

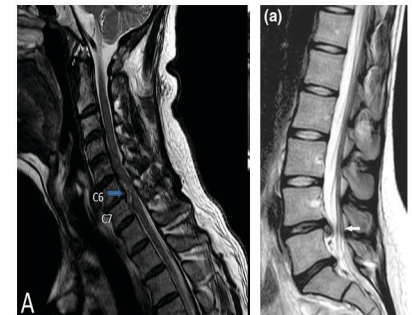
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November 23 - 29, 2023

Penney Weeks DMD has 14 employees striving to provide patients with an integrative health experience. *Read more on page 2.* Photo courtesy of Penney Weeks DMD

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# Penney Weeks DMD looks at a patient's whole wellness

Penney Weeks started her dental practice in January 2000 and for more than two decades has continued to learn and keep up with the latest technologies in dentistry and medicine.

"We have now transitioned into an integrative dental medicine practice," Weeks said. "This means we bring dentistry, medicine, and wellness together to treat the whole patient. We educate on the importance of oral health and its impact on your overall health and give you the tools to maximize both."

According to Weeks, the concept for the transition came from organizations like the American Academy of Oral Systemic Health, which is a group of like-minded professionals organized around a mission of connecting the health of the mouth to the rest of the body.

"Chronic disease incidence is on the rise despite the rising costs spent on healthcare," Weeks said. "This is because it is spent on 'managing' disease, not looking for and treating the root cause of the disease. Dentists should be on the front lines of fighting the health crisis facing our nation. We see inflammation in the mouth long before our medical colleagues see the effects of it systemically."



**Penney Weeks started her dental practice in 2000.**

The switch in concept approach still stays true to Weeks' mission that has been in place from day one, which is to help patients live longer, healthier lives.

Catching symptoms early or reversing the negative health consequences of inflammation is something Weeks believes can play a vital role in a patient's wellbeing, and education is a major step in the process as well.

"Educating patients that lifestyle medicine can change how they live out their later years is one of our top priorities," Weeks said. "We do a complete health



Photos courtesy of Penney Weeks DMD  
**Dr. Carla Field is also a part of the practice.**

history and screen for inflammation, sleep apnea, and oral pathogens known to cause systemic problems like Alzheimer's and heart disease. We then empower our patients to take charge of their total health."

The methods in which they strive to do that is by offering a complete health dental experience through preventive hygiene care, sleep apnea screening and treatment, biocompatible materials for dental restorations, holistic homecare products, nutritional counseling, safe protocol for removal of mercury fillings, Alzheimer's prevention protocol, clear aligners, and

same day crowns.

She has 14 employees that are trained and passionate about delivering the health and wellness message to the practice's patients.

She believes prioritizing the overall wellbeing of a patient by offering a comprehensive approach to overall health is what sets her practice apart from other dentists.

"Our dental office goes beyond just treating tooth issues and focuses on improving systemic health," Weeks said. "With a focus on prevention and collaborating with other healthcare professionals we can help patients achieve optimal health."

Not only does she hope that offering an outlook for the whole body's health is beneficial for the patient, but she also wants that patient to know that they are in good hands with a comfortable environment where their dental checkup is performed.

"What we are most proud of is our whole-body approach, educating patients how the mouth is the window into health," Weeks said. "Knowledge is power and important in making the necessary lifestyle changes to prevent and reverse chronic diseases."

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# What's Available NOW On **hulu**



## “Katak the Brave Beluga” (Nov. 28)

Katak, a young beluga whale who's itching to see the world, embarks on a journey to find his long-lost grandfather despite the disapproval of his peers. As he gets farther from the place he once called home, Katak finds friends in the unlikeliest corners of the ocean. They help him realize that his differences are what make him unique, and that sometimes, being brave means being yourself.



## “A Timeless Christmas” (Nov. 30)

On December 18th, 1903 in Cutter Springs, New York, Charles Whitley (Ryan Paevey), a businessman and inventor, is working on an antique Christmas clock which is to help one find true love when wound on a Christmas moon. Charles wakes to find himself in the year 2020, where his mansion is now the Whitley Museum. When Megan (Erin Cahill), the curator, comes to the realization that he is actually the real Charles Whitley, they must figure out how to get him back home. However, the pair quickly fall for one-another.



## “Christmas Comes Twice” (Nov. 30)

Cheryl Jenkins (Tamera Mowry-Housley) is an astrophysicist who feels stuck in her life and her career. Heading home to spend the holidays with her family, Cheryl takes a trip to the annual Christmas carnival with her sister Trish (Zarrin Darnell-Martin). Thanks to a magic carousel, Cheryl discovers that — somehow — she's been transported back five years earlier, presented with the opportunity to reconnect with her beloved science teacher, Ms. Nelson (Sheryl Lee Ralph), who had been a huge inspiration to her. Along the way, she also sees her former “frenemy” George (Michael Xavier) in a new light.



## “Five Star Christmas” (Nov. 30)

Lucy Ralston (Bethany Joy Lenz) and her siblings are shocked to learn that their dad has converted their family home into a B&B. Just as they're starting to come to terms with this new change, a famed travel writer unexpectedly shows up incognito. To make the struggling inn look more successful, the Ralstons pretend to be guests and must maintain the charade for the duration of the visit. But when Lucy falls for Jake (Victor Webster), another guest at the B&B, she feels terrible deceiving him. But, as it turns out, Jake has a secret of his own.

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## WORD SEARCH

In the grid below, twenty answers can be found that fit the category for today. Circle each answer that you find and list it in the space provided at the right of the grid. Answers can be found in all directions—forward, backward, horizontally, vertically and diagonally. An example is given to get you started. Can you find the twenty answers in today's puzzle?

