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January 13 - 19, 2023

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**POSTAL SERVICE
FOOD DRIVE
SATURDAY
SEE PAGE 4**

**POLAR BEAR
PLUNGE
FOR SPECIAL
OLYMPICS
SATURDAY
SEE PAGE 11**



**AUTHENTIC GREEK COOKING AT THE OLIVE BRANCH
IN VILLAS • SEE PAGE 30**



**DINNER & COCKTAILS THURS - SUN AT DUFFINETTI'S
• SEE PAGE 11**

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Saturday,
January 14th

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help the less fortunate in
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can make a big difference
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TV CHALLENGE



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. Ocean paintings
8. Puncture
9. Whitman or Disney
10. Campfire treat
14. Laura or Bruce
15. Freezing cold
16. 90 degrees from NNW
17. Wasp nest location
18. TV's "___ and Stacey"
19. Gwynne or Savage
20. Indonesia's main tourist destination
24. Tongue depressor response
27. Prince William's alma mater
28. Defunct airline
29. Word attached to coat or nut
32. Chess piece
33. Clever ringleaders
36. Drop ___ ___; visit unexpectedly
37. ___ with; support
38. Attached dwellings

DOWN

1. Go on a hunger strike
2. Merited
3. Stomach muscles
4. Out of town

5. Chum
6. Actress Burstyn
7. Pebble
8. Lipstick mishap
11. Common greeting
12. Mariah's initials
13. Get hitched
14. ABC followers
20. Sanders or Mac
21. Quarreling
22. Baggy
23. Tattoo parlor supply
24. Quick cash source
25. Expect
26. "The emperor ___ ___ clothes!"
29. ___ State; one of the Big Ten schools
30. Hesitater's syllable
31. Morning, for short
34. Disabled car's need
35. Suffix for hero or tour



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www.gildasclubsouthjersey.org

WORD SEARCH

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

"Night Court" on NBC
 (Words in parentheses not in puzzle)

- | | | |
|----------------|---------------------|---------------------|
| Abby (Stone) | (Melissa) Rauch | Manhattan |
| Dan (Fielding) | (John) Larroquette | Arraignment (Court) |
| Olivia | (India) de Beaufort | Idealistic |
| Neil | (Kapil) Talwalkar | Justice |
| Gurgs | Lacretta | Oddballs |

HOROSCOPE

JANUARY 11 - JANUARY 18, 2023

ARIES (Mar. 21-April 20)
 Now is the time to concentrate on building a strong financial future for your family. Don't even bother trying to get their approval on the things you want to do. Travel and educational pursuits may help alleviate the stress you have been feeling. Spend some time with the one you love. Pleasure trips will be satisfying.

TAURUS (Apr. 21-May 21)
 Get them to pitch in, if you need help. You can make career moves that will bring you a much higher income. Take time to look at any outdated papers or possible investments. Confusion could result when communicating with others.

GEMINI (May 22-June 21)
 Your family may not be pleased with your decisions. Your ideas are good and career moves can be realized. Get out and rub shoulders with people in high positions if possible. Be cautious handling tools, machinery, or dangerous objects.

CANCER (June 22-July 22)
 Entertainment should include the whole family or a lot of your friends. You will be tempted to shop till you drop. It might be time for you to take a quantum leap from one career to another. Don't let an incident at work play on your mind.

LEO (July 23-Aug 22)
 You need to make your lover feel wanted, not like a piece of the furniture. You may be more emotional than usual. This will not be the best day to sign deals or to take care of other people's financial matters. Someone you live with is ready to play emotional games.

VIRGO (Aug. 23-Sept. 23)
 Emotional upset at work will set you back. Turn your present relationship around or start a new one. Someone you work with could try to undermine you. You might find that the extra cash will come in handy when an opportunity to invest comes along.

LIBRA (Sept. 24-Oct. 23)
 You will be able to dazzle others with your obvious charm and your outgoing nature. You will get out of shape easily if you don't keep on top of things. A residential move may be necessary to get a better job. Don't be angry, but be on your guard.

SCORPIO (Oct. 24 - Nov. 22)
 Make alternate plans just in case you need to make a career shift. Your emotional state will vacillate. You will have to control the way you feel. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts.

SAGITTARIUS (Nov. 23-Dec. 21)
 Underhandedness will affect your reputation. Get back down to earth and to basics. Try to curb your habits, or you could find yourself in an awkward financial position. Business trips might prove unproductive.

CAPRICORN (Dec 22 - Jan. 20)
 This is not the time to lend or borrow money or possessions. Trips will be favorable for business as well as pleasure. Don't neglect these problems; deal with them once and for all, then move on to more pleasurable tasks. You may feel that someone at work is holding you back.

AQUARIUS (Jan. 21 -Feb. 19)
 You'll look guilty if you don't lay your cards on the table. Romance will develop through work related activities. Relationships will be erratic this week. Your greatest gains will come through your creative ideas.

PISCES (Feb. 20-Mar. 20)
 Your questions will help you ferret out secret information. Pleasure trips will turn out to be better than anticipated. You are best to put in some overtime rather than get involved in family gatherings. Things have been moving so quickly that you need to do something physical to release your tension.

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\$2 DRAFTS • 1/2 PRICE WINGS

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Exp. 1/31/23

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Exp. 1/31/23

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Exp. 1/31/23

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HAPPY HOUR
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FRIDAY
NAME THAT TUNE
9PM

SUNDAY
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LAST DAY OF THE SEASON
REOPENING FEB 16th

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THIS WEEK'S NFL SPREADS

FAVORITE	SPREAD	UNDERDOG
SATURDAY		
49ERS	9.5	Seahawks
Chargers	1	JAGUARS
SUNDAY		
VIKINGS	3	Giants
BILLS	9.5	Dolphins
BENGALS	7	Ravens
MONDAY		
Cowboys	2.5	BUCCANEERS

~HOME TEAM IN CAPS~

THIS WEEK'S GUEST PROGNOSTICATOR:

FRANKIE FROM Sea-Gars

Cowboys -2.5 OVER BUCCANEERS

Jaguars +1 OVER CHARGERS

Vikings -3 OVER GIANTS

LAST WEEK'S GUEST
DAVE FROM STEAKS, SHAKES, & CAKES
2-1

OUR PICKS WILDCARD

49ERS -9.5 OVER SEAHAWKS

Bucs +2.5 OVER COWBOYS

Ravens +7 OVER BENGALS

2022 SEASON RUNNING TOTAL

GUESTS: 24-29-1
US: 27-23-3

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SUN 9AM-4PM

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MUNSTER CHEESE.....\$4.99/lb
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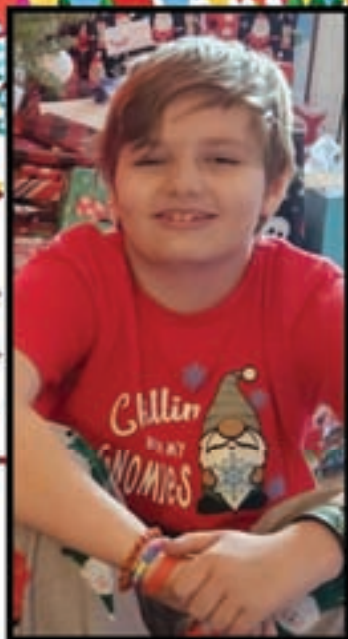
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AROUND THE CAPE WILDWOODS

Wild Con Comic Convention

Wild Con Comic Convention at the Wildwoods Convention Center takes place January 14, 2023 from 10 a.m. – 5 p.m. The event will feature numerous cosplay/costume groups, artists, writers, creators, vendors, crafts, and video games. Artists, writers, creators, and vendors will have art, books, comics, graphic novels, anime, manga, non-sport trading cards, Pokemon, gaming items, toys, Funko's, Lego, sci-fi, pop culture, comic themed crafts, collectibles, and much more!!! Our Cosplay/Costume groups will provide entertainment, interactive activities, and photo ops for youngsters and attendees. There will be a Cosplay Contest as well, so be sure to come out and wear your favorite Superhero, Anime, or Comic Book Character costume! Adult admission is \$10 and children 12 and under are FREE with paying adult. For more information visit jerseyshorecomic-bookshow.com

COUNTY SATURDAY, JANUARY 14

POSTAL SERVICE FOOD DRIVE

Just leave a donation of non-perishable food items near your mailbox and your postal carrier will take care of the rest. You may also drop them off at the Post Office. Your efforts in this project can make a big difference in the lives of others and will be greatly appreciated.

