

FREE

March 10-16, 2023

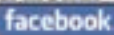
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MAGAZINE

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CHECK US OUT ON 



**DAYLIGHT SAVINGS
TIME BEGINS
SUNDAY
TURN YOUR CLOCKS
AHEAD, 1 HOUR
SEE PAGE 15**

**ST. PATRICK'S
DAY PARADE
SATURDAY
IN NORTH WILDWOOD
SEE PAGE 10**



**GRAND OPENING CELEBRATION FRI & SAT
AT ANGLESEA ALEWORKS • SEE PAGE 13**



**TISHA'S IN CAPE MAY REOPENS FOR DINNER
ON FRIDAY, MARCH 10 • SEE PAGE 33**

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THURSDAY
PRIME RIB
NIGHT



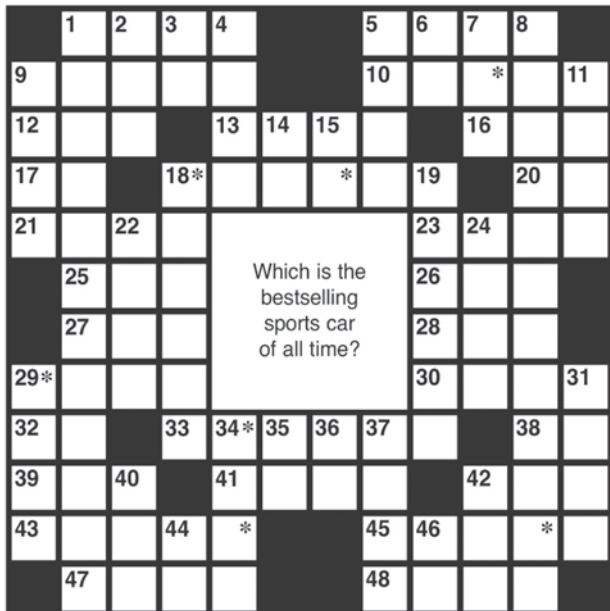
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INTERNATIONALLY ACCLAIMED AUTHOR, SCREENWRITER, SPEAKER AND EDUCATOR PABLO CARTAYA SHARED HIS STORIES OF LIFE AND COMMUNITY WITH WILDWOOD MIDDLE AND HIGH SCHOOL STUDENTS ON FRIDAY, MARCH 3.



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. Pillar
5. Word in a red octagon
9. 1 of 7 deadly sins
10. U.S. First Lady from 2001-09
12. Have a bug
13. Grandma
16. Fruitcake container
17. ICU worker
18. Alley cats
20. "The Tar Heel State": abbr.
21. Beige shade
23. "___ upon a time ..."
25. Word attached to drops or marks
26. Jamie ___ Curtis
27. Musician's job
28. Mornings, for short
29. Trait transmitter
30. Expense
32. Behold's partner
33. Mascara mishap
38. Battery size
39. Age
41. Willing to listen & reconsider
42. Curry, for one
43. Long-legged wader
45. Maturing
47. CD followers
48. Telegram

DOWN

1. Eldest grandson of King Charles (2)
2. Car engine need
3. Pierre's place: abbr.
4. Portable shelter

5. Slaughter
6. Casual farewell
7. Umpire's cry
8. Only sister of King Charles (2)
9. Apple pie recipe verb
11. Suffix for annoy or assist
14. Little Rock's state: abbr.
15. Actress Ming-___ Wen
18. Sudden increases
19. Comfort
22. Parade spoiler
24. Jules Verne's Captain
29. ___ Delight
31. Orangey drink
34. Porch light flutterer
35. No longer abed
36. Oscar ___ La Hoya
37. Chew like a beaver
40. Sound from a kennel
42. Televiser
44. Actor Marshall
46. Soldier, for short



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WORD SEARCH

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

“The Oscars” on ABC
(Words in parentheses not in puzzle)

- | | | |
|------------------|------------------|----------------------|
| Academy (Awards) | (Austin) Butler | (Cate) Blanchett |
| Los Angeles | (Colin) Farrell | (Ana) de Armas |
| Dolby (Theatre) | (Brendan) Fraser | (Andrea) Riseborough |
| (Jimmy) Kimmel | (Paul) Mescal | (Michelle) Williams |
| Movie (Industry) | (Bill) Nighy | (Michelle) Yeoh |

HOROSCOPE

MARCH 9 - MARCH 15, 2023

-  **ARIES** (Mar. 21-April 20)
Listen to a good friend who is truly looking out for your best interests. Don't get upset. Club memberships or donations could be expensive and prove unnecessary. Your emotions will be touched off concerning recent encounters with your lover.
-  **TAURUS** (Apr. 21-May 21)
Changes in your residence may be financially favorable. Talk to the party involved and make sure that they are informed as to what actually happened. Attend trade shows that will allow you to look at new products. Misunderstandings at work could easily lead to your demise.
-  **GEMINI** (May 22-June 21)
If you take on too much of a financial burden you may make yourself ill. Complete those hobbies you started a long time ago. This will not be the best day to make changes or renovations to your residence. Let your lover know what your personal intentions are.
-  **CANCER** (June 22-July 22)
Make changes regarding your status in society. Travel may be confusing. You will have opportunities to advance, but you may have to be willing to make some changes and possibly a residential move. Do you really want to start something with someone you can't reason with?
-  **LEO** (July 23-Aug 22)
Discuss your objectives with partners or peers. Join humanitarian groups and let your leadership ability take over. Unfortunately, your personal life may suffer from a lack spare time. You can make moves, but they won't be settling.
-  **VIRGO** (Aug. 23-Sept. 23)
Opportunities to make financial gains will develop through your connections with other people. You can purchase items that will enhance your appearance. Your willingness to help others can and will lead to fatigue if you don't learn to say no. You can meet friends who will let you know how valuable you are.
-  **LIBRA** (Sept. 24 -Oct. 23)
Get more involved in group efforts at work. Older members of your family may try to take advantage of you. If you can work at home, do so. Romance will be on your mind, and chances for ideal connections are in the works.
-  **SCORPIO** (Oct. 24 - Nov. 22)
You need activity. Don't overspend on entertainment, on children, or make poor investments. You might have a problem juggling your time. You will be able to talk about emotional problems with your partner.
-  **SAGITTARIUS** (Nov. 23 -Dec. 21)
Finish off old projects before starting something new. You can make favorable changes in your home environment. Try to spend some time on your own. Social activities or travel should be in your plans.
-  **CAPRICORN** (Dec 22 - Jan. 20)
Watch your weight gain due to water retention. Business or pleasure trips will be knowledgeable as well as highly successful. Sort situations out as best you can. Watch your spending habits. You always seem to spend more than you make.
-  **AQUARIUS** (Jan. 21 -Feb. 19)
You can meet someone who will become very dear to you if you get out and socialize. Travel will be favorable and bring you the greatest rewards. Be courteous if you wish to avoid major delays. A long discussion is in order if you wish to clear the air.
-  **PISCES** (Feb. 20-Mar. 20)
Plan a nice evening for two. Don't overload your plate. You are best to put in some overtime rather than get involved in family gatherings. Family members may feel anxious if you make promises you don't deliver.