**Today's Category: Painters**

V	M	O	N	E	T	S	N	P	E	I	T	1.	Bosch
E	I	K	L	I	C	N	I	V	A	D	T	2.	_____
O	C	X	H	M	C	U	L	I	C	D	3.	_____	
K	H	O	Y	L	A	J	G	K	A	F	N	4.	_____
E	E	L	I	S	D	K	U	R	F	D	A	5.	_____
E	L	L	S	Y	L	E	A	H	P	A	R	6.	_____
F	A	O	X	I	T	V	G	O	Y	A	B	7.	_____
F	N	P	M	P	A	I	J	A	Y	O	M	8.	_____
E	G	T	G	G	M	A	T	I	S	S	E	9.	_____
C	E	D	G	R	J	T	Z	I	D	S	R	10.	_____
I	L	I	I	H	G	O	G	N	A	V	Z	11.	_____
<b>B</b>	<b>O</b>	<b>S</b>	<b>C</b>	<b>H</b>	C	N	U	M	V	N	L	12.	_____
												13.	_____
												14.	_____
												15.	_____
												16.	_____
												17.	_____
												18.	_____
												19.	_____
												20.	_____

V	M	O	N	E	T	S	N	P	E	I	T	1.	Bosch
E	I	K	L	I	C	N	I	V	A	D	T	2.	Caravaggio
O	C	X	H	M	C	U	L	I	C	D	3.	Da Vinci	
K	H	O	Y	L	A	J	G	K	A	F	N	4.	Dali
E	E	L	I	S	D	K	U	R	F	D	A	5.	Degas
E	L	L	S	Y	L	E	A	H	P	A	R	6.	Gauguin
F	A	O	X	I	T	V	G	O	Y	A	B	7.	Goya
F	N	P	M	P	A	I	J	A	Y	O	M	8.	Kahlo
E	G	T	G	G	M	A	T	I	S	S	E	9.	Klimt
C	E	D	G	R	J	T	Z	I	D	S	R	10.	Matisse
I	L	I	I	H	G	O	G	N	A	V	Z	11.	Michelangelo
<b>B</b>	<b>O</b>	<b>S</b>	<b>C</b>	<b>H</b>	C	N	U	M	V	N	L	12.	Monet
												13.	Munch
												14.	O'Keeffe
												15.	Picasso
												16.	Pollock
												17.	Raphael
												18.	Rembrandt
												19.	Titian
												20.	Van Gogh



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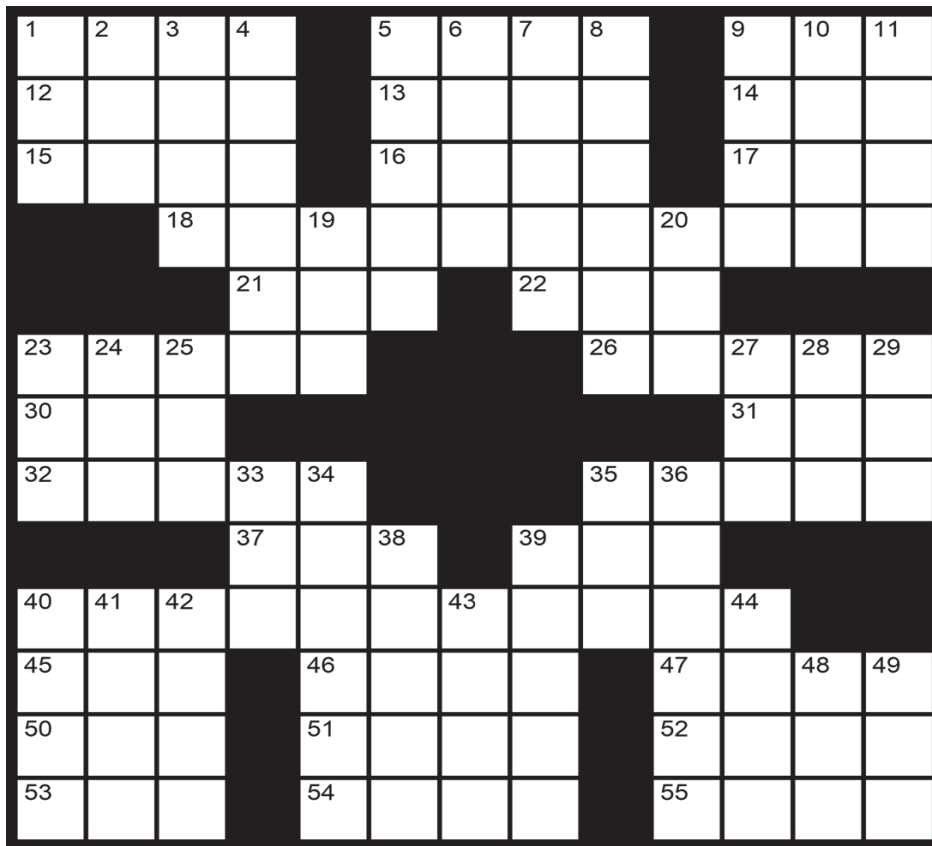
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# gametime

## crossword fun

Solution on page 11



### ACROSS

1. With 34-Down, "Jeopardy!" host
5. IOU
9. Hogwarts messenger
12. Musical postscript
13. English limerick poet
14. Edible entry at a county fair
15. Actor McGregor
16. Longest book of the Book of Mormon
17. Link between handles?
18. "Jeopardy!" host
21. Water gate
22. Like a fox
23. Take on fuel
26. Sealy competitor
30. Biblical boat
31. Platform for modern Apple devices
32. Long-legged wading bird
35. Parkinsonism drug
37. Chum, in street slang
39. Large quantity
40. "Jeopardy!" host
45. Bar option
46. Raised
47. Coastal aquatic bird
50. R.N.'s ministration
51. Brontë heroine
52. Comic Idle
53. Talk too much
54. Adidas rival
55. Pitch pipe part

### DOWN

1. Big club
2. Deep
3. Dutch treat
4. Citizen Kane's estate
5. Prospector's filing
6. Captain's wheel
7. Frost feet
8. Roy Rogers' "Happy \_\_\_\_"
9. Stone
10. Collaborative Web site
11. Security concern
19. Talk and talk and talk
20. Aberdeen assent
23. Good time, informally
24. Cultural hang-up?
25. Glider used in Winter sports
27. Carnival city
28. Tank or tee
29. Simile center
33. Lady Bird's husband
34. See 1-Across
35. Football's Dawson
36. Stiletto, e.g.
38. Where ham is often found
39. A and B, on LPs
40. "Teenage Dream" singer Perry
41. Singer Fitzgerald
42. Isthmus
43. Dweeb
44. Word of agreement
48. Be abed
49. Lowest common denominator

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# BINGO

Fill in each box of the BINGO grid below with an answer that begins with the letter above each column and belongs to the category listed before each row. List one answer for each box, although there is more than one acceptable answer for many of the boxes.

