

FREE

March 17-23, 2023

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MAGAZINE

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CHECK US OUT ON 



**HAPPY
ST. PATRICK'S
DAY!**

**SPRING
BEGINS
ON MONDAY
SEE PAGES 12 & 23**



**IRISH SPECIALS, MARCH MADNESS & MUCH MORE
AT OWEN'S PUB • SEE PAGE 14**



**MARVIS DINER & PANCAKE HOUSE IS NOW OPEN
DAILY IN NORTH WILDWOOD • SEE PAGE 10**

<p>2100 BAYSHORE RD. • VILLAS (609) 886-7699 • (609) 886-7709</p> <p> DINE-IN </p> <p>PICK-UP • DELIVERY</p> <p>ST. PATRICK'S DAY SPECIAL HAM & CABBAGE \$16.99</p>	 <p>Villas DINER & PIZZERIA</p> <p>FAMILY RESTAURANT</p>	<p>BREAKFAST • LUNCH DINNER DAILY</p> <p>MON-THURS 7:30AM-7:30PM FRI & SAT 7:30AM-8PM SUN 7:30AM-7PM</p>
<p>EARLY BIRD SPECIALS SUN-THURS 3-5:30PM, FRI & SAT 3-5PM Chicken Parm \$10.99 • Chicken Pot Pie \$10.99 • Roast Turkey w/Stuffing \$12.99 Fettuccini Alfredo \$12.99 • Eggplant Parm \$9.99 • Shrimp Scampi \$13.99 Fried Flounder \$11.99 • plus many more to choose from!</p>		

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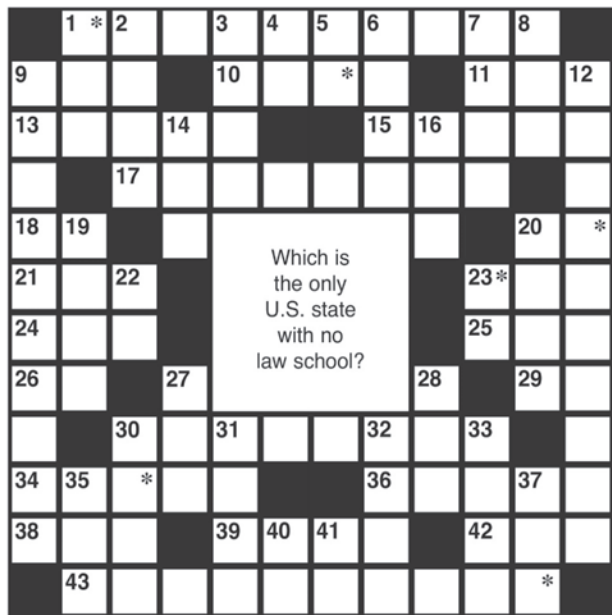
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TV CHALLENGE



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. Continent
- 9. Chicken ___ king
- 10. Suitor
- 11. ___ whim; impulsively
- 13. Former Vice President Mike ___
- 15. Eagle's defense
- 17. Cry from the pews
- 18. "I ___ Legend"; Will Smith film
- 20. "The coast ___ clear!"
- 21. Tell tales
- 23. Doctor's bag
- 24. White ___; termite
- 25. ___ and aah; express delight
- 26. PC tray insertion
- 29. Suffix for rook or book
- 30. Squeezing snake
- 34. Bit of land in the sea
- 36. Ike's opponent Stevenson
- 38. Make fun of
- 39. "Groovy!"
- 42. "Little Women" author's initials
- 43. Reason to avoid tightrope walking
- 8. Year south of the border
- 9. Impoverished U.S. area
- 12. What to expect before major surgery
- 14. Actor Gulager
- 16. Feel miserable
- 19. Obey
- 20. 550 and 551
- 22. Film alien
- 23. Fight result, for short
- 27. Very late bedtime
- 28. Peculiar
- 30. Sir Guinness
- 31. ___ time; never
- 32. International military alliance
- 33. "___ want for Christmas is my two ..."
- 35. Health club offering
- 37. "I ___ Rock"; Simon & Garfunkel hit
- 40. Initials for Lisa Marie's dad
- 41. Tongue depressor response

Solution
Alaska



DOWN

- 1. Thirst quencher
- 2. Mom's mom
- 3. Fratricide victim
- 4. Prefix for print or place
- 5. Stanford's location: abbr.
- 6. Ballerina's attire
- 7. Vending machine drink

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WORD SEARCH

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

"Lucky Hank" on AMC
(Words in parentheses not in puzzle)

- | | | |
|----------------------|------------------|----------------------|
| (Bob) Odenkirk | (Mireille) Enos | (Midlife) Crisis |
| Hank | Lily | Underfunded |
| Chairman | Wife | Mediocre |
| English (Department) | (Vice) Principal | Entitled |
| Railton (College) | Unraveling | (Rural) Pennsylvania |

HOROSCOPE

MARCH 16 - MARCH 22, 2023

ARIES (Mar. 21-April 20)

You can find solutions if you are willing to communicate. Be prepared to lose friends or alienate loved ones due to your stubborn nature lately. In-laws or older individuals may give you a bit of a hard time this week. Find ways to mellow out.

TAURUS (Apr. 21-May 21)

Travel may change your attitudes with regard to your philosophy. Communication will be your best bet. Put your plans into motion by presenting your intentions to those who should be able to give you financial support. Don't reveal anything about your personal life to those who may use such information against you.

GEMINI (May 22-June 21)

Don't push your mate away. Your mate may be distressed if you refuse to make a commitment. Financial difficulties may be worrying you. You may find that romance will unfold through business connections.

CANCER (June 22-July 22)

Be prepared to take care of the issues at hand. A long discussion is in order if you wish to clear the air. Avoid too much discourse with colleagues this week. If you try to manipulate emotional situations you will find yourself alienated.

LEO (July 23-Aug 22)

Anger might lead to carelessness and minor injuries. Female members of your family may be difficult to deal with. Try not to get into disputes that will lead to estrangement's. Elders may need your help.

VIRGO (Aug. 23-Sept. 23)

Financial gains can be made through wise investments. You will enjoy interaction with others this week. Pleasure trips will be most enjoyable if you take them with that special person in your life. Depression may be likely if you're away from home.

LIBRA (Sept. 24-Oct. 23)

Go directly to the source if you want to know exactly what's been going on. Take a close look at documents before signing on the dotted line. Expect to have more people on your domestic scene. Your partner may push buttons that infuriate you.

SCORPIO (Oct. 24 - Nov. 22)

A change of attitude has probably disrupted your home environment. You need to spend some time reflecting on past experiences and involvement's. Overexertion and negligence will be your worst enemies. Put your time and energy into home improvement.

SAGITTARIUS (Nov. 23 - Dec. 21)

Minor fevers or infections will develop if you're over-stressed. You might not accomplish all that you want to at home this week. Don't be too confident that coworkers are on your side. Try not to be too harsh with your mate.

CAPRICORN (Dec 22 - Jan. 20)

Your talents might just be discovered. You may find a rare antique this week. Sudden romantic connections may be short lived. Your ability to relate will close the generation gap.

AQUARIUS (Jan. 21 - Feb. 19)

Partnerships could be tense. Don't push your luck. Payoff all your debts before you go out and celebrate. A change is as good as a rest. Don't go looking for change. You can expect to face opposition on the home front.

PISCES (Feb. 20-Mar. 20)

Catch up on any correspondence you've neglected. Too much talk will lead to disputes. You can get your point across if you don't beat around the bush. Be honest if you wish to solve the problem.