This Week's Weather

**THURSDAY,
MARCH 9**  **HIGH 48
LOW 34**

**FRIDAY,
MARCH 10**  **HIGH 45
LOW 34**

**SATURDAY,
MARCH 11**  **HIGH 45
LOW 37**

**SUNDAY,
MARCH 12**  **HIGH 46
LOW 36**

**MONDAY,
MARCH 13**  **HIGH 46
LOW 37**

**TUESDAY,
MARCH 14**  **HIGH 46
LOW 36**

**WEDNESDAY,
MARCH 15**  **HIGH 43
LOW 32**

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THURS: Bittersweet 5pm
FRI: Dennis Palma 5pm
SAT: Keith Hickman 6pm
SUN: Keith Hickman 5pm

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WHAT'S SHOWING THIS WEEK:

<p>Thursday, Mar. 9 NIGHT OF THE LIVING DEAD 9PM</p>	<p>Friday, Mar. 10 BATMAN 22 SHOWTIMES: 3PM • 6PM • 9PM</p>	<p>Saturday, Mar. 11 BATMAN 22 SHOWTIMES: 1PM • 4PM 7:30PM • 10PM</p>	
<p>Sunday, Mar. 12 BATMAN 22 SHOWTIMES: 1PM • 4PM 6:30PM</p>	<p>Monday, Mar. 13 BATMAN 22 8PM</p>	<p>Tuesday, Mar. 14 BATMAN 22 SHOWTIME: 7PM</p>	<p>Wednesday, Mar. 15 BATMAN 22 SHOWTIMES: 6PM • 9PM</p>

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SUN 9AM-4PM

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RETAIL &
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DIETZ & WATSON
PICKLES
32oz/\$4.49ea

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AND BREAD ORDERS.

WHAT'S HAPPENING AROUND THE CAPE

Wildwoods

Purse Bingo - Friday, March 10

The Rotary Club of Wildwood is sponsoring Purse Bingo at the Wildwoods Convention Center, so come enjoy a fun night with friends! \$35 donation includes 15 games (including specials),

water, veggies, crackers and cheese. Additional cards and daubers will be available for purchase along with a cash bar, door prizes, and a 50/50. Concession stand on site (no outside food & beverage permitted). Doors open at 5:30 p.m.; Bingo starts at 7 p.m. All proceeds will fund community programs.



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FRI & SAT TIL 10

LUNCH SPECIALS DAILY
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Early Birds 4-5:30pm

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CUSTOMER APPRECIATION**
4PM - CLOSE
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TUESDAY Chicken Parm or Eggplant Parm \$6.95		SUNDAY <i>(Served from 2pm)</i> Turkey Dinner \$10.95 Pasta Sunday Sausage, Meatballs & Garlic Bread \$10.95

LIVE ENTERTAINMENT

Wed. Quizzo 8pm	Fri. DJ Luper 7pm	Sat. Will O Knapp 4-8pm Name That Tune 5-9pm
---------------------------	-----------------------------	---

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THURS: FAMILY NIGHT
CHOICE OF CHICKEN PARM OR EGGPLANT PARM
2 FOR \$25 • 4 FOR \$35

FRI & SAT: SEAFOOD SPECIALS
IRISH HAPPY HOUR • FRIDAYS @ 4:30PM

SUN: ROAST TURKEY DINNER WITH ALL THE TRIMMINGS \$16

MON: PRIME RIB NIGHT • \$20

TUES: 50¢ BUFFALO WINGS

WED: MEATLOAF DINNER • \$14
EXCLUDES HOLIDAY WEEKENDS

LIVE ENTERTAINMENT

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St. Patrick's Day Celebration & Parade

A Catholic Mass service will take place at St. Ann Church of Notre Dame La Mer Parish at 10:00 a.m. The ceremony will begin on the front steps of North Wildwood City Hall, 9th & Atlantic Avenue, in North Wildwood beginning at 12:00 p.m. A festive parade will begin at the conclusion of the ceremony and proceeds north on Atlantic Avenue to Olde NJ Avenue. FREE to attend.

NAACP Cape May County Annual Freedom Fund Gala

You are cordially invited to attend the Cape May County NAACP's 3rd Annual Freedom Fund Gala (fundraiser) on March 11, 2023, at The Wildwoods Convention Center. The event will begin with cocktails at 5 p.m. A ticket to this wonderful fundraising event is \$150 per person and includes a dinner program and dancing. A silent auction will also be held. For more information or to purchase tickets visit cmcnaacp.org

DAYLIGHT SAVING TIME BEGINS SUNDAY, MARCH 12 at 2:00 a.m.

Don't forget to turn your clocks AHEAD 1 hour when you go to bed on Saturday night.

Cape May County's newest brewery, Anglesea Aleworks at 3401 New Jersey Ave in Wildwood celebrates their Grand Opening with a ribbon-cutting ceremony on Friday, March 10 at 3:30

p.m. The festivities continue all day Saturday, March 11 with a Grand Opening Party beginning at Noon. Also, The Erin Express will stop here on Saturday.

BEEF AND BEER FOR MARK BOHN Sunday, March 12

Mark was recently diagnosed with Stage 4 Colon Cancer, and this Beef & Beer is to help offset treatment costs. There will be a 50-50, door prizes, raffles, food and desserts, plus live music by Subliminal Message. The event will be held at the Rio Grande Fire Company, 1120 Rt 47 in Rio Grande from 2 - 7p.m. For ticket info, contact Rachel Stanton at 609-374-1245 or stop by A Piece of Cake at 709 Rt 9 South in Cape May Court House.

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FRI, MAR 10
7:00PM • NBCSP

VS WASHINGTON WIZARDS
SUN, MAR 12
6:00PM • NBCSP

VS CLEVELAND CAVALIERS
WEDS, MAR 15
7:30PM • NBCSP/ESPN

Reds
VS CAROLINA HURRICANES
THURS, MAR 9
7:00PM • NBCSP

VS PITTSBURGH PENGUINS
SAT, MAR 11
3:30PM • ABC

VS VEGAS GOLDEN KNIGHTS
TUES, MAR 14
7:00PM • NBCSP

Phillies
SPRING TRAINING
VS BALTIMORE ORIOLES
THURS, MAR 9
1:05PM • NBCSP+

VS PITTSBURGH PIRATES
FRI, MAR 10
1:05PM • NBCSP+

VS ATLANTA BRAVES
TUES, MAR 14
1:05PM • NBCSP+

Wear your Green this Saturday for North Wildwood's St Patrick's Day Parade!



WILDWOOD COMMISSIONER STEVE MIKULSKI & MEMBERS OF THE WPD VISITED GLENWOOD AVE. SCHOOL ON THURSDAY, MARCH 2 TO READ TO STUDENTS & ANSWER QUESTIONS



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Sun Noon-6pm**

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MARCH 10 & 11!**

Ribbon Cutting Fri, March 10 @ 3:30pm

Grand Opening Party
Sat, March 11 Noon-Midnight

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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

GRILLED HERBED RED SNAPPER

INGREDIENTS:

- 2 Red Snapper Fillets, Skin On & Scaled
- 2 Tsp Olive Oil
- 1 Tsp Fresh Chopped Parsley
- 1 Tsp Fresh Chopped Thyme
- 1 Tsp Fresh Chopped Rosemary
- 1 Tsp Fresh Chopped Chives
- Kosher Salt & Fresh Cracked Pepper to Taste
- 2 Tsp Unsalted Butter
- 2 Lemon Wedges



PREPARATION:

PREHEAT GRILL TO MEDIUM HIGH HEAT. SCORE THE SKIN SIDE OF THE FILLETS WITH 2 OR 3 SLASHES. RUB THE FILLETS WITH OIL. SEASON FISH WITH SALT & PEPPER. SPRINKLE HERBS ON THE FISH & PAT THEM IN. SPRAY THE GRILL WITH NONSTICK SPRAY. PLACE FISH SKIN SIDE DOWN. ALLOW SKIN TO CHAR GOOD & THE FISH START TO PEEL BACK FROM THE GRILL. SPRAY GRILL AGAIN IN A CLEAN SPOT. FLIP FISH OVER TO CLEAN AREA. ALLOW TO FINISH COOKING THROUGH. PLATE FILLETS & PLACE A TSP OF BUTTER ON EACH FILLET. GARNISH WITH LEMON & 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.

