



December, 2018

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

Volume 23, Number 1

Interview The story of the Flag



photographs by George Rimel/Lakeview Newspaper

20 Questions

This month's interview is with **Catherine Plocher, Principal, Burley School, 1630 West Barry.**

Q. Where were you born and raised?

A. Elgin, Illinois.

Q. Are you married? Any children?

A. Yes. I don't have any children but I do have 2 dogs and a cat.

Q. Where did you attend school?

A. Illinois State at Normal for my undergraduate. I got my Masters in Reading at UIC in Chicago and my Masters in Administration at Loyola in Chicago.

Q. What influenced you to get into the field of education rather than some other career?

A. I wanted to be a positive force at the beginning of children's lives, especially those who had struggles to overcome.

Q. What did you do for a living before becoming Principal of Burley?

A. I was Assistant Principal.

Q. How long have you

been at Burley and what is the most challenging part of your job?

A. 9 years. The most challenging is balancing all the things that take you out of the classroom with being present and focused on students and instructions.

Q. What hobbies/ special interests do you have?

A. I love listening to music and live concerts, reading and camping and hiking and being in nature.

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

A. My favorite TV show is "The Big Bang Theory"; my favorite movie is "Caddy Shack" and my favorite book is "The Lorax" by Dr. Suess.

Q. If you could meet anyone in the world, who would that person be and why?

A. Ruth Beder Ginsburg, because she never stops fighting for what she believes in and is a positive voice for us.

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

A. The Galapagos Is-

Continued on page 2

by Joyce A. Rimel and George Rimel

The flags on the roof of Graceland Postal Station have finally been replaced. It took 8 months to get this done. Lakeview Newspaper made this a front page story in November, 2018 and asked the community to call the post office or visit in person to demand that these flags be replaced. As Veterans Day was fast approaching, Lakeview Newspaper would stop by to see if the flags were

replaced. The excuses were many and that is just what they were – excuses. "We have to fill out a requisition to get the flags replaced." "We can't find anybody to get up on the roof", are some of the excuses for not doing the right thing. They had 8 months to fix this!

Out of frustration, Lakeview Newspaper went to Alderman Waguespack's office for help. Ramona Conde, who works in the alder-

man's office, listened to the story and said it would get done and before Veterans Day. She, in turn, called U.S. Representative of the 5th district, in Illinois, Mike Quigley and passed on the story of the flags. The Graceland Facility was called and the flags were replaced before Veterans Day.

Without the community's help and the help of the alderman's office and Mike Quigley, this would not have been

accomplished. It just shows how things can get done when people have a common cause and don't give up. This newspaper thanks everyone in the community who called the post office and made it a point to express their displeasure in person. Our flags are now flying high and proud once again.

Happy Holidays to all and let freedom ring.

What's on your Mind?



"Christmas and New Years and vacationing in warm weather."

Candido Martinez



"I had an automobile accident last year and I want others to be more aware of people and traffic. Our vehicle rolled over on the expressway. I am thankful for being aware of family, friends and life."

Fannie Sills



"Looking forward to a strong year at Orange Shoe Fitness and spending time with family and friends."

Wade Anderson

Editorial & Opinions

Interview continued from front page.

lands because they have unique animals and creatures there. It would be a trip of a lifetime.

Q. Who do you most admire and why?

A. Oprah Winfrey, because she has overcome so much adversity in her life and worked through those challenges to overcome obstacles. She spends her life trying to spread kindness and social change through anybody who will listen.

Q. What has been your three greatest achievements?

A. Meeting and marrying my husband; Witnessing the Cubs win the World Series (I wish my dad could have been here for that); and being a leader in such an amazing neighborhood community school.

Q. What has been your three greatest disappointments?

A. Losing my mother and father at a young age; Seeing kids and families dealing with social media all the time and know what they put out there in the world will follow them; and never meeting Eddie Vedder (from Pearl Jam).

Q. Is there anything that you would like to change about yourself?

A. Not to be so focused and critical about my personal flaws. I am very hard on myself.

Q. What is your "pet peeve"?

A. Lack of organization.

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

A. You can't help or save a child.

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

A. Balancing diversity and social economic community.

Q. What is your most prized possession?

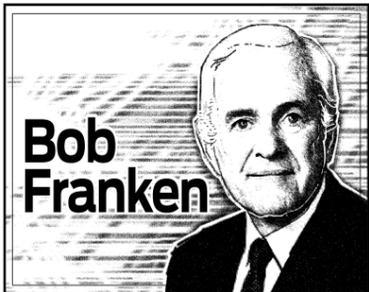
A. Photographs.

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

A. Visit and work for an extended amount of time at an elephant rescue sanctuary.

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

A. It is a Gandhi saying "Be the change you wish to see in the world."



The Dog-Eat-Dog World

I'm always amazed that the Washington types I consider to be such jerks are completely different when I run into them at a dog park. They're actually pleasant to be around. Our canine kids certainly are a good influence.

I find it interesting that President Donald Trump and his family don't have any puppies, not even the ones that most politicians trot out for warm and fuzzy photo ops or campaign ads. But not Trump, maybe because he doesn't do warm and fuzzy. Or perhaps it's because he's a major-league germaphobe and is worried about rabies. Come to think of it, though, given some of the personalities in his administration, that's probably not it.

There's some question about whether Harry Truman actually said it or not, but it's still worth noting: "If you want a friend in Washington, get a dog." Donald Trump is no Harry Truman, to put it mildly. In addition, he clearly doesn't care about having friends in Washington, or for that matter, anywhere beyond the rallies where crowds howl their approval nonstop, no matter how he foams at the mouth.

He's foaming a lot lately, growling constantly about how he can't control the media packs no matter how he tries to intimidate them. Even pulling a White House pass from that hot dog Jim Acosta didn't cause Acosta or anybody else to cower. And when he tried his alpha act in Paris, French President Emmanuel Macron, who previously had tried to be

friendly, seemed determined to prove that he is not Trump's "poodle."

For those who don't remember, that was the scornful label attached to British Prime Minister Tony Blair, because he was perceived to support anything President Bill Clinton would do. Not this time around. In fact, Macron seemed to go out of his way to embarrass The Donald, particularly when in front of several world leaders he challenged Trump's embrace of the loaded term "nationalist."

"Nationalism is a betrayal of patriotism," said Macron through a translator. "By saying 'our interests first, who cares about the others,' we erase what a nation holds dearest, what gives it life, what makes it great and what is essential: its moral values."

That was the French president marking his territory, if you get my drift.

So, another trip overseas, another embarrassment. But finally President Trump was safely ensconced in his home kennel. Back in the day, he used to be quite the horndog, at least according to his PR. But these days, instead of sniffing whatever, he tweets: "The problem is that Emmanuel suffers from a very low Approval Rating in France, 26%, and an unemployment rate of almost 10%. He was just trying to get onto another subject. By the way, there is no country more Nationalist than France, very proud people—and rightfully so!"

Take that, Macron! Now the president can start taking a bite out of the high levels of his administration, dumping all those who have displeased him. We can expect more than two more years of this, as "Bulldog" Trump (many think he looks like one) wavers between snarling and whimpering as he hounds everyone who raises a leg against him.

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



THE RICH LOWRY COLUMN

Why Trump Should Fear Joe Biden

Joe Biden is a gaffe-prone 75-year-old Washington veteran — who is exactly what Democrats need.

The suburbs have turned against Republicans, but Donald Trump's working-class base is still with him in a geographic and demographic stand-off that will — absent a game-changer — define the 2020 election.

The play for Democrats should be obvious: Make a serious appeal to Trump's voters, take back the Blue Wall states of Wisconsin, Michigan and Pennsylvania, and win the presidency. In other words, go with Joe Biden or someone like him with a Midwestern or working-class sensibility (newly re-elected Sens. Sherrod Brown of Ohio and Amy Klobuchar of Minnesota come to mind).

His gruff manner, Catholic faith, Irish ethnic background, union-friendly politics and upbringing in Delaware via Pennsylvania make him as close as the contemporary national Democratic Party gets to a working-class match for the Great Lakes states that Trump stole from it in 2016.

From this juncture, those states again look absolutely crucial. If the rest of the electoral map stays the same, Democrats need to win all three of Wisconsin, Michigan and Pennsylvania to take back the White House. Even if they pick off 2016 red states Arizona and Georgia, they still need Michigan or Pennsylvania to get over 270.

Conversely, it's hard to see where Trump goes and wins new territory

to make up for the loss of Wisconsin, Michigan and Pennsylvania.

Trump didn't win those three states by much, by about 80,000 votes collectively. More than anything, he depended on running against a Democratic candidate who was unacceptable to working-class whites. Right now, it looks like he needs a repeat performance by the Democrats, and he may well get one.

