



Lakeview

November, 2016

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

Volume 20, Number 12

Interview



20 Questions

This month's interview is with **Jeremy McFadden**, Executive Director of Lake View YMCA, 3333 N. Marshfield.

Q.Where were you born and raised?

A.Macomb, Illinois.

Q.Are you married? Any children?

A.I am currently engaged and I have a daughter from a previous marriage.

Q.Where did you attend school?

A.Western Illinois University.

Q.What is your favorite childhood memory?

A.Growing up on a farm with my grandfather.

Q.What was your first paying job?

A.Washing dishes at Godfather Pizza.

Q.What hobbies or special interests do you have?

A.I love riding my motorcycle.

Q.What is your favorite TV show, movie, book and what kind of music do you enjoy?

A.My favorite TV show is "Chicago Fire"; my favorite movie is "Top Gun"; my favorite book is JFK (a biography) and my favorite type of music is "Country".

Q.What country would you like to visit and why?

A.Ireland.I would like to go back to see where my family history originated.

Q.If you could trade places with someone for a day, who would that person be and why?

A.James Dean. He was just a cool guy.

Q.What have been your three greatest achievements?

A.Becoming a father; graduating from coll-

continued on page 2

Cubs win World Series



by George Rimel
Forget the curse. After generations of "maybe next year", next year is here. Was it the pitching, the batting, the fielding, the feeling of the team not to let Chicago and other fans all across the world down? You bet it was!

The Cubs organization finally have put together a team that plays like a team, acts

like a team and wins like a team. Every player is a star. Baseball is finally back to the north side . The World Series banners, the World Series ring, the parade, the adoration of the fans and the ability to make the dream come true is reality finally.

Flying the W flag means more than ever before. It means

winners. That's what the Chicago Cubs are, they are winners. These 7 games kept us on the edge of our seats at the ball park, in our living rooms and you could feel the overwhelming feeling of defeat when we lost and the overwhelming feeling of pride when we won.

An organization doesn't become a dynasty with a single

World Series, but we have the potential, talent, organization and ability to make the Cubs a franchise that can win with the best of them.

It's one for the record books. It's what dreams are made of, and puts the Chicago Cubs in the history books once again. It's community pride at its best.

Congratulations Cubs.

What's on your mind?



"Family and Thanksgiving at our house for 10 people"

Carly Katz



"Lots of pumpkin spiced latte."

Claudia Barbos



"Having Thanksgiving with my family.About 8 people."

Sandra Ciesla

Editorials & Opinions

Interview from front page

age and coming to work for the YMCA.

Q. What have been your three greatest disappointments?

A. Realizing your college degree doesn't open as many doors as it used to; getting out of the Marine Corps and going through my divorce.

Q. What is your pet peeve?

A. Tardiness.

Q. What did you do for a living before becoming the Executive Director of the YMCA in Lakeview?

A. I worked in Hotel Operations.

Q. What would you like to do that you haven't done so far in your life?

A. Finish my Masters degree in International Business.

Q. What are your goals for the YMCA in Lake View.

A. More community involvement. Giving back to the community and for the community to give back to the Y.

Q. What would you say is the most challenging part of your job?

A. People management.

Q. What improvements would you make in the Lakeview community?

A. Building on the family atmosphere to strengthen the neighborhood.

Q. What is your most prized possession?

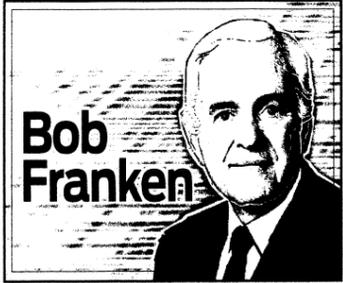
A. A 1953 TOPS Baseball card as a gift from my grandfather. The player is Early Wynn.

Q. Do you have a motto for living your life?

A. Leave the world a better place.

Q. If you weren't in your present profession, what other endeavor do you think you'd be involved?

A. I would like to start a not-for-profit that partners with the business community and homeless people. I would teach the homeless how to interview and how to have a positive impact on our society



The Unity Mirage

By now you probably have heard the story from Cardinal Timothy Dolan, telling of a moment before the Al Smith dinner in New York where Hillary Clinton and Donald Trump briefly met with him as they were about to enter. Dolan asked the two to pray with him, which they did, and then Trump, well ... why don't we let Cardinal Dolan tell it: "[He] turned to Clinton and said, 'You know, you are one tough and talented woman,'" adding, "This has been a good experience — this whole campaign — as tough as it's been."

"Whatever happens, we need to work together afterward," Clinton responded. It's difficult to think any such warm and fuzzy conversation between the two of them would even be possible in a campaign that has been so brutally cold and abrasive. But let's suspend our disbelief. After all, it's a cardinal describing what happened.

Whether their graciousness was sincere or not — and in politics almost nothing is sincere — Hillary's comment about working together is going to be a vital imperative once the election is decided, if there's any chance whatsoever of putting a stop to the nation being badly ripped to tatters. The United States is not united, and the shredding has been going on for many years. Trump exploited the division and made it worse, and assum-

ing it's Hillary Clinton who wins, she will need Trump and his millions of intensely angry-at-everyone supporters to help stanch the bleeding and rescue a country that is weakened by, let's be honest, hatred and distrust.

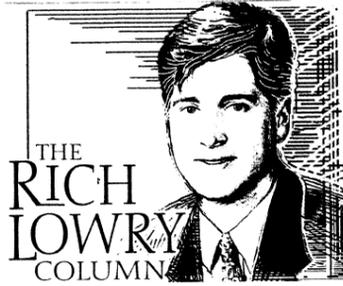
We exist in separate antagonistic enclaves. It's worse than the red state/blue state boundary lines where the culture rigidly rules politics; it has even poisoned personal relationships. A Pew survey in June found that almost half of Clinton backers, 47 percent, said they have no close friends who support Donald Trump. Nearly a third, 31 percent, of the Trump supporters said none of their besties were in favor of Hillary Clinton.

How do you achieve any national consensus with that kind of isolation? The answer is that you cannot. And in the past decades, we have not. But we must. Somehow, we must find a common ground or the ground beneath us will collapse, which is another way of saying the U.S. will not survive.

So what's a president to do? Whoever it is — and don't assume yet that it's certain to be Hillary — will have to lead us into changing our ways. A big reason for all the anger is that we believe we're getting a raw deal. All of us believe that. We have to insist on ways to fairly distribute our wealth so that our society is more than a few super-rich people and millions of serfs. We must outgrow our hateful prejudices and somehow have to be better informed.

Few in power seem to care much about statesmanship. Without it, we will continue to disintegrate. Our political system must reform into something that is not corrupt and obsolete. It's in the interest of our politicians. If they don't, they will be overthrown. They, and our country as we know it, will not have a prayer.

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Trump Is His Own Worst Enemy

Hillary Clinton may be the first candidate in American history to win a contest of personalities without having one.

She has been content to make the election all about Donald Trump's character, and Trump has obliged because, really, what else would he consider as fascinating and important as himself?

In a more normal year, Obamacare would be a byword for the failures of liberal technocrat rule. Insurers have been exiting the exchanges, and many of those that are staying are hiking premiums by 20 percent or more. Even a Democratic governor, Mark Dayton of Minnesota, has said that Obamacare is "no longer affordable to increasing numbers of people."

In a more conventional election, President Barack Obama's foreign policy would be under relentless assault. The Russian reset is in flames. Syria is Obama's Rwanda. Iran, with its nuclear program intact, is making a bid for regional hegemony. ISIS established its caliphate in the space created by Obama's passivity.

In any other campaign, the economy would be front and center, and the slowest recovery in the post-World War II period a constant flashpoint.

Instead, none of these issues have had the resonance of Donald Trump's early-hours Twitter war with a former Miss Universe, or even his aside in the

third debate that Hillary Clinton is a "nasty woman." And these have been third-tier controversies, compared with the ones that have truly rocked the campaign, like Trump's post-convention fight with the Khan family and the airing of the "Access Hollywood" tape.

It's not as though Trump doesn't talk about the issues. But nothing besides his core of immigration and trade has the force to escape the extreme gravitational pull of his persona, which is outsized, compelling and — in a presidential campaign — ripe for deconstruction.

If Trump is defeated in November, he will lose, more than anything else, on the basis of his character flaws. His lack of discipline. His thin skin. His boastfulness. His refusal to admit error, even when it's in his interest. His inability to project seriousness or to hit a grace note. The Clinton campaign has exploited them all, and Trump, ever himself, has lacked the self-awareness or wherewithal to keep from playing to type every single time.

The so-called beer test is the usual personality metric in presidential politics. Which candidate would you prefer to share a cold one with? Hillary's campaign has worked instead to make the personality benchmark the "nuclear code" test. Which candidate would you prefer to have his or her finger on the button? It is meant to portray Trump's outrageousness as affirmatively dangerous, and cast her own persona — which belongs in the same leaden category as Al Gore or Michael Dukakis — in the best possible light.

In the primaries, Trump displayed an uncanny ability to understand and target the vulnerabilities of his opponents. But he either never understood, or didn't care to minimize, his own. This is why he chose to make the election about the single hardest thing for him to defend effectively, namely Donald J. Trump.

Rich Lowry is editor of the National Review.

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Happy Thanksgiving



"It has pleased God some comfortable measure to bless us with the fruits of the earth."

*Plymouth Colony Records,
1668*

Though times have changed and traditions dimmed with the passage of the years, may we always be constant in our gratitude for blessings bestowed upon this beloved land and its people.

For family and friends, for health and vitality, give a moment's pause this Thanksgiving Day, to give humble thanks for these many blessings. Remember all in this land of abundance, the true richness of the little things, too, in life. Look around your table this year, and give thanks.

A very happy Thanksgiving to you

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Health



Is Counting Calories 'Old-School' Dieting?

DEAR DR. ROACH: I am a 68-year-old man, 5-feet-10-inches tall and weighing 223 pounds. Last January, my weight was up to 247, so I decided to diet and exercise in order to lose the excess. My goal is to get below 200.

In a recent visit to my physician, I told him that I was losing weight by restricting my total calories to 1,700 per day on a seven-day running average (so I can go out to eat once in a while). I am trying to keep my fats below 30 percent on a seven-day calorie basis, and I am trying to keep total carbs to 50 percent or so.

