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MAGAZINE

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LAURA'S - THE GREATEST NAME IN FUDGE
• SEE PAGE 44 FOR COUPON



CRAVING SEAFOOD AT THE SHORE?
CHECK OUT THE FISH FACTORY • SEE PAGE 18







5401 OCEAN AVE (AT CRESSE) • WILDWOOD CREST • (609)522-0444

Located in The Adventurer Oceanfront Inn

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SERVING BREAKFAST & LUNCH INDOOR DINING ~ ~ TAKE-OUT ~

PATIO SERVICE ~



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17 Different Omelettes to Choose from or Create Your Own Omelette!

PANCAKES • FRENCH TOAST • WAFFLES

Made to Order 10 Different Ways! Fresh Homemade Potatoes!



EXTENSIVE CHILDREN'S MENU TAKE OUT AVAILABLE

Hot & Cold Overstuffed Sandwiches
Refreshing Cold Salads • Burgers
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2023 FAMILY OLYMPICS - ON THE WILDWOOD CREST BEACH AT ROSEMARY AVE.























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OPEN 7AM.



TV CHALLENGE

| | | 1 | 2 | 3 | | | 4 | 5 | 6 | 7 * | |
|-----|----|----|----|-----|-------------|-------|-----|----|----|-----|----|
| | 8 | П | * | | (i- | | 9 | | П | П | |
| | 10 | | | | 11* | 12 | | | Г | | 13 |
| 14 | П | П | | | 15 | | * | | 16 | * | |
| 17 | П | * | | Г., | | | , | | 18 | П | |
| 19 | Г | П | | | he m | S. st | 93 | | | | |
| - | | | | 30 | i: Live" | Free | | 20 | 21 | 22* | 23 |
| 24 | 25 | 26 | | | or D | ie"? | | 27 | Г | П | |
| 28 | Г | П | | 29 | 30 | 31* | | 32 | П | | |
| 33* | Г | Г | 34 | | П | | 35* | П | П | П | |
| | 36 | Г | * | | | | 37 | | Т | * | |
| | 38 | | | | | | | | | | |

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

ACROSS

- 1. Charming fellow (2)
- 8. Partial amount
- 9. Prom night transport
- 10. Exercise shunner (2)
- 14. Member of The Mamas & the Papas
- 15. Poe's monogram
- 16. Actress Natalie
- 17. Toward shelter
- 18. Suffix for long or strong
- 19. South ___, Indiana
- 20. To ____; unanimously
- 24. Egg __ yong
- 27. Cuckoo
- 28. Wildebeest
- 29. Female animal
- 32. Part of the face
- 33. Leaves (3)
- 36. Cartoon pooch
- 37. Rental car agency
- 38. Obvious choice (hyph.)

DOWN

- 1. Untie
- 2. "We are not ___"
 (Queen Victoria's line)
- 3. Calendar pg.

- 4. Sty supper
- 5. Cambridge univ.
- 6. Flabbergast
- 7. Short letters
- 8. Weight revealer
- 11. That fellow
- 12. Family member
- 13. Cereal grain
- 14. Hired vehicle
- 20. Recessed area: nook
- 21. Soft sweater material
- 22. GERD irritants
- 23. Prefix for stop or toxic
- 24. Part of the alphabet
- 25. Meatloaf ingredient
- 26. Perform better than
- 29. Suffix for dump or hoop
- 30. Word of mild surprise
- 31. You and I
- 34. Bro or sis
- 35. Galloped

Solution New Hampshire

| | | В | E | N | I | V | В | В | O | N | |
|-----------|--------------|-----------|---|-----------|--------------|---|--------------|---|--------|---|---|
| B | S | I | Λ | \forall | | | \mathbf{E} | Ι | D | О | |
| , Î | D | \forall | O | В | \mathbf{E} | Н | T | S | T | Ι | Н |
| N | I | Η | Э | | Μ | O | S | | \cup | N | G |
| O | C | O | Γ | | | | | | O | O | Н |
| N | A | M | A | | | | | | | | |
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| T | S | E | | | 0 | | | E | Е | Γ | V |
| \forall | \mathbf{E} | Z | | d | A | E | | S | S | A | Э |
| О | T | \forall | T | O | d | Η | Э | U | O | Э | |
| | O | M | I | Γ | | | E | M | O | S | |
| | N | A | M | S | \mathbf{E} | I | D | A | Γ | | |













ABMARINEROEATL ROALIMEY AEDKBEW ONPIOFOBFRDAAEE WOIFABAOTATDRWS EHEMIALRT NCU OLSBLLRRLEHCNRG LEOTEEEGINCHDN ASATRSHSETIAOI ITTHOOCY DOG OUBIYSPHHNOLNA ACRPILVTOGABC RHCTACKAONVEOKB OSPIHSRENIATNOC MOSNARTEDLTSAM ENIBACEARLLLUHS

Ship Speak

ANCHOR BAIL BARGE BATTLESHIP BEARING BOOM BUOY CABIN CONTAINER CREW
CRUISE
SHIP
CUTTER
DINGHY
DOCK
ENGINE
ROOM
FLOTILLA
GALLEON

HELM HULL KEEL LEEWARD LIFEBOAT LIMEY MARINE MAST NAVAL NAVY

PORT RAFT ROPE ROWBOAT RUDDER SCHOONER TACK TRANSOM WAKE YACHT

HOROSCOPE

ARIES (Mar. 21- April 20)

Get back down to earth and to basics. You will be able to get your own way if you use your intellectual charm and know how. Travel will be most enticing. Consider a cruise. Your input into their activities will help bring you closer together.

TAURUS (Apr. 21 - May 21)

Make changes around your house and plan to do some entertaining. Focus on your domestic scene. Get together with friends or relatives. You are best to work at home if you can. Your need to obtain additional details will lead you into strange topics of conversation.

GEMINI (May 22-June 21)

You must use discretion when talking to others. Gambling should not be an option. One-sided relationships are likely. You can make money if you put your savings into conservative investments. Be discreet and don't present your ideas until you're certain that they're holproof.

CANCER (June 22-July 22)

Relatives may play an important role in your social activities. Don't hold back. Unrealistic promises will only get you in trouble. You may find that someone at work hasn't heen trustworthy.

LEO (July 23-Aug 22)

Look into some form of physical recreation. You will meet potential new mates through business. Don't be too quick to judge others. Concentrate on work.

VIRGO (Aug. 23 - Sept. 23)

Don't allow your personal problems to interfere with your professionalism. In-laws may cause difficulties. Travel should be considered. You should make special plans for you and your lover, Invest wisely. Your personal life could have you fied up in knots.

LIBRA (Sept. 24 -Oct. 23)

Someone you live with is ready to play emotional games. Don't overindulge in anyway. Selfdeception is likely. Be careful; you may upset someone you live with if you don't consult with them.

SCORPIO (Oct. 24 - Nov. 22)

Acknowledge your lover's needs. Your ability to come up with good solutions for problems related to work will no doubt help you in getting a promotion. Look into making changes to your personal papers and don't neglect those bills that have been pilling up. Don't upsid elders in your family who don't under stand your present situation.

SAGITTARIUS (Nov. 23 -Dec. 21)

You can make personal changes that will enhance your appearance and bring about greater social activity. Problems with skin, bones, or teeth may mess up your schedule. Tirow yourself into your work. You need an outlet that will not only stimulate you but also challenge your intelligence as well.

CAPRICORN (Dec 22- Jan. 20)

You'll find travel or involvement in large groups grafifying. Knowledge can be acquired if you listen. Drastic financial losses may be likely if you lend money. Make arrangements to spend quality time together.

AQUARIUS (Jan. 21 - Feb. 19)

This is probably causing upset and confusion on the home front. You are best to concentrate on your professional endeavors. Emotionally, things may not run so smoothly. Only bite off what you can chew.

PISCES (Feb. 20-Mar. 20)

Social get-together will bring you in contact with intelligent new friends. Relationships will be emotional this week. Your confidence will stabilize your position. You may want to have a heart-to-heart talk with a close and trusted friend.

Horoscopes Provided by: astrology-online.com













BOATING CLASSES

GET YOUR NEW JERSEY BOATING SAFETY CERTIFICATE

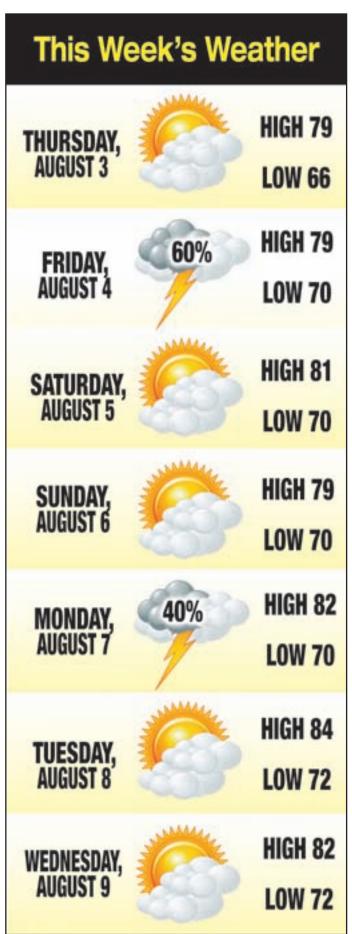
Classes are conducted at the USCG
Auxiliary Building: Address:
1519 Yacht Avenue - Cape May, NJ 08204

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.









DAILY 8AM-1:30P

4701 PACIFIC AVENUE • WILDWOOD (609)522-5006

The Wildwoods Host Baseball on the Beach During Two Weekends in August

The Wildwood Beach Baseball Tournament, presented by MudHen Events, is an annual youth baseball tournament held on the beach behind the iconic Wildwoods Sign, at Ocean and Rio Grande Avenues. The tournament is for youth baseball teams 9U-13U and spans over two weekends in August. The first tournament takes place Friday, August 11 through Sunday, August 13; the second tournament takes place Friday, August 18 through Sunday, August 20.

Spectators can watch from the Wildwoods Boardwalk during the Home Run Derby event starting at 6 p.m., on each Friday of the tournaments, August 11, and August 18. A a full day of baseball takes place each Sat-urday of the tournaments, from 7:45 a.m. – 8 p.m.; with the champion-ship games taking place each Sunday from 7:45 a.m. - 5:30 p.m.

Baseball on the Beach presents a unique element to America's favorite pastime and offers entertainment for all ages and families. The beach element makes it more difficult to field ground balls and to field fly balls, making the game more challenging and exciting.

