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March 8 - March 21, 2025

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MAGAZINE'S

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TV TALK

MAGAZINE

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Moments in time

THE HISTORY CHANNEL

• **On March 3, 1877**, Rutherford B. Hayes was sworn in as the 19th president of the United States in the Red Room of the White House. Two days later, he was again inaugurated, but this time in a public ceremony.

• **On March 4, 2004**, Mianne Bagger, a golfer from Denmark, earned a place in sports history at the Women's Australian Open as the first transgender athlete to compete in a professional golf tournament, noting to reporters that it took a while to overcome the anxiety associated with the feat: "I don't know where my swing was. ... I was pretty numb the first seven holes. I couldn't really feel much below my shoulders."

• **On March 5, 1839**, "Jane Eyre" author Charlotte Bronte declined a marriage proposal from the Reverend Henry Nussey, informing him that he would find her "romantic and eccentric" and not practical enough to be a clergyman's wife.

• **On March 6, 1475**, Michelangelo Buonarroti, considered by many the

greatest of the Italian Renaissance artists, was born in Caprese. The son of a government administrator, he became an artist's apprentice at age 13. He would go on to master painting, sculpture and architecture, becoming best known for masterpieces like "David" and his ceiling frescoes in the Sistine Chapel.

• **On March 7, 2002**, the defense rested in the trial of Andrea Yates, a 37-year-old Texas woman who murdered her five young children by drowning them in a bathtub. Less than a week later she was convicted and sentenced to life in prison, but the conviction was later reversed on the grounds of insanity. In 2006, she was committed to a state mental hospital in Texas, where she remains today.

• **On March 8, 2014**, Malaysia Airlines Flight 370, carrying 227 passengers and 12 crew members, lost contact with air traffic control less than an hour after taking off from Kuala Lumpur, then veered off course and disappeared. Most of the plane and all on board were never recovered.

• **On March 9, 1979**, the 26 Major League Baseball teams were ordered by MLB commissioner Bowie Kuhn to allow equal access to all reporters, regardless of their sex.



1. Who was the first to record "This Time I'm in It for Love"?
2. Name the trio that released "Candida."
3. Which artist was a regular on a daytime soap opera at the same time he had a song hit the top of the charts?
4. Name the only No. 1 song by Spandau Ballet.
5. Name the song that contains this lyric: "I can't help it, I can't help it, if I cry, I remember that you said good-bye."

Answers:
1. Austin Roberts, in 1976, followed by a Player cover in 1977; Roberts was best known for "Rocky" in 1975. 2. Tony Orlando and Dawn, in 1970. The song charted around the world, was covered by several others and was even recorded in foreign languages. 3. Rick Springfield. He had a role on "General Hospital" and released "Jessie's Girl" in 1981. He later won a Grammy Award for Best Male Rock Vocal Performance. 4. "True," in 1983. 5. "In Dreams," by Roy Orbison, in 1963. Penned by Orbison himself, the song ended up on the Rolling Stone "500 Greatest Songs of All Time." While on tour with the Beatles, Orbison got 15 calls for encore while the Beatles cooled their heels backstage.

HOROSCOPES **ARIES - Mar 21/Apr 20** You may find yourself teetering between responsibilities to work, friends and even family. It's possible you will need to set aside some time to play catch-up in the coming days.

TAURUS - Apr 21/May 21 Listen before you make assumptions, Taurus. Resist any temptation to wildly post or chat about personal information. You might regret it later on.

GEMINI - May 22/June 21 Finances are your main priority this week, Gemini. Whether you have a lot in savings or are floundering paycheck to paycheck, it is time to reassess your financial situation.

CANCER - Jun 22/Jul 22 Cancer, if things are stressful at home, it may be necessary to step away for some breathing room. Book a vacation so everyone can unwind and recharge.

LEO - Jul 23/Aug 23 Take a deep breath and try to relax, Leo. You have been operating on overdrive for some time now and you're just about out of gas. Book that vacation, pronto.

VIRGO - Aug 24/Sept 22 A promising collaboration may be on the horizon, Virgo. This could prove interesting and also propel a hobby or your career a bit further than you had anticipated.

LIBRA - Sept 23/Oct 23 Libra, newfound success earns you the recognition you deserve. It could mean a promotion to a corner office or even the opportunity to enjoy a new, more lucrative job elsewhere.

SCORPIO - Oct 24/Nov 22 A dream or a passion project you have been

working on for several months may finally come to fruition, Scorpio. Make changes gradually and success will follow.

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, there's no wiggle room left for apprehension or ambivalence. Take action this week and it could be a turning point in your life. Seal the deal however you choose.

CAPRICORN - Dec 22/Jan 20 Capricorn, the key to landing on your feet is to always expect the curveballs that will be thrown your way. This way you are always on your toes and can adapt quickly.

AQUARIUS - Jan 21/Feb 18 Now is a good time to declutter your life, Aquarius. Start sorting through your belongings, then move on to any emotional baggage you've been carrying.

PISCES - Feb 19/Mar 20 This week is ripe for love, Pisces. A romantic connection may finally bloom or you may get news that someone is expecting a baby.