SUNDAY, JANUARY 15 IS: NATIONAL BAGEL DAY

Toast up your favorite flavor on National Bagel Day. On January 15th, don't forget to pick your favorite schmear, too. Make it for breakfast, lunch, snack, or all of the above!

Bagel FAQ

Q. I'm trying to watch what I eat. Can I still celebrate National Bagel Day?

A. Yes! Bagel makers understand the need to take care of our health. That's why many of them make mini bagels at a fraction of the car-

bohydrates and calories of a full-sized bagel.

Q. What's the best way to cut a bagel?

A. Bagels are round and a bit awkward to slice. The best way is to lay the bagel flat and slice it horizontally with your dominant hand while holding it in place with your opposite hand. Keep your fingers and thumb out of the way.

MONDAY, JANUARY 16 MARTIN LUTHER KING JR DAY

On the third Monday in January, Martin Luther King Jr Day honors the American clergyman, activist, Civil Rights Movement leader. Dr. Martin Luther King Jr. (January 15, 1929 – April 4, 1968) is best known for his role in advancing civil rights using nonviolent civil disobedience. King has become a national icon in the history of American progressivism.

PHILLY TEAMS ON TV THIS WEEK

 **BYE WEEK**
NEXT GAME JAN 21 OR 22


VS OKLAHOMA CITY THUNDER
THURS, JAN 12
7:00PM • NBCSP
@ UTAH JAZZ
SAT, JAN 14
9:00PM • NBCSP+
@ LOS ANGELES LAKERS
SUN, JAN 15
9:30PM • NBCSP/NBATV
@ LOS ANGELES CLIPPERS
TUES, JAN 17
10:00PM • TNT/NBCSP+


@ WASHINGTON CAPITALS
SAT, JAN 14
7:00PM • NBCSP
@ BOSTON BRUINS
MON, JAN 16
1:00PM • NBCSP
VS ANAHEIM MIGHTY DUCKS
TUES, JAN 17
7:00PM • NBCSP

Owen's Pub

MONDAY

Cheese Steak
\$2.95

TUESDAY

Chicken Parm \$6.95
Eggplant Parm \$6.95

WEDNESDAY

Wings \$5 All Day
Chicken Pot Pie \$10.95
Meatloaf Dinner \$10.95

Served with Potato & Vegetable
(Served from 2pm)

THURSDAY

Cheese Burger \$3.95

Prime Rib Sandwich \$7.99
with Fries & Coleslaw

SUNDAY

(Served from 2pm)
Turkey Dinner \$10.95
Pasta Sunday
Sausage, Meatballs & Garlic Bread
\$10.95

FRIDAY
DJ Luper 8pm

SATURDAY
Name That Tune 9pm

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THE NFL
PLAYOFF
ACTION
HERE!**
Sat • Sun • Mon

WEDNESDAY
Quizzo • 8pm

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LIVE ENTERTAINMENT

THURS: Bittersweet
FRI: Dennis Palma
SAT: Keith Hickman
SUN: Mario Rocco

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WITH FRED

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Annual Polar Bear Plunge to Benefit Special Olympics New Jersey Returns to the Wildwoods Saturday, January 14

Ready for a beach day in January? Dig out your bathing suit and join in the fun! Special Olympics New Jersey returns to the Wildwoods to kick off 2023 with an icy plunge into the Atlantic Ocean during the annual Polar Bear Plunge on Saturday, January 14 at 1 p.m. on the beach behind the Wildwoods Convention Center.

The Polar Bear Plunge in the Wildwoods is a FREE event for spectators to watch, but plungers pay donations in tiered levels. Early Bear plungers must raise a minimum of \$100 in pledges by December 31, 2022 to participate in the event. Late Bear plungers must raise \$110 in pledges by January 13, 2023. Early registration is available online by visiting www.plungewildwood.org. Additional registrations will be accepted on-site the day of the event for a minimum of pledge of \$125. Immediately following the plunge, participants and children under the age of 12 can enjoy a free lunch inside the warm Wildwoods Convention Center.

The Polar Bear Plunge in the Wildwoods is so much more than a chilling swim in the ocean. Special Olympics New Jersey provides year-round sports training, competitions, leadership opportunities, and health screenings to thousands of athletes. All these programs and services are always completely FREE thanks to fundraising events like the Polar Bear Plunge in the Wildwoods. The Polar Bear Plunge is a family-friendly event benefiting more than 26,000 athletes of Special Olympics New Jersey. There are incentives based on the total funds raised, and there will be special recognition for the top three people who raise the most money, as well as the top three highest fundraising teams.

Check-in will take place from 10 a.m. – 12:45 p.m. inside the Wildwoods Convention Center before the event. The plunge is at 1 p.m. with lunch immediately following.

The New Jersey Law Enforcement Torch Run, along with the New Jersey State Fraternal Order of Police, is sponsoring the Polar Bear Plunge in the Wildwoods and is comprised of Law Enforcement officers who volunteer and are dedicated to raising funds and awareness for Special Olympics New Jersey. Each year the Law Enforcement Torch Run hosts major fundraising events across the state, along with hundreds of local events, and raises in excess of \$4 million for the 26,000 athletes of Special Olympics New Jersey.

Year after year, the Polar Bear Plunge at the Wildwoods Convention Center continues to grow in popularity and is just one of the many FREE events to attend in the Wildwoods. Beat the winter blues by showing support for a worthy cause and come join in the excitement of the January Polar Bear Plunge.

For additional information regarding Special Olympics New Jersey, visit www.sonj.org. For additional information regarding the Polar Bear Plunge at the Wildwoods Convention Center, call 609-896-8000 or visit www.plungewildwood.org. For additional information about the Wildwoods, visit www.WildwoodsNJ.com or call 800-992-9732.



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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE
CHESAPEAKE CRAB MAC - N - CHEESE

INGREDIENTS:

- 1 lb Cooked Cavatappi Pasta
- 1 lb Lump Crab Meat
- 1 (15 oz) Can Queso Cheese
- 1 cup Milk
- 4 oz Smoked Gruyere Cheese
- 2 Tbsp Old Bay Seasoning
- 1 tsp Sriracha Sauce
- 1/2 cup Panko Bread Crumbs
- Salt to Taste



PREPARATION:

Preheat oven to 350°. In a pot, slowly heat queso, milk, gruyere, old bay, sriracha and salt. After mixture is smooth, fold in pasta and crab. Grease an oven pan with butter. Pour mixture into the pan. Sprinkle bread crumbs on top and bake until golden brown. Serve & Enjoy! Hint: You may not want to add salt because old bay is already salty. Taste before adding salt.

