





THE HISTORY CHANNEL

• On Jan. 30, 1661, Oliver Cromwell was ritually executed. That is, his corpse was. The former Lord Protector of the Commonwealth of England was posthumously convicted of high treason and his remains hanged and beheaded, two years after his actual demise.

• On Feb. 4, 1789, George Washington was unanimously elected as the first president of the United States. His campaign cost nothing, as he did no public campaigning, since he didn't really want to take office. He was also the only U.S. president to be inaugurated in two cities (New York and Philadelphia).

• On Feb. 5, 1931, Maxine Dunlap became the first woman to be issued a glider pilot license. Two years earlier, her 50-second, 980foot flight beat the previous record of 17 seconds that had been established by Amelia Earhart.

• On Feb. 2, 1937, it was reported that the White House roof was leaking, a matter of special concern since additional rain and snow was expected. The matter of repairs was complicated by the fact that Congress was still engaged in a debate over whether to spend the necessary \$400 to effect them.

• On Feb. 1, 1953, winds from some of the strongest storms on record battered the east coast of Britain from Yorkshire to Kent, resulting in up to 150 fatalities, while thousands were forced to abandon their homes due to flooding. Passengers on the Princess Victoria ferry, from Scotland to Ireland, were also forced to flee the ship in the Irish Sea due to high waves.

• On Jan. 31, 2000, family practitioner Dr. Harold Shipman, who apparently never read or didn't believe in the Hippocratic Oath, was jailed for life for murdering 15 of his patients. He was also suspected of killing more than 100 others, but did not confess to them. Shipman remains Britain's most prolific convicted serial killer.

• On Feb. 3, 2009, Harry Potter creator J.K. Rowling was made a knight of the Legion of Honour, France's highest civilian award. Rowling's great-grandfather was French, and she was given the honorary title by President Nicolas Sarkozy at a ceremony in Paris, where she apologized for giving Potter's archnemesis a French name, as well as the quality of her French accent.



1. Who was the lead singer for The Crickets?

2. "I'd Like to Teach the World to Sing (In Perfect Harmony)" ended up as advertising for which product?

3. Name the group that released "Our Day Will Come."

4. Which artist released the "One Man Dog" and "Walking Man" albums?

5. Name the song that contains these lyrics: "Why can't you see what you're doing to me, When you don't believe a word I say?" soft drink. 3. Ruby & the Romantics, in 1963. In 2007 the group was inducted into the Vocal Group Hall of Fame. 4. James Taylor, in 1972 and 1974. 5. "Suspicious Minds," by Elvis Presley in 1969. The song was originally written and released by Mark James, but it never got any attention until Presley released a stention until Presley released a

record producers. 2. Coca-Cola, in 1971. The original was a jingle called "True Love and Apple Pie," by a pair of British songwriters. In TV commercials, groups of people stood on a hill in Italy lip-synching the altered lyrics with and without references to the

I. Buddy Holly. Holly was releasing music under both his own name and anonymously with the group, working for two different

erswers

HOROSCOPES ARIES - Mar 21/Apr 20 Be yourself instead of hiding behind a persona, Aries. Show your true feelings and you will earn more respect for it. If you meet any resistance, try again.

TAURUS - Apr 21/May 21 Taurus, a missed opportunity won't come back to haunt you. You will have plenty of additional opportunities to make another go of things in the days to come.

GEMINI - May 22/Jun 21 Gemini, you must find ways to sure up any cracks before you can move ahead. Give it your best effort, but you may want to seek advice from Pisces.

CANCER - Jun 22/Jul 22 Cancer, keep forging ahead even if you feel like you are going up against a brick wall. Eventually you will find a solution and a way to overcome this obstacle.

LEO - Jul 23/Aug 23 There are a few things you need to tackle early in the week, and then you will likely have the rest of the time for recreation, Leo. Put travel at the top of your to-do list.

VIRGO - Aug 24/Sept 22 Virgo, if you experience a scare, it will be shortlived and you will recover quickly. The rest of the week could prove uneventful. Make the most the downtime.

LIBRA - Sept 23/Oct 23 Libra, you may be second-guessing an important decision. It is not too late to make a change. Approach the next decision more carefully.

SCORPIO - Oct 24/Nov 22 Scorpio, if you have been away from your

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childhood home for a while, pay a visit. You can visit your old haunts and reminisce about things.

SAGITTARIUS-Nov 23/Dec 21 Sagittarius, step out of the shadows for a bit and accept the praise and recognition you deserve this week. It's not being boastful if you accept well wishes of others.

CAPRICORN-Dec 22/Jan 20 Capricorn, although you may be looking straight ahead, you are having trouble seeing what is right in front of you. Adjust your perspective and you might be surprised.

