



Lakeview

January, 2019

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

Volume 23, Number 2

Interview

Death and Taxes



photographs by George Rimel/Lakeview Newspaper

20 Questions

This month's interview is with **Diane Toritto, Lakeview Funeral Home**, 1458 W. Belmont.

Q. Where were you born and raised?

A. Brooklyn, New York

Q. Are you married? Any children?

A. Yes. We have 2 sons.

Q. Where did you attend school?

A. Saint Rosa College in Albany, New York.

Q. What was the worst job you ever had?

A. Working in corporate America as a trainer and I installed software for large medical facilities.

Q. What hobbies/special interests do you have?

A. Cooking. I was a hockey Mom for many years. I have a son who is a musician and I enjoy live music.

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

A. My favorite TV shows are home improvement shows. My favorite movie is Alfred Hitchcock's "The Birds" and my favorite book is "Song of

Solomon " by Toni Morrison.

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

A. Michelle Obama. She is well educated, poised and someone to admire.

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

A. Egypt, because of its history and culture.

Q. Who do you most admire and why?

A. My mom. She overcame a lot of adversity and put herself through school and was a good role model.

Q. What has been your three greatest achievements?

A. My children, my marriage and my ability to adapt to change.

Q. What has been your three greatest disappointments?

A. I didn't pursue medical school; I didn't continue painting; I stopped riding English horseback and stopped riding altogether.

Q. With all the problems in the world today, what concerns you the most?

Continued on page 2

by Joyce A. Rimel and George Rimel

Since 1998, more than two dozen Chicago police officers have died from injuries suffered in the line of duty. The latest tragedy is Police Officer Conrad Gary, 31, December 17, 2018. Hit by a commuter train while investigating reports of gun shots on the Far South Side. With him, in the vehicle, was Police Officer Eduardo Marmolejo, 36. Both officers were relatively new to the Chicago Police Department. Marmo-

lejo serving just over two years, while Gary had been on the force for 18 months. Officer Marmolejo leaves behind a wife and three young daughters, and Officer Gary, a wife and six-month old daughter. We honor the lives of our fallen heroes and support the families of Chicago police officers who are killed or catastrophically injured in the line of duty.

On the subject of taxes, Mayor Rahm Emanuel had no prob-

lem in passing his election-year budget through the City Council. Chicago aldermen voted 48-1 to pass the budget. Ald. Scott Waguespack, 32nd, was the lone vote in opposition. The \$8.9 billion 2019 package included no vote on new taxes or fee hikes, but by 2023, the next time aldermen and the mayor are on the ballot, the city will have to come up with nearly \$1 billion in additional pension payments

each year, leaving Chicago taxpayers facing another round of tax increases as the next mayor seeks to close the gap.

While aldermen won't be asked to endorse additional hikes this year, taxes on Chicagoans will continue to go up in 2019 thanks to prior budget votes they took. A \$63 million increase in the property tax, the last of four to boost police and fire pension funding, will **Continued on page 2**

What's on your Mind?



"Kicking off the New Year and to teach people around the world how to communicate better. How to communicate interpersonal, meetings, personal and private communications"

Gary Mills



"How important those around you are and to share your love with everybody."

Andrew Teska



"Why can't people get along and be nice to each other? Not for just a day but for 365 days a year."

Andy Sato

Editorial & Opinions

Interview continued from front page.

A. The political unrest in this country and the racial division.

Q. Before working at Lakeview Funeral Home, what did you do for a living?

A. I worked at another funeral home and ran the office.

Q. What are your duties at the funeral home?

A. I do everything I can to make everything easier for the funeral directors. I assist in paperwork and help families through paperwork. I wear a lot of hats.

Q. What is the toughest part of your job?

A. Keeping my emotions in check.

Q. What is your "pet peeve"?

A. People who argue and disagree with you.

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

A. The congestion. I would hate to see it become downtown.

Q. What is your most prized possession?

A. My grandmother's wedding ring.

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

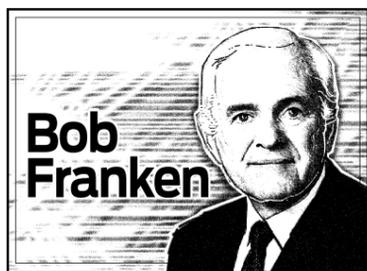
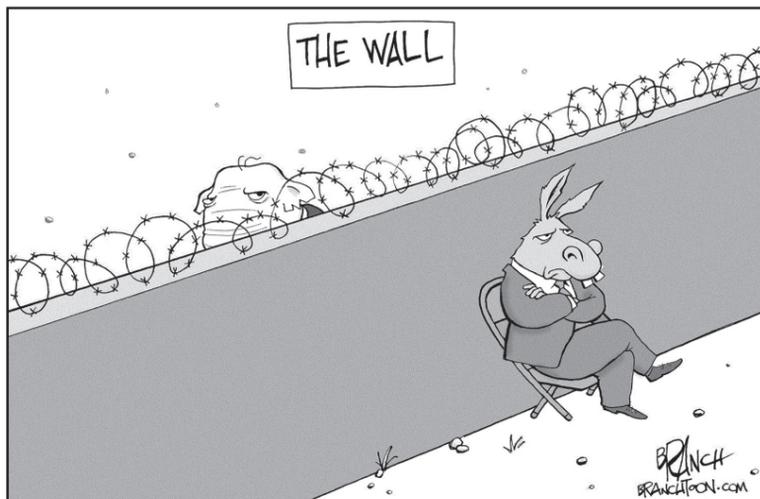
A. Write a book. It would be fiction loosely based on my experiences.

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

A. Be kind.

Death and Taxes continued from front page.

kick in next year. Water and sewer taxes to increase contributions to the municipal workers pension fund under a plan Emanuel pushed through starting with the 2017 budget will also go up again, from \$1.28 per 1,000 gallons used to \$2.01 per 1,000. The increase will cost the median household with metered water use \$39.05 more in 2019, according to the Emanuel administration. The median unmetered water bill will go up \$79.94. Plus, a per-ride fee on ride-share companies such as Uber and Lyft will go up another nickel in 2019 an increase the council enacted last year. The pain is coming. Emanuel is



Lame-Duck Mucking

OK, I get it. After an election, when the incumbent is about to be transformed into the former, we need a transition period. All in all, it's a good idea. It allows for a smooth change-over. Yada, yada, yada. But like all bright ideas, this one is invariably tarnished, because humans are involved. (How's that for Yuletide cheer?)

As we all know, the time between outgoing and incoming is called the "lame duck" period. In Wisconsin and Michigan, the Democrats who were victorious in winning the governor's races and other statewide races are crying "fowl" because of the Republican tactics to change the rules of engagement, as they have in other states.

The way it's supposed to work is that the voters choose between not only candidates but policies. Another long-familiar expression is they can elect to "throw the rascals out." The new rascals get to implement their approaches, changing those of the old ones. But these GOP lame ducks in Wisconsin and Michigan are spoiling things. With their fading quacks, they are trying to override the voice of the people by duck-walking over the new guys before they take control. They are using partisan sleight of hand to feather their nests with their rich patrons, and otherwise taking some important ruling powers away from those who will replace them.

It's not just a state problem. In Washington, we have a Congress with Republicans ruling both roosts until next month. The lame ducks, and there are a lot of them, are trying to pull a

Death and Taxes continued from front page.

also pushing for a state gas tax hike to fund a major state wide transportation bill. He has the support of 26 suburban mayors and village presidents. Illinois last raised the gas tax from 16 cents per gallon to 19 cents in 1990. Emanuel said that the group of mayors settled on a range of 20 cents to 30 cents to serve as a guideline for state lawmakers when they take up

fast one and jam through a budget and other priorities of the gaggle up at the other end of the street.

It's not a pretty sight, nor is there much hope that it will improve when the Democrats take over one of these animal houses, the House of Representatives. If anything, the barnyard squalling will get louder.

It's not just the Republicans who abuse their lame-duck status. Bill Clinton issued 140 pardons on his last day in office, including one for fugitive Marc Rich, who had been prosecuted for massive tax fraud and evaded arrest by residing in Switzerland. It became known as "Pardongate" (what else?) because his former wife had made big-time donations to both the Clinton Library and Hillary Clinton's Senate campaign. Even after he left office, Bill Clinton was formally scrutinized but ultimately cleared. Interestingly, the head of the investigation who legally exonerated him was none other than James Comey — yup, the very same guy, all of which proves there's nothing new in politics.

Of course, our current president is no slouch at that; he's probably the ultimate self-promoter. Unfortunately for him, once Congress gets past its current lame-duck status, the Democrats, with their new majority in the House, give every indication that they will make his first two years in office look tame by comparison. For the most part, they're avoiding the "I-word," particularly since they don't want to look overly anxious. Besides, they have Robert Mueller doing all their heavy lifting.

But assuming that Donald Trump avoids impeachment, he'll presumably run for re-election against a Democratic someone. Democratic candidate TBD will be determined to make him a lame duck. Imagine how dangerous Trump will be if he feels like he has nothing left to lose.

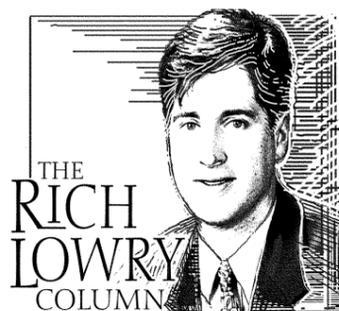
Bob Franken is an Emmy Award-winning reporter who covered Washington for more than 20 years with CNN.

debate on the issue next year.

Mayor Rahm Emanuel is also making a call for state lawmakers to legalize marijuana, allow a Chicago casino and approve a state constitutional amendment to help the city address a looming pension crises that will require nearly \$1 billion in new annual retirement payments by 2023.



Martin Luther King, Jr Day
Monday, Jan. 21st



Does Trump Care That He's President?

The office of the presidency is known for wearing down the mere mortals who hold it.

At the very least, it prematurely ages its occupants. Often, it humiliates them, forcing them to rehabilitate their reputations later (George H.W. Bush and Jimmy Carter). In the worst case, it chews them up and spits them out (Lyndon Johnson and Richard Nixon).

It is a journalistic trope that this is happening to Donald Trump before our eyes. The media constantly write stories about how the president is panicked and cornered, barely able to handle his duties, as the walls perpetually "close in." But as far as any outside observer can tell, he's as ebullient and combative as ever, and has never blinked no matter how intense the pressure of any given controversy.

Far from getting crushed by the weight of the office, Trump doesn't seem to feel it at all. Never has any president been as outwardly unfazed by the majesty of the presidency, or made less accommodation to its trap-pings and norms.

President Trump still acts like he's Celebrity Trump fighting a vicious flame war with Rosie O'Donnell, except his targets now might be another head of state, or his own attorney general, or losing members of his own party.

The idea that he's a representative of the nation apparently makes very lit-

tle impression on him. He never stops to think that any given gibe might be unworthy of the office, or maybe that he, blessed with more power and showered with more attention than anyone on the planet, has an obligation to be elevating and restrained, even if no one else is.

One of the attractions of the presidency to him appears to be that he can continue to punch down — but do it from a higher altitude than ever before.

Even after two years, he hasn't lost his capacity to surprise. Did the president of the United States really render the last name of the incoming chairman of the House Intelligence Committee, Adam Schiff, as an expletive? Did he call that TV anchor "low IQ"? Did he call his former secretary of state dumb?

Of course he did.

Much of this is ephemera, but collectively and over time it creates a lasting impression. A major factor in the drubbing that Republicans suffered in the suburbs in November was a reaction against Trump's persona, as underlined by his own conduct and tweets. If he cares about keeping the presidency — and he surely does — he should care a little more about respecting the dignity of the office.