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Thursday, Jan. 12

9PM • WHEN HARRY MET SALLY

Friday, Jan. 13

9PM • GRAN TURINO

Saturday, Jan. 14

1PM • GRAN TURINO
4PM • FOOTBALL
8PM • FOOTBALL

Sunday, Jan. 15

1PM • FOOTBALL
4PM • FOOTBALL
8PM • FOOTBALL

Monday, Jan. 16

5:30PM • GRAN TURINO
8PM • FOOTBALL

Tuesday, Jan. 17

7PM • GRAN TURINO

Wednesday, Jan. 18

6PM • GRAN TURINO
9PM • GRAN TURINO

Thursday, Jan. 19

9PM • GRAN TURINO

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FRIDAY EVENING

JANUARY 13, 2023

	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	S.W.A.T. "Witness"		Fire Country		Blue Bloods		News	Late Show-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tank			20/20 (In Stereo)			News	Jimmy Kimmel Live!	
10-NBC	News	NBC	News	Holly	Lopez vs	Rock	Dateline NBC (In Stereo)			News	Tonight Show		
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action News at 10		Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	River		Midsomer	Midsomer	Murders	Mike	NJ Spotl	One/One	World
29-FOX	The Six	Props	TMZ	You Bet	WWE Friday Night SmackDown				News	Special	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Penn & Teller		Whose?	Whose?	News Philly		Law & Order: SVU		Neighbor
A&E	The First 48		The First 48		The First 48		The First 48		The First 48		The First 48		First 48
AMC	(5:15) *** "Point Break" (1991)				**½ "Days of Thunder" (1990) Tom Cruise.				** "Road House" (1989) Patrick Swayze.				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		Anderson Cooper		CNN Tonight		CNN Tonight		AC 360
DISC	Gold Rush		Gold Rush: Pay Dirt		Gold Rush "The Last Frontier"				Gold-Videotape		Gold Rush: F. Dodge		Gold
DISN	Hamster	"Chipmunks-Squeakuel"			Bunk'd	**½ "Aladdin" (2019) Will Smith. 'PG'			Bunk'd	Bunk'd	Jessie	Jessie	
ESPN	SportsCenter		NBA		NBA Basketball: Warriors vs Spurs				NBA Basketball: Nuggets at Clippers				
ESPN2	Women's College Gymnastics		Women's College Gymnastics		College Basketball VCU at Dayton.		College Basketball VCU at Dayton.		SportsCenter		SportCtr		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News
FX	"The Proposal"		***½ "The Martian" (2015) Matt Damon. (In Stereo)				***½ "The Martian" (2015) Matt Damon.						
HBO	** "Reminiscence" (2021) 'PG-13'				*** "The Menu" (2022) Ralph Fiennes.				"Conjuring: Devil Made Me"		**½ "Malignant"		
HIST	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Proof-There		Ancient Aliens		Aliens
ION	Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii Five-0		Hawaii
LIFE	Castle		Castle "Boom!"		*** "The Devil Wears Prada" (2006) Meryl Streep.				"College Professor Obsession"				
MAX	"Alpha	*** "Nobody" (2021)			** "Lara Croft: Tomb Raider"		"Lara Croft Tomb Raider: Cradle of Life"			"One for the Money"			
NBCSPA	Birds	Football	High School Football		All-American Bowl.				Birds	The Best Show Ever?			
NICK	SpongeBob		The Tidal Zone		Big Nate	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	*** "The Town" (2010) Ben Affleck. (In Stereo)				***½ "American Sniper"				
TBS	Sheldon	Sheldon	Sheldon	Sheldon	** "Tyler Perry's Madea Goes to Jail"			"Tyler Perry's Madea's Big Happy Family"			"Madea		
TCM	(5:45) "The Alphabet Murders"		MGM		"Smart Blonde"	** "Fly-Away Baby" (1937)		"Adventurous"		"Blondes at Work"			
TNT	(5:00) **½ "Greenland"		**½ "Jurassic World" (2015) Chris Pratt.				All Elite Wrestling		**½ "Greenland" (2020)				
USA	9-1-1	9-1-1 (DVS)	9-1-1 (DVS)	9-1-1 (DVS)	9-1-1 (DVS)	9-1-1 (DVS)	9-1-1 (DVS)	9-1-1 "Dumb Luck"	9-1-1 "May Day"				

SUDOKU

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.

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

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 - Be Honest.
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my food journal

	DATE	TIME	FOOD	DRINK	FEELINGS	NOTES
Breakfast						
Lunch						
Dinner						
Snack						
Other						

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SPORTS STUMPERS

Athlete pitchmen

By George Dickie

Questions:

- 1) What Pro Football Hall of Famer once shaved his legs and donned pantyhose for an ad?
- 2) This strikeout king once pitched a pain reliever. Name him.
- 3) An electric grill is what this former heavyweight champion has endorsed. Who is he?
- 4) What Hall of Fame catcher encouraged viewers to dial in to a long-distance phone service?
- 5) This NFL great, and former convict, ran through airports to a car-rental agency. Can you name him?
- 6) Which NFL tough guy has endorsed the products of an electronics-store chain?
- 7) These home run-hitting teammates took a nick-

- name, "The M&M Boys," based on a candy they endorsed. Name them.
- 8) What Olympic skier once pitched lip balm?
 - 9) Beer was the subject of an ad that saw this baseball owner "fire" this manager. Who were they?

- Answers:**
- 1) Joe Namath
 - 2) Nolan Ryan
 - 3) George Foreman
 - 4) Mike Piazza
 - 5) O.J. Simpson
 - 6) Howe Long
 - 7) Mickey Mantle and Roger Maris
 - 8) Suzy Chaffee
 - 9) George Steinbrenner, Billy Martin
 - 10) Joe DiMaggio

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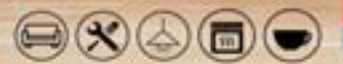
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This Week's Weather

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JANUARY 12**  **HIGH 55**
LOW 39

**FRIDAY,
JANUARY 13**  **HIGH 55**
LOW 37

**SATURDAY,
JANUARY 14**  **HIGH 45**
LOW 32

**SUNDAY,
JANUARY 15**  **HIGH 45**
LOW 30

**MONDAY,
JANUARY 16**  **HIGH 46**
LOW 34

**TUESDAY,
JANUARY 17**  **HIGH 52**
LOW 39

**WEDNESDAY,
JANUARY 18**  **HIGH 52**
LOW 41

NATIONAL FRESH SQUEEZED JUICE DAY – JANUARY 15, 2023

National Fresh Squeezed Juice Day is celebrated on January 15. It is an ode to the restorative properties of fresh and natural fruit and vegetable juices, and a reminder for us to include it more often in our diet. Fresh-squeezed juice can be more delicious, and for some of us, an easier way of consuming vitamins and minerals.

HISTORY OF NATIONAL FRESH SQUEEZED JUICE DAY

The first occurrence of this holiday and its advocates are unknown. The word 'juice' itself comes from Old French. The words 'jus,' 'juis,' or 'jouis' refer to the liquid obtained from boiling herbs. In many other cultures and civilizations, it referred to other liquids such as broths, soups, or even sauces. In the 14th century, juice was recorded as "the watery part of fruits or vegetables," bringing it into alignment with the current meaning of the word. However, the meaning further changed through the ages, coming to mean liquor in the 19th century. It was even recorded as being used as a term for electricity in the same period.

The term reverted to meaning the liquid extracted from fruits and vegetables when the juicer was invented in the 1930s by Norman Walker. Walker was born in Italy and moved to New York in 1910. Upon becoming seriously ill, he consulted William Baum, a chiropractor and physical therapist, who recommended he switch to a raw vegetarian diet. This is when he invented an innovatively engineered juicer that is still in demand today. He even founded the Norwalk Laboratory of Nutritional Chemistry and Scientific Research and conducted research on the nutritional qualities of juices.

Today, juices are part of diets across the world, with orange being a staple in American breakfasts. There are many kinds of juicers that are able to extract vital nutrients from fruits and vegetables without losing them to heat. The hydraulic 'triturator' juicer developed by Walker does a great job of this. Others include twin-gear juicers and slow juicers.

HOW TO CELEBRATE NATIONAL FRESH SQUEEZED JUICE DAY

- **Make yourself a fresh-squeezed drink** - If you have a juicer at home, and unused fruits and veggies, it's great to start the day with a healthy mix of your choice and get those neglected vitamins and minerals into your system in a digestible, satisfying way. Just remember to go easy on the sugar.
- **Say "no" to packaged and aerated drinks** - We have been pampered by too many packaged juices that contain preservatives and sweeteners that are bad for our health. Drinking a freshly squeezed fruit or vegetable in a good juicer is the smartest way to obtain nutrients without all the chemicals and sugars we want to avoid anyway. Carbonated drinks are even worse as they can be addictive and add very little nutritional value.
- **Try a new blend** - There are so many interesting recipes out there that you may never have tried because of your preference for certain vegetables and fruit. There are recipes that mix green apples, with ginger, and parsnip, and oranges, with cucumber, and oregano. Intrigued? Check out various suggestions and see what you like.



5 INTERESTING FACTS ABOUT JUICING

1. Juices can lower the risk of cancer - Carotenoids found in carrots and lycopene found in tomatoes can reduce the risk of cancers, according to studies.
2. Juicers leave out fiber - The pulpy part of fruits and vegetables that contain fiber are left out by juicers, but they are also an important part of wholesome eating.
3. Juicers can be like washing machines - Juicers that work on centrifugal technology to spin objects and separate particles have this in common with washing machines.
4. Diet drinks can increase weight - Research has shown that the artificial sweeteners in diet sodas can actually upset metabolism and lead to weight gain.
5. Drinking juice increases with income - New Zealand and Colombia are the world's biggest juice drinkers but, on average, juice is said to be consumed more in higher-income countries.

