



Interview

Fasten your seatbelt



20 Questions

This month's interview is with Cris Evaskus, AFFA Certified Personal Trainer and owner of Form Follows Fitness, 2110 W. Irving Park Rd.

Q. Where were you born and raised?
A. I was born in Oriente, Cuba and raised in Chicago.

Q. Are you married? Any children?
A. Yes. I have one son.

Q. Where did you attend school?
A. North Park University.

Q. What was your first paying job?
A. Working for Andy Frain doing airport security.

Q. What hobbies or special interests do you have?
A. I like to dance.

Q. What is your favorite TV show, movie and book?
A. My favorite TV show is "Rick Stevens Travel"; my favorite movie is The Bishops Wife with Cary Grant." and I love reading inspirational books.

Q. Who would you like to meet in person and what one question would you ask?
A. Dr. Charles Stanley and I would thank him for being an inspiration in my life.

Q. Who do you most admire and why?
A. My father .He started working at 7 years old and he is a poet, author and artist and he still works at 84 and is an inspiration to me.

Q. What have been your three greatest achievements?
A. My marriage and having my son; seeing my clients achieve their goals and opening my own personal trainer studio.

Q. What have been your three greatest disappointments?
A. Being away when my sister passed away; not learning how to swim. It's a phobia of mine and not traveling enough.

Q. What did you do for a living before getting into your present business?
A. I was a surgical assistant for a dental firm.

Q. What does it take

by George and Joyce A. Rimel

The 2018 budget has been approved by the Chicago City Council by a 47-3 vote, the result of which is that the average Chicago resident will pay \$1,813 more in taxes and fees. The budget includes money to hire approximately 1,000 additional police officers and more spending on youth programs. \$1 million was added to the budget for a legal services program for people in police

custody and \$300,000 for **weed cutting**. Alderman Scott Waguespack, (32nd), voted against the budget as well as John Arena (45th) and Carlos Ramirez-Rosa (35th). Waguespack spoke about the need to raise more than \$600 million in 2020 and \$1 billion by 2022 to keep all four city employee pension funds on the path to 90% funding. "We've got to get down to Springfield and fight for

a progressive income tax for a city income tax that's going to put us on the right track" he said. "We cannot sit here with these kinds of budget and think we're gonna make it five years from now. We simply won't." Some of the hikes you will see are 911 fees on phones by \$1.10 per line per month, to \$5.00. Fees on rides through companies like **Uber** and **Lyft** by 15 cents to raise \$16 million that the May-

or plans to send to the CTA to help finance borrowing to make repairs and upgrades. Amusement taxes on tickets for concerts, movies and comedy shows at venues with a capacity over 1,500, will go from 5 percent to 9 percent. The 28.2% increase in the monthly tax tacked onto Chicago telephone bills – both cellphones and land lines – will be the hardest pill for Chicagoans to swallow. A

Continued on page 10

What's on your Mind?



"Our peak season for The UPS Store will be gearing up. I know we'll be busy. I am excited about the holidays and cheer."

Claudia Orellana



"I am looking forward to a peaceful New Year. There are little things we can do in our community that will make it better for everyone."

Becky Pawelczyk



"What to get everyone, friends and family, for Christmas and when to start shopping."

Alicia FitzGerald

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Editorial & Opinions

Interview continued from front page.

to become a personal trainer, i.e., education, training, etc.?

A. You have to be certified through Athletics and Fitness Association of America (AFAA). You have to take a written, oral and fitness exam. I also do continuing education and am recertified every two years. I also go to seminars and workshops.

Q. There are so many different ways to get in shape. How does a person even know where to begin and what's the best program for them to follow?

A. It depends on the needs, goals and age of the client. Weight, strength, endurance and education is specific for each individual.

Q. What was the best advice you were ever given?

A. My oncologist said don't go on the internet and to trust your oncologist. I have always followed his advice.

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

A. Drug addiction counseling.

Q. There are so many different problems in the world today. What concerns you the most?

A. Intolerance

Q. What improvements or suggestions would you make for the Lakeview neighborhood?

A. The price of parking. It's too expensive.

Q. What is your pet peeve?

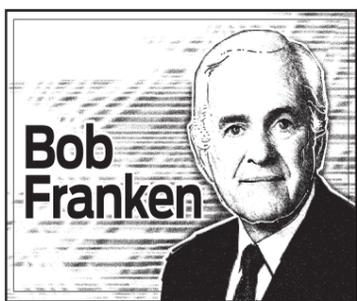
A. My toaster. I burn my toast every day. It doesn't matter what setting I set it on.

Q. What is your greatest possession?

A. My family's love.

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

A. Never, never, never give up.



The Hypocritic Oath

There's no such thing as the Hypocritic Oath, but there should be. Translated from the original Pig Latin, it is: "Be sanctimonious if you want, but don't get caught doing the very same thing you're so holier-than-thou about, otherwise it'll bite you in the butt." That is a very loose translation.

Among those it has bottom-bitten is Sen. Al Franken. He goes first because we're related. We're friends, so anyone who's not happy with what I say here can rip me a new one. Al has been outspoken about female rights, but don't you know, he stands accused of physically imposing himself on fellow performer Leeann Tweeden while on a USO tour 11 years ago. Not only that, but he was photographed pretending to grope her chest while she slept. It was tasteless, to say the least, and stupid.

Now a second woman has come forward to say that while she posed with Franken at the Minnesota State Fair, he grabbed her rear end. So, is he a hypocrite? Al himself says he is. In his apology to Tweeden, he wrote: "I respect women. I don't respect men who don't. And the fact that my own actions have given people a good reason to doubt that makes me feel ashamed."

Our next stop on our hypocrite parade is TWEETUS, Mr. President. No sooner had Sen. Franken been hoisted by his own petard than President Donald Trump took to Twitter to bang out: "The Al Frankenstien

picture is really bad, speaks a thousand words." First of all, the doofus misspelled "Frankenstein." Secondly, if there's anyone who should be avoiding this subject, it is Donald Trump, who is charged with all manner of sexual violation. Fourteen women that we know of have claimed that they were his victims. He'd often brag about such things.

Trump, of course, is from the never-admit-anything school, much like Roy Moore in Sweet Home Alabama. Moore has been credibly accused of being sweet on just about any teeny-bopper in a skirt back when he was in his 30s, which was nearly 40 years ago. He stands accused of sexually assaulting a 14-year-old, among others. Moore denies it all, and he's refusing to abandon his Senate bid. He's rallying his fellow Christian fanatics, who are normally sternly prudish about sex — except when it comes to their boy Roy, and Donald, of course.

But let's spread the love; hypocrisy is definitely bipartisan. With our sudden interest in purging all piggishness, those leading the charge are the very same ones who ran interference for Bill Clinton back when he was president and faced a drumbeat of credible charges. That's because he supported their progressive agenda. Monica Lewinsky and Paula Jones were just two of the women they savaged. They have a lot to answer for, and so does Hillary, who was criticized by enemies as being her husband's perv enabler. Now she's telling a radio interviewer that "Every situation has to be judged on its own merit," meaning husband Bill's situations were somehow different. They were not.

Obviously, there's a huge difference between politicians, certainly now, but there's one thing they have in common on all parts of the left-middle-right spectrum: Most of them are card-carrying hypocrites.



Alabama's Roy Moore Is Pure Steve Bannon

Roy Moore is the Steve Bannon project in a nutshell.

For the former Trump operative, the Alabama Senate candidate's tattered credibility is a feature, not a bug. If Moore had well-considered political and legal views, good judgment and a sterling reputation, he'd almost by definition be part of the establishment that Bannon so loathes. Since Moore has none of those things, he's nearly an ideal representative of the Bannon insurgency.

Events in Alabama make it clear that Bannon's dime-store Leninism — burn everything down, including perhaps the Republican Senate majority — comes at a considerable cost. In this enterprise, the truth and standards don't matter. Being anti-establishment is an escape clause from personal responsibility, and #war means proudly defending the indefensible.

It's no accident that Bannon ended up joined at the hip to the one Republican in the state of Alabama who might be capable of losing a Senate race. Bannon went out of his way to associate himself with Moore, and to make the former judge — twice jettisoned from the state's highest court — a poster boy for his style of politics.

There are two options in terms of Bannon's role in Alabama.

If he's the Svengali he portrays himself as, he's falling down on the job. It appears Bannon didn't do thorough opposition research on his own candidate, a standard professional practice,

and couldn't prevail on Moore to get his story straight before talking to the media.

Then there's the option that Bannon is simply a glorified bystander in Alabama, which is consistent with the fact that Moore would have almost certainly won the primary with or without Bannon's support. Donald Trump was Donald Trump long before Bannon showed up, and, sure enough, he's been Donald Trump since Bannon left the White House.

Ultimately, Bannon is a barnacle on the Trump brand, although one that can't get his story straight. Sometimes he says the Trump administration is effectively over, in which case he's implicitly saying that his erstwhile boss abandoned his voters within a year of taking office.

Bannon doesn't dare follow this thought through to its logical conclusion. Instead, he inveighs against Senate Majority Leader Mitch McConnell.

Bannon's argument that a globalist cabal has coalesced to thwart Trump's agenda in Washington is contemptible nonsense. Obamacare repeal and replace failed in the Senate, not because McConnell wasn't determined to pass it, but because three Senate Republicans went their own way despite McConnell's good-faith efforts.

If Moore were in the Senate, he'd presumably be a reliable Republican vote like any other Alabama senator. The only difference is that he hates McConnell. Is that worth the reputational risk to the party of being associated with such a compromised figure? If there is a new Republican Senate leader in the next Congress, he sure as hell isn't going to be a bomb thrower (Senate leaders never are). So what's the point?

