



**Interview**

**Additional Tax for sharing**



**20  
Questions**

This month's interview is with **Lauryn S. Schmelzer, Chief of Staff, State Representative Ann M. Williams - 11th District, 1726 W. Belmont, Chicago**

**Q.** Where were you born and raised?  
**A.** I was born in Chicago and raised in Skokie.

**Q.** Are you married? Any children?  
**A.** No and I have no children.

**Q.** Where did you attend school?  
**A.** Northwestern University.

**Q.** What is your fondest childhood memory?  
**A.** My family would play D.J. and we'd put on CD's of Michael Jackson, Elvis and other great artists and dance around our living room.

**Q.** What did you do for a living before becoming Chief of Staff?  
**A.** I worked on a couple of aldermanic races in Chicago, knocking on doors, campaign work and political organizing.

**Q.** How and why did

you become interested in going into politics?  
**A.** My dad was interested in history when I was a child. He would tell me one fact about the government when he tucked me into bed.

**Q.** What are your primary responsibilities as Chief of Staff?  
**A.** I do constituent outreach to the public. If people need help with any government agency I assist them. I also go to local school council meetings and different local neighborhood meetings. I help with scheduling for Representative Williams and assist her in any way I can.

**Q.** What would you say is the most challenging part of your job?  
**A.** When we get questions or need to help someone and I don't know how to help them. I attempt to use all available resources to help constituents. It's challenging at times but rewarding.

**Q.** If you could meet anyone in the world, who would that person  
**Continued on page 2**

by **George and Joyce A. Rimel**

In the name of downtown traffic congestion, the Mayor has put forth her proposal to increase taxes city-wide on many rides by Uber, Lyft and similar operations. Fees would be increased on solo ride-share trips all over Chicago during peak hours. The biggest increase would be on trips that start or end in the downtown area. Her 2020 budget would

call for a 53 cent per-ride increase in taxes for single ride trips that don't go anywhere near downtown. She maintains that the traffic grid-lock downtown is due to single-rider Uber and Lyft trips starting on the North Side. Taxes would go up to \$3 per ride on trips between the hours of 6 a.m. and 10 p.m. that would originate or end in a downtown congestion zone.

This congestion zone is bordered by North Avenue and Roosevelt Road, and extending west to Ashland Avenue and Van Buren Street. Her plan would also call for a 74% tax increase on neighborhood rides, all geared to her plan to get people to use trains and buses. Taxes would go down by 7 cents to 65 cents per trip on

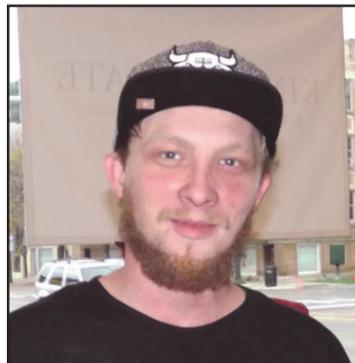
share pool car rides offered by Uber and Lyft where drivers pick up multiple passengers, meaning fewer cars on the street. In addition the city will spend \$5 million on a new Bus Priority Zones Program intended to eliminate slow bus zones and to speed service along the busiest bus routes. It may also include street resurfacing work  
**Continued on page 2**

**What's on your Mind?**



"Work, getting a break from school, and basketball season."

**Jessica Davis**



"Turkey, Hockey and Football. It's the season."

**Albert Avizius**



"Good mashed potatoes is one of the great luxuries of life for Thanksgiving."

**Alyssa Braun**

# Editorial & Opinions

Interview continued from front page.

be and why?

**A.** Mrs. Frank Leslie. She lived in Chicago during the Chicago fire and her husband owned a dying newspaper and she inherited it. It was a legal newspaper and she turned it around and kept it from going bankrupt. She was instrumental in helping with public policy when it was a time when women couldn't be lawyers.

**Q.** What hobbies or special interests do you have?

**A.** I love to dance and I also assist with choreography at my old high school.

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

**A.** My favorite TV show is "Sex in the City"; my favorite movie is "West Side Story" and my favorite book is "Tale of Two Cities".

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

**A.** Columbia, South America. It's my favorite place on the planet.

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

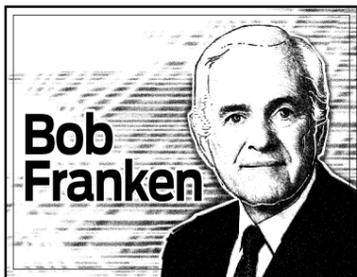
**A.** Ruth Bader Ginsburg. To be able to witness and be part of history by listening to the cases she does requires wisdom and judgment and to be able to set standards that are fair and just in our country.

**Q.** What have been your three greatest achievements?

**A.** Graduating from college with a double major in politics and dance; Running the Chicago Marathon and being in and around Springfield and being part of the Reproductive Health Act.

**Q.** What have been your three greatest disappointments?

**A.** Never auditioning for a Broadway show; My best childhood friend moved away and it was tragic; Working on the Hillary Clinton campaign in Osceola County, Florida. We won the county but Florida went for President Trump.



## Finger-Pointing Everywhere

It's really difficult to tell because his hands are so small, but it looks for all the world that President Donald Trump has an extended middle finger raised at, well, all the world. Who knew that he could speak in sign language? Or at least that he knew how to say one word? Come to think of it, it's two words. He seems to have decided on a defiance strategy, his last resort, since his "high crimes" and his low crime of total incompetence are there for everyone to see as he faces impeachment.

Every once in a while, he pokes himself in the eye with his raised middle digit. So it was with his Doral debacle. First he sent out his chief of staff, Mick Mulvaney, to announce that POTUS had decided to choose the National Doral resort and golf courses in steamy Miami for next June's G-7 summit, just as he had warned he might do. By now you know who owns the Doral: The Trump Organization. The president makes millions each year from the company from which he never financially removed himself when he had moved into the White House. But after he was reminded that he was the defendant in various lawsuits for violation of the Constitution's "emoluments clause," which prohibits other nations contributing something of value personally to a sitting president, he decided to back down.

Not only does Trump use that universal gesture of defiance here at home, he

flaunts it worldwide, particularly raising it against allies, especially those who have democratic governments. He's a bit more careful with despots like Vladimir Putin and Kim Jong Un, because he realizes that they'll raise it right back, or because he really wishes he could have the dictatorial powers that they brutally exercise — he has a bad case of meanness envy.

So when Turkey's autocratic president, Recep Tayyip Erdogan, decided he'd invade Syria and wipe out the Kurds, Trump gave him a smart salute (the non-finger variety) and pulled U.S. troops aside, allowing the Turks to brutalize the Kurds. Never mind that he was turning his back on American allies. The Trumpster insists that he really did put up a ruckus, releasing a letter he sent to Erdogan in which he wrote, "Let's work out a good deal" and "Don't be a tough guy. Don't be a fool."

Erdogan is a tough guy. He obviously considers Donald Trump a fool. His government let it be known that he tossed the letter in the "garbage bin," a finger of his own. Then he went ahead with his invasion.

Trump at home is using the same kind of tactic, in spite of the reality that his every act of flammable defiance feeds the flames that threaten to consume his presidency. He sent chief of staff Mulvaney to confess that it was true, the president of the United States had really tried to muscle the president of Ukraine to get involved in U.S. politics, which would be a crime. Nevertheless, Mulvaney even growled, "Get over it," putting words to the Trump finger.

Usually, but not always, the Trump belligerence works, because of his rabid base. But that base is starting to show some wear and tear, and if the erosion continues, soon America might have to "get over" the Trump presidency.

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

Interview continued.

**Q.** What is your "pet peeve"?

**A.** People that complain too much about the same thing over and over again.

**Q.** What is your most prized possession?

**A.** I have a puzzle ring that I wear all the time.

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

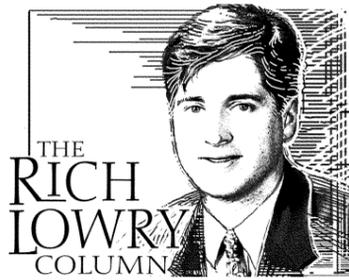
**A.** That more people my age (23) need to get involved in community meetings.

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

**A.** Climate change.

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

**A.** Don't fret. It will happen differently anyway.



## Trump Should Want a Rapid Impeachment

The Ukraine story hasn't been good for President Donald Trump, and there's only one way out — to get impeached, and the sooner, the better.

Trump obviously hates the idea of being impeached. He thinks it's unfair, and is raging against the process with every political and legal argument his team can muster and every insult and countercharge he can make on Twitter. But he doesn't have any choice in the matter.

Impeachment is baked in the cake. There's no way that Democrats, having opened an impeachment inquiry (although without a vote), can pull up short now. How could they, after touting revelation after revelation, including a supposed "confession" by Trump's chief of staff?

As impeachment rumbles on, it puts every Trump lapse (Syria, Doral, etc.) in starker relief and places it in the context of the question of whether he should be impeached and removed.

Meanwhile, if support for impeachment is about 50 percent or a little higher, there's every reason for Democrats to stretch it out. The current process suits their purposes nicely. They interview officials in private and then leak the most damaging parts. There's no danger of public hearings bouncing the wrong way ... because there are no public hearings.

The impeachment inquiry also has the advantage of giving the Democratic base what it wants, and creating a strong sense of action against Trump.

When Republicans took the House in the middle of Barack Obama's first term, they had trouble controlling the expectations of their own base, which wanted immediate results when the GOP had limited power. Impeachment allows Democrats to forestall such a feeling among their own voters, even though they, too, aren't getting anything substantive done.

This suggests that, as of this moment, House Speaker Nancy Pelosi looks to have judged the politics of impeachment shrewdly, holding off when it still seemed politically premature and striking when the prospect of moving the needle of public opinion presented itself.

Given how impeachment is playing, she should welcome the White House embracing the normal strategy in these fights of attempting to frustrate and delay the inquiry. Not only is this standard approach not fully working — former and current officials are talking to House investigators regardless — at the margins it lengthens an inquiry that's working for the Democrats.

All that said, it's always possible the public will tire of the probe, especially if it reaches past the first month or two of an election year.

What can Trump do about any of this? Absent a mea culpa and promise of full transparency, which aren't in the cards for temperamental reasons if nothing else, Trump can't change the dynamic or the timing. But he should be secretly rooting for the rapid arrival of Impeachment Day (and the near-inevitable acquittal in the Senate).

It will be one of the biggest stories of the Trump presidency. Then, like everything else, it will grow old very fast. Impeachment won't be forgotten, but it will fade into part of the tapestry of endless Trump controversies and outrages, from Charlottesville to his Helsinki press conference with Vladimir Putin.

