

FREE

July 28 - August 3, 2023

Jersey Cape

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MAGAZINE

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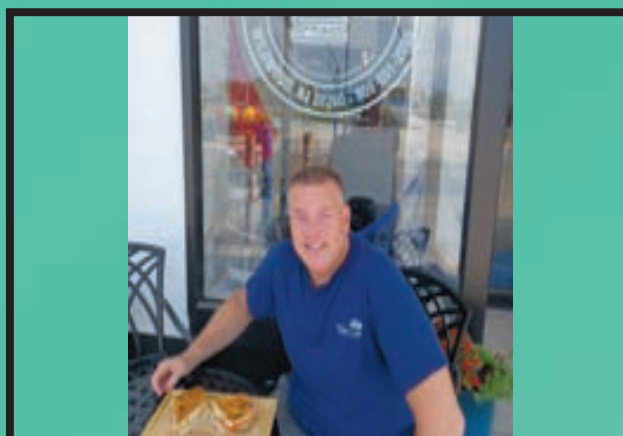


NATIONAL NIGHT OUT IS TUESDAY, AUGUST 1 SEE PAGE 23

BEACH FRISBEE TOURNAMENT SAT & SUN IN WILDWOOD SEE PAGE 13



THEY ARE BUILDING BETTER BAGELS AT THE BAGEL DEPOT • SEE PAGE 11



NOT YOUR ORDINARY SANDWICH SHOP... THE PANINI CAFE IN WILDWOOD • SEE PAGE 13

HEARING TESTS SET FOR SENIOR CITIZENS

CALL 465-9199 or 1-800-290-3277

CAPE MAY COUNTY HEARING AID DISPENSARY

204 S MAIN ST • CAPE MAY COURT HOUSE

609-485-9199 • 1-800-290-3277

NJ LIC HEARING AID DISPENSERS -

JAMES L. SAAD, JR. LIC. #171; RICHARD J. SAAD, LIC. #324

Free electronic hearing test will be given at the Cape May County Hearing Aid Dispensary, 204 S. Main Street, Cape May Court House on Monday, Tuesday, Wednesday, Thursday & Friday, July 31, August 1, 2, 3, & 4. Please call for an appointment. Anyone who has trouble hearing or understanding speech or words clearly is welcomed to have a test using the most modern electronic equipment to determine if their hearing loss is one which may be helped.

Everyone should have a hearing test at least once a year if there is any trouble at all hearing clearly. Even people not wearing a hearing aid or those who have been told nothing could be done for them should have a hearing test and find out whether the modern methods of hearing correction can help them hear better. The Free Hearing Tests will be given by factory-trained Hearing Aid Specialists licensed by the State of New Jersey on Monday, Tuesday, Wednesday, Thursday & Friday, July 31, August 1, 2, 3, & 4.

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THE HOLIDAY SEASON WAS ON FULL DISPLAY DURING THE WILDWOODS ANNUAL CHRISTMAS IN JULY GOLF CART PARADE ON SATURDAY, JULY 22



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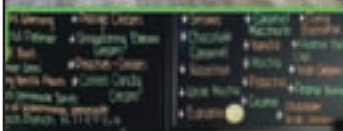
**BREAKFAST
SAMMIES**



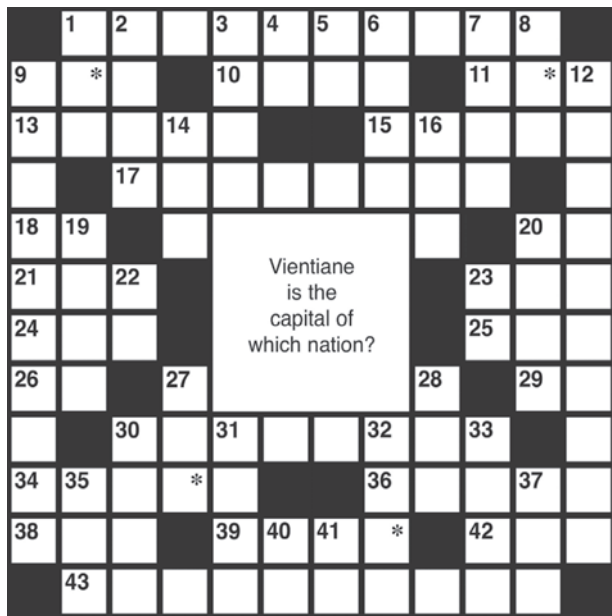
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TV CHALLENGE



The solution to the question is found within the answers in the puzzle. In order to discover this hidden solution, unscramble the letters noted with asterisks within the puzzle.

- ACROSS**
- Asian nation
 - Eden evictee
 - Put on a happy face
 - Amanda Peet's age
 - Promo
 - Good buy
 - Word with jerk or pop
 - Weather forecast
 - Asian nation (2)
 - Asian nation (2)
 - "Stat!"
 - Clamor
 - Empty space
 - Loony
 - Ames or Asner
 - Racer Foyt
 - Chum
 - Dessert choice
 - TX's U.S. Senator Ted _____
 - Israel's Golda
 - Ricky Ricardo's por-trayer
 - Operatic solo
 - As dumb ___ ___ box of rocks
 - Place to stay
 - Air gun pellet
 - Cedar Rapids' state: abbr.

Solution Laos



- DOWN**
- Word from Emeril
 - Eden evictee
 - Put on a happy face
 - Amanda Peet's age
 - Promo
 - Good buy
 - Word with jerk or pop

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

Africa

AARDVARK	EQUATOR	LAGOS	SAFARI
AYE-AYE	GNU	LAKE	SAHARA
BABOON	GORILLA	VICTORIA	SAHEL
BANTU	GREY PARROT	LEMUR	SAVANNA
BAOBAB TREE	HIPPO	LION	SPHINX
BOTSWANA	HORN OF AFRICA	MADAGASCAR	SUEZ CANAL
CAMEL	HYENA	MALI	ZEBRA
CHEETAH	KALAHARI	NILE	ZIMBABWE
CONGO		OSTRICH	ZULU

HOROSCOPE

JULY 27 - AUGUST 2, 2023

ARIES (Mar. 21-April 20)

Be discreet and don't reveal any personal information. Try to communicate if you wish to help. Put your energy into moneymaking ventures. Generosity will put you in the poorhouse.

TAURUS (Apr. 21-May 21)

Passion is about the best way for you to relieve tension. You need to take a long, hard look at yourself and your personal situation. You have been going through a period of change that no doubt caused problems with your loved ones. You might find it difficult to control your emotions.

GEMINI (May 22-June 21)

Depression may result if you don't get to do things your own way. Courses dealing with psychology or health care will be of interest. You can get your point across and make valuable connections. If you go shopping, only take what you can afford to part with.

CANCER (June 22-July 22)

Someone you least expect may not have your best interests at heart. Disharmony in your relationship may cause minor ailments. You will gain new friends if you get involved in environmental issues. You must get out and mingle.

LEO (July 23-Aug 22)

Travel will be fun and entertaining. You would be best to work late in order to avoid disharmony. Do the necessary chores and then do things that please you. Try to be understanding.

VIRGO (Aug. 23-Sept. 23)

Physical work or exercise should be part of your schedule. You need to make your lover feel wanted, not like a piece of the furniture. Investments concerning your residence will be profitable. You can make new connections through friends or relatives.

LIBRA (Sept. 24-Oct. 23)

Friends may not understand your situation. The locks, stove, gas, or electric wires may not be secure. Dream a little this week. You need to take a long, hard look at yourself and your personal situation.

SCORPIO (Oct. 24-Nov. 22)

Your high energy and discipline will enable you to complete any seemingly insurmountable tasks. Social get-together will bring you in contact with intelligent new friends. Don't press your luck with your loved ones. Travel will lead you in new directions.

SAGITTARIUS (Nov. 23-Dec. 21)

You will find your vitality is lowered. Job changes are in order. Go for interviews or send out resumes. Get proper medical attention and confront your situation decisively. Be discreet about your personal life or whereabouts. Be mysterious.

CAPRICORN (Dec. 22-Jan. 20)

You could have a need to make some changes this week. Money can be made if you use your ingenuity. Don't volunteer private information about yourself unless you're prepared to be talked about behind your back. You can't live your life for others.

AQUARIUS (Jan. 21-Feb. 19)

Don't overspend or give too freely to others. Be careful if a friend asks you for advice. Take time to explain your intentions to loved ones. Your health may suffer if you don't control your present situation.

PISCES (Feb. 20-Mar. 20)

Your need to put great detail into everything you do may cause you to miss the overall picture. Your disciplined attention to jobs will enhance your position. You can make headway if you share your intentions with someone you care about. You will have original ideas for ways to make extra money.

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CAPE MAY COUNTY FARMER'S MARKETS

New Jersey isn't known as "The Garden State" for no reason. Whether you're visiting for the day or week, or a seasonal or year-round resident, you'll want to take advantage of the locally sourced, deliciously fresh produce available at any of the local weekly markets listed below.



SEA ISLE CITY

Tuesdays, 8am-NOON, June 20-Aug. 29 • Excursion Park, 2 41st St - Info: 609.263.0050 or visitsicnj.com

WEST CAPE MAY

Tuesdays, 3-7pm, June 20-Aug 29 • Backyard Park, 732 Broadway • Info: facebook.com/wcmfarmersmarket

OCEAN CITY

Wednesdays, 8am-1pm, June 21-Sept. 13
Tabernacle Grounds, 6th St & Asbury Ave
Info: 609.399.6111 or oceancityvacation.com

WILDWOOD

Saturdays, 8am-12:30pm - Byrne Plaza, 3400 Pacific Ave
Info: 609.523.1602 or visit D00WW.com

STONE HARBOR

Sundays, 8am-12:30pm, May 28-Sept 3 • Water Tower Plaza, 95th Street & Second Ave • Info: 609.368.5102 or shnj.org

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WHAT'S HAPPENING AROUND THE CAPE

Discs Will Fly as World's Largest Ultimate Tournament Returns to the Wildwoods Beaches July 29 and 30

The annual Beach Ultimate Tournament, the largest co-ed beach Frisbee tournament in the world, celebrates 31 years in the Wildwoods on Saturday, July 29 and Sunday, July 30.

