

## Dates for Shipping Holiday Presents

Page 7

## 9 Tips on Holiday Shopping & How to keep Pets Happy & Healthy this Holiday Season

Page 14

## December 2022

**FREE** It's our 27th Anniversary  
Serving the communities of  
Lakeview, Roscoe Village, North Center and Lincoln Square



# Lakeview

December, 2022

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

Volume 27, Number 1



### Holiday Season Health Guidelines

**Stay up to date with COVID and flu vaccinations.** Everyone age 6 months and up should receive a flu shot to protect against flu viruses. COVID-19 vaccination should include all primary series doses and boosters for your age group. For those 5-years and up if you haven't had a new updated COVID vaccine (bivalent booster) since Labor Day, you are not up to date.

**Stay home** if you are sick, even if you are vaccinated for COVID or the flu. Do not attend parties or events and test yourself for COVID-19. Even if your test is negative, stay home until you are feeling better.

**Speak** with your doctor if you are sick. If either flu or COVID is diagnosed treatments are available.

**Wear a mask** if you have symptoms, a positive test for a respiratory virus, or exposure to someone with COVID-19. Consider masking on public transportation, in indoor public settings where vaccine status is not known and when visiting high risk family members.

**Test yourself** for COVID-19 five days after an exposure.

**Wash hands** often to help prevent the spread of germs.

**Manage stress.** Let's face it, the holidays can be stressful. Taking time for yourself is not a selfish act. Try exercising, meditation, taking a warm bath, or going for a walk. And, don't feel guilty about taking time for yourself.

**Eat mindfully.** Eating mindfully may help you enjoy your food more. When you are eating, slow down and try to focus on the taste, smell, and textures of the food. If your holiday meal is spent with people you love, this also allows you to savor their company and live in the moment.

**Prioritize Sleep** Sleep is paramount when it comes to maintaining the rest of your healthy habits. When sleep is lacking, other decisions become more challenging.

Managing stress, staying active, sleeping well, and eating nutrient dense dishes will help you make the most of of your holiday season.

# Let the Holidays Begin



The holiday season in Chicago began with the 109th Annual Chicago Tree Lighting Ceremony, the Annual Chriskindmarket opening, the Annual Lincoln Park ZooLights, and the 30th Annual Magnificent Mile Lights Festival.

While enjoying this holiday season, remember to be vigilant, especially in crowds and report any suspicious activity to 9-1-1. If **"You See Something Say Something"**.

The Chicago Police Department offers these safety tips for your holiday activities and shopping:

Keep your purse close to your body, preferably in front of you or under a jacket or coat. Be aware of where your purse is when you go to restaurants or hotel lounges. Thieves prey on purses hung over the back of a chair or left on the floor.

If you carry a wallet, keep it in your front pants pocket or coat breast pocket.

Always be alert and walk confidently. Be mindful of those who pass you on a crowded bus or train or bump into you on a sidewalk. These individuals may be pickpockets.

Do not carry valuables in backpacks, which can easily be accessed in a crowded elevator, on an escalator or in a checkout line.

Keep an eye on credit cards and the paper trail they generate to avoid becoming the victim of identity theft. To reduce the risk, people should destroy extra copies of credit card receipts. It's also best not to carry personal information in a wallet or purse. This includes a social security number, an old credit card, ATM receipts or seldom used credit cards.

Keep pertinent information, including credit card account numbers, banking information and social security numbers, in a secured but accessible place at home. That way, in the event that a credit card is lost or stolen, the information will be handy for reporting to authorities.

Use caution when making online purchases, especially when the vendor is an individual rather than a known retailer.

The CTA announced its holiday train and bus schedules. The festive trains and buses are ready to light up the streets and tracks in Chicago. Decked out with lights and holiday scenes, Santa Claus and his reindeer will ride on the train cars with commuters. This year, the holiday train will run on all eight lines, and the holiday bus will run along 16

routes. Check the CTA website for details.

Chicago police are making their presence known on public transportation and violent crime has decreased for three consecutive months, as more officers, K9 units, and security guards have been deployed at train and bus stations. In addition to officers, the CTA is using an intricate camera system to deter criminal activity. Officials say passengers are an important tool in combating crime. "When a call goes into the 911 centers, the security team will move the cameras to that location. We have the opportunity to provide officers with real time information" said Joe Bird, Commander of Public Transportation for CPD.

**KEEP SAFE AND HAVE A GREAT HOLIDAY SEASON**

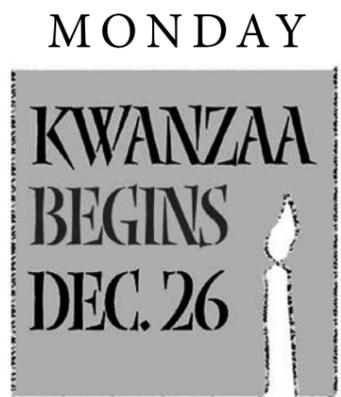
# Editorial & Opinions



©2022 by King Features Syndicate, Inc. World rights reserved.



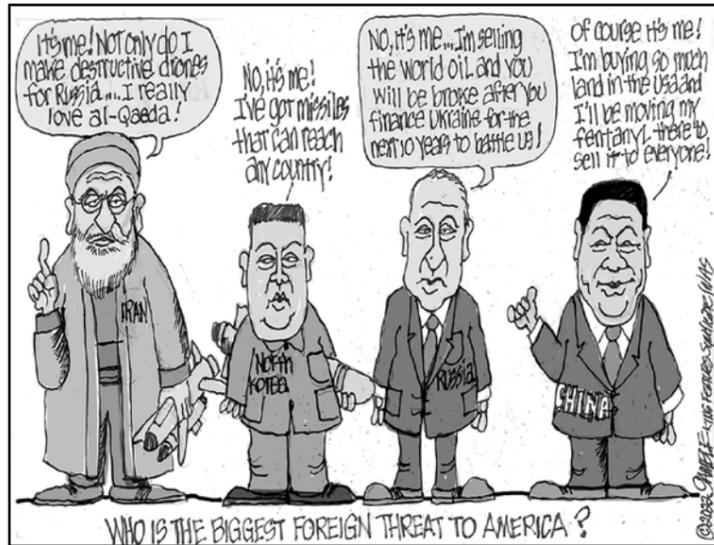
© 2022 by King Features Syndicate, Inc. World rights reserved.



© 2022 by King Features Syndicate, Inc. World rights reserved.



© 2022 by King Features Syndicate, Inc. World rights reserved.



## Moments in time

THE HISTORY CHANNEL

- On Dec. 1, 1891, our beloved sport of basketball was created by Dr. James Naismith, a physical education instructor at the YMCA International Training School in Springfield, Massachusetts, after he was asked by his boss to create an indoor game that would help athletes stay in shape during cold weather. Peach baskets served as the hoops, along with a soccer-style ball, and each time a point was scored, the game was paused so the janitor could fetch a ladder to retrieve the ball.
- On Dec. 2, 2020, the U.N. Commission on Narcotic Drugs removed cannabis from the list of most dangerous drugs of the international drug control treaty, which included such highly addictive substances as heroin, opium, morphine, methadone and cocaine, although the U.N. still considers cannabis a controlled substance.
- On Dec. 3, 1926, mystery novel maven Agatha Christie pulled a disappearing act from her home in Surrey, England.

She rematerialized nearly two weeks later at a hotel in the spa town of Harrogate, where journalist Ritchie Calder found her using her husband's mistress's surname as a notable pseudonym.

• On Dec. 4, 1875, William M. "Boss" Tweed, who notoriously led New York City's Democratic political machine, escaped from his cell at the Ludlow Street Jail and went into hiding even as a civil case for misuse of city funds proceeded against him. Found guilty in absentia, Tweed fled again, to Spain, but was quickly captured there and returned to New York to serve his sentence.

• On Dec. 10, 1768, the first part of the first edition of the Encyclopedia Britannica, the oldest continuously published and revised work in the English language, was published and advertised for sale in Edinburgh, Scotland.

• On Dec. 8, 1854, Pope Pius IX proclaimed the doctrine of the Immaculate Conception, in which he asserted that Mary, the mother of Jesus, was from the moment of her conception free from the effects of "original sin."

## Americanisms



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

© 2020 King Features Syndicate, Inc.



## Don't Count Trump Out Yet

Donald Trump is in his weakest political state since 2015 or early 2016.

During his presidency, when he was at the center of countless intense controversies, he didn't blink once. He never showed fear or desperation. Both are clearly at work now in his gratuitous attacks on Govs. Ron DeSantis of Florida and Glenn Youngkin of Virginia, neither of whom has done anything to him, besides presenting a viable alternative to his continued dominance of the GOP.

Any Trump political obituaries are premature, though, until a verdict has been reached by the force that has buoyed him and lent him his overwhelming power in the GOP politics — Republican voters.

The idea that the "party decides" — that a party's elites guide voters to their preferred presidential candidate — got blown to smithereens in 2016. Trump had almost no institutional support and won anyway.

Since then, the party has neutered itself and, in many states, been affirmatively taken over by pro-Trump forces.

After the experience of the Access Hollywood tape and January 6, Republican officials have internalized the lesson that getting too far out in front of voters in expressing anti-Trump sentiment — indeed getting an inch in front of them — is potentially fatal.

Politics is always a realm of artifice and whispered conversations, but the Trump era has taken it to another level in the GOP. Many of the elected officials who are Trump's biggest public boosters have a dim view of him in private. People serving at the highest levels of his administration — not deep state operatives, but his own political appointees — would make clear their discomfort with him in private. Even the most pro-Trump voices in the media often don't share their true feelings about him.

If the window has opened a crack to Trump criticism among Republican officialdom, it's still quite muted. Everyone considers it much safer to train their public fire on presumptive speaker Kev-

in McCarthy or Majority Leader Mitch McConnell.

It's important to remember, by the way, that some of the worst candidate choices in the midterms were freely made by GOP primary electorates under the influence of the former president. There's been a lot of criticism of Democrats spending on weak MAGA candidates in the primaries. But these candidates never would have gotten nominated in the first place if Republican voters hadn't happily supported them, despite their flaws and despite Democrats desperately wanting to run against them.

One hopes that the lesson has finally been learned that Trump — no matter how much Republicans admire his combativeness, appreciate his entertainment value, and detest his enemies — is not a sound electoral guide, to put it mildly.

Trump didn't win a majority in either of his presidential elections, even the one he won; he was never anywhere close to 50% in the RealClearPolitics polling averages in either of his races; and his average job approval rating during his presidency never approached 50%, either.

