



December, 2025

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

Volume 30, Number 1

Holiday Train Returns!



It's that time of year again. More lights, more garland, more trees – more of everything.

The CTA's Holiday Train returns to town on Black Friday.

A CTA tradition for more than three decades, it will make appearances on all of the agency's rail lines beginning Nov. 28. It will launch that day from the Midway Orange Line station.

The CTA's holiday bus will travel on 19 of the CTA's bus routes this season, with its run lasting Nov. 25 through Dec. 20.

Passengers on certain holiday fleet runs will have the opportunity to take photos with Santa. The holiday fleet schedule along with details regarding Santa's availability are listed on the CTA's website.

When the holiday vehicles are in service, prospective riders can track their whereabouts live online. The CTA's online train tracker will indicate the holiday train's whereabouts via candy cane icon. Passengers must pay regular CTA fares - \$2.25 for the bus and \$2.50 for the train.

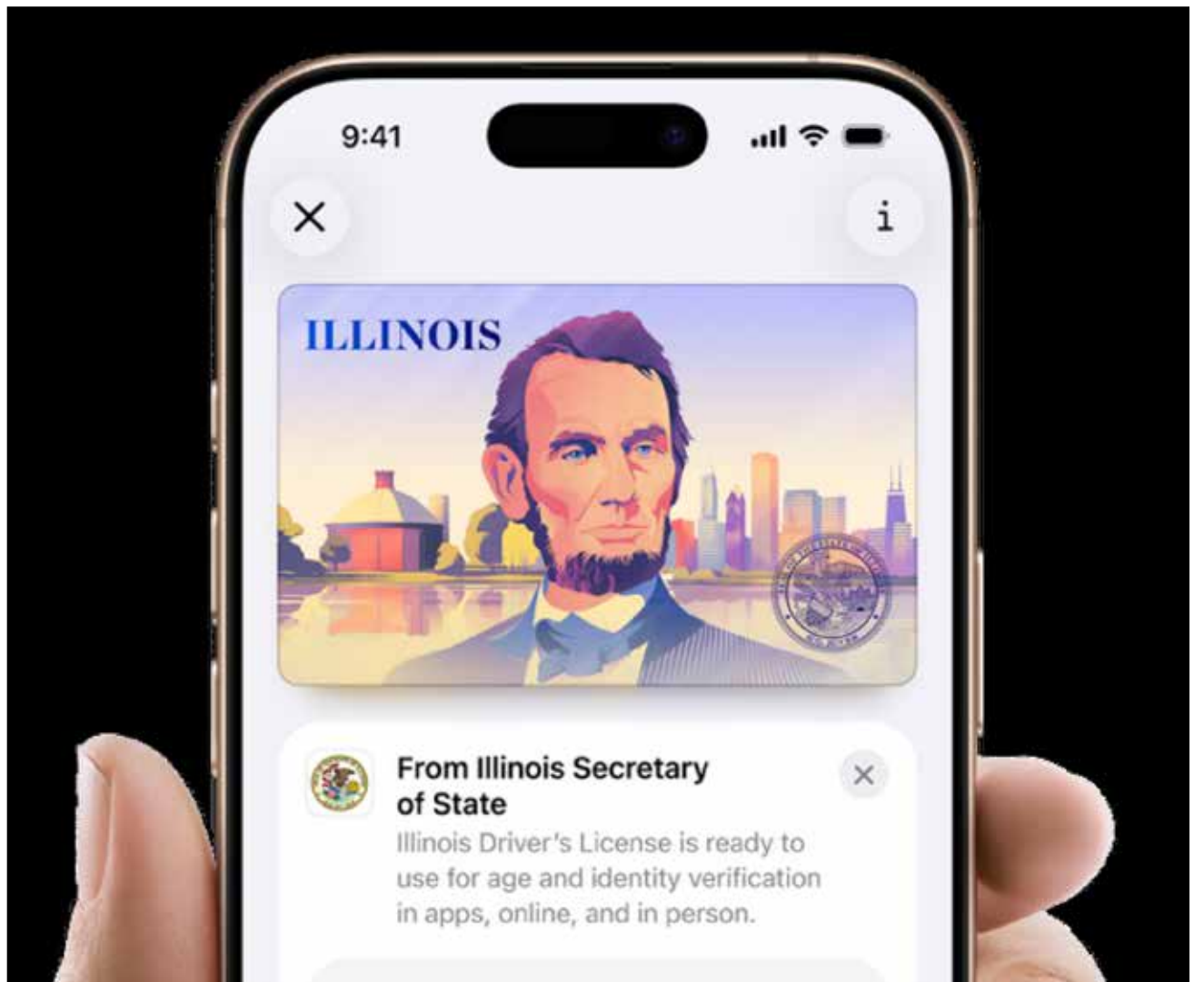
On Monday, tickets for Metra's holiday trains were set to go on sale at noon. Metra will run holiday trains on the Metra Electric, BNSF, Milwaukee District West, Rock Island and

Union Pacific Northwest lines this year, with dates for each run listed online. Tickets cost \$10 and must be purchased in advance, the commuter rail agency said.

Willkommen to the Christkindlmarkt

It's an annual holiday tradition. Chicago's German themed outdoor bazaar kicks off in Daley Plaza in the Loop and RiverEdge Park in Aurora, and at Gallagher Way in Wrigleyville. "It's a place for people to just gather and have a good time," said Leila Schmidt, senior manager of marketing and intercultural communication at German American Events which organizes Christkindlmarkt. It started in 1996 and has expanded to 60 vendors. While event organizers aim to offer something new every year, what keeps people coming back are the fan favorite mugs and other collectibles. The official 2025 Christkindlmarkt mug is adorned with a festive red exterior and white interior, local landmarks and a German Christmas market scene. The mug costs \$10 and can be purchased at vendor booths filled with hot beverages such as the market's signature drink, Gluhwein, for those 21 and older.

DIGITAL DAZE



Digital Driver's Licenses

On Wednesday, November 17th, Illinois residents will be able to use their iPhones to show their driver's license at select restaurants, airports and bars.

Illinoisans will still have to carry physical IDs for law enforcement, such as when they are pulled over for speeding. But Apple Wallet IDs will be accepted at businesses that opt in, as well as at O'Hare and Midway international airports, and at TSA checkpoints at more than 250 airports nationwide.

Using a mobile ID will be optional and free, according to Giannoulas' office. Users will be able to present their IDs by

tapping their phone or watch, rather than going through their wallets for a driver's license or ID card, according to the office. That change will limit the amount of information that bartenders, bouncers and cashiers can see when checking IDs. Rather than needing to see the entire document, businesses will be able to request just key verification like if a customer is older than 21 and have customers tap their mobile ID to confirm that information without seeing an exact birthday or address, Giannoulas said.

Sam Toia, president of the Illinois Restaurant Association, said widespread adoption may take about a year and a half but he

expects most restaurants will eventually accept the mobile IDs. New Technology takes time to adopt 'but then you have everyone jumping on.' Digital IDs have been available for residents in other states in the U.S., but the update will make Illinois the largest state to offer mobile ID's widely to residents through Apple Wallet.

The American Civil Liberties Union of Illinois previously raised privacy and security concerns about the legislation allowing mobile ID's, such as the possibility that law enforcement would use them as a pretext to access a phone.

The roll out does not allow police to seize a user's phone at will to access their mobile

ID, nor does it allow law enforcement officers to accept mobile ID's.

In his first term as secretary of state and running for reelection, Giannoulas repeatedly framed the implementation as a win for his office. In addition to running for a second term next year, Giannoulas has reportedly been considering a bid for Chicago mayor in 2027.

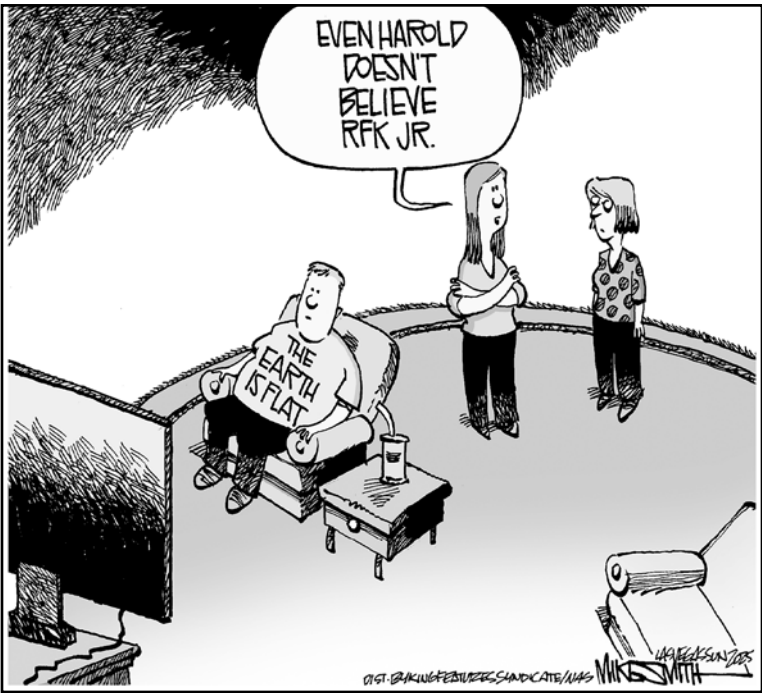
"I'm so focused on this. That's the only thing I'm thinking about. But I think in general, we need to rebuild trust in government, and we promised to do this when I ran for this office."

"Whether you're a Democrat or Republican, you should be excited about today."

Editorial & Opinions



- **On Dec. 8, 1985**, The Byte Shop opened in Mission Valley, California, selling the first 50 Apple-1 computers at a price of \$666.66. Nowadays, collectors shell out hundreds of thousands of dollars for them.
- **On Dec. 9, 1979**, scientists announced that smallpox had been eradicated. Carrying about a 30% risk of death for those infected, it remains the only infectious disease affecting humans to have officially been eliminated.

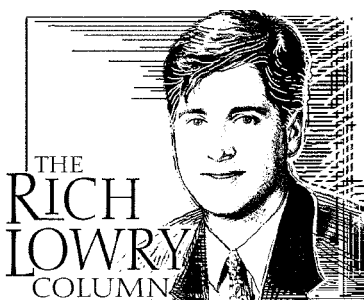


- **On Dec. 10, 1869**, Wyoming granted women the right to vote. Some male supporters were motivated by loneliness as much as or more than justice, since the territory had more than 6,000 adult males but only 1,000 females, and it was hoped the latter would be more likely to settle in the area if they could vote.
- **On Dec. 11, 1934**, following a 13-year struggle with alcohol addiction, stockbroker Bill Wilson took his last sip of booze. The following year, he founded Alcoholics Anonymous, which aimed to treat alcoholism as a disease and not a moral failing.
- **On Dec. 12, 1899**, George F. Grant, an African American dentist from Boston, received a U.S. patent for the world's first golf tee. He gave away a few copies of his creation, but was neither a professional marketer or inventor, and made no money on his product before his death.
- **On Dec. 13, 1942**, Nazi propaganda minister Joseph Goebbels detailed in his journal his contempt for the relatively humane treatment of Jews in Italian-occupied territories, stating that, "The Italians are extremely lax in their treatment of Jews. They protect Italian Jews both in Tunis and in occupied France and won't permit their being drafted for work or compelled to wear the Star of David."
- **On Dec. 14, 1863**, President Abraham Lincoln announced a grant of amnesty for his sister-in-law, Emilie Todd Helm, the widow of a Confederate general, under the Proclamation of Amnesty and Reconstruction, which allowed former Confederates amnesty if they took an oath to the United States. While Helm received the pardon, though, she never took the required oath.

