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well being**

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in your neighborhood**

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January 2021

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

Lakeview, Roscoe Village, North Center and Lincoln Square

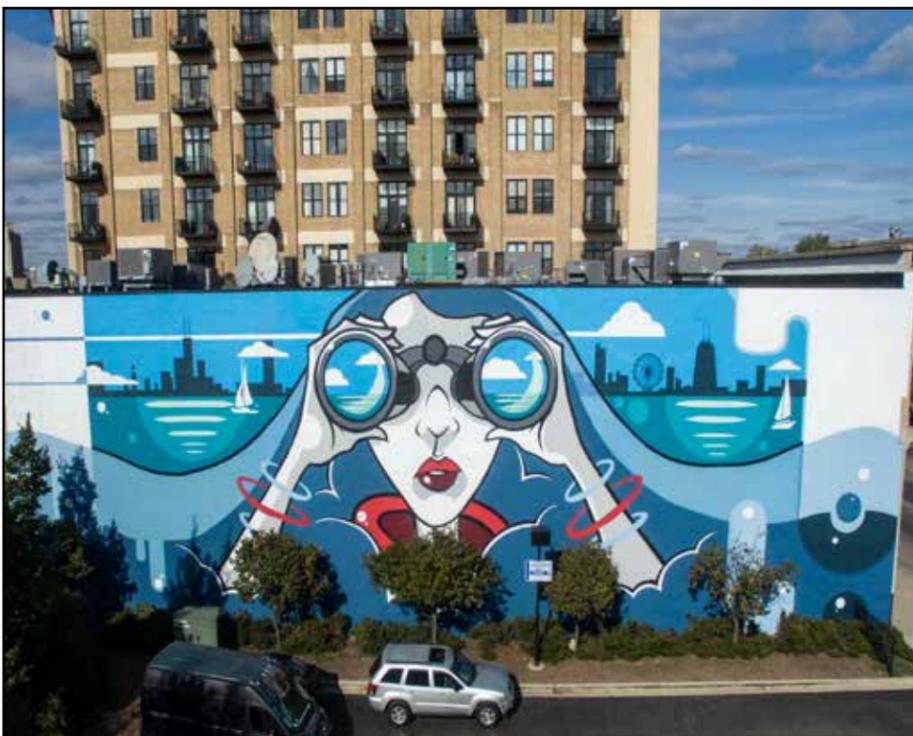


January, 2021

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

Volume 25, Number 2

Strength in numbers



Photos furnished by Lakeview Roscoe Village Chamber of Commerce

by **George Rimel**

The Lakeview Chamber of Commerce has had boundaries lengthened north at Alderman Tunney's request. The original boundaries were reduced to the west as the merchants requested, so that the Roscoe Village neighborhood would have their own chamber.

The talks began at the beginning of 2020 between the Roscoe Village Chamber and the Lakeview Chamber of Commerce, about a merger going back to the original boundaries.

The Roscoe Village Chamber did have a challenge keeping an executive director, as personnel left and went to other chambers in the area including the Ravenswood Cham-

ber of Commerce.

The Roscoe Village Chamber of Commerce, North Center Chamber of Commerce and the Lakeview Chamber of Commerce all did an exceptional job for the community businesses by keeping them up to date on regulations, rules and the alleged whims of City Hall.

But even though the Roscoe Village Chamber saw they needed assistance in the future, they requested serious talks with the Lakeview Chamber about a merger going back to the way the boundaries were in the '90's and the beginning of the 2000's.

We asked Dillon Goodson, Executive Director of the Lakeview Chamber of Commerce, some ques-

tions about the merger.

Will the board of directors increase?

He said "Our members will be served by a combined staff of 7 and a board of directors of 21. This represents a significant increase in capacity for the Chamber, which means we will be able to provide more programming and services within both communities. Existing members will be able to elect new members for the board of directors to a three year term at our annual meeting in March and it is our goal to ensure that each community is represented equally on the board."

What about neighborhood events?

Goodson replied "Bringing our organizations together will allow

us to expand neighborhood programming and events like the Low-Line Farmers Market and Porch-Fest Lakeview, giving residents even more reason to love where they live. I am looking forward to the day we can safely gather in the street once again to celebrate popular neighborhood traditions like Burger Fest and Taco Fest. We are excited to bring both of these events back as soon as it's feasible and will share more information in 2021."

We also were curious whether they would keep both offices open and Goodson also told us "In the immediate future, the Lakeview Roscoe Village Chamber of Commerce will maintain an office at 1409 W. Addison

Street. However, as circumstances continue to evolve as a result of the merger and due to COVID 19, we'll re-assess our office needs in 2021 to make a long term plan".

What effect has the COVID 19 pandemic had on both communities?

Goodson told us "2020 was an extraordinarily difficult year for both our business communities since March and some businesses have experienced revenue losses in excess of 80%. In the absence of additional financial support, I'm concerned that many businesses will have no choice but to close their doors permanently. The merger of our organizations couldn't come at a better time for local businesses within both

communities, who are in need of the kind of focused support and assistance that the Lakeview Roscoe Village Chamber of Commerce will provide. Right out of the gate, we are launching new programs to support our local businesses, including a new winter wellness program and a restaurant week promotion, which will feature deals at local businesses in both Lakeview and Roscoe Village. We are also rolling out expanded educational programming including a multi-week Marketing Mania series and Grow with Google partner programming to help businesses continue to evolve. And the chamber will continue to serve as the voice of

Continued on page 2

Editorial & Opinions

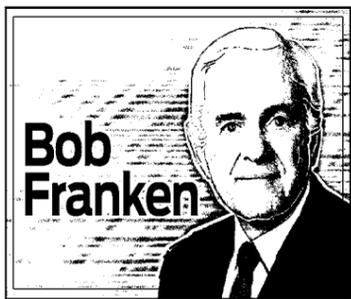
Strength in numbers
Continued from front page

local businesses providing technical assistance and ensuring that all levels of government deliver on promises to provide much needed support.

The Chambers all have a good relationship with the three Alderman- Waguespack, Tunney and Martin and look forward to becoming an even better partner with them," he told Lakeview Newspaper.

Is the SSA going to be an "Item" in the future for Roscoe Village?

Goodson told us that "There are no plans for an SSA for Roscoe Village. The SSA 27 already provides assistance for portions of Southport Avenue, Lincoln Avenue, Belmont Avenue and Ashland Avenue." They certainly have their work cut out for them.



Drama Kings and Queens

You might be asking yourself why the members of Congress always wait until the last minute to make their deals on vital legislation, the kind that they should have passed weeks or months ago, for instance, to rescue the American people from homelessness and starvation.

There are several reasons, but the main one is because politicians are inherently drama kings and queens. It's insidious but true that these people who rule our lives want to make sure they each get their moments of glory by lining up to present obstacles that could have been avoided.

To be fair, a few of them actually have principled concerns about what the unprincipled ones are trying to slip past them, but for the most part it's making sure they get their sliver of the spotlight. Or they want to pull a fast one and do favors for their own special interest campaign contributors — read "legalized bribers" — by taking care of them when there is a rush to pass legislation, no matter how larded it is with pork.

So it is with the massive bill to keep the federal government open, combining it with the lifesaving financial pipeline that barely keeps American families off the streets — people who are innocents except for living in a country whose leaders so badly botched the pandemic response that normal citizens face a choice of risking death or hunger.

But there's that added factor. The

wheels of our government have ground to a halt because those in the Capitol building are bargaining with those in the White House, who flit around an emotionally disturbed chief executive who has less than a month to go before he loses all his massive power to destroy the world.

We are about to celebrate the new year — actually, the passing of an old year that was historically awful. The dates for all that are Dec. 31 and Jan. 1. But they are not the most essential ones: Jan. 5, 2021, is even more important. That's when the Senate runoff elections are held in Georgia. The results will determine if President Biden has a clear track to recovery from the devastation he'll inherit from President Trump.

The next day, Jan. 6, is when Congress accepts the results of the presidential election once and for all. Except there is no "once and for all" with the Trumpster. Assuming he and his accomplices don't come up with some dangerous trickery to keep the United States on razor's edge, it'll be noon on Jan. 20 when our citizens can stop holding their breath.

Actually, we cannot. Trump will not go away. He's made that clear. He has millions of devoted fans who cling to his promises like they were not broken promises. They are not about to surrender their misguided allegiance. They are ready to follow him with every demagogic tweet he comes up with.

But even far more distressing is the violent power he has in his hands, small that they may be. It doesn't take more than a few careless remarks by him to incite white supremacist terrorists to wreak terrible havoc on a country going through hard times. Meanwhile, let's not forget the timid politicians making the best self-serving deals they can and, as usual, waiting until the very last minute.

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

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No, Joe, We're Not in a 'Climate Crisis'

Former Obama chief of staff Rahm Emanuel's famous axiom is that a crisis is a terrible thing to waste. It's an even worse thing to manufacture.

Although President-elect Joe Biden obviously disagrees. Creating an unwarranted sense of drama and urgency around climate change is central to his approach, in order to catalyze action unsupported by the facts or common sense.

In announcing his climate and energy team, Biden declared climate change a crisis requiring a "unified national response." Going even further, he called it "an existential threat of our time," a frankly preposterous claim if taken literally, or even seriously.

To maintain that increasing global temperatures are a threat to human existence itself entails believing that human beings — an endlessly adaptive species that has drastically increased its own lifespan over the past century — will be snuffed out if the planet gets a few degrees hotter.

If the worst comes and sea levels rise significantly, we won't move away from the coasts and find better ways to control flooding. If summers get much hotter in places unaccustomed to it, we won't invest more in air conditioning. If droughts markedly increase, we won't husband our water resources more intelligently. If some areas become uninhabitable, we won't leave for more hospitable climes.

No, a humanity that is wealthier and

more technologically proficient than ever will be content to expose itself to the worst depredations of nature that it has done so much to master over the past millennium.

This is a laughable account of how the world works. The globe has been getting warmer for decades now, with no adverse effects on human population or longevity. Heck, even polar bears, once held out as the pitiable victims of global warming, aren't being driven to extinction.

In a climate speech during the campaign a few months ago, Biden relied on the tried-and-true alarmist tack of attributing every adverse weather event to global warming, including the flooding in the Midwest. Somewhat counter-intuitively, Biden also blamed drought in the Midwest on climate change.

Finally, Biden cited Hurricane Laura, the Category 4 storm that made landfall in Louisiana, as yet more climate-driven extreme weather. The studies do show more storm activity in the Atlantic, Lomborg writes, but there's no global trend in tropical cyclones.

Biden spoke of "a feeling of dread and anxiety" over climate change, but this isn't a sentiment that, to the extent it exists at all, he wants to address or assuage. Instead, he seeks to stoke it, and if that requires frankly distorting the scientific consensus to paint catastrophic scenarios, so be it.

There is no doubt that human activity contributes to climate change. It is a long-term challenge that we should seek to understand better and prepare to address through adaptation and innovation should the worst come decades from now.

But that's not enough for Biden. He doesn't want to get us thinking about climate change, but rather to suspend all rational thought about the issue — especially about the downsides of costly measures to crimp the U.S. economy in the name of saving the planet.

In short, he needs a crisis atmosphere, the facts and science be damned.

Rich Lowry is editor of the National Review.

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Martin Luther King Jr. Day January 18th



The time is always right to do what is right.

- Martin Luther King, Jr.

Americanisms



"Wrinkles will only go where the smiles have been."
— Jimmy Buffett

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

by Matilda Charles

Make Getting Fit Your Yearlong Goal

Where do you want your fitness level to be a year from now? To get to that point, we need to take the first step. For most of us, that's going to mean exercising at home. Here are some resources:

Sit and Be Fit (www.sitandbefit.org) can be found on your PBS station (if it's not, call the station and ask for it) and on the internet on YouTube. All Sit and Be Fit exercises are done sitting in a chair.