For more information call 609.522.0159 ext. 110 or visit www.WildwoodBeachBaseball.com. For additional information about the Wildwoods, visit www.WildwoodsNJ.com or call 800-992-9732.



CEL FOST IV

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

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

Irish Fall Festival & Classic Car Show

SEPT 22 - 24

Triathlon & 5K

SEPT 3

End of Summer Block Party & Music

Festival

SEPT 8-9

Mummers String Band Show

SEPT 10

Volkswagen Car Show

SEPT 10 - 14

Wildwoods' Restaurant

Week

SEPT 23

Seafarer's Celebration

AUG 26 Triathlon, Wild Child

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Jitney Service from Diamond Beach to Olde NJ Ave... and everywhere in between!

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



WHAT'S HAPPENING AROUND THE CAPE

Wildwoods: Free Music in the Plaza – Winslow "An Evening of the Eagles"

There's a live band and dance party every Thursday night this summer at Byrne Plaza in Downtown Wildwood located at 3400 Pacific Avenue! Wear your dancing shoes and bring your chair or blanket in case you want to take a break! 7:30 to 9:00 p.m. August 3, 2023 live entertainment is Winslow "An Evening of the Eagles." 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.

THE BEACH ROUNDNET OPEN HITS THE SAND IN THE WILDWOODS AUG 5 & 6 Morey's Piers is proud to partner with Tri-State Roundnet to bring America's newest and fastest net game to the

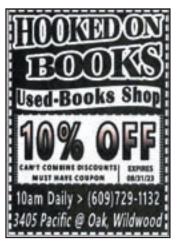


OPEN 7 DAYS 11AM-11PM









beaches of the Wildwoods during the Beach Roundnet Open on Saturday, August 5 and Sunday, August 6. Inspired by elements of volleyball and Foursquare, Roundnet is quickly becoming one of America's fastest-growing sports. The Beach Roundnet Open will be held at Morey's PigDog Beach Bar, located on the beach at the end of Mariners Landing Pier at Schellenger Avenue. Registration opens at 8:30 a.m., and games begin at 9:30 a.m. It will be a full day of play Saturday and Sunday, with prizes



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.



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 DOOWW.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

CAPE MAY FITNESS GOES 24/7, ACQUIRED BY SHORE FITNESS

Cape May Fitness, located ~10 min from downtown Cape May, was acquired by Shore Fitness, which owns Shore Fitness at 10th in North Wildwood. With this acquisition, members of Cape May Fitness get upgraded 24/7 access to the gym and the ability to purchase a day pass for instant access, benefits which have driven a lot of excitement and traffic to North Wildwood this past year. Members of both Cape May Fitness and Shore Fitness at 10th can access +16,000 sf of gym space across both gyms at no additional cost for the remainder of 2023. This opens up use of the new turfed outdoor gym, free spin and boot camp classes and infrared sauna in North Wildwood to Cape May members.

Cape May Fitness now has a host of flexible membership options for visitors, seasonal or year-round residents where you can join for the day, week, month or year. All memberships have the option to add-on Premium Small Group Training offered at Cape May's Riptide Strength Studio. Riptide offers cross-fit inspired quick-hitting training sessions that build power, stamina, and strength in less time. You can buy a gym membership or sign up for strength studio sessions online (www.capemayfitness.com), by phone (609-849-8410) or in person at 3860 Bayshore Road. Cape May Fitness is currently running a New Owner's special to try these 2 great facilities before the season ends - \$169+tax for membership through October 1 + 10 Riptide strength studio sessions. All questions and inquiries to Stacie Tedesco stacie@myshorefitness.com









at every level including a \$1,000 prize to the top pro teáms.

Beach Grappling Tournament Aug 5 & 6 The North American Grap-pling Association (NAGA) is the world's largest mixed

grappling tournament, with over 700,000 competitors worldwide. On Saturday and Sunday, August 5 & 6, 2023, NAGA comes to the Wildwoods Convention Center for the NAGA Battle at the Beach Crappling. Grappling Championship. In this ultimate display of













elite grappling, fighters from throughout the region will compete in divisions for all ages and all skill levels. The tournament will feature 400 Gi and no-Gi divisions with individual and team contestants of all ages will showcase their skills, strength, and strategy. Spectator tickets are \$15 - \$20. Children 12 and under are \$10.

Back to School Warehouse Clothing Sale August 3 - 13 Wildwoods Convention Center. Save up to 80% on tees, hoodies, jeans, shorts, swimwear, footwear, pants, sweaters, dresses, skirts, outerwear, accessories and so much more! 9 a.m. - 9 p.m. daily; 9 a.m. - 5 p.m. on last day. FREE admission! All major credit cards accepted and all sales are final.

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 August 8, 2023 around 8 p.m.! This week's movie is Hercules. 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.

Wildwoods Boardwalk Friday Night Fireworks

Have a blast on the Wild-woods 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 Boardwalk Sound System!about everything happeni

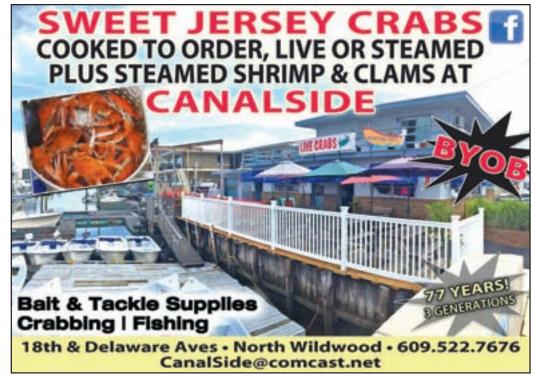
National Lighthouse Day You are invited to join us in celebrating National Lighthouse Day on August 7th.







This day will mark the 234th anniversary of the signing of the 1789 Lighthouse Act. The ceremony starts at 10 a.m. The New Jersey Lighthouse Society will provide games and surprises for all children. The lighthouse will be open



from 9 a.m. until 5 p.m., and as always, admission is free and donations are accepted. Hereford Inlet Lighthouse, 111 North Central Avenue, North Wildwood, NJ.

RIO GRANDE

2ND Annual Toy and Train Show
• Aug 19 9 a.m. - 2:30 p.m.
Rio Grande Volunteer Fire
Company 1120 Route 47
Admission: \$3.00 Individual.
\$5 for a family of 2 adults.

CAPE MAY

National Lighthouse Day Crafts & Collectibles Show Monday, August 7 9 a.m. - 2 p.m., at the Cape May Lighthouse, 215 Lighthouse Ave.

Family Fun Crafts Show at the Lighthouse Wednesday,











APPETIZERS Boom Boam Shromp Coconut Strimp (7) aumino Strimp Cochtall (7) Stramers (15) botto, garti 4 sine of or mathers SEAFOOD PLATTERS Notice gards & since of or marriary Museum (18s.) Juntes Strimp (6)
 Straftges
 Juntes Strings & Scalings
 Flounder Delivery Service Available Minimum Dollar Amount Applies Mesparetta Stiens (6) Steak Cut Orion Rings (8) RAW 1/2 Deuen 1 Deser Fried Cod ... Fried Clares Fried Clams..... Fried Catamari ... Top Neck Clares Aretho Wings (8)
Cheese Strok Egg Hulls (2) COMBINATIONS SANDWICHES SOUPS & DINNERS Strops amphabes for Executed by this pind or guard. New England Claim Chowder ... 9.50 Ps. 17 Qs. Manchuttan Claim Chowder ... 9.50 Ps. 17 Qs. Lebroter Brogue ... 9.50 Ps. 17 Qs. Fried Sepfood Combinato
Plantello, Shrings, Scattle
Brosled Combination 1 ...
Plantello, Shrings, Scattle Fried Cod ... Bod: Cheeselsuiget ... Fresh Gesard Salmer Burger ... SALADS C Strolad Combination 2 Griffed Chicken Breast And Any Sole with College Broked Stuffed Junda Shring (3) ... Broked Stuffed Flounder FOR THE KIDS Fried Chicken Driner Twin 4oz Cold Water Lotteter Tails ...
Secondful.
Order or Stationed Chicken Fingers & Free 10 Fried Flourider & Fries 10 Cheeseburger & Fries Mec & Cheese & fries O Salmon PASTA Linguisse with butter or marina FULL SERVICE FISH MARKET. Local Scallops, Clams, Dysters, Fish & Craftel The Preshed Fish Ready To 88Q Gritest Chicken Breust 609-522-9582 2003 farming satural to change

August 9 9 a.m. - 2 p.m. at the Cape May Lighthouse, 215 Lighthouse Ave.

International Beer Day -

First Friday in August
The first Friday in August
brings a toast to ales, lagers,
and pilsners that put the international in International Beer Day. Perhaps there's a porter or a Belgian in your glass. Whether yours is fer-mented or not, dark or pale, hoppy, bitter, smooth, raise your mug. Lift it high among friends around the world, thanking those who work at brewing delicious beer in your local area. Why? Because International Beer Day brings the world together, celebrating the beers of all cultures on one remarkable day. Did you know, this is a day for beer lovers everywhere. In backyards, taverns, pubs, and breweries all over, people celebrate beer's greatness while showing gratitude to their bartender and waitstaff. By the way, did you miss National IPA Day the other day? Don't miss this one.



14

31

90 31

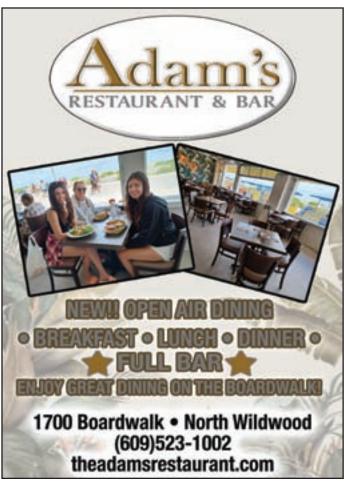
28

26













CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

PECAN CRUSTED FLOUNDER

INGREDIENTS:

- 1 Large Founder Filet (Cut in 4"s, Skin Off)
- · 2 LARGE EGGS
- 1 Tes Buttermux
- 1/2 CUP PLAIN, FINELY GROUND BREADCRUMBS
- 3/4 Cup Panko Breadcrumbs
- 2/3 Cups Finely Ground Pecans
- SEASONED SALT TO TASTE
- CANOLA OR VEGETABLE OIL FOR PAN FRYING



PREPARATION:

In a shallow lipped pan, mix together breadcrumbs & pecans. In a bowl, whisk eggs & buttermilk together. Season fish w/ seasoned salt. Place filets one at a time into egg wash. Remove filets one at a time & press them gently into bread mixture on each side. Preheat some oil over medium to medium high heat in a saute pan or skillet. When the oil starts to shimmer, add filets into pan, flesh side down. Flip filets when golden brown & repeat on the other side. Remove filets to paper towels & dry off excess grease. Plate, Serve, & Enjoy! Hint: Jazz it up a bit w/ a nice brown butter sauce if desired. Great as finger food.

