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Entire proceeds benefit The Arc of Atlantic County. No substitution of the offered prize may be made and no cash given in lieu of the prize. Need not be present to win. Must be 18 to purchase. Drawing to be held October 10, 2024 at The Arc of Atlantic County Golf Classic at Galloway National Golf Club, Galloway NJ, 08205. The Arc of Atlantic County is a 501c3 non-profit EIN 22-1779284.

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- Call the Raffle Hotline at 609.485.0800 ext. 141
- Email raffle@thearcatlantic.org

- Download and mail in your form thearcatlantic.org/remarcable-raffle/ Purchase at our offices at 1203 Tilton Road, Northfield 08225. Purchase at our offices at 6550 Delilah Road, Suite 101, Egg Harbor Township 08234.
- Purchase at The Arc Makes Cents Thrift Shops at 6409 Ventnor Avenue, Ventnor NJ 08406.

 Purchase at The Arc Makes Cents, Too at 3003 English Creek Avenue, Egg Harbor Township NJ 08234.

HEALTHFUL LIVING A Weekly Guide to Health Awareness

YOGA POSE OF THE WEEK -Triangle Pose (Utthita Trikonasana)

TRIANGLE POSE

Place your hand higher up your leg to help

open your chest.

The Triangle can be modified like the Extended Side Angle, using a yoga block for your bottom hand if you aren't comfortable reaching your arm to the floor in this yoga pose. You can also rest your hand higher up on your leg—on your shin or thigh—but avoid putting it directly on your knee.

Don't hesitate to micro-bend both knees if this yoga pose feels uncomfortable. It won't look or feel like a pronounced bend, but rather, just enough movement to unlock your knees and ease tension in your hamstrings.

Triangle offers many benefits: Strength (in the legs), flexibility (in the groin, hamstrings, and hips, as well as opening the chest and shoulders), and balance.

VITAMIN HIGHLIGHT -Potassium

You may think of bananas, but green leafy veggies are a better source of this mineral. It helps keep your blood pressure in a normal range, and it helps your kidneys work. Levels that are too low or too high could make your heart and nervous system shut down. You should also watch your salt, because your body needs the right balance of sodium and potassium. Snack on raw cantaloupe, carrots, and tomatoes, too.

MENTAL HEALTH CHECK-IN

What worries me most about the future?

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







Moonlighting

AGENCY AGNES ALEXANDER BANTER BLUE MOON CASE COMEDY DAVID DETECTIVE	DIALOGUE DRAMA EMMYS HAYES HERBERT JERGENSON KNOWLES MACGIL- LICUDY	MADDIE MR. PESTO MYSTERY NOIR OFFICE PLOT TWISTS PRIVATE EYE	ROMANCE SAM TELEVISION TERRI VIOLA VIRGINIA WALTER WITTY
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ROSCC **SEPTEMBER 26-OCTOBER 2,**

ARIES (Mar. 21- April 20)

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This week, your energy is contagious, igniting a spark in those around you. Use this enthusiasm to motivate colleagues or friends, but be careful not to overextend yourself; balancing your drive with rest will ensure you maintain your momentum. TAURUS (Apr. 21- May 21)

You may feel a strong pull to focus on your finances this week, making it an ideal time to review your budget and reassess your financial goals. Consider reaching out to a trusted friend or advisor for valuable insights that can help clarify your path forward.

GEMINI (May 22-June 21)

Communication is key this week, as your social skills shine brightly and draw people toward you. This is an excellent time for networking or rekindling old friendships, but be prepared to navigate potential misunderstandings, especially midweek. CANCER (June 22-July 22)

This week encourages deep introspection, making it a perfect time for self-care and reflection on your personal goals. Consider journaling or engaging in mindfulness practices to uncover insights that may guide you. LEO (July 23-Aug 22)

Your creativity is at an all-time high this week, and you're encouraged to channel this energy into projects or hobbies that inspire you. Expect to receive recognition for your efforts, especially from peers, which could boost your confidence and lead to new opportunities for collaboration. VIRGO (Aug. 23 -Sept. 23)

Organization is your superpower this week, and you'll find that focusing on decluttering both your physical space and your mental load will pay off. Use this time to streamline your tasks and prioritize what truly matters

LIBRA (Sept. 24 -Oct. 23)

Finding balance is essential this week, as you'll need to nurture your relationships while also attending to personal goals. Be mindful of your commitments and set aside time for loved ones, as this will bring you greater satisfaction. SCORPIO (Oct. 24 - Nov. 22)

This week, embrace the theme of transformation, as you may face challenges that ultimately serve as opportunities for growth. Trust your intuition when navigating decisions, particularly those related to your career or personal development.

SAGITTARIUS (Nov. 23 -Dec. 21) Adventure calls this week, inviting you to explore new experiences, whether through travel or trying something novel in

your local area. Embrace this sense of wanderlust, as it could lead to exciting encounters and unforgettable memories. CAPRICORN (Dec 22.- Jan. 20)

Focus on your career goals this week, and don't hesitate to showcase your talents to those around you. This is a prime time for networking, so seek out connections that could lead to unexpected opportunities

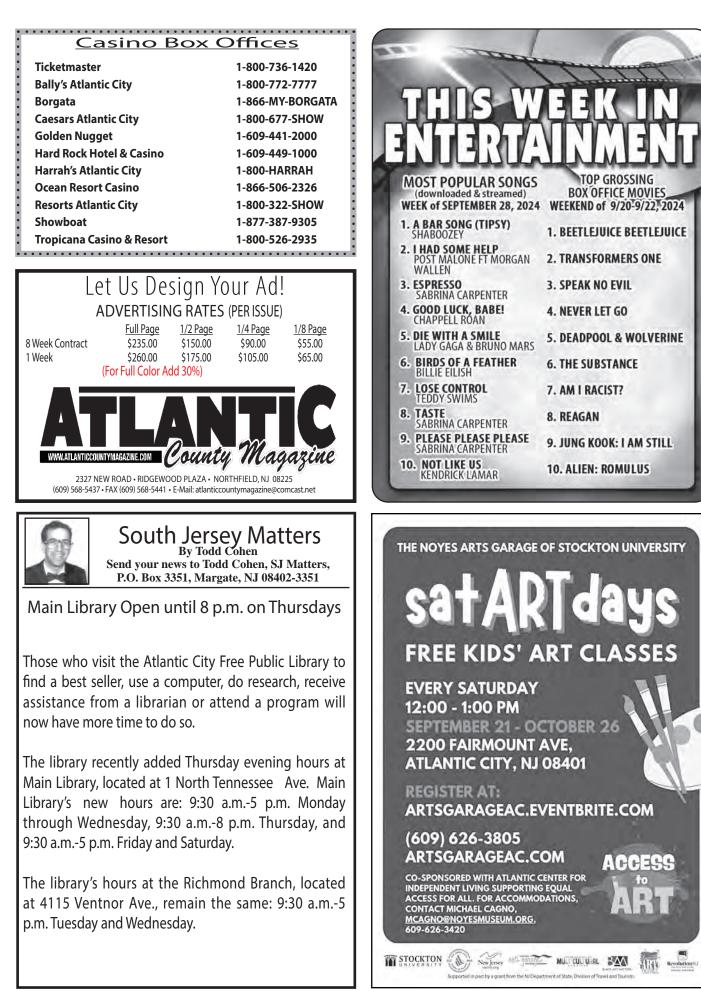
AQUARIUS (Jan. 21 - Feb. 19)

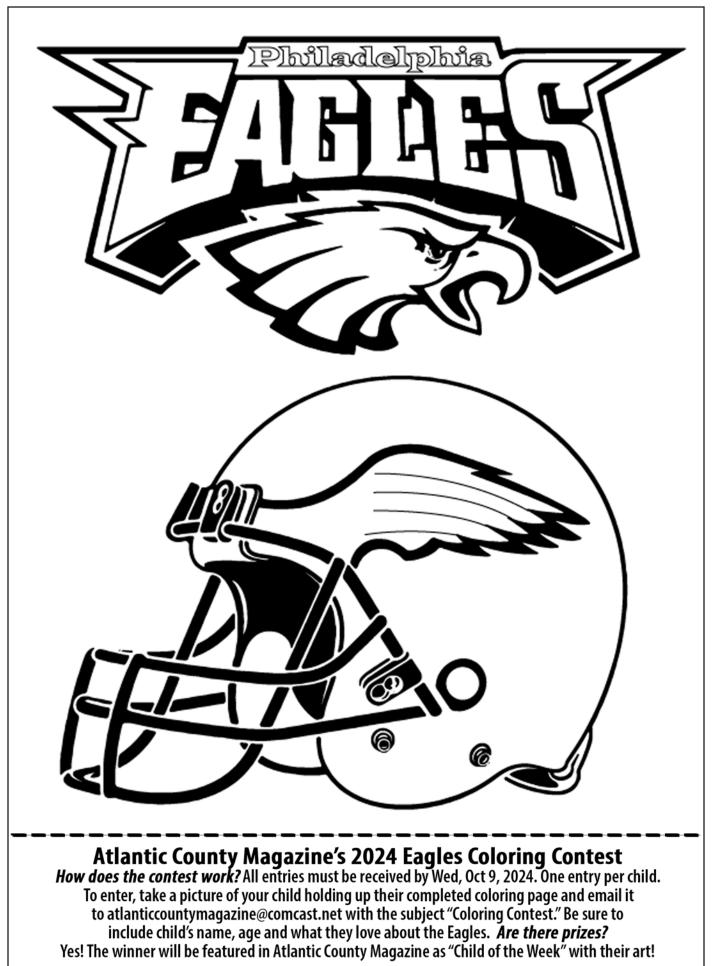
Your innovative ideas are set to shine this week, providing you with the perfect platform to share them with others. Collaboration will be key, as working with like-minded individuals can spark fresh solutions to ongoing challenges. PISCES (Feb. 20-Mar. 20)

Emotional depth is highlighted this week, prompting you to trust your instincts when dealing with personal matters. Engaging in creative outlets can provide a wonderful way to express your feelings, offering both catharsis and clarity.













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 \sim includes one domestic draft or soft drink and fries \sim



Cheesesteak or Chicken Cheesesteak \$12 Pork Roll, Egg & Cheese on Brioche \$12 Chicken or Tuna Salad on Toast, Wrap or Roll \$10 Meatball Parm on Roll \$10



REDDOG'S HI POINT PUB WEDNESDAYS

1ST, 2ND, 3RD PLACE GIFT CARDS 730PM GAMETIME 7PM SIGNUPS START

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Margate Fall Funfest by the Bay

MARGATE FALL FUNFEST BY THE BAY

SEPTEMBER 28, 2024 11:00 AM- SEPTEMBER 29, 2024 5:00 PM

Presented By

Saturday, September 28th 11AM-6PM & Sunday, September 29th 11AM-5PM

Celebrate the beauty of Margate's bay area and promenade at the FREE Fall Funfest by The Bay! Now in its 23rd year, this beloved event brings fresh and exciting family-friendly venues for 2024. With over 20,000 visitors each year, it's a true celebration of the season, our stunning bayfront, and the welcoming spirit of Margate.