SilverSneakers (silversneakers.com), sometimes covered by Medicare plans, holds classes in gyms across the country, but at this point few people are going to gyms. Do a location search and find a facility near you. Ask whether they have video or online classes and see whether your Medicare plan covers it.

Look for "Growing Stronger," the free 126-page strength-training book for seniors, on the website cdc.gov. Follow the suggested timeline, starting with reading the book and setting goals. Leave a message for your doctor and ask if it's OK for you to start this or any program, especially if you have heart, bone or blood pressure conditions.

Remember what being physically fit can do for us: reduce our risk of falls, maintain independence, build strength and keep bones strong. That's a goal worth striving for.

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by Ryan A. Berenz

1. What Atlanta Falcons player had his house set on fire by Lisa "Left Eye" Lopes of hip-hop group TLC in 1994?
2. Who became the first Swedish golfer to win a major championship with her victory at the 1988 U.S. Women's Open?
3. An anthropomorphic citrus fruit named Otto is the official mascot of what university's athletic teams?
4. The College Punter of the Year Award is named in honor of what Pro Football Hall of Famer?
5. Following his retirement from the Boston Celtics in 1963, Bob Cousy returned to the NBA in 1969 as a coach (and occasional player) for what NBA team?
6. What two-time Norris Trophy winner (1992, '97) had his No. 2 jersey retired by the New York Rangers?
7. What motorsports facility occupies the former site of Florida's World War II-era Hendricks Army Airfield?

Answers

1. Andre Rison.
2. Liselotte Neumann.
3. Syracuse University.
4. Ray Guy.
5. The Cincinnati Royals.
6. Brian Leetch.
7. Sebring International Raceway.

VETERANS POST

by Freddy Groves

"Unbanked" Veterans

They call them "the unbanked," people who don't use banks for any reason. At this point there are 250,000 veterans without bank accounts. Without one, they can receive their benefits only through a prepaid debit card or a paper check.

Last year, the Department of Veterans Affairs established the Veterans Benefits Banking Program, and 25,000 veterans so far have signed up, mostly because of the convenience, safety and money-saving aspects.

Having a bank account can save you a trip to the convenience store to buy a money order ... as well as the fee to pay for it. Just sit at home and write a check at your leisure. Pop it in the mail and off it goes.

Once a bank knows you for a little while, you'll be in a better position to apply for a loan or a credit card.

If you sign up for automatic deposit at one of the VBBP financial institutions, your benefits won't have to get to you in the mail. You won't have to pay check-cashing fees either. And paying a bill by check is proof that you paid it.

Go online to the VA site veteransbenefitsbanking.org/ and click on Find A Bank/Credit Union. Scroll down and see what looks good and fits your needs. Maybe you have a special affinity to a certain bank or credit union because of where you served. You'll find Kirtland Federal, Fort Hood National, Andrews Federal and dozens more. (A small plug here: I've done business with USAA for many years, as did my father, and they've always treated me well, through loans, credit card accounts, auto insurance and more.)

Click around the site for more information. Once you have a bank account (be sure to tell them about VBBP when you sign up), you'll want direct deposit of your benefits. To arrange that, call 800-827-1000 Monday to Friday, 8 a.m. to 9 p.m. EST.

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Strange BUT TRUE

By Lucie Winborne

• Snakes can help predict earthquakes. They can sense a coming earthquake from 75 miles away, up to five days before it happens.

• Pure cocoa can help prevent tooth decay.

• According to Roger Highfield, author of "The Physics of Christmas: From the Aerodynamics of Reindeer to the Thermodynamics of Turkey," Rudolph's red nose is probably the result of a parasitic infection of his respiratory system.

• The original game of Clue, patented in 1947 by a British man who invented it to pass time during World War II air-raid blackouts, included a lead pipe token made of real lead (it was eventually replaced by steel, then pewter). The original version also included slightly more exotic weapons like a hypodermic syringe and an Irish walking stick.

• There are no muscles in your fingers. Their function is controlled by the muscles in your palms and arms.

• No one ever called "The Lion King" a documentary, but one hyena researcher was so incensed by the film's inaccuracies that he sued Disney for defamation on behalf of hyenas everywhere.

• There's a town called "Big Ugly" in West Virginia.

• The Eiffel Tower was originally supposed to be erected in Barcelona, but the project was rejected because citizens considered it an eyesore.

• It's illegal in New Zealand to name your child Sex Fruit, Fat Boy, 4Real, Cinderella Beauty Blossom, or Fish and Chips.

• Your tonsils can grow back if there was tissue left behind during the removal process.

• If you could use your nose in space, you'd discover it smells like a mixture of hot metal, diesel fumes and barbecue, thanks to compounds called polycyclic aromatic hydrocarbons that emanate from dying stars.

Thought for the Day: "Not only must we be good, but we must also be good for something." — Henry David Thoreau

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Folk Art Paintings

Artists sometimes only make one kind of art, perhaps keeping to painting, sculpture or jewelry. But many try all kinds of art before they find the one that is best. Self-taught Peter Hunt (1896-1967) started painting thrift shop furniture with peasant designs in 1929. His colorful pieces sold quickly in Cape Cod and became so fashionable that they were sold in the furniture departments of Macys, Gimbels and other well-known department stores. Old boxes, school desks, strollers, toys, buckets, trays, fabrics and more were decorated.

Hunt was handsome, charming and clever, and he sold his folk art to important socialites, including Helena Rubenstein, who promoted his work. He also wrote cookbooks and how-to guides so amateurs could copy his style. His painting is compared to early Pennsylvania German or Norwegian Rosemaling. His painted designs were signed with "Anno Domini," the last two numbers of the year, and his cursive signature. Sometimes he added French phrases to the decorations. But the fad only lasted till the 1960s, and he died penniless.

Peter Hunt's art is being collected again. This Hunt dollhouse, painted inside and out, sold at a recent Eldred auction for \$240. A large piece of furniture could bring over \$1,000.

Q. I haven't been able to identify the maker of my silver water pitcher. The mark includes the initials "L.B.S. CO." and "E.P.N.S." and a cross, a crown and a shield. I presume the interior is aluminum because it's very lightweight. It looks very modern. Do you have any idea who the maker is and the time period? What can I expect as its value?

A. This mark was used by Lawrence B. Smith Co. of Boston, Massachusetts. The company was founded in 1887 and made silver and silver plate serving pieces. It went out of business in the late 1950s. The letters "E.P.N.S." stand for "electroplated nickel silver." Sterling silver is solid silver. Nickel silver doesn't contain



The folk art paintings on the dollhouse are the signed work of Peter Hunt. The 39-inch-high plywood toy was decorated in 1941.

any silver but is an alloy made of about 20% nickel, 60% copper and 20% zinc. In electroplating, an electric current is used to deposit a thin layer of silver onto the base metal. The process came into commercial use about 1840. Modern silver plate trays are almost impossible to sell and have no melt down value since they aren't solid silver. Your silver plate pitcher might sell for about \$50 to \$75.

CURRENT PRICES

Face jug, salamander on forehead, spaced teeth, hooked nose, handled, greenish black, 9 1/2 inches, \$130.

Sign, Maserati, logo, round, red, white, blue, porcelain, 12 inches, \$345.

Cluthra vase, blue, green, white, footed, Durand, 11 1/2 inches, \$500.

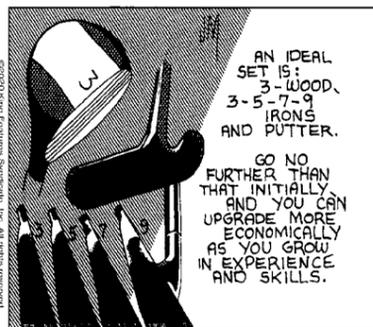
Quilt, tulips, flower buds, scalloped border, green and yellow striped borders, 63 x 73 inches, \$660.

TIP: Spool-turned furniture or "Jenny Lind" pieces with sharp corners are older than those with rounded corners.

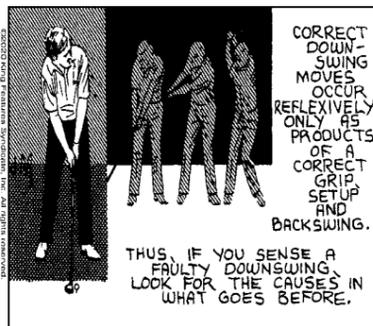
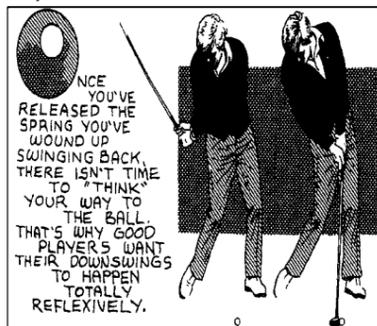
Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021 by Terry Kovel and Kim Kovel has the information that you are looking for.

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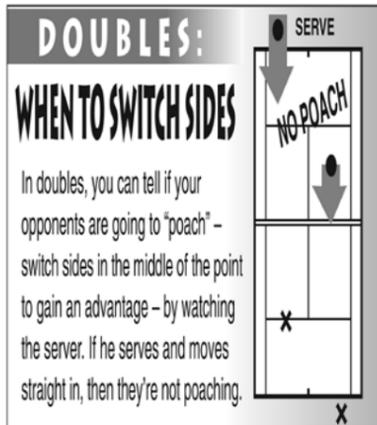
Play Better Golf with JACK NICKLAUS



Play Better Golf with JACK NICKLAUS



STAN SMITH'S TENNIS CLASS



But if the server moves forward at an angle, then you know he's trying to get over to cover his partner's side of the court — and that the poach is on!

LAFF - A - DAY



"If there's one thing I can't stand it's opinionated people!"

GRIN & BEAR IT



"Wait a minute! You're not my husband!"

Health



Prostate-Shrinking Medicines and Cancer

DEAR DR. ROACH: I've had low-grade prostate cancer for several years and am presently on "active surveillance." My PSAs have been high but steady, running around 7.8 to 9.2. I have a greatly enlarged prostate, which I believe contributes to the high PSA numbers.

I would like your opinion regarding finasteride (Proscar), as I am considering taking it. I see one of its side effects is that it increases the risk of developing a very serious form of prostate cancer. Since I already have this cancer, am I at an increased risk of mine growing more aggressive? — D.N.W.

ANSWER: A 2013 study showed that although finasteride reduced the overall risk of prostate cancer from 15% to 10% in men followed up to 18 years on finasteride, there was a small increase in high-grade, aggressive prostate cancer, from 3% to 3.5%. However, there was no increased risk of prostate cancer death among treated men.

Several follow-up studies have suggested that the apparent small increase in aggressive prostate cancers reflected an easier ability to find these cancers, since finasteride shrinks prostate tissue, making it easier to both biopsy and read the results. My view is that the apparent increase in aggressive prostate cancer is unlikely to represent a real danger in taking finasteride. There is no evidence to suggest that finasteride would change the behavior of an existing tumor.

DEAR DR. ROACH: I have breast cancer and am being recommended anastrozole. Can you tell me the side effects, both short term and long term? — Anon.

ANSWER: Anastrozole is an inhibitor of the enzyme aromatase, which converts androgens made in the adrenal gland to estrogens. Anastrozole thus has the effect of dramatically reducing estrogen levels in the blood. For women with estrogen-sensitive tumors, this means less stimulus for the tumors to grow. Aromatase inhibitors like anastrozole have had a significant effect on improving cure rates and survival

in women with estrogen receptor-positive breast cancer.

Aromatase inhibitors have been used for over 20 years; however, that's still not long enough for a comprehensive understanding of long-term effects. There are short-term effects, and these limit the ability of some women to tolerate their use for the five years they are usually prescribed. About a third of women do not complete the course.

The most common reason I see for women stopping anastrozole is the musculoskeletal pain that often accompanies it. Symptoms can be severe in up to a third of women, but regular exercise and anti-inflammatory drugs are effective in reducing these symptoms.

There are sexual side effects for many women. The loss of estrogen due to anastrozole can cause vaginal dryness, which may lead to painful intercourse. This can be treated with lubricants, and most data suggests that low-dose vaginal estrogen is both safe and effective, although I recommend an individualized discussion with her oncologist before a woman takes that.

