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# TV TALK

MAGAZINE'S

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# TV TALK

MAGAZINE

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## Moments in time

THE HISTORY CHANNEL

• **On Dec. 30, 1988**, President Ronald Reagan and President-elect George Bush were subpoenaed to testify at the trial of Oliver North, a former White House aide implicated in the Iran-Contra affair, in which arms were secretly sold to Iran while profits from the sale were diverted to guerrillas attempting to topple the Nicaraguan government.

• **On Dec. 31, 1781**, America's first bank, the Bank of North America, received its charter from the Confederation Congress. It opened in Philadelphia on Jan. 7, 1782.

• **On Jan. 1, 2008**, Sidney Crosby of the Pittsburgh Penguins won the NHL's inaugural Winter Classic, the first regular-season game played outdoors in the U.S. in the league's history, at New York's Ralph Wilson Stadium.

• **On Jan. 2, 2004**, the NASA spacecraft Stardust collected dust grains from the Wild 2 comet, whose material was later revealed to contain glycine, an amino acid

that is an essential building block of life.

• **On Jan. 3, 1973**, Congressman James Abourezk became the first Arab American to serve in the U.S. Senate, representing his home state of South Dakota.

• **On Jan. 4, 1964**, Mary Sullivan was raped and strangled to death in her Boston apartment, after which her killer, Albert DeSalvo (aka the Boston Strangler) left a card reading "Happy New Year's" against her foot. Sullivan would turn out to be the final victim of DeSalvo's notorious crime spree, in which he assaulted and murdered a total of 13 women between 1962 and 1964. Under a deal with prosecutors, he wasn't charged with or convicted of those crimes, but received a life sentence for a series of other assaults, and was stabbed to death by an unidentified fellow inmate in 1973.

• **On Jan. 5, 1643**, Anne Clarke, of the Massachusetts Bay Colony, was granted a divorce from her husband, Denis Clarke, by Boston's Quarter Court. Denis confessed to abandoning Anne and their two children for another woman, by whom he also had two children, and refused to return to Anne. It was the first record of a legal divorce in the American colonies.

## FLASH BACK POP, ROCK & SOUL TRIVIA BY MICK HARPER

1. "You're the One That I Want" was used in which musical film?
2. Name the all-girl group that released "I Met Him on a Sunday."
3. Which artist released "The Wanderer"?
4. Who released "People Got to Be Free"?
5. Name the song that contains this lyric: "Sometimes the love rhymes that fill that afternoon, Lose all their meaning with the rising moon."

lobbying for the rights of songwriters and county, and was active for decades. artists across the genres, including pop chart-topping music for a long list of well known as a songwriter, producing Peter McCann, in 1977. McCann was 5. "Do You Wanna Make Love," by 4. The Rascals, in 1968. more popular of the two songs. as a b-side single, but it became the 3. Dion, in 1961. He recorded the song school talent show. song before performing in their high friends formed a group and wrote the 2. The Shirelles, in 1958. The four in." superhero film "Deadpool & Wolverine" and was written especially for the film. More recently the song was used in the used in the stage version of the musical John Travolta. The song hadn't been formed by Olivia Newton-John and 1. "Grease," in 1978. The duet was per-

Answers

**HOROSCOPES** **ARIES - Mar 21 -Apr 20** Think about ideas for the future if what you are doing right now does not seem very exciting to you, Aries. A new plan of attack can reinvigorate your motivation.

**TAURUS - Apr 21/May 21** Taurus, focus your energy on home-related projects. Procrastination is your enemy in these circumstances and can stanch any productivity you may have achieved.

**GEMINI - May 22/June 21** Gemini, there is a way out of every situation, even if it seems like all exits are blocked. Swallow your pride if need be and accept the help of others when it's offered.

**CANCER - Jun 22/Jul 22** Cancer, you will be getting a lot of help with a special project, so expect it to go quite smoothly. Just be sure to pay back the favor when you can.

**LEO - Jul 23/Aug 23** Leo, a new perspective could help you see that things you thought were a big deal are really mole hills instead of mountains, and that's an important lesson to learn.

**VIRGO - Aug 24/Sept 22** Virgo, learn how to deal with conflict in a productive way. Otherwise you may be stressed out and full of angst for no reason at all.

**LIBRA - Sept 23/Oct 23** Somehow you always manage to pull through even with a ton of things on your plate, Libra. Even though you are successful, remember to schedule some downtime once in awhile.

**SCORPIO - Oct 24/Nov 22** Don't get caught daydreaming too much this

week, Scorpio. People at work may think you're not serious about your efforts when nothing could be further from the truth.

**SAGITTARIUS - Nov 23/Dec 21** Sagittarius, expect to spend some money this week. Just how much you will spend depends on your ability to find the best bargains and discounts.

**CAPRICORN - Dec 22/Jan 20** It can be frustrating when others do not seem to understand your motives, Capricorn. Don't feel pressured to change your way of doing things, especially if it's working.

**AQUARIUS - Jan 21/Feb 18** Aquarius, something you have been looking forward to for some time is about to happen. It has been a long time coming but entirely worth it. Enjoy the ride.

**PISCES - Feb 19/Mar 20** Pisces, stick up for yourself when you need to. You are your biggest advocate, and you will present a strong front when feeling secure.