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

Daylight Savings Fun Facts

1. It's daylight saving time, not daylight savings time - While it's common to hear people say "daylight savings time" or just "daylight savings," the correct term is "daylight saving time." There's a grammatical reason for keeping "saving" singular, but you can also think of it this way: What are you doing during this time? Saving daylight. Thus, daylight saving time.
2. It wasn't invented by Ben Franklin - "The biggest misconception is that it was Ben Franklin's idea," says Peter Geiger, editor of the Farmers' Almanac. While Franklin is often credited with inventing the concept of daylight saving time as we know it, he merely suggested that Parisians wake up earlier to save money on lamp oil and candles in a satirical essay published in the Journal de Paris in 1784.
3. It wasn't implemented for farmers, either - Another misconception? That the practice originated to benefit farmers. In fact, the agricultural industry lobbied against daylight saving time after it was introduced in the United States. Many farmers continue to oppose the practice, which can disrupt farmwork. For example, dairy cows expect to be milked at the same hour each day — regardless of what the clock says.
4. Germany was the first country to implement daylight saving time - Germany implemented daylight saving time in 1916 to save fuel during World War I. The United States adopted the practice in 1918, but daylight saving time wasn't standardized across the country until the passage of the 1966 Uniform Time Act, which gave the federal government oversight over the time change.
5. It's not a worldwide (or even nationwide) phenomenon - About 70 countries observe daylight saving time nationwide or in certain regions. Most African and Asian countries, including India, China and Japan, skip the clock change altogether.

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FRIDAY EVENING

MARCH 10, 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. "Blowback"		Fire Country ☑		Blue Bloods		News	Late Show-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tank		20/20 (In Stereo) ☑		News		Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	Lopez vs	Grand	Dateline NBC (In Stereo) ☑		News		Tonight Show		
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action News at 10		Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Father	Midsomer Murders	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 Torso Killer Confessions ☑			The Torso Killer Confessions ☑			The Torso Killer Confessions				
AMC	(5:00) *** "True Lies" (1994) ☑			**½ "The Mummy" (1999) Brendan Fraser. ☑			**½ "The Mummy Returns" (2001) ☑						
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Special		CNN Tonight ☑		CNN Tonight ☑		AC 360
DISC	Gold Rush ☑		Gold Rush: Pay Dirt		Gold Rush "Here's Johnny!" ☑ (DVS)			Aussie Gold Hunters		Aussie Gold Hunters		Gold	
DISN	Hamster	"Chipmunks-Squeakquel"		Kiff ☑	Kiff ☑	Big City	Marvel's	Hamster	Big City	Kiff ☑	Kiff ☑	Bluey	
ESPN	(5:30) SportsCenter		College Basketball			Basket	College Basketball		College Basketball			College Basketball	
ESPN2	Daily Wager ☑		College Basketball			Basket	College Basketball			SportsCenter ☑			
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) ☑		The Ingraham Angle		Gutfeld! ☑		Fox News
FX	"Get Out" ***½ "The Help" (2011) Viola Davis, Emma Stone. (In Stereo) ☑			The New York Times Presents			Times Presents						
HBO	Mason	** "Accepted" (2006) 'PG-13'		** "Horrible Bosses 2" (2014) 'R' ☑			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	"Pool Boy Nightmare" (2020) ☑			"A Lifeguard's Obsession" (2023) ☑			**½ "27 Dresses" (2008) ☑			"Life			
MAX	**½ "Draft Day" (2014) Kevin Costner.			**½ "Eagle Eye" (2008) Shia LaBeouf.			**½ "What Lies Beneath" (2000) ☑			"Other			
NBCSPA	Birds	Sixers	NBA Basketball: Trail Blazers at 76ers				Sixers Post.		Birds	United Fight Alliance		Basket	
NICK	(4:30) *** "Sing"		Sponge.	Monster	Monster	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Law & Order ☑		Law & Order ☑		*** "Scream" (1996) Neve Campbell. (In Stereo)			School Spirits ☑		*** "Scream 2"			
TBS	Sheldon	Sheldon	Sheldon	Sheldon	*½ "Nobody's Fool" (2018) Premiere.			** "What Men Want" (2019) Taraji P. Henson. ☑					
TCM	*** "Rebel Without a Cause" (1955)			**** "Close Encounters of the Third Kind" (1977)			**** "2001: A Space Odyssey" (1968)						
TNT	"Ghostbusters" ☑		*** "Avengers: Age of Ultron" (2015) Robert Downey Jr.			All Elite Wrestling		** "Justice League" (2017)					
USA	9-1-1 "Rage"		9-1-1 "Monsters"		9-1-1 ☑ (DVS)		9-1-1 "Malfunction"		9-1-1 "Fallout"		9-1-1 ☑ (DVS)		9-1-1

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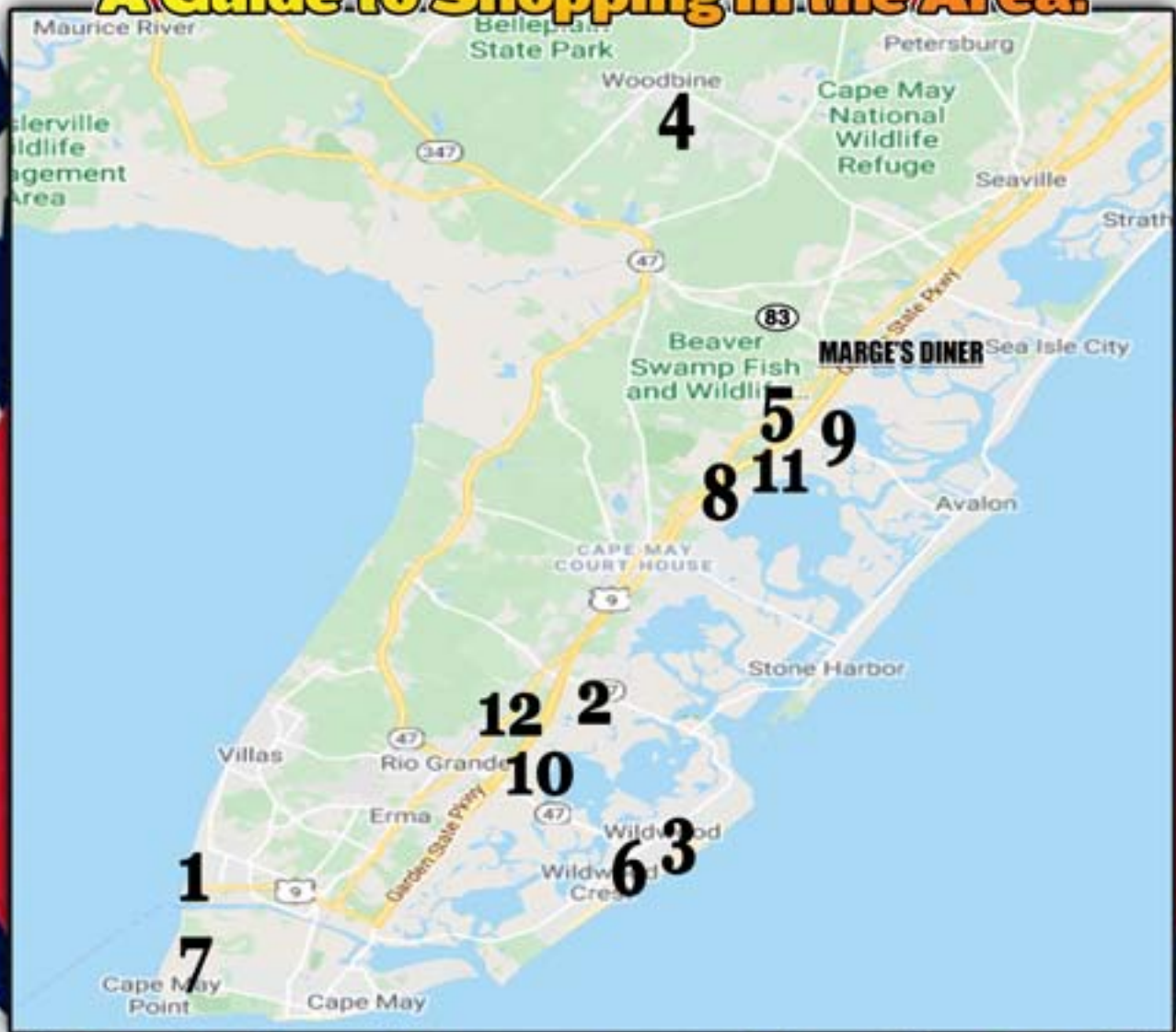
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**4. JUNKE & TREASURES
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SATURDAY AFTERNOON

