



November, 2018

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

Volume 22, Number 12

Interview

REPLACE THE FLAG



photograph by George Rimel/Lakeview Newspaper

20 Questions

This month's interview is with **Jeff A. Eide, Manager/ Optician, Pearle Vision**, 3136 North Lincoln Avenue.

Q. Where were you born and raised?

A. Saint Louis Park, Minnesota, a suburb of Minneapolis.

Q. Are you married? Any children?

A. Currently, I am divorced. I have a boy and a girl and raised two step children.

Q. Where did you attend school?

A. Saint Louis Park High School and Brown Institute of Broadcasting in Minneapolis.

Q. Who has/had the most influence in your life?

A. My father-far and away.

Q. What was your first paying job?

A. I was a bag boy at Penney's Market.

Q. What hobbies/ special interests do you have?

A. Cooking and food in general. I like nice

weather, I like to go to forest preserves and take photographs. I love photography.

Q. What is your favorite TV show, movie and book?

A. My favorite TV show is a show called "Brimstone"; my favorite movie is "Outlaw Josie Wales" and my favorite book is any book by Steven Donaldson. He has written a series on fantasy characters.

Q. If you could travel to any place in the world, where would you go and why?

A. Thailand. I've seen the travel brochures and the beaches look fantastic. Also, I'd like to visit Istanbul, Turkey for the landscape and architecture.

Q. What have been your three greatest achievements?

A. My kids, my sobriety and the longevity at my current job.

Q. What have been your three greatest disappointments?

A. Not staying in school; my relationship with my kids and a failed marriage.

Continued on page 2

by **George Rimel**

The flags on the Graceland Postal Station are a complete disgrace, not only to the citizens and veterans of the Lakeview community but to our country.

Post Office personnel have been told about the condition of the flags several times with no action taken on their part to fix it. Both flags are torn, ripped and faded since June of this year. The postal employees and management have been re-

mindful over and over about this.

The price to send a standard letter will go up to 50 cents in 2019. I'm sure the Federal Government can put aside some money to replace our flags.

What does it take to get this done?

The flag, as it is now, is indicative of our society today, fighting over our differences, and showing a lack of respect to our fellow human beings. But, the flag keeps flying in all

conditions and acts as a symbol of courage, strength and hope for America. Soldiers have shed their blood over our flag all over the world. When we can't show respect at a federal building, that is a disgrace. It just shows disrespect for all of us. We are all encouraged to participate by voting and we encourage you to participate in getting this done. But, if you don't think this is important something is wrong. This isn't the

first time this has happened at Graceland on Ashland Avenue.

When taking this photograph, a woman told me her husband was a veteran and that the flag at the post office in Skokie was ripped and torn and the post office didn't even care to get it replaced. Let the flag be a tribute to all the men and women who have served this country and to those who have given the ultimate sacrifice. Let this flag

Continued on page 2

What's on your Mind?



"Thanksgiving arrangements at my house. We usually have 45 people that includes friends and family."

Nadia Roberts



"The election on November 6th. Don't forget to vote!"

Aurora Adachi-Winter



"I'm thinking of how the Governor's election is going to go."

Claudia Orellana

Editorial & Opinions

Interview continued from front page.

Q. What is your "pet peeve"?

A. The bizzaro world of politics and the bickering that goes on.

Q. Who would you like to meet in person and why?

A. Robin Williams. He was a fascinating individual and his observations of the human condition and watching his mind work.

Q. What did you do for a living before being in your present position?

A. I was broadcasting at a small radio station in Sheboygan, Wisconsin.

Q. How long have you been at Pearle Vision and what would you say is your biggest challenge?

A. 28 years. I would say that just keeping up with technology and the computer programs is challenging.

Q. What would you say are the current trends in eye wear today?

A. Eye wear has rounder styles and plastic and metal and fun colors from which to choose.

Q. If you weren't in your present position, what do you think you would be doing instead of being an optician?

A. Acting.

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

A. One won't hurt you.

Q. What is your most prized possession?

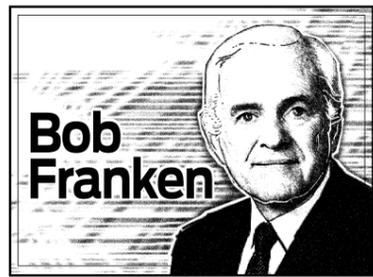
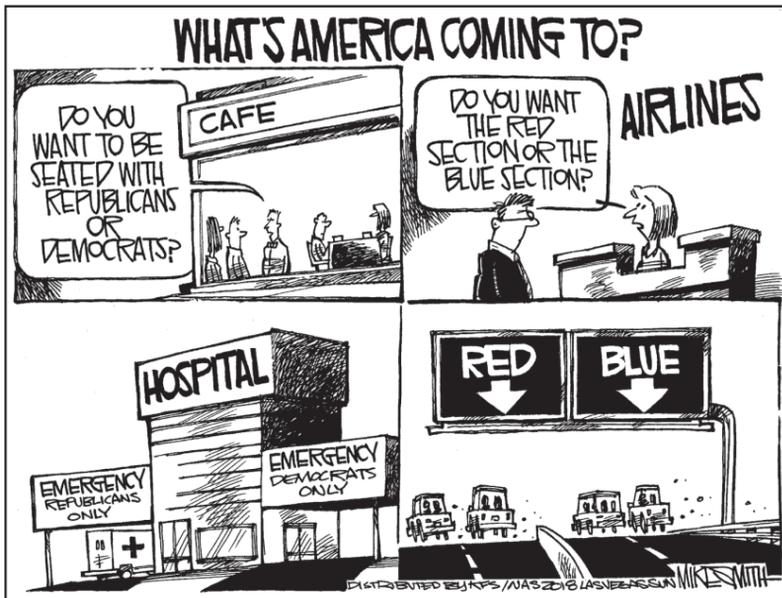
A. A coin I carry with me that has 31 years of sobriety stamped on it.

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

A. Better traffic patterns are needed, along with more parking and more neighborhood watches, in all our neighborhoods.

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

A. Trust in God and be honest.



The Saudi D.C. Swamp

Imagine that: It's getting so it's difficult to get away with being slime in the Washington "swamp" these days — or at the very least, much tougher to paper it over by placing a fake-believe veneer of money from the most noxious sources. For generations, we have allowed so many of our most prominent operators to perfume over the stench of their ill-gained prosperity as they have represented the interests here of some of the planet's most rotten individuals and their brutal tyrannies.

Now we have the Saudis and the likelihood that they have clumsily gone too far with their barbarity. They made the single most fatal mistake when they allegedly decided to rub out the wrong dissident whose barbs were hitting too close to the tyrant's ego. In this case, the troublemaker was a journalist, Jamal Khashoggi. Not only that, but he expressed his disagreements as a contributor to The Washington Post. The Post, as a paper of record, has an inordinately huge impact. The normal hit job couldn't be glossed over like it usually could be.

The ruthless repression of the Saudi regime has certainly not been a secret. But for decades, the country's absolute rulers made sure to provide all the oil we needed and saw to it that billions of dollars were paid to those skulking around the influence community in D.C.

But the Khashoggi hit job was too much for even the most jaded Wash-

ington nihilist. Suddenly, those bankers, lobbyists and PR firms that had long groveled for favors from Saudis dropped them like a stone. Their quick calculation was that they needed to duck and cover for a while.

The Washington swamp is really just a huge pond where the scum goes all the way down. Donald Trump could be given some credit for calling it what it is, except, in spite of his promise to "drain" it, he has flooded it with more contaminants. Every day, he and his henchmen come up with another way to add to our political pollution.

At least they don't pretend to be anything but a crass act. The latest treat from them is word that Trump's chief of staff John Kelly and national security adviser John Bolton held a high-level catfight outside the Oval Office litter box, loudly squalling profanities at each other in earshot of our leader.

And who could have possibly imagined that Trump and stripper-porn star Stormy Daniels would publicly exchange vitriolic tweets, years after he allegedly got it on with her. He now has called her "Horseface," and she tweeted back with her own nickname, "Tiny," obviously referring to his manhood.

At least he hasn't had her killed. That we know of. As for our other glitterati dazzling in Washington society, they'll find ways to replace all that money from Saudi Arabia that pays for their kids' private schools and their first-class travel. They'll need to for a while, until the storm (the Saudi one, not the stripper one) blows over.

And it will. The special-interest snakes will soon slither out of their lairs, where they sought cover, and they'll soon take more bites out of the rotten apples. It's too tasty to let a little expedient conscience get in the way.

Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.

Replace the flag lead story from front page.

be a symbol of the American people who have given much in the name of freedom.

Veteran's Day is November 11th. Let's give them and us a new American Flag above the Post Office to show our respect.

You can call the Graceland Postal Facility at 773-248-8495 or the U.S. Post Master General at 1-800-275-8777 and tell them you want the flags replaced.

**SUNDAY
NOVEMBER 11
IS
VETERAN'S DAY**

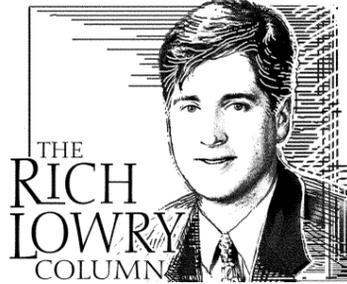
Thank You

VETERANS

Happy

Thanksgiving Day

November 22ND



Trump Blows Whistle on Russian Cheating

Is the INF Treaty so important that the Russians should be allowed to cheat on it without consequence?

That's the implication of the criticisms of President Donald Trump for saying that he's pulling out of the Cold War-era arms-control agreement. Mikhail Gorbachev deemed Trump's stated intention "unacceptable" and "very irresponsible," although it isn't the U.S. that has been flagrantly violating the treaty for years.

