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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

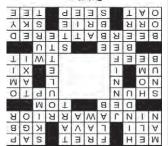
- 1. "It's not great, but not terri-
- ble either"
- 4. Worry
- 8. Dupe
- 11. Muhammad _
- 12. Rolling rock?
- 13. Cold war grp. 14. Competitor in a TV obstacle course
- 17. Society girl
- 18. Actor Arnold
- 19. Stay away from
- 21. Plotting
- 24. Rejecting word
- 25. Part of "be"
- 26. "Let me think"
- 27. 11, on some watches
- 28. Steven Yeun/Ali Wong series
- 30. Nincompoop
- 32. Honey maker
- 34. Early Beatle Sutcliffe
- 35. Like some crispy fried fish
- 41. Bobby of hockey
- 42. French cheese
- 43. Blue hue
- 44. Bran source
- 45. Slip through the cracks
- 46. Links prop

Down

- 1. Word before and after "oh"
- 2. Giants QB Manning
- 3. Caste member
- 4. Spare tire

- 5. Cold and wet
- 6. Actress Larue 7. Dress (up)
- 8. Cut corners
- 9. Previously
- 10. Cheap brand of beer, briefly
- 15. Actress Aniston
- 16. Wheel used in a game of chance
- 19. Social rebuff
- 20. "Where the heart is"
- 22. Uber alternative
- 23. Pass over
- 29. 1975 Pulitzer-winning film critic Roger
- 31. Deli hanger
- 33. Dwindles
- 34. tracker
- 35. Ghost's crv
- 36. Prohibition
- 37. "What the odds?"
- 38. Even finish
- 39. Scratch (out)
- 40. Salon application

Funambullst :uoitnios







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bagel

varieties!



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JROSCC **JANUARY 18 - JANUARY** 24

ARIES (Mar. 21- April 20)

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STRESSFUL

This week, Aries, your focus on career and long-term goals is heightened by Capricorn's influence. You're driven to achieve, but remember to balance ambition with the innovative energies of Aquarius that are on the horizon. The First Quarter Moon in Aries mid-week pushes you to take decisive actions towards your aspirations. TAURUS (Apr. 21- May 21)

Taurus, as Jupiter transits through your sign, you feel a surge of optimism and growth in personal development. The transition from Capricorn to Aquarius later in the week encourages you to broaden your horizons and embrace new ideas. The Taurus Moon towards the weekend grounds you in practical matters.

GEMINI (May 22-June 21)

Gemini, you're inspired to delve deeper into intellectual pursuits this week. The Capricorn energy emphasizes structured learning, while Aquarius's impending arrival sparks your curiosity for unconventional knowledge. The Gemini Moon over the weekend aligns with your natural inquisitiveness. CANCER (June 22-July 22)

Relationships and partnerships come into focus, Cancer. The Capricorn Sun highlights your need for security in relationships, but as it moves into Aquarius, expect a shift towards seeking intellectual connections and shared visions for the future.

LEO (July 23-Aug 22)

Leo, your attention is on balancing personal goals with responsibilities. As the Sun moves into Aquarius, you'll feel a pull towards community involvement and humanitarian causes. This week challenges you to find harmony between your individuality and contributions to the larger society.

VIRGO (Aug. 23 - Sept. 23)

Health and daily routines are your focus, Virgo. Capricorn's influence has you setting up structured health goals, but don't lose sight of Aquarius's creative approach to wellness. The Moon's transition suggests incorporating innovative methods into your routines.

LIBRA (Sept. 24 -Oct. 23)

Libra, this week is about finding joy and creativity within structure. The Capricorn Sun has you appreciating the beauty of order, but Aquarius's arrival invites you to experiment with new forms of expression. Balancing these energies leads to fulfilling creative endeavors.

SCORPIO (Oct. 24 - Nov. 22)

For Scorpio, family and home life are in the spotlight. Capricorn's influence urges you to solidify home structures, while Aquarius encourages you to embrace changes in family dynamics. This week is about blending tradition with innovation in your personal life. SAGITTARIUS (Nov. 23 -Dec. 21)

Sagittarius, this week is a blend of adventure and responsibility. While Capricorn's influence keeps you grounded, Aquarius's imminent arrival ignites your desire for new experiences. Your challenge is to find a balance between fulfilling your responsibilities and exploring new horizons. CAPRICORN (Dec 22.- Jan. 20)

Capricorn, as the Sun spends its last days in your sign, focus on finalizing projects and setting new goals. With the Sun's shift into Aquarius, prepare to embrace a more innovative approach in both personal and professional life. This week calls for a balance between tradition and modernity.

AQUARIUS (Jan. 21 -Feb. 19)

Aquarius, this week is significant for you as the Sun enters your sign. It's a time of renewal and fresh starts. Embrace your unique qualities and prepare to lead with your innovative ideas. The cosmic energy supports your endeavors in bringing positive changes.

PISCES (Feb. 20-Mar. 20)

Pisces, with Saturn in your sign, you're feeling more grounded and responsible. As the week progresses and the Sun enters Aquarius, focus on your spiritual growth and humanitarian goals. Your intuition is heightened, guiding you towards fulfilling your higher purpose.

Horoscopes Provided by: astrology-online.com

PAGE 6

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BRIGADE

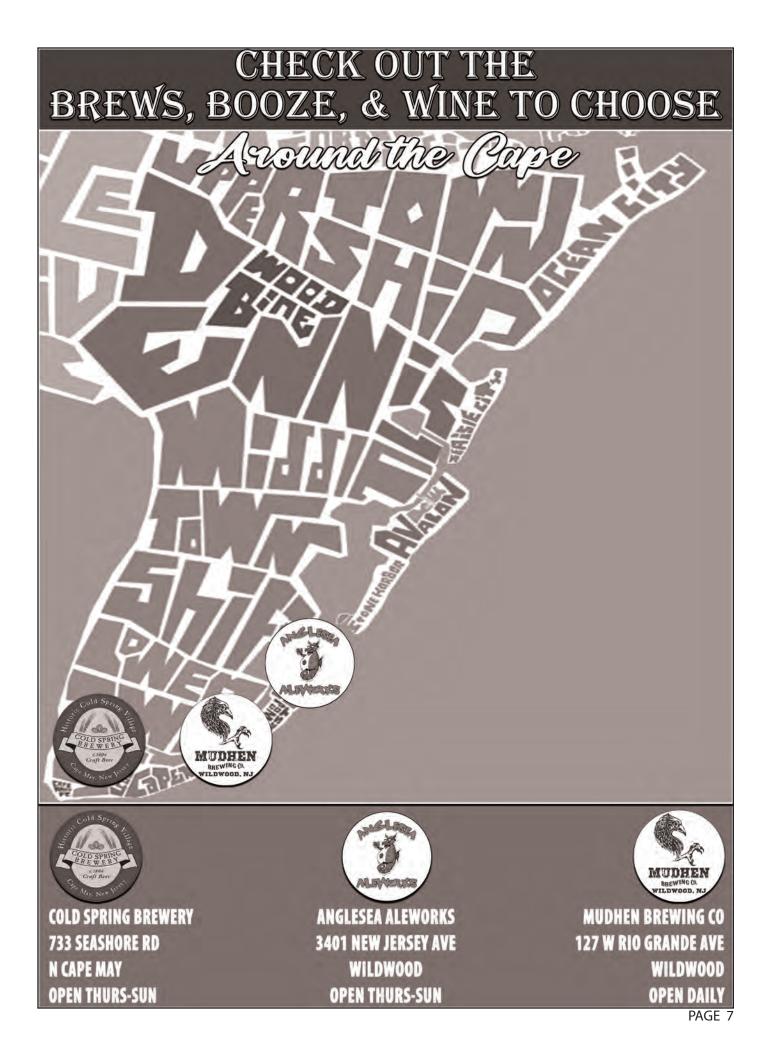
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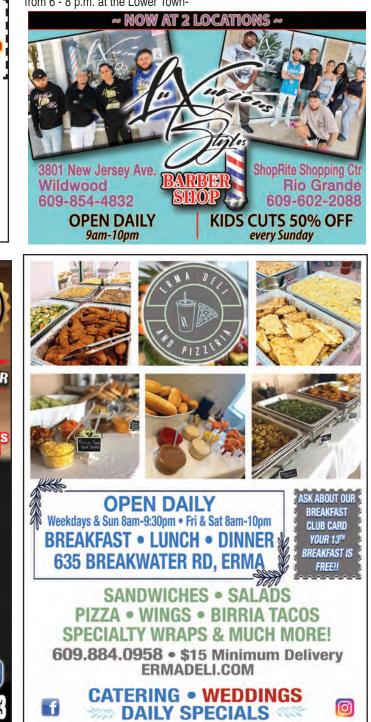
who have DJ Luper on Friday, and Name That Tune with Mikey D on Saturday. Every Wednesday, its Quizzo with Mikey D.Go a little further North to 1st Street and you come to The Anglesea Pub, offering live music during Friday Happy Hour by Jamie Ratchford, and then at 8 its Al Olivero. On Saturday, AJ Jesson performs beginning at 8 p.m