AQUARIUS - Jan 21/Feb 18 Aquarius, you are quite productive this week, tackling many things on your to-do list. While you are feeling motivated, keep going and you may accomplish even more.

PISCES - Feb 19/Mar 20 Sometimes you have to make sacrifices, Pisces. Put others first this week. This selfless approach will be its own reward.

> FAMOUS BIRTHDAYS JANUARY 28 Nick Carter, Singer (43) JANUARY 29 Adam Lambert, Singer (41) JANUARY 30 Phil Collins, Singer (72) JANUARY 31 Minnie Driver, Actress (53) FEBRUARY 1 Ronda Rousey, Athlete (36) FEBRUARY 2 Shakira, Singer (46) FEBRUARY 3 Amal Clooney, Attorney (45)

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HOROSCOPES ARIES - Mar 21/Apr 20 It may hard to separate reality from fiction this week, Aries. You need to find a way to distinguish the two so you can move forward with confidence.

TAURUS - Apr 21/May 21 Taurus, your heart is telling you to aim for the highest peak because anything is possible if you put your mind to it. It might be a bit scary, but you won't know unless you try.

GEMINI - May 22/Jun 21 Your reputation will precedes you, Gemini. That reputation may elicit positive feelings in some and negative sentiments in others. Don't let the detractors get to you.

CANCER - Jun 22/Jul 22 You may notice a strange vibe in the air this week, Cancer. You might feel your intuition kick into high gear. Trusts your instincts on this one and see where it goes.

LEO - Jul 23/Aug 23 Leo, you have a generous heart and you often see the good in all of those around you. This can make you an excellent friend for anyone to have on their side.

VIRGO - Aug 24/Sept 22 Virgo, you may become preoccupied with what others think of you. Try not worry so much about what others think. If you're comfortable with yourself, that will reflect positively.

LIBRA - Sept 23/Oct 23 It may be difficult to pull yourself out of a slump this week, Libra. However, if you surround yourself with upbeat friends, the week will end up being positive.

SCORPIO - Oct 24/Nov 22 Scorpio, try not to drift on autopilot this week;

otherwise, you may miss crucial details along the way. Try to be engaged even if it is challenging at this juncture.

SAGITTARIUS-Nov 23/Dec 21 Sagittarius, make extra time for your immediate family and other loved ones this week. Enjoy the warmth and laughter, and embrace the companionship that family provides.

CAPRICORN-Dec 22/Jan 20 Capricorn, do not beat yourself up for little mistakes you might make. No one is keeping a tally, so just go with the flow instead of trying to control every little thing.

AQUARIUS - Jan 21/Feb 18 Wishing and hoping for dreams to come true will only get you so far, Aquarius. You must take certain steps to make plans come to fruition. If you must, go it alone.

PISCES - Feb 19/Mar 20 Pisces, give an important decision ample consideration. A solid foundation of careful thought will make you feel more confident.

> FAMOUS BIRTHDAYS FEBRUARY 4 Gavin DeGraw, Singer (46) FEBRUARY 5 Duff McKagan, Musician (59) FEBRUARY 6 Kathy Najimy, Actress (66) FEBRUARY 7 Chris Rock, Comic Actor (58) FEBRUARY 8 Klay Thompson, Athlete (33) FEBRUARY 9 Charlie Day, Actor (47) FEBRUARY 10 Chloe Grace Moretz, Actress (26)

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LET US CATER YOUR SUPER	SATURDAY	Hot Roast Beef	
BOWL PARTY Sun. Feb. 12th	9 AM - 10 PM	w/Gravy & Mozz.	
3 FT. SUBS (Feeds 13-15 People)	Please Call In Al	DDITIONAL CHEESES AVAILABLE	
Must Order by Fri, Feb. 10th	by 11:00 AM	Yellow American / White American Provolone / Sharp Provolone	
Game Day Platters 7" & 14" Sub Platters	CURBSIDE DELIVERY	Swiss / Pepper Jack / Muenster Fresh Mozzarella (extra charge)	
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		\$8.80 \$15.60 \$7.30 \$13.60	
(ham, cappicola, salami, cheese)	= ^^	\$8.80 \$16.60	
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Chef Salad\$8.80 Tuna Salad\$8.80	Spinach < <u>16 oz. Sn</u>	apple\$2.25	
Grilled Chicken Salad\$8.30 Garden Salad\$4.30	Wraps Bottled W	/ater\$1.00	
Potato or Macaroni Salad/Cole Slaw\$2.00			
Tuna Container (1/2 lb.)	EXTRAS	51 7	
Chili			
Assorted Chips			
Chocolate Bars & Other Candy .\$1.25			
Soup (Chicken Noodle or Cream of Broccoli)\$4.00 JOEY PIERRO			
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DAYS OF OUR LIVES Will learned some damning information about Leo. Chad lent a shoulder to Stephanie as she cried over Alex. Bonnie gave Sarah surprising advice about Xander. Gwen visited Xander at the motel and discovered he was a drunken mess. A furious Steve cornered Kristen, blaming her for what happened to Kayla. Stephanie, Joey and Tripp shared their emotional memories of Kayla. Brady was outraged by Gabi's request. Stefan lividly confronted Li. Steve handed over Kristen's confession to Rafe. Brady apologized to John for mishandling the Kristen situation. Li defended Gabi to Stefan. Chloe confronted Kristen over her litany of offenses. Rafe and Jada were on the hunt for a missing Kristen. Meanwhile, Kristen prepared to flee town with Rachel. Belle returned home to be by an ailing Marlena's side. John denied Marlena's request, but came up with a compro-