Solution on page 19

	B	R	I	C	K
"South Park" characters					
Breakfast items					
Pixar movies					Free Space
Things to wear on your head			Free Space		
Social media terms					Free Space

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Table with 21 columns (C, AT, DN, DTV, 4 PM, 4:30, 5 PM, 5:30, 6 PM, 6:30, 7 PM, 7:30, 8 PM, 8:30, 9 PM, 9:30, 10 PM, 10:30, 11 PM, 11:30) and rows for various channels including WJXT, WJXT2, WJCT, WTLW, WCVJ, WPXC, WJXX, WFO, WFO2, WJAX, A&E, AMC, ANPL, BCCA, BET, BRAVO, CMTV, CNN, COM, DISN, DSC, E!, ESPN, ESPN2, FNC, FOOD, FREE, FS1, FX, GOLF, HALL, HBO, HGTV, HIST, HMM, ID, LIFE, MAGN, MTV, NBA, NFL, NGeo, NGWILD, NICK, NWSN, OWN, PARMT, SCI, SYFY, TBS, TCM, TLC, TNT, TOON, TRAVEL, TVL, USA, VH1, WE, WEATHER.











## WebLinks

When screenwriter Lucy Hardgrove (Bethany Joy Lenz) is hired to remake the beloved 1947 holiday movie classic, "His Merry Wife!," she's sent to the historic Biltmore House for further research ... and soon finds herself stuck in the 40's. Lucy Hardgrove must make things right and return to the present in "A Biltmore Christmas," premiering Sunday, Nov. 26, on Hallmark. See a preview for the film at [hallmarkchannel.com/a-biltmore-christmas/videos/preview-a-biltmore-christmas](http://hallmarkchannel.com/a-biltmore-christmas/videos/preview-a-biltmore-christmas)



Sometimes, the strip club is the wrong place for fun. While Brooke is in L.A. preparing for a fundraiser, the ladies in Arizona head to an all-male review for their late night shenanigans – but the evening goes south when Jen throws shade at Clayanna. The drama is hotter than ever in an all-new episode of "Basketball Wives," airing Monday, Nov. 27, on VH1. Still not enough? Stream more episodes from the series by visiting [vh1.com/shows/basketball-wives](http://vh1.com/shows/basketball-wives)

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## SUDOKU

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

To complete this puzzle, place the numbers 1-9 in the empty cells, so that every row, column and 3-by-3 box (in bold outline) contains all nine digits.

Each number 1-9 may appear only once in each row, column and 3-by-3 box.

Solution on page 19



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# What's Available **NOW** On **NETFLIX**



## **“Verified Stand-Up” - Season 1 (Nov. 28)**

This new stand-up comedy series, filmed at Webster Hall in New York City, features 10 of the best comedians in the game: Asif Ali, Dulcé Sloan, Gianmarco Soresi, Isiah Kelly, Leslie Liao, Nimesh Patel, Robby Hoffman, Rosebud Baker, Sabrina Wu, and Vanessa Gonzalez. Over the course of two-episodes, discover your new favorite comedian with a hilarious set from each artist.



## **“American Symphony” (Nov. 29)**

In 2022, musician Jon Batiste finds himself the most celebrated artist of the year with 11 Grammy nominations and five wins, including Album of the Year. In the midst of that triumph, Jon embarks on his most ambitious challenge to date, composing an original symphony. However, this trajectory is upended when Batiste's life partner — best-selling author Suleika Jaouad — learns that her long-dormant cancer has returned. This documentary is an intimate portrait of two artists at a crossroads and a meditation on art, love, and the creative process.



## **“Family Switch” (Nov. 30)**

Jess (Jennifer Garner) and Bill Walker (Ed Helms) are doing their best to keep their family connected as their children grow older, more independent, and more distant. When a chance encounter with an astrological reader causes the entire family to wake up to a full body switch, on the morning of the most important day of each of their lives, the Walkers must unite to land a promotion, college interview, record deal and soccer tryout. Emma Myers and Brady Noon also star in this family comedy based on the book “Bedtime For Mommy” by Amy Krouse-Rosenthal.



## **“May December” (Dec. 1)**

After their relationship ignited a tabloid saga two decades ago, Gracie (Julianne Moore) and Joe (Charles Melton) now lead a seemingly perfect suburban life. Their domestic bliss is disrupted when Elizabeth (Natalie Portman), a famous television actress, arrives in their tight-knit community to research her upcoming role as Gracie. As Elizabeth ingratiate herself into the everyday lives of Gracie and Joe, the uncomfortable facts of their scandal unfurl, causing long-dormant emotions to resurface.

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## InFocus

### **“Geddy Lee Asks: Are Bass Players Human too?” (Paramount+ — Dec. 5, Docuseries Premiere)**

Famed Rush bassist Geddy Lee travels to the homes of some of music's most renowned bass players and digs into the stories that make these musicians stand out. A follow-up to his recent book, “Geddy Lee's Big Beautiful Book of Bass,” the new, four-part series features episodes with Krist Novoselic (Nirvana), Les Claypool (Primus), Melissa Auf der Maur (Hole, Smashing Pumpkins) and Rob Trujillo (Metallica).

# Sports

## AUTO RACING

### FRIDAY

5:25 a.m. **ESPN2 Formula 1 Racing Abu Dhabi Grand Prix, Practice 3.** From Yas Marina Circuit in Yas Island, Abu Dhabi, United Arab Emirates.

