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**December 2021**  
**FREE** It's our 26th Anniversary  
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Lakeview, Roscoe Village, North Center and Lincoln Square



December, 2021

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

Volume 26, Number 1

## Jimmy Carter 2.0 Biden's bundle of crises look increasingly like 1970s



In the wake of climbing gasoline prices, President Biden made the decision to release a record 50 million barrels of oil from America's strategic reserve. The Strategic Petroleum Reserve is an emergency stockpile to preserve access to oil in case of natural disasters, national security issues and other events and maintained by the Energy Department. Biden has authority under the legislation to declare an emergency and limit or stop oil exports for up to a year but is not expected to do so even though there have been calls on the President to reinstate a ban on crude oil exports that was lifted in 2015. Biden said the White House was looking into potential price gouging by oil companies while making money off lower costs. Energy Secretary Jennifer Granholm said U.S. Companies were keeping production below pre-pandemic levels in order to increase profits. As closures began in April 2020,

demand collapsed and oil futures prices turned negative. Energy traders did not want to get stuck with crude that they could not store. But as the economy recovered, prices jumped to a seven-year high in October. Speaking at the White House, Biden said the rise in gas prices made the move necessary and that it wouldn't distract from his larger ambition of moving toward energy independence. Americans who buy electric cars will save up to \$1,000 in fuel costs this year, Biden said, "and we're going to put those savings within reach of more Americans and create jobs installing solar panels, batteries and electric heat pumps. The \$2 trillion social and environmental bill which has been approved in the House is pending in the Senate. It includes about \$550 billion for climate change efforts, including proposals to boost wind and solar power and support electric vehicles.

# Place your bets



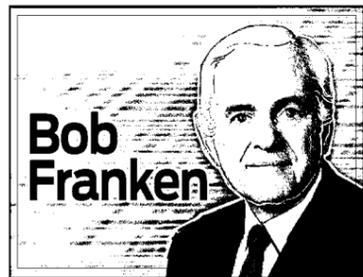
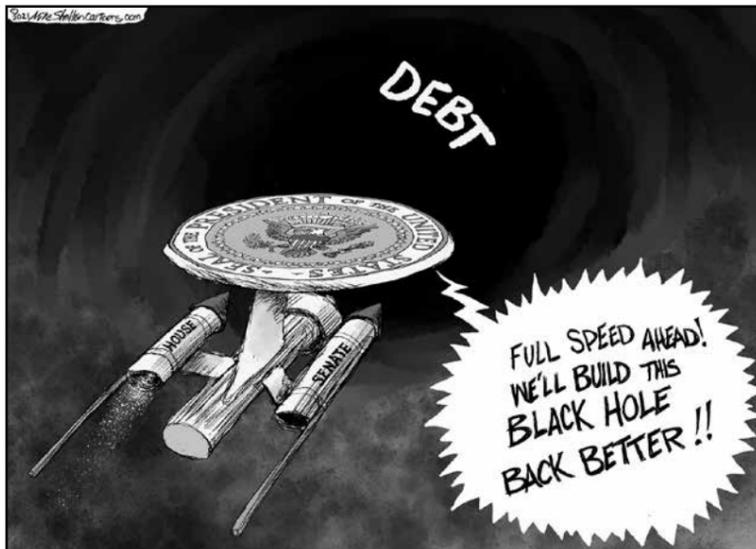
The City of Chicago is one step closer to getting its own casino. Four different companies have proposed five different sites at various locations around the city, including one in the South Loop. The Mayor's office has unveiled five proposals from which a plan will be selected that will then be presented to the City Council for approval early next year. If the City Council approves the plan chosen by the mayor, the project is presented to the Illinois Gaming Board to obtain a license before the selected developer can set up a temporary casino while building a permanent facility. Mayor Lightfoot is counting on an estimated \$200 million in annual tax revenue from a Chicago casino to help with the city's underfunded police and firefighter pension funds. Chief Financial

Officer, Jennie Huange Bennett said that the city expects that a Chicago casino would create thousands of jobs, "both in the construction phase as well as in the permanent facility on an ongoing basis" and that once the casino is up and running, it would also provide a boost in income tax revenue, sales tax revenue, restaurant taxes, amusement taxes, and hotel taxes from all of the related jobs and activity that would be created. "The submission of bid responses represents a major step toward the thoughtful development of a casino-resort that uplifts our businesses, employs and empowers our residents and encourages tourism," stated Mayor Lightfoot. Not all residents have the same enthusiasm to have a casino in Chicago. Fear of increased traffic and

crime penetrating Chicago neighborhoods is a definite concern among residents. So, where are the proposed sites? **Hard Rock International** is proposing to build their casino at the One Central development, which has yet to receive city or state approval. It would cover a 35 acre train yard near Soldiers Field. **Bally's** has submitted two separate proposals for a Chicago casino. The first being a \$1. billion project at the 30-acre Chicago Tribune Freedom Center publishing plant along the Chicago River near Halsted and Ohio streets. The other is a proposal for the McCormick Place Truck Marshaling Yard, a 28-acre area for freight trucks just south of the convention center at 31st street and DuSable Lake Shore Drive. **Rush Street Gaming**, in partnership

with 2 different developers, headed by billionaire Neil Bluhm, is behind two proposals, one being built near McCormick Place at a cost of \$1.3 billion and the other proposal for a casino built on what is known as The 78, a megadevelopment that will reshape the city from Chinatown to the South Loop along the branch of the Chicago River. All 5 applicants will present their proposals to the public on December 16th. The exact time and location has not yet been announced. After than meeting, the city will host community meetings as a follow-up and to present any revisions to proposals as needed. Chicago isn't the only city in the state with casino fever. There are proposals in Rockford, Williamson County, Danville and Waukegan.

# Editorial & Opinions



### Dime Time

In 1931, smack dab at the beginning of the Great Depression (although, when was any depression "great"?), it was a big hit: "Brother Can You Spare a Dime?" Today, 90 years later, what with inflation, the 10 cents of yesteryear has a purchasing power of \$1.82, so the song in 2021 would be "Brother Could You Spare a Buck 82?" It doesn't have the same pizzazz, does it?

John D. Rockefeller used to throw dimes at the crowds he encountered. Rockefeller was the rich guy of his generation, sort of like Donald Trump, except that Rockefeller was successful in business and Trump was a failure in business but was a success in politics, rising to president once ... or twice, if you believe him. As president, in 2017, Donald Trump tossed paper towels at his audience while delivering aid to hurricane-devastated Puerto Rico. He was always that sensitive.

He has been replaced in the White House by Joe Biden, but Biden faces a threat that is known as a saboteur of more than one chief executive: inflation. Rising consumer prices are death to a presidency. Voters don't want to hear about supply chains; they don't even know what a supply chain is, no matter how many times TV news broadcasts the same jammed ships stuck full of cargo containers coming from China. They don't want to hear about the tragic pandemic that also did lasting harm to the world economy and is causing prices to rise to the highest rates in 30 years. They do want someone to blame for the cost of cars, and the gas that powers them, as they head to the grocery store and to shop for the Christmas gifts they can't afford, even online, even misdelivered.

No matter how many jobs the new infrastructure legislation creates, inflation is a politician's nightmare — that

is, for the one who is in office. For the one who is running against the incumbent, it's a dream come true. Joe Biden becomes his or her scapegoat. It's no matter that he's less than a year into office and he has three years to go, the heart of the American electorate is located wherever the wallet is.

And the spiral of inflation only gets more intense. From a government point of view, acts by Congress or congressional inaction can only make the economy more, uh, depressing. Let's suppose the chicken-playing members of the House and Senate miscalculate, or the administration does, and doesn't pass a raise to the debt ceiling. That will require the United States of America to become a deadbeat in that it is forced to default on its bills. That'll cause inflation to get worse at the same time that production lags because of market forces. Put another way, a supply chain is only as strong as its weakest link.

No matter who is at fault, the president gets the blame. The president is Joe Biden. Even if he stole the election in the grandest of grand larcenies — as Trump absurdly alleged — he's still the president and will get the blame.

So, Donald Trump can take his cheap shots as the blamer, and Biden will be the blamee. At least if it's a repeat of the 2020 campaign in 2024. Anyone who holds out hope that Trump's legal problems will overwhelm him, including the charges of direct involvement in the Jan. 6 insurrection at the Capitol, should not dream that he will face legal accountability. He won't. He can demagogue away any charge, no matter how much evidence exists. Besides, inflation as an issue trumps even treason.

Joe Biden knows, or he should know, that the economy is deadly as a campaign issue, particularly when it comes to eating a rising paycheck. And even if they recede or level off, he does not get credit for it. Joe Biden is caught up in that reality battle where the dime store is replaced by the dollar store. It's made for Donald Trump, whose claim to success is inflating or twisting reality.

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

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## Americanisms



"Surround yourself with people who take their work seriously, but not themselves, those who work hard and play hard."

— Colin Powell

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### Harris v. Buttigieg would be the GOP's dream primary

The GOP has had plenty of reason for good cheer in recent months.

Nothing can compare, though, with the glad tidings of a potential showdown between Vice President Kamala Harris and Transportation Secretary Pete Buttigieg to be Biden's successor in 2024 should he decide not to run for reelection. Surely, there would be other serious candidates in that circumstance, but there is no doubt that Harris and Buttigieg would be high on the list of potential contenders, as various journalistic outfits have noted over the past week.

As it happens, they exemplify the contemporary Democratic Party's electoral deficiencies, while bringing their own flagrant personal political weaknesses to the equation.

If this is really the choice Democrats would face should Biden decline to run, they better hope he defies age, bounces back to robust political health, and is prepared to serve again well into his 80s.

Harris flamed out in the 2020 Democratic nomination well before the Iowa caucuses, unable to settle on a message or political identity. Her staff was obsessed with the progressive hothouse of Twitter, which is a powerful device for creating a false sense of what real voters, even Democratic primary voters, care about.

As vice president, she's basically picked up where her desultory campaign left off. In the latest USA Today/Suffolk University poll, Harris had a dismal 28% approval rating. It's difficult to rate that low without getting indicted or suffering some other embarrassing scandal.