The great advantage of the presidency is that it is naturally set up to invest people elected to it with a certain grandeur, via the White House, saluting Marines, Air Force One, "Hail to the Chief" and ceremonial events large and small. All it requires is showing up and, very often, reading from a script. Rather than simply pocketing this benefit, Trump tends to undercut it 280 characters at a time.

If he's ever brought low, it's less likely to be from the pressures of his responsibilities than his cursed inability or unwillingness to make a minimal effort to conform to his role.

Rich Lowry is editor of the National Review.

Americanisms



"Patience is the decision to move at someone else's pace rather than pressure him or her to match yours."

—Andy Stanley

© 2018 King Features Syndicate, Inc.

Lakeview Newspaper
"We don't make the news. We just report it."

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

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Kathleen O'Hara

January 2019

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$24.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

Contents are copyrighted, trademarked and service marked. Proud creator of Kid Safe Businesses in Lakeview, Roscoe Village, North Center and Lincoln Square communities. Any reproductions of articles, photographs, or artwork requires authority of the publisher. Publisher is not responsible for advertisements or advertorials contents or liability thereof. Copyright MMXIX. Member of Lakeview Chamber of Commerce and North Center Chamber of Commerce. Recipient of Community Service Award 2005 from Lakeview Chamber of Commerce. Proclaimed on March 31, 2004 by the City Council and Mayor Daley as Lakeview Newspaper Day and our benefit to the community as a community newspaper. Maria Pappas, Cook County Treasurer awarded Lakeview Newspaper a Commendation of Excellence in 2011 and 2013 for community journalism.

SENIOR NEWS LINE

by Matilda Charles

A Head-to-Toe Guide to Winter Warmth

The official start of winter is just weeks away, and if the two popular almanacs are accurate, much of the country is going to have a brutal winter with lots of snow, cold and ice.

For seniors, weather this cold can present problems. Sometimes circulation isn't the best because blood vessels aren't as elastic as they once were. Seniors also lose a fat layer under the skin. Hypothermia is a very real danger, but there are ways to stay warm when you have to go out.

Hands — Double up on the layers of your gloves. Here's a hint: Use a pair of thin gloves as the first layer and then add an insulated mitten over that.

Core — While a thick coat might seem to be enough, adding a vest underneath will keep your chest and back warm. It's also a great item to keep handy and wear around the house.

Neck — Heat rises, and all that saved-up core heat can escape unless you use a scarf. Thick ones that wind around the neck more than once will go a long way toward holding in trapped warmth.

Head — Heat also rises out of the top of the head. Even when you're indoors, a cap can help you stay warm. For outdoors, look for an insulated one that also covers your ears.

Legs — Consider flannel-lined pants or jeans.

Feet — A double layer of wool socks can help keep toes warm, as can insulated boots.

Also consider having an automatic starter installed in your car so it's warm before you even go outside.

After all, we can't just stay inside all winter. We have places to go, things to do and people to see.

VETERANS POST

by Freddy Groves

Blue Button Health App Opens Records to Vets

The Department of Veterans Affairs is adding more features to Blue Button, the program veterans can use to access their health information from multiple sources on cellphone and web apps. But the greatest benefit, I believe, is the Health API, which allows veterans to access, download and even update their own medical records.

If something is incorrect in your records, you'll know it. If something is missing, you'll spot that omission. So far, over 2 million veterans have downloaded 32 million of their health files.

With Blue Button, if you're signed up for My HealtheVet, you can select a text file or .PDF that you can read, print or save on a computer. You can choose a date range and the kind of information you want from your VA health records. If you have the premium My HealtheVet, you can enter information and data into the record, such as your medical conditions and medical history, allergies and adverse reactions, medications, family health, weight and blood pressure, and your personal goals.

Data present from the health record will include notes after January 2013, pathology reports, radiology reports, vitals, wellness reminders, allergies and immunizations, as well as your current and past two years of appointments. Data from the Department of Defense will include your military service information.

To learn more about Blue Button, go online to www.va.gov/bluebutton. To see how comprehensive this is, scroll to near the bottom and select either the text or .PDF sample to view.

Blue Button is part of the whole VA API system. This includes Benefits API (track and receive notifications about your claims), Facilities API (get locations, hours, wait times at your facility) and now the Health API. To learn more about what these do, go online to <https://developer.va.gov>.

Strange BUT TRUE

By Samantha Weaver

• It was New York Times columnist Maureen Dowd who made the following sage observation: "The minute you settle for less than you deserve, you get even less than you settled for."

• A law in Memphis, Tennessee, states that it is illegal for a woman to drive a car unless a man walks in front of it to warn approaching motorists and pedestrians.

• Martha Stewart got her start in business by catering from her home.

• It takes 40 gallons of maple sap to make one gallon of the maple syrup you put on your pancakes.

• The Tom Thumb locomotive and Jell-O were invented by the same person.

• Ancient Egyptians often were buried with opium, boats and artificial limbs for use in the afterlife. And it wasn't unusual to have a model of the deceased's home included, as well — just in case shelter was needed.

• England's Prince Philip was born on a kitchen table in Greece.

• The word "widget" was coined by an American humorist in the 1930s and referred to an imaginary gadget or machine. In the 1990s, however, widgets moved out of the realm of fiction when the makers of beverage cans invented a device that releases carbon dioxide to make foam after a can has been opened — and they named it a "widget."

• In its entire lifetime — four to six weeks — a single worker bee produces a sum total of about 1.5 teaspoons of honey.

• North Carolina once outlawed cats and dogs fighting with each other.

Thought for the Day: "No matter what side of an argument you're on, you always find some people on your side that you wish were on the other side." — *Jascha Heifetz*

Moments in time

THE HISTORY CHANNEL

• On **Jan. 13, 1128**, Pope Honorius II sanctions the military order known as the Knights Templar, founded in 1118, declaring it to be an army of God. The Templars protected Christian pilgrims during the Crusades, military expeditions aimed at defeating Muslims in the Holy Land.

• On **Jan. 9, 1768**, Englishman Philip Astley stages the first modern circus in London. The former cavalry sergeant major found that if he galloped in a tight circle, centrifugal force allowed him to perform seemingly impossible feats on a horse's back.

• On **Jan. 11, 1908**, U.S. President Theodore Roosevelt declares the massive 800,000-acre area of the Grand Canyon in northwestern Arizona a national monument to ensure that it would remain as it was. Congress, however, would not officially outlaw private development in the Grand Canyon until 1919.

• On **Jan. 8, 1946**, Elvis Presley's mother took him to the Tupelo Hardware Store and bought a birthday gift that would change history: a \$6.95 guitar. Legend says Presley had really wanted a rifle or a bicycle.

• On **Jan. 10, 1967**, President Lyndon Johnson asks for enactment of a 6 percent surcharge on personal and corporate income taxes to help support the Vietnam War. The proposal, approved by Congress in March 1967, backfired with an American public tiring of the controversial war.

• On **Jan. 12, 1984**, the use of modern construction techniques to restore the Great Pyramids in Egypt is abandoned in favor of methods used by the ancient Egyptians. Restorers stopped using mortar and adopted the system of interlocking blocks practiced by the original pyramid builders.

• On **Jan. 7, 1999**, the Senate begins the impeachment trial of President Bill Clinton based on 11 grounds, including perjury, obstruction of justice, witness-tampering, lying under oath and abuse of power.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Bird Feathers

Birds' feathers furnish the iridescent blue color on some antique Chinese jewelry. Gold-colored necklaces, earrings, pins and even hair ornaments were made in China with kingfisher feathers before the first century.



Blue kingfisher feathers embellish this Chinese hair pin. It has phoenix birds with flame-shaped tails and irises as part of the design. The pair sold for \$854.

Few collectors know how difficult it is to make the delicate blue jewelry or how easily it is damaged. The metalsmith places thin strips of hot gilt copper on a flat outline of the finished piece. It is cooled, cleaned and polished, and glue is put into the empty spaces created by the strips. Then, using tweezers, small pieces of the fragile, shaped feathers are put on the glue. The feathers tend to rot over time, so few of the pre-1600 pieces remain.

Most similar 20th-century jewelry is made with blue enamel, not feathers, because of efforts to protect the kingfisher. A few pieces of antique kingfisher feather jewelry made from the 1600s to the 1900s were sold at a recent Neal auction for affordable prices. A pair of Chinese hairpins, each 5 1/4 inches long with gilt copper outlining blue birds and flowers, was estimated at \$400 to \$600 and sold for \$854, including the premium.

Q: We inherited a table, and we are having trouble finding its value. It was bought in Grana-

da, Spain, in the early 1970s and shipped to the U.S. with a duty value of \$1,500. The table is wood with geometric inlay and panels that look like Arabic characters. It has two sets of legs, a shorter set for use as a coffee table and a taller set to be used for dining or games. The 37 1/2-inch-top is octagonal. Your help identifying the table and value would be appreciated.

A: Your table is decorated with marquetry. In Spanish it is called "taracea." The Moors were the first in Spain to cover surfaces of furniture with geometric patterns made of wood, bone, metal and ivory. The Moors left a legacy of Hispano-Moorish art and design, and Granada still is a center of cabinet work. Multi-sided table tops with star patterns surrounded by floral designs and geometric borders were common. Your table was made by Laguna Taracea in Granada. The company was established by ancestors of today's owner, Miguel Laguna, in 1877. The characters on your table are Arabic for "God is the greatest." Tables similar to yours have sold for about \$2,000.

CURRENT PRICES

Game, Scrabble, crossword, 100 wood letters, board and four wooden stands, 1950s, 14 1/4 x 7 1/2 inches, \$20.

Thimble, c-scroll band, 18 karat gold, continental, 1 3/4 inches, \$140.

Ship's telescope, mahogany, brass mounts, three draws, lens cover and eyepiece slide dust cover, Troughton & Simms, c. 1890, 30 inches, \$305.

Satsuma, jar, flowers, butterflies, cream ground, handles, Japan, 13 x 8 1/2 inches, \$555.

TIP: If you buy an old iron pan that is very dirty, spray it with oven cleaner and put it in a sealed plastic bag for a few days. Then, clean it with a brass bristle brush. Rinse, then season the pan.

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

Does caring for a loved one have you feeling like you're moving in circles?

Turn to Artis.

Suddenly you find yourself helping a family member with the things they used to do for themselves. As much as you love and care for this person, it's taking a toll on you. What's more, realistically, their needs will only increase.

Through no fault of your own, you were never fully equipped to provide all the physical, medical, social and safety support they need and deserve. But we are. We're Artis Senior Living—a brand-new, fresh perspective on dignified, individualized Memory Care and Assisted Living. Discover The Artis Way and let your loved one's wellness—and yours—take a turn for the better.

Now open for tours! Get your exclusive preview today by calling 1-877-591-8390 or visiting www.TurnToArtis.com

3535 N. Ashland Ave. | Chicago, IL 60657

Health



Platelet Donations Are Perfectly Safe

DEAR DR. ROACH: I am writing about platelet donations. As a way of giving back, I donate platelets. I was wondering if there is a time that a person should stop donating, based on age or difficulty. I am 61 years old, and the past three times I've donated, I felt uncomfortable in some way. Either my arm or wrist hurt, or I had a feeling of malaise during the donating process. One time, I was told that my platelet count was on the low side, but it was not any danger to my well-being. I feel well immediately afterward and do not have health issues, so my concern is whether this is somehow detrimental to my own health as I age. — *S.B.*

ANSWER: Platelet donation generally is a very well-tolerated procedure. The platelets are removed from the donor's blood via a process called apheresis; a centrifuge separates the blood into four components: plasma (containing proteins), platelets, white blood cells and red blood cells. For platelet donors, just the platelets are removed, and the rest of the blood components are returned to the donor.