Democrats will believe they struck a decisive blow against Trump, when they really may have helped him turn the page.

*Rich Lowry is editor of the National Review.*

Additional Tax for sharing continued from front page.

and designated bus-only lanes along certain routes to improve service during weekday rush periods. This proposed ride share tax increase will impact those who are disabled and who need the service as they cannot afford the extra fee. Ride sharing gives

the rider door to door service whereas public transportation becomes problematic to people who have disabilities. The proposed congestion tax is subject to City Council approval.

## Lakeview Newspaper

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November 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 Diversely 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.

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# SENIOR NEWS LINE

by Matilda Charles

## If Social Security Calls ... Hang Up!

Thieves are continuing to target seniors where we're most vulnerable. Most common is the Social Security scam.

Annoyingly enough, I received one of these calls today on my cellphone. I didn't answer, of course, so they left a voice message. My Social Security number had been associated with crime, they said. If I didn't call them back immediately, they would call the police and take out a warrant for my arrest. And so on ...

While scam calls can come from any area code, sometimes they use the real Social Security Administration phone number (1-800-772-1213). It's easy for them to spoof (fake) any number. However, there's one big difference. No one from Social Security is going to call you with threats. If Social Security has something to say to you, it will send a letter in the mail.

There are many reasons not to give out your personal information to someone you don't know, but the biggest ones are that your benefits can be diverted, and your identity can be stolen.

To protect yourself, make use of your Caller ID. If you don't recognize the number, don't answer. And leave your Social Security card at home when you go out.

If something doesn't sound right on a phone call you do answer, hang up. The minute someone asks you to verify anything (your name, address, bank information, Social Security number) or threatens you in any way, just hang up.

To hear what is said in these scam calls, go online to [www.consumer.ftc.gov](http://www.consumer.ftc.gov) and put "Social Security scam" in the search box. Click on "This is what a Social Security scam sounds like." You can hear a recording of a call and know what to expect if you do answer one.

# SENIOR NEWS LINE

by Matilda Charles

## Why It's Getting Harder to Live on Social Security

It's now official: Our Social Security increase for 2020 will be 1.6%, or \$23.40 for the average senior who receives benefits. If our Medicare goes up, that comes out of the increase.

We all know the Social Security increases we get are not enough to keep pace with rising prices. The Senior Citizens League did a study a few years ago that determined we had fallen 4% behind actual costs in one year alone. Since 2000 we've lost 34% of our buying power. For example, if we bought \$100 in groceries back then, today we'd get only \$66 worth.

Just what determines the amount of Social Security increases? The number is called COLA, for cost-of-living adjustment, and the figures are calculated monthly by the Bureau of Labor Statistics using the Consumer Price Index for Urban Wage Earners and Clerical Workers.

The BLS uses the prices in "A Basket of Goods" to calculate what is being spent and determine the Consumer Price Index. It includes food, but also tracks bedroom furniture, toys, the cost of education and communication.

For over a year now I've kept a monthly chart of every dime I spend. If I come home from the store with a receipt or I pay a utility bill, the amount gets noted on the chart.

The CPI that came out in September says that over the past year, overall prices for urban consumers went up 1.7 percent. I know my costs have gone up much more than that.

How about you? Here's some math homework for you for the next year. Make a list of the basic items you buy and the expenses you have. Write down what they cost. A year from now do a comparison and see if they've gone up, and if so, how much.

# VETERANS POST

by Freddy Groves

## VA Helping Victims of Domestic Abuse

If you're a veteran and are a victim of domestic violence, the Department of Veterans Affairs can help you with housing and support services if you need to flee. If you have children, this includes them. If you are a senior veteran, elder abuse is included in the definition of domestic violence.

The housing and services are provided by two programs, Supportive Services for Veteran Families (SSVF) and Grant and Per Diem. In 2017, public law 114-315 expanded eligibility for both programs to include situations such as fleeing dating violence, domestic violence, stalking and any situation that makes it unsafe for you to stay. The big eligibility hurdle is that you don't have anywhere else to live.

If you have to get out immediately, you're eligible for SSVF rapid housing intervention, which is a program to help the homeless get quickly into permanent housing. SSVF has a new component called shallow subsidies, which is essentially a hand up. Rents are below market level, but are not based on a percentage of your income. Grant and Per Diem gives grants to companies to provide services to homeless veterans, including transitional housing. The GPD program will help with services to get your life back on track, such as stable housing and gaining skills to increase your income.

Go online to [www.va.gov/homeless/gpd.asp](http://www.va.gov/homeless/gpd.asp) and [www.va.gov/homeless/ssvf/](http://www.va.gov/homeless/ssvf/) to gather information and make contacts. The second link, to SSVF, has information for the states that provide the rent subsidies. If your living situation is volatile, gather your information now and keep it in a safe place that you can grab when you need it. Your purse or wallet is not a good place.

In a violent situation, make 911 your first call. When you can, when the situation is safe, collect your saved information and go.

# VETERANS POST

by Freddy Groves

## Congressional Offices in Veterans Hospitals

I can't imagine this being OK anywhere else: Members of Congress have commandeered space in Department of Veterans Affairs hospitals to use as their personal offices. It started with one, and quickly grew to six U.S. representatives in one state who've set up shop in hospitals. They want to talk to veterans, they say.

The VA wants them out by the end of the year. It wants the space back for medical purposes.

One congressman claims it's personal because of something he said in a meeting with the VA. Snarling has gone back and forth, as VA Secretary Robert Wilkie has said that the representatives already have offices in Washington, D.C., and their districts. Legally, he says, he's found nothing that says it's OK for members of Congress and their staffs to set up shop in VA hospitals. They were given occupancy permits with a time limit, and now they're refusing to move out.

One has made public statements that the VA says are untrue, which got a heated letter in response. Back and forth they go.

In retaliation, the congressmembers drafted a bill that would force the VA to provide space for them to talk to veterans. The bill is currently sitting in committee. An identical bill died in committee last year.

This, of course, raises questions. If the bill becomes law, does it mean every VA facility would have to provide space? What about those that aren't hospitals per se, but do serve veterans, such as community clinics, assisted living and nursing homes, outpatient clinics and vet centers? How much time are congressmen likely to spend in those spaces, when they have others? Who's going to pay for any renovations?

Of the 535 members of Congress, only six are pushing for dedicated space. The others manage to conduct business without it.

# Strange BUT TRUE

By Samantha Weaver

• It was 19th-century American social reformer and statesman Frederick Douglass who made the following sage observation: "Those who profess to favor freedom and yet deprecate agitation, are men who want crops without plowing the ground."

• If you use Listerine to freshen your breath, you might be interested to know that its original formula is 26.9% alcohol by volume — that comes out to 54-proof gargle.

• The blue whale is the largest animal known to have ever existed. The marine mammal is so large, in fact, that a grown man could swim through its largest blood vessels.

• Next time you're in Tinseltown, remember that it is unlawful to herd more than 3,000 sheep at a time down Hollywood Boulevard.

• In the naming of American states, there some that never quite made it. It's interesting to speculate about the possibilities, though. For instance, if you currently reside in the state of Kentucky or parts of Tennessee, but for the whimsy of fate, you could be a Transylvanian. Some people once wanted to take parts of Texas and Oklahoma to create the great state of Texlahoma (perhaps displaying a slight lack of imagination). When the Mormon church settled out west, Brigham Young petitioned to have the state of Deseret created, and the land he suggested make up the state included present-day Utah, almost all of Nevada and Arizona, a sizable chunk of California and bits of five other states. Long Island, in New York, even had designs on statehood at one time.

• You might be surprised to learn that in the 19th century, ice accounted for more shipping than any other commodity except cotton.

**Thought for the Day:** "The telling of jokes is an art of its own, and it always rises from some emotional threat. The best jokes are dangerous, and dangerous because they are in some way truthful." — Kurt Vonnegut

# Strange BUT TRUE

By Samantha Weaver

• It was Marquette University basketball coach and beloved national basketball commentator Al McGuire who made the following sage observation: "The world is run by C students."

• There were no armadillos in Texas until the 1840s.

• Many people think that adding cream to coffee makes it colder, but that's only partially correct. As it turns out, after cooling the coffee a little bit, the cream forms a layer of fat molecules across the surface, insulating the coffee and keeping it warmer longer.

• Those who study such things say that only about half the French-speaking people in the world actually live in France.

• After the Civil War, Varina Davis — widow of Jefferson Davis, president of the Confederacy — and Julia Grant — widow of Ulysses S. Grant, famed Union general and later president of the United States — ended up living near each other. According to historians, they became very close friends.

• On average, twins arrive 24 days earlier than babies from single births.

• It's been claimed that it was customary in Austria at one time for women to wear small dogs draped about their shoulders for warmth.

• You might be surprised to learn that the hula hoop was banned in some Indonesian cities. Why, you might ask? According to officials, the toy "awakens sensuality."

• In China, it is traditional for men do the knitting.

• According to anthropologists, if you'd never worn shoes, there would be a larger gap between your big toe and the rest of your toes.

**Thought for the Day:** "Four be the things I am wiser to know: idleness, sorrow, a friend and a foe. Four be the things I'd be better without: love, curiosity, freckles and doubt." — Dorothy Parker

# Moments in time

THE HISTORY CHANNEL

• On Nov. 6, 1528, the Spanish conquistador Alvar Nunez Cabeza de Vaca is shipwrecked on a low sandy island off the coast of Texas. Starving, dehydrated and desperate, he is the first European to set foot on the soil of the future Lone Star state.

• On Nov. 10, 1775, a resolution, drafted by future U.S. president John Adams, creates the Continental Marines and is now observed as the birth date of the United States Marine Corps. The motto of the service is Semper Fidelis, meaning "Always Faithful" in Latin.

• On Nov. 7, 1914, while World War I rages in Europe, a new weekly magazine, The New Republic, is first published in the United States. Though its first issue sold only 875 copies, after a year the circulation reached 15,000. The New Republic still operates today as a weekly journal of opinion.

• On Nov. 8, 1951, Yankees catcher Yogi Berra is voted the American League's most valuable player. He went on to be the league MVP twice more, in 1954 and 1955.

• On Nov. 5, 1968, in one of the closest elections in U.S. history, Republican challenger Richard Nixon defeats Vice President Hubert Humphrey. Because of third-party candidate George Wallace, neither Nixon nor Humphrey received 50% of the vote.

• On Nov. 4, 1979, student followers of the Ayatollah Khomeini send shock waves across America when they storm the U.S. embassy in Tehran. The radical Islamic fundamentalists took 90 hostages.