Fatigue, forgetfulness and poor sleep are often reported by women on anastrozole. Bone loss (osteopenia and osteoporosis) is more common in women on anastrozole. Nonpharmacologic strategies include regular exercise, calcium and vitamin D, and smoking cessation. However, many women need medical therapy if the bone density becomes dangerously low despite this.

While there are certainly downsides to taking anastrozole, they need to be balanced against the improved survival rates in women who take them compared with other treatments.

Learn Right Way to Use a Cane

DEAR DR. ROACH: I have Parkinson's disease, and balance is an issue. I have been using a cane on the right side, my weak leg side. I have seen videos that say a cane should be used on a person's uninjured side. I tilt to the right and catch my balance without cane support in most cases. Which side do you suggest I use for better and faster movement? — J.C.A.

ANSWER: A cane is normally used on the "good" side, the side opposite of the one that needs support. However, I refer every patient with a cane to a physical or occupational therapist, since the cane should be the proper type, the proper height and used in the correct hand. Also, people need to be instructed on how to use it properly. Up to 70% of people with canes don't use them properly, and as such won't get the help they could be getting. Almost half of people will abandon them. A skilled therapist can help you get the most benefit from the cane.

I have read that canes with built-in laser lights can be particularly helpful for people with Parkinson's. This might be something to look into as well. These are valuable for people with "freezing" of gait.

DEAR DR. ROACH: You put my life into disarray as I read your column on the risk of recurrence with respect to breast cancer! I promptly grabbed my retired pathologist husband, and he was floored also. He accessed respected medical sites online, and we cannot find any stating that "women with estrogen receptor positive, progesterone receptor positive and HER2 negative tumors are more likely to experience recurrence." What research are you looking at?

I was told by my breast surgeon, oncologist and radiologist that I am in the best possible position with breast cancer. If this is an actual error, you'll have a whole nation of readers and breast cancer survivors in an anxious state and the phones of providers ringing off the hook! Please tell me that this was a misprint. — T.W.

ANSWER: It is not a misprint. The issue is that risk factors for late recurrences are different from overall prognostic findings. Because fortunately late recurrences are relatively rare, they don't have a major effect on overall prognosis, which is where I think you and your husband may be looking. Specifically, triple-negative tumors (ER negative, PR negative, HER-2 negative) have a worse overall prognosis, but survivors have a low risk of recurrence if they get through the first five years.

I am putting some of the original research onto my page at facebook.com/keithroachmd1.

I must note that there are more sophisticated genetic markers that can help predict recurrence. My column lacks space to go into those, but your oncologist can speak to you about them.

I am sorry your life is in disarray. I don't mean to increase your anxiety. Perhaps it would help if I noted that according to one of the studies I am posting, recurrence rate in the 20 years after diagnosis is only 1.4% per year for ER+ women with no lymph nodes positive for cancer.

Questions About COPD

DEAR DR. ROACH: I was diagnosed with COPD a year and a half ago and have several questions. I seem to be unable to get answers from my pulmonary doctor, as he is always busy and doesn't have a lot of time to spend with me.

How fast does COPD progress? I'm 78 years old, in reasonably good health and exercise regularly. I have chronic bronchitis with a slight amount of emphysema. I had been coughing a little during the day, had mucus in the morning and coughed at night for two to three hours after bedtime — to the extent of having to use a rescue inhaler to settle down and get back to sleep. After he put me on Trelegy, all of those symptoms disappeared, and I feel perfectly normal except for shortness of breath.

My other question is what is the life expectancy of a person diagnosed with COPD? I've read about answers to this all over the map, from two or three years after diagnosis to 15 or more years. I would presume that it depends on other

factors such as physical condition, exercise, weight, etc. But I would like some kind of guideline for someone in my condition. — T.J.

ANSWER: There are two major types of chronic obstructive pulmonary disease: chronic bronchitis, where the primary problem is productive cough; and emphysema, which is destruction of the small airways. Shortness of breath is a common feature of all types of COPD. The most prevalent cause is smoking.

I can't answer your questions on rate of progression and overall prognosis without much more information, but it is certainly a good sign that many of your symptoms are well-controlled on treatment. The single biggest factor in rate of progression of COPD is whether you are a smoker, but not being able to exercise, being male and being very underweight are additional risk factors for faster progression.

Lung function falls inexorably over time. In people who have no lung disease, the normal decline with aging is never enough to cause symptoms during normal activity. In someone with COPD, the decline over months to years can cause symptoms to occur first with exercise, and then when at rest. Once people have severe symptoms at rest, the prognosis becomes quite poor.

No medication can reverse lung damage. Inhaled steroids reduce inflammation and can slow progression somewhat. Inhaled bronchodilators open airways and make breathing easier. Inhaled anticholinergics reduce secretions. Your medication, Trelegy, contains all of these medicines, and is appropriate for people with severe COPD or those who do not have good symptom control with a less intensive regimen.

An online calculator for prognosis can be found at <https://bit.ly/2N1UEoy>. It can be used if you know how far you can walk in six minutes and the results of your breathing test (specifically, the FEV1%).

DEAR DR. ROACH: After reading your recent column on mercury, I wonder how dangerous mercury amalgam for cavity fillings is. I'd guess that the amount of metallic mercury ingested is insignificantly small and of no consequence to overall health. But is it better to replace that type of filling with newer, less-toxic fillings? — J.G.

ANSWER: Many studies have looked at potential health harms to dental fillings using mercury-containing amalgam, and the consensus is that they are very safe, and that there is no good reason to remove them.

Here's How to Reduce Risk of Heart Disease

DEAR DR. ROACH: I'm a 70-year-old female who had a stress test, echocardiogram and carotid study. I passed all tests. My cholesterol is 173, with my HDL 56, LDL 95.6 and triglycerides 108. My blood pressure is 110/64. The cardiologist put me on 5 mg of Crestor. He feels this will help my numbers. He also has me taking CoQ10 and vitamin

D3 in case my legs start aching from the Crestor. I've been taking everything now for two weeks, and my legs are starting to ache. Is it really necessary to stay on Crestor? — J.S.

ANSWER: I put all your numbers into the standard risk calculator at www.cvriskcalculator.com, and your risk for heart disease or stroke in the next 10 years is 6.8%. That is in a range where medication therapy is not usually recommended.

Of course, I can't tell you to stop taking the medication your doctor has recommended. He may know something about you that I don't. It's possible you have a less-common risk factor your cardiologist may not have told you about.

Some people with very good cholesterol and blood pressure numbers have high levels of C-reactive protein, for example, which confers an increased risk for heart disease. That's true even in people with desirable cholesterol levels, and people in that situation would clearly benefit from taking Crestor or a similar medicine. All of these medicines have the risk of muscle aches, although the risk of serious muscle damage is very small.

Nearly everyone can reduce their heart disease risk by having a diet with very little meat but high in vegetables, legumes and nuts, along with whole grains and fruits. Regular moderate exercise is as important as diet. Keeping stress levels low, having good close relationships and sleeping 7-8 hours daily are underappreciated beneficial factors to reduce heart risk as well.

DEAR DR. ROACH: I am 76, female, healthy, do not take any meds and am scheduled for a total knee replacement. During the testing, they made an incidental discovery on the CT scan of "a possible right sided right Hutch diverticulum of the bladder" and "two prominent right external iliac lymph nodes, measuring up to 15 and 13 mm in short axis."

My surgical team did not respond, and my internist says "do not worry," with no explanation. I would greatly appreciate your opinion. — L.M.

ANSWER: A Hutch diverticulum is a congenital condition, a small pouch in the wall of the bladder. They are seldom diagnosed in adults. They can be associated with infection and stones, but if you have had no problem with either of those conditions, I would certainly advise against doing anything about it.

The external iliac lymph nodes are structures in the hip, and like all lymph nodes, may enlarge in the presence of infection or inflammation. Yours are definitely enlarged, with less than 8-10 mm considered normal. Although we worry about enlarged lymph nodes as a symptom or sign of cancer, it's thought to be cancer only about 1% of the time. After you recover from surgery, it may be worth taking another look to see if they have shrunk. If they are persistently enlarged, especially if they are growing, some physicians would recommend a biopsy to be sure it is nothing to worry about.

Financial

STEPS TO FINANCIAL WELL-BEING

As numbers help us in determining our physical health, blood pressure and cholesterol for example, numbers can tell us if financially we're secure or do we have to spend a little time seeing if you're in good shape or if you need more guidance and the motivation to improve your situation.

MONTHLY CASH FLOW

This is the most important number for you to know as from this number you can tell whether you're living within your means and have some financial stability. First, calculate all the money that's coming into your household by adding up

your monthly income such as work, rents, and the amount you can safely withdraw from your savings.

SECOND, figure out your cash outflow by listing your monthly expenses: housing, health care, food, debt payments and more. Subtract expenses from income to get the final figure. If the number is negative, your spending is higher than your sustainable income- you'll know exactly how many dollars you need to stop the slide. You have two options: You can make more or spend less.

CREDIT SCORE

Raising your score can get you better loan terms. A higher score can also mean lower premiums for car and

home insurance in many states and improve your standing as a prospective tenant.

You can get a free copy of your credit score from several sources, such as Credit Karma and Credit Sesame, and from some credit card issuers and banks. If your FICO credit score is below 760, you'll want to improve it. FICO scores, which range from 300 to 850, are commonly employed estimates of your likelihood to repay your debt; they are based on your credit report, which shows your borrowing history, and late payments you have made and your loans' current balances.

To boost your score, start by paying your bills on time; that's the most important factor. A credit card's bal-

ance compared with the credit limit on that card is a key factor as well. Try to keep your balances below 30 percent of each card's credit limit, or even lower if you're about to apply for a loan.

THE HIGHEST INTEREST RATE ON YOUR DEBT

Your loan with the highest rate is the one that's causing you the most financial pain. Take a look at your latest statements or loan origination documents. The most likely candidates are any credit card debt, vehicle title loans or payday loans. Directing extra cash to your highest-rate debt will give you the biggest immediate return. With credit card rates now at about 16 per-

cent, each \$1,000 balance on a card will cost you \$160 a year; each \$1,000 you owe on your mortgage might cost you only \$40. Paying off that credit card is the equivalent of a 16 percent guaranteed return on your money.

DEBT-TO-INCOME RATIO

It's crucial for getting a mortgage. Add up your monthly debt payments and divide by your monthly gross income (before taxes are subtracted). Mortgage lenders don't want borrowers to end up with a ratio of more than 43%. The lower your debt-to-income ratio, the longer you can make it without a job or stretch your retirement assets.

Preparing for a Financial Emergency

5 tips for building (or rebuilding) your emergency savings



Photos courtesy of Getty Images

FAMILY FEATURES

The new year provides an opportunity to re-evaluate different aspects of your life, and that includes your budget and savings habits. Planning for emergencies by building – or rebuilding – if the COVID-19 pandemic required making a withdrawal – a savings account to withstand the unforeseen can increase confidence in your overall financial health and reduce worry that a significant life event will negatively impact your finances.

“Our research shows having emergency savings is the foundation for long-term financial health,” said Chandni Ohri, program lead in savings and financial health with BlackRock’s Emergency Savings Initiative. “The start of a new year is a good time to make a savings plan, which can consist of putting a little bit of money away regularly.”

Even before the pandemic began, 4 out of 10 Americans had a hard time finding even \$400 to cover an emergency, according to a report from the United States Federal Reserve. However, if you don’t think you have money to save, consider the majority of people who were able to save for an emergency for the first time in 2020 earned less than \$60,000, according to research from BlackRock’s Emergency Savings Initiative, a group of nonprofit experts, corporate partners, and providers. Changes in spending due to the pandemic plus government stimulus packages helped many individuals create much-needed cash buffers.

Consider these tips to build your emergency savings account and create a buffer of cash for when emergency strikes.