### SATURDAY

8:55 a.m. **ESPN2 Formula 1 Racing Abu Dhabi Grand Prix, Qualifying.** From Yas Marina Circuit in Yas Island, Abu Dhabi, United Arab Emirates.

### SUNDAY

7:55 a.m. **ESPN Formula 1 Racing Abu Dhabi Grand Prix.** From Yas Marina Circuit in Yas Island, Abu Dhabi, United Arab Emirates.

## BASKETBALL

### THURSDAY

5:30 p.m. **ESPN2 College Basketball ESPN Events Invitational: Iowa State vs. VCU.** Third Quarterfinal.

6 p.m. **WFOX Women's College Basketball Tennessee vs. Indiana.** From Suncoast Credit Union Arena in Fort Myers, Fla.

8 p.m. **ESPN2 College Basketball ESPN Events Invitational: Boise State vs. Virginia Tech.** Fourth Quarterfinal.

10 p.m. **ESPN2 College Basketball Vegas Showdown: NC State vs. Vanderbilt.** First Semifinal.

12 a.m. **ESPN2 College Basketball Vegas Showdown: BYU vs. Arizona State.** Second Semifinal.

### FRIDAY

12 p.m. **FS1 College Basketball Bryant at Xavier.** From Cintas Center in Cincinnati.

2 p.m. **FS1 College Basketball Manhattan at Connecticut.** From XL Center in Hartford, Conn.

2:30 p.m. **NBATV NBA Basketball Boston Celtics at Orlando Magic.** From Amway Center in Orlando, Fla.

5 p.m. **NBATV NBA Basketball Phoenix Suns at Memphis Grizzlies.** From the FedEx Forum in Memphis, Tenn.

7:30 p.m. **ESPN NBA Basketball Miami Heat at New York Knicks.** From Madison Square Garden in New York.

10 p.m. **ESPN NBA Basketball San Antonio Spurs at Golden State Warriors.** From Chase Center in San Francisco.

### SATURDAY

10:30 p.m. **NBATV NBA Basketball Dallas Mavericks at Los Angeles Clippers.** From Crypto.com Arena in Los Angeles.

### MONDAY

6:30 p.m. **FS1 College Basketball Oakland at Xavier.** From Cintas Center in Cincinnati.

7 p.m. **NBATV NBA Basketball Los Angeles Lakers at Philadelphia 76ers.** From Wells Fargo Center in Philadelphia.

10:30 p.m. **NBATV NBA Basketball Denver Nuggets at Los Angeles Clippers.** From Crypto.com Arena in Los Angeles.

### TUESDAY

7 p.m. **ESPN2 College Basketball LSU at Syracuse.** From JMA Dome in Syracuse, N.Y.  
**FS1 College Basketball Wagner at Providence.** From Amica Mutual Pavilion in Providence, R.I.

7:30 p.m. **ESPN College Basketball Miami at Kentucky.** From Rupp Arena in Lexington, Ky.  
**TNT NBA Basketball Milwaukee Bucks at Miami Heat.** From Kaseya Center in Miami.

9 p.m. **ESPN2 College Basketball NC State at Ole Miss.** From Pavilion at Ole Miss in Oxford, Miss.  
**FS1 College Basketball Southern at Marquette.** From Fiserv Forum in Milwaukee.

9:30 p.m. **ESPN College Basketball Clemson at Alabama.** From Coleman Coliseum in Tuscaloosa, Ala.

10 p.m. **TNT NBA Basketball Golden State Warriors at Sacramento Kings.** From Golden State Center in Sacramento, Calif.

### WEDNESDAY

6:30 p.m. **FS1 College Basketball Saint Joseph's at Villanova.** From Finneran Pavilion in Villanova, Pa.

7 p.m. **NBATV NBA Basketball Los Angeles Lakers at Detroit Pistons.** From Little Caesars Arena in Detroit, Mich.

7:15 p.m. **ESPN College Basketball Tennessee at North Carolina.** From the Dean E. Smith Center in Chapel Hill, N.C.

**ESPN2 College Basketball Texas A&M at Virginia.** From John Paul Jones Arena in Charlottesville, Va.

8:30 p.m. **FS1 College Basketball Merrimack at Georgetown.** From Capital One Arena in Washington, D.C.

7:30 p.m. **ESPN College Football Ole Miss at Mississippi State.** From Davis Wade Stadium in Starkville, Miss.

8:15 p.m. **WTLV NFL Football San Francisco 49ers at Seattle Seahawks.** The 49ers and Seahawks engage for the first time since an NFC wild-card meeting last season. San Francisco has won three straight meetings after ousting Seattle 41-23 behind superstar Christian McCaffrey's 119 rushing yards and receiving touchdown.

### FRIDAY

12 p.m. **WJXX College Football Miami at Boston College.** From Alumni Stadium in Chestnut Hill, Mass.

**WFOX College Football TCU at Oklahoma.** From Gaylord Family - Oklahoma Memorial Stadium in Norman, Okla.

**WJAX College Football Iowa at Nebraska.** From Memorial Stadium in Lincoln, Neb.

2 p.m. **WTLV College Football Southern vs. Grambling State.** From Caesars Superdome in New Orleans.

### SUNDAY

1 p.m. **WJAX NFL Football Jacksonville Jaguars at Houston Texans.** From NRG Stadium in Houston.

4 p.m. **WFOX NFL Football Los Angeles Rams at Arizona Cardinals.** From State Farm Stadium in Glendale, Ariz.

4:25 p.m. **WJAX NFL Football Buffalo Bills at Philadelphia Eagles.** From Lincoln Financial Field in Philadelphia.

8:15 p.m. **WTLV NFL Football Baltimore Ravens at Los Angeles Chargers.** From SoFi Stadium in Inglewood, Calif.

### MONDAY

8 p.m. **WJXX ESPN NFL Football Chicago Bears at Minnesota Vikings.** From U.S. Bank Stadium in Minneapolis.

## HOCKEY

### FRIDAY

6 p.m. **TNT NHL Hockey Pittsburgh Penguins at Buffalo Sabres.** From KeyBank Center in Buffalo, N.Y.