The Wildwood Beach Ultimate Tournament, held every July in the Wildwoods, started in 1992 and draws over 500 teams from the United States and around the globe.

Beach Ultimate, originally known as Ultimate Frisbee, is a non-contact team sport played with a flying disc. It mixes the best features of sports such as soccer, basketball, American football, and netball into a simple yet fascinating and demanding game. Points are scored by passing the disc to a teammate in the opposing end zone of the playing field. Other basic rules are that players must not take steps while holding the disc, and interceptions, incomplete passes, and passes out of bounds are turnovers.



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AROUND THE CAPE
 Teams participate in this action-packed tournament consisting of 4-on-4 competitions for players of all experience levels, ages 18 years and older. A traditional game is played until one team achieves 15 scores. A score is like a touchdown, because to score, someone must catch the Frisbee in the end zone. All Beach Ultimate players demonstrate strength, agility, and stamina in order to play such a physical game while sinking into a soft, sandy surface. Competitions will be held from 9:30am-5pm on Saturday and

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HISTORIC COLD SPRING VILLAGE

DOWN ON THE FARM WEEKEND
SATURDAY AND SUNDAY, JULY 29TH & 30TH, 2023 ~ 11:00AM-4:00PM

Experience life on an Early American farm through hands-on activities and exhibits at Historic Cold Spring Village's 'Down on the Farm' Weekend. Historic Cold Spring Village, an open-air living history museum, presents the trades, crafts, architecture, and lifestyles of an Early American, rural South Jersey farming community. Special exhibits throughout the Village will include collections of antique and modern farming equipment and tools. Visitors can tour the historic Corson-Gandy Barn, c. 1880, which is home to Levi the Village horse. Guests can visit the Village, pigs, chickens, and calves. Children may also participate in farm chores at the agricultural barn complex throughout the day. 'Down on the Farm' is generously sponsored by Smeltzer & Sons Feed & Pet Supplies.

The Friends of Historic Cold Spring Village will also host the Annual Dog Show on Saturday beginning at noon at the Gazebo. Admission to the Village is required to enter through the Route 626, Seashore Road Gatehouse. Any guest with a 2023 membership is admitted free of cost. HCSV Friends members will be at the Seashore Road gate to register your pet beginning at 11:00am. The show will end when all the prizes have been awarded. Categories include Best Dressed, Smallest Dog, Largest Dog, Best Performance, Dog/Owner Look-Alike, and Best in Show.

The Village is located at 735 Seashore Road, three miles north of Victorian Cape May and a mile and a half west of the southern terminus of the Garden State Parkway. Admission during the season is \$14 for adults and \$12 for children ages 3-12. Children under 3 are admitted free. Unlimited free admission is available with Village membership. The Village Nature Trail at Bradner's Run is open to the public for free self-guided tours. Visit the Country Store, Village Bakery, Ice Cream Parlor, Cold Spring Brewery, and Cold Spring Grange Restaurant. For more information on events, membership, volunteering, or booking private affairs, please call (609) 898-2300, ext. 10, or visit the Village website at www.hcsv.org.



WHAT'S HAPPENING AROUND THE CAPE

from 10am-4pm on Sunday. Fields will be on the Wildwoods beaches. Admission is FREE for spectators.

Info and register for the tournament at WWBeachUltimate.com. For Wildwoods info, visit Wild-

woodsNJ.com or call 800-992-9732.

Community Band By The Sea Performance Saturday, July 29

Join us for the Community Band By The Sea Performance at Bryne Plaza from 7-8:30pm.

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Sunday: The Part-Timers 1-5
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Monday: The Beachcomber 6-10

Tuesday: Dean Dunlevy 6-10

Wednesday: Jim Doran 6-10

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AROUND THE CAPE

The concert will feature instrumentalists of all ages who will come together to support community band appreciation and engage in high quality music making opportunities by the Sea. Free to attend! Rain date 7/30 12-1:30pm. For more information call 610.588.1884

Concerts Under the Stars Series - 52nd Street Band Saturday, July 29

FREE live entertainment at the Lou Booth Amphitheatre, 2nd & Ocean Avenues, in North Wildwood featuring "52nd Street Band" (Billy Joel Tribute) at 8:00pm. For info call 609.522.7722 or 800.882.7787 or visit NorthWildwood.com.

Jus Nice Sneaker Convention Saturday, July 29

Attention sneaker community! The Jus Nice Sneaker Convention is back HOME at the Convention Center in WILDWOOD!!! The most sought after Streetwear, Vintage, Collectibles, Art & SNEAKERS in the world! This year's special guest is UNBREAKABLE kicks & Jay the sneaker guy!! There will also be lots of giveaways. Admission fee \$25 and up. Noon-5pm. Info at 609.305.3658 or JusNiceSneakerConvention.com.

Fox Park Amphitheater Concert Series - The Infernos

FRESH FISH MARKET

- Locally Caught Seafood
- Kelchner Products
- Hanks Sauce
- Seafood Condiments

SPECIAL 50 STEAMED SHRIMP 9.99

Homemade Chowders Shrimp Trays



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ONLINE ORDERING AVAILABLE

8606 New Jersey Avenue
 Wildwood Crest, NJ
(609) 522-9582

RAW

Top Neck Clams 6 1/2 Dozen 1 Dozen
 Oysters 18 36

SANDWICHES

Crab Cake 15
 Fried Flounder 10.50
 Fried Cod 11
 Real Cheeseburger 11
 Fresh Ground Salmon Burger 14
 Grilled Chicken Breast 10
 Add Any Side with Extra \$4

FOR THE KIDS

Chicken Fingers & Fries 10
 Fried Flounder & Fries 10
 Cheeseburger & Fries 9
 Mac & Cheese & Fries 9
 Linguine with butter or marinara 9

FULL SERVICE FISH MARKET
 Local Seafood, Clams, Oysters, Fish & Crabs!
 The Freshest Fish Ready To BBQ
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FRESH SEAFOOD
 CLAMS • SHRIMP • BLUE CLAW CRABS

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All Seafood Cooked to Order

PHILLY TEAMS ON TV THIS WEEK



@ PITTSBURGH PIRATES
 FRI, JULY 28
 7:05PM • NBCSP
 SAT, JULY 29
 7:05PM • NBC10
 SUN, JULY 30
 1:35PM • NBCSP

@ MIAMI MARLINS
 MON, JULY 31
 6:40PM • NBCSP
 TUES, AUG 1
 6:40PM • NBCSP
 WEDS, AUG 2
 6:40PM • NBCSP

FRESH FISH MARKET

APPETIZERS

Fried Fish 7
 Old Bay Fries 7.50
 Boom Boom Shrimp 15
 Coconut Shrimp (7) 13
 Jumbo Shrimp Cocktail (7) 15
 Steamers (15) 14
 butter, garlic & wine oil or marinara
 Mussels (18) 14
 red or white
 Mozzarella Sticks (8) 7
 Steak Cut, Onion Rings (8) 8
 Fried Clams 11
 Fried Calamari 12
 Jumbo Wings (8) 15
 Cheese Steak Egg Rolls (2) 12

SOUPS

Soups available for takeout by the pint or quart
 New England Clam Chowder ... 9.50 Pt, 17 Qt
 Manhattan Clam Chowder ... 9.50 Pt, 17 Qt
 Lobster Bisque ... 9.50 Pt, 17 Qt

SALADS

Your choice of salmon, sea bass, honey mustard, ranch or blue cheese
 Side Salad 6
 Garden Salad 10
 Caesar Salad 11
 Add Chicken 4
 Add shrimp or salmon 20
 Add crab cake 22

PASTA

Your choice of white sauce or marinara
 Linguine Marinara 15
 Linguine with Crab Meat 30
 Linguine with Clams 34
 Linguine with Shrimp 26
 Chicken Parm with Linguine 23
 Linguine with Scallops 30
 Linguine with Mussels 24

SEAFOOD PLATERS
 (Served or Fried (GF for limited items only))

4oz. Crab Cakes (2) 29
 Jumbo Shrimp (6) 24
 Scallops 19
 Jumbo Shrimp & Scallops 28
 Flounder 22
 Fried Cod 23
 Fried Clams 20
 Fried Oysters 28

COMBINATIONS & DINNERS

Fried Seafood Combination 34
 Flounder, Shrimp, Scallops & Crab Cake
 Baked Combination 1 34
 Flounder, Shrimp, Scallops & Crab Cake
 Baked Combination 2 36
 Flounder, Shrimp, Scallops, & Lobster Tail
 Baked Stuffed Jumbo Shrimp (3) 31
 Baked Stuffed Flounder 20
 Fried Chicken Dinner 31
 Twin 4oz Cold Water Lobster Tails 19
 Seafood 28
 Grilled or Battered 28
 Salmon 26
 Grilled or Battered 26
 Grouper 26
 Battered, Grilled or Battered
 8oz Baby Back Ribs 23
 Grilled Chicken Breast 21

Prices Subject to Change. Please No Substitutions. All Fried Food is cooked in peanut oil. Consuming Peas or Undercooked Food Can Be Dangerous.