Deidre Hall is "Marlena" on "Days of Our Lives."

mise. Rachel had a major meltdown when she found Brady and Chloe together. *Wait to See:* Kristen tries to blackmail EJ to help her out. Jada and Rafe bond over their victory. Johnny and Chanel reconnect as they help John with a surprise for Marlena.

GENERAL HOSPITAL Willow was in disbelief. Nina remained resolved. Spencer met with Diane. Nikolas briefed Elizabeth. Curtis advised Portia. Michael was dismayed. Chase and Sasha rushed to the hospital. Alexis and

MA) — A diverse group of four 18-yearold freshmen girls, Kimberly, Bela, Leighton and Whitney, get assigned to room together at Essex College in Vermont. Even though they all come from different backgrounds, the girls find themselves at a level playing field as they make their first ventures out into the "real world." Without parental supervision and with more freedom than they've ever had



Mace Coronel stars as Jay Kelso and Callie Haverda is Leia Forman in "That '90s Show."

before, they attempt to navigate adulthood in the only way 18-year-olds know how: the occasional crash and burn. Created by Mindy Kaling and Justin Noble, this comedy series is full of great laughs and heartwarming moments, beautifully encapsulating the beginning years of Sam put their heads together. Sonny comforted Nina. Martin thwarted Victor. Heather evoked suspicion. Nina anxiously awaited some news. Ava made a surprising ally. Michael wasn't ready to forgive. Valentin cleared the air with Anna. Dex reassured Michael. Joss felt sympathetic. Carly was offended by Sonny's accusation. Austin and Liesl heard big news. Portia and Curtis made a request of Marshall. Nikolas was shocked by Victor's actions. Liz and Finn had a talk with Violet. Wait to See: Cam receives an unpleasant surprise. Marshall opens up to Curtis. Michael unleashes his anger.

THE YOUNG AND THE REST-LESS Victor tried to repair his relationship with Adam. Summer discovered Kyle's scheming. Devon made a painful decision. Jack was forced to come clean. Daniel and Summer shared a difference of opinion. Sharon helped Chance with some soul-searching. Phyllis called Tucker's bluff. Jill had to do damage control with Lily and Devon. Jack and Diane took a big risk. Victoria and Chelsea reached an understanding. Billy and Lily cleared the air. Mariah and Tessa returned home with some unexpected news. Wait to See: Victor encourages Kyle to play dirty. Sally struggles with the truth. Nikki interrogates Jack and Diane.

adulthood. The first two seasons are out now! (HBO Max)

"Vengeance" (R) — B.J. Novak stars as Ben Manalowitz, a journalist from New York who receives a call from Ty Shaw (Boyd Holbrook), the brother of one of his former hookups, Abby. Under the impression that Abby was Ben's girlfriend, Ty announces that Abby passed away due to a drug overdose and asks Ben to come to her funeral in Texas. After Ben arrives in Texas, Ty reveals that he firmly believes Abby was murdered. Receiving approval to write a story about Abby's death on his podcast, Ben attempts to figure out the true cause behind Abby's death, dealing with her wildly eccentric family each step of the way. This comedy thriller releases Jan. 17. (Prime Video)

"One Way" (R) — Freddy Sullivan, son of crime boss Fred Sullivan Sr., gets himself into a sticky situation when he decides to swipe a bag full of cash and drugs from another crime boss. He plans to bring the money home to his daughter, but as he tries to escape, he's wounded by a gunshot to the stomach. Freddy manages to drag himself onto a bus heading from Los Angeles to the desert, hoping to hang on long enough to reach his destination and get the money to his family. Colson Baker, also known as Machine Gun Kelly, stars as Freddy in this high stakes thriller; Kevin Bacon, Drea de Matteo and Storm



