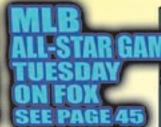


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MAGAZINE

FULL TV LISTINGS DINING GUIDE NIGHTLIFE HOROSCOPES COUPONS CROSSWORD PUZZLE & MORE!









LUXURIOUS STYLOS NOW HAS A 2ND LOCATION IN RIO GRANDE • SEE PAGE 29



GRAB A BOWL OR A BURRITO AT WILDWOOD'S WILD BURRITO • SEE PAGE 5



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TV CHALLENGE

		1	2 *	3			4	5	6	7	
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	10				11	12					13*
14*	П	П	П		15	*	П		16	П	П
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33			34*				35		*		
	36						37				
	38		П				*	Г			

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

- Long-tongued burrowers
- 8. Jack or joker
- 9. Bide one's time
- 10. Reddish animal (2)
- 14. Paid athletes
- 15. Help
- 16. Motel staples
- 17. Undesirable spots
- 18. However
- 19. Cathedral service
- 20. Has to
- 24. Air gun pellets
- 27. "Do others..."
- 28. John in Scotland
- 29. Quadruped
- 32. DVD remote button
- 33. Leaping insect
- 36. Meter maid of song
- 37. Suffix for tack or wack
- 38. Safari sightings

DOWN

- 1. Burr & others
- 2. Comes up
- 3. Country streets: abbr.
- 4. Gobsmacked
- 5. One not to be trusted

- 6. Poker pot
- 7. Allen or Martin
- 8. About, datewise
- 11. Laughing syllable
- 12. Foreign affirmative
- 13. File drawer, perhaps
- 14. Shriver or Dawber
- 20. Ernie or Elmo
- 21. Except when
- 22. Get-go
- 23. Gift for a child
- 24. Sizable
- 25. Wilkes- , PA
- 26. Slow crawler
- 29. Letters of urgency
- 30. Initials for actor Hemsley
- 31. Therefore
- 34. Sault __. Marie
- 35. Brooch

Solution Persian

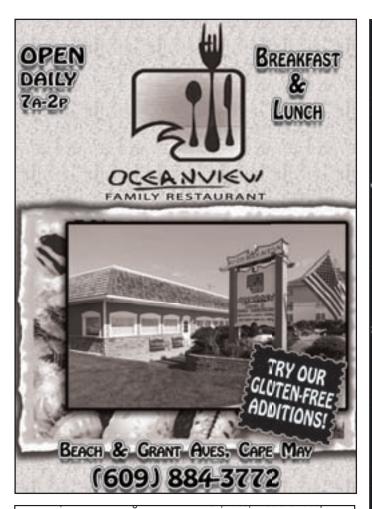
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WORD SEARCH

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Music to My Ears

BASSOON BATON BRASS CELLO CLARINET CONCERTO CONDUCTOR CONTRA-BASSOON

CORNET DOUBLE BASS FLUTE HARPSI-CHORD LUTE MARIMBA NATURAL HORN OBOE OPERA PERCUSSION PIANO PICCOLO TAMBOURINE THEORBO

TIMPANI
TRIANGLE
TRUMPET
TUBA
VIOLA
VIOLIN
WOODWIND
XYLOPHONE

HOROSCOPE

JULY 6 - JULY 12, 2023

ARIES (Mar. 21-April 20)

Your devotion will be persuasive. Peers may not be on your side. You will find that uncertain individuals will want to draw you into joint ventures. Travel and creative hobbies will be your best outlet.

TAURUS (Apr. 21- May 21)

It's hard to stay mad if the object of the anger refuses to react. Minor accidents could occur if you don't take precautions. If you join intellectual or cultural groups, you should meet individuals who stimulate you. Be sure to take advantage of the opportunities that exist.

GEMINI (May 22-June 21)

Your practical approach to life may charm someone who has been observing you. Deceit with coworkers is apparent. You will be overly generous with children this week. Don't be afraid of opposition; your suggestions are valid.

CANCER (June 22-July 22)

Don't let your emotions interfere with moneymaking deals. A friendship might suffer if money becomes an issue. Empty promises could be likely where work is concerned. Travel for business or pleasure.

LEO (July 23-Aug 22)

You should get involved in competitive sports this week. Real estate ventures will be to your ad vantage. You can have a great time if you go out with the one you love. Opportunities to pamper yourself may unfold.

VIRGO (Aug. 23 -Sept. 23)

Short trips will prove to be more fruitful than you imagined. You might get behind if you spend too much time debating senseless issues. Spend some quality time with the one you love. Your talents will shine at work. Involvement in groups of interest will bring you in touch with important individuals.

LIBRA (Sept. 24 -Oct. 23)

Real estate ventures will be to your ad vantage. Invite friends or relatives into your home. Don't push your luck with authority figures. A passionate party for two might be just the remedy.

SCORPIO (Oct. 24 - Nov. 22)

Changes to your self image will be to your benefit as long as you don't over pay. Keep your wits about you and be sure that you can trust those you confide i You should get out and meet new people this week. Don't expect anything for nothing and you won't be disappointed.

SAGITTARIUS (Nov. 23 -Dec. 21)

Changes at home might come fast and furious. You may want to take a trip; however, before you do, make sure that your car is serviced properly. Try not to get upset or angry without having all the facts. Watch your weight gain due to water retention.

CAPRICORN (Dec 22.- Jan. 20)

Take time to help children with projects that may be too hard for them to do on their own. Hide your cards and learn to say no. You have more than enough on your plate already. You may find travel to be most rewarding.

AQUARIUS (Jan. 21 -Feb. 19)

You will be able to get your own way if you use your intellectual charm and know how. Don't let your jealous imagination play games with you You will upset your partner if you have spent money on things that aren't necessary. You should be setting up interviews or sending out your resume this week.

PISCES (Feb. 20-Mar. 20)

Tempers will mount if you're too pushy at work or at home. You must not make unnecessary changes this week. If you can mix business with pleasure much can be accomplished. Make those phone calls and pay your bills.

Horoscopes Provided by: astrology-online.com

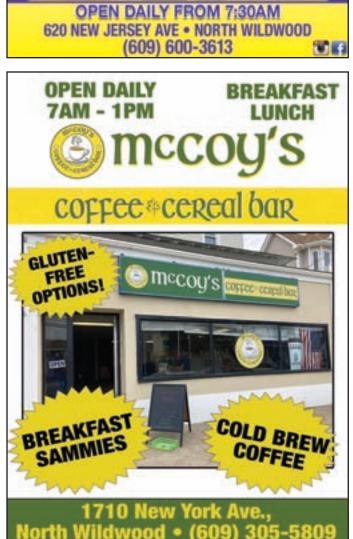




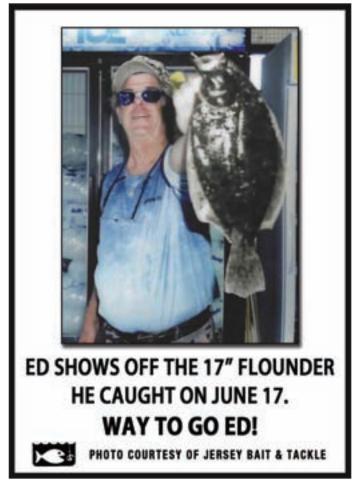












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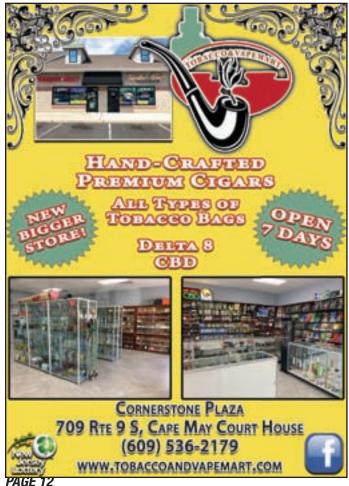
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SPORTS STUMPERS

MLB All-Star Game

By Alex Hendry

Questions:

1) Who is the oldest player to compete in an MLB All-Star Game?

2) Pete Rose scored the winning run in the 1970 All-Star Game which player did he controversially barrel through at homeplate?

3) He was dubbed "The King" of the All-Star Game and made 25 All-Star appearances over the course of his career — name this player.

4) Who is the only player to have ever started an All-Star Game as both a pitcher and hitter?

5) Only one player has ever won All-Star Game MVP and World Series MVP in the same season who was it?

6) The notorious 2002 All-Star Game was declared a tie by Commissioner Bud Selig for what reason?

7) Prior to its name change in 1970, what was the original name

of the award given to an All-Star Game MVP?

8) Who won the inaugural Home Run Derby, which was added to the All-Star Game festivities in 1985?

9) Who is the only player to have been named All-Star Game MVP in back-to-back years?

10) Who holds the record for most home runs at the All-Star Game?

