JUNE 3, 2022

Entertainment • Attractions • Dining • TV Listings



















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"In My Opinion" by Nancy Adler



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

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

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

You may listen to Nancy every Sunday at 2pm: Nancy Adler Nutrition LIVE! NewsTalk 1400 WOND radio.

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

www.NancyAdlerNutrition.com

NUTRITION, WEIGHT LOSS & FITNESS

FOODS GIVE HYDRATION

Proper hydration is extremely important for your health. In fact, not drinking enough water can lead to dehydration which can cause fatigue, headaches, skin problems, muscle cramps, low blood pressure and a rapid heart rate. Prolonged dehydration can lead to serious complications like organ failure. It is generally recommend drinking several glasses of water per day. But while drinking water is very important, you can also get it from foods. There are many healthy foods that can contribute a large amount of water to your diet.

Watermelon. Water content: 92% Strawberries. Water content: 91% Cantaloupe. Water content: 90% Peaches. Water content: 89% Oranges. Water content: 88% Skim Milk. Water content: 91% Cucumber. Water content: 95% Lettuce. Water content: 96% Celery.

Tomatoes. Romaine lettuce Zucchini. Spinach.



Nancy Adler C.F.T./S.S.N./S.S.C. 1201 New Road • Suite 131 • (609)653-4900 Cornerstone Executive Suites • Linwood, NJ 08221 Follow Nancy Adler Nutrition on Institute.



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JANTIC COUNTY CALENDAR

ATLANTIC CITY

June 4 & 5: THE ATLANTIC CITY BEER AND MUSIC FESTIVAL

Bader Field TICKET PRICES: \$70+



The Atlantic City Beer and Music Festival is coming back to Bader Field Saturday, June 4th and Sunday, June 5th with amazing music, fun activities and of course tasty beers!

Tickets are on-sale and can be purchased online at www.acbeerlest.com.

Session 1 featuring Alkaline Trio / Thrice Saturday, June 4th from 2:00 pm – 6:00 pm Session 2 featuring New Found Glory / Four Years Strong Sunday, June 5th from 12:00 pm – 4:00 pm

The 2022 Hops Trot will also take place Sunday, June 5th at 10:00 am beginning at Ocean Casino Resort and will be ending at Bader Field. Costumes are encouraged!

SMITHVILLE

June 4: MRS, NEW JERSEY AMERICA & MISS NEW JERSEY AMERICA STRONG 2022 PAGEANT

Claridge Hotel Celebrity Theatre Time: 7:00 PM TICKET PRICES: \$65 VIP / \$45 General Admission

Saturday, June 4 at 7:00 p.m. the Mrs. New Jersey America & Miss New Jersey America Strong 2022 Pageant is coming to Claridge Hotel's Celebrity Theatre in Atlantic City with co-host celebrity chef, David Rose and entrepeneur, Bart Henderson.

Competition Schedule:

- · Introduction of local title holders
- Swimsuit Competition
- . Evening Gown Competition
- . On Stage Q&A
- Live Performance
- Farewell speech of current New Jersey Queens
- Crowning of the new New Jersey Queens





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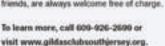
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www.gildasclubsouthjersey.org

WORD SEARCH

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"For All Mankind" on Apple+ (Words in parentheses not in puzzle)

Edward (Baldwin) Ellen (Wilson) Margo (Madison) Karen (Baldwin) Dev (Ayesa) s in parentheses not in (Joel) Kinnaman (Jodi) Balfour (Wrenn) Schmidt (Shantel) VanSanten

(Edi) Gathegi

Nineties Space (Race) (Mission to) Mars Helios (Aerospace) Visionary

HOROSCOPE

JUNE 2 - JUNE 8, 2022

ARIES (Mar. 21-April 20)

You will not be able to trust someone you work with. You can meet new and exciting friends who will provide mental stimulation. Get thinking about prolonging longevity. Much can be accomplished if you compromise.

TAURUS (Apr. 21- May 21)

Your mate, however, may not be too pleased with you. Get down to business. Your lover may cost you financially. Your ability to ferret out secret information will lead you to an inside scoop on an amazing financial deal. You should be trying to clear up legal contracts that have been pending.

GEMINI (May 22-June 21)

Ask a close friend for advice. Use your quick wit to win points with friends. You are ready to blow up and your stress level has gone into over drive. Don't push your luck with authority.

CANCER (June 22-July 22)

You can get a promotion if you put in a little extra detail. Dazzle them with your intellectual conversation. Emotional disputes will only end in sorrow. You will communicate vasily and should be able to develop new friendships.

LEO (July 23-Aug 22)

Being unappreciated by your boss could make it hard to do your work effectively. You will have to check your cash flow before you decide to indulge in hobbies or entertainment that may be beyond your budget. Enjoy some socializing this week. You will be full of good ideas, and your choice of activities may bring you enrichment far beyond your expecta-

VIRGO (Aug. 23 - Sept. 23)

They will jump at the chance to do something without you if it sounds like more fun. Refrain from overspending on entertainment or luxury items. You can get ready to celebrate your new direction. You need time to rejuvenate.

LIBRA (Sept. 24 -Oct. 23)

Do not overspend on entertainment. You could find that children will be a haudful. You have made an accurate assessment of the situation and have come up with ideas that will save money. You may find that depression is causing you to feel lonely and insecure. You may want to pull out some of those unfinished project you've got tucked away.

SCORPIO (Oct. 24 - Nov. 22)

Don't settle for less than the best. Don't make a move, your confusion has caused this dilemma and you are best to back away and reassess the situation. Underhandedness regarding legal matters or contracts must be counteracted. Try to bend but by io means should you give in completely.

SAGITTARIUS (Nov. 23 -Dec. 21)

Refrain from overspending on entertainment or luxury items. Business trips might prove unproductive. Enlist the aid of family members and consider the feelings of your mate. Spend time with youngsters this week.

CAPRICORN (Dec 22.- Jan. 20)

You are in a high energy, get it all done, mood and you'll have little patience with those who are stacking off. You will have a blowup this week if your partner does things that you feel are not aboveboard. Secret enemies may be holding a grudge that you're not even aware of. Your involvement in interest groups may bring you popularity.

AQUARIUS (Jan. 21 -Feb. 19)

You have a tendency to think that no one else will do things properly. Arguments with relatives may lead to a split in the family. Don't let your emotions interfere with your professional integrity. Your unique contribution to the organization will enhance your reputation.

PISCES (Feb. 20-Mar. 20)

Exasion is likely if you aren't direct about your feelings. You will be able to dazele others with your obvious charm and your outgoing nature. Romantic opportunities will be plentiful if you go out with friends. Added knowledge will give you the edge when dealing with peers.

Horoscopes Provided by: astrology-online.com

TV CHALLENGE

	1	2	3	4			5	6	7	8	
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43			44				45	46			
	47						48		*		

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

- Corner square in Monopoly
- 5. President before Clinton
- 9. Name for a Stooge
- 10. Follow as a result of
- 12. Like Popsicles
- 13. Largest digit
- 16. Napoleon's title: abbr.
- 17. Initials for NYC's Koch
- 18. Alma mater of 72 Nobel Prize winners
- 20. Gym class, for short
- 21. Hired vehicle
- 23. Ceremony
- 25. Dec. 24, for one
- 26. Grant or Carter
- 27. Opposite of positive
- 28. Upholsterer's item
- 29. Child of Chile
- 30. Destructive Australian birds
- 32. "I __ Legend"; Will Smith film
- 33. Hosiery
- 38. Musical note
- 39. CBS rival
- 41. Flow out slowly
- 42. Tenement building unit
- 43. Narrow street
- 45. Desires
- 47. Spain's dollar
- 48. Slaughter

DOWN

- 1. Fairy tale jumper (3)
- Suffix for custom or second

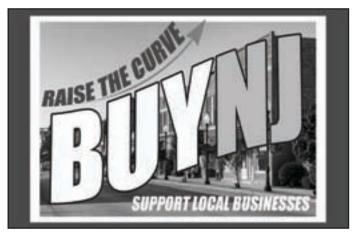
- Prefix for regular or reverent
- 4. Wild feline
- 5. Thirst quencher
- 6. Intelligence alliance
- 7. 90 degrees from ENE
- 8. Fairy tale tumbler (2)
- 9. In __ of; as a substitute for
- 11. Fencing sword
- 14. Kipling's most famous poem
- 15. Simple reply
- 18. "The Beaver State"
- 19. Window coverings
- 22. Like 2, 4 and 6
- 24. Mosque leader
- 29. Dad's mom
- 31. Takes a load off
- 34. Ma, for one (hyph.)
- 35. Behold's partner
- 36. Dorothy's destination
- 37. Latest info
- 40. Actor Gulager
- 42. Santa ___, Čalif.
- 44. Trauma center
- 46. __ dente; firm to the bite

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'ROUND THE REGION with Sharon



By Sharon Harris-Zlotnick

Hello South Jersey:

SOMETHING ABOUT PHILLY PRETZELS

Despite attempts to duplicate the flavor and texture, few succeed. Soft pretzels are a special Philadelphia product, plain and simple. Happily, you don't have to drive 60-plus miles to enjoy the real thing. Instead, visit a local Philly Pretzel Factory franchise. Three Atlantic County stores are within 15 miles-Somers Point, Egg Harbor Twp. and Mays Landing.

Norman and I were invited to a Memorial Day barbecue at my friend Nina's home and I wondered what to bring. I'm not a you drove one yourself. barbecue-type food cook, so we decided on pretzel rivets from the Somers Point location. Besides traditional sleeves of several attached pretzels, trays and buckets of rivets (nuggets) come in multiple sizes.

Several flavored dips are available as condiments. Nina wanted the Brownie Batter dip. claiming everyone loves the chocolate. She must be right since that was the only dip they did not have at pickup. So, I chose honey mustard, butter cream and cinnamon.

Me? I'm a purist. Just give me plain yellow mustard on mv pretzel and I'm happy. I grew up a Philly girl at a time when pretzels and mustard were far less exotic.

Don't stop there. The online menu describes dozens of combinations that include wrapped hot dogs, sausage and cheesesteaks.

order thinking everyone at a party will eat multiples. It's pickup sible for any towing charges finger food and with so much else being served, most people will just try a few. You are better off going for less than more. visit on Facebook. That avoids too many leftovers, especially since soft pretzels are **THE CIRCUS RETURNS** so perishable, https://phillypretzelfactory.com

CRUISIN' ON A SATURDAY AFTERNOON

If you love older cars, and who doesn't, come to Vineland's Landis Avenue for its 30th Cruise Down Memory Lane event next weekend on Saturday, 6/11, Animals are now not in the from 5 p.m.-9 p.m. The rain date is the next day, Sunday, 6/12, at the same time.

Have you ever done a doubletake to look at an antique or vintage car driving by? The owners usually maintain them in beautiful condition. It is fun to actually remember the cars, especially if

The Beach Boys and other '60s end through Labor Day, Also, groups sold millions of records singing about GTOs, T-Birds, Little Deuce Coupes and other cars. Don't forget Corvettes, family-friendly performance Firebirds and Camaros with the orange stripes. Motown even entered the car genre with Wilson Pickett's "Mustang Sally" in 1965.

This exhibition celebrates auto beauty and design. These cars from different eras, worth millions of dollars, will line Landis Avenue. More than 1,000 American cars, covering over a mile of space, will be on display. Think The Globe of Danger is a new of old street rods, muscle cars, stock or custom classics, rat thrill team. For families, prerods and cruisers.

Only American margue cars. manufactured in 1974 or earlier. may participate. The exceptions are highly modified late-model autos or a car entering with a ton candy and popcorn. www. legitimate car club. Motorcycles, bikes, foreign cars, or partially-

One tip to smart buying. Do not primed vehicles are not permitted. Owners will be responrelated to their ineligible vehicles. No alcoholic beverages allowed. www.TheAve.biz or

For more than a century, circus performers doing high wire and aerials acrobatics have thrilled American audiences when they came to their towns. Those traveling extravaganzas were filled with animal acts and fireworks.

lineup. In past years, the definition of a circus and public opinion have changed dramatically.

Since their Summer 2021 circus production proved enormously successful, Showboat Atlantic City will do it again. Starting Thursday, 6/16, they will launch a new circus schedule to play each weeklike last year, the entertainment will be divided into two presentationsa daytime and an adult exposé by night.

From Thursday to Sunday afternoons, The Super American Circus will appeal to all ages. It will feature dynamic international talent, including death-defying aerialists, highflying acrobats, wire walkers, superheroes clowns and the fan favorite Wheel of Death.

attraction with a motorcycle show and intermission activities will include age-appropriate activities like face painting and photo opportunities, plus traditional carnival fairway foods like snow cones, cotsuperamericancircus.com for tickets/information.



The Cirque Risqué will offer mature audiences a sensual, exciting nighttime event. International aerialists, silks performers, contortionists and comedians provide a unique, adult form of entertainment. Weekly shows are planned for Thursday-Sunday nights. www.cirquerisque.com for tickets/information.

Personally, I am delighted that animals are out. People now view circus animal acts as unnatural and unacceptable.

Activists from People for the Ethical Treatment of Animals (PETA) have lobbied for nonanimal circuses for decades, but their removal is a more recent situation. Circus owners recognized the changing public mood about animal treatment and phased it out of the programming.

