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# JANUARY 2026

**FREE** It's our 30th Anniversary  
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# Lakeview

January, 2026

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

Volume 30, Number 1

## City Council passes 2026 Budget plan.



Chicago is one step closer to avoiding a government shutdown. The new budget does not include the head tax that would tax large corporations, which Mayor Brandon Johnson has been pushing for. The final budget passed 30 in favor and 18 opposing.

Some highlights of the new budget include: Increasing the city's plastic bag tax from 10 to 15 cents. Overhauling tax on off-premise liquor sales. Legalizing video gambling terminals in Chicago. Selling debt owed to the city for unpaid fines and fees. Aldermen estimated \$6.8 million in new revenue in 2026 from legalizing video gambling.

In proposing to increase the city's plastic bag tax, aldermen estimate \$8.7 million in new revenue. The Mayor's budget team claimed that the new move would generate only \$5.2 million, due to a likely drop in shoppers using plastic bags. The alternative budget estimated \$6 million in new revenue from a new 1.5 tax on off-premise liquor

sales, replacing the current volume based tax, with different rates for beer, wine, and spirits. The mayor's budget team estimated that move would actually result in a \$4.2 million loss for the city.

The worst point for the mayor's budget team was the aldermen's proposal to bring in \$89.6 million from selling the debt owed to the city for unpaid fines and fees. Johnson's aides said the plan is not feasible and would not generate actual money from the city, claiming there is no realistic way to find investors to buy debt for things like unpaid parking tickets when the city has no authority to seize vehicles or place liens on property for such debt.

"Even though this 1.67% of this budget could have severe consequences of those very people, (the poorest communities) their fight has not ended because this vote has been taken" said the Mayor.

Brandon Johnson announced that he will not veto the 2026 budget.

**Chicago Government Stays Open...For Now.**

## IT MAKES CENTS



### IT MAKES CENTS

For more than two centuries, the penny has been a staple of American currency. Introduced in 1793, it quickly became a fixture in everyday transactions and a marker of value in a growing nation. On November 12, 2025, the U.S. Mint pressed its final batch of one-cent coins. Officially bringing the penny's long history to a close.

### But why now?

What prompted the Treasury to end production of this iconic coin, and how will its disappearance affect the way we use cash?

### Why was the penny discontinued?

The decision to retire the penny was not made lightly. It involved years of debate, studies, and resistance. Ultimately, the move

boils down to a mix of hard economic data and shifting consumer behavior. The most compelling argument against the penny has always been the price tag attached to making it. It is a strange economic paradox when money costs more to make than it is worth. In recent years, the cost of zinc and copper, the primary metals used in minting has sky-rocketed. By the time the final batch was pressed this past November, it cost the U.S. Mint nearly 4 cents to produce and distribute a single 1-cent coin. This negative seigniorage (the difference between the value of money and the cost to produce it) meant the government was losing annually just to keep change in our pockets. By discontinuing the penny, the U.S. Treasury estimates an annual sav-

ing of approximately \$56 million. These are taxpayer funds that can now be redirected to more vital financial infrastructure.

### Following Global Trends

The global trend has been moving away from low-denomination coins for decades. Canada: Phased out their penny in 2012. Australia and New Zealand: Both nations eliminated their 1 and 2 cent coins in the year 1990s. Europe: Several countries using the Euro have stopped minting 1 and 2 cent coins.

### So the presses have stopped. Does that mean your pennies are worthless?

No, but the way we handle cash is about to change.

### The Rounding System

Electronic payments do not require physical coins, so a charge of \$19.99 remains \$19.99. However, if you pay with cash, the total bill will be rounded to the nearest nickel. Example: A charge of \$10.02 becomes \$10.00. A charge of \$10.04 becomes \$10.05.

The death of the penny acknowledges that our economy has grown and changed and moves us one step closer to a cashless society, though physical money still holds a vital place in our world.

While no new pennies are being made, billions remain in circulation, and they are still legal tender. You can continue to use them to pay for goods if you have them, though retailers are likely to phase them out of their drawers quickly.

# Editorial & Opinions



## Moments in time

THE HISTORY CHANNEL

• **On Jan. 5, 1914,** Henry Ford made the welcome announcement that he was doubling his assembly-line employees' pay. However, there was a perhaps not-so-welcome catch — home inspections to check for alcohol consumption and untidy living quarters.

• **On Jan. 6, 1996,** snow began blanketing Washington, D.C., and the eastern seaboard in a blizzard that killed 154 people and ended up costing more than a billion dollars in damages before it ended.

• **On Jan. 7, 1891,** future novelist and folklorist Zora Neale Hurston was born in Notasulga, Alabama. Though she would eventually publish more books than any other Black woman in America, by the time she died in 1960 she'd failed to gain a mainstream audience and was poor and alone in a welfare hotel. Today she is considered one of the most important Black writers in American history.

• **On Jan. 8, 1963,** Leonardo da Vinci's masterpiece,



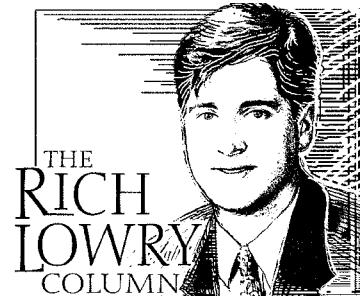
the Mona Lisa, was exhibited for the first time in the U.S. at Washington, D.C.'s National Gallery of Art. More than 2,000 dignitaries, including President John F. Kennedy, came out to view it. The exhibit opened to the public the following day.

• **On Jan. 9, 1984,** Angelo Buono, one of the Hillside Stranglers, was sentenced to life in prison for his role in the rape, torture and murder of 10 young women in Los Angeles. His cousin and partner in crime, Kenneth Bianchi, testified against Buono to escape the death penalty himself.

• **On Jan. 10, 1863,** the London Tube, the world's first urban underground rail-

way, opened. Since its first tunnel ran under the River Thames and had no ventilation, it was always filled with smoke.

• **On Jan. 11, 1775,** Francis Salvador, the first Jewish person to hold an elected office in the Americas, took his seat on the South Carolina Provincial Congress. In July he earned the nickname the "Southern Paul Revere" when he rode 30 miles to warn of a Cherokee attack on backcountry settlements, and just a month later he became the first recorded Jewish soldier to be killed in the Revolutionary War.



## THE RICH LOWRY COLUMN

### Australia's dangerous naivete

The Bondi Beach attack in Australia was shocking, but not at all surprising. Some of the details were distinctive — an idyllic spot on the Pacific Ocean instantly turned into a killing field, a father-son terror squad — but the basic picture of a radicalized Muslim immigrant targeting a gathering of Jews was dearly familiar.

These events follow the same pattern because the fundamentalist version of Islam is, at its root, hostile to Jews. Let's say that there was a refugee flow of Unitarians, and some portion of those Unitarians was antagonistic to traditional Christians, such that they vandalized their businesses, harassed them in the streets and launched massive protests in favor of overseas Unitarian terror groups. In that case, we'd obviously cast a skeptical eye on Unitarian immigration.

Yet, this hasn't been true of Muslim immigration. Mainstream political parties across the West that have championed this open-handed policy are, understandably, losing ground to restrictionist parties that are more clear-eyed about the realities of immigration.

Antisemitism comes in all sorts of varieties, whether Christian, Muslim or secular. Still, it'd startle us to learn that someone attending a fundamentalist Christian church went and shot up a Jewish event, whereas it's not that unusual in an adherent of fundamentalist Islam.

Now, there are different interpretations of Islam, and it's not the role of an outsider to say which is correct. The key point is that important Muslim authorities and countless millions of the faithful embrace a fundamentalist version influential in war-torn areas of the broader Middle East that have sent so many refugees to the West.

The fundamentalist Muslim Brotherhood — Hamas is the Palestinian branch — was markedly antisemitic

well before the establishment of the state of Israel. As one analyst has noted, its anti-Jewish agitation included "boycotts, graffiti and physical violence."

Sound familiar? A rancid paranoia about the Jews runs through this worldview. The 20th century Muslim Brotherhood ideologue Sayyid Qutb referred to "the tricks played by world Jewry so that the Jews may penetrate into body politic of the whole world and then may be free to perpetuate their evil designs."

The original 1988 Hamas charter reads like a transcript of the Candace Owens podcast, except with an armed wing attached. It avers that the Jews "strived to amass great and substantive material wealth," and used it to take "control of the world media." They are responsible for the French and Bolshevik revolutions, indeed, "most of the revolutions we heard and hear about." They founded "secret societies, such as Freemasons, Rotary Clubs, the Lions and others in different parts of the world for the purpose of sabotaging societies."

They started World War I and World War II — indeed, "there is no war going on anywhere, without having their finger in it." The document pronounced its support for Muhammad's prediction: "The Day of Judgment will not come about until Muslims fight the Jews (killing the Jews), when the Jew will hide behind stones and trees. The stones and trees will say O Muslims, O Abdulla, there is a Jew behind me, come and kill him."

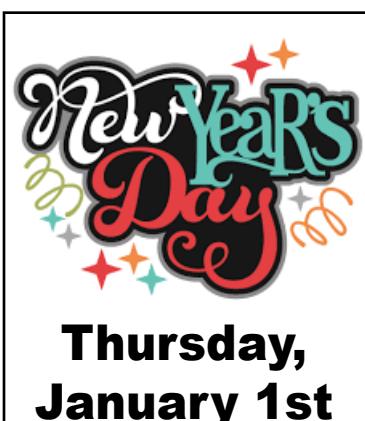
On top of all of this, it is believed that any territory once ruled by Muslims (i.e., all of Israel) must be retaken for Islam, and there is a feeling of bitter resentment at the power and success that the Jewish state has been able to amass while Muslim countries in the region have been torn apart by civil strife and stifled by catastrophically poor governance.