FAMOUS BIRTHDAYS

MARCH 8 Kat Von D, Tattoo Artist (43)

MARCH 9 Bow Wow, Rapper (38)

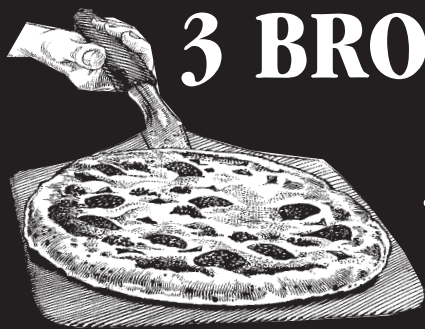
MARCH 10 Chuck Norris, Actor (85)

MARCH 11 Terrence Howard, Actor (56)

MARCH 12 Mitt Romney, Politician (78)

MARCH 13 Danny Masterson, Actor (49)

MARCH 14 Brian Quinn, Comic (49)



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HOROSCOPES **ARIES - Mar 21/Apr 20** Aries, you will likely experience a week of thoughtfulness and reflection. It can be a very "zen" experience for you, as you're not typically used to slowing down.

TAURUS - Apr 21/May 21 Taurus, keep your cool in the week ahead, which might be more tumultuous than you're accustomed to. Don't take things personally, and rest assured things will blow over soon.

GEMINI - May 22/June 21 Old stories from your past may resurface, Gemini. These could be humorous, so approach them with a positive attitude and enjoy the fun-filled trip down Memory Lane.

CANCER - Jun 22/Jul 22 Cancer, this week you may feel as if your energy doesn't go as far as it once did. Speak up if you find yourself battling exhaustion. Others can help.

LEO - Jul 23/Aug 23 Leo, others see you as witty and a good storyteller, so you might be called on to make a speech or emcee an important event. Make it your own.

VIRGO - Aug 24/Sept 22 Virgo, you may have to play the role of peace-keeper this week when bickering between others gets out of hand. Step in and negotiate a truce.

LIBRA - Sept 23/Oct 23 Libra, be your own person, even when someone else tries to guide you into his or her line of thinking. Don't fall for any subterfuge or get carried away.

SCORPIO - Oct 24/Nov 22 Cooperation instead of competition may be

the way to get ahead this week, Scorpio. Take a look at what others are doing and see if you can combine your efforts.

SAGITTARIUS - Nov 23/Dec 21 Sagittarius, meeting new people is often exciting and you could have the opportunity for new introductions this week. Just remember that first impressions last.

CAPRICORN - Dec 22/Jan 20 Simple pleasures will offer you the greatest rewards over the next few days, Capricorn. You don't require a lot of fanfare or extravagance. Relish in creature comforts.

AQUARIUS - Jan 21/Feb 18 Aquarius, you are becoming more attuned with how others may be able to help you advance your career. Don't hesitate to seek advice. The time for change could be upon you.

PISCES - Feb 19/Mar 20 Pisces, make an effort to communicate more with those around you. Life can feel isolated without a good foundation of friends.

FAMOUS BIRTHDAYS

MARCH 15 will.i.am, Singer (50)

MARCH 16 Lauren Graham, Actress (58)

MARCH 17 Mia Hamm, Athlete (53)

MARCH 18 Adam Levine, Singer (46)

MARCH 19 Clayton Kershaw, Athlete (37)

MARCH 20 Barron Trump, First Family (19)

MARCH 21 Scott Eastwood, Actor (39)

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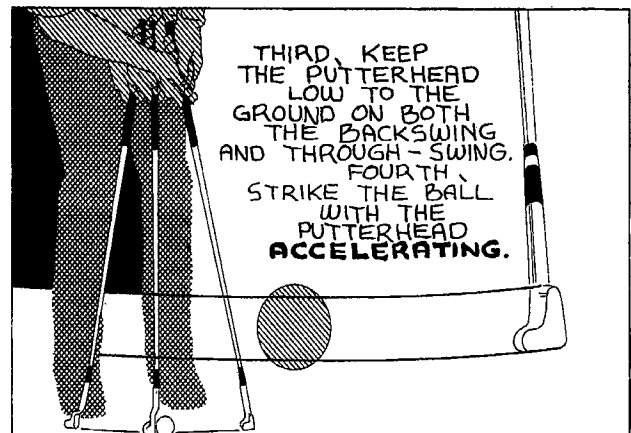
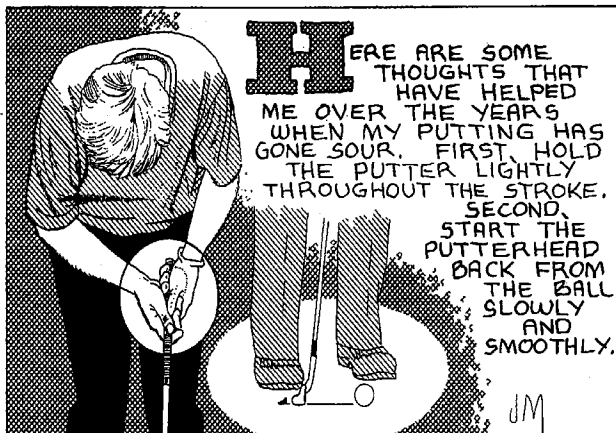
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1. What team did Basketball Hall of Famer Al McGuire lead to an NCAA championship in his final season as head coach in 1977?
2. Brazilian footballer Ricardo Izecson dos Santos Leite, winner of the 2007 Ballon d'Or, was commonly known by what name?
3. Name the brothers who played together on the NHL's Chicago Black Hawks for eight seasons from 1964-72.
4. What Washington placekicker led the NFL in scoring in 1991 with 149 points, more than the 143 points scored by the entire Indianapolis Colts team that season?
5. Women's Basketball Hall of Famer Jennifer Azzi won an NCAA championship in 1990 as a member of what team?
6. Who became the first U.S. women's figure skater since Alissa Czisny in 2010 to win the ISU Grand Prix Final when she accomplished the feat in December 2024?
7. Long snapper.
6. Amber Glenn.
5. The Stanford University Cardinals.
4. Chip Lohmiller.
3. Bobby and Dennis Hull.
2. Kaka.
1. The Marquette University Warriors.

