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"In My Opinion" by Nancy Adler



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

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

NUTRITION, WEIGHT LOSS & FITNESS

STAYING ACCOUNTABLE

Tracking your food and drink intake can help you be aware of your eating habits. This can make it easier to identify unhealthy habits and replace them with healthier ones. It can also be a great tool to make more conscious meal choices throughout the day and keep you from mindlessly grazing between meals. Write down the specific foods you eat throughout the day. Include in your journal "Portion Size." Include specific amounts of the food you eat. Next

note the time of day you eat. Then include "Place." Another factor that helps identify your patterns is tracking where you eat. What is your hunger level? Last express your feelings through the day. Journaling is one of the most effective ways to reach your weight loss goals.



Nancy Adler C.FT./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 Technolic



BOARDWALK HALL: 4/20 - WE THEM ONES COMEDY TOUR 5/11 - MOTHERS DAY MUSIC FESTIVAL 2024 WITH KEM, DRU HILL, SWV, & SILK

BORGATA: 4/27 - JIMMY CARR: TERRIBLY FUNNY 5/18 - BILL MAHER 6/21 - AN EVENING WITH JOHN LEGEND

CAESARS: ONGOING - THE HOOK **GOLDEN NUGGET:** 4/27 - THE STYLISTICS 5/18 - FOGHAT

HARD ROCK:

4/19 - THIS IS IMPORTANT 4/20 - BONGWALK EMPIRE FEAT. CYPRESS HILL, SUBLIME WITH ROME, ACTION BRONSON, & SOULS OF MISCHIEF 4/27 - GARY CHAW 5/3&4 - MÖTLEY CRÜE 5/5 - VICTOR MANUELLE 5/10&11 - KELLY CLARKSON

OCEAN RESORT:

4/20 - A BRONX TALE 5/4 - THE BLACK CROWES 5/25 - TIM DILLON: AMERICAN ROYALTY 6/1 - REBELUTION

HARRAH'S:

4/27 - ROBYN SCHALL 5/3 - TODD RUNDGREN 5/11 - MS. PAT 6/1 - DAVE SMITH

TROPICANA: 4/14 - MUSIQ SOULCHILD AND ERIC BENÉT **CHALLENGE**

1	2	3		4	5	6	7		8	9	10
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The solution to the question is found within the answers in the puzzle. In order to discover this hidden solution, unscramble the letters noted with asterisks within the puzzle.

Across

- 1. Soft drink
- 4. Captain of the Pequod
- 8. Fraternity party staple
- 11. Musical talent
- 12. Claudius's successor
- 13. Get older
- 14. Jupiter's storm
- 17. High priest at Shiloh
- 18. Big, fat mouth
- 19. Pub order
- 21. Sonabird
- 24. You and I
- 25. Upon
- 26. Happen
- 27. Perform
- 28. Navy commando
- 30. Dry run
- 32. Nave bench
- 34. Spoiled
- 35. Water south of the U.S.
- 41. Big bird
- 42. Like some votes
- 43. Something to chew on
- 44. CD predecessors
- 45. Model Banks
- 46. "Ideas worth spreading" grp.

Down

- 1. Dowel
- 2. Crew tool
- 3. Primp

- 4. Nay sayer
- 5. Part of H.M.S.
- 6. Equal
- 7. Soul mate
- 8. Key letter
- 9. Latin I
- 10. Figure out 15. Feature of viola music
- 16. Invoice line
- 19. Bars
- 20. "Uh-huh"
- 22. Farm measures
- 23. Bow
- 29. It's in the high 90s
- 31. Order
- 33. "Terrific!", to texters
- 34. Actor Lugosi
- 35. Hair goop
- 36. Strike caller
- 37. Swelter
- 38. Scratch the surface of
- 39. Stage signal
- 40. Uneven?

Pandora's Box :uoinios







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Ozark ASH CHARLOTTE MARTY RUTH BEN CHICAGO MAYA SAM BLUE CAT MISSOURI SHERIFF NIX DARLENE LODGE DRUGS BELLE SUF NAVARRO THREE BUDDY FRANK BYRDE HELEN OPIUM TUCK WENDY CADE JACOB OZARK WYATT CARL JONAH RACHEL LAUNDERING CASINO ROY ZEKE

Release the week of April 12 - 18, 2024

DROSO PRIL 11

ARIES (Mar. 21- April 20)

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The big news for you is the total solar eclipse in your sign Aries on Monday 8th which presages a fresh start. The Sun will be briefly knocked out by the Moon creating an interruption of light and Chiron, the wounded healer is also here at the same time so exploring your story, your battles and sense of yourself and who you are in the process of becoming is important. Mars and Saturn also say 'this is serious' whilst the Sun and Mercury cazimi on Thursday give you a newsflash

TAURUS (Apr. 21- May 21)

Be kind to yourself when so much activity is taking place in the zone best described as your inner world. You can't be expected to explain yourself or even know exactly how you feel at this point but you are aware that a catalyst is here to change your destiny and you're on the verge of making vital changes. Meanwhile, keep things simple. GEMINI (May 22-June 21)

There seems to be a re-set taking place around your cohort or social circle. Perhaps someone is playing a pivotal role in altering the direction of the community or you're looking at an invitation or exit route. Wednesday's 'hard work' meeting between Mars and Saturn spells out what you need to do. CANCER (June 22-July 22)

Your role in life is under the powerful energies of the solar eclipse on Monday. Perhaps it won't be felt immediately but little by little you are going to be drawn to new things. Meanwhile certain people are expecting rather too much from you and it's time to set some boundaries and change the narrative. LEO (July 23-Aug 22)

You no doubt feel as if you're on the edge of some kind of breakthrough. Perhaps a new discovery or a journey that intrigues and stimulates you. One thing's for sure the solar eclipse is highlighting what's there in your future and it's over to you to set foot in it. However, you're well aware that there's some work to be completed beforehand. Tick it off your list. VIRGO (Aug. 23 -Sept. 23)

As the solar eclipse highlights what's at stake between you and other people you're trying to find a way to broker a new strategy. However, Mars and Saturn can throw up a road-block. This week is all about thinking differently and as the Sun meets with Mercury at the midpoint of its retrograde cycle you are scheduled to enjoy an aha moment. LIBRA (Sept. 24 -Oct. 23)

Eclipses in the signs of Libra and Aries are hardly plain sailing for those born under the harmony seeking sign of Libra. So as you move into Monday's solar eclipse on the heels of the eclipsed Full Moon in Libra on March 25th you need to find the calm within yourself rather than looking for it in the outside world. Dig into the jobs and tasks that make you feel grounded and keep all lines of communication open. SCORPIO (Oct. 24 - Nov. 22)

Although Monday's solar eclipse is likely to plant seeds of new beginnings related to your working life or life-style, there's an element of simply having to get stuck in this week as Mars and Saturn require a practical, hands-on ap-proach. April is a month of intense celestial activity with many twists and turns. Therefore challenges could lead to positive transformation. SAGITTARIUS (Nov. 23 - Dec. 21)

If you're wondering where the joy has gone Monday's solar eclipse pushes you to notice the little things that are conducive to a creative, playful state of mind. Right now, you may not be in a position to immerse yourself in being care-free as Mars and Saturn indicate you have your work cut out. But then there is the reward to come

CAPRICORN (Dec 22.- Jan. 20)

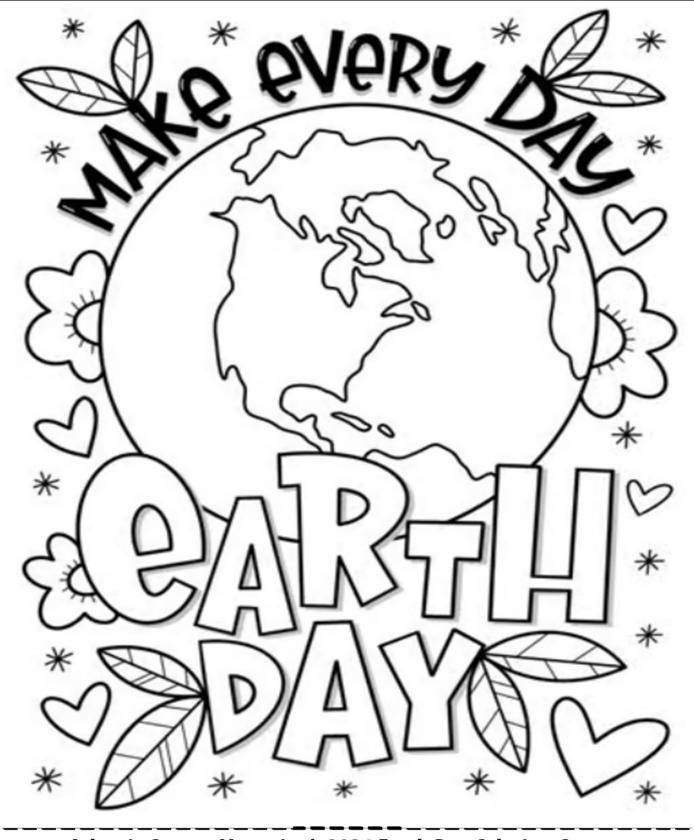
A new era is being ushered in which changes your personal landscape, whether you're stepping into a new dimension in terms of home and family or kissing goodbye to the past. Mars and Saturn are saying 'the time has come' - and therefore you're ready to do everything necessary to make the new reality the new normal

AQUARIUS (Jan. 21 -Feb. 19)

Whilst new ideas appeal to you there are certain financial realities which need to be put in order before you can forge ahead. As always your capacity to think outside of the box will be helpful in opening up other people's minds. Have those conversations and remain steady even if you get temporary pushback. April as a whole is a game-changer. PISCES (Feb. 20-Mar. 20)

A whole lot of celestial activity is taking place in the financial area of your chart - which also means how you feel about your earning power and accompanying self worth. There's a lot to think about in terms of new arrangements. Meanwhile as Mars and Saturn meet in your sign mid-week there's a need to keep things real.