The Democrats don't usually do old and familiar, at least not when they win. The last three Democratic presidents, Jimmy Carter, Bill Clinton and Barack Obama, were fresh-faced newcomers on the national scene.

And then, there are the party's new obsessions. Class has been trumped by race and gender, and as a white male Biden is 0-2. Inequality is now less of a motivator than intersectionality, economic privilege less of a concern than white privilege. This was a stumbling block for the class-obsessed Bernie Sanders last time, and would surely hamper Biden and Sherrod Brown in today's even more fevered context.

The Democrats are not set up to go with, in the derisive phrase, stale, pale and male. Perhaps they can find another Barack Obama-type candidate who lights up the base while having just enough draw for working-class whites. There also is more than one way to win back the Blue Wall — higher black turnout could make the difference.

But there's a good chance that Democrats will get consumed by the hot-house dynamic of their nominating process, and select someone who, like those defeated progressive darlings of the midterms — Beto O'Rourke, Stacey Abrams and Andrew Gillum — is better suited to going down in a blaze of glory rather than winning over an increment of Trump voters.

If so, Joe Biden will be one of the few people in American history who could have won two straight presidential elections — in theory.

Rich Lowry is editor of the National Review.

Americanisms



"We must find the time to stop and thank the people who make a difference in our lives."
—John F. Kennedy

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2018 HOLIDAY SHIPPING DEADLINES

| | Coast to Coast | Cutting It Close | Where To Take It | Contact |
|----------------------------|---|---|--|----------------------------------|
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| UPS | Dec. 17 (for packages delivered by Monday, Dec. 24). | Ship 2-Day Air by Dec. 20 or Next-Day Air as late as Dec. 21 for delivery by Dec. 24. (Saturday delivery is not available in all areas) | 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. 17 for all FedEx Ground packages. | Overnight by Dec. 21; 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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How to get in touch with us:
Lakeview Newspaper
J2 Associates, Inc.
P.O. Box 578757
Chicago, Illinois 60657
Telephone: 312.493.0955
Web site: www.LakeviewNewspaper.com
Email: LKVWNEWS@aol.com
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SENIOR NEWS LINE

by Matilda Charles

Social Security Increase for 2019

The news is in. We now know how much our Social Security benefit will increase for 2019. It's going to be a seemingly large 2.8 percent, the biggest since 2012. For the average person now receiving \$1,422 per month, that means a \$39 increase to \$1,461 after the COLA kicks in, which is what the financial gurus have been predicting.

Medicare Part B premium is going up from \$134 per month to \$135.50. If your individual income ranges from \$85,000 to \$107,000, your premium will be \$189.60.

There are a few other changes as well. Taxable earnings for those still working will go up from \$128,400 annually to \$132,900. For those who retire during the year, the maximum income exemption will rise from \$45,360 to \$46,920.

The Senior Citizens League (seniorsleague.org) did a study with frustrating results. Since 2000, our benefits have gone up 46 percent, but our expenses have gone up 96 percent. Real estate taxes up 129 percent, heating oil up 181 percent, out-of-pocket drug costs up 188 percent. For every \$100 worth of groceries we could buy in 2000, today we can only buy \$66 in groceries. It's no wonder we don't dance for joy when we get a Social Security benefit increase. We're struggling to just keep up with rising costs.

Something to be considered: There's a significant difference between the Social Security benefit you get if you quit working at your full retirement age (depends on your year of birth) and if you wait until you're 70 years old. If you're still working now, you need to ask yourself if you want to keep working a few more years. Investigate thoroughly, because there are compelling reasons on both sides of the question.

VETERANS POST

by Freddy Groves

GI Bill Benefits Delayed

If you're going to school and were expecting your housing stipend benefit money by now, you're not alone. Over 300,000 of you are in the same boat. Either you're receiving incorrect low amounts or you're receiving nothing at all.

Why is this happening? It's because of old IT programming that was never upgraded to include new changes in the Forever GI Bill. The machines don't know how to make the correct calculations.

Talk to the people at your school first to be sure your paperwork was sent in, proving you're in school. If you're a first-time student, expect things to take a bit longer because you have to be put in the system.

If someone you talk to at the Department of Veterans Affairs suggests you get put in the hardship queue, don't jump at it. You have no way of knowing just how much that will speed things up because you don't know how many people would be ahead of you in either of those lines. You'll have to go on your best gut hunch. Call the GI Bill Hotline: 1-888-442-4551.

If you're not a full-time student, you'll need to ask how your housing allowance is calculated. It's a complicated formula, and much of it depends on your individual situation. It involves your rate of pursuit, expressed as a percentage calculated by dividing the number of credits you're enrolled in by the number of credits considered full time. If you're enrolled in distance learning (you don't actually go to a classroom setting), the above is cut in half.

Beware: Even when you get paid, you might get the 2017 amount because the computer can't calculate the 2018 rates. They'll catch up later on back amounts.

As a last resort, call your U.S. senators' offices.

Strange BUT TRUE

By Samantha Weaver

• It was 20th-century American singer and songwriter Bobbie Gentry who made the following sage observation: "Euphemism is a euphemism for lying."

• In a match between a 200-pound mountain lion and a 20-pound porcupine, the lion is likely to be the loser — and probably will die if it tried to take a bite of the desired prey.

• The next time you're annoyed by a bad case of the hiccups, consider poor Charles Osborne. In 1922, when he was 28 years old, Mr. Osborne got the hiccups. For the next 68 years, he continued to hiccup, finally stopping in 1990, one year before his death at the age of 97.

• Marilyn Monroe's iconic film "Some Like It Hot" (which in 2000 was named the greatest American comedy film of all time by the American Film Institute) originally was titled "Not Tonight, Josephine!"

• At one time the Catholic Church considered it sinful to eat a hot dog.

• For a nation based on a foundation of democracy, the U.S. certainly has a lot of states (that were originally colonies, of course) named for British royalty or nobility. The state of Virginia, for instance, was named for Queen Elizabeth I, known as the "Virgin Queen"; and Georgia was named in honor of King George II. King Charles II got both North and South Carolina, while the Duke of York and Albany — later King James II — was honored when the state of New York was named. Even France got in on the action: When explorer Robert de la Salle claimed a large chunk of territory for France in 1682, he named it Louisiana, after King Louis XIV.

Thought for the Day: "It is frequently the tragedy of the great artist, as it is of the great scientist, that he frightens the ordinary man." — Loren Eiseley

Moments in time

THE HISTORY CHANNEL

• On Dec. 8, 1863, President Abraham Lincoln offers his conciliatory plan for reunification of the United States with his Proclamation of Amnesty and Reconstruction. It allowed for a full pardon for and restoration of property to all engaged in the rebellion with the exception of the highest Confederate officials and military leaders.

• On Dec. 6, 1933, a federal judge rules that "Ulysses" by James Joyce is not obscene. The book had been banned in both the United States and England when it came out in 1922. Three years earlier, its serialization in an American review had been cut short by the U.S. Post Office.

• On Dec. 5, 1941, John Steinbeck's nonfiction book "The Sea of Cortez" is published. The book reflects Steinbeck's serious study of marine biology. He would later use his knowledge of the sea and its creatures in creating Doc, the marine biologist in "Cannery Row" (1945).

• On Dec. 4, 1952, heavy smog begins to hover over London. Smoke, soot and sulfur dioxide from the area's industries and cars were trapped by a high-pressure air mass, leading to the deaths of at least 4,000 people, many of whom died in their sleep.

• On Dec. 3, 1967, Lewis Washkansky, 53, receives the first human heart transplant, in Cape Town, South Africa. He was given drugs to keep his body from rejecting the heart, but died 18 days later.

• On Dec. 7, 1982, the first execution by lethal injection takes place in Texas, when Charles Brooks Jr. receives a fatal dose of a barbiturate by intravenous injection.

• On Dec. 9, 1992, nearly 2,000 U.S. Marines arrive in Mogadishu, Somalia, to spearhead a multinational force aimed at restoring order in the conflict-ridden country. In October 1993, rebels shot down two U.S. Army Black Hawk helicopters and killed 18 American soldiers.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Schuco Stuffed Bears

Are the Schuco stuffed bears made by the famous German Schuco company that made the very collectible toy cars? The German company started making clockwork and other mechanical tin toys in 1912 as Schreyer & Co. in Nuremberg, Germany. The name was changed to Schuco in 1921. The company designed and made many clever toys that moved.



This 1930s Schuco toy spaniel with brown ears, a white body and a stitched nose and mouth sold for \$900, which was three times the estimate.