Apparently to find an unbelievably checkered collection of Senate candidates, and to put Senate seats at risk by nominating them, no matter what their electoral appeal or vulnerabilities. Steve Bannon wants as many Roy Moores as possible.

Rich Lowry is editor of the National Review.

Americanisms



"Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like."
—Will Rogers

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Health



Whites of Eyes Are Turning Gray

DEAR DR. ROACH: What's the best way to obtain and maintain healthy, white sclera? Mine appears to be a light, off-white gray. — *M.T.*

ANSWER: Sclerae — the whites of the eyes — tend to thin with age and reveal the darker-gray choroid underneath. This is benign and common, but I don't know of any way to prevent or reduce it. Scleral color changes can happen with rare diseases like osteogenesis imperfecta, and some collagen diseases. The sclera also can change color as a result of scleritis (inflammation of the sclera), and this often happens in relation to Wegener's disease or rheumatoid arthritis. The bottom line, though, is: If you are having no symptoms, it's overwhelmingly likely that these changes are the benign form.

DEAR DR. ROACH: I have been diagnosed with positional vertigo. My doctor has me doing Cawthorne head exercises. Have you heard of these? Do they work? — *M.M.S.*

ANSWER: Vertigo is an abnormal sense of motion while still. Many people describe it as a "spinning" sensation, but others feel it differently. The most common cause probably is benign paroxysmal positional vertigo, and rehabilitation exercises, such as the Cawthorne-Cooksey exercises, are very effective. Although medication is frequently prescribed, I recommend strongly against long-term use of medication, which can slow down or stop healing.

Although you can do the exercises on your own, I recommend learning how to do them properly and safely with an occupational or physical therapist.

DEAR DR. ROACH: How long do shin splints last? Is there anything besides ice that will make them go away faster? My left shin started hurting a little more than three weeks ago. I ran on it once or twice, then I stopped, but it still hurts. Is this normal? When do you think I can run on it? I did a longer run on a flat path, and normally I do it with hills, so I thought maybe that was the problem, but three weeks seems like too long. — *H.O.*

ANSWER: Pain in the shin bone (tibia) is common in runners, but the hard part is distinguishing between "shin splints," properly called "medial tibial stress syndrome," and a stress fracture of the tibia. A stress fracture usually has a discrete area of tenderness, but MTSS has more diffuse tenderness. An X-ray may be needed to be sure it isn't a stress fracture, since the treatment is very different. A runner with a stress fracture needs to avoid impact activities like running, whereas MTSS usually gets better with just lower running mileage.

In your case, the degree of pain is higher than I would expect after three weeks. I'd recommend an X-ray.

Can Zinc Help Ward Off Colds?

DEAR DR. ROACH: I always have had a low resistance to germs and have caught colds every two to three months. I take adequate vitamins and B-12 shots. Approximately eight months ago, I started taking 50 mg zinc once a day. I feel fine and have not caught a cold since taking zinc. A local pharmacist advised that zinc contains too much metal to take on a regular basis and to take it only at the onset of a cold. I feel fine now and would like to continue taking zinc. What do you advise? — *L.F.*

ANSWER: It is unusual to see problems from excess zinc, but it can

happen. Zinc and copper both are absorbed by the same enzyme, so with too much zinc, you can't properly absorb copper. A student of mine published a report of someone who took MUCH more zinc than you are taking (the adequate intake per the Institute of Medicine is 11 mg, and you are taking about five times that amount; this person was taking 30 times the recommended amount), who had extraordinarily low copper levels and dangerously low white blood-cell counts.

The upper limit for safe zinc intake is 40 mg, and I would definitely recommend against taking more than that every day. I would think taking 25 mg daily would be safe. However, it's not clear that zinc prevents colds, at least when studied in large groups of people.

DEAR DR. ROACH: My husband was diagnosed with a skin condition called dermatitis herpetiformis 35 years ago. He was prescribed dapsone and has been taking it ever since. We have moved to Florida, and none of the doctors here know anything about dapsone. He is unable to get a prescription.

Right now, he is miserable with a horrible skin rash with blisters, and he itches constantly. He is careful with his diet (he is lactose intolerant), but otherwise can find no answers. Dapsone is the only thing that helps him. Please help. — *M.M.C.*

ANSWER: Dermatitis herpetiformis is an uncommon skin disease seen more often in people with ancestry from northern Europe. In the vast majority of cases, it is linked to gluten sensitivity (celiac disease). A gluten-free diet is one mainstay of treatment, and the other is dapsone.

Dapsone is a powerful medication with many potential side effects that must be used by someone familiar with it who must be monitored carefully with periodic exams and blood tests. It causes hemolysis (breakdown of blood cells) to a small extent in most people; however, in people with a condition called G-6PD deficiency, the hemolysis can be fatal. If your husband hadn't been taking it safely before, he would be tested for this

ly before, he would be tested for this common enzyme deficiency before being prescribed dapsone.

Most people with dermatitis herpetiformis who stick to their gluten-free diet carefully are able to stop dapsone eventually.

Your husband needs a very experienced dermatologist and advice on a gluten-free diet. Two places to start are www.celiac.org and www.gluten.net. A dietician can be very useful as well. Fortunately, there are many gluten-free options available now.

Dry-Eye Symptoms Are Severe

DEAR DR. ROACH: About a year ago, I began to experience irritation in my left eye. It felt like there was a scratch or eyelash in it all the time. It became very inflamed. The other eye is affected, but to a lesser degree. All types of treatment for dry eye have been unsuccessful. Most recently I have been using a serum made from my blood. My eyes are red and weepy, and my left eye feels sore or achy at the back of the eyeball, if that makes sense. I'm hoping that you might have some suggestion about treatment. — *N.T.*

ANSWER: Dry eyes can be caused by many different conditions, and this is very prevalent in the population, especially in older individuals. Because many conditions can cause it, I can't offer any one specific treatment, and it sounds like you have tried a lot already.

First-line treatment includes artificial tears, one drop four times daily. Preservative-free formulations may be helpful for some people, but they are more expensive. Gels and ointments may be more effective, but since they can blur the vision temporarily, they work best at bedtime.

It sounds like you are getting autologous serum tears, a treatment reserved for severe symptoms, such as in people with Sjogren's syndrome, which causes the body to destroy its own tear glands. A treatment you may wish to discuss with your ophthalmologist is placement of punctal occlusion, which

blocks the drainage of fluid from the eyes to the nose.

DEAR DR. ROACH: I'm a healthy 61-year-old woman. I take no prescription medicine or aspirin. I recently had a flu shot at a health fair, after which blood ran down my arm all the way to the elbow. I then had a tube of blood taken for a cholesterol check, and they had a hard time stopping the bleeding. I started drinking a small glass of red wine in the evening a few weeks ago. Could the red wine be thinning my blood, or is this something I should see my doctor about? — *C.M.*

ANSWER: Although large amounts of alcohol can predispose a person to bleeding, a small glass shouldn't affect bleeding much or at all. You should see your doctor, who probably will check your platelet count and go from there.

DEAR DR. ROACH: I have a question about apple cider vinegar. I have heard that you can use it in small doses as an antacid. It seems to be a contradiction because it is acidic in nature. Is this true or just an old wives' tale? — *C.V.*

ANSWER: Old wives' tales sometimes contain great wisdom. In this case, however, there is no scientific data to back it up. There are many anecdotal reports of success and many theories why it might work. However, I'm a believer in evidence, not theories, and there just isn't any. Further, vinegar can damage teeth, so if you try it, be sure to rinse carefully or use a straw. That being said, it's unlikely to do any other harm, so it may be worth a try.



Financial Statement

Reasons to refinance your mortgage
How to know if it's right for you

Get a lower interest rate. If you can lower your interest rate by at least a percentage point, then it might be a good time to refinance. You'll have a lower monthly payment,

and you'll build equity in your home faster because you're paying more toward principal and less toward interest. Remember: There are fees for refinancing and it can take time to recoup these costs with the savings generated by a lower interest rate. If you don't plan to stay in your home more than a few years, refinancing might not make sense.

Get a different type of loan

If you're a few years into an adjustable-rate mortgage, your interest rate may have risen. A refinance gives you the chance to move to a fixed-rate mortgage with a lower interest rate—which won't change over the life of the loan. On the other hand, if you only have a few years left on your mortgage, refinancing for another 15 or 30 years is probably unwise — no matter what the new loan terms are. Shorten the length of your loan.

Switching to a shorter loan will allow you to pay off your home faster. For example, if you have 20 years left on a 30-year mortgage, you can refinance with a 15-year mortgage instead and have your home paid off five years sooner. As long as you're get-

ting a lower interest rate, you new monthly payment may be similar to what you're paying now.

Pay off other debts

Many homeowners refinance to get cash from the equity they've built in their home. They use it to pay off higher-interest loans or credit cards or to fund a major expense, like a renovation or college tuition. Just remember that when you refinance to pay off debt, that debt doesn't actually go away — it's just been redistributed. But with a lower interest rate, you can pay it off faster and with a lower monthly payment.

Is your home ready for Old Man Winter?

Now is the time to prepare your home for the winter season. Being proactive will keep you warm for less money and also keep you safe.

Here are some tips for keeping the inside of your home warm, safe and dry during this winter's hibernation.

Weatherize Windows and Doors

Combat the chill by checking and replacing any worn weather stripping and caulking any cracks. It will keep your heating bills from going through the roof.

Check your Heating System

Have your furnace cleaned and checked by a professional and make it a yearly habit. Consider replacing an older thermostat with a programmable unit to save on heating costs.