Start a Savings Habit

While it’s less important to have a specific dollar amount in mind, getting into the habit of putting some money in savings with each paycheck can help protect you should an emergency arise. While one good rule of thumb is to set aside enough to cover roughly six weeks of living expenses – housing, food, transportation – take a look at what it would cost to cover unexpected issues with your car, a trip to the hospital, a leak in your home or the replacement of a major appliance and start there.

Even a small amount, such as \$50 in your savings account when it’s the day before payday and you’re running on fumes, can save you from an overdraft fee, having to resort to using a credit card, borrowing from a loved one or taking out a loan. However, research from the AARP Public Policy Institute found having a cash buffer of approximately \$2,500 can help prevent financial hardship over the longer term. If you lose your job, for example, your emergency account could help pay for necessities while you find a new position, or the funds could supplement any unemployment benefits you may receive.

Automate Your Savings

Because an emergency can strike at any time, it’s important to have easy access to your funds. However, the account should also be separate from your checking account so you’re not tempted to dip into your reserves. Pick a free savings account with no minimum balance requirements and link it to your everyday account to quickly move money over if you need it.

Look for ways you can automatically save such as enabling roundups from your checking account to be transferred to your savings with each purchase or having your employer split your paycheck and automatically deposit a portion into savings each payday.

If you’re planning to stash funds away for months or years that can serve as both an emergency fund and long-term savings, consider a high-yield savings account.

Look for Ways to Cut Back

While you may have already made changes to your spending habits amid the pandemic, periodically shopping for competitive rates of recurring bills, such as cable and internet, cell phones insurance policies and other utilities, can be a simple way to save some money each month. Start by asking your current providers about any special rates and promotions that may be available to loyal customers then check with alternative providers to see if they can provide the same or better offerings at a reduced cost. Sometimes returning to your current provider with a more competitive rate from elsewhere can be extra incentive to work out a deal to keep a longtime customer.

Also look at any subscription services you use, or potentially don’t but still pay for, and see if they offer a cheaper plan that still meets your needs or if you’re able to cancel subscriptions you no longer use frequently. Other expenses such as dining out or buying new clothing and accessories could also be scaled back if you find you’re splurging too much. Avoid completely cutting spending for leisure activities from your budget but look for reasonable tweaks that can allow you to set more money aside for unforeseen expenses.

Take Advantage of One-Time Opportunities to Save

Assuming you expect to receive a tax refund, this provides an easy way to boost your emergency fund if circumstances allow you to

save all or a portion of the return. If you’re able, consider having your refund directly deposited in your emergency account. The same strategies can be applied to any government aid checks you may receive, such as a second round of stimulus money that could be distributed to eligible citizens in 2021 to help reinvigorate the economy amid the COVID-19 pandemic.

There may also be other times throughout the year when you receive one or more cash gifts, like your birthday or holidays, that can help provide a nice cushion to your emergency fund if you can avoid the temptation to spend it.

Replenish What You Use

Remember to review and adjust your savings plan as needed, whether you’re able to contribute over a longer period of time without dipping into the account or if an expensive life event pops up that requires using all or a portion of the funds.

Should you need to dip into the savings, do your best to make replenishing the account to a level you’re comfortable with a primary goal in case any additional unexpected expenses arise. Alternatively, if your saving is going well, consider increasing the amount you’re saving each paycheck so you’re better protected against any major life changes or able to finance a large-scale purchase down the road.

Find more information and tips for building your savings at savingsproject.org.



FLASH BACK

POP ROCK & SOUL TRIVIA
BY MICK HARPER

1. What duo released "Playboy"?
2. Who released "Easier Said Than Done" in 1963?
3. In which Stevie Nicks music video is she seen holding a baby dressed in white?
4. "Great Gig in the Sky" appeared on what album?
5. Name the song that contains this lyric: "Don't want your love anymore, Don't want your kisses, that's for sure, I die each time I hear this sound, Here he comes ..."

Answers

1. Pop and country duo Gene and Debbe, in 1968. Songwriter Gene Thomas also created music for numerous singers.
2. The Essex, a group of five Marines stationed at Camp LeJeune. The song went to the top of the Billboard chart, even though it was released as the b-side to their first single.
3. "Rooms on Fire," 1989. Nicks is the only woman to have been inducted into the Rock and Roll Hall of Fame twice, once as an individual singer and once as a member of the band Fleetwood Mac.
4. Pink Floyd's "The Dark Side of the Moon," in 1973. The song began as an organ instrumental.
5. "Cathy's Clown," by The Everly Brothers, in 1960. The song is odd in that it has no verses and starts with a chorus.

Strange BUT TRUE

By Lucie Winborne

- Doc Martens come in all different colors and sizes now, but the first pair was created using old tires.
 - There actually aren't "57 varieties" of Heinz ketchup, and never were. Company founder H.J. Heinz thought his product should have a number, and he just happened to like 57.
 - March 3 is known as "What if Cats and Dogs Had Opposable Thumbs Day."
 - The number of permutations within a deck of cards is mind-bogglingly large: an 8 with 67 zeroes after it. That means there are more card combinations than stars in the Milky Way, which amount to as many as 400 billion!
 - Cataract surgery was possible as early as the 6th century B.C.
 - Barbie's physical appearance was inspired by a German doll named Bild Lilli, created in 1952 and based on a high-end call girl named Lilli who was featured in the comic strip "Bild-Zeitung." She was sold as an adult novelty in bars and tobacco shops — definitely not as a children's toy. Barbie inventor Ruth Handler saw the doll while vacationing in Europe and brought it home.
 - Sunsets on Mars are blue.
 - The Gate Tower Building in Osaka, Japan, has a highway that passes through the building, between the fifth and seventh floors.
 - A Paris morgue needed help identifying bodies in the 1860s, so decided to open its doors to the public. They probably underestimated people's morbid curiosity, though, as soon 40,000 people a day were coming to look at corpses.
 - Mob boss Vincent Gigante would wander around New York in his bathrobe to convince the police he was insane, and thus avoid capture.
- ***
- Thought for the Day:** "Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble, courage in your own." — Adam Lindsay Gordon

top 10 movies

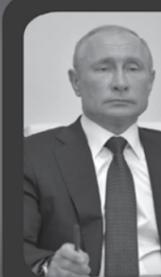
1. **Monster Hunter** (PG-13) Milla Jovovich, Tony Jaa
2. **The Croods: A New Age** (PG) animated
3. **Fatale** (R) Hilary Swank, Michael Ealy
4. **Elf** (PG) Will Ferrell, James Caan
5. **Half Brothers** (PG-13) Jose Zuniga, Luis Gregory Mendez
6. **The Polar Express** (G) animated
7. **Freaky** (R) Vince Vaughn, Kathryn Newman
8. **The War with Granpa** (PG) Robert De Niro, Uma Thurman
9. **National Lampoon's Christmas Vacation** (PG-13) Chevy Chase, Beverly D'Angelo
10. **How the Grinch Stole Christmas** (PG) Jim Carrey, Taylor Momsen

top ten

Least Trust in Media

1. Russia
2. Turkey
3. Ireland
4. Japan
5. France
6. Spain
7. U.K.
8. Argentina
9. Australia
10. Brazil

Source: Edelman Trust Barometer



COUCH THEATER DVD PREVIEW

BY AMY ANDERSON

Netflix has a new documentary series that explores some very niche competitions. It's called "We Are the Champions," and if you're not watching it, you're missing out. Rainn Wilson narrates a collection of weird and wonderful battles in such diverse subject matter as competitive hair design, hot pepper consumption and chasing a wheel of cheese down an impossibly steep hill.

It's all great fun, but I found myself yelling at the TV, completely emotionally invested in someone's progress. And so much laughing. Of course, like most easily digestible and highly entertaining series, it was over in what felt like a minute — leaving me searching for more. So here are a few movies that satisfy a weirdly competitive itch, some more mainstream than others.

Pitch Perfect — Serious musical ambitions almost stop Beca (Anna Kendrick) from joining an all-girl singing group her freshman year at college. Fortunately, a deal with her dad keeps her on the Bellas. Pitted against the winning all-male Treblemakers, who also have aca-aspirations for the ICCA crown and a spot at Lincoln Center, Beca and her Bellas get acoustically creative.

TAG — Five man-child fools maintain a decades-long game of TAG, played one month of the year, every year, since they were kids. Hoagie (Ed Helms) is on a mission to tag the game legend, Jerry (Jeremy Renner) — who has NEVER been tagged. How far will a grown man go to tag another grown man? Pretty far, it seems.

Bring It On — The Rancho Came Toros' new cheer captain Torrence (Kirsten Dunst) inherits a national title-winning cheer squad with a dirty little secret: Their routines are stolen from East Compton High's Clover squad led

by Isis (Gabrielle Union). Both teams pull out all the stops to win at nationals.

Akeelah and the Bee — Eleven-year-old Akeelah (Keke Palmer) from South LA takes a shot at the national spelling title in this uplifting drama with moving performances from Laurence Fishburne and Angela Bassett.

To Wong Foo, Thanks for Everything! Julie Newmar — Two New York drag queens — Vida Boheme (Patrick Swayze) and Noxeema Jackson (Wesley Snipes) — take their co-won title on a cross country road trip to LA, to face the fierce competition at Drag Queen Nationals, bringing along Miss Chi-Chi Rodriguez (John Alberto Leguizamo), a newbie with a ton of passion.



Universal Pictures

Patrick Swayze in "To Wong Foo, Thanks for Everything! Julie Newmar"

Fight Club — An emotionally troubled man (Ed Norton) walks us through his descent from an unfulfilling job through insomnia and an addiction to support groups to his friendship with an enigmatic soap-seller (Brad Pitt) and the creation of an underground fight club where pugilistic hedonism reigns supreme.

Rocket Science — Hal Hefner (Reece Thompson) is a 15-year-old with a speaking problem: He stutters, so it's only natural that pert and competitive debater Ginny (Anna Kendrick) seeks him out as a debate partner. Only problem? Hal has a soul-crushing infatuation for Ginny, and Ginny has some questionable motives.

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TOP VIDEO RENTALS AND SALES

Video Rentals

1. **Fatman** (R) Mel Gibson, Walton Goggins
2. **Unhinged** (R) Russell Crowe, Caren Pistorius
3. **Mulan** (PG-13) Yifei Liu, Donnie Yen
4. **Buddy Games** (R) Dan Bakkedahl, Kevin Dillon
5. **The New Mutants** (PG-13) Maisie Williams, Anya Taylor-Joy
6. **Iron Mask** (PG-13) Jason Flemyng, Xingtong Yao
7. **The Rental** (R) Dan Stevens, Alison Brie
8. **Arthur & Merlin: Knights of Camelot** (NR) Richard Short, Tim Fellingham
9. **Smiley Face Killers** (R) Ronen Rubinstein, Mia Serafino
10. **2067** (NR) Kodi Smit-McPhee, Ryan Kwanten

DVD, Blu-ray Sales

1. **Yellowstone: Season 3** . (TV-MA) Paramount
2. **National Lampoon's Christmas Vacation** (PG-13) Warner Bros.
3. **Elf** (PG) Warner Bros.
4. **The Grinch** (PG) Universal
5. **The Polar Express** (G) Warner Bros.
6. **Mulan** (2020) (PG-13) Disney
7. **A Christmas Story** (PG) Warner Bros.
8. **Harry Potter: Complete 8-Film Collection** (PG-13) Warner Bros.
9. **Home Alone** (PG) 20th Century
10. **A Charlie Brown Christmas** (TV-G) Warner Bros.



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What's Hot In Hollywood

HOLLYWOOD — Loyal “Jeopardy!” fans were saddened to learn that their favorite host, **Alex Trebek**, had pancreatic cancer. Alex vowed he would fight as hard as he could to beat it. Bravely he soldiered on, taping episodes of “Jeopardy!” until the last two weeks of his life. On Nov. 8, at the age of 80, he went to host that great big “Jeopardy!” game in the sky. We’ll all miss Alex very much, but he wanted the show to go on. The big question is who can fill his shoes? The answer is **Ken Jennings**, the highest earning American game show contestant of all time.

