





'ROUND THE REGION with Sharon



By Sharon Harris-Zlotnick

Hello Atlantic County:

Happy New Year. I wish you all a terrific 2019. I know...food is the last thing you may want to hear about.

ANOTHER GOOD RESTAURANT CHOICE

Last week, having dinner out on Christmas Day proved tough. So many places were closed, but after either a movie or visiting people, many people still wanted to conclude their day with a restaurant meal.

Norman and I met our friends Sue and Billy at the Chelsea Five Gastro Pub on the Chelsea Hotel's fifth floor in Atlantic City. The adjacent Tropicana now owns the boutique property.

Although this location has been many things over the years, from a high-end steakhouse to its current pub operation, the beautiful room and view have remained. The bi-level dining room and full bar overlook the Boardwalk, beach and ocean, which is special during daylight hours.

The menu includes steaks, seafood, veal and other stan-

dard entree items, but I suggest the reason to come is the burgers, sandwiches and appetizers. I'm not a fan, but the unusual \$11 Crispy Brussel Sprouts plate is extremely popular. How about Lobster Cheesecake (\$15), Yellowfin Tuna Tacos (\$16), Lobster and Crab Roll (\$22) or a Short Rib Grilled Cheese sandwich (\$14) among your many choices?

Sue loved her \$15 Turkey Burger with fresh mozzarella. I preferred the \$15 Chelsea Burger with a sweet bourbon glaze. Billy had a special jumbo shrimp cocktail appetizer.

The Gastro Pub's winter hours are 4 p.m-9 p.m., Thursday; 4 p.m.-10 p.m., Friday and Saturday. It will be closed from Sunday, January 20 through Wednesday, January 30. https:// tropicana.net/dining/casualdining/chelsea-five-gastropub/

SUPPORT A WORTHY CAUSE

Not all charitable opportunities require financial contributions. Instead, why not give of your time for good causes this year?

If volunteering is rewarding for you, consider Seashore Gardens Living Center (seashoregardens.org) in Galloway. This dignified home assists our older family members and neighbors needing some help and medical attention. SGLC offers assisted living, nursing and Alzheimer's services.

There are numerous activities and opportunities to volunteer that would suit someone's individual preferences. Check out



the website. I've been on the Board of Directors for 15 years and see firsthand the quality of the care.

At more than 100 years old, they have it exactly right. So does the community...Seashore Gardens has once again won the "Best of the Press" award for 2018.

MORE TO ENTERTAIN YOU

I am a big old movie and live theater fan. Getting to New York can be an expensive hassle and Philadelphia often features the same shows. So, Norman and I are always seeking new live entertainment options whenever possible.

Last year I reported on seasonal theaters up and down our regional coastline. I've also written several times about Hammonton's Eagle Theatre and the Landis Theater in Vineland.

One often unpublicized venue is Millville's 700-seat Levoy Theatre. The original smaller building opened 111 years ago this week in 1908 and ran silent movies for 5¢ a ticket/six for 25¢.

Decades of ownership changes, fire and disrepair finally brought the end when the Levoy permanently closed in December 1974. A planned demolition never happened due to ongoing financial, legal and logistical problems.

Lucky for the public, an enthusiastic, determined group preserved the property. They established the non-profit Levoy Theatre Preservation Society (LTPS), buying the site in 1998.

The LTPS had a similar mission as those looking to save Lucy the Elephant years ago in Margate. The fundraising began and suffered some setbacks. In April 2010, the multimillion-dollar financial package combined tax credits, private and public funds.

Restoration soon began, but another series of obstaclesincluding a partial building collapse- delayed renovations. Finally completed in August 2012, the Levoy's facade and

marquee replicates its original late 1920s appearance. Other period decor includes the interior design.

The inaugural show in September 2012 featured music underscoring Charlie Chaplin and Buster Keaton silent movies, consistent with the early 20th century building.

Today, the Levoy is in fullswing and offers a year-round variety of live musical performances, theater and movies. I received their promotional information, with numerous items of interest.

Entries include Chazz Palminteri's poignant "A Bronx Tale" on January 25, the Carpenters Tribute band called "Top of the World" on February 1 (I have tickets for that) and local comedienne/former Miss New Jersey Dena Blizzard's Off-Broadway show called "One Funny Mother" on April 6. This a just a sampling of many diverse booked events.

The Levoy's Discover 2019 Broadway Season showcases The Off Broad Street Players (OBSP) acting ensemble. This six-show series starts next month with "Into the Woods" and ends with "Mary Poppins" in November. "Mamma Mia!", "James and the Giant Peach", "To Kill a Mockingbird" and "Driving Miss Daisy" are the remaining four. Some shows have only oneweekend runs; others are seven to 10-day time slots.

Through February 17, special subscription prices are \$99 for five shows or \$111 for six shows. What an amazing bargain if you like the choices. For more information, call 856-327-6400 or visit www. LEVOY.net.

FEEDBACK FROM YOU I would love to hear your ideas/suggestions. Email atlanticcountymagazine@ comcast.net. In the subject line, put FEEDBACK FOR SHARON and it will be forwarded.

DROSCO JANUARY 2 - JANUARY 8, 2019

ARIES • (Mar. 21 - April 20)

Your creative ability will surface, giving you good ideas for ways of making money. Don't blow situations out of proportion or you could find that others will misinterpret what really happened. You can make professional decisions this week that will affect your position Do not lend money or belongings to friends.

TAURUS • (Apr. 21- May 21)

Take time to visit someone who has been I confined due to illness. Spend some time on yourself. Someone you work with may be emo-tional. Exhaustion combined with overindulgence could result in minor health problems.

GEMINI • (May 22 - June 21)

Focus your efforts on details, and keep to yourself in order to finish 쭜 your work. Help children with important projects. You could lose money or precious belongings if you aren't careful. You can learn from those who have had similar experiences.

CANCER • (June 22 - July 22)

You may have more people on your domestic scene than antici-pated, this week will be hectic. You will be in a high cycle regarding work. You can beautify your surroundings by renovating or redecorating.

LEO • (July 23 - Aug 22) You are best to avoid confrontations. Try spending the day catching up on any responsibilities that need to be taken care of. You might have a problem hanging on to your money this week. This is not the day to be extravagant.

VIRGO • (Aug. 23 - Sept. 23) Be sure to take advantage of the opportunities that exist. You will have no problem getting your point across to those in a position to help you. You may find that someone you live with is not tow happy, but you can't really do anything about that right now. Friends from your past may come back into your life.

LIBRA • (Sept. 24 - Oct. 23)

7

You will find your personal partner taxing this week. A better diet, exercise, or a change to a relaxed atmosphere could be ways to soothe your nerves. You could be drawn to events that concern children. You can change your living arrangements.

SCORPIO . (Oct. 24 - Nov. 22)

Love can be yours if you get out and about. Your ability to ferret out secret information will lead you to an inside scoop on an arrazing fi-nancial deal. Keep the promises you've made or you can expect to be in the doghouse. Sudden trips will take you by surprise.

SAGITTARIUS • (Nov. 23 - Dec. 21) Get involved in fitness programs that will bring you in contact with new friends. Try to visit a country that excites you. Your leadership ability will enhance your reputation. Don't let your boss make you feel guilty enough to take work home with you.

CAPRICORN • (Dec 22. - Jan. 20) Partnerships will be successful. You can find out interesting information if you get a chance to talk to people you respect. Concentrate on work and on making money. Put your efforts into making constructive improvements to your environment and to your state of mind.

AQUARIUS • (Jan. 21 - Feb. 19)

Don't make any rash decisions that may affect friendships. You need to clear up some important personal documents before the end of the year. Close deals that have been up in the air and move on to new ones that appear to be profitable. Romantic opportunities will flourish through travel or communication.

PISCES • (Feb. 20 - Mar. 20)

Travel opportunities should be your first choice. Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. Too much talk will lead to disputes. You will be inclined to make unwise investment choices.





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TIDE TABLE

Tides for Cape May, Atlantic Ocean Starting with January 3, 2019

Day		High	Ti	de	Height	Sunr	ise	Moon	Time		% Moon
		/Low	Ti	me	Feet	Sun	set				Visible
Th	3	High	6:01	AM	5.0	7:19	AM	Rise	5:02	AM	10
	3	Low	12:09	PM	-0.1	4:50	PM	Set	3:10	PM	
	3	High	6:19	PM	3.8						
F	4	Low	12:05		-0.2	7:19		Rise			4
	4	High	6:43	AM	5.2	4:51	PM	Set	3:54	PM	
	4	Low	12:54	PM	-0.2						
	4	High	7:03	PM	3.8						
Sa	5	Low	12:47	AM	-0.1	7:19	AM	Rise	6:53	AM	1
	5	High	7:23		5.2	4:52	PM	Set	4:42	PM	
	5	Low	1:36	PM	-0.2						
	5	High	7:44	PM	3.8						
Su	6	Low	1:26	AM	-0.1	7:19	AM	Rise	7:41	AM	0
	6	High	8:01	AM	5.2	4:53	PM	Set	5:34	PM	
	6	Low	2:17	PM	-0.2						
	6	High	8:23	PM	3.7						
м	7	Low	2:05	AM	0.0	7:19	AM	Rise	8:24	AM	0
	7	High	8:39	AM	5.0	4:54	PM	Set	6:28	PM	
	7	Low	2:55	PM	-0.2						
	7	High	9:02	PM	3.7						
Tu	8	Low	2:43	AM	0.1	7:19	AM	Rise	9:03	AM	2
	8	High	9:16	AM	4.9	4:55	PM	Set	7:24	PM	
	8	Low	3:33	PM	-0.1						
	8	High	9:40	PM	3.6						
W	9	Low	3:20	AM	0.2	7:18	AM	Rise	9:37	AM	6
	9	High	9:53	AM	4.7	4:55	PM	Set	8:21	PM	
	9	Low	4:10	PM	0.0						
	9	High	10:19	PM	3.6						