Americanisms

“Men can starve from a lack of self realization as much as they can from a lack of bread.”
— Richard Wright

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The GOP can't punt on health care

The debate over affordability is now truly and fully joined. After the off-year elections, Democrats are coalescing around a cost-of-living message that makes more sense than their anti-Trump obsessions (not that we aren't going to hear a lot about those). For its part, the White House has concluded that affordability is a vulnerability, and Trump has thrown out a raft of proposals to address it, from \$2,000 tariff rebates to 50-year mortgages.

Health care will be a major front in this fight, a traditional Democratic policy strength that the party emphasized during the just-concluded government shutdown.

In isolation, the Democratic demand to extend Obamacare subsidies in perpetuity shouldn't be sustainable. The party's position is, in effect, "We passed a sweeping health care reform that we promised would lower costs, and now that it's done the opposite, it is incumbent on Republicans, in the name of all that is right and good, to support additional subsidies for the law."

The GOP is so hopeless on health care that it will have trouble countering this argument. Fifteen years after the passage of Obamacare and after a major attempt to repeal it early in Trump's first term, it still lacks a concrete alternative of its own, even though the policy direction here should be clear enough.

Obamacare imposed massive new regulations on the individual insurance market in order to cover the sick and lower costs. The fact is that there are better ways to achieve the former goal, and the latter has been unrealized.

As Avik Roy of the Foundation for Research on Equal Opportunity points out, Barack Obama ran for president promising that his health-care reform would reduce premiums by as much as \$2,500 per family. That was as misleading as his promise that "if you like your plan, you can keep your plan." Roy

notes that premiums for the benchmark "silver" Obamacare plans — the law created metallic tiers for various insurance plans — have nearly tripled since 2013. At the same time, deductibles for those same silver plans have more than doubled, outpacing the rate of increase for employer-sponsored plans.

Democrats no longer pretend that Obamacare is going to reduce costs. Instead, they insist that without expanded credits first passed under President Biden in 2021 and then 2022 — now set to expire — Americans will experience a cost apocalypse. "Cancel the cuts. Lower the cost. Save health care," is how Hakeem Jeffries has put it.

The subsidies, though, only cushion consumers from the worst of a poorly designed system. A basic problem of Obamacare is that it charges young and healthy people higher premiums than they would pay otherwise — making health insurance less attractive to them — to subsidize the premiums of the old and sick.

As Roy observes, it'd make more sense to have so-called reinsurance programs, either at the federal level or in the states, to pay the cost of care of people with pre-existing conditions. This alone should reduce premiums for everyone else. The "age band" imposed by Obamacare — mandating that young people can't pay too much less than old people — should be loosened. Obamacare taxes should be repealed; the law should allow for a genuine bare bones "catastrophic plans" for those who want one; and states should be given as much leeway to innovate as possible.

Republicans would also be smart to build on a Trump administration rule from the first term that allowed employers to fund accounts — Health Reimbursement Accounts, or HRAs — for employees to buy their own individual coverage.

None of these ideas will make the case for themselves, though. Republicans have to introduce them to the public and explain them, even if they'd prefer to be talking about something else. Failing to do so represents a serious political risk — of either swallowing Obamacare subsidies that they never supported before, or going to the voters next year empty-handed. If they lose the midterms on the issue of affordability, they can't say that they weren't warned.

Rich Lowry is editor of the National Review.

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Lakeview Newspaper

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

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Executive Editor and owner: Joyce A. Rimel

Graphic Design/Production: Lisa Rode

DECEMBER 2025

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 \$28.00 per year by mail. Checks or money orders only made payable to J2 Associates, Inc.

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VETERANS
★ POST ★

by Freddy Groves

Helping other veterans
over the holidays

The holidays are here, and for many veterans they won't be very merry. It's one struggle after the other, and the holidays just bring additional burdens.

There are presents to buy for the kids, there is the weekly dilemma of how to maneuver the rising costs of groceries, etc. We want to step in, but sometimes the needs seem endless and we don't know if or how we can help.

But, we can. Even a small effort on our part can go a long way to helping fellow veterans make the holidays a little less of a struggle.

If you're a member of a veterans group, like the American Legion or Disabled American Veterans, you're in a perfect position to give some real assistance to other veterans.

Here are some ideas to get you started, either as part of a group or individually:

- Call Voluntary Services at the closest VA medical center and ask what you can do. You might be asked to run the parking lot shuttle and bring veterans from their car to the door. You might be asked to do one-on-one visits with patients who don't have friends or relatives to stop by. You might be asked to read to patients with vision problems. If your group is big enough (as well as having a good budget), you might want to host a holiday party for a whole ward, with food, drinks and presents for each patient. Hint: You can seek donations from the community to defray the cost of purchases.
 - Take a local veteran and family under your wing and ask what they need, whether it's meals, presents for the kids, a warm pair of boots or some home repairs.
 - Work a shift at a homeless shelter that serves a large population of veterans. You might be cooking, serving meals at the tables or helping veterans find warm winter gear among the donated coats and gloves.
- Whatever you do, your help will have an impact.
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Strange
BUT TRUE

By Lucie Winborne

- The Great Pyramid of Giza was the tallest structure in the world for more than 3,800 years.
- More than 400,000 illnesses are caused by spoiled Christmas leftovers.
- Royal Air Force uniforms in World War II included a pants button that served as a compass.
- Those lovely aromas of candy and popcorn breezing down the sidewalks of Disney's Magic Kingdom's Main Street, U.S.A. are brought to you courtesy of scent machines called "Smell-itizers" that release fragrances throughout the parks.
- Spider silk is stronger than steel.
- Gambia's citizens elect their political leaders using marbles rather than paper ballots in the voting booths, a method that was adopted in 1965 due to the country's low literacy rate.
- Humphrey Bogart never actually said "Play it again, Sam" in the film "Casablanca."
- High-heeled shoes exert more pressure on the ground than a skyscraper, which is why they're even banned at certain historical sites such as the Acropolis in Athens, to prevent damage to the ancient stone.
- The phrase "Don't mess with Texas" was coined to discourage road littering.
- The first zippers were for shoes, when inventor Whitcomb Judson was granted a patent for a rudimentary form that he called the "clasp-locker," an alternative to lengthy shoelaces.
- Ernest Hemingway's brother established his own micronation.
- Jackie Robinson was the first student athlete to letter in four sports at UCLA. Curiously, baseball was his worst sport in college.
- Olo, a color described as a "blue-green of unprecedented saturation," has only been viewed by five people in a laboratory, as it's beyond the range of normal human visibility.
- Washington State designated Sasquatch as its official state monster.
- There are an estimated 3 million shipwrecks in the ocean.

Thought for the Day: "A sign of intelligence is an awareness of one's own ignorance." — Niccolo Machiavelli

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SENIOR
NEWS LINE

by Matilda Charles

Why do we turn down
help?

All too frequently we seniors don't ask for help when we need it, using as an excuse that others need it more. Sound familiar?

Our local senior center decided to host a free holiday dinner a few weeks before Christmas this year. It was to be a full turkey dinner, with several courses, a sit-down affair with table service from the Community Club at the high school. They needed to limit it to 100 people, and advance signup was required. Color them amazed when a full week after the announcement, there were still well over 50 dinner slots available.

Staff starting manning the phones, calling senior center members to ask if they'd heard about the dinner. Yes, people had heard. Yes, it sounded lovely. But no, they wouldn't be signing up for it. Other people, many stated, needed the free dinner more.

This did not surprise me. After all the times I've talked to seniors around me about how it was OK for them to go to the food bank, that it was OK to ask for help — no, I wasn't shocked that many were turning down a free holiday dinner at the senior center.

Does this describe you? Someone who would turn down free things, saying that others might need it more?

There's more to it when we decline help, other reasons, if we're going to be honest with ourselves. Mostly we fear loss of independence. Somehow we equate getting help at the food bank — or a free turkey dinner — with not being able to take care of ourselves, thus possibly inviting scrutiny from others who might start questioning our ability to manage our lives.

I was not surprised when the senior center changed their promotion for the free dinner to say they would welcome donations, and the rest of the slots filled up.

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KOVELS®
By Terry and Kim Kovel

Antiques
& Collecting

Saffron Teapots

There's nothing like a hot drink on a cold day! How about a hot chocolate? Spiced apple cider? Maybe a warm cup of freshly steeped saffron? That last one might sound odd to us, but it's a popular drink across many cultures and has been for hundreds of years.

Saffron, a spice made from the stigma of a type of crocus, has been prized for its flavor, color, fragrance and purported health benefits since antiquity. As a drink, it can be steeped as an herbal tea (or, as some tea purists insist, tisane or herbal infusion) on its own or with other spices or herbs; or it can be blended with tea leaves to add color and flavor to the brew.

Saffron tea was fashionable for a time in Victorian England, with special teapots made specifically for it, like this one made by silversmith Charles Fox in the mid-1800s. It sold for \$218 at World Auction Gallery. It is about 4-inches tall.

Saffron teapots were smaller than common teapots and meant to brew small quantities. Saffron tea would have been a luxury, taken only a little bit at a time. Throughout the long history of its use, saffron has always been, and still is, expensive. At some points in history, it has been worth its weight in gold, or even more!

Q:I have not been able to identify the mark on a beautiful vase. It has the letters "RH" inside a shield underneath a crown, all in red. Any idea who the company is?

A:This mark was used by Robert Hanke Porcelain Factory from about 1900 to 1918. The factory was founded in Ladowitz, Bohemia, Austria (now Ledvice, Czech Republic), in 1882 and operated until 1945. They made decorative porcelain and giftware, some of which resembles the more expensive Amphora porcelain made in the nearby Turn-Teplitz region. Vases like yours generally sell for about \$50 to \$100 today. Pottery and porcelain made in the regions formerly called Bohemia and Czechoslo-



This tiny teapot, used for steeping saffron in Victorian England, sold at auction for a little more than \$200. For the same price, you could get about an ounce of saffron.

vakia are popular with collectors. A club like the Czech Collectors Association (czechcollectors.org) may have more information.

TIP: Don't place any sticky tape on the top of a teapot. The decoration may come off with the tape. Secure a top with dental wax or earthquake wax.

- CURRENT PRICES**
- Purse, mesh, enamel, multicolor flowers, white and green ground, serrated fringe, metal frame, chain strap, Whiting & Davis, art deco, 5 1/2 x 4 1/2 inches, \$95.
 - Castor jar, blue crackle glass, enamel flower vine, silver plate frame, mechanical lid, Pairpoint, 12 inches, \$180.
 - Canton, basket, chestnut, pierced sides, blue rim, shell handles, underplate, pierced rim, c. 1850, 5 x 10 x 9 inches, \$250.
 - Sampler, verse, three alphabets, numerals, white and green ground, serrated fringe, metal frame, chain strap, Whiting & Davis, art deco, 5 1/2 x 4 1/2 inches, \$95.
 - Walrath, cider set, stylized branch with leaves and fruit, brown ground, angled handle, slightly tapered, pitcher, four mugs, marked, c. 1910, pitcher 7 1/2 inches, five pieces, \$2,520.
- For more collecting news, tips and resources, visit www.Kovels.com
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Sports
QUIZ

by Ryan A. Berenz

1. What team selected 17-year-old Jermaine O'Neal in the first round of the 1996 NBA Draft?

2. Name the ESPN game show that had contestants taking on statistician Howie Schwab in a showdown of sports trivia knowledge.