1] Sotchel Poige (47 years, 7 days old) in 1953
2) Ray Fosse
3) Hank Aaron
5) Derek Jeter (2002)
6) Both teams ran out of pitchers
7) The World Award
8) Dave Parles
9) Mike Trout (2014 and 2015)
9) Mike Trout (2014 and 2015)

Answers:



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Grab your buckets and shovels and head to the beach at Heather Road in Wildwood Crest beach at Heather Road in Wildwood Crest from 9am until 2pm and get ready to create works of art in the sand! This amateur and semi-pro sand sculpting contest is hosted by professional world-renowned sand sculptor Matt Long, a former cast member of the Travel Channel's SandMasters, and "Can You Dig It!" Sand Tools. 2023 marks the 11th year for this fun festival. FREE to all participants and spec-tators. Sculptures will be judged on creativity, execution, composition and overall presentaexecution, composition and overall presentation, and prizes will be awarded to the top three winners in each division. Rain or shine! For more info call 609.523.0202

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THIS WEEK AROUND THE CAPE

WILDWOOD 2023 SUNDAY NIGHT SUMMER CONCERT SERIES IS BACK

The City of Wildwood is pleased to announce the return of Sundays in the Park – The Fox Park Amphitheater FREE Concert Series. The free concerts take place 7:30pm every Sunday night from July 2nd through August 27th. Commissioner Krista Fitzsimons is delighted with this year's line-up. "We are proud to provide an almost entirely new line up of extremely talented bands this year. Collectively, they represent the past 70 years of the best music in

America." Sundays in the Park is proudly sponsored by The City of Wildwood Tourism Development Commission (TDC) established to promote tourism and attract visitors to The City of Wildwood. The goal is to provide opportunities for families to make memories year after year. The Joe Stamile Amphitheater at Fox Park is located on Ocean Avenue between Montgomery and Burk. Concertgoers should be sure to bring a chair and beach blanket.

2023 Line-Up (subject to change):

July 9-The Chiclettes & Tommy C
Rock & Roll, Motown, Disco, & More
July 16- The Mahoney Brothers
50's - 00's and Beyond
July 23-Sensational Soul Cruisers
60's, 70's & 80's - Old School, Classic Soul, R&B, Motown, and Disco
July 30-The Infernos
America's #1 Show Band
August 06-AM Gold
Adult-Contemporary Hit Songs from
the Late 1970's - Mid 1980's
August 13-80's Revolution Band
Dance Pop, New Wave, Hair Band Rock
August 20-The FM Band
Motown, Disco, Retro, and Today's Hits
August 27-Don't Call Me Francis
10 Member, Multi-instrument Ensemble

Anglesea Night Market & Food Truck Fest

Treat yourself to some of the best food from the region 5 p.m. until 10 p.m. on select Thursdays this summer (July 6, July 20, & August 3)! The Anglesea Night Market and Food Truck Fest will feature awardwinning food trucks, gourmet food vendors, high end crafters, live music, art and all everything North Wildwood has to offer! For more information call 609.318.4504 or visit AngleseaNightMarket.com

Cape May County Lifeguard Championships Fri., July 7 On the beach at Rambler Road in

On the beach at Rambler Road in Wildwood Crest at 6:30 p.m. Beach patrols from Cape May County compete in the annual event featuring various rowing, swimming and running competitions that showcase lifeguarding skills. Hosted by the Wildwood Crest Beach Patrol. FREE for spectators.

Wildwoods Boardwalk Friday Night Fireworks

Have a blast on the Wildwoods Boardwalk and enjoy an awesome fireworks show every Friday night at 10 p.m.! The fireworks are launched from the beach at Pine Avenue and







are synchronized to music that plays over the Wildwoods Board-walk Sound System! Head up to the Boardwalk early for dinner and drinks, shopping, and all those awesome rides on the 3 amusement piers! There's no place like the Wildwoods Boardwalk!

Battle on the Beach Flag Football Tournament Sat and Sun., July 8 & 9 Quickly becoming a family tradition for flag football players from across the region, this awesome summer Jersey Shore beach event features 5 v 5 beach flag football for both boys and girls 5 – 17 years old as well as adults. Hosted and sponsored by Morey's Piers!

















Dance Xplosion National Dance Finals Mon - Sat., July 10 - 15

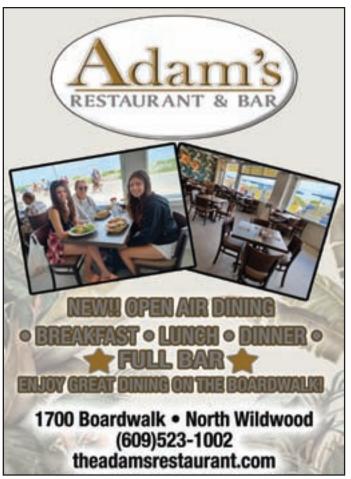
Wildwoods Convention Center. National dance finals from studios all over the country competing for cash and prizes. Competition features solos, duets, trios, small groups, large groups, lines and productions, ranging from amateur to experienced dancers. All performances are choreographed to music and are sure to amaze! 8 a.m. – 8 p.m. daily. FREE admission!

Movies in the Plaza – Tinker Bell There's a free family movie every Tuesday night this summer at Byrne Plaza in Downtown Wildwood, 3400 Pacific Avenue! Gather your friends and family and bring your chair or blanket for a family movie under the stars. Movie starts as soon as it gets dark on July 11, 2023 around 8:30 p.m.! This week's movie is Tinker Bell. The movie schedule is posted online at DOOWW.COM and on Facebook at Wildwood by the Sea. PARKING is always FREE for Byrne Plaza Events in the Parking lots behind the shops; on the east side of Pacific Avenue, between Oak & Schellenger Avenues, and on the west side of Pacific, between Oak and Wildwood Avenues. Come downtown early for dinner & ice cream!

CAPE MAY

This Saturday and Sunday, July 8 and 9, shop the wares of local artisans at the Promenade Art Show, on the Promenade in front of Convention Hall.





MOVIES ON THE BEACH Every Thursday

The featured movie will begin at dusk next to Cape May Convention Hall at Gurney Street Beach. In the event of inclement weather, the cancellation will be announced on Cape May City's

FREE Summer Concerts are back

Facebook page. All are welcome and encouraged to bring your favorite beach chairs and blankets. This week's feature is Top Gun: Maverick



Enjoy an evening of music performed by a wide array of musical talent! Bring a blanket or beach chair as seating is limited. Rotary Park is located at 400 Lafayette Street in Cape May. Concerts begin at 7:00 PM unless otherwise noted.

Schedule is subject to change without notice. Performing this week, its The Squares on Friday, July 7, The Quarantine Quartet on Saturday, July 8, Charlie Zahm and Friends on Sunday, July 9, and the outstanding











This Week's Weather HIGH 81 THURSDAY, JULY 6 **LOW 72** HIGH 81 FRIDAY, JULY 7 **LOW 72** 30% HIGH 81 SATURDAY, JULY 8 **LOW 72** HIGH 82 SUNDAY, JULY 9 **LOW 72** 60% HIGH 81 MONDAY, JULY 10 LOW 72 40% HIGH 82 TUESDAY, JULY 11 **LOW 72** HIGH 81 40% WEDNESDAY, JULY 12 **LOW 72**







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JULY 7

Wildwood Crest Sand Sculpting Festival

JULY 14-16

NJ Jeep Beach Invasion

JULY 14-16

NJ State BBQ Championship & Anglesea Blues Festival

JULY 20 | AUG 3

Anglesea Night Markets & Food Truck Festivals

JULY 22

Christmas in July Festivals & Golf Cart Parade

JULY 26

Wildwoods Baby Parade

JULY 29

Jus Nice Sneaker Convention

JULY 29

Wildwood Crest 5K Beach Run

JULY 29-30

Ultimate Beach Frisbee Tournament

AUG 11-12

Latin Music Beach Festival

AUG 11-13

Tattoo Beach Bash

AUG 11-13 & 18-20

Baseball on the Beach

AUG 25-27

Sports Card, Toys, Comics & Collectibles Show

AUG 26

Triathlon, Wild Child Triathlon & 5K

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LEMON DILL FLOUNDER

INGREDIENTS:

- 2 NICE FLOUNDER FILLETS, CLEANED
- 1 TBS CANOLA/VEGETABLE OIL
- 1 Tes Clarified Butter
- 1 TBS CHOPPED SHALLOTS
- 1/2 Cup WHITE WINE
- 1 Tsp Fresh Soufezed Lemon Junce
- 3 Tas Unsalted Butter
- 1 Tas Fresh Chopped Dill
- SALT & FRESH CRACKED BLACK PEPPER TO TASTE



PREPARATION:

IN A SAUTE PAIN, HEAT OIL & CLARFIED BUTTER OVER MEDIUM HIGH HEAT, SEASON FLOUNDER & PLACE FLESH SIDE DOWN INTO TEMPERED PAIN, SEAR EACH SIDE OF THE FILLETS UNTIL JUST ABOUT COOKED THROUGH, REMOVE FISH FROM THE PAIN TO A SERVING PLATE, COVER THE PLATE LOOSELY W/ FOIL, LOWER PAIN HEAT TO MEDIUM & ADD IN SHALLDTS, STIR FOR ABOUT ONE MINUTE, ADD IN WINE & LEMON JUICE, REDUCE LIQUID BY HALF & TURN OFF THE HEAT. WHISK IN BUTTER & DILL UNTIL SMOOTH, REMOVE FOIL & POUR THE SAUCE OVER THE FLOUNDER, GARMISH W/ A FRESH LEMON WHEEL IF YOU WISH, ENJOY!

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SUDOKU

The objective is to fill the grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.