SATURDAY AFTERNOON												JANUARY 14, 2023			
	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-	TBA	Basket	College Basketball Wisconsin at Indiana. Ⓞ				To Be Announced							
6-ABC	oh baby!	Hearts of	NBA	NBA Basketball Milwaukee Bucks at Miami Heat. (Live)				Paid Prg.		2023 Mummies		Action News 5PM			
10-NBC	One	Paid Prg.		Premier League Soccer: Bees vs Cherries			Swimming TYR Pro Series. Ⓞ		PGA Golf						
17-MNT	BCSBN	College Basketball Virginia Union at Virginia State.				BCSBN	College Basketball					Sheldon			
23-PBS	Quincy Jones: A Musical			Dr. Fuhrman's Food as Medicine Ⓞ			Table	Moveable	Lucky Ch	Christina	NJ Busin	State-Aff			
29-FOX	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	NFL Championship	FOX NFL Kickoff		FOX NFL Sunday		NFL Football					
57-CW	Paid Prg.	Weather Gone Viral		World's	Women's College Basketball			Sports	College Basketball						
A&E	Zombie	Triple Digit Flip Ⓞ		Neighbor.	Neighbor.	Neighbor.	★★★ "Jack Reacher" (2012) Tom Cruise. (In Stereo) Ⓞ					"Reache			
AMC	(10:15) "Big" (1988)	★★½ "Spaceballs" (1987) Mel Brooks.			★★★½ "The Breakfast Club" (1985) Emilio Estevez.			"Sixteen Candles"							
CNN	News	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom			
DISC	Dirty Jobs	Mecum Auto Auctions Kissimmee 2023				Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown			
DISN	Big City	Ladybug	Ladybug	★½ "Arctic Dogs" (2019) 'PG'		Villains	Villains	Villains	Big City	Big City	Big City	Big City			
ESPN	NFL	College Basketball Kentucky at Tennessee.			College Basketball			College Basketball Teams TBA. (Live) Ⓞ							
ESPN2	GameDay	College Basketball			College Basketball Teams TBA. (Live) Ⓞ			College Basketball Teams TBA. (Live) Ⓞ							
FNEWS	Cavuto	Fox News Live Ⓞ		Fox News Live Ⓞ		Fox News Live Ⓞ		Journal Editorial Rpt.		Fox News Live Ⓞ		Saturday Show			
FX	★★ "Sweet Home Alabama" (2002) (In Stereo) Ⓞ				★★½ "The Proposal" (2009) Sandra Bullock. Ⓞ				★★★ "Bumblebee" (2018) Ⓞ						
HBO	"King in the Wilderness" (2018) 'NR' Ⓞ			Hard	★★½ "The Promise" (2016) Oscar Isaac. 'PG-13'			★★ "Every Secret Thing" 'R'							
HIST	Swamp	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained			
ION	Law-SVU	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU			
LIFE	"Abducted: The"		"Trapped: The Alex Coop"		"Secrets of a Gold Digger Killer" (2021)			"Drew Peterson: Untouchable: Enhanced"							
MAX	"Black	★★ "Coming to America" (1988) Ⓞ			★ "The Wash" (2001) Dr. Dre. (In Stereo)			★★★ "Pacific Rim" (2013) (In Stereo) Ⓞ							
NBCSPA	Paid Prg.	World Poker		World Poker		Women's College Basketball		Fishing	Football	S. Joyner	Eagles				
NICK	Sponge.	Sponge.	Sponge.	SpongeBob SquarePants (In Stereo) Ⓞ			"The SpongeBob SquarePants Movie" Ⓞ		"SpongeBob Movie"						
PARMT	NCIS	NCIS Ⓞ (DVS)		★★½ "The Expendables 2" (2012) Ⓞ			★★ "The Expendables 3" (2014) Sylvester Stallone. (In Stereo)								
TBS	(11:00) Movie Ⓞ				Movie Ⓞ				Movie Ⓞ						
TCM	Crime	★★★★ "The Red Shoes" (1948) Moira Shearer. Ⓞ				★★ "The Life of Jimmy Dolan"		★★★½ "White Heat" (1949) Ⓞ (DVS)							
TNT	(11:00) ★★★ "Ocean's Eleven" (2001)			★★★ "Ocean's Twelve" (2004) George Clooney.			★★★ "Ocean's Thirteen" (2007) Brad Pitt								
USA	Soccer	Premier	College Basketball			College Basketball			★★ "2 Fast 2 Furious" (2003)						

SATURDAY EVENING												JANUARY 14, 2023			
	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	News	Ent. Tonight		To Be Announced		To Be Announced		48 Hours Ⓞ		News	Game	Magnum		
6-ABC	News	ABC	FYI Philly	Wheel	Will Trent "Pilot"		Will Trent (In Stereo)		Shark Tank		News	News	Jeopardy!		
10-NBC	News	NBC	Football Night		NFL Football Los Angeles Chargers at Jacksonville Jaguars. Ⓞ				TBA	Saturday Night Live					
17-MNT	Big Bang	Big Bang	Big Bang	Big Bang	Chicago P.D.		Chicago P.D.		Action News at 10		Philler	Delco	Mom		
23-PBS	Reporters	Chat Box	NYC Arts	The Arts	Old	House	The Goes	McLeod	La Otra Mirada "Being a Woman" Ⓞ		Annika				
29-FOX	NFL Football			Postgame	College Basketball Colorado at UCLA. Ⓞ			The 10 News		Hell's Kitchen		Paid Prg.			
57-CW	FamFeud	FamFeud	NLL Lacrosse Panther City LC at Philadelphia Wings.			FamFeud		News Philly		WOW - Women		Neighbor			
A&E	(5:30) ★★ "Jack Reacher: Never Go Back"				★★½ "Jack Reacher" (2012) Tom Cruise. (In Stereo) Ⓞ				Accused: Guilty		"Reache				
AMC	"Sixteen Candles"		★★★ "Fast Times at Ridgemont High"			★★½ "Major League" (1989) Tom Berenger. Ⓞ			"Major League II"						
CNN	CNN Newsroom		CNN Newsroom		CNN Newsroom		"Navalny" (2022) Alexei Navalny. Ⓞ			Giuliani: What		Giuliani			
DISC	Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Gold-Videotape		Expedi		
DISN	Big City	Big City	Big City	Big City	The	The	Big City	Big City	Hamster	Hamster	The	The	Ladybug		
ESPN	College Basketball Teams TBA. (Live) Ⓞ				College Basketball Texas Tech at Texas.			Boxing Top Rank Boxing: Ajagba vs. Shaw.				NFL			
ESPN2	College Basketball Teams TBA. (Live) Ⓞ				College Basketball Teams TBA. (Live) Ⓞ			College Basketball Portland at Gonzaga.				SportCtr			
FNEWS	Fox Report		Gutfeld! Ⓞ		One Nation		Dan Bongino		Lawrence Jones		One Nation		Unfiltered		
FX	(4:30) "Bumblebee"		★★½ "Jurassic World: Fallen Kingdom" (2018) Chris Pratt. Ⓞ				★★½ "Jurassic World: Fallen Kingdom" (2018) Ⓞ								
HBO	★★★½ "Barbarian" (2022) 'R' Ⓞ			★★★½ "Hereditary" (2018) Toni Collette.			★★ "Jennifer's Body" (2009) Megan Fox.				"Lobster"				
HIST	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		UnXplain.		
ION	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU		
LIFE	"Chris Watts: Confessions of a Killer" Ⓞ				"How to Murder Your Husband"				"The Client List" (2010) Teddy Sears Ⓞ				"Murder"		
MAX	★★½ "The Mule" (2018) Clint Eastwood.			★★½ "Safe" (2012) Ⓞ			"The Assignment" (2016) Ⓞ		★★★ "Sabotage" (2014) Ⓞ						
NBCSPA	Eagles	Pregame	NHL Hockey: Flyers at Capitals			Flyers Postgame		Football	Bensinger Wm. Basketball						
NICK	"SpongeBob Movie"		The Tidal Zone		Big Nate	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends			
PARMT	★★★ "Spider-Man" (2002) Tobey Maguire. (In Stereo)				★★★ "Spider-Man 2" (2004) Tobey Maguire. Ⓞ			★★½ "Spider-Man 3" (2007)							
TBS	★★★ "Pretty Woman" (1990) Richard Gere.				Burgers	Burgers	Burgers	Burgers	Burgers	★★ "Couples Retreat" (2009)					
TCM	★★★½ "Ride the High Country" (1962)			★★★ "Monsieur Beaucaire" (1946)			★★★ "Caught in the Draft" (1941)		"Thundr						
TNT	"Ocean"	★★½ "Jurassic World" (2015) Chris Pratt. Ⓞ				Ghost Adventures		★★½ "The Accountant" (2016) Ben Affleck.							
USA	"2 Fast"	★★ "Fast & Furious" (2009) Vin Diesel.			★★½ "Fast Five" (2011) Vin Diesel. Ⓞ (DVS)			★★★ "Furious 7" (2015, Action)							