My physician told me that my diet plan was "old-school." He said that I should eliminate all sugars and all grains. I should eat a couple of ounces of meat and/or eggs. And I should eat as many fruits and vegetables as I want without worrying about calories.

In your opinion, should I follow his advice, or should I continue with what has been working for me? — J.B.

ANSWER: Your physician is right that counting calories is "old-school." However, if you can stay with it, it will work. If you expend more calories than you take in, you will lose weight. That is the energy balance equation, and there are no exceptions.

However, the issue isn't so straightforward as you might think from that statement. Fat and protein make almost everybody feel more full and

satisfied, comparing meals of the same calories, than a high-carbohydrate meal. Plain, fresh fruits and vegetables, absent of dips or sauces that load on the calories, are low in calories, in most cases, and can be eaten in relatively large amounts without slowing weight loss much.

I also agree with your physician that simple sugars and processed grains add calories without a lot of real nutrition and don't fill you up much (and may even make you hungrier later). I don't think all grains need to be avoided: The fiber present in whole grains also improves satiety, and I recommend that all grains be whole grains. However, some people find that eliminating grain entirely helps them.

By all means, you can stick with what works for you. That being said, most people find that by adding a little healthy protein and fat, you can stick with your eating plan with less hunger or discomfort. Losing weight can make people feel a little uncomfortable. But I think you will find that the eating plan he outlined, while still keeping an eye on calories, will allow you to reach your weight goals and keep you on track while still feeling well.

DEAR DR. ROACH: Can you place plastics in the dishwasher? I have read that dangerous chemicals can be released from the plastic. — R.E.

ANSWER: Most plastics are safe, but you should put only plastics labeled "dishwasher safe" in the dishwasher, and placing on the top rack reduces the heat the plastic is subjected to. Never reuse any plastic that has been partially melted by dishwasher or microwave.

Cooled Thermotherapy Is Prostate Option

DEAR DR. ROACH: What's your opinion on cooled thermotherapy for benign enlargement of the prostate? I recently was put on Flomax and finasteride, and was given the option of having this procedure to eliminate taking these two drugs.

My urologist has had great success, while my internist says the success rate is only 60 percent. My internist did say it's great if it works. — S.V.

ANSWER: Benign enlargement of the prostate is very common in older men, and medications like tamsulosin (Flomax) and finasteride (Proscar) often are used, and are pretty effective in most men. The most effective treatment remains surgery, called transurethral resection of the prostate, TURP, which reduces symptoms by at least half in 98 percent of men. Unfortunately, TURP causes side effects in at least 20 percent of men, so there are several procedures designed to try to get the benefit of surgery without the drawbacks.

Cooled thermotherapy is a procedure using a microwave device to reduce prostate tissue. It isn't as effective as TURP: Only 72 percent of men reduce their symptoms by half or more; however, it has reduced side effects, such as need for blood transfusion. Unfortunately, there were more symptoms of uncomfortable urination, urgency and need for a catheter after surgery.

I think both of your doctors are right: Some men have good experiences, but not everyone will get relief. Some serious side effects are better with thermotherapy, and others are worse.

You need to decide how much taking the medications bothers you and if you can live with the symptoms the way they are.

Sneezing When Eating? It's Fairly Common

DEAR DR. ROACH: All of us look forward to eating. However, in my case (age 79) it has become a chore. Whether it is breakfast, lunch, dinner or a few snacks, after the first few bites I have to blow my nose. This goes on throughout the eating period, and at the end, my handkerchief is soaked. At breakfast time, after eating, I proceed to sneeze five to 10 times, most of the time. I have become a recluse. I turn down invitations to dinners at homes and restaurants, as it has become an embarrassment.

I have taken Toprol and Timoptic in the past 20 years, but this condition has occurred only in the past four or five years, so I don't think it's the drugs. During the day, I am fine with no sneezing and blowing my nose, except maybe once or twice. But when mealtime comes, out comes the handkerchief for another onslaught. Have you heard of this condition? Should I consult a specialist about it? — D.Z.

ANSWER: I have heard about it, many times, as it is much more common than you might think. It goes by the name of "gustatory rhinitis" (which simply means that your nose gets inflamed on eating). It is classified as a non-allergic rhinitis. It is more common in the elderly, though it can happen at any age.

Your regular doctor should be able to help you. If non-medication treatments like nasal saline irrigation haven't helped, then I usually prescribe ipratropium bromide nasal spray before eating.

DEAR DR. ROACH: I just read your column regarding the shingles vaccine. I am an insurance agent who is often asked about coverage for the shingles vaccine. The Affordable Care Act does include this under preventive care for individuals 60 and over. Preventive care is covered at 100 percent for health plans that are not grandfathered. (Grandfathered health plans are plans that have been continued virtually unchanged since 2010. They are not required to comply with all aspects of ACA, so these plans might not provide this service.)

You also may be interested in knowing that, in our area, the Department of Health clinic does offer the shingles vaccine for a fee of \$5 for individuals over the age of 50 who do not have it covered under a health plan. I am not aware if this is unique to our area, or if it is a widespread provision.

ANSWER: Thank you for writing in. Others wrote to me that their Department of Health paid for most or all of the cost. Some said they could get the vaccine covered at a pharmacy but not at physician's offices.



by Freddy Groves

Vets TV Network

A former Marine has come up with a great idea: a veterans' television network. He didn't come by that idea the easy way; it took the suicide death of his pal to force him to realize that humor might be the only real way to combat the horrible statistics of veteran suicide.

Thus, he launched a Kickstarter program for a proposed television network called Veteran Television, or VetTV.

According to the three-minute video, VetTV intends to use "humor and camaraderie to bring veterans together to heal the mental wounds of war" using authentic humor, not the kind that Hollywood produces. Some of the proposed shows sound promising: Kill, Die, Laugh; A Grunt's Life; The Veteran Mating Game; and Gods of War. It will show the good, the bad and the ugly of military life ... but with humor. The creator says he's aiming at the post-9/11 veteran, but from what I've seen so far, it speaks to all veterans.

The shows will be streamed to phone, tablet or computer once a week, like Hulu or Netflix. Subscribers will vote on the shows that will be seen next.

The venture needs \$250,000 to create four months of shows, with one new episode per week for each branch of the military. After the initial funding, the VetTV will be self-sustaining. Content will be for veterans, made by veterans. Subscriptions will cost only \$5 per month.

VetTV has already partnered with veteran-owned businesses and non-profits to help with Kickstarter. At this writing, it has nearly 1,000 backers and \$80,000.

To view the three-minute info video, go to bit.ly/2e8EGUi, and for more information, go to veteranTV.net. Click on Kickstarter to view the fundraising campaign and decide if you can send a few dollars. After all, it's for us.

Financial Statement

SENIOR NEWS LINE

by Matilda Charles

Financial Abuse Often Not Reported

The statistics on elder financial abuse are ugly. Abuse victims lose roughly \$2.6 billion per year. One in every 20 seniors admits to being the victim of financial abuse, but only one in every 44 cases is reported.

In the online blog "Recognizing Signs of Elder Abuse (and Traits of Elder Abusers)," attorney Will Sleeth lists the ways abusers can put pressure on seniors to change their estate plans.

They can include bullying, isolating and threatening. The tactics and suggested investments from a financial abuser might sound a bit off as well, such as an anonymous investment club.

Characteristics of the abusers themselves can be surprising. They're often educated, sophisticated and well-off. Sometimes they're convicted felons, or attorneys or doctors who lost their licenses to practice. Mostly, however, they're socially isolated, having few friends or social contacts. That's where the Internet can be handy.

Many states have court case search features in their online judicial record systems. These are searchable by location, date ... and name. Anyone who is a financial abuser of seniors likely has done it before, and there will be a record of previous court cases and

lawsuits. For more information, check Sleeth's site (estateconflicts.com) and read more of the articles he's written.

The National Committee for the Prevention of Elder Abuse (www.preventelderabuse.org) has a large section on financial abuse. Financial scammers can sink so low as to read newspaper death announcements to identify those who are recently widowed and therefore vulnerable.

If you've been the victim of financial abuse, or think someone is trying to scam you, speak up. Call the police. Call your bank and ask to speak to the manager. You can be protected.



Should You Redeem Old Savings Bonds?

Do you have any old savings bonds tucked away, ones bought years ago to help a grandchild with college expenses? Or maybe you want to take care of all your credit-card debt by cashing in bonds. Redeeming savings bonds isn't as easy as it used to be.

Savings bonds have been paperless for many years, and you can't just buy or redeem them anywhere now. There are some banks where you can cash in your bonds, but the preferred method now is to do it online.

As a first step, go online to check the value of each bond. Try SavingsBonds.com and use the calculator. Click the yellow box ("Get your bond values here") and select the details of your bond from the drop-down menu.

It's not necessary to include the bond's serial number if your other details (series, face value, date issued) are correct.

You'll get a color-coded message at the top. Red, for example, means that your bond isn't earning interest and should be cashed in. Blue means the bond is less than five years old, and you'll forfeit three months in interest if you redeem it too early. Before you can get a printout list of your bonds, you'll need to enter your email address.

Look at the In the News section for specific information about how your interest can affect your taxes. When you cash in bonds, you'll get a Form 1099-INT showing the interest you earned. You might have to pay taxes on it.

If you have paper bonds that you don't want to redeem yet, you can have them switched to digital. Your best bet: Ask your bank if it redeems savings bonds, and let it help you.