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



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FRIDAY EVENING **JULY 7, 2023** 6 PM **7 PM** 7:30 8 PM 8:30 9 PM 10 PM 10:30 11 PM 11:30 12 AM News (N) CBS News Inside Ed. ET (N) Tough as Nails (N) Fire Country Blue Bloods News (N) (:35) Colbert 3-CBS 6-ABC News (N) WorldNe.. Jeopardy! Wheel Will Trent 20/20 News (N) (:35) J. Kimmel News (N) NBC News News (N) Hollywood Hot Wheels Dateline NBC (N) News (N) (:35) Tonight Show 10-NBC Action News at 10 (N) Goldbergs Two Men Mom Friends Friends Mod Fam Goldbergs Big Bang Big Bang Mod Fam Two Men 17-MNT 23-PBS NJ Spotl Newsline One on O. NJ Spotl Father (:45) 20 Things-Midsomer Start Up NJ Spotl One on O.. **BBC News** The Pulse 29-FOX The Six Props (N) TMZ (N) You Bet WWE Friday Night SmackDown (N) (Live) News (N) Special News (N) Extra (N) 57-CW FamFeud FamFeud FamFeud FamFeud Family Law (N) (SP) Moonshine (N) (P) News Philly (N) Law-SVU "Hysteria" Neighbor First 48 "Devil's Trail" A&E The First 48 The First 48 The First 48 The First 48 (:05) The First 48 (:05) First48 (5:00) * Jurassic Park III *** Jurassic Park ('93) Laura Dern, Jeff Goldblum, Sam Neill. ***

The Lost World: Jurassic Park ('97) Jeff Goldblum. AMC Cooper 360 (N) (Live) CNN (N) (Live) CNN (N) (Live) CNN (N) (Live) CNN CNN Situation (N) (Live) OutFront (N) (Live) Gold Rush Gold Rush-Res. Gold Rush-Res. Gold Rush (N) Hoffman (N) Gold Rush-Res. (N) (:10) Outback (N) DISC The Villains "Overnight Success" The Villains "Overnight Success" Hailey Hailey Hailey DISN SportCtr (N) (Live) **NBA Summer League Basketball** NBA Summer League Basketball NBA Summer League Basketball ESPN ESPN2 Wager (N) Pardon Cornhole (N) (Live) Cornhole (N) (Live) Bull Shark (N) Bull Shark (N) SportCtr (N) (Live) SportCtr Bret Baier (N) (Live) Jesse (N) (Live) Fox News (N) (Live) Hannity (N) (Live) Ingraham (N) (Live) Gutfeld! (N) Fox News FNEWS rt + ★ Iron Man 2 ('10) Robert Downey Jr.. ** ★ Iron Man 2 ('10) Robert Downey Jr.. Movie (5:00) **₩ Alien Resurre**... FX (:35) \\ \ \ \ \ \ \ \ \ \ \ \ \ \ Lucy ('14) (:05) The Idol (:15) \\ \ \ \ \ \ \ \ \ \ \ \ \ Election ('99) Matthew Broderick. Painting HBO Movie Painting Gemston. Ancient Aliens (N) **Ancient Aliens Ancient Aliens** (:05) Proof-There (N) (:05) Aliens HIST Ancient Aliens (:05) Ancient Aliens Hawaii Five-0 Hawaii Five-0 "Aloha" Basketball Las Vegas Aces at Dallas Wings Hawaii Five-0 "Pilot" ION Hawaii "Ohana Hawaii Flowers "Part 4: Seeds of Yesterday" Flowers "Part 1: Flowers in the Attic" (:05) Flowers-Attic "Part 1: The Marriage" Flowers %*** Predator ('87) (:45) *** Predator 2 ('90) Danny Glover. From Dusk Till Dawn MAX MLB Baseball Philadelphia Phillies at Miami Marlins (N) (Live) Phillies (N) (Live) Futbolista Baseball Phillies Birds (N) Birds NBCSPA *** ★ Cloudy With a Chance of Meatballs Friends Friends SpongeB. SpongeB.. Friends Friends Friends Friends NICK Two Men Two Men Two Men F++++ The Dark Knight ('08) Heath Ledger, Aaron Eckhart, Christian Bale. The Dark Knight Two Men PARMT **Burgers** Burgers **Burgers** **★★ Ride Along 2 ('16) Ice Cube. (:50) **★★ Shaft ('19) Jessie T. Usher, Samuel L. Jackson. Movie TBS (:15) ** ★ ★ Greased Lightning ('77) **** The Getaway ('72) Steve McQueen. Movie TCM (4:30) ♥★★★ Black Panther ('18) ♥★★★ Creed II ('18) Michael B. Jordan All Elite Wrestling (N) *** ★★ Ocean's Twelve ('04) TNT U.S. Women's Open Second Round From Pebble Beach Golf Links in Pebble Beach, Calif. (N) (Live) The Big D The Big D





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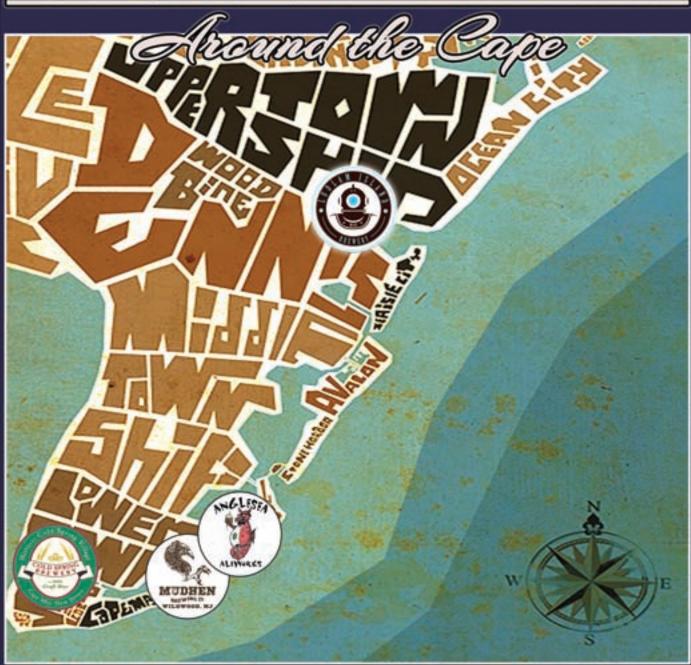








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COLD SPRING BREWERY
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ANGLESEA ALEWORKS
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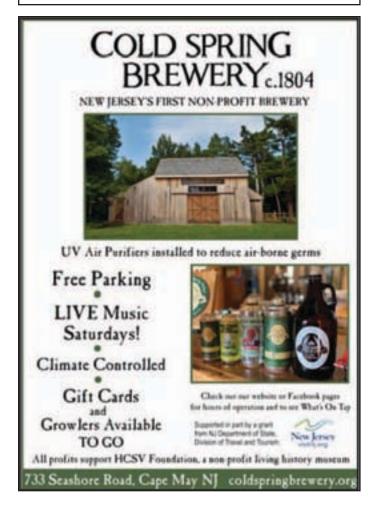
MUDHEN BREWING COMPANY 127 W RIO GRANDE AVE WILDWOOD OPEN DAILY



ANGLESEA ALEWORKS IS LOCATED AT 3401 NEW JERSEY AVE IN WILDWOOD AND IS OPEN DAILY. STOP BY BEFORE OR AFTER THE BEACH!









WE HAVE THE HARD TO FIND Couloid MACHINES









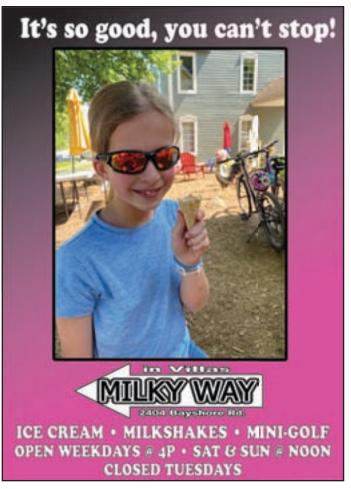


Served Ice Cold in 12 oz. Cans or 20 oz. Bottles

AS MANY AS YOU NEED - FROM 1 TO 10 IN STOCK AND READY TO ROLL!!

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 N CAPE MAY 609-884-6701
- 3. VIM THRIFT STORE 7 N WILDWOOD BLVD (GRAPEVINE PLAZA) CMCH • 609-465-3680
- 4. JUNKE & TREASURES 4501 PACIFIC AVE WILDWOOD • 609-214-2253

- 5. JUNKE & TREASURES (CAPT SCRAPS) 602 WASHINGTON AVE WOODBINE • 609-861-3800
- 6. COHO ANTIQUES RTE 9 & SWAINTON-GOSHEN RD SWAINTON • 609-972-9424
- 7. CHEAP CHARLIE'S 4724 PACIFIC AVE WILDWOOD • 609-523-1166
- 8. ETCETERA SHOP 3845 BAYSHORE RD, #4 N CAPE MAY • 609-846-7643

- 9. ETCETERA SHOP ACME SHOPPING CENTER CMCH • 609-465-5553
- 10. FULL OF PROMISE THRIFT 3156 RTE 9 RIO GRANDE • 609-827-1983
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- 12. HABITAT FOR HUMANITY RESTORE 20 COURTHOUSE-S DENNIS RD CMCH • 609-465-1626



7 N Wildwood Blvd Grapevine Plaza, CMCH

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(609) 465-3680 3

Mon-Sat: 10am - 6pm Sun: 11am - 4pm

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4501 PACIFIC AVE WILDWOOD + (609) 214-2253 OPEN MON-SAT 10A-SP + SUN 10A-44