"That '90s Show" (TV-14) - Seventeen years after the series finale of "That '70s Show," fans can now travel back to the Forman home in Point Place, Wisconsin — but this time, during the summer of 1995. Leia, the daughter of Eric and Donna from the original series, spends her summer vacation in her grandparents' home and befriends a few of the other teenagers in the neighborhood. As she builds her own tightknit group of friends, the kids start wreaking good ol' teenage havoc in the Forman basement, just as the original '70s gang did before them. Debra Jo Rupp and Kurtwood Smith reprise their respective roles as the bubbly Kitty and the irritable Red, and some of the original cast (Topher Grace, Mila Kunis and Ashton Kutcher) make special appearances throughout the season. Out Jan. 19! (Netflix)

"The Sex Lives of College Girls" (TV-

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by Dana Jackson

Q:Who is the actor starring in the new detective series "Will Trent"? Also, who plays Angie on the show? She looks so familiar. — E.M.

A: "Will Trent" is a police procedural series on ABC based on a series of novels written by Karin Slaughter. It stars Ramon Rodriguez, who played Renaldo on the critically acclaimed HBO series "The Wire," Bosley on the short-lived "Charlie's Angels" TV series a decade ago, and most recently Benjamin Cruz on the HBO series "The Affair." He's one of those recognizable faces with a solid resume, but never was the headliner until now.

"Will Trent" also stars Erika Christensen as Angie Polaski (who is best known for her role as Julia on the hit series "Parenthood"), Jennifer Morrison ("House"), and Mark-Paul Gosselaar ("Saved by the Bell").

Q: I really enjoyed Paul Reiser in the comedy series "Reboot." It made me wonder whatever happened to Helen Hunt? The last time I saw her was in a Tom Hanks film about 20 years ago. —

H.A.

A: The daughter of respected acting coach Gordon Hunt, Helen Hunt was a child actress who guest-starred on numerous television productions in the '70s and '80s, including "The Bionic Woman," "The Mary Tyler Moore Show" and "The Facts



Ramon Rodriguez in "Will Trent"

of Life." She became a household name because of the hit sitcom "Mad About You," opposite Paul Reiser, which was part of the Thursday night NBC lineup before "Friends" took its spot. Speaking of reboots, "Mad About You" returned for a limited run in 2019 as part of the Spectrum Originals subscription service.

Hunt won four consecutive Emmy Awards for "Mad About You" before moving on to a successful movie career. She starred in blockbuster hits like "Twister" as well as critically acclaimed indie films like "The Sessions," the latter of which earned her an Oscar nomination. The highlight of her career was winning an Academy Award for the film "As Good as It Gets."

She co-starred with Tom Hanks in "Cast Away," in 2000, and while her roles haven't been as high-profile since, she's been acting on camera and doing voiceover work steadily for the past decade. She recently narrated the Lifetime true crime series "Meet, Marry, Murder" and was a regular on the Starz series "Blindspotting."

"Twisters," a sequel to "Twister," is coming to theaters in the summer of 2024, but whether or not Hunt is attached to that project has yet to be confirmed.

Q:I missed the first episode of "Chicago Fire" when it returned in the beginning of January. What happened to Stella? I'm glad she survived, but I don't know the details. — H.A.

A: When NBC's hit show "Chicago Fire" went on hiatus for the holidays, it did so with a cliffhanger that left fans worried about the fate of characters Stella and Carver as they rushed into a burning building to save Pryma. Fortunately, all three made it to January when new episodes resumed.

However, Carver (Jake Lockett) was left feeling guilty because Stella (Miranda Rae Mayo) was seriously injured after jumping in front of him during an explosion. Pryma (Troy Winbush) also survived, but suffered a broken leg.

HOLLYWOOD by Tony Rizzo

HOLLYWOOD — Will Harrison Ford ever slow down? The 80-year-old superstar has completed "Indiana Jones and the Dial of Destiny," due June 30. Then he steps in for the late William Hurt as Thaddeus Ross in "Captain America: New World Order," due May 3, 2024. July 2024 brings "Thunderbolts," where Ford will reprise the role of Thaddeus Ross. His Paramount+ Western series "1923' premiered Dec. 18, 2022, and will run for two seasons, eight episodes each. You'd think Ford would take time to spend his \$300 million enjoying time with his wife, Calista Flockhart, and his children!

But his 77-year-old co-star, Oscar winner Helen Mirren, is no slouch either. Both "Golda" (as in Golda Meir) and "Shazam! Fury of the Gods," with Zachary Levi, hit screens this March, followed by "Fast X" and "White Bird: A Wonder Story" this May.