Trump won in 2016 courtesy of Hillary Clinton, the Electoral College, and a dollop of luck. At the end of the day, he's a plurality, not a majority, candidate. And he's drawn to other plurality candidates, who, lacking the advantage of running in races with an electoral college or against Hillary Clinton, tend to lose. Winning 46.1% worked for Trump in 2016, but it's a formula for failure for everyone else.

There are early signs that voters have taken on board the contrast between Trump, who was embarrassed on election night and has been attacking other Republicans in crude terms, and Ron DeSantis, who won a crushing reelection victory and hasn't felt it necessary to throw out wild charges or insult other party leaders to try to deflect blame from himself.

The polls are very early but telling. A YouGov poll had DeSantis up over Trump nationally in a hypothetical 2024 matchup, 42-35. A new 2024 poll in Texas has DeSantis up by a similar 43-32. And a WPA Intelligence poll has DeSantis beating Trump in Iowa, New Hampshire, Florida and Georgia.

There will have to be much more of that to signal that a fundamental, enduring shift has taken place and coax party leaders out of their long defensive crouch. The party won't decide to turn against Trump until voters give it clear, unmistakable permission.

Rich Lowry is editor of the National Review.

© 2022 by King Features Synd., Inc.

### Lakeview Newspaper

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

How to get in touch with us:

Lakeview Newspaper

J2 Associates, Inc.

P.O. Box 578757

Chicago, Illinois 60657

Telephone: 312.493.0955

Web site: www.LakeviewNewspaper.com

Email: LKVVNEWS@aol.com

Publisher and owner: George Rimel

Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Lisa Rode

DECEMBER 2022

All information, letters to the editor (must have name, address and telephone number) to be considered for publication. Lakeview Newspaper is owned and published by J2 Associates, Inc. and distributed from Diversey to Lawrence, Roscoe Village to Racine in Chicago, Illinois. Subscriptions are \$26.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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

# SENIOR NEWS LINE

by Matilda Charles

## Social Security Benefit for 2023

It's official: Our Social Security increase for 2023 will be 8.7%. They say it's the largest increase in 40 years.

For the average senior, that's going to mean a \$146 monthly increase. Plus we're getting a small "rebate" on that massive Medicare Part B increase we faced last year when the cost went to \$170.10 to pay for Aduhelm, an Alzheimer's disease drug that was said to cost \$56,000 per year. (After facing criticism, manufacturers had to cut the cost in half, down to \$28,200.) We'll now save \$5.20 on our Part B premium, with the average monthly deduction being \$164.90. The Part B annual deductible will drop to \$226, a \$7 savings.

What's disturbing is that only a few months ago the financial gurus were expecting we'd receive a 10.2% increase on Social Security, based on all the high prices we've been seeing this year and will likely see into 2023. Instead, they've lowered that to the 8.7% ... while prices have continued to rise.

The problem is how those annual increases are calculated. They use the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), which calculates the prices of goods and services for things those urban workers care about: clothing, education, electronics and so on. That CPI-W covers 29% of the population. Instead, they should use the Consumer Price Index for the Elderly (CPI-E), which focuses on goods and services that seniors spend money on: medical, drugs, food, housing and so on.

The next time you call your senators and representatives, be sure to ask why the Elderly index isn't being used. After all, they've been thinking about it since the 1980s.

Meanwhile, don't let the Medicare open enrollment period pass you by. Until Dec. 7 you have the option to make changes to your original Medicare Advantage plan, supplemental plan and prescription drug plan.

© 2022 King Features Synd., Inc.

# VETERANS POST

by Freddy Groves

## Health Record System Delayed ... Again

The Department of Veterans Affairs' electronic health record system will be delayed. Instead of putting out a shoddy product, the VA has elected to halt deploying the system until June 2023.

This comes after a previous delay that was announced last summer, which said that the deployment would be pushed back until January 2023.

It's apparently been one software glitch after the other at the locations they're using as testing — problems with scheduling, referrals, medication, test results and medical orders. And more. Months ago the VA's Office of Inspector General uncovered many instances of patient harm resulting from the new program. Specifically, over 200 doctor orders went astray, sent to nobody knows where, resulting in 149 instances of patient harm — at just one testing site.

They're calling this the "assess & address" period, and it's good that they're halting the expansion. Patient safety has to be at the top of the list, especially the issuing of prescription drugs.

Meanwhile, on the off chance that your local facility is a testing site, take charge of your care.

If you think you should have gotten an appointment or referral (maybe the doctor said so?), follow up. If you're awaiting a test result, call them. When a medical provider says you'll be given a prescription for a drug, write down the name of that drug and the dose. (Ask how it's spelled.) When you receive your drug, check it carefully. Go online to a drug checking website (www.drugs.com/pill\_identification.html) and be sure the photo of the pill online matches what you received. Use a magnifying glass to look at the tiny numbers on your pills.

At this writing, my best guess about the sites where the program is being tested are: Mann-Grandstaff VA Medical Center, Wainwright Memorial VA Medical Center, Central Ohio Healthcare System and Roseberg and White City, Oregon.

A handful of senators, meanwhile, are saying that the program needs to be dumped, not only because of the patient safety concerns, but because the price tag has increased by billions of dollars.

© 2022 King Features Synd., Inc.

# Strange BUT TRUE

By Lucie Winborne

• If you've ever worried about damaging your cellphone by accidentally sitting on it, you'll be glad to know that Samsung built a robotic posterior to test the durability of its smartphones. It can repeatedly exert up to 220 pounds of pressure to simulate the act of a human sitting on their device.

• More than 200 artificial languages have been created for use in books, TV and movies.

• Our 50-star U.S. flag was designed by Robert Heft, a 17-year-old student in Lancaster, Ohio. He made it for a high school history project and received a B- from his teacher for lack of originality.

• NASA astronaut Leland Melvin sneaked his two rescue dogs, Jake and Scout, into Houston's Johnson Space Center for his official — and unique — photoshoot.

• In 2013, developers of a skyscraper in London, nicknamed the "Walkie-Talkie" due to its shape, realized that some design changes were seriously and immediately in order. The building reflected the sun onto the street below for two hours a day, with a beam so hot it melted parts of a Jaguar XJ parked nearby.

• Some beaches on the Japanese islands of Taketomi, Hatoma and Iriomote have star-shaped sand.

• Since the summer of 2020, so many orca whales have launched attacks on boats off the coast of Spain and Portugal that sailors have been advised to stay in port at night.

• Actor Mike Meyers originally gave the character of Shrek a thick Canadian accent but decided, after animation had begun, that a Scottish one would better suit the character. The film had to be re-animated and cost over \$4 million, or around 10% of its overall budget.

\*\*\*

**Thought for the Day:** "Never allow a person to tell you no who doesn't have the power to say yes." — Eleanor Roosevelt

© 2022 King Features Synd., Inc.

# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Stickley Furniture

Gustav Stickley has created icons of American design. Inspired by John Ruskin and William Morris of the English Arts and Crafts movement, Stickley started the Craftsman workshop in 1900. He originated what was later called mission furniture, with its simple, sturdy shapes, iron and hammered copper hardware, and emphasis on skilled craftsmanship and practicality instead of decoration. He favored oak because it is strong and heavy. Like the movement in England, Stickley's style went beyond a furniture brand; it was an entire philosophy. He published a magazine called "The Craftsman."

This early Stickley desk, made around 1900, sold for \$3,900 at Cottone Auctions in Geneseo, New York. It has a fall front that could be folded up when the writing surface wasn't in use, taking up less space in the room. Other adjustable or multifunction Stickley designs include an adjustable recliner and a bookshelf that could also be used as a table.

\*\*\*

**Q:** I recently bought a cut-glass decanter at an auction. It has a white residue on the very bottom. How can I remove this without damaging the crystal?

**A:** The white residue is caused by calcium, lime and other minerals found in hard water. It can be removed by filling the decanter with warm water and adding white vinegar, vinegar and baking soda, or a denture tablet. Let it sit for several hours or overnight. Rinse out the solution and wash the decanter in a plastic tub or in a sink lined with a towel or rubber mat to prevent chipping. Turn the faucet to one side or put a rubber collar on the spout to avoid hitting the metal. Wash in warm (not hot) water and detergent, rinse and put upside down on a dish rack to dry. The inside of the decanter can be dried by inserting pieces of an old cotton sheet and using the handle of a wooden spoon or a wooden dowel to wipe it.



As an early example of Gustav Stickley's work, this oak fall front desk is an Arts and Crafts design. It sold for \$3,900 at Cottone Auctions.

\*\*\*

**TIP:** Never wear rubber gloves when cleaning or handling silver. The sulfur from the gloves tarnishes silver.

\*\*\*

### CURRENT PRICES

**Candy container,** turkey, molded papier-mache, realistically painted, two metal feet, head pulls off to reveal opening, Germany, 5 x 3 inches, \$200.

**Coin,** Pilgrim half-dollar, side view of a pilgrim man holding prayer book, "In God We Trust," Mayflower ship on reverse with Pilgrim Tercentenary Celebration 1620-1920, \$300.

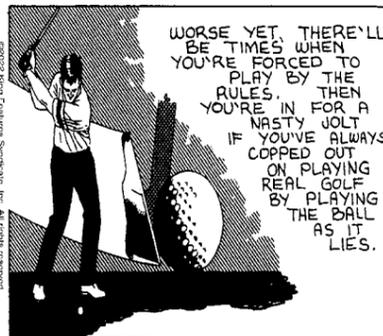
**Lamp,** chandelier, pendant, Sputnik, 24 arms with lights radiating from bronze ball center, white enamel perforated shades, Italy, midcentury modern, 58 x 62 inches, \$1,250.

