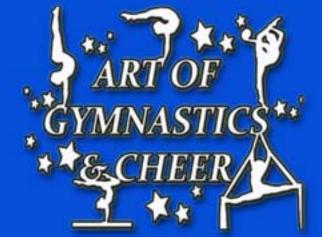


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TV CHALLENGE

1	2	3 *		4	5	6 *	7		8	9	10
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41				42					43		
44				45					46	*	

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

- 1. Cleopatra's downfall
- 4. Thick sweet drink
- 8. Laundry soap
- 11. Arthur, for one
- 12. Words of understanding (2)
- 13. Pasture
- 14. Give orders (3)
- 17. Cook's advice
- 18. Brown shade
- 19. Neighbor of Ecuador
- 21. Prisoner's quarters
- 24. Initials for Judy Garland's eldest
- 25. "Toodle-__!"; casual farewell
- 26. Pauser's svllable
- 27. Word in most similes
- 28. Roloff or Damon
- 30. Largest digit
- 32. Skirt edge
- 34. McMahon & Harris
- 35. Exorbitant price (5)
- 41. Actor Chaney
- 42. Piece of Greek Orthodox 40. Helium or hydrogen art
- 43. Age
- 44. Aggravate
- ____ cava; vein to the 45.
- heart 46. Yearbook section

DOWN

- 1. "black-ish" network
- of Cortez: 2
- Gulf of California
- 3. More sickly looking
- 4. Barack's 2012 opponent

- Wednesday; 5 March 2, 2022
- 6. Jamie __ Curtis
- 7. Reason to study
- 8. Without assistance
- 9. Allow
- 10. Spanish article
- 15. Stand-up comic's
- reward
- 16. Rural Spanish estate
- 19. Little Jack Horner's prize
- 20. Thompson or Samms
- 22. Bank's offering
- 23. Diet successfully
- 29. Express gratitude to
- 31. Cruise ship stops, perhaps
- 33. 18 years ago
- 34. Poet
 - St. Vincent Millay
- 35. Ring king, once
- 36. And not
- 37. Large club
- 38. Prefix for profit or fat
- 39. Goof

ydjopny uoinnios

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"Peacemaker" on HBO and HBO Max

(Words in parentheses not in puzzle)

DROSCO ANUARY 6, 2022 -JANUA

ARIES (Mar. 21- April 20)

Social events held in your home will be successful and entertaining for all. Don't exhaust yourself or minor health problems will set in. You need to sit back and enjoy. Children may be less than honest with you.

TAURUS (Apr. 21- May 21)

You should look into making some physical changes, such as new hair color or toning up your body. It might be best not to spend your money on luxuries this week. Education may be the answer. New love connections can be made through group associations.

GEMINI (May 22-June 21)

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Look into alternatives that would better suit both your needs. Romantic opportunities will develop through friends or relatives. Cultural activities will prove to be quite enlightening for everyone. Risks will not be profitable.

CANCER (June 22-July 22)

Take time to do some writing, whether it's correspondence, poetry, or keeping a journal. You can help a close friend find solutions to personal problems. There will be hidden matters that you may find disturbing. Pleasure trips or friendly get-togethers will be satisfying and intellectually stimulating.

LEO (July 23-Aug 22)

The only thing you'll accomplish is a bad reputation. Your mate may not be too sure about your intentions. Make a point of working on yourself. Accept the inevitable, and opportunities for advancement will follow.

VIRGO (Aug. 23 -Sept. 23)

You may have difficulties finishing projects you start. Relatives may play an important role in your social activities. You can buy or sell if you're so inclined. You are best to work behind the scenes on projects that require detail or precision.

LIBRA (Sept. 24 -Oct. 23)

You will have to face each issue separately and in person. Do what you can to help them but don't neglect your own family. You will have excellent deas for changing or renovating your home. Make arrangements to meet friends at your local dance club.

SCORPIO (Oct. 24 - Nov. 22)

Be prepared to meet new lovers through colleagues. Your dramatic approach to life has probably gotten to your mate. Try to do things with children that will enable you to bond closer to them. A lot can be accomplished if you yrganize your time.

SAGITTARIUS (Nov. 23 -Dec. 21)

Use your head and do things to your liking. Your versatile mind and common sense will allow you to come up with various solutions. Don't let peers distract. you or push their work your way. You can make moves, but they won't be settlina

CAPRICORN (Dec 22.- Jan. 20)

Rewards for past good deeds will be yours. Your mate needs extra attention and is feeling rather insecure when you're not in sight. Your support and concern will help. You may have to explain your actions to your family. This will not be the day to have minor surgery.

AQUARIUS (Jan. 21 -Feb. 19)

Catch up on any correspondence you've neglected. You may have a problem with someone you live with if you don't include them in your gathering. Avoid letting children and friends borrow. Do not sign contracts or get involved in any uncertain financial deals.

PISCES (Feb. 20-Mar. 20)

Your desire for excitement and adventure may be expensive. Your ability to put a deal together will surprise others. Don't let others try to create unwarranted guilt if you can't meet their demands. Try to slow down, and take another look.

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(John) Cena

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(Danielle) Brooks

(Chukwudi) lwuji

(Jennifer) Holland

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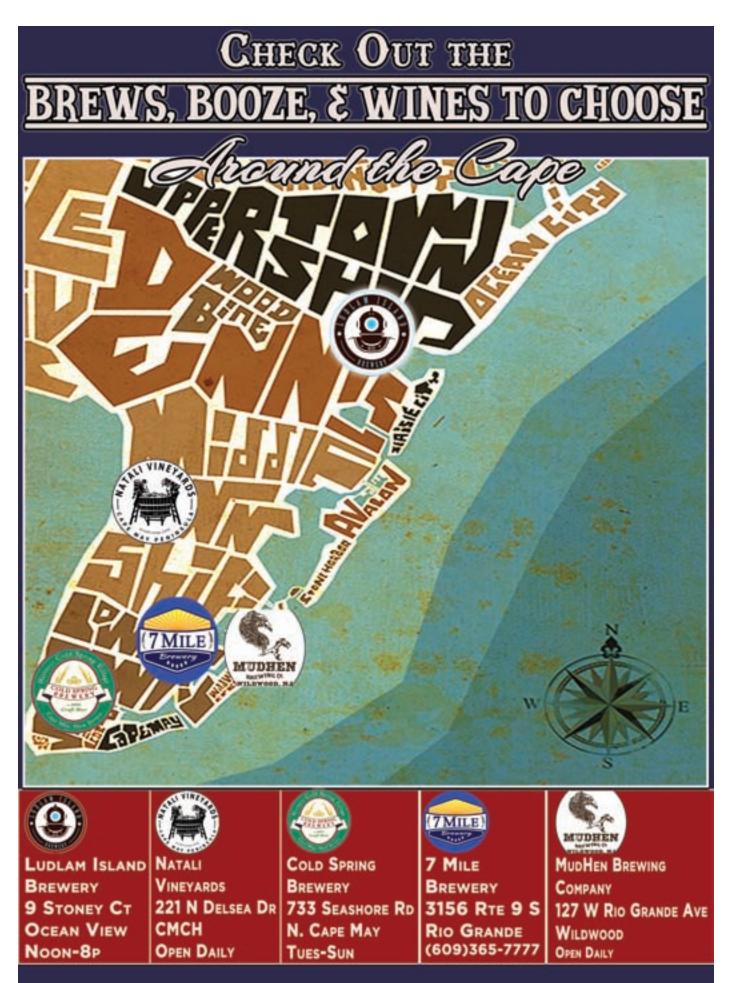




THIS WEEKS NFL SPREADS

FAVORITE	TIME/SPREAD	UNDERDOG	01	D DIC	10
	SATURDAY			R PIC	ĸs
Chiefs	10	BRONCOS			~
Cowboys	7	EAGLES	VV	EEK 1	8
	SUNDAY		-		
Bengals	3	BROWNS	CHARGERS	-3 OVER	RAIDERS
Packers	2.5	LIONS	RAVENS	-5.5 OVER	STEELERS
VIKINGS	2.5	Bears	SAINTS	-4 OVER	FALCONS
Washington	6.5	GIANTS	THIS WEEK	CR OLIERT	
Colts	15.5	JAGUARS	PROGNOS	and the second se	Star.
RAVENS	5.5	Steelers	JASON	FROM	
Titans	10.5	TEXANS	Parn's Pa	RTY WOBLD 🛛 🗰	
Saints	4	FALCONS			
BILLS	16.5	Jets	BENGALS	-3 OVER	BROWNS
RAMS	4	49ers	CHARGERS	-3 OVER	RAIDERS
Patriots	6.5	DOLPHINS	EAGLES	+7 OVER	Cowboys
CARDINALS	6.5	Seahawks	Las	ST WEEK'S GUES	iT
BUCCANEERS	8	Panthers		FROM THE WATERFE	
Chargers	3	RAIDERS		2-1	
2 - C				FL 2021 SEASO	
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DAGE 8	*HOME TEAM IN CAPS*		09	5: 22-29-	0













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COMING SOON TO THE WILD-WOODS!! Special Olympics Polar Bear Plunge

Wildwoods Convention Center & beach. The Polar Bear Plunge in Wildwood is a unique opportunity for individuals, organizations, and businesses to support Special Olympics New Jersey athletes by jumping into the frigid Atlantic waters on January 15. Registration begins at 10:00 a.m. and the plunge takes place at 1:00 p.m. on the Wildwood beach by the Wildwoods Convention Center. For more information or to register visit www.plungewildwood.org

NATIONAL LAW ENFORCE-MENT APPRECIATION DAY

Across the country on January 9th each year, citizens take the lead to show support on National Law Enforcement Appreciation Day.

Law Enforcement Officers of every rank and file have chosen a

profession that puts their life on the line every day for their communities. They've answered a call to public service that is demanding and often unappreciated.

