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DECEMBER 2026
FREE It's our 31st Anniversary
Serving the communities of
Lakeview, Roscoe Village, North Center and Lincoln Square

Lakeview

December, 2026 | "We don't make the news, we just report it." | Volume 31, Number 1

THE BEST CHRISTMAS LIGHTS IN CHICAGO



1. ZooLights
FREE on Mondays. Millions of lights (3 million LED bulbs} cross Lincoln Park Zoo. A Must See!

2. Winter Wonderland at Navy Pier
Ice-skating, holiday rides and more. See the decorated 42 foot tree.

3. Morton Arboretum
50 acres of trees to walk through with a spectacle of lights. Enjoy the IllumBrew for a drink of
beers and ciders.

4. Lightscape
The Chicago Botanic Garden is hosting its annual display. Be sure to walk along a 100 foot tunnel made
up of 100,000 llghts and a group of trees that "sing" holiday songs.

5. The Magnificent Mile
Walk along the street and do your shopping early.

6. Millennium Park
See Chicago's holiday tree at Washington & Michigan Avenues.

7.Macy's
State and Washington. See the decorated windows and the 45 foot tall Tree with 1,500 ornaments. Eat in their in-house restaurant, the Walnut Room. A Chicago tradition.

Happy Holidays!

CREDIT CARD INTEREST 10%



Donald Trump made a promise during the 2024 campaign to cap credit card interest rates.

Because of a lack of interest from fellow Republicans, he couldn't do it.

But, with a Democratic Congress, he might have a better shot at it.

The President advocates for the United States to have the lowest interest rates worldwide allowing the United States to influence global markets.

Both parties have backed capping credit card rates with the standard being at 10%. It would reduce what companies could charge customers.

Sen. Elizabeth Warren, D-Mass., is expected to be chairman of the Banking Committee and has said often she wants to cap rates. She said, "Let's save Americans money".

Americans would save about $100 billion in interest per year.

The credit card companies would take a hit but still be profitable, but perks might be scaled back.

Americans carry more credit card debt than ever before to the tune of about $1.23 trillion.

Some of these companies are charging over 30%. What a relief it would be to have the rates come down to 10%, don't you agree?

Editorial & Opinions

Moments in time
THE HISTORY CHANNEL

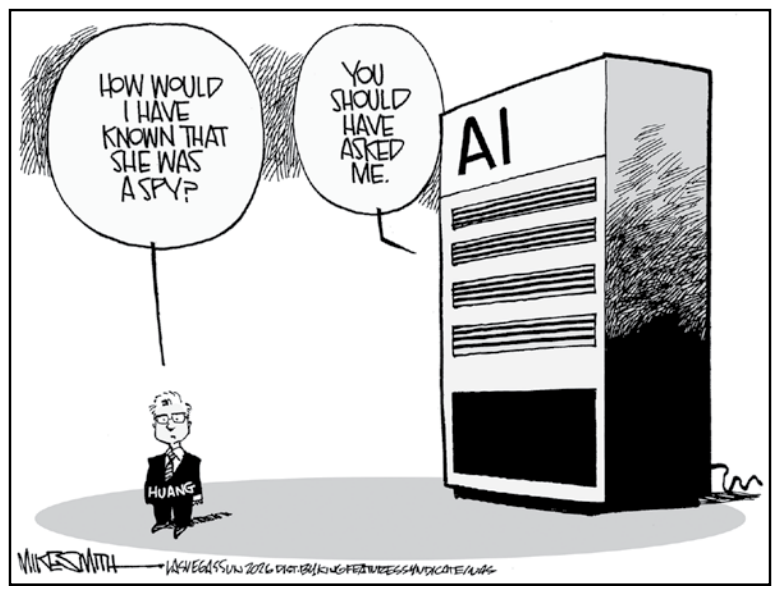
* On Dec. 7, 1909, Belgian-born chemist LEO Baekeland was granted a patent for "a method of making insoluble products of phenol and formaldehyde"--the first synthetic plastic, which was dubbed Bakelite in his honor. It went on to be advertised as "the material of 1,000 uses."

*** On Dec. 8, 1542**, the future Mary, Queen of Scots was born in Linlithgow Palace in Scotland to the country's dying king, James V. His only surviving child, she took the throne when he passed away only six days later.

*** On Dec. 9, 1869**, Uriah Smith Stephens founded a secret order of tailors in Philadelphia called the Noble and Holy Order of the Knights of Labor, which became America's first major national labor organization.

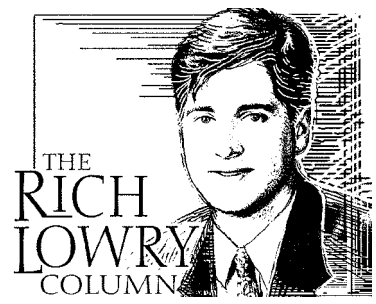
*** On Dec. 10, 1922**, the Canton Bulldogs beat the Toledo Maroons by 19-0 and were declared the first champion of the newly renamed National Football League. The league champion is determined by best regular-season record.

*** On Dec. 11, 1961**, the ferry carrier USNS Core arrived in Saigon with the first American helicopter unit, assigned to airlift South Vietnamese Army troops into combat and including 33 Vertol H-21C Shawnee helicopters and 400 air and ground crewmen to operate and maintain them.



*** On Dec. 12, 1997**, 14-year-old Michael Carneal was indicted as an adult on three counts of murder and five counts of attempted murder after shooting his classmates at Heath High School in West Paducah, Kentucky. On Dec. 1, the boy had taken out a pistol and fired 11 shots into a group of students in the school's lobby. He would later claim he'd been inspired by the movie "The Basketball Diaries," starring LEOnardo DiCaprio. Following a plea of guilty but mentally ill, Carneal was sentenced to life in prison with a possibility of parole in 25 years.

*** On Dec. 13, 1992**, Manon Rheaume became the first woman to play in a regular-season professional hockey game, entering at the start of the second period with the score tied at 1 in the International Hockey League contest. In almost six minutes, she stopped four shots and allowed one goal before being replaced by the Atlanta Knights' starter.



Thank you, Specialist Thomas Iglesias

The Secretary of Defense visited the Tomb of the Unknown Soldier on Veterans Day, and yet the true voice of military authority on this occasion was an Army specialist.

When the group with Pete Hegseth laughed and began to chatter after taking a photo, the voice of Specialist Thomas Iglesias rang out, "All visitors will maintain an atmosphere of silence and respect at all times!"

It was a stunning moment. We aren't used to high-level officials getting so publicly and starkly upbraided by their underlings, but Iglesias, as part of the Old Guard, or 3rd Infantry Regiment, is a different breed.

The Old Guard stands vigil over the Tomb of the Unknown, 24 hours a day, rain or shine, in heat and cold, and protects it from any indignities, whether from thoughtless tourists or the briefly voluble entourage of the secretary of defense.

There was much tsk-tsking about the episode in the media, which relishes any opportunity to make Hegseth look bad. The secretary, though, cleverly and appropriately embraced the moment. He invited Iglesias and his colleagues to the Pentagon the next day and pinned a Joint Service Commendation Medal on him.

It's been a rocky tenure for Hegseth at the department, but there's no doubting his bond with the troops and his positive influence on recruiting. His handling of this matter showed why. "We love soldiers. We love standards. Well done, Specialist," Hegseth wrote in a social-media post.

Beyond the media commentary and jostling over Hegseth — who narrowly escaped impeachment the day before — the episode tells us something about America's egalitarian spirit, and about the sacred status of the Tomb of the Unknown and the amazing fidelity of the Old Guard.

Despite all the talk of inequality in America, we are still a culture that appreciates challenges to status and hierarchy — think Hank Morgan in "A Connecticut Yankee in King Arthur's Court," disdaining all aristocratic trappings.

An analogue to the Hegseth episode is the famous story of Abraham Lincoln going to witness a battle outside of Washington, D.C., at Fort Stevens in 1864. He supposedly exposed himself to enemy fire and a soldier yelled, "Get down, you damn fool!" The president indeed took cover.