Margate's marquee event features over 110 booths and amusements comprised of mouthwatering foods, unique fine arts and crafts, Margate retailers, sponsors, nonprofits, Margate City municipal departments, kid's activities and... that doesn't even include all the great FREE stuff like 10 Live bands on the WZXL 100.7 Main Stage, 12 acts on the 95.1 WAYV Kid's Stage, Scott's Dock Wetlands Wonderland, two days of parades featuring Miss New Jersey, costumed characters, the 27th Annual Steve and Cookie's Dog Show, a beer garden, Tito's Handmade Vodka tent, Tomberlin Golf Carts will have demonstrations and test drives and MUCH MORE!

Now in its 23rd year, always FREE admission, Funfest brings fresh and exciting family friendly venues for 2024. Thousands of visitors attend Margate Fall Funfest to enjoy the breathtaking family friendly venue along the beautiful bayfront and promenade, and the friendly spirit of the people of Margate!



FUNFEST AFTER DARK: DEFINITELY NOT FOR KIDS - Sat, Sept 28th from 7:30-10PM Don't miss Funfest After Dark on Sat, Sept 28th, from 7:30-10:00 PM at the Washington Ave. pier. Enjoy live music, wine and spirits tasting, and a decorated lounge. Tickets are \$20 in advance or \$25 on the day of the event, including 5 samplings of wine & spirits and finger foods. Live Music with Steve Moore and the MIA Band.

FOOD & DRINK - Food vendors from throughout the region will be offering a variety of savory food selections! At the Tacocat Food Truck, you can savor a diverse array of tacos, seafood, and more, while South Jersey Smoke House serves up mouthwatering smoked sausage with peppers and onions, alongside BBQ favorites like pulled pork, brisket, ribs, and burnt ends. Tommy T's brings sweet treats with funnel cakes, lemonade, and strawberry smoothies, and The Muffin Top (Dew'licious Café) offers a Vietnamese twist with Boba tea, egg rolls, spring rolls, fried rice, beef bao buns, and more. For a nostalgic sip, head to Tin Cup Soda Company, where 32 oz. sodas are served in old-fashioned mountain brew tin cups. Philly Pretzel Factory has your snack cravings covered with pretzels, mini dogs, and a variety of dipping sauces. Sherri's Crab Cakes of NJ delights with fresh crab cakes, crabcake sandwiches, a Captain's Platter, Crabby Mac & Cheese, and Cream of Crab Soup. Cool down with California Frozen Yogurt and Shakes, or indulge in seafood delights like lobster rolls, crab cakes, scallops, and shrimp at Betty's Seafood Shack. WaterDog Smoke House rounds out the feast with their BBQ pulled pork, ribs, and burnt ends, offering a true taste of BBQ heaven. We can't forget about the beer garden and Tito's Bloody Mary tent that will offer plenty of opportunities to quench anyone's thirst.

KIDS ACTIVITIES - Funfest is loaded with new entertainment and activities including music, games, back-bay nature tours and educational exhibits. 95.1 WAYV Kid's Stage will include games and magicians, performing jaw dropping shows with comedy and audience participation.

VENDORS & CRAFTERS - Crafts from over 65 juried artisans offering a wide variety of handmade crafts including: wood designs, pottery, fall décor, culinary artisan products and unique jewelry. Funfest is known for its highly touted crafters and artisans. Dozens of juried artists offering a wide variety of handmade crafts including pottery, photography, fall décor, culinary artisans, handmade candles, wood working, soaps, and unique jewelry will be at Funfest.



STEVE AND COOKIES 27TH ANNUAL DOG SHOW - On Sunday visitors will also enjoy Steve and Cookie's 27th Annual Dog Show, with featured guests and exciting contest categories starring the most adorable dogs. For more information visit their facebook.

LIVE MUSIC- Talented musical bands and performers will be featured on the main stage, playing everything from rock, blues, country and Broadway.

On Saturday, enjoy a diverse range of musical performances starting at Noon with Teddi Fusco. From 1:00-1:50 PM, catch 1818 Shakedown Street, followed by Artese N Toad from 2:00-2:50 PM. At 3:00 PM, Poor Mouth Henry will take the stage, and from 4:00-4:50 PM, enjoy the sounds of No Clue Trio. The day wraps up with Swing That Cat performing from 5:00-5:50 PM. Expect everything from Broadway hits and the latest music to classic rock, country rock, and some blues. You'll also hear a 'sonic cocktail' blend of jump blues, swing, and cabaret.

On Sunday, the performances kick off at Noon with acoustic singer-songwriter Dan Barry. From 1:00-1:50 PM, Friend of a Friend will play a variety of cover songs ranging from The Beatles to Eminem. Sunrise Cries takes the stage from 2:00-2:50 PM with a mix of classic rock, pop, and dance tunes. At 3:00 PM, enjoy Bluestreet Band's blend of blues, country, and folk, followed by The Company Party Band from 4:00-4:50 PM, who will close out the day with a variety of music from every era and genre.

The Margate Fall Funfest By The Bay, was started in 1998 by Margate Business Association founder and president Joseph Tozzi. The event held annually on Amherst Avenue, grew and realized crowds of 20,000 people from throughout the tri-state area all coming to enjoy the spectacular flavors, crafts and entertainment in Margate. The event is designed to give a boost to local businesses in the shoulder season and to showcase so many of Margate's natural attributes.

Free jitney shuttle service is available all along Ventnor and Amherst Avenues and from the parking lot at the Eugene Tighe School on 7804 Amherst Avenue. Just look for the FREE FUNFEST JITNEY sign in the jitney window or download the Jitney Surfer app to track your jitney!





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The objective is to fill the grid so that each column, each row, and each of the nine 3x3 boxes contains the digits from 1 to 9.

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CHEF CHIP'S WILD GAME AND SEAFOOD RECIPE GRILLED PEPPER CRUSTED BISON RIBEYE WITH LUMP CRAB MEAT

INGREDIENTS:

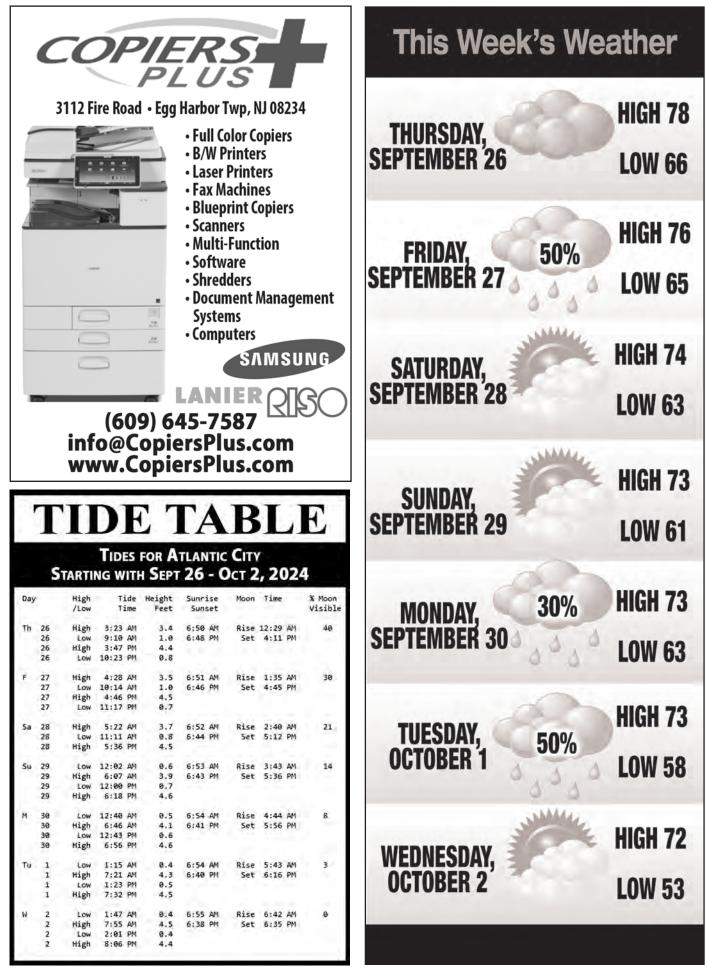
- · 1 Bison Ribeye
- 1 tsp. Olive Oil
- Smoked Sea Salt & Fresh Cracked Black Pepper to Taste
- 1 tsp. Unsalted Butter
- 1 Pinch Old Bay Seasoning
- 2 oz. Lump Crab Meat

PREPARATION:



Preheat grill to medium high heat. Rub ribeye with oil. Season with salt and a liberal amount of pepper. Cook to medium rare or desired doneness. In a small pan, heat butter, Old Bay & crab meat over the grill. Top ribeye with crab and serve. Enjoy! Hint: You can serve this with Hollandaise, Bearnaise, Au Poivre, Horse Radish sauce, etc..







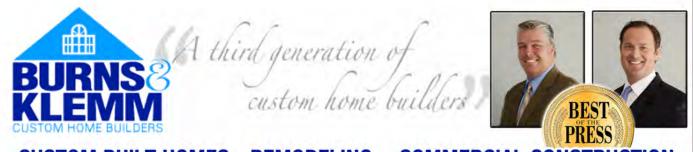




The John R. Elliott HERO Campaign is searching for the best tasting and most creative HEROtini® Mocktail. All summer long, the HERO Campaign and participating establishments will promote their unique HEROtini® mocktails and encourage patrons to vote for their drink to claim victory in the HEROtini® Challenge.

You can help our mission by taking part in the great HEROtini® Mocktail Challenge this summer! Funds support our Safe Ride Program to provide free or discounted rides for patrons at participating HEROtini® establishments during the 2024 holiday season.





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Fishing in Atlantic County

Any angler 16 and older must have a valid license to fish the fresh waters of New Jersey. This includes privately owned lakes and other waters. For more information visit the NJ DEP Division of Fish and Wildlife Fishing License Information website at dep.nj.gov/njfw/fishing/freshwater/buy-a-license/. Remember that all saltwater anglers 16 and older must register with the state. Go to NJ Saltwater Recreational Registry Program for registration information at dep.nj.gov/saltwaterregistry/.