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

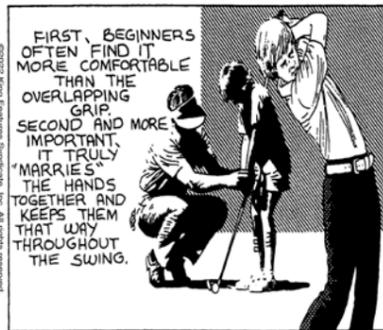
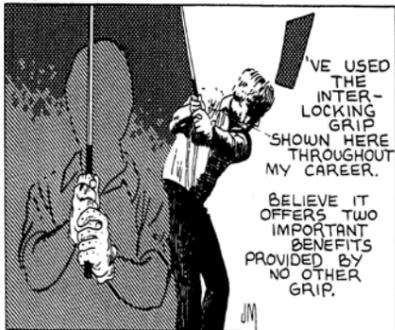


by Ryan A. Berenz

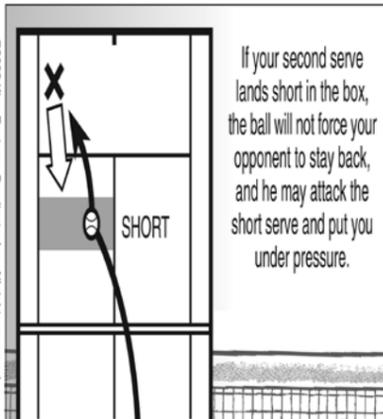
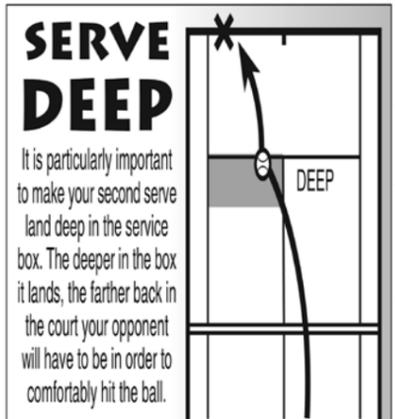
## Play Better Golf with JACK NICKLAUS



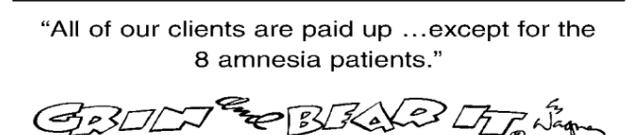
## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



## LAFF - A - DAY



1. In 1972, what Montreal Expos pitcher threw Major League Baseball's first no-hitter in Canada with a 7-0 win over the New York Mets?
2. A large piece of quartzite known as Howard's Rock is located in what college team's football stadium?
3. Name the Hockey Hall of Famer who holds the NHL record for goals (561) and points (1,374) by a player born in the United States.
4. Sisters Manuela, Katerina and Magdalena Maleeva were pro tennis players hailing from what country?
5. Philip Rivers, Russell Wilson, Mike Glennon and Erik Kramer all played quarterback for what college team?
6. What team won the gold medal in women's basketball at the 1992 Barcelona Summer Olympics? (Hint: The team no longer exists.)
7. What former golfer won 17 LPGA Tour events, including major wins at the 1992 and 1999 Nabisco Dinah Shore tournaments, during her pro career from 1988 to 2004?

### Answers

1. Bill Stoneman.
2. The Clemson Tigers.
3. Mike Modano.
4. Bulgaria.
5. The N.C. State Wolfpack.
6. The Unified Team (consisting of former Soviet republics).
7. Dottie Pepper.

© 2022 King Features Syndicate, Inc.

# Health



## Lowering BMI Before Surgery Can Provide Better Outcomes

**DEAR DR. ROACH:** I'm 72, and I have had arthritis for three years: two years in both knees, and one year in my right hip and the base of my spine. I am 5'3" and weigh 221 pounds, with a body mass index (BMI) of 39. I lost 23 pounds from January to June.

What is the BMI needed for an orthopedic surgeon to do a hip replacement for someone with osteoarthritis — without a broken hip? I recently had an assessment of my hip X-rays. I was told I'm at the outer cut-off of a BMI of 39, so I'm eligible for a hip replacement operation. Then, a few weeks later, I saw the surgeon, who ended up rejecting me — claim-ing that 39 isn't the outer limit, 35 is.

After a long talk, the surgeon said he'd do it for me, but I'd get a better result if I lose 20 more pounds and get my BMI down to 35. I felt jerk-ed around, but said I'd wait and lose weight. I'm also trying to find a sur-geon I like more than him.

So, what is the BMI needed for knee surgery: 35 or 39? — L.C.

**ANSWER:** There is no standard cut-off BMI for joint replacement surgery. It is true that people with a BMI over 40 are at higher risk for medical complications; however, it is also true that people with severe arthritis and a high BMI still get improvement in their quality of life with surgery. Denying a person a cost-effective surgery that can greatly improve their quality of life simply because of a BMI number (which, in itself, is a flawed metric) is inappropriate.

I can understand why you would want to see a different surgeon, as it sounds like you were not treated well. However, the surgeon was right that surgical outcomes are better if a

person can lose at least 20 pounds, according to a 2019 study. This included shorter lengths of stay in the hospital and a lesser chance of needing sur-gical revision. I wonder, though, if part of the benefit seen in the study was due to increased exercise prior to surgery, which is known to be beneficial in sur-gical outcomes.

\*\*\*

**DEAR DR. ROACH:** My 45-year-old son has hemochromatosis. The treatment is phlebotomy of a pint of blood, sometimes every two weeks, until the iron level is normalized. My understanding is that the blood is discarded. Is there anything wrong with the blood? If not, I would think blood banks would welcome the donation. What are your thoughts on this subject? — E.B.

**ANSWER:** Hereditary hemochromatosis is caused by the body absorbing too much iron due to a genetic defect. With no way to get rid of iron, it builds up and damages many organs, especially the heart, bone marrow, joints and adrenal gland. As you say, the best treatment is to remove iron in the form of red blood cells. This is effective at preventing most of the organ damage if started quickly enough.

There has never been anything wrong with the blood of people with hereditary hemochromatosis, and the FDA here in the U.S. has always allowed the blood to be donated. However, until recently, the American Red Cross has not accepted blood donations from people with hereditary hemochromatosis. I am pleased to say that they have just changed their policy and will now be using this precious resource to help others, so long as the person meets all the criteria for being a blood donor. The blood will undergo all the standard and rigorous testing prior to being pronounced safe for use.

\*\*\*

## Taking a Tetanus Vaccine With an Allergy Requires Careful Monitoring Risks

**DEAR DR. ROACH:** I was told by my doctor that I need a tetanus booster shot, but when I was 17, I cut my foot and needed stitches. I was told then that I was allergic to the tetanus shot, so they gave me penicillin instead. Of course, that was a long time ago, since I'm now

81 years old. How could they have determined I was allergic to the shot, and is that even reliable? Can I be tested now? Or do I even need to be tested? — M.N.

**ANSWER:** Reactions to vaccines are common, but they were much more common 64 years ago, when the purity of vaccines was far less than what it is now. One reaction that was common in the 1950s is called an Arthus reaction, which causes painful swelling at the injection site within a few hours — the worst swelling usually occurring around 24 hours later, and then slowly decreasing. You are unlikely to get that type of allergic reaction because of better vaccines, and because it has been so many years since you've taken the vaccine.

Very few people get anaphylactic reactions. Anaphylaxis is a life-threatening condition, which often starts with skin symptoms such as hives or swelling; respiratory symptoms such as nasal congestion, discharge or the sensation of the throat closing; gastrointestinal symptoms such as nausea, vomiting or abdominal pain; and cardiovascular symptoms such as dizziness and fainting. Any history of anaphylaxis prevents you from getting the same trigger (vaccine or medication) again, if it can be helped. Only a careful history of your symptoms at the time of the allergic reaction you had can provide an answer on which type of reaction it was. Blood testing for allergic reactions is not 100% reliable.

If you haven't had a tetanus vaccine in over 60 years, the decision to get one now really is a judgment call based on your likelihood of exposures. If you do a lot of gardening or hiking, it may be worthwhile to give you a vaccine with careful monitoring. If you were to develop a tetanus-prone wound, such as a deep wound that comes into contact with soil or manure, you would be recommended tetanus immunoglobulin as well as a tetanus vaccine. Penicillin alone is not effective in preventing tetanus: Meticulous wound cleaning is critical, in addition to the shots.

\*\*\*

**DEAR DR. ROACH:** How do I know if I've been vaccinated for polio? — S.A.

**ANSWER:** The first U.S.-transmitted case of polio in a decade was reported in Rockland County, New York, in July 2022. The person who contracted polio was unvaccinated: They probably contracted the case from a person who was vaccinated outside the U.S., since it was a vaccine-derived polio case. Occasionally, the weakened strain used for the

oral polio vaccine can mutate and cause disease. The oral polio vaccine has not been used in the U.S. since 2000, but it is still used in other parts of the world.

The vast majority of American and Canadian adults are vaccinated for polio, as it is required for school. So, most adults do not need vaccination, but it is routine for those traveling to endemic areas to receive a booster. Unfortunately, many children have not gotten their boosters on time due to the pandemic, and parents in the area of the case are recommended to get their kids' vaccines up-to-date as soon as possible. Anyone exposed to a known case should get guidance from their physician, who will probably be in contact with the health department.

\*\*\*

## Excess Connective Tissue Leads to Outward Skin Condition

**DEAR DR. ROACH:** In my 40s, I developed lumps in the palm of my hands. I was diagnosed with Dupuytren's contracture and underwent hand surgery to correct the condition. I also noticed similar lumps in the arches of my feet, which don't cause any pain, so I've not sought treatment for my feet. Now in my mid-60s, I have experienced a severe bend in my penis. I assume it's Peyronie's disease. The bend has lessened over several months. What is the cause and connection between these phenomenon? Should I seek treatment? — B.M.

**ANSWER:** All three of the conditions you mention are related to excess growth of connective tissue. In the hand, Dupuytren's contracture is caused by excess growth of a connective cell (called a fibroblast) in the superficial palmar fascia (fascia is the thick, tough connective tissue found in many places in the body). A very similar condition in the plantar fascia ("plantar" refers to the sole of the foot) is called plantar fibromatosis (also called Ledderhose disease).

Peyronie's disease is also caused by excess growth of fibroblasts, with deposition of collagen plaques in the penis, causing pain and deformity of the penis. This, in turn, can cause psychological distress and sexual dysfunction. Twenty-one percent of people with Peyronie's also have Dupuytren's contracture. It is thought that repeated trauma, whether to the hand, penis or foot, is a trigger for the abnormal fibroblast activity in people with a genetic predisposition.

Many men do not speak to their physician about Peyronie's disease, so they don't get referred to a urologist, who can discuss the options for treatment. Treatment may include medications, injection and surgery, and referral to an expert is appropriate for all men in whom the condition is suspected.

\*\*\*

**DEAR DR. ROACH:** My wife was diagnosed with liver cancer in January. We do not know how she got it, since she does not smoke, drink or do drugs — and has no family history. She has lost about 50 pounds. She is currently receiving the immunotherapy drugs Tecentriq and Avastin. These drugs worked for a while, but now they do not work as well. My question is, could these drugs have caused this weight loss, since the side effects of both medications say that they might cause weight loss? What else could she take, and what could we do to help her gain weight faster? Her legs are very weak, and she has trouble walking. She has even fallen a few times. Thank you. — H.R.

**ANSWER:** I am very sorry for your wife's diagnosis. Many symptoms found in people with cancer can be caused either by the cancer or by its treatment, and it can be very hard to determine which is causing the symptoms. Weight loss is an extremely common symptom in people with liver cancer, so it may not be either of these drugs causing the problem. Even though weight loss can happen with either of the medicines she is taking, 50 pounds makes me suspect the issue is more likely the cancer itself, rather than the drug. But, of course, both might be working together.