There are several ways to show your support. Send a note of thanks to your local, county or state police agency. Wear blue, turn your social media channels blue or shine a blue porch light to show your support. Find more ideas at Concerns of Police Survivors and share your support using #NationalLawEnforcementAppreciationDay to share on social media.



FISHING & BOATING EXPO

We've expanded to over 35,000 square feet of exhibit space, which means more boats, more tackle, more boating items, more of the things you want for the upcoming Fishing, Boating and Summer Season. Why travel 150 miles, when you can get the same deals from the same vendors in your own backyard? Get up close and personal with experts and get to know your retailers on a one on one basis. Wildwood Fishing & Boating Expo is pleased to announce a special guest to this years Expo! Captain Dave Marciano from Wicked Tuna will be on hand for the duration of the Expo. Captain Dave will have a booth set-up and will be doing a short seminar and Q&A to follow on both Saturday at 2pm and Sunday at 12 noon. Expo hours are Saturday: 9 a.m.-5 p.m.; Sunday: 9 a.m.-2 p.m. Admission is just \$7; kids under 12 are free. Those under the age of 18 must be accompanied by a parent or legal guardian. The Wildwoods Convention Center is a fully handicapped accessible building. For more information call 609.377.1617 or visit FishingExpoWildwood.com



CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE GRILLED BISON/BUFFALO-CRAB BURGER

INGREDIENTS:

Yields: 2 Burgers

- 2 (6 oz) Bison/Buffalo Patties
- 4 oz Lump Crab Meat
- 2 Tbsp Boursin Cheese
- 1/4 tsp Old Bay Seasoning
- 1/4 tsp Worcestershire Sauce
 1/2 tsp Dilas Mustand
- 1/2 tsp Dijon Mustard
 4 Slices Cooked Hardwood
- 4 Slices Gooked
- Smoked Bacon
- 4 Slices Tomatoes
- 2 Slices Lettuce
- 2 Toasted Sour Dough Buns
- Kosher Salt & Fresh Cracked
- Black Pepper to Taste

PREPARATION:

Preheat grill to medium high heat. In a bowl, mix cheese, Old Bay, Worcestershire and mustard. Gently fold in crab to the mix. Grill patties to almost desired doneness. Top the patties with crab topping. Close the grill lid until the cheese is melted. Assemble remaining ingredients into a burger. Enjoy!





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National Blood Donor Month – January 2022

According to the American Red Cross, winter is "one of the most difficult times of year to collect enough blood products to meet patient needs." That's because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That's just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma." Let's learn more.

HOW TO OBSERVE NATIONAL BLOOD DONOR MONTH

 DONATE - Not just in honor of National Blood Donor Month, but in the simple spirit of providing the stuff of life to those who need it most. Donate now. Donate again in eight weeks. Repeat.

 INSPIRE - National Blood Donor Month can inspire people to donate. And those donations can in turn inspire others to donate, creating an exponential increase in blood donations when and where they're needed the most.

 LEARN AND REMEMBER YOUR BLOOD TYPE - What's your blood type? Some examples: O positive donors are needed more often than other blood types. O negative donors are considered "universal donors." AB positive donors are "universal recipients."

5 AMAZING FACTS ABOUT BLOOD DONATIONS

 Not enough blood for all of us - According to the American Red Cross, about 38 percent of the U.S. population can donate blood — but only 10 percent actually do.

 FILL 'ER UP WITH REGULAR — DONATIONS - Brookhaven National Laboratory says that people who begin donating blood at age 17 and donate every eight weeks will have donated 48 gallons of blood by age 76.

 DONATE BLOOD AND GET MEDICAL INFO - When we donate blood, labs examine the donation for multiple infectious diseases, such as HIV and West Nile virus.

 DOGS CAN DONATE, TOO! - Your dog can donate blood, too.
 Check with your veterinarian and the Humane Society to make sure you know the local rules and regulations for this type of donation.

 THE MULTIPLIER EFFECT IS HUGE - Every time we donate one pint of blood, the potential is there to save three lives.

WHY NATIONAL BLOOD DONOR MONTH IS IMPORTANT

 DONATING BLOOD SAVE LIVES - Someone needs blood every few seconds in the United States. And more than 4.5 million Amencans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.

 IT'S THE GIFT THAT KEEPS ON GIVING - The American Red Cross needs 13,000 blood donations every single day to maintain an appropriate blood supply. Fortunately, eligible blood donors can donate blood every eight weeks.

IT'S GOOD FOR DONORS, TOO - The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack.



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6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tan	k	20/20 (In S	tereo) 🖸			News	Jimmy Kir	nmel Live!
10-NBC	News	News	News	Holly	Figure Ska	ting U.S. C	hampionship	os: Ladies F	ree Skate. 🖸		News	Tonight S	how
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A&E	Cold Case	Files 😳	Cold Case	Files 😳	Cold Case	Files 🖾	Cold Case	Files 🖾	Cold Case	Files 🚾	Cold Case	Files 📧	Cold
AMC	(5:00) ***	"Tombstor	ne" (1993) 🖸		** "Midwa	y " (2019) E	d Skrein, Pa	atrick Wilson	. Premiere.	CC	** "Pearl	Harbor" (20	001) 🖸
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Anderson	Cooper	Don Lemo	n Tonight	Don Lemo	n Tonight	AC 360
DISC	Gold Rush	00	Gold Rush	: Pay Dirt	Gold Rush	"Little Eldo	rado" 📧		Blind Frog	Ranch	Gold Rush	CC	Gold
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ESPN	SportsCen	ter 🖸	NBA	NBA Bask	etball Milwa	ukee Bucks	at Brooklyn	Nets.	NBA Bask	etball Atlant	a Hawks at	Los Angele	s Lakers.
ESPN2	Daily Wage	er (Live)	College Ba	sketball			High Scho	ol Basketba	all	SportsCen	nter (Live) 🔤	1	SportCtr
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MAX	** "God's	Not Dead"	(2014) Kevi	n Sorbo.	★★½ "Distu	rbia" (2007) [[]	** "Under	water" (202	0) Kristen S	tewart.	"Dracula l	Jntold"
NBCSPA	Sixers Pre	game Live	NBA Bask	etball: Spur	s at 76ers			Sixers Pos	st.	Sixers	Football	Brewing	Basket
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TBS	American	American	American	American	** "Fast &	Furious" (2009) Vin Di	iesel.	★★½ "Fast	Five" (2011	e" (2011) Vin Diesel. 🖾 (DVS)		
TCM	*** "The \$	Safecracke	r" (1958) 🖸		**** "Rec	d River" (19	48) John Wa	ayne. 🖸		**½"711 C	Ocean Drive	e" (1950) 🖸	
TNT	(4:30) "Oce	ean's 8"	*** "Read	ly Player Or	ne " (2018) T	ye Sheridar	n. 🖸 (DVS)		All Elite W	restling	"Class Act	tion Park" (2020)
USA	Winter Oly	mpic Trials	CC	Last Man	Chicago Fi	ire	Chicago F	ire	Chicago F	ire	Chicago F	ire	Chi. Fire
ACE 16		inpre maio											

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FLY ON IN!

SPORTS STUMPERS

Gone before their time

By George Dickie

Questions:

1) What future Hall of Fame slugger was swept to his death over Niagara Falls in 1903?

2) In 1970, a plane carrying this college football team crashed in Huntington, W.Va. Can you name it?

3) What Olympic figure skater died of heart disease in 1995?

4) This New York Yankees catcher died in a 1979 plane crash. Who was he? 5) What Boston Celtics forward was felled by an irregular heartbeat in 1993?

6) A plane crash claimed the life of this Hall of Fame outfielder in 1972. Can you name him?

7) During training camp in 2001, what Minnesota

Vikings lineman died from heatstroke?

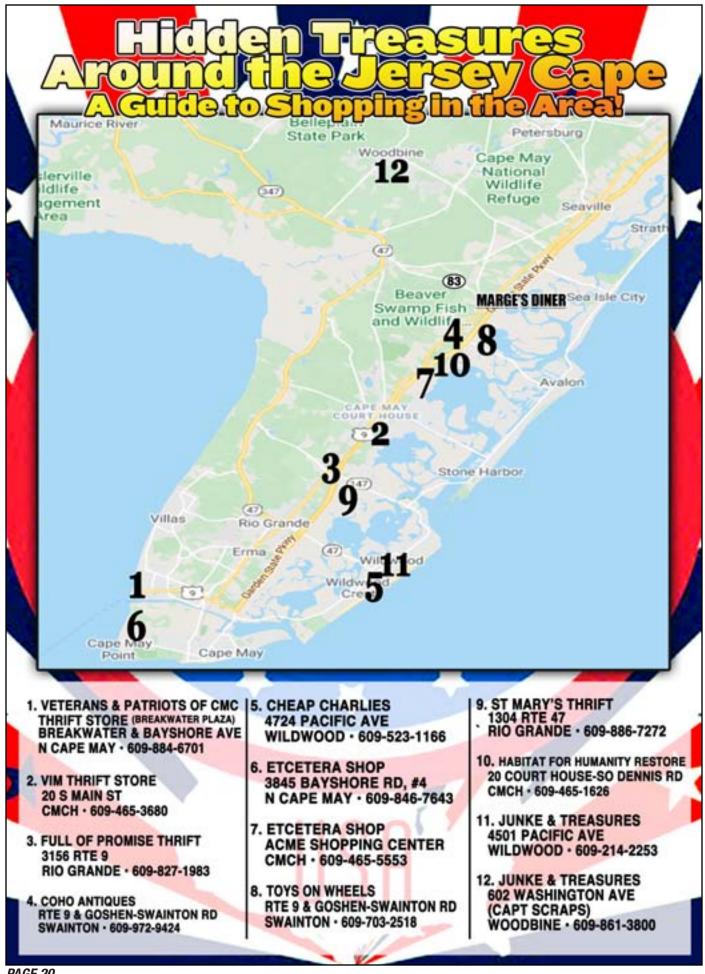
8) A member of the California Angels was shot to death in a case of mistaken identity in 1978. Who was he?

