

FREE

March 3-9, 2023

Jersey Cape

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MAGAZINE

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CHECK US OUT ON 



MID-ATLANTIC CHEER CHAMPIONSHIPS
FRI, SAT & SUN
IN WILDWOOD
SEE PAGE 9

PHILLY TEAMS
ON TV
THIS WEEK
SEE PAGE 10



STEAKS, SEAFOOD & AWESOME HAPPY HOUR AT OYSTER BAY IN CAPE MAY • SEE PAGE 3



BRAVADO COFFEE CAFE IS OPEN TUES-SUN IN VILLAS • SEE PAGE 2

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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. Patient person
4. Captures
8. Wife to Mickey, Artie & Frank
11. Santa __, Calif.
12. Engrave
13. Suffix for intellect or event
14. Patriotic song (2)
17. Youngster
18. __-Wan Kenobi
19. Compact __; CD
21. Small night light
24. ICU supervisor
25. Four-year degree
26. Film alien
27. Amanda Peet's age
28. Building material
30. Early garden
32. Help
34. Sault __. Marie
35. Patriotic song (4)
41. Run up a tab
42. El __, TX
43. Hired vehicle
44. Stale
45. Six months ago: abbr.
46. Common Latin abbr.

DOWN

1. Noisy songbird
2. Stop __ __ dime
3. Chase and others
4. Have to have
5. Consumed
6. Part of the alphabet

7. "Get lost!"
8. Financial books review
9. Actor Kilmer
10. Brewed beverage
15. Began to work, as a medication (2)
16. Out-of-date
19. Carey, for one
20. Two __ four is two
22. Up to the task
23. Picnic spoiler
29. Rowed
31. Low card
33. Short swims
34. Injection
35. Word meant to startle
36. Bird of prey
37. Bagpiper's refusal
38. Recipe amount
39. Took a load off
40. "The Rookie" network

Solution Beaver



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REGULAR PRICE \$12**

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WORD SEARCH

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

"Perry Mason" on HBO
(Words in parentheses not in puzzle)

Perry (Mason)	(Matthew) Rhys	Attorney
Della (Street)	(Juliet) Rylance	Murder
Paul (Drake)	(Chris) Chalk	Conspiracies
Pete (Strickland)	(Shea) Whigham	Suspects
(Detective) Holcomb	(Eric) Lange	Justice

HOROSCOPE

MARCH 2 - MARCH 8, 2023

ARIES (Mar. 21-April 20)

You may want to sign up for lectures or courses that will bring you mental stimulation. You will be popular with acquaintances; however, loved ones could feel left out and insecure. You will not impress others by being foolishly generous. Travel will be in your best interest.

TAURUS (Apr. 21-May 21)

Unexpected bills may set you back. Visit friends or relatives who have been confirmed. Home improvement projects will run smoothly. Join a choir or a drama club. You may be considering moving to larger quarters.

GEMINI (May 22-June 21)

You have your own family to consider as well. Go after your professional goals. Trips will be favorable for business as well as pleasure. Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. Your main concern will be to spend as little as possible of your own cash in the process.

CANCER (June 22-July 22)

You may want to invest in something that will grow in value. Pleasure trips should be on your agenda. Empty promises will cause upset. Investments are best left alone this week.

LEO (July 23-Aug 22)

You may need to lend an ear to an old friend. If they're really interested, they'll wait. Take your time. Underhandedness will affect your reputation.

VIRGO (Aug. 23-Sept. 23)

Your temper could get the better of you if you confront personal situations. Be prepared to take advantage of your good fortune. Your tendency to vacillate will drive everyone crazy. You are ahead of your time, and trying to stay in one spot could be asking too much.

LIBRA (Sept. 24-Oct. 23)

Don't let friends or relatives rule your life. You'll only hurt your lover if you don't. You can make or break your personal relationship this week. You need a change of pace.

SCORPIO (Oct. 24-Nov. 22)

Children will be of major concern if you haven't kept the lines of communication open. First find out if they're married. Your ability to charm others will put you in the limelight at social functions. Your sensitive nature will allow others to read you well.

SAGITTARIUS (Nov. 23-Dec. 21)

Be careful while traveling. A romantic infatuation from your past may surface if you frequent places that you both used to go. Be prepared for an active but rewarding day. You should teach children some of your unique creative talents.

CAPRICORN (Dec 22-Jan. 20)

People trying to entice you to join in will be less than trustworthy. You are best to deal with those outside your family. Don't be afraid to make a move if you aren't happy with your emotional situation. Socializing or travel will lead to partnerships.

AQUARIUS (Jan. 21-Feb. 19)

Children may pose a problem if they don't like suggestions. Take care of the needs or responsibilities of elders. Emotional deception is evident. If you're feeling uncertain, spend some time alone and reevaluate your motives as well as your needs.

PISCES (Feb. 20-Mar. 20)

Don't say things that could be damaging later on. Cut loose. Restrictions may be difficult for you to live with. Look into physical activities that will help get rid of some of that tension you may be feeling. Don't let others try to create unwarranted guilt if you can't meet their demands.

Horoscopes Provided by: astrology-online.com

This Week's Weather

THURSDAY, MARCH 2  **HIGH 57**
LOW 43

FRIDAY, MARCH 3  **HIGH 54**
LOW 39

SATURDAY, MARCH 4  **HIGH 55**
LOW 43

SUNDAY, MARCH 5  **HIGH 48**
LOW 39

MONDAY, MARCH 6  **HIGH 46**
LOW 37

TUESDAY, MARCH 7  **HIGH 50**
LOW 39

WEDNESDAY, MARCH 8  **HIGH 45**
LOW 34

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HAPPY HOUR THURS, FRI & SUN 4-6PM

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FRI: Dennis Palma 5pm
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SUN: Keith Hickman 5pm

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WHAT'S SHOWING THIS WEEK:

Thursday, Mar. 2
**LITTLE SHOP
OF HORRORS**
9PM

Friday, Mar. 3
**NIGHT OF THE
LIVING DEAD**
SHOWTIMES:
3PM • 6PM • 9PM

Saturday, Mar. 4
**NIGHT OF THE
LIVING DEAD**
SHOWTIMES:
1PM • 4PM • 7:30PM
• 10PM

Sunday, Mar. 5
**NIGHT OF THE
LIVING DEAD**
SHOWTIMES:
1PM • 4PM
• 7:30PM • 10PM

Monday, Mar. 6
**NIGHT OF THE
LIVING DEAD**
8PM

Tuesday, Mar. 7
**NIGHT OF THE
LIVING DEAD**
SHOWTIME:
7PM

Wednesday, Mar. 8
**NIGHT OF THE
LIVING DEAD**
SHOWTIMES:
6PM • 9PM

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MON-SAT
9AM-5PM
SUN 9AM-4PM

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PRE-SLICE \$4.99

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WHAT'S HAPPENING AROUND THE CAPE

WILDWOODS

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music and sound effects, and win-
ning teams will be awarded prizes.
Admission fee will be charged at the
door: Adult one day \$34.88, two day

\$62.15 and child one day \$23.97,
two day \$40.33. Friday 4:30 p.m. - 9
p.m., Saturday 8:00 a.m. - 10 p.m.,
and Sunday 8 a.m. - 9 p.m. For more
information call 866.397.3034 or
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DAY (DR. SEUSS DAY) – March 2
Each year, National Read Across America Day is celebrated on March 2nd, the birthday of Dr. Seuss. The event is designed to encourage reading in children and is fostered through schools. It encourages them to read where ever they are.

NATIONAL ANTHEM DAY – March 3
National Anthem Day commemorates the day the United States adopted "The Star-Spangled Banner" as its National Anthem. Written by Francis Scott Key, the "Star-Spangled Banner" became the National Anthem in 1931.