Teddy bears were added during the 1920s, and some were miniature bears that held a bottle inside. The famous "Yes/No" bear moved its head when you moved its tail up and down or side-wise. The business faced many reorganizations, and new companies formed in Germany and the U.S. until 1972, when it declared bankruptcy. It was later acquired and is now part of Simba Dickie Group, a major toy company.

The Schuco company in the U.S. made teddy bears in the 1920s with black button eyes. A few years later, the bears had jointed arms, jointed legs and flat feet, and by 1925, some of them could walk. An early 1930s Schuco Yes/No stuffed spaniel in nice condition with cut-glass eyes recently sold at a Bertoia Auctions auction for \$900, although many Schuco toys sell today for less than \$300.

Q. I inherited a carved wooden cane with a hidden sword in it. The cane is about 37 1/2 inches long and the blade is about 18 1/2 inches. The carved handle head looks Egyptian, and there are carved designs down the entire cane. It has a metal tip and a metal piece with a button to release the blade. I can't find any markings on it. Any information including approximate value would be helpful.

A. Canes were popular accessories for the well-dressed man from the 1700s to the early 1900s. Gadget canes, which are canes that have special features or conceal items, are popular with collectors. Canes have been made that conceal swords and other weapons, flasks, lighters, fans, perfume bottles, pool cues, tools and other items. The cane's value is determined by the material of the head, intricate hand carving and special features. A carved sword cane with overall leaf and vine carving sold for \$360 recently, but several more common sword canes went for \$25-\$55.

CURRENT PRICES

Teddy bear, gray fur, black felt vest and hat, holding faux leather briefcase, faux pearls, jointed, Kent Collectibles, 1985, 12 inches, \$15.

Game, Uncle Wiggily, pin the hat, Milton Bradley, frame, original packaging, hats, 24 x 30 7/8 inches, \$71.

Spice rack, six Aunt Jemimas labeled with the spice names, red rack, shaped spices, 4 inches, 7 pieces, \$145.

Cufflinks, sterling silver, turquoise scarab, pharaoh and King Tut amulet, rope and bead design, c. 1910, 1 1/4 x 3/4 inches, pair, \$225.

TIP: 18th- and 19th-century Irish silver is more valuable than English, because it is rarer.

Have a collector on your holiday shopping list? The 51st edition of "Kovels Antiques & Collectibles Price Guide 2019" makes a great gift. The 528-page softcover book features 16,000 listings and more than 2,500 full-color photographs.



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SAME Can be Effective for Arthritis Relief

DEAR DR. ROACH: Please tell me about the supplement SAME. I am a woman, 58, who suffers from osteoarthritis from my exercise routine, which is three days of heavy lifting with free weights and 15 miles of jogging each week. I love the workouts but not the pain it causes in my hands, knees and lower back.

I get relief from ibuprofen and the like, but these can cause problems with long-term use. I have checked with several doctors and pharmacists concerning this supplement, but they know nothing about it. Doctors in Europe have been prescribing it since the 1970s. Can you give me your opinion of this supplement? —K.Z.

ANSWER: S-adenosyl methionine, usually referred to as SAME, is a naturally occurring substance found in the body, and it has been used as a supplement in people with depression and those with osteoarthritis. It appears to have effectiveness in both cases. Regular readers of this column know that I seldom recommend supplements, but SAME is one of the few that has good data backing it up.

In a meta-analysis of 11 trials, SAME was found to be about as effective at improving function and pain as ibuprofen-like drugs but with fewer adverse effects. It may take two full months to reach peak effectiveness, based on a 2004 study.

As always, I have to warn that supplements are not FDA-regulated. SAME is also relatively expensive (about \$40 for 60 tablets at a U.S. warehouse

store). Very inexpensive products are a warning that the product may not be of high quality or even contain what it is supposed to. This supplement is generally considered safe, but it is always best to speak with your doctor before taking any supplement.

DEAR DR. ROACH: I have noticed that my 22-year-old granddaughter's eyes are bulging more than in the past. She has not had a recent thyroid test. Can you help me understand the cause of this? She is addicted to table salt, using an extreme amount with every meal. What problems will this overuse of salt cause her? Are the two conditions linked in any way? —L.M.

ANSWER: Exophthalmos, the bulging appearance of the eye, is a classic sign of Grave's disease, an autoimmune stimulation of the thyroid gland, where antibodies binds to receptors in the thyroid, stimulating it to produce more hormone. The bulging is not a result of thyroid excess, but rather a cross-reaction of the antibody to fat cells behind the eye, causing the eye to bulge out. Treatment for excess thyroid hormone doesn't reverse this, because the antibodies are still present. Your granddaughter needs to be tested for Grave's disease.

I have seen people whose eyes just appear to bulge. They have sometimes had dozens of thyroid tests, as every doctor they see checks their levels. Other conditions that can simulate exophthalmos include obesity, Cushing's syndrome, inflammation of the eye muscles and other inflammatory diseases.

Excess salt may increase blood pressure, and may even increase stroke risk in people with normal blood pressure, but I can't think how it could be related to the appearance of her eyes.

Risks, Benefits of HPV Vaccine for Boys

DEAR DR. ROACH: What are your thoughts on the pros and cons of HPV vaccine for boys? —L.P.B.

ANSWER: There are risks and benefits to the individual, but also benefits to society.

The HPV vaccine should really be considered an anticancer vaccine, since its goal is to reduce infection from the kinds of human papilloma virus strains that can lead to cancer. Cervical cancer is the most common HPV-related cancer, but some throat, anal and genital cancers also are HPV-related. The Centers for Disease Control and Prevention estimates that there are about 30,000 HPV-related cancers in the U.S. annually. It is possible but unproven that the HPV vaccine will provide protection against some or all of these.

When given to girls or women who have not been infected with HPV, the HPV vaccine is nearly 100 percent effective at preventing persistent infection with the strains most likely to lead to cancer. In males age 16-26 years, the efficacy of the vaccine at preventing high-risk HPV-related warts was about 90 percent. However, the HPV vaccine is relatively new, and it is not clear how long immunity will last. It has been proven to last only eight to nine years, but studies looking at protection up to 15 years are ongoing. It is possible that additional boosters may be necessary.

The most serious risk of HPV vaccine is anaphylaxis, a possibly fatal allergic reaction. There have been 36 cases of anaphylaxis reported in the world literature and through the Vaccine Adverse Event Reporting system, according to the Institute of Medicine's 2012 report on adverse effects of vaccines. There have been 67 million doses given, with a 0.003 percent rate of all adverse events, 90 percent of which were not considered serious. The most common nonserious adverse events in men were redness and soreness at the injection site, dizziness, headache and fainting. Among the adverse events considered serious, the most common were headache, nausea, vomiting and fever.

The societal benefit to vaccinating boys is that they are less likely to spread infection to others. Since essentially all cases of cervical cancer are HPV-related, males are the most common source of infection (although it can be transmitted female to female). By vaccinating your boy, you are

reducing his risk of developing HPV infection and might be decreasing his risk of several types of HPV-related cancer, at a small risk of an adverse event, which is usually minor. However, probably the most compelling reason is to protect your son's future sexual partners. Put in the starkest terms, you are reducing the risk that your future daughter-in-law will develop cervical cancer.

Was Case of 'Bird Lung' an Allergy or Infection?

DEAR DR. ROACH: I was a very active, healthy 68-year-old until March, when I was hospitalized for two weeks for bilateral pneumonia. I was told by doctors at the hospital that it would take four to six weeks to get my health back. However, I experienced shortness of breath and bouts of coughing for months, and insisted on seeing a specialist three weeks ago. A CT scan and bronchoscopy showed symptoms typical of bird lung. We had a cockatiel for 17 years!

I am now taking prednisone and ibuprofen, which are helping to clear up the inflammation. I hope to be able to return to work soon. My family doctor and several other doctors I know said that they'd studied this at med school but had never seen it in their practices. I hope this serves as a warning to other people who might be tempted to buy a pet bird or to breed them. I was lucky, but someone in poor health might not have survived the deadly combination of pneumonia and bird lung.

ANSWER: "Bird lung" is a term that might refer to either of two possibilities. The first condition is "bird-fanciers lung" — essentially an allergic reaction to bird droppings, feathers and the proteins of various birds. It can look very much like pneumonia, with abnormal chest X-ray findings that can be indistinguishable. The only cure is to get away from the source of the allergens, but prednisone might be necessary in severe cases. It is not an infection.

The second possibility is an infec-

tion called psittacosis (sit-a-CO-sis), caused by the bacterium Chlamydia psittaci. Cockatiels are commonly infected by this organism, and the birds do not always appear ill. Psittacosis can be a very severe illness, potentially affecting multiple systems, but it usually responds rapidly to appropriate antibiotics, such as tetracyclines.