9) Cancer took the life of this Chicago Bears running back in 1970. Can you name him?10) Baseball's "Iron Horse" was cut short by an incurable disease in 1941. Who was he?

Answers:

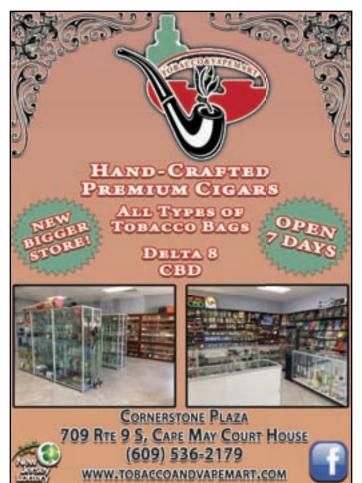
- 1) Ed Delahanty
- 2) Marshall University
- 3) Sergei Grinkov
- 4) Thurman Munson
- 5) Reggie Lewis
- 6) Roberto Clemente
- 7) Korey Stringer
- 8) Lyman Bostock9) Brian Piccolo
- 9) Brian Piccolo
- 10) Lou Gehrig















The objective is to fill the grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.

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GREATER WILDWOODS TOURISM IMPROVEMENT & DEVELOPMENT AUTHORITY WINS 2021 NEW JERSEY TOURISM EXCELLENCE AWARD

The Greater Wildwoods Tourism Improvement and Development Authority (GWTIDA) received a 2021 New Jersey Tourism Excellence Award from the New Jersey Tourism Industry Association (NJTIA) in the category of Jersey Strong Award.

Accepting the award on behalf of the Tourism Authority was Ben Rose, director of marketing and public relations, Jamie McLaughlin, marketing manager, and Lauren Suit, marketing coordinator during the NJTIA conference on December 1.

The winning 2021 campaign, conceived and executed by GWTIDA and its PR Agency, Suasion Communications Group, was crafted in response to the COVID-19 pandemic's impact on travel and tourism, and focused on the many ways to vacation safely in the Wildwoods, all while keeping visitors' safety a top priority. It focused on a specific market appeal – enticing regional vacationers who were able to visit the Wildwoods via automobile to 'drive on down.' A key aspect that differentiated this from other campaigns in the marketplace is that it promoted value and multi-generational family fun in a colorful, clear and enticing way; and emphasized the destination's numerous one-of-a-kind attractions, where lifelong memories are made, and what separates this New Jersey resort town from other vacation destinations.

"The COVID-19 Response PR campaign is a true testament to how the Wildwoods can face any unforeseen challenges and produce record breaking results to remain a top vacation destination, despite travel and visitor restrictions," said John Siciliano, executive director of the Greater Wildwoods Tourism Improvement and Development Authority (GWTIDA).

As a result of the campaign, the Wildwoods garnered national and regional recognition via well-placed editorial in newspapers, magazines, TV and web placements – with an emphasis on the pandemic precautions the destination took and sanitizing protocols it took to assure visitor safety as the destination gradually reopened.

The campaign's success came from not only attracting millions of visitors to safely vacation in the Wildwoods, but in garnering extensive media coverage as well; with live broadcast segments in the Wildwoods throughout the year focusing on the destinations successful plans, strategies, and proactive approach to responding to the crisis and remaining one of the leaders in New Jersey tourism.

For additional information about the Wildwoods, visit www.WildwoodsNJ.com or call 800-992-9732.

For more information on the NJTIA, please visit www.njtia.org.





Greater Wildwoods Tourism Authority Wins 2021 New Jersey Tourism Excellence Award - NJTIA

SATU	RDAY	AFTEF	NOON	I							JANU	ARY 8	, 2022
	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	Hope-	College Ba	sketball			College Ba	asketball			College Ba	asketball		
6-ABC	oh baby!	Hearts of	Free Ent.	Hearts of	Free Ent.	Sports	Jay	Monday N	light	Kickoff	NFL Footb	all Teams 1	BA. 🖸
10-NBC	One	Paid Prg.	Paid Prg.	High Scho	ol Football	All-America	n Bowl. Fror	m San Antor	nio. 🖾	Figure Ska	ating U.S. C	hampionshi	ps. 🖸
17-MNT	Paid Prg.	Paid Prg.	Paid Prg.	House	MyDest.	Raw Trav.	Greatest	S.W.A.T. "	Armory"	Friends	Friends	Friends	Friends
23-PBS	Josh Grob	an Evening		Ancient Re	emedies Wi	th Dr. Josh	Axe 😳	Drive	Kevin	Mexican	Sara's	NJ Busin	State-Aff
29-FOX	Tip-Off	College Ba	sketball			Tip-Off	College Ba	asketball			Paid Prg.	Paid Prg.	Paid Prg.
57-CW	Gone Vi	DraftK	Paid Prg.	Paid Prg.	Paid Prg.	Ninja Warr	ior	The First 4	48 🖸	Major Crin	nes 💷	MacGyver	23
A&E	Tiny Hse	House	House	Court	Court	Court	Court	The First 4	48 🖸	The First 4	8 00	The First 4	18 🖸
AMC	"Pearl	** "Midwa	y" (2019, W	/ar) Ed Skre	in, Patrick W	/ilson. 🖻		** "Black	a Dog " (1998	B) Patrick Sw	ayze.	***½"Gho	ost"
CNN	News	CNN News	room	CNN News	room	CNN News	room	CNN News	sroom	CNN News	room	CNN News	sroom
DISC	Moon	Moonshine	ers 🖸	Moonshin	ers 🖸	Moonshine	ers 🖸	Moonshin	ers 🖸	Moonshin	ers 🖸	The Repai	r Shop
DISN	Ladybug	Jessie	Jessie	Jessie	Jessie	Raven	Raven	Holly H.	Holly H.	Bunk'd	Bunk'd	Bunk'd	Bunk'd
ESPN	SportCtr	SportsCen	ter 😳	College Ba	sketball			Monday N	light	Kickoff	NFL Footb	ball	
ESPN2	Wager	College Fo	otball: FCS	Division I C	hampionshi	ip UFC Archival				College Ba	asketball Ka	ansas at Tex	as Tech.
FNEWS	Cavuto	Fox News	Live (Live) 🛛	CC		Fox News	Live 🖾	Journal E	ditorial Rpt.	Fox News	Live 🖾	Saturday S	Show
FX	★½ "Lucy i	n the Sky" (2019) Natal	ie Portman.	(In Stereo)	C	"Rogue" (2020, Actior	n) Megan Fo	x. (In Stereo) [[]	*** "Furi	ous 7"
HBO	Bowie: Th	e Last	*** "Sola	ris" (2002) '	PG-13'	★★½ "Gree	nland" (202	20) Gerard E	Butler.	Hard Knoo	ks: Colts	"Hobbit-Ji	rny"
HIST	Oak Is	Beyond Oa	ak Island	American	Pickers	American	Pickers	American	Pickers	American	Pickers	American	Pickers
ION	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	der: SVU	Law & Ord	ler: SVU	Law & Orc	ler: SVU
CIFE	"Girl in the	e Bunker"	"Girl in the	Box " (201	6) 🖸	"Deadly E	x Next Doo	r " (2022) Tia	anna Nori.	"Mommy (Group Murc	ler " (2019) 🛛	00
MAX	"Evolu	** "The P	u rge " (2013) CC	***½"Gan	igs of New	York" (2002	2) (In Stereo) CC	★½ "The Le	egend of He	ercules" (20	14)
NBCSPA	Outages	College Ba	isketball Co	olumbia at P	rinceton.	World Pok	er	World Pol	ker	Ninja Warı	rior	Ninja War	rior
NICK	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.
PARMT	NCIS	NCIS 🖾 (D	VS)	NCIS "Shiv	a"	*** "Train	ning Day" (2	2001) Denze	el Washingto	on. 🖸	*** "Air F	Force One"	(1997)
TBS	Friends	Friends	★½ "Rush I	lour 3" (200	07) Jackie C	han.	** "Fast &	& Furious"	(2009) Vin D	iesel.	★★½ "Fast	Five" (2011)
TCM	"Pony *** "The Adventures of Mark Twain" (19						***½"lvar	nhoe" (1952	2) Robert Ta	ylor.	"Bad Day	at Black Ro	ock" (1955)
TNT	NCIS: LA	*** "Read	ly Player O	ne" (2018) 1	ye Sheridar	n. 🖾 (DVS)		*** "Kon	g: Skull Isla	nd" (2017)	Tom Hiddle:	ston.	"God
USA	Chicago	College Ba	sketball			College Ba	asketball V	CU at La Sa	lle. 🖸	Winter Oly	mpic Trials	5 CC	