Check Smoke Detectors and Carbon Monoxide Detectors

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FLASH BACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Who wrote and released the 1974 version of "Rock Me Gently"?
2. Which soul group released "Have You Seen Her," in 1971?
3. "I Should Have Known Better" was the b-side to which Beatles single?
4. Who performed the theme song to the James Bond film "Live and Let Die"?
5. Name the song that contains this lyric: "When you die and they lay you to rest, You're gonna go to the place that's the best."

Answers

1. Andy Kim, in 1974. Kim had spent three years failing to chart until this song launched him back to the top.
2. The Chi-Lites. The song topped the R&B/Hip-Hop charts. MC Hammer followed with a cover in 1990.
3. "A Hard Day's Night," in 1964. John Lennon's inspiration for the song? "The Freewheelin' Bob Dylan" album, which the group played repeatedly.
4. Paul McCartney and Wings, in 1973.
5. "Spirit in the Sky," by Norman Greenbaum, in 1969, his first attempt at writing what he considered a gospel song. After the Sept. 11 attacks, the song was included on the list of 165 "questionable" songs that shouldn't be played on the radio. The list wasn't a ban, but a "suggestion."



Strange BUT TRUE

By Samantha Weaver

- It was 20th-century French philosopher, author and political activist Jean-Paul Sartre who made the following sage observation: "If you're lonely while you're alone, you're in bad company."
- Other than humans and apes, the only animal that has no tail is the Manx cat.
- It seems that the Mets would be hands-down winners of the prize for the shortest MLB team name, but they actually have one of the longest names. It's just that not many people remember that the team's full name is Metropolitan Baseball Club.
- You might not think that fruitcake — that much-maligned holiday staple — and mahogany — the hardwood valued for its beauty and durability — have anything in common. You'd be wrong, though; the two items have the same approximate density.
- Those who study such things say that, as a whole, indoor cats prefer the taste of fish, while outdoor cats prefer the taste of mice.
- In parts of New England, porcupine liver was once considered to be a delicacy.
- Saint Anthony the Great, an early Christian monk from Egypt, spent years living in a tomb in order to overcome temptation. This is doubtless why he's now known as the patron saint of gravediggers.

Thought for the Day: "Television's perfect. You turn a few knobs ... and lean back and drain your mind of all thought. And there you are watching the bubbles in the primeval ooze. You don't have to concentrate. You don't have to react. You don't have to remember. You don't miss your brain because you don't need it. ... You are in the man's nirvana. And if some poor nasty-minded person comes along and says you look like a fly on a can of garbage, pay him no mind. He probably hasn't got the price of a television set."
—Raymond Chandler

top 10 movies

1. **Justice League** (PG-13) Ben Affleck, Gal Gadot
2. **Wonder** (PG) Jacob Tremblay, Owen Wilson
3. **Thor: Ragnarok** (PG-13) Chris Hemsworth, Tom Hiddleston
4. **Daddy's Home Two** (PG-13) Will Ferrell, Mark Wahlberg
5. **Murder on the Orient Express** (PG-13) Kenneth Branagh, Penelope Cruz
6. **The Star** (PG) animated
7. **A Bad Mom's Christmas** (R) Mila Kunis, Kristen Bell
8. **Lady Bird** (R) Saoirse Ronan, Odeya Rush
9. **Three Billboards Outside Ebbing, Missouri** (R) Frances McDormand, Woody Harrelson
10. **Jigsaw** (R) Matt Passmore, Tobin Bell

top ten

Millennials Must-Have Apps

1. Amazon
2. Gmail
3. facebook
4. FB Messenger
5. YouTube
6. Google Maps
7. Google Search
8. Apple App Store
9. WhatsApp
10. Instagram

Source: comScore

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Logan Lucky (PG-13) — Director Steven Soderbergh is back in the game with a gang of Southern-fried charm-chasers hoping to filch a fortune from the Charlotte Motor Speedway during the busy Memorial Day weekend. Jimmy Logan (Channing Tatum) is not the luckiest of guys. Fired from his construction job and facing a visitation problem with his daughter, he hatches a plot to rob the race-way along with his one-armed brother Clyde (Adam Driver) and a safecracker jailbird named Jimmy (a hilariously lit-up Daniel Craig). Between the cast of crazy characters — Riley Keough, Katie Holmes, Seth MacFarlane, even Hilary Swank as a dogged FBI agent — the laughs from dim-witted, over-the-top antics come at a steady clip, and yes, there's a sweet ending to put it all right.



Daniel Craig in "Logan Lucky"

I Do Until I Don't (R) — A jaded, zealous filmmaker posits that marriage as a lifelong partnership is not the thing, and that it should be treated as a seven-year, renewable contract. We meet three couples with which she presumes to prove her thoughts on the subject: an older couple (Mary Steenburgen and Paul Reiser), who spend their time being sarcastic; a young hippie couple (Watt Cenac and Amber Heard), who spend their time making out; and Ed Helms and Lake Bell (also writer, director and producer), who play a couple struggling to start a family. It's billed as a comedy, but it's not really funny, nor is it poignant or scathing or ... anything. The marriage of this movie and my eyeballs was basically passionless. Most I can say is I did but, you know, don't.

Rememory (PG-13) — Peter Din-

klage heads this cerebral thriller about a groundbreaking piece of technology and sensory stimulation. A visionary inventor (Martin Donovan) creates a machine that records your memories and plays them back in a viewer. He's murdered almost as soon as he unveils his creation. Dinklage plays Sam Bloom, a man with dubious connections to the inventor, who steals the machine from his widow, Carolyn (Julia Ormond), and sets off on a quest to find the killer. The storylines are jagged, and as mystifying as the memories that fuel Bloom's search.

Super Dark Times (NR) — The life of a teenage boy in mid-1990s upstate New York is much like the life of teen boys everywhere: bikes, navigating school popularity, fantasizing about and vying for the attention of girls and mock acts of violence as a rite of passage. Best friends Zach (Owen Phillips) and Josh (Charlie Tahan) are no exception. But when a mock act goes unforgivably wrong, the two friends are driven apart in terribly insidious ways. Suspicion and paranoia launch the boys on a deep descent into darkness. This film marks the feature debut of director Kevin Phillips, who has a knack for giving the disturbed teen perspective a mesmerizingly wide outlet.

NEW TV RELEASES

- Gilmore Girls: A Year in the Life** Miniseries
- Inspector George Gently Series 8**
- The Defiant Ones** Miniseries

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TOP VIDEO RENTALS AND SALES

Top 10 Movies On Demand

1. **Cars 3** (G) animated
2. **The Dark Tower** (PG-13) Idris Elba
3. **The Emoji Movie** (PG) animated
4. **Kidnap** (R) Halle Berry
5. **War for the Planet of the Apes** (PG-13) Andy Serkis
6. **The Glass Castle** (PG-13) Brie Larson
7. **Girls Trip** (R) Regina Hall
8. **Spider-Man: Homecoming** (PG-13) Tom Holland
9. **Wonder Woman** (PG-13) Gal Gadot
10. **Baby Driver** (R) Ansel Elgort

Top 10 DVD, Blu-ray Sales

1. **Cars 3** (G) Disney
2. **The Dark Tower** (PG-13) Sony
3. **Spider-Man: Homecoming** (PG-13) Sony
4. **War for the Planet of the Apes** (PG-13) FOX
5. **Wonder Woman** (PG-13) Warner Bros.
6. **The Emoji Movie** (PG) Sony
7. **Your Name** (PG) Funimation
8. **Pirates of the Caribbean: Dead Men Tell No Tales** (PG-13) Disney
9. **Westworld: Season One — The Maze** (TV-MA) Warner/HBO
10. **Kidnap** (R) Universal

Source: ComScore/Home Media Magazine

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What's Hot in Hollywood



Depositphotos

Margot Robbie

HOLLYWOOD — As if witnessing the **Harvey Weinstein** scandals unfolding, now we are watching the decline of **Kevin Spacey**, as he receives fallout for alleged sexual harassment against a minor and many others. His Netflix series, "House of Cards," was canceled during shooting of its sixth season, and he's been cut from the 50th anniversary special of "The Carol Burnett Show."

Spacey has completed three other projects. The Netflix film "Gore" (in which he plays American writer and public intellectual **Gore Vidal**), originally set for a November download, has been pulled, and Netflix has no plans to release it. Director **Ridley Scott** moved quickly to save "All the Money in the World" (mostly about **John Paul Getty's** heirs), with Spacey as Getty, starring **Michelle Williams** and **Mark Wahlberg**. Spacey worked 10 days, but in a first, **Christopher Plummer** has reshot all of Spacey's scenes, hopefully in time for the Dec. 22 opening. Spacey's third project, "Billionaire's Boys Club," starring **Ansel Elgort**, **Taron Egerton**, **Carey Elwes** and **Emma Roberts**, began shooting in 2015 and was finally close to a distribution deal, but now that's in jeopardy.

Meanwhile, a recent petition gathered 2,500 signatures of University of Southern California film department students who want producer/director **Bryan Singer's** name disassociated with their department because of alleged sexual misconduct charges that were made against him. Singer produced and directed (ironically) "The Usual Suspects" (for which Spacey won his first Oscar), "The X-Men" franchise, "Star Trek Nemesis" and "Superman Returns," among others.

Dec. 8 is a big day for documentary lovers with "Arthur Miller: Writer," directed by his daughter **Rebecca** (wife of three-time Oscar winner **Daniel Day-Lewis**), which gives new insight into Miller, who wrote classic American plays such as "Death of a Salesman" (1949), "The Crucible" (1953), "A View From the Bridge" (1956) and the screenplay for "The Misfits" (1961), which was the last film for both his wife, **Marilyn Monroe**, and **Clark Gable**.

