

**Dr. Roach answers
your health questions**

Page 4

**Keep your finances fresh
throughout the year**

Page 11

January 2020

FREE - Our 24th Year
Lakeview, Roscoe Village, Lincoln Square
& NorthCenter



January, 2020

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

Volume 24, Number 2

Interview

New laws-New taxes 2020



20 Questions

This month's interview is with **Chloe Taylor of Happy Kidds Group Daycare Home**, 2148 West Montrose, Chicago.

Q. Where were you born and raised?

A. I was born in Chicago and raised on the north side.

Q. Are you married? Any children?

A. I'm not married and I have no children.

Q. Where did you attend school?

A. De Paul University.

Q. What is your fondest childhood memory?

A. When I came home from school, my grandmother would come over and I would have a cup of tea ready for her.

Q. What would you say is the most challenging part of your work at Happy Kidds?

A. My mother, Cynthia Taylor, is my boss and sometimes it's difficult to do things my way instead of hers.

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

A. With Jehovah God, all things are possible.

Q. What hobbies/-special interests do you have?

A. I love music, singing, reading, and 5K and 10K muddy races.

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

A. TV—The Challenge; Movie—The Mirror has two faces; Book—Pride and Prejudice by Jane Austin.

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

A. Africa for its history and to travel along the Congo river to cross the equator twice and to climb Mt. Kilimanjaro.

Q. Who would you like to meet in person and what question would you ask?

A. I would like to meet Eve and ask her why she couldn't just have been obedient.

Q. What have been your three greatest achievements?

A. Starting a business with a close friend of mine—Pretty Girl Cos-

Continued on page 2

by **Joyce A. Rimel**

Illinois is getting more than 250 new laws and taxes on January 1, 2020. Here are some of those laws that will take effect on New Years Day, 2020.

Recreational Marijuana

With the passage of HB1438, Illinois became the 11th state to legalize recreational use. You cannot grow your own unless you're a registered medical marijuana patient, but adults 21 and up will have legal access to marijuana sold in dis-

pensaries across the state. Public use of pot products will be prohibited – that includes in bars and restaurants.

Medical Cannabis Use in Schools

A new law will allow students who are registered medical cannabis patients to use infused products on school grounds or at school activities under the supervision of a school nurse or administrator. Like other medications, medical marijuana products have to be stored with the school

nurse at all times.

License Plate Fees

License plate fees are increasing by \$50 to \$151 annually, starting with the 2020 registration year. The cost of annual vehicle registration is also increasing by \$50 in 2020, so it will cost \$148 for a license plate sticker. The charge for electric vehicles is going up to \$248 per year from \$35 for two years. While the cost of a license plate is going up, minors who need a state ID card are getting a

break. The cost of a new, renewed or replaced ID for those under 18 will drop to \$5 from \$10.

Parking Tax

A new tax on parking goes into effect to help pay for building projects as part of Gov. Pritzker's \$45 billion "Rebuild Illinois" infrastructure program. There will be a new 6% daily and 9% monthly tax on garage and lot parking. Parking lots and garages owned and operated by the

Continued on page 2

What's on your Mind?



"Meeting my financial goal for 2020."

Mary Rose



"Playing my saxophone and doing concerts in January in New York City."

Frank Gatalano



"I'll be delivering my daughter 'Gemma' on or about the 10th of January."

Raluca Boeriu

Editorial & Opinions

Interview continued from front page.

metics and Yummy Vending. Staying true to myself in spite of the world's influences, and having effective communication.

Q. What have been your three greatest disappointments?

A. Waiting too long to do things I want to do. Following dreams others set for me instead of following my own. Being so pessimistic.

Q. What is your "pet peeve"?

A. Ungrateful people.

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

A. MacKenzie Bezos. How she helped her husband start Amazon.

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

A. My mother, Cynthia Taylor.

Q. Who do you most admire and why?

A. My friend, Chiquita – accomplished a lot in spite of so many hurdles.

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

A. Lack of love people have for each other. People are so selfish and self absorbed.

Q. What improvements or suggestions would you make for the Lakeview and North Center neighborhoods?

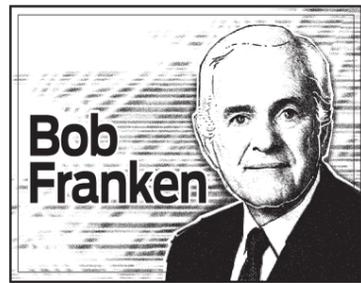
A. More book houses and stop pedestrians from crossing the street in the middle of the block.

Q. What is your most prized possession?

A. A locket my grandparents gave me before they passed away.

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

A. Tomorrow is another day.



Boris and Donald

How fitting it was that on Friday the 13th, Boris Johnson trundled over to Buckingham Palace and received permission from the queen to form his government. Fitting because it was bad luck for those who had fading hopes of somehow stopping Brexit before it actually happened, and really bad luck for those who put up a fight against Boris Johnson.

He's a serial liar and buffoon, but he had the incredibly good fortune to run against Jeremy Corbyn, someone the British people despise even more than Johnson. His Conservatives were pitted against a Labour Party that Corbyn has dragged far to the left, leaving Brits with the impression that he'd nationalize everything if he gained power. Add to that a faction in Labour that is downright anti-Semitic, and you have an overwhelming bloc of voters who are anti-nationalizing everything and anti-anti-Semitic, and who had nowhere to go but to vote for the buffoon. Politics U.K. style is not exactly parallel to politics U.S. style, but there are certainly similarities — lots of them.

For starters, candidates in the Democratic Party's centrist non-wing are making sure they were highlighting those similarities. Joe "Moderate but No Malarkey" Biden was not bothering with nuance: "Look what happens when the Labour Party moves so, so far to the left. It comes up with ideas that are not able to be contained within a rational basis quickly."

You listening, Democrats? You listening, Bernie Sanders and Elizabeth

Warren? You listening, AOC and all those who argue that the party must come up with radical approaches to America's problems in order to win over fed-up voters? They were listening, but of course, they came up with a different spin. Their take was that the Brits have a different dynamic, what with Brexit and all that. In addition, in this country, they argue that the moderates look too much like Republicans.

And then there's Donald Trump, who is in many ways a Boris Johnson doppelganger. Or is it the other way around? In any case, Trump weighed in with his own analysis: "I think that might be a harbinger of what's to come in our country."

Of course, he does have to get past his impeachment thingy and go through a U.S. Senate trial that could remove him from office. But it won't. Majority Leader Mitch McConnell's Republicans — really Trump's Republicans — are going to decisively reject conviction.

The Democrats' fondest hope lies in the fact that the Trumpster has the attention span of a gnat and the impulse control of an immature gnat. So within a few hours he will have created some new uproar that will leave impeachment a distant memory. Trump will go on as before, setting the agenda while leaving the Democrats playing defense. In that regard, it is very similar to just what happened in the United Kingdom.

Another similarity is that Boris Johnson won so decisively that he can claim a mandate. If President Trump wins re-election, he will claim a mandate no matter how close the result. That will be extremely bad luck for the nation, as he no longer will be restrained by political considerations. He won't have to run again, unless he decides to go full autocrat and ignore the parts of the Constitution that he didn't ignore in his first term.

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

New laws-New taxes 2020 continued from front page.

state or local governments are exempt.

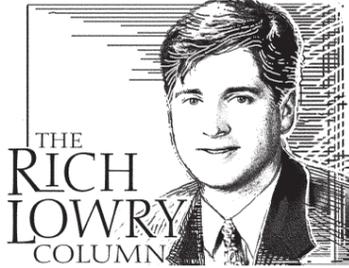
Trade-in Vehicle Tax

Car buyers who trade in another vehicle to fund their purchases will now be hit with a higher sales tax. Before you paid sales tax on the \$8,000 difference but now, starting in 2020, you'll pay taxes on \$10,000. The state expects the change to bring

in \$40 million in annual funding for building projects.

Higher Driving Violation Fines

Fines for driving violations of the law are going up to \$250 from \$100. Subsequent violations now carry a minimum fine of \$750. Violators also will be charged an additional \$250 fee to fund education and enforcement of the law. Also,



Homeless Encampments and the Constitution

The Supreme Court just ensured that the nation's homelessness crisis will continue.

The court declined to take up an appeal of a ruling by the 9th Circuit Court of Appeals, covering the western United States, that homeless encampments are a de facto constitutional right. In the case, stemming from a Boise, Idaho, ordinance, the 9th Circuit maintained that enforcing a prohibition against camping in public places is a violation of the Eighth Amendment's prohibition on cruel and unusual punishment.

A quick reminder. The Eighth Amendment says, "Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishment inflicted." It was adopted out of fear that Congress might, as Abraham Holmes put it, mimic the sorry experience of "that diabolical institution, the Inquisition," or in the words of Patrick Henry, "introduce the practice of France, Spain, and Germany of torturing, to extort a confession of the crime."

It's a long way down from these fears to the city of Boise trying to keep the homeless from creating public nuisances and dangers.

What cruel and unusual punishments were the plaintiffs found guilty of violating Boise's camping and disorderly conduct ordinances subjected to? Tarring and feathering? The rack? No, they were all sentenced to time served, with the exception of one of them who was twice sentenced to one additional day in jail. One of the plaintiffs who pled guilty paid a \$25 fine.

Nonetheless, the 9th Circuit somehow invented constitutional warrant to declare Boise guilty of a grievous violation of the Bill of Rights. According to the 9th Circuit, such encampment laws now can't be enforced so long as there are more homeless people than practically available shelter beds in any jurisdiction.

The ruling was a body blow to localities in the West where homelessness has been exploding. It's not as though these places are heartless. Cities have been devoting significant resources to shelter and trying other tactics, including regional cooperation to homeless outreach teams.

Since the basis of the 9th Circuit's decision is that sleeping is a basic human need, it puts at risk other commonsense statutes. It is also a basic human need to defecate and urinate. A drug addict feels a need to use drugs. When will the 9th Circuit, or some other adventurous court, find Eighth Amendment protection for these?

There is an obvious public interest in tearing down encampments and keeping them from springing up. They are dens of public health risks, drug abuse and crime that significantly degrade the quality of life.

When Orange County, Calif., cleared out a big encampment last year, it found more than 13,000 needles, 5,000 pounds of waste — including human waste — and 400 tons of debris.

Workers at City Hall in Los Angeles have been exposed to trash and bodily fluids from nearby encampments, which also were responsible for a rodent infestation at City Hall.

San Francisco is notorious for needles and human feces on its streets.

A society that lacks the ability to prevent such blatant and revolting affronts to public order — degrading and dangerous even to their supposed beneficiaries — has lost something important. A society that tells itself that it is literally impermissible to use the law to discourage them has lost its mind.

Rich Lowry is editor of the National Review.

New laws-New taxes 2020 continued from page 2.

under a separate law, the maximum penalty for drivers who don't slow down or move over when entering a construction zone is increase to \$25,000 from \$10,000. The law also enacts fines of \$100 to \$1,000 for drivers who disobey traffic-control-devices in work zones.

No Driving While Watching YouTube.

Using a cellphone while behind the wheel already is prohibited, but the law now forbids watching or streaming video while driving. A separate law also prohibits drivers from having smoked or tinted headlights on their vehicles.

Lakeview Newspaper

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

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Martin Luther King, Jr
Day
Monday, Jan. 20th

SENIOR NEWS LINE

by Matilda Charles

Taking a Breather in 2020

I think we can agree that 2019 was a long, tough year. We all know why. Is it time to tune out?

Here are some thoughts on how to have a better 2020:

- Turn off the TV now and then, especially those news shows. We've been around long enough to have figured out the political stuff years ago. We don't need to continually have it thrown at us.

