FREE March 8 - 14, 2024

Jersey Cape

609=729=9311

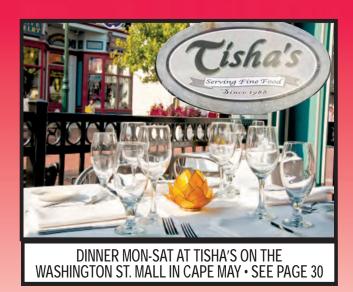
MAGAZINE

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BLUES, BREWS = MARCH 8 - 10 = & COUNTRY Blues BREWS & Country FESTIVAL FESTIVAL AT THE MUDHEN SEE PAGES 9 & 13





















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BYOB

TV CHALLENGE



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

Across

- 1. Oomph
- 4. Rare bills
- 8. "How I Met Your Mother" role
- 11. In times past
- 12. Hacking tool
- 13. The Greatest
- Words of encouragement
- 17. Shed stuff
- 18. Eastern way
- 19. Pipe problem
- 21. Be less than serious
- 24. Upon
- 25. Toward
- 26. @
- 27. Popular
- 28. Opportunity, so to speak
- 30. At this point
- 32. Regret
- 34. Tarnish
- 35. Sound a warning
- 41. Debate position
- 42. Simple beds
- 43. Caribbean, e.g.
- 44. Comprehend
- 45. "Darn it!"
- 46. Genre related to goth

Down

- 1. Salary
- 2. Psychoanalysis subject
- 3. 18th-century hairstyles

- 4. Structural member
- 5. Took
- 6. Hackneyed
- 7. Lampblack
- 8. Chevy truck model
- 9. New Haven collegian
- 10. Bad-mouth
- 15. Dances
- 16. Agra attraction
- 19. Away
- 20. "Do ___ others as..."
- 22. Recipe directive
- 23. Strengthen, with "up"
- 29. "Ready ___, here I come!"
- 31. Do away with
- 33. Mark permanently
- 34. Conceal
- 35. D&D, e.g.
- 36. Hot blood
- 37. Cultivate
- 38. Catchall abbr.
- 39. "The One I Love" group
- 40. Warhol subject

GETT HECK EMO

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Fictional Dogs

AIR BUD ASTRO BAXTER BEETHOVEN BENJI BRUISER BRUNO CHANCE

CUJO DIASY DOUG EDDIE EINSTEIN FRANK HERCULES HOOCH

LASSIE

LUCKY MARLEY MILO NANA ODIE OLDYELLER PERDITA PONGO **RINTINTIN** ROWLE

SAM SCOOBY-DOO SNOWY SPIKE TOTO TRAMP WINN-DIXIE WISHBONE ZOPPER

Release the week of March 8 - 14, 2024

ARIES (Mar. 21- April 20)

This week is anything but ordinary so tap into your raw talent for doing things differently and take that leap of faith. Dreams remain in the ethers unless you do everything you can to land them and the astrology is helping you align with your Aries super-powers of courage combined with the capacity to channel a force-field of can-do energy. **TAURUS** (Apr. 21- May 21)

The maverick planet Uranus in your own sign is upending your set-up and unplugging the old status quo. Really you have to treat your life like impro and pluck answers out of the air. Unsettling as this may seem, you will surprise yourself as you actually do know exactly what to do in the moment. Getting yourself out of a rut propels you into a new and exciting adventure. GEMINI (May 22-June 21)

Things are moving rapidly which delights you as long as you're poised to handle the unexpected. Exploring tangents adds a creative edge to your thought process. What can you magic up at this time which takes you beyond the norm? In the run-up to Sunday's New Moon on your midheaven let your imagination run wild but go with the obviously workable option.

CANCER (June 22-July 22)

Being true to yourself becomes easier when you mind less about what other people think and pay more attention to your inner knowing about what's right for you. You are being pulsed to shake things up a bit – you feel change is long overdue. Freeing yourself from old expectations is entirely liberating and delivers the plus point of a new lease of life. **LEO** (July 23-Aug 22)

As Uranus cuts you loose you're beginning to enjoy the electric energy sizzling around you. Part of the joy is actually not knowing what's going to happen next and there's a certain freedom in being able to live more spontaneously and make things up as you go along. Even if the externals in your life still stand, underneath you're buzzing. VIRGO (Aug. 23 -Sept. 23)

Making snap decisions requires you to think on your feet rather than from a place of a long analytic process. Uranus is putting you on the spot and asking you to go with your gut instincts. Nevertheless you may have to talk others down from a dream-state. You still have your feet on the ground not down the rabbit hole

LIBRA (Sept. 24 -Oct. 23)

Taken as a whole, March leaves you in a different place from when it started. The process begins this week with Uranus removing old strands of your existence which you've outgrown. This planetary energy can feel jolting and unexpected but it allows things to move forward unencumbered by an old mindset or situation. What's to come this Spring will be free-ing and enlight-

SCORPIO (Oct. 24 - Nov. 22)

Throwing off the way things used to be can be a shock to the system. However, you're in a period of rapid growth and change even if things feel de-stabilised. Stay calm and prepare for lift-off.... you're entering a new chapter over the next couple of months. Meanwhile emain in touch with the magic of the creative process.

SAGITTARIUS (Nov. 23 -Dec. 21)

Ground-breaking aspects are everywhere during March and April so the new normal is forming whilst the old one is rendered obsolete. In the meantime there's a period of change that needs to be navigated with your customary faith and optimism - yet mindful of the importance of keeping things real. Explore everything but buy time, not instant answers. CAPRICORN (Dec 22.- Jan. 20)

What's going on is certainly not what you expected – as the planet Uranus always adds something out of left field. However, embracing change allows you to think and live in new and stimulating ways which release you from the old routine. This is not only life-enhancing, it enables you to contact a part inside of yourself which is a free spirit. Who knew! **AQUARIUS** (Jan. 21 -Feb. 19)

As both Venus and Mars in your own sign are at odds with the change-maker planet Uranus, unexpected events or plot twists are adding an air of intrigue to this week. You do like to be kept on your toes and enjoy the thrill of being or receiving a wild card. Even so, what's unfolding is likely to either light up your world or cause a sudden flash of disruptive energy.

PISCES (Feb. 20-Mar. 20)

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In the run-up to Sunday's New Moon in Pisces you're receiving a stream of cosmic energy which takes you out of the ordinary. Perhaps into the bliss-state or an unknown territory, perhaps something unexpected that dips you into an out of body experience. One thing's for sure you need to gather yourself for the re-set at New Moon so start making a list of intentions.

Horoscopes Provided by: www.debbiefrank.com







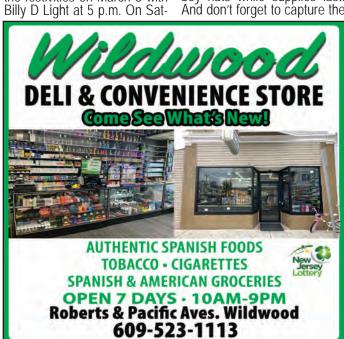


This Week's Weather HIGH 52 THURSDAY, MARCH 7 40% **LOW 43** HIGH 52 FRIDAY, MARCH 8 **LOW 39** HIGH 48 SATURDAY, MARCH 9 60% **LOW 41** HIGH 54 SUNDAY, MARCH 10 70% **LOW 39** HIGH 50 MONDAY, March 11 **LOW 36** HIGH 54 TUESDAY, March 12 **LOW 37** HIGH 54 WEDNESDAY, MARCH 13 LOW 41

AROUND THE CAPE

Wildwoods MudHen's Blues, Brews & Country Festival

Beat the winter blues at Mud-Hen Brewing Co's Blues, Brews, and Country Music Festival! We are kicking off the festivities on March 8 with Billy D Light at 5 p.m. On Saturday, March 9 join us for Jam Capital West from 1-4 p.m. and SlideWinder from 5-9 p.m., Angel's Envy giveaways from 6-8 p.m., vendor Shop Sydney with cowboy boot earrings & more, complimentary face painting from 5-9 p.m., complimentary personalized cowboy hats while supplies last. And don't forget to capture the





coffee *cereal bar



1710 New York Ave., North Wildwood • (609) 305-5809

The Wildwoods Celebrates St. Patrick's Day During Back-to-Back Saturdays, March 9 and March 16

Experience the luck of the Irish with less crowds, and lots of charm with back-to-back St. Patrick's Day Saturday celebrations in the Wildwoods on March 9 and March 16.