The second documentary, "Bombshell: The **Hedy Lamarr** Story," finally will give the screen siren — best remembered for playing **Delilah** in **Cecil B. DeMille's** epic 1949 classic "Samson & Delilah" (with **Victor Mature** in the other title role) — the recognition she deserves for inventing the radio guidance system for Allied torpedoes during World War II that eventually was incorporated into modern-day Wi-Fi, CDMA and Bluetooth technology.

Also that same day, "I, Tonya" will be released, starring **Margot Robbie** as Olympic figure skater **Tonya Roberts**, **Sebastian Stan** as her husband, **Jeff Gillooly**, **Caitlin Carver** as their victim, **Nancy Kerrigan**, and seven-time Emmy winner **Allison Janney** as Tonya's mother, **LaVona Golden**. Even though it's not a comedy, it could become a knee-slapping favorite among moviegoers!

celebrity extra

by cindy elavsky

Q. Why did they kill off **Erinn Hayes'** character on "Kevin Can Wait"? I thought she was a great counterpart to **Kevin James**. — **Jeri T., via email**

A. After **Leah Remini** guest-starred last season, the powers that be must have felt she was the boost the show needed. The first season of "Kevin Can Wait" didn't really take off in the way "King of Queens" did, so they must be trying to recapture the "magic" of the previous series. After bad ratings and dismal reviews, I guess it was time to shake things up. The producers insist that **Erinn's** ouster was "not a reflection" of her performance.

For those of you startled by the abrupt change, you're not alone. Even **Erinn** was taken aback by her character being killed off. But she took the news like a pro, proclaiming on Twitter: "True, I've been let go from the show. Very sad, I had a great experience season 1. Thank you for all the support from our wonderful fans."

Not all of the show's fans are on board with this casting shuffle: Numerous petitions have shown up online, and fans are taking to message boards, Twitter and Facebook to share their confusion and anger. And, of course, there are the trolls who are viciously blaming **Leah** for the change, but here's to hoping they grow up and direct their energy toward more important things in life.

Q. I've really been enjoying the new season of "Designated Survivor," but where is **Virginia Madsen**? I loved her character's supportive antagonism toward **President Kirkman**, and feel he really needs her as his foil. — **Brenda F., Mansfield, Ohio**

A. **Virginia's** character of the former congresswoman **Kimble Hookstraten** has been written off the show and will not be back for season two, which is a shame because I too enjoyed watching her interactions with **Kiefer Sutherland's** president,



ABC/Sven Frenzel

Virginia Madsen

wondering if she was going to support or undermine him. But I guess as his character becomes stronger in his role of the reluctant president, he has bigger fish to fry.

Like **Erinn** in the question above, **Virginia** is taking her leave like the classy lady she is, stating on Twitter: "I won't be back for Season 2. I guess they had other stories to tell. It's a big show, so I wish them well. But I would like return to kick some ass. It was a great role. I was loving it."

Q. I'm so glad that **Ryan Eggold** is back on "The Blacklist," but what happened to his spinoff show? — **John G., via Twitter**

A. "The Blacklist: Redemption," which premiered in back February, was canceled in May after one season. This is sad for me because I

enjoyed watching **Terry O'Quinn** playing **Ryan's** father. However, we'll get to see **Terry** next year on Hulu in the Stephen King-adapted series of "Castle Rock." I can't wait for that one!

Q. I've been rewatching all the "True Blood" episodes, and there is a character named **Daphne**, a waitress at **Merlotte's** who gets involved with **Sam**. What can you tell me about the actress who plays her? — **Janet Y., via email**

A. **Ashley Jones** has been in a ton of stuff since breaking into the biz. You can catch her on Lifetime Movies playing **Miriam** in the thriller "You Killed My Mother," which premieres Friday, Dec. 8, at 8/7c. The plot centers on 19-year old **Joanna "Jo" Flay** and her race to save the life of her mother, who is dying of liver failure. The hospital director, **Miriam Preston** (played by **Ashley**), refuses to appeal her failed transplant request because the mom is an alcoholic. When her mother dies, **Jo** plots an insane and elaborate scheme of revenge against those she holds responsible.



Wiki

Ashley Jones

I spoke with **Ashley** about the role, and she told me she was drawn to it because of the relationship between **Miriam** and her son.

"My own son, **Hayden**, was only 8 months old when I first read the script, so I could only imagine going through something like her journey in this movie. **Miriam** also is a very smart and strong woman. I also like stories that are more psychologically based."

So, if you are in the mood for a holiday thriller, you aren't the only one. Says **Ashley**: "December is so full of feel-good, sweet Christmas movies (I've got one premiering Dec. 3 called '12 Days of Giving' on the UP Network). So, I'm hoping viewers might want a change of pace and cozy up for a good thriller. I hope people enjoy it."

Q. I was happy to read about **Nathan Fillion's** new series in your column a few weeks ago. Now what can you tell me about his "Castle" co-star, **Stana Katic**? — **Jarrett F., via Facebook**

A. **Stana** stars in the 10-episode crime-thriller series "Absentia" playing special agent **Emily Byrne**, who's been kidnapped by a serial killer she was pursuing and is assumed dead. Six years later she turns up very much alive, but confused and with a fuzzy memory of her captivity. As to when the series will be released in the U.S., Sony Pictures Television Network says we can expect more news "in the coming weeks."

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FAMILY FEATURES

'T is the season to pop up some holiday fun by creating a scenic winter wonderland that tastes as great as it looks.

Gather the kids and make a hands-on family holiday tradition out of crafting festive, edible decorations. Popcorn is the perfect choice to pop up and eat while trimming your popcorn tree and decking out your creations. At 30 calories a cup, whole-grain, freshly popped popcorn offers a nutritious alternative to traditional holiday party nibbles. Popcorn is naturally low in fat and calories, non-GMO, gluten-free, has no artificial additives or preservatives and is sugar-free.

These clever recipes can help you make edible decor or gifts to give to friends, family and co-workers. Find more creative holiday recipes at popcorn.org.

Festive Popcorn Trees

Yield: 10 trees

- 10 cups air-popped popcorn
- 1 bag (10 ounces) miniature marshmallows
- 2 tablespoons butter
- 1 teaspoon vanilla extract
- nonstick cooking spray
- green decorating sugar
- blue decorating sugar
- 1 tube white frosting with decorating tip
- small, colorful candies (such as sprinkles and miniature silver dragees)

Place popcorn in large bowl.

Place marshmallows and butter in medium saucepan over medium-low heat. Stir until marshmallows are melted and mixture is smooth. Remove from heat.

Stir in vanilla extract.

Pour mixture over popcorn in bowl.

Toss well to coat popcorn evenly.

Line baking sheet with foil.

Spray hands with nonstick cooking spray then scoop up about 1 cup popcorn mixture.

Shape mixture into cone, keeping base flat to form tree.

Sprinkle tree with decorating sugars; place tree on baking sheet.

Make nine additional trees.

Pipe frosting on trees to make garland then decorate with sprinkles and silver dragees, as desired.

Serving suggestion: Place each tree on sugar cookie and decorate serving tray with shredded coconut to resemble snow.

Notes: For best flavor and color, start recipe with unflavored white popcorn. You can make your own colored sugar by adding food coloring to sugar then stirring in bowl or shaking vigorously in sealed container. Add additional food coloring for more intense tones.



POPPING Up a *Winter Wonderland*

Edible, handmade holiday decor perfect for gifting

Holiday Popcorn Snowman

Yield: 5 snowmen

- 1 package (1 pound) large marshmallows
- 1/4 cup (1/2 stick) butter or margarine, plus additional
- 1 teaspoon vanilla
- 10 cups popped popcorn
- sprinkles (optional)
- licorice (optional)
- gum drops (optional)
- cinnamon candies (optional)

In large saucepan, melt marshmallows and 1/4 cup butter.

Remove from heat and stir in vanilla.

Let stand 5 minutes.

Pour over popcorn and stir mixture.

Butter hands well and form into balls.

Decorate with sprinkles, licorice, gum drops and cinnamon candies, as desired.



Chocolate Popcorn Reindeer

Yield: 8 reindeer

- 8 cups unsalted, unbuttered popped popcorn
- 2 1/2 cups mini marshmallows
- 1/2 cup chopped dark chocolate or dark chocolate chips
- 2 tablespoons butter or light olive oil
- 1/4 teaspoon salt
- 16 pretzel sticks
- 16 eyeball candies
- 8 red candy-coated chocolate candies

Place popcorn in large mixing bowl.

In saucepan set over medium heat, heat marshmallows, chocolate, butter and salt, stirring often until smooth. Toss marshmallow mixture with popcorn until well combined.

Scoop 3/4 cup popcorn mixture into ball. Repeat with remaining mixture to make eight balls total.

Place each ball in paper muffin cup liner.

Insert pretzel stick on each side of ball to resemble antlers, attach two eyeball candies for eyes and red candy for nose. Let cool completely.

Tip: Eyeball candies can typically be found in baking aisles of supermarkets or bulk food stores.



Holiday Wreath Popcorn Treats

Yield: 8 wreaths

- Nonstick cooking spray
- 3 quarts popped popcorn
- 4 tablespoons (1/2 stick) butter or margarine
- 3 cups miniature marshmallows
- 3 tablespoons lime gelatin dessert mix
- small red candies
- jellybeans
- red fruit leather

Lightly spray large mixing bowl with nonstick cooking spray and place popcorn inside.

In medium saucepan over low heat, melt butter. Stir in marshmallows and gelatin dessert mix until marshmallows are melted and mixture is smooth. Pour over popcorn and mix until coated.

Spray hands with cooking spray and press firmly to form into 9-inch logs then bend to form wreaths.