The Intermediate-Range Nuclear Forces Treaty, signed in 1987, was a central achievement of the Reagan-Gorbachev diplomacy of the late 1980s. The Soviets had deployed intermediate-range SS-20 missiles that could hit NATO countries from bases in the Soviet Union. The U.S. countered by deploying its own intermediate-range missiles in Europe. At the same time, President Ronald Reagan proposed the "zero option" to eliminate such missiles from the arsenals of both countries. As he sought to save the doomed Soviet system, Gorbachev agreed.

The Russians have recently made obvious their contempt for Gorbachev's handiwork. The State Department has determined since 2014 that Russia is in violation of the treaty, via the 9M729 ground-launched cruise missile. Tests of the noncompliant missile go back to 2008, and the Obama administration first told Congress of its concerns in 2011.

Supporters of the treaty say we should just pressure the Russians to comply

rather than pull out. But when confronted with their cheating, the Russians simply deny it. Meetings of the Special Verification Commission, the treaty's mechanism for addressing compliance issues, have achieved nothing.

The Kremlin has remained unmoved, even though we have made it clear that we have them nailed. We have provided Russia the names of the companies involved in developing the missile and the coordinates of the locations of tests.

The Russians have persisted in it for the simple reason that it is in their interest. The former head of the Russian General Staff has commented that intermediate-range missiles would provide Moscow "national security assurance" — by threatening Poland, Romania and the Baltics, the missiles would "cool the heads of these states' leaders."

One thing that the U.S. and Russians can agree on is that it's senseless that they are the only two countries in the world that are notionally forbidden from possessing this category of weapon. "Nowadays," a Russian defense official complained in 2014, "almost 30 countries have such missiles in their arsenals."

China in particular is outdoing itself. The head of U.S. Pacific Command, Adm. Harry Harris, told Congress last year that the Chinese military "controls the largest and most diverse missile force in the world, with an inventory of more than 2,000 ballistic and cruise missiles. This fact is significant because the U.S. has no comparable capability due to our adherence to the Intermediate-Range Nuclear Forces Treaty with Russia." According to Harris, 95 percent of the Chinese missiles "would violate the INF if China was a signatory."

Given Russian cheating, the INF treaty as a practical matter *only* prohibits the U.S. from having such missiles. What sense is there in that? There's no reason to limit our capabilities and flexibility for the sake of an INF Treaty that doesn't even constrain its other signatory.

Rich Lowry is editor of the National Review.

Americanisms



"If more politicians in this country were thinking about the next generation instead of the next election, it might be better for the United States and the world."

—Claude Pepper

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Lakeview Newspaper

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SENIOR NEWS LINE

by Matilda Charles

Tai Chi Offers More than Just Exercise

The best thing about tai chi (pronounced tie-chee) is that it's good exercise without being strenuous. With its slow, gentle movements, we can get our stretching and muscle building without overdoing it. But what else can tai chi do for us?

For some of us, improved balance is what we need the most. A few years ago, a study that analyzed previous research concluded that tai chi improved single-leg standing and overall balance. Tai chi helps strengthen leg muscles and increase range of motion, but most of all it can help us avoid dangerous falls.

According to the Centers for Disease Control and Prevention, one in four of us will fall each year, and falls are the leading cause of death in Americans 65 and over.

Increased flexibility doesn't sound that earthshaking — until you consider that it also might affect the flexibility of our arteries. In one study of all age groups doing tai chi, participants were asked to sit and reach for their toes. It was the seniors group where poor trunk flexibility equated to stiffened arteries.

Another study concluded that combining tai chi with an annual flu shot boosts our protection against the flu. Most of us already get the higher dosage over-65 shot. When combined with the immune system protections of tai chi, we're even more likely to be able to avoid the flu.

Other important benefits are stress relief, lower blood pressure and alleviating pain from arthritis and fibromyalgia.

Ask about tai chi classes at your local senior center. If it offers classes, watch one to see how you like it. If they're not offered, go online to YouTube and sample some of the videos you can do at home. Also look for qi gong, a form of tai chi.

VETERANS POST

by Freddy Groves

New Steps to an Appeal

The Department of Veterans Affairs reached a big goal two weeks early in September: It delivered 81,000 appeals decisions for fiscal 2018. That's 28,000 more decisions on services and disability benefits than it cleared last year. The VA already has hired nearly 200 attorneys and plans to hire 30 more as it implements the Veterans Appeals Improvement and Modernization Act of 2017.

There's a lot to know.

If you disagreed with your original claim decision, you have three choices, per the Act: A higher-level review, where you jump up to another decision-making body; a supplemental claim, where new evidence is submitted; or an appeal (Notice of Disagreement) to the board.

If you appeal directly to the board, there are three directions to take: direct review docket, evidence docket and hearing docket. Do you know the difference? This is when having an attorney can help. In the direct review, no new evidence is submitted. In the evidence docket, new evidence is sent. In the hearing docket, new evidence also is introduced.

On the VA.gov blog website there is a chart with the above information, cleverly identified as Simplified Process Gives Veterans Clear Choices. Clear as mud, no?

If you want to learn more about what the Board of Veterans' Appeals does, go online to www.bva.va.gov. Click the tiny images for expanded information. You'll find sections on what the Board does, what the appeals modernization actually is and how to monitor the status of your appeal.

To check your status, you'll need to sign in using the DS Logon (ID issued by the DOD), your HealtheVet account or your ID.me account. You can create an ID.me account using your HealtheVet account, or Facebook or Google, or even an AARP account. Think carefully before you use any of these last three.

Strange BUT TRUE

By Samantha Weaver

• It was 17th-century French author Francois de La Rochefoucauld who made the following sage observation: "Some people with great virtues are disagreeable, while others with great vices are delightful."

• If you wanted to dig to the center of the earth, you'd have to go down about 4,000 miles.

• If you're a fan of fishing, here's a cautionary tale regarding the weather: A 48-year-old Colombian man named Felipe Ortiz (for reasons unknown) decided to go out fishing in a raging storm. He cast his line into a strong wind, but the line blew back and caused the baited hook to lodge in his throat, killing him.

• Are you a dipsomaniac? The root of the word is from the Greek "dipso," meaning "thirst" — and we're all familiar with the "mania" part. "Dipsomaniac" is just a fancy name for a drunk.

• Feeling pressed by ever-increasing postage rates? Well, consider this: To send mail by Pony Express originally cost \$5 per ounce — the equivalent of more than \$150 in today's dollars.

• At one time the game of checkers was known as "chess for ladies."

• Unless you're a professional dairy farmer who milks cows on a daily basis, it's unlikely that you're aware of the fact that it takes, on average, 350 squirts to get a gallon of milk.

• Jewelry lovers, pay attention: Oysters aren't the only creatures with the capability to make pearls. Pearls can come from any mollusk that makes a shell, including mussels, clams, conchs and even land snails.

Thought for the Day: "I like an escalator because an escalator can never break, it can only become stairs. There would never be an escalator temporarily out of order sign, only an escalator temporarily stairs. Sorry for the convenience." — Mitch Hedberg

Moments in time

THE HISTORY CHANNEL

• On Nov. 8, 1847, Bram Stoker, author of the horror novel "Dracula," is born in Ireland. The concept of vampires didn't originate with Stoker. John William Polidori's 1819 short story "The Vampyre" is credited with kick-starting the vampire genre.

• On Nov. 6, 1860, Abraham Lincoln is elected the 16th president of the United States over a deeply divided Democratic Party, becoming the first Republican to win the presidency. Lincoln received only 40 percent of the popular vote but handily defeated the three other candidates.

• On Nov. 11, 1918, at the 11th hour on the 11th day of the 11th month, the Great War ends as Germany, faced with imminent invasion, signed an armistice agreement with the Allies. The First World War left 9 million soldiers dead and 21 million wounded.

• On Nov. 9, 1965, the largest power failure in U.S. history occurs as all of New York state and portions of seven neighboring states and eastern Canada are plunged into darkness. All together, 30 million people were affected by the blackout.

• On Nov. 10, 1975, the SS Edmund Fitzgerald sinks in a Lake Superior storm, taking all 29 crew members with her. The 729-foot-long freighter, once the largest and fastest ship on the Great Lakes, now lies under 530 feet of water.

• On Nov. 7, 1980, actor Steve McQueen, the "King of Cool" who once was the world's highest-paid movie star, dies at age 50 in Mexico of cancer. His best-known films include "The Great Escape," "The Sand Pebbles," "Bullitt" and "Papillon."

• On Nov. 5, 1994, George Foreman, age 45, becomes boxing's oldest heavyweight champion when he defeats Michael Moorer in the 10th round of their WBA fight in Las Vegas. Foreman retired in 1997 with a lifetime record of 76-5.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Flashed Glass Decanters

Is a red-and-white glass decanter made of cased glass, flashed glass or stained glass? All three were methods of adding color to a clear glass piece to make it more decorative. The cost and quality of each is different, and collectors should look carefully and ask questions before they buy.



These 19th-century Bohemian flashed glass decanters were blown, flashed with red glass, cut and then decorated with orange and black enamel and gilt. The 20-inch-high pair auctioned for \$1,920.

Stained glass is the least expensive way to color glass. This method uses a staining material that is brushed on, becomes red or amber, and adheres to the glass when heated. The layer of material is very thin, and if cleaned too vigorously, it could wear off. It often is used to color pressed glass.

Flashed glass is made by using an added thin layer of glass over a different color glass. It is made by taking a "gather" of hot glass, dipping it into a second colored glass, then blowing it into shape. It leaves a thin layer of glass but makes a piece that appears to be made of one solid color, which would be more valuable.