Saturday, March 9 ~ SHAMROCK SHUTTLE - NEW

On Saturday, March 9, ride a FREE Shamrock Shuttle to and from participating restaurant establishments in Wildwood and North Wildwood from 2 to 10pm. Enjoy holiday specials and promotions throughout the day.

Participating establishments include The Inlet on Olde, Elks Lodge #1896, Exit 6, Anglesea Pub, The Surfing Pig, Owen's Pub, Goodnight Irene's Brew Pub, Old City Pub, Fairview Social, Firehouse Tavern, The Waterfront, Mulligan's Shore Bar & Grill, and That Shore Store for official Shamrock Shuttle merchandise.

For info, visit www.NW-BOA.com or call participating establishments directly.

Saturday, March 16 ~ ST. PATRICK'S DAY CELEBRATION & PARADE

Saturday, March 16 begins with a 10am Catholic Mass service at St. Ann's Church of Notre Dame De La Mer Parish, 2901 Atlantic Ave, Wildwood. Festivities immediately follow beginning at 11:30am with a ceremony on the front steps of North Wildwood City Hall, 9th and Atlantic Avenue in North Wildwood.

Following the ceremony, at 12pm, a festive parade will begin at 9th and Atlantic Avenue and proceed west on 9th Avenue to Central Avenue, north to Spruce Avenue to Olde New Jersey Avenue, and proceed south on Olde New Jersey Avenue, where it will end at 1st Avenue. Participants include VFW Color Guard, Vietnam Veterans of America, Ancient Order of Hibernians, Irish Pipe Brigade, Emerald Society, Miss North Wildwood, Queen Oceania, Anglesea Irish Society, local school bands, and much more.

This event is hosted by the Anglesea Irish Society and is free to attend. For info, visit www.NorthWildwood.com or call 609-522-2955. For Wildwoods info, visit www.WildwoodsNJ.com or call 800-992-9732.









fun moments with Edie Mae's photo booth stand from 6-9 p.m. Round off the weekend on Sunday, March 10 with the Suitcase Ramblers from 4-7 p.m. Cheers to great craft beer and a boot-stomping good time! For more information MudHenBrew.com

Made Hoops Basketball Championship Sat & Sun March 9 & 10

March 9 & 10
MADE Hoops Middle School Circuits are designed to bring together the best teams from not only across the region, but across the country as well. By providing elite programs, pros-

pects, facilities & exposure opportunities, there is nowhere else better to improve your game while testing yourself than at a MADE Hoops Circuit. Our East Winter Circuit is designed specifically for top teams in 5th-8th grades in the East Region. The championship weekend takes place at the Wildwoods Convention Center.

Lower Township Chamber of Commerce Luncheon Meeting and Special Speaker Tuesday, March 12

Tuesday, March 12 Icona Diamond Beach Resort hosts the Lower Township Chamber of Commerce's Luncheon Meeting at Noon featuring guest speaker State Senator Mike Testa. All are Welcome!! Tickets are \$35.00 per person.

Paint & Sip at Mudhen Brewery 127 W. Rio Grande Ave., Wildwood Wednesday, March 13 6:30 - 8 p.m.

Join us at MudHen Brewing Company for our Paint and Sip class with Instruction from a local artist Russ Simmons. All painting supplies are included as well as one pint of beer or glass of wine. Tickets are \$35.00





Sapore Italiano

Tine Stalian Euisine

Serving Dinner
Thurs from 4pm • Fri-Sun from 3pm
Reservations Recommended





PHILLY TEAMS ON TV THIS WEEK



@ FLORIDA PANTHERS THURS, MARCH 7 7:00PM · NBCSP

@ TAMPA BAY LIGHNING SAT, MARCH 9 7:00PM · NBCSP

VS SAN JOSE SHARKS TUES, MARCH 12 7:00PM · NBCSP



VS NEW ORLEANS PELICANS FRI, MARCH 8 7:00PM · NBCSP

@ NEW YORK KNICKS SUN, MARCH 10 7:00PM · ESPN/NBCSP TUES, MARCH 12 7:30PM - TNT



SPRING TRAINING **VS HOUSTON ASTROS** FRI, MARCH 8 1:05PM · NBCSP+

VS TORONTO BLUE JAYS SAT, MARCH 9 1:05PM · NBCSP

VS NEW YORK YANKEES MON, MARCH 11 1:05PM · NBCSP+

VS DETROIT TIGERS WED, MARCH 13 1:05PM · NBCSP+

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. Saturdays and Sunday from 1 - 3 p.m and 4 - 6 p.m. Private Events and Birthday Parties also available. Admission is just \$5 and skate and blade rentals are available. The full schedule is available at www.capemaycity.com,

Fireside Chats Return to Cold Spring Brewery, 733 Seashore Road. On Thursdays in March and April, join the Cold Spring Brewery folks for an evening filled with cap-tivating historical insights. On Thursday, March 14 at 5 p.m., its Mapping Cape May County Railroads featuring local historian Paul Mulligan.

Ferry Job Fair Saturday, March 9 10 a.m. - 1 p.m. Ferry Terminal 1200 Lincoln Blvd, North Cape May

Come join us at the Cape May Job Fáir and explore the excifing career paths that await you! This event is the perfect opportunity for job seekers who are looking for employment opportunities in a variety of industries. Meet with potential employers face to face, learn about their company culture, and discover what they're looking for in a candidate. Whether you're a recent graduate, transitioning careers, or simply looking for a new challenge, the Cape May Job Fair has something for everyone. Don't miss out on this chance to jumpstart your career!

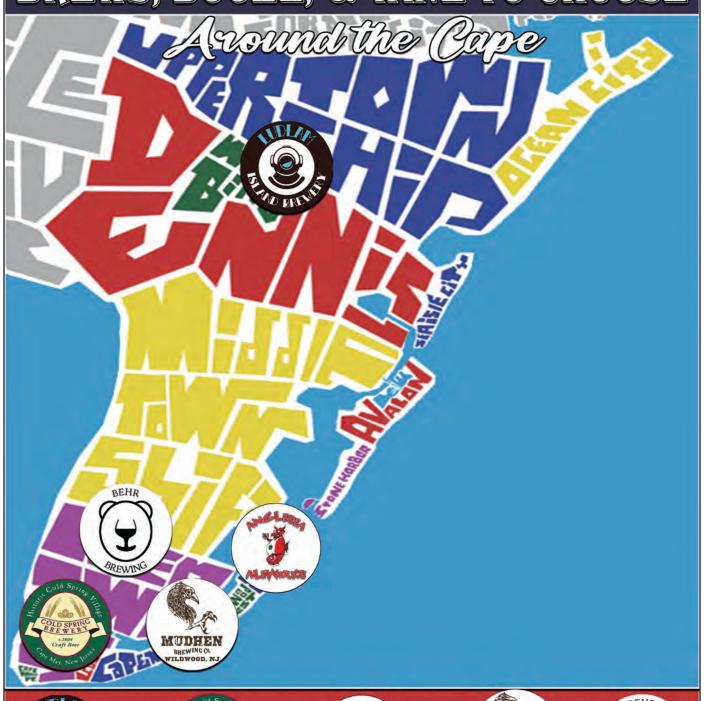
NATIONAL FLAPJACK DAY March 7th delivers National Flapjack Day with piping hot flavor and goodness. The day honors the sturdy, wholesome cakes we've been cooking up for generations! Stacked high, flapjacks remind us of morningś in grandma's kitchen

when the coffee was fresh. We topped them with fresh blueberries and real maple syrup. Maybe today you add pecans or walnuts, thick-sliced bananas, and your favorite nut butter. Fresh whipped cream always makes flapjacks seem extra special, too.





CHECK OUT THE BREWS, BOOZE, & WINE TO CHOOSE





COLD SPRING BREWERY 733 SEASHORE RD N CAPE MAY **OPEN THURS-SUN**



ANGLESEA ALEWORKS 3401 NEW JERSEY AVE WILDWOOD **OPEN THURS-SUN**



MUDHEN BREWING CO

127 W RIO GRANDE AVE 513 SEASHORE RD WILDWOOD

OPEN DAILY



BEHR BREWING ERMA OPEN DAILY

WOODBINE PAGE 12















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Jersey Cape Magazine's Own
CHEF CHIP
with TVs Legendary TurtleMan
Asian Venison Jerky
is on the Menu!





CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

BAKED BISON MEATBALLS

INGREDIENTS:

- · 2 LBS GROUND BISON
- · 3/4 LBS GROUND PORK
- · 2 LARGE EGGS
- 2 TBS WORCESTERSHIRE SAUCE
- · 1 TBS SOY SAUCE
- · 2 PACKAGES ONION SOUP MIX
- 1 Tsp Garlic Powder
- · 1 TBS DRIED OREGANO
- 1 TSP FRESH, FINELY CHOPPED THYME
- 1 TSP FRESH, FINELY CHOPPED ROSEMARY
- 1 TSP FRESH, FINELY CHOPPED BASIL • 2 TBS FRESH, FINELY CHOPPED PARSLEY
- · 3-4 CLOVES FRESH GARLIC
- · 3/4 CUP PANKO BREAD CRUMBS
- · 1/4 CUP COLD BEEF STOCK
- · KOSHER SALT & FRESH CRACKED BLACK PEPPER

PREPARATION:

Place all ingredients into a bowl. Mix thoroughly by hand until everything is mixed well (about 5 min). Divide meatballs out evenly using a scoop. Wet one of your hands w/ cold water & start rolling balls out w/ both hands. Place the balls on a sheetpan lined w/ parchment paper. Bake at 350° until the balls have reached an internal temperature of 160°. Remove from oven & use as needed. Enjoy!

Hint: You can use an electric mixer w/ a dough hook attachment to mix the meatloaf.



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.

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SINCE 1941!



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CREDIT CARDS ACCEPTED

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Chi. Fire "C	. Fire "Category 5" ★★ The Equalizer ('14) Marton Csokas, Denzel Washington. \$\psi\phi\phi\phi\tag{The Equalizer}\$ ('14) Denzel Washington.											
	G PM News (N) News (N) News (N) Goldbergs America The Six FamFeud First 48 "C (5:30) ♀★★ Situation (I Gold Rush Hailey SportsCen ESPN BET Bret Baier (5:00) ♀★★ Movie Ancient Al Hawaii Five Castle (:15) ♀★★ Birds (N) ♀★★ Hote Two Men (5:30) ♀★★ Movie	News (N) CBS News News (N) WorldNe News (N) MBC News Goldbergs Big Bang America NJ Spotl The Six Special FamFeud Puzzler First 48 "Cover Story" (5:30) **** Trading IS Situation (N) (Live) Gold Rush WW Hailey Hailey SportsCenter ESPN BET Live Bret Baier (N) (Live) (5:00) **** Bohemia Movie (:25) Ramy Ancient Aliens Hawaii Five-0 Castle (:15) **** Beauty Sho Birds (N) Sixers (N) **** Hotel Transylvar Two Men Two Men (5:30) **** Mister Re Movie (:45) ****	News (N) CBS News Inside Ed. News (N) WorldNe Jeopardy! News (N) NBC News News (N) Goldbergs Big Bang Big Bang America NJ Spotl One on O The Six Special Extra (N) FamFeud Puzzler FamFeud First 48 "Cover Story" The First 4 (5:30) **** Trading Places ('83) Situation (N) (Live) OutFront (I) Gold Rush WW Gold Rush Hailey Hailey Hailey SportsCenter NBA (N) ESPN BET Live College Ba Bret Baier (N) (Live) Ingraham (I) (5:00) **** Bohemian Rhapsod Movie (:25) Ramy Youssef Ancient Aliens Ancient Al Hawaii Five-0 Bull "Justific Castle (:15) **** Beauty Shop ('05) Quee Birds (N) Sixers (N) Basketball **** Hotel Transylvania 2 ('15) Two Men Two Men Two Men (5:30) ***** Mister Roberts ('55) Movie (:45) **** Wonder Wo	News (N) CBS News Inside Ed. ET (N) News (N) WorldNe Jeopardy! Wheel (N) News (N) NBC News News (N) Hollywood Goldbergs Big Bang Big Bang Goldbergs America NJ Spotl One on O NJ Spotl The Six Special Extra (N) TMZ (N) FamFeud Puzzler FamFeud FamFeud First 48 "Cover Story" The First 48 (5:30) **** Trading Places ('83) Situation (N) (Live) OutFront (N) (Live) Gold Rush WW Gold Rush WW (N) Hailey Hailey Hailey Shorts (N) SportsCenter NBA (N) (:45) NBA E ESPN BET Live College Basketball VC Bret Baier (N) (Live) Ingraham (N) (Live) (5:00) **** Bohemian Rhapsody ('18) Movie (:25) Ramy Youssef Enthusias Ancient Aliens Ancient Aliens Hawaii Five-0 Bull "Justified" Castle (:15) **** Beauty Shop ('05) Queen Latifah. Birds (N) Sixers (N) Basketball New Orlear **** Hotel Transylvania 2 ('15) Two Men Two Men Two Men Two Men (5:30) ***** Mister Roberts ('55) Movie (:45) ***** Wonder Woman 1984 ('198)	Rews (N) CBS News Inside Ed. ET (N) S.W.A.T. (News (N) WorldNe Jeopardy! Wheel (N) Shark Tanin News (N) NBC News News (N) Hollywood Deal or No Goldbergs Big Bang Big Bang Goldbergs Penn & Te America NJ Spotl One on O NJ Spotl Boniface	Rews (N) CBS News Inside Ed. ET (N) S.W.A.T. (N)	Rews (N) CBS News Inside Ed. ET (N) S.W.A.T. (N) S.W.A.T. (N) News (N) WorldNe Jeopardy! Wheel (N) Shark Tank (N) 20/20 (N) News (N) NBC News News (N) Hollywood Deal or No Dateline N Goldbergs Big Bang Big Bang Goldbergs Penn & Teller Animals America NJ Spotl One on O NJ Spotl Boniface (:45) Midsomer The Six Special Extra (N) TMZ (N) WWE Friday Night SmackDown (IF am Feud Puzzler FamFeud FamFeud Philadelphia (N) 48 Hours (IF irst 48 "Cover Story" The First 48 Situation (N) (Live) OutFront (N) (Live) Cooper 360 (N) (Live) The Source Gold Rush WW Gold Rush WW (N) Gold Rush "Tragedy and Triumph" Hailey Hailey Hailey Shorts (N) *** * Moana ('16) SportsCenter NBA (N) (:45) NBA Basketball ESPN BET Live College Basketball VCU at Dayton (N) (Live) Basketball ESPN BET Live College Basketball VCU at Dayton (N) (Live) Hannity (N (5:00) *** * Bohemian Rhapsody ('18) *** * Avatar ('09) Zoe Saldana, \$ Movie (:25) Ramy Youssef Enthusias (:10) *** * The Last Witch Hunter Ancient Aliens Ancient Aliens	Section Sect	Comparison Com	CBS News Inside Ed. ET (N) S.W.A.T. (N) S.W.A.T. (N) Blue Bloods "Loyalty"	Rews (N) CBS News Inside Ed. ET (N) S.W.A.T. (N) S.W.A.T. (N) Blue Bloods "Loyalty" News (N) News (N) WorldNe Jeopardy! Wheel (N) Shark Tank (N) 20/20 (N) News (N) NBC News News (N) Hollywood Deal or No Dateline NBC (N) News (N) NBC News News (N) NBC News Name Start Up Deal or No Dateline NBC (N) News (N) NBC News Name Start Up Name Name Start Up Name Name Name Start Up Name N	Rews (N) CBS News Inside Ed. ET (N) S.W.A.T. (N) S.W.A.T. (N) Blue Bloods "Loyalty" News (N) (35) Colbe News (N) WorldNe Jeopardy! Wheel (N) Shark Tank (N) 20/20 (N) News (N)

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DAILY AT THE BAR
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APPETIZER SPECIALS
4-6P

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& TRIVIA
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FRIDAY MISGUIDED 8PM



