

Holiday Recipes

Pages 8 and 9

Crime spree starts in Lakeview

Page 10

December 2020

FREE It's our 25th Anniversary
Serving the communities of

Lakeview, Roscoe Village, North Center and Lincoln Square



December, 2020

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

Volume 25, Number 1

Requiem for 2020

by Joyce A. Rimel

There are no words to fully describe the year 2020. Little did we know, on new year's eve 2019, that we were toasting a year that would bring the world to its knees.

As Americans, we've lived through wildfires in the western part of the U.S., an unprecedented amount of hurricanes and flooding in the south, riots and looting across the states, and in March of 2020 the perfect storm – COVID-19. Originating in China, it spread quickly to

the rest of the world. As cases increased, New York became the epicenter and it was out of control. It wasn't long before the country was taken over by an invisible enemy. We had no immediate defense against this killer. Researchers worked 24/7 to come up with a vaccine. People were dying and we started to shut down. Wearing a mask in public and social distancing became our mantra. Because people didn't want to go out and didn't have money

to spend due to high unemployment, retail stores, restaurants, theaters, museums and planned public events were canceled. Parents are stressed out trying to juggle the day-to-day mandate for their children's education. One day it's in-person learning and the next it's back to virtual learning. Those that are working from home are trying to do both at the same time and it's taking its toll. Many families didn't get together as usual during the Thanksgiving holiday for fear of transmitting the dis-

ease to one another.

With all of this, there are those who still won't wear a mask or self-distance or quarantine themselves because they think it's a hoax or it's a violation of their civil rights. However, what about the fact that you are jeopardizing the rest of us? Families who have lost loved ones will tell you that it's not a hoax. Then there's the extraordinary people on the front line—nurses, doctors, medical workers, caregivers and others who are risking their own lives to care for

others. Some have died in this war and like soldiers deserve our gratitude and are our heroes because without their dedication, we would truly be lost.

Right now, it seems like a vaccine has been discovered that will, hopefully, be the magic bullet that will contain this disease. It will still take months before the average American will benefit as it's been determined that health workers and the elderly will receive the vaccine first. In the mean time, we still have to muster up the strength,

courage, and will power to get through this and be kind to one another.

The holiday may be celebrated this year in a different way, but we will celebrate the tradition for ourselves, our children and our family.

In the midst of all of this, we decided to print an article written by Rich Lowry, one of our editorial contributors. We all like good stories and we hope you will enjoy reading this one followed by some Christmas trivia you might enjoy.

The Grinch's Heart Problem

by Rich Lowry

I'm not a Dr. Seuss fan. When it comes to children's books, I'm more a Curious George or Peter Rabbit guy. I generally don't like the doggerel or the illustrations in Seuss, which doesn't leave much to admire.

But "How the Grinch Stole Christmas!" is something different.

It deserves to be considered one of the great Christmas stories of all time, and achieves its power from the portrayal of the Grinch, the mountain-dwelling creature with the audacious scheme to ruin Christmas.

Theodor Geisel, aka Dr. Seuss, published the book in 1957, spawning a famous TV version, two feature films and plenty of merchandise. He wrote it after "The Cat in the Hat," and thought of it as one of his Big Books, aspiring more to literature rather than just madcap fun.

Its claim on that status is based on its compelling, disturbing depiction of pure malice via the Grinch. The cuddly Grinch toys available at toy stores notwithstanding, he is a nasty piece of work whose malevolence never ceases to astonish no matter how many times the book is read and reread.

The Grinch doesn't just hate the Whos, and "the warm lighted windows below in their town," but everything associated with their Christmas delight. He hates the cheerful noise, and hates the feast, and hates the singing. He hates joy itself.



And so he decides to "stop this whole thing." He disguises himself as the instrument of happy surprise, Santa Claus, and sets out to do the opposite.

He descends on the unsuspecting Whos, "all dreaming sweet dreams without care." At the house that is his first target, he steals all the stockings, decorations and toys, up to and including the tree. And he enjoys himself

doing it!

When little Cindy-Lou Who wakes up and finds, on the most enchanted night of the year, a purported Santa Claus making off with everything in the house, "the old liar" deceives the little tot.

The Grinch surpasses his fellow Christmas literary villain Ebenezer Scrooge by a considerable distance. Scrooge only turned away a dinner invitation, declined to make a donation to charity and was reluctant to give his clerk, Bob Cratchit, Christmas Day off. He didn't try to ruin the holiday for the entire town.

Why is the Grinch this way? Well, he's isolated; he lives alone 3,000 feet up with his put-upon dog Max (who is a scene-stealer in the 2018 movie). He is arrogant; he thinks he's clever enough to succeed in his massive theft. And he's cynical; all the Whos care about, he believes, is their presents and food.

Still, the ultimate source of the Grinch's enmity is unknowable. In the movie, his hatred of Christmas, naturally, stems from an unhappy childhood. This makes him a more sympathetic figure, but takes the edge off his malignity. In the book, Seuss

resists explanation: "Now, please don't ask why. No one quite knows the reason." All that can be said of the Grinch is that his heart is "two sizes too small."

Of course, the Whos sing on Christmas morning even though their presents are gone. Christmas comes anyway, despite the Grinch's exertions, and -- surprised by joy -- something changes in his heart. If the Grinch's evil defies explanation, so does his conversion. He returns all he stole and happily carves the "roast beast" at the Christmas feast of the Whos. After zipping through the writing of the rest of the book, Seuss struggled with the ending. He said that he "had gone through thousands of religious choices, and then after three months it came out like that."

It came out perfectly. The Grinch stands for the mysteries of the human heart, and the delights available to us if it's the right size. Merry Christmas!

Rich Lowry is editor of the National Review.

(c) 2019 by King Features Synd., Inc.

Why Santa's Suit Is Red, and Other Christmas Trivia

• The use of a Christmas wreath as a decoration on a front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.

• Christmas caroling began as an old English custom called Wassailing — toasting neighbors to a long and healthy life.

• The biggest selling Christmas song of all time is Bing Crosby's "White Christmas."

• All modern references of Santa coming down the chimney can be traced to the famous poem "A Visit From St. Nicholas," written in 1822 by Clement C. Moore. In it he describes "And then in a twinkling I heard on the roof, the prancing and pawing of each little hoof. As I drew in my head and was turning around, down the chimney St. Nicholas came with a bound."

• Due to the time zones, Santa has 31 hours to deliver gifts.

• The first printed reference to Christmas trees appeared in Germany in 1531.

• Artificial Christmas trees have out-sold real ones since 1991.

• Candy canes began as straight white sticks of sugar candy used to decorate Christmas trees. A choirmaster at Cologne Cathedral decided have the ends bent to depict a shepherd's crook, and he would pass them out to the children to keep them quiet during services. It wasn't until about the 20th century that candy canes acquired their red stripes.

• A traditional Christmas dinner in early England was the head of a pig prepared with mustard.

• The Santa Claus suit was developed when the Coca-Cola Company hired American artist Haddon Sundblom in 1931 to redesign Santa Claus. Sundblom chose the official colors of Coca-Cola, red and white.

• In America in 1822, the postmaster



Coca-Cola

of Washington, D.C., complained that he had to add 16 mailmen at Christmas to deal with cards alone. He wanted the number of cards a person could send limited by law. "I don't know what we'll do if this keeps on," he wrote.

• An average household in America will mail out 28 Christmas cards each year and get 28 cards in return.

• According to a survey, 7 out of 10 dogs get Christmas gifts from their doting owners.

• In 1836, Alabama was the first state to declare Christmas a legal holiday.

• In 1907, Oklahoma became the last state to declare Christmas a legal holiday.

• In 1947, Toys for Tots started making the holidays a little happier for children by organizing its first Christmas toy drive for needy youngsters.

• According to Christian theology, the true Christmas season begins at sundown on Dec. 24 and lasts through sundown on Jan. 5. For that reason, this season is also known as the Twelve Days of Christmas.

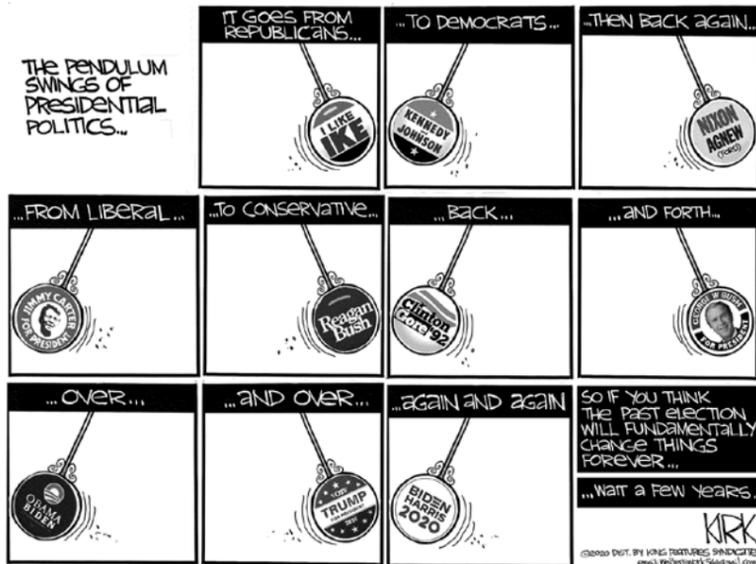
© 2018 King Features Synd., Inc.



Editorial & Opinions



© 2018 by King Features Syndicate, Inc. World rights reserved.



© 2018 by King Features Syndicate, Inc. World rights reserved.



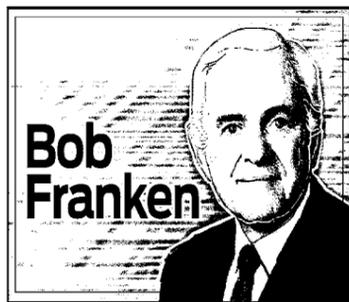
© 2018 by King Features Syndicate, Inc. World rights reserved.



© 2019 by King Features Syndicate, Inc. World rights reserved.



© 2018 by King Features Syndicate, Inc. World rights reserved.



Racial politics then and now

In my hometown of Little Rock, Arkansas, back in the late 1950s they closed the public schools down rather than desegregate. But since high-school sports were as big as in Texas, they kept the football season going. The saying around town that year was that the teams were "Undefeated, Untied and Uneducated."

Fast-forward 60-plus years. This year, so many schools are once again closed, but at least some of their teams are also not playing football, nor any sports. It's too dangerous, thanks to the pandemic.

Now we are overwhelmed with more than a quarter-million people killed by the coronavirus and more than 12 million cases in the United States since the plague began. And, yes there is a racism factor involved: The infection rate disproportionately affects minorities, largely due to the fact that they are among the nation's poorer citizens.

To say that the Trump administration's response to this crisis has been dismal understates disastrous. From day one, it has been a tragedy of errors. Nearly every responsible government agency has been irresponsible, near every decision has been wrong and/or carried out in ways that give new meaning to the word "incompetent."

Those who know what they're doing have been sidelined because they were unwilling to parrot the party line that

the coronavirus was no big deal. And we are talking about the Trump party here, with one member. Since the beginning, President Donald Trump has insisted that the invisible attacker would have minimal effect, would "miraculously" disappear after a brief period, and it wasn't worth getting our protective gear in a knot about it.

What protective gear? Even after all the flailing around, even after the president demonstrated his nonstop ignorance, he was able to intimidate many governors and local officials to prematurely abandon the lockdown, which was wreaking havoc on the economy but which was starting to work. Eleven months later, the invisible viral enemy is still mercilessly slaughtering our citizens.