Cased or plated glass is the most expensive. It is made by putting a thick layer of glass over a glass piece of a

different color. It can be decorated on the outside layer or cut to expose the inside layer. Look at the rim at the top of a cased vase, and you'll see two distinct layers. Some glass, like rubina verde, is made with a yellow glass body and red glass added inside. It makes a two-color glass.

To make this even more difficult for beginners, there are many different ways to decorate the outside of any of these glass pieces. The glass can be cut through to a different color or just in a clear section. It can be painted on the outside with gilt and enamel to make decorations in many colors. A very elaborate pair of Bohemian flashed glass decanters with cut and enameled decorations sold at a recent Cowan auction for \$1,920.

Q. When did Judith Leiber start making her jeweled purses? I have my mother's purse, which looks like a pile of books. Is it valuable?

A. Judith Leiber purses were first made in 1963. She sold the company and the name in 1993, but she continued designing until 2004. Her jeweled handbags in great condition sell for hundreds of dollars. The pile of books purse has sold for \$700.

CURRENT PRICES

Cup, Adams Pottery, little gray rabbit, verse, bunny with basket, flowers, squared handle, \$22.

Window, leaded, alternating yellow daisies and leaves, portrait medallions, 59 3/4 x 14 1/4 inches, pair, \$50.

Doll, Raggedy Ann, cloth with striped dress and candy corn buttons, hand stitched facial features with auburn yarn hair, 19 inches, \$90.

Cane, shark spine vertebrae, ivory handle, monogram, wood ferrule, c. 1900, 37 inches, \$210.

TIP: To untie knots in ribbons, shoelaces or necklaces, sprinkle a little talcum powder on them.

For more collecting news, tips and resources, visit www.Kovels.com

The Timeline of Dementia:

Recognizing Changes in Alzheimer's Disease and Other Types of Dementia

Friday, November 30, 2018

8:00 am - 8:30 am Complimentary Registration & Breakfast
8:30 am - 10:30 am Presentation

Award-winning occupational therapist and dementia care specialist, Heather McKay, will present a complimentary 2-hour seminar focused on the timeline of this disease and why people do what they do in every stage. Participants will learn specific ways of adapting their care to match a person's changing needs and foster more positive interactions throughout the progression of dementia. When care teams understand the timeline and redesign plans as the person's needs change, they can continue to provide the right support at the right time--improving life for people with dementia and each other.

RSVP by November 28th
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Heather McKay, MS, OT/L, an occupational therapist and dementia care specialist who provides training for professional and family caregivers, services to individuals with aging issues, and consultation with facilities on topics related to dementia and Alzheimer's care.

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Health



CT Scan vs. Stress Test

DEAR DR. ROACH: Have you heard of the 64-slice test for your heart? Would you recommend it instead of a stress test? — *D.F.*

ANSWER: You're asking about a CT scan of the heart. The use of multiple detectors allows the CT scan to get a very high-resolution picture of the heart very quickly. Modern 64-slice detectors can construct an entire 3-D image of the heart in five seconds under optimal conditions. The scan is excellent at detecting calcium in the arteries, which is imperfectly correlated with blockages in the arteries. However, by adding intravenous dye, blockages in the arteries can be detected with accuracy approaching that of a cardiac angiogram. Thus, for the diagnosis of coronary artery disease, a heart CT scan can provide information similar to a stress test.

However, a stress test gives information not only on anatomy, such as blockages, but on physiology as well. By measuring the amount of time someone can exercise, and the response of the heart rate to that exercise, the cardiologist can gain useful prognostic information, which is impossible to glean from an anatomic test like a CT scan or even a cardiac catheterization and angiogram. The two tests are complementary, and we often obtain both. So, it really depends on the goals of the stress test as to which is preferred.

DEAR DR. ROACH: I have breast

cancer that has metastasized to my bones. I know that there have been great strides in curing cancer at the original site but there doesn't seem to be any work done to help when it has spread. Are you aware of any? I am 87 years old. — *L.L.*

ANSWER: Once breast cancer — and indeed, most cancers — has spread beyond its original location (metastasized), it becomes much more difficult to cure. However, there have been significant improvements in the treatment of metastatic breast cancer. Cure might not be possible, but a good quality of life for months or years is possible (half of women with metastatic breast cancer will live longer than two years). The exact treatment depends on the pathology and receptor status of the cancer, and a plan needs to be individualized by an experienced oncologist.

DEAR DR. ROACH: I normally go to the dermatologist once a year to get a skin check and follow up on some moles I had removed. Now the office recommends that I go every three months. What gives? — *F.M.*

ANSWER: I'm guessing your dermatologist is keeping a close eye on something he or she doesn't like but isn't quite worried enough to do a biopsy. I don't want to second-guess your dermatologist. When you go back, ask and find out. If you really dislike going so often — perhaps because of copayments, inconvenience or having to take time away from work or family — tell him or her so that you both can work toward a plan that is easiest for you but still allows the dermatologist to keep you free from skin cancer or other problems.

Reducing Eye Strain

DEAR DR. ROACH: Would you mind providing some guidelines for preventing eye strain? I'm a graduate student, so I spend a lot of time reading, both from computer screens and from books. I will always need to read to get things done, but I'd also like my eyes to last me my whole life. — *B.I.*

ANSWER: We tend to spend a lot of time reading or in front of computer screens, and eye strain is very common. I think eye problems from excess screen time and reading fall into two categories: dry eyes and muscle strain.

Computer users in particular can get dry eyes, largely from decreased blinking. Unfortunately, "blink more" isn't likely to be successful advice, so I recommend an eye lubricant, used periodically during computer work if you have any sense of eye fatigue or strain. If dry eyes are part of your problem, you will feel relief immediately, and you should use a drop in each eye every few hours.

Muscle strain comes from staring at one point of focus — your computer screen — for long periods of time. Also, many people tend to hold their shoulders and neck in an uncomfortable position during computer work or play. The solution is to get away from the computer for a while. I recommend getting up and pacing periodically, since prolonged sitting isn't good for you.

Another option is the 20-20-20 rule (I haven't been able to discover who made the rule, but I think it makes sense): Look at something 20 feet away for 20 seconds every 20 minutes. This can help prevent fatigue to the ciliary muscles, the muscles of the eye. Some people, especially those who are nearing or past their 50th birthday, might benefit from very mild reading glasses when using the computer.

There is a science behind adjusting your workspace, lighting and monitor settings to reduce strain. There are apps to remind you to take breaks periodically and to change the color of your computer to make it easier on the eyes.

DEAR DR. ROACH: I have had nail fungus since 1985 in both my toenails and my fingernails. I was treated with oral Lamisil, but it did nothing for my big toe. I have been treated by skin and foot specialists, but the problem has continued progressively over the years. I am 80 years old, and it's still there. Is there really any hope for cases like mine? — *C.J.R.*

ANSWER: Are you sure you really want the condition treated? The treatments have potential for real harm, even though it isn't likely. If the issue is strictly cosmetic, I wouldn't recommend treatment. If it's for pain or because you have had skin or soft tissue infections in the area, then treatment is reasonable.

If you pursue treatment, get a culture done to be sure you know what you are treating. Sometimes what looks like a nail infection is really something else (psoriasis, eczema, lichen planus or others). Depending on what the culture shows, you might benefit from itraconazole, an oral antifungal agent.

After Hep C Is Treated, What About Cirrhosis?

DEAR DR. ROACH: I am a 59-year-old woman who was recently diagnosed with hepatitis C and cirrhosis. I have never been a drinker. I was treated with Harvoni for three months. I understand the medication is intended to cure the hepatitis C. What about the cirrhosis? My doctor hasn't explained any of my long-term effects from taking this. — *C.J.*

ANSWER: Hepatitis C is a common infection of the liver. It is caused by a virus, which can be transmitted by blood and blood products, as well as through sharing needles for injection drugs. It is rarely transmitted sexually.

Anyone with a history of injection drug use, who received blood transfusions or organ transplants before 1992, or who received clotting factors before 1987 should be tested, as should anyone with a known blood or sexual exposure to someone with hepatitis C. The Centers for Disease Control and Prevention also recommends testing all adults born in the United States between 1945 and 1965, anyone who is HIV-infected, who received hemodialysis or was incarcerated.

The treatment you have taken (Harvoni) is a combination of ledipasvir and sofosbuvir, and has an excellent cure rate. The cure rate is 99 percent

in people who had never been treated before and who did not have cirrhosis. Even people like you, with cirrhosis, had a cure rate of 94 percent with 12 weeks of therapy in the trial that got the medication approved.

Cirrhosis is liver damage and scarring as a result of liver disease. Once it has developed, it is not reversible; however, a successful cure of the hepatitis C virus greatly reduces the risk of further damage, specifically reducing the need for liver transplant and the rates of death, liver cancer and other liver-related complications.

These medications are so new that I can't estimate how much lower your risk of further damage to your liver is post-treatment; however, there is little doubt that your likely successful treatment will substantially improve your expected length and quality of life.

But, since you still have cirrhosis, you will need to take some important precautions. These include continued abstinence from alcohol, careful monitoring of prescription and non-prescription medications, avoiding raw shellfish and making sure your immunizations are up-to-date. You should keep asking your gastroenterologist questions until you are satisfied. I recommend you make a list of questions to ask, and bring a friend to help make sure you understand the answers you get.

DEAR DR. ROACH: Should your blood pressure go higher as you age? Is the top number or the bottom more important? I don't like medicine, and my blood pressure was 145/82, but the top number sometimes goes to 150-158. — *J.S.*

ANSWER: Both the systolic (top number) and diastolic blood pressures are important, and the difference between them is occasionally important (for example, a blood pressure of 160/60 is more worrisome than 160/85). Blood pressure does go up with age, but even in people over 60, the recommendation is still to get the BP down below 150, and I try to aim for 140 if there aren't too many side effects. It often takes several tries to find a regimen that gets the blood pressure where it should be without affecting quality of life.