8:30 p.m. **TNT NHL Hockey Colorado Avalanche at Minnesota Wild.** From the Xcel Energy Center in St. Paul, Minn.

### WEDNESDAY

7:30 p.m. **TNT NHL Hockey Detroit Red Wings at New York Rangers.** From Madison Square Garden in New York.

## SOCCER

### SATURDAY

6:50 a.m. **FS1 2023 FIFA U-17 World Cup Quarterfinal: Teams TBA.** W43 vs W41.

10 a.m. **USA Premier League Soccer Nottingham Forest vs. Brighton & Hove Albion.** Nottingham Forest hosts Brighton & Hove Albion at City Ground in Premier League matchround 13. The Seagulls won both of their first two top flight games versus Forest (in 1979-1980), but are winless in all eight top flight matches against them since.

12:30 p.m. **USA Premier League Soccer Brentford vs. Arsenal.** Brentford is up against Arsenal at Gtech Community Stadium in matchround 13 of the Premier League. The Gunners recorded a 1-0 victory at the Bees earlier this season in the League Cup third round. The only goal of the tie was scored by Reiss Nelson.

### SUNDAY

9 a.m. **USA Premier League Soccer Tottenham Hotspur vs. Aston Villa.** Spurs and Aston Villa meet at Tottenham Hotspur Stadium in matchround 13 of the Premier League. Villa won both league fixtures against Spurs last season, including a 2-0 victory in London on Jan. 1, 2023 (goals by Emiliano Buendia and Douglas Luiz).

11:30 a.m. **USA Premier League Soccer Everton vs. Manchester United.** Everton is up against Manchester United at Goodison Park in matchround 13 of the Premier League. The Toffees won one of their last 10 competitive games versus the Red Devils, a 1-0 league home victory on April 9, 2022 (goal scored by Anthony Gordon).

12:25 p.m. **WJXX Spanish Primera Division Soccer Cádiz vs. Real Madrid.** From Nuevo Mirandilla in Cadiz, Andalusia, Spain.

### MONDAY

3 p.m. **USA Premier League Soccer Fulham vs. Wolverhampton Wanderers.** Fulham plays Wolverhampton Wanderers at Craven Cottage in Premier League matchround 13. The Cottagers won one of their last 14 league games versus Wolves, a 2-0 Championship home win on Feb. 24, 2018 (goals by Ryan Sessegnon and Aleksandar Mitrovic).

3:20 a.m. **FS1 2023 FIFA U-17 World Cup Semifinal: Teams TBA.** W46 vs W45.

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9:15 p.m. **ESPN College Basketball Duke at Arkansas.** From Bud Walton Arena in Fayetteville, Ark.

**ESPN2 College Basketball Virginia Tech at Auburn.** From Auburn Arena in Auburn, Ala.

10 p.m. **NBATV NBA Basketball Los Angeles Clippers at Sacramento Kings.** From Golden State Center in Sacramento, Calif.

## FOOTBALL

### THURSDAY

12:30 p.m. **WFOX NFL Football Green Bay Packers at Detroit Lions.** From Ford Field in Detroit.

4:30 p.m. **WJAX NFL Football Washington Commanders at Dallas Cowboys.** The Cowboys host their traditional Thanksgiving Day contest when the rival Commanders pay a visit. This is the 11th time Dallas and Washington have met on the holiday, with the Cowboys 8-2 in those games. Washington won the most recent clash in 2020.

**ESPN College Football Memphis at Temple.** From Lincoln Financial Field in Philadelphia.

3:30 p.m. **WJXX College Football Texas-San Antonio at Tulane.** From Yulman Stadium in New Orleans.

4 p.m. **WJAX College Football Missouri at Arkansas.** From Donald W. Reynolds Razorback Stadium in Fayetteville, Ark.

**FS1 College Football Air Force at Boise State.** From Albertsons Stadium in Boise, Idaho.

7:30 p.m. **WTLV College Football Penn State at Michigan State.** From Ford Field in Detroit.  
**WJXX College Football Texas Tech at Texas.** From Darrell K. Royal - Texas Memorial Stadium in Austin, Texas.

8:30 p.m. **WFOX College Football Oregon State at Oregon.** From Autzen Stadium in Eugene, Ore.

### SATURDAY

12 p.m. **WFOX College Football Ohio State at Michigan.** From Michigan Stadium in Ann Arbor, Mich.

# sportsquiz

## Big 12 Championship Game

BY ALEX HENDRY

### Questions:

- 1) Three current NFL quarterbacks were named MVP of the Big 12 Championship game. Who are they?
- 2) Which school currently holds the record for most all-time Big 12 Conference Championships?
- 3) TCU may have reached the 2022 National Championship - but they were defeated in the Big 12 Championship by which team?
- 4) Throwing for 384 yards against Missouri - which quarterback holds the record for most passing yards in a Big 12 Championship game?
- 5) In 2014, in absence of a championship game, two schools with an 8-1 conference record were declared co-champions. Name the two teams.
- 6) En route to a National Championship - which school won the Big 12 Championship with a record margin of victory of 67 points over their opponent?
- 7) Catch that back! Rushing for 235 yards who holds the single-game rushing record at the Big 12 Championship?
- 8) The Big 12 Championship game was briefly discontinued after which two schools departed the conference in 2011?
- 9) Texas Longhorns quarterbacks were scrambling for their lives when this pass rusher's 4.5 sacks set the single-game sack record at the Big 12 Championship. Name the record holder.
- 10) Which NFL stadium currently hosts the Big 12 Championship (and will do so until at least 2030)?