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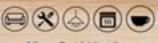
Hours: Tues-Sat 10a-4p
Donation Hours: Tues/Thurs 10a-3p
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SATU	RDAY	AFTEF	RNOON								,	JULY 8	3, 2023
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Hope-Wild	Paid Prog.	Paid Prog.	America		Course	One Shot	PGA Tour	Golf John D	eere Classi	c, Third Rou	nd (N) (Live)
6-ABC	oh baby!	UFC Live	•	2023 Wimb	ledon Char	npionships	(N) (Live)	•		Hearts of	Vets-Pets	Action Ne	ws 5PM (N)
10-NBC	One Team	Best of	Paid Prog.	Motorcycle	Racing			U.S. Wome	en's Open T	hird Round	(N) (Live)		
17-MNT	Paid Prog.	Paid Prog.	Paid Prog.	LIV Golf Le	eague Londo	on, Day 2 Fr	om Centurio	n Club in S	aint Albans,	Hertfordshir	e, United Kir	ngdom. (N) (Live)	
23-PBS	(11:00) Rolling Stones Bill			Billy Joel:	Live at Yan	kee Stadiur	n	People	Steven	Dooky	Jazzy	Drive	State-Aff
29-F0X	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	MLR Rugb	y Champior	ship: Teams	s TBA (N) (L	ive)	Paid Prog.
57-CW	Paid Prog.	Weather G	one Viral	SOS: How	to Survive	The First 4	8	Paid Prog.	Paid Prog.	ICRIME	ICRIME	Law-SVU '	Ace"
A&E	Best (N)	Delicious	Delicious	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Booked: F	irst Day In	The First 4	8 "M.I.A."	The First 4	18
AMC	(11:00) ♥★★ Jurassic Park III					Jurassic P	ark ('97) Jef	f Goldblum.		ç××× Jur	assic Park	('93) Sam N	eill.
CNN	(11:00) CN CNN Newsroom (N)			CNN News	room (N)	CNN News	room (N)	Smerconis	sh	CNN News	room (N)	CNN Newsroom (N)	
DISC	(11:00) Ho	Homestead	d Rescue "N	larsh Madne	ess"	Homestead	d Rescue "C	"Green Mountain Gurus" Naked and Afraid			Afraid	Naked and	Afraid
DISN	Ladybug	♥ Diary of a	Wimpy Kid	BigCity	Big City	Big City	Hailey	Hailey	Hailey	Hamster &	Hamster &	Hamster &	Kiff
ESPN	(8:00) Wimb	oledon Third	d Round (N)	Selection	WNBA (N)	Basketball	Seattle Sto	rm at New Y	ork Liberty	NBA Summer League Basketball UFC Live 30 for 30			
ESPN2	(11:00) AKC	Diving Do	gs	Red Bull C	liff Diving	shed	ed UFC 290 Countdown				30 for 30		
FNEWS	(11:00) Ca	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	vs (N) (Live) Journal Editorial			Fox News	(N) (Live)	The Five	
FX	(10:00) १५ ★ 5		,		,		, 0	,	왓★★ Alien		on ('97)		Movie
HBO	(9:45) 9 Pe	arl Harbor	(:50) ♥★★ I	Beauty Sho	p ('05) Que	en Latifah.	(:35) ५★★	The Circle (('17) Emma '	Watson.	(:25) Brand	li Carlile	
HIST	(10:30) Alo	The UnXpl	ained	The UnXpl	ained	The UnXpl	plained The U		The UnXplained		The UnXplained		ained
ION	(11:00) La	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	der: SVU Law & Order: SVU			Law & Ord	er: SVU	Law & Ord	er: SVU
	(11:00) Flov	vers	Flowers "P	art 1: The M	arriage"	Flowers-A	ttic "Part 2:	The Mother	ı	Flowers-A	ttic "Part 3:	The Murder	er"
MAX	(:50) ਨੇ ★★	The Diverge	ent Series: I	nsurgent	(:45) ਼ਿ*★★★	Gone Girl	('14) Rosan	nund Pike, E	Ben Affleck.	(:15) ਼ਿ*★★	Heartburn ('86) Meryl S	treep.
NBCSPA	Paid Prog.	World Pok	er Tour	World Pok	er Tour	World Pok	er Tour	Phillies	Phillies	Baseball P	hiladelphia	Phillies at M	iami Marlins
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB
PARMT	(11:00) 👯★ 🤈	k★ John W	ick ('14)		਼ਿ×⋆⋆ Joh	nn Wick: Ch	apter 2 ('17) Common,	Keanu Reev	es.	뜻 John Wid	k: Chapter 3	Parabel
TBS	Friends	Friends	Friends	Friends	Friends	ਝ਼±⋆ Dive	r gent ('14) T	heo James,	Shailene W	oodley.	(:45) ♀★★★	Ready Pla	yer One
TCM	Movie	뿟★★ Beac	h Blanket B	ingo ('65)		ਝ਼±±± The	e Great Train Robbery ('78)				★★★ The Three Musketeers ('73)		
TNT	Movie	(:15) ਼ਿ*★★★	Ocean's E	leven ('01)		,			welve ('04)				Movie
USA	(11:00) Chi	Chicago P.	.D. "Closer"	Chicago P.	D. "Adrift"	Chicago "N	New Guard"	Chicago "F	Fool's Gold"	NASCAR)	(finity Raci	ng Series	NASCAR

SATU	RDAY	EVENI	NG									JULY 8	3 2023	
<i>57</i> (10)	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM	
3-CBS	News (N)	CBS News	Ent. Tonig	ht (N)	NCIS "Une	arth"	48 Hours		48 Hours		News (N)	GameTime	Magnum	
6-ABC	News (N)	WorldNe	FYI Philly	Wheel	UFC 290 -	Prelims (N)	(Live)		The Prank	Panel	News (N)	News (N)	Jeopardy!	
10-NBC	(3:00) U.S.	Women's O	pen Third R	lound (N) (Li	ve)		America's	Got Talent	"Auditions	1"	News (N)	Saturday N	light Live	
17-MNT	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	S.W.A.T. "	Day Off"	Action Ne	ws at 10 (N)	Philler	Delco Duo	Mom	
23-PBS	HerStory	NJ Spot	NYC Arts	State/Arts	Old House	Old House	Show Me	McLeod	(:15) Love	"Episode 6"	(:05) Celeb	rity Trip	Endeavou	
29-FOX	Paid Prog.	Paid Prog.	MLB Basel	ball Atlanta	Braves at Ta	ampa Bay Ra	ays (N) (Liv	e)	News (N)		Special "R	esilience"	Feed	
57-CW	SEAL Tear	n	FamFeud	FamFeud	Greatest G	eek (N) (P)	WhoseLine	WhoseLine	News Phi	lly (N)	WOW - Wo	men	Neighbor	
A&E	The First 4	8 "Unspeak	able Part 1"		The First 4	8	The First 4	18	First 48 "C	Cranked"	(:05) The F	irst 48	(:05) First48	
AMC	(4:00) % Ju	rassic Park	ç+++ Sta	r Trek Into	Darkness ('	13) Zachary	Quinto, Ch	ris Pine. (P)	ቻ★★★ Wo	orld War Z (13) Mireille	Enos, Brad F	Pitt. (P)	
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec		CNN Spec	;	CNN Spec	;	CNN Spec	CNN Spec		
DISC	Afraid "Blir	ndsided"	Afraid "Fire	and Fury"	Afraid "Sud	cker Punche	er Punched in South Africa"			d Afraid "Op	posites Don	Afraid		
DISN	Kiff	Kiff	Ladybug	Ladybug	Ghost (N)	Big City	Phineas	Hamster&	(:05) Haile	Hailey	Ghost	Ghost	Bluey	
ESPN	NBA Bask	etball Team	s TBA		UFC 290 -	Prelims (N)	(Live)		SportCtr (N) (Live)	SportCtr (SportCtr		
ESPN2	SportCtr (1	N) (Live)	E60		NBA Sumr	mmer League Basketball NBA Summer League						Basketball		
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	One Nation	า (N)	L. Jones (N) (Live)	FOX News	s (N) (Live)	Gutfeld!	Weekend		
FX	(5:30) ਼ਿ*★★	★ Bumbleb	ee ('18)		ç∗∗ Juras	ssic World:	Fallen King	gdom ('18) C	Chris Pratt.		뿟★★ Swee	lbama ('02)		
HBO	(:55) ਼ਿ*★★	Greenland ('20) Gerard	Butler.	ੁਝ±±± Liv	e Free or Di	e Hard ('07)	Gemston	(:50) ♀★★★	Long Sho	Rogen.		
HIST	The UnXpl	ained	The UnXpl	ained	Secret of S	kinwalker "	Ascending	the Triangle"	(N)		(:05) Skinw	(:05) Secret		
ION	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	der: SVU	Law & Ord	er: SVU	Law-SVU	
	Flowers-A	ttic "Part 4: ⁻	The Martyr"		V.C. Andre	ws' Dawn "	Part 1: Daw	n" (N) (P)	(:05) V.C.	Andrews' Da	awn "Part 1:	Dawn"	Dawn	
MAX	(:05) ਼ਿ*★★	The Maze R	unner ('14)		₹ The Cab	in in the Wo	oods (P)	(:35) ਼*★★	300: Rise c	of an Empire	(:20) ਼ਿ*★★	Eagle Eye ((80'	
NBCSPA	(4:00) MLB	Baseball	Phillies (N)	(Live)	Rowing		IndyCar R	acing Honda	a Indy 200 a	at Mid-Ohio	Baseball F	hiladelphia	Phillies at	
NICK	SpongeB	SpongeB	⊁⋆⋆⋆ Des	spicable Me	('10) Steve	Carell.	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	(4:30) % Joh	n Wick: Cha	pter 3 - P	ਝ਼±±± Joh	nn Wick ('14) Michael Ny	qvist, Kear	nu Reeves.	ቻ★★★ Jo	hn Wick: Ch	napter 2 ('17) Keanu Re	eves.	
TBS	(4:45) 👯★★	★ Ready PI	ayer One	(:45) ♀★★★	Dune ('21)	Rebecca Fe	erguson, Os	scar Isaac, T	imothee Ch	alamet.	Harry Pott	larry Potter		
TCM	ቻ★★★ The	Lusty Men	('52) Susar	n Hayward.	₹★★★ The	Hitch-Hike	r ('53)	₹★★★ Wit	hnail and I	('87) Richard	d E. Grant.	∳ Impact		
TNT	\foating \dagger \dagg						ollision (N)					ge Clooney.		
	, , , ,		,			•	, ,				` '	,		