Financial Statement

Act now to save money under the new IRS tax rules

Now is the time to take advantage of provisions in the sweeping tax law passed in late 2017. These are the biggest changes affecting tax payers 50 and older. Here are some steps to take before year's end to get your biggest benefit.

Medical Deductions

Under the new bill, taxpayers this year can deduct unreimbursed medical expenses that exceed 7.5% of their adjusted gross income. Beginning in 2019, that figure rises to 10%.

Act Now

If your medical expenses are already near 7% or higher, and if there's something you want a doctor to check out, you might go now. You could also pay now for future medical expenses such as

prescription drugs or medical equipment.

An increase in the standard deduction

The biggest change in the tax law is the near-doubling of the standard deduction of the tax law is the near-doubling of the standard deduction to \$12,000 for single filers, and to \$24,000 for married couples filing jointly. People 65 and older filing single can deduct another \$1,600, while couples filing jointly are allowed a \$1,300 deduction for each spouse of that age. The higher standard deduc-

tion is expected to result in many fewer itemizers.

Act Now Stop collecting all those receipts

Look at your 2017 return. If your state and local taxes (up to \$10,000), charitable contributions and medical expenses don't come close to your household's standard deduction this year and if your deductible expenses haven't shot up since last year, don't worry about assembling all the paperwork

for those outlays this year.

Different Rules for Alimony

Under current regulations an ex-spouse paying alimony gets to deduct those payments on his or her return, and the ex receiving it has to declare it as taxable income. But for divorce settlements finalized Jan. 1, 2019, or later, the payer cannot deduct the alimony, while the recipient does not have to claim it as income.

Act Now

If you can't finalize your divorce by New Year's Eve, work with an accountant or certified divorce financial analyst to equalize the impact on both spouses. Consider alternatives to alimony, such as covering certain medical and educational costs for an ex-spouse or child, which may be tax deductible for the payer.

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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Who released the most well-known version of "Living Next Door to Alice"?
2. "One Moment in Time" was used at which international event?
3. Who wrote and released "Belfast" and when?
4. "I Will" appeared on which Beatles album?
5. Name the song that contains this lyric: "Wearin' her perfume, Chanel No. 5, Got to be the finest girl alive, She walks real cool, catches everybody's eye."

Answers

1. Smokie (originally spelled Smokey), in 1977. The song was first released by the Australian group New World in 1972, but made its way around the world, ending up on the Billboard 100 list.
2. The 1988 Summer Olympics held in Seoul, South Korea. Whitney Houston sang it at the opening ceremony.
3. Elton John, in 1995 on his "Made in England" album. The song was to be released as a single, but its six-minute length made it unsuitable for radio.
4. The Beatles, in 1968. The double LP is better known as "The White Album."
5. "Devil with a Blue Dress On," by Shorty Long (1964) and Mitch Ryder and The Detroit Wheels (1966). Songwriter Long's version didn't chart, but Mitch Ryder's version soared to No. 14.



Strange BUT TRUE

By Samantha Weaver

- It was early 20th-century Irish author Robert Wilson Lynd who made the following sage observation: "The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions."
- If you're concerned about the rising cost of groceries, be grateful that you're not a starfish parent. A young starfish eats 10 times its own weight in food every day.
- The first car to offer seat belts — the Nash Rambler — rolled off the assembly line in 1950.
- You might be surprised to learn that the British are not the greatest tea drinkers in the world. That honor belongs to the Irish, who consume 1,200 cups per capita every year.
- The final battle of the Napoleonic Wars took place in June 1815 in the United Kingdom of the Netherlands, a site now in present-day Belgium. The Battle of Waterloo, where Napoleon met his final defeat, was delayed because the French emperor — and battle commander — couldn't mount his horse. According to historians, Napoleon was suffering from hemorrhoids and couldn't bear to sit in a saddle.
- Sandpaper can sharpen a dull pair of scissors. Fold a piece of sandpaper in half, rough side out, and make repeated cuts until the blades are sharp again.
- Fried lotus leaves are a popular snack in China.
- You're probably aware that hot air is lighter than cold air, but did you know that hot water is heavier than cold water?
- Those who study such things say that Spain has more wildlife than any other European nation.

Thought for the Day: "The true measure of a man is how he treats someone who can do him absolutely no good." — Samuel Johnson

top 10 movies

1. **Halloween** (2018).....(R) Jamie Lee Curtis, Judy Greer
2. **A Star Is Born**(R) Lady Gaga, Bradley Cooper
3. **Venom**(PG-13) Tom Hardy, Michelle Williams
4. **Goosebumps 2: Haunted Halloween**(PG) Wendi McLendon-Covey, Madison Iseman
5. **First Man**(PG-13) Ryan Gosling, Claire Foy
6. **The Hate U Give**(PG-13) Amandla Stenberg, Regina Hall
7. **Smallfoot**(PG) animated
8. **Night School**(PG-13) Tiffany Haddish, Kevin Hart
9. **Bad Times at El Royale**(R) Jeff Bridges, Cynthia Erivo
10. **The Old Man & the Gun**(PG-13) Robert Redford, Casey Affleck

COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

The Spy Who Dumped Me (R) — Audrey and Morgan (Mila Kunis and Kate McKinnon) are just a couple of working-stiff best friends. But when Audrey's ex dumps her by text, Morgan persuades her to burn his left-behind possessions in retaliation. He shows up to collect them — and it's revealed that he's actually a spy — and the ladies are folded into a convoluted traipse through Europe and a multitude of treacherous scenarios as they are chased by assassins and bad guys. It's a little predictable and it's not brimming with cleverness, but Kunis and McKinnon are adorable and hilarious nonetheless. Also stars Justin Theroux and Sam Heughan in hunky spy roles.

has them all. Kids are rounded up into camps and color coded, and after Ruby is targeted for elimination, she escapes to join a group of wild children searching for an elusive safe compound. I was really looking forward to this film, and walked away disappointed. It's based on a book, and they spent much of the second half setting up future sequels, and not nearly enough on the actual storyline.



Mila Kunis, Kate McKinnon in "The Spy Who Dumped Me"

Slender Man (R) — For the record, Slender Man was a meme character created for an online contest. It has developed into an internet cultural phenomenon, praised for its creepiness and blamed for some terrible deeds. It is at its heart, simply, a slender man with long stringy limbs, hazy and ambiguous facial details and a propensity to lure people, particularly children, to their doom. This film is set in a Massachusetts town where some dumb kids go searching to prove he doesn't exist and then suddenly he does. What can I say? This one missed the mark. Someone else will take a crack at the legend. Save your money for that attempt.

NEW TV RELEASES

- Chillers: The Complete 12-Part Anthology Series**
- Murdoch Mysteries: The Christmas Cases Collection**
- No Passport Required**
- Charmed The Complete First Season** (Blu-ray)

top ten

Where Americans Check Email

1. Watching TV/ Movie
2. Bed
3. Vacation
4. Bathroom
5. On the Phone
6. Walking
7. Commuting
8. Meal with others
9. Face-to-face
10. Working out

Source: Adobe

Teen Titans Go! To the Movies (PG) — Miffed at being perennially in the shadow of Batman, Robin (voiced by Scott Menville) decides that the only way he can get the respect he deserves is to go chasing his own feature film, alongside his junior superhero buds Raven, Starfire, Cyborg and Beast Boy. But what really makes a superhero is a supervillain, so when the maniacal Slade (Will Arnett) — who bears a resemblance to Deadpool that warrants repeated mentioning — shows up, Robin decides he fits the bill. Based on the Cartoon Network series, it's a goofy and fun immersion into the fart jokes, one-ups and burns that can be enjoyed by kids and most adults (if you don't take it too seriously).

The Darkest Minds (PG-13) — Amandla Stenberg headlines this teen-driven, dystopian-future drama. A mysterious illness takes an incredible death toll on the country's children, but those who are left alive begin to develop an array of hypernatural abilities: enhanced intelligence, kinetic powers, etc., and Ruby (Stenberg)

TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Hotel Transylvania 3: Summer Vacation**(PG) animated
2. **Skyscraper**(PG-13) Dwayne Johnson
3. **Sicario: Day of the Soldado** (R) Benicio Del Toro
4. **Jurassic World: Fallen Kingdom**(PG-13) Chris Pratt
5. **Solo: A Star Wars Story** (PG-13) Alden Ehrenreich
6. **The First Purge**(R) Y'lan Noel
7. **Ocean's 8**(PG-13) Sandra Bullock
8. **Uncle Drew**(PG-13) Kyrie Irving
9. **Leave No Trace**(PG) Thomasin McKenzie
10. **Three Identical Strangers**(PG-13) Silvi Alzetta-Reali

Top 10 DVD, Blu-ray Sales

1. **Hotel Transylvania 3: Summer Vacation**(PG) Sony
2. **Skyscraper**(PG-13) Universal
3. **Solo: A Star Wars Story** (PG-13) Disney
4. **Jurassic World: Fallen Kingdom**(PG-13) Universal
5. **Hocus Pocus**(PG) Disney
6. **Sicario: Day of the Soldado** (R) Sony
7. **Hotel Transylvania 3-Movie Collection**(PG) Sony
8. **Avengers: Infinity War** .(PG-13) Disney
9. **The First Purge**(R) Universal
10. **The Nightmare Before Christmas**(PG) Disney



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What's Hot in Hollywood

HOLLYWOOD — Steven Spielberg has found his Tony for “West Side Story.” Ansel Elgort hit with “The Fault in Our Stars” (2014), the “Divergent” trilogy (2014-16) and “Baby Driver” (2017), but can he sing? In the original, Richard Beymer (Tony) and Natalie Wood (Maria) were both dubbed by other singers. However, Elgort performed in “Hairspray” and “Guys & Dolls” at LaGuardia High School of the Performing Arts in New York and has had two singles released, “Thief” (2017) and “Supernova” (2018), which were well-received. Before he shoots “West Side Story” next summer, we’ll probably see him as President John F. Kennedy in the thriller “Mayday 109”; with Jake Gyllenhaal and Zendaya in “Finest Kind”; and in an original musical from “Wicked” creator Stephen Schwartz in which Elgort plays Hans Christian Andersen.