Answers

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by
Jo Ann
Derson

to use two similarly sized bowls, one larger than the other, to serve cold salads at picnics. You add a few cups of crushed ice to the larger bowl, then nestle the smaller bowl into it, making it "chilled." In any case, remember: Don't leave food out longer than two hours.

large quantities of sides. I have a cooler advertised as fitting a six-pack of drinks. It's perfect for holding macaroni salad at our summer beach gatherings with family. I do not use it for anything else, and it retains its cold temperature despite the heat (when everyone remembers to keep the lid closed, of course)." — R.R. in South Carolina

- Many people have written in the tip
- "Purchase a small cooler to use for

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THE POD REPORT

By Dana Block



THIS WEEK'S CATEGORY: What's Up, Doc?

The following programs are similar to medical advice columns, just in podcast form. They offer extensive libraries of health information that goes straight to your ears:

“The Checkup with Doctor Mike” — Board-certified family medicine physician Dr. Mikhail Varshavski, aka “Doctor Mike,” interviews big names in the entertainment industry, Washington, D.C., sports, music, and everywhere in between. Recent episodes include “Will Ozempic Put An End To Weight Loss Surgery?” “Uncovering Corruption From Health ‘Experts,’” and “Asking The Uncomfortable Questions About Vaccines.” Hear personal stories

like the one about an endurance athlete who was told that she was going to die and how she refused to believe it. (DoctorMikeMedia.com)

“Your Checkup” — Hosted by a family medical doctor and a registered nurse, Dr. Ed Delesky and Nicole Aruffo call themselves the patient-education medical podcast, “delivering engaging discussions on health topics straight from the doctor’s office to your ears.” Topical episodes include ones on norovirus (a highly contagious stomach bug) and the H5N1 bird flu. They also discuss the recent ban of Red Dye No. 3 by the Food and Drug Administration, respiratory syncytial virus prevention for infants, and musculoskeletal disorders like plantar fasciitis and even golfer’s elbow. (YourCheckupPodcast.Buzzsprout.com)

“The Dr. Gabrielle Lyon Show” — Dr. Lyon is a fellowship-trained physician from Washington University and founder of the Institute of Muscle-Centric Medicine. Her guests include PhDs, MDs, and other specialists in their respective fields who give expert advice on nutrition, sleep science, ad-

diction and recovery, and cognitive functioning. Learn how to separate fact from fiction when it comes to red meat and cholesterol, or how to unlock your mobility and prevent frailty as you approach midlife and beyond. (Dr-GabrielleLyon.com)

Don’t Forget These Gems

“ZOE Science & Nutrition” — This podcast is where top scientists from all over the globe explain the latest in health and nutrition and how they affect your gut and brain. (ZOE.com)

“Chasing Life” — CNN medical correspondent Dr. Sanjay Gupta has long been a trusted source of information when it comes to health advice, so why not check out his weekly podcast? (CNN.com)

“You Are Not Broken” — As a board-certified urologist and menopause expert, Dr. Kelly Casperson’s mission is to “joyously smash the societal barriers that are keeping us from living our best intimate lives.” Whether you’re pre-, peri- or post-menopausal, this podcast is an invaluable source of information. (KellyCaspersonMD.com)



“Mufasa: The Lion King” (PG) —

This musical drama tells the story of an orphaned lion who would later become a king through the eyes of Academy-Award-winning director Barry Jenkins (“Moonlight”). Taking place after the events of “The Lion King” (2019), the film picks up after Simba, Mufasa’s son, becomes King of the Pride Lands and now has a young daughter, Kiara, with his wife, Nala. While Simba’s trusted friends Timon and Pumbaa watch over Kiara, the shaman Rafiki pays them a visit and decides to tell Kiara the story of her grandfather, letting viewers get whisked away to the time when Mufasa first stepped foot onto the Pride Lands. New additions to the cast include Blue Ivy Carter in her feature film debut, Mads Mikkelsen, and Thandiwe Newton. Available to rent on Feb. 18. (Amazon Prime Video)

“One of Them Days” (R) — This

comedy led by Keke Palmer and SZA can be compared to the 1995 film “Friday,” starring Ice Cube and Chris Tucker. The two female leads respectively play waitress Dreux (Palmer) and aspiring artist Alyssa (SZA), who face eviction after their rent fails to get paid on time. Dreux and Alyssa deduce that Alyssa’s boyfriend, Keshawn, took the rent money for his own gain, so the two women are



Robert De Niro, left, and Angela Bassett star in “Zero Day.”

forced into a series of shenanigans to obtain \$1,500 before the day is over. Lil Rel Howery, Katt Williams, and Maude Apatow co-star in this ridiculously entertaining film that is out now to rent. (Apple TV+)

“The White Lotus: Season 3” (TV-MA) — Mike White’s smash-hit series “The White Lotus” recently premiered its third

season, with the first episode out now to stream! This season is in Thailand and follows a new set of self-absorbed characters who are doomed to experience some kind of ego death while they’re on vacation. Jason Isaacs (of “Harry Potter” fame), Leslie Bibb (“Palm Royale”), and Walton Goggins (“Fallout”) are some of the new additions to the cast, while Natasha Rothwell reprises her role as Belinda, a spa manager from the first season that took place in Hawaii. Viewers will be glued to their screens for this show until the season’s finale on April 6, and a fourth season has already been greenlit by HBO. (Max)

“Zero Day” (TV-MA) — It is hard to believe that the prolific Robert De Niro hadn’t yet taken on a main role in a television series, but this role as ex-president George Mullen in Netflix’s new political-thriller miniseries is his first! In a reality that looks scarily akin to ours, George is tasked by President Evelyn Mitchell (Angela Bassett) with heading a commission for cybercriminals after a global cyberattack leaves the world in devastation. But as George begins his investigation, he’s thrust into a deeply hidden conspiracy that will test his patriotic morals. Lizzy Caplan (“Fatal Attraction”), Jesse Plemons (“Civil War”) and Connie Britton (“Winner”) were perfectly picked to co-star and dial in the drama. All six episodes are out now for your viewing pleasure! (Netflix)

celebrity extra

by Dana Jackson

Q: Is it true that “Buffy the Vampire Slayer” is coming back? Will it be a TV series or a movie? — G.A.