SUND	AY AF	TERNO	OON								1	JULY 9	, 2023	
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30	
3-CBS	Stories	Heroes	Limits (N)	BIG3 Bask	etball Week	3 (N) (Live))	PGA Tour	Golf John D	eere Classi	c, Final Rou	nd (N) (Live)		
6-ABC	Inside	Action Nev	vs (N)	2023 Wimb	ledon Char	npionships	(N) (Live)	•		To Be Ann	ounced	Action Nev	vs 5PM (N)	
10-NBC	Best of	IMSA Racii	ng Chevrole	t Grand Prix	(N) (Live)			U.S. Wome	en's Open F	nal Round (N) (Live)				
17-MNT	Paid Prog.	Paid Prog.	Paid Prog.	LIV Golf Le	eague Londo	on, Day 3 Fr	om Centurio	on Club in Sa	aint Albans,	Hertfordshire	e, United Kir	ngdom. (N) (Live)	
23-PBS	Think Tank	State-Aff	JSchwan	Lidia	Milk	Kitchen	Table	Ancient Re	emedies-Ax	е	Memory M	akeover		
29-F0X	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	
57-CW	Paid Prog.	World's	World's	Storm of S	uspicion	The First 4	8	Paid Prog.	Paint Like	Major Crim	nes	Law-SVU "	Wannabe"	
A&E	(11:00) Zo	Zombie Fli	р	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Customer	Customer	Customer	Customer	WWE's Mo	st Wanted	
AMC	` ' '		. ,			the Dragon	•	· / / · · · ·		, ,		endan Frase		
CNN	` '					CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN Newsroom (N)		
DISC	` ′	Naked and Afraid "Mo Honey, Mo Problems"				Naked and	Afraid "Bur				Afraid "Cu			
DISN	, ,	9×+★ Poca	`			Hailey	Hailey		,	Villains	The Villain	s "Dojo Mojo		
ESPN	` /	bledon Rou	nd of 16 (N)				` '	WNBA Bas				The Ultima	•	
	(9:55) F1R			World of X				Chaos LC (N	, , ,	NBA Basketball Teams TBA (N) (Live)				
	(11:00) Me			Fox News	(FOX News	,	Maria Bart		Fox News	· / · /	The Five		
-		₹★★★ The			• • •		뿟★★★ Bui	mblebee ('1	<i>'</i>	,		♀ Jurassic ¹		
HBO		n Hood ('91	<u> </u>	(:15) Music		9 *** Knocked					9		Movie	
HIST	,	Built Amer		Built Amer	ica	Built Amer		Built Amer					Built America	
	(11:00) NC		•	NCIS		NCIS "The		NCIS "Start	-	NCIS "Last		NCIS "The		
		^ 11	, ,	Lucy Loker		^ 11	`	6) Alexandra		^ 11		usband ('22)		
		(:10) ਼ਿ+ Th	`	<i>'</i>	(/ /	ne Divergen			, , ,,	`		/ilson, Halle	,	
	Paid Prog.	_		Phillies		ball Philadel	<u>. </u>		. , ,		Phillies (N	, , ,	Harness	
	SpongeB	. •		SpongeB		SpongeB			SpongeB		SpongeB		SpongeB	
	Bar Rescu		Bar Rescu		Bar Rescu	-	Bar Rescu	-	Bar Rescu		Bar Rescu		BarRescue	
				11	<u> </u>	One ('18) Oli		<u> </u>	n.	**	` '	James, Adar		
		· / / · · · · ·		When Wet	,	₩±±± Des		, ,	-	(/ X · · · · ·	•	no's Coming	,	
-	, , ,	★ The Interi	` '	~	<u> </u>	ians ('18) Co			•	Friendlies United States vs. Wales (N) (Live) Solitary" Law-SVU "Hammered" Law-SVU				
USA	Law-SVU "	Crush"	Law-SVU "	Liberties"	Law-SVU "	Zebras"	Law-SVU "	Unstable"	Law-SVU "	Solitary"	Law-SVU "	'Hammered"	Law-SVU	

SUND	AY EV	ENING									ı	JULY 9	, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	CBS News	News (N)	60 Minutes	s (N)	Tough as	Nails (N)	The Equal	izer	NCIS: Los	Angeles	News (N)	(:35) Sports	J.Osteen
6-ABC	News (N)	WorldNe	Fun Videos	S	The Prank	Panel (N)	Celebrity ((N) (SP)	Pyramid (N	1)	News (N)	News	FYI Philly
10-NBC	(3:00) U.S. '	Women's O	pen Final R	ound (N) (Li	ve)		America's	Got Talent	"Auditions 4"		News (N)	(:50) Philly	Bensinger
17-MNT	Two Men	Two Men	Goldbergs	Goldbergs	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action Nev	ws at 10 (N)	Seinfeld	Philler	Outdoors
23-PBS	(4:30) Mem	ory	Les Misera	bles: The S	taged Con	cert				Memory M	akeover		Miriam and
29-FOX	Paid Prog. Paid Prog. Food Stars Simpsons Family G						House (N)	House (N)	News (N)		News (N)	Extra (N)	
57-CW	Magnum P	.l.	FamFeud	FamFeud	Gotham K	nights	Superman	& Lois	News Phill	y (N)	WOW - Wo	omen	King
A&E	WWE's Mo	st Wanted	WWE's Mo	st Wanted	WWE's Mo	st Wanted	WWE's Mo	ost (N)	Stone Cold	d Takes (N)	(:05) WWE	's Most	WWE'sM
AMC	ቻ★★ The N	/lummy Ret	urns ('01) F	Rachel Weisz	z, Brendan F	raser.	Walking D	ead (N)	(:05) Walki i	ng Dead	(:05) ਼ਿ*★★	The Mumm	y ('99)
CNN	CNN Newsroom (N) CNN Newsroom (N) CNN S						CNN Spec	;	CNN Spec	CNN Spec CNN Sp			CNN Spec
DISC	Naked "Cla	ss Three W	arfare (Part	1 of 2)" (N)	Naked and	l Afraid "Leo	gendary Sho	owdown" (N)	Naked and Afraid "St		omping Grounds"		Naked
DISN	Big City	Big City	Big City	Big City	ਝ਼±±±≠ F	inding Nem	o ('03)	(:45) Kiff	(:10) Kiff	Hamster&	Big City	Big City	Bluey
ESPN	Countdow	n (N) (Live)	2023 MLB	Draft (N) (Li	ve)				SportsCen	ter (N) (Live	e)	SportsCen	ter (N)
ESPN2	NBA Baske	etball Team	s TBA		NBA Bask	etball Team	s TBA (N) (Live)	NBA Bask	etball Team	s TBA (N) (I	F1 Racing	
FNEWS	Fox Report	t (N) (Live)	Weekend (N) (Live)	Life, Liber	ty (N)	Sunday Night (N) Weekend				Life, Liber	Sunday	
FX	(5:00) 뽯★★	Jurassic V	/orld: Falle	n Kingdom	ਝ਼±⋆⋆ The	e Avengers	('12) Chris Evans, Robert Downey J			r	쁏★★ Thor: T		Norld ('13)
HBO	(5:40) ∯★★	★ Avatar: T	he Way of	Water ('22) :	Sam Worthi	ngton.	Last Call (N) (P)	Gemston	Gemston	(:10) Last (Call: Killer	Gemston
HIST	Built Amer	ica	Built Amer	ica	Built Ame	rica	Built Ame	rica (N)	(:05) Built A	America	(:05) Built America		America
ION	NCIS "All o	r Nothing"	NCIS		NCIS		NCIS		NCIS		NCIS		NCIS
Œ	☆ Trapped	by My Sug	ar Daddy ('2	22)	Trapped Trapped	in the Farn	nhouse ('23	B) (P)	(:05) % Girl	in the Clos	et ('23) Ren	ny Ma.	Movie
MAX	뜻★★ The N	/lan From U	J.N.C.L.E. ('	15)	뿟★★ Orph	ı an ('09) Ver	a Farmiga.		(:05) デ★★	Greta ('18)		(:45) ਼ਿ*★★	Hackers
NBCSPA	Bensinger	Go Nitro	Golf (N)	Futbolista	Fishing	Fishing	Fishing	Fishing	Baseball P	hiladelphia	Phillies at M	iami Marlins	Poker
NICK	SpongeB	SpongeB	SpongeB	SpongeB	۶×⋆⋆ De	spicable Me	2 ('13) Ste	ve Carell.	Friends	Friends	Friends	Friends	Friends
PARMT	(5:30) Bar	1883 "The	Crossing"		1883 "The	Fangs of Fre	eedom" (N)	1883 "The	Fangs of Fre	eedom"	Bar Rescu	ie	BarRescue
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	The Cube	` '	The Cube		**	('15) Adam	
TCM	(:15) 🐕★★★	Crossing	Delancey ('8	38)	뿟★★ El co	checito ('60)) (P)	(:45) % The	Crippled M	lasters ('79)	(P)		Movie
)		ssic World (,			Lazarus Pr (N) (:05) Lazarus Pr				(:05) ਼ਿ*★★	calypse	
USA	(5:30) Law	NASCAR	NASCAR C	Cup Series (Quaker Stat	e 400 (N) (Li	ve)			NASCAR	Law & Ord	ler: SVU	Law-SVU





