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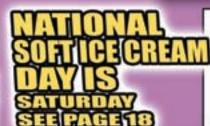
MAGAZINE

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## CHALLENGE

| 1 * | 2  | 3 * |    | 4  | 5            | 6      | 7  |    | 8  | 9 *   | 10 |
|-----|----|-----|----|----|--------------|--------|----|----|----|-------|----|
| 11  |    |     |    | 12 |              |        |    |    | 13 |       |    |
| 14  |    |     | 15 | *  |              |        |    | 16 |    |       |    |
|     |    | 17  |    |    |              |        | 18 |    |    |       |    |
| 19* | 20 | *   |    | Τ, | ۸/۱-: - I-   | :- 41- |    | 21 | П  | 22    | 23 |
| 24  | Г  |     | П  | '  | Which only   | fruit  | 9  |    |    | 25    |    |
| 26  |    |     |    | ١. | with<br>seed | s on   |    |    |    | 27    |    |
| 28  | П  | 29  |    | t  | he ou        | tside  | ?  | 30 | 31 | П     | П  |
|     |    | 32  |    | 33 |              | 3      | 34 |    | *  | la sa |    |
| 35  | 36 |     |    |    | 37           | 38     |    |    |    | 39    | 40 |
| 41* |    |     | -  | 42 |              |        |    |    | 43 |       |    |
| 44  |    |     |    | 45 |              | *      |    |    | 46 | *     |    |

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. Steal from
- 4. Moist
- 8. Insane
- \_\_ funk; moody
- 12. Singer Fitzgerald
- 13. Poem of praise
- 14. Downplays (3)
- 17. Forest animal
- 19. \_\_ off; left suddenly
- 21. Snout
- 24. "\_\_ a Believer"; Monkees song
- 25. Spanish article
- 26. Suffix for soft or strength
- 27. Pre-noon hrs.
- 28. Endorse
- 30. Short note
- 32. Source of quick cash
- 34. Sunbeam
- 35. Honest (5)
- 41. Misery
- 42. As strong \_\_\_
- 43. Presidential nickname
- 44. Trauma ctrs.
- 45. Sour-tasting
- 46. Suffix for velvet or eight

#### **DOWN**

- 1. Basketball hoop
- 2. Go out \_\_\_ limb
- 3. Pastry chef

- 4. Writing table
- 5. Laundry soap
- 6. Mid-11th-century year
- 7. Singer Patti
- 8. Slogan
- 9. Needless fuss
- 10. ABC followers
- 15. Second extra inning
- 16. Jack-of-all-trades
- 18. Mom's mealtime advice 19. Unexciting game results
  - 20. Prefix for bus or potent
  - 22. Common tear site
  - 23. Red Muppet
  - 29. Backyard accesses
  - 31. Singer Gormé
  - 33. Source of protein
  - 34. Make a scene
  - 35. Run up a tab
  - 36. And not
  - 37. Patriotic chant
  - 38. Golfing term
  - 39. Luau strings
  - 40. Animal enclosure

#### Strawberry Solution EKZ IVKI EEN

| 1.4          | i.i. |   |   | J.           | а | v      | J. |   | 3 | a | $\alpha$ |
|--------------|------|---|---|--------------|---|--------|----|---|---|---|----------|
| E            | K    | I |   | N            | A | S      | A  |   | E | O | Μ        |
| d            | U    | D | N | V            | d | $\cup$ | Е  | Η | T | N | О        |
|              |      | Y | V | В            |   |        | M  | T | V |   |          |
| O            | M    | E | M |              |   |        |    | N | D | I | S        |
| M            | ٧    |   | Ä |              |   |        |    | Е |   | Ν | Е        |
| П            | E    |   | D |              |   |        |    | Λ |   | M | Ι        |
| $\mathbf{E}$ | S    | O | N |              |   |        |    | E | В | О | T        |
|              |      | T | V | $\mathbf{E}$ |   |        | K  | Γ | E |   |          |
| Н            | O    | T | Н | D            | I | П      | S  | Е | K | V | M        |
| E            | D    | O |   | V            | Γ | Г      | Е  |   | V | N | Ι        |
| D            | A    | M |   | d            | M | A      | D  |   | B | O | В        |













## SEARCH

NMTNAYLFTI ORBWEAVERCOE SPHINXMOT HDT PWEEVILCNBAI RNRACHOBUUTPWAW FYWVOOTIUQSOMO IOMNRTCRICKETL SRTEPEAETIMRE MERARHYLFENARCA EFTARANTULALW YLLMDIHPAIOGRAS FYWASPTUSCARABI EAFBUGPUGIWRAE HERCULESBEETLEO NGUMMOTHLADYBUG

#### Bug Out!

ANT
APHID
BUTTERFLY
COCOON
CRANEFLY
CRICKET
EARWIG
FIREFLY
FLEA

FRUITFLY GUM MOTH HERCULES BEETLE LADYBUG LARVA LEAF BUG LOCUST MANTIS MOSQUITO NYMPH ORB WEAVER PUPA SCARAB SCORPION SPHINX MOTH

SPIDER SWALLOW-TAIL TARANTULA TERMITE WASP WEEVIL WETA WORM

## HOROSCOPE

ARIES (Mar. 21-April 20)

This week will be hectic. Someone you care about may not be too pleased with you. You may be looking through rose colored glasses. Do your own thing without drawing attention to it.

TAURUS (Apr. 21- May 21)

Investments will not be as they appear this week. Be careful when dealing with investments. Your ability to come up with original ideas will bring recognition from superiors. You will find that social activities will be enjoyable and will promote new connections.

GEMINI (May 22-June 21)

Be prepared to take care of the issues at hand. Be prepared to overcome frustrations and obstacles at work. Your ability to see other people's points of view will allow you to come to reasonable agreements. Think twice before you agree to take on any new projects.

CANCER (June 22-July 22)

Romantic opportunities will be plentiful if you go out with friends. Don't let children hold you back from doing things you enjoy. You can make money if you pursue your own business. Secret affairs will come back to haunt you.

LEO (July 23-Aug 22)

Don't get intimately involved with a coworker. A romantic dinner, followed by a quiet evening with the one who is enticing you, should be most satisfying. Your charm will attract members of the opposite sex. Minor health problems may lower your vitality.

VIRGO (Aug. 23 - Sept. 23)

Relatives may be less than easy to deal with. You may jump from the frying pan into the fire if you make a move this week. You can get your point across and make valuable connections. Look out for yourself this week.

LIBRA (Sept. 24-Oct. 23)

Sudden changes regarding triendships are likely to occur if you have tried to change others. Lovers will be demanding. You are best to sign your partner up for activities that will be tiring. Friends from your past may come back into your life. You have your own family to consider as well. Go after your professional goals.

SCORPIO (Oct. 24 - Nov. 22)

Avoid boredom by being creative in your endeavors. You can set your goals and make a beeline for your target. You're in a high cycle for romance. Get them to pitch in, if you need help.

SAGITTARIUS (Nov. 23 -Dec. 21)

If you're looking to do something worthwhile, consider volunteer work. Talk to those in a position of power about your intentions. You should put your efforts into creative projects. Sudden changes could result in estrangement's.

CAPRICORN (Dec 22 - Jan. 20)

Be cautious of making any residential changes this week. Dig deep to find out how costly a new venture will be before you sign on the dotted line. This will not be the best day for communication or travel. You will feel so much better about yourself if you can control your addictions.

AQUARIUS (Jan. 21 -Feb. 19)

You will have to help family members sort out unfortunate difficulties. The home environment will be unpredictable this week. You can expect opposition at work. Don't letyour competition be privy to information that could be incriminating. Take care of your own responsibilities before you help others.

PISCES (Feb. 20-Mar. 20)

You'd be wise to control your spending so your debts don't get out of hand. Look into career choices and courses being offered. You need to enjoy the company of those whw enjoy the same pastimes. People trying to entice you to join in will be less than trustworths.

Horoscopes Provided by: astrology-online.com

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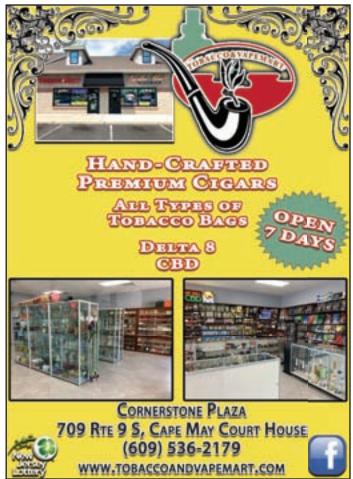
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## Sports 'G.O.A.T.'s

By Alex Hendry

#### **Questions:**

- 1) Anointed as 'The Greatest of All-Time' by his wife, which charismatic boxer became a global icon upon defeating Sonny Liston?
- 2) Hockey's undisputed G.O.A.T., which player wore #99 throughout his career?
- 3) Known as the 'The Sultan of Sweat,' which power-hitter awed baseball fans in the early 20th
- 4) Which modern-era NASCAR driver won seven NASCAR Cup championships over an 11-year span?
- 5) After winning an unrivaled seven Ballon d'Or awards, which soccer 'G.O.A.T.' went on to win his first World Cup in 2022?
- 6) Drafted in the sixth round, this quarterback has seven Super Bowl rings and set numerous records - who is he?
- 7) Which American doubles pair

- won 22 titles together during their professional tennis careers?
- 8) Which golf icon always wore red on Sundays?
- 9) Basketball history changed forever when Sam Bowie was drafted second overall in the 1984 NBA draft — who was the next draft pick?
- 10) With 97 wins to her name, which female golfer holds the record for most career victories (including non-LPGA events)?

10) Annika Sorenstam (LPGA)

(ABA) Michael Jordan (MBA)

8) Tiger Woods (PGA)

7) Serena and Venus Williams

6) Tom Brady (NFL)

(ATIA) isseM lenoiJ (&

4) (AASCAR) nosndol əimmil

3) gape Knth (MLB)

2) Wayne Gretzky (NHL)

1) Muhammad Ali (Boxing)

**Answers:** 

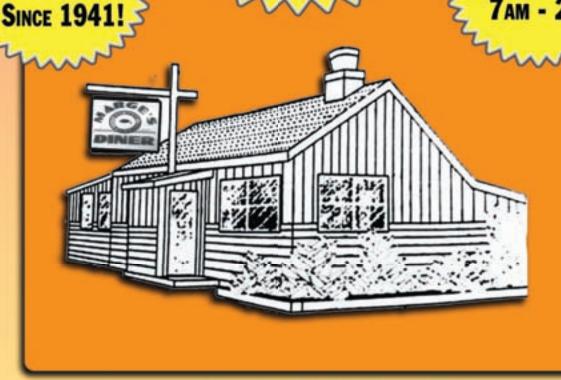
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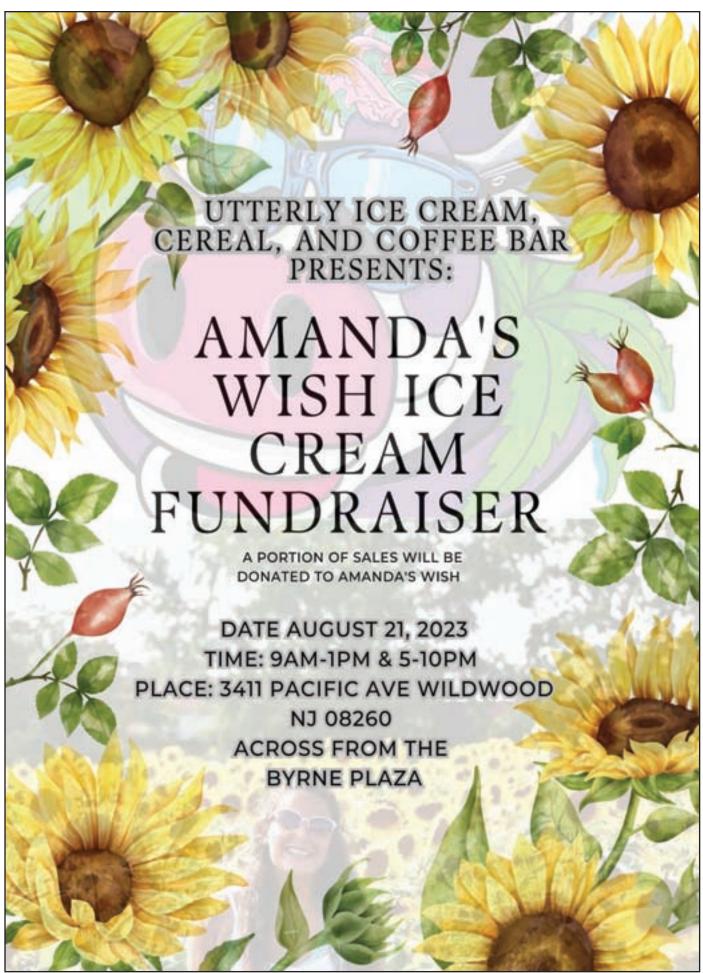
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#### WHAT'S HAPPENING AROUND THE CAPE

Wildwoods

#### Free Music in the Plaza -**40 North Country Band**

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 17 live entertainment is 40 North Country Band.