Exposure and public outrage of behind-the-scenes abusive treatment and training processes sealed the deal for ending animal performances. Now, many of these elephants, lions, tigers and other animals can live out their lives in peaceful sanctuaries.

FEEDBACK FROM YOU I would love to hear your ideas/suggestions. Email atlanticcountymagazine@ comcast.net. In the subject line, put FEEDBACK FOR SHA-RON and it will be forwarded.



Atlantic County Magazine's 2022 Father's Day Coloring Contest

How does the contest work? All entries must be received by Wed, June 15, 2022. One entry per
child. To enter, take a picture of your child holding up their completed coloring page and email it to
atlanticcountymagazine@comcast.net with the subject "Coloring Contest." Be sure to include
child's name, age and some of their favorite things about their Dad. Are there prizes?
Yes! Winners will be featured in Atlantic County Magazine as "Child of the Week" with their art!

SUDOKU

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.

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



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The Wizard of Odds

The "Wizard of Odds" is a local casino maven who has firsthand and accurate inside information on the best and worst casino deals in Atlantic City. If you follow the Wizard's advice in patronizing the best and avoiding the worst casinos, your money will last longer, and you will have a better chance to win. This week's feature is about "Cause and Effect, by the Numbers!"



Best Overall Slot Odds:Harrah's & Borgata
Best Casino Players Card:"M'Life" Borgata
Best Casino Promotions:(Free Slot Play) Borgata
Best Player's Club:"Amphora Lounge" Borgata
Highest Progressive Slot Meters:Borgata
Highest Class of Customers: "The Nicer People Place"Borgata
Best Steak House:"Old Homestead" (\$\$\$\$) Borgata
Best Entertainment ProgramHard Rock
Cleanest Casino:(Tie) Ocean Casino Resort, Resorts & Borgata
The Safest Casino:Borgata
Classiest Sportsbook in Town:Borgata

The "Wiz" does not claim to possess uncanny powers to predict the future, but he does know that the axiom "the past is prologue to the future" applies more often than not. It is all about the numbers and how to read them to establish the cause of subsequent events. Here are a few for your consideration:

Public Safety: When you cut your police department manpower from 404 sworn officers to 195 you get more crime and disorder. The ACPD's budget was cut from \$37.2 million in 2012 to \$19.9 million in 2015. This year it is \$25.9 million that funds 267 officers, still not enough to address the foreseeable risk of crime to visitors and residents.

Casino Safety: A five-year study of serious crime in a large, but now defunct, casino hotel on the Boardwalk revealed that crimes increased by 99% as the budgets for security were cut by 31% during that same period.

High Gas Prices and Inflation: When you cut supply such as the Keystone Pipeline and create increased demand by allowing millions of illegal aliens and hoods to use our highways and byways you get higher gasoline prices. This contributes to inflation because everything we buy or use is related to energy in some way or another.

Baby Formula: When you allow four companies to monopolize this critical nutrition for infants and the largest supplier shuts down because of unsanitary conditions in a supposedly FDA-regulated vital industry, (Abbott Labs = 40%) mothers panic. That enables many goniffs to hike prices.

Winning & Losing: When casinos "loosen" their slots and table game rules you have a greater chance of playing longer which gives Lady Luck more time to visit you. When casinos "tighten" slot odds and replace BJ games with Spanish 21 with higher house percentage games, you get cleaned out faster. The end result is that fewer customers return and the casino goes bust taking away thousands of local jobs. On the other hand, casinos that offer better deals such as the Borgata prosper.

The bottom line is that the laws of supply and demand are constant. So is cause and effect. When will they ever learn?

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The "Wiz" can be contacted at WizardofOdds@comcast.net Editor's Note: The opinions of the Wiz are not opinions of this publication.





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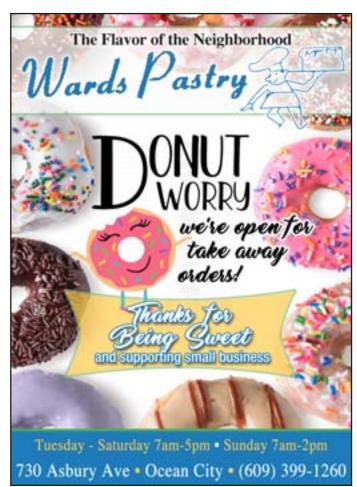
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 CHICKEN MARSALA
 PASTA AND GRILLED CHICKEN BAKED ZITI - SAUSAGE AND PEPPERS - VEAL AND PEPPERS

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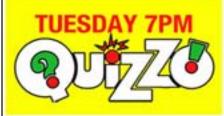
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Ventnor city free beach concerts

CRAFTERS & FOOD VENDORS BEGIN AT 5 P.M. AND CONCERTS BEGIN AT 6 P.M. * LINEUP IS SUBJECT TO CHANGE.

Newport Avenue Beachfront Gazebo

Ski Beach at Dorset and Burk Avenues

June 4 - The Ususal Suspects, pop-rock covers
June 11 - The Burnsiders Reggae Band, reggae
June 18 - The Beat Tells, Beatles tribute band
June 25 - Big Daddy Duo, party rock
July 2 - Dead Reckoning, Grateful Dead tribute band
July 9 - Crazy Uncle, classic rock
July 16 - Juicy, party music
July 23 - Fusebox, mixed bag
Aug. 6 - The Flynn's/Kilted Rouges, Irish music
Aug. 13 - Derek Crider, country
Aug. 20 - No Pressure, party music
Aug. 27 - Package Goods, timeless classics
Sept. 3 - The Notion, 70s to today

June 29 – Don't Call Me Francis, hits from the 70s to today

July 6 – Slippery When Wet, Bon Jovi tribute band July 13 – B Street Band, Springsteen tribute band July 20 – The Exceptions, party music

> July 27 – Sensational Soul Cruisers, Motown, Philly soul, disco, R&B

Aug. 3 – Parrot Beach, Jimmy Buffett tribute band

Aug. 10 – David Christopher's 70s Revival Show, 70s music

Aug. 17 – The Business, party music Aug. 24 – Shot of Southern, country Aug. 31 – Legacy Band, classics 70s to today



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ATLANTIC COUNTY

National Oceans Month - June 2022

National Oceans Month is celebrated each year in June and it's time to honor the element that is essential to the planet Earth. The ocean is known as the "lungs of the Earth" and very rightly so. It gives us many important foods and medicine. In fact, the majority of the Earth's oxygen also comes from the ocean. It also keeps the climate in check.

HISTORY OF NATIONAL OCEANS MONTH

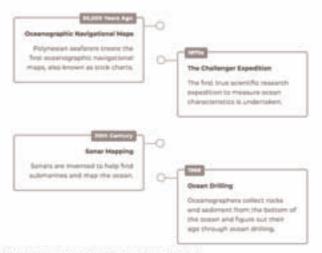
Each year, the ocean is celebrated in all its glory in the month of June. It is a beautiful time to come together and celebrate the ecosystem that is essential to the survival of people and marine life. The ocean is home to majestic sea life such as fish, turtles, colorful coral reefs, and unique organisms.

Every year, a proclamation designating June as National Oceans Month is issued. Additionally, the United Nations General Assembly designated June 8 as World Oceans Day. World Oceans Day was first declared in Rio de Janeiro at the Global Forum on June 8, 1992.

National Oceans Month was conceptualized to recognize our connection to the ocean and to raise awareness about the dangers it faces. It is unfortunate that each year approximately 8 million metric tons of plastic is thrown into our oceans. Additionally, it is found that around 4 billion plastic microfibers litter the deep sea. Another challenge that our oceans face is the case of overfishing. This has an adverse impact on the thousands of species that have made the ocean their home. Marine life should not be subject to such harsh conditions and humans should endeavor to protect it.

Thus, in the current times, it has become imperative to take necessary action to treat our ocean's resources with respect. We also have to keep in mind the future generations who will also need the ocean to live a prosperous life.

NATIONAL OCEANS MONTH TIMELINE



HOW TO CELEBRATE NATIONAL OCEANS MONTH

- Connect with the ocean Go to your nearest ocean and connect with it. Soak in
 the beauty and calm that it provides. Admire the serene beauty of it. You can make
 it a day-long activity with your friends and family.
- Pledge to preserve the ocean Take a pledge to preserve and protect the ocean.
 You can put your words into action by partaking in an ocean clean-up drive. Support a local organization that works towards keeping the beaches and surrounding areas of the ocean clean, thus ensuring that minimal to no waste enters it.
- Watch an ocean documentary or movie There are plenty of movies and documentaries available that show you the marvels of ocean life and why we must protect it. This will help you understand the gravity of the situation and enable you to act responsibly.

5 FACTS ABOUT THE OCEAN THAT WILL BLOW YOUR MIND

- Less than 5% explored It is difficult to study ocean life, hence the reason only 5% of the planet's oceans have been explored.
- Longest mountain chain in the ocean The planet's longest chain of mountains, the Mid-Ocean Ridge, stretching across a distance of 40,390 miles, is almost entirely beneath the ocean.
- Pacific Ocean is wider than the Moon At its widest point, the Pacific Ocean from Indonesia to Colombia is wider than the Moon.
- Half of the U.S. is below the ocean The borders of the U.S. extend 200 nautical miles away from the shore and thus half of the country lies below the ocean.
- Three million shipwrecks in the ocean According to the United Nations Educational, Scientific and Cultural Organization, the oceans have around three million shipwrecks.



WHY NATIONAL OCEANS MONTH IS IMPORTANT

- They provide the oxygen we breathe The National Ocean Service states that oceans produce over 60% of the world's oxygen. This makes them extremely important to the well-being of all individuals.
- They are essential to marine life There is a vast marine life that lives in our deep blue seas. From fish and turtles to coral reefs, you can find unique life under the water everywhere. Oceans are their homes and National Oceans Month helps us to remember that.
- Oceans help to combat climate change People often underestimate the
 oceans' power to combat climate change. Oceans protect and restore seagrasses,
 salt marshes, and mangroves. They also absorb carbon dioxide from the atmosphere at a higher rate than terrestrial forests. Thus, they are integral to the health
 of our planet.



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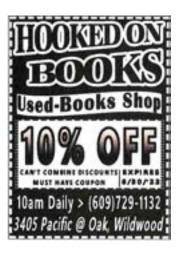
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10 Fun Facts About Summer

- The first modern Olympic Games were held in the summer in 1896 in Athens, Greece.
- The first day of summer is between June 20th and June 22nd every year. The first day of summer is called the summer solstice, and the day varies due to the Earth's rotation not exactly reflecting our calendar year.
- 3. The last day of summer is September 20th.
- Watermelon is one of summer's best summer treats.
 Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.
- The Eiffel tower actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.
- If you love ice cream, the summer season should be your favorite. July is national ice cream month.
- Another interesting fact about summer is that 'elevision shows used to only be reruns during the summer months. The idea being that everyone was outside enjoying the weather
- A June fun fact is that the month of June is named after the Roman goddess Juno.
- The first women's bathing suit was created in the 1800's. It came with a pair of bloomers.
- The "dog days of summer" refer to the dates from July 3rd to August 11th. They are named so after Sirius the Dog Star. This star is located in the constellation of Canis Major.

CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE

PAN SEARED GROUPER W/ WHITE WINE SAUCE

INGREDIENTS:

- . 2 (6oz.) Grouper Fillets, Skin Off
- 1 cup All-Purpose Flour
- 1/2 cup Canola Oil
- 4 Tbsp Whole Unsalted Butter
- Seasoned Salt to Taste
- Fresh Cracked Black Pepper to Taste

Sauce:

- · 2 Tbsp Whole Unsalted Butter
- 1/2 Shallot, Minced
- 1/2 cup White Wine
- 1 tsp Fresh Chopped Lavender
- 1/2 Lemon
- Kosher Salt & Fresh Cracked Black Pepper to Taste

PREPARATION:

Preheat oven to 375°. Preheat oil and butter in a medium size oven safe saute pan over medium high heat, on range top. Season fish with seasoned salt. Pour flour into a ziploc bag. Place fillets into the bag one at a time. Seal the bag and coat the fillet. Repeat process for other fillet. Place fillets flesh side down into hot fat. Sear golden brown. Flip fillets and place pan in oven to finish cooking. While the fish is finishing, make the sauce. Using a small to medium size saute pan, add 1 Tbsp of butter and place on burner over medium heat. When the butter heats up, add in shallot. Cook until translucent. Add in wine and lavender and reduce liquid by half. Remove from heat and whisk in remaining butter. Last, season and squeeze in lemon. Pour sauce over plated fillets. Garnish with lemon wedges. Enjoy!

HAPPY 70 BIRTHDAY MARGY GRUFF!

