







	1	2	3	4 *			5	6	7	8	
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32			33	34	35	36	37			38	
39		40		41	*				42		
43			44				45*	46			
	47						48				

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. Sports event
- 5. Invoice
- 9. Ice cream concoctions
- 10. _ these days; eventually
- 12. "48 Hours" network 13. Tree in "The Twelve
- Days of Christmas"
- 16. Perpendicular annex 17. CD forerunners
- 18. Australia's most
- populous city 20. French article
- 21. Alaska's flag color
- 23. Gemstone
- 25. Suffix for long or strong
- 26. Bone burier
- 27. Sherlock Holmes or Dick Tracy: abbr.
- 28. Greek letter
- 29. Funeral blaze
- 30. Table supports
- 32. Actor Marshall
- 33. Parents & grandparents
- 38. Monopoly board corner
- 39. Bawl
- 41. Smidgen
- 42. Novak or Delaney
- 43. See eye ___; agree
- 45. Thick string 47. __ on; enthusiastic
- about 48. Warble

DOWN

- 1. Unintelligible talk
- 2. Magazine revenue source
- 3. One of the Kettles
- 4. Get a glimpse of

- 5. Dull speaker
- 6. Walk-__; one with no appointment
- 7. Actor __ J. Cobb
- 8. Dawdling
- 9. Sign of healing
- 11. Show off one's muscles 14. Man's nickname
- 15. Least-used article
- 18. Sofa
- 19. Sings like an Alpine goatherd
- __-friendly; easy to 22. operate
- 24. Musical symbol
- 29. Annoying person
- 31. Partial amount
- 34. Title search discovery
- 35. "___ unto others ..."
- 36. Film alien
- 37. Word of disgust 40. Flying insect
- 42. Relatives
- 44. "God Rest
- _ Merry, Gentlemen"
- 46. Fond du Lac's state: abbr.



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Е	Ν	Ι	Μ	Т			Е	X	Е	0	Τ
W	Ι	К		V	Т	Ο	Ι		В	Ο	S
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To learn more, call 609-926-2699 or

visit www.gildasclubsouthjersey.org.

10 SOUTH BAN

www.gildasclubsouthjersey.org



(Chloe Rose) Robertson (Edo) Van Belkom

HOROSCOPE JANUARY 19 - JANUARY 25, 2023

ARIES (Mar. 21- April 20)

Don't let your emotional partner upset you this week. Money may slip through your fingers. Get involved in fitness programs that will bring you in contact. with new friends. Health problems may prevail if you haven't been getting enough rest.

TAURUS (Apr. 21- May 21)

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Don't overspend on luxury items. You're likely to encounter new partners if you take short trips. Someone you work with could try to undermine you. Your unique contribution to the organization will enhance your reputation.

GEMINI (May 22-June 21)

Put your plans into motion by presenting your intentions to those who should be able to give you financial support. You will get along well in social situations. Your romantic inclination should lead to a committed relation ship. You need to spend time with friends and family.

CANCER (June 22-July 22)

You may find that someone at work hasn't been trustworthy. Take time to listen to children and help them with projects that seem impossible to them. Don't blow situations out of proportion. Get back into a routine that promises a better looking, more aware individual.

LEO (July 23-Aug 22)

Your input into their activities will help bring you closer together. You can pick up wonderful buys if you really look hard this week. Don't let your health suffer because of abuse. Overindulgent people will cause disruptions in your life.

VIRGO (Aug. 23 - Sept. 23)

You may find out that someone is trying to undermine you. Stubborn about making changes around your home. Try not to be overly generous. You may have difficulty trying to get your mate to understand your position.

LIBRA (Sept. 24 -Oct. 23)

Help those incapable of taking care of their personal affairs. You can write beautiful love letters this week. Social get-together will bring you in contact with intelligent new friends. Update and review your personal investments.

SCORPID (Oct. 24 - Nov. 22)

Gambling will be a waste of time and money. You can make life easier for an older member of your family. Your creative talent will prove to be lucrative if put to proper use. You may not be that popular at home but you should be able to shine at social gatherings.

SAGITTARIUS (Nov. 23 -Dec. 21)

If you try to manipulate emotional situations you will find yourself alienated. Concentrate on work or make changes to yourself. You are apt to meet someone special on your journey. Your tendency to vacillate will drive everyone crazy.

CAPRICORN (Dec 22.- Jan. 20)

They won't pay you back and you'll be upset. This may not be the day to get involved in risky joint financial ventures. You can sell your ideas to those who have the money to back them. Everything is moving quickly, just the way you like it.

AQUARIUS (Jan. 21 - Feb. 19)

You will get great satisfaction from your efforts. Consider a conservative investment that will stay solid when everything else goes sour. Take advantage of the opportunities that present themselves. Get involved in competitive sports. Friends will appreciate your attention and playful nature.

PISCES (Feb. 20-Mar. 20)

Social activity should be on your agenda. In return, the satisfaction you get is enough for you. The experience will be good. You're ready to take action and take over.

Horoscopes Provided by: astrology-online.com

Luna (Briggs)



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- Examen de la Vista
- Chequeo de diabetes, presión arterial y
 colesterol
- Examen ortopédico
- Vacunas
- Actividades divertidas
- ALMUERZO GRATIS
- Y mucho más

1

Todos son bienvenidos pero se dará prioridad a los no asegurados.



Viernes Diez de Febrero 12:00 a 6:00 Centro de Convenciones de Wildwood

Volunteers in Medicine FREE CARE FOR THE UNINSURED Información: (609) 778-2706 info@vimsj.org

PR	DUCE		e 8 D	
CREDIT CARDS	(at Townbank Ro 609)889-904 PRICES GOOD NOW TH	15	MON-SAT 9AM-5PM
COOPER SHARP AMERICAN \$699/LB	NOW FEATURING RIBEYE CHOPPED STEAK \$ 9. ⁹⁹ /LB	SPECIAL BUFFALO CHICKEN \$4.99/LB	NOW FEATURING CHICKEN STEAK ^S G. ⁹⁹ /LB	OUR OWN STORE COOKED ROAST PORK \$599/LB
GERMAN BOLOGNA HAM CAPICOLA PEPPERED HAM MOZZARELLA CHEE HONEY HAM	\$3.99/lb \$3.99/lb \$3.99/lb \$3.99/lb \$3.99/lb \$5.99/lb \$5.99/lb \$5.99/lb \$5.99/lb \$5.99/lb	SPECIAL GOURMET TURKEY \$5.99/LB	GRAPE TOMATOR 2LB RED ONIONS RED PEPPERS ICEBERG LETTUC CAULIFLOWER	S\$1.29/bag \$1.59/lb E\$1.99/hd \$1.99/ea ES\$1.99/ea
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CHIEFS	SNELSPR SPREAD TURDAY 8.5 Jaguars		Old Fashioned	ages andwiches
BILLS A9ERS	7.5 Giants	1209 New 1209 New 1916 1916 1916 1916	CLASS	
BENGALS +4.5 OVER EAGLES -7.5 OVER (49ERS -4 OVER WBOYS BILLS -4.5 OVER BILLS -4.5 OVER BILLS -4.5 OVER BILLS -4.5 OVER BILLS -7.5 OVER BILLS -7.5 OVER BILLS -7.5 OVER BILLS -7.5 OVER BILLS -4.5	ICKS DNAL Cowboys Bengals Jaguans Giants IMING TOTAL	HITTING THE I HITTING THE I Pack PRIMO Call Abead for F	IMO PERFECT! ROAD? a D!





BEEF & BEER W/ SUBLIMINAL MESSAGE

MARCH 12TH 2023 2PM-7PM

RIO GRANDE FIRE COMPANY, 1120 NJ-47 RIO GRANDE

NJ 08242

MARK WAS RECENTLY DIANGNOSED WITH STAGE 4 COLON CANCER. THIS BEEF & BEER IS TO HELP OFFSET TREATMENT COST FOR HIM DUE TO NO INSURANCE. MARK HAS ALWAYS BEEN AN ACTIVE MEMBER IN THE COMMUNITY BETWEEN RUNNING HIS OWN BUSSINESS AND VOLUNTEERING AT LOCAL RECS TO COACH YOUTH WRESTLING.

THE SAYING GOES HIS FIGHT IS OUR FIGHT, NOW IT'S TIME TO SHOW IT. *WE ARE ASKING FOR DONATIONS THAT CAN BE RAFFLED OFF AT THE EVENT*

THERE WILL BE 50-50, DOOR PRIZES, RAFFLES, FOOD & DESSERT.

TICKETS \$25 IN ADVANCE - \$30 AT THE DOOR

CASH OR VENMO- CONTACT RACHAEL STANTON 609-374-1245 OR STOP BY A PIECE OF CAKE AT 709 RT 9 SOUTH CAPE MAY COURT HOUSE NJ 08210

PLEASE WEAR ROYAL BLUE TO SHOW SUPPORT- #BOHNSTRONG

AROUND THE CAPE Aviation Museum Reopens Following Roof Replacement

Naval Air Station Wildwood (NASW) Aviation Museum reopened on Monday, January 16 after temporarily closing for a much-needed roof replacement project on the north side of Hangar #1. The project started on November 14, 2022 and took nearly two months to complete.