Jennings won 74 consecutive “Jeopardy!” games with the highest average of correct responses per game. He won \$2,520,700 for 74 wins, \$2,000 for placing second in his 75th appearance, \$500,000 second-place prize for the “Jeopardy! Ultimate Tournament of Champions” (2005), \$300,000 second place prize for the IBM Challenge (2011), in which he lost to the Watson Computer, \$100,000 second place prize for the “Jeopardy! Battle of the Decades” (2014), \$100,000 second place prize (his share of his team’s \$300,000 prize) in 2019’s “Jeopardy! All Star Games,” and finally, \$1 million as first-place winner of “Jeopardy! The Greatest of All Time” (2020), for a grand total of \$4,522,700.

Jennings is 46 years old, a graduate of Brigham Young University who



ABC/Paula Lobo

Ken Jennings

has written several books, including “Brainiac: Adventures in the Curious, Competitive, Compulsive World of Trivia Buffs” (2006). He and his wife, **Mindy**, and their two children, 18-year-old **Dylan** and 15-year-old **Caitlin**, live in Seattle. In 2020 he became a consulting producer of “Jeopardy!” and now, beginning Jan. 11, he’ll be what is being called the guest host, the first in a series of “in-house” guest hosts. But this avid comic book and movie geek (how did he ever miss being on “The Big Bang Theory”?) will undoubtedly become the new host of “Jeopardy!” Question: When will they let us in on this!

Plans are afoot for releasing films into theaters again. The roll out began slowly but starts to pick up with the pre-Christmas opening of “Monster Hunter,” starring **Milla Jovovich** and **Ron Pearlman**. Then things really heat up with the Dec. 25 release of the Civil War drama “News of the World,” starring **Tom Hanks**, and “Wonder Woman 1984,” starring **Gal Gadot** and **Chris Pine**.

January sees the debut of “Pieces of a Woman,” starring **Shia LaBeouf**, **Vanessa Kirby** and **Ellen Burstyn**; and “The 355,” starring **Jessica Chastain**, **Penelope Cruz** and **Lupita Nyong’o**. Also coming in the new year, “I Carry You With Me,” about a gay couple from Mexico seeking a better life in the U.S., starring **Armando Espitia** and **Christian Vasquez**.

Are these stars and films enough to force us to give up being lumpy couch potatoes? Stay tuned!

HOLLYWOOD — ‘Tis the season of giving, unless you are “America’s Got Talent” or “American Idol” or “The Voice”! When **Howie Mandel** says repeatedly, “I don’t know if this is a \$1,000,000 act,” he’s absolutely right. In fact, the winning prize is nothing near \$1 million!

You may have read the disclaimer that appears with every show that says the \$1 million prize will be paid to the winner over a 40, yes, 40-year period. That means autistic and blind season 14-winner **Kodi Lee**, 24 when he won, would not receive his last payment until he is 64. According to Forbes Magazine, “The million-dollar lump sum would certainly be less than half a million dollars ... before taxes are even deducted. If a winner wants 40 payments over four decades, they could receive \$25,000 yearly ... before taxes.”

In “America’s Got Talent’s” defense, it makes all this completely clear to contestants prior to the competition. The winner and some of the top contenders do get to play a special engagement in Las Vegas at Planet Hollywood Resort and Casino. Ventriloquists **Terry Fator** and **Grace VanderWaal** have been the most successful winners.



Trae Patton/NBC

Howie Mandel

either. In 2019, winner **Laine Hardy** won a record deal with Hollywood Records, a \$125,000 prize for winning and another \$125,000 on completing an album within four months. The deal may include as many as six albums, and while recording they allegedly receive \$1,000 a week to cover living expenses and an additional \$1,000 for every master completed and turned in. The contestant also receives a \$300,000 advance for recording their album, which they are expected to pay back with album sales in addition to 50% of marketing costs, after the album’s release. In some cases, the artists were allegedly unhappy about the way they were handled or that they were unable to exit their contract to accept much more lucrative offers. **Carrie Underwood**, **Kelly Clarkson**, **Chris Daughtry** and **Clay Aiken** have been by far the most successful “American Idol” winners.

The winner of “The Voice” is awarded \$100,000 and a record deal with Republic Records (a division of Universal Music Group) or the Nashville-based Big Machine Records. Of the 18 winners so far, only **Cassadee Pope** has achieved even a moderate amount of success.

A horse of a totally different color is the Nobel Peace Prize. The winner receives a medal, the title of Nobel Peace Prize Laureate and 10 million Swedish crowns, which equals about \$1.2 million in U.S. dollars. Obviously, winning a Nobel Prize is far better, but when you’re a singer or talent looking for your big break, all of the above doesn’t sound so un-Nobel. Merry Christmas!

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by Dana Jackson

Q. I recently watched the finale of “Supernatural.” They really did a great job with the way they ended it. Now that the series is over, I know **Jared Padalecki** is going to be on the new “Walker, Texas Ranger,” but does **Jensen Ackles** have anything in the works? — *K.L.*

A. As far as his acting career goes, **Ackles**, who played Dean on “Supernatural,” has landed a role on the upcoming season of “The Boys.” It’s an Amazon original series about a group of vigilantes who go after corrupt superheroes. **Ackles** will play a character named Soldier Boy, who fought in World War II. You can stream the first two seasons of “The Boys” now to get yourself familiar with the plot, as season three likely won’t air until fall of 2021.

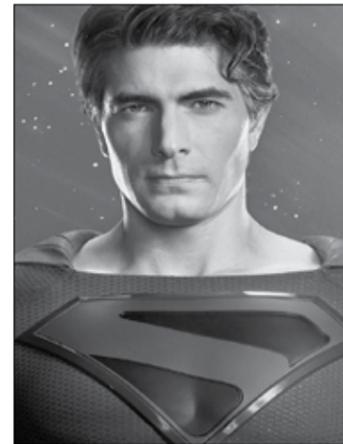
Ackles also inked a deal to develop shows for Warner Bros., and he and his wife, **Danneel**, have formed a production company. **Danneel** also had a recurring role on “Supernatural” as Sister Jo and an angel named **Anael**. She’s no stranger to the CW network, having previously played **Rachel** on “One Tree Hill” for several seasons.

Q. Whatever happened to **Brandon Routh**, the actor who played **Superman** before **Henry Cavill**. I really liked him. He’s second only to **Christopher Reeve** as the true **Superman**, in my eyes. — *J.E.*

A. He’s still around! After playing the Man of Steel in the 2006 film “Superman Returns,” **Routh’s** career seemed to fizzle. **Henry Cavill** carried on the Superman franchise in feature films, but **Routh** actually continued in the role on television. He played **Superman**, and other roles, on the CW series “DC Legends of Tomorrow,” “The Flash” and others. Next up is a recurring role as a cop on the new season of ABC’s “The Rookie.”

You can follow **Matt** on Instagram @ **MattBrown511**, where he showcases his artwork and quiet new life in California.

Q. I heard there’s a new series based on the classic “Hardy



Jordan Nuttall/The CW Network

Brandon Routh as Superman

Boys” books. I grew up reading the books, along with “Nancy Drew.” Wasn’t there an old “Hardy Boys” TV show years ago? — *G.F.*

A. There have been several TV shows and movies based on the “Hardy Boys” mystery novels, but the one you’re probably thinking of is “The Hardy Boys/Nancy Drew Mysteries” starring **Shaun Cassidy** and **Parker Stevenson**. **Pamela Sue Martin** played sleuth **Nancy**. It aired from 1977-79.

The latest installment of “The Hardy Boys” streams on Hulu and stars **Rohan Campbell** (“Virgin River”) and **Alexander Elliot** (“Locke & Key”). The books on which the series takes its name were first published in 1927, and Hulu’s version is vastly different. It takes place in the 1980s, which will inevitably lead to comparisons to Netflix’s “Stranger Things” series. “The Hardy Boys” is a show that families can watch together, and we definitely need more programming like that while we’re all cooped up.

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

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Vegetarian Ramen Zoodle Bowls

New Year Nutrition

Take on 2021 with a sustainable, low-carb eating plan

FAMILY FEATURES

A new year brings with it new opportunities to better yourself in all kinds of ways, including your health. Start by evaluating your at-home menu to make sure it aligns with your nutritional goals.

These recipes for Vegetarian Ramen Zoodle Bowls, Broccolini and Bacon Egg Bites and Flourless Salted Peanut Butter Chocolate Chip Cookies from Atkins offer better-for-you options that fit within a low-carb lifestyle that can help you eat right and make smarter choices in your kitchen. Each option offers a balanced approach to eating comprised of high-fiber carbohydrates, optimal protein and healthy fats. Plus, they're easily personalized, allowing each recipe to help you meet your goals regardless of what eating plan you're following and whether you're looking to achieve weight loss, maintain your weight or achieve optimal health.

Vegetarian Ramen Zoodle Bowls

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 30 minutes
Servings: 4

- 4 large eggs
- ice water
- 2 cups fresh water
- 1 quart vegetable broth
- 5 ounces (3 cups) broccolini florets, cut into bite-size pieces
- 10 ounces (4 cups) spiralized zucchini
- 5 ounces (5 packed cups) baby spinach
- 1 tablespoon, plus 2 teaspoons, white miso paste
- 1/4 teaspoon kosher salt, plus additional, to taste, divided
- 1 tablespoon toasted sesame oil, plus additional for garnish, to taste
- 2 cups mung bean sprouts, for garnish
- chili garlic sauce, for garnish

- 1 cup shredded raw carrot, for garnish
- 4 tablespoons crushed peanuts, for garnish

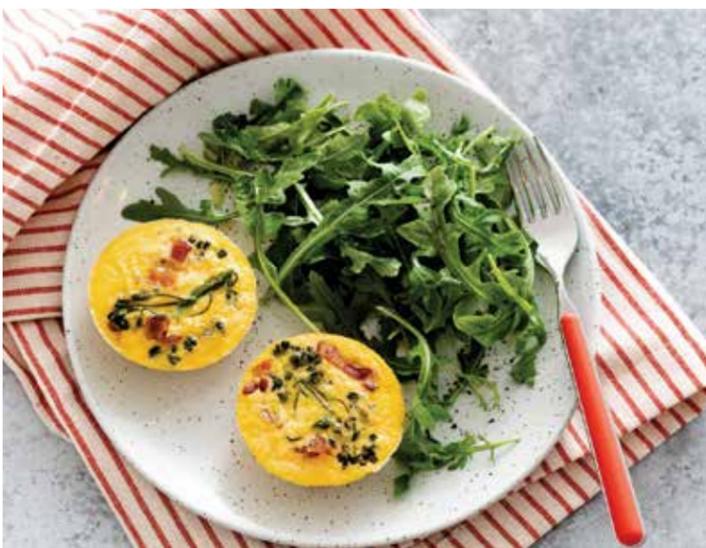
In large saucepan of gently boiling water, cook eggs 7 minutes then transfer to bowl of ice water.

Drain cooking water from saucepan then add broth and fresh water. Bring to simmer over medium-high heat. Add broccolini and cook 3 minutes then add zucchini and spinach. Continue cooking until spinach is wilted and zucchini is crisp-tender, 2-3 minutes. Remove from heat.

Ladle about 1/2 cup broth from saucepan into small bowl. Add miso paste and 1/4 teaspoon salt; whisk to combine. Return mixture to soup, add sesame oil and stir to combine. Add additional salt, to taste. Cover to keep warm.

Remove eggs from ice bath; peel then cut in half lengthwise. Ladle 2 cups soup into four serving bowls. Top each portion with one egg and 1/2 cup sprouts. Drizzle with chili garlic sauce and additional sesame oil, to taste. Top each serving with 1/4 cup shredded carrot and 1 tablespoon crushed peanuts.

Nutritional information per serving: 10 grams net carbs; 17 grams total carbs; 7 grams fiber; 16 grams protein; 13 grams fat; 253 calories.