In 1968, while shooting celebrities during a press screening of Steve McQueen's film "Bullitt," I got into an altercation with El-



Harrison Ford and Helen Mirren as Jacob and Cara Dutton in "1923"

liott Gould, then married to Barbra Streisand. We four photographers had to walk backward as they rushed out, and when Streisand saw us, she went crazy and kept covering her face with her hands, saying "You have enough, don't you?" I answered her with: "If you'd been polite and stopped for us, we wouldn't have to bother you now!"

An infuriated Gould lunged at me, grabbed my heavy Nikon Camera chain, and lifted me off the ground. He threw me into the street, pummeling me against a parked car. Doctors at UCLA Medical Center said I had a dislocated shoulder as well as other injuries. It took three years to get to court, at which time I won all three charges for battery against him. I was awarded four figures, but I told Gould that at the time, it wasn't about money. It was about principal and precedent. Everytime I encountered him after that, he was civil, saying, "They told me to be nice to you." Once, at a charity event, he offered me a marijuana joint as a peace offering, but I declined.

A few weeks ago, I went into a local Smart & Final store, and when I reached the glass cleaner aisle, I was astounded to see Elliot Gould there. I said to him, "Do you recognize me?" He said, "You look familiar." I replied, "Does the name Tony Rizzo mean anything?" "Oh," he said, "You're that guy who won a lawsuit against me." I said, "I hope you know I never blamed you. You, Ryan O'Neal, Don Johnson and Jon Peters all acted as Barbra's protectors when she saw photographers and flipped out." I asked him why he was there, and he just said, "My maid sent me to get Windex." Such is the price of fame and fortune!



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DON'T FORGET TO APPLY FOR NEW JERSEY'S TAX RELIEF PROGRAM

For many years, New Jersey residents have been looking for property tax relief. That relief is available now, if you apply before the end of February. In his recent State of the State address, Governor Phil Murphy announced that the State of New Jersey has extended the application deadline for the ANCHOR property tax relief program. This program is available for both eligible homeowners and tenants. The new application deadline for the program is February 28, 2023. Qualifying residents are eligible to receive up to \$1,500 from the state. I urge eligible Bayonne homeowners and tenants to take advantage of this new program.

The ANCHOR Program has replaced the previous Homestead Benefit Program. According to the New Jersey Department of the Treasury, "Under the ANCHOR Program, both the size of the benefit and the number of eligible applicants has increased substantially, compared to the previous Homestead Benefit (which ANCHOR is replacing), including double the amount of homeowners and nearly a million tenants who had not been eligible for property tax relief in recent years."

The New Jersey Treasury also reports, "Over 870,000 homeowners with incomes up to \$150,000 will receive \$1,500 in relief; over 290,000 homeowners with incomes over \$150,000 and up to \$250,000 will receive \$1,000; and over 900,000 renters with incomes up to \$150,000

will receive \$450 to help offset rent increases."

The state will send out payments, beginning in late spring 2023. Payments will be either in the form of checks or direct deposits, depending on the applicant's preference. They will not be subject to federal or state income tax.



As explained by the New Jersey Treasury, "To be eligible for this year's benefit, homeowners and renters must have occupied their primary residence on October 1, 2019 and file or be exempt from NJ income taxes." The state explanation continues, "Eligible homeowners can apply online, by phone, or via paper application, which can be downloaded online and returned by mail. Tenants can apply online, or download the application from the Taxation website and return by mail (there is no phone option for tenants, as this is the first time this group, will be eligible for property tax relief)."

For more information about applying for the ANCHOR Program, please visit nj.gov/treasury/taxation/anchor/ or call the ANCHOR Hotline at 1-888-238-1233. If you are eligible, don't miss the application deadline of February 28, 202



By Lucie Winborne

• Research has shown that girls and women who watched the TV series "The X-Files" were more likely to believe in the importance of STEM (science, technology, engineering and math) and to encourage their own daughters and granddaughters to pursue careers in those fields — something called "The Scully Effect" after the series' female main character, Dana Scully.

• Pentheraphobia is the fear of your mother-in-law. There, folks, you now have an official name for it.

• In 2006, actor William Shatner, beloved by "Star Trek" fans as Captain James Tiberius Kirk, sold his kidney stone, complete with stent and string, to a casino for \$25,000. While Shatner retained "visitation rights," the complete proceeds were donated to Habitat for • Whack, zoom, out of the way! A table tennis ball can travel off the paddle at a speed of 105.6 mph. • All of the world's pandas are technically owned by China. The country leases them to zoos in an act called panda diplomacy.