**FAMOUS BIRTHDAYS**

- DECEMBER 28** John Legend, Singer (46)
- DECEMBER 29** Ted Danson, Actor (77)
- DECEMBER 30** Ellie Goulding, Singer (38)
- DECEMBER 31** Anthony Hopkins, Actor (87)
- JANUARY 1** Meryl Davis, Athlete (38)
- JANUARY 2** Karina Smirnoff, Dancer (47)
- JANUARY 3** Mel Gibson, Actor (69)



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**HOROSCOPES** **ARIES - Mar 21/Apr 20** It is time to take a relationship to a new level, Aries. You are confident you know just the way to accomplish this. Enjoy the excitement that comes with this new beginning.

**TAURUS - Apr 21/May 21** Taurus, many things are on your plate, but you don't feel overwhelmed at all. In fact, you're ready to lend a helping hand to anyone who needs one.

**GEMINI - May 22/June 21** Recreation is the name of the game this week, Gemini. Coming off of a busy period, you are anxious to put your feet up for a few days. Book that vacation right now.

**CANCER - Jun 22/Jul 22** Use your intuition in regard to others' feelings this week, Cancer. Give someone who needs it a little leeway, and your thoughtfulness will be appreciated.

**LEO - Jul 23/Aug 23** Leo, if you think change will do you some good, then it is time to make it happen. Embrace the excitement that comes with making changes.

**VIRGO - Aug 24/Sept 22** Thanks to a spark of creativity, your plans may change this week, Virgo. Grab someone who is up for an unexpected adventure to join the journey.

**LIBRA - Sept 23/Oct 23** Libra, a financial windfall has given you some extra spending money. While you may want to splurge, the practical side of you knows some saving is in order.

**SCORPIO - Oct 24/Nov 22** Scorpio, some things may be beyond your

control this week, and that is okay. The measure of success will be how well you can adapt to the changes ahead.

**SAGITTARIUS - Nov 23/Dec 21** Home improvements may be in your future, Sagittarius. Projects could be just what the doctor ordered to chase away any feelings of cabin fever that may develop.

**CAPRICORN - Dec 22/Jan 20** Capricorn, although the digital age has taken over, this week you might be ready to unplug for a while. Stock up on some books that can fuel your imagination.

**AQUARIUS - Jan 21/Feb 18** Lend an ear to someone who has to get a few things off of his or her chest, Aquarius. You do not have to offer solutions. Just being there will be assistance enough.

**PISCES - Feb 19/Mar 20** Don't leave any stone unturned when seeking a solution this week, Pisces. The least expected avenue may be the right one.

**FAMOUS BIRTHDAYS**

- JANUARY 4** Kris Bryant, Athlete (33)
- JANUARY 5** Marilyn Manson, Singer (56)
- JANUARY 6** Rowan Atkinson, Actor (70)
- JANUARY 7** Nicolas Cage, Actor (61)
- JANUARY 8** Gaby Hoffman, Singer (43)
- JANUARY 9** Dave Matthews, Singer (58)
- JANUARY 10** George Foreman, Athlete (76)



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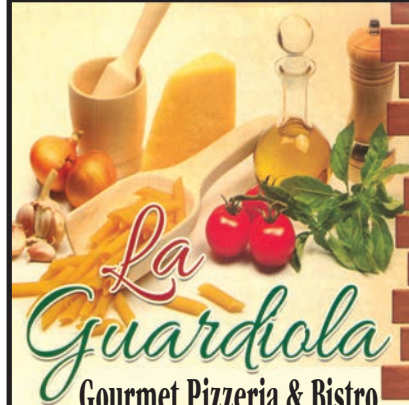
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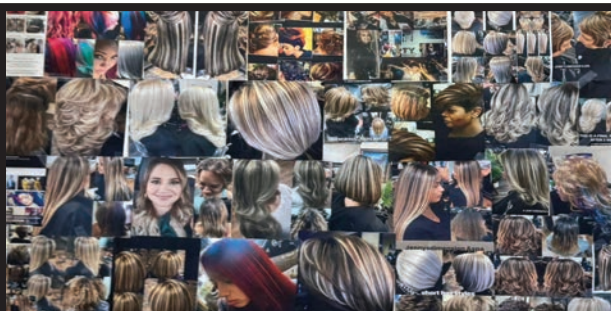
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## TV-CROSSWORD



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**

- Actor Linden
- "Come to \_\_\_"; short-lived 2004 sitcom
- "Up \_\_\_ Night"
- "What'll \_\_\_ \_\_\_"; Irving Berlin song
- Sir \_\_\_ Guinness
- John Spencer's role on "The West Wing"
- "Bluff City Law" actor (2)
- Snakelike fish