3. During the 2012 and '13 seasons, what Cincinnati Reds pitcher threw the 279th and 280th no-hitters in Major League Baseball history?

4. What legendary Dutch striker played for Manchester United (2001-06) and Real Madrid (2006-10), and scored 35 goals for the Netherlands national team from 1998-2011?

5. Name the Tennessee Titans wide receiver who scored the winning touchdown versus the Buffalo Bills in the "Music City Miracle" AFC wild-card playoff game in January 2000.

6. What World Golf Hall of Famer was the first Mexican golfer — either male or female — to achieve the world No. 1 rank?

7. What short-lived Marvel Comics series, first published in 1991, centered on an ex-NFL player who derived special crime-fighting powers from spilled chemicals and a nearly indestructible football uniform?

Answers

1. The Portland Trail Blazers.

2. "Stump the Schwab."

3. Homer Bailey.

4. Ruud van Nistelrooy.

5. Kevin Dyson.

6. Lorena Ochoa.

7. "NFL SuperPro."

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Play Better Golf with JACK NICKLAUS

DOES LOOKING AT PUTTS FROM BOTH SIDES OF THE HOLE PROVIDE A CLEARER IMPRESSION OF THE LINE? WHEN THE BREAKS ARE SLIGHT, IT CAN ACTUALLY CONFUSE THE ISSUE.

Play Better Golf with JACK NICKLAUS

THROWING OR CASTING THE CLUB FROM THE TOP OF THE SWING WITH THE HANDS AND WRISTS DELIVERS THE CLUBHEAD ACROSS THE TARGET LINE FROM THE OUTSIDE. IT'S A GUARANTEED WAY TO SLICE AND PULL SHOTS.

STAN SMITH'S TENNIS CLASS

SHORT-ANGLED APPROACH

An advanced shot that I seldom recommend is the short approach. Instead of hitting your approach deep, you can aim the ball so that it lands short, well in front of the service line and traveling at an angle.

STAN SMITH'S TENNIS CLASS

THIS SHOT WORKS BEST AGAINST A BASELINE PLAYER WHO HAS POOR FOOT SPEED. IF YOU ARE HITTING WITH A SLOW PLAYER, IT IS PARTICULARLY TOUGH FOR HIM TO REACH SHORT BALLS IF HE'S RETREATING BEHIND THE BASELINE. YOU'LL OFTEN CATCH HIM OFF BALANCE.

GRIN and BEAR IT® Wagner

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"Halftime is quality time, son!"

LAFF - A - DAY

"Take one of these pills as often as you can afford it!"

Health



Weight Loss Isn’t the Cause Behind Odd Globus Sensation

DEAR DR. ROACH: I was recently diagnosed with diabetes and immediately changed my diet and exercise regimen. I was able to lose 17 pounds in about two months but have started to experience a feeling of something being stuck in my throat. Could the sudden weight loss have brought this on? I was sent to get an ultrasound on my thyroid, and it came back negative. — V.J.

ANSWER: A sensation of something stuck in the throat is common in clinical practice and can have many causes. It is referred to as a “globus” sensation. An ultrasound is a very reasonable test as a large thyroid mass (goiter) can cause a mechanical effect on the esophagus, which then leads to this sensation. Similarly, abnormalities in the esophagus, oropharynx and larynx may also lead to this sensation. Most experts recommend an evaluation with an endoscopy and a laryngoscopy for people with a persistent globus sensation. Unintentional weight loss is a red flag in people with a globus sensation because if the cause behind the globus sensation is also leading people to lose weight, this means that it is more likely to be something serious. But this is not the case with you, so I can’t think of how losing weight could have been the cause behind your globus sensation. If the sensation of something in your throat continues, I recommend further evaluation by an ENT physician. ***

DEAR DR. ROACH: My in-laws are being evaluated for infertility, and my brother-in-law has a varicocele. They say that he needs an operation. Is this necessary in order for them to have children? — C.F.

ANSWER: A varicocele is a common

enlargement of the veins in the male scrotum. There is some evidence that a large varicocele could reduce fertility in men. However, the repair of a varicocele is usually indicated for fertility only when both the varicocele is large and the man has an abnormal semen analysis. The benefit in fertility is thought to be small; it is estimated that 17 men need to be operated on to produce one pregnancy, so there’s roughly a 6% chance that the operation will help the couple conceive. ***

DEAR DR. ROACH: I have high liver enzymes and bilirubin, most likely due to Gilbert syndrome. I’ve had elevated numbers since at least 2006 when I started to track them. I was recently prescribed a low-dose statin after receiving a slightly elevated coronary calcium score (49). The statin did great at lowering my cholesterol but seriously elevated my AST and ALT numbers. (My AST and ALT levels were 12 and 20 U/L respectively before treatment, then 41 and 32 U/L while on the statin. Normal is less than 35 U/L.) So, I discontinued its use. Are there any options other than statins to help reduce cholesterol? — S.M.

ANSWER: Gilbert syndrome is a relatively common liver condition caused by abnormal bilirubin metabolism. People with this condition can get recurrent jaundice and high bilirubin levels. Statin drugs are generally considered to be safe in people with Gilbert syndrome. Many people (with and without Gilbert’s) will have elevations in their liver enzymes (ALT and AST levels) due to statin drugs. Most authorities recommend reducing the dose or stopping the statin treatment if the liver enzymes go over three times the upper limit of normal — above about 100 U/L — which yours didn’t get close to. Since the risk to your liver from a statin is small, and the benefit of a statin in a person with even modest coronary calcium is relatively large, there is more benefit than harm for most people in your situation.

Debunking Ivermectin as a ‘Miracle Treatment’ for Cancer

DEAR DR. ROACH: I was diagnosed

with stage 4 high-grade ovarian cancer in September 2024. I underwent a major surgery in March after the tumor shrank. I see a top doctor at a renowned hospital, and I trust him. I went through seven rounds of chemo with three different meds. I handled it well as I am very fit and 64 years old. I am now on maintenance medications (Avastin and Lynparza). My numbers are going up. I know my prognosis isn’t good, but I try to live my best life. I have a lot of different things to look forward to (marriages, grandbabies, etc.). I have many friends who keep suggesting ivermectin as a treatment. (These people are also anti-vaxers.) I don’t fall into this group of people as I believe in modern medicine and have trusted my doctor. So, my question is: What are your thoughts about this treatment, and what have you heard about it within the medical community? — L.N.

ANSWER: I am sorry to hear about your diagnosis, but I congratulate you on your good attitude. The treatment for ovarian cancer has changed dramatically in the past few years. There are many treatments, and although they are often not able to cure cancer, they can keep cancer at bay — sometimes for many years, even decades. Having an important life event to look forward to is important to maintaining a good attitude. As far as ivermectin goes, there is a small possibility that it will turn out to be a useful treatment for cancer. I have read some preclinical studies that suggested some benefit. However, no studies that were done on actual people have proven it to be useful for any type of cancer so far. Many promising treatments turn out to be failures after the initial clinical trials. There are people who feel that there are hidden treatments for cancer and that there is a massive conspiracy to keep successful cancer treatments from being used. Having known many doctors and research scientists who unfortunately died from cancer themselves, I can assure you that this isn’t the case. Many scientists across the globe are working hard to find new treatments, and every year brings incremental benefits. Ivermectin is the most recent “miracle treatment” that I have heard about. I can recall easily at least a half dozen miracle treatments in the past 20 years that haven’t turned out to be useful. Some of these are not only useless but are actively harmful. While ivermectin is generally safe when dosed appropriately for its indication of treating parasites, it can be dangerous at high doses.

I respect the use of alternative treatments to manage the symptoms that are caused by cancer treatments such as chemotherapy. However, people who rely on alternative treatments for treatment of their cancer do not do as well as people who are getting the best care that modern medicine currently has to offer. I recommend that you thank your friends for their advice and tell them that you trust your medical team and will follow what your doctor recommends. ***

PCSK9i Drugs Are Reasonable Alternatives to Statins

DEAR DR. ROACH: In a recent column, you wrote about reducing cholesterol levels with the help of statins along with a PCSK9i, such as Repatha or Praluent. My question is: Are these PCSK9is at all beneficial if one cannot take statins? — D.C.S.

ANSWER: Yes, PCSK9 inhibitors are very effective at lowering cholesterol and reducing the risk of heart attacks in high-risk people. Because these drugs are given by injection and are quite expensive, they are not usually the first-line treatments. We have decades of experience using statins, so they remain the first choice for most. However, if a person cannot take a statin, or one of the alternatives such as bempedoic acid, then PCSK9i drugs are a very reasonable choice. In people with familial high cholesterol and extraordinarily high levels of cholesterol, combination therapy with two or three drugs (a statin, a PCSK9i and sometimes ezetimibe) is frequently used. ***

DEAR DR. ROACH: My wife had COVID and has lost most of her smell and taste. This has lasted for two years. She is in her late 70s. Strong flavors like barbecue sauce and onions can be detected. Is there any hope that her condition will improve? — P.M.

ANSWER: Most people recover their loss of smell after COVID. Having had this for two years is a bad sign; however, the fact that she does have some sense of smell is a good sign. The most effective treatment for the loss of smell after a viral infection is olfactory training. The same scents that were used in clinical trials can be purchased online. Recent evidence has shown that

a supplement combination, ultramicro-nized palmitoylethanolamide and luteolin, along with olfactory training, led to greater improvement. The dose used in studies was 770 mg. ***

DEAR DR. ROACH: My adult daughter (62) was diagnosed about three years ago with a skin disorder called prurigo nodularis. Her dermatologist has tried three different injections, but they’re not working. She still gets very itchy breakouts. Please give me your thoughts and more information about this. — K.M.A.

ANSWER: Prurigo nodularis is an uncommon disease that affects about one person per 1,000. I have seen a handful of cases, and fortunately the cases I’ve seen have responded well to potent steroid creams. Regular use of skin lotions, avoiding scratching especially at night (I recommend cotton gloves), and sometimes antihistamines like Benadryl are also the first-line therapies. If a patient needs more effective treatment and only has a limited area of itching, then a dermatologist will often inject the area with a high-potency steroid. Since it sounds like this hasn’t been successful for your daughter, there are other options. One is a topical cream called ruxolitinib. About 45% of people responded to this treatment, compared to 20% who responded to a cream without an active drug. Ultraviolet light (narrowband ultraviolet B) showed about 80% effectiveness. For people in whom none of these therapies work, a very expensive injection treatment, dupilumab (Dupixent) or a similar drug called nemolizumab (Nemlurio), can be used, although the response rate is not as good as desired (roughly 40%). Since many people with prurigo nodularis have other skin diseases, and some may have (or develop) depression or obsessive skin-picking, these conditions may also need to be treated to successfully improve symptoms.

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

Financial

GREAT WAYS TO SAVE: HOLIDAY HOSTING

PLAN YOUR MENU EARLY

Making menus in advance allows you to strategically pick up nonperishable items over time – spreading out your spending and taking advantage of sales. Tip: Start in the beginning of December for the winter holidays.

HIT WAREHOUSE STORES

If you’re hosting eight or

more people, you’ll generally save money by purchasing fresh produce from a warehouse store rather than a grocery store. While you’re there, you can also stock up on extra paper goods and cleaning supplies you’ll need while you have a full house.