• Ever dreamed of being a swashbuckling buccaneer? Try attending MIT, where after completing courses in pistol shooting, fencing, archery and sailing, undergraduates can earn a bona fide Pirate Certificate. (Note: For entertainment purposes only!)

• On Dec. 19, 1881, Sir William Payne Gallwey, a retired conservative member of the British Parliament, died while out shooting on his estate, Thirkleby Park — but not from a gunshot. Instead, Gallwey suffered a fall and landed on a turnip, sustaining serious internal injuries to which he succumbed a few days later.

• Bananas get their curves by turning skyward as they grow, to absorb sunlight.

Thought for the Day: "Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." —



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WOLFGANG PUCK'S KITCHEN Elevate traditional comfort food to a gourmet experience By Wolfgang Puck

As gourmet as this dish may sound, I think you will find it incredibly easy to shop for and make. The seafood departments in many food stores today carry pre-cooked lobster meat you can use; and, if not, you can substitute precooked lump crabmeat, making certain to pick through it to remove any bits of shell or cartilage. And, the flaky puff pastry that tops each individual pot pie won't require you to spend hours mixing dough and rolling it out repeatedly on a marble pastry slab; instead, all you have to do is go to the frozen foods section of any supermarket, buy a package of premade puff pastry and then thaw it following the package directions.

I think you'll like the results.

INDIVIDUAL CHICKEN AND **LOBSTER POTPIES Serves 4**

3/4 pound (375 g) cooked lobster meat, cut

- into 1-inch (2.5-cm) chunks 3/4 pound cooked chicken meat, cut into
- 1-inch (2.5-cm) pieces
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 tablespoons unsalted butter
- 1/2 pound (250 g) red potatoes, cut into
- 1-inch (2.5-cm) cubes
- 1/2 pound (250 g) carrots, peeled and cut into
- 1-inch (2.5-cm) cubes
- 1/2 cup (125 mL) frozen pearl onions,

WOLFGANG PUCK'S KITCHEN By Wolfgang Puck A perfect midwinter dessert INDIVIDUAL BAKED ALASKAS Serves 6

1 loaf Classic Pound Cake (recipe follows), or good store-bought pound cake star tip. 1/2 gallon vanilla ice cream, softened slightly at room temperature to scooping consistency

- 6 large cage-free egg whites
- 1/4 teaspoon cream of tartar
- 6 ounces sugar

With a sharp serrated bread knife, cut 6 crosswise slices from the pound cake, each 1/2 inch thick. Use a 3-inch round cookie cutter to cut a circular piece from each slice. Place the circles of pound cake about 2 inches apart on a cookie sheet. (Enjoy the scraps and remaining pound cake with tea or coffee.)

Mound a large scoop of vanilla ice cream on top of each of the 6 slices of pound cake. Immediately put the cookie sheet in the freezer and freeze the ice cream-topped pound cake until very hard, at least 1 hour.

Before serving time, preheat the broiler, positioning the broiler rack 8 inches away from the heat source.

In the bowl of an electric mixture with the egg whites and cream of tartar at medium CLASSIC POUND CAKE Makes 1 loaf storing in an airtight container.

thawed and patted dry 2 garlic cloves, minced Pinch red pepper flakes sprig fresh thyme 1 bay leaf 1 cup (250 mL) white wine

2 cups (500 mL) organic chicken broth



1 cup (250 mL) plus 1 tablespoon heavy cream

- 2 tablespoons tomato paste
- $1/2 \operatorname{cup}(250 \mathrm{mL})$ frozen peas

1 pound (500 g) frozen puff pastry, thawed

following manufacturer's instructions 1 large cage-free egg, beaten

Cut the lobster and chicken into 1-inch (2.5cm) chunks. Season lightly with salt and pepper and set the chunks aside.

In a large skillet, heat the oil and butter over medium heat. Add the potatoes, carrots and pearl onions, and saute until glossy, 1 to 2 minutes. Add the garlic, red pepper flakes, thyme utes. Serve immediately.

speed until they hold soft peaks that droop slightly when you lift out the beaters. Continue beating while, 1 tablespoon at a time, you add the sugar. Beat until the meringue reaches stiff peaks that stand up straight when you lift out the beaters. Spoon the meringue into a pastry bag fitted with a large

Remove the cookie sheet from the freezer. Quickly pipe a generous coating of meringue over the ice cream and pound cake, covering each one completely, starting



at the bottom of each and piping in a spiral up to the top.

Immediately place the cookie sheet under the broiler and broil just until the tops of the meringue are browned, about 2 minutes, whip attachment, or in a mixing bowl using watching carefully to prevent burning. Rea hand-held electric beater, beat together the move from the oven and serve immediately. move the pan, and cool completely before

and bay leaf. Continue to saute, stirring occasionally, until the potatoes and carrots are just beginning to soften but are not yet browning, 2 to 3 minutes.

