattage to further impact the mood.

**Embrace the Scent of the Season**

If you tend to make frequent edits to your home’s design, you may also find the idea of experimenting with different fragrances appealing. A short-term scent can be ideal for seasonal swaps, like trading fresh spring blooms for sweet summer citrus, for example. Lasting for up to 45 days on low setting, Air Wick’s Essential Mist Diffuser fills the room with a gentle, fragrant mist with natural essential oils so you can set it and forget it. Adjustable settings are included on the device, and the cordless and portable design allow it to blend seamlessly into any home decor.

Explore more inspiring ideas for incorporating a breath of fresh air into your home at [airwick.us](http://airwick.us).

### Scentscaping to Give Your Home a Personalized Style

Achieving your perfect scentscape begins with nature-inspired fragrances, including classics like White Sage + Mahogany, Lavender + Waterlily and Eucalyptus + Wild Berry. If sweeter scents are your preference, consider enticing blends like Pink Watermelon + Mimosa, Lush Honeysuckle + Raspberry or Hawaiian Guava + Tropical Flowers.

- To establish a one-of-a-kind scentscape for your home, start with these tips from Sherrod:
1. Identify your scent preferences, whether leaning toward citrus, spicy, fruity, floral or woody notes.
  2. Consider the scent’s intensity and the scent level you and your guests find pleasing.
  3. If you plan on creating room-specific scents, or want to use different fragrances in each room, consider how these scents interact with one another to harmonize the scents with contrasts that add dimension.
  4. Consider rotating your seasonal scents to freshen up your home and bring new energy to your space at different times of the year.
  5. Maintain a scent balance so different scents do not overpower each other. Rather, create a soft and pleasing aroma that establishes inviting spaces throughout your home.



# Choose the Right Tires for Your Ride

FAMILY FEATURES

Many drivers have difficulty selecting the best tire for their vehicle and driving needs. For many, tire selection starts at the size then jumps to what's in stock or what's on sale. However, there are many factors to consider when you need new tires for your car, truck or SUV. Buying tires is an investment, so it's important to make the right decision.

You may be surprised to learn determining the best tire is as much about the driver as it is the vehicle. Choosing the right tire requires considering where you drive, how you drive and what you drive. You can explore these and other factors in the Treadwell tire-buying recommendation tool, which is based on a decade of data and real-world test results.

This tire recommendation tool combines millions of data points from tire safety checks and Discount Tire's own test track where intensive tests are performed on tires from all major manufacturers, along with the driver's location, vehicle and driving habits, to generate a selection of personalized tire recommendations from a variety of brands.

With more than 20,000 different models of tires available for the everyday driver, it's no wonder tire-buying can be a mystifying process. However, tools like this can help drivers make the most informed choice while having access to the same information tire technicians use in-stores alongside their expertise. The result: empowering drivers with information and options tailored to their needs.

If you think it may be time to replace your tires, start with the Treadwell tool and consider these five expert tips to simplify the process from the technicians at your local Discount Tire.

### Driving Style

The type of driver you are, the kind of ride you want and how long you expect your tires to last are all factors in choosing the right tires. For example, thrill drivers might prefer tires with high levels of grip and responsiveness while those who stick to long road trips are better suited for long-lasting, smooth riding tires.



### Weather Conditions

Your location and the weather you regularly encounter when you drive influence the type of tires you need. For example, drivers in the upper Midwest require tires that perform well in extreme cold and winter weather while those in humid climates like the Southeast need tires that perform well in wet conditions.

### Budget

Purchasing tires is an investment. Drivers should look at the cost of their tires over time, rather than the cost up front. In the long run, it may be more cost-effective to purchase a higher quality tire based on multiple factors like increased safety, improved handling and ride quality, as well as cost per mile.

### Vehicle Specifications

Tire specifications can vary depending on the type of car you own. For electric vehicles and vehicles carrying

heavy loads, it's critical to know how much weight your tires can safely support. Only install tires that meet or exceed the load requirements for your ride.

### Wear and Age

Two of the most important considerations when replacing tires are tread depth and tire age.

Your tires' tread depth directly impacts your vehicle's ability to stop. Tires are reaching the end of their life at 4/32 inches of tread. However, your tires may be underperforming even if more tread remains, particularly in rain or extreme weather conditions.

When it comes to replacing your tires, you should also consider their age. Because the materials used break down over time, experts recommend replacing tires that are six years or more past the date of manufacture.

To access the tool and complete the online survey to determine the right tires for you, visit [DiscountTire.com/Treadwell](https://DiscountTire.com/Treadwell).