Lower Township

Cape Assist Starting Off the New Year with fun for our youth!!Cape Assist is presenting a Doo Wop Dance Party on Friday, January 19 from 6 - 8 p.m. at the Lower Township Recreation Center at 2600 Bayshore Road in Villas. Registration is Required. Visit www.lthyc. org/dance to register or for more information.

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.





PHILLY TEAMS ON TV THIS WEEK

 ORLANDO MAGIC FRI, JAN 19 7:00PM • NBCSP
 CHARLOTTE HORNETS SAT, JAN 20 7:00PM • NBCSP
 VS SAN ANTONIO SPURS MON, JAN 22 7:00PM • NBCSP/NBATV





VS DALLAS STARS THURS, JAN 18 7:00PM • NBCSP VS COLORADO AVALANCHE SAT, JAN 20 1:00PM • NBCSP/NHLN VS OTTAWA SENATORS SUN, JAN 21 1:00PM • NBCSP/NHLN VS TAMPA BAY LIGHTNING TUES, JAN 23 7:00PM • NBCSP

SPORTS STUMPERS

EPL's Best Goalscorers

By Alex Hendry

Questions:

 Since the inception of the English Premier League (EPL) in 1992, this striker has defined goalscoring in English football.
 With 260 career EPL goals, name this all-time league scoring leader.
 Finding the back of the net across the nation — which player has scored against the most Premier League opponents?

3) Only one player in EPL history has scored for seven different Premier League clubs. Who is he?
4) Upon scoring his 150th Premier League goal, Mohamed Salah joined which former Liverpool striker for 10th all-time in league scoring history?
5) Who was the inaugural recipient of the Premier League Golden Boot?

6) Rapidly moving up the goalscoring charts, his mark of 36 goals was a EPL record — all in his debut season. Name the record-setting Premier League newcomer.

7) Which player has scored the most EPL goals for one club?
8) His 184 career EPL goals are the most for any player born outside the United Kingdom. Who is he?
9) Name the only player to have

currently won the Premier League Golden Boot four times. 10) Super sub! Who was the first

player in EPL history to score four goals as a substitute in a single match?

Answers:

Алъжегя: 2) Flan Shearer 3) Craig Bellamy 4) Michael Owen 5) Teddy Sheringham 6) Erling Haaland 7) Harry Kane (213, Tottenham Hotspur) 8) Sergio Aguero 8) Stergio Aguero 8) Thierry Henry 9) Thierry Henry 9) Ole Cunnar Solskjaer (Feb.





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Prepare the sauce ahead of time. Place all the sauce ingredients into a food processor. Pulse on high until smooth. Refrigerate until ready to use. Preheat grill to medium high heat. Rub the tenderloin w/ oil. Season w/ salt & pepper. Spray preheated grill w/ nonstick spray. Place tenderloin on grill. Cook to medium rare, grilling all sides. Allow meat to rest for at least 5 minutes before slicing. After you slice the meat, you can fan it out & pour the sauce over the top. Garnish w/ cilantro leaves. *Hint: You can serve this chilled or room temperature. I like to let the sauce refrigerate for at least eight hours before use. This recipe works well w/ any red meat as well as poultry & many other items.*