Trump moved on to other things to distract from the miserable job he and his people had done. What did he choose? Well, bigotry, of course. When Black and white people together rose up in the wake of the George Floyd killing by police, Trump predictably sided with the white supremacists and ran as a demagogue trying to stoke racial fears this this country. In other words, whatever worked.

Except it didn't work. It was all about Donald Trump getting a second term. But he was beaten by about 5 million in the popular vote and the electoral college tabulation, 306-232.

As we all know, Donald Trump is not about to let getting beaten beat him. Having gotten away with flim flam all his life, he is flaming the constitution, looking for an angle, any angle, to steal the election.

He doesn't care how much he is shattering the nation. As far as he is concerned, in politics, he has never lost. Why? Because he said so. But January 20, he'll discover that this racist lost the race.

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

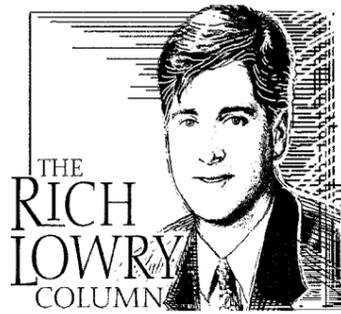
© 2020 Bob Franken Distributed by King Features Syndicate, Inc.

Americanisms



"No one has the right to consume happiness without producing it."
— Helen Keller

© 2020 King Features Syndicate, Inc.



The coming anti-COVID restriction backlash

It already seems clear that the first major political and culture eruption of the Biden years will be a roiling populist backlash against the next round of COVID restrictions.

We saw this sentiment play out in sporadic anti-lockdown demonstrations last spring and it has driven ongoing resistance to masks, but it is, in all likelihood, about to reach an entirely new level - fueled by exhaustion with the virus, elite hypocrisy and the shattered credibility of the public-health establishment.

The ascension of Joe Biden will add force to the reaction. It is an iron law of American politics that whichever party doesn't control the presidency will suspect the other of plotting to impose a tyranny, so the fear and loathing of COVID restrictions, somewhat muted on the right while Donald Trump was president, will deepen and intensify.

The right's populism and limited-government impulse, which separated in the Trump years, will presumably be reunited in the push against lockdowns in a way that they haven't been since the Tea Party.

"Lockdowns. Mask police. Curfews. What about freedom?" asked conservative Rep. Jim Jordan in a recent tweet, forecasting things to come.

It'd be much better if we could find a prudent middle path through the next several months, as the pandemic enters its worst phase and as new vaccines arrive that will soon start changing everything. But a significant segment of the American public has lost its patience with a new normal that has, at times, been arbitrary and poorly thought through.

When the new virus first hit our shores and we knew much less about it, the case for lockdowns was strong to keep the health-care system from getting overwhelmed and to play for time (and better treatments). In retrospect, though, the nationwide lockdowns of the spring closed down some states before they experienced their initial waves of the disease, imposing economic, mental health and medical costs without much upside.

After that kind of sacrifice, it's hard to double-dip and ask people to do it again.

Especially when the latest advice ran against the grain of one of the nation's oldest traditions, namely Thanksgiving, and when prominent pro-restriction officeholders discredit themselves with their own behavior.

In mid-November, Chicago Mayor Lori Lightfoot told residents of her city: "You must cancel the normal Thanksgiving plans. Particularly if they include guests that do not live in your immediate household." Yet just days earlier she happily had joined a crowd celebrating Joe Biden's election victory. During this moment, the political class should have been especially sensitive to playing by its own rules, when those rules have been so relatively easy to bear for the elite and so punishing for ordinary workers.

To simplify and generalize, at the start of this year, they downplayed the virus for fear that it would stoke xenophobia. Then, they lurched into five-alarm-fire mode.

They poured cold water on masks before turning around and insisting on them despite ambiguous evidence on the efficacy of cloth masks.

They preached the gospel of social distancing until mass Black Lives Matter protests erupted, blessing these huge, often unruly gatherings because fighting racism is supposedly a paramount public-health issue.

The upshot will be poisonous contention in the months ahead before the advent of that most American solution - the clever technological fix, in the form of transformative vaccines.

Rich Lowry is editor of the National Review.

© 2020 by King Features Synd., Inc.

Lakeview Newspaper

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

How to get in touch with us:

Lakeview Newspaper

J2 Associates, Inc.

P.O. Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVNEWS@aol.com

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Lisa Rode

December 2020

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

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

SENIOR NEWS LINE

by Matilda Charles

Using the Internet to Enrich Our Lives

With most of us spending most of our days at home, it's time for us to take advantage of the internet. Here are some resources that can enrich our lives.

Inquire at the local senior center about any exercise classes online. Some classes will be live on Zoom and others will be videos that the instructors record and post on the center's website. If they're not hosting any classes, search online for "seniors exercise at home" and look for some that are produced by other senior centers.

Virtual art classes can open up new areas of interest and reveal talents you didn't know you had. Better yet, if you're a beginner or are exploring a new art medium, look for videos that you can review over and over. Look online for free art classes online for seniors.

Exercise and art aren't the only free classes you'll find online. Yoga and tai chi, sewing, baking and cake decorating, creative writing, a new language — if it can be done online, there's a class for it somewhere.

And don't forget Class Central (www.classcentral.com). Check the website for a list of MOOCs (massive open online courses). There 15,000 different free and low-cost classes in its searchable database from colleges and universities around the world. Imagine taking a philosophy course from the University of Edinburgh or Introduction to Classical Music via Yale University. (I put art history into its search box and got back 165 results.) Read the details for any class you're considering. It will tell you if the class is self-paced, whether it's free to audit, the class level and how much time per week you can expect to spend on the work, as well as reviews from other students.

If you're unsure of your internet skills, search for "internet basics for seniors" on Google.

VETERANS POST

by Freddy Groves

Purple Heart Phony

With snow expected that afternoon, I suspected the veteran crew might not have shown up outside the coffee shop, but there they were, socially distanced around the sidewalk. And they were in the middle of a hot conversation when I stepped up.

The topic was a guy who had potentially faked his military history and worse, had claimed he was a Purple Heart recipient, this time right here at home.

"He's in our VFW. We took him in."
"He needs to be brought down, if he's a liar."

"So, do I make the call? I'll be calling in a favor if I do."

The group took a vote, going around the circle. It was 100% to find out once and for all if their fellow veteran was indeed a liar and a thief.

The main guy slid a phone out of his pocket, stabbed in a number, said a few words, listened and then hung up.

I can't repeat here his exact angry words, but the summary was: Their friend and fellow veteran had lied. He hadn't served where he'd claimed he had, hadn't had the MOS he'd claimed he had, and he certainly had not earned a Purple Heart.

MOS is a code that identifies the job someone has in the military. This particular veteran had worked in supply at a small CONUS base. Unless he'd gotten a paper cut while stocking shelves, he'd never been wounded. Somewhere there was a faked DD-214.

I tossed my coffee cup in the trash and walked away, leaving the group to their collective misery while they explored just how they'd been taken in. I'd heard the story too many times. Veterans and those who'd never served claiming benefits, medals and admiration they never earned, enjoying a higher-level Priority Group at a Department of Veterans Affairs medical center, telling tall tales.

Eventually they get caught, like this phony just did, by people who pay attention to their gut feelings. The Stolen Valor Act would take it from there.

Strange BUT TRUE

By Lucie Winborne

• Tigers, jaguars and leopards love the smell of Calvin Klein's "Obsession For Men"! Photographers who used the fragrance to lure the big cats to their cameras in the wild said the cats "would start drooling, their eyes would half-close, almost like they were going into a trance."

• The human body gives off enough heat in 30 minutes to bring a gallon of water to a boil.

• Between 1970 and 1973, four Israeli fighter pilots held as POWs in an Egyptian prison passed their time by translating J.R.R. Tolkien's "The Hobbit" from English into Hebrew. The book was sent to them by their family members via the Red Cross. The pilots' version was published commercially in 1977 and is still considered by many to be one of the best Hebrew translations available.

• Until 1953, New York City had a pneumatic tube mail network that spanned 27 miles and connected 23 post offices. At its peak, the system moved 95,000 letters a day at speeds of 30-35 mph.

• Halloween is more Irish than St. Patrick's Day.

• Ever wonder how the dice game Yahtzee got its curious moniker? A wealthy Canadian couple invented the game as a way of entertaining friends on board their yacht. After it proved a hit, the couple consulted a toy maker who loved it, bought the rights, and changed the original name from the generic "Yacht game" to "Yahtzee."

• Homer Simpson's famous "D'oh!" is a real word in the Oxford English Dictionary, though in "The Simpsons" scripts, it's rendered merely as an "annoyed grunt."

• Barbie has been outfitted by over 70 well-known designers, including Yves Saint Laurent and Christian Dior.

Thought for the Day: "Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love." —Lao Tzu

KOVELS Antiques & Collecting

By Terry and Kim Kovel

Clever Table

A table has four legs and a flat top — except when it is designed by a clever cabinetmaker. Freeman's Auction in Philadelphia sold an unusual rosewood table with two partial shelves built below the 20-inch square tabletop. It is decorated with carved dragons on the brackets and a spider and fly inlay of mixed metal and mother-of-pearl. The Anglo-Japanese inlaid rosewood table was made by A. and H. Lejambre of Philadelphia around 1880; the company produced work from 1865 to 1907. Similar tables are in several museums. The table sold at auction for \$13,000.

Q. My parents bought a home in Florida and purchased the contents, including an interesting table used as a lamp table. The top flips to one side, doubling its surface, and can be raised for storage. Open, it measures 17 inches high by 34 inches square. A label reads "Williams-Kimp Furniture Co., Grand Rapids, Mich." Could you tell me more about this table and its value?

A. Game tables were popular during the 18th and 19th centuries — first in England, and then in the United States. Cabinetmakers designed clever tables suitable for writing letters and for pastimes like playing cards, chess or backgammon. The tables looked like regular tables when not in use. Some had a hinged top that folded, swiveled or slid open to reveal a playing surface. Others had a game board inlaid on top. The Williams-Kimp Furniture Co. started in Grand Rapids in 1923. It was purchased by Baker Furniture in 1951. The company made reproductions of American Federal furniture including dining sets, secretaries, desks, chairs and pieces like your game table. Your table is worth about \$175 to \$225.

Q. I have 11 Imperial Glass Whirling Star Marigold Iridescent punch cups and have no idea how to price them. Can you help?

A. Imperial's Whirling Star pattern in Marigold was only made in



This unusual table is an example of Anglo-Japanese style. It has a look that was not favored by many cabinetmakers. The table with wooden tiers and carved dragons sold at auction for \$13,000.

punch sets. The complete set, including the punch bowl, base and 12 cups, sells for about \$300-\$450. A set with the punch bowl and six cups was offered for sale for \$95. Whirling Star punch cups in other colors sell for about \$5 or \$6. The set has been reproduced.

CURRENT PRICES

Windsor chair, maple, pine, triple comb, continuous arm, ring-turned legs, 40 x 25 inches, \$1,080.

Secretary desk, shaped crown, 2 doors, 3 drawers, ribbons, birds, cream ground, 84 x 35 inches, \$1,680.

Farm table, dining, chip carved oak, overhang top, drawer, tapered block legs and square feet, c. 1810, 29 x 70 inches, \$4,000.

Tub chair, mahogany, carved, rounded back, scrolled arms, leafy uprights, flared legs, brass cuffs, casters, 36 x 24 inches, \$7,040.

TIP: Store drinking glasses and vases right side up to protect the rims.

"Kovels' Antiques & Collectibles Price Guide" — the all new 2021 edition — is now available in bookstores and online, or visit www.Kovels.com for a special offer.