SUNDAY AFTERNOON												JANUARY 15, 2023			
	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	CBS3	To Be Announced			NFL Football Miami Dolphins at Buffalo Bills. (In Stereo Live) [CC]				To Be Announced						
6-ABC	Inside	Action News [CC]		Our Ameri	Spanish Super Cup Soccer Final: Teams TBA. [CC]			Traveler	Vets-Pets	Action News 5PM					
10-NBC	Issue	To Be Announced										PGA Golf			
17-MNT	Shriners	Paid Prg.	Paid Prg.	In Focus	This	Raw Trav.	black-ish	black-ish	black-ish	MLK: Holiday		Philler	Sheldon		
23-PBS	Think Tk	State-Aff	Class	Lidia	Milk	Cook	Darley	Overcoming Anxiety, Depression, Trauma			Reconstruction				
29-FOX	Paid Prg.	College Basketball Marquette at Xavier.				Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Pregame	NFL Football: Giants at Vikings				
57-CW	DraftK	SOS: How to Survive		Storm of Suspicion		Major Crimes [CC]		SEAL Team [CC]		Magnum P.I. [CC]		Criss Angel			
A&E	Zombie	Zombie Flip		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]			
AMC	"Breakfast Club"		*** "Fast Times at Ridgemont High"			**½ "The Craft" (1996) Robin Tunney.			*** "The Lost Boys" (1987)						
CNN	News	State of Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom			
DISC	Gold	Gold-Videotape		Sewer Divers [CC]		Sewer Divers [CC]		Dirty Jobs [CC]		Dirty Jobs [CC]		Dirty Jobs [CC]			
DISN	Big City	*½ "Arctic Dogs" (2019) 'PG'		Ladybug	Hamster	Hamster	Big City	Big City	Big City	Big City	Big City	Big City	Jessie		
ESPN	Postseason NFL Countdown			Women's College Basketball				Basket	Women's College Basketball			Golf Latin			
ESPN2	Golf Latin America Amateur			College Basketball				College Basketball Memphis at Temple.			Wm. Basketball				
FNEWS	Medi	Fox News Live [CC]		Fox News Live [CC]		FOX News Sunday		Maria Bartiromo		Fox News Live [CC]		Sunday Show			
FX	**½ "We Are Marshall" (2006) Matthew McConaughey. [CC]					*** "Remember the Titans" (2000) (In Stereo) [CC]			"Jerry Maguire" [CC]						
HBO	** "Reminiscence"		*½ "The Divergent Series: Allegiant" (2016) 'PG-13'			*** "Hellboy" (2004) Ron Perlman. [CC]			"Law Abiding"						
HIST	Built	Built America		Built America		Built America		Built America		Built America		Built America			
ION	NCIS	NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS "The Helpers"		NCIS "First Steps"		NCIS "The Wake"			
LIFE	"Serial"	"I Was Lorena Bobbitt" (2020) [CC]				"Doomsday Mom: The Lori Vallow Story"			"Gone Mom: Disappearance of Jennifer"						
MAX	(11:26) "Shiva Baby"	*** "Chef" (2014) Jon Favreau. [CC]			"Knock Knock" (2015) Keanu Reeves. [CC]			*** "The Omen" (1976) [CC]							
NBCSPA	Outages	Paid Prg.	Theft	Women's College Basketball				NHL Hockey: Flyers at Capitals			NBA Basketball				
NICK	(11:00) SpongeBob SquarePants			"The SpongeBob SquarePants Movie" [CC]			"SpongeBob Movie"			Patrick Star					
PARMT	NCIS	**½ "The Wolverine" (2013) Hugh Jackman. [CC]				*** "Spider-Man" (2002) Tobey Maguire. (In Stereo)			"Spider-Man 2" [CC]						
TBS	Friends	Friends	Friends	Movie [CC]				Movie [CC]							
TCM	"Thundr	***½ "David Copperfield" (1935) W.C. Fields. [CC]					*** "Designing Woman" (1957) [CC]			**½ "Don't Make Waves"					
TNT	(10:30) ***½ "The Fugitive"	***½ "The Green Mile" (1999, Drama) Tom Hanks, David Morse. [CC] (DVS)						"Shawshank"							
USA	Chrisley	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU			

SUNDAY EVENING												JANUARY 15, 2023			
	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	TBA	News	To Be Announced		East New York [CC]		NCIS: Los Angeles		East New York [CC]		News	Sports	J. Osteen		
6-ABC	News	ABC	Funny Home Videos		**** "Finding Nemo" (2003) (In Stereo)			The Parent Test		News	Sports	FYI Philly			
10-NBC	News	NBC	Lopez vs	Football	NFL Football Baltimore Ravens at Cincinnati Bengals. (In Stereo Live) [CC]					News	Eagles				
17-MNT	Two Men	Two Men	Gold	Gold	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action News at 10		Seinfeld	Seinfeld	Outdoors		
23-PBS	Reconstruction: America After			Reconstruction: America After the Civil War (In Stereo) [CC]					Overcmng		The Goes				
29-FOX	NFL Football: Giants at Vikings			Postgame	Simpsons	The-North	Burgers	Fam. Guy	The 10 News		News	Extra [CC]			
57-CW	Animals	Animals	The 28th Annual Critics' Choice Awards (In Stereo Live) [CC]					News Philly		WOW - Women		King			
A&E	The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		The First 48 [CC]		First 48		
AMC	"Lost	*** "The Goonies" (1985) Sean Astin. [CC]				Mayfair Witches		Mayfair Witches		*** "The Goonies" (1985)					
CNN	CNN Newsroom		Who's Talking		CNN Newsroom		Giuliani: What		Giuliani: What		The Seventies [CC]		Giuliani		
DISC	Dirty Jobs [CC]		Dirty Jobs [CC]		Dirty Jobs (In Stereo)		Sewer Divers [CC]		Dirty Jobs (In Stereo)		Dirty Jobs [CC]		Dirty Jobs		
DISN	Jessie	Jessie	*** "Beauty and the Beast" (2017) 'PG'			Bunk'd	Bunk'd	Jessie	Jessie	Big City	Big City	Big City	Big City		
ESPN	X Games Aspen		2023 Australian Open Tennis First Round. (Live) [CC]					SportsCenter		NFL					
ESPN2	Wm. Basketball		SportsCenter [CC]		Dynamic K9 Duos		Boy's High School Basketball		Bad		Australian Open				
FNEWS	Fox Report		Sunday Night		Life, Liberty & Levin		The Next Revolution		Midterms		Life, Liberty & Levin		Revolu		
FX	(5:00) ***½ "Jerry Maguire" (1996)				*½ "The Waterboy" (1998) (In Stereo)			*½ "The Waterboy" (1998) (In Stereo)			"Jer				
HBO	"Law"	**½ "Black Adam" (2022) Dwayne Johnson. [CC]				The Last of Us [CC]			The Last of Us (In Stereo) [CC]			The Last			
HIST	Built America		Built America		Built America		Built America		Built America		Built America		America		
ION	NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS [CC] (DVS)		NCIS		
LIFE	"Reba McEntire's The Hammer" (2023)				"Burned by Love" (2023) Shiva Negar. [CC]			"How to Murder Your Husband"			"Burned"				
MAX	**½ "Damien: Omen II" (1978) [CC]				*** "The Omen" (1976) Gregory Peck.			** "Old" (2021) (In Stereo)		"American Pastoral"					
NBCSPA	NBA Basketball: 76ers at Jazz		Greatest		World Poker		Sixers	NBA Basketball: 76ers at Lakers					Sixers		
NICK	Patrick Star		The Tidal Zone		"SpongeBob Movie"			Friends	Friends	Friends	Friends	Friends	Friends		
PARMT	(5:15) *** "Spider-Man 2" (2004) [CC]				**½ "Spider-Man 3" (2007) Tobey Maguire. (In Stereo) [CC]					**½ "The Wolverine" (2013)					
TBS	(5:00) Movie [CC]		Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Movie [CC]				"Bounty"		
TCM	** "Just the Way You Are" (1984) [CC]				***½ "The Black Stallion" (1979) [CC]			*** "My Friend Flicka" (1943, Children's)			"Limite"				
TNT	(5:00) "The Shawshank Redemption"				**½ "The Accountant" (2016) Ben Affleck.					** "Midway" (2019) Ed Skrein. Premiere.					
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU		

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Life-Saving Tips To Share With Your Young Drivers

Heavy rains, sleet, driving snow? Winter driving can be a nail-biter for experienced drivers. According to the National Safety Council, teen and young drivers are particularly at risk since they generally lack experience of navigating inclement roads. They are not familiar with the risks of winter travel.