### Answers:

- 1) Baker Mayfield (2017), Kyle Murray (2018) and Jalen Hurts (2019)
- 2) Oklahoma Sooners (11)
- 3) Kansas State (31-28 in OT)
- 4) Sam Bradford (Oklahoma, 2008)
- 5) Baylor and TCU (2005, 70-3 over Colorado)
- 6) Darren Sproles (Kansas State)
- 7) Colorado and Nebraska
- 8) Ndamukong Suh (Nebraska, 2009)
- 9) AT&T Stadium (Arlington, TX)

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### Crossword Solution Puzzle on Page 5

A	L	E	X		C	H	I	T		O	W	L		
C	O	D	A		L	E	A	R		P	I	E		
E	W	A	N		A	L	M	A		A	K	A		
				M	A	Y	I	M	B	I	A	L	I	K
					D	A	M		S	L	Y			
G	A	S	U	P					S	E	R	T	A	
A	R	K								I	O	S		
S	T	I	L	T					L	D	O	P	A	
					B	R	O		S	E	A			
K	E	N	J	E	N	N	I	N	G	S				
A	L	E			B	R	E	D		G	U	L	L	
T	L	C			E	Y	R	E		E	R	I	C	
Y	A	K			K	E	D	S		R	E	E	D	

### Bingo Solution Puzzle on Page 7

#### Bingo — Solution

	<b>B</b>	<b>R</b>	<b>I</b>	<b>C</b>	<b>K</b>	
"South Park" characters	Butters	Randy	Ike	Cartman/Chef	Kyle/Kenny	
Breakfast items	Bacon/Bagels	Raisin Bran	Iced coffee	Coffee/Croissants/Corn Flakes	Kiwi/Kippers	
Pixar movies	Brave	Ratatouille	Inside Out/Incredibles	Coco/Cars	Free Space	
Things to wear on your head	Beanie/Beret/Bonnet	Rainhat	Free Space	Cap/Cowboy hat/Crown	Kippah	
Snacks and desserts	Bio/Blogging	Retweet	Influencer/Impressions	Content	Free Space	

### Sudoku Solution Puzzle on Page 16

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

### Word Search Solution Puzzle on Page 21

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

tastytv

BY CAROLINE COLLACUTT

## Holiday helpers: Selena Gomez joined by celebrity chefs in new cooking special

Have a huge holiday meal upcoming and no idea what to cook? No problem — just ask Selena. The brand-new series special, “Selena+Chef: Home for the Holidays,” is a seasonal cooking extravaganza, premiering Thursday, Nov. 30, on Food Network.

This upcoming holiday-centric series is set to feature four weekly, all-new episodes led by global superstar Selena Gomez (“Only Murders in the Building”), who will be joined by her best friend, Raquelle Stevens (“Giving Back Generation”), and some expert celebrity chefs as together, they learn how to prepare perfect holiday meals for visiting friends and family.

The network has shared that the season’s guest chefs include Eric Adjepong (“Tournament of Champions”), Alex Guarnaschelli (“Alex Vs. America”), Michael Symon (“Symon’s Dinners Cooking Out”) and Claudette Zepeda (“Top Chef”), offering fans a taste of what’s to come with brief descriptions of each episode.

“In ‘Selena + Alex,’” they share, “chef Alex Guarnaschelli and Selena prepare roast beef and ‘Chantilly’ mashed potatoes for a tree-trimming party.” Next: “Michael Symon pops by for a ‘Surf & Turf’ Christmas as he and Selena tackle steaks and lobster” and “chef Claudette Zepeda plans a

Mexican feast with a traditional Latin Christmas dish of tamales and a unique twist on a historic salad.”

During the final episode — “Selena+Eric” — the group make some resolutions and ring in the new year, as chef Eric Adjepong helps Selena (along with Gomez’s grandparents and younger sister, Gracie) prepare a special brunch, including shrimp & banana grits and his own take on malva pudding — redefining what it means to “take the cake.”

When asked about the upcoming series, Gomez shared her excitement, saying, “the holidays have always meant so much to me. It was an honor to have these amazing chefs in my kitchen to introduce some of their favorite foods and what makes the holidays special for them.”

From showrunners Shauna Minoiprio (“Top Chef”) and Melissa Stokes (“Craftopia”), the series is produced by Gomez for July Moon Productions, alongside producers Eli Holzman (“Undercover Boss”) and Aaron Saldman (“American Idol”) of Sony Pictures Television’s The Intellectual Property Corporation (IPC).

Make the holidays delicious with “Selena + Chef: Home for the Holidays,” premiering Thursday, Nov. 30, on Food Network, and streaming simultaneously on Max.

Selena Gomez from “Selena+Chef: Home for the Holidays”



bestof ...

## BEST WILLIAM FRIEDKIN MOVIES



Gene Hackman in “The French Connection”

“**Good Times**” (1967): Friedkin’s first studio feature as a director was this engaging, loosely structured and music-infused showcase for Sonny and Cher.

“**The Birthday Party**” (1968): The Harold Pinter play gave Friedkin an early challenge in bringing it to the screen, with another major force in star Robert Shaw.

“**The Night They Raided Minsky’s**” (1968): The death of co-star Bert Lahr during production put Friedkin to the test on this comedy about a police invasion of a New York burlesque showcase.

“**The Boys in the Band**” (1970): One of the first major movies about homosexual-

ity saw Friedkin retaining the original stage cast of Mart Crowley’s play.

“**The French Connection**” (1971): Friedkin entered the echelon of major American directors with this pulse-pounding Oscar-winning drama, starring Gene Hackman and Roy Scheider as police partners out to dismantle a foreign drug operation in New York. The chase sequence with a hard-driving Hackman pursuing an overhead train remains a milestone of its kind.

“**The Exorcist**” (1973): Included in a Turner Classic Movies salute to Friedkin — who died in August — on Sunday, Nov. 26, one of the top horror films of all time adapts

William Peter Blatty’s novel about a movie star’s (Ellen Burstyn) daughter (Linda Blair) helped by two priests (Max von Sydow, Jason Miller) when she’s possessed by the devil.

“**Sorcerer**” (1977): Friedkin reunited with star Roy Scheider for this searing take on the classic “The Wages of Fear,” about several diverse people risking their lives in a jungle transport of seriously unstable nitroglycerin.

“**The Brink’s Job**” (1978): A great cast of character actors led by Peter Falk and Peter Boyle dramatizes the true story of a security-company heist.