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 Ávenues.

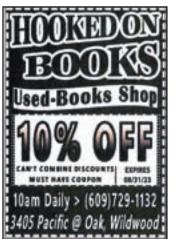
The Wildwood Baseball on the Beach Tournaments Presented by MudHen Events and partnered with Morey's Piers, is an annual youth baseball tournament held right on











the beach! Located at the peak of Rio Grande Ave. right behind the Wildwoods sign. The tournament is for youth baseball teams 9U-15U on August 18-20. Watch from the Boardwalk our Home Run Derby starting at 6:00 p.m. Friday night of the tournament. Join us Saturday from 7:45 a.m. - 8:00 p.m. and the championship on Sunday from 7:45 a.m. - 5:30 p.m.

#### **Wildwoods Boardwalk Friday Night Fireworks**

Have a blast on the Wildwoods





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& Milkshakes

Try Our

Smoothies!

## 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—N00N, 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



Breakfast &

**Lunch Specials** 

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!

#### Concerts under the Stars Series - Chicago 9

FREE live entertainment at the Lou Booth Amphitheatre, 2nd & Ocean Avenues, in North Wildwood featuring "Chicago 9" at 8:00 p.m. on Saturday, August















Boardwalk Craft Show at the Boardwalk at Rio Grande Avenue, rain or shine! Artisans, handmade craft items, boutique items, gifts & more... Saturday from 9 a.m. – 5 p.m. & Sunday from 9 a.m. – 4 p.m. Free!

**Kelly's Kidz 5k/ Family Fun Walk** Join us for a 5K on the Wildwoods Boardwalk on Saturday, August 19. This race benefits Kelly's Kidz, a non-profit organization that supports pediatric patients. 5k flat and fast chiptimed event starts and ends at Seaport Pier, 2201 Boardwalk, North Wildwood! \$35 registration fee. Family Fun Walk begins and ends at the Seaport Pier as well & will begin promptly after the start of the 5k. Race route is 13th Avenue in North Wildwood to Baker Avenue in Wildwood.

Rock The Dock 2023! RTD23 is Saturday August 19, 2023 from noon to 4 p.m. on the Dock at Uries! Spend the afternoon dancing on the dock with Philadelphia's premier dance band,

Second Vision, and laughing with the Man of a Thousand Voices – Joe Conklin! Eat, drink and take a chance on raffles and prizes in between the fun! Tickets – \$40. Kids 12 & Under – Free.

## Movies in the Plaza – Puss in Boots

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 Tuesday, August 22, around 7:45 p.m.!

#### **RIO GRANDE**

2nd Annual toy and Train Show August 19 9 a.m. - 2:30 p.m. Rio Grande Volunteer Fire Company, 1120 Route 47. Admission \$3.00 for individual, \$5 for a family of 2 adults.

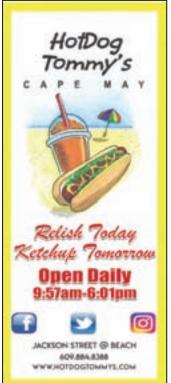
#### CAPE MAY FREE MOVIES ON THE BEACH EVERY THURSDAY

The featured movie will begin at dusk next to Cape May Con-





vention Hall at Gurney Street Beach. In the event of inclement weather, the cancellation will be announced on Cape May City's Facebook page. Bring





your favorite beach chairs and blankets. The movie for August 17 is Jumanji. On August 24, its Pirates of the Caribbean - Curse of the Black Pearl.

**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 7:00 PM unless otherwise noted. Schedule is subject to change without notice.

The Capers on August 18 Maura McKinney on August 19 Gordon Vincent on August 20





The Bastard Sons of Captain Mey Rocks on August 21

## Family Fun Crafts Show at the Lighthouse

On Wednesday, August 23, from 9 a.m - 2 p.m. 215 Lighthouse Road, and there is an Arts and Crafts show on the Promenade in Cape May on Saturday and Sunday August 19 and 20.

#### NATIONAL HAZY IPA DAY I Third Thursday in August

On Thursday, August 17, we will be taking time to celebrate a

Many different

kinds of

fresh seafood

sold by the pound

special beer on National Hazy IPA Day. Once an obscure beer style, Hazy IPAs are now among the most popular craft beers in the country. A Hazy IPA is a style of beer that is an offshoot of the modern Americanstyle India Pale Ale or American IPA. Often characterized by their cloudy or hazy appearance, Hazy IPAs provide a wide range of juicy flavor profiles. These flavors are often sweet and more approachable than traditional IPAs.

FRESH SEAFOOD

#### NATIONAL PINOT NOIR DAY – August 18

National Pinot Noir Day on August 18th encourages wine lovers to experience one of the wine world's most versatile wines. Since Pinot Noir's high acidity along with the lower tannins, it complements food nicely. Wineries around the world produce pinot noir using red wine grapes and primarily the Pinot Noir varietal. The dry wine includes hints of cherry and raspberry, as well as earthy flavors and notes of floral. It's one of the world's favorite red wines, too.

#### NATIONAL FAJITA DAY – August 18

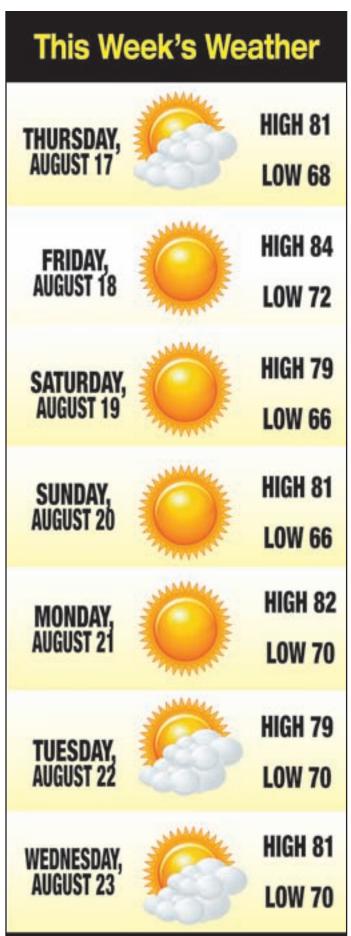
On August 18th, National Fajita Day recognizes the sizzling deliciousness of the savory Tex-Mex flavor found in fajitas.

#### NATIONAL SOFT ICE CREAM DAY – August 19

National Soft Ice Cream Day on August 19th gives us a tasty way to cool off on a hot summer day. Whether you enjoy it in a bowl or on a cone, grab some soft serve and enjoy!















# GET LOST IN THE EXCITEMENT!

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

#### AUG 18-20

Baseball on the Beach

### SEPT 10

Volkswagen Car Show

#### AUG 25-27

Sports Card, Toys, Comics & Collectibles Show

#### **SEPT 15-OCT 8**

Morey's Piers Oktoberfest

#### **AUG 26**

IPSW Pro Wrestling Wildwoods Conv. Center

### SEPT 22 - 24

Irish Fall Festival & Classic Car Show

**SEPT 23** 

#### AUG 26

Triathlon, Wild Child Triathlon & 5K

### Seafarer's Celebration

SEPT 29 Olde Time Italian Festival

#### SEPT 3

Block Party & Music Festival

### SEPT 8-9

Mummers String Band Show

#### **SEPT 29-OCT 1**

Monster Truck Beach Races

#### OCT 13 - 14

'50s. '60s & '70s Oldies Weekend

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### CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

**SMOKED TUNA SALAD** 

#### INGREDIENTS:

- 3 (4-6 oz) Yellowfin Tuna Steaks
- 3/4 Cup Mayonnaise
- 1 Tsp Duon Mustard
- . 1 TSP CELERY SEED
- 1/4 Tsp Worcestershire Sauce
- 1/4 Cup Brunoise Cut (Small

DICE) CELERY

 2 TBS BRUNDISE CUT (SMALL DICE)
 KOSHER SALT & FRESH CRACKED RED ONION



- . 1 TSP FRESH CHOPPED DILL
- BLACK PEPPER (TO TASTE)

### PREPARATION:

In a bowl, whisk all ingredients together, except tuna. Flake the tuna apart with a fork. Stir tuna flakes into mixture with a fork. Be sure flakes are well coated & broken apart. Chill for 30 minutes & serve. Enjoy!

You can use any type of tuna for this recipe. I chose Yellowfin because it's a better Tuna than Albacore or less desirable sub-species of Tuna. You can add or take away a little more mayonnaise if needed.

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.

| 1 | 9 |   | 5 | 6 |   | 7 | 3 |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 6 | 4 |   | 9 |   |   | 8 |
|   | 5 | 8 |   |   | 3 |   | 2 |   |
|   |   |   |   |   |   | 8 | 7 |   |
|   | 4 |   | 9 |   | 1 |   | 6 |   |
|   | 6 | 7 |   |   |   |   |   |   |
|   | 7 |   | 3 |   |   | 2 | 9 | Ш |
| 6 |   |   | 1 |   | 2 | 4 |   |   |
|   | 2 | 4 |   | 5 | 7 |   | 8 | 3 |





#### Seafarers' Weekend at Historic Cold Spring Village, AUGUST 19th-20th

Ahoy, matey! Make sure to stop on into Historic Cold Spring Village at our 15th Annual Seafarers' Weekend on August 19th and 20th from 11:00am-4:00pm. This event will feature pirates, music, and family fun. New this season, Clan of the Raven will be sharing their love for the Viking Age and Norse Culture. Also new this season, the Pirates of Fortune's Folly will entertain and educate all the young powder monkeys! Kells Concessions will be dropping anchor to vend delicious Pennsylvania Dutch funnel cakes!

Pillage the Village Treasure Hunt! Children should be on the lookout for Pillage the Village Treasure Hunt! Children should be on the lookout for gold coins hidden throughout the Village that can be redeemed for a fore prize! Come young and old, salty, and bold to hear of the thrilling tale of the Tragical Death of Captain Kidd the Pyrate! Prepare to laugh, gasp, and gape in amazement as Bully Billy tells tales of the Sea! Performances by Shades of Our Past! That's edutainment folks! Main Death Productions is back Join in on the fun and frivolity with Captain Jack Sparrow and his trusty first mate Morgan! Kaptain Kristian and Red will be present to tickle your funny bone at the Dennisville Inn. Jolly Shore Leave will be on deck both days to entertain all you landlubbers!

The Sea Dogs Maritime Band, an authentic reenactment crew, will perform their sea shantles on both days at the Village Gazebo. Pirate Pete's Soda Pop Co. will be dropping anchor to provide the best in handmade artisanal sodas. Seafarers' Weekend is generously spon-sored by Ocean First Foundation, Coastline Realty, Flying Fish Studio, Wildwood Mechanical, Washington Inn, and Steger Beach Service.

The Village is located on Route 9, three miles north of Victorian Cape May and a mile and a half west of the southern terminus of the Garden 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 to 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, Bakery, Ice Cream Parlor, Shepherds Hook, Cold Spring Brewery, Cold Spring Grange Restaurant, and Village Eatery. 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.bcsv.org. Village website at www.hcsv.org.