National and State of New Jersey Registers of Historic Places and most of the roof components date to its original construction in 1942. Hangar #1 was part of NAS Wildwood which operated as a dive-bombing training base for the United States Navy during World War II. This

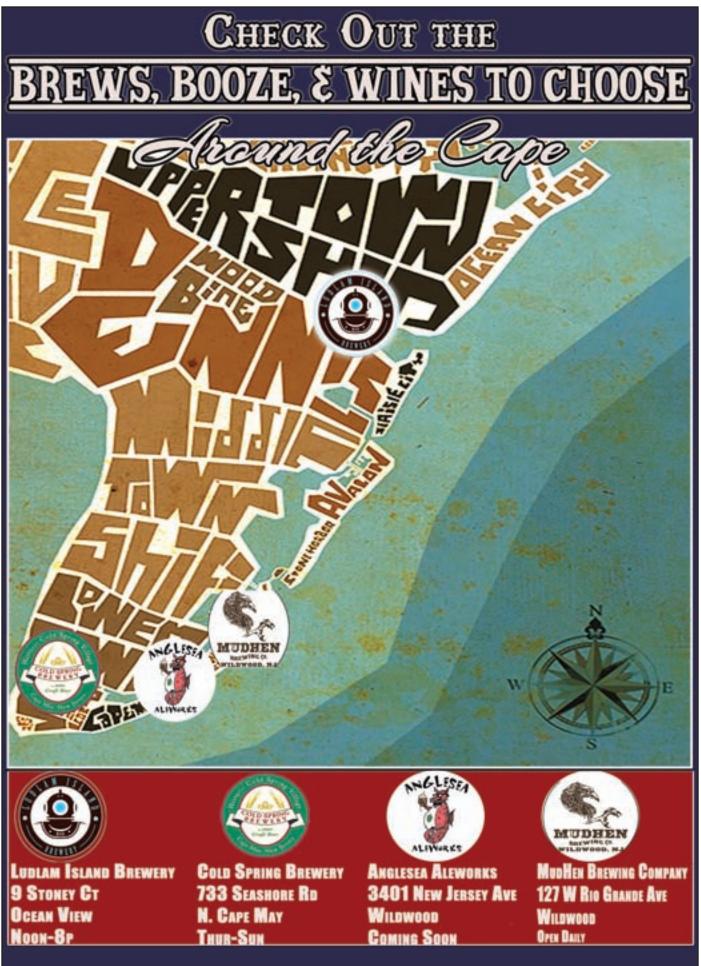
training was extremely dan-

gerous and led to nearly 130

crashes and the deaths of 42 naval aviators. NASW Aviation Museum's mission is to educate the public on the history of NAS Wildwood, restore Hangar #1, and to memorialize these aviators who made the ultimate sacrifice for their country. The NASW Aviation Museum is located at the Cape May Airport at 500 Forrestal Road in Erma.











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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE VENISON SAUSAGE

INGREDIENTS:

- 3 Ibs Venison, Cut in Cubes
- 1 lb Hickory Smoked Bacon (Frozen)
- 3 Tbsp Fresh Sage, minced
- 1 Tbsp Fresh Thyme, minced
- 2 Tbsp Onion Salt
- 2 Tbsp Fresh Minced Garlic
- 1 Tbsp Fresh Cracked Black Pepper
- 1 tsp Red Pepper Flakes
- 1/2 cup Brown Sugar
- 1 Tbsp Maple Syrup
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp + 1 tsp Seasoned Salt

PREPARATION:

Set your grinder up with a coarse grind die attachment. Place deer meat in freezer and allow to harden a little before grinding. Grind the venison through the coarse grind die into a bowl. Next, change the die to a smaller hole die. Run the venison through again. Now break off or cut pieces of frozen bacon and grind them in with the venison. Add remaining ingredients into the bowl and mix well by hand. Finally, run the mixture through the grinder once more. You can now make patties, links in casings or even meatballs. Enjoy!



OVER \$300,000 WAS BAISED FOR SPECIAL OLYMPICS AT THE ANNUAL POLAR BEAR PLUNCE OID SATUEDAY, JANUARY 14310 OUTLE WILDWOOD BEACH



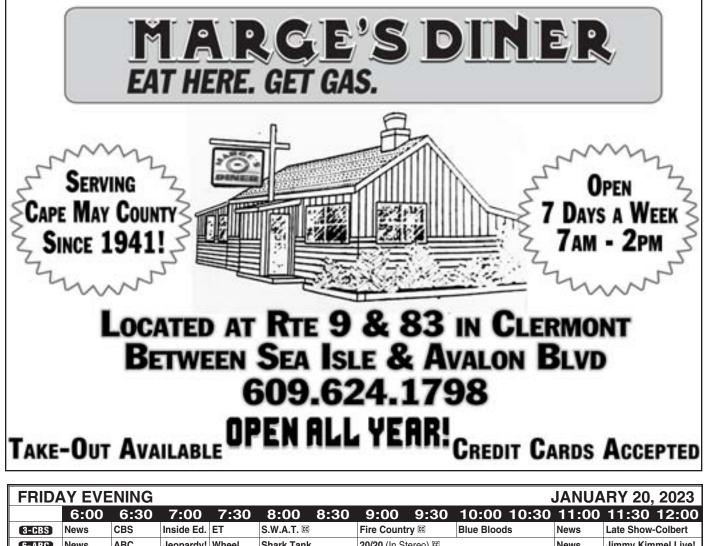




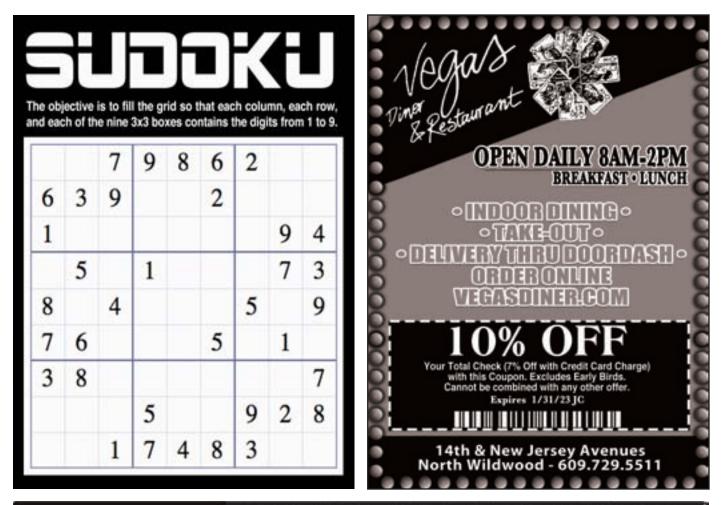








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	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	S.W.A.T. 🛙	C	Fire Count	ry 🖸	Blue Blood	ds	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tan	k	20/20 (In S	tereo) 📧			News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Eagles	Lopez vs	Rock	Dateline N	BC (In Stere	eo) 🖸		News	Tonight Sh	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	ws 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 CC	You Bet	WWE Frid	ay Night Sn	nackDown		News	Special	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Penn & Te	eller	Criss Ang	el	News Phill	у	Law & Ord	ler: SVU	Neighbor
A&E	The First 4	8 00	The First 4	8	The First 4	18 CC	The First 4	8 00	The First 4	8 00	The First 4	8 00	First 48
AMC	(4:30) ***	* "The Goo	dfather, Parl	t II " (1974) A	Al Pacino. 🖾]	*** "Tom	bstone" (19	993, Westerr	n) Kurt Russ	ell, Val Kilm	er. 🖸	"De
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Anderson	Cooper	CNN Tonig	ght 🖸	CNN Tonig	ght 🖸	AC 360
DISC	Gold Rush	n: Pay Dirt "	The Last Fro	ontier"	Gold Rush	ם 🖸	Gold-Vide	otape	Gold Rush	: F. Dodge	Gold Rush	: F. Dodge	Gold
DISN	Jessie	Jessie	Jessie	Bunk'd	Bunk'd					Bunk'd	Jessie	Jessie	Jessie
ESPN	SportsCen	nter 😳	NBA	NBA Bask	etball Miami Heat at Dallas Mavericks. 🖾				NBA Bask	etball: Grizz	zlies at Lake	rs	
ESPN2	Daily Wag	er 🖸	College Ba	asketball VC	CU at Richm	ond. 🚾	2023 Aust	ralian Open	Tennis Thi	rd Round. (L	_ive) 🖸		
FNEWS	Special Re	eport	Jesse Wat	ters	Tucker Ca	rlson	Hannity (L	ive) 🖸	The Ingrah	The Ingraham Angle			Fox News
FX	"Ford v Fe	errari" 🖸	***½ "Boh	emian Rha	psody " (20	18) Rami Ma	alek. (In Ster	eo)	***½"Boh	emian Rha	psody " (20	alek.	
HBO	"Belfast"	★½ "Tamm	y " (2014) 'R	' CC	** "Jenni	fer's Body"	(2009) Meg	an Fox.	Real, Bill Maher		Game To Be An		ounced
HIST	Ancient Al	l iens "The A	rtificial Hum	an"	Ancient A	liens	Ancient Al	iens	Proof-The	re	Ancient Al	iens	Aliens
ION	Hawaii Fiv	e-0 CC	Hawaii Fiv	e-0 🖸	Hawaii Fiv	/e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 CC	Hawaii
CIFE	Castle "Nik	ki Heat"	Castle 🕫		** "How t	o Lose a Gu	uy in 10 Day	/s " (2003) 🖸	C	"No One V	Vould Tell"	(1996)	"How
MAX	*** "Fast	Food Natio	on" (2006) 🖸		*** "Lone	e Survivor"	(2013) (In S	tereo)	*** "Sabo	otage" (201	4) (In Stereo) CC	"Omen"
NBCSPA	Birds	Mission	Women's	College Bas	sketball		Mission	Birds	S. Joyner	Eagles	Football	Best Show	/ Ever
NICK	(5:00) "Mir	nions" 🖾	Sponge.	Rugrats	★★½ "Minic	ons " (2015)	(In Stereo)	20	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	** "Fifty S	Shades of G	irey" (2015)	Dakota Joh	inson.	** "Fifty S	Shades Darl	ker" (2017)	00
TBS	Sheldon	Sheldon	Sheldon	Sheldon	*** "Creed II" (2018) Michael B.			Jordan. 🖾 ([OVS)	★★½ "The I	Karate Kid"	(2010) 🖸	
ТСМ	★★½"Palm	Springs W	eekend" (19	963)	**½"Lure	d " (1947) Ge	eorge Sande	ers.	"Wanted:	Jane"	"Stranger	on the Thir	d Floor"
TNT	"Hobbit-Unexpected" ** ½ "Terminator: Dark F				k Fate" (201	9) CC (DVS) All Elite Wrestling			restling	*** "Ready Player One"		ne"	
USA	9-1-1 🖸 (D	VS)	9-1-1 🖸 (D	VS)	9-1-1 "Trap	oped"	9-1-1 🖸 (D	VS)	9-1-1 🖸 (D	VS)	9-1-1 "7.1" 🖾 (DVS)		