Given your history, I suspect that bird-fancier's lung, also called hypersensitivity pneumonitis, is more likely. It sounds like your specialist is treating you appropriately.

DEAR DR. ROACH: I read that microwaving food can cause the food to lose nutritional value or even to become carcinogenic. Is this true? —S.G.

ANSWER: Not really. Heating food does cause some nutrients, such as vitamin C, to break down. But microwaves don't do that more than any other cooking method does. In general, the longer a food is kept very hot, the more nutrients are lost. So quick heating keeps in the most nutrients. Quickly steaming is another way. That's essentially what a microwave does, since it heats water molecules very efficiently, steaming the water contained in food or that you use to rinse it. In fact, microwaving may be better than boiling, since many nutrients can be lost in the water if you just throw it out.

As far as carcinogens (cancer-causing chemicals) go, these are products of very high heat, especially grilling meat. Because microwaves can heat unevenly, some areas of the food can get very hot while others stay cold, which is why it's best, when microwaving, to cook for a short while and allow the heat to distribute itself before heating further or serving.

HAPPY 
HOLIDAYS
 **STAY HEALTHY**

Financial Statement

What does it mean?

The financial community uses a lot of buzzwords that are confusing to many would be investors. Here is a glossary of terms and their meaning:

Penny Stock

A small company's shares trading for less than \$5

apiece, usually not on a major U.S. Exchange such as the Nasdaq. "Penny" once referred to the low prices of such stocks, but more frequently it predicts your investment's full value down the line.

No-load

A mutual fund with no percentage-of-purchase sales charge. Each \$100 you pay typically buys \$100 worth of the fund not \$100 minus the

fee (up to \$5.75), normally pocketed by a broker.

FICO score

Usually between 300 to 850, it's based on your borrowing behavior, of the odds you'll repay any debts. Companies use it to make big decisions, such as whether they'll lend you money.

Junk bonds

Bonds with an elevated chance of default and, usually, an elevated yield. Rebranded as "high-yield" bonds, they typify Wall Street's love of a good euphemism.

Bitcoin

A bunch of computer code that a bunch of criminals, idealists and speculators agree is worth "real" money. Sadly, its real-money value swings widely, making it impractical except for criminals, idealist and speculators.

Exchange-traded fund (ETF)

A bundle of stocks, bonds or other assets in a particular category—say, a country or industry. Unlike mutual funds, which they resemble, ETFs are an investment you can buy and sell throughout the day, like stocks. Marry a mutual fund to a stock and this is their baby.

Asset allocation

A crucial question for retirement investors is "How much of my investments should I have in stocks versus bonds or other stuff?" Not sure of the answer? Buy a target-date fund for your IRA or 401(K):the fund's managers will make that decision for you based on when you'll need the money.

Fiduciary

Among financial advisers,

one obligated to put your desire to make money ahead of the desire to make money from you. Caution:Fiduciaries are not always what they seem. Not everyone who tries to look like one actually is.

Emerging markets

Countries, notably China, India, Brazil and Russia, that Wall Street deems as having less-mature economies than ours but greater opportunities for growth. The catch: Such markets' infrastructure is shaky, and stocks tend to dive as aggressively as they soar.



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FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Who had a hit with "A Thing Called Love"?
2. What singer-songwriter had a big hit in 1977 with "I Go Crazy," which spent a record 40 weeks on the Billboard Hot 100 chart?
3. Name the duo who released "The Closer I Get to You."
4. Who released "Arizona" in 1969, and what does the song's title refer to?
5. Name the song that contains this lyric: "It's been a mystery, And still they try to see, Why somethin' good can hurt so bad."

Answers

1. Jerry Reed, in 1968. The song was covered by number of artists over the years, including by Elvis Presley. But it was Johnny Cash who took it to No. 1 in 1972.
2. Paul Davis. Lou Rawls, Will Downing and Barry Manilow later covered the song.
3. Roberta Flack and Donny Hathaway, in 1978. The was never intended to be a duet, but it was rewritten to include Hathaway, who had suffered from depression.
4. Mark Lindsay, formerly of Paul Revere and the Raiders. Arizona was the nickname of the singer's hippie girlfriend.
5. "Who's Crying Now," by Journey in 1981. The song went to No. 4 on the Billboard Hot 100 chart.



Strange BUT TRUE

By Samantha Weaver

- It was way back in the 19th century that American author and philosopher Henry David Thoreau made the following sage observation: "Men have become the tools of their tools."
- If you were asked to name the U.S. state that is geographically closest to the continent of Africa, you might be tempted to say Florida. You'd be wrong, though; the closest state is actually Maine.
- In 1938, Time magazine featured Adolph Hitler on the cover as its Man of the Year.
- If you're like most parents, at some point you've been shocked by how quickly your kids outgrow things — especially shoes. What may be an annoyance in a developed country is a major problem in undeveloped areas of the world; Kenton Lee is working on changing that. As a volunteer in an orphanage in Kenya, he noticed that many children had the toes cut out of their shoes just so they could fit in their growing feet. After returning home, Lee developed an adjustable sandal that can grow with a child, increasing up to five sizes using a system of snaps. Although the shoe is only available to nonprofits that send them to organizations in need, domestic demand is increasing. If you're a parent sick of buying seemingly endless pairs of new shoes, you'll be glad to hear that Lee and his team are working on a commercial version.
- It was beloved British author (and, of course, creator of Sherlock Holmes), Sir Arthur Conan Doyle who introduced the sport of skiing to Switzerland, thereby transforming that snowy country into a premier tourist destination.

Thought for the Day: "The reason that adulation is not displeasing is that, though untrue, it shows one to be of consequence enough, in one way or other, to induce people to lie." — Lord Byron

top 10 movies

1. **Fantastic Beasts: The Crimes of Grindelwald** (PG-13) Eddie Redmayne, Katherine Waterston
2. **The Grinch** (PG) animated
3. **Bohemian Rhapsody** (PG-13) Rami Malek, Lucy Boynton
4. **Instant Family** (PG-13) Mark Wahlberg, Rose Byrne
5. **Widows** (R) Viola Davis, Michelle Rodriguez
6. **The Nutcracker and the Four Realms** (PG) Mackenzie Foy, Keira Knightley
7. **A Star Is Born** (R) Lady Gaga, Bradley Cooper
8. **Overboard** (R) Jovan Adepo, Wyatt Russell
9. **The Girl in the Spider's Web** (R) Claire Foy, Beau Gadsdon
10. **Burn the Stage: The Movie** (NR) BTS, J-Hope

top ten

Most Elegant Cities

1. Paris
2. London
3. Vienna
4. Venice
5. Florence
6. Barcelona
7. New York
8. Bordeaux
9. Milan
10. Rome

Source: Zalando



COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Searching (R) — John Cho stars as David, a widower whose 16-year-old daughter disappears after a study group. Although he enlists the help of a police detective (Debra Messing), the physical trail goes cold, and he begins to follow his daughter's digital footprint — hacking her computer, contacts, messages, etc. All is not as he had believed, and it's a switchback trail of leads, twists, turns and heart-stopping suspense. Filmed and shown via found footage style: YouTube videos, Skypes and chat screens, it marks the debut of director Aneesh Chaganty, who looks to be off to a great start in owning this genre.

The Little Stranger (R) — The imposing manor house where Dr. Faraday's (Domhnall Gleeson) mother worked was a place of reverence in his childhood memories, but Hundreds Hall has turned to a cold shell of itself when he returns 30 years later to care for the manor's inhabitants. Mrs. Ayers (Charlotte Rampling) is the matriarch. Her son Roderick (Will Poulter) is disturbed and convinced the house is angry with the family; and daughter Caroline (Ruth Wilson) carries a tragic past. As more unexplained phenomena occur, and as the relationships between Dr. Faraday and the family develop, the link between past and present blurs.

At First Light (NR) — Stefanie Scott and Theodore Pellerine star as Alex and Sean in this young adult, first contact with aliens love story. Alex has a run in with a supernatural force that leaves her with newfound powers, while Sean is the friend with the heart of gold

who will stick by her throughout her ordeal. What the film lacks is chemistry between the leads, and an original storyline. On the bright side, it's well-shot and there's definitely enough suspense and action to fill in as a fun afternoon flick during holiday break. Written and directed by Jason Stone.