Place wreaths on wax paper. Press candies and jellybeans into wreaths as decorations; cut fruit leather to make ribbon and add.

Serve immediately or wrap individually in plastic wrap for storage. Add ribbon tie to plastic wrap as decorative closure.

Tip: Soak saucepan before cleaning.





by Healthy Exchanges

Buffalo Wing Pizza Bites

If you're looking for the perfect football snack, give this recipe a try. One minute it will be there, and the next it will be gone.

- 1 (8-ounce) can Pillsbury Reduced Fat Crescent Rolls
- 1/2 cup Kraft Fat Free Blue Cheese Dressing
- 1/2 cup Kraft fat-free mayonnaise
- 1 teaspoon chili seasoning
- 2 full cups diced cooked chicken breast
- 1 cup diced celery
- 1 1/2 cups shredded Kraft 2 Percent Milk Cheddar cheese

1. Heat oven to 400 F. Pat crescent rolls into a rimmed 10-by-15-inch baking sheet, being sure to seal perforations. Bake for 6 to 8 minutes or until light golden brown.

2. In a small bowl, combine Blue Cheese dressing, mayonnaise and chili seasoning. Spread mixture evenly over partially baked crust. Evenly sprinkle chicken and celery over dressing mixture and top with Cheddar cheese.

3. Bake for 10 to 12 minutes. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 24 squares. Serves 12 (2 each).

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

• Each serving equals: 167 calories, 7g fat, 12g protein, 14g carbs, 384mg sodium, 117mg calcium, 0g fiber; Diabetic Exchanges: 1 Protein, 1 Starch; Carb Choices: 1.



by Healthy Exchanges

Auld Lang Syne Dip

Add a dip to your vegetable and cracker tray that won't add extra pounds to your hips this holiday season.

- 1 (8-ounce) package Philadelphia fat-free cream cheese
- 1/2 cup Kraft Fat Free French Dressing
- 1/4 cup Land O Lakes no-fat sour cream
- 1/4 teaspoon Worcestershire sauce
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. In a large bowl, stir cream cheese with a sturdy spoon until soft. Add French dressing and sour cream. Mix well to combine. Stir in Worcestershire sauce, onion flakes and parsley flakes.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (3 tablespoon) servings.

• Each serving: About 52 calories, 0g fat, 4g protein, 9g carb., 301mg sodium, 91mg calcium, 0g fiber; Diabetic Exchanges: 1/2 Meat, 1/2 Carb.; Carb Choices: 1/2.

Good Housekeeping

Green Pea and Lettuce Soup

Serve this simplified version of the delicate French classic with our Ham and Cheese Pitas. Assemble sandwiches while the soup cooks; bake them while blending the soup.

- 2 teaspoons margarine or butter
- 1 medium onion, finely chopped
- 1 can (13 3/4 to 14 1/2 ounces) chicken broth
- 1 package (10 ounces) frozen peas

- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

1. In 4-quart saucepan, melt margarine or butter over medium heat. Add onion, and cook, stirring occasionally, 5 minutes or until tender. Stir in chicken broth, frozen peas, lettuce, salt, pepper, thyme and 1 cup water; heat to boiling over high heat. Reduce heat to low; simmer 5 minutes. Stir in milk.

2. In blender at low speed, with center part of cover removed to allow steam to escape, blend pea mixture in small batches until smooth. Pour soup into large bowl after each batch. Return soup to same saucepan. Heat through. Stir in lemon juice, and remove from heat. Transfer soup to serving bowl; garnish with chives. Makes 4 (1 1/2 cup) servings.

• Each serving: 120 calories, 3g total fat (1g saturated), 1mg cholesterol, 835 mg sodium, 17g carbohydrates, 8g protein.

Good Housekeeping

Glazed Ham

This is an easy and delicious ham to serve at Christmastime. For variety, brush the orange glaze on a roast turkey!

- 1 12-pound fully cooked smoked whole ham
- 2 tablespoons whole cloves
- 2 (10-ounce) jars orange marmalade
- 1 cup orange juice
- 2 tablespoons prepared mustard
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 cup dark seedless raisins
- 1 (15 1/4-ounce) can pineapple rings for garnish
- Maraschino cherries and parsley sprigs for garnish

1. With sharp knife, remove skin and trim all but about 1/4-inch fat from ham. Stud ham with whole cloves. Place ham, fat-side up, on rack in large roasting pan. Insert meat thermometer into thickest part of ham, being careful that pointed end of thermometer does not touch bone. Bake ham in 325 F oven 2 1/2 hours. If ham browns too quickly, cover with a tent of foil.

2. After ham has baked 2 1/2 hours, prepare glaze: In 2-quart saucepan over medium-high heat, heat marmalade, orange juice, mustard, ground cloves and ground ginger to boiling. Reduce heat to low; simmer 5 minutes. Brush some of the glaze over ham; bake 30 minutes or longer until meat thermometer reaches 140 F (about 15 minutes per pound). Add raisins to remaining marmalade mixture; heat through and keep warm.

3. To serve, place ham on large, warm platter; garnish with drained pineapple rings, maraschino cherries and parsley sprigs. Serve with remaining marmalade mixture. Makes 18 servings.

• Each serving: About 380 calories, 16g fat, 80mg cholesterol, 2,300mg sodium.

Good Housekeeping

Red Cabbage and Apples

We've simplified Red Cabbage and Apples, a Christmas dinner staple, for a more delectable holiday recipe.

- 2 tablespoons margarine or butter
- 1 medium red onion, cut in half and thinly sliced
- 1 medium (about 1 3/4 pounds) head red cabbage, cored and thinly sliced
- 2 Granny Smith apples, peeled, cored and cut into 1/2-inch chunks
- 1/2 cup water
- 2 tablespoons brown sugar
- 2 tablespoons red wine vinegar
- 1/8 teaspoon ground cloves

1. In deep nonstick 12-inch skillet, melt margarine over medium heat. Add onion; cook 5 minutes or until softened, stirring occasionally.

2. Stir in cabbage, apples, water, sugar, vinegar, cloves and 1/2 teaspoon salt. Cover and cook 10 minutes or just until cabbage and apples are tender, stirring occasionally. Uncover; cook 5 minutes or until most of liquid evaporates.

• Each serving: 55 calories, 2g total fat, 130mg sodium, 10g carbohydrate, 2g dietary fiber, 1g protein.

Good Housekeeping

Greek Christmas Cookies

- 1 cup butter or margarine (2 sticks)
- 2 cups confectioners' sugar
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/8 teaspoon salt
- 1 large egg yolk
- 2 cups blanched almonds, ground
- About 1 cup red candied cherries, each cut in half

1. Heat oven to 350 F. In large bowl, with mixer at low speed, beat butter with confectioners' sugar until blended. Increase speed to high; beat until light and creamy. At low speed, beat in flour, cinnamon, nutmeg, cloves, salt and egg yolk. Knead in almonds.

2. Roll dough into 1-inch balls (dough will be crumbly). Place balls, 2 inches apart, on ungreased large cookie sheet. Gently press a cherry half on top of each ball. Bake 15 minutes, or until bottoms of cookies are lightly browned.

3. With wide spatula, transfer cookies to wire rack to cool. Repeat with remaining dough and cherries. Makes about 6 dozen cookies.

• Each serving: About 75 calories, 4g total fat (1g saturated), 1g protein, 9g carb., 3mg cholesterol, 40mg sodium.

Good Housekeeping

Chocolate-Dipped Pretzels

Pretzels dipped in sweet, chocolate candy coatings are super simple to make (and even easier to eat!). Create different varieties of pretzels by mixing up the types of chocolate bars you use.

- 16 mini Hershey's chocolate bars
- 12 medium pretzels

1. Roughly chop one variety of mini Hershey's chocolate bars. Melt, dip half of each pretzel into the chocolate, then transfer to a wax paper-lined rimmed baking sheet; refrigerate until set. Repeat with other varieties of chocolate.

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family of four with four cellphones and a land line will have to pay an extra \$66 a year and an extra \$150 a year, when coupled with a 56% telephone tax hike approved by the City Council 3 years ago.

Ramirez-Rosa accused the Mayor of digging into "the pockets of those who can least afford to have their pockets picked." "Working and poor Chicagoans are tired of being nickel-and-dimed. Let us, instead, ask the rich and powerful corporations to pay their fair share," Ramirez-Rosa said.

Chicago sports team owners fear that big-name artists will skip their venues to avoid Emmanuel's plan of raising the amusement tax on major concerts from 5% to 9%. "Chicago concerts will now be taxed higher than almost anywhere else in the country," team owners said. "This short-sighted and regressive tax will mean fewer shows in the city, meaning less work for the thousands of hotel, restaurant and venue employees who count on these shows to support their families."

In response, Emanuel said that people would have to pay "a few dollars more" but it

was worth it to generate more for arts education and pave the way to waive the amusement tax entirely for neighborhood venues. "If you go to the United Center, if you go to Wrigley, you'll pay a few dollars more and thousands of more kids will get an arts education. Those are the right choices, and, I'm willing to stand by it." The Mayor expects to receive \$15.8 million from these changes. All the new taxes and fees approved are part of the \$8.6 billion budget that will take effect January 1st.