Horoscopes Provided by: www.debbiefrank.com



Atlantic County Magazine's 2024 Earth Day Coloring Contest How does the contest work? All entries must be received by Wed, April 17, 2024. One entry per child.

How does the contest work? All entries must be received by Wed, April 17, 2024. 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 what they love about Earth Day. *Are there prizes?* Yes! The winner will be featured in Atlantic County Magazine as "Child of the Week" with their art!

RUN THE BOARDS for dementia and go the extra mile for Alzheimer's SEASHORE GARDENS FOUNDATION ATH ANNUAL 5K RUN WALK & FAMILY FUN RUN SUNDAY, APRIL 21, 2024 Degistration: 545 22 and under : 540

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Robbie is in his 6th year of playing electric and acoustic guitar. He has recently added ukulele and piano to his list of instruments. HAPPY 11TH BIRTHDAY TO THIS BRIGHT STAR!



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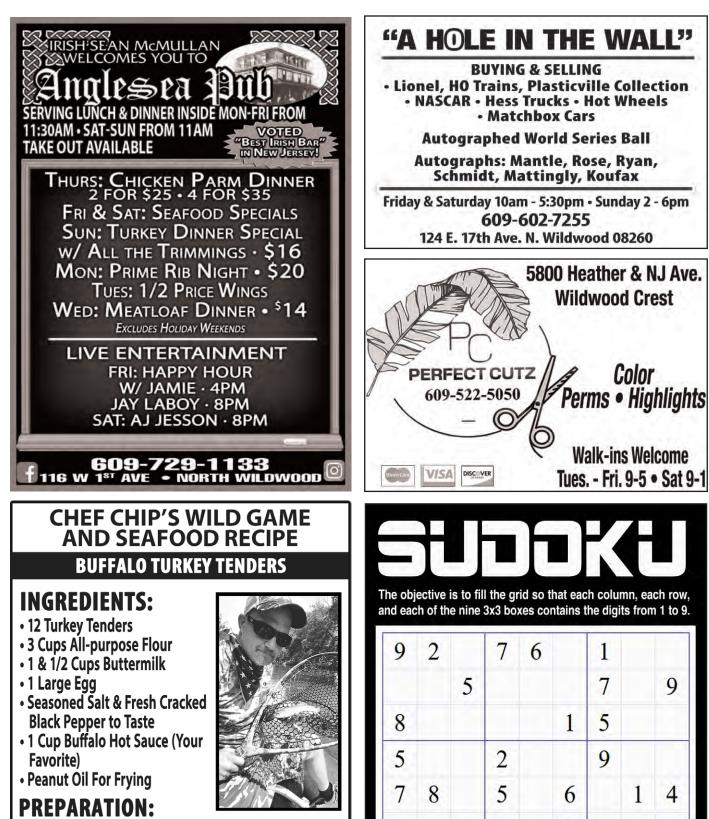
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Preheat frying oil to 350°. Divide the flour in half into separate bowls. Whisk egg and buttermilk together in another bowl. Season tenders. Working one at a time, place tenders into 1st flour bowl and coat thoroughly. Remove tender shaking off excess flour and dunk into buttermilk mix. Remove tenders from mix and place into second flour. Coat thoroughly, remove from flour, shake off excess and fry until cooked through (165°). Toss in Buffalo sauce and serve with your favorite dipping sauce. Enjoy! 8

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and finely.

Tours are also available on Saturdays and Sundays through April 28, 2024.



-



Real Estate Appraiser/Consultant

ATLANTIC COUNTY

Families, it's time again to bask in the warmth of the sun, escape winter hibernation, don your funkiest tie-dye t-shirts, and welcome the rebirth of spring!

On Sunday, April 14, the Margate Business Association, in conjunction with the Margate Community Church, Sustainable Downbeach, and Margate Recreation, will celebrate the arrival of spring with their 2nd annual Cherry Blossom Festival presented by The Pet Salon. The free, family-friendly event will feature kids' games and activities, live music by Dead Reckoning, tasty treats, wine and beer, arts and crafts, a 'grooviest dog' contest, and a host of environmental exhibitors.

The festival will be held from 12 pm – 4 pm on Ventnor Ave. between Sumner and Union Aves., directly in front of the Margate Community Church. Everyone is encouraged to bring chairs or blankets to spend the afternoon enjoying the fresh air and relaxing with friends and neighbors.

LIVE MUSIC - The Grateful Dead tribute band Dead Reckoning returns to the Cherry Blossom stage from 12-4 pm to perform an inspired set of Dead favorites, with their recognizable harmonies and Bob Weir-esque fueled vocals and guitar effects.

FOOD & BEVERAGE - Food trucks, concessionaires, and Wawa will be on site with a wide variety of items to satisfy all types of appetites. There will also be a selection of beers, Ready to Drink beverages, and award-winning Banfi wines to sample and/or purchase.

2nd Annual Cherry Blossom Festival

CRAFTS & VENDORS - Margate Mothers will gather the children to participate in free themed arts and crafts, and The Pet Salon will feature tie-dye wearable bandanas. Alisa Dirato will use her exquisite talents for face painting.

Sustainable Downbeach has assembled a collection of organizations featuring the Surfrider Foundation and their rain barrel demonstration, NJDEP AmeriCorps Watershed, Earth First Native Plant Nursery will display seed planting techniques, the Margate Terrapin Turtle Rescue Project, the Jacques Cousteau Estuary Research Reserve, Marine Mammal Stranding Center, and Busy Bees will all discuss the importance of protecting our wildlife, vegetation, marine life, oceans, and beaches.



WWW.ATLANTICCOUNTYMAGAZINECOM County Magazine Girls of the Week



Macy's Mays Landing Personal Stylist Stefanie and Store Manager Kelly recently volunteered to assist with stocking shelves and packing grocery bags in the Food Pantry at Jewish Family Service of Atlantic & Cape May Counties. Last year, the JFS Food Pantry provided 68,000 pounds of food to more than 9,600 Atlantic County residents, including 1,962 children. In addition, JFS provided 4,450 Kosher Meals on Wheels to older adults and homebound seniors. Volunteers are always welcome and may contact 609.822.1108 x166 for more information. (Photograph courtesy of Jewish Family Service of Atlantic & Cape May Counties)

PAGE 18



"Smaller is Better!"

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ATLANTIC COUNTY



Name of venue: Mad Bunny Bar

Where are you located? We are a pop-up bar, located in Resorts Casino Hotel, 1133 Boardwalk Atlantic City, NJ

Hours of operation: We are open on Sunday from 1PM til Midnight, Monday thru Thursday from 4PM til Midnight, Friday from 2PM til Midnight and Saturday from 1PM til 3AM.

Parking tips: Park in the Hotel Garage, flat rates Monday through Friday \$15, Saturday through Sunday \$20, Free to Star Club Members!



What does your venue specialize in? Step into a scientific lab where the Mad Bunny crafts vibrant cocktails. Indulge in drink specials, live music, and promotions. Don't miss a photo opportunity with the Mad Bunny every Saturday night from 9PM. If you want to experience the Madness, better hurry, Mad Bunny Bar closes after April 30th!

What is the current reason one MUST come to your venue? The Pop-Up Bar concept has been taking the hospitality industry by storm. We offer a unique experience beyond the traditional bar setting. Our temporary nature creates a sense of urgency and FOMO (Fear of Missing Out), encouraging patrons to visit before they disappear.

What is your secret favorite that the crowds have yet to discover? We are more than just a bar, we are an ultimate experience, offering an immersive destination to tantalize all the senses with uniquely crafted cocktails, live music, cabaret nights, and interactive games, all with a touch of madness.



Do you have a signature drink? We have 2 signature drinks you must try. The Mad Bunny Cocktail, for \$12, and consists of lemonade, white rum, strawberry daiquiri mixer, lemon slices, strawberry slices, and finished with a Peep! And our Flavored Test Tube Shots for \$5 each.

Greater Atlantic City Concierge Association's Hot Spot: Mad Bunny Bar Submitted by: Judy Brenna, GACCA Communications Director Catering & Events Director, Blue Dog Hospitality Group

Why is your venue a necessary part of Atlantic City? Resorts Casino has reinvented the pop-up concept, creating unique experiences every season, generating quite the following of both residents and tourists alike, like the XO Bar during Valentine's Day Season, and Candy Cane Bar before that. You never know what we'll create next!



What are some other special reasons to come visit? Mad Bunny Bar is at the most prime location on the main casino floor, the epicenter of Resorts Casino.