- If we do want to watch TV, we can flip to PBS, or maybe the History channel or Discovery. For those of us with Netflix or Amazon Prime, there are plenty of shows, more than we could ever watch. Check out travel videos: wine country in France, narrowboats on the canals in Britain or the scenery in Iceland.

- Consider loading up on jigsaw puzzles and inviting a few friends over. New puzzles can be expensive, but Goodwill has them for \$3. Put on tea or coffee, turn on some quiet music in the background and talk about anything but politics while you put puzzles together.

- Vow to have better nutrition in 2020. It doesn't have to be a huge overhaul of your diet, maybe just a few small steps. An extra piece of fruit each day, brown rice instead of white ... it can all add up to better health.

- Winter won't last forever. Eventually spring will arrive and thoughts of planting. Begin now to consider what you might grow: a few pots of flowers outside the door, vegetables in a community space. Make plans.

- We need to do something for others for our own peace of mind. Consider signing up for an afternoon each week at the food bank, or walk a small dog at the shelter once the weather warms up. Just turn off the TV.

VETERANS POST

by Freddy Groves

VA's Expanding Use of Telehealth Care

The use of the Department of Veterans Affairs telehealth services rose 17% in one year, with 900,000 veterans opting to get care that way. That equated to 2.6 million instances of care in one year.

Some of the stats are impressive. The use of the app, VA Video Connect, rose by a whopping 235% in the past year, and more than 99,000 veterans opted to use it from home. Over 200,000 appointments were for mental health telehealth appointments.

We have a lot of choices for how we get our care, with more coming. Whether we want to go in person, talk on the phone or have a video visit, it's available. By the end of 2020, every mental health and primary care provider will be able to communicate with patients in all these ways.

The VA is trying to consider all circumstances: If you have a poor internet connection at home, it's opening other locations as test sites, such as VFW posts and American Legion halls, as well as Walmart stores, using ATLAS (Accessing Telehealth through Local Areas Stations). More will open as time goes on.

It's all a result of the Anywhere to Anywhere initiative. Before this was enacted, doctors couldn't legally treat patients with telehealth across state lines. Veterans in rural areas, or near state lines, were having to go long distances for in-person care.

If you want to explore using telehealth on your electronic device, go online to mobile.va.gov/app/va-video-connect. Scroll to the yellow note and use it to test whether your device is compatible with the VA Video Connect app. There's an FAQ and how-to demo videos. If you run into a snag trying to set up the app or a connection, call 866-651-3180 Monday through Saturday, 7 a.m. to 11 p.m. ET.

To learn more about telehealth, go to telehealth.va.gov.

Strange BUT TRUE

By Samantha Weaver

- It was Polish chess grandmaster Savielly Tartakower who made the following sage observation: "Victory goes to the player who makes the next-to-last mistake."

- Worldwide, herbivores kill more people than carnivores.

- Bulletproof vests, fire escapes, windshield wipers and laser printers all were invented by women.

- Japanese scientists have discovered that the human body emits a very slight, yet perceptible, glow. After using a special camera to study a sample of men in their 20s, they found that intensity of the glow varies, with the lowest point at around 10 a.m. and the brightest at 4 a.m.

- In 1743, a hand-operated elevator was installed in the palace of Versailles. Louis XV used it to visit Madame de Chateauroux, his mistress.

- Due to a quirk in the transition from one kind of calendar system to another, nobody was born between Oct. 4 and Oct. 15 in continental Europe in the year 1582.

- If you're like me, social situations can be a nightmare of trying — and usually failing — to remember the names of all your new acquaintances. The next time you find yourself struggling to name the person you're conversing with, you can always segue into this interesting tidbit: The inability to remember names is technically known as anomia.

- In ancient Japan, towns would have public contests to see who could break wind the loudest and the longest. Prizes were awarded.

- It is possible for a fetus in the womb to get hiccups.

Thought for the Day: "Doctors are the same as lawyers; the only difference is that lawyers merely rob you, whereas doctors rob you and kill you too." — Anton Chekhov

Moments in time

THE HISTORY CHANNEL

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

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

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

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

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

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

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

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Windsor Chair

The Windsor chair was introduced in England in the late 17th century, and it was about 50 years later, around 1730, that the first American Windsor chairs were made in Philadelphia. The American makers created differ-



There was an old note found taped to the bottom of this birdcage rocker when it was put up for sale at a James Julia auction. It traced the chair back to a Massachusetts woman who was hung as a witch.

ent styles of Windsors. They all had a shaped wooden seat made of a single thick piece of wood, spindles used for a back and perhaps arms. There were splayed legs that were inserted into holes in the seat. The Windsor gradually changed into a captain's chair with no spindles and a low back. Windsors were made of several types of wood chosen for properties like strength for the legs, pliability for the top of the back, and easy carveability for the seat. Then they were painted a single dark color. If there is a hole in the seat, the chair probably was converted to a potty chair. Rocking chairs can be early chairs with added rockers or 18th century chairs made with original rockers. You can tell by the way they are attached.

Q. I have an antique hand mirror made by the Unger Brothers. It is set in silver. The back is decorated with raised cupids in a water scene, but there are engraved initials of a previous owner that have been added. Do the initials lower the value?

A. Your American dresser mirror from the early 1900s is worth more than \$100. Added initials on silver do not seem to change the value. It might be fun to explain that the mirror belonged to a distant relative.

CURRENT PRICES

R.S. Prussia, cake plate, violets, white center, two-tone pink border, gold highlights, 10 1/2 inches, \$60.

Parker fountain pen, marbled white resin, 18-karat gold nib, 5 1/2 inches, \$240.

Animal trophy, elk, shoulder mount, 6-point antlers, c. 1950, 58 x 56 inches, \$485.

Quilt, appliqued, flowers, urns, bud and vine border, red, yellow, green, 1850s, 92 x 100 inches, \$770.

TIP: Your collectibles will live best at the temperature and humidity that is comfortable for you — not too hot, cold, wet or dry.

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

SENIOR NEWS LINE

by Matilda Charles

Wired or Wireless?

Much of the time we want to embrace technology and whatever is the latest and greatest. When it comes to our electronic gadgets, sometimes the newest isn't necessarily the best.

I suspected I was in trouble when my cable provider insisted on installing a new, fancy modem. Within hours, my computer, hooked up via Wi-Fi (wireless fidelity), was dragging and cutting out. After multiple phone calls over several days, the cable provider sent a technician. His verdict: I have excellent speed for Wi-Fi (how nice), but it's the nature of Wi-Fi to do that: slow down at the most inopportune times. I cut to the heart of the problem and went to a big box electronics store where I picked up an ethernet cable, which I ran from the new, fancy modem directly to my computer. It now runs like a champ, at a consistent speed.

While going through this experience, I conducted a small poll of people to ask whether they prefer Wi-Fi or wired gadgets. The results were surprising. Seniors are more likely to say they like wireless. Their main reason? It's the more modern way to hook up computers, printers and so on. The ones who prefer the wired gadgets are the younger geeky guys who work in electronics stores and don't have time to fool with varying rates of speed created by Wi-Fi. Wired connections have more consistent speed, are more secure, are generally faster and aren't usually affected by the environment.

My printer, still running on Wi-Fi, has now begun to be a problem, no doubt thanks to the fancy, new modem. The solution will be a USB A to B cable running from the printer to the computer.

Researchers say that 73% of seniors are now on the Internet. It might as well be fast, right?

VETERANS POST

by Freddy Groves

Get a Solid Start on Civilian Life

Some of us had a hard time when we left the military. The civilian world is a different place, and we probably could have used some help. The Department of Veterans Affairs has hooked up with the Department of Defense and Homeland Security in a program called VA Solid Start. They intend to contact 200,000 of us three times during the first year we're out.

Too many of us struggle with mental health concerns that first year, and newly separated veterans have a suicide rate that's twice the overall veteran suicide rates. Their goal is to bring down the rate of suicide by providing suicide prevention resources. That first year they'll either call or send email to make sure we know about the mental health resources we all get — for a year, for free — no matter what type of discharge we had.

The call, when it comes, isn't only about mental health care. Whether it's medical, buying a home or anything else, the person who calls will be able to point you in the right direction. (Be sure the VA has your current contact info.)

You don't have to wait for a call, whether you're newly separated or have been out for a very long time. Go online and download a Welcome Kit (www.va.gov/welcome-kit). It's 26 pages of good benefit info. On that same page are links to community care, applying for a disability rating, education benefits and much more.

If you're struggling with any mental health problems, or even having a problem adjusting to being a civilian, you're not alone. Go to any VA medical center or vet center clinic, or call 1-877-222-VETS (1-877-222-8387) during business hours. The crisis line, however, is always open. Call 800-273-8255 and Press 1, text to 838255 or chat online at VeteransCrisisLine.net/Chat.

One caveat: Scammers target veterans. Don't give out financial information, ever.

Strange BUT TRUE

By Samantha Weaver

- It was noted 20th-century American humorist and journalist Don Marquis who made the following sage observation: "Procrastination is the art of keeping up with yesterday."

- Kangaroos can reach speeds of up to 44 mph, but they can't take a single step backward.

- As the holiday shopping season gets well under way, here's an interesting tidbit to keep in mind: According to the annual Coinstar Holiday Survey, 31% of Americans don't remember what gifts they received last year. Perhaps unsurprisingly, more women remember those details than men do.

- No less a notable than William Shakespeare described Limburger cheese as "the rankest compound of villainous smell that ever offended nostril."

- In the Shetland Islands you can find a breed of small, hardy cows that eat fish.

- Did you ever wonder why the Benevolent and Protective Order of Elks — better known as the Elks Lodge — chose that particular animal as its symbol? Other animals were considered and rejected for a variety of reasons: Foxes were thought to be too cunning, beavers too destructive and bears and too coarse and brutal.

- Before World War II, suspenders were more popular than belts, but the trend reversed after the war.

- You might be surprised to learn that in 1766, students at Harvard University protested against their living conditions; evidently, the butter they were served in the refectory left something to be desired. In what became known as the Great Butter Rebellion, students shouted, "Our butter stinketh!"

- Those who study such things say that if your dog has fleas, they don't actually live on your pet; they spend 90% of their time elsewhere.

Thought for the Day: "Bankruptcy is a legal proceeding in which you put your money in your pants pocket and give your coat to the creditors." — Joey Adams

Moments in time

THE HISTORY CHANNEL

- On Jan. 8, 1835, President Andrew Jackson achieves his goal of entirely paying off the United States' national debt. It was the only time in U.S. history that the national debt stood at zero, and it precipitated one of the worst financial crises in American history, the Panic of 1837.

- On Jan. 9, 1861, a Union merchant ship is fired upon as it tries to deliver supplies to Fort Sumter in Charleston Harbor, South Carolina, in the first exchange of shots between North and South. The shots were fired by gunner George E. Haynsworth, a cadet at The Citadel in Charleston.

- On Jan. 7, 1927, the Harlem Globetrotters basketball team travels west from Chicago to play their first game, in Hinckley, Illinois. Coach Abe Saperstein decided to promote his new team's racial makeup by naming them after Harlem, the famous black neighborhood of New York City.

- On Jan. 12, 1932, Ophelia Wyatt Caraway of Arkansas becomes the first woman elected to the U.S. Senate. Caraway had been appointed earlier to fill the vacancy left by her late husband, Thaddeus Horatio Caraway.

- On Jan. 11, 1949, on Connecticut Avenue in Washington, D.C., the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was complete with a 160-foot minaret from which prayers were to be announced.