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BOARDWALK HALL:

7/2 - NICK CANNON PRESENTS: MTV WILD 'N OUT 7/23 - WHY DON'T WE: THE GOOD TIMES ONLY TOUR

HARD ROCK:

6/3 & 4 - JOE ROGAN 6/11 - NEHA KAKKAR 6/17 & 18 - JOHN MULANEY 6/24 - LIONEL RICHIE 6/25 - ANDREA BOCELLI 7/1 - THE CHAINSMOKERS 7/3 - NEW KIDS ON THE BLOCK

GOLDEN NUGGET:

7/9 - CHUBBY CHECKER 8/6 - YACHT ROCK LEGENDS

CAESARS:

7/2 - PAT BENATAR & NEIL **GIRALDO** 7/11 - SOCK HOP 7/28 - THE DRIFTERS -UNDER THE BOARDWALK

OCEAN RESORT:

NOW - 9/4 - MAGICAL MYSTERY DOORS 6/10 - RON WHITE

TROPICANA:

6/17 - THE MASKED SINGER NATIONAL TOUR 2022 6/30 - THE MAGIC OF BETTE 6/17 - THE BRIAN MCKNIGHT 4 MIDLER & BARRY MANILOW

BORGATA:

6/10 & 11 -WEEN 7/2 - THE BLACK CROWES 7/22 - TREVOR NOAH 8/6 - STEELY DAN 8/19 - RICK SPRINGFIELD 8/20 - ILIZA: BACK IN ACTION TOUR

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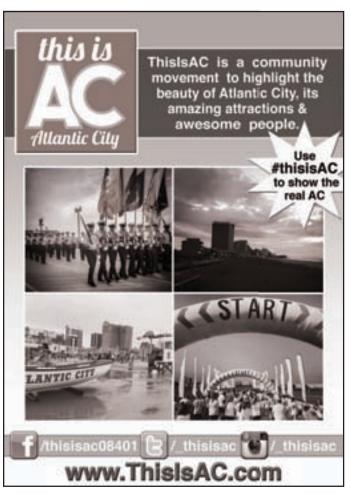
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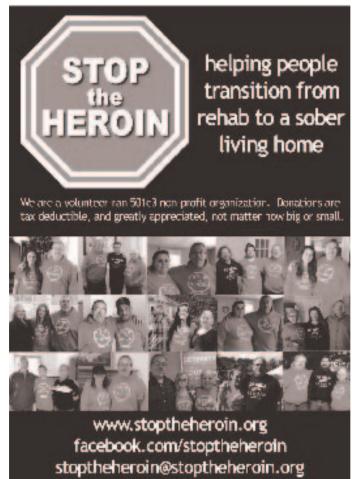
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(DOWNLOADED & STREAMED) WEEK OF MAY 28, 2022

- 1. FIRST CLASS JACK HARLOW
- 2. AS IT WAS HARRY STYLES
- 3. N95 KENDRICK LAMAR
- 4. WAIT FOR U FUTURE FEATURING DRAKE & TEMS
- 5. DIE HARD KENDRICK LAMAR, BLXST & AMANDA REIFER
- 6. YOU PROOF
- MORGAN WALLEN
- 7. SILENT HILL KENDRICK LAMAR & KODAK BLACK
- 8. UNITED IN GRIEF KENDRICK LAMAR
- 9. ABOUT DAMN TIME LIZZO
- 10. BIG ENERGY

BOX OFFICE MOVIES WEEKEND OF 5/27/22-5/29/22

- 1. TOP GUN: MAVERICK
- 2. TOP GUN
- 3. CHIP 'N DALE: RESCUE RANGERS
- 4. THOR: LOVE AND THUNDER
- 5. EVERYTHING EVERY WHERE ALL AT ONCE
- 6. WINNIE-THE-POOH: **BLOOD AND HONEY**
- 7. DOCTOR STRANGE IN THE MULTIVERSE OF MADNESS
- 8. THE NORTHMAN
- 9. SENIOR YEAR
- 10. THREE THOUSAND YEARS OF LONGING

DE TABI

TIDES FOR ATLANTIC CITY STARTING WITH JUNE 2, 2022

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	3	Low	4:33 PM	0.8				
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	6	Low	7:02 PM	1.0				
Tu	7	High	1:14 AM	4.0	5:31 AM	Set	1:34 A	M 41
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	8	TOM	9:07 PM	0.9				



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DEEP DOPE COOL

CURATED BY RAYMOND TYLER

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The Light With Raymond Tyler airs Friday evenings from 6pm to 8pm in Philly on FM 106.5 WPPM and Saturday evenings from 6pm to 8pm
6pm to 8pm
7 on FM 91.7 WLFR1

PIAL A POET

This week I am proud to announce that Trapeta Mayson 2020-2021 Poet Laureate of Philadelphia chose me (Raymond Tyler) to be the featured poet for this week's Healing Verse Poetry Line. Every Monday morning, a new poem centering mental well being can be heard by calling the number 1-855-POEMRX2 (1-855-763-6792).

Launched in January 2021 by Philadelphia Poet Laureate and licensed clinical social worker Trapeta B. Mayson, the toll-free and 24/7 phone line offers callers an opportunity to hear a new and hopeful poem on a weekly basis. Healing Verse uses poetry as a foundation to promote wellness, mental health, and mental well-being across the city, country, and world. In 2022, the phone line finds a new home at Philadelphia Contemporary and will feature the work of 50 emerging and professional poets, many connected to schools, senior and community centers. This project was supported by the Academy of American Poets, Free Library of Philadelphia, and Kelly Writers House.

When you call 1-855-POEMRX2 (1-855-763-6792) you will not only get great inspiring new poetry every Monday but also valuable information on getting help for depression and other issues of mental health.

I am proud to be a part of this project and even more proud to be a friend of curators Yolanda Wisher and Trapeta B. Mason. I am most proud of this great platform of healing they have created. Please call to hear my poem and support as best you can.



RAYMOND TYLER

Ornely realized for till July green sweater made for find warm my francis begged for til throw it away. Chante realized

The could find you it focused all upp great member has been accelled the body to be construe.

HEALING VERSE POETRY LINE

Raymond Tyler is a nation of intentic.
City and serves as a member of The
Attentic City Arts Commission. He is also
the current Black Art Matters curator for
The Royes Arts Garage of Shockton
University and the first guest social
media-curator for The South Jersey
Cultural Alliance.

ATLANTIC COUNTY

BACK IN ACTION Submitted by: Judy Brenna Felicetta Catering & Special Events Director | The Deauville Inn

Ladies and Gertlemen, ((slow drum rolls)), please welcome to the stage, for the first time in a long time, the new and improved, ((pause for dramatic emphasis)), MRS. Judy Felicetta! ((a crescendo of symbols clash as thunderous applause erupts while people jump out of their seats in jubilation)). Yes, that's right, I'm back. FINALLY. After months of my OCD kicked into high gear, tearing my hair out with wedding plans, I am returned and renewed, now a kept woman, with a second finger prison... and apparently slightly balder... And it is SO good to back! On a side note, I have to share, people keep asking me "Soooo??? How's married life??" in a sing-song voice. Everyone does it. I'm not quite sure why. And my answer is always the same, "the exact same as it was before we said I do". Nothing changes, except for the paperwork. Not that I was expecting it, and believe me I am super happy, but no one ever prepares you for the vast silence that proceeds the wedding. Ah well, life goes on!



There has been an exorbitant amount of hubbub in our County as of late, thanks to the world officially reopening ((thanks, world!)). Tourism will be at an all-time high this year! It's a good time to be in AC that's for sure. There are 2 highlights from this last holiday weekend that you should most definitely take note of, The Coral Lounge in Resorts, and the grand reopening of Bally's. Let's dive in, shall we? ((pulling swimmies up arms and attaching snorkeling device)).



The Coral Lounge is a pop-up bar at Bar One that just celebrated its grand opening this weekend. Located in Resorts Atlantic City, this under-the-sea-themed bar has a whimsical and magical feel that you must check out at least once this summer, open May 28th through September 5th, offering live music every weekend, with some truly delicious drink specials, like their Diving Horse Orange Crush, and their Frozen Dirty Monkey. And it's kind of hard to not feel swept away with it all. Before you know it, you'll be getting the unmistakable urge to play the steel drums ((or sing Under the Sea from The Little Mermaid)).



Next up, with the official ribbon cutting last Thursday, the grand opening of the all-new Bally's features 750 newly renovated rooms including suites and penthouses; new slots; a new hotel lobby; and a couple highlights I must address. First, the Carousel Bar, a 360-degree rotating bar immersive experience features an elevated 24-seat rotating bar reminiscent of a carousel and is the first venue of its kind in New Jersey. Guests can enjoy modern cocktails with Atlantic City flavors such as Saltwater Taffy, Cotton Candy, funnel cake, and more. It's open 24/7 and has got to be one of the coolest things I've seen in a long time ((save for the murder mystery scavenger hunt I went on for my bachelorette weekend... trust me it was epic and riveting)). In addition, The Yard is a totally different, yet equally unique must-experience, offering live entertainment, a gastro-pub style menu, a curated tap list featuring local and national brewers, and craft cocktails. Adding to this experience are 90's themed arcade games, lounge-style seating, and an indoor and outdoor stage for live entertainment. And lastly, Bally's Legends VIP Beach is located just off the Bally's Beach Bar. This designated beach is for our Bally Rewards Legend members and offers private lounge seating, and a beachside butter service including towel service, specialty passed amenities, cool towels, beach massages, security, and private F&B offerings and service. Open Friday, Saturday, and Sunday beginning Memorial Day Weekend. There is so much more exciting new things at the all new Bally's, but I don't have the room to gush about it all. Go to https://www.ballys.com/atlantic-city and check out all the new happenings!





Well, that's all I've got for now. I am genuinely excited and happy to be back, pounding the pavement and divulging all that I can. I hope you all had a great MDW! Until next week, Folks! #stayjerseystrong



This Week's Weather 60% HIGH 79 THURSDAY, JUNE 2 **LOW 66** HIGH 75 FRIDAY, JUNE 3 LOW 66 HIGH 73 SATURDAY, JUNE 4 LOW 64 SUNDAY, JUNE 5 HIGH 73 LOW 64 HIGH 73 MONDAY, JUNE 6 LOW 64 HIGH 73 TUESDAY, JUNE 7 **LOW 64** HIGH 75 WEDNESDAY, JUNE 8 LOW 66



THE IMPORTANCE OF ORGAN MEAT FOR YOUR DOGS & CATS

Submitted By Patsy Nelson from The Wagging Tail

A few weeks ago, Bob shared a video by Dr. Marty, a graduate of The Cornell Veterinary School and a practicing vet for over 48 years. He is also a vet for Oprah Winfrey, Martha Stewart, among other celebs and regular people like me. I watched the video for its length of over thirty minutes, and everything he emphasized, I have been telling my readers for decades. Stay away from by-products, soy, wheat, corn, artificial flavor and color, dangerous preservatives (like in Milk Bones) and food manufactured to benefit big companies like Mars, Smuckers, and Procter and Gamble, to name a few.

But what he emphasized, that I had already been giving to my pets, was organ meats. In my case, I was doing some raw, but always added some dehydrated. According to an article I got off the internet by Jodie Gruenstern, DVM, CVA, organ meats are super foods for dogs and cats. Presently, I am giving my cats dehydrated rabbit, and my dogs a variety of dehydrated protein sources. Giving your dogs and cats some liver, kidney, and heart can help their overall health immensely. These are parts of the prey that would be caught and relished in the wild. It is said that the best diet for a cat is a healthy mouse, as the cat will get the benefit of all the tissue, blood and organs.

LIVER is the most widely used because it is so easy to acquire. But it gets some bad publicity because the liver detoxifies. But the liver does not store these toxins, it merely filters them out. When analyzed post-mortem, the liver has no more toxins than the kidneys or muscles. The benefits of liver include added vitamins A, D, E and K, which are all important fat-soluble vitamins, which means they dissolve in fat and are stored in the liver and fatty tissue until required by the body, helping to keep the heart healthy and blood to clot. Some food sources that provide these vitamins (all for humans, most for pets) are liver, dairy, kale, sweet potato, apricots (I am eating some now) tomatoes, carrots, egg yolk, spinach, and cantaloupe.

HEARTS provide the amino acid Taurine (so does sardines) which is vital to healthy functioning of the heart, but the benefits can be destroyed through heating. The highest level for cats is in the heart muscle of mice! Cats will develop DCM if they lack Taurine in their diet. Heart is the best source of CoQ10, which Bob and I take every morning. Bison, venison and beef hearts are really good sources of CoQ10. Eating heart organ (included in frozen and freeze-dried form) provides iron, zinc, selenium and B vitamins, essential for "energy balance and preventing oxidative stress."

STOMACH, is also called tripe and can really be stinky. Treats, and freeze-dried are available, but the best is raw, or raw frozen. Dogs usually love it and it is a great way to get fussy eaters to eat, and it will help disguise medicines or other supplements a pet may need to ingest. Green tripe is full of healthy probiotics, 'which is vital to a healthy microbiome and immune system.'

I will continue with other organ meats next issue. Thank you for helping us and our mini cat shelter. The next few months are crucial for our survival. Please tell your friends about us.

Thank you to those who support our store. It is very challenging with all the competition. We need all the help we can get to stay here for you.