Of course, Specialist Thomas Iglesias wasn't seeking to defy authority, but rather to uphold his duty to see that the Tomb is afforded respect at all times. Established after World War I and containing the remains of war dead from World War I, World War II and the Korean War, the Tomb symbolizes the bond of the nation to its citizen-warriors who have made the ultimate sacrifice. "HERE RESTS IN HONORED GLORY AN AMERICAN SOLDIER KNOWN BUT TO GOD," reads the inscription.

The Tomb has been continuously guarded since 1937, and since 1948 by the Old Guard. Its standard for carrying out its mission is nothing less than perfection. Every movement is precise and fraught with meaning. For instance, the sentinel's 21 steps walking in front of the tomb and then the 21-second pause before turning and walking back again is a reference to the high honor of the 21-gun salute. The inspection of the rifle during the changing of the guard is a strange and wondrous thing to behold, as elaborate and punctilious as a well-choreographed ballet.

It all betokens the nation's profound gratitude to its fallen, known and unknown, of whatever rank and from whichever walk of life. In his book about the Old Guard, Arkansas Senator Tom Cotton, who served with the Guard, includes an anecdote about a foreign military dignitary visiting Arlington Cemetery and commenting, "Now I know why your soldiers fight so hard. You take better care of your dead than we do our living."

Specialist Thomas Iglesias had so imbibed this ethic that he didn't hesitate to shout his admonition to a group of highfalutin visitors, a sterling example of duty and honor worthy of the 3rd Infantry Regiment he serves.

Rich Lowry is editor of the National Review.

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MONDAY



WEDNESDAY



SATURDAY



THURSDAY



Americanisms



"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."
—*Oprah Winfrey*

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How to get in touch with us:
Lakeview Newspaper
J2 ASSOCIATES, INC.
C/O GEORGE RIMEL
4934 S. KNOX AVE
CHICAGO, IL 60632
Telephone: 312.493.0955
Web site: www.LakeviewNewspaper.com
Email: GRIMEL@AOL.COM
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VETERANS ★ POST ★

by Freddy Groves

Need a job?

The VA processed over 3 million disability claims in fiscal year 2026, which just ended. Now, in the beginning of fiscal year 2027, they're expecting even more claims and will hire over 2,000 additional staffers to process them.

Last year the VA cut the backlog of benefits claims by more than 70% and cut the processing time in half. Accuracy went up to 94%, and they were granting over 60% of the claims. Only 3% of claims went to appeal. During all this, over 300,000 new veterans were enrolled in healthcare and 41 new health facilities opened.

All of this is because the VA has made a massive effort to enroll veterans, hosting over 11,000 events.

But they can't keep this pace up forever without something changing. What they need are more employees in the right positions.

Want to help? Need a job? Apply for a position as a Veterans Service Representative (www.usajobs.gov/job/889245400). See that page for information on the position, including the salary range ($50,460 - $82,007 per year) for grade GS7 and the duties involved. Watch the video about a day in the life of a VSR. If interested in applying, don't delay. The announcement will close on Dec. 21.

For information about the federal hiring process, see www.usajobs.gov/HiringPath/Public

To hunt for federal jobs by keyword or location, see www.usajobs.gov. Scroll down to find links to jobs for the public, students, federal employees and veterans. Remember: If you want to claim the Veterans Preference points, you'll need a copy of your DD-214. Points can be 10 for disabled veterans or 5 for non-disabled veterans.

You'll be able to search by job type, whether there is relocation assistance, if travel is required, the pay, any security clearance required and more. At this writing, the variety of federal jobs across the country includes medical doctor, mechanical engineer, criminal investigators, aircraft mechanic, Marshals for the DOJ, agents for Border Patrol, mathematician, chaplain, deportation officer and many, many more.

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Strange BUT TRUE

By Lucie Winborne

• Gaetano Donizetti composed one of opera's most famous insanity scenes, in "Lucia di Lammermoor," then later went mad himself due to syphilis and spent the last years of his life in an asylum.

• Young crows learn from their elders which humans should be avoided.

• After Isaac Newton died in 1727, he left behind notes, manuscripts and correspondence totaling more than 50 million words — enough to create about 150 novel-length books.

• "Game of Thrones" holds the questionable honor of being the most pirated television show ever made.

• Kansas has the fourth highest number of tornadoes out of the 50 states.

• At age 15, Oscar-winning actress Gillian Anderson was nearly fired from the nursing home where she worked ... for shaving her head.

• One acre of growing Christmas trees provides the daily oxygen requirement for 18 people.

• A 15-year-old girl who'd been born without a vagina still managed to became pregnant after her former lover caught her with another man and stabbed her in the stomach. Sperm from the second man then traveled from her abdomen to her reproductive organs.

• Loud music in bars motivates patrons to drink more alcohol in less time.

• Most of the Indian Ocean tsunami victims in 2004 were identified through DNA extracted from their molars. Since teeth are one of the hardest and most indestructible substances in the human body, they're likely to survive trauma.

• Most human trafficking in the United States occurs in New York, California and Florida.

• Several state prison systems impose financial sanctions on people who attempt suicide or harm themselves.

• Incan people in the Andes Mountains believed that cocaine was a gift from the gods.

***

Thought for the Day: "If a strategy meets a goal, it's working. If a strategy meets a target, it's a success." — *Michael Porter*

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top 10 movies

1. **Ebenezer**
(PG-13) Johnny Depp, Rupert Grint
2. **The Cat in the Hat**
(PG) Bill Hader, Mayabella Sage Mccrillis
3. **Godzilla Minus Zero**
(R) Minami Hamabe, Ryunosuke Kamiki
4. **Ramayana**
(PG-13) Ranbir Kapoor, Yash
5. **You Can See Everything**
(R) Amanda Seyfried, Christopher Abbott
6. **How to Rob a Bank**
(R) Nicholas Hoult, Zoë Kravitz
7. **Ghost Soldier**
(PG-13) Jim Caviezel, Cameron Gayden
8. **Wild Horse Nine**
(R) John Malkovich, Sam Rockwell
9. **Wildwood**
(PG-13) Peyton Elizabeth Lee, Jacob Tremblay
10. **Clayface**
(R) Tom Rhys Harries, Tim Faraday

Fun Fact

The word "yoga" was first seen in the writings of the Rig Veda, regarded as one of the world's oldest religious works. The Rig Veda consists of 1,028 hymns organized into "mandalas," or books. Before they were written down (around 300 BCE), these verses were preserved only by oral tradition, being memorized by practitioners called rishis and their disciples.

Source: asivanayoga.com





"The Social Reckoning" (R) — The sequel to "The Social Network" (2010), which put Oscar nominee Jesse Eisenberg ("A Real Pain") on the map, is officially available to rent starting Nov. 24! This sequel jumps from the original events of the first film that took place in 2003-2004 to 2019, with Jeremy Strong ("Succession") replacing Eisenberg as Meta Platforms CEO Mark Zuckerberg. "The Social Reckoning" touches on the 2021 Facebook leak and the overall threat against user safety that the social media platform presented at the time. Oscar winner Mikey Madison ("Anora") portrays Frances Haugen, the whistleblower who leaked the company's internal documents, while "The Bear's" Jeremy Allen White takes on the role of Wall Street Journal reporter Jeff Horwitz, who was heavily involved in breaking the news to the public. With mixed reviews from critics, the film unfortunately bombed at the box office, only earning $18.1 million against a budget of $42 million. (Amazon Prime Video)

"The Altruists" (TV-MA) — This series out now to binge is led by Julia Garner ("Weapons"), who looks almost unrecognizable without her signature blonde hair, and Anthony Boyle ("House of Guiness"). In just eight episodes, the series delves into the cryptocurrency exchange FTX, as well as its founders Sam Bankman-Fried (Boyle) and Caroline Ellison (Garner), emphasizing the fact that Bankman-Fried and Ellison were incredibly intelligent and hopeful with their company. But going "all in" on their dream results in a $36 billion fraudulent scheme that quickly turns their lives into a nightmare. Look out for comedian Matt Rife, who seems to be doing well after his recent controversies, Hudson Williams from "Heated Rivalry," and Jennifer Grey from "Dirty Dancing." (Netflix)

SENIOR NEWS LINE

by Matilda Charles

Don't be alone over the holidays!