Her allies, of course, complain that she's being treated unfairly because she's a woman of color. This fixation on race and gender plays much better with the left-wing activist class than with the public. The simpler explanation for Harris' woes is that she's

a below-average politician serving under an unpopular president.

Pete Buttigieg has had a happier tenure. With his surprising success in the 2020 Democratic primary, he bootstrapped himself into a Cabinet position and is now enjoying a windfall of resources thanks to the infrastructure bill.

He embodies, to a fault, the party's growing strength among college-educated whites. He's smooth, credentialed, hyper-articulate and a quick study who knows enough — sometimes just enough — to charm and impress journalists and other white-collar creative types.

If a management consultant were to design a progressive white Democrat in a bottle, the result would look a lot like Buttigieg, himself a former management consultant.

It's become increasingly clear, though, that the Democratic Party's new base among college-educated voters is a trap if it is pursued to the exclusion of an appeal to working-class voters. The party's poor standing with non-college-educated voters has begun to show up in eroding support among Latinos, a constituency that was presumed to be a key pillar of the Obama-crafted "coalition of the ascendant."

A successful post-Biden Democratic future is more likely to be found in the likes of New York Mayor-elect Eric Adams than Harris or Buttigieg.

He is an African American former cop with a hard-knocks upbringing that gives him working-class street cred. He knows that woke bromides aren't the way to appeal to African American voters, who put him over the top in the Democratic primary. He's a standard progressive in many respects, but he has proven immune to fashionable left-wing causes. He not only defused a hot-button cultural issue — namely, crime — he campaigned on it and made it a strength, an ability that most national Democrats have lost as the party has moved left since 2016.

It's far too early to know how his City Hall tenure will actually turn out, but Adams has the qualities and approach that, in theory, could be fruitful for Democrats nationally.

Meanwhile, even if the GOP is on a roll at the moment, it shouldn't get its hopes up. At the end of the day, a 2024 Democratic primary dominated by Harris and Buttigieg is probably too good to be true.

*Rich Lowry is editor of the National Review.*

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### Lakeview Newspaper

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# SENIOR NEWS LINE

by Matilda Charles

## Foreign Radio Stations and Language Lessons

Here we are, still stuck mostly at home for another winter. Looking for ways to get out, even if it's only mentally, I've discovered internet radio.

It's easy to get started. I went to Radio.net (with 33,000 stations around the world) and on a whim I typed in Ireland for a search function. That got me 15 stations in Ireland. I tried Canada, and that netted me 44 stations. Searching for France, I found 798 stations. I went with a French talk show aimed at seniors and have been able to test the free French lessons I've been taking online with Duolingo.

If you get hooked on listening to the radio on your computer, you might consider investing in a good pair of speakers. I prefer the wired speakers, as opposed to struggling with Bluetooth connections, and a decent set can be had for less than \$25. I'm still using a pair of 3-inch cube speakers with a very handy volume button that I purchased seven years ago.

As for the free French lessons on Duolingo (duolingo.com), I've decided to start again at the beginning. There are four goal levels: casual, regular, serious and intense, meaning 5, 10, 15 or 20 minutes per day of instruction. Now that I've found that French talk show, not to mention all the other 797 French stations, I'm going to get more serious about learning French.

On Radio.net there was an offer to get a free phone app at the App store or on Google Play, but you can just click the green arrow for connection. One thing to keep in mind about radio apps for phones or tablets — they do use data. If you're on a cellphone plan, make sure you are using Wi-Fi, or be aware of how much data you are using. You can always listen on the computer.

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# VETERANS POST

by Freddy Groves

## New Hires to Process VA Claims Backlog

The Department of Veterans Affairs has hired 2,000 claims processors to deal with the claims backlog. They're going to be busy, once they're trained.

As of early October, the VA was sitting on over 200,000 backlogged claims, meaning that of the 600,000 claims in hand, one-third were over 125 days old. In addition, they have now found more than 70,000 claims that must be reviewed after three new presumptives were added for Agent Orange exposure, bringing the total to 270,000 backlogged claims.

The three new presumptives — Parkinsonism, bladder cancer and hypothyroidism — have been added to more than a dozen existing ones. Those three conditions had never been approved as presumptives, but now that they are, we have the Nehmer lawsuit of 1986 to thank for the need to review those claims. Nehmer concluded that if you ever filed and were turned down for illnesses that later made the accepted list of presumptives, the VA is automatically required to go back and review your claim. The bonus here is that any disability pay you receive now will be retroactive to the date of your original claim.

You don't have to refile, but as a precaution, check in with the VA and make sure it didn't lose your original claim. Be certain you're among those whose claim is being looked at.

In addition, there are three new presumptives for airborne particulate exposure — asthma, rhinitis and sinusitis — for those who served in the Gulf during a certain period of time. If you've already put in a claim, it will be reviewed.

If you want to keep an eye on how the new claims processors are doing, check www.benefits.va.gov/reports/detailed\_claims\_data.asp for weekly reports. Note the accuracy-level reports. Those are worrying. Again, don't assume the new processors are reviewing your old claim. Call and find out.

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# Strange BUT TRUE

By Lucie Winborne

• After the battle of Waterloo in 1815, scavengers removed the teeth from tens of thousands of dead soldiers for use in dentures. The so-called Waterloo teeth were in such demand because they came from relatively healthy young men.

• In 2003, there were 86 days of below-freezing weather in Hell, Michigan.

• The U.S. Navy sustainably manages over 50,000 acres of forest in Indiana with white oak trees more than a century old, to replace like for like on the 220-year-old wooden frigate USS Constitution.

• Heavy metal band Black Sabbath's original name was The Polka Tulk Blues Band, after the brand name of a talcum powder used by Ozzy Osbourne's mother.

• Jellyfish are considered biologically immortal. They don't age and will never die unless they are killed.

• The party game of Twister was originally called Pretzel, but Milton Bradley changed the name in 1965 due to trademark issues.

• Hippopotomonstrosesquipedaliophobia is the fear of long words and is thought to develop from the fear of pronouncing long words incorrectly. (Hey, we get it — we tried.)

• The opposite sides of dice always add up to seven.

• "Deaf flights" were prescribed by doctors to cure hearing loss in the 1920s and '30s. Stunt pilots would take unsuspecting passengers up in planes and terrify them with loops, barrel rolls and dives.

• J.R.R. Tolkien was nominated by fellow author C.S. Lewis for the 1961 Nobel Prize in Literature, but was overlooked because the jury said the quality of his storytelling wasn't good.

• Philadelphia cream cheese was actually created in New York.

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**Thought for the Day:** "Yearning for the seemingly impossible is the path to human progress." — Bryant H. McGill

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# KOVELS Antiques & Collecting

By Terry and Kim Kovel

## Calder Tapestry

Alexander Calder (1898-1976) is best known for his sculpture mobiles, although he also did paintings, jewelry and large outdoor statues. He was the first artist to make a new type of statue of wire and metal that was assembled so it moved with each gust of wind. His creations sell for thousands of dollars, but at one time, you could have bought a small rug designed by Calder for much less.

In 1972, there was an earthquake in Nicaragua and Guatemala that killed hundreds of people. A group of artists formed a relief fund, and each artist contributed art made in a limited edition of 100. The art was sold, and the money used for the earthquake victims.

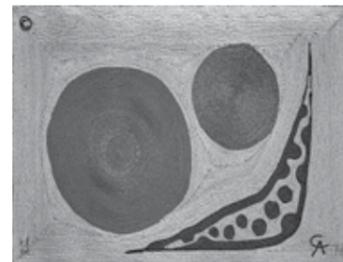
Calder drew 14 designs for a rug or tapestry and a limited edition of each was made by weavers in Guatemala from local fibers. He adjusted the pattern to use the beige maguey fiber and local weaving styles. Many of the rugs are in museums today.

Condition has become the most important feature when determining price. Fame, rarity and history are also considered when setting a price. In 2014, "Moon," one of the Guatemala Calder rugs, sold for \$16,250. In 2017, a faded limited-edition rug brought \$4,688.

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**Q.** My mother says her bracelet is made of bake-a-lite. What is that?

**A.** Bakelite is a plastic developed in the early 1900s. It was used for jewelry by the 1930s by major designers. The art deco jewelry became very popular. Bakelite was needed for the war in the 1940s, so the jewelry wasn't made for about five years. About 1997, the deco jewelry was rediscovered by collectors, and books were published with information and color pictures that made prices skyrocket. Bracelets with inset dots were selling for \$300 to \$1,000. Small pins were \$75 to \$300, and carved bracelets were about



This maguey fiber tapestry, "Moon," after Alexander Calder, sold at a Rago auction in 2017 for \$4,688.

\$500. There is a good supply of plastic jewelry now that those who bought in the 1990s are older and "decluttering." A recent Morphy's auction sold about 600 pieces in a recent auction. They sold for a total of \$43,000 (yes, I counted the pieces), with an average price of \$70.

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## CURRENT PRICES

Wedgwood, tea set, blue jasper, white raised relief, classical figures making burnt offerings, teapot, covered sugar, creamer, impressed mark, 1950s, teapot 5 inches, \$55.

Rug, Bakhtiari design, columns of lozenge shaped medallions, light and midnight blue, rust red, pink & ivory, blossoms & branches, multiple borders, 7 feet, 7 inches x 9 feet, \$240.

Tiffany sterling silver asparagus tongs, English King pattern, designed by Charles Grosjean, Pat. 1885, 7 1/2 inches, \$490.

Aluminum, bench, cast end supports, oak slats, two on back, four on seat, painted, Cedar Point Amusement Park, Ohio, 1900s, 30 x 48 x 26 inches, \$595.

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**TIP:** Be sure to take off and save any labels on your pieces of glass. Wash away any glue. The acid in the labels will permanently etch the glass.

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

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by Ryan A. Berenz

1. NASCAR drivers Darrell Waltrip, Ricky Rudd and Ricky Craven won a combined 20 races driving a colorful car sponsored by what brand of laundry detergent?