BUY PRE-OWNED SERVING DISHES

Pretty platters and serving bowls can set the mood, but they’re expensive. You can often find high-quality, barely used items at thrift stores, garage sales and local buy and sell groups on Facebook. With just a good

wash, they can add style to your table without a huge impact on your budget. When the season is over, you can save them for next year. Scale back on appetizers. Hosts tend to overdo their hors d’oeuvres, and guests fill up before they even sit down for the main course, leading to wasted food. Instead of spending a ton of money on 10 different apps, focus on one or two. Then it’s not overkill when dinner is served.

HOST A FESTIVE BRUNCH

Brunch foods like eggs, pan-

cake and waffle mix, and fresh fruit typically cost less than the ingredients for a sit-down dinner. Plus, you can limit alcoholic drinks to simple mimosas or Bloody Marys. It’s a nice way to save a nice chunk of money and you still get to celebrate. Have a leftover buffet After a large family dinner, you may find yourself with a fridge full of leftover turkey, half-eaten salads and other odds and ends. Instead of letting them go to waste, spread your leftovers on the counter and invite the family to get creative.

TRADER JOE’S VS. ALDI’S

Trader Joe’s felt like a health food store. Aldi looked like a mini supermarket with an efficient checkout area. Despite the crowds, checkout was fast and friendly at Trader Joe’s. If price is your priority, Aldi is worth the trip. Trader Joe’s may not be the cheapest, but it’s a good value. You will discover plenty of unique finds like Ube Tea cookies; purple yam shortbread cookies are great.

Reduce, Reuse, Rejoice

5 Holiday Hacks for Eco-Friendly Celebrations

FAMILY FEATURES

Holiday celebrations bring joy, laughter and lasting memories – but they can also leave behind a sleigh full of waste. From food scraps and empty bottles to wrapping paper and decorations, the season can leave your home full of items that could be reused or recycled.

In fact, household waste increases nearly 25% between Thanksgiving and New Year’s Day, according to survey results from the Center for Biological Diversity. That’s a lot of leftovers, garland and glass that could be kept out of landfills.

To help you cut down on trash and embrace a joyful, less-waste holiday season, the experts at CalRecycle offer these five holiday hacks to help you save cash and protect the planet.

1. Plan Meals to Waste Less and Save More

- Shop your pantry first to avoid buying what you already have.
- Buy only what you need and prepare recipes based on guest count.
- Choose local ingredients from sources like farmers markets that minimize packaging.
- Send guests home with leftovers in reusable containers or freeze extras for future meals.

2. Recycle Food Scraps

- Not all food can be saved, but it doesn’t have to go in the trash.
- Compost fruit and vegetable trimmings, eggshells, coffee grounds and plate scrapings. Trashed food makes climate pollution in landfills. Recycle it in your green bin instead.
- Most California communities now offer green bin composting. Learn what goes in the green bin by visiting the Curb Your Food Scraps page on RecyclingReimaginedCA.com.
- Set out a clearly labeled “food scraps” bin next to your trash, as well as a recycling bin for bottles, cans and other containers so everyone can participate.

3. Eat, Drink and Be Eco-Friendly

- Use reusable plates, cups and utensils instead of disposable options.
- Decorate with items you can use year after year or make compostable decor from natural materials.
- Collect empty wine, liquor, juice or other California Redemption Value (CRV)-eligible containers and cash them in once the party is over.
- Serve water in reusable pitchers or carafes instead of single-use plastic bottles.



Photo courtesy of Shutterstock

4. Give Greener Gifts

- Choose experiences over stuff, like tickets to events, museum or club memberships, registrations for classes or shared adventures.
- Wrap gifts in fabric, scarves or reusable tins. Or use recyclable paper without glitter or foil.
- Personalize presents with homemade crafts, baked goods or services that reduce packaging.
- Prioritize gifts from local and sustainable businesses that are committed to ethical sourcing, minimal packaging and recycled materials.

5. Sort Holiday Waste the Right Way

- After the celebrations, check local recycling rules for how to properly dispose of:
 - o Batteries
 - o Holiday lights
 - o Christmas trees
- Drop off CRV-eligible beverage containers, such as wine and spirit containers, at your nearest recycling site for cash back.

- Donate unwanted gifts or gently used holiday items to local charities or thrift stores.

Make this season joyful and sustainable by finding more tips and recycling locations near you at [RecyclingReimaginedCA.com](https://www.RecyclingReimaginedCA.com).



HAPPY HOLIDAYS

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

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1. How did Mitch Ryder get his stage name?
2. Where was the Beatles' last live show?
3. Name the first Beach Boys song to top the charts in the U.S.
4. What song was Bobby Hebb best known for?
5. Name the song that contains this lyric: "Though I know you're the kind of boy who only wants to run around, I'll keep waiting and, someday darling, you'll come to me when you want to settle down."

Answers

1. He spotted the name in a New York City phone book. He added "The Detroit Wheels" for the name of his band, and they were off and running.
2. Candlestick Park in San Francisco, California, on Aug. 29, 1966. The crowd numbered only 25,000, with 7,000 tickets not sold, even at a reduced price. That could have been due to Lennon's comments one month earlier about the Beatles being more popular than Jesus.
3. "I Get Around," in 1964.
4. "Sunny," in 1966. Numerous others released covers of the song around the world.
5. "One Fine Day," by the Chiffons in 1963. The song has been used in many soundtracks, including "The Flamingo Kid" (1984) as well as an episode of "The Simpsons."

Strange BUT TRUE

By Lucie Winborne

- The blocks of the Washington Monument are held together by gravity and friction, rather than mortar.
- Ancient Romans gave a hard "no" to the practice of eating butter, with Pliny the Elder referring to butter as "the choicest food among barbarian tribes." Why? Mainly because they used it for treating burns and thus thought of it as a medicinal salve rather than food.
- Pencils have never been made from lead.
- The leather diamond patch on the outside of backpacks, called a "lash tab," was initially used by mountaineers to secure their gear.
- Harvard University is older than calculus.
- Some research has shown that up to 40% of a worker ant colony may remain idle while their comrades soldier on with the labor. But before you label them lazy, one theory, based on scientific observation, is that keeping a team of workers on standby allows the colonies to stay productive.
- Heinz Ketchup has a "speed limit" of .028 miles per hour, set by the company as an indicator of the product's consistency.
- "Watching paint dry" is an actual occupation for some folks, requiring an observation of the changing colors and particles of the substance as it dries, both on walls and under a microscope.
- Manhattan, New York's most popular transportation hub, Grand Central Terminal, is radioactive.
- The tradition of serving ham at Christmas comes from the Norse festival of Yule, where a boar was sacrificed to honor the deity Freyr.

Thought for the Day: "A strong nation, like a strong person, can afford to be gentle, firm, thoughtful and restrained. It can afford to extend a helping hand to others. It's a weak nation, like a weak person, that must behave with bluster and boasting and rashness and other signs of insecurity."
— Jimmy Carter

top 10 movies

1. **Now You See Me: Now You Don't** (PG-13) Jesse Eisenberg, Woody Harrelson
2. **The Running Man** (R) Glen Powell, Alyssa Benn
3. **Predator: Badlands** (PG-13) Elle Fanning, Dimitrius Schuster-Koloamatangi
4. **Regretting You** (PG-13) Allison Williams, McKenna Grace
5. **Black Phone 2** (R) Mason Thames, Ethan Hawke
6. **Keeper** (R) Tatiana Maslany, Rossif Sutherland
7. **Nuremberg** (PG-13) Russell Crowe, Michael Shannon
8. **Sarah's Oil** (PG-13) Zachary Levi, Naya Desir-Johnson
9. **Bugonia** (R) Jesse Plemons, Aidan Delbis
10. **Chainsaw Man - The Movie: Reze Arc** (R) Kikunosuke Toya, Tomori Kusunoki



"Stranger Things: Season 5, Volume 1" (TV-14) — The hit Netflix series that began in 2016 is finally reaching its culmination with its fifth season, which premieres on Nov. 26. Although the season will be released in volumes, with the second volume premiering Christmas Day and the finale on New Year's Eve, fans are excited to see how their favorite characters' stories will conclude after so many years of being invested in the series. Picking up a year after the events of the fourth season, the season starts during the fall of 1987 after the "Rifts" have been opened in Hawkins, and our favorite group of misfits are preparing for battle against Vecna. Meanwhile, the military seeks to capture Eleven (Millie Bobby Brown) again in Hawkins. Get ready for lots of action, tense scenes, and heartache. Let's see how "Stranger Things" ends! (Netflix)

"Malice" (TV-MA) — This new psychological-thriller series starring Jack Whitehall ("Robots") and David Duchovny ("Adam the First") just premiered its first season, and all six episodes are out now to binge! Whitehall plays Adam Healey, a tutor/nanny who signs on to accompany a wealthy family during their vacation. Although Adam seems kind, nurturing and helpful in the beginning, his aura puts some of the family on edge as they can't seem to figure him out. But when the patriarch of the family, Jamie (Duchovny), watches his life begin to unravel, he realizes that somebody is out to get him. What he doesn't realize is that the culprit might be under his own roof. (Amazon Prime Video)

"Bride Hard" (R) — Rebel Wilson ("Juliet & Romeo") and Anna Camp ("A Little Prayer") are teaming up together again after their

"Pitch Perfect" days together for this action-comedy film releasing on Nov. 28. The film picks up as maid of honor Sam (Wilson) is trying her best to fulfill her duties to her best friend, Betsy (Camp), but neither her best friend nor the bridal party know that Sam is actually a secret agent. Sam's hidden secret-agent activities cause tension with the rest of the bridal party, but even after her planned bachelorette party goes wrong, Sam still wants to support Betsy. Fast forward to the wedding, where killer mercenaries show up to steal from Betsy's fiancé's family, and Sam might be the only one who could save her best friend's wedding day. This pick is perfect for a night in with the girls or those looking for an easy watch. (Hulu)



Courtesy of Netflix

From left, Gaten Matarazzo, Finn Wolfhard, Caleb McLaughlin and Noah Schnapp star in "Stranger Things: Season 5."

"The Family Plan 2" (PG-13) — Surprisingly, Mark Wahlberg's 2023 film "The Family Plan" was greenlit for a sequel with Michelle Monaghan ("The White Lotus") returning, as well as Zoe Coletti and Van Crosby, who portray Wahlberg and Monaghan's children in the movie. Similar to the first movie, the Morgan family are attempting to live a normal life amid Dan's (Wahlberg) past as an assassin. They travel to London for Christmas so that they can spend the holidays with their daughter who is abroad, but Dan encounters someone from his past — a man named Aidan (Kit Harrington) who is determined to take over the network of assassins that Dan's father built. So, it's time for the Morgans to once again put their family plans on hold and get down to some dirty business. Out now. (Apple TV+)

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A great story
or
A great idea?
Lakeview Newspaper
Thoughts to think about.

Fun Fact

Memories that are linked with a specific smell carry more emotion than visual memories. The nerve signals that share sights, sounds and touch typically go through the thalamus. Smell signals bypass this area and go to the olfactory bulb and then to the amygdala and hippocampus, which deal with higher-level thinking.

Source: health.clevelandclinic.org

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A CELEBRATION OF CHRISTMAS

The children of St. Luke's Academy will tell the story with word and song at 6:00 PM, on December 17th.

Christmas Eve service 10:30 PM / Christmas Day service 9:30 AM
First Sunday after Christmas, December 28th, lessons and carols.