Wilson Webb/Tristar Pictures

Ansel Elgort in “Baby Driver”

Hugh Jackman is following his hit musical “The Greatest Showman” with the non-musical comedy-drama “Bad Education,” co-starring “I, Tonya” Oscar-winner Allison Janney and “Everybody Loves Raymond’s” Ray Romano.

Are you ready for a musical adaptation of “Tootsie”? It received great reviews at the Cadillac Palace Theater in Chicago and is headed for Broadway.

Before we see Gal Gadot in “Wonder Woman 1984” (due November 2019), she’ll star with Kenneth Branagh in his “Murder on the Orient Express” sequel “Death on the Nile,” with Armie Hammer.

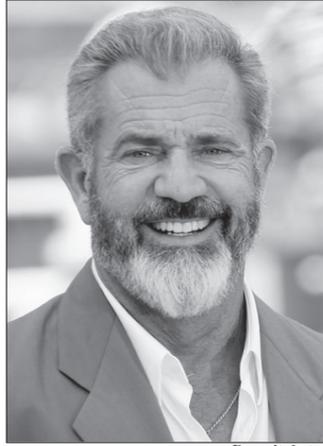
Two-time Oscar-winner Hilary Swank has been in Australia making “I Am Mother,” with Clara Rugaard. The film is about a teenage girl raised by a robot mother designed to repopulate Earth following an extinction event. Her recent film “55 Steps,” with Helena Bonham Carter and Jeffrey Tambor, premiered last month at The Toronto International Film Festival.

Matt Damon has been filming in California; New Orleans; Atlanta;

Savannah, Georgia; and in Le Mans, France, for his latest film, “Ford v. Ferrari,” based on the book “Go Like Hell: Ford, Ferrari, and Their Battle for Speed and Glory at Le Mans,” by A.J. Baime. The \$100 million budget should ensure lots of racing action as he and Christian Bale compete for glory at Le Mans. The racing thrills hit screens June 28.

Shirley MacLaine, one of the last movie stars from the golden age of Hollywood, is still going strong at 84. She’s a four-time Oscar nominee, for “Irma La Deuce” (1964), as a director of “The Other Half of the Sky: A China Memoir” (1975), “The Turning Point” (1978) and “Terms of Endearment,” for which she won a best-supporting Oscar in 1984. Shirley recently did Netflix’s “The Little Mermaid,” with William Moseley (“The Chronicles of Narnia”), and has just completed the Disney Fantasy Christmas comedy “Noelle,” for Disney’s streaming service. Shirley has written umpteen books about her reincarnations, and if she’s lived before, she may have been through the studio system more than once!

HOLLYWOOD — Two-time “Braveheart” Oscar-winner Mel Gibson (for best picture and director), now forgiven for all past transgressions, will co-write, produce and star in a remake of “The Wild Bunch.” The original starred William Holden, Ernest Borgnine, Robert Ryan, Edmund O’Brian, Warren Oates and Ben Johnson. I can’t wait to see how they cast this one. But before that, Gibson will be seen in “War Pigs,” with Colin Farrell, and helm the war drama “Destroyer,” reportedly with buddy Mark Wahlberg. Wahlberg hits screens Nov. 16 in “Instant Family,” with Rose Byrne, Octavia Spencer, Margo Martindale and Tig Notaro.



Depositphotos

Mel Gibson

Disney darling Lin-Manuel Miranda hits screens Dec. 19 in “Mary Poppins Returns” as Jack the lamplighter, former apprentice of Bert, played by Dick Van Dyke in the original. Van Dyke, who also played Mr. Dawes Sr., now is playing his own son, Dawes Jr., in the sequel. Also starring are Meryl Streep as Topsy, Angela Lansbury as The Balloon Lady and, of course, Emily Blunt as Mary Poppins. Miranda is currently filming the fantasy adventure “His Dark Materials,” with James McAvoy and Ruth Wilson.

celebrity extra

by cindy elavsky



Depositphotos

Judith Light

Q. I have been a fan of Judith Light ever since she played Karen on the daytime soap “One Life to Live.” I wish I could have seen her do theater. What’s next for her? — D.K.

A. Light last took the stage at the Pasadena Playhouse in “God Looked Away” opposite legendary actor Al Pacino as playwright Tennessee Williams. Alas, it did not receive the kindest of reviews. However, Light has won two Tony Awards in her career, so I doubt she has abandoned theater.

You can catch Light early next year on Lifetime in the psychological thriller “Escaping the Madhouse: The Nellie Bly Story.” Christina Ricci stars in this TV movie based on the true story of a brave journalist who goes undercover as a patient at the Women’s Lunatic Asylum in New York. Light plays the nurse who tortures her. Bly’s real name was Elizabeth Cochran Seaman, and her intense investigation helped reform mental health care on a global level. “Escaping the Madhouse” premieres Jan. 19 at 8 p.m. ET/PT. on Lifetime.

Q. I haven’t paid attention to TV ratings in years. I would imagine the major networks are suffering now that, in addition to cable, people have Netflix and Amazon and other options. What are the top shows nowadays? — M.B.

A. Yes, network ratings overall don’t generate the high numbers they used to, but they are still leading the pack. The shows that consistently score high and show growth at the moment are “Manifest,” “This Is Us,” the long-running “Grey’s Anatomy,” “The Good Doctor” and the hit comedy “The Big Bang Theory.” This all could change overnight, but these will likely be the season’s biggest hits.

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A Host's Guide to Holiday Gatherings

FAMILY FEATURES

Gearing up for a big crowd at your holiday festivities can provide moments of excitement, stress, fun and plenty of other emotions as the big dinner draws near. This year, avoid any nagging feelings of doubt with this step-by-step guide to prepare for large gatherings.

Plan in advance. Even if you're typically the last-minute type, the hectic holiday season is no time to wait until a few days ahead of the celebration to throw meals and more together. Instead, be sure to put together a guest list and send invites at least a few weeks out. Take inventory of supplies like silverware, plates, serving dishes and any accessories you'd like to feature at the table. Make an outline of the food each guest is bringing, or, if you'll supply all the food, ensure there will be plenty for everyone – don't forget to take into account special diets or allergies.

Make a list. Planning only takes you so far if you don't write everything down. Once the menu is determined, list out what you'll need to make the magic happen. Don't forget to jot down easily overlooked items that can be picked up the day of, such as ice.

Remember to thaw. One surefire way to make the big day a big disaster is to forget to thaw your main course. If you're planning to roast a turkey – perhaps the most common centerpiece – remember it takes around a day to thaw for every two pounds of meat. So, for example, it could take close to a week for a 14-pound turkey to fully thaw prior to cooking.

Prep the day before. There are many tasks (big and small) that can be taken care of the day before guests arrive, making the holiday less stressful for hosts. From whipping up simple appetizers like dips to giving the house a thorough cleaning, there's plenty of pressure that can be taken off your shoulders 24 hours in advance. If you really want to make the big day a breeze, consider cooking your main dish, slicing the meat and placing it in reheating pans one day prior.

Create a schedule. No matter how far in advance you plan or how much prep you complete prior to the festivities, there will always be day-of work to be done. With guests coming in and out, it can be helpful to lay out what's known as a "fire list," which details times chronologically for when things need done, such as starting the oven to warm the turkey or simply remembering to lay out dessert following the meal.

Find more holiday hosting tips and meal solutions at omhasteaks.com.



Butcher's Butter Filet Mignon Roast Garnish

- 1/4 cup salted butter
- 1/4 cup duck fat
- 1/2 teaspoon fresh rosemary, minced
- 1 teaspoon fresh thyme, minced
- 1 clove garlic, minced
- 1/2 anchovy filet, minced
- 1/8 teaspoon black pepper
- 1 prepared Omaha Steaks Filet Mignon Roast

In small saucepan, combine butter, duck fat, rosemary, thyme, garlic, anchovy filet and black pepper. Heat on low 3-5 minutes until fragrant. Remove from heat and serve over Filet Mignon Roast.



Roasted Grape Gastrique

- Roasted Grapes:**
- 4 cups assorted grapes (picked, washed and dried)
 - 1 tablespoon olive oil
 - 3/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 cinnamon stick
 - nonstick cooking spray

- Gastrique:**
- 2 tablespoons water
 - 1/2 cup sugar
 - 1/2 cup apple cider vinegar
 - 1 tablespoon cornstarch mixed with 4 tablespoons water

To make Roasted Grapes: Heat oven to 350 F.

In bowl, combine grapes, olive oil, salt, pepper and cinnamon stick.

Lightly spray baking sheet with nonstick cooking spray. Pour grape mixture onto baking sheet. Bake 15 minutes. Remove from oven and pour into bowl.

To make Gastrique: In small saucepan, combine water and sugar. Bring to boil over medium-high heat, 5-7 minutes, until sugar starts to brown.

Remove from heat and slowly add vinegar. Return to heat and stir until combined. Add cornstarch and water mixture; bring to boil. Remove from heat.

Pour Gastrique mixture over Roasted Grapes.



Whole Basted Turkey

- 1 Omaha Steaks Whole Basted Turkey (10 pounds)

Thaw turkey completely in refrigerator 3-4 days or, keeping turkey in vacuum-sealed packaging, place in sink full of cold water 5-7 hours, changing water approximately every 30 minutes.

Heat oven to 350 F. Remove turkey from vacuum-sealed bag.