2. Name the documentary filmmaker who directed "Baseball" (1994), "Jackie Robinson" (2016) and "Muhammad Ali" (2021).

3. What Miami University Red-Hawks standout was selected by the Minnesota Timberwolves in the first round of the 1999 NBA Draft?

4. What track and field event is traditionally held in April in Des Moines, Iowa?

5. Who scored the lone run in Game 6 of the 1995 World Series to clinch the championship for the Atlanta Braves?

6. What Toronto Maple Leafs player died in a plane crash in 1951 and was not recovered until 1962?

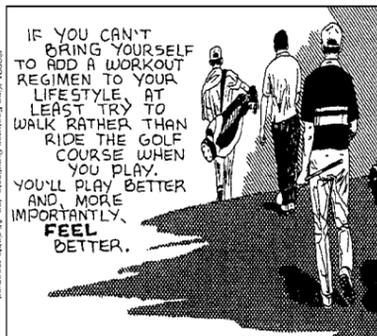
7. "The War on the Shore," "Battle of Brookline" and "Meltdown at Medinah" are famous events in the history of what golf competition?

### Answers

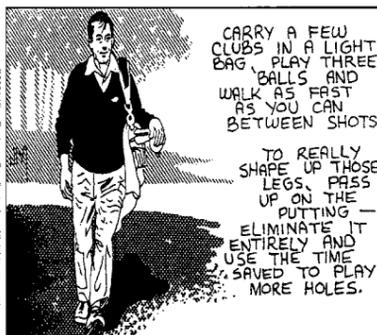
1. Tide.
2. Ken Burns.
3. Wally Szczerbiak.
4. The Drake Relays.
5. David Justice.
6. Bill Barilko.
7. The Ryder Cup.

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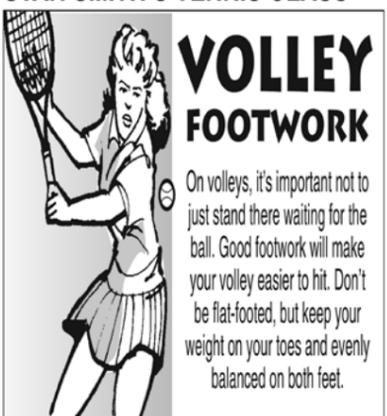
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



## LAFF - A - DAY



## GRIN AND BEAR IT



"I only threaten him with the silent treatment. ... I don't follow through with it!"

# Health



## You're Never Too Old for HPV Infection

**DEAR DR. ROACH:** I read your recent column stating that the HPV vaccine is recommended up to age 45. Are people older than 45 years no longer susceptible to HPV? Asking for a 52-year-old friend (who thinks he's Wolverine). — C.F.

**ANSWER:** The comic character Wolverine has a mutant healing ability (that's how he was able to survive having his bones replaced with adamantium), so he has nothing to worry about. However, non-mutants do have to worry about HPV, which can come from any kind of skin-to-skin contact with a person who has HPV.

Having the virus often means having warts, but sometimes people can have contagious HPV without having any visible lesion. It's been estimated that 90% of people with HPV don't know they have it.

People of any age are susceptible to HPV. Most people have been exposed by age 45, which is why the recommendations are the way they are now, but vaccination might make sense in some situations. The clearest example is someone who has had very few sexual partners and is about to become more sexually active (for example, a person recently divorced or widowed).

Although the vaccine is not indicated by the Food and Drug Administration in this situation and the person is likely going to have to pay out of pocket, it might still be worth it to get the vaccine to reduce the risk of acquiring a new sexually transmitted HPV infection. I received several letters from people who acquired new genital warts in just this situation who were upset that their doctor did not offer the vaccine.

If people have already been exposed to HPV, the vaccine will not harm them. In fact, there is some anecdotal evidence that the vaccine might help people with difficult-to-treat warts by boosting the immune system specifically for HPV.

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**DEAR DR. ROACH:** I'm a 79-year old male in relatively good health. During the past year, I have lost underarm hair. What could be the cause? And is there a connection with the inability to get aroused? — A.F.

**ANSWER:** I would be concerned about low testosterone.

Androgens, particularly testosterone, are re-

sponsible for growth and maintenance of body hair. Loss of body hair, especially pubic and axillary hair, is not common with low testosterone levels unless the testosterone was very low for a long period of time, usually over a year. Other symptoms of low testosterone include loss of muscle mass, lower energy levels, decreased libido and depression. Not all men will get all symptoms, but having more than one symptom is suggestive of low testosterone, especially in men who have difficulty getting an erection.

Your doctor should check your testosterone. Ideally, the sample should be drawn while fasting between 8 and 10 a.m. when levels are normally highest, and should take into account the age of the person being tested. Testosterone replacement is appropriate for men with symptoms of low testosterone and clear evidence by laboratory of a repeatedly low level.

Testosterone replacement is safe for most men, but is generally not given to men with a history of prostate or breast cancer. Testosterone should be given with caution to men with obstructive sleep apnea and men with symptomatic prostate enlargement.

The data so far suggest that testosterone replacement in deficient men does not increase risk of prostate cancer.

## COPD Lung Function Can't be Restored

**DEAR DR. ROACH:** I read your recent column on pulmonary fibrosis. I especially appreciate knowing that there are medications known to slow the progression of lung disease, reduce exacerbations and reduce mortality. With a 20-year-old diagnosis of COPD and having been prescribed medications to reduce exacerbations, you might imagine my interest in your article.

I'm wondering how pulmonary fibrosis differs from COPD and if the two medications that you mention (pirfenidone and nintedanib) might be helpful in slowing the progression of lung disease in patients such as myself. Have any studies been completed using these medications on patients with COPD? — S.A.

**ANSWER:** Chronic obstructive pulmonary disease — its two main forms are emphysema and chronic bronchitis — usually, but not invariably, is a result of long-term exposure to lung toxins, especially smoke. In the most common case of COPD, due to cigarette smoking (at least, that's the most common in North America and Europe: cooking fires are still a common cause in less developed countries), stopping the exposure will dramatically slow down further damage. Unfortunately, there are no established treatments that can restore lung function in people with moderate to advanced COPD.

Pulmonary fibrosis is, by contrast, a rare disease; about 30,000 people in the U.S. are diagnosed each year (compare that with the 9 million people in the U.S. diagnosed with chronic bronchitis last year).

The exact mechanism of action of pirfenidone and nintedanib is not known, but they are not thought to be effective in COPD. Surprisingly, I did not find a published trial looking at whether these drugs might be ef-

fective. The need for new therapies to treat COPD is so great that I would have thought some researcher might have tried it, despite the long odds

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**DEAR DR. ROACH:** At 75, I had my first-ever kidney stone in December. The urologist told me to stop drinking so much milk. But he never asked if my diet had changed. I had been eating almonds by the handful every day. I felt certain this was the cause of the stone.

I drink skim milk, which is practically tasteless. I started adding a slight bit of almond milk to the skim to give it a more pleasant taste. Should I not be doing this? — P.T.

**ANSWER:** I am not certain why the urologist told you to stop drinking cow's milk. We used to believe that the calcium in milk increased risk for kidney stones, especially calcium oxalate stones, which are the most common type; however, dietary calcium paradoxically decreases risk of kidney stones, whereas calcium supplements increase risk of stones. What makes the biggest difference in diet is the oxalate content.

Almonds, as well as almond milk, are very high in oxalate; cow's milk is not. I don't know what you mean by a "slight bit" of almond milk, but I would try to avoid taking too much (more than a few teaspoons a day), and find another way to flavor the milk if you really don't like it. I know a few people who add a drop of vanilla. Coconut milk — which I don't recommend consuming in large quantities due to the saturated fat content — does not have oxalate.

Essentially, everybody with kidney stones should drink plenty of water, and nearly everyone should be very careful not to have too much sodium.

## The Problem With Playing Pharmacist

**DEAR DR. ROACH:** My wife has been diagnosed with atrial fibrillation. Doctors tried an electrical cardioversion, but it came back after a few days. She is taking metoprolol and Eliquis. We have read about the supplements red clover, turmeric, omega-3 and hawthorn. Should she discontinue the pharmaceuticals and take supplements instead? — J.C.

**ANSWER:** Please don't do that, and let me explain why.

Atrial fibrillation is an abnormal heart rhythm. The goal of treating it is first to relieve symptoms, such as fast heart rate and dizziness, and second, to reduce the risk of stroke. Blood clots can form inside the heart when the atria are fibrillating (a chaotic, non-coordinated muscle movement). Those clots can break off and go into the blood vessels of the brain, causing cell death and loss of function in that part of the brain. That's a stroke.

Your wife is taking metoprolol to slow the heart rate. Atrial fibrillation causes the ventricles to go too fast, causing a sensation of fast heart rate and palpitations. Metoprolol, a beta blocker, protects the heart from damage from

a too-fast heart rate, in addition to relieving symptoms. Apixaban (Eliquis) is a powerful anticoagulant, reducing the risk of clot formation.

Red clover is usually used in herbal medicine for its estrogen-like activities. Unfortunately, estrogens INCREASE clot risk, so this herbal medicine absolutely should not be used by someone at risk for clots. Sweet clover hay is the source of warfarin (Coumadin), another often-used anticoagulant in people with atrial fibrillation: This may be the source of confusion. However, warfarin needs to be dosed precisely, with frequent blood-level checks.

Turmeric is an antioxidant that does have some mild anticoagulant properties. However, it is not remotely powerful enough to do the job of protecting your wife adequately from stroke.

Omega-3 fish oils were once thought to reduce risk of atrial fibrillation; unfortunately, a 2013 study showed no benefit.

Hawthorn has two potential benefits: To a slight extent, it acts as a beta blocker (like metoprolol) as well as an anticoagulant. However, no trials have proven its effectiveness. It may interfere with both her medicines. The metoprolol and Eliquis have much more safety data.