SATURDAY EVENING

JANUARY 8, 2022

		NG								UANU		, 2022
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
News	News	Ent. Tonig	ht	To Be Ann	ounced	FBI: Most	Wanted	48 Hours 🛙	C	News	Paid Prg.	SEAL
(4:30) NFL	Football Te	ams TBA.	C'ntdown	NFL Footb	all Teams T	BA. (In Ster	eo Live) 🖾			News	News	Jeopardy
News	News	Paid Prg.	1st Look	That's My	Jam	Dateline N	BC 🖸	Saturday N	light Live	News	Saturday N	light Live
black-ish	black-ish	Big Bang	Gold	Big Bang	Big Bang	Sheldon	Sheldon	Action Nev	ws at 10	Mom	Philler	Friends
Reporters	Chat Box	Flanders	The Arts	Old	House	Time/By	Vicar	Before We	Die 🖸	Agatha Ch	ristie's Mar	ple
Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	J. Milliona	ire	Next Level	Chef	Fox 29 Net	ws	Alter Ego (In Stereo)	Feed
SEAL Tear	n 🖸	FamFeud	FamFeud	Whose?	Whose?	Animals	Animals	News	News	Law & Ord	er: SVU	Chi. Fire
The First 4	8 00	The First 4	8 00	The First 4	8	BTK: Conf	ession	BTK: Conf	ession	The First 4	8 00	Playing
(5:00) ***	½ "Ghost" (1990) 🖸		** "Road	House" (198	89) Patrick S	Swayze. 🚾		*** "Poin	t Break" (19	991, Action)	00
CNN News	room	CNN News	room	CNN News	room	Carole Kin	g and Jame	es Taylor		The Seven	ties 👓	The 70's
The Repair	r Shop	The Repair	r Shop	The Repair	r Shop	The Repair	r Shop	The Repair	r Shop	The Repair	r Shop	Repair
Big City	Big City	*** "Ice A	ge " (2002)	'PG'	Ghost	Ghost	Ghost	Big City	Big City	Big City	Big City	Ladybug
(4:30) NFL	Football		C'ntdown							Postgame SportsCer		iter
College Ba	sketball Te	ams TBA.		College Ba	asketball			College Ba	asketball Te	ams TBA.		30 for 30
Fox Repor	t	Gutfeld! 🖸	1	Watters' W	/orld 🖸	Justice Wi	th Jeanine	Unfiltered	with	Watters' W	orld 🖸	Justice
(5:00) ***	"Furious 7	" (2015) Vin	Diesel.	*** "The	Blind Side"	(2009) San	dra Bullock.	(In Stereo)	C	*** "The l	Blind Side"	(2009)
"The Hobb	it: An Unex	pected Jou	ırney"	"Hitman's	Wife"		Gemstone	S	Gemstone	★★½ "I, Ro b	oot" (2004)	00
American	Pickers	American	Pickers	American	Pickers	American	Pickers (In	Stereo) 🖾 ([OVS)	American	Pickers	Pickers
Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU
"The Nann	y Murders"	(2021) Mia	Topalian.	"Labor, Lie	es and Muro	der" (2022)	Premiere.	"Sleeping	With Dange	er" (2020) 🖸		"Labor"
(5:50) ** "	Domino" (2	005) Keira I	Knightley.	***½"My	Cousin Vini	ny" (1992) 🛙	:C	"Bill & Ted	l's Adventu	re"	"Bill-Ted's	Jour."
Football	Pregame	NHL Hock	ey San Jose	Sharks at F	hiladelphia	Flyers.	Flyers Pos	stgame	Brewing	NHL Hocke	ey: Sharks a	at Flyers
Sponge.	Sponge.	*** "The	Croods" (20	013) (In Ster	eo) 🖸	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
"Air Force	One"	**** "The	e Shawshan	k Redempt	ion" (1994)	Tim Robbin	s. (In Stered) CC	★★½ "The M	lagnificent	Seven" (20	16)
(4:30) "Fas	st Five"	Burgers	Burgers	Burgers	American	American	American	American	American	Go-Big Sh	ow	"Han
½ "Gild	l a " (1946) R	ita Hayworth	h.	* "Lav	vrence of A	rabia: Direc	ctor's Cut"	(1962) Peter	O'Toole, Al	ec Guinness	5. CC	"Night
(5:30) "Go	dzilla: King	of the Mon	sters"	All Elite W	restling	** "The M	eg" (2018)	018) Jason Statham. 📧			"Kong: Sk	ull Island'
	ast Man Last Man Figure Skating											
	6:00 News (4:30) NFL News black-ish Reporters Paid Prg. SEAL Tear The First 4 (5:00) *** CNN News The Repair Big City (4:30) NFL College Ba Fox Repor (5:00) *** "The Hobb American Law & Ord "The Nann (5:50) ** " Football Sponge. "Air Force (4:30) "Fas *** % "Gild	6:00 6:30 News News (4:30) NFL Football Te News black-ish black-ish black-ish Baporters Chat Box Paid Prg. Paid Prg. SEAL Team E (5:00) ***½ "Ghost" (' CNN Newsroom The First 48 The First 48 E (5:00) ***½ "Ghost" (' CNN Newsroom The Repair Shop Big City Big City Big City Big City (4:30) NFL Football College Basketball Te Fox Report (5:00) *** "Furious 7 "The Hobbit: An Unext American Pickers Law & Order: SVU "The Nanny Murders" (5:50) ** "Domino" (2 Football Football Pregame Sponge. Sponge. "Air Force One" (4:30) "Fast Five" ***½<"Gilda" (1946) R	NewsNewsEnt. Tonig(4:30) NFLFootball Teams TBA.NewsNewsPaid Prg.black-ishblack-ishBig BangReportersChat BoxFlandersPaid Prg.Paid Prg.Paid Prg.SEAL TeamFamFeudThe First 48The First 44(5:00) ***½"Ghost" (1990) @CNN NewsCNN NewsThe RepairShopBig CityBig CityBig CityBig CityStart FootballCollege Basketball Teams TBA.Fox ReportGutfeld! @(5:00) ***"Furious 7" (2015) Vin"The Hobbit: An Unexpected JouAmerican PickersAmericanLaw & Order: SVULaw & Ord"The Nanny Murders" (2021) Mia(5:50) ** "Domino" (2005) Keira IFootballPregameNHL HockSponge.\$*** "The"Air Force One"*** "The"Air Solda" (1946) Rita Haywort	6:00 6:30 7:00 7:30 News Ent. Tonight (4:30) NFL Football Teams TBA. C'ntdown News Paid Prg. 1st Look black-ish blagang Gold Reporters Chat Box Flanders The Arts Paid Prg. Paid Prg. Paid Prg. Paid Prg. SEAL Team FamFeud FamFeud FamFeud The First 48 The First 48 (5:00) ***½"Ghost" (1990) @ CNN Newsroom CNN Newsroom CNN Newsroom CNN Newsroom C'ntdown College Basketball Teams TBA. C'ntdown C'ntdown College Basketball Teams TBA. C'ntdown College Basketball Teams TBA. Fox Report Gutfeld! (5:00) *** "Furious 7" (2015) Vin Diesel. "The Hobbit: An Unexpected Journey" American Pickers American Pickers Law & Order: SVU Law & Order: SVU "Awe Order: SVU "The Nanny Murders" (2021) Mia Topalian. (5:50) ** "Domino" (2005) Keira Knightley. Football Pregame NHL Hockey San Jose Sponge. Sponge. *** "The Shawshan	6:006:307:007:308:00NewsNewsEnt. TonightTo Be Ann(4:30) NFL Football Teams TBA.C'ntdownNFL FootballNewsNewsPaid Prg.1st LookThat's Myblack-ishblag BangGoldBig BangReportersChat BoxFlandersThe ArtsOldPaid Prg.Paid Prg.Paid Prg.J. MillionaSEAL TeamFamFeudFamFeudFamFeudWhose?The First 48The First 48The First 48The First 44(5:00) ***½Ghost" (1990)*** "RoadCNN NewsroomCNN NewsroomCNN NewsroomCNN NewsroomCNN NewsroomThe Repair ShopThe Repair ShopThe RepairBig CityBig City*** "Ice Age" (2002) 'PG'(4:30) NFL FootballC'ntdownNFL FootballCollege Basketball Teams TBA.College Basketball Teams TBA.College Basketball Teams TBA.Fox ReportGutfeld!Watters' W(5:00) *** "Furious 7" (2015) Vin Diesel.*** "The"The Hobbit: An Unexpected Journey""Hitman'sAmerican PickersAmericanLaw & Order: SVULaw & Order: SVULaw & Order: SVULaw & Order: SVU(5:50) ** "Domino" (2005) Keira Knightley.**** "MyFootballPregameNHL Hockey San Jose Sharks at FSponge.s*** "The Shawshank Redempt(4:30) "Fast Five"BurgersBurgers**** "Gilda" (1946) Rita Hayworth.**** "Law <td>6:006:307:007:308:008:30NewsNewsEnt. 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IIIWatters' World III(5:00) *** "Furious 7" (2015) Vin Diesel.*** "The Blind Side""The Hobbit: An Unexpected Journey""Hitman's Wife"American PickersAmerican PickersAmerican PickersLaw & Order: SVULaw & Order: SVULaw & Order: SVU"The Nanny Murders" (2021) Mia Topalian."Labor, Lies and Murd(5:50) ** "Domino" (2005) Keira Knightley.***% "My Cousin ViniFootballPregameNHL Hockey San Jose Sharks at PhiladelphiaSponge.\$*** "The Shawshank Redemption" (1994)(4:30) "Fast Five"B</td> <td>6:006:307:007:308:008:309:00NewsNewsEnt. TonightTo Be AnnouncedFBI: Most(4:30) NFL Football Teams TBA.C'ntdownNFL Football Teams TBA. (In SterNewsNewsPaid Prg.1st LookThat's My JamDateline Nblack-ishblack-ishBig BangGoldBig BangBig BangSheldonReportersChat BoxFlandersThe ArtsOldHouseTime/ByPaid Prg.Paid Prg.Paid Prg.J. MillionaireNext LevelSEAL TeamFamFeudFamFeudWhose?Whose?AnimalsThe First 48The First 48The First 48BTK: Conf(5:00) ***½Ghost'' (1990) @** "Road House" (1989) Patrick SCNN NewsroomCNN NewsroomCNN NewsroomCarole KinThe Repair ShopThe Repair ShopThe RepaiShopBig CityBig City****'Ice Age" (2002) 'PG'GhostGhost(4:30) NFL FootballC'ntdownNFL FootballCollege BasketballCollege Basketball Teams TBA.College BasketballJustice Wi(5:00) *** "Furious 7" (2015) Vin Diesel.**** "The Blind Side" (2009) San"The Hobbit: An Unexpected Journey""Hitman's Wife"American PickersAmerican PickersAmericanLaw & Order: SVULaw & Order: SVULaw & Order: (2022)(5:50) ** "Domino" (2005) Keira Knightley.****%"My Cousin Vinny" (1929) %FootballPregameNHL Hockey San Jose Sha</td> <td>6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 News Ret. Tonight To Be Announced FBI: Most Wanted (4:30) NFL Football Teams TBA. C'ntdown NFL Football Teams TBA. 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MillionaireNext LevelSEAL TeamFamFeudFamFeudWhose?Whose?AnimalsThe First 48The First 48The First 48BTK: Conf(5:00) ***½Ghost'' (1990) @** "Road House" (1989) Patrick SCNN NewsroomCNN NewsroomCNN NewsroomCarole KinThe Repair ShopThe Repair ShopThe RepaiShopBig CityBig City****'Ice Age" (2002) 'PG'GhostGhost(4:30) NFL FootballC'ntdownNFL FootballCollege BasketballCollege Basketball Teams TBA.College BasketballJustice Wi(5:00) *** "Furious 7" (2015) Vin Diesel.**** "The Blind Side" (2009) San"The Hobbit: An Unexpected Journey""Hitman's Wife"American PickersAmerican PickersAmericanLaw & Order: SVULaw & Order: SVULaw & Order: (2022)(5:50) ** "Domino" (2005) Keira Knightley.****%"My Cousin Vinny" (1929) %FootballPregameNHL Hockey San Jose Sha	6:00 6:30 7:00 7:30 8:00 8:30 9:00 9:30 News Ret. Tonight To Be Announced FBI: Most Wanted (4:30) NFL Football Teams TBA. C'ntdown NFL Football Teams TBA. 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SUND	AY AF	TERNO	DON								JANU	ARY 9	, 2022
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	,
3-CBS	Kickoff	The NFL T	oday 🖸	NFL Footb	all Pittsburg	h Steelers a	t Baltimore	Ravens. (In	Stereo Live)	00	NFL Footb	all: Chiefs a	at Broncos
6-ABC	Inside	Action Nev	vs 🖸	FYI Philly	TBA	TBA	Playoff	Playoff	College Ba	asketball Ci	ncinnati at N	lemphis.	News
10-NBC	Issue	Paid Prg.	Olympic T	rials		Figure Ska	iting			PGA Golf			
17-MNT	In Touch	Paid Prg.	Paid Prg.	In Focus	Greta Van	This	Pawn	Pawn	Two Men	Two Men	Philler	Live From	the
23-PBS	Think Tk	State-Aff	Class	Lidia	Milk	Cook	Forever Pa	ainlss	Ancient Re	emedies-Ax	e	Deepak Ch	nopra
29-FOX	Kickoff	FOX NFL S	Sunday	NFL Footb	all (In Stere	o Live) 🖾					NFL Footb	all 🖸	
57-CW	The Song	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Storm of S	uspicion	The First 4	18 CC	Major Crin	nes 📧	Monk 🖾	
A&E	Killer Kids	Killer Kids	00	Killer Kids	CC	Killer Kids	00	The First 4	18 CC	The First 4	18 CC	The First 4	8 00
AMC	(8:45) "Sca	arface"	** "Road	House" (19	89) Patrick S	Swayze. 🖻		*** "Poin	t Break" (19	991) Patrick	Swayze, Ke	anu Reeves	. CC
CNN	Reliable	State of Ur	nion	Fareed Za	karia GPS	CNN News	room	CNN News	sroom	CNN News	sroom	CNN News	room
DISC	Mystery				00	Dirty Jobs	00	Dirty Jobs 🖸		Dirty Jobs	CC	Dirty Jobs	00
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Amphibia	Amphibia	Ladybug	Ladybug	Ladybug	Ladybug	Big City	Big City
ESPN	(10:00) Su	nday NFL C	ountdown	Women's College Basketball			Women's	College Bas	sketball		Playoff	Playoff	
ESPN2	(10:00) Far	ntasy Footb	all Now	Women's College Gymnastics			Corgi	2021 Worl	d Chase Ta	g USA		College Ba	asketball
FNEWS	Medi	Fox News	Live 🖾	Fox News	Live 🖾	FOX News	Sunday	Maria Bart	iromo	Fox News	Live 🖾	Sunday Sh	now
FX	(11:00) **	^k "Kingsma	n: The Gold	len Circle"	(2017)	*** "Furic	ous 7" (201	5) Vin Diese	l, Paul Walk	er. (In Stere	O) 🖸	"Fate of F	urious"
HBO	(11:00) **3	"The Mum	my"	"Super Eir	nstein"		*** "Clov	verfield" (20	08) 🖸	***%"Kin	g Kong " (20	005) Naomi	Watts.
HIST	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Cnt. Cars	Counting	Cars	Counting	Cars	Counting	Cars
ION	NCIS	NCIS 🖾 (D	VS)	NCIS 🖾 (D	VS)	NCIS "Oil 8	Water"	NCIS 🖾 (D	VS)	NCIS "Alibi	"	NCIS "Gut	Check"
LIFE	"Sugar"	"Her Dead	ly Sugar Da	ddy " (2020) [[]	"Babysitte	r's Black B	ook" (2015)	00	"Secrets of	of a Gold Dig	gger Killer"	(2021)
MAX	(11:11) **	"Varsity Bl	ues"	**½"Spar	t an" (2004)	Val Kilmer. 🛙	20	**½"The I	Faculty" (19	98)	★★½"2 Gu	ns " (2013) 🛙	C
NBCSPA	Birds	Eagles Pre	game Live	Paid Prg.	Paid Prg.	The Nation	al Dog Sho	ow (In Stere	D) 🖸	Eagles Po	stgame Liv	e 🖸	Ninja
NICK	"Croods"	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Sponge.	Sponge
PARMT	NCIS	NCIS CC (D	VS)	NCIS "See	k"	*** "Air F	orce One"	(1997) Harri	son Ford. 🖾	1	"The Shav	vshank Red	emption
TBS	Friends	Friends	Friends	***½ "Sta	r Wars: The	Force Awa	kens" (201	5) Harrison I	Ford.	***½"Sta	r Wars: The	Last Jedi"	
TCM	"Night *** "Some Came Running" (1958) Frank				8) Frank Sir	atra.	***½"Milo	dred Pierce	" (1945, Dra	ma)	**** "A S	Star Is Born	" (1954)
TNT	(11:00) **	"Tomb Ra	ider" (2018)) []	*** "Hellb	ooy " (2004)	Ron Perlma	an. Premiere	. CC	** "Godzi	Ila: King of	the Monste	ers"
USA	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	ler: SVU	Olympic T	rials