NATIONAL SONS DAY – March 4
Every year on March 4th, National Sons Day honors the sons of the world and those who raise them. The day also takes a look at a son's role and his relationship with those around him.

NATIONAL OREO COOKIE DAY – March 6
Be ready to observe by having your glass of milk handy as it is National Oreo Cookie Day. This day is recognized across the nation each year on March 6th.

**HIS FIGHT IS
OUR FIGHT
-MARK BOHN-**




**BEEF & BEER W/
SUBLIMINAL MESSAGE**

MARCH 12TH 2023 2PM-7PM

**RIO GRANDE FIRE COMPANY, 1120 NJ-47 RIO GRANDE
NJ 08242**

MARK WAS RECENTLY DIAGNOSED 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

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PLEASE WEAR ROYAL BLUE TO SHOW SUPPORT- #BOHNSTRONG

**PHILLY TEAMS
ON TV THIS WEEK**




@ DALLAS MAVERICKS
THURS, MAR 2
7:30PM - TNT

@ MILWAUKEE BUCKS
SAT, MAR 4
8:30PM - ABC

@ INDIANA PACERS
MON, MAR 6
7:00PM - NBCSP

@ MINNESOTA TIMBERWOLVES
TUES, MAR 7
7:30PM - TNT/NBCSP



VS DETROIT RED WINGS
SUN, MAR 5
6:00PM - NBCSP/NHLN

@ TAMPA BAY LIGHTNING
TUES, MAR 7
7:00PM - NBCSP+



SPRING TRAINING
@ BOSTON RED SOX
THURS, MAR 2
12:05PM - ESPN

VS DETROIT TIGERS
FRI, MAR 3
1:05PM - NBCSP+

VS PITTSBURGH PIRATES
SAT, MAR 4
1:05PM - NBCSP

AROUND THE CAPE

SOME COOL PLACES TO CHECK OUT THIS WEEK ON THE JERSEY CAPE

THE WATERFRONT



Animal House Band

ANIMAL HOUSE FRIDAY NIGHT AT THE WATERFRONT IN WILDWOOD

VINCENZO'S LITTLE ITALY 2



VINCENZO'S LITTLE ITALY #2 IS OPEN DAILY FOR LUNCH & DINNER IN NORTH CAPE MAY

LA PIAZZA



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Sat, March 11 Noon-Midnight
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- Reserved Seating
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- Unlimited Use of Waterpark Area (3 hours)
- 12oz Soft Drink, Slice of Pizza & Ice Cream Dixie Cup for each Child
- \$21 per Child (8 Minimum)

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CALL OR STOP IN FOR DETAILS
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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

SEA BASS CEVICHE

INGREDIENTS:

- 1 lb Fresh Sea Bass, Diced into 1/4 inch Cubes
- 1/2 Cup Lemon Juice
- 1/2 Cup Lime Juice
- 1/2 Cup Orange Juice
- 1 TBS. Champagne Vinegar
- 1 TBS. Honey
- 1/2 Cup Mango, Diced into 1/4 inch Cubes
- 1 TBS. Fresh Chopped Chives
- 1 Jalapeno, Brunoise Cut (Very Small Dice)
- 1/2 tsp. Cumin
- 1 tsp. Old Bay Seasoning
- Cayenne Pepper to Taste



PREPARATION:

In a bowl, whisk all ingredients except fish together. Place fish in a mason jar. Pour mixture over the fish and into the jar. Seal tight and gently mix in the jar. Refrigerate for at least 12 hours. Drain off excess liquid and serve chilled with tortilla chips or pita bread. Enjoy!

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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.

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

March Fun Facts & History

"March" is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March (or Martius) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February, which were added to the end of the Roman calendar around 700 BCE, instead became the first and second months around 450 BCE.

March's full Moon, the Worm Moon, reaches peak illumination on the morning of Tuesday, March 7, 2023. Look for it in the evening of Monday, March 6, as the Moon rises above the horizon!

You may have heard the weather proverb, "If March comes in like a lion, it will go out like a lamb," which means that if the month starts off stormy, it will end with mild weather. There is, however, a different interpretation: The constellation Leo, the lion, rises in the east at the beginning of March and thus the month "comes in like a lion," while Aries, the ram, sets in the west at the end of the month, and hence, the month "will go out like a lamb."

March's birth flower is the daffodil or jonquil. The daffodil signifies regard or unrequited love. The jonquil means "I desire a return of affection."

March's birthstone is the aquamarine. This gem is a type of beryl; its color can be pale to dark blue, greenish-blue, or blue-green; deep, intense blue versions are more valuable.

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FRIDAY EVENING

MARCH 3, 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. ☺		Fire Country ☺		Blue Bloods		News	Late Show-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tank		20/20 (In Stereo) ☺		News		News	Jimmy Kimmel Live!	
10-NBC	News	NBC	News	Holly	Lopez vs	Grand	Dateline NBC (In Stereo) ☺		News		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	Midsomer		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	** "Hitman" (2007) Timothy Olyphant.				*** "Star Trek Beyond" (2016) Chris Pine. ☺				*** "Space Cowboys" (2000) ☺				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Special Report		CNN Tonight ☺		CNN Tonight ☺		AC 360
DISC	Gold Rush ☺		Gold Rush: Pay Dirt		Gold Rush "The Alaska Verdict" (In Stereo)				Aussie Gold Hunters		Gold Rush: The Dirt		Gold
DISN	Ladybug	Marvel's Mo		Bunk'd	** "Ice Age: The Meltdown"			Marvel's	Marvel's	Bunk'd	Jessie	Jessie	Bluey
ESPN	SportsCenter ☺		NBA	NBA Basketball Brooklyn Nets at Boston Celtics. ☺				NBA Basketball Memphis Grizzlies at Denver Nuggets.					
ESPN2	Daily Wager ☺		College Basketball Dayton at Saint Louis.			Women's College Gymnastics			SportsCenter (Live) ☺		SportCtr		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity ☺		The Ingraham Angle		Gutfeld! ☺		Fox News
FX	(5:30) *** "Ted" (2012) Mark Wahlberg.				*½ "Baywatch" (2017) Dwayne Johnson. (In Stereo)				*½ "Baywatch" (2017) Dwayne Johnson.				
HBO	"Elvis"	*½ "Tammy" (2014) 'R' ☺			*** "I Love You, Man" (2009) Paul Rudd.				Real, Bill Maher		Game	Real, Bill Maher	
HIST	Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Ancient Aliens		Aliens
ION	Hawaii Five-0 ☺		Hawaii Five-0 ☺		Hawaii Five-0 ☺		Hawaii Five-0 ☺		Hawaii Five-0 ☺		Hawaii Five-0 ☺		Hawaii
LIFE	"Rose for Her Grave: Randy Roth Story"				"She Inherited Danger" (2022) Premiere.				"My Nightmare Office Affair" (2022) ☺		"Inher		
MAX	**½ "Indecent Proposal" (1993) ☺				*** "Last Night in Soho" (2021) ☺				** "The Ring Two" (2005) Naomi Watts.		"Sabo		
NBCSPA	Birds	Birds	MLB Preseason Baseball: Tigers at Phillies				Birds	Brewing	Poker	MLB Preseason Baseball			
NICK	Patrick Star		Patrick	Transformers:		Kids'	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Law & Order ☺		Law & Order ☺		**½ "Major League" (1989) Tom Berenger. ☺				*** "Top Gun" (1986) Tom Cruise. ☺				
TBS	Sheldon	Sheldon	Sheldon	Sheldon	*** "Pacific Rim" (2013) Charlie Hunnam. ☺ (DVS)				** "Gemini Man" (2019) ☺				
TCM	(5:00) "The Best Years of Our Lives" ☺				**** "Double Indemnity" (1944) ☺				***½ "Mildred Pierce" (1945, Drama)		"Letter"		
TNT	(5:15) "Kong: Skull Island"			**½ "Godzilla vs. Kong" (2021) ☺ (DVS)				All Elite Wrestling		Rampage	"Godzilla vs. Kong"		
USA	9-1-1 ☺ (DVS)		9-1-1 "7.1"		9-1-1 ☺ (DVS)		9-1-1 "Stuck"		9-1-1 "Awful People"		9-1-1 "Dosed"		9-1-1