\*\*\*

**DR. ROACH WRITES:** In a recent column, a reader noted she had a history of irritable bowel syndrome and described intermittent sharp rectal pain. My answer discussed control of her IBS. When I saw the column printed in the newspaper, weeks after I wrote it, I realized instantly that the diagnosis was probably proctalgia fugax, which is a spasm of the muscles of the anus. It is thought to be related to nerve compression.

I learned from my predecessor of this column, Dr. Paul Donohue, that sitting on a baseball or tennis ball can sometimes stop the pain instantly, and that creams and sometimes oral or inhaled medications can be effective in harderto-treat cases.

I also want to point out that I fell victim to something called an anchoring heuristic error. I read about my reader's irritable bowel and became "anchored" to that diagnosis. Admitting an error and trying to understand why it happened are critical to reducing the likelihood of making the same error again. Anyone can make a mistake; it's important to learn from them.

## Are Big Dogs Dangerous Pets for Seniors?

**DEAR DR. ROACH:** I recently read that a large percentage of orthopedic injury to the elderly is directly related to their falling while walking large animals, specifically dogs over 20 pounds. Can you shed light on this please? — M.F.

**ANSWER:** A March 2019 study in JAMA Surgery did identify dog walking as an increasing cause of fracture. Over 4,000 fractures were identified among dog walkers over 65 in 2017, about triple the number 10 years earlier. However, this wasn't a large proportion of fractures (only about 2% of total frac-

tures), and the authors did not identify the size of the dog as a risk factor, although they did suggest that clinicians recommend a smaller (and well-trained) dog as a wiser choice.

Dogs not only provide some social support, they also encourage exercise. I have had many patients (and a few family members) who have very meaningful connections with their dogs and other animals. In fact, I have seen many people who describe their animal companions as the most important relationship in their lives.

\*\*\*

**DEAR DR. ROACH:** I am scheduled for a hip replacement operation because X-rays show joint failure. I am 81 years old and in excellent health. At the moment I do not feel any pain in my hip and am walking very easily. I go swimming three times a week. My question is whether I should agree to this operation as a preventive method to avoid later painful and possibly riskier circumstances because of my age. — P.H.

**ANSWER:** Hip replacement is indicated in people with severe, debilitating symptoms (such as pain or loss of function) despite conservative management. That doesn't sound remotely like what you are describing. The findings on the X-ray are less important than your symptoms and function, so I could not recommend a hip replacement for you at this time. Age by itself is not a contraindication for hip replacement should you need one later on.

I do understand what you are saying: You are less likely to have a surgical problem being operated on earlier. Some surgeons will operate on people with milder symptoms for this reason. However, you aren't describing even mild symptoms, hence my recommendation against surgery at this time.

\*\*\*

**DEAR DR. ROACH:** Just wondering about good versus bad cooking oils. At one time, coconut oil was said to be a bad oil, but now I'm reading that it's really a good oil. Some even say you should eat a spoonful each day to boost your health! So, which is it? Is coconut oil good or bad? — J.Z.

**ANSWER:** Coconut oil is "bad," at least compared with healthier oils like olive oil and canola oil. It has a high saturated fat content, and people who consume coconut oil have an increase in their total cholesterol and unhealthy LDL cholesterol. If you love the taste of coconut oil, it's reasonable in moderation, but don't consume it thinking it is good for your health or your heart. The available evidence does not support that.

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

# Financial

## Home prices jump 19% nationwide over the past year in a hot market

The jump in home prices threatens increases in property taxes for entire neighborhoods. So not only does a new homebuyer face potentially higher monthly costs than a listing suggested, but it also could mean an additional financial strain for established homeowners. Additional pressure to raise property taxes comes from the stores closed and offices vacated during the pandemic. Residential values are rising and commercial values are falling, so your share of the total local budget could increase.

## Location is everything

An assessor employed by the local government determines the value of your home, then you pay a percentage of that value in taxes. But the impact of these taxes is far from uniform. Tax rates vary widely from state to state, and even from town to town. Generally speaking, property tax rates tend to be high in urban areas, in regions with fewer commercial establishments to tax, in communities with well-funded public schools and in states with lower income taxes. In virtually all areas, condominium apartments are taxed at the same rate as stand-alone houses.

## Buyers may pay more than sellers

If a homeowner pays a particular amount in property taxes, the next owner won't necessarily pay the same. This is where the surprise comes in. To avoid property-tax shock when contemplating a purchase, crunch the numbers for your potential new hometown or state, and investigate the local property tax system to learn about any breaks you might be eligible to apply for.

## Discounts come with age

Nearly every state offers some property tax relief to older homeowners, usually once you reach 65 and

sometimes only if you are a lower-income resident. Breaks can take many forms: a credit, a refund or deferral of taxes, a freeze on rate increases, or even a reduction or increase cap for your home's assessed value.

## You can appeal

If you believe your home has been improperly valued, you can appeal the ruling. First, ensure the property data the assessor used to value your home is correct, including square footage, number of bedrooms and bathrooms, and year built. Then request the comparable, or comp, sheet from your town to evaluate what similar properties they used to calculate your

property's value. Instead of doing the appeal yourself, you could hire a licensed appraiser who will charge a fee or work for a portion of the savings.

## You have resources

If you're having trouble paying rising property taxes, you have some options. First, contact your local government; its property tax website may have contacts and information about steps you can take. Many states provide tax breaks based on factors such as income, military service and disability, with financial help taking the form of reduced property tax bills, tax credits or cash refunds.



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1. What duo released "Time on Your Side (You're Only 15 Years Old)"?
2. Name the Merrilee Rush song that Connie Francis originally turned down.
3. Which Ricky Nelson song talks about having a girl in every port?
4. Who wrote and released "I Get Around"?
5. Name the song that contains this lyric: "A long time ago, when the earth was still green, There were more kinds of animals than you've ever seen."

**Answers**

1. Friend & Lover, in 1968. It was the b-side to "Reach Out of the Darkness," the duo's highest-ranked song.
2. "Angel of the Morning." Francis turned the song down because she claimed it was too risqué.
3. "Travelin' Man," in 1961. Hank sings the song in "King of the Hill" season 3, and Toyota used it in a 2019 TV commercial.
4. Brian Wilson and Mike Love of the Beach Boys, in 1964. Love sued in 1994 to be added as a writer as he wasn't originally listed.
5. "The Unicorn," by the Irish Rovers in 1968. The popular song (about an animal that was too late to get on the Ark) started out as a poem in Shel Silverstein's book "Where the Sidewalk Ends."

# Strange BUT TRUE

By Lucie Winborne

- "Scotch" used to be a synonym for "thrifty" or "frugal." When cellophane tape was first invented, it was marketed during the Great Depression as "Scotch tape" since it could extend the life of objects and save you money.
  - A grizzly bear has enough bite strength to crush a bowling ball.
  - There is a psychological state called "helper's high" in which the act of giving produces endorphins in the brain that provide a mild version of a morphine high.
  - Table tennis balls can travel off the paddle at a speed of 105.6 mph.
    - From 1932 to 1967, there was a casino called the "Bullpen" in a stone building on the grounds of the Nevada State prison in Carson City, where inmates could play blackjack, craps, poker and bet on sports.
    - When Frito-Lay introduced a compostable bag for its Sun Chips brand in 2010, consumers noticed that its crinkling and crackling was significantly louder than previous bags — testing, in fact, at 95 decibels, which is about as loud as a motorcycle! It was discontinued in 2011.
    - Scientists estimate that the average person is more than five times as likely to die in a hypothetical human species extinction event as in a car crash.
    - A man sued Warner Bros. — and won — after he was injured while fainting during a 1974 screening of "The Exorcist."
    - The 700-year-old Starkenberger brewery in Tarrenz, Austria, has seven swimming pools filled with beer. The brewery, which is housed in an ancient castle, converted the old vats in the fermentation room to pools.
    - A 19th-century costume designer invented the horned Viking helmet.
    - In 1994, Chicago artist Dwight Kalb made a statue of singer Madonna from 180 pounds of ham.
    - Chocolate milk was originally sold as medicine.

**Thought for the Day:** "A well-educated mind will always have more questions than answers." — *Helen Keller*

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# top 10 movies

1. **Eternals** ..... (PG-13) Gemma Chan, Richard Madden
2. **Clifford the Big Red Dog** ... (PG) Darby Camp, Jack Whitehall
3. **Dune: Part One** ..... (PG-13) Timothee Chalamet, Rebecca Ferguson
4. **No Time to Die** ..... (PG-13) Daniel Craig, Ana de Armas
5. **Venom: Let There be Carnage** ..... (PG-13) Tom Hardy, Woody Harrelson
6. **Ron's Gone Wrong** ..... (PG) animated
7. **Belfast** ..... (PG-13) Judi Dench, Ciaran Hinds
8. **The French Dispatch** ..... (R) Benicio Del Toro, Adrien Brody
9. **Spencer** ..... (R) Kristen Stewart, Timothy Spall
10. **Antlers** ..... (R) Keri Russell, Jesse Plemons

Source: Box Office Mojo

# top ten

## Highest-Earning Musicians\*

1. Taylor Swift
2. Post Malone
3. Celine Dion
4. Eagles
5. Billie Eilish
6. Drake
7. Queen
8. The Beatles
9. YoungBoy Never Broke Again
10. Lil Baby

\*2020

Source: Billboard



**Cusp** — "There is no normal in teenage years," laments a 16-year-old girl in this Showtime Original documentary. It's raw and honest look at the very real, very adult situations and decisions three small-town Texas teen girls face as they simply try to grow up at their own pace while surrounded by toxic masculinity. A Sundance Film Festival award winner, "Cusp" is a timely film that addresses the difference in perceived versus actual maturity of young women, and the pressures, fears and consequences that result. (Premieres Nov. 26 on Showtime)



Showtime

**Scene from "Cusp"**

**Madagascar: A Little Wild Holiday Goose Chase** — The DreamWorks-produced animated gang is back for some adventure and merriment in this TV holiday special. Led by Melman the giraffe, the animal friends set off on a mission to help their new goose friend, Hank, reunite with his family. But it's New York City, where nothing is simple and there are lots of distractions. Will young Alex the lion, Marty the zebra and Gloria the hippo be able to find Hank's worried flock in time for Christmas? (Premieres Nov. 26 on Peacock)