2023 *pricing subject to change

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Asselta

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HAPPY HOUR SUN-FRI 4-6PM (EXCLUDES HOLIDAYS)

LIVE ENTERTAINMENT
6PM
THURS: Bittersweet
FRI: Dennis Palma
SAT: Keith Hickman
SUN: Mario Rocco
MON-WED: Jim Asselta

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NO SHOWER HAPPY HOUR 4-6

4600 Pacific Ave., Wildwood | 609-522-0002
www.duffinettis.com

WHAT'S HAPPENING AROUND THE CAPE

Fox Park, Burk & Ocean Avenues in Wildwood. FREE! 7:30pm. Entertainment for July 30, 2023 is "The Infernos". Bring a blanket or a beach chair. 609.522.2444 or WildwoodNJ.org

Wildwood Beach Patrol Pier to Pier Challenge Sunday, July 30

Wildwood Beach at Lincoln Ave, Headquarters. Registration 8-9:30am, event begins at 10am.

Lifeguards from the entire USLA Mid-Atlantic Region will come to Wildwood to compete on rescue boards, boats and surf-skis. Beach parking at Baker Avenue beach parking lot. Check WPB Facebook page for details.

609.522.8258

Family Fun Crafts Show at The Lighthouse. Wednesday, August 2 9am-2pm
215 Lighthouse Ave., Cape May Point.

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CAPE MAY

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Ketchup Tomorrow*

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BREAKFAST
 THURS - SUN 8AM-NOON DOWNSTAIRS
 SAT & SUN 8AM-NOON UPSTAIRS

MON-FRI 11-4
HOMEMADE SOUP OF THE DAY & SANDWICH \$9.⁹⁹

HAPPY HOUR
 DAILY AT THE BAR 11AM-6PM
 APPETIZER SPECIALS 4-6PM

UPSTAIRS DECK OPEN DAILY FROM 2PM

TUESDAY TRIVIA 7PM

EVERY THURSDAY ALL SUMMER ANIMAL HOUSE 6PM

FRIDAY THE STAR BAND 7:30PM

SATURDAY LOOSE ENDS 8PM

OPEN THURS, FRI, SAT & SUN FROM 8AM - MON-WED FROM 11AM
 4415 Park Blvd. Wildwood | 609-600-3692 | @thewaterfrontwildwood

WHAT'S HAPPENING AROUND THE CAPE

FREE Summer Concerts are back at Rotary Park!

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 7pm unless otherwise noted. Schedule is subject to change without notice. Call 609-884-9565 for info. On Friday, July 28, its Suite Inspiration. On Saturday, enjoy The Golden Eagle Community Band. On Sunday, check out the Matt Adams Trio, and on Monday, July 31, its the popular Tom Powdermaker Duo.

FREE MOVIES ON THE BEACH

On Thursday, July 27, its Elf, and on Thursday, August 3, its Lilo and Stitch. 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 Facebook page. All are welcome and encouraged to bring your favorite beach chairs and blankets. Visit www.cape-maycity.com or call 609-884-9565 for info.

LOWER TOWNSHIP

A free concert by the Amish Outlaws will be held on Tuesday, August 1 at 7:30 p.m. to benefit the LT Children's Fund at Free Douglass Park at 676 Shore Road. There will be food trucks, vendors and a raffle.

NATIONAL NEW JERSEY DAY – July 27

Early History - When Giovanni Da Verrazzano first explored the shores of the Atlantic coast, he explored lands that included New Jersey. Da Verrazzano discovered diverse communities of people who were later called the Delaware Indians.

Leading up the American Revolution, the colony as a whole was equally divided in its loyalties to the crown. Colonists who remained undecided were just as likely to support the rebel cause as they were to support the king. The same applied to colonists in New Jersey.

Due to New Jersey's central location among the thirteen colonies, more battles during the Revolutionary War took place here than any other state.

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SUN 9AM-4PM

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XJUMBO • \$2.99/DOZ
ORGANIC • \$5.49/DOZ
HARD BOILED 2PK 95c • 6PK \$2.69

**POTATO CHIPS
LARGE BAG
2/ \$7.00**

**OUR OWN STORE COOKED
ROAST PORK
\$5.99/LB**

DOMESTIC HAM.....\$3.99/lb
COOKED SALAMI.....\$3.99/lb
PEPPERED HAM.....\$3.99/lb
HAM CAPICOLA.....\$3.99/lb
MOZZARELLA CHEESE.....\$3.99/lb
PROVOLONE CHEESE.....\$3.99/lb
CHOPPED HAM.....\$4.99/lb



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GRAPE TOMATOES.....\$1.99/ea
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Prices Subject to Change without Notice

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BOATING CLASSES

GET YOUR NEW JERSEY BOATING SAFETY CERTIFICATE

Classes are conducted at the USCG Auxiliary Building: Address:
1519 Yacht Avenue - Cape May, NJ 08204

**Saturday Classes - 8am-4:30pm
AUGUST 5**

\$50 per student. Does NOT include lunch.
Call to register for class or more info:

609-898-0442

Classes are State of NJ approved and a NJ Boating Safety Certificate will be issued upon successful completion. Conducted by the Coast Guard Auxiliary.

CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

BUTTER BASTED GRILLED SEA BASS

INGREDIENTS:

- 2 NICE SEA BASS FILLETS, SKIN ON & SCORED
- 1/4 CUP MELTED, UNSALTED BUTTER
- KOSHER SALT & FRESH CRACKED BLACK PEPPER TO TASTE
- FRESH CHOPPED CHIVES
- LEMON WEDGES FOR GARNISH



PREPARATION:

Preheat grill to medium high heat. Brush fillets lightly with some of the butter. Season fillets with salt & pepper. Spray the grill with nonstick spray. Place fillets on the grill, skin side down. Allow skin to get crispy & charred. Brush with more butter. Flip fillets over to another clean prepared spot of the grill & close the lid. When the fillets are finished, brush with butter one more time, plate, garnish, & serve. Enjoy!

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 SHRIMP | CLAMS | CRABS
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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.

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

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FRI & SAT 'TIL 10

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Early Birds 4-5:30pm

THURSDAY 4PM - CLOSE
CUSTOMER APPRECIATION
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FRIDAY EVENING

JULY 28, 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)	Tough as Nails (N)		Fire Country		Blue Bloods		News (N)	(:35) Colbert	
6-ABC	News (N)	WorldNe..	Jeopardy!	Wheel	Will Trent		20/20				News (N)	(:35) J. Kimmel	
10-NBC	News (N)	NBC News	News (N)	Hollywood	Hot Wheels		Dateline NBC (N)				News (N)	(:35) Tonight Show	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O..	NJ Spotl	Father	(:45) Midsomer	(:40) Midsomer	Start Up		NJ Spotl	One on O..	BBC News	
29-FOX	The Six	Special	TMZ (N)	You Bet	WWE Friday Night SmackDown (N) (Live)			News (N)	Special	News (N)	ClassH	Extra (N)	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Family Law (N)		Moonshine (N)		News Philly (N)		Law-SVU "Contact"		Neighbor
A&E	The First 48		The First 48		The First 48		The First 48		First 48 "Deadly Rap"		The First 48		(:05) First48
AMC	(4:30) 🌟🌟🌟🌟 Avatar ('09) Sam Worthington.			🌟🌟🌟🌟 World War Z ('13) Mireille Enos, Brad Pitt.			🌟🌟🌟 I, Robot ('04) Will Smith.						
CNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		Cooper360
DISC	Cocaine Sharks		Mako Mania: B		Tropic Jaws (N)		Deadly Sharks (N)		(:05) The Haunting (N)		(:05) Jackass		Tropic
DISN	Hamster & 🌟 Alvin & the Chipmunks: Squeak...		Villains		Pretty Frk		Pretty Frk		🌟 The Slumber Party ('23)		Villains		PrettyFrk
ESPN	(5:00) Softball		Softball Mid-Atlantic Regional: Championship				Softball Northwest Regional: Championship				SportCtr (N) (Live)		SportCtr
ESPN2	SportCtr (N) (Live)		Softball Team Orange vs. Team Blue (N)				UFC Live		NFL Live		Shorts Locked In		30 for 30
FNEWS	Bret Baier (N) (Live)		Ingraham (N) (Live)		Jesse (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News (N) (Live)		The Five
FX	(5:30) 🌟🌟🌟 Iron Man 2 ('10) Robert Downey			🌟🌟🌟🌟 Captain America: The First Avenger ('11)			🌟🌟🌟🌟 Captain America: The First Avenger						
HBO	Movie	🌟🌟🌟🌟 I Love You, Man ('09)		(:20) Gemstones		(:05) 🌟🌟🌟 Draft Day ('14) Kevin Costner.			How to		Last Call "Michael"		
HIST	Ancient Aliens		Ancient Aliens		Ancient Aliens (N)		(:05) Aliens (N)		(:05) Aliens (N)		(:05) Aliens (N)		(:05) Aliens
ION	Hawaii Five-0 "Kalele"		Hawaii "Ha'alele"		WNBA Basketball				Hawaii "Pa Make Loa"		Hawaii "Ua Hopu"		Hawaii
LIFE	Dawn "Part 2: Secrets of the Morning"				V.C. Andrews' Dawn (N)				(:05) 🌟 Girl in the Basement ('21)				Dawn
MAX	Movie	🌟🌟🌟 Balls of Fury ('07)		🌟🌟🌟 Road Trip			(:35) 🌟🌟 Road Trip: Beer Pong		(:10) 🌟🌟🌟 Life of Crime ('13)				
NBCSPA	Birds (N)	Phillies	MLB Baseball Philadelphia Phillies at Pittsburgh Pirates (N) (Live)				Phillies (N) (Live)		Birds		Futbolista	Baseball	
NICK	Movie	(:45) 🌟🌟🌟🌟 Despicable Me 2 ('13) Steve			(:45) Ooze		Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	🌟🌟🌟🌟 The Dark Knight ('08) Heath Ledger, Aaron Eckhart, Christian Bale.				🌟 The Dark Knight				
TBS	Sheldon	Sheldon	Sheldon	Sheldon	🌟🌟🌟 Fist Fight ('17) Charlie Day.		(:50) 🌟🌟🌟 Central Intelligence ('16) Dwayne Johnson.		Movie				
TCM	Movie	🌟🌟🌟 Sons O' Guns ('36)			🌟🌟🌟🌟 Straight Time ('78) Dustin Hoffman.			(:15) 🌟🌟🌟🌟 Mean Streets ('73) Robert De Niro.					
TNT	(5:00) 🌟🌟🌟 Safe House ('12)		🌟🌟🌟🌟 Training Day ('01) Denzel Washington.				All Elite Wrestling (N)		🌟🌟🌟 Man of Steel ('13)				
USA	(5:00) NASCAR		9-1-1 "Fallout"		9-1-1		9-1-1 "Seize the Day"		9-1-1 "Fools"		9-1-1 "Pinned"		9-1-1

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NATIONAL NIGHT OUT IS A YEARLY EVENT THAT OFFERS AN IDEAL OPPORTUNITY TO BUILD NEIGHBORHOOD UNITY AND STRENGTHEN POLICE-COMMUNITY PARTNERSHIPS. THIS YEAR, NATIONAL NIGHT OUT IS TUESDAY, AUGUST 1. SEE BELOW FOR SOME LOCATIONS.

