











TV CHALLENGE

	1	2 *	3	4			5	6	7	8	
9							10				11*
12				13	14	15			16		\vdash
17*			18	*				19		20	\vdash
21		22		\square	Wh	nich		23	24		Γ
	25					eside ducte		26	*		
	27			1		the stling		28			
29	*			1 "		Fame	?	30			31
32			33	34	35	36	37			38	Γ
39		40		41					42		
43			44				45	46			T
	47						48	*			1

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. Score the most points in a golf game
- 5. Winter warmer
- 9. Comparatively unimportant
- 10. John or Sean
- 12. "___ Maria"
- 13. ___ 500; annual race
- 16. Sault __. Marie
- 17. French article
- 18. Academy
- 20. Vigoda's initials
- 21. Michigan or Geneva
- 23. Cathedral projection
- 25. "Thou shalt ___ kill"
- 26. __ Farrow
- 27. Period
- 28. Pixie
- 29. Actress Sommer
- 30. Diamond, for one
- 32. Pronoun
- 33. Frost or Kennedy
- 38. Most famous 1981 bride
- 39. Indignant
- 41. Actress Rogers
- 42. Weird
- 43. Stadium
- 45. Stringed instrument
- 47. Marquee light gas
- 48. Part of the leg
- <u>DOWN</u>
- 1. "Mistakes can make you smarter" (3)
- 2. Late bedtime
- 3. Consequently
- 4. Mr. Clapton

- 5. BLT spread
- 6. TV's "This Is __"7. Knox & Worth: abbr.
- 8. Healthy (4)
- 9. Row of attached shops
- 11. Campbell
- 14. Small state: abbr.
- 15. Musical note
- 18. Large bird dog
- 19. Bewail
- 22. Nutcase
- 24. Stack
- 29. Actress Samms
- 31. Italian beach resort
- 34. Asian nation
- 35. Prefix for cycle or
 - monthly
- 36. Role in "The Wizard of Oz"
- 37. Actor Moranis
- 40. Shameful grade
- 42. "___ Miss"; university in the South
- 44. Simple reply
- 46. Suffix for length or light



	Е	Е	Ν	К			Ν	0	Е	Ν	
Ο	Г	Г	Е	С			¥	Ν	Е	Я	¥
D	D	0		Ι	M	Ι	W		D	A	W
Ι	D		Т	Я	Е	В	0	Я		Е	W
Г	Ι	Е	Ν					Е	К	Г	Е
	Е	Г	Е					Т	0	D	
	A	Ι	W					Т	0	Ν	
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Glida's Club South Jersey is a cancer support community where men, women, teens and children with cancer, and their families and friends, are always welcome free of charge.

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visit www.gildasclubsouthjersey.org.

HJ CANCER SUPP OWN COMPANY OF THE

www.gildasclubsouthjersey.org



(Kadeem) Hardison

(Joe) Manganiello

Conspiracy

Artificial (Intelligence)

OROSCC UNE 30 - J

ARIES (Mar. 21- April 20)

You can come up with solutions to the problems responsible for inefficiencies at work. You will find it easy to learn and excel. If they're really interested, they'll wait. Things are looking good for you, so open your eyes and get to it.

TAURUS (Apr. 21- May 21)

6

-7

5.

R

Look for professional guidance if it will help unite the family. This is a turning point. You might find that a coworker has been two faced. Your lover may feel rejected.

GEMINI (May 22-June 21)

You are able to make changes in your home that will be favorable to all involved. Children may be difficult to handle. It's time to make professional changes. You can gain distinction; however, it may be for the wrong reasons.

CANCER (June 22-July 22)

You need to challenge yourself. Sudden trips will take you by surprise. Your involvement in sports or entertainment will lead to new romances. Don't cause a scene, but when you get home let your partner know how you feel and why.

LEO (July 23-Aug 22)

Hobbies will be good for your emotional well being. Take care of yourself or you can expect to suffer from minor illness. Difficulties with female members of your family may result in estrangement's. Overindulgent people will cause disruptions in your life.

VIRGO (Aug. 23 - Sept. 23)

Be careful while traveling. Don't blow situations out of proportion or you could find that others will misinterpret what really happened. Don't let relatives make demands of you. Try not to be overly generous.

LIBRA (Sept. 24 - Oct. 23)

Don't involve yourself in the emotional problems of those you work with. Use your head and do things to your liking. Spend a quiet day with the one you love. You need to start planning that vacation.

SCORPIO (Oct. 24 - Nov. 22)

Don't fall for damaging rumors, and refuse to get involved in gossip. Love can be yours if you get out and about. Don't be angry, but be on your guard. You will reach the most people if you speak out at an organizational function.

SAGITTARIUS (Nov. 23 -Dec. 21)

Legal matters that have been pending may be alleviated through compromise. You can make excellent purchases this week. Don't be too quick to judge others. Take advantage of moneymaking ventures.

CAPRICORN (Dec 22.- Jan. 20)

You will tend to overeat this week. Look closely at motives and honesty in your personal encounters. You will do extremely well if you get involved in competitive activities this week. Risky financial ventures will result in unrecoverable losses.

AQUARIUS (Jan. 21 - Feb. 19)

Overindulgent people will cause disruptions in your life. Your self esteem will come back if you take part in organizational functions that allow you to be in the lime light. You can find out interesting information if you get a chance to talk to people you respect. Be aware that a female you work with may be trying to hold you back.

PISCES (Feb. 20-Mar. 20)

It's doubtful anyone will try to stand in your way or cut you off at the pass this week. Find a way to consolidate. Changes in your home are apparent, and you must be willing to bend if you don't want to find yourself alone. G Changes in your domestic scene are evident.

Horoscopes Provided by: astrology-online.com

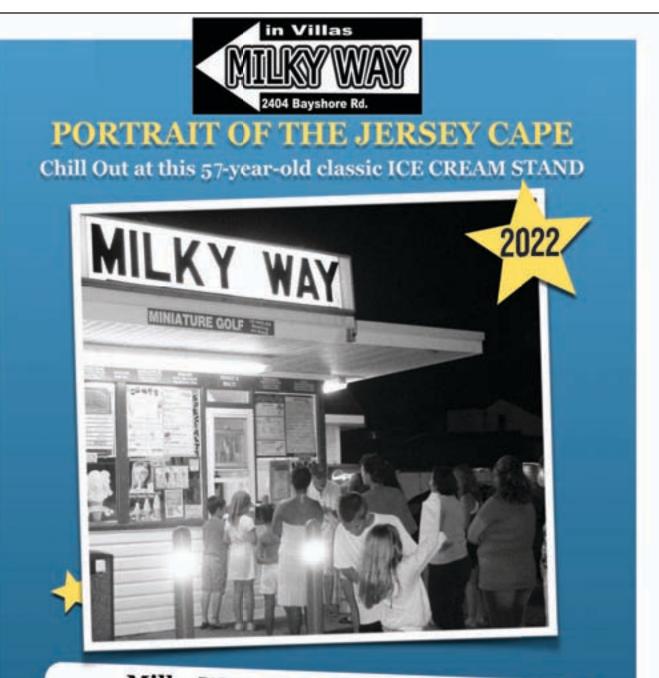
Arlo

Tomm





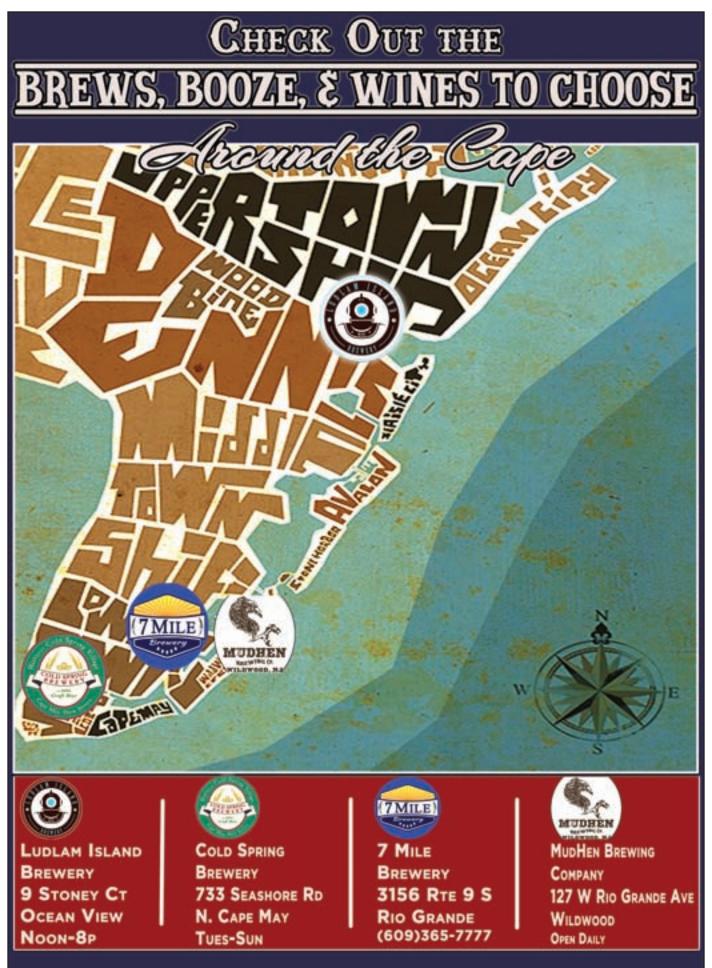




Milky Way Ice Cream & Mini Golf

WHAT It is truly a local favorite. Located in a quaint bayside town, it is well known and easy to find. They have softserve and hand dipped ice creams. Milkshakes, blizzards, frozen bananas, water ice, and sundaes. The prices are great and their portions are generous.