SUND	AY EV	ENING	ì								JANU	ARY 9	, 2022
	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: Chiefs a	at Broncos	60 Minutes	CC	The Equali	zer 🖸	NCIS: Los	Angeles	S.W.A.T. 🛙	C	News	Sports
6-ABC	News	ABC	Funny Hor	ne Videos	Celebrity V	Vheel	Supermar	ket Sweep	The Rook	ie	News	Sports	FYI Philly
10-NBC	News	News	Football N	ight in Ame	rica 🚾	NFL Footb	all Teams T	FBA. (In Ster	eo Live) 🖾			News	Eagles
17-MNT	Live From	the	Big Bang	Gold	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action Ne	ws at 10	Mom	Seinfeld	Seinfeld
23-PBS	Deepak Ch	nopra	Marian An	derson		Sam Cook	e: Legend	CC	Ken Burns	s: Country I	Music (In St	ereo) 🖸	Time/By
29-FOX	(4:25) NFL	Football CC		The OT	Kat	Pivoting	Burgers	Fam. Guy	News	Sports	News	Feed	Paid Prg.
57-CW	Bull "Gag (Order"	FamFeud	FamFeud	Hidden Te	mple	Superman	1 & Lois	News	News	Law & Ord	ler: SVU	Chi. Fire
A&E	The First 4	8 CC	BTK: Conf	ession	BTK: Conf	ession	BTK: Cont	fession	BTK: Con	fession	BTK: Con	lession	втк
AMC	**** "Jav	vs " (1975) F	Roy Scheide	r, Robert Sh	aw. 🖸		★★½ "Jaws	3 2 " (1978, S	Suspense) F	loy Scheider		★½ "Jaws 3	3" CC
CNN	CNN News	sroom	CNN News	room	CNN News	room	CNN Spec	ial Report	CNN Spec	ial Report	C		News
DISC	Dirty Jobs	CC	Dirty Jobs	CC	Dirty Jobs	00	This Came	e Out	Mysteries	of	Mysteries	of	Dirty Jobs
DISN	Big City	Big City	"Horton H	ears"		Amphibia	Amphibia	Amphibia	Big City	Big City	Big City	Big City	Big City
ESPN	ESPN Film	IS	SportsCen	iter 🖸	SportCtr	Champion	ship Drive:	Countdow	n to Kickof	f SportsCer	nter (Live) 🖸		SportsC.
ESPN2	College Ba	asketball	Playoff	Playoff	UFC Archi	val	UFC Archi	ival	UFC Arch	ival	World of)	Games	Kickoff
FNEWS	Fox Repor	t	Sunday Ni	ght	-			Revolution		•	Life, Liber	ty & Levin	Revolu
FX	(5:00) **½	"The Fate of	of the Furio	us"	**½"Fast	& Furious P	resents: H	obbs & Sha	w" (2019) 🛙	20	"Hobbs &	Shaw"	
HBO	(4:00) "Kin	ig Kong"	*½ "The Hi	tman's Wife	e's Bodygua	ard"	Euphoria [CC	Gemstone	es	Gemstone	Euphoria	20
HIST	Counting (Cars	Counting (Cars	Counting (Cars	Counting	Cars	Counting	Cars	Counting	Cars	Cnt. Cars
ION	NCIS "Devi	il's Triad"	NCIS "Horr	nesick"	NCIS "Kill (Chain"	NCIS "Dou	ble Back"		DVS)	NCIS "Bull	etproof"	NCIS
LIFE		e Basement	· /			oy My Suga		, ,		icher" (2013	/		"Trappe
MAX		** "Stand	Up Guys"	. ,		" (2007) (ln s			· · ·	2) Paul Rudo		,	"Voices"
NBCSPA	Ninja	Sports	Brewing	•	stgame Live		Ninja Wari		v	/restling Ore	egon State a	1	Poker
NICK	Sponge.	Sponge.	Sponge.	Sponge.	•	car 3: Europ			Mike	Mike	Mike	Mike	Friends
PARMT		shank Red	· ·	1	•	`	,	Washington	(/		1	Fugitive" (
TBS	"Star Wars: Jedi" *** "Star Wars: The Rise of Skywalker" (2019) Carrie Fisher. (DVS) **** "Star Wars: A New Hope"						-						
TCM						*** "The Three Musketeers" (1973) Oliver F			eed.				
TNT	"God		• • •	Jason Statha			Claws 🖾 (DVS) Cla			Claws ▣ (DVS) ★★½ "Ton		b Raider" (2	,
USA DAGE 26	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	der: SVU	Law & Ord	der: SVU	Law & Ord	ler: SVU	Law-SVU