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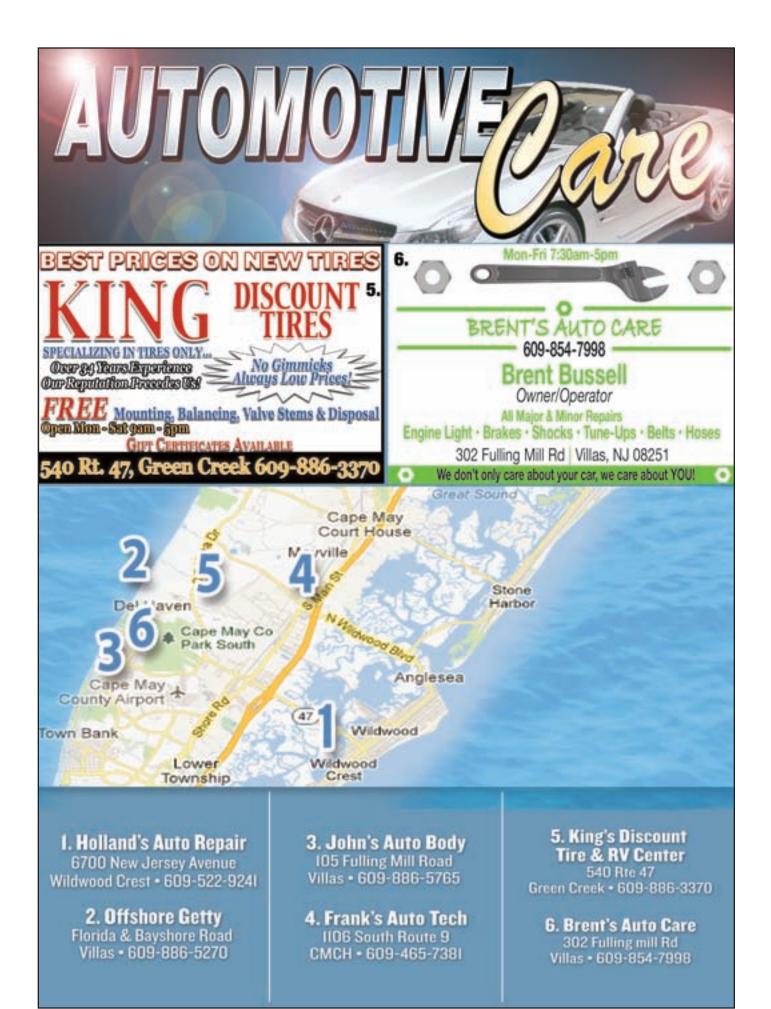
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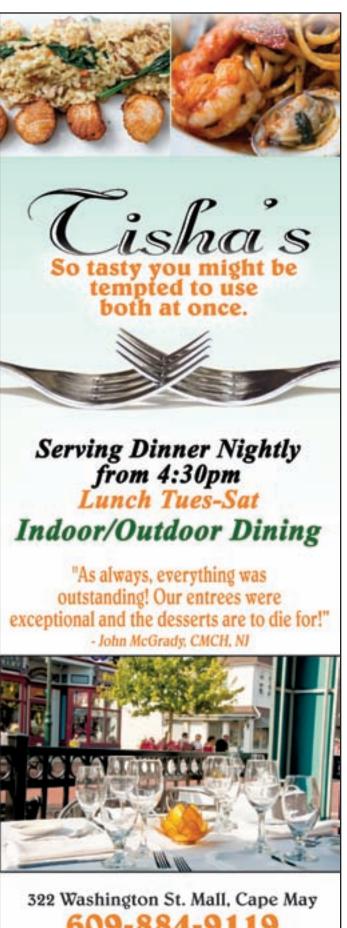
Keep Passengers From Getting Hot Under The Collar

Summer maintenance tips

- Check your cooling system. The cooling system is your car's defense against overheating in the summer. Regularly inspect the coolant levels and ensure they are topped off. Also, examine the radiator for any leaks or signs of damage.
- . Keep an eye on radiator coolant. Engine heat causes fluid to evaporate and break down over time. Old fluid can keep your vehicle engine from cooling properly. Find out from your service advisor if it's time to flush and replace fluid (check your owner's manual as well).
- · Gauge tire pressure before leaving on a road trip. High temperatures can cause the air inside your tires to expand, leading to overinflation. Not all vehicles are alike. See your owner's manual for manufacturer's recom-
- Test battery condition before long trips. Heat can accelerate battery fluid evaporation and cause corrosion on terminals. An inspection also can let you know if the battery has any signs of leakage, cracks, or corrosion. Clean the terminals with a battery cleaning brush and apply a thin coat of dielectric grease to prevent future corrosion.
- Inspect the belts and hoses under the hood for any signs of wear, cracks, or leaks. Hot weather can cause these components to deteriorate faster, potentially resulting in engine failure.
- · Maintain fluid levels because hot weather and long drives can increase the strain on your car's fluids. Regularly check the oil, transmission fluid, brake fluid and power steering fluid levels.
- · Protect your car's interior. Prolonged exposure to sunlight and high temperatures can damage your car's interior, Invest in sunshades to protect your dashboard, steering wheel, and seats from harmful UV rays. Additionally, consider using seat covers and applying a UV protectant to prevent fading, cracking, and discoloration.
- . Check the climate control system. A functioning air conditioning system is essential for a comfortable drive and keeping your car cool. Test your car's AC system and ensure it is blowing cold air. If you notice weak airflow or warm air, it may be time for a recharge or professional inspection to address any underlying issues.
- Clean air vents to increase flow throughout the cabin. Vents clogged with dust, bugs, pet fur and leaves can reduce air flow.
- . Replace serpentine drive belts if they are worn or cracked. A broken belt can cause your engine to overheat and leave you stranded.







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	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Neighbor	Bob Heart	NCIS "Hea	ad Games"	NCIS "Fam	ily Ties"	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	Claim to F	ame (N)	The Bach	elorette (N)			News (N)	(:35) J. Kim	mel
10-NBC	News (N)	NBC News	News (N)	Hollywood	Ninja Qual	ifiers 6 (N)	The Wall (N)	Weakest L	ink	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Life: Firs "	Single Kids"	Ancient S	kies	Teen Regii	me	NJ Spotl	One on O	BBC New
29-FOX	The Six	The Pulse	TMZ (N)	You Bet	Stars on M	lars (N)	Kitchen (N	۷)	News (N)		, ,	The Pulse	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Rising	g (N)	Nancy Dre	ew	News Phill	y (N)	Law & Ord	er: SVU	Neighbor
A&E	Secrets of		Secrets of		Secrets of	Playboy	Playboy (N) (SP)	Miss Amer	ica (N) (P)	(:05) Playb	оу	Playboy
AMC	۶×★ Juras	ssic Park III	('01) Sam N	leill.	਼ਾ਼±⋆ Polic	ce Academy	('84)		뜻 Police A	cademy 2: T	heir First A	ssignment	Movie
CNN	Situation (N) (Live)	OutFront (N) (Live)		0 (N) (Live)	` ' '	,	CNN (N) (L	ive)	CNN (N) (L	,	Cooper36
DISC	Outlaws "S	Stayin' Alive"	Outlaws (N	l)	Outlaws "L	ast Chance	Champ" (N)	Street Out	aws (N)	Motor Mytl	hbusters	Outlaws
DISN	Hamster &	Hamster &	Kiff	Kiff		a Wimpy Kid		. Kiff/ Kiff	(:15) Hailey	(:40) Hailey		Villains	Bluey
ESPN	SportCtr (N) (Live)	Baseball T	onight	2023 Hom	e Run Derby	(N) (Live)		SportCtr (N) (Live)	SportCtr (N	N) (Live)	SportCtr
ESPN2	(5:00) NB	UFC Archiv	val	Baseball	HR Derby	- Alternate (N) (Live)		The Ultima	te Fighter	The Ultima	te Fighter	The Ulti
FNEWS	Bret Baier	(N) (Live)	Jesse (N) (Live)	Fox News	(N) (Live)	Hannity (N	N) (Live)	Ingraham ((N) (Live)	Gutfeld! (N	I)	Fox News
FX	, , ,	emian Rh	뿟★★★ Hid	den Figures	` '	via Spencer,	,		3 ()	• • • • • • • • • • • • • • • • • • • •		hemian Rha	
HBO	(:10) Brand	i Carlile		Painting	(:10) ਼ਿ*★★	Unbreakabl	e Bruce Wil	llis.	Gemston	(:35) Last C	all: Killer	۶×⋆★ Mo	neyball
HIST	History's-N	-	History's-N	lysteries	History's-I	<u> </u>	Mysteries	(N)	(:05) Dark (, , ,	(:05) Myste		Mysterie
ION	Criminal M		FBI		FBI "Comp		FBI		FBI "Identit		FBI "A New		FBI
	Rizzoli & Is		Rizzoli "Blo		Rizzoli & I	sles	Rizzoli & I		(:05) Rizzol		(:05) Rizzol		Rizzoli
	Movie	, ,	Juice ('92) (뜻★★★ Do	nnie Darko	('01)	(:55) ਼ + H €	ellboy ('19) l				Movie
NBCSPA	Birds (N)	Birds		how Ever?			Rowing		Birds	World Pok		World Pok	er Tour
NICK	SpongeB	SpongeB		spicable Me			Friends	Friends	Friends			Friends	Friends
PARMT	Two Men	Two Men				,	,	Reilly, Will F				allad of Ric	<u> </u>
TBS	Sheldon	Sheldon	Big Bang	Big Bang	•	Big Bang	Big Bang	•	Miracle	Miracle		Miracle	ELEAGU
	*** Broadway Serenade ('39) TBA **** Odds Against Tomorrow **** Harvey ('50) James Stewart.								Movie				
TNT	(4:30) ♥ Jurassic World ♥★★★ Guardians of the Galaxy Vol. 2 (17) Chris Pratt. Rich & Shameless ♥★★★ Knives Out (19)								9)				
USA	Chicago F	re	Chicago Fi	re "Always"	WWE Mon	day Night R	AW (N) (Liv	ve)			Temptation	n Island	The Big I