# 7 Ways to Reduce Energy Bills During Summer Heat

FAMILY FEATURES

With temperatures forecasted to run at least 2 degrees higher than historical averages across more than half the country, according to projections from AccuWeather, heat waves may lead to soaring air-conditioning bills this summer.

"The summer is when we see homeowners strategizing about how to keep their homes cool and comfortable while sticking to their household budgets," said Michael Williford, HVAC service manager at Hiller Plumbing, Heating, Cooling & Electrical. "We work with customers to keep their current HVAC systems running smoothly or upgrade to more efficient systems, which can make a huge difference in their utility bills. In addition, there are many other ways homeowners can keep their energy costs down during the hot summer months."

Consider these smart, practical, cost-cutting tips for dialing down your energy bills.

### Service HVAC Systems Regularly

To ensure the best cooling performance and efficiency possible, find a licensed contractor to keep your heating and cooling system well-maintained and serviced throughout the year. There are some tasks many homeowners can handle on their own, like keeping outdoor units free of debris and changing air filters. However, bringing in a professional 1-2 times a year for maintenance and to ensure proper function of ductwork and electrical components is also essential.

### Use Appliances During Non-Peak Hours

Rather than using stoves, ovens and clothing dryers in the afternoon hours, consider doing so early in the morning or late in the evening. Peak time for many electricity providers is noon-6 p.m., meaning using appliances that heat up your home outside of this timeframe when conventional heating and cooling systems are likely running full throttle can help lower energy costs.

### Upgrade Your Systems to an Energy-Saving Heat Pump

The Inflation Reduction Act (IRA) incentivizes homeowners who opt for energy-efficient HVAC upgrades, including qualified heat pumps, which can boost seasonal energy efficiency ratios and increase efficiencies. For example,



Photos courtesy of Shutterstock

Mitsubishi Electric heat pumps provide more energy-efficient cooling that may equal cost and energy savings as well as a reduced carbon footprint for homeowners. These systems are equipped with inverter or variable-speed technology that allows systems to automatically ramp up or down the required amount of energy depending on the room's capacity. Although annual savings vary, some homeowners can save as much as \$1,000 per year by switching to an all-electric heat pump.

### Fire Up the Grill

When temperatures soar, use the grill for cooking to help lower energy usage and save on air-conditioning costs. Alternatively, toaster ovens, air fryers and slow cookers use less energy than larger conventional stoves or ovens. Get creative by cooking a pizza in a chimenea or smoking favorite meats as alternatives to using your oven.

### Stop Cooling Empty Rooms

One mistake many homeowners make is forgetting to adjust their temperature settings when leaving the house. Whether you're headed to the beach for the weekend or just headed to work for the day, blasting the air conditioner in an empty house can result in unnecessarily high utility bills. Multi-zone, all-electric heat pumps like those from Mitsubishi Electric

allow homeowners to set the comfort level and adjust the temperature in each room, so you don't have to waste energy cooling unoccupied rooms. With a smartphone app, you can even adjust the settings remotely.

### Install a Smart Electric Panel

Installing a smart electrical panel alongside an all-electric heat pump enables homeowners to monitor and control energy consumption on-site or remotely using a smartphone for better overall efficiency and utility cost savings.

### Harness the Sun's Energy with Solar Panels

According to the Office of Energy Efficiency & Renewable Energy, the amount of sunlight that strikes the Earth's surface in 90 minutes could power the world's total energy usage for a full year. Investing in solar panels can help decrease energy bills and increase your home's sustainability. Additionally, some utility providers and government entities, including the IRA, offer incentives to help reduce installation costs. Plus, solar-sourced power pairs well with all-climate heat pumps, which require minimal electricity to operate.

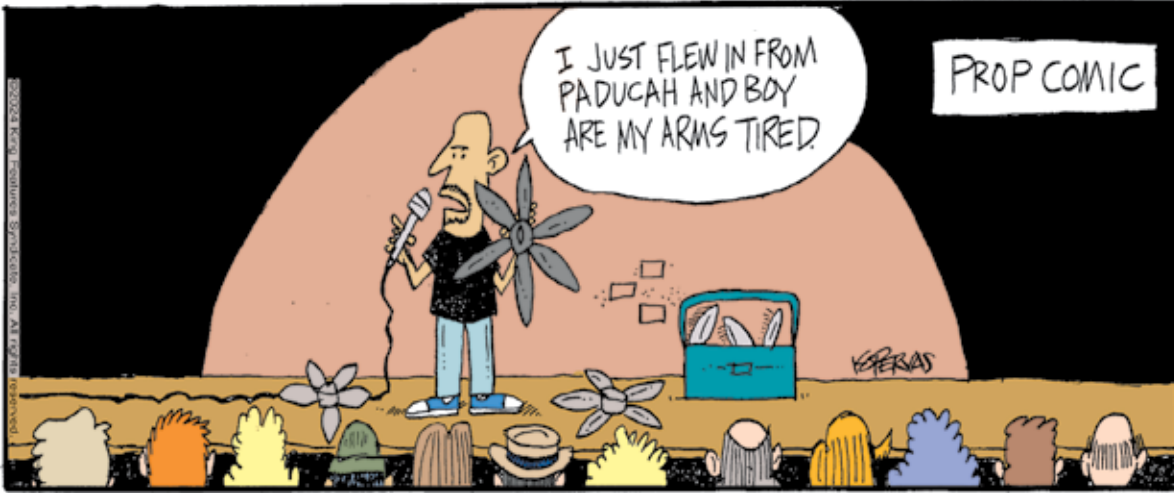
Find more ideas to dial down energy usage (and bills) this summer at [MitsubishiComfort.com](https://MitsubishiComfort.com).