- 180 degrees from WSW
- "\_\_\_ the Explorer"; animated series
- Tim Daly's sister
- Union Pac. or B&O
- Dorothy's aunt
- Hesitater's syllable
- "Star Trek \_\_\_: The Wrath of Khan"
- "The \_\_\_ Griffin Show" (1962-86)
- "\_\_\_ Street Blues"
- "... \_\_\_ the ramparts we watched ..."
- Corncob
- "48 \_\_\_"
- Crawling bug
- Pence, for short
- Actress Long
- "Big Top Pee-\_\_\_"; Paul Reubens movie
- "Man With a \_\_\_"
- Napoleon or Hirohito: abbr.
- "NCIS: \_\_\_ Angeles"
- "\_\_\_ Heels"; 2001 film for Monica Potter
- "The Cat \_\_\_ \_\_\_"; 2003 Mike Myers movie
- "Bang the \_\_\_ Slowly"; 1973 Robert De Niro film
- "Coffee, Tea \_\_\_?"; Karen Valentine TV movie
- Diamond, for one
- First Oscar recipient \_\_\_ Jannings
- "\_\_\_ 66" (1960-64)
- Dunne or Ryan
- Invitation letters
- "Around the Horn" network
- "Hee \_\_\_"
- "\_\_\_ Tree Hill"
- Tillis or Gibson
- Affirmative vote
- Rounded edge
- Sharp shrill bark

**DOWN**

- Encyclopedia volume, perhaps
- "Much \_\_\_ About Nothing"
- Ne'er-do-well
- "Mad About You" role
- Emmylou Harris' state of birth: abbr.
- Chest muscle, for short
- Prolonged pain
- Actress Kirstie
- Went before others



# THE POD REPORT

By Dana Block



## THIS WEEK'S CATEGORY: Top New Podcasts of 2024

There are roughly 4.5 million podcasts registered at the moment with new ones starting up every time you fire up your app. NBC, Wondery and Wavland topped the podcast charts with new serials in the true-crime genre, while politics rounded out the rest of the top 10, according to Apple Podcasts:

1. **"The Tucker Carlson Show"** — Where do Fox News hosts go after they're fired? They start a highly successful podcast and take their viewers with them! In the case of Tucker Carlson, he has been quite prolific in his post-TV career, with more than 150 episodes already in the podcast's library. Carlson promises "free speech and honest reporting." (Tucker-Carlson.com)
2. **"Three"** — This true-crime podcast

tells the haunting story of a missing teen named Skylar, who entered the woods of West Virginia with two other girls but never came out. The journalists who cover the story state that "what happened to Skylar Neese has become gothic American lore," and she was "the odd girl out in a vicious teenage triangle." (Wavland.Media)

3. **"Mortal Sin"** — Hosted by "Dateline" reporter Josh Mankiewicz, this podcast returned for a third season with a true-crime mystery about a pastor's wife who died tragically in a house fire the day after Christmas. (NBCNews.com)
4. **"Drowning Creek"** — Host Sean Kipe delves into this ongoing mystery about the disappearance of a young man who was never seen again after exiting an Atlanta nightclub in 2007. Despite a confession from a man who claims to have participated in Kipe's death, no one has been arrested as of yet. (Wavland.Media)
5. **"The Rise and Fall of Ruby Franke"** — Hear about how this Utah mom went from being a "momfluencer" with millions of followers to being arrested for abusing her own children. She's currently serving 4-30 years in prison. (Wondery.com)
6. **"Blood is Thicker: The Hargan Family Killings"** — Hosted by "48 Hours" correspondent Peter Van Sant, this six-episode series examines the possible mo-

tives behind the murder (or murder-suicide?) of a millionaire businesswoman and her daughter. (Wondery.com)

7. **"Noble"** — In 2002, in the small town of Noble, Georgia, over 300 decomposing bodies that had been sent to the crematorium were instead found on the property of the business that had been entrusted to carry out their wishes. Journalist Shaun Raviv explores the owners' history and "the mysterious man in the center of it all." (Wavland.Media)
8. **"Murder in the Hollywood Hills"** — "Dateline" tells the story of how a key witness is on a mission to keep convicted murderer Victor Paleologus behind bars so that he can never strike again. (NBCNews.com)
9. **"Hysterical"** — This seven-part series examines what was labeled as the biggest case of "mass hysteria since the Salem Witch Trials" — only this time, it involves a mysterious illness that "spreads" among the student body of a modern-day high school. (Wondery.com)
10. **"Who Killed JFK?"** — Film director Rob Reiner and journalist Soledad O'Brien team up for the 60th anniversary of President Kennedy's assassination. Subjects include CIA officials, eyewitnesses, and a former Secret Service agent who came forward in 2023 with new evidence. (iHeart.com)



**"It Ends with Us" (PG-13)** — This romantic drama from Justin Baldoni ("Will & Harper") is a film adaptation of the 2016 bestselling novel by Colleen Hoover. Blake Lively ("Deadpool & Wolverine") stars as florist Lily Bloom, who recently lays her abusive dad to rest. With their complicated relationship at the forefront of her mind, Lily meets Ryle (Baldoni) and forms a relationship with him, even though Ryle is bad-tempered. As Ryle's anger issues escalate into physical abuse, Lily is forced to either take a stand against him or submit to the same toxic cycle that enveloped her mother. The film, out now, received mixed reviews from critics, while the story's powerful message against domestic violence was drowned out by the on-set drama between Baldoni and Lively. (Netflix)

**"We Live in Time" (R)** — Here's another romantic drama that's sure to bring on the tears! Starring two young power-

houses, Andrew Garfield ("Spider-Man: No Way Home") and Florence Pugh ("Dune: Part Two"), the film follows couple Tobias (Garfield) and Almut (Pugh) throughout 10 years of their relationship. Viewers watch along in a non-linear fashion as Tobias and Almut cross paths for the first time, fall in love, and start a family. So, what's the tear-jerking catch? During their relationship, Almut receives a diagnosis of ovarian cancer, leaving their fu-