A: Sarah Michelle Gellar, who rose to stardom after playing the titular role in the WB series “Buffy the Vampire Slayer” from 1997-2003, has confirmed that a reboot series is in its early stages of development. The actress shunned the idea of such a project for years, especially after the show’s creator Joss Whedon was canceled by Hollywood for numerous allegations of misconduct.

However, Gellar changed her mind recently when one of the original show’s executive producers, Gail Berman, introduced her to Oscar-winning director Chloe Zhao (“Nomadland”). Both women convinced Gellar that their vision was one that would honor Buffy and her legacy.

According to the Los Angeles Times, the new series, which is being developed for Hulu, will center on a new, younger slayer, much like Buffy was as a teen. Gellar will also star, but it’s not known yet which beloved characters from fictional Sunnydale, California, will also

return.

Q: Why is there not going to be a new season of “The Bachelorette” this year? Has it been canceled? — M.E.

A: No, “The Bachelorette” hasn’t been canceled, but it has been put on hiatus. It normally airs a new installment in the summer follow-



Sarah Michelle Gellar as Buffy in “Buffy the Vampire Slayer.”

ing “The Bachelor,” which recently premiered on ABC for its 29th season. However, no reason has been given for why its female counterpart is being put on the shelf indefinitely.

The ratings for Jenn Tran’s season last year were no worse than Charity Lawson’s the year before, but Tran did have a heartbreaking ending. She proposed to her chosen suitor Devin

Strader, only to have him break up with her (via phone no less) before the “After the Final Rose” live reunion. Fortunately, Tran ended up meeting her current beau, Sasha Farber, when she was paired up with him on “Dancing with the Stars.”

According to Entertainment Weekly, this isn’t the first time the show has taken a long break. The magazine stated: “After three consecutive January premieres, ‘The Bachelorette’ took two years off in 2006 and 2007 before returning with season four in 2008, which, in turn, resulted in the show moving to a summer launch date.” As for who will eventually follow in Tran’s footsteps, we’ll just have to wait and see!

Q: Who is the new female judge on “The Voice”? I know she’s a singer, but I’ve never heard of her before. — S.K.

A: While she looks much younger, 31-year-old Kelsea Ballerini is a new coach on the latest season of the singing competitive reality show “The Voice.” Growing up in Knoxville, Tennessee, Ballerini became the first solo female country music artist to earn a No. 1 hit with her debut single (“Love Me Like You Mean It”) since Carrie Underwood accomplished the same.

In the next decade, Ballerini would go on to be nominated for five Grammy Awards. Underwood, who is now 41 years old, has taken home eight Grammys since winning “American Idol” in 2005.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Two-time Oscar-winning director Christopher Nolan has chosen his first film to follow “Oppenheimer,” and it’s an adaption of Homer’s “The Odyssey,” one of the oldest works of literature. But how do you make one of the two major Greek epic poems that was divided into 24 books appealing to today’s film fans? You sign Matt Damon, Tom Holland, Anne Hathaway, Zendaya, Lupita Nyong’o, Robert Pattinson and Charlize Theron to star in it. “The Odyssey” recounts the 10-year journey of Odysseus, the King of Ithaca, as he travels home from the Trojan War. It’ll shoot in Sicily, the United Kingdom, and Morocco.

Get ready for an in depth two-part HBO documentary about Paul Reubens, aka Pee-wee Herman, who died in 2023 at 70 from acute hypoxic respiratory failure. Reubens recorded 40 hours of footage for the documentary, and in it, he states, “I really want to set the record straight on a couple of things!” He discusses, for the first and only time, his homosexuality and brings intimate, richly moving context to his reasons



Christopher Nolan will direct “The Odyssey” (2026).

for remaining so long in his Hollywood closet!

The documentary uncovers the man behind the alter ego in a playful, reticent, evasive, earnest and obtuse way. It kicks off with his start in the Hollywood improv group The Groundlings, where he actually created the Pee-wee Herman persona, before going mainstream with “The Pee-wee Herman Show” (1981-1984). This led to the film “Pee-wee’s Big Adventure” (1985), which was directed by Tim Burton; the show “Pee-wee’s Playhouse” on CBS (1986-1991); and a second film “Big Top Pee-wee” (1988).

Reubens’ decline began in 1991 after his arrest in an adult gay cinema. He pondered, “How do I weather this narrative and not come off as a victim?” But his fans didn’t seem to care as much as he did. After all, Pee-wee wasn’t for kids; it was for the kid in all of us! I can’t wait to see the documentary.

She may be able to spin letters, but Vanna White hasn’t been able to commit to her 12-year boyfriend, contractor John Donaldson, and say, “I do.” However, they recently came close while shooting “Wheel of Fortune” with Ryan Seacrest in Hawaii. Reportedly, her two children, 28-year-old Gigi and 30-year-old Nikko, were on standby just in case. Friends say that she considered the trip a dress rehearsal.