WHY Milky Way Ice Cream and Mini Golf has a true nostalgic feel of the neighborhood ice cream hang out. It's a perfect stop for the family on a hot summer evening for handmade ice cream treats followed by a game of putt-putt.







ALL MAJOR CREDIT CARDS	ALL MAJOR REDIT CARDS and FAMILY FIRST CARDS OPEN YEAR ROUND • SALE PRICES GOOD NOW TIL TUES, JULY 5 th @ 3PM SUN 9AM-4PM												
COOPER SHARP AMERICAN CHEESE \$699/LB	NOW FEATURING RIBEYE CHOPPED STEAK \$ 9 , ⁹⁹ /LB	*SPECIAL* MESQUITE CHICKEN ^{\$} 4. ⁹⁹ /LB	NOW FEATURING CHICKEN STEAK ^S 6. ⁹⁹ /LB	OUR OWN STORE COOKED ROAST PORK \$599/LB									
DOMESTIC HAM COOKED SALAMI PEPPERED HAM HAM CAPICOLA "LEGACY" SMOKED TURKEY PLEASE CALL ALL LARGE HOAGIE	\$3.99/lb \$3.99/lb \$3.99/lb \$4.99/lb	"SPECIAL" CORNED BEEF PASTRAMI ROAST BEEF \$5:99/LB	SEEDLESS MELO	TUCE99¢/hd 									
OR BREAD ORDERS IN SO WE CAN SERVICE YOU	R NEEDS	POTATO CHIPS 2 LARGE BAGS \$7.0	D OPEN DAILY	A WEEK FOR ALL YOUR RETAIL & WHOLESALE NEEDS 7 TTEOD AM = 8:00 PM EN MONDAY, JULY 4 TH TTAM=4PM HAVE ASAFE & IAPPY 4TH OF JULY I CINES & CUPCINES FOR ILL CAKE ORDERS									





WHAT'S HAPPENING THIS WEEK AROUND THE CAPE The Wildwoods Celebrate July 4th with Jam-Packed Family Fun & Entertainment

Boardwalk Parades

Thurs, June 30 & Mon, July 4 Enjoy the Boardwalk Parades throughout the summer with a variety of strolling musical entertainment. Parades run Monday through Thursday nights beginning at 7:30 p.m. starting at 16th Avenue marching south on the Boardwalk and delighting crowds along the route to its ending location at the Wildwoods Convention Center. On Thursday, June 30, the parade will feature a Philadelphia string band. On Monday, July 4, the parade will feature the Cape Atlantic Irish Pipe Brigade.

Downtown Wildwood Fun Fridays with the Love Affair Band • Fri, July 1 Start your weekend at Byrne Plaza, lo-



cated at 3400 Pacific Avenue in Downtown Wildwood at Fun Fridays from 6:30-8:30 p.m. Bring your chair and enjoy the FREE entertainment outdoors in Downtown Wildwood! There will be a live band, food and drink vendors, lawn games and more! Friday, July 1's entertainment is the Love Affair Band.

Friday Night Fireworks Spectacular Friday, July 1

Kick off the weekend every Friday on the Wildwoods Boardwalk with Friday night fireworks at 10 p.m.! The fireworks will be launched from the beach on Pine Avenue and visible from anywhere on the Wildwoods Boardwalk! Rain date is Sunday at 10 p.m. For more information, call 609-523-1602 or visit www.D00WW.com.

Sports Card, Toys, Comics & Collectibles Show • Frid, July 1 - Sun, July 3 Collectibles, memorabilia and guest star appearances. Over 100 tables of the hottest collectibles on the planet! Sports cards, old & new, toys, comic books, Starting Line-ups, McFarlane figures, non-sports cards, Yu-Gi-Oh, Magic, Beanie Babies, videos, wax boxes, supplies, autographed memorabilia, sets, posters, coins, t-shirts, Legos, dolls & much more! On Saturday from 11 a.m. - 1 p.m. special guest Gary Matthews aka "Sarge" of the Philadelphia Phillies will be available for autographs for a fee. Show

PHILLY TEAMS ON TV THIS WEEK



runs Fridav from 3-9 p.m., Saturday 10 a.m. – 9 p.m., and Sunday 10 a.m. – 5 p.m. FREE admission!

Concerts Under the Stars Saturday, July 2

Enjoy FREE live entertainment at the Lou Booth Amphitheatre, located at 2nd & Ocean Avenues, in North Wildwood featuring the "Greaseband" at 7:30 p.m.

Wildwood Crest Summer

Concert Series • Sat, July 2 Bring the family for a FREE outdoor concert featuring the band "Roundhouse" at Centennial Park. located Fern Road and Ocean Avenue, in Wildwood Crest at 7:30 p.m. Bring a blanket or beach chair.

Fries

Sunrise on Sunday Veteran Flag Service • Sunday, July 3

A ceremony will take place at sunrise on Sunday, July 3 to raise the casket flag of a Veteran to honor and remember all Veterans, held at the Lou Booth Amphitheater at 2nd and Ocean Avenues in North Wildwood at 5:30 a.m. Arrive 10 minutes before sunrise to participate in a 20 minute tribute and inspirational message at the most beautiful vista on the Jersey Shore. www.SunriseOnSunday.com

Independence Day Family Parade and Patriotic Pooch Parade • Monday, July 4

On Monday, July 4, the Wildwoods Independence Day Family Parade and the Patriotic Pooch Parade will take place in North Wildwood starting at 9 a.m. at 9th and Atlantic Avenues and proceeding north to 1st and Surf Avenues and features bicycles decorated in a patriotic red, white and blue theme. The Patriotic Pooch Parade will join in the march at 8th and Atlantic Avenues through North Wildwood. Dogs of all shapes and sizes will parade along the streets dressed in patriotic garb alongside the decorated bicycles. Prizes will be awarded for the best bikes decorated with a red, white and blue theme, along with prizes for the best dressed pooches. To register, call 609-522-2955. The event is FREE to attend.



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Experience all of the fun events happening in the Wildwoods:

JUNE 30 | JULY 14 JULY 28 | AUG 11 Anglesea Night Markets & Food Truck Festivals

JULY 1-3 | AUG 26-28 Sports Card, Toys, Comics & Collectibles Show

JULY 4 Independence Day Parade, Patriotic Pooch Parade & Fireworks Spectacular

JULY 8 Sand Sculpting Festival

JULY 8–10 NJ State BBQ Championship & Anglesea Blues Festival

JULY 15-17 NJ Jeep Beach Invasion

> JULY 23 Christmas in July Celebrations

JULY 27 Wildwoods Baby Parade JULY 30 Jus Nice Sneaker Convention

JULY 30-31 Beach Frisbee Tournament

> AUG 6 Crest 5K Beach Run

AUG 12-13 Spanish Music & Food Fest

> AUG 12-14 Tattoo Beach Bash

AUG 12-14 & 19-21 Baseball on the Beach

NEW! AUG 27 The Beach Boys in Concert

AUG 27 Triathlon, 5K & Kids Race

SEPT 2 Labor Day Weekend Fireworks Spectacular

SEPT 4 End of Summer Block Party

NEW THIS SUMMER: Island-Wide Shuttle Service!

Plan your visit today and enter to win a free family vacation. Visit **WildwoodsNJ.com** or call **800.992.9732**.



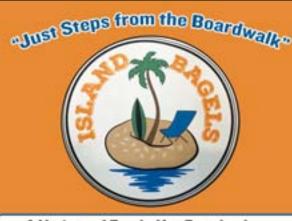
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THE WILDWOODS CROWN THE KING AND QUEEN OF MARBLES AT The 99th Annual National Marbles Tournament June 23

The Wildwoods concluded the 99th Annual National Marbles Tournament on June 23 with the crowning of the King and Queen of Marbles. Jessica Johnson of Wildwood was crowned "Queen" and Girl's National Marbles Champion, and became the first girl's champion from New Jersey to win the title. Johnson played her teammate, Evelyn Merino, also of Wildwood, in a best of 15-game final match. Todd Kmiecik, of Middletown, Maryland, claimed the boys title against Wildwood's Marco Juarez.

Champion marble shooters from across the country gathered in the Wildwoods to compete in the 99th Annual National Marbles Tournament on Monday, June 20 through Thursday, June 23, all vying for the title of "King" and "Queen" of Marbles.

Players selected from local tournaments held in cities throughout the United States reunited in the Wildwoods, after a two-year hiatus due to the pandemic, for four days of serious marble competition and fun on the island's award-winning beach and nationally recognized boardwalk. The "Mibsters" (male and female marble players ages 8-14) competed for national honors, college scholarships, as well as an array of other prizes and awards during the annual tournament.

More than 1,200 games of marbles were played throughout the tournament at Ringer Stadium, located on the beach at Wildwood Avenue in Wildwood, NJ, with the top eight shooters advancing to the semi-finals competition. Johnson, Merino, Kmiecik, and Juarez competed in a 'Best of 15' series for the championship.

The marbles game in which competitors will participate is called 'Ringer.' It is played by placing 13 marbles in the form of an "X" in a 10-foot circle, with players then alternating shots to knock marbles out of the ring. The winner is the individual who is first to shoot seven marbles out of the ring. For additional information, visit www.nationalmarblestournament.org message or call 412-913-1184. For additional information about the Wildwoods, visit www.WildwoodsNJ.com or call 800-992-9732.

CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

CARIBBEAN GRILLED SHRIMP OVER PINEAPPLE SLAW

INGREDIENTS:

- 1 LB. Extra Large Shrimp, peeled & deveined
- 2 TBS. Olive Oil
- Caribbean Jerk spice to taste
 Ingredients For Slaw:
- 1 Small Half Head Cabbage
- 1/4 Cup Pineapple Juice
- 1 TBS. Cider Vinegar
- 1 tsp. Honey
- 1/4 tsp. Celery Seed
- 1 Chopped Cilantro
- Salt & Fresh Cracked Black Pepper to taste

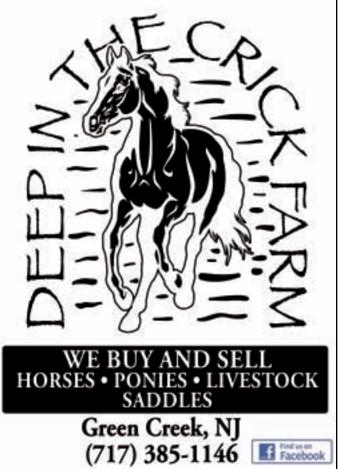
PREPARATION:

In a bowl, whisk together; juice, vinegar, honey, celery seed, cilantro, salt & pepper. Next, Chiffonade (shaved, thin slice) cabbage. Toss cabbage in the bowl w/ the dressing. Wrap w/ plastic & refrigerate. Preheat grill to medium high heat. Spray the grill with nonstick spray. Dust shrimp w/ spice. Grill until shrimp is opaque. Remove shrimp to a plate & allow to rest for 5 minutes. Serve slaw on a chilled plate & place shrimp on top. Enjoy A healthier, lighter side summer dish. Enjoy! Hint:

This slaw contains no mayo. You can add it if desired.







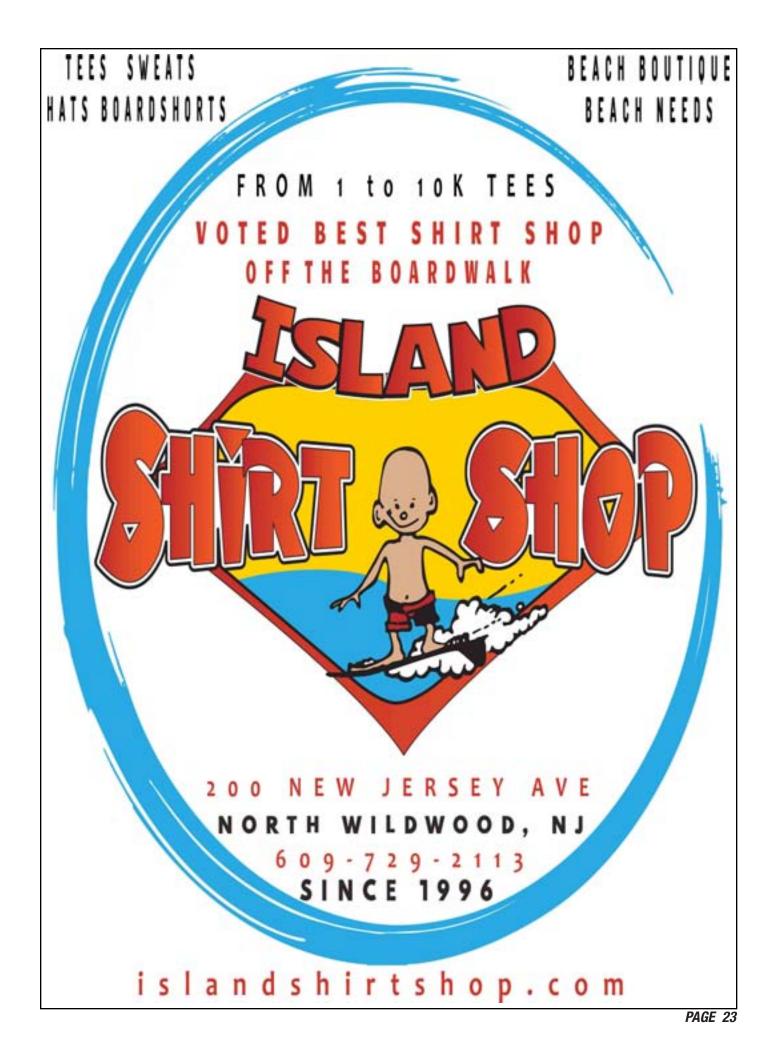


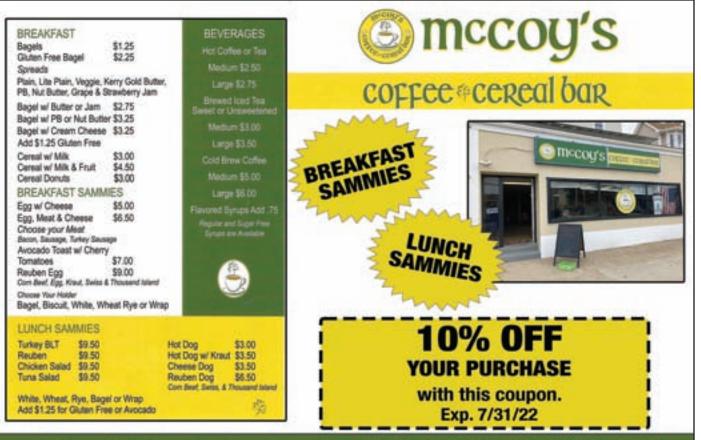
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TAKE-OUT AVAILABLE

CREDIT CARDS ACCEPTED

												II II V 4	0000	
FRIDA	Y EVE 6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30		JULY 1 11:30		
3-CBS	News	CBS	Inside Ed.		S.W.A.T. "/		Magnum P		Blue Blood		News	Late Show		
6-ABC	News	ABC	Jeopardy!	Wheel	Shark Tank 20/20 (In Stereo) CC					News	Jimmy Kir	nmel Live		
10-NBC	News	NBC	News	America's	American	Ninja Warrie	or "Qualifiers 4"		Dateline N	BC 🖸	News	Tonight S	now	
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	ws at 10	Seinfeld	Sports	Two Men	
	NJ Spotl	Newsline	One/One	NJ Spotl	Father	McLeod's	Daughters	Midsomer	Midsomer	Murders	NJ Spotl	One/One	World	
29-FOX	The Six	Props	TMZ CC	You Bet	WWE Frida	ay Night Sm	ackDown		News	Special	News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Penn & Te	ller	Dynasty 🖾]	News	News	Law & Ord	der: SVU	Mike	
A&E	The First 4	8	The First 4	8					The First 4	8	The First 4	48 CC	First 48	
AMC	(5:45) ***	½ "The Brea	kfast Club"	00	**½"Cadd	yshack" (19	20 (086		** "The G	reat Outdo	ors" (1988)	00	"Karate	
CNN	Situation F	Room	E. B. OutF	ront	Anderson	Cooper	CNN Tonig	ght 🖸	CNN Spec	ial Report	Anderson	Cooper	CNN	
DISC	Gold Rush Gold Rush				Gold Rush "Flood Gold" (In Stereo) 🖾			Opal Hunters		Opal Hunters		Gold		
DISN	Jessie	Jessie	Bunk'd	Bunk'd	Villains	Ultra	Raven	Disney's		Bunk'd	Villains	Ultra	Raven	
ESPN	SportsCen	ter 🖾	NBA Today	y	Pro Fighte	rs League					SportsCer	nter 🚾	SportCtr	
ESPN2	Daily Wage	er (Live)	UFC Live		E60				Cornhole /	ACL Final C	hase. (Live)		UFC Live	
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Carlson Hannity (Live) 🖻				The Ingrah	am Angle	Gutfeld!	Fox New		
FX	(5:30) **½	"Bad Boys	for Life" (20	020)	"Talladega Nights: The Ballad of Ricky Bobl				oy " (2006)	"Talladega	a Nights: Ri	icky Bobby'	,	
HBO	(5:30) ***	"Pacific Ri	m" 🖸	** "The K	ing's Man" (2021) Ralph Fiennes. 'R' 🖾				Westworld	00	Sam Jay	Murder		
HIST	Ancient Al	iens	Ancient Al	iens	Ancient Al	iens: Decla	ssified "Ros	swell & UFO	Conspiracie	es" (In Stere	0) CC	Aliens		
ION	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	e-0 🖸	Hawaii Fiv	/e-0 🖸	Hawaii	
LIFE	Castle "Dri	ven" 🖸	Castle "Mo	ntreal"	Castle 🕫		Castle "Ch	ild's Play"	Castle 🛙		Castle 💷		Castle	
MAX	"Max	**½ "Dom	Hemingway	/" []	★★½ "Land	" (2021) Pre	miere.	*** "Sola	ris" (2002) 🛛	CC	**½"Esca	pe Plan" (2	013)	
NBCSPA	MLB Base	ball St. Loui	s Cardinals	at Philadelpl	nia Phillies.	00	Phil. Postg	game	Birds	Birds	Golf	Short List	Baseball	
NICK	"Dr. Seuss	-Lorax"	Loud	Casagran	Rugrats	Tooned In	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	*** " Top Gun " (1986) Tom Cruise. 🖾				*** "Top	Gun " (1986	i) Tom Cruis	e. (In Stered	20 (c	
TBS	American	American	*** "Inde	pendence D	Day" (1996) Will Smith. 🖾 (DVS)				** "Suicid	le Squad" (2016) Will S	Smith. 🖾 (DV	S)	
TCM	(5:30) ***	"The Boy F	Friend " (197	′1) CC	**** "Some Like It Hot" (1959) ©				**** "The	e Apartmen	t" (1960) Ja	t" (1960) Jack Lemmon. 🖾		
TNT	"Solo: Sta	r Wars"	*** "Rogu	ue One: A S	Star Wars Story" (2016) Felicity Jones.				All Elite W	restling	"Star War	Star Wars: Rise of Skywa		
USA	NASCAR)	(finity	** "2 Fast	2 Furious"	(2003) Pau	l Walker.	★★½ "The F	ast and the	e Furious" (2001) Vin D	iesel.	"Fast & Fu	irious"	