Add the wine to the pan and stir and scrape with a wooden spoon to deglaze. Bring the wine to a boil and simmer briskly until it reduces by half its volume, about 5 minutes.

Stir in the broth, 1 cup cream of the cream, and the tomato paste, Bring to a boil and continue simmering until reduced by half, 10 to 15 minutes. Stir in the reserved lobster and chicken pieces. Season to taste with salt and pepper. Stir in the peas. Transfer mixture into 4 deep individual-portion 2-cup (500-mL) ovenproof soup bowls or ramekins and set aside to cool.

Roll out the puff pastry to a 1/4-inch (6-mm) thickness. Measure the diameter of the serving containers and cut out four circles of puff pastry at least 1-inch (2.5 cm) wider. Chill dough until the filling is cold.

Preheat the oven to 400 F (200 C).

Make an egg wash by beating together the egg and remaining 1 tablespoon of cream. Brush the edges of the serving bowls with the egg wash. Place a puff pastry circle on top of a serving bowl. Press the pastry against the edge with the egg wash, being careful not to tear a hole in the pastry. Brush the top with egg wash. Repeat with the remaining bowls and pastry circles.

Place the potpies on a baking sheet and bake until the pastry is golden brown, about 20 min-

- 2 tablespoons melted unsalted butter,
- for brushing loaf pan
- 1/2 pound unsalted butter, at room
- temperature
- 1/2 tablespoon pure vanilla extract
- 1/2 pound granulated sugar
- 4 large cage-free eggs
- 1/2 pound cake flour
- 1/8 teaspoon salt

Preheat the oven to 350 degrees F.

Brush the inside of a 9-by-5-by-3-inch loaf pan with half of the melted butter. Cut parchment paper to fit the bottom and sides of the pan and line the pan with it, brushing again with the remaining butter. Set aside.

Put the butter in the bowl of a stand mixer or in a mixing bowl. Using the whip attachment or a hand-held electric beater, beat at medium speed until creamy, about 5 minutes. While continuing to beat, add the vanilla extract, and the sugar, 1/4 cup at a time, until the mixture is light and fluffy, 10 to 12 minutes. Beat in the eggs 1 at a time, waiting until each is fully incorporated before adding the next. Reduce the speed and add the flour and salt, continuing to mix until well blended.

Pour the batter into the loaf pan. Bake until the top is golden brown and a bamboo skewer inserted into the center comes out clean, about 1 hour. Transfer to a rack and cool for 10 minutes. Invert onto the rack, re-



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Ruben Henriquez, owner and founder of Wise Hearing for over 42 years, graduated from Montclair State College in 1975 with a bachelor of science degree. He is a board certified hearing instrument specialist and audioprosthologist. Ruben is licensed to dispense hearing instruments in the states of New Jersey and Florida. He is also a member in good standing of the International Hearing Society and New Jersey Association of Hearing Health Profesionals.

Ruben is commited to the long standing goals for better quality and availability of education for the profession. He is involved in hearing healthcare and delivery of premium digital hearing instruments as well as related products at reasonable prices. Mr. Henriquez is a hearing healthcare professional who has met the hightest standards in the field of Audioprosthology in order to serve the hearing impared.

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1. What University of Illinois Fighting Illini football star scored a kickoff return touchdown, four rushing touchdowns and threw a touchdown pass in a 1924 game vs. the Michigan Wolverines?

2. Who compiled a 15-17 record as head coach of the Miami Dolphins from 2005-06?

3. The Mean Green is the nickname of what Conference USA school's athletic programs?

4. What baseball executive resigned from the Boston Red Sox on Halloween in 2005 and left Fenway Park wearing a gorilla suit to avoid reporters? Name the filmmaker who directed the 2016 comedy "Everybody Wants Some!!", which was inspired by his time playing baseball for the Sam Houston State Bearkats in the early 1980s.
 In the 1951 "Shot Heard 'Round the World" National League playoff game, the New York Giants'

Bobby Thomson hit a walk-off home run against what Brooklyn Dodgers pitcher?

7. What university became the 11th member of the Big Ten Conference in 1990?

7. Penn State University.

- 6. Kalph Branca.
- 5. Richard Linklater.
 - 4. Theo Epstein.
- 3. The University of North Texas.
 - 2. Vick Saban.
 - l. Red Grange.

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• Make ice cubes out of punch when you are entertaining. I like to make different combinations, which can be adapted for adult and child parties. One that I like very much is to make ice cubes from red fruit punch and then float them in lemonade. As the cubes melt, the mixture turns pinky-orange. — I.F. in Missouri

• Bring egg whites to room temperature before whipping. You will get better volume, and they will be more stable.