The Jonas Brothers — Kevin, Joe and Nick — are reuniting with Disney to star in “The Jonas Brothers Christmas Movie,” a film about the obstacles the brothers face as they struggle to get home from London to New York in time to spend Christmas with their families. The trio have recorded six albums with the Disney label Hollywood Records and starred in the Disney Channel series “Jonas.” I’m sure their fans would rather see them in sexy attire than a humdrum storyline!

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Source: <https://gardening.feedspot.com/gardening-blogs/>

Trivia test by Fifi Rodriguez

- TELEVISION: How many castaways are on "Gilligan's Island"?
- GEOGRAPHY: Which Asian nation's nickname is "Land of the Thunder

- Dragon"?
- LITERATURE: What is author J.K. Rowling's real first name?
- SCIENCE: What is a type of material that can't carry an electrical charge?
- U.S. STATES: Which state's nickname is "The Last Frontier"?
- MEASUREMENTS: How many quarts are in a half gallon?
- MOVIES: Which famous landmark is featured in the movie "Rebel Without a Cause"?

8. ANATOMY: What does the cerebellum control in the human brain?

- Answers**
1. Seven.
 2. Bhutan.
 3. Joanne.
 4. An insulator.
 5. Alaska.
 6. Two.
 7. Griffith Observatory.
 8. Movement and balance.

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Strange BUT TRUE

By Lucie Winborne

- In Israel, the movie title “Cloudy with a Chance of Meatballs” was translated as “It’s Raining Falafel.”
- The Latte Index, which was developed by The Wall Street Journal, compares the price of a tall Starbucks latte in dozens of cities around the globe to estimate which currencies are overvalued and undervalued.
- While Finland refers to itself as the “Land of 1,000 Lakes,” it actually contains 188,000.
- Gucci manufactured a pair of jeans named the Gucci Genius Jeans that sold for an astonishing \$3,134.
- In 1859, America was swept by a moral panic over young people playing ... too much chess.
- Eighty-five percent of Vakkaru Island in the Maldives is made up of fish feces.
- After Thomas Edison was confined to a wheelchair in his last years, his good

- friend Henry Ford bought one as well so the two could have wheelchair races around their adjoining Florida estates.
- Fifteen minutes of shivering from cold temperatures can be the metabolic equivalent of one hour of exercise.
 - At the age of 104, a fellow by the name of Jack Reynolds became the oldest known person to get a tattoo. He followed that up by becoming, at age 105, the oldest person to ride on a roller coaster.
 - St. Nicholas is the patron saint of penitent murderers.
 - America’s first female state senator

was a Mormon polygamist who not only ran against, but defeated, her husband.

- In 2009, an Italian neurosurgeon had a heart attack in the middle of performing surgery. He powered through it when he realized his patient wouldn’t recover if he stopped. Half an hour after finishing the surgery, the dedicated doctor had an angioplasty.

Thought for the Day: “You have enemies? Good. That means you’ve stood up for something, sometime in your life.” — Victor Hugo


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SUDOKU PUZZLE

by Linda Thistle

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

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 number from one to nine.

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

ANSWER



Long-Term Use of High-Dose Gabapentin Causes Great Concern

DEAR DR. ROACH: Am I a doomed man? When I was 25, I survived a battle with testicular cancer. The good news is that 45 years later, after two kids and three grandkids, I'm in good health. The only medicine I take is gabapentin for peripheral neuropathy that was caused by the chemotherapy drugs I received during the cancer treatment. One or more of these drugs caused neuropathy in my feet. A neurologist prescribed 800 mg three times a day, and I took this for about 15 years. As I got older, it became 800 mg four times a day for the past 20 years. As I talk to people, they seem shocked that I'm still alive after taking so much gabapentin. But I've never experienced any known side effects from it. I have read that the long-term use of gabapentin can increase the chances of

dementia. Are there specific things that I should have my regular doctor test me for because of my long-term use of gabapentin? — C.P.
ANSWER: Testicular cancer is one of the most curable cancers because it is sensitive to both radiation and chemotherapy. However, both of these modalities can lead to problems years after the treatment was successful. For many years, platinum-based chemotherapy has been one of the mainstays for advanced testicular cancer. Painful peripheral neuropathy, especially in the hands and feet, is a common side effect. Gabapentin is a commonly used medication to relieve pain from damage to the peripheral nerves that occurs in diabetes or with chemotherapy. I don't often see doses as high as you are taking, but they are certainly used. In a seminal trial on pain following a shingles infection (post-herpetic neuralgia), the target dose of gabapentin was 900 mg four times daily. It often takes weeks or months to build up to this dose so that people can tolerate it, but it is very effective. The most common side effect is sedation, but increasing the dose slowly reduces this effect. The evidence of gabapentin and dementia is mixed, with two studies that looked at hundreds of thousands of people and came to completely different conclusions. In the study suggesting that there

was a dementia risk, it was strongest in younger people. I conclude that you aren't doomed. While most authorities don't suggest screening tests for dementia, there are some memory and cognitive tests that are easy to do for people who have concerns about their memory, or those whose doctors are concerned about a possible change in function. If there are abnormalities, a person can then be referred to a memory expert. ***

DEAR DR. ROACH: In a recent column, you discussed IBS-C (irritable bowel syndrome). I have IBS-D and had very serious episodes for several years. The cramping was enough to keep me in bed for two to three days. The episodes started happening more frequently three years ago and occurred every three to four weeks.