BY JAY BOBBIN

# House & Home

## Thursday

- 9 p.m. 42 WJXT2 Extreme Makeover: Home Edition** Usher and Selena Gomez help the team rebuild a home for a widow and her three children.
- 10 p.m. DISC Homestead Rescue** Misty transforms a rundown pond into a food source and Matt creates a workshop with a propane forge.
- 11 p.m. HGTV Home Town** A newly engaged couple must choose between her grandmother's house and a new one to make their own.

## Friday

- 8 p.m. 42 WJXT2 Sell This House!** A recently married man is having trouble selling his bachelor pad.
- 9 p.m. MAGN Beachfront Bargain Hunt: Renovation**
- 10 p.m. MAGN Beachfront Bargain Hunt: Renovation** A couple looks for a cozy beach home for their family of six to enjoy throughout the year.

## Saturday

- 9 p.m. 42 WJXT2 Sell This House!** A three-story house with faux-finished walls, ornate drapery and a dated kitchen.
- 10 p.m. MAGN Maine Cabin Masters** The team helps Chase's wife, Sarah, restore her late grandmother's cabin to preserve her memory.
- 11 p.m. MAGN Maine Cabin Masters** A family that has owned land in Maine for over 100 years repurchases land they previously sold.

## Sunday

- 8 p.m. 42 WJXT2 House Doctor** Barbara and Robert need Tracy's help to spruce up their Suffolk home and attract buyers.

**9 p.m. WEATH Fast: Home Rescue** Tre and Cierra Boston rebuild the Green family house in Austin, Texas, after it was badly damaged.

**10 p.m. MAGN Fixer Upper** A couple want an open-concept house with plenty of room for their children.

## Monday

- 8 p.m. 42 WJXT2 Sell This House!** A woman's surf shack is transformed into a beautiful beach cottage.
- 9 p.m. MAGN Maine Cabin Masters** The Maine Cabin Masters are here helping out a family with a geodesic dome.
- 10 p.m. MAGN Maine Cabin Masters** A great opportunity for the team to rebuild and ultimately repair a cabin for a man and his family.

## Tuesday

- 8 p.m. 42 WJXT2 George Clarke's Amazing Spaces** George Clarke and Will Hardie explore the small space wonders amongst the Swiss and Italian Alps.
- 10 p.m. MAGN Building Off the Grid** A newly blended family is building an eco-friendly straw bale house for their daughter in mountains.

## Wednesday

- 8 p.m. 42 WJXT2 Extreme Makeover: Home Edition** Jewel and Ty Murray help the team rebuild a home for a mother battling stage-four cancer.
- 9 p.m. OWN Love It or List It** Kathy struggles with the functionality of their home; John is determined to renovate.
- 10 p.m. MAGN In With the Old**

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

## Lost

Solution on page 19

ANA  
 LUCIA  
 BOONE  
 CHARLIE  
 CRASH  
 DESMOND  
 DHARMA  
 EKO  
 FLAME

FLASHBACKS  
 HATCH  
 HYDRA  
 ILANA  
 ISLAND  
 JACK  
 JACOB  
 JIN-SOO  
 JJ ABRAMS

JULIET  
 KATE  
 LIBBY  
 LOCKE  
 MILES  
 OCEANIC  
 ORCHID  
 OTHERS  
 PEARL

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# What's Available **NOW** On **prime video**



## “A Good Person” (Nov. 28)

Daniel (Morgan Freeman) and Allison (Florence Pugh) are brought together after the once-thriving young woman with a bright future was involved in an unimaginable tragedy that took his daughter's life. As grief-stricken Daniel navigates raising his teenage granddaughter and Allison seeks redemption, they discover that friendship, forgiveness, and hope can flourish in unlikely places.



## “Pretty Hard Cases” - Season 3 (Nov. 29)

Dets. Samantha Wazowski (Meredith MacNeill) and Kelly Duff (Adrienne C. Moore) finally reunite as partners in Guns & Gangs after eight long months apart. Although their personal and professional relationship has never been stronger, they will need to work as hard as they can to prove to their new and exacting Unit Commander that they are worthy of their department's top cases. When a deadly new synthetic drug appears all over Toronto, the duo must risk their lives as they fight to take down a dangerous gang and stop the drug at its source.



## “Candy Cane Lane” (Dec. 1)

In Eddie Murphy's first holiday film, he stars as Chris, a man on a mission to win his neighborhood's annual Christmas home decoration contest. After inadvertently making a deal with a mischievous elf named Pepper (Jillian Bell) to better his chances of winning, she casts a magic spell that brings the 12 Days of Christmas to life and wreaks havoc on the whole town. Racing against the clock, Chris, his wife Carol (Tracee Ellis Ross) and their three children must break Pepper's spell and battle deviously magical characters in order to save Christmas.



## “12 Dates of Christmas” (Available Now)

Kate (Amy Smart) is a young woman who re-lives the same first date on Christmas Eve over and over again. In an attempt to win back her ex-boyfriend on Christmas Eve, Kate ends up ruining her blind date with Miles (Mark-Paul Gosselaar), a handsome guy she's been set up with. In a strange twist of fate, Kate is given the chance to re-live Christmas Eve twelve times!

## celebrity pipeline

BY JAY BOBBIN



**Q: Why did Kelly Clarkson move her talk show to New York? - Connie Ryan, Woodbury, N.J.**

A: She has said that she needed a “fresh start,” and though she also considered relocating to Montana, she realized that

wouldn't be conducive to landing big-name in-studio guests for her syndicated weekday program. She has many familiar NBC personalities as neighbors at “30 Rock,” the new base for her show, and she was welcomed on-air by Seth Meyers and “Today's” Hoda Kotb and Jenna Bush Hager when she started her fifth-season run in mid-October.