© 2020 King Features Synd., Inc.



by Ryan A. Berenz

1. The Little Brown Jug is a trophy awarded in the rivalry between what two college football teams?
2. Where did former British basketball standout Pops Mensah-Bonsu play college basketball from 2002-06?
3. What defensive back was known for wearing a "pro cap" on his helmet during his career with the Buffalo Bills from 1986-93?
4. Who did Ashley Force defeat in the Top Fuel Funny Car final race to win the 2008 NHRA Summit Southern Nationals?
5. What Puerto Rican boxing great, a champion in three weight classes, was shot to death in November 2012?
6. What two-time NFL rushing yards leader (1938, '40) went on to serve on the U.S. Supreme Court from 1962-93?

Answers

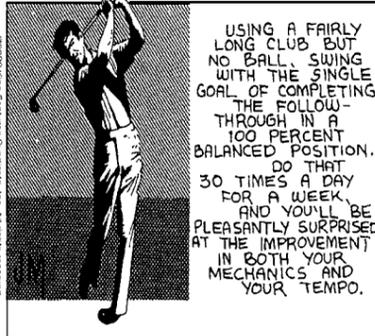
1. The Michigan Wolverines and the Minnesota Golden Gophers.
2. George Washington University.
3. Mark Kelso.
4. Her father, John Force.
5. Hector "Macho" Camacho.
6. Byron "Whizzer" White.

Play Better Golf with JACK NICKLAUS



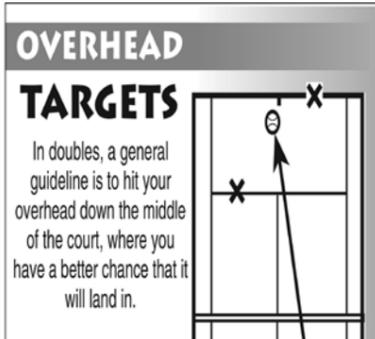
SWINGING IN BALANCE IS A KEY TO SOLID BALL-STRIKING.

HERE'S A DRILL TO HELP YOU IMPROVE YOUR BALANCE.



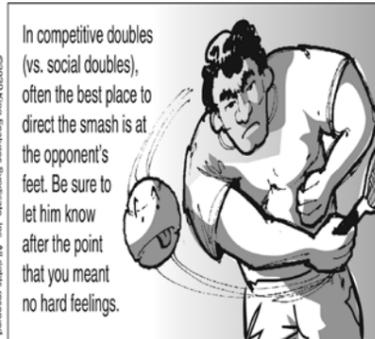
USING A FAIRLY LONG CLUB BUT NO BALL, SWING WITH THE SINGLE GOAL OF COMPLETING THE FOLLOW-THROUGH IN A BALANCED POSITION. DO THAT 30 TIMES A DAY FOR A WEEK, AND YOU'LL BE PLEASANTLY SURPRISED AT THE IMPROVEMENT IN BOTH YOUR MECHANICS AND YOUR TEMPO.

STAN SMITH'S TENNIS CLASS



OVERHEAD TARGETS

In doubles, a general guideline is to hit your overhead down the middle of the court, where you have a better chance that it will land in.



In competitive doubles (vs. social doubles), often the best place to direct the smash is at the opponent's feet. Be sure to let him know after the point that you meant no hard feelings.

LAFF - A - DAY



"You'll be happy to know that I've been voted the most-dressed girl on our block!"

GRIN like BEAR IT



"Care to join me for happy hour?"

2020 CHRISTMAS SHIPPING DEADLINES

Here's when you need to mail gifts

	Deadline Dates	Where To Take It	Contact
U.S. Postal Service	USPS Retail Ground Dec. 15 First Class Mail: Dec. 17 Priority Mail: Dec. 19 Priority Mail Express: Dec. 23	Your local post office or arrange for carrier pickup. Use usps.com to order supplies, print postage and access a host of other services.	www.usps.com
UPS	UPS Ground Dec. 15 UPS 3 Day Select: Dec. 21 UPS 2nd Day Air: Dec. 22	UPS Stores nationwide. Go to usps.com or call 800-789-4623 to find a location or schedule pickup.	www.ups.com ; 1-800-PICK-UPS
Fed Ex	FedEx. FedEx SmartPost: Dec. 9 FedEx Home Delivery: Dec. 15 FedEx Ground Dec. 15 FedEx Express Saver: Dec. 21	Any FedEx Office location or FedEx authorized shipper.	www.fedex.com ; 1-800-GO-FEDEX

Health



False Positives Plague Lung Cancer Screening

DEAR DR. ROACH: I'm a 74-year-old female who smoked a pack a day for 40-plus years, having quit smoking about 18 years ago. As a precaution, I asked my primary doctor to order a screening CT scan, knowing that I'm a candidate for lung cancer. The results showed a 3-mm nodule in one lung, and I was advised not to worry and that my doctor would order another CT scan in six months. I can't help but wonder if this is cancer and if an oncologist, after six months, will ask me why I waited so long to see him. — T.W.

ANSWER: Medical professionals have been attempting to screen for lung cancer for decades. Chest X-rays proved insensitive: By the time cancer could be seen on X-ray, it was usually too late to do anything about it. CT scans are much more sensitive (maybe too sensitive; see below), and studies have shown that some lives will be saved with a screening program. However, the number of people who would benefit is relatively small; 256 moderate- to-heavy smokers would need yearly screening for three years in order to prevent one lung cancer death.

There are two other significant concerns about lung cancer screening. The first is the issue you have now: an abnormal result and what to do about it. It's extremely common. Almost 25% of scans will be abnormal, and 96% of the abnormal results will be false positives. But it will require multiple scans and sometimes an invasive procedure to prove it. This means a great deal of anxiety among people who get the type of result you did.

The small size of your nodule means your risk that this nodule is cancer is much lower than 1%. A follow-up scan is the usual recommendation, and if the nodule is the same size or smaller, the chance of it being cancer is very close to zero. You should have had a careful explanation of the likelihood of false positive results before getting the scan. You should also have been warned of the possible need for a biopsy and the possible financial costs associated with fol-

low-up testing.

The second concern is that current smokers who consider screening should receive intensive advice and help in quitting smoking. A negative CT scan is not a "clean bill of health" for a smoker and quitting remains the single most important thing most smokers can do for their overall health.

DEAR DR. ROACH: How often does a healthy person with perfect vision and no eye concerns need to see an eye doctor? — D.S.

ANSWER: A periodic eye exam in someone with no symptoms involves a screening test for vision changes related to aging and other eye diseases, including glaucoma, age-related macular degeneration and cataracts. There are several commonsense reasons for screening, but there has not been good evidence to support its use. The U.S. Preventive Services Task Force does not make a recommendation for or against screening. The Canadian Task Force recommends against it.

By contrast, the American Academy of Ophthalmologists recommends a baseline exam at age 40; visits every two to four years from age 40-54; every year to three years from age 55-64; and annual exams for people 65 and over.

Can They Give Gift to Their Doctor?

DEAR DR. ROACH: We are very fond of our family doctor. I was in to see him the other day, and it came up in conversation that he was going to be getting married. We would like to acknowledge this event in his life with either a lovely card or a small gift. I know the old-school way of thinking is to never do things that are so personal when it comes to your physician. Do you think that still holds true today? — N.W.

ANSWER: Physicians are human beings, and a thoughtful card is always appreciated. Gifts can sometimes be OK, but the American Medical Association has some guidelines for physicians on accepting gifts. I agree with them and you might find them helpful:

— Be sensitive to the size of the gift: Inappropriately large gifts should not be accepted.

— Do not let a gift influence patient care.

— Decline a gift that would present an emotional or financial hardship to the patient's family.

— Consider suggesting a charitable contribution in lieu of a gift.

I would add that sometimes rejecting a gift can be hurtful, and if accepting a gift conforms to the guidelines, I generally accept it with thanks.

DEAR DR. ROACH: Hi. I'm a very healthy, 68-year-old male. My only issue is almost nonexistent testosterone. What type of doctor should I see? It seems to be a problem for many senior men. — A.

ANSWER: Low testosterone is a concern for many men as they get older. In some cases, the concern is justified. Some men may have a problem making testosterone due to a condition in the brain (the hypothalamus and pituitary gland both need to be working properly for testosterone production) or in the testes, where testosterone is actually made. In these cases, testosterone replacement therapy is clearly indicated.

What is still controversial is whether to treat healthy older men who have a low testosterone level and no symptoms. It's not clear that treatment of low testosterone will prevent problems in the future. It's possible that's the case, but I am very cautious about prescribing a drug with potential harms for someone without symptoms, when it has not been proven to be of benefit.

However, men with symptoms of low testosterone, such as low sex drive, depressed mood and loss of body hair, and who have clearly low testosterone levels may benefit from treatment, and a trial of testosterone treatment is appropriate. Men should learn about potential risk (prostate cancer remains a concern despite reassuring early studies) and have regular laboratory evaluation.

Low energy by itself is not clearly a symptom of low testosterone and may not improve with testosterone treatment.

CPAP Could Help With Sleep Apnea

DEAR DR. ROACH: How are sleep apnea, snoring and heart failure related? Recently, I was told that I have severe sleep apnea and that I must use a CPAP machine. I have noticed that during the day I frequently take a spontaneous deep breath. Is that sleep apnea while awake? I have coronary heart disease and have three stents. Will the CPAP machine help me in any way? — A.P.

ANSWER: It's complicated. By far, the most common type of sleep apnea is obstructive sleep apnea. This happens in people who are overweight, or in people whose neck anatomy predisposes them to the condition. During sleep, the upper airway collapses, preventing proper inspiration. This can be noticed by a sleep partner as choking, gasping or just not breathing for a prolonged time. The person eventually will wake up enough, due to lack of oxygen, to be able to take in a good breath, but will then fall back asleep. The process may happen hundreds of times a night, with the person often unaware.

Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

In severe sleep apnea, the oxygen level in the blood can be so low for so long that the heart and lungs can be damaged, eventually

leading to a type of heart failure of the right side of the heart.

However, the situation is even more complex. People who have other kinds of heart failure, such as from repeated heart attacks, can develop the less common form of sleep apnea, central sleep apnea. Although this also may be treated by CPAP, it is critical to treat the underlying heart failure as well. Your doctor can tell you whether you have central or obstructive sleep apnea.

Spontaneous deep breaths, sighs, are a part of normal human physiology. Sighs have several purposes, but the most important is to help keep the lungs properly expanded. Sighs might be more common in people with heart failure, but I do not know of any correlation with sleep apnea.

DEAR DR. ROACH: Are deodorants containing aluminum safe to use? The brands that do not contain aluminum are much less effective. I am concerned about absorbing the aluminum from the deodorant and its effect on the brain. — D.M.

ANSWER: That's a myth. The amount of aluminum in antiperspirants is negligible. Deodorants that aren't also antiperspirants don't contain aluminum. The aluminum mechanically blocks the sweat glands in the armpit, and 99.99% of it is not absorbed into the body. Long-term studies of people taking aluminum-based antacid (which is also poorly absorbed) have shown no increased risk of dementia. The body has several ways of removing the small amounts of aluminum we absorb, mostly via the kidneys. Aluminum toxicity IS a potential problem for people with kidney disease on dialysis, but the small amounts of aluminum in antiperspirants is too small to worry about even in those cases.

There is absolutely no reason to be concerned about the health effects of aluminum on the brain.

DEAR DR. ROACH: I have a friend whose daughter has an egg allergy. She said her daughter will break out in a rash if she eats anything that even has trace amounts of egg in it. Another friend of hers told her to use CBD oil to prevent reactions, but I am skeptical. I cannot find anything credible to support the claim. What are your thoughts? — E.B.P.