MARCH 11, 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		College Basketball				College Basketball					
6-ABC	oh baby!	Hearts of	Pregame	NHL Hockey Detroit Red Wings at Boston Bruins. [CC]				NHL Hockey: Flyers at Penguins					
10-NBC	One	FIS Freestyle Skiing		2023 Players Championship Third Round. (Live) [CC]									
17-MNT	Nutriseal	Paid Prg.	Paid Prg.	RVing	Raw Trav.	black-ish	black-ish	S.W.A.T. "Family"		S.W.A.T. "Quandary"		Sheldon	Sheldon
23-PBS	Magic Moments -- The Best of '50s Pop			Overcmng			Life	How She	To Dine	Christina	NJ Busin	State-Aff	
29-FOX	Paid Prg.	MLS Soccer Atlanta United FC at Charlotte FC. [CC]				2023 World Baseball Classic Colombia vs Mexico. [CC]							Pregame
57-CW	Draft	Weather Gone Viral		SOS: How to Survive		The First 48 [CC]		Memory	Paid Prg.	iCRIME	iCRIME	iCRIME	iCRIME
A&E	Zombie	24 Hour Flip [CC]		Secret	Secret	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 48 [CC]	
AMC	** "The Mummy: Tomb of the Dragon Emperor"					**½ "The Mummy" (1999) Brendan Fraser, Rachel Weisz. [CC]					"Mummy Return"		
CNN	News	CNN Newsroom		CNN Newsroom		CNN Newsroom		Smerconish [CC]		CNN Newsroom		CNN Newsroom	
DISC	Off Grid	Building Off the Grid		Building Off the Grid		Homestead Rescue (In Stereo) [CC]				Naked and Afraid "No Safety in Numbers"			
DISN	Ladybug	"The Proud Family Movie" 'NR'		Marvel's Mo		Marvel's		Hamster	Hamster	Ladybug	Ladybug	Ladybug	Big City
ESPN	SportCtr	College GameDay		College Basketball				College Basketball				Basket	
ESPN2	College Basketball			College Basketball			College Basketball				Basket	Basket	
FNEWS	Cavuto	Fox News Live [CC]		Fox News Live [CC]		Fox News Live [CC]		Journal Editorial Rpt.		Fox News Live [CC]		Saturday Show	
FX	(10:00) "Get Out"		***½ "The Help" (2011) Viola Davis, Emma Stone. (In Stereo) [CC]					***½ "Green Book" (2018) (In Stereo)					
HBO	"Divergent: Allegiant"			Game	Real, Bill Maher		**½ "Godzilla" (2014) 'PG-13' [CC]			The Last of Us [CC]		"Term 2"	
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	(11:00) ** "Lila & Eve" (2015)			"The Girl He Met Online" (2014)		"Girl in the Bunker" (2017) [CC]		"Girl in Room 13" (2022) Anne Heche. [CC]					
MAX	"Fast Food Nation"		*** "Donnie Darko" (2001)			*** "Chef" (2014) Jon Favreau. [CC]			** "Meet Dave" (2008) [CC]			"Warrior"	
NBCSPA	Oxygen	NBA Basketball: Trail Blazers at 76ers				World Poker		World Poker		World Poker		Poker	
NICK	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	*** "Sing" (2016) (In Stereo)		
PARMT	NCIS	NCIS (In Stereo) [CC]		**½ "Old School" (2003) Luke Wilson.				"Anchorman: Legend of Ron"				**½ "Grown Ups"	
TBS	** "The Hangover Part III" (2013)			**½ "Tag" (2018) Ed Helms. [CC]			*** "Game Night" (2018) [CC] (DVS)				"Crazy		
TCM	"7Brides"		**** "Gigi" (1958) Leslie Caron.			***½ "The Music Man" (1962) Robert Preston.						**** "A Star Is Born" (1954)	
TNT	NCIS: LA	** "Justice League" (2017) Ben Affleck.				***½ "Wonder Woman" (2017, Action) Gal Gadot. [CC] (DVS)				"Wonder 1984"			
USA	Soccer	Premier	Premier League Soccer: Eagles vs Citizens			Goal	Chicago Fire		Chicago Fire		Chicago Fire		

SATURDAY EVENING

MARCH 11, 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	College Basketball				NCIS: Los Angeles		S.W.A.T. "Quandary"		48 Hours [CC]		News	Paid Prg.	Magnum
6-ABC	News	ABC	FYI Philly	Oscar	NBA	NBA Basketball: Bucks at Warriors				News	News	Jeopardy!	
10-NBC	News	NBC	Paid Prg.	1st Look	The Wall [CC]		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	Sound	The Arts	Old	House	Show Me	McLeod	La Otra Mirada (In Stereo) [CC]		Mysterious Women		
29-FOX	Pregame	College Basketball				Postgame	2023 World Baseball Classic Great Britain vs United States. [CC]						News
57-CW	SEAL Team [CC]		FamFeud	FamFeud	Masters	Masters	Animals	Animals	News Philly	WOW - Women		Neighbor	
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]				**½ "Con Air" (1997, Action) Nicolas Cage. [CC]				*½ "Gone in 60 Seconds" (2000) [CC]				
CNN	CNN Newsroom		CNN Newsroom		Low Country		Low Country		Low Country		This Is Life		Life-Lisa
DISC	Naked and Afraid		Naked and Afraid		Naked and Afraid (In Stereo) [CC] (DVS)				Naked and Afraid		Naked and Afraid		Afraid
DISN	Big City	Big City	Big City	Big City	The	The	Marvel's	Big City	Hamster	Marvel's	Ladybug	Ladybug	Bluey
ESPN	College Basketball				Basket	College Basketball				College Basketball			
ESPN2	College Basketball			College Basketball			College Basketball			College Basketball			
FNEWS	Fox Report		Gutfeld! [CC]		One Nation		Dan Bongino		Lawrence Jones		One Nation		Unfiltered
FX	(4:00) "Green Book"		XFL Football Houston Roughnecks at Orlando Guardians. [CC]				XFL Football: Brahmas at Sea Dragons						
HBO	(5:35) "Terminator 2: Judgment Day" 'R'				**½ "RocknRolla" (2008) Gerard Butler.				The Last of Us [CC]		Perry Mason [CC]		"War
HIST	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		UnXplain.
ION	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU
LIFE	"Girl in the Shed: Kidnapping of Abby"				"Girl in the Closet" (2023) Remy Ma. [CC]				"Husband, Wife and Their Lover" (2022)				"Closet"
MAX	(5:40) *** "Warrior" (2011) (In Stereo)				** "Bringing Down the House" (2003)				*½ "Wild Hogs" (2007) [CC]		**½ "Overboard"		
NBCSPA	Bensinger	Greatest	Birds	NLL Lacrosse Philadelphia Wings at New York Riptide.				Greatest	Brewing	NLL Lacrosse: Wings at Riptide			
NICK	(4:29) *** "Sing"		"Cloudy With a Chance of Meatballs" [CC]				Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	(5:15) *½ "Grown Ups" (2010)		"Anchorman: Legend of Ron"				*½ "Grown Ups" (2010) Adam Sandler. (In Stereo)				"Old		
TBS	(5:30) ***½ "Crazy Rich Asians" (2018)				Burgers	Burgers	Burgers	Burgers	Burgers	** "Suicide Squad" (2016) Will Smith.			
TCM	(4:45) **** "A Star Is Born" (1954) [CC]				**** "An American in Paris" (1951)				**** "West Side Story" (1961) Natalie Wood. [CC]				
TNT	(5:15) **½ "Wonder Woman 1984" (2020, Action)				***½ "Shazam!" (2019) Zachary Levi. [CC] (DVS)				***½ "Wonder Woman"				
USA	Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chi. Fire