Property taxes will keep going up. The Chicago Park District is seeking a property tax hike at a "nominal" \$6.48 to be tacked onto the average Chicago homeowners property tax bill and the Chicago Park District's proposed \$462.3 million budget for 2018. This "nominal" tax increase, as described by the Park District, would be in addition to the Property tax increase from the city and Chicago Public Schools, already approved to pay for police, firefighter and teacher pension contributions. Park fees will also face an increase. Golf and harbor fees would go up and the average six-week day camp would cost \$270, up from

\$259. Plan officials say it will expand special recreation activities including pilot programs for "adaptive sports, cultural and social opportunities across the city. The proposal also calls for a reduction in "full-time equivalent" positions. The Park District commissioners plan to vote on the budget on December 13th. Commissioners are appointed by Mayor Rahm Emanuel. In addition, water and sewer taxes that will go into the municipal worker pension fund will increase by 69 cents to \$1.28 for every 1,000 gallons. That will cost the average homeowner with a metered water line about \$37 a year.

And the icing on the cake is the probable fare increase by the CTA of 25 cents. The CTA has a \$33 million-plus deficit caused by a reduction in state funding. Metra and Pace will raise fares in 2018 as well due to state funding issues. The CTA said it will eliminate 45 vacant jobs that do not deal directly with customers and freezing hiring for 70 positions. "We're gonna give \$16 million carte blanche to the CTA from our city coffers with zero Council oversight. And, we already know how the CTA treats us when it comes to bus

stops and the routes that our constituents need," Waguespack said. "Likewise, giving CPS additional funds without oversight cannot be justified under the current budget and a current unelected and unaccountable school board." **Hang on. This is going to be a rough ride!**

SENIOR NEWS LINE

by Matilda Charles

Trial Run: Living on Social Security

If you've reached the age where you can collect Social Security and keep working without any reduction in your benefits, at some point you're going to wonder: When is it safe to retire? Before you let go of that paycheck, do a trial run.

Try to live for a period of time (at least six months) on just an amount that would equal your Social Security income should you retire. Use the rest of your work income to pay off all your bills and put some money aside.

To determine if Social Security will be enough, save every receipt and make a list of every single cent you spend. At the end of each month, divide your expenses into categories such as Basics, Fun, Needs, Wants or whatever applies to your lifestyle. Your Social Security should at least pay for basic monthly bills and medical care. Here's how to get started:

- Calculate which parts of your lifestyle you'll be able to continue. Club membership with dues? Movies twice a month with lunch afterward? Investigate free activities and events in your area.
- Figure a monthly plan for your utilities. Take your last year of bills and divide by twelve to determine your monthly cost.
- Is your vehicle paid for? How about your cellphone? Pay them off with your work money.
- If you switch high-interest-rate

credit cards to zero interest, how quickly can you pay off the balances?

- Investigate free services that are available to low-income seniors.
- Do you have enough clothing for the next year? Include winter gear and shoes, which can be big-ticket items. While you're practicing living on only Social Security, stock up.

Many seniors will have only Social Security benefits during retirement. The time to determine if that amount will be livable is before you actually stop working.

Senior Discounts: You've Earned Them

If you've always prided yourself on being completely independent and have delayed being categorized as a senior, this might be the time to reconsider that. Here are some thoughts:

- Are you getting the correct property-tax relief? While your area might specify that you get a certain percent off your taxes because you're a senior, it's always possible that a clerk didn't enter your information correctly. Ask.
- Are you shy about asking for your discount at restaurants or other places? Don't be. Those dollars can add up. If you're a member of AARP, it's worth the yearly membership fee if you take advantage of the discounts. Check its website (aarp.org) and click on Discounts. New glasses, groceries, travel, your wireless plan with AT&T, car rental, restaurants and more — it's all there for the taking. Be sure to always carry your AARP card with you, and get used to asking, "Do you offer senior discounts?" You'll learn that many places do give discounts, but only if you ask.
- Safety calls: Many senior centers or small towns have a Good Morning program where seniors receive (or make) a call to let them know all is well. If you don't check in or answer the phone, your emergency contact is called. If you have no emergency contact or neighbor listed, someone will come to your door to make sure you're OK.
- Home help: Some communities have a weekend each year when groups help seniors with painting a porch or room, raking a yard and much more. Sign up!
- Be aware that not all "seniors" are the same. In some places you don't qualify for discounts until age 65. Or maybe it's age 50, or 55 or 62. You only need to ask.

VETERANS POST

by Freddy Groves

Veteran Education Benefits Stolen

Of the five most recent scams listed on the website of the Veterans Affairs Office of Inspector General, three of them involve money stolen from veterans education benefits ... lots of money.

The first file described a welding school that wasn't. A veteran would enroll in the school using his Post-9/11 GI Bill benefits. He received benefits and had his tuition paid. There was no school, however. There was no instruction; there was no hands-on learning. The owner of the alleged school paid the veteran to encourage 20 more veterans to sign up at the fake school, all of them getting benefits, putting more tuition money into the hands of the school.

In the second case, a school provided online courses approved by the Department of Veterans Affairs, except that what was provided to veterans was unapproved online courses administered by others. One of the guilty parties was a former associate dean of a genuine school. The sub-contracted school wasn't an approved company with approved courses, and it wasn't eligible to receive GI Bill benefits. The hiring school grabbed over \$24 million in tuition benefits based on signing up thousands of veterans.

In the third file, a woman stole \$2.8 million from a program that alleged to help older veterans get jobs via computer training. The money came from Veteran's Retraining Assistance Program and was designed to help unemployed veterans between 35 and 60. The woman logged on to the system over 100 times, pretending to be veterans who were enrolled in the \$4,000 course. The VA paid the veterans benefits, out of which they had to pay the woman's \$750 per month fee to continue logging them in.

To those who think they can steal education benefits and get away with it: You're going to get caught, and you're going to jail.

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May the joy of this holiday season be with you and your loved ones. These businesses and politicians are dedicated to you and your community.

Seasons Greetings



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773-883-0770

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Alderman
Scott Waguespack
32nd Ward

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Chicago, IL 60614

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Seasons Greetings

Happy Kidds
wants to thank all the families of:
Henry, Zoe, Rowan, Nora, Quinn, Olivia, Mae, Louise, Sam, Julian, Macie, Olivia, Nathaniel and Sloane.

All the best

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Season of Giving

The Northcenter Chamber of Commerce encourages you to support our community and those in need by shopping and giving this holiday season. Northcenter business will be accepting donations for the Common Pantry. The list of participating businesses is available on the chamber website. Look for the "Season of Giving" donation box of your local favorite store.

SHOP® GIVE®

northcenterchamber.com

Happy Holidays

State Representative
Ann Williams
11th District

1726 West Belmont Chicago, IL 60657
Ph: (773) 880-9082 Fax: (773) 880-9083
www.repannwilliams.com
Email: ann@repannwilliams.com

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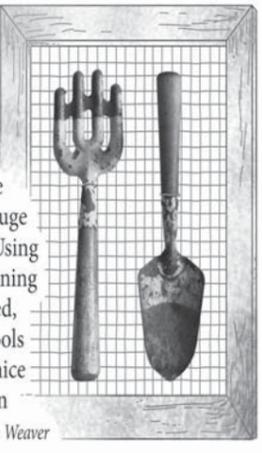
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PaulinaMeatMarket.com See our ad on Pg. 9

Seasons Greetings

Lakeview Newspaper is celebrating our 22nd year in business and we want to thank you our readers and advertisers for your continued support.

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The Garden Bug **Displaying vintage tools**



Use a "shabby chic" wooden frame as a mount for a piece of heavy-gauge chicken wire cut to fit the frame. Using small wire pieces, attach old gardening tools to the chicken wire in a varied, pleasing arrangement. The aged tools display well together and make a nice gift for the gardening enthusiast on your holiday shopping list. - Brenda Weaver

The Garden Bug

Pumpkins

Long before the arrival of European explorers, native Americans utilized the pulp and rinds of many kinds of gourds and squash for food. They ate the seeds and used them as a medicine. The vine blossoms were added to stews. When dried, they could be ground into flour, made into containers, or pounded flat and cut into slender strips to make baskets, mats or other items. The English settlers called the largest and roundest of the hard-skinned winter squash "pumpkins," after the Greek for 'large melon' (*pepon*) and the French word *pompon*.

- Brenda Weaver

Sources: allaboutpumpkins.com, missouribotanicalgarden.org

The Garden Bug

Kangaroo Paws

The Red and Green Kangaroo Paw plant (*Anigozanthos manglesii*) is a newer addition to the selection of plants marketed during the holiday season. Native to western sections of Australia, it displays striking red and green coloring, and may be found by the name "kanga plant" or "reindeer paws" in the United States. Water the Kangaroo Paw freely in spring and summer, but keep almost dry in winter.

Sources: www.gardeningknowhow.com, wikiwand.com, www.theflowerexpert.com

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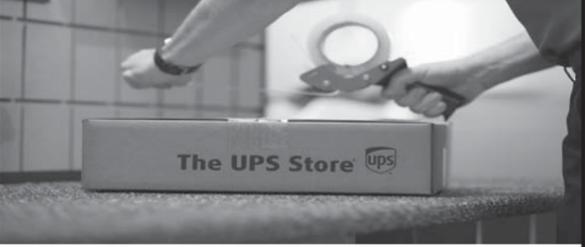
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Quotes worth your time

"I like neither new clothes nor new kinds of food."
— Albert Einstein

"We need a new revolution every 200 years, because all governments become stale and corrupt after 200 years."
— Benjamin Franklin

Congrats to **FitzGerald Award Winner**

Congratulations to the 2017 FitzGerald Award Winner Dan Scott of The UPS Store. On November 30th at noon, Dan Scott, of The UPS Store was awarded with the 2017 award for Corporate Citizenship for going above and beyond. Since opening The UPS Store on Lincoln Avenue, he has sought to not only have a business in the community, but for the community. He supports events and initiatives benefiting neighborhood schools, particularly Coonley Elementary. A platinum member of the school's "Coonley Core", the store prints packets and materials for the school's annual Spring Fling fundraiser for free. "It's a labor of love" he says of his work for local schools. "We can't lose sight of our local community."