CAPE MAY

Outside Convention Hall
714 Beach Ave.
5:30-8:30pm

NORTH WILDWOOD

Bill Henfey Park
8th & Central Aves.
5:30-8:30pm

WILDWOOD CREST

Centennial Park
Fern Rd. & Ocean Ave.
5:30-8:30pm



WILDWOOD

Fox Park
Ocean Ave. Between Burk
& Montgomery Aves.
5:30-8:30pm

MIDDLE TOWNSHIP

Clarence Davies Sports Complex
626 Goshen Rd., CMCH
5-8pm

OPEN DAILY 11:00 AM - 8:00 PM - CLOSED WEDNESDAYS



BRING THIS AD ON
TUESDAY, AUG. 1 & GET
10% OFF YOUR CHECK!

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MILITARY, 1ST RESPONDERS
& MUNICIPAL WORKERS
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DINE-IN • TAKE-OUT
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WWE SummerSlam

By Alex Hendry

Questions:

- 1) The Honky Tonk Man made a foolish open challenge for his Intercontinental Championship at SummerSlam 1988 - who answered his challenge?
- 2) What year did wrestler-turned-actor Dwayne 'The Rock' Johnson make his SummerSlam debut?
- 3) -The British Bulldog pinned Bret 'The Hitman' Hart in front of approximately 80,000 screaming fans during the main event of SummerSlam 1992. At which arena did the event take place?
- 4) After winning at SummerSlam 2017, which fighter became the first female athlete to win a title in the UFC and the WWE?
- 5) 1996 Olympic Gold medalist Kurt Angle was the final SummerSlam opponent of which wrestling icon?
- 6) John Cena wrestled Seth Rollins at SummerSlam 2015 in this dual champion match featuring the WWE Championship and what other title?
- 7) The Main Event of SummerSlam 2005 marked the in-ring return of which wrestler?

- 8) This wrestler won the World Heavyweight Title during SummerSlam 2004, becoming the WWE's youngest World Champion - name the wrestler.
- 9) SummerSlam 1988 was the inaugural SummerSlam and featured Hulk Hogan & 'Macho Man' Randy Savage in the main event - where did it take place?
- 10) The first-ever Tables, Ladders & Chairs (TLC) Match took place at SummerSlam 2000 - which tag team won this iconic match?

Answers:

- 1) The Ultimate Warrior
- 2) 1998 (The Rock vs. Triple H in a Ladder Match)
- 3) Wembley Stadium (London, U.K.)
- 4) Ronda Rousey
- 5) 'Stone Cold' Steve Austin (SummerSlam 2001)
- 6) WWE United States Championship
- 7) Hulk Hogan (versus 'The Heartbreak Kid' Shawn Michaels)
- 8) Randy Orton (24 years, 4 months, 20 days)
- 9) Madison Square Garden (New York City, NY.)
- 10) Edge and Christian

This Week's Weather

**THURSDAY,
JULY 27**  **HIGH 90**
LOW 75

**FRIDAY,
JULY 28**  **HIGH 90**
LOW 77

**SATURDAY,
JULY 29**  **HIGH 90**
LOW 73

**SUNDAY,
JULY 30**  **HIGH 81**
LOW 72

**MONDAY,
JULY 31**  **HIGH 81**
LOW 68

**TUESDAY,
AUGUST 1**  **HIGH 82**
LOW 70

**WEDNESDAY,
AUGUST 2**  **HIGH 81**
LOW 72

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Sun: Are You Smarter
Than The Bartender 9pm
Tues: Name That Tune 9pm
Wed: Quizzo 9pm

OUTSIDE:
Fri: Danny Eyer 6pm
Sun: Camille Peruto 6pm
Mon: Rachel & Tyler 6pm

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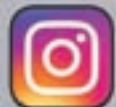
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SATURDAY AFTERNOON JULY 29, 2023

	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	Formula E		Pickleball		Course	One Shot	PGA Tour Golf 3M Open, Third Round (N) (Live)						
6-ABC	oh baby!	Hearts of	Vets-Pets	NFL Live: Back Together Saturday (N) (Live)			UFC Live	UFC Countdown	Action News 5PM (N)					
10-NBC	One Team	2023 Senior Open Championship Third Round (N) (Live)			Countdo..	NASCAR Xfinity Racing Series Henry 180 (N) (Live)								
17-MNT	(11:00) Tru..	Paid Prog.	Paid Prog.	RVing	Raw Travel	Pawn Stars	Pawn Stars	S.W.A.T. "Fallen"	S.W.A.T. "Pride"	Sheldon	Sheldon			
23-PBS	(10:30)	Moments to Remember		Young Forever With Mark Hyman, MD			People	Steven	Dooky	Jazzy	Drive	State-Aff		
29-FOX	True Crime	Paid Prog.	Paid Prog.	True Crime 2023		Paid Prog.	Paid Prog.	Horse Racing Saratoga Saturday (N) (Live)						
57-CW	Paid Prog.	Weather Gone Viral		SOS "Storm Surge"		The First 48		True Crime	Paid Prog.	iCRIME	iCRIME	Law-SVU "Pop"		
A&E	Best (N)	Delicious	Delicious	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 48		First 48 "Murder Rap"		
AMC	★★★★ Avatar ('09) Zoe Saldana, Sigourney Weaver, Sam Worthington.						★★★★ I, Robot ('04) Bridget Moynahan, Will Smith.				Movie			
CNN	(11:00) CN..	CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		Smerconish	CNN Newsroom (N)		CNN Newsroom (N)			
DISC	(11:00) Ja..	Air Jaws Final		Mnster Mko Fr		Tropic Jaws		Firda Shrkr Bld	Mnster Brmuda		Great White			
DISN	Ladybug	Diary of a Wimpy		BigCity	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	
ESPN	(9:00) NFL..	Pickleball		UFC 291 Countdown		AKC Fastest Dogs USA 2023 (N)			30 for 30 Bullies of Baltimore					
ESPN2	(11:00) Sp..	The Basketball Tournament				The Basketball Tournament				Rolling Away (N)		Ath. Lacrosse		
FNEWS	(11:00) Ca..	Fox News (N) (Live)		Fox News (N) (Live)		Fox News (N) (Live)		Journal Editorial (N)		Fox News (N) (Live)		The Five		
FX	Family Guy	★★★★ Good Boys ('19) Jacob Tremblay.				★★★★ Stuber ('19) Dave Bautista.			★ The Waterboy ('98) Adam Sandler.					
HBO	(10:25) ★	★★★★ Unbreakable Bruce Willis.			(:15) Citizen U.S.A.		(:10) The Golden Boy Part I		Golden Boy Part II		Movie			
HIST	(11:00) Pic..	The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		The UnXplained		
ION	(11:00) La..	Law-SVU "Intent"		Law & Order: SVU		Law & Order: SVU		Law-SVU "Flight Risk"		Law-SVU "Info Wars"		Law & Order: SVU		
LIFE	(11:00) ★★	Trainwreck ('15) Bill Hader, Amy Schumer.			V.C. Andrews' Dawn "Part 1: Dawn"								Dawn "Part 2: Secrets of the Morning"	
MAX	(11:10) ★	Six Days,		(:50) ★★ Eagle Eye ('08) Shia La Beouf.		(:50) ★ The New Guy ('02)		(:20) ★★ Fool's Gold ('08)						
NBCSPA	Paid Prog.	World Poker Tour		World Poker Tour		World Poker Tour		Ultimate Disc				Birds	Greatest	
NICK	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	
PARMT	(11:00) NC..	★★★★ John Wick ('14) Keanu Reeves.				★★★★ John Wick: Chapter 2 ('17) Keanu Reeves.			★ John Wick: Chapter 3 --					
TBS	Movie	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	
TCM	Movie	★★★★ Naughty Marietta ('35)				★★★★ Key Largo ('48) Humphrey Bogart.			★★★★ Foreign Correspondent ('40)					
TNT	(10:50) ★★	Star Wars: The Phantom			(:50) ★★ Star Wars: Attack of the Clones ('02) Natalie Portman, Ewan		★ Star Wars:							
USA	(10:35) ★	Walking Tall		NASCAR Cook Out 400, Qualifying (N) (Live)			★★★★ Mr. & Mrs. Smith ('05) Angelina Jolie, Brad Pitt.			★ Hitman's				