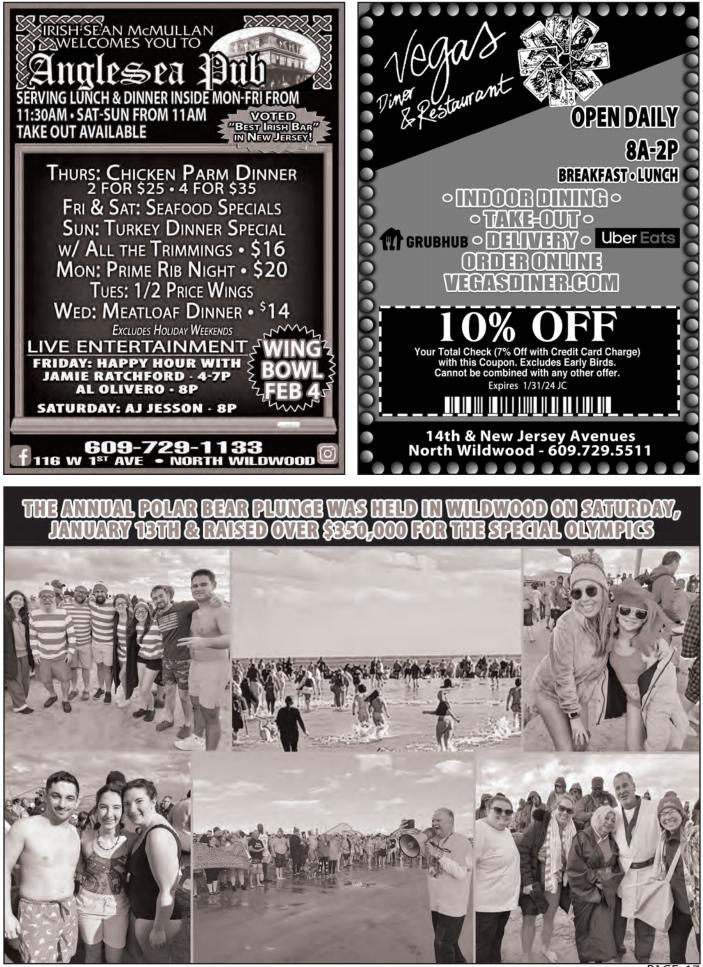
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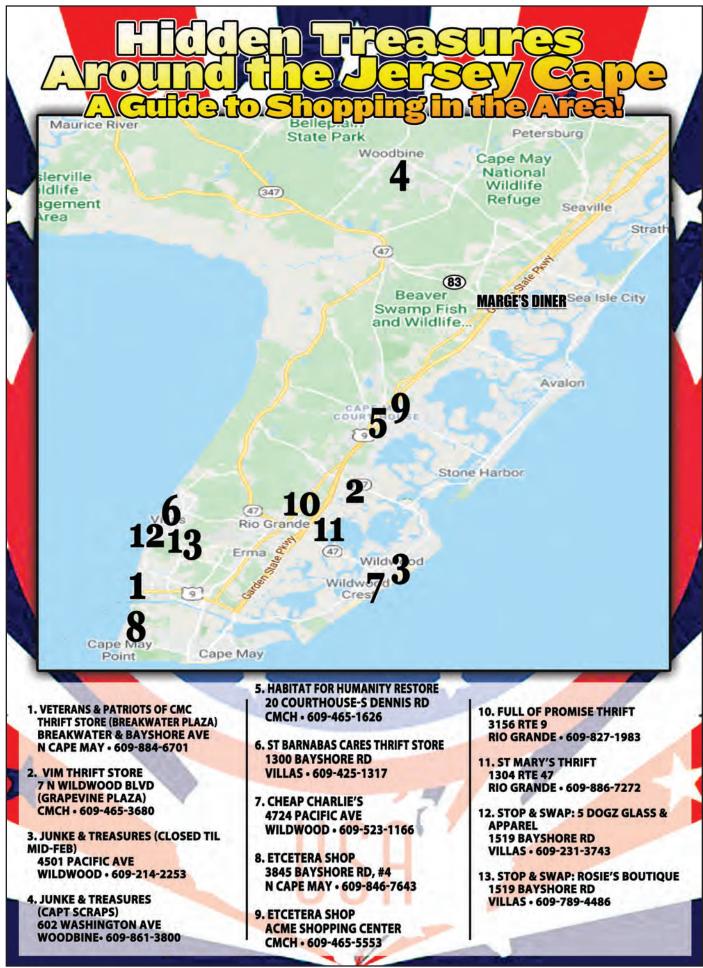
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This elegant home was built by the renowned builder Anthony Christaldi using his stunning craftsmanship for crown molding, columns and intricate mill work throughout every room making the home an impeccable masterpiece. From the roof to the basement is nothing less than perfection. The entrance is enchanting with a large fover and sweeping horseshoe stairs, a large family room, booklined study, formal dining room with wainscotting, recessed lighting around the ceiling and lovely artwork. A gourmet kitchen with custom cabinets, Sub Zero and Wolf Pro appliances, dining area overlooking the patio, at the top of the stairs is a sun filled room, featuring large windows for views, gas fireplace and the ambience for peace and quiet. Each bedroom is en suite with the Master bedroom having cathedral ceilings, his/her walk in closets, a soaking tub, fireplace and glass enclosed shower. If you like to entertain, the lower level is the place to be with a bar area, cafe with booths, billiard table, card table and your own theater and a Sauna. The backyard is spacious and private with a large deck and patio area as well as a small fountain. Located steps away from the Union League National Golf Course, great for the golf enthusiasts. The description and pictures do not do justice to what a personal tour can provide, your eyes will be amazed at the elegance and craftmanship of this home. All furnishings are negotiable. There is an Home Owners Association and fees are \$450.00 a year. A copy of the HOA documents will be provided to Buyer. Seller is selling the home "AS IS" "WHERE IS", and needs to obtain suitable housing prior to closing.



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SAFETY CERTIFICATE.

Classes are conducted at the USCG Auxiliary Building - Address:

1519 Yacht Avenue – Cape May, NJ 08204

Saturday Classes - 8:00 a.m. to 4:30 p.m: April 27, May 18, June 22, July 20, August 17, Sept. 7

\$55 per student. Does NOT include lunch. To register for class or more info:



Enjoy a Winter Wonderland of Family Fun in The Wildwoods

The Wildwoods are prepared to keep visitors feeling warm throughout the winter by welcoming one and all to enjoy fun-filled special events taking place through early March.

February 2-4 – National Youth Wrestling Duals

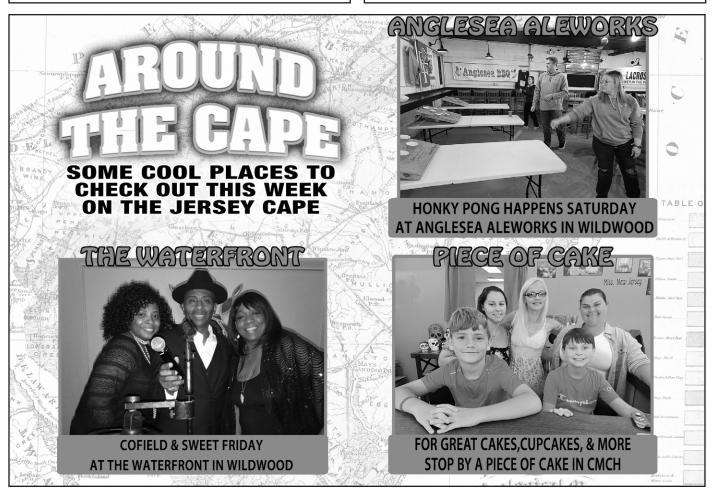
In February, the Wildwoods welcomes thousands of youth athletes for various month-long youth sporting events at the Wildwoods Convention Center. The first event is the National Youth Wrestling Duals, taking place Friday, February 2 through Sunday, February 4. The Atlantic Coast Wrestling Association hosts an elementary and middle school wrestling tournament for grades K through 8, with over 1,500 wrestlers! For more information, visit www.atlanticcoastwrestling.com/.

February 17-18 – Spirit Brands National Cheerleading Championship

Also in February, the Wildwoods host amazingly athletic and talented cheerleaders from throughout the country for the Spirit Brands National Cheerleading Championship Saturday, February 17 and Sunday, February 18. Performances will be choreographed to music and sound effects, and winning teams will be awarded prizes. An admission fee will be charged at the door the day of the event. For more information, call 866-52-CHEER or visit www.spiritbrands.org.

March 1-3 - Mid-Atlantic Cheer Championships

Cheer championships return to the Wildwoods Convention Center in March with the Mid-Atlantic Cheer Championships Friday, March 1 through Sunday, March 3. For more information, call 866-397-3034 or visit www.varsity.com/mac. www.WildwoodsNJ.com/800-992-9732.



