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February 23 - 29, 2024

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PURSEBINGO
FRIDAY
INWILDWOOD
SEEPAGE9



DELICIOUS FOOD, COLD DRINKS & HAPPY HOUR AT MULLIGAN'S IN WILDWOOD • SEE PAGE 30



GREAT MEXICAN FOOD FOR LUNCH OR DINNER AT TAQUERIA CASA MIA • SEE PAGE 23







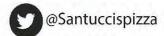


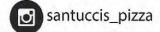












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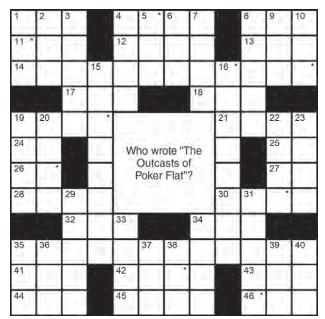
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CHALLENGE



The solution to the guestion 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. Commercials
- 4. Disguise, for short
- 8. Hard throw, in baseball
- 11. Groove
- 12. Crown
- 13. Provoke
- 14. Deals with intense pressure
- 17. Sound of relief
- 18. Big Apple inits.
- 19. Arm or leg
- 21. Fix
- 24. While
- 25. "___ whom it may concern"
- 26. You and I
- 27. Clock setting
- 28. Creator of Genesis
- 30. No Mr. Nice Guy
- 32. Posting at JFK
- 34. favor
- 35. Tactic in soccer or karate 38. One side in checkers
- 41. Lobbying grp.
- 42. Matter for the gray matter
- 43. Least bit
- 44. Year abroad
- 45. Puts two and two together
- 46. Check

<u>Down</u>

- 1. Light bark
- 2. Rightful
- 3. Miff
- 4. Kind of cow

- 5. To the point
- 6. "Nothing special"
- 7. Team members
- 8. Chessman
- 9. Notable period
- 15. Attire for scientists
- 16. Service manual?
- 19. Parts of a code
- 20. "O.K."
- 22. Hollywood Boulevard sight
- 23. Not all
- 29. Company with a spokeslizard
- 31. Con
- 33. Korea, China, and so on
- 34. Non-commercial TV spots
- 35. Marienbad, for one
- 36. Oil holder
- 37. Kooky
- 39. It has moles: Abbr.
- 40. Cold war grp.

					tior tar						
8	A	1	Ē	S	a	a	A	1	0	N	A
9	1	3		A	Ξ	a	1		Э	A	Ь
К	О	1	Ж	S	Я	0	S	S	1	0	S
		В	0	Ч			A	1	3	15	
3	Я	9	0					A	9	3	S
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S	S	Ξ	M					В	M	1	٦
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1	A	3	Н	3	H	1	S	٦	3	3	4
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5	Ξ.	d		0	M	A	0		S	a	A







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SEARCH

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Suits

ALEX ANITA BODINSKI BRIAN CAHILL CASES DANIEL DONNA

DRAMA ESPIO-NAGE GIBBS GRETCHEN HARDMAN HARVEY INTRIGUE JESSICA

KATRINA LAW FIRM LITT LOGAN LOUIS MIKE NESBITT NIGEL

NYC

ORDER PARA-LEGALS PAUL SEN PEARSON BACHEL ROBERT ROSS

SCOTTIE SEAN SHEILA TANNER TRAVIS TREVOR TRIALS ZANE

Release the week of February 23 - 29, 2024

SAZS

FEBRUARY 22 - FEBRUARY 28,

ARIES (Mar. 21- April 20)

You will be slowing down and finding moments for inner reflection this week, Aries, as the sun and Mercury move into Pisces. You may have heavier emotions come up, or you could be releasing any mindsets that are holding you back. You might also be taking an interest in having a regular spiritual practice, like journaling or meditation. With the full moon in Virgo, you will be wrapping up projects at work and crossing tasks off of your to-do list. You may feel called to take better care of your body too through exercise and eating healthy. TAURUS (Apr. 21- May 21)

Your social life will pick up this week, Taurus, as the sun and Mercury move into Pisces. You may have commitments to others that you need to attend, or you could be the one bringing people together for a group activity. You may also be catching up with friends you haven't seen in a while. With the full moon in Virgo, you will be balancing social activities with time spent on your own hobbies. You may realise how you can inject your personality into a passion project, as well as how you can have more confidence in your unique talents.

GEMINI (May 22-June 21)

Work will be busier this week, Gemini, as the sun and Mercury move into Pisces. You could get handed new responsibilities, or you're receiving recognition for your work. You might also be reflecting on your career goals, as you consider what projects and opportunities are worth committing to. With the full moon in Virgo, you may be connecting with family or leaving your home to go somewhere. On the other hand, you may want to stay in and make time to clean and organise your living space. You could be ometically about family departies or any markets though. be emotional about family dynamics or past memories though. **CANCER** (June 22-July 22)

You will be thinking of the bigger picture this week, Cancer, as the sun and Mercury move into Pisces. You might be furthering your education by reading more books or enrolling in a class. You could also have inspiration to write or teach. You might be travelling or coming into contact with people from different cultural backgrounds too. With the full moon in Virgo, you may realise how you can communicate your ideas more effectively with people, or you may be preparing to launch a writing or speaking-related project. In addition, you may be attending cultural offerings and events. **LEO** (July 23-Aug 22)

You will be interested in self improvement this week, Leo, as the sun and Mercury move into Pisces. You could be turning to therapy, psychology books, or other forms of healing to better understand why you are the way you are. You may also be making an effort to save or invest money for your future, or you're paying off debt. With the full moon in Virgo, you may be spending quite a bit as well, and you could be treating yourself to shopping or nice experiences. In addition, you may be preparing to

launch a project at work. VIRGO (Aug. 23 -Sept. 23)

You will be focused on your close relationships this week, Virgo, as the sun and Mercury move into Pisces. You might be putting yourself out there with dating, or you could feel closer to your current partner. You may also be making an effort to see good friends frequently. With the full moon in your sign, you will be realising how you can prioritise your own goals as well, and you may be rediscovering interests you never knew you had. You might be met with significant new opportunities too, or other people are paying you greater attention. LIBRA (Sept. 24-Oct. 23)

You will be getting into the swing of a regular routine this week, Libra, as the sun and Mercury move into Pisces. You might be juggling numerous small tasks at work, or you could be met with new job opportunities. You will also be making an effort to take better care of your body and overall health. With the full moon in Virgo, you will still need to be mindful of resting. You could feel called to slow down, or emotions may come up that you want to address. You could be exploring your sense of spirituality

SCORPIO (Oct. 24 - Nov. 22)

You will be having fun and mingling with people this week, Scorpio, as the sun and Mercury move into Pisces. You may have extra time for social activities or dating, or you could be leaning into hobbies that bring you joy. In addition, you might feel called to express more of yourself through your work or a passion project. With the full moon in Virgo, you could be organising a group activity, or you may be met with a positive opportunity that is related to your long term hopes and dreams for the future.

SAGITTARIUS (Nov. 23 - Dec. 21)

You will be tending to home and family related activities this week, Sagittarius, as the sun and Mercury move into Pisces. You might be visiting family, or you could be preparing to move or decorate your living space. You may also be reminiscing on the past or reflecting on family dynamics. With the full moon in Virgo, you may see career developments take place. You could be busier at work or even preparing to launch a big project. You could be thinking about your long term career goals too, or you

may be preparing to start a new role. CAPRICORN (Dec 22.- Jan. 20)

You will be picking up new skills and learning useful information this week, Capricorn, as the sun and Mercury move into Pisces. You might be developing communication based work, like a presentation, podcast, newsletter, or online content, and you may want to attend cultural offerings around your city. With the full moon in Virgo, you could be preparing to travel, or you may feel called to sign up for a workshop or research a particular subject. You may feel more connected to your spirituality too, and you may want to deepen your knowledge of other cultures and life beliefs.

AQUARIUS (Jan. 21 - Feb. 19)

You will feel motivated at work this week, Aquarius, as the sun and Mercury move into Pisces. You might be developing new projects, asserting your own ideas, or taking on freelance gigs. You could also be splurging on yourself or paying off various expenses. With the full moon in Virgo, you may be addressing any relationship conflict that is coming up, or you could be looking to improve upon your own reactions and behaviours. You could also be learning how to open up and be more emotionally vulnerable with people, or you may be putting money towards savings.

PISCES (Feb. 20-Mar. 20)

You will be focused on your own goals this week, Pisces, as the sun and Mercury move into your sign. You may have noticeably more energy, and you could be met with new opportunities, either at work or in your personal life. You may also be comfortable spending more time alone, tending to self care routines. With the full moon in Virgo, you will still want to be mindful of your close relationships. You may be reflecting on where you stand with someone you're dating or a good friend, or you could simply feel more connected to people.