- On Jan. 6, 1975, "Wheel of Fortune," the longest-running syndicated game show in American television, premieres on NBC. In over 7,000 episodes, show hostess Vanna White has never worn the same gown twice.

- On Jan. 10, 2008, Tata Motors in India debuts the Nano, billing it as the world's cheapest car. The bubble-shaped mini-vehicle had a base price of \$2,000. It had a body made of plastic and sheet metal — and one windshield wiper.

KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Scooter Toy

Children have always liked toys that can move and make noise and look like something from the adult world. Victor Bonnet was a French toymaker working after 1919 who specialized in tin, and later steel, toy trucks, motorcycles, carts, buggies, as well as clowns, birds, women doing housework and musicians playing instruments. His toys were often copied but can be dated by the mark, his company name. The company started as F. Martin in 1878 and changed its name three times until it was called Victor Bonnet from 1919 to 1937, when the firm closed. A recent auction sold an 8 1/2-inch tin boy-on-a-scooter toy. It was key-wound so it could "scoot" or roll across the floor. It was made in the 1920s and sold for \$1,560.

Q. I have a large collection of lady head vases I want to sell. How should I go about it?

A. Lady head vases are figural vases showing a pretty woman from the shoulders up. Most were made in Japan or the United States and were used by florists in the 1950s and '60s. They were a popular collectible in the '70s and '80s, but interest has waned. Today, they sell from \$25 or less to over \$100. Vases portraying Jacqueline Kennedy or those with imitation jewelry or other accessories usually sell for the highest prices. You can check prices online, but expect to get half of what they are selling for. If you want to sell the whole collection, you might be able to find someone at a flea market or mall booth who will buy them.

Q. I have some of my mother's and grandmother's copper cooking pots that are either all copper or have copper bottoms. I have been told if I want the darkened copper to be shiny and copper-colored again, I can clean them with ketchup. Is that a good idea?

A. Ketchup can be used as an emergency cleaner, but a commercial



The young red-headed boy on a scooter toy is made of metal, but he is dressed in a cloth suit. It was made by Victor Bonnet soon after World War I. Price, \$1,560.

metal polish probably will do a better, faster job. There is some risk to using unlined copper pans. Bits of the copper may leach into the heated food. "Long term exposure" is listed as a danger to your health, but limited use of unlined copper pans is OK. Lined pans, the tin-lined antiques and the newer copper clad steel pans sold today, are safe. But it is not safe to store any food in unlined copper containers.

CURRENT PRICES

Candlestick, cut glass, hollow body, intaglio flower, strawberry diamond, ray cut base, rolled rim, 14 inches, \$95.

Blenko, vase, orbit, blown-smoke glass, 1950s, 7 inches, \$150.

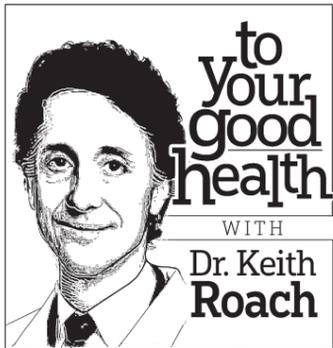
Parker fountain pen, marbled white resin, 18-karat gold nib, 5 1/2 inches, \$240.

Quilt, applique, red, green, yellow, flowers, vine, 1850, 92 x 100 inches, \$740.

TIP: Don't hang a poster directly opposite a window; it will fade. Also avoid fluorescent light. The ink used on posters in the 1940s quickly turns blue.

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

Health



Shingles Vaccine Causes Severe Side Effects

DEAR DR. ROACH: I received the first dose of Shingrix this week and had pretty severe side effects, though in the range of what can be expected: high fever (101.5), intense shivering, a severe headache and 12 hours of extreme fatigue. The entire reaction began 11 hours after the shot and ended 18 hours after that. I am 61 and in excellent health, taking only 25 mcg of levothyroxine daily.

I have a few questions that I hope you can answer. I've tried looking at the clinical trial results for Shingrix, but I am not qualified to understand the information as presented.

1. Is it likely that I'll have a similar (or worse?) reaction to the second shot? The package insert says one can react to the first, second, neither or both.

2. Are both injections identical?

3. When I had chickenpox as a child, I was way sicker than the average kid. Related?

4. If I get shingles, do I have a higher risk for a severe case? — J.G.

ANSWER: Compared with the previous one-time vaccine Zostavax, the new two-dose Shingrix vaccine is much more effective. However, it does have a higher risk of side effects. You have had the most common side effect, though only 10% of people will have symptoms as bad as yours. These symptoms are caused by your body mounting an inflammatory response to the glycoprotein in the vaccine (the new vaccine does not contain a live

virus). You clearly have a robust system to fight off infection.

To answer your questions in order: You are at higher risk for a similar reaction for the second shot. I would plan your day accordingly, and premedicate with Tylenol (even though it may make the vaccine slightly less effective). The second vaccine is identical to the first. I have read reports that there have been shortages of the vaccine.

Chickenpox and shingles can affect you both by the virus attacking you and by an exuberant inflammatory and immune reaction. I would guess that you are at lower risk for viral complications (such as infection of the eye, brain or lungs) but at higher risk for symptoms due to your own system, such as high fever. In many cases, the body's response to infection can be as damaging as the infection itself.

DEAR DR. ROACH: Last year I was treated for gout and was prescribed allopurinol (100 mg) once a day. Approximately five to six months after I started taking it, I became lethargic and was not feeling myself (I am a very young 77 years old) and suddenly lost my sense of taste. I was taken off the medicine and still have little taste sensation other than citrus fruits, apples and spices. I was told that this could last for months, years or forever. Do you have any suggestions for me? I am eating as before, hoping that I will recover my taste. — N.K.

ANSWER: I certainly found that allopurinol can cause loss of taste sensation, but the Food and Drug Administration case reports don't say how long it can last. Unfortunately, I can't find any reliable way (or even plausible way) to increase the likelihood of getting your taste sensation back.

Size Determines Risk of Aneurysm Rupture

DEAR DR. ROACH: My boyfriend recently was diagnosed with an aneurysm. The report says the abdominal aorta is 3.02 cm in largest dimension

and recommends screening every six months. Do we need to see a cardiologist for a second opinion? Is there medication to help? — B.S.

ANSWER: The aorta is the largest blood vessel in the body. It comes directly off the left ventricle of the heart and supplies blood to the entire body. It may become enlarged either in the chest (a thoracic aneurysm) or in the abdomen.

Abdominal aortic aneurysms are more common in men, especially over 65, and smoking is the biggest risk factor. There are contributing familial conditions as well, such as Marfan syndrome.

Most people have an abdominal aorta that is no bigger than 3 cm, so your boyfriend is just barely over the cut-off. His risk for rupture, the dreaded complication of an AAA, is negligible at this size. I agree with the screening recommendations, and would advise tobacco cessation if he smokes, regular moderate exercise and control of blood pressure if high.

Seeing a cardiologist would be very reasonable: Your boyfriend could get personalized advice on risk reduction. Although aspirin and statin drugs may have a benefit, the evidence for it is weak. Most experts do not recommend them unless there are other indications for taking them.

DEAR DR. ROACH: I had a hernia operation in 2015. The repair included insertion of mesh patches that now have been recalled. Since the operation, I have had many health issues. Is there a blood test or other test to see if the mesh is the cause of my problems? Should I have it removed and replaced? I am 83. — J.C.L.

ANSWER: Surgical mesh is commonly used in hernia repair, as well as in many gynecologic surgeries. Mesh reduces the need for re-operation. However, there is an increased rate of long-term complications that partially offsets the benefit of using mesh.

Complications related to the mesh can be very serious, such as bowel obstruction, perforation or bleeding; these usually require urgent surgery.

However, symptoms also may be less specific, and include pain, non-healing wounds and infection. Of people with a mesh repair, 4% to 6% had evidence of complications after five years of follow-up, according to a well-done study from Denmark.

I am aware of recalled mesh products (49 out of the top 50 results on a web search were from personal injury law firms; the 50th was from the Food and Drug Administration) and reports of significantly higher complication rates from recalled (as well as from counterfeit) mesh.

Without knowing more about your health issues, it is difficult to weigh in on whether the mesh is likely to be causing it. There is no simple blood or imaging test that will give a definitive answer. However, if your symptoms are among those possibly related to mesh complication, it absolutely would be appropriate to have a discussion with your surgeon about the upsides and downsides of a re-operation. I would be cautious about recommending another surgery for an 83-year-old, unless the symptoms are significant and your surgeon feels they are likely due to mesh complications.

Risk of Surrogacy at Advanced Age

DEAR DR. ROACH: Would you please comment on common or uncommon issues that might be expected in a pregnancy at age 57? I am overall very healthy, with no issues other than slightly elevated LDL. I have not gone through menopause. I had four full-term pregnancies, the last at age 35 (after which I had my tubes tied), and no miscarriages. I asked my doctor two years ago if I would have an issue being a surrogate and was told there was no reason I couldn't be, but my current physician told me that it can be very dangerous at my age. I am concerned that the practice is just covering itself against any liability. I realize that this is my decision alone and I would not hold my doctors

accountable, but I'd also like the real truth regarding any potential issues I would be likely to encounter. I appreciate your thoughts. — M.V.

ANSWER: I admire your willingness to consider being a surrogate. However, the risks of pregnancy in a 57-year-old woman are significant.

A study from the U.K. from 2016 quantified the risks pretty thoroughly; however, of the 233 women studied, only two of them were older than 57, so your risks are probably higher than the average risk for an older mother in the study (which was defined here as 48 years or older at the date of delivery).

Before I go over the risks, let me point out that one major risk for older mothers, Down syndrome, may not apply, since the ovum (egg) you would be carrying would come from another woman and it is her age that determines the risk for the fetus. Older mothers also are more likely to carry twins (or more than two fetuses).

Compared with younger mothers, older mothers have a higher risk for: high blood pressure during pregnancy (15% vs. 5%); pre-eclampsia, also called toxemia (6% vs. 2%); diabetes during pregnancy (18% vs. 4%); hemorrhage after delivery (26% vs. 15%); Caesarean section (78% vs. 33%); preterm delivery (22% vs. 8%); and admission of the baby to the intensive care unit (3% vs. less than 1%). Miscarriage rate (after 11 weeks) in women over 55 is estimated to be about 10%, compared with 1% in younger women. Maternal death is much more likely for older women than younger; however, that risk is small, less than 2 per 1,000 in a separate Swedish study of mothers over 45.

Overall, these risks are not small. You should think through your risks before making a decision. I'm disappointed in the lack of advice you received.



Financial Statement

by Joyce A. Rimel

SHOPPING CLUBS

READ THE FINE PRINT

Nearly 60% of Americans are paying members of shopping clubs. We pay out annual or monthly fees to land a discount later on.

Before signing up, assess your likely spending; why join if your membership fee will be greater than all the

discounts you earn? Check the fine print for limitations and note when your membership expires so you can cancel before it automatically renews.

Here are some clubs from major retailers to consider:

WAYFAIR: My Way.

Cost: \$29.99 a year. Perks: Free shipping; 25% off design services and in-home services (including assembly), as well as exclusive sales. You can also use your MyWay benefits at affiliated

websites AllModern, Joss & Main and Birch Lane. The fine print: Free shipping excludes flooring, large fixtures and a few other items such as glass shower doors.

BED BATH & BEYOND: Beyond+.

Cost: \$29 a year. Perks: 20% off purchases, free standard shipping and 30% off online interior decorating services from decorist.com. The fine print: Lots of popular brands are excluded, including Dyson, LeCreuset and Miele. You can't combine the chain's numerous coupons with your membership discount.