Place turkey in bag provided; secure bag with twist tie. Place bag in deep roasting pan. Using fork, puncture 6-8 holes in top of bag. For extra browning or crispness, slit top of bag for final 20-30 minutes of roasting.

Roast turkey 2 hours, 45 minutes-3 hours. Turkey is done when internal temperature measured with kitchen thermometer reaches 165 F.

Quick Roast Method

Heat oven to 400 F. Lightly oil and season roast. Place on an elevated rack in a roasting pan. Roast uncovered, using times below. Allow 20-40 minutes resting time before slicing. Verify degrees of doneness by using a kitchen thermometer. Below times are approximate.

	Weight	Rare 120-130 F	Medium-Rare 130-140 F	Medium 140-150 F	Well 160-170 F
Chateaubriand Roast	10 ounces	22-24 minutes	28-30 minutes	32-35 minutes	45-50 minutes
Chateaubriand Roast	2 pounds	30-35 minutes	35-40 minutes	40-45 minutes	1 hour- 1 hour, 15 minutes
Chateaubriand Roast	3 pounds	45-50 minutes	50-60 minutes	1 hour, 5 minutes- 1 hour, 10 minutes	1 hour, 15 minutes- 1 hour, 30 minutes
Chateaubriand Roast	4 pounds	50-55 minutes	1 hour- 1 hour, 5 minutes	1 hour, 10 minutes- 1 hour, 15 minutes	1 hour, 30 minutes- 1 hour, 45 minutes
Rib Roast	4 pounds	1 hour, 20 minutes- 1 hour, 30 minutes	2 hours, 30 minutes- 2 hours, 40 minutes	1 hour, 45 minutes- 2 hours	2 hours, 15 minutes- 2 hours, 30 minutes
Rib Roast	6 pounds	2 hours- 2 hours, 15 minutes	2 hours, 15 minutes- 2 hours, 30 minutes	2 hours, 30 minutes- 2 hours, 45 minutes	3 hours- 3 hours, 15 minutes
Rib Roast	8 pounds	2 hours, 15 minutes- 2 hours, 30 minutes	2 hours, 30 minutes- 2 hours, 40 minutes	2 hours, 45 minutes- 3 hours	3 hours, 30 minutes- 3 hours, 45 minutes
Tri-Tip Sirloin Roast	1 1/2 pounds	30-35 minutes	35-40 minutes	45-50 minutes	1 hour- 1 hour, 15 minutes

Good Housekeeping

Pork Chops With Apple Pan Chutney

A crisp autumn evening is the perfect time to enjoy these sweet-and-sour apple pork chops. Accompanied by roasted potatoes, this dish becomes a comforting cool-weather meal.

- 2 teaspoons olive oil
- 4 (about 5 ounces each) 3/4-inch-thick boneless pork loin chops, trimmed
- Salt and ground black pepper
- 2 large (about 1 pound) Golden Delicious apples, cored, each cut into 12 wedges
- 1 medium yellow onion, sliced
- 1/4 cup dried cranberries
- 2 teaspoons peeled, grated fresh ginger
- 3/4 cups apple cider or apple juice
- 1 tablespoon cider vinegar

1. In a nonstick 12-inch skillet, heat oil over medium-high heat until hot. Add pork; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook pork about 8 minutes or until browned on the outside and still slightly pink on the inside, turning over once. Transfer pork to platter; cover with foil to keep warm.

2. Reduce heat to medium-low. To same skillet, add apples, onion, dried cranberries, ginger, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover skillet and cook mixture about 8 minutes or until apples and onion are tender and lightly browned, stirring occasionally.

3. Remove cover and add apple cider and vinegar; heat to boiling over medium-high heat and cook until juice reduces slightly, about 2 minutes. To serve, spoon apple chutney over pork.

• Each serving: About 320 calories, 10g total fat (3g saturated), 85mg cholesterol, 380mg sodium, 29g total carbohydrate, 4g dietary fiber, 30g protein.

1. Heat oven to 400 F. Remove husks and silk from corn. With serrated knife, cut each ear of corn crosswise into 3 pieces. Cut zucchini into 3-inch chunks. Cut each tomato lengthwise in half.

2. Place chicken breasts in large roasting pan (17 by 11 1/2 inches); sprinkle with oregano and 1/2 teaspoon salt. Arrange corn and zucchini around chicken. Bake chicken and vegetables 30 minutes. Add tomatoes and bake 15 minutes longer or until juices run clear when chicken is pierced with a knife and vegetables are tender.

3. Meanwhile, in cup, with fork, mix lemon juice, oil, chopped basil, sugar, crushed red pepper and remaining 1/2 teaspoon salt.

4. Arrange chicken and vegetables on large platter. Brush chicken and vegetables with lemon mixture. (Remove skin from chicken before eating if you like.) Serves 4.

• Each serving: About 315 calories, 7g total fat, 82mg cholesterol, 650mg sodium.

Comfort foods



by Healthy Exchanges

Sweeter-Than-Candy Apple Salad

This recipe can be your side salad or your dessert. It's just like a Snicker salad, but without all of the trans-grease.

- 1 (4-serving) package sugar-free instant vanilla pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/2 cups water
- 1 cup Cool Whip Free
- 1/4 cup Peter Pan or Skippy reduced-fat peanut butter
- 4 cups (4 medium) cored, unpeeled and diced Red Delicious apples
- 1/2 cup miniature marshmallows
- 2 tablespoons (1/2 ounce) chopped dry-roasted peanuts
- 2 tablespoons mini chocolate chips

1. In a large bowl, combine dry pudding mix, dry milk powder and water. Mix well using a wire whisk.

2. Blend in Cool Whip Free and peanut butter. Add apples, marshmallows, peanuts and chocolate chips. Mix gently to combine.

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

• Each serving equals: 152 calories, 4g fat, 4g protein, 25g carbs, 223mg sodium, 81mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat; Carb Choices: 1 1/2.

Comfort foods



by Healthy Exchanges

Golden Harvest Cobbler

A crisp apple baked up into a warm-from-the-oven cobbler is just the dessert you'll want to share with your family on a cool, crisp autumn day.

- 2 cups (2 medium) cored, unpeeled and thinly sliced cooking apples
- 1/4 cup seedless raisins
- 1/4 cup (1 1/2 ounces) diced dried apricots
- 1/2 cup Splenda Granular, divided
- 1 teaspoon apple pie spice
- 1/4 cup water
- 1/2 cups Bisquick Heart Smart Baking Mix
- 2 tablespoons I Can't Believe It's Not Butter! Light Margarine
- 2 tablespoons (1/2 ounce) chopped pecans
- 1/2 cup fat-free milk

1. Heat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray. In a large bowl, combine apples, raisins and apricots. Add 1/4 cup Splenda and apple pie spice. Mix well to combine. Spread mixture evenly in prepared cake pan. Pour water over apples.

2. In same large bowl, combine baking mix and remaining 1/4 cup Splenda. Cut in margarine until mixture is crumbly. Stir in pecans. Add milk. Mix gently to combine. Spread mixture evenly over fruit.

3. Bake for 20 to 25 minutes or until bubbly and lightly browned. Place cake pan on a wire rack and let set for at least 5 minutes. Divide into 8 servings.

• Each serving equals: 156 calories, 4g fat, 2g protein, 28g carbs, 303mg sodium, 49mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch, 1/2 fruit, 1/2 fat; Carb Choices: 2.

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Comfort foods



by Healthy Exchanges

Pork 'n' Apricots

Two of our favorite fall flavors are pork and sweet potatoes. This recipe gives you both, with an added bonus of sweet apricots.

- 4 (4-ounce) lean pork tenderloins or cutlets
- 2 1/2 cups (12 ounces) diced cooked sweet potatoes
- 1/8 teaspoon nutmeg
- 1 (15-ounce) can apricot halves, packed in fruit juice, drained and 1/3 cup liquid reserved

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large skillet sprayed with butter-flavored cooking spray, lightly brown meat on both sides. Place browned meat in prepared baking dish.

3. Evenly sprinkle sweet potatoes over meat. Lightly sprinkle with nutmeg. Arrange apricot halves over sweet potatoes. Drizzle reserved apricot juice over top. Bake for 25 minutes.

4. Place baking dish on a wire rack and let set for 5 minutes. Serves 4.

• Each serving equals: 227 calories, 3g fat, 20g protein, 30g carbs, 77mg sodium, 49mg calcium, 4g fiber; Diabetic Exchanges: 2 Protein, 1 Starch, 1 Fruit; Carb Choices: 2.

Comfort foods



by Healthy Exchanges

Golden Harvest Cobbler

A crisp apple baked up into a warm-from-the-oven cobbler is just the dessert you'll want to share with your family on a cool, crisp autumn day.

- 2 cups (2 medium) cored, unpeeled and thinly sliced cooking apples
- 1/4 cup seedless raisins
- 1/4 cup (1 1/2 ounces) diced dried apricots
- 1/2 cup Splenda Granular, divided
- 1 teaspoon apple pie spice
- 1/4 cup water
- 1/2 cups Bisquick Heart Smart Baking Mix
- 2 tablespoons I Can't Believe It's Not Butter! Light Margarine
- 2 tablespoons (1/2 ounce) chopped pecans
- 1/2 cup fat-free milk

1. Heat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray. In a large bowl, combine apples, raisins and apricots. Add 1/4 cup Splenda and apple pie spice. Mix well to combine. Spread mixture evenly in prepared cake pan. Pour water over apples.

2. In same large bowl, combine baking mix and remaining 1/4 cup Splenda. Cut in margarine until mixture is crumbly. Stir in pecans. Add milk. Mix gently to combine. Spread mixture evenly over fruit.