Horoscopes Provided by: astrology-online.com





THIS WEEK'S FEATURES:

THURSDAY, FEB. 22: GULLIVER'S TRAVELS (1939)
4PM • 6PM • 8:30PM



STARTING FRIDAY, FEBRUARY 23

Charlie Chaplin in THE GOLD RUSH (1925)

FRIDAY
2PM • 4PM • 6PM
COMEDY 8PM

SATURDAY 12PM • 2PM 4PM • 6PM COMEDY 8PM SUNDAY 12PM • 2PM 4PM • 6PM 8:30PM

MONDAY, TUESDAY, WEDNESDAY

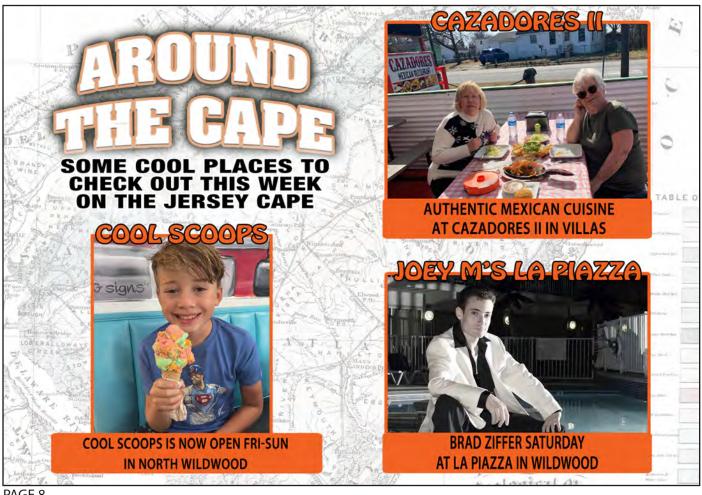
4PM • 6PM • 8:30PM

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AROUND THE CAPE

Wildwoods

Purse Bingo Friday, Feb. 23
The Rotary Club of Wildwood is sponsoring Purse Bingo at the Wildwoods Convention Center, so come enjoy a fun night with friends! \$35 donation includes 15 games (including specials), water, veggies, crackers and cheese. Additional cards and daubers will be available for purchase along with a cash bar, door prizes, and a 50/50. Conces-

sion stand on site (no outside food & beverage permitted). Doors open at 6 p.m.; Bingo starts at 7 p.m. Tickets sold at the door (no advance sales). All proceeds will fund community programs.

The Wildwoods Convention Center Hosts Cheerleading Competitions in February and March

The Wildwoods Convention Center will host an amazing lineup of athletic and talented cheerleaders from around the









country for cheer championships during the months of February and March.

Sunday, February 25
Spirit Brands Cheer
Movement Nationals
The Spirit Brands Cheer Movement Nationals will be held

on Sunday, February 25, with registration beginning at 9 a.m., and competitions from 10 a.m. to 3 p.m. (times subject to change). Admission will be charged at the door the day of the event.

Friday to Sunday, March 1-3



Mid-Atlantic Cheer Championships

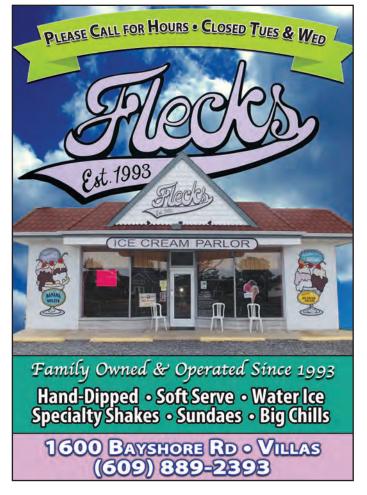
The Mid-Atlantic Cheer Championships will take over the Wildwoods Convention Center for three exciting days of cheer competition March 1-3. Doors open at 7 a.m. on Friday, March 1 and Saturday, March 2, and at 8 a.m. on Sunday, March 3. For each event, all teams will compete on a spring floor and will perform incredible stunts in hopes of winning the judges' votes. Admission fee for adults is \$28 for one day or \$48 for two days; children, seniors, and military are \$23 for one day or \$38 for two days. www. Varsity.com/mac.SpiritBrands.org.

Paint & Sip Wednesday, February 28 6:30 - 8:30 p.m. - Poppi's Brick Oven Pizza & Kitchen Join us for a creative and relaxing evening at our Paint and Sip event! Discover your hidden artistic talents while enjoying a glass of beer or wine. Whether you're a seasoned artist or a complete beginner, this is the perfect opportunity to unwind, socialize and create a beautiful masterpiece.609-600-3964 Cape May
Roller Skating at Cape May Convention Hall, 714 Beach Ave.
Fridays from 4 - 6 p.m. and 6:30 - 8:30 p.m., plus Saturdays and Sundays from 1 - 3 p.m. and 4-6 p.m. Admission is \$5 and skate and blade rentals are available. The full schedule is available at www.capemaycity.com. For more information, call 609-884-9565.

Birding Cape May Point
Sat, Feb 24 8:00am - 10:00am
Join CMBO naturalists for 2
hours of birding around beauAlgies Place
Bikes
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Thursday, Friday & Saturday
Noon - 5pm
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www.algiesplace.com





tiful Cape May Point! Crossbills, siskins, redpolls – oh, my! Winter can be such a special time to bird Cape May Point. Each week we'll scour the Park or wander the streets to see what avian visitors are calling Cape May Point their winter home. The winter finch prediction sounds promising, the ponds are full of ducks, and loons and scoters are on the move. Our path may take us through the quiet streets of Cape May Point, visiting local feeders. Or maybe we'll travel

along the dunes to check the morning flight line. Lily Lake and the Northwood Center often hold wintering songbirds and, of course, the State Park is always good. So let us add some joy to your winter – join us every Saturday for 2 hours of birding around Cape May Point. PREREGISTRATION REQUIRED. COST: \$8 members, \$12 nonmembers

Visit njaudubon.org for regis-

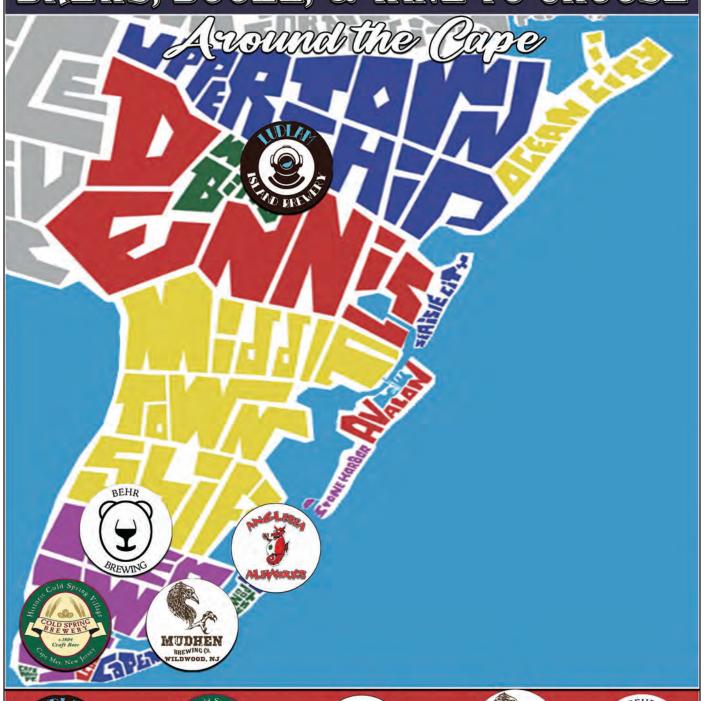








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WOODBINE PAGE 12

NATIONAL MARGARITA DAY National Margarita Day on February 22nd rims a glass with salt and serves up a beverage that tastes like the summer sun. Known to be the most common tequila-based cocktail served in the United States, the margarita is a cocktail that consists of tequila, triple sec, and lime or lemon juice. A key ingredient is the freshly squeezed lime juice. When it comes to sorting out the legends associated with the origin of the margarita, there are

many. Two things are certain; the cocktail included tequila, and the bartender edged the rim of the glass with salt. In Mexico, when drinking straight tequila (especially if the quality was bad), the best course of action was to down it in one swallow, suck on a wedge of lime, and lick a dash of salt off the back of your hand. It makes sense that the salt followed the lime and the tequila to the margarita glass.

















LOUDOGS IN SEA ISLE CITY, NJ ANNOUNCES EXPANSION & MOVE "BACK TO THE BEACH"

LOUDOGS IN SEA ISLE CITY, NJ IS EXCITED TO ANNOUNCE THEIR MOVE TO THE PROMENADE (THE FORMER SITE OF SPINNERS PIZZA) AT 3800 BOARDWALK LOCATED RIGHT ACROSS FROM THE 38TH STREET BEACH ENTRANCE.

"WE ARE SO EXCITED TO BE BACK AT THE BEACH! WE HAD 28 YEARS ON THE BEACH WITH MY DAD, LOU. WHEN HE PASSED AWAY, WE HAD TO LEAVE. NOW WE ARE BACK AT THE BEACH & BIGGER. WE CAN'T WAIT FOR EVERYONE TO SEE THE NEW LOUDOGS.," SAID CHRISTIAN SUBASHI, OWNER OF LOUDOGS IN SEA ISLE CITY, NJ.

NEW EXPANDED MENU & DINING AREA

LOUDOGS IS NOT ONLY MOVING, BUT THEY ARE ALSO EX-PANDING. OPERATING AS A HOT DOG CART SINCE THE SUMMER OF 1982, LOUDOGS WILL NOW BE SERVING PIZZA, FRIES, CHICKEN FINGERS AND FRIED MOZZARELLA IN ADDI-TION TO THEIR FAMOUS LOUDOG HOT DOGS. THE BIGGER SPACE WILL ALSO FEATURE EVENTS & FUN ACTIVITIES THROUGHOUT THE SUMMER SEASON. "THIS VIEW IS UNBE-LIEVABLE, & WE WANT EVERYONE TO ENJOY IT. WE'VE GOT A LOT OF EXCITING THINGS PLANNED." SAID SUBASHI

LOUDOGS BEACH DELIVERY

NOT ONLY WILL LOUDOGS BE RIGHT ACROSS FROM BEACH ACCESS, BUT THEY WILL ALSO BE OFFERING. DELIVERY SERVICES TO INCLUDE BEACH DELIVERY. MORE DETAILS & INFORMATION INCLUDING OPENING DATE WILL BE ANNOUNCED ON LOUDOGS SOCIAL MEDIA.