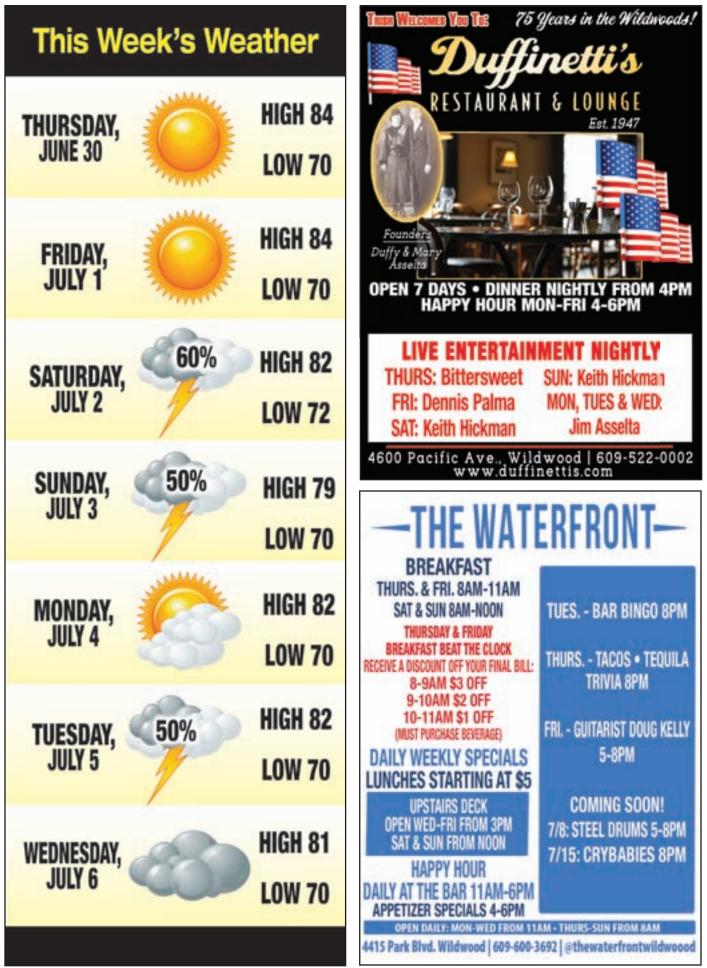




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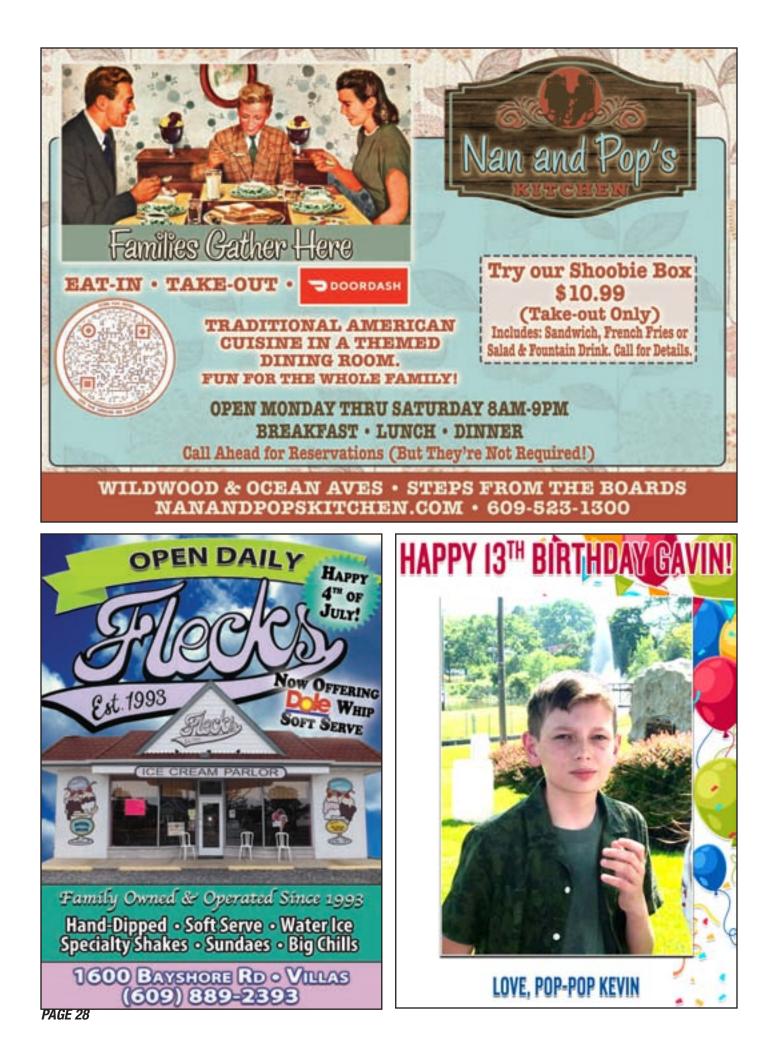
THEREWASLOTSOFFUNAND GREAT MUSICAT THE BAREFOOT COUNTRY MUSIC FEST HELD ON THE WILDWOOD BEACH JUNE 16-19, ERIC CHURCH PERFORMED ON FRIDAY NIGHT.





















SATU	RDAY	AFTEF	RNOON									JULY 2	. 2022		
		12:00			1:30	2:00	2:30	3:00	3:30	4:00	4:30		,		
3-CBS	Hope-	Paid Prg.	Paid Prg.		etball Week	(3. CC					Deere Classic, Third Round. 💷				
6-ABC	oh baby!	UFC Live	C	2022 Wiml	bledon Chai	mpionships	Third Roun	d. 🖸		Hearts of	Free Ent.	Action Ne	ws 5PM		
10-NBC	One	Paid Prg.	Smile	2022 Tour	de France	Monster Ja	am 🖸	AMA Moto	cross	Horse Rac	e				
(17-MNT)	Paid Prg.	Paid Prg.	Paid Prg.	House	MyDest.	Raw Trav.	Greatest	S.W.A.T. 🛙		Destinatio	Mod Fam	Gold	Mod Fam		
23-PBS	Steven	Tom Lehre	er Live		Ancient Re	emedies-Ax	е	Table	Roadfood	Mexican	Sara's	Look Up	State-Aff		
29-FOX	PowerXL	Paid Prg.	DraftK	Paid Prg.	DraftK	PowerXL	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.		
57-CW	Gone Vi	Health	Paid Prg.	Ninja Warı	rior	The First 4	8	Transform	Paid Prg.	Major Crin	nes 🖸	MacGyver	00		
A&E	Zombie	Living	Living	The First 4	8 00	The First 4	8	First Blood	20	Panic 9-1-		The First 4	18 CC		
AMC	"Outsi	"National I	Lampoon's	European V	Vacation"	** "The G	reat Outdoo	ors" (1988)	CC	★★½ "Cadd	yshack" (1	980) 🖸			
CNN	News				sroom	CNN News	room	CNN News	room	CNN News	room	CNN News	sroom		
DISC	Expedi	Expedition Unknown		Expedition	n Unknown	Naked and	Afraid	Naked and Afraid		Naked and Afraid "Sto		omping Grou	unds"		
DISN	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Villains	Villains	Villains	Villains	Villains	Villains	Big City	Big City		
ESPN	Wimbledon Championships WNBA Basketb					ercury at Sky	1	Selection	ESPN Film	s	ESPN Film	ıs			
ESPN2	SportCtr	Cornhole /	ACL Final Cl	nase. (Live)		World Chase Tag 5 World Ch			se Tag 5	UFC Live		UFC Cour	itdown		
FNEWS	Cavuto	Fox News	Live (Live)	Fox News Live			Live 🖾	Journal Ec	litorial Rpt.	Fox News	Live 🖾	Saturday	Show		
FX	Fam. Guy	Fam. Guy	**½ "The E	Boss Baby"	(2017) (In S	Stereo)	*** "Troll	ls" (2016) (In Stereo) 🖾		*** "Sing		ı" (2016) (ln	Stereo)		
HBO	"Lara Crof	t-Life"	(12:45) Ph	oenix Risin	g 😳	Phoenix Rising 🖾		**½ "Blue		Bayou" (2021) Justin (Chon. "Wond			
HIST	Cnt. Cars	Counting (Cars	Counting	Cars	Counting (Cars	Barrett-Jac	kson Live	Auction "La	is Vegas 20	022 Super Saturday"			
ION	Law-SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Order: SVU		Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU		
LIFE	"Jodi Aria	s: Dirty Littl	e Secret"	TextMeWh	ien	"Chris Wa	tts: Confes	sions of a K	liller" 🖸	"Left for D	ead: The A	shley Reev	es Story"		
MAX	"Noto	★½ "Excess	s Baggage"	(1997) 🖸		**½"Cold	Pursuit" (2	019) Liam N	eeson.	*** "Frida	a " (2002) Sa	alma Hayek.	00		
NBCSPA	Paid Prg.	World Pok	er	World Pok	er	Ninja Warr	ior	Birds	PreGame	MLB Base	ball: Cardin	als at Phillie	S		
NICK	"Lorax"	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Patrick	Patrick	Patrick	SpongeBo	b		
PARMT	(11:00) Yel	llowstone "[Daybreak"	Yellowsto	ne 🖸	Yellowstor	ne "No Good	d Horses"	Yellowstor	ne 👓	Yellowsto	ne 📧	Yellowst.		
TBS	Friends	riends Friends Friends ** "Suicide Squad				2016) Will S	mith. 🖾 (DV	S)	** "Gemin	i Man " (20 ⁻	19, Action) V	Vill Smith. 🖾			
TCM	"Dublin"	"Adventur	es of Huck	Finn"	***½"She	Wore a Ye	llow Ribbor	າ"	***½"The	Caine Muti	ny " (1954)	Jose Ferrer	[CC]		
TNT	NCIS: LA	**** "Sta	r Wars: A N	ew Hope"	(1977) Mark	Hamill.	***½"Star	Wars: The	Force Awa	akens" (2015) Harrison Ford. "Star					
USA	Tour	NASCAR (Cup Series		Miz &	Count	NASCAR)	(finity Racin	ng Series H	enry 180. (L	y 180. (Live) 🖾 Post				