Now here's a tip!

by Jo Ann Derson

- er." — I.F. in Pennsylvania
- "Keep venetian blinds from sticking to one another and discourage dust by rubbing them down individually with a sheet of fabric softener. This effect will last at least a month in my experience." — S.F. in Alabama
- "Have a headache? Try drinking a couple of glasses of a sports drink. This works for me and my friends. Maybe we just need to be drinking more water, but the sports drinks get us back on track more quickly than medicine most times." — E.L. in Colorado
- Bringing some plants indoors? Use Styrofoam packing peanuts in the bottom of pots when planting. They aren't as heavy as rocks, and they do just as good a job. The pots will be easier to move around should you need to move them.

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What’s Hot In Hollywood & Gardening

HOLLYWOOD — Isn't it strange that **Tom Cruise**, one of the biggest movie stars on the planet, has to resort to making a sequel of an 11-year-old film that was only a minor success? Why not focus on the sequel to "Top Gun: Maverick," which recouped over \$1.5 billion of its \$177 million invest-ment? Why instead make a sequel to the 2014 film "Edge of Tomorrow," which only earned \$370.5 million after a \$178 million cost?

Plans are afoot for "Live Die Repeat and Repeat," again co-starring Emily Blunt, which, depending on when the script is completed, should begin shooting late in 2026.

Robert Pattinson, who had a 10-year string of less-than-success-ful films after "The Twilight Saga" in 2012, saw it all change thanks to "The Batman" in 2022. Then his dubbed English version of "The Boy and the Heron," a Japanese animated fantasy, won the Oscar for Best Animated Feature Film in 2024. Then came his sci-fi film "Mickey 17."

Pattinson currently has the psychological black comedy "Die My Love," with **Jennifer Lawrence**, **Nick Nolte** and **Sissy Spacek**, arriving on Nov. 7 and an upcoming slate of five films including: "The Drama" with Zendaya; "The Odyssey" with Zendaya, **Tom Holland** and **Matt Damon** (coming July 17, 2026); "Dune: Part Three" with Zendaya again (no, she's dating Holland), **Timothee Chalamet**, **Josh Brolin**, and **Jason Momoa** (coming December 2026); the crime drama "Primetime"; and Netflix's "Here Comes the Flood," with **Denzel Washington** and **Daisy Edgar-Jones**.

He'll definitely be back as "The Batman," which cost \$200 million and grossed \$772.3 million.

"Dancing with the Stars" "Wicked" night was a shameless two-hour plug for "Wicked: For Good," which opens on Nov. 21. Social media exploded with comments like: "They over-stepped the bounds of theme night and became a promotional event for the film!"

Fans were upset over the inconsistencies in the judging and wondered what qualified the "Wicked" director **Jon M. Chu** as a judge!

West Coast fans should be complaining more about how their votes don't count since the voting closes between 5-7 p.m. when it airs on the East Coast before it even airs on the West Coast.

The short film "Steamboat Willie" introduced Walt Disney's Mickey Mouse to the world in 1928 and has since become public domain. Producer/director **Steven LaMorte** jumped on it and created the comedy-horror film "Screamboat," which opened on April 2 and only grossed \$393,011 (while a film like "Black Phone 2" grossed \$27 million during its first week).

Nevertheless, LaMorte's moving ahead with a sequel that he's calling — what else? — "Screamboat



Courtesy of Walt Disney Pictures
Bette Midler in "Hocus Pocus 2" (2022)

2: Nothing Stays Dead." It will feature Minnie for "more miniature murder and mayhem," and the screenplay is currently being developed. You'd think they would've figured out that people stayed away because they weren't interested in seeing "Screamboat's" Willie!

HOLLYWOOD — **Armie Hammer** got attention in 2010 when he played both of the Winklevoss Twins in "The Social Network." Then he starred as the titular character in "The Lone Ranger" (2013) and as **Illya Kuryakin** in the movie of "The Man From U.N.C.L.E." (2015), opposite **Henry Cavill**. (Neither scored.) But in 2017, he starred opposite **Timothee Chalamet** in "Call Me by Your Name," which received four Oscar nominations and got a Golden Globe nomination for Hammer. Several more films followed, including "Death on the Nile" (2022). Then it all came crashing down when multiple women came forward accusing him of sexual abuse.

He denied the allegations, but it still destroyed his career and life. His upcoming films were canceled, and no one would hire him. Now, four years later, the Los Angeles County District Attorney's office couldn't pursue criminal charges since no wrongdoing was ever proven. So, Hammer has mounted his comeback, starting with the western "Frontier Crucible," with **William H. Macy** and **Thomas Jane**, opening on Dec. 5. This will be followed up with a thriller "Citizen Vigilante," co-starring **Costas Mandylor**, as well as a neo-noir film "Night Driver," which wrapped in Los Angeles in June.

Alan Ritchson, who is currently Jack Reacher in Amazon Prime Video's "Reacher," is one of the busiest actors around. (Move over, **Pedro Pas-cal**) He has made

19 films, including "The Hunger Games: Catching Fire" (2013), and has four films in post-production: Amazon Prime's "Playdate" with **Kevin James** and **Isla Fisher** (which was shot in Vancouver, Canada, and released on Nov. 12); "The Man with the Bag" with **Arnold Schwarzenegger** as Santa, **Awkwafina**, **Jane Krakowski**, and **Ken Jeong**, which premieres around Christmas; Netflix's "War Machine," which was shot in Victoria, Australia, and co-stars **Dennis Quaid** and **Esai Morales**; and "Runner" with **Owen Wilson**, which is currently shooting in Australia.

Ritchson is open about his bipolar disorder, and in order to live with his wife and three sons, he sold their home in Florida back in 2023. Now he and his family live in Airbnbs and hotels while he shoots various projects!

Bette Midler has made her own "Wizard of Oz" success with the "Hocus Pocus" franchise! "Oz" became immortal because CBS made it a big deal by showing it only once a year, akin to what Disney+ is doing with Midler's "Hocus Pocus" (1993) and "Hocus Pocus 2" (2022). It was made especially for Disney+ and is their most in-demand horror film during the first four days of October.

You better get ready for "Hocus Pocus 3," which is in the works for next Halloween. In the meantime, Midler's starring with **Jonah Hill**, who wrote and directed "Cut Off," co-starring **Kristen Wiig** and **Nathan Lane**. It is due on July 17, 2026, and follows two wealthy siblings who are forced to support themselves when their parents cut them off. Now there's a story we can all relate to. ... The only "cutting off" most parents can afford is recycling pants into shorts!



Courtesy of Warner Bros.
Emily Blunt in "Edge of Tomorrow" (2014)

celebrity extra

by Dana Jackson

Q: What is Jessica Alba doing these days? I saw she hosts some kind of home renovation show, but is she still acting? — L.S.

A: Jessica Alba stepped away from her acting career for a while after having children to run her very successful business the Honest Company, which includes a line of baby products and continues to expand. As you noticed, she's been co-hosting the Roku original series "Honest Renovations," which will premiere its fourth season in 2026.

Alba became a household name at the age of 20 when she starred in the Fox series "Dark Angel." She then became part of the Marvel Universe by playing Sue Storm in the first series of "Fantastic Four" films and followed them with films by acclaimed director Robert Rodriguez ("Sin City" and "Machete").

Alba returned to television opposite Gabrielle Union ("Riff Raff") in the police procedural "L.A.'s Finest." She really hasn't slowed down. Earlier this year, she starred in the Netflix film "Trigger Warning" and appeared in the comedy series "Too Much," which was created by Lena Dunham.

It looks like 2026 might be her year as she has four upcoming projects, including "A Tree Is Blue," which is a film directed about a young woman on the autism spectrum. It is directed by Dakota Johnson and also stars singer Charli XCX.

Q: I'm really enjoying the miniseries "Death by Lightning" on Netflix about the assassination of President Garfield. How historically accurate is it? — P.R.

A: It depends on who you ask, but the majority of critics and historians would say that it's very accurate, especially when you compare it to other biopics such as Ryan Murphy's "Monster" series (also on Netflix). In addition to it obviously being a true story, "Death by Lightning" is based on Candice Millard's best-seller "Destiny of the Republic." It features a fantastic cast that includes Michael Shannon ("Boardwalk Empire") as President Garfield and Matthew Macfadyen as his assassin, Charles Guiteau.

According to an article in Esquire, one of the liberties that the series takes is the anachronistic dialogue, but overall, it "nails the important stuff." There's a great debate in the



Depositphotos
Jessica Alba ("Honest Renovations")

r/Presidents group on Reddit about what is deemed fiction and what is known truth in the miniseries, but mostly all are in agreement that it's an enjoyable watch that gets most of the facts correct.

Q: When is "High Potential" coming back? Why is it taking such a long break so soon? — C.P.

A: Fans of the hit series "High Potential" weren't happy to learn that it was going on a planned two-month hiatus after just seven episodes of its sophomore season. When the show returns on Jan. 6, 2026, it'll have a new time slot, airing at 9 p.m. ET instead of 10 p.m. Many shows from the fall season lineup will take a break over the holidays, but "High Potential" chose to go on a break sooner. A reason wasn't given, but it's a huge hit. So, have no fear! It's not in danger of cancellation.

Send me your questions at
NewCelebrityExtra@gmail.com.



Hardy mums



Unlike "florist mums" that are grown only for fall flowering and treated as annuals, "hardy mums" are cold-hardy garden perennials. These plants grow best in rich soil with a slightly acidic to neutral soil pH (6.2 to 7.0). Good drainage is needed to avoid root rot. Hardy mums are photoperiodic, meaning they bloom in response to shorter days and longer nights, so don't plant them near street lights; artificial lighting wreaks havoc with their flowering.

- Brenda Weaver

Source: www.thespruce.com

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Sweet Briar Rose



The Sweet Briar Rose (*Rosa rubiginosa*) is a dense shrub of European origin that has become quite widespread in North America, especially in New England. It bears pink flowers in June to July, and its leaves exude an apple-like fragrance. Its bright red fruit (the "hips") comes after the flowering ends, ripening through autumn and persisting well into the winter months. Birds and other wildlife feed upon them. Once sweet briar claims an area, it becomes difficult to eradicate.

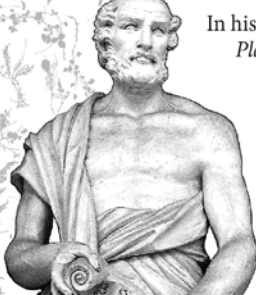
- Brenda Weaver

Sources: www.naturescape.co.uk, gobotany.nativeplanttrust.org, www.nrcs.usda.gov

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Theophrastus



Theophrastus (c. 372–c.287 BC) was a Greek philosopher who is regarded as **the founder of botany.**

In his two ancient works, *Enquiry into Plants* and *On the Causes of Plants*, he covered the descriptions, classifications, distribution, propagation, germination, and cultivation of more than 500 species and varieties of plants. - Brenda Weaver

Source: www.cartage.org

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Showstopping Party Bites for *Holiday Celebrations*

FAMILY FEATURES

When gathering around the table with family and friends during the holidays, the main course is often front and center, but every great host or hostess knows it's not always the star of the show. Kick off the evening with effortless, crowd-pleasing party bites that will impress your guests and set the tone for a memorable night.

If you're looking for inspiration for your next seasonal gathering, look no further than accompaniments made with premium European ingredients like Grana Padano PDO cheese and Prosciutto di Parma PDO – some of the world's most delicious cheeses and cured meats.