Florence Pugh, left, and Andrew Garfield star in "We Live in Time."

ture hanging in the balance. Most critics gave the film positive reviews, commending Garfield and Pugh's magnetic performances. Out now to rent. (Apple TV+)

**"Red One" (PG-13)** — This Christmas movie out now with Dwayne Johnson ("Moana 2") and Chris Evans ("Pain Hustlers") takes viewers on an exciting holi-

day adventure! As the head of Santa Claus' security detail, Callum Drift (Johnson) finds himself at a loss when his jolly boss gets kidnapped by a black ops team on Christmas Eve. The North Pole team tracks down the person who compromised their position, a hacker named Jack O'Malley (Evans); Jack agrees to help Callum find Santa for double the payment. As clues lead them to a winter witch named Gryla (Kiernan Shipka), they'll need all the Christmas magic and wonder they can to free Santa from her icy grip. J.K. Simmons ("Saturday Night") makes a hilarious (and buff) Santa. (Amazon Prime Video)

**"Juror No. 2" (PG-13)** — Even pushing 95 years old, director Clint Eastwood ("Cry Macho") still seems to have a few tricks up his sleeve! While this thriller didn't impress at the box office, it did move many critics with its intriguingly twisted story. Nicholas Hoult ("The Menu") leads the film as journalist Justin Kemp, who gets called for jury duty on a case involving a woman named Kendall Carter. Kendall was found dead under a bridge after a fight with her boyfriend, who is the main suspect. But when prosecutor Faith Killebrew (Toni Collette) begins to lay out the case, Justin is horror-struck to realize that he might be responsible for Kendall's death, as he recalls hitting something with his car at the same bar on the same night she died. Will he speak the truth or watch an innocent man get convicted instead? Premieres Dec. 20. (Max)

# celebrity extra

by Dana Jackson

**Q:** Is it true that former “Bachelorette” Jenn Tran is dating her partner from “Dancing with the Stars”? I hope so; they were so cute together. — K.S.

**A:** While Jenn Tran and dance pro Sasha Farber haven’t confirmed that they’re a couple, it certainly appears so. If anything, they’re great friends who recently attended the premiere of the movie “Wicked” together, as well as a Taylor Swift concert in Vancouver, Canada.

They both deserve some happiness. Tran had her heart broken when her fiance from “The Bachelorette” ended their engagement right before she was cast on “DWTS,” while Farber’s marriage to fellow dance pro Emma Slater was dissolved in 2023.

\*\*\*

**Q:** Whatever happened to actor Denis Leary? I loved his firefighter drama series but haven’t seen him in anything since. — L.W.

**A:** Denis Leary’s best known work “Rescue Me,” which he co-created with Peter Tolan and starred in as troubled 9/11 first responder Tommy Gavin, ended in 2011. Since this

time, he’s kept busy with many other projects both in front of and behind the camera — and also behind the mic voicing Diego the saber-tooth tiger in the animated “Ice Age” movies. His next series on FX was “Sex & Drugs & Rock & Roll,” in which he played an aging rock singer who recruits his daughter for his



Jenn Tran (“The Bachelorette” and “Dancing with the Stars”)

new band. After this, he starred in the short-lived Fox sitcom “The Moodys,” which followed a dysfunctional family, before landing a stint as a detective on “Law & Order: Organized Crime.” He followed it with a role on the gritty family crime drama “Animal Kingdom.”

Leary started his career as a stand-up come-

dian before landing his breakout role in the comedy film “The Ref” in 1994. He’s returning to his comedic roots early next year in a new comedy series on Fox, opposite Catherine Tate (“The Office”) and Danny Pudi (“Community”). It sounds like he’s perfectly cast as a “loud-mouth Army colonel” who is sent to a base in the Netherlands “with no real purpose.”

“Going Dutch” premieres on Jan. 2, 2025, as part of a comedy block with Joel McHale’s sitcom “Animal Control.”

\*\*\*

**Q:** Who is the man with the gray hair in the new Charles Schwab commercials who gets angry every time the company is mentioned? He looks so familiar. — D.D.

**A:** Salvator Xuereb plays “Carl the Broker” in a series of commercials that are currently airing for the financial services company Charles Schwab. He’s a character actor who has guest-starred in numerous television series, most recently as a smarmy doctor in “9-1-1,” a CIA officer in “NCIS: Los Angeles,” and Mr. Stewart in “Teen Wolf.”

He’s also appeared in movies like “Captain America: The Winter Soldier,” but his TV credits far exceed his movie credits. Perhaps you recognize him as part of the cast from the series “Pensacola: Wings of Gold,” in which he played a demolitions expert nicknamed Buddha.

## HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** — When I was 17, I met an 18-year-old girl named Liza at the Hotel St. Moritz on Central Park, and we walked several times from there to Broadway’s Great White Way. She told me how she dreamed of doing a Broadway play someday. Imagine my surprise when, two years later, I saw a marquee that read “Flora the Red Menace” starring Liza Minnelli! I didn’t realize I’d been walking with Judy Garland and Vincente Minnelli’s daughter.