# Comics

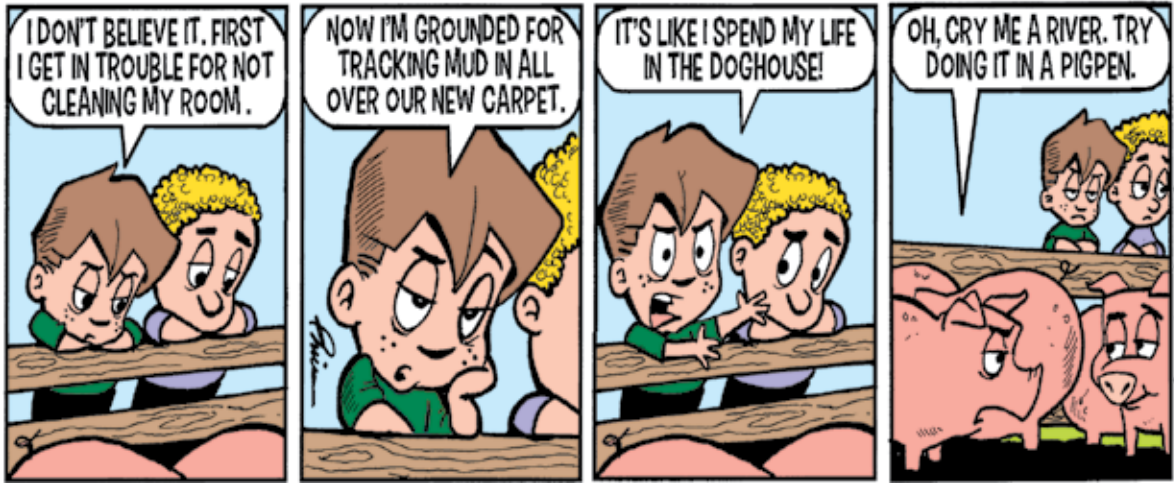
## Out on a Limb

by Gary Kopervas



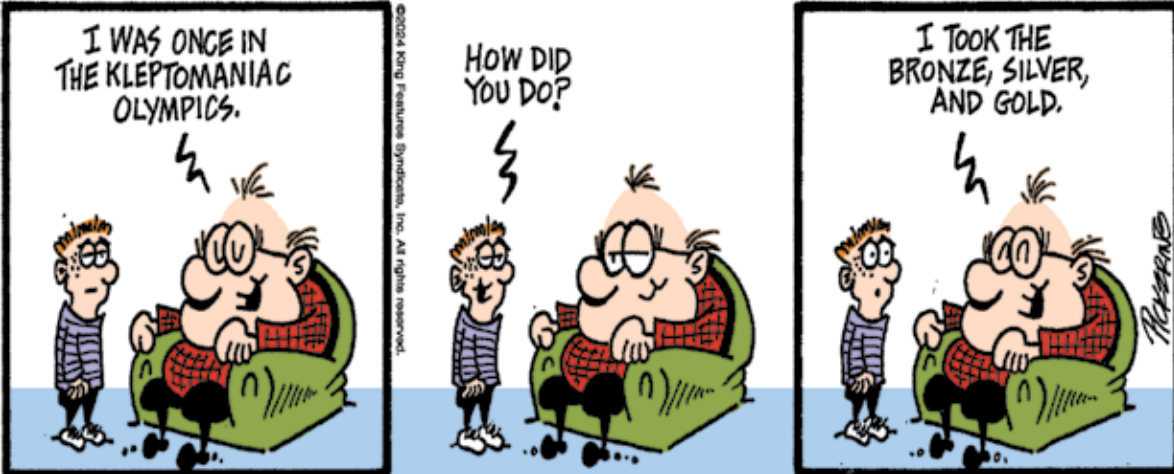
## Amber Waves

by Dave T. Phipps



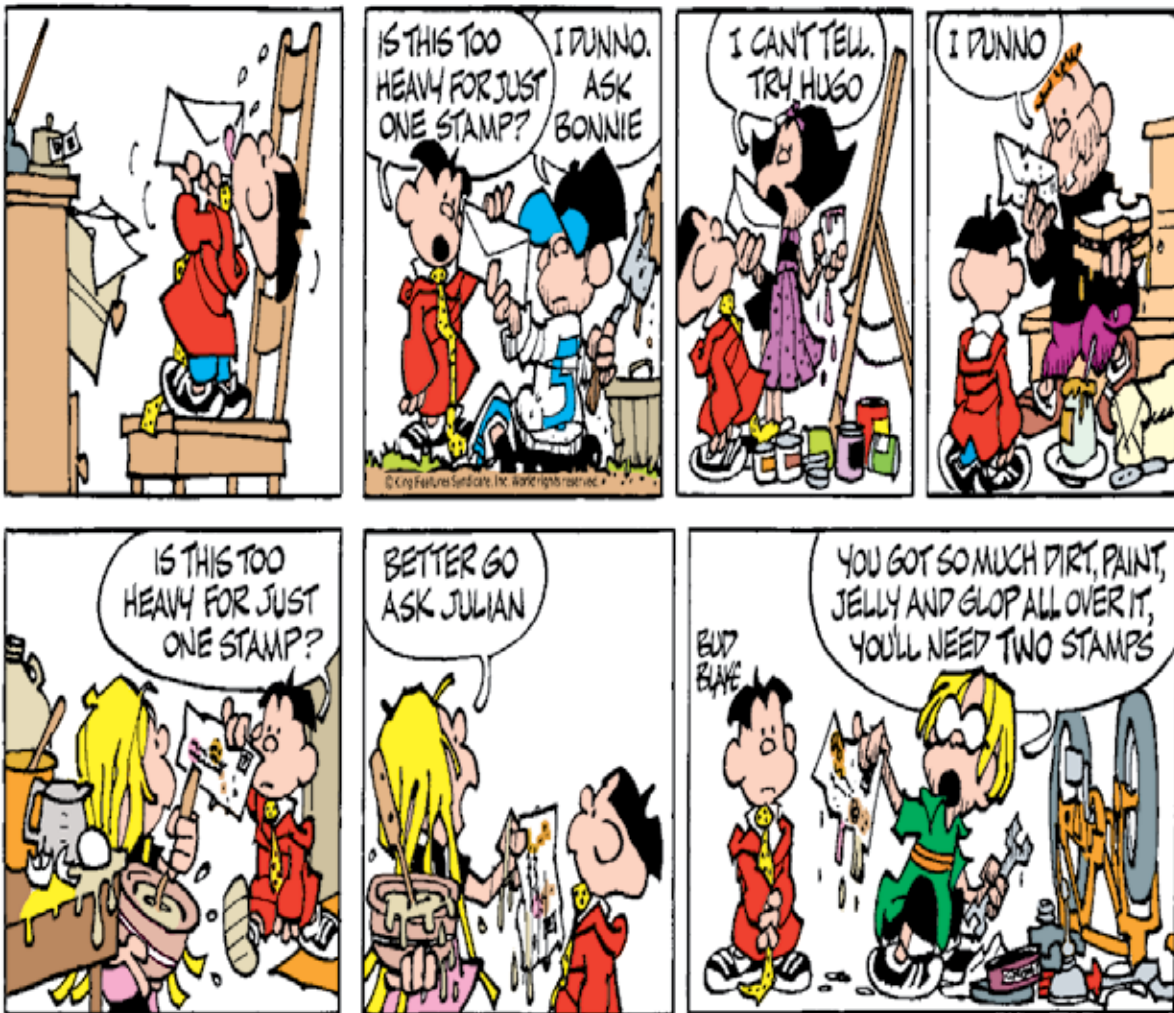
## The Spats

by Jeff Pickering



## TIGER

by BUD BLAKE



## Puzzles4Kids

by Helene Hovanec

### RIDDLE SEARCH - LET'S WORK OUT!

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: **How does T-Rex feel after exercising?**