SUNDAY AFTERNOON												MARCH 12, 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		College Basketball				College Basketball							
6-ABC	Inside	Action News		On the Red Carpet Live: Countdown to Oscars 95				Vets-Pets	ABC	News	Carpet				
10-NBC	Issue	Paid Prg.	PGA	2023 Players Championship Final Round. (Live)											
17-MNT	Shriners	Paid Prg.	Paid Prg.	In Focus	This	The Good Doctor	Two Men	Philler	Live From the Oscars						
23-PBS	Think Tk	State-Aff	Class	Lidia	Milk	Cook	Darley	Your DNA Secrets Revealed			Burns-Story				
29-FOX	Paid Prg.	NHRA Drag Racing AMALIE Motor Oil NHRA Gatornationals.				RaceDay	NASCAR Cup Series United Rentals Work United 500.								
57-CW	Draft	Philadelphia St. Patrick's Day Parade (Live)				World's	World's	Major Crimes	Law & Order: SVU						
A&E	Zombie	Zombie Flip		WWE Rivals		WWE Rivals		WWE Rivals		Biography: WWE Legends "Chyna"					
AMC	"Conta	★½ "Demolition Man" (1993) Sylvester Stallone.				★½ "Gone in 60 Seconds" (2000, Action) Nicolas Cage.				"Con Air"					
CNN	News	State of Union		Fareed Zakaria GPS	CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom				
DISC	Naked	Naked and Afraid		Naked and Afraid		Naked and Afraid		Naked and Afraid		Naked and Afraid "No Holds Barred"					
DISN	Ladybug	Big City	Big City	Big City	Big City	Big City	Big City	Hamster	Hamster	Hamster	Marvel's	Marvel's	Kiff		
ESPN	SportCtr	Basketball Live		College Basketball			College Basketball			SportsCenter					
ESPN2	Hoops	College Basketball			Women's College Basketball				XFL Football: Renegades at BattleHawks						
FNEWS	Medi	Fox News Live		Fox News Live		FOX News Sunday	Maria Bartiromo	Fox News Live		Sunday Show					
FX	(10:30)	★★★½ "Ford v Ferrari" (2019) Matt Damon.				★★★½ "Bohemian Rhapsody" (2018) Rami Malek. (In Stereo)				"A Star Is Born"					
HBO	"Captain Phillips"	★½ "Tammy" (2014) 'R'		★★★ "Free Guy" (2021) Ryan Reynolds.				Real, Bill Maher		Perry Mason					
HIST	The Cars	The Cars That		The Cars That		Built America		Built America		Built America		Built America			
ION	NCIS	NCIS "Boom"		NCIS "Third Wheel"		NCIS "Fragments"		NCIS (DVS)		NCIS (DVS)		NCIS "Friendly Fire"			
LIFE	"Lizzie"	"Sorority Surrogate" (2014) Cassie Steele.				"Cradle Did Fall" (2021) Kirsten Robek.			"You May Now Kill the Bride" (2016)						
MAX	★ "The Ring Two"	★ "The Purge: Anarchy" (2014)			★★★½ "Black Hawk Down" (2001)			★★½ "Safe" (2012)							
NBCSPA	Oxygen Therapy	Home	Nutriseal BOGO!		Brewing	Brewing	Brewing	Brewing	Brewing	Brewing	Brewing	Brewing	Sixers		
NICK	Sponge.	Sponge.	Sponge.	Patrick	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.		
PARMT	Rescue	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue			
TBS	(11:00)	★ "Suicide Squad" (2016, Action)			★★½ "Aquaman" (2018, Action) Jason Momoa. (DVS)				★★★ "Shazam!" (2019)						
TCM	"Bat	★★★ "Thirty Seconds Over Tokyo" (1944) (DVS)				★★★½ "The Dirty Dozen" (1967, War) Lee Marvin. (DVS)				"12-High"					
TNT	NCIS: LA	NCIS: New Orleans		NHL	NHL Hockey Boston Bruins at Detroit Red Wings.				NHL Hockey: Rangers at Penguins						
USA	Soccer	Premier	Premier League Soccer			Goal	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU				

SUNDAY EVENING												MARCH 12, 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	NCAA Select	60 Minutes			The Equalizer		East New York		NCIS: Los Angeles		News	Sports	J. Osteen		
6-ABC	Carpet	Countdown to the Oscars			The Oscars (In Stereo) Live (DVS)				News	American Idol					
10-NBC	News	NBC	Dateline NBC (In Stereo)			Magnum P.I.			The Blacklist		NBC 10 News at 11p		Bensinger		
17-MNT	Oscars	Two Men	Gold	Gold	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action News at 10		Seinfeld	Seinfeld	Outdoors		
23-PBS	Burns-Story	Celtic Woman: Postcards From Ireland				Suze Orman's Ultimate Retirement Guide				Your DNA Secrets Revealed					
29-FOX	NASCAR Cup Series	Simpsons	Burgers	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 "Undertaker"			Biography: WWE Legends "Kane"				WWE Rivals		WWE Rivals		Biography			
AMC	(5:30)	★★½ "Con Air" (1997, Action)			★★★ "Star Trek Beyond" (2016) Chris Pine.				★★½ "Total Recall" (2012) Colin Farrell.						
CNN	CNN Newsroom	Who's Talking		Anthony Bourd.		Anthony Bourd.		Anthony Bourd.		Anthony Bourd.		Anthony			
DISC	Naked and Afraid: Censored			Naked and Afraid "Bro, Hold My Fear"				Naked-Solo		Naked and Afraid		Afraid			
DISN	(5:55) Kiff	"Diary-Wimpy Kid: Dog Days"			Bunk'd	Bunk'd	★★★ "Mary Poppins Returns" (2018) 'PG'			Bunk'd	Bunk'd	Bluey			
ESPN	SportsCenter	Bracket			NCAA Women's		NBA Basketball: Knicks at Lakers				SportsCenter				
ESPN2	XFL Football	XFL Football Vegas Vipers at D.C. Defenders. (Live)				Bracketology: Field of 136				UFC 286 Countdown					
FNEWS	Fox Report	Sunday Night			Life, Liberty & Levin		The Next Revolution		Sunday Night		Life, Liberty & Levin		Revolu		
FX	(5:00)	★★★½ "A Star Is Born" (2018)				★★★ "The Fate of the Furious" (2017) Vin Diesel. (In Stereo)				"The Fate of the Furious"					
HBO	★★★ "The Menu" (2022) Ralph Fiennes.				The Last of Us		The Last	The Last of Us		Game	Last	The Last of Us			
HIST	Built America		Built America		Built America		Built America		Built America		Built America		America		
ION	NCIS "Tailing Angle"		NCIS (DVS)		NCIS (DVS)		NCIS (DVS)		NCIS "She"		NCIS (DVS)		NCIS		
LIFE	"A Lifeguard's Obsession" (2023)				"The Surrogate Scandal" (2023) Premiere.				"From Straight A's to XXX" (2017)		"Surro				
MAX	"Safe"	★ "The Fog" (2005)		★★½ "Non-Stop" (2014) Liam Neeson.				★★★ "Last Night in Soho"			★★★ "Nobody"				
NBCSPA	NBA Basketball: Wizards at 76ers				Sixers Post.		In. Golf	NBA Basketball: Wizards at 76ers				Poker			
NICK	"Cloudy With a Chance of Meatballs"			★★½ "Cloudy With a Chance of Meatballs 2" (2013)				Friends	Friends	Friends	Friends	Friends			
PARMT	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Waco		Rescue		
TBS	(4:30) "Shazam!"	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Silicon	★★½ "Aquaman" (2018) Jason Momoa.						
TCM	(5:30)	★★★ "Twelve O'Clock High"				★★★½ "The Longest Day" (1962, War) John Wayne.				"From Here to Eternity" (1953)					
TNT	Hockey	Postgame	★★★½ "Avengers: Endgame" (2019) Robert Downey Jr., Chris Evans. (DVS)				★★★ "Transformers" (2007)								
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU				