In order to keep the blood from clotting inside the machine, sodium citrate is added to the apheresis machine. This reduces the calcium, which is needed for blood clotting. However, some people can develop symptoms of low calcium during the apheresis. This can be treated by slowing the rate of donation, or by taking some oral calcium before donating. More-severe cases might require giving intravenous calcium to

the patient via another IV catheter.

The Food and Drug Administration recommends that people make no more than 24 donations per year, but there is good evidence that platelet donation is safe. I congratulate you on being a community-minded citizen, and I can reassure you that you have very little short-term risk and essentially zero long-term risk from donating platelets, whatever your age. Donate as often as is comfortable, and try taking a calcium supplement before donating.

DEAR DR. ROACH: I have taken 5 mg zolpidem (Ambien) nightly for about three years. My doctor seems to think this is acceptable. I sleep five to six hours with this aid and function normally in the morning. Recently I was told that this drug has a cumulative effect on the body. Would you verify this? Over-the-counter sleep aids have no effect, and this drug seems to be the only way I can sleep. — *D.M.*

ANSWER: Zolpidem and its cousins, eszopiclone (Lunesta) and zaleplon (Sonata), work for a relatively short time in the body before they are metabolized, so they do not build up in the body. They are mostly gone in the morning, and grogginess is not a problem for most people. However, people often develop a dependence on these medications; it becomes difficult to sleep without them. More importantly, they do increase the risk of falls and auto accidents, especially when used every day and in people over 65. I don't recommend them for the long term, and I have referred my patients who can't sleep without them to a sleep specialist, who sometimes (but not always) is able to find a better solution than daily Ambien.

Leg Swelling Likely Not Due to Alcohol

DEAR DR. ROACH: What effect, if any, does alcohol consumption have on swelling in the legs, ankles and feet? I drink only when I go out for dinner or have guests, typically a cocktail and a glass of wine; no

swelling in those instances. However, I noticed that after a few days on vacation, when I drank more than two glasses of wine every night, my lower legs, ankles and feet began to swell. Once I returned home and resumed no daily alcohol consumption, the swelling abated. So, is there a connection? — *B.A.*

ANSWER: The physiology of alcohol is complex, with potentially adverse effects on the heart, the liver and on secretion of anti-diuretic hormone. All of these can affect swelling. However, it is entirely possible, and probably more likely, that it is a combination of travel and increased sodium intake that is responsible for your most recent swelling.

Even in healthy young volunteers, alcohol immediately reduces the ability of the heart to squeeze out blood. Usually the heart returns to normal after the alcohol is metabolized, but in some people, the heart dilates over time, resulting in heart failure (swelling in the feet has many causes, but heart failure is one of the biggest concerns). In the liver, longstanding alcohol use affects the liver's ability to synthesize proteins. Reduced levels of the blood protein albumin also might cause leg swelling. Both heart and liver effects are very mild except in people who already have disease of these organs.

The role of vasopressin, also called anti-diuretic hormone, is complex. Initial inhibition of ADH leads to an increase in urine production, then an increased level of the hormone, which can lead to water and salt retention and swelling.

Even though there are at least three ways alcohol can lead to or worsen edema, it is likely that it's simply swelling from sitting and standing too much, which commonly occurs in travel, combined with a greater sodium intake from eating out at restaurants. Sodium content at many restaurants is much higher than if you prepare your own food.

DEAR DR. ROACH: I've been dealing with a problem for a very

long time. I'd like to have someone tell me how to stop my eyes from tearing and my nose from running every time I go out in the cold weather. I've been given pills (Claritin and Benadryl) and sprays (Nasacort, Beconase), and although they help me breathe better, I still fill up with tears and mucus. I'd like to know if you've ever run across these symptoms. — *S.R.M.*

ANSWER: These symptoms are not only common, they are nearly universal. One of the body's protections against cold weather is to increase fluid flow to the eyes and nose, as the cold, dry air evaporates their protective moisture. Almost everybody has had the experience of a runny nose after being out in the cold, especially when first coming into a warm room. In some people, the normal response is so strong that it becomes very annoying. It's a type of nonallergic vasomotor rhinitis.

I have had frequent success in prescribing nasal antihistamines, such as azelastine, or an anticholinergic drug like ipratropium, if the treatments you have tried haven't worked.

Strange 'Pimples' Are Rare Disease

DEAR DR. ROACH: After having several strange-looking "pimples" on my thighs and one on my face, I was told it is lymphomatoid papulosis. One or two people in a million are diagnosed with this. I know that it is not contagious, but what is it? What causes it, how is it treated, and what can I do to avoid these? They take weeks to heal. — *R.R.*

ANSWER: Lymphomatoid papulosis is a rare disease. It is in the category of cutaneous lymphoproliferative disorders. It is a chronic disease, and lasts years or even decades. The underlying cause is not known exactly, but it is related in many ways to other lymphoproliferative diseases, such as mycosis fungoides and Hodgkin's lymphoma. The cells of the skin lesions you notice have similar genet-

ic rearrangements as lymphoma cells. Fortunately, LyP has an excellent prognosis, although people with LyP are at increased risk for developing one of these serious conditions.

The papules of LyP can appear on the extremities or the hands and face, and less commonly on other places on the body. They may start off as small red papules, get larger and then crust over. Often, several exist at different stages.

Diagnosis may not be easy, as it takes an experienced dermatopathologist (pathologist with special training in skin diseases) and enough tissue to look at the genetics of the cells. Treatment is not necessary for every person with LyP. But for those who do require it, one might be ultraviolet-light treatment. More severe cases may require methotrexate, but this needs to be managed by an expert.

Experts have recommended six-month visits to evaluate for early signs of enlarging lymph nodes, which might indicate the development of a lymphoproliferative disorder.

DEAR DR. ROACH: I am a 72-year-old female. My doctor told me four years ago that I would need a Pap test only every two years, which I have done. She told me recently that I would not need to have any more. My tests have always been negative. I am concerned, as I would rather be proactive and know early if I had cancer. What is your opinion, and what does the American Cancer Society say? — *B.L.S.*

ANSWER: All of the leading organizations, including the American Cancer Society, have recommended stopping screening at age 65 for women with no history of cancer and who have had adequate screening, meaning three negative Pap smears (or two negative combination Pap and HPV tests) in the past 10 years, with at least one in the past five years. The risk for cancer in this specific group is very low.

Financial Statement

Facts about Social Security

Last year, 1 in 6 Americans received benefits, which totaled nearly \$1 trillion. Over half of all Americans contributed a chunk of their income through payroll taxes to help secure their own future retirement.

How it works today

Money flows in. Up to \$132,900 of a person's wag-

es (in 2019) will be subject to a 12.4% payroll tax. Self-employed workers pay the entire amount, while employers and employees equally pay 6.2% into the Social Security system.

Money flows out. Workers are eligible to begin receiving Social Security retiree benefits as early as 62, but claiming at this age results in the smallest benefit. Workers who wait to claim until age 70 can obtain the larg-

est benefit available to them.

It's also insurance. In addition to paying retiree benefits, Social Security provides insurance for workers who become disabled, and also protects survivors of program participants. In 2017, 10.4 million disabled workers received benefits, and 6 million spouses and children got survivor benefits.

Social Security is not going bankrupt

The Social Security trust funds are near an all-time high. For decades, Social

Security collected more money than it paid out in benefits. The surplus money collected from payroll taxes each year got invested in Treasury securities. Today, the trust fund reserves are worth about \$2.89 trillion. However, as the birth rate has fallen and more boomers retire, the ratio of workers to Social Security recipients is changing. This year is a tipping point: The program will need to dip into its reserves to pay full benefits from this point forward, ab-

sent any change to the program. It's now forecast that the trust fund reserves could be exhausted in 2034. Even if that happens, Social Security won't be bankrupt. The program will continue to pay benefits, but at a rate of 79% of what recipients expected to receive. But if the goal is to keep benefits at their current levels, the sooner funding issues are addressed, the better. The earlier you make needed adjustments, the less dramatic they need to be. "The longer we wait to fix Social Security funding, the more the cost will be paid by the younger generations, either on the tax side or the benefits side", says Kathleen Romig, a Social Security analyst at the non-partisan Center on Budget and Policy Priorities.

Menard Johnson

The Real Estate Experts

KNOWLEDGEABLE • EXPERIENCE • TOTAL SERVICE

**LOOKING TO BUY OR SELL?
OVER 40 YEARS EXPERIENCE**

Al Johnson
Managing Owner/Broker

Charese David
Senior Sales Associate

2200 West Roscoe

Phone (773) 472-6016

www.MenardJohnson.com

More Energy Fat Burning Hunger Control



Lose 5-15 lbs in just

8 DAYS

100% money back

GUARANTEE

GeVonna (773) 892-1200



Photos courtesy of Getty Images

A Financial Planning Tool for Every Stage of Life

FAMILY FEATURES

From heading off to college to marrying the love of your life to taking those dream vacations, life's biggest moments are often tied to being financially responsible.

While memories of your first dance as newlyweds don't often include the cost of the band, money is frequently front and center when planning for some of life's larger events. From early adulthood through retirement, a credit card is one tool that can help you achieve your financial goals while offsetting some costs along the way.

"No matter your stage in life, it's important to plan ahead and have the right tools to meet your financial needs," said Jason Gaughan, credit cards executive at Bank of America. "A credit card offers flexibility, convenience and an increasing amount of rewards that can make your budget go even further."

These tips from financial experts can help you maximize financial tools like credit cards throughout life's milestones.

College Years

For many, college represents the first instance of being responsible for personal finances. During this time, some students apply for their first credit cards to cover a wide range of costs such as books or travel expenses to and from school. Experts agree it's important to start building credit at this age, but only if you can handle the responsibility associated with a credit card.

"Though credit can be a somewhat foreign topic for beginners, online resources such as Bank of America's Better Money Habits offers tips to help young adults learn about things like how your credit score is calculated, the difference between a credit report and credit score and explains why it's important to understand before signing up for a credit card," said Lysandra Perez, a relationship manager for Bank of America who is responsible for educating clients on establishing strong financial habits including managing and building credit."

According to BetterMoneyHabits.com, an important rule for building strong credit is to spend no more than 30 percent of your available credit line. The online resource also recommends that students look for credit cards that offer low interest rates and no annual fee to help minimize finance charges if they aren't able to pay their bills in full each month.

"Establishing strong financial habits early on can help set you up for future credit opportunities later in life," Perez said.

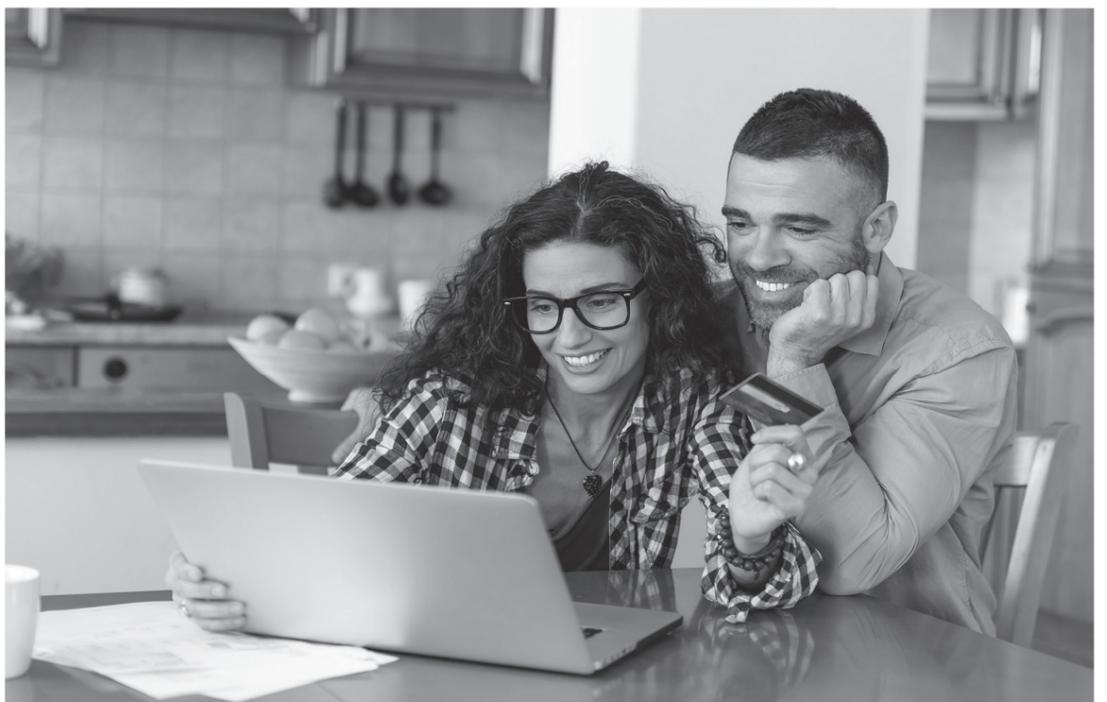
Early Adulthood

As people become more established professionally, they often become more comfortable financially, allowing them to pursue their passions.