"In My Opinion" by Nancy Adler



Nancy Adler Nutrition is the recipient of the Gold Award in The Best of the ress 2020, 2021 & 2022 Readers Choice Awards! Thank you to all who voted!

Nancy Adler is a Certified Nutrition and Fitness Instructor. She specializes in nutrition, weight loss control and sports specific nutrition for all ages.

Nancy will create a personalized nutrition plan just for you to help you reach your goals.

You may listen to Nancy every Sunday at 2pm: Nancy Adler Nutrition LIVE! NewsTalk 1400 WOHD radio.

For more information, call Nancy at 609.653.4900 to schedule your one-on-one confidential consultation. www.NancyAdlerNutrition.com

NUTRITION, WEIGHT LOSS & FITNESS DON'T SKIP MEALS

Ever notice how all you want to do is take a nap after eating a huge, greasy meal? Large portions, especially of less-than-healthy food, can exhaust you and leave you feeling sluggish. Eating several small meals a day will allow you to keep your metabolism going for extra caloric burn.

Four to six portion-controlled meals can help you maintain your blood sugar and keep you from getting seriously hungry during the day, which can easily lead to overeating.

You might think that skipping breakfast or lunch is a great way to cut calories, but this actually does more harm than good. Starving yourself is unhealthy and simply doesn't help you lose weight or keep it off.

Just like your parents always said, breakfast really is the most important meal of the day. Skipping that quick morning bite deprives your body of the chance to kick start its metabolism, which can result in a desire to eat bigger (or unhealthy) meals later.

Nancy Adler C.F.T./S.S.N./S.S.C. 1201 New Road • Suite 131 • (609)653-4900 Cornerstone Executive Suites • Linwood, NJ 08221 Follow Nancy Adler Nutrition on freder

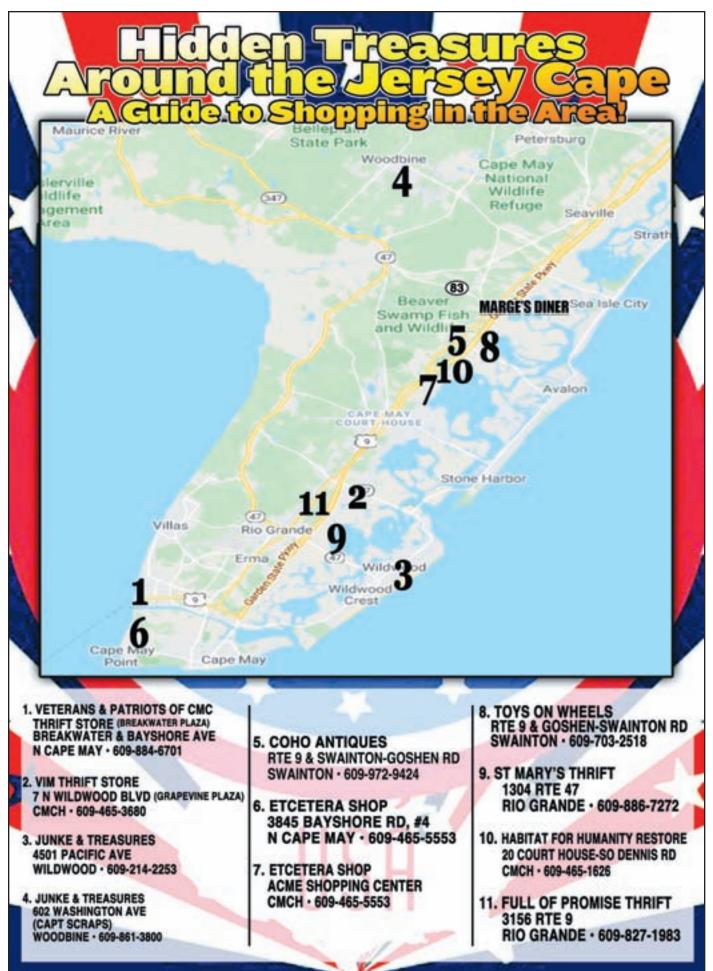




4-6PM

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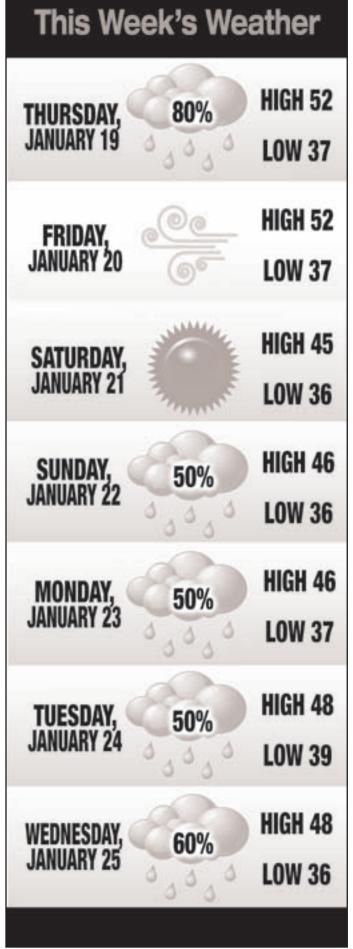
PAGE 20



At Veterans & Patriots Thrift Store (located at 3305 Bayshore Rd in N. Cape May, NJ), we have no payroll and no one gets a penny. After we pay our rent, electric, A/C, heat and other bills, 100% of the balance of money goes to those in need. We also help support other charities in Cape May County. If you know of someone in need, please call us at (609) 884-6701. Thank You and God Bless You! ~ Bud Lutner, CMDR, VPCMC







SPENDING AND SAVING STRATEGIES FOR 2023

The past few years have upended many perceptions of financial stability. A layoff or career change, inflation never before seen by younger generations and the lingering uncertainty of the pandemic might have thrown off your financial planning.

The new year is a great time to review your strategies for smart spending and saving so you can weather whatever the future has in store.

Financial planning professionals suggest that you start by creating a budget. Online trackers such as Mint.com can help you understand your spending. Also, reviewing your expenses with a CERTIFIED FINANCIAL PLANNERTM professional is a great way to get a handle on spending smart today while saving for tomorrow.



Try these tips for saving and spending in 2023:

USE CREDIT RESPONSIBLY: Pay off credit cards each month, if possible, to avoid accumulating debt and build good credit.

SET UP AUTOMATIC SAVINGS: You can do this through your bank and va your employer's payroll. Use the new year to take a fresh look at the savings options through your employer, including Health Savings Accounts (HSAs), which can be carried over from one year to the next.

INVEST WINDFALLS: Invest any unexpected cash, such as bonuses or tax refunds, and make your money work harder for you. If you find yourself with significant new assets, such as an inheritance, a CFP® professional can help you make the most of your good fortune.

REVIEW YOUR RETIREMENT PLANS: The new year may bring changes such as buying a home, updating a will or navigating a higher tax bracket. A CFP9 professional can provide a new year review to keep your retirement plans or track no matter where you are in your working life.

PLAN YOUR TAX PAYMENTS: Consider paying estimated taxes throughout the year to avoid a large tax bill in April. Estimated tax payments can be especially helpful for contract workers or freelancers who don't have taxes taken out of their pay automatically.