ANSWER: Almost every day I hear another claim that cannabidiol, the major non-psychoactive component of cannabis, is effective for some medical condition. Unfortunately, the evidence of effectiveness of CBD is very limited.

The sole Food and Drug Administration indication for CBD is for the treatment of two uncommon childhood seizures: Dravet syndrome and Lennox-Gastaut syndrome. There is preliminary evidence that CBD may be useful for anxiety disorders, some types of sleep disorders and chronic pain. There is active research on other conditions, including asthma, multiple sclerosis and contact dermatitis. I believe it is likely that CBD will be proven effective for other conditions, but until there is better evidence

of effectiveness, I cannot make a recommendation to use CBD (outside of the two forms of childhood epilepsy for which it is indicated).

Although there are laws in all 50 states legalizing CBD, the federal government's position is still that cannabis extracts are Schedule I controlled substances, although they do not seem to be enforcing action against CBD at present. Unfortunately, independent laboratory analysis of available CBD products show that about a quarter of them have less CBD than advertised, and another quarter contained the psychoactive component THC.

For food allergies, I would recommend strongly against using any unproven treatment. Egg allergies have a broad range of severity in children, from mild rash to life-threatening airway swelling and anaphylaxis. Although many children outgrow egg allergies, your friend should listen to her daughter's doctor, not her CBD-supporting friend.

CBD Recommendation Awaits More Research

DEAR DR. ROACH: I recently changed primary doctors, and I saw the report of my echocardiogram. It said I have "mild left ventricular hypertrophy with some diastolic dysfunction." Could you tell me what this means and if it is serious? — C.B.

ANSWER: An echocardiogram uses sound waves to take precise images of the heart. The cardiologist interprets those images to make statements about the anatomy of the heart, including thickness of the walls of the heart, as well as its function.

The left ventricle is the chamber of the heart that pumps blood to all of the body, having received oxygenated blood from the lungs. Consequently, it is the thickest of the chambers. "Hypertrophy" means "too much growth" — that the wall is too thick. "Diastole" is the part of the cardiac cycle where the ventricles fill up. This should happen at very low pressures. In diastolic dysfunction, which commonly accompanies left ventricular hypertrophy, the left ventricle requires higher pressure to fill that thickened and stiffer wall.

LVH and diastolic dysfunction are most commonly results of high blood pressure. Some of the many medicines we use to control high blood pressure are good at helping the heart fill at lower pressure. Not everybody with these findings on an echo needs treatment. The key word in your report is "mild," which generally indicates no need for treatment beyond careful blood pressure monitoring.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Financial

IT MIGHT BE TIME TO WRITE OR REWRITE YOUR WILL

More than 40 percent of people ages 50 through 64 and more than 30 percent of Americans 65 and older don't have a will. It's one of those tasks we like to put off, but especially during this pandemic, it's time and even if you have no assets to pass on, the right paperwork can save your loved ones headaches and heartache. There is no reason to not getting around to doing it. With DIY software, you can pull together an effective will in less than an hour.

Here are some essential things to know about end-of-life planning:

You need more than a will

A will directs what happens after a person dies. But two other documents are just as important. One is a health care directive, sometimes called a living will, which lets you appoint someone to make medical decisions for you if you're unable and also outlines the care you desire. The other document is a durable power of attorney, which lets someone make financial decisions on your behalf if you're incapacitated. Attorneys typically provide these, as do most online services. These documents require hard conversations. Have them anyway. This conversation is usually put off because people worry that talking about death will up-

set their spouse and family. However, knowing a person's wishes about everything from medical care to funeral plans gives families an enormous sense of relief when they know what to expect.

Every state is different

In some states, spouses inherit everything if you die without a will. In others, they get only a child's share. A few recognize oral wills if witnessed properly, while others don't. It's important to work with a lawyer licensed in your state and even if you're planning to move, get a will now and then update it.

Sidestep tradition

Many people still believe in naming their oldest child as their will's executor and

the agent to oversee their health care and money. Select your agents based upon their ability to manage your affairs, not birth order. Don't be afraid to split duties. Someone making end-of-life decisions has a very different role than someone distributing property after someone has passed.

Joint wills are a terrible idea. Such wills can restrict a surviving spouse from changing it later, even if his or her circumstances change radically. This type of will isn't even valid in some states.

Either treat all children the same or prepare for blowback

Leaving more to one child or leaving one out entirely almost guarantees dissent and challenges later. Feel-

ings are hurt and balloon into legal hearings after death. If you do create an imbalance, talk that decision out with your children now, to avoid legal action later. And know that step-children aren't automatically treated as children for legal purposes. For them to share in an inheritance, they must be specifically named.

It may not be a one time task

Your documents may need revisions if there's a major life event — you move to a new state or a beneficiary or agent becomes ill, disabled or dies.

You can write one any time, even if you're ill

If you become ill and are hospitalized, you can still make up a will. It's valid the minute it is signed.



2845 N. Sheridan Road Suite 912
Chicago, IL 60657

STATE OF THE ART MEDICINE AND COMPASSIONATE CARE



Clarence W. Brown Jr. MD,
JD, FAAD, FACMS

Dermatology

- Skin Cancer Screening
- Mole Evaluation
- Acne
- Eczema
- Psoriasis
- Rosacea
- Mohs Surgery
- Hair Loss
- Warts
- Excisions
- Biopsies
- Keloids



Sreya Talasila MD, FAAD



Stephanie Bayers MD

Cosmetic Dermatology

- Botox / Fillers
- Kybella Fat Removal
- Platelet Rich Plasma
- Laser Hair Removal
- Intense Pulsed Light Therapy
- Vein Treatment
- Morpheus 8
- Skin Rejuvenation



Yazan Alghalith MD



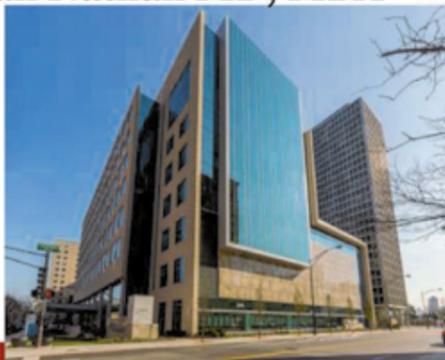
Jonathan Nathan MD, MBA

Plastic Surgery Services

- Breast Cosmetic Procedures
- Reconstruction
- Scar Revision
- Migraine Treatment
- Body Cosmetic Procedures
- Facial Cosmetic Procedures
- Mohs Reconstruction
- Eyelid Procedures



Megan Niemiec NP



Advanced Skin and Mohs Surgery Clinic is comprised of seven board-certified and licensed dermatologists, two MOHS Micrographic Surgeons, and two physician assistants trained extensively in dermatology!

Call to make an appointment today: 773-281-0046
 SAME DAY and WALK IN appointments are available
 We Participate in most major insurance plans
 We accept Medicare Assignment
www.ASMSC.doctor



1. Name the group that released an album titled "Band on the Run."
2. Which song mentions not playing B-17 on the jukebox, as it would bring back memories?
3. Who released "Midnight Hour" in 1965?
4. Which duo wrote and released "One Toke Over the Line"?
5. Name the song that contains this lyric: "I've got my suitcase in my hand, Now, ain't that a shame, I'm leavin' here today, Yes, I'm goin' back home to stay."

Answers

1. Paul McCartney and Wings, in 1973. It was McCartney's fifth album since leaving the Beatles. The group, recording in Nigeria, were robbed at knifepoint of demo tapes and lyrics.
2. "Please Mr. Please," by Olivia Newton-John in 1975.
3. Wilson Pickett. It was later covered by The Young Rascals, country artist Razyzy Bailey and bands in Australia, England and Canada.
4. Brewer & Shipley, in 1970. Lawrence Welk considered the song a "spiritual" and had it performed on his show by two of his singers.
5. "Walking to New Orleans," by Fats Domino in 1960. After the song was recorded, producer Dave Bartholomew added a strings section by the New Orleans Symphony, unusual for pop music of the era. The song went to No. 2 on the R&B charts.

Strange BUT TRUE

By Lucie Winborne

• Deceased scientists and researchers who have contributed to the study of Mars will, in a sense, live forever on the red planet: Craters larger than 37 miles are named in their honor.

• Hans Steininger, who is said to have had the longest beard in the world, died in 1567 from tripping over that beard while running from a fire.

• The blue whale is earth's largest living creature, surpassing even most dinosaurs. Not only can it reach over 100 feet in length and weigh more than 100 tons, but its heart can tip the scale at 1,300 pounds and is the size of a small car, while its arteries are big enough for a full-grown human to swim through — not that we recommend you go for a swim and attempt it.

• In 2007, Iran claimed 14 squirrels found near the nation's borders were actually spies.

• New York City's Flatiron building used to cause enough downdrafts to lift the skirts of women passing by, giving a then-daring view of their legs and ankles. The phenomenon resulted in groups of young men regularly gathering on 23rd Street to watch.

• People with autism are less likely to catch yawns.

• The record for most times being hit by a baseball pitch — a whopping 287 — belongs to Hughie Jennings, who finally got smart and retired in 1918.

• A bizarre form of Victorian-era entertainment was the "Fasting Girl." Young women appeared in public exhibits and dazzled spectators with claims that they ate nothing at all. Obviously they munched in secret and most were eventually caught at it, though, tragically, some starved to death in a bid for authenticity.

Thought for the Day: "What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." — Pericles



Video Rentals

1. **Spell**(R)
Omari Hardwick, Loretta Devine
2. **Antebellum**(R)
Janelle Monae, Eric Lange
3. **An Imperfect Murder**(R)
Sienna Miller, Alec Baldwin
4. **After We Collided**(R)
Josephine Langford, Hero Fiennes Tiffin
5. **Ava**(R)
Jessica Chastain, John Malkovich
6. **Fatima**(PG-13)
Joaquim de Almeida, Goran Visnjic
7. **Friendsgiving**(R)
Malin Akerman, Kat Dennings
8. **Cut-Throat City**(R)
Shameik Moore, Demetrius Shipp Jr.
9. **Wolf of Snow Hollow**(R)
Jim Cummings, Riki Lindhome
10. **Battle of the Bulge: Winter War**(NR)
Tom Berenger, Billy Zane

Source: Comscore



I have never been one for Black Friday shopping. Even in a nonpandemic year, I can't tolerate the chaos of mass retail. Maybe it's because I did my college years behind the counter of a shop facing down the general public on a daily basis. Maybe it's because I prefer my couch and a great movie. But even with an endless supply of goods at my fingertips these days through apps and websites, I still miss shopping in a store.

Here are a few movies either set in shops or with an iconic shopping scene to remind you of better, or at least more shoppable, times.

Pretty Woman — Julia Roberts' hooker with a heart of gold makes a sad first attempt to buy clothes at a Beverly Hills boutique and is rebuffed, but don't worry. After her rich, um, patron (Richard Gere) steps in to make shopping a bit more fun, she goes back to let the snotty shopwomen know they made a "big mistake — HUGE."

Confessions of a Shopaholic — Isla Fisher stars opposite Hugh Dancy in a romcom set in New York City. Fisher plays a writer who struggles with an addiction to high fashion who lands a job writing advice for a financial publication.

Empire Records — A hip-cool crew of young adults — including Liv Tyler and a young Renee Zellweger — manage emotions and expectations along with an attention-seeking shoplifter, a visit from an aging rocker, a

missing bank deposit and the potential closing of the record store!

European Vacation — Clark Griswold and company toot about Europe to hilarious hijinks. But after all of their luggage is stolen, they find themselves needing new clothes. The ensuing Italian fashion montage is so very Griswold.