SATU	RDAY	AFTEF	RNOON								JANU	ARY 20), 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	TBA	Basketball	Basketball	San Diego	State at Bois	se State (N)	To Be Ann	ounced				
6-ABC	oh baby!	Hearts of	Vets-Pets	Tennis 202	4 Week 1	To Be Ann	ounced						
10-NBC	Wild Child	Paid Prog.	Soccer Bre	ntford vs. N	ottingham Fe	orest (N)	Goal Zone	LPGA Tou	r Golf			Alp. World	Cup
17-MNT	Paid Prog.	Basketball	Virginia Teo	h at NC Sta	te (N)	(:15) Baske	tball North	Carolina at E	Boston Colle	ge (N)	Pawn Stars	Covered	Sheldon
23-PBS	(11:00) Elvi	s Presley	Steves	Young For	ever With N	lark Hyman	, MD	Suze Orma	an's Ultimat	e Retireme	nt Guide	NJ Busin	State-Aff
29-FOX	(11:00) NF	Basketball	Marquette a	at St. John's	(N) (Live)	Basketball	USC at Ariz	zona State (I	N) (Live)	Pregame	NFL Footb	all	
	-		day Mornin	• • •		Raw Travel		Sports	Basketball	Southern a	t Grambling	State (N)	Athlete
A&E	(11:00) Zo	Everything	Everything	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.
AMC	Movie	≌ ★★★ Cre	ed ('15) Sylv	ester Stallo	ne, Michael	B. Jordan.		≌, ★ Rambo	: Last Bloo	d ('19)		<u></u> \$*★★ Firs	st Blood
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DISC	(11:00) Big	Off Grid "B	ottle Island"	Building O	ff the Grid	Building O	ff the Grid	Off Grid "N	lorth Pole"	Afraid "Los	st at Sea"	Naked and	Afraid
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ESPN	· /	Ū	sketball (N)			ESPN Film	-			•	inal Docum		
ESPN2	(11:00) Ga	College Ba	sketball Te	ams TBA (N) (Live)	College Ba	sketball Te	ams TBA (N	I) (Live)	College Ba	isketball Te	ams TBA (N	I) (Live)
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TBS			ca: Civil Wa	()			()	Ant-Man a		• ()		(:15) 🐕 Tho i	•
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USA	(10:00) ∰★5	+ Blade	Basketball	Rhode Islar	id at Dayton	(N) (Live)	Basketball	Duquesne a	at Saint Jose	eph's (N)	911 Crisis	😤 Batman	Begins

SATU	RDAY	EVENI	NG								JANU	ARY 20), 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	ET (N)	NFL (N)	NFL Footb	all Divisiona	al Round: Te	ams TBA (N	I) (Live)		News (N)	(:35) Draft	Equalizer	
6-ABC	News (N)	WorldNe	FYI Philly	Wheel	Will Trent	"Pilot"	Will Trent		Will Trent		News (N)	News (N)	Jeopardy!	
10-NBC	News (N)	NBC News	Paid Prog.	1st Look	America's	Got	America's	Got	Saturday N	light Live	News (N)	Saturday N	light Live	
17-MNT	Mod Fam	Mod Fam	Big Bang	Big Bang	Wild Cards	6	Family Law		Action Nev	ws at 10 (N)	Philler	Delco Duo	Mom	
23-PBS	Reporters	Chat Box	NYC Arts	State/Arts	Old House	Old House	Agatha "Th	ne Body in th	ne Library"	(:35) Astrid		Celebrity 1	rip	
29-FOX	(4:30) NFL	Football		Tip-Off (N)	Basketball	Connecticu	t at Villanov	a (N) (Live)	News (N)		The Floor		The Pulse	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Law & Ord	ler: SVU	Equalizer '	'Love Hurts"	SEAL Tear	n	WOW - Wo	omen	Neighbor	
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	
AMC	(5:00) ệ Fir	st Blood	ਝੈ★★★ Die	Hard ('88)	Alan Rickma	an, Bonnie B	edelia, Bruc	e Willis.	਼ੈ*★★★ Die	e Hard 2 ('90) Bonnie Be	delia, Bruce	Willis.	
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec	
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DISN	Big City	Big City	••••	Big City	਼* ★★ Co	co ('17)		Hamster&	(:20) Hams	ter &	Kiff	Kiff	Ladybug	
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ESPN2	College Ba	isketball Te	ams TBA (N	l) (Live)	ESPN Film	IS	2024 Aust	ralian Open	Tennis Rou	und of 16 (N) (Live)			
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FX	(5:30) 😤★★	Ghostbust	ers: Afterlif	e ('21)	ਝੈ ★★ Unc h	narted ('22) I	Mark Wahlb	erg, Tom Ho	olland. (P)	≌ ★★★ Fre	e Guy ('21)	Ryan Reyno	olds.	
HBO	(5:45) 😤★★	★ Live Free	e or Die Har	d ('07)	9×★★ Robo	Cop ('14) J	oel Kinnama	an. (P)	True "Part	1"	(:05) Real,	Bill Maher	Movie	
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	ℜ Abducted	d by My Teac	her: Elizabe	th Thoma	😤 Dying in	Plain Sight	t ('24) Raffa	Virago. (P)	(:05) 🈤 Dirt	y Little Sec	ret ('22)		Movie	
MAX	(:15) ଼ Bar	bershop 2:	Back in Bus	siness	₩ ★ Parano	bia ('13)		(:45) 🛠★★★	• Out of the	Furnace ("	13)	(:45) 🛠★★	Knowing	
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		he Late Sho	. ,		· · ·	a and Symp	• • •		(:15) **★★★ The Gypsy Moths ('69) Movie					
		Fast Five ('			All Elite Wrestling: Collision (N) (Live)					ve ('11) Paul Walker, Vin Diesel.			
USA	(5:00) 😤★★	★ Batman I	Begins ('05)		**** The Dark Knight Rises ('12) Anne Hathaway, Tom Hardy, Christian Bale. 911 Crisis Law-S								Law-SVU	