DVD DOUBLE FEATURE

Christmas With a Prince and Hometown Holiday (NR) — On the DVD equivalent of a slow news day, and it being the season for holiday romances, here are two brand-new Harlequin romances: Up first, "Christmas With a Prince," where Kaitlyn Leeb plays Dr. Miller, a pediatrician whose focus is on the kids. On the



Brain Power Studios

Bradley Hamilton, Sarah Troyer in "Hometown Holiday"

local ski slopes, Prince Alexander (Nick Houndslow) takes a fall and is secreted to the pediatric wing to convalesce. The doctor doesn't agree with the distraction, but there's something about healing that makes the heart race. Then in "Hometown Holiday," record exec Ryan Rourke (Bradley Hamilton) is seeking the next big thing, but when he comes to Krista's (Sarah Troyer) hometown to sign a local singer, the pair start a different kind of collaboration.

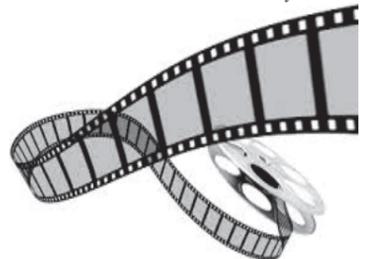
NEW TV RELEASES

- Sharp Objects
- The 100 Season 5
- Mystery Science Theater 3000: Volume Eight
- Tales of the Abyss The Complete Series

Top 10 DVD, Blu-ray Sales

1. **Incredibles 2** (PG) Disney
2. **Christopher Robin** (PG) Disney
3. **Ant-Man and the Wasp** (PG-13) Disney/Marvel
4. **Mamma Mia! Here We Go Again** (PG-13) Universal
5. **Hotel Transylvania 3: Summer Vacation** (PG) Sony
6. **Jurassic World: Fallen Kingdom** (PG-13) Universal
7. **Solo: A Star Wars Story** (PG-13) Disney
8. **The Spy Who Dumped Me ...** (R) Lionsgate
9. **BlacKkKlansman** (R) Universal
10. **Skyscraper** (PG-13) Universal

Sources: comScore/Media Play News



TOP VIDEO RENTALS AND SALES

Top 10 Video On Demand

1. **Incredibles 2** (PG) animated
2. **BlacKkKlansman** (R) John David Washington
3. **Alpha** (PG-13) Kodi Smith-McPhee
4. **Christopher Robin** (PG) Ewan McGregor
5. **The Spy Who Dumped Me ...** (R) Mila Kunis
6. **Hotel Transylvania 3: Summer Vacation** (PG) animated
7. **Ant-Man and the Wasp** (PG-13) Paul Rudd
8. **Mamma Mia! Here We Go Again** (PG-13) Lily James
9. **Skyscraper** (PG-13) Dwayne Johnson
10. **Papillion** (R) Charlie Hunnam

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What's Hot in Hollywood

HOLLYWOOD — “Breaking Bad,” considered one of the best series of all time, is becoming a film franchise for 20th Century Fox. Creator and executive producer **Vince Gilligan** will direct the original cast, which also will include characters from the prequel “Better Call Saul.” The series starring **Brian Cranston** ran from 2008-2013 and won 16 Emmy Awards.

Does **Sylvester Stallone** sleep? In addition to the just released “Creed II,” which reunites him with **Michael B. Jordan**, and “Back Trace,” with **Matthew Modine** and **Christopher McDonald** (due Dec. 14), he’s creating “Rambo V: Last Blood” (coming in 2019) and starring in “Escape Plan 3: Devil’s Station,” with **Dave Bautista** and **Curtis “50 Cent” Jackson**.

“The Theory of Everything” Oscar-winner **Eddie Redmayne** will play **Tom Hayden** (activist, founder of Students for a Democratic Society and former husband of **Jane Fonda**, when she was an activist). **Aaron Sorokin** wrote and will direct Redmayne and **Sasha Baron Cohen**, who plays **Abby Hoffman**.

The Christmas push begins Nov. 30 with the new animated holiday film “Elliott: The Littlest Reindeer,” about a reindeer who sets out to replace the retiring Blitzen in Santa’s reindeer crew. Voices include **Josh Hutcherson**, **John Cleese**, **Martin Short**, **Jeff Dunham** and **Samantha Bee**.

A different kind of holiday offering drops Dec. 7. “Ben Is Back” is about a yule homecoming, with **Julia Roberts** as the mother of **Lucas Hedges**, who is fighting substance abuse. **Peter Hedges**, who wrote “What’s Eating Gilbert Grape” and “About a Boy,” among other films, directs Julia, **Courtney B. Vance** and his son, Lucas.

Former star of TV series “Hercules,” **Kevin Sorbo**, who seemed to disappear from TV and films, is co-starring



Depositphotos

Sylvester Stallone

with his wife, **Sam**, and **Patrick Muldoon**, as they tell the story of a 9-year-old girl and her 11-year-old brother as they try to save a secret beach and reunite a dolphin with its family.

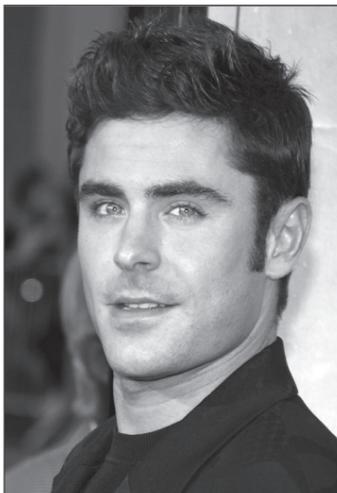
The CBS series “Alice” (1976-85), which starred **Linda Lavin**, who took over for **Ellen Burstyn** in her Oscar-winning role in “Alice Doesn’t Live Here Anymore” (1974), is being rebooted by Fox TV. “Juno” Oscar-winning screenwriter **Diablo Cody** and **Liz Astrof** of “2 Broke Girls” will write and exec produce the series.

The landmark CBS Television City is up for sale for a mere \$700 million. Among the shows that taped there were “All In the Family,” “The Carol Burnett Show,” the soap operas “The Young and the Restless” and “The Bold and the Beautiful,” as well as “Sonny & Cher,” “The Price Is Right” and currently “The Late, Late Show With James Corden” and HBO’s “Real Time With Bill Maher,” to name some. Are we going to get malled again? ... there goes the neighborhood!

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HOLLYWOOD — **Zac Efron**, who showed his musical skills in last year’s “The Greatest Showman,” has completed shooting the comedy “Beach Bum,” with **Matthew McConaughey**, **Isla Fisher** and **Jonah Hill**, for a March 22 release. Efron plays serial killer **Ted Bundy** in “Extremely Wicked, Shockingly Evil and Vile,” with **Lily Collins**, **Jim Parsons** and **John Malkovich** (now in post-production), and is headed for “Blood Moon,” with **Kate Hudson** and **Craig Robinson**. It may get a name change, as there have been four previous films with the same title.

Mel Gibson, worth an estimated \$425 million, is making up for the time lost when he was in trouble with four upcoming films. He’s filmed “Professor and the Madman,” with **Sean Penn**, **Jeremy Irvine** and **Natalie Dormer**; the crime thriller “Dragged Across Concrete,” with **Vince Vaughn** and **Don Johnson**; the sci-fi action film “Boss Level,” with **Naomi Watts**, **Frank Grillo**, **Ken Jeong** and **Rob Gronkowski**; and the thriller “Waldo” (for next summer) with **Charlie Hunnam**. Time seems to heal all wounds.



Maarten de Boer/NBC

Zac Efron



by cindy elavsky

Q. I just saw that actress **Jessica Chastain** had a baby. Is she married? I must have missed this. She’s my favorite actress. — **B.R.**

A. Ever since her Best Supporting Actress nomination for “The Help” in 2011, **Jessica Chastain** has been on a roll. The talented actress earned a second Oscar nomination for her leading role in the wartime drama “Zero Dark Thirty.”

Her career has been so successful that we forget she has a personal life, having married fashion executive **Gian Luca de Preposulo**, who also is an Italian count, in the summer of 2017. They welcomed baby girl, **Giulietta**, via surrogate this past April.

As for Chastain’s career, she has a slew of movies coming up, including next year’s X-Men film “Dark Phoenix” and the sequel “It: Chapter Two,” in which the kids from **Derry, Maine**, are all grown up and face off against **Pennywise the Clown** once again.



Depositphotos

Jessica Chastain

Q. On “Blue Bloods,” first **Danny’s house blows up, then his wife is killed, and now his oldest son is gone. Is the son dead too?** — **J.P.M.**

A. Even though **Danny (Donnie Wahlberg)** has had a lot of bad luck lately, his son **Jack** appears to still be breathing. According to **CountryLiving.com**, when **Jack** went off to college, his portrayal, actor **Tony Terraciano** did too. CBS reported that he hasn’t been written off “Blue Bloods” and will appear as his school schedule permits. “Blue Bloods” is now in its ninth season on CBS.