I read that yogurt can help, so I began to eat plain yogurt every day (although I added fruit and granola). I haven't had an episode in two-and-a-half years! Why isn't this suggested by doctors? The change has been amazing. — K.V.
ANSWER: I am very pleased that you had such great results. Yogurt is often recommended due to the live bacteria in it, which is thought to be beneficial for the gut. Unfortunately, my experience (like most trials) has shown that it doesn't help the majority of people. The lactose (milk sugar) is problematic for many IBS sufferers as well.

BAYONNE RECREATION DIVISION: TIME FOR PRE-K4 FLAG FOOTBALL AND SUMMER JOB APPLICATIONS

Bayonne's Recreation Division of Recreation has opened registration for Pre-K4 Spring Flag Football.

Beginning on Monday, March 3, summer job application will be available for 2025.

The Division of Recreation's Flag Football League is open to boys and girls in Pre-K 4/4 years of age as of March 1st. (In a separate process, Flag Football Season for older children in grades K - 8 is September through November.) All participants must be Bayonne residents. The fee for the Youth Flag Football League is \$40 per player. This fee includes the game jersey. The fees collected will go towards the costs of running the program. The fee is non-refundable.

You can now register and make payment online at <https://register.capturepoint.com/CityofBayonne>

When setting up your account, please make sure to add your child's name to the account. All individuals who sign up will be placed on a team by the Division of Recreation. The deadline for all applications is Friday, March 14, 2025.

The season is tentatively set to begin on Thursday, April 3, 2025. Games take place on Tuesdays and/or Thursdays at DiDomenico-16th Street Park. Game times are 4:30pm and 5:15pm. For further information, call Pete Amadeo at (201) 858-6129 or email BAYONNEREC@AOL.COM

Division of Recreation Summer Job Applications will be available starting Monday, March 3, 2025. Available jobs include working as a camp counselor at the various Recreation summer day camps, and a pool attendant or lifeguard at the Thomas DiDomenico Municipal Pool at DiDomenico-16th Street Park. (Lifeguards must be certified when applying)

It is important to know that summer employment is not on a first-

come, first-serve basis. All applications are reviewed after the application deadline. Applications are not reviewed before the application deadline. The deadline to submit applications is Friday, April 11, 2025. Applications will be not accepted after April 11, 2025.

Applicants must currently be in at least their Freshman year of high school to apply. College students may apply. Students graduating 8th grade in June are ineligible to apply. All positions require full attendance. All applicants must be Bayonne residents.

Applications are available Monday through Friday, in City Hall Room #13, 9:00am to 4:00pm. Applications are not available online. Working Papers will not be accepted with the application. Only applications will be accepted.

Those exempt from the statutory minimum wage rate are: minors under the age of 18; employees at summer camps operated by any non-profit, including the City of Bayonne. Employees at summer camps are exempt from minimum and overtime rates during the months of June, July, August and September, as per the New Jersey Department of Labor and Workforce Development. NJ State Wage and Hour Law Abstract N.J.S.A. 34:11-56a et. Seq.

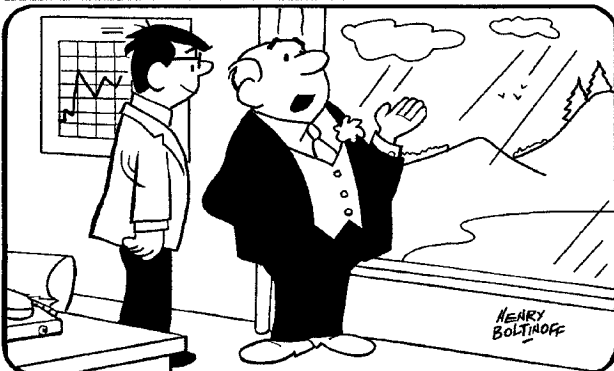
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For more information on summer employment, please contact Pete Amadeo at 201-858-6129 or email BAYONNEREC@AOL.COM.

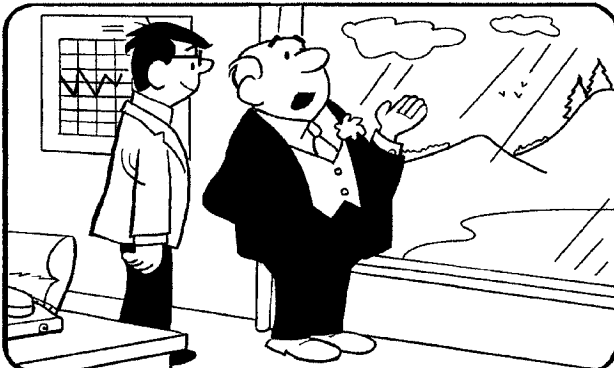


HOCUS - FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Vest is shorter. 2. Arm is longer. 3. Chair is taller. 4. Foot is moved. 5. Chart is different. 6. Curtain is not as wide.

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WOLFGANG PUCK'S KITCHEN

Turn home-style bread pudding into a
fabulous last-minute dessert

By Wolfgang Puck

In my last column, I shared with you a delightful holiday recipe that called for you to seek out a special ingredient, North African brik pastry, with which to make my Valentine chocolate "purses," a treat straight out of Spago restaurant. This week I'd like to suggest yet another wonderful dessert. Better still, this time it's a home-style recipe: bread pudding made with a rich bittersweet-chocolate custard, featuring basic ingredients you can find in any supermarket, or that you may already have in your home refrigerator and pantry.

I'd have to rack my brain to think of anyone I know who doesn't like a good bread pudding. It seems to be a perfect definition of comfort food: slices of good bread soaked in and baked with a rich, sweet custard to form a dessert that delivers smooth satisfaction with every spoonful. Adding a generous dose of chocolate makes it even better.