SUND	AY AF	TERNO	DON								JANU	ARY 21	, 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	ТВА	Basketball	Michigan St	ate at Maryl	and (N)	To Be Ann	ounced			To Be Ann	ounced		
6-ABC	Inside	Action Nev	vs (N)	To Be Ann	ounced							Action Net	ws 5PM (N)
10-NBC	Issue	Wm. Baske	etball lowa a	t Ohio State	e (N) (Live)	Football (N) (Live)	NFL Footb	all Divisiona	al Round: Te	ams TBA (N	I) (Live)	
(17-MNT)	Paid Prog.	Basketball	Clemson at	Virginia Teo	ch (N) (Live)	The 700 Cl	ub	•				Philler	Sheldon
23-PBS	Think Tank	State-Aff	Your DNA	Secrets Rev	vealed	America's	Home Cool	king: When	in Rome	Young For	ever With N	lark Hymar	n, MD
29-FOX	Who Stole	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog
57-CW	Paid Prog.	World Cha	se Tag	Storm of (N	4)	SOS: How	to Survive	Paid Prog.	Paid Prog.	Fast: Hom	e Rescue	Gospel Mu	isic
A&E	(11:00) Zo	Zombie Fli	р	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	The First 4	8	The First 4	8
AMC	(9:15) 🈤 Th	e Guardian	≌∗×∗ Die	Hard 2 ('90) Bonnie Be	delia, Bruce	Willis.	≌ *** Die	Hard ('88) /	Alan Rickma	ın, Bonnie B	edelia, Bruc	e Willis.
CNN	(11:00) Insi	State of Ur	nion	Fareed Zak	aria GPS	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)
DISC	(11:00) Hu	Homestead	d Rescue "D	enali Double	e Rescue"	Homestead	I Rescue "T	Tennessee L	Inplugged"	Homestea	d Rescue "⊺	exas Rift"	
DISN	LEGO	Ladybug	Ladybug	Ladybug	Ladybug	Kiff	Kiff	Kiff	Kiff	Kiff	Kiff	Kiff	Kiff
ESPN	(11:00) Sp	Postseaso	n NFL Cour	ntdown (N)	(Live)			College Ba	i sketball ⊺e	ams TBA (N	I) (Live)	Wm. Bask	etball
ESPN2	(10:00) Golf	f		Basketball	Memphis at	t Tulane (N)	(Live)	College Ba	sketball Te	ams TBA (N	I) (Live)	College Ba	asketball
FNEWS	(11:00) Me	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	(N)	Maria Bart	iromo	Fox News	(N) (Live)	FOX Satur	day
FX	(9:30) 🈤 Terr	minator 2:	ਝ*★★ Fre	e Guy ('21)	Jodie Come	r, Ryan Rey	nolds.	ਝੈ★★ Ghos	tbusters: A	fterlife ('21) Carrie Coo	n.	Movie
HBO	Movie	(:25) 🐕★★ 🕏	Sydney Whi	te ('07)		(:15) ₩★ Fa	ntastic Fou	ur ('15) Miles	Teller.	(:55) 🐕★★	Meg 2: The	Trench	RealTime
HIST	(11:00) Am	Built Amer	ica	Built Amer	ica	Built Amer	ica	Built Amer	ica	Built Amer	ica	Built Ame	rica
ION	(11:00) NC	NCIS		NCIS		NCIS		NCIS		NCIS		NCIS "Fals	e Start"
	Movie	🈤 The Boa	rding Schoo	ol Murders	('24)	Prison Brid	les	Prison Bri	des	😤 Bad Ror	nance: The	Vicky Whit	e Story
MAX	(11:25) ∰★7	🕈 3 Days to	Kill ('14)	(:20) ≌★★ \$	Smart Peop	le ('08) Deni	nis Quaid.	(:55) ♀ Obv	ious Child	(:20) ♀★ M	idnight Sun	('18)	Movie
NBCSPA	H2O X5		Pregame	NHL Hocke	ey Ottawa S	enators at P	hiladelphia I	Flyers (N)	Postgame	(N) (Live)	Bask.	College Ba	asketball
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB		
	` '	Bar Rescu		Bar Rescu		Bar Rescu	-	Bar Rescu	-	Bar Rescu		Bar Rescu	-
TBS	∯★★★ Ant	-Man and T	he Wasp ('1	8) Paul Rud	ld.	≌ ★★★ Cap	otain Ameri	ca: Civil Wa	ır ('16) Chris	s Evans.		😤 Guardiar	ns of the G.
			r Idiot's Del	• • •		(:15) ∰★★★			• • •			· · /	a Turner.
TNT	(11:00) NC	NCIS: New	Orleans	¥*★★ The F	ast and the	e Furious ('C)1)	(:15) 號★★	Fast & Furio	ous ('09) Pa	ul Walker, V	'in Diesel.	Movie
USA	Soccer AF	C Bournemo	outh vs. Liver	rpool (N)	Goal Zone	₩★★ Ramp	bage ('18) N	laomie Harri	s, Dwayne J	lohnson.	(:25) 😤 The	Dark Knig	nt Rises

SUND	AY EV	ENING									JANU	ARY 21	, 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	(4:00) TBA	News (N)	60 Minutes	; (N)	Yellowstor	ne (N)	Yellowstor	ne (N)	Yellowstor	ne (N)	News (N)	(:35) Sports	Turning
6-ABC	News (N)	WorldNe	Fun Videos	6	Fun Video	s	਼ੈ★★★ So ι	ul ('20) Jami	ie Foxx.		News (N)	News	FYI Philly
10-NBC	(3:00) Foot	NBC News	To Be Ann	ounced	To Be Ann	ounced	To Be Ann	ounced	To Be Ann	ounced	News (N)	(:35) Eagles	Bensinger
17-MNT	Goldbergs	Goldbergs	¥ ★★ How	to Lose a G	iuy in 10 Da	ays ('03) Kat	e Hudson.	Conners	Action Nev	vs at 10 (N)	Two Men	Two Men	Seinfeld
		n's Ultimat			Concert fo	or George			The Rolling	g Stones: A	Bigger Bar	ng-Live	Young
29-FOX	Paid Prog.	Paid Prog.	Simpsons	Burgers	Simpsons	Krapopolis	Ŭ	Grimsburg			News (N)	Extra (N)	
57-CW	Short Film	s (N)	FamFeud	FamFeud	CBS News	Sunday Mo	orning (N)	Paid Prog.	Major Crim	ies	WOW - Wo	men	King
A&E	The First 4	8	First 48 "M	oney Move"	The First 4	18	The First 4	8	The First 4	8 "Tracked"	(:05) The F i	irst 48	(:05) First48
		nbstone ('9	3) Val Kilme	r, Michael B	iehn, Kurt R	ussell.	Spade "Epi	isode 2" (N)	(:05) ❣★★★	Tombstor	ie ('93) Val k	Kilmer, Kurt	Russell.
	CNN News		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
			and of Fire a	and Ice" (N)	Homestea	d Rescue "N	lesa Meltdo		Homestead		Homestead		Homestea
DISN	Kiff		Miraculous		ਞ਼+⊀★ En	, ,		(:45) LEGO			(:15) Hailey	(:40) Hailey	Ladybug
ESPN	(5:00) Wm.	Basketball	ESPN Film	s		ESPN Film	-	•	nter (N) (Live	/	•	ter (N) (Live	e)
	(5:00) Bask		- ()	X Games (N)	UFC	2024 Austr	ralian Open	Tennis Rou	ind of 16 (N) (Live)		
	•	t (N) (Live)		, ,	Life, Liber	• • • •	Sunday Ni		Weekend	-	Life, Liber		Sunday
FX	. ,	Uncharted	· /			nanji: Welc		•			nanji: Welc		
HBO		(:55) 號★★★					True "Part :	()	(:05) True "		(:10) True "		(:15) True
	Built Amer		Built Amer		Built Amer	rica	America "F	Pasta Party"	(:05) Built A		(:05) Built A		America
	NCIS "Doci		NCIS "Peac		NCIS		NCIS		NCIS "All H		NCIS "Figh	0	NCIS
	· · · ·	Plain Sight	()	0		With the Re		,,,,,	(:05) 🈤 Girl		· · ·		Movie
MAX	· / /	★ Knocked	• • •	0	ਞ਼*★ Blair	Witch ('16)			t Let Go ('19	9)	()	The Crazies	()
NBCSPA	(5:00) Bask		NHL Hocke				British Bas		•			Poker Nigh	()
	SpongeB		SpongeB	••	SpongeB			Friends		Friends		Friends	Friends
	Bar Rescu	-	Bar Rescu	-	Bar Rescu	-	Bar Rescu		Bar Rescu	-	Bar Rescu		BarRescue
	· / / ····	★ Guardian			<u> </u>	0 0	Big Bang	Big Bang	Big Bang	0	∯★★ Won	der Woman	· · ·
		Prentiss ('4	•			wentieth Ce			** ★★★ Τ	-			Movie
TNT		Angel Has	. ,			e House Do	()	0		· · · ·	Independen		surgence
	. ,	★ The Dark	Knight Ris	es ('12)	ਞ਼*★ Iron	Man 2 ('10)	Gwyneth Pa	Itrow, Robe	rt Downey Jr		<mark>뿦★</mark> ★ Ram∣	page ('18)	



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WINTER SAFETY CHECKLIST: SEE OUR JANUARY TIPS

A comprehensive winter inspection ensures that all aspects of your vehicle are in top condition for the winter season, helping you avoid accidents, breakdowns, and costly issues later. Taking these precautions ensures your vehicle is prepared to handle the challenges of winter driving effectively.

to handle the challenges of winter driving effectively. Winter's harsh weather can bring challenging driving conditions with rain, ice, sleet, and snow covering roads and highways. Your tires are the only point of contact between your vehicle and the road.