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

| | | | | | 2 | | | 1 |
|---|---|---|---|---|---|---|---|---|
| 7 | 8 | | | | | 3 | | |
| 2 | 1 | 6 | 4 | | | | 8 | 9 |
| | 7 | | 6 | 9 | | | 3 | |
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| 1 | 2 | | | | 6 | 8 | 9 | 3 |
| | | 7 | | | | | 1 | 2 |
| 3 | | | 9 | | | | | |



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TAKE-OUT AVAILABLE

FRIDAY EVENING **AUGUST 4, 2023** 6 PM 6:30 **7 PM** 7:30 **9 PM** 10 PM 10:30 11 PM 11:30 12 AM 8:30 Blue Bloods Inside Ed. ET (N) Secret Celebrity Renovation (N) (SP) News (N) (:35) Colbert 6-ABC News (N) WorldNe. Jeopardy! Wheel News (N) MLB Baseball Kansas City Royals at Philadelphia Phillies (N) (Live) Dateline NBC (N) News (N) (:35) Tonight Show 10-NBC Goldbergs Big Bang Big Bang Goldbergs Two Men Friends Friends Action News at 10 (N) Mod Fam Two Men 17-MNT NJ Spotl Newsline One on O.. NJ Spotl Father (:45) Midsomer Midsomer Murders Start Up NJ Spotl 23-PBS The Six You Bet WWE Friday Night SmackDown (N) (Live) News (N) Special News (N) Extra (N) 29-FOX Special FamFeud FamFeud FamFeud Family Law (N) Moonshine (N) News Philly (N) Law-SVU "Honor Neighbor 57-CW The First 48 First 48 "Freestyling" The First 48 Witness (N) (P) Women (N) (P) (:05) The First 48 (:05) First A&E (4:30) \\ \ \ \ \ \ \ \ \ \ \ \ Jaws ('75) **★★ White House Down ('13) Jamie Foxx, Channing Tatum. \\ ★★★ True Lies ('94) AMC OutFront (N) (Live) Cooper 360 (N) (Live) The Source (N) (Live) CNN (N) (Live) CNN (N) (Live) Situation (N) (Live) Cooper360 CNN Gold Rush (N) Gold Rush-Res. (N) (:10) Gold Rush-Res. Gold Rush Gold Rush-Res. (:10) Hoffman (N) (:10) Outback (N) DISC (:15) "** ★ Mr. Popper's Penguins ('11) Pretty Frk | Pretty Frk | Hailey Pretty Frk Pretty Frk Villains Hailey Villains DISN Hailey PFL PFL Playoffs: Featherweights & Light Heavyweights **ESPN Films** SportCtr (N) (Live) SportCtr (N) (Live) ESPN Cornhole ACL SuperHole IV Championship 2023 Viii Sports (N) Stairs (N) (Live) Pillow Fight (N) (Live) FootGolf Corgi (N) Bret Baier (N) (Live) Ingraham (N) (Live) Jesse (N) (Live) Hannity (N) (Live) Gutfeld! (N) Fox News (N) (Live) The Five (5:00) * Fast & Furious Presents: Hobbs & Shaw **** The Last Duel ('21) Adam Driver, Jodie Comer, Matt Damon. (P) *****★★★ The Last Duel (4:40) * Transformers. 👯★★ Immortals ('11) Henry Cavill. Gemston. нво How to **Ancient Aliens** Ancient Aliens **Ancient Aliens** Ancient Aliens (N) (:05) Proof-There (N) (:05) Proof-There (:05) Aliens HIST Hawaii "Huaka'l Kula" Hawaii Five-0 "Kahu" WNBA Basketball Hawaii Five-0 "Kapu" Hawaii Five-0 Hawaii V.C. Andrews' Dawn "Part 3: Twilight's Child" V.C. Andrews' Dawn (N) (:05) **9 Kept Woman** (15) Courtney Ford. Dawn (:40) ***★ Pootie Tang** ('01) ♀ Harold & Kumar Escape From . (:25) \\ \ \ \ \ \ \ \ \ \ \ \ Don Jon ('13) MAX Birds Phillies (N) (Live) Futbolista Baseball Birds (N) **Phillies Fantasy Football** NBCSPA ***

★★★ The Croods: A New Age ('20) (:15) Ooze Friends Friends Friends SpongeB.. SpongeB. Friends Friends NICK (:55) *** ★ ★ Pretty Woman ('90) PARMT Two Men Two Men **** Pretty Woman ('90) Julia Roberts, Richard Gere. ★★★ Pacific Rim ('13) Charlie Hunnam. Sheldon Sheldon TBS TCM Movie ★★ Syncopation ('42) (:45) \ ★★★ Skippy ('31) Jackie Cooper. Treasure Island All Elite Wrestling (N) ♥★★ The Meg ('18) 9-1-1 "Peer Pressure" | 9-1-1 9-1-1 9-1-1 "Boston" 9-1-1 "Fear-o-Phobia" 9-1-1 "Dumb Luck" 9-1-1 USA





Produce place & deli

ACCEPTING ALL MAJOR CREDIT CARDS and FAMILY FIRST CARDS 3714 Bayshore Road at Townbank Road • North Cape May (609)889-9045

OPEN YEAR ROUND . SALE PRICES GOOD NOW TIL TUES, AUGUST 8th @ 3PM

HOURS MON-SAT 9AM-5PM SUN 9AM-4PM

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SPORTS STUMPERS

Tennis: WTA Tour

By Alex Hendry

Questions:

- 1) The WTA Tour resumes August 4, in Montreal, with the 2023 Canadian Open - which Canadian player won the open in 2019?
- 2) Who was the most recent American champion of the U.S. Open's Women's Singles event?
- 3) At the 1956 French Open, history was made with the first African-American woman winning a Grand Slam event - name that player.
- 4) Winning 24 Grand Slam titles during her career, this player remains the all-time record holder - who is she?
- 5) Which player entered the 2023 WTA Tour as the No. 1 ranked player in the world?
- 6) Name the two finalists of the 2002 Wimbledon championship.
- 7) Who is the only woman to have won the singles champion-

- ship at the U.S. Open eight times during her career?
- 8)Who became the first woman to win all four Grand Slam events in a single calendar year (1953)?
- 9) Which tennis icon was named the 1983 and 1986 Associated Press Female Athlete of the Year?
- 10) Who made it to the finals of all four Grand Slams during the 2006 WTA Tour?

10) Justine Henin

9) Martina Navratilova

8) Maureen Connolly

7) Molla Mallory (1915-1918, and 1926)

6) Serena and Venus Williams

2) Iga Swiatek

4) Margaret Court

3) Althea Gibson

2) Sloane Stephens (2017)

1) Bianca Andreescu

:syewsnA

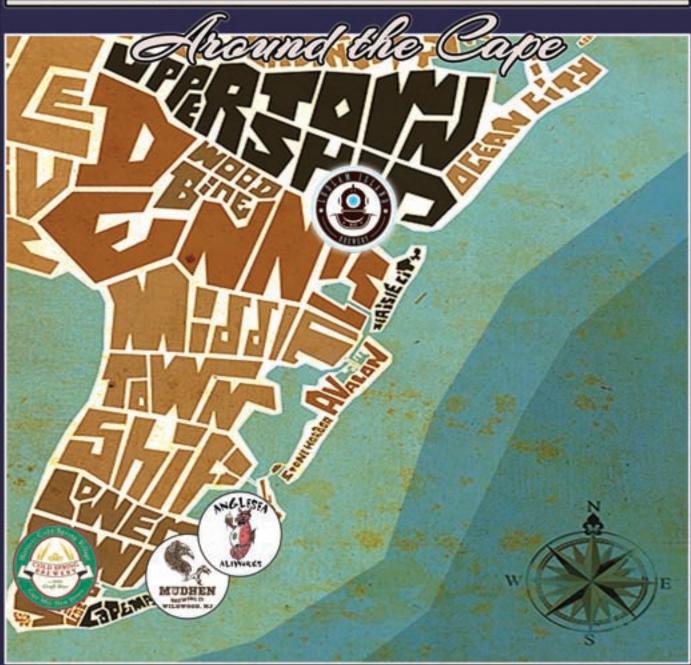








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HOMESPUN HISTORY WEEKEND AT HISTORIC COLD SPRING VILLAGE

Saturday & Sunday, August 5th & 6th • 11am Sponsored by PNC Foundation

Two days of family-friendly, interactive, and educational fun are planned for Historic Cold Spring Village's Homespun History Weekend.

Children will be given a "Pastport" at the start of their Village trip, which can be stamped at the buildings they visit after completing a take-home craft or activity. Pastports can be redeemed at the Country Store for a free treat! The village is located at 735 Seashore Road in North Cape May. Please call 609-898-2300, ext. 10 for more information, or visit the Village website at: www.hcsv.org.









33 Seashore Road, Cape May NJ coldspringbrewery.org









It was Christmas in July and some of Santa's Elves made a much-needed food delivery to Branches Outreach Center.

Pictured left to right are:

ER Jim Blank, VPSD Jerry Krause, ENF Chair Anne Krause, PER Denny Lennon, Event Coordinator Tina Lennon, PER Barb Mahon, Fmr Trustee Bob Mahon, Drug Awareness Chair Catherine Schofield, Program Director Terri Mascione, & Executive Director Maria Elena Hallion. Not shown are Trustee Bill Schofield, & Development & Marketing Coordinator Tyler Keene. Thanks to all who donated. ELKS CARE, ELKS SHARE!