• On Nov. 9, 1989, East German officials open the Berlin Wall, allowing free travel from East to West Berlin for the first time since 1961. The next day, celebrating Germans began to tear down one of the ugliest and most infamous symbols of the Cold War. The wall was built to keep a flood of refugees from fleeing Communist East Germany to the West.

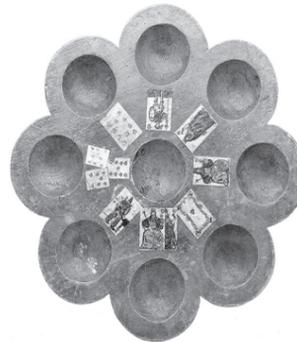
# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Game Boards

Antique handmade game boards are popular as decorations in homes filled with folk art. Most are for chess or checkers, and the square boards look important in a group on the wall. But there also are game boards that are other shapes. The game "Pope Joan" was popular in the 18th century and still is popular in some countries. The rules for the game first appeared in Hoyle's rule book in 1826. Three to eight people may play on a circular board with eight round "wells" surrounding a center well that holds game pieces. Four picture cards, plus four others called Matrimony, Pope, Intrigue and Game, were used. The winner was the player who ran out of cards first. An elaborate Pope Joan board was sold at a James D. Julia auction a few years ago for \$1,000. The board is 12 1/2 inches in diameter and was made from a cut-out wooden circle and painted green and red. Playing cards were painted around the center well.

Look for other game boards, even printed ones with interesting graphics, from the 1930s and after. Do not hang them in the sun because printing, especially from the 1940s and '50s, will fade to blue.



This elaborate Pope Joan game board is carved from wood and painted. It sold for \$1,000 at a James D. Julia auction in Maine.

copper spreads the heat and the spout must be held firmly in place until the solder sets. Don't use lead-based solder, since the lead will leach into the boiling water when you use the kettle. A metalsmith will be able to repair the teakettle and can tell you how much it will cost in advance. If it is not a valuable antique, you may decide to just buy a new kettle.

**Q.** I bought a Roseville pedestal in the Moss pattern for \$8 at a Goodwill store, and I'm trying to get an idea of its worth.

**A.** Roseville Pottery Company was in business from 1890 to 1954. It started in Roseville, Ohio. Another plant was opened in Zanesville, Ohio, in 1898. Moss pattern was introduced in 1936 and was made in Coral, Russet and Sapphire. A Moss pedestal with matching jardiniere would sell for about \$800 to \$1,000. Pedestals without the jardiniere don't sell well and are worth under \$200.

**Q.** My copper teakettle got overheated on the stove, the water boiled away, and the spout came off. Is this something that can be repaired?

**A.** Yes, the spout can be soldered back on. It can be difficult, since

## CURRENT PRICES

World's Fair needle case, 1892, Chicago, Columbian expo, barrel shape, 2 inches, \$70.

Cinnabar box, round, lidded, fruit, insects, leaves, vines, 5 x 2 1/2 inches, \$125.

Coronation cup, Czar Nicholas II, enamel, crest, red, blue, 1896, 4 inches, \$285.

Dresser, pine, stained, 3 banks of 9 drawers, turned knobs, 33 x 84 inches, \$375.

TIP: To clean wax from glass candlesticks, scrape with a wooden stick, then wash off the remaining wax with rubbing alcohol.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

# IN HONOR OF OUR VETERANS

★ ★ ★ ★ ★ ★ ★ ★

## Veterans Day Commemorative Ceremony

### Monday, November 11 @ 11 AM

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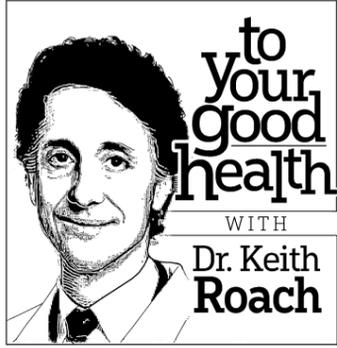
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# Health



to  
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good  
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## Quitting Smoking Better Than Any Cough Syrup

**DEAR DR. ROACH:** My daughter smokes. She doesn't have COPD now, but last spring she had bronchitis and was off work for a week. When she went back to work, she didn't feel good, and her doctor told her that she had pneumonia in both lungs and wondered why she went back to work. She still takes cough syrup under her doctor's orders. —N.P.

**ANSWER:** Getting someone to quit smoking is a challenge, but perhaps some advice I can give your daughter might help. The first piece of advice is that a cough necessitating cough syrup on a routine basis indeed might be a sign of COPD. There are two major forms of COPD: emphysema and chronic bronchitis. The definition of "chronic bronchitis" is a productive cough for three months in each of two successive years.

The second piece of advice is that quitting before there are serious symptoms is the best time to quit. Although the body has some ability to recover from the effects of chronic cigarette smoke, there is a degree of permanent damage in long-term smokers. Quitting greatly slows down the rate of ongoing damage to the lungs and reduces the risk of having lifelong symptoms of shortness of breath and cough.

Quitting smoking will do more good than any cough syrup can.

\*\*\*

**DEAR DR. ROACH:** Does taking Norvasc or any calcium channel blocker reduce or destroy the calcium in the bones, eventually causing

**ANSWER:** No. Calcium channel blockers, like amlodipine (Norvasc), work on cells in the heart and blood vessels, controlling the flow of calcium into the cell. Calcium in the cell is one of the regulators of smooth muscle cells, and for Norvasc in particular, that means its major effect is on blood vessels, causing them to open up and reduce blood pressure, and thus the amount of work the heart needs to do.

Calcium in bone is used structurally, where it combines with other ions to form hydroxyapatite, the mineral that keeps bones hard and strong. The mechanism for calcium entry into bone cells is very different. Calcium channel blockers do not affect mineralization of the bone, nor do they increase the risk for osteoporosis.

One group found that people on calcium channel blockers may have a slightly higher risk of fractures; however, that was thought to be due to an increased number of falls, especially in the elderly. Physicians need to take care not to use too much medication, especially ones that dilate blood vessels, as they can increase risk of dizziness and falls.

\*\*\*

**DR. ROACH WRITES:** Many readers kindly shared their recommendations about preventing underarm odor, and the most commonly mentioned, by far, was crystal mineral salt deodorants, of which there are several brands. Several people made their own deodorants by mixing baking powder, cornstarch and olive or coconut oil. Other people noted using antibacterial soaps or cleansing products containing the same products we use in the operating room, such as chlorhexidine and hexachlorophene. A product with zinc oxide and talc helped one reader. Finally, more than a few people noted that removing all underarm hair was necessary to successfully get rid of odor.

\*\*\*

## Chickenpox vs. Shingles

**DEAR DR. ROACH:** Do people who have never had chickenpox get shingles? —K.C.H.

**ANSWER:** Ninety-nine percent of people have had chickenpox and are

at risk for shingles, and this includes most people who think they haven't had chickenpox. (Some cases are so mild that they go unrecognized.) But only people who have had chickenpox (or the vaccine, which is a weakened form of the live virus) can get shingles. People who had the vaccine seem to be at lower risk of shingles than those who had the infection.

If the shingles vaccine technology can work for a chickenpox vaccine (and I see no reason it shouldn't), then it's possible we could see the end of chickenpox and of shingles forever, the way we were able to eliminate smallpox.

\*\*\*

**DEAR DR. ROACH:** Is there medical help or gene therapy to prevent excessive height? My niece is 6 feet, 1 inch tall and soon will marry a man who is 6 feet, 11 inches tall. Life was not always easy for her, as she was mocked at school. And he has had a daily life of "How's the weather up there?" Could they prevent their children from growing to such a height? —D.B.

**ANSWER:** No, there is no medical treatment to prevent excess height, and there is no medical reason to do so. Instead, I'd advise your niece and her fiancé to encourage their children to be comfortable how they are, no matter what their height, and to recognize that I'd especially recommend that if they happen to have a tall girl (if they do have a girl, one formula for predicting height would estimate her height at 6 feet, 4 inches), they encourage her to have excellent posture. I see too many tall women hunched over, as if trying to hide their height. There are good medical reasons to have an erect posture, especially for taller people.

\*\*\*

**DEAR DR. ROACH:** I recently was diagnosed with kidney cancer, and my wife is now getting treatment for breast cancer. Would cooking on a nonstick skillet have caused the cancers? My wife used one for quite some time. —B.R.

**ANSWER:** When someone is diagnosed with any serious disease, but especially with cancer, it is a human trait to think back on possible causes.

We want to have as much control over our fate as possible. However, most cases of cancer occur without a specific risk (smoking cigarettes is the biggest exception). Cancer happens, among other reasons, when there is an error in replicating DNA, when we are hit by natural radiation or when something in our environment damages our DNA. There certainly are behaviors we can do to reduce cancer risk, but there is no way to entirely prevent cancer from occurring.

In the case of nonstick cookware, there is no increased risk. Workers who make nonstick coatings for pans or clothing are potentially at risk due to a chemical used in manufacturing called PFOA, but there is none of this (probably) carcinogenic chemical in the final product. Overheating a nonstick-coated pan can cause irritating, but not cancer-causing, chemical fumes.

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## Kidney Stones, Some Supplements Don't Mix

**DEAR DR. ROACH:** I have been taking a multivitamin for years, and now one of my physicians wants me to take a vitamin that has NO vitamin D or calcium. He just removed kidney stones in two separate procedures. I can't find any vitamins like that. —D.A.S.

**ANSWER:** I completely agree that people with kidney stones should avoid calcium supplements. The transiently high levels of calcium after taking one cause the kidney to excrete a lot of that calcium, and that can cause a calcium crystal to grow, eventually forming a stone. Calcium that comes from the diet, on the other hand, does not induce such a spike in blood levels. Also, part of the calcium bonds with oxalate, preventing that chemical — a major part of many kidney stones — from being absorbed. High dietary calcium reduces the risk of stones.

The effect of vitamin D is not as clear. It seems that having low vitamin D is a risk for forming stones, so many experts will treat low vitamin D levels in people with kidney stones. I don't know your exact situation. It may be that your vitamin D level is normal or high, and you

just don't need supplementation.

The most recent studies have consistently shown that most of the vitamins in a multivitamin tablet (with the exception of vitamin D) do not improve health or prevent illness, so I don't recommend multivitamins anymore. I would encourage a healthy diet with plenty of fresh fruits and vegetables. Save your money on the vitamin tablets.

\*\*\*

**DEAR DR. ROACH:** I have been on tramadol for 10 years. I am worried that it is or will affect my brain, as it works by changing the way my brain treats pain. I am 76 years old and take two or three a day. I take it for my arthritis. —M.K.