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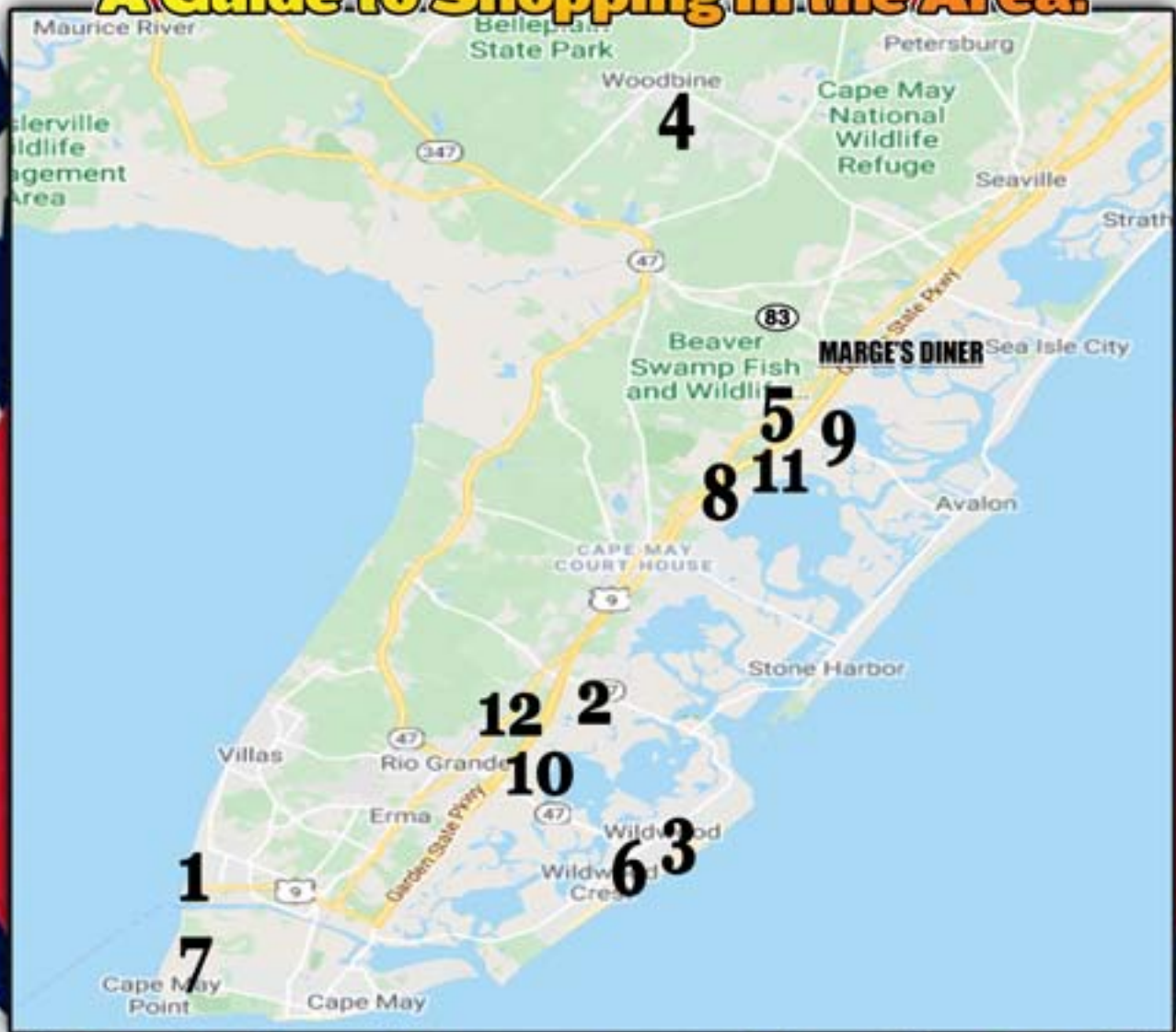
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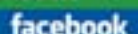
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SATURDAY AFTERNOON													MARCH 4, 2023			
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30			
3-CBS	Hope-	College Basketball Alabama at Texas A&M.			College Basketball Kentucky at Arkansas.			College Basketball Stanford at Oregon.								
6-ABC	oh baby!	Hearts of	Pregame	NHL Hockey New York Rangers at Boston Bruins.				NHL Hockey Colorado Avalanche at Dallas Stars. Ⓞ								
10-NBC	One	Paid Prg.	Premier League Soccer: Saints vs Foxes			PGA Tour Golf Arnold Palmer Invitational, Third Round. (In Stereo Live) Ⓞ										
17-MNT	Nutriseal	Paid Prg.	Memory	RVing	Raw Trav.	Pawn	Pawn	S.W.A.T. "Cry Foul"	S.W.A.T. "Incoming"	Sheldon	Sheldon					
23-PBS	Harriet Tubman		Suze Orman's Ultimate Retirement Guide			Steves	Life	How She	To Dine	Christina	NJ Busin	State-Aff				
29-FOX	Tip-Off	College Basketball				College Basketball St. John's at Marquette.			Hoops	MLS Soccer						
57-CW	NLL Lacrosse New York Riptide at Philadelphia Wings.					Women's College Basketball		Sports	College Basketball							
A&E	Zombie	24 Hour Flip Ⓞ		Hidden	Secret	★★½ "The Magnificent Seven" (2016) Denzel Washington. Ⓞ					"Jack Reacher" Ⓞ					
AMC	(11:15) ★★½ "Oblivion" (2013) Tom Cruise. Ⓞ					★★★ "Space Cowboys" (2000, Adventure) Clint Eastwood. Ⓞ					"Star Trek Beyond"					
CNN	News	CNN Newsroom		CNN Newsroom		CNN Newsroom		Smerconish Ⓞ	CNN Newsroom		CNN Newsroom					
DISC	Double	Moonshiners		Master Distiller		Homestead Rescue "Black Hills Hope"			Homestead Rescue		Dirty Jobs (In Stereo)					
DISN	Ladybug	Big City	Big City	"The Emperor's New Groove"		Hamster	Hamster	Big City	Big City	Big City	Big City	"Ralph"				
ESPN	Road	College Basketball Teams TBA. (Live) Ⓞ				College Basketball Teams TBA. (Live) Ⓞ			College Basketball Kansas at Texas. Ⓞ							
ESPN2	Road	College Basketball Teams TBA. (Live) Ⓞ				College Basketball Louisville at Virginia.			College Basketball							
FNEWS	Cavuto	Fox News Live Ⓞ		Fox News Live Ⓞ		Fox News Live Ⓞ		Journal Editorial Rpt.	Fox News Live Ⓞ		Saturday Show					
FX	(11:00) ★★ "Stuber" (2019)			★★½ "Kingsman: The Golden Circle" (2017) Colin Firth. Ⓞ					★★½ "Jurassic World: Fallen Kingdom"							
HBO	(11:00) "The Princess" (2022)			Real, Bill Maher		Game	★★★½ "Captain Phillips" (2013) 'PG-13'			The Last of Us Ⓞ		"Long				
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	"Vanished"		"Wrath: A Seven Deadly Sins"			"Caught in His Web" (2022) Ⓞ			"He's Not Worth Dying For" (2022) Ⓞ							
MAX	(11:12) ★★★ "JFK" (1991) Kevin Costner. (In Stereo) Ⓞ					★★ "Once Upon a Time in Brooklyn" Ⓞ			★★½ "Draft Day" (2014) Ⓞ							
NBCSPA	Oxygen	Mentoring Kings		MLB Preseason Baseball: Pirates at Phillies				Women's College Basketball								
NICK	SpongeBob		The Tidal Zone		Sponge.	Sponge.	★★★ "Despicable Me" (2010) (In Stereo)			★★★ "Sing" (2016) Ⓞ						
PARMT	NCIS	★★★ "Ocean's Eleven" (2001) George Clooney. Ⓞ					★★★ "Ocean's Twelve" (2004) George Clooney. Ⓞ			"Ocean's Thirteen"						
TBS	Friends	★★★★ "Star Wars: A New Hope" (1977) Mark Hamill.					★★★★ "Star Wars: The Empire Strikes Back" (1980) Ⓞ (DVS)			"Star						
TCM	★★★★ "Mr. Deeds Goes to Town" (1936) Ⓞ					★★★½ "Harvey" (1950) James Stewart.			★★★½ "Born Yesterday"		"Some					
TNT	(11:00) ★★★ "Erin Brockovich" (2000)			★★★ "Twister" (1996, Action) Helen Hunt.			★★★ "Pitch Perfect" (2012) Ⓞ			"Pitch 2"						
USA	Soccer	Premier	College Basketball			College Basketball			College Basketball							