Here come the holidays, and many of us will be alone. Maybe we no longer have a spouse, or never did. Maybe family is scattered across the country and can't get together. Or perhaps too many of our friends are no longer here.

But we don't have to be alone.

There are several ways to be among others over the holidays, to keep from feeling blue, to stay positive, upbeat and relaxed.

*Check the coming events at the senior center, your church, the local shelter or even the hospital or rehab center. Maybe the senior center is hosting a holiday meal or a party, or your church will have a series of holiday-themed talks or get-togethers. Ask about any events at the rehab center that could use an extra pair of hands: pushing wheelchairs to a musical event at the facility, helping a patient wrap presents bought for family members, playing piano for a carol singalong or helping to decorate the activity room.

*Volunteer to help cook the holiday meal at the shelter for the homeless that will attend. Whether you're cooking, serving or pouring coffee, your help will be appreciated. A hint: Sign up early, as those slots fill quickly with those who want to volunteer.

*Host a potluck dinner. Plan in advance and invite others to create a dish to bring. Hold a games night, with others bringing their favorite games and a snack. If your place is too small, ask about using a room at the senior center or church.

*Deliver meals to shut-ins from locations that provide free meals, such as the senior center, Meals on Wheels or restaurants. Deliver the Secret Santa toys and gifts if there is a toy fund in your town.

*Accept invitations! If you're invited somewhere, go!

A bonus to getting out and about: You might meet people you'll stay in contact with after the holidays.

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What's Hot In Hollywood

HOLLYWOOD -- **Haley Joel Osment** starred in "The Sixth Sense" (1999) at 10. (He's now 38.) He has an upcoming role in a new film with **Simon Pegg** and **Mark Duplass** called "My Phone Died," which is set during an apocalypse where phones start exploding worldwide. Osment's character is a recovering alcoholic/social media influencer, while Pegg plays a Hollywood agent and Duplass plays one of Pegg's clients.

***

No one fussed when the very-British "Spider-Man" franchise star **Tom Holland** was cast as the very-American Fred Astaire (who was born in Omaha, Nebraska) in an upcoming biopic. But they fussed over **Lupita Nyong'o** playing Helen of Troy in the $1.8-billion-grossing blockbuster "The Odyssey." People online said that it violated the classic description of Helen, for which Nyong'o fired back: "This is a mythological story."

***

In 1983, I shot James **"Jimmy" Stewart** for his 75th birthday for Life magazine. I shot him for two days in his home in Beverly Hills, California, and sat in on his interview.

Jimmy related to the interviewer, "When **President Warren G. Harding** died in 1923, I was 15, and my dad took and I walked to the train station where Harding's funeral cortege was stopping at 2 a.m. Outside the station, my dad handed me two pennies to put on the track, which the train would then run over. When we left for home, I collected the coins, which were now much bigger, and we each kept one for luck."

He continued, "Later, during World War II, I was in a trench under fire and was hit by shrapnel. That oversized penny I always kept in my shirt pocket for luck deflected the shrapnel and saved my life!" I recount more about this shoot in my forthcoming book "The Last Movie Stars."

***

Michael Douglas, 82, shared an update about **Jack Nicholson**, 89, who retired a few years ago -- allegedly because he couldn't remember his lines anymore. (The same thing happened to **Marlon Brando** on "The Godfather.") "[Jack's] well," Douglas stated, "He has disappeared. ... I still see him, but he is fine. He is up there by his house and walking around in his slippers."

Douglas and Nicholson collaborated on "One Flew Over the Cuckoo's Nest" (1975), for which Douglas won an Oscar for producing and Nicholson won an Oscar for Best Actor.

***

Surely, you knew there'd be a "Scream 8" after "Scream 7" grossed $208 million, having only costed $45 million. **Neve Campbell**, star of six of the seven "Scream" films, is the first who's been signed on to return. Campbell's been married twice but didn't have children until she hooked up with her current boyfriend, actor **JJ Feild**. They had a son in 2012 and adopted a second son in 2018. Raising two energetic sons, she must deal with a different kind of screaming in between sequels!



Depositphotos

Haley Joel Osment (Upcoming in "My Phone Died")

HOLLYWOOD -- On Feb. 28, "Saturday Night Live's" host was **Connor Storrie** ... someone I'd never heard of before! I Googled him and learned that he is 26 years old and played a young inmate in "Joker: Folie a Deux" (2024), which starred **Joaquin Phoenix** and **Lady Gaga** ($208 million grosses against a $200 million cost).

In November 2025, Storrie starred in six episodes of the queer Crave network series "Heated Rivalry" (which has been renewed for a second season for 2027). This limited series was so impressive that it prompted "SNL" to ask him to host.

Storrie recently wrote, produced and directed the microbudget sci-fi film "Transaction Planet," which was shot entirely on an iPhone camera. He has also upcoming roles in the comedy film "Peaked" with **Dua Lipa**, **Laura Dern** and **Amy Sedaris**, as well as the crime thriller "Turpentine" with **Melissa McCarthy**.

Additionally, he wrapped "The Bell Jar" with **Carey Mulligan** and Ike Barinholtz in September. He's also in talks to be the villain in "Deadpool & Wolverine" director Shawn Levy's reboot of Marvel's "Ghost Rider," which is led by **Ryan Gosling**. "Ghost Rider" (2007) cost $120 million and grossed $229 million, while "Ghost Rider: Spirit of Vengeance" (2011) cost $57 million and grossed $149.3 million.

***

The ever-active **Nicolas Cage** has completed five films and has one in production. He plays famed football coach **John Madden** for director **David O. Russell** in "Madden," which also stars **Christian Bale, Kathryn Hahn, John Mulaney** and **Sienna Miller**. It opened in select theaters on Nov. 11. Cage is following this up with "Best Pancakes in the County," co-starring **Justin Long** and **Ravi Patel**. It's set to open in theaters and digitally on Nov. 20.

Next up is the spy-adventure film "Fortitude" with **Matthew Goode** and **Ben Kingsley**, which is supposed to be released this year but doesn't have an official date as yet. Then Cage has "Lords of War" with **Bill Skarsgard**, which opens in January 2027, as well as "The Prince" with **J.K. Simmons, Giancarlo Esposito, Andy Garcia, Simon Rex, Beverly D'Angelo** and **Wayne Brady** (no release date yet).

As if these weren't enough, he's currently shooting the action-thriller "Parrish," which is set 30 years after a nuclear apocalypse. Cage won an Oscar for "Leaving Las Vegas" (1995) and has starred in over 120 films.



Courtesy of Crave

Connor Storrie as Ilya Rozanov in "Heated Rivalry"

celebrity extra

by Dana Jackson

Q: When is "The Pitt" coming back for its next season? I can't wait! -- T.S.

A: The Emmy-Award-winning (11 trophies so far) HBO medical drama returns for its third season in January 2027. While a specific date hasn't been announced, TVLine strongly believes that it'll be Thursday, Jan. 7.

The season takes place during one shift, with each episode representing one grueling hour of the shift. Last season took place over the 4th of July holiday in a hot and humid Pittsburgh. This year, the forecast strongly points to snow or, at the very least, parkas worn over scrubs with the shift starting on Nov. 12, 2026.

This is four months after Dr. Michael "Robby" Robinavitch's (Noah Wyle) much-needed sabbatical. Dr. Robby has been ready to snap for two seasons now. Will we see a post-ayahuasca, relaxed and chill chief of emergency medicine upon his return?

Almost all of this past season's cast will be returning, except for Supriyah Ganesh as Dr. Mohan and possibly Irene Choi and Lucas Iverson as medical students Joy and Ogilvie, respectively. TVLine pointed out that Dr. Gloria Underwood, played by Michael Hyatt, hasn't been seen as chief medical officer since season one -- and that actor Chris Diamantopoulos ("Dark Matter") has been cast as the new CMO.

***

Q: Is "Doctor Who" going to have another season? I know it's always several years between seasons with a new actor in the role, but is anything in the works? -- M.D.