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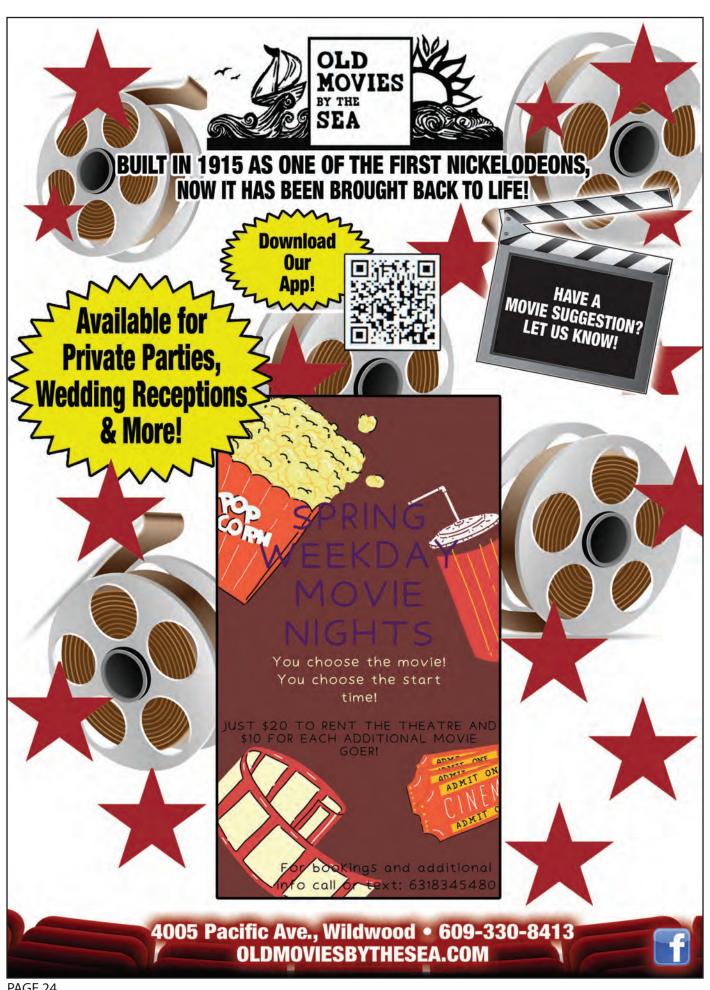












SATU	RDAY	AFTER	RNOON								MA	RCH 9	, 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Hope-Wild	Basketball	Memphis at	Florida Atla	ntic (N)	Basketball	Texas A&M	at Ole Miss	(N) (Live)	Basketbal	Kentucky a	t Tennessee	(N) (Live)
6-ABC	oh baby!	Pregame	NHL Hocke	y Carolina I	Hurricanes a	t New Jerse	y Devils	NHL Hocke	y Pittsburgl	h Penguins	at Boston Br	uins (N) (Liv	e)
10-NBC	Wild Child	Paid Prog.	Soccer Ars	enal vs. Bre	ntford (N) (L	ive)	PGA Tour	Golf Arnold	Palmer Invit	tational, Thi	rd Round (N)	(Live)	
17-MNT	Draft	Paid Prog.	LIV Golf Le	ague Hong	Kong, Day 2	2 From Hong	g Kong Golf	Club in Hon	g Kong. (N)				Basketball
23-PBS	The Keto D	iet With Dr.	. Josh Axe	Raising Me	entally			Wine First	Farmer	Taco Mafia	Taste	NJ Busin	State-Aff
29-FOX	Tip-Off (N)	Basketball	Georgetowr	at St. John	's (N) (Live)	Hoops (N)	Basketball	Creighton a	t Villanova ((N) (Live)	Hoops (N)	College Ba	sketball
57-CW	Paid Prog.	CBS Sature	day Mornin	g (N)		Raw Travel	World's	Sports	College Ba	asketball			CBS News
A&E	(11:00) Zo	Lakefront	Lakefront	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	The First 4	18	The First 4	.8
AMC	(10:15) 🖫★5	k Stripes	(:45) ∯★★★	Beverly H	IIs Cop ('84) Eddie Mur	phy.	∯⋆⋆ Beve	rly Hills Co	p II ('87) Ed	die Murphy.	ቻ★★★ Gh	ostbusters
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	(11:00) Dirt	Dirty Jobs		Dirty Jobs		Dirty Jobs		Homestead	Rescue	Homestea	d Rescue	Homestead	d Rescue
DISN	Big City	Big City	Big City	Big City	Big City	Big City	Big City	NHL Big Ci	ty Greens	Classic 2 (N	N) (Live)		
ESPN			Arkansas at					at Texas (N)		Basketbal	l Kansas at l	Houston (N)	(Live)
ESPN2	(10:30) For	(:55) F1 Ra	cing Saudi A	Arabian Grai	nd Prix (N)	Basketball	Iowa State	at Kansas S	tate (N)	Basketbal	l Miami at Fl	orida State (N) (Live)
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	(11:00) १५ ★ ז	k★ Bohemi	an Rhapsoo	dy ('18) Ram	ni Malek.			New Hope	` '		rk Hamill.	Star War	s: Empire
HBO	(10:50) 9 G		(:45) Real , E		` '	-		(:20) ਼ਿ*★★ [Mean Girls	2 ('11)		Sam Jay: S	Salute Me
HIST	,		ats of WWII					The UnXpla		The UnXp		The UnXpl	
ION	(11:00) La	Law & Ord		Law & Ord		Law & Orde		Law & Orde		Law & Ord		Law & Ord	
	(11:00) ♀ M		Secret Li				,	22) Novi Bro			of a Marine	()	
	, , ,,		(:50) ♀ Shi v	, ,	,	(:10) ਼*★★ (- (/			Outta Compt	` '	
-	Ū	World Pok						ia Phillies (N			Davidson a		. ,
			SpongeB /								왓★★ Hote		` '
PARMT	, , ,		ngover ('09)		, , ,	The Hangov	,	,	()		ver Part III (. '
TBS	, , ,		•		• •	ht ('17) Charlie Day.					<u> </u>		
TCM	, , ,,	ne Maltese I				peror ('87) J	<u> </u>		** ★★★★ Lawrence of Arabia ('62)			<u></u>	
TNT	· / /		nexpected .		A			n of Smaug	, ,			*	Battle of th
USA	(10:00) So	Premier	Basketball	Saint Louis	at St. Bonav	enture (N)	Basketball	Richmond a	t George M	ason (N)	911 Crisis	(:05) ♀★★★	r Creed

SATU	RDAY	EVENI	NG								MA	ARCH 9	. 2024
	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	News (N)	CBS News	Ent. Tonigh	nt (N)	Tracker "N	lt. Shasta"	CSI: Vegas	s "Eyeballs"	48 Hours (I	N)	News (N)	(:35) Draft	Equalizer
6-ABC	News (N)	WorldNe	FYI Philly	Red Carpet	NBA (N)	NBA Baske	etball Bosto	n Celtics at	Phoenix Sur	ns (N) (Live)	News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	Paid Prog.	Chasing	The Wall		Weakest Li	ink	Saturday N	light Live	News (N)	Saturday N	light Live
17-MNT	(5:30) Colle	ge Basketb	all	(:45) Colleg	e Basketba	all NC State	at Pittsburgh	n (N) (Live)	Action Nev	vs at 10 (N)	Philler	Delco Duo	Mom
23-PBS	Reporters	Chat Box	Black	Anne	Old House	Old House	Agatha "At	Bertram's F	lotel"	(:35) Luna	& Sophie	Celebrity 1	rip
29-FOX	(5:00) Bask	etball	Tip-Off (N)	(Live)	Basketball	Connecticu	t at Provider	nce (N)	News (N)		The Floor		Kelly
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Gallen of	Halo	The Equali	zer	SEAL Tear	n	WOW - Wo	omen	Neighbor
A&E	The First 4	8	The First 4	8	The First 4	8	The First 4	8	First 48 "De	eadly Rap"	The First 4	18	First 48
AMC	(5:00) 👺★★	★ Ghostbu	sters ('84)			('89) Dan Ay	/kroyd, Bill M	lurray.		,	16) Melissa I	McCarthy. (F	P)
	CNN News	. ,	CNN News	, ,	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Homestead	omestead "Sweet Homestead Alabama" (Narvel's Moon Girl Monsters Monsters			Homestea	d Rescue "D		e Rescue"	Homestead		Homestea	d Rescue	Homestea
					Big City	,	Shorts	Hailey	-	Hailey		Marvel's	Ladybug
	•	Basketball			· / · /	UFC 299 - I	Prelims (N)		College Ba	C (N) (Live)	SportCtr		
		Baylor at Te		, , ,	College Basketball				College Basketball				Basketball
FNEWS		t (N) (Live)	,	, , ,	, , ,				Saturday N	light (N)	Gutfeld!		Weekend
FX	, ,		•			r Wars: Ret		` '			☆ Spider-M	an: Into the	•
HBO	· / /	The Devil		` '		nka ('23) Tir		()	ਉ±± Post	` '		Fruitvale	
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	, ,	Leatherhead	. ,		뿟★★ Carri	(. ,	ne and Find	, ,		(:35) ਼ਿ*★★	Pathology
	Birds	_		• •		t Tampa Bay	<u> </u>	Postgame	. , . ,	_	MLB Base		
	` ' ' '	Hotel Trans	` ` '			ndermans F	, ,			Friends	Friends		Friends
		nan: Legeno		· ,		School ('03)			♀ Anchorn			<u> </u>	Movie
		Big Bang										18) Paul Rud	
	, ,	★★ Lawren		, ,	‡+++ Ben-Hur ('59) Jack Hawkins, Stephen				* *				Movie
TNT	, ,	bbit: Battle			• ()				**★★ The Hobbit: The Battle of the Five Arming r. (P) **★★★ Creed ('15) Michael B. Jorda				` '
USA	(5:05) 👯★★	★ Creed ('1	5) Michael B	. Jordan.	쭛★★ Crim	inal ('16) Ga	al Gadot, Kev	vin Costner.	(P)	₹★★★ Cre	eed ('15) Mid	chael B. Jord	lan.