In winter, when road conditions can be unpredictable, having good tires in optimal condition is non-negotiable. They are your best protection against accidents, making it easier to navigate safely, brake effectively, and maintain stability on the road.

Regularly checking the battery, ensuring proper antifreeze levels, and confirming the functionality of heating systems are all crucial components of January car care:

 Battery Inspection: Avoid the nightmare of a dead battery during a winter storm by checking its voltage. Cold temperatures demand more power to start your car, and winter conditions can accelerate the decline of a weakening battery. Replace batteries older than three years and assess the charging system alongside routine checks.

2. Coolant and Antifreeze Levels: Monitor your vehicle's coolant or antifreeze levels, a critical aspect of winter maintenance. Cold weather can cause fluids to thicken, potentially affecting your vehicle's performance. Adhering to your car's maintenance schedule, flush and refill the coolant system. If neglected, consider this as an opportune time for a flush and refill.

3. Oil Check: Prioritize checking your oil, even if it is not due for a change. Since oil is a fluid, its examination is vital in winter. In harsh winter climates, contemplate switching to synthetic oil for better resilience to colder temperatures and improved fuel efficiency. Importantly, once changed, stick with synthetic oil, as switching back and forth is not recommended.

4. Wiper Blade Maintenance: Ensure your wiper blades are in top condition for optimal visibility during winter driving. Snow, sleet, mud, and dirt can obstruct your windshield, posing potential hazards. Wiper blades typically last about a year, but you can assess their functionality by using them. Pop up your wipers before a snow or ice storm and turn them off when parking to preserve the wiper motor's life.

 Winter Maintenance Inspection: Prioritize your vehicle's routine maintenance by scheduling a winter maintenance inspection with a local car care professional.





MOND	DAY EV	'ENING	à								JANU	ARY 22	2, 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 "Kom	promat"	NCIS: Haw	/ai'i	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	The Bache	elor (N) (SP)	•		Bad Rom (N) (P)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	America's	Got "Qualified	ers 4" (N)		The Traito	rs (N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Ride (N) (F	°)	Wild Cards	6	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Rivers of I	Life "Yukon"	Secrets of	the Dead	Miriam and	ł	NJ Spotl	One on O	Newsline
29-FOX	The Six	The Pulse	Extra (N)	TMZ (N)	Wanted (N	I) (SP)	TMZ Inves	t (N) (P)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Influence"	Neighbor	Neighbor	King
A&E	First 48 "O	d Wounds"	First 48 "Pr	redator"	Hoarders	"John" (N)	•		Secrets of	(N)	(:05) The F	irst 48	Hoarders
AMC	(5:30) 👯★★	★ Groundh	og Day ('93))	柴★★ Sixte	en Candles	('84) Molly	Ringwald.	਼ੈ★★★ Dir	ty Dancing	('87) Patrick	Swayze, Je	nnifer Grey.
CNN	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Contraban	d: Seized	Contraban	d: Seized	Contrabar	nd: Seized	Contraban	d (N)	Hustlers G	amblers	Caught!	Caught!	Contraba
DISN	Kiff	Kiff	Big City	Big City	Hailey	Hailey	New York-	Heroez	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportsCen	ter	Basketball	Wake Fore	st at North C	Carolina (N)	Basketball	Cincinnati a	at Kansas (N	l) (Live)	SportsC. (N) (Live)	SportCtr
ESPN2	ESPN BET	Live	Wm. Baske	etball UCLA	at Utah (N)	(Live)	2024 Austr	ralian Open	Tennis Mer	n's & Wome	n's Quarterfi	nals (N) (Liv	e)
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	1)	Fox News	(N) (Live)	The Five
FX	∯★★ Dadd	y's Home 2	('17) Will Fe	errell.	ਞ਼+ Baywa	atch ('17) Za	c Efron, Dwa	ayne Johnso	on.	ਞ਼+ Baywa	t ch ('17) Dw	ayne Johns	on.
HBO	(5:00) 🈤 Emp	pire of Light	(:55) True "	Part 1"	True "Part	2"	(:05) ❣★★★	Skyfall ('1	2) Judi Deno	ch, Daniel C	raig.	🈤 Killing T	hem Softly
HIST	History's-M	lysteries	History's-N	lysteries	History's-I	Nysteries	History's-M	/lysteries "⊦	lunting Hitle	r's U-Boats"	(:05) Myste	ries	Mysteries
ION	Criminal M	inds	FBI "Payba	.ck"	FBI "Studio	o Gangster"	FBI "Legac	:y"	FBI "Safe F	Room"	FBI "Broke	n Promises"	FBI
	Castle		Castle "Swa	an Song"	Castle "Aft	er Hours"	Castle "Se	cret Santa"	(:05) Castle)	(:05) Castle	;	Castle
MAX	(:15) ♥★★★	Election (99) Matthew	Broderick.	∯★★ Payo	check ('03) B	Ben Affleck.		🈤 Fast Col	or ('18)		(:40) ¥ The	Promise
NBCSPA	Birds (N)	Sixers (N)	Basketball	San Antoni	o Spurs at F	Philadelphia	76ers (N)	Sixers (N)	(Live)	Birds	Fantasy Fo	ootball (N)	Basketball
NICK	LoudHou	LoudHou	Danger	Danger	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men		~	p Gun ('86) l	,	,	se.	<u></u> **** Toj	5 Gun ('86) ⁻	Tom Cruise.	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	American	American	American	American	Madden
TCM	Movie	(:45) ╬★★	Man Alive ('	45)	਼ੈ*★★ Th	e Producers	s ('68)	(:45) 😤 ★ ★ ★	Sophie's	Choice ('82)	Kevin Kline	, Meryl Stree	əp.
TNT	(5:15) 號★★	White Hou	se Down ('1	3)	਼*★★★ Th	e Martian ('1	5) Jessica (Chastain, Ma	att Damon.	(:45) 😤★★	Jason Bour	ne ('16) Mat	t Damon.
USA	Law-SVU "	Unstable"	Law-SVU "	Hardwired"	WWE Mon	day Night R	RAW (N) (Liv	ve)			Barmaged	don (N)	Chi. Fire