Some preparation can help young and new drivers reduce their chances of becoming involved in a crash and help lower their risk of injury. For starters, NSC suggested having a winter driving conversation with your teen. Explain to teens about the dangers you have encountered what they can expect and help them make safe decisions. NSC offered the following tips to discuss with your teen and young drivers.

- **Prepare for Inclement Weather** - Preparation for winter driving begins with an emergency road kit. If you live or drive to an area with snow, include a snow shovel. Also make sure to bring an extra phone charger/brick, especially if you are traveling in areas where you may be stranded without power.

Winter-specific maintenance items every young driver should understand:

- Test your battery; battery power drops as the temperature drops.
- Make sure the cooling system is in good working order.
- Have winter tires with a deeper, more flexible tread put on your car. If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch.
- Check the tire pressure; tire pressure drops as the temperature drops.
- Check your wiper blades and replace if needed. Look for frayed edges, hardened rubber and scraping across the windshield. If you live or drive to cold regions, add wiper fluid rated for below freezing temperatures.
- Clear away ice and snow before every drive.

- **Avoid Unnecessary Errands** - Simple errands can turn into accidents in a hurry during a storm. Remind your teen and young drivers to avoid travel unless necessary.

- * Keep the pantry full of supplies early.
- * Take a few minutes to consider whether a change of plans may be a better decision than forging ahead.
- * For important trips, leave extra time and try to leave early in the day. Roads are generally clearer when the sun has had a chance to warm roads compared to driving in evening hours.

- * Driving to a destination during a snowstorm, especially far from home, does not provide the safest environment for learning how to navigate winter driving. If they do encounter this, advise them to drive slowly even if in a hurry.

- * Advise your teen keep plenty of distance between their car and the vehicle in front of them. NSC advises eight to 10 seconds of distance between vehicles during a storm.

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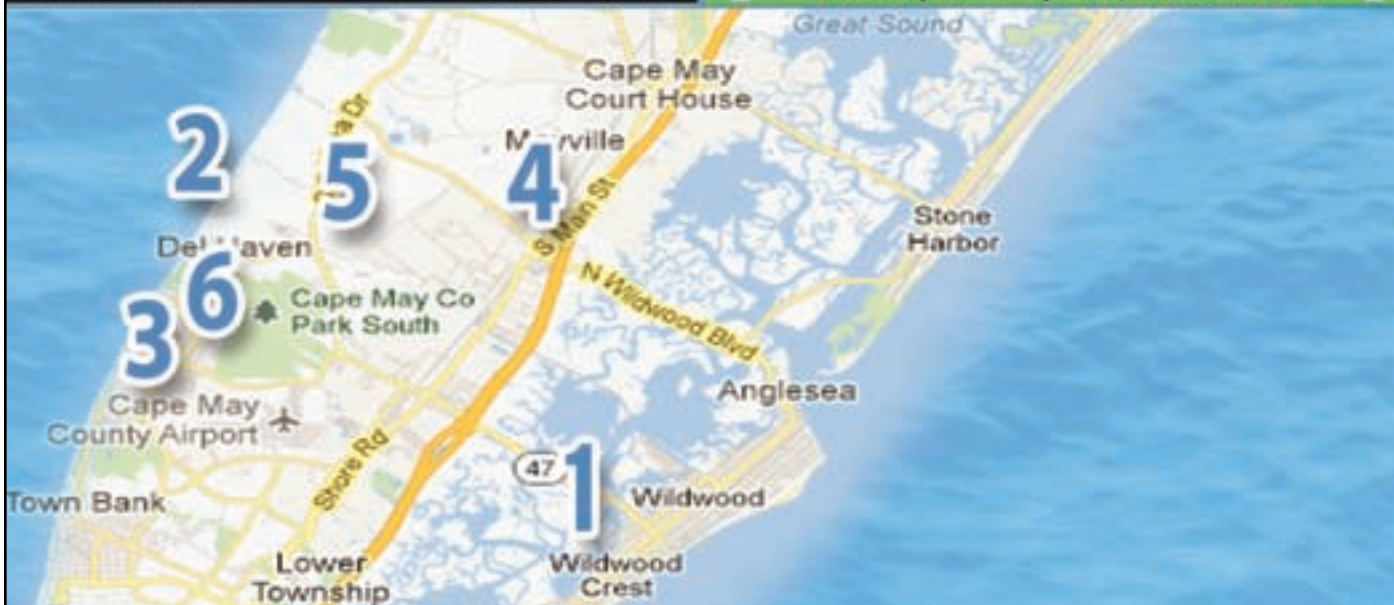
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MONDAY EVENING										JANUARY 16, 2023			
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS "Bridges"	NCIS: Hawai'i	News	Late Show-Colbert			
6-ABC	News	ABC	Jeopardy!	Wheel	NFL Football Dallas Cowboys at Tampa Bay Buccaneers. Ⓞ			News	Jimmy Kimmel Live!				
10-NBC	News	NBC	News	Holly	America's Got Talent: All-Stars Ⓞ			Quantum Leap Ⓞ	News	Tonight Show			
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action News at 10	Paid Prg.	Two Men	Two Men	
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Walking Victorian		Searching: Our		Secrets of the Dead	NJ Spotl	One/One	World	
29-FOX	The Six	The Pulse	TMZ Ⓞ	You Bet	Fantasy Island		Alert: Missing		The 10 News	News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All American Ⓞ		All American		News Philly	Law & Order: SVU		Neighbor	
A&E	The First 48 Ⓞ		The First 48 Ⓞ		The First 48 Ⓞ		The First 48 Ⓞ		The First 48 "M.I.A."		The First 48 Ⓞ		First 48
AMC	(5:57) Breaking Bad		Breaking Bad Ⓞ		Breaking Bad "Confessions"			Breaking Bad Ⓞ		Breaking Bad Ⓞ		Breaking Bad Ⓞ	
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight Ⓞ		CNN Tonight Ⓞ		CNN Tonight Ⓞ		AC 360
DISC	(5:00) Street Outlaws		Street Outlaws		Street Outlaws "Texas Two-Step" (In Stereo) Ⓞ					Street Outlaws		Outlaws	
DISN	Sydney	Sydney	Raven	Raven	"Zombies 3" (2022) 'NR' Ⓞ			Owl Hse.	Owl Hse.	The Owl House Ⓞ		Ladybug	Jessie
ESPN	Monday Night Countdown (Live) Ⓞ				NFL Football Dallas Cowboys at Tampa Bay Buccaneers. Ⓞ					Postgame		SportsCenter	
ESPN2	SportsCenter Ⓞ		SportsCenter Ⓞ		NFL Football: Cowboys at Buccaneers					Postgame		Australian Open	
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) Ⓞ		The Ingraham Angle		Gutfeld! Ⓞ		Fox News
FX	(5:00) ***½ "Green Book" (2018) Ⓞ				***½ "Hidden Figures" (2016) Taraji P. Henson. (In Stereo)					***½ "Hidden Figures" Ⓞ			
HBO	"Shutter"	The Last of Us (In Stereo) Ⓞ			***½ "Death on the Nile" (2022) 'PG-13'				The Last of Us (In Stereo) Ⓞ		"King Wildern."		
HIST	History's Greatest Mysteries Ⓞ				History's Greatest Mysteries Ⓞ				History's Greatest Mysteries Ⓞ				Mysteries
ION	Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal Minds		Criminal
LIFE	Castle Ⓞ		Castle Ⓞ		Castle Ⓞ		Castle "Overkill"		Castle Ⓞ		Castle Ⓞ		Castle
MAX	***½ "Indecent Proposal" (1993) Ⓞ				** "The Other Woman" (2014) (In Stereo)				*** "Long Shot" (2019) Seth Rogen.				"Dear
NBCSPA	Birds	Birds	College Basketball				Fantasy Football		Birds	Fantasy Football	Birds	Hockey	
NICK	The Tidal Zone		Loud	Loud	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Law & Order "Fixed"		Law & Order Ⓞ		Movie (In Stereo) Ⓞ					*** "Dirty Dancing" (1987) (In Stereo)			
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American
TCM	***½ "Freedom on My Mind" (1994) Ⓞ				"The Autobiography of Miss Jane Pittman"				*** "In the Heat of the Night" (1967)				"Cool
TNT	NBA Basketball Phoenix Suns at Memphis Grizzlies.				Inside the NBA Ⓞ		***½ "Judas and the Black Messiah" (2021) Ⓞ				"Creed		
USA	Chicago Fire		Chicago Fire		WWE Monday Night RAW (In Stereo Live) Ⓞ					Barmageddon		Chi. Fire	