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Simple Sides for HOLIDAY ENTERTAINING



FAMILY FEATURES

Preparing side dishes can be time consuming. Save those precious minutes to enjoy the holidays by using refrigerated, never-frozen options like mashed potatoes, mashed sweet potatoes, baked apples and even macaroni and cheese that can be heated in the microwave and ready to serve in minutes.

Like many hosts, you are likely searching for perfection in your holiday get-togethers. With an ever-expanding guest list, each year may seem more and more difficult to pull off the perfect gathering. Make things easier and still delicious by serving ready-to-eat options like refrigerated macaroni and cheese made with real milk and cheese.

Find more ideas to make your holiday sides simply delicious at bobevansgrocery.com.

Fancy Mac

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 4

- Nonstick cooking spray
- 1 package Bob Evans Macaroni and Cheese
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 1 1/4 cups shredded Gouda cheese, divided
- 1 package Bob Evans Thick Sliced Hardwood Smoked Bacon, cooked and broken into pieces
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 eggs, lightly beaten

Heat oven to 400 F. Spray four ramekins with cooking spray.

Heat macaroni and cheese according to package directions. Once cooked, stir in spinach, 1 cup cheese, bacon, salt and pepper.

Let mixture stand 10-15 minutes to cool. Add eggs. Spoon evenly into ramekins. Sprinkle with remaining cheese. Bake 20 minutes, or until centers are set.

Sweet Potato Cookies

Prep time: 28-33 minutes

Cook time: 10-12 minutes

Serves: 36

- 3/4 cup vegetable shortening
- 3/4 cup brown sugar
- 1 large egg
- 1 cup Bob Evans Mashed Sweet Potatoes
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 teaspoon pumpkin pie spice
- 1 cup butter, unsalted
- 3 cups powdered sugar
- 1/2 teaspoon maple extract
- chopped honey roasted pecans (optional)
- mini marshmallows (optional)

Heat oven to 350 F.

In large bowl, using hand mixer or paddle attachment, cream shortening and brown sugar. Add egg and sweet potatoes; mix until combined.

In small bowl, combine flour, baking soda, salt and pumpkin pie spice. With mixer on low speed, slowly add flour mixture to egg mixture until well mixed. Using small cookie scoop, drop rounds onto greased baking sheets.

Bake 10-12 minutes, or until golden brown. Cool completely before frosting.

In separate bowl, beat together butter, powdered sugar and maple extract until frosting is light and fluffy. Frost each cooled cookie with maple butter cream frosting.

Sprinkle with pecans and mini marshmallows, if desired. Carefully toast marshmallows with culinary torch, if desired, while avoiding melting frosting.



Mini Hash Brown Casseroles

Prep time: 10 minutes

Cook time: 30 minutes

Serves: 24

- 1 pound Bob Evans Original Roll Sausage
- 4 large eggs
- 1/2 cup milk
- 1 package (20 ounces) Simply Potatoes Shredded Hash Browns
- 3 tablespoons butter, melted
- 1 cup ham, cubed
- 1/2 teaspoon black pepper

1 cup shredded cheddar cheese

In skillet, cook sausage according to package directions.

Heat oven to 350 F. Lightly grease two 12-cup muffin tins.

In bowl, whisk eggs and milk. Add hash browns, butter, ham, black pepper and cheese; mix thoroughly. Fill muffin tins two-thirds full. Bake 27-30 minutes, or until toothpick or knife inserted in center comes out clean.

Substitution: For healthier alternative, substitute 1 cup AllWhites liquid egg whites instead of eggs.

Bacon-Wrapped Jalapeno Poppers

Prep time: 30 minutes

Cook time: 30 minutes

Serves: 40

- 2 packages Bob Evans Thick Sliced Hardwood Smoked Bacon, slices cut in half
- 1 package Bob Evans White Cheddar Mashed Potatoes
- 1 package garlic herb cheese spread
- 20 jalapeno peppers, halved, seeded with membranes removed
- 1/4 cup brown sugar
- 1 teaspoon ground cayenne pepper

Heat oven to 400 F. Set bacon out to thaw to room temperature so it is pliable.

In mixing bowl, use rubber spatula to combine mashed potatoes and garlic herb cheese. Stir until incorporated. Spread 1 teaspoon mashed potato mixture in each jalapeno half; level each with butter knife or spatula.

Wrap each jalapeno with bacon; use three half slices for large jalapenos or two halves for smaller sizes. Be sure bacon is wrapped sealing in mashed potato mixture tightly.

In small mixing bowl, combine brown sugar and cayenne pepper. Generously sprinkle over bacon and pat gently to make it stick.

Line cookie sheet with piece of parchment paper so sugar does not burn to pan. Bake until bacon reaches desired crispiness, around 25-35 minutes.

Let peppers cool slightly before serving, about 5 minutes.



Perfect Holiday Potatoes

Mashed potatoes are a staple on many holiday menus, but all that peeling and mashing can take hours. This year, save time by using refrigerated, ready-to-eat mashed potatoes, such as Bob Evans Original Mashed Potatoes, which taste just like homemade.

- Add your family's special ingredient, like sage butter, and no one will know they aren't homemade.
- Microwave the mashed potatoes just before dinner or throw them in a crockpot on low and pitch the packaging so no one knows you didn't make them ahead of time.
- Buy a couple extra and store them in the fridge in case you have unexpected holiday guests.



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, chocolaty 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.



The Four Treys Tavern

WEEKLY SPECIALS

| | |
|-------|--|
| MON | Open Mic - Comics welcome! \$2 PBR / \$3 Jameson Shots |
| TUE | \$3 Guinness Mugs |
| WED | \$15 Domestic Buckets |
| THURS | \$5 Stoli Drink Specials |
| SAT | Karaoke Karaoke is a good way to celebrate a birthday - bachelor/ette - pub crawl party |
| SUN | Free Pool / \$5 Bloody Marys |

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Crime

Burglary and unlawful entry on the 3600 block of North Hermitage Avenue.

Larceny and theft under \$500 on the 4000 block of North Hermitage Avenue.

Larceny and theft over \$500 on the 1600 block of West Byron Street.

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

Burglary and unlawful entry to an apartment on the 3900 block of North Janssen Avenue.

Larceny and theft from a residence on the 1100 block of West Barry Avenue.

Domestic Battery in a parking lot on the 1100 block of West Waveland Avenue.

Drug abuse violation in an apartment of possession of more than 30 grams of cannabis on the 700 block of West Belmont Avenue.

Aggravated Assault with a handgun at a residence on the 500 block of West Melrose Street.

Simple Battery on the street on the 1600 block of West Roscoe Street.

Simple Assault in an apartment on the 1400 block of West Roscoe Street.

Motor Vehicle theft of an automobile on the 3700 block of North Clark Street.

Bomb threat on the 2800 block of North Racine Avenue.

Burglary and forcible entry to a cleaning store on the 3300 block of North Racine Avenue.

Theft and larceny at a bar or tavern of over \$500 on the 3600 block of North Ashland Avenue.

Vandalism to property to an apartment on the 2900 block of North Ashland Avenue.

Vandalism to property on the 1600 block of West Wolfram Street.

Fraud and financial identity theft over \$300 from an apartment on the 2900 block of North Commonwealth Avenue.

Animal abuse and neglect in a non commercial vehicle on the 2900 block of North Commonwealth Avenue.

Credit card fraud at an apartment on the 400 block of West Wellington Avenue.

Miscellaneous offense to a vehicle on the street on the 400 block of West Wellington Avenue.

Disorderly conduct on a sidewalk on the 3500 block of North Lake Shore Drive.

Simple assault with the hands on a sidewalk on the 3000 block of North Broadway.

Simple assault in a small retail store on the 3200 block of North Broadway.

Burglary and forcible entry on the 2800 block of North Broadway.

Pick Pocketing at a bar or tavern on the 3300 block of North Halsted Street.

Vandalism to a vehicle on the street on the 2800 block of North Halsted Street.

Credit card fraud at a bar or tavern on the 3600 block of North Halsted Street.

Retail theft at a small retail store on the 3100 block of North Clark Street.

Vandalism to a vehi-

cle on the 3500 block of North Fremont Street.

Theft from a vehicle valued at over \$500 on the 3500 block of North Wilton Avenue.

Larceny and theft from a residence under \$500 on the 3700 block of North Wilton Avenue.

Strongarm robbery on a CTA platform on the 900 block of West Belmont Avenue.

Strongarm robbery on the sidewalk on the 3200 block of North Halsted Street.

Miscellaneous damage to a library on the 4400 block of North Lincoln Avenue.

Larceny and retail theft from a department store on the 4700 block of North Lincoln Avenue.

Larceny and theft from a restaurant and building on the 4800 block of North Western Avenue.