A registered dietician can help work with your wife to give her nutrition advice, which normally includes tasty, high-protein, nutrient-rich foods. Her cancer doctors may help with anti-nausea medicines, treating any underlying depression and sometimes prescribing medicines to stimulate appetite.

*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

## Making a list and checking it twice

Here are a few things you can do to improve your financial health

## Check on your life, auto and home insurance policies

Do a yearly check on your major insurance policies and make sure the coverage is still up to date.

Do you need to change the beneficiary on your life insurance? Have you made any major renovations to your home? Have you made any changes that would affect your auto insurance, such as going from commuting to

an office every day to working from home?

## Contribute to your IRA and/or 401[K]

Decrease your tax burden by maximizing payments to your IRA, your 401[k] or both. You have until Jan. 31 to contribute to your 401[k] and until April 18 to contribute to your IRA. Also, if you're 72 or older, you must take the required minimum distribution from your IRA by the end of the calendar year.

## Resolve your FSA

Most flexible spending accounts (FSAs), which are run through your employer's HR department, need to be

resolved (in terms of money spent and receipts entered) by the end of the calendar year.

## Make an extra house payment and car payment

If you have the money available, making an extra home and/or car payment at the end of each year is one way to shorten the payoff time of your loan.

## Do a cash-out refinance of your home

The winter holidays can be a time of big spending for many people. If you have enough equity in your home,

you can replace your current mortgage with a new one for more than you owe and take the difference in cash. You can then use that cash to pay for holiday gifts, travel and paying off your credit card debt. This means you'll be borrowing money at a lower interest rate to pay off debt at a higher interest rate.

## Consider a CD, high-yield savings account or a money market account

After you have taken your minimum distribution and/or received your tax rebate, consider placing those funds into a certificate of deposit

(CD). With a CD you are essentially locking in the savings for six months or a year, earning interest at a higher rate than you would with a traditional savings account. As interest rates rise, a high-yield savings account is also an attractive option.

## To buy or not to buy?

If you want new furniture, now is the time to wait. Good values won't return until late 2023. Do you want a new TV? Now is the time to buy. Now is the time to buy a phone. Carriers are making offers at a level never seen before.



# HAPPY HOLIDAYS

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

**Robert Palmer**  
 Chairman of the Board

## Central Savings

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

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



# FLASHBACK

POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. Which artist wrote and released "Heart of Gold" in 1972?
2. Who released "Blue on Blue"?
3. Which duo released "The Look"?
4. Name the group that released "I Want It All."
5. Name the song that contains these lyrics: "I wish I could carry your smile in my heart, For times when my life seems so low."

**Answers**

1. Neil Young. He not only put aside the electric guitar for this one (opting for only the acoustic), he also had Linda Ronstadt and James Taylor singing backup.
2. Bobby Vinton, in 1963. The song was on his album of the same name, all songs having a "blue" theme, such as "Blueberry Hill" and "Mr. Blue."
3. Roxette, in 1989. It was written by Per Gessle while he was learning how to use a synthesizer. He came up with lyrics to be used as mental placeholders as he mastered the synthesizer.
4. Queen, in 1989. There are three versions of the song. The album, the single and the compilation all used different instruments.
5. "All Out of Love," by Air Supply in 1980. The song relates the efforts of a man to win back his lady love after he's hurt her.

© 2022 King Features Syndicate

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

# Strange BUT TRUE

By Lucie Winborne

• You've no doubt heard of shattering a glass with your voice, but how about singing at a pitch so low only an elephant can hear it? That feat belongs to Tim Storms, who possesses a 10-octave vocal range and holds the Guinness World Record for lowest note produced by a human and widest vocal range.

• In some parts of the world, tarantulas have "pet" frogs, which they protect from predators.

• At the Harvard-Yale annual college football matchup in 2004, Yale students played quite the trick on their opponents by dressing as Harvard pep squad members and handing out crimson and gold placards to the crowd. While told their cards would spell out "Go Harvard" when raised, the actual message read "We Suck."

• Two of the most common paint colors at Walt Disney World are "Go Away Green" and "Blending Blue." Their curious monikers attest to the fact that Disney Imagineers created them to make your eyes ignore them.

• The first known dental filling dates to the Neolithic period and was made of beeswax.

• You don't need a body to play video games — just a mind! Lab-grown human and mouse brain cells inhabiting a petri dish became sentient enough to learn how to play Pong.

• Billy Joel's song "Only the Good Die Young" was banned by some radio stations for being "anti-Catholic." Joel hardly minded, however, as the resulting publicity made the tune so popular that he wrote to the president of Seton Hall College in New Jersey (the first entity to forbid it) requesting a ban on his next record as well.

\*\*\*

**Thought for the Day:** "People who don't take risks generally make about two big mistakes a year. People who do take risks generally make about two big mistakes a year." — Peter Drucker

© 2022 King Features Synd., Inc.

# top 10 movies!

1. **Black Panther: Wakanda Forever** (PG-13) Letitia Wright, Lupita Nyong'o
2. **Black Adam** (PG-13) Dwayne Johnson, Aldis Hodge
3. **Ticket to Paradise** (PG-13) George Clooney, Julia Roberts
4. **Lyle, Lyle, Crocodile** (PG) Constance Wu, Scoot McNairy
5. **Smile** (R) Sosie Bacon, Jessie T. Usher
6. **Prey for the Devil** (PG-13) Jacqueline Byers, Virginia Madsen
7. **The Banshees of Inisherin** (R) Colin Farrell, Brendan Gleeson
8. **One Piece Film: Red** (PG-13) Mayumi Tanaka, Kazuya Nakai
9. **Till** (PG-13) Danielle Deadwyler, Jalyn Hall
10. **Tar** (R) Cate Blanchett, Noemie Merlant

© 2022 King Features Synd., Inc.

# top ten CHRISTIAN COUNTRIES\*

1. United States
2. Russia
3. China
4. India
5. Japan
6. South Korea
7. France
8. United Kingdom
9. Brazil
10. Pakistan

\*Largest Christian population  
Source: Pew Research Center

© 2022 by King Features Syndicate, Inc. World rights reserved.



**"Don't Worry Darling"** (R) — Olivia Wilde's second directorial project was a hot topic during its premiere at the 79th Venice International Film Festival in September, as social media swarmed with memes about the project's messy inception. The film, starring Harry Styles ("Dunkirk") and Florence Pugh ("Midsommar"), follows a couple, Jack and Alice, who seemingly have the perfect marriage in the utopian company town of Victory. Every day follows the same formula, with Alice sending her husband off to work and taking care of all the household duties until their romantic reunions in the evening. But when Alice begins to experience jarring interruptions in her schedule, she has a growing hunch that nothing in Victory is what it seems. Out now. (HBO Max)

**"Drink Masters"** (TV-MA) — Who doesn't love food-based reality competitions? From "Cake Wars" to "The American Barbecue Showdown," there's something out there for everyone's food palette. But did everyone just forget about the drinks? Well, for those who like to end their days with a fun cocktail or enjoy an adult beverage to pair their meal with, Netflix presents "Drink Masters," out now. In this series, an array of bartenders from around the world face off in exciting challenges to earn the grand prize of \$100,000 and become "The Ultimate Drink Master." So, pour yourself a drink, sit back and relax as you watch these mixologists put their skills to the test. (Netflix)

**"Nope"** (R) — One of the most promising film releases of this year is now available to stream. Directed by Jordan Peele ("Get Out" and "Us"),

this sci-fi horror film takes place on the Haywood family ranch, where siblings OJ ("Daniel Kaluuya") and Em ("Keke Palmer") raise horses that are used in film and TV. Shortly after their father's death, OJ and Em start experiencing power outages, with their horses reacting wildly to a mysterious object floating through the night sky. Once they realize that this object has the power to vacuum up anything in sight, the Haywoods deem it a UFO and hatch a plan to document proof — if they can out-maneuver it to survive, that is. Peele is quickly building himself a respectable and memorable resume of films. You don't want to skip this one; it'll really stick with you. (Peacock)



Courtesy of Netflix

**Kate Gerwin competes under the watchful eye of judge Frankie Solarik in "Drink Masters."**

**"Marry Me"** (PG-13) — Released earlier this year, this rom-com starring Jennifer Lopez and Owen Wilson is a movie that I had honestly dreaded watching. Produced by Lopez's own production company, it follows a caricature of who Lopez is in real life, a superstar singer and dancer named Kat Valdez. Kat plans to marry her male counterpart in the industry, Bastian (Maluma), on stage during a concert, until she sees a leaked video of Bastian's infidelity right before. In what can be described only as the most emotional reaction ever, she picks an audience member out from the crowd and decides to marry him instead. If you can brush past the lack of believability, the heart of this movie isn't half-bad. (Prime Video)

© 2022 King Features Synd., Inc.

# WWW.COM

**Saint Luke Church**  
1500 West Belmont  
Chicago, IL 60657  
773-472-3383

**Join Us In-Person & Online**  
[www.stlukechicago.org](http://www.stlukechicago.org)

**Sundays in Advent**  
9:30 a.m. Holy Communion

**Christmas Eve**  
10:30 p.m. Christ Mass

**Christmas Day**  
9:30 a.m. Holy Communion

**The Name of Jesus**  
January 1  
9:30 a.m. Holy Communion

**Lakeview Newspaper**

P.O. Box 578757 Chicago, IL 60657  
Phone: (312) 493-0955  
[WWW.Lakeviewnewspaper.com](http://WWW.Lakeviewnewspaper.com)  
Email: [LKVWNEWS@aol.com](mailto:LKVWNEWS@aol.com)

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

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

---

**It's Turkey time. Wood fire flavor.**

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

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

**Greenforest**  
Fireplace & Patio Co.

[www.Greenforestfireplaceandpatio.com](http://www.Greenforestfireplaceandpatio.com)

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

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



• "During the holidays, our schedules change so much, it's hard to keep track. I used to write and re-write our family calendar, but now I just make a grid for the days/weeks, and I use Post-it notes to enter parties, school obligations and anything that is a 'maybe.' It's much easier to move around, and to add or delete events as needed." — via email

• "Fasten all buttons, snaps, fasteners and zippers on your clothes before washing and drying. It will help them keep their shape. Turn socks inside out, too. It will help prevent them from getting fuzballs." — M.W. from Saskatchewan, Canada

• "I pick up extra coffee mugs from second-hand stores, then clean and fill them with hot chocolate packets, small coffees and wrapped tea bags and a few little chocolate bars. These make nice little gifts for friends and service people. I am on a fixed budget, but I find that I can be generous this way." — T.L. in North Carolina

• When mailing packages, keep in mind that secure cargo is tightly packed. You don't have to buy expensive packing peanuts or bubble wrap; you can use what's around. For instance, plastic grocery bags are always in abundance. They can be tucked into any spare room and they barely weigh a thing. Same with newspaper; fill all the available space so that nothing bounces around in transit. Save your bubble wrap for the following tip.

