



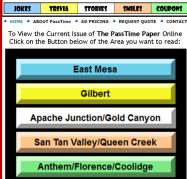
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STIORIES

JUST PASSING THROUGH

A beautiful young blonde boards a plane with a ticket for the economy section. She looks at the seat in economy and then looks into the forward cabin at the first class seats. Seeing that the first class seats appear to be

much larger and more comfortable, she moves forward to the last empty one.

The flight attendant checks her ticket and tells the woman that her seat is in economy. The blonde replies "I'm young, blonde and beautiful and I'm sitting here."

Flustered, the flight attendant informs the captain of the problem. The captain goes back and tells the woman that her assigned seat is in economy. Again the blonde replies "I'm young, blonde and beautiful and I'm sitting here."

The captain doesn't want to cause a commotion, and so returns to the cockpit to discuss the blonde problem with the co-pilot. The co-pilot says that can take care of the problem. He goes back and briefly whispers something in the blonde's ear. She immediately gets up, says "thank you so much," hugs the co-pilot and rushes back to her seat in the economy section.

> The pilot and flight attendant, who were watching with rapt attention, together ask the co-pilot what he said to the woman. He replied "I just told her that the first class section isn't going where she is wanted to go."





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* On March 31, 1943, Rodgers and Hammerstein's first musical, "Oklahoma!" (originally titled "Away We Go"), debuted on Broadway. Based on the 1931 play "Green Grow the Lilacs" by Lynn Riggs, the beloved theatrical staple about a young farmgirl named Laurey and her two suitors continues to be produced across the country.







An Irish Twist on Potato Pancakes for St. Patrick's Day

I came across an old Irish rhyme that goes: "Boxty on the griddle, boxty in the pan, if you can't make boxty, you'll never get a man!" And thought, What? I don't need another man, but this "boxty" thing intrigues me.

So, this year I unearthed and reworked an old favorite, Irish Boxty, the holy grail of pancakes for potato lovers! They're made with a mix of mashed and grated potatoes. They're crispy on the edges, pillowy and creamy in the middle and exactly the kind of peasant food we love -- hearty, economical and endlessly versatile.

Boxties can be served sweet or savory, just as you might serve biscuits alongside a meal. They can be enjoyed simply with butter or sprinkled with sugar, as a side dish for any meal, or as a base for wonderful toppings.

Our boxties are served with sausage and topped with a buttery, boozy mushroom mixture called Drunken Mushrooms. In honor of St. Paddy's Day, I added a handful of green spinach and used Irish whisky to deglaze the pan, but you could use other liquors or even just a splash of broth.

IRISH BOXTY

Yield: 4 to 6 servings Total Time: 1 hour 2 pounds (6 to 8) russet potatoes 3/4 cup all-purpose flour 3/4 teaspoon kosher salt, plus more for water 1/2 teaspoon baking powder 1/4 teaspoon black pepper 1/2 cup whole milk 1 large egg 3 to 4 tablespoons butter Peel half of the potatoes and cut into 1-inch r

Peel half of the potatoes and cut into 1-inch pieces. Place them into a medium saucepan, cover with salted water by an inch, then bring to a simmer. Cook until the potatoes are tender, about 15 minutes. Drain the cooked potatoes, mash until smooth and place into a large mixing bowl.

Meanwhile, as those potatoes are cooking, preheat oven to 200 F. Peel the remaining potatoes and grate with a box grater. Wrap the raw grated potatoes in a kitchen towel and squeeze out as much liquid as possible. Add the grated potatoes to the bowl with the mashed potatoes. Add the flour, salt, baking

powder, pepper, milk and egg, stirring until incorporated.

Heat a large heavy skillet over medium heat until hot. Melt half the butter, then, cooking in small batches, add the batter 1/2 cup at a time, flattening the boxties with a spatula. Turn them occasionally, and cook until golden, about 8 minutes per batch. Make sure you get the edges browned and crispy, because they are to die for. Place cooked boxties on a baking sheet in the preheated oven to keep warm as you repeat with the remaining patties, adding butter to the pan as needed.

DRUNKEN MUSHROOMS

Yield: 2 cups

Total Time: 15 minutes

2 tablespoons butter

2 cloves minced garlic

1 pound mushrooms (button or cremini), thinly sliced

1 tablespoon liquor of choice (marsala, Irish whisky, sherry or broth)

1/2 teaspoon dried thyme

1 cup fresh spinach, optional

Heat a skillet over medium heat, add butter. Place minced garlic in the skillet and saute for 1 minute. Add the mushrooms and saute, stirring frequently, until mushrooms are cooked through and golden. Add liquor of choice or broth, should you prefer sober mushrooms. Add thyme and stir, letting the liquor evaporate. Add spinach, if using. Stir to wilt the spinach. Serve with boxty.