A: According to Deadline, the long-running BBC series "Doctor Who" is "going through a complete revamp, with the BBC evaluating bids" and new takes that would keep the series "relevant, surprising, brave and inspiring for both long-standing fans and new audiences."

Russell T. Davies, who stepped down as the most recent showrunner of "Doctor Who," could prove to be difficult to replace. The BBC is conducting a "competitive tender," and Deadline states that "Line of Duty" showrunner Jed Mercurio is a contender. Some speculate that we won't see a new season until at least 2028, while others believe that the next installment could coincide with the show's 70th anniversary in 2033!

***



Depositphotos

Chris Diamantopoulos (Upcoming in "The Pitt")

Q: What is actress Kelly Monaco doing? Is there a chance that she'll ever return to "General Hospital"? -- N.O.

A: After memorizing dialogue for more than 2,300 episodes as Sam on the daytime soap "General Hospital," actress Kelly Monaco has earned a break. She departed the show in 2024 and hasn't added any other projects to her IMDb page. Like popular former "GH" star Vanessa Marcil (Brenda) before her, it's probably just wishful thinking that these actresses will ever return to Port Charles.

Monaco still loves her fans, though. She'll be appearing alongside Greg Vaughan, who played Lucky on the soap from 2003-2009, at Uncle Vinnie's Comedy Club in Point Pleasant, New Jersey, on Dec. 13. Back in September, she posted on her Instagram page (@kelly_m23) a letter from a former friend and co-star -- the late Billy Miller -- and wished him a happy heavenly birthday.

Send me your questions at NewCelebrityExtra@gmail.com.

Health



Explaining an Adverse Drug Reaction Called DRESS Syndrome

DEAR DR. ROACH: Could you explain what happened to me with a condition called DRESS syndrome? I had back-to-back urinary tract infections (UTIs) that were about six weeks apart. For the first one, I was treated with three days of an antibiotic, and it went away. For the second, I was given another week of the same antibiotic.

My UTI symptoms improved quickly, but after three days on the antibiotic, I developed a rash. I first noticed spots on my legs, but by the next morning, they were on both of my legs and arms with some on my belly and upper back. The following day, I had fever, chills, profound weakness and dizziness.

I went to the emergency room, and my blood pressure dropped to 80/42 mm Hg. I had elevated liver enzymes and an elevated kidney function. Although my total white blood cell count was OK, one type of blood cell count — eosinophil — was high. I was treated with fluids and IV antibiotics for sepsis.

All my cultures, including the urine and blood cultures, were subsequently normal. The infectious disease doctor ultimately diagnosed me with DRESS syndrome — a type of adverse drug reaction to the antibiotic. She stopped all antibiotics. She said that the second infection was likely a holdover from the first one, and my body just reacted badly to the antibiotic.

So, what happened? I was shocked that it affected so many things — my blood pressure, kidneys, liver, etc. I felt so dreadful. — D.L.B.

ANSWER: If a person comes in with an infection, low blood pressure, and dizziness, it'd be assumed that they have sepsis, and I can't fault the ER for treating you aggressively with IV antibiotics and fluids. Septic shock is a life-threatening emergency, and it can take only minutes before the process becomes irreversible once a person shows up in the ER.

However, one clue was there from the beginning. The rash started when you got a second dose of the antibiotic and had been there for over a day before the severe symptoms and low blood pressure became present. Your eosinophil count was another clue as to the diagnosis.

A drug reaction with eosinophilia and systemic symptoms (DRESS) is a severe, allergic-type reaction. The exact mechanism isn't known, but up to 75% of people with DRESS develop a reactivation of one of the common herpes viruses, including Epstein-Barr virus, cytomegalovirus, HHV-6, and HHV-7 — all of which can cause a mononucleosis-type syndrome. This may be due to a temporary decrease in the immune system, which is associated with the severe illness.

Several antibiotics are associated with DRESS, including sulfa drugs, vancomycin, minocycline, and drugs for tuberculosis. In addition, antiseizure drugs and allopurinol for gout are considered high-risk for DRESS.

Your infectious disease doctor was very sharp to recognize this uncommon condition (1 per 100,000 people per year) and stop the offending antibiotic. The fact that your cultures all came back negative (making an infection unlikely), and you got better after stopping the antibiotic, confirms that she was almost certainly right.

Woman With Bladder Stones Should Minimize Supplement Use

DEAR DR. ROACH: I have uncomfortable bladder stones, and I'm on a low-oxalate diet to help prevent more stones. I also have osteoporosis, and my blood work shows high calcium. My doctor suggests Prolia, which I question since I am a 95-year-old female and exercise daily. I've switched my calcium citrate to calcium with magnesium and stopped taking Tums for heart-burn. I'm asking for any additional suggestions about my calcium intake and Prolia. — T.G.

ANSWER: You have a dilemma. Calcium supplements are often used in people with osteoporosis because the medicines that treat osteoporosis need calcium to work. The studies that have shown them to be effective all used supplemental calcium.

On the other hand, calcium supple-ments — whether they're Tums (calcium carbonate) or calcium citrate, or they include magnesium — all clearly increase the risk of kidney and bladder stones in people who make calcium oxalate stones. In my opinion, the best way out of this dilemma is to increase your dietary calcium, while avoiding or minimizing calcium supplements. Getting calcium through the diet reduces the risk of stone formation, so it'll be your best way to help with stones.

It's possible to get the recommended amount of calcium for osteoporosis through diet alone, but it does require planning. Working with a registered nutritionist can help you plan a meal program that can get you the calcium you require. By getting most of your calcium through food, this will help prevent stones.

Finally, women with osteoporosis in their 90s are at a very high risk for fractures, and denosumab (Prolia) is one of several reasonable treatments to reduce fracture risk.

***

DEAR DR. ROACH: I'm 75 years old and currently taking tamsulosin to manage benign prostatic hyperplasia (BPH). I'm looking into surgical solutions for an enlarged prostate, preferably noninvasive, and I saw an article on prostate artery embolization (PAE). Could you enlighten me on the benefits and potential medical problems/side effects of this procedure? — S.L.N.

ANSWER: Before considering surgical solutions like PAE, you should consider a second medication along with tamsulosin, such as dutasteride or finasteride. These medicines shrink the prostate slowly over time and work well with tamsulosin and similar medicines.

They also reduce the risk of prostate cancer; however, they can cause sexual difficulties in men at a rate of about 5%, although they usually (but not always) diminish over time. Rarely, the reactions persist even after the medicine is stopped.

PAE involves identifying the artery to the prostate radiographically and injecting materials that block part of the blood flow, which causes the prostate to shrink. A recent review evaluated 11 different surgical therapies, including lessinvasive procedures like PAE. PAE has less effectiveness than standard surgery, and retreatment rates are higher than with other treatments. However, sexual side effects are very low with this treatment. Side effects immediately after the procedure include difficulty urinating, nausea and vomiting.

I recommend finding an experienced urologist and discussing other options like standard surgery, laser surgery, a prostate lift, transurethral microwave thermotherapy, water vapor therapy, and more. A surgeon who knows your particular anatomy and your concerns for side effects can help you decide the best option.

Woman Succumbs to a Prion Disease, AKA 'Mad Cow Disease'

DEAR DR. ROACH: Have you ever discussed prion disease in your column? It afflicts one in 1 million people, swiftly kills its victims in a matter of days, and is incurable. People commonly know it as "mad cow disease." I recently lost a great friend to prion disease, and she truly was one in a million. It's a night-mare to endure. — R.

ANSWER: There are three different prions that affect humans with various ways in which a person can acquire the disease. Of these, the most common is CreutzfeldtJakob disease (CJD), which I assume is what you're talking about.

The most common form is called spo-radic CJD (sCJD), which is thought to be caused by a person with a mutation in the PRNP gene. This causes a protein (a prion protein) to be misfolded, which, in turn, causes normal prion proteins to be misfolded. These abnormal proteins are deposited in the brain and interfere with normal brain activity, causing many dif-ferent symptoms (especially dementia but movement disorders as well).

sCJD affects approximately one per 1 million people. Rather than days, death occurs in a span of about six months, but usually not longer than a year. You're correct that there isn't a cure.