SUND	AY AF	TERNO	OON								MAF	RCH 10	, 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.	Women's C	College Bas	ketball		Basketball	MVC Tourn	ament, Cha	ampionship: 7	Teams TBA	College Ba	sketball		
6-ABC	Inside	Action Nev	vs (N)	Countdow	n to Oscars	: On the Re	ed Carpet Li	ve (N) (Live	e)	Red Carpe	et (N) (Live)	WorldNe	News (N)	
10-NBC	Issue	Pre-Race	IndyCar Ra	cing			PGA Tour	Golf Arnold	l Palmer Invit	ational, Fina	al Round (N)	(Live)		
17-MNT	Stories	Paid Prog.	Renewal	LIV Golf Le	eague Hong	Kong, Day	3 From Hon	g Kong Golf	f Club in Hon	g Kong. (N)				
23-PBS	Think Tank	State-Aff	Darley	Lidia	Milk	Cook	Sara's	Just One	Thing		Deepak Ch	opra Deepa	ak Chopra	
29-FOX	Draft	. ,			at Purdue (N) (Live)	RaceDay (1	, , ,			Shriners Chi		. / (-/	
57-CW	(11:00) Wo	Philadelph	ia St. Patric	k's Day Par	rade (N)			Lacrosse	Panther City	LC at Phila	delphia Wing	js (N) (Live)	World's	
A&E	(11:00) Zo		<u> </u>	0 . ,	: WWE Lege			0 . ,	y: WWE Leg			WWE Riva		
AMC	, , ,	k★ Men in I	` '		in Black II (, ,		ੁ*★★★ Iro	n Man ('08)			rt Downey Ji	r	
CNN	(, -	State of Ur	nion		caria GPS		()	CNN News	()	CNN News	sroom (N)	CNN News	room (N)	
DISC	(11:00) Na			Naked		Naked "Lea				Naked		Naked		
DISN			Ladybug	Kiff		,	Bluey	Bluey		Big City	Big City	• .	Big City	
ESPN	· / •	GameDay	(Women's C	College Bas			Women's	College Bas			Wm. Baske	etball	
ESPN2	,	College Ba				College Ba				Women's College Basketball				
FNEWS	(11:00) Me		() ()	Fox News	`	FOX News	,	Maria Bar		Fox News	() ()	Saturday N	<u> </u>	
FX	, , ,	uardians of		₹★★★ The		` '	vans, Robe	,			Chi & the Le	<u> </u>		
HBO	· / /	Pitch Perfec	` '		, ,		Purple ('23)	<u>'</u>		**	scilla ('23) C		•	
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MAX	, , ,	•	뜻★★ Welc			. ,	(:25) *** ★ ▮		,	· / ·	t Color ('18)		Movie	
		H2O X5		Joint Gel		•			Pennsylvania		Bensinger	_	Poker (N)	
NICK		Addams Far	• ,	, ,	Hotel Trans	• •	•		ob SquarePa			SpongeBo		
	(11:00) Bar			Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu		
TBS					8) Paul Ruc				aribbean: D			•	•	
TCM			on a Hot T		<u> </u>		onnie and C	• (/			ione With th	•	,	
					-				NHL Hocke	-				
USA	(:45) Socce	r Liverpool v	vs. Manches	ter City (N)	(:45) Goal Z	cone (N)	Chrisley	Law & Ord	der: SVU	Law-SVU '	'Criminal"	Law-SVU "	Design"	

AY EV	ENING									MAI	RCH 10	, 2024
6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM
(4:30) Bas	News (N)	60 Minutes	(N)	60 Minutes	(N)	So Help Me	e Todd	So Help Me	Todd	News (N)	(:35) Sports	Turning
Red Carpet	OscarsRed	The Oscars	(N) (Live)						Abbott (N)	News (N)	News	Red Carpe
News (N)	NBC News	ያ ★★★ Har	ry Potter ar	nd the Char	nber of Sec	rets ('02) Ru	pert Grint, I	Daniel Radcl	iffe.	News (N)		Bensinge
Two Men	Two Men	ዮ ★★ Bruce	a Almighty	('03) Jim Ca	ırrey.	Animals	FunnyKids	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Seinfeld
Barbra Stre	eisand: Bac	k to Brookl	yn	Cyndi Lau	per LiveAt	Last	Leonard C	ohen		Deepak Ch	opra Deepa	k Chopra
(3:30) NASC	CAR	Next Level	Chef	Simpsons	Burgers	The-North	Grimsburg	News (N)		News (N)	Extra (N)	
Fast "Artist"	s Haven"	FamFeud	FamFeud	CBS News	Sunday Mo	rning (N)	H2O X5	Crimes "Lo	ng Shot"	WOW - Wo	men	King
WWE Riva	s	WWE Rival	S	WWE Riva	ls	Biography:	WWE Leg	ends "Scott	Hall" (N)	(:05) WWE	Rivals	WWERiva.
뜻★★ Iron I	/lan 2 ('10) (Swyneth Pal	trow, Rober	t Downey Jr	r (P)	Dead "Bye"	(N)	(:10) Dead "	'Bye"	(:20) ♀★★★	Men in Bla	ack ('97)
CNN News	room (N)	CNN News	room (N)	CNN Spec		CNN Spec		CNN Spec		CNN Spec		CNN Spec
Afraid "Col	ombian Cav	e Women" (I	N)	Afraid "Sur	viving the R	oad to Reco	very" (N)	Naked "Am	al Alyassiri"	Naked "Tea	al Bulthuis"	Afraid
Big City	Kiff	Kiff	Kiff	ੁ*★★★ Coo	co ('17)		Marvel's	(:20) Marve	l's	(:55) Kiff	(:25) Kiff	Ladybug
(5:00) Wm.	Basketball	Basketball	Philadelphia	a 76ers at N	ew York Kni	cks (N)	(:35) NBA E	Basketball				SportsC.
Women's C	ollege Bas	ketball		Featured College Wrestling Big 12 Champio			onships (N) (Live)	SportCtr (1	N) (Live)	Coach K	
Fox Report	(N) (Live)	Weekend (N) (Live)	Life, Libert	y (N)	Sunday Nig	ght (N)	Weekend		Life, Liber	ty & Levin	Sunday
(4:00) ♀ Sha	ng-Chi & t	ᢞ★★★ Spid	der-Man: N	o Way Hom	e ('21) Zend	aya, Tom Ho	olland.	਼ਾ±∗ Veno	m: Let The	re Be Carna	nge ('21)	Movie
(:55) Real, I	Bill Maher	(:55) ਼ਿ*★★★	Wonka ('2	3) Timothée	Chalamet.	The Regim	e (N)	Enthusias	Enthusias	(:20) Last V	Veek (N)	Regime
Built Amer	ica	Built Ameri	ica	Built Amer	ica	Built Amer	ica (N)	(:05) Built A	merica	(:05) Built A	America	America
NCIS		NCIS "Willo	ughby"	NCIS "Off t	he Grid"	NCIS "Keep	Going"	NCIS "Nons	stop"	NCIS		NCIS
₩ Hunting	Housewive	s ('24)		☆ Handym	an From He	II ('23) (P)		(:05) ⅔ My l	Husband's	Seven Wive	es ('24)	Movie
(5:50) 👯★★	★ Kingsma	n: The Secr	et Service	¥∗ Paranc	oia ('13)		(:45) ਼ਿ*★★	XXX ('02) As	sia Argento,	Vin Diesel.		te of the U
(5:30) Poker	Sixers (N)	Basketball	Philadelphia	a 76ers at N	ew York Kni	cks (N)	Sixers (N)	(Live)	NBA Bask	etball		
(5:00) Spon	geBob	The Tidal Z	one	₹ The Thu	ndermans F	Return ('24)	Friends	Friends	Friends	Friends	Friends	Friends
Bar Rescu	9	Bar Rescue	a	Bar Rescu	е	Bar Rescu	е	Bar Rescu	e (N)	Bar Rescu	е	BarRescue
Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers	♀ Pirates of	f the Caribbe	an: Dead
(4:00) ♀★★	★★ Gone W	ith the Win	d ('39)	₹★★★★ A	round the V	Vorld in 80 l	Days ('56) [David Niven.		(:15) 뜻★★★	∀ Wings ('27	')
() x x x x		st-Game			I ('07) Will Smith.		n ('15) Jessica Chastain, K					
, ,	Post-Game	뚯★★★ I An	n Legend ('	07) Will Smi	th.	뜻★★★ The	Martian ('1	15) Jessica C	hastain, Kri	isten Wiig, M	latt Damon.	Movie
	6 PM (4:30) Bas Red Carpet News (N) Two Men Barbra Stre (3:30) NASC Fast "Artist" WWE Rival ***★ Iron M CNN News: Afraid "Cole Big City (5:00) Wm. Women's C Fox Report (4:00) ** Shall (:55) Real, E Built Ameri NCIS ** Hunting (5:50) Poker (5:00) Spon Bar Rescue Big Bang	(4:30) Bas News (N) Red Carpet OscarsRed News (N) NBC News Two Men Two Men Barbra Streisand: Bac (3:30) NASCAR Fast "Artist's Haven" WWE Rivals **** Iron Man 2 ('10) C CNN Newsroom (N) Afraid "Colombian Cave Big City Kiff (5:00) Wm. Basketball Women's College Basl Fox Report (N) (Live) (4:00) ** Shang-Chi & t (:55) Real, Bill Maher Built America NCIS ** Hunting Housewives (5:50) **** Kingsman (5:30) Poker Sixers (N) (5:00) SpongeBob Bar Rescue Big Bang Big Bang	6 PM 6:30 7 PM (4:30) Bas News (N) 60 Minutes Red Carpet OscarsRed The Oscars News (N) NBC News ★★★ Harr Two Men Two Men ★★★ Bruce Barbra Streisand: Back to Brookly (3:30) NASCAR Next Level Fast "Artist's Haven" FamFeud WWE Rivals WWE Rival ★★ Iron Man 2 ('10) Gwyneth Pal CNN Newsroom (N) CNN Newsrom (N) CNN Newsrom (N) CNN Newsrom (Size) CNN Newsrom (N) CNN Newsrom (Size) CNN Newsrom (N) CNN Newsrom (Size) CNN Newsrom (N) CNN Newsrom	G PM G:30 7 PM 7:30	6 PM 6:30 7 PM 7:30 8 PM (4:30) Bas News (N) 60 Minutes (N) 60 Minutes Red Carpet OscarsRed The Oscars (N) (Live) News (N) NBC News	G PM G:30 7 PM 7:30 8 PM 8:30	G PM G:30 7 PM 7:30 8 PM 8:30 9 PM	G PM G:30 7 PM 7:30 8 PM 8:30 9 PM 9:30	G PM	G PM	G PM	G PM