FRIDA	Y EVE	NING									JANU	ARY 4	, 2019
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	MacGyver	CC	Hawaii Fiv	ve-0 🖸	Blue Blood	ls	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Fresh-	Speech	20/20 "The	e Bobbitts: Lo	ve Hurts" 🖾		News	Jimmy Kin	nmel Live
10-NBC	News	News	Extra	Access	The Blackl	ist 🖾	The Black	dist 💷	Dateline N	BC 🖸	News	Tonight Sh	now
17-MNT	blackish	Big Bang	Big Bang	Gold	Mod Fam	Mom	Gold	blackish	Action Nev	vs	Mod Fam	Two Men	Two Men
23-PBS	News	News	One/One	News	Doctor Bla	ke	Vera "Tue	sday's Child"	00	Matter	News	One/One	Business
29-FOX	News	Page Six	Dish Nat.	TMZ 🖸	Last Man	Cool Kids	Hell's Kito	chen	News	Hank's	News	TMZ 🖸	Page Six
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Whose?	Whose?	Walk of Fa	ame	News	Broke Girl	Mike	King	Mike
A&E	(5:00) Live	PD "Live PI	D 02.17.18	3" [CC]	Live PD: R	ewind	Live PD "L	Live PD 01.	04.19" (In S	tereo Live)	CC		Live PD
AMC	*** "Cast	Away" (200)0, Drama) 1	Fom Hanks,	Helen Hunt.	CC	***½"The	e Green Mile	" (1999, Dra	ıma) Tom H	anks, David	Morse. 🖸	
CNN	Situation F	loom	E. B. OutF	ront	Anderson	Cooper	Anderson	Cooper	CNN Tonig	ht	CNN Tonig	jht	AC 360
DISC	Gold Rush		Gold Rush		Gold Rush	: The Dirt	Gold Rus	h "The Devil':	s Deadline"	20	Moonshin	ers 🖸	Gold
DISN	Bunk'd	Raven	Raven	Raven	*** "Cind	erella" (201	5) Cate Bla	anchett.	Соор	Raven	Andi	Raven	Stuck
ESPN	SportsCen	ter 👓	NBA Coun	tdown	NBA Bask	etball Dallas	Mavericks	at Boston C	eltics.	NBA Bask	etball: Thur	der at Trail I	Blazers
ESPN2	Around	Pardon	College Ba	sketball SN	/IU at Tulane	e. CC	Women's	College Gyr	nnastics	SportsCen	ter (Live) 🖻		SportCtr
FNEWS	Special Re	port	The Story		Tucker Ca	rlson	Hannity 🖸		The Ingrah	am Angle	Fox News	at Night	Tucker
FX	** "Taken	2 " (2012) L	iam Neeson	. CC	** "Taken	3 " (2014, A	ction) Liam	Neeson. (In	Stereo) 🖾		** "Taken	3 " (2014) 🖸	6
HBO	*** "Love	, Simon " (2	018) 'PG-13	3° CC	★★½ "The G	Girl Next Do	or" (2004)	'R'	★★½ "Tomb	Raider" (2	018) 'PG-13	3' CC	"Ready"
HIST	Ancient Al	iens 💷	Ancient Al	iens 🖾	Ancient Al	iens	Ancient A	liens "The A	lien Phenom	enon"	Ancient Al	iens	Aliens
ION	CSI: Crime	Scene	CSI: Crime	Scene	CSI: Crime	Scene	CSI: Crim	e Scene	CSI: Crime	Scene	CSI: Crime	Scene	CSI:
	(4:00) "The	e Help"	Surviving	R. Kelly	Surviving I	R. Kelly	Surviving	R. Kelly	Surviving	R. Kelly	Surviving	R. Kelly	Surviving
MAX	"War"	** "The In	vasion" (20	07) 🖸	***½"Dun	kirk" (2017	, War) 🖸		**½ "The F	ate of the I	Furious" (20)17)	"Mr
NBCSPA	Quick	Jay	Women's (College Bas	ketball	1	TOMBOY	00	Philly Spo	rts Talk	Football	Golfer	Quick
NICK	Loud	Loud	Lip Sync	Double	Cousins	Sponge.	Sponge.	Sponge.	Office	Office	Friends	Friends	Friends
PARMT	Mom	Mom	Friends	Friends	Friends	Friends	**½ "Mee	t the Focker	s " (2004) Ro	bert De Nir	0.	"Meet the	Parents"
TBS	Fam. Guy	Fam. Guy	Burgers	Burgers	***½ "Star	Wars: Retu	urn of the	Jedi " (1983)	Mark Hamill		"Star Wars	s: A New Ho	pe"
TCM	*** "Hear	ts of the We	est " (1975) [CC	***½"The	Caine Muti	ny " (1954)	CC	***½"Cyra	ano de Berg	gerac " (195	0)	"I Ac
TNT	Bones 🕅		Bones 🛙		★½ "Abraha	am Lincoln:	Vampire I	Hunter"	*** "Zom	pieland" (20	009) 🖸 (DVS	S)	"Secu
USA	Law & Ord	er: SVU	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam





THE RIO GRANDE DINER, LOCATED AT 1305 ROUTE 47 SOUTH, CELEBRATED THEIR GRAND REOPENING WITH A RIBBON-CUTTING CEREMONY ON THURSDAY, DECEMBER 27. STOP IN AND CHECK OUT ALL THE EXCITING NEW THINGS BEING DONE AT THE DINER BY NEW OWNERS TED, GEORGE AND JIMMY. BREAKFAST, LUNCH AND DINNER ARE SERVED DAILY FROM 6:30 A.M. - 10 P.M. GIVE THEM A CALL AT 609-886-7376.

SATU	RDAY	AFTEF	NOON	I							JANU	ARY 5	, 2019
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30
3-CBS	Tail-Valor	Bull Riding	1	College Ba	asketball St.	. John's at G	ieorgetown.	CC	The NFL T	oday 🖸	NFL Footb	all	
6-ABC	Rock-	Dr. Scott	Vacation	World of X	Games	NFL Chase)	To Be Ann	ounced			Action Ne	ws 5PM
10-NBC	Naturally	Vets-Pets	Champion	High Scho	ol Football	The U.S. Ar	my All-Ame	rican Bowl.		PGA Golf			
17-MNT	Secrets	Air Fryer	In Focus	House	Raw Trav.	*** "Killin	ig Them So	oftly" (2012)		Pawn	Pawn	Pawn	Pawn
23-PBS	Orman	Fleetwood	Mac: The D	Dance 💷		One/One	How To	Sara's	Moveable	Martha	Simply	Hoover	State-Af
29-FOX	Tip-Off	College Ba	sketball			College Ba	isketball Vi	llanova at P	rovidence.	Live Life	Kds News	Bones 🖾	
57-CW	Ninja	Paid Prg.	Paid Prg.	Ever	CarSecret	Leverage	C	Rizzoli & I	sles 💷	Major Crin	nes 💷	Madam Se	ecretary
A&E	Zombie	Live PD: R	ewind	Live PD: R	ewind	Live PD Po	lice across	the country	work the nig	ht shift in rea	al time.	Live PD 🖸]
AMC	(9:45) ** "	Angels & D	emons"	*** "Cast	Away" (200	00, Drama) 1	Fom Hanks,	Helen Hunt		***½ "The	Green Mile	e" (1999) 🖸	
CNN	CNN	CNN News	room	CNN News	room	CNN News	room	CNN News	sroom	CNN News	sroom	CNN News	sroom
DISC	Myth	MythBuste	rs Jr. 🚾	Garage Re	hab: Mas	Garage Re	hab: Mas	Garage Re	ehab: Mas	Garage Re	hab: Mas	Garage Re	ehab: Mas
DISN	(11:00) **	* "Cinderel	l a" 'PG'	Соор	Jessie 🖾		Bizaard	Bizaard	Stuck	Stuck	Stuck	Raven	Raven
ESPN	SportCtr	NFL Count		College Ba	asketball Ke	entucky at Al	abama.	Boxing 🖸		Boxing 🖾		Boxing 🖸	
ESPN2	NFL	College Fo	otball: NCA	A FCS Cha	mpionship F	Round		College Ba	asketball Fl	orida State a	at Virginia.	College B	asketball
FNEWS	Cavuto	America's	News Head	lquarters 🕮		America's	News HQ	Journal Ec	ditorial Rpt.	America's	News HQ	America's	News HC
FX	***½"Sica	ario" (2015)	Emily Blunt	. (In Stereo)	00	*** "Miss	ion: Impos	sible Gho	st Protocol	" (2011) (In	Stereo)	"Mission:	Rogue"
HBO	**½"Nim's	s Island" (20	008) 'PG' 🖸		"A Girl in t	he River"	**½"Justi	ce League"	(2017) 'PG	-13'	**½"Ram	page" (2018	3) 🖸
HIST	Digging	The Curse	of	The Lost F	yramid (In S	Stereo) 🖾		America's	Book of Se	ecrets (In Ste	ereo) 📧	"National	Treasure
ION	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Orc	ler: SVU	Law & Ord	ler: SVU	Law & Ord	der: SVU
LIFE	Married	***½"The	Help" (201	1) Viola Dav	ris, Emma St	tone. 🚾		** "Diary	of a Mad Bl	ack Womar	า" (2005)	Surviving	R. Kelly
MAX	"Crazy	**½ "The A	- Team " (20	10) Liam N	eeson.	**½ "Red S	Sparrow" (2	2018) Jennif	er Lawrence	. 00	** "The F	orest" (201	6) 🖸
NBCSPA	H2O	Quick	Pregame	NHL Hock	ey Calgary F	lames at Ph	niladelphia F	lyers.	Flyers Pos	stgame	NHL Hock	ey: Flames	at Flyers
NICK	Sponge.	Rangers	Sponge.	** "Ice Ag	je: Dawn of	the Dinosa	urs"	Sponge.	Sponge.	Sponge.	Loud	Loud	Loud
PARMT	(11:00) **	"Happy Gil	more"	★½"Billy №	ladison" (19	995) (In Ster	eo)	★★½ "The I	ongest Ya	r d " (2005) A	dam Sandle	er. (In Stered)
TBS	(11:15) **	★★ "Star Wa	ars: The Em	pire Strike	s Back"	***½"Star	Wars: Ret	urn of the J	edi" (1983)	Mark Hamill	l.	"Star War	s: For"
TCM	"Plane	** "The S	by in Black	" (1939)	★★½ "The E	Blue Garden	nia"	***½"The	Longest D	ay" (1962, V	Var) John W	/ayne. 🖾	
TNT	(11:00) **	½ "Jumanji"	(1995)	*** "Chai	lie and the	Chocolate I	Factory"	** "The P	acifier" (200	05) Vin Dies	el.	"Pete's Dr	ragon"
USA	(11:00) **	* "Enemy o	f the State'	' (1998) Will	Smith.	** "The Ga	ame Plan"	(2007) 🖸		★★½ "Juras	ssic Park III	,,	"Lost"