"Mad cow disease" is called variant CJD (vCJD). There have been just over 200 cases that were ever reported in the world's literature, mostly from the United Kingdom. It's caused by eating meat from a cow with a very similar disease — bovine spongiform encephalopathy.

vCJD is similar to sCJD clinically. The most recent reported case was from a lab worker in 2021, and there haven't been any cases that were reported from animal exposure since 2014. There's also a rare familial form of CJD, called fCJD.

CJD can also be spread through medi-cal procedures. Decades ago, hormones were acquired from the pituitary glands of cadavers, and the lining of the brain from the cadavers was used in surgery to repair damage to a person's meninges (called a dural graft). It doesn't appear that any cases have been transmitted this way since 1985.

I'm very sorry about your friend. Degenerative neurological diseases, of which there are many (but most are for-tunately rare), are horrible for patients and their loved ones to endure.

***

DEAR DR. ROACH: I am 71 years old and have osteoarthritis in my wrist and knee. My creatinine level is 1.09 mg/dL. (My urine-specific gravity test came out to 1.028 at the time.) A single 400-mg tablet of ibu-profen controls my discomfort. Are my kidneys at risk if I take 400 mg of ibuprofen about three to four times per week? — S.T.

ANSWER: Ibuprofen, like all anti-in-flammatory drugs whether they're over-the-counter or prescription, can cause damage to the kidneys. But the damage is dose-dependent for any given drug, and some are more dangerous to the kid-neys than others.

Ibuprofen is in the lowest-risk category when it comes to the kidneys, and a dose of 400 mg three or four times a week is definitely on the lower side. So, I'd say you're taking a dose that's unlikely to cause much harm to your kidneys.

A creatinine of 1.09 mg/dL is on the higher end of the normal range, and in a person who's 71, it suggests a minimal (if any) decrease in kidney function.

A urine-specific gravity test is a measure-ment of how concentrated the urine is.

A specific gravity test result of 1.028 is quite high and suggests that you aren't getting a lot of fluid. This makes your kidneys have to work harder, which, in turn, increases the likelihood of kidney damage from ibuprofen. So, you should be taking in more water for optimal kidney health.

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

WAYS TO SAVE ON BLACK FRIDAY SALES

There is no shortage of sales the day after Thanksgiving, but it's easy to overspend. Here are a few tips to stretch your shopping dollar:

Make a list

Write down what you need and set a spending limit before looking at ads. That will keep you from making impulse purchases and keep you from buying unneeded items.

Focus on price adjustments

Worried a gift might get further discounted later in the season? Many retailers offer post-purchase price adjustments, meaning if an item goes on sale later at a lower price you can bring them your receipt and they'll refund the difference.

Be cautious when opening in-store credit cards

Merchants may offer you an extra discount for opening a retail credit card when making a purchase on Black Friday. Before signing up, keep in mind that such cards can carry high interest rates and may have tricky deferred interest rules, and opening one can affect your credit rating. If you decide to open a card, make sure you have a plan to pay off the balance in full at the end of the month. Otherwise, you could end up paying more in interest and fees that you saved by opening the card.

Know what to skip

Hold off on buying cold weather apparel or gear, if you can. Those typically see lower rices closer to Christmas or in January, since peak cold season has just begun. Wait to purchase Toys, since they generally get marked in late December, and linens and towels, which are priced better during January's white sales. While Black Friday offers great savings on many electronic products, it may make sense to wait for big-screen TV purchases until just before the Super Bowl in February.



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.

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EQUAL HOUSING LENDER

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 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*
- *1½ 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 (13¾ to 14½ ounces) chicken broth*
- *1 package (10 ounces) frozen peas*
- *1 head Boston lettuce (about 10 ounces), coarsely chopped*
- *3/4 teaspoon salt*
- *1/8 teaspoon ground black pepper*
- *1/8 teaspoon dried thyme leaves*
- *1/2 cup fat-free (skim) milk*
- *1 tablespoon fresh lemon juice*
- *Chives for garnish*

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

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

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

Good Housekeeping

Glazed Ham

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

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

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

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

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

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

Comfort foods
Made fast and healthy
by Healthy Exchanges

Cheesy Garlic Potatoes

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

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

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

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

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

Good Housekeeping

Greek Christmas Cookies

- *1 cup butter or margarine (2 sticks)*
- *2 cups confectioners' sugar*
- *2 cups all-purpose flour*
- *1 teaspoon ground cinnamon*
- *1/2 teaspoon ground nutmeg*
- *1/2 teaspoon ground cloves*
- *1/8 teaspoon salt*
- *1 large egg yolk*
- *2 cups blanched almonds, ground*
- *About 1 cup red candied cherries, each cut in half*

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

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.

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

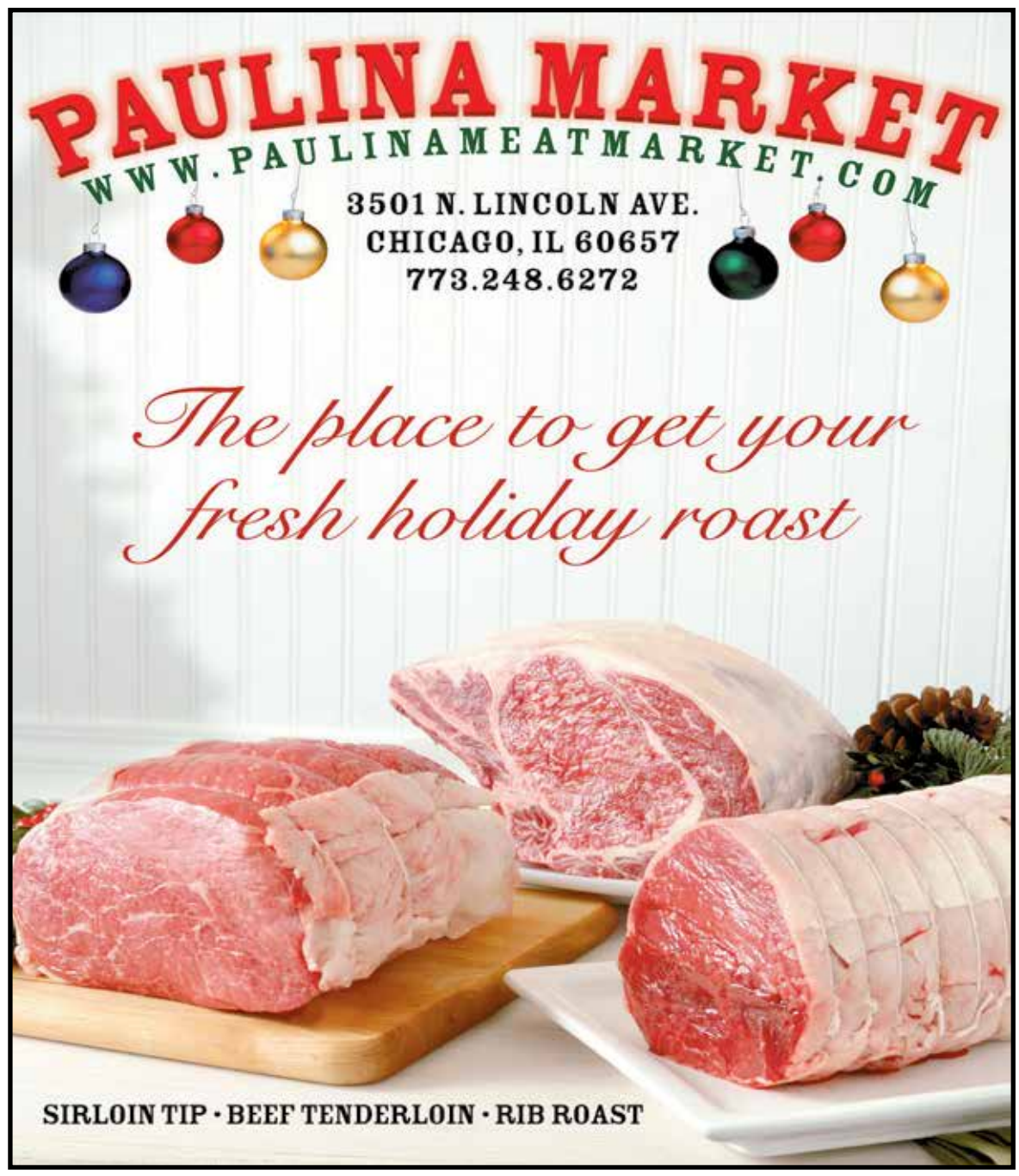
1. Heat oven to 350 F. Spray a 9-by-13-inch cake pan with butter-flavored cooking spray.