Only products made following traditional methods within defined geographic regions, under strict supervision and using carefully monitored ingredients, qualify for Protected Designation of Origin (PDO) certification from the European Union. The PDO system helps distinguish these foods from imitators and guarantees high quality, authenticity and traceability.

Made in the Po River Valley in northern Italy from raw, semi-skimmed cow milk, Grana Padano PDO cheese is naturally lactose free due to the characteristics of its production and long aging process and rich in protein, vitamins and mineral salts, especially calcium. A 100% natural product, Prosciutto di Parma PDO contains no additives such as nitrites, nitrates or hormones. Produced only in Parma, Italy, its all-natural aging process creates a wide variation in flavor profiles and textures, from mild and nutty to mature and full-flavored.

These artisan meats and cheeses can be enjoyed on their own alongside olives, nuts, bread and your favorite jam for a quick and easy holiday snack board. And they shine in culinary treasures like Whipped Ricotta Toast with Prosciutto di Parma and Hot Honey or Grana Padano and Nutmeg Cheese Puffs that feed the soul and warm the heart.

To ensure authenticity, look for the red and yellow PDO logo, and visit distinctlydeliciouslyeuropean.eu for more seasonal recipe ideas and pairing tips for your next get-together.

Whipped Ricotta Toast with Prosciutto di Parma and Hot Honey

Yield: 3 toasts (6 halves)

- 3 large slices thick-cut sourdough bread
- 1 container (16 ounces) whole milk ricotta cheese
- salt, to taste
- pepper, to taste
- hot honey
- 6 slices (3 ounces) Prosciutto di Parma PDO

In toaster oven, toast bread to desired doneness. Set aside.

In large bowl, with electric mixer, beat ricotta until whipped and creamy, about 2 minutes. Add salt and pepper, to taste.

Spoon ricotta onto each toast evenly. Drizzle each with hot honey, as desired. Top each with two slices prosciutto.



Grana Padano and Nutmeg Cheese Puffs

Servings: 4

- 1 3/4 cups milk
- 1 cup unsalted butter
- 1 teaspoon salt
- 1 2/3 cups flour
- 1 cup, plus 1 tablespoon, grated Grana Padano PDO cheese, divided
- 6 medium eggs
- black pepper, to taste
- nutmeg, to taste
- canola oil, for frying

In pan, boil milk, butter and salt until butter is dissolved.

Add flour and stir using wooden spoon over low heat until mixture doesn't stick to bottom of pan. Add 1 cup cheese and stir 1 minute. Remove from heat.

Put mixture in mixing bowl and add eggs one by one until mixture is smooth. Add black pepper and nutmeg, to taste.

Let mixture cool and form dough into small, round parcels.

Fry parcels in hot canola oil, about 325 F, until golden. Dust with remaining cheese and serve.



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Make the Season Special with *Smoked Prime Rib*

FAMILY FEATURES

If you, like many others, crave the simple moments of joy that make the holidays special, look no further than the dinner table. Whether your seasonal gatherings are spent with family, friends or neighbors, you can discover new traditions that focus on the food at the center of it all.

Creating inviting, inspiring and irresistible dishes can start with the real, honest flavor of beef with delicious and diverse recipes that remind you of good times together. This Smoked Prime Rib recipe from Beef Loving Texans – a community funded by beef producers built to celebrate the endless flavors, possibilities, stories and experiences that make beef a Texas tradition – offers a hearty, satisfying way to feed a crowd, capitalizing on the desire to celebrate endless flavors and possibilities.

Just remember the keys to cooking prime rib: Smoke or grill to 10-15 F below your desired finish (145 F for medium-rare or 160 F for medium), keeping in mind the beef will continue to rise in temperature as it rests.

If a quiet meal with your nearest and dearest is on the menu, Prime Rib Pasta with Broccoli and Cheese is the type of holiday specialty you can enjoy year after year. Made with leftover prime rib, it's the perfect solution for using those holiday leftovers in the days following the big celebration.

Every meal can be a moment savored, a shared story told in flavors as a testament to a passion for beef and where it comes from – after all, beef is a Texas tradition. Find more recipes to celebrate the season at BeefLovingTexans.com.



Prime Rib Pasta with Broccoli and Cheese

Recipe courtesy of Beef Loving Texans
Cook time: 10 minutes
Servings: 2

- 6 tablespoons butter, divided
- 1 pound cooked leftover prime rib, cut into 1/2-inch pieces
- 1 tablespoon minced garlic
- 1 pound penne pasta, cooked
- 1 pound broccoli, blanched
- 1/2 cup julienned sun-dried tomatoes
- 1/2 cup cherry tomatoes, halved
- 1/2 cup beef broth
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1/4 cup fresh lemon juice
- 1 tablespoon white truffle oil
- 1/2 cup shredded Parmesan cheese
- 1/4 cup chopped fresh parsley

Preheat large skillet over medium heat until hot. Add 2 tablespoons butter. When melted, add leftover prime rib; cook 3-5 minutes, or until lightly browned.

Add garlic and cook 1-2 minutes, or until fragrant. Stir in cooked pasta, broccoli, tomatoes and remaining butter. Add broth, salt and pepper. Cook 2-3 minutes, or until warmed through. Drizzle with lemon juice and truffle oil; sprinkle with cheese and parsley before serving.

Cooking tip: Drizzle with extra truffle oil before serving to enhance aroma.



Smoked Prime Rib

Recipe courtesy of Beef Loving Texans
Cook time: 4 hours
Servings: 30

- 6-8 pounds prime rib
- 2 tablespoons kosher salt
- 2 tablespoons coarse ground black pepper
- vegetable oil spray

Season prime rib generously with salt and pepper.

Lightly coat grill grates with vegetable oil spray. Close cooking chamber lid.

Place 3-5 pounds charcoal in center of firebox.

Open firebox air vent approximately 1-2 inches and smokestack damper halfway. With firebox lid open, stand back, carefully light charcoal and burn until covered with light ash, approximately 20 minutes.

Once coals ash over, add wood chunks. Do not shut

firebox lid until smoke is clean, often called "blue smoke."

Close firebox lid. Adjust firebox air vent and smokestack damper to regulate cooking temperature until it reaches ideal smoking temperature between 325-350 F.

Place prime rib on cooking grate in cooking chamber. Maintain consistent cooking temperature by adding wood chunks as needed. Monitor internal temperature of prime rib throughout cooking process. Smoke 3-4 hours; rotate and flip every hour.

Remove roast when meat thermometer registers 135 F for medium-rare; 145 F for medium.

Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15-20 minutes. Temperature will continue to rise 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Comfort foods

Made fast and healthy

by Healthy Exchanges

Buffalo Wing Pizza Bites

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

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

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

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

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

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

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

Comfort foods

Made fast and healthy

by Healthy Exchanges

Auld Lang Syne Dip

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

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

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

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

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

Good Housekeeping

Green Pea and Lettuce Soup

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

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

- 1 can (13 3/4 to 14 1/2 ounces) chicken broth
- 1 package (10 ounces) frozen peas
- 1 head Boston lettuce (about 10 ounces), coarsely chopped
- 3/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme leaves
- 1/2 cup fat-free (skim) milk
- 1 tablespoon fresh lemon juice
- Chives for garnish

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

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

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

Good Housekeeping

Glazed Ham

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

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

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

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

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

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

Comfort foods

Made fast and healthy

by Healthy Exchanges

Cheesy Garlic Potatoes

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

- 1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup
- 3/4 cup chunky salsa (mild, medium or hot)
- 1 1/2 cups (6 ounces) shredded Kraft 2 Percent Milk Cheddar Cheese
- 1 teaspoon dried minced garlic
- 1 teaspoon dried parsley flakes
- 3 1/2 cups (18 ounces) diced cooked potatoes

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

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

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

Good Housekeeping

Greek Christmas Cookies

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

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

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

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

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

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

Good Housekeeping

Chocolate-Dipped Pretzels

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

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

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

Comfort foods

Made fast and healthy

by Healthy Exchanges

S'more Cake Brownies

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

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

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

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

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

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

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

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Crime

Shooting on the 1500 block of North Honore Street.

Assault on the 1400 block of North Clybourn Avenue.

Shooting on the 4700 bock of Maulden Street.

Robbery on West Roscoe Street and North Halsted Street.

Robbery on West Wrightwood Avenue and North Clark Street.

Theft on the 3400 block of North Southport Avenue.

Vandalism on the 1700 block of North Stockton Drive.

Theft on the 3100 block of North Clark Street.

Vandalism on the 2300 block of North Clifton Avenue.

Assault on the 1400 block of North Sunny-side Avenue.

Theft on the 1400 block of North Kingsbury Street.

Assault on the 2400 block of West Armitage Avenue.

Theft on the 3100 block of North Clark Street.

Theft on the 100 block of West Maple Street.

Theft on the 2300 block of North Leavitt Street.

Theft on the 900 block of West Belmont Avenue.

Theft on the 1700 block of West Fullerton Avenue.

Theft on the 0 block of East Bellnue Place.

Theft on the 1200 block of West Winnona Street.

Vandalism on the 2700 block of North Mildred Avenue.

Vandalism on the 1400 block of North Cleaver Street.

Assault on the 4400 block of North Sheridan Road.

Assault on the 5300 block of North Broadway.

Assault on the 800 block of West Buckingham Place.

Theft on the 4600 block of North Ravenswood Avenue.

Vandalism on the 2000 block of North Stockton Drive.

Theft on the 2200 block of West Grace Street.

Theft on the 3500 block of North Broadway.

Assault on the 500 block of West North Avenue.

Theft on the 1100 block of West Argyle Street.

Assault on the 600 block of West Diversey Parkway.

Theft on the 1500 block of West Fullerton Avenue.

Theft on the 2300 block of North Lincoln Avenue.

Theft on the 3500 block of North Southport Avenue.

Theft on the 2600 block of North Paulina Street.

Theft on the 1700 block of North Wrightwood Avenue.

Assault on the 700 block of West Division Street.

Theft on the 2000 block of North Milwaukee Avenue.

Shooting on the 4700 block of West Maulden Street.

Shooting on North Central Park Avenue and West Armitage Avenue.

Robbery on West Wrightwood Avenue and North Clark Street.

Burglary on the 2400 block of West Lawrence Avenue.

Theft on the 400 block of West St. James Place.

Arrest made on the 4500 block of North Kimball Avenue.

Assault on the 3600 block of West Shakespeare Avenue.

Theft on the 4400 block of North Christina Avenue.

Assault on the 1000 block of North Francisco Avenue.

Vandalism on the 2300 block of North Clifton Avenue.

Assault on the 1300 block of North Sunny-side Avenue.

Assault on the 3700 block of West Armitage Avenue.

Theft on the 3100 block of North Clark Street.

Arrest made on the 6100 block of North Seeley Avenue.

Burglary on the 4800 block of North Central park Avenue.

Theft on the 3200 block of West Leland Avenue.

Theft on the 3899 block if West Fullerton Avenue.

Assault on the 3899 block of North Pulaski Avenue.

Theft of the 900 block of West Belmont Avenue.

Arson on the 6100 block of North Seeley Avenue.

Assault on the3100 block of Logan Boulevard.

Theft on the 1000 block of North Winchester Avenue.

Theft on the 38-- block of West Eddy Street.

Theft on the 1700 block of Wet Fullerton Avenue.

Theft on the 3200 block of West Eastwood Avenue.

Theft on the 1200 block of West Winona Street.

Assault on the 2200 block of West Wood Street.

Theft on the 1000 block of North Sacramento Avenue.