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- 2. VETERANS & PATRIOTS OF CMC
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 BREAKWATER & BAYSHORE AVE
 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
- 11. ST MARY'S THRIFT 1304 RTE 47 RIO GRANDE - 609-886-7272
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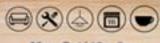
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| SATU | RDAY | AFTEF | RNOON | | | | | | | | AU | GUST 5 | 5, 2023 | |
|--------|--|--|-----------------|-------------|--------------------|--|--------------------------------|--------------------|-------------------|---------------------|--------------------|------------------|----------------|--|
| | 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 | Stories | GameTime | BIG3 Bask | etball Week | 7 (N) (Live) | | PGA Tour | Golf Wyndh | am Champi | onship, Thir | d Round (N) | (Live) | |
| 6-ABC | oh baby! | Hearts of | Vets-Pets | Dog Challe | enge (N) | Red Carpet | Paid Prog. | PLL Archei | s LC vs. Atla | as LC (N) (L | ive) | Action Ne | ws 5PM (N) | |
| 10-NBC | One Team | Shelters | Paid Prog. | Paid Prog. | FINA Cham | ı ps Swimmi | ng | Countdo | NASCAR X | (finity Cabo | Wabo 250 | (N) (Live) | | |
| 17-MNT | DraftKings | Paid Prog. | True Crime | LIV Golf Le | ague Greer | brier, Day 2 | (N) (Live) | • | • | | | | | |
| 23-PBS | (11:00) Ken | ny Rogers | Ancient Re | medies-Ax | е | Aging Bac | kwards 4 | People | Steven | Dooky | Christina | Drive | State-Aff | |
| 29-FOX | Draft | raft Paid Prog. Paid Prog. Draft DraftKings | | | Paid Prog. | Paid Prog. | Horse Rac | ing Saratog | a Saturday (| (N) (Live) | | | | |
| 57-CW | Paid Prog. | d Prog. Weather Gone Viral SOS: How to Survive 1 | | | The First 4 | 8 | Paid Prog. | Paid Prog. | ICRIME | ICRIME | Law-SVU ' | Spectacle" | | |
| A&E | Best (N) | Delicious | Delicious | Neighbor. | Neighbor. | Neighbor. | Neighbor. | Neighbor. | Neighbor. | The First 4 | 8 | The First 4 | 18 | |
| AMC | (11:00) *** ** Captain Phillips ('13) Tom Hanks. | | | | | | | | | | | | ie Lies ('94) | |
| CNN | (11:00) CN CNN Newsroom (N) CNN Newsroom (N) | | | | | CNN News | sroom (N) The Whole Story with | | | CNN News | room (N) | CNN Newsroom (N) | | |
| DISC | (11:00) Naked and Afraid XL Naked and Afraid XL | | | | Afraid XL | Naked and | Afraid XL | Naked and | Afraid XL | Naked and Afraid XL | | Naked and | Afraid XL | |
| DISN | Ladybug | Ladybug | Ladybug | Big City | Big City | Bluey | Bluey | Bluey | Bluey | Kiff | Kiff | Kiff | Kiff | |
| ESPN | (11:00) Sp | 2023 Pro F | ootball Hall | of Fame E | nshrinemen | t Ceremony | y (N) (Live) | The Ultima | te Fighter | The Ultima | te Fighter | The Ultima | te Fighter | |
| ESPN2 | Horsesho | Cornhole | | | | UFC | Lacrosse 7 | Геат Gold v | s. Team Pu | rple (N) | 30 for 30 | | | |
| FNEWS | (11:00) Ca | Fox News | (N) (Live) | Fox News | (N) (Live) | Fox News | (N) (Live) | Journal Ed | litorial (N) | (N) (Live) | The Five | | | |
| FX | Movie | ਼ਾ±∗∗ The \ | Nolverine (| 13) Hugh Ja | ckman. | ★★★ Logan ('17) Patrick Stewart, Dafne Keen, Hugh Jackman. Veno | | | | | | | | |
| HBO | 뜻★★★ Moi | neyball ('11) |) Jonah Hill, | Brad Pitt. | (:45) ਼ਿ*★★★ | The Batma | an ('22) Zoë | Isabella Kra | avitz, Robert | Pattinson. | (:45) ♀ Ava | tar: The Wa | ay of Water | |
| HIST | Cnt. Cars | The UnXpl | ained | The UnXpl | ained | The UnXpl | ained | The UnXpl | ained | ined The UnXplained | | | The UnXplained | |
| TON | (11:00) La | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | |
| Œ | (11:00) He | ♥ Dirty Litt | tle Secret ('2 | 22) Melissa | Joan Hart. | 뜻 Girl in th | e Bunker (| 17) Julia Lal | onde. | 뜻 Girl in the | Shed: Kidn | apping of Al | by Herna | |
| | | in Manhatta | an ('02) | (:20) 뜻★★ | Killer Elite (| 11) Jason S | Statham. | (:15) % Bar | ely Lethal (| 15) Hailee S | Steinfeld. | (:55) ♀★★ | Lucy ('14) | |
| NBCSPA | H2O X5 | World Pok | er Tour | World Pok | | World Pok | | Golf | | Go Nitro | Greatest | Birds | Phillies | |
| | . • | SpongeB | . • | | SpongeB | | | | | | | SpongeB | | |
| PARMT | (11:00) NC | NCIS "Aliya | ıh" | ቻ★★★★ R | aiders of th | | | | | | | mple of Do | ٠ , | |
| | | Weeks Noti | ` ' | | | | ` ' | lcGraw, San | | | | <u> </u> | | |
| TCM | | | | | | ventures of Don Juan ('48) | | | | , | , , | | Movie | |
| TNI | ' ' | NCIS: New | | | spicable Me | ` ' | | 뿟★★★ Des | • | ` ' | | Captain A | | |
| USA | (10:05) 😤 D | eath Wish | NASCAR F | ireKeepers | Casino 400, | Qualifying | 뜻★★ Olym | pus Has Fa | Illen ('13) G | erard Butler | | ♀ Angel H | as Fallen | |

| | A DIM | | | | | | | | | | 701 | 3001 J | , 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 N | lews (N) | CBS News | Ent. Tonigl | ht (N) | Fire "Happy | / to Help" | 48 Hours | | 48 Hours | | News (N) | AlexScott | Magnum |
| 6-ABC N | lews (N) | WorldNe | FYI Philly | Wheel | Ms. Marvel | (N) (P) | Ms. Marve | rvel (N) Ms. Ma | | Ms. Marvel (N) | | News (N) | Jeopardy! |
| 10-NBC N | lews (N) | NBC News | Paid Prog. | OpenHou | Baking It (N | N) | America's | Got Talent | "Auditions 5 | 1 | News (N) | Saturday N | light Live |
| 17-MNT S | Sheldon | Sheldon | Big Bang | Big Bang | Big Bang | Big Bang | S.W.A.T. "J | Jack" | Action Nev | vs at 10 (N) | Philler | Delco Duo | Mom |
| 23-PBS L | ook Up | NJ Spot | Treasures | State/Arts | Old House | Old House | The T | (:45) McLec | od | Love | (:20) Celeb | rity Trip | Grantchest |
| 29-FOX P | Paid Prog. | Paid Prog. | Paid Prog. | Paid Prog. | FIFA Wome | FIFA Women's World Cup Live | | | World Cup | Round of 1 | 6: Teams TE | 3A (N) | World Cup |
| 57-CW L | aw-SVU " | Spectacle" | FamFeud | FamFeud | Great Choo | (N) (SP) | Recipe for | Recipe for | SEAL Tear | n | WOW - Wo | men | Neighbor |
| A&E T | he First 48 | В | The First 4 | 8 | The First 4 | 8 | First 48 "Si | napshot" | The First 4 | 8 | (:05) The F | irst 48 | (:05) First48 |
| AMC (5 | (5:00) \\ \dots \dots \dots \dots \text{True Lies} ('94) \qquad \dots \dots \dots \dots \text{Twister} ('96) | | | | | | | ary Elwes, H | lelen Hunt. | 뿟★★★ Spe | eed ('94) Ke | anu Reeves | |
| CNN C | ONN News | room (N) | CNN News | room (N) | See It Loud | ł | See It Loud | d | See It Loud | ł | See It "Sito | History of | |
| DISC N | laked and | Afraid XL | Naked and | Afraid XL | Naked and | Afraid XL | Naked and | Afraid XL | Afraid XL " | Banished B | ut Not Broke | Afraid XL | |
| DISN | Big City | Big City | Big City | Big City | ¥★★★ Rio | ('11) Anne I | Hathaway. | (:40) Hailey | (:05) Hailey | Big City | Big City | Big City | Bluey |
| ESPN U | JFC Fight I | Night: Sanc | lhagen vs. I | Font - Prelir | ns (N) (Live |) | UFC Fight | Night: Sand | dhagen vs. | Font (N) (Liv | ve) | | SportCtr |
| ESPN2 S | SportCtr (N | l) (Live) | Soccer | | | | ESPN FC | | Soccer | | | | E60 |
| FNEWS F | ox Report | (N) (Live) | Weekend (| N) (Live) | One Nation | ı (N) | L. Jones (N | N) (Live) | FOX News | (N) (Live) | Gutfeld! | Weekend | |
| FX (5 | 5:30) 뿟★★ | Venom (118 | 3) Tom Hard | y. | ∯★★★ Dea | dpool ('16) | Morena Bad | ccarin, Ryan | Reynolds. | ਼*਼±⋆ X-Me | n: Dark Pho | oenix ('19) | |
| HBO (4 | 4:45) ڳ★★ | ★ Avatar: T | he Way of \ | Water ('22) | 뚯★★★ Dav | ∵ ★★★ Dawn of the Planet of the Apes ('14) | | | | ng Time | (:15) Winni | HowTo | |
| TEIH | he UnXpla | ained | The UnXpl | ained | The UnXpla | ained | The UnXpl | ained | (:05) Dark I | /larvels | (:05) Dark I | Varvels | UnXplain |
| ION L | aw & Orde | er: SVU | Law & Ord | er: SVU | Law & Orde | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Law-SVU |
| ŒE ¥ | Girl in the | e Closet ('2 | 3) Remy Ma | ۱. | ∯ Boy in th | ne Walls ('23 | B) (P) | | (:05) ♀ Sec | rets in the I | Basement (| 20) | Movie |
| MAX | /lovie | (:25) ਼ਿ≯★ Th | e Hunted (| 95) | ∯★★ Drive | Angry ('11) | (P) | (:45) ਼*★ Dy | ing of the l | _ight ('14) | (:20) ♀★★★ | Ex Machin | na ('14) (P) |
| NBCSPA M | /ILB Baseb | all Kansas | City Royals | at Philadelp | hia Phillies (| N) (Live) | Phillies (N) | (Live) | Phillies | Life | MLB Base | ball | |
| NICK S | SpongeB | SpongeB | ቻ★★★ The | Secret Life | of Pets ('16 | 6) | Friends | Friends | Friends | Friends | Friends | Friends | Friends |
| PARMT * | P★★★ Indi | ana Jones | and the Las | st Crusade (| , | , , , | ★ Raiders | of the Lost | Ark ('81) | | | | |
| ^ | | | <u>, </u> | and Fabulo | | . 5. | | • | • | Burgers | Miracle | | d Side |
| TCM (5 | 5:30) ਼ਿ*★★ | ★ They Die | d With Thei | r Boots On | The Priva | ate Lives of | Elizabeth a | and Essex | A | | () | , | Movie |
| | 5:00) 뜻★★; | ★ Captain / | America: Ci | vil War | All Elite Wr | restling: Co | ollision (N) | | | | | | th. |
| USA (5 | 5:00) ਼ਿ*★★ | Angel Has | Fallen | ਼ਾ਼±⋆ Olym | pus Has Fa | Ilen ('13) G | erard Butler. | | ı ★★ Ange | l Has Faller | n ('19) Gera | rd Butler. | |