CVS: CarePass:

Cost: \$5 a month or \$48 a year. Perks: A monthly \$10 store credit, which expires at the end of each month. You also get one-to-two-day free shipping on qualifying prescriptions at cvs.com and 20 percent off regularly priced CVS Health brand products. The fine print: No discounts

on prescriptions, and no free shipping on meds if they're covered by a government health plan, including Medicare Part B and most Medicaid plans. The \$10 credit is not redeemable at Target CVS pharmacies. Copays, lottery tickets and many other items are excluded.

Walgreens:

Prescription Savings:

Cost: \$20 a year for an individual; \$35 a year for a family membership. Perks: Discounts on more than 8,000 prescription drugs, including most generics; 5 percent to 20 percent discounts on most immunizations; 10 percent savings at Walgreens Healthcare Clinic; and discounts on nebulizers and diabetic supplies.

The fine print: Medicare and Medicaid recipients are excluded. Pet meds need a veterinarian's prescription; pets have to be members, either as individuals or in a family plan.

AMC THEATRES: STUBS A-LIST:

Cost: \$19.95 to \$23.95 a month (depending on where you live).

Perks: The A-list level of AMC's Stubs program gives you three free movies per week. You also get 10 percent discounts on concessions and free size upgrades on popcorn and drinks. The fine print: You can't roll over unused movies to the next week, and reservation no-shows count toward your balance. The program may exclude titles on a limited basis.

REI: Co-op:

Cost: \$20 one time fee
Perks: A 10 percent cash-back annual dividend; discounts on classes, events and equipment rentals. Sign up for REI's credit card and you get an additional 5 percent cash back. The fine print: You don't get that 10 percent dividend on sale items, trips or classes.

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Photos courtesy of Getty Images

Warm, Cozy and Eco-Friendly

Earth-friendly home improvements for winter

FAMILY FEATURES

Blustering winds raging outdoors may leave you struggling to find a balance between making sure your family stays warm and maintaining an earth-friendly home. Keeping your home cozy and honoring your sustainable sensibilities can actually go hand-in-hand.

Making green upgrades to your home can add value, too. These sustainable home improvements can go a long way toward boosting your comfort, so you have an inviting oasis to linger where you're well protected from the elements.

Carpeted Floors

The sleek, clean look of wood or tile flooring is in high demand for many homeowners. However, carpet can actually provide help with climate control that goes beyond a softer, warmer surface for your bare feet to tread. Carpet can act as an insulator and help keep a room warmer in the winter and cooler in the summer. If carpeted flooring isn't consistent with your style or budget, consider adding substantial area rugs to rooms that could use some extra warmth.

Energy-Efficient Heating Systems

An efficient option like Mitsubishi Electric's Zoned Comfort Solutions uses energy smartly by actively heating specific areas of your home where you need it. The system monitors the conditions in each room and adjusts automatically to maintain the

desired temperatures. The system's ductless indoor units offer reusable, long-life, washable filters to improve your indoor air quality while minimizing impact on landfills. Plus, advanced filters on some models offer enhanced odor control to help ensure fresher air during winter months when air tends to stagnate inside due to closed windows and doors.

Ceiling Fan Adjustment

You may naturally turn off your ceiling fans when winter arrives, but the same fans that provide refreshing cool air in the summer can actually help keep your room warm, too. Simply switching the fans to run clockwise helps draw warm air upward and distribute it throughout the home. This little circulation-boosting move can reduce your energy bill by as much as 10%.

Tankless Water Heaters

Make leaving the warmth of your bed each morning more appealing with the assurance of a steaming hot shower that doesn't needlessly burden the environment. Traditional water heaters run a continuous power cycle to maintain a tank full of hot water, regardless if you're using it or not. However, a tankless version heats what you need when you need it. It's important to ensure your tankless unit is sized with the proper gallons-per-minute rating to handle demand for multiple simultaneous uses, like a load of laundry and a shower at the same time.



Smart Controls

The wide range of smart-enabled home products, appliances and entertainment devices make life more convenient and enjoyable, but they can also play a role in managing your environmental footprint. Helpful tools, like Mitsubishi Electric's kumo cloud mobile app, ensure you're not wasting energy to perform functions when you're not even home. These programs allow you to schedule your daily routines and even make adjustments remotely when your day gets off track. For example, it allows you to program and adjust your heating and cooling system from a smartphone or tablet so you won't come home to a house that's freezing cold.

Better Lighting

Winter isn't just cold; it's often dark and dreary, too. That means you're more likely to rely on energy to illuminate your home, especially since an alternative like throwing open the curtains to let in natural light can have the unintended consequence of allowing cold air to seep in. You can curb your energy reliance and the impact on your energy bills by swapping out your bulbs for light emitting diode lights, compact fluorescent lamps or energy-saving LED lights, which can reduce your energy needs by up to 80%.

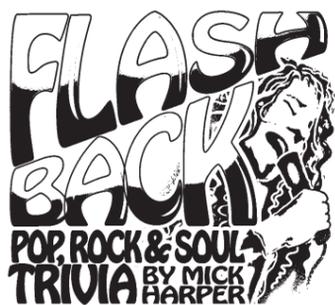
Find more tips for heating your home at mitsubishicomfort.com.

USE ZONES TO REDUCE ENERGY

Heating your home zone-by-zone can be much more energy efficient and serve as a better means of maintaining your home's temperature and comfort level. Consider these benefits:

- A zoned system allows you to control each area in your home independently and even turn off ones that are not in use. This means you're only using energy where you need it.
- Conventional HVAC systems are either on or off. An option like Mitsubishi Electric's Zoned Comfort Solutions compressors ramp up or down based on the needs of each room to maintain comfort and conserve energy.





Strange BUT TRUE

By Samantha Weaver

• It was Nobel Prize-winning French poet, journalist and novelist Anatole France who gave the following sage advice: "Never lend books — nobody ever returns them; the only books I have in my library are those which people have lent me."

• One-quarter of the city of Los Angeles is taken up by automobiles.

• Ancient Egyptian priests were bald. And not just on their heads — they would pluck every hair from their bodies, including their eyebrows and eyelashes.

• In many parts of Spain, Dec. 28 is traditionally observed as the Feast of the Holy Innocents. To celebrate, the young boys of a town gather together and light bonfires. One of them is designated as the mayor for the evening, and he goes about ordering citizens to do tasks such as sweeping the streets. Anyone who refuses is fined.

• The deluge of mail around the holidays has been an issue longer than you probably realize. In 1822, the postmaster of Washington, D.C., was disgruntled by the surge and complained about having to hire 16 extra mail carriers. He wanted a law to be passed limiting the number of cards a person could send.

• Have trouble remembering all the words to our national anthem? Be glad you're not Greek — their national anthem has 158 verses.

• If all the blood vessels in one human body were stretched out end to end, they would stretch all the way around the world.

• The rivalry between those Ivy League giants, Harvard and Yale, is legendary. Not many people know, however, that Yale was founded by graduates of Harvard.

Thought for the Day: "He who wants to grow rich in a year will be dead in a month." — *Spanish proverb*



1. **Jumanji: The Next Level** (PG-13)
Dwayne Johnson, Jack Black
2. **Frozen II** (PG) animated
3. **Knives Out** (PG-13)
Daniel Craig, Chris Evans
4. **Richard Jewell** (R)
Paul Walter Hauser, Sam Rockwell
5. **Black Christmas** (PG-13)
Imogen Poots, Aleyse Shannon
6. **Ford v Ferrari** (PG-13)
Matt Damon, Christian Bale
7. **Queen & Slim** (R)
Daniel Kaluuya, Jodie Turner-Smith
8. **A Beautiful Day in the Neighborhood** (PG)
Tom Hanks, Matthew Rhys
9. **Dark Waters** (PG-13)
Anne Hathaway, Mark Ruffalo
10. **21 Bridges** (R)
Chadwick Boseman, Sienna Miller



Downton Abbey (PG) — When news that the king and queen of England are coming to Downton Abbey breaks, the Crawleys and staff embark on an exhaustive list of preparations for the royal visit. But the royals show up with their own staff — cook, butlers, housekeepers, the lot — and Mr. and Mrs. Bates team with Mrs. Patmore, Mrs. Hughes and even Mr. Carson to take back the house from the arrogant interlopers. Meantime, there's plenty of intrigue upstairs involving a longstanding disagreement between the dowager countess Violet and a Crawley relative; Tom Branson, who is possibly suspected of still having Irish sympathies; and more of all the much beloved characters.

Abominable (PG) — In a lovely but predictable animated story about found family, an impressively oddball girl named Yi (voiced by Chloe Bennet) lives in Shanghai and one day finds, to her surprise, a Yeti on the roof of her apartment building. And because she's an impressive oddball, she and her pals befriend the adorably fluffy giant they nickname Everest, and vow to escort the magical beast to the highest mountain from whence he came. But they need to do it post haste, as the villainous Burnish (Eddie Izzard) is hot on the trail to collect Everest as a personal prize.

Ad Astra (PG-13) — Brad Pitt is at the center of this very cerebral film as astronaut Roy McBride, whose father (Tommy Lee Jones) was a pioneering space traveler who has been missing in the far reaches of our solar system for 16 years. McBride's mission, among other things, is to reestablish contact, if able. It is a near-future world where space exploration and travel are much more accessible and ordinary, but still — at least for the outer planets

— a treacherous proposition, evoking much deep internal struggles and self-questioning. The movie is beautiful but very slow in unfolding.

Rambo: Last Blood (R) — In a final (probably, hopefully) wrap-up to the "First Blood" story, we find John Rambo (Sylvester Stallone) on his late father's horse ranch, quietly enjoying his sunset years with adopted family Maria and her daughter, Gabriella (Yvette Monreal). But the type of demons in the former Green Beret can never be truly exorcised — and thank god, because when Gabriella is kidnapped in Mexico while trying to locate her birth father, it's "Uncle



Brad Pitt in "Ad Astra"

John" who resurrects his special forces background to swoop in with some serious vengeance. There's no nuanced storylines or plot twists; it's flamethrower vengeance with a ton of blood, which is exactly as advertised.

NEW TV RELEASES

- Fuller House** Complete Fourth Season
- Killjoys** Season 5
- Hogan's Heroes** The Complete Series
- The Returned** Season 2
- Bonanza: The Official Tenth Season** Vol. 1



Favorite Whiskey Brands*

1. Jack Daniels
2. Crown Royal
3. Jim Beam
4. Jameson
5. Maker's Mark
6. Seagram's 7
7. Evan Williams
8. Black Velvet
9. Johnnie Walker
10. Wild Turkey

*best-selling brands in U.S.