• "When mailing cookies, make sure they are packed well. Use an appropriate size container, and give layers some space by separating them with small sheets of bubble wrap. My cookies arrive intact every time." — J.J. in Florida

• "I use a black permanent marker to 'erase' scuff marks on my black heels. I only wear them a couple of times a year, so I have to make them last. It works." — R.E. in Minnesota

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

© 2022 King Features Synd., Inc.

**Lakeview**  
**ROSCOE VILLAGE**

Vibrant. Eclectic.  
The Quintessential Chicago  
Neighborhoods.

[www.LakeviewRoscoeVillage.com](http://www.LakeviewRoscoeVillage.com)

# What's Hot In Hollywood

**HOLLYWOOD** — Paul Newman speaks from the beyond. He died on Sept. 26, 2008, at 83, but has his new autobiography to serve as an oral his-tory of his life. Entitled "The Extraor-dinary Life of an Ordinary Man," the memoir was re-leased Oct. 18 with David Rosenthal, who began working on it with Paul 20 years ago. Ros-enthal interspersed Paul's memories with those of friends and family, including his first wife, Jackie Witte (whom he left in 1958 to date, and eventually marry, Joanne Woodward).



United Artists  
**Paul Newman in "Exodus" (1960)**

Paul wanted to "leave some kind of record that sets things straight. Pokes holes in the mythol-ogy that's sprung up around me." In the book, he reveals his parents were cold-hearted people. His mother viewed him as "a decora-tion for her house." Paul stated, "The damage for me has come when I've realized what people were clamor-ing for was not me. It was characters in-vented by writers." Is that insecurity rearing its ugly head?

He was amused he came in first place in a 1950s poll of women asked to choose which well-known personali-ty they had sexual fantasies about. He added, "Joanne gave birth to a sexual creature. She taught me, she encour-aged me, she delight-ed in the exper-imental." He also confessed, "And then, there's the celebrity aspect; being a movie star means you start out with three strikes against you ... the adula-tion, the recognition in restau-rants — these are completely unnatural."

He continued, "I never enjoyed act-ing; never enjoyed going out there and doing it. It's probably the reason I drank as much as I did. But, act-ing gave me a sanctuary where I was able to create emotions without being penalized for having them."

I was assigned by magazines to get pictures of him, and he was rarely, if ever, amenable. I fi-nally gained his respect by writing a nasty poem for him and Joanne about their conduct that they, unbelievably, loved and liked me for. Paul knew Joanne had Alzheimer's two years before he died. It's been reported she doesn't even remem-ber who Paul Newman was, but at 92, she's still hanging on. This autobiography is a must-read, if only to try to understand what made stars like Paul Newman tick.

Are you ready to return to "The Planet of the Apes"? "Kingdom of the Planet of the Apes" has begun produc-tion. All that's known is that it's a con-tinuation of 2017's "War for the Planet of the Apes."

Meryl Streep's last film was Net-flix's "Don't Look Up" (2021), which she's following with the AppleTV+ anthology series, "Extrapolations," co-starring Sienna Miller, Kit Har-ington, Matthew Rhys and David Schwimmer. It de-picts the effects of climate change through vari-

ous views. We know she's a great actress, but how is she at extrapolating the weather?

**HOLLYWOOD** — Henry Cavill has left the Netflix series "The Witch-er," for the new four-part spy film fran-chise "Argylle," with Sam Rockwell, Bryce Dallas Howard, John Cena and Samuel L. Jackson. Cavill will also star in director Guy Ritchie and producer Jerry Bruck-heimer's next film "The Ministry of Ungentle-manly Warfare" (opposite "Baby Driver's" Eiza Gonzalez), which charts Winston Churchill's and "James Bond" creator Ian Fleming's secret WWII combat organization. "Enola Holmes 2" also hit Netflix recently, and Cavill will be back to play Superman again.

"12 Years a Slave" Oscar winner Lupita Nyong'o, currently headlin-ing "Black Panther: Wakanda Fore-er," has found "A Quiet Place" for her next film. Considered a spin-off, not a se-quel to "A Quiet Place" and "A Qui-et Place 2," "A Quiet Place: Day One," is based on an idea from creator, star and director of "A Quiet Place" John Krasinski — who won't be starring in it when it opens in March 2024.

"The Fabulous Four" — Susan Sarandon, Bette Midler, Sissy Spacek and Megan Mullally — are lifelong friends who reunite in Key West for Midler's wedding. Aussie director Jocelyn Moorhouse begins shooting next year in her home. Spacek currently stars with Dustin Hoff-man in "Sam & Kate."

International film superstar Cath-erine De-

neuve (age 79) is best remembered for "The Umbrellas of Cherbourg" (1964), Roman Po-lanski's "Repulsion" (1965) and "Viva Maria!" (1965), with George Hamilton and French mega-superstar Brigitte Bardot. Even though she's never stopped working in her native home of France, she's making an interna-tional come-back in "Bernadette" as former French first lady Bernadette Chirac, wife of 1995 French president Jacques Chirac. I met Deneuve when she and Bardot toured 26 theaters in New York with "Viva Maria!" in 1965. They attracted mob scenes, and people were fainting and going mad over her and Bardot who, despite being French movie stars, com-manded crowds equal to Liz Taylor and Rich-ard Burton.

Also making a comeback is Shelley Duvall, who won two Emmys, a Brit-ish Academy Award, a Peabody and a top prize at the Cannes Film Festival. Duvall was unforgettable in two 1980 classics (Wendy in "The Shining" and Olive Oyl in "Popeye"). Now 73, she's been absent since 2002, and her last film was "Man-na from Heaven," with Shirley Jones, Louise Fletcher and Cloris Leachman. In 2016, a talk show host who calls himself "Dr." did a hatch-et job interviewing her. But in 2021, when the Hollywood Reporter profiled her in "Searching for Shelley Duvall," it created renewed interest in her career.

After she completed her comeback werewolf film "The Forest Hills," Duvall admitted, "It was a lot of fun, and I'm excited to be back!" The times I partied with her, she was sweet and funny. Guess werewolves like Olive Oyl, too?



Courtesy of Disney  
**Lupita Nyong'o in "Black Panther: Wakanda Forever"**



by Dana Jackson

**Q.** Who is the actress playing Princess Diana in the current season of "The Crown"? I know she's different than the actor who played her the last two seasons. Both have done a fantastic job. — L.L.

**A.** Elizabeth Debicki, who is Aus-tralian, began playing Princess Diana in season five of the Netflix series "The Crown," opposite Dominic West as Prince Charles. Debicki is a statuesque 6 feet, 3 inches tall, and with her big blue eyes, she physically inhabits the tragic character of the Princess of Wales.

Debicki's first big role was a support-ing one in Baz Lurhmann's "The Great Gatsby," starring Leonardo DiCaprio. In 2016, she starred alongside Tom Hid-dleston and Hugh Laurie in the British miniseries "The Night Manager," and before landing "The Crown," she starred in acclaimed director Christopher Nolan's twisty thriller "Tenet."

Emma Corrin, who is British and whose pronouns are they/them, por-trayed Diana in season four of "The Crown" and was nominated for an Emmy. They're only 26, but their career has taken off quickly. Corrin played Esme in the first season of the HBO Max series "Pennyworth," which is the origin story of Batman's butler, and they can also be seen in "My Policeman," a recent film starring Harry Styles.

**Q.** Is the new movie directed by Steven Spielberg about his own life? Also, how many Oscars has he won as director? — S.P.

**A.** Steven Spielberg, one of Amer-ica's greatest directors, recently told Lesley Stahl on "60 Minutes" that every one of his movies is a personal movie. However, he admits that his new film, "The Fabelmans," is semi-autobiographical. It's about a boy, like him, who was obsessed with making movies and whose mismatched parents divorce when he's a teenager. Paul Dano plays the engineer dad in the movie and Michelle Williams his free-spirit mom, and their respective personalities mirror Spielberg's own parents.

Spielberg has two Academy Awards as director for "Saving Private Ryan" and "Schindler's List," both released in the 1990s. He has a slew of nominations, how-



Deposithphotos  
**Elizabeth Debicki ("The Crown" and "Tenet")**

ever, the most recent of which was "West Side Story" earlier this year, but he lost to Jane Campion for "Power of the Dog."

**Q.** When is the Elizabeth Holmes film coming out starring Jennifer Lawrence? I know she had a baby recently. Did she finish filming already? — P.N.

**A.** Jennifer Lawrence's career has slowed down the past few years, but for good reason. She fell in love and married Cooke Maroney, an art gallery owner, and gave birth to their son, Cy, earlier this year. Professionally, she was working on perfecting the deep voice necessary to play fallen tech tycoon Elizabeth Holmes in an upcoming film "Bad Blood," directed by Adam McKay.

However, Lawrence recently announced she's exited the project after seeing how well Amanda Sey-fried did in the same role for "The Dropout," a limited series on Hulu. Seyfried won an Emmy for her por-trayal as well, and Lawrence felt "we don't need to redo that." It's uncertain whether the role will be recast or if the project has been scrapped.

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

© 2022 King Features Synd., Inc.

## 2022 HOLIDAY SHIPPING DEADLINES

Between the astronomical rise in online shopping and workforce shortages, it's more important than ever to mail and ship early!

	Coast to Coast	Cutting It Close	Where To Take It	Contact
<b>U.S. Postal Service</b>	First-class letters and cards, plus ground parcels by Dec. 17.	Priority (1-3 day) service by Dec. 19 Express Overnight by Dec. 23	Your local post office. Use usps.com to order supplies, print postage and arrange pickup.	www.usps.com
<b>UPS</b>	Dec. 15 (for ground service); check ups.com/ctc for exact dates	Ship 2-Day Air by Dec. 21 or Next-Day Air as late as Dec. 22 for delivery by Friday, Dec. 23.	UPS Stores nationwide. Visit ups.com or call to find a location or to schedule pickup.	www.ups.com; 1-800-PICK-UPS
<b>Fed Ex</b>	Dec. 14 for all FedEx Ground packages (12/8 for economy).	Express by 12/20; 2-Day Air by Dec. 21; Same-day packages go on Dec. 23.	Any FedEx Office location or FedEx authorized shipper.	www.fedex.com; 1-800-GO-FEDEX

© 2022 King Features Syndicate

## READ LAKEVIEW NEWSPAPER AND GET SMARTER

# Subscribe to Lakeview Newspaper and get a FREE classified ad!

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

Check should be made to J2 Associates, Inc. Mail to: J2 Associates Inc., c/o Lakeview Newspaper P.O. Box 578757, Chicago, Illinois 60657

All checks received after the 20th of the month might delay your subscription by the following month

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email Address (Optional) \_\_\_\_\_

Wish Your Wife A Happy Anniversary, Send A Happy Birthday Wish, or Recognize One Of Your Kids (By First Name Only)



Must Be Submitted By Dec. 20th

# Make the Holidays Magical with Hearty Meals



Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

**FAMILY FEATURES**

**C**apturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all.

Starting with tender cuts of meat hand-trimmed by master butchers at Omaha Steaks, these dishes from chef David Rose call to mind the extravagant holiday gatherings of yesteryear with modern twists you can claim as your own.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus offers classic taste while Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes brings some zing to the kitchen. For seafood lovers looking to make a splash at this year's get-togethers, Crab Stuffed Lobster Tails with Dirty Rice provide a savory, succulent pairing worthy of the season.