TUESDAY EVENING										JANUARY 17, 2023				
	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 (In Stereo) Ⓞ		FBI: International		FBI: Most Wanted		News	Late Show-Colbert		
6-ABC	News	ABC	Jeopardy!	Wheel	The Rookie			The Rookie: Feds		Will Trent (In Stereo)		News	Jimmy Kimmel Live!	
10-NBC	News	NBC	News	Holly	Night	Night	New Amsterdam		New Amsterdam		News	Tonight Show		
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action News at 10	Paid Prg.	Two Men	Two Men		
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Agatha Christie's Marple Ⓞ		Transcend		NISO Concert		NJ Spotl	"One All"	World	
29-FOX	The Six	The 215	TMZ Ⓞ	You Bet	The Resident		Alert: Missing		The 10 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Winchesters		Mysteries Decoded		News Philly		Law & Order: SVU		Neighbor	
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Customer	Neighbor.	Neighbor.	Neighbor.	Neighbor.	
AMC	(5:30) *½ "Major League II" (1994) Ⓞ				**½ "Major League" (1989) Tom Berenger. Ⓞ				*** "Fast Times at Ridgemont High"					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight Ⓞ		CNN Tonight Ⓞ		CNN Tonight Ⓞ		AC 360	
DISC	Bering Sea Gold "Truce or Consequences"				Bering Sea Gold "Diver's Ed" Ⓞ				Ice Cold Catch "Super Storm" Ⓞ					
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Big City	Villains	Villains	Big City	Hamster	Ladybug	Ladybug	Jessie	
ESPN	SportsCenter Ⓞ		College Basketball Teams TBA. (Live) Ⓞ				College Basketball Georgia at Kentucky.				SportsCenter		SportCtr	
ESPN2	Daily Wager Ⓞ		College Basketball Teams TBA. (Live) Ⓞ				2023 Australian Open Tennis Second Round. (Live) Ⓞ							
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) Ⓞ		The Ingraham Angle		Gutfeld! Ⓞ		Fox News	
FX	"Good-Die Hard"		*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise.					***½ "Mission: Impossible -- Fallout" (2018) Ⓞ						
HBO	** "Jennifer's Body" (2009) Megan Fox.				The Last of Us (In Stereo) Ⓞ		** "Killer Elite" (2011) Jason Statham. 'R'			Hard Knocks				
HIST	Curse of Oak Island		Curse of Oak Island		Digging Deeper		Curse of Oak Island		Beyond Oak Island		Curse of Oak Island		Digging	
ION	Chicago Fire Ⓞ		Chicago Fire Ⓞ		Chicago Fire Ⓞ		Chicago Fire Ⓞ		Chicago Fire Ⓞ		Chicago Fire Ⓞ		Chi. Fire	
LIFE	Castle Ⓞ		Castle "Punked"		Castle Ⓞ		Castle "3XK" Ⓞ		Castle Ⓞ		Castle Ⓞ		Castle	
MAX	"Beynd	"Extraction" (2015) Kellan Lutz.			*** "Fast Food Nation" (2006) Ⓞ				"Robin Hood: Men in Tights"			*** "71" (2014)		
NBCSPA	Birds	Pregame	NHL Hockey Anaheim Ducks at Philadelphia Flyers.				Postgame		NBA Basketball: 76ers at Clippers					
NICK	Loud	Loud	Loud	Big Nate	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	*** "Dirty Dancing" (1987) Jennifer Grey. (In Stereo)					***½ "Ghost" (1990) Patrick Swayze.				
TBS	Sheldon	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Sheldon	Sheldon	Sheldon	
TCM	***½ "Mister Buddwing" (1966) Ⓞ				** "The Bachelor Father"			** "Five and Ten" (1931) Marion Davies.			"Blondie-Follies"			
TNT	(5:00) "Game Night"		Tip-Off		NBA Basketball Toronto Raptors at Milwaukee Bucks.				NBA Basketball: 76ers at Clippers					
USA	Law & Order: SVU		Law & Order: SVU		WWE NXT (In Stereo Live) Ⓞ				Chicago P.D.		Chicago P.D.		Chicago	

WEDNESDAY EVENING											JANUARY 18, 2023			
	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	Price Is Right	Lingo			Tough as Nails	News	Late Show-Colbert			
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Gold	Abbott	Home E.	Big Sky (DVS)	News	Jimmy Kimmel Live!			
10-NBC	News	NBC	News	Holly	Chicago Med		Chicago Fire		Chicago P.D.	News	Tonight Show			
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	S. Joyner	Sports	Action News at 10	Seinfeld	Two Men	Two Men		
23-PBS	NJ Spot!	Newsline	One/One	NJ Spot!	Gover	The Arts	Miss Scarlet		All Creatures Great	NJ Spot!	Class	World		
29-FOX	The Six	ClassH	TMZ	You Bet	Name That Tune		Special Forces		The 10 News	News	Feed	Extra		
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Penn & Teller		Kung Fu "Rescue"		News Philly	Law & Order: SVU	Neighbor			
A&E	The First 48		The First 48		The First 48		The First 48		The First 48		The First 48		First 48	
AMC	(5:30) **½ "Major League" (1989)				*** "John Wick" (2014) Keanu Reeves.			*** "John Wick: Chapter 2" (2017) Keanu Reeves.						
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	Moonshiners		Moonshiners		Moonshiners Richard races to salvage a damaged copper still.				Master Distiller		Moon			
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Big City	Bunk'd	Bunk'd	Big City	Hamster	Ladybug	Ladybug	Jessie	
ESPN	SportsCenter		NBA		NBA Basketball Atlanta Hawks at Dallas Mavericks.				NBA Basketball: Timberwolves at Nuggets					
ESPN2	Daily Wager		College Basketball Teams TBA. (Live)				2023 Australian Open Tennis Second Round. (Live)							
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	(5:00) "Mission: Impossible -- Fallout"				**½ "S.W.A.T." (2003) Samuel L. Jackson.				**½ "S.W.A.T." (2003) (In Stereo)					
HBO	"Hellboy"	The Last of Us (In Stereo)			** "Amsterdam" (2022) Christian Bale.				***½ "Hereditary" (2018) Toni Collette. 'R'					
HIST	American Pickers		American Pickers		American Pickers		American Pickers		Dirty Old	Dirty Old	American Pickers		Pickers	
ION	Blue Bloods "Blues"		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue	
LIFE	Wife Swap		Married at First Sight		Married at First Sight				Married	Married at First Sight		Married		
MAX	"The Command" (2018) (In Stereo)				*** "Pacific Rim" (2013) (In Stereo)				**½ "Overboard" (1987) Goldie Hawn.				"Lara	
NBCSPA	Birds	Birds	The Best Show Ever?						Birds	In. Golf	Bensinger			
NICK	Loud	Loud	Slimetime	Loud	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo)						Movie (In Stereo)			
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (Live)				Power Slap: Road to		Sheldon	Sheldon	Sheldon	
TCM	(5:45) ** "Revolution" (1985) Al Pacino.				*** "The Blues Brothers" (1980) John Belushi.				*** "The Bank Dick" (1940)		"Mad"			
TNT	Lucifer (DVS)		NHL		NHL Hockey Boston Bruins at New York Islanders.				NHL Hockey Dallas Stars at San Jose Sharks.					
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU	