| FRIDAY EVENING AUGUST 18, 20 |                              |                 |                    |                      |   |                                    |               |                    |                            |                |  | , 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)                     | <b>CBS News</b> | Inside Ed.         | ET (N)               | Celeb Ren                                   | o (N)                              | Fire "No Go   | ood Deed"          | Blue Blood                 | l "Fire Drill" | News (N)                               | (:35) Colbe        | rt                  |
| 6-ABC                        | News (N)                     | WorldNe         | Jeopardy!          | Wheel                | Will Trent                                  |                                    | 20/20         |                    |                            | News (N)       | mel                                    |                    |                     |
| 10-NBC                       | News (N)                     | NBC News        | News (N)           | Hollywood            | Ninja Semi                                  | finals 1                           | Dateline N    | BC (N)             |                            |                | News (N)                               | (:35) <b>Tonig</b> | 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             | Father                                      | (:45) Midso                        | mer           | (:35) <b>Midso</b> | mer                        | Start Up       | NJ Spotl                               | One on O           | BBC News            |
| 29-F0X                       | The Six                      | Special         | TMZ (N)            | You Bet              | WWE Frida                                   | y Night Sm                         | ackDown (     | N) (Live)          | News (N)                   | Special        | News (N)                               | ClassH             | Extra (N)           |
| 57-CW                        | FamFeud                      | FamFeud         | FamFeud            | FamFeud              | Family Lav                                  | v (N)                              | Moonshine     | e (N)              | News Phill                 | y (N)          | Law-SVU "                              | Victims"           | Neighbor            |
| A&E                          | The First 4                  | 8 "Missing"     | The First 4        | 8                    | The First 4                                 | 8 (N)                              | Witness-M     | urder (N)          | Women (N                   | )              | (:05) First 4                          | 18 "M.I.A."        | (:05) <b>First</b>  |
| AMC                          | (5:00) ਨੂ±★                  | ★ Hacksaw       | <b>Ridge</b> ('16) |                      | ∯★★ San A                                   | Andreas ('18                       | 5) Carla Guç  | gino, Dwayn        | e Johnson.                 | (:45) ਼ਿ*★★    | Escape Plai                            | n ('13)            |                     |
| CNN                          | Situation (                  | N) (Live)       | OutFront (         | N) (Live)            | Cooper 360 (N) (Live) The Source (N) (Live) |                                    |               | CNN (N) (L         | ive)                       | CNN (N) (L     | ive)                                   | Cooper360          |                     |
| DISC                         | Gold Rush-Res. Gold Rush (N) |                 |                    |                      | Gold Rush                                   | ush-Res. (N) (:10) Hoffman (N)     |               |                    | (:10) Outback (N)          |                | (:10) Gold I                           | Rush-Res.          | Gold Rush           |
| DISN                         | çxxx The L                   | ion King ('     | 19) Donald (       | Glover.              | Villains                                    | Pretty Frk                         | Pretty Frk    | Hailey             | Hailey                     | Hailey         | Villains                               | Pretty Frk         | Pretty Frk          |
| ESPN                         | (5:00) <b>LLBV</b>           | VS              | LLBWS TB           | A vs. Midwe          | st Region (N                                | N) (Live)                          | Profession    | al Fighters        | League                     |                |  | SportCtr (         | N) (Live)           |
| ESPN2                        | Football La                  | angston Hug     | hes (Ga.) at       | Carrollton (         | Ga.) (N) (Liv                               | re)                                | PLL Archer    | rs LC vs. Wh       | nipsnakes L0               | C (N) (Live)   | NBA Toda                               | у                  | UFC                 |
| FNEWS                        | Bret Baier                   | (N) (Live)      | Ingraham (         | (N) (Live)           | Jesse (N) (Live) Hannity (N) (Live)         |                                    |               |                    | Gutfeld! (N                | 1)             | Fox News                               | (N) (Live)         | The Five            |
| FX                           | (5:00) 👯★★                   | ★ The Ama       | zing Spider        | <b>-Man</b> ('12)    | **★★ The Amazing Spider-Man 2 ('14) Andrev  |                                    |               |                    | w Garfield.                |                | ਝ਼±⋆⋆ The                              | Amazing S          | •                   |
| HBO                          | (:10) ਼*★★ (                 | Out of Time     | ('03)              |                      | ★ Being Mary Tyler Moore ('23)              |                                    |               |                    | (:05) <b>Winni</b>         | ng Time        | How to                                 | Part 1"            |                     |
| HIST                         | Ancient Al                   | iens            | Ancient Al         | iens                 | Ancient Al                                  | iens                               | Ancient Al    | iens (N)           | (:05) <b>Proof</b> -       | -There (N)     | (:05) <b>Proof</b> -                   | -There             | (:05) <b>Aliens</b> |
| ION                          | Hawaii Five                  |                 | WNBA               |                      |   | ,                                  | Dream (N)     |                    | WNBA Bas                   |                |  |                    | Hawaii              |
|                              | Rizzoli & Is                 | sles            | Rizzoli & Is       | sles                 | ♥ What Lie                                  | s Behind C                         | losed Door    | 's? ('22) (P)      | (:05) 😤 Who                | o Kidnappe     | d My Mom?                              | ('22)              | Movie               |
| MAX                          | 뿟★★★ Slu                     | mdog Millio     | onaire ('08) l     | Dev Patel.           | 뜻★★★ Luc                                    | <b>y</b> ('14)                     |               | 뿟★★ Limit          | tless ('11)                |                | (:15) ਼ਿ*★★                            | Aeon Flux (        | '05)                |
| NBCSPA                       | Birds (N)                    | Phillies        | MLB Basel          | <b>ball</b> Philadel | phia Phillies                               | at Washing                         | ton Nationa   | ls (N) (Live)      | Phillies (N)               | ) (Live)       | Birds                                  | Futbolista         | Baseball            |
| NICK                         | (5:00) <b>% Be</b>           | e Movie         | ਼±++ Dr. S         | euss' the Lo         | orax ('12)                                  |                                    | Friends       | Friends            | Friends                    | Friends        | Friends                                | Friends            | Friends             |
| PARMT                        | Two Men                      | Two Men         | ₹*** G             | oodfellas ('         | 90) Ray Liot                                | ta, Joe Pesc                       | ci, Robert De | e Niro.            | Billions (N                | ) (SP)         | ቻ★★★★ G                                | ioodfellas (       | 90)                 |
| TBS                          | Sheldon                      | Sheldon         |                    |                      |   | . ,                                | dam Sandle    |                    | ` ' '                      | rown Ups 2     | , , , ,                                |                    | Movie               |
| TCM                          | Movie                        | X               | an of Her O        | ( - /                | 뜻 The Prin                                  |                                    | es Across     |                    |                            |                | (:15) <del>**</del> *★★ My Man Godfrey |                    |                     |
| TNT                          | (4:30) <b>9: Ant</b>         | -Man & W        | ç××∗ Gua           | ardians of t         | he Galaxy V                                 | e Galaxy Vol. 2 ('17) Chris Pratt. |               |                    | All Elite W                | restling (N)   | ۶×★★ Bad                               | ture Part II       |                     |
| USA                          | 9-1-1 "Alon                  | e Together"     | 9-1-1              |                      | 9-1-1 "Blindsided" 9-1-1 "Parenthood"       |                                    |               |                    | <b>9-1-1</b> "Trea         | sure Hunt"     | 9-1-1                                  | 9-1-1              |                     |
| USA                          | J / ((O))                    | - 109011101     | · · ·              |                      | 3-1-1 Dillusided 3-1-1 Farenthood           |                                    |               |                    | 3-1-1 Heasure Hunt   3-1-1 |                |  |                    | <b>v</b>            |





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## TIDE TABLE

#### Tides for Cape May, Atlantic Ocean Starting with August 17, 2023

|     |    |      |       |    |        | LUUL |     |      |       |    |         |
|-----|----|------|-------|----|--------|------|-----|------|-------|----|---------|
| Day |    | High |       | de | Height | Sunr |     | Moon | Time  |    | % Moon  |
|     |    | /Low | Ti    | me | Feet   | Sun  | set |      |       |    | Visible |
| Th  | 17 | Low  | 3:20  |    | 0.4    | 6:15 |     | Rise |       |    | 0       |
|     | 17 | High | 9:31  |    | 4.4    | 7:52 | PM  | Set  | 8:50  | PM |         |
|     | 17 | Low  | 3:09  | PM | 0.5    |      |     |      |       |    |         |
|     | 17 | High | 9:39  | PM | 5.3    |      |     |      |       |    |         |
| F   | 18 | Low  | 3:52  | AM | 0.4    | 6:16 | AM  | Rise | 8:11  | AM | 1       |
|     | 18 | High | 10:06 | AM | 4.5    | 7:51 | PM  | Set  | 9:11  | PM |         |
|     | 18 | Low  | 3:47  | PM | 0.5    |      |     |      |       |    |         |
|     | 18 | High | 10:12 | PM | 5.2    |      |     |      |       |    |         |
| Sa  | 19 | Low  | 4:22  | AM | 0.4    | 6:17 | AM  | Rise | 9:10  | AM | 4       |
|     | 19 | High | 10:41 | AM | 4.6    | 7:50 | PM  | Set  | 9:31  | PM |         |
|     | 19 | Low  | 4:24  | PM | 0.6    |      |     |      |       |    |         |
|     | 19 | High | 10:44 | PM | 4.9    |      |     |      |       |    |         |
| Su  | 20 | Low  | 4:51  | AM | 0.5    | 6:18 | AM  | Rise | 10:09 | AM | 9       |
|     | 20 | High | 11:15 |    | 4.6    | 7:48 | PM  | Set  | 9:52  | PM |         |
|     | 20 | Low  | 5:03  | PM | 0.7    |      |     |      |       |    |         |
|     | 20 | High | 11:17 | PM | 4.7    |      |     |      |       |    |         |
| М   | 21 | Low  | 5:21  | AM | 0.6    | 6:19 | AM  | Rise | 11:10 | AM | 16      |
|     | 21 | High | 11:50 | AM | 4.7    | 7:47 | PM  | Set  | 10:14 | PM |         |
|     | 21 | Low  | 5:46  | PM | 1.0    |      |     |      |       |    |         |
|     | 21 | High | 11:52 | PM | 4.4    |      |     |      |       |    |         |
| Tu  | 22 | Low  | 5:54  | AM | 0.7    | 6:20 | AM  | Rise | 12:13 | PM | 24      |
|     | 22 | High | 12:29 | PM | 4.7    | 7:45 | PM  | Set  | 10:40 | PM |         |
|     | 22 | Low  | 6:35  | PM | 1.1    |      |     |      |       |    |         |
| W   | 23 | High | 12:32 | AM | 4.1    | 6:20 | AM  | Rise | 1:20  | PM | 33      |
|     | 23 | Low  | 6:34  | AM | 0.7    | 7:44 | PM  | Set  | 11:11 | PM |         |
|     | 23 | High | 1:17  | PM | 4.8    |      |     |      |       |    |         |
|     | 23 | Low  | 7:32  | PM | 1.2    |      |     |      |       |    |         |



STEVE SHOWS OFF THE 27.5" 7.98 LBS FLOUNDER HE CAUGHT ON AUG 6.
WAY TO GO STEVE!



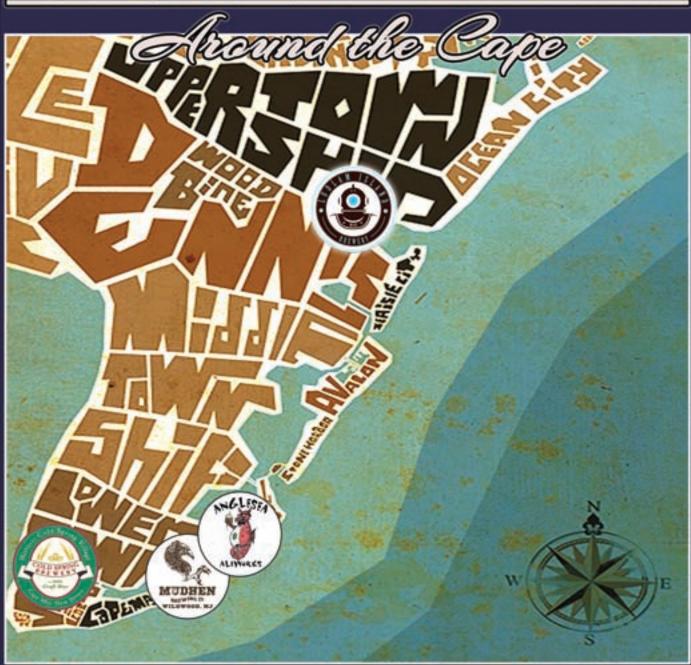
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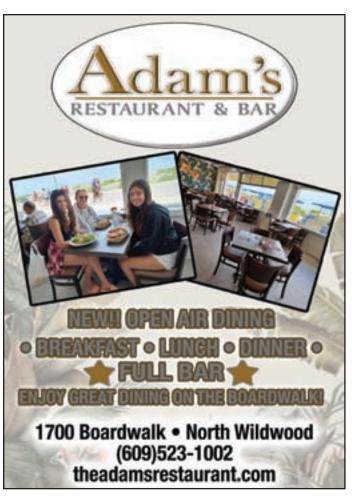