SATU	RDAY	EVENI	NG								JANU	ARY 5	, 2019
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	NFL Footb	all AFC Wild	d Card: Tea	ms TBA.	To Be Ann	ounced	To Be Ann	nounced	48 Hours	CC	News	NCIS: New	Orleans
6-ABC	News	ABC	FYI Philly	Wheel	NFL Footb	all AFC or N	IFC Wild Ca	ard: Teams 1	BA. (In Ste	reo Live)	News	News	Castle
10-NBC	News	News	Kickoff	1st Look	The Titan	Games (In S	Stereo) 📼		Saturday	Night Live	NBC 10	Saturday N	light Live
17-MNT	Friends	Philler	Big Bang	Gold	Big Bang	Big Bang	Mod Fam	Mod Fam	Action Ne	ws	Two Men	Philler	Friends
23-PBS	Reporters	Record	NYC Arts	The Arts	Old	House	Keep Up	Detectors	The Tunne	20	Joe Bonar	nassa-Blue	s
29-FOX	Fox 29 Net	ws at 6PM	TMZ (In St	ereo) 📧	9-1-1 "Hen	Begins"	The Maske	ed Singer	Fox 29 Ne	ws at 10	Hell's Kitc	hen	The Q
57-CW	LifeLock	Slim Cy	Mike	Mike	FamFeud	FamFeud	FamFeud	FamFeud	News	Broke Girl	Fam. Guy	Fam. Guy	Burgers
A&E	(5:00) Live	e PD "Live Pl	D 01.26.18	8" CC	Live PD: R	ewind	Live PD "L	ive PD 01	.05.19" (In S	Stereo Live)	20		Live PD
AMC	(3:55) ***	½ "The Gree	en Mile" (19	99)	** "Colon	ibiana " (201	1) Zoe Salo	dana. Premie	ere. 🖸	**½ "XXX"	(2002) Vin	Diesel. 📧	
CNN	S. E. Cupp	Unfiltered	CNN News	sroom 🖸	CNN News	room 🖾	*** "Love	e, Gilda " (20	18) Chevy	Chase.	The Eighti	es 🖸	"Gilda"
DISC	Garage Re	hab: Mas	Garage Re	hab: Mas	Garage Re	hab: Mas	Garage Re	ehab: Mas	Street Out	laws "Bristo	I: Race to \$2	200K"	Garage
DISN	Raven	Bunk'd	Bunk'd	Bunk'd	"Another (Cinderella S	tory" 'PG'	Raven	Raven	Соор	Соор	Andi	Stuck
ESPN	Boxing 🖾	oxing 🖾 Boxing SportCt				all AFC or N	ard: Teams 1	BA. (Live)		SportsCen	ter 🖾	NFL	
ESPN2	College Ba	Boxing Image Boxing SportCt College Basketball College Basketball College Basketball					asketball W	est Virginia	at Texas.	College Ba	sketball		
FNEWS	America's	News HQ	Fox Repor	t	Watters' W	orld 🚾	Justice W	ith Jeanine	Greg Gutf	eld	Watters' W		Justice
FX	(5:00) "Mis	ssion: Impo	ssible Rogu	ue Nation"	*** "Pirat	es of the Ca	aribbean: T	he Curse of				Bough Bre	
HBO	** "Super	Troopers"	(2001) 'R' 🖾		** "Super	Troopers 2	" (2018)	** "Pacifi	c Rim Upris	sing" (2018)	'PG-13'	*½ "Cop O	ut" 'R'
HIST	· /	'National Tr	· · ·	,		In Stereo) 🖾				scape: The	1		Vanished
ION	Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law-SVU
	Surviving		Surviving		Surviving		Surviving		Surviving		Surviving		Surviving
MAX	· /	"Alien: Cov	· · · ·	,		ewton Boys	()(n Stereo)		me to Kill" (,	1	1
NBCSPA	Hockey	Quick	Sixers			ericks at 76e	-		Sixers Po		Sixers	Brewing	Quick
NICK	Loud	Loud	Loud	Loud	Henry		Sponge.	Sponge.	Office	Office	Friends	Friends	Friends
		aterboy" (1	/ \	/	,	Gilmore" (, ,	,		ladison" (19	, ,	,	"Long
TBS	<u> </u>	r Wars: The			0 0	Big Bang	0 0	0 0	0 0	Big Bang		"Star Wars	
ТСМ	"Long	1	Shooting" (,		ight at the		. ,	· ·		manche Creek" (1963)		"His
TNT		Pete's Dragon" ***½"The Jungle							f Oz" (1939) Judy Garland.		"Charlie and"		
USA PAGE 12	(5:30) "The	e Lost Worl	d: Jurassic	Park"	***½"Jura	assic Park"	(1993) Sam	n Neill. 🖾 (D'	VS)	Mod Fam	Mod Fam	Mod Fam	Mod Fam



The solution to the question is found within the answers in the puzzle. In order to discover this hidden solution, unscramble the letters noted with asterisks within the puzzle.

ACROSS

- Meg Ryan's age (hyph.)
- 9. Man's title
- 10. First name in country music
- 11. In just a __; soon
- 13. Shiraz native
- 15. Alaska's Palin
- 17. Tom Hanks' age (hyph.)
- 18. Motel room staple
- 20. Twelfth-grader: abbr.
- 21. Orange edible
- 23. Performance
- 24. Explosive letters
- 25. Reddish-brown horse
- 26. Pronoun
- 29. Hosp. employee
- 30. Janet Jackson's age
- (hyph.)
- 34. Actor Flynn
- 36. Eddie Van ____
- 38. Day before a holiday
- 39. At __; relaxed
- 42. Anger
- Hillary Clinton's age (hyph.)

DOWN

- 1. Evergreen
- 2. Tax-deferred accts.
- Colorful cereal
- 4. Second person in the bible
- 5. Baio's initials
- 6. Bridge position
- 6. Bridge position

- 7. Longest river wholly in Spain
- 8. Long or Peeples
- Whoopi Goldberg's age (hyph.)
- 12. Kate Hudson's age (hyph.)
- 14. Tuck's partner, in
- phrase 16. Tool with a point
- 19. Weathercock
- 20. Sign of an old wound 22. McKinley or Whitney:
- abbr.
- 23. CD predecessors
- 27. Brief life sketch
- 28. Defunct airline
- 30. On the house
- 31. Get away32. Those people
- 33. Actor Ken
- 35. Winnebagos & Gulf Streams, for short
- 37. Prior to
- 40. Least-used article
- 41. Wall or Easy: abbr.
 - wonniM





FOOD . HELP . HOPE

MOST NEEDED FOOD ITEMS

Peanut Butter & Jelly (in plastic jars) Canned Tuna Fish, Salmon or Chicken Baby Food & Formula (no glass jars) Canned Meats & Meals (beef stew, ravioli, hash, etc) Canned Fruits, Vegetables & Spaghetti Sauce

Non-Food Needs

Toothpaste, Shampoo, Soap & Deodorant Dish & Laundry Detergents Toilet Paper & Feminine Hygiene Products Diapers (child & adult)

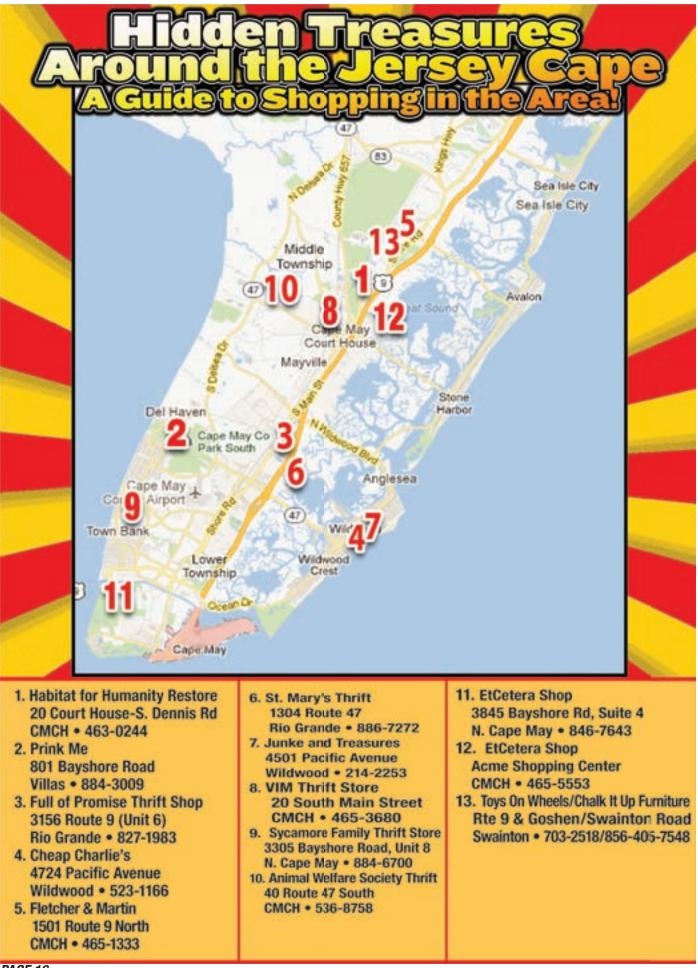
Donations can be dropped off Mon-Fri, 9am-4pm & Sat, 9am-noon

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By John Crook "All times Eastern; subject to change

to watch on ABC!