**ANSWER:** Tramadol is an opioid pain medication, similar to codeine and others. It may slow down breathing, especially in high doses. It works by blocking a pain receptor (the mu receptor) in the brain. The brain responds to this by inducing changes in the mu receptors, making them less sensitive, and in many cases reducing the effect of the dose over time, necessitating higher doses for the same effect. This is one of the reasons that opioids are not good long-term medication for pain, especially for chronic conditions like arthritis.

In addition to that fundamental change in the brain, long-term opiate use increases risk of motor vehicle accidents for drivers, actually can increase sensitivity to pain, is likely to cause constipation and puts people at risk for accidental overdose. These risks increase with higher doses and at older ages; the manufacturer warns to use high doses only with extreme caution for those over 75.

Tramadol comes in a 50-mg dose, but there are extended-release forms up to 300 mg, and I'm not sure what dose you are taking and how worried to be about it.

I suspect other medications may work better for you. The dose you took at age 65 may no longer be appropriate at age 75. I would at least consider an alternative. If so, work with your doctor to slowly reduce the tramadol dosage: Never suddenly discontinue.

# Financial Statement

by Joyce A. Rimel

## 2019 Seiker and Haggarty Award Winners

Every year during Alumni Weekend, the Sheridan Road Alumni Association (SRAA) presents the Sr. Catherine I. Seiker, RSCJ Award. The Seiker Award is given to an RSCJ, Sheridan Road alumna/us, from any Sacred Heart Network school whose life exemplifies, to an extraordinary

degree, the values and standards that Sacred Heart Schools represents.

Anthony A. Nichols H'54 has always been known as a man of commitment to his profession, his church, his community, and to his family. He has also dedicated himself in numerous ways to giving back to Sacred Heart School over the last 30 years. The Sheridan Road Alumni Association SRAA celebrates his many lifetime achievements by honoring

him with the 2019 Sr. Catherine I. Seiker, RSCJ Award.

Mr. Nichols attended Sacred Heart's Hardey Prep, St. John's Military Academy, and graduated from Northwestern University. In 1966, after his election as president of First State Savings (later Central Federal Savings), he was instrumental in the renewal and development of Chicago's Lakeview and Lincoln Park communities.

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Through the years, he was very active in the Lakeview and Lincoln Park Chambers of Commerce, as well as various area development groups. In 2016, the intersection at Belmont/Lincoln/Ashland was designated "Anthony A. Nichols Way" in honor of his longtime commitment.

The award ceremony took place on October 20, 2019

at Sacred Heart School.

## Cash drainers are costing you big bucks

Here are a few ways to stop throwing away hundreds of dollars a year.

### Amazon Prime

If you signed up for Prime just for the fast free shipping (and not for the streaming video and music), you might be better off dropping out and saving the \$119 annual fee. Any Amazon customer can get free shipping by spending \$25 or more on qualifying items per order. Or you can shop at walmart.com, which just rolled out free next-day delivery on eligible orders of at least \$35. But if you love Prime, you can save big by signing up for the Amazon Prime Rewards Visa Signature card, which offers a generous 5% back on Amazon and Whole Foods purchases.

### Bank Fees

Monthly fees, ATM charges

and overdraft penalties can eat up your cash. You shouldn't have to pay for a checking account. More than 40% of banks and 80% of credit unions offer free checking with no balance requirement, averting maintenance fees that regularly total \$144 per year. Avoid ATM withdrawal fees, which can top \$4 a pop, by using any cash-back option when making purchases with a debit card. Dodge overdraft fees, which can easily hit \$30, by declining overdraft protection service and instead track spending to avoid going over your balance.

### Greeting Cards

Cards are getting costlier. Instead, purchase blank greeting cards and personalize them for each occasion. Send them out instead of birthday and holiday cards often priced at more than \$4 apiece.

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# FLASH BACK

POP ROCK & SOUL TRIVIA BY MICK HARPER

1. Weird Al Yankovic did a parody of the Kinks' "Lola." What did he call it?
2. Sam the Sham (of the Pharaohs) changed one of his songs halfway through writing it and instead named it after his cat. Which song?
3. Name the Heart album that came out in 2010.
4. Who penned and released "Just When I Needed You Most"?
5. Name the song that contains this lyric: "Take these broken wings and learn to fly, All your life you were only waiting for this moment to arise."

**Answers**

1. "Yoda." He based it on "The Empire Strikes Back" film. It took five years to get Star Wars creator George Lucas to give permission for its release.
2. "Woolly Bully," started out as a re-do of "Hully Gully Now." Sam riffed his way through multiple versions, including the English-Spanish intro.
3. "Red Velvet Car." The album contained 10 tracks in the U.S., 12 tracks in Europe, and 13 in Japan.
4. Randy VanWarmer, in 1979. One of the most underrated songwriters of all time, he later moved to Nashville and penned a string of country hits.
5. "Blackbird," by the Beatles in 1968. Paul McCartney has given multiple reasons over the years for writing the song, one being as a comment on U.S. race relations in the 1960s.



# Strange BUT TRUE

By Samantha Weaver

- It was influential American theoretical physicist Richard Feynman who made the following sage observation: "It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong."
- Those who study such things say that an eagle's feathers weigh twice as much as its bones.
- You've probably read about the unprecedented casualties suffered on all sides in World War I. You probably didn't know, though, that 60,000 of those casualties were due to avalanches caused by gunfire in the Alps.
- In 1962, a group of oceanographers sailed off to watch an undersea volcano off the coast of Japan whose eruption seemed imminent. It seems that they got the timing right, but not the location; or, rather, they got the location too right. The eruption occurred directly beneath their vessel, destroying it.
- If you ever visit the Alpine village of Saint Veran, take a good look at the construction of the early buildings — none of the walls meet at a 90-degree angle. Why aren't they square? According to the beliefs of early townsfolk, the devil lurks in square corners.
- Studies show a correlation between tight shoes and larger appetites.
- Do you find it attractive when you see a person with a point of skin attached to the underlying muscle? You might not realize it, but many people have this condition; that's what a dimple is.

**Thought for the Day:** "A premarital lovers' quarrel should never last more than three minutes. In the first year of marriage, a four-minute quarrel should be acceptable. After six years, and eight-minute quarrel is allowed. A 10-minute quarrel is permissible after a decade. Those married longer have more to quarrel about." — E.V. Durling

# top 10 movies

1. **Maleficent: Mistress of Evil** (PG) Angelina Jolie, Elle Fanning
2. **Joker** ..... (R) Joaquin Phoenix, Robert De Niro
3. **Zombieland: Double Tap** ..... (R) Woody Harrelson, Jesse Eisenberg
4. **The Addams Family** ..... (PG) animated
5. **Gemini Man** ..... (PG-13) Will Smith, Mary Elizabeth Winstead
6. **Abominable** ..... (PG) animated
7. **Downton Abbey** ..... (PG) Michelle Dockery, Tuppence Middleton
8. **Judy** ..... (PG-13) Renee Zellweger, Jessie Buckley
9. **Hustlers** ..... (R) Constance Wu, Jennifer Lopez
10. **It Chapter Two** ..... (R) Jessica Chastain, James McAvoy

## top ten

### Sign of 'Adulging'\*

1. Have a budget
2. Buy a house
3. File own taxes
4. Track credit score
5. Invest in 401(k)
6. Do own laundry
7. Regular doctor visits
8. Make grocery list
9. Cook own dinners
10. Watch nightly news

\*ages 18-51 polled  
Source: Farm Rich

# COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

**The Lion King** (PG) — These days, the circle of life for any great Disney movie includes a remake, and "The Lion King" is no exception. Made fresh for a new generation by director Jon Favreau, the story remains very much the same: a king sabotaged and dethroned by a jealous sibling; the king's young heir duped into exile only to return years later to exact retribution and claim his rightful mantle as benevolent ruler. James Earl Jones' rich baritone reprises as King Mufasa, and many of the iconic scenes are almost shot for shot. But there's a new, gorgeous song by Beyonce (the voice of Nala), and some strong voice work by Donald Glover as Simba. The biggest difference is that this is a live action film (photorealistic). A worthy effort indeed, but I'm still Team 1994.



Scene from "The Lion King"

**Bloodline** (R) — Seann William Scott stars as Evan, a social worker with a roster of at-risk teens. He's helpful, kind and quick to mete out anonymous vengeance after-hours on their behalf. He's also a new father. While a newborn can induce "a good kind of crazy," as his wife (Mariela Garriga) puts it, it's hard to tell whether it's the good crazy or the bloodlust crazy that's in charge — and that's before his mother comes to visit. Scott shows off some dramatic chops here, but this film is strictly for the non-squeamish set. It's not called "Bloodline" for nothing.

**Satanic Panic** (NR) — Gore and titillation are the order of the day in the Fangoria production "Satanic Panic." Sam (Hayley Griffith) is a pizza delivery driver who gets stiffed on a tip by some rich folks and decides to go back and give the mansion owners a piece of her mind — only she walks right into the middle of a coven attempting to

**Angel of Mine** (R) — Noomi Rapace stars as a woman unraveling under the scars of losing a child in this tight psychological thriller. Lizzie is teetering on the edge of control a few years after the death of her infant daughter. She becomes obsessed with a neighbor child who she imagines is her own. Her obsession escalates — at first snapping a few pictures, then outright stalking — all the while fending off attempts at intervention from her ex-husband (Luke Evans), as well as growing pushback from the girl's mother (Yvonne Strahovski). It's only a matter of time before she snaps, but the tension itself is almost unbearable.

**NEW TV RELEASES**

- Veronica Mars** The Complete First Season
- VeggieTales: The Best Christmas Gift** NOS4A2 Season 1
- Legacies** The Complete First Season
- Shetland** Season 5 (BBC)

# TOP VIDEO RENTALS AND SALES

**Top 10 Video On Demand**

1. **Toy Story 4** ..... (PG) animated
2. **Spider-Man: Far From Home** ..... (PG-13) Tom Holland
3. **Annabelle Comes Home** ..... (R) Vera Farmiga
4. **Yesterday** ..... (PG-13) Himesh Patel
5. **Aladdin** ..... (PG) Will Smith
6. **John Wick: Chapter 3 — Parabellum** ..... (R) Keanu Reeves
7. **Midsommar** ..... (R) Florence Pugh
8. **Rocketman** ..... (R) Taron Egerton
9. **Shaft** ..... (R) Samuel L. Jackson
10. **X-Men: Dark Phoenix** (PG-13) James McAvoy

**Top 10 DVD, Blu-ray Sales**

1. **Toy Story 4** ..... (PG) Disney
2. **Spider-Man: Far From Home** ..... (PG-13) Sony Pictures/Marvel
3. **Hocus Pocus** ..... (PG) Disney
4. **Annabelle Comes Home** ..... (R) Warner Bros.
5. **Aladdin** ..... (PG) Disney
6. **John Wick: Chapter 3 — Parabellum** ..... (R) Lionsgate
7. **The Nightmare Before Christmas** ..... (PG) Disney
8. **Avengers: Endgame** ..... (PG-13) Disney/Marvel
9. **X-Men: Dark Phoenix** .. (PG-13) FOX
10. **Midsommar** ..... (R) Lionsgate

Sources: comScore/Media Play News



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# What's Hot in Hollywood

**HOLLYWOOD** — The CW is preparing a reboot of “Walker, Texas Ranger” with “Supernatural” star **Jared Padalecki** in the title role. Padalecki played Dean Forester in “Gilmore Girls” from 2000-05 and then went right into “Supernatural” as Sam Winchester for the past 15 seasons. This will be a taller, younger Cordell Walker. Jared is 37 years old and stands 6 feet, 4 inches tall, while **Chuck Norris** was 53 when he was Walker and stood 5 feet, 10 inches.