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| SATU   | RDAY               | AFTERNOON                     |  |                              |  |                    |              |                 | AUG                 | UST 19        | 9, 2023             |
|--------|--------------------|-------------------------------|--|------------------------------|--|--------------------|--------------|-----------------|---------------------|---------------|---------------------|
|        | 11:30              | 12 PM 12:30                   | 1 PM 1:30                                | 2 PM                         | 2:30   | 3 PM               | 3:30         | 4 PM            | 4:30                | 5 PM          | 5:30                |
| 3-CBS  | Hope-Wild          | Mentoring Kings (N)           | BIG3 Basketball Week                     | 9: Playoffs                  | (N) (Live)   | PGA Tour           | Golf BMW (   | Championsh      | ip, Third Ro        | und (N) (Live | e)                  |
| 6-ABC  | oh baby!           | Soccer Borussia Dortm         | und vs. FC Koln (N) (Liv                 | ve) WNBA (N) WNBA Basketball |  |                    |              |                 |                     | Hearts of     | Vets-Pets           |
| 10-NBC | One Team           | Paid Prog. Premier Le         | ague Soccer                              |                              | Track and Field                                      |                    |              | Golf Semif      | inal Matches        | (N) (Live)    |                     |
| 17-MNT | DraftKings         | Paid Prog. True Crime         | RVing Raw Travel                         | Pawn Stars                   | Pawn Stars   | S.W.A.T.           |              | S.W.A.T.        |                     | Sheldon       | Sheldon             |
| 23-PBS | (11:00) <b>Joh</b> | n Sebastian                   | Rick Steves                              | The Keto D                   | iet With Dr  | . Josh Axe         | Roy Orbiso   | on              |                     | Field         | State-Aff           |
| 29-FOX | DraftKings         | Basketball                    | Paid Prog.                               | Paid Prog.                   | Horse Rac  | i <b>ng</b> FOX Sa | ratoga Satu  | rday (N) (Liv   | e)                  |               |                     |
| 57-CW  | Paid Prog.         | Weather Gone Viral            | SOS: How to Survive                      | The First 4                  | 8  | Paid Prog.         | Paid Prog.   | iCRIME          | ICRIME              | Law & Ord     | er: SVU             |
| A&E    | (11:00) <b>Zo</b>  | Delicious Delicious           | Kings of BBQ                             | Hip Hop Tr                   | easures  | Neighbor.          | Neighbor.    | Neighbor.       | Neighbor.           | Neighbor.     | Neighbor.           |
| AMC    | (:45) ∯★★ I        | Escape Plan ('13) Sylve       | ster Stallone.                           | (:15) ਨੇ★★                   | San Andrea   | s ('15) Carla      | Gugino, Dv   | vayne Johns     | son.                | ç××× Jol      | n Wick              |
| CNN    | (11:00) <b>CN</b>  | CNN Newsroom (N)              | CNN Newsroom (N)                         | CNN News                     | room (N)   | Smerconis          | h            | CNN News        | room (N)            | CNN News      | room (N)            |
| DISC   | (11:00) <b>Ex</b>  | Expedition Unknown            | y, Calif." (N)                           | (Live)                       | Mysteries  | of                 | Mysteries    |                 | Mysteries of        |               |                     |
| DISN   | Ladybug            | ₩★★★ A Bug's Life ('S         | 98) (:40) <b>Bluey</b>                   | (:05) Bluey                  | Bluey  | Bluey              | Kiff         | Kiff            | Kiff                | Kiff          | Big City            |
| ESPN   | (11:00) <b>Sp</b>  | LLBWS Game 13: Tea            | ms TBA (N) (Live)                        | <b>LLBWS</b> Ga              | ıme 14: Tea  | ms TBA (N)         | (Live)       | LLBWS Ga        | ame 15: Tea         | ms TBA (N)    | (Live)              |
| ESPN2  | UFC Live           | Softball Team Blue vs.        | Team Gold (N) (Live)                     | UFC Live                     | ESPN Film  | s                  |              |                 |                     | UFC 292 C     | ountdown            |
| FNEWS  | (11:00) <b>Ca</b>  | Fox News (N) (Live)           | Fox News (N) (Live)                      | Fox News                     | (  |                    | litorial (N) | The Five        |                     |               |                     |
| FX     | Movie              | 뿟★★★ The Incredible           | Hulk ('08) Edward Norte                  | n.                           |  |                    |              |                 | rt Downey J         | r             | Movie               |
| HBO    | (:35) <b>9 Fan</b> | tastic Beasts: The Sec        | rets of Dumbledore                       | ਝ਼±± The l                   | ** ★ The Hobbit: The Battle of the Five Armies ('14) |                    |              |                 | (:25) <b>Hard</b> l | Knocks        | Movie               |
| HIST   | (11:00) <b>Mn</b>  | The UnXplained                | The UnXplained                           | The UnXpl                    | ained  | The UnXpl          | ained        | The UnXpl       | ained               | The UnXpl     | ained               |
| ION    | (11:00) <b>La</b>  | Law & Order: SVU              | Law & Order: SVU                         | Law & Ord                    | er: SVU  | Law & Ord          | er: SVU      | Law & Ord       | er: SVU             | Law & Ord     | er: SVU             |
|        | (11:00) <b>He</b>  | ¥ Jailbreak Lovers (¹2        | 2) Catherine Bell.                       | ₹ Trapped                    | in the Cabi  | n ('23) Tiffaı     | ny Smith.    | ♀ You Car       | 't Take My          | • •           | ′                   |
| MAX    | (11:10) 👺 <b>A</b> | Most Violent Year             | (:15) <del>**</del> ★ ★ <b>Garden St</b> | ate ('04) Za                 | ch Braff.  | 뿟★★ Maid           | in Manhatt   | <b>an</b> ('02) | (:45) <b>਼ਿ+ Th</b> | ne Boy Next   | t <b>Door</b> ('15) |
| 444    |                    | World Poker Tour              | World Poker Tour                         | World Pok                    | er Tour  | Life (N)           | Phillies     | MLB Base        | ball                |               |                     |
|        |                    | ngeBob SquarePants            | SpongeB SpongeB                          | SpongeB                      | SpongeB  | SpongeB            | SpongeB      | SpongeB         | SpongeB             | SpongeB       | SpongeB             |
| PARMT  | ,                  | NCIS "Faith"                  | 뿟★★★ The Lincoln La                      | wyer ('11) l                 | Matthew Mc   | Conaughey.         | 뜻★★ Jack     | Reacher ('1     | 12) Rosamui         | nd Pike, Ton  | n Cruise.           |
| TBS    | Friends            | ¥★ Grown Ups ('10) A          |  | · /                          |  | ` '                |              |                 | **                  |               | Singer ('98)        |
| -      |                    | nter Parade                   | · / /                                    |                              |  | on ('53) Fre       |              |                 | •                   |               | е.                  |
| 4      | ' ' ' ' '          | ack to the <del>***</del> Bac |  | II ('89) Michael J. Fox.     |  |                    |              |                 | Movie               |               |                     |
| USA    | (10:00) <b>So</b>  | Premier NASCAR (              | So Bowling at The Glen,                  | Qualifying                   | Dale Jr.   | Countdo            | NASCAR X     | (finity Shrin   | ers Children        | 's 200 (N) (L | ₋ive)               |

| SATU   | RDAY                                    | EVENI           | NG            |             |                                    |                     |                        |                                 |   |               | AUG                | UST 19             | , 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)                                | <b>CBS News</b> | Ent. Tonigl   | ht (N)      | Stand Up (                         | N) (Live)           | 48 Hours               |                                 | 48 Hours                                |               | News (N)           | (:35) <b>Draft</b> | Magnum     |
| 6-ABC  | News (N)                                | WorldNe         | FYI Philly    | Wheel       | Stand Up (                         | N) (Live)           | Shark Tanl             | k                               | Shark Tan                               | k             | News (N)           | News (N)           | Jeopardy!  |
| 10-NBC | News (N)                                | NBC News        | Paid Prog.    | 1st Look    | Stand Up (                         | N) (Live)           | America's Got Talent ' |                                 | "Auditions 7"                           |               | News (N)           | Saturday N         | light Live |
| 17-MNT | Big Bang                                | Big Bang        | Big Bang      | Big Bang    | Chicago P.D.                       |                     | Chicago P.D.           |                                 | Action Ne                               | ws at 10 (N)  | Philler            | Delco Duo          | Mom        |
| 23-PBS | Price                                   | Price           | Treasures     | State/Arts  | Old House                          | Old House           | The T                  | (:45) McLeo                     | od                                      | Our Mirac     | (:20) Celeb        | rity Trip          | Grantchest |
| 29-F0X | Special                                 | ClassH          | TMZ (N)       | •           | Stand Up (                         | N) (Live)           | MasterChe              | f                               | News (N)                                | •             | Don't Forg         | et                 | The Pulse  |
| 57-CW  | Law & Ord                               | er: SVU         | FamFeud       | FamFeud     | Great Cho                          | c (N)               | Recipe for             | Recipe for                      | SEAL Tea                                | m             | WOW - Wo           | men                | Neighbor   |
| A&E    | Neighbor. Neighbor. Neighbor. Neighbor. |                 |               | Neighbor.   | Neighbor.                          | Kings of B          | BQ (N)                 | Hip Hop (N                      | ۷)                                      | Neighbor.     | Neighbor.          | Neighbor.          |            |
| AMC    | (5:00) ♥ John Wick (:15) ♥★★★ John Wick |                 |               |             | k: Chapter 2                       | 2 ('17) Comn        | non, Keanu             | Reeves.                         | ਼ਾ±★★ Jol                               | hn Wick: Ch   | napter 3 P         | arabellum (        | 19)        |
| CNN    | CNN Newsroom (N) CNN Newsroom (N)       |                 |               |             | CNN Spec CNN Spec C                |                     |                        | CNN Spec                        |   | CNN Spec      |                    | CNN Spec           |            |
| DISC   | Mysteries Mysteries of                  |                 |               | Mysteries   | of                                 | Mysteries of        |                        | Mysteries                       |   | Mysteries     |                    | Mysteries          |            |
| DISN   | Big City                                | Big City        | Big City      | Big City    | ₹★★★ The                           | Peanuts M           | lovie ('15)            | Hailey                          | Hailey                                  | Big City      | Big City           | Big City           | Bluey      |
| ESPN   | LLB World                               | Series Gan      | ne 16: Team   | ns TBA      | UFC 292 -                          | Prelims (N)         | (Live)                 |                                 | SportCtr (                              | N) (Live)     | SportCtr (         | N) (Live)          | SportCtr   |
| ESPN2  | Red Bull (N                             | ۷)              | E60           | USL Cham    | pionship S                         | occer               |                        | USL Cham                        | pionship S                              | occer         |                    | SEC Storie         | ed         |
| FNEWS  | Fox Report                              | t (N) (Live)    | Weekend (     | N) (Live)   | One Nation (N) L. Jones (N) (Live) |                     |                        | FOX News                        | (N) (Live)                              | Gutfeld!      |                    | Weekend            |            |
| FX     | (5:30) 👯★★                              | Iron Man 2      | ('10)         |             | 뿟★★★ Iroi                          | n <b>Man 3</b> ('13 | ) Gwyneth F            | Paltrow, Rob                    | ert Downey                              | Jr            | <b>਼∗</b> ∗∗ Capt  | '19)               |            |
| HBO    | (5:25) <b>Y</b> Tra                     | nsformers:      | Revenge of    | the Fallen  | Stand Up (                         | N)                  | ₹★★★ Ava               | atar ('09) Zo                   | e Saldaña,                              | Sam Worthir   | ngton. (:45) Winni |                    | ng Time    |
| HIST   | The UnXpla                              | ained           | The UnXpl     | ained       | The UnXpl                          | ained               | The UnXpl              | ained                           | (:05) <b>Dark</b>                       | Marvels       | (:05) Dark I       | Marvels            | UnXplain   |
| ION    | Law & Ord                               | er: SVU         | Law & Ord     | er: SVU     | Law & Ord                          | er: SVU             | Law & Ord              | er: SVU                         | Law & Ord                               | ler: SVU      | Law & Ord          | er: SVU            | Law-SVU    |
|        | Abducted                                | l by My Teac    | her: Elizabet | th Thoma    | ♀ Her Dead                         | dly Night in        | Paris ('23)            | (P)                             | ♀ Believe N                             | /le: Abductio | n of Lisa Mc       | Vey: Spec          | Movie      |
| MAX    | (:15) ਼ਿ*★★                             | Focus ('15) '   | Will Smith.   |             | ç±★ Arma                           | ageddon ('98        | B) Billy Bob           | Thornton, B                     | ruce Willis.                            | ₹★★ Time      | eline ('03) Pa     | aul Walker.        |            |
| NBCSPA | (4:00) <b>MLB</b>                       | Baseball        | Phillies (N)  | (Live)      | Birds                              | Brewing             |                        |                                 | Phillies at W                           | ashington N   | lationals          | Brewing            | Life       |
| NICK   | SpongeBo                                | b               | ¥★★★ The      | Croods: A   | New Age (                          | ,                   | SpongeB                |                                 | Friends                                 | Friends       | Friends            | Friends            | Friends    |
| PARMT  | Movie                                   | 뿟★★ Jack        | Reacher: N    | lever Go Ba | ick ('16) (P)                      |                     | 뿟★★ Jack               | Reacher (1                      | 2) Rosamu                               | nd Pike, Rob  | pert Duvall, 1     | Tom Cruise.        | Movie      |
| TBS    |   | X               | ,             | 04) Adam Sa |                                    | _                   | Ū                      |                                 |   |               | Miracle            | ਼•਼++ 50 Fi        |            |
| TCM    | A                                       | all We Danc     | ` '           |             | , ,                                |                     |                        |                                 | , |               |                    |                    | Movie      |
| TNT    | ( , , , , , , , , , , , , , , , , , , , | ★ Back to t     | ,             |             | All Elite Wrestling: Collision (N) |                     |                        | **** Avengers: Infinity War (¹1 |   |               |                    |                    |            |
| USA    | Post Race                               | Chicago Fi      | re            | Chicago Fi  | ire                                | Chicago Fi          | re                     | Chicago F                       | ire                                     | Chicago F     | Chicago Fire       |                    |            |