Award given by Northcenter Chamber

Dan Scott, Co-owner of The UPS Store, 4044 North Lincoln Avenue. He and his staff are packing and shipping professionals.

He is dedicated to giving each and every customer the personal attention required to ensure that your experience will be a positive one.

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3D printing is now available at this UPS Store.

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Saturday, December 2 9 AM-12 PM
Northcenter Chamber Office 4054 N. Lincoln



Bring the kids and enjoy refreshments, crafts and photos, and then head out into the neighborhood to shop local with great deals and specials from our Chamber members! Don't miss out on the holiday fun.

Photos with Santa (\$10/family—schedule an appointment for 9 AM, 10 AM or 11 AM)

more info and to schedule photos
northcenterchamber.com

Northcenter CHAMBER OF COMMERCE

Comics

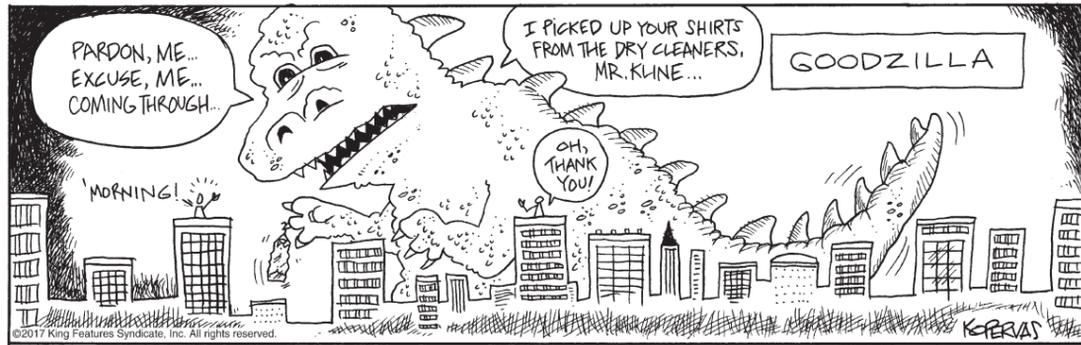
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



The Spats

by Jeff Pickering



THE CASHIER

BY RICARDO GALVÃO



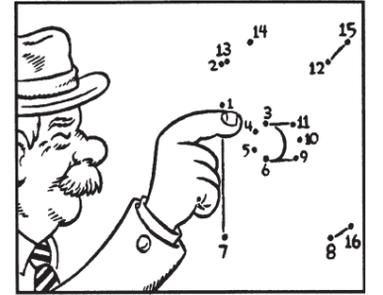
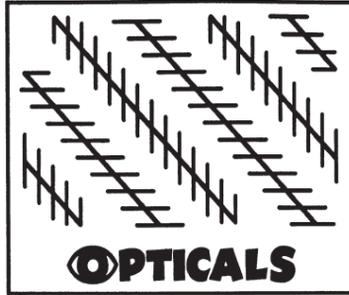
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend

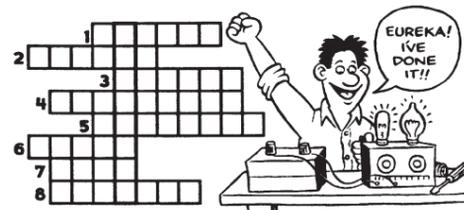


Answer: Yes. The short lines make them appear to be unaligned.

Answer: A doorbell.

Answer: Yes. The short lines make them appear to be unaligned.

Answer: A doorbell.



AMERICAN GENIUSES! In this puzzle grid there is room for the names of eight famous American inventors. Below are hints to get you started. There is a dark frame around one of the columns in the grid. If you correctly name all of the inventors, the letters in the frame, top to bottom, will spell out the name of the man who made radio possible.

A CROOKED CALCULATION! A dishonest tradesman measured out 20 feet of rope for a customer. Using a yardstick that was 3 inches too short, how much rope "didn't" the customer get?



1. He had over 1,000 patents.
2. He perfected the sewing machine.
3. Made sailing in calm weather easy.
4. Made a wheat harvesting machine.
5. Invented bifocal eyeglasses.
6. Made a machine for sending messages.
7. Had his ups and downs.
8. Invented a machine to clean cotton.

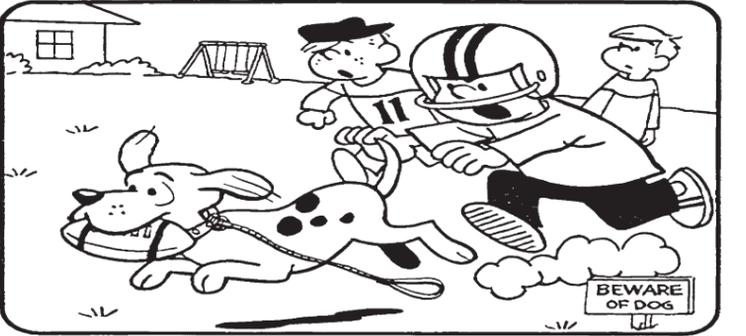
IT'S MAGIC! Use the numbers 4 through 13 to fill in our Magic Square. The numbers in each horizontal row and vertical column should total 47. We've filled in six of the squares. The rest is up to you.

14	18	
17		15
	20	
		19
		47

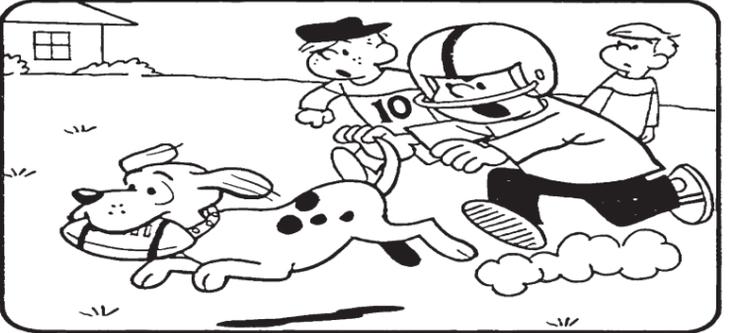
Answers: 1. (Thomas) Edison; 2. (Isaac) Singer; 3. (Robert) Fulton; 4. (Cyrus) McCormick; 5. (Ben) Franklin; 6. (Samuel) Morse; 7. (Elisha) Otis; 8. (Eli) Whitney. The famous radio inventor was (Lee) DeForest.

HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Swing set is missing. 2. Dog's ear is different. 3. Number is different. 4. Leash is missing. 5. Helmet stripe is missing. 6. Sign is missing.

Just Like Cats & Dogs

by Dave T. Phipps





How Washington Irving Won the War on Christmas

by Rich Lowry

Back before there was cable TV, Washington Irving won the war on Christmas. The great early American writer had an outsized role in giving us Christmas as we know it.

A little background, according to "Christmas in America: a History," by Penne Restad. Back in merry old England, Christmastime in the 17th century was merry indeed, a raucous affair that incurred the displeasure of the Puritans.



When Oliver Cromwell took over, his Puritan parliament suppressed Christmas with a zeal that would have made the American Civil Liberties Union blush (you were looking for trouble if you decorated your church, or closed your shop, or preached on the birth of Jesus).

Puritan distaste for the holiday traveled over the Atlantic. John Winthrop of Massachusetts Bay had no use for Christmas. Other settlers in other colonies, depending on their origin and their religion, had differing attitudes, and the celebration was a motley affair for much of early American history. In some places, it wasn't celebrated at all.

Then, it steadily began to take hold, and Washington Irving, the literary genius who gave us "Rip van Winkle" and "The Legend of Sleepy Hollow," helped define it. Not only did Irving write about a pipe-smoking, wagon-riding, gift-dispensing St. Nicholas, he delineated a Christmas celebration of irresistible charm and enduring appeal.

the haze of nostalgia, a recognizable Christmas shimmers through.

There's the rush of gift-laden travelers. Irving describes a stagecoach crowded with passengers who "seemed principally bound to the mansions of relations or friends to eat the Christmas dinner." The coach "was loaded also with hampers of game, and baskets and boxes of delicacies; and hares hung dangling their long ears about the coachman's box — presents from distant friends for the impending feast."

There's the anticipation of the kids. Irving delights in the "little rogues" who are "returning home for the holidays in high glee, and promising themselves a world of enjoyment."

There's the holiday revelry. Irving recounts "the old games of hoodman blind, shoe the wild mare, hot cockles, steal the white loaf, bob apple and snapdragon: the Yule log and Christmas candle were regularly burnt, and the mistletoe, with its white berries, hung up to the imminent peril of all the pretty housemaids."

There's the magic of Christmas Eve. That night Irving hears villagers playing music outside his room: "The sounds, as they receded, became more soft and aerial, and seemed to accord with quiet and moonlight. I listened and listened — they became more and more tender and remote, and, as they gradually died away, my head sank upon the pillow and I fell asleep."

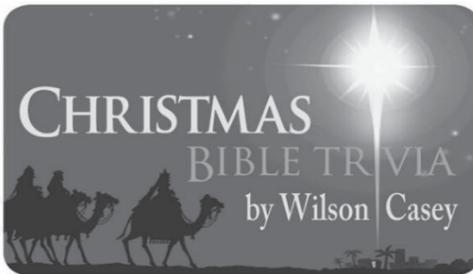
There's the Christmas Day feast. Irving reports that "the table was literally loaded with good cheer, and presented an epitome of country abundance, in this season of overflowing larders."

Irving's is a Christmas of "tender and inspiring" church services and of the gathering of family members at home, "that rallying-place of the affections," where returning children "grow young and loving again among the endearing mementoes of childhood."