• Ever make a delicious dinner that involves some stinky ingredients? This happens when I make broccoli cauliflower casserole, or pork and sauerkraut. No worries; you don't have to smell that smell all day. Just simmer a pan of vinegar on the stove while making foods that are odorous. The vinegar smell goes away quickly, taking with it any other odors. All that's left is the smell of • Wash bath towels in cold water. It preserves color and still cleans them well. Add a clean, dry bath towel to smaller dryer loads to speed up drying time.

• Turn down the maximum temperature on your family's water heater. You will do two things: One is to avoid accidental scalding, which is especially important if you have young children or seniors in your house. The other is to lower your electric bill, because the water heater will not have to work as hard to keep that big tank of water so hot. — T.D. in New Mexico • Keep a few bandanas handy in

cold weather. They can be used as a mouth/face cover to keep your nose from freezing. They are easy to store in a pocket, and easy to put on and remove.

Feeding birds in winter

Help your feathered neighbors by providing consistent food sources for them in the coldest months. Suet (an animal-fat mixture) is loved by nuthatches, woodpeckers, titmice, chickadees, cardinals, warblers, wrens and most insect-eating birds. Mealworms, cracked corn, nyger seed, peanuts and sunflower seeds are also good choices. - Brenda Weaver

Sources: almanac.com, birdwatchersdigest.com



Emotional Support Animals Are a Lifelong Responsibility

DEAR PAW'S CORNER: I am wondering how I can get an emotional support animal. I noticed a woman in the local pharmacy today whose dog wore a harness with "ESA" printed on it. Is there an organization that supplies these animals to people who need them? — Curious in Daytona Beach DEAR CURIOUS: You'll find many websites offering ESA certifications or advice on getting an ESA prescription from your doctor. But there is no single organization for ESAs, and there is not one group I know of that supplies them on request (certainly, none that I would recommend).

At this time, the way to "get" an emotional support animal is to adopt or purchase a pet. You are solely responsible for the care and training of this animal — dog, cat, rabbit or bird. It's part of your family. From there, you can designate your pet as an ESA by doing the following:

Ask your doctor or mental health professional for a letter stating that the presence of your pet is needed for your emotional health. That's it. That's all that is needed to designate a pet as an ESA.

Now, keep in mind that an emotional support animal does not qualify for the same considerations as a service animal. While many stores allow ESAs on the premises (leashed and well-behaved), other businesses do not. Airlines will not accommodate them, for example.

The advantage of an ESA designation/prescription is in housing. Properties must waive pet restrictions and fees for owners of emotional support animals, under the Fair Housing Act. The American Kennel Club has a more detailed article explaining the difference between ESAs and service animals here: www.akc.org/expert-advice/news/everything

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1. GEOGRAPHY: What is the second-longest river in North America?

2. MOVIES: Which 1973 movie advertised itself as a place "where nothing can possibly go wrong"?

 GAMES: Which party game claims that it can "tie you up in knots"?
 U.S. PRESIDENTS: Which president was the first to appoint an African American as a member of his Cabinet? 5. HISTORY: When was the Warsaw Pact between the Soviet Union and seven Eastern Bloc countries signed?

6. TELEVISION: Which TV game show often uses the phrase "Survey says ..."?

7. ANIMAL KINGDOM: What is a female peacock called?

8. FOOD & DRINK: How many meals do Hobbits eat in a day, according to the movies?

9. ADVERTISING: Which product used a manicurist named Madge in its advertisements?

10. MEDICAL: What is a common name for the condition called sep-ticemia?

- .gunosioq boold .01
- . Palmolive dishwashing liquid.
 - . Seven.
 - 7. A peahen.
 - 6. "Family Feud."
 - 5. 1955.
 - 4. Lyndon Johnson.
 - 3. Twister.
 - 1. The Mississippi. 2. "Westworld."

sıəwenA.

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Can hearing devices help you?

Answer these questions to see if you should get your hearing tested.

1. Do people seem to mumble or talk in a softer voice than they used to?	_Yes _No
2. When in a crowd or in a busy restaurant, is it hard for you to follow the discussion?	YesNo
3. Do you feel the need to turn up the volume on your TV or radio such that it is too loud for others?	YesNo
4. Do you often need to ask others to repeat themselves?	_Yes _No
5. Has someone close to you pointed out that you may have a hearing problem?	YesNo

How did you do?

The answers you have given may present an early indication of whether your hearing may be impaired. If you answered "YES" to one or more of these questions, you qualify for our open house.

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