All of this is a toxic brew, and yet a swathe of the Muslim world is beholden to these beliefs. It is foolish to think that some element of Muslim immigrants to the West won't share this worldview and act on it — to our great regret.

Australia welcomed a large influx of Muslim immigrants over the last several decades and accommodated a surge of antisemitism after Oct. 7. The resulting atrocity at Bondi Beach was heartrending and all too predictable.

*Rich Lowry is editor of the National Review.*

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**Martin Luther King Jr. Day**  
**January 19th**



## Americanisms



"When peoples care for you and cry for you, they can straighten out your soul."

— Langston Hughes

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## Lakeview Newspaper

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

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# VETERANS POST

by Freddy Groves

## Raising puppies

If you're looking for a project for the new year that will provide big benefits to a disabled veteran, you can do no better than to raise a puppy.

Yes, a puppy. A small, young dog.

Puppies who end up as service dogs for disabled veterans aren't born that way. They need a solid first year of socializing and basic obedience, and that's where you come in, should you want to take on this worthwhile project.

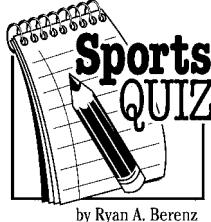
Take a look at [www.guidedog.org/puppy](http://www.guidedog.org/puppy) for an explanation of what is expected. If accepted as a puppy raiser, you would receive a very young puppy and spend the next year getting it socialized and used to different environments, with good house manners and basic obedience, and exposed to various situations to give it confidence.

If you're not sure you can commit to such a long project, see the link above for other possibilities: short-term fostering to provide socialization opportunities for the puppy, co-raising with another individual or family, and in some states there is a prison puppy program that has inmates raise and train the dogs during the week before handing them over to weekend volunteers who provide experiences outside of the prison walls.

Your next step is to go online to search for groups near you that provide trained dogs to veterans in need. Contact them to ask about becoming a puppy raiser. (For more incentive, see [www.vetdogs.org](http://www.vetdogs.org) for the list of states where weekend volunteers are needed now.)

If you love dogs, perhaps the hardest part of the whole project will be to give up the dog at the end of its time with you when it goes on to its official training to be a service dog for a specific veteran in need. But you'll console yourself knowing just how valuable your efforts have been in giving a good start to a dog that will be a life-changer for a veteran.

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by Ryan A. Berenz

1. Forbes Field, John F. Kennedy Stadium, Three Rivers Stadium, Veterans Stadium and The Spectrum are all demolished sports venues that were located in what U.S. state?

2. Johnny Campbell is credited with being the first cheerleader when he rallied the crowd at what university's football stadium in 1898?

3. The Notre Dame Fighting Irish football team had a 43-game winning streak over what opponent from 1964-2006?

4. Name the Hockey Hall of Famer for the Montreal Canadiens who died of complications from a severely fractured leg he suffered in a 1937 game.

5. Pitcher John "The Count" Montefusco was named National League Rookie of the Year in 1975 as a member of what Major League Baseball team?

6. The Anderson Packers, Waterloo Hawks, Evansville Agogans and Louisville Alumnites were among the teams in what pro basketball league that played one season in 1950-51?

7. He was the American League Rookie of the Year in 1997 with the Boston Red Sox. She is considered one of the greatest female soccer players of all time. They married in 2003. Who are they?

### Answers

1. Pennsylvania.
2. The University of Minnesota.
3. The Navy Midshipmen.
4. Howie Morenz.
5. The San Francisco Giants.
6. The National Professional Basketball League (NPBL).
7. Nomar Garciaparra and Mia Hamm.

# Strange BUT TRUE

By Lucie Winborne

• In 1997, a woman from Louisville, Kentucky, left actor Charles Bronson all of her money, a total of about \$300,000, in a handwritten will. She didn't know him, but it can be deduced that she was a fan.

• The Woolsey Hall auditorium at Yale contains an extra-wide seat built to fit alumnus and former professor William Howard Taft.

• The corpse flower was the official flower of the Bronx for 60 years.

• Adults typically produce about 2 pints of gas each day, in an average of 14 farts. However, it's apparently quite normal to pass gas up to 21 times per day.

• At his inauguration, Teddy Roosevelt wore a ring with a lock of Abraham Lincoln's hair.

• In 1866, Cathay Williams became the first African American woman to serve in the U.S. Army. Women were barred from joining the military at the time, so she enlisted as a man under the pseudonym William Cathay.

• Crime novelist James Patterson co-wrote the famous "I'm a Toys 'R' Us Kid" jingle.

• The American Psychiatric Association's DSM-5 handbook classifies caffeine withdrawal as a mental disorder.

• Because Lancaster, Pennsylvania, is home to a large Amish population, Costco constructed a livestock parking stall for customers arriving via horse and buggy, with a rail for the animals and a roof to shield them from bad weather.

• When that "inner voice" speaks in your head, it triggers small muscle movements in your larynx.

• Michelangelo may have accidentally left a thumbprint on a wax sculpture's butt.

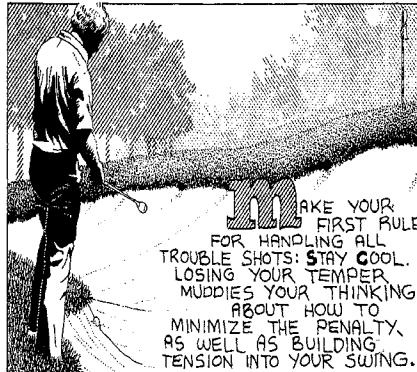
• Sometimes it snows on Mars, but the snowflakes are made out of carbon dioxide rather than water. The flakes don't fall, but create a fog-like effect.

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**Thought for the Day:** "The aim of art is to represent not the outward appearance of things, but their inward significance." — Aristotle

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## Play Better Golf with JACK NICKLAUS



# SENIOR NEWS LINE

By Matilda Charles

## AI-assisted scams against seniors

It's not that scammers are getting smarter, but they have a new tool now: AI, artificial intelligence. For our own protection, we need to learn about AI and how to avoid becoming a victim of fraud.

If you've posted any pictures on social media, take them down. Make it your task for January to remove any photos you've put up, especially if — heaven forbid — there are snaps of your children and grandchildren.

If you routinely attach photos in emails to friends and family, and if they tend to post those on their own social media, ask them to remove the pictures. If they don't comply, stop sending them photos. I know, that's harsh. But you have to protect yourself and those dear to you.

Photos are the tip of the iceberg, however. Consider what scammers can do with innocent information about a vacation you took. They can personalize their scam against you and pretend to have met you on that trip. If you've posted the names of family members, or even the name of your dog, they can pretend to actually know you. It will sound so innocent if they then ask for your home address or the correct spelling of your name so they can send you a souvenir.

It gets worse: Scammers can clone voice samples they find online. If you've posted a video of a teen grandchild, scammers can convert that into a fake video call wherein the child appears to be upset and asks for help, which is another version of the grandparent scam.

One of the best sites I've found to learn about AI scams is McAfee's Guide to Deepfake Scams and AI Voice Spoofing at [www.mcafee.com/learn/a-guide-to-deepfake-scams-and-ai-voice-spoofing](http://www.mcafee.com/learn/a-guide-to-deepfake-scams-and-ai-voice-spoofing). Also go online and search for "how scammers use AI against seniors."

If you suspect you've been a victim of fraud, report it to the FBI Internet Crime Complaint Center at [ic3.gov](http://ic3.gov).

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# KOVELS

By Terry and Kim Kovel

## Antiques & Collecting

### 19th-Century Furniture

Sometimes, people like to think of the past as a steady, stable time where tradition ruled the day. Ironically, learning about antiques can prove that notion wrong; and some of the best lessons can come from 19th-century furniture. Technological advances made complicated furniture designs more accessible, and the growing nouveau riche meant more customers in need of furniture, often with more extravagant tastes.

The Merklen Brothers of New York, active between the 1880s and 1900, were among the furniture makers taking advantage of new tools and catering to new tastes. The chair pictured here, with twisted posts, a lattice back and a pair of brass finials shaped like storks' heads, is an example of their work. It sold for \$409 at Forsythe's Auctions LLC.

Unusual shapes, barley twists and figural brass fittings make Merklen Brothers furniture unique. An identification tip: Furniture feet in the form of a carved wood claw clutching a glass ball were popular at the time. Merklen Brothers, however, made their ball-and-claw feet with a wooden ball, as seen on this chair.

\*\*\*

**Q:** My father received a picture, possibly in the 1950s, that I am trying to identify. It looks like it is signed in pencil, but I can't make out the signature.

**A:** Based on the signature, it sounds like your picture is a print. If it has any publisher or copyright information, that can help you with identification. Usually, the best way to identify a picture is to contact an art museum. Some large art museums have events where the public can have artworks authenticated and learn more about them. If there is a college or university with a fine arts department in your area, they may also be able to help. You can also check your library for access to online art databases or printed artist directories.



The Merklen Brothers made furniture in the late 19th century. Many furniture makers of the time used newly invented tools, making pieces with unusual features.

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**TIP:** Lick a cotton swab and use it to remove dirt from small carvings on furniture. Saliva has enzymes that help dissolve the dirt.

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### CURRENT PRICES

Toy, horse, riding, metal, molded mane and tail, painted, white, red saddle, plastic reins, hanging footrest, wheels, Mobo, 30 1/2 x 28 inches, \$50.

Leather, toiletry case, latch closure, top handle, glass bottles, retailer's mark, Mitsukoshi Gofukuten, Tokyo, Japan, \$65.