SALTWATER FISHING

Atlantic City - Gardner's Basin Marina, North New Hampshire Avenue and the bay, is home to charter boats, sightseeing and fishing cruises. For more information call (609) 348-2880. Fishing is permitted on the beaches, outside of guarded areas, and from the jetties. The seawall along Sunset Avenue is a popular area for crabbing or fishing from land in the back bay. A municipal boat launch (fee required) is located at Albany Avenue and Boulevard Avenue.



Ventnor/Ventnor Heights - The Ventnor City Fishing Pier is located at Cornwall Avenue and the Boardwalk. The fishing pier offers seasonal rates for fishing or sightseeing. For additional information, call the piermaster at (609) 823-7944. Along the back bay, a seawall the length of Winchester Avenue is perfect for the family to fish or crab from land. A free boat ramp is located on the bay on Dorset Avenue, where there is plenty of free parking. For more information call (609) 823-7900.

Margate - Amherst Avenue, between Decatur and Monroe avenues, is home to several marinas and bait and tackle shops, including small boat rentals. Within the marinas are dozens of charter boats available on a daily basis throughout the summer and shoulder seasons. For more information on charters call Capt. Andy's at (609) 822-0916, or for a family outing on a pontoon rental boat call Ray Scott's Dock at (609) 822-6819. Surf fishing is permitted during non-guarded hours.

Somers Point - John F. Kennedy Park, located on Broadway, offers a boat ramp (fee required) granting access to Great Egg Harbor Bay. Another ramp (fee required) is located at Smith's Marina, 910 Bay Ave. Along the Bay Front Historic District on Bay Avenue there are several marinas which are home to many party and charter boats. There is also a crabbing and fishing pier located on the bay off New Jersey Avenue. Restrooms are located nearby.

Brigantine - Surf fishing is permitted on non-guarded beaches and at the seawall, Seventh Street north to 14th Street. The old Brigantine Bridge, across Absecon Inlet from Harrah's Marina, is used as a fishing pier. A public boat ramp (fee required) is located at Sixth and Bayshore avenues on the bay. For more information, call (609) 266-1122.

Leeds Point - Seasonal fishing and crabbing are permitted in designated areas of both the Brigantine and Barnegat Divisions of the Edwin B. Forsythe National Wildlife Refuge. These areas include saltwater fishing (from land) at the following locations: Gravelling Point, Little Beach (with permit), Parkertown Dock Road, Cedar Run Dock Road, and Stafford Avenue. Boats may be launched at the Brigantine Division's Scotts Landing boat ramp, located at the end of Scotts Landing Road, off Moss Mill Road at Leeds Point. Freshwater fishing is permitted on Lily Lake in Oceanville. For more information call (609) 652-1665.

For a detailed list of saltwater fishing locations, see the Saltwater Fishing Guide at atlanticcountynj.gov/residents/recreation-leisure/fishing-in-atlantic-county.



FRESHWATER FISHING

Lake Lenape Park - Lake Lenape Park East and Lake Lenape Park West are located in Hamilton Township and together encompass nearly 2,000 acres of land. Each park offers a variety of activities and facilities for residents and visitors to enjoy with its own entrance and access points. Boating is allowed on the lake with proper permits as required. All boaters must comply with state regulations and laws. No personal watercraft are permitted. For information on obtaining a boating permit and the associated fees contact the Lake Lenape Park office at (609) 625-8219.

Lake Lenape Park East - 753 Park Road, Mays Landing. This park is located on the eastern side of Lake Lenape and offers the most scenic views of the lake. Recently completed renovations include a new fishing pier, pickle ball courts, additional pavilions, landscaping enhancements and ADA accessibility improvements. The refurbished catering hall, Lakeside Manor, is a unique and picturesque lakefront venue that is available for special events and weddings for more than 250 guests. Lake Lenape Amenities: Fishing, Softball, Pickle Ball, Playground, Picnic Tables, Pavilions, Catering Hall, Historic Lighthouse, Restrooms, Convenient Parking.

Lake Lenape Park West - This park is located on the western side of Lake Lenape (note that some land on the eastern side and the entire lake surface is controlled by the county). The park entrance is located at 6303 Harding Highway in Mays Landing and encompasses nearly two-thousand acres of land, all the way up to the Black Horse Pike (Route 322). Things to Do at Lake Lenape West: Mountain Biking, Boathouse, Boating Access, Boat Ramp, Camping, Kayak/Canoe Access, Cross-county Skiing, Fishing, Gazebo (reservations required and may be made online or in person), Hiking, Unimproved Trails, Hunting, Nature Trails, Playground, Picnic Tables, Scenic Views, Playground. Call the reservation office at 609-625-8219 for more information.



Birch Grove Park - Off Mill Road, Northfield. For more information call (609) 641-3778 or visit the City of Northfield - Birch Grove website at cityofnorthfield.org/recreation/birchgrove.asp. No boats allowed – fish from land

Heritage Pond Park - Mill Road, Absecon. No boat ramp. No outboard motors allowed

Hammonton State Park - White Horse Pike (Route 30), Hammonton. Car top launch. No outboard motors allowed

Maple Lake - Off Maple Avenue, Estell Manor. Car top launch. No boat ramp. No outboard motors allowed

Mill Pond - Off Mill Road, Port Republic. Car top launch. No boat ramp. Outboard motors allowed

Makepeace Lake - Off Weymouth Elwood Road, Hammonton. Car top launch. No boat ramp. Outboard motors allowed



Hard Clam 1.5 inches Recreational Limit = 150 clams No harvest on Sunday Shellfish license required



Summer Flounder (Fluke) Delaware Bay & Tributaries: 3 fish at 17 inches Island Beach State Park: 2 fish at 16 inches All Other Marine Waters: 3 fish at 18 inches Open Season: May 4 – Sept 25



Weakfish 1 fish at 13 inches Open Season: Jan 1 – Dec 31



Black Sea Bass 10 fish at 12.5 inches May 17 – June 19 1 fish at 12.5 inches July 1 – Aug 31 10 fish at 12.5 inches Oct 1 – Oct 31 15 fish at 12.5 inches Nov 1 – Dec 31



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



This publication is a summary of the New Jersey recreational fishing regulations at the time of publication. It is not the full law.

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ATTENTION ANGLERS 2024 NJ Recreational Size Limits,

Possession Limits and Seasons

 Fish are measured from tip of snout to tip of tail (except Black Sea Bass and Sharks).
Cleaning or filleting of fish with a minimum size limit while at sea is prohibited.



Striped Bass or Hybrid Striped Bass 1 fish at 28 inches to 31 inches See Marine Digest for Striped Bass Bonus Program, circle hook requirements and gaff prohibition. Delaware River & Tributaries Calhoun St Bridge, Trenton to Salem River & Tributaries: Open Mar 1 – Mar 31 and 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

PROHIBITED SPECIES

njfishandwildlife.com for a complete list!

Other Species	Possession Limit/Season	Total Length
American Eel	25	9"
Black Drum	3	15"
Cobia	I per vessel	37"
Cod	5 fish: Jan 1 - May 31 & Sept 1 - Dec 31	23"
Haddock	No Limit	18"
King Mackerel	3	23"
Pollock	No Limit	19"
Red Drum	1	18" to less than 27
River Herring	CLOSED	N/A
Scup (Porgy)	30 fish: Jan 1 - June 30 & Sept 1 - Dec 31	10"
Shad *No more than 2 Ame *Zero American shad i	6 combined rican shad in Del Bay,	No Limit River & Tributaries
Spanish Mackerel	10	14"
American Lobster	6	3 3/8" to 5 1/4" carapace length
*LMA 4 Open Season: *LMA 5 Open Season:		
Jonah Crab	50	4 3/4" carapace width



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 – 3 ½ inches Hard – 4 ½ inches Recreational Limit = One Bushel <u>Crab Pot/Trot Line Seasons</u> Delaware Bay & Tributaries: Apr 6 – Dec 4 All Other Waters: Mar 15 – Nov 30

Register before fishing It's free, easy, and required. SaltwoterRegistry.n).gov

March 2024

SATU	RDAY	AFTEF	RNOON							SE	PTEM	BER 28	8, 2024
	11:30	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS	Hope-Wild	Paid Prog.	Paid Prog.	NWSL Soc	cer			Football	College Fo	College Football Teams TBA (N) (Live)			
6-ABC	JackHanna	College Fo	otball Team	ns TBA (N) (Live)			Studio (N)	College Fo	otball Tean	ns TBA (N) (Live)	
10-NBC	(8:00) 2024 Presidents Cup Day 3 From Royal Montreal Golf Club in L'Ile-Bizard, Que. (N) (Live)												
(17-MNT)	Paid Prog.	Paid Prog. College Football Northern Illinois at NC State (N)							NASCAR	NASCAR	Kansas Lotte	ery 300 (N) (l	Live)
23-PBS	(10:30) Burt	Peter Frampton			Young For	ever		Wild	Fire	Life	Taste	Drive	State-Aff
29-FOX	(10:00) Kic	College Fo	otball Team	ns TBA (N) (Live)				College Fo	otball Tean	ns TBA (N) (Live)	
57-CW	Pain	CBS Satur	day Mornin	g (N)		Raw Travel	World's	Paid Prog.	Paid Prog.	Fast "Upcy	cled Home"	Billion Dol	lar
A&E	(11:00) Zo	Zombie "A	mherst"	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
AMC	Movie	e					en 5: Rever	nge of Micha	ael Myers	🈤 Hallowe	en 6: The C	urse of Mic	hael Myers
CNN	(11:00) Ho	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)	CNN News	room (N)
DISC	(11:00) Big	Expedition	Bigfoot	Expedition	X	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Х
DISN	(11:00) 😤★	★★ Up ('09)	(:45) Prim	Primos	Primos	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug	Ladybug
ESPN	(9:00) Ga	College Fo	otball Team	ns TBA (N) (Live)			Scoreboa	College Fo	otball Tean	ns TBA (N) (Live)	
ESPN2	(11:00) ES	College Fo	otball Team	ns TBA (N) (Live)			Scoreboar	d (N) (Live)	Football N	orth Carolina	a at Duke (N	l) (Live)
FNEWS	(11:00) Ca	Fox News	(N) (Live)	Fox News	(N) (Live)	Fox News	(N) (Live)	Journal Ed	litorial (N)	Fox News	(N) (Live)	The Five	
FX	(10:30) 😤★	★★ Spider-	Man: Far Fr	om Home	∯★★★ Spi	der-Man: N	o Way Hom	ne ('21) Zenc	laya, Tom H	olland.	** ★★ Sta	r Wars: The	e Last Jedi
HBO	(11:20) 😤★	★★ Dune: F	Part Two ('24	4) Timothée	Chalamet.	(:10) 🈤 Kno	ox Goes Aw	ay ('23)		(:05) Real,	Bill Maher	(:05) r The	Watchers
HIST	(11:00) Mn	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained
ION	(11:00) La	Law-SVU "	End Game"	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU
CIFE	(11:00) 🈤 Co	nfessions	✤ Stolen b	y Their Fatl	1 er ('22)	¥∺★★ The Ο	Call ('13) Ha	alle Berry.		😤 Taken in	Plain Sigh	t ('24) Tenni	lle Read.
MAX	∯★★★ The	e Upside of	Anger ('05)	Joan Allen.	∯★★ Swis	s Army Mar	ו ('16)	(:05) 號★★	Walking Tal	I ('04)	(:35) ❣★★★	Killing Th	em Softly
NBCSPA	Pocket	Birds	Football	World Pok	er Tour	World Pok	er Tour	Phillies	Phillies	MLB Base	ball		
NICK	Movie	(:15) 🈤 Hot	el Transylva	ania: Transi	formania	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB
PARMT	(11:00) ❣★:	★★ The Los	st Boys ('87))	<u></u> **★★ Bee	etlejuice ('88	3) Michael K	leaton.	≌ ★★★ Bee	etlejuice ('8	8) Michael K	eaton.	Movie
TBS	(11:00) ❣★:	★★ In the H	eights ('21)	Anthony Ra	imos.	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam
ТСМ	Movie	∯★★ Melo	dy Cruise (ˈ	33)	ੁ*★★★ Col	orado Terri	tory ('49)	(:15) ∰★★★	Where Ea	gles Dare ('	69) Clint Ea	stwood, Rich	nard Burton.
TNT	Movie	(:15) 號★★	Jurassic Pa	rk III ('01) S	am Neill.	(:15) 號★★	The Lost W	orld: Juras	sic Park ('97	7) Jeff Goldb	olum.	(:15) 🈤 Jur a	assic Park
USA	(10:00) So	Premier	Premier Le	ague Socc	er		Goal Zone	₩★★ Mech	nanic: Resu	rrection ('1	6)	😤 Amazing	Spider-Man