Do you have any weekly specials or upcoming events? We have an exciting lineup this upcoming weekend with Anthony Della Barba performing on Friday, April 12th @ 6 pm and DJ Chaz @ 9 pm, Shaun Laboy on Saturday, April 13th starting @ 6 pm, and our Giveaway Party starting @ 8 pm, and this Sunday, April 14th, we're hosting our Bar Bingo @ 3 pm!



Would you like to highlight a star employee or staff member? Jamie Hoagland is an integral fixture in the Marketing and Public Relations Community in Atlantic County. She is as our Director of Marketing, PR, and events. Jamie has built her career working for a variety of companies such as Bacharach Institute for Rehabilitation, 102.7FM WJSE and The Press of Atlantic City, Tennessee Avenue Beer Hall, MADE Atlantic City Chocolate, Rhythm & Spirits, and The Iron Room (just to name a few), where she created events, promotions, and sponsorships. She has served on committees for the Women's Forum, the Boys and Girls Club, Atlantic City Restaurant Week. Professional accolades include awards from the NJ Press Association, Inland Press Association, and the Jersey Shore Public Relations & Advertising Association. She was also trained for an orange belt six sigma certification and we are beyond lucky to have her at the helm!

Please share any important information locals and visitors should know about: Celebrate the spring season with specialty cocktails and live music. But HOP TO IT because this pop-up bar will only be around for a limited time, closing on April 30th!

Contact info: Instagram: @resortscasino - Facebook: @resortscasino Phone Number: (609) 340-6300 - Web Address: www.resortsac.com Email: JHoagland@resortsac.com



ATLANTIC COUNTY

From adaptations to original works of fiction to stories starring Shakespeare himself, there are so many ways to approach the Bard's legacy. Whether you're well-versed in the plays, are trying to build your way up to reading them, or are looking to expand your knowledge beyond the canon, these novels are just what you're looking for. We've gathered a list of four Shakespeare-inspired stories you're sure to love.

Mad Blood Stirring by Simon Mayo

Mad Blood Stirring is a fictional tale inspired by true events that is impeccably researched. With vivid personalities and impressive depth, Mayo takes readers to the first-ever all-Black Shakespeare production staged by segregated American prisoners of war. As countries piece together treaties and decide how to handle the return of the prisoners of war, the occupants of Dartmoor prison are not sitting idle. The facility is overcrowded, disease-ridden and barely contains the violence that erupts between rival gangs inside.

A group of imprisoned men create their own theatre group in order to help pass time, with a production of Romeo and Juliet steered by the brutal King Dick. In war's aftermath, the author shines a dramatic spotlight on a hotbed of racial tension and a unique pursuit of creativity.

Such Stuff as Dreams by Thomas Garlinghouse

In 1936 Hollywood, with stars like Clark Gable and Carole Lombard shining, a screenwriter named Joe Holliday is trying to make his mark in the ultra-competitive industry. The head of Holliday's film studio, C.L. Greenwood, wants "the public's money and the critics' praise." He comes up with the idea for a modern-day Hamlet developed as a movie script — and he wants Joe to write it.

But Joe carries a secret, one that has been dormant for a long time; he has the ability to communicate with ghosts. On the way to writing the modern Hamlet, he

keeps coming across a supposedly unfinished manuscript of Shakespeare's, a play entitled The Apple Orchid. When the ghost of Shakespeare appears before Joe, the Bard convinces Joe to abandon his work on Hamlet and help him complete The Apple Orchid.

Much Ado About Shakespeare: 4 Novels For Fans of The Bard

The Tragedy of Arthur, King of Britain by Arthur Phillips

In this remarkable piece of meta-fiction, Arthur Phillips' father, a con artist, has been imprisoned for decades before he reveals something to his novelist son. He knows of a play called The Tragedy of Arthur, written by William Shakespeare, which has never seen the light of day. With the help of his twin sister, Arthur takes on his father's dream to bring this play to the public and see to its publication.

Is it truly the last great work of the Bard, or is this another con orchestrated by their clever father? Containing the entirety of the play within its pages, the novel explores the intertwined fates of Arthur Phillips, both author and character, and the great historical King Arthur at the center of the play.

The Weight of an Infinite Sky by Carrie La Seur

Environmental lawyer Carrie La Seur tells a stunning story about family, murder, betrayal, and love, drawing in elements of Shakespeare's Hamlet. In the unforgiving, open land of Montana, Anthony Fry rebelled against the family expectations that, as the only son, he would take over the cattle ranch from his father; a business that had been in the family for generations. Instead, Anthony left Montana for New York City.

With the unexpected death of his father, he is forced to return home, finding that while the years have changed him, they've also changed the home he left behind. His black sheep of an uncle is getting a little too close to his mother, and a mining company is looking to overtake the Fry land. Anthony must confront himself, the ghosts of his past and decide what he really wants, the answer to which will decide his fate and that of those closest to him.

SATU	RDAY	AFTEF	NOON								AF	PRIL 13	8, 2024
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6-ABC	JackHanna	Pregame	NHL Hocke	y New York	Islanders a	t New York I	Rangers	NHL Hocke	ey Seattle K	raken at Dal	las Stars (N) (Live)	
10-NBC	Wild Child	Paid Prog.	Premier Le	ague Socc	er		Goal Zone	Blazers	Swimming	TYR Pro Sv	wim Series	Chasing G	old
17-MNT	Paid Prog.	Steal	Paid Prog.	Pawn Stars	Pawn Stars	Chicago P.	D.	Chicago P.	D.	S.W.A.T. "I	mposters"	Sheldon	Sheldon
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DISN	Hailey	Ladybug	Ladybug	Ladybug	Ladybug	Bluey	Bluey	Bluey	Bluey	Shorts	Kiff	Kiff	Big City
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NBCSPA	Who Stole	NBA Baske	etball			World Poke	er Tour	World Pok	er Tour	Birds	Pregame	NHL Hock	еу
NICK	(10:15) Roc	k Paper	(:45) 號★★ 1	The Addam	s Family ('1	9)	(:45) ≌★★	Trolls World	d Tour ('20)		(:45) 😤 Dora	a & the Lost	City of Gold
PARMT	(11:00) NC	∺ ★ Gone i	n 60 Secono	ds Nicolas C	Cage.	(:05) 號★★ ▮	9 The Fast	Saga ('21)	Michelle Roo	driguez, Vin	Diesel.	(:05) 😤 The	Equalizer
TBS	(11:00) 😤 Fa	ther of the E	Bride Part II	(:15) 號★★	The Greates	st Showmar	ı ('17) Hugh	Jackman.	⁹ *★★ Pito	ch Perfect ('12) Skylar A	Astin, Anna I	Kendrick.
TCM	Movie	** ★★★ S	ingin' in the	Rain ('52)	Gene Kelly.	¥*★★ Sev	en Brides f	or Seven B	rothers	**** Ro	yal Wedding	g ('51) Fred	Astaire.
TNT	(10:45) 😤 St	tar Wars: Tl	ne Force Av	vakens	(:40) 號★★★	Star Wars	: The Last J	Jedi ('17) Ca	urrie Fisher, I	Mark Hamill		😤 Star War	s: Rise of
USA	(10:00) So	Premier	ਝੈ★★ The F	ast and the	Furious: T	okyo Drift	(:45) 🐕★★	Fast & Furio	bus ('09) Pa	ul Walker, V	'in Diesel.	(:05) ∰★★	Fast Five