High Fidelity — Another retail setting in a music store, this one with John Cusack as a fourth-wall-breaking record shop owner who spins his way through some questionable luck in love, with side antics by Jack Black.



Lionsgate

Jessica Simpson in "Employee of the Month"

Employee of the Month — Set in a warehouse store, we follow employee interactions centered around a cashier (Jessica Simpson), who may or may not have a thing for go-getter Employee of the Month types (Dax Shepard), and a stockman (Dane Cook) who has his eyes on the title.

Clerks — Rated R for Raunchy, but a classic in its own right, this convenience-store-set comedy features a devil-may-care clerk named Randall, his perennially harassed co-worker Dante and the coterie of crazy characters who revolve around the store — including the indelible Jay and Silent Bob.

© 2020 King Features Synd., Inc.

**What's better?
A great story
or
A great idea?
Lakeview Newspaper
Thoughts to think about.**

top ten
Brands Shunned by MILLENNIALS

1. Ann Taylor
2. H&M
3. Claire's
4. Applebee's
5. Kellogg's cereals
6. Forever 21
7. Kraft Singles
8. Odwalla
9. Wheaties
10. Kenmore

Source: MoneyWise

© 2020 by King Features Syndicate, Inc. World rights reserved.

WWW.COM

Join Us Online
www.stlukechicago.org

Worship Sundays 9:00 a.m.
Bible Class Thursdays 12:00 p.m.

Saint Luke Church
1500 West Belmont
Chicago, IL 60657
773.472.3383

Saint Luke Academy
773.472.3837
info@stlukechicago.org

Lakeview Newspaper

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

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

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

It's Turkey time. Wood fire flavor.

Smoke 'em if you got 'em.
The best smokers just in time for the Holidays.

Fireplace sales, service and repairs on all makes and models.

Greenforest
Fireplace & Patio Co.

www.Greenforestfireplaceandpatio.com

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

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

TOP VIDEO RENTALS AND SALES

Top 10 Video Rentals

1. **Spell**(R)
Omari Hardwick
2. **Antebellum**(R)
Janelle Monae
3. **An Imperfect Murder**(R)
Sienna Miller
4. **After We Collided**(R)
Josephine Langford
5. **Ava**(R)
Jessica Chastain
6. **Fatima**(PG-13)
Joaquim de Almeida
7. **Friendsgiving**(R)
Malin Akerman
8. **Cut-Throat City**(R)
Shameik Moore
9. **Wolf of Snow Hollow**(R)
Jim Cummings
10. **Battle of the Bulge: Winter War**(NR)
Tom Berenger

Top 10 DVD, Blu-ray Sales

1. **1917**(R)
Universal
2. **Joker**(R)
Warner Bros.
3. **My Hero Academia: Heroes Rising**(PG-13)
Funimation
4. **Antebellum**(R)
Lionsgate
5. **Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn**(R)
Warner Bros.
6. **A Charlie Brown Christmas**(TV-G)
Warner Bros.
7. **Beetlejuice**(PG)
Warner Bros.
8. **Sonic the Hedgehog**(PG)
Paramount
9. **Knives Out**(PG-13)
Lionsgate
10. **The Peanuts Holiday Collection**(G)
Warner Bros.

Source: Comscore/Media Play News



This is Lakeview

Vibrant. Eclectic.

The Quintessential Chicago Neighborhood.

ThisIsLakeview.com



HAPPY HOLIDAYS

The Board of Directors,
Officers and Staff wish
you and your family the
best Holiday Season ever!

Robert Palmer
Chairman of the Board - CEO

Central Savings

1601 W. Belmont
(773) 528-0200

2827 N. Clark
(773) 528-2800

2601 W. Division
(773) 342-2711



Flavorful Holiday Dishes Prepped in Minutes for Small, Family Gatherings



Sherry Cherry Pork Loin Roast

FAMILY FEATURES

In what's certain to be a holiday season unlike any other, you can transform your seasonal menu in 20 minutes of prep time or less by incorporating flavorful ingredients that make ordinary dishes extraordinary, ensuring the holidays are as special and memorable as any other year.

Stress-free holiday entertaining at home begins with ingredients like Holland House Cooking Wines that add an extra boost of flavor to recipes like Tuscan White Bean Soup. Perfect for chilly evenings, this recipe combines pantry staples and enticing seasonings for an easy-to-make soup that simmers in the slow cooker. This Sherry, Ham and Cheese Brunch Bake is another delicious and convenient recipe to feed your family on early holiday mornings. This simple, tasty brunch bake can be easily prepped the night before.

While holiday gatherings may be smaller this year, spending time with family can be made even more special when sharing a homemade, holiday-inspired meal. Sherry Cherry Pork Loin Roast, made in a time-saving slow cooker, provides an easy way to bring your family together for a flavorful holiday meal.

This festive season, Holland House Cooking Wines provide an easy way to delight your family. They're available in four flavors – Marsala, Sherry, White and Red – made using fine grapes and blended seasonings, aged to perfection, to offer bold flavor to your holiday cooking.

Visit hollandhouseflavors.com to find more holiday-worthy dishes.

Sherry Cherry Pork Loin Roast

Recipe courtesy of Cate Meade of "Cate's Kitchen Fit"

Prep time: 20 minutes

Cook time: 5-6 hours

Servings: 8-10

- 7 tablespoons avocado or grapeseed oil, divided
- 2 large Vidalia onions, halved and thinly sliced
- 4 teaspoons kosher salt, divided
- 1 pork loin roast (4-4 1/2 pounds), trimmed and patted dry
- 3 teaspoons freshly ground black pepper, divided

Sherry Cherry Sauce:

3/4 cup Holland House Sherry Cooking Wine

5-6 cloves garlic

1 cup frozen Bing cherries, divided

1 1/2 tablespoons dry mustard powder

4 tablespoons Holland House Balsamic Vinegar

2 tablespoons soy sauce

1 bunch fresh parsley, large stems removed, plus additional reserved for garnish

3 tablespoons cornstarch (optional)

In large slow cooker on high heat, add 2 tablespoons oil, sliced onions and 1 teaspoon salt.

Season roast evenly on all sides with 2 teaspoons salt and 1 teaspoon pepper.

Place large skillet over medium heat. Add 2 tablespoons oil to pan. Sear pork loin 3 minutes on each side until golden brown. Transfer roast to slow cooker on top of onions.

Cover and cook on low 3 hours.

To make Sherry Cherry Sauce: In blender, blend sherry cooking wine, garlic, 1/2 cup cherries, mustard powder, balsamic vinegar, soy sauce, parsley, remaining olive oil, remaining salt and remaining pepper until smooth; set aside.

After pork loin cooks 3 hours, add Sherry Cherry Sauce around pork roast. Cover and cook 2-3 hours on low.

To glaze, brush roast with warm sauce 3-4 times in last hour of cooking.

Once pork reaches internal temperature of 145 F, remove and let rest 15-20 minutes before slicing.

To finish sauce, remove 1/4 cup cooking liquid and mix with cornstarch to make a slurry. Whisk slurry and remaining cherries into sauce. Cook in slow cooker on high 15 minutes, stirring occasionally.

Slice roast 1/2-inch thick, garnish with fresh parsley and serve with Sherry Cherry Sauce and braised onions.

Tuscan White Bean Soup

Recipe courtesy of Jillian Wade of "Food, Folks & Fun"

Prep time: 15 minutes

Cook time: 8 hours

Servings: 8

- 4 cups chicken stock
- 1 cup Holland House White Cooking Wine
- 1 can (14 1/2 ounces) diced tomatoes
- 1 medium yellow onion, diced small
- 1 cup celery, diced
- 1 cup carrots, diced
- 6 large cloves garlic, minced
- 3 cans (15 1/2 ounces each) cannellini beans, rinsed and drained
- 1 can (13 3/4 ounces) artichoke hearts, rinsed and drained
- 1 bay leaf
- 1 teaspoon poultry seasoning
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon dried rosemary
- 4 cups kale (about 6 ounces), cleaned, destemmed and chopped
- 5 ounces pancetta or bacon, diced
- 8 teaspoons Parmesan cheese, shaved (for garnish)

Place chicken stock, white cooking wine, tomatoes, onion, celery, carrots, garlic, cannellini beans, artichoke hearts, bay leaf, poultry seasoning, salt, pepper and rosemary in slow cooker. Cover and cook on low 7-8 hours or high 4-5 hours.

About 30 minutes before serving soup, stir in kale and cover.

In 10-inch skillet over medium heat, cook pancetta until crispy, about 4 minutes. Move pancetta to paper towel-lined plate to drain.

Ladle soup into bowls and sprinkle with pancetta and Parmesan cheese shavings.



Tuscan White Bean Soup



Sherry, Ham and Cheese Brunch Bake

Sherry, Ham and Cheese Brunch Bake

Recipe courtesy of Jillian Wade of "Food, Folks & Fun"

Prep time: 20 minutes

Cook time: 1 hour, 20 minutes

Servings: 10

- 8 tablespoons salted butter, melted, plus additional for greasing pan, divided
- 2 teaspoons olive oil
- 2 large shallots, minced
- 1/2 cup Holland House Sherry Cooking Wine
- 1 package (20 ounces) frozen hash brown potatoes

- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups (8 ounces) shredded white cheddar cheese
- 1 cup (4 ounces) shredded Parmesan cheese
- 8 ounces precooked ham, cut into 1/2-inch pieces
- 8 large eggs
- 1 1/4 cups whole milk
- 1/2 teaspoon dry mustard powder
- 2 tablespoons fresh chopped dill
- 1 teaspoon fresh chopped dill, for garnish (optional)
- 2 teaspoons freshly grated Parmesan cheese, for garnish (optional)

Move oven rack to middle position and preheat to 400 F. Generously grease 9-by-13-inch baking dish with butter; set aside.

In 10-inch nonstick skillet, add olive oil and preheat pan over medium heat. Add shallots and cook, stirring often, until softened and golden, about 7-8 minutes.

Stir in cooking wine and cook until liquid is evaporated, about 3-5 minutes. Remove from heat.

Add frozen hash browns to prepared baking dish. Pour melted butter over potatoes and add salt, pepper and caramelized shallots.

Use spoon to mix well. Bake 30 minutes, or until potatoes are cooked through and some edges are beginning to brown. Remove potatoes from oven and reduce temperature to 325 F.

Sprinkle cheddar cheese and 1 cup shredded Parmesan cheese evenly over potatoes followed by ham.

In large measuring cup or small bowl, vigorously whisk eggs, milk, mustard powder and dill until fully combined and eggs become frothy, about 1 minute.

Pour egg mixture evenly over potatoes, cheese and ham. Store covered in refrigerator if prepping night before.

Bake 35-40 minutes, or until edges of casserole are golden brown and center of casserole is set.

Cool 5 minutes before slicing and serving. Serve with chopped dill and grated Parmesan cheese, if desired.



by Healthy Exchanges

Buffalo Wing Pizza Bites

If you're looking for the perfect football snack, give this recipe a try. One minute it will be there, and the next it will be gone.

- 1 (8-ounce) can Pillsbury Reduced Fat Crescent Rolls
- 1/2 cup Kraft Fat Free Blue Cheese Dressing
- 1/2 cup Kraft fat-free mayonnaise
- 1 teaspoon chili seasoning
- 2 full cups diced cooked chicken breast
- 1 cup diced celery
- 1/2 cups shredded Kraft 2 Percent Milk Cheddar cheese

1. Heat oven to 400 F. Pat crescent rolls into a rimmed 10-by-15-inch baking sheet, being sure to seal perforations. Bake for 6 to 8 minutes or until light golden brown.