This Week's Weather

**THURSDAY,
MARCH 16**  **HIGH 54
LOW 36**

 **FRIDAY,
MARCH 17**  **HIGH 55
LOW 45**

 **SATURDAY,
MARCH 18**  **HIGH 54
LOW 39**

**SUNDAY,
MARCH 19**  **HIGH 43
LOW 34**

**MONDAY,
MARCH 20** **SPRING BEGINS!**  **HIGH 45
LOW 34**

HAPPY BIRTHDAY JOSH!
**TUESDAY,
MARCH 21**  **HIGH 46
LOW 37**

**WEDNESDAY,
MARCH 22**  **HIGH 50
LOW 41**

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HAPPY HOUR THURS, FRI & SUN 4-6PM**

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

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MARCH 20TH
7PM**

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**HAVE A
MOVIE SUGGESTION?
LET US KNOW!**

WHAT'S SHOWING THIS WEEK:

Thursday, Mar. 16

**BATMAN 22
8PM**

Friday, Mar. 17

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIMES:
3PM • 6PM • 9PM**

Saturday, Mar. 18

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIMES:
1PM • 4PM
7:30PM • 10PM**

Sunday, Mar. 19

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIMES:
10AM • 1PM • 4PM
8PM • 10PM**

Monday, Mar. 20

**TRIVIA NIGHT
7PM**

Tuesday, Mar. 21

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIME:
7PM**

Wednesday, Mar. 22

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIMES:
6PM • 9PM**

Thursday, Mar. 23

**HOUSE ON HAUNTED HILL
(1968)**

**SHOWTIMES:
7PM**

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Martini • \$9

*Three Olives Vanilla Vodka,
Creme De Menthe, White
Creme De Cacao, Bailey's,
Whipped Cream*

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*Stoli Orange, Blue Curacao,
Orange Juice*

Jameson Mule • \$8

*Jameson Whiskey, Lime Juice,
Ginger Beer*

Irish Coffee Martini • \$9

*Jameson Irish Whiskey, Mr. Black
Cold Brew Coffee Liqueur,
topped with Whipped Cream &
Drizzled Creme De Menthe*

Irish Car Bomb • \$9

Guinness, Bailey's, Irish Whiskey

Irish Coffee • \$7

*Coffee, Irish Whiskey, topped with
Whipped Cream & Creme De
Menthe Drizzle*

Guinness Stout • \$6

Jameson Shot • \$7

HAPPY
ST. PATRICK'S DAY!

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7A-9P THURS-SUN
BREAKFAST • LUNCH • DINNER
7A-2P MON-WED
BREAKFAST • LUNCH



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ANGLESEA ALEWORKS AT 3401 NEW JERSEY AVE. IN WILDWOOD CELEBRATED THEIR GRAND OPENING OVER THE WEEKEND. THE FESTIVITIES STARTED WITH A RIBBON-CUTTING CEREMONY ON FRIDAY.



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BUFFALO
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DOMESTIC HAM.....\$3.99/lb
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GREEN CABBAGE.....29¢/lb
SWEET ONIONS.....79¢/lb
GREEN SEEDLESS GRAPES.....99¢/lb
CUCUMBERS.....2/99¢
WHITE POTATOES.....5lb/\$1.99
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A WEEK FOR ALL YOUR
RETAIL &
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SPECIAL
GOURMET TURKEY **\$5.99/LB**
PASTRAMI

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AND BREAD ORDERS.

WHAT'S HAPPENING AROUND THE CAPE

AROUND THE CAPE
Wildwoods

Girl Scouts 'Passport Around the World'
SUNDAY, MARCH 19
Girl Scouts will present displays for
countries around the world at the

Wildwoods Convention Center from
11 a.m. - 3 p.m. Travel from table to
table and experience activities from
different countries such as crafts,
games, songs, traditions, foods, bev-
erages, tours or displays. Ticket prices:
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WEST CAPE MAY
St. Patrick's Day Weekend Market
 Sunday, March 19 Noon to 6 p.m.
 Willow Creek Winery, 168 Stevens St.

Celebrate St. Patrick's Day with the Gloucester City Irish Society Pipes & Drums and Emerald Isle Academy of Irish Dance, Irish food, and an open air vendor market. The market is Free to attend.

ST. PATRICK'S DAY – Fri, March 17th
 According to the U.S. Census Bureau, 31.5 million Americans claim Irish descent. That's a lot of Irish-Amer-

icans! And that includes those who may be 100% Irish or less than 15% Irish. A little bit of the Emerald Isle goes a long way.

SPRING BEGINS MONDAY, MARCH 20
 Spring begins on the March or vernal equinox, which is when the amount of sunshine is approximately 12 hours long. The amount of sunlight will incrementally increase until the first day of Summer. The vernal equinox marks the moment the sun crosses the celestial equator. This is the imaginary line in the sky above the Earth's equator, from south to

north. The vernal equinox happens on March 19, 20, or 21 every year in the Northern Hemisphere. In the Southern Hemisphere, this same event marks the beginning of fall. Meteorologists mark the spring from March 1 through May 31st.

NATIONAL GOOF OFF DAY
 National Goof Off Day on March 22nd each year gives everyone the opportunity to have a little extra fun. The day is also known as International Goof Off Day. It is a day to relax, enjoy and goof off. Do something fun and leave the work until tomorrow.

PHILLY TEAMS ON TV THIS WEEK



@ CHARLOTTE HORNETS
 FRI, MAR 17
 7:00PM - NBCSP+
@ INDIANA PACERS
 SAT, MAR 18
 7:00PM - NBCSP
VS CHICAGO BULLS
 MON, MAR 20
 7:00PM - NBCSP
@ CHICAGO BULLS
 WEDS, MAR 22
 8:00PM - NBCSP



VS BUFFALO SABRES
 FRI, MAR 17
 7:00PM - NBCSP
VS CAROLINA HURRICANES
 SAT, MAR 18
 5:00PM - ESPN+/HULU
VS FLORIDA PANTHERS
 TUES, MAR 21
 7:00PM - NBCSP



VS TORONTO BLUE JAYS
 FRI, MAR 17
 1:05PM - NBCSP+
VS BOSTON RED SOX
 SUN, MAR 19
 1:05PM - NBCSP
VS BALTIMORE ORIOLES
 MON, MAR 20
 1:05PM - NBCSP+

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GREATER CAPE MAY ELKS LODGE #2839 IN VILLAS HELD AN INITIATION FOR NEW MEMBERS ON SATURDAY, MARCH 10TH. CONGRATULATIONS TO ALL THE NEW ELKS!



Love is in the Air at the Wildwoods Convention Center During the Annual Wildwoods Spring Wedding Expo, Sunday, March 19

Planning your perfect wedding day starts with planning to attend the Wildwoods 13th Annual Wildwoods Spring Wedding Expo in the Oceanfront Arena at the Wildwoods Convention Center on Sunday, March 19 from noon – 4 p.m. Before you take a walk down that aisle, enjoy perusing the aisles at the Wildwoods Spring Wedding Expo, the largest free bridal event in Southern New Jersey, and see the latest wedding trends, concepts, and resources all in one place. Meet with representatives from area wedding venues, florists, bakeries, caterers, salons, spas, transportation companies, honeymoon destinations, DJs, photographers, videographers, bachelor/bachelorette party services, the latest bridal fashions and formal wear, and much more. Take away ideas you'll want to incorporate into your wedding and names of vendors that will help make your dream wedding a reality.

The highlight of the day will be an elegant Bridal Fashion Show presented by David's Bridal featuring the season's latest styles and trends.

Admission to the Spring Wedding Expo is FREE. To pre-register or for additional information visit WildwoodsWeddings.com. The 13th Annual Spring Wedding Expo is presented by the Wildwoods Convention Center and the Greater Wildwood Chamber of Commerce. Sponsors include Ken Schaffer Entertainment, 99 Reasons, David's Bridal, Cape May Star and Wave, Cape May Aerial Advertising, Sunset Flower Farm, Deauville Inn, Alliance Video Productions, and the Atlantic City Country Club. For additional information about the Wildwoods, visit www.WildwoodsNJ.com or call 609-729-9000.