Schooled Premieres: Jan. 9 at 8:30 p.m.

Set at William Penn Academy in the 1990s, this spinoff of "The Goldbergs" revolves around members of the school staff including such familiar faces as Principal Glascott (Tim Meadows), Coach Mellor (Bryan Callen) and Barry Goldberg's old flame Lainey Lewis (AJ Michalka), the new music teacher. Brett Dier co-stars as Charlie Brown, aka "CB," a gung-ho super-teacher who is both a friend and professional rival to Lainey.

SHowWS

The Fix Premiere TBA

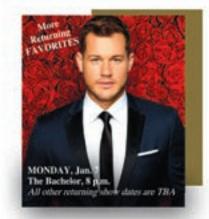
Former O.J. Simpson prosecutor Marcia Clark co-created this new legal drama revolving around former (fictional) L.A. district attorney Maya Travis (Robin Tunney), who suffered a mortifying courtroom defeat eight years ago prosecuting a movie superstar for murder. She gets a shot at redemption when the same actor comes under suspicion for killing someone else. Adewale Akinnuoye-Agbaje, Adam Rayner, Breckin Meyer, Scott Cchen and Marc Blucas co-star.





Grand Hotel Premiere TBA

Eva Longoria is an executive producer of this glossy new drama set inside the last family hotel in Miami Beach, where wealthy proprietor Santiago Mendoza (Demián Bichir), his dazzling wife Gigi (Roselyn Sanchez, "Devous Maids") and their children mingle with the posh guests. Meanwhile, the loyal staff is roiling with working-class matters such as debt, scandals and several explosive secrets. Denyse Tontz, Bryan Craig and Wendy Raquel Robinson also star.



Whiskey Cavalier Premiere TBA

Fan favorites Scott Foley ("Scandal") and Lauren Cohan ("The Walking Dead") team up in this promising action-driven dramedy as FBI superagent Will Chase – whose codename gives this series its title – who is assigned to work with tough-as-nails CIA operative Francesca "Frankie" Trowbridge (Cohan). Together they lead a staff of gifted yet distinctly flawed spies who keep blurring personal and professional boundaries. Ana Ortiz and Tyler James Williams co-star.





TURN UP THE AC • DEANA M. KOZLOWSKI

12/31 - Tropicana - WAR: War is an American funk band from Long Beach, California, known for several hit songs (including "Spill the Wine", "The World Is a Ghetto", "The Cisco Kid", "Why Can't We Be Friends?", "Low Rider", and "Summer"). Formed in 1969, War is a musical crossover band which fuses elements of rock, funk, jazz, Latin, rhythm and blues, and reggae. Their album The World Is a Ghetto was the best-selling album of 1973. The band transcended racial and cultural barriers with a multi-ethnic line-up. War was subject to many line-up changes over the course of its formation, leaving member Leroy "Lonnie" Jordan as the only original member in the current line-up; four other members created a new group called the Lowrider Band.

1/4 - Borgata - One Night in Memphis: Get ready for a night of rockabilly, country, gospel and pure 1950's rock and roll with "One Night in Memphis" - a high energy concert that takes you back to December 4, 1956, the night when four of the biggest names in early rock and roll --Elvis Presley, Carl Perkins, Jerry Lee Lewis and Johnny Cash – gathered together for an impromptu jam session at the legendary Sun Studios in Memphis. Be a witness to and experience rock and roll royalty with the music and talent that has stood the test of time. This show is guaranteed to get you rocking and rolling. See One Night in Memphis live at the Music Box at Borgata on Friday, January 4, 2019!

11/19 - Harrah's - Bill Engvall: Grammy nominated, multi-platinum selling comedian, Bill Engvall is coming to The Concert Venue for two shows on Saturday, January 19! Known for his Southern drawl, perfect timing and hilarious commentary on the challenges of daily life, fans can expect plenty of laugh-out-loud moments all night long.

1/19 - Hard Rock - Alabama: Alabama is an American country and Southern rock band formed in Fort Payne, Alabama, in 1969. Alabama's biggest success came in the 1980s, where the band had over 27 number one hits, seven multi-platinum albums and received numerous awards. Alabama's first single on RCA Records, "Tennessee River", began a streak of 21 number one singles, including "Love in the First Degree" (1981), "Mountain Music" (1982), "Dixieland Delight" (1983), "If You're Gonna Play in Texas (You Gotta Have a Fiddle in the Band)" (1984) and "Song of the South" (1988). The band's popularity waned slightly in the 1990s although they continued to produce hit singles and multi-platinum album sales. The band's blend of traditional country music and Southern rock combined with elements of gospel, and pop music gave it a crossover appeal that helped lead to their success. They also toured extensively and incorporated production elements such as lighting and "sets" inspired



history.

by rock concerts into their shows. The band has over 30 number one country records on the Billboard charts to their credit and have sold over 75 million records, making them the most successful band in country music

1/19 - Resorts - Temptations Review: As former lead singer of the 'Rock-n-Roll Hall of Fame' inductees, 'The Impressions', and with a reputation for having one of the most powerful voices in the R&B market, Nate Evans was specially selected by original Temptation's lead singers Eddie Kendricks, David Ruffin and Dennis Edwards to join the group. Following the passing of David Ruffin and Eddie Kendricks and with the retirement of Dennis Edwards... Nate Evans now leads the group with his soulful **PAGE 20**



voice in this spectacular tribute performance. Much more than a tribute to the late 'Temptations'...this show is a musical extravaganza dedicated to one of the greatest Motown acts of all time and filled with songs from their library, therefore the moves and arrangements performed by this group are areplica of the original 'Temptations' show. 'Ride Back to the Day' when one of the most iconic groups ever to hit the stage played to sell-out audiences and dazzled crowds worldwide. Today Nate Evans along with Vernon Taylor, Isaac Wooten, Ollie Bolds and Andre Shepherd are keeping the qounds of the 'Temptations' alive and well!



1/20 - Boardwalk Hall - All Stars of Hip Hop: Come see it all! Naughty By Nature, Big Daddy Kane, Kool Moe Dee, Slick Rick, Whodini, Onyx and Nice & Smooth.

2/1&2 - Hard Rock - Tim McGraw: Tim McGraw is an American country singer/songwriter and actor. McGraw has released fifteen studio albums. 10 of those albums have reached number 1 on the Top Country Albums charts, with his 1994 breakthrough album Not a Moment Too Soon being the top country album of 1994. All of these albums have produced 65 singles, 25 of which have reached number 1 on the Hot Country Songs or Country Airplay charts. Three of these singles — "It's Your Love", "Just to See You Smile", and "Live Like You Were Dying" — were the top country songs of 1997, 1998, and 2004 according to Billboard Year-End. He has also won three Grammy Awards, 14 Academy of Country Music awards, 11 Country Music Association (CMA) awards, 10 American Music Awards, and three People's Choice Awards. His Soul2Soul II Tour with Faith Hill is one of the highest grossing tours in country music history, and one of the top 5 among all genres of music. Tim McGraw just recently released his latest singles "Neon Church" and "Thought About You" on October 4, 2018. He has sold more than 75 million records worldwide, making him one of the best-selling music artists of all time. He has been married to singer Faith Hill since 1996, and is a son of baseball player Tug McGraw.

2/16 - Resorts - Chubby Checker: Come on baby, let's do the twist with Chubby Checker & The Wildcats on Saturday, February 16 at 8PM in Superstar Theater. In 2 minutes & 42 Seconds, Chubby Checker revolutionized popular Culture and changed the music business forever. When he appeared on American Bandstand in 1960 and performed "The Twist," it was the dawn of a new era in Rock and Roll. Dancing apart to the beat was born and teenagers found a new way to express themselves. Chubby's Dance Style has extended from Woodstock, through Disco to the present day. He stands alone as a one of a kind Rock Icon, who has had 36 Hit Records, is the only artist to have a single go to # 1 Twice, and according to Billboard, has the

TURN UP THE AC

1 Single for the whole Decade of the 60's. Chubby was awarded the first Platinum Single, the first Rock Grammy and has sold an astounding 250,000,000 records over the years. That's why Dick Clark has said: "The three most important things that ever happened in the music industry are Elvis Presley, The Beatles, and Chubby Checker."

2/2 - Tropicana - Sarah Brightman: International singing superstar, Sarah Brightman is the world's biggest selling Soprano. She pioneered the classical crossover music movement and is famed for possessing a vocal range of over 3 octaves. Sarah is the only artist to have simultaneously topped the Billboard dance and classical music charts. Her voice has rung out from theatres, arenas, cathedrals, world heritage centers and Olympic stadiums, bringing to life some of the world's most beautiful music. Sarah's work transcends any specific musical genre, synthesizing many influences and inspirations into a unique sound and vision. Today, she remains among the world's most prominent performers, with global sales of 30 million units having received more than 180 gold and platinum awards in over 40 countries.