3. Bake for 20 to 25 minutes or until bubbly and lightly browned. Place cake pan on a wire rack and let set for at least 5 minutes. Divide into 8 servings.

• Each serving equals: 156 calories, 4g fat, 2g protein, 28g carbs, 303mg sodium, 49mg calcium, 2g fiber; Diabetic Exchanges: 1 Starch, 1/2 fruit, 1/2 fat; Carb Choices: 2.

Good Housekeeping

Autumn Chicken Dinner

- 4 medium ears of corn
- 2 medium zucchini
- 4 large plum tomatoes
- 4 medium chicken-breast halves
- 1/2 teaspoon dried oregano leaves
- 1 teaspoon salt
- 3 tablespoons lemon juice
- 1 teaspoon olive or salad oil
- 2 tablespoons fresh basil, chopped
- 1/2 teaspoon sugar
- 1/4 teaspoon crushed red pepper

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Crime

Retail theft from a grocery food store on the 2900 block of North Ashland Avenue.

Miscellaneous non index offense to land and residence on the 1400 block of West Belle Plaine Avenue.

Attempted theft from a residence on the 3100 block of North Southport Avenue.

Vandalism to a vehicle on the 3200 block of North Southport Avenue.

Theft of under \$500 from a residence on the 1300 block of West Addison Street.

Theft of under \$500 on the street on the 2800 block of North Lincoln Avenue.

Violating an order of Protection on the 3000 block of North Racine Avenue.

Vandalism to a residence on the 1200 block of West Fletcher Street.

Fraud committed and theft of property on the 1100 block of West Waveland Avenue.

Larceny and theft from a restaurant on the 3700 block of North Clark Street.

Simple battery at a bar or tavern on the

3600 block of North Clark Street.

Theft from a residence on the 1000 block of West Cornelia Avenue.

Burglary and Forcible entry to a restaurant on the 3400 block of North Sheffield Avenue.

Public Indecency, Sex Offense and Criminal Sexual abuse on the 900 block of West Waveland Avenue.

Vandalism to a parking lot property on the 800 block of West Wellington Avenue.

Simple assault on the street on the 800 block of West Aldine Avenue.

Simple Battery on the 3200 block of North Dayton Street.

Simple Assault on the sidewalk on the 3600 block of North Halsted Street.

Credit Card Fraud on the 3000 block of North Halsted Street

Domestic battery on the sidewalk on the 3300 block of North Halsted Street.

Retail theft from a grocery store on the 3500 block of North Broadway.

Aggravated Domestic Battery with a dangerous weapon on the 600 block of North Aldine

Avenue.

Retail theft from a small retail store on the 3000 block of North Broadway.

Aggravated Vehicle Hijacking and robbery on the 3500 block of North Claremont Avenue.

Aggravated Assault with a hand gun on the street on the 3100 block of North Clybourn Avenue.

Vandalism at a gas station on the 4000 block of North Western Avenue.

Aggravated Vehicle Hijacking on the street and robbery on the 2300 block of West Waveland Avenue.

Motor Vehicle theft and recovery on the 4000 block of North Lincoln Avenue.

Aggravated Battery with a hand gun on the 3900 block of North Hoyne Avenue.

Strong arm robbery with no weapon on the 1200 block of West Wellington Avenue.

Sex Offense- Criminal Sexual Abuse of an obscene matter at a small store on the 1000 block of West Belmont Avenue.

Larceny theft on the

street on the 2800 block of North Lake Shore Drive.

Financial Identity theft and fraud on the 3900 block of West Ashland Avenue.

Burglary and home invasion on the 3900 block of North Pine Grove Avenue.

Burglary with forcible entry at a residence on the 1700 block of West Barry Avenue.

Simple battery at a bar or tavern on the 3400 block of North Southport Avenue.

Armed robbery on the sidewalk with a hand gun on the 2900 block of North Paulina Street.

Unlawful entry to an apartment and burglary on the 4100 block of North Southport Avenue.

Credit card fraud at a residence on the 3700 block of North Jansen Avenue.

Burglary and unlawful entry to a garage on the 1700 block of West Fletcher Street.

Domestic Battery at an apartment on the 3400 block of North Lake Shore Drive.

Larceny and theft from an athletic club on the on the 3000 block of North Broadway.

Fraud and unauthorized video taping on the 3000 block of North Broadway.

Retail theft from a convenience store on the 2900 block of North Broadway.

Aggravated assault on the sidewalk with a dangerous weapon on the 3100 block of North Broadway.

Criminal Sexual assault at a hospital on the 2800 block of North Lake Shore Drive.

Aggravated assault with a knife on the sidewalk on the 2900 block of North Sheridan Road.

Strong arm robbery at a small retail store on the 500 block of West Diversey Parkway.

Motor vehicle theft of an automobile on the 3200 block of North Damen Avenue.

Unlawful entry to a residential garage and burglary on the 2000 block of West Waveland Avenue.

Robbery with a hand gun on the sidewalk on the 1700 block of West Wolcott Avenue.

Vandalism to a vehicle at a restaurant on the 2000 block of West Montrose Avenue.

Burglary and unlawful entry to a restaurant on the 4300 block of North Lincoln Avenue.

Public indecency sexual criminal abuse on the sidewalk on the 3200 block of North Halsted Street.

Simple battery at a restaurant on the 3800 block of North Broadway.

Larceny and theft on the street on the 3700 block of North Halsted Street.

Simple domestic battery at a bar or tavern on the 3600 block of North Halsted Street.

Motor vehicle theft of an automobile on the street on the 3700 block of North Wilton Avenue.

Strong arm robbery on the sidewalk on the 3900 block of North Sheridan Road.

Burglary and forcible entry to an apartment on the 900 block of West Irving Park Road.

Financial identity theft over \$300 from a bank on the 3100 block of North Lincoln Avenue.

Pick pocketing on a CTA train on the 800 block of West Addison Street.

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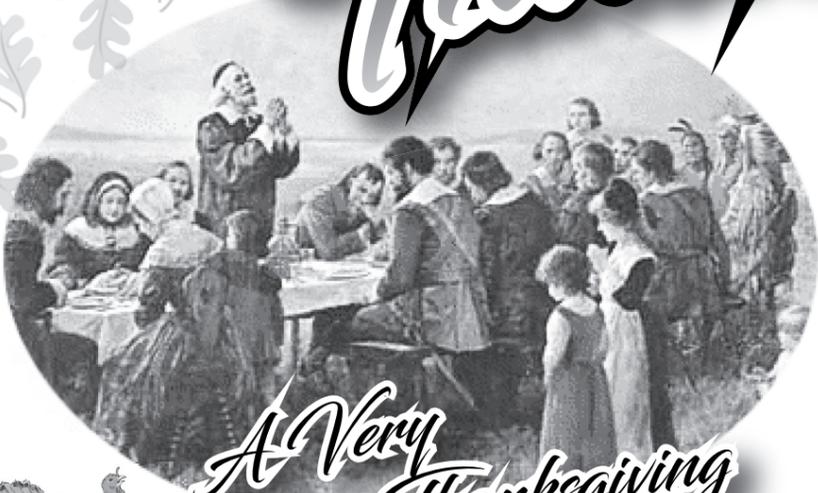


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Happy Thanksgiving



"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 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.



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The Garden Bug

The lotus in ancient Egypt
 The lotus flower flourishes along the Nile and opens its large petals with the rising of the sun. To the ancient Egyptians it represented the sun because it banished darkness. The blue lotus was the sacred flower of Hathor, the cow goddess of magic, fertility and healing, representing her powers of healing and regeneration. Nefertem, the god of healing, was often depicted with a large lotus blossom forming his crown.

Source: www.ancientpages.com - Brenda Weaver

The Garden Bug

Fall planting is fine for turfgrass, spring-blooming bulbs, cool-season vegetables, perennials, trees and shrubs. The cooler air is easier on both plants and gardeners, but the soil is still warm enough for roots to grow until the first freeze. Pests and diseases lessen in fall, and you also don't need to fertilize as you do in the spring and summer.

- Brenda Weaver

Sources: www.bhg.com, www.buckscountrygardens.com

The Garden Bug

When their tassels begin to turn brown, pull ears downward and twist to take the them off the stalk. Remove all husks, tassel silk and stalks, and place shucked cobs of corn in cold water until time to cook. Bring a large kettle of water to a rapid boil, adding 1 tablespoon of salt for each quart of water. Toss in all your corn cobs and boil them 3-5 minutes. Remove and drain, and serve hot with butter and salt.

Corn on the cob

Source: www.almanac.com - Brenda Weaver

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Quotes worth your time

“My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor.”
 Phyllis Diller

“Thanksgiving dinner takes eighteen hours to prepare .They are consumed in twelve minutes. Half-time takes twelve minutes. This is not a coincidence.”
 Erma Bombeck

“We're having something a little different this year for Thanksgiving. Instead of turkey we're having a swan. You get more stuffing.”
 George Carlin

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Business Spotlight



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

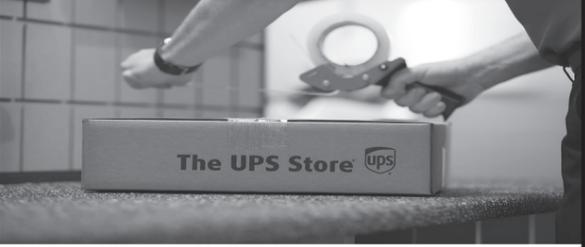
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Comics

R.F.D. by Mike Marland

MAYBE THEY FIGURED WHAT TH' HECK --THERE'S A WHOLE ALPHABET OUT THERE, MIGHT'S WELL USE IT.

HONK! HONK! HONK! HONK!