SATURDAY EVENING

APRIL 13, 2024

SAIU	RUAI		NG								Ar	RIL IS), ZUZ4
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	(3:00) Mast	ters Tourn.	News (N)	Inside Ed.	So Help M	e Todd	48 Hours		48 Hours (N)	News (N)	Heroes	Equalizer
6-ABC	News (N)	WorldNe	FYI Philly	Wheel	NHL Hock	ey Boston B	ruins at Pitts	sburgh Peng	juins (N) (Liv	/e)	News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	Paid Prog.	Rescue	The Wall		Weakest L	ink	Saturday I	Night Live	News (N)	Saturday N	light Live
17-MNT	Mod Fam	Mod Fam	Big Bang	Big Bang	😤 I Am He	ath Ledger	('17) (P)		Action Ne	ws at 10 (N)	Philler	Delco Duo	Mom
23-PBS	Reporters	Chat Box	NYC Arts	State/Arts	Old House	3		Agatha Christie's "Sad		d Cypress" (:35) Nina		Celebrity 7	Trip
29-FOX	(4:30) MLS	Soccer	UFL Footb	all Memphis	Showboats	s at Birmingh	am Stallions	s (N) (Live)	News (N)		We Are Fa	mily	Kelly
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Gallen of GameTime SEAL T		SEAL Tear	m	The Equal	izer	WOW - Women (N)		Neighbor
A&E	The First 4	18	First 48 "Fi	reestyling"	The First 4	18 "Tracked"	The First 4	8	The First 4	18	(:05) The F	(:05) First48	
AMC	(5:30) 🏞★★	The Day A	fter Tomorr	r ow ('04)	ਿਸ × ★★ Th	e Avengers	('12) Chris E	Evans, Robe	ert Downey J	lr	(:15) 號★★	")	
CNN	CNN News	sroom (N)	CNN News	room (N)	Real, Bill I	Maher (N)	CNN Spec		CNN Spec		CNN Spec		CNN Spec
DISC	Expedition	n Unknown	Expedition	Unknown	Expedition	n Unknown	Expedition	n Unknown				Unknown	Expedition
DISN	Big City	Big City	Big City	Big City	Mickey	Monsters	Monsters	Big City	Big City	Hailey	Hailey	Ladybug	Ladybug
ESPN	UFC 300: I	Pereira vs. H	lill - Early P	relims		Pereira vs. H		() ()	U U		ng: Anderso	on vs. Merhy	(N) (Live)
		CAA Tournar								s (N) (Live)		SportCtr (N) (Live)
FNEWS	Fox Repor	t (N) (Live)	Weekend (,,,,,,	, , , , , , , , , , , , , , , , , , , ,				Saturday I	0 ()	Gutfeld!		Weekend
FX	(5:30) 😤 ★ ★	★ Free Guy	r ('21) Ryan	Reynolds.	*∺★ Gho :	stbusters: A	fterlife ('21) Carrie Coo	on.		stbusters: A)	
HBO	(5:15) 🛠★★	* Avatar ('0	09) Sam Wo	rthington.	∯★★★ Th	e Zone of In	terest (P)	(:50) The R	legime	JerrodCar	(:20) Enthu	RealTime	
HIST	UnBelieva		UnBelieva		UnBelieva	ble	UnBelieva		(:05) UnBe		(:05) UnBe		UnBelievb
ION	Law & Ord	ler: SVU	NWSL- Pre	NWSL Soc				, i	jel City FC a	t Chicago R	ed Stars (N)	NWSL-Po	Bull
		ife of a Sor				ife of the Pa				Husband's		. ,	Movie
MAX	Movie	()	Source Co	. ,		e Witch ('15	·	. ,	Victor Fran		(:25) 👯★★★	Enemy ('1	3)
NBCSPA	(5:00) NHL			Postgame	()())	-		8		adelphia Phi	()	Brewing	Birds
NICK	(4:45) 🈤 Dor	ra & the Lo	≌ ★★ Soni	c the Hedge	hog ('20) J	ames Marsd	en.	Sheldon	Friends	Friends	Friends	Friends	Friends
PARMT		The Equali	. ,		~	he Fast Sag	()	0	,		· / ··	The Equaliz	()
TBS	ਝੈ★★ Pitch	★★ Pitch Perfect 3 ('17) Anna Kendrick.				Big Bang Big Bang Big Bang Big Bang B					ch Perfect ('12) Anna K	endrick.
TCM	਼ੈ★★★ Ind	liscreet ('58)	Cary Grant							()	★ Grey Gardens ('75)		
TNT	(5:00) 🈤 Sta	ar Wars: Th	e Rise of SI	kywalker	All Elite Wrestling: Collision (N) (Live) Wre				Wrestling	Wrestling (N) (Live) **** The Martian ('15)			
USA	(5:05) 😤 ★ ★	Fast Five ('11) Vin Dies	sel.	뿦★★ Fast	& Furious 6	('13) Paul \	Nalker, Vin	Diesel.		₩★★ Fast	& Furious 6	6 ('13)

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		12 PM		1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
	•	0	Invitation		()	Masters To			0		0	· · · ·	()
6-ABC	Inside		all Houston	-		n Panthers (N) (Live)		uis BattleHa			. , .	,
10-NBC	Issue	Who Stole	Paid Prog.			-		Figure Ska	ting Exhibit	ion Gala Fro	om the Bell C	Centre in Mo	ntreal.
	Our Honor		Paid Prog.	Paid Prog.	This Week	Hill (N)		Friends	Friends	Two Men	Two Men	Philler	Sheldon
23-PBS	Think Tank	State-Aff	Darley	Lidia	Milk	Cook	Table	Young For	ever With N	lark Hyman	, MD	Rick Steve	S
29-FOX	Who Stole	Paid Prog.	Paid Prog.	Paid Prog.	Paid Prog.	Voices (N)	MLS Socce	er			MLS Socce	er	
57-CW	Paid Prog.	World Cha	se Tag	Storm of (N	1)	SOS: How	to Survive	Paid Prog.	Paid Prog.	Mentoring	Kings	Law-SVU "	Folly"
A&E	(11:00) Zo	Zombie Fli	р	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Road Wars	Biography	: WWE Leg	ends "Unde	rtaker"
AMC	(11:15) ❣★;	🖌 Men in Bl	ack II ('02)	(:15) 號★★★	Men in Bla	ack ('97)		(:15) ❣★★	Con Air ('97) John Cusa	ck, Nicolas	Cage.	Movie
CNN	(11:00) Insi	State of Ur	nion	Fareed Zak	aria GPS	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)
DISC	(11:00) Gold	(11:00) Gold Mud Madness			Afraid	Afraid "Suc	ker Punche	d in South Africa" Afraid		Afraid "Buf	falo Bait"	Afraid "The	e Labyrinth"
DISN	(11:00) 😤 Lit	tle Mermaid	Ladybug	Ladybug	Ladybug	Ladybug	Bluey	Bluey	Bluey	Big City	Big City	Big City	Big City
ESPN	(11:00) Sp	SportCtr	NBA (N)	NBA Baske	etball (N)	1		1	NBA Bask	etball (N)		1	1
ESPN2	Movie	LaLiga (N)	(:25) Socce	r Athletic Bil	bao vs. Villa	arreal (N)	Softball Ge	eorgia at Ke	ntucky (N) (I	ive)	Softball Te	xas A&M at	Alabama
FNEWS	(11:00) Me	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	(N)	Maria Bart	iromo	Fox News	(N) (Live)	Saturday N	light
FX	Movie	* ★★★ Fre	e Guy ('21)	Jodie Come	r, Ryan Rey	nolds.	**★★ Capta	ain Marvel (('19) Brie La	rson.		₩ ★★★ Bla	ck Widow
HBO	(:35) 號★★	The Box ('0	9) Cameron	Diaz.	😤 Brandy H	lellville & the Cult of Fa (:05) ♥★★★ A St			A Star Is E	Born ('18) Bi	radley Coop	er.	RealTime
HIST	(11:00) Am	Built Amer	ica	America "C	ola Wars"	Built Amer	ica	America "E	Beer Run"	Built Amer	ica	America "F	Pizza Wars"
ION	(11:00) NC	NCIS "Fligh	nt Plan"	NCIS "Sour	nd Off"	NCIS "On F	ire"	NCIS "Lone	ely Hearts"	NCIS "Ephe	emera"	NCIS "In a	Nutshell"
	Movie	😤 The Wal	Is Are Watc	hing ('22)		Framed	by My Husb	and ('21)		₩ Home, N	lot Alone ('2	3) Andrea E	Bogart.
MAX	(10:30) 骅 T	he Captive	(:25) 號★★★	For Your E	Eyes Only (81)	(:35) 號★★	Into the Blu	e ('05) Paul	Walker.	(:25) ∰★★★	Fargo ('96)
NBCSPA	Joint Gel	Phillies	Sixers (N)	Basketball	Brooklyn Ne	ets at Philad	elphia 76ers	s (N) (Live)	Sixers (N)	(Live)	Go Racing	Brewing	Immortals
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB
PARMT	(11:00) Bar	Bar Rescu	e	Bar Rescu	e	Bar Rescu	e	Bar Rescu	e	Bar Rescu	e	Bar Rescu	e "Still Bill"
	Friends	਼ੈ★★★ Cra	zy Rich Asi	ans ('18) Co	onstance Wi	J.	MotoGP	1		1		뜻 Doctor S	Strange
TCM	Movie	۲ ★★★★ A	n American	in Paris ('5	1)	਼ੈ*★★ Mr.	Skeffingto	n ('44) Clau	de Rains, Be	tte Davis.	<u></u>	rano de Ber	gerac ('50)
TNT	(10:00) 😤 Su	icide Squad	NHL on T	NHL Hocke	y Seattle K	raken at St.	Louis Blues	(N) (Live)	NHL Hock	ey			
		-	on Villa (N) (-	Law & Ord		Law & Ord		Law & Ord	er: SVU	Law & Ord	er: SVU
			- (7)	- /									