2/8 - Ocean Resort - Lee Brice: Lee Brice is an American country music singer and songwriter, signed to Curb Records. Brice has released four albums for the label: Love Like Crazy, Hard to Love, I Don't Dance and Lee Brice. He has also released eleven singles, of which four were written by his cousin, Michael Cericola, and have charted at number one on Billboard Hot Country Songs and Country Airplay: "A Woman Like You", "Hard to Love", "I Drive Your Truck", and "I Don't Dance". He has also charted within the top 10 with "Love Like Crazy", "Parking Lot Party", "Drinking Class", and "That Don't Sound Like You". "Love Like Crazy" was the top country song of 2010 according to Billboard Year-End, and broke a 62-year-old record for the longest run on the country chart.



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Open Monday-Friday 8am-6pm Saturday 8am-4pm





	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30
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6-ABC	Inside	Action Nev	VS CC	To Be Ann	ounced			To Be Ann	ounced	Road/	Road/	Action Net	ws 5PM
10-NBC	Issue	Football Ni	ight	NFL Footb	all AFC or N	IFC Wild Ca	rd: Teams 1	TBA. (In Ster	reo Live)		Kickoff	News	News
17-MNT	In Touch	Easy	Air Fryer	Person of	Interest	Person of	Interest	Elementar	y cc	Friends	Friends	Mom	Mom
23-PBS	Caucus	State-Aff	Class	Confucius	Was	Kitchen	Lidia	Taste	Real	Joe Bonar	massa-Blue	s	Memory
29-FOX	Tip-Off	College Ba	sketball Xa	vier at Marc	uette.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	TBA	NFL Footb	call	
57-CW	Ninja	Prostate	Paid Prg.	Car Repair	Secret!	Saving Ho	ре	Rizzoli & I	sles 🖸	Major Crin	nes 🖸	Madam Secretary	
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ION	NCIS: LA	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles
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MAX	(10:35) "Pa	tti Cake\$"	"Arizona"	(2018) (In S	tereo)	** "Insidio	ous: The La	ast Key"	** "All Ey	ez on Me" ((2017) Deme	etrius Shipp	Jr.
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TBS	"Euro *** "American Pie" (1999) Jason B				Biggs.	*** "I Lov	e You, Mar	n " (2009) Pa	ul Rudd.	*** "The	Wedding Si	inger" (1998	3)
TCM	"His	***½"Noti	ning Sacreo	1"	** "Black	Beauty" (19	946) 🖸	*** "Let's	Make Love	e" (1960) Ma	arilyn Monro	e. 🖸	"Innoc
TNT	(11:00) "Pirates of the Caribbo			: Dead Man	's Chest"	*** "The l	Hunger Gar	ames" (2012) Jennifer Lav		Lawrence. 📧 (DVS)		"Catching	Fire"
USA	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Orc	ler: SVU	Law & Orc	ler: SVU



6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
TBA	News	60 Minutes	CC	God Friend	ded Me	NCIS: Los	Angeles	Madam Se	cretary	News	Spo.	J. Osteen
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(5:00) **½	"The Mumr	ny" (1999) 🛙	C	★★½ "The N	/lummy Ret	urns " (2001) Brendan F	Fraser. (In St	ereo)	** "The Se	corpion Kin	g " (2002)
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**½"Old S	School" (200	03) Luke Wil	son.	a. **^½ "Step Brothers" (2008) Will Ferrell. **^½ "Old School" (2003) Luke Wilson.				son.	"Step			
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(5:00) "The	e Hunger G	ames: Catcl	ning Fire"	*** "The l	Hunger Gar	nes: Mockii	ngjay, Part	1"	"The Hung	ger Games:	Mockingjay	, Part 2"
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Henry Bar Rescu © Bar Rescu *½ "Old School" (2003) Luke Will (5:00) "The Hunger Games: Catef	TBA NewsNews60 Minutes IIIINewsABCFunny HorrNewsABCFunny Horr1st Look LiveGolden GlosTwo MenBig BangGoldMemory RescueClassNFL FootballBroke GirlBroke GirlFunnyStreetBroke GirlBroke Girl(5:00) **\stringStreetBroke Girl(5:00) **\stringStreetBroke Girl(5:00) **\stringStreetBroke Girl(5:00) **\stringStreetBroke Girl(5:00) **\stringStreetStockCNN NewsrowCNN NewsrowLast FrontierAlaskaCoopStuckStuckSportsCenter <iiii< td="">SportsCenter<iii< td="">Fox ReportFox NewsrowPirates of the Caribbar: The Curser"Life"** "Super Troopers 2" (2018)Ancient Alien IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII</iii<></iiii<>	TBA NewsNews60 MinutesGod Friend NemsGod Friend Funny HornNewsABCFunny HornFunny HornFunny Horn1st Look LiveGolden GibesFunny Horn1st Look LiveGolden GibesThe 76th ATwo MenTwo MenBig BangGoldMod FamMemory RescueClassDionne WaNFL FootbirThe MomThe OTSimpsonsFunnyStreetBroke GirlBroke GirlSupergirl @(5:00) **% "The Mumwr" (1999) @*** ** "Gibert Shaw. @CNN NewsCNN NewsCNN News'CNN NewsCNN NewsLast FrontiAlaskaStuckStuckCoopStuckStuckStuck"A CinderedSportsCenter @SportsCenterSportsCenterNFL PrimeCollege WrstlingFox NewsNGL CinderedStuckFox ReportFox NewsSundanMcLent AlNCIS: Los AngelesNCIS: Los*** "ClashAncient Alien ®Ancient Aliens @Ancient Aliens @NCIS: Los AngelesNCIS: Los"His Perfered"*talked by a Reality Star" (2018)** "Alvin aSponge.Sponge.HenryCousinsSponge.Sponge.Mar Rescue @*** "Alvin aSponge.Sponge.Sar Rescue @*** "Alvin aSing 3) *** ''The Age of Innocence:*** "Alvin a''Sing 3) *** ''The Age of Innocence:*** "The Age(5:00) "The Urage JamesScholing Cirage James''	TBA NewsNews60 Minutes III Funny Home VideosGod Friended MeNewsABCFunny Home VideosFunny Home VideosIst Look LiveGolden GibesThe 76th Annual GoldTwo MenTwo MenBig BangGoldMod FamMod FamMemory RescueClassDionne Warwick: ThenNFL FootballThe OTSimpsonsBurgersFunnyStreetBroke GirlBroke GirlSupergirl III(5:00) **% "The Mummy" (1999) III**% "The Mummy Ret**% "The Mummy Ret**** "Jaws" (1975) Roy Scheider, Robert Shaw. IIII**% "The Mummy RetCNN NewsromCNN NewsromCNN Newsrom IIIICoopStuckStuckStuckSportsCenterSportsCenter IIIIChampionship Drive (IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	TBA NewsNews60 Minutes IIIIGod Friended MeNCIS: Los Shark TanlNewsABCFunny HomeVideosFunny HomeVideosShark Tanl1st Look LiveGolden GibesThe 76th Annual Golden Globe AMod FamMod FamIblackish1st Look LiveTwo MenBig BangGoldMod FamMod FamIblackishMemory RescueClassDionne Warrick: TheNRIFam. GuyNFL FootballThe OTSimpsonsBurgersFam. GuyFunnyStreetBroke GirlBroke GirlSupergirl IIICharmed IIIFunnyStreetBroke GirlBroke GirlSupergirl IIIICharmed IIIfunnyStreetBroke GirlBroke GirlSupergirl IIIICharmed IIIfunnyStreetBroke GirlBroke GirlSupergirl IIIICharmed IIIfunnyStreetRoke GirlBroke GirlSupergirl IIIIK** "JawsCNN News"CNN News"CNN News"K** "JawsCNN News"K** "JawsCNN News"CNN News"StuckStuckStuck"A Cinderella Story: Iff"SportsCenterSportsCenterSportsCenterSportsCenterSportsCenterCollege WrestlingFox News SundayOBJECTifled IIIThe Next F"Pirates of the CaribbartAncient Aliens IIIAncient AliensUFO CoverCNS: Los AngelesNCIS: Los AngelesNCIS: Los AngelesPrivate Ey"Stalked by a Reality Star (2018)IIIIIIIIIIIIIIII	TBA News 60 Minutes IIII God Friended Me NCIS: Los Angeles News ABC Funny Hower Videos Shark Tark 1st Look Live Golden Globes The 76th Annual Glober Globe Awards (In S) Two Men Two Men Big Bang Gold Mod Fam blackish blackish blackish Memory Reveree Class Dionne Wards: The Mod Fam Mod Fam blackish blackish blackish Memory Reveree Street Broke Girl Simpsons Burgers Fam. Guy Rel Funny Street Broke Girl Supergirl III Charmed IIII Sectore Street Broke Girl Broke Girl Supergirl IIII Charmed IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	TBANews60 Minutes IIIGod Friended MeNCIS: Los AngelesMadam SeNewsABCFunny Home VideosShark TankShark TankShark TankShark Tank1st Look LiveGolden GlobesThe 76th Annual Golden Globe Aurards (In Stereo Live) IIThe 76th Annual Golden Globe Aurards (In Stereo Live) IIShark TankShark Tank <td< th=""><th>TBANews60 Minutes60 d Friender MeNCIS: Los AngelesMadam SecretaryNewsABCFunny HorrerFunny HorrerShark TarkShark Tark</th><th>TBANews60 Minute ⊨God Friender MNCIS: Los → ngelesMadam ≥ retaryNewsNewsABCFunny H ∪ FilesFunny H ∪ FilesShark T → Lual CollesShark T → Lual CollesShark T → Lual CollesShark T → Lual CollesNewsNewsNews1st Look L ∪ FilesTo Goden GiraMod F anMod F anMod F anblackibAction N → StreetNEG 10 NewsNEG 10 NewsNewsNEG 10 NewsNewsNEG 10 NewsNewsNEG 10 NewsNe</th><th>TBA News 60 Minute E God Friended Me NCIS: Los → geles Madam S=cartery News Sports News ABC Funny → ™o Me God G Funny Home Videos Shark Tark Shark Tark News Sports Sports Stack Tark News Sports Stack Tark News Sports Stack Tark News Sports Sports Stack Tark News Sports Sports</th></td<>	TBANews60 Minutes60 d Friender MeNCIS: Los AngelesMadam SecretaryNewsABCFunny HorrerFunny HorrerShark TarkShark Tark	TBANews60 Minute ⊨God Friender MNCIS: Los → ngelesMadam ≥ retaryNewsNewsABCFunny H ∪ FilesFunny H ∪ FilesShark T → Lual CollesShark T → Lual CollesShark T → Lual CollesShark T → Lual CollesNewsNewsNews1st Look L ∪ FilesTo Goden GiraMod F anMod F anMod F anblackibAction N → StreetNEG 10 NewsNEG 10 NewsNewsNEG 10 NewsNewsNEG 10 NewsNewsNEG 10 NewsNe	TBA News 60 Minute E God Friended Me NCIS: Los → geles Madam S=cartery News Sports News ABC Funny → ™o Me God G Funny Home Videos Shark Tark Shark Tark News Sports Sports Stack Tark News Sports Stack Tark News Sports Stack Tark News Sports Sports Stack Tark News Sports Sports