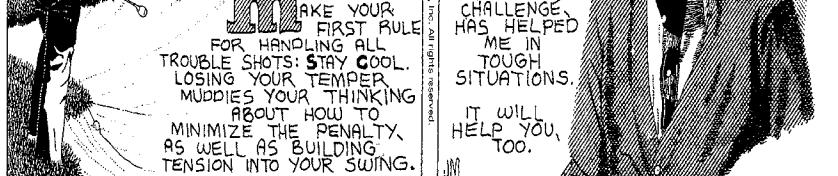
Stoneware, churn, cobalt blue feathers, applied arch handles, stenciled, capacity mark, salt glaze, slip glaze interior, wood dasher, Hamilton & Jones, Greensboro, Pennsylvania, base 17 inches, \$810.

Photography, advertisement, Mr. Beard, Daguerreotype or Photographic Portraiture, color, posterboard, London, 12 x 9 1/2 inches, \$1,950.

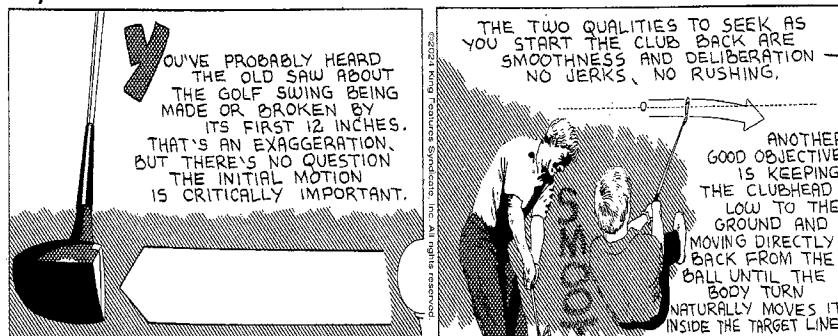
For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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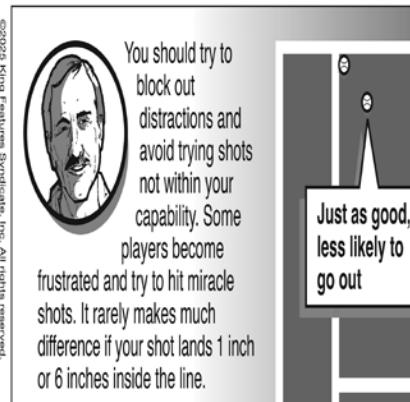
## Play Better Golf with JACK NICKLAUS



## Play Better Golf with JACK NICKLAUS



## STAN SMITH'S TENNIS CLASS



"Don't look at the picture, OK?"

## LAFF-A-DAY



"Hey, you forgot to mail my letter!"

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# Health



## 'Lactose Intolerance' Proves To Be A Casein Sensitivity

**DEAR DR. ROACH:** My wife believed that she had lactose intolerance. After some tests, it was found that she was sensitive to casein rather than lactose. Are there other things in cow's milk besides lactose and casein that people are sensitive to? — K.A.

**ANSWER:** There are three main components of cow's milk that can lead people to having a bad reaction. Lactose is a type of compound sugar called a "disaccharide," which includes two separate single sugars ("monosaccharides") — glucose and galactose — that are connected by a chemical bond. This chemical bond is broken by a specific enzyme called lactase. Deficiency is rare in children but common in adults, especially in people with ancestry from Asia and Africa, as well as Native Americans.

Without the ability to break lactose into its component monosaccharides, a person is likely to get abdominal cramps, gas and diarrhea if they consume lactose. This is because lactose passes into the colon, where colonic bacteria will digest the lactose and produce gas (as well as discomfort). There is a wide variety in the amount that people need to consume to have symptoms, with some people being exquisitely sensitive and others needing a fair amount of it to develop symptoms.

Milk allergies are different. Eighty percent of adults with cow's milk allergies are women. Cow's milk allergies are most commonly due to the protein casein (the "curds" of the nursery rhyme) but may also be due to whey protein. People who are allergic to whey protein often have less symptoms if the protein is heated or cooked (for example, milk in baked goods) or if it is changed by digestive enzymes, as in yogurt.

Cow's milk allergies can have various

symptoms. They can be serious and cause anaphylaxis, a life-threatening allergic reaction. But they may also cause symptoms that people might not recognize as a food allergy, such as skin changes, symptoms of the mouth and esophagus, and food and exercise associated anaphylaxis. Some people develop eosinophilic esophagitis, which can resemble gastroesophageal reflux disease; this causes heartburn that doesn't respond to the usual treatments. This is only a brief overview of a complicated topic that generally requires an expert in allergy and immunology to help diagnose and manage the condition.

\*\*\*

**DEAR DR. ROACH:** I have a "trigger thumb." My thumb no longer bends at the middle joint and hurts. Exercise doesn't seem to work. I tried physical therapy, too, without results. — A.M.

**ANSWER:** Stenosing flexor tenosynovitis, aka trigger finger, is a common issue that I see very frequently in my clinical practice. Symptoms usually start with some "catching" or locking of the fingers while flexing and extending one or more of them. This may progress to discomfort or pain, and it can progress to the point where a finger or thumb is locked in place and needs to be bent by the other hand.

Initial treatment includes rest and anti-inflammatories. Some experts use a splint to reduce the trauma from repetitive movement in the pulley system of the hand. If conservative treatment isn't effective, most hand experts will try an injection of a steroid into the area of the pulley and tendon. Surgery is an option if two or three injections haven't solved the problem.

## Breaking Down the Difference Between a Cold and Influenza

**DEAR DR. ROACH:** What is the difference between a cold and the flu? — A.T.R.

**ANSWER:** Both colds and influenza (the "flu") are respiratory illnesses that are caused by viruses. Influenza is caused specifically by the influenza viruses, which come in two main types (A and B). Influenza A is further broken down into different subtypes based on hemagglutinin (H) and neuraminidase (N).

H1N1 and H3N2 are currently the most-common circulating influenza A

viruses. Even within these subclasses, there is strong variability among flu viruses, which is one reason why we need a new flu vaccine each year. Many viruses cause colds. Rhinoviruses ("rhino" is the Greek word for nose) are the most common, but corona, parainfluenza and enteroviruses, as well as respiratory syncytial viruses, are all well-known causes of respiratory illnesses, which can be difficult or impossible to tell apart from any other type of cold. Unfortunately, there are so many of these viruses, some of which change quickly and others that escape our immune system, so it is (so far) impossible to get immunity by an infection or a vaccine to all the cold viruses. Viruses are generally less severe than influenza.

It isn't always easy to tell flu from a cold, especially in young people. Both can cause a fever, cough, runny nose and sore throat. However, the flu often causes muscle aches, which can be severe. The flu tends to cause higher fevers, more cough and worse headaches, and it often comes along suddenly. ("I got hit by the flu truck.") Runny nose and nasal congestion tends to be worse with a cold. Since there is specific antiviral treatments for influenza, clinicians will sometimes make decisions on whether to treat a person based on their symptoms, or they may get a lab test to look for the flu specifically. (Some tests will also check for COVID-19, a special type of coronavirus, at the same time.)

People who are at a high risk for severe flu may be recommended antiviral treatment, whereas there is not a specific antiviral treatment for colds. It's particularly important for people over 65 and those with any heart, lung or immune system issues to get the influenza vaccine. The optimum time to get it was from October through the end of November.

\*\*\*

**DEAR DR. ROACH:** What do we now call what was once referred to as a "nervous breakdown" in the 20th century? — A.M.

**ANSWER:** I asked this question to my psychiatry professor way back in the late 20th century when I was a first-year medical student. My professor replied that the term didn't have a meaning anymore. There is no formal medical or psychiatric diagnosis of a "nervous breakdown." The term is used by lay-people to describe when a person has severe impairment of their day-to-day function as a result of a psychiatric diagnosis, especially mood disorders like generalized anxiety disorder or major depressive disorder.

An adjustment disorder may resemble a

major depressive disorder, but it occurs within a few months of a traumatic life event. A severe case might also be termed a "nervous breakdown." It is not usually used to describe a person with acute psychosis (a term meaning a grossly distorted sense of reality), such as a person with schizophrenia or bipolar affective disorder in their acute and uncontrolled state. All these conditions have effective treatments. Treatment starts by talking to someone, who might be your own regular doctor or a mental health professional. For people who are in acute distress with thoughts of hurting themselves, the 988 Suicide and Crisis Life-line is an option in the United States and Canada.

## Metoprolol Prescription for Palpitations Exacerbates Anxiety

**DEAR DR. ROACH:** I just discontinued using metoprolol succinate extended release (ER) at a dosage of 6.25 mg. My heart rate is normally in the 70-80s, and my blood pressure is normal. My doctor prescribed it for palpitations, but it seems totally unnecessary. My issue is that I am experiencing tachycardia of over 100 beats every single night as well as dry mouth.

Could this be anxiety? And do you think an antidepressant like Zoloft or Paxil would help? I had a Holter monitor, which showed nothing wrong with my heart. The palpitations were sporadic only when I was anxious.

I stopped metoprolol because it exacerbated my anxiety and caused me depression as well as panic attacks. My doctor prescribed me 1 mg of Ativan to take at bedtime, but I am very scared of getting addicted to it. So, I thought maybe an anti-depressant would help instead. My doctor prescribed 25 mg of Zoloft, but I want another opinion. — S.S.

**ANSWER:** Generalized anxiety disorder is a common problem and may be associated with panic attacks (sometimes depression as well). The most common and highly effective medication treatment for generalized anxiety disorder, with or without panic attacks, is an SSRI-type drug like sertraline (Zoloft). Therapy is another option, and the two together are more effective than they are separately.

Metoprolol is an effective treatment for the fast heart rate that some people get when they have anxiety, and metoprolol by itself is helpful for many people who have anxiety. (The high heart rate can make people feel even more anxious.) However, it sounds like metoprolol did not work for you. There is a small increased risk of depression among people who take beta blockers like metoprolol. In my opinion, lorazepam (Ativan) is not a good long-term choice for an anxiety disorder, but it can still be helpful in some people while they're waiting for another treatment to start working (such as therapy or a medicine like Zoloft). It takes six to eight weeks to reach maximum effectiveness.