**Love Hard** — A better title might have been "How to Lose a Guy Who's Just Not That Into Love, Actually, You Crazy Ex-Girlfriend," because the creators basically took plotlines, dialogue, jokes and characters from previous movies and series, and strung them together like a strand of popcorn Christmas tree garland. Even the title is a rip-off. It's a story of internet dating, catfishing, lying, posturing, jealousy and family, all with a wintry holiday theme. The characters are dreadfully self-unaware, and the movie is wholly predictable and formulaic, and yet it hit Netflix's No. 1 trending spot. I'm not saying don't watch it, just

taped her final farewell to her son, Leif (played by Jake Johnson, who also wrote the script). Honey bequeaths her mountain cabin to Leif, but there's a catch. She realized she hadn't taught him enough important lessons while he was growing up, so she created some tasks and adventures intended to make up for that. While completing them, Leif meets Honey's love-interest, Carl, played by J.K. Simmons, who expectedly throws in a few truth zingers about Honey. It's a sweet, funny and only occasionally sad story, but in a heartwarming way. (Prime Video)

**Paradise PD** — Imagine a gaggle of bumbling, inept police officers similar to the "Reno 911" television series, but animated and therefore exaggerated in their respective idiosyncrasies and disgusting habits. Add an awkward father-son relationship causing much shenanigans, a cocaine-snorting police dog and occasional song-and-dance numbers. Now in its third season, "Paradise PD" is touted as an irreverent adult cartoon. This means it is NOT for the kids because it's really crass, though the humor is not particularly clever. (Netflix)

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## TOP VIDEO RENTALS AND SALES

**Video On Demand**

1. **Free Guy** ..... (PG-13) Ryan Reynolds
2. **Old** ..... (PG-13) Gael Garcia Bernal
3. **Don't Breathe 2** ..... (R) Stephen Lang
4. **Stillwater** ..... (R) Matt Damon
5. **F9: The Fast Saga** ..... (PG-13) Vin Diesel
6. **The Forever Purge** ..... (R) Ana de la Reguera
7. **Snake Eyes: G.I. Joe Origins** ..... (PG-13) Henry Golding
8. **PAW Patrol: The Movie** ..... (G) animated
9. **The Protege** ..... (R) Maggie Q
10. **Space Jam: A New Legacy** ..... (PG) LeBron James

**DVD, Blu-ray Sales**

1. **The Suicide Squad** ..... (R) Warner
2. **PAW Patrol: The Movie** ..... (G) Paramount
3. **Free Guy** ..... (PG-13) Disney/20th Century
4. **Snake Eyes: G.I. Joe Origins** ..... (PG-13) Paramount
5. **F9: The Fast Saga** ..... (PG-13) Universal
6. **Don't Breathe 2** ..... (R) Sony Pictures
7. **Black Widow** ..... (PG-13) Disney/Marvel
8. **Old** ..... (PG-13) Universal
9. **Pig** ..... (R) Decal
10. **Stillwater** ..... (R) Universal



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# What's Hot In Hollywood

HOLLYWOOD — “The Theory of Everything” Oscar-winner **Eddie Redmayne** has completed “Fantastic Beasts: The Secrets of Dumbledore,” with **Mads Mikkelsen** and **Jude Law**, due April 15. He’s currently shooting Netflix’s “The Good Nurse,” with **Jessica Chastain**, about a caregiver tied to the deaths of hundreds of patients. Redmayne next will hit London’s theater district as “The Emcee” in “Cabaret.” His casting set off a storm of protests because a heterosexual man will be playing a traditionally gay role.

The original master of ceremonies on Broadway and in the 1972 film was **Joel Grey** (married to Jo Wilder from 1958 to 1982, they had two children, including “Dirty Dancing” star **Jennifer Grey**). But at the time of Broadway’s “Cabaret,” he wasn’t officially “out” as a gay man. The character of The Emcee, while flamboyant, only appears in musical numbers, including “Two Ladies (And I’m The Only Man),” with no back story about being gay. So why the fuss about Redmayne as The Emcee?

Among straight actors who’ve won Oscars for “playing gay” are **Tom Hanks** (“Philadelphia”), **Hilary Swank** (“Boys Don’t Cry”), **Charlize Theron** (“Monster”), **Philip Seymour Hoffman** (“Capote”) and **Sean Penn** (“Milk”). Many of these films would never have been made or been successful without the special talents of these artists. Eddie Redmayne playing The Emcee in “Cabaret” will bring in a huge audience who’ll flock to see his interpretation of the role. There will be many people who otherwise would never have been exposed to the horrors that existed in Nazi Germany at the core and message of “Cabaret.”

\*\*\*

**Michael Caine** announced he’d retire after his last film, “Best Sellers” (released Sept. 17). For decades, British actors have announced their retirements when there weren’t any work offers, then when offers came, they conveniently came out of retirement. After two Oscars and 136 films, Michael Caine is NOT retiring. He got what he wanted ... offers of work.

In 1984, I was hired by disaster film producer **Irwin Allen** (“Poseidon Adventure,” “The Towering Inferno”) to photograph (for him) a **Dean Martin**-style roast with some of the greatest comics: **Milton Berle**, **Bob Newhart**, **Red Buttons**, **George Burns**, **Danny Thomas**, **Rowan & Martin**, **Steve Allen** and **Sid Caesar**. They all roasted Caine, giving him tips on how to be funny prior to filming “Blame It on Rio.” It turned out to be a disaster movie, and not by Irwin Allen. The critics called the film “anything but funny” and it bombed.

I remember a highlight of the night was Oscar-winner **Red Buttons** side-splitting classic routine about “famous people who never got a



Depositphotos

Eddie Redmayne

dinner”: “Nero fiddled while Rome burned, and HE never got a dinner.” They all toasted Caine by saying, “Now YOU know what it’s all about, Alfie!” But obviously, he didn’t!

HOLLYWOOD — **Ryan Gosling** began his career on “The Mickey Mouse Club,” but we’d never have expected him to play “Ken” to the sexy **Margot Robbie**’s “Barbie.” Now that Disney owns Mattel, he’ll be back in the “club.” His last film, “First Man” (2018), barely broke even, but he’s since filmed Netflix’s most-costly film ever, the action thriller (with a \$200 million price tag) “Gray Man,” co-starring **Chris Evans**, **Ana De Armas** and **Billy Bob Thornton**. Will Ken’s missing equipment be restored for the Disney movie, or will Barbie dump him again?

\*\*\*

**Margot Robbie** is still one of the busiest actresses in films. She stars in the still-untitled **David O. Russell** film with a magnificent cast, including **Christian Bale**, **Rami Malek**, **Robert De Niro**, **John David Washington**, **Zoe Saldana**, **Mike Meyers**, **Michael Shannon** and **Chris Rock**. She also toplines “Babylon,” as silent-film legend **Clara Bow**, co-starring **Brad Pitt**, **Toby Maguire** and **Jean Smart** (due Christmas 2022), and she’s in the all-star ensemble of **Wes Anderson**’s latest, “Asteroid City,” with **Tilda Swinton**, **Bill Murray**, **Adrien Brody**, **Tom Hanks**, **Scarlett Johansson**, **Bryan Cranston** and **Jeff Goldblum**. Anderson’s recent release, “The French Dispatch” (made two years ago and pulled from theaters), got positive

reviews from 74% of respondents on Rotten Tomatoes.

\*\*\*

The current release of “Dune” was successful enough to get the green light to start pre-production on the sequel, “Dune: Part Two.” The original **David Lynch** “Dune” (1984) tried to tell the entire story in one film, but making it a huge two-part screen epic seems to have worked for this one. It grossed \$41 million in its first weekend and pulled in nearly 2 million viewers on HBO Max at the same time.

Sure as shooting, the upcoming film “My Son Hunter” won’t be favorable to either President **Joe Biden** or his son **Hunter**. **Robert Davi** — who acted in “Showgirls” (1995) and “Predator 2” (1990), to name two of his more than 100 films — has cast **John James** (Jeff Colby on “Dynasty”) to play President Biden, while British actor **Laurence Fox** (son of James Fox) plays his son Hunter. The film purports to be about sex, power, drugs, money and alcohol, based on claims the anti-Biden media has been pushing since before the election.

They raised the money to make the film from a GoFundMe campaign, since it was unlikely any legitimate film studio or production company would make it. Even more suspicious is that they’re shooting the film in Serbia. Seems logical when you remember Serbia was up to its eyeballs in the non-existent scandal they were only too happy to perpetuate. Is this film destined to be R-rated for, uh, political reasons?



Depositphotos

Margot Robbie



by Dana Jackson

**Q.** What is the TV show from a few decades ago that had supernatural elements and was set in a small Southern town? It only lasted one season. I feel like it would do really well if it had come out today instead. — C.W.

**A.** My first guess would have been “Midnight, Texas,” but that premiered on NBC in 2017. It starred **Francois Arnaud** (“The Moodys”) and was based on a series of books by **Charlaine Harris** of “True Blood” fame. However, back in 1995, there was a show called “American Gothic” that better fits your timeline. It starred **Gary Cole** as a demonic sheriff of a small South Carolina town and **Sarah Paulson** as a ghost. **Lucas Black** played her younger brother.

The series was created by **Shaun Cassidy** (yes, that **Shaun Cassidy** of the “Hardy Boys”) and was a hit with critics, but it was canceled by NBC after just one season. Incidentally, **Cassidy** has gone on to be quite a successful producer, having consulted on the current hit medical drama “New Amsterdam” as well as the long-running police drama “Blue Bloods.”