Broccolini and Bacon Egg Bites

Broccolini and Bacon Egg Bites

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 45 minutes
Servings: 4

- Nonstick cooking spray
- 5 slices (4 ounces) no-sugar-added bacon
- 5 large eggs
- 3 ounces cream cheese
- 2 tablespoons feta cheese
- 1 tablespoon hot sauce
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 4 1/2 ounces broccolini (5-7 stalks), stalks and florets thinly sliced
- 1 tablespoon water
- 1 1/2 cups baby arugula
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- freshly ground black pepper, to taste
- 1 cup fresh blueberries

Preheat oven to 350 F. Lightly coat eight silicone egg-bite mold cups or eight cups of standard nonstick muffin tin with nonstick cooking spray and set in large baking pan.

In large nonstick skillet, cook bacon over medium heat until golden, about 5 minutes per side. Transfer to paper towel-lined plate to drain. Chop bacon into small pieces.

In blender, puree eggs, cream cheese, feta cheese, hot sauce and 1/4 teaspoon salt until smooth.

Pour off all but 1 tablespoon fat from skillet. Add broccolini, water and 1/4 teaspoon salt. Cook over medium-high heat, stirring frequently, until broccolini is tender, 3-5 minutes. Remove from heat.

Fill each egg cup with 1 teaspoon bacon and 1 tablespoon broccolini. Top with egg mixture, filling cups to about 1/8 inch from top. Add just enough boiled water to baking pan to come halfway up sides of molds.

Bake egg bites until set, 20-25 minutes. Take pan from oven then take molds from water bath. Let egg bites cool then remove from molds.

In medium bowl, toss arugula, lemon juice, oil and salt and pepper, to taste. Place 3/4 cup salad, two egg bites and 1/4 cup blueberries on four plates and serve.

Nutritional information per serving: 9 grams net carbs; 11 grams total carbs; 2 grams fiber; 14 grams protein; 34 grams fat; 400 calories.

Flourless Salted Peanut Butter Chocolate Chip Cookies

Recipe courtesy of "The Atkins 100 Eating Solution"
Total time: 50 minutes
Yield: 24 cookies

- 1 cup sugar-free smooth or creamy peanut butter
- 2 teaspoons stevia extract powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup sugar-free semisweet chocolate chips
- 1 teaspoon flaky sea salt

Set oven racks in upper- and lower-third positions. Preheat oven to 350 F. Line two cookie sheets with parchment paper.

In medium bowl, use handheld electric mixer on medium speed to beat peanut butter, stevia, baking soda and salt,

scraping down sides if needed, until well combined, about 1 minute. Reduce speed to low, add egg and vanilla extract; beat until combined.

Shape dough into 24 balls (about 1 tablespoon each) and place 2 inches apart on prepared cookie sheets. Using tines of fork, carefully flatten each ball, creating crisscross pattern.

Bake, rotating cookie sheets from top to bottom and back to front halfway through, until edges begin to brown and cookies are set, 7-9 minutes. Cookies should not be browned. Let cool 10 minutes on cookie sheets then carefully transfer to cooling rack to cool completely.

In small microwave-safe bowl, add chocolate chips and microwave on high in 20-second increments, stirring after each, until melted, about 1 minute.

Dip dry fork into chocolate then drizzle over cookies.

Sprinkle with sea salt.

Nutritional information per serving (1 cookie): 1.5 grams net carbs; 3 grams total carbs; 1.5 grams fiber; 3 grams protein; 6.5 grams fat; 79 calories.



Flourless Salted Peanut Butter Chocolate Chip Cookies

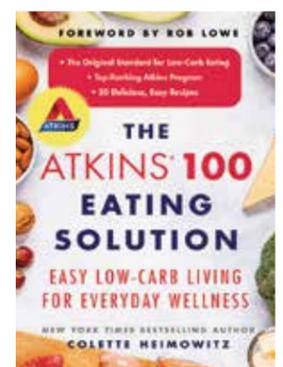
An Easy-to-Follow Food Guide

The latest science continues to support the many health benefits of a low-carb approach to eating beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the "Standard American Diet" helps avoid the development of obesity, metabolic syndrome and type 2 diabetes.

While many eating approaches can be vague in their approach, "The Atkins 100 Eating Solution's" fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs (the total carbohydrate content of the food minus the fiber content and sugar alcohols) and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life.

With cutting-edge research and delicious recipes, this book provides a variety of foods with plenty of room for personalization. This easy-to-use guide, written by Colette Heimowitz, the company's vice president of nutrition and education, can also show you how the plan can be modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more regardless of food preferences, lifestyle or cooking abilities.

Visit atkins.com/atkins-100-eating-solution-book to purchase the book.



Good Housekeeping

Green Pea and Lettuce Soup

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

- 2 teaspoons margarine or butter
- 1 medium onion, finely chopped
- 1 can (13¼ to 14½ ounces) chicken broth
- 1 package (10 ounces) frozen peas
- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- ¾ teaspoon salt
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon dried thyme leaves
- ½ 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 ½ cup) servings.

Good Housekeeping

Ham and Cheese Pitas

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

- 2 (6-inch diameter) pitas
- 2 teaspoons Dijon mustard
- 8 slices (about 4 ounces) cooked ham, thin
- 2 ounces (½ cup) Jarlsberg light cheese

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

2. Spread ½ teaspoon mustard on each pita half. Top each with 2 slices ham and 2 tablespoons cheese. Bake 5 minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve. Makes 4 servings.

Good Housekeeping

Pork Tenderloin With Roasted Grapes

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

- 1 teaspoon fennel seeds, crushed
- 2 teaspoons extra-virgin olive oil
- 1 whole pork tenderloin (1 pound)
- 3 cups seedless red and green grapes (about 1 pound)
- ½ cup chicken broth

1. Heat oven to 475 F. In cup, combine fennel with ½ teaspoon coarsely ground pepper and ½ teaspoon salt; use to rub all over pork.

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

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

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

Good Housekeeping

Granola-Yogurt Parfait

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

- ½ cup fresh or frozen (partially thawed) raspberries or other favorite berry
- ¾ cup vanilla low-fat yogurt
- 2 tablespoons low-fat granola

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

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

Good Housekeeping

Chicken Parmigiano Mini Meatloaves

- 1 pound ground chicken
- 1 large egg
- ¼ cup plain dried bread crumbs
- ¼ cup freshly grated Parmesan cheese
- ¼ teaspoon salt
- ½ cup marinara sauce
- ½ cup shredded mozzarella cheese

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

2. In bowl, mix chicken, egg, bread-crumbs, Parmesan, salt and ¼ cup marinara sauce just until blended. In foil-lined pan, shape meat mixture into four 4-by-2-inch oval loaves.

3. Place pan in broiler 5 to 6 inches from source of heat and broil meatloaves 15 minutes or until no longer pink inside. Spoon remaining ¼ cup sauce over loaves; sprinkle with mozzarella. Broil 1 to 2 minutes longer or until cheese melts. Makes 4 main-dish servings.

Good Housekeeping

Steamed Broccoli With Buttery Herb Crumbs

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

- 1 lemon
- 3 tablespoons margarine or butter
- 4 slices bread, torn into ¾-inch pieces
- 1 garlic clove, crushed with garlic press
- ¼ cup packed fresh parsley leaves, chopped
- 2 bags (12 ounces each) fresh broccoli flowerets
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

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

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

3. Meanwhile, add about ¾-inch water to wide-bottomed 5- to 6-quart saucepot. Place collapsible steamer basket (about 11 inches in diameter) in saucepot; heat water to boiling over high heat. Add broccoli to steamer basket; cover and steam 5 to 6 minutes or until tender-crisp.

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

Good Housekeeping

Lucky Asian Steak Noodle Bowl

In many Asian countries, people eat long noodles on New Year's Day to lengthen their life. One catch: You can't break the noodle from your plate to your mouth.

- 8 1 pound sirloin steak
- Salt
- Pepper
- 1 tablespoon olive oil
- 2 tablespoons rice vinegar
- 2 teaspoon sesame oil
- 1 teaspoon chili paste
- 1 cup spiralized carrots
- 1 cup frozen shelled edamame, thawed
- ½ cup mint
- ½ cup cilantro leaves
- Toasted sesame seeds and sliced scallions, for serving

1. Cook buckwheat soba noodles per package directions. Rinse with cold water; refrigerate.

2. Meanwhile, pat sirloin steak dry and season with salt and pepper. Heat large skillet on medium-high. Add olive oil, then steak, and cook to desired doneness, 5 to 7 minutes per side for medium. Let rest at least 5 minutes before slicing.

3. In large bowl, whisk together rice vinegar, sesame oil, chili paste and ½ teaspoon salt. Add soba noodles and spiralized carrots (thawed if frozen) and toss to coat. Fold in edamame, mint and cilantro leaves. Top with sliced steak, toasted sesame seeds and sliced scallions.

* Each serving: About 545 calories, 22 g fat (7 g saturated fat), 37g protein, 540mg sodium, 53g carb, 3g fiber.

Comfort foods

Made fast and healthy



by Healthy Exchanges

Creamy Tuna Macaroni Salad

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

- 2½ cups uncooked elbow macaroni
- ¼ cups frozen cut green beans
- ½ cups frozen cut carrots
- 3 cups water
- 1 (10¼-ounce) can reduced-fat cream of celery soup
- ½ cup fat-free mayonnaise
- 1 teaspoon dried parsley flakes
- ¼ teaspoon lemon pepper
- 2 (6-ounce) cans white tuna, packed in water, drained and flaked
- ¼ cup finely chopped onion

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

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

* Each serving equals: 222 calories, 2g fat, 19g protein, 32g carb., 405mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 ½ Starch, 1 Vegetable.

Good Housekeeping

Pineapple-Pom Fruit Melange

This herbaceous blend of pineapple, pomegranate seeds and grapes is much better than your average fruit salad. It doesn't hurt that the jewel-toned pomegranate is in its prime come January.

- ¼ cup sugar
- 1 sprig fresh rosemary, slightly bruised with side of knife
- ½ teaspoon vanilla extract
- Pinch salt
- 4 large navel oranges
- 1 pound pineapple chunks
- 1 pound large seedless grapes, halved
- ½ cup pomegranate seeds

1. In a small saucepan, combine sugar, rosemary, vanilla, salt and ¼ cup water. Heat on medium-high just until sugar dissolves. Remove from heat; cool completely.

2. With sharp paring knife, cut off tops and bottoms of oranges, then cut off peel. Working over large bowl, cut segments out of oranges into bowl; discard membranes. To bowl with orange segments, add pineapple, grapes, pomegranate seeds and rosemary syrup, tossing until combined.

3. Serve immediately, or cover and refrigerate up to 1 day. Makes 8 servings.

* Each serving: About 160 calories, 2g protein, 40g carbs, 4g fiber, 310mg sodium.

Good Housekeeping

Hot White Chocolate

A touch of almond extract gives this comforting winter-warmer a deliciously nutty aroma.

- 1 quart milk
- 3 ounces white chocolate, finely chopped*
- 1 tablespoon sugar
- 2 teaspoons vanilla extract
- ¼ teaspoon almond extract

1. In 2-quart saucepan, heat milk to simmering over medium heat.

2. With wire whisk, stir in white chocolate, sugar, and vanilla and almond extracts. Heat mixture 3 minutes or until chocolate melts, stirring occasionally. Pour into warm mugs to serve. Serves 4.

*Or use one 3-ounce Swiss confectionery bar, or one-half 6-ounce package white baking bar.

* Each serving: About 290 calories, 15g total fat (10g saturated), 37mg cholesterol, 140mg sodium, 27g total carbohydrate, 10g protein.

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Crime

Burglary on the 2200 block of West Irving Park Road.

Robbery on the 3800 block of North Western Avenue.

Theft on the 5300 block of North Broadway.

Assault and two shootings, wounding one and killing another on the 1200 block of West Fry Street.