Using a credit card that offers rewards tied to interests is a strategy some young adults utilize. According to a Bank of America survey, 91 percent of Millennials ages 23-29 plan to use a rewards card to help pay for upcoming travel.

"It's common for people in their mid-to-late 20s to prioritize maximizing credit card rewards," Gaughan said. "They understand using a card for smaller, everyday purchases like coffee and groceries can be an easy way to earn points to pay for fun events like a trip abroad or home for a college reunion."

Saving and tracking rewards is key during this period, too. Digital tools like My Rewards provide new visibility into the rewards you earn and how to maximize their value. Also look to explore banking rewards options like Preferred Rewards, which can offer special perks and benefits like credit card rewards bonuses, discounts on home and auto loans, interest rate boosters and no-fee ATM transactions.



Marriage and Parenthood

A seismic shift often occurs when entering the marriage and parenthood stage of life. The individually minded spending of early adulthood transitions to down payments on homes and saving money for children's educations.

These years typically require more financial savviness to make every dollar count as large expenses requiring loans, such as houses and cars, are more prevalent during this stage.

Along with larger purchases, these years also often come with grocery store trips, filling up the gas tank for carpool duty and buying new clothes as your kids grow. Look for a cash back card that lets you earn rewards on your everyday purchases and offers redemption for cash back to cover expenses or invest in a savings account.

Retirement

By retirement age, you've likely spent decades saving and are looking to enjoy the fruits of your years of labor. While the amount saved for retirement varies greatly depending on your situation, it's always important to

spend wisely during retirement, and a credit card that reaps high rewards can help.

"There are many ways to continue saving and investing once in retirement," said David Poole, head of Merrill Edge Advisory, Client Services and Digital Capabilities at Bank of America. "Credit cards that allow you to invest rewards back into your retirement fund is an easy way to continue contributing to your 401(k)."

Credit cards can also help retirees fulfill long-standing travel goals. Some like the Bank of America Premium Rewards card offer lucrative travel benefits such as earning two points for every dollar spent on travel and dining purchases. Look for points that are flexible and can be used toward future travel purchases or as cash back.

"With so many credit card options available, it's important to understand what your current needs are," Gaughan said. "Do your research, develop a strategy and work with your financial institution to determine the best card for your lifestyle."

Find more information and credit card options at bankofamerica.com/creditcards.



1. Who had a hit with "I've Got the Music in Me"?
2. Which artist had a disco hit with "Turn the Beat Around"?
3. What Scottish songwriter released "Hurdy Gurdy Man"?
4. Which Motown group sang "Up the Ladder to the Roof"?
5. Name the song that contains this lyric: "Want some whiskey in your water? Sugar in your tea? What's all these crazy questions they're askin' me?"

Answers

1. Kiki Dee, in 1974. The song has been covered by over a dozen artists, including Aretha Franklin (1977) and Jennifer Lopez (2012).
2. Vicki Sue Robinson, in 1976. She received a Grammy nod for best female pop vocal.
3. Donovan, in 1968. Legend says he was studying Transcendental Meditation with the Beatles in India when he wrote the song.
4. The Supremes, in 1970. It was their first single without Diana Ross.
5. "Mama Told Me Not to Come" by Three Dog Night in 1970, and Eric Burdon in 1966. Songwriter Randy Newman said the song was in response to a straight young man attending his first big city party and being shocked at the drugs, alcohol and music.



Strange BUT TRUE

By Samantha Weaver

• It was Kurt Vonnegut, one of the most influential writers of the 20th century, who made the following sage observation: "There is no reason why good cannot triumph as often as evil. The triumph of anything is a matter of organization. If there are such things as angels, I hope they are organized along the lines of the Mafia."

• If you received all of the gifts in the song "The Twelve Days of Christmas," you'd have 364 presents.

• The period between Thanksgiving and Christmas is an apt time to consider the word "crapulous," which means "sick from excessive eating or drinking."

• Ireland's Porterhouse Brewing Company has what might seem to be an unlikely hit on its hands: the Oyster Stout. During the brewing process, raw oysters are shucked directly into the conditioning tank. This unlikely combination is popular, though, selling out quickly whenever it's available.

• Those who study such things say that while shaving, a person removes about as much skin as hair.

• As the holidays approach and you're out shopping for gifts, you might want to keep this in mind: According to survey results, siblings are the worst holiday gift-givers, getting the lowest marks from 21 percent of respondents. However, they weren't far behind in-laws, who were rated the worst by 20 percent.

• Unless you're from Central Florida, you've probably never heard of the small town of Ocoee. So you might be surprised to learn that during World War II, Ocoee earned the distinction of sending more men, per capita, to serve in the military than any other town in the United States.

Thought for the Day: "Fame is very agreeable, but the bad thing is that it goes on 24 hours a day." — Gabriel Garcia Marquez

top 10 movies

1. **Spider-Man: Into the Spider-Verse**(PG) animated
2. **The Mule** (R) Clint Eastwood, Bradley Cooper
3. **The Grinch**(PG) animated
4. **Ralph Breaks the Internet** .(PG) animated
5. **Mortal Engines** (PG-13) Hera Hilmar, Robert Sheehan
6. **Creed II** (PG-13) Michael B. Jordan, Sylvester Stallone
7. **Bohemian Rhapsody** (PG-13) Rami Malek, Lucy Boynton
8. **Instant Family** (PG-13) Mark Wahlberg, Rose Byrne
9. **Fantastic Beasts: The Crimes of Grindelwald** (PG-13) Eddie Redmayne, Katherine Waterston
10. **Green Book** (PG-13) Viggo Mortensen, Mahershala Ali

top ten MOST TRANSLATED AUTHORS

1. Agatha Christie
2. Jules Verne
3. William Shakespeare
4. Enid Blyton
5. Barbara Cartland
6. Danielle Steel
7. Vladimir Ilyich Lenin
8. Hans Christian Andersen
9. Stephen King
10. Jacob Grimm

Source: UNESCO



Awards season is gearing up, and although not all nominations are out (Oscar nods aren't made public until Jan. 23), there are front-runners and there will be surprises. Maybe. Here are a few movies you can review for awards potential now, from the comfort of your couch. And a handful that are upcoming to keep an eye on, according to the early buzz.

OUT NOW ON DVD

Black Panther (PG-13) — Chadwick Boseman is T'Challa, a young man come home to take his place as king of a hidden, technologically rich and mesmerizing nation, only to face challenges to both the crown and the safety of his country — and the world beyond. This may be the best film of the past year, with the best soundtrack in a good long while, thanks to the genius of Kendrick Lamar. This one is on almost every prediction list.

Crazy Rich Asians (PG-13) — Based on the novel by Kevin Kwan, "Crazy Rich Asians" is a fantasy rom-com about a regular gal whose seemingly normal longtime boyfriend takes her East to his best friend's wedding — and to meet his incredibly wealthy family. Nominated for a Golden Globe in the Best Comedy category.

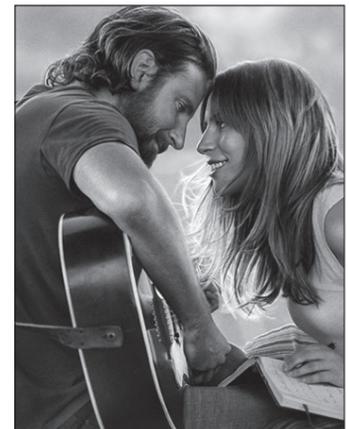
Incredibles 2 (PG) — Superheroes are banned, and the Incredible family is relegated to a dreary existence. But wait! A mysterious patron seeks to bring back the glory and makes them an offer they can't refuse: He wants Elastigirl to be the face of the superhero comeback! Golden Globe nominated for Best Animated Film.

COMING SOON ON DVD

First Man — This Neil Armstrong biopic based on the book by James R Hansen, reteams "La La Land" powerhouse Ryan Gosling in the title role

with director Damien Chazelle. Out Jan. 22 on DVD.

Bohemian Rhapsody — Another biopic at the other end of the spectrum. This one centers on legendary musician and singer Freddie Mercury of the rock band Queen. Rami Malek is sure to receive a nomination for his portrayal of Mercury. Out on DVD in January 2019.



Bradley Cooper, Lady Gaga in "A Star Is Born"

A Star Is Born — A seasoned but alcohol-soaked rock god and a starlet full of promise begin their respective descent and rise. Bradley Cooper stars, adapted and directs as Jackson, while Lady Gaga unfolds her talent as Ally. The love story is alive in all the right ways. Due on DVD Feb. 19.

Green Room — Jamaican pianist Don Shirley tours Jim Crow-era South with a white New York City bruiser in the driver's seat as chauffeur and bodyguard. It's a comedy with an unconventional look at race relations. Mahershala Ali has big buzz for his performance. Out on DVD February 2019.

If Beale Street Could Talk — Kiki Layne and Stephan James are young lovers on the cusp of marriage when the almost groom is accused of rape and imprisoned. She fights for his release before the birth of their child. DVD release unannounced.



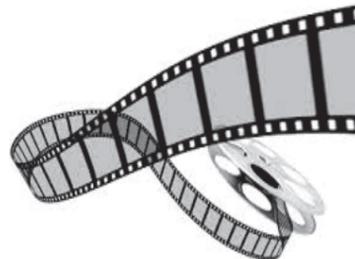
Top 10 Video On Demand

1. **Mission Impossible — Fallout** (PG-13) Tom Cruise
2. **Crazy Rich Asians** (PG-13) Constance Wu
3. **The Nun** (R) Demian Bichir
4. **Operation Finale** (PG-13) Oscar Isaac
5. **Searching** (PG-13) John Cho
6. **The Happytime Murders** (R) Melissa McCarthy
7. **Elf** (PG) Will Ferrell
8. **The Meg** (PG-13) Jason Statham
9. **Incredibles 2** (PG) animated
10. **Mile 22** (R) Mark Wahlberg

Top 10 DVD, Blu-ray Sales

1. **Mission Impossible — Fallout** (PG-13) Disney
2. **Incredibles 2** (PG) Disney
3. **The Nun** (R) Warner Bros.
4. **Avengers: Infinity War** (PG-13) Disney/Marvel
5. **National Lampoon's Christmas Vacation** (PG-13) Warner Bros.
6. **Elf** (PG) Warner Bros.
7. **The Polar Express** (G) Warner Bros.
8. **The Happytime Murders** (R) Universal
9. **The Greatest Showman** (PG) FOX
10. **The Meg** (PG-13) Warner Bros.