2. In a small bowl, combine Blue Cheese dressing, mayonnaise and chili seasoning. Spread mixture evenly over partially baked crust. Evenly sprinkle chicken and celery over dressing mixture and top with Cheddar cheese.

3. Bake for 10 to 12 minutes. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 24 squares. Serves 12 (2 each).

TIP: If you don't have leftovers, purchase a chunk of cooked chicken breast from your local deli.

• Each serving equals: 167 calories, 7g fat, 12g protein, 14g carbs, 384mg sodium, 117mg calcium, 0g fiber; Diabetic Exchanges: 1 Protein, 1 Starch; Carb Choices: 1.



by Healthy Exchanges

Auld Lang Syne Dip

Add a dip to your vegetable and cracker tray that won't add extra pounds to your hips this holiday season.

- 1 (8-ounce) package Philadelphia fat-free cream cheese
- 1/2 cup Kraft Fat Free French Dressing
- 1/4 cup Land O Lakes no-fat sour cream
- 1/4 teaspoon Worcestershire sauce
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. In a large bowl, stir cream cheese with a sturdy spoon until soft. Add French dressing and sour cream. Mix well to combine. Stir in Worcestershire sauce, onion flakes and parsley flakes.

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

• Each serving: About 52 calories, 0g fat, 4g protein, 9g carb., 301mg sodium, 91mg calcium, 0g fiber; Diabetic Exchanges: 1/2 Meat, 1/2 Carb.; Carb Choices: 1/2.

Good Housekeeping

Green Pea and Lettuce Soup

Serve this simplified version of the delicate French classic with our Ham and Cheese Pitae. Assemble sandwiches while the soup cooks; bake them while blending the soup.

- 2 teaspoons margarine or butter
- 1 medium onion, finely chopped

- 1 can (13¾ to 14½ ounces) chicken broth
- 1 package (10 ounces) frozen peas
- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

1. In 4-quart saucepan, melt margarine or butter over medium heat. Add onion, and cook, stirring occasionally, 5 minutes or until tender. Stir in chicken broth, frozen peas, lettuce, salt, pepper, thyme and 1 cup water; heat to boiling over high heat. Reduce heat to low; simmer 5 minutes. Stir in milk.

2. In blender at low speed, with center part of cover removed to allow steam to escape, blend pea mixture in small batches until smooth. Pour soup into large bowl after each batch. Return soup to same saucepan. Heat through. Stir in lemon juice, and remove from heat. Transfer soup to serving bowl; garnish with chives. Makes 4 (1 1/2 cup) servings.

• Each serving: 120 calories, 3g total fat (1g saturated), 1mg cholesterol, 835 mg sodium, 17g carbohydrates, 8g protein.

Good Housekeeping

Glazed Ham

This is an easy and delicious ham to serve at Christmastime. For variety, brush the orange glaze on a roast turkey!

- 1 12-pound fully cooked smoked whole ham
- 2 tablespoons whole cloves
- 2 (10-ounce) jars orange marmalade
- 1 cup orange juice
- 2 tablespoons prepared mustard
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/2 cup dark seedless raisins
- 1 (15 1/4-ounce) can pineapple rings for garnish
- Maraschino cherries and parsley sprigs for garnish

1. With sharp knife, remove skin and trim all but about 1/4-inch fat from ham. Stud ham with whole cloves. Place ham, fat-side up, on rack in large roasting pan. Insert meat thermometer into thickest part of ham, being careful that pointed end of thermometer does not touch bone. Bake ham in 325 F oven 2 1/2 hours. If ham browns too quickly, cover with a tent of foil.

2. After ham has baked 2 1/2 hours, prepare glaze: In 2-quart saucepan over medium-high heat, heat marmalade, orange juice, mustard, ground cloves and ground ginger to boiling. Reduce heat to low; simmer 5 minutes. Brush some of the glaze over ham; bake 30 minutes or longer until meat thermometer reaches 140 F (about 15 minutes per pound). Add raisins to remaining marmalade mixture; heat through and keep warm.

3. To serve, place ham on large, warm platter; garnish with drained pineapple rings, maraschino cherries and parsley sprigs. Serve with remaining marmalade mixture. Makes 18 servings.

• Each serving: About 380 calories, 16g fat, 80mg cholesterol, 2,300mg sodium.



by Healthy Exchanges

Cheesy Garlic Potatoes

This is a great side dish to accompany any meat — from a simple chicken breast to your favorite meatloaf recipe.

- 1 (10¾-ounce) can Healthy Request Cream of Mushroom Soup
- 3/4 cup chunky salsa (mild, medium or hot)
- 1/2 cups (6 ounces) shredded Kraft 2 Percent Milk Cheddar Cheese
- 1 teaspoon dried minced garlic
- 1 teaspoon dried parsley flakes
- 3/2 cups (18 ounces) diced cooked potatoes

1. In a large skillet sprayed with olive oil-flavored cooking spray, combine mushroom soup, salsa and Cheddar cheese. Stir in garlic and parsley flakes. Cook over medium heat until cheese starts to melt, stirring occasionally. Add potatoes. Mix well to combine.

2. Lower heat and simmer for 10 minutes or until mixture is heated through, stirring occasionally. Makes 6 (3/4 cup) servings.

• Each serving equals: 185 calories, 5g fat, 10g protein, 25g carbs, 658mg sodium, 233mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb, 1 Meat; Carb Choices: 1 1/2.

Good Housekeeping

Greek Christmas Cookies

- 1 cup butter or margarine (2 sticks)
- 2 cups confectioners' sugar
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon

- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/8 teaspoon salt
- 1 large egg yolk
- 2 cups blanched almonds, ground
- About 1 cup red candied cherries, each cut in half

1. Heat oven to 350 F. In large bowl, with mixer at low speed, beat butter with confectioners' sugar until blended. Increase speed to high; beat until light and creamy. At low speed, beat in flour, cinnamon, nutmeg, cloves, salt and egg yolk. Knead in almonds.

2. Roll dough into 1-inch balls (dough will be crumbly). Place balls, 2 inches apart, on ungreased large cookie sheet. Gently press a cherry half on top of each ball. Bake 15 minutes, or until bottoms of cookies are lightly browned.

3. With wide spatula, transfer cookies to wire rack to cool. Repeat with remaining dough and cherries. Makes about 6 dozen cookies.

• Each serving: About 75 calories, 4g total fat (1g saturated), 1g protein, 9g carb., 3mg cholesterol, 40mg sodium.

Good Housekeeping

Chocolate-Dipped Pretzels

Pretzels dipped in sweet, chocolate candy coatings are super simple to make (and even easier to eat!). Create different varieties of pretzels by mixing up the types of chocolate bars you use.

- 16 mini Hershey's chocolate bars
- 12 medium pretzels

1. Roughly chop one variety of mini Hershey's chocolate bars. Melt, dip half of each pretzel into the chocolate, then transfer to a wax paper-lined rimmed baking sheet; refrigerate until set. Repeat with other varieties of chocolate.



by Healthy Exchanges

S'more Cake Brownies

Enjoy a couple of these yummy holiday chocolate treats without guilt.

- 1/2 cups all-purpose flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup fat-free yogurt
- 1/3 cup fat-free mayonnaise
- 1 teaspoon vanilla extract
- 3/4 cup water
- 1 cup miniature marshmallows
- 6 tablespoons purchased graham cracker crumbs
- 1/4 cup mini chocolate chips

1. Heat oven to 350 F. Spray a 9-by-13-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine flour, sugar substitute, cocoa, baking soda and baking powder. In a medium bowl, combine yogurt, mayonnaise, vanilla extract and water. Add liquid mixture to dry mixture. Mix gently just to combine.

3. Spread batter evenly into prepared cake pan. Bake for 15 minutes. Evenly sprinkle marshmallows over top of partially baked brownies. In a small bowl, combine cracker crumbs and chocolate chips. Sprinkle crumb mixture evenly over top.

4. Continue baking for 10 to 15 minutes or until a toothpick inserted in center comes out clean. Place cake pan on a wire rack and let set for at least 10 minutes. Cut into 16 brownies. Makes 8 (2 each) servings.

• Each serving equals: 170 calories, 2g fat, 4g protein, 34g carb., 352mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat

PAULINA MARKET

WWW.PAULINAMEATMARKET.COM

3501 N. LINCOLN AVE.
CHICAGO, IL 60657
773.248.6272

The place to get your
fresh holiday roast

SIRLOIN TIP • BEEF TENDERLOIN • RIB ROAST

Crime

Cops investigating day long crime spree that may stretch from Lakeview to near Pilsen

Crime spree in Chicago. The crime spree began at 9:35 a.m. on the 3200 block of North Southport in Lakeview. There a 48 year old woman, was unloading groceries from her car when a man asked for directions, then pulled out a handgun and demanded the keys to both of her vehicles, said officer Michelle Tannehill, a CPD spokesperson. The woman turned them over, and the robbers fled in her gray 2019 Subaru, according to Tannehill. At 10 a.m., a 40 year old man reported that he was making a delivery on the 2900 block of North Mildred when someone got into his vehicle and drove away, according to Tannehill. A witness saw the offender get out of a black sedan before stealing the victim's car. Then at 10:20 a.m., two men stole a silver Jeep Cherokee that a 25 year old woman

left idling while she ran into Starbucks at 3649 North Clark, according to a Chicago Police Department report. Her Jeep, which has a vanity license plate beginning with NOLL and distinctive stickers on the rear would later be observed at another crime scene. Once again, the offenders arrived in a black sedan. A black Jeep Cherokee was also seen in the immediate area. More potentially connected incidents popped up a couple hours later on the Lower West Side, according to Police reports. Around 12.50 p.m. a man reported that someone fired shots from a black Jeep Cherokee as he drove near 19th Street and Oakley Avenue. The victim was not injured, but he said the Jeep was accompanied by a gray vehicle. At about the same time, a gunman approached another victim on the street, pre-

sented a handgun, and asked for money on the 2300 block of West 19th Street, according to police. The victim said he ran away, and the offender chased him for a short time. He said the offender used two Jeep Cherokees – one black the other silver. The West Town neighborhood appears to have been targeted next by the crew. Two 27 year old women were walking on the 1500 block of West Fry when a group of offenders approached them from behind and robbed them at 1:20p.m., spokesperson Tannehill said. The offenders then got into a black Jeep Cherokee and fled northbound through an alley. An officer at the scene broadcast a description of the vehicles that included the vanity license plate that was taken in the Starbucks auto theft earlier. Moments later, a 31 year old woman was walking on the 1600

block of Cortez when a man got out of a dark color Jeep Cherokee and demanded her valuables at gunpoint according to police. The victim told police that a silver SUV followed the black Jeep. Then the crime wave returned to Lakeview.. According to reports, three men got out of a black SUV and robbed a woman of her purse as she walked near Lakewood and Grace streets around 2 p.m. She told police that all three men brandished firearms. Less than five minutes later, two women reported being robbed at gunpoint as they walked near Racine

and Cornelia streets. The offenders pushed one woman down and took the other's purse, then fled in a silver Cherokee. The victims provided police with the same vanity license plate number that was on the previously stolen SUV, according to initial information. Some of the victims said up to six men were seen split among the two Jeeps. The victim on Cortez described the gunman as a skinny black male who stands about 5 feet 7 inches tall. He was wearing black pants a black shirt or sweatshirt that has red on the front, according to the victim.

A community alert was issued about the crime spree. Investigators connected an additional incident to the pattern, a robbery on the 3600 block of North Clark Street at 3 a.m. on Sunday, November 22nd. Chicago police are investigating a series of armed robberies, auto theft and also "shots fired" incidents that were reported from Lakeview to the Lower West Side. At least eight crimes were reported involving similarly described vehicles and similar methods of operation. No one is currently in custody.