How did the CW get the idea for Padalecki to play Walker? Maybe it was that 2011 episode of “Supernatural,” in which he played the Texas ranger. Jared also starred in “House of Wax” (2005), with CW star **Chad Michael Murray** and **Elisha Cuthbert**. Notably, the audience always applauded when the villain got **Paris Hilton**. Jared wed actress **Genevieve Cortese** (whom he met on the set of “Supernatural”) in 2010, and they have two sons and a daughter.

Norris, now 79, is wed to former model **Gena O’Kelley**, 23 years his junior. She brought two children to their union and had twins with him in 2001. Norris also has 13 grandchildren. His last film was “The Expendables 2,” a virtual who’s who of action stars with **Sylvester Stallone**, **Jason Statham**, **Jet Li**, **Dolph Lundgren**, **Liam Hemsworth**, **Jean-Claude Van Damme**, **Bruce Willis** and **Arnold Schwarzenegger**.

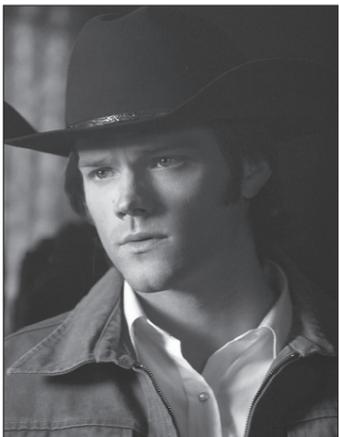
Now that Sylvester Stallone has retired Rambo (so he says), he’s far from retiring. He’s currently shooting the thriller “Samaritan,” about a young boy searching for a superhero who vanished 20 years earlier.

\*\*\*

Could’ve eaten the “Downton Abbey” film with a spoon, it was that delicious. It was like the six years of the PBS series had never ended. Producers said before its release that a sequel would depend on how moviegoers greeted it, and judging from the box office response they’re now considering making a “Downton Abbey” film every year as long as fans want them.

\*\*\*

**Ana de Armas**, who impressed in “Blade Runner 2049,” has three films



Jack Rowand/The CW

**Jared Padalecki** in “Supernatural”

ready for release: “Wasp Network,” with **Penelope Cruz** and **Gael Garcia Bernal**; the mystery thriller “Knives Out,” starring **Daniel Craig**, **Chris Evans**, **Michael Shannon**, **Jamie Lee Curtis** and **Christopher Plummer** (due Nov. 27); and the crime drama “The Night Clerk,” with **Tye Sheridan**, **Helen Hunt** and **John Leguizamo**. She is set to play **Marilyn Monroe** next. The Netflix film is simply called “Blonde,” and she’ll have Oscar-winner **Adrien Brody**, Emmy-winner **Bobby Cannavale** and **Lily Fisher** supporting her. Also in the film is **Chris Lemmon**, whose father, **Jack Lemmon**, starred with Marilyn Monroe in “Some Like It Hot.”

**Carol Burnett** returns to movies in the Netflix musical comedy “Sorta Like a Rock Star,” about an abnormally optimistic teenage girl who must face a devastating loss. Does Carol pull her ear in movies? We’ll find out!

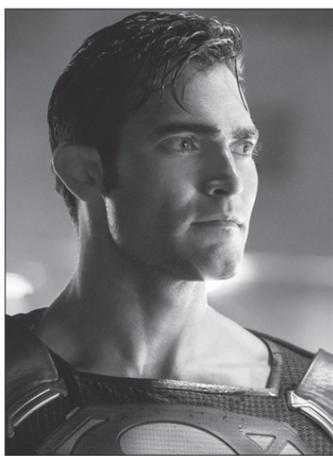
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**HOLLYWOOD** — **Brandon Routh**, star of “Superman Returns” (2006), will return again to play the Man of Steel in The CW’s “Crisis on Infinite Earths” crossover event, which unites some famous DC comic book superheroes — a la “Avengers: Endgame.” Routh’s Superman, now graying at the temples, will fly through “Supergirl” (Sunday, Dec. 8), “Batwoman” (Dec. 9), “The Flash” (Dec. 10) and “Arrow” (Jan. 14), followed by the finale, “DC’s Legends of Tomorrow” (also Jan. 14). Along the way, **Tom Welling** (“Smallville”) and **Tyler Hoechlin** (“Arrow”) also will appear.

At long last, **Glenn Close** will re-create her 1994 Tony Award-winning performance as Norma Desmond in Andrew Lloyd Webber’s musical “Sunset Boulevard.” Close was 47 when she first played the forgotten film star, and 69 when it was revived on Broadway in 2016. Now 72, Close has grown into the role and is “Ready for my close-up, Mr. DeMille.” Prior to starting “Sunset Boulevard,” Close has completed “Four Good Days,” with **Mila Kunis**, and **Ron Howard**’s Netflix film “Hillbilly Elegy,” with **Amy Adams**.

\*\*\*

**Tom Hanks**, already receiving Oscar nomination talk for playing **Mr. (Fred) Rogers** in “A Beautiful Day in the Neighborhood” (out Nov. 22), also has completed the war film “Greyhound,” with **Elisabeth Shue** (due May 8); “BIOS,” a sci-fi film with Hanks as the last man on Earth, who builds a robot for company; and the Wild West drama “News of the World” (opening Dec. 25, 2020). Hanks has starred in 62 films, produced 26 films, written five films, directed three films, won two Oscars, eight Emmys, four Golden Globes, a Kennedy Center Honors, the Presidential Medal of Freedom and the French Legion of Honor. What do you do in your spare time? Hanks for the memories.



Katie Yu/The CW

**Brandon Routh** as Superman



by Dana Jackson

**Q.** I recently saw some episodes of “The Day I Picked My Parents” on the A&E channel about the foster care system. Will it be returning? If so, when? — *B.H.*

**A.** I hadn’t heard of this series until just now, but I’m going to have to put it on my must-see list. For those who don’t know, “The Day I Picked My Parents” is a documentary series about 10 foster kids who are given the chance to choose their forever families through an organization called Kidsave.

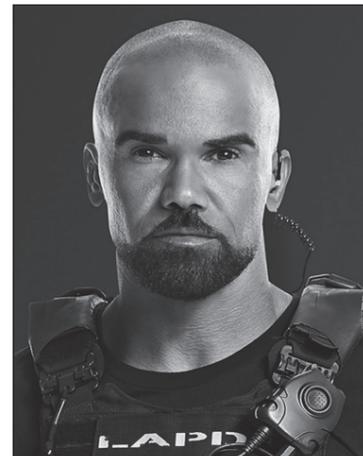
Older children, ages 9 through 18, statistically are harder to place, and many age out of the foster care system without ever having been adopted. Partnering up with the Los Angeles Department of Children and Family Services, Kidsave aims to “turn the adoption process on its head” by giving these kids the chance to find parents who are the right fit for them. I would imagine you have to keep a box of Kleenex handy while watching this show.

Since there has been only one season so far, I’ll keep my fingers crossed that there will be a second, but as of yet an official renewal hasn’t been announced. If you can’t find episodes in your local guide, be sure to check them out online at [www.aetv.com/shows/the-day-i-picked-my-parents](http://www.aetv.com/shows/the-day-i-picked-my-parents).

\*\*\*

**Q.** Has “Criminal Minds” been canceled? I haven’t seen any new episodes since the fall season premiered. — *M.M.*

**A.** CBS’ “Criminal Minds” has had a very successful run. It began in 2005 with Mandy Patinkin in the lead, but he left after two seasons due to creative differences. He famously stated at one time: “CBS is very clear about their formula for success with these kinds of



Smallz + Raskind/Sony Pictures Television

**Shemar Moore** in “S.W.A.T.”

shows. One doesn’t want to throw the baby out with the bathwater. But it is important for this baby to have a certain kind of food to make me stay interested.”

The crime series survived for a long time with several cast changes over the years. However, last season CBS decided to renew “Criminal Minds” for one final season of 10 episodes. It’s not on the fall schedule but will return sometime during the winter or spring of 2020.

In the meantime, “S.W.A.T.” currently occupies the 10 p.m. timeslot on Wednesday nights and stars another former “Criminal Minds” cast member, Shemar Moore.

\*\*\*

**Q.** What is Alison Sweeney doing now that she’s not hosting “The Biggest Loser”? — *T.B.*

**A.** Sweeney still pops up occasionally on “Days of Our Lives” as Sami, the role she grew up playing on the NBC soap. She became known outside of the daytime soap world for hosting “The Biggest Loser” for eight years, but stepped down in 2015. The busy star also has done many TV movies over the years, and next up she’ll play a widow opposite Lucas Bryant in “Time for You to Come Home for Christmas” on Hallmark Movies & Mysteries. It’s being produced by country singer Blake Shelton.

Send me your questions at [NewCelebrityExtra@gmail.com](mailto:NewCelebrityExtra@gmail.com), or write me at *KFWS*, 628 Virginia Drive, Orlando, FL 32803.

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# A Host's Guide to Holiday Gatherings

FAMILY FEATURES

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

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

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

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

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

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

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



**Butcher's Butter Filet Mignon Roast Garnish**

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

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



**Roasted Grape Gastrique**

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

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

To make Roasted Grapes: Heat oven to 350 F.

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

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

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

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

Pour Gastrique mixture over Roasted Grapes.



**Whole Basted Turkey**

- 1 Omaha Steaks Whole Basted Turkey (10 pounds)

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

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

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

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

**Quick Roast Method**

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

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

## Good Housekeeping

### Buttermilk Pancakes

What could be more down-home than fluffy hot pancakes with warm maple syrup? We think we've done "back to basics" one better by adding whole-grain oats and toasted pecans to the batter, and cooking the pancakes in a nonstick skillet lightly brushed with oil.