Visit OmahaSteaks.com/Blog to find more recipes fit for the holidays.

## Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

Recipe by Omaha Steaks Executive Chef David Rose  
Prep time: 15 minutes  
Cook time: about 90 minutes

**Chateaubriand:**

- 1 Omaha Steaks Chateaubriand (2-4 pounds)
- kosher salt
- ground black pepper
- 1/4 cup grapeseed oil

**Red Wine Gravy:**

- Reserved chateaubriand juices
- 1 medium shallot, small diced
- 2 garlic cloves, minced
- 1 1/2 cups red wine
- 4 tablespoons unsalted butter, divided
- 2 tablespoons all-purpose flour
- 2 1/2 cups water

- 2 beef bouillon cubes
- 1 tablespoon stone ground mustard
- kosher salt, to taste
- ground black pepper, to taste

**Lemon-Garlic Asparagus:**

- 1/4 cup olive oil
- 1 pound jumbo asparagus, stems trimmed and spears blanched in salted water
- 1 pinch kosher salt, plus additional, to taste, divided
- 1 pinch ground black pepper, plus additional, to taste, divided
- 1/4 teaspoon crushed red pepper flakes
- 2 garlic cloves, minced
- 1/2 lemon, juice only
- 2 tablespoons unsalted butter

To make chateaubriand: Pat chateaubriand dry with paper towels. Season on all sides with salt and pepper; bring to room temperature, about 30 minutes.

Preheat oven to 250 F.

In large cast-iron pan, bring grapeseed oil to high heat. Sear chateaubriand on all sides until golden brown, 2-3 minutes per side.

Remove chateaubriand from pan, reserving pan drippings; place chateaubriand on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness.

Rest chateaubriand 15-20 minutes. Slice to desired thickness.

To make red wine gravy: Bring cast-iron pan with reserved chateaubriand drippings to high heat then add shallots and minced garlic. Brown 30 seconds.

Add red wine and deglaze pan, cooking until reduced by half, about 3 minutes.

Reduce heat to medium and whisk in 2 tablespoons butter and flour until all clumps have disappeared and mixture is well-incorporated, 3-4 minutes.

Add water and bouillon cubes; bring to boil then whisk in stone ground mustard.

Reduce to low heat and simmer until achieving sauce-like consistency, 7-8 minutes.

Season with salt and pepper, to taste. Turn off heat and whisk in remaining butter until fully melted and emulsified into sauce.

To make lemon-garlic asparagus: In large saucepan, bring olive oil to medium-high heat.

Add asparagus and season with salt, ground black pepper and crushed red pepper flakes. Sear undisturbed about 1 minute.

Turn asparagus and add minced garlic, sauteing about 10 seconds. Add lemon juice and continue sauteing until reduced by two-thirds, about 1 minute.

Turn off heat and add butter, stirring until emulsified into pan sauce. Season with salt and ground black pepper, to taste.

Serve chateaubriand with lemon-garlic asparagus and red wine gravy.



Crab Stuffed Lobster Tails with Dirty Rice

## Crab Stuffed Lobster Tails with Dirty Rice

Recipe by Omaha Steaks Executive Chef David Rose  
Prep time: 15 minutes  
Cook time: 30 minutes  
Servings: 4

**Dirty Rice:**

- 2 cups jasmine rice
- water
- 1/2 cup vegetable oil
- 1 pound Omaha Steaks Ultra-Premium Ground Beef
- 1 tablespoon kosher salt, plus additional, to taste, divided
- 1 teaspoon black pepper, plus additional, to taste, divided
- 1 teaspoon garlic powder
- 2 teaspoons smoked paprika
- 2 tablespoons unsalted butter
- 1 medium red bell pepper, small diced
- 2 green onions, minced
- 1 cup small diced yellow onion
- 1/2 cup tomato-based sofrito
- 3 1/2 cups chicken broth

**Crab Stuffing:**

- 3/4 cup mayonnaise
- 2 teaspoons seafood seasoning
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/2 lemon, juice only
- 20 butter crackers, finely crushed
- 1 pound jumbo lump crab meat

**Crab Stuffed Lobster:**

- 2 tablespoons unsalted butter, melted

- 1 teaspoon kosher salt
- 1 teaspoon fresh lemon juice
- 4 Omaha Steaks Cold Water Lobster Tails (5 ounces each), halved lengthwise

To make dirty rice: Rinse jasmine rice with water until water is clear. Drain.

In large saucepot, bring vegetable oil to medium-high heat.

Add ground beef, 1 tablespoon salt, 1 teaspoon black pepper, garlic powder and smoked paprika; saute 5 minutes until browned.

Using slotted spoon, remove browned beef and set aside.

Add butter to pot then add red bell pepper, green onions and yellow onions. Saute 2 minutes until lightly caramelized.

Add sofrito and jasmine rice to pot; saute 1 minute. Add cooked ground beef and chicken stock; bring to boil. Once mixture boils, reduce heat to simmer 10 minutes. Turn off heat and leave lid on pot 5 minutes. Fluff rice with fork and season with salt and pepper, to taste.

To make crab stuffing: In medium bowl, whisk mayonnaise, seafood seasoning, Dijon mustard, Worcestershire sauce and lemon juice.

Gently fold in crushed butter crackers and crab meat. Set aside.

To make crab stuffed lobster: Preheat oven to 425 F.

Stir melted butter, salt and lemon juice. Brush lobster tails with butter mixture.

Divide crab stuffing into eight portions. Stuff each lobster tail half with crab stuffing, pressing stuffing into lobster. Place stuffed lobster tails on aluminum foil-lined sheet pan and bake 10-12 minutes, or until golden brown. Serve with dirty rice.

## Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes

Recipe by Omaha Steaks Executive Chef David Rose  
Prep time: 10 minutes  
Cook time: about 2 1/2 hours  
Servings: 4-6

**Creamy Horseradish Sauce:**

- 15 ounces crema or sour cream
- 1/3 cup mayonnaise
- 2 tablespoons horseradish
- 2 tablespoons apple cider vinegar
- 2 tablespoons minced fresh chives
- 2 teaspoons Worcestershire sauce
- 1 tablespoon fresh lemon juice
- 1 teaspoon hot sauce
- 1/2 teaspoon kosher salt, plus additional, to taste, divided
- 1/2 teaspoon white pepper, plus additional, to taste, divided
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon smoked paprika

**Pepper Rub:**

- 3 tablespoons kosher salt
- 1 tablespoon ground peppercorn medley
- 2 teaspoons ground guajillo chili
- 1 teaspoon dried thyme leaves

**Prime Rib:**

- 1 Omaha Steaks Boneless Heart of Prime Rib Roast (4 pounds)
- pepper rub
- 1/4 cup grapeseed oil

**Crushed Potatoes:**

- 1 pound baby red skin potatoes
- cold water
- 1 pinch kosher salt, plus additional, to taste, divided
- 1/4 cup olive oil

- 2 garlic cloves, minced
- 2 tablespoons finely minced Italian parsley
- ground black pepper

To make creamy horseradish sauce: In medium bowl, whisk crema, mayonnaise, horseradish, vinegar, chives, Worcestershire sauce, lemon juice, hot sauce, 1/2 teaspoon salt, 1/2 teaspoon pepper, onion powder, garlic powder and paprika until well-incorporated. Season with additional salt and white pepper, to taste.

To make pepper rub: In small bowl, stir salt, peppercorns, chili and thyme.

To make prime rib: Pat prime rib dry with paper towels. Season on all sides with pepper rub and bring to room temperature, about 30 minutes.

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

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

Place seared prime rib on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness. Cook until internal temperature is 10 F below desired doneness.

Rest prime rib 15-20 minutes. Slice to desired thickness.

To make crushed potatoes: Preheat oven to 425 F.

Add potatoes to stockpot. Cover with cold water by about 1 inch and add 1 pinch salt. Over high heat, boil 8-10 minutes, or until fork tender. Drain and completely cool with running cold water.

Once cool, carefully crush potatoes with palms until skin breaks and potatoes are slightly crushed.

In medium bowl, whisk olive oil, garlic and parsley.

Place crushed potatoes on aluminum foil-lined baking sheet and toss lightly with olive oil mixture. Season potatoes on both sides with kosher salt and ground black pepper, to taste. Roast potatoes until crisped and golden brown, 15-17 minutes.

Serve prime rib with crushed potatoes and creamy horseradish sauce.