SATURDAY EVENING													MARCH 4, 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	Star Trek: America	To Be Announced	48 Hours Ⓞ			48 Hours Ⓞ		News	Paid Prg.	Magnum				
6-ABC	News	ABC	Flower Show	NBA	NBA Basketball: 76ers at Bucks					News	News	Carpet				
10-NBC	News	NBC	Paid Prg.	1st Look	The Wall Ⓞ		Weakest Link		Saturday Night Live		News	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	Show Me	McLeod	La Otra Mirada (In Stereo) Ⓞ		Miss Scarlet					
29-FOX	MLS Soccer		Hoops	College Basketball				Hoops	The 10 News		Special Forces	Paid Prg.				
57-CW	iCRIME	iCRIME	FamFeud	FamFeud	Masters	Masters	Animals	Animals	News Philly		WOW - Women		Neighbor			
A&E	(5:00) ★★½ "Jack Reacher" (2012) Ⓞ				★★½ "The Accountant" (2016) Ben Affleck. (In Stereo) Ⓞ				WWE Rivals Ⓞ					"Ac		
AMC	(5:15) ★★★ "Star Trek Beyond" (2016)				★½ "Rambo: Last Blood" (2019) Ⓞ				★★★ "Under Siege" (1992) Steven Seagal. Ⓞ							
CNN	CNN Newsroom		CNN Newsroom		"Navalny" (2022) Alexei Navalny. Ⓞ			CNN Special Report		The Nineties Ⓞ						
DISC	Dirty Jobs (In Stereo)		Dirty Jobs Ⓞ		Dirty Jobs (In Stereo)		Dirty Jobs (In Stereo)		Dirty Jobs (In Stereo)		Dirty Jobs (In Stereo)		Dirty Jobs			
DISN	"Ralph Breaks the Internet"		Chibiv	The	The	Marvel's	Big City	Hamster	Chibiv	Ladybug	Ladybug	Bluey				
ESPN	GameDay	College Basketball Duke at North Carolina.			UFC 285: Jones vs. Gane				College Basketball Arizona at UCLA. Ⓞ		SportCtr					
ESPN2	College Basketball				College Basketball				College Basketball				Basket			
FNEWS	Fox Report		Gutfeld! Ⓞ		One Nation		Dan Bongino		Lawrence Jones		One Nation		Unfiltered			
FX	"Jurassic World"		XFL Football Seattle Sea Dragons at Vegas Vipers. Ⓞ					★★½ "Jurassic World: Fallen Kingdom" (2018) Ⓞ								
HBO	(5:45) ★★★ "Long Shot" (2019) 'R' Ⓞ				To Be Announced			The Last of Us Ⓞ		★★½ "Office Space" (1999)		"Horrible				
HIST	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		UnXplained.			
ION	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Act Your	Act Your	Law-SVU			
LIFE	"Death Saved My Life" (2021) Ⓞ				"Black Girl Missing" (2023) Premiere. Ⓞ				Girl Missing		"Black Girl Missing" (2023) Ⓞ					
MAX	★★ "The Omen" (2006) Liev Schreiber.				★★ "Conan the Barbarian" (2011) Ⓞ				★★½ "Dolores Claiborne" (1995) Ⓞ		"Non					
NBCSPA	Bensinger	Birds	MLB Preseason Baseball: Pirates at Phillies				Brewing	Greatest	Short List	Brewing	World Poker					
NICK	(4:45) ★★★ "Sing"		Kids' Choice Awards 2023		Big Nate	Kids' Choice Awards 2023			Friends	Friends	Friends	Friends				
PARMT	(5:00) ★★★ "Ocean's Thirteen"		★★★ "Ocean's Eleven" (2001) George Clooney. Ⓞ					★★★ "Ocean's Twelve" (2004) George Clooney. Ⓞ								
TBS	(5:32) ★★★½ "Star Wars: Return of the Jedi" (1983)				Burgers	Burgers	Burgers	Burgers	Burgers	Burgers	"Star Wars: A New Hope"					
TCM	(5:45) ★★★★ "Some Like It Hot" (1959)				★★★★ "Tom Jones: Director's Cut" Ⓞ				★★★ "It's a Mad, Mad, Mad, Mad World" (1963) Ⓞ							
TNT	(5:45) ★★½ "Pitch Perfect 2" (2015)				★★★ "Bridesmaids" (2011) Kristen Wiig. Ⓞ (DVS)				★★½ "The Intern" (2015) Robert De Niro.							
USA	Basket	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.				