TUES	DAY E	VENIN	G								J	ULY 11	, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News		` '	FBI "Victim		FBI: Int "De	'	FBI: Most		News (N)	(:35) Colbe	
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	Celebrity V	Vheel	Celebrity J	Jeopardy!	Shark Tan	k	News (N)	(:35) J. Kim	ımel
10-NBC	News (N)	NBC News	()	Hollywood			"Auditions 6	" (N)	Hot Wheel	s (N)	News (N)	(:35) Tonig	ht Show
	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action Nev	ws at 10 (N)		Mod Fam	
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Agatha Ch	ristie's Poir	rot "Curtain"	With		Soundch	NJ Spotl	Que Pasa	BBC News
29-FOX	The Six	The 215	Pre-Game	(N) (Live)	All-Star Ga			American Le	0 ()(,	News (N)	The Pulse	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Greatest G	eek	WhoseLine	WhoseLine	News Phill	y (N)	Law & Ord		Neighbor
A&E	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Storage	Storage	Storage	Storage	Customer
AMC	(5:45) 👺★★	Police Aca	demy ('84)		¥∗∗ Natio	nal Lampo	on's Vacation	on ('83)	਼ਾ਼∗ Vegas	Vacation ('9	97) Chevy C	hase.	Movie
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	CNN (N) (L	.ive)	CNN (N) (L	ive)	CNN (N) (L	.ive)	Cooper360
DISC	Deadliest (Catch "Loos	e Lips Sink	Ships" (N)	Deadliest (Catch (N)	Contraban	ıd (N)	Deadliest	Catch	Deadliest	Catch	Catch
DISN	Hamster &	Hamster &	Kiff	Kiff	Big City	Big City	Ladybug	Ladybug	Marvel's	Marvel's	Pretty Frk	Pretty Frk	Bluey
ESPN	SportCtr (N) (Live)	ESPY's		The Ultima	te Fighter	The Ultima	ate Fighter	The Ultima	te Fighter	SportCtr (N) (Live)	SportCtr
ESPN2	Wager (N)	Pardon	Baseball	E60	NBA Bask	etball Team	s TBA (N) (L	_ive)	NBA Bask	etball Team	s TBA (N) (I	_ive)	DC & RC
FNEWS	Bret Baier	(N) (Live)	Jesse (N) (Live)	Fox News	(N) (Live)	Hannity (N	I) (Live)	Ingraham	(N) (Live)	Gutfeld! (N	1)	Fox News
FX	çxxx A Go	od Day to D	Die Hard ('13	3)	뿟★★★ Mis	sion: Impo	ssible Rogu	ue Nation ('	15) Tom Cru	ise.	뿟★★ Skys		
HBO	(5:50) ਼ਿ*★★	★ Live Free	or Die Har	d ('07)	¥★★ Shaz	am! Fury of	f the Gods (('23)	(:15) Last (Call: Killer	Gemston	(:45) Marc l	Maron
HIST	Skinwalke	r Ranch	Skinwalkei	r Ranch	Secret (N)		Skinwalke	r Ranch (N)	(:05) Beyor	nd (N)	(:05) Beyor	nd	(:05) Secre
ION	Chicago Fi	ire	Chicago Fi	ire	Chicago F		Chicago F	ire	Chicago F		Chicago F		Chi. Fire
	Castle "Boo	om!"	Castle		Property	Property	Property	Property	Everything	Property	Property	Property	Property
	, ,	Horrible Bo	sses 2 ('14)		9××× (50	0) Days of S	Summer	(:35) ♀ Edv	vard Scisso	rhands	(:20) ਼ਿ*★★	Hot Tub Tin	ne Machine
NBCSPA	Birds (N)	Golf	Birds	149th Kent	ucky Derby	1	Preakness	Stakes	Birds	Life	Phillies	The Best S	how Ever
NICK	SpongeB	SpongeB	¥★★ Hotel	l Transylvaı	nia ('12) Ada	am Sandler.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	Movie					Movie			
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Burgers	Burgers	Burgers
TCM	(5:45) ਼ਿ*★★	★★ Harper	('66) Paul N	lewman.	** ★★★ Ocean's Eleven ('60			ı ('60) Frank Sinatra. (:15) * ★ ★			The Las Vegas Story ('52)		
TNT	(5:00) 👯★★	★ Captain /	America: Ci	vil War	çxxx Kni	ves Out ('19	9) Chris Eva	ıns, Daniel C	Craig.	(:45) ਼ਿ*★★	2012 ('09) J	ohn Cusack.	
USA	Law-SVU "	Abuse"	Law-SVU "	Secrets"	WWE NXT	(N) (Live)			뿟★★ Olym	pus Has Fa	allen ('13) G	erard Butler.	
													CE 15

WEDN	IESDA	Y EVE	NING								J	ULY 12	2, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	` '	Price Is Rig	-	Price Is Ri	ght	CSI: Vegas	;	News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	The 2023 E	SPYS (N) (l	_ive)				News (N)	(:35) J. Kim	ımel
10-NBC	News (N)	NBC News	News (N)	Hollywood	LA Fire & F	Rescue (N)	Chi. Fire "/	Acting Up"	Chicago P.	D.	News (N)	(:35) Tonig	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	S. Joyner	Friends	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Table	Table	Endeavour	r on Master	piece "Prelu	de"	NJ Spotl	Table	BBC News
29-FOX	The Six	ClassH	TMZ (N)	You Bet	MasterChe	f (N)	Food Stars	s (N)	News (N)		News (N)	The Pulse	` '
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Nancy Dre	w (N)	Riverdale		News Phill	y (N)	Law-SVU "	'Uncivilized"	Neighbor
A&E									I Survived				
AMC	(5:30) ਼ਿ*★★	★ Elysium	('13) Matt Da	amon.	뜻★★ I, Rol	oot ('04) Brid	dget Moynal	nan, Will Sm	ith.	뜻★★ Dred	d ('12) Olivia	a Thirlby, Ka	rl Urban.
CNN	Situation (, , ,	OutFront (, (-,	•	0 (N) (Live)	(/ (CNN (N) (L	,	CNN (N) (L	,	Cooper360
	Expedition		Expedition		Expedition	` '	Expedition	ı (N)	(:10) Ghost	. ,	(:10) Myste	` ,	Expedition
DISN	Hamster &	Hamster &	Kiff	Kiff	,	5 - 7	, ,	Ladybug		Marvel's	Raven	Raven	Bluey
	SportCtr (N	, , ,	SC Feature	_		te Fighter			The Ultima		SportCtr (I	, , ,	SportCtr
-		etball Team				ner League	Basketball				Basketball		NFL Live
	Bret Baier	· / · /	Jesse (N) (•	Fox News		Hannity (N	, , ,	Ingraham (, , ,	Gutfeld! (N	/	Fox News
FX	· / //					, ,			Mayans M.	` '	Mayans M		Mayans
HBO	· / //	<u> </u>	Back in Bus			ocked Up ('0	, ,	9	Gemston	(:45) ਼ਿ*★★	The Skele		Movie
411.2	Pickers "Pi		American F		American F		American I	()			(:05) Picke		Pickers
444	Blue Blood	ls	Blue Blood			I "The Job"			Blue Blood		Blue Blood		Blue Blood
	Castle		Castle					,	(:05) Marrie	• , ,	` '	•	Married
MAX	, , , , ,		('14) Shailen	,		` '	•		nt Hill: Rev			★ Warrior ('	
	()	Birds						Futbolista		In. Golf	Golf	Greatest	Birds
NICK			뿟★★ Sonic		O ()			Friends		Friends	Friends	Friends	Friends
PARMT					77	•	. ,	on Voight, To		**		ssible II Tor	
TBS	•	•	•	•		restling: Dy	()	` '		Miracle	The Cube		Sheldon
TCM	, , ,	★ The Sins	of Rachel C	(,		on a Hot Ti	,	,	뚯★★★ Wil	d River ('60	, 0	,	Movie
TNT	Lucifer		Lucifer				` , ,	Gibson, Shi			` ,	Now You Se	
USA	Law & Ord	er: SVU	Law & Orde	er: SVU	Law & Ord	er: SVU	Temptation	n Island (N)	The Big D	(N)	Law-SVU "	'Info Wars"	Temptation