Addiction is not an issue when both the patient and prescriber agree that it will be only used as a short-term treatment. For Zoloft, 25 mg is a low dose, and some people need higher doses (sometimes much higher) to control their symptoms.

\*\*\*

**DEAR DR. ROACH:** Why shouldn't you use antibiotics for a cold? — T.Y.A.

**ANSWER:** There are two main reasons. The first is that antibiotics are effective against bacteria; they're not effective against the viruses, which are the cause of colds. It is true that a person (or their doctor) cannot be 100% sure whether they have a virus, but people are generally pretty good about knowing when they have a cold.

The second is that resistance to antibiotics has become a major issue in medicine. There are now strains of bacteria that are resistant to all antibiotics, and I have seen patients die because their bacteria were resistant to all the antibiotics we have. Using antibiotics less often and for shorter durations is a major goal to reduce the rate of antibiotic resistance. (Antibiotic use in animals that are raised for food is a major issue as well.)

Patients can help by not asking for (or demanding) antibiotics for what are almost certainly viral infections.

\*\*\*

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

# Financial

## WIN IN YOUR RETIREMENT

### Older Americans are turning sweepstakes into their jobs

**"Sweepers."** A term for hardcore hobbyists. These are not casual players. Some people enter up to 100 sweepstakes a day — through social media and subscription email newsletters such as SweepSheet, Sweeping America and iWin Contests.

Sweepstakes started to become widely popular in the 1950's, when marketers began using contests to raise

brand awareness. The Publisher's Clearing House sweepstakes launched in 1967, made millions of Americans believe that they may already be a winner. But in recent decades, sweepstakes have spawned a subculture, especially among older people.

"It still gives me an endorphin rush" says Steve d'Adolf, 82, a retiree in San Diego. He spends an average of seven hours a day entertaining sweepstakes. Over the years, he has won a ride on the Goodyear Blimp; trips to four Super Bowls; met many celebrities like Britney Spears, Carrie Underwood,

Mariah Carey, Gloria Estefan and Michael Buble' and dozens of vacation trips.

Judy Bailey, 72, has won an array of prizes — a Princess Cruises trip, thousands of dollars in gift cards, tickets to Miami Dolphins games and much more. Bailey says she plays sweepstakes to keep her brain active since retiring in 2008. "I didn't want my brain to check out on me." Filling out entry forms helps.

Here are some tips from longtime sweepers.

Go online. Websites like Sweepstakes Advantage, Contestgirl, Online Sweepstakes and Sweepstakes

Fanatics list hundreds of sweepstakes, as well as info on entry frequency and prize type.

### Be consistent.

Make it a regular part of your routine. Doing it once isn't enough. If you enter every day, you're going to increase your odds.

### Use a separate email address

Never use your normal email for entering sweepstakes. If you don't, your inbox is just going to be flooded with junk mail. Create a new account devoted solely to your

sweepstakes hobby.

### Stay local

Focus on sweepstakes that limit entries to regular customers, subscribers or people who live in certain areas. Those typically offer better odds of winning than national sweepstakes, which can have odds that are worse than Powerball.

### Avoid scams.

Don't pay for a prize. If collecting your winnings isn't free, then pass. And never provide financial information to anyone who contacts you about a sweepstakes prize. That's a red flag.



1. Name the artist who released "If I Can't Have You."
2. Which male artist wrote and released "This Is It" in 1979.
3. Who had a No. 1 hit on the Adult Contemporary chart with "It Might Be You"?
4. Which group released "When I See You Smile"?
5. Name the song that contains this lyric: "Listen to me, baby, you got to understand, You're old enough to know the makings of a man."

**Answers**

1. Yvonne Elliman, on the soundtrack to "Saturday Night Fever" in 1977 and then her "Night Flight" album the following year. The song had been written by the Bee Gees, and they followed with their own version.
2. Kenny Loggins. The song only went to No. 11 but ended up with a Grammy for Best Male Pop Vocal in 1981. For two years it was used as the theme music for basketball tournaments.
3. Stephen Bishop, in 1982. In 1995 Roberta Flack's cover version was used in the film "Waiting to Exhale." The song was then used for the closing credits of "The Pretty One" in 2013.
4. Bad English, in 1989.
5. "Lightnin' Strikes," by Lou Christie, in 1965. The song topped the charts in both the U.S. and Canada. It was Christie's only No. 1 hit.

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## Strange BUT TRUE

By Lucie Winborne

- In 1945, Soviet children presented the U.S. ambassador in Moscow with a wooden Great Seal as a friendship gift. It just happened to include a hidden listening device, which spied on American diplomats for seven years before it was discovered.
- When humans blush, their stomach also turns red.
- The Brazilian free-tailed bat uses chirps, buzzes and trills to form unique syllables in a type of "love song" to attract females, as well as ward off male competition.
- On the California side of the U.S.-Mexican border is a city named Calexico. On the opposite side is a town called Mexicali.
- Parthenophobia is a fear of virgins.
- England's Queen Victoria defied both the clergy and her personal physician to become the first monarch to use anesthesia (chloroform) during child birth.
- Actor Liam Neeson trained to be a teacher but got fired after punching a student who pulled a knife on him.
- Women blink about two times less often than men.
- Professional chefs in wealthy 17th-century European households were primarily men, who often cooked in the nude or in their underwear due to kitchens' intense heat.
- Deaf quarterback Paul Hubbard was the first to use the "round formation huddle" in football, to ensure that his teammates could interpret his hand gestures.
- Inventor A.J. Graham tried to increase car travel safety with his 1930's sponge rubber seat, which promised to protect pedestrians from injury if they were hit by a speeding automobile.
- In Japan, Ronald McDonald is known as Donald McDonald.
- Benedict Cumberbatch is the second cousin, 16 times removed, of King Richard III, whom he portrayed in the 2016 BBC miniseries "The Hollow Crown."

\*\*\*

**Thought for the Day:** "Although golf was originally restricted to wealthy, overweight Protestants, today it's open to anybody who owns hideous clothing." — Dave Barry

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



1. **Five Nights at Freddy's 2**  
(PG-13) Josh Hutcherson, Piper Rubio

2. **Zootopia 2**  
(PG) Ginnifer Goodwin, Jason Bateman

3. **Wicked: For Good**  
(PG) Cynthia Erivo, Ariana Grande

4. **Jujutsu Kaisen: Execution**  
(R) Jun'ya Enoki, Yuma Uchida

5. **Now You See Me: Now You Don't**  
(PG-13) Jesse Eisenberg, Woody Harrelson

6. **Kill Bill: The Whole Bloody Affair**  
(NR) Uma Thurman, Lucy Liu

7. **Eternity**  
(PG-13) Miles Teller, Elizabeth Olsen

8. **Hamnet**  
(PG-13) Jessie Buckley, Paul Mescal

9. **Dhurandhar**  
(NR) Ranveer Singh, Sanjay Dutt

10. **Predator: Badlands**  
(PG-13) Elle Fanning, Dimitrius Schuster-Koloamatangi

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**"Jay Kelly"** (R) — This comedy-drama film directed by Noah Baumbach ("Marriage Story") presents a very emotional and layered depiction of the life of a famous actor named Jay Kelly. George Clooney ("Wolfs") stars as the world-renowned Jay — a charismatic, suave man, the type of actor you see on screen and can't take your eyes off of. Of course, behind every heartthrob who can deliver lines well, there usually lies some convoluted personal life that's meant to be kept hidden from the world. And with Jay, it's no different. Even though he lives a spectacular life and has a team (comprised of Adam Sandler and Laura Dern) that scrambles to leap over every obstacle Jay creates for himself, a deep loneliness and sadness emanate from him. This leaves us to wonder, is the life of being a famous actor worth the price? Clooney and Sandler have already received Golden Globe nominations for their performances in the film, which is out now to stream!

(Netflix)

**"The Running Man"** (R) — If you've seen Edgar Wright's "Baby Driver," you know that Wright excels in creating action-packed blockbusters with a splash of comedy and incredulity. His latest release, starring Glen Powell ("Twisters"), is an adaptation of Stephen King's 1982 novel "The Running Man," and Wright does not hold back on the action! The film takes place in a near-future United States that is ruled by an authoritarian media network. The network's most popular TV program is called "The Running Man," where runners sign up to win \$1 billion if they can survive 30 days without getting killed by the network's hunters. (Think "Squid Games" or "The Hunger Games.") Powell plays a blue-collar man named Ben, who signs up with the purpose of buying medicine for his daughter. But once he's thrown into the game, he realizes his actual purpose in the game is much larger than just escaping a few cold-blooded murderers. Available to rent on Dec. 16. (Apple TV+)

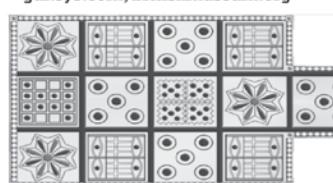
**"Little Disasters"** (TV-MA) — Diane Kruger, who's most notably known for her roles in "National Treasure" and "Inglourious Basterds," takes on a leading role in this new limited drama/thriller series out now to stream. This is the second novel of Sarah Vaughan's to get a miniseries adaptation, the first one being "Anatomy of a Scandal" in 2022. The little disasters commence at once in this six-episode series when mother Jess' (Kruger) life is thrown for a loop after her child suffers a concerning head injury. Her best friend, who is also the accident and emergency doctor treating the child, subsequently files a report to child social services following the incident. This results in major cracks within their friendship and even an unveiling of hidden secrets that Jess desperately tried to keep buried. Ben Bailey Smith ("Andor") and Jo Joyner ("Riptide") co-star. (Paramount+)

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## Fun Fact

The "Royal Game of Ur" is the oldest playable board game found in the world so far. In 1922, Sir Leonard Wooley led a team that discovered two sets of this game in a tomb near the site of ancient Ur, in southern Iraq. It has been dated to be roughly 4,600 years old.