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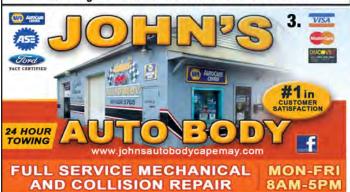
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WINDSHIELD TECH GETS AN UPGRADE

Windshields have seriously leveled up thanks to tech. Gone are the days when they were just big pieces of glass for keeping bugs out.

Now, they're safety devices. They're made with layers-think of it as a sandwich where glass is the bread and there's vinyl in the middle. This means they don't shatter as easily during accidents. Some windshields even display your speed and navigation right on the glass, so you never have to take your eyes off the road.

Driving Safer with Smarter Glass

The real winner with all these windshield upgrades?

Your safety. Modern windshields help keep the car's cabin from crashing in during a rollover and play a huge role in how well airbags do their job.

Not to mention, they can block harmful UV rays and cut down on glare from the sun or headlights at night. So, it's not just about keeping wind and debris out anymore; it's about making every drive safer.

Why You Need a Pro for Windshield Replacement

When your windshield needs a swap, handing it over to the pros is your best move. It might seem like a straightforward task, but there's a lot riding on it—like your car's structure and safety features working right.

Professionals know exactly what type of glass and glue your car needs, and they've got the skills to set everything perfectly in place.

Talk to the Experts Beforehand

Swapping out your windshield? It's a big deal and worth a chat with a windshield replacement company before diving in.

The reason behind it is simple: cars these days are pretty unique, and some need that extra special touch, especially with all the cool gadgets they come with like rain sensors or those awesome heads-up displays that project info right on the glass.

Catching up with experts can really help you navigate through what's out there. They'll break down your choices in plain language, making sure you land on something that suits what you need and how much you want to spend.

Plus, they'll give you the lowdown on which type of windshield glass will sync up best with your car's tech features, ensuring everything works seamlessly together. This way, you're not just picking a windshield; you're choosing the best safety and tech compatibility for your ride without busting your budget.



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MONE	DAY EV	'ENING	ì								MAF	RCH 11	, 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 "Algú	n Día"	NCIS "Run	and Gun"	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	The Bache	elor (N)			Bad Rom ((N) (SF)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	The Voice	"The Blind A	uditions, Pa	ırt 5" (N)	Deal or No	(N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Ride (N)		Wild Cards	3	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Nature		Brain-Gut	Connection	ı	Finding	NJ Spotl	One on O	Newsline
29-FOX	The Six	The Pulse	Extra (N)	TMZ (N)	MasterChe	ef	So You Th	ink	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Lunacy"	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8	Hoarders '	"David & Ode	ette" (N)		Secrets of	(N)	(:05) The F i	irst 48	Hoarders
AMC	(5:15) 🐕★ 🖸	one in 60 S	econds Nic	olas Cage.	ਝ਼±⋆⋆ Let	thal Weapor	ı ('87) Dann	y Glover, Me	el Gibson.	ቻ★★★ Let	hal Weapor	1 2 ('89) Mel	Gibson.
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	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraban	d (N)	Contraban	d: Seized	Contraban	d: Seized	Contraba
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportCtr (N	N) (Live)	College Ba	sketball			College Ba	sketball			SportsC. (I	N) (Live)	SportCtr
ESPN2	(5:00) Wm.	Basketball	College Ba	sketball			Basketball	College Ba	sketball			College Ba	sketball
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	1)	Fox News	(N) (Live)	The Five
FX	(5:00) ♀ Dac	ddy's Hom	뿟★ The Wa	aterboy ('98) Adam Sar	ndler.	뿟★ The Wa	aterboy ('98) Adam San	ıdler.	뿟★★ Dado	ly's Home 2	('17)
HBO	(5:50) Last	(:25) ५★★	Serendipity	('01)	Regime	(:50) 뿟★★	Now You Se	ee Me ('13)		(:50) Enthu	siasm	쁏★ Shut Ir	('16) (P)
HIST	History's-N	lysteries	History's-N	lysteries	History's-I	Vlysteries	Mysteries	(N)	(:05) Myste	ries "Houdir	ni's Lost Dia	ries"	Mysteries
ION	Criminal "A	\wake"	FBI "Ready	or Not"	FBI "Into th	ne Fire"	FBI "Fortur	ate Son"	FBI "Secon	nd Life"	FBI "Heroe	s"	FBI
	Castle		Castle		Castle "La		Castle "Nik		(:05) Castle)	(:05) Castle)	Castle
MAX	(:15) ਼ਿ*★★	Predators (10) Adrien B	Brody.	뿟★★★ Let	t Me In ('10)	Kodi Smit-M	lcPhee.	· / /	Poltergeist	` '	਼ਾ±⋆ Payc	heck ('03)
NBCSPA	Birds (N)	Birds			nkees at Ph	iladelphia Ph	nillies (N)	Birds	The Best S	Show Ever?			
NICK	SpongeB	SpongeB	LoudHou	LoudHou	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	਼ਾ਼±⋆⋆ Gla	adiator Joaq	uin Phoenix	, Connie Nie	lsen, Russe	II Crowe.		♥ Ocean's	Eleven
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Pet Tricks	Pet Tricks	American	American	American	American	American
TCM	(:15) 👯★ ★★	A Lion Is i	n the Street	t s ('53)	۶×⋆★ Ba	by Face ('33)	۴×★★ Bad	chelor Moth	ier ('39)		tation of Lif	` '
TINT	, , ,	★ The Mart	` ,		~	nsformers (. , ,		a LaBeouf.		(:15) ਼ਿ*★★	The Accour	itant ('16)
USA	Goal Zone	Chrisley	Law-SVU "	Crush"	WWE Mon	day Night R	AW (N) (Liv	re)			McBee (N)	(P)	Law-SVU