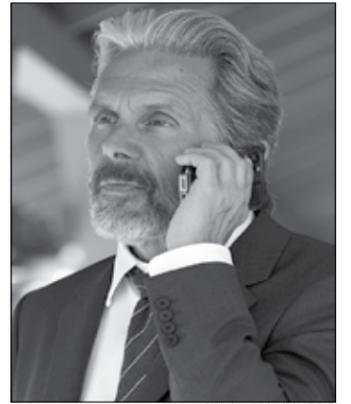
“American Gothic” was **Paulson**’s first major television role, but she’s now known for being producer **Ryan Murphy**’s muse in his “American Horror Story” and “American Crime Story” franchises. **Cole**, who recently joined the cast of “NCIS,” taking over for the legendary **Gibbs** (**Mark Harmon**), told *Entertainment Weekly* magazine that **Sheriff Buck** is the role he’d most like to revisit.

\*\*\*

**Q.** When is “This Is Us” coming back with new episodes? I heard this will be its last season. Say it isn’t so! — R.B.

**A.** “This is Us,” the show everyone loves to cry to, returns for its final episodes beginning Jan. 4. It gets a head start before the 2022 Winter Olympics airs on NBC in February. The last new episode of “This Is Us” was in May, where it jumped four years ahead with a shocking wedding.

Season six will consist of 18 episodes. According to the *Hollywood Reporter*, the show’s creator, **Dan**



Michael Yarish/CBS

Gary Cole on “NCIS”

**Fogelman**, has promised that there will be “no looming questions when we get through the end of next season. Everything will be resolved.”

**Justin Hartley**, who plays **Kevin** on “This Is Us,” has already landed a pilot for a new series, “The Never Game” on CBS. It’s still in development, but it’s based on the novel of the same name by **Jeffrey Deaver**, so it looks promising.

\*\*\*

**Q.** I was so sad to see the character of **Dean** written out of “Station 19” recently. Why would they get rid of him? — D.C.

**A.** According to *Deadline*, **Okieriete “Oak” Onaodowan** approached producers about leaving the show as **Dean Miller** at the end of season four, but the parting was amicable. He simply wants to stretch his wings after five years of playing a firefighter on the Seattle-based drama. Prior to “Station 19,” **Onaodowan** played the dual roles of **James Madison** and **Hercules Mulligan** in the Broadway hit “Hamilton.”

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

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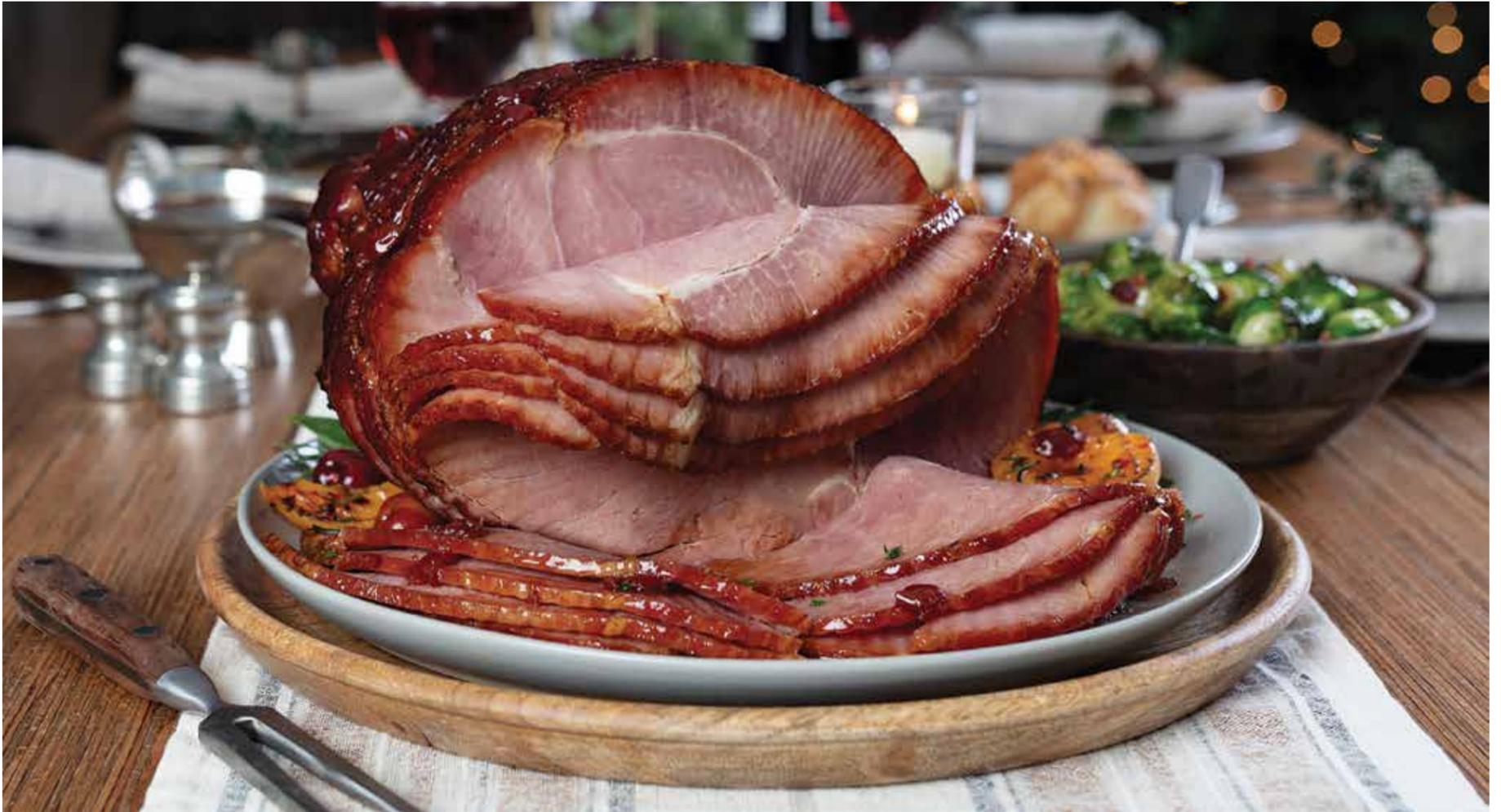
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Rum and Cola Holiday Ham

## Special Centerpieces for Holiday Celebrations

### FAMILY FEATURES

Few things bring family and friends together quite like the holidays, and serving up an elegant, seasonal meal centered around a mouthwatering main dish is a recipe for creating lasting memories with the ones you love.

Forging a fabulous holiday experience for the special people in your life starts with choosing a flavorful, tender cut of meat to serve as the centerpiece of the meal. Hand-cut by expert butchers, options like Spiral-Sliced Ham, Boneless Heart of Prime Rib Roast and Butcher's Cut Filet Mignons from Omaha Steaks can serve as the focal point of a memorable holiday dinner. Flash frozen to capture freshness and flavor, you can select a standout cut of meat from the comfort of your home and have it delivered directly to your door in time to put together a tender, juicy main course.

Find more holiday recipe inspiration at [OmahaSteaks.com/blog/recipes](http://OmahaSteaks.com/blog/recipes).

### Rum and Cola Holiday Ham

Recipe courtesy of Omaha Steaks Executive Chef David Rose  
Prep time: 30 minutes  
Cook time: 80 minutes  
Servings: 10-12

#### Ham:

- 1 Omaha Steaks Spiral-Sliced Ham (8 pounds)

#### Glaze:

- 1 cup cherry fruit spread
- 3/4 cup dark spiced rum
- 3/4 cup cola
- 2 teaspoons Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1/4 teaspoon kosher salt

To make ham: Thaw frozen ham in refrigerator 24-48 hours.

Remove from refrigerator and let ham come to room temperature, about 30-45 minutes.

Preheat oven to 325 F. Remove ham from foil and film. Return ham to foil wrapping and place in oven-safe roasting pan. Roll foil down leaving 2 inches of foil around bottom of ham.

Place roasting pan with ham in oven on lower rack and heat uncovered 60-75 minutes, until ham starts to brown. While ham cooks, make glaze.

To make glaze: In medium saucepot, whisk fruit spread, rum, cola, Worcestershire sauce, Dijon mustard and salt until well incorporated. Bring to boil then reduce heat to medium. Simmer over medium heat 10 minutes then remove from heat. Cool to room temperature.

During last 15 minutes of cooking, glaze ham every 5 minutes.



Dijon-Herb Prime Rib Roast with Garlic Butter Mushrooms

### Dijon-Herb Prime Rib Roast with Garlic Butter Mushrooms

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 15 minutes  
Cook time: 3 hours  
Servings: 4-6

#### Dijon-Herb Rub:

- 1/4 cup minced fresh Italian parsley
- 1/4 cup minced fresh oregano
- 1/4 cup minced fresh thyme leaves
- 1/4 cup minced fresh rosemary leaves
- 3 fresh garlic cloves, minced
- 1 tablespoon Dijon mustard
- 1/2 cup canola oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon smoked paprika

#### Prime Rib Roast:

- 1 Omaha Steaks Boneless Heart of Prime Rib Roast (4 pounds), thawed
- kosher salt, to taste
- ground black pepper, to taste
- 1/4 cup canola oil

#### Garlic Butter Mushrooms:

- 6 tablespoons olive oil
- 1/2 cup small diced yellow onion
- 4 fresh garlic cloves, minced
- 1 pound button mushrooms, cleaned and quartered
- 1 pinch kosher salt, plus additional, to taste, divided
- 1 pinch ground black pepper, plus additional, to taste, divided

- 1/2 cup chicken stock
- 2 tablespoons unsalted butter
- 1/4 cup finely chopped Italian parsley

To make rub: In medium bowl, whisk parsley, oregano, thyme, rosemary, garlic, Dijon mustard, oil, salt, black pepper and paprika until well incorporated.

To make prime rib roast: Pat prime rib roast dry on all sides with paper towels. Season generously with salt and pepper, to taste. Allow roast to come to room temperature about 30 minutes.

Rub Dijon herb rub all over prime rib roast and allow to stand 10 minutes.

Preheat oven to 250 F. In large cast-iron pan, warm oil over medium-high heat.

Sear roast on all sides until golden brown, 2-3 minutes per side.

Place seared prime rib on wire rack-lined sheet pan and place in oven.