THURSDAY EVENING											JANUARY 19, 2023			
	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	Ghosts	So Help Me Todd		CSI: Vegas	News	Late Show-Colbert			
6-ABC	News	ABC	Jeopardy!	Wheel	Celebrity Jeopardy!		The Parent Test		The Chase		News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	Law & Order		Law & Order: SVU		Law & Order		News	Tonight Show		
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action News at 10	Seinfeld	Two Men	Two Men		
23-PBS	NJ Spot!	Newsline	One/One	NJ Spot!	Finding Your Roots		The Black Church: This Is Our Story, This				NJ Spot!	The Arts	World	
29-FOX	The Six	Kelly	TMZ	You Bet	Hell's Kitchen		Flatch	Kat	The 10 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker "Buffering"		Walker Ind.		News Philly		Law & Order: SVU		Neighbor	
A&E	The First 48		The First 48		The First 48		Accused: Guilty		Taking the Stand		The First 48		First 48	
AMC	(5:45) *** "John Wick" (2014)				*** "John Wick: Chapter 2" (2017) Keanu Reeves.				"John Wick: Chapter 3 -- Parabellum"					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	(5:00) BattleBots		BattleBots		BattleBots "Strike While the Bot's Hot"				BattleBots (In Stereo) (DVS)			Battle		
DISN	Ladybug	Ladybug	Hamster	Big City	**½ "Gnomeo & Juliet" 'G'		Hamster	Big City	Hamster	Ladybug	Ladybug	Jessie		
ESPN	SportsCenter		College Basketball Teams TBA. (Live)				NHL Hockey Tampa Bay Lightning at Edmonton Oilers.				SportsCenter			
ESPN2	Daily Wager		College Basketball Teams TBA. (Live)				2023 Australian Open Tennis Third Round. (Live)							
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	** "Monster Hunter" (2020, Fantasy)				*** "Zombieland" (2009) (In Stereo)				*** "Zombieland" (2009) (In Stereo)				"Dead"	
HBO	** "Reminiscence" (2021) 'PG-13'				**½ "The Man From U.N.C.L.E." (2015)				The Last of Us (In Stereo)		"Miller-Sin City"			
HIST	Pawn Stars		Swamp People		Swamp People "Pig Head"			Swamp People		Swamp People "Gator War"		Swamp		
ION	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago	
LIFE	Castle		Castle		** "How to Lose a Guy in 10 Days" (2003) Premiere.				"No One Would Tell" (1996)		"How			
MAX	** "The Other Woman" (2014) (In Stereo)				* "12 Rounds" (2009) John Cena.				"12 Rounds 2: Reloaded"		*** "Nobody"			
NBCSPA	Birds	Pregame	NHL Hockey: Blackhawks at Flyers					Postgame	NBA Basketball: 76ers at Trail Blazers					
NICK	The Tidal Zone		Loud	Fairly	Slimetime	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	***½ "Zero Dark Thirty" (2012, Drama) Jessica Chastain. (In Stereo)						"American Sniper"			
TBS	Sheldon	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	NFL Tailgate		"Repla	
TCM	(4:15) "Doctor Zhivago" (1965)			"Paster	*** "Crossing Delancey" (1988)				*** "Over the Brooklyn Bridge" (1984)		"Girl			
TNT	"The Blind Side"		Tip-Off		NBA Basketball: Warriors at Celtics				NBA Basketball Brooklyn Nets at Phoenix Suns.					
USA	Law & Order: SVU		Law & Order: SVU		**½ "Olympus Has Fallen" (2013) Gerard Butler.				** "Angel Has Fallen" (2019) (DVS)					

CHARACTER Of The Week



Answer:
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Bobbie Mauger

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 Boneless Wings • Chili Bowl
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 Twisted Eggs Benedict - \$13



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THE LIFESPAN OF OUR PETS AND WHAT FACTORS CONTRIBUTE TO THEIR LONGEVITY

Submitted By
Patsy Nelson

I often wonder how my customers can choose a large dog like a mastiff knowing that their time together can be as little as six years. Then I think about our precious papillon Parker who had to be put down at seven years because of bladder, spleen, and liver cancer. There is no guarantee that small dogs will live a longer life than large breeds as there are many factors which contribute to safety and good health. I also, in my private thoughts, question why an older couple would take on a puppy. Not just because of the exhausting diligence they require, but because of the risks of outliving them. The editor-owner of this paper, my friend and customer, commented yesterday that he hopes he outlives his dogs because the pain of losing them would be unfathomable. Yet, I replied, how would they survive without you? Perhaps you should pray that you cross the bridge together. There are occasions where a large breed can live to be 18 years and small breed will only make it to 12. But the probability that your small dog will live a longer life in dog years is more likely. There are a few years difference, but the average for each small-medium dog is 10-16 years, large dogs 10-14, and giant breeds 7-10 years. The reasons that small breeds like chihuahuas, can live to be 20 is still being studied. See picture.

Cats on average live 12-18 years, although I have heard of customers' cats living 20 or more years. My cat, Louise (named after the movie Thelma and Louise) lived to be 24 and may have lived longer if I had not chosen to have a tumor by her anus removed. Her heart was healthy but the cancer metastasized. In the bird world, large birds like macaws outlive by far, smaller birds. Macaws can live 30-50 years, amazons 25-75, cockatiels 12-16, lovebirds 10-16, parakeets 5-15, and finches 4-5 years. Mice 2-3 years, hamsters and gerbils 2-4 years, fish 1-10 years, and rabbits 8-12 years. A horse can live 25-30 years, although 17-20 years is more likely. My horse, Sheza, who was bred at Hidden Valley and was originally owned by my deceased friend, Christine Speigel, was my horse for twenty-nine years, twenty-six of which I took care of her myself. When I sold my house in Cold Springs, I moved her to various stables. She lived to be 34 years when a very hot summer spell took the last of her fortitude.

Bob, who turned 85 on January 4th, sports a t-shirt that says "I'm 595 years old in dog years" as the general notion is that every year a person lives would equal seven in dog years. Not exactly the case. Generally, when a dog is a year old, they are like a fifteen-year-old kid. When a dog is two years old, it's really like a 24-year-old human. After that the age increases especially in bigger dogs. A small 10-year-old is about 56 in human years and a large dog would be 66 years, and a giant breed, 79 years.

Genetics play a big part in how long a pet lives, as well as heredity as in Parker's case. Poor breeding practices by "backyard breeders." Keeping your pet's dental health a priority can reduce early death by 20%. Proper nutrition, monthly heart worm, flea and tick prevention, fresh clean water, enough exercise, keeping your pet mentally engaged and relaxed, wellness checks at the vets, limiting the number of unnecessary vaccinations, an accident-proof home, always clean litter or bedding, covering (even my horse) in bad weather. Care for your pet as you would want to be cared for.

THIS IS GINO WOLF, A
CHIHUAHUA-AMERICAN ESKIMO. OLDEST
LIVING DOG AT 22 YEARS, 52 DAYS AT
TIME OF THIS PICTURE. THE
OLDEST DOG EVER WAS A BEAGLE,
BUTCH, FROM VIRGINIA, 28 YEARS.



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NATIONAL DRESS UP YOUR PET DAY – January 14

National Dress Up Your Pet Day on January 14th provides a special day to celebrate with your pet and show off their fashion style. Pets do become part of one's family. Whether you take a visit to the groomer or take it a step further and dress up in matching outfits, be sure your pet companion is safe and comfortable.

Tips for dressing up your pet:

- If your pet just doesn't like dressing up, let them sit this holiday out.
- Be sure it fits. Restricting movement or ability to breathe can cause injury or illness.
- Many pets like to chew. Avoid loose or dangling pieces which can cause choking hazards.

Keep your pet's comfort first and foremost. Get a snazzy bandana, bow, or collar to show off the fresh do. How about a sweater for chilly, long walks? If the tutu is too, too much, your pooch will let you know!

NATIONAL TRAIN YOUR DOG MONTH - JANUARY 2023

Dogs come trained in loyalty, unconditional love, and friendship. It's only the easy stuff that they need to learn. True, teaching all the other stuff can be daunting but all we need is the right advice at the right time. How does the beginning of the year sound? January is National Train Your Dog Month. It's a time when trainers, dog owners, and canine experts come together to celebrate their love for their furry friends by sharing what they know. The internet and social media become a treasure trove of information, tips, and advice. All due to a movement started by the Association of Pet Dog Trainers many years ago. Maybe teach a new trick or two, or reserve Friday evenings for a special treat for you and your best pal!



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