TUES	DAY E	VENIN	G								MAF	RCH 12	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)	FBI (N)		FBI: Intern	ational (N)	FBI: Most \	Wanted (N)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Will Trent		The Rookie	е	The Good	Doctor	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Night (N)	Extended	The Voice	(N)	Password	(N) (SP)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Crime Nat	ion "Dynasty	of Death" (I	N)	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Doc Marti	n	Celtic Won	nan 20th Ar	niversary C	Concert	NJ Spotl	Que Pasa	Newsline
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	Cleaning	(N)	Alert: Miss	ing (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (I	N)	Law-SVU "	Retro"	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	(5:30) 👯★★	★ Lethal W	eapon 2 ('89	9)	뜻★★★ Le	thal Weapor	3 ('92) Dan	iny Glover, I	Mel Gibson.	뜻★★ Letha	al Weapon 4	l ('98) Mel G	ibson.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	60 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Naked and	Afraid "Dea	ath by Croco	dile"	Afraid "Su	rviving the R	oad to Reco	very"	Naked and	Afraid "Co	ombian Cav	e Women"	Afraid
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Villains	Villains	Ladybug
ESPN	SportCtr (N	N) (Live)	College Ba	sketball			College Ba	sketball	SportsC.			N) (Live)	SportCtr
ESPN2	(5:00) Bask	etball	College Ba	sketball	Women's College Bask				ketball		College Ba	sketball	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	(5:00) 👯★★	★ The Incre	edible Hulk	₩★★★ Gua	ardians of	the Galaxy (('14) Chris Pratt.		Shogun (N)	Mission:	Impossible	Fallout
HBO	Real, Bill N	laher	₩★★★ Gra	n Torino ('C	8) Clint Ea	stwood.	The Lionheart ('24)		(P)	(:50) The R	egime	Enthusias	Movie
HIST	Curse of O	ak Island	Curse of O	ak Island	Oak Island	d "Piling On"	Oak Island	(N)	(:05) U-Boa	ts (N)	(:05) Oak Is	land	Oaklsland
	Chicago Fi		Chicago Fi		Chi. Fire "	Nemesis"	Chicago Fi	ire	Chicago Fi	re	Chicago Fi	re	Chi. Fire
	Castle "The	e Final Nail"	Castle "Set	up"	Castle "Co	ountdown"	Castle		(:05) Castle)	(:05) Castle		Castle
MAX	(:15) ♥★★ I	How to Talk	to Girls at	Parties	뜻★★ She'	s Out of My	League	(:45) ਼ਿ+ I L	ove You, B	•	('09)	Vanishing	g of Sidne
NBCSPA	Birds (N)	Pregame	NHL Hocke	y San Jose	Sharks at I	Philadelphia	Flyers (N)	Postgame	(N) (Live)	Birds	Brewing	Birds	NHLHock
NICK	SpongeB	SpongeB	LoudHou	LoudHou	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	뜻★★★ Oc	ean's Eleve	n ('01) Matt I	Damon, Ge	orge Cloone	y	₹*** Oce	ean's Twelv	e ('04)
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Pet Tricks	Mod Fam	Mod Fam
								_			rce ('45) Joan Crawford. Movie		
TCM	The Taki	ing of Pelha	m One Two	Three	₩×××× F	lis Girl Frida	ay ('40) Cary	Grant.	뜻★★★ Mile	area Pierce	('45) Joan (Crawford.	Movie
-	^				A	lis Girl Frida ia 76ers at N	, , ,		₩★★★ Mile		('45) Joan (Crawford.	Movie

WEDN	IESDA	Y EVE	NING								MAF	RCH 13	, 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 "\	Wackadoodl	es Win" (N)	The Amazi	ng Race (N)	(SP)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Conners	Not Dead	Abbott (N)	Abbott	Judge (N)		News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	led	Chi. Fire "7	rapped"	Chicago P.	D.	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	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Drive	Darley	Agatha Ch	ristie	The Queen		NJ Spotl	Darley	Newsline
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	Masked (N)	Animal	Family Guy	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	iia (N)	48 Hours (N)	Law-SVU "	Babes"	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) ਼ਿ*★★	Lethal Wea	apon 4 ('98)		뚯★★★ Mo	neyball ('11	Jonah Hill,	Philip Seym	our Hoffmar	n, Brad Pitt.	ቻ★★ Ghos	tbusters ('1	6)
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	Х	Expedition	Χ	Expedition	ı X	Expedition	X (N)	Ghost Adv	. (N)	(:05) Expec	lition	Expedition
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Bunk'd	Bunk'd	Ladybug
ESPN	SportCtr (N	N) (Live)	NBA (N)	NBA Baske	etball Denve	er Nuggets a	t Miami Hea	t (N) (Live)	Basketball	Los Angele	s Lakers at	Sacramento	Kings (N)
ESPN2	(5:00) Bask	etball	College Ba	sketball			Basketball	College Ba	sketball			College Ba	sketball
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) ((Live)	Hannity (N) (Live)	Gutfeld! (N)	Fox News	(N) (Live)	The Five
FX	(3:30) 👯★★	Eternals	쁏★★★ Bla	ck Widow (21) Florenc	e Pugh, Sca	rlett Johans	son.	Feud: Capo	ote (N) (SF)	(:10) Feud:	Capote	(:25) Feud
HBO	(5:25) ♀ Def	initely, Ma	(:20) Enthus	siasm	۶×★★ Pri	scilla ('23) C	ailee Spaer	ıy.	Regime	(:45) 👯★★	Date Night	('10)	Movie
HIST	Pickers "M	r. Whizzer"	American F	Pickers	Pickers "F	arm Fresh"	American	Pickers (N)	(:05) Picker	's "Big Tex"	(:05) Picke	rs	Pickers
ION	Blue Blood	ls	Blue Blood	ls	Blue Blood	ds	Blue Blood	ds	Blue Blood	ls	Blue Blood	ls	Blue Blood
	Castle		Castle "Pre	tty Dead"	Married at	First Sight	(N)	(:35) Marrie	d-Sight (N)	(:35) Brides	s (N) (SF)	(:35) Baby	Married
MAX	(:20) ∯★★ 2	XXX: State	of the Union	('05)	House a	t the End of	the Street	(:40) ਼ਿ*★★ `	You're Next	('11)	(:15) ਼ਿ+ P a	ranoia ('13)	
NBCSPA	Birds (N)	Birds	MLB Basel	all Detroit	Γigers at Ph	iladelphia Ph	nillies (N)	Birds	In. Golf	Bensinger	Greatest	Birds	Golfer
NICK	SpongeB	SpongeB	LoudHou	Lay Lay	Lay Lay	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	ਝ਼±±± Oc	ean's Twelv	e ('04) Brad	Pitt, Matt Da	amon, Georg	ge Clooney.	ਝ਼±±± Oc	ean's Thirte	en ('07)
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (N)	(Live)	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam
TCM	਼ਿ×⋆⋆ The	Hanging T	ree ('59) Ga	ry Cooper.	¥★★★ The	e Best of Ev	erything (5	i9)	(:15) *** ★ ★ Desk Set		('57) Spence	er Tracy.	Movie
TNT	Lucifer		NHL on T	NHL Hocke	ey Los Ange	eles Kings at	at St. Louis Blues (N)		NHL Hockey Washing		on Capitals	at Edmontor	n Oilers (N)
USA	(5:00) Colle	ge Basketb	all	College Ba	Basketball Law & Orde				Order: SVU Law & Order: SVU		Law & Ord	er: SVU	