Cook until internal temperature is 10 F below desired cooking doneness.

Rest 15-20 minutes before slicing.

To make mushrooms: In large pan, warm olive oil over medium-high heat. Add diced onions and saute about 1 minute.

Add minced garlic and lightly saute until fragrant, about 20 seconds.

Add mushrooms and pinch of salt and ground pepper to pan. Saute 3-4 minutes, or until mushrooms are tender.

Add chicken stock and reduce to one-third in volume, 3-4 minutes.

Add butter and parsley to pan and saute until butter is melted and incorporated. Immediately remove from heat and season, to taste, with salt and pepper.

Serve mushrooms with prime rib roast.

### Suya-Dusted Filet Mignon with "Red Rice" Risotto

Recipe courtesy of Omaha Steaks Executive Chef David Rose

Prep time: 15 minutes  
Cook time: 1 hour  
Servings: 4

#### Suya Dust:

- 2 cups roasted cashews
- 1 tablespoon chicken bouillon
- 1 tablespoon, plus 1 teaspoon, smoked paprika
- 1/4 teaspoon cayenne pepper
- 1 teaspoon ground black pepper
- 2 teaspoons ground ginger
- 2 teaspoons garlic powder
- 2 teaspoons onion powder

#### "Red Rice" Risotto:

- 3 tablespoons canola oil
- 1/2 cup diced yellow onion
- 3 fresh garlic cloves, smashed
- 1/2 cup diced red bell pepper
- 1 tablespoon tomato paste
- 1 large beefsteak tomato (about 1 1/2 pound), chopped
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon smoked paprika
- 1 teaspoon kosher salt, plus additional, to taste, divided (optional)

- 1/2 teaspoon ground black pepper, plus additional, to taste, divided (optional)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 1/2 cups Arborio rice
- 4 cups warmed chicken stock, divided
- 1/2 cup finely chopped Italian parsley
- 1 cup freshly shredded Parmesan cheese

#### Filet Mignon:

- 4 Omaha Steaks Butcher's Cut Filet Mignons (6 ounces each)
- kosher salt
- ground black pepper
- 4 tablespoons canola oil
- 2 tablespoons unsalted butter
- 1 clove garlic
- 1 thyme sprig

To make suya dust: In food processor, blend cashews, chicken bouillon, paprika, cayenne pepper, bell pepper, black pepper, ginger, garlic powder and onion powder into fine powder.

To make "red rice" risotto: In medium saucepan, warm canola oil over medium-high heat. Add onions, garlic and red bell pepper, sauteing until lightly caramelized, about 1 minute.

Add tomato paste to pan and saute until fragrant, about 1 minute. Add chopped tomato, Worcestershire sauce, paprika,

1 teaspoon kosher salt and 1/2 teaspoon ground black pepper; continue sauteing until tomato starts to break down and soften, 3-4 minutes. Reduce heat to simmer and cook 3-4 minutes.

Remove from heat and finely blend in food processor. Set aside.

In separate medium saucepan, warm olive oil and butter over medium-high heat.

Add Arborio rice and stir until slightly nutty and translucent, about 1 minute.

Add pureed tomato-pepper mixture and 1 cup chicken stock; bring to boil then reduce heat to medium.

Add 1 cup stock each time Arborio rice absorbs almost all broth. Continuously stir risotto each time stock is added to rice.

Keep adding stock until risotto is al dente and still viscous then stir in parsley and Parmesan cheese. Season, to taste, with salt and pepper, if desired.

To make filet mignon: Pat steaks dry with paper towels and liberally season with salt and ground black pepper on both sides.

In large cast-iron skillet, warm canola oil over medium-high heat.

Place filets in skillet and sear 3 minutes. Flip steaks and add butter, garlic clove and thyme. Baste steaks with butter and allow filets to finish cooking, 3-4 minutes for medium-rare doneness.

Rest filets 7-8 minutes. Serve over "red rice" risotto and sprinkle suya dust over filets.



Suya-Dusted Filet Mignon with "Red Rice" Risotto

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Buffalo Wing Pizza Bites

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

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

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

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

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

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

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

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Auld Lang Syne Dip

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

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

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

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

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

## Good Housekeeping

### Green Pea and Lettuce Soup

Serve this simplified version of the delicate French classic with our Ham and Cheese 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
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

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

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

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

## Good Housekeeping

### Glazed Ham

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

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

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

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

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

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

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### Cheesy Garlic Potatoes

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

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

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

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

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

## Good Housekeeping

### Greek Christmas Cookies

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

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

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

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

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

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

## Good Housekeeping

### Chocolate-Dipped Pretzels

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

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

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

## Comfort foods

Made fast and healthy

by Healthy Exchanges

### S'more Cake Brownies

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

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

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

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

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

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

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

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**Vandalism** on the 1900 block of West Montrose Avenue.

**Assault** on the 1900 block of North Western Avenue.

**Assault** on the 900 block of West Belmont Avenue.

**Theft** on the 1400 block of North Honore Street.

**Robbery** on the 2900 block of North Pine Grove Avenue.

**Robbery** on the 3100 block of North Orchard Street.

**Theft** on the 2900 block of North Lake Shore Drive.

**Theft** on the 2200 block of North Western Avenue.

**Theft** on the 800 block of West Hutchinson Street.

**Theft** on the corner of State Street and Division Street.

**Theft** on the 2000 block of North Clark Street.

**Theft** on the 1000 block of West Oakdale Avenue.

**Theft** on the 1600 block of West Damen Avenue.

**Burglary** on the 2200 block of West Belden Avenue.

**Assault** on the 800 block of West Wellington Avenue.

**Theft** on the 2300 block of West Irving Park Road.

**Theft** on the 1500 block of North Clybourn Avenue.

**Vandalism** on the 800 block of North Cambridge Avenue.

**Arrest** on the 800 block of North Cambridge Avenue.

**Theft** on the 2500 block of North Clark Street.

**Theft** on the 900 block of West North Avenue.

**Vandalism** on the 1700 block of North Winchester Avenue.

**Theft** on the 3600 block of North Sheffield Avenue.

**Assault** on the 1000 block of West Wilson Avenue.

**Assault** on the 4400 block of North Hazel Street.

**Assault** on the 800 block of West North Avenue.

**Theft** on the 4400 block of North Broadway.

**Vandalism** on the 1000 block of North Halsted Street.

**Assault** on the 100 block of West Division Street.

**Theft** on the 4400 block of North Broadway.

**Theft** on the 900 block of West Belmont Avenue.

**Vandalism** on the 4100 block of North Broadway.

**Assault** on the 1500 block of North Kingsbury Street.

**Assault** on the 3400 block of North Clark Street.

**Robbery** on West Belden Avenue and North Cleveland Avenue.

**Assault** on the 1500 block of North Wells Street.

**Theft** on the 1700 block of West Bloomingdale Avenue.

**Robbery** on the 400 block of West Belden Avenue.

**Robbery** on the 800 block West Newport Avenue.

**Theft** on the 900 block of West Belmont Avenue.

**Theft** on the 1100 block of West Patterson Avenue.

**Vandalism** on the 3400 block of North Lake Shore Drive.

**Theft** on the 1900 block of West Foster Avenue.

**Robbery** on West Iowa Street and North Western Avenue.

**Theft** on the 4800 block of North Ridgeway Avenue.

**Arrest** on the 2200 block of North Western Avenue.

**Vandalism** on the 3600 block of West Crystal Street.

**Vandalism** on the 1900 block of West Montrose Avenue.

**Assault** on the 1900 block of North Western Avenue.

**Arrest** on the 2900 block of West Montrose Avenue.

**Assault** on the 900 block of West Belmont Avenue.

**Theft** on the 1400 block of North Honore Street.

**Theft** on the 2100 block of West Peterson Avenue.

**Robbery** on the 2900 block of North Pine Grove Avenue.

**Robbery** on the 3100 block of North Orchard Street.

**Theft** on the 3500 block of West North Avenue.

**Vandalism** on the 2700 block of North Spaulding Avenue.

**Theft** on the 800 block of West Hutchinson Street.

**Assault** on the 4800 block of North Ayers Avenue.

**Assault** on the 2500 block of North Ainslie Street.

**Theft** on the 1000 block of West Oakdale Avenue.

**Theft** on the 2100 block of West Peterson Avenue.

**Theft** on the 1600 block of North Damen Avenue.

**Burglary** on the 2200 block of West Belden Avenue.

**Assault** on the 4400 block of North Hazel Street.

**Burglary** on the 1100 block of North Francisco Avenue.

**Theft** on the 4400 block of North Broadway.

**Arrest** on the 1400 block of North California Avenue.

**Assault** on the 800 block of West Wellington Avenue.

**Theft** on the 2300 block of West Irving Park Road.

**Assault** on the 3500 block of West North Avenue.

**Robbery** on the 2800 block of West North Avenue.

**Burglary** on the 2400 block of North Francisco Avenue.

**Assault** on the 3200 block of West Division Street.

**Assault** on the 3100 block of West Carmen Avenue.

**Theft** on the 2500 block of North Clark Street.

**Robbery** on the 2400 block of West Chicago Avenue.

**Assault** on the 4000 block of West School Street.

**Theft** on the 900 block of West North Avenue.

**Vandalism** on the 1700 block of North Winchester Avenue.

**Theft** on the 3600 block of North Sheffield Avenue.

**Theft** on the 3900 block of West Fullerton Avenue.

**Theft** on the 2100 block of North Bingham Street.

**Vandalism** on the 5800 block of North Lincoln Avenue.

**Assault** on the 1000 block of West Wilson Avenue.

**Theft** from the 1600 block of Howard Street.

**Assault** on the 400 block of Howard Street

**Assault** on the 900 block of Dobson Street.

**Shooting** on the 1700 block of North Monticello Avenue.

**Burglary** on the 1000 block of Howard Street.

**Theft** on the 1900 block of Howard Street.

**Theft** on the 1900 block of Howard Street.

**Shooting** on North Kedzie and West Wilson Avenue.

**Assault** on the 100 block of Asbury Avenue.

**Arrest** on the 3600 block of Touhy Avenue.

**Theft** on the 200 block of Custer Avenue.

**Theft** on the 100 block of Chicago Avenue.

**Theft** on the 100 block of Chicago Avenue.

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**The Garden Bug**



**Christmas Rose** blooms in early winter in milder climates, and late winter or early spring where the soil freezes hard. Native to Europe and western Asia, this plant loves shade or dappled sun and moist soil. The blooms come in many colors such as white, cream, pink, rose, burgundy and light green. Amend the soil with plenty of organic matter, such as aged leaves and compost. They are resistant to deer and vole, and spread nicely on their own. - Brenda Weaver