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Out on a Limb by Gary Kopervas

RUSTY NEVER SLEEPS

DUSTY NEVER SETTLES

MUSTY NEVER GETS OUT

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Amber Waves by Dave T. Phipps

YES SIR, BEFORE YOU KNOW IT, THANKSGIVING WILL BE HERE. FOOTBALL, CRANBERRIES, PIE, STUFFING...OH WHAT ELSE IS THERE?

The Spats by Jeff Pickering

ALWAYS PUT YOUR MONEY WHERE YOUR MOUTH IS.

I GUESS HE'S NEVER HEARD OF A WALLET.

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THEY'LL DO IT EVERY TIME BY AL SCADUTO

SAD SONG DEPT-- YOU ARRIVE AT THE LOCAL BENEFIT SHOW WITH A HANDFUL OF COSTLY MUSIC ARRANGEMENTS, BUT THE PIANO PLAYER WILL SAY IT EVERY TIME...

WAAA-?

ER--UH... I ONLY PLAY BY EAR...

QUESTIONS and NO ANSWERS DEPT--

DADDY--HOW HIGH UP IS THE SKY? HOW DO BIRDS FLY? HOW DEEP IS THE OCEAN? WHY ARE FLAMINGOS SO TALL? WHY DO COWS MOO? WHY ETC., ETC...

I DUNNO... GO ASK YOUR COMPUTER...

Thank to V. CAGGIANO, SANTA MONICA, CA.

Thank to R.J. POWELL, PORTLAND, ORE.

SIGN OF THE DIET TIMES-- and NOW A FEW WORDS FROM THE BIG DESSERT GALS...

YES--I START MY DIET TOMORROW, SO TODAY IS MY LAST FLING...

IT'S GOOD TO BREAK TRAINING ONCE IN A WHILE...

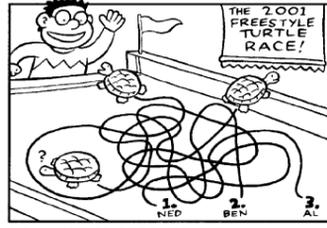
I HAD A VERY LIGHT BREAKFAST AND I WONT EAT DINNER TONIGHT...

THEY WERE IN HERE YESTERDAY EATING THE SAME DESSERTS AND SINGING THE SAME TIRED MALARKEY...

Thank to J. PASTERNAK, PHILADELPHIA, PA.

Junior Whirl

by Charles Barry Townsend



RIDDLE CARD TAKE ME TO YOUR OPTOMETRIST!

1. Do you know anything that has four eyes?
2. What did one wall say to the other wall?
3. Why has the giraffe such a long neck?
4. Why is the letter "B" like fire?
5. Why is a nobleman like a book?

Answers: 1. Yes, Mississipp. 2. "I'll meet you at the corner." 3. Because his head is so far from his body. 4. Because it makes off hot. 5. Because he has a title.

YOU HAVE 30 SECONDS to find out who won the race, which is a lot faster than the winner's time!

Answer: Ned won, in 5 minutes, 23 seconds.

I HOPE YOU "DIG" THIS PUZZLE!

1	D	I	G					
2	D	I	G					
3	D	I	G					
4		D	I	G				
5		D	I	G				
6		D	I	G				
7		D	I	G				
8		D	I	G				
9		D	I	G				

Six right (out of nine) will get you out of this "word pit." To the left is a list of nine words, each of which contains the word "dig."

Using the following hints, see if you can figure out what these words are:

1. To absorb mentally.
2. To raise the status of.
3. To stray from the point.
4. An impoverished person.
5. This will make you blue.
6. A factor in buying a dog.
7. A returning wasteful son.
8. A very smart person.
9. A festive party.

Answers: 1. Digest 2. Dignify 3. Digress 4. Indigent 5. Indigo 6. Pedigree 7. Prodigal 8. Prodigy 9. Shindig

RIDDLE CARD TAKE ME TO YOUR OPTOMETRIST!

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A BARNYARD TEASER! Out in Farmer Brown's pasture, you'll find 300 sheep, 3 shepherds, 2 horses and 3 dogs. How many feet can you count?

Answer: Six feet. All the others are hoofs and paws.

IT'S MAGIC! Use the numbers 2 through 12 to fill in this Magic Number Square. The numbers in each horizontal row and vertical column and even the four corner squares must total 39. We've filled in five of the squares. The rest is up to you. Use trial and error -- and a good eraser!

		16	
15			13
	18		
			17

Answers: First row: 9, 12, 16, 2. Second row: 15, 3, 8, 13. Third row: 4, 18, 7, 10. Fourth row: 11, 6, 5, 17.

HOW MANY PICKLED PEPPERS did Peter Piper pick when he picked a peck of pickled peppers?

Answer: None. A pepper has to first be picked and then pickled, before it can become a 'pickled pepper.'

CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom, left to right: Diva, dive, done, dons, dots, done, done.

V N S
A D E E I O T

HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Just Like Cats & Dogs by Dave T. Phipps

LIFE IS NOT FAIR. IT'S STYLISH FOR GUYS WITH STRONG JAWLINES TO HAVE SCRUFF. GUYS LIKE ME END UP LOOKING UNEMPLOYED.



Photo courtesy of Getty Images

Eyeing Better Vision



9 tips to maintain eye health

FAMILY FEATURES

When considering making changes to positively impact your well-being, many aspects of health may jump to the forefront, from taking care of mental and emotional health to ensuring a well-maintained body from head to toes. However, one sometimes overlooked area is your eyes and the importance of vision care.

Despite nearly 4.2 million Americans over the age of 40 suffering from impaired vision, according to the American Academy of Ophthalmology, it's an aspect of daily health that is sometimes neglected.

To better care for your eyes, consider these tips that put the focus back on eye health:

Schedule an exam

While focusing on enhancing care for your eyes is a productive idea regardless, it's also important to have your vision and eye health checked regularly by a professional. This can help detect diseases and conditions that cause vision loss and blindness, many of which show little or no symptoms in the early stages, and a doctor can help create a care plan that preserves your eye health.

Understand your family history

Genetics can play a major role in eye health, so talk to family members about their vision history. If anyone has been diagnosed with a disease or condition that impacts their eyesight, knowing can help determine if you are at a higher risk for developing a hereditary trait.

Use proper lighting

While there are many everyday ways to maintain eye health and

function, there is one simple yet overlooked way to take care of your sight: reducing eyestrain.

While three out of four Americans suffer daily from eyestrain, according to an online survey conducted by Russell Research, some people may not realize the lighting they use at work and home may be contributing to the problem.

One way to achieve a reduction in eyestrain is to use indoor lighting such as the OttLite Wellness Series, a line of lamps that closely matches the spectrum of natural daylight to reduce eye fatigue and eyestrain by 51 percent. The line includes four models featuring stylish designs with ClearSun LED technology, high-quality diffusers for clear illumination and multiple brightness settings, all intended to help reduce eyestrain by providing "good" lighting, which means providing enough natural daylight-quality illumination to see clearly without being blinded by excessively high light levels or glare.

The lamps also feature adjustable necks and shades to help direct light to fully illuminate an intended area and adjust for glare from reflective surfaces and smart features like USB ports to conveniently charge your devices. Find more information at OttLite.com.

Clean contact lenses

If you wear contacts, make sure to take proper precautions, which includes cleaning and rinsing each time you wear and remove the lenses. When cleaning, use cleaners approved by an eye doctor, and don't wear lenses longer than recommended.

Maintain overall health

Living a healthy lifestyle overall can have a positive impact on your eye health, too. For example,

maintaining a healthy weight can help avoid risks like diabetes, which can lead to vision loss from diabetic eye disease or glaucoma. In addition, eating a diet rich in fruits and vegetables aids eye health, along with fish high in omega-3 fatty acids.

Wear sunglasses

Overexposure to the sun's ultraviolet rays can increase the risk of age-related macular degeneration and blurred vision. It's important to protect the eyes from harmful UV rays when you're outside by wearing sunglasses that block out 99-100 percent of UV-A and UV-B radiation.

Shield your eyes

While sunglasses help block out the sun, protective eyewear like safety glasses and goggles can help shield the eyes while conducting physical activities like yard work or playing sports. Be sure to use safety glasses specifically intended for the use you'll wear them for, as some varieties are designed for certain activities.

Limit evening screen time

The blue glare from traditional lighting and electronics (TV, cell phones, computers, tablets) used before bed may disrupt sleep patterns and circadian rhythm, and may even lead to sleep disorders, depression, cancer and cardiovascular disease.

Take a break

Your eyes work hard when you put extended focus on a computer screen or other activity. Take periodic breaks to avoid eye fatigue. Try the 20-20-20 rule: every 20 minutes, shift your gaze to something 20 feet away for at least 20 seconds.

Optimal Eye Health

Your eyes are your window to the world, so protecting your eye health is an essential component of your overall wellbeing. Symptoms like headaches and drowsiness can be signs of eyestrain, a feeling of discomfort caused by issues like poor lighting.

Keep your eyes in optimal condition and avoid problems like eyestrain by ensuring you're utilizing proper lighting within your home and workspaces. Natural daylight renders colors most accurately, which offsets the potential mood and energy

level impact that occurs when you're not able to perceive colors correctly.

However, when natural light isn't practical while working at a desk or reading inside, rely on lamps that simulate natural light and have a high Color Rendering Index, such as those from the OttLite Wellness Series, which use diffusers to evenly distribute illumination and protect against glare with dimmable options for users if a lower light level is necessary. To find more information, visit OttLite.com.

Don't Skip the Eye Doctor

If you're having trouble with your vision, don't hesitate to set up an appointment with an eye doctor. These symptoms specifically, according to the Centers for Disease Control, are reasons to see a doctor as soon as possible:

- Eye pain

- Decreased vision
- Double vision
- Draining
- Redness
- Flashes of light
- Floaters, or tiny specks that appear to float
- Halos appearing around lights

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