Shooting on the 4400 block of West Addison Street.

Theft on the 1200 block of Mulford Street.

Robbery on the 3900 block of West Irving Park Road.

Robbery on the 3700 block of West Addison Street.

Shooting on the 4700 block of North Lawndale Avenue.

Assault on the 5700 block of North Kimball Avenue.

Shooting on the 3500 block of West Hirsch Street.

Assault on the 1800 block of North California Avenue.

Shooting on North Keystone Avenue and Fullerton Avenue.

Burglary on the 3300 block of North Halsted Street.

Robbery on the 3200 block of West Montrose Avenue.

Robbery on the 3200 block of West Lawrence Avenue.

Robbery on the 4400 block of North Ashland Avenue.

Assault on the 3500 block of North Hamlin Avenue.

Robbery on West Culom and North Bernard Street.

Assault on the 4000 block of West Lawrence Avenue.

Shooting on the 3500 block of North Hamlin Avenue.

Shooting on the 900 block of West Belle Plain Avenue.

Assault on the 1000 block of West Roscoe Street.

Vandalism on the 4400 block of North Broadway.

Theft on the 2600 block of North Lincoln Avenue.

Theft on the 2500 block of North Elston Avenue.

Theft on the 300 block of West Armitage Avenue.

Burglary on the 400 block of West Wrightwood Avenue.

Theft on the 3500 block of North Broadway.

Theft on the 5400 block of North Clark Street.

Assault on the 700 block of North Elizabeth Street.

Theft on the 3300 block of North Ashland Avenue.

Robbery on the 1100 block of North Wolcott Avenue.

Theft on the 1400 block of North Magnolia Avenue.

Theft on the 1800 block of West Evergreen Avenue.

Assault on the 1500 block of North Sedgwick Street.

Theft on the 3500 block of North Broadway.

Theft on the 1300 block of West Belmont Avenue.

Theft on the 3500 block of North Broadway.

Theft on the 4800 block of North Bell Avenue.

Shooting on the 900 block of West Belle Plaine Avenue.

Shooting on the 4600 block of North Winthrop Avenue.

Robbery on the 4400 block of North Ashland Avenue.

Show that SPECIAL SOMEONE how much you care with a gift that can't be found in a big box store...

PEA COATS

UNIQUE VINTAGE CLOTHING

Camping Gear

KIDS FLIGHT JACKETS

10% off with this coupon!

ARMY NAVY SALES
www.armynavysales.com
 3100 N. Lincoln Ave 773-348-8930



LAKEVIEW NEWSPAPER

IS CELEBRATING IT'S

25TH ANNIVERSARY

**We are proud to serve the communities
of Lakeview, Roscoe Village,
North Center & Lincoln Square**

**WE APPRECIATE OUR ADVERTISERS AND SUBSCRIBERS
FOR MAKING IT POSSIBLE, FOR THIS NEWSPAPER, TO BE
DELIVERED TO OUR READERS FREE OF CHARGE**

**WE THANK ALL OF OUR READERS
FOR THEIR SUPPORT AND WE WILL CONTINUE TO
PROVIDE UP-TO-DATE COMMUNITY NEWS**

LOOKING FORWARD TO THE FUTURE.

GEORGE W. RIMEL & STAFF



In autumn, stop fertilizing your clivia plant, and place it in a cool room for about 6-8 weeks; this is essential for flower bud formation. Water very sparingly until flower buds appear. Just as winter enters its bleakest stage, you will be rewarded with a bouquet of lovely bright-colored flowers. When the flowers fade, cut the stalk at its base to prevent seeding. - Brenda Weaver

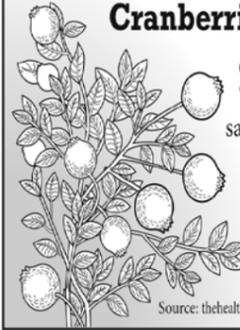
Sources: www.chicagobotanic.org, worldoffloweringplants.com

© 2020 by King Features Syndicate, Inc. World rights reserved.



Sassamanash (the native American word for this autumn fruit) grows in boggy areas on evergreen shrubs up to 7 feet long and 2-8 inches high.

In his 1588 book *The Land of Virginia*, Thomas Hariot describes local tribesmen offering gifts of containers of cranberries to Europeans. The first published recipe for cranberry sauce appeared in the *Pilgrim Cookbook* in 1663. Appreciation for this fruit grew, and in 1703 fresh cranberries were served at the Harvard University commencement dinner.



Cranberries

Source: thehealthmoderator.com

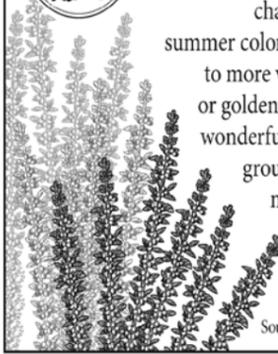
- Brenda Weaver

© 2020 by King Features Syndicate, Inc. World rights reserved.



Scotch heather

In the coldest winter months, the foliage of *calluna vulgaris* (known as scotch heather) changes its appearance from its paler summer colors of orange, gold, silver and green to more vivid shades of red, orange, purple or golden yellow. These brilliant colors look wonderful against the snow! This perennial ground cover plant grows well in cool, moist climates; it will not do well if the air and soil is very dry.



Brenda Weaver

Sources: www.gardenia.net, www.sunset.com

© 2020 by King Features Syndicate, Inc. World rights reserved.

Northcenter Shops and Services

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

Happy Kids Group
HAPPY KIDS Daycare Home

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

2148 W. Montrose 773-728-KIDS
773-728-5437
 Hours: 7am-6pm Mon. thru Fri.
 (The Big Blue House-Go Cubs)

Business Spotlight

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

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

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

Call The UPS Store at (773) 871-1400

The UPS Store

Heading to the Post Office? See us first.

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

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

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

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

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

Quotes worth your time

“Positivity, confidence and persistence are key in life, so never give up on yourself.”
 Khalid

“You can not go to a 7-Eleven or a Dunkin’ Donuts unless you have a slight Indian accent.”
 Joe Biden

“When somebody says something about me I hate them for the rest of my life. It’s probably wrong.”
 Donald Trump

“The government competes in the private sector the way an alligator competes with a duck.”
 Mike Pence

“I was raised to be an independent woman, not the victim of anything.”
 Kamala Harris

Reading Lakeview Newspaper will make you smarter.

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

Shop for the holidays in Northcenter

From delicious food to delightful gifts, our Northcenter businesses can help you make the holidays merry and bright. Download a copy of our **2020 Holiday Gift Guide** at northcenterchamber.com.

Comics

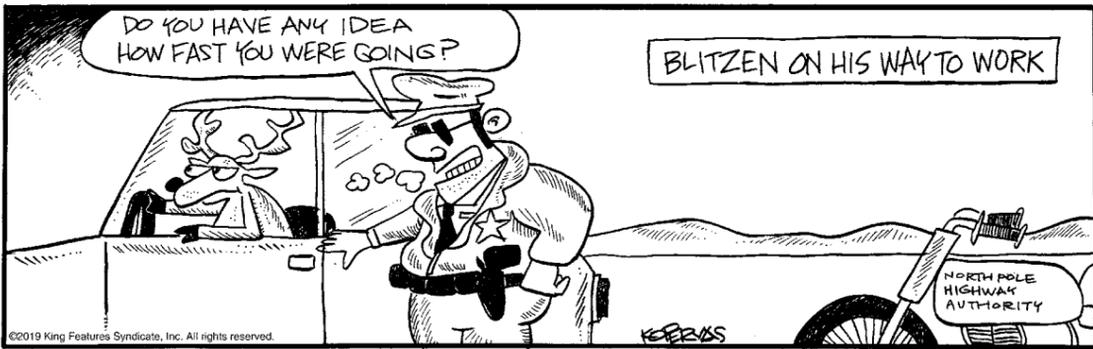
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



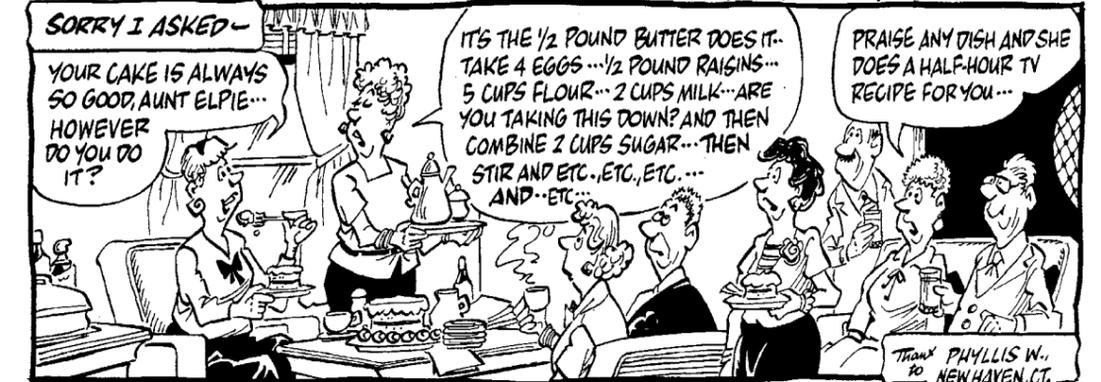
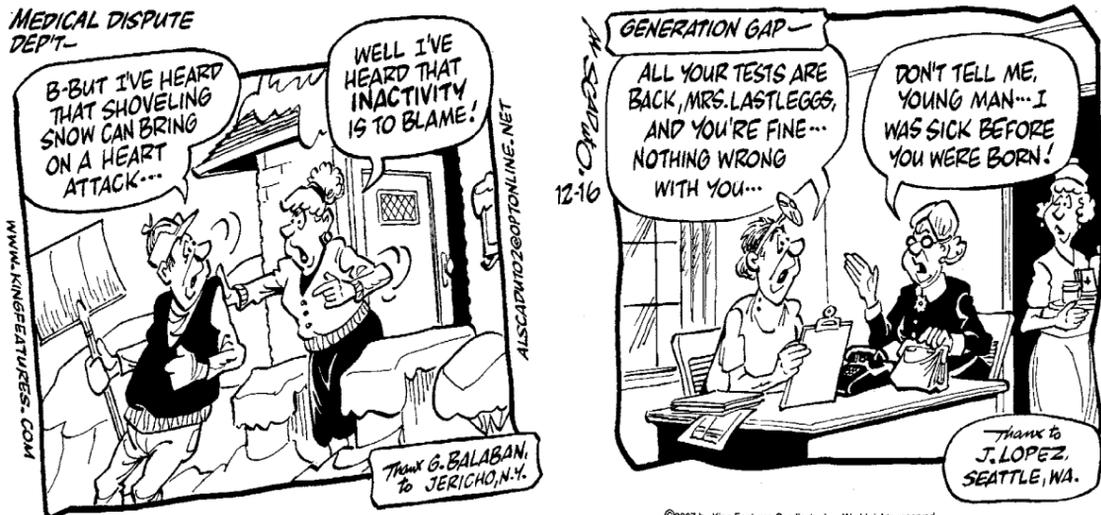
The Spats

by Jeff Pickering



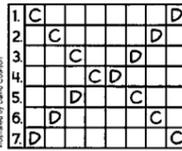
THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Junior Whirl

by Charles Barry Townsend



TODAY'S TOP SEVEN CD'S... WORDS, THAT IS!

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

"WHAT ALWAYS REMAINS DOWN, even when it flies up in the air?" Connect the dots and find out.

Answer: A feather (look up the word "down").