- 1 can (3 ounces) pecans
- 2 cups buttermilk
- 1 1/2 cups quick-cooking oats, uncooked
- 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- Confectioners' sugar
- 1 tablespoon salad oil
- 1 cup maple or maple-flavor syrup
- 1/4 teaspoon ground cinnamon, or more, to taste
- Grapes and strawberries, for garnish

1. In nonstick 12-inch skillet over medium-high heat, cook pecans until golden brown. Cool pecans slightly; coarsely chop.

2. In large bowl, combine buttermilk, oats, flour, baking soda, salt, eggs and 1 tablespoon confectioners' sugar, and stir just until flour is moistened; stir in toasted pecans.

3. Over medium heat, heat same skillet until hot; brush lightly with salad oil. Pour batter by 1/4 cups into hot skillet, making 2 or 3 pancakes at a time. Cook until tops are bubbly and bubbles burst; edges will look dry. With pancake turner, turn and cook until undersides are golden; place on warm platter; keep warm. Repeat until all batter is used, brushing skillet with more salad oil if necessary.

4. In small saucepan over medium heat, heat maple syrup until very warm. In cup, mix cinnamon with 1 tablespoon confectioners' sugar. Sprinkle pancakes with cinnamon sugar; serve with warm maple syrup. Garnish platter with fruit. Serves 4.

• Each serving: About 215 calories, 8g total fat, 37mg cholesterol, 90mg sodium.

## Good Housekeeping

### Vegetarian Chili Macaroni

This comforting mac makes the perfect Meatless Monday meal.

- 1 medium onion, chopped
- 2 tablespoons chili powder
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can black beans, rinsed and drained
- 1 pound macaroni, cooked
- 1 cup shredded sharp cheddar
- Cilantro, for garnish

1. In large pot, cook onion, chili powder, canola oil and salt on medium for 8 minutes, stirring often. Add crushed tomatoes and black beans.

2. Heat to simmering on high, simmer 5 minutes. Toss with macaroni and cheddar. Top with cilantro. Makes 6 servings.

• Each serving: About 500 calories, 11g total fat (4g saturated), 22g protein, 82g carbohydrate, 11g fiber, 770mg sodium.

## Good Housekeeping

### Grilled Sausage Subs With Apple Slaw

Hearty brats and creamy, crunchy slaw are made fit for fall tailgating with the addition of crisp apples.

- 4 bratwurst links
- 2 large unpeeled Granny Smith apples
- 1/2 small red onion
- 1/3 cup mayonnaise
- 1 tablespoon cider vinegar

- 1 teaspoon spicy brown mustard
- 1/4 teaspoon celery salt
- 4 hoagie rolls

1. Heat grill or grill pan for direct grilling on medium-high. Grill bratwurst links 10 to 12 minutes or until cooked through, turning often.

2. Meanwhile, grate unpeeled Granny Smith apples and red onion into large bowl. Toss with mayonnaise, cider vinegar, spicy brown mustard and celery salt. Divide among hoagie rolls. Serves 4.

## Good Housekeeping

### Citrusy Shrimp-Stuffed Avocados

This South American fare fuses Chinese, Japanese and Latin cuisine.

- 1 small shallot, finely chopped
- 1/4 cup mayonnaise
- 3 tablespoons sour cream
- 3 tablespoons lime juice
- 2 tablespoons orange juice
- 1 pound cooked shelled shrimp, chopped
- 1 cup grape tomatoes, halved
- 1 serrano chile, thinly sliced
- 2 ripe avocados, halved, pits removed
- Cilantro, for garnish
- Sweet potato chips, for serving

1. In small bowl, whisk shallot, mayonnaise, sour cream, lime juice, orange juice and 3/4 teaspoon salt.

2. In large bowl, toss shrimp, tomatoes, chile and half of dressing. Refrigerate 20 minutes or up to 2 hours.

3. To serve, spoon into avocado halves and drizzle with remaining dressing. Garnish with cilantro and serve with sweet potato chips. Makes four servings.

• Each serving: About 420 calories, 29g fat (5g saturated), 31g protein, 13g carbs, 7g fiber, 430mg sodium.

## Good Housekeeping

### Touchdown Teriyaki Chicken Wings

- 1/2 cup sesame seeds
- 1 cup soy sauce
- 1 cup grapefruit juice
- 1/4 cup hoisin sauce
- 1/4 cup ketchup
- 1/4 cup rice wine vinegar
- 1/4 cup brown sugar
- 5 cloves garlic
- 3 tablespoons ginger
- 4 pounds chicken wings

1. Whisk together all ingredients except chicken. Place chicken wings in a large zip-top food storage bag. Pour marinade over wings, seal bag and turn to coat evenly. Refrigerate at least 2 hours, or up to overnight.

2. Heat grill to medium-high. Remove chicken wings and discard marinade. Grill 8 to 10 minutes per side, turning occasionally, until golden brown and cooked through.

## Good Housekeeping

### Shortcut Mac 'n' Cheese

Mascarpone cheese replaces the standard butter and flour combo in this super-fast (and decadent!) stovetop mac.

- 6 slices bacon
- 1 large sweet potato (about 1 1/4 lb.), peeled and cut into 3/4 inch pieces
- 1 tablespoon olive oil
- 2 tablespoons fresh thyme leaves, plus more for serving
- Kosher salt and pepper
- 12 ounces mezzis or regular riga toni
- 1/2 cup mascarpone cheese
- 3 ounces extra-sharp cheddar, finely grated

1. Heat oven to 450 F. Bring a large pot of water to a boil.

2. Arrange the bacon in a single layer on a rimmed baking sheet and roast until browned and beginning to crisp, 12 to 15 minutes; transfer to a paper towel-lined plate (the bacon will crisp as it cools). Break into pieces once cool.

3. On a second rimmed baking sheet, toss the sweet potato with the oil, thyme and 1/2 teaspoon each salt and pepper. Roast in the same oven as the bacon for 12 minutes. Toss the potatoes and continue roasting until golden brown and tender, 6 to 9 minutes more.

4. Meanwhile, cook the pasta as label directs. Reserve 1/2 cup of cooking liquid, drain the pasta and return it to the pot.

5. Toss the pasta with the mascarpone until the pasta is coated, then toss with the cheddar until melted, adding some of the reserved pasta water if the pasta seems dry. Fold in the sweet potato and bacon and sprinkle with additional thyme, if desired. Serves 4.

• Each serving: About 445 calories, 17g protein, 55g carbs, 18g fat (9g saturated), 4 g fiber, 410mg sodium.

## Comfort foods

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by Healthy Exchanges

### Not Your Mother's Pumpkin Pie

On Thanksgiving Day, more pumpkin pies will be served than the rest of the year combined! Well, we can't let that tasty tradition pass us by without a new twist to an old standby, can we?

#### MAPLE "ICE CREAM" PUMPKIN PIE

- 2 cups (one 16-ounce can) pumpkin
- 1/2 cup sugar-free maple syrup
- 1 (4-serving) package sugar-free instant butterscotch pudding mix

- 2/3 cup nonfat dry milk powder
- 1 cup fat-free whipped topping
- 1/2 cup chopped walnuts
- 1 (6-ounce) purchased graham cracker pie crust

1. In a large bowl, combine pumpkin and maple syrup. Add dry pudding mix and dry milk powder. Mix well using a wire whisk. Blend in whipped topping and 1/4 cup walnuts.

2. Spread filling evenly into pie crust. Evenly sprinkle remaining 1/4 cup walnuts over top of filling.

3. Cover and freeze for at least 4 hours. Remove from freezer at least 15 minutes before serving. Cut into 8 pieces. Freezes well.

• Each serving equals: 225 calories, 9g fat, 4g protein, 32g carb., 378mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat, 1/2 Fruit.



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# Crime

## NO ONE IN CUSTODY

Man, 53 years old, killed in possible road rage incident in Lakeview. Police are looking for a white SUV. Just before 4:15p.m. on Thursday, Oct. 17th, the victim was in a vehicle in the 300 block of North Ashland, The man was shot once in the neck and was transported to Illinois Masonic in critical condition and later passed away. No one is in custody. Area North Detectives are investigating.

Sprint store employee robbed at gunpoint in Lakeview East. Police said the gunman entered the Sprint store at 2850 North Broadway at 7:53p.m. and pointed a handgun at an employee. **No one is in custody.**

A carjacker forced a suburban woman and a teenage girl from their SUV in the River North neighborhood. They were sitting inside a black 2015 Jeep

Cherokee in a parking lot on the 600 block of North Franklin around 4:25 p.m. A man approached the driver's side door and implied that he had a handgun. Police said the offender then opened the driver's door and tried to forcibly remove the 50-year-old woman from the vehicle. The woman and her 15-year-old passenger got out, and the carjacker climbed behind the wheel. He sped out of the lot in the woman's car, drove onto the Ontario feeder ramp, and headed east on the Kennedy Expressway. The stolen car bears a license plate that begins with "165". Area North detectives are investigating. **No one is in custody.**

A man was repeatedly stabbed in nearly the same location where another man was stabbed in the River North neighborhood. An attacker approached

the man as he stood on a sidewalk in the 400 block of North State. The assailant stabbed the man in the chest and stomach, then fled. Police said the victim walked to 15 West Hubbard where officers found him on the sidewalk outside a nightclub. An officer on the scene said the offender is a black man who wore a black skull cap and a shiny jacket that has the Chicago Bulls logo across the front. He may have light facial hair and carried a Macy's bag. Another attack unfolded near a 24-hour convenience store at 451 North State, where a 30-year-old man was stabbed during an altercation on Oct. 9. The victim got into an argument with three men outside the store. The altercation moved into the street where one of the three men pulled out a knife and stabbed the victim repeatedly in

the back. He was taken to Northwestern. Officer on the scene said the offenders were three black males who were last seen running eastbound on Illinois Street. Two were short while the third was about 6 feet tall with dreadlocks and facial hair. One of the men wore a black hoodie with white letters on the front. Area Central detectives are investigating both attacks. **No one is in custody.** Passengers robbed on CTA trains in the Loop and Lincoln Park. A man punched another man in the face and stole his phone aboard a CTA train on the North Side. Police found the victim on the Fullerton Brown Line platform, 945 W. Fullerton around 12:55a.m.