Assault on the 4400 block of North Sheridan Road.

Vandalism on the 2700 block of North Mildred Avenue.

Vandalism on the 1400 block of North Cleaver Street.

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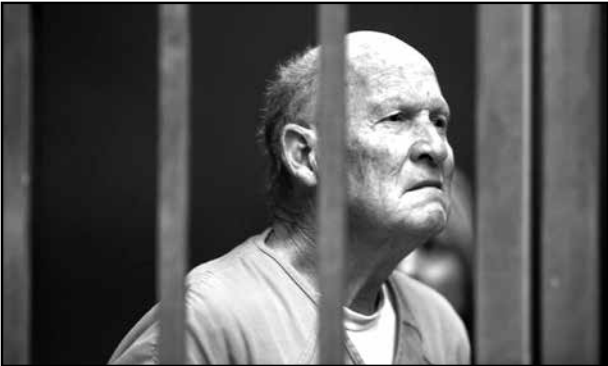
A prosecutor reveals details about the capture of one of America's most notorious serial killers

Joseph DeAngelo moved through California neighborhoods like a shadow.

He stalked his victims for days, learning their routines before slipping into their homes in a mask to torture, rape and kill. At first, he preyed on women who lived alone but later expanded his attacks to include couples. He pocketed wedding rings, photos and other grim tokens from crime scenes.

What started as burglaries and break-ins escalated into brutal attacks and murders that left entire neighborhoods too terrified to sleep. Each wave of terror in a different part of California came with a new nickname: The Visalia Ransacker. The Original Night Stalker. The East Area Rapist. And finally, the Golden State Killer. It was that insatiable appetite for power.

DeAngelo killed at least 13 people and raped dozens more in the 1970s and 1980s.



In April 2018, nearly four decades after his last known crimes, police armed with DNA evidence surrounded his house in the quiet Sacramento suburb of Citrus Heights and arrested him.

DeAngelo was convicted of multiple murders in August 2020 and sentenced to life in prison without the possibility of parole.

Remember, to keep safe, lock your doors and windows and alter your comings and goings. It just may save your life.



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

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Holiday Goodies Perfect for Gifting

FAMILY FEATURES

Gadgets and gizmos may be all the rage, but stuffing stockings with holiday gifts can be as simple as delicious goodies that highlight the flavors of the season. When seeking that special surprise for a special someone, look no further than a customizable combination of festive snacks.

Whether selecting a unique ready-to-go hostess gift, crafting the perfect combo for every person on your list or picking up hard-to-find ingredients for holiday treats, Nuts.com can deliver something for everyone and every need. Its convenience makes it an ideal destination for hosting and gifting, no matter your budget.

Give a gift box filled with favorites, curate your ultimate party tray or build the trail mix of your dreams with thousands of showstopping snacks, treats and ingredients to choose from, all without the hassle of heading to the store.

Consider these unique gift ideas and find more by visiting Nuts.com.



Photo courtesy of Shutterstock



Mixed Nut Sampler

Perfect for family and friends who like to entertain or to elevate your own gathering, the Large Mixed Nut Sampler is a bountiful tray with 2 pounds of premium goodies. It includes a little something for everyone with jumbo pistachios, milk chocolate peanuts, milk chocolate raisins, butternut peanuts, jumbo roasted and salted cashews and more.



Winter Wonderland Cheer

Delicious snacks can taste just as good as they look, especially when they offer the friendly flavors of the season. Give a festive Box of Winter Wonderland with 3 pounds of tasty goodies including salted pistachios; dark, peppermint malt balls; chocolate-covered sunflower seeds and additional tasty, crunchy treats.



Custom Holiday Tray

If you just can't find the right gift for that special someone who has it all, a Custom Tray may be the perfect fit. You can mix and match from 150-plus available morsels and sweets to create the five-snack tray of your loved one's dreams. The options are nearly endless, including cinnamon gummies, Turkish figs, chocolate-covered espresso beans and beyond.

Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH – ALL ABOUT THANKSGIVING
Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **What are the sleepest things at Thanksgiving dinner?**

AMERICA
AROMA
BREAD
FAMILY
FOOTBALL
FRIENDS
GATHERING
GOBBLER
GRAVY
HAM
HARVEST
HOLIDAY
LEAVES
LOVE
MEAL
ORANGES
PARTY
RECIPE
THURSDAY

G A T H E R I N G Y
Y R S E G N A R O A
L L A B T O O F B D
I N M V D A E R B I
M A E P Y E V O L L
A A R O M A L P E O
F R I E N D S A R H
R E C I P E V R E A
K H A R V E S T I M
T H U R S D A Y N S

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Riddle answer: _ _ _ _ _

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Fetch
2. Report card entry
3. Allotment
4. Bread ingredient
5. Nip
6. Fire engine device
7. 100 pennies
8. Bower
9. German river
10. Get the better of

___ _ _ _ G
___ _ _ D _
___ _ _ _ N
___ _ _ U _
_ I _ _ _
___ D _ _ _
D _ _ _ _ _
___ B _ _ _
R _ _ _ _ _
___ _ W _ _

The very edge
Fruit of the vine
Proportions
Ground surface
Boxer's movement
Pantry
Shirt neckline
Eagerness
Gleam
Garment

___ _ _ _ K
___ _ _ P _
___ _ _ _ S
___ _ _ O _
_ U _ _ _
___ R _ _ _
C _ _ _ _ _
___ D _ _ _
S _ _ _ _ _
___ _ F _ _

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HOCUS-FOCUS BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Club is missing. 2. Man has less hair. 3. Cap is different. 4. Nose is different. 5. Shoe is different. 6. Golf bag strap is different.

Riddle Answer:
Napkins.

Answer

G A T H E R I N G
K H A R V E S T
R E C I P E
F R I E N D S
M A E P Y E V O L L
A A R O M A L P E O
L L A B T O O F B D
I N M V D A E R B I
Y R S E G N A R O A
T H U R S D A Y N S

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1. Bring, Brink
2. Grade, Grape
3. Ration, Ratios
4. Flour, Floor
5. Pinch, Punch

6. Ladder, Larder
7. Dollar, Collar
8. Arbor, Ardor
9. Rhine, Shine
10. Outwit, Outfit

Even Exchange

Puzzles4Kids

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Joel Wills

Comics

Out on a Limb

by Gary Kopervas

Amber Waves

by Dave T. Phipps

The Spats

by Jeff Pickering

TIGER

by BUD BLAKE

Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH – LET'S MAKE COOKIES!

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: **Who sells cookies to goblins on Halloween?**

BAKING SODA
BANANAS
BUTTER
CANDY
CHEESE
CHOCOLATES
CREAM
EGGS
FIGS
FLOUR
FRUIT
JAM
JELLY
OATMEAL
OIL
PEANUTS
SALT
SUGAR
VANILLA

B	A	K	I	N	G	S	O	D	A
A	U	P	E	A	N	U	T	S	L
N	G	T	H	L	E	G	G	S	L
A	O	Y	T	A	C	A	U	Y	I
N	E	L	T	E	L	R	S	D	N
A	S	L	L	M	R	C	E	N	A
S	E	E	A	T	U	O	U	A	V
T	E	J	S	A	O	I	L	C	M
C	H	O	C	O	L	A	T	E	S
S	C	S	G	I	F	R	U	I	T

Riddle answer: _____

HOCUS-FOCUS

BY HENRY BOLTINOFF

Differences: 1. Leg is moved. 2. Tarp is longer. 3. Paint can is larger. 4. Window sill is different. 5. Foot is moved. 6. Top of doorway is different.

Just Like Cats & Dogs

by Dave T. Phipps

Goldi-clocks.

Riddle Answer:

G	R	V	L	A	N	O	G	R	E	G	A	T	O
N	E	E	U	S	K	R	O	C	I	N	U	D	A
K	W	S	C	O	E	H	L	O	S	A	E	H	O
P	T	R	N	S	R	T	E	C	L	G	O	I	N
A	N	H	D	E	O	A	N	I	A	M	A	I	C
L	A	I	C	A	M	R	O	H	C	S	O	D	A
C	G	L	M	I	R	O	H	C	S	O	D	A	E
E	F	L	P	G	N	P	N	W	N	C	R	O	A

COCA-COLA PLAYED A PART IN SANTA'S IMAGE

Before Coca-Cola decided to use his image for advertising, Santa looked more spooky than jolly. Then, in 1931, the beverage company hired an illustrator named Haddon Sundblom to depict the jolly old man for magazine ads. Now, kids see visions of sugarplums instead of having Santa-themed nightmares.



RUDOLPH WAS A MARKETING PLOY

Rudolph the Red-Nosed Reindeer first appeared in 1939 when the Montgomery Ward department store asked one of its copywriters to create a Christmas story for kids that the store could distribute as a promotion. In the first year alone 2.4 million copies were distributed and late in 1949 Gene Autry recorded the song "Rudolph the Red-Nosed Reindeer". The adorable movie featuring the island of misfit toys and Herbie the elf hit the airwaves (and our hearts) in 1964.



"JINGLE BELLS" WAS ORIGINALLY A THANKSGIVING SONG

Turns out, we first started dashing through the snow for an entirely different holiday. James Lord Pierpont wrote the song called "One Horse Open Sleigh" for his church's Thanksgiving concert in the mid-19th century. Then in 1857, the song was re-released under the title we all know and love and it's still among the most popular Christmas songs today.



ASTRONAUTS BROADCAST "JINGLE BELLS" FROM SPACE

Turns out, we first started dashing through the snow for an entirely different holiday. James Lord Pierpont wrote the song called "One Horse Open Sleigh" for his church's Thanksgiving concert in the mid-19th century. Then in 1857, the song was re-released under the title we all know and love and it's still among the most popular Christmas songs today.



IT'S RUMORED THAT EGGNOG ORIGINATED IN MEDIEVAL BRITAIN

Although there's no official confirmation on who invented eggnog, most historians agree that eggnog originated in medieval Britain. Eggnog was an upper class luxury since they were the only ones who had access to the milk, sherry and eggs required to create the original version. Monks in the Middle Ages added figs and eggs and called the drink "posset" while the wealthy kept with the simple recipe and used it for toasts or big events. Research shows that eggnog most likely became associated with the holidays due to a lack of refrigeration. It became a drink for the more common man in America because of the larger farming opportunities and more access to cows and chickens.



WE SHIP A TON OF PACKAGES AT THE HOLIDAYS

Last year, the U.S. Postal Service processed more than 11.7 billion pieces of mail and packages during the holiday season. That includes gifts for loved ones, holiday cards, Christmas letters to Santa and of course, those dreaded credit card bills from all the gift shopping..



THIS CHRISTMAS GIFT HELD A LIFESAVING SECRET

During World War II, the United States Playing Card Company joined forces with American and British intelligence agencies to create a very special deck of cards. They distributed them as Christmas gifts to soldiers, but they also helped Allied prisoners of war escape from German POW camps. When wet, individual cards peeled apart to reveal maps of escape routes.



MISTLETOE IS AN APHRODISIAC

The holiday decoration isn't just pretty. It's also an ancient symbol of fertility and virility — and the Druids considered it an aphrodisiac.



THE TERM "XMAS" DATES BACK TO THE 1500S

Contrary to popular belief, "Xmas" is not a trendy attempt to "take Christ out of Christmas". "Christianity" was spelled "Xianity" as far back as 1100. X, or Chi, is the Greek first letter of "Christ" so "X" and back in the fourth century, Constantine the Great often referenced the shorthand version. Some say it was as early as 1021 that the abbreviation "Xp-mas" was used to reference the holiday, which was later shortened to "Xmas."