Sources: gamecabinet.com, gdckeys.com, britishmuseum.org



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Courtesy of Netflix

George Clooney, left, and Adam Sandler star in "Jay Kelly."



by Jo Ann Derson

magically slip into the bottle, and leave behind the whites." — T.T. in New York

• You can make your own gift wrapping from everyday items like newspaper, children's drawings that can be glued together along the edges or inexpensive fabric.

• "This time-tested tip will keep your houseplants in the green when you're away from home: Set plants in the bathtub in an inch or less of water. If your flowerpot does not have drain holes, get a short length of cotton rope and feed it from the topsoil to the tub. This will keep plants alive and thriving for a week or so." — D.R. in Florida

• Unmatched socks are handy dandy cleaners and have so many uses. Keep one by the lint trap to get all the lint off. Shake it out or pop it into the wash when needed.

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# Inspired Holiday Entertaining



## FAMILY FEATURES

**T**he holiday season is a time for creating meals and memories that last a lifetime, but it's also one of the busiest times of the year. In the blur of commitments, crowded schedules and endless prep, the tension between a desire to create magical meals and wanting to actually enjoy them is real.

The right cookware can help shift that balance. Inspired by the calming essence of the outdoors, the KitchenAid Evergreen Design Series brings a breath of fresh air into the kitchen, blending expressive design with performance that simplifies the season. From durable stockpots to versatile nonstick pans, these tools elevate both prep and presentation.

In the middle of the holiday bustle, they provide a sense of calm and control, helping you plan ahead, cut stress and truly savor the moments that matter most. Because the best holiday moments aren't just about what's on the table — they're about the joy you feel when you're a part of them, from the quiet satisfaction of chopping, stirring and creating to the connection that comes when you share the results with those you love.

Including 12 pieces, the Hard-Anodized Ceramic Induction Nonstick Cookware Set brings the emotive power of nature into the kitchen, elevating your cooking with deep forest-green hues and elegant bronze handles. Ideal for stove-to-oven-to-table cooking, the high-performance ceramic nonstick cookware is eight times harder than traditional aluminum and features thick, forged bases for fast, even heating. Shatter-resistant glass lids seal in heat, lock in flavor and allow easy monitoring.

When you'll be spending many special evenings around the table during the holiday season, these invaluable tools can help streamline the cooking process whether you need a dish that can be made in advance and frozen for easy entertaining like this Homemade Pumpkin Ravioli with White Wine and Herb Butter Sauce or one that lets you focus on the fun and celebrations even with guests in town such as Butternut Squash Mac and Cheese with Bacon.

If those seasonal recipes call for stirring, whipping or mixing, the KitchenAid Evergreen Design Series Tilt-Head Stand Mixer is up to the task with 10 speeds, a tilt-head design to easily add ingredients and more than 10 different available attachments. Blurring the line between appliance and art through its unique color, finish and walnut wood bowl, it gives makers unmatched potential for creative expression.

Find more recipes and tools to bring culinary inspiration to life during the holidays at [kitchenaid.com](http://kitchenaid.com).



## Homemade Pumpkin Ravioli with White Wine and Herb Butter Sauce

Recipe courtesy of Marge Perry and David Bonom  
Servings: 4

### Ravioli:

- 1 can (15 ounces) pumpkin puree
- 1 large egg, lightly beaten
- 1/3 cup grated Pecorino Romano cheese, plus additional for serving (optional)
- 2 tablespoons plain dried breadcrumbs
- 2 teaspoons sugar
- 1/4 teaspoon salt
- 1 pinch ground nutmeg
- 48 round dumpling wrappers
- water

### Sauce:

- 6 tablespoons cold unsalted butter, divided
- 1/3 cup chopped shallots
- 2/3 cup dry white wine
- 3 tablespoons heavy cream
- 2 tablespoons chopped fresh sage
- 1 tablespoon chopped fresh chives
- 1/4 teaspoon salt

To make ravioli: Line fine mesh sieve with dampened cheesecloth. Add pumpkin puree and strain 1 hour. Transfer to bowl and stir in egg, cheese, breadcrumbs, sugar, salt and nutmeg.

Arrange six dumpling wrappers on work surface in single layer. Place 1 tablespoon pumpkin mixture in center of each and brush edges with water. Place second wrapper over filling, carefully pushing out any air bubbles then pressing edges to seal.

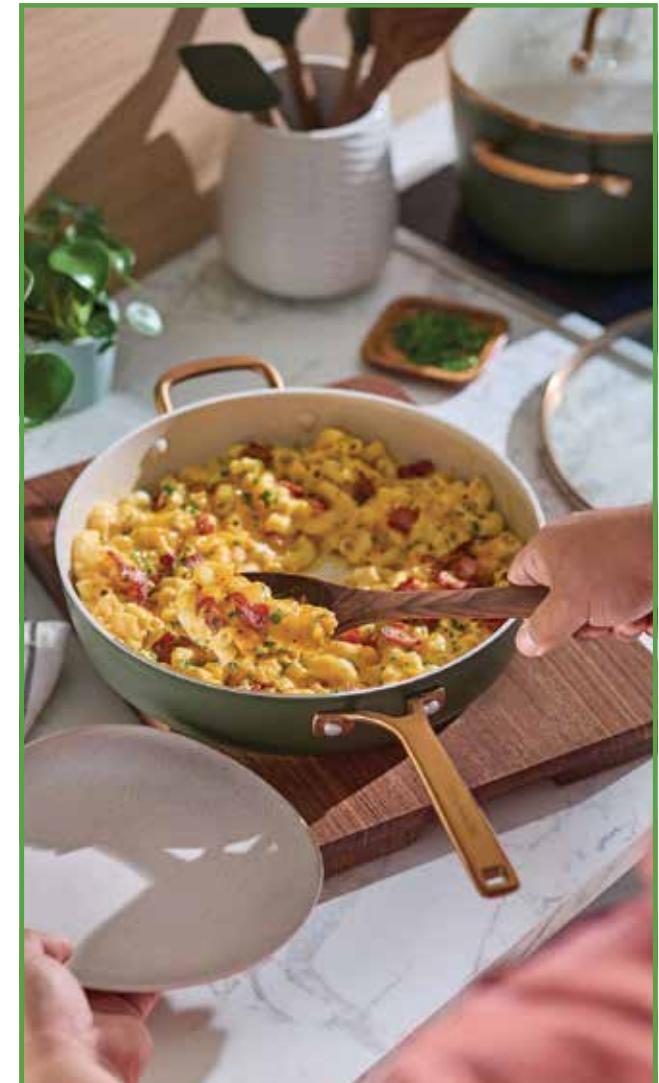
Transfer ravioli to baking sheet covered with parchment paper. Place sheet of plastic wrap over ravioli. Repeat with remaining wrappers and filling.

In KitchenAid Evergreen Design Series 6-Quart Ceramic Stockpot over medium heat, bring salted water to a gentle simmer

To make sauce: In KitchenAid Evergreen Design Series 3-Quart Ceramic Saucépan over medium-high heat, melt 1 tablespoon butter. Add shallots and cook, stirring occasionally, 1 minute. Add wine, bring to boil and cook until mixture resembles wet sand, 8-9 minutes.

Reduce heat to medium-low and whisk in remaining butter and heavy cream until melted. Stir in sage, chives and salt; keep warm, stirring occasionally.

To cook ravioli, add half to simmering water and cook, stirring gently once or twice, 3 minutes. Remove with slotted spoon and divide between two plates. Add remaining ravioli to pot and repeat dividing between remaining plates. Spoon sauce over ravioli and serve with additional grated cheese, if desired.



## Butternut Squash Mac and Cheese with Bacon

- 8 ounces elbow macaroni
- 6 slices center-cut bacon
- 1 onion, chopped
- 5 cups butternut squash, cubed
- 3 1/2 cups chicken broth, divided
- 3/4 cup low-fat milk
- 1 teaspoon dry mustard
- 1 pinch nutmeg
- 1 pinch salt, plus additional, to taste, divided
- 1 pinch pepper, plus additional, to taste, divided
- 1 cup Parmesan cheese, grated
- 1 cup sharp cheddar cheese, shredded, divided
- chopped parsley (optional)

In KitchenAid Evergreen Design Series 6-Quart Ceramic Stockpot, cook macaroni noodles according to package instructions. Set aside.

In KitchenAid Evergreen Design Series 5-Quart Ceramic Saute Pan, cook bacon until crisp. Chop and set aside.

In same pan, add chopped onion and cook over low heat, stirring occasionally, until pieces are soft and lightly caramelized.

Add butternut squash cubes to onions along with 2 cups chicken broth. Cover and bring to boil. Reduce heat and cook until squash is soft and most liquid is reduced.

Pour squash and onions into bowl and add milk, remaining chicken broth, dry mustard, nutmeg and pinch of salt and pepper. Using KitchenAid Evergreen Design Series Tilt-Head Stand Mixer, puree mixture until smooth and creamy.

Pour pureed sauce into saute pan. Over low heat, add Parmesan cheese and 3/4 cup sharp cheddar cheese a little at a time, stirring constantly. Add noodles and stir well.

Add salt and pepper, to taste. Top with chopped bacon, remaining cheese and chopped parsley, if desired.