Pepper-Crusted Prime Rib with Creamy Horseradish Sauce and Crushed Potatoes



by Healthy Exchanges

### Buffalo Wing Pizza Bites

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

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

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

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

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

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

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



by Healthy Exchanges

### Auld Lang Syne Dip

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

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

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

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

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

### Good Housekeeping

#### Green Pea and Lettuce Soup

Serve this simplified version of the delicate French classic with our Ham and Cheese 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 (13¾ to 14½ ounces) chicken broth
- 1 package (10 ounces) frozen peas
- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

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

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

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

### Good Housekeeping

#### Glazed Ham

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

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

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

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

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

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



by Healthy Exchanges

### Cheesy Garlic Potatoes

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

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

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.



by Healthy Exchanges

### S'more Cake Brownies

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

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

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

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

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

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

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

# PAULINA MARKET

WWW.PAULINAMEATMARKET.COM

3501 N. LINCOLN AVE.  
CHICAGO, IL 60657  
773.248.6272

The place to get your  
fresh holiday roast



SIRLOIN TIP • BEEF TENDERLOIN • RIB ROAST

# Crime

**Robbery** on the 4600 block of North Western Avenue.

**Robbery** on North Orleans and West Walton Street.

**Assault** on the 600 block of West Wrightwood Ave-nue.

**Theft** on the 2300 block of West Giddings Street.

**Assault** on the 4600 block of North Clifton Avenue.

**Theft** on the 5300 block of North Broadway.

**Vandalism** on the 2000 block of North Orleans Street.

**Theft** on the 2400 block of North Greenview Avenue.

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

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

**Theft** on the 3100 block of North Clark Street.

**Theft** on the 500 block of West Roscoe Street.

**Vandalism** on the 1400 block of Milwaukee Avenue.

**Assault** on the 1400 block of West Diversey Parkway.

**Theft** on the 2200 block of West Leland Avenue.

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

**Assault** on the 1200 block of North Noble Street.

**Theft** on the 4600 block of North Clifton Avenue.

**Assault** on the 1700 block of West Fullerton Avenue.

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

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

**Theft** on the 800 block of North State Street.

**Theft** on the 700 block of North Larrabee Street.

**Theft** on the 5200 block of North Magnolia Avenue.

**Assault** on the 3900 block of North Sheridan Road.

**Robbery** on the 2200 block of West Diversey Parkway.

**Theft** on the 1000 block of West Addison Street.

**Assault** on the 300 block of West North Avenue.

**Theft** on the 700 block of North May Street.

**Theft** on the 100 block of East Delaware Place.

**Burglary** on the 2800 block of North Ashland Avenue.

**Vandalism** on the 1400 block of North Milwaukee Avenue.

**Theft** on the 2200 block of North Halsted Street.

**Assault** on the 4400 block of North Western Avenue.

**Assault** on the 1200 block of North LaSalle Drive.

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

**Theft** on the 2400 block of West Hutchinson Street.

**Vandalism** on the 300 block of Huron Street.

**Vandalism** on the 4000 block of North Ashland Avenue.

**Assault** on the 5600 block of North Kimball Avenue.

**Assault** on the 1400 block of West Diversey Parkway.

**Vandalism** on the 3800 block of North Hamlin Avenue.

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

**Robbery** on the 5300 block of North Kildare Avenue.

**Theft** on the 4600 block of North Clifton Avenue.

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

**Assault** on the 6600 block of North Sheridan Road.

**Theft** on the 7200 block of North Claremont Avenue.

**Theft** on the 1300 block of North Greenleaf Avenue.

**Theft** on the 2400 block of Howard Street.

**Robbery** on the 4300 block of North Kimball Avenue.

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

**Assault** on the 6200 block of West Washenaw Avenue.

**Assault** on the 3400 block of West Lawrence Avenue.

**Theft** on the 5200 block of North Magnolia Avenue.

**Assault** on the 3700 block of North Tripp Avenue.

**Robbery** on the 4600 block of North Western Avenue.

**Robbery** on the 3800 block of North Sacramento Avenue.

**Assault** on the 600 block of West Wrightwood Ave-nue.

**Theft** on the 2300 block of West Giddings Street.

**Assault** on the 4300 block of North Avers Avenue.

**Theft** on the 2000 block of North Lawn-dale Avenue.

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

**Theft** on the 5300 block of North Broadway.

**Theft** on the 3200 block of West Olive Avenue.

**Theft** on the 2400 block of North Greenview Avenue.

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

**Vandalism** on the 5400 block of North Spaulding Avenue.

**Assault** on the 4000 block of North Central Park Avenue.

**Theft** on the 3600 block of West School Street.

**Vandalism** on the 6500 block of North Hoyne Avenue.

**Arrest** on the 6600 block of North Western Avenue.

**Vandalism** on the 2000 block of West Devon Avenue.

**Assault** on the 6400 block of North Sheridan Road.

**Arrest** made on the 6300 block of North Western Avenue.

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

**Theft** on the 5300 block of North Broadway.

**Theft** on the 3200 block of West Olive Avenue.

**Vandalism** on the 2900 block of West Addison Street.

**Theft** on the 3600 block of West School Street.

**Theft** on the 6200 block of North Hoyne Avenue.

**Vandalism** on the 7500 block of North Ashland Avenue.

**Assault** on the 4000 block of North Central Park Avenue.

**Theft** on the 7400 block of North Paulina Street.

**Robbery** on the 4600 block of North Western Avenue.

**Robbery** on the 3800 block of North Sacramento Avenue.

**Assault** on the 1200 block of North Noble Street.

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

**Vandalism** on the 3800 block of North Hamlin Avenue.

**Assault** on the 1400 block of West Diversey Avenue.

**Assault** on the 5600 block of North Kimball Avenue.

**Vandalism** on the 1400 block of North Milwaukee Avenue.

**Theft** on the 500 block of West Roscoe Street.

**Theft** on the 4900 block of North Pulaski Avenue.

**Theft** on the 3100 block of North Clark Street.

**Assault** on the 2700 block of North St. Louis Avenue.

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

**PEA COATS**

**UNIQUE VINTAGE CLOTHING**

**Camping Gear**

**KIDS FLIGHT JACKETS**

**10% off with this coupon!**

**ARMY NAVY SALES**  
[www.armynavysales.com](http://www.armynavysales.com)  
 3100 N. Lincoln Ave 773-348-8930



May the joy of this holiday season be with you and your loved ones. These businesses and politicians are dedicated to you and your community.

*Happy Holidays*  
**PAULINA MARKET**  
*The place to get your  
 PRIME RIB and BEEF TENDERLOIN  
 for Christmas*  
 3501 N. Lincoln Ave • Chicago, IL 773-248-6272  
 PaulinaMeatMarket.com See our ad on Pg. 9

**Seasons Greetings**  
*To all our families, friends  
 and neighbors.  
 May you have a safe  
 and joyous season.*  
 The staff of  
**Grein Funeral Directors**  
 2114 W. Irving Park Rd.  
 773-588-6336  
 www.greinfuneraldirectors.com

*Happy Holidays*  
**Alderman  
 Scott Waguespack**  
*32nd Ward*  
 2657 N. Clybourn • Chicago, IL 60614  
 (773) 248-1330 info@ward32.org

*Happy  
 Holidays*  
**WE HAVE OVER 50,000  
 ITEMS FOR THE HOLIDAYS.**  
**Army Navy Sales**  
 www.armynavysales.com  
 3100 N. Lincoln Ave 773-348-8930

**Lake  
 view**  
**ROSCOE  
 VILLAGE**  
**Seasons  
 Greetings**  
 1409 W. Addison Ave. Chicago, IL 60613  
 P: 773.472.7171 • F: 773.472.0198

**Our gift to you!**  
 Read any edition free from  
 January 2016 to present.  
 Need a recipe?  
 Go to back issues  
 for ideas  
 and it's  
**FREE**  
 Go To  
 www.Lakeviewnewspaper.com



**Lakeview  
 Newspaper**  
 Lakeview Newspaper/J2 Associates, Inc.  
 P.O. Box 578757 • Chicago, IL 60657  
 Email: LKVWNEWS@aol.com  
 Ph: (312) 493-0955  
 www.LakeviewNewspaper.com

*"Lakeview Newspaper  
 is celebrating our  
 27th year in business and  
 we want to thank you  
 our readers and advertisers  
 for your continued support."*

**Have a Happy Holiday**  
 and be one of the  
**254,200 people**  
 who have read our paper on line.







**Drying gourds**

Clean gourds with soapy water and air dry; hang them in a dark area, making sure they do not touch, for about 6 months. Discard any that decay, shrivel or get soft. If mold appears, wipe it with a cloth dipped in bleach. When the gourds become light, solidly hard and you hear the seeds rattling inside when you shake them, they can be carved or painted. - Brenda Weaver  
Source: gardening.about.com

© 2022 by King Features Syndicate, Inc. World rights reserved.



The difference between "garden" mums and "florist" mums is their hardiness. "Florist" mums are sold from grocery stores and flower shops, useful only as indoor potted plants for seasonal decor and won't survive a winter if you plant them outdoors. "Garden" versions are sold from nurseries as tough perennials meant for outdoor landscapes year round. - Brenda Weaver  
Source: www.hgtv.com



© 2022 by King Features Syndicate, Inc. World rights reserved.



**Cutting back perennials**

When it comes to perennials, don't cut them back until after several hard frosts. The roots are still reclaiming energy for healthy growth in the spring, and the decomposing leaves insulate the plant during freezes and thaws and provide fertilizer for spring growth. Leave seed-heads standing to feed the birds in cold weather. However, you should remove dead foliage containing pests or disease. - Brenda Weaver  
Source: www.almanac.com



© 2022 by King Features Syndicate, Inc. World rights reserved.

# SHOP LOCAL

## Make a difference in your community



**Happy Kids Group**  
Daycare Home

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

**2148 W. Montrose 773-728-KIDS**  
**773-728-5437**

Hours: 7am-6pm Mon. thru Fri.  
(The Big Blue House-Go Cubs)

**Business Spotlight**



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

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

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

Call The UPS Store at (773) 871-1400

**The UPS Store** 

**Heading to the Post Office? See us first.**



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

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

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

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

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

**Quotes worth your time**

**“The best of all gifts around any Christmas tree: the presence of a happy family all wrapped up in each other.”**  
Burton Hillis

**“A toy is never truly happy until it is loved by a child.”**  
Rudolph the Red Nosed Reindeer

**“May love and light fill your home and heart at Hanukkah.”**  
Unknown

**“Faith is the first step even when you don't see the whole staircase.”**  
Dr. Martin Luther King, Jr.

**Reading Lakeview Newspaper will make you smarter.**

**Lakeview Newspaper**  
PO Box 578757 • Chicago, Illinois 60657  
[www.Lakeviewnewspaper.com](http://www.Lakeviewnewspaper.com)

**LakeviewNewspaper.com has over a QUARTER MILLION hits**

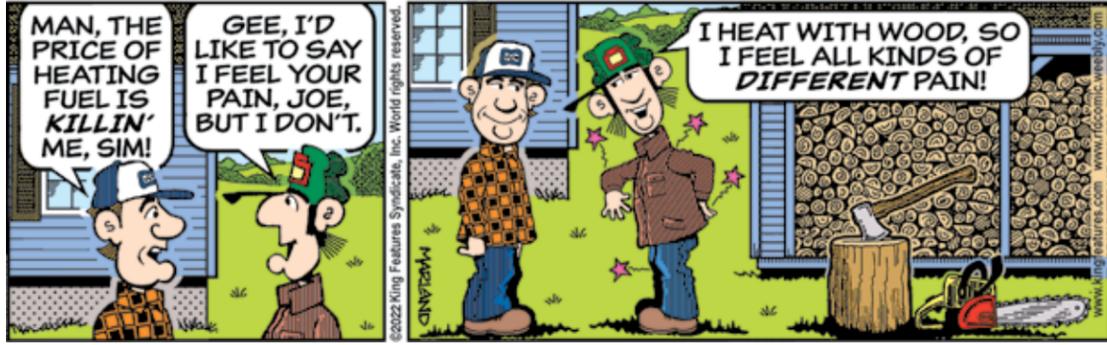
**and is proud of serving the Lakeview, North Center, Lincoln Square and Roscoe Village neighborhoods for 27 years**