AMERICANS SPEND NEARLY \$1,000 A YEAR ON GIFTS

According to the National Retail Federation's most recent data, consumers spend an average of \$967.13 on the holidays.



EVERGREENS ARE AN ANCIENT TRADITION

The tradition of Christmas trees goes all the way back to the ancient Egyptians and Romans, who decorated with evergreens during the winter solstice to signify that spring would return. Evergreens reminded them of all the green plants that were to grow once the sun returned.



HANGING STOCKINGS STARTED BY ACCIDENT

Legend has it we hang stockings by the chimney with care because one year a poor widowed man didn't have enough money for his three daughters' dowries, making it difficult for them to marry. Generous old St. Nick dropped a bag of gold down their chimney one night and into the freshly washed stockings the girls had hung by the fire to dry. After that, the tradition stuck!



TINSEL HAS A STORIED HISTORY

Tinsel was invented in 1610 in Germany. It was spun from real silver and then hammered out and was more of a luxury decoration than the cheap tree trimming it is today. The U.S. government once banned tinsel because it used to contain poisonous lead, but no need to worry now — it's just plastic. That said, it should still be kept away from young kids and pets since it can be a choking hazard.



CANDY CANES ORIGINATED IN GERMANY

The National Confectioners Association says a choirmaster originally gave the red-and-white-striped candies to young children to keep them quiet during marathon church services back in 1670. It wasn't until a German-Swedish immigrant decorated his tree with candy canes in 1847 that they became popular as a Christmas candy. Nowadays, they're available in a wide variety of colors and flavors like cherry, green apple and watermelon.



Crossword

Super Crossword

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18
19							20						21					22		
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																			105	106
114							115	116												
120							121											124	125	
126							127												129	
130																				

- ACROSS**
1 Conceptual framework
7 Nickname of jazz pianist Earl Hines
12 Cat feature
16 Mailbox item: Abbr.
19 Gajoles
20 Backcountry
21 Actor Alan
22 Before
23 Saving a Hilton from being demolished?
26 Rove (about)
27 Eisenhower, informally
28 Dawn deity
29 Country that's the setting of a story told by Jesus?
31 Confusion when a golfer can't find the club for the green?
36 2000-15 CBS show
37 Two racing Unsers
38 Strike — (do some modeling)
39 Admission of defeat
41 "The way things now stand ..."
- DOWN**
1 Italian tenor
2 Devise, as a plan
3 Would really rather not
4 Application filename extension
5 Actor Gibson
6 According to
7 Not stale
8 Vienna's nation: Abbr.
9 Two after uno
10 Persists in discussing
11 Thomas — Edison
12 British bye-byes
13 Perp's excuse
14 Revered one
15 Narrow road
16 Groups of trial lawyers
17 Fleeting quality
18 Comic Foxx
24 Mythical bird
25 Bitterly cold
30 Jungle den
32 Recipe qty.
33 Always
34 Assistance
35 Bullring holler
40 Sky light
41 40-Down studier's sci.
42 Eyelid malady
- ACROSS**
44 Road named for a head of state?
50 Intent
53 Golf average
54 Mental sharpness
55 Santa — winds
56 One who's bad at playing practical jokes?
62 Richard of "The Jackal"
63 Former AT&T rival
64 Creepy
65 Tax audit org.
66 Hunchback creator Victor
67 Belgian river
68 Favorite crucifix style?
74 "I see!," facetiously
77 Match units
78 Cruise of "Top Gun"
79 Actress Bette
83 No, in Fife
84 DVR choice
85 Evangelizing in remote areas?
89 Fast internet svc.
90 Final words from a bully
92 Tirana's nation: Abbr.
93 Picnic pest
- DOWN**
101 "Penn & Teller: —" (TV series)
102 Maui "hello"
103 Hunter constellation
107 Three in "mininum"
108 Big tea vessel
110 Aviator who was really courageous?
114 Little squeeze from a luddy-duddy?
118 Grain variety
119 NASA's Eagle, e.g.
120 Suffix with resin or not
121 Forehead border you had before you started going bald?
126 — kwon do
127 Coal source
128 Door reply to "Who's there?"
129 Most current svc.
130 Antiquated
131 Fax, e.g.
132 "The battle —"
133 Provides, as with power
- ACROSS**
43 One of a flight of steps
45 MPG monitor
46 USA's Uncle
47 A Gershwin
48 Be an omen of
49 Feudal vassal
50 Big galoot
51 Outrage
52 Impair
57 Frank Sacks' — the Unicorn
58 Plunk lead-in
59 Helpful hints
60 Get it wrong
61 — Be My Girl (top 5 tune for the O'Jays)
66 Source of CBD oil
67 "Right on!"
69 Ancient Egyptian god
70 Dwarfs' count
71 Vodka brand, familiarly
72 In support of
73 Govt. health agcy.
74 "— you act now ..." (infomercial segue)
75 Is unvalued
76 Hardly ever employed
80 By way of
81 Hostel
82 Mil. officer
84 Bean curd
85 Touch
86 Traitor
87 Yale alum
88 "The Good Doctor" arer
91 Virgin Mary's mother: Abbr.
95 Actress Lanchester
96 Many #1 songs
97 Calder Cup rink org.
98 Writer Santha Rama —
99 Email giggle
100 Verdi's "— tu"
104 Instead (of)
105 Danish port
106 Big Apple MLB squad
108 Coll. in Philly
109 Made grain-sized
111 Skater Sasha
112 Python in "The Jungle Book"
113 Scrabble 4-pointer
114 Hernando de
115 Engine stats
116 A Great Lake
117 Roman 402
122 Sydney's state: Abbr.
123 Non- — food
124 Sprinted
125 "Inc." relative



Should Owner Punish a Puppy After Accident?

DEAR PAW'S CORNER: I bought a puppy a few weeks ago who was between 2 to 3 months old. Star is wonderful, and housetraining has been OK. But yesterday, he pooped in the hallway while we were out. My boyfriend says I need to push his nose into the mess and punish him. I don't think that's the right way to train a puppy. What do you think? — Daria in St. Louis, Missouri

DEAR DARIA: Your instinct is spot on, and you should trust it more. That's the wrong way to train a puppy. It's aggressive, negative and doesn't teach the puppy anything — except to be afraid.

Young puppies are learning machines, picking up habits quickly — both good and bad. They need to be constantly supervised to keep them safe and to correct them (not punish them) on the spot so they learn what they can and can't do in the household. When they're not supervised, I recommend placing them in a properly sized kennel crate. Think of it as a den for your puppy, a safe spot. Again, not a place to punish him.

Furthermore, puppies need to pee and poo more frequently than adult dogs — about four times daily at Star's age, but sometimes more. It's up to you to make sure their elimination schedule is adequate and that you are there to supervise them. Star couldn't wait for you to get home, so he went in the hallway. That's on you, not on Star.

Clean up the mess (spray with an odor eliminator) and continue your training schedule with Star. And keep following your instincts about the best way to train and correct him.

Readers, how would you respond to the boyfriend's advice? Tell us at ask@pawscorner.com.

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J2 Associates, Inc.,
P.O. Box 388143, Chicago, IL 60638

Please run the ad _____ times.

Here's my classified ad:



Weekly SUDOKU

Answer

6	7	5	1	2	4	3	8	9
2	3	8	9	5	6	1	4	7
1	4	9	8	7	3	2	6	5
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5	8	2	3	6	1	4	7	9
7	5	3	9	1	8	6	2	4
8	2	4	5	9	7	6	1	3
9	1	9	4	3	2	7	5	8

Super Crossword

Answers

S	E	S	U	N	E		N	O	M	S	I		D	N	E	S		D	T	O
T	S	E	T	A	V		E	M	S	T	I		E	N	I	M		E	V	E
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M	L	E		A	T		O		H	C	O	N	I	P	E	R		A	V	E
Y	D	N	I	T	L	K	C	O	U	T	P		N	R				S	W	E
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G	N	I	H	C	A	V	E	R	P	V		F	O	V	A	I	T		A	V
S	I	A	V	I		D	A			W	O	T		S	T		O	S	H	V
			C	E		N	O	E	R	E	F	E	R	S	P	E	S	O		C
R	E	S	Y		O	G	U	H		S	H	I			E	I	R	E	E	
I	C	M			E	R	E	G		R	U	E	T	V	A	M	V	K	N	A
A	N	A		Y	T	I		A	C	U	I		A		P	A	R		I	M
S	E	R	R		S	T	L	V		I	N	E	D	I	S		P	R	E	S
I	S	I	T		A	S				T	S	O	T	I			S	E	S	O
	S	T	V			I	S	C		S	O	V	H	C	O	R	E	T	T	U
D	N	A	V	L	E	L	E	B	A	V		P		S	O	E		E	K	I
A	D		G	A		N	O	I	A	T	V	A		S	E	R	E	P	T	O
E	R	E			D	A		L	V			L	V	A	R		S	E	X	C
R		L	T			L	A	I			A	H	A	T	V		A	M	E	H

Horoscope



ARIES (March 21 to April 19) This is a good time to let your intrepid Aries temperament take charge. Your strong leadership skills will help settle still-unresolved situations. Support comes from a surprising source.

TAURUS (April 20 to May 20) Your problem-solving talents shine as you move to cool down heated emotions. You also inspire trust in all parties when you act with careful consideration of their feelings.

GEMINI (May 21 to June 20) A long-delayed commitment begins to look better to you. But there's still a crucial fact or two that you need to know about it. Meanwhile, a health problem needs to be taken care of.

CANCER (June 21 to July 22) Don't waste time trying to learn why someone you relied on is wavering in their support of your stand on a workplace issue. Move on with the help of more steadfast allies.

LEO (July 23 to August 22) Relationships enter a brighter period, both at home and in the workplace. Prospects also look good for single Leos and Leonas, who can expect a welcome visit from Cupid.

VIRGO (August 23 to September 22) Those mixed signals that were complicating your life are giving way now to clear, definitive guidelines. This makes it easier for you to weigh your options and make decisions.

LIBRA (September 23 to October

22) Ask your partner for an explanation of what seems to be a sign of strain in your relationship. The sooner you understand the problem, the sooner you can both act to resolve it.

SCORPIO (October 23 to November 21) A new challenge in the workplace holds an exciting promise for the future. But be aware of the fact that you haven't been told about all the demands you might have to meet.

SAGITTARIUS (November 22 to December 21) Your financial picture brightens as you get into sorting out realistic goals from those that are not reachable at this time. "Caution" remains your fiscal watchword.

CAPRICORN (December 22 to January 19) You're deep into your new project, which is just fine. But don't neglect your family and friends. Spending time with people you care for is always a wise investment.

AQUARIUS (January 20 to February 18) Past feelings are suddenly reawakened. This could make you emotionally vulnerable. Be careful about decisions that you might be asked to make at this time.

PISCES (February 19 to March 20) You've come to a place where you'll be facing important decisions that can affect your future. Rely on your strong moral compass to guide you toward making the right choices.

BORN THIS WEEK: You're gifted with both natural wisdom and wit — a good combination for success as a writer, a teacher and, most importantly, a parent.

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Weekly SUDOKU

		7	2		4		1	
	1			9		4		8
	2	9			6		5	
9		4	1		3	2	8	
	6				2	7		
2			9		7		6	4
		2	3	7	8		4	
7	4			5	9			
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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