Now everyone can see how this incredible talent became a superstar in the new documentary “Liza: A Truly Terrific Absolutely True Story.” The documentary takes us through her 50-year career and features interviews with her sister Lorna Luft (daughter of Sidney Luft, who produced Garland’s comeback film “A Star Is Born” in 1954), the late Chita Rivera, Michael Feinstein, Darren Criss and Ben Vereen.

It also includes footage from her 1978 European tour, when she was riding the crest of her “Cabaret” success and her Oscar win for it. It’s set to open in New York and Los Angeles on Jan. 24, 2025.



“Liza: A Truly Terrific Absolutely True Story” releases on Jan. 24, 2025.

\*\*\*

“Happy Days” are here again! Seventy-five-year-old Anson Williams, who was formally Patsy on “Happy Days” and directed 31 episodes of the ABC Family series “The Secret Life of the American Teenager,” is joining forces with 51-year-old Brian Austin Green (who played David Silver on “Beverly Hills, 90210”).

They will star in the horror-thriller film “The Three Killer Pigs,” which follows a local farmer who puts a blood oath in place

when the killer pigs return. Williams and Green serve as the producers as well.

\*\*\*

Also making a comeback is Armie Hammer, who has landed his first acting job since a #MeToo scandal derailed his career three years ago. He’ll co-star with two-time Emmy Award winner William H. Macy (“Shameless”) and Thomas Jane (“Troppo”) in the western film “Frontier Crucible,” which is based on the novel “Desert Stake-Out.” It looks like Hammer no longer has to sell timeshares in the Caymans!

\*\*\*

Ben Affleck distracted himself with work as his marriage to Jennifer Lopez was dissolving. First, he starred in the action/thriller “The Accountant 2” with Oscar winner J. K. Simmons, which wrapped shooting on Aug. 16. Then he starred in the crime thriller “RIP” with Matt Damon, which just wrapped on Dec. 11. Affleck and Damon kept extra busy by producing both films as well.

They even found time to be the producers of the musical “Kiss of the Spider Woman,” with — guess who? — Lopez. I wonder if Affleck named his film “RIP” (which stands for “rest in peace”) because he was thinking of his marriage to Lopez. How J.Lo can you go?



By  
Anthony  
D'Angelico



Photos by  
Stephanie Peterson  
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Who doesn't love a warm, fresh pastry on a cool winter morning? Stale bread could really put a damper on one's mood, but Blessing makes all breads and pastries fresh daily, inviting customers to break into a soft pastry and bask in the warm, fresh goodness.

Daniel, the owner and baker of The Blessing Bakery located at 422A Avenue C in Bayonne, NJ is a masterful baker, serving Hudson County for over 21 years. Daniel began his ventures in baking at the age of 14 with his father, The Blessing Bakery, regardless of its deliciousness, is a family-oriented business above all. The Blessing's goal is to make their customers happy and provide them with the most important meal of the day: a good, filling breakfast.

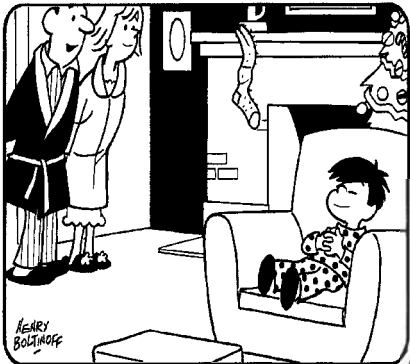
The Blessing Bakery sells long rolls, twisted bread, round rolls, french bread... you name it, they have it. Besides the normal bread selection, The Blessing also offers sugary treats for those who enjoy a little sweet to match their morning coffees. Items

like Concha Mexicana, a sweet roll enveloped with a hard crust that forms a delicious, layered taste once bitten; Borrachos bread, a soft, sugar bread inlaid with a colorful pink swirl destined to make your eyes pop. The Blessing also has muffins and cranberry/pecan loaves amongst other yummy goodies. While The Blessing is a delicious bakery, their prices are even tastier, with treats ranging from \$0.75 to \$14.00. Those prices are truly a blessing for the quality of this bakery!

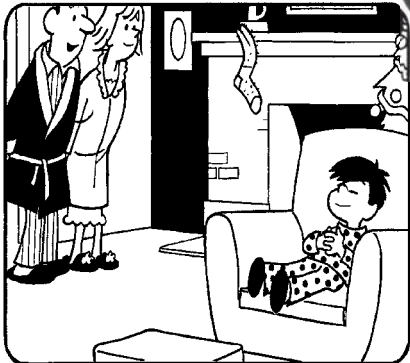
The Blessing Bakery has quickly become a staple for Bayonne residents, who like all New Jerseyans love their bread. Don't lose out on the hottest (and freshest!) spot in Bayonne: The Blessing Bakery. The bakery is open 6 days a week: Monday, Tuesday, Thursday & Friday from 8 am to 7 pm, Wednesdays from 8 am to 6 pm, and Saturday from 8 am to 5 pm, closed Sundays. It's a true blessing that Bayonne is home to The Blessing Bakery, where your carb-filled needs can always be met!



**HOCUS-FOCUS** BY HENRY BOLTIHOFF



Find at least six differences in details between panels



Differences: 1. Boy's legs are longer. 2. Tree is moved. 3. Stocking is shorter. 4. Woman's leg is moved. 5. Belt is shorter. 6. Robe collar is different.