THUR	SDAY	EVENI	NG								J	ULY 13	3, 2023
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Sheldon	Ghosts	So Help M	e Todd	CSI: Vegas		News (N)	(:35) Colbe	rt
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel	Generation	n Gap (N)	The Chase	(N)	Press-Luc	k "102"	News (N)	(:35) J. Kim	ımel
10-NBC	News (N)	NBC News	News (N)	Hollywood	The Blackl	ist (N)	The Blackl	ist (N) (F)	Magnum "	Birthright"	News (N)	(:35) Tonig l	ht Show
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Union	Sports	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O	NJ Spotl	Miriam and	k	POV "A Sto	ory of Bones	"	School	NJ Spotl	State/Arts	BBC News
29-FOX	The Six	Kelly (N)	TMZ (N)	You Bet	Alert: Miss	ing	Stars on M	lars	News (N)		News (N)	The Pulse	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Walker		Penn & Te	ller	News Phill	y (N)	Law-SVU "	Stalked"	Neighbor
A&E	First 48 "Si	natched"	First 48 "BI	oodline"	First "Blood	dline" (N)	60 Days In	(N)	Booked (N)	(:05) The F	irst 48	(:05) First
AMC	(5:30) 🖔★★	I, Robot ('0	4) Will Smitl	h.	ب±∗± Sta	r Trek Into	Darkness ('	13) Zachary	Quinto, Chr	is Pine.	਼ਾਮ±± Un	stoppable ('	10)
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	CNN (N) (L	.ive)	CNN (N) (L	.ive)	CNN (N) (L	.ive)	Cooper360
DISC	Naked and	Afraid	Naked and	Afraid	Naked and	Afraid	Naked and	Afraid	Afraid "Do	n't Cave In"	Afraid "Jur	ngle Love"	Afraid
DISN	Hamster &	Hamster &	Kiff	Kiff	Big City	Big City	Ladybug	Ladybug	Marvel's	Marvel's	Villains	Villains	Bluey
ESPN	SportCtr (N	N) (Live)	NBA Baske	etball Team	s TBA (N) (l	_ive)	Superstar	Racing Exp	erience (N)	(Live)	SportCtr (N) (Live)	SportCtr
ESPN2	(5:00) NBA	Basketball	College Fo	College Football Live NFL Live				NBA Basketball Teams TBA (N) (Live)					TBA
FNEWS	Bret Baier	(N) (Live)	Jesse (N) (Live)	Fox News	(N) (Live)	Hannity (N) (Live)	Ingraham ((N) (Live)	Gutfeld! (N	1)	Fox News
FX	(5:00) 🖔★★	★ Mission:	Impossible	Fallout	ç±★ Veno	m ('18) Tom	n Hardy.		What We	What We	What We	What We	What We
HBO	(:10) ਼ਿ*★★ (Unbreakabl	e Bruce Will	is.	Last Call:	Killer	Gemston	(:35) ♀★★	X-Men: Da	ays of Futur	re Past ('14)	(:50) 5 The	Batman
HIST	Alone "Gro	wing Pains"	Alone		Alone "Spi	rit Bear"	Alone "Kin	g's Gambit"	(N)	(:35) Alone	"King's Gar	nbit"	(:05) Alone
ION	Chicago "C	Captive"	Chicago P.	D.	Chicago "/	Anthem"	Chicago "S	Sisterhood"	Chicago P	.D.	Chicago "(Ghosts"	Chicago
(IFE	Castle		Castle "Pur	nked"	Castle		Castle "3XK" (:05) Castle			(:05) Castle		Castle	
MAX	(5:50) 👯★★	★ 42 ('13) C	Chadwick Bo	seman.	뿟★★ Six D	ays, Seven	Nights	(:45) **★★	What Lies E	Beneath Hai	rrison Ford.	(:55) デ★★★	Predator
NBCSPA	Birds (N)	Birds	The Best S	how Ever?							Birds	Ultimate D	isc
NICK	(5:30) Spo	. •	뿟★★ Cloud	•	hance of M	eatballs 2	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	₹★★★ The	talian Job	('03) Mark	Wahlberg.		ੁਝ±±± The	e Departed	('06)	
TBS	Sheldon	Sheldon	Big Bang	Big Bang	•	0 0	0 0	•	Survived C	arylls (N)	Survived C	arylls	Movie
TCM	뿟★★ Luck	y Me ('54) D	oris Day.		뿟★★ Ident	ity Unknow	n ('45) (P)	★ Dead Ma	an's Eyes	(:45) № Mu r	der in the F	Private Car	Movie
TNT	(5:30) 🖔★★	★ Transfor	mers ('07) S	hia LaBeou		, ,	Mortal Kombat ('21) Lewis Tan.				Rich & Sha	਼∗ ★ Pixels	
USA	(:20) Law-S	VU	(:15) Law-S	VU	(:10) Law-S	UV	(:05) Law-S	VU "Retro"	(:05) Law-S	VU "Wet"	Law & Ord	er: SVU	Law-SVU







CHARACTER Of The Week









LAST WEEK: MIKE FROM

LAST WEEK:
MIKE FROM
CANALSIDE
WINNER:
JOANNE
MASCIARELLA

DO YOU KNOW THIS PERSON?

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Each week, all coupons will be put into a drawing.

The winner's name will be printed in our next issue.

PLEASE ONLY 1 WINNER PER HOUSEHOLD EVERY 30 DAYS

Jersey Cape Character of the Week Contest									
Name:									
Address:									
City/State/Zip:									
Guess for Character:	from								



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ARE THERE PROBLEMS RELATED TO SPAYING/ NEUTERING PETS?

Submitted By Patsy Nelson from The Wagging Tail

Last week I addressed the pros and cons of spaying female dogs (article available upon request on our Facebook page). There was a push for spay/neuter clinics back in the 60's and 70's because of the overpopulation of dogs and cats, which has decreased somewhat but is still a problem. Responsible ownership meant adhereing to such practices. Even today, at very young ages, kittens and puppies get cut and nipped before being adopted out to prevent procreation. There are indeed many irresposible pet parents who find a kitten or a puppy from on oops situation and continue the neglect of seeing that neither get impregnated or is responsible for impregnating receptive females. Dogs, and especially cats, reproduce quickly producing thousands of animals within a few generation. In many but not all countries, sterilization is the only method of control.

Spaying or neutering or de-sexing are terms that refer to the removal of the ovaries and uterus (hysterectomy) of female animals. A female or male dog that is not sterilized is referred to as intact. In the last decade there has been increasing data that spaying/neutering at a young age, before full hormonal development, can result in serious medical problems for pets. I am always alarmed and dismayed to find out that my customers may have been advised to consider such operations at six months of age.

Reputable research has been gaining favor against early spaymeuter because of the reproductive hormones are necessary for healthy legs and joins and warding off potential cancers. Other negative manifestations of early sterilization can be obesity, incontinence, fear/aggression, and the advent of autoimmune diseases such as diabetes. The Parsemus Foundation (info@parsemusfoundaticn.org), can provide data and references you can use when discussing the risks and benefits with a knowledgeable veterinarian. There are hormone sparing methods available that may be more beneficial to your pet. OSS, or Ovary Sparing Spay for females, and vasectomy for males. Opinions and results are often based on the breed, size, age, and other factors. An article published by Hart and Colleagues (2020), suggests taking note, "of the information about gonadectomy risks for specific breeds and mixed breed dogs and stay abreast of recent updates in this rapidly evolving area of research." There is training and behavioral advice sites on Facebook for intact dogs that may be very helpful.

My personal advice is to definitely delay early gonadectomy for young dogs. Unless, of course, there is a medical issue, like the testicles have not dropped, or problematic hernias, etc. As long as your dog is not aggressive to other dogs, has good house and people manners, is not given the opportunity to escape your attention or yard, then wait.

Unless we can find a qualified groomer, we will no longer be grooming. However, we are able to help with (agreeable) cat and dog nail trimming. One grooming table is for sale. If something changes, we will publish the information.

THANK YOU FOR MAKING THE WAGGING TAIL PET NUTRITION CENTER #1 AGAIN. HOPE TO SEE YOU AT WHALE OF A DAY IN TOWN BANK THIS SATURDAY WHERE WE WILL HAVE A BOOTH AND GOODIES.

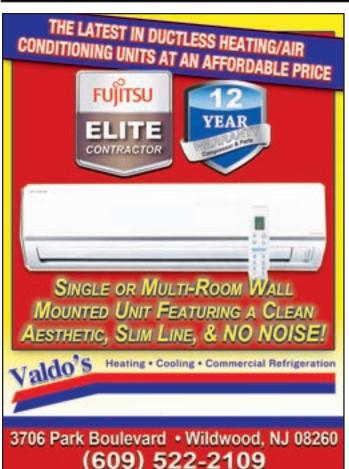
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