| SUND   | JNDAY AFTERNOON AUGUST 20, 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  | Our Honor                                      | PBR Team                          | Nashville            | Course              | PGA Tour     | PGA Tour    | Golf BMW (  | Championshi          | p, Final Rou       | ınd (N) (Live   | e)                 |               |              |  |
| 6-ABC  | Inside   | Action Nev                        | vs (N)               | FYI Philly          | True Crime   | LLB World   | Series Gan  | ne 20: Team          | s TBA (N) (I       | Live)   | Sports (N)         | Action Ne     | ws 5PM (N)   |  |
| 10-NBC | Checks   | Track and                         | Field World          | Athletics Ch        | ampionship   | s From Buda | apest, Hung | ary.                 |                    | Golf Cham   | pionship Ma        | itch (N) (Liv | e)           |  |
| 17-MNT | Paid Prog.                                     | Paid Prog.                        | Paid Prog.           | In Focus            | This Week    | Good Dr "In | nfluence"   | Pawn Stars           | Pawn Stars         | Pawn Stars  | black-ish          | Philler       | black-ish    |  |
| 23-PBS | Think Tank                                     | State-Aff                         | Great Scen           | ic Railway          | Journeys 3   | 0th         | The Collag  | en Diet Wit          | h Dr. Josh /       | Axe   | Suze Orma          | an's          |              |  |
| 29-FOX | Paid Prog.                                     | Basketball                        |                      |                     |              | Women's V   | Vorld Cup F | Final: Teams         | TBA                | NHRA Luca   | as Oil Natior      | nals (N) (Liv | e)           |  |
| 57-CW  | Paid Prog.                                     | World's                           | World's              | Storm of S          | uspicion     | First 48 "M | urder Rap"  | Paid Prog.           | Paid Prog.         | Crimes "De  | ead Drop"          | Law & Ord     | der: SVU     |  |
| A&E    | Property                                       | Property                          | Property             | Court Cam           | Court Cam    | Court Cam   | Court Cam   | Arrest               | Arrest             | First 48 "A   | lias; Duel"        | The First     | 48           |  |
| AMC    | (10:30) 🖔★★                                    | k Ghost Ric                       | der ('07)            | ਼ਾ਼±⋆⋆ Joh          | n Wick ('14  | ) Keanu Ree | eves.       | (:15) ਨੂ⊁★★★         |                    |   | ` '                | non, Keanu    | Reeves.      |  |
| CNN    | (11:00) Insi State of Union Fareed Zakaria GPS |                                   |                      |                     | aria GPS     | CNN News    | room (N)    | CNN News             | room (N)           | CNN News  | room (N)           | CNN News      | sroom (N)    |  |
| DISC   | (11:00) <b>Afr</b>                             | Naked and                         | Afraid               | Naked and           | Afraid       | Naked and   | Afraid "The | e Death Led          | ge" Naked and      |   | Afraid             | Naked and     | d Afraid     |  |
| DISN   | Ladybug  | Bluey                             | Bluey                | Bluey               | Big City     | Big City    | Big City    | Hamster &            | Hamster &          | Hamster &   | Hailey             | Hailey        | Hailey       |  |
| ESPN   | (11:00) <b>LLB</b>                             |                                   |                      | <b>LLBWS</b> Ga     | me 19: Tear  | ` '         | ` '         | 2023 Little          | •                  |   |                    | `             | , , ,        |  |
| ESPN2  | (11:00) <b>Sp</b>                              | Portraits: (                      | N)                   | ESPN FC             |              | Softball Te | am Purple v | rs. Team Blu         | e (N) (Live)       | AVP Beach   | <b>h</b> Manhattan | Beach Gol     | d Series (N) |  |
| -      | (11:00) <b>Me</b>                              |                                   | . , . ,              | Fox News            | (            | Fox News    | ` '         | Maria Barti          |                    | Fox News  | ( ) ( )            | The Five      |              |  |
| FX     | (11:00) ਼ਿ*★★                                  | k★ Iron Ma                        | <b>n 3</b> ('13) Rol | pert Downey         | Jr           | 뜻★★ Thor:   |             | <b>World</b> ('13) ( |                    |   | 뿟★★ Capt           |               | ` '          |  |
| HBO    | (10:55) 🏞★→                                    | <b>★</b> Knowing                  | ('09)                | (:55) <b>਼ਿ≯ Br</b> | ide Wars ('0 | 09)         | HowTo       | (:55) 🏗★★★           | Avatar ('09        | 9) Zoe Salda  | aña, Sam W         | orthington.   | Movie        |  |
| HIST   | (11:00) <b>Am</b>                              |                                   |                      | Built Amer          |              |             |             | Built America        |                    | Built America   |                    | Built America |              |  |
| TON    | (11:00) <b>NC</b>                              |                                   |                      | NCIS "M.I.A         |              | NCIS "The   |             | NCIS                 |                    | NCIS  |                    | NCIS "Bea     |              |  |
|        |  | *                                 | taway ('19)          |                     |              |             | ed in Parad | ` '                  |                    | ^   | cation ('18)       |               |              |  |
| MAX    | (11:10) 癸 M                                    | •                                 | · /                  | • • •               |              |             | . ,         | ing of the L         | <b>_ight</b> ('14) | (:10) ਼ਿ*★★   | The Maze R         | ( )           |              |  |
| NBCSPA | Gold Coins                                     |                                   | Paid Prog.           |                     |              |             | '           |                      |                    | Harness   | Go Racing          |               |              |  |
| 400.00 | . •  |                                   | SpongeB              |                     |              |             |             | SpongeB              |                    |   | SpongeB            |               |              |  |
|        | ` ,  | (11:00) Bar Bar Rescue Bar Rescue |                      |                     |              | Bar Rescu   | -           | Bar Rescu            | -                  | Bar Rescu   |                    | Bar Rescu     |              |  |
| TBS    |  | ds                                |                      |                     |              |             | •           | 2 ('13) Stev         |                    | ★★ Pixels ('15) Kevin James, Adam Sandler.  |                    |               |              |  |
| TCM    |  | A                                 | tmas in Co           | ,                   | ,            | X           | ,           | I) Gary Coop         |                    | \[ \frac{1}{2} \display \din \display \display \display \display \display \display \display \display \display \disp |                    |               |              |  |
| TNI    | (11:00) <b>NC</b>                              |                                   |                      | · /                 | Black Pan    | ( ,         |             |                      |                    | (:55) <del>**</del> ★ <b>Hancock</b> ('08) Will Smith.  |                    |               |              |  |
| USA    | Soccer We                                      | st Ham Unit                       | ed vs. Chels         | sea (N)             | Goal Zone    | Dale Jr.    | NASCAR      | NASCAR C             | up Series (        | Go Bowling at The Glen (N) (Live) NASCAR  |                    |               |              |  |

| SUNDAY EVENING AUGUST 20, 202 |   |                      |              |                |  |                     |                          |                                   |                        |                    |                      | , 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                         | <b>CBS News</b>   | News (N)             | 60 Minutes   | (N)            | Big Brothe                             | er (N)              | Challenge                | (N)                               | NCIS: Los              | Angeles            | News (N)             | (:35) <b>Sports</b>  | J.Osteen          |  |
| 6-ABC                         | News (N)  | WorldNe              | Fun Videos   | 3              | Celebrity F                            | am (N)              | Pyramid (N               | l)                                | Pyramid                |                    | News (N)             | News                 | FYI Philly        |  |
| 10-NBC                        | News (N)  | NBC News             | American I   | Ninja Warrio   | or Semifinal                           | s 3 & 4             | America's                | Got Talent                        | "Road to Lives"        |                    | News (N)             | (:50) <b>Philly</b>  | 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                        | (4:30) Suze   | Pure Chan            | ts           | •              | James Taylor: One Man Band You, Happie |                     |                          | ier With Da                       | niel Amen,             | MD                 | ts                   |                      |                   |  |
| 29-FOX                        | (4:00) NHR  | A                    | Food Stars   | "Finale"       | Simpsons Family Guy TMZ Special (N)    |                     |                          | News (N)                          |                        | News (N)           | Extra (N)            |                      |                   |  |
| 57-CW                         | Law & Ord   | er: SVU              | FamFeud      | FamFeud        | The Chose                              | n (N)               |                          | Animals                           | Magnum P               | .l.                | WOW - Wo             | WOW - Women          |                   |  |
| A&E                           | The First 4   | 8                    | The First 4  | 8              | The First 48 The First 48              |                     |                          | The First 4                       | 8                      | (:05) <b>The F</b> | irst 48              | (:05) <b>First48</b> |                   |  |
| AMC                           | 뿟★★★ Joh  | n Wick: Ch           | apter 3 Pa   | arabellum (    | (19) Keanu Reeves. Dark Winds (N) (:   |                     |                          | (:10) Black                       | Snow (N)               | (:20) ਼*★★★        | True Lies            | ('94)                |                   |  |
| CNN                           | CNN News  | room (N)             | CNN News     | room (N)       | Whole (N) Very Scary People V          |                     |                          | Very Scary People                 |                        | The Whole          | Story with           | Scary                |                   |  |
| DISC                          | , ,   |                      |              | Afraid (N)     | Naked and                              | Afraid (N)          | (:05) <b>Survive</b> (N) |                                   | (:10) Afraid           |                    | (:10) Afraid         |                      | Naked             |  |
| DISN                          | ₱ Descendent  ₱ Descenden | <b>lants 3</b> ('19) | Dove Came    | eron.          | Raven (N)                              | Bunk'd              | Villains                 | Villains                          | Pretty Frk             | Pretty Frk         |                      | Bunk'd               | Bluey             |  |
| ESPN                          | Countdow  | n (N) (Live)         | Baseball P   | hiladelphia f  | Phillies vs. V                         | Vashington I        | Nationals (N)            | (Live)                            | SportCtr (             | N) (Live)          | SportsCen            | ter (N) (Live        | e)                |  |
| ESPN2                         | Countdow  | n (N) (Live)         | MLB Basel    | oall           |  |                     |                          |                                   | X Games                |                    | World of X           | Games                | World of X        |  |
| FNEWS                         | Fox Report  | t (N) (Live)         | Weekend (    | N) (Live)      | Life, Liberty (N) Sunday Night (N)     |                     |                          | Weekend                           |                        | Life, Liber        | ty & Levin           | Sunday               |                   |  |
| FX                            | ' ' ' '   |                      | ₹★★★ Ave     |                | • ,                                    |                     | , Mark Ruffa             | ılo, Robert D                     | ,                      |                    | ~                    | <b>Igame</b> ('19)   |                   |  |
| HBO                           | (5:40) 👺★★  | ★ Avatar: T          | he Way of \  | Water ('22) \$ | Sam Worthii                            | ngton.              | Winning Ti               | me                                | Telemark "Part 2" (N)  |                    | Winning (:45) Telem  |                      | ark "Part 2"      |  |
| HIST                          | Built Amer  |                      | Air-Courag   |                | Tank Batta                             | - ( )               |                          |                                   | (:05) Black            |                    | (:05) Black Patriots |                      | (:05) <b>Tank</b> |  |
| ION                           | NCIS  |                      | NCIS "Rend   |                |  |                     | NCIS "Twof               |                                   | NCIS "Exit             | Strategy"          | NCIS "Skel           | eton Crew"           | NCIS              |  |
|                               |   | dly Night in         | ` ,          |                |  |                     | duced Me ('2             | , , ,                             | , ,                    |                    | <b>ne</b> ('23) And  |                      |                   |  |
| MAX                           | (:05) ♀★★★  | The Card             | Counter ('21 | 1)             | ۲×⋆★ Eas                               | stern Promi         | ses ('07)                | (:40) <b>਼+ Tr</b>                | ne Hunted (            | 95)                | (:15) ਼ਿ*★★          | Drive Angry          | <i>ı</i> ('11)    |  |
| NBCSPA                        |   |                      | ` '          | Brewing        | Softball                               |                     |                          |                                   |                        |                    | nship Boxi           |                      | Poker             |  |
| NICK                          | SpongeB   | SpongeB              | SpongeB      | SpongeB        | 뿟★★ Soni                               | c the Hedge         | <b>hog</b> ('20) Ja      |                                   | en.                    | Friends            | Friends              | Friends              | Friends           |  |
| PARMT                         | Bar Rescu   |                      | Bar Rescu    |                | Bar Rescu                              |                     | Bar Rescu                | -                                 | Bar Rescu              |                    | Bar Rescue           |                      | BarRescue         |  |
| TBS                           | Big Bang  |                      | Big Bang     |                | Big Bang                               |                     | •                        | •                                 | 뿟★★★ Ant               |                    |                      |                      |                   |  |
| TCM                           | ~   |                      | ('55) Glenn  |                | ~                                      | <b>by Face</b> ('33 | 33)                      |                                   |                        |                    |                      |                      | , ,               |  |
| TNT                           |   |                      |              |                | ert Downey Jr                          |                     |                          | urrections ('21) Keanu Reeves. (F |                        |                    |                      | Movie                |                   |  |
| USA                           | Law & Order: SVU Law & Order: SVU   |                      |              |                | Law & Ord                              | er: SVU             | Law & Ord                | er: SVU                           | Law & Order: SVU Law & |                    |                      | er: SVU              | Law-SVU           |  |