FOR MORE INFORMATION, PRESS ONLY;
RENEE DURANTE DIRECTOR OF MARKETING – LOUDOGS
OCEAN SOCIAL 609-979-3209
RENEE@OCEANSOCIALNJ.COM
WWW.OCEANSOCIALNJ.COM

FOR MORE INFORMATION ON LOUDOGS BEACH DELIVERY: FACEBOOK:

HTTPS://WWW.FACEBOOK.COM/LOUDOGSSEAISLE INSTAGRAM: @LOUDOGSIC WEBSITE: WWW.LOUDOGS.COM



CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

CHERRY MAPLE VENISON JERKY

INGREDIENTS:

- · 2 LBS 1/8" SLICED (AGAINST THE GRAIN) VENISON
- 1/2 CUP MAPLE SYRUP
- · 3/4 CUP CHERRY PIE FILLING
- · 2 TBS WORCESTERSHIRE SAUCE
- · 2 TBS LOW SODIUM SOY SAUCE
- · 1/2 TSP DRIED GROUND GINGER
- · 1 TSP ONION POWDER
- · 1/2 TSP GARLIC POWDER
- · FRESH CRACKED BLACK PEPPER TO TASTE
- CHERRY WOOD FOR SMOKING

PREPARATION:

Place all ingredients except venison into a food processor or blender. Pulse until mixture is smooth. Put sliced meat into a large Ziploc bag. Pour marinade over the top. Seal the bag & mix everything from the outside of the bag. Be sure to get the air out & marinate for 48 hours. After 48 hours, prepare smoker w/ cherry wood at 180°. Remove meat from marinade. Pat meat dry w/ a towel. Arrange meat strips flat on a cooking rack. Smoke until the meat bends but doesn't break. It will crack slightly. Enjoy!

Hint: This recipe works great w/ beef as well. If you don't have a smoker, you can put a 1/2 tsp of liquid smoke in the marinade.



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.

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

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	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
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6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Shark Tan	k (N)	20/20 (N)		•		News (N)	(:35) J. Kim	mel
10-NBC	News (N)	NBC News	News (N)	Hollywood	Password		Dateline N	BC (N)			News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Penn & Te	ller (N)	FunnyKids	Animals	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Boniface	(:45) Midso	mer	Midsomer	Murders	Start Up	NJ Spotl	One on O	Newsline
29-FOX	The Six	Special	Extra (N)	TMZ (N)	WWE Frida	ay Night Sm	nackDown (l	N)	News (N)	Special	News (N)	Phantastic	Person
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USA	Chicago Fi	ire	Chicago F	ire (N)	Chicago F	ire (N)	Chicago Fi	re (N)	Chicago F	ire (N)	Chicago F	ire	Chi. Fire

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DOMESTIC HAM......\$3.99/lb
COOKED SALAMI......\$3.99/lb
MOZZARELLA CHEESE.....\$3.99/lb
PROVOLONE CHEESE.....\$4.99/lb
VIRGINIA BAKED HAM.....\$5.99/lb
BLACK PEPPER TURKEY....\$5.99/lb

VOTE FOR PRODUCE PLACE - BEST FOR DELI & SANDWICHES

BESTOFJERSEYSHORE.COM

HONEY CRISP APPLES......\$1.59/lb
MINI SWEET PEPPERS.....\$1.99/ea
SNOW PEAS.....\$1.99/lb
TOMATOES ON THE VINE.....\$1.99/lb
YUKON POTATOES.....5lb/\$1.99
#1 ONIONS.....3lb/\$1.99

WE ARE OPEN 7 DAYS A WEEK FOR ALL YOUR RETAIL & WHOLESALE NEEDS

NOW AVAILABLE DELIVERY IN THE SURROUNDING AREA

PLEASE CALL AHEAD FOR ALL LARGE HOAGIE AND BREAD ORDERS.

-THE WATERFRONT-

BREAKFAST SAT & SUN 8A-NOON

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

HAPPY HOUR
DAILY AT THE BAR
11A-6P
APPETIZER SPECIALS
4-6P

WEDNESDAY STEAMERS \$5.00/DOZEN ALL DAY

THURSDAY
TACOS, TEQUILA
& TRIVIA
W/DJ JIMMY LAMB

FRIDAY DJ JIMMY LAMB

> SATURDAY MISGUIDED



OPEN DAILY: SATURDAY & SUNDAY 8A - MONDAY-FRIDAY FROM 11A
4415 Park Blvd. Wildwood | 609-600-3692 | @thewaterfrontwildwoood





- 1. VETERANS & PATRIOTS OF CMC
 THRIFT STORE (BREAKWATER PLAZA)
 BREAKWATER & BAYSHORE AVE
 N CAPE MAY 609-884-6701
- 2. VIM THRIFT STORE 7 N WILDWOOD BLVD (GRAPEVINE PLAZA) CMCH • 609-465-3680
- 3. JUNKE & TREASURES 4501 PACIFIC AVE WILDWOOD • 609-214-2253
- 4. JUNKE & TREASURES (CAPT SCRAPS) 602 WASHINGTON AVE WOODBINE 609-861-3800
- 5. HABITAT FOR HUMANITY RESTORE 20 COURTHOUSE-S DENNIS RD CMCH · 609-465-1626

- 6. ST BARNABAS CARES THRIFT STORE 1300 BAYSHORE RD VILLAS • 609-425-1317
- 7. ETCETERA SHOP 3845 BAYSHORE RD, #4 N CAPE MAY · 609-846-7643
- 8. ETCETERA SHOP ACME SHOPPING CENTER CMCH • 609-465-5553
- 9. CHEAP CHARLIE'S 4724 PACIFIC AVE WILDWOOD • 609-523-1166

- 10. FULL OF PROMISE THRIFT 3156 RTE 9, #2 RIO GRANDE • 609-827-1983
- 11. ST MARY'S THIS & THAT THRIFT 1304 RTE 47 RIO GRANDE • 609-886-7272
- 12. STOP & SWAP ROSIE'S BOUTIQUE 1519 BAYSHORE RD VILLAS • 609-789-4486
- 13. COHO ANTIQUES
 RTE 9 & SWAINTON-GOSHEN RD
 SWAINTON · 609-972-9424
- 14. STOP & SWAP: 5 DOGZ GLASS & APPAREL
 1519 BAYSHORE RD
 VILLAS 609-231-3743

TV BLOWOUT SALE

1. 24 " SHARP HD FLAT SCREEN W/ CD 6. 32" SAMSUNG FLAT SCREEN PLAYER ON STAND • 30 - NO REMOTE

2. 32" HAIER FLAT SCREEN ON STAND .530 - NO REMOTE

3. 19" MAGNAVOX HD FLAT SCREEN ON STAND . \$15 - NO REMOTE

4. 32" MAGNAVOX HD FLAT SCREEN ON STAND • 530 - NO REMOTE

5. 28" SYLVANIA HD FLAT SCREEN ON STAND . 530 - NO REMOTE

ON STAND . 530 - NO REMOTE

7. 19" SANYO FLAT SCREEN ON STAND . \$15 - NO REMOTE

8.32" SAMSUNG FLAT SCREEN ON STAND • 530 - NO REMOTE

9. 20" SYLVANIA FLAT SCREEN ON STAND • \$15 - NO REMOTE

10. 32" PANASONIC FLAT SCREEN ON STAND • \$45 - NO REMOTE

WORKING* [리 D) (: 7

GROCERIES & GET \$10 STORE CREDIT

BUYERS CLUB SHOP 20 TIMES &

GET \$10 OFF OR

\$10 WORTH-OF

FREE STUFF

1/2 OFF MOST FURNITURE SOFAS · RECLINERS · TABLES

WE HAVE PROM DRESSES

SATURDAY

PANTS • SKIRTS

FILL-A-BAG OF CLOTHES \$10

TUES/THURS (NO COATS, GOWNS, SHOES)

IERANS & PATRIOTS OF CAPE MAY COUNTY THRIFT STORE

VETERANS, POLICE, FIREMEN, THRIFT SHOP VOLUNTEERS 20% DISCOUNT

Veterans & Patriots Thrift Store @ 3305 Bayshore Rd, N Cape May We have no payroll & nobody gets a penny. After we pay our overhead,

> Thank You & God Bless **Bud Lutner: CMDR, VPCMC** THRIFT STORE VOLUNTEERS NEEDED! CALL TODAY!

3305 BAYSHORE RD, NORTH CAPE MAY (609) 884-6701

100% of the balance goes to those in need. We also help support other charities in Cape May County. If you know of anyone in need, please call us (609) 884-6701.