Sources: comScore, Media Play News



WWW.COM

www.stlukechicago.org
stluke@ais.net

Saint Luke Church

1500 W. Belmont
Chicago, Illinois 60657

Sunday Services
8:30 a.m. Morning Prayer
9:15 a.m. Sunday School & Bible Class
10:30 a.m. The Holy Eucharist

Church 773-472-3383
School 773-472-3837

Lakeview Newspaper

P.O. Box 578757 Chicago, IL 60657
Phone: (312) 493-0955
WWW.Lakeviewnewspaper.com
Email: LKVVNEWS@aol.com

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

See our newspaper online and click through to our advertisers web sites.

Floor Sample Clearance Sale

We've got too much furniture and everything must go!

www.Greenforestfireplaceandpatio.com

3105 N. Ashland Ave. • FREE Parking in lot • NE corner of Ashland and Barry
Stop by and see us for Great Pricing (773) 348-9111

To advertise here call (312) 493-0955 for more information.

This is Lakeview

Vibrant. Eclectic.

The Quintessential Chicago Neighborhood.

ThisIsLakeview.com

What's Hot in Hollywood

HOLLYWOOD — American treasure **Dick Van Dyke** celebrated his 93rd birthday on Dec. 13. He surely knew then that six days later his 25th film, "Mary Poppins Returns," would blow everyone's mind with a scene where he furiously tap dances on a table as the banker Mr. Dawes, Jr. (son of Dawes Sr., whom he played in the original 54 years ago).

Dick began his career in 1955 hosting a radio show in his native Missouri, and then a local morning show the following year. In 1959 he auditioned for the Broadway musical "Bye Bye Birdie." Insecure about his dancing, even for a small part, he nervously danced a soft shoe. So impressed was Broadway legend **Gower Champion** that he cast Van Dyke as the lead. Dick won a Tony Award and later starred in the 1963 movie with **Janet Leigh** and **Ann-Margret**.

That led to the 1961-66 "Dick Van Dyke Show," with **Mary Tyler Moore**. He did another "Dick Van Dyke Show" from 1971-74 with **Hope Lange** as his wife. Among his 23 other films are the classics "Mary Poppins" (1964) and "Chitty Chitty Bang Bang" (1969). He also starred in the TV series "Diagnosis Murder," with son **Barry** (one of four children with wife **Margie Willett**).

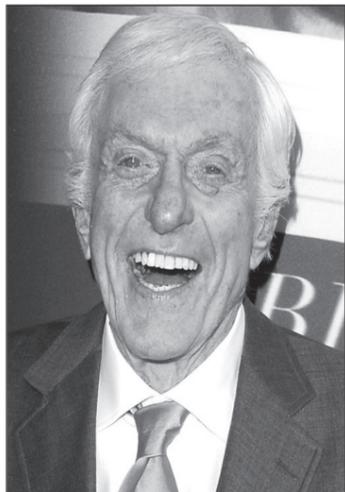
I became friendly with Dick and Margie while covering events they attended, and they were very affable. One night in 1974 I saw Dick standing by himself and went over to him and asked, "Where's your beautiful wife," to which he said, "She filed for divorce today."

"Well," I said, "at least you have that great house," to which he returned, "She got the house." Hoping to save the moment, I said, "At least your show's going strong..." He replied, "It was canceled today!" I said, "Three strikes, I'm out." "Don't feel bad,"

he joked. "She got the car, I got the payments; she got the elevator, I got the shaft!" From that I learned never to mention spouses or girlfriends to celebrities.

Dick became partners with **Michelle Triola Marvin** from 1976 until her death in 2009, which was daring, in view of her landmark "palimony" case against **Lee Marvin**.

At 87 years young, Dick wed **Arlene Silver** in 2012. He continues to sing in an a cappella quartet and a six-piece jazz band that plays Dixieland and ragtime music. When caught dancing in supermarkets he laughingly says, "Dancing keeps me young." He says his secret for longevity is "Sing like nobody can hear you, dance like nobody can see you and love like you've never been hurt, that's a good way to live!" How can you not smile at that? Happy New Year!



Depositphotos

Dick Van Dyke

HOLLYWOOD — When word got out that **Steven Spielberg** was in pre-production of a remake of the 1961 musical "West Side Story" (which won 10 Academy Awards), even **Robert Redford** posted on Facebook his reasons for objecting to a remake of such a film classic. But Spielberg is one smart producer. While we've been waiting to see who will play Tony and Maria, the first actress cast is 86-year-old **Rita Moreno**, who won an Oscar for playing Anita (at age 30) in the original film. Moreno will be playing the reconceived role of "Doc," originally played by **Ned Glass**. She admitted, "Never in my wildest dreams did I see myself revisiting this seminal work, and to be asked by Steven Spielberg to participate is simply thrilling!"

Eddie Redmayne has completed his tour for the "Fantastic Beasts" sequel, "The Crimes of Grindelwald," which fell short of expectations. Both films cost \$200 million to make, but the original grossed \$814 million while the sequel made only \$440 million. Redmayne is reteaming with his "The Theory of Everything" co-star **Felicity Jones** in the biographical/action film "The Aeronautes," due in November 2019.

Ben Affleck has three films in the works: The action/crime drama "Triple Frontier," with **Charlie Hunnam**, **Garrett Hedlund** and **Oscar Isaac**; Netflix's British-American political thriller "The Last Thing He Wanted," with **Anne Hathaway** and **Willem Dafoe**; and "Torrence," with **Al Madrigal** of "The Daily Show With Jon Stewart."

Armie Hammer's last love interest was **Timothee Chalamet** in "Call Me By Your Name," but he's landed **Felicity Jones** as his amour in the biological legal drama "On The Basis of Sex," with **Justin Theroux**, opening Christmas Day. He's currently shooting an untitled psychological horror film co-starring **Dakota Johnson**, opening March 19.

The incomparable **Cher**, touring the U.S. from Jan. 17 to April 18, and at the MGM Grand in Las Vegas on Wednesday/Friday and Saturdays from March 13-30, recently stopped in Chicago to see the Broadway-bound show about her life, "The Cher Show." She admitted she wasn't thrilled with the musical, noting: "Some parts of it are really fabulous, but we're going to work on other parts. Many parts were much better than I thought they would be, while there were other parts where I wanted to gouge my eyes out!" She added, "It needs work because I'm fussy 'cause it's my story, I want it to be honest, right, funny and sad ... like my life!"

You can be sure they made the changes she wanted before they opened on Broadway earlier this month. She probably had a critical mind as she looked back on Sonny-ier days!



Depositphotos

Felicity Jones

HOLLYWOOD — What's happened to Hollywood? Are there too few new ideas? The latest reboot will be "The Saint," which began as a series of films from 1938-1941, with **Louis Hayward**, then **George Sanders** as Simon Templar. The TV series (1962-1969) starred **Roger Moore** (who went on to be 007 in seven James Bond films). In 1978 it was revived for TV with **Ian Ogilvy**, but lasted just one season. In 1997 it was resurrected as a film with **Val Kilmer** as "The Saint" and turned a nice profit. Last year a forgettable TV film was made starring **Adam Rayner**.

Now producers plan to bring Templar back to big screens again, with **Chris Pratt** as "The Saint." Pratt has "The Lego Movie 2" coming Feb. 8, "The Avengers" sequel due May 3 and "The Kid," with **Ethan Hawke**, **Dane DeHaan** and **Adam Baldwin**, opening sometime in 2019.



by cindy elavsky

Q. Why was Kevin Hart fired as host of the Oscars? I know it had to do with something he posted on Twitter. Did they find a new host yet? — *D.B.*

A. Hart wasn't fired from his hosting duties, but chose to step down. It all started when the Academy demanded that he apologize for anti-gay comments he posted on Twitter several years ago. The actor/comedian refused, stating that he had addressed this issue before and that he was not the same person he was when he made those comments.

A few days later, he did issue an apology to the LGBTQ community, stating: "I am evolving and want to continue to do so. My goal is to bring people together, not tear us apart."

As of this writing, a new host has not been named. Reportedly, the Academy is considering having multiple hosts. Last year's ratings for the televised ceremony were the lowest ever, so it is apparently trying to shake things up a bit creatively in an effort to get more viewers.

Q. Is it true that the actress who plays the oldest daughter on "Modern Family" had another kidney transplant? Is she going to be OK? I still watch that show faithfully every week. — *A.J.*

A. Yes, Sarah Hyland, who plays Haley on ABC's "Modern Family," underwent a second kidney transplant in 2017, but didn't go public with the news until now.

In an interview with "Self," she stated that she went through a period of major depression after learning that her body rejected her original transplanted kidney, which was donated by her father. Her new kidney was donated by her brother, and she appears to be doing well so far.

Q. Can you please tell me what happened to Danny's daughter on "Hawaii Five-0"? I haven't seen her at all this season. — *John W.*

A. You're not the only viewer who has been wondering what happened to Grace, played by Teilor Grubbs. The actress has grown up on the show and is now a teenager, but hasn't been seen this season. Fortunately, she recently filmed scenes with her father, played by Scott Caan, for an upcoming



ABC/Robert Ashcroft

Sarah Hyland

happened to Grace, played by Teilor Grubbs. The actress has grown up on the show and is now a teenager, but hasn't been seen this season. Fortunately, she recently filmed scenes with her father, played by Scott Caan, for an upcoming episode, so if it hasn't aired by the time you read this, look for it in 2019.

Q. Whatever happened to actress Katrina Bowden? She had a small role on "30 Rock." I thought she was very funny and beautiful, but I haven't seen her in anything since. — *S.A.*

A. Bowden, who recently turned 30, has earned a lot of credits since playing the vapid Cerie on the NBC comedy "30 Rock," including a regular role on the Ed Burns series "Public Morals," which lasted for one season on TNT. She also starred in a couple of TV movies for Hallmark.

Next up for Bowden is a role on the CBS daytime soap "The Bold and the Beautiful" where she'll play Flo, who has ties to Wayne Brady's character, Reese.

Q. I haven't seen any Hollywood gossip sites reporting on Gigi Hadid in a long time. Is she still modeling? — *R.R.*

A. The 21st-century supermodel is still actively employed in front of the camera, having recently graced the covers of "W" and "Chaos" magazines. Gigi also is a talented designer with a new sneaker named after her for Reebok. She was integral in the design process, putting a new spin on Reebok's white and black high tops that were popular in the early 1990s.

Gigi also has been busy traveling and working with UNICEF. When she's not busy with all the above, she enjoys cooking with boyfriend, singer Zayn Malik. You can follow Gigi's everyday life and her career by reading her posts on Twitter and Instagram @gigihadid.

Send me your questions at NewCelebrityExtra@gmail.com!

Read Lakeview Newspaper and get smarter.

Subscribe to Lakeview Newspaper and get a FREE classified ad.

Subscribe to Lakeview Newspaper for \$24.00 for 12 Issues and get \$26.00 worth of Classified advertising for FREE!

Mail check or Money Order to J2 Associates Inc.

Check should be made to J2 Associates, Inc.

Mail to: J2 Associates Inc., c/o Lakeview Newspaper

P.O. Box 578757, Chicago, Illinois 60657

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 Email Address (Optional) _____

Your free classified ad form will be mailed to you once we receive your check. Check must be received before the 20th of the month for subscription to start the following month. Classified ad can only be used once during the year. Expiration on this offer will expire at the end of the year. We do appreciate your reading our newspaper and your subscription. We are a monthly newspaper.



Tomato, Feta and Basil Salad
 Recipe courtesy of Beth Vlasich Pav of Cooking by Design, LLC, on behalf of Les Dames d'Escoffier International
 Servings: 15-20

- 8 medium size tomatoes, sliced into 1/8-inch slices
- 1 block (8 ounces) feta cheese, sliced into 1/8-inch pieces
- 2 small packages fresh basil, leaves picked off stems
- 3 teaspoons sea salt
- 2 teaspoons fresh ground pepper
- 1/4 cup olive oil

On large platter, arrange slices of tomato and feta so they overlap. Place basil leaf between each tomato and Feta slice. Repeat. Sprinkle with salt and pepper. Drizzle with olive oil. Serve immediately.