ATLANTIC CITY SUMMER CONCERTS

Free Concerts at Kennedy Plaza, 2301 Boardwalk • 7:00 pm - 10:00 pm MONDAYS: SUMMER JAZZ CONCERT SERIES

Jun 27th Nicholas Payton Quartet Aug 1st Helen Sung & "Sung with Words"

Jul 4th Sean Jones Quartet

Aug 8th Nnenna Freelon Quartet

Jul 11th Carmen Lundy Quartet

Aug 15th Harvey Mason Sextet

Jul 18th Jason Marsalis Quartet

Aug 22nd Matthew Whitaker Quartet

Jul 25th Charlie Sepulveda Sextet

Aug 29th The Vellowjackets

TUES, WED, THURS: SUMMER CONCERTS Jul 5th: Sensamotion – Reggae Rock Jul 6: E–Street Shuffle – Bruce Springsteen Tribute Jul 7: The Benjamin's - Rock, Pop, Country and more Jul 19: Shorty Long & The Jersey Horns – Party Band Jul 20: Triple Rail Run - Modern Country Jul 21: Screaming Broccoli – Rock, Pop, and more Jul 26: The Flip N' Mickeys – Irish Party Band Jul 27: Sensational Soul Cruisers – Soul, R&B & Motown Jul 28: The Nerds - America's Party Band Fun-omenon! Aug 2: Eleven Eleven - Various Covers, Indie (originals) Aug 3: Lisa Ramey - Pop, R&B • Aug 4: Frontiers - Journey Tribute Aug 10: TBÁ 8Aug 11:Radio Petty - Tom Petty Tribute Aug 16: Sensamotion – Řeggae Rock Aug 17: The Suyat Band - American Idol Top 24 finalist. Aug 18: Bell Bottom Blues - Eric Clapton Tribute Aug 23: Dr. Phil & The Heartattacks Band - Rock, Blues and More Aug 24: The Blarney Session - Irish Party Band Aug 25: Mott's Creek Pickers - Classic Rock, Country Aug 30: Fish out of Water - Rock, Funk, Reggae, Hip-Hop Aug 31: Michael Allman Band - Southern Rock'n Blues Sept 1: Hildy & The Peptones - Twenties Era Jazz Sept 7: Lima Bean Riot - Rock, Pop, Classic Rock Sept 8: Triple Rail Run – Modern Country Five Times Famous - Rock, Reggae, Pop

80s Movies Word Search

F V B A C K T O T H E F U T U R E N F T H
I P F I G T H E K A R A T E K I D H F Z F
C B B O R E V M B L A D E R U N N E R H K
P A S M O T Y U V D A L I E N S Z U D B Z
S I T I B T J Q O N I R O M T Z S T I E W
T H A S O S L M A N N E Q U I N M H R E X
A N R M C A Z O M K Z J H Y M T B E T T A
N T W Z O G R Y O B S O J A H W U S Y L A
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M U I N D I A N A J O N E S S B V I C I K
E N T H E G O O N I E S N M Q H A N I C W
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C A H D I P O L I C E A C A D E M Y G W P
E T T H E E X T R A T E R R E S T R I A L
E Z G R E M L I N S Z D V P R E D A T O R

GREMLINS THE TERMINATOR PREDATOR ROBOCOP MANNEQUIN ALIENS BEETLEJUICE BACK TO THE FUTURE TOP GUN SPLASH BLADE RUNNER GHOSTBUSTERS BIG DIRTY DANCING STAND BY ME INDIANA JONES E.T. THE EXTRA TERRESTRIAL THE GOONIES FOOTLOOSE POLICE ACADEMY DIE HARD STAR WARS THE SHINING THE KARATE KID

SATU	TURDAY AFTERNOON JUNE 4, 2022													
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	
3-CBS	Норе-	Paid Prg.	DraftK	Cornhole		Course	PGA Tour	Golf the Me	morial Tourr	nament, Thi	rd Round. (Ir	n Stereo Liv	e)	
6-ABC	oh baby!	Hearts of	Free Ent.	Dog Challe	enge	Our Ameri	ca- Meant	2022 Wom	en's Colleg	e World Se	ries	Action Ne	ws 5PM	
10-NBC	Tennis	Roland-Ga	rros			AMA Supe	rcross	2022 U.S. V	Women's O	pen Golf C	hampionshi	p Third Round. ©		
17-MNT	Paid Prg.	Home	Paid Prg.	House	MyDest.	Raw Trav.	Greatest	S.W.A.T. "	Pride"	DraftK	Friends	Friends	Friends	
23-PBS	'60s Pop, F	Rock & Sou	I	The Big Ba	ınd Years (I	My Music P	resents)	Table	Roadfood	Mexican	Sara's	NJ Busin	State-Aff	
29-FOX	Home	PowerXL	Paid Prg.	Paid Prg.	Paid Prg.	Paid Prg.	USFL	USFL Football New Orleans Brea			kers vs Birmi	ingham Stal	lions.	
57-CW	Gone Vi	Paid Prg.	Transform	Paid Prg.	aid Prg. Paid Prg. Ninja Warrior			The First 4	18 00	Major Crin	nes 🚾	MacGyver	CC	
A&E	Tiny Hse	Living	Living	Biggie: Th	e Life of No	torious B.I.	G. (In Stere	o) 📧		Origins of	Hip-Hop	The First 4	18 🔯	
AMC	Two Men	Two Men	Two Men	Two Men	Two Men	*** "Fast	Times at R	idgemont H	igh"	★★ "The G	reat Outdoo	ors" (1988)	CC	
CNN	News	CNN News	room	CNN News	room	CNN News	room	CNN News	room	CNN News	room	CNN News	sroom	
DISC	Expedi	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Louisiana	Law ©	Louisiana	Law ©	
DISN	Owl Hse.	Owl Hse.	Owl Hse.	Owl Hse.	Owl Hse.	Owl Hse.	Owl Hse.	Big City	Big City	Big City	Big City	Big City		
ESPN	SportCtr	College Ba	seball Tear	ns TBA. (Liv	re)			Red Bull C	liff Diving			Premier La	acrosse	
ESPN2	W. Stu	College Ba	seball NCA	A Tourname	ent, Regiona	l: Teams TE	BA. (Live)	College Ba	aseball NCA	A Tournam	ent, Regiona	al: Teams TE	BA. (Live)	
FNEWS	Cavuto	Fox News	Live (Live)	CC		Fox News	Live ©	Journal Ed	litorial Rpt.	Fox News	Live ©	Saturday 9	Show	
FX	Fam. Guy	★★½ "Twiliα	ght" (2008)	Kristen Stev	art. (In Ster	(2009) ★★½ "The Twilight Saga: New Moon" (2009) Kristen					Kristen Stew	art.	"Eclipse"	
HBO	(11:05) "Tr	anshood" (2020) 'NR'	★★½ "Morta	I Kombat"	(2021)	Real, Bill I	Vlaher	Jerrod Car	michael	Sam Jay	Barry "710N" ©		
HIST	The Se	Pawn Stars		Pawn Star	3	Pawn Stars	S	Pawn Star	s	Pawn Star	S	Pawn Star	S	
ION	Law-SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	ler: SVU	
	` ,	★ "Selena"	` /				, ,	Nicole Ari Pa	1		l: Searching	<u> </u>	` '	
MAX		**** "Driv	_			(2013) Nico					008, Drama)	_	olie. ©	
NBCSPA	Theft	World Pok		World Pok	er			w (In Stered	o) ©		Africa Lea	gue		
NICK	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	
PARMT	NCIS	NCIS © (D	VS)	NCIS "Tell-	All"	NCIS "Two	-Faced"	NCIS © (D	VS)	NCIS "Balt	imore"	NCIS "Swa	ın Song"	
TBS	` ,	10:30) *** "Batman Begins" *** "The Dark K							` `			American		
TCM	•	panish ★★★½ "The Citadel" (1938, Drama) ©					***½ "White Heat" (1949) @ (DVS) *** "Somebody					Up There Likes Me"		
TNT	NCIS: LA	3 (9) *** "Kong: Skull Island" (2017) ** "Th					ne Meg" (2018)		
USA	Chicago	hicago Chicago P.D. U.S. Women's Op					Golf Championship IMSA Weathertech Championship					★★½ "Speed"		

SATU	RDAY	EVENI	NG								J	UNE 4	2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	News	Ent. Tonig	ht	Bull "Bette	r Angels"	48 Hours	C	48 Hours	20	News	Fresh Cut	SEAL
6-ABC	News	ABC	FYI Philly	Wheel	Party at th	e Palace (In	Stereo) ©		The Rooki	е	News	News	Jeopardy!
10-NBC	News	NBC	DraftK	1st Look	Transplant	Transplant © Dateline NBC (In Stereo) ©			eo) 📧		News	Saturday N	light Live
17-MNT	black-ish	black-ish	Big Bang	Gold	Big Bang	Big Bang	Sheldon	Sheldon	Action Nev	ws at 10	Mom	Philler	Friends
23-PBS	Reporters	Chat Box	Gover	The Arts	Old	House	Upstart	Vicar	Professor	T CC	Line of Se	paration	Pride
29-FOX	News	Special	MLB Base	ball Los Ang	geles Angels	at Philadel	ohia Phillies.	. CC	Fox 29 Ne	ws	I Can See	Y our	Feed
57-CW	SEAL Tear	n	FamFeud	FamFeud	Whose?	Would I	Masters	Masters	News	News	Law & Ord	er: SVU	Chi. Fire
A&E	The First 48 © The First 48 © Th				The First 4	.8 @	The First 4	18 CC	The First 4	18 🔯	The First 4	8 00	First 48
AMC	*** "Back to the Future" (1985) Michael J.				Fox.	*** "Back	to the Fut	ure Part II"	(1989) 🚾		"Back to tl	ne Future P	art III"
CNN	CNN Newsroom CNN Newsroom CNN				CNN News	room	"Julia" (20	21) José Ar	drés. 🕮		Royal Dyn	asty	Windsors
DISC	Louisiana	Law 🚾	Louisiana	Law 🚾	Louisiana	Law 🚾	Louisiana	Law ©	Lone Star	Law ©	Lone Star	Law 🔯	Louisiana
DISN	Ladybug	Ladybug	Ladybug	Ladybug	Big City	Big City	Ghost	Ghost	Big City	Big City	Big City	Ladybug	Ladybug
ESPN	Premier La	crosse	2022 Wom	en's Colleg	e World Se	ries	Boxing To	p Rank Boxi	ng: Kambos	os vs. Hane	y. (Live)		SportCtr
ESPN2	College Ba	iseball NCA	A Tourname	ent, Regiona	ıl: Teams TE	BA. (Live)	College Ba	aseball NCA	A Tourname	ent, Regiona	al: Teams TE	A. (Live)	W. Stu
FNEWS	Fox Repor	t	Gutfeld! ©		One Nation	า	Dan Bongino Lawrence Jones			Jones	One Nation	1	Unfiltered
FX	(5:30) ★★½	"The Twilig	ht Saga: Ed	lipse"	** "The T	wilight Saga	a: Breaking Dawn Part 1" © "Twiligh			"Twilight S	Saga: Break		
HBO	(5:48) ***	½ "Jurassic	Park" (199	3)	"Fantastic	Beasts: Th	e Secrets o	f Dumbled	ore" 🚾	Time Traveler's Wife			Time
HIST	Pawn Stars	S	Pawn Star	S	Pawn Stars	S	Pawn Star	s (In Stereo	CC		Pawn Star	6	Pawn
ION	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	ler: SVU	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law-SVU
	"Disappea	rance in Ye	llowstone"	(2022)	"Buried in	Barstow" (2022) Angie	Harmon.	Movie ©				"Buried"
MAX	★★½ "Riddi	ck " (2013) \	Vin Diesel. 🛭	C	★★ "Reind	eer Games'	' (2000)	*** "Char	nging Lanes	s" (2002) 🚾		★½ "Jumpe	r" cc
NBCSPA	Basketball	Africa Lea	gue: Champ	ionship	2022 India	napolis 500	The 106th	running of th	e Indianapo	lis 500. 🚾		Triton Pok	er 🚾
NICK	Sponge.	Sponge.	*** "The	Peanuts Mo	vie" (2015)	CC	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	*** "Top	Gun " (1986)) Tom Cruise	e. (In Stereo) CC	★★★½"Gho	stbusters"	(1984) Bill I	∕lurray. ©		★★½ "Ghos	tbusters II"	(1989)
TBS	American	Burgers	Burgers	Burgers	Burgers Burgers Big Bang			Big Bang	Big Bang	Big Bang	Rat in the	Kitchen	Rat
TCM	*** "The Three Musketeers" (1973) © **½ "Stage Fr					Fright" (19	t" (1950) Jane Wyman. ★★★½ "Sabrina" (1954,				, Comedy) 🛭	"Out	
TNT	(4:45) "The Meg" NHL Pregame © NHI			NHL Hockey Conference Final: Teams TBA. (Live) ©				Postgame Jokers			"Old		
USA	(5:00) ***	½ "Speed" (1994)	*** "The	Blind Side"	(2009) San	dra Bullock,	Tim McGrav	v. CC	*** "The	Blind Side"	(2009, Dran	na) 🚾