While I can't guarantee you'll get a man, I guarantee you're in for a treat. This Irish Boxty recipe is simple, delicious and makes the best potato pancakes. Happy St. Patrick's Day!



Try Boxties with Drunken Mushrooms for St. Patrick's Day this year

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and Content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com PHOTO CREDIT: www.JasonCoblentz.com

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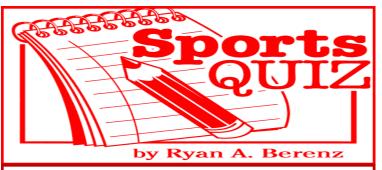
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1. What NFL team was George Seifert head coach of following his eight-season tenure with the San Francisco 49ers?

2. Barber Motorsports Park is a racetrack located in what U.S. city?

3. What member of the Chicago Bulls was suspended for 11 games without pay for kicking cameraman Eugene Amos Jr. in 1997?

4. Who succeeded Bryan Murray as head coach of the NHL's Washington Capitals when he was fired midway through the 1989-90 season?

5. Who had more career home runs in Major League Baseball: Cecil Fielder or his son, Prince?

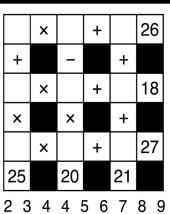
6. What full-contact, intercollegiate version of football requires that all players weigh 178 pounds or less?

7. Who scored the final penalty versus France to clinch the 2022 FIFA World Cup championship for Argentina?

> Answers 1. The Carolina Panthers (1999-2001). 2. Birmingham, Alabama. 3. Dennis Rodman. 4. His brother, Terry Murray. 5. Neither: They tied with 319. 6. Sprint Football. 7. Gonzalo Montiel. (c) 2023 King Features Syndicate, Inc.

GO FIGURE! by Linda Thistle

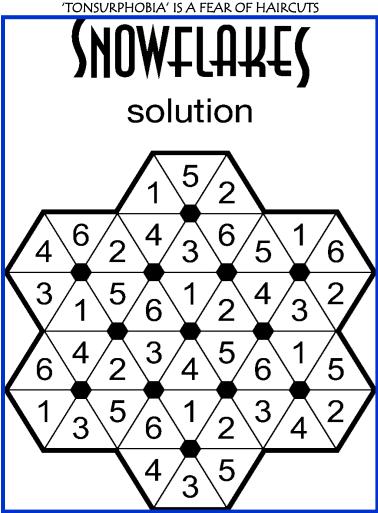
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.



DIFFICULTY: *

★ Moderate ★★ Difficult ★★★ GO FIGURE!

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Stickelers Answer

4) $2^{75} - 2^{74}$. It is equal to 2^{74} .

"MONDAY NIGHT FOOTBALL" DEBUTED IN 1970

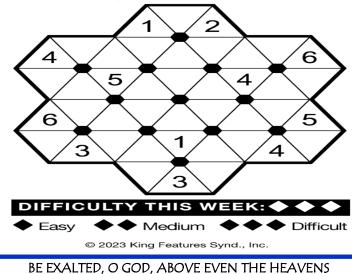


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ETERNITY IS GOD'S DURATION

Showflakes by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



SILCE KELS [sic].

Which of the following is the largest number?

- **1**) 2⁷²
- 2) $2^{71} + 2^{70}$
- 3) $2^{73} 2^2$
- 4) $2^{75} 2^{74}$
- 5) They are all equal

SENIOR NEWS LINE

by Matilda Charles

THE COVID NUMBERS

How does it feel when you're the only one in the whole grocery store who's wearing a mask? Or when you get three phone calls from the senior center asking if you're interested in signing up for the monthly ladies lunch, after you've already said no?

Do you feel tempted to explain to the young person who gives you the eye in the dairy aisle? Or worse, apologize to the senior center staffer who no doubt voted to dispense with all masks months ago?

Don't. Don't explain. Don't apologize. Just keep doing what you've been doing for three years now, which is taking care of yourself as best you can.

Depending what source you read, you might be tempted to believe that Covid is no longer a problem, that it's safe to go to lunches where everyone is sitting inches from each other, that it's perfectly fine to go without the mask in stores.