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carhartt timberland PRO WIGWAM

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- Baked Ziti
- Chicken Fettuccine Alfredo
- Shrimp Scampi
- Eggplant Parmigiana over Pasta
- Chicken Parmigiana over Pasta
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SAT. - Vince O'Schneider 5pm-8pm, Name That Tune starting at 9pm

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TUESDAY Chicken Parm or Eggplant Parm \$6.95

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Served with Potato & Vegetable (Served from 2pm)

THURSDAY Cheese Burger \$3.95
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SUNDAY (Served from 2pm)
Turkey Dinner \$10.95
Pasta Sunday
Sausage, Meatballs & Garlic Bread \$10.95

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FRI: PATSY BRADLEY • 12-6PM
JAMIE & THE QUIETMEN • 7PM

SAT: PATSY BRADLEY • 12-3PM
BOGSIDE DUO • 3-6PM
JAMIE & THE QUIETMEN • 6-9PM
MISGUIDED • 9:30PM

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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

GRILLED QUAIL W/ HONEY POMEGRANATE REDUCTION

INGREDIENTS:

- 4 SEMI-BONELESS QUAIL
- 1 TBS OLIVE OIL
- 1 TBS FRESH CHOPPED ROSEMARY
- SMOKED SEA SALT & FRESH CRACKED BLACK PEPPER, TO TASTE

SAUCE

- 1 3/4 CUPS POMEGRANATE JUICE
- 2 TBS HONEY



PREPARATION:

Pour Pomegranate juice into a sauce pan. Heat on the range top over high heat. Bring to a boil & reduce heat to a good simmer. Cook liquid until reduced by half. Add in honey & reduce heat to low. Preheat grill to medium high heat. Place Quail in a bowl or on a dish. Rub the oil on the birds, coating them thoroughly. Season w/ salt, pepper, & Rosemary. Spray the grill with nonstick spray. Place Quail on grill breast side down. After achieving nice grill marks, flip the Quail & cook until done. Allow to rest for 5 min before eating. Pour reduction over the top & 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.

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

St. Patrick's Day Fun Facts & History

• **St. Patrick wasn't Irish.** Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales.

• **St. Patrick's Day used to be a dry holiday.** As you might expect, St. Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland, but up until the 1970s, pubs were closed on that day. (The one exception went to beer vendors at the big national dog show, which was always held on St. Patrick's Day.) Before that time, the saint's feast day was considered a more solemn, strictly religious occasion. Now, the country welcomes hordes of green-clad tourists for parades, drinks, and perhaps the reciting of a few limericks.

• **New York City's St. Patrick's Day parade has been happening since 1762.** New York City's St. Patrick's Day Parade is one of the world's largest parades. Since 1762, roughly 250,000 marchers have traipsed up 5th Avenue on foot—the parade still doesn't allow floats, cars, or other modern trappings. People like Miracle on 34th Street actress Maureen O'Hara and Cardinal Timothy Dolan, the archbishop of New York, have served as grand marshal. In 2020, the parade was canceled for the first time in its centuries-old history due to the COVID-19 pandemic.

• **Chicago literally runs green for St. Patrick's Day.** New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating St. Patrick by dumping green dye into the Chicago River since 1962. And though the organizers won't reveal their exact formula, we do know that the powder used is dispersed through flour sifters by the local plumbers' union.

• **Americans run up quite a bar tab on St. Patrick's Day.** It's the biggest day for bars in the country. It was expected that Americans would spend \$6.86 billion celebrating the holiday this year.

• **St. Patrick's Day lingo makes sense.** You can't attend a St. Patrick's Day event without hearing a cry of "Erin go Bragh." The phrase is a corruption of the Irish Éirinn go Brách, which means roughly "Ireland forever."

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FRIDAY EVENING

MARCH 17, 2023

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	
3-CBS	News	CBS	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				News			
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tank			20/20 (In Stereo) [CC]			News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	Lopez vs	Grand	Dateline NBC (In Stereo) [CC]			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 Brown [CC]		Midsomer	Midsomer	Murders	Mike	NJ Spotl	One/One	World	
29-FOX	The Six	Props	TMZ [CC]	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 [CC]		Butchers of		Butchers of		Butchers of		Butchers of		Butchers of		Butchers	
AMC	(5:30) ***½ "Con Air" (1997, Action) [CC]				***½ "San Andreas" (2015) Dwayne Johnson. [CC]				*** "The Perfect Storm" (2000) [CC]					
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Special		CNN Tonight [CC]		CNN Tonight [CC]		AC 360	
DISC	Gold Rush [CC]		Gold Rush: Pay Dirt		Gold Rush "Runway to Redemption" (In Stereo) [CC]				Aussie Gold Hunters		Gold			
DISN	Marvel's	Marvel's	Ladybug	Ladybug	***½ "Brave" (2012) 'PG'			Kiff [CC]	Kiff [CC]	Big City		Marvel's	Hamster	Bluey
ESPN	SportsCenter [CC]		SportsCenter [CC]		Men's College Wrestling NCAA Championships. (Live) [CC]				SportsCenter [CC]		SportCtr			
ESPN2	NCAA Women's Basketball			NCAA Women's Basketball			NCAA		NCAA Women's Basketball			UFC 286		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity [CC]		The Ingraham Angle		Gutfeld! [CC]		Fox News	
FX	(4:00) "Fight Club"		***½ "Man on Fire" (2004) Denzel Washington. (In Stereo) [CC]				½ "Spiral: From the Book of Saw" [CC]				"Spiral"			
HBO	(5:00) "Cold Pursuit"		The Last of Us [CC]		***½ "Black Adam" (2022) 'PG-13' [CC]				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 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii Five-0 [CC]		Hawaii	
LIFE	"Nanny Killer" (2018) Morgan Obenreder.				"Nanny Dearest" (2023) Premiere. [CC]				"Bad Nanny" (2022) Chelsea Rose Cook.				"Nanny"	
MAX	"Knock"	***½ "Be Kind Rewind" [CC]			"Hot Tub Time Machine" (2010)			***½ "Assassination Nation" (2018) [CC]			*** "Kick-Ass"			
NBCSPA	Birds	Pregame	NHL Hockey Buffalo Sabres at Philadelphia Flyers.				Flyers Postgame		Birds	United Fight Alliance		Hockey		
NICK	Patrick	Patrick	Sponge.	Monster	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Law & Order [CC]		Law & Order [CC]		** "Fifty Shades Darker" (2017) Dakota Johnson.				Yellowjackets "Pilot"		"Fifty Shades"			
TBS	Men's Bask.		2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament							
TCM	***½ "Johnny Belinda" (1948, Drama)				**** "It Happened One Night" (1934)				***½ "Pillow Talk" (1959) [CC]				"Phil"	
TNT	Men's	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				All Elite Wrestling				
USA	Goal	9-1-1 "Blindsided"	9-1-1 "Parenthood"	9-1-1 "Suspicion"	9-1-1 [CC] (DVS)		9-1-1 [CC] (DVS)		9-1-1 [CC] (DVS)		9-1-1 "Dumb Luck"			

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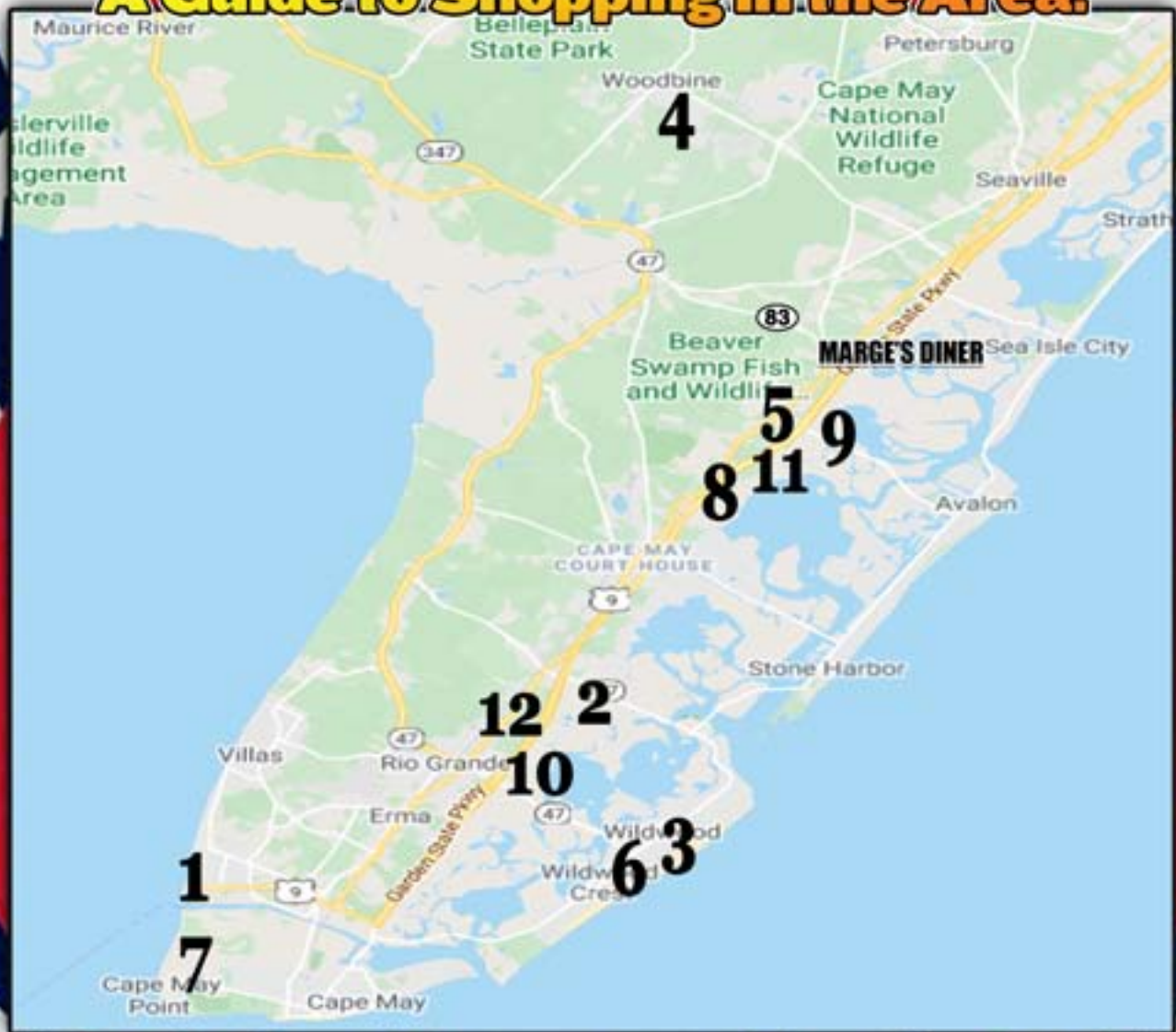
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**4. JUNKE & TREASURES
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WOODBINE • 609-861-3800**