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

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

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

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



Crime

Robbery on the block of Lake and State Street.

Robbery at Southport Avenue and Roscoe Street.

Burglary on the 1000 block of Leland Avenue.

Robbery on the 800 block of West Sunnyside Avenue.

Theft on the 1800 block of West Wolcott Avenue.

Theft on the 1200 block of West Clybourn Avenue.

Theft on the block of 3200 North Ashland Avenue.

Assault on the 1200 block of North Clybourn Avenue.

Assault on the 1300 block of West Foster Avenue.

Assault on the 800 block of West Sunnyside Avenue.

Assault on the 3900 block of Broadway.

Theft on the 3100 North Lakewood Avenue.

Theft on the 3000 block of North Broadway.

Theft on the 3200 block of North Sheffield Avenue.

Vandalism on the 1300 block of North Elston Avenue.

Assault on the 700 block of West Belmont Avenue.

Theft on the 4800 of North Magnolia Avenue.

Burglary on the 1800 block of North Honore Street.

Vandalism on the 1500 block of Wilson Avenue.

Vandalism on the 800 block of West Bueno Avenue.

Burglary on the 2200 block of West McClean Avenue.

Theft on the 1200 block of North Cleaver Street.

Theft on the 4400 block of North Broadway.

Theft on the 1500 block of Wilson Avenue.

Assault on the 4700 block of North Maulden Street.

Burglary on the 1100 block of West Patterson Avenue.

Theft on the 1300 block of North Wood Street.

Theft on the 5300 block of North Broadway.

Arrest made on the 6000 block of North Sheridan Road.

Theft on the 4800 block of North Magnolia Avenue.

Assault on the 5300 block of North Windthrup Avenue.

Theft on the 2600 block of North Elston Avenue.

Theft on the 1800 block West Irving Park Road.

Burglary on the 1300 block of West Fullerton Avenue.

Theft on the 900 of West Ainslie Street.

Theft on the 3300 block of North Damen Avenue.

Burglary in the 2700 block of North Bosworth Avenue.

Assault on the 5300 block of North Clark Street.

Theft on the 1700 block of North Milwaukee Avenue.

Theft on the 4300 block of North Winchester Avenue.

Theft on the 5600 block of North Wayne Avenue.

Theft on the 1200 block of North Cleaver Street.

Theft on the 1900 block of North California Avenue.

Assault on Ravenswood and Ridge Avenue.

Shooting on the 2000 block of North Pulaski Road.

Burglary on the 2500 block of North Ashland Avenue.

Robbery on the 800 block of Sunnyside Avenue.

Burglary on the 800 block of North Damen Avenue.

Robbery on the 800 block of West Sunnyside Avenue.

Burglary on the 1000 block of West LeLand Avenue.

Burglary on the 3000 block of West Lawrence Avenue.

Burglary on the 2700 block of North Bosworth Avenue.

Assault on the 5300 block of North Clark Street.

Theft on the 1700 block of North Milwaukee Avenue.

Vandalism on the 3600 West Lawrence Avenue.

Burglary on the 1200 block of North Greenview Avenue.

Theft on the 1800 block of North Wolcott Avenue.

Theft on the 1800 block of North Ashland Avenue.

Theft on the 3200 block of North Ashland Avenue.

Vandalism on the 3500 block of North Milwaukee Avenue.

Assault on the 1300 block of West Iowa Street.

Theft on the 2200 block of West Iowa Street.

Assault on the 800 block of West Sunnyside Avenue.

Assault on the 3900 block of North Broadway.

Vandalism on the 4500 block of North Central Park Avenue.

Shooting on the 7700 block of Paulina Street.

Assault on the 5700 block of North Drake Avenue.

Assault on the 3900 block of North Broadway.

Vandalism on the 1500 block of West Wilson Avenue.

Burglary on the 1100 block West Patterson Avenue.

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MAKING THE COMMUNITY SAFE

Less than 1% of the population is responsible for 75% of the homicides. That's pretty staggering.

"Community violence is sticky, meaning that it sticks together , or clusters, among a surprisingly small number of people and places," said Abt. "We've witnessed that when police, mistreat members of the community, the community doesn't trust those police" Abt said." Because they didn't trust the police, they don't allow the police to help in resolving conflicts, That results in more violence, and that is a vicious circle".

Research show that when police collaborates with communities, their presence can be positive and play a central role in decreasing violent crime."

Most people aren't violent, and most of the space in that community is not violent. That's important to constantly reinforce.".



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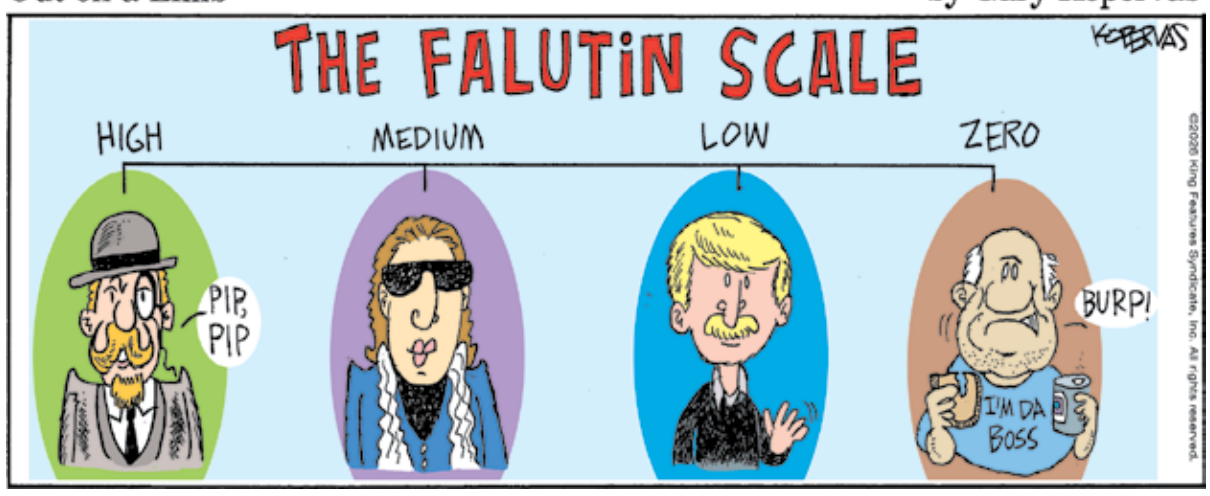
Christmas Eve - 10:30 pm
With candlelight and special music
Christmas Day - 9:30 am
A quiet celebration of Christ's birth