Photo courtesy of Beth Vlasich Pav

Make it *Mediterranean*

3 dishes to highlight the next trend in internationally themed cuisine

FAMILY FEATURES

Just like forward-thinking culinary artists, many at-home chefs seek out the next trendy flavor to provide friends and family gathered around the table. When pondering which trend you'll dive into in the future, consider incorporating tastes from an especially influential international location – the Mediterranean Sea region.

Considered by the experts at Les Dames d'Escoffier International (LDEI) in the organization's 2018 Trends Report to be one of the most influential parts of the world on the American food scene, flavors from the Mediterranean Sea focus on a diet heavy on fruits, vegetables, grains, beans, seeds and nuts. Take this Hummus recipe, for example, which involves

processing a host of beans, seeds and seasonings to create a light, smooth dip to serve with anything from vegetables to crackers.

Because the fare is typically lighter, small bites and salads such as Fresh Figs with Honey or this Tomato, Feta and Basil Salad provide easy-to-prepare versions of Mediterranean cuisine. Incorporating vegetables (tomatoes and basil) along with the salty, milky flavors of feta cheese makes the salad a distinctly Mediterranean dish.

In addition to Mediterranean food, the trends report highlighted Middle Eastern cuisine and Latin American flavors as areas of the world that will influence American dining in the next year.

Additionally, LDEI highlighted these regions as likely to be influential in the next three years:

1. East Africa
2. The Balkans
3. The Caribbean Sea

To go along with specific regions and countries to influence American food culture, the report identified these international food concepts as the most likely to become prominent food trends:

1. Puebla Hot Pot (Latin America, Mexico) – ancho chile, smoked paprika and spices in chicken stock, served with chicken or pork, corn, avocado crema and fresh garnishes.

2. Manouri (Mediterranean, Greece) – a semi-soft, fresh white whey cheese made from goat or sheep milk.
3. Millet (India) – ancient grains harvested from small-seeded grasses used for porridge.

Mediterranean food, because of its reliance on the inclusion of vegetables and exclusion of red meat in many of its dishes, also squarely fits into the top established and growing health trends, according to the report, which are:

1. Vegetarian cuisine
2. Organic
3. Vegan cuisine

Find full results from the report and learn more about the organization at LDEI.org.



Photo courtesy of Beth Vlasich Pav

Fresh Figs with Honey

Recipe courtesy of Beth Vlasich Pav of Cooking by Design, LLC, on behalf of Les Dames d'Escoffier International
 Servings: 6

- 6 fresh figs
- 1 tablespoon honey

Slice figs in half lengthwise (stem to bottom). Distribute on small platter. Drizzle honey over each fig equally. Serve immediately.

Hummus

Recipe courtesy of Beth Vlasich Pav of Cooking by Design, LLC, on behalf of Les Dames d'Escoffier International
 Yield: 2 cups

- 2 cans (15 ounces each) garbanzo beans
- 1 medium garlic clove, peeled
- 1 teaspoon sesame oil
- 1/4 cup fresh lemon juice
- 2 teaspoons sea salt
- 1 teaspoon fresh ground pepper

- 1 teaspoon black sesame seeds
- 1 teaspoon olive oil
- 1 teaspoon toasted sesame seeds

Drain garbanzo beans reserving 1/2 cup liquid. In food processor, process garbanzo beans, garlic, sesame oil, lemon juice, salt and pepper until incorporated. Stop and scrape down sides of bowl. Add garbanzo liquid and process until smooth. Scoop mixture into medium bowl, add black sesame seeds and mix gently. Serve with drizzle of olive oil. Sprinkle toasted sesame seeds on top.



Photo courtesy of Beth Vlasich Pav

10 Ways to Find Culinary Inspiration

Consider these strategies for achieving inspiration in the kitchen from the LDEI 2018 Trends Report:

- Traveling
- Cookbooks
- Farmers' markets
- Internet and social media
- Fresh produce
- Food magazines
- Chefs
- Seasons
- Beautiful imagery
- People and culture

Tracking the Top Food Trends

As trends continue changing, growing and spreading, the experts at LDEI continue to provide updates from the food world. Find complete 2018 Trends Report survey results and expert panel insights by contacting info@ldei.org.

LDEI is a worldwide philanthropic organization of professional women leaders in the fields of food, fine beverage and hospitality. The invitation-only membership, composed of 2,300 women in 40 chapters across the United States, Canada, the United Kingdom and Mexico, is highly diversified and reflects the multifaceted fields of contemporary gastronomy and hospitality. For more information, visit LDEI.org or find LDEI on Facebook.

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 (13¾ to 14½ 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

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.

Good Housekeeping

Ham and Cheese Pitas

The whole family will love these tasty sandwiches — they make a nice meal with any hearty winter soup.

- 2 (6-inch diameter) pitas
- 2 teaspoons Dijon mustard
- 8 slices (about 4 ounces) cooked ham, thin
- 2 ounces (1/2 cup) Jarlsberg light cheese

1. Heat oven to 475-F. Slice each pita horizontally in half, and place cut-side up on large cookie sheet.

2. Spread 1/2 teaspoon mustard on each pita half. Top each with 2 slices ham and 2 tablespoons cheese. Bake 5 minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve. Makes 4 servings.

Good Housekeeping

Pork Tenderloin With Roasted Grapes

Sneak in the healthy stuff: Kids will love the sweet flavor of roasted grapes.

- 1 teaspoon fennel seeds, crushed
- 2 teaspoons extra-virgin olive oil
- 1 whole pork tenderloin (1 pound)
- 3 cups seedless red and green grapes (about 1 pound)
- 1/2 cup chicken broth

1. Heat oven to 475 F. In cup, combine fennel with 1/2 teaspoon coarsely ground pepper and 1/2 teaspoon salt; use to rub all over pork.

2. In 12-inch skillet with oven-safe handle (or with handle wrapped in double-thickness of foil for roasting in oven later), heat oil over medium-high heat until hot. Add pork and cook 5 minutes, turning to brown all sides.

3. Add grapes and broth to skillet; heat to boiling. Cover and roast in oven 15 to 18 minutes or until meat thermometer inserted in thickest part of pork reaches 150 F. Internal temperature of meat will rise about 5 F upon standing.

4. Transfer pork to warm platter. Heat grape mixture to boiling over high heat; boil 1 minute or until liquid thickens slightly. Slice pork; serve with grapes and pan juices. Makes 4 main-dish servings.

Good Housekeeping

Granola-Yogurt Parfait

Lose weight with this satisfying low-fat breakfast option that takes less than 5 minutes to prepare.

- 1/2 cup fresh or frozen (partially thawed) raspberries or other favorite berry
- 3/4 cup vanilla low-fat yogurt
- 2 tablespoons low-fat granola

1. Into parfait glass or wineglass, spoon some raspberries, vanilla yogurt and granola. Repeat layering until all ingredients are used. Makes 1 serving.

• Each serving: About 255 calories, 3g total fat (2g saturated), 10g protein, 47g carbohydrate, 12mg cholesterol, 160mg sodium, 5g dietary fiber.

Good Housekeeping

Chicken Parmigiano Mini Meatloaves

- 1 pound ground chicken
- 1 large egg
- 1/4 cup plain dried bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- 1/4 teaspoon salt
- 1/2 cup marinara sauce
- 1/2 cup shredded mozzarella cheese

1. Heat broiler. Line broiling pan (without rack) with foil. Spray foil with nonstick cooking spray.

2. In bowl, mix chicken, egg, bread-crumbs, Parmesan, salt and 1/4 cup marinara sauce just until blended. In foil-lined pan, shape meat mixture into four 4-by-2-inch oval loaves.

3. Place pan in broiler 5 to 6 inches from source of heat and broil meatloaves 15 minutes or until no longer pink inside. Spoon remaining 1/4 cup sauce over loaves; sprinkle with mozzarella. Broil 1 to 2 minutes longer or until cheese melts. Makes 4 main-dish servings.

Good Housekeeping

Steamed Broccoli With Buttery Herb Crumbs

Bags of broccoli flowerets make prep time a snap for this tasty side dish.

- 1 lemon
- 3 tablespoons margarine or butter
- 4 slices bread, torn into 3/8-inch pieces
- 1 garlic clove, crushed with garlic press
- 1/4 cup packed fresh parsley leaves, chopped
- 2 bags (12 ounces each) fresh broccoli flowerets
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

1. From lemon, grate 1 teaspoon peel, and squeeze 2 tablespoons juice.

2. In 12-inch skillet, melt 2 tablespoons margarine over medium heat. Add bread and cook until golden, about 8 minutes, stirring often. Stir in garlic, parsley and lemon peel; cook 30 seconds. Remove skillet from heat.

3. Meanwhile, add about 3/4-inch water to wide-bottomed 5- to 6-quart saucepot. Place collapsible steamer basket (about 11 inches in diameter) in saucepot; heat water to boiling over high heat. Add broccoli to steamer basket; cover and steam 5 to 6 minutes or until tender-crisp.

4. Transfer broccoli to serving bowl; toss with salt, pepper, lemon juice and remaining 1 tablespoon margarine. Sprinkle crumbs on top. Makes 8 servings.

Good Housekeeping

Coconut Rice Pudding

- 2/4 cup water
- 3/4 cup long-grain white rice
- 1 can cream of coconut
- 1 can evaporated milk
- 2/3 cup sweetened flaked coconut
- 1 tablespoon dark rum (optional)

1. In 4 1/2- to 6-quart slow-cooker bowl, stir water, rice, cream of coconut and evaporated milk until combined. Cover slow cooker with lid and cook as manufacturer directs on low setting 4 to 5 hours or on high setting 2 1/2 to 3 hours.

2. If you like, while pudding cooks, toast coconut: Heat nonstick small skillet over medium heat until hot. Add coconut; cook 4 to 5 minutes or until lightly browned, stirring constantly. Transfer coconut to plate.

3. Remove bowl from slow cooker. Stir in rum, if using. Let pudding stand 10 minutes. Transfer pudding to serving bowl. If not serving right away, press sheet of plastic wrap onto pudding; refrigerate up to 2 days.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Creamy Tuna Macaroni Salad

Sandwiches, no matter how good, can get mighty boring. Perk up your lunchbox with this tuna pasta salad.

- 2 1/2 cups uncooked elbow macaroni
- 1 1/4 cups frozen cut green beans
- 1 1/2 cups frozen cut carrots
- 3 cups water
- 1 (10 1/4-ounce) can reduced-fat cream of celery soup
- 1/2 cup fat-free mayonnaise
- 1 teaspoon dried parsley flakes
- 1/4 teaspoon lemon pepper
- 2 (6-ounce) cans white tuna, packed in water, drained and flaked
- 1/4 cup finely chopped onion

1. In a medium saucepan, combine uncooked macaroni, green beans and carrots. Cover with water. Bring mixture to a boil. Cook over medium heat for about 10 minutes or until macaroni and vegetables are tender. Drain and rinse under cold water.

2. In a medium bowl, combine celery soup, mayonnaise, parsley flakes and lemon pepper. Add drained macaroni mixture, tuna and onion. Mix well to combine. Cover and refrigerate for at least 2 hours. Gently stir again just before serving. Serves 6 (1 full cup each).

• Each serving equals: 222 calories, 2g fat, 19g protein, 32g carb., 405mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.



The Four Treys Tavern

Since 1884

Roscoe Village's Friendliest Bar

Meet-Greet & Play!
Electric Bowling
1 Dart Board - Pool Table - 2018 Golden Tee
Jam-Packed Jukebox & Great Prices

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

PRIVATE PARTY ROOM AVAILABLE!
CALL 773-348-1148

Gotta Team?
Sports - Pool - Darts
Need a Sponsor?
Give us a call!
773-348-1148

3333 N. Damen Avenue - 773-549-8845

PAULINA MARKET

WWW.PAULINAMEATMARKET.COM

3501 N. LINCOLN AVE.
CHICAGO, IL 60657
773.248.6272

SCORE BIG WITH OUR SUPER CUTS

BRATS, RIBS, STEAKS, & MORE!