SATURDAY EVENING

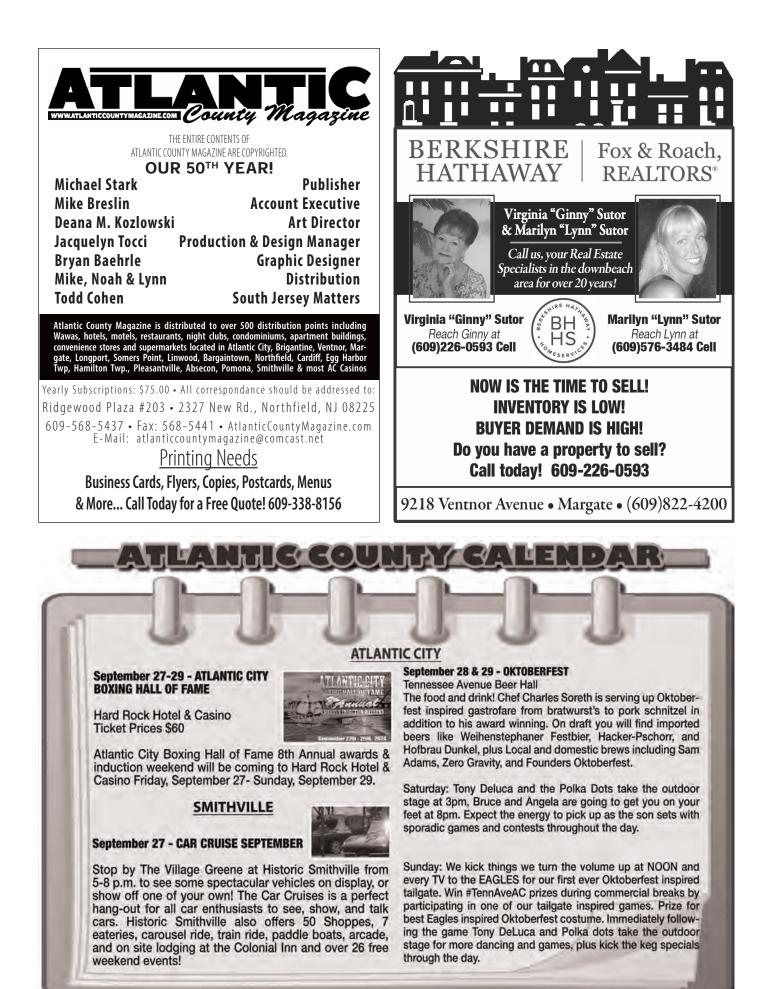
SEPTEMBER 28, 2024

SAIU	NDA I		NG							36			, 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	(3:30) Foot	ball	Postgame	News (N)	Equalizer "	'Shattered"	48 Hours (N)	48 Hours (N)	News (N)	(:35) News	Equalizer
6-ABC	(3:30) Foot.	Studio (N)	Studio (N)	College Fo	otball Geor	gia at Alaba	ma (N) (Live	e)	•		News (N)	News (N)	Jeopardy!
10-NBC	News (N)	NBC News	Big Ten	College Fo	otball Team	ns TBA (N) (Live)				News (N)	SNL (N) (S	P)
17-MNT	(4:00) NAS	CAR	Big Bang	Big Bang	WrestleMa	nia XL: Beh	ind the Cu	rtain (N)	Action Nev	ws at 10 (N)	Philler	Delco Duo	Two Men
23-PBS	Reporters	Chat Box	Here's	State/Arts	Old House	Old House	Three-Bo	(:45) Three	-Body	Luna "Day	Х"	My Life Is	Murder
29-FOX	(3:30) Football MLB Baseball Teams			TBA (N) (Liv	ve)			News (N)		Football Te	eams TBA (I	N) (Live)	
57-CW	FamFeud	FamFeud	FamFeud	FamFeud	Gallen of	GameTime	To Be Ann	ounced	The Equali	zer	WOW - Wo	omen (N)	Neighbor
A&E	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage	Storage
AMC	In-Laws "Halloween: Resurrection"			਼ਿ∺ Hallow	een ('07) Ma	alcolm McDo	owell.		਼ਿ∺ ★ Hallow	een II ('09)	Malcolm Mc	Dowell.	
CNN	CNN News	room (N)	CNN News	room (N)	Real, Bill N	laher (N)	Have I Got	(N)	CNN Spec		Real, Bill N	/laher	Have I Got
DISC	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	Unknown	Expedition	n Unknown	Expedition
DISN	Ladybug	Ladybug	Ladybug	Ladybug	Miraculous	6	Primos	Primos	Primos	Primos	Hamster &	Hamster &	Big City
ESPN	(3:30) Foot	Scoreboa	College Fo	otball Stanf	ford at Clem	son (N) (Live	e)		Scoreboa	/(:15) Footb	all Arizona a	at Utah (N) (I	_ive)
ESPN2	(4:00) Foot	ball	Scoreboar	d (N) (Live)	College Fo	otball Team	ns TBA (N) (Live)			Scoreboar	d (N) (Live)	Football
FNEWS	Fox Repor	t (N) (Live)	Weekend (N) (Live)	Life, Libert	iberty (N) One Nation (N) Saturd			Saturday N	y Night (N) Gutfeld!			Weekend
FX	(4:30) 🛠★★	★ Star War	s: The Last	Jedi ('17)	ਝ ★★ Star `	Star Wars: The Rise of Skywalker ('19) Carrie Fisher.					∵★★★ Avatar ('09)		
HBO	Movie	(:50) The P	enguin "Afte	er Hours"	£**★ The	★★★ The Martian ('15) Jessica Chastain, Matt Damon.				(:25) The P	enguin	(:35) ❣★★★	Civil War
HIST	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	The UnXpl	ained	(:05) The UnXplained (:05) The U		nXplained	UnXplain	
ION	Law & Ord	er: SVU	NWSL- Pre	NWSL Hou	iston Dash a	t Orlando Pi	ride (N)	NWSL-Sh	NWSL Soc	cer		Bull	
LIFE	♀ Buried A	live & Surv	vived ('24) E	va Marcille.	🈤 He Slid I	nto Her DM	Her DMs ('24) (P) (:05) ¥ The Bad Gu				ian ('24)		Movie
MAX	(:10) 🈤 Circ	ue du Freak	<: Vampire's	Assistant	਼ੈ*★★ Silen	t House ('11	1)	(:25) 😤 Slic	e ('18)	(:50) 號★★	Machete ('1	0) Danny Tre	ejo.
NBCSPA	(4:00) MLB	Baseball	Phillies (N)) (Live)	Birds	Football	Horse Rac	ing The Per	nnsylvania D	erby	NHL Hock	еу	
NICK	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	(5:30) 😤 ★ ★	★ Beetlejui	i ce ('88)	਼ੈ*★★ Bee	etlejuice ('88	8) Michael K	eaton.	≌ ★★★ Bee	etlejuice ('8	8) Michael K	eaton.	਼ੈ*★★ Bee	etlejuice
TBS	Mod Fam	Mod Fam	∯★★★ My	Cousin Vin	ny ('92) Mai	ny ('92) Marisa Tomei, Joe Pesci.					risa Tomei, J	Joe Pesci.	Movie
ТСМ		-	ly Sweet ('4	,		1/2 ('63) Ma						('77) Sophia	Loren.
TNT	(5:15) 😤 ★ ★	★ Jurassic	Park ('93) S			restling: Co	、 ,			Wars: The I	Rise of Sky	walker ('19)	
USA	. , ,	★ The Ama	zing Spider	-Man ('12)	ਝੈ★★ The A	Amazing Sp	ider-Man 2	('14) Andrew	w Garfield.		¥*★★ The Λ	Amazing Sp	ider-Man 2
PAGE 30													