SUNDAY AFTERNOON													MARCH 5, 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	Paid Prg.	College Basketball Houston at Memphis.				College Basketball				College Basketball						
6-ABC	Inside	News	NBA	NBA Basketball Phoenix Suns at Dallas Mavericks.				NBA Basketball: Warriors at Lakers								
10-NBC	Issue	Pre-Race	IndyCar				PGA Tour Golf Arnold Palmer Invitational, Final Round. (In Stereo Live) Ⓞ									
17-MNT	In Touch	Paid Prg.	Paid Prg.	In Focus	This	The Good Doctor	Pawn	Pawn	Pawn	black-ish	Philler	black-ish				
23-PBS	Think Tk	State-Aff	Class	Lidia	Milk	Cook	Darley	Just One Thing With Steven		Aging Backwards 4 Luther						
29-FOX	Paid Prg.	Tip-Off	College Basketball Illinois at Purdue. Ⓞ				Hoops	RaceDay	NASCAR Cup Series							
57-CW	Memory	SOS: How to Survive		Storm of Suspicion		The First 48 Ⓞ		Paid Prg.	Paid Prg.	Major Crimes Ⓞ		SEAL Team "All In"				
A&E	Zombie	Zombie Flip		WWE Rivals Ⓞ		Biography: WWE Legends (In Stereo) Ⓞ		Biography: WWE Legends (In Stereo) Ⓞ								
AMC	(10:45) *** "Under Siege"			** "Rambo: Last Blood" (2019) Ⓞ			*** "Sicario" (2015) Emily Blunt, Benicio del Toro. Ⓞ									
CNN	News	State of Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom				
DISC	Gold	Naked and Afraid		Naked and Afraid		Naked and Afraid		Naked and Afraid		Naked and Afraid		Naked and Afraid				
DISN	Ladybug	Chibiv	Big City	Big City	Big City	Big City	Big City	Hamster	Hamster	Marvel's	Marvel's	Ladybug Ladybug				
ESPN	F1 Racing	SportsCenter Ⓞ		Women's College Basketball				Women's College Basketball				Wm. Basketball				
ESPN2	SportCtr	College GameDay		College Basketball				College Basketball				Wm. Basketball				
FNEWS	Medi	Fox News Live Ⓞ		Fox News Live Ⓞ		FOX News Sunday		Maria Bartiromo		Fox News Live Ⓞ		Sunday Show				
FX	"Kingsman: The Golden Circle"			XFL Football St. Louis BattleHawks at D.C. Defenders. Ⓞ				XFL Football: Guardians at Renegades								
HBO	(11:20) *** "Dune" (2021) Timothée Chalamet.				"Master of Light" (2022) 'NR'			** "Speed Racer" (2008) Emile Hirsch.		Real Time						
HIST	Built	Engineering-World		Engineering-World		Engineering-World		Engineering-World		Engineering-World		Built America				
ION	NCIS	NCIS "High Tide"		NCIS "Dark Secrets"		NCIS "Family Ties"		NCIS Ⓞ (DVS)		NCIS Ⓞ (DVS)		NCIS Ⓞ (DVS)				
LIFE	"Belong"	"The Paramedic Who Stalked Me" (2023)				"Murder on Maple Drive" (2021) Ⓞ			"My Nightmare Landlord" (2020) Ⓞ							
MAX	(11:03) ** "Overboard"			* "12 Rounds" (2009) John Cena. Ⓞ			"Knock Knock" (2015) Ⓞ		** "Old" (2021) (In Stereo)							
NBCSPA	Paid Prg.	Paid Prg.	Nutriseal BOGO!		Nutriseal	High School Football All-American Bowl. Ⓞ				Brewing	Pregame					
NICK	Sponge.	Sponge.	Sponge.	Sponge.	*** "Despicable Me" (2010) (In Stereo)				*** "Sing" (2016) Voices of Matthew McConaughey.							
PARMT	Rescue	Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ				
TBS	Friends	Friends	Friends	*** "Star Wars: The Force Awakens" (2015) Harrison Ford.				"Star Wars: The Rise of Skywalker" (2019)								
TCM	"Affair-Rememb."		*** "Doctor Zhivago" (1965) Omar Sharif, Julie Christie. Ⓞ (DVS)						**** "Gone With the Wind" (1939)							
TNT	NCIS: LA	*** "Bridesmaids" (2011) Kristen Wiig. Ⓞ (DVS)				NHL	NHL Hockey: Lightning at Hurricanes				Postgame					
USA	Premier League Soccer				Goal	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU				

SUNDAY EVENING													MARCH 5, 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	Basket	News	60 Minutes Ⓞ		The Equalizer Ⓞ		East New York Ⓞ		NCIS: Los Angeles		News	Sports	J. Osteen			
6-ABC	News	ABC	Funny Home Videos		American Idol "603 (Auditions)" Ⓞ				The Company		News	News	Flower			
10-NBC	News	NBC	Dateline NBC (In Stereo) Ⓞ				Magnum P.I.		The Blacklist Ⓞ		NBC 10 News at 11p		Bensinger			
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	Luther		Overcoming Anxiety, Depression, Trauma				Magic Moments -- The Best of '50s Pop (My Music)				Just One Thing					
29-FOX	NASCAR Cup Series		Next Level Chef		Simpsons	The-North	Burgers	Fam. Guy	The 10 News		News	Extra Ⓞ				
57-CW	Magnum P.I. Ⓞ		FamFeud	FamFeud	Animals	Animals	Whose?	Whose?	News Philly		WOW - Women		King			
A&E	Biography: WWE Legends "DX" Ⓞ				Biography: WWE Legends "Chyna" Ⓞ				WWE Rivals Ⓞ		WWE Rivals Ⓞ		Biography			
AMC	** "The Mummy" (1999) Brendan Fraser. Ⓞ				** "The Mummy Returns" (2001) Brendan Fraser. Ⓞ				"Mummy-Tomb"							
CNN	CNN Newsroom		Who's Talking		CNN Special		"Glitch: The Rise & Fall of HQ Trivia" Ⓞ		CNN Special		"Glitch"					
DISC	Naked and Afraid: Uncensored Ⓞ				Naked and Afraid "No Gear, No Fear"				Naked and Afraid		Naked and Afraid		Afraid			
DISN	Ladybug	Ladybug	"Beauty and the Beast" (2017) 'PG' Ⓞ				Bunk'd	Villains	Villains	Jessie	Ladybug	Ladybug	Bluey			
ESPN	Wm. Basketball		NBA	NBA Basketball New York Knicks at Boston Celtics.				NBA Basketball: Grizzlies at Clippers								
ESPN2	Wm. Basketball		E60 Ⓞ		XFL Football San Antonio Brahmas at Houston Roughnecks. Ⓞ				SportsCenter Ⓞ		SportCtr					
FNEWS	Fox Report		Sunday Night		Life, Liberty & Levin		The Next Revolution		Sunday Night		Life, Liberty & Levin		Revolu			
FX	XFL Football		*** "Jumanji: Welcome to the Jungle" (2017) Ⓞ				*** "Jumanji: Welcome to the Jungle" (2017) Ⓞ				"Enemy"					
HBO	Real Time	Game	To Be Announced				The Last of Us Ⓞ		The Last of Us Ⓞ		Last	The Last of Us Ⓞ				
HIST	Built America		Built America		Built America		Built America		Built America		Built America		America			
ION	NCIS Ⓞ (DVS)		NCIS Ⓞ (DVS)		NCIS Ⓞ (DVS)		NCIS "Sight Unseen"		NCIS Ⓞ (DVS)		NCIS Ⓞ (DVS)		NCIS			
LIFE	"My Landlord Wants Me Dead" (2023) Ⓞ				"Stranger Next Door" (2022) Vicky Jeudy.			"Black Girl Missing" (2023) Ⓞ			"Strange					
MAX	** "Transporter 3" (2008) Jason Statham.				*** "Warrior" (2011) Joel Edgerton. (In Stereo) Ⓞ				** "Bullet to the Head" (2012)				"Assas			
NBCSPA	NHL Hockey Detroit Red Wings at Philadelphia Flyers.				Flyers Postgame		Mentoring Kings		NHL Hockey: Red Wings at Flyers							
NICK	Kids' Choice Awards 2023			Big Nate	*** "The Croods: A New Age" (2020) (In Stereo)				Friends	Friends	Friends	Friends				
PARMT	Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Bar Rescue Ⓞ		Waco Ⓞ		Rescue			
TBS	"Star Wars: Rise"		Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Silicon	*** "Star Wars: The Last Jedi"						
TCM	(4:00) **** "Gone With the Wind"				**** "Casablanca" (1942) Ⓞ (DVS)				*** "The Way We Were" (1973) Ⓞ				"Lost"			
TNT	** "Rampage" (2018) Ⓞ (DVS)				*** "Black Panther" (2018) Chadwick Boseman. Ⓞ (DVS)				** "21 Bridges" (2019)							
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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SPORTS STUMPERS

Duke Blue Devils

By George Dickie

Questions:

- 1) What is former Duke coach Mike Krzyzewski's nickname?
- 2) Which team has been Duke's biggest rival in the Atlantic Coast Conference and on Tobacco Road?
- 3) In what year did Krzyzewski take over as head coach at Duke?
- 4) How many national championships has Duke won under Krzyzewski?
- 5) Who was Duke's all-time leading scorer prior to 2006?
- 6) Who has been Duke's all-time leading scorer since 2006?
- 7) In 2001, which player became the seventh in college basketball history to repeat as National Player of the Year?
- 8) How many ACC tournament titles does Duke hold?
- 9) How many times has Duke entered the NCAA tournament as a No. 1 seed?
- 10) Which player leads Duke in all-time NCAA tournament scoring?