## Comfort foods

Made fast and healthy

by Healthy Exchanges

## Buffalo Wing Pizza Bites

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

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

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

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

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

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

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

## 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

## 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.

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

## Good Housekeeping

## Lucky Asian Steak Noodle Bowl

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

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

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

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

3. In large bowl, whisk together rice vinegar, sesame oil, chili paste and 1/2 teaspoon salt. Add soba noodles and spiralized carrots (thawed if frozen) and toss to coat. Fold in edamame, mint and cilantro leaves. Top with sliced steak, toasted sesame seeds and sliced scallions.

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

## Good Housekeeping

## Chicken Parmigiano Mini Meatloaves

1 pound ground chicken  
 1 large egg  
 1/4 cup plain dried bread crumbs  
 1/4 cup freshly grated Parmesan cheese  
 1/4 teaspoon salt  
 1/2 cup marinara sauce  
 1/2 cup shredded mozzarella cheese

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

2. In bowl, mix chicken, egg, bread crumbs, Parmesan, salt and 1/4 cup marinara sauce just until blended. In foil-lined pan, shape meat mixture into four 4-by-2-inch oval loaves.

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

## Comfort foods

Made fast and healthy

by Healthy Exchanges

## Creamy Tuna Macaroni Salad

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

2 1/2 cups uncooked elbow macaroni  
 1 1/4 cups frozen cut green beans  
 1 1/2 cups frozen cut carrots  
 3 cups water  
 1 (10 1/4-ounce) can reduced-fat cream of celery soup  
 1/2 cup fat-free mayonnaise  
 1 teaspoon dried parsley flakes  
 1/4 teaspoon lemon pepper  
 2 (6-ounce) cans white tuna, packed in water, drained and flaked  
 1/4 cup finely chopped onion

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

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

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

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# Crime

<b>Robbery</b> on the 5000 block of North Damen Avenue.	<b>Theft</b> on the 2400 block of West Addison Street.	<b>Theft</b> on the 4600 block of North Clark Street.	<b>Assault</b> on the 1800 block of North Larabee Street.	<b>Robbery</b> on the 3700 block of North Broadway	<b>Vandalism</b> on the 3400 block of West Addison Street.
<b>Burglary</b> on the 1500 block of North Milwaukee Avenue.	<b>Theft</b> on the 1000 block of West Webster Avenue.	<b>Theft</b> on the 4700 block of North Broadway.	<b>Theft</b> on the 3200 block of North Clark Street.	<b>Vandalism</b> on the 2700 block of North California Avenue.	<b>Theft</b> on the 2400 block of West Addison Street.
<b>Burglary</b> on the 3000 block of North Lincoln Avenue.	<b>Burglary</b> on the 4000 block of North Rockwell Street.	<b>Vandalism</b> on the 1600 block of North Milwaukee Avenue.	<b>Theft</b> on the 900 block of West Belmont Avenue.	<b>Theft</b> on the 4700 block of North Marine Drive.	<b>Theft</b> on the 1000 block of West Webster Avenue.
<b>Robbery</b> on the 1900 block of North Western Avenue.	<b>Theft</b> on the 4900 block of North Sheridan Road.	<b>Theft</b> on the 4400 block of North Broadway.	<b>Theft</b> on the 3200 block of North Clark Street,	<b>Theft</b> on the 2400 block of North Orchard Street.	<b>Burglary</b> on the 4000 block of North Rockwell Street.
<b>Robbery</b> on the 1000 block of North Hermitage Avenue.	<b>Theft</b> on the 2700 block of North Seminary Avenue.	<b>Assault</b> on the 3200 block of North Broadway.	<b>Arrest</b> made on the 4500 block of Troy Street.	<b>Vandalism</b> on the 5600 block of North Campbell Avenue.	<b>Assault</b> on the 1000 block of North Western Avenue.
<b>Theft</b> on the 4700 block of North Marine Drive.	<b>Theft</b> on the 3600 block of North Southport Avenue.	<b>Theft</b> on the 400 block of West Surf Street.	<b>Burglary</b> on the 1500 block of North Milwaukee Avenue.	<b>Theft</b> on the 2100 block of West Peterson Avenue.	<b>Shooting</b> on the 1900 block of West Howard Street
<b>Theft</b> on the 2400 block of North Orchard Street.	<b>Theft</b> on the 2700 block of North Clark Street.	<b>Theft</b> on the 700 block of West Aldine Avenue.	<b>Burglary</b> on the 3000 block of North Lincoln Avenue.	<b>Theft</b> on the 2400 block of North Orchard Street.	<b>Shooting</b> on the 1900 block of West Howard Street.
<b>Theft</b> on the 2500 block of West Bradley Place.	<b>Theft</b> on the 1400 block of West Hutchinson Street.	<b>Theft</b> on the 4800 block of North Lincoln Avenue.	<b>Shooting</b> on the 5700 block of North Washtenaw Avenue.	<b>Theft</b> on the 2500 block of West Bradley Place.	<b>Assault</b> on the 00 block of North Wabash Avenue.
<b>Vandalism</b> on the 3700 block of West Fremont Street.	<b>Theft</b> on the 600 block of West Diversey Parkway.	<b>Theft</b> on the 900 block of North Ashland Avenue.	<b>Theft</b> on the 4000 block of North Troy Street.	<b>Theft</b> on the 2100 block of West Peterson Avenue.	<b>Burglary</b> on the 1500 block of North Milwaukee Avenue.
<b>Assault</b> on the 500 block of West Division Street.	<b>Theft</b> on the 600 block of West Wrightwood Avenue.	<b>Theft</b> on the 2500 West Logan Park Boulevard.	<b>Burglary</b> on the 1000 block of North Hermitage Avenue.	<b>Assault</b> on the 5100 block of North Seeley Avenue.	<b>Burglary</b> on the 3000 block of North Lincoln Avenue.
<b>Assault</b> on the 6000 block of North Kenmore Avenue.	<b>Theft</b> on the 0000 block of West Walton street.	<b>Vandalism</b> on the 4700 block of North Broadway.	<b>Vandalism</b> on the 1000 block of North Lawndale Avenue.	<b>Vandalism</b> on the 3700 block of North Fremont Street.	<b>Theft</b> on the 2600 block of North Lincoln Avenue.

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## SNELLING IS A MAN OF FACTS, NOT CONCLUSIONS

In 2021, there were 805 homicides. In 2023, there have been 623. Homicides have declined sharply. Through the end of November, 390 people have been killed in Chicago. Other measures of violent crime have fallen too since Snelling took over.

Through the first half of 2025, carjackings were down 58% from the same period in 2023; aggravated assaults down 13%; gun involved assaults, 24%.

Why is that? No one really knows. Maybe it's something Snelling is doing as superintendent. He is well liked in many circles.

He's a 31 year department veteran and a native Chicagoan, raised in Englewood, unlike his predecessors from New York City. People seem to trust him. Susana Mendoza said, "The one decision that Johnson got right, was hiring Snelling."

Chicago remains among the nation's most violent cities. As of mid-November, 2025, there had been 18 police involved shootings, where the target was killed or injured, more than in all of 2024.

He doesn't like the word "aggressive" rather being more efficient and more proficient.



# What's Hot In Hollywood & Gardening

HOLLYWOOD — Now that **Tom Cruise** has won an Oscar (even if it's an honorary one), where does he go from here? He received four previous nominations for "Born on the Fourth of July" (1989), "Jerry Maguire" (1996), "Magnolia" (1999), and "Top Gun: Maverick" (2022). Now, at 63, with 50 films behind him, can he still continue making action films, jumping from planes and off buildings (and occasionally injuring himself)?

Cruise's 51st film will be an untitled **Alejandro G. Inarritu** film (tentatively titled "Judy") that he's producing along with Inarritu, who wrote the screenplay. It also stars **Jesse Plemons** and **John Goodman**.

The Academy gave Cruise the Oscar for "his incredible commitment to our filmmaking community, to the theatrical experience, and to the stunts community." Cruise accepted the award, saying, "Making films is not what I do. It is who I am!"

\*\*\*

**Leonardo DiCaprio** wasn't even born when "The Wizard of Oz" was made, but his company Appian Way Productions has announced that they're doing a documentary about the making of "The Wizard of Oz." They promise that it'll be a behind-the-scenes look at the classic 1939 film, and it will contain never-before-seen footage.

When I went to the Chinese Theater that was showing "Oz" in IMAX and 3D to commemorate its 75th birthday, I was shocked by something that I'd never seen in the hundreds of times I viewed "Oz." In the the Enchanted Forest scene where they read a sign that says, "I'd turn back if I were you," the Lion runs away, but the Scare-crow and Tinman bring him back. The Scarecrow is holding, among other things, a gun. Was this a big bloop, or did they actually have guns in Oz? Hope they can explain this!

\*\*\*

It's the time of year when networks clean house, making room for new shows for January 2026. CBS has canceled "S.W.A.T.," "FBI: Most Wanted," and "FBI: International." NBC's dropped "Night Court" and "Lopez vs Lopez," while ABC is done with "The Conners."

Showtime has dropped "Original Sin," while Netflix has canceled **Arnold Schwarzenegger's "FUBAR"** and **"Cobra Kai."** Finally, Disney+ said goodbye to "Goose-bumps."

\*\*\*

**Tom Hanks** has taken time off from moviemaking to do a play in a small theater in NYC. In "This World of Tomorrow," he is a man from the future who time travels to the 1939 New York World's Fair. Broadway star **Kelli O'Hara** (of "The King and I" and "South Pacific") co-stars in the play. The show's adapted from Hanks' 2017 book of short stories "Uncommon Type." No doubt that a two-time Oscar-winning star adapting a play from his own book is a way of also taking it to the big screen. The show will run until Dec. 21 and could



**Tom Cruise**  
(Uncoming in "Judy")

possibly be extended. The critics liked it, and his fans say, "Hanks for the memories!"