PRAY FOR OUR TROOPS OVERSEAS, HONOR **THEM & WEAR RED** SHIRTS ON FRIDAYS. THE U.S. HAS TROOPS IN **170 NATIONS**

> STARTING FRIDAY. MARCH

TUES-FRI

10A-4P

SAT

10A-2P

SUN & MON

CLOSED

IF YOU KNOW SOMEONE SIN NEED LET US KNOW (609) 884-6701

VOLUNTEERS NEEDED ON WORKDA 50% OFF WHAT YOU BUY! \$AVE

7 N Wildwood Blvd Grapevine Plaza, CMCH (609) 465-3680 2

Visit our other VIM THRIFT location at: 6825 Tilton Rd, EHT · 609-277-7075

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

Stay Connected @vimthrift



TUNITE 3&4 EASTRES **LOCATIONS!**

OPEN ALL YEAR AT

602 WASHINGTON AVE (CAPT SCRAPS)

WOODBINE · (609) 861-3800 LOOK FOR THE RED SHED

WILDWOOD • (609) 214-2253

OPEN FRI-SAT · 10A-5P | SUN · 10A-3P

FIND YOUR HIDDEN TREASURE!

MY Habitat for Humanity

A HOME GOODS THRIFT SHOP



Mon-Sat | 10a-6p Closed Sunday

Donations Hours 11a-4p

20 Court House South Dennis Rd Cape May Court House, NJ 08210 609.465.1626 | www.habitatcapemay.org (Next to Big Lots)



NOTHING OVER \$5 CLOTHING ONLY

Mon-Sat 11-3

1300 Bayshore Rd., Villas 609-425-1317



Monday - Saturday 10am - 5pm • sunday 11am - 3pm

North Cape May Big Lots Plaza 609.846.7643

Cape May Court House



OPEN THURS-SUN

4724 Pacific Avenue • Wildwood 609-523-1166

FULL OF PROMISE THRIFT SHOP Open Mon-Sat • 10a-4p 10 **Closed Sunday**

New & Like New Items

Come by and help support our mission to help homeless children in Cape May County... One family at a time.

Family Promise

of Cape May County 609-827-1983 3156 Rte 9S, Unit 2 • Rio Grande

ST. MARY'S Thrift This N' That



BEST CONSIGNMENT/THRIFT

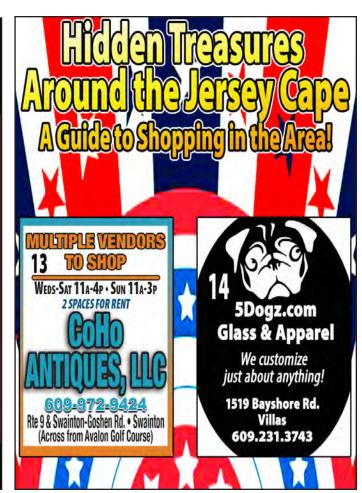
WE SELL.... Quality Furniture, Collectibles, Household Items, Electronics, Toys, Books & Clothing

Hours: Tues-Sat 10a-4p
Donation Hours: Tues/Thurs 10a-3p
'Also ist Saturday of Each Month 10a-3p'

1304 Route 47 • Rio Grande 609-886-7272

Credit Cards Accepted









This Week's Weather HIGH 45 THURSDAY, FEBRUARY 22 **LOW 32** HIGH 50 FRIDAY, FEBRUARY 23 60% **LOW 39** HIGH 43 SATURDAY, FEBRUARY 24 **LOW 30** HIGH 45 SUNDAY, FEBRUARY 25 **LOW 28** HIGH 48 MONDAY, FEBRUARY 26 **LOW 43** HIGH 52 TUESDAY, FEBRUARY 27 30% LOW 43 HIGH 55 WEDNESDAY, FEBRUARY 28 **LOW 48**







1812 BAYSHORE RD. VILLAS

609=854=3032

BYOB

O.







0% APR SPECIAL FINANCING AVAILABLE

GET COMFORTABLE WITH US

609-967-7584 www.mathis-salfi.com

> MASTER HVACR LIC# 19HC00337600 HOME IMPROVEMENT CONTRACTOR LIC# 13VH08562100

SATU	RDAY	AFTER	RNOON							F	EBRU	ARY 24	l, 2024
	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	Basketball	Houston at	Baylor (N) (I	Live)	Basketball	Washington	n at Arizona	(N) (Live)	Basketball	Alabama a	t Kentucky (I	N) (Live)
6-ABC	oh baby!	NHL Hocke	ey St. Louis	Blues at Det	troit Red Wir	ngs (N) (Live)	NHL Hocke	y New York	Rangers at	Philadelphi	a Flyers (N)	(Live)
10-NBC	Wild Child	Paid Prog.	Premier Le	ague Socc	er		Goal Zone	PGA Tour	Golf Mexico	Open, Third	d Round (N)	(Live)	
17-MNT	Paid Prog.	Paid Prog.	Paid Prog.	Covered	Pawn Stars	Chicago P.	D.	Mod Fam	Mod Fam	Big Bang	Big Bang	Honoring	Basketball
23-PBS	(10:30) Fre	Love Train			Unlock the	Secret		Wine First	Dooky	Taco Mafia	Taste	NJ Busin	State-Aff
29-FOX	Paid Prog.	Basketball	Villanova at	Creighton (N) (Live)	Basketball	Oklahoma S	State at Okla	homa (N)	Hoops (N)	MLS Socc	er	
57-CW	Paid Prog.	CBS Satur	day Mornin	g (N)		Raw Travel	World's	Sports	Basketball	Virginia Un	ion at Virgin	ia State (N)	Hollywood
A&E	(11:00) Zo	Lakefront	Lakefront	Biography	: WWE Lege	ends "Booke	er T"	Biography	WWE Leg	ends "Unde	rtaker"	The First 4	8
AMC	(11:00) १५ ★ 5	★★ Black H	awk Down ((01) Josh H	artnett.	۴×★★ Cas	t Away Hel	en Hunt, Nic	k Searcy, T	om Hanks.		Shawsha	nk Redem
CNN	(11:00) Ho	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)
DISC	Caught!	Afraid XL "	In Your Face	e, Amazon!"		Naked and	Afraid XL "	'The Legend	s Return"	Naked and	Afraid XL	'Mutiny in th	e Jungle"
DISN	Hailey	Ladybug	Ladybug	Ladybug	Ladybug	Bluey	Bluey	Bluey	Bluey	Big City	Big City	Big City	Big City
ESPN	(10:00) Ga	Basketball	Missouri at	Arkansas (N	l) (Live)	Basketball	Duke at Wa	ake Forest (N	l) (Live)	Basketball	North Caro	lina at Virgir	nia (N) (Live)
ESPN2	(11:00) Sp	College Ba	sketball Te	ams TBA (N	l) (Live)	Basketball	West Virgin	ia at Iowa S	tate (N)	Basketball	Oklahoma	at Oklahoma	a State (N)
FNEWS	(11:00) Ca	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	(N) (Live)	Journal Ed	itorial (N)	Fox News	(N) (Live)	The Five	
FX	, ,		Man 2 ('10) F		,			: The Dark \	` '	Chris Hems		☆ Captain	
HBO	(10:25) 9 Ma	ze Runne	(:40) % Lov		,	Summer		rious 7 ('15)			` '	Detective "P	
HIST	(11:00) Sw	The UnXpl	ained	The UnXpl		The UnXpla		The UnXpl		The UnXpl		The UnXpl	ained
TON	(11:00) La	Law & Ord	er: SVU	Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law & Ord	
	(11:00) Whi		Hopelessly					Is My Story	` '			ne Movie ('2	,
MAX	(11:20) ♀★		(:50) ਼ਿ*★★★		,	•		(:05) ਼ਿ*★★ [, ,	, , , ,	riday the 13	th ('09)
NBCSPA			etball Drexe					lina A&T at N					
NICK			SpongeB						X	l Transylva	- (- /	뜻 Hotel Tra	, .
PARMT	` ′		Hangover	('09) Bradle	•			er Part II ('1			**	Hangover P	art III ('13)
TBS		,) Will Smith.				,	97) Tommy			,	,	Movie
TCM	· / //	•	('41) Cary ((/	ey Hepburn.		rn Yesterda	. , ,		Movie
TNT	(10:15) ♀★		뿟★★★ Mal	,	, 0			U			, , x	k American	Gangster
USA	(10:00) So	Premier	9-1-1 "Curs	ed"	9-1-1		Basketball	St. Bonaver	nture at Mas	sachusetts	College Ba	asketball	