Answers:

- 1) Coach K
- 2) The University of North Carolina Tar Heels, who are located just a few miles from Duke University
- 3) 1980
- 4) Five (in 1991, 1992, 2001, 2010, 2015)
- 5) Johnny Dawkins scored 2,556 points from 1983-86
- 6) J.J. Redick, with 2,769 points
- 7) Jason Williams
- 8) 21
- 9) 14
- 10) Christian Laettner, who scored 407 points in 23 games from 1989-92

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How To Travel With Furry Winter Companions

Before you hit the road with your pooch, ensure you are well prepared with these helpful tips for traveling with your dog in winter.

1. Bring proper warm winter gear - Just as you would pack a blanket and warm jacket for yourself during winter travels, do the same for your dog.
2. Pet shoes - Not just as a cute accessory for your dog, pet shoes are important if you live or are traveling to an area with frequent snow and ice during winter. Shoes can help protect their paws against frostbite, and the salt or chemicals used for de-icing roads and sidewalks. If your dog refuses to wear dog booties, the SPCA suggests massaging petroleum jelly into their paw pads before going outside. This will help protect them against frostbite and chemical agents on the ground.
3. Pack plenty of water and food - In addition to winter weather gear, be sure to pack plenty of water and food. Bring an extra gallon of water, along with non-perishable food items.
4. Plan plenty of pit stops - Depending on how long your drive is, plan scheduled bathroom breaks every couple of hours. Plan ahead and map out dog-friendly parks and rest stops.
5. Avoid letting them off the leash - While it's generally a good rule of thumb to keep your dog on its leash, it is particularly important in winter where there is a lot of snow. It is much easier for a dog to lose their scent during a snowstorm, so it's best to always keep a close watch during playtime and pit stops. Plus, if their paws aren't protected it is not a good idea to let them run wild.
6. Schedule maintenance for your car - This sounds like a no brainer, but before heading out on your road trip, be sure to schedule a maintenance check up on your car. The last thing you want is to be stranded with your dog in tow on the side of the road.

Be sure to check your battery, tires, brakes and anything else that could be a problem.

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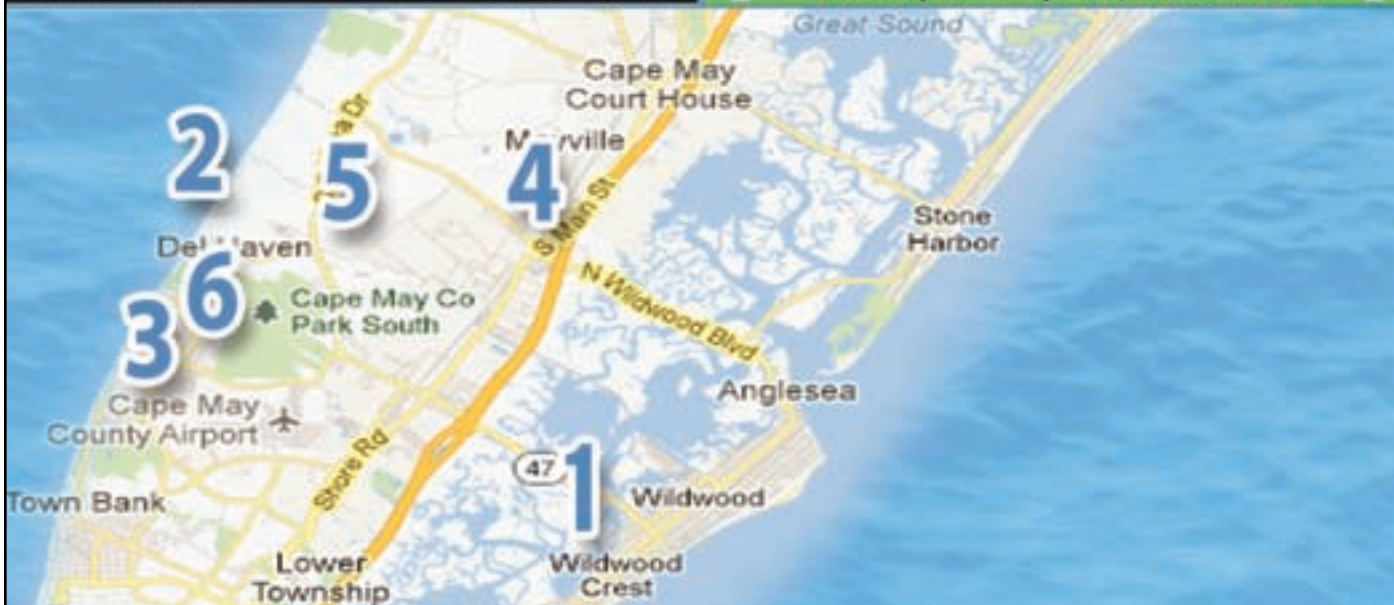
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MONDAY EVENING										MARCH 6, 2023			
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS "Love Lost"		NCIS: Hawai'i	News	Late Show-Colbert		
6-ABC	News	ABC	Jeopardy!	Wheel	The Bachelor (In Stereo) [CC]				The Good Doctor	News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	The Voice "The Blind Auditions, Premiere"				Quantum Leap	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	Your DNA Secrets Revealed [CC]				Secrets of the Dead	NJ Spotl	One/One	World	
29-FOX	The Six	The Pulse	TMZ [CC]	You Bet	9-1-1 "In a Flash"		Fantasy Island		The 10 News	News	Feed	Extra	
57-CW	FamFeud	FamFeud	NLL Lacrosse Toronto	Rock at Philadelphia Wings.			Star Trek:	News Philly	All American [CC]		American		
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	(5:00) **½ "The Mummy Returns" [CC]				*** "Tombstone" (1993, Western) Kurt Russell, Val Kilmer. [CC]				** "Machine Gun Preacher"				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight [CC]		CNN Tonight [CC]		CNN Tonight [CC]		AC 360
DISC	Street Outlaws		Street Outlaws		Street Outlaws "The \$16K Photo Finish" (In Stereo) [CC]				Street Outlaws [CC]		Outlaws		
DISN	Ladybug	Ladybug	Hamster	Big City	***½ "Cars" (2006) (In Stereo) 'G' [CC]			Hamster	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter [CC]		College Basketball				College Basketball				SportsCenter		SportCtr
ESPN2	Daily Wager [CC]		College Basketball				Basket	College Basketball				College Basketball	
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) [CC]		The Ingraham Angle		Gutfeld! [CC]		Fox News
FX	"Life of Pets 2"		**½ "Despicable Me 3" (2017) [CC]			**½ "Despicable Me 3" (2017) [CC]			*** "Abominable" (2019)				
HBO	The Last	***½ "Captain Phillips" (2013) Tom Hanks. [CC]				Perry Mason [CC]		Rain	Perry Mason [CC]		Rain	Mason	
HIST	History's-Mysteries		History's-Mysteries		History's-Mysteries		History's-Mysteries		Greatest of All		History's-Mysteries		Mysteries
ION	Criminal Minds [CC]		FBI (In Stereo) [CC]		FBI "Liar's Poker"		FBI "Crazy Love"		FBI "Clean Slate"		FBI "Uncovered"		FBI [CC]
LIFE	Castle "XX" [CC]		Castle "PhDead"		Castle [CC]		Castle "The Nose"		Castle "Cool Boys"		Castle [CC]		Castle
MAX	*** "The Omen" (1976) Gregory Peck.				*** "Sabotage" (2014) (In Stereo) [CC]			**½ "Safe" (2012) [CC]			** "The Fog" [CC]		
NBCSPA	Birds	Birds	Sixers	NBA Basketball Philadelphia 76ers at Indiana Pacers.				Sixers Post.		Birds	Brewing	Basket	
NICK	Sponge.	*** "The Croods: A New Age" (2020) (In Stereo)				Friends	Friends [CC]		Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	** "Fifty Shades Darker" (2017) Dakota Johnson.				*½ "Fifty Shades Freed" (2018) [CC]				
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	American
TCM	**** "Singin' in the Rain" (1952)				**½ "The Divorcee" (1930)		"The Sin of Madelon Claudet"		"She Done Him"		"Gold"		
TNT	(4:30) "Gemini Man"		***½ "Black Panther" (2018) Chadwick Boseman. [CC] (DVS)				True Blood (In Stereo) [CC]		True Blood [CC]				
USA	Law & Order: SVU		Law & Order: SVU		WWE Monday Night RAW (In Stereo Live) [CC]				Chrisley	Chrisley	Chrisley		