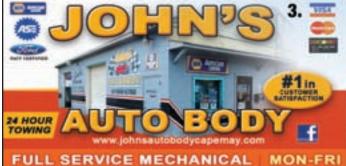
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ARCTIC BLAST WAKE-UP CALL: WINTERIZE YOUR VEHICLE NOW

609.374.6097

Freezing cold temperatures can stress cut a vehicle, as well as its driver. Low temperatures are a harsh reminder to be car care aware. Motorists should invest a little time now to check their vehicles so they have one less worry when arctic temperatures strike. Very cold temperatures reduce a vehicle's battery power so it's important to keep the connections clean, tight and corrosionfree. Batteries don't always give warning signs before they fail completely, so if the vehicle's battery is more than three years old, it's wise to replace it.

Be diligent about changing the oil and filter at recommended intervals. Dirty oil can spell trouble in winter. Check the fuel, air and transmission filters at the same time.

Have the brakes inspected and check the tire tread depth and tire pressure. If snow and ice are a problem in your area, consider special tires designed to grip slick roads. During winter, tire pressure should be checked weekly. Winter magnifies existing problems such as pings, hard starts,

Winter magnifies existing problems such as pings, hard starts, sluggish performance or rough idling, so if you're due for a tune-up, have it done before the temperatures drop again. Also, clean, flush and put new antifreeze in the cooling system and have the exhaust system checked for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.

For good visibility, make sure that exterior and interior lights work and headlights are properly aimed.

Also check to see that heaters, defrosters, lights and wipers work properly. Consider winter wiper blades and use cold weather washer fluid. Wiper blades that are cracked or torn, or that chatter, streak and don't properly clean your windshield should be changed.

Keep the gas tank at least half full at all times to decrease the chances of moisture forming in the gas lines and possibly freezing. Lastly, stock an emergency kt with an ice scraper and snowbrush, jumper cables, flashlight, flares, blanket, extra clothes, candles/matches, bottled water, dry food snacks and needed medication.





MONDAY \$6 HOUSE MARTINIS • \$3.75 SIERRA NEVADA PALE ALE BOTTLE TUESDAY \$5 MARGARITA • \$3.75 CORONA/CORONA LIGHT \$6 2302. BLUE MOON WEDNESDAY \$5 COSMO • \$4.50 CRAFT BEERS HALF PRICED APPETIZERS

S5 POCO DIABLO • S2.25 DOMESTIC BOTTLES HALF PRICE PIZZA FRIDAY

HALF PRICE WINE BY THE BOTTLE \$6 CHEF'S CHOICE SLIDERS • \$8 MUSSELS SATURDAY

\$5 SIGNATURE 5 WEST COCKTAIL • \$3.75 IMPORTED BOTTLES \$8 DIRTY SHRIMP • \$8 LOADED FRIES/NACHOS SUNDAY

\$5 CABERNET • \$3.75 STELLA DRAFT \$9 RIGATONI AND MEATBALL BOWL • \$6 MEATBALL SLIDERS

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MONDAY EVENING

JANUARY 10, 2022

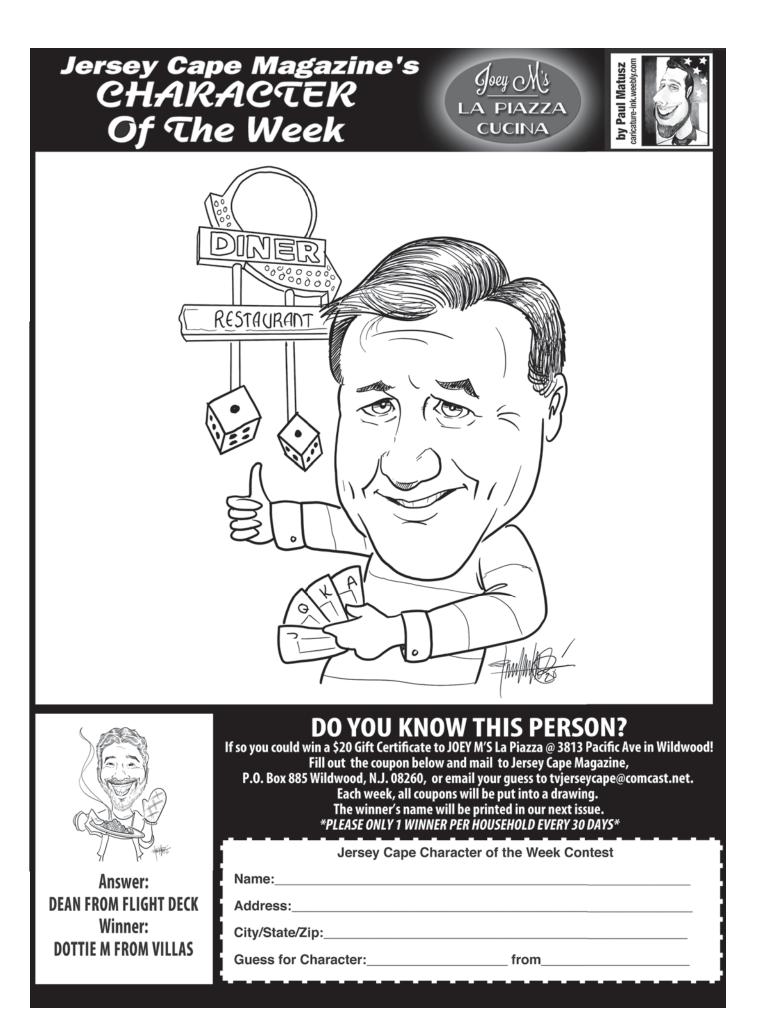
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS 🖾 (D	VS)	NCIS: Haw	ai'i	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Bache	lor (In Stere	eo) 🖾 (DVS)		Judge Stev	ve Harvey	News	Jimmy Kin	nmel Live!
10-NBC	News	News	News	Holly	Kenan	Kenan	That's My	Jam 🖾	Ordinary J	oe	News	Tonight Sh	now
17-MNT	Gold	Big Bang	Sheldon	Gold	Mod Fam	Mom	Big Bang	Sheldon	Action New	vs at 10	Mod Fam	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Battle-Bea	rs	Islamic Ar	t: Mirror-Inv	visible	Ghost	NJ Spotl	One/One	World
29-FOX	The Six	Dish Nat.	TMZ CC	You Bet	9-1-1: Lone	e Star	The Clean	ing Lady	Fox 29 Nev	vs	News Feed		Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All Americ	an 🔤	4400 (In St	ereo) 🖸	News	News	Law & Ord	ler: SVU	Mike
A&E	The First 4	8	The First 4	8	The First 4	8 00	The First 4	8	The First 4	8 00	The First 4	18 CC	First 48
AMC	(5:30) **½	" Jaws 2 " (1	978) 🖸		*** "Gran	Torino" (2	008) Clint E	astwood. 📧		** "U.S. N	larshals" (1	998, Action)	00
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	CNN Spec	ial Report	Don Lemo	n Tonight	Don Lemo	n Tonight	AC 360
DISC	Street Out	aws 🖸	Street Out	aws 🖸				Farmtruck	and AZN	Street Out	laws 🖾	Outlaws	
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Jessie	Jessie	Big City	Big City	Ladybug	Ladybug	Ladybug
ESPN	(5:57) Coll	ege GameD	ay 📧	Pregame	CFP National Championship Teams TBA. (Live)			ve)			Postgame	SportsC.	
ESPN2	SportsCen	ter 😳	Pardon	Pregame	CFP Natio	nal Champi	onship Tea	ms TBA. (Li	ve)			Football S	coreboard
FNEWS	Special Re	port	FOX News	Primetime	Tucker Ca	rlson	Hannity (L	ive) 📧	The Ingrah	am Angle	Gutfeld! 🚾]	Fox News
FX	★½ "The Gr	udge" (202	0, Horror) 🖻		*** "Don'	t Breathe" ((2016) Jane	Levy.	*** "Don"	t Breathe"	(2016) Jane	Levy.	"Grudge"
HBO	"Taken	Gemstone	s	Gemstone	*** "The Day After Tomorrow" (2004) Euphoria 🖻 *** "Ten			et" (2020) 'P	G-13'				
HIST	Ancient Al	iens "The A	lien Phenom	ienon"	Ancient Al	iens	Ancient Al	liens	Ancient Al	iens	Ancient Al	liens	Aliens
ION	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: Los	Angeles	NCIS: LA
	Castle "Pa	ndora"	Castle "Lin	chpin"	Castle 🕫		Castle 💷		Castle "47	Seconds"	Castle "Th	e Limey"	Castle
MAX	*** "The '	World's End	d" (2013) (In	Stereo)	** "At Fire	st Sight" (19	999) Val Kilr	ner. 📧	**½"Top \$	Secret!" (19	84)	* "Barefoo	ot" (2014)
NBCSPA	Eagles Pos	stgame Live	2 0 €	The Mike N	lissanelli S	how (In Ste	reo) 🖾					College W	restling
NICK	Loud	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	To Be Ann	ounced					***½ "The	Fugitive" (1993) Harris	son Ford. 🖸	
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	Burgers
TCM	*** "The	Merry Wido	w " (1952) 🖸	0	** "Manda	alay"	***½"One	e Way Pass	age"	** "British	n Agent" (19	934) 🖸	"Cynara"
TNT	"Reache	** "Angel	Has Fallen'	' (2019, Acti	on) Gerard	Butler.	*** "Rich	ard Jewell'	' (2019) Paul	Walter Hau	Hauser. Premiere.		"Jack
USA	Chicago P	.D.	Chicago P.	.D.	WWE Mon	day Night R	AW (In Ster	reo Live) 📧	00		Chicago F	ire	Chi. Fire