Crime

Vandalism to a vehicle on the 1700 block of West Montrose Avenue.

Burglary and attempt at forcible entry at an apartment on the 1600 block of West Nelson Street.

Fraud and illegal use of cash card at a residence on the 4200 block of North Ashland Avenue.

Larceny and theft over \$500 on the street on the 1500 block of West George Street.

Larceny and theft under \$500 on a residential porch or hallway on the 2900 block of North Greenview Avenue.

Burglary and unlawful entry to an apartment on the 1400 block of West Roscoe Street.

Retail theft at a drug store on the 3600 block of North Southport Avenue.

Criminal sexual assault at a residence on the 600 block of West Stratford Place.

Harassment by electronic means at a school on the 1400 block of West Grace Street.

Simple assault at a government building on the 1300 block of West Irving Park Road.

Burglary and unlawful entry at an apartment on the 3700 block of North Racine Avenue.

Fraud and theft of service at a CTA station on the 3900 block of North Sheridan Road.

Forgery and counterfeiting documents at a commercial business office on the 3000 block of North Broadway.

Drug abuse violation and found suspect narcotics at a hospital building on the 2900 block of North Laske Shore Drive.

Pick pocketing on the sidewalk on the 3900 block of North Sheridan Road.

Domestic battery at an apartment on the 3800 block of North Broadway.

Bomb threat at a school on the 3700 block of North Broadway.

Drug abuse violation possible crack cocaine at a police facility vehicle or parking lot on the 800 block of West Addison Street.

Retail theft at a small

retail store on the 3400 block of North Halsted Street.

Unlawful possession of a hand gun on the street on the 1400 block of West Irving Park Road.

Criminal sexual assault at a residence on the 3900 block of North Paulina Street.

Drug abuse violations suspect narcotics found at a restaurant on the 3200 block of North Halsted Street.

Strongarm robbery on the sidewalk on the 900 block of West Roscoe Street.

Disorderly and wreckless conduct on the street on the 3500 block of North Clark Street.

Aggravated vehicle hijacking from a driveway on the 1400 block of West Byron Street.

Wreckless firearm discharge of a weapon from a garage on the 1300 block of West Fletcher Street.

Burglary and forcible entry to a medical/dental office on the 3700 block of Broadway.

Larceny and theft of under \$500 on the street on the 3000 block of Honore Street.

Vandalism to a vehicle on the 1800 block of West Barry Avenue.

Larceny and theft over \$500 on the 1800 block of West Waveland Avenue.

Simple assault in a residents yard on the 3200 block of North Leavitt Street.

Robbery by strong arm on a public school ground on the 2500 block of West Addison Street.

Robbery and armed with a hand gun on the street on the 3600 block of North Damen Avenue.

Simple assault at a residence on the 4100 block of North Claremont Avenue.

Bomb threat on the 3900 block of North Damen Avenue.

Retail theft at a convenience store on the 3400 block of North Western Avenue.

Retail theft at a grocery store on the 3300 block of North Western Avenue.

Aggravated Assault

using a knife on the sidewalk on the 4300 block of North Lincoln Avenue.

Burglary and unlawful entry at a residence on the 2500 block of West Cullom Avenue.

Burglary and home invasion of an apartment on the 700 block of West Buckingham Place.

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

Vandalism to a vehicle on the street on the 700 block of West Belmont Avenue.

Larceny and theft over \$500 at an apartment on the 700 block of West Cornelia Avenue.

Simple battery at an apartment on the 600 block of West Roscoe Street.

Larceny and theft on the street over \$500 on the 2800 block of North Clark Street.

Vandalism to a vehicle in a residential garage on the 3600 block of North Lake Shore Drive.

Retail theft at a small retail store on the 3200 block of North Clark

Street.
Motor vehicle theft off the street on the 900 block of West Belmont Avenue.

Burglary and unlawful entry to an apartment on the 3100 block of North Sheffield Avenue.

Motor vehicle theft of an automobile from a parking lot or garage on the 1000 block of West Irving Park Road.

Vandalism to property at a restaurant on the 3000 block of North Sheffield Avenue.

Domestic battery at a bar or tavern on the 3700 block of North Broadway.

top ten

Holiday Auto Thefts

1. New Year's Day
2. Presidents' Day
3. Halloween
4. Memorial Day
5. Labor Day
6. Valentine's Day
7. Independence Day
8. New Year's Eve
9. Christmas Eve
10. Thanksgiving

Source: National Insurance Crime Bureau

Don't be sheepish.
We've got all the wool
you'll need for the winter
and it's on sale.
Nothing is hotter than wool
except our prices.

- Socks • Caps • Blankets
- Gloves • Jackets • Coats
- Pants • Long Underwear

Army Navy Surplus USA
3100 N. Lincoln Ave Chicago
(773) 348-8930

Mon. thru Fri. 8-5 Sat 10-5
www.armynavysales.com

 **Lakeview**
Funeral Home

Honoring the life.

Traditional Services

♦

**Cremation & Flameless
Cremation Services**

♦

Memorial Services

♦

**Pre-arranged & Pre-funded
Funerals**

1458 W. Belmont Avenue Chicago, Illinois 60657
Please call for assistance 773-472-6300
Fully Accessible
www.LakeviewFuneralHome.com



Photo courtesy of Getty Images

Combating COLD and FLU Season

FAMILY FEATURES

When temperatures drop, the risk for illness, such as colds and the flu, rises. Each year, millions of Americans suffer from symptoms ranging from coughing, sneezing and congestion to aches, fevers and vomiting that can leave them feeling less than 100 percent.

While you may not be able to avoid illness entirely, you can take steps to protect yourself from the common cold and more serious bugs like the flu.

This cold and flu season, keep essentials on-hand from thermometers that can help you diagnose a fever quickly to humidifiers and heated blankets that can potentially help shorten your recovery time.

If cold or flu viruses happen to strike you or a family member this winter, it's important to consult a medical professional with any health-related questions. Find more tips for fighting illness at eLivingToday.com.



Easy, Accurate Temperature Readings

Many parents place speed, accuracy and ease-of-use at the top of their list when choosing the ideal thermometer. Consider the Vicks RapidRead Digital Thermometer, which consistently delivers a professionally accurate temperature reading in Fahrenheit or Celsius in only two seconds. To help interpret fever, the Precision InSight feature provides site-specific, color-coded guidance, since temperatures register differently between oral, rectal or underarm readings. Find more information at VicksThermometers.com.



Photo courtesy of Getty Images

A Warm, Comfortable Night's Sleep

Sleep is essential for letting your body recover, especially when you're feeling under the weather. A heated blanket or mattress pad can provide natural pain relief and help to relax sore muscles, ease tension, promote blood flow and increase body temperature to help fight fevers that often accompany colds and the flu. Often washer- and dryer-safe, featuring variable temperature settings and available in a variety of sizes to fit nearly any bed, a heated blanket can help you get a good night's sleep and wake up feeling refreshed.



Combat Dry Winter Air

The cold, dry winter air is an ideal breeding ground for the flu virus. However, using a humidifier can add moisture to the air, help fight cold and flu symptoms and aid in preventing dryness and irritation in many body parts, such as skin, nose, throats and lips. Available with a multitude of tank sizes and features to fit nearly any room in your home, some humidifiers even offer smart functions, rotating mist nozzles, programmable timers and automatic shut-off when they run out of water.



Photo courtesy of Getty Images

Reduce Airborne Germs

As the flu virus can survive for up to 48 hours outside of the body, good personal hygiene can play an important role in preventing the spread of germs. One way to do so is by coughing or sneezing into facial tissues, which can help reduce the amount of germs released back into the air. There are even antibacterial, aloe vera and eucalyptus varieties available, which offer added cold and flu fighting benefits while helping prevent dry skin from the excess nose blowing that often accompanies illnesses.



Photo courtesy of Getty Images

Warm Up with a Hydrating Beverage

Hydration is a key part of recovering from nearly any illness, and warm drinks like tea can help relieve a cough or sore throat by simulating salivation and secretions, which can help soothe and lubricate your throat. Having a high-quality tea pot on-hand that alerts you when your hot water is ready can ensure relief from a warm beverage is never more than a few minutes away.

The Garden Bug

Plant dormancy

Scientists believe that in autumn, the shorter days trigger the beginning of winter dormancy in plants. As the temperatures lower, plants acclimate to the cold and begin a deeper stage of dormancy: cell processes slow down, and some water begins to leave the cells, since freezing water can burst cells. Sugars and other protective chemicals with lower freezing points are increased. Plants have a maximum level of cold they can tolerate, which varies by species and even variety, and may be determined by its location.

— Brenda Weaver
Source: pss.uvm.edu

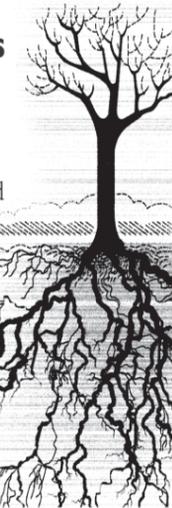


The Garden Bug

Soil temperatures

For most trees, surface temperatures can go as low as -40 to -60 F without doing serious damage to the trunk and crown; but the temperature of the surrounding soil must not dip below 20 to 25 F or the roots of the tree may be killed. Maintaining a layer of leaves and mulch around the tree will protect the soil from freezing conditions, as will a layer of snow.

— Brenda Weaver
Source: arnoldia.arboretum.harvard.edu



The Garden Bug

Seeds in snow

Many perennial wildflower seeds need a period of exposure to cold and moisture. If you get snow by December, you can begin to scatter these seeds atop blankets of snow up until February. The seeds will gradually work their way through the snow as the temperatures rise and fall and the ground thaws and freezes. If needed, cover the seeds lightly with clean straw to keep them moist, to hide them from birds and to keep them from blowing away in the wind. — Brenda Weaver

Source: www.hgtv.com



Northcenter Shops and Services

These businesses are true professionals dedicated to you and believe in personal service

Happy Kidds Group
HAPPY KIDS Daycare Home

- ◆ Open year round
- ◆ Fenced in play yard
- ◆ City and State licensed for over 15 years
- ◆ Insured
- ◆ Ages 6 weeks to 6 years old
- ◆ Federal Food Program

2148 W. Montrose 773-728-KIDS
773-728-5437

Hours: 7am-6pm Mon. thru Fri.
(The Big Blue House-Go Cubs)

Business Spotlight



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

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

If you need to rent a mail box, ship a parcel, have copies made, need something faxed or have a presentation or direct mail piece put together he can assist you.

Call The UPS Store at (773) 871-1400

The UPS Store 

Heading to the Post Office? See us first.



New, more competitive rates.* Same great service. Shorter lines.

Just One Block North Of Irving Park!
4044 N Lincoln Ave
Chicago, IL 60618
(773) 871-1400
store4569@theupsstore.com
theupsstorelocal.com/4569

Hours:
Mon-Fri 09:00 AM-07:00 PM
Sat 09:00 AM-05:00 PM
Sun Closed

*Rates referenced are the UPS® Ground Retail Rates effective as of 7/10/16 and USPS Priority Mail rates effective as of . New competitive UPS Ground rates vs. the Post Office™. Comparison is made by comparing UPS and USPS® retail rate charts of similar weight and distance. Neither UPS nor USPS dimensional weight factors were used in this comparison. Individual package comparison may differ when considering dimensional weight factors. For more information, see the terms and conditions on ups.com/rates. For exact rates, come to The UPS Store. Priority Mail rate does not include the published charge of \$2.65, which provides up to \$100 indemnity coverage for a lost, rifled or damaged article. See ups.com for more information. All rates subject to change. Priority Mail is a registered trademark of the United States Postal Service.