Source: IRI Worldwide



Top 10 Video On Demand

1. **Angel Has Fallen** (R)
Gerald Butler
2. **Ready or Not** (R)
Samara Weaving
3. **Good Boys** (R)
Jacob Tremblay
4. **Fast & Furious Presents: Hobbs & Shaw** (PG-13)
Dwayne Johnson
5. **Dora and the Lost City of Gold** (PG)
Isabela Merced
6. **Home Alone** (PG)
Macaulay Culkin
7. **The Peanut Butter Falcon** (PG-13)
Shia LaBeouf
8. **Where'd You Go, Bernadette** (PG-13)
Cate Blanchett
9. **Frozen** (PG) animated
10. **The Goldfinch** (R)
Oakes Fegley

Top 10 DVD, Blu-ray Sales

1. **Game of Thrones: The Complete Eighth Season** (TV-MA) HBO
2. **Angel Has Fallen** (R) Lionsgate
3. **Toy Story 4** (PG) Disney
4. **Spider-Man: Far From Home** (PG-13) Sony Pictures/Marvel
5. **The Lion King** (PG) Disney
6. **Elf** (PG) Warner Bros.
7. **Home Alone** (PG) FOX
8. **Aquaman** (PG-13) Warner Bros.
9. **National Lampoon's Christmas Vacation** (PG-13) Warner Bros.
10. **The Grinch** (PG) Universal

Sources: comScore/Media Play News



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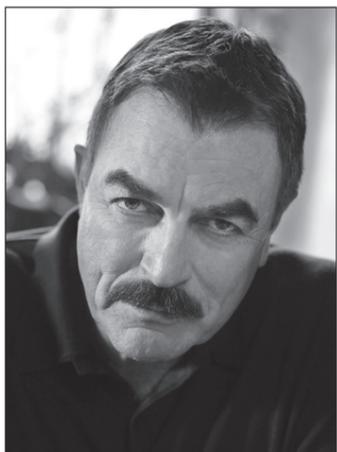
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What's Hot in Hollywood

HOLLYWOOD — Daniel Craig revealed to "The Late Show" host Stephen Colbert that "No Time to Die" would be his last time playing James Bond. In August 2017, after holding out to sign for 007, it was reported he signed for two more Bond films. Craig played 007 five times (Sean Connery and Roger Moore are tied with a record seven times each). Craig was allegedly to get \$50 million for his last two Bond films. Who can walk away from that kind of a paycheck? "No Time to Die" — the 25th Bond film — opens April 8, 2020.



Marni Grossman/CBS

Tom Selleck

I met Tom Selleck in 1969 when he was a contract player at 20th Century Fox. He played bit parts, in the background, opening doors and even as a corpse in the film "Coma." When he walked into an interview with the legendary Mae West to be one of her "boys" in "Myra Breckinridge," she took one look at him and said, "Call your agent, the part is yours, name your pay."

Tom made five TV pilots that didn't sell, and just three days before his contract ended at Universal Studios, Steven Spielberg revealed he wanted him to play Indiana Jones. When the Universal brass heard that, they pitched him to CBS for a series with no time to make a pilot. CBS greenlighted the show, and Tom Selleck moved to Hawaii, where he sat for months during an actors' strike. The show was "Magnum, P.I.," and the rest is history.

Tom has completed 10 seasons of "Blue Bloods" (which he shoots nine days a month back to back so he can still live in Los Angeles). However, when Tom asked CBS for a two-year extension on his "Blue Bloods" contract, they would only give him a one-year guarantee. "Blue Bloods" is a consistent top 10-rated show, so what game are they playing?

"Days of Our Lives" was renewed for season 56 once all the actors' contracts had been canceled and their salaries erased. Now the actors have to renegotiate their salaries, which will be cut to ribbons. Dirty pool.

Robert Redford, currently playing the president of the United States in HBO's "Watchman" series, says,

"There are only 11 months before the presidential election, 11 months before we get one real chance to right this ship and change the course of disaster that lies before us. Let's rededicate ourselves to voting for truth, character and integrity in our representatives (no matter which side we're on). Let's go back to being the leaders the free world so desperately needs. Let's return quickly to being simply Americans!"

Let's all put his words in our Christmas wishes. Have a very merry Christmas.

HOLLYWOOD — Where are the great films like "Gone with the Wind," "The Wizard of Oz," "Citizen Kane," "Lawrence of Arabia," "The Bridge on the River Kwai" and "My Fair Lady," to name six? IMAX and 3D superhero films can't compare with strong story content and great acting. Elizabeth Banks wrote/produced/directed and co-starred in the recent "Charlie's Angels," which cost \$55 million and earned just \$51.5 million. Yet Universal Pictures has hired her to star and direct the remake of "The Invisible Man," now "The Invisible Woman."

John Cena, a nice guy who does a lot of good for children, is still a wrestler turned actor whose first major film, "Playing With Fire," cost \$30 million and grossed only \$45.6 million. Yet his producer has signed him to star in "Vacation Friends," with "Search Party's" Meredith Hagner. Cena has already completed roles in "Fast & Furious 9" (opening May 22), "Project X-Traction," produced by and co-starring Jackie Chan, for release in 2020, and "The Suicide Squad" (due August 2021). Where are the Gables, the Garlands, the Monroes or even the Streisands?

Not to depress you further, but a "Downton Abbey Movie" sequel isn't likely in the new year. Julian Fellowes, "Downton's" creator/producer/writer, is working on HBO's "The Gilded Age" and complains, "It's taking most of my time. We don't start shooting until March, which may delay me thinking further about the 'Downton' script." He's only too aware that when you work on a big project at HBO there are going to be rewrites, day and night, which leaves no time for "Downton" now.

On a positive note, Fellowes said of "Downton Abbey," "Fortunately it's worked out well, it grossed \$185 million. We all enjoyed it, so hopefully we'll find a way to come back for more."



Depositphotos

Elizabeth Banks



by Dana Jackson

Q. I loved watching "Supernanny" and was sad — but happy for her — when she left to focus on her own family. Did she ever end up having children like she had hoped? — E.P.

A. Jo Frost, the "Supernanny," made her debut on ABC 15 years ago but quit after several seasons in order to focus on her personal life, including, hopefully, having children of her own. Now, she's back with a new "Supernanny" series premiering Jan. 1 at 10 p.m. ET on Lifetime.

According to Lifetime, "The families featured this season are from cities and towns around the country, and they are dealing with diverse issues that span the spectrum of parenting challenges from postpartum depression, ADHD, kids obsessed with electronic devices, blended families struggling with children acting out and military and first responder spouses facing separations, to parents buried in their phones and more.

"Jo will visit one new family each week and use her trusted and proven methods and elevated teachings to help them change their dynamics while focusing on positive reinforcement and connectivity."

As for her personal life, I couldn't find any confirmation that she married her fiance, Darrin Jackson, who was the production manager of her original series, or that she has had any children.

Q. Is there really going to be another "Matrix" movie? Will Keanu Reeves be in it, or will there be all new characters? — R.F.

A. Yes, there will another sequel, "Matrix 4," but it won't be released until 2022. The cast will again include Keanu Reeves as Neo, Carrie-Ann Moss as Trinity and, reportedly, Jada Pinkett Smith as Niobe. New to the cast will be Jonathan Groff, best known as Holden Ford from the Netflix series "Mindhunt-



Courtesy Lifetime Network

Jo Frost

er" and for voicing the character of Kristoff in the Disney "Frozen" movies.

It's hard to believe that it's been more than 15 years since the last "Matrix" film. Reeves was very fortunate to land this franchise. Apparently Brad Pitt and Johnny Depp were first sought after for the lead by the producers and directors. Janet Jackson also was pursued for the role of Trinity, but it went to Carrie-Ann Moss, a relative unknown, when Jackson wasn't able to work it into her schedule.

Q. Is Bill Cosby in prison, or is he out on bail? How is his health? — T.L.

A. The disgraced comedian has been serving a three- to 10-year sentence in a Pennsylvania state prison since September 2018. He was recently denied an appeal to overturn his conviction.

Cosby was convicted in 2018 on three counts of aggravated indecent assault against his accuser, Andrea Constand. At the time of his trial, he professed to be totally blind, but many people were skeptical and felt he was looking for pity from the jury. He is living in the general population of the prison and is reportedly quite popular, giving motivational speeches to inmates and working out regularly, losing weight.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Blended Mushroom Nachos

Recipe courtesy of Chef Evan Robinson
Servings: 4

- 5 shiitake mushrooms
- 5 white button mushrooms
- 1 clove garlic
- 1/4 cup chopped onions
- 1 tablespoon Mexican meat seasoning
- 10 ounces ground turkey

Cheese Sauce:

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- 1 1/4 cups Mexican blend shredded cheese

- tortilla chips
- salsa (optional)
- guacamole (optional)
- kale (optional)
- romaine lettuce (optional)
- tomatoes (optional)
- cilantro (optional)
- diced red bell peppers (optional)

In blender or food processor, pulse mushrooms, garlic and onions. In large saute pan over medium-high heat, mix finely chopped mushroom mixture with seasoning and cook 2 minutes. Add ground turkey, breaking into fine crumbles until completely cooked through. Set aside.

To make cheese sauce: In medium saucepan over medium-high heat, melt butter then add flour and whisk constantly, breaking up lumps. Stir 2 minutes then add milk and continuously whisk. Stir in cheese and mix with wooden spoon.

Assemble chips on serving platter; spread mushroom-meat crumble on top. Add cheese sauce and toppings like salsa, guacamole, kale, romaine lettuce, tomatoes, cilantro and diced red bell peppers, if desired.

Family Favorites with a **BLENDED TWIST**

FAMILY FEATURES

If you are raising picky eaters, there's a cooking technique that makes some of kids' favorite foods – like burgers and nachos – more nutritious while still tasting delicious.

Mushrooms, with their inherent umami flavor, are a perfect addition to blend into meals to increase both flavor and nutrition. Chefs kicked off the trend by blending finely chopped mushrooms with meat for burgers that are flavorful, healthy and Earth-friendly, and now blended burgers are showing up in school cafeterias, supermarket meat counters and fast food drive-thrus.

"Blended entrees like burgers are a win-win-win for families wanting to eat better," said Dayle Hayes, registered dietitian and founder of School Meals

That Rock. "Mushrooms add delicious umami flavor, reduce fat and sodium in many popular dishes and kids love them."

Another fan of blending is MasterChef Junior finalist and teen chef, Evan Robinson. Robinson likes to blend with multiple varieties of mushrooms in family favorites such as tacos, burgers and stuffed peppers.

"I find that blending mushrooms into some of my go-to recipes helps increase the flavor while reducing the amount of fat and sodium," Robinson said.

If you're ready to start blending at home, it can be a simple process for introducing foods to even the pickiest of eaters. Recruit kids as kitchen helpers to tackle tasks such as wiping mushrooms clean and using their hands to blend the meat and mushrooms together.

For more family-friendly, blended recipes, visit Blenditarian.com.

A Cooking Technique You Need to Know: **BLENDED**

Blending involves mixing finely chopped mushrooms with ground meat for more nutritious, but still delicious, burgers, tacos, meatballs and more.

1. Chop your favorite mushroom variety to match the consistency of the ground meat. This can be done with a knife or food processor.
2. Blend the chopped mushrooms with the ground meat.
3. Cook with Mexican seasoning mix for tacos, marinara sauce for meaty ragu or salt and pepper for juicy, flavorful burgers.



CHOP



BLEND



COOK



Pizza Burgers

Recipe courtesy of Chef Evan Robinson
Servings: 4

- 1 tablespoon extra-virgin olive oil
- 1 medium portabella mushroom, finely chopped
- 2-3 white button mushrooms, finely chopped
- 1/2 small onion
- 1/2 clove garlic
- 2 teaspoons Italian-style herb seasoning
- 8 ounces ground beef
- salt, to taste
- pizza or marinara sauce

**shredded mozzarella cheese
hamburger buns**

In large pan over medium-high heat, saute extra-virgin olive oil, mushrooms, onions, garlic and herb seasoning approximately 5 minutes until vegetables are soft. Set aside and let cool to room temperature.

Blend mushroom mixture with ground beef. Season with salt, to taste.

Form into four patties and cook in same pan as mushroom mixture to preferred doneness. Top with dollop pizza sauce and mozzarella cheese. Cover pan to melt cheese then carefully transfer to buns.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Maple Apricot Bubble Loaf

Put this on the menu and watch everyone race to the breakfast table! It's sure to please kids from 2 to 92!