SHOP SMARTER: Combat inflation by switching to store brands for someitems. Check whether generic medications will work for you and compare prices or different pharmacies.

Visit LetsMakeAPlan.org for more information about financial planning and how to find a CERTIFIED FINANCIAL PLANNER™ professional near you.

SATU	RDAY	AFTEF	RNOON								JANUA	RY 21	, 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 Ba	sketball TC	CU at Kansas	S. CC	TBA	Game	To Be Ann	ounced		
6-ABC	oh baby!	NFL's Mos	t	UFC Live	C	College Ba	sketball UC	CLA at Arizo	na. 🖸	TBA	ТВА	Action Net	ws 5PM
10-NBC	One	Paid Prg.	Premier Le	ague Socc	er: Eagles v	s Magpies	Goal	LPGA Gol	ł			Alp. World	l Cup
17-MNT	BCSBN	College Ba	asketball Vir	ginia Union	at Bowie Sta	ate.	BCSBN	College Ba	asketball				Sheldon
23-PBS	Reconstru	ction: Ame	rica After th	e Civil War	(In Stereo)	23	Relieving	Stress	Overcmng			NJ Busin	State-Aff
29-FOX	Paid Prg.	To Be Ann	ounced			College Ba	sketball lov	wa at Ohio S	State.	Paid Prg.	NFL Footb	all	
57-CW	Paid Prg.	Weather G	one Viral	World's	Women's	College Bas	ketball		Sports	College Ba	sketball		
A&E	Zombie	Triple Digi	t Flip 🖾	Neighbor.	Neighbor.	Neighbor.	*** "Patri	ots Day" (2	016) Mark V	Vahlberg. (Ir	n Stereo) 🚾		"Deep
AMC	(10:30) **	*½ "The Kar	rate Kid" (19	984)	**½ "The k	Karate Kid P	art II" (198	6) Ralph Ma	cchio.	★★½ "Uncle	e Buck" (19	89) John Ca	indy.
CNN	News	CNN News	room	CNN News	room	CNN News	sroom CNN Newsroom			CNN News	room	CNN News	sroom
DISC	Distiller	Moonshine	ers	Naked and	Afraid "Oka	ay, Boomer"	00	Naked and Afraid		Naked and	Afraid	Naked and	l Afraid
DISN	Big City	The Owl H	ouse 💷	Villains	Villains	Bunk'd	Bunk'd	Big City	Big City	Big City	Big City	Ladybug	Ladybug
ESPN	NFL	College Ba	asketball Mia	ami at Duke		College Ba	sketball			College Ba	asketball Te	ams TBA. (Live) 🖾
ESPN2	GameDay	College Ba	asketball Ole	e Miss at Ar	kansas.	College Ba	sketball Te	ams TBA. (I	_ive) 🖸	College Ba	asketball Te	ams TBA. (Live) 🖾
FNEWS	Cavuto	Fox News	Live 🖸	Fox News	Live 🖸	Fox News Live C Journal Editorial Rpt.			Fox News	Live 🖾	Saturday S	Show	
FX	"Final"	** "Pacific	c Rim Upris	i ng " (2018)	John Boyeg	ja. 🖸	★½ "Gone i	n 60 Secon	ds " (2000) I	Nicolas Cag	e.	"Enemy-S	tate"
HBO	"Gravity"	*** "Ghos	st Town" (20	008)	* "I Love \	ou, Beth Co	ooper" (200)9) 🖸	To Be Ann	ounced	The Last o	f Us (In Ste	reo) 🖸
HIST	Oak Is	Ancient Al	iens	Ancient Al	iens	Ancient Ali	iens	Ancient Al	iens	Ancient Al	iens	Ancient A	liens
ION	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU
LIFE	"Good Fat	her"	"Girl in the	Box" (201	6) 🖸	"Prosecuti	ng Casey A	Anthony: Er	hanced"	"How to M	urder Your	Husband"	
MAX	(11:13) "In	decent Prop	posal"	*** ^½ "The	Fly" (1986)	Jeff Goldblu	um.	"What's Ea	ating Gilber	t Grape"	★½ "One fo	r the Mone	y" 🖸
NBCSPA	Paid Prg.	S. Joyner	Eagles	Birds	Mission	College Ba	sketball De	elaware at D	rexel.	Football	World Pok	er	Poker
NICK	Sponge.	Sponge.	Sponge.	"The Spon	geBob Squ	arePants M	ovie" 😳	** "Ice Ag	e: Collision	n Course" (2	2016)	"Trolls Wo	orld Tour"
PARMT	NCIS	**** "Rai	ders of the	Lost Ark" (1981) (In St	ereo)	*** "India	ina Jones a	nd the Tem	ple of Door	n" 🖸	"Indiana J	ones"
TBS	Friends	Friends	**½ "Shrek	Forever A	fter" (2010)	00	**½ "The k	Karate Kid"	(2010) Jade	en Smith, Jae	ckie Chan. 🛙	C	"Blind
TCM	"Alibi	*** "Shall	We Dance'	' (1937) 🖸		*** "Wate	rloo Bridge	e " (1940) 🖸	(DVS)	*** "Tribu	ute to a Bad	Man"	"Run
TNT	NCIS: LA	***½"Bac	k to the Fut	ure" (1985)	Michael J. I	Fox.	*** "Back	to the Fut	ure Part II" ((1989) 🖸 (D	VS)	"Back-Fut	ure III"
USA	Soccer	Premier	College Ba	sketball			College Ba	asketball La	Salle at Sai	int Louis.	Chicago P	.D.	Chicago

	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-C85	News	News	ET	NFL	FBI		48 Hours				News	Playoff	Magnum
G-ARC	News	ABC	FYI Philly	Wheel	UFC 283:	Teixeira vs	Hill - Prelin	ms H	Shark Tan	k	News	News	Jeopardy
10-NBC	News	NBC	Paid Prg.	1st Look	The Wall	10	Dateline N	IBC III	Saturday I	Night Live	News	Saturday	Night Live
17-MNT	Big Bang	Big Bang	Big Bang	Big Bang	Chicago I	P.D.	Chicago F	P.D.	Action Net	ws at 10	Philler	Delco	Mom
22-205	Reporters	Chat Box	NYC Arts	The Arts	Old	House	Show Me	McLeod	La Otra Mi	irada "Alma	Mator" #	11222	Miss
29-FOX	To Be Ann	ounced		Pregame	NFC Divi	sion Series:	Eagles vs	Giants			Name Tha	t Tune	Paid Prg.
57-GW	FamFeud	FamFeud	NLL Lacro	ase Toronto	Rock at P	hiladelphia V	Vings.	FamFoud	News Phil	lý	WOW - W	omen	Neighbor
AND	(5:30) ***	"Deepwate	er Horizon"	(2016)	**%"The	Magnificen	t Seven" (2)	016) Denzel	Washington	00	Road	Road	"Seven"
AMC	++\-Reve	nge of the	Nerds" (198	34)	+++ "The	Goonies" (1985) Sean	Astin. Iff	25	++)-Uncl	e Buck" (15	(89) John C	andy.
GNN	CNN News	moon	CNN News	moon	CNN New	sroom	"Dionne V	Varwick: Do	n't Make M	e Over"	History of	the Sitcom	History of
CHISIC	Naked and	Afraid	Naked and	Afraid	Naked an	d Afraid "Th	e Death Leo	ige" IK	Naked and	Afraid "Th	e Devil's Wo	ods"	Afraid
CIED	Owl Hse.	Owl Hse.	The Owl H	iouse 🛤	The	The	The Owl H	fouse IE	Miraculou	s World	The	The	Owl Hse.
ESEN	College B	sketball Te	ams TBA. (Live) III	UFC 283:	Teixeira vs	Hill - Prelin	ms III	SportsCer	titer III	SportsCer	nter IE	NFL
(TELENIZ)	College B	sketball Te	ams TBA. (Live) #	2023 Australian Open Tennis Round of 16. (Live) #						and the second	1120 C 1	2011
ENEWS	Fox Report	t	Gutfeld!	£	One Natio	n	Dan Bong	ino	Lawrence	Jones	One Natio	0	Unfiltered
63	(5:00) ***	"Enemy of	the State"	(1998)	++1"Bad	Boys for Li	fe" (2020) V	Vill Smith, #	6 1	**)*S.W.	A.T." (2003) (in Stereo)	H
CHILD	(5:50) **)	"Black Ada	m* (2022)	PG-13'	**1"Cold	Pursuit" (2	2019) Liam M	Veeson.	The Last o	Us (in Sta	reo)IE	++ "Remi	niscence"
0000	Ancient A	lens	Ancient A	liens	Ancient A	Ulens: Deck	assified "Ali	ens & Gianta	" (In Stereo)	112		01	Aliens
IUN	Law & Ord	ler: SVU	Law & Ord	ter: SVU	Law & On	der: SVU	Law & On	der: SVU	Law & Ord	ler: SVU	Law & Ore	der: SVU	Law-SVU
CUID	++ "Jodi /	rias: Dirty	Little Secre	a" (2013)	"Bad Beh	ind Bars: J	odi Arias" (2023) 🖿	Celimate S	Secret	"Bad Beh	ind Bars: J	odi Arias"
MAX	"One	++1"Swite	ch" (1991) 1	£	"Robin H	ood: Men in	Tights"	*** "Kick	-Ass" (2010	I) Aaron Joh	hison,	++ "Dutch	s" (1991)
NRCSEA	Poker	Pregame	NHL Hock	ey Philadels	hia Flyers	at Detroit Re	d Wings.	Postgame	NBA Bask	etball: 76e	rs at Kings		
NICES	"Trolls Wo	rid Tour"	++1"Dr. 5	euss' the L	orax" (201	2) 86	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	"Indiana J				iders of the	e Lost Ark"	Ark" (1981) (in Stereo) +++1 "Indiana Jones		and the La	st Crusade	* 10		
	(5:30) ***	"The Blind	Side" (200	9)	Burgers	Burgers	Burgers	Burgers	+++ "The	Blind Side	* (2009, Dra	ma) Sandra	Bullock.
TEM	(5:45) ***	5:30) *** "The Blind Side" (2009) 5:45) *** "Running on Empty" (1988)				less" (1935	Jean Harlo	w. 14	**** "Lib	eled Lady"	(1996) 📰	alas Francisco and	"Two
	"Back to t	he Future P	It Crusade" +++++ nd Side" (2009) g on Empty" (1988) e Part III" +++ "F		dy Player C	One" (2018)	Tye Sherida	n. H (DVS)		+++ "Tran	sformers"	(2007) Shia	LaBeout.
USA	Chicago	Chicago P	.D.	Chicago P	.D.	Chicago I	P.D.	Chicago P	D.	Chicago F	P.D.	Chicago	Law-SVU