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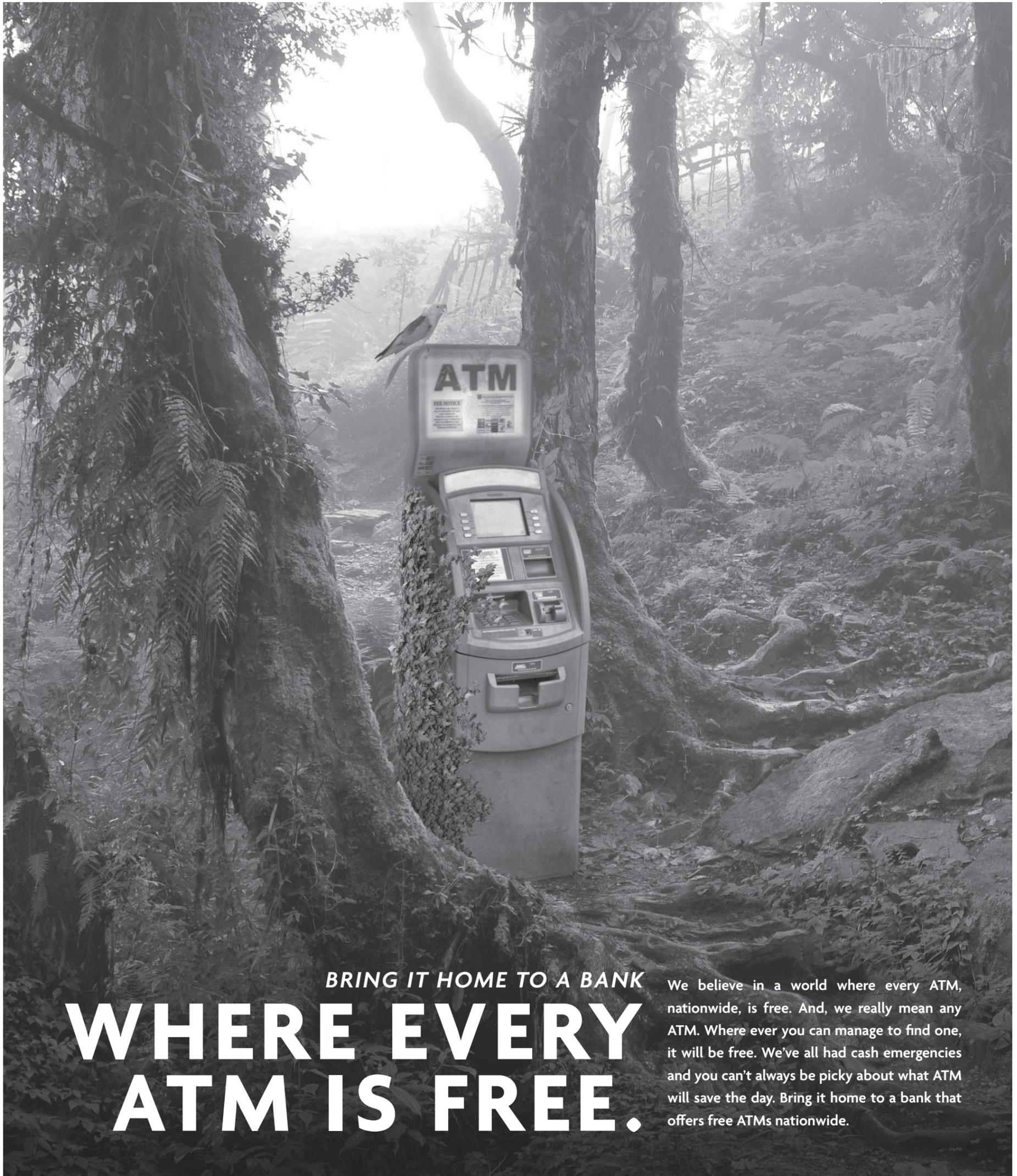
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1. Which girl group was originally called The Four Pennies?
2. Mel Carter only had two No. 1 chart toppers. What were they?
3. Who released "Cara Mia"? What do the words mean?
4. Which group released "Ramblin' Man" and "Jessica" in the same year?
5. Name the song that contains this lyric: "I want to hold you so hear me out, I want to show you what love's all about."

Answers

1. The Chiffons. They changed names after "He's So Fine" became such a big hit in 1963.
2. "Hold Me, Thrill Me, Kiss Me" in 1965 and "Band of Gold" a year later. Gloria Estefan released a cover of "Hold Me" in 1994.
3. Jay and the Americans, in 1965, back when the second "Jay" was onboard—David Blatt, who agreed to change his name to Jay Black. "Cara mia" is Italian for "My beloved."
4. The Allman Brothers, in 1973.
5. "Hungry Eyes," by Eric Carmen (formerly of the Raspberries) in 1987. The song was written for the film "Dirty Dancing." Although the song was never released in the U.K., it still managed to chart there because of import sales.

1. **Boo! A Madea Halloween** (PG-13)
Tyler Perry, Cassi Davis
2. **Jack Reacher: Never Go Back** (PG-13)
Tom Cruise, Cobie Smulders
3. **Ouija: Origin of Evil** (PG-13)
Elizabeth Reaser, Lulu Wilson
4. **The Accountant** (R)
Ben Affleck, Anna Kendrick
5. **The Girl on the Train** (R)
Emily Blunt, Haley Bennett
6. **Miss Peregrine's Home for Peculiar Children** (PG-13)
Eva Green, Asa Butterfield
7. **Keeping Up With the Joneses** (PG-13)
Zach Galifianakis, Isla Fisher
8. **Kevin Hart: What Now?** (R)
Kevin Hart, Don Cheadle
9. **Storks** (PG) animated
10. **Deepwater Horizon** (PG-13)
Mark Wahlberg, Kurt Russell

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1. LANGUAGE: What is the meaning of the Greek prefix "xeno"?
2. GEOGRAPHY: Gotland Island is located in what body of water?
3. MEASUREMENTS: What does a micron measure?
4. MOVIES: Who was the Oscar-winning director of the movie "Deer Hunter"?
5. LITERATURE: In which U.S. state was the writer Eudora Welty born?

Answers

1. Foreigner or stranger
2. Baltic Sea
3. Length
4. Michael Cimino
5. Mississippi

Top 10 DVD, Blu-ray Sales

1. **Ghostbusters** (PG-13)
Sony
2. **The Legend of Tarzan** (PG-13)
Warner Bros.
3. **X-Men: Apocalypse** (PG-13)
FOX
4. **Ice Age: Collision Course** (PG)
FOX
5. **Central Intelligence** (PG-13)
Universal
6. **Captain America: Civil War** (PG-13)
Disney
7. **Warcraft** (PG-13)
Universal
8. **Hillary's America: The Secret History of the Democratic Party** (PG-13)
Lionsgate
9. **Beauty and the Beast** (G)
Disney
10. **The Purge: Election Year** (R)
Universal

Source: comScore

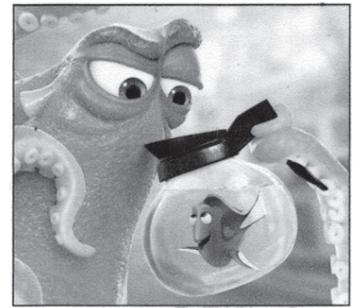
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PICKS OF THE WEEK

Finding Dory (PG) — The forgetful blue fish from "Finding Nemo" leads this animated sequel on a quest to find a family she suddenly starts to remember. Dory (Ellen DeGeneres) is the same friendly, fast-talking blue tang, only now she has flashes of memory, of parents and a home. Nemo and Marlin (Hayden Rolence and Albert Brooks) assist Dory on her quest, which includes befriending a difficult octopus (Ed O'Neil) and a whale shark (Kaitlin Olsen).

Fans of the original will have plenty to love about this sequel. The movie stands on its own as a better-than-decent Pixar movie, which puts it in good company. However, it suffers from the familiarity of sequels: It's different enough to be interesting, but you can see how closely it's modeled after the original. Still, the laughs are there and the emotional moments hit their mark — almost too well.



The Walt Disney Company

Scene from "Finding Dory"

Akira Kurosawa's Dreams (1990) (PG) — (It's a slow week for new releases, so we're looking at some older movies coming out on re-release from here to the bottom.) This late-career project from Akira Kurosawa shows a series of loosely connected dreams. Some of them have a folklore-feel, while others seem a little preachy and indulgent. You have to appreciate the scope of it — we see forest spirits, childlike wonder, adult anxiety and a post-apocalyptic landscape.

As one of the most-revered and influential directors in movie history, it's OK if some of Kurosawa's projects didn't hit it big. Best known for his Samurai epics and introspective dramas, "Dreams" shows Kurosawa stepping deeper into the surreal. While not much of a critical or commercial success, and burdened by some hokey special effects, the film still has its moments that tickle something in your brain that values the inherent goodness of imagination.

Punch Drunk Love (2002) (R) [Criterion Collection] — It's been a rough

C.H.U.D. (1984) (R) [Definitely Not Criterion Collection] — Before the Teenage Mutant Ninja Turtles, there was another gang of acronymed monsters dwelling in the sewers beneath New York, and they were much less radical. Cannibalistic Humanoid Underground Dwellers terrorized the early-'80s version of NYC, the one where everything looks like it has a fresh layer of used motor-oil, and the fastest-growing industry apparently was standing around garbage-can fires. John Heard (big at the time) and Daniel Stern (the other robber from "Home Alone") star in this gruesome caper that's almost bad enough to be good.

TV RELEASES

- Game of Thrones: The Complete Sixth Season**
- Better Call Saul: Season 2**
- NYPD Blue: Season Eleven**
- Looking: The Complete Series and the Movie**
- Sailor Moon S: Part 1**
- The Mindy Project: Season Four**

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Strange BUT TRUE

By Samantha Weaver

As Halloween approaches, it's interesting to note that in 16 states, you won't pay taxes on the candy you buy for trick-or-treaters; for tax purposes, candy is categorized as groceries. Of course, there's room for debate over what qualifies as candy; breath mints and gum are usually included, along with the obvious — chocolate bars, hard candies and such. The tax code can get even more detailed than that, though; for instance, in Florida (which taxes candy but not groceries), marshmallows are tax-exempt, but marshmallow candies are not.

It's a popular stereotype: a rejected lover sitting on a barstool, drinking to try to forget the heartbreak. The problem is, drinking isn't really an effective way to go about acquiring amnesia, even temporarily. Those who study such things say that imbibing alcohol can actually help people recall events that occurred just before they started drinking.

Recently retired sportscaster Vin Scully served 67 seasons as the play-by-play announcer for the Dodgers — starting in Brooklyn in 1950, then moving with the team to Los Angeles in 1958 — making him the longest-tenured broadcaster with a single team in the history of professional sports. Over the years he's had many fans, including Chris Carter, creator of the long-running TV series "The X Files." One of the main characters, Dana Scully (played by actress Gillian Anderson), was named for the sportscaster.