SUND	AY AF	TERNO	OON								J	UNE 5	, 2022	
	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	
3-CBS	DraftK	Game	Bull Riding]	PGA Tour	Originals	PGA Tour	Golf the Me	morial Touri	nament, Fina	al Round. (Ir	n Stereo Liv	e) 🚾	
6-ABC	Inside	Special Oly	ympics 202	2 (In Stereo)	CC			2022 Wom	en's Colleg	e World Se	ries	ries Action News 5PM		
10-NBC	(9:00) 2022	Roland-Ga	rros Tennis	s Men's Fina	ıl. cc	Becoming	ANNIKA	2022 U.S.	Women's O	pen Golf Cl	nampionsh	i p Final Rοι	ınd. 🚾	
17-MNT	In Touch	Paid Prg.	Paid Prg.	In Focus	This	Pawn	Pawn	Friends Friends DraftKin			Casino	Philler	Friends	
23-PBS	Think Tk	State-Aff	Gover	Lidia	Milk	Kitchen	Eat Your N	/ledicine: Th	ne Pegan Di	et	Nitty Gritty	Dirt Band		
29-FOX	Home	USFL Foot	ball Michiga	an Panthers	vs Philadelp	hia Stars. 🖾		Paid Prg.	Paid Prg.	Paid Prg.	U.S. Na.	Soccer		
57-CW	Parade	Paid Prg.	DraftK	Paid Prg.	Paid Prg.	Storm of S	Suspicion	The First 4	18 🚾	Major Crim	nes 🚾	Monk ©		
A&E	50/50 Flip	Bobby Bro	wn:	Origins of	Нір-Нор	*** "Frida	ay " (1995) lo	ce Cube. (In	Stereo)	★★ "Next F	riday" (200	00) Ice Cube	e. CC	
AMC	"Summer I	Rental"	*** "Back	to the Futu	ire Part III"	(1990) 🕮		★★★½"Bac	k to the Fu	ture" (1985)	Michael J.	Fox.	"Future	
CNN	Reliable	State of Ur	nion	Fareed Zal	caria GPS	CNN News	room	CNN News	room	CNN News	room	CNN News	sroom	
DISC	Afraid XL	Naked and	Afraid XL (In Stereo) 🛭		Naked and	Afraid XL	(In Stereo) ©	C	Naked and	Afraid XL	(In Stereo)	CC	
DISN	Big City	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Big City	Big City	Big City	
ESPN	SportCtr	Track and	Field Ameri	can Track L	eague.	The Point	(Live) ©	ABC Hock	ey Saturday	y Pregame				
ESPN2	FIFA World	d Cup 2022	Qualifying	Wales vs TE	BA. Final.	College Baseball NCAA Tournament, Regional: T					BA. (Live)	E60		
FNEWS	Medi	Fox News	Live ©	Fox News	Live ©	FOX News	Sunday	Maria Bart	iromo	Fox News	Live ©	Sunday S	how	
FX	"Twilight:	Moon"	★★½ "The T	wilight Sag	a: Eclipse"	(2010) (In S	Stereo)	★★ "The T	wilight Saga	a: Breaking	Dawn Part	1" 🚾	"Twilight"	
HBO	(11:10) **	4 "Limitless	" CC	** "Ride A	long" (201	4) CC	"Hitman's	Wife"		Real, Bill N	/laher	We Own 1	his City	
HIST	The Cars	The Cars 1	hat Made A	merica ©		The Cars 1	That Made A	America 🖾		The Men V	/ho Built A	merica 🚾		
ION	NCIS	NCIS "Shoo	oter"	NCIS © (D	VS)	NCIS © (D	VS)	NCIS © (D	VS)	NCIS © (D	VS)	NCIS "So	t Goes"	
	"Mommy"	"Buried in	Barstow" (2022) Angie	Harmon.	★¼ "The Bo	y Next Doo	or" (2015) 🖾		"Gone Mo	m: Disappe	arance of c	lennifer"	
MAX	(11:23) **	* "Things V	Ve Lost in t	he Fire"	"Phone Bo	ooth" 🚾	"2 Minutes	s of Fame"	(2020) Jay F	haroah.	*** "28 D	ays Later"	(2002)	
NBCSPA	GymForm	Paid Prg.	Phillies	PreGame	MLB Base	ball Los Ano	geles Angels	at Philadel	phia Phillies.	CC	Phil. Posto	game	Ninja	
NICK	Loud	Loud	Loud	Loud	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	Sponge.	
PARMT	Rescue Bar Rescue © Bar Rescue ©				e cc	Bar Rescu		Bar Rescu		Bar Rescu		Bar Rescu	ie 🖂	
TBS	Friends *** "Ant-Man" (2015, Action) Paul Rudd.					1	1	Man and Th	e Wasp" (2	018) Paul R	udd.	"Avenger	s: Age"	
TCM	*** "Ranc	dom Harves	t" (1942) Ro	onald Colma		"Gentlemen Prefer Blondes" *** "Sylv				"Sylvia Scarlett" (1935) © "		"Yentl"		
TNT	(10:46) ** "Star Wars: The Phantom Menace" (1999)					★★½ "Star Wars: Attack of the Clones" (2002)				2002) © (DVS) "Star Wars: Re'			s: Re"	
USA	Law-SVU	Law & Ord	er: SVU	U.S. Wome	n's Open C	Golf Championship Pre-Race IndyCar				dyCar IndyC			IndyCar	

SUND	AY EV	ENING	ì								J	UNE 5	, 2022
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00
3-CBS	News	News	60 Minutes	CC	The Equali	izer 🔯	NCIS: Los	Angeles	S.W.A.T. "S	Survive"	News	Sports	J. Osteen
6-ABC	News	ABC	J. Kimmel	NBA	2022 NBA	Finals TBA	at Golden S	State Warrior	s. CC	NBA	News	News	FYI Philly
10-NBC	Wom. Ope	en	Dancing W	ith Myself	America's	Got Talent	"Auditions 1	l" CC	Jurassic Park NBC 10			ws at 11p	Bensinge
17-MNT	Two Men	Two Men	Big Bang	Gold	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Action Nev	ws at 10	Mom	Seinfeld	Seinfeld
23-PBS	Henry Lou	is Gates Jr.	Uncover	ing	Buddy Guy	y: True to th	ne Blues 🖾		*** "Cond	cert for Geo	rge" (2003)	CC	Upstart
29-FOX	Soccer		MasterChe	f cc	Simpsons	LEGO	Duncan	Duncan	Fox 29 Nev	ws	News	Feed	Paid Prg.
57-CW	Bull (In Ste	ereo) 🚾	FamFeud	2022 MTV	Movie & TV	Awards ©		News	Fresh Cut	Law & Ord	ler: SVU	Chi. Fire	
A&E	★½ "Friday	After Next"	' (2002) Ice (Cube.	Bobby Bro	wn	Bobby Bro	own	Bobby Bro	own	Bobby Bro	own	Biography
AMC	(5:16) ***	"Back to th	ne Future Pa	art II"	Fear the W	/alking	Fear the V	Valking	Talking De	ad ©	Fear the W	/alking Dea	d "Gone"
CNN	CNN News	room	CNN News	room	CNN News	room	Watergate	-Scandal	Watergate	-Scandal	The Eighti	es 🚾	Water
DISC	Naked and	Afraid XL	Naked and	Afraid XL	Naked and	Afraid XL	"Legendary	Fail"	Naked and	Afraid	Naked and	l Afraid	Afraid XL
DISN	Big City	Big City	"The Proud	d Family Mo	ovie" (2005)	'NR' ©	Villains Ultra			Big City	Big City	Big City	Big City
ESPN	Baseball T	onight	MLB Basel	ball St. Loui	s Cardinals at Chicago Cubs. (Live)			SportsCen	iter 🚾	SportsCer	nter (Live) 🚾	1	
ESPN2	W. Stu	W. Stu	2022 Wom	en's Colleg	e World Series College Baseball NCAA Tournament						ıl: Teams TE	BA. (Live)	Games
FNEWS	Fox Repor	t	Sunday Ni	ght	Life, Liberty & Levin The Next Revolution			Sunday Ni	ght	Life, Liber	ty & Levin	Revolu	
FX	"Twilight S	Saga: Break	ing 2"		★★½ "Juma	ınji: The Ne	xt Level" (2	2019) (In Ste	reo)	★★½"Juma	nji: The Next Level" (2		2019)
HBO	We Own	"Fantastic	Beasts: Th	e Secrets o	f Dumbledo	ore" ©	Time Trav	eler's Wife	Barry	The Baby	Last	Time Trave	eler's Wife
HIST	The Men V	Vho Built Ar	merica 🚾		The Men W	/ho Built Aı	merica 🚾		The Men V	/ho Built Aı	merica 🚾		America
ION	NCIS "Cho	ke Hold"	NCIS © (D	VS)	NCIS @ (D	VS)	NCIS © (D	VS)	NCIS © (D	VS)	NCIS "Grou	unded"	NCIS
	"Abductio	n Runs in th	ne Family" (2021)	"Deadly Yo	oga Retreat	" (2022) Pre	emiere.	"Buried in	Barstow: E	nhanced E	dition"	"Yoga"
MAX	"28	*** "28 W	eeks Later'	' (2007)	★½ "Max Pa	ayne" (2008	B) CC	★★½ "Cold	Pursuit" (2	019) Liam N	eeson.	*** "First	Blood"
NBCSPA	Ninja	Harness	Golf	Bensinger	Ninja Warr	ior	Ninja War	rior	MLB Base	ball: Angels	at Phillies	_	Poker
NICK	*** "The	Peanuts Mo	vie" (2015)	CC	2022 MTV	Movie & TV	Awards 🕮		MTV Movie	•	Friends	Friends	Friends
PARMT	Bar Rescu	ie ©	Bar Rescu	e cc		Movie & TV			MTV Movie	_	Bar Rescu		Rescue
TBS	(5:00) ***	, 0 0					g Big Bang Big Bang Big Bang Big Bang						
TCM	, , , ,					"Father of the Bride" (1950) *** "Father's Little Div					` '		"Wizard-
TNT	(4:53) "Star Wars: Revenge of the Sith"				*** "Kingsman: The Secret Service" (2014, A			, ,					
USA	Law & Ord	ler: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	der: SVU	Law & Ord	er: SVU	Law & Ord		Law-SVU





SOMERS POINT BEACH FREE CONCERT

The William Morrow Beach/Municipal Beach Park, located between Higbee & New Jersey Aves on Bay Ave. Free show Fridays - Start At 7PM

JUNE 17

One of the greatest Steely Dan Tribute in the world, "Countdown to Ecstasy"

JUNE 24

Multi award winning, soaringly popular hot Austin, Texas singer songwriter and roots rocker; along with South Jersey's great diva of song, Patty Blee and Friends starting the party!

JULY 1

The Tony Mart Allstars perform one of the finest Eagles tributes you'll ever hear, "Eagles Country" 2 1/2 hours of Eagles, Joe Walsh, Don Henley, Linda Ronstadt and more! This show features two great ladies, "Rosie O'Reilly" and our searing hot country rockin' fiddler, Heather "Lil' Mama" Hardy.

MONDAY, JULY 4

The Billy Walton Big Band celebrates the Fourth of July and the debut of their stunning new lead vocalist, Destinee Monroe, an absolute musical force to be reckoned with on the Beach for the first time and many times to come!

JULY 8

One of the greatest party dance bands in the northeast United States, The Dane Anthony Band will bring the party songs and all your favorites from Motown to the latest dance sounds.

JULY 15

"The Piano from Savannah" from the tremendously popular Southern Hospitality Band, Victor Wainwright and the Train, now one of the hardest roots rocking blues rockin', Multi-award winning international recording artists on the festival circuit today.

JULY 22

Multi-million record selling, classic pop, rock and swing vocalist, Maria Muldaur will create "Midnight at the Oasis" on the Beach. Her show will be followed by world class roots rockin' Vanessa Collier, the international star and darling of our tri-state area who is now ascending to headline stardom worldwide and returning to the Jersey Shore to celebrate this spectacular two show concert.

AUGUST 5

One of the greatest classic rock performers in the world today returns with his beautiful and talented wife and daughter when Gary US Bonds once again takes the stage to celebrate the Somers Point legacy of classic rock.

SEPTEMBER 9

One of the greatest classic pop bands on tour in the world today, the Cowsills, featuring their little sister diva, Susan Cowsill, exceptionally talented and vivacious performer and one of three original Cowsills in the Band.

ATLANTIC COUNTY

Celebrate 10 Years of California Avocado Month this June

(NewsUSA) – Ten years ago, the California Avocado Commission first observed June officially as California Avocado Month and is excited to continue celebrating this long-standing tradition. As an ode to the past ten years, the Commission has enlisted the culinary talents of Southern California-native Chef Nyesha Arrington to create delicious and seasonal recipes that prominently feature California avocados, which are grown by about 3,000 California avocado growers with groves from San Diego to Monterey.

Arrington has been celebrated throughout her career for using farm fresh, locally and responsibly sourced ingredients, which made her the perfect partner to craft customized dishes for this celebratory anniversary. "It's hard narrowing down the recipes when California avocados have countless possibilities! However, I love when they are paired with complementing flavors. These California avocados definitely hold their own by leveling up any dish and giving an extra wow factor, making it a California chef's key ingredient," Arrington says.

Meticulously cared for and picked at their peak, California avocados are a heart-healthy superfood that provide "good" fats to one's diet. Inspired by how the bountiful flavor and nutrition pair perfectly, Arrington's Grilled California Avocado & Peach Salad showcases fresh and light flavors perfect for those warm summer nights. The recipe features fresh California avocados and peaches, grilled to perfection, layered on a bed of arugula and crispy quinoa, then paired with a tangy and delicious pistachio-arugula vinaigrette.