SUND	AY EV	ENING									A	PRIL 14	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	(2:00) Mast	ers Tourn.	60 Minutes	; (N)	Tracker "Ca	amden" (N)	The 100th:	Billy Joel a	at MSG (N)		News (N)	(:35) Sports	Turning
6-ABC	News (N)	WorldNe	Fun Videos	5	American I	dol "710 (To	op 20)" (N)				News (N)	News	FYI Philly
10-NBC	News (N)	NBC News	Weakest L	ink	The Voice	The Knock	outs Premier	re"	Dateline N	BC	News (N)	1	Bensinger
17-MNT	Goldbergs	Goldbergs	ਝ ★ 10 Thi r	ngs I Hate A	bout You (99) (P)	Conners	Conners	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Seinfeld
23-PBS	(5:00) Rick	Peter Fram	pton		Yacht Rocl	k Revue 70s	S	The Highw	aymen Live	9	Young For	rever	•
29-FOX	(4:30) MLS	Soccer	Next Level	Chef	Simpsons	The Great	North (N)	Grimsburg	News (N)		News (N)	Extra (N)	
57-CW	Law-SVU "	Manhunt"	FamFeud	FamFeud	CBS News	Sunday Mo	orning (N)	Paid Prog.	Major Crin	nes	WOW - Wo	omen (N)	King
A&E	Biography	: WWE Lege	ends "Roma	in Reigns"	WWE's Mo	st Wanted '	Treasures "	WCW" (N)	Secrets-He	ells (N)	(:05) WWE	's Most	WWE'sM
AMC	(5:45) 🐕★★	* Avengers	s: Age of U	tron ('15) (N	N) (P)		Parish "Sa	nctuary" (N)	(:05) Parisł	1	(:10) ∰★★☆	+ Beverly H	ills Cop
CNN	CNN News	room (N)	CNN News	room (N)	CNN Spec		Space "Par	t 3" (N)	Space "Pa	rt 4" (N)	CNN Spec		Space
DISC	(5:00) Afra	Afraid "Unb	oreakable" (I	N)	Naked and	Afraid "Trip	ole Threat" (I	N)	Afraid "Prin	mal Fear"	Naked and	Afraid	Afraid
DISN	Big City	BigCity	(:15) Bluey	(:25) Bluey	** ★★ Coα	co ('17)		Hamster&	(:20) Hams	ter &	Monsters	Monsters	Ladybug
ESPN	Countdow	n (N) (Live)	MLB Basel	ball San Die	ego Padres a	t Los Angel	es Dodgers	(N) (Live)	SportCtr (N) (Live)	SportsCer	nter (N) (Live	e)
ESPN2	(4:30) Soft	Rookie	30 for 30 E	lway to Mari	ino	30 for 30 ⊤	he Two Bills		30 for 30 T	he Minister	of Defense		The Draft
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	Life, Libert	• • • •	Sunday Nig	• • • •	Weekend		Life, Liber	ty & Levin	Sunday
FX	(5:00) ∰★★	★ Black Wi	dow ('21)		ਞ਼+ ★ Etern	als ('21) Sa	lma Hayek,	Kit Haringto	n, Angelina	Jolie.		∯★★ Capt	
HBO	(5:25) Real	(:25) Jerro	(:55) 🐕★★	Terminator	Salvation (09)	Sympathi ((N) (P)	The Sympathizer		Last Week	(:40) The S	ympathizer
	Built Amer		Built Amer		Built Amer		Built Amer	rica (N)	(:05) Built /	America	(:05) Built	America	America
ION	NCIS "Scho	oled"	NCIS "Blarr	ney"	NCIS "The	Arizona"	NCIS		NCIS		NCIS		NCIS
		With My H		()		rtune Tellei	()()		· / ··	pped by My	Sugar Dad	,	Movie
	()	The Bourr	ne Ultimatu	m ('07)	₩★★★ Ex	Machina ('1	4)	(:50) ❣★★	Out of Time	e ('03)		😤 Thomas 🤅	Crown Affair
	Greatest		Poker Nigh	()	NBA Baske					0		adelphia Phi	llies (N)
NICK	SpongeB	SpongeB	ਝੈ★★★ Doi	ra and the L	ost City of	Gold ('19)		Sheldon		Friends	Friends		Friends
	Bar Rescu		Bar Rescu	-	Bar Rescu		Bar Rescu	-	Bar Rescu	()	Bar Rescu	-	BarRescue
	. ,,,,,,,	+ Doctor S	•	Big Bang	Big Bang	• •	•••	• •		• •		锌 Crazy Ri	
ТСМ		Private Sci			***** Gone With the Wind ('39) Vivien Leigh			eigh, Leslie Howard, Clark Gable.					
TNT	. ,				he Galaxy V	()				e Martian ('1	,		
	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Orc	ler: SVU	Law-SVU

HEALTHFUL LIVING A Weekly Guide to Health Awareness

YOGA POSE OF THE WEEK -Low Lunge

STANDING LUNGE

past your toes.

Keep your hips square

Don't let your knee bend

and your chest open.

The alignment of your lunge is super important. Try to make a right angle with your front leg so that your knee is directly over your ankle and your thigh is parallel to the floor. At the same time, keep your hips level and energize your back leg. Many people don't go deep enough into the front leg and sag in the back leg. Glance in the mirror to make sure you're getting it right. To modify, place your hands on blocks and/or lower your back leg to the mat (with a blanket or towel as needed for cushioning). One of the hip flexors is the psoas muscle. You have one on each side of your body, each working to lift your thigh to your torso. Many people get tight hip flexors from sitting for long periods, as when at a desk, in a vehicle, or while watching television. Others may do so from sports such as cycling, which can result in tight hip muscles, or snowboarding and skiing, which require significant hip flexibility.



Vitamin B6, also known as pyridoxine, helps: the body to use and store energy from protein and carbohydrates in food the body form haemoglobin, the substance in red blood cells that carries oxygen around the body Good sources of vitamin B6 pork; poultry, such as chicken or turkey; some fish; peanuts; soya beans; wheatgerm; oats; bananas; milk; some fortified breakfast cereals

MENTAL HEALTH CHECK-IN

When are you happiest?

TREATMENT SERVICES

In an emergency, please dial 911. NJ Hope Line: 855-654-6735 • njhopeline.com ReachNJ: 844-732-2465 • reachnj.gov IME Addictions Access Center: 844-276-2777 NJ Connect for Recovery: 855-652-3737 njconnectforrecovery.org 988 Suicide & Crisis Lifeline: 988 • 988lifeline.org (Formerly: National Suicide Hotline: 800-273-8255) NJ Mental Health Cares: 866-202-HELP (4357) njmentalhealthcares.org **Council on Compulsive Gambling of NJ:** 800-GAMBLER (426-2537) • 800gambler.org Veterans Counseling Hotline: 866-VETS-NJ4 (838-7654) • njvet2vet.com National Domestic Violence Hotline: 800-799-7233 · thehotline.org



MOST NEEDED FOOD ITEMS Peanut Butter & Jelly (in plastic jars) Canned Tuna Fish, Salmon or Chicken Baby Food & Formula (no glass jars) Canned Meats & Meals (beef stew, ravioli, hash, etc) Canned Fruits, Vegetables & Spaghetti Sauce

Non-Food Needs Toothpaste, Shampoo, Soap & Deodorant Dish & Laundry Detergents Toilet Paper & Feminine Hygiene Products Diapers (child & adult)

Donations can be dropped off Mon-Fri • 9am-4pm & Sat • 9am-noon

6735 Black Horse Pike, Egg Harbor Township, NJ Call 609-383-8843 for more information



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Colleen Wunderlich & Nora



Soon after graduating with an MBA from the University of Chicago and beginning a new job in Downtown Chicago, Colleen Wunderlich found her daily commute to be a labyrinth of construction sites, traffic jams, and rushing pedestrians. After several mishaps including "getting knocked over in a train station," she learned about the comfort and confidence that a Seeing Eye dog could provide. And choosing that made a huge difference in her life.

Nearly 25 years later, Colleen is now the Vice President of Partnership at The Chicago Lighthouse and working with her fourth Seeing Eye dog, a black Labrador/golden retriever cross named Nora. Colleen leads a busy and professionally satisfying life and Nora's a major part of it. Nora is even a lifesaver who saved Colleen from being hit by a city bus!

The photo shows a smiling Colleen in business dress on a leisurely stroll on a tree-lined sidewalk in Chicago with Nora in professional mode leading the way.

Colleen says, "With Nora, every day is more of a happy adventure. When I want to go somewhere or attend an event, I see it as an adventure for Nora and me. We always have fun and meet people while we are out together. And when we get in a bind, we figure our way out together. Nora's presence brings many people to me who I would otherwise miss the opportunity to meet."



PPAWS - People & Puppies at Work for Sight **MEET THE PACK!**

Walk & Learn with The Seeing Eye

Our Walk & Learn program is returning this spring with three new dates! Learn how Seeing Eye dogs are trained on the streets of Morristown. This unique opportunity allows you to follow a Seeing Eye graduate and dog team while learning all about their partnership. Each program begins with a brief presentation and tour of our downtown training location, located at 14 Maple Avenue. Participants will then take a walk through the streets of Morristown and learn how Seeing Eye dogs guide their handlers safely. The walking distance is about 1 mile and is appropriate for ages 12+. This is an experience you will not want to miss! Spots are limited, so secure your spot today.

Location: 14 MAPLE AVENUE, MORRISTOWN, NJ

Friday, April 26: https://e.givesmart.com/events/Bl3/ Friday, May 24: https://e.givesmart.com/events/Blo/ Friday, June 21: https://e.givesmart.com/events/Bmg/

PD: An image of a black Lab Seeing Eye dog walking down a sidewalk with her handler, captured from the shoulders down, in downtown Morristown. Text reads, "Walk & Learn with The Seeing Eye – 9:00 AM – 10:30 AM – Friday, April 26 – Friday, May 24 – Friday, June 21 – seeingeye.org/visit"

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









ABOUT

At Rock the Block, Atlantic City residents, township leaders, and community partners will work together with Habitat and volunteers to complete minor exterior repair and preservation projects to improve and beautify the neighborhood at no cost to the homeowners. Rock the Block events showcase Habitat's Neighborhood Revitalization program, which brings people together to improve the quality of life in targeted neighborhoods.