SATURDAY EVENING JULY 29, 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	Ooze	Alex Scott	NCIS "Guardian"	48 Hours			48 Hours	News (N)	Lioness	Magnum	
6-ABC	News (N)	WorldNe..	FYI Philly	Wheel	UFC 291 - Prelims (N) (Live)				The Prank Panel	News (N)	News (N)	Jeopardy!	
10-NBC	News (N)	NBC News	MLB Baseball Philadelphia Phillies at Pittsburgh Pirates (N) (Live)		America's Got Talent			News (N)	Saturday Night Live				
17-MNT	Big Bang	Big Bang	Big Bang	Big Bang	Chicago P.D.		Chicago "A War Zone"	Action News at 10 (N)		Philler	Delco Duo Mom		
23-PBS	Eat-Argue	NJ Spot	NYC Arts	State/Arts	Old House	Old House	The T	(:45) McLeod	Love "Episode 9"		Celebrity Trip		
29-FOX	Special	MLB Baseball New York Yankees at Baltimore Orioles (N) (Live)					News (N)	The Pulse		World Cup (N) (Live)			
57-CW	Law-SVU "Pop"	FamFeud	FamFeud	1982 (N) (SF)		WhoseLine		WhoseLine	SEAL Team		WOW - Women		Neighbor
A&E	The First 48		The First 48		The First 48		The First 48		The First 48		(:05) The First 48		(:05) First48
AMC	(5:30) ★★	World War Z ('13) Brad Pitt.			★★★★ The Mummy ('99) Rachel Weisz, Brendan Fraser.			(:45) ★★ The Mummy Returns ('01)					
CNN	CNN Newsroom (N)		CNN Newsroom (N)		See It Loud		See It Loud		See It "Sitcom-ish"		CNN Spec		CNN Spec
DISC	Great White F		Raiders th Lost		Dawn of th (N)		Megasharks of (N)		Bily Bst Fding		Jaws vs the Meg		Dawn of th
DISN	Ladybug	Ladybug	Marvel's	Marvel's	★★★★ Big Hero 6 ('14) Ryan		(:40) Hailey	(:05) Hailey	Ladybug	Ghost	Ghost	Bluey	
ESPN	SportCtr (N) (Live)		SportsCenter		UFC 291 - Prelims (N) (Live)				SportCtr (N) (Live)		SportCtr (N) (Live)		
ESPN2	(5:00) Ath. Lacrosse	Athletes	Lacrosse Team Blue vs. Team Gold (N) (Live)				30 for 30 Vick (Part 1)			30 for 30 Vick (Part 2)			
FNEWS	Fox Report (N) (Live)		Weekend (N) (Live)		One Nation (N)		L. Jones (N) (Live)		FOX News (N) (Live)		Gutfeld!		Weekend
FX	★★★★ Daddy's Home ('15) Will Ferrell.				★★★★ The Equalizer 2 ('18) Denzel Washington.				★★★★ The Equalizer 2 ('18) Denzel				
HBO	(5:50) ★★	★★★★ Shakespeare in Love ('98)			★★★★ Good Will Hunting ('97) Matt Damon.			HowTo	(:40) ★★	★★★★ Evil Dead Rise ('23)		Movie	
HIST	The UnXplained		The UnXplained		The UnXplained		The UnXplained		(:05) The UnXplained		(:05) The UnXplained		UnXplain..
ION	Law & Order: SVU		Law & Order: SVU		Law-SVU "Dare"		Law & Order: SVU		Law-SVU "Service"		Law & Order: SVU		Law-SVU
LIFE	V.C. Andrews' Dawn "Part 3: Twilight's Child"				Dawn "Part 4: Midnight Whispers" (N) (F)			(:05) Flowers-Attic "Part 1: The Marriage"					Dawn
MAX	(:10) ★★	Horrible Bosses 2 ('14)			★★★★ Neighbors ('14) Seth		(:35) ★★ Blended ('14) Adam Sandler.			★ Edward Scissorhan...			
NBCSPA	Phillies	Phillies	Motocross Washougal MX Park (N)				Go Nitro	Poker	Phillies (N) (Live)		MLB Baseball		
NICK	Patrick	Patrick	★★★★ Hotel Transylvania ('12) Adam Sandler.				Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	(4:30) ★	John Wick: Chapter 3 - Pa...		★★★★ John Wick ('14) Michael Nyqvist, Keanu Reeves.			(:55) ★★ John Wick: Chapter 2 ('17) Keanu Reeves.						
TBS	American	American	American	American	American	Burgers	Burgers	Burgers	Burgers	Burgers	Miracle	TacomaFD	Movie
TCM	(:15) ★★	The Omega Man ('71)			★★★★ Double Indemnity ('44)			★★★★ Body Heat ('81) William Hurt.			Movie		
TNT	(4:55) ★★	★★★★ Star Wars: Revenge of the Sith				All Elite Wrestling: Collision (N)			★★★★ Star Wars: The Empire Strikes Back ('80)				
USA	(5:00) ★	The Hitman's Bodyguard		★ The Hitman's Wife's Bodyguard ('21) (P)		★★★★ The Hitman's Bodyguard ('17) Ryan Reynolds.			Movie				

SUNDAY AFTERNOON

JULY 30, 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	Paid Prog.	PBR Team Series	BIG3 Basketball Week 6 (N) (Live)				PGA Tour Golf 3M Open, Final Round (N) (Live)						
6-ABC	Inside	Action News (N)	We Have a Dream (N)				PLL Waterdogs LC vs. Archers LC (N) (Live)				Action News 5PM (N)		
10-NBC	Check's In	Senior Open Final Round (N) (Live)				Premier	Soccer Summer Series: Chelsea vs. Fulham (N) (Live)				FINA Swimming		
17-MNT	Paid Prog.	Paid Prog.	True Crime	In Focus	This Week	Good Dr	"Fractured"	Pawn Stars	Pawn Stars	Pawn Stars	black-ish	Philler	black-ish
23-PBS	Think Tank	State-Aff	JSchwan..	Lidia	Milk	Kitchen	Table	Young Forever With Mark Hyman, MD				Sinatra-Concert	
29-FOX	Paid Prog.	Rescue	Planet	Space	Life 2.0	True Crime	Paid Prog.	Comedy.TV		NHRA DENSO Sonoma Nationals (N) (Live)			
57-CW	Paid Prog.	World's	World's	Storm of Suspicion		The First 48		Paid Prog.	Transform	Crimes "Tourist Trap"		Law-SVU "Mask"	
A&E	(11:00) Zo..	Zombie Flip		Court Cam	Court Cam	Court Cam	Court Cam	Arrest	Arrest	The First 48		The First 48	
AMC	Movie	(:15) ⚡⚡⚡ The Mummy Returns '01 Rachel Weisz, Brendan Fraser.				(:15) ⚡⚡⚡ San Andreas '15 Carla Gugino, Dwayne Johnson.							
CNN	(11:00) Ins..	State of Union		Fareed Zakaria GPS		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)		CNN Newsroom (N)	
DISC	(11:00) Ex..	Jaws in the Shallows		Mako Mania: B		Serial Killer Re		Billy Bst Fding		Naked and Afraid of Sharks (N)			
DISN	Ladybug	Bluey	Bluey	Bluey	Big City	Big City	Kiff	Kiff	Kiff	Hamster & Ladybug	Hailey	Hailey	
ESPN	(11:00) Sp..	Pickleball PPA Tour: Seattle Open (N) (Live)				30 for 30 The Two Bills			WNBA (N)	WNBA Basketball			
ESPN2	E60	Softball Team Blue vs. Team Purple (N) (Live)				UFC Archival		PFL 2023	Zayas (N)	TBT Quarterfinal: Teams TBA (N) (Live)			
FNEWS	(11:00) Me..	Fox News (N) (Live)		Fox News (N) (Live)		FOX News Sunday		Maria Bartiromo		Fox News (N) (Live)		The Five	
FX	Movie	⚡⚡⚡ Iron Man '08 Terrence Howard, Robert Downey Jr..				⚡⚡⚡ Thor '11 Natalie Portman, Chris Hemsworth.				Movie			
HBO	(10:35) ⚡	Black Adam	(:40) ⚡ After the Bite '23			(:15) Marc Maron: Dark			(:25) ⚡⚡⚡ Lucky You '07 Eric Bana.			How to	
HIST	(11:00) Ma..	Built America		Built America		Built America		Built America		Built America		America "Pizza Wars"	
ION	(11:00) NC..	NCIS		NCIS "Status Update"		NCIS "Patience"		NCIS "No Good Deed"		NCIS		NCIS "Troll"	
LIFE	(10:00) Da..	Dawn "Part 2: Secrets of the Morning"				V.C. Andrews' Dawn "Part 3: Twilight's Child"				Dawn "Part 4: Midnight Whispers"			
MAX	Movie	(:20) ⚡⚡⚡ Old '21 Gael García Bernal.				(:10) ⚡⚡⚡ Divergent '14 Theo James, Shailene				⚡⚡⚡ Be Kind Rewind '08			
NBCSPA	MyBiotin	Paid Prog.	Phillies	Phillies	MLB Baseball Philadelphia Phillies at Pittsburgh Pirates (N) (Live)				Phillies (N) (Live)		Harness		
NICK	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..	SpongeB..
PARMT	(11:00) Bar..	Bar Rescue		Bar Rescue		Bar Rescue		Bar Rescue		BarRescue		(:55) Bar Rescue	
TBS	Movie	Friends		Friends		Friends		Friends		Friends		Friends	
TCM	⚡⚡⚡⚡	Gigi '58 Leslie Caron.				(:45) ⚡⚡⚡⚡ Boys' Night Out '62 Kim Novak.				(:45) ⚡⚡⚡⚡ The Night of the Iguana '64 Richard Burton.			
TNT	(11:00) NC..	⚡⚡⚡ Hunter Killer '18 Gary Oldman, Gerard Butler.				⚡⚡⚡⚡ Star Wars: A New Hope '77 Mark Hamill.				⚡ Star Wars: Empire			
USA	(11:00) La..	Premier League Soccer				Dale Jr.	NASCAR..	NASCAR Cup Series Cook Out 400 (N) (Live)					