		TEDNI								0	DTEM		0004
SUND	AY AF												9, 2024
		12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
3-CBS		NFL (N) (Li	,				lew York Jet	()()			(:25) NFL F		
6-ABC		()		an (N) (Live)		Visions	Countdo Basketball Playoffs: Tea		eams TBA (I	N) (Live)	Hearts of	News (N)	
10-NBC			dents Cup F	,	,		Club in L'Ile	-Bizard, Que	e. (N) (Live)				
17-MNT		Draft	Paid Prog.		This Week	()			Friends	Two Men	Two Men	Philler	Sheldon
23-PBS	Think Tank	State-Aff	Mexican	Lidia	Milk	Kitchen	Test Kitch	en 25	Just One 1	Thing		Luther Va	ndross
29-FOX	(11:00) Kic	NFL Sunda	ay (N) (Live)	Football Ph	niladelphia E	agles at Ta	mpa Bay Bu	ccaneers (N) (Live)	Postgame	Eagles Po	stgame (N)	Universal
57-CW	Paid Prog.	World Cha	se Tag	Storm of S	uspicion	SOS "Dese	ert Heat"	Paid Prog.	Paid Prog.	Veteran	Veteran	Law & Ord	er: SVU
A&E	(11:00) Zo Zombie Flip		The First 4	8 "Chain of I	Death"		The First 48 First 48 "Freestyling			reestyling"	The First 4	18	
AMC	(11:00) 😤 Ha	lloween III: S	eason of t	In-Laws "H	alloween: R	esurrection'	1	ਝ+★★ Hallo	ween II ('81) Jamie Lee	Curtis.	<u>₩</u> ***	lalloween
CNN	(11:00) Insi	State of Ur	nion	Fareed Zak	aria GPS	CNN News	sroom (N)	CNN News	room (N)	CNN News	sroom (N)	CNN News	sroom (N)
DISC	(11:00) Sin	Sin City To	w	Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs	
DISN	(11:00) 😤 Mo	nsters Un	(:50) Bluey	(:15) Bluey	(:40) Bluey	(:05) Bluey	Bluey	Kiff	Kiff	Kiff	Big City	Big City	Big City
ESPN	(10:00) NFL	(N) (Live)		Wm. Volley	ball Kentuc	ky at Florida	a (N) (Live)	Volleyball	Stanford at	Louisville (N) (Live)	Baseball (N) (Live)
ESPN2	(10:00) Foo	tball (N) (Liv	ve)	Lacrosse G	Gold Medal (Game: Tean	ns TBA (N)	Lacrosse (N) (Live)	Lacrosse	Gold Medal	Game: Teams TBA (N)	
FNEWS	(11:00) Me	Fox News	(N) (Live)	Fox News ((N) (Live)	FOX News	Sunday	Maria Barti	iromo	Fox News	(N) (Live)	Saturday I	Night
FX	Movie	∯★★★ Tho	or ('11) Nata	lie Portman,	Chris Hems	worth.	₩*** The	★★★ The Avengers ('12) Chris Evans, Robert Downey					Movie
HBO	(10:40) 🈤 Kr	night & Day	(:35) 號★★ 1	The Flash ('2	23) Michael	Keaton, Ez	ra Miller.	Real, Bill N	laher	Penguin "/	After Hours"	(:10) 🈤 Dar	k Knight
HIST	(11:00) Ma	Modern Ma	arvels	Modern Ma	rvels	Marvels "Nuts"		Built Amer	ica	Built Amer	rica	America "Pop Star	
ION	(11:00) NC	NCIS		NCIS "Beas	stmaster"	NCIS		NCIS "Reno	dezvous"	NCIS "Hou	se Divided"	NCIS "Two	fer"
	Movie	😤 The Neig	hbors Are	Watching ("2	23)	😤 The Mar	With My H	usband's Fa	ace ('23)	몇 Held Ho	stage in My	House ('24	.)
MAX	Movie	(:10) 號★★★	Inherent V	/ice ('14) Joa	aquin Phoen	ix.	(:40) ∰★★★	• Viva ('15)		(:20) 🈤 Shi	rley ('20) Eli	sabeth Mos	S.
NBCSPA	Birds (N)	Eagles (N)	(Live)	MyBladder	Pocket	Phillies	Phillies	MLB Basel	ball Philade	phia Phillies	s at Washing	ton Nationa	ls (N) (Live)
NICK	(11:00) ❣★>	Trolls Wo	orld Tour	SpongeBo	b SquarePa	nts	1	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB	SpongeB
PARMT	(11:00) Bar	₩ ★★★★ R	aiders of th	e Lost Ark (('81) Harriso	n Ford.	਼ੈ*★★ Ind	iana Jones	and the Te	mple of Do	om ('84)	😤 Indiana 🗸	Jones & th
TBS	(10:30) 😤 ★ 🛪	+ Back to	the Future	≌ ★★★ Bac	k to the Fu	ture Part II	('89) Michae	l J. Fox.	∯★★★ Ba	ck to the Fu	ture Part II	('90) Micha	el J. Fox.
	Movie	∯ ★★ Smai	rt Girls Don'	't Talk ('48)	**** Goo	odbye, My	Fancy ('51)		∯★★★ Lov	ve in the Af	ternoon ('57	7)	Movie
INI									eostorm ('1	7) Jim Sturg	ess, Gerard	Butler.	Movie
USA								NASCAR Cup Series Hollywood Casino 400 (N) (Live)					
	L	-			L		1		-		`		

SEPTEMBER 29 2024

SUND	AY EV	ENING	ì							SE	PTEM	BER 29	, 2024
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AN
3-CBS	(4:25) NFL	Football		60 Minutes	(N)		The Summ	nit (N) (P)		Big Brothe	er (N)	News (N)	(:05) Sport
6-ABC	News (N)	WorldNe	Fun Videos	s (N) (SP)	ਝੈ★★ The L	ittle Merma	id ('23) Jon	iah Hauer-Ki	ng, Halle Ba	ailey. (P)	News (N)	News	Visions
10-NBC	News (N)	NBC News	Football (N) (Live)	(:15) NFL F	ootball Buff	alo Bills at E	Baltimore Ra	vens (N) (Li	ve)	•	News	(:05) Eagle
17-MNT	Big Bang Big Bang Penn & Teller		The Chose	en (N)		Conners	Action Nev	vs at 10 (N)	То Ве	To Be	Seinfeld		
23-PBS	(5:00) Luth Engelbert Hum		Country's	Legendary	Duets	Luther Var	ndross		Young For	ever	•		
29-FOX	Universal	Cars.TV	Burgers	Krapopolis	Simpsons	Universal	Burgers	Krapopolis	News (N)		News (N)	Extra (N)	
57-CW	Law & Ord	ler: SVU	FamFeud	FamFeud	CBS News	Sunday Mo	orning (N)	Paid Prog.	FamFeud	FamFeud	WOW - Wo	omen (N)	To Be
A&E	The First 48 The First 48			The First 4	The First 48 First 48 "Lester Street" The First		The First 4	8	(:05) The F	irst 48	(:05) First4		
AMC	(5:00) [•] Halloween [•] ★ ★ Halloween H20: 2		20 Years La	ater ('98)	Daryl Dixo	n (N) (SP)	(:10) Daryl	Dixon (N)	(:10) Daryl	Dixon	(:25) Dixc		
CNN	CNN News	sroom (N)	CNN News	room (N)	CNN Spec		TV: Moments (N) C		CNN Spec		CNN Spec		Moments
DISC	Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs Dirt		Dirty Jobs		Dirty Jobs		Dirty Job
DISN	Big City	Big City	Big City	Big City	😤 Zombies	3 ('22) Milo	Manheim.	ZOMBIES	ZOMBIES	ZOMBIES	ZOMBIES	ZOMBIES	Big City
ESPN	Baseball (I	N) (Live)	SportsCen	ter	Countdo	Basketball	Playoffs: Te	eams TBA (N	N) (Live)	SportCtr (N) (Live)	SportsC. (N) (Live)
ESPN2	UFC Coun	tdown	Football Fi	nal	SportCtr USL Championship Soccer				UFC Coun	tdown	😤 Amazona	as of Yaxu	
FNEWS		t (N) (Live)		, , ,	Life, Libert	berty (N) Sunday Night (N) Weekend						Sunday	
FX	(5:30) 😤 ★ ★	+ Guardiar	ns of the Ga	laxy ('14)	★★ Thor: Love and Thunder ('22) Chris Hemsworth.						٦.		
HBO	(5:10) 😤★★	★★ The Da	rk Knight	(:45) The Po	enguin "After Hours" Penguin "Inside Man"		Industry (N) (SF)		(:15) Last Week (N)		Penguin		
HIST	Built Amer	rica	Built Amer	ica	Built America Built America		(:05) Built America		(:05) Built America		America		
ION	NCIS "Exit	Strategy"	NCIS "Skel	eton Crew"	NCIS		NCIS "Trap	ped"	NCIS	NCIS "Voices"			NCIS
ŒFE	锌 He Slid I	Into Her DM	s ('24)		😤 There's a	There's a New Killer in Town ('24) (P) (:05) * Amis				ish Affair ('24) Mackenzie Cardwell.			Movie
MAX	(:10) 號★★	Immortals ('11) Henry C	avill.	*★★ The Other Side of the Door (:35) *★★★ The Revenant ('					nant ('15) Le	eonardo DiC	aprio.	Movie
NBCSPA	Phillies (N) (Live)	Golf (N)	Go Racing	MLB Basel	ball			Life	Poker	Eagles Pos	stgame Live	e
NICK	SpongeB	SpongeB	SpongeB	SpongeB	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	(5:05) 😤 Inc	diana Jones	and the La	st Crusade	*** ★ R	aiders of th	e Lost Ark	('81) Harrisc	n Ford.	(:35) 🈤 Indi	ana Jones	and the Las	t Crusade
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokers	Jokers	£**★ Ba	ck to the Fu	ture ('85)
ТСМ	(5:45) 😤 ★ ★	** Vertigo	('58) James	Stewart.	** ★★★ G	★★★★★ Greed ('24) ZaSu Pitts, Jean Hersholt, Gibson Gowla				wland.	vland.		
TNT	(5:30) 😤 ★ ★	The Day A	fter Tomorr	ow ('04)					**★★ The Day After Tomorrow ('0)4)	
USA	NASCAR	Chrisley	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law & Ord	er: SVU	Law-SVU
													PAGE 3



X	SAINT JOSEPH	REGIONAL SCHOOL'S	0	
0	$S \bigcup$		*	CFBNJ COMMUNITY FOODBANK OF NEW JERSEY
	50	/50	+	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
• *	Sept 27th	\$10,000	0	Non-Food Needs Toothpaste, Shampoo, Soap & Deodorant Dish & Laundry Detergents Toilet Paper & Feminine Hygiene Products Diapers (child & adult)
	2024	GRAND PRIZE! *		Donations can be dropped off Mon-Fri • 9am-4pm & Sat • 9am-noon
	at	Raffle Tickets \$100 each		6735 Black Horse Pike, Egg Harbor Township, NJ Call 609-383-8843 for more information
	6:00 PM	Only 400 will be sold!		
	LIVE!			TO FIND FOOD RESOURCES NEAR YOU
		: @ SJRS Fall Festival!		TEXT
	TOTAL CASH	be present to win. I PRIZES OF \$20,000 ON 400 TICKETS SOLD		"FINDFOOD"
	PRIZES F	OR 10 DRAWINGS:		"COMIDA"
	5	1-4th \$250 5-6th \$500 7th \$1000		908.224.7776
• 0	+ •	5-6th \$500	•	908.224.7776

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*Standard carrier message and data rates may apply

ATLANTIC COUNTY

Jewish Family Service Expands its Presence in Southern New Jersey



LilyElsohnWhiteraftshowcase a childran's counseling room at the agency/snew officein@apeMay/court Houses (Photograph courtesy of Jawish Family Service of Atlantic & @apeMay/counties)

Jewish Family Service of Atlantic & Cape May Counties (JFS) is pleased to announce the ribbon-cutting of its new state-of-the-art office, located at One Enterprise Drive in Cape May Court House. The office will provide the agency with an enhanced presence in a county where we are committed to increasing our footprint.