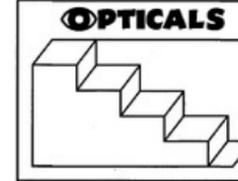
AN ODD CHALLENGE! Problem: You must place 6 coins into 3 cups so that each cup contains an odd number of coins. Solution: The cup containing 1 coin is placed inside the cup with 2 coins. Each cup will now contain an odd number of coins.

KNOW YOUR AREA CODE! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the words in Grid A.

1. A unit of area.
2. The big dance.
3. A college student.
4. A flat-topped hill.
1. To be concerned.
2. To frolic boisterously.
3. Secret writing.
4. Conforming in every detail.

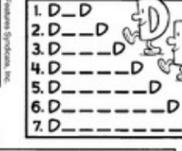


- DEFINITIONS:**
1. What Michelangelo did.
 2. Expression of approval.
 3. Kept apart from.
 4. Short, amusing story.
 5. Used to secure doors.
 6. Enough to meet needs.
 7. A household servant.
- ANAGRAM:**
- lice + shed
aced + cola
sled + cued
coda + teen
solid + pack
quay + aced
cost + dime



Junior Whirl

by Charles Barry Townsend



A D-TO-D STEPWORDS QUIZ!

Today we're interested in finding "D" words. To the left are seven words that begin and end with the letter D. The following hints should help you fill in the missing letters.

UP OR DOWN, WE GET AROUND! Is this staircase rightside up or upside down?

Answer: Look at it long enough and you will see that it is upside down.

A SQUARE DEAL! Three cards have been removed from the deck and placed face down. See if you can figure out their values using the following four hints:

1. Two kings are side by side.
2. Two diamonds are side by side.
3. You'll find a king next to a king.
4. One card is a king of clubs.



1. Something that doesn't work.
2. Needed to sail properly.
3. Roofed over.
4. A nameless trinket.
5. Something divided up (slang).
6. To confuse (variation).
7. Found in cars.

DON'T FUDGE THIS ONE! You'll enjoy the sweet taste of success if you can complete this word square. We give you the word FUDGE. Find four more 5-letter words so that all words used read the same across and down.

1. To make mention of.
2. To escape from.
3. A rich candy (given).
4. Trimmed the border.
5. A type of tall grass.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Man's hair is different. 2. No. 7 on jersey is now black. 3. Window is shorter. 4. Man's right arm is hidden. 5. Socks are striped. 6. More bricks on house.

Just Like Cats & Dogs

by Dave T. Phipps



What's Hot In Hollywood

HOLLYWOOD — Neil Bogart launched Casablanca Records in 1973 at age 30 and was a pioneer of the disco era. Bogart discovered and promoted Donna Summer, Curtis Mayfield, The Village People, Kiss, The Isley Brothers and Gladys Knight, to name some, before succumbing to cancer a short nine years later, at 39. Now his son, Timothy Scott Bogart, wrote "Spinning Gold" and is producing and directing the biopic about his father with a fantastic cast.

Jeremy Jordan, of the Marilyn Monroe NBC musical series "Smash" (and a few Hallmark movies), has been cast as Neil Bogart. Samuel L. Jackson embodies "Godfather of Funk" bandleader George Clinton; Jason Isaacs plays Neil Bogart's father, Al Bogart; Grammy nominee Jazmine Sullivan does Gladys Knight; and Steven Strait is Gene Simmons. Stand-up comic and "The Irishman" co-star Sebastian Maniscalco embodies three-time Oscar and four-time Grammy-winning composer/songwriter and record producer Giorgio Moroder. SNL's Kenan Thompson and James Wolk also have key roles. If you've never experienced disco, you're in for a treat.

A star is reborn! Elaine Ballace has to be one of the last traditional Hollywood comedic character actresses in the vein of Ethel (Vivian Vance) in "I Love Lucy" and Gladys Kravitz (Alice Pearce) in "Bewitched." She worked extensively for Mel Brooks (who has become a friend) from 1987-1995, in "Space Balls," "Life Stinks," "Robin Hood: Men in Tights" and "Dracula: Dead and Loving It."

She co-starred in the web series "The Rich & the Ruthless" for three seasons for former "Diagnosis Murder" and "The Young and the Restless" star Victoria Rowell, who created, executive-produced, wrote and directed the award-winning series, which has just completed season four. She also stars in the current film "Dared My Best Friend to Ruin My Life." Elaine has several films awaiting release, which have been delayed due to theater closures because of the pandemic: "Free Lunch Express," "Gaycism" and the comedy "Love Without Hairs," in which she plays a prostitute.

In her spare time, Elaine has created a little book that will inspire first-time and young writers who need a cheerleader to get them motivated to actually put their life and thoughts on paper. "How to Write a Book, Camp Elaine



Elaine Ballace

"How to Write a Book, Camp Elaine Style" (based on her popular web series of the same name) is basically a place to write your thoughts while homebound that you'll love sharing years later with friends and family, when we're finally out of this mess. It's not "Gone With the Wind"; it's just for fun and a great stocking stuffer, or for those people who are hard to shop for. For \$24 plus shipping and handling, it could be yours. You can contact Elaine at Platzer.Media/elaine. Where was she when I was starting out?

HOLLYWOOD — It had to happen: "The Fast and the Furious" is coming to an end. The ninth "Fast & Furious" film, "F9," will be released May 2021 if all goes as planned, to be followed by "F&F" 10 and 11, which will end the franchise. But "Fast & Furious" fans don't despair, of course there are spin-offs such as "Hobbs & Shaw" that will take up the slack.

In 1967 when I visited Hollywood, the one actor I wanted to shoot pictures of was an unknown actor earning his living as a carpenter. In 1973 he got a big break as the handsome stud riding around in a '55 Chevy in "American Graffiti." Four years later he became a star in a little-known science-fiction film called "Star Wars." Now, at 78, Harrison Ford is still going strong.

He's currently shooting the shipwreck comedy "The Miserable Adventures of Burt Squire Aboard The Horn High Yo" (bet that title gets changed), with Ed Helms, who is shipwrecked on the Atlantic Ocean with Ford, a charming but unhinged sea captain. Ford's

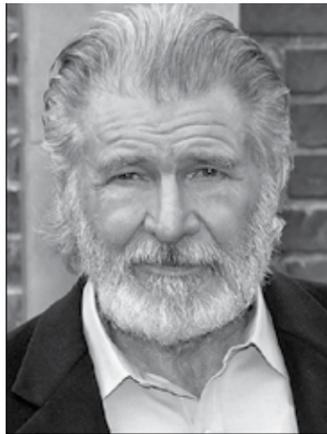
been reveling in playing the grumpy old white-bearded stoic he says he's always been. Can you say "curmudgeon"?

Are you ready for another Peter Pan movie? The twist is that it's told from Wendy's point of view and called "The Lost Girls." Louis Partridge, the 17-year-old teen idol currently seen as Viscount Tewkesbury in Netflix's "Enola Holmes," opposite Millie Bobby Brown and Henry Cavill, plays Peter Pan as he did in 2015's "Pan" opposite Hugh Jackman.

This time he's playing opposite Oscar-winner Vanessa Redgrave and her daughter Joely Richardson, as well as "Game of Thrones" Lain Glen as Captain Hook. Partridge is still attending his same school in Britain and maintains that his mates tease him endlessly about his success.

The 1978 sci-fi series "Battlestar Galactica," which starred Richard Hatch and Lorne Greene, and the 2000 reboot, which starred Edward James Olmos and Mary McDonnell, will live again as a feature film for Universal.

Not long ago we told you about the new streaming service Quibi, which raised \$1.7 billion for its launch in April. Jeffrey Katzenberg thought young people would love 10-15 minute films, serialized, that they could get only on their phones. Well, he was wrong! December 1 is its last day of service. Quibi had 200 employees and amassed a subscriber list of 500,000 phones, but alas, that wasn't enough to keep the service in business. Despite major investors such as Disney, NBCUniversal, Sony, Viacom, AT&T, Warner Media, Lionsgate, MGM, Goldman Sachs, JPMorgan Chase and Google, they couldn't make it fly. Billion-dollar blockbusters are on big screens like IMAX, not small phone screens ... duh!



Depositphotos



by Dana Jackson

Q. Is Sofia Coppola still directing movies? Also, what about her father, the legendary Francis Ford Coppola? — M.D.

A. Despite her family ties, Sofia Coppola did not have a good start in show business. She was slammed by critics and audiences alike back in 1991 when she was cast in her father's disappointing "The Godfather: Part III" after actress Winona Ryder was ill, and her acting career never recovered. Fortunately, she seems to have inherited her father's gift behind the lens. She both won and was nominated for an Oscar for writing and directing, respectively, for the motion picture "Lost in Translation" back in 2003. The dramatic film starred Bill Murray and Scarlett Johansson, and really turned her career around.

A few years later, Sofia directed Kirsten Dunst in a retelling of historical figure "Marie Antoinette." Her most recent project is the film "On the Rocks," starring Murray once again. It's available for streaming on AppleTV+.

As for Francis Ford Coppola, he appears to have retired from filmmaking. I often wonder if he'll attempt a fourth chapter of "The Godfather" saga, but at 81 years old, he's likely very much enjoying his retirement.

Q. Is the show "Pose" coming back? — R.S.

A. Yes, a third season of the Ryan Murphy ("American Horror Story") produced Netflix show "Pose" is expected to premiere around June 2021, assuming that production resumes as planned. The Emmy-nominated series is set in the Latino and African American ball culture and stars Billy Porter, who himself won Outstanding Lead Actor in a Drama Series in 2019.

Production for the third season was stopped just a few days into filming because of the pandemic, so that's set everything back, but the good news is that the show has indeed been renewed.

Q. A friend of mine was telling me there is a TV show that



ABC/Maarten de Boer

Curtis "50 Cent" Jackson

stars rapper 50 Cent and that he's actually quite good in it. Is it still on the air? — B.P.

A. Your friend was talking about the ABC prison drama "For Life," which is based on the true story of Isaac Wright Jr., who was falsely convicted of drug charges in 1991. While behind bars, he became a paralegal and helped turn around prison sentences of some of his fellow inmates, and eventually his own conviction.

In the series adaptation, Wright's story is told through a character named Aaron Wallace, played by actor Nicholas Pinnock. Curtis "50 Cent" Jackson plays a violent inmate named Cassius. He not only acts in the drama, he's an executive producer.

Season two debuted this November and airs on Wednesday nights at 9 p.m. ET on ABC. In real life, after his release from prison, Isaac Wright Jr. went on to earn his law degree and still practices to this day.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFW5, 628 Virginia Drive, Orlando, FL 32803.

© 2020 King Features Synd., Inc.

Read Lakeview Newspaper and get smarter. Subscribe to Lakeview Newspaper and get a FREE classified ad.

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

Mail check or Money Order to J2 Associates Inc.

Check should be made to J2 Associates, Inc.

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

P.O. Box 578757,

Chicago, Illinois 60657

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

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

founded 1893

Central Savings

Serving the Community for over 127 Years

Central Savings Rated

“Outstanding” for Community Reinvestment!

An “Outstanding” CRA rating is achieved by fewer than 10% of banks in the nation

18 Month Jumbo CD

.60% *APY

\$100,000 Minimum Balance

*Annual Percentage Yield (APY) is effective as of 11/25/20 and may change at any time.
There may be substantial penalty for early withdrawal, which may also reduce earnings.
\$100,000 minimum deposit required to open account.

Multi-Family (Apartment) Loans

Commercial Real Estate Loans

Up to \$4 Million

Quick Commitments

Credit Scores Not Considered

10 Year Loans

Low Income Loan Program

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

Chicago Locations

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

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

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