- 1 (7.5-ounce) can refrigerated buttermilk biscuits
- 6 tablespoons apricot spreadable fruit
- 2 tablespoons sugar-free maple syrup
- 3 tablespoons chopped pecans

1. Heat oven to 375 F. Spray an 8-inch round cake pan with butter-flavored cooking spray. Separate biscuits and cut each into 4 pieces. Drop biscuit pieces into prepared cake pan. Lightly spray biscuit tops with butter-flavored cooking spray.

2. In a medium bowl, combine fruit spread, maple syrup and pecans. Evenly spoon mixture over biscuit pieces. Bake for 20 to 25 minutes or until golden brown. Place cake pan on a wire rack and let set for 5 minutes. Cut into 6 wedges. Serve warm.

• Each serving equals: 151 calories, 3g fat, 3g protein, 28g carb., 315mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.

Good Housekeeping

Turkey Vegetable Soup

Delicious and soul-satisfying, our homemade Turkey Vegetable Soup is made hearty with rice, fresh corn and frozen lima beans.

- 1 tablespoon margarine or butter
- 1 medium onion, chopped
- 3 medium carrots, cut into 1/2-inch chunks
- 2 medium stalks celery, cut into 1/2-inch slices
- 1 cup frozen lima beans
- 6 cups Homemade Turkey Broth
- 2 cups cooked rice
- 1/2 cups corn kernels
- 2 cups (1/2-inch chunks) skinless leftover cooked turkey
- 1/2 cup fresh parsley leaves, chopped

1. In 4-quart saucepan, melt margarine on medium. Add onion and cook 6 minutes or until tender, stirring often.

2. Stir in carrots, celery, beans, broth, 3/4 teaspoon salt and 1/4 teaspoon ground black pepper; heat to boiling on high. Reduce heat to low and simmer 5 minutes or until vegetables are tender.

3. Stir rice and corn into soup; heat to boiling. Stir in turkey and heat through. Remove saucepan from heat; stir in parsley. Makes about 12 cups.

TIP: If you don't have parsley, use a few celery leaves.

• Each serving: 435 calories, 9g fat, 62mg cholesterol, 970mg sodium, 58g total carb., 7g dietary fiber, 32g protein.

Good Housekeeping

Smoked Ham With Fresh Strawberry Sauce

We created this impressive glazed ham for winter entertaining, but it's perfect for a buffet any time of year.

- 1 (12-pound) smoked whole ham, fully cooked
- 3 pints strawberries
- 2 tablespoons dark brown sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 1 jar (10- to 12-ounce) orange marmalade
- Radish sprouts or watercress sprigs, for garnish

1. Remove skin and trim some fat from smoked whole ham, leaving about 1/4 inch fat. With knife, score fat covering on ham crosswise, just through to the meat, into 1-inch-wide strips. Place ham on rack in large roasting pan (about 17 by 11 1/2 inches). Insert meat thermometer into cen-

ter of ham, being careful that pointed end does not touch bone.

2. Bake ham in 325 F oven 3 to 3 1/2 hours until thermometer reaches 140 F (15 to 18 minutes per pound). If ham browns too quickly, cover with a tent of foil.

3. About 30 minutes before ham is done, prepare strawberry sauce: Reserve 1 pint strawberries for garnish. Hull remaining strawberries. In 3-quart saucepan with potato masher or back of slotted spoon, mash strawberries. Stir in brown sugar, cornstarch, salt and orange marmalade; cook over medium heat until mixture thickens slightly and boils, stirring frequently.

4. To serve, place ham on warm, large platter. Arrange radish sprouts and reserved whole strawberries around ham. Serve with strawberry sauce. Serves 24.

• Each serving: About 250 calories, 12g total fat, 60mg cholesterol, 1,770mg sodium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Simmered Steaks

You may have doubts when you start stirring orange marmalade into the sauce, but trust us, it all works out perfectly in the end.

- 3 tablespoons all-purpose flour
- 4 (4-ounce) lean minute or cube steaks
- 1 cup unsweetened orange juice
- 1 cup (two 2.5-ounce jars) sliced mushrooms, drained
- 2 tablespoons reduced-sodium ketchup
- 2 tablespoons orange marmalade spreadable fruit
- 1 tablespoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. Place flour in a shallow dish and coat steaks on both sides in flour. Reserve any leftover flour. Evenly arrange coated steaks in a large skillet sprayed with butter-flavored cooking spray and brown for about 3 minutes on each side.

2. In a medium bowl, combine orange juice, mushrooms, ketchup, spreadable fruit, onion flakes, parsley flakes and any remaining flour. Spoon sauce mixture evenly over steaks. Lower heat, cover and simmer for 15 minutes or until steaks are tender.

3. When serving, evenly spoon sauce mixture over top of steaks. Serves 4. Freezes well.

• Each serving: About 218 calories, 6g fat, 23g protein, 18g carb., 359mg sodium, 1g fiber; Diabetic Exchanges: 3 Meat, 1 Fruit, 1/2 Vegetable

Comfort foods

Made fast and healthy

by Healthy Exchanges

Cheesy Cauliflower-Rice Casserole

You may want to "invite" this easy slow-cooker dish to your family potluck. It just could become the hit of the meal and the start of a new family favorite.

- 2 cups cooked rice
- 2 1/2 cups frozen cut cauliflower, thawed
- 1/2 cup chopped onion
- 1 (4-ounce) jar sliced mushrooms, drained
- 1 (10 3/4-ounce) can reduced-fat cream of mushroom soup
- 1/3 cup no-fat sour cream
- 1/3 cup water
- 1 cup frozen peas, thawed
- 1 1/2 cups shredded reduced-fat Cheddar cheese

1. Spray a slow-cooker container with butter-flavored cooking spray. In prepared container, combine rice, cauliflower, onion and mushrooms. Stir in mushroom soup, sour cream and water. Add peas and Cheddar cheese. Mix well to combine.

2. Cover and cook on LOW for 4 to 6 hours. Mix well before serving. Makes 8 (1 cup) servings.

• Each serving equals: 152 calories, 4g fat, 9g protein, 20g carb., 438mg sodium, 2g Fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Meat, 1 Vegetable.

Good Housekeeping

Big Dippers

Easy to make — and the kids can help dunk and decorate.

- 2 1/2 packages (8 ounces) sweet-chocolate squares
- Chopped toasted nuts
- Chopped dried fruit
- Flaked coconut
- Almond brickle chips
- Mini peanut-butter pieces
- Green and red sprinkles
- baked pretzel rods

1. Place chocolate in 4-cup measuring cup or large glass bowl. In microwave oven, cook, covered with waxed paper, on High 2 to 3 minutes, until almost melted, stirring occasionally until smooth. (Or, in 3-quart saucepan, heat chocolate over low heat, stirring frequently, until melted and smooth.)

2. Meanwhile, place each topping choice on sheet of waxed paper.

3. Holding 1 pretzel rod at a time over melted chocolate, spoon some chocolate over pretzel to coat, leaving about 2 inches uncoated at one end. Immediately sprinkle coated pretzel with choice of topping. Carefully place coated pretzel rods in pie plate

or shallow bowl, leaning uncoated portion on edge (try to keep pretzels from touching one another) and refrigerate about 15 minutes to set coating.

4. Apply a second coating of melted chocolate and choice of topping to each pretzel as above; refrigerate about 15 minutes to set coating. Store at room temperature in tightly covered container, with waxed paper between layers, up to 2 weeks. Makes 1 dozen pretzels.

NOTE: We do not recommend using semisweet chocolate for coating pretzels; it will not set as well.

• Each serving: About 265 calories, 16g total fat (9g saturated), 0mg cholesterol, 180mg sodium, 37g total carbohydrate, 0g dietary fiber, 5g protein.

Good Housekeeping

Parmesan Pita Crisps

These crispy homemade pita chips are perfect for dipping, but they are also flavorful enough to hold their own on the snack table.

- 3 tablespoons olive oil
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 5 whole (5 to 6 inch) whole-wheat or white pitas with pockets

1/2 cup coarsely grated Parmesan cheese
Salt (optional)

1. Heat oven to 350 F. In cup, with fork, mix oil, cumin and ground red pepper.

2. With knife or kitchen shears, carefully split each pita in half. Brush 1 side of pita halves with oil mixture. Cut each half into 8 wedges. Arrange wedges, oiled-side up, in 2 ungreased 15 1/2 by 10 1/2-inch jelly-roll pans. Sprinkle with Parmesan, and salt if you like.

3. Place pans on 2 oven racks and bake crisps 12 to 15 minutes or until golden, rotating pans from upper to lower racks halfway through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or large self-sealing plastic bag up to 1 week. Makes 80 crisps.

• Each crisp: About 20 calories, 1g total fat, 30mg sodium, 2g total carbohydrate, 1g protein.



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Crime

Theft over \$500 on the 1700 block of West Barry Avenue.

Drug abuse violation found suspect narcotics in a public school building on the 4000 block of North Ashland Avenue.

Bomb threat and disorderly conduct at a bar or tavern on the 3300 block of North Halsted Street.

Sex abuse and sex offense criminal non consensual dissemination private sexual images at a residence on the 1700 block of West Henderson Street.

Arson threat and disorderly conduct at a residence on the 800 block of West Barry Avenue.

Vandalism to property at a residence on the 1100 block of West Newport Avenue.

Theft under \$500 in an alley on the 3800 block of North Southport Avenue.

Retail theft from a gro-

cery store on the 3200 block of North Ashland Avenue.

Fraud from a residence on the 2800 block of North Hermitage Avenue.

Theft under \$500 from a parking lot or garage on the 2900 block of North Lake Shore Drive.

Theft over \$500 from a parking lot or garage on the 3600 block of North Lake Shore Drive.

Theft over \$500 from a residential garage on the 3600 block of North Lake Shore Drive.

Credit card fraud on the 3200 block of North Broadway.

Burglary and unlawful entry to an apartment on the 600 block of West Buckingham Place.

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

Theft from a building on the 600 block of West Cornelia Avenue.

Theft under \$500 from a residential yard on the 700 block of West Belmont Avenue.

Theft over \$500 from a resident on the 3600 block of North Halsted Street.

Retail theft from a gas station on the 800 block of West Irving Park Road.

Fraud and illegal use of a cash card at a department store on the 3200 block of North Clark Street.

Criminal non aggravated sexual assault attempted in an alley on the 3500 block of North Clark Street.

Pick pocketing on the sidewalk on the 3500 block of North Halsted Street.

Theft under \$500 on the 2900 block of North Sheffield Avenue.

Credit card fraud on the 3400 block of North Clark Street.

Simple battery on the sidewalk on the 3500

block of North Clark Street.

Simple battery on the sidewalk on the 1100 block of West Irving Park Road.

Illegal use of a cash card at a public school building on the 3300 block of North Clifton Avenue.

Burglary and unlawful entry to a residential garage on the 1300 block of West Newport Avenue.

Fraud or confidence game at a department store on the 3300 block of North Ashland Avenue.

Simple battery at an apartment on the 1600 block of West Nelson Street.

Credit card fraud at a residence on the 500 block of West Wellington Avenue.

Theft of under \$500 On the 3000 block of North Broadway.

Simple assault on the sidewalk on the 600 block of West Grace Street.

Motor vehicle theft on the 600 block of West Patterson Avenue.

Pick pocketing on the street on the 700 block of West Aldine Avenue.

Liquor license violation at a restaurant on the 3500 block of North Clark Street.

Possession of cocaine and drug abuse violation in a parking garage on the 1000 block of West Addison Street.

Aggravated robbery on the sidewalk on the 600 block of West Melrose Place.