TYPE OF WORK

- S Exterior minor carpentry repairs: doors, floors, porches, steps
- Exterior minor painting and power washing
- General cleaning and landscaping: trash removal, cleaning of exterior, cutting down brush, mowing lawns, cutting back shrubbery, planting flowers and bushes

HOMEOWNER REQUIREMENTS

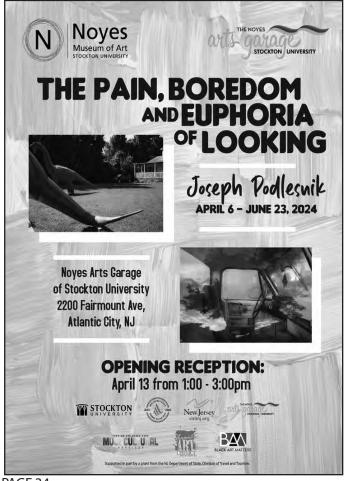
- A Must own your home
- Valid and current homeowners insurance policy
- ♠ Must participate in the event

GONTAGT US

Interested in receiving repairs? Contact:

Laura Van Booven (856) 441-2707 | repairs@habitatscnj.org





National Peach Cobbler Day – April 13, 2024

National Peach Cobbler Day on April 13 celebrates peach cobbler, the undeniable American classic — it even comes from early European settlers in Americal Something we love about cobblers is that there's basically an endless variety. From classics like peach- and blackberry cobblers, to crisps, crumbles, Brown Betties, and pandowdies - if you have juicy fresh berries and some kind of dough, you have a cobbler!

History of National Peach Cobbler Day

Varieties of pie and cobbler have existed for thousands of years, yet peach cobbler is distinctly tied to early European settlers in America. As Americans pushed into the West and settled the frontier, fruit could be difficult to come by. Simple and easy fruit cobblers became popular dishes for breakfast as well as dessert! It was in the mid-1800s, as westward expansion in America took off, that peach cobbler rose in popularity.

These pioneers had to make do — though preserves and foods with baking powder added weren't considered fine cuisine, the settlers didn't have many options and often relied on these ingredients. They would cobble together fruit filling with plain biscuit dough on top, and the result looked like a cobbled street! Lacking real ovens, settlers would use campfire 'Dutch ovens' to heat up the dessert.

Cobblers eventually took off in popularity. Today, there are countless varieties including crisps, crumbles, Brown Betties, tarts, and crumbles. What do they have in common? Fruit, sugar, flour, and butter! Despite the variations on the classic, it's still easy to find old-time recipes for cobbler, just like early Americans would have made. It's hard to improve on the original!

In the 1950s, the Georgia Peach Council began to promote Peach Cobbler Day in April. This was part of an effort to drive canned peaches sales, as April isn't the time of year for fresh peaches! Their efforts paid off and the national holiday was born. Since, there have been many celebrations of peach cobbler, including at the Georgia Peach Festival. In 2007, the largest peach cobbler was made at the festival and was more than 11 feet long! Peach cobbler remains a popular and classic American dessert today.

National Peach Cobbler Day Activities

 Bake up your own peach cobbler - Cobbler is simple by nature. Even if you're a timid baker, have no fear - all you need is dough and fruit! It's almost impossible to ruin a cobbler. Bake with friends, family, or roommates, and bond over both the baking and the dessert!

· Have your family taste-test peach cobbler - Once you've whipped up your cobbler, invite some friends or family over for a taste test! Or you could hold a taste test of various store-bought peach cobbler brands. Just remember, any piece of cobbler is going to be better with vanilla ice cream. · Post your peach cobbler to social media - Use the hashtag #PeachCobblerDay to inspire other bakers and share the national holiday! Show off your masterpiece peach cobbler and make your social media feed even more delicious.

4 Fun Facts About Peach Cobbler

1. It's no diet food - One cup of peach cobbler averages around 450 calories! 2. The 'World's Largest Peach Cobbler' is a yearly treat - At the annual Georgia Peach Festival, visitors can taste the 11 by 5 foot 'World's Largest Peach Cobbler' — the tradition began in 2007.

3. It's traditionally served with vanilla ice cream - In the southern part of the United States, peach cobbler is rarely served without two classic scoops of vanilla ice cream.

4. It's not all unhealthy - While we can't say the buttery crust is exactly a health food, peaches are actually very nutritious - they are a great source of vitamins A and C.

Why We Love National Peach Cobbler Day

. It's full of nutritious peaches - While it's true the buttery crust isn't a health food, peaches actually offer many nutritious benefits! They are packed with antioxidants and nutrients, they can protect your skin and heart

health, and may even prevent certain types of cancer. • It's a classic indulgence - They say there's nothing more American than apple pie, but we know peach cobbler is right up there. A favorite of the early American settlers, who didn't have much but found the means to cobble together a makeshift pie, peach cobbler is undeniably a classic indulgence.

MOND		/ENING	}								AF	PRIL 15	. 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Neighbor	Bob Heart	NCIS (N)		NCIS: Haw	ai'i (N)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	American	Idol "711 (To	op 14 Revea	al)" (N)	Interrog. (N	۷)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	The Voice	"The Knocko	outs Part 2"	(N)	Deal or No	(N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	All Americ	an (N)	Sight Unse	en "Sunny"	Action Nev	vs at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	😤 Ocean S	Souls ('20)	NOVA		Train Jour	neys	NJ Spotl	One on O	Newsline
29-FOX	The Six	The Pulse	Extra (N)	TMZ (N)	MasterChe	ef (N)	So You Th	ink (N)	News (N)		News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Turmoil"	Neighbor	Neighbor	King
A&E	The First 4	8	The First 4	8	First 48 "B	First 48 "Bloodline"		8	The First 4	8	(:05) The F i	irst 48	(:05) First48
AMC	柴★★ Sixte	en Candles	('84) Molly	Ringwald.	* ★★★ Pre	etty in Pink ('86)	(:45) ❣★★★	Ghostbus	ters ('84) Da	an Aykroyd,	Bill Murray.	Movie
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	i0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360
DISC	Contraban	d: Seized	Contraban	d: Seized	Contraban	nd: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraban	d: Seized	Contraba
DISN	Bluey	Big City	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug
ESPN	SportCtr (N	N) (Live)	WNBA (N)	2024 WNB	A Draft (N)	(Live)		NHL Hock	ey Minnesot	a Wild at Lo	s Angeles K	ings (N)	SportCtr
ESPN2	ESPN BET	(N) (Live)	Rookie	SportsCen	ter Special		Rookie	Rookie	NFL Live		SportCtr (N	N) (Live)	Rookie
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	l)	Fox News	(N) (Live)	The Five
FX	ਝ+★★ The F	Predator ('18	B) Boyd Holk	prook.	柴★★ The	Equalizer 2	('18) Denzel	Washingtor	۱.	ਝੈ★★ The l	Equalizer 2	('18)	
HBO	(:55) The S	ympathizer	(:55) 號★★★	Everest ('1	15) Jason C	larke.	The Synan	on Fix (N)	(:05) The S	ympathizer	(:05) The S	ynanon Fix	(:10) Alex
HIST	Ancient Al	iens	Ancient Al	iens	Ancient A	liens "The U	FO Spectac	le" (4-hour c	combo episo	de); objects	in Earth's sk	ties. (N)	(:05) Aliens
ION	Criminal "k	Killer App"	FBI		FBI		FBI "Appea	arances"	FBI "Closur	е"	FBI "Little E	Egypt"	FBI
CIFE	Grey's Ana	atomy	Grey's Ana	atomy	Grey's Ana	atomy	Grey's Ana	atomy	(:05) Grey's	Anatomy	(:05) Grey's	Anatomy	Anatomy
MAX	(5:50) 號★★	Body of Li	es ('08)		😤 The Fro	zen Ground	('13)	(:45) ♀ ★ W	hiteout ('09)) Kate Becki	insale.	(:25) 🐕★★	Tusk ('14)
NBCSPA	Phillies	MLB Base	ball Colorad	o Rockies a	t Philadelph	ia Phillies (N) (Live)	Phillies (N) (Live)	Birds (N)	Birds	Golfer	Baseball
NICK	RockPaper	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Sheldon	Sheldon		Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	₽×★★★ ₽	laiders of th	e Lost Ark	('81) Harrisc	on Ford.	ਝੈ★★★ Ind	iana Jones	and the Las	st Crusade
TBS	Big Bang	Big Bang	Big Bang	Big Bang	• •	Big Bang	• •	0 0					American
	· · ·	★ Silk Stoc	• • •		· · ·	Singin' in the	. ,	,		"The Lion i	n Winter 194	16-86"	Movie
TNT	(5:15) 🐕★★	★ The Mart	ian ('15) Ma	tt Damon.	*★★★ Thor: Ragnarok ('17) Chris Hemsworth.					(:45) ∰★★★	il War ('16)		
USA	(5:30) 🐕★★	★ Fighting	With My Fa	mily ('19)	WWE Mon	day Night R	AW (N) (Liv	ve)			McBee (N)		(:05) 9-1-1