To view other mouthwatering creations, including Arrington's California Avocado Crab & Tuna Stack, or to learn more about California avocados, visit CaliforniaAvocado.com. For even more celebration, check out Shop.CaliforniaAvocado.com to grab this season's newest merch just in time for California Avocado Month.

GRILLED CALIFORNIA AVOCADO & PEACH SALAD

Recipe created by Nyesha Arrington for the California Avocado Commission

Serves: 4

Prep time: 35 minutes Cook time: 30 minutes Total time: 65 minutes

INGREDIENTS

- 1 cup black guinoa
- 2 ripe, Fresh California Avocados, halved, seeded and peeled
- · 2 medium firm peaches, seeded and halved
- 3 Tbsp. extra virgin olive oil
- 1/4 cup extra virgin olive oil, for frying
- 1 tsp. kosher salt, separated
- 1 (5 oz.) package wild arugula, 1/2 cup reserved for vinaigrette
- 1/4 cup no-shell chopped pistachios (optional)

PISTACHIO-ARUGULA VINAIGRETTE

- 1/2 cup wild arugula
- 1/2 cup baby spinach
- 5 no-shell pistachio nuts
- 1 1/2 tsp. creamy Dijon mustard
- 1 Tbsp. honey (local if available)
- 1/4 cup apple cider vinegar
- 1/4 cup grapeseed oil (may substitute extra virgin olive oil)
- 1/4 cup extra virgin olive oil
- 1/2 clove garlic
- 1 pinch cayenne pepper
- 1/8 tsp. kosher salt, or to taste
- 1/8 tsp. pepper, or to taste



Prepare quinoa according to package directions. Drain well using a fine strainer and spread on a rimmed baking sheet. Let stand, tossing occasionally until dried, about 30 minutes.

While quinoa dries, place all the Pistachio-Arugula Vinaigrette ingredients in a blender. Blend on medium speed until combined. Set aside.

Once the quinoa is thoroughly dry, heat oil for frying in a large skillet on high until waves begin to form in oil. Carefully add the quinoa, reduce heat to medium and fry until puffed, approximately 30 seconds. Drain the quinoa in a fine strainer to remove excess oil and transfer to paper towels. Sprinkle lightly with salt.

On a tray or baking sheet, place avocados and peaches cut side up, drizzle with olive oil and lightly season the avocados with salt. Heat grill to medium high, add avocados and peaches cut side down, reduce heat to low and grill until tender and slightly charred (peaches 5 minutes; avocados 2 minutes).

To assemble salad, toss arugula with a small amount of the vinaigrette and place on the platter. Next, sprinkle quinoa on the platter. Cut avocado and peaches into wedges and place onto the platter. Drizzle with vinaigrette.

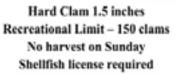
Gamish with chopped pistachios if desired.

• ATTENTION ANGLERS



2022 NJ Recreational Size Limits, Possession Limits & Seasons

- Fish are measured from the tip of the snout to tip of the tail (except Black Sea Bass and Sharks).
- Filleting of fish with a minimum size limit at sea is prohibited. See the Marine Digest or the Fish & Wildlife website for exceptions.





Summer Flounder (Fluke)

Delaware Bay and Tributaries: 3 fish at 17 inches Island Beach State Park: 2 fish at 16 inches All Other Marine Waters: 2 fish at 17 inches to less than 18 inches, and 1 fish at 18 inches or greater

Open Season: May 2 - Sept. 27



Weakfish

1 fish at 13 inches

Open Season: Jan. 1 – Dec. 31



Black Sea Bass

10 fish at 13 inches May 17 – June 19 2 fish at 13 inches July 1 – August 31 10 fish at 13 inches Oct. 7—Oct. 26 15 fish at 13 inches Nov. 1—Dec. 31



Bluefish

Private/Shore Angler - 3 fish For-Hire Vessel - 5 fish Open Season: Jan. 1 – Dec. 31



Striped Bass or Hybrid Striped Bass 1 fish at 28 inches to less than 38 inches

See Digest for Striped Bass Bonus Program and Circle Hook Requirements

> Del. River and tributaries Calhoun St. Bridge, Trenton to Salem River and tributaries

Open Mar. 1 - Mar. 31 & June 1 - Dec. 31

Atlantic Ocean

0-3 miles from shore, no closed season Greater than 3 miles from shore, closed

All other marine waters, open Mar. 1 - Dec. 31

See the Marine edition of the NJ Fish & Wild life Digest or Fish & Wildlife's website for a complete list.

Other Species	Possession Limit	Total Lengt
American Eel	25	9"
Black Drum		16"
Cobia	l per vessel	37"
Cod		21"
Haddock		
King Mackerel	3	23"
Pollock	NO LIMIT	19"
Red Drum	111	18 to less than 27"
River Herring	CLOSED	N/A
Scup (Porgy)	50	10"
Shad	6	NO LIMIT

- · No more than 3 American shad in Del. Bay, River & tributaries
- · No American shad in all other waters

 Spanish Mackerel
 10
 14"

 American Lobster
 6
 3 3/8" to 5 1/4"

 Caranace Longth
 Caranace Longth

- LMA 4 Open Season: Jan. 1 Apr. 29 & June 1 Dec. 31
- LMA 5 Open Season: Jan. 1 Jan. 31 & Apr. 1 Dec. 31

Jonah Crab 50 4 3/4" Carapace Width

Register before fishing! It's free, easy, and required.

SaltwaterRegistry.nj.gov

New Jersey Department of Environmental Protection Fish and Wildlife www.njfishandwildlife.com



Tautog 15 inches

4 fish Jan. 1 – Feb. 28

4 fish Apr. 1 - Apr. 30

1 fish Aug. 1 - Nov. 15

5 fish Nov. 16 - Dec. 31



Winter Flounder 2 fish at 12 inches Open Season: Mar. 1 – Dec. 31



Shark
1 fish per vessel
See NMFS for size, season, and gear
restrictions



Blue Crab (measured point to point) Peeler or Shedder — 3 inches Soft —3½ inches

Hard — 41/2 inches

Recreation Limit - One Bushel

Crab pot/Trot line Seasons: Delaware Bay & tributaries

Apr. 6 — Dec. 4

All other waters

Mar. 15 - Nov. 30





Updated 5/13/2022









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- · Some believe it is the right thing we do.

Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply. And you'll feel good knowing you've helped change a life. To learn more, visit www.redcross.org

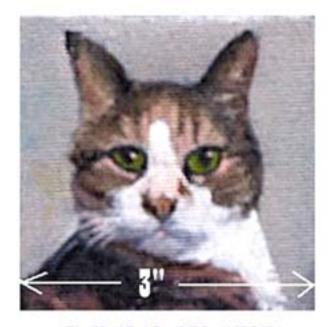
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NEBULA

Nebula is a 6-month-old female female lab/ hound mix that was recently transferred to us with her sister, Natasha from our friends at Second Chance Rescue. This puppy is only 19 pounds at 6 months, so we predict she will be a medium sized dog around 40-60 pounds. Nebula is very sweet, affectionate and loves to be around people. She is very playful and bouncy.

Humane Society of Atlantic County • (609)347-2487 1401 Absecon Boulevard • Atlantic City, NJ www.HumaneSocietyAC.org

PPAWS - People & Puppies at Work for Sight

"MEET THE PACK!"

PPAWS Visits Belhaven Middle School

The Seeing Eye breeds puppies specifically to be guide dogs for the blind. Only dogs that are bred, raised and trained by The Seeing Eye have the right and privilege to be called "Seeing Eye Dogs."

Until a Seeing Eye dog is ready for training, he or she lives with a puppy raising or foster family that gives the dog love, gentle guidance, and consistent care. These volunteers nurture their puppy to accomplish its special destiny. Their foster families teach basic obedience and expose them to a variety of social situations they will later encounter as working dogs. PPAWS (People & Puppies at Work for Sight) is a dedicated group of local families

from Atlantic and Cape May Counties, which raise these amazing puppies for The Seeing Eye.

Last week some of our PPAWS pups got to participate in one of the most important parts of puppy raising —— teaching our community about the important jobs of service dogs. King, Conant, Spencer, Kent, and CC Wolcott provided an all-German shepherd backdrop for the students to learn about working dogs. Thanks for inviting us and thanks to the kids for their fantastic questions!

If you are interested in raising a puppy for The Seeing Eye, contact Peter at (609)804-8774 for more information.







Your Music Supplier - Radio or Streaming?

by Joe Molineaux

In today's world when it comes to listening to or discovering new music there are several choices. In the past the dominant way to hear new music would be to tune your radio dial into a station you like whose mission it was to offer new music in their song rotation. You could hear a new rock song on a rock station, a new alternative song on the alternation station, and so on. Radio has survived many challenges to its business model.

The 1979 classic song by The Buggles "Video Killed the Radio Star" pretty much detailed out one of the greatest threats to radio. The song tells the tale of radio stars losing out to the new video-based options of MTV / Music Television. Fortunate for radio station owners that video at that time was not portable or commonplace in cars. That is up until the time of the portable video players in cars and video phones like iPhone. However, before those readily available technologies radio survived for decades. Satellite radio also put a dent in AM/FM radio listeners. Their model including tighter focusses on artists and genres and with a paying audience subscribing satellite radio had a financial advantage over AM/FM radio. While radio made its revenue on advertising, satellite radio had advertising dollars and subscription fees.

Now comes competition from streaming? How has and how will radio stations and radio listeners be affected by people's ability to stream music and discover new music through streaming?

It is still the case that AM/FM radio still has the largest market share at over 30% of Americans saying they still listen to radio regularly. Radio still has much to offer especially as a news source or community connecter at a regional level. It may sound counter intuitive to say in talking about growing versus not growing but the smaller markets create value. Even if that value is pieced together with smaller radio markets adding up to more current listeners.

Most people listen to radio "on the go" in their vehicles mostly. And therefore, the pandemic has not helped radio stations since most people were staying home and not driving, working from home rather than commuting, and that lead to more streaming on music.



Of course, during the past few decades physical sales of music were down, and at the same time social media and satellite radio were up. That ultimately led to music labels promotional spending shifting towards streaming. Many people point to 2011 when Spotify, a music streaming service launched in the United States. Once streams started to become a label's main revenue source, the industry continued to pour more dollars behind supporting streaming.

In the past, radio was the place to break a new artist or have a huge popular artist or band debut new music. That just isn't the case anymore. Radio is still part of the equation, but not the only opportunity to reach listeners. AM/FM radio is rarely the place to find a large number of new artists or bands to be played. It is much easier for radio to promote or add songs of established well known artists than to fill an entire rotation or segments with new artists.

The opposite is true with many streaming services. If you stream Dave Matthews Band on a streaming service, there is a high probability you will hear a good number of DMB tunes. In addition to those songs, you will get your fill of similar established artists and bands. However, you will also get a healthy dose of music from ATO Records, a music label that is part owned by Dave Matthews. You will hear songs by artists like The Black Pumas. There is an example of a great new band that unfortunately has not found regular songs played on AM/FM radio stations, despite critical acclaim and audiences gravitating to their music both live and recorded. Once established, radio can help extend the success of songs and increase its popularity to a wider more general audience. In some ways, AM/FM radio still compliments the massive music discovery machine that streaming has become.

Some current research of listeners that consider finding new music important say that radio is one of the places they go, but it is not the most important place for them. The internet is the most common place people searched, then music recommendations from friends and family, then radio and streaming services. The big difference between radio and streaming may come down to personal choice. Consumers have more choice in the way they listen to music with streaming versus AM/FM radio. Plus, they can stream almost anywhere. They can stream via a computer or mobile device. Cars are now equipped with Bluetooth connectivity to mobile devices as well as built-in on-board computer like functions with internet capabilities and applications (Apps).

While streaming is growing in popularity, most of the radio listening (well over ninety percent) is still done via a device that can broadcast reliability of the signal and unlike upgraded streaming services, free to the listener.

No matter where and how you get your fix and get supplied your music, streaming and AM/FM radio are still complementary technologies. Life is difficult enough so the idea that these competitors can make it easier for listeners to tune in to listen, using whatever old school or high-tech device they choose is a really cool way to enjoy a diverse mix of music.

Continual from page 25.





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South Jersey Matters

By Todd Cohen Send your news to Todd Cohen, SJ Matters, P.O. Box 3351, Margate, NJ 08402-3351

Upcoming Black Stories Matter: Virtual Book Club Programs

The Atlantic City Free Public Library's Black Stories Matter: Virtual Book Club will meet via Zoom in June. The book club is for adults. Registration is required. To sign up, visit the Online Programs page at www.acfpl. org and fill out the online registration form, or call (609) 345-2269, ext. 3075. The library has a limited supply of free books to give to registrants.

• Discuss "The Warmth of Other Suns" by Isabel Wilkerson on Wednesday, June 30 at 4 p.m. — From 1915 - 70, this exodus of almost six million people changed the face of America. Wilkerson compares this epic migration to the migrations of other peoples in history. She interviewed more than 1,000 people and gained access to new data and official records, to write this definitive and vividly dramatic account of how these American journeys unfolded, altering our cities, our country and ourselves. The eBook version of this book is available for checkout from Overdrive.