It was Emily Post, arbiter of courtesy and expert on etiquette, who made the following sage observation: "Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use."

If you're planning on moving to Florida, keep in mind that in that state, it's illegal for a housewife to break more than three dishes in one day.

Before the Beach Boys were the Beach Boys, they considered naming their band the Pendletons.

Thought for the Day: "Those who dream by day are cognizant of many things which escape those who dream only by night." — Edgar Allan Poe

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What's Hot in Hollywood



HOLLYWOOD — The continuation of the 1995 family adventure film “Jumanji” (with **Robin Williams** and **Kirsten Dunst**) will star **Dwayne Johnson**, **Kevin Hart**, **Jack Black**, **Nick Jonas** and **Karen Gillan** (of “Guardians of the Galaxy” and the sequel, “Volume 2,” due in 2017). It follows four teens sucked into the board game, which gives them new “avatar” forms to locate a jewel. It’s due July 28.

“Mamaboy,” the film about Kelly, 18 and pregnant, and ... a boy, had its premiere last month where it was shot, in Sacramento, California, for the cast and the high-school extras featured in the film. At the Oct. 20 Hollywood premiere, the cast of media stars, including **Sean O’Donnell** (“Sickhouse”), **Alexandra DeBerry** (“A.N.T. Farm”), **Michael Eric Reid** (“Victorious”), **Dylan Riley Snyder** (“Kickin’ It”) and **Cassidy Shaffer** (“Austin & Ally”), are joined by Oscar nominee **Gary Busey** (playing Kelly’s football coach) and “Memento” star **Steve Tobolowsky**. In the old Hollywood tradition, publicists **Ron Scott** and **David Kuff** had the stars arrive at the premiere in a school bus. We’ll let you know the release plans for this fun film as soon as we know.

Molly Ringwald, (“Pretty in Pink” and “The Breakfast Club”) will star off-Broadway in “Terms of Endearment” as Aurora Greenway, the role that won an Oscar for **Shirley MacLaine** in 1983.

You probably know that **Jim Parsons**, **Haley Cuoco** and **Johnny Galecki** have been getting \$1 million an episode for “The Big Bang Theory,” which may explain why movie actors are defecting to television. **Lauren Graham** and **Alexis Bledel** are getting \$750,000 a show from Netflix for “The Gilmore Girls.” **Mark Harmon** gets \$525,000 an episode for “NCIS,” while HBO pays **Kevin Spacey** (“House of Cards”), **Peter Dinklage**, **Lena Headley**, **Kit Harrington**, **Emi-**

Liam Neeson has four films in post-production: **Martin Scorsese’s** “Silence,” with **Andrew Garfield** and **Adam Driver**, and the animated “A Monster Calls” (both due Dec. 23); the spy-thriller “Felt,” with **Diane Ladd**, **Tony Goldwyn** and **Maika Monroe** (out in 2017); and the action-thriller “The Commuter,” with **Vera Farmiga**, **Sam Neill**, **Jonathan Banks** and **Elizabeth McGovern**, due October 2017.

Neeson lost his wife of 15 years and mother of his two children, **Natasha Richardson**, in 2009 after she sustained a head injury during a ski lesson in Montreal. Most actors make one or two movies a year, but Neeson’s therapy plan must have been to work constantly. Between 2009 and 2015, he filmed 31 films. Out of 84 movies in his career, including “Star Wars: Episode One — The Phantom Menace” (1999), he has received only one Oscar nomination, for “Schindler’s List” (1993), but has racked up a fortune at the box office as one of our top action stars.

Elizabeth McGovern, who jumped from “Downton Abbey” (as **Cora Crawley**) to co-star with Neeson, is not the only cast member of the hit British show to spread their wings. McGovern’s “Downton” husband, **Hugh Bonneville**, can’t get away from being a royal. He’s currently filming “Viceroy’s House,” with “X-Files” **Gillian Anderson**, in which he plays Lord Mountbatten (1900-1979), second cousin of Queen Elizabeth II and uncle of her husband, Prince Phillip.

Their “Downton” daughter, **Lady Mary Crawley**, aka **Michele Dockery**, has filmed “The Sense of an Ending,” with **Jim Broadbent** and **Charlotte Rampling**, and will invade American TV with 10 episodes of “Good Behavior” on TNT, starting Nov. 15, and six episodes of a Netflix series, “Godless,” with **Jeff Daniels** and **Jack O’Connell**.

Liza Minnelli is alive and well, and living a block away from me in West Hollywood. Haven’t seen her at the market yet, but she did attend **Michael Feinstein’s** show at the Pasadena Playhouse. Liza recently sold her New York apartment, on the Upper East Side, for \$8.37 million and her collection of **Andy Warhol** paintings are for sale for a mere \$40 million. Now that she’s 70, she wants a quieter life than NYC could give her. Word was she seemed so frail and weak that she had to be helped in and out of the theater by a friend.

Meanwhile, **Michael Douglas** is asking friends and family to come see his dad **Kirk Douglas** and to pray for him. Could that be his way of preparing everyone for the last days of the screen star who has played, among many roles, **Spartacus**, **Odysseus**, **Vincent Van Gogh**, **Doc Holliday** and **George Patton**?

Bette Midler had a lot to celebrate the day tickets went on sale for her March 15 Broadway return as **Dolly Levi** in “Hello Dolly.” Ticket sales, on that day alone, busted through the roof, earning \$9 million. **David Hyde Pierce** — four-time Emmy winner for “Frasier” and 2008 Tony winner for “Curtains” — will play **Horace Vandergelder** (played by **Walter Mathieu** in the film with **Barbra Streisand**).

But Bette’s celebration was short-lived because of social media. She tweeted, “Now that @IAMCait has been canceled will she go back to being Bruce? Will Kris take him back? Do I smell a re-wedding?” People were upset and accused Midler of mis-gendering Jenner and tweets to that effect. Midler later issued an apology to the Human Rights Campaign, on Twitter, saying, “Dear friends @HRC,



Jonathan Pushnik/Broadway.com

Bette Midler

whom I have always supported, sorry last tweet offended. An idle musing. I seem to have misread the temper of the times.” That apology didn’t satisfy or convince some Twitter haters. I’ve spent time with Bette and all she was trying to do was to say something funny, but you can’t please all the people all the time, so why try?

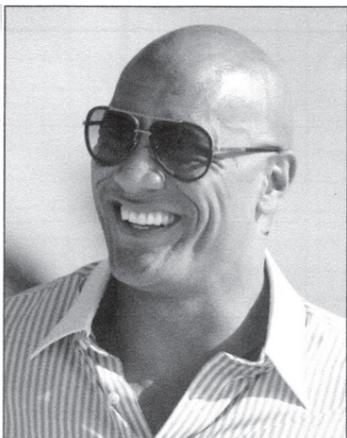
Now that we’ve recovered from the news that **Brad Pitt** and **Angelina Jolie** are calling it quits (which the tabloids have been screaming for months; well, they have to be right once in a while), and we know she wants the kids, how will they settle the financials? She’s worth \$160 million and he’s worth \$240 million. Alimony for a wife (who doesn’t want to work so she can concentrate on her charity work) and child support for six kids is going to put a big dent in his fortune! Revenge is best served chilled ... right, Jenn?

Q. My absolute favorite TV show is “The Amazing Race,” and I am very disappointed it is not on the fall schedule. Would you please tell me why, and if it will be returning?
— Sue C., via email

A. “The Amazing Race,” CBS’s award-winning reality/competition show, will be back for its 29th season, with original plans for it to be a midseason show. As of this writing, an exact date had not been announced. As it now stands, the freshman series “MacGyver” has been granted a full-season order, and with it playing in the normal Friday-night timeslot for “The Amazing Race,” unless it changes nights/times, it’s possible that “Race” could premiere as late as this coming summer. As soon as I hear anything, you’ll be the first to know. FYI: This season has been completely filmed and is ready to air, it just needs a timeslot, making the odds of a summer premiere even more likely.

Q. Please tell me when the new season of “Homeland” begins.
— Rae G., via email

A. The hit Showtime crime thriller will premiere its 12-episode sixth season on Jan. 15, 2017. It also has been renewed for a seventh and eighth season, with the eighth expected to be its last. Season six begins its story several months after the fifth, and takes place between Election Day and Inauguration Day.



Jeff Daly/courtesy of HBO

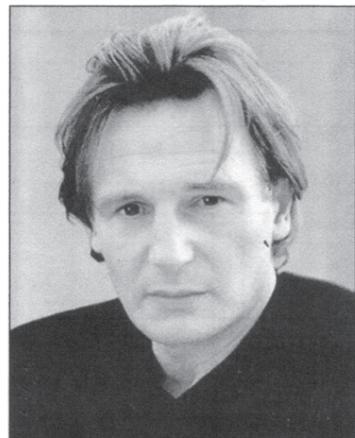
Dwayne Johnson

ly **Clarke** and **Nikolaj Coster-Waldau** (“Game of Thrones”) each \$500,000 a show.

Dwayne Johnson parlayed his wrestling career into a \$185 million movie career and is now pulling in \$400,000 an episode for his HBO series “Ballers.” **Drew Barrymore** (“Santa Clarita Diet”), **Emma Stone** and **Jonah Hill** (“Maniac”) are each earning \$350,000 an episode from Netflix for their series. The stars of “The Simpsons” — **Nancy Cartwright**, **Dan Castellaneta**, **Yardley Smith** and **Julie Kavner** — are getting \$315,000 a show just for their voices.

There’s nothing “Transparent” about **Jeffrey Tambor’s** salary; Amazon pays him \$275,000 an episode. **Julie Louis-Dreyfuss** (“Veep”), **Tim Allen** (“Last Man Standing”), **Patricia Heaton** (“The Middle”) and the cast of “Modern Family” — **Julie Bowen**, **Ty Burrell**, **Eric Longstreet**, **Jesse Tyler Ferguson** and **Sophia Vergara** — all earn \$250,000 a show.