"As the need for programs offered by JFS continues to increase, we are committed to expanding our services in both Atlantic and Cape May Counties to meet the demand," said Andrea Steinberg, JFS Chief Executive Officer. "With our new larger office location,





JFS Community Advisory Committee Chair Alex Marino, Congressman Jeff Van Drew's District Director Christopher Chin, Cape May County Commissioners Andrew Bulakowski and Bobby Barr, JFS Board President (Matthew Simpson, Middle Townshi) Mayor Christopher Leusner, JFS Board Vice President Melissa Rosenblum, and JFS Chief Executive Officer, Andrea Steinberg participate in the ribbon-cutting of the new JFS office in Cape May Court House on September 19. (Photograph courtesy of Jewish Family Service of Atlantic & Cape May Counties)

JFS staff are able to reach even more people and help to make a positive difference in their lives."

The 1,600-square-foot office will house eight staff members – Case Managers, Therapists, Administrator, and Associate Director – and is outfitted with a private office, two shared offices, two counseling rooms, food pantry, and a comfortable lobby area. The office will accommodate agency programs and services including Supportive Housing, Outpatient Counseling, Vocational Services, and Cape May, DCA Rural and Suburban Outreach and Transportation.

The Cape May Court House office days and hours are Monday through Friday from 9am to 5pm. While the office is open and available, it is pending licensure. For more information on JFS programs and services, visit ifsatlantic.org.





ATLANTIC COUNTY

The air is growing crisp, the trees are beginning to shed their leaves and pumpkin spice is on every drink menu. This month, Women's Fiction Writers Association has gathered a list of novels that hold a glimmer of magic within their pages. Whether you're looking for thrillers with a supernatural twist, romance entwined with magical realism or a high fantasy romance featuring pegasi, there's a title here for you.

Unbecoming Emma by Kelly Byrne - In the charmingly odd small town of Calypso Springs, Emma Rosen's once-quiet life becomes a whirlwind of magical chaos after her father's death. Curious letters and bouquets materialize from nowhere, but most baffling, her father has become their backyard willow tree.

When Cassie McCormack, the insufferable mother-tornado Emma never knew, unexpectedly arrives in town very much alive, and harboring an agenda, it's not a heartfelt reunion. Emma shuts her out, but she doesn't stay out for long. Cassie and Bob, Emma's beloved dog, both fall ill with a mysterious sickness and Emma discovers the unexpected connection between them that's brought pain to the McCormack women for generations.

Desperate for answers about how to save them, Emma unravels the mystery of her past, one lie at a time, and suddenly questions everything she thought she knew about her family and herself. With their hourglass running out of sand, they learn the key to their survival lies locked in an enchanted box. Can mother and daughter forgive the sins of the past and open it before it's too late?

Skye, Revised by Pamela Spradlin Mahajan - After being humiliated on a reality singing show, PR assistant Skye Peters is merely existing. She's beyond bored with her life, including her well-meaning but clueless boyfriend, Teddy. While hiding in a closet to avoid Teddy's attempted marriage proposal, Skye is inexplicably shot by a masked intruder. When she awakens, she finds herself in a strange reality where she is a famous pop star with millions of fans and a sexy Scottish husband.

Bewitching Reads, Perfect for the Fall Season

Life seems idyllic at first, but the cracks rapidly begin to appear. Skye seeks solace in Teddy, but he doesn't know her in this new world. Will she get a second chance at her old life or is she destined to be stuck in a reality she doesn't want?

Neena Lee Is Seeing Things by Sheila Athens - Fifty-six-year-old Neena Lee is desperate to revive her travel writing career after a series of setbacks. She's finally sent on assignment to the remote Georgia island where John F. Kennedy, Jr. was married. She's shocked to find JFK, Jr. himself waiting for her there ... though he's been dead for twenty-five years.

The last thing Neena needs is to start seeing things, but JFK, Jr. needs her help, and it seems Neena might need his help, too.

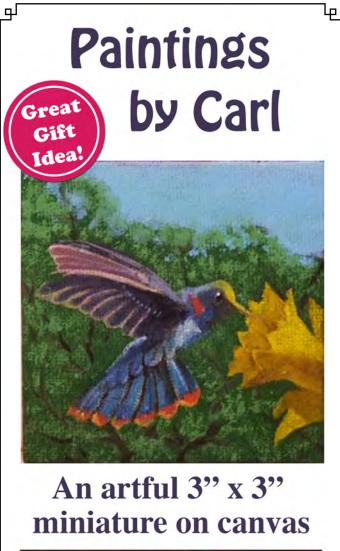
It Happened Tomorrow by Susan Steggall - Forged signatures and fake 'masterpieces'... fraud is no stranger to the artworld. Dissatisfied with rural life in France, arts reporter Mal returns to Australia, where she stumbles on a different kind of fraud at a major art gallery.

Something is wrong with the man presenting as French artist Denis Denarius, whom she met at the Lyon Biennale. There, Denarius was an erudite and witty speaker. Here, in Sydney, he is hesitant, talking about his art as if by rote.

Mal flies back to France where she enlists the aid of her brother Parry, her husband Ludo, and his sister Apolline to investigate Denis Denarius. They become enmeshed in a bizarre realm of surgical transformations to create simulacra of famous artists; holograms controlled by microcomputers implanted in victim's skulls.

The stratosphere of contemporary art becomes a dangerous reality when Parry is kidnapped. The others must find him before he becomes the next guinea pig. Once today is safely in the past, Mal recognises that her tomorrows are with Ludo.







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MARLIN NAGTEGAAL & Champ



The photo shows Ontario resident Marlin Nagtegaal and his Seeing Eye dog, a German shepherd named Champ, walking past a record store in Stratford.

Marlin loves to stay busy and active. For 30 years he was a musical director at a church and taught at Wilfrid Laurier University in Waterloo, Ontario. And for the past few years, his Seeing Eye dog, Champ, has been by his side to help him navigate his hectic life. Marlin's bond with Champ, a German shepherd, is undeniable. The twosome have been on many adventures including hiking and trips to downtown Stratford. But Champ's favorite place is the train station where the engineers give him hugs and treats.

"It was like love at first sight," Marlin says, describing his initial meeting with Champ at The Seeing Eye campus. "The door opened up and Champ jumped into the room and licked my hand non-stop." Even now, Champ greets Marlin each morning by pressing his forehead to Marlin's.

Since retiring a year and a half ago, Marlin has become an active board member of L'Arche, a non-profit organization benefiting people with intellectual disabilities. He has also spoken publicly about being visually impaired and hopes to book more speaking engagements in the future. But wherever life takes him, Champ is Marlin's perfect companion. "He's an unbelievable dog. He's changed my life completely."



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

A CALMING PRESENCE: K9 THERAPY DOG LIAM

The Somerset County Prosecutor's Office has inducted its newest and cutest member! Liam, a two-and-a-half-year-old black Lab/golden retriever cross, recently retired from The Seeing Eye breeding program, but his career hasn't ended yet. Liam has found success with a new job as a K9 Therapy Dog.

The Coordinator of the Victim Witness Unit is currently training Liam. He is learning how to "provide comfort to victims attending the Prosecutor's Office Child Advocacy Center (CAC) and the courthouse," explains Prosecutor McDonald.

Liam will be a calming presence as survivors explain their experiences, which can be highly stressful. Having Liam by their side will help Victim Witness staff members continue to ease the stress of the victims and families they work with.

We are so proud of all the excellent work Liam will do and know he will positively impact each person he meets.

To hear updates on Liam's progress, visit: https://www.somersetprosnj.gov/community-page/271



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.

RECYCLED **Atlantic County Utilities Authority** ART CONTEST

Create art from material destined for the recycling bin or trash can for the 10th Annual Recycled Art Contest!

Guidelines:

- Artwork must be made from recyclable or non-recyclable (trash) materials.
- Maximum size: 2' x 2' x 2'. All pieces must be secured. No sharp edges.
- Participants must be residents of Atlantic County.
- Categories: Ages 8 & younger; 9-13; 14-17; 18 & Older; or Group.
- Entries must be submitted at the Atlantic County Library System branches in Absecon, Brigantine, Egg Harbor City, Egg Harbor Township, Galloway Township, Hammonton, Pleasantville, Somers Point or Ventnor.
- Entries may also be submitted to Stockton University's Richard E. Bjork Library, the libraries at the Atlantic Cape Community College Mays Landing and Atlantic City campuses, the Linwood Public Library, or the Otto Bruyns Public Library of Northfield.
- Artwork with completed entry form attached must be received between Tuesday, October 1 and Thursday, October 31, 2024.
- Entries will be displayed at Library Branches through October 31, 2024.
- Artwork will be transported to ACUA to be entered for judging. Awards will be presented and artwork will be showcased at ACUA's America Recycles Day Event, Saturday, November 16, 1:00-3:30 pm. Rain Date, Sunday, November 17.

Visit acua.com/artcontest for info







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F R O M T H E H E A R T O F ATLANTIC COUNTY

Big Ticket 2 Ride Car Raffle Your chance at a luxury car for just \$100



2024 MERCEDES-BENZ CAR RAFFLE // TICKETS: \$100 EACH

The Big Brothers Big Sisters of Atlantic & Cape May County's 2024 Mercedes-Benz Car Raffle Tickets: \$100 each

Only 1,550 tickets will be sold!

As of 5pm on 9/18/2024, 763 tickets have been purchased

Our 2024 Big Ticket to Ride Car Raffle is here! The raffle is our biggest fundraiser and makes up the largest part of our operating budget. We depend on the success of this campaign to help financially support our one-to-one mentoring relationships....providing guidance, safety and fun activities that help build a child's confidence and boost their social lives, academic outlook, skill set, and hope for the future.