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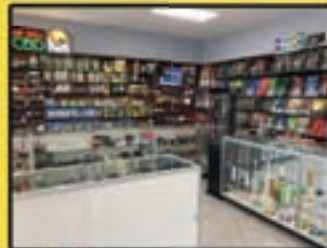
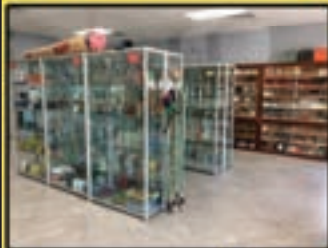
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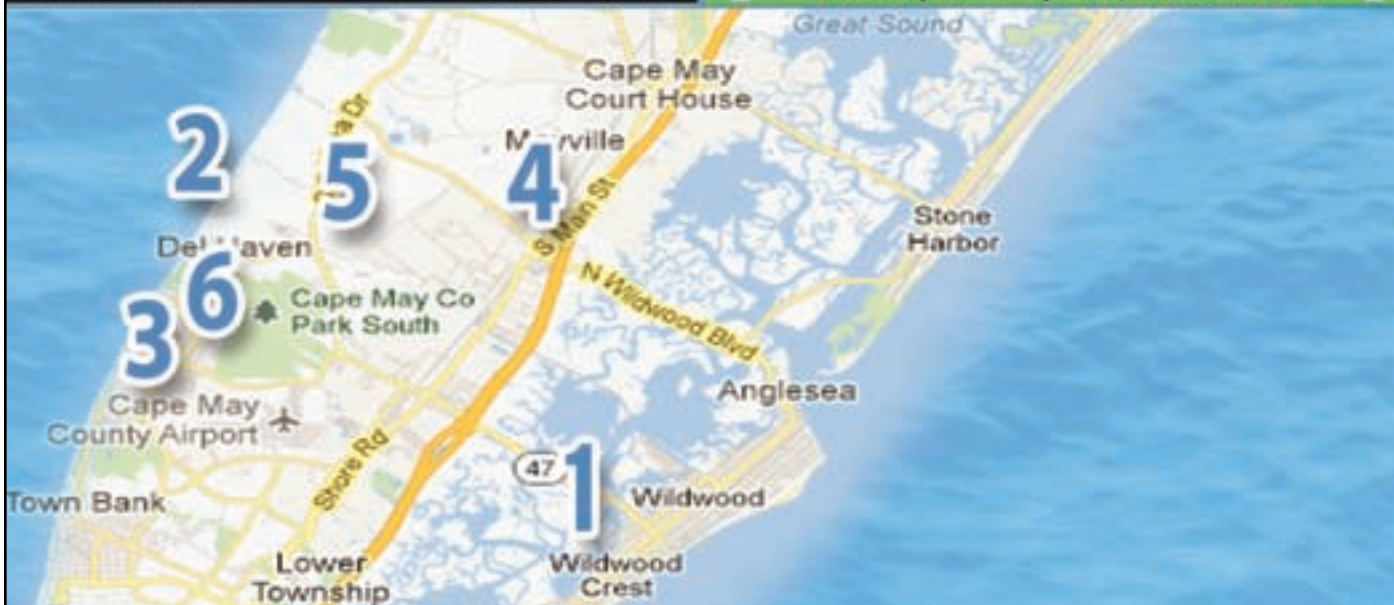
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MONDAY EVENING											MARCH 13, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS (DVS)		NCIS: Hawai'i	News	Late Show-Colbert		
6-ABC	News	ABC	Jeopardy!	Wheel	The Bachelor (In Stereo) (DVS)				The Good Doctor	News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	The Voice "The Blind Auditions, Part 3"				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	Dogs in Wild				NOVA "London Super Tunnel"	Secrets	NJ Spotl	One/One	World
29-FOX	The Six	The Pulse	TMZ (DVS)	You Bet	9-1-1 (DVS)				Fantasy Island	The 10 News	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	All American (DVS)				All American	News Philly	Law & Order: SVU	Neighbor	
A&E	The First 48 (DVS)		The First 48 (DVS)		The First 48 (DVS)		The First 48 (DVS)		The First 48 (DVS)		The First 48 (DVS)		First 48
AMC	(5:15) *** "Star Trek Beyond" (2016)				** "Gone in 60 Seconds" (2000) Nicolas Cage.				** "Hitman" (2007) Timothy Olyphant.				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight (DVS)		CNN Tonight (DVS)		CNN Tonight (DVS)		AC 360
DISC	Outlaws: Fast		Outlaws: Fast		Street Outlaws: Fastest in America "Gamechanger" (DVS)				Street Outlaws		Outlaws		
DISN	Ladybug	Ladybug	"Flora and Ulysses" (2020) 'NR'		Marvel's	Marvel's	Hamster	Kiff (DVS)	Ladybug	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter (DVS)		NBA		NBA Basketball: Grizzlies at Mavericks				NBA Basketball: Suns at Warriors				
ESPN2	Jay Bilas		SportsCenter (DVS)		Bracketology: Field of 136 (DVS)		Daily Wager: Tournament		SportsCenter (DVS)		SportCtr		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) (DVS)		The Ingraham Angle		Gutfeld! (DVS)		Fox News
FX	*** "Zombieland" (2009) (In Stereo) (DVS)				** "Night School" (2018) Kevin Hart. (In Stereo) (DVS)				** "Night School" (2018) Kevin Hart. (DVS)				
HBO	Bowie: The Last		** "Don't Worry Darling" (2022) 'R' (DVS)				Perry Mason (DVS)		Rain	Perry Mason (DVS)	Rain	The Last	
HIST	History's Greatest Mysteries (DVS)				History's-Mysteries		History's-Mysteries		Greatest of All		History's-Mysteries		Mysteries
ION	Criminal Minds (DVS)		FBI "Leverage" (DVS)		FBI (In Stereo) (DVS)		FBI (In Stereo) (DVS)		FBI (In Stereo) (DVS)		FBI "Short Squeeze"		FBI (DVS)
LIFE	Castle "Death Wish"		Castle (DVS)		Castle "Dead Again"		Castle (DVS)		Castle "Hell to Pay"		Castle "Crossfire"		Castle
MAX	"Little	*** "Thoroughbreds" (2017)			** "Old" (2021) Gael Garcia Bernal. (DVS)			** "The Omen" (2006) (DVS)		** "Anna" (2019)			
NBCSPA	Birds	Birds	The Best Show Ever? (DVS)						Birds	NLL Lacrosse: Riptide at Wings			
NICK	Loud	** "Cloudy With a Chance of Meatballs 2" (2013)				Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo) (DVS)				Movie (In Stereo) (DVS)				
TBS	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	American
TCM	**** "The Umbrellas of Cherbourg"				**** "The Sting" (1973) Paul Newman.				*** "The Asphalt Jungle" (1950)				"Dog
TNT	*** "Avengers: Endgame" (2019) Robert Downey Jr., Chris Evans. (DVS)								True Blood "Plaisir D'Amour"		True Blood (DVS)		
USA	Chicago Fire		Chicago Fire		WWE Monday Night RAW (In Stereo Live) (DVS)					Chrisley	Chrisley	Chrisley	