SUND	AY AF	TERNO	DON								JANUA	RY 22	2023
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00		5:00	,
3-CBS	CBS3	College Ba	sketball			To Be Ann	ounced			To Be Ann	ounced		
6-ABC	Inside	Action Nev	vs 🖸	Women's	College Bas	ketball		Australian	Open	Hearts of	Vets-Pets	Action Nev	vs 5PM
10-NBC	Premier Le	eague Socc	er		Goal	Football Ni	ght	NFL Footb	all AFC Div	isional Roun	d: Teams Tl	BA. 🖸	
17-MNT	Paid Prg.	The 700 Cl	ub (In Stere	0) 🖸				Pawn	Pawn	Raw Trav.	black-ish	Philler	Sheldon
23-PBS	Think Tk	State-Aff	Class	John Seba	stian's Folk	Rewind		Ed Slott's	Retirement	Freedom!	20	Collagen Diet	
29-FOX	Paid Prg.	College Ba	isketball Bu	tler at Conn	ecticut.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	NFL Footb	all		
57-CW	Paid Prg.	SOS: How	to Survive	Storm of S	Suspicion	The First 4	8 🖸	Major Crin	nes 💷	SEAL Tear	n 👓	Magnum P	00
A&E	Zombie	Zombie Fli	р	The First 4	8 00	The First 4	8 00	The First 4	18 CC	The First 4	8 00	The First 4	8 00
AMC	"Pol	*** "Zom	bieland" (20	09, Comed	y) 🖸	*** "The (Goonies" (1	1985) Sean	Astin. 🖾		***½"Car	r ie" (1976) 🛙	20
CNN	News	State of Ur	nion	Fareed Zal	karia GPS	CNN News	room	CNN News	sroom	CNN News	room	CNN News	room
DISC	Sewer	Sewer Dive	ers 🖸	Sewer Dive	ers 📧	Dirty Jobs	[CC]	Dirty Jobs	CC	Dirty Jobs	[CC]	Dirty Jobs	[CC]
DISN	Big City	Ladybug	Ladybug	The Owl H	ouse 😳	Ladybug	Ladybug	Jessie	Jessie	Jessie	Hamster	Hamster	Big City
ESPN	SportCtr	Postseaso	e) 🖸			College Ba	asketball Te	emple at Hou	iston.	Winter Uni	v. Games		
ESPN2	Australian	Open		College Ba	asketball Me	Memphis at Cincinnati. Women's College Bas				sketball		Wm. Bask	etball
FNEWS	Medi	Fox News	Live 🖸	Fox News	Live 😳	FOX News	Sunday			Fox News	Live 🖸	Sunday Sh	ow
FX	"Gone in"	**½"S.W.	A.T. " (2003)	Samuel L.	Jackson. 🖾		*** "Ener	my of the S	tate" (1998)	Will Smith.	(In Stereo) 🛙	0	"Bad
HBO	"Dupree"	** "The Pe	erfect Score	e" (2004) 'P	G-13'	"The Bob's	Burgers N	lovie"	** "47 Ro	nin" (2013)	Keanu Reev	ves. 🖸	ТВА
HIST	The Cars 1	That Made A	merica	Pawn Star	S CC	Pawn Stars	3 00	Pawn Star	S CC	Pawn Star	S CC	Pawn Star	S CC
ION	NCIS	NCIS "Gut	Check"	NCIS "Devi	il's Triad"	NCIS "Kill C	Chain"	NCIS "Dou	ble Back"	NCIS CC (D	VS)	NCIS "Bulle	etproof"
	"How to L	ose"	*** "Sully	" (2016) To	m Hanks, Aa	aron Eckhart	. CC	"I Am Eliz	abeth Smar	,	"Believe M		
MAX	"The Fore	ver Purge"	*** "Thor	oughbreds	" (2017)	*** "Pacif	ic Rim" (20	13) Charlie	Hunnam. 🖾	1	*** "Class	s Action" (1	991)
NBCSPA	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Women's C	College Bas				etball: 76ers	0	
NICK	Sponge.	Sponge.	Sponge.	*** "The	Croods: A N	lew Age" (2	.020)	TBA	**½ "Trolls	s World Tou	ır" (2020) 🖸		"Lorax"
PARMT	NCIS	*** "Men	in Black" (1	997) (In Ste	ereo)	** "Men in	Black II" (2002) (In St	ereo)	★★½ "Men i	in Black 3"	(2012) Will S	Smith.
TBS	"Star Wars: A New Hope" **** "Star Wars: T							() (, ,		r Wars: Retu		edi"
TCM	***½"Tha	*** "That Hamilton Woman" (1941) Vivien Leigh.			Leigh.	*** "Julia	Misbehave	es" 🖸	*** "Plea	Please Don't Eat the Daisies		s" 🖸	"Int.Vel
TNT	(10:00) **	* "Transfor	mers"	** "The Le	egend of Ta	rzan" (2016)	** "The M	leg" (2018) .	8) Jason Statham. 🖾 (DVS))	"Juras
USA	Chrisley	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Orc	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU

SUNDAY EVENING **JANUARY 22, 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 60 Minutes CC The Equalizer 🖸 East New York CC NCIS: Los Angeles News Sports J. Osteen ABC *** "Iron Man" (2008) Robert Downey Jr. (DVS) FYI Philly 6-ABC News **Funny Home Videos** Conners News Sports 10-NBC Football News To Be Announced To Be Announced To Be Announced To Be Announced NBC 10 News at 11p Eagles Two Men Gold Gold Mod Fam Mod Fam Action News at 10 Outdoors 17-MNT Two Men Mod Fam Mod Fam Seinfeld Seinfeld Collagen **Rick Steves Fascism in Europe** Michael Flatley's Lord John Sebastian's Folk Rewind 'One All' Show Me 23-PBS Simpsons The-North Accused CC NFL Football The 10 News Extra 😳 Simpsons Burgers 29-FOX News 57-CW **Criss Angel** Animals Animals Animals Animals Whose? Whose? News Philly WOW - Women King A&E The First 48 🚾 The First 48 CC The First 48 00 The First 48 CC The First 48 🖾 The First 48 CC First 48 (4:45) "Carrie" (1976) ** "Christine" (1983) Keith Gordon. 🖸 Mayfair Witches Mayfair Witches ** "Christine" (1983) CC AMC CNN Newsroom Who's Talking CNN Newsroom The Eighties "Raised on Television" 🖾 CNN The Eighties 🖾 Movies DISC Dirty Jobs CC Dirty Jobs 🖾 Dirty Jobs (In Stereo) Sewer Divers CC Dirty Jobs (In Stereo) Dirty Jobs 🖾 **Dirty Jobs** Big City Big City *½ "Arctic Dogs" (2019) 'PG' Bunk'd **Big City** DISN Bunk'd Jessie Jessie Jessie Big City **Big City** Women's College Gymnastics NFL Rewind CC SportsCenter W/Van Pelt ESPN **FISU Winter University Games** SportCtr Wm. Basketball 2023 Australian Open Tennis Round of 16. (Live) CC ESPN2 Life, Liberty & Levin Revolu Life, Liberty & Levin The Next Revolution FNEWS Fox Report Sunday Night Sunday Night FX (5:30) ** 2 "Bad Boys for Life" (2020) ** "Fast & Furious Presents: Hobbs & Shaw" (2019) CC "Hobbs & Shaw" ***^½ "Captain Phillips" (2013) Tom Hanks. C HBO тва The Last of Us 🖾 The Last of Us 🖾 The Last "Cold Pursuit" (2019) HIST Pawn Stars CC Pawn Stars CC Pawn Stars Do America 🖾 Pawn Stars Do America 🖾 Pawn Star NCIS CC (DVS) ION NCIS CO (DVS) NCIS "Crescent City" NCIS C (DVS) NCIS CC (DVS) NCIS "Alleged" NCIS 'Bad Behind Bars: Jodi Arias" (2023) 🖾 "The Plot to Kill My Mother" (2023) 🕮 "Plot Kill" Œ "Catfish Killer" (2022) Alicia Leigh Willis. MAX ** "Conan the Barbarian" (2011) CC ** "The Purge: Anarchy" CC ** "Lara Croft: Tomb Raider" (2001) CC "Lara Croft-Life" Pregame NHL Hockey Winnipeg Jets at Philadelphia Flyers. @ NBCSPA In. Golf **Flyers Postgame** NHL Hockey: Jets at Flyers NICK (5:30) "Dr. Seuss' the Lorax" *** "The Croods: A New Age" (2020) Friends Friends Friends Friends Friends Sponge. *** "Men in Black" (1997) (In Stereo) ** "Men in Black II" (2002) (In Stereo) **1/2 "Men in Black 3" (2012) Will Smith. PARMT "MIB 3" **** "Star Wars: A New Hope" (1977) Mark Hamill. TBS 'Star Wars: R" Big Bang Big Bang Big Bang Big Bang Big Bang Big Bang TCM (5:45) **½ "International Velvet" (1978) **** "12 Angry Men" (1957) CC ** "Perfect Strangers" (1950) CC "Lady" **^{1/}/₂ "Jurassic World" (2015) CC INT (5:30) **1/2 "Jurassic World" (2015) 00 **½ "Godzilla vs. Kong" (2021) Premiere. C USA Law & Order: SVU Chi. Fire