Of course, this is all achingly aspirational. Irving's Christmas never quite was and never quite will be, but it is a vision of what the holiday should be. "Of all the old festivals," he writes, "that of Christmas awakens the strongest and most heartfelt associations. There is a tone of solemn and sacred feeling that blends with our conviviality, and lifts the spirit to a state of hallowed and elevated enjoyment."

Merry Christmas.

Rich Lowry is editor of the National Review.



1. The main Christmas story is paraphrased from what two New Testament books? *Mark/John, Acts/Romans, Matthew/Luke, Jude/Revelation*

2. Approximately how old was Jesus when the wise men (Magi) arrived with their gifts? *1 day, 2 weeks, 2 months, 2 years*

3. Where did the angel Gabriel appear to Mary saying, "Blessed art thou among women"? *Nazareth, Tyre, Ninevah, Gazi*

4. In what city of Judaea was Jesus born? *Damascus, Jerusalem, Bethlehem, Gezer*

5. Who plotted to kill the baby Jesus? *Archelaus, Herod, Pontius Pilot, Caesar Augustus*

6. For the journey to Bethlehem, how did Mary and Joseph travel? *Bible not specific, Walked, Rode donkey, Boat*

7. Of these, which wasn't a gift from the wise men? *Silver, Myrrh, Gold, Frankincense*

8. How many times does the word "Christmas" appear in the Bible (KJV)? *Zero, 1, 2, 7*

ANSWERS:

Herod; (6) Bible not specific; (7) Silver; (8) Zero

years; (3) Nazareth; (4) Bethlehem; (5) Matthew/Luke; (2) 2

No Boring Elves

by Jo Ann Derson

It's a simple story: A scout elf hangs around your home, gathering evidence for your child's spot on the naughty/nice list and reports it back to Santa overnight. Like most elves, he enjoys she-nanigans. From its humble 2005 beginnings as a self-published Christmas tale by Carol Aebersold and her daughter Chanda Bell, "The Elf on the Shelf" has become an epic Pinterest-fueled phenomenon of cheery parents creating Christmas magic for cherished tykes.

Other Ways to Elf:

—Catch a Junior Buddy (from the movie "Elf") enjoying proper Elf nutrition by sticking to the four main Elf food groups: candy, candy canes, candy corn and syrup. Leave the movie out to watch together.

—Elves love to dress up as a characters from your favorite TV show.

—Your Elf could get acrobatic, up high walking the tightrope, like at the circus.

—Let your Elf channel his inner art-gallery director by hanging the kids' crafts and drawings in the hallway, along with a few of his own.

—Your Elf might like to borrow Barbie's sunglasses and other accessories to get in some tanning time on a windowsill.

Gadgets and Such:

—True story: Elves need to limit their screen time. Catch yours passed out after playing video games all night.

—Books are cool, but so is reading on your kindle. Just make sure your Elf saves the page you were on ...

—Are there phones at the North Pole? Your Elf can't resist sending a few selfies and text messages (to family, of course) on your smartphone.

—It's popcorn time! There's nothing better than staying up late watching movies — Christmas movies, that is!

—If you aren't practicing enough (with your sports equipment/musical instruments), maybe your Elf will take a turn.

IF THE ELF DIDN'T MOVE

1. Is he stuck? The cardinal rule of Elf on the Shelf is that you must not touch the Elf. If so, Mom or Dad may have to use tongs or other instruments to unstuck the Elf.

2. Did your child misbehave? If so, he's probably doing them a favor by not reporting back to Santa. Just remind your child to be extra helpful and kind so that he'll have something good to report tonight.

3. Is he sick? We all feel run down sometimes. Give him the night off and let him get some rest.

IF YOU TOUCHED THE ELF

1. Write an apology letter. A remorseful heart will bring magic back in a flash.

2. He needs a dose of Vitamin C — cinnamon, that is. Sprinkle some near him and let it do its work.

3. Sing Christmas carols.



dirtydiaperlaundry.com

At its best, it's one more tool in the arsenal of Mom and Dad to reinforce good behavior while showing off their own creativity. At its worst, it's the source of shame or guilt provoked by Facebook posts or preschool comparisons. Even the most super of super-moms stalls sometimes. Never fear. Here are 20 tips to Elf on the Shelf like a pro, and a few ways to get out of a jam if you forget.

Involve the Other Toys:

—Have a boy Elf go on a classic date with Barbie. Perhaps a lovely picnic.

—Boys will be boys. Watch your Elf get captured by small soldiers.

—Game night is on when your Elf enjoys a board game with stuffed animals.

—Your Elf can stay in Santa's good book by reading to the baby dolls.

—Coloring a masterpiece with your art materials

In the Kitchen:

—Nobody loves making cookies more than an Elf. Maybe he'll even spell out your initials in chocolate chips.

—Breakfast prep is a snap when your Elf gets involved. I'll bet it involves candy canes.

—You might find your Elf head first in the sugar bowl ...

—or holding a piece of rock candy in the freezer.

—On a cold night, he's sending a message when he preps a tray of hot chocolate (with marshmallows!)

YOUR INDIVIDUAL HOROSCOPE

with Georgia Nicols

The new year will bring a stronger focus on crime prevention, policing and security systems. We also will have a record-breaking cold winter because Saturn, the planet associated with winter, will be in its own sign. The last time this happened was February 1988 to February 1991. Saturn represents a life of hard knocks: "No pain, no gain." Capricorns believe tough times build character, and Saturn moved into Capricorn on Dec. 19. Buy winter undies and get warm footgear, because this winter will be character-building!

ARIES (March 21 to April 19) Congratulations! You're at the top of your game because 2018 is your time of harvest. Promotions, awards, graduations, weddings (and maybe a birth) will make you proud! You will benefit from others. Your partner will earn more. A great year to get a mortgage or loan.

TAURUS (April 20 to May 20) Get further training or education in 2018. Travel if possible, so that you can start to hone your techniques and become performance-ready for a career peak in 2021. Start preparing now! Meanwhile, this is a fabulous year to begin a business partnership — and it's a fantastic year to get married!

What Does 2018 Hold for You?

GEMINI (May 21 to June 20) Your health will improve this year. And you will improve your current job or get a better job. (Sweet!) This is timely because support from others might diminish. Relax. Consider this to be boot camp for your career peak in 2023.

CANCER (June 21 to July 22) It's time to get recognition for your past efforts at work. However, partnerships and marriages might be challenging. (Gulp.) Fortunately, this is the best year in more than a decade for a fun vacation! Romance, sports events and the arts will get a boost.

LEO (July 23 to Aug. 22) It's true that you will work hard and bust your buns this year. However, family life will be warm and rewarding. Family members will be mutually generous to each other. Furthermore, this is your year to create your dream home!



VIRGO (Aug. 23 to Sept. 22) Life will flow more easily this year. Because of this, your optimism and confidence will increase. Enjoy new studies or courses at school. This is a strong year for writers, actors, teachers and those in sales and marketing. Fun, short trips are on the menu, too!

LIBRA (Sept. 23 to Oct. 22) "Show me the money!" You have your best chance in over a decade to boost your earnings this year. Grab the baton and run! Since 2008, you've reinvented yourself; now it's time to solidify your home base. Do repairs or renovations. (Parental responsibilities also are possible.)

SCORPIO (Oct. 23 to Nov. 21) You will feel more content and happier this year because lucky Jupiter is in your sign for the first time since 2006. (It won't return again until 2030.) You are fortunate because this blessing will last for a year! Meanwhile, job changes and residential moves might start to percolate.

SAGITTARIUS (Nov. 22 to Dec. 21) You like to party hard and play hard; but at heart, you're the truth seeker of the zodiac. In 2018, you will explore your inner world through spirituality or religion. In your everyday world, you want to discover what really matters in life. (Smarty-pants you.)

CAPRICORN (Dec. 22 to Jan. 19) After giving up people, places and possessions in the past few years, you're blazing a new trail! New places, new faces and for some — a different daily wardrobe. Fortunately, this year you're popular. Oh yeah. Everyone wants to sit at your table!

AQUARIUS (Jan. 20 to Feb. 18) It's your turn to put up your name in lights because your reputation will shine, especially in the eyes of bosses, parents and VIPs. Promotions, kudos and success are yours! Nevertheless, you will start to dismantle much of what you've created since 2005.

PISCES (Feb. 19 to March 20) It's a fabulous year to take courses, study or go back to school. It's an equally fabulous year to travel because you want to learn and expand your horizons. You're hungry for adventure! You want your life to be stimulating! Get on it.

2017 HOLIDAY SHIPPING DEADLINES

	Coast to Coast	Cutting It Close	Where To Take It	Contact
U.S. Postal Service	Drop first-class letters and cards in your mailbox by Dec. 19; Dec. 15 for parcel post.	Priority (1-3 day) service by Dec. 20 Express Overnight by Dec. 22	Your local post office or arrange for carrier pickup. Use usps.com to order supplies, print postage and access a host of other services..	www.usps.com
UPS	Dec. 14 (to be safe, remember that pre-Christmas delivery is Friday, Dec. 22).	Ship 2-Day Air by Dec. 20 or Next-Day Air as late as Dec. 23 for delivery by Dec. 24..	UPS Stores nationwide. Go to ups.com or call 800-789-4623 to find a location or schedule pickup.	www.ups.com; 1-800-PICK-UPS
Fed Ex	Dec. 15 for all FedEx Ground packages.	Overnight by Dec. 22; 2-Day Air by Dec. 20 for delivery Dec. 22; big spenders can get same-day Christmas Day delivery in some areas.	Any FedEx Office location or FedEx authorized shipper.	www.fedex.com; 1-800-GO-FEDEX

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