SATU	RDAY	EVENI	NG							F	EBRU	ARY 24	, 2024
	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)	CBS News	Black	Heroes	So Help M	e Todd	48 Hours		48 Hours (N)	News (N)	(:35) Draft	Teaching
6-ABC	News (N)	WorldNe	Visions	Wheel	NBA (N)	Basketball	Boston Cel	tics at New '	York Knicks	(N) (Live)	News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	Paid Prog.	1st Look	The Wall	•	Weakest L	ink	Saturday N	Night Live	News (N)	Saturday N	light Live
17-MNT	(5:30) Colle	ge Basketb	all	(:45) Baske	tball Florid	a State at Cle	emson (N) (I	Live)	Action Ne	ws at 10 (N)	Philler	Delco Duo	Mom
23-PBS	Reporters	Chat Box	NYC Arts	State/Arts	Old House	Old House	Agatha Ch	ristie's Mar	rple	(:35) Luna	& Sophie	Celebrity 1	rip
29-FOX	(4:30) MLS	Soccer	Tip-Off (N)	(Live)	Basketbal	I Villanova at	t Connecticu	ıt (N) (Live)	News (N)		The Floor		Kelly
57-CW	SEAL Tear	n	The Equali	zer	Gallen of	Black	Lacrosse F	Philadelphia	Wings at Ca	algary Roug	hnecks (N)	FamFeud	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	18	The First 4	18	The First 4	18	(:05) The F	irst 48	(:05) First48
AMC	(5:00) 👯★★	★★ The Sh	awshank R	edemption	ਝ਼±⋆⋆ Th	e Hunger Ga	ames: Mock	cingjay, Par	t 1 ('14)	뜻 The Hun	ger Games	: Mockingja	y, Part 2
	CNN News	. ,	CNN News	()	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Naked and	Afraid XL "	Legendary F	Fail"	Afraid XL	"Careful Wha	at You Fish I	For"	Naked and	Afraid XL	'You Left Us	to Rot"	Afraid XL
DISN	Big City	Hailey	Hailey	Hailey	਼ਾ਼±⋆⋆ En	canto ('21)		Marvel's	Marvel's	Marvel's	Hamster &	Hamster &	Ladybug
ESPN	Basketball	Texas at Ka	ansas (N) (L	ve)		I Texas A&M		٠,		asketball Te	`	,	SportCtr
ESPN2	College Ba	isketball Te	ams TBA (N) (Live)	Basketbal	I Washingtor	n State at Ar	izona State	College Ba	asketball US	SC at UCLA	(N) (Live)	Basketbal
FNEWS		t (N) (Live)	١ ,	, , ,	Life, Liber	, ,	One Nation	` '	Saturday I	O ()	Gutfeld!		Weekend
FX		ptain Ameri				ardians of t		,		,,		he Galaxy (
HBO	· /	Jack Ryan:		٠ ,		scilla ('23) C		, ()	(:55) True '		(:15) Enthu		Movie
HIST	The UnXpl		The UnXpl		The UnXp		The UnXpl		` '	nXplained	(:05) The U		UnXplain
ION	Law & Ord		Law & Ord	er: SVU	Law & Ord		Law & Ord		Law & Ord		Law & Ord		Law-SVU
	•	liams: Wha				Wendy Willia	() (,	(:05) W. Wi		(:05) W. Wi		Williams
MAX	, ,	• •	,			een Room ((,	Jennifer's E	• ()	· /	Hotel Arten	` '
NBCSPA		Lehigh at La		, ,	Brewing	Birds			ndoor Cham	<u> </u>	Brewing	College Ba	
NICK	, ,	el Transyl	**		• , ,		Friends	Friends		Friends	Friends	Friends	Friends
PARMT	, ,	:30) ♥ Hangover Par ♥★★★ The Hangove				•			Hangover P	art II ('11) B			Movie
TBS	, ,	Men in Bla	. ,	ill Smith.		ardians of t		. ,				Pet Tricks	
TCM	, ,	5:30) *** ★★ Auntie Mame ('58)				Priving Miss	, ,			• •		narif, Barbra	
TNT	, , ,	4:45) *** ★★ American Gangster ('07)				restling: Co	. , ,	,	,,		. ,	vick Bosema	
USA	(4:30) Bas	911 Crisis	9-1-1 "Red	Flag"	9-1-1 "In A	nother Life"	9-1-1 "Reco	overy"	9-1-1 "Mixe	ed Feelings"	9-1-1		9-1-1

SUND	AY AF	TERNO	OON							F	EBRU	ARY 2	5, 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Paid Prog.	Basketball	Creighton a	t St. John's	(N) (Live)	Basketball	Purdue at N	/lichigan (N)	(Live)	Basketball	Ohio State	at Michigan	State (N)
6-ABC	Inside	News (N)	NBA (N)	Basketball	Milwaukee	Bucks at Ph	iladelphia 76	6ers (N)	Basketball	Los Angele	s Lakers at	Phoenix Su	ns (N) (Live)
10-NBC	Issue	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Alp. World	Cup	PGA Tour	Golf Mexico	Open, Fina	I Round (N)	(Live)	
17-MNT	Our Honor	Basketball	Virginia at L	ouisville (N)	(Live)	This Week	In Focus	Friends	Friends	Two Men	Two Men	Philler	Sheldon
23-PBS	Think Tank	State-Aff	Darley	Lidia	Milk	Cook	Sara's	Unlock the	Secret		Eat To Sle	ер	
29-F0X	Draft	Pickleball				RaceDay (N) (Live)	NASCAR (Cup Series A	Ambetter He	alth 400 (N)	(Live)	
57-CW	Paid Prog.	World Cha	se Tag	Storm of S	uspicion	SOS: How	to Survive	NBA G Lea	ague Baske	tball		HBCU Bar	nds
A&E	Zombie Fli	•	Zombie Fli				en ('16) Gei	rard Butler.	뿟★★ Olym	ipus Has Fa	allen ('13) G	erard Butler	.
AMC			er Games: I		, ,)	(/ /		er Games (12) Josh Hu	itcherson, Jo		
CNN	(, -	State of Ur		Fareed Zal		CNN News	,	CNN News	,	CNN News	()	CNN News	()
DISC	,	Naked and		Afraid "Jun		Naked and				Naked and			
DISN		Ladybug				,	,	0 ,	0 ,	,	Big City	Big City	Big City
ESPN	,		etball LSU a		() ()				,	Basketball	<u>'</u>		() ()
ESPN2	` '	D) Ch Basketball SMU at South Florida (N) (Live)							s (N) (Live)				
FNEWS	(11:00) Me		` , ` ,	Fox News	,,,,,	Fox News	· /	Maria Bart		Fox News	. , . ,	Saturday	Night
FX	, , ,	★★ Black W	` '						n Rings ('21)	,		` '	
HBO	, ,		(:45) ਼ਿ*★★★		,		(/ "		23) Cailee S	. ,	, ,		ay of Water
HIST	,	Built Amer		Built Amer		Built Amer		Built Amer		Built Amer		Built Ame	rica
ION			Good Deed"	NCIS		NCIS "Troll			Lost Boys"			NCIS	
	(11:00) Wil					♥ Wendy V			,	Wendy Wil			
MAX	, ,		of the Tour (,	਼ਾ±⋆⋆ Loc	,	, , ,	•) Billy Bob T			(:55) ♀ Sc a	•
NBCSPA		Paid Prog.	<u> </u>			rk Yankees		hia Phillies (Go Racing		Chocolate	
NICK	, ,		ledgehog ('2	•	, , ,	eBob Squa		T		SpongeB		· ·	SpongeB
	(11:00) Bar Bar Rescue Bar Rescue					Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu	
TBS	** ★★ Batman v Superman: Dawn of Justice ('16) Ber				· ,				he Wasp ('1			•	America: C
TCM	(10:30) ♥ Baby Doll (:45) ♥★★★★ A Star Is Born ('			(/			, ,		nt + + + + + + + + + + + + + + + + + + +		, , , ,		
	(10:00) * Creed II NHL on T NHL Hockey Tamp (11:00) La. Basketball Rhode Island at La Salle (N) (Li			• .	, , ,		,		<u>. </u>		ŭ	Ū	
USA	(11:00) La	Basketball	Rhode Islar	nd at La Sall	e (N) (Live)	Law-SVU "	Manhunt"	Law-SVU "	Mercy"	Law-SVU "	Parts"	Law-SVU	"Raw"

SUND	AY EV	ENING								F	EBRU	ARY 25	5, 2024
00.12	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM
3-CBS	CBS News	News (N)	60 Minutes	(N)	The Equali	izer (N)	Tracker (N)	CSI: Vegas	s (N)	News (N)	(:35) Sports	Turning
6-ABC	News (N)	WorldNe	Fun Videos	s (N)	American	Idol "702 (A	uditions)" (N	1)	What Wou	ld (N)	News (N)	News	Visions
10-NBC	News (N)	NBC News	America's	Got "Finale	Results"		Dateline N	ВС			News (N)	I	Bensinger
17-MNT	Goldbergs	Goldbergs	ኇ⋆⋆⋆ Hid	den Figure	s ('16) Octav	via Spencer,	Taraji P. He	enson.	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Seinfeld
23-PBS	(4:30) Eat/	Harriet Tub	man		I Go to the	Rock		Black Broa	adway			Eat To Sle	ер
29-FOX	(3:00) NAS	ClassH	Next Level	Chef	Simpsons	Krapopolis	The-North	Grimsburg	News (N)		News (N)	Extra (N)	
57-CW	Teaching I	Black	FamFeud	FamFeud	CBS News	Sunday Mo	rning (N)	Home	Major Crim	nes	WOW - Wo	men	King
A&E	WWE Riva	ls	WWE Rival	ls	WWE Riva	ls	Biography	"Randy Ort	on" (N) (SP)		(:05) WWE	Rivals	WWERiva
AMC	(:55) ♀★★★	The Hung	er Games: (Catching Fi	re ('13)		Dead "Year	rs" (N) (P)	(:20) The W	alking Dea	d: "Years"	(:40) Dead	"Years"
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec		United Star	tes (N)	Vegas (N)	(P)	CNN Spec	•	United
DISC	Naked and	Afraid "Dea	ath by Croco	dile" (N)	Naked and	I Afraid "The	ere Will Be E	Blood" (N)	Naked and	Afraid	Naked and	Afraid	Afraid
DISN	Big City	Kiff Kiff Kiff ntdown Basketball Denver Nu			ੁ*★★★ Co	co ('17)		(:50) Kiff	(:20) Kiff		(:55) LEGO	(:25) LEGO	Ladybug
ESPN	NBA Coun	tdown	Basketball	Denver Nu	ggets at Gol	den State W	arriors (N)	(:35) NBA E	Basketball				SportsC.
ESPN2	UFC Unlea	shed	Why Not	Why Not	Why Not	Why Not	E60	Shorts	Red Bull (1	N)	SportCtr (N	N) (Live)	X Games
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	Life, Liber	ty (N)	Sunday Ni	ght (N)	Weekend		Life, Libert	y & Levin	Sunday
FX	, , ,	Eternals ('2	, 0			or Strange i		verse of Ma	` '			range in the	
HBO	, , ,	★ Avatar: T		` '	· / //		s ('15)		Enthusias		LastWeek	(:50) Last V	Veek To.
шен	Built Amer		Built Amer	ica	America "E		America (N	, (,	(:05) Built A		(:05) Built A		America
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	W. William		W. Williams			Love Being		Am Gorgeou	() ()	(:35) W. Wi		0	
MAX	Movie		Source Co			lost Violent	, ,		· / /	The Bourn		m ('07)	♀ Ronin
NBCSPA	Wilt Cham					at Philadelp			etball UNC-			Poker Nigh	. ,
		The Tidal 2				RockPaper		Friends	Friends	Friends	Friends		Friends
	Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu	() ()	Bar Rescu		BarRescue
	5:00) ♀★★★ Captain America: Civil War					Big Bang				Big Bang		^ •	
TCM	★★★ Gaslight ('44) Charles Boyer.					Streetcar N		` '	, , , ,	► Moonstru	, ,		Movie
TNT	` '	Post-Game	,,		· ,					gue One: A		, ,	
USA	Law-SVU "	Uncle"	Law & Orde	er: SVU	Law-SVU "	Perverted"	Law-SVU "	Zebras"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU





"In My Opinion" by Nancy Adler



Nancy Adler Nutrition is the recipient of the Gold Award in The Best of the Press 2020, 2021 & 2022 Readers Choice Awards! Thank you to all who voted!

Nancy Adler is a Certified Nutrition and Fitness Instructor. She specializes in nutrition, weight loss control and sports specific nutrition for all ages.

Nancy will create a personalized nutrition plan just for you to help you reach your goals.

You may listen to Nancy every Saturday 11 am-1 pm: Nancy Adler Nutrition LIVE! NewsTalk 1400 WOND radio.

For more information, call Nancy at 609.653.4900 to schedule your one-on-one confidential consultation.

www.NancyAdlerNutrition.com

NUTRITION, WEIGHT LOSS & FITNESS

LEMON GARLIC COD

- 4 (6 oz.) pieces of cod fish
- 2 cloves garlic, crushed
- 1/2 tbsp. Lite butter
- 1 tbsp olive oil
- Juice of 1 lemon
- 2 tbsp chopped flat leave parsley

YOU CAN FIND THIS RECIPE IN NANCY'S RECIPES FOR LIFE. AVAILABLE AT HER LINWOOD OFFICE LOCATION.

Preheat oven to 400 degrees. Place fish in a baking dish large enough to hold the fish in one layer. Season fish with a little sea salt and freshly ground black pepper. Place butter and olive oil in a small non stick skillet. Heat on medium low. Add garlic and sauté for one minute. Add lemon and parsley, then remove from heat. Drizzle garlic mixture over top of fish. Bake 12-14 minutes, until fish easily flakes with a fork. Serves 4

Calories 183
Total Fat 5.9 grams
Cholesterol 67 mg
Sodium 122 mg
Carbohydrates 1.8 grams
Fiber 0.1 grams
Protein 30.6 grams

Nancy Adler C.FT./S.S.N./S.S.C.
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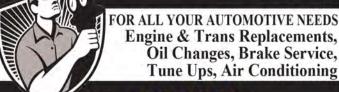


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WINTER FLOOR MATS: ESSENTIAL SAFETY GEAR FOR YOUR VEHICLE

Rubber mats keep moisture out of your carpeted areas while at the same time protecting the people riding in the vehicle from perhaps getting sick from allergies. Winter allergies can be triggered by several things, including mold spores and mildew, which can live in damp and dirty carpet.

Using Rubber Mats In Your Vehicle

- Make sure the rubber mats are custom fitted to your vehicle. If the mat is designed specifically for your make, model, and year it provides maximum protection.
- Rubber Mats should also have channels—ridges and grooves—that trap the rain and muck before it gets into the carpet.
- Get mats with retention snaps, also known as anchors, which connect to your vehicle floor tethers (found on newer vehicles) and prevent the mat from sliding under your feet. Some mats use cleats that grip the carpet, so they don't slide around while you are driving.
- Use grippy, rubber mats that help keep driver and passenger shoes from slipping. Vinyl mats are easy to clean but may not offer the same traction.
- Look for mats that have a warranty from the manufacturer which will give you peace of mind when purchasing them.
- Aesthetics are important to car owners, and rubber mats meet that requirement by coming in a variety of colors and designs that fit anyone's taste.
- Make sure to clean your mats by washing them thoroughly when you see that they are dirty. Always dry them off before returning them to the car.
- Vacuum the carpets while your mats are drying. Vacuuming will remove any outside elements that may have become embedded in the carpet before placing mats back in the vehicle.
- · Consider using a protective spray on the carpet before adding the mats. This can help keep moisture—spilled drinks, wet boots—from getting absorbed and give you time to wipe up mishaps. It also helps prevent mold from growing in damp, dark places.
- Don't forget the trunk of your car or SUV. Install a cargo liner to keep ice skates, boots, backpacks, hiking gear and other items from getting the carpet in that area wet, thus allowing mold or musty odors.



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THURS, FEB 22
7:00PM • NBCSP
VS CLEVELAND CAVALIERS
FRI, FEB 23
7:30PM • NBCSP/ESPN
VS MILWAUKEE BUCKS
SUN, FEB 25
1:00PM • ABC
@ BOSTON CELTICS
TUES, FEB 27
7:30PM • TNT





VS NEW YORK RANGERS
SAT, FEB 24
3:00PM • ABC

@ PITTSBURGH PENGUINS
SUN, FEB 25
3:30PM • TNT
VS TAMPA BAY LIGHTNING
TUES, FEB 27
7:00PM • NBCSP

SPRING TRAINING

VS NEW YORK YANKEES SUN, FEB 25 1:05PM • NBCSP VS ATLANTA BRAVES WED, FEB 28 1:05PM • NBCSP+



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SPORTS STUMPERS

Pan American Games

By Alex Hendry

Questions:

1) The 19th Pan American
Games conclude on Sunday, Nov.
5., in Santiago, Chile. Where was
the inaugural event held?
2) Which nation currently holds
the record for most total medals
won at the Pan American Games?
3) The 1975 men's soccer finals
were abandoned after a power
outage occurred during extra
time. Which two nations were
awarded shared gold medals as
a result?

4) Before becoming an Olympic champion, which teenage American swimmer took home five gold medals in his only Pan Am Games appearance?

5) Winning 23 medals, which swimmer holds the record for most total medals won by a single

6) Which eventual U.S. President opened the 1987 Pan American Games, held in Indianapolis, IN.? 7) The only athlete in history to win multiple medals at both the Summer and Winter Olympics, this athlete won her first Pan Am gold medal for cycling in 2003 what is her name?

8) During the sole edition of the Winter Pan American Games, held in 1990, only two nations reached the medal podium. Who were they?

9) In 1987, down 14 points at halftime against the United States - Oscar Schmidt's 46 points helped rally which nation to a shocking gold medal basketball victory?

10) Which American city was the first to host the Pan Am Games?

Apswers:

Apswers:

I) Buenos Aires, Argentina (1951)

2) United States (4,713 total

2) United States (4,713 total

3) Brazil and Mexico

4) Mark Spitz (1967)

5) Thiago Pereira (Brazil)

6) George H.W. Bush

7) Clara Hughes (Canada)

8) Canada and the United States

9) Brazil

9) Brazil

10) Chicago (1959)