SATU	RDAY	EVENI	NG								J	IULY 2	. 2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		,
3-CBS	News	News	Ent. Tonig	ht	Auto Racing Camping World SRX Series.				48 Hours	C	News	SEAL Tea	m 🖸
6-ABC	News	ABC	FYI Philly	Wheel	UFC 276: F	Prelims			The Rooki	е	News	News	Jeopardy!
10-NBC	News	NBC	Smile	1st Look	Transplant "Locked" Dateline N			BC (In Stere	eo) 🖸		News	News Saturday I	
17-MNT	black-ish	black-ish	Big Bang	Gold	Big Bang	Big Bang	Sheldon	Sheldon	Action Nev	vs at 10	Philler	Delco	Mom
23-PBS	Treasures	Ps Dance:	Next	The Arts	Old	House	Upstart	Vicar	Professor	T CC	Line of Se	paration	Pride
29-FOX	Fox 29 Net	ws at 6PM	MLB Base	ball San Die	ego Padres a	at Los Angel	es Dodgers.	odgers. C Fox 29 News		NS	Name That	t Tune	Feed
57-CW	SEAL Tear	n 🖸	FamFeud	FamFeud	Whose?	Would I	Masters	Masters	News	News	Law & Ord	er: SVU	Chi. Fire
A&E	The First 4	8 00	The First 4	8	The First 4	8	First Blood		Panic 9-1-	CC	The First 4	8 00	First 48
AMC	★★½ "Natio	nal Lampoo	on's Vacatio	on"	**½ "Sixte	en Candles	" (1984) 🖸		*** "Fast	Times at R	idgemont H	ligh"	"Road"
CNN	CNN News	room	CNN News	room	CNN News	room	*** "RBG	i" (2018) Ru	th Bader Gir	nsburg.	The Nineti	es 🖸	Nineties
DISC	Naked and Afraid Naked and Afraid			Naked and	I Afraid	Naked and	Afraid	Naked and	Afraid	Naked and Afraid		Afraid	
DISN	Big City	Big City	Big City	Big City	Big City	Big City	Ghost	Ghost	Big City	Big City	Big City	Ladybug	Ladybug
ESPN	SportsCen	ter 🖾	SportsCen	ter 🖸	UFC 276: F	Prelims			SportsCen	ter 🖸	SportsCen	ter 🖸	SportCtr
ESPN2	Catch98		CFL Footb	all Montreal	Alouettes a	t Saskatche	wan Roughr	riders.	30 for 30			30 for 30	
FNEWS	Fox Repor	t	Gutfeld! 🖸		One Nation Dan Bongino			Lawrence	Jones	One Nation	n	Unfiltered	
FX	(4:30) ***	"Sing"	★★½ "Desp	icable Me 3	" (2017) © ★★½ "Despicable Me 3				8" (2017) 🖸		*** "Sing" (2016) (Ir		Stereo)
HBO	(5:25) ** ½	"Wonder W	oman 1984/	" CC	**½ "The H	leat" (2013)	Sandra Bul	llock.	. Westworld 🖸			"The Card	Counter"
HIST	(3:00) Barr	ett-Jacksor	n Live Aucti	on 🖸	American	Pickers	American	Pickers	ers American Pickers			American Pickers	
ION	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU
LIFE	"He's Not	Worth Dyin	g For " (202	2) 🖸	"Jailbreak	Lovers" (20	022) Catheri	ine Bell.	TextMeWh	en	Sleeping V	Vith	"Jail
MAX	***½"My	Cousin Vini	ny" (1992) 🛙	C	** "Little I	Man" (2006)	00	*** "Hot \$	Shots!" (199	91) 🖸	*** "Hot \$	Shots! Part	Deux"
NBCSPA	MLB Base	ball	Phil. Postg	jame	Track & Fie	eld			Track & Fi	eld	MLB Base	ball	
NICK	SpongeBo	b	"SpongeB	ob SquareF	ants"	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Yellowst.	Yellowstor	ne 🖸	Yellowstor	1e 🖸	Yellowstor		Yellowstor	ne 🖸	Yellowstor	ne 🖸	Yellowsto	ne 🖸
TBS	*** "Inde	pendence D	Day" (1996)	Will Smith.	C (DVS)		Big Bang	Big Bang	Big Bang	Big Bang	Wipeout CC	(DVS)	Wipeout
TCM	★★½ "Hang	'Em High"	(1968) 🖸		*** "Funn	ny Face" (19	, ,		**** "Belle de Jour" (1967) Jean Sorel				"Strange
TNT	(5:43) ***	½ "Star War	s: The Last	Jedi" (2017	7) Mark Ham	nill.	★★½ "Star \	Wars: The F	Rise of Skywalker" (2019) Carrie Fisher.				"Star
USA			Five" (2011) Vin Diesel,				Fast Lane			

SUND	AY AF	TERNO	DON									JULY 3	. 2022
		12:00		1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30		5:30
3-CBS	Paid Prg.	Heroes	Game	Sailing		One Shot	Course	PGA Tour	Golf John D	eere Classi	c, Final Rou	nd. (In Stere	eo Live)
6-ABC	Inside	ESPYs No	mination	2022 Wimb	ledon Char	mpionships	Fourth Rou	ind. 📧		DraftK	Carpet	Action Ne	ws 5PM
10-NBC	Issue	Smile	IndyCar				IndyCar	IMSA Wea	thertech Ch	ampionshi	р		
17-MNT	In Touch	Paid Prg.	Paid Prg.	In Focus	This	Pawn	Pawn	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Philler	Gold
23-PBS	Think Tk	State-Aff	Price-Sil	Lidia	Milk	Kitchen	Magic Mor	nents The	e Best of '50	Os Pop		Big Band	Yrs
29-FOX	Paid Prg.	DraftK	PowerXL	BeFlexi	DraftK	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.
57-CW	Pets	Transform	Paid Prg.	Storm of S	uspicion	The First 4	8	WalkFit!	Blair	Major Crin	nes 🖸	Monk 🕅	
A&E	Living	Living	Living	WWE's Mo	st Wanted	WWE's Mo	st Wanted	Treasures '	'Ric Flair"	Biography	: WWE Leg	ends "Mick	Foley"
AMC	*** "Fast	Times at Ri	idgemont H	igh"	*** "Back	to the Fut	ure Part III"	(1990) 🖸		***½"Bac	k to the Fu	ture" (1985) CC
CNN	Reliable	State of Ur	nion	CNN News	room	CNN Newsroom CNN Newsroom				CNN News	sroom	CNN News	sroom
DISC	Afraid XL	Afraid XL Naked and Afraid XL "Legendary Fail"				Naked and Afraid XL @ (DVS)				Naked and	Afraid XL	"You Left Us	s to Rot"
DISN	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City
ESPN	Wimbledor	Vimbledon Championships WNBA Basketball: My				stics at Sun		30 for 30		W. Stu	W. Stu	ESPYs No	mination
ESPN2	F1 Racing	UFC Top	W. Stu	World Cha	se Tag 5	World Cha	World Chase Tag 5 Cornhole ACL Final Ch					30 for 30	
FNEWS	Medi	Fox News	Live 🖾	Fox News	Live 🖸	FOX News	FOX News Sunday Maria Bartiromo				Live 🖾	Sunday S	how
FX	*** "The l	Hangover"	(2009) (In S	tereo)	***½"The	Avengers" (2012) Robert Downey Jr. (In Stere				0)	*** "Aver	ngers: Infin	ity War"
HBO	(10:25) "Sr	nitch" 🖸	Mind Over	Murder	***½"Wes	est Side Story" (2021) Ansel Elgort. 🖾				To Be Announced "Ender's Ga			Game"
HIST	The Cars	America th	e Story of	Us "Rebels"	00	America the Story of Us "Westward" 🖾				America th	ne Story of	Us "Civil War" 🖻	
ION	NCIS	NCIS "Beas	stmaster"	NCIS 🖾 (D	VS)	NCIS "Ren	dezvous"	NCIS 🖾 (D	VS)	NCIS "Two	fer"	NCIS "Exit	Strategy"
	"Perry-Acr	imony"	★½ "Tyler F	Perry's A Ma	adea Family	Funeral" (2019)	** "Fifty S	Shades of G	i rey " (2015)	Dakota Joh	nson.	"Fifty"
MAX	** "The U	ninvited"	"Seeking a	Friend"		**½ "The (Great Gatsb	y " (2013) L	eonardo DiC	aprio.	** "Taken	2 " (2012) 🛙	20
NBCSPA	Dormeo	Paid Prg.	Smile	Paid Prg.	Smile	MLB Base	ball: Cardin	als at Phillie	s		In. Golf	Short List	Immortals
NICK	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Patrick	Patrick	Patrick
PARMT	Yellowst.	Yellowstor	ne 🚾	Yellowstor	ne 🚾	Yellowstor	ne 🚾	Yellowstor	ne 🚾	Yellowstor	ne 🖸	Yellowsto	ne 🚾
TBS	"Ghosts of	Girlfriends	s Past"	** "The W	edding Pla	nner" (2001) CC	** "Coupl	es Retreat"	(2009, Com	nedy) Vince	Vaughn.	"Pro
TCM	"Strange	***½"Brin	nging Up Ba	by " (1938)		**** "Cas	sablanca" (1942) 🖸 (D\	/S)	**** "An	American i	n Paris" (19	951)
TNT	"Star Wars	: Re"	**** "Sta	r Wars: A N	lew Hope" (1977) Mark	Hamill.	**** "Sta	r Wars: The	e Empire Strikes Back" (1980) 🖾 (DVS)			
USA	Tour	our Law & Order: SVU NASCAR Racing				NASCAR-Countdown NASCAR Cup Series Kwik Trip 250. (Live) 🖾							