HOLLYWOOD — **Jonathan Bailey** debuted his career at age 6 as Tiny Tim in 1995, in a Royal Shakespeare Theater production of "A Christmas Carol." He acted in "Les Misérables" on stage and in the film "Girl with a Pearl Earring" (2008). He starred in a few British films but was then cast as Fiyero in "Wicked" (which grossed \$760 million).

Bailey followed this up with a lead role in "Jurassic World Rebirth" (which grossed \$868 million) and received the title as People magazine's "Sexiest Man Alive." Now he currently has "Wicked: For Good" out, which is headed for at least \$500 million. But after three years of "Wicked" (including the shooting of the two films and the massive press tour), he's at a crossroads. The next role he chooses could make or break his career. You might say he has to make the most "Wicked" decision of his career!

\*\*\*

"Avatar: Fire and Ash" opens on Dec. 19 and has a lot to live up to. The first "Avatar" (2009) grossed almost \$3 billion (making it the top-grossing film of all time). "Avatar: The Way of Water" (2022) grossed \$2.4 billion (ranking third behind "Avengers: Endgame" at \$2.8 billion). The fourth top-grossing film of all time is "Titanic" (1997) at \$2.3 billion, and the fifth top-grossing film of all time is the Chinese animated fantasy "Ne Zha 2" (2019). What? (That's what I said.) It was released in IMAX and 3D in Beijing, then in America; it ended up grossing \$2.2 billion.

"Avatar: 4" is due in December 2029, and "Avatar: 5" will arrive in December 2031. All five "Avatar" films

were filmed simultaneously to allow time for post-production and to use the same cast.

\*\*\*

Another film getting a sequel is "Jumanji" (the fifth and final installment). Dwayne Johnson, Kevin Hart, Jack Black and Karen Gillan are returning, along with Brittany O'Grady (of the series "Star" and season one of "The White Lotus") and Burn Gorman ("Game of Thrones," "The Dark Knight Rises," and "Pacific Rim"). It opens in December 2026.

\*\*\*

**Jim Henson's** Muppet collection from "Fraggle Rock," "Labyrinth," and "The Dark Crystal" brought in a whopping \$2.6 million at an auction held this past Nov. 25.

\*\*\*

Oh, that **Glen Powell**! He has his hands in everything and isn't just relying on acting (although "The Running Man" was a disappointment in theaters). His Hulu series "Chad Powers" had good ratings, and Hulu just green-lit season two.

Also, his thriller "How to Make a Killing," with **Margaret Qualley**, **Topher Grace** and **Ed Harris**, wrapped and is due in theaters in February of next year. In addition, he'll star in the film "Ghostwriter" (from director **J.J. Abrams**), along with **Jenna Ortega** and **Samuel L. Jackson**.

Now Powell's getting bolder as a producer; his production company's next release is "The F\*\*k-boat" for Paramount. It's a high-concept film like "Risky Business," and choosing this title could be riskier than flying an F/A-18 Super Hornet as he did in "Top Gun: Maverick!"



**Jonathan Bailey**  
(Wicked: For Good")

## celebrity extra

by Dana Jackson



**Greg Vaughan**  
("Beyond the Gates")

**Q:** Is the actor who plays Kial the surgeon on "Beyond the Gates" the same actor who used to be on "The Young and the Restless" years ago? I forgot the character's name, but I think he was involved with Sharon. — G.S.

**A:** You have a great memory because it's been more than two decades since Greg Vaughan played a handsome drifter named Diego on the CBS daytime soap "The Young and the Restless." He's actually been on several other soaps for much longer stretches since then. From 2003-2009, he played Lucky Spencer on ABC's "General Hospital" before landing his longest-running daytime role as Eric Brady on NBC's "Days of Our Lives."

Vaughan's latest soap gig is on the genre's newest series "Beyond the Gates," which airs weekdays on CBS. Expect to see his character, Dr. Kial Roberts, romancing the ladies. He already appeared to have eyes for Daphne Duplaix's Dr. Nicole Dupree Richardson.

\*\*\*

**Q:** When is "The Boys" coming back to Amazon? Is it the final season, or will they surprise us with more? — J.W.

**A:** The satirical superhero series "The Boys" will return for its fifth and final season on April 8, 2026, on Amazon Prime Video. Showrunner Eric Kripke told TVLine that despite its continued popularity, the story was always meant to end after five seasons. Antony Starr's character, Homelander, will be back along with Karl Urban, Jack Quaid and Erin Moriarty. Fans of CW's "Supernatural" will be thrilled to learn that not only is Jensen Ackles returning in his recurring role of Ben/Soldier Boy, but that his former "Supernatural" co-stars Jared Padalecki and Misha Collins will be joining him. While many will be mourning the loss of "The Boys" when it concludes in late May 2026, they can rejoice in the fact that there will be a prequel series led by Ackles titled "Voight Rising."

\*\*\*

**Q:** I really miss the show "Good Girls." What is the actress who played Annie doing these days? — D.E.

**A:** Mae Whitman had a baby last year, but she's back at work on

a new series, this time on Hallmark. In "Twelve Dates 'Til Christmas," she plays Kate, a textile pattern designer whose friends sign her up for a matchmaking adventure for the holidays. Her co-stars include Jane Seymour ("Harry Wild") and Mary McDonnell ("Major Crimes"), as well as — I'm assuming — 12 actors to play her eligible bachelors. The six-episode series filmed on location in Ireland. Whitman has been acting since she was a young child. Most fans recognize her as Amber from the hit NBC family drama series "Parenthood," a role she played from 2010-2015. "Good Girls" really allowed her to stretch her comedic wings that she first started exercising as bland Ann on "Arrested Development." She became a first-time mother in August 2024 when her son, Miles, was born. "Twelve Dates 'Til Christmas" premiered on the Hallmark Channel on Dec. 5. New episodes air the next day on Hallmark+.

Send me your questions at  
NewCelebrityExtra@gmail.com.

**The Garden Bug**  
**Myrrh**

Myrrh trees grow in the very hot, very dry regions of the Arabian Peninsula, Somalia and Ethiopia. The resin of the myrrh tree has a long and ancient history as a valuable substance in many cultures. To harvest it, the tree itself is wounded repeatedly to cause its resin to "bleed" out, then harden. These secretions are then collected and used to make perfume, incense, flavoring for food and as medicine. Myrrh can be grown in warm, arid parts of the U.S. such as southern California, Arizona, Texas, and Florida.

- Brenda Weaver

Source: healthyplants.com/Myrrh

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**The Garden Bug**  
**Planting dill and parsley**

Dill plants do not transplant easily due to their long taproot; create a permanent bed by allowing dill to mature and self-seed over the long-term. To help establish, plant new seeds every few weeks to ensure an ample supply all summer and to prepare for pickling season. Parsley is rich in vitamins and minerals and adds beauty to both the vegetable and flower garden. There are several varieties, including Italian Flat Leaf and Curly. They can be grown in pots if you have limited space. Dill and parsley will attract and feed the beautiful Eastern Black Swallowtail, and can feed its caterpillars as well. - Brenda Weaver

Source: extension.psu.edu

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**The Garden Bug**  
**Solomon's Seal**

"Solomon's Seal" is the common name for a number of species in the genus Polygonatum. These plants display broad, alternating leaves and many clusters of bell-shaped flowers that dangle along each stalk. They prefer rich, moist, well-drained soil, partly or fully shaded. They are drought-tolerant once established, have few insect or disease problems, and are not favored by deer. Beside their use as garden plants, they are used medicinally, and also prepared as food. - Brenda Weaver