TUES	DAY E	VENIN	G								AF	PRIL 16	6, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	FBI (N)		FBI: Intern	ational (N)	FBI: Most	Wanted (N)	News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Will Trent		The Rooki	e	The Good	Doctor	News (N)	(:35) J. Kim	imel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Lopez vs	Lopez vs	Weakest L	ink (N)	Password	(N)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Crime Nati	ion (N)	•		Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Doc Martir	ı		Pride and	Prejudice	Black	NJ Spotl	Que Pasa	Newsline
29-FOX	The Six	The 215	Extra (N)	TMZ (N)	Cleaning "	Velorio" (N)	Alert "@Ky	vra" (N)	News (N)	•	News (N)	Phantastic	Person
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Perverted"	Neighbor	Neighbor	King
A&E	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.	Neighbor.
AMC	(5:30) 🐕★★	Ghostbust	ers II ('89) E	Bill Murray.	≌*★★★ Tra	ding Places	s ('83) Eddie	Murphy, Da	in Aykroyd.	≌ ★ Major	League II ('S	94) Charlie S	Sheen.
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Sourc	e (N) (Live)	CNN (N) (L	.ive)	Laura (N)	Live)	Cooper360
DISC	Moonshine	ers	Moonshine	ers	Moonshine	ers (N)	Mud Madn	ess (N)	Distiller / M	loonshine	(:05) Maste	r Distiller	Moonshine
DISN	Bluey	Big City	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Bunk'd	Bunk'd	Ladybug
ESPN	SportCtr (N	I) (Live)	SportCtr	NHL Hocke	y Toronto N	Maple Leafs	at Florida Pa	anthers (N)	SportCtr (N) (Live)	SportCtr (N) (Live)	SportCtr
ESPN2	ESPN BET	(N) (Live)	The Point	The Draft	College Ba	aseball Texa	as Tech at A	rkansas (N)	(Live)		NFL Live		SpoCenter
FNEWS	Bret Baier	(N) (Live)	Ingraham ((N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	1)	Fox News	(N) (Live)	The Five
FX	(5:00) 🐕★★	* Thor ('11))	਼ੈ★★★ Dea	idpool 2 ('1	8) Josh Brol	in, Ryan Re	ynolds.	Shogun (N	I)	≌ ★★ Zom	bieland: Do	uble Tap
HBO	(:10) The S	ympathizer	(:10) 號★★★	Up in the	Air ('09)		An Americ	an Bombin	g (N)	JerrodCar	(:20) The S	ynanon Fix	Movie
HIST	Curse of O	ak Island	Curse of O	ak Island	Digging De	eeper (N)	Oak Island	l (N)	(:05) Drillin	g Down (N)	(:05) Oak Is	sland	Digging
ION	Chicago Fi	re	Chicago Fi	ire	Chicago F	ire	Chicago Fi	ire	Chi. Fire "(Category 5"	Chi. Fire "	Spartacus"	Chi. Fire
	Castle "Kill		Castle		Castle "Ba		Castle "Ca	stle, P.I."	(:05) Castle	e	(:05) Castle	9	Castle
MAX	(:20) 號★★★	Ingrid Goe	es West ('17	7)	≌★ Friday	the 13th ('0		(:40) फ़ ★ D r		cension	(:05) 🈤 Ang	gel of Mine ((19)
NBCSPA	Birds (N)	v		· · ·		at Philadelp	,	Postgame	(N) (Live)	Birds	Brewing		NHLHock
NICK	RockPaper	LoudHou	LoudHou			SpongeB			Friends	Friends	Friends		Friends
PARMT					ਝੈ★★★ Ind	liana Jones	and the Las	st Crusade	('89) Harrisc	on Ford.		lones & the	-
	9	0	• •			ball Atlanta			() ()			Mod Fam	
	-	s of Wine a				e Pink Pantl	,					('61) Audre	
TNT					-	urnament: Te	ams TBA (N	N) (Live)		,		eams TBA (N	,,,,,
USA	Law-SVU "	Perverted"	Law-SVU "	P.C."	WWE NXT	(N) (Live)			(:10) Chucl	ky	(:10) Law-S	SVU	Law-SVU

WEDN	IESDA	Y EVE	NING								AF	PRIL 17	, 2024	
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM		12 AM	
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Survivor "	Hide 'N Seek	<" (N)	The Amazi	ing Race (N)	News (N)	(:35) Colbe	rt (N)	
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	Conners	Not Dead	Abbott (N)	Pyramid	Pyramid		News (N)	(:35) J. Kim	mel (N)	
10-NBC	News (N)	NBC News	News (N)	Hollywood	Chicago M	ed	Chicago F	ire	Chicago P	.D.	News (N)	(:35) J. Fall	on (N)	
17-MNT	Goldbergs	Big Bang	Big Bang	Goldbergs	Walker (N)		Sight Un ".	Jake" (N)	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Table	Treasures	Mr Bates-F	Post	Alice-Mast	er	NJ Spotl	Here's	Newsline	
29-FOX	The Six	ClassH	Extra (N)	TMZ (N)	Masked (N)	Animal	Family Guy	News (N)		News (N)	Phantastic	Person	
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	ia (N)	48 Hours (N)	Law-SVU "	Anchor"	Neighbor	Neighbor	King	
A&E	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	Court Cam	CourtCam	CourtCam	CourtCam	
AMC	(4:45) 🐕★★	The Guard	ian ('06) Key	vin Costner.	ਝੈ★★★ The	e Green Mile	e ('99) David	Morse, Mic	hael Clarke	Duncan, To	m Hanks.	•	Movie	
CNN	Situation (I	N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Sourc	e (N) (Live)	CNN (N) (Live) Laura (N			Live)	Cooper360	
DISC	Expedition X Expedition X		Expedition	ı X	Expedition	Unknown	Ghost A. (N)	Expedition	Unknown	Expedition			
DISN	Bluey	Big City	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Raven	Raven	Ladybug	
ESPN	SportCtr (N	N) (Live)	NBA (N)	Basketball	/(:40) Baske	etball	•	•	(:05) NBA E	Basketball F	Play-In Tourr	nament: Tea	ms TBA (N)	
ESPN2	ESPN BET	(N) (Live)	Rookie	Basketball	Play-In Tou	ırnament: Te	eams TBA (N	N) (Live)	SportsCen	ter	SportCtr (1	N) (Live)	SportCtr	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) ((Live)	Hannity (N) (Live)	Gutfeld! (N	I)	Fox News	(N) (Live)	The Five	
FX	(5:30) 🐕★★	★ Deadpoor	l 2 ('18)		ਝ+★★ Veno	m: Let The	re Be Carna	age ('21)	American	(N)	American	American		
HBO	Movie	(:25) The S	ynanon Fix	Jerrod Car	<mark>ٍ</mark> *∗★ Term	inator Salv	ation ('09)		(:55) The S	ympathizer	(:55) ❣★★★	Skyfall ('1	2)	
HIST	Pawn Stars	s Do Amerio	ca "Desert D	eals"	Pawn Stars	s Do "Michig	gan Moolah"	(N)	(:05) Pawn	Stars (N)	(:05) Pawn	Stars	PawnStar	
ION	Blue Blood	ls	Blue Blood	ls	Blue Blood	ds "Pilot"	Blue Blood	ds	Blue Blood	d "Privilege"	Blue Blood	ds	Blue Blood	
	Castle "Red	ckoning"	Castle		Married-Si	ght "Denver	Reunion, P	art 2" (N)	(:05) Marrie	ed-Sight (N)	(:05) Castle)	Married	
MAX	(:55) 號★★ ▮	Bandits ('01) Bruce Willi	s.	¥★★★ А №	lost Violent	t Year ('14)		(:05) 🈤 Alti	tude ('17)		(:35) 🈤 Nev	/ World	
NBCSPA	MLB Basel	ball Colorad	o Rockies at	t Philadelphi	a Phillies (N	I) (Live)	Phillies (N) (Live)	Birds (N)	Birds	In. Golf	Bensinger	Baseball	
NICK	RockPaper	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Sheldon	Sheldon	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	柴★★ The I	Equalizer ('1	14) Marton C	Sokas, Den	zel Washing	ton.	∯★★ The I	Equalizer ('1	4)	
TBS	Big Bang	Big Bang	Big Bang	Big Bang	All Elite W	restling: Dy	namite (N)	(Live)	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	
TCM	(:15) ❣★★★	Badlands	('73) Martin	Sheen.	*★★★ Guys and Dolls ('55) Marlon Brando. (:45) *★★						★★★ Sayonara ('57) Marlon Brando.			
TNT	Jokers	NHL on T	NHL Hocke	y Toronto N	Maple Leafs at Tampa Bay Lightning NHL Hockey St.					St. Louis Blues at Dallas Stars (N) (Live)				
USA	Law-SVU "	Mood"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Chucky (N)	Law & Ord	er: SVU	Law-SVU	