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**Holiday travel with a pet**  
**DEAR PAW'S CORNER:** We are bringing our new dog, "Mara," with us to visit relatives in Ohio this Christmas. They are aware and said that our guest room is prepared with a dog bed so that she will be comfortable. However, we've never traveled with a pet before, and Mara is an energetic Border Collie. Do you have any advice for a pleasant road trip? —

Dave and Diane in Sarasota, Florida  
**DEAR DAVE & DIANE:** The best advice is to plan, plan, plan around Mara's needs during your drive to Ohio. As an energetic dog, Mara needs frequent walk breaks to get out of the car and work off some energy. You'll also need to stay at a pet-friendly hotel if you're not driving straight through the night.  
 Here are some important tips as you prepare:  
 — Make sure your dog's vaccinations are up to date, and carry a copy of her records.  
 — Consider microchipping your dog before the trip if you haven't done so, and make sure an ID tag is attached to her collar.

— Pack a bag just for Mara with her preferred food, treats, toys, cold weather gear and medications. Add an extra leash and collar just in case.  
 — Install a sturdy crate big enough for your dog to turn around in — either in the back seat or, if you have an SUV, in the cargo area. This will be secure and comfortable for a big dog.  
 — Take Mara on a few short car trips so she gets familiar with the travel crate.  
 — The day of the trip, feed and walk Mara at least an hour before departing. She may get carsick if she eats too soon before starting off.  
 — Never let Mara off leash during your trip.



**Semaglutide Assists With Weight Gain Caused by Antipsychotics**  
**DEAR DR. ROACH:** I was wondering whether Ozempic might be prescribed for somebody who gained weight due to antipsychotics or drugs for depression. I read some years ago that the weight gain associated with antipsychotics had something to do with blood sugar levels (or some other metabolic reason). — K.  
**ANSWER:** You are quite right that many medications, including some antipsychotic and antidepressant medicines, are commonly associated with weight gain. There are many mechanisms at work here, but the blood sugar increase is probably secondary to the weight gain, rather than the other way around. Some medicines are worse than others, so a wise prescriber chooses the least-harmful option when possible. But sometimes the only medication that works for a mental health issue does cause weight gain.

For decades, psychiatrists and others have prescribed metformin to help with weight gain due to medications. It's certainly better than nothing, but you are right that semaglutide (Ozempic when prescribed for diagnosed diabetes and Wegovy when prescribed for weight loss) will be more effective. A 2023 study showed that semaglutide was effective for people who gained weight due to psychiatric drugs and did not respond to metformin.  
 Getting insurance companies to cover these expensive medications is often the biggest barrier.

\*\*\*

**DEAR DR. ROACH:** You recently wrote about colitis, aka inflammation of the colon. Could you please explain how to treat and prevent it? — M.C.  
**ANSWER:** "Colitis" does mean inflammation of the colon, but it isn't just one disease. It's a finding that is associated with many diseases, so treatment depends on the exact cause. Colitis can be due to infection. Diseases like diverticulitis and gastroenteritis are inflammatory due to the presence of a pathogen. A pathogen is an unhealthy germ in the colon that leads to symptoms such as fever and diarrhea. Often these infections do not need antibiotics, just support until the body gets rid of the infection itself. Other infections are more serious, like *Clostridioides difficile* ("C.

diff"), which is life-threatening and requires powerful treatment. Microscopic colitis diseases are unusual and possibly autoimmune. They are sometimes triggered by medications and treated with anti-inflammatory medicines such as budesonide.  
 The underlying cause of inflammatory bowel disease (Crohn's and ulcerative colitis) still isn't well-understood. Although anti-inflammatory medicines like steroids still form part of the treatment for IBD, current treatment uses biological agents to target molecules that form part of the disease response — without the long-term toxicity of steroids.  
 There are many other causes of colitis. Treatment is highly variable, and prevention isn't always possible. Still, a healthy diet with a large variety of foods, especially plants, will help keep your colon in the best shape to ward off infections. It's much easier to get an infection after antibiotics, for example, since the healthy bacteria are largely killed off. I do not recommend probiotics in healthy people. Your microbiome — the "suite" of bacteria, viruses and other microbes that live in your gut — respond better to a good diet than a large number of limited bacteria. There is almost no evidence of benefit when it comes to probiotics in healthy people.

## TURNPIKE BRIDGE UPDATE

Last week, the City of Bayonne took part in a meeting with Coast Guard and Turnpike officials about the historic impact of the proposed reconstruction of the Turnpike between Exit 14 and Jersey City.

The Turnpike Authority is proposing to replace the existing Newark Bay Turnpike Extension Bridge with two new bridges that will have four lanes in each direction. The reconstruction will also include improved earthquake protection for the new bridges, exit/entrance area improvements, and new stormwater collection systems. The plan calls for starting construction on the work between Exits 14 and 14A in 2026. The goal would be to have the new Newark Bay bridges open by 2031.

The existing Newark Bay Bridge is getting worn down. According to the Turnpike Authority, environmental factors and heavy truck traffic have caused serious damage to the quality of the bridge. During the meeting, the Turnpike Authority presented photos that demonstrated the effects of wear-and-tear on the structure. We have to recognize that the bridge is almost seventy years old. It is not in

good enough shape to handle modern traffic volume for very much longer. Yet another patch job will not solve the bridge's problems.