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ATLANTIC CITY BEACH CONCERTS

Friday - Saturday - Sunday August 5, 6 & 7 PHISH 2022

Friday - Saturday - Sunday August 12, 13 & 14 THE ROAR ON THE SHORE

TITALWAVE MUSIC FESTIVAL

LUKE BRYAN • MORGAN WALLEN • DIERKS BENTLEY
HARDY • RILEY GREEN • CHASE RICE • TRACY LAWRENCE
LAUREN ALAINA • MITCHELL TENPENNY • LANEY WILSON
BLANCO BROWN • RUNAWAY JUNE • BRELAND • LINDSEY ELL
TRAVIS DENNING • ELVIE SHANE • ALEXANDRA KAY • JON LANGSTON
RESTLESS ROAD • FILMORE • DILLON CARMICHAEL
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LANDON PARKER • TYLER BRADEN • RAY FULCHER • ERIN KINSEY
ROBYN OTTOLINI • ALANA SPRINGSTEEN • TIERA KENNEDY
ASHLEY COOKE • DEE JAY SILVER

ATLANTIC COUNTY FARMER'S MARKETS

New Jersey isn't known as "The Garden State" for no reason. Whether you're visiting for the day or week, or a seasonal or year-round resident, you'll want to take advantage of the locally sourced, deliciously fresh produce available at any of the local weekly markets listed below.

ATLANTIC CITY C.R.O.P.S. Saturdays, 10am—2pm Chelsea Market @ O'Donnell Park 3501 Atlantic Ave cropsni.org

This nonprofit market aims to increase accessibility to fresh local produce for everyone. Eat fresh, eat local! #FeelGoodFarmersMarket

BRIGANTINE

Saturdays, 8am—12pm, May 28—Sept. 3 Brigantine Community School Parking Lot, Roosevelt & Sheridan facebook.com/brigantinefarmersmarket

GALLOWAY

Thursdays, 4-7pm, June 30-Sept. 8 Historic Smithville Village Greene 315 E. Moss Mill Rd. gogreengalloway.org

Our core vendors are farmers, flower growers, select prepared food, baked goods and artisan vendors.

LINWOOD C.R.O.P.S.

Saturdays, 9am—12pm, April - June & Sept.-Oct. (returns for 8 weeks in the fall) Central Square, 199 New Rd.

tral Square, 199 New Rd cropsnj.org

This nonprofit market aims to increase accessibility to fresh local produce for everyone. Eat fresh, eat local! #FeelGoodFarmersMarket

MARGATE

Thursdays, 8:30–11:30am, June 16–Sept. 1 9700 Amherst Ave.

facebook:.com/margate-communityfarmers-market

The market inicudes more than 30 vendors offering Jersey Fresh produce, seafood, cheeses, pasta and meats, along with flowers, plants, pet food and hand-crafted food items.

PLEASANTVILLE C.R.O.P.S. COMING SOON

cropsnj.org

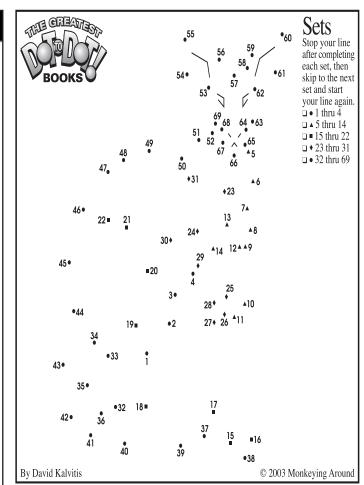
This nonprofit market aims to increase accessibility to fresh local produce for everyone. Eat fresh, eat local! #FeelGoodFarmersMarket

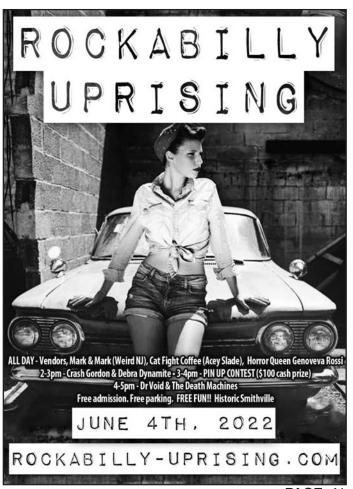
VENTNOR CITY

Fridays, 8:30am—12pm, May 27—Sept. 2 Atlantic & Newport Aves.

facebook.com/ventnorcityfarmersmarket

With over 60 Vendors, patrons will find the best "Jersey Fresh" produce, Fresh meat & Fish, an impressive array of Prepared foods, including Vegan, Bakery items, Cheeses, Honey, Jams, Dips, Flowers, Artisanal Hand Crafts, Health Drinks, Lemonades, Coffee by the cup or bean, Handcrafted Liquor, Pet treats and much more.





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TUES	DAY E	VENIN	G								J	UNE 7	, 2022
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3-CBS	News	CBS	Inside Ed.	ET	FBI ₪		FBI: Most Wanted		FBI: International		News Late Show		-Colbert
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57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Superman	& Lois	Tom Swif	CC	News	News	Law & Order: SVU		Mike
A&E	Bobby Bro	wn	Bobby Bro	wn	Bobby Bro	own:	Bobby	Bobby	Origins of	Hip-Hop	Origins of	Hip-Hop	Bobby
AMC	(5:15) ★★★½ "1917" (2019, War) ©				*** Letl	hal Weapon	" (1987) M	el Gibson. 🖾		***½"Let	hal Weapon	C	
CNN	Situation Room E. B. OutFront				Anderson	Cooper	CNN Toni	CNN Tonight © Don Lemon Tonight			Don Lemo	AC 360	
DISC	Deadliest Catch © Deadliest Catch			Deadliest	Catch (In St	ereo) 🚾		Deadliest Catch @		Deadliest Catch ©		Catch	
DISN	Ladybug	Ladybug	Big City	Big City	Big City	Big City	Bunk'd	Bunk'd	Big City	Big City	Ladybug	Ladybug	Jessie
ESPN	SportsCenter © SportsCenter ©				NHL Hockey Second Round: Teams TBA.						SportsCenter		SportCtr
ESPN2	Daily Wage	er (Live)	Spe. Olym	pics	ESPN Films Blood UFC Ten			UFC 275 Countdown		NFL Live ©		W. Stu	
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Carlson Hannity (Live) ©			The Ingraham Angle		Gutfeld!		Fox New	
FX	(4:30) * * ½	"Ghostbus	ters"	★★½ "Juras	ssic World" (2015) Chris Pratt. (In Stereo)			Mayans M.C. ©		Mayans M.C. 🖾		Mayans	
HBO	Real Time	Irma Vep ©	C	★★½ "F9 Th	he Fast Saga" (2021) Vin Diesel. 'PG-13'			Barry	Time Trav	eler's Wife	Sam Jay	The Bab	
HIST	The Secret	of Skin	The Secret	of Skin	The Secret of Skin The Secret of Skin			Skinwalker		The Secret of Skin		The Se	
ION	Chicago F	ire 🔯	Chicago Fi	re 🔯	Chicago Fire © Chicago Fire ©			Chicago Fire ©		Chicago Fire ©		Chi. Fire	
	Castle "Co	untdown"	Castle ©		Castle © Castle ©			Castle ©		Castle ©		Castle	
MAX	(5:25) ***	"The Firm"	(1993) Tom	Cruise.	★★½ "Cold	Pursuit" (2	019) Liam N	leeson.	**¼ "Riddick" (2013) Vin Die			CC	"Voyag
NBCSPA	Birds	Golf	Birds	PreGame	MLB Base	ball Philade	lphia Phillie	s at Milwauk	ee Brewers	CC	Phil. Posto	game	Baseball
NICK	Loud	Loud	Loud	Sponge.	Sponge.	Sponge.	Sponge.	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	★★ "Midwa	ay" (2019, W	ar) Ed Skr	ein, Patrick V	Vilson. (In Stereo) @			"The Acco	untant"
TBS	Sheldon	Rat in the	Kitchen	Leadoff	MLB Base	ball Los Ang	geles Dodge	ers at Chicag	go White Sox. (Live) ©			MLB	Sheldon
TCM	(5:00) ***	"Ocean's E	leven"	Wonder	*** "Manhattan" (1979) Woody Allen.						leaven" (19	"Lan	
TNT	(5:30) * * ½	"Terminato	r: Dark Fate	"	*** "Read	dy Player O	ne" (2018)	Tye Sherida	n. @ (DVS)		*** "Read	ady Player One"	
USA	Law & Ord	er: SVU	Law & Ord	er: SVU	WWE NXT (In Stereo Live) © Miz & Miz &						*** "John Wick" (2014)		

WEDN	IESDA	Y EVE	NING								J	UNE 8	2022	
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30			,	
(3-CBS)	News	CBS	Inside Ed.	ET	Let's Make	Let's Make a		Price Is Right		S.W.A.T. ©		News Late Show		
6-ABC	News	ABC	Jeopardy!	Wheel	J. Kimmel	J. Kimmel NBA		2022 NBA Finals TBA at Golden S			State Warriors. ©		J. Kimmel	
10-NBC	News	NBC	News	Holly	Chicago Med		Chicago Fire		Chicago P.D.		News Tonight Sh		now	
17-MNT	Gold	Big Bang	Sheldon	Gold	Mod Fam	Mom	Big Bang Sheldon		Action News at 10		Mod Fam	Two Men	Two Men	
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl	Table	Look Up	Pride and Prejudice		The Seaside Hotel		NJ Spotl	Drive-Hist	World	
29-FOX	The Six	ClassH	TMZ ©	You Bet	MasterChe	f CC	So You Th	ink	Fox 29 News		News	Feed	Extra	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	The Flash	CC	Kung Fu "/	Alliance"	News	News	Law & Ord	er: SVU	Mike	
A&E	The First 4	18 @	© The First 48 ©			8 00	The First 4	18 00	The First 4	8 00	The First 4	8 00	First 48	
AMC	(5:30) ★★★½ "Lethal Weapon 2" (1989)			*** "Letha	al Weapon	3 " (1992) M	el Gibson. 🛭	0	** "Letha	I Weapon 4" (1998) Mel		Gibson.		
CNN	Situation F	uation Room E. B. OutFront			Anderson	Cooper	cooper CNN Tonight © Don Lemon Tonight				Don Lemon Tonight		AC 360	
DISC	Expedition	Unknown	Expedition	Unknown	Expedition	Expedition Unknown (In Stereo) ©					Expedition Unknown		Expedi	
DISN	Ladybug	Ladybug	New York-	Heroez	z Ladybug La		Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Jessie	
ESPN	SportsCenter © SportsCenter ©				NBA	NBA 2022 Women's College World Series						SportsCenter S		
ESPN2	Wager	Spe. Olym	Spe. Olympics College Tr			ack and Field NCAA Outdoor Championships. (Live)					NFL Live ©	C	W. Stu	
FNEWS	Special Re	port	Jesse Wat	ters	Tucker Car	Carlson Hannity (Live) © The Ingra			The Ingrah	aham Angle Gutfeld! ©			Fox News	
FX	(5:30) ★★½	"Jurassic V	Vorld" (2015	5) 🚾	**% "Jurassic World: Fallen Kingdom" (2018) Chris			3) Chris Prat	t. CC	★★ "Night	School" (20)18) 🚾		
HBO	Sam Jay	The Baby	★★½ "The E	yes of Tam	my Faye " (2021) "The Janes " (2022) 'NR'			IR' ©	' CC Time Traveler's Wife		Gentleman	Jack		
HIST	Forged in	Fire	Forged in I	Fire	Forged in I	orged in Fire Forged in Fire ©					Forged in Fire		Forged	
ION	Blue Blood	ds	Blue Blood	ls	Blue Bloods Blue Bloods		ds	Blue Bloods		Blue Bloods		Blue		
	Castle ©		Castle "He	ad Case"	Married at First Sight "Rules of			ules of Marriage" Married at First Sight			CC		Married	
MAX	★½ "Biker E	Boyz " (2003	, Action) ©		** "The Fo	orgotten" (2	2004) ★★½ "The X-Files" (19			1998) @		"X-Files: B	elieve"	
NBCSPA	Birds	Phillies	Birds	PreGame	MLB Basel	ball Philade	lphia Phillies at Milwaukee Brewer		ee Brewers.	rewers. © P		jame	Baseball	
NICK	Loud	Loud	*** "Desp	icable Me"	(2010) (In S	Stereo)	Sponge.	Friends	Friends ©		Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	★★½ "The A	Accountant	" (2016) Ber	Affleck. (In	Stereo) ©	*** "Go		odfellas" (1990)		
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (Liv	e) 🚾	American	American	American	American	American	
TCM	"Cross"	★★ "Maid's	Night Out'	' (1938)	"The Postr	nan Always	s Rings Twi	ce " (1946)	"Meet"	**** "A S	Streetcar Na	med Desire	" CC	
TNT	Lucifer ©		NHL Prega	me 🔯	NHL Hocke	ey Conferen	ce Final: Teams TBA. (Live) ©				Postgame Rich & Shameless			
USA	*** "John	Wick" (201	(14) Keanu R	eeves.	*** "John	*** "John Wick: Chapter 2" (2017) Keanu Reeves. "John W						Wick: Chapter 3 Parabellum"		