THURSDAY EVENING

APRIL 18, 2024

INUN	JUAI		NG								АГ		, 2024	
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Sheldon	Ghosts	So Help Me	e Todd (N)	Elsbeth "B	all Girl" (N)	News (N)	(:35) Colbe	rt (N)	
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	9-1-1 "Aba	ndon Ships"	9-1-1 "Rock	the Boat"	9-1-1 "Cap	sized"	News (N)	(:35) J. Kim	mel (N)	
10-NBC	News (N)	NBC News	Autism (N)	•	Law & Ord	ler (N)	Law & Ord	er: SVU (N)	Law & Ord	er (N)	News (N)	(:35) J. Fall	on (N)	
(17-MNT)	Goldbergs	Big Bang	Big Bang	Goldbergs	Patti Stang	ger (N)	Lovers and	d Liars (N)	Action Nev	ws at 10 (N)	Mod Fam	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Inside the	Aut	POV "Brief	Tender Ligh	nt"	Show Me	NJ Spotl	State/Arts	Newsline	
29-FOX	The Six	Kelly (N)	Extra (N)	TMZ (N)	Next Leve	I Chef (N)	Farmer (N)		News (N)		News (N)	Phantastic	Person	
57-CW	FamFeud	Puzzler	FamFeud	FamFeud	Philadelph	nia (N)	48 Hours (N)	Law-SVU "	Quickie"	Neighbor	Neighbor	King	
A&E	The First 4	8	The First 4	8	Critical Mi	nutes (N)	Accused: (Guilty (N)	Interrogati	on Raw (N)	(:05) Secre	ts-Hells	(:05) First	
AMC	(3:00) 🈤 Gr e	een Mile	ື*★★ The N	/lummy ('99) Rachel W	eisz, Brenda	n Fraser.	(:45) 🐕★★	The Mumm	y Returns ('	01) Rachel \	Neisz, Brend	dan Fraser.	
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 36	0 (N) (Live)	The Source	e (N) (Live)	CNN (N) (L	ive)	Laura (N) (Live)	Cooper360	
DISC	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Caught!	Contraban	d: Seized	Contraban	d: Seized	Caught!	
DISN	Bluey	Big City	Big City	Big City	Hailey	Hailey	Marvel's	Ladybug	Ladybug	Ladybug	Jessie	Jessie	Ladybug	
ESPN	SportCtr (N	I) (Live)	NHL Hocke	ey Seattle K	raken at Mir	nnesota Wild	(N) (Live)	NHL Hock	ey Edmonto	n Oilers at C	colorado Ava	lanche (N)	SportCtr	
ESPN2	(4:30) Gy	The Point	NFL (N)	NFL Live (N)	Rookie	Women's C	College Gyr	nnastics		SportCtr (N) (Live)	NFL Live	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N)	(Live)	Hannity (N) (Live)	Gutfeld! (N	1)	Fox News	(N) (Live)	The Five	
FX	(5:30) 🐕★★	★ Free Guy	r ('21) Ryan	Reynolds.	ਝੈ★★ Old \$	School ('03)	Luke Wilson. ♥★★ Old S			School ('03)	า.	Movie		
HBO	(:55) ❣★★★	The Socia	I Network (10)	The Symp	athizer	∜ ★★★ The	e Zone of In	terest ('23)	😤 Brandy H	lellville & the	Cult of Fa	Movie	
HIST	American I	Pickers	Swamp Pe	ople	Swamp "Ic	e Cold Gam	ble" (N)	(:35) Swam	p (N)	(:35) Swam	p "Swamp J	laws"	Swamp	
ION	Chicago "D	eadlocked"	Chicago P.	.D.	Chicago P	.D.	Chicago P.	.D.	Chicago P	.D. "Fight"	Chicago "N	Vew Life"	Chicago	
	Castle		Castle "Sle	eper"	Theresa C	aputo (N)	T. Caputo	(N) (P)	(:05) T. Cap	outo (N)	(:05) There	sa Caputo	T. Caputo	
MAX	Movie	(:35) 🐕★★ 🕏	Scary Movie	3 ('03)	ਝ ★ Gulliv e	er's Travels	('10)	(:25) 號★★	Kingpin ('96	6)	(:20) ∰★★	Out of Time	('03)	
NBCSPA	Birds (N)	Birds	Penn	Life (N)	The Best S	Show Ever?					Birds	World Pok	er Tour	
NICK	RockPaper	LoudHou	LoudHou	SpongeB	SpongeB	SpongeB	Sheldon	Sheldon	Friends		Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	਼ਿ* ★★ Tom	my Boy ('95) David Spa	de, Chris Fa	rley.	😤 Movie				
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers	Jokers	∯★★★ Pite	ch Perfect (12)	
ТСМ	(:15) ∰★★★	Merrily We	e Live ('38)		₩×××× T	he Thin Mai	n ('34)	(:45) 號★★	Killer's Kiss	s ('55)	∯★★ Real	Life ('79)		
TNT	(5:30) 🐕★★	The Meg (18) Jason Si	tatham.	਼ਿ* ★★ God	zilla vs. Kon	Kong ('21) Alexander Skarsgård.				Kong: Skull Island ('17)			
USA	Law & Ord	er: SVU	Law-SVU "	Wet"	¥*★★ Gu	ardians of t	he Galaxy ('14) Chris P	ratt.	(:35) 😤★★	The Wolver	ine ('13)		
ACE 26														



Gold Glove Winners

By Alex Hendry

Questions:

1) Regarded as one of the greatest defensive players in the history of baseball, the "Human Vacuum Cleaner" received 16 consecutive Gold Glove Awards at third base - who is he?

2) Which pitcher received 18 Gold Glove Awards - the most all-time throughout his baseball career? 3) It runs in the family as these two brothers - both catchers - have received a Gold Glove Award (AL & NL). Who are they?

4) Who is the only player in MLB history to win a Gold Glove as an infielder and outfielder?

5) Name both Seattle Mariners outfielders who received 10 consecutive Gold Glove Awards during their time in the Pacific Northwest.

6) Which double-play combination duo both received Gold Glove Awards in 2023?

7) Only one pair of batterymates in MLB history have received Gold Glove Awards together with two separate franchises. Who are they?

M

8) In 2023, Nolan Arenado's reign of 10 consecutive Gold Glove Awards came to an end which third baseman snapped his streak?

9) Who is the shortstop that won 13 consecutive Gold Glove Awards, and guest-starred as himself in an episode of "The Simpsons"?

10) Name the catcher who received 10 consecutive NL Gold Glove Awards (all with one single franchise).

Answers:

 Brooks Robinson
 Greg Maddux
 Bengie and Yadier Molina
 Darin Erstad (OF: 2000 and 2002, IF: 2004)
 Ken Griffey Jr. (1990-1999) and Ichiro Suzuki (2001-2010)
 Nico Hoerner and Dansby Swanson (Chicago Cubs)
 Kenny Rogers and Ivan Rodriguez (Texas in 2000, Detroit in 2006)

8) Ke'Bryan Hayes

9) Ozzie Smith

10) Johnny Bench



39th annual Spring Beach Sweeps this weekend

Volunteers will be out on local beaches this weekend picking up what others have carelessly left behind.

H E

Clean Ocean Action will be holding Beach Sweeps across the state to improve the quality of the marine waters and remove trash and debris from beaches and waterways. Volunteers are needed in 80 locations, including six sites in Atlantic County.

The Beach Sweeps will be held rain or shine 9 a.m. to 12:20 p.m. Saturday, April 13 in the following Atlantic County locations:

- Atlantic City S. Albany Avenue & Boardwalk; S. Florida Avenue & Boardwalk
- Brigantine S. 17th Street at Brigantine Beach Patrol
- Longport 33rd and Atlantic Avenues
- Margate Granville Avenue beach
- Ventnor City Newport Avenue beach Community Building

Volunteers are asked to bring their own bucket and work gloves. Each municipality will provide registration services and instructions and provide volunteers with collection cards to record what they find on the beach.

Data collected is compiled to determine sources of pollution and monitor trends and promote solutions to beach litter. Data may also be used to forward legislation that protects the ocean, such as the beach smoking ban. The most recent annual report indicates that nearly 80% of all debris collected is made out of some form of plastic.

Read the 2023 report here: https://rb.gy/xxjsri

Register in advance at https://rb.gy/wgjt4y or on Saturday morning at the registration site, where you will be asked to fill out a waiver form. Volunteers must be registered to participate. Family members and groups must register individually. Children under 12 must be accompanied by an adult. Check in and registration is at 9 a.m. Volunteers are instructed not to pick up anything that makes them uncomfortable. Volunteers are not required or expected to pick up potentially hazardous debris. Alert the Beach Captain about safety concerns. Beach Captains will supply trash and recycling bags, data cards and pencils. Hand sanitizer will be available. To reduce the use of plastic bags, volunteers are asked to bring a repurposed bucket.

Wear comfortable, sturdy shoes and dress for the weather. It is advisable to bring a reusable water bottle, snacks, sunscreen, bug spray and a positive attitude.

The next Beach Sweep will be held in October.

About Clean Ocean Action

COA Mission Statement: "Our goal is to improve the degraded water quality of the marine waters off the New Jersey/New York coast."

COA uses research, education, and citizen action to unite and empower people to protect the ocean.

Clean Ocean Action is a 501(c)3 tax exempt nonprofit organization.

Clean Ocean Action (COA) is a broad-based coalition of 125 active boating, business, community, conservation, diving, environmental, fishing, religious, service, student, surfing, and women's groups. These "Ocean Wavemakers" work to clean up and protect the waters of the New York Bight. The groups came together in 1984 to investigate sources, effects, and solutions of ocean pollution. What follows is a description of the network.

Under the guidance of COA's Board of Trustees, COA's staff researches pollution issues affecting the marine environment, then formulates policy and campaigns to eliminate each pollution source. The staff then coordinates and organizes the Ocean Wavemakers (Participating Organizations, Concerned Businesses, Educators for a Clean Ocean, and Concerned Citizens) to use their individual experience and expertise to help. Press events, rallies, writing letters, making phone calls, testifying at public hearings, and distributing literature are just some of the ways members of the coalition become involved.

With eight ocean dumpsites closed, powerful new clean water laws on the books, and a greater public awareness of the ocean and its improved health, it's clear the system works.