**5. COHO ANTIQUES
RTE 9 & SWAINTON-GOSHEN RD
SWAINTON • 609-972-9424**

**6. CHEAP CHARLIE'S
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**10. ST MARY'S THRIFT
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RIO GRANDE • 609-886-7272**

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SATURDAY AFTERNOON

MARCH 18, 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	Game	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				Men's Bask.				
6-ABC	oh baby!	UFC Live		NCAA Women's Basketball			NCAA Women's Basketball			Hearts of	Vets-Pets			
10-NBC	One	Paid Prg.	Paid Prg.	Six Nations Championship			PGA Tour Golf Valspar Championship, Third Round.							
17-MNT	Nutriseal	Paid Prg.	Nutriseal	LIV Golf Invitational Series Tucson, Day 2. (In Stereo Live)										
23-PBS	Michael Flatley's Lord			Young Forever With Mark Hyman, MD			Suze Orman's Ultimate Retirement Guide			NJ Busin	State-Aff			
29-FOX	Theft	Car Re	Home	Paid Prg.	Home	Paid Prg.	To Be Announced			MLS Soccer				
57-CW	Draft	Weather Gone Viral		SOS: How to Survive		The First 48		Get	Paid Prg.	iCRIME	iCRIME	Law & Order: SVU		
A&E	Zombie	24 Hour Flip		Secret	Secret	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 48		
AMC	"Kin	** 1/2 "Fun With Dick and Jane" (2005)				*** "The Perfect Storm" (2000) George Clooney.				"San Andreas"				
CNN	News	CNN Newsroom		CNN Newsroom		CNN Newsroom		Smerconish		CNN Newsroom		CNN Newsroom		
DISC	Distiller	Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		
DISN	Ladybug	*** "Onward" (2020) 'PG'				Big City	Big City	Big City	Big City	Big City	Big City	Big City	Marvel's	
ESPN	GameDay	2023 NIT Basketball Tournament				NCAA Women's Basketball			NCAA Women's Basketball					
ESPN2	NCAA Women's Basketball			NCAA Women's Basketball			NCAA Women's Basketball			NCAA				
FNEWS	Cavuto	Fox News Live		Fox News Live		Fox News Live		Journal Editorial Rpt.		Fox News Live		Saturday Show		
FX	(10:00)	"Enemy of the State"		** 1/2 "Man on Fire" (2004) Denzel Washington. (In Stereo)				*** "Mission: Impossible Rogue Nation"						
HBO	(11:20)	*** "Walk the Line" (2005)			Game	Real, Bill Maher		Perry Mason		*** 1/2 "The Banshees of Inisherin" 'R'				
HIST	Swamp	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		
ION	Law-SVU	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		
LIFE	"Abducted Story"		"I Am Somebody's Child"			"Stolen by My Mother: Kamiyah"			"Tempted by Danger" (2020)					
MAX	"Bullet"	** "Bringing Down the House" (2003)				*** 1/2 "Chicago" (2002)			** 1/2 "Dolores Claiborne" (1995) Kathy Bates.					
NBCSPA	NLL Lacrosse: Swarm at Wings			Bensinger	Men's College Lacrosse				NBA Basketball: 76ers at Hornets					
NICK	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	"Cloudy-Meatballs 2"			
PARMT	NCIS	*** "Ocean's Eleven" (2001) George Clooney.				*** "Ocean's Twelve" (2004) George Clooney. (In Stereo)				"Ocean"				
TBS	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	*** 1/2 "Shazam!" (2019)			
TCM	"Cimar	**** "Stagecoach" (1939) John Wayne.				*** 1/2 "She Wore a Yellow Ribbon"				**** "Giant" (1956) Elizabeth Taylor.				
TNT	NCIS: LA	NCIS: New Orleans		** "Walking Tall" (2004)			** 1/2 "Fast Five" (2011) Vin Diesel. (DVS)			NCAA Tip-Off				
USA	Premier League Soccer			Premier	Premier League Soccer: Blues vs Toffees				Prem Goal Zone		IMSA Weathertech			

SATURDAY EVENING

MARCH 18, 2023

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	NCAA Men's Basketball			2023 NCAA Men's Basketball Tournament				48 Hours		News	DraftK	Magnum	
6-ABC	News	ABC	FYI Philly	Wheel	NHL Hockey Pittsburgh Penguins at New York Rangers.			News		News	Jeopardy!		
10-NBC	News	NBC	Paid Prg.	1st Look	** 1/2 "Despicable Me 3" (2017)			Saturday Night Live		News	Saturday Night Live		
17-MNT	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	S.W.A.T. "Zodiac"		Action News at 10		Philler	Delco	Mom
23-PBS	Reporters	Chat Box	Sound	The Arts	Old	House	Show Me	McLeod	La Otra Mirada "From Within"		Halifax: Retribution		
29-FOX	MLS	MLB Top	2023 World Baseball Classic Second Round: Teams TBA.				The 10 News		Farmer Wants		Paid Prg.		
57-CW	SEAL Team		FamFeud	FamFeud	Masters	Masters	Animals	Animals	News Philly		WOW - Women		Neighbor
A&E	The First 48		The First 48		The First 48		The First 48		The First 48		The First 48		First 48
AMC	(5:15) ** 1/2 "San Andreas" (2015)			*** "Tombstone" (1993, Western) Kurt Russell, Val Kilmer.				**** "Goodfellas" (1990)					
CNN	CNN Newsroom		CNN Newsroom		"Glitch: The Rise & Fall of HQ Trivia"			The 2000s		The 2000s			
DISC	Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedi
DISN	Marvel's	Ladybug	Ladybug	Ladybug	The	The	Marvel's	Big City	Kiff	Kiff	Ladybug	Ladybug	Bluey
ESPN	SportsCenter		Men's College Wrestling NCAA Championships. (Live)				NCAA Women's Basketball						SportCtr
ESPN2	NCAA Women's Basketball			NCAA Women's Basketball			NCAA Women's Basketball			NCAA Women's			
FNEWS	Fox Report		Gutfeld!		One Nation		Dan Bongino		Lawrence Jones		One Nation		Unfiltered
FX	"Mission: Rogue"		XFL Football D.C. Defenders at St. Louis BattleHawks.				XFL Football Orlando Guardians at Vegas Vipers.						
HBO	** "Empire of Light" (2022) 'R'			*** 1/2 "Elvis" (2022) Austin Butler. 'PG-13'						The Last of Us		Making	Mason
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 Closet" (2023) Remy Ma.			"The Hillsdale Adoption Scam" (2023)			"Cruel Instruction" (2022)			"Hills			
MAX	(5:56) *** 1/2 "No Country for Old Men"				** "Transporter 3" (2008)		** "The Transporter Refueled" (2015)			"Undisputed" (2002)			
NBCSPA	Birds	Sixers	NBA Basketball Philadelphia 76ers at Indiana Pacers.				Sixers Post.		Brewing	NLL Lacrosse: Swarm at Wings			
NICK	"Cloudy-Mtbl 2"		*** "Despicable Me" (2010) (In Stereo)			Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	(5:25) *** "Ocean's Thirteen" (2007)			*** "Ocean's Eleven" (2001) George Clooney.				*** "Ocean's Twelve" (2004) (In Stereo)					
TBS	(4:30) "Shazam!"		2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament						Inside
TCM	(4:15) **** "Giant" (1956, Drama)			**** "Hud" (1963) Paul Newman.			*** 1/2 "How the West Was Won" (1962)						
TNT	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				Tourmnt.		Game	Game	
USA	(4:30) IMSA Weathertech Sportscar Championship 12 Hours of Sebring. (Live)						Chicago P.D.			Chicago P.D.			