Drug abuse violation and found suspect narcotics at a public school building on the 4000 block of North Ashland Avenue.

Strongarm robbery with no weapon on the sidewalk on the 3500 block of North Clark Street.

Financial identity theft

at an apartment on the 700 block of West Sheridan Road.

Attempted strong-arm robbery with no weapon on the sidewalk on the 800 block of West Waveland Avenue.

Retail theft at a gas station on the 800 block of West Addison Street.

Theft from a restaurant on the 3100 block of North Clark Street.

Retail theft from a department store on the 3000 block of North Halsted Street.

Vandalism to a residential front yard on the 4200 block of North Leavitt Street.

Burglary and forcible entry to a residential garage on the 2400 block of West Fletcher Street.

Simple battery on a public school ground on the 2600 block of West Addison Street.

Simple battery at a gas station on the 2800 block of West Damen Avenue.

Retail theft at a small retail store on the 4000 block of North Lincoln Avenue.

Assault at a hospital building on the 2500 block of West Montrose Avenue.

Domestic battery on the street on the 4000 block of North Damen Avenue.

Motor vehicle theft from a gas station on the 4300 block of North Western Avenue.

Domestic battery on the sidewalk on the 3600 block of North Claremont Avenue.

Simple battery at a bar or tavern on the 3200 block of North Western Avenue.

Strongarm robbery no weapon on the street on the 4100 block of North Campbell Avenue.

Financial identity theft over \$300 and fraud on the 1800 block of West Waveland Avenue.

Credit card fraud at a

bank on the 4000 block of North Damen Avenue.

Domestic battery at a residence on the 2200 block of West Montrose Avenue.

Retail theft from a convenience store on the 3900 block of North Western Avenue.

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

Theft under \$500 from a grocery store on the 2400 block of West Montrose Avenue.

Burglary and attempted forcible entry at a residence on the 2500 block of West Berteau Avenue.

Vandalism to property at a residential front yard on the 4200 block of North Leavitt Street.

Simple assault at a grocery food store on the 3300 block of North Western Avenue.

Illegal use of a cash card at an ATM on the 3000 block of North Ravenswood Avenue.

Credit card fraud used on the 1800 block of West Belmont Avenue.

Simple battery on the street on the 900 block of West Cornelia Avenue.

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

Motor vehicle theft on the 3200 block of North Halsted Street.

Strongarm robbery no weapon shown at a bank on the 3000 block of North Clark Street.

Domestic Battery on the sidewalk on the 3400 block of North Halsted Street.

Theft from a church, synagogue or place of worship on the 3300 block of North Broadway.

Theft from a small retail store on the 3200 block of North Ashland Avenue.

Simple battery at a medical or dental office on the 1100 block of West Belmont Avenue.

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Photos courtesy of Getty Images

Keeping Your Finances Fresh Throughout the Year

FAMILY FEATURES

For many Americans, reaching and maintaining financial stability is a goal that tops their checklists. However, the strategies necessary for achieving that goal can quickly fall by the wayside.

Consider these tips from Bank of America Credit Cards Executive Jason Gaughan that you can put in place to help keep your finances in check throughout the year.

Make Financial Goals More Attainable

The key to achieving financial goals is to make them measurable. Try to focus on achievable outcomes that slowly push you in the right direction financially. For example, if you are planning to make a large purchase, give yourself a specific, short-term goal like saving \$50 from a paycheck so you can effectively measure your progress and build toward your purchase over time.

Redeeming your credit card rewards wisely can also help you more seamlessly reach your financial goals. Some cards allow you to redeem cash rewards directly into a checking or savings account or to apply to your credit card balance. In some cases, rewards can also be applied into longer-term investments like 529 accounts for college savings or a retirement fund, letting your everyday spending help fuel your future goals.

“Earning cash back on everyday purchases can provide extra funds to invest, splurge on a family vacation or put a down payment on a new car,” Gaughan said. “Whatever your financial goals are, a rewards card can help you get closer to achieving them.”

Reduce the Number of Credit Cards in Your Wallet

A Bank of America survey found 52% of Americans weigh down their wallets with multiple cards to earn rewards across different categories. By choosing a flexible credit card that allows you to earn benefits across various categories, you can consolidate and eliminate the need to juggle a variety of rewards cards.

One flexible card option is the Bank of America Cash Rewards credit card,



which allows you to choose from one of six categories – gas, online shopping, dining, travel, drug stores or home improvement – to earn 3% cash back on purchases each month along with 2% cash back at grocery stores and wholesale clubs, up to \$2,500 each quarter. Cardholders also earn 1% cash back on all other purchases. Cards such as this reward all your purchases, especially those in the places where you spend most frequently so you can maximize your cash back.

Cut Unnecessary Spending and Tackle Debts

If you’re dreaming of financial freedom, a budget is one of the first steps toward getting there. Start by reviewing bank and credit card statements from at least the past three months to gain a better understanding of your spending habits and identify areas you could improve. While cutting

back on non-essentials is typically a good place to start, this is also an opportunity to identify areas you can get better deals by switching providers for things like car or homeowner’s insurance as well as your cellphone, internet and other home services.

Once you’ve addressed your expenses, consider tackling your debts. To determine which debts need to be prioritized, look at the interest rates and principal costs of each and focus on paying off debts with higher interest rates first. Reducing your debt should take priority over most savings goals.

Discover New Ways to be Rewarded

You may be eligible to enroll in a banking rewards program like Bank of America Preferred Rewards, which gives members access to a variety of everyday banking benefits including credit card rewards bonuses on eligible

cards from 25-75%, home and auto loan discounts, free stock trades, ATM fee waivers and more.

Layering your banking rewards program together with airline, hotel, credit card, dining and shopping rewards programs can help boost your financial rewards earnings to the highest level.

Use Digital Banking Tools to Gain Full Visibility Into Your Finances

When using a combination of multiple rewards and savings strategies, it can be hard to keep track of where and how much you’re earning and saving at a given time.

Your bank may offer digital tools that provide assistance and resources to simplify your banking experience. For example, some digital dashboards allow cardholders to track their rewards earnings and redemptions, and discover additional benefits. Those using their

bank’s application on their computer or phone can typically manage their rewards, deals and benefits across multiple rewards programs.

Keep Tabs on Your Credit Reports and Scores

A numeric representation of your credit, your credit score signifies to lenders what kind of borrower you are. Because it influences everything from mortgage and auto loan rates to credit card approvals, keeping an eye on where you stand can be important in achieving your financial goals. It’s smart to periodically check your credit score to make sure everything is accurate and know where you stand. You can check your score through the major credit bureaus, and some credit card issuers even allow you to view your score for free through online or mobile banking.

The key to keeping your finances fresh is to create a simple strategy that allows you to push toward your financial goals all year long. By consolidating your wallet, creating realistic goals and budgeting, you can set yourself up for financial success. Find more solutions at BankofAmerica.com.

Earn Rewards Where You Spend Most

According to the spending analysis of more than 50 million Bank of America credit and debit cardholders, the average cardholder spent \$3,174 on groceries, \$2,430 on dining, \$2,319 on travel and \$1,627 on gas last year.

“Regardless of whether your spending priorities change frequently or remain steady, you should consider a flexible card that allows you to earn cash back across multiple categories that align with your spending patterns,” Gaughan said.

The Garden Bug **The ritual of oak and mistletoe**



In the first century AD, the Roman historian Pliny the Elder wrote that the druids held nothing more sacred than finding mistletoe growing on an oak tree. While chanting to the moon, they would bring two white bulls to the tree and sacrifice them to consecrate the event. A golden sickle would then be used to cut away the mistletoe, and great care was taken to gather it up in white cloth. - Brenda Weaver

Source: wikipedia

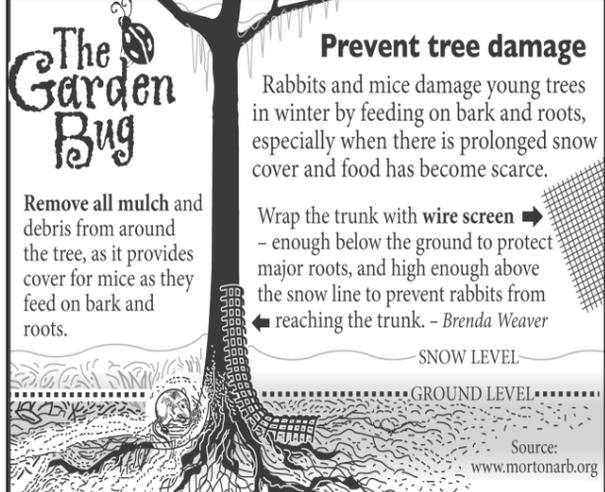
The Garden Bug **Flower offerings**



According to cultural traditions that pre-date the Christian era, the goddess Iemanja has control over the waters of Brazil, and offerings must be made to her on New Year's Eve or New Year's Day. On the beach, some light candles and toss flowers toward the sea. Some choose a basket or a small float, put flowers and other items in it, and send their offering out on the tide. If the goods come back, the offering is not accepted, and one must try again.

Source: www.newyears-brazil.com

The Garden Bug **Prevent tree damage**



Rabbits and mice damage young trees in winter by feeding on bark and roots, especially when there is prolonged snow cover and food has become scarce.

Remove all mulch and debris from around the tree, as it provides cover for mice as they feed on bark and roots.

Wrap the trunk with wire screen - enough below the ground to protect major roots, and high enough above the snow line to prevent rabbits from reaching the trunk. - Brenda Weaver

Source: www.mortonarb.org

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

“Remember, today is the tomorrow you worried about yesterday.”
 Dale Carnegie

“Never argue with stupid people, they will drag you down to their level and then beat you with experience.”
 Mark Twain

“Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian.”
 Dennis Wholey

“Have you ever noticed that anyone driving slower than you is an idiot, and anyone driving faster than you is a maniac?”
 George Carlin

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The Northcenter Chamber of Commerce presents

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A Free Community Educational Forum

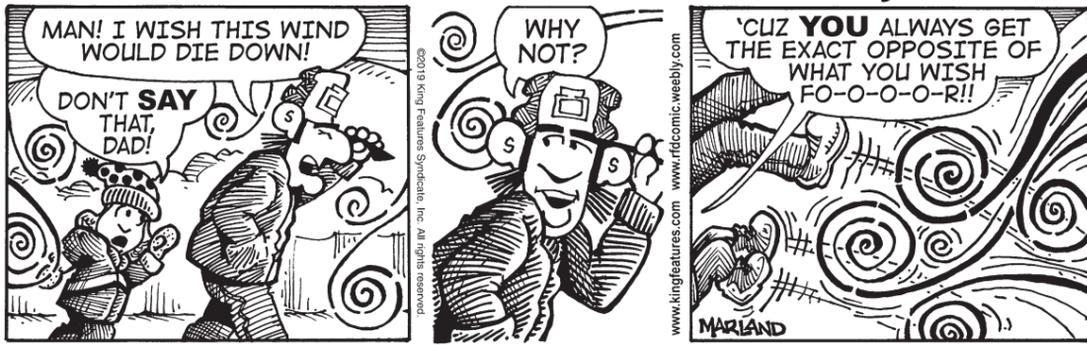
Saturday, January 11, 2020 ■ 10 AM
The DAVIS Theater ■ 4614 N. Lincoln

Due to limited capacity at the venue, to ensure a seat please register at:
northcenterchamber.com/events/calendar

Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



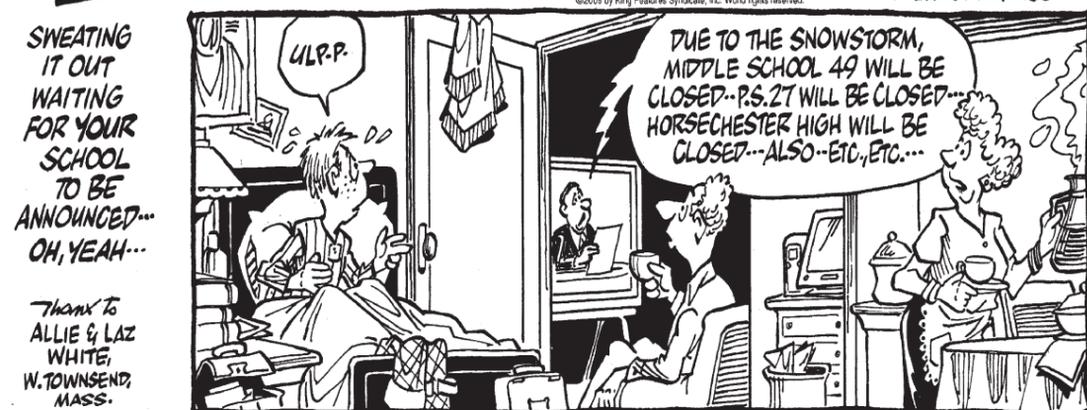
The Spats

by Jeff Pickering



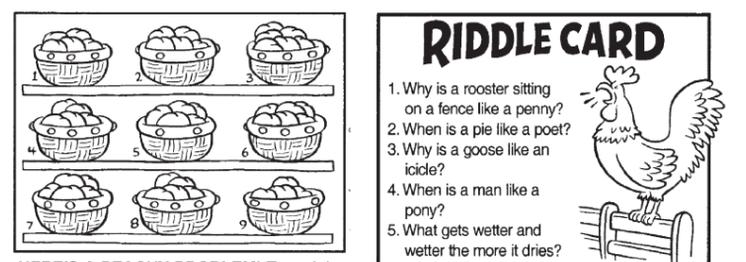
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



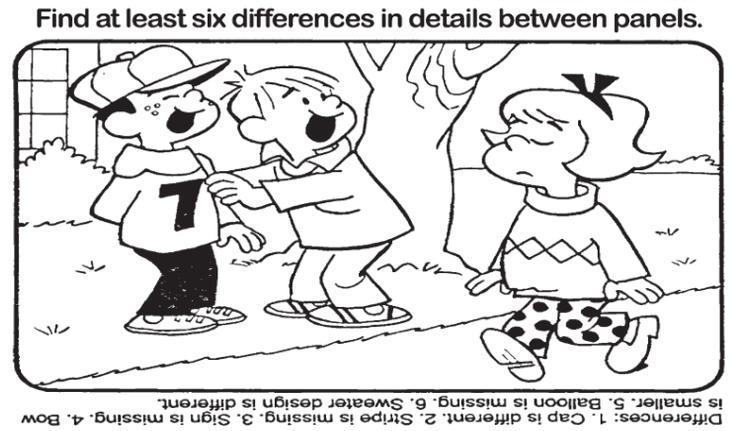
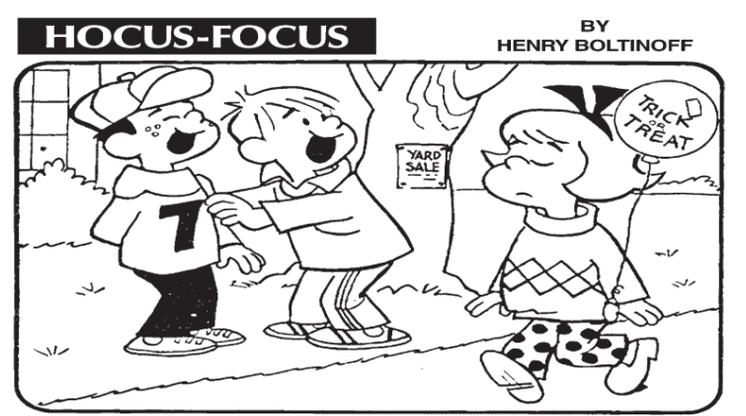
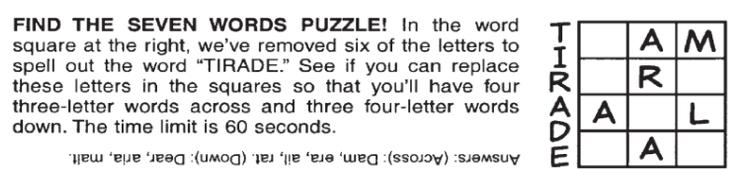
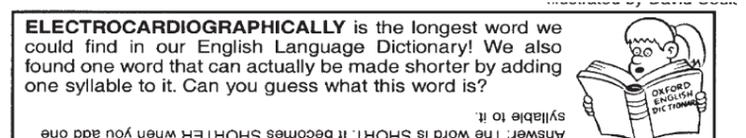
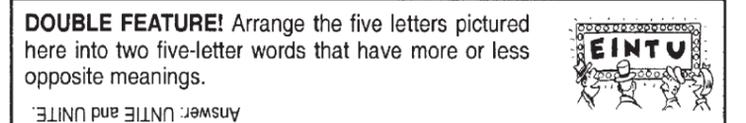
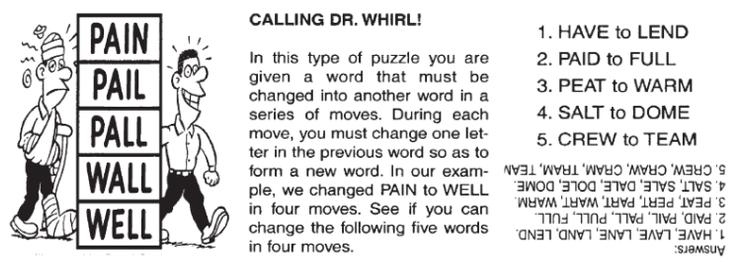
Junior Whirl

by Charles Barry Townsend



HERE'S A PEACHY PROBLEM! Two of the above fruit baskets look exactly alike. See if you can "pick" them out in one minute flat.

Answers: 1. Because its head is on one side and its tail both grow down. 2. When it is Browning. 3. Because they are on the other. 4. When he is a little horse (horse). 5. Because its head is on one side and its tail both grow down. Answer: Baskets 4 and 8



Just Like Cats & Dogs

by Dave T. Phipps



FAMILY FEATURES

While traveling more, losing weight and quitting bad habits are annually among some of the most popular New Year's resolutions, the turn of the calendar does represent a perfect opportunity to better yourself in multiple ways.

The impact of taking steps toward a healthier lifestyle – from committing to eating well, sleeping better, drinking cleaner water or boosting your nutrient intake – can be far-reaching, but also overwhelming. Gradually incorporating the health-focused habits you hope to make permanent fixtures in your life can help ensure the process isn't overly taxing, and some products can help ease the transition as well.

Find more tips to help keep you on the right path toward reaching your wellness goals at eLivingtoday.com.



Photo courtesy of Getty Images

Resolve to Be a Healthier You

New Year, Cleaner Water

When adopting health-focused resolutions like staying hydrated, it's also an opportunity to commit to drinking cleaner water. The easy-to-install PUR Advanced Faucet Filtration System makes it simple to wash fruits and vegetables, fill reusable water bottles before work or a fitness class and meal-prep with healthier and great-tasting water. The filtration system is certified to reduce more than 70 contaminants, including 99% of lead – more than any other brand, according to NSF. Learn more at PUR.com.

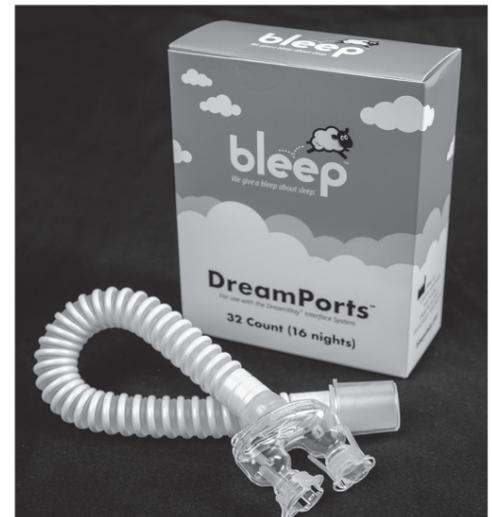
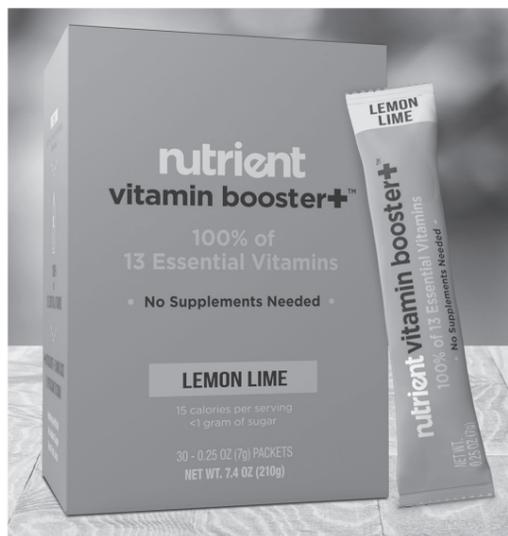


A Healthy Snacking Resolution

Strive to snack better in the new year with an option like Stryve Sliced Beef Biltong, which is a tasty meat snack with zero sugar and no artificial ingredients. Packed with protein, it is made with only air-dried beef and spices, meaning you don't have to give up goodness to stick to your clean eating resolutions. Paleo and keto-friendly, the beef biltong is available in seven flavors and comes in resealable packs so you can satisfy cravings wherever they strike. Learn more at Stryve.com.

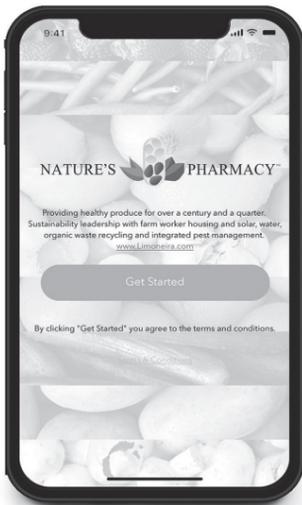
A Simple Vitamin Solution

If you're tired of swallowing multivitamins, consider an option like Vitamin Booster+ to help make your morning ritual more enjoyable. Simply dissolve one drink stick in water to get 100% of your daily essential vitamins along with 610 mg of electrolytes. Containing real fruit juice and only 15 calories per serving, this vitamin-dense drink is ideal for the whole family and is available in single-serve lemon-lime flavor sticks for an on-the-go boost. Find more information at drinknutrient.com.



A Sleep Apnea Solution

For those who suffer from sleep apnea, one of the best ways to get the sleep you need is the DreamPort Sleep Solution, which is small, lightweight, headgear-free and easy-to-use. You can say goodbye to bulky headgear and uncomfortable straps as nothing constricts your movement or gets in the way. Plus, it fits the shape of your nose for zero leaks to provide a better night's sleep and more energetic days. Visit bleepsleep.com for more details.



Download Wellness this Year

To help achieve your health goals in the new year, consider downloading the free Nature's Pharmacy app. It cross-tabulates 57 health priorities, such as increasing good cholesterol, preventing cardiovascular disease and easing insomnia, along with desired outcomes like improving energy levels or reducing wrinkles with 74 fruits and vegetables. By selecting a concern or desired outcome, the app, which is available on iOS and Android devices, generates a selection of produce that can aid in reaching those goals. For more information, visit limoneira.com.

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