BEND	C	Y	C	L	E	H	C	T	A	C
BOLT	L	O	H	S	U	P	P	H	D	D
BOUNCE	I	T	O	D	U	E	U	R	I	E
CATCH	M	R	I	L	N	T	M	O	V	E
CLIMB	B	Y	L	O	D	S	R	W	E	P
COOL DOWN	N	O	J	O	G	O	A	S	O	S
CYCLE	I	U	U	R	P	P	W	A	L	K
DIVE	A	T	M	N	O	A	D	N	E	B
HOP	R	E	P	H	C	T	E	R	T	S
JOG	T	U	M	B	L	E	T	L	O	B
JUMP										
LEAP										
MOVE										
PULL										
PUSH										
SPEED										
STEP										
STRETCH										
THROW										
TRAIN										
TRY OUT										
TUMBLE										
WALK										
WARM UP										

Riddle answer: \_\_\_\_\_

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



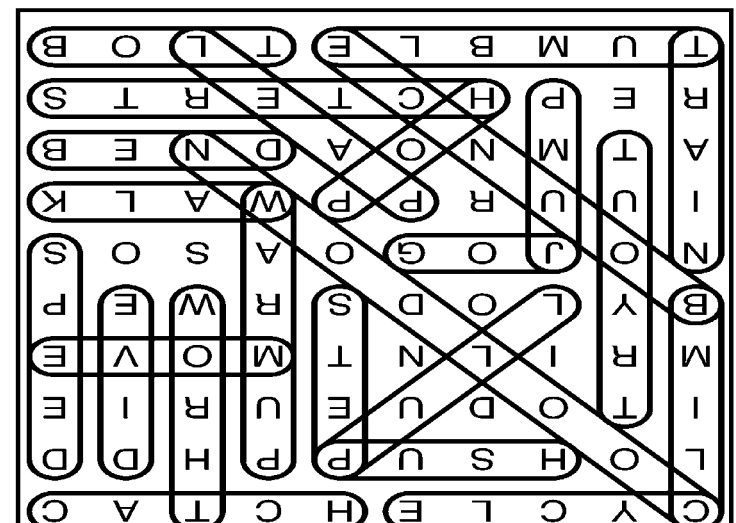
Differences: 1. Door is larger. 2. Tatoo is larger. 3. Middle rope is missing. 4. Mat is larger. 5. Man is taller. 6. Middle rope is missing.

## Just Like Cats & Dogs

by Dave T. Phipps



Riddle Answer: Dino-sore.



# Enjoy a Fruit-Infused Fourth of July

## Sweet treats fit for summer celebrations

**FAMILY FEATURES**

As patriotic parties roll on throughout the day and fireworks light up the night, Fourth of July fun calls for favorite snacks that complement the excitement. Whether you're a pyro or prefer to leave the fiery entertainment to the experts, one thing you can take charge of is the dessert table.

Summer is a perfect time to make fruit the star of the show, and Fourth of July is no exception. These special occasions can be uplifted with the aroma and flavor of Envy Apples, a leading apple variety that offers an invitation to guests to savor memorable moments together.

Their versatility makes them ideal for sweet treats like these Apple and Berry Cream Cheese Tarts for a patriotic touch with red, white and blue pops of color. These tasty bites are shareable, handheld and festive, making them a savvy solution that keeps entertaining simple.

Just combine cream cheese, powdered sugar, vanilla and milk, pipe onto baked tart shells and top with raspberries, blueberries and star-shaped apple cutouts. Better yet, you can even swap out raspberries for preferred red fruits like strawberries or cherries, if desired.

If all the planning and entertaining leaves you short on time, turn to these Patriotic Apple "Donuts" that swap out traditional dough for thick, round apple slices topped with cream cheese and sprinkles. With just a few ingredients, you can slice the apples then let little ones in on the fun by spreading the cream cheese and decorating with sprinkles.

The craveable texture and crunch of Envy Apples provides balanced sweetness for these favorite desserts and beyond, giving guests the ultimate apple experience for all your Fourth of July festivities. They're an appealing backdrop for pops of red and white in patriotic recipes as their flesh remains whiter longer, even after cutting or slicing, so they look fresh and delicious throughout the holiday.

To find more Fourth of July salads, main courses, sides and desserts, visit [EnvyApple.com](http://EnvyApple.com).



### Apple and Berry Cream Cheese Tarts

- 1 cup diced raspberries
- 4 tablespoons sugar, divided
- 1 cup halved blueberries
- 1 package cream cheese, softened
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/4 cup milk
- 12 frozen mini tart shells, approximately 2 inches in diameter
- 3 Envy Apples, cut into 12 large slices (around cores)

In bowl, stir raspberries and 2 tablespoons sugar. In separate bowl, stir blueberries and remaining sugar. Let sit 30-60 minutes.

Beat together cream cheese, powdered sugar, vanilla and milk. Spoon into piping bag and cut off small part of tip.

Bake tart shells according to package directions. Once baked and cooled, fill halfway with cream cheese mixture.