SUNDAY AFTERNOON													MARCH 19, 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.	2023 NCAA Men's Basketball Tournament					2023 NCAA Men's Basketball Tournament					Men's Bask.				
6-ABC	Inside	Action News		NCAA Women's Basketball			NCAA Women's Basketball			Action News 5PM						
10-NBC	Issue	Draft	Paid Prg.	Paid Prg.	PGA Tour	PGA Tour Golf Valspar Championship, Final Round. (In Stereo Live)										
17-MNT	In Touch	Paid Prg.	Paid Prg.	LIV Golf Invitational Series Tucson, Day 3. (In Stereo Live)												
23-PBS	Think Tk	State-Aff	Class	Riverdance 25th Anniversary Show			Young Forever With Hyman		Mavis Staples I'll Take							
29-FOX	Paid Prg.	Bowling				NASCAR RaceDay		NASCAR Cup Series Ambetter Health 400. (In Stereo Live)								
57-CW	Draft	World's	World's	Storm of Suspicion		The First 48		NLL Lacrosse: Wings at Knighthawks			Heroes					
A&E	24 Hour	24 Hour Flip		** "American Assassin" (2017) Dylan O'Brien.				** "Jack Reacher: Never Go Back" (2016)								
AMC	*** "Tombstone" (1993, Western) Kurt Russell, Val Kilmer.				*** "Space Cowboys" (2000, Adventure) Clint Eastwood.				"Avatar"							
CNN	News	State of Union		Fareed Zakaria GPS		CNN Newsroom		CNN Newsroom		CNN Newsroom		CNN Newsroom				
DISC	Gold	Gold Rush		Naked and Afraid		Naked and Afraid		Naked-Solo		Naked and Afraid "No Gear, No Fear"						
DISN	Ladybug	Big City	Big City	Big City	Big City	Big City	Hamster	Hamster	Hamster	Chibiv	Kiff	Kiff	Kiff			
ESPN	Formula 1: Grand Prix Sunday			Formula 1 Racing Saudi Arabia Grand Prix.				TBA	NCAA Women's Basketball			NCAA				
ESPN2	GameDay	2023 NIT Basketball Tournament				2023 NIT Basketball Tournament				SEC In	SEC In	NCAA Women's				
FNEWS	Medi	Fox News Live		Fox News Live		FOX News Sunday		Maria Bartiromo		Fox News Live		Sunday Show				
FX	**½ "Transporter 2" (2005) (In Stereo)				*** "Mission: Impossible Rogue Nation" (2015) Tom Cruise.				** "The Equalizer 2" (2018)							
HBO	"See	*** "Ingrid Goes West" 'R'			Atsuko Okatsuka		*** "Long Shot" (2019) Seth Rogen. 'R'			Making		Real, Bill Maher				
HIST	The Men Who Built America			The Men Who Built America			The Men Who Built America			Built America						
ION	NCIS	NCIS "Perennial"		NCIS (DVS)		NCIS "Judge, Jury..."		NCIS (DVS)		NCIS "Lost Time"		NCIS "Daughters"				
LIFE	"Taken"	"Suitcase Killer: McGuire"			"Girl Who Escaped: Kara Robinson Story"			"The Surrogate Scandal" (2023)								
MAX	*½ "That Awkward Moment"		*½ "Wild Hogs" (2007)			*½ "One for the Money"		*½ "Georgia Rule" (2007) Jane Fonda.								
NBCSPA	Oxygen	Paid Prg.	Greatest	MLB Preseason Baseball Boston Red Sox at Philadelphia Phillies.					NBA Basketball: 76ers at Pacers							
NICK	Sponge.	Sponge.	Sponge.	Sponge.	Patrick	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.			
PARMT	Rescue	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue				
TBS	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	** "Star Wars: The Phantom Menace"						
TCM	"Thin	**** "The Third Man" (1949)				***½ "Charade" (1963) Cary Grant.				*** "Laura" (1944)		"Vertigo"				
TNT	NCIS: LA	** "Fast & Furious" (2009) Vin Diesel.				*** "Furious 7" (2015) Vin Diesel, Paul Walker. (DVS)				NCAA Tip-Off						
USA	Soccer	Premier	Chrisley	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU				

SUNDAY EVENING													MARCH 19, 2023			
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00			
3-CBS	Men's Bask.		60 Minutes		The Equalizer		East New York		NCIS: Los Angeles		News	Sports	J. Osteen			
6-ABC	News	ABC	Funny Home Videos		American Idol "604 (Auditions)" (In Stereo)				The Company		News	News	FYI Philly			
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	Philler	Outdoors			
23-PBS	Deepak Chopra: Becoming Metahuman				Trinity: Classically Irish			James Taylor: One Man Band			Young Forever With Hyman					
29-FOX	NASCAR Cup Series		Farmer Wants		Simpsons	The-North	Bob's Burgers		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 (In Stereo)				Biography			Biography		WWE Rivals		WWE Rivals		Biography		
AMC	(5:30) ***½ "Avatar" (2009) Sam Worthington.				Lucky Hank "Pilot"		Lucky Hank "Pilot"		Lucky Hank "Pilot"		Lucky Hank "Pilot"					
CNN	CNN Newsroom		Who's Talking		"The Inventor: Out for Blood in Silicon Valley" (2019)				This Is Life		"Inventor: Blood"					
DISC	Naked and Afraid: Uncensored				Naked and Afraid "Kalahari Cold Front"			Naked-Solo		Naked and Afraid		Naked and Afraid				
DISN	(5:55) Kiff	"Flora and Ulysses" (2020) 'NR'		Bunk'd	Villains	Marvel's Mo		Jessie	Bunk'd	Ladybug	Bluey					
ESPN	NCAA Women's Basketball			NCAA Women's Basketball			NCAA Women's Basketball			SportsCenter						
ESPN2	NCAA Women's		NCAA Women's Basketball			Player 54	Player 54	XFL Football: Renegades at Brahmas								
FNEWS	Fox Report		Sunday Night		Life, Liberty & Levin		The Next Revolution		Sunday Night		Life, Liberty & Levin		Revolu			
FX	"The Equalizer 2"		**½ "Fast & Furious 6" (2013) Vin Diesel. (In Stereo)					**½ "Fast & Furious 6" (2013) Vin Diesel.								
HBO	Game Theory		** "Don't Worry Darling" (2022) 'R'				"All the Beauty and the Bloodshed" (2022)			Last	"All the Beauty"					
HIST	Built America		Built America		Built America		Built America		Built America		Built America		America			
ION	NCIS (DVS)		NCIS "Into the Light"		NCIS "Going Mobile"		NCIS (DVS)		NCIS "Wide Awake"		NCIS (DVS)		NCIS			
LIFE	"Nanny Dearest" (2023) Liz Fenning				"House of Deadly Lies" (2023) Katy Breier.			"The Neighbor in the Window" (2020)			"Deadly					
MAX	**½ "Indecent Proposal" (1993)				*** "The Impossible" (2012) (In Stereo)			**½ "Eagle Eye" (2008) Shia LaBeouf.			"Alpha					
NBCSPA	Basket	Brewing	MLB Preseason Baseball: Red Sox at Phillies				Golfer	Men's College Lacrosse				Poker				
NICK	*** "Despicable Me" (2010) (In Stereo)				*** "Despicable Me 2" (2013) (In Stereo)				Friends	Friends	Friends	Friends	Friends			
PARMT	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		Waco		Rescue			
TBS	"Star Wars: The"		2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				Inside					
TCM	(5:45) *** "Vertigo" (1958)				**** "Rear Window" (1954)				***½ "Murder on the Orient Express"			"Heat"				
TNT	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				Rock the Block		"Cast					
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

Spring Training, Part 2

By George Dickie

Questions:

- 1) What term describes the day that a Major League Baseball team's gear is packed up from their home stadium and moved south for spring training?
- 2) What two food items are highly consumed by baseball players during spring training?
- 3) Who are the first players to report to spring training?
- 4) What two states traditionally host spring training?
- 5) What formal names have been applied to the two spring training regions and the teams that play there?
- 6) Name the first two teams to move their spring training facilities to Arizona.
- 7) Where did the New York Yankees train in 1951?