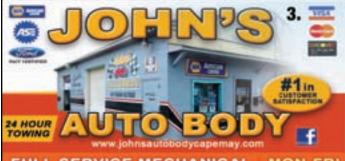
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609.374.6097 Don't Let Damaged Roads Ruin Your Tires, Vehicle

This winter, Americans are seeing record storms and low temperatures across the country. With these treacherous conditions, it is more important than ever to prepare your car for the best possible performance in the snow and cold.

CHECK THOSE TIRES

Winter weather and roads put a lot of strain on your tires. In extreme cold, the rubber can crack and broken asphalt will do a great deal of damage. Inspect your tires regularly, especially after any difficultor rough drives.

Make sure you stay on top of tire inflation. The cold weather can cause a drop in PSI, so check tires regularly and fill with air when they fall below the proper inflation range. Proper inflation levels for your vehicle can be found inside the drivers-side door.

POTHOLES AND OTHER TIRE PROBLEMS

Freezing and thawing of water in the asphalt can cause severe cracks and potholes. Driving over a pothole can cause damage to your car including: Bent wheel rims • Alignment issues • Tire damage • Shock and strut problems

After you hit a pothole, do a visual check for any damage. Look for harm to the rim or a deflation in the tire as well as any gashes or damage to the rubber.

While you are behind the wheel, make sure there aren't any strange irregularities in the way your car handles after the incident such as noises, vibrations or steering issues.

COMPENSATIONS FOR POTHOLE DAMAGE?

Did you know that cities and states may pay for damage to your car from potholes on public roads? Check with your local municipality and submit the proper information, but it's worth looking into.

TIPS TO PREVENT TIRE DAMAGE

· Stay alert while driving and keep an eye out for potholes, hazards and, of course, other drivers.

Watch your speed, always have control of your vehicle and know "exit routes"

to get out of potential danger. • Don't rush through puddles. You never know how deep they might be and there is the potential for hydroplaning.

Also the wave of water you kick up might temporarily blind you by filing the windshield with a torrent of water.

 Always use four winter tires no matter what type of vehicle you drive. By not using four, you risk uneven traction and the possibility of fishtalling or over steering, even with front wheel drive.

 All-season and all-weather tire rubber may harden due to lower/freezing temperatures. The physical changes caused by cold weather reduces traction and may increase slipping, leading to a loss of control.



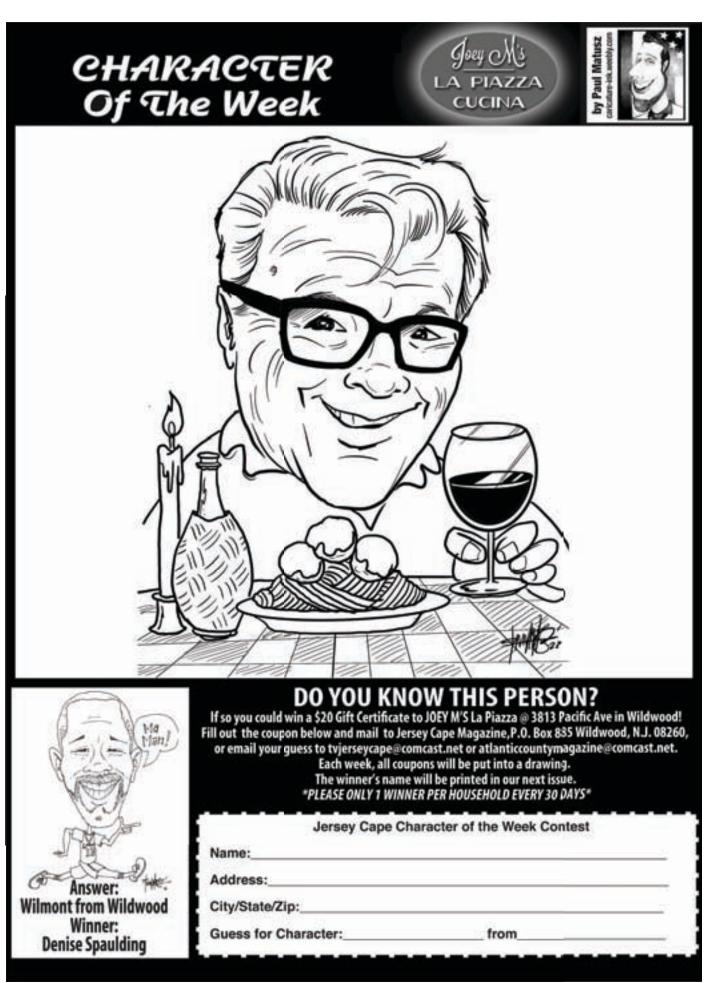


MONE	DAY EV		à								JANUA	RY 23	, 2023
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30			,
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS "Big	Rig"	NCIS: Haw	vai'i	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Bache	elor 🖸			The Good	Doctor	News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Holly	America's	Got Talent:	All-Stars C	C	Quantum	Leap	News	Tonight Sh	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Net	ws at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Walking V	ictorian	Searching	: Our	20 Years of	of Glory	NJ Spotl	One/One	World
29-FOX	The Six	The Pulse	TMZ 🖸	You Bet	Fantasy Is	land	Alert: Miss	sing	The 10 Ne	ws	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All Americ	an 🖾	All American		News Philly		Law & Ord	ler: SVU	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	8 00	The First 4	8 CC	The First 4	18 CC	The First 48 💷		First 48
AMC	*** "Johr	Wick " (201	4, Action) K	eanu Reeve	es. 🖸	*** "John	Wick: Cha	pter 2" (201	17) Keanu R	leeves.	"John Wic	k: Chapter	3"
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	Anderson	Cooper	CNN Tonig	ght 🖸	CNN Tonig	ght 🖸	AC 360
DISC	(5:00) Stre	et Outlaws	Street Out	aws	Street Out	laws "Blackt	op Blues" (I	n Stereo) 🖾			Street Out	laws	Outlaws
DISN	Ladybug	Ladybug	Hamster	Big City	Hamster	Big City	Jessie	Jessie	Big City	Hamster	Ladybug Ladybug		Jessie
ESPN	SportsCen	iter 🖸	College Ba	isketball Du	ike at Virgin	ia Tech.	College Ba	asketball Ka	ansas at Bay	/lor. 🖸	SportsCer	nter	SportCtr
ESPN2	Daily Wag	er 🖸	Women's	College Bas	sketball		2023 Australian Open Tennis Quarterfinals.			arterfinals. (Live) 🖸		
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Carlson		Hannity (L	ive) 🚾	The Ingral	nam Angle	Gutfeld! 🖸]	Fox News
FX	(5:30) ** "	The Mumm	y " (2017) (li	n Stereo)	★½ "The Er	npty Man" (oty Man" (2020, Horro		adge Dale. 🛙	™ *½"The E		npty Man"	(2020)
HBO	"Blended	Game	The Last o	f Us 🖸	***½"The	Banshees	of Inisherin	ı" 'R'	The Last of	of Us 🖾	** "Ameri	can Ultra" (2015) 'R'
HIST	History's-I	Nysteries	History's-M	/lysteries	History's (Greatest My	steries 🖾		History's	Greatest My	steries 🖾		Mysteries
ION	Criminal N	linds	FBI "Pilot" [C	FBI "Green	Birds"	FBI "Prey"	00	FBI "Cross	fire" 🖸	FBI "Doom	sday"	FBI 🖸
	Castle "Se	tup" 📧	Castle "Co	untdown"	Castle 💷		Castle 🖾		Castle 🖾		Castle 🖾		Castle
MAX	* "12 Rou	n ds " (2009)	John Cena.	00	*** "Nobe	ody" (2021)	00	** "Anna'	' (2019) Sas	sha Luss. (In	Stereo)	"Lone Sur	vivor" 🖻
NBCSPA	Birds	Birds	Fantasy Fo	ootball	The Best S	Show Ever?	00				Birds	Fantasy Fo	ootball
NICK	"Trolls Wo	orld Tour"	PAW Patro	I (In Stereo)) [[]		Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	**½ "The [Day After To	omorrow" (2	2004) Denni	s Quaid. 🚾		*** "Top	Gun " (1986) [[]
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	American
TCM	(5:30) "The	e Stalking N	loon" 🖸	MGM	M ★★½ "The Omega Man" (1971) © ★★½ "On the Beach" (1959) Gregory Peck. ©								
TNT	"Kong: Sk	ull Island"	**½"Godz	illa vs. Kon	g" (2021) 🖸]	Ghost Adventures *** "Kor		*** "Kon	Kong: Skull Island" (2017)			
USA	Law & Ord	er: SVU	r: SVU Law & Order: SVU WWE Mond				y Night RAW (In Stereo Live) 🖾				Barmageddon		Chicago