| SUND | AY AF | TERNO | OON | | | | | | | | AUC | GUST 6 | , 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 | PBR Team | Series | Pickleball I | PPA Tour: T | akeya Show | case (N) | PGA Tour | Golf Wyndh | am Champi | onship, Fina | I Round (N) | (Live) | |
| 6-ABC | Inside | Action Nev | vs (N) | PLL Redwo | ods LC vs. | Chaos LC (N | l) (Live) | WNBA Bas | sketball | | | Action Nev | vs 5PM (N) | |
| 10-NBC | Issue | Pre-Race | IndyCar Bi | g Machine M | lusic City Gr | and Prix | IndyCar | MotoGP G | reat Britain (| Grand Prix | Gymnastics | | | |
| 17-MNT | Paid Prog. | Paid Prog. | Paid Prog. | LIV Golf Le | ague Greer | nbrier, Day 3 | (N) (Live) | | | | | | | |
| 23-PBS | Think Tank | State-Aff | JSchwan | Lidia | Milk | Kitchen | Table | Ancient Remedies With Dr. Josh Axe | | | | Aging Bac | kwards 4 | |
| 29-FOX | Paid Prog. | Paid Prog. | Paid Prog. | Paid Prog. | Draft | | • | _ | Paid Prog. | _ | _ | Paid Prog. | Paid Prog. | |
| 57-CW | Paid Prog. | Heroes | Alex Scott | Storm of S | uspicion | The First 4 | 8 | Paid Prog. | Paid Prog. | Major Crim | nes | Law-SVU " | Bully" | |
| A&E | (11:00) Zo | Zombie Fli | р | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Court Cam | Witness "V | Veb of Lies" | The First 4 | 8 | |
| AMC | (11:00) १५★५ | k★ Twister | ('96) Helen | Hunt. | ਼ਾਮ⋆⋆ Spe | eed ('94) De | nnis Hopper | , Keanu Re | eves. | ç××× Joh | nn Wick ('14 |) Keanu Re | eves. | |
| - | (11:00) Insi State of Union Fareed Zakaria GPS | | | | | | ٠, | CNN News | room (N) | CNN News | room (N) | CNN Newsroom (N) | | |
| - | ` ' | Naked and Afraid Naked and Afraid | | | | Naked and | Afraid | Naked and | | | | Naked and | Afraid | |
| DISN | Ladybug | , | Big City | , | Big City | Hailey | • | Hailey | Big City | | Big City | 3 - 7 | Hamster & | |
| ESPN | (10:55) Soc | cer | | Cornhole | | | | LLS World | Series Tea | ms TBA (N) (Live) LLWSS Team | | | ams TBA | |
| | (11:00) Sp | | | ` ' | , | Athletes St | | . , , | , | The Ultima | | Gentleman | Mexico | |
| | (11:00) Me | | ` | Fox News | ,,,,, | Fox News | , | Maria Bart | | Fox News | () (-) | The Five | | |
| - | | X | , , , | | · | n, Hugh Jac | | A | m ('18) Micl | | <u> </u> | , | Movie | |
| HBO | (11:20) Gol | | ` ' | olden Boy I | | ¥★★★ Edg | <u> </u> | . , | | . , | ` ' | | | |
| HIST | (11:00) Built | • | | Engineerin | | Built Amer | | Built Amer | rica | Built Amer | | Built America | | |
| | (11:00) NC | , | | NCIS "Bloo | | | | NCIS | | NCIS "Deja | | NCIS "Deco | ompressed" | |
| | | ^ • | | he Sun ('22) | | Swim Inst | | ` | , | ^ | To Kill a Stepfather ('23) | | | |
| | | . , | • |) Ben Kings | | (:05) ਼ਿ*★★★ | | ` ' | | | · / | | . , | |
| | Paid Prog. | | | | | oall Kansas | , , | | | , , , | Phillies (N | , , | Harness | |
| | (11:00) १५ ★ ז | | ` ' | | | SpongeB | | . • | | | | | SpongeB | |
| | (11:00) Bar | | | Bar Rescu | | Bar Rescu | - | Bar Rescu | - | BarRescue (:55) Bar Rescue BarRescue | | | | |
| | (10:30) ♀ Ba | | | | | | ` ' | | 뿟★★★ Ba | | . , | | | |
| | (10:45) ♀ C a | | | • • | , | (:15) 뜻★★★ | | | ` ` | • | A | e Melvin ('5 | | |
| TNT | ` ' | | | ('93) Laura [| · · | leill. (:45) **★★ The Lost World: Jurassic Park ('97) Jeff Goldblum. NASCAR. NASCAR Cup Series FireKeepers Casino 400 (N) (Live) | | | | | | Movie | | |
| USA | (11:00) IMS | A Weathert | ech Sportsc | ar Weekend | (N) (Live) | NASCAR | NASCAR C | up Series | -ireKeepers | Casino 400 | (N) (Live) | | NASCAR | |

| SUND | AY EV | ENING | | | | | | | | | AU(| GUST 6 | i, 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 AN |
| 3-CBS | CBS News | News (N) | 60 Minutes | (N) | Big Brothe | er (N) | Equalizer " | Love Hurts" | NCIS: Los | Angeles | News (N) | (:35) Sports | J.Osteer |
| 6-ABC | News (N) | WorldNe | Fun Videos | 3 | Celebrity F | am (N) | Pyramid (N) | | Pyramid | | News (N) | News | FYI Phill |
| 10-NBC | News (N) | NBC News | Ninja Quali | fiers 7 | Ninja Quali | ifiers 8 | America's | Got Talent | "Auditions 6 | II | News (N) | (:35) Eagles | Bensing |
| 17-MNT | Two Men | Two Men | Goldbergs | Goldbergs | Mod Fam | Mod Fam | Mod Fam | Mod Fam | Action Nev | ws at 10 (N) | Seinfeld | Philler | Outdoor |
| 23-PBS | Perform. C | arol Burnett, | , Liza Minne | lli | Creedence | -Hall | | Suze Orma | n's Ultimat | e Retireme | nt Guide | Ancient | |
| 29-FOX | Paid Prog. | Paid Prog. | Food Stars | ; | Simpsons | Family Guy | House (N) | House | News (N) | | News (N) | | |
| 57-CW | Law-SVU " | Bombshell" | FamFeud | FamFeud | The Chose | en (N) | Animals | Animals | Magnum P.I. | | WOW - Women | | King |
| A&E | The First 4 | 8 | The First 4 | 8 | The First 4 | 8 | The First 4 | 8 | The First 4 | 8 | (:05) The F | irst 48 | (:05) First |
| AMC | (:15) 🐕★★★ | John Wick | c: Chapter 2 | ! ('17) Comn | non, Keanu | Reeves. | Dark Winds | s (N) | (:10) Black | Snow (N) | (:20) ♀★★★ | John Wicl | (('14) |
| CNN | CNN News | room (N) | CNN News | room (N) | Whole (N) | | See It Loud | d (N) (F) | History of | the Sitcom | The Whole | See It | |
| DISC | (5:00) Afraid Naked and Afraid (N) | | | | Naked and | Afraid (N) | (:05) Surviv | re (N) | ` , | | \ , , | | Naked |
| DISN | Hamster & | ☆ Alvin & th | e Chipmunk | s: Chipwr | Raven (N) | Bunk'd | Villains | Villains | Pretty Frk | Pretty Frk | Raven | Bunk'd | Bluey |
| | (5:00) LLW | | MLB Basel | . , . | e) | | | | SportCtr (| N) (Live) | SportsCen | iter (N) (Live | e) |
| ESPN2 | Countdow | n (N) (Live) | MLB Basel | oall | | | | | Ultimate D | isc | | | World of |
| FNEWS | Fox Report | t (N) (Live) | Weekend (| N) (Live) | Life, Libert | ty (N) | N) Sunday Night (N) Wee | | | Weekend Life, Liberty & Lev | | | |
| FX | (5:30) 뽯★★ | ★ Deadpoo | I ('16) Ryan | Reynolds. | ్ల±★★ Dea | adpool 2 ('1 | | | | ਼ਾ±⋆⋆ Dea | adpool 2 ('1 | nolds. | |
| HBO | HowTo | (:40) ♀★★★ | Dawn of th | ne Planet of | the Apes ('14) Winning (N) (SP) | | | (:15) Winni | ng Time | | ime | | |
| HIST | Built Amer | ica | Mega-Bran | ds | Mega-Bran | nds | Mega-Bran | ids (N) | (:05) Built | America | (:05) Built A | Brands | |
| ION | NCIS "Read | ct" | NCIS | | NCIS "After | r Hours" | NCIS "Scop | oe" | NCIS | | NCIS "Cha | rade" | NCIS |
| | 뜻 Boy in th | | , , | | | o Beach Ki | () () | | · / · | ise of Dead | ly Lies ('23) | | Movie |
| | Movie | . , | geball: A Tru | | | , , | | (:35) ਝ਼+★ | Road Trip | | (:10) % The | Company I | Men (P) |
| NBCSPA | Go Racing | Go Nitro | Golf (N) | Shelters | The Nation | nal Dog Sho | w | | MLB Basel | ball | | | Poker |
| NICK | SpongeB | SpongeB | SpongeB | SpongeB | ਝ਼±⋆ Bee l | Movie ('07) . | Jerry Seinfel | d. | Friends | Friends | Friends | Friends | Friends |
| PARMT | (5:50) Bar | (:50) 1883: | A Yellowsto | ne | 1883 (N) | | (:20) 1883 " | Racing Clou | ıds" (N) | (:35) Bar R | escue | Bar Rescu | е |
| TBS | Big Bang | Big Bang | Big Bang | Big Bang | Big Bang | Big Bang | ₹★★★ Ave | engers: Age | of Ultron (| '15) Robert | Downey Jr | | Movie |
| TCM | ቻ★★★★ Si | ingin' in the | Rain ('52) | Gene Kelly. | ቻ★★★ The | e Tender Tra | ap ('55) | | ç±★★ The I | Mating Gam | Movie | | |
| | , , , , | | ark III ('01) | (:45) ਼ਿ*★★ | Jurassic W | orld ('15) Ch | hris Pratt. **★★ The Meg ('18) Bingbing Li, Jason Statha | | | | ason Stathar | n. | |
| USA | Law & Ord | er: SVU | Law & Orde | er: SVU | Law & Ord | Law & Order: SVU Law & Order: SVU | | | Law & Order: SVU Law-SVU "Mood" | | | | Law-SVL |