Source: hort.extension.wisc.edu

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# Comics

Out on a Limb



by Gary Kopervas

SUPPORT GROUP  
FOR BAD GIFT  
WRAPPERS

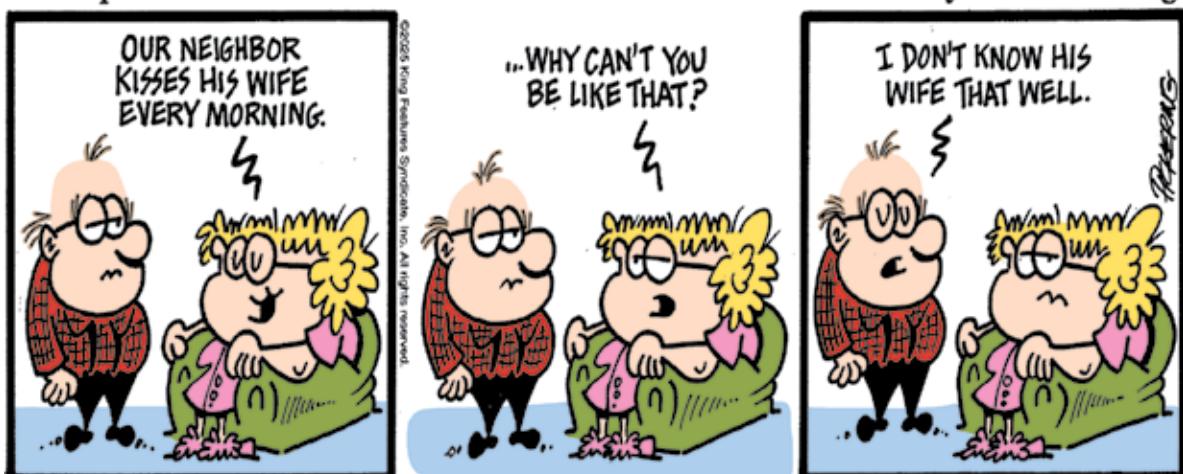
KOPERVAS

## Amber Waves



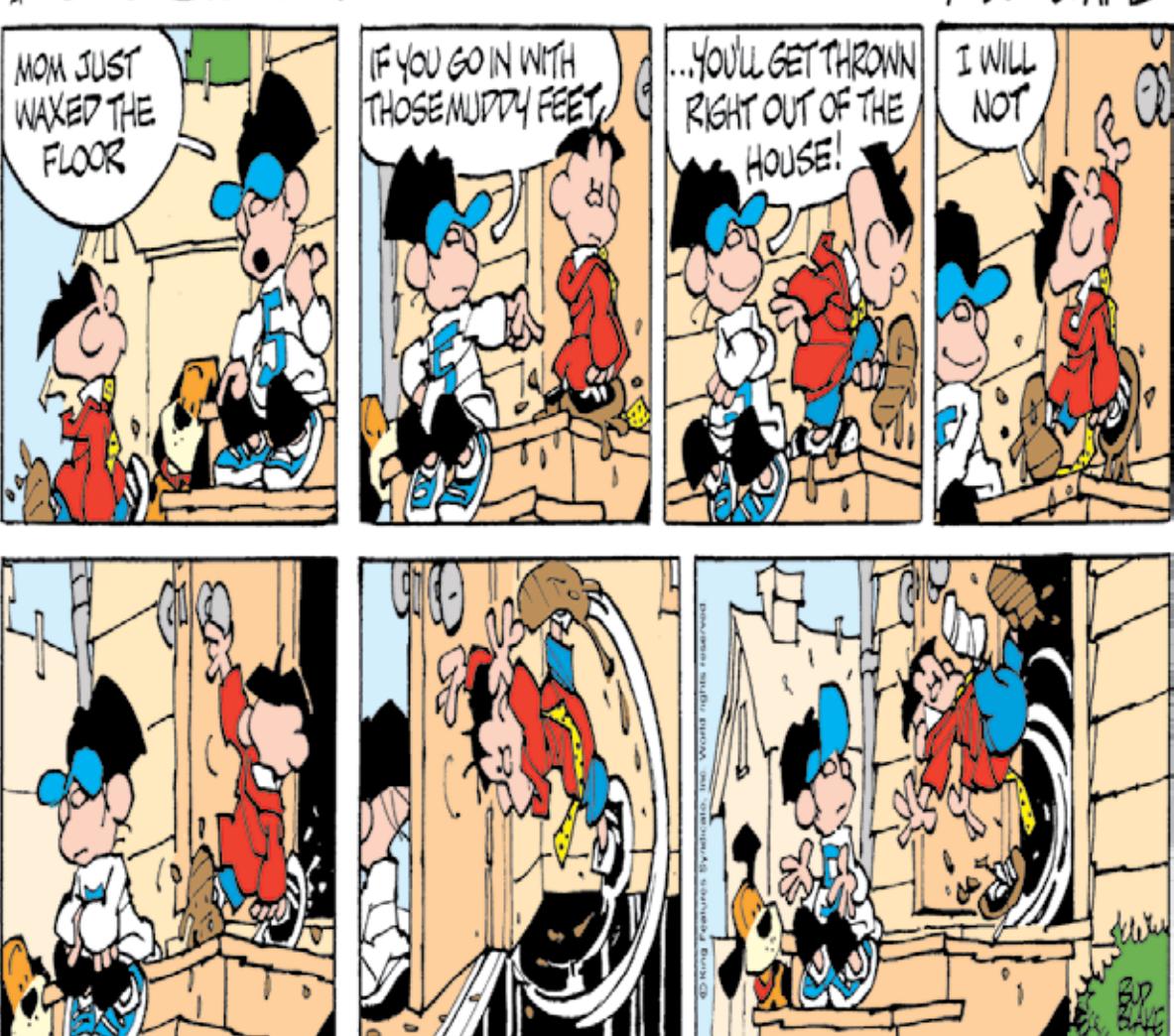
by Dave T. Phipps

## The Spats



by Jeff Pickering

## TIGER



by Bud Blake

## Puzzles4Kids

by Helene Hovanec

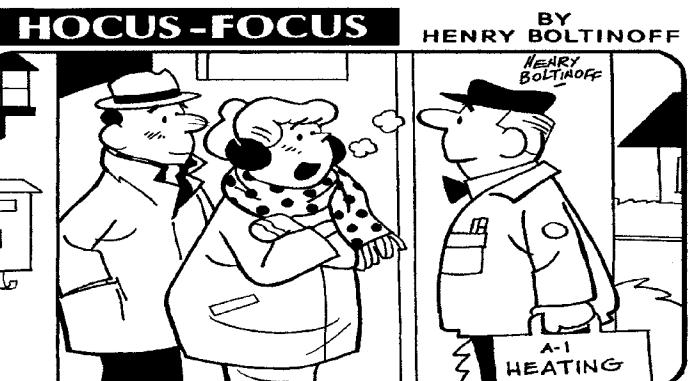
### RIDDLE SEARCH – PLACES TO SHOP

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: How do meowing animals do their Christmas shopping?

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Riddle answer: \_\_\_\_\_



Find at least six differences in details between panels.



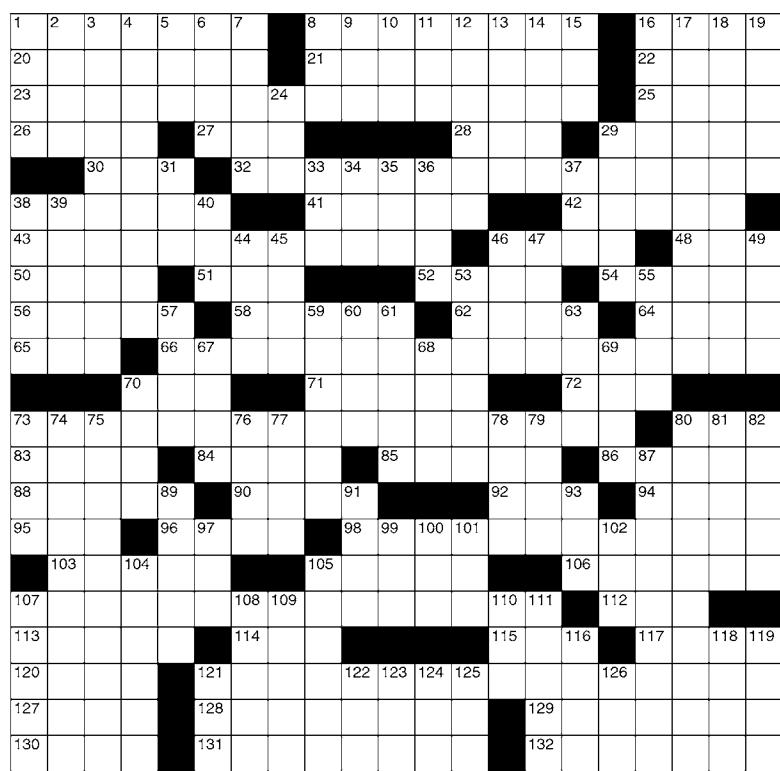
Just Like Cats &amp; Dogs

by Dave T. Phipps



# Crossword

## Super Crossword



**ACROSS**

- 1 Small, sticky sheets
- 8 Sentimental souvenir
- 16 Bit of aquatic flora
- 20 In hitting position, in baseball
- 21 Haphazardly
- 22 Ringing thing
- 23 Providence university founded to educate Dracula?
- 25 Not phony
- 26 Auld lang —
- 27 Wed.
- 28 Preceder
- 29 Passover bread
- 30 Pixelish type
- 32 Nicer than a Madison university?
- 33 Actress Anderson
- 41 Jeans, e.g.
- 42 Ridden horse
- 43 Located on a Somerville university's campus?
- 46 Pooh or Yogi
- 48 Encyclopedia unit: Abbr.
- 50 Clueless
- 51 Cruise of film
- 52 Mine metals
- 54 Baseball Hall of Farmer Tony
- 55 Some Siouxan people
- 58 Shakur of hip-hop
- 62 LAX stats
- 64 Little — ("Hairspray" girl)
- 65 Certain till bill
- 66 Title of a picture album featuring an Atlanta university?
- 67 Paella veggie
- 71 Singer Abdul
- 72 Org. offering tugs
- 73 Inadequate leader of a Durham university?
- 80 Easter meat
- 83 Santa — (desert winds)
- 84 Tart garnish
- 85 Italian actress Sophia
- 86 NFL coach Don or Mike
- 88 Fort Knox bar
- 90 — deck (cruise ship part)
- 92 Cup edge
- 94 Actress Lena
- 95 Loud noise
- 96 Mega meeee
- 98 Unable to escape from a New York university?
- 103 Routine
- 105 Animals of a region
- 106 Pretenses
- 108 Little —
- 109 Attended for four complete years?
- 110 Sooner than, in verse
- 112 Tattoo fluid
- 113 Make ecstatic
- 114 "Way cool!"
- 115 Tazo drink
- 117 "Intolerance" star Lillian
- 120 TV imp
- 121 Simpson
- 123 Leave a New Haven university with no exit fee?
- 125 Kin of -trix
- 128 Able to do no wrong
- 129 Swiveled
- 130 Big name in private jets
- 131 Used a sieve on Hutch
- 132 Partner of
- 134 Big name in private jets
- 135 The Yoko of "Dear Yoko"
- 136 "Beetle Bailey" dog
- 137 Troop gp.
- 138 Plane flier
- 139 "La, — to follow so"
- 140 Sternward
- 144 Dog in Oz
- 145 X-rated stuff
- 146 Actress Mary
- 147 Actor
- 149 Like loafers
- 150 Biblical verb ending
- 151 Sooner than, in verse
- 152 Tazo drink
- 153 The Yoko of "Dear Yoko"
- 154 Successor of Roosevelt
- 155 Peru's capital
- 156 Hair nets
- 157 Past puberty
- 158 Shakur of hip-hop
- 159 Animals of a region
- 160 Pretenses
- 161 — Man (arcade game)
- 162 Hair nets
- 163 Eye carefree
- 164 "Intolerance" star Lillian
- 165 Certain till bill
- 166 Little —
- 167 Attended for four complete years?
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