TUE													0004
TUES	DAYE	VENIN	G									ARY 23	,
	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)	NCIS (N) (S	SF)	FBI "Privile	ge"	FBI: Most \	Wanted	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Jeopardy!	(N) (SF)	Murders	Election	The Rookie	e	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Night (N)	Extended	La Brea "N	laya" (N)	Found		News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Inside NFL	Week 20	WhoseLine	WhoseLine	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Doc Martin	(:45) The S	eas	(:35) Great	Performanc	ces	NJSpotl	Movie	Newsline
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	Name That	Tune (N)	The Floor	(N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)	Law-SVU "	Annihilated"	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	ਝੈ★★ Bruc	e Almighty	('03) Jim Ca	rrey.	¥★★ Ace \	/entura: Pe	t Detective	('94)	¥*★ Ace \	Ventura: W	nen Nature	Calls ('95)	Movie
CNN	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Moonshine	ers	Moonshine	ers	Moonshine	ers (N)	Moonshine	ers (N)	Big Little (I	N)	Moonshine	ers	Moonshine
DISN	Kiff	Kiff	Big City	Big City	Hailey	Hailey	Miraculous		Ladybug	, ,	Villains	Villains	Ladybug
ESPN	SportsCen	ter	Basketball	Texas at O	klahoma (N)	(Live)	2024 Austr	ralian Open	Tennis (N)	(Live)			
ESPN2	ESPN BET	Live	Basketball	Florida Stat	e at Syracus	se (N)	Basketball	TCU at Okl	ahoma State	e (N) (Live)	SportCtr (1	N) (Live)	SportCtr
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live)	Hannity (N) (Live)	Gutfeld! (N	I)	Fox News	(N) (Live)	The Five
FX	(5:00) 號★★	Taken 2	ਝੈ★★ The B	Equalizer 2	('18) Denzel	Washingtor	۱.	ਉ*★★ The B	Equalizer 2	('18) Denzel	Washingtor	۱.	Movie
HBO	(:10) Hard I	Knocks	Real, Bill N	laher	₩★★ Robo	Cop ('14) J	oel Kinnama	in.	True "Part 2	2"	(:05) 號★★★	Trainwrec	k ('15)
HIST	Curse of O	ak Island	Curse of O	ak Island	Digging De	eper (N)	Oak Island	l (N)	(:05) Bermu	uda (N)	(:05) Oak Is	sland	Digging
ION	Chicago Fi	ire	Chicago Fi	re	Chicago Fi	re	Chicago F	ire	Chi. Fire "F	Foul Is Fair"	Chi. Fire "S	Slamigan"	Chi. Fire
	Castle "Re	coil"	Castle		Castle "Tar	rget"	Castle "Hu	nt"	(:05) Castle)	(:05) Castle)	Castle
MAX	(:20) फ़ ★ Ho	ouse at the	End of the S	Street ('12)	∯★★★ Mu	d ('13) Matth	new McCona	aughey.	(:10) 號★★★	Room ('15	i) Brie Larso	n.	Movie
NBCSPA	Birds (N)	Pregame	NHL Hocke	ey Tampa B	ay Lightning	at Philadelp	ohia Flyers	Postgame	(N) (Live)	Birds	Snow M'tn	Bask.	NHLHock
NICK	LoudHou	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	¥★★★ Mis	sion: Impo	ssible II Do	ugray Scott,	Tom Cruise		£*★★ Mis	sion: Impo	ssible III
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Mod Fam	Mod Fam	Mod Fam
TCM	ਝ*★★ The	e Glass Bot	tom Boat ('6	66)	∯★★★ The	Night of the	ne Hunter	(:45) 號★★★	Heaven Ki	nows, Mr. A	llison ('57)	(:45) r Thu	nder Road
TNT	(4:15) 幹 Th	e Martian	Tip-Off (N)	Basketball	New York K	Knicks at Bro	oklyn Nets ((N) (Live)	Basketball	Los Angele	s Lakers at	Los Angeles	Clippers
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE NXT	(N) (Live)			(:10) 號★★ ▮	Blade II ('02) Kris Kristo	fferson, Wes	ley Snipes.
												r	DAGE 31

WEDN	IESDA	Y EVE	NING								JANU	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	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Price Is Rig	ght (N)	Let's Make	a (N)	FBI True (N	I)	News (N)	(:35) Colber	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	NBA (N)	Basketball	Phoenix Su	ns at Dallas	Mavericks (N) (Live)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	ed (N)	Chicago Fi	ire (N)	Chicago "F	etread" (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	Treasures	Table	Miss "Six F	eet Under"	All Creatur	es Great	NJ Spotl	Drive-Hist	Newsline
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	I Can See ((N)	We Are Fa	mily (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)	Law-SVU "	Burned"	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	¥★★ Ace \	/entura: Pe	t Detective	('94)	∯★★★ Mei	n in Black ('	97) Tommy	Lee Jones.	ਝੈ ★★ Men i	n Black II ('02) Tommy	Lee Jones.	Movie
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	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition
DISN	Kiff	Kiff	Big City	Big City	Hailey	Hailey	Miraculous	6	Ladybug	Ladybug	Bunk'd	Bunk'd	Ladybug
ESPN	SportsCen	ter	NBA (N)	Basketball	Auburn at A	Alabama (N)	· /		Oklahoma (,	r at San Ant	onio Spurs	SportsC.
ESPN2	Around	Pardon	Basketball	Miami at No	otre Dame (N	N) (Live)	College Ba	i sketball Te	ams TBA (N) (Live)	SportCtr (N	N) (Live)	NFL Live
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live)	Hannity (N) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	≌ ★★★ The	e Bob's Bur	gers Movie	('22)	ਝੈ★★ Ghos	stbusters: A	· · ·	·		਼ੈ*★★ Ghos	stbusters: A	fterlife ('21)	
HBO	≌ ★★ Pitch	Perfect 2 (15) Anna Ke	endrick.	≌ ★★ Lega	Ily Blonde ('01)	(:40) True "	Part 2"	(:45) 🐕★★	Wall Street:	Money Nev	er Sleeps
HIST	Pickers "Co	oal Gold"	Pickers "Pi	nball Jack"	American I	Pickers	American	Pickers (N)	(:05) Picker	s (N)	(:05) Picker	'S	Pickers
ION	Blue Blood	ls	Blue Blood	ls	Blue Blood	ls	Blue Blood	I "Payback"	Blue Blood	s	Blue Blood	ls	Blue Blood
	Castle		Castle			First Sight	(N)	Prison Brid	()	Married	Prison Brid		Married
MAX	(:15) 號★★ ▮	Equals ('15)	Kristen Ster		骍 Heist ('1	5)		(:35) ¥ Con	ne and Find	Me ('16) Aa	aron Paul.	(:25) 🈤 Res	cue Dawn
NBCSPA	Birds (N)	Birds	The Best S	how Ever?					Birds	In. Golf	Bensinger	Greatest	Poker
NICK	LoudHou	LoudHou	Danger			SpongeB		Friends		Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	₩★★★★ T	he Shawsha	ank Redem	()	0	· ·		😤 Shawsha	
	3 3	Big Bang	5 5	• •		restling: Dy	()	(-)	Mod Fam		Mod Fam	Mod Fam	
ТСМ	(5:45) 🐕★★	★ Bells Are	e Ringing ('6	60)	ϔ★★★★ G	andhi ('82)	Candice Ber	<u> </u>	· ·	0 ,		ਝੈ★★★ Phi	•
TNT	Lucifer				ey Carolina I	Hurricanes a		()	NHL Hocke	y Chicago I			aken (N)
USA	Law-SVU "	Beef"	Law-SVU "	Torch"	Law-SVU "	Ace"	Law-SVU "	Wannabe"	Law & Ord	er: SVU	Law-SVU "	Wet"	Law-SVU