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10.00	10.20	11:00	11.20	12.00	
3-CBS	News	CBS	Inside Ed.		Sheldon	1	Ghosts				News	Late Show		
6-ABC	News	ABC	Jeopardy!						Bull (In Stereo) © Big Sky © (DVS)		News	Jimmy Kir		
10-NBC	News	NBC	News	Holly	Law & Ord	,	, ,		Law & Order		News	Tonight SI		
17-MNT	Gold	Big Bang		Gold			Action News at 10		Mod Fam		Two Men			
23-PBS	NJ Spotl	Newsline	One/One	NJ Spotl		With Love					NJ Spotl	The Arts	World	
	The Six	Kelly	TMZ ©	You Bet	MasterChe			,	Fox 29 Nev			Feed	Extra	
29-FOX	FamFeud	. ,		FamFeud	Walker ©	31 W			News		News		Mike	
57-CW A&E	The First 4		The First 4								Law & Order: SVU The First 48 ©			
												After		
CNN	,		pon 4" (199	,	()					, ,	11, Drama) Brad Pitt. ©		AC 360	
	Situation Room E. B. OutFront Mysteries Aband. Mysteries Aband.			Anderson Cooper CNN Tonight © Mysteries Aband. Mysteries Aband.			Don Lemon Tonight Mysteries Aband.		Don Lemon Tonight Mysteries Aband.					
DISC	•		,		,		•	Jessie	Big City		,		Mysteries Jessie	
	, ,	Ladybug		0 , 0 ,		Big City Big City Jessie Jessie ABC Hockey Saturday Pregame				Big City	Ladybug SportsCen	Ladybug	SportCtr	
ESPN	SportsCenter © SportsCenter © Daily Wager (Live) Pardon 2022 Wom					•			W. Stu W. Stu W. Stu			NFL Live ©		
ESPN2	, ,	, ,			en's College World Series							Fox News		
FNEWS	Special Re	<u> </u>	Jesse Watt		Tucker Carlson Hannity (Live) ©				J					
EX TEX	` '		d: Fallen Kir		*** "Sing" (2016) Voices of Matthew McCona "Fantastic Beasts: The Secrets of Dumbledo				<u> </u>	•	, , ,		0 1	
НВО	"Mu		eler's Wife	•								The Baby	Sam Jay	
HIST	Alone: The		Alone "Dro		Alone © (DVS) Alone "The Law of the				Kings of P			Alone		
ION	Chicago P		Chicago P.		Chicago P.D. Chicago P.D. "Lines"				Chicago P.D.		Chicago P.D.		Chicago	
	Rizzoli & Is		Rizzoli & Is		Rizzoli & Isles © Rizzoli & Isles ©				Rizzoli & Is		Rizzoli & Isles ©		Rizzoli	
MAX	,		n" (2006) 🖾			Day After To	morrow" (2	,	•	•	98) Robert Duvall.		"The	
NBCSPA	Birds	Birds	MLB Basel			1		Birds	Golf	In. Golf	World Pok	1	Baseball	
NICK	"Despicab		Danger	Hustle	Sponge.	Sponge.		ob SquareP		Sponge.	Friends	Friends	Friends	
PARMT		Two Men	Two Men	Two Men	**** "Goodfellas" (1990) Robert De Niro, F				, ,		ı	★★★½"Hea	1	
TBS		Big Bang		Big Bang	0 0	Big Bang			Full Full Sheld			Sheldon	Sheldon "WildBno	
TCM	"This	l	Shining Hou		"Ride the High Country" (1962) ★★½ "The Ballad of Cable Hogue"							` '		
TNT			s: The Last						isher. © (DVS) "Star Wa					
USA	(5:00) "John Wick: Chapter 2" *** "John Wick: Chapter 3 Parabellum" (2019, Action) ** "Olympus Has Fallen" (2013)													

ATLANTIC COUNTY

ATLANTIC CITY - Lifeguards on duty, showers, changing rooms, food permitted, free admission. www.acbp.org/



BRIGANTINE – Lifeguards on duty, surfing beaches, showers, changing rooms, food permitted. Season tags are \$25; seniors 65 and over and children 12 and under free. Weekly tags are \$15, daily tags \$10. Seasonal parking permits are \$25. Purchase at the Brigantine Beach Community Center located at 265 42nd St. Call (609) 264-7350 or visit www.brigantinebeach.org

EGG HARBOR CITY - Lake Park, 2300 Philadelphia Ave. There are lifeguards on duty and restrooms. Seasonal badges are \$10; senior citizens \$4; daily wristbands sold at lake for \$5 per day. Picnic tables are \$15 daily. Children 4 years old and younger are free. Purchase at the EHC Tax and Utility Office at City Hall, 500 London Ave. Call (609) 965-0123 or visit www.eggharborcity.org

HAMILTON TOWNSHIP - Cove Beach at Lake Lenape Lifeguards on duty, open Thursday-Monday 11 a.m. to 6 p.m. June 18 - September 5. Seasonal beach tags are \$30; family 4-pack is \$100; daily wristbands are \$10 on weekdays, \$15 on weekends and holidays. Children 11 and younger are free but MUST be accompanied by an adult. Seasonal tags are available at the administration office in Town Hall in Mays Landing or for purchase at the Cove. Call (609) 625-4762 or visit www.townshipofhamilton.com

MARGATE – Lifeguards on duty from 10 a.m. to 6 p.m., restrooms, surfing beaches, food permitted. Seasonal tags are \$20; tags also accepted in Ventnor. Beach badges are required every day except Thursday. Badges are sold at the Martin Bloom Community Pavilion at Huntington Avenue and the beach from 10 a.m. to 3 p.m. Monday-Sunday, and City Hall, 1 S. Washington Ave. from 9 a.m. to 4 p.m. Monday through Friday. Beach restrooms are located at Huntington Avenue (Bloom Pavilion), Rumson Avenue, Benson Avenue (Greenhouse), and Adams Avenue beach. Accessible beaches with mats for easier mobility are at Andover, Barclay, Clermont, Douglas, Exeter, Huntington, Kenyon, Osborne, Rumson, Vendome, Decatur, Madison, and Coolidge avenues. Call (609) 822-2605 or visit www.margatenj.com. Margate City Beach Patrol Headquarters is located at Decatur Avenue and the beach. Call (609) 822-2370.

LONGPORT - Lifeguards on duty from 10 a.m. to 6 p.m., surfing beaches, showers, food permitted. Seasonal tags are \$30; seniors \$10 children up to 12 free. Beach badges are available at Longport Borough Hall, 2305 Atlantic Ave.; and at Lifeguard Headquarters, 33rd and Atlantic avenues or reserve them over the phone. Restrooms are located at 33rd and Atlantic avenues in the Community Building-Lifeguard Headquarters. www.longport-nj.us

SOMERS POINT - William Morrow Beach, Higbee and Bay avenues - Lifeguard on duty, rates for large groups available. The free beach looks over the bay and across to Ocean City. William Morrow Beach features free live music all summer, every Friday evening at 7 p.m. until the first Friday of September. A schedule can be found at somerspointbeachconcerts.com. Bring your chairs and coolers and come down to watch the shows. Call (609) 927-9088 or visit www.somerspointgov.org

VENTNOR - Lifeguards on duty, 10 a.m. to 6 p.m. surfing beaches, fishing pier, food permitted. Seasonal tags are \$20. Tags also accepted in Margate. Purchase tags at Ventnor City Hall or from a beach tag checker. Ventnor City Beach Patrol Headquarters is located at the Suffolk Avenue beach. Call (609) 823-7948 or (609) 823-7953. Restrooms are located at the Ventnor Library and Cultural Arts Center, the beach side of Newport Avenue; Ventnor City Hall, 6201 Atlantic Avenue; Ventnor Municipal Fishing Pier; Ventnor Tennis Courts, Atlantic and Somerset Avenue; Cambridge Avenue and Boardwalk. Accessible beaches are at Suffolk and Newport avenues. In addition to ADA-approved access ramps and accessible parking, the beach patrol has accessible beach chairs for additional access to the beach. No dogs are allowed on the boardwalk at any time. Dogs are not allowed on the beach May 15 through Sept. 30. From Oct. 1 to May 15, leashed dogs may be walked in areas washed by the high tide line. www.ventnorcity.org

MALIBU BEACH WILDLIFE MANAGEMENT AREA - Malibu Beach is a free dog friendly beach located on the Egg Harbor Township end of the Ocean City-Longport Bridge. Dogs are welcomed year round, un-leashed and all. Parking is available right next to the beach. Only requirement is to clean up after your pup. No permits required, you can lie down and tan while your dog runs around and socializes with other dogs.



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Get Outside and Celebrate National Trails Day

(NewsUSA) - This year, on June 4, millions of people across the United States will hit the trail, any trail, to celebrate the 30th annual American Hiking Society's National Trails Day.® This year's celebration focuses on encouraging novice and veteran trail lovers to come together to leave trails and the outdoor community better than they found them. Hikers, cyclists, horseback riders, paddlers, trail clubs, federal and local agencies, land trusts and businesses will partner at events across the country to forge a more inclusive trail community and advocate for, maintain and clean up trails and public lands.

American Hiking Society and the nationwide trails community invite people of all ages and abilities to connect with their friends and neighbors around the joy of being outside. Anyone can join the national movement by giving back to the trails to help ensure that everyone can enjoy the outdoors.

"There's something magical about being outdoors," says Kate Van Waes, Executive Director of American Hiking Society. "Fresh air, birds singing, moving along a trail, or even just around the block; there's nothing quite like it," she emphasizes. "But today, those trails and green spaces are in dire need of help, and not everyone has access to or feels welcome in these places that can calm and inspire," Dr. Van Waes explains. "National Trails Day is the perfect opportunity to get out there with the people you love, give back to the trails that bring us together and make sure no one is left out."

Not just on National Trails Day, but any day is a great time to commit to keeping the outdoors accessible and restorative for all. Some ways you can make a difference include:

- Join a local trail event, or start your own. Search the American Hiking. Society website for events in your area.
- Take the National Trails Day Pledge, and commit to leaving the trail and the outdoor community better than you find them. For example, take a trash bag with you on a walk or hike. Or speak up and tell your Members of Congress to support the Transit to Trails Act. You'll be entered to win prizes from National Trails Day sponsors AKHG by Duluth Trading Co., Athletic Brewing Co., REI Co-op, Osprey Packs, and more.
- Share how you'll leave the trail and the outdoor community better than you found them, and tag #NationalTrailsDay and @AmericanHiking on social media. Photos and videos tagged on Instagram will be entered into the National Trails Day® photo contest for a chance to win premium gear prize packages.

Visit americanhiking.org for more information and to find events near you. American Hiking Society's National Trails Day® is made possible by the generous support of corporate sponsors — AKGH by Duluth Trading Co., Athletic Brewing Co., REI Co-Op, and Osprey Packs. federal partners include the National Park Service, Bureau of Land Management, Federal Highway Administration, and U.S. Forest Service.



SPORTS STUMPERS

NBA Finals

By George Dickie

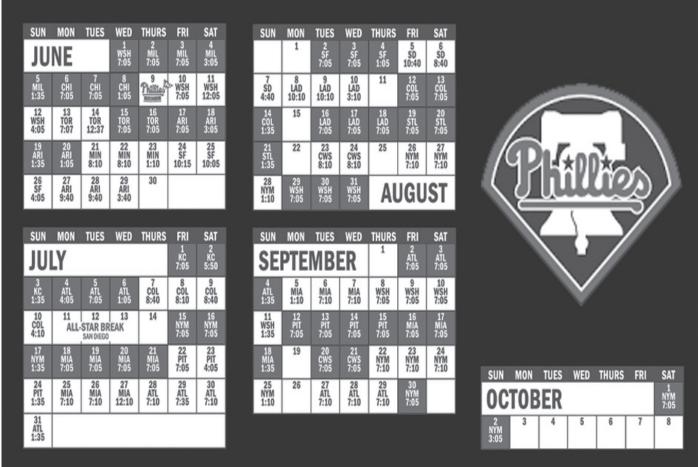
Questions:

- Which franchises have won the most NBA titles?
 What three franchises that have played in the NBA Finals no longer exist?
- 3) Who is the only player to win finals MVP honors playing for the losing team?
- 4) Who has won the most finals MVP awards?
- 5) Who has won finals MVP honors playing for two different teams?
- 6) What franchise has made the most NBA Finals appearances?
- 7) Which is the most recent franchise to win its first NBA title?
- 8) What former ABA franchise has never appeared in an NBA Finals?
- 9) What NBA champions were led by a player/coach? 10) From 1959 through 1969, the Boston Celtics won titles

every year except one. Which team had the lone championship during that time?

Answers:

- The Boston Celtics and Los Angeles Lakers, with 17
 The Baltimore Bullets, Chicago Stags and Washington Capitols
- 3) Jerry West of the Los Angeles Lakers, in 1969
- 4) Michael Jordan of the Chicago Bulls has six
- 5) Kareem Abdul-Jabbar, for the Milwaukee Bucks (as Lew Alcindor) in 1971, and for the Lakers in 1985
- 6) The Los Angeles Lakers, 32 times
- 7) The Toronto Raptors, in 2019
- 8) The Denver Nuggets
- 8) The Denver Nuggets
 9) The 1948 Baltimore Bullets, led by Buddy Jeannette;
 1955 Syracuse Nationals, by
 Al Cervi; and the 1968-69
 Boston Celtics, by Bill Russell
 10) The Philadelphia 76ers,
 in 1967



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