**Q: Who was the actress who played Rosalind Shays, the character who fell down the elevator shaft, on “L.A. Law”? - Wendy Powers, via e-mail**

A: As the acclaimed drama series now gets a renewed showcase via remas-

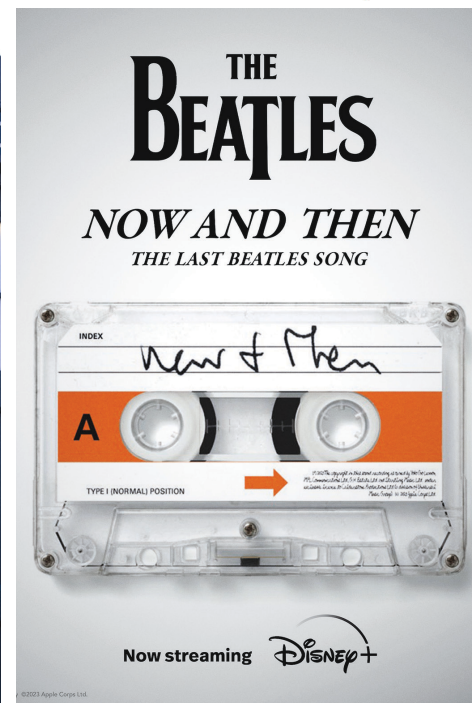
## The Big Apple holds big appeal for Kelly Clarkson

tered versions of the episodes, which are streaming on Hulu, that landmark scene is getting revived fame of its own. The actress in question was Diana Muldaur, who became a major villain on the show as Shays, a particularly strong-willed attorney brought into the law firm and making enemies everywhere she turned ... one exception being senior partner Leland McKenzie (Richard Dysart), with whom she developed a personal relationship. He was standing with her when she took her

ultimately fatal step into what she thought was an elevator, but instead was an empty shaft that sent her plunging to her doom. The surprise moment got a huge reaction when it first aired on NBC, putting the coda on a role that earned Muldaur two Primetime Emmy nominations. The prolific performer also is widely known for her work in the “Star Trek” franchise, having played two different characters on the original 1960s series and Dr. Katherine Pulaski on “Star Trek: The Next Generation.”

Send questions of general interest via email to [tvpipeline@gmail.com](mailto:tvpipeline@gmail.com). Writers must include their names, cities and states. Personal replies cannot be sent.

# What's Available NOW On



## “Life Below Zero” - Season 21 (Nov. 29)

This series takes viewers deep into an Alaskan winter to meet tough, resilient residents as they try to stay one step ahead of storms and man-eating beasts to survive the season. When the closest neighbor is more than 300 miles away, these Alaskans subsist solely on what is hunted and foraged. They catch fish for currency in bartering for supplies, or use their packs of sled dogs for transportation.

## “Indiana Jones and the Dial of Destiny” (Dec. 1)

Swing into a brand new adventure with the fifth and final film in the Indiana Jones franchise. The new film sees Indiana Jones (Harrison Ford) nearing retirement and settled in New York City. But, when his estranged goddaughter, Helena Shaw (Phoebe Waller-Bridge) shows up asking for help, the famed adventurer gears up to take on one last adventure. Looking to retrieve a relic that can change the course of history, Indy and Helena soon find themselves squaring off against Jurgen Voller (Mads Mikkelsen).

## “Doctor Who: Wild Blue Yonder” (Dec. 2)

Three new series specials, “The Star Beast” (Nov. 25), “Wild Blue Yonder” (Dec. 2) and “The Giggle” (Dec. 9) will reunite the Fourteenth Doctor (David Tennant) and Donna Temple-Noble (Catherine Tate) as they come face-to-face with their most terrifying villain yet: the Toymaker (played by Neil Patrick Harris).

## “Now And Then – The Last Beatles Song” (Available Now)

This 12-minute documentary film, written and directed by Oliver Murray, tells the story behind the last Beatles song “Now And Then,” with exclusive archival footage and commentary from Paul, Ringo, George, Sean Ono Lennon and Peter Jackson, on an eventful journey that took place over five decades and is the product of conversations and collaborations between the four Beatles that go on to this day.



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CDC and AAP state: Make US Coast Guard lifejackets and direct supervision by a responsible adult a must for non-swimmers.

**Proudly serving Saint Johns County**



Build skills and confidence through small group, fun lessons with trusted caregivers and WSI FAST Swim Program trained instructors.

## We are Committed to Teaching All Ages & Abilities

- Maximize instructional time
- Improve group lesson safety
- Promote student skills achievement for all ages and abilities
- Dedicated to the belief that drowning incidents are a preventable tragedy
- Before committing to swim lessons search online for Florida Department of Health Swim Instructors Advisory Council to ensure the program is State approved

**Contact us today! 904-640-9199**

Become a state certified Water Safety Instructor

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# Creeks

## Air Conditioning & Heating, Inc.

*Comfort System Specialists!*



**Goodman**

Thank goodness for Goodman.®

We Carry  
the Best Brands



### Our Family Serving Yours!

If you are looking for experienced HVAC system repair and installation experts in NE Florida, you have come to the right place.

**At Creeks, our Customers Come First!**

#### SPECIALIZING IN HOME COMFORT

With over 34 Years of experience in the manufacturing, design, application and service of residential and commercial comfort systems, Creeks is equipped to provide all of your comfort needs!



*What our customers  
say about us...*

Two of my friends recommended Creeks to me and I'm so glad they did. The estimator was friendly, open and honest and gave several options and the installers were courteous, on time and cleaned up the working area. Plus, the system works great. No one likes to have to buy a new AC in the middle of summer, but their price was fair and the work was good. Highly recommend! - Renay T.

From the moment you reach out to Creeks Air Conditioning and Heating you will recognize their professionalism and commitment to service are superior in the industry. The polite voice answering your call will reassure and work proficiently to accommodate answering your questions while placing your needs as their priority. From sales to installation, the representatives of Creeks Air Conditioning and Heating demonstrate their excellence in every aspect of their profession. I have called upon them on two separate occasions in two different homes (never the same unit) over the past 15 years and will continue to use them if I need HVAC repair or replacement. - DC Junior

# Creeks

## Air Conditioning & Heating, Inc.

### 904.230.7840

**service@creeksair.com**

**51 Hudson Way, Suite 1, Ponte Vedra, FL 32081**

*Serving St. John's, Duval and Clay Counties,  
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