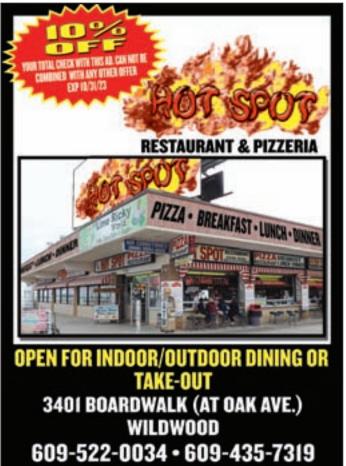


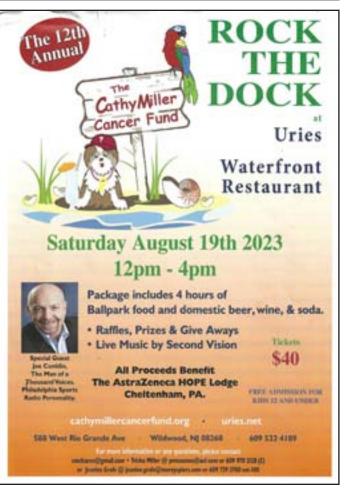








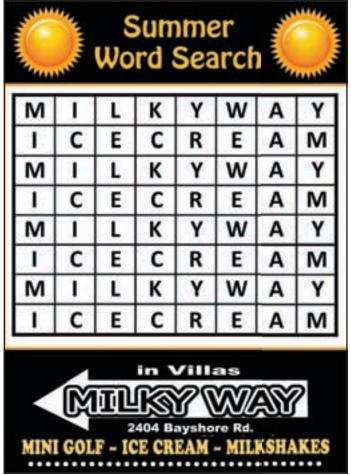






















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#### THE ULTIMATE CAR MAINTENANCE CHECKLIST, PT. 2

COOLANT FLUID EXCHANGE: The radiator in your car is a vital component that helps keep your engine cool and functioning properly. Having your coolant system flushed regularly will help get rid of contaminants that can build up inside as well as ensure that your radiator is filled to a proper level. Check your vehicle manufacturer's recommendation to find out how

often your coolant should be exchanged.

SPARK PLUGS: The spark plugs in your engine ignite the gas and air mixture that uttimately powers your vehicle. If your spark plugs aren't functioning properly, your engine will lose power and won't run at optimal capacity. Have a professional check and replace any faulty spark plugs depending on vehicle mit recommendations or when you feel a decrease

in your erigine's power.

SERPENTINE BELT: Although may seem like a simple piece of rubber, your vehicle's serpentine belt is essential to keeping your car running by powering peripheral devices such as your alternator, power steering pump, and air conditioner compressor. Visually inspect the belt to ensure that it is free of cracks or other wear and tear. Replace id damaged or according to

your vehicle manufacture's recommendation. FRONT AND/OR REAR DIFFERENTIAL: The differentials are devices that split the torque—or power—from the engine and allow it to send power to the tires. In front or rear-wheel drive vehicles, there is only one differential, but in 4-wheel and all-wheel drive vehicles, there is both a front and rear differential, and possibly even a center differential. Like many parts of your vehicle, the differentials need to be kept lubricated to ensure proper functionality. Have a professional check and change fluid whenever your

functionality. Have a professional check and change fluid whenever your vehicle manufacturer recommends it.

SEASONAL CHECK-UPS: The needs of your vehicle can vary by season and driving conditions. Following are a few suggestions to add to the notes section of your vehicle maintenance checklist.

REPLACE WINDSHIELD WIPERS: Windshield wipers need to be replaced about once every year, or whenever the effectiveness is compromised. In winter months, it could also be a good idea to install winter wiper blades for optimum performance. You should also pull your wipers away from the window when parked during the winter to prevent ice buildup.

BATTERY PERFORMANCE CHECK: Your car battery is one of the most important components for your vehicle to run. A car battery supplies large amounts of electrical current for the starter, engine and other electronic accessories in the vehicle. Extreme temperatures affect the performance of the battery so regular battery testing will ensure that battery will perform

accessories in the vehicle. Extreme temperatures affect the performance of the battery so regular battery testing will ensure that battery will perform when you need it to.

CHANGE TIRES: Depending on where you live and the winter driving conditions you might encounter, you might want to switch your tires in cold, snowy mortilis to a wintertainow tire. When the temperature hovers at or below freezing consistently, the tire compounds in non-winter tires hardens, decreasing traction and handling performance while increasing braking distance. Winter tires are have tread patterns and compounds designed to remain soft in the cold and provide grip in snow, slush, and lcy driving conditions.

driving conditions.

CHECK COOLANT LEVELS: It's also important to check your antifreeze levels in your radiator in winter months to keep your radiator or engine components from freezing. A 50/50 mix of antifreeze to water is generally recommended, but check your owner's manual or with a professional to be

Sticking to a car maintenance schedule, and keeping good records of what you've done, can help extend the life of your vehicle and protect you against breakdowns, expensive repairs, and other unwelcomed surprises.

































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| MONE   | DAY EV                                  | 'ENING  | à                   |             |  |                       |               |                            |   |                                | AUG               | UST 21             | , 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)                                | <b>CBS News</b>   | Inside Ed.          | ET (N)      | Neighbor                                       | Bob Heart             | NCIS          |                            | NCIS: Haw   | ai'i                           | News (N)          | (:35) Colbe        | rt              |
| 6-ABC  | News (N)                                | WorldNe   | Jeopardy!           | Wheel       | The Bache                                      | lorette (N) (         | (SF)          |                            |   |                                | News (N)          | ımel               |                 |
| 10-NBC | News (N)                                | NBC News  | News (N)            | Hollywood   | Ninja Warr                                     | ior Las Veg           | as Finals 1 ( | N)                         | Weakest L   | ink                            | News (N)          | (:35) <b>Tonig</b> | ht Show         |
| 17-MNT | Goldbergs                               | Big Bang  | Big Bang            | Goldbergs   | Two Men  | Mom                   | Friends       | Friends                    | Action Nev  | vs at 10 (N)                   | Mod Fam           | Mod Fam            | Two Men         |
| 23-PBS | NJ Spotl                                | Newsline  | One on O            | NJ Spotl    | Nature "Th                                     | e Hummingl            | oird Effect"  | The Brain                  | Revolution  |                                | NJ Spotl          | One on O           | <b>BBC News</b> |
| 29-F0X | The Six                                 | The Pulse   | TMZ (N)             | You Bet     | Stars on M                                     | lars (N)              | MasterChe     | f                          | News (N)  |                                | News (N)          | ClassH             | Extra (N)       |
| 57-CW  | FamFeud                                 | FamFeud   | FamFeud             | FamFeud     | Son of a                                       | Run (N)               | Children      | Bump (N)                   | News Phill  | y (N)                          | Law-SVU "         | Paranoia"          | Neighbor        |
| A&E    | The First 4                             | 8   | First 48 "Ho        | ouse Party" | Secrets of                                     | Prince And            | rew (N)       | •                          | Secrets of  | Prince And                     | rew (N)           |                    | Secrets         |
| AMC    | (5:00) ਼ਿ*★★                            | ★ True Lies   | s ('94)             |             | ్ల±★ Polic                                     | e Academy             | ('84)         |                            | ₱ Police A  ■ | cademy 2: 1                    | heir First A      | ssignment          | Movie           |
| CNN    | Situation (                             | N) (Live)   | OutFront (          | N) (Live)   | Cooper 36                                      | <b>0</b> (N) (Live)   | CNN (N) (L    | ive)                       | CNN (N) (L  | ive)                           | CNN (N) (L        | ive)               | Cooper360       |
| DISC   | Street "Mal                             | ke the Call"  | Street Outl         | aws (N)     | Street Out                                     | laws: Mega            | "The Sweet    | 16" (N)                    | Street Out  | aws                            | Motor Myt         | hbusters           | Outlaws         |
| DISN   | Big City                                | Big City  | Ladybug             | Ladybug     | The Prin                                       | cess and th           | ne Frog       | Marvel's                   | Marvel's  | Marvel's                       | Villains          | Villains           | Bluey           |
| ESPN   | (5:00) LLBWS Monday Night               |   |                     |             | Football Baltimore Ravens at Washington Comman |                       |               |                            |   | ) (Live)                       | SportsC. (        | N) (Live)          | SportCtr        |
| ESPN2  | SportCtr (N) (Live) LLBWS Game 24: Teal |   |                     |             | ms TBA (N) (Live) AKC Events                   |                       |               |                            |   | Football GameDay               |                   |                    | Storied         |
|        | Bret Baier                              | . , . ,   | Ingraham (          | , , , ,     | Jesse (N) (                                    | ,                     | Hannity (N    | , , ,                      | Gutfeld! (N   | ,                              | Fox News          | ( ) ( )            | The Five        |
| -      | , , x                                   | *★★ Instant Family ('18)   *★★ The Proposal ('09) Ryan Reyn |                     |             |  |                       | <u> </u>      |                            | Breeders  |                                |                   | ਼ਾ਼±⋆⋆ Ins         |                 |
| HBO    | . ,                                     |   | ) Frances M         |             |  |                       |               | . ,                        | (:15) <b>Winni</b>  |                                | A                 | aving Las V        | • ,             |
| HIST   | (5:00) <b>Myst</b>                      | eries   | Dark Marve          | els         | Dark "Blades of Fury" Dark Marvels (N)         |                       |               | (:05) <b>Dark</b> (N) (SF) |   | (:05) Dark Marvels             |                   | (:05) <b>Dark</b>  |                 |
|        | Criminal M                              |   | FBI "Levera         |             | FBI "Brother's Keeper"                         |                       |               |                            |   | FBI "Short Squeeze"            |                   | FBI                |                 |
|        | #TextMeW                                | hen (N)   | #TextMeW            | ( )         | #TextMeW                                       | ` '                   | #TextMeW      | ( )                        | (:05) Murder (N)  |                                | (:05) #TextMeWhen |                    | #TextMe         |
| MAX    | Movie                                   | · /   | Aeon Flux (         | ,           | **   | <b>10</b> ('07) Eller |               | . ,                        | Can't Hardly  | , ,                            | . ,               |                    | ,               |
| NBCSPA | Phillies                                |   | <b>ball</b> San Fra |             |  | <u> </u>              | ` ' ' '       | Phillies (N                | , , ,   | Birds (N)                      | Birds             | Brewing            | Baseball        |
| NICK   | SpongeB                                 |   | ₹★★ Sonic           |             | <u> </u>                                       |                       |               | Friends                    |   | Friends                        | Friends           | Friends            | Friends         |
| PARMT  | Two Men                                 | Two Men   | Two Men             |             | A  | aiders of th          |               | ` '                        |   | A                              |                   | and the Las        | st Crusade      |
|        |   | Sheldon   | Big Bang            |             |  | Big Bang              |               |                            |   | Miracle                        |                   |                    | American        |
|        | · /                                     |   | ne Social C         | · ,         |  | nchester '73          | · /           |                            | ¥★★★ She  |                                |                   |                    | Movie           |
|        | , ,                                     |   | (ing of the N       |             | 3 ( )  |                       |               |                            |   | R+★ Deep Blue Sea ('99) Thomas |                   |                    |                 |
| USA    | Chicago Fi                              | re  | Chicago Fi          | re          | WWE Monday Night RAW (N) (Live)                |                       |               |                            |   |                                | Temptation Island |                    | Temptation      |