SUND	AY EV	ENING									J	ULY 3	, 2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		,
3-CBS	News	News	60 Minutes	CC 00	60 Minutes	60 Minutes 🖾		The Equalizer 🕮		NCIS: Los Angeles		Sports	J. Osteen
6-ABC	News	ABC	Funny Hon	ne Videos	Celebrity F	Fam	Celebrity	Fam	\$100,000 F	yramid	News	News	FYI Philly
10-NBC	News	NBC	Weakest L	ink	Dancing W	ith Myself	America's	Got Talent	"Auditions 5	" CC	NBC 10 Ne	ews at 11p	Bensinge
17-MNT	Two Men	Two Men	Big Bang	MLS Socce	er: Union at	Crew		Philadel	Action Nev	ws at 10	Mom	Seinfeld	Seinfeld
23-PBS	Big Band \	/rs	Great Perf	ormances:	Andrea Boo	celli Live in	Central Pa	rk 👓	'60s Pop, I	Rock & Sou	I (My Music	;)	Upstart
29-FOX	Fox 29 Nev	ws at 6PM	USFL	USFL Foot	tball: Stallions vs Stars					News	News	Feed	Paid Prg.
57-CW	Bull (In Ste	ereo) 🖸	FamFeud	Heroes	Animals	Animals	Penn & Teller		News	News	Law & Ord	er: SVU	Chi. Fire
A&E	Biography	: WWE Lege	ends (In Ste	ereo) 🖸	Biography	: WWE Lege	ends (In Ste	ereo) 🖸	Biography	: WWE Leg	ends (In Ste	ereo) 🖸	Biography
AMC	"Future"	*** "Back	to the Futu	ure Part II" (1989) 🖸		Dark Wind	s 🖸	***½"Bac	k to the Fu	ture" (1985)	Michael J.	Fox.
CNN	CNN News	room	CNN News	room	Watergate-Scandal Watergate-Scandal				Watergate	-Scandal	Watergate	-Scandal	The 70's
DISC	Naked and Afraid XL Naked and Afraid XL		Naked and Afraid XL © (DVS)			Naked and	Afraid	Naked and	Afraid	Afraid XL			
DISN	Ladybug	Ladybug	**½"Sky H	ligh" (2005)	'PG'	Ultra	Ultra	Ultra	Ultra	Ultra	Ultra	Big City	Big City
ESPN	Baseball T	onight	MLB Basel	ball St. Loui	s Cardinals	at Philadelph	nia Phillies.	(Live)	SportsCen	nter 🖸	SportsCen	ter (Live) 🖸]
ESPN2	30 for 30		MLB Basel	ball: Cardina	als at Phillie	S			To Be Ann	ounced			Games
FNEWS	Fox Repor	t	Sunday Nig	ght	Life, Liberty & Levin The Next Revolution				Sunday Ni	ght	Life, Liber	ty & Levin	Revolu
FX	(4:30) ***	"Avengers	: Infinity Wa	ar" 🖸	*** "Captain America: The First Avenger" (2011)	"Captain /	America: Th	e Winter So	oldier"
HBO	"Ender's G	ame"	★½"Geosto	orm" (2017)	Gerard But	ler.	Westworld	CC	Westworld CC *** "Frank Mille			k Miller's S	in City"
HIST	America-S	tory	America-S	tory	America th	ne Story of l	Js "Bust; W	/WII"	America th	ne Story of	Us "Superpower"		America
ION	NCIS CC (D	VS)	NCIS CC (D'	VS)	NCIS "Trap	oped"	NCIS 🖸 (D	OVS)	NCIS "Voic	es"	NCIS "Rea	dy or Not"	NCIS
CIFE	(5:30) ** "	Fifty Shade	es Darker" (2	2017)	★★½ "The F	Proposal" (2	2009) 🖸		*½ "Bride \	Wars" (200	9) Kate Huds	son.	"Pro
MAX	** "Univer	rsal Soldier	" (1992) (In	Stereo)	**½"Obliv	vion " (2013)	Tom Cruise	e. CC	** "Vanilla	a Sky " (200	1, Suspense	e) Tom Cruis	e. 🖸
NBCSPA	Bensinger	Harness	Golf	Golfer	Ninja Warı	rior	Ninja War	rior	Ultimate D	isc 🖸			Poker
NICK	"The Spon	geBob Squ	arePants M	ovie" 📧	"SpongeB	ob Movie"			Friends	Friends	Friends	Friends	Friends
PARMT	(5:58) Yello	owstone	Yellowstor	ne 🖸	1.0		Yellowsto	ne 😳	Yellowstor	ne 🖸	Yellowstor	ne 📖	Yellowst.
TBS	(5:30) **½	"The Propo	sal" (2009)		Big Bang Big Bang Big Bang Big Bang			Big Bang	Big Bang	"Ghosts o	f Girlfriends	s Past"	
ТСМ	*** "All F	all Down" (*	1962, Drama	a) 🖸	**½"Anni	e " (1982) Ail	een Quinn.	CC	***½"Unc	ler the Vold	ano" (1984))	"Mare"
TNT	*** "Star Wars: Return of the Jedi" (1983)						Animal Kingdom "Star Wars: Re			: Revenge	evenge of"		
INT	NASCAR NASCAR Fast Lane Fast Lane							Law & Order: SVU Law & Ord					









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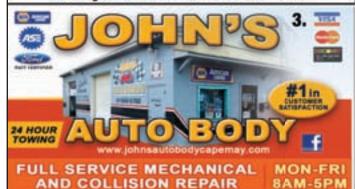
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Does your spare tire show signs of age-lack of air cracks and thin tread? Take a look before your next road trip.

What should drivers know about maintaining temporary tires? Spare tire guidelines:

 Do not assume your vehicle includes a spare tire. If you are purchasing a new vehicle, ask whether it comes with a spare tire or, if not, whether you can purchase a spare suited to your vehicle.

 Limit vehicle speed to 50 miles per hour when using the spare. The smaller size of some spare tires makes driving at faster speeds hazardous.

Avoid quick maneuvers and cornering too fast wherever possible.
 Spare tires simply do not handle as well as full-sized tires. Temporary tires are usually a basic tread pattern and can be used in wet surfaces, but the pattern and size is not built for speed or maneuvering.

 Check your temporary tire for information on mileage. In general, temporary tires should not be driven for more than 50 to 100 miles.

 Do not use temporary tires as a replacement for full-sized standard tires designed for your specific vehicle. They are intended for emergency use only.

 Replace spare tires whenever they show signs of wear or damage (tread wear, bubbles on sidewall, cracks in the rubber).

 Ask your service advisor if it's time to replace your spare tire. Spare tire lifespan varies between six to 10 years.

 Inspect spare tire inflation every time your vehicle's tires are rotated (about every 5,000 - 8,000 miles).

Check the sidewall of your spare tire for required air pressure.
 Compact spare tires typically hold more air than traditional full-size spares (as much as 60 PSI). According to tire experts, underinflated or overinflated spare tires may cause tire failure.

 Find out before your next adventure whether your vehicle actually has a spare. Some 30% of new vehicles do nct, and your family should put together a backup plan in case of a tire accident.