As I said, the ingredients couldn't be more basic: half-and-half; eggs; some good-quality bittersweet chocolate, bitter baking chocolate and cocoa powder, plus an egg-enriched loaf of bread like brioche or challah. While my recipe is easy, I do suggest that you prepare its custard base the day before you plan to serve it - or at least the morning before you'll do the final assembly and cooking. That will allow plenty of time for the mixture to chill well and thicken. Then, the next day, all you have to do is cut and soak the bread, assemble the pudding in individual-sized baking cups, and cook the dessert in the oven using a hot-water bath (easy to set up with a baking pan and some boiling water) that helps the custard cook gently and stay moist and delicate.

The puddings taste delicious whether you serve them hot from the oven, warm, or chilled in the refrigerator. The recipe works most efficiently if you make enough for eight servings, as you might want to do for a dinner party. But if it's for just the two of you, you have not only seconds if you want them, but also more wonderful chocolate bread pudding to share the next day.

BITTERSWEET CHOCOLATE CUSTARD BREAD PUDDING

Makes 8 servings, 3/4 cup each
CHOCOLATE CUSTARD:

6 ounces bittersweet chocolate, coarsely chopped
1- 1/2 ounces bitter chocolate, coarsely chopped
3 whole large cage-free eggs
3 large cage-free egg yolks
1/2 cup sugar
2 cups half-and-half
SOAKING LIQUID:

1-1/2 cups half-and-half
1/3 cup sugar
1/2 cup unsweetened cocoa powder

ASSEMBLY:

8 slices brioche, challah, or other rich egg bread, each 1/2 inch thick
Unsalted butter, softened, for greasing

SERVING:

Confectioners' sugar
Unsweetened whipped cream

Several hours or a day ahead, make the custard: In a stainless-steel bowl or the top half of a double boiler placed over but not touching simmering water, melt the bitter-sweet and bitter chocolates.

In a large stainless-steel bowl, beat together the whole eggs and egg yolks until well combined. While whisking continuously, gradually pour in the sugar. Continue whisking until fluffy.

Meanwhile, in a small saucepan over medium-high heat, bring the 2 cups of half-and-half to a rolling boil. Remove the pan from the heat. While whisking the egg mixture continuously, very slowly pour in the hot half-and-half. Whisk in the melted chocolate.

Fill a large mixing bowl with ice cubes. Rest the stainless-steel bowl inside and stir until the custard mixture has chilled. Then, cover the bowl of custard and refrigerate.

When ready to make the pudding, combine the soaking liquid ingredients in a saucepan and stir over medium heat until the cocoa has dissolved completely. Set aside.

Using a round 2-inch cookie cutter, cut 2 circles from each bread slice. Arrange the 16 circles in 1 or 2 baking dishes large enough to hold them in a single layer. Pour the soaking liquid over the bread and soak well, turning the circles so they absorb as much liquid as possible.

Preheat the oven to 350 degrees F. With the butter, grease the insides of 8 individual 3/4-cup custard cups or molds. Bring a kettle of water to a boil.

Spoon about 2 ounces of the custard into the bottom of each cup or mold. With a slotted spoon, lift a circle of bread and place it in a cup. Spoon more custard on top; then, add another circle of bread and another layer of custard. Repeat with the remaining cups.

Arrange the cups in a large baking pan. Pull out an oven rack partway and place the pan on it. Fill the pan with enough boiling water to come halfway up the sides of the cups. Very carefully slide the rack into the oven.

Bake the bread puddings until the custard has set, about 30 minutes. Carefully remove the pan from the oven and transfer the individual cups to a wire rack. Serve them hot or lukewarm, or leave them to cool to room temperature and then chill in the refrigerator.

To serve, sift powdered sugar over the tops of the hot or cool puddings. Offer whipped cream on the side.



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Best Sub	\$9.60	\$17.10
ham, cappicola, prosciuttini, salami, provolone		
Spiced Ham, Provolone Cheese	\$7.30	\$12.60
Ham, Salami, Cheese	\$8.10	\$14.20
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(ham, cappicola, salami, cheese)		
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Ham & Swiss	\$8.10	\$14.10
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Roast Turkey	\$9.10	\$16.10
Honey Turkey	\$9.60	\$17.10
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	7" REG	14" GIANT
Hot Roast Beef w/gravy & mozz	\$11.00	\$20.00
Grilled Chicken	\$8.60	\$15.10
Pastrami	\$9.60	\$18.00
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Burger Sub	\$9.60	\$16.80
Chicken Filet	\$8.10	\$14.50
Meatball Sub	\$8.60	\$16.10
Veggie Burger	\$8.80	\$16.60
BLT	\$7.80	\$14.40
Chicken Parmigiana	\$9.10	\$17.00
Buffalo Chicken	\$9.60	\$17.00

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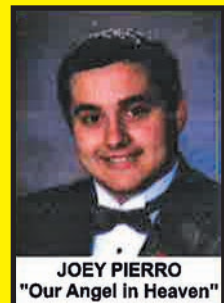
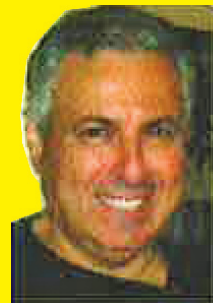
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Assorted Chips	.75¢
Pound Cake	\$2.00
Chocolate Bars	
& Other Candy	\$1.25
Soup (Chicken Noodle or Cream of Broccoli)	\$4.25
Pickles	1.50