Using small star cookie cutter, cut shapes from apple slices. Top half of each tart with spoonful of raspberries and other half with blueberries. Top each with apple star and repeat with remaining ingredients.

### Patriotic Apple "Donuts"

Servings: 6

- 2 Envy Apples
- 2/3 cup whipped cream cheese
- 6-10 tablespoons red, white and blue sprinkles

Cut apples horizontally to create thick, round slices. Use round cookie cutter to remove apple cores.

Spread cream cheese on "donuts." Top with sprinkles.



# Creating a Pet-Friendly Palace

## 5 ways to set up a safe, cozy home for cats and dogs

**FAMILY FEATURES**

As much as you love your pets and work hard to make them part of the family, they're also a big responsibility. Part of that responsibility includes setting up your home so it's equal parts stylish (for you) and functional (for Fido).

Show furry friends a little love, beyond the walks and snuggles, by making your home more pet friendly.

### Set Up Their Space Near an Entry

It's common for pet owners to desire a space to keep all their furry friends' belongings and avoid clutter. Ensure convenience and cleanliness by establishing an area near the door where you can store leashes, collars, toys and more. Consider keeping a towel or two nearby for wiping paws (and snouts) after going outside. You can also keep your pets' beds, food and water bowls in this space so it feels like their own little "home" when returning from a walk or going to sleep at night.

### Consider Stain-Resistant Fabrics

From furniture to decor, avoiding fabrics that attract pet hair is a no-brainer for pet owners looking to escape a constant mess. Silk and velvet are virtual magnets for fur, while alternatives like leather offer more practical choices that are easy to clean and durable.

### Install Resilient Flooring

Reduce your fear of zoomies causing damage to your floors by installing resilient flooring focused

on reducing wear. Both durable and beautiful, a variety of Beautifully Responsible floors take on some of the burden of pet ownership with built-in durability for the everyday and the unexpected. With options designed to bridge the gap between style and function, numerous water-resistant and waterproof floors give you and your pets room to live your best lives for years to come without wet shakes triggering worries. Plus, many resilient floors don't flinch when it comes to addressing muddy paws, often only requiring the mud to be easily wiped away, without harsh cleaning products.

### Decorate with Pets in Mind

Displaying Grandma's fine China and your favorite sports memorabilia may not go hand-in-hand with pet ownership – that autographed baseball may look more like a chew toy than a treasured artifact. Instead, prioritize decor that's washable and sturdy so you can avoid coming home to a delicate family heirloom shattered on the floor.

### Pet-Proof the Yard

If you plan on your pets being outside on their own, it's a good idea to carefully inspect your outdoor spaces before letting them roam. Look for gaps in the fence, identify potentially harmful plants and ensure outdoor structures like grills and furniture are secure.

Find pet-friendly flooring solutions at [beautifullyresponsible.com](http://beautifullyresponsible.com).



### How Pet Owners Can Benefit from Resilient Flooring

It's likely you want your pets to live their best lives without sacrificing your own gorgeous spaces. With a variety of attractive options to fit your aesthetic, Beautifully Responsible resilient flooring provides durability against dirt, spills and sprints. Consider these benefits of floors that fit your style and give furry friends room for fun:

#### Deny Dirt and Dander

Once playtime outside is over, that mess can sometimes make its way inside. Designed to make cleanup easier, many resilient flooring options can make removing messes, odors and pet hair a cinch. From sheet solutions to modular configurations, resilient flooring can typically be cleaned without harsh chemicals – just make sure to follow the manufacturer's recommended cleaning instructions.

#### Zoom On

Many Beautifully Responsible resilient floors are durable enough to stand up to those zoomies. These options are ready for your dogs' and cats' fastest sprints, and make for quick clean up when they accidentally turn over a favorite flowerpot or their own water bowls.