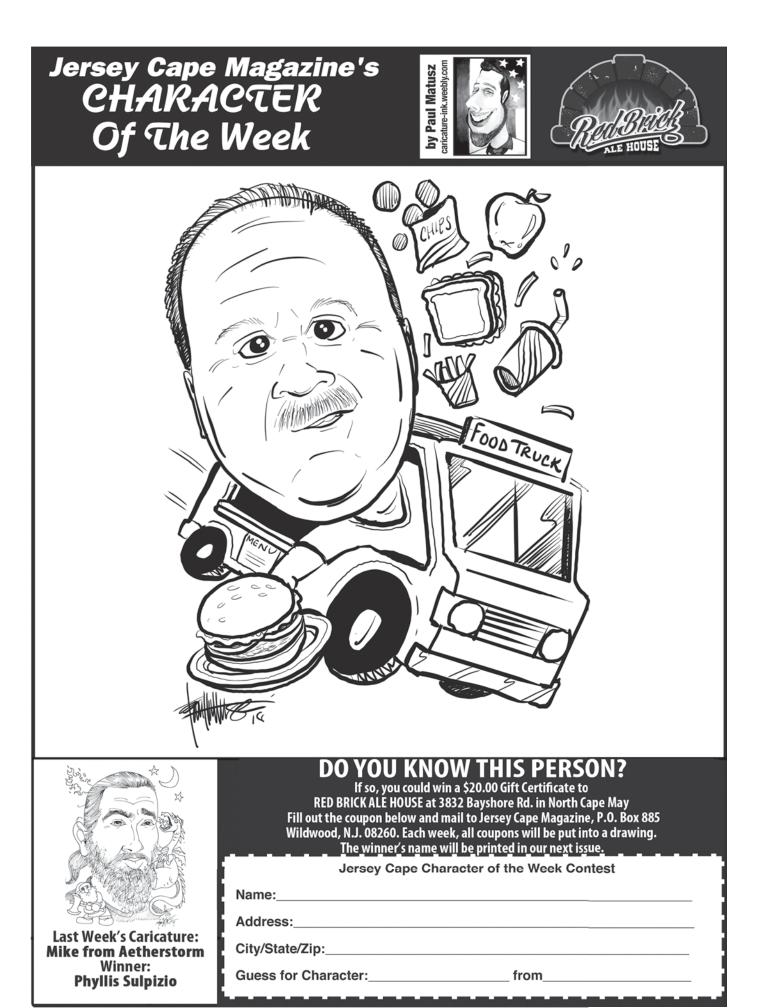




MONDAY EVENING

JANUARY 7, 2019

			7								JANU		, 2013
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Big Bang	Нарру	Sheldon	Neighbor	Bull "Grey	Areas"	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Bache	lor (Seasor	n Premiere) ((In Stereo) 🛙	C		News	Jimmy Kir	nmel Live
10-NBC	News	News	Extra	Access	America's	Got Talent	(In Stereo)	CC	Manifest 🕅	3	News	Tonight SI	now
17-MNT	blackish	Big Bang	Big Bang	Gold	Mod Fam	Mom	Gold	blackish	Action New	NS	Mod Fam	Two Men	Two Men
23-PBS	News	News	One/One	News	Nature 🖾 (DVS)	NOVA 🖾 (I	DVS)	Secrets of	the Dead	News	One/One	Business
29-FOX	News	Page Six	Dish Nat.	TMZ 🖸	The Reside	ent	9-1-1 🖸 (D	VS)	Fox 29 Net	ws at 10	News	TMZ CC	Page Six
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Flash	CC	Arrow 🖸		News	Broke Girl	Mike	King	Mike
A&E	The First 4	8 CC	Gangland	CC	Gangland	00	Gangland	CC	Gangland	CC	Gangland	CC	Ganglan
AMC	(5:30) * *½	" Jaws 2 " (1	978) 🖸		**½"Uncle	e Buck" (19	89) John Ca	andy. 🖸		**½"Reve	nge of the l	Nerds" (198	4)
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Cuomo Pri	ime Time	CNN Tonig	ght	CNN Tonig	ght	AC 360
DISC	Street Out	laws 🖾	Street Out	aws 🖾	Street-Men						Bad Chad	Customs	Street
DISN	Stuck	Stuck	Bunk'd	Соор	Andi	Raven	Соор	Bizaard	Bunk'd	Bunk'd	Raven	ven Raven	
ESPN	Champion	Championship Drive (Live) Studio				nal Champi	onship Tea	ms TBA. (Li	ve) 🖸			Studio	SportsC.
ESPN2	ESPNU	Football (L	.ive)	Studio	CFP Natio	nal Champi	onship (Live	e)				Football S	coreboard
FNEWS	Special Re	eport	The Story		Tucker Carlson Hannity 🖾 The Ing					nam Angle	Fox News	at Night	Tucker
FX	**½"Rio 2	" (2014) (In	Stereo) 🖾		*** "The Croods" (2013) (In Stereo) @ *** "The					Croods" (20	013) (In Ster	eo) 🖸	"Heat"
HBO	(5:40) "Ne	ver Been Ki	ssed"	VICE	** "Coupl	es Retreat"	' (2009) 'PG·	-13' 🖸	*** "Big I	* "Big Fish" (2003) Ewan Mc			"Colli
HIST	Ancient Al	iens	Ancient Al	iens	Ancient Al	iens 🖾	Ancient Al	l iens "Returi	n to Mars" (I	n Stereo)	Ancient Al	iens 🖾	Aliens
ION	Criminal N	linds 🖾	Criminal M	linds 🖾	Criminal M	linds 🖸	Criminal N	linds 🖸	Criminal N	linds 🖾	Criminal N	linds	Criminal
LIFE	The First 4	8 00	The First 4	8 00	The First 4	8 00	The First 4	18 CC	The First 4	8 00	The First 4	8 CC	First 48
MAX	(5:40) ** "	Conspiracy	/ Theory" (1	997)	***½"War	for the Pla	net of the A	Apes" (2017)	** "The In	vasion" (20)07) CC	"Ring
NBCSPA	Quick	Pregame	NHL Hock	ey St. Louis	Blues at Phi	iladelphia Fl	yers.	Flyers Pos	stgame	Brewing	Best of Da	n Patrick	Quick
NICK	Loud	Loud	Loud	Henry	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
PARMT	Mom				Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops	Cops
TBS	Fam. Guy	Fam. Guy Fam. Guy Fam. Guy Fam. Gu			Fam. Guy	Fam. Guy	Fam. Guy	Fam. Guy	American	American	Seinfeld	Seinfeld	Brooklyn
TCM	***½"Wo	man of the '	Year" (1942)	"Music "Busy **** "Way Out West" (1937)				"Sons of the Desert" "Tit For			"Swiss"	
TNT	(5:30) ***	"War of the	e Worlds" (2	2005)	*** "Edge	e of Tomorr	ow " (2014)	Tom Cruise		**½"Shoo	**½ "Shooter" (2007) Mark Wahlt		erg.
USA	NCIS "See	No Evil"	NCIS 🖾 (D	VS)	WWE Mon	day Night F	RAW (In Ster	reo Live) 🚾			Tempt.	Mod Fam	Mod Fam