As is required by law, the Turnpike Authority is making serious efforts to protect historic properties and archeological sites along the route of the bridge and the roadway.

While preparing for construction, the Turnpike is working to respect Native American sites, the route of the former Morris Canal, railroad properties, and other historic resources along the way.

The City of Bayonne has requested to receive some pieces of the bridge's span that could be displayed here after it is demolished. That would be a way to preserve some artifacts from the existing bridge while supporting vitally important Turnpike improvements.

The City of Bayonne will make additional progress by continuing to work with the Turnpike Authority on this extremely important project.

## SUDOKU PUZZLE

by Linda Thistle

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

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.

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

ANSWER

**DIFFICULTY THIS WEEK: ♦♦♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!



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“The Christmas catalogs aren’t so bad. ... Last year I had fruitcake delivery.”

## Strange BUT TRUE

By Lucie Winborne

- In cities like Seattle and Des Moines, the number of parking spaces per acre is about five to 20 times that of residential units.
- Spiked and studded dog collars derive from the days of the ancient Greeks, who would give their shepherds sharply spiked collars to protect their necks from wolves while they watched over a shepherd’s flock at night.
- A theory suggests that the entire internet, based on the mass of moving electrons, weighs about as much as a strawberry.
- The “Ding” bowl, purchased for \$3 at a New York garage sale, turned out to be a 1,000-year-old Chinese bowl from the Northern Song Dynasty. It later sold at auction for \$2.2 million.
- Big League Chew bubblegum created its biggest-ever pouch for Shaquille O’Neal, at an impressive 24 inches by 18 inches, more than 15 times the size of a regular pouch.
- The square dance is the official state dance (or folk dance) of 24 states.
- Ancient Roman artisans created a glass chalice known as the Lycurgus Cup with nanoparticles of gold and silver so the type of liquid it contained would determine its appearance. On display, the cup appears jade-green when lit from the front, but blood-red when lit from behind.
- Nepal’s Kusunda language has no words for yes or no, or for directions such as left or right.
- Modern Olympics founder Baron Coubertin tried to create an Olympic event combining a 14-km race with a written essay to demonstrate prowess in mind and body. It never made it to the starting block.
- Contrary to popular belief, the bottom figures on a totem pole usually hold the most significance, as their placement keeps them closer to viewers.

\*\*\*

**Thought for the Day:** “The key is in not spending time, but in investing it.” — Stephen R. Covey

### STICKELERS<sup>TM</sup>

by Terry Stickels

A bag contains 24 colored gumballs. If 9 are red, 8 are white and 7 are green, what is the minimum number of gumballs that would have to be drawn from the bag to assure that you had at least one color of each?

The answer is 18. You might just pick 9 red and 8 white gumballs in your first 17 picks. You would then need to pick one more to make sure you have at least one of each color.

**Stickelers Answer**

**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  
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 whip attachment, or in a mixing bowl using a hand-held electric beater, beat together the egg whites and cream of tartar at medium 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 star tip.

Remove the cookie sheet from the freezer. Quickly pipe a generous coat-

ing 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, watching carefully to prevent burning. Remove from the oven and serve immediately.

**CLASSIC POUND CAKE**  
**Makes 1 loaf**

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, remove the pan, and cool completely before storing in an airtight container.

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# The Garden Bug

Grow your own Christmas tree



Source: modernfarmer.com

A “Christmas tree” seedling should be planted outdoors in a moderately cool season such as early fall or late spring. Dig a hole the same size as the seedling’s container; gently loosen the roots if the soil is impacted, then place the seedling and soil in the hole. Gently fill in and pat down where needed. Water it weekly in its first year; after that, only water the tree during dry months or during a drought. After the first two to three years you can start to prune and shear it. Harvest time will depend on what tree you’ve decided to grow, but it’s best to cut it down in late fall when it is full of moisture. This ensures your tree stays as green as possible during the holidays. — Brenda Weaver



• “Save egg cartons for children’s painting palettes. It’s very easy to give kids a small amount of many colors, and they don’t spread them out and run them together as quickly when they are each in their

own cup. Plus, they are easy to carry.” — O.L. in Utah

• Remove price tag residue off hard surfaces with hairspray. Or WD40 works well too.

• Make your own frozen dinners by purchasing divided trays and using them to store leftovers. Slip each into a plastic bag and label. On busy nights, you can take your favorite out and microwave it.

• “A beautiful but stained or worn tablecloth can find a new life at your dinner table. Cut into napkin sizes, and give any frayable ends a

hemming.” — A.S. in Oregon

• A great winter tip that’s double purpose: After your dishwasher has done its job, open the door and let the dishes air dry rather than machine dry. You’ll save on energy, while you add warmth and humidity to your home’s air.

• Damp cloth plus baking soda should be your first weapon against stains in the kitchen and bathroom. It’s eco-friendly, and a mild abrasive, which works without scratching!

## Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the northernmost capital city in the world?
2. U.S. STATES: Which state is the driest?
3. MOVIES: In the movie “It’s a Wonderful Life,” what is the name of the angel who saves George Bailey?