Another robbery took place on the 200 block of West Adams at 10:40p.m. The victim, 58, told police that he had a confrontation with another man at the Diversey Brown Line station. The offender followed the victim when he exited at an L stop in the Loop, then beat him up and robbed him. Police said the robber struck the man in the head, kicked him, and took his backpack. The victim was taken to Northwestern Hospital. An officer on the scene said the offender is a black man in his 20's with short hair who wore earbuds, a black jacket, ripped blue jeans, and orange gym shoes, heading northbound on Wells Street. In another incident, a group of four teens jumped and robbed a man of two bags of groceries on the Roosevelt Red Line platform. The 1st Central Police District had no police officer available to handle the man's complaint, so he was told to call 311 for a re-

port. **No one is in custody.**

**Criminal Sexual Abuse** at an apartment on the 1400 block of West Berteau Avenue.

**Vandalism** to a vehicle on the 1000 block of West Roscoe Street.

**Theft** over \$500 from a residence on the 3700 block of North Sheffield Avenue.

**Theft** at a small retail store on the 3500 block of North Clark Street.

**Aggravated Assault** with the use of hands on the street on the 1100 block of West Waveland Avenue.

**Theft** from a restaurant on the 3800 block of North Clark Street.

**Vandalism** to a vehicle on the street on the 1300 block of West Byron Street.

**Domestic Battery** at a residence on the 3500 block of North Fremont Street.

**Simple battery** on a CTA train on the 900 block of West Addison Street.

**Retail theft** from a grocery food store on the 3600 block of North Southport Avenue.

**Credit card fraud** from a small retail store on the 3300 block of North Ashland Avenue.

**Aggravated assault** using a knife on the sidewalk on the 3400 block of North Halsted Street.

**Retail theft** from a department store on the 3200 block of North Broadway.

**Simple assault** on the sidewalk on the 2800 block of North Orchard Street.

**Domestic battery** on the 500 block of West Melrose Place.

**Domestic battery** at a residence on the 3500 block of North Paulina Street.

**Burglary** to a residence on the 1700 block of West Wolfram Street.

**Telephone threat** over the telephone at a restaurant on the 800 block of West Grace Street.

**Assault** on a CTA bus on the 3100 block of North Broadway.

**Fraud or Confidence game** at a residence on the 1600 block of West Cornelia Avenue.

**Fraud and attempted financial identity theft** on the street on the 500 block of West Surf Street.

**Assault** on a CTA train on the 3900 block of North Sheridan Road.

**Pick pocketing** at a bar on the 4700 block of North Broadway.

**Retail theft** at a pawn shop on the 3100 block of North Ashland Avenue.

**Aggravated battery** of a senior citizen at a residential yard on the 3600 block of North Marshfield Avenue.

**Aggravated assault** with a hand gun on the street on the 3000 block of North Western Avenue.

**Aggravated criminal sexual abuse** on the 4200 block of North Lincoln Avenue.

**Domestic battery** at an apartment on the 2000 block of West Roscoe Street.

**Burglary and forcible entry** to a restaurant on the 3200 block of North Damen Avenue.

**Retail theft** from a drug store on the 4000 block of North Lincoln Avenue.

**Simple battery** on the sidewalk on the 4000 block of North Rockwell Street.

**Battery** with the hands at a restaurant on the 3600 block of North Western Avenue.

**Battery** on a private school grounds on the 3900 block of North Leavitt Street.

**Burglary and forcible entry** to a residence on the 3700 block of North Wolcott Avenue.

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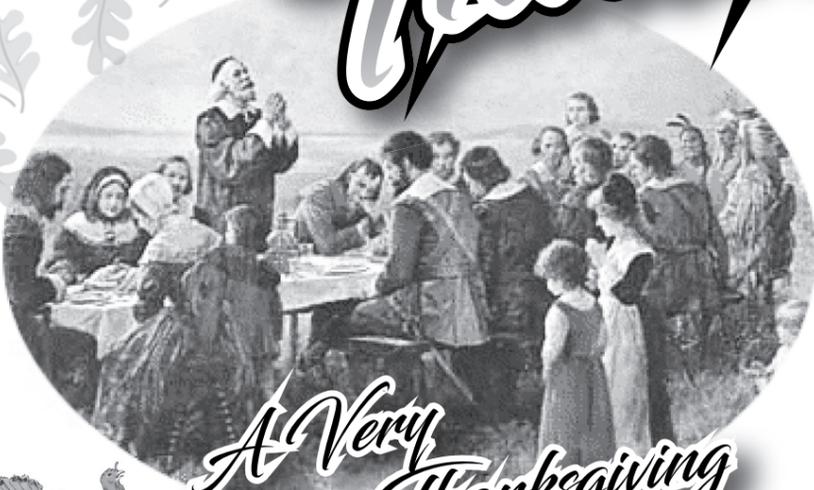
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*"It has pleased God some comfortable measure to bless us with the fruits of the earth."*

—Plymouth Colony Records, 1668

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

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



*A Very Happy Thanksgiving to you*

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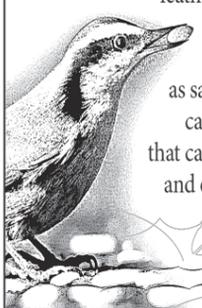


**The Garden Bug**

**Leave your lawn messy**

Your well-tended yard might please you, but messy is better for garden bugs and feathered friends. As leaves fall and decay, they enrich the soil and provide places for insects and birds to forage for food such as salamanders, snails, worms, and toads. You can use fallen branches to build a brush pile that can provide shelter for birds, rabbits, snakes and other wildlife. Let the seed heads of native wildflowers remain to feed birds through the winter. — B. Weaver

Source: www.audubon.org

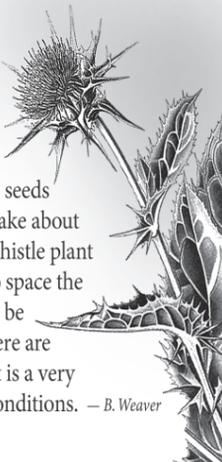


**The Garden Bug**

**Milk thistle**

In the spring or fall, sprinkle milk thistle seeds directly over the soil. They should only take about two weeks to germinate. Since the milk thistle plant grows in clumps, it is recommendable to space the plant 12 to 15 inches apart. It should not be necessary to water milk thistle unless there are very extreme conditions of drought, as it is a very drought tolerant plant and prefers dry conditions. — B. Weaver

Source: www.herbazest.com

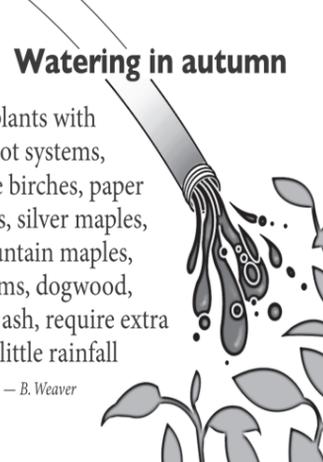


**The Garden Bug**

**Watering in autumn**

Woody plants with shallow root systems, such as European white birches, paper birches, Norway maples, silver maples, red maples, Rocky Mountain maples, lindens, alder, hornbeams, dogwood, willows, and mountain ash, require extra watering when there is little rainfall during the fall months. — B. Weaver

Source: www.ext.colostate.edu



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**Quotes worth your time**

**“If you stand in the meat section at the grocery store long enough, you start to get mad at turkeys. There's turkey ham, turkey bologna, turkey pastrami. Someone needs to tell the turkey, ‘Man just be yourself.’”**  
Mitch Hedberg: American comedian

**“I am grateful for what I am and have. My thanksgiving is perpetual,”**  
Henry David Thoreau

**“Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover that once a year is way to often.”**  
Johnny Carson, American comedian and talk show host

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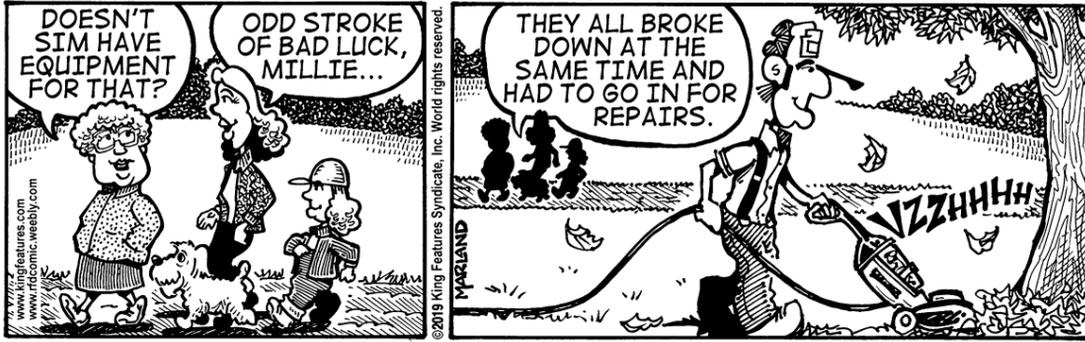
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# Comics

## R.F.D.

by Mike Marland



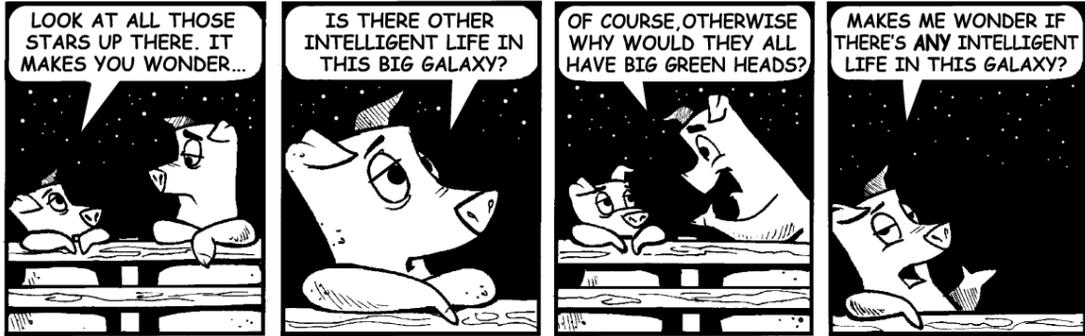
## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps



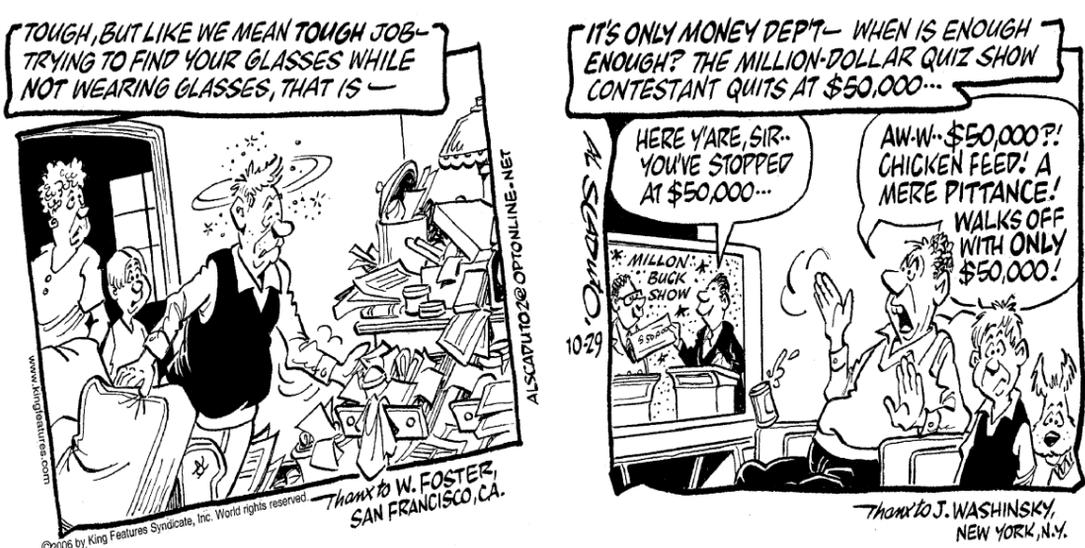
## The Spats

by Jeff Pickering



## THEY'LL DO IT EVERY TIME

BY AL SCADUTO



## Junior Whirl

by Charles Barry Townsend

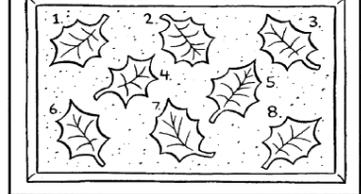
LET'S FIND THE ANIMALS!



Hidden in the above diagram are the names of 21 species of animals. They can be found by reading up or down, side to side, or diagonally. Letters can be used more than once. Listed below are the names you're looking for:

- Anaconda
- Antelope
- Boar
- Camel
- Cardinal
- Caribou
- Cheetah
- Cougar
- Deer
- Eagle
- Elephant
- Gazelle
- Goat
- Gorilla
- Hippo
- Leopard
- Llama
- Mustang
- Rattler
- Shetland
- Zebra

## FALL FOLIAGE



SEE IF YOU CAN "RAKE IN" the two leaves on the bulletin board above that are exactly alike.

Answer: Leaves 1 and 8.

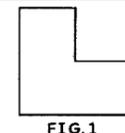


FIG. 1

**A BETCHA PUZZLE!** Place an L-shaped piece of paper on the table and challenge your friends to cut it into four equal pieces, all the same size and shape. The solution is shown in figure 2

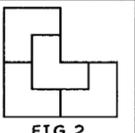
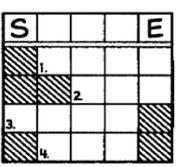


FIG. 2

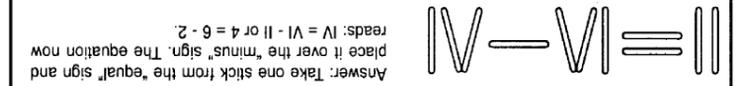
**FIND-A-WORD!** On the top line is our mystery word. You need to fill in the missing letters. Clue words (smaller words contained in letter-by-letter order within the mystery word) are defined below.

1. Weight of a container.
2. To be.
3. Outstanding performer.
4. A sailor.



Answers: 1. Tare. 2. Are. 3. Star. 4. Tar. Mystery word: Stare.

**THINK ROMAN!** As you can see, this Roman numeral equation is incorrect. Can you fix it by moving one of the sticks to a new position?



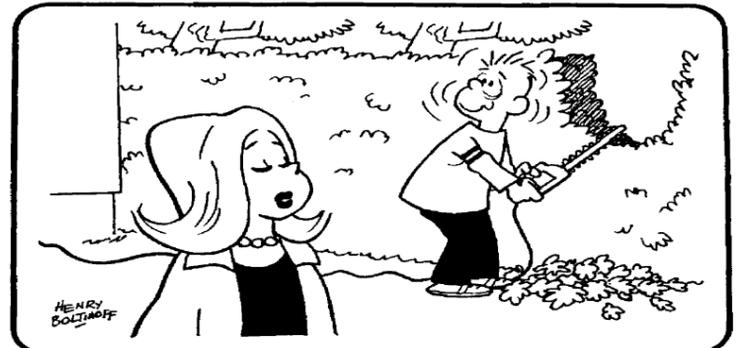
Answer: Take one stick from the "equal" sign and place it over the "minus" sign. The equation now reads: IV = VI - II or 4 = 6 - 2.

## HOCUS-FOCUS

BY HENRY BOLTINOFF



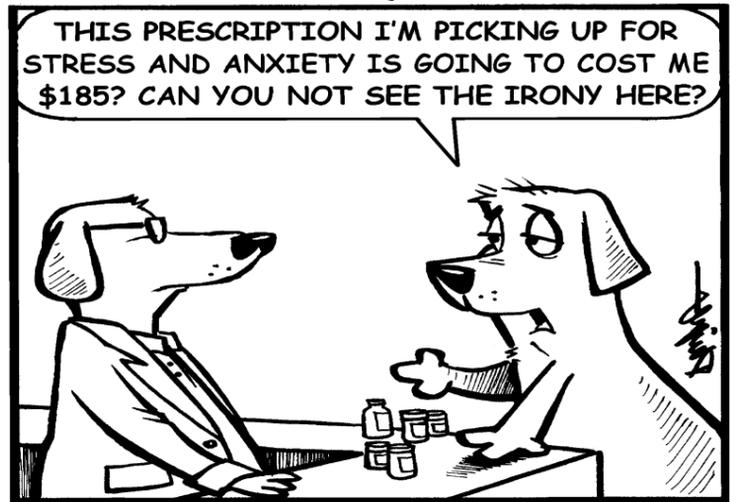
Find at least six differences in details between panels.



Differences: 1. Tree is added. 2. Saw blade is shorter. 3. Bricks are missing. 4. Dress's neckline is different. 5. House is wider. 6. Man's hair is different.

## Just Like Cats & Dogs

by Dave T. Phipps





Photos courtesy of Getty Images

# When Holidays are Hard

## Tips for coping with a food-centric season

### FAMILY FEATURES

During the holidays, no matter where you turn, you find food, food and more food. From vendor treats filling the office breakroom to celebratory dinners with family and friends, virtually everything and everyone seems to be focused on food. For someone working to overcome an eating disorder, it makes the season anything but festive.

Eating disorders affect 20 million females and 10 million males in the United States and can be diagnosed in boys and girls 7 years old and sometimes even younger.

Eating disorders are not a lifestyle choice; they are mental health disorders similar to depression, bipolar disease or schizophrenia. It is not an individual choice to develop an eating disorder, but rather severe underlying pathological factors which drive individuals to take part in self-destructive behaviors associated with eating disorders.

Genetic, environmental and social factors all play a role in the development of an eating disorder. Interpersonal issues, past trauma, low self-esteem, abuse, co-occurring mental health disorders, substance abuse disorders and unhealthy family and personal relationships can all contribute to the environmental and social factors associated with eating disorders.

Even for someone who is well into a successful recovery program, the holidays can trigger unwanted thoughts and comments surrounding food. Whether you are actively treating your eating disorder or suspect you may have one, you can take steps to make this holiday season more comfortable with these tips from eating disorder expert and licensed therapist Dawn Delgado, director of clinical development at Center for Discovery.

**1. Always have a safe plan.** If you plan on attending a holiday party or gathering, you may want to consult with your dietitian to have a plan beforehand, especially if you feel triggered to binge, or if you feel pressured by another individual, create an escape plan, which may mean having a friend accompany you to the party or even come pick you up. Your plan may also involve finding a safe place at the party where you can be alone to gather your thoughts until you feel comfortable re-engaging with others.

**2. Be prepared to say “no.”** Many individuals, with good intentions, will push food your way. They will want you to try their favorite dessert or their new recipe without understanding your struggle. Know that it is OK to say “no” and to take care of yourself in these situations. You can choose to clarify why you are saying “no,” but do not feel obligated to do so. Also give yourself permission to decline joining holiday office parties, family parties or other holiday-themed get-togethers if your recovery could be compromised, or plan to bring a supportive friend.

**3. Know your triggers before you engage in social situations.** Understanding your triggers and learning how to use coping skills to control them at holiday functions can help keep negative thoughts and self-sabotaging at bay. If there are certain topics of conversation that trigger you then avoid those topics or change the conversation when those topics arise. Be honest with yourself, be honest with others, recognize your emotions and learn to take control of your scenarios.

Learn more and find options for treatment at [centerfordiscovery.com](http://centerfordiscovery.com).

### Mindful Eating Tips

These simple steps can help you rediscover your natural intuition about food and hunger. These tips can be used all in one meal or you can choose one tip at a time to focus on. When you feel you have mastered one, try a new one. Over time, eating mindfully can become second nature.

- 1. Practice mindfulness:** Start by eating one meal a day in a slower, more aware manner.
- 2. Hunger check:** Before eating, check in with yourself to determine how hungry you are. Are you hungry enough for a meal or just a snack?
- 3. Emotional check:** What are you feeling? Are you happy, content, stressed, bored or something different?
- 4. Senses check:** What type of food are you hungry for? Do you want savory, sweet or salty? Do you want something hot or cold?
- 5. Time check:** Do you have time to sit and savor? Or are you crunched for time?
- 6. Time crunch:** Planning to nourish your body is an act of mindfulness. Taking the time to grab some food or packing food to eat on the go is being mindful that your body needs fuel.
- 7. Focus:** Concentrate on the meal in front of you. Avoid doing other activities while you eat such as working, talking on the phone, watching TV, driving or reading.
- 8. Savor:** While eating, notice the colors, smells, flavors and textures of the food.
- 9. Food awareness:** Notice your reaction to the food you are eating. What do you like, what don't you like? If you are enjoying your food, savor it. If you don't like your food, choose something more appealing.
- 10. Patience and grace:** Mindful eating is a practice that takes time to learn and develop. Since there is no judgment in mindful eating, give yourself grace and patience as you learn.

## Supporting a Loved One

Watching someone you care for battle an eating disorder can be emotionally challenging, but your love and support can make a big difference during the stressful holiday season with these tips from the experts at Center for Discovery:

- If you're uncertain how you can help, just ask then be prepared to listen without judgment.
- Make it clear you are willing to be a sounding board or assist your loved one in getting to a safe place if he or she is triggered during an event.
- Voice concerns privately. Public comments about weight, body shape or food choices can only exacerbate the angst your loved one is feeling, and when you put him or her on the defensive, he or she is less likely to be receptive to your genuine concern.





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