Simple assault at an apartment on the 4700 block of North Campbell Avenue.

Theft and Larceny from a hotel or motel on the 5300 block of North Lincoln Avenue.

Fraud and Financial identity and theft under

\$300 on the 1500 block of West Addison Street.

Criminal sexual assault non aggravated at a residence on the 2900 block of North Lake Shore Drive.

Animal abuse and neglect on the street on the 2900 block of North Commonwealth Avenue.

Harassment by telephone at an apartment on the 400 block of West Briar Place.

Theft and larceny on the street on the 500 block of West Aldine Avenue.

Larceny and theft from an Athletic club on the 3100 block of North Broadway.

Motor vehicle theft of an automobile off the street on the 600 block of West Belmont Avenue.

Retail theft at a small retail store on the 2800 block of North Broadway.

Simple battery on the 3600 block of North Halsted Street.

Domestic battery in a vehicle on the 800 block of West Wellington Avenue.

Theft and larceny over

\$500 on the street on the 900 block of West Belmont Avenue.

Vandalism to an apartment building on the 3300 block of North Seminary Avenue.

Unlawful entry and burglary to a residence on the 1100 block of West Wellington Avenue.

Drug abuse violation on public school property on the 2800 block of West Seminary Avenue.

Harassment by telephone to a restaurant on the 3600 block of North Clark Street.

Vandalism to a vehicle on the street on the 1100 block of West Roscoe Street.

Strongarm robbery at a small retail store on the 3100 block of North Lincoln Avenue.

Simple battery on public school grounds on the 4000 block of North Ashland Avenue.

Robbery and aggravated vehicle hijacking on the 3800 block of North Kenmore Avenue.

Credit card fraud at a gas station on the 4300 block of North Western Avenue.

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The Garden Bug

Parsley is native to Southern Europe. Cultivated for more than 2,000 years, it was used medicinally and also as food. The ancient Greeks held it to be sacred, using it to adorn athletic champions and to decorate the tombs of the dead. Ancient Romans used it in cooking, and Charlemagne grew it on his estates. Fool's parsley, a poisonous weed, is sometimes mistaken for the edible flat-leaf parsley.

Flat-leaf parsley

Fool's parsley

- Brenda Weaver
Source: www.whfoods.com

The Garden Bug

Planting mums

Flowering mums planted outdoors in the fall won't have enough time or energy to develop a hardy root system before winter; the plants will succumb to the frequent freezing and thawing. Instead, keep them in their pots, trim off spent flower heads, and place them in a cool, dry indoor area that does not freeze, keeping them slightly moist. When spring arrives, plant in the ground when threat of frost has passed.

- Brenda Weaver
Source: www.mums.org

The Garden Bug

Cutting back perennials

Cut back perennial plants to about 6 inches' height after a hard frost. Remove any dead leaves lying nearby. This lessens the harboring of disease and pests that could affect new growth next spring. Perennials include hosta, bee balm, phlox, bearded iris, peony, daylily, veronica, sunflower, salvia, shasta daisy, clematis, columbine, catmint, and yarrow.

Yarrow

Source: www.almanac.com - Brenda Weaver

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Quotes worth your time

“Love the giver more than the gift.”
Brigham Young

“Christmas isn't a day, it's a frame of mind.”
Valentine Davies,
Miracle on 34th Street

“Christmas will always be as long as we stand heart to heart and hand in hand.”
Dr. Seuss

“My idea of Christmas, whether old-fashioned or modern is very simple: loving others.”
Bob Hope

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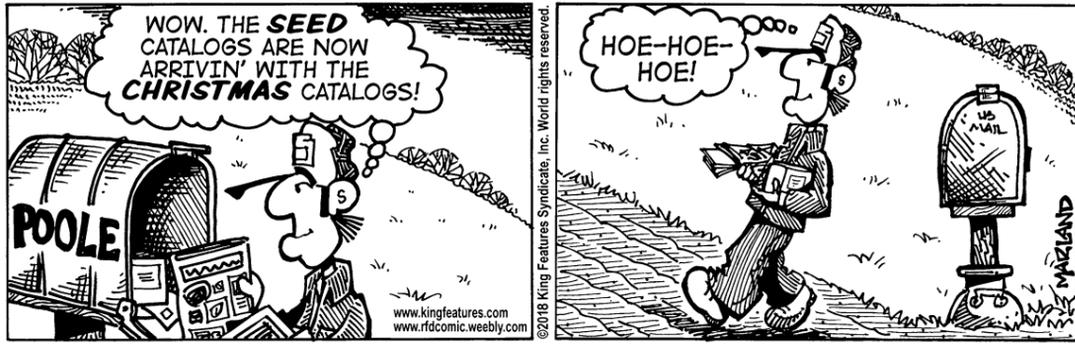
Northcenter businesses will be accepting donations for **The Common Pantry**. A list of participating businesses is available at northcenterchamber.com. Look for the “Season of Giving” donation box at your favorite local store.

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Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



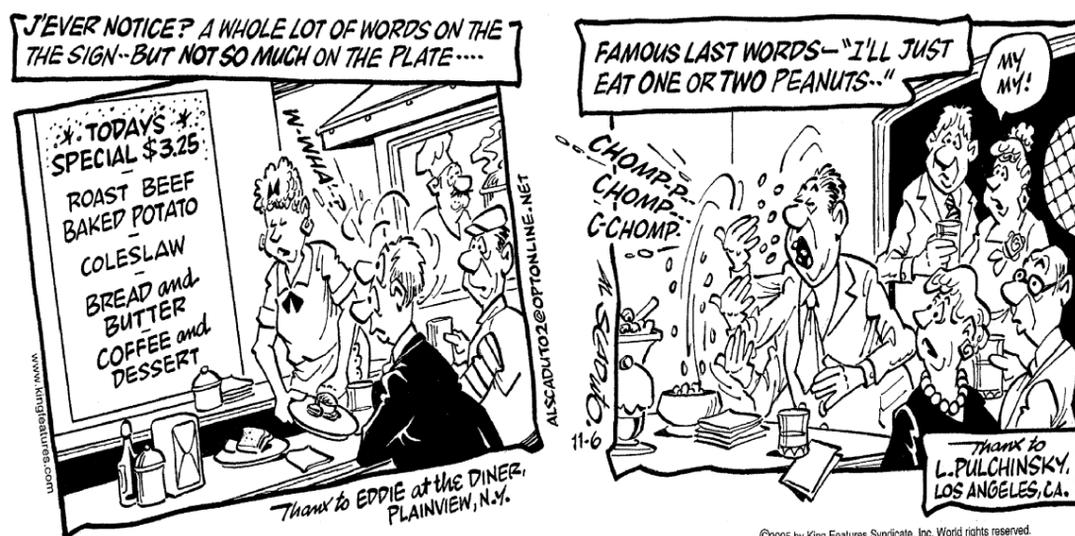
The Spats

by Jeff Pickering

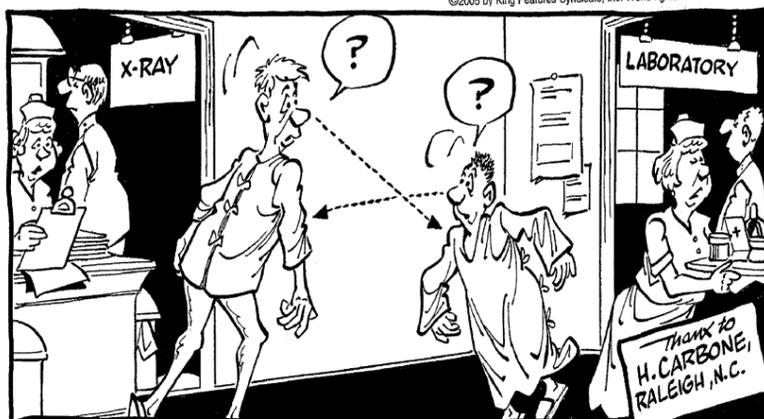


THEY'LL DO IT EVERY TIME

BY AL SCADUTO

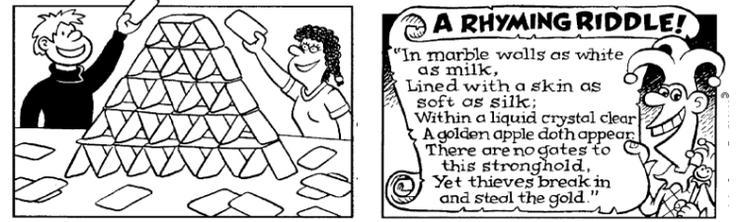


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Junior Whirl

by Charles Barry Townsend



BILLY AND MARY are about to set a card house record. Can you correctly count all of the cards in this picture in 30 seconds?