SUNDAY EVENING

JULY 30, 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 (N)		Tough (N) (SF)		The Equalizer		NCIS: Los Angeles		News (N)	(:35) Sports	J.Osteen
6-ABC	News (N)	WorldNe..	Fun Videos		Celebrity Fam (N)		Pyramid (N)		Pyramid		News (N)	News	FYI Philly
10-NBC	News (N)	NBC News	Ninja Qualifiers 3		Ninja Qualifiers 6		America's Got Talent				News (N)	(:50) Philly	Bensinger
17-MNT	Two Men	Two Men	Goldbergs	Goldbergs	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action News at 10 (N)		Seinfeld	Seinfeld	Outdoors
23-PBS	(5:00) Sina..	This Land Is			Kenny Rogers Farewell Concert			Nitty Gritty		Young Forever			
29-FOX	(4:00) NHRA	Food Stars			Simpsons	Family Guy	House (N)	House (N)	News (N)	News (N)	News (N)	Extra (N)	
57-CW	Living	Lioness	Ooze	Alex Scott	The Chosen (N)		Animals	Animals	Magnum P.I.		WOW - Women		King
A&E	The First 48	First 48 "Tripped Out"		The First 48			The First 48		The First 48		(:05) The First 48		(:05) First48
AMC	⚡⚡⚡⚡	Tombstone '93 Val Kilmer, Michael Biehn, Kurt Russell.				Dark Winds (N) (SP)		(:05) Black Snow (P)		(:15) Dark Winds		DarkWinds	
CNN	CNN Newsroom (N)	CNN Newsroom (N)			Whole (N)		See It Loud (N)		History of the Sitcom		The Whole Story with		See It
DISC	Naked and Afraid of Sharks (N)				Naked and Afraid (N)		Survive the Raft "This Isn't a Game" (N)				Naked and Afraid		Naked
DISN	Raven	(:25) ⚡ The Slumber Party '23		Raven (N)	Bunk'd	⚡⚡⚡⚡ Mary Poppins Returns '18 Emily		(:15) Raven		Bunk'd	(:05) Bluey		
ESPN	Countdown (N) (Live)	MLB Baseball New York Yankees at Baltimore Orioles (N) (Live)				SportCtr (N) (Live)		SportsCenter (N) (Live)					
ESPN2	Formula 1 Racing Belgium Grand Prix (N)				ESPN FC		(:55) Soccer				X Games		World of X
FNEWS	Fox Report (N) (Live)	Weekend (N) (Live)		Life, Liberty (N)		Sunday Night (N)		Weekend		Life, Liberty & Levin		Sunday	
FX	(5:30) ⚡	Captain America: The First Avenger				⚡⚡⚡ Captain Marvel '19 Samuel L. Jackson, Brie				⚡⚡⚡ Captain Marvel '19 Brie Larson.			
HBO	Gemston..	(:45) ⚡⚡⚡⚡ Good Will Hunting '97 Matt Damon.				Last Call (N) (F)		Gemston..	Gemston..	(:15) Last Call "Part 4"		Gemston..	
HIST	Built America		Built America		Mega-Brands		Mega-Brands (N)		(:05) Built America		(:05) Built America		Brands
ION	NCIS "The Lost Boys"		NCIS "Neverland"		NCIS		NCIS "Personal Day"		NCIS "Incognito"		NCIS "Double Trouble"		NCIS
LIFE	⚡ Look Who's Stalking '23 Alissa Filoramo.				⚡ To Kill a Steppather '23 (P)				(:05) ⚡ The Man With My Husband's Face				Movie
MAX	(:10) ⚡⚡⚡ White Chicks '04 Shawn Wayans.		⚡⚡⚡ Bringing Down the House		(:45) ⚡⚡⚡ Big Momma's House				⚡⚡⚡ Big Momma's				
NBCSPA	Go Racing	Golfer	Golf (N)	Futbolista	Life	Greatest	Rowing		MLB Baseball				Poker
NICK	SpongeB..	SpongeB..	SpongeB..	SpongeB..	⚡⚡⚡ The Addams Family '19 Oscar Isaac.				Friends	Friends	Friends	Friends	Friends
PARMT	(5:50) Bar..	(:50) 1883 "Lightning Yellow Hair"			1883 (N)		(:20) Lioness (N)		(:15) 1883: A Yellowstone		Bar Rescue		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	The Cube (N)		The Cube		⚡⚡⚡⚡ My Cousin Vinny '92		
TCM	⚡⚡⚡⚡ Travels With My Aunt '72				⚡⚡⚡⚡ Coming Home '78 Jon Voight, Jane Fonda.				⚡⚡⚡⚡ Being There '79 Peter Sellers.				
TNT	(:5:15) ⚡ Star Wars: The Empire Strikes Back				⚡⚡⚡⚡ Star Wars: Return of the Jedi '83 Harrison Ford, Mark				⚡ Star Wars: Return of the Jedi				
USA	(3:00) NAS..	NASCAR	Law-SVU "Guardian"		Law & Order: SVU		Law-SVU "Plastic"		Law-SVU "Part 33"		Law & Order: SVU		Law-SVU

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On Or Off Road: Get The Most Out Of Your Tires, Pt 2

From Off-Road To Side Roads

So that's all fine for the person heading into the great outdoors. What should a driver look for in all-terrain tires if they aren't an off-road adventurer but looking for something in an area with rougher roads?

"If the terrain you'll tackle is milder—say gravel roads, light mud, etc.—we'd recommend considering an all-terrain pattern that highlights on-road manners," Ocasio says. "A premium all-terrain product will provide the off-road traction drivers desire and deliver strong performance on dry, wet, and snowy roads and a quiet, comfortable ride."

Driving in The Muck

So what if you live in an area with a heavy rainy season and you have to drive in extremely muddy conditions? What should you look for in tires?

Some tires are designed to deliver traction in severe off-road conditions, Ocasio explains. "On the other end, you find all-terrain tires that balance road manners and off-road capabilities."

Mud terrain tires are marked with the M+S symbol, which indicates they have been tested for mud and snow.

"Consider a mud-terrain or max-traction tire if you are looking for the maximum off-road capability and are less concerned about a quiet, comfortable ride," Ocasio says. "The rule I like to follow is this:

"If you are 80% off-road and 20% on-road is when you make the switch from all-terrain to max-traction."

But are you giving up the reliability and peace of mind offered with the purchase of a "regular" day-to-day driving tire?

"No," Ocasio says. "Nowadays, many all-terrain tires feature mileage warranties."

"We always recommend working with your preferred tire dealer to help you find the tire that best fits your lifestyle and driving needs."

Things to look for in all-terrain and off-road tires:

- All-terrain tires aren't meant for heavy road use but there have been improvements that will allow for better gas mileage and asphalt wear and tear.
- For off-road adventures, find the right off-road tire that is durable and designed for tough conditions with good ground clearance.
- If you live in an area with heavy snow, get real snow tires for the winter.
- If you are dealing with seasonal muddy driving conditions, consider mud-terrain style tires.
- For off-road adventures consider oversize and taller tires to ensure clearance of obstacles and head off potential damage to your vehicle.
- All-terrain tires often offer mileage warranties, so talk with your tire dealer about the right one for you.

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GET LOST IN THE EXCITEMENT!

Here are some of the fun events happening in the Wildwoods:

JULY 29

Jus Nice Sneaker Convention

JULY 29

Crest 5K Beach Run

JULY 29-30

Ultimate Beach Frisbee Tournament

AUG 3

Anglesea Night Market & Food Truck Festival

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

IPSW Pro Wrestling Wildwoods Conv. Center

AUG 26

Triathlon, Wild Child Triathlon & 5K

SEPT 3

End of Summer Block Party & Music Festival

SEPT 8-9

Mummers String Band Show

SEPT 10

Volkswagen Car Show

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**JERSEY CAPE MAGAZINE'S
CHILD OF THE WEEK**



LOGAN

Logan turns 12 on July 30th. He had a fantastic 6th grade year earning high honors every marking period and playing on the all-star baseball team. He's spending his summer working at his Pop Pop's restaurant, The Crab & Seafood Shack