Comics

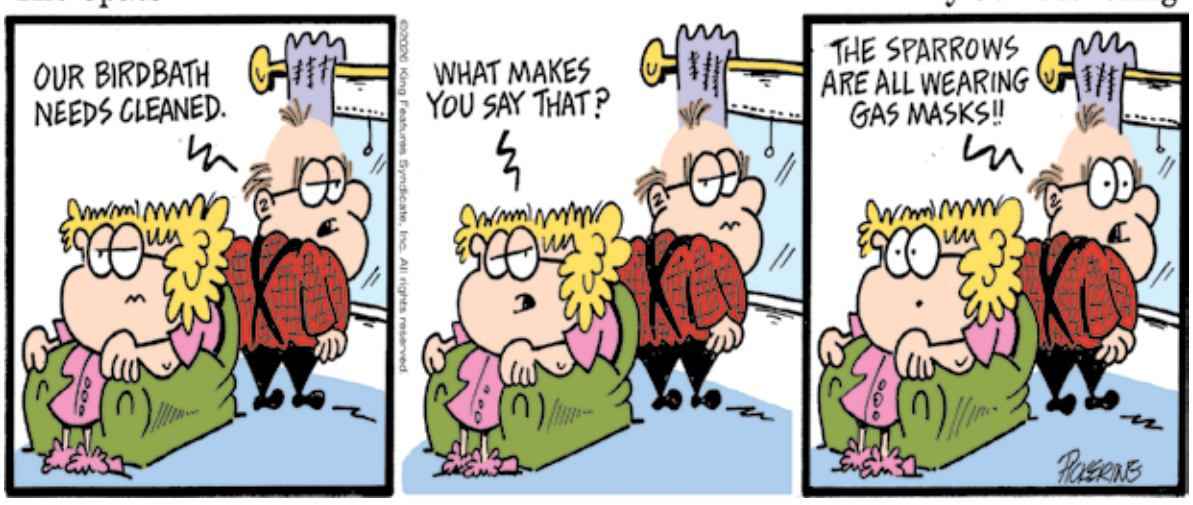
Out on a Limb by Gary Kopervas



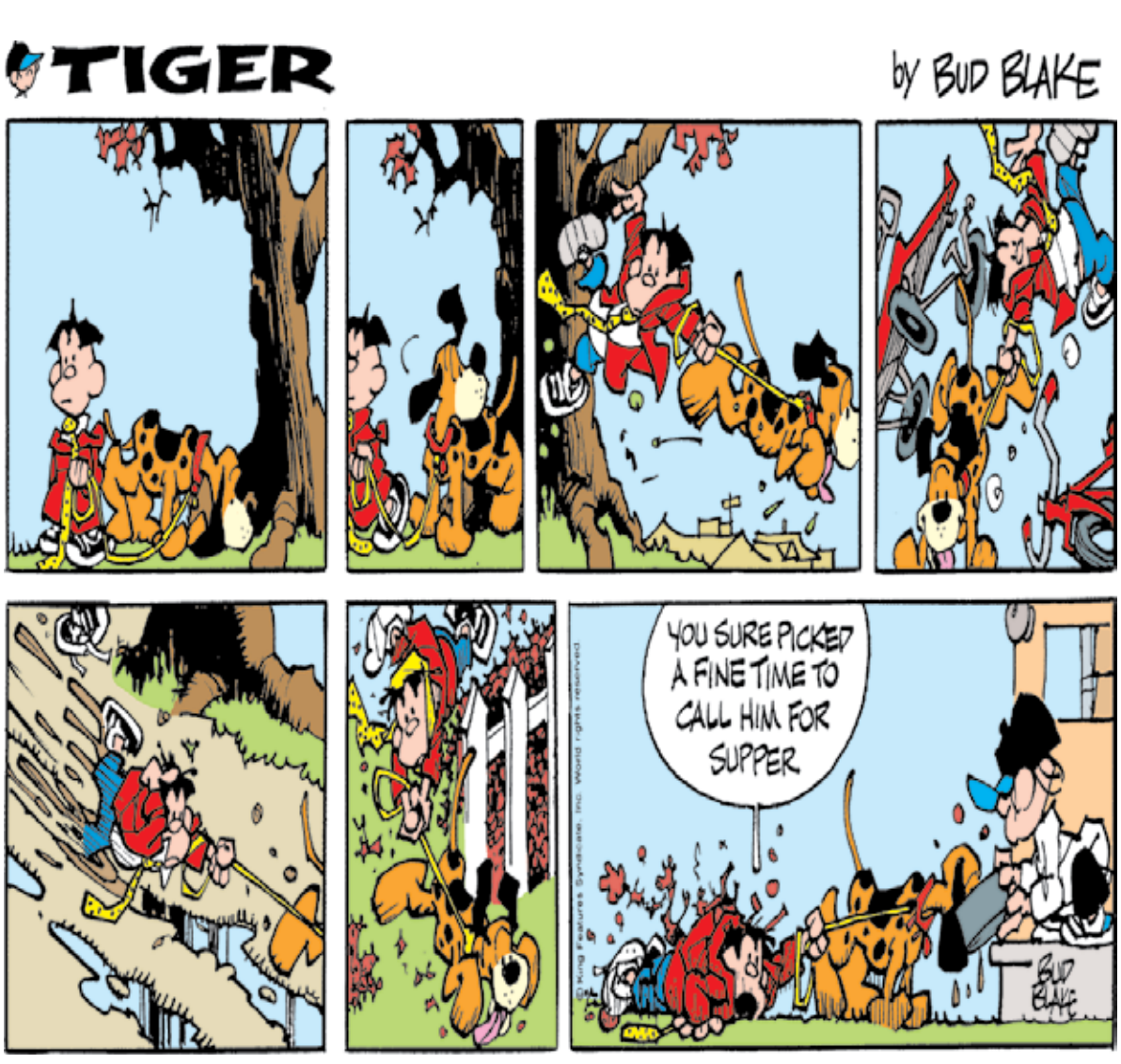
Amber Waves by Dave T. Phipps



The Spats by Jeff Pickering



TIGER by BUD BLAKE



Puzzles4Kids by Helene Hovanec

RIDDLE SEARCH – ALL KINDS OF FOOD

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: **Where do hungry football teams play the championship game?**

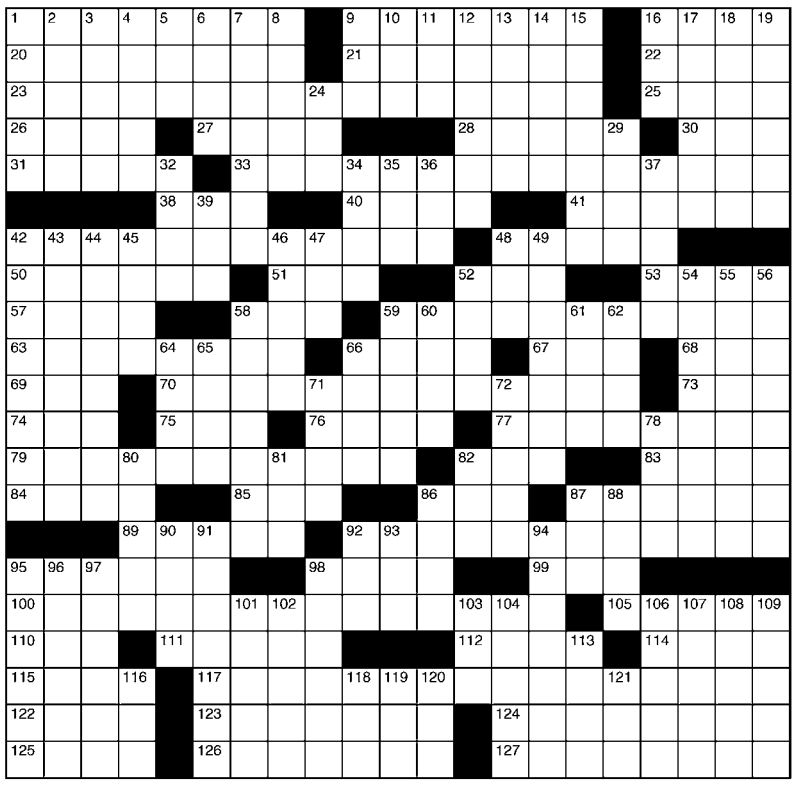
BACON
BREAD
BURGER
CAKE
CARROTS
CEREAL
CHEESE
CHICKEN
FRUIT
HOT DOG
PASTA
PICKLE
PIE
POPSICLE
POTATOES
RICE
SPAGHETTI
TACO