CAN YOU FIGURE OUT the answer to the Jolly Jester's Rhyming Riddle!

| | | | | | | |
|----|---|---|---|---|---|---|
| 1. | L | | | | | D |
| 2. | | L | | | | D |
| 3. | | | L | | D | |
| 4. | | | | L | D | |
| 5. | | | | D | L | |
| 6. | | | D | | | L |
| 7. | | D | | | | |
| 8. | D | | | | | L |

FIND THE BIG WORDS!

DEFINITIONS: ANAGRAM:

1. What the shipbuilder did. hand + clue
2. Found in toothpaste. dour + file
3. Used to reckon time. land + acre
4. A large kettle. laud + corn
5. Found in newspaper. nail + heed
6. Campers need them. orbs + dell
7. Eccentric people. dabs + doll
8. A wooden interlocking joint. viol + date

Using the definitions and the anagrams below, you must find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

Answers: 1. Latched, 2. Florida, 3. Calendar, 4. Cauldron, 5. Headline, 6. Bettors, 7. Oddballs, 8. Dovers.

CAN YOU EXPLAIN how a baseball pitcher could win a nine-inning game without once pitching to a batter?



Answer: He could if he were a substitute pitcher brought into the game at the top of the ninth inning with the score tied, two outs, and a man on first base. If he then comes off first base, the side would be on the bottom of the ninth.

LINK-UPS! Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

- | | |
|---------|---------|
| 1. JAB | 1. ALE |
| 2. ERA | 2. OWED |
| 3. GARB | 3. BED |
| 4. FIN | 4. END |
| 5. HALL | 5. SING |
| 6. LEG | 6. LED |

Answers: Jabbled, erasing, finale, garbled, hallowed, legend.

ODD WORD OUT! To the right is a list of five words. Can you figure out which word doesn't belong on the list?

- | |
|------------|
| 1. AMIGO |
| 2. DEPOSIT |
| 3. EXODUS |
| 4. CUSATOR |
| 5. SUBJECT |

Answer: Subject. In the other words, every other letter is a vowel.

ARE YOU A "WORD" CHEERLEADER? See if you can shout out the four five-letter words needed on the right that match the definitions given below. All words must read the same across and down.

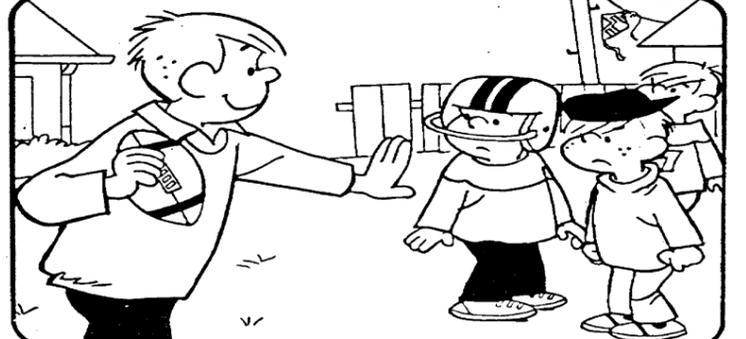
| | | | | |
|---|---|---|---|---|
| C | H | E | E | R |
| H | E | | | |
| E | | | | |
| E | | | | |
| R | | | | |

1. Shout encouragement (given).
2. To divide in two.
3. Mischievous creatures.
4. A sporting contest.
5. Cessations from work.

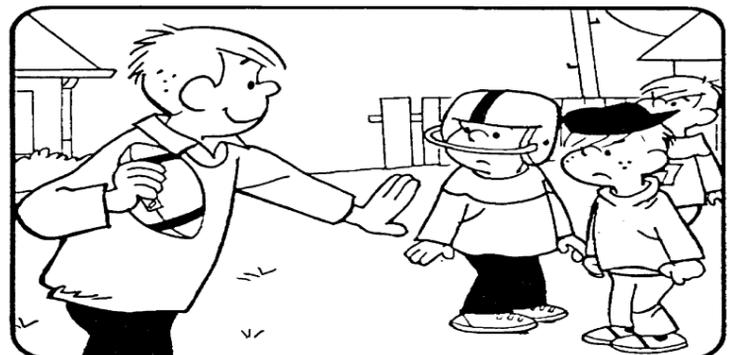
Answers: 1. Cheer, 2. Hairs, 3. Elves, 4. Events, 5. Rests.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Football is turned, 2. Arm is shorter, 3. Fence is shorter, 4. Helmet stripe is missing, 5. Kite is missing, 6. Shirt is shorter.

Just Like Cats & Dogs

by Dave T. Phipps





Create a Healthy, Winter-Ready Home

FAMILY FEATURES

When chilly weather arrives and the days get shorter, chances are good you'll spend the majority of your days indoors. Before you start your hibernation, it's a good idea to ensure your home is up to the task. Put your well-being at the top of the list with these ideas to help ensure a health-conscious home that's ready for the dark days of winter.

Encourage better air quality

When the house is closed up tight to keep out the cold, you may be trapping in some undesirable air pollutants. A well-sealed house may not have the best circulation, and that's the ideal environment for dust mites and other allergens to accumulate.

A thorough cleaning is the first step toward better air quality. Do a deep vacuuming of all carpets, including under furniture and around baseboards. Be sure to launder linens that aren't typically part of your regular washing routine, like window treatments and comforters.

You may want to consult a heating and cooling specialist to determine whether your ductwork is due for a cleaning. Especially if your system didn't get much use through the summer months, there may be a fair bit of dust just waiting to infiltrate your home once the furnace begins to blow.

Be sure to change filters, clean vents and air returns and, if necessary, consider adding an air purifier that helps filter any remaining particles for the best quality air. When opening windows isn't comfortable during cold winter weather, letting the sunshine in can still help to improve indoor air quality. A study by the University of Oregon's Biology and the Built Environment Center showed rooms with increased sunlight have fewer viable bacteria.

"Until now, daylighting design has been primarily about visual comfort or circadian health, but now we can say daylighting influences air quality," said Kevin Van Den Wymelenberg, co-director of the BioBE Center and co-author of the study.

Let in light

Natural light plays an important role in overall health, and reduced daylight in the winter months can have a big impact on productivity and sleep, according to a recent survey conducted by YouGov on behalf of Velux. For example, nearly two-thirds of respondents said they believe daylight affects their productivity and mood. Light is also an important cue to the body's circadian clock, and proper exposure to natural light during the day can help support better sleep when darkness falls.

What's more, sunlight is a natural antidepressant, and there is ample scientific evidence that associates daylight with better health and quality of life, such as improved mood, less fatigue and reduced eyestrain.

It may be tempting to keep the drapes closed when it's blustery outside to ward off a draft, but with well-sealed windows, there's no reason to block that all-important natural light. In rooms with ample natural light available, take advantage, especially in the morning when exposure to daylight can benefit your circadian rhythm.

However, not every room is situated to maximize your access to natural light, and that's when you can get creative. One solution is skylights, which add natural light to virtually any space. An option like a Sun Tunnel Skylight offered by Velux Skylights lends brightness to even the smallest spaces, like a bathroom or hallway. For a larger room, a fresh-air skylight can help address air quality concerns, and some models offer smartphone connectivity to open

and close the skylight and even raise or lower blinds with a few quick taps of the finger. Learn more at whyskylights.com.

Keep out the cold

As a child, you were probably warned to bundle up in cooler weather to avoid catching a cold. As an adult, you likely realize that germs, not temperatures, cause illness. However, there is some truth to the old wives' tales associating cold with getting sick. The viruses that cause colds and the flu thrive in cooler temperatures, for example. This means that, at least indirectly, a cold environment may indeed make you sick.

To ward off a chill in your home, safeguard against drafts around windows and doors. If seasonal weather-proofing is impractical, consider temporary solutions like draft stoppers or mats you can place at the base of doors. Add insulation, if needed, in areas that commonly release a significant amount of heat, such as the attic and garage.



Daylight Makes a Difference

As the days become shorter and colder, the importance of getting enough daylight is even more acute to sleep patterns, mood and productivity. These tips can help you get a better night sleep:

- Increase your exposure to natural light during the day. Take a lunchtime walk at work or, if you can't get outside, sit by a window while you eat.
- Install blackout curtains in your bedroom to block light from street lamps and the moon.
- Turn your thermostat down in the evenings to create a cooler bedroom to sleep in.
- Establish a good bedtime routine. For example, read a book instead of spending more time looking at a screen. Blue light from electronic devices mimics daylight and can trick your brain into staying alert.
- Use red or orange bulbs in kids' night lights as these are some of the least disruptive to sleep.



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