TUES	DAYE	VENIN	G								JANUA	RY 11	, 2022
	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	FBI "Grief"	CC	FBI: Intern	ational	FBI: Most		News	Late Show	
6-ABC	News	ABC	Jeopardy!	Wheel	Judge Stev	ve Harvey	Abbott	black-ish	Queens 🖾	(DVS)	News	News Jimmy Kin	
10-NBC	News	News	News	Race in	American	Grand	This Is Us	(In Stereo)	New Amst	erdam	News	Tonight S	now
17-MNT	Gold	Big Bang	Sheldon	Gold	Mod Fam	Mom	Big Bang	Sheldon	Action Nev	ws at 10	Mod Fam	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Agatha Ch	ristie's Mar	ple 🖸	Great Perf	ormances	Justice	NJ Spotl	Pathway	World
29-FOX	The Six	Dish Nat.	TMZ 🖸	You Bet	I Can See '	Your	Our Kind o	of People	Fox 29 Nev	NS	Fox 29 Ne	ws at 11	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Superman	& Lois	Naomi "Pil	ot" 🖸	News	News	Law & Ord	der: SVU	Mike
A&E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Shipping	Shipping	Storage	Storage	Storage
AMC	(5:30) ***	"Gran Tori	no" (2008) 🛙	C	★½ "Gone i	n 60 Secon	ds " (2000) I	Nicolas Cag	e.	*** "Ener	my of the S	tate" (1998)	00
CNN	Situation F	Room	E. B. OutFi	ront	Anderson	Cooper	CNN Tonight 🖾		Don Lemon Tonight		Don Lemo	on Tonight	AC 360
DISC	Outlaws: F	ast	Outlaws: F	ast	Street Out	aws: Faste	st in Ameri	ca "The Cap	tain's Race"	00	Street Out	laws 🖸	Outlaws
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Secrets	Secrets	Big City	Big City	Ladybug	Ladybug	Ladybug
ESPN	SportsCen	ter 🖸	College Ba	sketball			College Ba	asketball			SportsCer	nter	SportCtr
ESPN2	Around	Pardon	College Ba	i sketball Te	ams TBA.		College Ba	asketball ⊺e	ams TBA.		Basket	NFL Live	C
FNEWS	Special Re	port	FOX News	Primetime	Tucker Ca	rlson	Hannity (L	ive) 🖸	The Ingrah	am Angle	Gutfeld! 🖸		Fox News
FX	(5:30) ** "	The Mumm	y " (2017) (Ir	n Stereo)	** "Transf	formers: Th	e Last Knig	ght" (2017) l	Mark Wahlbe	erg. (In Ster	eo) 🖸	"Transform	ners"
HBO	"Wonder 1	984"	Insecure: 1	The End	★★½ "Fast	& Furious 6	" (2013) 'PO	G-13'	Euphoria (In Stereo) 🖻	0	Chillin	"Good
HIST	Curse-Isla	nd	Curse-Isla	nd	Digging De	eeper	Curse-Isla	nd	Beyond Oa	ak Island	Curse-Isla	ind	Digging
ION	Chicago F	ire 🔤	Chicago Fi	re 🖸	Chicago F	ire 🖾	Chicago F	ire 🖾	Chicago F	ire 🖾	Chicago F	ire 🖾	Chi. Fire
	Castle 🖾		Castle "Alw	/ays"	Castle 🖾		Castle 🖾		Castle 🖾		Castle 🖾		Castle
MAX	★★½ "Mimie	c" (1997) Mi	ra Sorvino.	00	"Don't Tell	Mom-Baby	sitter"	***½"My	Cousin Vin	ny " (1992) .	Joe Pesci. 🖾		"Trust
NBCSPA	Flyers Pre	game Live			Hurricanes a	at Philadelph	ia Flyers.	Flyers Pos	Ŭ	Brewing	Ninja War		Hockey
NICK	Loud	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	*** "Batm	an Begins'	' (2005) Chr	istian Bale.	(In Stereo) 🛙	C	**** "The	e Dark Knig	ht" (2008) (Christian Bal	e. 🖸
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Wipeout CO	(DVS)	Wipeout 🖸	l (DVS)	Wipeout 🛙	C (DVS)	Wipeout
TCM		ily We Live'	· · /		**** "The Philadelphia Story" (1940) **** "Some Like It Hot" (195					(/	,		
TNT	、 ,	"Ant-Man a	1	•	*** "Ant-Man" (2015, Action) Paul Rudd. 🖾 (D)							,	
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE NXT	(In Stereo L	ive) 📧		**½ "The F	ne Replacements" (2000) Keanu Reeves.			es.

WEDN	NESDA	Y EVE	NING								JANUA	RY 12	2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00			11:30	·
3-CBS	News	CBS	Inside Ed.	ET			The Amazing Race		Good Sam 💷		News Late Show-Colb		-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Gold	Wonder Conners Home E		Home E.	The Chase		News	Jimmy Kimmel L	
10-NBC	News	News	News	Holly	Chicago M	led	Chicago Fire		Chicago P.D. "Lies"		News	Tonight Show	
17-MNT	Gold	Big Bang	Sheldon	Gold	Mod Fam	Mom	Big Bang Sheldon		Action News at 10		Mod Fam	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Drive-Hist	I Miss Dow	nton Abbe	y! 🖸	No Second Chance		NJ Spotl	Class	World
29-FOX	The Six	Dish Nat.	TMZ CC	You Bet	I Can See '	Your	Next Level Chef		Fox 29 News		News	Feed	Extra
57-CW	FamFeud	eud FamFeud FamFeud FamFeud DC's Legends Batwoman 🖾		00	News	News	Law & Ord	ler: SVU	Mike				
A&E	The First 4	8 00	The First 48 🖾		The First 48 🖸		The First 48		The First 48 🕮		The First 48 🖾		First 48
AMC	(5:15) * ½ "	Gone in 60	Seconds" (2000)		***½ "Lethal Weapon		" (1987) Mel Gibson. 🖸		***½ "Let		hal Weapon 2" (1989) 🖸		
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight 🖾		Don Lemon Tonight		Don Lemon Tonight		AC 360
DISC	Moonshine	ers 🖸	Moonshiners		Moonshiners "Hard Se		eltzer" 🖾		Moonshiners "Rebel F		lye" (In Stereo) 🖾		Moon
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Bunk'd	Bunk'd	Big City	Big City	Ladybug	Ladybug	Ladybug
ESPN	SportsCenter Sp				etball Dallas Mavericks at New York Knicks.				NBA Basketball Brooklyn Nets at Chicago Bulls. (Live)				
ESPN2	Daily Wag	er	College Ba	a sketball ⊺e	ams TBA. College Basketball Vir				0 0		SportsCenter 🖾		SportCtr
FNEWS	- F		FOX News Primetime				Hannity (Live) 🖾				Gutfeld! 00		Fox News
FX	** "Daddy's Home" (2015) Will Ferrell.			** "Night School" (2018) Kevin Hart. (In Stere				, ,			,		
HBO	(5:45) ★★½ "In the Hear				**½ "The Wolverine"		()		Hard Knocks: Colts		Gemstone Gemstone		S
HIST	•		Forged in Fire		Forged in Fire		Forged in Fire 💷		T		Forged in Fire		Forged
ION			Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue
LIFE				Married at First Sight 🖾			Leave It to Geege		Married at First Sight				
MAX	•		Chavez" (2	,		igs of New	ork" (2002) Leonardo D				** "Gangster Squad		
NBCSPA	•		NBA Basketball: Horne				Sixers Pos			Sixers	In. Golf	Bensinger	
NICK	Loud	Loud	Slimetime		*** "The Croods" (20		, , ,		Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men		, v	ht" (2008) Christian Bale. (In Stereo) 🖾				· ·	ction) Hugh Jackman. 📧			
TBS	3 3	Big Bang	0 0	0 0			namite (Live) 🖸		Go-Big Show			Sheldon	Sheldon
ТСМ	v			**** "The Great Escape" (1963, War) Steve McQueen. ©						"The Bridge on the River Kwai"			
TNT	Bones 🖾				Canadiens at Boston Bruins. (Live) 🖾				NHL Hockey Toronto Maple Leafs at Arizona Coyotes.				
USA	Law & Order: SVU		9-1-1 🖾 (DVS)		9-1-1 "Heartbreaker" 9-1-1 🖾 (DVS)			VS)	9-1-1 🖸 (D	VS)	Law & Order: SVU La		Law-SVU