TUES		VENIN	G								JANU	ARY 8	2019
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30			,
3-CBS	News	CBS	Inside Ed.	ET	NCIS 🖾 (D		FBI "Identit	ty Crisis"	NCIS: New		News	Late Show	
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Kids	blackish	Splitting	The Rooki	е	News	Jimmy Kin	nmel Live
10-NBC	News	News	Extra	Access	Ellen's Ga	me	Ellen's Ga	me	New Amst	erdam	News	Tonight Sh	IOW
17-MNT	blackish	Big Bang	Big Bang	Gold	Mod Fam	Mom	Gold	blackish	Action New	ws	Mod Fam	Two Men	Two Men
23-PBS	News	News	One/One	News	Father Bro	wn 🖸	Call the Mi	idwife 🖾		Bright	News	Matter	Business
29-FOX	News	Page Six	Dish Nat.	TMZ CC	Lethal Wea	apon	The Gifted		Fox 29 Net	ws at 10	News	TMZ CC	Page Six
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Supergirl	C	Madden N	FL	News	Broke Girl	Mike	King	Mike
A&E	The First 4	8	Leah Remi	ni	Leah Remi	ni	Leah Remi	ini	60 Days In	CC	The First 4	8	Remini
AMC	(5:40) * * ½	"Uncle Buc	k " (1989) 🖸		***½"The	Breakfast	Club" (1985	5) CC	** "Sister	Act" (1992)) Whoopi Go	ldberg. 🖸	
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Cuomo Pri	ime Time	CNN Tonig	ght	CNN Tonig	jht	AC 360
DISC	Garage Re	hab: Mas	Garage Re	hab: Mas	Garage Re	hab "Jacob'	s Automotiv	'e" 🖸	Bad Chad	Customs	Street Out	laws 🚾	Garage
DISN	Соор	Соор	Bunk'd	Соор	Raven	Raven	Bunk'd	Bizaard	Bunk'd	Bunk'd	Raven	Raven	Stuck
ESPN	SportsCen				ke at Wake	Forest.	College Ba	asketball			SportsCen	ter 😳	SportsC.
ESPN2	Around	Pardon	College Ba	i sketball Te	nnessee at	Missouri.	College Ba	asketball			College Ba	sketball	
FNEWS	Special Re	port	The Story		Tucker Ca	rlson	Hannity 🖾		The Ingrah	nam Angle	Fox News	at Night	Tucker
FX	(5:30) ★★ ½	"The Heat"	(2013) (In S	itereo)	** "Ride A	long 2" (20	16) Ice Cub	e. 🖸	** "Ride A	Along 2" (20	16) Ice Cub	e. 🖸	"Comp
HBO	(5:10) "Rea	ady Player (VICE	,	, (ereo) 'NR'	***½"The	Shape of V	Vater" (2017	7) 'R'	"Pacific Ri	m"
HIST	The Curse	of	The Curse	of Oak Isla	nd: Digging	Deeper	The Curse	of	Project Blu	ue Book	Project Blu	le Book	Oak Is
ION	Criminal M	linds	Criminal M	inds	Criminal M	inds	Criminal N	linds	Criminal N	linds	Private Ey	es	Private
LIFE	Grey's Ana	atomy	Married at	First Sight	Married	Married	Married at	First Sight	CC	Married	Married at	First Sight	Married
MAX	*** "The	Italian Job"	(2003) (In S	Stereo)	*** "Worl	ting Girl " (1	988) (In Ste	ereo)	** "View I	From the To	op" 🖸	"The Newt	on Boys"
NBCSPA	Quick	Sixers	NBA Bask	etball: Wiza	rds at 76ers			Sixers Pos	st.	Sixers	Golfer	Sixers	Quick
NICK	Loud	Loud	Loud	Henry	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
PARMT	Mom	Mom	Friends	Friends	Friends	Friends	★★½ "Bad I	Boys" (1995	5) Martin Lav	wrence. (In S	Stereo) 🖾		"Walk
TBS	Fam. Guy	Fam. Guy	, , , , , , , , , , , , , , , , , , , ,				Big Bang	Big Bang	Big Bang	Big Bang	Conan 🖸		New Girl
ТСМ	(5:30) ** "	Cimarron"	(1960) Glen	n Ford.	★★½"Andy	Hardy's Pr	's Private Secretary" ** ½ "Rio Rita" (194				942) 🖸 "7 Sweeth		earts"
TNT	(5:30) ★★½ "Shooter" (2007) @ (DVS) ★½ "Law Abidin					oiding Citiz	en " (2009)		*** "Sully	/ " (2016, Dra	ama) Tom H	anks.	NCIS: LA
USA	Mod Fam	Mod Fam	Mod Fam	Mod Fam	WWE Sma	ckDown! (Ir	n Stereo Live	e) 🖸	** "Londo	on Has Falle	en " (2016) P	remiere.	Law-SVU

WEDNESDAY EVENING

JANUARY 9, 2019

WEDNESDAY EVENING JANUARY 9, 2019 6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 10:00 10:30 11:00 11:30 12:0										, 2019			
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Big Bang	Sheldon	SEAL Tear	m 🖸	Criminal M	linds	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Gold	Schooled	Mod Fam	Single	Match Gan	ne	News	Jimmy Kin	nmel Live
10-NBC	News	News	Extra	Access	Chicago M	ed	Chicago F	ire	Chicago P	.D.	News	Tonight Sh	now
17-MNT	blackish	Big Bang	Big Bang	Gold	Mod Fam	Mom	Gold	blackish	Action Nev	vs	Mod Fam	Two Men	Two Men
23-PBS	News	News	One/One	News	Pasta	Matter	Victoria or	n Masterpie	ce (In Stered	D) CC	News	Class	Business
29-FOX	News	Page Six	Dish Nat.	TMZ 🖸	24 Hours-H	lell	The Maske	ed Singer	Fox 29 Nev	ws at 10	News	TMZ CC	Page Six
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All Americ	an 🖾	All Americ	an 🖸	News	Broke Girl	Mike	King	Mike
A&E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
AMC	(5:40) ***	^½ "The Brea	kfast Club"	00	** "Road	House" (198	39) Patrick S	Swayze. 🖸		*** "The	Outlaw Jos	ey Wales" (1976)
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Cuomo Pri	ime Time	CNN Tonig	iht	CNN Tonig	jht	AC 360
DISC	Moonshine	ers 🖸	Moonshine	ers 🖸	Moonshine	ers: Outlaw	Moonshine	ers 🖸	Homestea	d Rescue	Homestea	d Rescue	Moon
DISN	Bizaard	Bizaard	Bunk'd	Соор	Raven	Raven	Bunk'd	Bizaard	Bunk'd	Bunk'd	Raven	Raven	Stuck
ESPN	SportsCen	ter 🖸	NBA Coun	tdown	NBA Basketball Milwaukee Bucks at Houston Rockets.					NBA Bask	etball: Pisto	ns at Lakers	6
ESPN2	Around	Pardon	College Ba	i sketball ⊺e	eams TBA. (Live) College Basketball TCU at Kans					S. 🖸	SportsCen	ter 🖸	SportCtr
FNEWS	Special Re	port	The Story		Tucker Carlson Hannity 🖾 The Ingrah					am Angle	Fox News	at Night	Tucker
FX	*** "Lucy	" (2014) Sca	arlett Johans	sson.	***½"The	Wolf of Wa	II Street" (2	2013) Leona	. (In Stereo) 🖸		"Wolf	
HBO	(5:50) "Dov	wn a Dark H	lall" 🖸	VICE	** "Sex ar	nd the City 2	2 " (2010) (Ir	n Stereo) 'R'	00	*** "Bloc	kers " (2018) 'R'	"Justice"
HIST	Pawn	Pawn	Pawn Stars	S CC	Vikings 🖾	(DVS)	Vikings 🖸	(DVS)	Project Blue Book		Forged in	Fire 🖾	Vikings
ION	Blue Blood	ls 🖸	Blue Blood	ds 🖸	Blue Blood	ds 🖸	Blue Blood	ds 🖸	Blue Blood	ds 🖸	Blue Blood	ds 🖸	Blue
	Grey's Ana	atomy	Grey's Ana	atomy	Project Ru	nway	Project Ru	inway	Beauty Sta	ır	Project Ru	nway	All Stars
MAX	** "The W	arrior's Wa	y " (2010) (lı	n Stereo)	**½"Alien	: Covenant'	' (2017) 🖸		"Galvestor	n " (2018) Be	en Foster.	"RoboCop	" (1987)
NBCSPA	Quick	Sixers	NBA Bask	etball: 76ers	s at Wizards			Sixers Pos	st.	Sixers	In. Golf	Sixers	Quick
NICK	Loud	Loud	Loud	Henry	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
PARMT	Friends					Friends	***½"Cre	ed " (2015) M	Vichael B. J	ordan. (In St	ereo) 🖸		"Creed"
TBS	Fam. Guy Fam. Guy Burgers Burgers				Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Full	Full	"Father of	Bride"
ТСМ	"Each"	*** "The l	Big House"	(1930)	*** ^½ "America, America" (1963, Drama) Stathis Giallelis. ©					00	*** "A Fa	ce in the Cı	rowd"
TNT	(5:15) ***	"Ocean's T	welve" (200	04)	*** "Ocea	n's Eleven'	' (2001) Ge	orge Cloone	у.	*** "Ocea	Ocean's Thirteen" (2007) Brad Pitt		rad Pitt
USA	Law-SVU	** "Londo	n Has Falle	n" (2016, A	ction)	★★½ "Olym	pus Has Fa	allen" (2013)) Gerard But	ler.	**½"Olym	pus Has Fa	llen"

ATLANTIC COUNTY

 Some people wear adult diapers while celebrating New Year at Time Square due to the lack of toilets.

Ethiopia has 13 months. Their current year is still 2006 and they celebrate the New Year on September 11.

Until 2006, the Space Shuttle never flew on New Year's day or eve because its computers couldn't handle a year rollover.

4. In an effort to reduce drunk driving, every New Year's Eve the AAA will tow your car and give you a lift home for free, even if you're not a member (not available in all states).

Beethoven's 9th Symphony was introduced to Japan by German POWs in WWI (who played it for them), and it is now a national tradition to perform it every New Year's.

6. When religion was suppressed in Soviet Russia, Santa/St. Nick was replaced with Grandfather Frost, called the spirit of winter, who brought gifts on New Year's and placed them under the "New Year tree."

 In Korea and some other Asian countries, when you are born, you are considered one year old and everyone's age increases one year on New Year's. So if you were born on December 29th, on New Year's day, you will be considered 2 years old.

 Hogmanay is the term for New Year's Eve in Scotland. In a place called Stonehaven, it is honored through fireballs swinging and first-footing into a friend or neighbor's threshold.