The UPS Store® locations are independently owned and operated by franchisees of The UPS Store, Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2016 The UPS Store, Inc.

Quotes worth your time

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”
Colin Powell

“Never continue in a job you don't enjoy. If you're happy in what you're doing, you'll like yourself, you'll have inner peace, and if you have that...you will have had more than you possibly could have imagined.”
Johnny Carson

“The love of family and the adoration of friends is much more important than wealth and privilege.”
Charles Kuralt

Reading Lakeview Newspaper will make you smarter.

Lakeview Newspaper
PO Box 578757 Chicago, Illinois 60657
www.Lakeviewnewspaper.com

Happy 2019!

Here's to another great year in Northcenter!
The Northcenter Chamber of Commerce looks forward to serving our businesses and community in 2019.

SHOP 
Shop local. Shop Northcenter.

 **Northcenter**
CHAMBER OF COMMERCE northcenterchamber.com

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



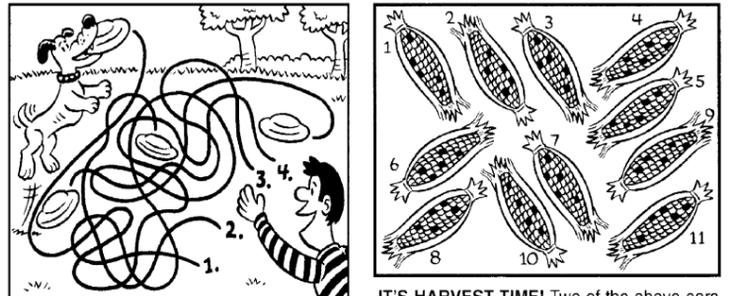
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend



DOGGIE DEXTERITY! Can you guess on which of the four tosses Rover caught the Frisbee?
 Answer: Toss 4.

IT'S HARVEST TIME! Two of the above ears of decorative corn are exactly alike. Can you "pop" up with the answer in 30 seconds?
 Answer: Ears 2 and 8.

A WORD BRIDGE!

The bridge above contains 10 supporting words. We give you the first letter of each, plus plenty of hints.

T	S	U	Y	A	B
R	V	W	C		
1	2	3	4	5	6
7	8	9	10	11	12

Answers: 1. Rig 2. Sash 3. Taffy 4. Unit 5. Via 6. Wag 7. Yams 8. Adobe 9. Balm 10. Cam

Answers: 1. Rig 2. Sash 3. Taffy 4. Unit 5. Via 6. Wag 7. Yams 8. Adobe 9. Balm 10. Cam

DOODLE-WORDS! The items pictured here can represent a saying or a thing. See if you can figure them out.

Answers: 1. Upper crust 2. Square meal 3. Home on the range

WHAT'S ON TODAY'S SCHEDULE? Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

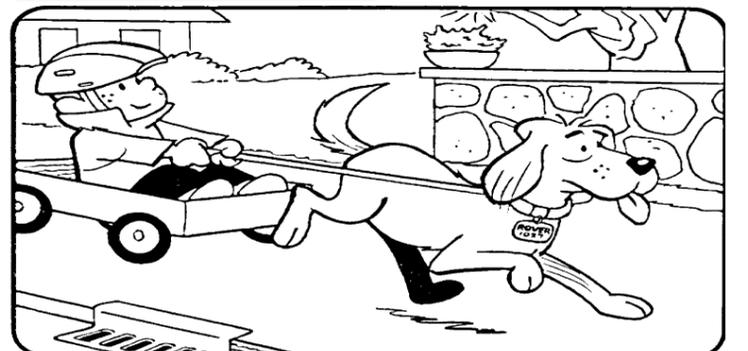
Answers: 1. Daub-band 2. Taco-coat 3. Pits-spot 4. Lake-leak

A WISE OBSERVATION! All right, students, you have two minutes to solve Professor Flunkum's rebus complaint.

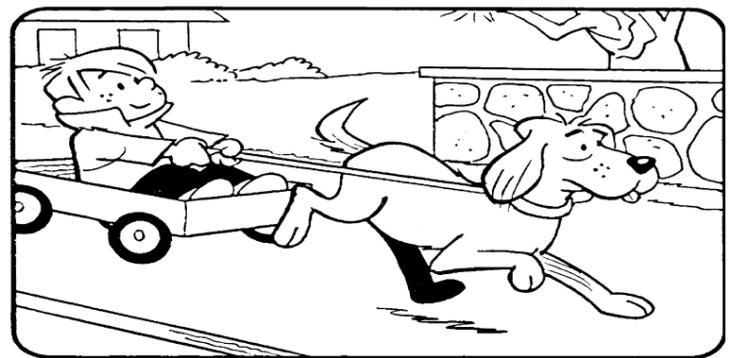
Answer: "I have to overwork because I am underpaid."

HOCUS-FOCUS

BY HENRY BOLTINOFF



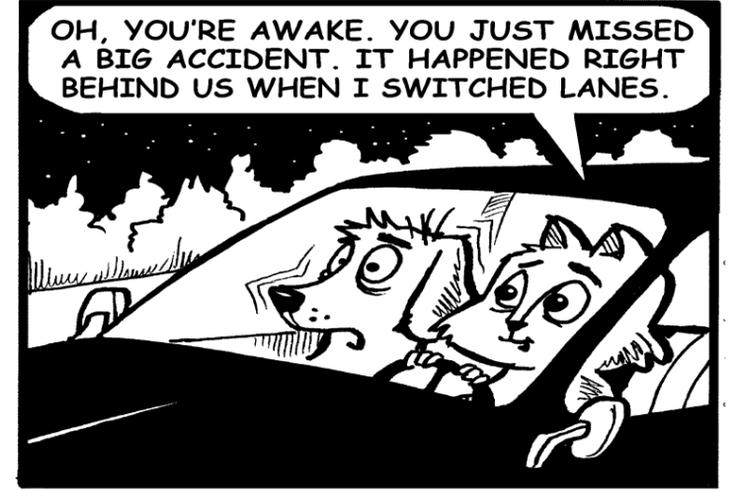
Find at least six differences in details between panels.



Differences: 1. Helmet is missing. 2. Drain is missing. 3. Tail is shorter. 4. Flower pot is missing. 5. License tag is missing. 6. Drain is smaller.

Just Like Cats & Dogs

by Dave T. Phipps





Home SAFE Home

FAMILY FEATURES

Some home upgrades are aesthetic, and some are for function. These ideas, all with better home safety in mind, show there's no reason you can't have both.

If you tend to think of home safety in strictly functional terms, you may be relieved to know you don't have to abandon your designer sensibilities when it comes to improving your home's overall safety. In fact, these tips from the decorating experts at JCPenney show just how easy it can be to make safe look sensational.

Appliances

Outdated appliances aren't just an eyesore and drain on your home's energy resources; they can actually be dangerous. Over time, electrical components and other mechanical functions can wear down, which may result in a higher risk of fire or water damage. A new suite of appliances can give a tired kitchen an instant facelift, and with the wide range of options available, you can create just about any look you desire, from an ultra-modern sleek motif to a farm-style design that blends modern convenience with yesteryear charm.

If replacing your home appliances isn't in the budget, it's important to ensure they're being properly maintained. This applies to the kitchen, of course, but also other appliances throughout the house, such as the climate control system, water heater and water filtration system. Regularly cleaning and assessing operations can help you keep on top of potential concerns. Also keep up on regular service schedules so an expert can evaluate problems that may not be immediately apparent and ensure your appliances are operating at peak efficiency.

Window Treatments

Windows, and more particularly window treatments, can often play a significant role in a room's ambiance. Custom-made drapery and other window treatments are ideal for giving any living space a personal feel. However, upgrading your window treatments isn't just about creating a delightful new space. Cords on window treatments pose a significant risk, especially in

homes with small children and pets who may become tangled in the cords.

A new window covering safety standard by the American National Standards Institute requires a vast majority of window covering products sold in the United States to be cordless or have inaccessible or short cords. By early 2019, corded window coverings will only be available on custom-order products, as corded products are still needed by a wide range of consumers, including the elderly and those with disabilities, those short in stature and those with windows in hard-to-reach locations.

To ensure your window treatments meet both your safety and functional needs, it's a good idea to work with a certified window treatment expert who can meet in your home to find the perfect window treatments to complement your style, decor and budget. From energy-efficient shades and cordless shutters to blackout draperies, privacy blinds and decorative hardware, a JCPenney Decorating Consultant can work one-on-one with you to bring your vision to light. For added peace of mind, their professionally installed window treatments include a one-year guarantee.

Doors

An attractive, inviting door is an important element of your home's exterior facade, but it's also an important safety feature. For the door itself, a solid wood door is both aesthetically pleasing and functionally sound, but if your budget can stand it, steel is even better. Avoid pretty window panes that can be easily broken, giving access to the locks. Be sure the frame is in good order, as well, as even the sturdiest door can be forced off a weak, rotted or poorly installed frame.

A deadbolt that extends at least an inch into the doorframe is a basic must. It's also a good idea to forgo the push-button knobs and opt instead for a more secure keyed doorknob, which is more difficult for an intruder to manipulate. Also remember the same principals apply to every entry point to the house, not just the front door.

Start planning upgrades to your home's safety at jcpenney.myhomeprojectcenter.com.



Window Treatments That Work

There are a wide range of window treatments available today, including blinds, draperies, valances and shades. With more than 9,000 unique patterns and colors, plus countless more textures and materials available, a JCPenney Decorating Consultant can recommend window treatments that are attractive, well-constructed and suited to transform nearly any window into a functional and inspirational view.

Style

Many window treatments serve dual purposes, such as adding visual beauty while controlling light flow, which can greatly impact the overall feel of the room. Treatments with a horizontal orientation create a casual feel, while a vertical orientation adds height and stature. Treatments with patterns or diagonal lines draw attention to the window, but they can be distracting if not defined by another style element.

Color

Warm colors like reds and oranges can be used to make a room feel cozier, while greens and blues can make a room feel cooler. Colors that contrast with your walls can be used to fill the space in a room while other colors can be selected to blend with the walls. The amount of natural light in a room also plays into color selection, as changing light alters the colors' appearance throughout the day.

Texture

The material can also factor into the overall look and feel of the room, ranging from more formal to more casual. Patterns or shapes can create depth and invoke a feeling of formality or fun.

Cords

New safety standards dictate that the majority of window treatments be cordless or have short cords. However, depending on the placement of the window covering or your personal needs, you may require special accommodations that are available through custom orders. A certified window treatment expert can help you determine what cord style best meets your needs and order custom treatments with the features you require.

Fit to the Room

Symmetry and balance are important considerations. Heavy treatments can overpower a space, while treatments that are too light can blend in or get lost. Simple treatments are typically used in smaller rooms, while more ornate treatments are best for larger spaces. Put simply, you'll need to decide whether you want the window treatments to be a focal point or accent.

founded 1893

Central Savings

Serving the Community for over 125 Years

OFF-LINE BANKING ! (Not Internet Accessible)

18 Month Jumbo CD

2.00% *APY

\$100,000 Minimum Balance

***Annual Percentage Yield (APY) is effective as of 1/1/19 and may change at any time.
There may be substantial penalty for early withdrawal, which may also reduce earnings.
\$100,000 minimum deposit required to open account.**

Multi-Family (Apartment) Loans Commercial Real Estate Loans Up to \$4 Million Quick Commitments Credit Scores Not Considered

Low Income Loan Program

**Contact: Bonnie Carney, Vice-President
NMLS#459256**

Chicago Locations

**1601 W. Belmont
(773) 528-0200**

**2827 N. Clark
(773) 528-2800**

**2601 W. Division
(773) 342-2711**