	SDAY	EVENI	NG									JANUARY 13, 2022		
	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	Sheldon	United-AI	Ghosts	B Positive	Bull (In Ste	reo) 🖸	News	Late Show	-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	Women of	the Movem	ent (In Stereo) 🖻		Let the World See		News	lews Jimmy Kimmel		
10-NBC	News News		News	Holly	The Blacklist 🕫		Law & Order: SVU		Law & Order		News Tonight Sho		now	
17-MNT	Gold Big Bang Sh		Sheldon	Gold	Mod Fam Mom		Big Bang Sheldon		Action News at 10		Mod Fam	Two Men	Two Men	
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Finding Yo	inding Your Roots "Lives Well Lived"		Front Row Film		NJ Spotl	The Arts	World		
29-FOX	The Six	Dish Nat.	TMZ CC	You Bet	J. Milliona	Millionaire Kat		Pivoting	Fox 29 News		News	Feed	Extra	
57-CW	FamFeud	amFeud FamFeud FamFeud FamFeud Walker 🕮			Legacies 🛙	CC]	News	News	Law & Ord	er: SVU	Mike			
A&E	The First 48 🖾		The First 48 💷		The First 48 🖸		The First 48 🖸		Taking the Stand		The First 48 🖾		First 48	
AMC	(5:30) ***	½ "Lethal W	eapon 2" (1989)		*** "Leth	al Weapon :	3 " (1992) Mel Gibson. 🖾		** "Lethal		I Weapon 4" (1998) Me		Gibson.	
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight 🖾		Don Lemon Tonight		Don Lemon Tonight		AC 360	
DISC	BattleBots C BattleBots			00	BattleBots	"I Like Big B	Bots (That Will Not Die)"		(In Stereo) 🖾		BattleBots CC		Battle	
DISN	Jessie	Jessie	Holly H.	Holly H.	Big City	Big City	Jessie	Jessie	Big City	Big City	Ladybug	Ladybug	Ladybug	
ESPN	SportsCer	nter 🖸	NHL Hock	ey Philadelp	hia Flyers a	Boston Bru	ins.	College Ba	sketball Oregon at UCLA. (Live) SportsCente				iter	
ESPN2	Daily Wag	er	College Ba	sketball	College Basketball Te			ams TBA.		College Basketball				
FNEWS	Special Report		FOX News Primetime				Hannity (Live) 🖾		The Ingraham Angle		Gutfeld! 🚾		Fox News	
FX	**½ "The /	Angry Birds	Movie 2" (2019)		*** "Trolls" (2016) (Ir		n Stereo) 🖾		*** "Trolls" (2016) (Ir		,		"Art Rac	
HBO	(5:55) **½ "Oblivion"		(2013) 'PG-13'		Euphoria 🖾		** "Next" (2007) 'PG-		13' 🖾 Chillin		**½ "Profile" (2018) 'F		?' CC	
HIST	Pawn Stars		Pawn Stars		Pawn Stars 🖾		Pawn Stars		Pawn Stars		Pawn Stars		Pawn	
ION	Chicago P.D. 🖾		Chicago P.D. 🖾		Chicago P.D. 🖾		Chicago P.D. 🖾		Chicago P.D. 🖾		Chicago P.D. 🖾		Chicago	
CIFE	Rizzoli & Isles 🖾		Rizzoli & Isles 🕮		Rizzoli & Isles 💷		Rizzoli & Isles 🖾		Rizzoli & Isles 🖾		Rizzoli & Isles 🕮		Rizzoli	
MAX	*** "Mato	hstick Men	" (2003) (In Stereo) **** "Rocky" (1976) Sylvester Stallone. *** "Rocky II" (1979)							Sylvester Stallone. "Rocky		"Rocky		
NBCSPA	Sixers	ers Brewing The Mike Missanelli Show (In Stereo) 🖻								Women's	College Bas	sketball		
NICK	(5:00) "The Croods"		Danger	Loud	Sponge. Sponge.		** ¹ / ₂ "Shrek Forever After" (2010)			00	Friends	Friends	Friends	
	Two Mon	n Two Men Movie (In Stereo) 🖾						*** "Rocketman" (2019) Taron Egerton. (In Stere					1	
PARMT	Two Men						Go-Big Show 🖾 🛛 🛛 F			Go-Big Show 🖾				
	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Go-Big Sh	OW [00]	Full	Go-Big Sh	OW [C]	Full	Sheldon	
PARMT	Big Bang	Big Bang "Maytime"	0 0	Big Bang	•••			ert Blake. 🖾		•	ow 🖾 Boston Stra	-		
PARMT TBS	Big Bang	0 0	0 0	000	***½"In C		(1967) Rob			*** "The	Boston Stra	angler" (196		

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"MEET THE PACK!"

PPAWS Annual Holiday Cookie Party

New puppy alert! Not one...not two...but THREE new puppies for PPAWS at our annual holiday cookie exchange party. Fulton (sable shepherd) is our youngest addition, joining Elliot (Felix x Inga) and Spenser (Lennox x Trudi) in the little puppy club. That means a lot of playmates — (many of them German shepherds) — for these little guys to grow up with. All puppies in attendance had fun picking out a toy from our "Pollyanna" exchange, and the humans enjoyed mounds of food and cookies. PPAWS (People & Puppies at Work for Sight) is a dedicated group of local families from Atlantic and Cape May Counties, which raise puppies for The Seeing Eye. The Seeing Eye breeds puppies specifically to be guide dogs for the blind. Only dogs that are bred, raised and trained by The Seeing Eye have the right and privilege to be called "Seeing Eye Dogs." PPAWS is always looking for more people to help raise these amazing puppies. If you are interested, contact Peter at (609) 804-8774 for more information.





THE IMPORTANCE OF ORGAN MEAT FOR YOUR DOGS & CATS

Submitted By Patsy Nelson from The Wagging Tail

A few weeks ago, Bob shared a video by Dr. Marty, a graduate of The Cornell Veterinary School and a practicing vet for over 48 years. He is also a vet for Oprah Winfrey, Martha Stewart, among other celebs and regular people like me. I watched the video for its length of over thirty minutes, and everything he emphasized, I have been telling my readers for decades. Stay away from by-products, soy, wheat, corn, artificial flavor and color, dangerous preservatives (like in Milk Bones) and food manufactured to benefit big companies like Mars, Smuckers, and Procter and Gamble, to name a few.

But what he emphasized, that I had already been giving to my pets, was organ meats. In my case, I was doing some raw, but always added some dehydrated. According to an article I got off the internet by Jodie Gruenstern, DVM, CVA, organ meats are super foods for dogs and cats. Presently, I am giving my cats dehydrated rabbit, and my dogs a variety of dehydrated protein sources. Giving your dogs and cats some liver, kidney, and heart can help their overall health immensely. These are parts of the prey that would be caught and relished in the wild. It is said that the best diet for a cat is a healthy mouse, as the cat will get the benefit of all the tissue, blood and organs.

LIVER is the most widely used because it is so easy to acquire. But it gets some bad publicity because the liver detoxifies. But the liver does not store these toxins, it merely filters them out. When analyzed post-mortem, the liver has no more toxins than the kidneys or muscles. The benefits of liver include added vitamins A, D, E and K, which are all important fat-soluble vitamins, which means they dissolve in fat and are stored in the liver and fatty tissue until required by the body, helping to keep the heart healthy and blood to clot. Some food sources that provide these vitamins (all for humans, most for pets) are liver, dairy, kale, sweet potato, apricots (I am eating some now) tomatoes, carrots, egg yolk, spinach, and cantaloupe.

HEARTS provide the amino acid Taurine (so does sardines) which is vital to healthy functioning of the heart, but the benefits can be destroyed through heating. The highest level for cats is in the heart muscle of mice! Cats will develop DCM if they lack Taurine in their diet. Heart is the best source of CoQ10, which Bob and I take every morning. Bison, venison and beef hearts are really good sources of CoQ10. Eating heart organ (included in frozen and freeze-dried form) provides iron, zinc, selenium and B vitamins, essential for "energy balance and preventing oxidative stress."

STOMACH, is also called tripe and can really be stinky. Treats, and freeze-dried are available, but the best is raw, or raw frozen. Dogs usually love it and it is a great way to get fussy eaters to eat, and it will help disguise medicines or other supplements a pet may need to ingest. Green tripe is full of healthy probiotics, 'which is vital to a healthy microbiome and immune system.'

I will continue with other organ meats next issue. Thank you for helping us and our mini cat shelter. The next few months are crucial for our survival. Please tell your friends about us.

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WALK YOUR DOG MONTH

January is Walk Your Dog Month. Get up off that sofa, get moving, and don't let those sub-zero winter temperatures drag you down. Dogs need plenty of exercise throughout the year and the best way to keep them active in winter is to take them for regular walks. Even a short walk around the block on a cold day makes a big difference. So, begin this year with a pledge better health for you and your dog!

HISTORY OF WALK YOUR DOG MONTH

Walk Your Dog Month is a perfect time to blend exercise with bonding time for you and your pup. The Association of Pet Obesity Prevention released a clinical study in 2017, stating that 56% of dogs in the United States are obese. That equates to over 50 million dogs across the country.

A statement declared that "The number of pets with clinical obesity continues to increase. Clinical obesity results in more secondary conditions such as arthritis, high blood pressure, kidney disease, and certain forms of cancer. Pets with obesity also have reduced quality of life and shorter life expectancy." Regular walks and exercise can help control your dog's weight and limit the chances of them becoming obese. January may seem like a cold month to be placing emphasis on dog walking,

but that's why it is the right time to do it. Your dog needs walking all year round and if you can do it in January then you can do it all the time.



TRIVIA NIGHT EVERY MONDAY THIS WINTER @7:00PM

"WINE" DOWN WEDNESDAYS EVERY WEDNESDAY THIS WINTER FROM 4:00PM

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