President Obama’s worth is \$12.2 million. He may have aged in eight years, but so has his money, and he doesn’t have to endure reruns where he looks much younger.



www.liamneeson.net

Liam Neeson

Her late “Downton” husband, **Matthew Crawley**, aka **Dan Stevens**, conveniently killed off in a car accident, so he could invade the U.S. and make movies, has made 12 films since leaving “Downton.” Among them, **Liam Neeson’s** “A Walk Among the Tombstones” (2014) and **Ben Stiller’s** “Night at the Museum: The Secret of the Tomb,” as **Sir Lancelot**. Upcoming, Stevens has “The Ticket,” with **Oliver Pratt**; “Norman: The Moderate Rise and Tragic Fall of a New York Fixer,” with **Richard Gere**, **Michael Sheen**, **Steve Buscemi** and **Josh Charles**; the action-thriller “Colossal,” with **Anne Hathaway** and **Jason Sudeikis**; the biographical thriller “Marshall,” with **Chadwick Boseman**, **Josh Gad** and **Kate Hudson**; followed by the live-action “Beauty and the Beast” (he’s the “Beast” to **Emma Watson’s** “Beauty”); “Permission” with **Jason Sudeikis**; and the FX series “Legion,” with **Jean Smart** and **Audrey Plaza**, due early next year.

The real “Beauty” is how Stevens went from the handsome Lancelot to a “Beast” in the same year!

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North Center Satellite Senior Center

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MORE INFO: NORTHCENTERCHAMBER.COM





AN *Elegant* HOLIDAY FEAST

FAMILY FEATURES

There is no time like the holiday season to get together and make memories with family and friends. Nothing brings people together quite like an elegant meal featuring a standout main dish – an exceptionally prepared entree that pays true homage to the season and all that you celebrate. This focal point dish should not only look delightful, but needs to also be a masterful presentation of mouthwatering flavor to keep your loved ones gathered around the table.

Creating this perfect dish begins with choosing a premium cut of meat. Take the guesswork out of this year’s meal with a selection from Omaha Steaks, a leading provider of premium beef and gourmet foods. You can select the right cut of meat, flash-frozen to capture freshness and flavor at its peak, from the comfort of your home and have it delivered directly to your door.

Invite elegance to your holiday table with this recipe for a succulent prime rib roast and find more inspiration at omahasteaks.com.

Prime Rib Roast with Rosemary and Thyme au Jus

Serves: 10-14
 Prep time: 30 minutes
 Total cook time: 3 hours, 50 minutes

- 6 pound Omaha Steaks Bone-In Prime Rib Roast
- 3 tablespoons olive oil
- 1/2 cup Omaha Steaks Private Reserve Rub
- 5 carrots, chopped into 1-inch pieces
- 5 celery stalks, chopped into 1-inch pieces
- 1 medium onion, chopped into 1-inch pieces
- 1 1/2 cups red wine
- 3 cups low-sodium beef broth
- 1 1/2 teaspoons fresh rosemary, finely chopped
- 1 1/2 teaspoons fresh thyme, finely chopped

Thaw roast completely (3-4 days for 6-pound roast) in refrigerator before cooking.

Heat oven to 250 F. Remove roast from packaging and pat dry with clean paper towels.

Coat outside of roast with olive oil and liberally season with rub.

Place carrots, celery and onion in even layer on bottom of large roasting pan to catch beef drippings.

Place roast in roasting pan on elevated wire rack. Sprinkle any leftover rub on roast to ensure generous coating.

Roast until roast reaches an internal temperature of 125 F (for medium-rare), approximately 3 hours for 6-pound roast.

Remove roast from oven and let rest 20-30 minutes. Meanwhile, heat broiler to high, with rack positioned for roast to sit about 4 inches from heating element.

After roast has rested, place in oven under broiler, fat side up, about 5 minutes to brown roast.

Remove pan from oven. Remove wire rack with roast from pan and place on carving board. Skim fat from pan, if necessary.

Place pan on top of stove over two burners set on high heat. Add wine to pan drippings and cook over high heat until reduced by half, releasing drippings on bottom of pan with wooden spoon or whisk. Add beef broth and cook until reduced by half again.

Whisk or stir in rosemary and thyme. Strain out vegetables and pour au jus into serving vessel.

Slice roast and serve with au jus.



New Ways to Love Leftovers

This year, when the holiday feast is over, reach for the leftovers to whip up a flavorful meal that will let your taste buds celebrate all over again. For example, leftover turkey can be repurposed into other classic, seasonal entrees, like a turkey melt or a warm, flavorful soup.

Turkey Melt with Cranberry Pesto Sauce

- 4 slices sourdough bread, cut 1/2-inch thick
- 4 tablespoons butter, softened
- 1/4 cup prepared pesto
- 1/2 cup whole berry cranberry sauce
- 4 thin slices roasted turkey breast
- 4 slices fresh mozzarella cheese

Heat heavy skillet over medium heat. Spread one side of each bread slice with butter. Spread other side of each slice with pesto.

Place 2 bread slices in skillet, butter side down. Top each with cranberry sauce, turkey, cheese and remaining slices of bread, butter side up. Cook, turning once, 6-8 minutes, or until golden brown and cheese is melted.

Turkey Noodle Soup

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup sliced carrots
- 1 tablespoon Omaha Steaks Garlic & Herb Rub
- 1 package (32 ounces) no-salt-added chicken broth
- 1 cup dry egg noodles, uncooked
- 1 cup chopped roasted turkey

In large saucepan, heat oil over medium-high heat.

Add onion, celery, carrots and rub. Cook 5 minutes until onions are softened, stirring occasionally.

Stir in chicken broth and noodles. Bring to boil. Reduce heat; cover and simmer 10 minutes until noodles are tender. Stir in turkey; cook 2 minutes until heated through.

Start with Something Sweet

Satisfy the sweet tooth of all your guests with a sweet glaze on a juicy ham, another flavorful option to be the centerpiece of a holiday celebration. With Apricot Ham Glaze or Cranberry Orange Ham Glaze, you’ll know that you’re bringing the best flavor out of a premium, delightful ham, and pleasing the palates of those around the dinner table.

Apricot Ham Glaze

Prep time: 5 minutes
 Cook time: 10 minutes
 Total time: 15
 Serves: 6-8

- 1/2 cup brown sugar
- 1 teaspoon corn starch
- 1/2 teaspoon ground ginger
- 1 cup canned apricot nectar

In small saucepan, combine brown sugar, corn starch and ginger. Stir in apricot nectar.

Cook over medium heat, stirring constantly, until mixture thickens and boils.

Serving suggestion: Brush glaze over whole ham before roasting or over ham steaks while grilling.

Cranberry Orange Ham Glaze

Prep time: 5 minutes
 Cook time: 10 minutes
 Total time: 15 minutes
 Serves: 10-12

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon all spice

Place all ingredients in small saucepan over low heat. Simmer 5 minutes, then serve.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Pork Tenderloins With Corn Stuffing

A real he-man dish for a cool October dinner.

- 1 cup finely chopped celery
- 1/2 cup finely chopped onion
- 2/4 cups unseasoned dried bread cubes
- 3/4 cup frozen whole-kernel corn, thawed
- 1 teaspoon dried sage
- 1/2 teaspoons dried parsley flakes
- 1/4 teaspoon black pepper
- 1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup
- 1/2 cup water
- 4 (4-ounce) lean tenderized pork tenderloins or cutlets

1. Heat oven to 375 F. Spray 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large skillet sprayed with cooking spray, saute celery and onion 6 to 8 minutes. In medium bowl, combine bread cubes, corn, sage, parsley flakes and black pepper. Add sauteed vegetables, mushroom soup and water. Mix well to combine. Evenly spoon half of mixture into prepared baking dish.

3. Lightly re-spray skillet with cooking spray. Evenly arrange pork tenderloins in skillet and brown 3 to 4 minutes on each side. Arrange browned meat evenly over stuffing mixture. Lightly spray top with butter-flavored cooking spray. Spread remaining stuffing mixture over meat.

4. Cover with foil and bake 20 to 25 minutes. Remove foil and continue baking for 10 minutes or until stuffing is hot and meat is cooked through. Place baking dish on wire rack and let set for 5 minutes. Divide into 4 servings.

• Each serving equals: 277 calories, 5g fat, 23g protein, 35g carb., 640mg sodium, 84mg calcium, 3g fiber; Diabetic Exchanges: 3 Meat, 1 1/2 Starch, 1/2 Vegetable; Carb Choices: 2.

Comfort foods

Made fast and healthy



by Healthy Exchanges

A Chicken in Every Pot!

I'm not running for elected office — but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me for sure!

CHICKEN SPAGHETTI

- 1/4 cup finely chopped onion
- 1 full cup diced cooked chicken breast
- 1/2 cup (one 2.5-ounce jar) sliced mushrooms, drained
- 1/4 cup sliced ripe olives
- 1/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained
- 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
- 2 cups hot cooked spaghetti, rinsed and drained
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti. Lower heat and simmer for 10 minutes, stirring occasionally.

2. When serving, top each dish with 1 tablespoon Parmesan cheese. Serves 4 (1 1/2 cups each).

• Each serving equals: 264 Calories, 4g Fat, 20g Protein, 37g Carb., 816mg Sodium, 4g Fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

Good Housekeeping

Seafood Bake

In this recipe from our sister publication Woman's Day, succulent fish and seafood become a decadent dinner when mixed into a creamy sauce topped with a crispy, shredded potato crust.

- 1 cup lowfat sour cream
- 1 tablespoon cornstarch
- 1 tablespoon Dijon mustard
- 2 teaspoons lemon zest
- Kosher salt
- Pepper
- 1/2 pounds mixed seafood (such as salmon and shrimp)
- 1 package frozen leaf spinach
- 2 cups frozen shredded hash browns

1. Heat oven to 425 degrees F. In a large bowl, whisk together the sour cream, cornstarch, mustard, lemon zest, and 1/2 teaspoon each salt and pepper.

2. Add the seafood to the sour cream mixture and toss to coat. Squeeze the spinach of excess moisture, roughly chop, then fold into the seafood mixture. Divide among 4 shallow 1-cup baking dishes and place on a rimmed baking sheet.