| TUESI  | DAY E   | VENIN               | G               |   |  |                    |                               |                     |                               |                      | AUG                             | UST 22              | 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               |           |
| 3-CBS  | News (N)  | <b>CBS News</b>     | Inside Ed.      | ET (N)                                  | FBI: Intern  | ational            | FBI                           |                     | FBI: Most                     | Wanted               | News (N)                        | (:35) Colbe         | rt        |
| 6-ABC  | News (N)  | WorldNe             | Jeopardy!       | Wheel                                   | Celebrity V  | Vheel              | Jeopardy!                     | Masters             | Jeopardy!                     | Masters              | News (N)                        | (:35) <b>J. Kim</b> | mel       |
| 10-NBC | News (N)  | NBC News            | News (N)        | Hollywood                               | America's  | Got Talent '       | "Qualifiers 1                 | " (N) (Live)        | That's My                     | Jam                  | News (N)                        | (:35) <b>Tonig</b>  | ht Show   |
| 17-MNT | Goldbergs   | Big Bang            | Big Bang        | Goldbergs                               | Two Men  | Mom                | Friends                       | Friends             | Action Nev                    | vs at 10 (N)         | Mod Fam                         | Mod Fam             | Two Men   |
| 23-PBS | NJ Spotl  | Newsline            | One on O        | NJ Spotl                                | Doctor   | (:45) <b>Doc M</b> | artin                         | Carole Kin          | g                             |                      | NJ Spotl                        | NJ Spot             | BBC News  |
| 29-FOX | The Six   | The 215             | TMZ (N)         | You Bet                                 | Beat Shaza   | am (N)             | Don't Forg                    | et (N)              | News (N)                      |                      | News (N)                        | ClassH              | Extra (N) |
| 57-CW  | FamFeud   | FamFeud             | FamFeud         | FamFeud                                 | Penn & Tel   | ller               | WhoseLine                     | WhoseLine           | News Phill                    | ews Philly (N) Law 8 |                                 | er: SVU             | Neighbor  |
| A&E    | The First 48 The First 48                             |                     |                 | The First 4                             | The First 48 "Sliders" The First 48 The First 4          |                    |                               |                     | 8                             | (:05) <b>The F</b> i | irst 48                         | (:05) First48       |           |
| AMC    | Police A  | cademy 2: T         | heir First As   | ssignment                               | 뚯★★★ My  | Cousin Vin         | <b>ny</b> ('92) Mar           | risa Tomei, c       | Joe Pesci.                    | <b>਼∗</b> ∀egas      | Vacation ('9                    | 97) Chevy C         | hase.     |
| CNN    | Situation (   | N) (Live)           | OutFront (      | N) (Live)                               | Cooper 36  | 0 (N) (Live)       | CNN (N) (L                    | ive)                | CNN (N) (L                    | ive)                 | CNN (N) (L                      | ive)                | Cooper360 |
| DISC   | Deadliest (   | Catch               | Deadliest C     | Catch                                   | Deadliest Catch (N                                       |                    | Bering Sea Gold (N) Mysteries |                     | Mysteries                     | of Mysterie          |                                 |                     | Catch     |
| 1      |   | Big City            | , ,             |   |  | eauty and t        |                               |                     | Hailey                        | Hailey               | Pretty Frk                      | Pretty Frk          | Bluey     |
| ESPN   | (5:00) <b>LLBV</b>                                    | NS                  | <b>LLBWS</b> Ga |   |  | (Live)             | ESPN Film                     | S                   |                               |                      | SportsC. (I                     | N) (Live)           | SportCtr  |
| ESPN2  | SportCtr (N   | N) (Live)           | NFL Great       | NFL Live (                              | N) 30 for 30 Bullies of Baltimore                        |                    |                               | NFL Live            |                               |                      | GameDay                         | GameDay             |           |
|        | Bret Baier  | ` , ` ,             | Ingraham (      | , , ,                                   | Jesse (N) (  | ,                  | Hannity (N                    | , , ,               | Gutfeld! (N                   | ,                    | Fox News                        | · / · /             | The Five  |
|        | (4:00) <b>X</b> Kingsman: G <b>X</b> ★ The King's Man |                     |                 | , |  |                    |                               | Justified: City (N) |                               | Justified: City      |                                 | Justified           |           |
| 1      | (5:00) ∯★★  | О.                  | •               | · / ·                                   |  | or Die Hard        | . ,                           |                     | Hard Knoc                     | ( )                  | REAL Spo                        | ` '                 | Winning   |
| THE I  | Pawn Stars Pawn Stars                                 |                     |                 | Pawn Stars (N)                          |  |                    | (:05) Pawn Stars              |                     | (:05) Pawn Stars              |                      | PawnStars                       |                     |           |
| •      | Chicago Fi  | ire                 | Chicago Fi      | re                                      | Chicago Fire Chicago Fire                                |                    |                               | Chicago Fire        |                               | Chi. Fire "Chopper"  |                                 | Chi. Fire           |           |
|        | Castle  |                     | Castle          |   | Castle   |                    | Castle "Punked" (:05) Cast    |                     |                               | ( , -                |                                 | e "3XK"             | Castle    |
| -      |   | (:35) <b>%★ M</b> y |                 |   |  | II: A True Un      |                               | · / //              |                               | , ,                  | , , , , ,                       | The Golden          | . ,       |
|        | Phillies  |                     |                 |   |  | lphia Phillie      | ` ' ' '                       | ` '                 | ,                             | Birds (N)            | Birds                           | Golf                | Baseball  |
|        |   |                     |                 | SpongeB                                 |  | SpongeB            |                               |                     | Friends                       | Friends              |                                 | Friends             | Friends   |
|        | Two Men   | Two Men             |                 |   | X  | iana Jones         |                               |                     | ` '                           |                      | ^                               | lones & the         |           |
|        |   |                     | Sheldon         | Leadoff                                 | MLB Baseball Boston Red Sox at Houston As                |                    |                               |                     | ` ' ' `                       | ,                    | MLB Close                       | Sheldon             | Sheldon   |
|        | , ,   | ★ Doctor Z          | • • •           |   | ★★ Cría cuervos ('76) Ana Torrent.  ★ Anna and the Wolve |                    |                               |                     |                               |                      | , , , ,                         |                     |           |
|        | . ,   | The Mumm            | • ,             |   | , ,  |                    |                               |                     |                               |                      | The Mummy ('17) Tom Cruise. (P) |                     |           |
| USA    | Law-SVU "   | Stranger"           | Law-SVU "       | Snatched"                               | WWE NXT  | (N) (Live)         |                               |                     | (:05) <b>਼ਿ∗</b> ★ <b>T</b> h | e Waterboy           | y ('98) Adam                    | Sandler.            | Law-SVU   |

| WEDN   | IESDA                                   | Y EVE                   | NING            |                    |             |                   |   |                   |                    |              | AUG                              | UST 23              | , 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)                                | <b>CBS News</b>         | Inside Ed.      | ET (N)             | Big Brothe  | er (N)            | Superfan (                              | (N)               | So Help Me         | Todd         | News (N)                         | (:35) Colbe         | rt         |
| 6-ABC  | News (N)                                | WorldNe                 | Jeopardy!       | Wheel              | Abbott      | Abbott            | Abbott                                  | Abbott            | The Rookie         | •            | News (N)                         | (:35) <b>J. Kim</b> | mel        |
| 10-NBC | News (N)                                | NBC News                | News (N)        | Hollywood          | Got Talent  | (N)               | Carol Burn                              | nett: 90 Yea      | rs of Laugh        | ter + Love   | News (N)                         | (:35) <b>Tonig</b>  | ht Show    |
| 17-MNT | Goldbergs                               | Big Bang                | Big Bang        | Goldbergs          | Two Men     | Mom               | Destinatio                              | 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)             |   |                   | News (N)           |              | News (N)                         | ClassH              | Extra (N)  |
| 57-CW  | FamFeud                                 | FamFeud                 | FamFeud         | FamFeud            | Nancy Dre   | <b>w</b> (N) (F)  | Riverdale                               | (N) (F)           | News Phill         | y (N)        | Law-SVU "                        | Runaway"            | 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) <b>₹ Veg</b>                     | as Vacation             | National        | Lampoon's          | European    | Vacation          | ¥∗∗ Natio                               | onal Lampo        | on's Vacation      | on ('83)     | ☆ National                       | Lampoon's (         | Christmas  |
| CNN    | Situation (                             | N) (Live)               | OutFront (      | N) (Live)          | Cooper 36   | 0 (N) (Live)      | CNN (N) (L                              | _ive)             | CNN (N) (L         | ive)         | CNN (N) (L                       | ive)                | Cooper360  |
| DISC   | Expedition                              | Unknown                 | Expedition      | Unknown            | Expedition  | Unknown           | Expedition                              | 1 <b>X</b> (N)    | Ghost Adv          | (N)          | Ghost Adv                        | entures             | Expedition |
| DISN   | Big City                                | Big City                | Big City        | Big City           | ¥★★★ Ala    | <b>ddin</b> ('92) |   | (:40) <b>Kiff</b> | (:05) <b>Kiff</b>  | Kiff         | Raven                            | Raven               | Bluey      |
| ESPN   | (5:00) <b>LLB\</b>                      | NS                      | <b>LLBWS</b> Ga | me 32: Tea         | ms TBA (N)  | (Live)            | PFL PFL P                               | Playoffs: Wel     | terweights &       | Lightweigh   | ts (N) (Live)                    | SportsC. (          | N) (Live)  |
| ESPN2  | SportCtr (                              | , ( -,                  | NFL Live        |                    | Football    | UFC               | <b>30 for 30</b> T                      | The U             |                    |              | NFL Live                         |                     | 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     | . ,                                     | t★ The King's Man ('21) |                 |                    | ` '         | ,                 |   |                   | **                 | ` '          | Robert Dow                       | ,                   |            |
| HBO    | ` ' '                                   | (:40) ♀★★★              |                 | , ,                |             |                   |   |                   |                    | ark "Part 2" |                                  |                     |            |
| HIST   | American                                |                         | American I      |                    | American I  |                   |   | Pickers (N)       |                    |              | (:05) <b>Picke</b>               |                     | Pickers    |
| ION    | Blue Blood                              |                         | Blue Blood      | <b>Is</b> "Cursed" | Blue Blood  |                   | Blue Blood                              | ds                | Blue Blood         |              | Blue Blood                       | -                   | Blue Blood |
|        | Castle "Re                              |                         | Castle          |                    | Castle      |                   | Castle                                  |                   | (:05) Castle       |              | (:05) Castle                     |                     | Castle     |
| MAX    | Movie                                   | ቻ★★★ Luc                | . ,             |                    | Empire S    | . ,               |   | . ,               | <b>Focus</b> ('15) |              | . ,                              | ther Figure         | . ' '      |
| NBCSPA | (4:00) <b>MLB</b>                       |                         | Phillies (N)    | ` '                |             |                   |   |                   | o Giants at F      |              |                                  | Birds               | Baseball   |
| NICK   |   |                         | ¥★★★ The        |                    |             | 20)               | SpongeB                                 | Friends           |                    | Friends      | Friends                          | Friends             | Friends    |
| PARMT  | Two Men                                 | Two Men                 |                 |                    | Movie       |                   |   |                   |                    |              |                                  | ('97) Harriso       |            |
| TBS    | •                                       | Big Bang                | •               | •                  | All Elite W | <u> </u>          | ( )                                     | ,                 |                    |              |                                  | Sheldon             | Sheldon    |
| TCM    | * | The Last Ma             |                 | ('64)              |             | e of Wax ('5      | ,                                       |                   | use on Haun        |              |                                  |                     |            |
| TNT    | Lucifer                                 |                         | Lucifer         |                    | A           | •                 | , |                   |                    |              | Blind Side ('09) Sandra Bullock. |                     |            |
| USA    | Law & Ord                               | er: SVU                 | Law & Ord       | er: SVU            | Law & Ord   | er: SVU           | Temptatio                               | n (N) (SF)        | (:05) <b>Tempt</b> | ation Islan  | d (N)                            | (:35) <b>Temp</b>   | tation     |