Theft on the 5500 block of North Kenmore Avenue.

Assault on the 4600 block of North Lincoln Avenue.

Theft on the 4700 block of North Marine Drive.

Assault on the 2700 block of North Western Avenue.

Theft on the 500 block of West Surf Street.

Assault on the 5400 block of North Clark Street.

Theft on the 5900 block of North Kenmore Avenue.

Vandalism on the 3100 block of North Ashland Avenue.

Theft on the 600 block of West Oakdale Avenue.

Robbery on the 4900 block of North Kenmore Avenue.

Theft on the 2500 block of North Halsted Street.

Vandalism on the 2700 block of North Wilton Avenue.

Theft on the 5300 block of North Sheridan Road.

Theft on the 2200 block of North Orchard Street.

Theft on the 1000 block of West Irving Park Road.

Theft on the 3400 block of North Southport Avenue.

Theft on the 1500 block of North Halsted Street.

Theft on the corner of State and Division.

Assault on the 1800 block of West Fullerton Avenue.

Theft on the 2100 block of North Lincoln Avenue.

Theft on the 500 block of West Belmont Avenue.

Assault on the 4300 block of North Clarendon Avenue.

Theft on the 3900 block of North Pine Grove Avenue.

Vandalism on the 1400 block of North Sedgwick Street.

Theft on the 3100 block of North Washtenaw Avenue.

Theft on the 2000 block of North Western Avenue.

Robbery on the 800 block of North Noble Street.

Assault on the 800 block of West Wellington Avenue.

Vandalism on the 1700 block of Fullerton Avenue.

Assault on the 3200 block of North Sheridan Road.

Vandalism on the 4600 block of North Western Avenue.

Assault on the 3200 block of North Sheridan Road.

Vandalism on the 4600 block of North Western Avenue.

Theft on the 1300 block of North Paulina Street.

Shooting on Irving Park Road and Hamlin Avenue.

Shooting on the 2800 block of West Irving Park Road.

Burglary on the 2200 block of West Irving Park Road.

Robbery on the 3800 block of North Western Avenue.

Robbery on the 4800 block of North Pulaski Road.

Assault on the 3700 block of West Agatite Avenue.

Robbery on the North Christiana Avenue and Lawrence Avenue.

Assault on the 2199 block of North Kedzie Avenue.

Theft on the 2000 block of North Clark Street.

Vandalism on the 1600 block of North Milwaukee Avenue.

Assault on the 4100 of North Marine Drive.

Theft on the 1100 block of West Fullerton Avenue.

Theft on the 1400 block of North Elston Avenue.

Theft on the 900 block of West Irving Park Road.

Assault on the 600 block of West Division Street.

Assault on the 1000 block of West Marshfield Avenue.

Burglary on the 5200 block of North Broadway.

Theft on the 2100 block of West Lyndale Street.

Assault on the 700 block of West Diversey Parkway.

Theft on the 1700 block of West Foster Avenue.

Theft on the 2800 block of North Lakeshore Drive.

Theft on the 400 block of West Barry Avenue.

Assaults (2) on the 2700 block of North Hampden Court.

Assault on the 4800 block of North Magnolia Avenue.

Assault on the 1100 block of West Berwyn Avenue.

Theft on the 1300 block of West Sunnyside Avenue.

Theft on the 6100 block of North Sheridan Road.

Theft on the 1600 block of North Cleveland Avenue.

Burglary on the 3700 block of North Broadway.

Assault on the 2800 block of North Broadway.

Theft on the 4300 block of North Winchester Avenue.

Robbery on the 2100 block of West Webster Avenue.

Theft on the 2000 block of North Milwaukee Avenue.

Robbery on the 800 block of West Addison Street.

Theft on the 2400 block of West Belmont Avenue.

Robbery on the 2600 block of North Lakeview Avenue.

Theft on the 1200 block of West Roscoe Street.

Theft on the 900 block of West Lakeside Place.

Theft on the 600 block of West Wellington Avenue.

Vandalism on the 1000 block of West Wintonna Street.

Theft on the 4300 block of North Ashland Avenue.

Theft on the 1600 block of North Halsted.

Theft on the 3500 block of North Hamilton Avenue.

Assault on the 1100 block of West Argyle Street.

Vandalism on the 1100 block of North Dearborn Street.

Vandalism on the corner of Goethe and State Parkway.

Theft on the 900 block of West Diversey Parkway.

Theft on the 2800 block of North Clybourne Avenue.

Vandalism on the 1800 block of North Milwaukee Avenue.

Assault on the 2100 block of North Avers Avenue.

Assault on the 1800 block of West Fullerton Avenue.

Theft on the 500 block of West Belmont Avenue.

Assault on the 4300 block of North Clarendon Avenue.

Theft on the 3900 block of North Pine Grove Avenue.

Theft on the 3100 block of North Washtenaw Avenue.

Vandalism on the 3100 block of West Lyndale Street.

Theft on the 2000 block of North Western Avenue.

Theft on the 1700 block of West Pierce Avenue.

Vandalism on the 100 block of East Oak Street.

Vandalism on the 1000 block of West Huron Street.

Assault on the 3200 block of North Sheridan Road.

Robbery on the 3800 block of North Western Avenue.

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Assault on the 2100 block of North Western Avenue.

Theft on the 1100 block of West Fullerton Avenue.

Assault on the 3700 block of North Broadway.

Assault on the 2800 block of North Broadway.

Theft on the 4300 block of North Winchester Avenue.

Robbery on the 2100 block of West Webster Avenue.

Theft on the 2000 block of North Milwaukee Avenue.

Robbery on the 800 block of West Addison Street.

Theft on the 2400 block of West Belmont Avenue.

Robbery on the 2600 block of North Lakeview Avenue.

Theft on the 1200 block of West Roscoe Street.

Theft on the 900 block of West Lakeside Place.

Theft on the 600 block of West Wellington Avenue.

Vandalism on the 1000 block of West Wintonna Street.



Photos courtesy of Getty Images

Boost Your Spirits Through the Holidays and Beyond

FAMILY FEATURES

Stress and anxiety are all too familiar to many Americans, this year especially, and the added pressure of the holiday season may provide a new set of challenges. Practicing self-care and nurturing your mental health can help you navigate these potentially isolating times, especially if you're tackling this season single.

With so many other demands in life, taking care of yourself, including your emotional and mental well-being, may not always be at the top of your list. However, putting more emphasis on yourself and your needs can be achieved in small, measurable ways and may not only help boost your spirits but can affect your approach to dating, too.

"We believe happy and healthy relationships start with happy and healthy individuals," said Stefan Harvalias, head of global marketing for Plenty of Fish, one of the largest global online dating companies.

Harvalias points out there are a number of ways you can alleviate stress and anxiety. While there's no one magic formula that fits all, many people find coping easier with activities like these.

Listen to music. Numerous studies have demonstrated the benefits of music in managing mental health. Slow, mellow music can help the mind shift into a lower gear and has even been shown to influence the body's physical state such as reducing blood pressure, pulse and heart rates. For someone with anxiety, music can be a welcome distraction from the troublesome thoughts occupying the mind. For others, music is simply a way to escape from reality and focus on something enjoyable.

Talk with friends and family. Although COVID-19 may be creating physical distance, there's one way it can bring people together: by acknowledging your shared stress to one another. While the impacts of the pandemic vary greatly, everyone has been navigating uncertainty and change that comes with such a widespread event. A weekly check-in call or video chat with friends and family members can help you feel less alone with your feelings and experiences. Topics like mental health and mindfulness have risen to the surface of everyday discussions, removing a lot of the stigma they once had.

Seek out tools to help you unwind. If you've never given much thought to managing your mental health, you may not know where to begin practicing better self-care, and that's OK. That's where you can benefit from resources like those available through Plenty of Fish. Knowing the toll the pandemic is taking on singles, the dating app partnered with Shine, a leading self-care app, to create two free dating-related meditations developed to help singles better manage anxiety and improve mental health and wellness.

Navigating dating, work and your personal life can feel like an intense juggling act. To help find balance and feel less pressure, consider listening to the "Balance Dating While Busy" guided meditation and reflect on your energy and priorities so you can make space for dating in your life.

Although dating may look and feel different right now, it's still doable. Shift your mindset and reflect on ways to adapt with an option like the "Navigate Dating During COVID" guided meditation.

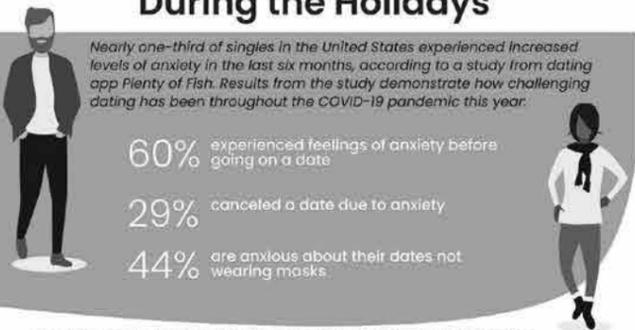
Recognize the role of physical wellness. The mind and body are intrinsically connected, and how you take care of your body can have an impact on your mental state. This includes eating well to ensure you're getting proper nutrition, which can positively impact your mood. Additionally, exercise releases feel-good hormones, so a quick walk around the block or a 10-minute exercise video can benefit you both physically and mentally.

Give yourself permission to disconnect. When life feels uncertain, being closely tied to an information source like your smartphone can give you a sense of security, but it can also add to your everyday stress. If you're working from home, you may find you never fully shift out of work mode. However, it's easy to become addicted to refreshing your newsfeed, allowing your devices to cut into time you could spend more productively. Limit your screen time to force yourself to focus on the present and activities that bring you pleasure while allowing your brain to rest, like spending time with loved ones or enjoying a good book or movie.

Find more resources to support your mental health and dating experiences this holiday season at blog.pof.com.

Keeping Spirits High While Dating During the Holidays

Nearly one-third of singles in the United States experienced increased levels of anxiety in the last six months, according to a study from dating app Plenty of Fish. Results from the study demonstrate how challenging dating has been throughout the COVID-19 pandemic this year.



To combat these feelings of anxiety and stress, many singles have turned to self-care:



Read more about coping with dating anxiety on blog.pof.com



Keep COVID from Crushing Your Dating Game

As if single life and dating didn't bring enough uncertainty on their own, a global health crisis has only heightened the anxiety many singles feel. Dating pressures and anxiety tied to COVID-19 were the subjects of a study by Plenty of Fish, which showed just how challenging dating has been for singles this year.

According to the survey of singles:

- 60% have experienced feelings of anxiety before going on a date
- 29% have canceled a date due to anxiety
- 44% are anxious about their date not wearing a mask

When it comes to the benefits of self-care, a majority of surveyed singles reported:

- 66% practice self-care regularly
- 87% said self-care activities reduce stress
- 78% said they feel less stressed after a self-care routine
- 50% meditate
- Alone time, exercise and pampering were listed as the top self-care activities

"Prioritizing your mental health matters more than ever," Harvalias said. "Self-care and wellness mean something different to everyone – all that matters is that you find an outlet to disconnect and do what makes you happy."