MONDAY EVENING

JULY 4, 2022

	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 "Star	ting Over"	NCIS: Haw	vai'i	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Great Ame	erican Tag	The American Rescue Dog Show			News Jimmy Kimi		nmel Live!	
10-NBC	Celebratio	n	Welcome /	America Jul	y 4th Conc	ert & Firewo	orks (Live)		Macy's 4th	n of July Fir	eworks Spe	ectacular News	
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam Mod Fam		Friends	Action News at 10		Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Animal Ba	bies	Billy Connolly's		How To Be Likable		NJ Spotl	One/One	World
29-FOX	The Six	The Pulse	TMZ 🖸	You Bet	Don't Forg	jet	Beat Shazam		Fox 29 News		News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Roswell, N	IM	In the Dark	In the Dark 🖾 Nev		News News		er: SVU	Mike
A&E	Chris Farle	ey 🛛	Cultureshock © Right to Offend:				Black Come	edy	Right to O	ffend: The l	Black Come	edy	Right to
AMC	(4:30) "Roo	(4:30) "Rocky II" *** "Rocky III" (1982				Stallone. 🖾		** "Rocky	/ IV " (1985)	Sylvester St	tallone.	"Rocky Ba	lboa" 🛙
CNN	Situation Room The Fourth in America (Live) 🖾												
DISC	MythBusters CC MythBusters CC			Street Out	laws	Street Out	laws	Street Out	laws: Mega	Cash Days 🖾		Street	
DISN	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Big City	Jessie
ESPN	(5:00) Cornhole WNBA Basketball: Me				ercury at Sparks 30 for 30				To Be Announced SportsC			enter CC Sport	
ESPN2	Daily Wage	er	AKC Divin	g Dogs Pre	mier Cup USL Championship Socc				occer				
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Ca	rlson	Hannity (Live) 🖾 The Ing		The Ingrah	nam Angle	Gutfeld! 🚾		Fox News
FX	"Capt. Am	erica"	*** "Capt	ain America	a: The Winter Soldier" (2014) Chris Evans.				*** ^½ "Black Panther" (2018) Cha			udwick Boseman.	
HBO	Wes	"Fantastic	Beasts: Th	e Secrets o	of Dumbledore" 📧 Irma Vep 🖾			Mind Over Murder II		Irma Vep	Mind Over	Murder	
HIST	The Food	That Built A	merica 🖸 (DVS)	The Food That Built America 🖾 (DVS)				The Food	That Built A	merica 🖾 (DVS)		America
ION	Chicago P	.D.	Chicago F	ire 🖸	Chicago P.D. Chicago P.D.			Chicago Fire		Chicago Fire		Chicago	
LIFE	Sleeping V	Vith	Sleeping V	Vith	TextMeWh	ien	TextMeWhen		TextMeWhen		TextMeWhen		TextMe
MAX	(5:53) ** "	Jennifer Ei	ght" (1992)	00	★★½ "Starg	jate " (1994)	Kurt Russel	II.	★½ " R.I.P.D. " (2013) ₪			** "Hollow Man"	
NBCSPA	Birds	Golf	IndyCar Ra	acing Sonsi	o Grand Prix at Road Ameri		ierica. 🖾		Triton Pok		ker 🖾 🛛 Triton Po		er 🖸
NICK	Patrick	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Yellowstone CC Yellowstone CC			Yellowstone 🖾		Yellowstone 🖾		Yellowstone (In Stered		o) ₪ ★★★ "Silve		rado"	
TBS	"Frnds-Benefits" Big Bang Big Bang		Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	ELEAGUE		
ТСМ	(5:15) ***	½ "The Mus	i c Man " (19	62)	**½ "Jailhouse Rock" (1957)				e Buddy Holly Story" (1978) "Great Ball-Fire"				
TNT	"Star Wars	s: R"	*** "Inde	pendence D	ay" (1996)	Will Smith.	C (DVS)		*** "Inde	pendence [Will Smith.		
USA	"John Wic	k: Chapter	3 Parabel	lum"	WWE Mon	day Night R	AW (In Ster	reo Live) 🖾			Miz &	Fast Lane	"John

TUES	DAYE	VENIN	G								,	JULY 5	, 2022	
	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 "Kayla"	FBI "Kayla" 🖾 🛛 🛛		FBI: International		FBI: Most Wanted		lews Late Show		
6-ABC	News	ABC	Jeopardy!	Wheel	Holey Mole	ey 🛛	The Chase)	Who-Belie	eve?	News	ews Jimmy Kin		
10-NBC	News	NBC	News	Best of	America's	Got Talent	(In Stereo)	In Stereo) 🖾		Dancing With Myself		Tonight Sh	now	
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Ne	ws at 10	Seinfeld	Two Men	Two Men	
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Agatha Ch	ristie's Poir	ot 🖸	Kea's Ark	Bryant Pa	rk Pic	NJ Spotl	Pathway	World	
29-FOX	The Six	The 215	TMZ 🖸	You Bet	Crime Sce	ne Kitchen	Fantasy Is	land 🖾	Fox 29 Ne	ws	News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Superman	& Lois	Tom Swift 🖾		News	News	Law & Orc	ler: SVU	Mike	
A&E	Bobby	Bobby	Bobby	Bobby	Bobby	Bobby	Bobby	Bobby	Origins of	f Нір-Нор	Bobby	Bobby	Bobby	
AMC	** "Rocky IV" (1985) Sylvester Stallone.				***½"The	Fugitive" (1993, Suspe	ense) Harris	on Ford. 🕅		** "Ramb			
CNN	Situation Room E. B. OutFront			Anderson	Cooper	CNN Tonig	ght 🖸	Don Lemon Tonight		Don Lemon Tonight		AC 360		
DISC	Deadliest	liest Catch Deadliest Catch		Deadliest (Catch "Killer	Whale" 🖾 (DVS) Dead		Deadliest Catch 💷		Deadliest Catch 💷		Catch		
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Bunk'd	Bunk'd	Big City	Big City	Ladybug	Ladybug	Ultra	
ESPN	SportsCer	iter 🖸	ESPN Film	s	ESPN Films						SportsCenter 🖾		SportCtr	
ESPN2	Daily Wager (Live) NBA Salt Lake City Su				Immer Leag	gue	NBA Salt L	ake City Su	ummer Lea	gue	NFL Live	C	DC & RC	
FNEWS	Special Re	eport	Jesse Wat	ters	Tucker Ca	rlson	Hannity (Live) 🖾 The Ingraham			ham Angle	Gutfeld! CC	Fox News		
FX	"Phoenix"		*** "Iron	Man" (2008) Robert Downey Jr. (In Stereo) 🖾			★★½ "Iron	Man 2" (201	0) Robert D	owney Jr. 🖸			
HBO	(5:05) "Blu	ie Bayou"	Mind Over	Murder	*** "Warrior" (2011) Joel Edgerton. 'PG-13'					Sam Jay "Body Bro		kers" 'R'		
HIST	Skinwalke	r Ranch	Skinwalke	r Ranch	Secret of S	Secret of Skinwalker Skinwalker Ranch			Skinwalker		Skinwalker Ranch		Secret	
ION	Chicago F	ire	Chicago Fi	re	Chicago F	ire	Chicago Fire Chicago Fire			ire	Chicago F	Chi. Fire		
LIFE	Castle "Ba	d Santa"	Castle "Ca	stle, P.I."	Castle 🖾		Castle "I, Witness"		Castle 🖾		Castle "Reckoning"		Castle	
MAX	"Wres	*** "The	Last Five Ye	ears"	** "Boogi	e " (2021) 🖸		"The Yello	w Birds" (2	2017) 🖸	** "Unive	rsal Soldier	" (1992)	
NBCSPA	Birds	PreGame	MLB Base	ball Washing	gton Nationa	als at Philade	elphia Phillie	es. 🖸	Phil. Post	game	Birds	Short List	Baseball	
NICK	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	** "Rush	Hour 2" (20	01) Jackie C	Chan.	★½ "Rush	Hour 3" (20	07) Jackie C	1	"Rush Hr	
TBS	Sheldon	Leadoff		ball Tampa	Bay Rays at	Boston Rec	Sox. (Live)	CC	MLB		Big Bang	Big Bang	Big Bang	
TCM	、 ,	"Billy Bude	、 /		★★★½ " The Westerner " (1940) ₪				★★★ "Laura " (1944) ₪			"State Fair" (1945)		
TNT		ngers: End		,	· · ·		. ,		Titans "Trigon" ₪ ★★★½ "Av			engers: Endgame"		
USA	Law & Ord	ler: SVU	Law & Ord	er: SVU	WWE NXT (In Stereo Live) 🖻 ** "Happy Gil						Gilmore" (1996) 🖾 (DVS) "Hap			

WEDN	IESDA	Y EVE	NING								J	IULY 6	. 2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30			,
3-CBS	News	CBS	Inside Ed.	ET	Big Brothe	er 🖸	The Challenge: USA 🖾			0	News Late Shov		-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Conners	Conners Gold		Home E. Press You		r Luck	News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Holly	Chicago M	Chicago Med		Chicago Fire		D.	News	Tonight Sh	now
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends Friends Action News at 10 S		Seinfeld	Two Men	Two Men		
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Here's	The Arts	Pride and	Prejudice	Ridley Road		NJ Spotl	Table	World
29-FOX	The Six	ClassH	TMZ 🖸	You Bet	MasterChe	fCC	So You Think		Fox 29 Nev	vs	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Mysteries	Decoded	Welling	Welling	News	News	Law & Ord	ler: SVU	Mike
A&E	Court	Court	Court	Court	Court	Court	Court	Court	Neighbor.	Road	Court	Court	Court
AMC	(5:00) ***	00) ★★★½ "The Fugitive" (1993) ₪				Harbor" (20	01, War) Be	en Affleck, Jo	osh Hartnett.	00	***½"191		
CNN	Situation Room E. B. OutFront			Anderson	Cooper CNN Tonight 🖾			Don Lemon Tonight		Don Lemon Tonight		AC 360	
DISC	Expedition	n Unknown	Expedition	Unknown	Expedition	Unknown	(In Stereo)	C (DVS)	Expedition	Unknown	Expedition	n Unknown	Expedi
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Raven	Raven	Big City	Big City	Ladybug	Ladybug	Villains
ESPN	SportsCen	nter 🖸	MLB Basel	ball Teams	ΓBA. (Live)				To Be Announced		SportsCenter 🖾		SportCtr
ESPN2	Daily Wag	er (Live)	NBA Salt L	ake City Su	Immer League NBA Salt Lake City Su				ummer Leag	jue	NFL Live	C	30 for 30
FNEWS	Special Re	eport	Jesse Wat	ters	Tucker Carlson Hannity (Live) 🖾 🛛 T			The Ingraham Angle		Gutfeld! ©		Fox News	
FX	(5:30) * * ½	"Iron Man 2	2" (2010) 🖸		*** "Thor" (2011) Chris Hemsworth. (In Stere				20 (Os	***½"Blae	ck Panther"	' (2018) 🖻	
HBO	(5:55) ***	"Thorough	breds"	Sam Jay	*** "Lone Survivor" (2013, War) 'R' 🕮			Mind Over Murder		Irma Vep 🖾		Wes	
HIST	(4:00) "Un	forgiven"	Forged in I	Fire	Forged in Fire Forged in Fire			Fire	Power	Power	Forged in Fire		Forged
ION	Blue Blood	ds "Pilot"	Blue Blood	Is 🖸	Blue Blood	ue Bloods 🖾 🛛 Blue Bloods 🖾			Blue Blood	IS 🖸	Blue Bloods 💷		Blue
CIFE	Castle 💷		Married at	First Sight	Married at	First Sight	"So Ready i	n Socal" 🖻			Married at	First Sight	Married
MAX	(5:45) * * ½	"The Next	Three Days'	° CC	*** "Cop	Land" (199 ⁻	7) 🖸	**½"Esca	pe Plan" (2013, Action		00	"The Empl	ty Man"
NBCSPA	Birds	PreGame	MLB Basel	ball Washin	gton Nationa	als at Philad	elphia Phillie	es. 🖸	Phil. Postg	ame	Birds	In. Golf	Baseball
NICK	Loud	Loud	"SpongeB	ob Movie"			Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	*** "Grease" (1978) .		John Travolt	a. (In Stered	o) 🖾 Movie (In S		Stereo) 🖾		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (Liv	e) 🖸	American	American	American	American	George
TCM	"Just-	** "Confid	dentially Co	nnie"	Oscar Micheaux: The Superhero Of Black				"Unconque	ered"	**½"Souls	949)	
TNT	Lucifer 🖾	(DVS)	Lucifer 💷 (DVS)	★★½ "Central Intelligence" (2016)				** "Ride A	long 2" (20	016) Ice Cube.		"Central"
USA	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Order: SVU		Law-SVU