TUES	DAY E	VENIN	G							,	JANUA	RY 24	, 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 "Break	down"	FBI: Intern	ational	FBI: Most	Wanted	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	The Rooki	9	The Rooki	e: Feds	Will Trent	In Stereo)	News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Holly	Night	American	To Be Ann	ounced	To Be Ann	ounced	News	Tonight Sh	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	vs at 10	Paid Prg.	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Agatha Ch	ristie's Mar	ple 🖾 Great Per		ormances	Variety	NJ Spotl	Gover	World
29-FOX	The Six	The 215	TMZ 🖸	You Bet	9-1-1: Lone	e Star	Accused CC		The 10 News		News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Winch	esters	The Winch	esters	News Philly		Law & Order: SVU		Neighbor
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighborh	ood Wars	Customer	Customer	Neighbor. Neighbor.		Neighbor.
AMC	(4:30) ***	^{1/2} "Gladiato	r" (2000) 🖸		*** "Tom	bstone" (19	93, Western) Kurt Russ	ell, Val Kilme	er. 🖸	That Dirty	Black Bag	"Walk
CNN	Situation F	Room	E. B. OutFr	ront	Anderson	Cooper	Anderson	Cooper	CNN Tonig	ht 🖸	CNN Tonig	ght 🖸	AC 360
DISC	Bering Sea	a Gold "Dive	er's Ed" 🖸		Bering Sea	Gold "The	Miner's Coo	e" 🖸	Ice Cold C	atch 😳	Sewer Div	ers 🖸	Sea Gold
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Big City	Villains	Villains	Big City	Hamster	Ladybug Ladybug		Jessie
ESPN	SportsCen	ter 🖸	College Ba	sketball Te	ams TBA. (l	_ive) 🖸	College Ba	sketball			SportsCen	iter	SportCtr
ESPN2	The Point	CC	College Ba	sketball Te	ams TBA. (Live) 🖾 2023 Australian Open Tennis Qua					arterfinals. (I	_ive) 🖸		
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Carlson		Hannity (Li	ive) 🖸	The Ingrah	am Angle	Gutfeld! 🖸		Fox News
FX	"Jason Bo	urne" 🖸	**½"The F	ate of the F	urious" (20	17) Vin Dies	sel. (In Stere	eo)	★★½ "The F	ate of the F	Furious" (2017) Vin Die		sel.
HBO	"Captain P	hillips"	To Be Ann	ounced	** "300: R	ise of an Ei	mpire" (201	4) 'R'	REAL Spo	rts	The Last of Us 💷		"Malig
HIST	Curse of O	ak Island	Curse of O	ak Island	Digging De	eeper	Curse of O	ak Island	Beyond Oa	ak Island 🖾			Digging
ION	Chicago Fi	ire 🔤	Chicago Fi	re 🖸	Chicago Fi	re 🖸	Chicago Fi	ire 🖸	Chicago Fi	re 🖸	Chicago F	ire 🖾	Chi. Fire
	Castle "Pre	etty Dead"	Castle "Kno	ockout"	Castle "Ris	e" 🖸	Castle 🖾		Castle "He		Castle 💷		Castle
MAX	*** "The (Omen " (197	6) Gregory I	Peck.	"Knock Kr	ock" (2015) 00	**½"Indec	ent Propos	al" (1993) 🛙	C	** "Le Div	orce"
NBCSPA	Birds	Pregame	NHL Hocke	ey Los Ange	°.	Philadelphia		Flyers Pos	tgame	Birds	Snow	Birds	Hockey
NICK	Loud	Loud	Loud	Loud	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	*** "Top	Gun " (1986)) Tom Cruise	e. (In Stereo) [[]	*** "Dirty	Dancing"	(1987) (In St	ereo)
TBS	Sheldon	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Sheldon	Sheldon	Sheldon
TCM	★½ "Who's	That Girl?"	· · ·		★★½ "Peg O' My Heart" © ★★½ "Page Miss Gl				e Miss Glory" (1935) 🖾 "Cain and Mabel"				Mabel"
TNT	"Rogue Or	ne"	Pregame	NBA Bask	etball Bosto	n Celtics at	Miami Heat.	00	NBA Basketball: Clippers at Lakers				
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE NXT	(In Stereo L	ive) 📧		Chicago P	D. "Lies"	Chicago P	.D.	Law-SVU

WEDN	IESDA	Y EVE	NING								JANUA	ARY 25	. 2023
	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	Price Is Rig	ght	Lingo "Epi	sode 3"	Tough as I	Nails 🖸	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Gold	Abbott	Abbott	Will Trent	(In Stereo)	News	ews Jimmy Kir	
10-NBC	News	NBC	News	Holly	Chicago M	ed	Chicago F	ire	Chicago P	.D.	News Tonight S		างพ
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Sports	Action Nev	ws at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Gover	Here's	Miss Scarlet		All Creatur	res Great	NJ Spotl	Class	World
29-FOX	The Six	ClassH	TMZ 🖸	You Bet	Name That	Tune	Special Fo	orces	The 10 News		News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Penn & Te	ller	Kung Fu "	Villians"	News Phill	ly	Law & Ord	ler: SVU	Neighbor
A&E	The First 4	8	The First 4	8 00	The First 4	8 00	The First 4	8 CC	The First 4	8 CC	The First 4	18 CC	First 48
AMC	(5:00) ***	"Tombstor	ne" (1993) 🕅	9	** "U.S. M	larshals" (1	998, Action)) Tommy Le	e Jones. 🖾		*** "Point Break" (991) 🖸
CNN	Situation F	Room	E. B. OutFi	ront	Anderson	Cooper	Anderson	Cooper	CNN Tonight 📧		CNN Tonight 🖾		AC 360
DISC	Moonshine	ers 🖸	Moonshine	ers	Moonshine	ers "An Outl	aw Abroad"	00	Moonshine	ers	Master Dis	stiller	Moon
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Big City	Bunk'd Bunk'd		Big City	Hamster	Ladybug	Ladybug	Jessie
ESPN	SportsCen	iter 🖾	NBA	NBA Bask	etball Brook	lyn Nets at I	Philadelphia	76ers.	NBA Bask	etball: Grizz	zlies at Warr	iors	
ESPN2	Daily Wag	er 🖸	College Ba	i sketball ⊺e	ams TBA. (Live) 🖾 College Basketba			asketball ⊺e	eams TBA. (I	Live) 🚾	SportsCer	nter 🚾	SportCtr
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Carlson Har		Hannity (L	ive) 🖸	The Ingrah	nam Angle	Gutfeld! 🔤	0	Fox News
FX	"Hangove	r II"	*** "Iron	Man " (2008) Robert Dov	wney Jr. (In	Stereo) 🖾 👘		*** "Iron Man" (2008		3) Robert Downey Jr. 🖾		
HBO	"Term 2"	REAL Spo	rts	Game	★★½ "Black	Adam " (20	022) 'PG-13' 🖾		*** ^{1/2} "The Master" (2		2012) Joaquin Phoenix.		ץ.
HIST	American	Pickers	American I	Pickers	American	Pickers	American	Pickers	Dirty Old	Dirty Old	American	Pickers	Pickers
ION	Blue Blood	ds	Blue Blood	ls	Blue Blood	ls	Blue Blood	ds	Blue Blood	ds	Blue Bloo	ds	Blue
LIFE	Wife Swap	00	Wife Swap	CC	Married at	First Sight	CC	Married	Married at	First Sight	Married at	First Sight	Married
MAX	"Non	** "Kick-A	Ass 2" (2013	3) CC	*** "Chef	" (2014) Jor	n Favreau. 🛙	C	★½ "That A	wkward Mo	oment"	** "Post (Grad"
NBCSPA	Birds	Birds	Sixers	NBA Bask	etball Brook	lyn Nets at I	Philadelphia	76ers.	Sixers Pos	st.	Birds	In. Golf	Basket
NICK	Loud	Loud	Slimetime	Loud	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	*** "Dirty	Dancing" ((1987) Jenni	ifer Grey. (Ir	n Stereo)	***½"Gho	ost" (1990)	Patrick Sway	yze.
TBS	Big Bang	Big Bang	Big Bang	Big Bang Big Bang		restling: Dy	namite (Liv	e) 🖸	Power Sla	р	Sheldon	Sheldon	Sheldon
TCM	(5:45) ***	½ "Cabaret"	' (1972) 🖸		**½ "The li	talian Job"	(1969) 🖸		***½"Due	el" (1971) 🖸		"The Burg	lars" 📧
TNT	Jokers	NHL	NHL Hocke	ey: Rangers	at Maple Le	afs		NHL Hock	ey: Blue Jac	kets at Oile	Dilers		Postgame
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	ler: SVU	Law & Order: SVU		Law-SVU