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

Riddle answer: _ _ _

Crossword

Super Crossword



ACROSS
1 Petty complainers
9 Before lunch or supper
16 Wrangler or Commander
20 Former Cairo-based carrier
21 External part of the 99-Across
22 Declare
23 Sending junk email to everyone on earth?
25 Dressed up in
26 Falafel bread
27 Title for Helen Mirren
28 Cain's eldest son
30 Tell untruths
31 Stair units
33 Mother who's an absolute angel?
38 Patient care gp.
40 Crooner Burl
41 Enrolls in
42 Cartoon character Oyl glanced through a book quickly?
48 High-stick pool shot
50 30-day months
51 West of classic films
52 Horse relative
53 Eau, across the Pyrenees
57 Reality TV's Jenner
58 Lenient
59 Famous illusionist doing some tailoring?
63 Sowed again
66 Hairless
67 Prefix related to birds
68 Thu.-Sat. connector
69 I, in German
70 Not flipping the light-varying switch in time?
73 Vietnamese New Year
74 Actor DeLuise
75 Lofty trains
76 Oodles
77 Mexican miss
79 Metalworker who forges music award trophies?
82 Outfielder Roush
83 On the job
84 Writer — St. Vincent Millay
85 Scarf down
86 Biotech-created food
87 Cry after being saved
89 Rx amounts
92 Criminal who swindles people via harmful computer programs?
95 "Master of None" star Aziz
98 Cabernet or merlot
99 Hearing organ
100 Clogged a motor with sticky stuff?
105 Sadness
110 Angsty rock subgenre
111 "The king," in Cannes
112 See 119-Down
114 Option list
115 Kid's "cootie"
117 Materials colliding loudly?
122 Region
123 Ex-Bengal Boomer
124 Milan natives, e.g.
125 Part of P.O.
126 In that direction
127 1975-2014 "Saturday Night Live" announcer

DOWN
1 Catches a quick breath
2 Hit one out of the park, say
3 Pontificate
4 Geog. chart of America
5 PC-game "City" dweller
6 Writer Blyton
7 Went berserk
8 Rho-tau link
9 Oom- — (tuba sound)
10 Regret
11 Tiny work unit
12 Some track specialists
13 Low-budget, in adspeak
14 "Tuesdays With Morrie" author Mitch
15 Bloodsucking worms
16 Mandible site
17 Develop
18 More creepy
19 Prettifies
24 Pro —
29 Female fowls
32 Kids' writer Silverstein
34 Silent drama
35 "Hail, Cato!"
36 Nourished
37 Top squad
39 Orig. texts
42 City west of Knoxville
43 Vinyl spinner at 33 1/3 rpm
44 Guy native to Galway, say
45 Shop gripper
46 "Have — myself clear?"
47 Upper limit, for short
48 Flavor enhancer, for short
49 Guilt-ridden
52 German car
54 Something in a holiday shopper's cart
55 Go back to one's career after leaving it
56 Rabble-rousing sort
58 "Allow me to think ..."
59 — Vader
60 It produced the Cutlass
61 In a tie
62 Spanish artist Joan
64 Grades K-6: Abbr.
65 TV host Carson
66 Kick (out)
71 Dart about
72 Early PC platform
78 Former Chicago mayor — Emanuel
80 Sir's partner
81 Pas' partners
82 Flightless bird
86 Actor Kinnear
87 Elton John's '70s label
88 Sprinkler site
90 Pitching great Hershiser
91 Extra wager
92 Compete
93 Small hotel
94 Apparently does
95 Deterrent to dating, perhaps
96 Tres or cinco
97 Messy camp treats
98 Central German city
101 Garbage
102 Mr. Simpson, to Marge
103 Hosp. ward
104 Card player's "I pass"
106 "— vincit amor"
107 1970s-'80s Renault
108 Ceaselessly
109 Actress Rene
113 Getz of jazz
116 Dojo surface
118 Suffix with Siam
119 With 112-Across, E-businesses
120 — -cone
121 Swiss peak

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Paw's corner by Sam Mazzotta

Energetic pup's biting is not acceptable

DEAR PAW'S CORNER: I have an Australian Shepherd, "Drogo," who is just under a year old. He's super smart, very energetic and responds very well to training. He's been well-behaved until recently, when he started jumping toward my boyfriend and play-biting at his hands. I've worked with Drogo for months to stop this behavior with visitors, and even paid for a professional trainer. He knows my boyfriend, so I don't understand why he suddenly started targeting one person. What can I do? — Jeannie G. in Boulder, Colorado

DEAR JEANNIE: Give the trainer a call to let him know about this new behavior. My first thought is that Drogo, who's passing through his "teen" stage, is testing boundaries with your boyfriend — and you.

This isn't unusual, especially with a super energetic, bright and observant dog. Drogo may be figuring out the hierarchy within your household, learning who's the boss and who's a member of the pack — and how far he can push them.

Play-biting is an instinctive form of play, but it isn't acceptable behavior. Reinforce Drogo's basic obedience training so that he responds to your commands. Your boyfriend should participate in obedience training as well, learning basic commands, so that Drogo responds to him in the way that you want him to.

The trainer should also have some supplemental advice to reinforce what you and Drogo learned from them.

Further, because Drogo is still energetic and probably a bit spazzy (like a typical teenager), make sure he gets more activity every day — time outside running, longer walks on a leash and more one-on-one training time. Scatter some puzzle toys around the house to keep him occupied and to burn off even more energy.

Send your tips, comments or questions to ask@pawscorner.com.

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Here's my classified ad:

Horoscope

Salome's Stars

ARIES (March 21 to April 19) You often let others complete projects that you've started, but you'd be wise to stick with this one if you hope to make an important professional impression.

TAURUS (April 20 to May 20) As you begin to shop for holiday presents, be sure to put yourself on your list for a well-earned special gift! (Perhaps a trip that you've put off for too long?)

GEMINI (May 21 to June 20) It's decision-making time in the workplace. Use your communication talents to put your case for a promotion in the best light. On another note, a family member has news.

CANCER (June 21 to July 22) You continue to see progress in both your personal and professional aspects. But be careful not to allow holiday pressures to erupt and cause new problems.

LEO (July 23 to August 22) You relish being surrounded by the bright lights of the holiday season, but be careful that they don't blind you to the true motives behind a friend's recent behavior.

VIRGO (August 23 to September 22) "Flexibility" remains your watchword at this time. Expect more changes in your plans. But stay the course, and you'll soon enjoy smooth sailing!

LIBRA (September 23 to October 22) Recent family problems have simmered down for the holidays, but they're still boiling beneath the surface. Expect new support in your search for a resolution.

SCORPIO (October 23 to November 21) Holiday plans could include long-delayed reunions with people whom you loved in the past and still keep close to your heart. Reach out to them!

SAGITTARIUS (November 22 to December 21) Opposites attract in physics — but not necessarily between humans. Be wary of a relationship that you don't feel comfortable with.

CAPRICORN (December 22 to January 19) A business decision can finally be made now that you have the facts to back it up. You could also get a surprise offer to do some holiday traveling.

AQUARIUS (January 20 to February 18) Your circle of friends widens as new people come into your life. An old friend urges you to reconsider some travel plans that you put aside.

PISCES (February 19 to March 20) You have a warm and generous nature, but be careful that it doesn't get out of control during these holiday times. Make careful decisions and stick to them.

BORN THIS WEEK: You have a gift for seeing beyond the obvious. You also have a sense of curiosity that makes you want to discover hidden places.

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Weekly SUDOKU

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

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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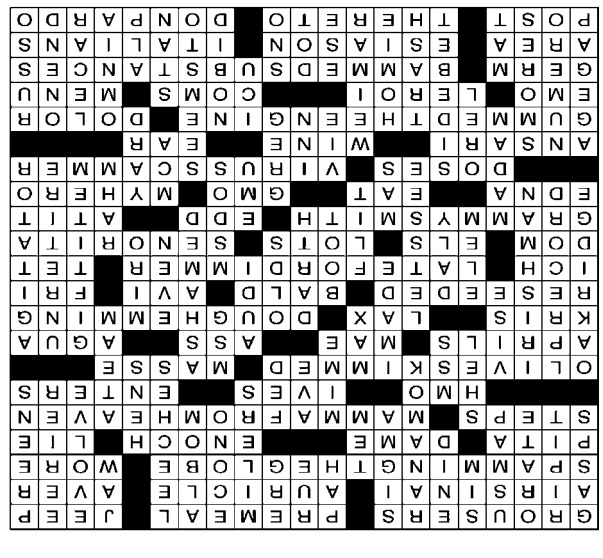
Weekly SUDOKU

Answer

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

Super Crossword

Answers



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