Myrrh

Myrrh resin is harvested from the species *commiphora myrrha*, which is native to Yemen, Somalia, Eritrea and Ethiopia. Used medicinally to treat indigestion, ulcers, colds, cough, asthma, lung congestion, cancer, spasms, arthritis pain, leprosy and syphilis, it can also be applied directly to the mouth for gum and tooth problems, and to the skin for wounds, abrasions, and boils, as it is considered effective against inflammation and bacterial infection. It is also used in embalming. - Brenda Weaver

Sources: 1000bibleimages, wikipedia.org, webmd.com

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Cranberries

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. - Brenda Weaver

Source: thehealthmoderator.com

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Star of Bethlehem

Ornithogalum umbellatum forms carpets of low-growing foliage topped with star-shaped white flowers during April and May. It's great for keeping a sunny bank of soil from eroding away, an accent in a sunny garden, or covering exposed roots under trees or shrubs. It can be invasive, and will need thinning out from time to time. It attracts bees and other pollinators with its nectar- and pollen-rich flowers. - Brenda Weaver



Sources: www.easytogrowbulbs.com, www.gardenersworld.com, www.missouribotanicalgarden.org

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Business Spotlight



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Quotes worth your time

“ Coronavirus has turned us into dogs: We roam the house looking for food, we’re told not to get too close to strangers, and we get really excited about car rides and walks.”
Unknown

“2020 was like looking both ways before crossing the street then getting hit by an airplane.”
Unknown

“ Better to remain silent and be thought a fool than to speak out and remove all doubt.”
Abraham Lincoln

“If Barbie is so popular, why do you have to buy her friends?”
Steven Wright

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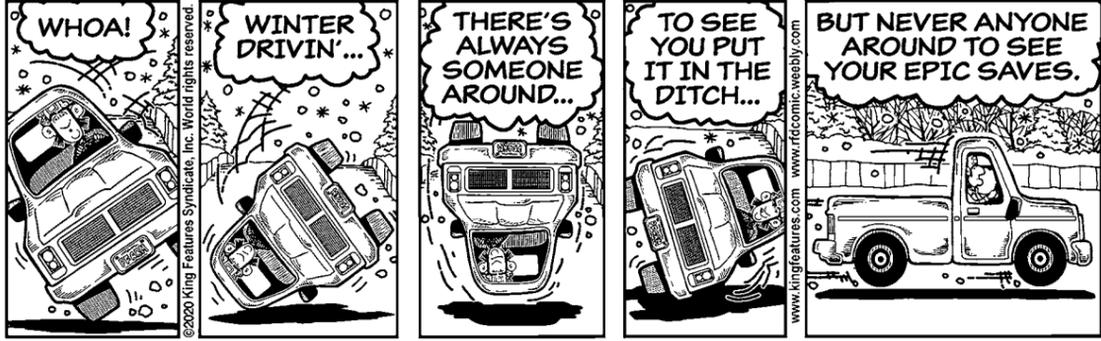
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Comics

R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



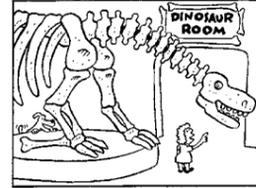
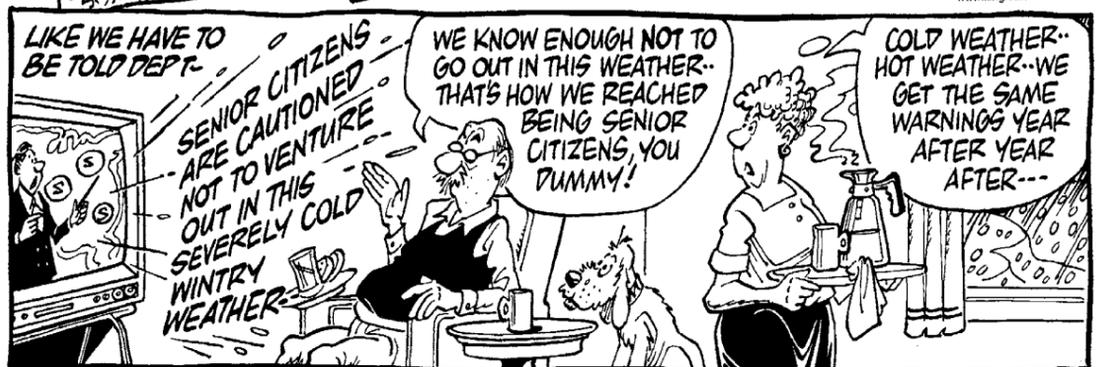
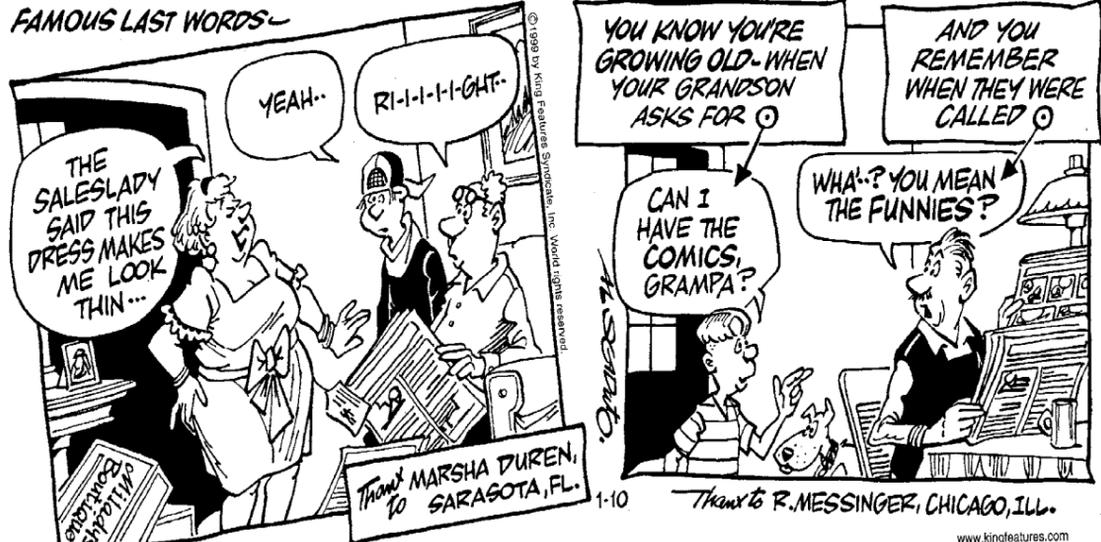
The Spats

by Jeff Pickering



THEY'LL DO IT EVERY TIME

BY AL SCADUTO



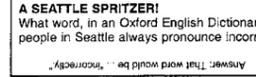
Junior Whirl

by Charles Barry Townsend

YELLOW JACKET JOUSTING!

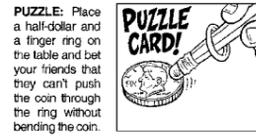
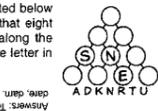
Can you identify the "stinging" words asked for in the following questions? (all of the words end in "sting.")

1. What sting has excessive pride?
2. What sting cures hunger?
3. What sting writes for someone else?
4. What sting is found in bakeries?
5. What sting is found in theaters?
6. What sting is found in schools?
7. What sting makes you laugh?
8. What sting leaves you hungry?
9. What sting do farmers love?
10. What sting changes bread?
11. What sting cleans your room?
12. What sting ruins old boats?



CHAIN REACTION! Take the seven letters printed below our diagram and place them in the circles so that eight four-letter words can be read, top to bottom, along the connecting lines. All the words will begin with the letter in the top circle.

Answers: Top to bottom, left to right: drink, drink, drink, drink, drink, drink, drink.

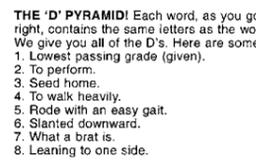
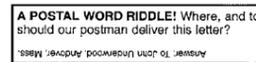


Junior Whirl

by Charles Barry Townsend

ZOO WHO? Fred, the local zookeeper, is telling his friends about the different "sayings" that they have inspired. Below is a list of 14 sayings that contain the names of various animals and insects. See if you can complete at least 12 of them before feeding time.

1. Snug as a _____ in a rug.
2. It's a _____ life.
3. See you later, _____.
4. In a _____ eye.
5. I'll be a _____ uncle.
6. Crazy as a _____.
7. A _____ for punishment.
8. Busy as a _____.
9. Crooked as a _____.
10. Sly as a _____.
11. Wise as an _____ seat.
12. He's sitting in the _____ seat.
13. An _____ never forgets.
14. Stubborn as a _____.



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bandanna is backward. 2. Picture has been added. 3. Shade is lower. 4. Bucket has no water. 5. Boy's hat is different. 6. Broom handle is taller.

Just Like Cats & Dogs

by Dave T. Phipps





Colorful Kitchen Inspiration

5 impactful, on-trend cabinet stylings

FAMILY FEATURES

The kitchen is the heart of many homes, and careful planning is a necessity when it comes to redesigning this essential living space. Picking out cabinetry – and a color for those cabinets, in particular – can be a challenging process.

Everything from the style of your cabinets to the amount of natural light your space receives are key factors to consider when choosing an updated hue. While white cabinets are an everlasting choice, and wood-stained cabinetry once held 70% of the market, painted cabinets now account for 70% of sales, signaling a significant shift among homeowners and their preferences.

While there are virtually no limitations when it comes to the paint, stain and glaze options available to complement your overall kitchen design, the current stylings reflected in Wellborn Cabinet’s annual color trends provides an opening to a range of impactful colors, such as grays, blues, blacks and wood tones, and a mixture of these on-trend hues.

A Gray for Every Mood

While gray cabinets have been a popular design choice for several years, much like shades of white, no two grays are exactly alike. Cabinet colors live on a color spectrum that ranges from warm to neutral to dark; warm grays have yellow or brown undertones while cool grays have hushed hues of blue.

Neutral gray, or Ash, is a true black and white mixture of colors. However, many homeowners are opting for warmer or cooler shades instead. For example, light gray cabinets can create a chic, modern motif for homeowners looking to liven up their space while avoiding completely white cabinetry. One of the latest gray trends is a warmer gray that can look almost beige, earning the nickname “greige.” Shades of dark gray – whether painted or stained – are also options for making a luxurious, traditional statement that can span ever-changing color trends.

A Sea of Blue

One of today’s hottest trends in kitchen cabinetry is the use of shades of blue, which provide calming and restful effects and the feeling of harmony and serenity. Pops of blue can be used as an accent color on islands or on either upper or base cabinets. To balance out these dramatic darks, many homeowners are opting to pair a bold color choice like a navy hue – such as Bleu – with neutral to warm whites, such as wool and bone white, to create a crisp, clean look. Gold hardware can be used on navy cabinetry for an upscale and regal look while silver-tone hardware provides a contemporary finishing touch.

While lighter shades of blue, like aqua, are perfect for keeping spaces light and airy, one of the latest colors to emerge is a mid-tone classic blue. A balanced option like Sapphire from Wellborn Cabinet, which is a classic, mid-tone royal blue available in the Premier and Estate Series framed cabinetry, as well as the full-access, frameless Aspire Series, can help create energy and inspiration for dining or cooking.



Mixed Wood Tones

Even with the rise in painted woods, stains are seeing a surge in popularity. The application of stain to natural wood can enhance the character of the cabinetry. Neutral color, dimension, texture and soft luxury can be layered into nearly any space to create a blended balance.

Wood grains typically pair well with whites, grays, blues and brass tones – all of which are popular colors in modern kitchens and other localized entertaining areas such as in-home refreshment areas or bars.

Dark Drama

Often overlooked as more of an “accent” color, black has become livable, luxe and inviting with textured woods adding rustic, homely charm. For example, Wellborn Cabinet offers a decorative laminate veneer option in matte black. Edgy but classic, black cabinets can pair perfectly with nearly any design element still in its natural wooden state to create a distinct style that is all your own.

Multi-Tones and Unexpected Pops of Color

While all-white palettes have long reigned supreme in the kitchen for their timelessness and versatility, straying from neutral tones can add an energetic and welcoming feel to nearly any space. Smaller kitchens that once had an all-white look are getting a facelift by adding a burst of bright, bold color on either the upper or base cabinets. Adding colorful retro appliances or using the island as a canvas for an energetic and welcoming pop of color can also make a similar statement and help create a space unique to your style and personality.

Many homeowners are even pairing two or more complementary colors to create two- and three-toned looks. For example, lighter gray, Shale or blue can be used for the upper cabinets with darker shades used below for the base cabinetry, or a neutral hue can be used on the uppers with a contrast color on the bottom. In three-toned kitchens, an additional color or material is introduced to create asymmetry in the palette to help define zones or functions and keep the eye moving.

Find more on-trend kitchen inspiration and color options at Wellborn.com.

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