Sources: www.hgtv.com  
www.whiteflowerfarm.com

*Helleborus Niger*

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**The Garden Bug**

**Comparing holiday cactuses**



The so-called "Thanksgiving Cactus" and "Christmas Cactus" are actually succulents. They must have cooler temperatures, and sit in darkness for about 6 weeks for the flower buds to appear on the stalk tips. When that happens you can bring the plants into a warmer area for your enjoyment, although you should avoid placing it in direct sunlight. - Brenda Weaver

Sources: www.extension.iastate.edu  
worldofsucculents.com

Thanksgiving Cactus *Schlumbergera truncata*  
Christmas Cactus *Schlumbergera bridgesii*

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**The Garden Bug**



**Cranberry bogs**

Receding glaciers carved out cavities in the landscape. Some evolved into wet, muddy "bogs." Those with more sand and clay formed the perfect environment for cranberry plants to grow in abundance. North American tribes harvested the *sasumuneash*, as they called the berries, for thousands of years. The cultivation of the cranberry by European settlers began around the early 1800s. Harvesting the berries finishes in October (by November the bogs become dormant) and the fruit is often used for holiday meals.

Source: www.cranberries.org

- Brenda Weaver

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**Quotes worth your time**

**“To appreciate a snowflake it is necessary to stand out in the cold.”**  
Aristotle

**“Christmas isn’t a season. It’s a feeling.”**  
Edna Ferber

**“A good conscience is a continual Christmas.”**  
Benjamin Franklin

**“Aren’t we forgetting the true meaning of Christmas? You know, the birth of Santa.”**  
Bart Simpson

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# Comics

**R.F.D.** by Mike Marland

IF WE DIDN'T HAVE THE FARM, DAD, WOULD WE GO SOUTH FOR THE WINTER?

WHAT?! NO WAY, JUNE!

WE'RE HEARTY NORTHERNERS! I REFUSE TO DIMINISH OUR RUGGED HERITAGE BY GOING SOUTH FOR THE WINTER!

I COULD, HOWEVER, BE CONVINCED TO GO WEST!!

HAWAII!

**Out on a Limb** by Gary Kopervas

GLENN, I ASKED YOU TO BRING YOUR "A GAME" TO THE CLIENT MEETING NOT BRING A GAME TO THE MEETING...

Twister

**Amber Waves** by Dave T. Phipps

WHAT IS THIS, SON? YOU ARE ABSOLUTELY FILTHY!

ME AND THE GUYS HAD A WICKED MUD FIGHT.

YOU NEED TO HAVE SOME SELF-RESPECT. WHAT, WERE YOU RAISED IN A BARN?

UH...OK, WAS THAT A TRICK QUESTION?

**The Spats** by Jeff Pickering

I HAD TO SELL MY BIT COINS.

WHY??

THEY BIT ME!!

**THEY'LL DO IT EVERY TIME** BY AL SCADUTO

CAST-IRON NERVE DEPT- (LONG VISITS and SHORT ON REIMBURSEMENT DIV.)

THANKS FOR PUTTING ME UP FOR 3 WEEKS, LULA... YOU CAN MAIL THE THINGS I BOUGHT THAT I COULDN'T FIT INTO MY LUGGAGE--THANK YOU--'BYE--

ER... WELL--

LONGEVITY LINGO DEPT- THEY'LL ALWAYS SAY IT--

TO WHAT DO YOU OWE YOUR LONG LIFE, GIR?

WELL...SMOKIN' FIFTEEN CEROOTS A DAY--NEVER SLEEPIN' MOREN FOUR HOURS A NIGHT--TWO JUGS OF KENTUCKY LIGHTNING A DAY AND NEVER LOSING MY INTEREST IN THE LADIES-- YESSIREE...

Thank to DOLORES CALO, ROCKVILLE, MD.

Thank to H. BERNHARDT, CHICAGO, ILL.

**BARGAINING ACUMEN-**

THE BONTON BOUTIQUE HAS THE SAME DRESS ON SALE FOR \$25--CAN YOU MATCH THEIR PRICE?

YARD SALE

PAY HERE

Thank to J. M. SHERRY, ISLIP, N.Y.

**Junior Whirl** by Charles Barry Townsend

COULDN'T YOU THROW MASHED POTATOES ON A HOLIDAY?

ROCK AROUND THE ROCK!

IN 1620 the Pilgrims are said to have landed at a spot called Plymouth Rock. One year later they celebrated the first Thanksgiving Day. Let's do our own celebrating by identifying the ROCK-filled words in our list. Here are some hints:

- Type of chair.
- It's found in Ireland.
- Toothlike projection.
- Fintstones' town.
- Space flight design.
- Earthenware vessels.
- Wall-building material.

Time limit: two minutes.

FROM PILLORY TO POST! This Pilgrim has a vegetable garden that he has fenced in using 12 posts equally spaced along each side. How many posts did he use?

Answer: 44 posts. If you don't believe it, draw a diagram!

A CORNY PUZZLE! We've started our word square with MAIZE, the Indian name for corn. You need to find four more five-letter words so that all words used read the same both across and down.

- A pleasant odor.
- Not urban.
- To revolve around.
- Indian corn (given).
- To change.

**Junior Whirl** by Charles Barry Townsend

THE A-TO-A STEPWORD!

HERE'S your chance to become an "A" student. To the left you'll find six words that begin and end with the letter A. The following hints should help you fill in the missing letters:

- Expression of surprise.
- Operatic solo.
- Hawaiian farewell.
- A fleet of warships.
- A radio needs one.
- Greek food of the gods.

Five or more correct will earn you an "A." You have two minutes to finish the test.

1. Aha 2. Aha 3. Aloha 4. Amada 5. Amarna 6. Amozela

CHAIN REACTION! Take the seven letters printed below the 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.

Place the four letters on top in the order: all of the marbles are now equidistant from each other.

The secret: Place three marbles in a light triangle. Next fill in the four marbles on top in the order: all of the marbles are now equidistant from each other.

The words are: top to bottom, left to right: fill, film, firm, fire, fam, fare, face, fact.

ACEFILM

**HOCUS-FOCUS** BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Flower is reversed. 2. Glasses are removed. 3. Collar is missing. 4. Hair is different. 5. Children are holding hands. 6. Socks are shorter.

**Just Like Cats & Dogs** by Dave T. Phipps

MY MOTHER IS NOT OPINIONATED. JUST ENGAGE IN SMALL TALK AND STICK TO THE CUE CARDS I GAVE YOU.



Photo courtesy of Getty Images

# Festive Holiday Gifts for Pets

### FAMILY FEATURES

Spreading holiday cheer with loving gifts is a tradition for many people, and families often include their pets in the fun to make those happy moments even brighter. Festive apparel, toys, treats and more can help pet parents show appreciation to their animal friends throughout the season.

From dogs and cats to reptiles, guinea pigs and other lovable pets, a retailer like PetSmart has gift ideas that can delight pets of all shapes and sizes. Plus, with the option to “buy now, pay later” through Afterpay, pet parents have more flexible payment options when shopping online or in stores.

Consider some of this season’s top holiday gifts for pets, and find even more gift ideas and stocking stuffers at PetSmart.com or in stores.



### A Festive Fit for Reptiles

Comfy pajama sets don’t just have to be for friends and family. Fun, seasonal attire can also help make reptilian pets a part of the festivities. Options like this Merry & Bright Lumberjack Reptile Costume provide your bearded dragon with a warm, comfortable and adorable outfit you can easily slip on and off.



### Aquarium Ready Swimming Santa

Deck the halls of your underwater world with this Merry & Bright Scuba Santa Aquarium Ornament. It’s an easy way to decorate for your fish friends with this fun and colorful underwater Santa. This ornament can add seasonal cheer to your aquatic decor and your home.



### Pamper Your Pup with New Shampoo

Freshen your pet’s coat before guests arrive with a 2-in-1 shampoo and conditioner. Despite the hustle and bustle of the season, the Burt’s Bees 2-in-1 Tearless Puppy Shampoo & Conditioner can keep your pet’s coat clean and shiny all season long. Made with nourishing buttermilk to soothe skin and soften fur, the shampoo allows you to groom your pet with gentle, natural ingredients.



### Matching Sweaters for Pups and People

Celebrate the season with your dog in style with matching Tippy Elves Holiday Sweaters for pups and pet parents. Each sweater features a fun, festive design to get everyone in the spirit while showing off you and your pup’s unique personalities. With an “I’ve Been Nice” version for dogs and “I’ve Been Naughty” version for pet parents, the sweaters are fun options for your next holiday gathering.



### A Kitty Countdown Advent Calendar

If your cat made the nice list this year, you can include him or her in the countdown with the Merry & Bright Holiday Advent Calendar for cats featuring a 25-day countdown with one toy for each day. With daily surprises including glittering ball and bell toys or catnip, the calendar provides plenty of opportunities for your kitty to hunt, stalk, swat and pounce all season long.



### Celebrate Smaller Pets with Costumes

While it’s easy to include cats and dogs in the action with toys and treats, don’t forget the smaller furry family members. You can keep your guinea pig on the gift list this holiday season with this Merry & Bright Christmas Tree Small Pet Holiday Costume. It slips on and off easily for a comfortable fit to provide even more fun.



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\$100,000 minimum deposit required to open account.

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NMLS#459256**

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Vice-President  
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