This year you'll have your choice between four Mercedes-Benz models: CLA Coupe Sedan • C300 Sedan • GLB SUV • GLC SUV - OR -\$51,000 Creditt Voucher. Voucher must be used towards a vehicle purchase from Mercedes-Benz of Atlantic City

DUE TO STATE RESTRICTIONS, CAR RAFFLE TICKETS CANNOT BE PURCHASED ONLINE.

BUY TICKETS IN PERSON - Come to the BBBS Office: 450 Tilton Road, Suite 214, Northfield, NJ 08225. A staff member will be in the office every Tuesday from 10am-6pm for in-person ticket sales.

BUY TICKETS OVER THE PHONE - Call the Car Raffle line at 609-573-5029 ext. 10. A staff member will be available Monday through Friday, 9:30am to 5:30pm to take Car Raffle orders over the phone. Be sure to leave a message if someone doesn't answer so we can call you back.

BUY TICKETS THROUGH THE MAIL - Mail Completed Order Forms to the BBBS Office: 450 Tilton Road, Suite 214, Northfield, NJ 08225. Download the order form at tinyurl.com/fd89h98a. Mail completed forms and payment to the BBBS Office. We will process your ticket order and mail the stub(s) to you. To ensure your order gets to us in time to be included in the drawing, please mail order forms no later than Saturday, October 5th.

Night of Celebration

Friday, October 11, 2024 • 6:30 - 8:30pm Showroom at Mercedes-Benz of Atlantic City 6623 Black Horse Pike, Egg Harbor Township, NJ 08234

The winning Car Raffle Ticket will be drawn at 8pm!

\$20 per person for non-Car Raffle ticket holders Live Music • Prizes • Beer & Wine • Light Refreshments

Please RSVP at tinyurl.com/mryth4va so we can plan accordingly for food and drinks!

CAR RAFFLE RULES - The Big Ticket to Ride Mercedes-Benz Car Raffle drawing will be held at 8:00pm on Friday, October 11, 2024, from all eligible raffle tickets. A maximum of 1,550 tickets will be sold. Winners need not be present at the drawing to win. The winner will be notified according to the contact information provided to BBBS at the time of ticket purchase. If the raffle winner cannot be located by 5:00pm, October 18, 2024, after making a reasonable attempt to make contact through the information provided at the time of purchasing the raffle ticket, another winner will be selected for such prize. The prize is non-transferable and the winner is responsible for income and other taxes, license, title, registration, and other expenses associated with receiving the prize vehicle. If the winner chooses the \$51,000 voucher as their prize, the voucher must be used to purchase a vehicle from Mercedes-Benz of Atlantic City by December 31, 2024.

Must be 18 or older to participate. No substitution of offered prizes will be made. ID #458-5-36070 RL #27-2024

ABOUT BIG BROTHERS BIG SISTERS OF ATLANTIC & CAPE MAY COUNTY: Changing perspectives. Changing lives. Our agency, founded in 1965, currently serves over 200 children in Atlantic and Cape May Counties through our community and school based mentoring programs.

Our vision is that all youth achieve their full potential. To accomplish this we partner with parents/guardians, volunteers and others in the community and hold ourselves accountable for each child in our program achieving:

- Higher aspirations, greater confidence, and better relationships
- Avoidance of risky behaviors
- Educational success

Our mission: Create and support one-to-one mentoring relationships that ignite the power and promise of youth.

For more than 100 years, Big Brothers Big Sisters has operated under the belief that inherent in every child is the ability to succeed and thrive in life. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"), ages 6 through 18, in communities across the country. We develop positive relationships that have a direct and lasting effect on the lives of young people.

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WEDN	IESDA	Y EVE	NING							осто	OCTOBER 2, 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 "Belly of the E	Beast" (N)	The Summ	it "To the Su	ummit"	News (N)	(:35) Colbe	rt (N)	
6-ABC	News (N)	WorldNe	IdNe Jeopardy! Wheel (N)		The Golden Bachelorette (N)			Dr Odyssey "Pilot"		News (N) (:35) J. Kim		mel (N)	
10-NBC	News (N)	NBC News News (N) Hollywood		Chicago Med (N)	Chicago Fi	re (N)	Chicago P.	hicago P.D. (N)		(:35) J. Fall	on (N)		
17-MNT	Goldbergs	Big Bang	Big Bang	Mod Fam	Sullivan's (N) (SP)	Joan (N) (F	')	Action Nev	vs at 10 (N)	S. Joyner	Mod Fam	Two Men	
23-PBS	America	NJ Spotl	One on O	NJ Spotl	Destination Oak	Moonflowe	r Murders	Van der Va	lk	NJ Spotl	Drive-Hist	Newsline	
29-FOX	The Six	ClassH	Battlegrou	TMZ (N)	Masked (N)	The Floor (N)	News (N)		News (N)	Phantastic	Extra (N)	
57-CW	Flip Side	Flip Side	FamFeud	FamFeud	Philadelphia (N)	True Crime	True Crime	FamFeud	FamFeud	Neighbor	Neighbor	Conners	
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	(5:45) **★★ Poltergeist ('82)			•	(:15) ₩★★★★ The Exo	rcist ('73) Li	nda Blair, E	llen Burstyn.		ਞ਼+★ Chris			
CNN	Situation (N) (Live) OutFront (N) (Live)		Cooper 360 (N) (Live)	The Source	e (N) (Live)	CNN (N) (Live)		Laura (N) (Live)		Cooper360			
DISC	Expedition X Expedition X		Expedition X	Expedition	X (N)	Bigfoot (N)		Destinat (N	I) (P)	Expedition			
DISN	Bluey	Big City	Big City	Ladybug	😤 Halloweentown II: Kal	abar's Re	Big City	Phineas ar	nd Ferb	Monsters	Monsters	Bluey	
ESPN	(4:00) MLB	Baseball	MLB Basel	ball Wild Ca	rd Series: Teams TBA (I	MLB Baseball Wild Card Series: Teams			eams TBA (I	N) (Live)			
ESPN2	SportCtr (N) (Live) MLB Baseball Wild Ca			ball Wild Ca	rd Series: Teams TBA (I	N) (Live)		NFL Live		SportCtr (N) (Live)		SportCtr	
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live) Hannity (N) (Live)			Gutfeld! (N)		Fox News (N) (Live)		The Five	
FX	(4:00) 🈤 Spi	der-Man:	ື*★★ Docto	or Strange i	n the Multiverse of Ma	Grotesque	rie (N)	Grotesquerie (N)		Grotesque			
HBO	(5:30) To B	e	Penguin "Ir	nside Man"	Industry (:15) th ★★ Dinner for t			Schmucks ('	10)	(:10) My Brilliant		Penguin	
HIST	Forged in Fire Forged in Fire		Forged in Fire Forged in Fire (N)					(:05) Forged in Fire		Forged			
ION	Blue Bloods Blue Bloods		ls	Blue Bloods Blue Bloods			Blue Blood	ls	Blue Bloods		Blue Blood		
CIFE	Castle "The G.D.S." Castle			Castle "Heartbreaker" Castle "Death Wish"			(:05) Castle	•	(:05) Castle		Castle		
MAX	(:25) 號★★ /	25) *★★ Austenland ('13) Keri Russell. (P)		*★★ Mona Lisa Smile ('03) Julia Roberts.			<pre>%★★★ Kate & Leopol</pre>		d ('01) Meg Ryan. (P)		Movie		
NBCSPA	Birds (N)	Phillies	Golf	Birds	Fantasy Football (N)	The Best S	how Ever?			In. Golf	Birds	Bensinger	
NICK	(5:00) 😤 Add	lams Fami	LoudHou	Slimetime	A Really Haunted Lo	oud House	Friends	Friends	Friends	Friends	Friends	Friends	
PARMT	Two Men	Two Men	Two Men	Two Men	₩★★ The Day After To	omorrow ('0	4) Jake Gyll	enhaal, Den	nis Quaid.	ੁ*★★★ Dee	epwater Hor	r izon ('16)	
TBS	Big Bang	g Bang 🛛 Big Bang 🔤 Big Bang 🖉 A			All Elite Wrestling: Dy	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam			
ТСМ	∯★★★ The	e Woman in	White ('48)		뿦★★★ Dracula ('31) B	in the Rue	Morgue	ℜ Island of Lost Souls		Movie			
TNT	(4:25) 😤 Pira	tes of the	(:55) 號★★ \$	Star Wars: 1	he Rise of Skywalker	∯××≁ Jok	er ('19) Rob	pert De Niro,	oenix.				
USA	Law-SVU "	Selfish"	Law-SVU "	Sugar"	Law-SVU "Diss" Law & Order: SVU			Law-SVU "	Anchor"	Law & Order: SVU		Anonym.	