- 8) Which team traveled to Havana, Cuba, to train for the 1947 season?
- 9) What is oldest stadium currently used for spring training?
- 10) This year, many players have left their spring training camps to compete in this tournament. Name it.

Answers:
 (1) Truck Day
 (2) Gum and sunflower seeds
 (3) Pitchers and catchers
 (4) Florida and Arizona
 (5) Florida hosts the Grapefruit League, and Arizona hosts the Cactus League and the New York Giants and Cleveland Indians moved west in 1947
 (7) Phoenix
 (8) The Brooklyn Dodgers
 (9) LECOM Park in Bradenton, Fla., opened in 1923
 (10) The 2023 World Baseball Classic

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Shenandoah National Park, Virginia

"Oh, Shenandoah, I long to see you" says the folk song about this valley; it is especially true from April to late summer.

This park combines beauty with history, backpacking, and family camping explorations for any activity level. Over 500 miles of trails and roads to wander attract hikers from the adventurous back-country trekker to easy and accessible strolls.

Enjoy both mountain and valley vistas amid meadows or woodland natural gardens with picturesque flower names like trillium, bloodroot, cranesbill, Dutchman's breeches, lady slippers and woodland violets right from your vehicle along Skyline Drive.

The Spring Wildflower Pilgrimage is a phenomenon that draws thousands of visitors along the eastern mountains ranges from the Great North Woods down the Appalachians to the southern states.

To avoid too many beauty seekers, plan your visit on weekdays to the more popular parks, or choose less-visited sites like this gem.

Bull Run Regional Park, Centreville, Virginia

The almost 2-mile Bluebell Trail winds through the woods of this historic park located south of the Potomac River, not far from our nation's capital.

The trail branches off the historic Occoquan Trail route founded by Native Americans, and is the site of two horrific battles of the Civil War. The quiet woods now teem in spring with carpets of bluebells and banks of rhododendrons under the shade of a hardwood wild land, where the thunder of cannon once threatened our country's existence.

Well-maintained, flat trails are perfect for families and visitors of any age or ability. Over 25 varieties of wildflowers inspire deep and sublime enjoyment of nature; many exhibits, learning and history resources are available to enrich your visit.

The park features plentiful picnic areas as well as the Atlantis Waterpark for sliding and swimming, when you are through enjoying the flowers. Nine air-conditioned rustic cabins can be reserved in the park and family camping sites for those who seek accommodations nearby destinations in DC and northern Virginia.

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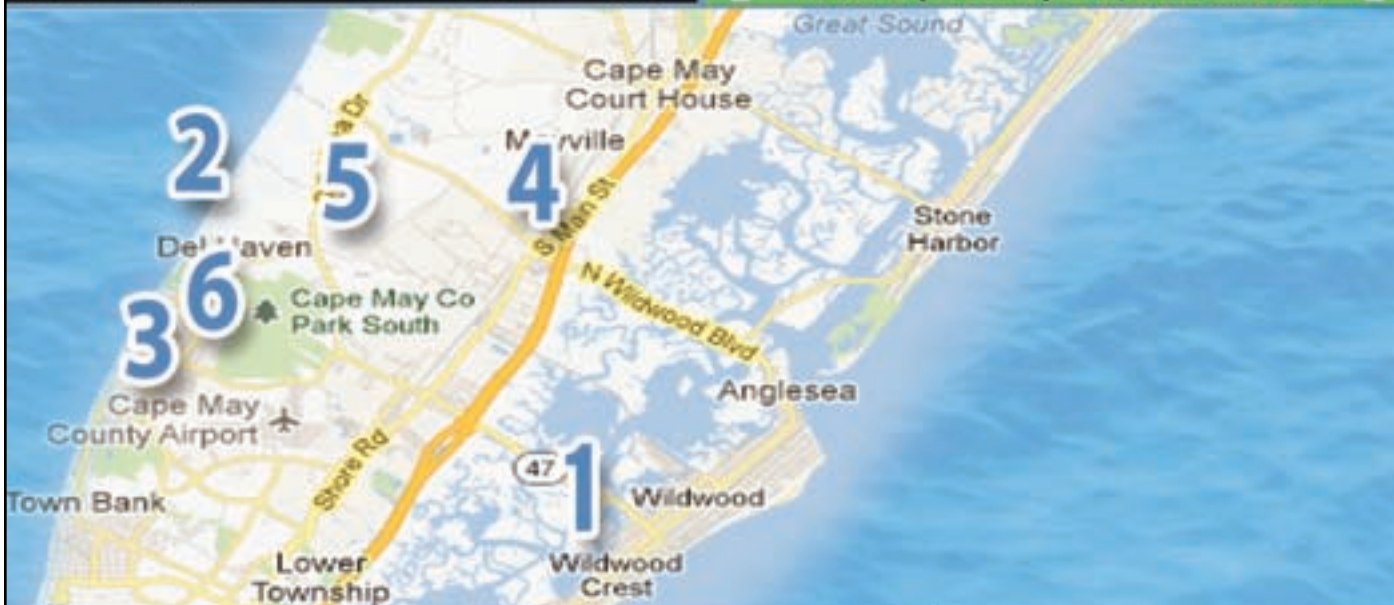
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MONDAY EVENING											MARCH 20, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Neighbor	Bob Heart	NCIS (DVS)		NCIS: Hawai'i	News	Late Show-Colbert		
6-ABC	News	ABC	Jeopardy!	Wheel	The Bachelor (In Stereo) (DVS)				The Good Doctor	News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	The Voice "The Blind Auditions, Part 5"				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 (DVS)		A Good Life (DVS)	NJ Spotl	One/One	World	
29-FOX	The Six	The Pulse	TMZ (DVS)	You Bet	9-1-1 (DVS)		TMZ-The Fifth Plane		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 "Taken"		The First 48 (DVS)		The First 48 (DVS)	The First 48 (DVS)		First 48	
AMC	(5:30) **½ "Demolition Man" (1993)				**½ "The Mummy" (1999) Brendan Fraser. (DVS)				**½ "The Mummy Returns" (2001) (DVS)				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight (DVS)		CNN Tonight (DVS)	CNN Tonight (DVS)	CNN Tonight (DVS)	AC 360	
DISC	Fast N' Loud (DVS)		Street Outlaws		Street Outlaws: Fastest in America "Small Tires, Big Mouths"				Street Outlaws		Outlaws		
DISN	Ladybug	Ladybug	**½ "Cars 2" (2011) (In Stereo) 'G' (DVS)				Marvel's	Marvel's	Kiff (DVS)	Big City	Ladybug	Ladybug	Bluey
ESPN	SportsCenter (DVS)		NCAA Women's Basketball				NCAA Women's Basketball		SportsCenter		SportCtr		
ESPN2	NCAA Women's Basketball				NCAA Women's Basketball				NCAA Women's Basketball				
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) (DVS)		The Ingraham Angle	Gutfeld! (DVS)	Fox News		
FX	(5:00) ***½ "Fight Club" (1999) (DVS)				**½ "S.W.A.T." (2003) Samuel L. Jackson. (DVS)				**½ "S.W.A.T." (2003) (In Stereo) (DVS)				
HBO	The Last	**½ "The Hobbit: The Battle of the Five Armies"				Perry Mason (DVS)		Rain	Perry Mason (DVS)	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 (DVS)		FBI (DVS)		FBI "Hacktivist" (DVS)		FBI "Trauma" (DVS)		FBI "Know Thyself"		FBI (In Stereo) (DVS)		FBI (DVS)
LIFE	Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle
MAX	(5:40) *** "Warrior" (2011) (In Stereo)				"The Day the Earth Stood Still"		"Knock Knock" (2015) Keanu Reeves. (DVS)				"Conan-Barb."		
NBCSPA	Birds	Sixers	NBA Basketball Chicago Bulls at Philadelphia 76ers.				Sixers Post.		Birds	Greatest	Snow	Basket	
NICK	Loud	Loud	*** "Despicable Me 2" (2013) (In Stereo)				Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	**½ "Bad Boys" (1995) Martin Lawrence. (In Stereo) (DVS)				** "Bad Boys II" (2003) (DVS)				
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	American
TCM	(5:30) *** "Gypsy" (1962, Musical) (DVS)				**** "Sunrise" (1927) (DVS)			**** "The Last Command" (1928)			** "The Circus"		
TNT	"Star Wars: New"		**** "Star Wars: The Empire Strikes Back" (1980) (DVS)				True Blood (In Stereo) (DVS)		True Blood (DVS)		True Blood (DVS)		
USA	Chicago Fire		Chicago Fire		WWE Monday Night RAW (In Stereo Live) (DVS)				Chrisley	Chrisley	Chrisley		