4. LITERATURE: Which American novelist also wrote under the pen name Edgar Box?

5. SCIENCE: What is the process called in which plants lose water through their leaves?

6. HISTORY: What was the name of the international group that was supposed to keep the peace after World War I?

7. TELEVISION: Which TV sitcom featured a holiday episode titled “Abed’s Uncontrollable Christmas”?

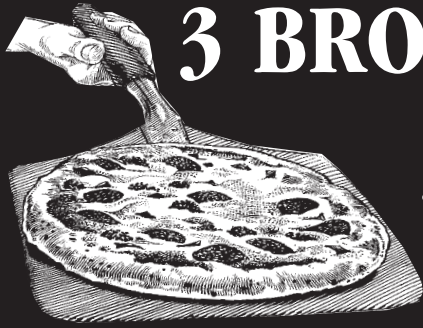
8. ASTRONOMY: What is it called when a group of stars forms a pattern?

9. MUSIC: What is the top-selling holiday song of all time?

10. GENERAL KNOWLEDGE: How many years are in a millennium?

1. Reykjavik, Iceland.
2. Nevada, with an average of 10 inches of rain a year.
3. Clarence Oddbody.
4. Gore Vidal.
5. Transpiration.
6. The League of Nations.
7. “Community.”
8. Constellation.
9. “White Christmas” by Bing Crosby.
10. 1,000.

Answers



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by Ryan A. Berenz

1. Name the Miami Dolphins wide receiver who caught the final touchdown pass of quarterback Dan Marino's NFL career in January 2000.

2. Quinn Buckner compiled a 13-69 record in his lone season as an NBA head coach of what team from 1993-94?

3. Nafissatou Thiam, who won gold medals in the women's heptathlon in the 2016, 2020 and 2024 Olympic Games, competed for what country?

4. Hilda "Howlin' Hilda" Chester (1897-1978), known for her cowbell and "Hilda Is Here" sign, was a famous fan of what Major League Baseball team?

5. Between Formula 1 rivals Alain Prost and Ayrton Senna, who won more drivers' championships?

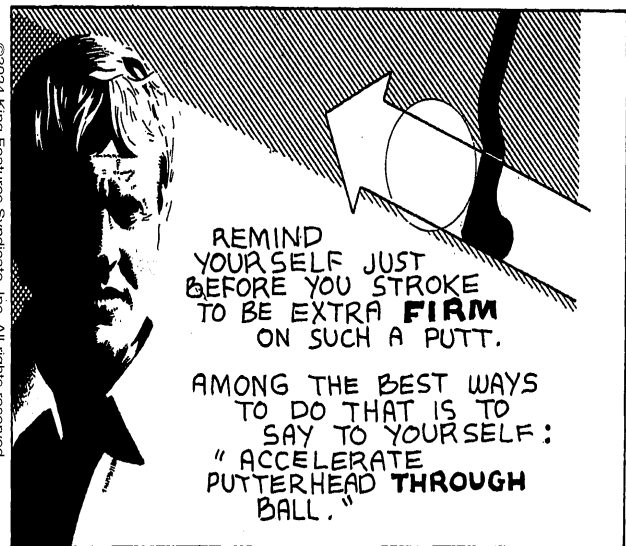
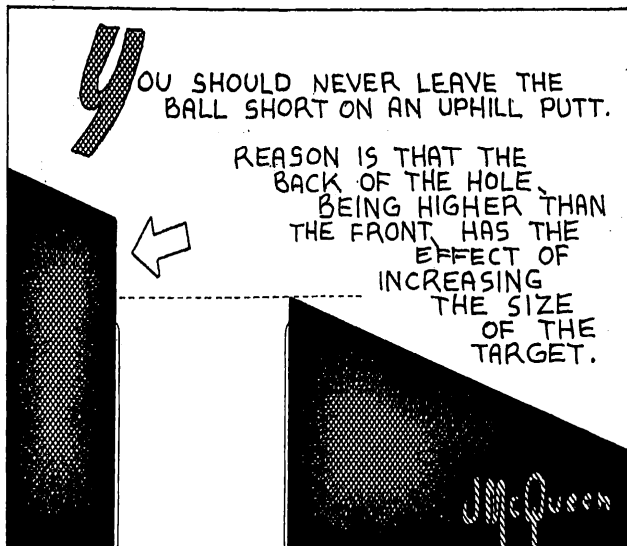
6. What former NFL referee was a

colonel in the Army Reserve and won the Bronze Star for actions in the Persian Gulf War?

7. The Cy-Hawk Trophy is awarded to the winner of the rivalry game between what two college football teams?

- Answers:  
 1. Oronde Gadsden.  
 2. The Dallas Mavericks.  
 3. Belgium.  
 4. The Brooklyn Dodgers.  
 5. Prost, with four (Senna had three).  
 6. Jeff Triplett.  
 7. The Iowa State University Cy-clones and the University of Iowa Hawkeyes.

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<i>(ham, cappicola, salami, cheese)</i>		
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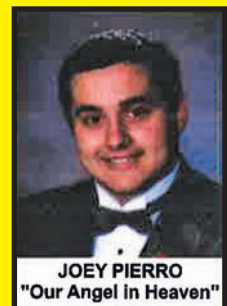
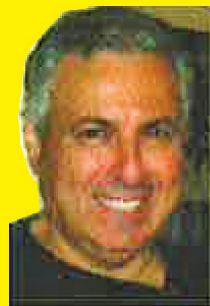
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16 oz. Snapple	\$2.25
Bottled Water	\$1.00



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