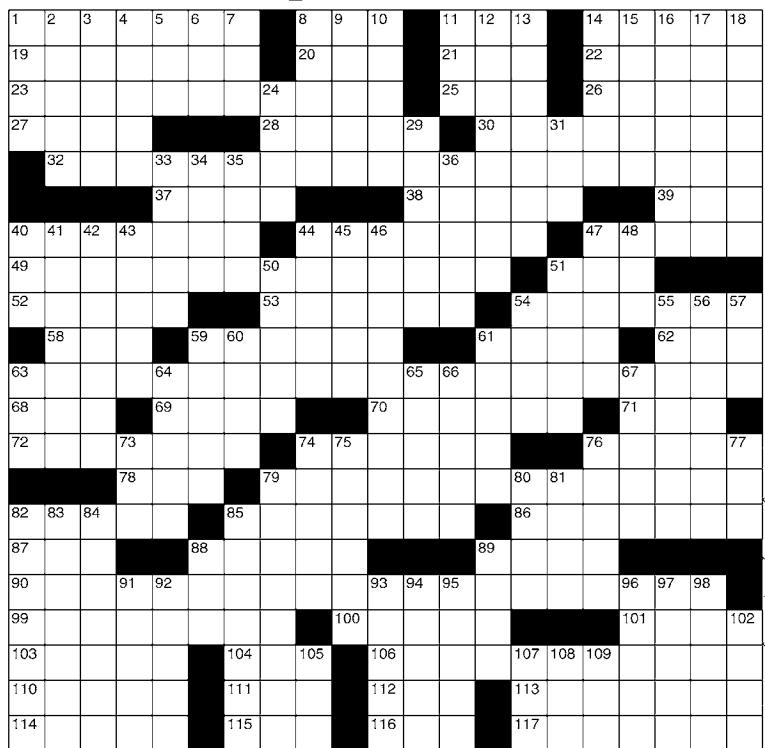
#### Reduce Water Worries

Those vigorous tail wags near a fresh bowl of water lead to even good boys and girls causing a spill now and then. With many waterproof and water-resistant options for even the messiest of pets, you can be more confident in resilient floors standing up to spills so you can forgive puppy-dog eyes even faster.



# Crossword

## Super Crossword



- ACROSS**  
 1 Biblical figure slain for being a G.P.'s gp.  
 11 Dangerous snake  
 14 Detest  
 19 Actress Bertinelli  
 20 Throw slowly in a high arc  
 21 Cola-cooling cubes  
 22 Novelist Zora — Hurston  
 23 Start of a riddle  
 25 Blamish  
 26 Gave hints to 27  
 15-Down, no higher than  
 28 Skating feats  
 30 "Jolly old" saint  
 32 Riddle, part 2  
 37 "Hello, sailor!"  
 38 58, to Nero  
 39 Viral gene material  
 40 Silvery metallic element  
 44 Moseying  
 47 TV "dog whisperer"  
 49 Riddle, part 3  
 51 Sneaky
- DOWN**  
 1 Brand of sneakers  
 2 U.S.-Can.-Mex. treaty  
 3 Choir parts  
 4 First prime minister of India  
 5 Fury  
 6 Breathed-in stuff  
 7 Catch a glimpse of  
 8 Soccer Hall of Famer  
 9 Prized mushroom  
 10 Clear as —  
 11 Intention  
 12 Reading digitally  
 13 18th-century powdered hairpiece  
 14 — chili (pepper variety)  
 15 See  
 16 Transporting trucks  
 17 David Mamet play or film  
 18 Antares or Arcturus  
 24 Like some permed hair  
 29 — Mae (loan provider)  
 31 The Windy City, for short  
 33 Tylenol targets  
 34 Barak of Israel  
 35 CD- (PC inserts)  
 36 Political columnist  
 40 "Wahoo!"  
 41 Awful event  
 42 Detached roughly  
 43 Accumulate, as debts  
 44 "Well, — you special!"  
 45 Take part in a parade  
 46 Via  
 47 Deaf school co-founder  
 48 Body blinker  
 50 "Why Can't I?" singer Liz  
 51 "Hey Deanie" singer  
 54 Hurry-scurry  
 55 Protects  
 56 18th-century English king  
 57 Have it wrong  
 59 French river  
 60 "— not to be"  
 61 Particle in quantum mechanics  
 63 Lively spirit  
 64 Sir Andrew — Webber  
 65 Irk  
 66 Knot anew  
 67 Linen fabric  
 73 "Balli" — (show tune)  
 74 Put new turf on  
 75 Mafia's code of silence  
 76 Glove thread  
 77 Have  
 79 Major train terminals  
 80 Rowlands of "Hope Floats"  
 81 Hurt badly  
 82 Initial input to be processed  
 83 Level of command  
 84 Having a big smile  
 85 Apply with a bristly tool  
 88 Luau paste  
 89 Singer  
 91 Salad bar utensil  
 92 Gripper on a shoe bottom  
 93 "Start playing the song!"  
 94 Revises  
 95 Crimean resort port  
 96 Kind of yoga  
 97 "Some Like —"  
 98 Cash, informally  
 102 Corp. honcho  
 105 Soccer Hall of Famer  
 107 Marks, as a ballot box  
 108 Philosopher  
 109 Big vase



Senior cat's arthritis is impacting his quality of life

DEAR PAW'S CORNER: My cat "Sticky" is 14 years old and still in great shape. He loves chasing after a laser beam and rolling around with his toys. However, I've noticed that when he comes over to leap up on my lap, he hesitates and just puts his paws on my leg and meows. I have to encourage him to leap, and he doesn't seem happy about it. Could something be wrong with him? — Janine in Gulfport, Mississippi

DEAR JANINE: At age 14, Sticky is definitely a senior cat, and it sounds like he's beginning to develop a common senior cat problem: arthritis. Just like us, cats can suffer from stiff, achy joints as they get older.