THUR	SDAY	EVENI	NG								JANU	ARY 25	5, 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	SEAL Tear	n (N) (SF)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Press You	r Luck (N)	Truth & Lie	es (N)			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	Son of a	Conners	Conners	Children	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Finding Yo	our Roots	Making "Ep	bisode 3"	Saved Chil	dren	NJ Spotl	State/Arts	Newsline
29-FOX	The Six	Kelly (N)	Extra (N)	TMZ (N)	Hell's Kitc	hen (N)	To Be Ann	ounced	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Clock"	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8	The First 4	18 (N)	Taking the	Stand (N)	(:05) Under	cover (N)	(:05) The F	rst 48	(:05) First48
AMC	(5:30) 號★★	The Book of	of Eli ('10)		¥★★★ 300) ('06) Lena H	leadey, Ge	rard Butler.		¥*★ Clash	n of the Tita	i ns ('10)	
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	Hustlers G	amblers	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!
DISN	Kiff	Kiff	Big City	Big City	Hailey	Hailey	Ladybug	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportsCen	ter	GameDay	(N) (Live)	Basketball	South Caro	lina at LSU	(N) (Live)	Aust. Open	Australian	Open Men's	s Semifinals	(N) (Live)
ESPN2	Around	Pardon	Basketball	SMU at Nor	th Texas (N	I) (Live)	Basketball	San Francis	sco at Gonza	aga (N)	SportCtr (1	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
	, , <u>,</u> ,	Uncharted	· /		≌++ Jura	ssic World:	Fallen King	Jdom ('18) C	hris Pratt.		ື * ★★ Zoml	pieland: Do	uble Tap
HBO	(5:45) 🐕★★	Now You S	Gee Me 2 ('1	6)	₩★★ The I	Flash ('23) N	lichael Keat	on, Ezra Mil	ler.		Anna ('19) S		
HIST	Swamp Pe	ople	Swamp "Ho	ot as Hell"	Swamp "C	ypress Clash	n" (N)	(:35) Swam	p (N)	(:35) Swam	p "Double T	rouble"	Swamp
ION	Chicago P.	.D.	Chicago P.	.D.	Chicago P	.D.	Chicago "F	Pink Cloud"	Chicago P.	D.	Chicago P	.D.	Chicago
	Castle		Castle "Wa	itershed"	Castle "Va	lkyrie"	T. Caputo	(N) (P)	(:05) T. Cap	uto (N)	(:05) There	sa Caputo	Castle
MAX	(:20) 號★★ 、	John Dies a	t the End ('	12)	≌⊀★ Big Ν	/lomma's Ho	ouse	(:40) ╬ ★ Bi	g Momma's	House 2	(:20) ❣★★★	Scary Mov	/ie
NBCSPA	Birds (N)	Pregame	NHL Hocke	ey Philadelp	hia Flyers a	t Detroit Red	Wings (N)	Postgame	(N) (Live)	Birds	TBA	Birds	NHLHock
NICK	LoudHou	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	To Be Ann	ounced					😤 Hitman's	Wife's Boo	lyguard
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	≌★★ Fast	& Furious ('09)
TCM	(5:45) 🈤 Wł	no's Afraid o	of Virginia V	Noolf?	The Power	r of Film (N)	** ★★★ S	hane ('53) J	ean Arthur, J	Alan Ladd.	(:15) Powe	r	Movie
TNT	(5:00) 😤 Va	rsity Blues	Tip-Off (N)	NBA Baske	etball Bosto	n Celtics at I	Miami Heat	(N) (Live)	Basketball	olden State	Warriors		
	(-	• • • •					. , . ,			-		





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Guess for Character:	from





MORE ABOUT PRO PLAN AND QUESTIONABLE PET FOOD INGREDIENTS Submitted by Patsy Nelson from The Wagging Tail

Immediately after my last article went into publication, I got an email from one company's representative with whom we deal-but not in commercial food products. This email was sent to all their retailers pertaining to the "rumors" about sick and dying pets who ate Pro Plan. Purina denied these rumors to be relevant, even suggesting some kind of conspiracy against the company. Even if they are rumors, which have not been proven yet, it does not negate the poor ingredients used, and the misrepresentation in their ads and packaging, beguiling customers into erroneous conceptions of nobie, clean (not full of crap), healthy pet food.

The bag of food pictured in the article last week was Purina Dog Chow on which there is a plate of sliced chicken, yet the bag only includes some "chicken flavor." And they state in their full-page ad in Reader's Digest that the food (more like feed) has high-quality protein, no fillers and is 100% complete nutrition. The truth is that gluten and grain-based ingredients like rice, corn, wheat, and soy and vegetable by-products are fillers which means that they don't add any nutritional value but increase the volume/bulk of the bag of food. Meat By-products are not used in better quality pet food, but they can provide protein in the form of lungs, kidneys, liver, brains, and fatty tissue. If an ingredient panel on a bag of food starts with a protein like chicken, it must contain 95 percent of chicken (or salmon etc.) This main product must be at least 70% of the total products when counting the added water. Any meat meal is made up of remaining animal parts like extra meat, connective tissue, and offal (internal organs) and cooked at high temperatures before being made into a protein-packed powder, then made into meal.

(According to JustFoodForDogs.) Corn and wheat can lead to allergies and obesity (becoming sugar.) Soy is a filler "responsible for a huge portion of pet allergies that can result in sneezing, itching, swelling, anaphylactic shock, and death." (From another source on fillers.) The ingredients in Pro Plan chicken formula includes Rice, Whole grain wheat, Poultry by-product meal, Corn gluten meal, Whole grain corn, Wheat bran-all within the first seven ingredients. The top three to avoid when feeding your dogs (or cats) are corn, wheat, and soy. According to my google quest, PetSmart charges \$69.48 for a 35lb bag of Pro Plan Adult Chicken formula, which contains all these negative fillers and allergen producers. We sell Fromm Adult Gold Chicken (30 lbs. of all good ingredients by a five-generation family-owned Wisconsin company.) They don't advertise so they don't spend money on anything but making great dog and cat food. (The same goes for the other foods we sell.) The ingredients do not have any corn, wheat, soy or by-products, or anything else that is not good guality pet food. And this grain-inclusive food, not like the Pro Plan mentioned above, has flaxseed, menhaden fish meal, Wisconsin cheese, duck, lamb, carrots, sweet potatoes, and probiotics. The price is \$52.99, more than fifteen dollars less, and we track your purchases, so your 13th bag is free. The Fromm Company has (and we carry) over 40 varieties in just cat and dog and in various sizes. And all our food, any brand, is 100% guaranteed that your pet will love it and thrive, or your money back.

AGAIN, PLEASE PROTECT YOUR PET FROM CHILLY RAIN, WINDS, SNOW AND TEMPERATURES (EVEN IF IT IS COOL IN YOUR HOUSE.) IF YOU COVER UP, YOUR DOG SHOULD BE COVERED-UP. A HOUSE DOG DOES NOT GROW A WINTER COAT. YOU NEED TO BE SMART. Dogs suffer from joint pain and in cold temperatures the joint fluid may thicken creating more pain and the onset of or degree of arthritis.

Thank you for helping a small business stay in business. Check out our on-premises cat shelter.





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