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MONDAY EVENING

JULY 31, 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)	Neighbor	Bob Heart	NCIS "Big Rig"		NCIS "Family Ties"		News (N)	(:35) Colbert		
6-ABC	News (N)	WorldNe..	Jeopardy!	Wheel	The Bachelorette (N)			Claim to Fame (N)		News (N)	(:35) J. Kimmel			
10-NBC	News (N)	NBC News	News (N)	Hollywood	Ninja Semifinals 1 (N)			The Wall		Weakest Link		News (N) (:35) Tonight Show		
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men	
23-PBS	NJ Spotl	Newsline	One on O..	NJ Spotl	Animal "First Steps"			NOVA		Teen Regime		NJ Spotl	One on O..	BBC New
29-FOX	The Six	The Pulse	TMZ (N)	You Bet	Stars on Mars (N)			Kitchen (N)		News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Son of a	Run (P)	Children	Bump	News Philly (N)		Law-SVU "Remorse"		Neighbor	
A&E	Secrets of Playboy		Secrets of Playboy		Secrets of Playboy		Playboy (N)		Miss Am. (N) (SF)		Secrets of Playboy		Playboy	
AMC	🌟🌟🌟 Unstoppable ('10) Denzel				🌟🌟🌟 Star Trek Into Darkness ('13) Zachary Quinto, Chris Pine.				🌟🌟 Dredd ('12) Karl Urban.					
GNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		Cooper36	
DISC	Street Outlaws		Street Outlaws (N)		Outlaws "Say It Ain't Smoke" (N)				Street Outlaws (N)		Street "Unlucky Lutz"		Outlaws	
DISN	Hamster & Hamster &		Kiff		Kiff		🌟 Night at the Museum: Kahmunrah Rises Again ('22) (P)				Villains	Villains	Bluey	
ESPN	SportCtr (N) (Live)		X Games 2023 Trending Moments (N)				ESPN Films				SportCtr (N) (Live)		SportCtr	
ESPN2	Daily Wager (N) (Live)		TBT Quarterfinal: Teams TBA (N) (Live)				TBT Quarterfinal: Teams TBA (N) (Live)				NFL Live		Zayas	
FNEWS	Bret Baier (N) (Live)		Ingraham (N) (Live)		Jesse (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News (N) (Live)		The Five	
FX	(4:30) 🌟🌟🌟 Thor		🌟🌟🌟 The Avengers ('12) Chris Evans, Robert Downey Jr..				Breeders		Breeders		Breeders	Breeders	Breeders	
HBO	(:10) 🌟🌟 Serendipity ('01)		(:45) 🌟🌟🌟 Parasite ('19) Lee Sun-gyun, Song Kang-ho.		Gemston..		Gemston..		(:15) Last Call "Part 4"		Movie			
HIST	History's-Mysteries		History's-Mysteries		History's-Mysteries		Mysteries (N)		(:05) Dark Marvels (N)		(:05) Mysteries		Mysteries	
ION	Criminal "Zugzwang"		FBI "Undisclosed"		FBI		FBI "Salvation"		FBI "Ties That Bind"		FBI "Fallout"		FBI	
LIFE	Rizzoli "In Plain View"		Rizzoli & Isles		Rizzoli & Isles		Rizzoli "The Platform"		(:05) Rizzoli & Isles		(:05) Rizzoli & Isles		Rizzoli	
MAX	🌟🌟 Hellboy ('19) David Harbour.				🌟 Empire State ('13)				(:35) 🌟🌟 Undisputed ('02)		(:10) 🌟🌟 Kin ('18) Myles Truitt.			
NBCSPA	Phillies	MLB Baseball Philadelphia Phillies at Miami Marlins (N) (Live)						Phillies (N) (Live)		Birds (N)		Birds	Life	Baseball
NICK	Ooze	SpongeB..	🌟🌟🌟 Despicable Me ('10) Steve Carell.				Friends	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	🌟🌟🌟 The Italian Job ('03) Mark Wahlberg.				🌟🌟🌟 The Departed ('06) Leonardo					
TBS	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Miracle	Miracle	American	American	American	
TCM	Movie	(:45) 🌟🌟 Heat Lightning ('34)		🌟🌟🌟 Gilda ('46) Glenn Ford, Rita Hayworth.				🌟🌟🌟 Affair in Trinidad ('52) Rita Hayworth.		Movie				
TNT	(5:00) 🌟🌟🌟 Ant-Man ('15)			🌟🌟🌟 Ant-Man and The Wasp ('18) Paul Rudd.				Rich & Shameless		🌟🌟🌟 The Hangover ('09)				
USA	Chicago Fire		Chicago Fire		WWE Monday Night RAW (N) (Live)				Temptation Island		The Big D			

TUESDAY EVENING

AUGUST 1, 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)	FBI "Fortunate Son"		FBI: International		FBI: Most Wanted		News (N)	(:35) Colbert			
6-ABC	News (N)	WorldNe..	Jeopardy!	Wheel	Celebrity Wheel		Jeopardy! Masters		The Chase		News (N)	(:35) J. Kimmel			
10-NBC	News (N)	NBC News	News (N)	Hollywood	America's Got Talent "Auditions 8" (N)			Hot Wheels (N)		News (N) (:35) Tonight Show					
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men		
23-PBS	NJ Spotl	Newsline	One on O..	NJ Spotl	Doctor		(:45) Doc Martin		Variety		NJ Spotl	NJ Spotl	BBC New		
29-FOX	The Six	The 215	TMZ (N)	You Bet	Beat Shazam (N)		Don't Forget (N)		News (N)		News (N)	ClassH	Extra (N)		
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Down-Zac Efron (N)		Friends "Dubai" (N)		News Philly (N)		Law-SVU "Nocturne"		Neighbor		
A&E	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Customer	Storage	Storage	Customer	Customer	Customer		
AMC	🌟🌟 National Lampoon's European				🌟🌟 National Lampoon's Vacation ('83)				🌟🌟 Vegas Vacation ('97) Chevy Chase.		🌟🌟 Tag				
GNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		Cooper36		
DISC	Catch "Victory at Sea"		Deadliest Catch		Deadliest Catch (N)		Bering Sea Gold "Goldfellas" (N)				Naked and Afraid		Catch		
DISN	Hamster & Hamster &		Kiff		Kiff		Big City	Big City	Ladybug	Ladybug	Marvel's Moon Girl		Pretty Frk	Pretty Frk	Bluey
ESPN	SportCtr (N) (Live)		WNBA Basketball				The Ultimate Fighter		The Ultimate Fighter		Soccer				
ESPN2	Daily Wager (N) (Live)		Great American Events				Great American Events				SportCtr (N) (Live)		SportCtr		
FNEWS	Bret Baier (N) (Live)		Ingraham (N) (Live)		Jesse (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News (N) (Live)		The Five		
FX	🌟🌟🌟 Avengers: Endgame ('19) Chris Evans, Mark Ruffalo, Robert Downey Jr..								Justified: City (N)		Justified "Kokomo"		Justified		
HBO	(:05) 🌟🌟🌟 Edge of Tomorrow ('14)				🌟🌟 Body of Lies ('08) Leonardo DiCaprio.			(:10) Last Call "Part 4"		(:10) 🌟🌟🌟 Leaving Las Vegas					
HIST	Skinwalker Ranch		Skinwalker Ranch		Secret (N)		Skinwalker Ranch (N)		(:05) Beyond (N)		(:05) Beyond		(:05) Secre		
ION	Chicago Fire		Chi. Fire "One Minute"		Chicago Fire		Chicago Fire		Chicago Fire		Chicago Fire		Chi. Fire		
LIFE	Property	Property	Property	Property	Property	Property	Everything	Everything	Property	Property	Property	Property	Property		
MAX	🌟🌟🌟 The Grey ('12) Liam Neeson.				🌟 Throw Momma From the Train				🌟 The Mod Squad ('99)		(:05) 🌟 Barely Lethal ('15) (P)				
NBCSPA	Phillies	MLB Baseball Philadelphia Phillies at Miami Marlins (N) (Live)						Phillies (N) (Live)		Birds (N)		Birds	Golf	Baseball	
NICK	SpongeB..	SpongeB..	🌟🌟🌟 Dr. Seuss' the Lorax ('12) Danny				Friends	Friends	Friends	Friends	Friends	Friends	Friends		
PARMT	Two Men	Two Men	Two Men	Two Men	🌟🌟🌟 Pretty Woman ('90) Julia Roberts, Ralph Bellamy, Richard				🌟🌟🌟 Pretty Woman ('90)						
TBS	Sheldon	Leadoff	MLB Baseball Tampa Bay Rays at New York Yankees (N) (Live)						MLB Close	Sheldon	Sheldon	Sheldon	Sheldon		
TCM	Movie	🌟🌟 Easy Living ('49)			🌟🌟🌟 The Long, Long Trailer ('54) Lucille			🌟🌟 Forever Darling ('56) Lucille Ball.		Movie					
TNT	(5:30) 🌟🌟🌟 Ant-Man and The Wasp ('18)				🌟🌟🌟 Avengers: Age of Ultron ('15) Robert Downey Jr..				(:45) 🌟🌟 Wonder Woman 1984 ('20)						
USA	Law & Order: SVU		Law & Order: SVU		WWE NXT (N) (Live)				(:10) 🌟🌟🌟 Bill & Ted's Excellent		Movie				