**Read it monthly for FREE at [www.LakeviewNewspaper.com](http://www.LakeviewNewspaper.com)**

# Comics

## R.F.D.

by Mike Marland



## Out on a Limb

by Gary Kopervas



## Amber Waves

by Dave T. Phipps

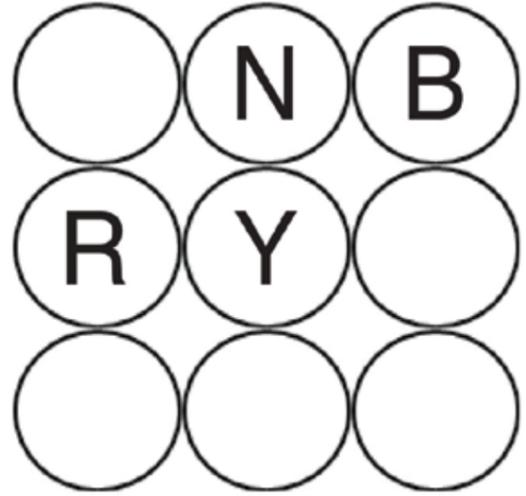


## The Spats

by Jeff Pickering



## WORD SPIRAL

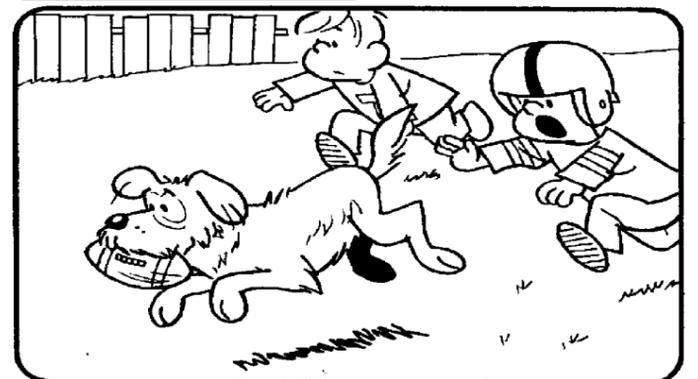


Fill in the missing letters to reveal the nine-letter word that starts at one of the four corners and moves clockwise around the perimeter before ending in the center.  
©2022 King Features Syndicate

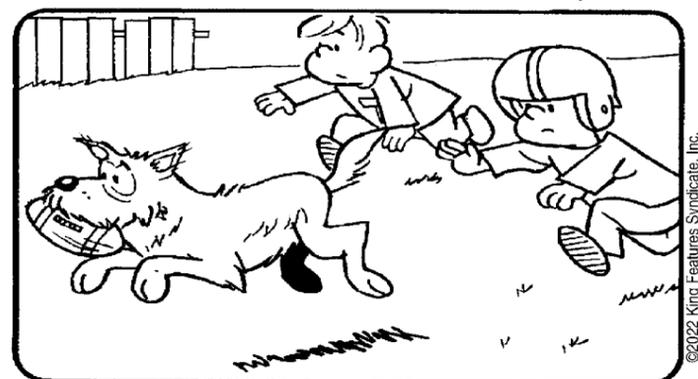
TODAY'S SPIRAL: CRANBERRY

## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Ears are different. 3. Dog is missing. 4. Helmet stripe is different. 5. Mouth is different. 6. Arm bands are missing.

## Just Like Cats & Dogs

by Dave T. Phipps



# 9 Tips to Save on Holiday Shopping

## FAMILY FEATURES

**B**etween navigating stores, searching for items at the top of wish lists and preparing for inevitable delays and last-minute requests, shopping for the holidays can make the most wonderful time of the year one of the most stressful times as well.

Even though the holidays seem to creep up faster and faster every year, and inflation adds an additional worry, there is still hope for your budget this season. To help reduce stress and avoid overspending on gifts, consider these money-saving tips from Regina Conway, consumer expert for Slickdeals, a one-of-a-kind online community of shoppers working together to shop smarter and save more.

**Avoid procrastinating.** Due to shifting shopping habits, there may be excess inventory in certain categories such as home goods. While it's possible categories with extra inventory may see deep discounts later in the holiday season, don't expect every item you want to be available at the last minute.

**Set your budget with hidden costs in mind.** When setting budgets, many people stop at the number they think they'll spend on gifts alone. Make sure to factor in additional costs such as child or pet care services, shipping fees and travel costs so there are no surprises.

**Tap into technology.** Whether shopping for toys and technology or travel and home goods, starting your search by visiting a site like Slickdeals can help you find the best deals this holiday season. Deals from top retailers are vetted and voted on by a community of 12 million shoppers working together to save to help ensure you're getting the best products at the best prices. You can also set Deal Alerts to be notified when a deal matching your criteria gets posted.

**Buy online, pick up in-store.** Where available – including at many big box retailers – shopping online then picking up your purchases in-store (or curbside for even more convenience) can help you avoid paying shipping fees and confirm your items will arrive on time. Some retailers even offer exclusive discounts for curbside or in-store pickup.



Photos courtesy of Getty Images



**Take advantage of membership programs.** If you haven't been a member before, many retailers that offer memberships allow for free trials to test the perks, which often include free shipping. However, remember to cancel the trial before it auto-subscribes you for a full year. If you've previously done a trial, consider buying just a one-month membership to take advantage of the benefits during the holiday shopping season.

**Abandon your shopping cart.** When shopping online, add items you're interested in to your cart, go through the check out process to the point where the retailer has your email address then simply close the browser or tab. Often, if you have

not shopped from the site previously, the retailer will send you a discount code or coupon to incentivize your purchase decision.

**Stock up on discounted gift cards.** Taking advantage of discounted gift card sites is a simple way to save some cash on holiday purchases. Not only can you give a gift card you bought at a discount as a gift, you can also use it to shop. Just be sure not to overbuy or you may end up wasting unused cards.

**Ask for a price match or adjustment.** If you bought something and find a lower price within a week of that purchase, ask the retailer for a price adjustment. While this typically won't work with special promotions, many stores, both online and brick and

mortar, will price match during the holiday season. If you're shopping in-store, take your smartphone with you and ask for the retailer to match online pricing, which can sometimes be a better deal. Asking for this match can save you time and money on shipping fees you might incur ordering online.

**Check return policies.** Many retailers offer extended return windows during the holiday shopping season. Make sure you look at the details of retailers' policies to ensure you understand how much time you have to make returns and don't have to pay return shipping or other unexpected costs.

Find more tips to get the best deals on holiday gifts at [Slickdeals.net](https://www.slickdeals.net).

## How to Keep Pets Happy and Healthy this Holiday Season

## FAMILY FEATURES

**T**he holiday season means fun and festivities for all, but getting wrapped up in all the excitement and celebrations can lead to forgetting about safety and precautions, especially for pets.

Consider these seven tips to help you spot potential hazards around the holidays and keep your pets healthy and happy.

**Food for Thought:** Sweet treats and savory bites are treasured holiday pastimes for humans, but that can also mean things like chocolates, nuts and animal bones should be supervised carefully so your pets don't ingest something toxic or harmful. Other human foods to put on the do-not-share list include garlic, onions and grapes. It's also wise to keep your trash in a tightly sealed container or hidden somewhere your pet can't access.

**Keep Calm and Carry On:** The holiday season brings people together for milestones and celebrations, but all the hoopla can be stressful for pets. From the loud music and new visitors to kids running around or fireworks going off, some pets can become overwhelmed. To help keep your pets comfortable and calm, try turning on a TV or some soothing music in a quiet room away from the noises or let them curl up on their favorite bed with a toy or treat to distract them. You can also try introducing a calming supplement like Zesty Paws Calming Bites for Dogs that may help with normal stress, nervousness and hyperactivity during stressful situations.



Photo courtesy of Getty Images

**Watch Out for Tree Trimmings and Poisonous Plants:** While poinsettias and festive fir trees are holiday classics, they can also be extremely hazardous to pets. It's important to be careful about what you're bringing inside your home. Many holiday plants like holly, lilies, amaryllis and even pine needles from trees can be toxic if ingested. If ingestion does occur, contact a pet poison hotline or your veterinarian. If it's after hours or in the event of an emergency, find your nearest 24-hour emergency veterinary clinic.

**Watch the Weather:** Changing temperatures and harsh conditions can wreak havoc on human skin, so it's no surprise it can also affect pets' skin and coats. You can try reducing their bathing frequency, keeping up with brushings and providing extra

hydration to keep them feeling their best. Another way to keep your pet's skin and coat healthy is to add supplements that contain essential fatty acids. A fish oil, like Zesty Paws Wild Alaskan Salmon Oil, provides omega-3s for dogs to help nourish their skin and coats.

**Stick to a Routine:** Pets thrive on routines for feeding, potty breaks and exercise, so be conscious of how your holiday plans may shake things up. Try to stick to your regular schedule as closely as possible or consider asking a friend or relative to help if you'll be away during regular feeding or outdoor break times.

**Spend Some Quality Time:** In addition to providing companionship and love, spending

time with pets can also reduce stress, anxiety and depression; ease loneliness; and encourage exercise and playfulness. Even though you may be traveling or partying with friends, be sure to spend some quality time with your fur babies this holiday season, too.

**Give Them Gifts:** Humans aren't the only ones who love to get gifts. Few things beat the look on dog's faces when you pull out a new toy or treat for them to enjoy. Whether it's a new leash, ball or cozy bed, be sure you have a little something to give your furry family members this holiday season as well.

For more information and ways to keep your pets happy and healthy, visit [ZestyPaws.com](https://www.ZestyPaws.com).



**founded 1893**

# **Central Savings**

**Serving the Community for over 129 Years**

## **Central Savings Rated**

### **“Outstanding” for Community Reinvestment!**

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

## **1 Year Jumbo CD**

**3.35% \*APY**

**\$100,000 Minimum Balance**

\*Annual Percentage Yield (APY) is effective as of 12/01/22 and may change at any time.  
There may be a substantial penalty for early withdrawal, which may also reduce earnings.  
\$100,000 minimum deposit required to open account.

## **Multi-Family (Apartment) Loans**

## **Commercial Real Estate Loans**

**Up to \$4 Million**

**Quick Commitments**

**Credit Scores Not Considered**

**10 Year Loans**

**Low Income Loan Program**

**Deposit Accounts Not Required**

**Contact:**

**Bonnie Carney**  
Senior Vice-President  
NMLS#459256

**J.R. McCracken**  
Vice-President  
NMLS#803717

### **Chicago Locations**

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

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