TUESDAY EVENING										MARCH 7, 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 "Flopped Cop"		FBI: International		FBI: Most Wanted		News	Late Show-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	The Rookie			Will Trent (In Stereo)	Will Trent (In Stereo)		News	Jimmy Kimmel Live!	
10-NBC	News	NBC	News	Holly	Night	American	The Voice [CC]		That's My Jam		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	Agatha Christie's Poirot [CC]			Quincy Jones: A Musical		NJ Spotl	Pathway	World	
29-FOX	The Six	The 215	TMZ [CC]	You Bet	9-1-1: Lone Star		Accused [CC] (DVS)		The 10 News		News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Winchesters		The Flash [CC]		News Philly		Law & Order: SVU		Neighbor
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.
AMC	(5:00) *** "Tombstone" (1993) [CC]				***½ "The Fugitive" (1993, Action) Harrison Ford. [CC]				That Dirty Black Bag "Pelham"				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight [CC]		CNN Tonight [CC]		CNN Tonight [CC]		AC 360
DISC	Homestead Rescue "Black Hills Hope"				Homestead Rescue (In Stereo) [CC] (DVS)				Homestead Rescue		Homestead Rescue		Rescue
DISN	Ladybug	Ladybug	Hamster	Big City	Ladybug	Ladybug	Raven	Raven	Marvel's	Hamster	Ladybug	Ladybug	Bluey
ESPN	SportsCenter [CC]		College Basketball				College Basketball				SportsCenter		SportCtr
ESPN2	Wager	The Point	College Basketball				College Basketball				College Basketball		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) [CC]		The Ingraham Angle		Gutfeld! [CC]		Fox News
FX	"Fantastic Four: Silver Surfer"		*** "Captain America: The First Avenger" (2011)					Under the Banner of Heaven		Under the Banner			
HBO	"Term 2"	Real, Bill Maher		Game	** "Empire of Light" (2022) 'R' [CC]			Perry Mason [CC]		The Last of Us [CC]		"Cabin"	
HIST	Curse of Oak Island		Curse of Oak Island		Digging Deeper		Curse of Oak Island		Greatest Heists		Curse of Oak Island		Digging
ION	Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chi. Fire
LIFE	Castle "Tone Death"		Castle [CC]		Castle "Dead Red"		Castle [CC]		Castle [CC]		Castle "The G.D.S."		Castle
MAX	** "Once Upon a Time in Brooklyn" [CC]				**½ "Blue Bayou" (2021) Justin Chon.			*** "The Lincoln Lawyer" (2011) [CC]			"42" [CC]		
NBCSPA	Birds	Birds	Sixers	NBA Basketball: 76ers at Timberwolves				Sixers Post.		Birds	Snow	Basket	
NICK	Loud	Big Nate	*** "Despicable Me" (2010) (In Stereo)				Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	** "Get Hard" (2015) Will Ferrell. (In Stereo) [CC]				**½ "Central Intelligence" (2016) [CC]				
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Sheldon	Sheldon	Sheldon
TCM	*** "Tom Sawyer" (1973) Josh Albee.				**** "A Man for All Seasons" (1966)			**** "Julius Caesar" (1953) Marlon Brando. [CC]					
TNT	"Amazing Spdr"		Pregame	NBA Basketball: 76ers at Timberwolves				NBA Basketball: Grizzlies at Lakers					
USA	Law & Order: SVU		Law & Order: SVU		WWE NXT (In Stereo Live) [CC]				**½ "X-Men: Apocalypse" (2016) James McAvoy.				

WEDNESDAY EVENING												MARCH 8, 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	Survivor		Lingo "Episode 7"		True Lies		News	Late Show-Colbert		
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Gold	Abbott	Not Dead	Million Little		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	Friends	Friends	Action News at 10		Seinfeld	Two Men	Two Men	
23-PBS	NJ Spot!	Newsline	One/One	NJ Spot!	HerStory	Drive-Hist	Mysterious Women		The Queen and Her		NJ Spot!	Class	World	
29-FOX	The Six	ClassH	TMZ	You Bet	The Masked Singer		Farmer Wants		The 10 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Flash		Kung Fu "Beginning"		News Philly		Law & Order: SVU	Neighbor		
A&E	The First 48		The First 48		The First 48		The First 48		The First 48		Undercover Life Pilot	First 48		
AMC	(5:00) ***½ "The Fugitive" (1993)				***½ "San Andreas" (2015) Dwayne Johnson.				*** "The Perfect Storm" (2000)					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	Moonshiners		Moonshiners		Moonshiners "On the Road Again"				Moonshiners		Master Distiller		Moon	
DISN	Marvel's Mo		Marvel's	Marvel's	*** "Tangled" (2010) 'PG'			Big City	Ladybug	Hamster	Ladybug	Ladybug	Bluey	
ESPN	To Be Announced		NBA		NBA Basketball: Mavericks at Pelicans				NBA Basketball: Raptors at Clippers					
ESPN2	College Basketball		College Basketball				Basket	College Basketball				College Basketball		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	"Captain America-Avgr"		*** "Deadpool 2" (2018) Ryan Reynolds. (In Stereo)					Snowfall		Snowfall		Snowfall		
HBO	"Jenni	Game	The Last of Us		The Last of Us		To Be Announced			Rain	Perry Mason	"Heredi		
HIST	American Pickers		American Pickers		American Pickers		American Pickers		Dirty Old	Dirty Old	American Pickers		Pickers	
ION	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue	
LIFE	Castle		Castle "Dead Again"		Married at First Sight			Married-UK		Married at First Sight		Married		
MAX	"Clas	** "The Purge: Anarchy"		***½ "Assassination Nation" (2018)				***½ "What Lies Beneath" (2000)			"Last			
NBCSPA	Birds	Brewing	The Best Show Ever?					Birds	Bensinger	In. Golf	Gymnastics			
NICK	Loud	Loud	"The SpongeBob SquarePants Movie"				Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	***½ "Central Intelligence" (2016) Dwayne Johnson.				***½ "S.W.A.T." (2003) (In Stereo)					
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (Live)				Power Slap		Sheldon	Sheldon	Sheldon	
TCM	*** "The Year of Living Dangerously"				**** "The French Connection" (1971)			**** "Bonnie and Clyde" (1967)			"Gangs			
TNT	"Wonder 1984"		NHL		NHL Hockey: Blackhawks at Red Wings				NHL Hockey: Anaheim Ducks at Vancouver Canucks.					
USA	College Basketball			College Basketball				Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		