WEDNESDAY EVENING

AUGUST 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.	ET (N)	Big Brother (N) (SP)			Sheldon	CSI: Vegas	News (N)	(:35) Colbert		
6-ABC	News (N)	WorldNe..	Jeopardy!	Wheel	Judge (N)			Wonder	Abbott	Fun Videos	News (N)	(:35) J. Kimmel	
10-NBC	News (N)	NBC News	News (N)	Hollywood	LA Fire & Rescue (N)			Chicago Fire		Chicago P.D. "Fight"	News (N)	(:35) Tonight Show	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Friends	Friends	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men
23-PBS	NJ Spotl	Newsline	One on O..	NJ Spotl	Table	Table	Grantchester		Broadchurch		NJ Spotl	Table	BBC News
29-FOX	The Six	ClassH	TMZ (N)	You Bet	MasterChef (N)		Food Stars (N)		News (N)		News (N)	ClassH	Extra (N)
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Nancy Drew (N)		Riverdale (N)		News Philly (N)		Law-SVU "Slaves"	Neighbor	
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Arrest (N)	Arrest (N)	CourtCam	CourtCam	CourtCam
AMC	★ Vegas Vacation ('97) Chevy Chase.				★★★★ My Cousin Vinny ('92) Marisa Tomei, Joe Pesci.				★★★★ Fast Times at Ridgemont High ('82)				
CNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		Cooper360
DISC	Expedition Unknown		Expedition Unknown		Expedition Unknown		Expedition X (N)		(:05) Ghost Adv (N)		(:10) Mysteries of (N)		Expedition
DISN	Hamster &	Hamster &	Kiff	Kiff	Big City	Big City	Ladybug	Ladybug	Marvel's	Marvel's	Raven	Raven	Bluey
ESPN	SportCtr (N) (Live)		TBT First Semifinal: Teams TBA (N) (Live)				TBT Second Semifinal: Teams TBA (N) (Live)				SportCtr (N) (Live)		SportCtr
ESPN2	Daily Wager (N) (Live)		Cornhole				Soccer				Soccer		
FNEWS	Bret Baier (N) (Live)		Ingraham (N) (Live)		Jesse (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News (N) (Live)		The Five
FX	★★★ Fantastic Four: Rise of the Silver				★★★ Thor: The Dark World ('13) Chris Hemsworth.				★★★ Thor: The Dark World ('13)				
HBO	(5:30) ★★★★★ I, Tonya ('17)			How to		★★★ Freedomland ('06) (P)			Gemston..	Gemston..	(:10) ★★ Out of Time ('88)		
HIST	American Pickers		American Pickers		American Pickers		American Pickers (N)			(:05) Pickers		Pickers	
ION	Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Bloods		Blue Blood
LIFE	Castle		Castle		Castle "Recoil"		Castle		(:05) Castle "Target"		(:05) Castle "Hunt"		Castle
MAX	Movie	(:25) ★★ The Hunted ('95)			★★★★ The Card Counter ('21)			(:50) ★★★★★ A Most Violent Year ('14) Oscar Isaac. (P)			★★★★		
NBCSPA	Phillies	MLB Baseball Philadelphia Phillies at Miami Marlins (N) (Live)						Phillies (N) (Live)		Birds (N)	Birds	In. Golf	Baseball
NICK	SpongeB..	SpongeB..	★★★ Sonic the Hedgehog ('20) James Marsden.				Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	★ Joe Dirt ('01) Dennis Miller, David Spade.			★ Joe Dirt 2: Beautiful Loser ('15) David Spade.					
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite Wrestling: Dynamite (N) (Live)				Sheldon	Sheldon	Sheldon	Sheldon	Sheldon
TCM	(5:45) ★★★★★ The Trial ('63) Anthony Perkins.			★★★★★ Psycho ('60) Anthony Perkins.			★★★★★ Fear Strikes Out ('57) Anthony			Movie			
TNT	Lucifer		Lucifer		★ Grown Ups ('10) Adam Sandler.			(:15) ★★ Grown Ups 2 ('13) Adam Sandler. (P)					
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Temptation Island (N)		The Big D (N)		Law & Order: SVU		Temptation

THURSDAY EVENING

AUGUST 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 Me Todd		CSI: Vegas	News (N)	(:35) Colbert			
6-ABC	News (N)	WorldNe..	Jeopardy!	Wheel	Generation Gap (N)			The Prank Panel (N)	Shark Tank	News (N)	(:35) J. Kimmel			
10-NBC	News (N)	NBC News	Football (N) (Live)	NFL Football New York Jets vs. Cleveland Browns (N) (Live)				News (N)		(:35) Tonight Show				
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Two Men	Mom	Union	Sports	Action News at 10 (N)		Mod Fam	Mod Fam	Two Men	
23-PBS	NJ Spotl	Newsline	One on O..	NJ Spotl	Walking "Liverpool"			POV "Eat Your Catfish"	School	NJ Spotl	State/Arts	BBC News		
29-FOX	The Six	Kelly (N)	MLB Baseball (N) (Live)				News (N)		News (N)		News (N)	ClassH	Extra (N)	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Son of a	Run	FBoy Island (N) (SP)		News Philly (N)		Law & Order: SVU		Neighbor	
A&E	The First 48		The First 48		The First 48		60 Days In (N)		Booked (N)		(:05) The First 48		(:05) First48	
AMC	(5:45) ★★ Jaws 3 ('83) Dennis Quaid.		★★★★★ Jaws ('75) Robert Shaw, Richard Dreyfuss, Roy Scheider.			★★★★★ Jaws 2 ('78) Roy Scheider.								
CNN	Situation (N) (Live)		OutFront (N) (Live)		Cooper 360 (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		CNN (N) (Live)		Cooper360	
DISC	Contraband: Seized		Contraband: Seized		Contraband: Seized		Contraband: Seized		Contraband: Seized		Contraband: Seized		Contra..	
DISN	Hamster &	Hamster &	Kiff	Kiff	★★★ Mr. Popper's Penguins			Ladybug	Marvel's	Marvel's	Pretty Frk	Pretty Frk	Bluey	
ESPN	SportCtr (N) (Live)		TBT Championship: Teams TBA (N) (Live)				Superstar Racing Experience (N) (Live)				SportCtr (N) (Live)		SportCtr	
ESPN2	ESPN FC		Great American Events				Cornhole		NFL Live		SlamBall Week 3 (N) (Live)			
FNEWS	Bret Baier (N) (Live)		Ingraham (N) (Live)		Jesse (N) (Live)		Hannity (N) (Live)		Gutfeld! (N)		Fox News (N) (Live)		The Five	
FX	(4:30) ★ Jason		★★★ Fast & Furious Presents: Hobbs & Shaw ('19) Dwayne				What We ..	What We ..	What We ..	★ xXx: Return of				
HBO	(4:00) ★ The Batman		Last Call "Part 4"		★★★★★ Evil Dead Rise ('23)			Gemston..	(:10) Gemstones		(:55) ★ X-Men: Days of Future			
HIST	Alone "King's Gambit"		Alone "Aftermath"		Alone "Infestation"		Alone "Splintered" (N)		(:35) Alone "Splintered"		(:05) Alone			
ION	Chicago P.D.		Chicago P.D. "Lines"		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago P.D.		Chicago	
LIFE	Castle		Castle		Castle		Castle		(:05) Castle "Still"		(:05) Castle		Castle	
MAX	(:05) ★★ Father Figures ('17) Ed Helms.			★★★ The Golden Child ('86)			(:35) ★★★★★ Man on Fire ('04) Denzel Washington.			★ The Eye				
NBCSPA	Birds (N)	Birds	MLB Baseball Philadelphia Phillies at Miami Marlins						Birds	The Best Show Ever?				Baseball
NICK	SpongeB..	SpongeB..	★★★ The Addams Family ('19) Oscar Isaac.				Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	★★★★★ Goodfellas ('90) Ray Liotta, Joe Pesci, Robert De Niro.					★★★★★ Goodfellas				
TBS	Sheldon	Sheldon	Sheldon	Sheldon	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	TacomaFD	★★★ The A-Team		
TCM	(5:45) ★★★★★ The Ballad of Cable Hogue ('70)			★★★ Girls! Girls! Girls! ('62) Elvis Presley.			★★★ Where Angels Go, Trouble Follows			Movie				
TNT	Movie	★★★ Horrible Bosses ('11) Jason Bateman.			★★★ We're the Millers ('13) Jennifer Aniston.				Rich & Shameless		★ Mummy			
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law-SVU "Brothel"		Law & Order: SVU		Law-SVU	

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ARTHRITIS IN PETS

Submitted By
Patsy Nelson
from The Wagging Tail

"Arthritis is a medical condition of the joints which results in inflammation, pain, and difficulty moving for people and pets. It can be mild and unnoticeable, or it can be debilitating-severely affecting your pet's quality of life." Arthritis is a degenerative disease that affects the joints and muscles with stiffness and pain. In both cases, the earlier the prevention or treatment is started, the better. I even recommend to customers that they get their dog on a mild joint support as young as five years to treat symptoms prophylactically. Why wait until your pet is in joint distress? Dogs are more prone to arthritis than cats are. Larger breeds like labs, Bernese Mountain Dogs, Golden Retrievers, German Shepherds, etc. are more likely to suffer, and at an earlier age, than smaller breeds. It is our duty as their care givers to be aware of changes in their movements and behaviors and respond responsibly by taking them to the vet or starting them on a program of joint support supplements about which you can become educated on your own. Next issue, I will be offering what I consider to be quality and effective products both for preventative care and for advanced joint support. Or you can visit The Wagging Tail.

Firstly, I will tell you the signs and symptoms to help you decide if your pet is indeed suffering from arthritis. 1. Does your pet seem to tire more than usual and lag behind when walking? 2. Is there noticeable trembling or shaking? 3. After some activity does your pet limp or seem stiff? 4. Does your dog have trouble getting in the car, managing steps or jumping on the sofa? 5. Has your pet lost interest in playing? 6. Does your pet take more care and time getting up from a resting position? 7. Is your pet sleeping longer periods of time, and interacting less with your family or other pets? Some of these symptoms were what first alerted me to Zoey, and she ended up being diagnosed with Addison's Disease. See my article, THE GREAT PRETENDER, February 16th issue.

It is understandable that older pets, like older people, are more likely to have arthritis. Inactive dogs and overweight dogs are susceptible too. That is why I am happy, now, to have my foster/rescue leaver-biter Ebby in our family. I call her Zoey's dog because of how well they play together, and how often, now that Zoey is on her daily dose of Prednisone. Serious injuries that occur earlier in a pet's life can lead to an earlier onset of arthritis. Hip dysplasia can lead to debilitating arthritis as happened to my German Shepherd some forty years ago and I had to rehome her to a house with just two low steps entering and exiting the house. Hip dysplasia in shepherds is due mostly from conformation judges awarding sloping hips on competing canines. Thus, there was a push to breed for that abnormality which causes normal stress on abnormal joints. Agility dogs, hunting dogs, and joint or ligament injuries can have the result of abnormal stress on normal joints. Degenerative arthritis can take years to surface after years of abnormal stress until the joints are severely compromised. Arthritis can also be caused by "infection or by underlying immune-mediated diseases." Such as Lyme disease.

One of the most alarming causes of arthritis is poor nutrition. It is not just arthritis that can afflict your dog later, but questionable additives, artificial ingredients, and poor protein quality and sourcing, can lead to a multitude of ailments including diabetes and cancer. For both dogs and cats.

Common Areas of Bone & Joint Pain:



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