THUR	SDAY	EVENI	NG								JANUA	RY 26	, 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 M	e Todd	CSI: Vegas	S CC	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Celebrity	leopardy!	The Paren	t Test	The Chase)	News	Jimmy Kir	nmel Live!
10-NBC	News	NBC	News	Holly	Law & Ord	er	Law & Orc	ler: SVU	Law & Ord	er	News	Tonight SI	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	ws at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Finding Yo	our Roots	The Black	Church: Th	nis Is Our St	ory, This	NJ Spotl	The Arts	World
29-FOX	The Six	Kelly	TMZ CC	You Bet	Hell's Kitc	hen	Flatch	Kat	The 10 Net	ws	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker 🖾		Walker Inc	ł.	News Phill	News Philly		ler: SVU	Neighbor
A&E	The First 4	8	The First 4	8	After the F	irst 48	Accused:	Guilty	Taking the Stand		The First 48 🖾		After
AMC	(5:00) ***	½ "The Kara	nte Kid" (198	34)	★★½ "Uncle	e Buck" (19	89) John Ca	andy.	**½ "Sixteen Candles		s" (1984) 🖸		"Kara
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	CNN Tonig	ght 📧	CNN Tonight 🖾		CNN Tonig	ght 🖸	AC 360
DISC	(5:00) Batt	leBots	BattleBots	CC	BattleBots	(In Stereo)	CC	BattleBe		"Champion	s: The Final	Slugfest"	Battle
DISN	Ladybug	Ladybug	Hamster	Big City	"Diary-Wir	npy Kid: Do	og Days" Hamster Big City		Hamster	Ladybug	Ladybug	Jessie	
ESPN	SportsCen	iter 🖸	College Ga	ameDay	Women's	College Bas	sketball 2023 Aus			ralian Open	Tennis Me	n's Semifina	ls. cc
ESPN2	Daily Wag	er 🖸	College Ba	sketball SN	/U at Memp	at Memphis. 🖾		asketball U	CLA at USC.	00	SportsCer	nter 😳	SportCtr
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Ca	Tucker Carlson		ive) 🖸	The Ingrah	nam Angle	Gutfeld! 🖸		Fox News
FX	(5:00) **½	"We Are Ma	arshall" (20	06)	★½ "The W	aterboy" (1	1998) (In Stereo)		★½ "The Waterboy" (998) (In Ste	reo)	"Stuber"
HBO	★★½ "Cold	Pursuit" (2	019) Liam N	eeson.	The Last o	f Us (In Ste	reo) 🖸	The Last o	of Us © ★½ "Regre		ssion" (201	5) 'R'	"Heredi
HIST	Swamp Pe	ople	Swamp Pe	ople	Swamp Pe	ople 🖾 (DV	S)	Swamp Pe	ople	Swamp Pe	eople "The E	Big 10"	Swamp
ION	Chicago P	.D. CC	Chicago P	.D. 🖸	Chicago P	.D. 🖸	Chicago P	P.D. CC	Chicago P	.D. 🖸	Chicago P	.D. CC	Chicago
LIFE	Castle "De	mons"	Castle 🖾		*** "The	Devil Wears	5 Prada " (20	006) Meryl S	treep. 🖾		"Reba McI	Entire's The	e Hammer"
MAX	"Lara Crof	t Tomb Rai	der: Cradle	of Life"	★½ "Killers	" (2010) (In	Stereo)	★½ "One fo	or the Mone	y" 🖸	★½ "The Lo	oft" (2014) 🛙	C
NBCSPA	Birds	Birds	Fantasy Fo	otball	The Best S	Show Ever?	23		1	Birds	ТВА	World Pok	er
NICK	(5:00) "Mir	nions" 🖾	Loud	Fairly	Slimetime	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In S	,	1	1	1	1	Movie (In S	,	
TBS	Sheldon	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	NFL Tailga	ate	"Ocean
TCM	"Dough		ate Lives" (1	,	*** "Biloxi Blues " (1988, Comedy) *** "The Chosen " (1981) Re					, ,		"Portnoy"	
TNT	"Blades"	Game	Tip-Off	NBA Bask	etball New `	York Knicks	icks at Boston Celtics. NBA E		NBA Basketball Dallas Mavericks at Phoenix		at Phoenix	Suns.	
USA	(5:00) "The	e Boss"	Figure Ska	ting			Chrisley	Chrisley	sley Figure Skating				9-1-1



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WHY DO WE FIND ROSEMARY EXTRACT IN PET FOODS AND TREATS?

Submitted by Patsy Nelson from The Wagging Tail

Rosemary is an aromatic Mediterranean evergreen plant, used in culinary seasoning, herbal teas, essential oils, fragrances and for health care. IT IS NOT TOXIC TO CATS OR DOGS, although it is possible for a pet to have an adverse reaction to the herb (symptoms listed later).

Rosemary has been used throughout history as a medicinal aid for brain function, joint inflammation and to relieve stress. Rosemary does have antimicrobial properties, which means that it kills microorganisms or stops their production, and it is used as a natural preservative in pet food. Rosemary also functions as an antioxi-dant (especially the rosmanol) helping to eliminate the free radicals in a pet's body that can cause long-term harm as in cancer. In short, rosemary's antibacterial, antifungal and antiseptic qualities help to "combat infections, decrease inflammation and swelling, promote digestion and preserve and enhance vision." Rosemary is high in vitamin A and C, magnesium, calcium, folate (folic acid-vitamin B9) and iron.

Rosemary can act as a bug deterrent (it contains camphor) and can be diluted in oil form and used as a spray outdoors. Always be careful when using rosemary extract on a pet's skin, a cat's skin is particularly very thin, so it must be eliuted and applied sparingly and with due diligence. You can research how to make a safe tincture.

Pets can nibble on a live plant (it is not likely that they would ingest too much) or you can sprinkle some on their food at mealtime. It is rare that a per would be alleroic but do look for the following possible signs and consult with your veterinarian.

SYMPTOMS IN DOGS

- · Itchy skin
- Dry, flaky skin
 Hair loss
- Bumos/rash
- Loss of appetite Vomiting

Dizziness

· Incoordination or lack of balance Difficulty breathing

SYMPTOMS IN CATS

- Chronic ear infections
- · Obsessive licking/chewing of feet
- · Inflamed, red paws
- · Fragrance/scent on their coat, skin or breathe
- · Gastrointestinal upset Seizures
- Drooling · Lethargy or weakness

Rosemary can cause cats to seem "high" because of the negetalactone in the rosemary's flowers and leaves. They may appear more playful and energetic, before dozing off. But if your pet displays any of the symptoms of an allergic reaction, and the above do occur with other allergens, you can try removing the osemary or elimi-nating diets that have a trace amount in them, usually the last item in the ingredient panel. As in most possible allergens, Rosemary is harmless, but the pet's body does not recognize it as such and will set up "an unneeded immune response against the rosemary ingredient." It could be a quick response, or it may take years to develop. Not all vets use the Bicom testing to determine allergies, but this tests your pet's blood's reaction to different possible allergens. If the response is lositive, your pet's blood wavelength will show stress, i.e., an incompatibility to that tem.

Since there are so many possible allergens, I have been getting Bbby and Zoey the once-a-month Cytopoint injection. Cytopoint is an antibody for logs that binds to and inactivates part of the dog's immune system. "Cytopoint is the first and only monoclonal antibody (mAb) treatment for dogs that neutralizes canine IL-31, with minimal impact on normal immune function." After the initial exam and injection, you only pay for the monthly shot which can be given by a vet tech. I have used Apoquel in the past for my dogs with allergy issues, but it is costly and must be given every day. And Zoey, who has Addison's Disease, needs a shot every twenty-eight days for that so it is convenient to get both at the same time. Ebby like: to be part of the process and it controls her excessive licking.

Winter is still very much here. If you cover up to go outside or intoyour car, you have an obligation to protect your dog's muscles and joints as well. We have the best weatherproof jackets, in medium and heavy weights, as well as sweaters and The **Gold Paw Series.**





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