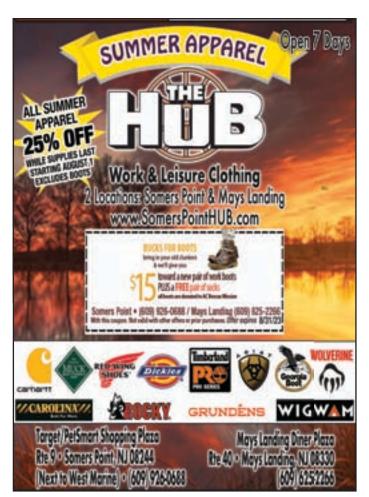
















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TURN YOUR VEHICLE INTO AN OUTDOOR BASE CAMP

Backpacking deep into the wilderness and finding a remote spot to pitch your tent offers a simple yet regarding challenge. Getting that same experience with your vehicle provides a different set of challenges, however.

There are a vast selection of tents and accessories that allow you to use your vehicle as base camp for your outdoor excursion.

Truck Bed: There are a variety of styles and sizes of tents that will fit in most truck beds. Most of them are two-person tents and are the familiar collapsible pole and nylon construction, which drivers should find simple to set up and take down. These truck tents fit snugly in the bed and usually fasten securely with straps that run over the sides and hook on the underside of the truck. In addition to all the normal features of tents, truck bed tents usually offer extended rain awnings. With the tailgate down, it offers ease of use and additional coverage against the weather.

SUVs: If you have an SUV, you can find tent styles that attach to the rear of your vehicle. With the rear hatch open, these tents allow access to the inside of your SUV. You can use your vehicle as storage or even an extended area for sleeping. In addition to fully enclosed tents, a variety of options are available: something to cover an eating or gathering area, awnings with roofs and sides. These items connect to the rear of the vehicle in a similar manner to the tents, and the walls can be opened for air flow and enjoying the view. With the addition of a couple of chairs and a table, this allows your SUV to serve as a food prep area or a place to get away from the elements.

Rooftop Tents: If you have an SUV or even a truck with a durable rack or rails, consider tents that attach to your vehicle's roof. Rooftop tents get you up off the ground and can provide a great view. Look for ones with built-in ladders connected to the second level for easy access, reminiscent of safari tents. Larger versions include an enclosed area that extends to the ground for more sleeping space or storage area. Check your vehicle's rail or rack load capacity to ensure that it can handle a rooftop tent. Most of these styles offer a hard floor, some of them even come with mattresses, padding and built in lights. If you are someone who camps a lot, look into self-contained and pop-up versions that will add to

Staying Inside Your Vehicle: If you don't want to go all out and just want to sleep in your vehicle, look for inflatable mattresses designed to fit in the rear of your SUV or even the backseat of your car. These beds can also come in handy if you are using one of the extended SUV tents. While the majority of beds are onesize-fits-all, some are designed specifically for certain models of vehicles, and they may include custom inflatable support that fits in crevices including the gap behind the front seats. Products may offer built-ir pillows and air pumps which connect to your vehicle's electrical system...









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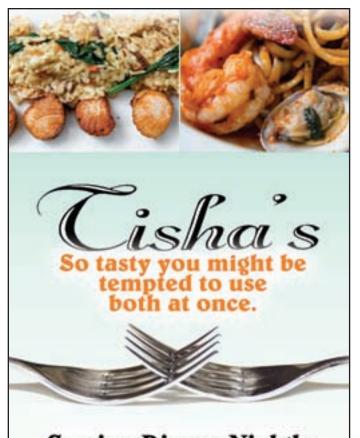












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| MONE | AY EV | /ENING | à | | | | | | | | AUG | GUST 7 | ⁷ , 2023 |
|--------|---------------------------|--|-------------|-------------------------------------|-------------------------------|--|---|----------------|-----------------------|-------------------|-----------------------------|---------------------|---------------------|
| | 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 "Kom | promat" | NCIS "Mon | ey Honey" | News (N) | (:35) Colbe | rt |
| 6-ABC | News (N) | WorldNe | Jeopardy! | Wheel | The Bache | elorette (N) | | | Claim to F | ame (N) | News (N) | (:35) J. Kin | nmel |
| 10-NBC | News (N) | NBC News | News (N) | Hollywood | Ninja Semi | ifinals 2 (N) | The Wall | | Weakest L | Weakest Link News | | (:35) Tonig | ht Show |
| 17-MNT | Goldbergs | Big Bang | Big Bang | Goldbergs | Two Men | Mom | Friends | Friends | Action Ne | vs at 10 (N) | Mod Fam | Mod Fam | Two Men |
| 23-PBS | NJ Spotl | Newsline | One on O | NJ Spotl | Animal Ba | bies | NOVA | | Teen Regi | me | NJ Spotl | One on O | BBC News |
| 29-FOX | The Six | The Pulse | TMZ (N) | You Bet | Stars on M | lars (N) | Kitchen (N |) | News (N) | | News (N) | ClassH | Extra (N) |
| 57-CW | FamFeud | FamFeud | FamFeud | FamFeud | Son of a | Run (N) | Children | Bump (N) | News Phil | y (N) | Law & Ord | er: SVU | Neighbor |
| A&E | First 48 "D | evil's Trail" | The First 4 | 8 | First 48 "T | ruly Lost" | The First 4 | 8 | Playboy (N | l) | (:05) Playb | oy | (:05) First4 |
| AMC | ቻ★★★ Joh | nn Wick: Ch | apter 3 P | arabellum (| 19) Keanu | Reeves. | ቻ★★★ Joh | nn Wick: Ch | apter 3 P | arabellum (| '19) Keanu | Reeves. | Movie |
| CNN | Situation (| Situation (N) (Live) OutFront (N) (Live) Cooper 360 (N) (Live) | | 0 (N) (Live) | CNN (N) (Live) CNN (N) (Live) | | | CNN (N) (Live) | | Cooper36 | | | |
| DISC | Street Out | laws | Street Outl | laws (N) | Street Out | Street Outlaws: Mega "Make the Call" (N) | | Call" (N) | Street Outlaws (N) | | Street Outlaws | | Outlaws |
| DISN | Hamster & | Hamster & | Kiff | Kiff | ਼ਾ਼±★★ Inc | redibles 2 (| '18) Craig T. | Nelson. | Marvel's | Marvel's | Villains | Villains | Bluey |
| ESPN | (5:00) LLW | SS | LLS World | S World Series Teams TBA (N) (Live) | | | Little League Baseball | | | | SportCtr (N) (Live) | | SportCtr |
| ESPN2 | SportCtr (1 | N) (Live) | NFL Live | | Great Ame | rican Event | Great American Even | | | | | | NFL Live |
| FNEWS | Bret Baier | (N) (Live) | Ingraham (| (N) (Live) | Jesse (N) | (Live) | Hannity (N |) (Live) | Gutfeld! (N | l) | Fox News | (N) (Live) | The Five |
| FX | (5:30) 9 Far | ntastic Four: | Rise of th | ਼ਾ਼±±± Tho | or ('11) Nata | ılie Portman, | Chris Hems | sworth. | Breeders | Breeders | Breeders | 뚯★★★ The | Rock ('96 |
| HBO | (5:35) 🐕★★ | ★ Good Wi | II Hunting | (:45) ♀★★★ | X-Men: Da | ays of Futur | e Past ('14) | | Winning T | ime | HowTo | (:45) ਼ਿ*★★ | The Family |
| HIST | (5:00) Myst | eries | History's-N | /lysteries | History's-N | Mysteries | Mysteries (N) (:05) Darl | | (:05) Dark l | , , , , , | | :05) Mysteries | |
| ION | Criminal "/ | , | FBI "Studio | | FBI "Legac | y" | FBI "Safe Room" | | FBI "Broken Promises" | | ' FBI | | FBI |
| | #TextMeW | hen (N) | #TextMeW | hen (N) | #TextMe (| , , , | #TextMeW | . , | (:05) Murder (N) | | (:05) #TextMe (N) | | #TextMe |
| MAX | (:15) ਼ਿ*★★ | r Limitless ('11) Bradley Cooper. | | | | 1 Flux ('05) | | (:35) 👯★★ | The Maze R | unner ('14) | | ★ Eastern | Promises |
| NBCSPA | Phillies | | | | | elphia Phillie | . , , , | Phillies (N) | (Live) | Birds | Birds | Greatest | Baseball |
| NICK | | . • | ** | euss' the Lo | orax ('12) | | Friends | Friends | Friends | Friends | Friends | Friends | Friends |
| PARMT | Two Men | Two Men | Two Men | ļ | Movie | | | | | | A | School ('03) | |
| TBS | Sheldon | Sheldon | • | | • | Big Bang | | Big Bang | | Miracle | | | B/ R Gami |
| TCM | , , , | ★ Billy Bud | , , | | | n Express (| * | | | | (:15) * On Dangerous Ground | | |
| TNT | , , , | | | | | <u> </u> | e of Ultron ('15) Robert Downey Jr | | | | ** ★★ Mortal Kombat ('21 | | . , |
| USA | Chicago Fire Chicago Fire | | | | WWE Mon | VWE Monday Night RAW (N) (Live) Killing It | | | | | | | Chrisley |