TUESDAY EVENING											MARCH 21, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	FBI (In Stereo) (DVS)		FBI: International	FBI: Most Wanted	News	Late Show-Colbert			
6-ABC	News	ABC	Jeopardy!	Wheel	The Rookie		The Rookie: Feds	Will Trent "Manhunt"	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)		The Doobie Brothers		NJ Spotl	Look Up	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	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	
AMC	(4:15) "The Mummy"				**½ "The Mummy Returns" (2001) Brendan Fraser. (DVS)				** "The Legend of Tarzan" (2016) Premiere. (DVS)				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight (DVS)		CNN Tonight (DVS)	CNN Tonight (DVS)	AC 360		
DISC	Homestead Rescue "By a Landslide" (DVS)				Homestead Rescue "Subarctic S.O.S."				Homestead Rescue		Homestead Rescue		Rescue
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Marvel's	Villains	Villains	Big City	Hamster	Ladybug	Ladybug	Bluey
ESPN	SportsCenter (DVS)		2023 NIT Basketball Tournament				2023 NIT Basketball Tournament		SportsCenter		SportCtr		
ESPN2	Wager	The Point	2023 CBI Basketball Tournament				Bad	2023 CBI Basketball Tournament		The Draft	The Draft		
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live) (DVS)		The Ingraham Angle	Gutfeld! (DVS)	Fox News		
FX	(4:30) *** "X2" (2003) (DVS)			*** "Thor" (2011) Chris Hemsworth. (In Stereo) (DVS)				Under the Banner of Heaven		Under the Banner			
HBO	"Rememory" (2017) Peter Dinklage. 'PG-13'				*** "Edge of Tomorrow" (2014) 'PG-13'			REAL Sports		Perry Mason (DVS)	"Heat"		
HIST	Curse of Oak Island		Curse of Oak Island		Curse of Oak Island		Drilling Down		Greatest Heists		Curse of Oak Island		Oak Is
ION	Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chi. Fire
LIFE	Castle (DVS)		Castle (DVS)		Castle (DVS)		Castle "Boom!" (DVS)		Castle (DVS)		Castle (DVS)		Castle
MAX	(4:51) ***½ "JFK" (1991) (In Stereo)				** "Anna" (2019) Sasha Luss. (In Stereo)				** "The Purge: Anarchy" (DVS)		"Hot Tub Mach."		
NBCSPA	Birds	Pregame	NHL Hockey Florida Panthers at Philadelphia Flyers.				Flyers Postgame		Birds	Brewing	Birds	Hockey	
NICK	Loud	Loud	"Cloudy With a Chance of Meatballs" (DVS)				Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In Stereo) (DVS)				**½ "S.W.A.T." (2003) (In Stereo) (DVS)				
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Sheldon	Sheldon	Sheldon
TCM	(5:00) ***½ "Tess" (1979) Peter Firth				**** "To Kill a Mockingbird" (1962)			***½ "Witness for the Prosecution" (1957) (DVS)					
TNT	(5:58) ***½ "Star Wars: The Last Jedi" (2017) Mark Hamill.						**½ "Star Wars: The Rise of Skywalker" (2019) Carrie Fisher. (DVS)						
USA	Law & Order: SVU		Law & Order: SVU		WWE NXT (In Stereo Live) (DVS)				*** "The Gift" (2015) Jason Bateman. Premiere.				

WEDNESDAY EVENING											MARCH 22, 2023		
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	CBS	Inside Ed.	ET	Survivor "I'm Felicia"	Lingo "Episode 9"	True Lies		News	Late Show-Colbert			
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Conners	Abbott	Not Dead	Million Little	News	Jimmy Kimmel Live!		
10-NBC	News	NBC	News	Holly	Chicago Med	Chicago Fire	Chicago P.D.	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	Isabel	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	(3:30) **** "The Godfather, Part II"				**** "Goodfellas" (1990) Robert De Niro, Ray Liotta.				**** "The Godfather" (1972)				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360
DISC	Moonshiners		Moonshiners		Moonshiners		Moonshiners		Moonshiners		Master Distiller		Moon
DISN	Big City	"Alvin-Chipwrecked"			"Alvin and the Chipmunks"			Hamster	Kiff	Hamster	Ladybug	Ladybug	Bluey
ESPN	SportsCenter		NBA	NBA Basketball: Warriors at Mavericks				NBA Basketball Phoenix Suns at Los Angeles Lakers.					
ESPN2	CBI Tourn.		2023 NIT Basketball Tournament				2023 NIT Basketball Tournament				SportsCenter	SportCtr	
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News
FX	(4:30) *** "Thor"		***½ "The Avengers" (2012) Robert Downey Jr. (In Stereo)				Snowfall		Snowfall		Snowfall		Snowfall
HBO	REAL Sports		Perry Mason		***½ "Captain Phillips" (2013) 'PG-13'			"All the Beauty and the Bloodshed" (2022)		Rain			
HIST	Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn Stars		Pawn
ION	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue
LIFE	Castle		Castle		Married at First Sight				Married-UK		Married at First Sight		Married
MAX	**½ "Overboard" (1987) Goldie Hawn.				** "Meet Dave" (2008)			** "The Stepford Wives"		"What to Expect When"			
NBCSPA	Birds	Greatest	Birds	Sixers	NBA Basketball Philadelphia 76ers at Chicago Bulls.				Sixers Post.		Birds	Basket	
NICK	Loud	Loud	**½ "The Addams Family" (2019)				Friends	Friends	Friends	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	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (Live)				Sheldon	Sheldon	Sheldon	Sheldon	Sheldon
TCM	*** "Black Narcissus" (1947) Sabu				"Here Comes Mr. Jordan"			***½ "The Ghost and Mrs. Muir"		"Lost Horizon"			
TNT	Lucifer (DVS)		Foodies	NHL	NHL Hockey: Penguins at Avalanche				NHL Hockey: Coyotes at Oilers				
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU

THURSDAY EVENING											MARCH 23, 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!	Kasturba Gandhi	Memory Makeover With Daniel Amen, MD	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	Superman & Lois	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	City Confidential	The First 48	First 48				
AMC	(5:00) **** "Goodfellas" (1990)				*** "True Lies" (1994, Action) Arnold Schwarzenegger.				"Clear and Present Danger"				
CNN	Situation Room		E. B. OutFront		Anderson Cooper		CNN Tonight		CNN Tonight		CNN Tonight		AC 360
DISC	BattleBots "Robot Redemption"				BattleBots "Violent Night" (In Stereo)				BattleBots "Mirror, Mirror" (In Stereo)				Battle
DISN	Ladybug	Ladybug	Hamster	Big City	Big City	Marvel's	Raven	Raven	Big City	Hamster	Ladybug	Ladybug	Bluey
ESPN	SportCtr	NHL Hockey Minnesota Wild at Philadelphia Flyers.				NHL Hockey Pittsburgh Penguins at Dallas Stars.				SportsC.	SportsC.		
ESPN2	The Point	Wager	NFL Live	Bad	PFL 2023	UFC 268: Usman vs. Covington 2 From Nov. 6, 2021.				Player 54			
FNEWS	Special Report		Jesse Watters		Tucker Carlson		Hannity (Live)		The Ingraham Angle		Gutfeld!		Fox News
FX	(5:00) ***½ "The Avengers" (2012)				"Fantastic Four: Rise of the Silver Surfer"				*** "Logan" (2017) Hugh Jackman. (In Stereo)				
HBO	"Burgers"		*½ "Tammy" (2014) 'R'		*** "The Menu" (2022) Ralph Fiennes.			Mason	*** "The Many Saints of Newark" (2021)				
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 "Punked"		Castle		Married at First Sight		Married-UK		Married at First Sight		Married-UK		Married
MAX	**½ "Non-Stop" (2014) Liam Neeson.				**½ "Eagle Eye" (2008) Shia LaBeouf.			** "Conan the Barbarian" (2011)		"Bringing			
NBCSPA	Birds	Brewing	Birds	MLB Preseason Baseball: Tigers at Phillies				Birds	In. Golf	World Poker	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	**½ "Major League" (1989) Tom Berenger.				*** "Wedding Crashers" (2005)				
TBS	Tip-Off	2023 NCAA Men's Basketball Tournament				2023 NCAA Men's Basketball Tournament				Inside March			
TCM	**½ "Period of Adjustment" (1962)				**** "The Yearling" (1946) (DVS)			***½ "Splendor in the Grass" (1961, Drama)					
TNT	(5:30) ***½ "Pitch Perfect 2" (2015)				*** "Beauty and the Beast" (2017) Emma Watson.			*** "Beauty and the Beast" (2017)					
USA	John	*** "John Wick" (2014) Keanu Reeves.			*** "John Wick: Chapter 2" (2017) Keanu Reeves.			"John Wick: Chapter 3"					



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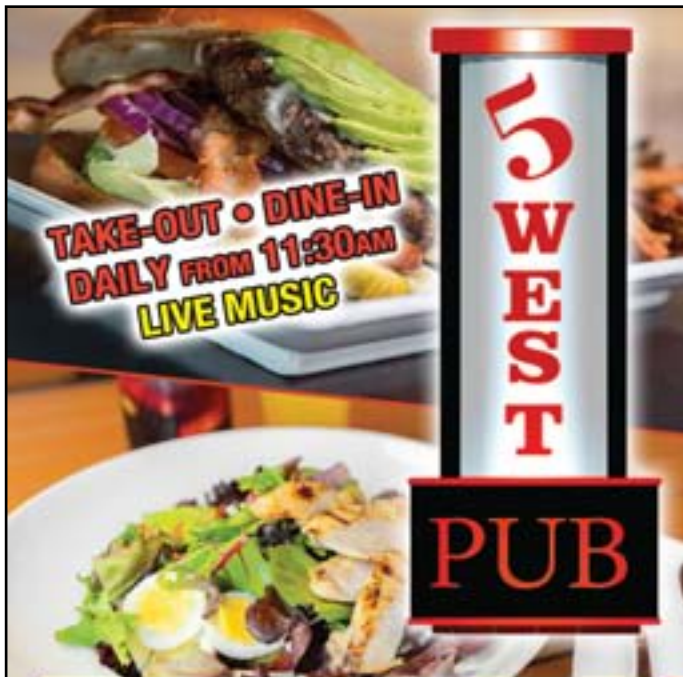
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BLADDER AND KIDNEY STONES IN DOGS

Submitted By
Patsy Nelson
from The Wagging Tail

Much of what is written below was based on an internet article by Jeffrey Weishaupt and reviewed by Amy Flowers, DVM. I am also dedicating this article to my long-time friend and customer, George Spadea, who died on the morning of March 14, 2023.

Metabolic kidney stones are formed when there is an imbalance of blood or urine. They tend to be more common than infection-related stones and are more common in female dogs, because they are more likely to develop urinary tract infections than male dogs. They are also more common in smaller breeds like Bichons, Miniature Poodles, Maltese, Lhasa Appos, Pomeranians, Yorkshire Terriers, and Cairn Terriers.

The three most common stones are calcium oxalate, urate, and struvite, and only the struvite stones are the result of infection. High blood calcium levels, liver disease, a nutrient imbalance, and heredity may play a part. The list of the kinds of stones and their frequency is as follows; 42.3% are caused by calcium oxalate and the rest in order of occurrence are struvite compound, urate, mixed and cystine. Urate stones can be very serious especially if there is a complete blockage. Urinary tract calculi are the most common cause of urethral blockage. And these blockages are most common in Dalmatians. My uncle had two Dalmatians and the male had a complete obstruction and had to undergo a perineal urethrostomy in which a small incision is made between the rectum and the scrotum. Then cutting into the existing penis making a large enough hole to release any stones or obstructing matter. The urethra is then rerouted through the new opening. This procedure only handles the immediate emergency but does not address underlying causes. My uncle's dog was okay, but he may have been put on medication or a special diet as well.

The reason that Dalmatians are so susceptible is because they cannot convert uric acid into allantoin. The only other mammal that cannot is a human. That retention of uric acid is accountable for gout, urolithiasis among others, and now there are studies that may link it to hypertension, chronic kidney infections and cardiovascular disease.

High levels of salt can also be a contributing factor, so dogs do not need extra salt in their diets. Check your treat and food ingredient panels. Some bacterial infections of the urinary tract may also increase the concentration of salt in the urine. Many factors can lead to the formation of stones in dogs, including: a decrease in the natural inhibitors in the body that prevent crystal formation, pH levels that favor formation of salt crystals, and salt retention for an extended period in the urinary tract. Most stones are found in the bladder and urethra and the urinary bladder as opposed to the ureters and kidneys. A Veterinarian will check your dog's urine and blood if a problem is suspected. An x-ray and/or ultrasound of the urinary tract may follow. The Vet may also use a fluoroscopy for diagnoses. Bladder and kidney stones are usually surgically removed. Sometimes a laser fiber can break up a stone into smaller pieces which are usually then passed out. I'm known to be a critic of certain Vet prescription diets. Depending on the stones, you may be able to find helpful foods elsewhere that don't include corn, etc. Check the internet. I just learned that dogs with calcium oxalate stones, should not be given animal based treats such as pig ears, bully sticks, collagen-rich treats, or peanut butter treats or pill pockets.

Thanks for reading and for supporting a small business. Happy St. Paty's

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NATIONAL PUPPY DAY

Prepare yourselves for an overdose of cuteness, because March 23 is National Puppy Day! Established in 2006, National Puppy Day is a paw-some day for all dog enthusiasts to celebrate unconditional love and fawn over the undeniably cute fur balls that bring so much happiness into this world. While we're all softies when it comes to our four-legged friends, today is also designed to raise awareness about puppy mills and help prospective pet owners consider adoption.

HISTORY OF NATIONAL PUPPY DAY

Founder, Colleen Paige's mission is to help galvanize the public to recognize the number of dogs that need to be rescued each year. It's also an excellent opportunity to show off your dog's supermodel side and give them some extra cuddles for all the joy they bring. So sit back and indulge in the endless stream of adorable puppy photos, but keep in mind that today might be the best excuse to bring home your own fluffy canine as your next best friend!

Colleen Paige first brought adoption awareness to a national level with National Dog Day in 2004, which was later adopted by the New York State Legislature in 2013. This day is celebrated on August 26 and is the day Colleen adopted her first dog, "Sheltie" when she was 10 years old. Since then, Colleen has inspired millions with her compassion and has brought worldwide attention to animals in need. She has shone a light on dogs putting their lives on the line every day for personal protection, for law enforcement, for the disabled, for our freedom, and for our safety.

National Puppy Day and National Dog Day are now great opportunities to adopt a dog because shelters typically have the highest intake of dogs around summertime. With 30 to 40 animals entering the shelter daily, we need public support to help save lives, and these national holidays do just that — by encouraging and reminding people to adopt, donate, and love their animals more every year.

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