TUESDAY EVENING											MARCH 14, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	FBI "Family First"		FBI: International		FBI: Most Wanted		News	Late Show-Colbert	
6-ABC	News	ABC	Jeopardy!	Wheel	The Bachelor "The Women Tell All"				Will Trent (In Stereo)		News	Jimmy Kimmel Live!	
10-NBC	News	NBC	News	Holly	Night	American	The Voice (DVS)		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 (DVS)			Michael Flatley's Lord		NJ Spotl	Que Pasa	World	
29-FOX	The Six	The 215	TMZ (DVS)	You Bet	9-1-1: Lone Star			Accused (DVS)		The 10 News	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Superman & Lois		Gotham Knights		News Philly	Law & Order: SVU	Neighbor		
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	
AMC	"Gone in 60 Sec"		** "Hitman" (2007) Timothy Olyphant.				* "Rambo: Last Blood" (2019) (DVS)		That Dirty Black Bag "Hitman				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight (DVS)		CNN Tonight (DVS)		CNN Tonight (DVS)		AC 360
DISC	Homestead Rescue (In Stereo) (DVS)				Homestead Rescue "By a Landslide"				Homestead Rescue		Homestead Rescue		Rescue
DISN	Big City	Big City	NHL Hockey: Capitals at Rangers				Kiff (DVS)	Kiff (DVS)	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter (DVS)		NHL Hockey: Capitals at Rangers				2023 NIT Basketball Tournament				SportsC.	SportsC.	
ESPN2	Daily Wager (DVS)		2023 NIT Basketball Tournament				2023 NIT Basketball Tournament				NIT Basketball Tournament		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) (DVS)		The Ingraham Angle		Gutfeld! (DVS)		Fox News
FX	"Sicario: Day of the Soldado"			** "The Equalizer 2" (2018) Denzel Washington.				Under the Banner of Heaven			Under the Banner		
HBO	(5:55) *** "The Many Saints of Newark"				*** "Cold Pursuit" (2019) Liam Neeson.				Perry Mason (DVS)	The Last	* "Legion" 'R'		
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 (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle
MAX	** "Transporter 3" (2008) Jason Statham.				"The Transporter Refueled"			** "Alpha Dog" (2006) Bruce Willis.			"Indecent Proposal"		
NBCSPA	Birds	Pregame	NHL Hockey: Golden Knights at Flyers				Flyers Postgame		Birds	Brewing	Birds	Hockey	
NICK	Loud	*** "The Croods: A New Age" (2020) (In Stereo)				Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo) (DVS)				Movie (In Stereo) (DVS)				
TBS	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Sheldon	Sheldon	Sheldon
TCM	(5:45) *** "The Three Musketeers" (DVS)				**** "La Strada" (1954) Anthony Quinn.				*** "Day for Night" (1973) (DVS)				"Cries"
TNT	(5:15) *** "Shazam!" (2019, Action)				*** "Ant-Man" (2015, Action) Paul Rudd. (DVS)				*** "Shazam!" (2019) Zachary Levi.				
USA	Law & Order: SVU		Law & Order: SVU		WWE NXT (In Stereo Live) (DVS)				Chicago P.D.	Chicago P.D.	Chicago		

WEDNESDAY EVENING												MARCH 15, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	
3-CBS	News	CBS	Inside Ed.	ET	Survivor	Lingo "Episode 8"	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!	Drive-Hist	Look Up	Halifax	Halifax: Retribution	Bill Feeba	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	Gotham Knights	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	The First 48	The First 48	The First 48	First 48				
AMC	★½ "Rambo: Last Blood" (2019)				★★★ "True Lies" (1994, Action) Arnold Schwarzenegger.				★★½ "Mr. & Mrs. Smith"					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	Moonshiners		Moonshiners		Moonshiners "Hard Evidence" (DVS)				Moonshiners		Master Distiller		Moon	
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Marvel's	Bunk'd	Bunk'd	Big City	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter		NBA		NBA Basketball: 76ers at Cavaliers				NBA Basketball: Warriors at Clippers					
ESPN2	Daily Wager		2023 NIT Basketball Tournament				2023 NIT Basketball Tournament				NIT Basketball Tournament			
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	"The Equalizer 2"		★★½ "Fast & Furious Presents: Hobbs & Shaw" (2019)				Snowfall "Ebony and Ivory"				Snowfall			
HBO	"Terminator 2"		The Last of Us		The Last of Us		★★ "Don't Worry Darling" (2022) 'R'				Rain	Perry Mason		
HIST	Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn	
ION	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods "Guilt"		Blue Bloods		Blue Bloods		Blue	
LIFE	Castle		Castle		Married at First Sight				Married at First Sight		Married at First Sight		Married	
MAX	★★ "Bringing Down the House" (2003)				★½ "One for the Money"			★½ "Killers" (2010) (In Stereo)		★★★ "Donnie Darko" (2001)				
NBCSPA	Birds	Birds	Sixers	NBA Basketball: 76ers at Cavaliers				Sixers Post.		Birds	In. Golf	Basket		
NICK	Loud	Loud	★★★ "Despicable Me 2" (2013) (In Stereo)				Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo)				Movie (In Stereo)					
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (Live)				Sheldon	Sheldon	Sheldon	Sheldon	Sheldon	
TCM	★★★ "All the King's Men" (1949)				★★½ "The Black Stallion" (1979)				★★★½ "Born Free" (1966)				"Lassie"	
TNT	Foodies	NHL	NHL Hockey: Avalanche at Maple Leafs				NHL Hockey Minnesota Wild at St. Louis Blues.				Postgame			
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU	