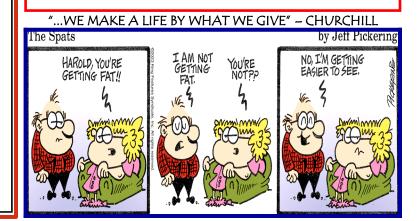
However, if you look at graphs and charts and follow the progress of Covid, you'll see that it's still very much among us. Data taken from The New York Times Covid stats indicates that for a two-week period in February, there were in excess of a half million positive Covid cases in the U.S.

Individual states are doing better or worse than the average. In my state, the 14-day change has gone up 50%, and we're not even in first place.

Those positive Covid numbers are from people who were tested at a facility that reports their statistics. How many millions of people are using those at-home test kits and never see the inside of a doctor's office and therefore don't have their results reported?

TITLE: None of us has a crystal ball to see when Covid might leave us for good. While it's still here, take care of yourself. And yes, keep washing your hands.

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DA BOSS

When I take a long time, am slow. When my boss takes a long time, he is thorough.

When I don't do it, I am lazy. When my boss doesn't do it, he is too busy.

When I do something without being told, I am trying to be smart.

When my boss does the same, that is initiative.

When I please my boss, I am brown-nosing.

When my boss pleases his boss, he is cooperating.

When I do good, my boss never remembers.

When I do wrong, he never forgets.

When I make a mistake, I am an idiot. When my boss makes a mistake, he's only human.

When I am out of the office, I am wandering around. When my boss is out of the office, he's doing business

When my boss says, "Honey, take out the trash," I know that I'm home and my work has just begun.

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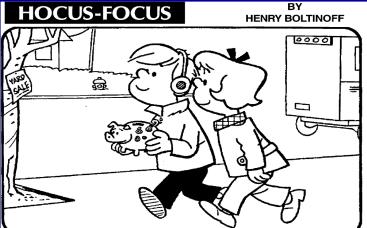
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s inside.

Find at least six differences in details between panels.





NAC Supplement Helps Curb Cravings to Smoke

DEAR DR. ROACH: I'd like to have your thoughts on what value the NAC supplement may have in reducing cravings for marijuana or nicotine? I'm 73 and have been smoking marijuana daily since I was 21. Now I'm quitting for health reasons. I've been taking 1,000 mg of NAC every morning, as I've read it helps with smoking cravings. It also seems to be used for anxiety and other mental health issues, lung and heart problems ... the list goes on. I'm not going to smoke anymore, but I'm just wondering what your take is on this, as I'm thinking of sending it to my 38-year-old son who's been addicted to vaping/ cigarettes since he was a young man. He has ADD, anxiety and problems with breath capacity, and he

may have heart problems as well. He's smoking to relieve his ADD and anxiety. And, of course, he'd like to quit, but it's so hard to do so. Can the NAC supplement help me with the urge to smoke? I think it has reduced the cravings, but how would I even know? - M.M.

ANSWER: N-acetyl cysteine, a precursor to the amino acid cysteine, has several roles in medicine, as you say. When inhaled, it breaks up mucous, which helps people cough out thick sputum. When used intravenously, it's a specific antidote to acetaminophen (Tylenol) overdose. It has been used in these capacities for years and is safe and well-tolerated.

But, in addition, there is data that shows oral NAC (sold as a dietary supplement) may have a role in helping people overcome addictions to tobacco, with small trials showing a reduction in smoking as well as the relapse rate in people using NAC compared with a placebo.

In people who want to reduce their cannabis use, most of the data on NAC has been on younger people (adolescents and young adults), but also shows some benefit. More stringent trials are ongoing.

It is very difficult for a single person (patient or physician) to tell whether it's a "real" effect or a "placebo" effect that is causing the reduction in cravings. Only large-scale, placebo-controlled trials can show with confidence whether the treatment is more effective than a placebo. But, since the supplement is inexpensive and highly safe, and since a third-party lab found that the brands of NAC sold at reputable stores are what they say they are, I say it might be helpful.

However, there are many other products that are proven to be safe and effective to help with quitting smoking, ranging from group tobacco cessation classes, to nicotine replacement therapy, to prescription medications like varenicline and bupropion -- all of which have many years of proven clinical efficacy.

Finally, there are a lot of people with attention deficit/hyperactivity disorder who are not getting appropriate treatment as adults. Getting treatment by an expert in ADD might make quitting smoking easier and may also improve many other areas of functioning for your son.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.(c) 2023 North America Synd., Inc. All Rights Reserved



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"What we fear of doing most is usually what we most need to do" – Ralph Waldo Emerson