| THES | DAVE | VENIN | <u>-</u> | | | | | | | | Λ116 | GUST 8 | 2023 |
|--------|---------------------|-------------------------------------|--------------------|-------------|---|---------------------|--------------|---------------------|--------------------|-----------------------|--------------------|---------------------|--------------------|
| IULS | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 | |
| 3-CBS | | | Inside Ed. | | FBI "Secon | | FBI: Intern | | FBI-Wante | | News (N) | (:35) Colbe | |
| 6-ABC | News (N) | WorldNe | Jeopardy! | Wheel | Celebrity V | Vheel | Jeopardy! | Masters | The Chase |) | News (N) | (:35) J. Kim | mel |
| 10-NBC | News (N) | NBC News | News (N) | Hollywood | America's | Got Talent | "Auditions 9 | " (N) | Hot Wheel | s (N) (SF) | News (N) | (:35) Tonig | ht Show |
| 17-MNT | Goldbergs | Big Bang | Big Bang | Goldbergs | Two Men | Mom | Friends | Friends | Action Nev | ws at 10 (N) | Mod Fam | Mod Fam | Two Men |
| 23-PBS | NJ Spotl | Newsline | One on O | NJ Spotl | Doctor | (:45) Doc M | artin | With | ı | Variety | NJ Spotl | Pathway | BBC New |
| 29-FOX | The Six | The 215 | TMZ (N) | You Bet | Beat Shaza | am | Don't Forg | et (N) | News (N) | | News (N) | ClassH | Extra (N) |
| 57-CW | FamFeud | FamFeud | FamFeud | FamFeud | Penn & Te | ller | WhoseLine | WhoseLine | News Phill | y (N) | Law-SVU " | Legacy" | Neighbor |
| A&E | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage | Storage |
| AMC | (5:00) ਼ੈ*★★ | ★ Patriots I | Day ('16) | | 뿟★★★ Had | cksaw Ridg | e ('16) Sam | Worthington | , Andrew Ga | arfield. | ç⊹★★ The l | Magnificent | Seven |
| CNN | Situation (| N) (Live) | OutFront (| N) (Live) | Cooper 36 | 0 (N) (Live) | CNN (N) (L | ive) | CNN (N) (L | ive) | CNN (N) (L | ive) | Cooper36 |
| DISC | Deadliest (| Catch | Catch "Batt | tle Scars" | Deadliest (| Catch (N) | Bering Sea | Gold (N) | Contraban | d (N) | Survive th | e Raft | Catch |
| DISN | Hamster & | Hamster & | Kiff | Kiff | ç∗∗∗ High | School Mus | sical 3: Sen | ior Year | Marvel's | Marvel's | Pretty Frk | Pretty Frk | Bluey |
| ESPN | (5:00) Little | e League | | | The Ultimate Fighter | | | The Ultima | te Fighter | SportCtr (| N) (Live) | SportCtr | |
| ESPN2 | SportCtr (N | l) (Live) | LLWSS Ga | me 12: Tear | ms TBA (N) (Live) Little League Basebal | | | | I | | ESPN FC | | DC & RC |
| FNEWS | Bret Baier | (N) (Live) | Ingraham (| N) (Live) | Jesse (N) (Live) Hannity (N) (Live) | | | Gutfeld! (N | 1) | Fox News | . , . , | The Five | |
| FX | (4:30) ਼ਿ*★★ | 30) ♀★★ Spider-Man 3 ('07) ♀★★★ Cap | | | otain America: The First Avenger ('11) | | | Justified: (| City (N) | Justified "You Good?" | | Justified | |
| HBO | (:05) ਼ਿ≯★ l | Knowing ('0 | 9) Nicolas C | Cage. | (:10) ਨੇ ★★ | Taken 3 ('14 |) Liam Nees | son. | Hard Knoc | ks (N) (SP) | Winning T | ime | Movie |
| web. | Skinwalker | | Skinwalker | Ranch | Secret (N) | | Skinwalkei | () () | (:05) Beyor | ,,,,, | (:05) Beyor | | (:05) Secre |
| ION | Chi. Fire "F | ireworks" | Chicago Fi | re | Chi. Fire "/ | | Chicago Fi | ire | Chicago F | ire | Chi. Fire "l | _et Her Go" | Chi. Fire |
| | . , | . , | . , | Property | Property | | | Everything | . , | Property | . , | Property | Property |
| MAX | (:55) ਼ਿ*★★★ | A Most Vi | olent Year (| '14) | ₩★★★ Wir | nter's Bone | ('10) | (:40) ਼*★★ I | Dark Places | ('15) Charli | | (:35) ♀★★★ | Lucy ('14 |
| | | | • | J | | elphia Phillie | () () | ` ' | , , | Birds (N) | Birds | Golf | Baseball |
| | | | | | • () | scar Isaac. | | | Friends | Friends | Friends | Friends | Friends |
| - | | | | | ** | School ('03) | | | Movie | | | | |
| - | Sheldon | | | | | Baltimore Ori | , , , | , | MLB Close | | Sheldon | Sheldon | Sheldon |
| | (/ X · · · · | (/ | 34) Joan Blondell. | | | | () | | | ` ' | <u> </u> | Movie | |
| | , , , , | | See Me 2 ('1 | , | *** ★★ Knives Out ('19) Chris Evans, Daniel C | | | , , , , | | | ` ' | | |
| USA | Law-SVU " | Scavenger" | Law & Ord | er: SVU | WWE NXT | (N) (Live) | | | (:10) Prank | (N) | (:10) Law-S | SVU | Law-SVU |

| WEDN | IESDA | Y EVE | NING | | | | | | | | AUC | GUST 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 | News (N) | CBS News | Inside Ed. | ET (N) | Big Brothe | r (N) | Superfan (| (N) (P) | So Help Me | Todd | News (N) | (:35) Colbe | rt |
| 6-ABC | News (N) | WorldNe | Jeopardy! | Wheel | Judge Stev | e Harvey | Wonder | Abbott | Fun Videos | 3 | News (N) | (:35) J. Kim | mel |
| 10-NBC | News (N) | NBC News | News (N) | Hollywood | LA Fire (N) | (SF) | Chicago F | ire | Chicago "N | lew Life" | News (N) | (:35) Tonigl | nt 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 | Table | Table | Grantches | ter | Broadchur | ch | 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) | ClassH | Extra (N) |
| 57-CW | FamFeud | FamFeud | FamFeud | FamFeud | Nancy Dre | w (N) | Riverdale | (N) | News Philly | y (N) | Law-SVU " | Baby Killer" | 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 | (5:00) ਼ਿ*★★ | ★ Hacksaw | Ridge ('16) | | ₹★★★ Ava | atar ('09) Zo | e Saldaña, S | Sigourney W | eaver, Sam | Worthingtor | า. | Last Wite | ch Hunter |
| CNN | Situation (| N) (Live) | OutFront (| N) (Live) | Cooper 360 | 0 (N) (Live) | CNN (N) (L | ive) | CNN (N) (Li | ve) | CNN (N) (L | ive) | Cooper360 |
| DISC | Expedition | Unknown | Expedition | Unknown | Expedition | Х | Expedition | 1 X (N) | Ghost Adv | (N) | Ghost Adv | (N) | Expedition |
| DISN | Hamster & | Hamster & | Kiff | Kiff | Big City | Big City | Ladybug | Ladybug | Marvel's | Marvel's | Raven | Raven | Bluey |
| ESPN | (5:00) Little | League | LLS World | Series Tea | ms TBA (N) | (Live) | LLS World | I Series Tea | ms TBA (N) | (Live) | SportCtr (| N) (Live) | SportCtr |
| ESPN2 | (4:30) Soft | Softball | Softball Te | am Gold vs. | s. Team Purple (N) (Live) | | USL Championship Soccer | | | 30 for 30 | | 30 for 30 | |
| FNEWS | Bret Baier | (N) (Live) | Ingraham (| N) (Live) | Jesse (N) (| Live) | Hannity (N | I) (Live) | Gutfeld! (N |) | Fox News | (N) (Live) | The Five |
| FX | (5:00) ५★★ | ★ The Ama | zing Spider | -Man ('12) | ∯★★ The A | *★★ The Amazing Spider-Man 2 ('14) Andrew | | | v Garfield. | | 뜻★★ The / | Amazing Sp | ider-Man 2 |
| HBO | ਝ਼±⋆⋆⋆ T | he Silence (| of the Lamb | s ('91) | ** ★★★ Fargo ('96) (:40) Winni | | | | | (:55) Hard Knocks | | Movie | |
| HIST | American I | Pickers | Pickers "R | acy Relics" | American Pickers "Be | | eware of Deere; Boom or Bust" (N) | | | (:05) Pickers | | Pickers | |
| ION | Blue Blood | ds | Blue Blood | ls | Blue Bloods Blue Blood | | ds Blue Bloods | | | Blue Bloods | | Blue Blood | |
| | Castle | | Castle "Tim | ne Will Tell" | Castle "Ge | Castle "Get a Clue" Castle | | (:05) Castle | | (:05) Castle "Disciple" | | Castle | |
| MAX | (:20) 9 Bar | ely Lethal (| II ('15) Hailee Steinfeld. | | | | m Hardy. (:25) ** ★ Drive Angry ('11) | | | ('11) | (:10) ♥★★★ The Company Men | | |
| NBCSPA | Phillies | MLB Basel | ball Washin | gton Nationa | ils at Philade | elphia Phillie | s (N) (Live) | Phillies (N) | (Live) | Birds (N) | Birds | In. Golf | Baseball |
| NICK | SpongeB | SpongeB | ∯★★ Bee ا | Vlovie ('07) . | Jerry Seinfel | d. | Friends | Friends | Friends | Friends | Friends | Friends | Friends |
| PARMT | Two Men | Two Men | Two Men | Two Men | Movie | | | | | | ਼ਾ±⋆⋆ Pre | tty Woman | ('90) |
| TBS | 0 0 | 0 0 | Big Bang | Big Bang | All Elite Wi | restling: Dy | ` ' | , | | | | | Sheldon |
| TCM | (:15) '़*★★ (| Orchestra V | Vives ('42) | | | rmy Weath | | | |) (:15) ♀★★ Down Argentine Way | | | |
| TNT | Lucifer | | Lucifer | | X | | ` , , | , | oson, Shia LaBeouf. | | | **★ Pixels ('15) Adam S | |
| USA | Law & Ord | er: SVU | Law & Ord | er: SVU | Law & Ord | er: SVU | Temptatio | n Island (N) | The Big D | (N) | Law & Ord | er: SVU | Temptation |