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BEVERAGES

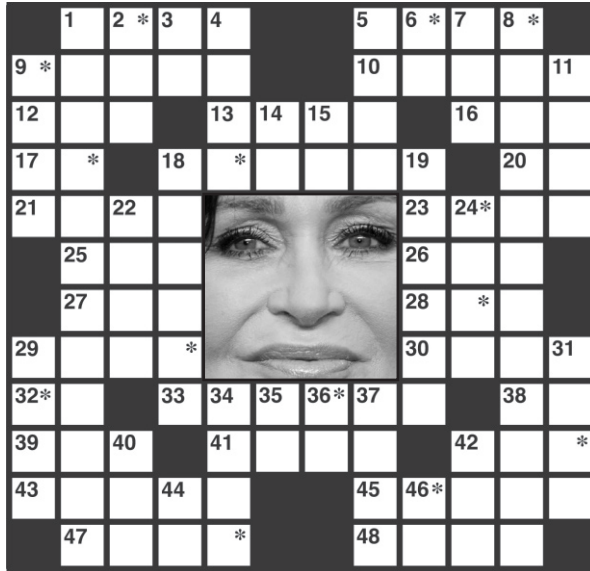
32 oz. Fountain Drinks	\$2.25
(Pepsi / Diet Pepsi / Orange / Fruit Punch / Lemonade / Sierra Mist / Iced Tea / Cherry Pepsi)	
12 oz. Soda Can	\$1.25
(Pepsi / Diet Pepsi / Sprite)	
16 oz. Snapple	\$2.25
Bottled Water	\$1.00



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TV-CROSSWORD



The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

ACROSS

- Melissa Rivers' mom
- "___ and Dumber"; Jim Carrey film
- Skater Henie
- October birthstones

- "___ Office"
- "___ Trek: Voyager"
- Role on "The Conners"
- "Touched by ___ Angel"
- Actress Maureen & others
- Fight result, for short

- End-of-the-work-week cry
- Group of rowers
- Bad cholesterol
- Don & others
- MacGraw or Larter
- ___ and aah; express delight
- "___ dead people!"; line from "The Sixth Sense"
- "The ___"; Gregory Peck/Lee Remick movie
- "The ___"; 2003-07 Adam Brody series
- "This Is ___ Tap"; Rob Reiner film
- Sabrina ___ Beauf
- Selleck or Skerriitt
- Gardner & others
- "Harper Valley ___"
- "The ___-___"; series for George Peppard
- "F-___" (1965-67)
- "___ the night before Christmas..."
- Sitcom about a deacon
- Stewart film
- Casual farewell
- "Evening Shade" setting: abbr.
- "Body ___ ___"; 2008 Leonardo DiCaprio movie
- "___ of Rock"; 2003 film for Jack Black
- Eric of Monty Python
- "Panic ___"; 2002 Jodie Foster movie
- Tiny bit
- Tide type
- Dawber & Shriver
- "Star Wars: Episode ___ - A New Hope"; 1977 sequel
- Ming-___ Wen
- Dog on "The Thin Man"
- Kitten's cry
- "Annabel Lee" poet
- Battery size
- Mitchum's initials

DOWN

- Role on "Schooled" (2)
- "___ Tree Hill"
- Racer Foyt
- "___ Bridges" (1996-2001)
- "___ the Explorer"
- "___ All Night"
- "___ About You"
- Judge on "The Voice" (2)
- "Now!"; in the ER
- "___ White and the Huntsman"; Kristen



My neighbor yells at her dog. Is it abuse?

DEAR PAW'S CORNER: Every morning, my next-door neighbor walks her dog past my house. Every morning, she berates her dog, calling him an idiot and a bad dog, especially after picking up his poo. I cannot see the dog doing anything wrong, so I don't know why she's constantly yelling at him. I know it's affecting him, though — he has his tail between his legs most of the time. Is there anything I can do for that dog? — Bill in Oshkosh, Wisconsin

DEAR BILL: That's hard to watch — emotional abuse can be as damaging to an animal as physical abuse. Strong verbal correction is OK in

obedience training when you need a dog to stop doing something immediately. But it should be limited to a firm "No!" and a quick tug on the leash if necessary — followed by proper corrective training.

When an owner simply berates the dog and takes out their anger verbally on them, it isn't training. It doesn't correct their behavior. Behavioral issues often get worse, not better. And the mixed signals and negative feedback that the dog constantly receives can cause trust issues that never fully go away. What can you do as an outside observer? Rescues or animal control likely won't intervene in a simple case of yelling at a dog.

If you feel safe talking to the owner, try starting a conversation with them. You may be able to glean more info about why they are yelling at the dog, and you might be able to give training advice.

However, you should also observe and document the situation. Write down the dog's physical condition and behavior and note if they deteriorate. If you see physical abuse from the owner, note the date, time and

place and, contact animal control. Send your tips, comments or questions to ask@pawscorner.com.



- Dog Man** (PG) Pete Davidson, Poppy Liu
- Heart Eyes** (R) Alex Walker, Lauren O'Hara
- Love Hurts** (R) Ke Huy Quan, Ariana DeBose
- Mufasa: The Lion King** (PG) Aaron Pierre, Kelvin Harrison Jr.
- Companion** (R) Sophie Thatcher, Jack Quaid
- One of Them Days** (R) Keke Palmer, SZA
- Becoming Led Zeppelin** (PG-13) Led Zeppelin, Jimmy Page
- Flight Risk** (R) Michelle Dockery, Mark Wahlberg
- Sonic the Hedgehog 3** (PG) Jim Carrey, Ben Schwartz
- Moana 2** (PG) Auli'i Cravalho, Dwayne Johnson



Photo by Verga Photography

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