 Since New Year's Eve 2008, the city of Mobile, Alabama raises a 12 foot tall lighted mechanical Moon Pie to celebrate the coming of the New Year.

Interesting New Year Facts

10. On New Year's Day in 1976, a man named Danny Finegood changed the Hollywood sign to "Hollyweed" as a college prank in order to celebrate the decriminalization of marijuana and got an "A" for it.

 The ancient Hawaiian New Year was four months long, war was forbidden, people stopped working, and the people spent time dancing, feasting and having a good time.

 There is a music festival every New Year's eve in the Antarctic called 'lcestock.'

 In Thailand, they celebrate their traditional New Year's Day with a state sponsored multiple day water fight.

14. Prior to 1753, Britain and its possessions celebrated the New Year on March 25 (Annunciation Day). Furthermore, 1752 only lasted nine months, as the dates from 01/01 to 03/24 (as well as September 3 to 13) were skipped in order for 1753 to begin on 01/01 like in other countries.

 Instead of lowering a giant ball of lights on New Year's Eve, Brasstown, North Carolina lowers a possum. It's known as "The Possum Drop."

16. On New Year's Day in Akita, Japan there is a tradition where men dress as mountain demons, get drunk, and terrorize children for being lazy or disobeying their parents.

 Every December 25th a town in Peru celebrates "Takanakuy". Men, women, and children settle grudges with fistfights. Then everyone goes drinking together, ready to start the New Year with a clean slate.

THUR	SDAY	EVENI	NG								JANUA	RY 10	, 2019
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Big Bang	Sheldon	Mom	Fam 📧	S.W.A.T. 🛙		News	Late Show	
6-ABC	News	ABC	Jeopardy!	Wheel	Mod Fam	Gold	Truth and	Lies: Monio	a (In Stereo) []	News	Jimmy Kin	nmel Live
10-NBC	News	News	Extra	Access	The Titan	Games	Brooklyn	Good	Law & Ord	er: SVU	News	Tonight SI	now
17-MNT	blackish	Big Bang	Big Bang	Gold	Mod Fam	Mom	Gold	blackish	Action Nev	NS	Mod Fam	Two Men	Two Men
23-PBS	News	News	One/One	News	Secrets of	the Dead	Justice Ru	uth	SciTech	Metro	News	The Arts	Business
29-FOX	News	Page Six	Dish Nat.	TMZ CC	Gotham 🔤	(DVS)	The Orville	e "Home"	Fox 29 Nev	ws at 10	News	TMZ CC	Page Six
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Supernatu	iral 😳	Roswell: N	Aysteries	News	Broke Girl	Mike	King	Mike
A&E	The First 4	18 CC	The First 4	8 00	The First 4	18 CC	The First 4	18	60 Days In	CC	The First 4	8	First 48
AMC	(5:25) ** '	'Road Hous	e " (1989) 🖸		***½ "A B	ronx Tale"	(1993) Robe	ert De Niro. 🛙	C	*** "The	Town " (201	0) Ben Affle	ck. 🖸
CNN	Situation I	Room	E. B. OutFr	ront	Anderson	Cooper	Cuomo Pr	ime Time	CNN Tonig	jht	CNN Tonig	ght	AC 360
DISC	Naked and	Afraid	Naked and	Afraid	Naked and	d Afraid (In S	Stereo) 📧				Naked and	Afraid	Afraid
DISN	Bunk'd	Bunk'd	Bunk'd	Соор	Raven	Raven	Bunk'd	Bizaard	Bunk'd	Bunk'd	Raven	Raven	Stuck
ESPN	SportsCer	nter 🖸	Women's O	College Bas	sketball		College Ba	asketball Te	ams TBA. (I	_ive) 🖸	SportsCer	iter 🖸	SportsC.
ESPN2	Around	Pardon	College Ba	i sketball Te	eams TBA. (Live)	College Ba	asketball Te	ams TBA. (I	_ive)	College Ba	asketball	
FNEWS	Special Re	eport	The Story		Tucker Ca	rlson	Hannity 🔤		The Ingrah	am Angle	Fox News	at Night	Tucker
FX	*** "Saus	sage Party"	(2016) (In S	itereo)	** "Ted 2"	" (2015) Mai	rk Wahlberg	. (In Stereo)	CC	** "Ted 2"	" (2015) Ma	rk Wahlberg	00
HBO	(5:45) ** '	Life of the l	Party"	VICE	** "Super	Troopers 2	2" (2018)	**½"The (Greatest Sh	owman" (20	017)	"Icebox" (2018) 'NR'
HIST	American	Pickers	American	Pickers	American	Pickers	American	Pickers	American	Pickers	American	Pickers	Pickers
ION	Chicago P	.D. CC	Chicago P.	.D. 🖸	Chicago P	.D. CC	Chicago P	P.D. CC	Chicago P	.D. 🖸	Chicago P	.D. 🖸	Chicago
LIFE	Grey's An	atomy	The Rap G	ame 🖾	The Rap G	iame 💷	The Rap G	iame 💷	The Rap G	ame 💷		Rap	Rap
MAX	(5:30) ***	"A Time to	Kill" (1996)	00	★★½ "The /	A-Team " (20	010) Liam N	eeson.	★★½ "Mach	ete" (2010)	CC	** "Preda	tors"
NBCSPA	Quick	Pregame	NHL Hocke	ey Dallas St	ars at Philad	delphia Flyer	'S. 🖸	Flyers Pos	stgame	Quick	Brewing	Bensinger	Quick
NICK	Loud	Loud	Loud	Henry	Sponge.	Sponge.	Movie (In S	Stereo) 🚾			Friends	Friends	Friends
PARMT	Mom	Mom	Friends	Friends	Friends	Friends	* "Mr. Dee	eds" (2002)	Adam Sandl	er. 🖸	** "Here (Comes the I	Boom"
TBS	Fam. Guy	Fam. Guy	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Big Bang	Seinfeld	Seinfeld	Seinfeld
TCM	**½ "Of H	★★½ "Of Human Bondage" (1946)				n of Troy" (⁻	1955) 🖻		★★½ "Damo	on and Pyth	nias " (1962)	00	"Colos
TNT	Bones 🖾	3 ()				Miami Heat.	00				urs		In NBA
USA	NCIS CC (D	VS)	NCIS CC (D	VS)	NCIS "Witr	iess"	NCIS CC (D	VS)	NCIS "Pop	Life"	NCIS 🖸 (D	VS)	NCIS: LA
					1								PAGE 2



LOUIE

Louie is a sweet, senior Boxer mix who deserves a chance at a quiet, loving home outside of the shelter. He doesn't ask for much.. just a warm, soft bed to lay on and someone that will love him for the rest of his life. Louie has lived with dogs in the past and doesn't seem to even notice the cats at the shelter. If you are interested in adopting or fostering Louie, please contact us 609-465-3403 or cmcaws@yahoo.com

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HOT, COLD, AND NEUTRAL PROTEIN SOURCES FOR PETS

Submitted By Patsy Nelson from The Wagging Tail

A recent interaction with a customer who forgot to bring her dog's food to the shore with her gave me a "new search" for helpful information. We did not have the food she wanted so we asked her what protein source she was using. It was a cold protein, so we suggested she try duck which is also a cold protein and start with small portions. I reminded her that our foods were 100% guaranteed, that the dog would like the food and do well on it, or we would refund her purchase and/or try something else. I realized afterward that I was not as informed on all hot and cold or neutral proteins.

According to data and an article on the subject by Marybeth Bittel, it is very important to consider your dog's (and cat's) needs when choosing the main protein in your pet's food. If a dog has an excess of "cold" the dog may appear weak and sluggish. An excess of "hot" can cause irritability, dehydration, SKIN IRRITATION, along with possible digestive issues. A dog who is "hot" will feel warm when you pet it, may breathe heavily when at rest, drink more water, have dry skin, and may cough more than normal. They usually seek out cool areas to lie, like on tile floors. The skin and eyes may appear red or irritated. These dogs may seem overly reactive, and restless. And can be plagued by allergies. A "cool" dog will feel cold to the touch, especially the inside of the ears, it's back and limbs. And may show signs of "general faligue, weakness, shortness of breath, exercise intolerance, and/or sluggishness." They will seek out warm places like near a fireplace. According to TCM, they may show signs of incontinence, joint pain which worsens in cold damp weather, or show signs of stiffness after resting.

It makes sense that feeding a dog that is already hot, like Daisy who has Cushing's Syndrome, and is always lying on my bathroom or office tile floors, is only exacerbating her discomfort. And I just bought another bag of Primal frozen lamb. Lamb is considered one of the hottest proteins! She won't get anymore. Instead, I will feed her a cold protein like duck. There is some dispute about which protein sources are considered neutral, but no dispute on hot and cold.

Warm or hot proteins are lamb, venison, chicken and chicken liver, pheasant, and ham along with non-meat foods such as sweet potatoes, squash, and oats. Cool foods are duck, rabbit, apples, bananas and spinach, egg, broccoli, cucumber, strawberries, brown rice, fish oil, honey and barley. Some consider turkey to be cool, others neutral, others hot. Surprisingly beef and beef liver are considered neutral. But not all dogs can handle beef. Other neutral proteins, which can be used in conjunction with hot or cold prateins to dilute the intensity of feeding a limited diet, are goose, pork, pork liver, pork kidneys, pork feet, quail, tripe, most fish, and bison. Bison sometimes, like beef, finds an intolerance in certain dogs.

I hope this will help you to evaluate your dog's dietary needs. I know that it was very enlightening to me, especially concerning my Daisy.

The Wagging Tail is greatly reducing most of our Wellness Dog and Cat, and cans. 25 to 30% OFF while supplies last.





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