THURSDAY EVENING OCTOBER 3, 2									, 2024				
	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM
3-CBS	News (N)	CBS News	Inside Ed.	ET (N)	Big Brother	(N) (Live)			Elsbeth		News (N)	(:35) Colbe	rt (N)
6-ABC	News (N)	WorldNe	Jeopardy!	Wheel (N)	9-1-1 (N)		Doctor Od	yssey (N)	Grey's Ana	tomy (N)	News (N)	(:35) J. Kim	mel (N)
10-NBC	News (N)	NBC News	News (N)	Hollywood	Law & Orde	r (N) (SP)	Law-SVU (N) (SP)	Found (N)	(SP)	News (N)	(:35) J. Fall	on (N)
17-MNT	Goldbergs	Big Bang	Big Bang	Mod Fam	Scrabble (N) (P)		Trivial Pursuit (N) (P)		Action News at 10 (N)		Union	Mod Fam	Two Men
23-PBS	America	NJ Spotl	One on O	NJ Spotl	The T (:45) Rigge		ed: Voter		POV		NJ Spotl	State/Arts	Newsline
29-FOX	The Six	Kelly (N)	Battlegrou	TMZ (N)	Hell's Kitch	ell's Kitchen (N) Kitchen (N))	News (N)		News (N)	Phantastic	Extra (N)
57-CW	Flip Side	Flip Side	FamFeud	FamFeud	Philadelphi	a (N)	True Crime	True Crime	FamFeud	FamFeud	Neighbor	Neighbor	Conners
A&E	The First 48 First 48 "Final Word"			The First 48 The First 48			8	The First 4	8	(:05) The First 48		(:05) First48	
AMC	∵★★ John Carpenter's Christine ('83)		('83)	≌∗∗∗∗ Ha	lloween ('7	78) Donald F	Pleasence.	leasence		een II ('81) Jamie Lee		Horror (P)	
CNN	Situation (N) (Live)	OutFront (N) (Live)	Cooper 360 (N) (Live) The Sour		The Source	e (N) (Live) CNN (N) (Liv		ive) Laura (N) ((Live)	Cooper360
DISC	Dirty Jobs Dirty Jobs				Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs		Dirty Jobs
DISN	Bluey	Big City	Big City	Big City	≌⊀★ Hallov	veentown	('98)	Greens	Bunk'd	Villains	Monsters	Monsters	(:55) Bluey
ESPN	(4:00) MLB	Baseball	MLB Baset	ball Wild Ca	rd Series: Te	ams TBA (I	N) (Live)		MLB Base	ball Wild Ca	rd Series: Teams TBA (N) (Live)		
ESPN2	SportCtr (N	I) (Live)	SportCtr	ESPN Film	s			30 for 30 N	lo Mas		SportCtr (N) (Live)		SportCtr
FNEWS	Bret Baier	(N) (Live)	Ingraham (N) (Live)	Jesse (N) (Live) Hannity (N		Hannity (N	I) (Live) Gutfeld! (N		,		(N) (Live)	The Five
FX	(4:00) 😤 Nat	ional Trea	∯★★ Natio	nal Treasu	re: Book of Secrets ('07		7) Nicolas Cage.		The Old Man "XII" (N)		The Old Man "XII"		Old Man
HBO	(:15) My Br	illiant	(:10) ∰★★★	Rise of the	e Planet of the Apes Peng		Penguin "Inside Man"		Industry		(:15) My Brilliant		Industry
HIST	Mountain N	/len	Mountain N	/len	Mountain M	en	Mountain I	Men (N) (SP	e) (:35) Moun		tain Men		Mnt.Men
ION	Chicago P.	D.	Chicago P.	D. "Safe"	Chicago P.D. Chica		Chicago P.D.		Chicago "Closure"		Chicago P.D. "Rage"		Chicago
	Castle "Dea	Castle "Death Wish" Castle "Backstabber"		Castle "Dead Again" Castl		Castle	Castle		(:05) Castle		e "Crossfire"	Castle	
MAX	(5:50) 號★★	Girl, Interro	upted ('99)		≌ *** Up i	n the Air ('	09)	(:50) ❣★★	Magic Mike	s Last Dan	ce ('23) (P)	😤 Devil We	ears Prada
NBCSPA	Birds (N)	Birds	NHL Hocke	ey New Jers	ey Devils at Philadelphia		a Flyers (N)	Birds	World Pok	er Tour	S. Joyner	Birds	NHLHock
NICK	SpongeB	SpongeB	ਝੈ★★ Hotel	Transylva	nia ('12) Adaı	n Sandler.	Friends	Friends	Friends	Friends	Friends	Friends	Friends
PARMT	Two Men	Two Men	Two Men	Two Men	Υ Movie				😤 Movie				
TBS	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Big Bang	Jokes (N)	Jokers	😤 Star Wa	rs: Rise of S	Skywalker
TCM	Movie	≌ ★★★ Inva	vaders From Mars ('53) 😤★★★ Sudden Fe				('52) Joan Crawford. (:15) ¥★★			★ In This Our Life ('42) Bette Davis. Movie			
TNT	₩★★ Juras	ssic Park III	('01) Sam N	leill.	*★★★ Jurassic Park ('93) Laura Dern, Sam Neill.					(:45) * ★★ The Lost World: Jurassic Park			
USA	Law-SVU "Birthright" Law-SVU "Outcry"				★★ Halloween Kills ('21) Jamie Lee Curtis. (:15)					The Foreve	r Purge ('21	,	Reguera.

Every Monday & Tuesday

21+• No Drink Minimum • Full Bar & Food Menu We guarantee that you will laugh, or your money back



Angela Burton



Angela Burton is a gifted and iconic Soul, R&B, and Jazz singer. Burton, an Atlantic City native and resident, was discovered by the late Harold Melvin of Harold Melvin and the Blue Notes. She got her professional start at the age of 5 and through Atlantic City High School, she sang in the choir. Burton opened for many headliners acts such as the Stylistics, Blue Magic, Teddy Pendergrass, The Marvelettes,

and many more, at the legendary Club Harlem on Kentucky Ave. before it was torn down in 1992.

Angela began touring Army bases in 1972 and started going overseas in 1981. She has done more than 30 overseas tours and performed for U.S. soldiers in 35 different countries while traveling with the United Services Organization (USO) and the U.S. Department of Defense. From Korea to Cuba, her travels took her back and forth from her hometown in Atlantic City to locations around the globe.

Produced by the Atlantic City Free Public Library



Go Sober For October – October 2024

Go Sober For October is a campaign run by Macmillan Cancer Support that encourages people to quit alcohol for a month and raise funds for people battling cancer. You can go sober for 14, 21, or 31 days depending on what you are comfortable with. By observing this month, not only are you doing something great for cancer fighters, but you're also taking a step towards improving your health.

History of Go Sober For October

The Society for the Prevention and Relief of Cancer, which later came to be known as Macmillan Cancer Support, was founded by Douglas Macmillan in 1911 after he lost his father to cancer. In the early 1900s, cancer was still a medical mystery and there were many superstitions around it. Treatment was limited. After his father passed away, Douglas made his life's mission to improve the standards of medical care that cancer patients received.

After Mcmillan died in 1960, the establishment continued his legacy and provided healthcare and support to cancer patients across the U.K. In the 1970s, the Mcmillan nurses rose to prominence. In the 1980s, Macmillan Cancer Relief, as it was known then, raised a fund of £10 million for the first time. In 1996, Macmillan Cancer Relief was renamed Macmillan Cancer Support, and in 1999 it successfully convinced "The Oxford English Dictionary" to change its incorrect definition of cancer.

In 2012, an innovative approach towards Cancer treatment was initiated, and the University College Hospital (U.H.C.) Macmillan Cancer Centre was opened. Today, Macmillan Cancer Support is one of the largest charities in Britain and it provides healthcare and financial support to people affected by cancer.

The idea of going sober in October is said to have emerged when the Australian Organization Life Education organized a fundraiser named 'Ocsober' in 2010. But it caught the attention of the general public when comedian and U.F.C. commentator Joe Rogan announced in his podcast, "The Joe Rogan Experience," that he was going to take up the challenge. Since then, many celebrities have taken up the Go Sober For October challenge and inspired others to do the same.

How to Observe Go Sober For October

 Sign-up with Macmillan Cancer Support - Visit the Macmillan Cancer Support website and the Go Sober page to sign-up for the Sober October challenge. Ask your friends and family to donate to this cause. The money you raise will be effectively used to support cancer patients medically and financially, which will make a huge impact on their lives.

 Pledge to walk or run for this cause - Since you are already taking a step towards better health by abstaining from alcohol, why not take a step further and add some exercise to make it even better? Pledge to walk or run any number of miles you're comfortable with. Post pictures on your social media account and remind people of this challenge.

 Try something new - This would be the perfect time to experiment with things you've never tried before. Try tasting non-alcoholic drinks at the bar or try making your own. Read a book, watch a new T.V. series, meditate. The ideas are limitless!

Why Go Sober For October is Important

 It provides support to cancer patients - For someone battling cancer, life is hard enough. There are millions of cancer patients who need your support. Take the Go Sober For October challenge and help make a difference in the lives of these people.
Alcohol abuse is serious - About 5.3% of all human deaths are caused by alcohol. Studies show that alcohol abuse can substantially increase the risk of developing cancer, heart ailments, and liver damage. Also, driving under the influence of alcohol kills millions of people globally every year. So go sober in October and take a break from alcohol.

 Quitting alcohol can improve your health drastically - When you quit alcohol, not only are you lowering your risk of developing chronic diseases, but you are also improving your health. Having better sleeping patterns, more energy, and a clearer head are some of the benefits of quitting alcohol. Also, you are saving loads of money that would otherwise be spent on booze!

SPORTS STUMPERS

CFL Stars in the NFL

By Alex Hendry

Questions:

1) During the 2006 Canadian Football League (CFL) season, a panel of players, alumni and media personnel created a list acknowledging the Top 50 Players in CFL history. Who was ranked #1?

2) Name the quarerback who won 5 consecutive Grey Cups in Edmonton before becoming a 9-time Pro Bowler while in the NFL?

 A consensus All-American for the Notre Dame Fighting Irish, this wide receiver shocked the football world by forgoing the NFL Draft and signing a then-record deal with the Toronto Argonauts. Who is he?
Which defensive end was named the CFL's Most Outstanding Defensive Player in both of his CFL seasons before recording over 100 career sacks in the NFL?

5) Name the Canadian-born Grey Cup winner who became the first kicker in NFL history to not miss a single kick for an entire season (playoffs included).

6) Which member of the infamous Seattle Seahawks "Legion of Boom" spent five seasons with the Calgary Stampeders, where he was a 3-time CFL All-Star and Grey Cup winner? 7) Who spent three seasons as the Toronto Argonauts' starting quarterback before becoming a Super Bowl champion and NFL MVP later in his career?

8) Which running back made international headlines by playing for the Toronto Argonauts, which later resulted in NFL-suspended players being barred from the CFL?

9) Though he played predominately in the CFL, who was the first Minnesota Vikings quarterback to start in a Super Bowl?

10) Name the quarterback who was named Grey Cup MVP in 1998 and would later be throwing touchdown passes to Terrell Owens the following season?

Answers:

- 1) Doug Flutie 2) Warren Moon 3) Rocket Ismail 4) Cameron Wake 5) Mike Vanderjagt 6) Brandon Browner 7) Joe Theismann 8) Ricky Williams
- 9) Joe Kapp 10) Jeff Garcia









Aroma di Mare RESTAURANT



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Join Us at Aroma Restaurant

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3 Courses \$34.99 • Available Daily from 4pm-10pm Choice of One Item per Course • \$10 Plate Sharing Fee • No Substitutions

~ APPETIZERS ~

Caprese • Classic Caesar Salad • Mediterranean • Fried Calamari • Meatballs & Ricotta Mussels • Stuffed Long Hots • Bruschetta • Clams Oreganata • Ricotta and Honey Board

~ ENTREES ~

Gnocchi Sorrentino • Penne alla Vodka • Tagliatelle Bolognese • Tagliatelle Alfredo Linguini and Meatballs • Linguini and Clams • Salmon • Tilapia Fracese Veal or Chicken Limone, Veal or Chicken Parmigiano • Veal or Chicken Marasala

~ DESSERTS ~

Cannoli • New York Style Cheesecake • Tiramisu

~ BEVERAGES ~

Domestic Beer \$4 - Yuengling, Miller Lite, Allagash, Dogfish Head 60 Minute IPA, Cape May IPA, Michelob Ultra Import Beer \$5 - Peroni, Heineken, Stella Artois, Corona, Warstiner Esperto Pino Grigio \$6 • Checchi Chianti \$7

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