3. Sprinkle the hash browns over the top and lightly brush with olive oil or coat with cooking spray. Bake until bubbling, 20 to 25 minutes. (For an extra golden-brown top, broil for 1 to 2 minutes.)

TIP: To use up the potatoes, make crispy potato fritters: In a medium bowl, combine 4 eggs (beaten), 2 cups frozen shredded hash browns (thawed), 3 scallions (thinly sliced) and 2 ounces ham (sliced into thin strips). Heat 2 tablespoons olive oil in a large skillet and cook spoonfuls of the mixture until golden brown, 3 minutes per side. Serve with a green salad. Serves 5.

Good Housekeeping

Double-Chocolate Bread Pudding

- 2 cups heavy or whipping cream
- 1/3 cup sugar
- 1/4 cup whole milk
- 6 ounces semisweet chocolate, chopped
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- 6 ounces day-old French bread, cut into 3/4-inch cubes (about 4 cups)
- 1/4 cup semisweet chocolate chips
- Whipped cream (optional)

1. Heat oven to 300 F. In 2-quart saucepan, heat cream, sugar and milk over medium heat until sugar dissolves, stirring occasionally. Remove from heat.

2. Add chopped chocolate, stirring with wire whisk until mixture is smooth and chocolate melts completely. Gradually whisk in eggs and vanilla until well-combined.

3. Place bread in shallow 1 1/2-quart or 8-by-8-inch glass or ceramic baking dish. Pour chocolate mixture over bread. Cover and refrigerate 30 minutes, stirring occasionally.

4. Sprinkle chocolate chips on top of bread mixture. Bake, uncovered, 40 to 45 minutes or until set. Cool 10 minutes to serve warm, or cover and refrigerate to serve cold later. Serve with whipped cream if you like. Makes about 8 servings.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Thanksgiving Pumpkin Torte

You take care of the rest of the meal, and I'll take care of dessert. Now if we could just find someone else to take care of the dishes, we'd have something else to be thankful for!

- 18 (2 1/2-inch) graham cracker squares
- 1 (15-ounce) can solid packed pumpkin
- 1 (4-serving) package sugar-free instant butterscotch pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/2 teaspoons pumpkin pie spice
- 3/4 cup water
- 1 cup reduced-calorie whipped topping
- 2 tablespoons chopped pecans

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In a large bowl, combine pumpkin, dry pudding mix, dry milk powder, pumpkin pie spice and water. Mix well using a wire whisk. Blend in 1/4 cup whipped topping. Spread half of pumpkin mixture evenly over graham crackers.

2. Top with remaining 9 graham crackers. Spread remaining pumpkin mixture over top. Evenly spread remaining 3/4 cup whipped topping over pumpkin mixture. Sprinkle pecans evenly over top. Cover and refrigerate for at least 2 hours. Serves 8.

• Each, serving equals: 115 calories, 3g fat, 3g protein, 19g carb., 225mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

Good Housekeeping

Lemon-Parsley Rice

- 1 cup low-sodium chicken broth
- 1 cup water
- 1 cup brown rice
- Salt
- 2 tablespoons chopped parsley
- 1 teaspoon grated fresh lemon peel

1. In 3-quart saucepan, heat broth and water to boiling over high heat. Stir in rice and 1/4 teaspoon salt; heat to boiling. Reduce heat to low; cover and simmer, until rice is tender and all liquid has been absorbed, 40 to 45 minutes.

2. Remove pan from heat and let stand 5 minutes.

3. To serve, fluff rice with fork. Stir in parsley and lemon peel. Makes 4 servings.

top ten

FOODS KIDS HATE

1. Fish
2. Brussels Sprouts
3. Broccoli
4. Eggs
5. Avocado
6. Peaches
7. Cauliflower
8. Beans
9. Asparagus
10. Greek yogurt

Source: The Daily Meal

The Four Treys Tavern



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Crime

Simple assault / Sidewalk 3400 block N. Clark St.

Simple battery: **Simple / Street** 400 block W. Belmont Ave.

Aggravated battery: **Hands/fist/feet, serious injury / Bar or tavern** 3400 block N. Clark St.

Simple battery: **Simple / Bar or tavern** 3500 block N. Clark St.

Simple battery: **Simple / Bar or tavern** 3500 block N. Clark St.

Simple battery: **Simple / Bar or tavern** 3400 block N. Halsted St.

Simple battery: **Simple / Apartment** 3100 block N. Racine Ave.

Aggravated battery: **Other dangerous weapon / Small retail store** 3100 block N. Clark St.

Burglary: Unlawful entry / Residence 3200 block N. Southport Ave. Criminal damage. **criminal damage to property / Residential yard (front / back)** 400 block W. Aldine Ave.

Vandalism: Criminal damage to property / Apartment 900 block W. Roscoe St.

Theft: Over \$300 / Sidewalk 2900 block N. Sheridan Rd.

Theft: Retail theft / Grocery Food store 3500 block N. Broadway

Simple battery: Simple / Bar or tavern 3300 block N. Halsted St.

Simple battery: Domestic battery: simple / Apartment 900 block W. Cornelia Ave.

Burglary unlawful entrance Residence 700 block W. Belmont Ave.

Burglary: Forcible entry / Other 1100 block W. Belmont Ave.

Deceptive practice FINANCIAL IDENTITY THEFT OVER \$ 300 / Unavailable 1200 block W. Wellington Ave.

Deceptive practice: Credit card fraud / Residence 2800 block N. Lake Shore Dr.

Motor vehicle theft: Automobile / Street 600 block W. Addison St

Motor vehicle theft: Automobile / Street 600 block W. Montrose St.

Theft: \$300 and under / Other 3100 block N. Broadway

Narcotics: Possession of cocaine / Street 3400 block N. Clark St.

Robbery: Strongarm: no weapon / Street 600 block W. Belmont Ave.

Robbery: Strongarm: no weapon / Sidewalk 3100 block N. Broadway

Criminal sexual abuse: Criminal sexual abuse / Bar or tavern 3300 block N. Halsted St.

Theft: From building / Bar or tavern 3400 block N. Clark St.

Theft: Over \$300 1400 block W. Wolfram St.

Theft: From building 400 block W. Oakdale Ave.

Theft: Retail theft / Small retail store 2800 block N. Clark St.

Theft: \$300 and under / CTA platform 900 block W. Belmont Ave.

Battery Simple Simple / Sidewalk 3300 block N. Halsted St.

Simple battery: Simple Hospital grounds 2900 block N. Lake Shore Dr.

Battery: Bar or tavern 3200 block N. Clark St.

Aggravated battery: Other dangerous weapon / Sidewalk 2900 block N. Milwaukee Ave

Simple assault: Simple assault / Bar or tavern 3600 block N. Richmond St.

Vandalism: Criminal damage to property / Bar or tavern 3500 block W. Belmont Ave.

Vandalism: Criminal damage to vehicle / Street 3000 block N. Monticello Ave.

Vandalism: Criminal damage to property / Residence 3600 block N. Sacramento Ave.

Vandalism: Criminal damage to property / Restaurant 4000 block N. Elston Ave.

Motor vehicle theft: Automobile / Street 4000 block N. Damen Ave.

Other offense: Harassment by electronic means / Residence 3500 block W. Montrose

Robbery: Armed: handgun / Street 3100 block W. Cullom Ave.

Theft: Over \$300 / Street 3400 block N. Ridgeway Ave.

Theft: From building / Residence (porch/hallway) 3800 block N. Damen Ave.

Robbery: Strongarm: no weapon / Sidewalk 3300 block N. Halsted St.

Theft: \$300 and under / Parking lot / garage (non-residential) 3300 block N. Western Ave

Weapons violation: Unlawful use of handgun / Apartment 3200 block N. Hamlin Ave.

Burglary: Forcible entry / Apartment 2800 block W. Montrose Ave

Vandalism: Criminal damage to vehicle / Street 3300 block W. George St.

Vandalism: Criminal damage to property / Apartment 3100 block N. Milwaukee Ave.

Vandalism: Criminal damage to property / Residence (porch/hallway) 3000 block N. Christiana Ave.

Deceptive practice: Bogus check / Other 4100 block N. Mozart St.

Deceptive practice: Illegal use of cash card / Residence 3900 block N. Christiana

Motor vehicle theft: Automobile / Street 3200 block N. Elston Ave. 2900 block W. Montrose Ave.

Aggravated battery: Other dangerous weapon / Sidewalk 2900 block N. Milwaukee Ave

Robbery: Strongarm: no weapon / Sidewalk 800 block W. Newport Ave

Simple assault: Simple assault / Bar or tavern 3600 block N. Richmond St.

Vandalism: Criminal damage to property / Bar or tavern 3500 block W. Belmont Ave.

Vandalism: Criminal damage to vehicle / Street 3000 block N. Monticello Ave.

Vandalism: Criminal damage to property / Residence 3600 block N. Sacramento Ave.

Vandalism: Criminal damage to property / Restaurant 4000 block N. Elston Ave.

Motor vehicle theft: Automobile / Street 4000 block N. Damen Ave.

Other offense: Harassment by electronic means / Residence 3500 block W. Montrose Ave.

Robbery: Armed: handgun / Street 3100 block W. Cullom Ave.

Theft: Over \$300 / Street 3400 block N. Ridgeway Ave.

Theft: From building / Residence (porch/hallway) 3800 block N. Damen Ave.

Theft: \$300 and under / Parking lot / garage (non-residential) 3300 block N. Western Ave

Weapons violation: Unlawful use of handgun / Apartment 3200 block N. Hamlin

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By Samantha Mazzotta

Thermostat on the Fritz

Q. I replaced my home's old mercury thermostat with a digital thermostat about seven years ago. Lately though, the heating seems off: I'll adjust the temperature up a degree or two because it feels too cold, and in a few minutes the house is very hot. All the time, the thermostat shows the room temperature as being exactly what I set it at. Can I recalibrate a digital thermostat, the way that the older mercury thermostats can be calibrated? — *Karl J., Buffalo, New York*

A. Since digital thermostats don't measure temperature using mercury bulbs — the way older thermostats do — calibrating them doesn't work the same way. They have a temperature sensor that can detect the precise temperature of a room, enabling more exact control of the home's temperature and, ideally, cost savings.