You're doing a great job of observing his behavior and spotting changes in the way he interacts. Arthritis (typically osteoarthritis, sometimes abbreviated as OA) is progressive, and sometimes not noticeable right away. There are four key things to watch for:

Running — Does your cat run with a fast, fluid motion, or in stops and starts?

Jumping — Does your cat hesitate to take jumps that were effortless in the past?

Climbing — Does your cat walk or run confidently on the stairs, or hesitate on each step?

Playing — Does your cat keep up with the laser pointer, or start to lag behind?

Other noticeable behaviors, like excessive meowing, hiding away or even occasionally missing the litter box also signal that your cat is uncomfortable or in pain.

It's important to consult with Sticky's veterinarian at this point. Together, you can evaluate his pain level and function, and discuss options for improving his comfort. There are treatments for cats with OA that will greatly improve his quality of life and get him back to his old self.

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

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# Classified

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J2 Associates, Inc., P.O. Box 578757, Chicago, IL 60657.

Please run the ad \_\_\_\_\_ times.

Here's my classified ad:

Form area for submitting classified ad details, including lines for time and advertiser information.

## Weekly SUDOKU

### Answer

9x9 grid containing the numerical answer to the Weekly Sudoku puzzle.

# Horoscope



ARIES (March 21 to April 19) Avoid having someone else take credit for a project that you started by finishing it yourself.

TAURUS (April 20 to May 20) The facts about a new opportunity are still emerging. Wait until they're all out in the open, then use your keen business sense to help make the right decision.

GEMINI (May 21 to June 20) You might feel confused or even hurt by a friend who suddenly puts distance between you. If they won't discuss it, don't push it. An explanation should come in time.

CANCER (June 21 to July 22) Your willingness to be part of a team opens doors that had been shut to you. Keep them open by honoring your promises, even when your commitment seems to be wavering.

LEO (July 23 to August 22) Congratulations! You're really getting things done to perfection. And don't forget to take a catnap now and again to keep those energy levels up and bristling for action.

VIRGO (August 23 to September 22) Your plain-talking honesty is admirable, but sometimes sharp words can leave painful scars. Be careful that what you say doesn't come back to hurt you.

LIBRA (September 23 to October

22) A stress-filled period takes a positive turn as you deal with the underlying problem. Act now to avoid a recurrence by changing some basic rules in your relationship.

SCORPIO (October 23 to November 21) Your rising energy levels make it easier for you to achieve some important objectives. This could lead to a big boost in how you're perceived, both at home and on the job.

SAGITTARIUS (November 22 to December 21) A changing picture begins to emerge as you learn more about an offer that seemed so right but could be so wrong. Look to a trusted adviser for guidance.

CAPRICORN (December 22 to January 19) Spiritual aspects are strong. Take time to reflect on the path that you're on and where you hope it will lead you. It's also a good time to reach out to loved ones.

AQUARIUS (January 20 to February 18) You could be assuming far too many responsibilities, whether it's at work or in personal matters. Be careful that you're not weighed down by them.

PISCES (February 19 to March 20) You're getting closer to your goals. And since nothing succeeds like success (or the promise thereof), don't be surprised to find new supporters swimming alongside you.

BORN THIS WEEK: You are always the first to try new ventures and confront new challenges. You inspire others with your courage to follow your bold examples.

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## Weekly SUDOKU

by Linda Thistle

9x9 grid for the Weekly Sudoku puzzle with some numbers pre-filled.

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

### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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## Super Crossword

### Answers

Grid containing the answers to the Super Crossword puzzle.

**founded 1893**

# **Central Savings**

**Serving the Community for over 131 Years**

## **Central Savings Rated**

### **“Outstanding” for Community Reinvestment!**

An “Outstanding” CRA rating is achieved by fewer than 10% of banks in the nation.

## **1 Year Jumbo CD**

**5.00% \*APY**

**\$100,000 Minimum Balance**

\*Annual Percentage Yield (APY) is effective as of 6/20/2024 and may change at any time.  
There may be a substantial penalty for early withdrawal, which may also reduce earnings.  
\$100,000 minimum deposit required to open account.

## **Multi-Family (Apartment) Loans**

### **Commercial Real Estate Loans**

**Up to \$4 Million**

**Quick Commitments**

**Credit Scores Not Considered**

**10 Year Loans**

**Low Income Loan Program**

**Deposit Accounts Not Required**

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