| THUR | SDAY | EVENI | NG | | | | | | | | AUG | UST 10 | , 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 | Big Brothe | r (N) (Live) | Challenge | (N) (SP) | News (N) | (:35) Colbe | rt | |
| 6-ABC | News (N) | WorldNe | Jeopardy! | Wheel | Generation | Gap (N) | The Prank | Panel | Shark Tanl | (| News (N) | (:35) J. Kim | mel | |
| 10-NBC | News (N) | NBC News | News (N) | Eagles | Password | | Law & Ord | er: SVU | Law & Ord | er: SVU | News (N) | (:35) Tonig l | ht Show | |
| 17-MNT | Goldbergs | Big Bang | Big Bang | Goldbergs | Two Men | Mom | Union | Sports | Action Nev | /s at 10 (N) | Mod Fam | Mod Fam | Two Men | |
| 23-PBS | NJ Spotl | Newsline | One on O | NJ Spotl | Walking "N | lottingham" | POV "Child | ren of the M | list" | School | NJ Spotl | State/Arts | BBC News | |
| 29-FOX | The Six | Kelly (N) | TMZ (N) | You Bet | World Cup | (N) (Live) | World Cup | Quarterfina | ıl: Teams TB | A (N) (Live) | News (N) | ClassH | Extra (N) | |
| 57-CW | FamFeud | FamFeud | FamFeud | FamFeud | Fight to (N |) (P) | FBoy Islan | d (N) | News Phill | y (N) | Law & Ord | er: SVU | Neighbor | |
| A&E | The First 4 | 8 | The First 4 | 8 | After the F | irst 48 (N) | 60 Days In | (N) | Booked (N | 1 | (:05) The F i | irst 48 | (:05) First | |
| AMC | (4:30) 👯★★ | ★ Avatar ('0 | 09) Sam Wo | rthington. | ۶±★ San ا | Andreas ('18 | 5) Carla Gug | gino, Dwayn | e Johnson. | (:45) 👯★★ | The Punish | er ('04) Tom | Jane. | |
| CNN | Situation (| N) (Live) | OutFront (| N) (Live) | Cooper 36 | 0 (N) (Live) | CNN (N) (L | ive) | CNN (N) (L | ve) | CNN (N) (L | ive) | Cooper360 | |
| DISC | Homestead | | Homestead | | Homestead | | Homestead | (N) k | Homestead | | Homestead | | Homestea | |
| DISN | Hamster & | Hamster & | Kiff | Kiff | Big City | Big City | Ladybug | Ladybug | Marvel's | Marvel's | Bunk'd | Bunk'd | Bluey | |
| ESPN | (5:00) Little | | Little Leag | | | | | • . | <u> </u> | SportCtr (N) (Live) SportCtr | | | | |
| ESPN2 | (5:00) Little | | Football | , | GameDay | Football | Little League Baseball | | | To Be Announced | | | | |
| FNEWS | Bret Baier | . , . , | Ingraham (| , , , | Jesse (N) (| , | Hannity (N |) (Live) | Gutfeld! (N | , | Fox News | () (-) | The Five | |
| FX | , , x | ★ Iron Man | ` ' | X | Man 2 ('10) | Robert Dow | , | | What We | | What We | 뿟★★ Con / | Air ('97) | |
| HBO | (5:30) 9 Ho | bbit: Battle | | | Winning Ti | ime | · / / · · · · · · · · · · · · · · · · · | | | | | (:10) %★★ Kingpin ('96) | | |
| HIST | Alone "Afte | | Alone "Infe | | Alone "Spli | | Alone "Rats; Alone Australia: Day 1" (N) | | | | (:35) Alone (: | | (:05) Alone | |
| ION | Chicago P. | | Chicago P. | | Chicago P | | Chicago P.D. | | Chicago P.D. | | Chicago "Closure" | | Chicago | |
| Œ | Castle "Un | | Castle "De | ep Cover" | Castle "Lim | 0 | | | (:05) Castle | | (:05) Castle | | Castle | |
| MAX | , , | Focus ('15) | | | | Machina ('1 | , | | Aeon Flux ('05) | | (:20) * Frank Miller's | | - | |
| NBCSPA | | | | , | | elphia Phillie | () () | , , | , , , | () | | Bensinger | | |
| NICK | | SpongeB | | | | , | SpongeB | | | Friends | | | Friends | |
| PARMT | Two Men | | | | A | tty Woman | ` ' | | | | ç×××× T | (/ | | |
| TBS | Sheldon | | Sheldon | Sheldon | | | | | Big Bang | | | | , , | |
| TCM | | ut of the Pa | ` ' | | | ile the City | • (/ | <u> </u> | ♥★★★ The Killer Is Loose ('56) ♥ A Connecticut | | | | | |
| TNT | , , | ★ Transform | . , | | 177 | ` ' | | | rx ★★★ Blades of Glory ('07) Will I | | | | 9 Mask | |
| USA | Law-SVU " | Storm" | Law-SVU " | Infected" | Law-SVU " | Blast" | ቻ★★ The H | Heat ('13) M | elissa McCa | rthy, Sandra | a Bullock. | 뿟★★★ Brid | desmaids | |





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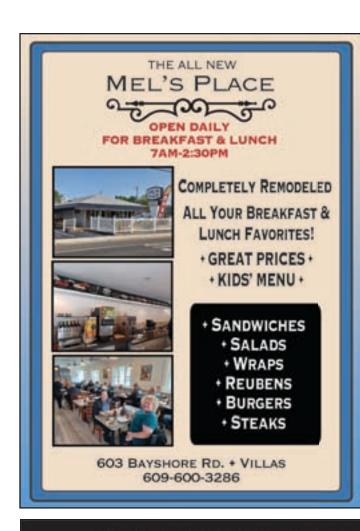


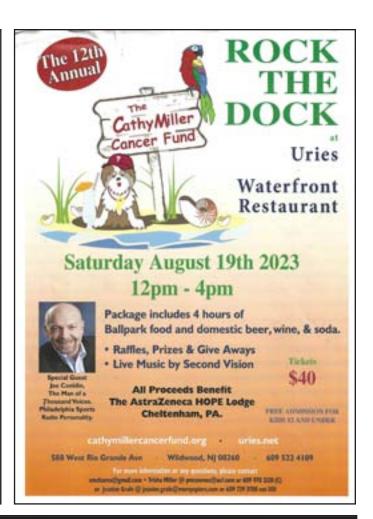














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JERSEY CAPE MAGAZINE



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

Submitted By Patsy Nelson from The Wagging Tail

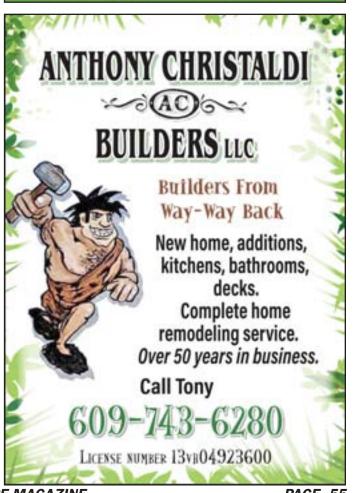
ACCORDING TO THE WHOLE DOG JOURNAL, WHICH IS AN EXPERT SOURCE FOR ALL THINGS DOG, WET, RAW, OR DEHYDRATED DOG FOOD IS FAR BETTER THAN ANY DRY FOOD, EVEN THE MOST EXPENSIVE, MANY VETS WILL PUSH DRY FOOD AS A WAY OF MAINTAINING GOOD DENTAL HEALTH. BUT HOW MANY DOGS OR CATS (OR HUMANS FOR THAT MATTER) TRULY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

MANY CUSTOMERS HAVE BEEN HESITANT TO CHANGE THEIR DOG'S DIET. I'VE HAD MUCH SUCCESS WITH DOGS THAT HAVE BEEN FOUND LOST, LIKE MY SHIH TZU, ROSIE, OR GIVEN UP, LIKE ZOEY, OR FOSTER-TURNED-RESCUE. EBBY. IF YOUR DOG OR CAT GETS LOST AND THEN FOUND BY SOMEONE ELSE, EVEN FOR A SHORT TIME, IT WILL BE FED WHATEVER THAT PERSON CHOOSES, TOO MANY PETS DON'T CARRY IDENTIFICATION, AND MO PET CARRIES MEDICAL OR FEEDING INSTRUCTIONS. IT'S TRULY HEALTHIER AND MORE APPEALING TO A CAT OR DOG TO ALTER OR MIX THE PROTEINS THAT THEY ARE GIVEN AS LONG AS YOU KNOW THAT THEY DO NOT HAVE AN ALLERGY PROBLEM WITH A SPECIFIC PROTEIN, LIKE CHICKEN OF BEEF, WHICH HAVE BEEN TARGETED FOR THAT, I AM AMAZED HOW MANY OF OUR REPUTABLE PET FOOD COMPANIES CARRY CANNED FOODS THAT CONTAIN CHICKEN OR BEEF WHICH LEADS ME TO BELIEVE THAT A MAJORITY OF PETS DON'T HAVE PROBLEMS WITH EITHER. TODAY THERE ARE NUMEROUS OTHER PROTEIN OPTIONS THAT PETS HAVE NOT CONSUMED THAT CAN BE SAFELY ADDED. KANGAROO, GOAT, GUINEA FOWL, VENISON, PORK, RABBIT, FISH, AMONG OTHERS, CAN BE SLOWLY INTRODUCED, ALTHOUGH I NEVER SLOWLY INTRODUCED ANYTHING, I AM ALWAYS TRYING SOMETHING NEW ON MY CATS AND DOGS AND THEN MONITOR THEIR STOOL, OR AMOUNT OF LICKING OR SCRATCHING FOR INDICATIONS OF A PROBLEM. FEEDING THE SAME PROTEIN ALL THE TIME CAN RESULT IN AN ALLERGY TO THAT PROTEIN. ADDING CANNED FOOD, OR FREEZE-DRIED FOOD, CAN GREATLY ENHANCE YOUR PET'S INTEREST IN EATING, AND ALL OTHER PHYSICAL HEALTH.

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

THANK YOU FOR HELPING TO KEEP A SMALL BUSINESS IN BUSINESS AND FOR YOUR WONDERFUL FEEDBACK ABOUT OUR EXPANSIVE SELECTION OF QUALITY FOOD AND ACCESSORIES.









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