THUR	SDAY	EVENI	NG									ULY 7	. 2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00		, ,
3-CBS	News	CBS	Inside Ed.	ET	Sheldon	United-AI	Ghosts	B Positive	Bull "Safe	Space"	News	Late Show	-Colbert
6-ABC	News	ABC	Jeopardy!	Wheel	Press You	Press Your Luck		Generation Gap		00	News	Jimmy Kin	nmel Live!
10-NBC	News	NBC	News	Holly	Law & Ord	ler	Law & Ord	er: SVU	Law & Ord	er	News	Tonight Sh	างพ
17-MNT	Gold	Big Bang	Big Bang	Gold	Mod Fam	Mod Fam	Friends	Friends	Action Nev	ws at 10	Seinfeld	Two Men	Two Men
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Roadtrip N	lat	Tell Me	POV "On th	e Divide" 🖸		NJ Spotl	The Arts	World
29-FOX	The Six	Kelly	TMZ CC	You Bet	MasterChe	ef 🖸	Don't Forg	et	Fox 29 Nev	NS	News	Feed	Extra
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker 🖸		The Flash	© News		News Law & Ord		er: SVU	Mike
A&E	The First 4	8 00	The First 4	8 00	The First 48 🕮		Accused:	Guilty	Interrogati	on Raw	The First 4	8 00	First 48
AMC	(5:00) ** "Pearl Harbor" (2001, War) CC		**** "For	rrest Gump'	' (1994) Ton	n Hanks, Ro	bin Wright.	00	**** "Forrest Gump'		' (1994)		
CNN	Situation Room E. B. OutFront		Anderson Cooper		CNN Tonight 🖾		Don Lemon Tonight		Don Lemon Tonight		AC 360		
DISC	Mysteries	Aband.	Mysteries	Aband.	Mysteries	Aband.	Mysteries	Aband.	Mysteries	Aband.	Mysteries	Aband.	Mysteries
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Jessie	Jessie	Big City	Big City	Ladybug	Ladybug	Jessie
ESPN	SportsCen	ter 🖸	2022 NHL	Draft From I	Montreal. (L	ive)			NBA Summer League Basketb			ball Basket	
ESPN2	Daily Wage	er (Live)	World Lac	rosse Wom	en's World	Champ.	World Lac	rosse Wom	en's World Champ. SportsCer			nter 🖾 SportCti	
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Ca	er Carlson Hannity (Live) 🖾 The Ing			The Ingrah	e Ingraham Angle Gutfeld! 🖾			Fox News
FX	(4:30) ***	"Thor"	*** "Thor	: Ragnarok	' (2017) Chris Hemsworth. (In Stereo) 🖾 🛛 🕇				The Old Man "V" 📧			The Old Man "V"	
HBO	(4:45) "Pac	cific Rim"	Westworld	CC	Westworld 🖾		** "Old" (2021) 'PG-13		3' 🖸 🛛 Irma Vep 🛙		CC Sam Jay		"Endan
HIST	Alone	Alone "The	e Land Givet	h"	Alone "The Weasel"		Alone "The Birds" 🖾 (D		OVS) Kings of P		Pain 🖾 🛛 Mnt. Men		Alone
ION	Chicago P.	.D.	Chicago P	.D.	Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago
LIFE	Rizzoli & Is	sles 📧	Rizzoli & Is	sles 📧	Rizzoli & I	Rizzoli & Isles 🖾		Rizzoli & Isles 🖾		Rizzoli & Isles 🕮		sles 📧	Rizzoli
MAX	"Let Him"	★½ "R.I.P.D	." (2013) 🖸		** "Aftern	nath" (2017)	00 (**½ "The D	ay After To	omorrow" (2	2004)	"Robin Ho	od" (2010)
NBCSPA	MLB Base	ball	Phil. Postg	jame	Birds	MLB Base	ball: Nationa	als at Phillies	Birds			Golf	Baseball
NICK	"SpongeB	ob Movie"	Danger Fo	rce 🖸	Lay Lay	Sponge.	Sponge. *** "Open Season" (2006			006) (In Stereo) Friends			Friends
PARMT	Two Men	Two Men	Two Men	Two Men	Movie (In S	Stereo) 📧				***½"Gho	stbusters"	(1984) (In S	Stereo)
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Full	Full	Sheldon	Sheldon	Sheldon
TCM	*** "It Sh	ould Happe	n to You" (1954)	*** "The	Half-Naked	Truth"	**½"A Wo	man Rebel	s"	"The Great Man Votes" (193		
TNT	"Batman"	**** "The	Dark Knig	ht" (2008) C	hristian Bal	e, Heath Leo	dger. 🖾 (DV	S)	H. Quinn	H. Quinn	*** "Batman Begins"		' (2005)
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	Chrisley	Chrisley	Chrisley	Fast Lane	Chrisley	Chrisley	Chrisley	Chrisley	Chrisley









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SECONDHAND AND THIRDHAND SMOKE-DANGEROUS TO PETS (PART 2) Submitted By Patsy Nelson

from The Wagging Tail

In last week's article I discussed the harm in general, caused by cigarette smoking. According to the research I found, cigarettes may contain as many as 600 different ingredients and one cigarette emits as many as 7,000 chemicals, ninety-three of which are on the FDA's top list of "harmful constituents in tobacco products and tobacco smoke." The top eleven are "ammonia, arsenic, benzene, carbon monoxide, formaldehyde, hydrogen cyanide, lead, mercury, nicotine, toluene, and uranium-238." The resulting harm of these chemicals can be heart disease, lung and bladder cancer, stroke, hardening of the arteries, asthma, sudden infant death syndrome, and even milder problems like ear infections. Everyone is at risk to secondhand smoke (what is exhaled) and thirdhand smoke, which is sticky and adheres to clothing, walls, carpets, skin, hair, fur, etc., which can linger for months and can be rereleased later, back in the air "as gases or ultra-fine particles after reacting with chemicals normally present in the air, like nitrous acid and ozone."

DOGS that already have heart and lung issues are at greater risk if subjected to cigarette smoke. A type of white blood cell called an alveolar macrophage is like a watch dog and detects "invading bacteria, fungi, or viruses and sends out help signals to other cells in the immune system." They help to rid the lungs, in humans too, of "dead or dying tissue and other harmful things, like particles of tobacco smoke, dust, or plant pollen." Dogs with bigger and longer noses will trap more particles in the hair and mucus in their sinuses. Breeds like collies, greyhounds, shepherds, and standard poodles will have a double chance of getting nose cancer. Short and medium-nosed breeds like pugs, French buildogs, and beagles, have a higher incidence of lung cancer because the dangerous toxins have an easier route to their lungs. Dogs that live with cigarette smoke may also develop more allergies and ear infections.

CATS are fastidious about their fur and lick their bodies much more than dogs. Cats do breathe in secondhand smoke which has been linked to an aggressive mouth cancer called oral squamous cell carcinoma, and then to exacerbate the problem, they groom themselves and ingest the sticky thirdhand smoke particles. Only 10% of cats will survive one year of oral cancer, even with aggressive treatments. And if they develop lymphoma, a cancer of the immune system like non-Hodgkin's lymphoma in people, they may only live another six months.

BIRDS are super sensitive to air pollutants especially cigarette smoke. They breathe in the secondhand smoke and their constant preening causes them to ingest the particles of thirdhand smoke. They also contact thirdhand smoke when they perch on anything that may have thirdhand smoke particles attached to it, a chair, an owner's shoulder, and they like to peck at shiny objects like earrings and preen human hair, thus getting particles on their feet and in their mouth. Birds who live with smokers can develop irritated sinuses, pneumonia, allergies, lung cancer, feather plucking, eye problems, skin abnormalities, heart problems and fertility issues.

problems and fertility issues. GUINEA PIGs or any "Pocket pets" are not immune to cigarette smoke either. They can develop emphysema, pulmonary hypertension (high blood pressure), and decreased weight gain (due to toxic effects on their metabolism.)

PET FISH are harmed by the nicotine in cigarettes which dissolve into the water in the fish tank. Fish thus exposed "can develop muscle spasms, rigid fins, and loss of color," and death.

Nicotine poisoning is a serious concern for pets, even from electronic delivery devices. Check the net.

Thank you to all who voted for us, and appreciate what we strive to deliver to ensure healthy happy pets.



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