However, you can check to see if the thermostat is measuring the room temperature accurately. This is as simple as taping a mercury or digital thermometer next to the thermostat, so that you get a reading of the air temperature around the device from a second source.

If the thermostat can be calibrated, you'll be able to find instructions to do so either inside the front cover of the device, or in the manufacturer's instructions. (If you lost the instructions, you usually can download them from the manufacturer's website.) Calibration differs between models, but generally brings the temperature set point in line with the sensor.

Several other issues could be causing the apparent touchiness of the thermostat. The sensor could be bad, or there may be a problem with the thermostat's wiring. The device itself may need to be replaced.

Further, your home's heating issue could be unrelated to the thermostat. If calibration doesn't help, have a heating and A/C professional come in to do a system checkup, look for possible problems, and suggest solutions.

(www.energyvanguard.com) blog post "Can You Save Money by Closing HVAC Vents in Unused Rooms." Newer systems feature both registers and air return ducts in each room. Shut off the register, and the air return is affected as well, increasing air pressure and forcing the blower to work harder to circulate warm air back into the house.

Air ducts in newer systems also are not normally sealed, the blog notes. So when the return air pressure goes up, air begins to escape from the duct system itself, forcing the blower to work harder to draw enough air to heat.

Low airflow over other components of a high-efficiency system can cause problems, too. The heating coils actually can get too hot, as can the heat exchanger, increasing the risk that it could crack — releasing exhaust gases, including carbon monoxide, into your home.

So, does that mean heating registers should never, ever be shut? The answer to this is to talk to your HVAC contractor. While Energy Vanguard notes that one or two temporarily closed registers shouldn't negatively affect the system, it's better to ask than to wonder.



Going on a trip this winter? Don't turn off the heating system: Set the thermostat to 55 degrees F, which will reduce the energy bill while preventing pipes from freezing.

What if you're not sure if you have a high-efficiency system? What if you have an older heating system, or a zoned system? Then it's time to schedule a checkup with a heating and air-conditioning professional, who can tell you the best way to manage your particular heating system.

Silence a Squeaky Floor

Q. The floor squeaks loudly when I walk over a couple of spots in my living room. I read somewhere that you can stop these squeaks by sprinkling talcum powder between the boards. But my floor is covered by carpet. Is there any other way to fix the squeaks?

A. Talcum powder is a good temporary fix for squeaky floorboards (as noted in my new book, "101 Best Home Repair Tips," available from Amazon). But eventually the squeaks come back anyway. If you're not inclined to pull back the carpet repeatedly to apply powder between the boards, try a more permanent solution.

Do you have access to the underside of the living room floor, such as in the basement or the crawlspace under the house? If so, you either shim the nearest joist or secure the subflooring to the squeaky boards to reduce the noise.

To shim the floor, have a helper walk around the living room while you listen below for squeaks, and mark the noisy areas. Next, mark the joists (the large boards running perpendicular to the floorboards underneath the floor) on either side of the squeaky area. Coat a shim (a thin wedge of wood, available at most home-improvement stores) with a thin layer of wood glue, and hammer the shim into the gap between the joist and the subfloor on each side of the squeak. You may need to add a couple of shims on each side, and have your helper test the area each time.

If that doesn't completely rid your floor of squeaks, try attaching the subfloor to the floorboards in the squeaky area more tightly. You do this by driving wood screws through the subfloor layer into the bottom of the floorboards. Be careful to select screws that will not punch through the floorboards. Place the screws into the center of the squeaky area — two should do it, but if you need three or more, go ahead.



Art Deco

Q. I have become fascinated by Art Deco after purchasing a cocktail set from the 1930s at a flea market in Chicago. Can you recommend a good general reference? — *Laura, Naperville, Illinois*

A. Judith Miller claims in her new book, "Art Deco: Living With the Art Deco Style," that Art Deco completely transformed all branches of design, from the fine and decorative arts to transport, product design, fashion, graphic design and even architect-

ture. The clean lines of Art Deco make it classic and timeless, and she points out what to look for as a collector.

Miller is considered an expert of antiques and collectibles and frequently appears on television, both in America and the U.K. Her book explores all the key collecting areas with chapters on furniture, glass, ceramics, sculpture, metalwork, silver and jewelry, prints, posters, rugs and textiles. Miller's handsome, lavishly illustrated book also features accurate, up-to-date pricing.

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The Garden Bug

Bats are important to ecosystems as predators of night-flying insects. Some bat species eat fruit, nectar or small fish. Vampire bats live in Central and South America and feed on animal blood. Many bats pollinate plants and spread seeds, and bat droppings can be used as fertilizer.

- Brenda Weaver
Source: Department of Energy and Environmental Protection



Birding BITS BY Cindy Brook

Migrating Bird Basics:

1. Unsalted peanuts for catbirds, red-wings and titmice.
2. White proso millet for sparrows, finches, buntings.
3. Black oil sunflower seed. Most any bird can crack it open.
4. Suet cakes or nuggets for its high-fat content.
5. Fresh water. All birds need fresh water.

Birding BITS BY Cindy Brook

Birds That Cling

Feeders are available for birds that cling, such as titmice, woodpeckers, finches, wrens, nuthatches and chickadees. The feeders are made of wire mesh and don't have perches. They come in handy because birds that can dominate a feeder, such as grackles and doves, cannot perch on them and tend to leave them alone.

The Garden Bug

Witch hazel

Wild witch hazel (*Hamamelis virginiana*) waits until late September or October to unfurl its fragrant yellow flowers. Short-stalked, with narrow, strap-shaped petals, the blossoms nestle in the axils of the leaves, to be followed later by woody pods, each containing two seeds. The seeds don't ripen until the following summer, when they burst out of their pods so explosively that the shrub is also called "snapping hazelnut."

- Brenda Weaver
Source: www.motheearthnews.com



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Business Spotlight



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Quotes worth your time

"A word to the wise isn't necessary—it's the stupid ones that need advice."

Unknown

"If you would not be forgotten as soon as you are dead, either write things worth reading or do things worth writing."

Benjamin Franklin

"I find television very educating. Everytime someone turns on a set, I go into the other room and read."

Groucho Marx

"I was in a bookstore and a woman asked me where the self help books were. I told her that if I told her it would defeat the purpose."

Unknown

"The more you read the more things you will know"

Dr. Suess

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Comics

The Spats

by Jeff Pickering



R.F.D.

by Mike Marland



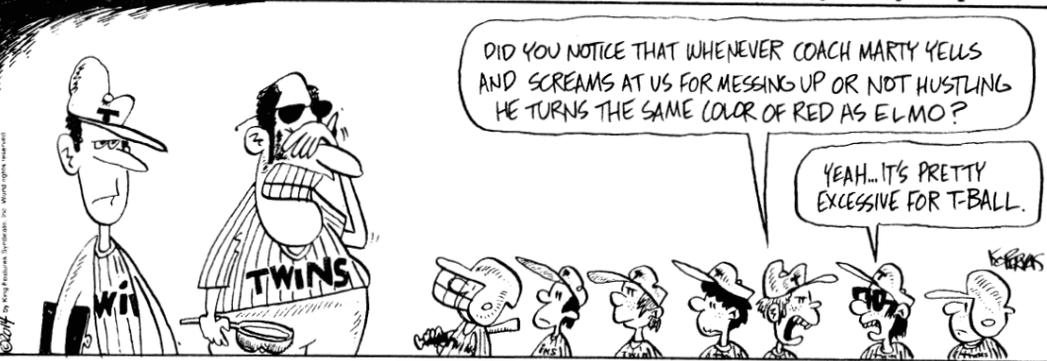
THE CASHIER

BY RICARDO GALVÃO



Out on a Limb

by Gary Kopervas



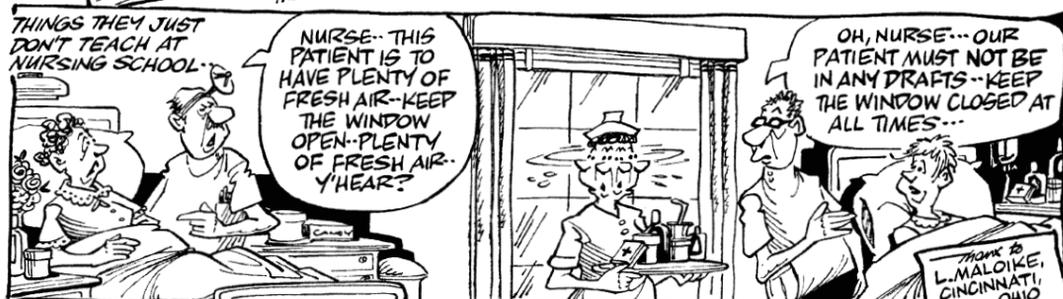
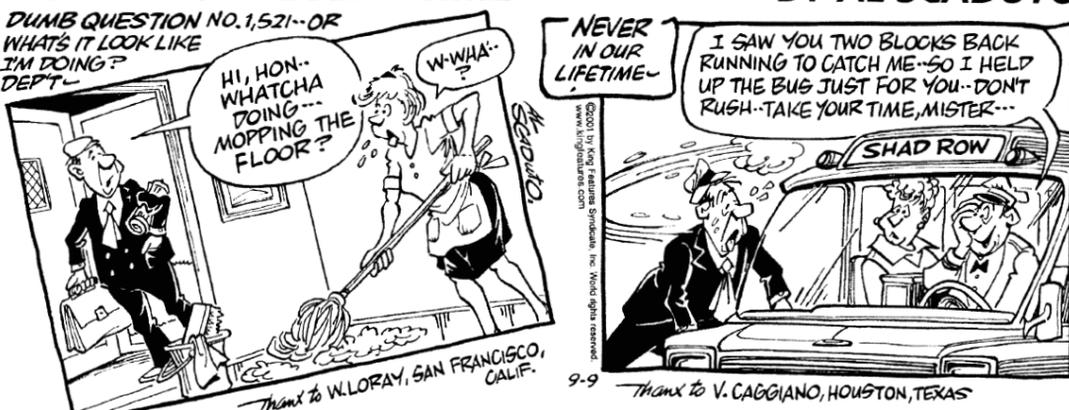
Amber Waves

by Dave T. Phipps



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend

SUM SWITCH! One, plus two, plus five, equals eight (see right). So what's the problem? This: You're asked to substitute digits 0-9 for letters so that when all transpositions are made, the sum of the top three quantities will equal that below.