THURSDAY EVENING												MARCH 9, 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	Station 19 (In Stereo)		Grey's Anatomy		Alaska Daily		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	Union	Sports	Action News at 10		Seinfeld	Two Men	Two Men	
23-PBS	NJ Spot!	Newsline	One/One	NJ Spot!	Suze Orman's Ultimate Retirement Guide				The Burren: H		NJ Spot!	The Arts	World	
29-FOX	The Six	Kelly	TMZ	You Bet	Next Level Chef		Animal	Kat	The 10 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker "Cry Uncle"		Penn & Teller		News Philly		Law & Order: SVU	Neighbor		
A&E	The First 48		The First 48		The First 48		The Torso Killer Confessions		The First 48		The First 48	First 48		
AMC	(5:15) ***½ "San Andreas" (2015)				*** "True Lies" (1994, Action) Arnold Schwarzenegger.				"Fun With Dick and Jane"					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	BattleBots		BattleBots "Fight Night: World Championships Week Nine"					BattleBots		BattleBots (In Stereo)				
DISN	Ladybug	Ladybug	Hamster	Big City	Marvel's	Marvel's	The	The	Big City	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter		College Basketball				Basket	College Basketball				College Basketball		
ESPN2	Wager	The Point	College Basketball				Basket	College Basketball				SportsCenter		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	(5:30) *** "Deadpool 2" (2018)				***½ "The Martian" (2015) Matt Damon. (In Stereo)				***½ "The Martian" (2015)					
HBO	The Weeknd: Live at SoFi			Rain	*** "Long Shot" (2019) Seth Rogen. 'R'			The Last of Us		Perry Mason	"Heat"			
HIST	Swamp People		Swamp People		Swamp People (DVS)			Swamp People		Swamp People (DVS)		Swamp		
ION	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago	
LIFE	Castle "Hell to Pay"		Castle "Crossfire"		Married at First Sight		Married-UK		Married at First Sight		Married-UK		Married	
MAX	"Trans	*** "Nobody" (2021)			*** "Thoroughbreds" (2017)			*** "Kick-Ass" (2010) Aaron Johnson.			** "The Ring Two"			
NBCSPA	Birds	Pregame	NHL Hockey Philadelphia Flyers at Carolina Hurricanes.				Flyers Postgame		Birds	World Poker		Hockey		
NICK	Sponge.	Sponge.	Dylan	Lay Lay	*** "Sing" (2016) Voices of Matthew McConaughey.				Friends	Friends	Friends	Friends		
PARMT	Two Men	Two Men	Two Men	Two Men	***½ "S.W.A.T." (2003) Samuel L. Jackson. (In Stereo)					To Be Announced				
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers	Jokers	Sheldon	Sheldon	"Super	
TCM	(5:30) **** "North by Northwest" (1959)				**** "The Pride of the Yankees" (1942)			*** "Somebody Up There Likes Me" (1956)						
TNT	"Creed	Game	Tip-Off	NBA Basketball Brooklyn Nets at Milwaukee Bucks.				NBA Basketball: Warriors at Grizzlies						
USA	College Basketball			College Basketball				9-1-1 "Hen Begins"		9-1-1 (DVS)		Law & Order: SVU		



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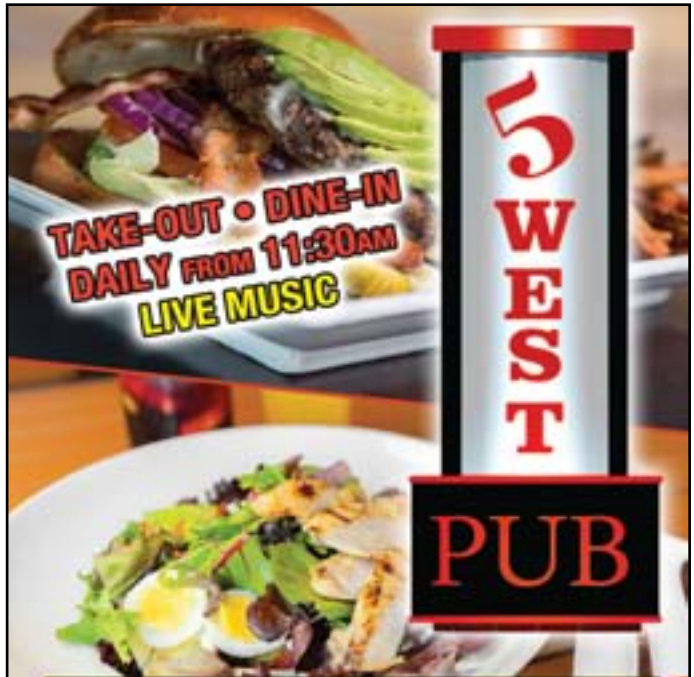


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Answer:
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Winner:
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Jersey Cape Character of the Week Contest

Name: _____

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Guess for Character: _____ from _____



BLADDER AND KIDNEY STONES IN CATS

Submitted By
Patsy Nelson
from The Wagging Tail

When I was a teenager, about 50 years ago, we lost a beloved male cat to a kidney blockage. Back then there were not healthy choices in cat food, nor modern scientific remedies. Today a cat owner does not need to feed Cat Chow, Meow Mix, Friskies, or any other substandard and potentially damaging diets, nor the remedial diets offered by most Vets.

Just as in people and other animals, a cat's kidneys are multi-functional. They filter metabolic wastes such as urea - a substance formed by the breakdown of protein in the liver, as well as mineral salts and toxins from the blood. The kidneys help regulate "the volume of body fluids and the blood levels of important chemicals and hormones, initiate the recirculation of purified blood throughout an animal's system, and facilitate the excretion of the filtered-out waste products (mixed with water to form urine) before they reach toxic concentrations in the body." As an adult, I have had many cats, none of which developed kidney problems, and never the potentially deadly Urolithiasis which is the formation of small stones or uroliths.

The feline upper tract contains two kidneys with a tube, the ureter, extending from each which take the waste containing urine to the lower tract, to the bladder and then through the urethra, a tube which extends from the bladder to the exit of the body. There are naturally occurring minerals that may become highly concentrated leading to the formation of crystals and then stones anywhere in the urinary tract system. Bladder stones can be Struvite or Calcium Oxalate but kidney stones only are Calcium Oxalate. Urinary problems are mostly seen in male house cats that do not get enough exercise, drink enough liquids or have a poor diet. Dr. Richard Goldstein of the Cornell University College of Veterinary Medicine says that some bladder stones stay small and may just pass through without a problem while others become large and painful, irritating the tender lining causing internal bleeding which can show up in the pet's litter box, and may lead to a blockage. A complete blockage does not allow for poisonous waste to be eliminated and results in emergency measures, and a possible fatal outcome. Kidney stones must become quite large for there to be a noticeable problem.

Dr. Goldstein says that surgical removal of kidney stones is not recommended unless the stones are causing significant obstruction or infection. Bladder stones can be more easily corrected through surgery or with a laser. Stones can reoccur unless proper medicinal and dietary steps are taken. Keeping water clean and fresh is a must! I watch my cats go to their water bowls and sometimes walk away. Then I know that the water is not fresh enough or cool enough for their liking. I keep bowls upstairs and downstairs and on the enclosed porch. And as recommended, 50% of their diet is wet food. They get some quality canned food in the morning and at night.

One of our customers was advised to buy Royal Canin SO for her cat's urinary tract's health. Not only is the bag costing her about \$100 (Chewy sells a 7.5 pound bag for \$59.99) but the food is crap and her cat does not like it. The first eight ingredients are as follows: chicken by-product meal, brewer's rice, corn, corn gluten meal, chicken fat, wheat gluten, natural flavors, wheat, and salt. Fact-check the internet for the integrity of these ingredients. We sell the Wysong Uretic cat food in 5 pound bags for \$26.99, your 12th bag is free and it is 100% guaranteed to be agreeable to your cat in every way. The ingredients are notably: Organic chicken, brown rice, blueberry, DL-Methionine, Cranberry extract, Taurine, and Organic barley grass flour. What a difference in quality and price! The Weruva brand cat wet food we sell, has many delectable choices for cat's with diet restrictions.

Next week same urinary tract issues with dogs.

MALE



FEMALE



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OF THE WEEK



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