THUR	SDAY	EVENI	NG								MAI	RCH 14	, 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		News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	9-1-1 (N) (S	SP)	Anatomy (N) (SP)	Station 19	(N) (SP)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	WomenW	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	Queen Eliz	zabeth	Gospel		Jane Adda	ms	NJ Spotl	State/Arts	Newsline
29-FOX	The Six	Kelly (N)	Extra (N)	TMZ (N)	Next Level	I Chef (N)	Farmer (N)		News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Persona"	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8	Critical Mi	nutes (N)	Taking the	Stand (N)	(:05) Under	cover (SF)	(:05) The F	irst 48	(:05) First
AMC	(5:00) ਼*★★	★ Moneyba	all ('11) Brad	Pitt.	਼ਾ±★★★ Mis	ssion: Impo	ssible Gh	ost Protoco	ol ('11) Tom	Cruise.	਼*★★ I, Ro	bot ('04) Wil	l Smith.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (Li	ive)	Laura (N) ((Live)	Cooper360
DISC	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!
DISN	Hamster &	Hamster &	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportCtr (N	N) (Live)	College Ba	sketball			Basketball College Basketball					SportsC.	SportsC.
ESPN2	ESPN BET	(N) (Live)	College Ba	sketball			Basketball	College Ba	sketball		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	(5:30) 9 Ca	ptain Ameri	ica: The Fir	st Avenger	ਝ਼±±★ Ca	ptain Ameri	ca: The Wir	nter Soldier	('14) Chris E	Evans.	Fast & Function	urious Prese	ents: Hobb
HBO	(:10) ₹ The	Lionheart (('24)		Enthusias	. (:40) ♀★★	Aquaman a	nd the Lost	Kingdom	(:45) The R	egime	(:35) ਼ਿ*★★	Get Hard
HIST	Pawn Stars	S	Swamp Pe	ople	Swamp "F	ull Moon Fre	, ,	(:35) Swam	,	` '	p "Gator Sta		Swamp
ION	Chicago P.	.D.	Chicago "F	Politics"	Chicago "I	Monster"	Chicago "F	Rabbit Hole"	Chicago "C	Confidential"	Chicago "C	Captive"	Chicago
	Castle "Ris	e"	Castle		Theresa C	aputo (N)	Theresa Ca	aputo (N)	(:05) Baby	(:35) Baby	(:05) There	sa Caputo	T. Caputo
MAX	(5:50) 👯★★	★ Kingsma	n: The Seci	ret Service	뿟★★ Barb	ershop ('02)) Ice Cube.	(:45) 9 Bar	bershop 2: I	Back in Bu	siness	뿟★★ Beau	ty Shop
NBCSPA	Birds (N)	Brewing	Birds	Sixers (N)	Basketbal	I Philadelphia	a 76ers at M	lilwaukee Bu	ıcks (N)	Sixers (N)	(Live)	Birds	Basketball
NICK	SpongeB	SpongeB	LoudHou	LoudHou	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men		e Town ('10)					111	e Dark Knig	
TBS	•	•	Big Bang	Big Bang	• •	Big Bang				**	, ,	Mendes, W	ill Smith.
TCM	* 7				**		Back ('61) Rock Hudson.				. ,		Movie
TNT	(5:00) 👯★★		,	NBA Baske	etball Phoe	nix Suns at E	Boston Celtic	tics (N) (Live) Basketball Dallas Mavericks at Oklahoma City T				Thunder	
USA	(5:00) Colle	ge Basketb	all	College Ba	ege Basketball					★★ Wanted ('08) Morgan Freeman, James McAvoy. Movie			

CHARACTER Of The Week











LAST WEEK: **ROSE FROM FURRY FURRENDS** WINNER: **ROSE KUPRIANOV**

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If so you could win a \$20 Gift Certificate to JOEY M'S La Piazza @ 3813 Pacific Ave in Wildwood! Fill out the coupon below and mail to Jersey Cape Magazine, P.O. Box 885 Wildwood, N.J. 08260, or email your guess to tvjerseycape@comcast.net - SUBJECT LINE "CHARACTER GUESS"

Each week, all coupons will be put into a drawing.

The winner's name will be printed in our next issue.

PLEASE ONLY 1 WINNER PER HOUSEHOLD EVERY 30 DAYS

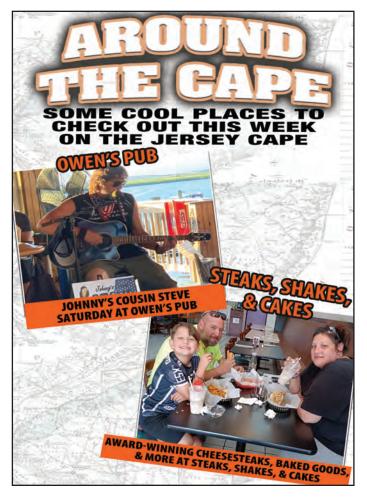
Jersey Cape Character of the Week Contest Name: Address: City/State/Zip:___ Guess for Character: _____ from













ITCHY DOGS AND **DUST MITES**

Submitted By Patsy Nelson from The Wagging Tail

This week I decided to really attack the possibility of dust mites, especially in my bedroom where I have carpet, and where my pets spend most of their sleeping time. I use a larger top sheet to cover my blanket, so I don't have to wash the blanket as often, just the cover-sheet. Then I went to The Wagging Tail and as I was getting Zoey out of her car seat, one of my customers walked by with her just-groomed Shih Tzu. We chatted and she remarked about the very large hot spot on her dog's back. She said she thought it was from dust mites. I thought that was one of those unexplained coincidences, this one relating to dust mites. Humans can have the following symptoms related to dust mite allergies: sneezing, runny nose, itchy, red, or watery eyes, nasal congestion, postnasal drip, cough, facial pressure and pain, swollen, and/or blue-colored skin under your eyes. (In a child, frequent upward rubbing of the nose.) In severe cases, asthma could result. I have suffered from the first six symptoms. I have not been tested, but I do take medication.

After meeting up with my customer's Shih Tzu, I decided to research how dust mites affect our pets. Dust mites are microscopic and resemble, to me, a cross between a tick and a beetle. According to an article called HEALTHY PETS, they are most commonly attracted to carpeting, bedding, mattresses, upholstery, and darkness. They are also fond of the moist, warm air we exhale during sleep. It sounds a bit disgusting, but it is a protein in their feces that causes our allergic reactions. Dust mites are a year-round problem, being more severe in the spring and fall.

This may be an aha moment, but one of the symptoms in pets is recurring ear infections!! How many of our pets are plaqued with that?! Also, pets may be itchy, especially around the face and feet, or have skin issues including inflammation and seborrhea. Animals can be tested via skin or serum. Felines with dust mite allergies, may develop eosinophilic granuloma complex that results in skin lesions: itching; acne on the chin (which we see in some of the cats at our store even though we do not use any plastic dishes); recurrent ear inflammation or infections; and a disease of the foot pads called plasma cell pododermatitis, or "pillow foot."

Treatment will take some effort on your part, as in keeping bedding, furniture, and floors as dust free as possible. Just like with bed bugs, heat is your friend, so wash everything in hot water, or dry on a hot temperature setting. Or you can use cold water with tea tree oil added to it. The article suggests airing out bedding on a very cold or very hot day for at least twelve hours. And regularly thorough vacuuming. It is best to have a vacuum with a HEPA filter. Steam cleaning carpets and upholstery. Using mattress covers that are micro-porous anti dust mite. Something I have recommended to customers is covering your pet's bed with a pillowcase or sheet so that you only need to wash the cover, which will prolong the life of the bedding. This article suggests that as well, to assist on removal of dust mites. Other recommendations, according to the article include regular foot soaks and baths, (see my article on yeast infections for homemade foot soak) proper diet and supporting the immune system. We have a hemp based immune-strengthening supplement. Always provide fresh, good-quality drinking water, and avoid over-vaccinating/over-medicating to keep your pet's immune system healthy. (I am strongly of the opinion that usually rabies shots and heartworm preventative, are sufficient for our house pets.) Getting an air purifier and switching to non-toxic cleaning products will help. Milk Thistle drops (see my article on Milk Thistle) to clean toxins out of the pet's system. "Keep in mind it only takes a miniscule amount of dust mite allergen to create an allergic response in your dog or cat. Thus, the more effective your mite eradication efforts, the more comfortable your allergic pet will be."

Thanks for helping to keep a small business in business and to all who picked us as the best pet store 2022/2023! (We will soon have more adorable kittens up for adoption or just petting in our shelter.)







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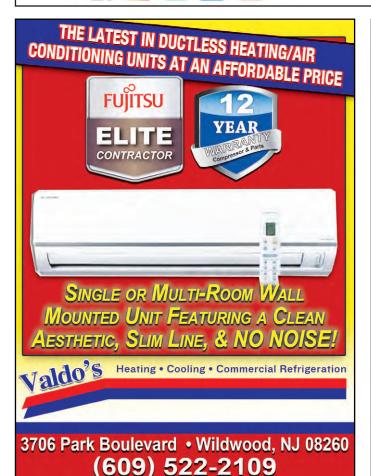
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