1	P	U	P	P	E	T
2	U					
3	P					
4	P					
5	E					
6	T					

For starters, and to ensure that sums will twine: T is 8, W=4, I=0, N=2, E=1.

Answer: 18558
1,206 plus 549 plus 307

ONE TWO + FIVE EIGHT

SET SAILS! Name a matching class of sailboat for each of these definitions: 1. A fish. 2. A heavenly body. 3. A storm flash. 4. A marsh bird.

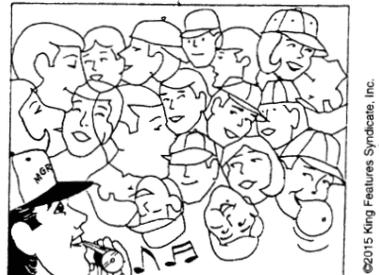
1. Sunfish 2. Star 3. Lightning 4. Shear

PULL STRINGS WITH WORDS

A key word, PUPPET, is already in place in this word square poser. Let's see if you can pull strings with the rest. Definitions:

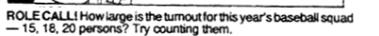
1. Kermis, for one (already inserted).
2. Feeling doubtful about something.
3. Sacred songs of the Bible.
4. Jack's location: in the--
5. Animal whose fur turns white in cold weather.
6. Tried out, as a new product.

Remember, words read both across and down.



ROLE CALL!

How large is the turnout for this year's baseball squad — 15, 18, 20 persons? Try counting them.



H	I	T	O	N	W	I	T	D	H					
N	E	T	H	A	E	N	B	D	U	I	S	S	H	W

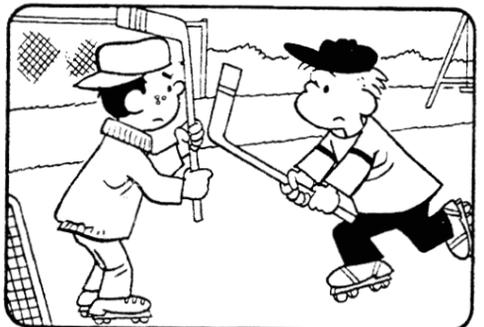
FORGET THOSE TWO!

DON'T RUN A "FOWL" OF THIS ONE! Hidden in the above frame is a famous old saying. You can find it by reading every other letter as you go around counterclockwise. The trick is finding the right first letter.

Answer: Starting with the 'A' in the right-hand rail: 'A bird in the hand is worth two in the bush.'

HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

DIFFERENCES: 1. Hat logo is missing. 2. Pocket is missing. 3. Arm stripe is missing. 4. Leg is missing. 5. Arm stripe is missing. 6. Leg is missing. 7. Hockey stick.

Just Like Cats & Dogs

by Dave T. Phipps



Goodnight, Smartphone

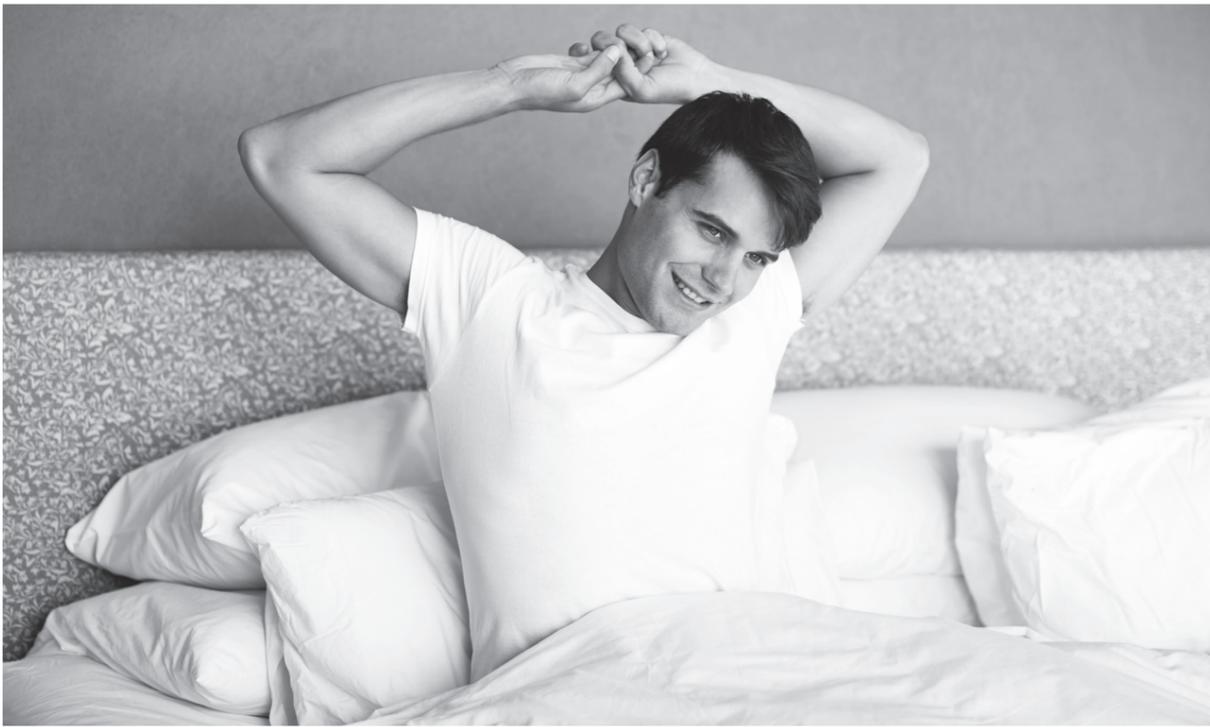


Photo courtesy of Getty Images

Powering down before bed for a good night's rest

FAMILY FEATURES

Checking email or flipping through channels instead of sleeping? Playing video games or browsing social media in bed? If you want to catch some quality ZZZs, you should put down that smartphone.

The National Sleep Foundation reports nearly 90 percent of adults sleep with at least one electronic device in their bedroom. However, staring at a screen after 9 p.m. can zap your body of energy, turning you into a zombie the next day. To get a good night's rest, consider shutting off all electronics before climbing into bed.

How Electronics Affect Your Sleep

Your body functions on a 24-hour internal clock. This clock is influenced by your physical environment and daily schedule. Using electronic devices around bedtime can throw off your body clock and negatively affect your quality of sleep.

Light and darkness affect your body clock. Staring at the blue glow of electronic devices – computers, tablets, televisions, gaming systems and/or smartphones – before bedtime can trick your body into thinking it's still daytime. The artificial light sends messages to the brain to wake up and activates the body. This, in turn, can reset your body clock, delaying your normal sleep cycle.

Studies show that staring at bright screens within four hours of bedtime reduces melatonin, a hormone that makes you naturally tired when it's time to sleep. This can cause difficulty when trying to fall asleep, poor quality of sleep or sleep disorders, such as insomnia.

In the long run, problems sleeping at night can impact you during the day. Lack of proper sleep can lead to impaired focus at work, trouble remembering, fatigue, stress and even weight gain.

Get Off the Grid

It is important to get 7-9 hours of quality sleep each night. To get a better night's sleep, experts recommend:

- Spending at least 30 minutes technology-free before you climb into bed.
- Reading a book or magazine in bed instead of using an electronic device.
- Making the bedroom a technology-free zone (i.e., no smartphones, tablets, laptops, TV, etc.).
- Using your bed for sleep only – this habit will create a connection in your mind between your bed and sleep.
- Putting caps over electrical outlets in the bedroom to discourage plugging in electronics to recharge.

If your smartphone is your alarm clock, set your phone to sleep mode (do not disturb function) so all calls and texts will be silenced unless it's an emergency. Be sure to put your phone face down on the nightstand so incoming messages don't wake you up.

Power down tonight and don't let your technology keep you from a good night's rest.

Find more resources to help you get a better night's rest from Guard Your Health, a health education campaign by the Army National Guard, at guardyourhealth.com.

Sleep ^{ZZZ}
Cycles



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How to Get the Most Out of Your Sleep

Your body runs on a daily internal clock, called the circadian clock.

That clock controls your body's "circadian rhythms," which are approximately **24-hour cycles of physical, mental, and behavioral changes** (think: temperature, hormone levels, and energy).

Your circadian rhythm also controls your sleep-wake cycle.

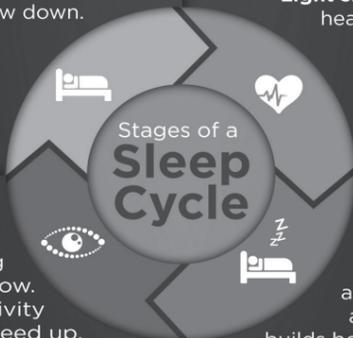
★ ★ ★

The average sleep cycle lasts about 90 minutes

and consists of **5** stages

Stage 1
Drowsiness. Brain waves and muscle activity slow down. Occasional muscle twitches (falling sensations).

Stage 2
Light sleep. Breathing and heart rate slows. Slight drop in body temperature.



Stages of a Sleep Cycle

Stage 5
Rapid eye movement (REM). Breathing is rapid and shallow. Intense brain activity as brainwaves speed up, causing dreams. Muscles paralyze, heart rate increases, and blood pressure rises.

Stages 3-4
Deep sleep. Steady breathing, and limited muscle activity. Body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system.



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Night Time Stimulants to Avoid

While using electronic devices is one night time distraction, here are some other common things to avoid to get a good night's rest:

- **Animals**
Do not let your pets snuggle with you at night as they typically function on a different cycle than humans.
- **Alcohol**
While it initially makes you drowsy, alcohol leaving the bloodstream wakes the body, interrupting your sleep cycle.
- **Vitamins and supplements**
Like alcohol, taking a vitamin or supplement too close to bedtime can wake you up later – even if they knock you out initially.
- **Caffeine and sugar**
Drinking coffee, soda or other sugary beverages should be avoided within four hours of bedtime, otherwise you may be too wired to sleep.

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