| <b>THUR</b> | SDAY   | EVENI         | NG                 |              |             |   |                 |                                 |                    |                    | AUG                  | <b>UST 24</b>       | , 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)                | News (N)             | (:35) <b>Colbe</b>  | rt                 |
| 6-ABC       | News (N)   | WorldNe       | Jeopardy!          | Wheel        | Generation  | n Gap   | Jimmy Kin       | nmel Live!                      | M. Cyrus (1        | ۷)                 | News (N)             | (:35) <b>J. Kim</b> | mel                |
| 10-NBC      | News (N)   | NBC News      | News (N)           | Hollywood    | Password    |   | Law & Ord       | er: SVU                         | Law & Ord          | er                 | News (N)             | (:35) Tonigl        | nt Show            |
| 17-MNT      | Goldbergs  | Big Bang      | Big Bang           | Goldbergs    | Two Men     | Mom   | Union           | Sports                          | Action Nev         | vs at 10 (N)       | Mod Fam              | Mod Fam             | Two Men            |
| 23-PBS      | NJ Spotl   | Newsline      | One on O           | NJ Spotl     | Walking "L  | ondon"  | Hemingwa        | <b>y</b> "The Avat              | ar (1929-194       | l4)"               | NJ Spotl             | State/Arts          | <b>BBC News</b>    |
| 29-FOX      | The Six  | Kelly (N)     | TMZ (N)            | You Bet      | I Can See   | Your Voice  | Name That       | Tune                            | News (N)           |                    | News (N)             | ClassH              | Extra (N)          |
| 57-CW       | FamFeud  | FamFeud       | FamFeud            | FamFeud      | Fight to Su | urvive (N)  | FBoy Islan      | <b>d</b> (N)                    | News Phill         | y (N)              | Law-SVU "            | Folly"              | Neighbor           |
| A&E         | The First 4  | 8             | The First 4        | 8            | Critical Mi | nutes (N)   | 60 Days In      | (N)                             | (:05) <b>Booke</b> | d (N)              | (:05) <b>The F</b> i | irst 48             | (:05) <b>First</b> |
| AMC         | ¥∗∗ Natio  | nal Lampo     | on's Vacatio       | on ('83)     | ਝ਼±⋆⋆ Tw    | <b>ister</b> ('96) Bi   | II Paxton, Ca   | ary Elwes, F                    | lelen Hunt.        | ਼ਾ਼⊁⋆⋆ Spe         | <b>eed</b> ('94) Ke  | anu Reeves.         |                    |
| CNN         | Situation (  | N) (Live)     | OutFront (         | N) (Live)    | Cooper 36   | <b>0</b> (N) (Live)   | CNN (N) (L      | ive)                            | CNN (N) (L         | ve)                | CNN (N) (L           | ive)                | Cooper360          |
| DISC        | Survive the  | , ,           | Survive the        | Raft (N)     | Survive the | e Raft  | Survive the     | Raft                            | Survive the        |                    | Homestead            |                     | Survive            |
| DISN        | Big City   | Big City      | Ladybug            | Ladybug      | ₹★★ Poca    | hontas ('95   | )               | Ladybug                         | Hailey             | Hailey             | Bunk'd               | Bunk'd              | Bluey              |
| ESPN        | SportCtr (N  | , , ,         | LLB World          |              | ٠,          | (Live)  |                 | Herbies (N                      | , , ,              |                    | nter (N) (Live)      |                     | SportCtr           |
| ESPN2       | Daily Wage   | er (N) (Live) | <b>30 for 30</b> T | he U: Part 2 |             |   | F               | UFC                             | UFC Main I         |                    |                      | Herbies (N          | )                  |
| FNEWS       | Bret Baier   | · / · /       | Ingraham (         | , , ,        | Jesse (N)   | ,   | Hannity (N      | , , ,                           | Gutfeld! (N        | ,                  | Fox News             | ( ) ( )             | The Five           |
| FX          | , ,  |               |                    |              |             | tain America: The First Avenger (11) What We   What We   What We                      |                 |                                 |                    |                    |                      | A                   |                    |
| HBO         | , , ,  | bbit: Desol   | ation of Sm        | aug          |             | Winning (:45) ♥★★★ Avatar ('09) Zoe Saldaña, Sam Worthington.                         |                 |                                 |                    |                    |                      | Telemark "          |                    |
| HIST        | Mountain I   | Vlen          | Mountain I         | /len         | Mnt. Men "  | Unbreakable   | e" (N) (SP)     | (:35) Alone                     | (N)                | (:35) <b>Mount</b> | tain Men "U          | nbreakable"         | Mnt.Men            |
| ION         | Chicago P.   | .D.           | Chicago P.         | D.           | Chicago P   |   | Chicago P.D. Ch |                                 | Chicago P.D.       |                    | Chicago P.D.         |                     | Chicago            |
|             | Castle   |               | Castle             |              | Castle "XY  |   |                 | Castle "XX" (:05) Castle "PhDea |                    |                    | hDead" (:05) Castle  |                     | Castle             |
| MAX         | , ,  | Colossal (    | ,                  |              |             | **** ★ ★ Garden State ('04)       (:45) *** ★ Maid in Manhattan ('02)       *** ★ Arm |                 |                                 |                    |                    |                      | ₹★★ Arma            |                    |
| NBCSPA      | Birds (N)  |               | Brewing            | Birds        | ,           | ootball (N)   |                 |                                 |                    |                    |                      |                     | In. Golf           |
| NICK        |  | SpongeB       |                    | SpongeB      |             | SpongeB   |                 | Friends                         |                    |                    |                      |                     | Friends            |
| PARMT       | Two Men  |               | Two Men            | Two Men      | A           | Force One   | ` , ,           |                                 |                    |                    |                      | ollo 13 ('95)       |                    |
| TBS         |  |               | Sheldon            | Sheldon      |             |   |                 |                                 |                    |                    |                      | ₩ Welcome           |                    |
| TCM         | Movie  |               | ployees' En        |              |             | ime Story (   |                 | (:45) ♀★★★                      | Rachel an          |                    | <u> </u>             | ♀ A Night t         |                    |
| TNT         | , , ,  | The A-Tea     | . ,                |              | .,          | <b>n 2</b> ('12) Lia  | am Neeson.      |                                 |                    |                    |                      |                     |                    |
| USA         | Law-SVU "Anchor" Law-SVU "Shadow" Law-SVU "Savior" *** Transformers: The Last Knight |               |                    |              |             |   |                 | <b>ght</b> ('17) An             | thony Hopki        | ins, Mark Wa       | ahlberg.             |                     |                    |

MUDHEN EVENTS HOSTED THE
ANNUAL WILDWOOD BASEBALL ON
THE BEACH TOURNAMENT LAST
WEEKEND, COME ON OUT TO THE
BEACH AT RIO GRANDE AVE THIS
FRIDAY THRUSUNDAY FOR MORE
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# CHARACTER Of The Week









LAST WEEK: **TRY AGAIN** WINNER: NO WINNER

## DO YOU KNOW THIS PERSON?

If so you could win a \$20 Gift Certificate to JOEY M'S La Piazza @ 3813 Pacific Ave in Wildwood! Fill out the coupon below and mail to Jersey Cape Magazine, P.O. Box 885 Wildwood, N.J. 08260, or email your guess to tyjerseycape@comcast.net Each week, all coupons will be put into a drawing. The winner's name will be printed in our next issue. \*PLEASE ONLY 1 WINNER PER HOUSEHOLD EVERY 30 ₽AYS\*

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



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#### 'PAWSOME' ADVENTURES AWAIT: THE WILDWOODS. NJ UNLEASH FUN FOR FURRY FRIENDS

Whether it's a day at the beach, or a week-long vacation, the Wildwoods have beaches, businesses, and accommodations that are pet-friendly.

#### Dog-Friendly Beach and Recreational Attractions

From May through October, four-legged friends have a special, designated beach area at Glenwood Avenue in Wildwood where they are welcomed with open paws. All dogs must be licensed and leashed, except inside the enclosed beach dog park, and owners are responsible for cleaning up after their four-legged friends. North Wildwood beaches allow dogs during the summer season, anytime when lifeguards are off duty (lifeguard hours 9:30 a.m. - 5:30 p.m. through Labor Day).

Tails wag as dogs make their way across the Boardwalk and onto the sand as they approach the 25-foot-tail red Fire Hydrant Sculpture at the beach Dog Park – right at the entrance to the Dog Beach. The Dog Park is completely fenced in, so there is enough room for dogs to run and stretch their legs. It is separated into two sections – one for large breed dogs and the other for small breed dogs. As with the Dog Beach, all dogs entering the Dog Park must be licensed, and owners are responsible for cleaning up after their four-legged friends. Additional dog-friendly recreational aftractions throughout the Wildwoods include Sunset Lake, the Sea Wall in North Wildwood, and the Wildwoods Bike Path.

#### Dog Friendly Businesses

Several Wildwoods establishments welcome four-legged patrons to dine outdoors with their families. Morey's Mariner's Pier is home to the PigDog Beach Bar, a laidback atmosphere accessible via Raging Waters Water Park, the leach, and the Boardwalk. MudHen Brewing Company is another Wildwoods eatery accommodating four-legged travelers. In addition to PigDog Beach Bar and MudHen Brewing Company, several other Wildwoods restaurants and eateries allow dogs to dine outdoors with their owners. Please call ahead to the establishments to inquire about their dog policy before dining.

#### **Dog-Friendly Activities and Events**

The Wildwoods love dogs, and we've picked four summertime national dog holidays to celebrate here with your furry friend:

International Dog Day – August 26, 2023 National Dog Week – September 20-27, 2023 National Pet Week – May 5-11, 2024 Pet Appreciation Week - June 2, 2024 All-American Pet Photo Day - July 11, 2024

Several Wildwoods' sightseeing charter boats and fishing/crabbing boats allow Several Wildwoods' sightseeing charter boats and fishing/crabbing boats allow you to bring your dog on board. Please remember to outfit your pet with an appropriate life jacket to keep them safe during your day at sea. Your pooch can enjoy a walk on the beach followed by a paddle in the pools of Raging Waters Water. Park at Morey's Piers during the Morey's PigDog PuppaPalooza annual event September 9. The day starts with a Doggie Dash - a 1-mile or 5k beach walk/run with your favorite canine - followed by a day frolicking at Raging Waters water park on Mariner's Pier. Throughout the day, the famously dog-friendly PigDog Beach Bar will host "Yappy Hour" specials for you and your "fur"iends. Also, in attendance at PigDog will be Beacon Animal Shelter with items to auction and nurs to adopt. items to auction and pups to adopt.

Dog-Friendly Accommodations
In The Wildwoods, finding dog-friendly accommodations is a breeze Please call to confirm that the hotel/motel of interest welcomes dogs.

Admiral Resort Motel Beach Colony Motel Enchantras Inn Bed & Breakfast Esplanade Suites Island Breeze Motel Monaco Motel

Red Horse on the Lake Royal Hawaiian Beachfront Resort Rus Mar Motel Sand Box Motel The Shore House Tide Winds Motel

\*Pet policies are subject to change. Please check with the property for the latest policy on pets. For more information about the Wildwoods, visit www.WildwoodsNJ.com or call 800-992-9732.



### COULD YOUR CAT BE SUFFERING FROM IRRITABLE BOWL SYNDROME?

Submitted By Patsy Nelson from The Wagging Tail

Many of you know from being in The Wagging Tail that we have a cat shelter. We are evaluated periodically by the Health Department to which we pay a yearly fee. We must have our water checked by Cape Environmental Laboratory, LLC, and must submit a licensed veterinarian's letter of supervision. We don't have volunteers and the hourly cost of taking care of nineteen cats and, presently, six kittens can be immense as we feed them the superior food and litter that we sell to the public. Our only donations are from those customers who up to the nearest dollar or throw in some to our cat jar. During the past thirty-seven years (October) I have re-homed over 3,500 cats and dogs. I used to jokingly call myself, "the pet matchmaker of Cape May County."

Lately, we have changed dry cat food and some wet, and I have noticed, when doing the litter boxes, an increased number of runny stools. Most of the feces are normal, but others are alarmingly not. It has

occurred to me that some of the cats may be suffering from IBS. The Homeopet line makes remedies in the form of drops which can be put directly in a pet's mouth, or in food or water. There are ones for skin and coat, cough, nose relief, liver rescue, anxiety, and worms, among others. I am using the Nose Relief on an older cat we rescued from a man who died, and it has worked wonders on her mucous, as well as increasing her appetite. The one for diarrhea is called Digestive Upsets, which also includes issues with constipation and vomiting. So, we will start today adding to the water, as we don't know which couple of cats are suffer-

ing. The difference between IBS and IBD is that IBS is sudden and severe inflammation of the gastrointestinal tract, which we are now witnessing. IBD is inflammatory bowel disease, a syndrome indicating long term (chronic) inflammation of the "mucosal lining of the intestinal tract." IBD may have a hereditary factor, or it could be from a bacterial imbalance, food allergies or intolerances. I had a long-time battle because of undiagnosed lactose intolerance (until about 5 years ago,)

pecause of undiagnosed factose intolerance (until about 5 years ago,) and gluten which I have removed voluntarily from my diet. And I am feeling so much better. Now if I could only forgo sugar!

Symptoms of IBS in cats are diarrhea, which may have mucus, (not present in our cats' stool,) apparent pain with defecation (have not seen) abdominal bloating (some noticeable) abdominal pain (have not checked) nausea, vomiting (occasionally without hairballs). There may also be sings of letharmy loss of appetite grantial weight loss with paralso be signs of lethargy, loss of appetite, gradual weight loss with persistent stress." The only two possibilities I see as potential causes for our cats to have IBS may be diet changes and added kittens to the open living arrangement in our shelter. We do usually keep kittens separate from most mature cats. Other causes for cats in general may include "travel, boarding, hospitalization, trauma/injury or alteration of the cat's daily routine or living environment (new home, new baby, new pet)" or from a dietary intolerance or allergy, or a change in the normal function of the bowel.

Cats diagnosed with IBS and other ailments, are offered veterinarian formulas that contain ingredients of which I am not a fan. Nor am I a fan of the companies that produce these "healthy diets." The Fromm Family Foods Company (making food for 5 generations) has a food that is excellent for cats with an IBS issue called HASENDUCKENFEFFER, with rabbit and duck, and higher in fiber. It is reasonably priced (unlike vet med foods) and 100% guaranteed. The Rawz company offers wet food for cats that would also be helpful as in rabbit, rabbit with pumpkin, and duck with duck liver. Also add a probiotic supplement to assist your cat in improving and maintaining gut function. I am going to apply to home and store cats. (If your cat is suffering with bladder and kidney issues, the Fromm Company offers Chicken ala Veg or Duck ala Veg and the Weruva Company offers a wide range of wet food options.)

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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