MONE	AY EV	'ENING	ì							F	EBRU	ARY 26	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Neighbor	Bob Heart	NCIS "Lifeli	ne" (N)	NCIS: Haw	ai'i (N)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	The Bache	lor (N)			Bad Rom (N)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Phillies	The Voice	(N) (SP)		Deal or No	Deal Island	I (N) (P)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Ride		Wild Cards	5	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Nature "Fly	/ways"	NOVA		Cycle Arou	nd Japan	NJ Spotl	One on O	Newsline
29-FOX	The Six	The Pulse	Extra (N)	TMZ (N)	Wanted (N) (SF)	TMZ Invest	t (N) (SF)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (I	N)	Law-SVU "	Paternity"	Neighbor	Neighbor	King
A&E	The First 4	8	First 48 "M	urder Rap"	Hoarders (Canada			Secrets of	(N)	(:05) The F i	rst 48	Hoarders
AMC	뜻★★★ Die	Hard ('88) A	Alan Rickma	n, Bonnie B	edelia, Bruc	e Willis.	뜻★★★ Tor	nbstone ('9	3) Val Kilme	r, Michael B	iehn, Kurt R	ussell.	Movie
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ve)	Laura (N) (Live)	Cooper360
DISC	Contraban		Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraba
DISN	Hamster &	Hamster &		Big City	,	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	•	portsCenter Basketball Miami at					•		ylor at TCU	· / · /	SportsC. (I	N) (Live)	SportCtr
ESPN2	ESPN BET	Live	Basketball	West Virgin	ia at Kansas	s State (N)	Wm. Baske	etball Colora	ado at UCLA	(N) (Live)	NFL Live		Unleash
FNEWS	Bret Baier	· / · /	Ingraham (, , ,	Jesse (N) (,	Hannity (N	, , ,	Gutfeld! (N	,	Fox News	· / · /	The Five
EX	, , ,	<u> </u>		st Protocol	క్ల*★★★ Mis	sion: Impo	ssible Fal	lout ('18) H	enry Cavill, 1				· /
HBO	, , ,	Sex and th	, ,		~	rious 7 ('15)			(:20) Enthu		` ' '	te Men Can	
HIST		Expedition I		_	,	/lysteries "⊦		r's U-Boats"	(:05) Myste		(:05) Myste		Mysteries
ION	Criminal "S	Scream"	FBI "Ambiti		FBI "Scar T		FBI		ļ	0	FBI "Fear N		FBI
	Castle		Castle "Gh			le Girl Lost"			(:05) Castle		(:05) Castle		Castle
MAX		Appaloosa			뿟★★ Hot S	Summer Nig	hts ('17)	(:50) ਨੇ ★★★	Ingrid Goe	•	,	(:25) ਨੇ*★★	
NBCSPA	Birds (N)		The Best S							World Pok		World Pok	
NICK			Danger For			SpongeB		Friends		Friends	Friends		Friends
PARMT	Two Men				A	& Furious (,	· · · · · · · · · · · · · · · · · · ·		**	Five ('11) Pa	-	
TBS	Big Bang	•	•	•	•	0 0			American				
TCM	. ,	Them! ('54	·			•	ge ('66) Ste	phen Boyd.	ç×⋆★ Blit	• `	,	뜻 2001: A S	Space Ody
TNT	Movie		•	e's The Mat	ch (N) (Live	,			ਝ±±± Ruo	ly ('93) Ned	Beatty, Sea		
USA	(5:30) 👯★★	Bad News	Bears ('05)		WWE Mon	day Night R	AW (N) (Liv	e)			Continent	"Brothers in	Arms" (N)

TUES	DAY E	VENIN	G							F	EBRU	ARY 27	7 , 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	FBI (N)		FBI: Intern	ational (N)	FBI: Most \	Nanted (N)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Will Trent	(N)	The Rooki	e (N)	The Good	Doctor (N)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	The Voice	(N)	•	Deal or No	"Are You a	Gambler?"	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Crime Nati	ion (N)			Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Doc Martin	(:50) The S	eas	(:40) Marvi	n Gaye - Gre	eatest Hi	NJ Spotl	Black	Newsline
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	The Floor	(N) (SF)			News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	iia (N)	48 Hours (N)	Law-SVU "	Streetwise"	Neighbor	Neighbor	King
A&E	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Customer	Customer	RoadWars	RoadWars	RoadWars
AMC	(4:00) 9 Pe i	fect Storm	₩★★★ The	Hunger Ga	ames ('12) J	lennifer Law	rence.		਼ਾ਼±⋆⋆ The	Hunger G	ames: Catcl	ning Fire ('1	3)
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Moonshine	ers	Moonshine	ers	Moonshine	ers	Moonshine	ers	Moonshine	ers	Moonshine	ers	Moonshine
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Villains	Villains	Ladybug
ESPN	SportsCen	ter	Basketball	Kentucky at	t Mississippi	State (N)	Basketball	Texas at Te	exas Tech (N	I) (Live)	SportsC. (1	N) (Live)	SportCtr
ESPN2	ESPN BET	Live	College Ba	sketball Te	ams TBA (N	I) (Live)	Basketball	NC State a	t Florida Stat	() ()	Basketball	NFL Live	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) ((Live)	Hannity (N	l) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	뜻★★★ Ave	engers: End	Igame ('19)	Chris Evans	, Mark Ruffa	alo, Robert [,		Shogun "A	, , , , ,		Shogun (N	,
HBO	(5:05) № Em	oire of Light	(:05) ਼ੈ*★★★	Barbie ('23	3) Margot Ro	obbie.	God Save	Texas (N) (I	P)	뜻★★★ Pri	scilla ('23) C	ailee Spaer	ıy.
HIST	Oak Island	"Tea Time"	Curse of O	ak Island	Curse of C		Oak Island	I (N)	(:05) U-Boa	ts (N) (P)	(:05) U-Boa	ts	Oaklsland
ION	Chicago Fi	re	Chicago Fi	re	Chi. Fire "N	, ,	Chicago Fi	ire	Chicago Fi	re	Chicago Fi	re	Chi. Fire
Œ	Castle		Castle			ol Me Once"			(:05) Castle		(:05) Castle)	Castle
MAX	, , ,		as Crown A	()		derland ('03	,	, ,	Ex Machin	` '		(:35) 👯★★	
NBCSPA	` '	•	NHL Hocke		, , ,	. '		Postgame	. , , ,	Birds	In. Golf	Golfer	NHLHock
NICK	The Loud I			. •	. •	SpongeB		Friends		Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men Two Men				<u> </u>		· · · · · · · · · · · · · · · · · · ·		뿟★★★ Bak	• .	•
TBS	Big Bang	3 3					0	0	•	•			Mod Fam
TCM	X		Enfants ('8	,			arcello Mastr			A	abette's Fe	٠ ,	
TNT	, ,		. (/				oston Celtic	s (N) (Live)					
USA	Law & Ord	er: SVU	Law-SVU "	End Game"	WWE NXT	(N) (Live)			(:10) ਼ਿ*★★★	Thor ('11)	Natalie Port	· · ·	Hemsworth.

WEDN	IESDA	Y EVE	NING							F	EBRU	ARY 28	3, 2024
	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)	Survivor (N	N) (SP)			FBI True (N	l)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Conners	Not Dead	Abbott (N)	Celebrity	Judge (N)		News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	led (N)	Chicago Fi	ire (N)	Chicago "S	urvival" (N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Wild Cards	s (N)	Family Lav	v (N)	Action Nev	s at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Drive-Hist	Table	The Queen	at War	All Creatur	es Great	NJ Spotl	Drive-Hist	Newsline
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	We Are Fa	mily (N) (SF	:)		News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)	Law-SVU "	Signature"	Neighbor	Neighbor	King
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Booked (N))	CourtCam	CourtCam	CourtCam
AMC	(5:00) 😤 Th	e Hunger G	ames: Catc	hing Fire	¥★★★ The	e Hunger Ga	ames: Mock	ingjay, Par	t 1 ('14)	☆ The Hun	ger Games	: Mockingja	y, Part 2
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	King Charl	es (N)	Laura (N) (Live)	Cooper360
DISC	Expedition		Expedition	X	Expedition	ιX	Expedition	X (N)	Ghost Adv	. (N)	Expedition	Unknown	Expedition
DISN	New York-	<u> </u>			(:15) Mirac ı	ulous	Marvel's	Marvel's	Ladybug	Ladybug	Bunk'd	Bunk'd	Ladybug
ESPN	SportsCen	ter	NBA (N)	Basketball	Memphis G	irizzlies at M	innesota Tir	nberwolves	Basketball	Los Angele	s Lakers at	Los Angeles	Clippers
ESPN2	ESPN BET	Live	Basketball Auburn at Ter		ennessee (N) (Live)	Basketball	Alabama at	Ole Miss (N) (Live)	SportCtr (N) (Live)	SportCtr
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) ((Live)	Hannity (N) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
EX	(3:00) ♀ Ave		뜻★★★ Bla	ck Widow (21) Florence	e Pugh, Sca					Swans (N)	Feud: Cap	ote
HBO		Enthusias	(:05) ਼ਿ*★★★	r Priscilla ('	23) Cailee S	Spaeny.	God Save	Texas (N)	God Save (N) (F)	(:55) 🏗★★	` '	
HIST	Pickers "Ze		American I		American	Pickers		()	(:05) Picker		(:05) Picke		Pickers
ION	Blue Blood	l "Blackout"	Blue Blood	ls	Blue Blood	ds "Trust"	Blue Blood	ds	Blue Blood	s	Blue Blood	ls	Blue Blood
	Castle		Castle			First Sight	` '	(:35) Brides	()	` '		(:35) Baby	
MAX	, , , , , , , , , , , , , , , , , , , ,) Liam Nees			e Witch ('15)			ainsaw Mass		()		
NBCSPA	(/	Phillies	Basketball			. ,	Birds		ball Atlanta I	Braves at Pl		. ,	Birds
NICK	LoudHou	LoudHou		LoudHou		Lay Lay	Friends	Friends	Friends		Friends	Friends	Friends
PARMT		Two Men				by Driver ('1	, ,	• • • • • • • • • • • • • • • • • • • •				ds Nicolas C	
TBS	•	•	•	Big Bang		restling: Dy	. ,	` '		Mod Fam		Mod Fam	
TCM	, ,		d, Mad, Mad	d World		and Prix ('66	,	,			(:15) ♀★★★	The Hurric	` '
TNT		ssin's Cree	` '			NHL Hocke						Post-Game	
USA	Law-SVU "	Ridicule"	Law & Ord	er: SVU	Law-SVU "	Outsider"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU

THUR	SDAY	EVENII	NG							F	EBRU	ARY 29	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Sheldon	Ghosts	So Help Me	e Todd (N)	Elsbeth "P	ilot" (N) (P)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	American	Idol "702 (A	uditions)"		Will Trent		News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Law & Ord	ler (N)	Law & Ord	er: SVU (N)	Law & Ord	er (N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Conners	Conners	Son of a	Children	Action Nev	vs at 10 (N)	Union	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Roots "Me	an Streets"	Gospel		Pullman-R	ail	NJ Spotl	State/Arts	Newsline
29-F0X	The Six	Kelly (N)	Extra (N)	TMZ (N)	Next Level	Chef (N)	Farmer (N))	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law & Ord	er: SVU	Neighbor	Neighbor	King
A&E	The First 4	8	First 48 "St	reet Life"	The First 4	18 (N)	Taking the	Stand (N)	(:05) Under	cover (N)	(:05) The F i	irst 48	(:05) First48
AMC	਼ਿ±⋆⋆ The	Hunger Ga	mes: Mock	ingjay, Parl	2 ('15)		¥★★ Ram	page ('18) N	laomie Harri	s, Dwayne J	Johnson. (P)	₹★★★ Firs	st Blood
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Hustlers G	amblers	Hustlers G	amblers	Caught!	Caught!
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportsCenter Basketball Virginia Tech at Notre Dam						NHL Hocke	ey Colorado	Avalanche a	at Chicago E	Blackhawks	SportsC. (I	N) (Live)
ESPN2	ESPN BET	Top 16	Basketball	Memphis at	East Carol	ina (N)	Wm. Baske	etball LSU a	t Georgia (N	l) (Live)	College Ba	sketball	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	l)	Fox News	(N) (Live)	The Five
FX	(5:00) 🐕 Pitc	h Perfect 3	뿟★★★ Spi	der-Man: N	o Way Hom	ne ('21) Zend	aya, Tom H	olland.	਼ਾ਼∗⋆⋆★ Spi	der-Man: N	o Way Hom	e ('21) Tom	Holland.
HBO	(:05) ਼ਿ*★★★	Up in the	Air ('09)		Enthusias	(:35) 뿕★★★	The Color	Purple ('23) Fantasia B	arrino.	Jerrod Car	michael	Movie
HIST	Swamp Pe	ople	Swamp Pe	ople	Swamp Pe	ople "Gator	Stakes" (N)	(:35) Swam	p (N)	(:35) Swam	p "Chasing	a Legend"	Swamp
ION	Chicago P.	D.	Chicago "T	he Silos"	Chicago P	.D.	Chicago P.		Chicago P	.D.	Chicago "A	War Zone"	Chicago
	Castle		Theresa Ca	puto	Theresa C	aputo	Theresa Ca	aputo (N)	(:05) Baby	(:35) Baby	(:05) There :	sa Caputo	T. Caputo
MAX	(:15) ਼ਾ਼*★★ •	Jennifer's B	ody ('09) M	egan Fox.	9,★ Scary	Movie 2	(:25) 👯★★	Scary Movie	3 ('03)	(:50) ਼ਿ*★★	Dumb and I	Dumber To	('14)
NBCSPA	Birds (N)	Birds	Basketball	,		, , ,	Birds	Bensinger	Brewing	The Best S	Show Ever?		
NICK	LoudHou	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT		Men Two Men Two Men ₩★★★ \				orld War Z ('	13) Mireille E	Enos, Brad F	Pitt.	∯★★ The I	Day After To	omorrow ('0	4)
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers (N)			• • • • • • • • • • • • • • • • • • • •	• ,
	· / ··	Midnight i	` '	()		he Quiet Ma	` '	,			iiant ('56) El		
TNT	(5:00) 9: 300	: Rise of a	Tip-Off (N)	Basketball	Golden Sta	te Warriors	at New York	Knicks (N)	NBA Bask	etball Miam	i Heat at Dei	nver Nugget	s (N) (Live)
USA	Law & Orde	w & Order: SVU Law & Order: SVU				e Avengers	('12) Chris E	Evans. Robe	rt Downey J	r	Law & Ord	er: SVU	Law-SVU

CHARACTER Of The Week











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VEGAS DINER
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PLEASE ONLY 1 WINNER PER HOUSEHOLD EVERY 30 DAYS

Jersey Cape Character of the Week Contest

Name:______
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City/State/Zip:______ from_______







PPAWS - People & Puppies at Work for Sight

Cynthia Bryant

My name is Cynthia Bryant, and I am a graduate of The Seeing Eye. The photo shows me with my third Seeing Eye® dog, a yellow Labrador/golden retriever named Summer, on the campus of The Seeing Eye.

While I learned early on about Harriet Tubman, a pioneer for the underground railroad, abolitionist, and humanitarian, I did not know she was also visually impaired until well into my adult years. Facing my own vision loss, I could identify with her resilience to persevere despite a visual impairment and persistent seizures. In some ways, her dedication to freedom and dignity for African Americans is not unlike The Seeing Eye's mission of independence and dignity for blind and visually impaired people through partnership with a Seeing Eye dog. Both have paved the way for opportunity, and I am most definitely a beneficiary.

Historical figures matter because they influence the future, including mine. Today, as the first graduate and first African-American to be the Chair of The Seeing Eye Board of Trustees, I pay tribute to Harriet Tubman for her tenacity and visionary pursuits.

PPAWS (People & Puppies at Work for Sight) is a dedicated group of local families from Atlantic and Cape May Counties, which raise these amazing puppies for The Seeing Eye. Until a Seeing Eye dog is ready for training, he or she lives with a puppy raising or foster family that gives the dog love, gentle guidance, and consistent care. These volunteers nurture their puppy to accomplish its special destiny. If you are interested in raising a puppy for The Seeing Eye, call Peter at (609)804-8774 or visit seeingeye.org/raise for info.





SHOULD PET OWNERS WORRY ABOUT FEEDING GRAIN-FREE DIETS? AND WHAT IS TAURINE?

Submitted By Patsy Nelson

Back in July, 2018, The New York Times, (as well as internet reports) printed an article about the possible connection of grain-free foods and canine heart disease. "The condition is dilated cardiomyopathy, or D.C.M., in which the heart weakens and becomes enlarged. Symptoms include fatigue, difficulty breathing, coughing and fainting. Some dogs can abruptly go into heart failure. D.C.M. is typically seen in large breed dogs that have a genetic predisposition for it, like Doberman Pinschers, Irish Wolfhounds, Boxers and Great Danes. But CVCA, a practice of 19 veterinary cardiologists in the Baltimore-Washington, D.C. area, alerted the F.D.A. that it has been seeing D.C.M. among other breeds, including Golden Retrievers, Doodle mixes, Labrador Retrievers and Shih Tzus. The common factor was a diet heavy in peas, lentils, chickpeas, and potatoes-carbohydrates typically intended to replace grains."*

As this news was hitting the media, customers related their concerns to us at The Wagging Tail. Recently, it seems, some customers are hearing about this for the first time, or as repeated information. Last summer, we received a letter from the Fromm Family Pet Food Company. According to the letter, the University of California Davis, School of Veterinary Medicine is conducting a study to better understand the impact of Taurine-deficient D.C.M. The headlines indicate a link between heart disease and grain-free diets, but the focus is really on how dogs metabolize taurine and the impact of taurine on heart health. "It is important to note that Fromm has supplemented grain-free and grain-inclusive diets with taurine for several years. While we carefully watch for further FDA notifications and monitor results of the various studies, we want our retailers and consumers to feel confident knowing Fromm, has and will continue to supplement recipes with taurine."**

There is no need to panic according to Martine Hartogensis, a veterinarian who is deputy director for the Office of Surveillance and Compliance in the F.D.A.'s Center for Veterinary Medicine. There have not been any recalls up to now and considering the millions of dogs who eat grain-free diets every day without issues, the number of dogs who have had problems is minimal. It is important to note as well, that there has been no strong evidence that grain-free diets are that much better than grain inclusive diets. In fact, I tell my customers that when I went up to Wisconsin to visit the Fromm Family Foods operation and visit their facilities, they said that they got into grain-free foods to satisfy the growing demand, when in fact, their best-selling food is their regular Adult Gold food which includes grains. Unless you know for sure that your pet has specific allergic reactions to certain grains, it is unnecessary to feed grain-free food to your pet. I hoped this has helped allay concerns.

Taurine is a by-product of the sulphurous amino acids cysteine and methionine and is therefore an amino sulphonic acid. Taurine plays a big part in the maintenance of organ and cell function. It is substantially more concentrated in the heart muscles than other amino acids and thus it has an anti-arrhythmic as well as a positive inotropic effect on the heart, "meaning it increases the regularity and strength of the heart concentration. Besides the blood pressure regulating properties, supplementation with taurine can be useful to lower cholesterol levels, as taurine stimulates the gall bladder."

*quoted directly from The New York Times article **quoted directly from the Fromm Family Food letter.

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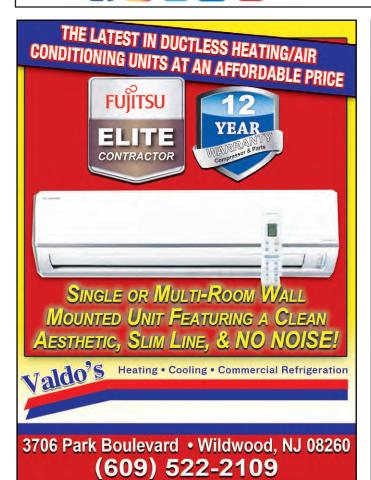
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