THURSDAY EVENING												MARCH 16, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	
3-CBS	News	CBS	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				News			
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!	Riverdance 25th Anniversary Show			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 "Buffering"	Superman & Lois	News Philly	Law & Order: SVU	Neighbor					
A&E	The First 48		The First 48		The First 48		Butchers of		The First 48		First 48			
AMC	(5:00) ★★★ "True Lies" (1994)				★★★ "Con Air" (1997, Action) Nicolas Cage.				★★★ "Under Siege" (1992) Steven Seagal.					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360	
DISC	Naked and Afraid XL (In Stereo)				Naked and Afraid XL (In Stereo)				Naked and Afraid XL "All In to Get Out"				Afraid XL	
DISN	Kiff	Kiff	Hamster	Big City	Big City	Marvel's	Raven	Raven	Big City	Hamster	Ladybug	Ladybug	Bluey	
ESPN	SportsCenter		Men's College Wrestling NCAA Championships. (Live)				SportsCenter (Live)				SportCtr			
ESPN2	NBA Today		NCAA Women's Basketball				NCAA Women's Basketball				NFL Live	Player 54		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News	
FX	★★½ "The Fate of the Furious" (2017) Vin Diesel. (In Stereo)						XFL Football Houston Roughnecks at Seattle Sea Dragons.				"Furious"			
HBO	(5:40) ★★ "Divergent" (2014) 'PG-13'				★★½ "See How They Run"		The Last of Us		Perry Mason	"Captain Phillips"				
HIST	Swamp People		Swamp People		Swamp People		Swamp People		Swamp People		Swamp People		Swamp	
ION	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D. "Lies"		Chicago P.D.		Chicago P.D.		Chicago	
LIFE	Castle		Castle		Married at First Sight		Married-UK		Married at First Sight		Married-UK		Married	
MAX	★★★ "Last Night in Soho" (2021)				★★ "The Fog" (2005)			★½ "Mirrors" (2008) Kiefer Sutherland.				"What Lies Bnth"		
NBCSPA	Birds	Brewing	The Best Show Ever?				Birds				World Poker			
NICK	Sponge.	Sponge.	Dylan	Lay Lay	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo)				★★★★ "Forrest Gump" (1994) (In Stereo)					
TBS	Men's Bask.		2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament							
TCM	(5:45) "Who's Afraid of Virginia Woolf?"				★★★★ "Spartacus: Restored Edition" (1960) Kirk Douglas.				★★★★ "Ben-Hur"					
TNT	Men's Bask.		2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				The Flipping Ei			
USA	Law & Order: SVU		Law & Order: SVU		★★½ "The Day After Tomorrow" (2004, Action)				★★½ "The Day After Tomorrow" (2004)					



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WET FOOD BETTER THAN DRY FOOD FOR YOUR CAT OR DOG?

Submitted By
Patsy Nelson
from The Wagging Tail

I was going to do this week's article on Bladder and Kidney problems in dogs-a follow-up on the one I wrote last on bladder and kidney stones in cats. But I ran out of time for the research I was conducting to give you a wide view of the topic and the best diets for dogs with kidney issues or failure. So, I am repeating one I wrote recently on the benefits of canned food. (Especially for pets with special needs.)

ACCORDING TO THE WHOLE DOG JOURNAL, WHICH IS AN EXPERT SOURCE FOR ALL THINGS DOG, WET, RAW, OR DEHYDRATED DOG FOOD IS FAR BETTER THAN ANY DRY FOOD, EVEN THE MOST EXPENSIVE. MANY VETS WILL PUSH DRY FOOD AS A WAY OF MAINTAINING GOOD DENTAL HEALTH. BUT HOW MANY DOGS OR CATS (OR HUMANS FOR THAT MATTER) TRULY SPEND MORE THAN A FEW SECONDS MASTICATING THEIR FOOD? MOST PETS USUALLY INHALE THEIR FOOD. SLOW FEEDERS HAVE BEEN INVENTED FOR THAT REASON ALTHOUGH THE FROMM COMPANY RECOMMENDS ADDING COLD WATER TO YOUR DOG'S DRY FOOD-AS MUCH AS THE DOG CAN ACCEPT TO ALLOW THE FOOD TO MOVE QUICKLY THROUGH THE GUT FOR BETTER GUT HEALTH. IMAGINE YOURSELF EATING A BEER PRETZEL WITHOUT A BEVERAGE! ADDING WATER IS NOT POSSIBLE IF A DOG GRAZES ALL DAY AS YOU DO NOT WANT THE KIBBLE TO SOFTEN WHICH WILL INCREASE HOW SLOWLY IT MAKES ITS WAY THROUGH THE INTESTINAL TRACT. BUT THERE MAY BE A REASON YOUR DOG GRAZES - BOREDOM WITH THE FOOD.

MANY CUSTOMERS HAVE BEEN HESITANT TO CHANGE THEIR DOG'S DIET. I'VE HAD MUCH SUCCESS WITH DOGS THAT HAVE BEEN FOUND LOST, LIKE MY SHIH TZU, ROSIE, OR GIVEN UP, LIKE ZOEY, OR FOSTER-TURNED-RESCUE, EBBY. IF YOUR DOG OR CAT GETS LOST AND THEN FOUND BY SOMEONE ELSE, EVEN FOR A SHORT TIME, IT WILL BE FED WHATEVER THAT PERSON CHOOSES. TOO MANY PETS DON'T CARRY IDENTIFICATION, AND NO PET CARRIES MEDICAL OR FEEDING INSTRUCTIONS. IT'S TRULY HEALTHIER AND MORE APPEALING TO A CAT OR DOG TO ALTER OR MIX THE PROTEINS THAT THEY ARE GIVEN AS LONG AS YOU KNOW THAT THEY DO NOT HAVE AN ALLERGY PROBLEM WITH A SPECIFIC PROTEIN, LIKE CHICKEN OR BEEF, WHICH HAVE BEEN TARGETED FOR THAT. I AM AMAZED HOW MANY OF OUR REPUTABLE PET FOOD COMPANIES CARRY CANNED FOODS THAT CONTAIN CHICKEN OR BEEF WHICH LEADS ME TO BELIEVE THAT A MAJORITY OF PETS DON'T HAVE PROBLEMS WITH EITHER. TODAY THERE ARE NUMEROUS OTHER PROTEIN OPTIONS THAT PETS HAVE NOT CONSUMED THAT CAN BE SAFELY ADDED. KANGAROO, GOAT, GUINEA FOWL, VENISON, PORK, RABBIT, FISH, AMONG OTHERS, CAN BE SLOWLY INTRODUCED, ALTHOUGH I NEVER SLOWLY INTRODUCED ANYTHING. I AM ALWAYS TRYING SOMETHING NEW ON MY CATS AND DOGS AND THEN MONITOR THEIR STOOL, OR AMOUNT OF LICKING OR SCRATCHING FOR INDICATIONS OF A PROBLEM. FEEDING THE SAME PROTEIN ALL THE TIME CAN RESULT IN AN ALLERGY TO THAT PROTEIN. ADDING CANNED FOOD, OR FREEZE-DRIED FOOD, CAN GREATLY ENHANCE YOUR PET'S INTEREST IN EATING, AND ALL OTHER PHYSICAL HEALTH.

UNLESS YOUR PET EATS ALL OF ITS FOOD AT FEEDING TIME, IT IS BEST NOT TO MIX WET AND DRY FOOD TOGETHER. I KNOW THAT EBBY WILL EAT JUST ABOUT ANYTHING I GIVE TO HER. BUT ZOEY IS A BIT MORE HESITANT. WHEN I ADD A NEW CAN TO THEIR NIGHTLY MEAL, I PUT SOME IN A SEPARATE BOWL FOR BOTH SO THAT IF THEY DO NOT TAKE TO IT, I HAVE NOT RUINED THE MAIN DISH OF GENTLY COOKED RAW SPRINKLED WITH A VARIETY OF STELLA AND CHEWY FREEZE-DRIED PRODUCTS. I HAVE STOPPED FEEDING KIBBLE, ALTHOUGH FOR MANY WHO HAVE BIGGER DOGS KIBBLE IS MORE AFFORDABLE, BUT STILL BETTER WITH SOME CANNED, AND COLD WATER. MORE ON THIS TOPIC LATER.

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